MAY 2025

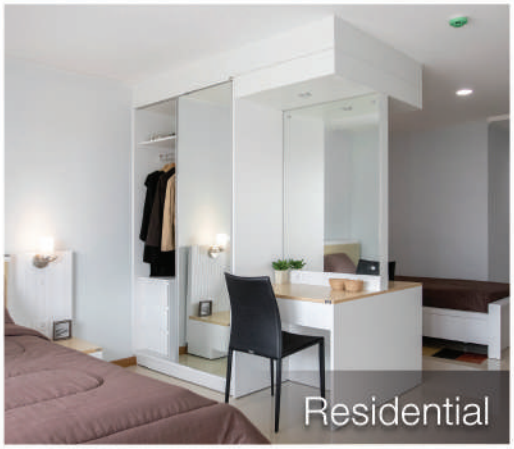
1903
THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

www.britishclubbangkok.org

THE CLUB'S HR GOES DIGITAL



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THE BRITISH CLUB
BANGKOK
OUTPOST

GENERAL COMMITTEE 2025-26

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Front Cover

The Club's HR goes digital as we enter a new era of AI

This Month

The chairman speaks of a new beginning, Tee Bale says goodbye, Progeny upstanding the UK spring statement, the Hove Club is reviewed by Paul, BC Bees are buzzing, Club events in pictures, and our sections have their say.

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BritishClub1903

OUTPOST is the monthly magazine of THE BRITISH CLUB BANGKOK, the social sports and cultural centre for the English-speaking community in Bangkok
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Reservation via hotel's webiste

EXCLUSIVE OFFERS FROM OUR PARTNERS

Chairman's Message

Simon P. Davies

I am delighted to report that our annual Songkran pool party was a huge success! The energy, laughter, and splashes of water made for an unforgettable celebration. It was wonderful having so many members and their families coming together to enjoy the festivities and warm hospitality that our club is known for.

Our team worked hard to make this event a memorable one and their support and enthusiasm are what make our club such a special place. Thank you to all who participated.

On the 27th April, the Club celebrated its 122nd birthday which is a testament to the enduring spirit of our community and the wonderful experiences we've shared over the years. To add to the Birthday celebrations the 25th edition of Living in Bangkok was held at the Club and this event gave exhibitors the opportunity to showcase their products and services to the expat community living in Bangkok. During the day over 500 people passed through the Club. Living in Bangkok can be challenging, but such events as this remind us of the broad range of sights and activities in the city and the joy of being part of a community that values friendship, sports, and good times.

In early May we will be saying farewell to Tee Bale, our Deputy General Manager – Operations, who has decided to leave the Club to pursue a new chapter in his career. Suffice to say, a big thank you Tee for all the good work you have done for the Club and wish you well, along with every success, in your new adventure. The GC and General Management will be making sure that club operations continue to run as smoothly as possible but please do be patient as transition of roles and responsibilities amongst the staff progress.

A reminder that our prices on the main menus have not risen for a considerable period and in addition there are some very tantalizing specials being added each week for dining in or taking out. Especially in The Verandah there are some amazing steak and flambe dishes on offer. Happy eating !!

Cheers
Simon

Tee Bale

Operations Unknown

As some of you may already know, I've made the tough decision to leave the British Bangkok and embark on the next phase of my career.

Over the past eight years, I've had an incredible journey filled with challenges, successes, and the pleasure of working with and meeting so many wonderful people. These experiences have led to lifelong friendships.

For my final article, I'm reflecting on some of the major highlights and the incredible individuals who have made my time here so special.

Partnerships:

Shrewsbury – Thank you Chris Seal

IWS – Thank you David Bell

Bangkok Prep – Thank you Duncan Stonehouse

Fitness First – Thank you Mark Bucanan

Progeny – Thank you Martin Wright

Dusit D2 – Thank you Daniel Smith

Working alongside the British Embassy has been an incredible experience. Today, our collaborations with the Club and Embassy continue to flourish. I want to express my sincere gratitude to HH Mark Gooding MBE, the British Ambassador to Thailand, for all the hard work and dedication you've shown in making this happen. British Defence Attache Tony Stern has also been instrumental in elevating our military dinners to new heights and has become a great friend.

I am proud to have played a part in strengthening the relationship between the Club and the British Chamber of Commerce. Thank you, Greg Watkins MBE, and the other board members for your unwavering support.

The management teams I've had the privilege of working with over the years have been amazing, and it's too many to mention here. However, I'd like to highlight a few names from the Club: Prang, Ammy, Katie, Laak, Somboon, Natt, Amnat, Kannikar, Prem, Tim, Oliver, Udom, Mimi, Nooj, Bee, Rit, Jeab, Noi, and Pradap.

A special mention goes to David Williamson, the original reason for my joining the Club. I also want to thank Jack Dunford for trusting me to help shape the Club's future. Over the years, I've had the pleasure of working with various committees who have all contributed to the Club's growth and success. I want to express my gratitude to the current committee and officers, Ceri Weaver-Berthet, Chris Watt, and Chairman Simon Davies.

Lastly, I want to give a special mention to Paul Chesman, with whom I worked incredibly closely throughout my tenure at the Club.

Signature Created Events:

- Living in Bangkok 2018
- Intimate Wine Night
- Ploenchit Fair
- Bangkok Patana Rugby 10s
- Carol Night
- Madagascar Pool Party
- Songkran Pool Party
- Trafalgar Dinner
- Battle of Britain Dinner
- Winston Cup
- Summer Camp
- Back 2 Skool Challenge
- Great British Festival
- Desi Night
- Remembrance Day

