

JUNE 2023



1903  
THE BRITISH CLUB  
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

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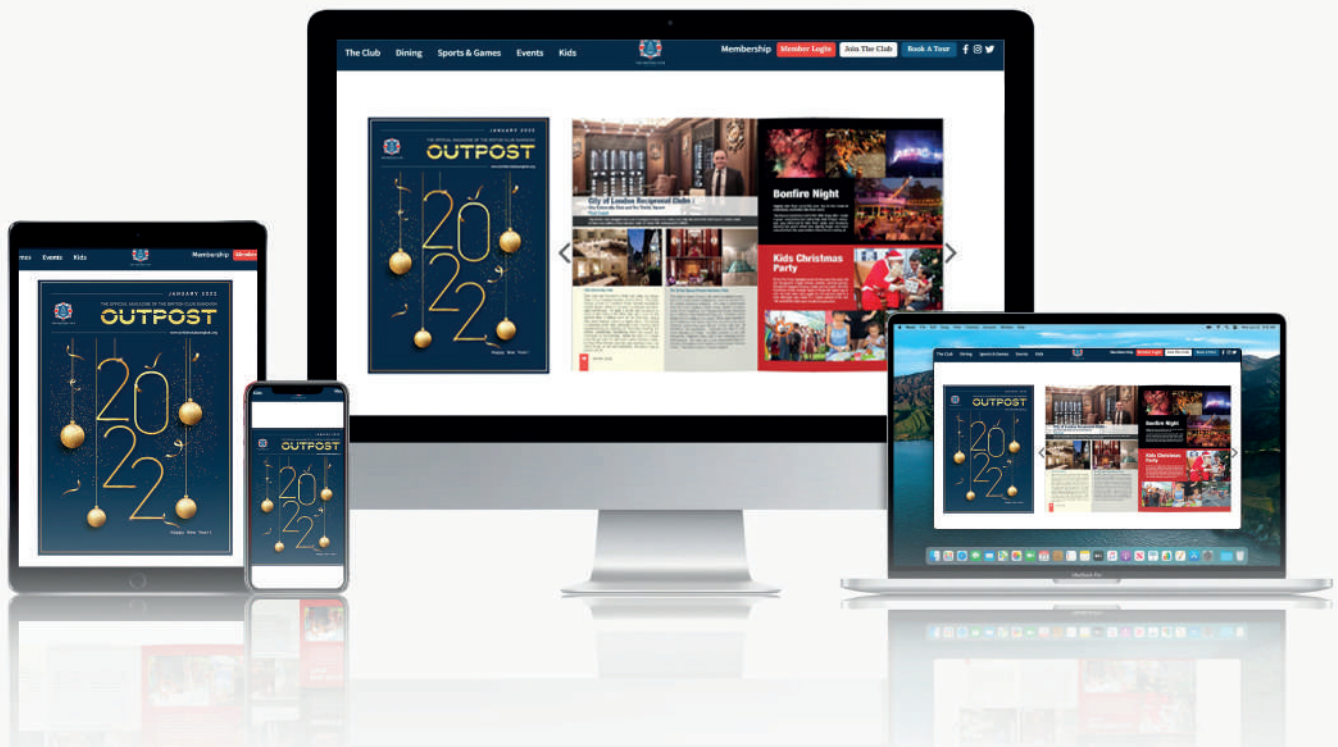
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# OUTPOST

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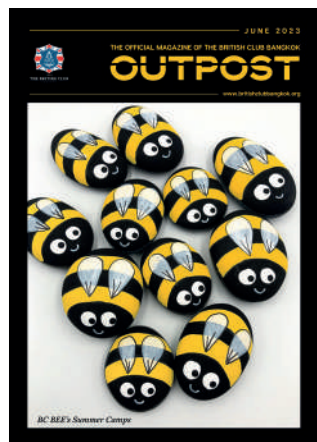
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## Front Cover

Summer Camps are back

## This Month

Our chairman talks coronation, the Fry Group explain divorce tax, Tee introduces two new staff, past participate remembers the year 1961, the Hong Kong football club is reviewed by Paul & Jack, our events in pictures, new group exercise classes, our sections have their say, and Khun Ukkie introduces our new members



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*Simon P. Davies*

## Chairman's Message

**Thailand** has experienced record temperatures in many parts of the Country and as the rainy season approaches we can expect some respite from the extreme heat of recent weeks. In the meantime our air conditioned outlets offer a cooler environment so why not sip a refreshing beverage or two in the Jubilee and Churchill bars whilst not forgetting The Veranda which is rapidly gaining a reputation for a first class service and good value offerings.

Without doubt the highlight of last month was Saturday, the 6th May, when over six hundred members, guests and visitors passed through the Club during celebrations for the Coronation of His Majesty King Charles III. We were honored to have his Excellency, Mark Gooding, The British Ambassador to Thailand, deliver a speech during which he read a message from His Majesty King Charles III, concluding with a toast to his Majesty, which drew a hearty Long Live The King response from those present followed by a toast to His Majesty King Vajiralongkorn.







It really was a very special day which saw many of the Management and staff going beyond the call of duty as they dealt with the non stop service of food and beverages throughout the day and long into the evening so a huge thank you to them all.

A special thank you to the Musicians from Shrewsbury School who displayed such wonderful talent playing a delightfully broad range of music and singing songs from early Classical to modern day Rap.

For the first time to the Club we welcomed Tops Supermarket with samples of their tasty cheese and food products along with Top Golf who introduced how golf can be enjoyed in a lively environment.

At long last access steps into the swimming pool for senior members will soon be installed and quotations are being progressed to upgrade the cricket nets so that they can be used in all weather conditions.

Pictures say a thousand words with many of those included in this edition of Outpost portraying the happiness to be found in our wonderful Club so until next month travel well and stay safe.

**Cheers  
Simon**







THE FRY  
GROUP

ESTD 1898

# New tax rules for couples who divorce

By Martin Wright, The Fry Group

*On 6 April 2023 significant changes were made to Capital Gains Tax rules for divorcing couples. If you are in, or are facing, this situation it's important to understand what impact these updates could have.*

Capital Gains Tax (CGT) is the bill you pay when selling or disposing of certain assets and is generally charged on the increase in value since you acquired those assets. The rates are different from Income Tax, and link to the amount of taxable income you receive during the tax year. For residential property the rates currently stand at 18% and 28%, and for other assets the rates are 10% and 20%.

## WHAT WERE THE RULES BEFORE 6 APRIL 2023?

Before 6 April any assets transferred between spouses during the tax year when separation took place (the year you stopped living together as a couple) didn't attract CGT. The spouse who received the asset also inherited its original cost, with the full CGT charge deferred until it was later sold or disposed of. This system – known as the “no gain/no loss” transfer – was well understood. However, any transfers between spouses taking place after the tax year of separation immediately fell into the CGT net.

## DID THIS APPLY TO PROPERTY?

When a married couple or civil partners separated the family home then ceased to be the main residence of the spouse who stopped living there. If the home was then sold in the future this individual would have a period of ownership that would not be exempt from CGT, even if they'd transferred ownership of their share and Main Residence Relief wouldn't apply given they didn't live in the property. This left the departing spouse in a rather unfair position. Only one caveat was of use in this situation – CGT didn't apply to the last nine months of ownership, so it was only if the family home was sold or transferred in this timeframe that CGT wouldn't apply.

## WHAT ARE THE NEW RULES?

The period during which separating couples can transfer assets between themselves without a CGT bill has now been extended for up to three years following the tax year of separation. The rules apply to all assets including properties and investments. As before, any CGT charge is deferred until the receiving spouse later disposes of the asset.

Main Residence Relief is also extended. So if a couple who are separating sell their former family home, the spouse who is leaving may still be able to benefit from this relief, but only if the remaining spouse continues living in the home. The departing spouse must choose for the home to be treated as their main or only residence, and no other property can benefit.

These changes are a welcome reform of complex, and rather unfair, CGT rules that apply at an already difficult family time. There's now more time to share assets following a separation without incurring CGT. In addition, it may be possible for a future sale of the family home to benefit from Main Residence Relief, for both the spouse who continues to live in the property and the one who has left.

As with most UK tax matters the rules can be complicated and you should seek expert advice to make sure you have understood the regulations. If you are facing a divorce under UK laws and need to consider how to split your assets tax advantageously, please contact us.



