

OCTOBER 2024



THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

www.britishclubbangkok.org



Trafalgar – “England expects that every man will do his duty”



AN EFFECTIVE CLEAR ALIGNER TO BRIGHTEN SMILES AND ADJUST FACE SHAPE FOR CHILDREN

Kids' teeth alignment is affected by many dental disorders. At this age, many teeth are crooked, crowded, crushed, or misaligned. Teens' self-esteem can drop due to teeth and jaw disorders, which impede chewing, biting, and speaking. With Invisalign®, kids and teens aged 6-19 can straighten their teeth. Invisalign® straightens teeth, restores gum health, eliminates gingival recession, and prevents tooth extraction. For kids and teens, Invisalign® balances faces and boosts confidence. Kids and teens adapt better to Invisalign® than adults.

COMMON DENTAL PROBLEMS IN CHILDREN AND TEENAGERS

During an adolescent age, a wide variety of dental problems can be found in children and teenagers. As a result, these conditions can lead to chewing, biting and speaking limitations as well as unpleasant cosmetic concerns. These often include:



PROGNATHISM

an extension or protrusion of the lower jaw



PROTRUDING TEETH



CROOKED TEETH



CROWDED TEETH

overcrowding or dental crowding



SPACED TEETH

gap teeth



OVERBITES OR BUCK TEETH



MISMATCHED TEETH

WHAT ARE THE BENEFITS OF INVISALIGN

•Jaw realignment

Invisalign® is recommended for children over 6 to correct jaw misalignment, improving clinical and aesthetic outcomes. It can change bone and jaw structure up to 100%, potentially reducing the need for orthognathic surgery.

•Special dental devices designed for kids and teens

Invisalign® is a clear aligner for young children that controls jaw growth, improves tooth crowding, spacing, and protrusions, and is customized for each patient's needs.

•Comfort during treatment

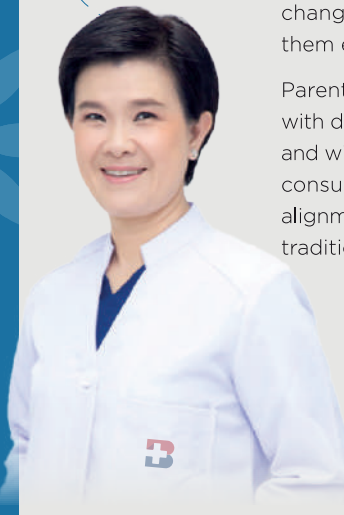
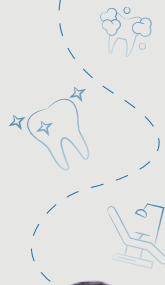
Invisalign®, a smooth plastic device, offers a solution to discomfort and daily limitations in children and teens, allowing them to wear clear, invisible aligners for various activities.

•Reduction in time consumption

Invisalign®, a new orthodontic device, eliminates wire adjustments, reducing treatment time and root canal damage, saving up to a year in treatment time.

•Avoidance of tooth extraction

Tooth extraction is often used for traditional braces to realign teeth, but Invisalign® offers a 70% reduction in tooth extraction compared to traditional methods, allowing for better space for realignment.



GET TO KNOW INVISALIGN FOR CHILDREN AND TEENAGERS

Invisalign® is an invisible orthodontic treatment that aligns teeth using transparent plastic trays over months, addressing dental issues in children and teens. It's suitable for children over 6 and 19 adolescence due to their growth.

HOW TO GET TREATMENT WITH INVISALIGN®

The Invisalign® treatment involves a digital scanning system that creates 3D images of teeth in just 3 minutes, allowing specialized dentists to identify tooth alignment problems. A clinical plan is then developed, detailing the treatment process, timeframe, and expected outcomes. Digital monitoring and detailing ensure clinical and cosmetic outcomes, as well as treatment comfort. Patients receive 20-30 dental devices, including clear aligners, and follow-up appointments every 8-10 weeks. Children aged 6-10 change their devices weekly, while adolescents need to change them every week.

Parents should seek expert orthodontists for children and teens with dental problems. Invisalign® is an ideal option, free of brackets and wires, offering benefits like no visible braces, comfort, less time consumption, and preserved self-esteem. It also improves tooth alignment, cosmetic outcomes, and gum irritation in children with traditional orthodontics.

DR. WARASIRI PITAKANONDA

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Specialty: Orthodontics and Pediatric Dentistry

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1903
THE BRITISH CLUB
BANGKOK

OUTPOST

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 BritishClub1903

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OUTPOST is the monthly magazine of THE BRITISH CLUB BANGKOK, the social sports and cultural centre for the English-speaking community in Bangkok. A full version of the magazine is also available online at www.britishclubbangkok.org Design & Published - The British Club Bangkok

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Outpost welcomes contributions from Members, email outpost@britishclubbangkok.org

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“The British Club Bangkok is a registered Association in accordance with the Thai Civil & Commercial Code”

Chairman's Message



Simon P. Davies

Our annual membership survey tends to look at Quantitative and Qualitative analysis to determine indications as to what is actually happening, such as how many times a member visits the club or attends events, and what respondees actually think about facilities, events or service.

Thank you again to everyone who took time to complete the recent members survey and for your useful, innovative and interesting suggestions for improving The Club which will all be carefully considered with the Management. Hereunder I highlight the key areas that received the majority of survey responses:-

There was an overwhelming support along with compliments for the staff with a broad range of positive comments received:-

- Suffice to say a BIG THANK YOU to all the staff who work tirelessly to serve Club members and guests

There was much praise for the overall food quality and value, however, there were some key trends suggesting improvements:-

- Initiate a review of menus leading to exclusive ones for specific outlets
- Initiate a directive to improve the variety and quality of healthy food options to include a wider range of salads and cold pressed fruit juices and smoothies
- Improve the variety and quality of coffee

Club House redevelopment :-

- Maintain the traditional and distinctive architecture
- 1910 Bar and Suriwongse room redesign/renovation
- Redecoration of The Churchill Bar and dress code review
- Refurbishment of the washrooms

IT, Communications and Booking systems:-

- Evaluate IT systems to ensure good support across all club operations
- Review timing, purposes and delivery of The Outpost publication
- Review promotion and advance notice for events
- Consider linking coaches and court timings on the booking application
- Review massage service bookings

Sports:-

- Consider construction of a badminton court
- Improve female and male changing rooms
- Increase the number of available lockers

How often do we hear the words "I do not remember it being this bad last year" when referring to the wet season rains ? Well, the good news is that the new covering over the Sails outlet has been well tested for purpose as the recent heavy rains have not prevented the F & B service being continued as normal.

Whilst many of the Club events repeat themselves thought has gone into what new ones could be considered and I am happy to announce that on the 24th October, 2024 there will be a "Desi Night" on the back lawn with music, food and live entertainment.

For those unfamiliar with the word "Desi" it is derived from the Sanskrit word "desa" meaning "land" or "Country" and is usually used to refer to those from The India Subcontinent so there lies a clue as to what the event might entail. More announcements on the Desi Night will follow but it promises to be a fun filled and enlightening evening so keep a note of the date.

***Cheers
Simon***

MEMBERSHIP PARTNERS

GET MORE INFORMATIONS SCAN HERE:



Exclusive 20% discount for Pro Shop merchandise.
Exclusive 15% discount for the Worry-Free Golf Package
(From normal price)



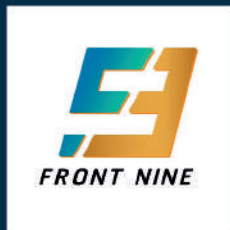
Exclusive membership "Evergreen" to receive special privileges benefits.

- Private Lounge / A Privilege Parking Service
- A 10% discount on patient room rate
- A 5% discount on medicine



somerset
EKAMAI BANGKOK

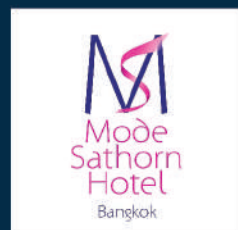
ASCOTT AND SOMERSET GROUP :
Exclusive rates for accommodations of
their properties in Bangkok and Pattaya



Special rate THB 500 NET per hours



- Special Room Rate with free upgrade
to Deluxe High Floor



Exclusive offer for Deluxe Mode at 2,600 NET
and Executive Mode 3,700 NET with breakfast included



Grande Centre Point Surawong offer the special
corporate rate for British Club's members and
our Reciprocal club's members



- 40 days complimentary storage in Thailand
on international move
- Special insurance rate at 3% instead of 3.5%
for international move
- USD 100 off on international move (minimum 10 cbm)
- USD 100 off on local/domestic move (minimum 15 cbm)
- USD 75 off on pet shipment services (Door-to-Door only)



- 1 free tray of golf balls per visit, 4 times a month
(regular price)
- 50% off golf club rental fee
- 20% discount food voucher for every purchase of
Golf ball coupon packs



Special offer



- 20% Exclusive Discount



Exclusive golf rate



Exclusive 30% discount
for British Club's members



Exclusive for the British Club Members
One Car Class Upgrade



Exclusive 20% off on all FBT's Products
(Sportswear and Sport Equipment).