TOPGOLF

THE BRITISH CLUB
RAJA'S

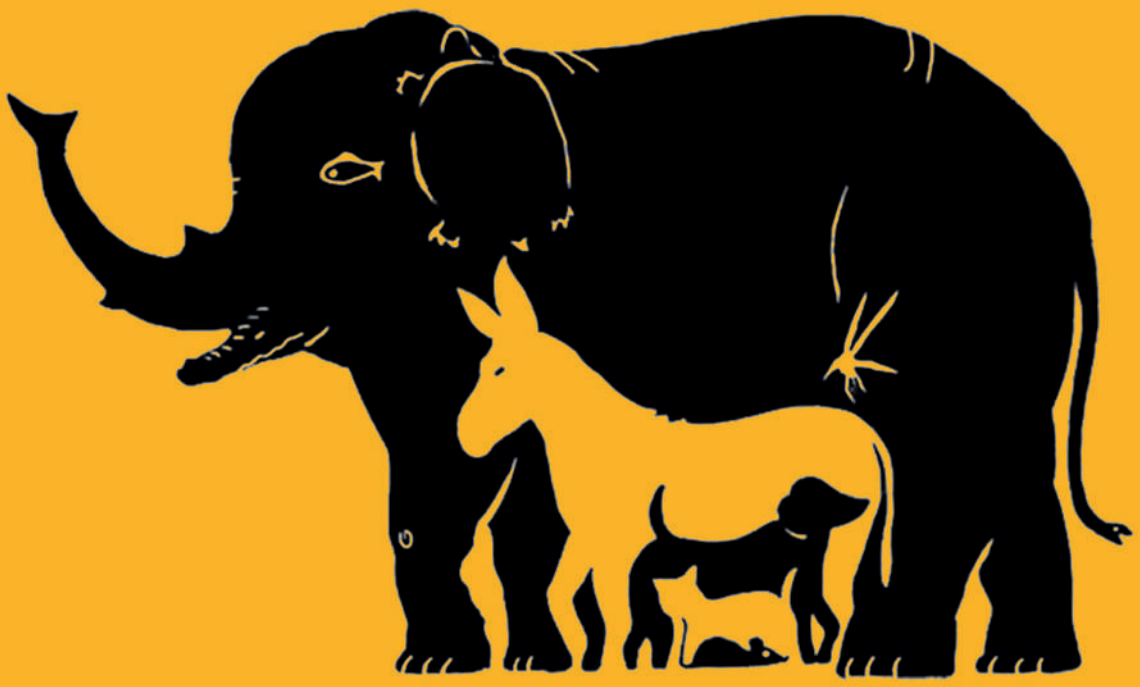
QuizNight

13th May 2025 | 7:15pm @Churchill Bar

TEAMS OF 6 OR LESS

Members 150 Baht | Guests 200 Baht

How many animals can you see?



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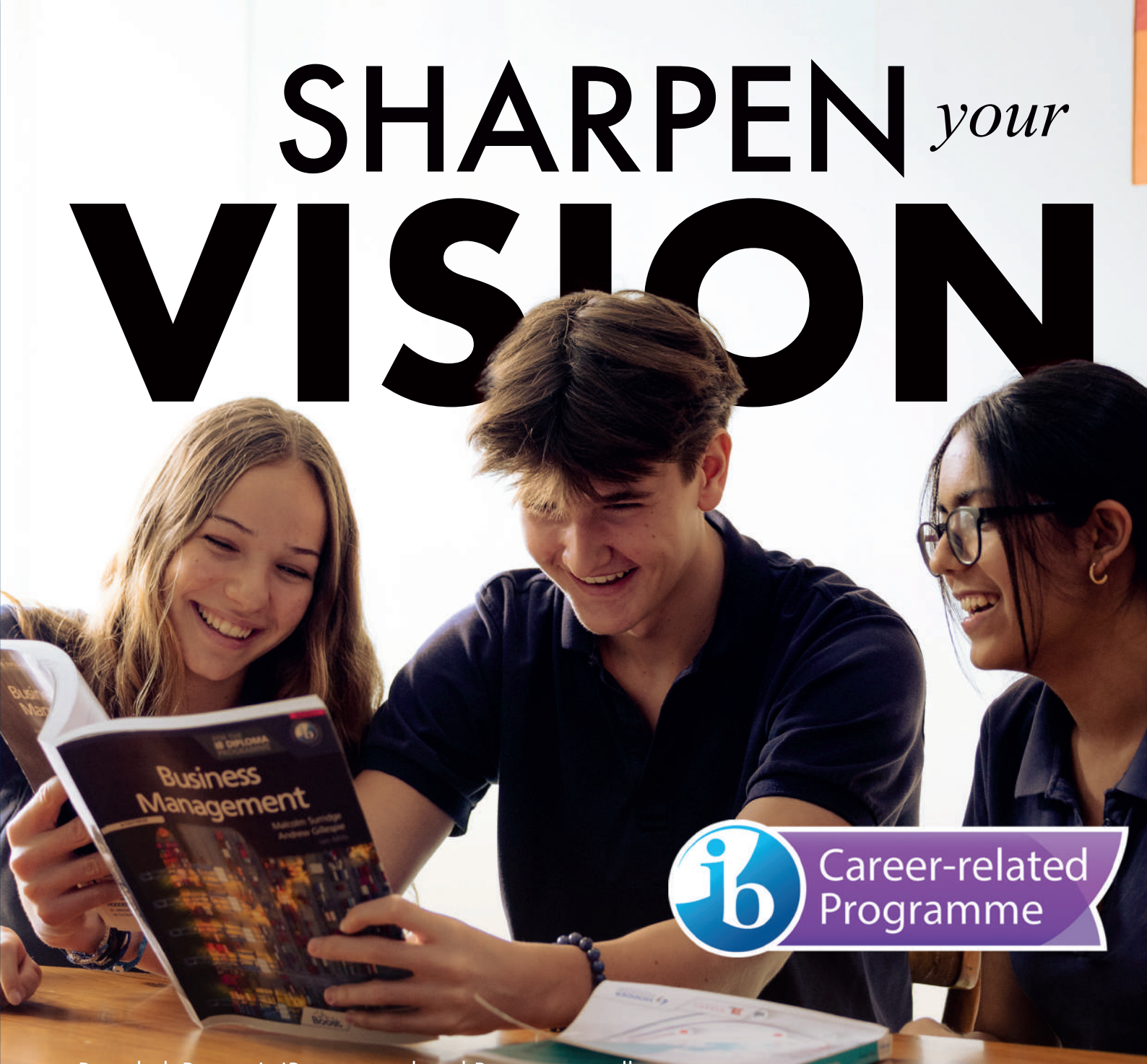

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UNDERSTANDING THE UK SPRING STATEMENT

UK Tax – Domicile & UK Inheritance Exposure Changes

UK Inheritance Tax being based on domicile has changed from 6 April 2025. Instead, whether an individual pays UK inheritance tax (IHT) will be based on residence.