**Martin Wright**  
Senior Financial Planner

## Disclaimer

The information in this article aims to provide information. However, this is not intended to form professional advice nor should it be relied upon as such and before taking any particular action, specific and personal advice should be obtained. All levels and basis of, and relief from taxation illustrated here are subject to change. The Fry Group (Singapore) Pte Ltd is authorised to act as a financial adviser by the Monetary Authority of Singapore - licence number FA100057.

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# Seeking income

By Martin Wright, The Fry Group

On top of guaranteed income (pensions), or semi-guaranteed income (property rental) many retirees need to generate income from their cash and investments. Here we look at some of the available options.

## CASH DEPOSITS

UK interest rates over the last decade have declined, until recently when rates are starting to creep forward mostly related to global COVID-related government stimulus packages and support towards the impact of the Russia/Ukraine conflict. By example, and at the time of writing, Santander International offer 3.5% for a 12-month fixed deposit on balances from £25,000 upwards with no current tiering (Source: Santander International).

Currently, Costas Milas from the London Stock exchange indicates that UK interest rates could potentially rise up to 4.75% by the end of 2023. This is because high public expectations of inflation have the potential of putting additional pressure on current inflation through demand for higher wages. If, instead, financial stress worries take over, UK interest rates might end up below 4% by the end of 2023. The Bank of England's (BoE) policy rate currently stands at 4.25%. (Source: London School of Economics)

## FIXED INCOME SECURITIES (BONDS)

The capital value of bonds will fluctuate more than cash deposits. Bonds are issued by companies, and governments to raise investment, they are a loan between the issuer and the individual. Using a double AA rated US corporate bond index as an example, the current variable annual income yield would be 4.410%. Higher risk global bonds may produce a higher level of interest income, and by example the High Yield 100 index would currently provide an 8.0752% variable annual income (Source: WSJ Markets).

## EQUITY (STOCKS AND SHARES) DIVIDENDS

The capital value of stocks and shares will normally fluctuate more than bonds, but in return for greater potential rewards over the medium term. Dividends from stocks and shares are the

regular payments which are part of the investor's reward for holding the stock. Historically dividends in European and UK companies have been higher than those in the US, although total growth in the US has far exceeded that in Europe and the UK (over the medium to long term). The average of UK and US dividends to the end of 2022 was 3.65% versus 1.77% (Source: Sibilis Research).

The difference in actual growth of the US and UK stock markets can be seen in the five-year chart below:



## DRAWDOWN

Those seeking income can also take value from a portfolio of assets, either on a regular or ad hoc basis. It may be surprising to learn that despite the volatility in 2018, 2020, and 2022/2023, a balanced portfolio could have provided returns of 7% per annum over three years, and 5.4% per annum over five years (Source FTSE UK Private Investor Balanced Index Series).

As always seek professional advice and preferably from a company with long-term international and UK experience.



**Martin Wright**  
Senior Financial Planner

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Tee Bale

# Operations Unknown

## New Team



▲ Khun Noon



▲ Khun Fay

**Khun Noon** is working with the bakery team; her buddy is Khun Chon the senior from HCTC. She is very excited to learn new skills every day at the club. She now knows how to make glazed burger buns, and she feels very proud when she sees her buns served to the members.

**Khun Fay** has a great passion about food especially Thai cuisine. Khun Ann our sous chef for Thai kitchens is her buddy who is giving Fay new tricks and tips to make delicious Thai food. Fay works at the poolside kitchen and is slowly learning from Khun Ann and other senior staff, she feels very welcome and feel like the club is her second home.

Both Noon and Fay feel the club is very special and unique from other places that they have been and recommend the club to all foundation's students.

## Jubilee Bar – New Opening Times

The Jubilee bar is now open from 11:00am everyday giving you an air-conditioned space at the poolside throughout the summer months. You can enjoy the views overlooking the tennis courts and swimming pool or go outside on the terrace area and enjoy the extra special views of our historic clubhouse and Bangkok's iconic building the MahaNakhon.







## Card Tapping System

The club operates with a policy of no cash for payments for its members and instead uses a post-paid system charged to members accounts. This was previously done by members showing their membership cards to the service staff to open a bill, now we have updated the POS system to only allow a bill to be opened by tapping the physical card on a card tapper at each outlet or point of sale (POS) area. This is designed to prevent guest/non-members from ordering on members bills without their knowledge and more importantly to stop bills going to other members accounts by accidentally entering the wrong number of the membership. The system is locked, and no staff member can open a bill without having a membership card, if no card is available they will have to call a manager. We ask for your cooperation and thank you in advance.







Paul Cheesman

## ~~~PAST PARTICIPLE~~~ *Auspicium Melioris Ævi*

*We continue the story of the British Club Bangkok ... 1961*

### What a Pantomime!

The first ever Pantomime to held at the Club was produced by Mrs. Dorothy Mattacks. Sadly, there is no record of what it was!!!

The Chairman said that the Pantomime was, as far as he knew, the first ever to be held in the British Club and that it was an undoubted success. The idea was first conceived by Mrs. Dorothy Mattacks who was the producer, and the Chairman warmly thanked both her and all those who took part in the Show.

▲ *It's behind you!*

### Our Naval Year

In January, the Club extended to the crew of HMAS Voyager (D04), a Daring-class destroyer and HMAS Quickmatch (F04), an anti-submarine frigate, use of the Club facilities during their visit. Sadly, HMAS Voyager was lost in 1964 with heavy loss of life when it was stuck amidsthips by HMAS Melbourne, broke in half, and sank.

In April, the Club extended to the crew of HMS Carysfort (D25), a Daring-class destroyer, use of the Club facilities during their visit. In October, the Club extended to the crew of HMAS Quiberon (F03), a Q-class frigate, and HMS Cassandra (D10), a C-class destroyer, use of the Club facilities during their visit. The plaques of HMS Carysfort and HMAS Quiberon remain displayed in the Churchill Bar.



▲ *HMS Carysfort & HMAS Quiberon*

### Development

In the January, the Committee called an informal meeting of members to discuss the development of the Club. Unfortunately, only 20 members plus six GC members, out of 225 total membership, attended.

The Annual General Meeting, in February, debated a scheme to empower the General Committee to spend up to 450,000 Ticals, of which 250,000 Ticals would be borrowed:

- To provide a restaurant and a suitable kitchen by moving the Billiards upstairs and using that room [2023: The Churchill Bar]
- To air-condition The Rotunda Lounge as a Bar for Men Only [2023: the Wordsworth Lounge]
- To extend the Bowling Alley facilities

The proposal was rejected overwhelmingly.

In July, after decades of use, the Staff Quarters, adjacent to the Neilson Hays Library (2023: the rear car park) had been deemed "a deplorable state of affairs" thus 26,400 Ticals was spent to refurbish, extend, and add new toilets facilities to the Quarters. An additional 87,600 Ticals was spent on rewiring and repainting the Clubhouse and the Club still reported an annual surplus of 42,000 Ticals. Sadly, it was later found to be in error as 12,000 Ticals of coupons had 'gone astray' and this had to be charged as a Club loss!

The matter was discussed in a general and lively fashion and many Members voiced their opinions in one way or another. The final result of the discussion was that most Members wished to reject the proposal at the present time as they felt that much more research should be carried out before the Club's money was spent on development as far reaching as those envisaged by the outgoing Committee.

▲ *More research*



## Approved Meetings

St. George's Day saw the Band of the East Anglian Regiment in attendance at lunchtime playing for over an hour and late April saw the first official function, at the Club, of the Bangkok Society of St. George under their chairman Mr Jack Delacour.

The Club was also used by the Bangkok Naval Association, The Oxford & Cambridge Society, the St. Andrew's Reel Club, and the St. John's Lodge. This led to the General Committee creating a list of 'approved meetings' to save the various groups repeatedly having to request of the GC permission to use the Club on each occasion. In 2005, this list was legalised as 'Associated Groups' in the Club's constitution.

The Honorary Secretary was asked to compile a list of approved meetings held in the Club by various outside societies etc. The list will be compiled only of such societies etc., who have regularly over the years held their meetings in the Club. Any society not listed must apply to the Honorary Secretary for permission to use the Club for meetings. The Honorary Secretary will place such applications before the Committee for consideration.