Exclusive free plane upgrade for
British Club Members only
- Cessna C172 to Diamond DA40
- Diamond DA40 to Diamond DA42



- Exclusive Corporate Code to receive benefit
- Access to Crowne Plaza Club Lounge
- Complimentary Breakfast
Reservation via hotel's website

EXCLUSIVE OFFERS FROM OUR PARTNERS



Tee Bale



Operations Unknown

British Club visit HCTC Foundation in Mae Sot

Tee Bale: On September 18th–20th, I led a team comprised of Khun Natt operations manager, Chef Chon, and Khun Udom Restaurant Manager and travelled to The HCTC Foundation in Mae Sot. This visit was our 4th and designed to meet the new batch of students and present the opportunities the British Club Bangkok offers, all while providing hands-on workshops and interactive learning for students.

We organized both Barista & Mixology workshops during our three days there.

The first led by Khun Natt, enabled students to learn about Barista training in coffee, how to steam milk, technique to make latte art moreover how to make popular drinks such as “Dalgona Coffee”

The second workshop led by Khun Udom, introduced students to the exciting world of mixology. This session focused on the fundamentals of cocktail crafting and the allowed students to try making popular cocktails and mocktails.

Throughout the workshops, we took the opportunity to share information about the club's history, values, operations, events and various activities plus the opportunities that students would receive if they decided to join the club when graduated.

On the last day of trip, the team visited a local Karen village where we met the head elder and former chairman of the foundation as well as parents of the students from the village. The direction of the discussion was the vast opportunities available for children in the community, By building relationships and sharing their vision, the team showed that the British Club is a friendly place where students and graduates can grow and succeed.



Natt: I'm happy to be back at the foundation for my fourth visit! It was great to meet the first-year students inspire them about the club and share my knowledge about coffee. We explored how to make it, which is not only a fun skill but can also benefit their future careers. I'm also looking forward to welcoming new staff members from HCTC.

Udom: This is a great programme for students, especially those from various hill tribe areas. It encourages them to work in international organizations, helping them earn an income to support their families. Many of these students come from families with limited daily income. I also trained the students in mixology, giving them valuable skills for their future careers. I wish all the HCTC students much success in the future.

Chon: On this trip, I am very happy to have the opportunity to reconnect with the younger students from my old school and to meet all the teachers. One of my proudest moments is being a representative of the students working at the British Club. I have received many opportunities here, which motivates me to help future students have the chance to work at the club just like I did, because our British Club is truly amazing!



PRESS RELEASE

It's not worth the risk – jail warning for passengers flying to the UK after increase in cannabis arrests

28 August 2024

The National Crime Agency is warning travellers arriving into the UK from Thailand, Canada and the United States that they face jail sentences if caught attempting to bring cannabis into the country, after a huge increase in arrests.

So far this year, 378 people have been arrested in connection with investigations into cannabis smuggling by air passengers.

An estimated 15 tonnes of cannabis was detected and seized at UK airports in the same period – already around three times more than in the whole of 2023, when approximately 5 tonnes of cannabis was seized and 136 people were arrested.

The 2024 total is a staggering increase on the two tonnes seized in 2022.

More than half of those arrested in 2023 (71) had flown in from US airports, 24 from Thailand and 24 from Canada.

Around half of all arrests (184) this year related to cannabis that originated in Thailand, while 75 arrests related to cannabis originating from Canada, and 47 to cannabis from the US.

People travelling with the drugs as couriers reported being told by their recruiters that they were only risking a fine if caught. However, the maximum sentence for cannabis importation in the UK is up to 14 years in prison.

This year 196 people have already been convicted and handed sentences totalling almost 188 years.

Passengers were most often found to be carrying between 15 and 40 kilos of cannabis inside their checked-in luggage.

In one case, however, 51-year-old Spanish national Fernando Mayans Fuster was caught at Manchester Airport with eight suitcases containing 158 kilos of the drug, after arriving on a flight from Los Angeles in May this year. This is believed to be one of the largest passenger seizures of its kind at Manchester Airport.

Mayans Fuster was jailed for three years and four months at Manchester Minshull Street Crown Court on 19 July.

On 9 August, 11 British passengers were arrested at Birmingham Airport after a total of 510 kilos of cannabis was found inside 28 suitcases. All the passengers had travelled from Thailand, transiting at Paris Charles de Gaulle Airport. They have been bailed until 9 November pending further NCA investigation. Their cases are believed to be linked.

In some instances, officers have recovered electronic trackers with the drugs, believed to have been placed in there by organised criminals at source so they could follow the illicit loads.

NCA experts say the trend is being fuelled by these organised crime gangs who have access to cannabis grown overseas in locations where it is legal, and recruiting couriers to transport it to the UK where it can generate greater profit for them than growing the drugs themselves.

The NCA continues to work with law enforcement partners in both the UK and overseas to target high-risk routes, seize shipments of drugs and disrupt the criminal gangs involved, denying them profits.

NCA Director General of Threats James Babbage said:

“In some cases it is unclear whether the mules knew what the potential penalties are but in most cases they were operating on behalf of organised criminal gangs.

“We would appeal to anyone who is approached to engage in smuggling to think very carefully about the potential consequences of their actions, and the risks they will run.

Notes to editors:

All statistics for 2024 relate to the period 1 January – 12 August 2024.

During 2023 the most common nationalities among couriers were British (56), US (51), and Canadian (16).

Of the 378 people arrested this year – the vast majority of whom were air passengers caught smuggling cannabis through UK airports – British nationals accounted for the highest proportion, followed by Malaysian (93 arrests), Canadian (64), and American (40). A small number of other nationalities were also stopped.

Further details of the Fernando Mayans Fuster case can be found here <https://gloo.to/FFQ5> and <https://gloo.to/F8aN>

Footage of Border Force officers scanning bags at Birmingham Airport, the arrest of a courier at Heathrow and the seizure of 510 kilos of cannabis at Birmingham Airport on 9 August can be found by visiting <https://spaces.hightail.com/receive/mrj8JUVS5M>.

Joanne Finnamore-Crorkin

HM Consul, British Embassy, Thailand

Returning to the UK?

Helping you to plan ahead and understand the key considerations which may affect you



Increasing healthcare costs, circumstance change and redundancy are all some of the reasons that people consider moving back to the UK.

The years of UK political turbulence since the 2016 UK referendum vote, and the last few years of changing leaders and political parties, seem insufficient to keep the homebirds away.

For whatever reason you are thinking about a move back it is crucial to plan-ahead and understand the key considerations which may affect you. This will help lessen the chance of exposing yourself to a significant and perhaps unnecessary tax burden.

Planning your return to the UK

Because of the complex UK tax system relocating is highly important and careful planning is essential. In general, the more notice the better and if possible 6-12 months is normally an ideal timescale to begin the process.

The luxury of time may not be an option for all. Either way you need to understand the consequences of a return when planning as it needs to be right for your personal circumstances both now and into the future.

If you come back to the UK after living abroad, you will usually be classed as UK resident again. This means you pay UK tax on: your UK income and gains, as well as any foreign income and gains. This may not be the case if your permanent home (domicile) remains outside the UK.

You would have remained UK resident anyway if you were abroad less than a full tax year (6 April to 5 April the following year). This means you will usually pay UK tax on foreign income for the entire time you were away.

When to return

There is no ideal time but understanding the UK statutory residency laws is a good start. This will make sure you know when you are likely to become UK tax resident as it is sometimes not as straightforward as it may seem.

If you return mid tax year and you have been receiving overseas income, obtaining UK split-tax year treatment is going to be important.

Split Tax Year

You will be resident in the UK for the whole of a tax year, but that year may be split into a UK and an overseas part. This means that when returning to the UK you may be able to split the tax year into one part when you are UK resident, and one when you are not.

There are 8 sets of circumstances when an individual might meet the criteria for split year treatment for a particular tax year. Three cover situations when an individual might go overseas part way through the tax year, which are cases 1-3. Five cover situations where an individual might come to the UK part way through a tax year, which are cases 4-8.

If, in a year in which you are UK resident, there is an actual or deemed departure from the UK, then you will need to consider whether any of the split year cases 4-8 apply.

You must consider all cases of split year that might apply to you. Each has its own set of conditions, and you need to meet all those conditions for the case to apply. If more than one case applies to you the priority ordering rules show which case of split year will apply and what date the year will be split from.

For more information, please refer to the HMRC RDRM12000 guidance on Residence, available on the official UK government website.

If you return to the UK within 5 years

You may have to pay tax on certain income or gains made while you were non-resident. This doesn't include wages or other employment income. These rules (called temporary non-residence) apply if you return to the UK within 5 years of moving abroad (or 5 full tax years if you left the UK before 6 April 2013) and you were a UK resident in at least 4 of the 7 tax years before you moved.

Chapter 6 of HMRC's guidance note to the Statutory Residence Test is where you can find more information.

Do I need to tell HMRC when I return?

Informing HMRC that you are returning to the UK is very important. And it can be done personally, or by a tax representative/adviser.

It is always recommended that pre-return tax advice is sought, which could be part of an overall package of a pre-and post UK tax advice service.