What were the rules to 5th April 2025?

Where an individual was UK domiciled or deemed domiciled, they would have paid UK IHT on their worldwide assets. Domicile is a complex UK common law concept; a person born in the UK acquires a domicile of origin which is only lost, and a domicile of choice acquired, if that person has their permanent home in another country and severs all ties with the UK. Deemed domiciled is where an individual has been UK resident for at least 15 of the previous 20 tax years.

What has changed from 6 April 2025?

From 6 April 2025 whether an individual pays UK IHT will move from a domicile-based system to a residence-based system. The distinction between individuals who are UK domiciled or deemed domiciled and those who aren't, will be replaced by a distinction between those who qualify as LTRs and those who don't.

Who will be a long-term resident?

From 6 April 2025 an individual who has been resident in the UK for at least 10 out of the previous 20 tax years, will be classed as an LTR. For example, someone who has been resident in the UK for 11 years so is currently either domiciled or deemed domiciled. However, as he has been UK resident at least 10 out of the previous 20 tax years he will become a LTR from 6 April 2025 and therefore will pay IHT on his worldwide assets.

There are transitional rules for individuals who are neither UK resident nor UK-domiciled or deemed domicile in 2025/26. Those individuals will only be considered LTR if they meet the existing deemed domiciled tests (UK resident for 15 out of the previous 20 tax years and UK resident in the current year or one of the three previous tax years ending with the relevant tax year).

If we take the example above, as this individual has only been resident in the UK for 11 years, if they leave the UK before 2025/26 and do not return, they would not be considered an LTR. However, if they returned to the UK, the new rules would apply and they would be subject to the 10 out of 20 years residence test, which would include the years of residence in the UK up to 2024/25.

What are the effects of being long-term resident?

An LTR will be subject to IHT on assets situated in both the UK and aboard. This effectively means that an individual moving to the UK has a 10-year period where they would only pay IHT on UK situated assets. If an individual becomes an LTR and subsequently leaves the UK, it will take between 3 and 10 years for them to be outside the scope of IHT (tail provision). Where the individual has been resident for 13 years or less, they will remain an LTR for three full tax years after leaving the UK. This 'tail' will increase by 1 year for every additional year of UK residency until the 10-year 'tail' is hit.

Having this 'tail' can mean that gifts made by LTRs may fall within the scope of IHT even if the individual, at the time of their death, is no longer an LTR.
The LTR test will reset where an individual has been non-resident for 10 consecutive years before returning to the UK.

Find out more

Martin Wright,
Senior Financial Planner,
Progeny

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 professional advice should be obtained. All levels and basis of, and relief from taxation illustrated here are subject to change. The Progeny 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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Invite you to an

AN EVENING WITH PROGENY

Join us for this presentation and social gathering evening event, hosted by Martin Wright, Senior Financial Planner at the Progeny Group.

This event will focus on key topics including:

- The UK Spring Statement 2025.
- The UK LTR/non-LTR Domicile changes and April 2027 UK Pensions IHT Changes.
- An overview of Global Investment Markets.

What you can expect to learn from this event:

- How the UK tax system will alter following the latest UK Spring Budget statement and what this may mean for long term non-UK residents.
- Will there be a need to consider accessing pensions before other assets in the future given the possible tax changes in 2027.
- What is happening in the investment markets, how 2025 may develop given the political landscape and economics, and what can be done to help.

This presentation will include a Q&A session and an opportunity to chat informally with Martin over a complimentary British Club dinner and drinks.

EVENT DETAILS

Tuesday 3rd June 2025

6.30pm – 8.30pm

The British Club Bangkok,
Suriwongse Room,
189 Surawong Road,
Bangrak, Bangkok 1050

RSVP **events@theprogenygroup.com**

SPEAKER

MARTIN WRIGHT

Senior Financial Planner, Progeny

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Announcement regarding Club Ties: Some reciprocal club around the world require men to wear ties. British Club Bangkok club ties have recently been ordered, so members who visit clubs that require ties might consider buying one from the club shop when they become available.

The Hove Club, Sussex, England

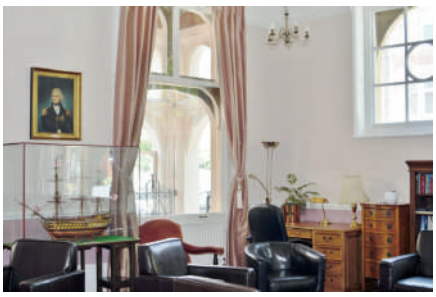
Visited in October 2023 by Paul Doust

The Hove Club was founded in 1882 and advertises itself as "Hove's Premier Business & Social Club". Its clubhouse, completed in the Jacobean style in 1898, was designed by a local Irish architect and is now a grade 2 listed building. These days the club is located in the building's ground floor and basement, with full use of the garden, while the 1st floor is occupied by a firm of accountants. The list of Chairmen on the board in the entrance hall shows that the club originally had a distinctly military character, because in the early days the chairman was often a general or a colonel. However, these days the members come from a wide range of professional and business backgrounds, and both men and women can join the club.

The club is open 7 days a week, with the exact opening and closing times depending on the day, as shown on the club's website. Lunch is available Monday to Friday, but the bar is open every day from 11:30am. The facilities of the club include a snooker and games room, a reading and TV room (which doubles as the members' restaurant), and 4 function rooms. The bar is a "No Mobile Phone Zone". The dress code is smart casual, so men are not required to wear a jacket and tie. The club organises various events throughout the year, and there's also a bridge club and a book club. The club has no accommodation.

I still have some friends in Brighton and Hove because I lived there as a boy, so on my last visit to Brighton I took one of them for lunch at the club. There were just 2 of us having lunch that day, and because I had booked lunch the week before, they had laid a table for us in one of their function rooms before we got there. The lunch was nice enough, and afterwards we retired to the bar where we got talking to some of the other members. This was the club where I met the retired diplomat who had worked at the British Embassy in Beijing for 10 years, and who I mentioned in my review of the National Liberal Club last month.