### ▲ Associated Groups

## Service

John H. W. Marshall, of the Hong Kong & Shanghai Banking Corporation, became chairman in 1961 following the epic spell by Charles Mabbatt (see *Past Participle*, April 2022). John Donofield became Vice-Chairman (see *Past Participle*, January 2023). Anthony Forrester, of United Artists of Thailand, became Honorary Secretary, serving same for the next two terms of his further three years' of service. James P. Malone became Honorary Treasurer (see *Past Participle*, January 2023).

Jack Delacour, of Chartered Bank, served this and six more times, two as Chairman. John K. Simpson, of pre-WWII fame, served again (see *Past Participle*, January 2022), whilst R.V. Murden, of the Hong Kong & Shanghai Banking Corporation, Mr. A.H.J. O'Connell of Ben-Line Steamers and Lt. Col. Dick Warren of SEATO served only this term.

1961 was, also, the start of service of Dacre Francis Alexander Raikes, of the Borneo Company, who would serve five terms, two as Vice-Chairman and be the GC member responsible for the Club's first Squash Court in 1966 (see *Past Participle*, November 2023). Dacre had a long and distinguished career in Thailand - receiving the Most Noble Order of the Crown of Thailand in 1968, became an Officer of the Most Excellent Order of the British Empire in 1983, and an Honorary Member of the Club in 2006. After his passing in 2013, a 223-page dual Language book of his life was published by Santisiri Printing, a copy is held at the Siam Society where he had been President.

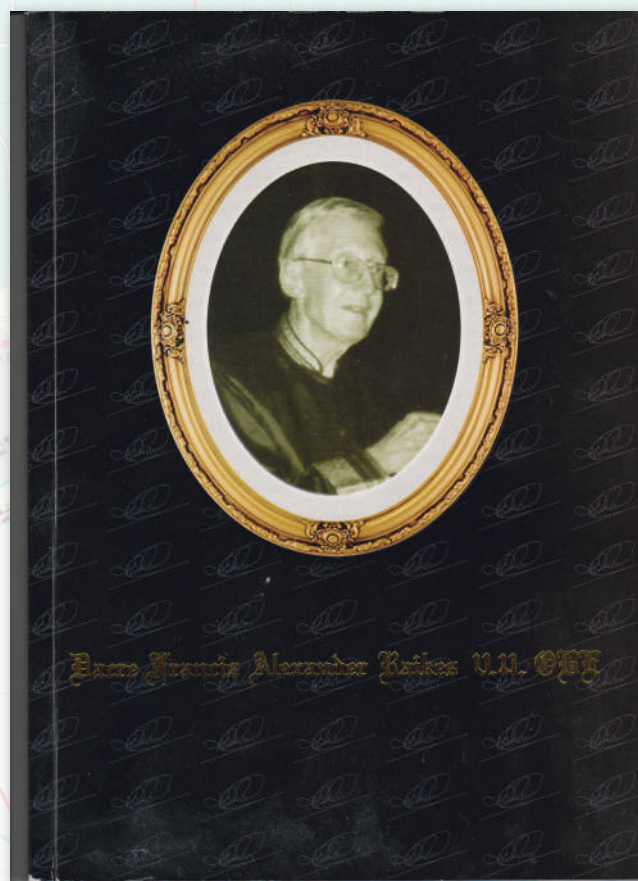
## 1961-62

**CHAIRMAN:** John H.W. Marshall  
**VICE-CHAIRMAN:** John H. Donofield  
**HONORARY SECRETARY:** Anthony R. Forrester  
**HONORARY TREASURER:** James P. Malone

### MEMBERS:

Jack H. Delacour  
 R.V. Munden  
 A.H.J. O'Connell  
 Dacre F. A. Raikes  
 John K. Simpson  
 Godfrey A. Sommerfield (went Absent 13.11.1961)  
 Lt. Col. Dick Warren (co-opted 13.11.1961)

### ▲ General Committee 1961-62



### ▲ Dacre Francis Alexander Raikes 1925-2013

## Club News

The inaugural tournament for the Davidson & Elliot Cup for snooker against the Shell Sports Club was held in the March. The Cup was donated by Messrs A.M. Davidson & F.B. Elliott. In May, Mr. Frank Young donated the Youngs Bowling Trophy. Sadly, both cups have been lost, it ran from.

Membership for the year rose dramatically after years of some decline with 1961 ending at 262 members as opposed to 225 in 1960.



This increase in membership led to a significant rise in subscription income and Bar profit which helped defray the declining state of Club finances. In the five-year period to the 1962 AGM our income had only gone up by 35% from for 310,000 Ticals to 418,000 Ticals whilst our expenses had doubled from 167,000 Ticals to 335,000 Ticals.

## In Other News

On 12th April, Pilot-Cosmonaut Major Yuri Alekseyevich Gagarin became the first man in space aboard Vostok-1.

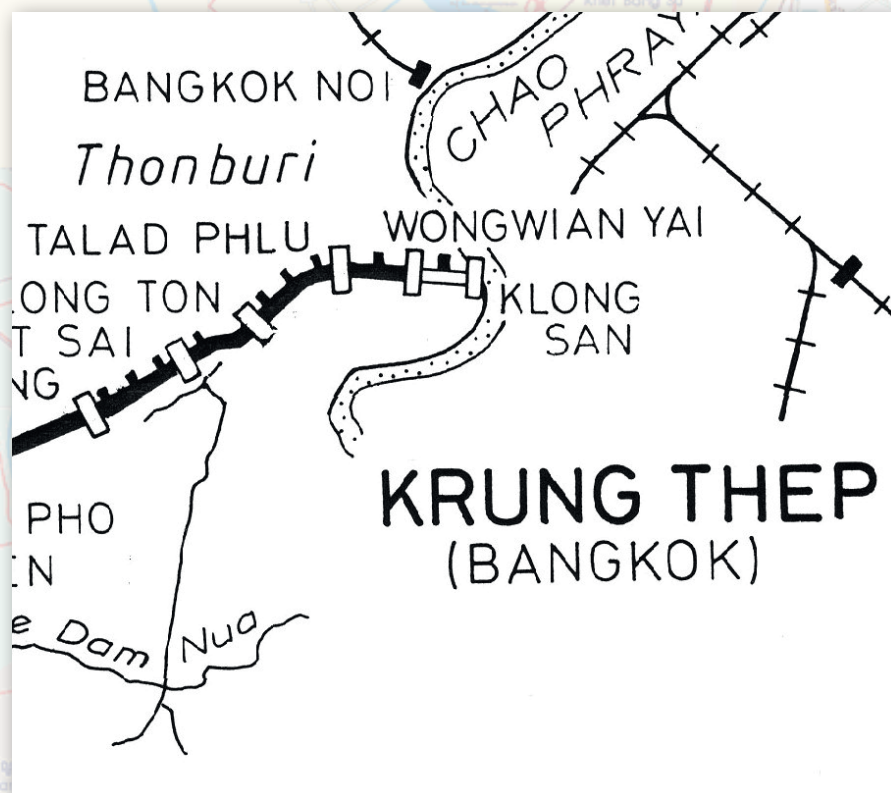
On 27th June H.E. Dermot Francis MacDermot CMG CBE became the British Ambassador. His peerage entry refers to him as styled Prince of Coolavin, Chief of the Name, head of the MacDermot clan, and a descendant of the Kings of Moylurg. He became an Honorary Member on 12th July. He was made Knight Commander of the Most Distinguished Order of St. Michael & St. George (KCMG) in the 1962 New Year Honours List.

On 1st July, Khlong San station, on the MaeKlong Railway line closed. Opened in two parts in 1904 and 1905, the MaeKlong Railway ran from Pak Khlong San via Wong Wien Yai to Mahachai, then on the other side of the river from Ban Laem to Talat Rom Hup in MaeKlong. The line is still open in 2023, but the connecting bridge from Mahachai to Ban Laem was never built, and the railway is famous for literally running through the Rom Hup market, at its MaeKlong terminus, whilst the market is open and trading!

On 12th December, the Council of Ministers of the Royal Thai Government passed a resolution to close down all tramways in Bangkok.