Considerations for a UK return

There are many and the following are some of the main ones:

- **Seek UK tax advice from a professional qualified UK Tax Adviser.** This is arguably the most important to make sure you understand when you may become UK tax resident.
- **Seek tax advice in Thailand** to make sure that you leave without any tax liability remaining.
- **UK Bank account** – do you still have one? If not speak to your previous UK bank first as in the absence of any recent credit history it may be awkward to open a new account with a bank where you have no history.
- **Understand foreign pension provision** – clarify if it be withdrawn prior to a return and prior to becoming UK tax resident, and in particular, can benefits be taken as a lump sum.

- **Review currency exchange rates** – if transferring significant amounts find an economical way as there are many options available these days.
- **Review investment funds** – they could be Reporting or Non-Reporting which are taxed differently in the UK. The former liable to Capital Gains Tax (CGT), the latter Income Tax (IT). At time of writing UK CGT rates are lower than UK IT rates so this can be important.
- **UK property** – give tenants the correct notice and refer to the current landlord responsibility rules that apply in the UK as part of the 2023/2024 Renters' Reform Bill changes.
- **Healthcare in the UK** - NHS Hospital treatment is free for those ordinarily resident in the UK on a lawful and properly settled basis, it applies immediately for someone returning permanently.
- **Schools** – research what schools are available, children must be physically present to enroll.
- **Insurance** - consider all your insurance, general (motor, home), and personal (private medical insurance, life assurance, and critical illness). Personal insurance is normally cheaper in the UK as there is a wide and competitive marketplace.
- **Driving license/eligibility** – check your UK License is still valid if your UK absence has been more than a few years.

This is a complex matter, and mistakes can be costly. Returning to the UK is a big step so plan ahead both personally and financially. Progeny have helped many people relocate to the UK so please contact us if you would like to discuss your position.

Martin Wright
Senior Financial Planner



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.

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Paul Cheesman

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

*We continue the story of
the British Club Bangkok ... 1977*

“Associate Membership”

The Club's constitution required two Extraordinary General Meetings to be held to approve the introduction of “Associate Membership”, that is membership for nationalities other than Australian, British, Canadian and New Zealander.

The first was held on 27th January which was minuted as ‘passed’ but without the numbers actually being recorded. The confirmation EGM on 28th February passed the motion by 177 votes to eight, with most votes being proxy votes. The motion, having passed the two-thirds threshold, was submitted to the Ministry of the Interior to become part of the constitution.

Our first Associate Member, and also our first Thai Member, elected in the June, was Khun Pravit Purananda. Educated at Cheltenham College, Khun Pravit worked initially for the British Overseas Airways Corporation (BOAC) then British Airways until 1978 when he set up Prestige Travel with four prominent Club members. A member of Bangkok South Rotarians for over 28 years, he was their President 1978-79. Sadly, Khun Pravit passed on in 2009 aged 70.

Our Naval Year

At the end of January, for a few days, the Club extended to the crew of HMAS Vendetta (D08), a Daring-



▲ *Our first Thai Member*

class destroyer, use of the Club facilities during their second and last visit. The ship's plaque is on display in the Churchill Bar.

In April, for six days, the Club extended to the crew of RFA Lyness (A339), a Ness-class combat stores ship, use of the Club facilities during their visit.

In August, the Club extended to the crew of HMAS Stuart (DE48), a River-class destroyer escort, use of the Club facilities during their first visit. The plaque of HMS Stuart is on display in the Churchill Bar.



▲ *Two of our visitors*

Sporting Matters

In the March, the inaugural round of the Ladies Golf Gestetner Eclectic golf tournament was played.

In the June, the Darts Section (aka the ‘Lillywhites’) held a Queen Elizabeth II Silver Jubilee darts competition with Darts Captain Brian Heath winning the Castrol Cup. The tournament became an annual event until 1986 when a separate Ladies cup was inaugurated, and the Castrol Cup became the Men's trophy.

In July, the inaugural Club Squash Handicap Championship was held, designed to complement the Don Johnston Cup in the annual calendar. This Championship was later renamed after Tom Annas, a long serving Squash player who passed away in 2014. Also in this month, the Australian Junior Tour Group from the Lawn Tennis Professionals Association of Australia played a series of Exhibition Matches then battled against members of the Club. Sadly, there was no record kept of any of the scores!

In the August, the Golf Section played the inaugural tournament of the Davidson Cup, donated by James Davidson, between the Captain's team and the immediate Past Captain's team.

December was busy ... the Golf Section played, for the first recorded time, the “Kiwi Cup” against

members of the New Zealand community. The trophy was presented by H.E. Richard Taylor, the New Zealand Ambassador, and it was, in fact, a sheepskin rug as he could not find a sheepskin cup!!! Finally, the newly created Thailand Squash Racket Association organised the first Thailand Squash League with ten teams: four from the British Club Bangkok, four from the Royal Bangkok Sports Club, and two from Vajiravudh College.



▲ The Castrol Cup

The Long-Range Plan

In the February, an Extraordinary General Meeting was called to discuss and approve the Long-Range Plan of the Club. Thirteen projects were agreed and at the Annual General Meeting at the end of the month, a 2 million Baht overdraft was agreed to fund some of these.

To this end, in early March 'The Bar' [in 2024: Veranda] was closed for a full refit and a temporary bar was opened, with temporary air-conditioning, in the 'Reading Room' [in 2024: Pool Room]. The 'Reading Room' itself was moved upstairs to the 'Cinema Room' [in 2024: the Suriwongse Room]. In June, the refit was completed, and the Bar re-opened with the temporary air-conditioning left in the now located back Reading Room.

Sadly, this was the only work done in this year as it became obvious by October that the Club was generating insufficient cash surplus to fund any further work.

LONG RANGE PLAN

The following Resolutions were passed at the Extraordinary General Meeting held on Thursday 10 February 1977.

- " - The Long Range Plan Schedule of Projects is accepted as the basis for the long term development of the Club."
- " - The initial phases of the Long Range Plan are to include the following projects:-
 - a. Improvements to the Clubhouse Bar.
 - b. The building of a new Office and Store complex.
 - c. Conversion of the existing Office to a Reading Room and Library.
 - d. Renewal of the mains supply wiring system.
 - e. Relocation of the Poolside kitchen, stores and ground floor toilets.
 - f. Conversion of the Reading Room to a Billiard Room.
 - g. Construction of a Ladies Toilet and Changing Room in the Clubhouse on the ground floor.
 - h. Conversion of the Billiard Room to a Reception and Special Functions Room.
 - i. Construction of a new Mechanical and Store room on the first floor rear balcony of the Clubhouse.
 - j. Improvements to the Clubhouse Dining Room.
 - k. Improvements to the Clubhouse Kitchen.
 - l. Improvements to the Clubhouse Entrance Hall.
 - m. Construction of two all weather Tennis Courts."

▲ The Long-Range Plan!

Service

Mr. Nigel Overy continued as Chairman [see *Past Particle*, March 2023] with Mr. Charles S. Stewart again as Vice-Chairman [see *Past Particle*, August 2024]. There was no Honorary Secretary appointed, and Mr. Walter G. Ford served as Honorary Treasurer, in his only term of service. However, Mr. Ford took 'home leave' for two months in the summer, so Mr. Peter Adcock was co-opted to act up as treasurer. Mr. Adcock had first served on the committee in 1966 [see *Past Particle*, November 2023] but in an anomaly, upon Mr. Ford's return he remained on the committee which then had eleven persons for the rest of the year.

Continuing their service were Mr. John P.D. Gandy from the previous year; Mr. Ivan W. Garfoot who also served in 1968 [see *Past Particle*, January 2024]; and by co-option, Mr. Tom L. Barratt who would serve six terms [see *Past Particle*, September 2023]. Completing their service were Mr. Geoff S. Smith and Mr. M.F. de Vries, the latter of whom resigned in the May.

The first "new boys" were Mr. Arthur W. Hawtin in his first of three terms, and Mr. Les V. Vize in his first of two terms, the second as Vice-Chairman. Then finally there were Mr. R.A. Sheddon who served part of this term then went Absent and Mr. J. Weymouth who was co-opted and served this term only.

1977-78

CHAIRMAN: Nigel F. Overy
VICE-CHAIRMAN: Charles S. Stewart
HONORARY SECRETARY: (not appointed)
HONORARY TREASURER: Walter G. Ford

MEMBERS:

A. Peter Adcock (co-opted 05.07.1977)
Tom L. Barratt (co-opted 04.10.1977)
M.F. De Vries (resigned 23.05.1977)
John P.D. Gandy
Ivan W. Garfoot
Arthur W. Hawtin
R.A. Sheddon (went Absent 20.08.1977)
Geoff S. Smith
Les V. Vize
J. Weymouth (co-opted 04.10.1976)

▲ General Committee 1977-78

Club News

In the January, the General Committee agreed to allow core nationality Missionaries use of Club as Temporary non-fee-paying members – today they are classified as 'Concessionary Temporary Members'.

Also in the January, the General Committee bestowed upon Lt. Col. (Retd.) Hugh Docherty OBE an Honorary Membership for his service to the Club, including four years as chairman.