The fact that it's open 7 days a week makes it more useful that some of the London clubs that are only open Monday to Friday. Overall, the club seems well organised, so it's a useful watering hole should any British Club Bangkok members find themselves in the Brighton and Hove area.



Coming Events

May 2025
(more details on the website)
- Quiz Night
- An Intimate Wine Night
- FA Cup Final
- Table Tennis Tournament
- Winston Cup
- Wine on the Lawn

June 2025
(more details on the website)
- New Member Night
- Quiz Night
- UK Father's Day Brunch
- FA Cup Final
- Table Tennis Tournament
- Winston Cup
- Wimbledon
- Summer Camps

July 2025
(more details on the website)
- Quiz Night
- Table Tennis Tournament
- Winston Cup
- Intimate Wine Night

Event & Activities 2025 April Highlights

An Intimate Wine Night
The team get set to take you through the vineyards of Australia, this time with a selection of premium wines paired carefully with a delicious 6 course tapas menu

FA Cup Final
One of the biggest UK cup finals of the year shown live on all the screens in Jubilee Bar

Wine on The Lawn
The final one of the season weathers permitting, come and try the delightful section from all 4 suppliers whilst enjoying the live music and raffle draw

BC Bee Kid's Club!

Metawee (Natt)

May is Buzzing with Fun!

As May unfolds, The British Club Bangkok is buzzing with excitement, offering a lot of fun activities for little ones to enjoy.

Start with Little Bob the Builder with Junior Beekeeper crafty by creating their very own beehive and making adorable little bees from pasta! Using fun materials like paint, glue, and pasta shapes, kids will design a cozy hive and bring their pasta bees to life with color and creativity.

Pollination Experiment from Little Mad Scientist through hands-on experiments and creative play, children will learn how pollination works and why it's essential for plants, animals, and people. Using simple materials like paper flowers, bee paper ring and Cheetos , kids will act as "pollinators" to see how pollen moves from flower to flower.

Mini Picasso are brewing up a Secret Surprise for the heart and soul of our summer adventures Mr. Tee & Coffee! To say a heartfelt goodbye, the kids will team up to create a one of a kind, handmade card bursting with vibrant artwork, thoughtful messages, and all the love and laughter they've shared throughout camp and beyond. With crayons, creativity, and a whole lot of heart, this surprise masterpiece will be a colorful thank you to the our favorite Tee & Coffee who made every moment special.

Great British Festival

29/03/25

This year the GBF was amazing, over 450 people attended to enjoy an all-day festival that had it all. 6 Bands playing on the main stage, fairground rides, UK beer garden, food trucks, big raffle prizes, and so much more. Thank you to everyone that attended

UK Mother's Day Sunday Brunch

30/03/25

Ten stunning desserts together with our signature Sunday Roast buffet created a classy Mother's Day celebration enjoyed by all

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PREParing For Life

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Dinner & Jazz

06/04/25

The Jazz nights have returned to the Veranda restaurant, together with the perfect matching Prosecco promotion, make sure to attend the May evening

Quiz Night

08/04/25

Congratulations to team "Drowning Not Waving" for winning the April Quiz Night and to EXO quizzers for coming 2nd. Don't miss this month's Quiz Night Tuesday 13th May

The Winston Cup BCB Monthly Pool Competition

Saturday 24th May - Starts 6:00pm

Straight Knock out 16 players
Every Player gets 1 free drink
and Free to Enter

All levels welcome

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Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk

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

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Songkran Pool Party 2025

13/04/25

Wet & Wild it certainly was! 350 people poolside celebrating the Thai New Year with the Songkran pool party

Table Tennis Tournament

19/04/25

A close competition this month with Tee and Joker making it to the final. At 1-1 it looked in the balance, but then Joker managed to get the upper hand and win 3-1 to be the March champion!

The Winston Cup BCB Monthly Pool Competition

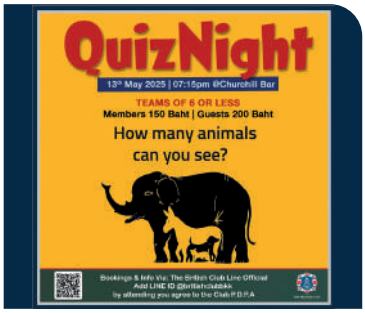
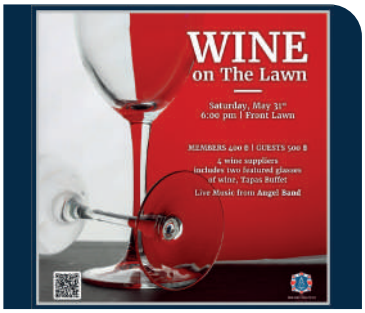
19/04/25

A special Winston Cup took place April; this was due to it being Tee Bale's last Winston Cup whilst being the DGM as he gets set to start his new role in Singapore. The competition was fully booked with all the pool team in attendance. A small presentation took place before the final by the Chairman Simon Davies and new pool team captain Tom saying a few touching words for Tee's departure before awarding him a beautiful box set. Tee made it to the final and faced Peter in some tough frames. Peter came out the overall winner and took his first ever Winston Cup title, although Tee did say he let him win (we will never know)

Easter 2025

20/04/25

Easter Sunday, such a fun time with the egg hunt, egg & spoon races, tug of war, and magic show! Well done to all the little ones that took part in all the activities