## Next month ... On the Rise!

**Paul Cheesman**  
Honorary Secretary



▲ The closed Khlong San station

**For Members interested in our Club's history, the Club Timeline has been fully revised with 2,072 entries including 434 pictures across 192 pages and can be found on the Website under 'The Club – History'.**





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National Insurance Number

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Membership Number (if you have one)

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***All information treated in strictest confidence***

**Vern can be contacted at [Vernon@eig.email](mailto:Vernon@eig.email)**





## The Hong Kong Football Club, Hong Kong

Visited in March 2023

Paul Doust and Prasit Jangkamol (a.k.a. Jack)

**The Hong Kong Football Club**, founded in 1886, has a slightly misleading name because it's much more than just a football club. It does have football teams, including its first team which plays in the top tiers of Hong Kong football, but it's also a private members club with a club house that has a huge number of facilities. Until recently the club's first football team was amateur, with a squad mostly consisting of expats, but in 2021 a decision was taken to professionalize and increase the number of local players.

The club's football/rugby and hockey pitches are situated inside the Happy Valley racecourse which runs round the outside. Next to the football/rugby pitch is the sportsman's bar, and there's also an outdoor bowling green next to the sportsman's bar. These facilities

are reached via a tunnel which runs from the clubhouse under the racecourse. The clubhouse itself also has sports facilities, including 6 tennis courts on the roof, a 25 metre outdoor swimming pool, golf simulators, a large gym, squash courts, a large indoor bowling green, a ten pin bowling alley, a snooker room, and a large multi-use sports hall for games like badminton or netball. All these facilities are free to members and reciprocal members, although reciprocal members can't introduce guests to accompany them.

Other facilities include the Chairman's Bar and the Captain's Bar, a large casual dining café called the Coffee Shop which has an outside area next to the swimming pool, a more formal restaurant, a family lounge bar, a children's play area, and a movie+book library. The







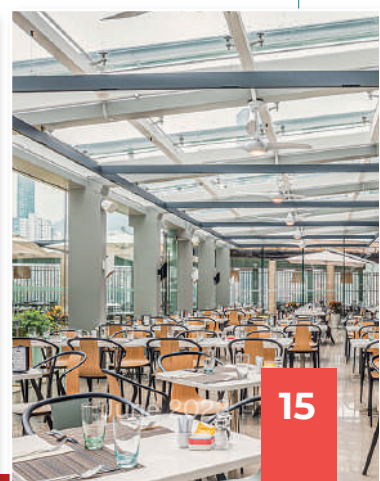
sports hall can also be transformed into a large-scale banqueting and events space. However, the club has no accommodation. When not playing sport, the dress code is smart casual throughout the club.

Every year Hong Kong hosts an international Rugby Sevens event, with seven-a-side men's and women's teams competing, playing matches which consist of seven minute halves with just a two minute break between halves. For the two days prior to Rugby Sevens, the Hong Kong Football Club traditionally hosts a Rugby Tens event, which began in 1986 to commemorate the centenary of the Hong Kong Football Club.

We only found out about the club's Rugby Tens event when a friend, who lives in Hong Kong and is a member of the Hong Kong Football Club, took us for drinks and dinner in the club. We had a nice meal in the Chairman's Bar, accompanied by some good claret from the club's reasonably priced wine list. It was halfway through the Rugby Tens event, so before we went to bed we sent an email to the British Club Bangkok to

request a letter of introduction so that we could attend the event the following day.

When the letter of introduction arrived first thing the following morning, the Hong Kong Football Club replied to say that apart from the letter of introduction, they also required several documents to be submitted by email in advance: (1) photo ID such as a passport or club membership card, (2) a 2-way flight itinerary which should show that the stay in Hong Kong is for less than 2 months, and (3) credit card details. The reply also specified that all this should be submitted at least 48 hours in advance of any intended visit. Nonetheless, I immediately sent them the required documents by email, and on arrival at the club a couple of hours later we were allowed into the club. We had a good time watching the rugby. In spite of the slightly onerous entry procedure, with its extensive facilities this club is thoroughly recommended for any British Club Bangkok members who visit Hong Kong.







Terry Adams



# Seniors Section

## SECTION UPDATE:

Following their attendance at the "How to Prioritise your Health & Wellbeing" event held on the 19th April (as reported below), two Club members decided to immediately join the Seniors Section, bringing Section Membership up to 34, considered to be 'not too bad' in this, only our 6th month of existence!

As at 1st June, the Section Committee has organised 8 events for Section Members, Club Members, and guests: three one-day trips, three events in our 'Lifelong Learning' series of presentations and discussions, one specialist event (UK Voting changes for Expats), and one low-impact exercise/social event.

We are already working to provide two Events each month, with events at various stages of progression and finalisation up to October.

Interested to become a **SECTION MEMBER** or **COMMITTEE MEMBER**, just wanting to discuss or make enquiry, or to suggest a possible Section event please email to: [terry.adamsbkk@gmail.com](mailto:terry.adamsbkk@gmail.com) or call him on 081 750 1087.

## EVENT REPORT:

### ***"How to prioritise your health and wellbeing"*** ***held on Wednesday, 19th April 2023:***

Long-term Club Member Chee Hong Teo ('Chad') who has been at the forefront of anti-aging and wellness developments and activities in Thailand for many years, was introduced by Section Committee Member Barbara Meynert in front of a small, but very interested and later vociferous group of section and club members.

Chad's 12 Top Tips for Seniors Healthy Living, which Barbara and Noah had turned into a well-received infographic gift from the Section to the event's participants, Chad set out his comments on: healthy eating, regular exercise, staying hydrated, getting enough sleep, stress management, staying socially engaged, staying mentally active, getting regular health check-ups, avoiding harmful substances, practicing good hygiene, preventing falls, and lastly staying informed on seniors health developments. A number of helpful tips emerged; courtesy of some lively experiences as set out by some of the attendees!







Focussing next on new anti-aging developments, including on-going work here in Thailand, Chad introduced his colleague, John Wood, who continues to be heavily involved in the use of stem-cell technology in Bangkok. John highlighted a number of areas where the technology has been able to provide real benefits to some very poorly patients, setting out steps taken from first contact with the patient through to successful end results. This generated considerable interest from attendees which ranged from the incredulous to the 'I want it now'.

The discussion broadened to include side effects, timelines for treatments, estimates of costs involved, and moved on to the current hot topic of 'ethics', particularly relating to the harvesting of embryonic stem cells. John clarified

that stem cells are now harvested from the placenta (which would normally be discarded) and from the patient's own cells. John also mentioned NAD+, an "anti-ageing" coenzyme that is critical in energy metabolism and regulating cellular processes and functions, now seen as "the fountain of youth".

John's knowledge and understanding stood out, and as the discussion finalised, he tempered his comments in that stem cell technology really does hold promise as a potential treatment for certain age-related diseases, but it is not a guaranteed solution for reversing the aging process altogether. But it is important to continue researching and developing safe and effective ways to use stem cells for medical purposes while considering ethical implications.

This was a thoroughly engaging and interesting presentation by both Chad and John, who were thanked in the usual manner.

## FUTURE SECTION EVENTS THROUGH TO MID-AUGUST:

### Events Calendar as at 1<sup>st</sup> June 2023

DATE	EVENT
<b>Saturday, 3<sup>rd</sup> June</b> <b>2.00 pm Performance</b>  <i>Join us for an unforgettable performance full of MUSIC, PASSION &amp; PURPOSE</i> <b>SATURDAY, JUNE 3<sup>RD</sup>, 2023</b> <b>2.00 P.M.   AKSRA THEATRE</b> <i>(Special complimentary show for invited guests only)</i>  <i>Featuring</i> <b>The Harmonic Individuals</b> <b>Thai Youth Orchestra</b> <b>Mercy Centre Performers</b> <b>Somsak Chaima</b>	<b>Charity Music Concert: Complimentary tickets available on a first come first served basis (book through Terry Adams) (Please look at the urls shown below to see previews)</b> <b>"A Night to Remember 2023 – IMAGINE"</b> <ul style="list-style-type: none"> <li>• Vie Trio (Internationally renowned Thai cross-over trio) (<a href="https://www.youtube.com/watch?v=P37rIGGzN2M">https://www.youtube.com/watch?v=P37rIGGzN2M</a>)</li> <li>• The Krokodiloes (Capella singing group) (Harvard University, USA, on their World Tour) (<a href="https://www.youtube.com/watch?v=JZOaUE81oKk">https://www.youtube.com/watch?v=JZOaUE81oKk</a>)</li> <li>• Thai Youth Orchestra (<a href="https://www.youtube.com/watch?v=R7XnvO04BjU">https://www.youtube.com/watch?v=R7XnvO04BjU</a>)</li> <li>• Mercy Centre Student Performers</li> <li>• Somsak Chaima (Blind pianist, Bangkok Post Foundation scholar)</li> </ul>
<b>Wednesday, 7<sup>th</sup> June</b> <b>3.00 – 5.00 pm</b>	<b>"Writing and publishing made easy" including how to go about writing your own or family memoirs</b> Presentation & Q&A by Club Member and Author Greg Beatty
<b>Wednesday, 21<sup>st</sup> June</b> <b>4.30 – 6.00 pm</b>	<b>Target Disc Tournament on the Back Lawn. Prizes to be won for the highest overall scores. Discs provided. Beverages to Members' accounts</b>
<b>Wednesday, 12<sup>th</sup> July</b> <b>3.00 – 5.00 pm</b>	<b>Presentation on "Eyecare" by Bruce Hemmingsen, Regional Director, IDS Group</b>
<b>Date in 2<sup>nd</sup> half of July to be decided</b>	<b>One Day Trip: Destination and trip content under consideration</b>
<b>Date in 1<sup>st</sup> half of August to be decided</b>	<b>A Q&amp;A on "The new Thai Government" with Chris Bruton, Executive Director, Dataconsult</b>