The General Committee agreed in August that all books of coupons, sold to non-members who are authorised to use the Club, would be surcharged by 10 Baht. Thus, a standard coupon book with coupons worth 90 Baht would now cost 100 Baht!

In the November, Royal Automobile Club became the Club's first Reciprocal Club in the United Kingdom.



The Royal Automobile Club, 89 Pall Mall, London SW1Y 5HS
 and Woodcote Park Country Club, Wilmerhatch Lane, Epsom, Surrey
 KT18 7ED

AGREEMENT of Club Affiliation between The Royal Automobile Club (London and Epsom) and The British Club.

▲ The Royal Automobile Club

In Other News

In the February, the Suriwongse Road became a one-way street from the junction of Naret Road to Charoen Krung Road. The General Committee thus closed the Suriwongse Gate mid-evening but kept the Silom Gate open.

Col A.D. Crabtree became the British Military Attaché in the May and joined the Club in the November.

1977 was the Silver Jubilee year of H.M. Queen Elizabeth II and thus a series of celebrations were the order of the day. First of all there was a Service of Celebration at Christ Church conducted by Revd. Canon John Taylor OBE; then there was a Garden Party at the British Embassy lead by H.E. Sir David Cole, the British Ambassador and catered by the Club; and finally there was a Family Day including a huge Swimming Gala at the British Club.

On 30th June, SEATO (the Southeast Asia Treaty Organization), the SE Asian version of NATO, based in Bangkok, ceased operation after 23 years.

The JEATH War Museum became the first such museum at the River Kwai site in Kanchanaburi. The acronym stands for Japanese, English, Australian, American, Thai and Holland, being the nationalities involved in building the bridge.



▲ The Silver Jubilee

Next month ...
"75th Anniversary!"

Paul Cheesman
Honorary Secretary

For Members interested in our Club's history, the timeline "120 Years in the Making" can be found on the Website under 'The Club – History'.

A WORLD OF OPPORTUNITY

ITF Certified Tennis Courts – Elevating Our Game

The eight covered tennis courts, certified by the International Tennis Federation (ITF), provide students with exceptional learning experiences in both recreational and competitive tennis. Everything we do at Bangkok Patana School is focused towards letting our students enjoy their learning; when they enjoy, they excel.



Read more about
our new tennis courts



Bangkok Patana School

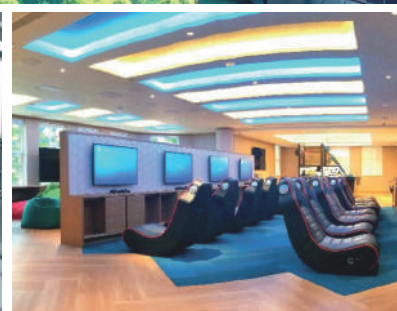
*The British International School in Thailand
Established 1957*

admissions@patana.ac.th

www.patana.ac.th

Tel: +66 (0) 2785 2200

Bangkok Patana is a not-for-profit IB World School, accredited by CIS



The American Club (Country Branch), Tai Tam, Hong Kong

Visited April 2023 by Paul Doust and Prasit Jangkamol (a.k.a. Jack)

The American Club in Hong Kong is one club with two branches which are called the Town Club and the [Country Club](#). When the Town Club was reviewed in the [August 2023 edition of Outpost](#), a review of the Country Club was promised on another occasion, so here it is.

As mentioned in the review last year, the American Club was founded in 1925, but the Country Club only opened its doors in July 1987. The club is perched on a cliff with great views over Tai Tam bay on the edge of Stanley, and is around a 25 minute drive south-east from the Town Club. Either branch can issue temporary membership cards given the letter of introduction from British Club Bangkok, together with the other documentation that the club requires. However, only two temporary membership cards can be issued per year, and once issued the card is valid for 14 days.

The Country Club has lots of facilities. The sporting facilities include an indoor fitness centre, 6 outdoor tennis courts, and a 30 metre outdoor swimming pool. The pool is 1.2 metres deep at one end, 2.4 metres deep in the middle and 1.4 metres deep at the other end. The catering facilities include the Tides coffee bar which has both indoor and outdoor seating, the large indoor Bay Café which has a sushi bar attached, an outdoor sports bar called Ricks, and the Southside Pool & Grill which is outside next to the swimming pool. All those catering facilities



are very informal but there's also a slightly more formal restaurant called The Fireside which restricts access for children on some days of the week. Additionally the club has a wine shop, a ballroom for hosting events, and a Spa called 'Elements'. The spa costs HK\$ 400 per hour for a private sheltered outdoor area which has a steam room and a jacuzzi overlooking Tai Tam bay. However, the club has no accommodation, although it does have a yacht called Screaming Eagle that can be hired. The dress code throughout the club is casual.

The club also has a couple of facilities aimed at children. For younger children there's The Eagle's Nest, which is a 10,000 square foot three-storey play space with plenty of toys, arts and crafts. For teenagers there's Chill & Joe's which has big screen TVs, loads of video games facilities, a pool table, and a counter where soft drinks and snacks can be bought using a junior supplementary member card. We were told that there tend to be a lot of children in the club at weekends.

We had our temporary membership cards issued at the Town Club, so on arrival at the Country Club the security immediately let us into the club where we spoke to the receptionist. To our surprise the receptionist turned out to be Thai and had grown up in Bangkok. She was on her own and so she was unable to leave the desk to show us round the club, but she gave us a rough idea of where all the facilities were. We had brought our swimming gear and had been hoping to relax outside by the pool, but by the time we arrived it wasn't an appealing prospect because the weather had become a bit rainy. When we were looking round the club, the Bay Café had been quite busy with families eating lunch, but by mid-afternoon there were plenty of free tables. We settled for afternoon tea on a table by the window with great views of Tai Tam Bay.

The American Club's Country Club branch has a very comfortable and friendly atmosphere, and apart from all the facilities, is also a great place for entertaining children and teenagers.

Coming Events

October 2024

Quiz Night
Sunset Jazz Nights
Kilchoman Asia Tour Whisky Launch
Kids Halloween Party
Witches & Wine on the lawn
Trafalgar Dinner
Desi Night
Tap Take Over
Great Fun Sunday

November 2024

Guy Fawkes Night
Gin Take Over
Remembrance Day
Loy Krathong
Annual Christmas Wine Tasting
Intimate Wine Night
Back 2 Skool Challenge

December 2024

Christmas Quiz Night
Carol Night
Kids Christmas Party
Christmas Day Lunch & Dinner
New Year Eve Cruise
Sections Christmas Party

Event & Activities 2024 October Highlights



Kids Halloween Party



Witches & Wine on the lawn



Trafalgar Dinner



Table Tennis Tournament

24/08/24

Congratulations to the August Table Tennis Tournament winners !! One of the highest standards of table tennis competitions we have run.





Business Breakfast Briefing

04/09/24

The partnership between The British Club Bangkok, British Chamber of Commerce Thailand (BCCT) & UK in Thailand British Embassy is never stronger than at the Breakfast Briefing with the British Ambassador H.E. Mark Gooding OBE

Wonderful to welcome so many members from the Club and BCCT all under one roof





Sunset Jazz Sessions

Every Sunday
September 2024

Mark and his talented Jazz Trio have entertained everyone each Sunday in September and we look forward to him and the band playing at the coming wine tastings. If you haven't yet seen them perform, make your way down to one of the Sunset Jazz Sessions in October



October 2024

PREP's PUPs



SPECIAL OFFER

Buy 5 sessions,
get a free session
and a child's
T-shirt!

*Conditions Apply

Teacher Led Playgroup

Join Now



(450 THB/session)

Baby (4 months to pre walking) Toddler (1 - 2 years old)

Wed 10:30 - 12:00

Music, Movement & Sensory

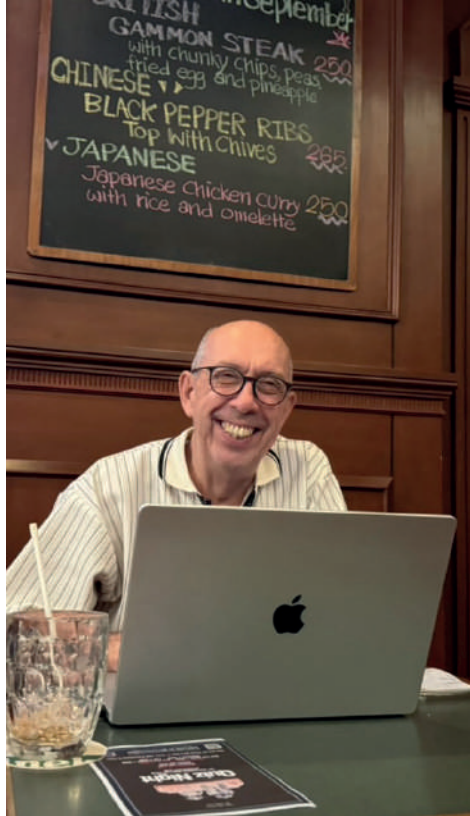
Mon, Tue, Thur, Fri 10:30-12:00

Baby Explorer

School Ready (2 - 3 years old)

Mon- Fri 8:30 - 10:00

Little Explorer, Little Scientist and Little Artist



Quiz Night 10/09/24

7 teams battled it out with the Spin Doctors coming out on top to be the 1st September winners and then go on to also win the Jackpot of 4,000 baht on the night! well done to their main man Tom. The quiz night is now held twice a month so be sure not to miss the next one



October 2024

23



The Macallan Whisky Dinner

13/09/24

Thank you to all our members and guest that attended The Macallan Whisky Dinner with ALCHEMY WINES & SPIRITS (THAILAND) at the British Club Bangkok.