	MON	TUE	WED
			
	5 **Squash Mix-in** 5.30pm - 7.45pm	**6** **Football** 6.30pm - 8.30pm	**7** **Squash Mix-in** 5.30pm - 7.45pm **Balut** 6.00pm - 8.00pm **Circuit Training** 6.00pm - 6.45pm **Tennis mixed-In** 6.00pm - 10.00pm
	12 **Squash Mix-in** 5.30pm - 7.45pm	**13** **Football** 6.30pm - 8.30pm **Quiz Night** 7.15pm - 9.30pm	**14** **Squash Mix-in** 5.30pm - 7.45pm **Balut** 6.00pm - 8.00pm **Circuit Training** 6.00pm - 6.45pm **Tennis mixed-In** 6.00pm - 10.00pm
	19 **Squash Mix-in** 5.30pm - 7.45pm	**20** **Football** 6.30pm - 8.30pm	**21** **Squash Mix-in** 5.30pm - 7.45pm **Balut** 6.00pm - 8.00pm **Circuit Training** 6.00pm - 6.45pm **Tennis mixed-In** 6.00pm - 10.00pm
	**26** **Squash Mix-in** 5.30pm - 7.45pm	**27** **Football** 6.30pm - 8.30pm	**28** **Squash Mix-in** 5.30pm - 7.45pm **Balut** 6.00pm - 8.00pm **Circuit Training** 6.00pm - 6.45pm **Tennis mixed-In** 6.00pm - 10.00pm

MAY 2025

THU	FRI	SAT	SUN
1 **Yoga** 6.00pm - 7.00pm **Cricket team practice** 6.30pm - 8.00pm	**2** **Tennis mixed-in** 8.00am - 11.00am **Friday Junior Tennis** 4.00pm - 5.00pm **Friday Junior Cricket** 5.30pm - 7.00pm **Tennis mixed-in** 6.00pm - 10.00pm	**3** **Squash Kids Academy** 10.00am - 12.15pm **Squash Mixed-in** 1.00pm - 4.45pm **Cricket Team Practice** 2.30pm - 6.00pm	**4** **Tennis Men Doubles Team practice** 10.00am - 1.00pm **Sunday Brunch** 11.00am - 4.00pm **Tennis Mix-in** 4.00pm - 7.00pm
8 **Yoga** 6.00pm - 7.00pm **Cricket team practice** 6.30pm - 8.00pm	**9** **Tennis mixed-in** 8.00am - 11.00am **Friday Junior Tennis** 4.00pm - 5.00pm **Friday Junior Cricket** 5.30pm - 7.00pm **Tennis mixed-in** 6.00pm - 10.00pm	**10** **Squash Kids Academy** 10.00am - 12.15pm **Squash Mixed-in** 1.00pm - 4.45pm **Cricket Team Practice** 2.30pm - 6.00pm	**11** **Tennis Men Doubles Team practice** 10.00am - 1.00pm **Sunday Brunch** 11.00am - 4.00pm **Tennis Mix-in** 4.00pm - 7.00pm
15 **Yoga** 6.00pm - 7.00pm **Cricket team practice** 6.30pm - 8.00pm	**16** **Tennis mixed-in** 8.00am - 11.00am **Friday Junior Tennis** 4.00pm - 5.00pm **Friday Junior Cricket** 5.30pm - 7.00pm **Tennis mixed-in** 6.00pm - 10.00pm **Intimate Wine Night** 7.00pm - 9.00pm	**17** **Squash Kids Academy** 10.00am - 12.15pm **Squash Mixed-in** 1.00pm - 4.45pm **Cricket Team Practice** 2.30pm - 6.00pm	**18** **Tennis Men Doubles Team practice** 10.00am - 1.00pm **Sunday Brunch** 11.00am - 4.00pm **Tennis Mix-in** 4.00pm - 7.00pm
22 **Yoga** 6.00pm - 7.00pm **Cricket team practice** 6.30pm - 8.00pm	**23** **Tennis mixed-in** 8.00am - 11.00am **Friday Junior Tennis** 4.00pm - 5.00pm **Friday Junior Cricket** 5.30pm - 7.00pm **Tennis mixed-in** 6.00pm - 10.00pm	**24** **Squash Kids Academy** 10.00am - 12.15pm **Squash Mixed-in** 1.00pm - 4.45pm **Table Tennis Tournament** 12.30pm - 5.00pm **Cricket Team Practice** 2.30pm - 6.00pm **Winston Cup** 6.00pm - 9.30pm	**25** **Tennis Men Doubles Team practice** 10.00am - 1.00pm **Sunday Brunch** 11.00am - 4.00pm **Tennis Mix-in** 4.00pm - 7.00pm
29 **Yoga** 6.00pm - 7.00pm **Cricket team practice** 6.30pm - 8.00pm	**30** **Tennis mixed-in** 8.00am - 11.00am **Friday Junior Tennis** 4.00pm - 5.00pm **Friday Junior Cricket** 5.30pm - 7.00pm **Tennis mixed-in** 6.00pm - 10.00pm	**31** **Squash Kids Academy** 10.00am - 12.15pm **Squash Mixed-in** 1.00pm - 4.45pm **Cricket Team Practice** 2.30pm - 6.00pm **Wine on the Lawn** 6.00pm - 9.30pm	

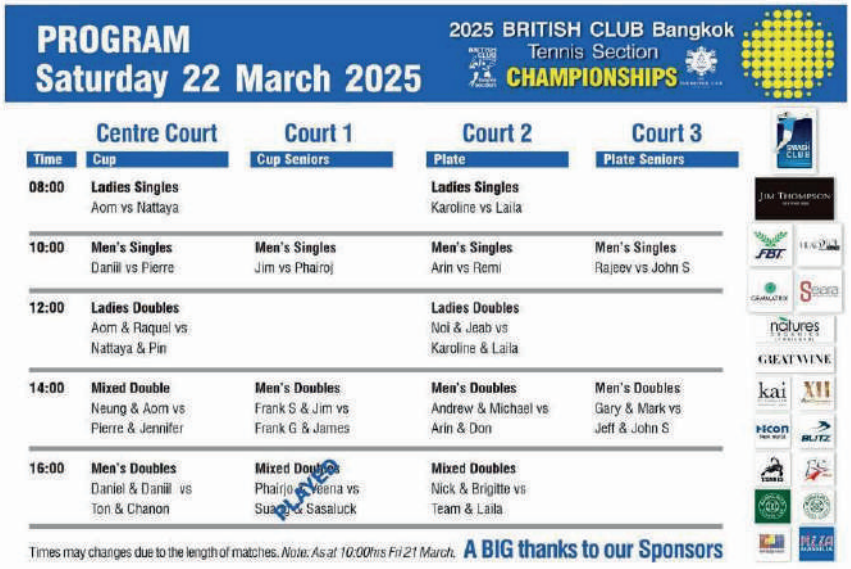
Sunil Mehra

TENNIS

The Greatest Event of Spring 2025 - The British Club Tennis Championships

Three cheers for all those who participated and won something on the great Championships Day; four cheers for all who learnt something for next time: five cheers for all the behind-the-scenes hardworking folks who made it all happen, and finally, six cheers for all who supported and cheered others, drank the well dry, and made plenty of merry. Let's not forget – an extra cheer to all the sponsors for their valuable and encouraging support to these Championships and to tennis at the British Club. Thank you all.