## King Charles III Coronation

06/05/23

Over 650 people came to celebrate the coronation of King Charles III, an historical moment and one that will live long in the memory of the club.







KING'S COLLEGE  
INTERNATIONAL SCHOOL  
BANGKOK

A great heart takes you further.



# Grow Together, Go Further.

To grow children further, we need to understand them from every perspective. At King's Bangkok, we involve staff, parents, and students to work together to help prepare them for the later life.

*Accepting applications  
for boys and girls aged 2-17*

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**Top boys' and co-ed school in the UK**  
The Sunday Times Parent Power (2017- 2019 & 2022)

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KEEP CALM, IT'S ONLY A

# QUIZ NIGHT

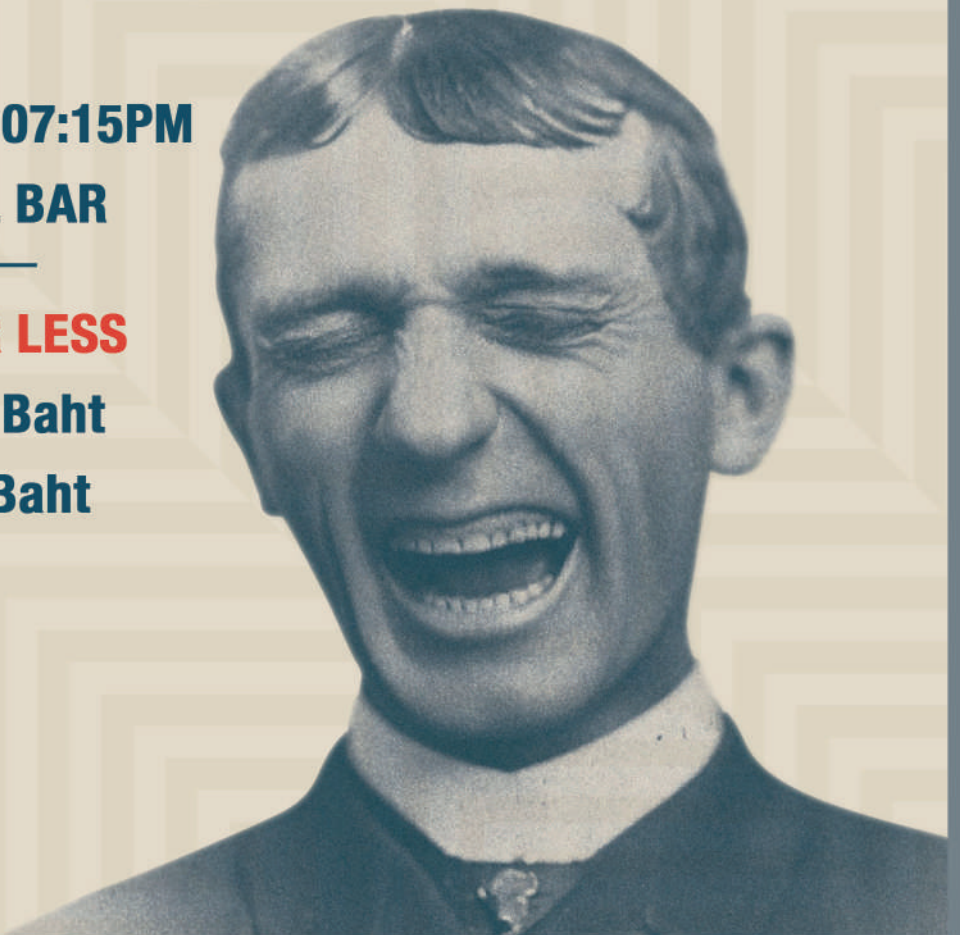
**13<sup>TH</sup> JUNE 2023 | 07:15PM**

**@CHURCHILL BAR**

**TEAM OF 6 OR LESS**

**Member 150 Baht**

**Guests 200 Baht**



Bookings & Info Via: The British Club Line Official  
**Add LINE ID @britishclubbkk**  
by attending you agree to the Club P.D.P.A







## Quiz Night

09/05/23

It came down to the last question of the night between the Spoofers and Scumbag College with the Spoofers lead by our chairman Simon coming out on top. The big question is can they come back and be repeat champions next month?







## An Intimate Wine Night – Exploring AUSTRALIA

19/05/23

A full house we entertained by host khun Wei who took everyone through the vineyards of Australia while our executive chef Laak introduced her carefully designed pairing tapas menu. Look out for the next one in July, only 13 seats available.





# WINE TASTING

Suriwongse Room,  
The 1910 Balcony & Wordsworth Lounge  
June 24<sup>th</sup> | 6:00 pm



MEMBER 400 ฿

GUESTS 500 ฿

Live Music

4 of our Best Wine Suppliers

A pairing tapas buffet

2 glasses of Rochester Sauvignon Blanc  
& Cabernet Sauvignon



Bookings & Info Via: The British Club Line Official

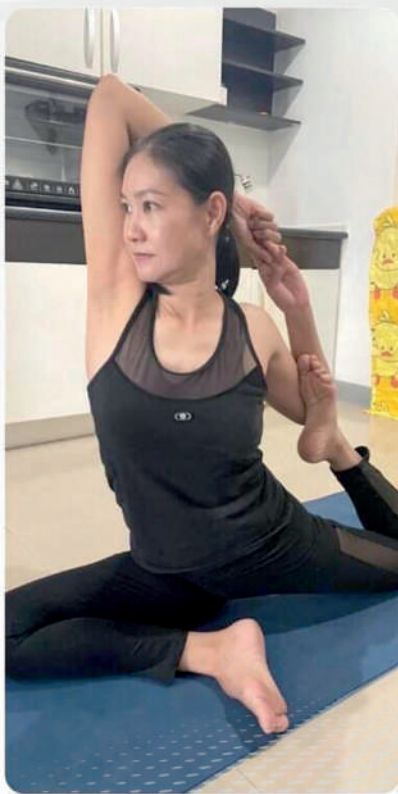
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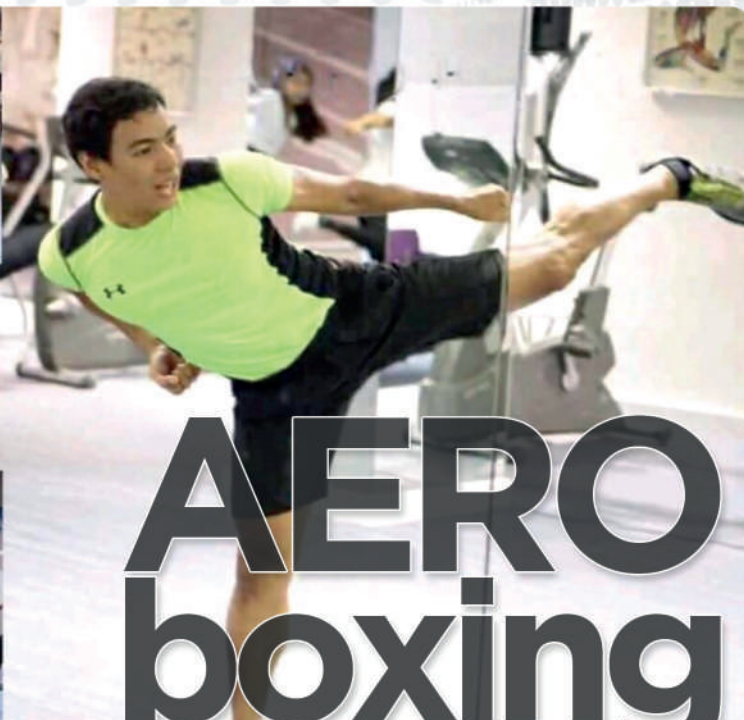
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THE BRITISH CLUB  
BANGKOK