An informative talk on the history of Macallan and Kirsteen Campbell, their Master Whisky Maker since 2019, together with a delicious 3 course meal from our budding young Chefs



The British Club & Brand Connect
presents

KILCHOMAN WHISKY ASIA TOUR THAILAND LAUNCH NIGHT

Thursday October 3rd | 6-9 pm
Suriwongse Room



Whisky on the Night with Tapas menu

- Kilchoman Machir Bay
- Kilchoman Sanaig
- Kilchoman Batch Strength

LIMITED EDITION

- Kilchoman PX Sherry Cask Matured
- Kilchoman Loch Gorm
- Kilchoman Sauternes Cask Matured

Members 799฿ - Guests 999฿

BRAND CONNECT
THAILAND
DISTRIBUTORS OF DISTINCTION



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



1903
THE BRITISH CLUB
BANGKOK

KIDS HALLOWEEN PARTY

Saturday 26th Oct
6:00-9:00PM | Suriwongse Room



Limited to the First 50 Kids to Register
Age 5 years and up

Special Fancy Dress Party with Games & Activities,
Magic Show, Halloween Snacks, Refreshments, and
prizes for Best Costume!

KIDS MUST BE ABLE TO ATTEND UNSUPERVISED

Kids Only Members 700฿ Guests 800฿



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



1903
THE BRITISH CLUB
BANGKOK



The Winston Cup

14/09/24

A truly entertaining night at the September Winston Cup pool competition. The British Club Pool Section has now officially been formed and the section is pleased to already have 34 members. If you are interested in joining the section, please contact us via Line official <https://lin.ee/XqJZd53>





Back 2 Skool 15/09/24

We were excited to launch our third "Back 2 Skool" Challenge

24 children took part in 4 exciting challenges with the top 3 in each winning special prizes and trophies

We teamed up with 4 of our amazing partners who introduced each challenge then operated them, thank you to Bangkok Hospital, Crowne Plaza Hotel, Clay Hobby, and Bangkok Prep School for bringing your themed challenges which educated and were fun.



The Battle of Britain Dinner

21/09/24

The Battle of Britain Dinner hosted at The British Club Bangkok by the Defence Section of British Embassy

Colonel Tony Stern putting together an entertaining and detailed look back at the battle along with Ben Morley delivering a touching account of how the battle developed

Guest of honour and speaker Air Chief Marshall Punpakdee Pattanakul

Also, in attendance Air Chief Marshall Chaiyapruk Didyasarin



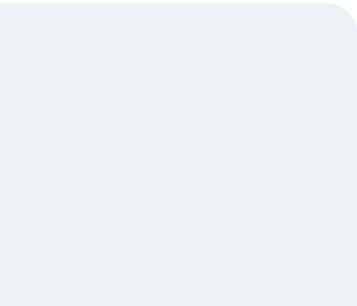
October 2024

29

MON

TUE

WED

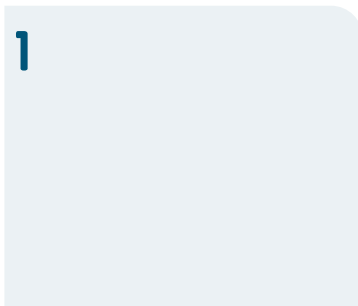


7 Squash Mix-in
5.15pm - 7.30pm

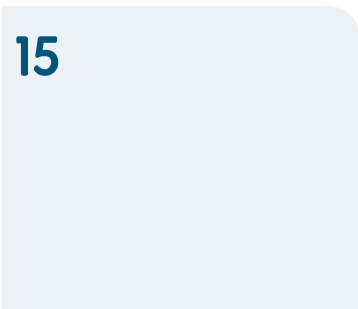
14 Squash Mix-in
5.15pm - 7.30pm

21 Squash Mix-in
5.15pm - 7.30pm

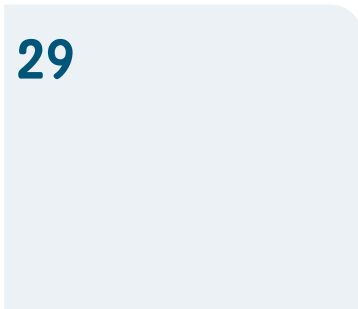
28 Squash Mix-in
5.15pm - 7.30pm



8 Quiz Night
7.15pm - 9.30pm



22 Quiz Night
7.15pm - 9.30pm



2 Squash Mix-in
5.15pm - 7.30pm
Balut
6.00pm - 8.00pm
Circuit Training
6.00pm - 6.45pm
Tennis mixed-In
6.00pm - 10.00pm

9 Squash Mix-in
5.15pm - 7.30pm
Balut
6.00pm - 8.00pm
Circuit Training
6.00pm - 6.45pm
Tennis mixed-In
6.00pm - 10.00pm

16 Squash Mix-in
5.15pm - 7.30pm
Balut
6.00pm - 8.00pm
Circuit Training
6.00pm - 6.45pm
Tennis mixed-In
6.00pm - 10.00pm

23 Squash Mix-in
5.15pm - 7.30pm
Balut
6.00pm - 8.00pm
Circuit Training
6.00pm - 6.45pm
Tennis mixed-In
6.00pm - 10.00pm

30 Squash Mix-in
5.15pm - 7.30pm
Balut
6.00pm - 8.00pm
Circuit Training
6.00pm - 6.45pm
Tennis mixed-In
6.00pm - 10.00pm

OCTOBER 2024

THU

FRI

SAT

SUN

3

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm
Kilchoman Whisky
Asai Tour
6.00pm - 9.00pm

4

Tennis mixed-in
8.00am - 11.00am
Friday Junior Coaching
4.00pm - 5.00pm
Friday Junior Cricket
5.30pm - 7.00pm
Tennis mixed-in
6.00pm - 10.00pm

5

Squash Mixed-in
12.45pm - 4.30pm
Cricket Team Practice
2.30pm - 6.00pm

6

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.30am - 3.00pm
Tennis Mix-in
4.00pm - 7.00pm

10

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

11

Tennis mixed-in
8.00am - 11.00am
Friday Junior Coaching
4.00pm - 5.00pm
Friday Junior Cricket
5.30pm - 7.00pm
Tennis mixed-in
6.00pm - 10.00pm

12

Squash Mixed-in
12.45pm - 4.30pm
Cricket Team Practice
2.30pm - 6.00pm

13

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.30am - 3.00pm
Tennis Mix-in
4.00pm - 7.00pm

17

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

18

Tennis mixed-in
8.00am - 11.00am
Friday Junior Cricket
5.30pm - 7.00pm
Tennis mixed-in
6.00pm - 10.00pm

19

Squash Mixed-in
12.45pm - 4.30pm
Cricket Team Practice
2.30pm - 6.00pm
Trafalgar Dinner 2024
7.00pm - 9.00pm

20

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.30am - 3.00pm
Tennis Mix-in
4.00pm - 7.00pm
Sunset Jazz Session
6.00pm - 9.00pm

24

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm

25

Tennis mixed-in
8.00am - 11.00am
Friday Junior Cricket
5.30pm - 7.00pm
Tennis mixed-in
6.00pm - 10.00pm

26

Squash Mixed-in
12.45pm - 4.30pm
Cricket Team Practice
2.30pm - 6.00pm
Witches & Wine on
The Lawn
6.00pm - 9.00pm
Kids Halloween Party
6.00pm - 9.00pm

27

Tennis Men Doubles
Team practice
10.00am - 1.00pm
Sunday Brunch
11.30am - 3.00pm
Tennis Mix-in
4.00pm - 7.00pm

31

Yoga
6.00pm - 7.00pm
Cricket team practice
6.30pm - 8.00pm



Terry Adams



Seniors Section

SECTION UPDATE:

Seniors Section Membership is open to ALL Club Members and their Spouses/ Partners irrespective of age (which as we all know is just a number). The Section's objectives are to engender continuous learning, mild activity, and most certainly

good socializing. So, come along to your first Seniors Section event: we are confident that having done so, you will then be attending others.

We continue working to provide two events each month, with events already at various stages of progression and finalization to December 2024.

*Interested to become a SECTION MEMBER or just wanting to discuss or make enquiry, or to suggest a possible Section event please call **Terry Adams** on 081 750 1087 or email him at: terry.adamsbkk@gmail.com*

Visit the Seniors Section website at: www.britishclubbangkok.org/seniors-section/ for information on the Section and our Events. Just keep clicking on the posters to delve deeper for information, photographs, and much more.

September Events:

Croquet & Boules Match
All Welcome!