Now to the super tennis on the day. What a feast for all those who were there; and now for those who missed the fun; here is a great selection from photo diary by Chris Watt; and the Program(me) for the BIG DAY, also thanks to Chris.



PROGRAM
Saturday 22 March 2025

2025 BRITISH CLUB Bangkok Tennis Section CHAMPIONSHIPS

Time	Centre Court – Cup	Court 1 – Cup Seniors	Court 2 – Plate	Court 3 – Plate Seniors
08:00	**Ladies Singles** Aom vs Nattaya		**Ladies Singles** Karoline vs Laila	
10:00	**Men's Singles** Daniil vs Pierre	**Men's Singles** Jim vs Phairoj	**Men's Singles** Arin vs Remi	**Men's Singles** Rajeev vs John S
12:00	**Ladies Doubles** Aom & Raquel vs Nattaya & Pin		**Ladies Doubles** Noi & Jeab vs Karoline & Laila	
14:00	**Mixed Double** Neung & Aom vs Pierre & Jennifer	**Men's Doubles** Frank S & Jim vs Frank G & James	**Men's Doubles** Andrew & Michael vs Arin & Don	**Men's Doubles** Gary & Mark vs Jeff & John S
16:00	**Men's Doubles** Daniel & Daniil vs Ton & Chanon	**Mixed Doubles** Phairjo & Veena vs Suan & Sasaluck	**Mixed Doubles** Nick & Brigitte vs Team & Laila	

Times may changes due to the length of matches. *Note: As at 10:00hrs Fri 21 March.* **A BIG thanks to our Sponsors**

Ladies Doubles Cup Winners

2025 BRITISH CLUB Bangkok Tennis Section CHAMPIONSHIPS

Mixed Doubles Cup Winners

2025 BRITISH CLUB Bangkok Tennis Section CHAMPIONSHIPS

Men's Doubles Cup Winners

2025 BRITISH CLUB Bangkok Tennis Section CHAMPIONSHIPS

Senior Men's Doubles Cup Winners

2025 BRITISH CLUB Bangkok Tennis Section CHAMPIONSHIPS

Winners
AOM
RAQUEL

2025 BRITISH

2025

Lost and Found Winner

2025

It was a great day but the night was too short. Thankyou
adidas

An Intimate Wine Night

Exploring Australia

Friday 16th May | 7 - 9 pm
Veranda Wine Corner
Meet the Sommelier
Taste, learn, and experience
6 wines paired with 5 Dishes

LIMITED TO 13 SEATS ONLY

1,699 ฿

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

SQUASHY BITS

Don Johnston Cup – March 2025

The Don Johnston Cup returned this March with great energy, tight matches, and a strong sense of camaraderie throughout the weekend. This year, the tournament welcomed **27 participants,** split across t**hree draws:** the **Cup**, the **Plate,** and the **Bowl**–ensuring competitive play for all levels.

From left to Right, Todd Rosin DJ Bowl Runner-up, Phil Payne DJ Bowl winner, Nanu Devalia DJ Cup Winner, Steven Bussey DJ Cup Runner-up, Krishan Jhalani DJ Plate Runner-up, Dean Thompson DJ Plate Winner

Nanu Winner of the Don Johnston Cup 2025

Final Results

CUP Final

In a high-level final, **Nanu** successfully defended his title for the **second year in a row**, overcoming **Steven** in a hard-fought match. Nanu's consistency, speed, and precision confirmed his place as one of the section's top players.

PLATE Final

Dean claimed the Plate with a composed and tactical performance against **Krishan,** marking a solid and well-deserved victory after a strong run through the draw.

BOWL Final

In a spirited final, **Phil** emerged victorious ove**r Todd,** demonstrating grit and focus to take the Bowl and cap off an excellent tournament campaign.

New Sponsors: Pro Kennex and Marcel Lab

We are proud to welcome **Pro Kennex** and **Marcel Petit Tennis Lab** as new sponsors of the Squash Section. Their generous support–including donations of rackets, bags, and grips–will help us continue to grow and provide our players with high-quality equipment. We are sincerely grateful for their contribution and look forward to a strong partnership ahead.

PROKENNEX

MARCEL PETIT TENNIS LAB

COACH INTERVIEW – Terry: Cheetham A Life Dedicated to Squash and Junior Development

This month, we shine a light on a man whose life has been inseparable from squash–both on the court and on the sidelines. From representing South Australia as a junior to coaching national teams across Asia, Terry has built a legacy that continues to inspire the next generation.

Q: Terry, your squash journey started quite early. Can you tell us about those early days?

Absolutely. I first represented the South Australia Junior Team in 1969 alongside Rodney Clift and Phil Wierner. From there, things accelerated—I won the SA Schoolboys Championships, multiple junior and U21 titles, and then moved on to national and international tournaments. It was a great era to grow up in squash, with strong teammates and an intense love for the game.

Q: You transitioned from player to coach quite seamlessly. What motivated that shift?

After years of competitive squash—representing Australia, captaining the national team, and later moving to Hong Kong for both work and play—I realized that coaching was a natural next step. It wasn't just about the sport anymore; it was about mentoring. I've always believed that the court is a place where young people learn discipline, humility, and self-belief.

Q: You've coached at the highest level. What are some standout moments?

There are many, but a few stand out: being Head Coach of the Thailand National Team at the SEA Games in Kuala Lumpur, leading the squad to the Asian Games in Indonesia, and managing the team through several SEA Cup tournaments across Southeast Asia. Each event was unique, but the common thread was the pride of seeing athletes give their all—for themselves and for their country.