# YOGA

Every Thursday 6.00pm-7.00pm  
with Coach Aom Member 150 ฿



# AERO boxing

Every Wednesday 6.00pm-7.00pm  
with Coach Thanet Member 150 ฿



Bookings & Info Via: The British Club Line Official  
**Add LINE ID @britishclubbkk**  
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BANGKOK



## Coming Events

### June 2023

8th	Fri	Evening with Mike Gatting
13th	Tue	Quiz Night
18th	Sun	UK Father's Day
24th	Sat	Wine Tasting

### July 2023

11th	Tue	Quiz Night
21st	Sun	An Intimate Wine Night
22nd	Sat	Wine Tasting
28nd	Fri	Thai Kings Birthday

### August 2023

8th	Tue	Quiz Night
12th	Sat	Thailand Mother's Day
26th	Sat	Wine Tasting

## Event & Activities 2023

### JUNE Highlights

Former England Captain 30 years on from the Ball of the Century

# AN EVENING WITH MIKE GATTING

- Cocktail Reception Bar with special cocktail "The Leg Break"
- Buffet Dinner Asian & Western food

Thursday 8th June 2023  
7pm | Suriwongse Room  
**TICKETS:** 899 £ Members  
999 £ non-members  
**DRESS:** Smart Casual

Raffle to support Koh Chang youth cricket

Sponsored by the Yang Foundation and Wellington College

Bookings & Info Via: The British Club Line Official  
Add LINE ID @britishclubbkk  
by attending you agree to the Club P.D.P.A

### Evening with Mike Gatting - Thursday 8th June

Join our exclusive evening with England's legendary former Test Captain, Mike Gatting, exactly thirty years on from his fall to Shane Warne's "Ball of the Century". Share cocktails and dinner and enjoy his story. Great raffle prizes as well to support kids cricket



### UK Father's Day – Sunday 18th June

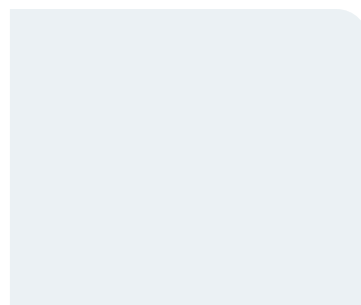
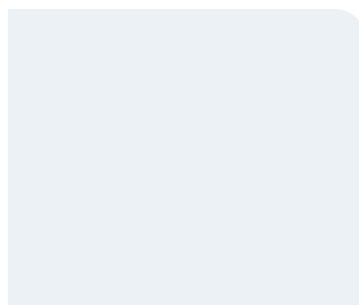
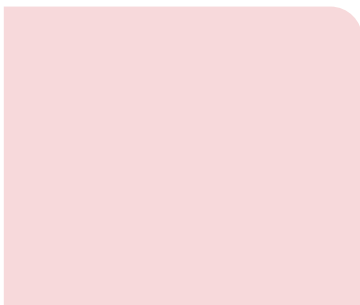
Join us at Veranda to treat you Father to a beautiful Sunday Brunch and let him enjoy the 1 free welcome glass of wine or beer and the best of British brunch cuisine



SUN

MON

TUE



**4**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm

**Sunday Brunch**  
11.30am - 3.00pm

**Circuit Training**  
11.30pm - 12.00pm

**Kids Activities**  
11.00am - 3.00pm

**Tennis Mix-in**  
4.00pm - 7.00pm

**5**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**Squash Mix-in**  
5.15pm - 7.30pm

**6**

**Circuit Training**  
6.00pm - 6.45pm

**Football**  
7.00pm - 9.00pm



**11**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm

**Sunday Brunch**  
11.30am - 3.00pm

**Circuit Training**  
11.30pm - 12.00pm

**Kids Activities**  
11.00am - 3.00pm

**Tennis Mix-in**  
4.00pm - 7.00pm

**12**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**Squash Mix-in**  
5.15pm - 7.30pm

**13**

**Circuit Training**  
6.00pm - 6.45pm

**Football**  
7.00pm - 9.00pm

**Quiz Night**  
7.15pm - 9.30pm



**18**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm

**Sunday Brunch**  
11.30am - 3.00pm

**Circuit Training**  
11.30pm - 12.00pm

**Kids Activities**  
11.00am - 3.00pm

**Tennis Mix-in**  
4.00pm - 7.00pm

**19**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**Squash Mix-in**  
5.15pm - 7.30pm

**20**

**Circuit Training**  
6.00pm - 6.45pm

**Football**  
7.00pm - 9.00pm



**25**

**Tennis Men Doubles Team practice**  
9.00am - 1.00pm

**Sunday Brunch**  
11.30am - 3.00pm

**Circuit Training**  
11.30pm - 12.00pm

**Kids Activities**  
11.00am - 3.00pm

**Tennis Mix-in**  
4.00pm - 7.00pm

**26**

**Tennis Mixed Doubles Team practice**  
7.00pm - 10.00pm

**Squash Mix-in**  
5.15pm - 7.30pm

**27**

**Circuit Training**  
6.00pm - 6.45pm

**Football**  
7.00pm - 9.00pm



## JUNE 2023

WED

THU

FRI

SAT

1

**Aero Boxing**  
6.00pm - 7.00pm  
**Cricket team practice**  
6.30pm - 8.00pm

2

**Tennis mixed-in**  
8.00am - 11.00am  
**Junior Tennis**  
4.00pm - 5.00pm  
**Junior Cricket**  
5.30pm - 6.30pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

3

**Circuit Training**  
11.30pm - 12.00pm  
**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

7

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Aero Boxing**  
6.00pm - 7.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

8

**Aero Boxing**  
6.00pm - 7.00pm  
**Cricket team practice**  
6.30pm - 8.00pm

9

**Tennis mixed-in**  
8.00am - 11.00am  
**Junior Tennis**  
4.00pm - 5.00pm  
**Junior Cricket**  
5.30pm - 6.30pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

10

**Circuit Training**  
11.30pm - 12.00pm  
**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

14

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Aero Boxing**  
6.00pm - 7.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

15

**Aero Boxing**  
6.00pm - 7.00pm  
**Cricket team practice**  
6.30pm - 8.00pm

16

**Tennis mixed-in**  
8.00am - 11.00am  
**Junior Tennis**  
4.00pm - 5.00pm  
**Junior Cricket**  
5.30pm - 6.30pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

17

**Circuit Training**  
11.30pm - 12.00pm  
**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm

21

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Aero Boxing**  
6.00pm - 7.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

22

**Aero Boxing**  
6.00pm - 7.00pm  
**Cricket team practice**  
6.30pm - 8.00pm

23

**Tennis mixed-in**  
8.00am - 11.00am  
**Junior Tennis**  
4.00pm - 5.00pm  
**Junior Cricket**  
5.30pm - 6.30pm  
**Tennis mixed-in**  
6.00pm - 10.00pm

24

**Circuit Training**  
11.30pm - 12.00pm  
**Kids Activities**  
12.00pm - 4.00pm  
**Squash Mixed-in**  
1.30pm - 6.45pm  
**Cricket Team Practice**  
2.30pm - 6.00pm  
**Wine Tasting**  
6.00pm - 9.00pm

28

**Squash Mix-in**  
4.30pm - 8.15pm  
**Balut**  
6.00pm - 8.00pm  
**Aero Boxing**  
6.00pm - 7.00pm  
**Tennis mixed-In**  
6.00pm - 10.00pm

29

**Aero Boxing**  
6.00pm - 7.00pm  
**Cricket team practice**  
6.30pm - 8.00pm

30

**Tennis mixed-in**  
8.00am - 11.00am  
**Junior Tennis**  
4.00pm - 5.00pm  
**Junior Cricket**  
5.30pm - 6.30pm  
**Tennis mixed-in**  
6.00pm - 10.00pm





Sunil Mehra

# TENNIS

**Writing** this while lying in bed recovering from my second encounter with something small with a big personality – coronavirus – I became very aware that tennis also has its own calling like the early call of muezzin in Cairo as every morning I hear the cry – GO and PLAY. It would be salvation if I could muster enough strength to get me to the door and out with a tennis racquet in hand. Instead, I ponder over my own actions that led to this predicament for the second time. The first encounter with the virus was to have a pint with a friend at a real English pub (in London) for the first time after the pandemic began; and the second to enjoy an art show after many years. I had clearly not foreseen the moral and mortal dangers of going to a pub or to an art happening. There really need to be clear warnings on the label for these activities for the future survival of humankind.