Seniors Section v Young Happy

Date: Thursday 3rd October
Time: 1730 (practice) 1800 (matches start)
Venue: Front Lawn
Cost: 400฿ includes buffet dinner
Drinks: On your own account

Interested? Come and join us! All Welcome.
Call Terry Adams 081 750 1087 or email terry.adamsbkk@gmail.com

Seniors Section
Two Year Anniversary PARTY !!

Section Members FREE!
Guests Welcome

Date: Thursday 24th October - Time: 1800
Venue: Surawong Room - Buffet and drinks until 2000

- Non-Section BC Members 500฿ (includes one year free section membership).
- Non member Guests - 500฿

Interested?
Call Terry Adams 081 750 1087 or email terry.adamsbkk@gmail.com

EVENT REPORT:

Trip to the National Museum and the Museum of Contemporary Art: 29th August 2024

A small but very lively and interested group left the Club for the short journey to the National Museum at Sanam Luang where we met our volunteer guide Peter. Stopping first in front of the 'Long Song' pavilion (built during the reign of King Rama 1 and moved to its current location from the Grand Palace), Peter explained in detail the various historical, religious, and cultural characteristics of the design in this beautiful Royal Pavilion. We then moved on to the highly significant religious and historical Buddhisawan Chapel (Not a Temple as there are no Monks assigned to reside there) and its sacred and revered buddha image the 'Phra Phuttha Sihing', believed to have been brought to Thailand from Sri Lanka during the Sukhothai Period. Peter spent quite some time explaining the various ancient murals located around the interior chapel walls as they depicted the various lives of Buddha as set out in the **Jataka Tales**.



We then moved on to the Royal Funeral Chariots exhibition hall where we enjoyed a brief sit down as Peter explained the history of the various stupendously attractive and huge exhibits. We marveled at the designs and workmanship on display before moving on to visit the Praphat Piphithapan Building that on 2 floors showcased Thai archeology from the 13th century Lanna Period through to the Rattanakosin (Bangkok) Period, before our allotted trip time was up. We ended the tour by thanking Peter for imparting his truly extensive knowledge in such an engaging and interesting manner.

Boarding our minibus took us on the short journey to the Rongros Restaurant, located riverside opposite Wat Arun (The Temple of the Dawn). Whilst a little cramped for space, this slight impediment was far more than overcome by the restaurant's super ambience and quality service, but particularly by the truly excellent, tasty, and abundant food that was served.

The journey from Sanam Luang almost to Rangsit only took some 30 minutes and we arrived at MOCA right on our scheduled time, thus allowing 90 minutes to explore the 5 floors of exhibits on display at this privately owned museum. The wonders commenced when we alighted from the minibus to see the shape and design of the exterior of the building before entering, and these wonders endured as we travelled downwards from the 'International Collections' set out in the 5th Floor, through the 4th Floor collection of works from the most renowned and famous Thai national artists. The 3rd Floor showcased themes of imagination and fantasy as composed by contemporary Thai artists. The 2nd Floor was dedicated to 'Religion, Faiths, and Beliefs' with displays of over 200 Ramayana and other Asian masks, and on the 1st Floor we saw the permanent exhibitions of important National Artists. We gathered together in the excellent Coffee Shop and enjoyed their specialty beverages and very tasty cakes before we embarked on the minibus for the journey back to the British Club.

EVENT REPORT:

"A New Era in Thai Train Tourism": 16th September 2024



Section Chairperson Terry introduced our youngest ever speaker, Khun Wanwit Niampan, the Assistant Chief of the State Railways of Thailand's Foreign Relations Department, who was making his first ever presentation to an audience in English.

With an almost flawless diction and a large and well spoken English vocabulary, using an excellent series of slides with superb photographs and graphics all in the English language, he quickly took us through the events that lead from the establishment of the first railways in Thailand in the 1890's (thanks to a toy train set that Queen Victoria sent to King Rama V in 1866 which piqued the King's interest!). Then through to the current status of train lines covering the country, the passenger services and hardware provided, the track extensions currently being built and those planned in the near future through massive state financial investments. He then turned to the types of passenger carriages that are currently available, and then highlighted a number of popular train trips to tourist attractions located around the country, including their current pricing.

Khun Wanwit then turned to the very recent introduction of two key "Tourist Trains" – The Japanese donated and refurbished KIHA-183 4-carriage diesel multiple unit sets, of which 2 sets are currently in use and a 3rd undergoing trials. Proudly turning to the brand new "Royal Blossom" luxury tourist train comprising 5 carriages with multiple seating options and including an observation and refreshment car at the rear. All are superbly finished with all conveniences to a high standard, and also provide a good number of seating options including private rooms for 6 people. A second "Royal Blossom" train has only just been put into service. He noted that at present, all these new 'Tourist Trains' are fully booked within hours of tickets becoming available, such is the current high levels of interest and popularity.

His closing slides highlighted the availability for organisations to hire complete "Saloon" coaches that can be added to any scheduled train. These "Saloon" coaches had various fit-outs from conventional seating through to a boardroom style.

Khun Wanwit, in addition to accepting some British Club mementos of his outstanding visit, deservedly received many complimentary comments on not only the quality of the information imparted, but also on his impressive presentation skills.

What resonated most with the 30 attendees was Khun Wanwit's absolute passion for all things 'railway and trains' in Thailand. We could all see that his childhood trainspotting hobby had, after his university education, turned into a career, and that with his gift in so ably articulating his message that was so well received, he would go far as his career with the SRT progressed.

BRIDGE SECTION



The Bridge Section plays Duplicate Bridge every Sunday (except the last Sunday of each month), game play starting 2pm sharp. We play at an intermediate level, and we enjoy a friendly but competitive game. Pre-registration is essential to allow us to make preparations for the game and to ensure an adequate number of tables for a fun filled afternoon! If you do not have a partner and given enough notice, we might be able to introduce you to a fellow player. Our regular players are an international and interesting group, and we always welcome new players hoping that you will make your Sunday afternoon a regular Bridge afternoon at the British Club. If you are new to Bangkok, this is a super way to get to know the very active Bridge scene in the city. One has to start somewhere, so why not a friendly Sunday Bridge game! We look forward to welcoming you.

Beginning of August, we welcomed back Jon and Audrie, two of our regular players, from an extended holiday in the USA. It was good to see them back at the Bridge table. August also saw the return of Pedro to our Bridge game. Pedro lives in Portugal and has been visiting Bangkok on and off for the past 16 years, and always makes time to join us for Sunday Bridge. A more regular visitor is Song, who visits us from Pattaya. It is wonderful to have these friends return to our Bridge game!

Finally, for something completely different, long term Bangkok resident (and seasoned Bridge player) Rochelle had her early life adventures and Bridge story published online by Bridge Base Online (BBO for short). BBO is the world's most popular online Bridge website that a lot of us frequent.

We congratulate our August winners: Michael & Sanguan, Somchai & Sujinda, and Pedro & Song. Well done.

For more details, please contact the Organiser: **Winlock Hsu**

Email: britishclub.bridge@gmail.com





Sunil Mehra

TENNIS

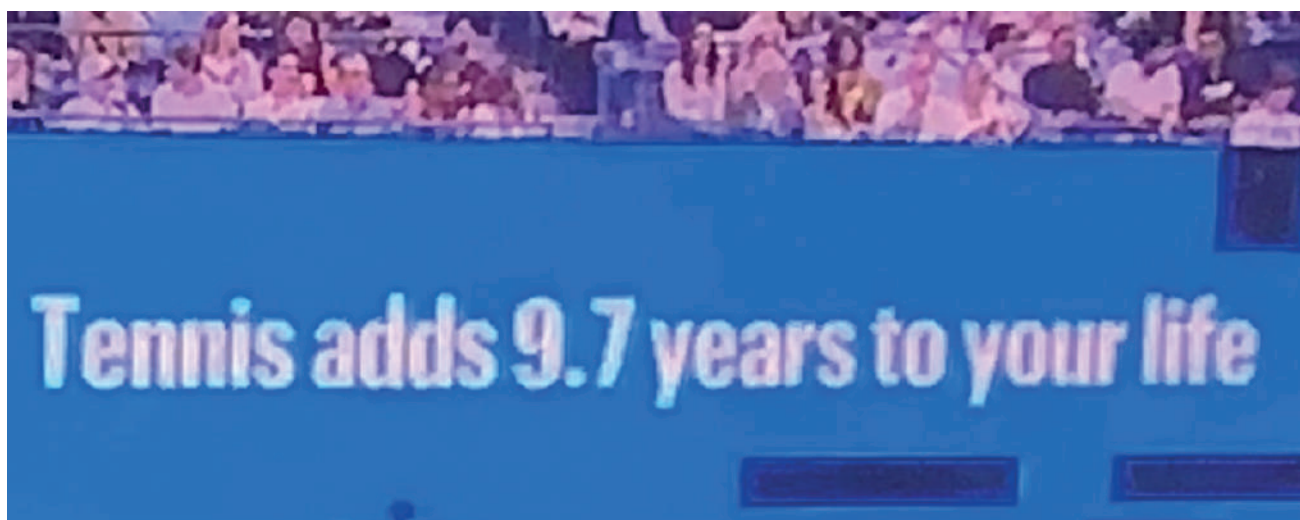
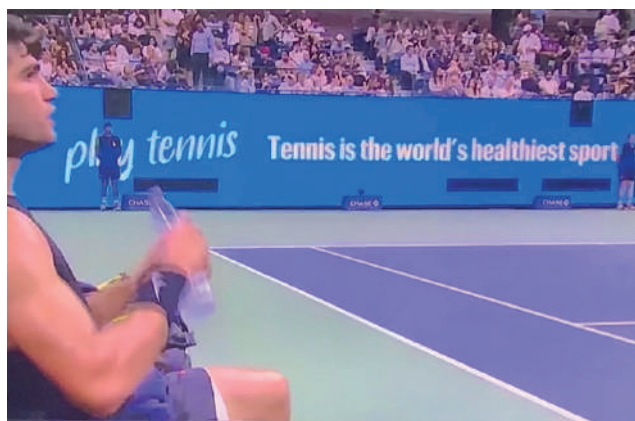
**“Tennis is the world’s healthiest sport.
Tennis adds 9.7 years to your Life” ¹**