Q: Since 2015, you've been based in Bangkok, coaching at Shrewsbury International School. What's your focus there?

At Shrewsbury, the emphasis is on nurturing young talent while balancing academics and sport. Junior development is close to my heart—it's where I see the biggest transformation. The kids grow in confidence, agility, and mindset. My goal is to help them love the game and push their limits.

Q: And now you've also been involved with the British Club's Junior Squash Academy. Can you tell us about that?

Yes—this initiative was started by Bart Weaver-Berthet one year ago and has been a fantastic addition to the Club. It's given members' kids the opportunity to discover the fun and excitement of squash, starting from the basics and gradually progressing to more advanced challenges. Some have even reached the stage where they're competing in tournaments and proudly representing the Club.

All levels are catered for, and it's been incredibly rewarding to watch the kids develop over the year—not just in skill, but in confidence and enthusiasm. We've got more activities lined up, including a junior league, tournaments, and friendly matches. A big thank you to the Squash Section for their ongoing support of the Academy, and of course to the parents who've been there every step of the way. We have an exciting year ahead, and I'm very happy with the advancement of our kids.

Q: How would you describe your coaching philosophy?

Discipline, respect, and passion. I don't just train athletes—I aim to shape responsible, resilient individuals. Wins and titles are great, but it's the journey and the effort that truly count.

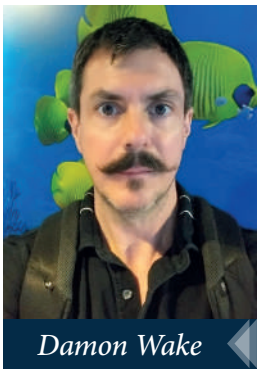
Q: Finally, what message would you share with aspiring young players in our club?

Love the grind. It's not always easy, but it's always worth it. Be coachable, stay humble, and never stop learning. Every match is an opportunity to grow—take it.

▲ *Terry Cheetham*

The BCB Squash Section Committee

HARD BALLS



Damon Wake

This month saw our shy, ground-dwelling friends Pangolin CC emerge from their burrow in KL to embark on their regular rampage around the fleshpots of Bangkok, with a spot of cricket thrown in.

As ever we were delighted to renew our acquaintance with our scaly pals, hosting them for a 30-over game of "proper" cricket. Whites, red ball, grass pitch, relaxed legside wide rules, over rate sedate to the point of torpor, unwavering insistence on changing ends every over, and so on – you could almost have imagined yourself in England. Apart from the 35-degree heat and coconut palms swaying gently beyond the boundary.

Mossy took charge at the top of the BC innings. Cleverly exploiting the gap in the field directly above his head, our enterprising Kiwi opened his account with a couple of singles from skiers sportingly put down by the Pangolin fielders.

Eventually Moose's luck ran out and the Pangolin keeper clung on to one as it returned from low-earth orbit, bringing Sarg to the crease. On a sluggish pitch, the Bat Doctor looked solid until a change in the bowling undid him, as he popped up a return catch. Chef came and went in short order, nicking behind before Tyrone came out and thumped a typically brisk 21 off 20 balls, but just as he was looking set for a big score, he chopped on to leave BC on a rather uncomfortable 69-4 with almost half the innings gone.

Ex-BC player Sean checks in with the sponsor

But amid the clatter of wickets at one end, at the other all was stillness and calm, as birthday boy Vaughny gave a masterclass in patience, easing smoothly up and down the gears as the bowling demanded. With him as anchor, Avi let loose, continuing his golden season with 45 off 28 balls and put some much-needed energy into the BC innings. He eventually fell to a superb catch right on the boundary rope.

With Avi gone and Vaughny retired on 51, it fell to Ben to reset the innings heading into the last 10 overs. Parts of the outfield stayed damp despite the heat, with only the best-timed shots reaching the rope and anything aerial tending to plug, so quick thinking and speedy running were called for. Ben led the way with a steadying 18, your correspondent chipped in 14 and skipper Pramodh came in last with a few lusty blows to take the total over 200.

With a required run rate of 6.7 the Pangolin openers – a brace of Jameses – were hoping for a brisk start but found themselves pinned down by some tight bowling by Chef and Onions,, trundling to 30-1 off 10 overs. Pramodh chucked your correspondent on for four overs, and to paraphrase the poet, when it was good it really wasn't bad, but when it was bad it was rubbish. With 30 overs to get through and fun the order of the day, BC used nine bowlers in all, with special mention due to Pramodh's miserly offies and to Nitin, who was a threat throughout his five-over spell.

Pangolins battled doggedly, with their Geordie opening bowler Shaun hitting an unbeaten 36 that on a quicker outfield would have easily been a 50, but the rate had got beyond them and they finished well short of the target. A good win for BC but a great afternoon of cricket for all concerned – not least our voluble and well-hydrated supporters Noon, Cris and Sagar cheering us on from the sidelines. Credit to our old friend Harry for the pitch – which was solid, reliable and offered something for both bat and ball – and for the usual hospitality.

Then it was back to the club for the true contest of any BC-Pangolins match-up. In the distant mists of pre-season when the date of the fixture was agreed, our glorious Chairman Jack let it be known that the only result

▲ *Trans-Tasman pairing to open against Pangolins*

▲ *Hot weather for the Pangolins game but a breeze kept it bearable*

▲ *Pangolins and BC*

he was interested in was the post-match boat race. Hard Balls is happy to report that we did not disappoint. BC took an early lead and never looked back, winning by at least a length.

The night rumbled on through speeches and awards and the Pangolins snuffled off through the undergrowth towards Nana and whatever lay in store there, while the BC contingent prepared for the next match, scheduled somewhat ambitiously for the following morning.

British Club 201 (Vaughny 51, Avi 45) beat Pangolin CC 131-6 (Shaun Pangolin 36*) by 70 runs

SOUTHERNERS CC

It was a somewhat bleary BC XI that took the field against Southerners the following day in the penultimate RBSC T20 game. Despite Vaughny falling early at the top of their innings, the Southos reached a competitive 145-6. The BC innings struggled to ignite and though Pramodh and Ben gave a glimmer of hope with a mid-innings partnership of 41, the chase ran away and we ended up 25 short.