## A final happy report from Championships 2023

On a cheerful note, thanks to many happy tennis players we have an incredible collection of trophies, winners and huge smiles from the Championships of yesteryear, that are just too good to keep them buried in a dark folder. So here are a few of these; sadly I had to leave the runners-up running and plate winners under the table. There is always the next time....



▲ Ladies Doubles Champion



▲ Mix Doubles Champion



▲ Sr. Men Singles Winner



▲ Ladies Singles Champion



▲ Men's Singles Champion



▲ Sr. Ladies Singles Winner



▲ Senior Mix Doubles Champion



## The Ladies at the Pyramid

Looking at this picture you would think the British Club Ladies are recovering after a very hot day at the Pyramid in Giza. Instead, the 35th Ladies Doubles Inter Club Tournament was hosted by B.I.G. at the Pyramid FBT Club in Bangkok; that was just as hot on the day.

You can see below the tough competition our ladies faced: BIG Rama, Pyramid, RBSC and the Japanese (who did not want to be mistaken for anyone else). Bring it On, let the Games Begin...



One thing for sure, rain or sunshine the BC ladies are on the GO after hard work and dedication to proudly represent our club exuding confidence after excellent coaching by Coach/Captain Neung! Our special ladies team included Mooky, Anjelica, Veronica, Jaycy, Nisa, Nattaaya, Pin, Aom, Mai, Veena, Tip, Sasaluck, Wandee and Yubharet

with lots of moral support from all the men left behind to tend to the goats by the pyramid.

A BIG round of applause for our Ladies team who came 2nd Runner Up at this year's 35th Ladies Doubles Inter Club Tournament 2023 hosted by B.I.G. at Pyramid FBT Club.

Now to the obvious – the tournament was won again by RBSC followed by the new comer team, Pyramid, THE BRITISH CLUB, followed by the others – B.I.G. and then the Japanese.

*What a great day for Tennis.*





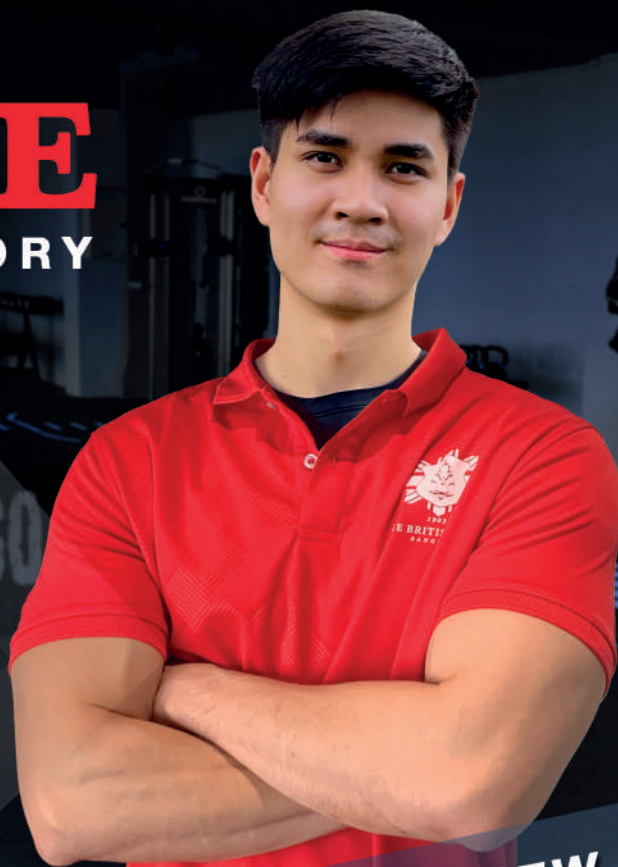
## Interclub Tournament – additional photos





# FREE

## INTRODUCTORY TRIAL



### 1 on 1 Training

- Functional Training
- Weight loss
- Strength Training
- Mobility Improvement
- Rehabilitation
- Sport Performance Training

1,500 ฿ / SESSION  
EARLY BIRD SPECIAL PRICE  
12,000 ฿ / 10 SESSIONS

## MEET OUR NEW PERSONAL TRAINER NOAH

Mr. Tanapat Worathamthongdee

- Bachelor Degree from Mahidol University International College
- Personal Training, Nutritionist, and CPR Certified from International Sports Sciences Association (ISSA)



Bookings & Info Via: The British Club Line Official  
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Ben Eastwell

# HARD BALLS

**Relieved** from the scorching heat, the BC cricket league season has now concluded and the season falls into its 'off-season' with a more relaxed schedule. With the Vietnam tour and Koh Chang Beach Tournament on the horizon, the nets are still providing a good excuse for a beer, Fireball has been in action on the back lawn and the new bowling machine has piqued interest. This report looks back on the RBSC Marshall Cup match earlier this year and the closing few league games which did not quite end as planned.



▲ New bowler

## BC V RBSC Marshall Trophy 8th April 2023 @ RBSC



▲ Marshall Trophy 2023

The Marshall Trophy has been contested for since the 60s, hosted at the RBSC – just around the corner from the club. This would be the BC's second match with the hosts this season, having earlier faced up in the A division where the away side came out convincingly on top. However, a change in personnel made for a different outcome this time, and BC fell 54 short of the target.



Despite welcome support from the sponsors and BC's academy players relentlessly delivering water to the out-field, the challengers suffered under the heat of the afternoon as RBSC scored freely at 8-per-over. A 30 retirement score refreshed the batting but the first wicket didn't fall until the 15th where Ben took 2 in an over, though despite wickets – the spinners were expensive overall. Some late wickets from Sarg and a good team performance in the closing 5 overs did put the brakes on a runaway score but the 221 target still loomed.

After RBSC had switched the clouds back on, Sunil and Dale were the stars, and Rahul the only other to score double figures in an undercooked chase. The duo were left with the responsibility of BC's last chance when they both returned from retirement to try and knock 75 off 30 balls. It provided some late entertainment and Sunil deservedly celebrated a half-century, but RBSC took the win on this occasion.

**British Club 166-10** (Sunil 56, Dale 40\*) **lost to RBSC 220-7** (Sarg 3-23) by 54 runs



▲ Sunil awarded player of the match



▲ Trophy stays back with the hosts

### BC V TNCC - B Division 23rd April 2023 @ AIT

Dilip was called in to lead the B division side against TNCC and arrived with a pocket full of notes and an extra dip in the swagger as he returned back from a successful toss. Bowling first looked to be a masterful decision as he, Denz, George and Sunish all chipped in with wickets and a tight fielding performance restricted TNCC to 59-5 at the end of the 13th over but they fought back in the second half to put on a further 94.

Some inspired commentary from Pramodh kept the 7 viewers of the live stream captivated, smartly distracting them from a forgettable performance in which Chan was the second highest scorer behind Extras with 15 runs. Eventually bowled out 41 runs off the target, players quickly retreated to aircon from what was a ridiculously hot day.

**British Club 112-10** (Extras 23, Chan 15) **lost to TNCC 153-10** (Dilip 2-25, Ahad 2-19) by 41 runs

### BC V Southerners - B Division 29th April 2023 @ BCA

It was BC's third match with the Southos this season and this was technically a decider (if you count the warm up game), whilst the Southerners were also looking to secure their top spot in the league. With Dale taking inspiration from Dilip's captainship in charge the week before, BC again bowled first and Damon starred behind the stumps – contributing in 4 wickets on his BC WK debut in a solid start until Andrew Purser spoiled the party with a quick half-century, bumping the Southos to 201. Kathy's prowess in the field and some excellent early overs from Sunish and Ed were not enough to counter a tired last 5 in which the wheels fell off. Even young John, kept busy as a much-needed sub fielder was not enough to stem the surge.