Nobody would believe me even if I said that a dozen times. Therefore, for lack of any other option we will journey together to the citadel of tennis – famous Arthur Ashe Court in Flushing Meadows in New York, where the US Open was being played earlier this year. Here on August 29th those of you who were not watching the also

famous Alcaraz playing because your eyes wandered off to the banners all around the tennis court, would have seen banners as shown below at the US Open 2024. The first shouted that “Tennis is the world’s healthiest sport” followed by “Tennis adds 9.7 years to your life.” Even Alcaraz, the dependable, became so excited by this great prospect that he lost a second-round tennis match leaving Sinner in-charge to win the trophy.

You would have to agree that USTA is more credible than I could ever be, so I quote, “Multiple studies have found that tennis is the healthiest sport in the world, adding some 9.7 years to tennis players’ lives when compared to sedentary individuals...and more longevity than other sports. Additionally, playing tennis can lower the risk of heart disease by up to 50%, and improve balance, mental acuity, speed and sense of social connection, showing that getting out on the tennis court can improve your quality of life in many ways.” These conclusions emerged from a longitudinal study in Denmark called Copenhagen City Heart Study (CCHS), that followed 8500 persons for 25 years and found evidence backing the claim that tennis adds 9.7 years to a person’s life. ²

Now to all those with slightly sceptical bend – what about the other sports? Here are comparisons from the same research: Health club activities – 1.5 years; Calisthenics – 3.1; Running/Jogging – 3.2; Swimming – 3.4; Cycling – 3.7; Soccer – 4.7; Badminton – 6.2; and Tennis – 9.7 years! The choice is yours. An interesting finding was that sports with social interaction or fun with others like tennis, lead to greater benefits and thus longer life expectancy. This aspect will be explored further in the future from another huge research study.



¹ https://www.usopen.org/en_US/news/articles/2024-08-14/2024_us_open_celebrates_the_health_and_wellness_benefits_of_tennis.htm

² Peter Schnohr, et al, Various Leisure-Time Physical Activities Associated With Widely Divergent Life Expectancies: The Copenhagen City Heart Study, Mayo Clinic Proceedings, Volume 93, Issue 12

I could dedicate this whole article to the benefits of tennis, yet, I should also share the joys of tournaments and events at the British Club when members enjoy their tennis with friends. In memory of our own tennis luminary, Bruce Gordon, we organise the Bruce Gordon Cup, that has been a cherished tournament for many years. If “a-picture-tells-a-1000-words” – here is the story of **Bruce Gordon Cup 2024** in 12,000 words.

As you can see from the story-in-pictures this tournament never fails to put a smile on the faces of everyone involved. Enjoy.



▲ The final match-up! Vamos!



▲ The Winners: Wandee Piyachatsuwan & Gary Sakuma



▲ The runners-up: Yubharet Visitsunthorn & Daniil Klimov

Witches & WINE



on The Lawn
Halloween Special



Front Lawn

October 26th 2024

6:00 pm

MEMBERS 400 ฿

GUESTS 500 ฿

Live Music

4 of our Best Wine Supplier
sample & purchase at
wholesale prices.

A pairing tapas buffet

2 red or white full glasses
to sample

Best 3 Halloween costumes
win prizes



Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk

by attending you agree to the Club P.D.P.A



THE BRITISH CLUB
BANGKOK



BRITISH CLUB GOLF



The first event on Sunday 11th August for the British Club Golf Society was the monthly medal held at Subhapruek Golf Course. The numbers of players is beginning to creep up again as the school summer holidays draw to a close and we had a much healthier number of 20 joining the competition.

The course was in good condition but some of the fairways were a bit spongy meaning that there was not much roll on the ball and some of the stronger drives plugged. The weather over the front nine was also extremely hot and it was a great relief when the sky clouded over and a nice breeze cooled the conditions down over the back nine.



The winners of the 'Moments of Excellence' were –

Near pins – **Jamie Angus (2 near pins), Robert Gray, Andrew Stray and Doug Angus**

Long Putts – **Mark Adderley and Nigel Wark**

Men's Long Drive – **Bally Gudail**

Ladies Long Drive – **Paweena Baothong**

▲ Pictured left to right: Mark Adderley, Varghese Rose (Captain) and Robert Gray

With the increase in the numbers of players we returned to our usual awards for Division A and B. Division A runner up, winning a sleeve of balls, was Doug Angus. First in Division A, winning a bottle of wine, was Mark Adderley. Division B runner up, winning a sleeve of balls, was Frank Fawkes. First in Division B, winning a bottle of wine, was Robert Gray. Congratulations to both Mark and Robert on their success.

Alongside the medal competition there was also one match-play competition which took place between Peter Clark and Neil Davis. The winner of this was Peter Clark and so he will progress to the next round.

The second event of the month was a Stableford event held at Ayutthaya Golf Club. 17 players enrolled and the course was challenging, beautiful and in good condition. Mark Adderley found himself in a bit of trouble in one of the many areas of water on the course and thought it was worth his while getting his feet wet rather than taking a penalty drop. He was so confident of getting it out that he asked one of the group to capture an action shot. Luckily he was right and the ball ended up back on dry land and closer to the green!! He was very pleased with himself!

The winners of the 'Moments of Excellence' were:

Near pins - **Monty Finn, Varghese Rose, Andrew Stray, Martin Finn, Doug Angus and Pete Gale**

Long Drive Men - **Doug Angus**

Long Drive Women - **Angkana Nilkumnerd**

Long Putts - **Paweena Baothong and Jamie Angus**



Third in Division A was Angkana Nilkumnerd with 34 Stableford points.. Second in Division A winning a sleeve of balls was Peter Lucas with 35 points. Winning Division A and a bottle of wine with 37 points was Varghese Rose.

Third in Division B was Pete Gale with 31 Stableford points. Second in Division B, winning a sleeve of balls, was Damien Sutton with a super score of 40 points. Winning Division B (on count back) and a bottle of wine was Gareth Knight also with a super score of 40 points.

Jamie Angus was the most improved on his front nine to back nine score and Martin Finn had the most birdies.

Alongside the Stableford competition there were also two match play competitions. The first one between Gareth Knight and Doug Angus and the second one between Damien Sutton and Jamie Angus. Much to their disappointment 'Team Angus' conceded defeat in both of their matches and so Gareth and Damien will progress to the next round of the competition. Congratulations to them and we wish them all the best for the next stage of the competition.



▲ Pictured left to right: Varghese Rose and Gareth Knight



Damon Wake

HARD BALLS

▲ *Shambhala - the weekend venue*

KO CHANG TOUR 2024

The **British Club's cricketers** scored some stunning highs and groan-inducing lows as they tackled the annual Ko Chang beach tournament with typical gusto, with the seasoned pros of the BC Master Batters claiming bragging rights over the youngsters by walking away with silverware in the form of the Spoon Trophy.

As August rolls around, the siren call of Ko Chang's pristine white sands drifts across the air, luring BC cricketers to the yearly six-a-side bash-and-beers on the beach. Now in its 10th year the event is going strong, drawing multiple teams from clubs around Thailand and beyond.



▲ *Siam Royal View scenes*

BC entered two teams and the decision to split them on age lines – the over-50s Master Batters and the young(er) guns of the Swingers – prompted extraordinary whining and rich fruitful debate in the team WhatsApp chat.

Offered the choice of playing the opening game on Friday afternoon or at the crack of 9am on the Saturday, the Swingers' skipper John – displaying tactical acumen that belied his tender years – shrewdly chose to get straight into the action, thereby saving himself the task of dragging his hungover charges out of bed on day 2.

But John had not banked on the festive spirit in which half his team spent the van ride down from Bangkok – singing, carousing and generally swilling beer like David Boon on a Sydney to London flight (younger readers unacquainted with cricket's rich history of refreshment in transit may wish to google this reference).

Taking on a strong Palmy Army side with half the team in this state was always going to be a tricky task and so it proved, with the Swingers posting a slightly wobbly 21 in response to their more sober opponents' 50.

A taste of action was enough for the BC contingent on day one and after a gut-churning, spine-crunching bounce in a songthaew over the hill, we settled in to enjoy the hospitality of the sponsors, 15 Palms resort.

SATURDAY



▲ *Denzyl goes large*



▲ *Ladies and kids exhibition match*



▲ *Avi hits another one in the pool*



▲ *Cpt John takes on the Plate Final*



▲ *Cpt George survives*



▲ *Pramodh scouting from the pool the entire weekend*

Saturday brought some strong performances in BC games. Unfortunately, these were mostly from our opponents. Aided by some big hitting, the Lord Ganesha team ran up a divine 83 in the early match against the Master Batters, who mustered a distinctly mortal 12 in response.



▲ *The Master Batters*



▲ *The Swingers watch on*

Back to back scheduling gave the MBs an immediate shot at redemption against the Pattaya Thoroughbreds, and while the BC greybeards improved on their performance, their total of 35 was not enough to secure a first win.

There was joy for the Swingers as big hits from Paddy and John built the total up to 64 before Josh weighed in with a crucial tight over to restrict a dangerous Lanna team to 50.



▲ *Swings, sunshine and best friend together make pure happiness*

By this time the sun was high in the sky and Dilip rightly identified that his fellow Master Batters needed to take bath in the cooling waters of the "duckpond" – the paddling pool for players and teams who fail to record a score above zero.

And so after Denz opened with a couple of big hits against the Fierce Tigers, Onions contrived to get himself out three times in five balls as the team mustered an impressive -8, sending them all to take a dip in the icy water. Good for health.

The Swingers' final group game ended in a win over our old friends the Pangolins, on tour from KL, securing a place in the Plate semi final as the Master Batters headed off to do battle for the Spoon.

SUNDAY

▲ *World class sunsets*▲ *The final fanfare*

Another careful evening of dedicated rehydration set us up well for finals day, where the MBs again had an early start, this time against Lanna. Lenny set the tone, smiting a couple of sixes before Manish showed a deft touch in guiding the ball around and some punchy shots from Denz and skipper George took the total to 57.

Miserly bowling kept the oppo to 37, setting up a final clash against the Auld Enemy, the Southerners, who were eager to put the cherry on top of the day for their youngest player, Patty McClear, in celebration of his 16th birthday.

Chasing down 43 from the lads in canary yellow, the MBs saved their best for last, posting a valiant 63, with Denzyl smashing two towering sixes. Captain George, holding off a fierce last-ditch effort in the final over, was thrilled with the win—especially knowing his son John still had his own final to play later in the day. Bragging rights were already brewing for the ride home.

▲ *BC Master Batters V Southerners
Spoon Final*▲ *Spoon Champions*

On the other side of the tournament, Avi clubbed an astonishing 43 off one five-ball over in the Plate semi-final against Pattaya Thoroughbreds, including three hits into the swimming pool for 12 runs apiece. All while bleating about a “sore rib”. Imagine what he’d have done if he’d been fit. Dale chipped in with a pool shot of his own as the Swingers posted a staggering 103 – a record for the weekend. The Thoroughbreds had a go but it was too big a mountain to climb.

The Swingers swung through easily to the final, where much tougher opposition awaited in the form of Alibaba. The BC boys put up a good fight but Alibaba’s big hitting, tight bowling and electric fielding saw them home.

While only one team left with a trophy, it is a measure of the strength of the cricket section that both reached finals, and we left Ko Chang sunburnt, happy and eager to return.

MEMBERSHIP DEPARTMENT



Pattie Lalanan W.

Welcome to October!

One of my favourite months is here, largely due to the Halloween Festival. As usual, our Club will host the event in the last week of the month, including the Witches Wine on the Lawn. We can't wait to see the fantastic costumes as usual. As always, I'm happy to introduce our new members for this month. Some of them have been with us for a while and are now officially joining. I hope you've enjoyed this month's events, the food and drinks, and meeting our new members here.



▲ *Henry Tang*

Member Review:

Joining this club has been a delightful experience for me. It feels like a hidden gem of Bangkok, offering a serene and comfortable environment where we can truly unwind. I appreciate the peaceful atmosphere that invites relaxation and connection. The weekends are particularly special, filled with the joyful sounds of children playing—my daughter absolutely loves it! This vibrant energy adds warmth to our gatherings, making it a perfect place for families to enjoy quality time together. I'm grateful for this wonderful place that allows us to escape the city's chaos and create beautiful memories. Thank you British club, let's build a nice environment together. Cheers !



▲ *Olivia Wu*

Member Review:

We have been to British Club several times before joined club. At BC, there are many fun activities and events for both adults and children. Our daughters, Fiona & Emily especially enjoy the BC bee's kids club as well as the outdoor playground. The food is great, and the staff are always friendly. We love the atmosphere here. It is a great place to relax in the center of Bangkok. We enjoy to spending our weekend afternoon at British club and looking forward to attending other events.



▲ *Thomas Panella*

Member Review:

Hello British Club members, this is Tom and Trang, and we just relocated to Bangkok with our 4- and 6-year-old boys, Leo and Alex. We have been in Asia a long time and know Bangkok fairly well, but we wanted a family friendly place for the kids to have activities and for us to socialize. We like the great sports and other facilities and the atmosphere of the club. This gives us a place to go at weekends without having to plan and to make new friends in town. We look forward to meeting you.

MEMBERSHIP DEPARTMENT



▲ *Stephen Harrison*

Member Review:

Born and raised in the UK, I moved to the US for a career in high tech, living in San Francisco and Boston until I retired earlier this year. I've been calling Bangkok home since July. I looked up squash courts in the area and was delighted to find the BCB, with so much more besides! I'm looking forward to meeting you all, both on and off the courts.



▲ *Kin Chow*

Member Review:

Yvonne and I are from Hong Kong. We are glad that we are being accepted to be part of the British Club Bangkok. After working in Bangkok for a few years, now Bangkok is like a second home to us. We are looking forward to enjoying the club facilities, especially the wonderful tennis courts, and meeting new friends.



▲ *Mimi Zhao*

Member Review:

British club is such an exclusive and wonderful place. The atmosphere and facilities are the best place for families to get together. We are super delighted to join the club, and we will enjoy the time while we spend with our family and other club members together



▲ *Michael Glancy*

Member Review:

We are excited to join the club as it offers a great opportunity for our family to socialize, meet new people, and engage in various sports and activities. Our son is particularly thrilled about the chance to play with new friends, while as a family, we are eager to take advantage of the excellent facilities and enjoy a range of sports and activities.



▲ *Catherine Archer*

Member Review:

As a family we are thrilled to be joining the British club Bangkok. It all began with an amazingly friendly welcome. We are now happily enjoying the cricket on Fridays, tasty food and occasional swims. It's a calming escape from the chaos of downtown Bangkok.

MEMBERSHIP DEPARTMENT



▲ *James Murphy-O'Connor*

Member Review:

Ali and I are delighted to join The British Club. We have been in Bangkok for one year now and we are starting to put down roots so joining a club where we can meet new friends and contribute to the community is very exciting! Our four children are grown up, but they are looking forward to visiting the Club over the months ahead when they fly over from the UK.



▲ *Laetitia Gerbier ep. Thibaud*

Member Review:

Hi everyone, we are a French couple living in Thailand for the past 3 years. We were looking for a place to practice sport and share quality time with new people and have recently discovered the British club: a really friendly and peaceful place with great facilities only 5 minutes away from our home. We are looking forward to meeting other members and discovering all the great activities proposed by the club!



▲ *Teresa Andersson*

Member Review:

We are going on our 6th year in this vibrant city, and the British Club has become our go-to spot on the weekends for more than just family activities. It's where we can always count on bumping into friends for impromptu catchups and meeting new ones along the way with the variety of activities the club offers. With two kids in tow, it's nice to have a place where the grown-ups can relax and have a laugh, and the little ones can tire themselves out—so we can all survive another day of parenting...



▲ *Paul Wyatt*

Member Review:

Me and my wife Da have visited the British Club over the years through the St Andrews society and BCCT. I have seen the recent work with the revamped Terrace restaurant and the Jubilee area which are very appealing. I've lived in Thailand for 15 years, had my own business here for 10 years and we've been married for 8 years. As a member of the golf section, I already know a lot of members, so we look forward to using the facilities and meeting more people.

Trafalgar Dinner 2024



7.00 PM | Saturday October 19th

Cocktails on the 1910 Balcony from 7.00 pm,
Dinner in the Suriwongse Room 7.30 pm

A Black Tie, or dress uniform with medals, Gourmet Dinner on

the 219th anniversary of the Battle of Trafalgar

The dinner is open to all British Club members, spouses and guests,
Embassy staff and guests, members of the Royal British Legion
(Thailand Branch) and members of the Military Attaché Group of Bangkok

Special Guest of Honour Speaker



British Embassy
Bangkok

Club members, Embassy staff, RBLT members,

Military Attaché Group : 2,250 ฿

Guests : 2,500 ฿

No alcohol less 500 ฿



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by attending you agree to the Club P.D.P.A



1903
THE BRITISH CLUB
BANGKOK