None of the top order clicked aside from Ahad who held things together with a steady 29, and an all too familiar collapse brought things to a close early – BC bowing out of the B division with a heavy loss but heads held high for a great season.

**British Club 98-10** (Ahad 29, Ravi 19) **lost to Southerners 201-7** (Ed 2-39, Ravi 2-36) by 103 runs





▲ Rain spoils the day at AIT



▲ Pond bar after the game



▲ Future of BC



▲ Capitano Onions



▲ Arran and a coconut

## BC V Superboys - A Division 30th April 2023 @ AIT

Playing in what felt like all 4 seasons at once, BC batted first against old B division colleagues 'Superboys', and with Sunil drafted over to Bangalore for the inter-apartment tennis ball cup, Denz and Ben took on the mantle of the opening partnership. It started off well until the first crack of thunder drew a screech from Mr.Allwright, who was first off the field before the umpires had even had a chance to consult each other. But, his prediction was correct, as after a short stint back out in apocalyptic conditions the rain set in for the afternoon and resulted in an abandonment and split points, but not before Denz managed to throw his wicket away. The single point sadly washed away the chance of reaching playoffs but the journey to AIT was made worthwhile after an extended fines session at the golf club whilst the skies cleared.

**British Club 84-1** (Denz 48, Ben 29\*) **Match Abandoned V Superboys CC**

Thanks everyone for a great league season.

A Division: Played 11, Won 6, Lost 4, Table position 5/12  
B Division: Played 7, Won 1, Lost 6, Table position 6/6



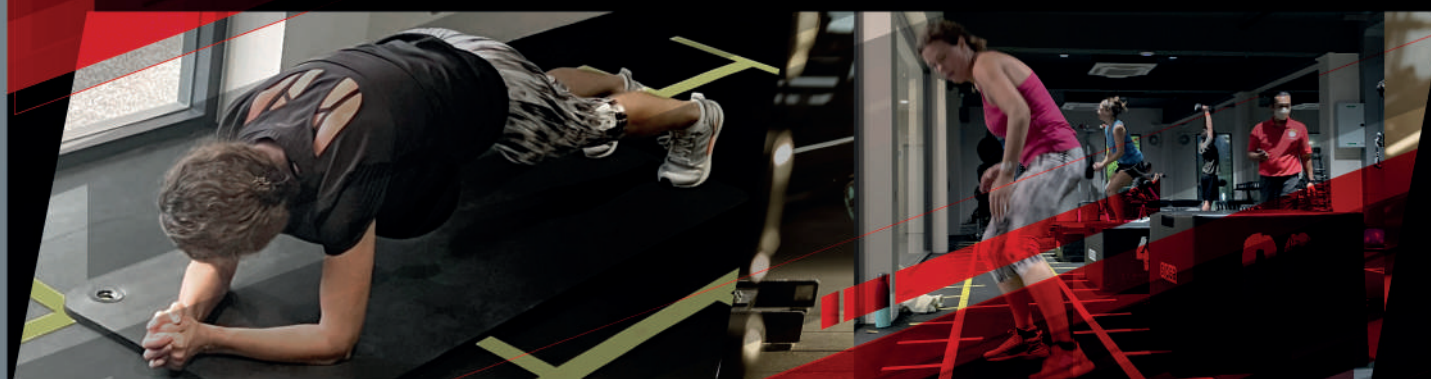


# Circuit Training

Tue 6:00pm-6:45pm

Sat & Sun 11.30 am-12.00 pm

*with Noah*



Weekly circuit training class every Tuesday for 45 minutes, Saturday & Sunday for 30 minutes takes members through a series of exercise circuits, rotating cardio, lower body, & upper body, the class is **FREE**.



Bookings & Info Via: The British Club Line Official

**Add LINE ID @britishclubbkk**

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# BRITISH CLUB GOLF



▲ Wang Noi boat view



▲ Wang Noi winner Andrew Stray

**Following** on from the success of our trip to Royal Ratchaburi in March, 40 players spent the weekend of 13-14 May playing a 2-day event at Wangnoi Prestige near Ayutthaya. This was a 2-day eclectic event, which means that your best score on each hole over the 2 rounds counts towards the final score. This is always a popular event.

Wangnoi Prestige made us feel very welcome and we can strongly recommend it all British Club members. The course is very reasonably priced but a very good test of golf, with narrow fairways lined with water on both sides and large deep bunkers. The condition of the course was excellent with very true but slow greens.

After play we adjourned to a hotel in Ayutthaya and were then taken to have dinner on a teak boat from the centre of town, which was our captain had very generously arranged to be sponsored by Aerolast Elastic Ltd.

It was a truly magical experience with a fantastic Thai seafood dinner and excellent company. The views from the boat of the illuminated temples were hauntingly beautiful. This also allowed Captain Varghese to explain how long the putt was that he missed on the 18th – well we hope that's what he was illustrating.





### ▲ Wang Noi

On Sunday at 8.00am we played the second with the scored being aggregated for the overall winners.

This year's Gross Eclectic Champion was Bryan Dodd with a fine 73 over the 2 rounds.

The main trophy is awarded to the Net Winner, which was Andrew Stray with an excellent 63.4. This is Andrew's first major win with the group and hopefully it will be the first of many.

We also had our Monthly medal at Subhapruek on Sunday 23rd April. In blistering conditions, Frank Fawkes posted a fine net 71 to take a well earned victory, with Mark Adderley and Steven Brader taking second and third.

If anyone would like to join any of our events please just message us at bcgs. bangkok@gmail.com – new members are always warmly welcomed

### Mark Adderley



▲ Wang Noi golfers



▲ Captain Varghese Rose



▲ Ayutthaya Dinner Cruise



▲ Ayutthaya Dinner Cruise



▲ Ayutthaya Dinner Cruise



# MEMBERSHIP DEPARTMENT



*Wattanan B.*



▲ *Fridtjof Rusten and Ebba Rusten*

## Member Review:

Hi, We are moving to Bangkok on June 1, and joining the club is a great way to get new friends and having fun. We really like the activities being offered, the atmosphere and the hospitality. Amongst others, you will see us on the tennis courts, in the gym and at the restaurant.



▲ *Michael Robinson, Vivian Hoffmann, Max and Liam Robinson*

## Member Review:

We are the Robinson family. A mix of New Zealand and Brazilian. We moved to Bangkok three months ago from Siem Reap and joined the British club to meet people and for our children to have a fun place to spend the weekends with other children. First impressions are great, the activities over Easter and Songkran were very much enjoyed by our kids. Happy with the decision to join this far.



▲ *Edwin Wong, Panisara Amnueypol, Nathaniel and Jacob Wong*

## Member Review:

We joined the club for a community and a place for family activities. We have enjoyed the atmosphere and the events at the club since we started our membership. Looking forward to meeting more members and their families.



# MEMBERSHIP DEPARTMENT



▲ *Benson Veechai and family*

## Member Review:

Hello members!, My name is Ben, and I am delighted to join the British Club Bangkok! I am Thai-Chinese American and currently oversee the Southeast Asia portfolio of a consulting firm based in Germany. I split my time between my Bangkok home (nearby and also on Surawong) and my home in Hong Kong.

My first impression of the British Club was actually while I was swimming on the 18th floor of the Marriot Surawong which has an ariel view of the entire club. I thought to myself "what a beautiful place. I really should look into it". So far everything has been wonderful especially the food and people at the club. I hope to make more friends with all of you in the future!



▲ *John Flynn*

## Member Review:

I had a great first evening at the British club – thank you!

The food was amazing, the service was professional and friendly, the facilities are very clean and well maintained, and the whole atmosphere there is relaxing.

I look forward to more evenings there

Korpp Khun maak na krap



▲ *Ian Ellston and Fiona Yap*

## Member Review:

I (Ian Ellston) was a member of the British Club in 2003, but a move away from South East Asia meant leaving the club.

Now back in South East Asia and a regular visitor now to Bangkok, after 3 events at the BCB, it was time to rejoin. So pleased I did. Fiona loves it, and the Churchill Bar and food excellent.

I am a school teacher, about to retire after 35 years teaching.

Fiona has her own trading company.

We also have a small Durian Orchard.

We live full time in Malaysia, with now frequent visits to Bangkok.

We look forward to may happy days supporting the BCB.



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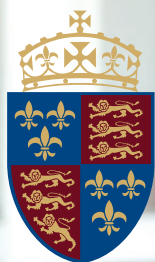
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