▲ *Ready to take on Southos*

▲ *Onions and Chef ready to rock*

British Club 120-7 (Ben 30) lost to Southerners CC 145-6 by 25 runs - RBSC T20 Invitational

▲ *BC line up before taking on Sea Kings*

SEA KING CC

Our final RBSC game of the season came the day after Bangkok was shaken by a major earthquake centred in Myanmar, and for a while there was some discussion of whether the match would go ahead. In the end it did and stand-in skipper Onions led the way with a fine spell before Sunish delivered another masterclass in spin bowling. He dazzled and bewitched the Sea Kings batters on his way to 5-21, his second five-wicket haul of the season. Despite his efforts Sea Kings reached 157, and BC once again were not quite up to the chase, falling 11 short with notable contributions from Avi (40) and young John (25).

British Club 146-8 (Avi 40) lost to Sea King CC 157 (Sunish 5-21) by 25 runs - RBSC T20 Invitational

Terry Adams

Active Living Section

BRITISH CLUB
ACTIVE LIVING SECTION

SECTION UPDATE:

Active Living Section Membership is open to ALL Club Members and their Spouses/ Partners. Come along to your first Active Living Section event: we are confident that having done so, you will then be attending others.

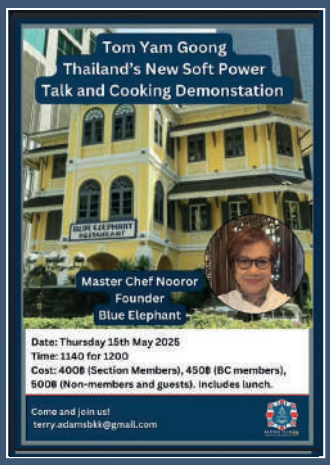
We continue working to provide two events each month, with events already at various stages of progression and finalisation to June 2025 and beyond.

Click here:

- *For information on the Section and our previous Events*
- *To join the Section by completing your application.*

Or visit the Active Living Section website at:
www.britishclubbangkok.org/active-living-section/
(Just keep clicking on the posters to delve deeper for information, photographs, and more)

Section Future Events:



EVENT REPORT:

"Rewilding Bangkok's City Centre": 20th March 2025

Section Chair Terry Adams welcomed attendees and introduced the guest speaker, internationally acclaimed landscape architect Chatchanin Sung. Khun Chatchanin led the landscape design team behind the multi-award-winning Benjakitti Forest Park in Bangkok, overseeing the project from its earliest concept stages through to its celebrated public opening. Terry outlined her career path, from her first degree at Chulalongkorn University, through international experience in Dubai and Hong Kong, to her current role as Executive Director and Landscape Studio Director at Arsomsilp Community and Environmental Architects in Bangkok.

The Benjakitti Forest Park project was a landmark collaboration with Turenscape, a renowned Chinese architectural consultancy. Under Khun Chatchanin's leadership, the transformation of a former tobacco factory site into a vibrant, biodiverse urban forest earned global recognition–most notably, the title of Landscape Architecture of the Year 2024 at the BLT Built Design Awards.

With an engaging mix of visuals, including slides and short video clips, she guided the captivated audience through the park's development journey. Her presentation emphasized the project's core principles: ecological restoration, flood resilience, and urban biodiversity. The design incorporates over 3,500 trees, native planting, and thoughtfully repurposed structures, all built on Sponge City principles–allowing the park to absorb, store, and filter rainwater through a system of flood-resilient ponds and elevated walkways.

Importantly, the park is also a place of human reconnection with nature, balancing environmental function with community recreation and education.

An enthusiastic and extended Q&A session followed, with members expressing great interest in seeing the project firsthand. The clear consensus was to organize a Club visit to Benjakitti Forest Park, ideally scheduled for the cooler winter months.

EVENT REPORT:

"Healthy Brain – Healthy Living" Medical Presentations by Three Bangkok Hospital Specialists – 3rd April 2025

A full house of section members and guests gathered on 3rd April to enjoy a superb lunch, delivered with the consistently attentive service of the Club's excellent F&B Team. What followed was an enlightening and highly relevant series of presentations by three distinguished medical professionals from Bangkok Hospital, a valued partner of our Club.

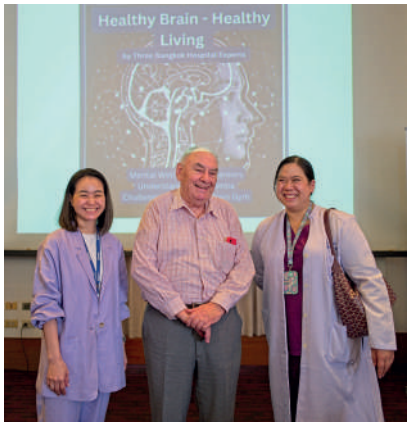
First to speak was Dr. Sirinporn Manitsirikul Tipudom, a neurologist specializing in memory systems and Alzheimer's disease. Her impressive credentials include a prestigious post-doctoral fellowship in dementia and

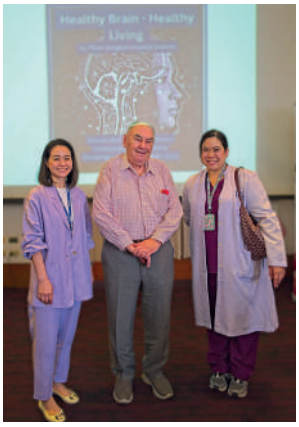
Alzheimer's research at McGill University in Montreal, Canada. Dr. Sirinporn outlined the three most common neurological disorders affecting older adults: Alzheimer's and Parkinson's diseases, and strokes. She described how these conditions typically manifest, including key early indicators to watch for. She also discussed the latest treatments available and emphasized the importance of proactive lifestyle choices in prevention.

Following her was Khun Akanitha Seeboonruang, a Clinical Neuropsychologist with deep expertise in cognitive health and rehabilitation. Trained in Clinical Neuropsychology at Newcastle University Medical School and the Institute for Aging and Health at Newcastle General Hospital in the UK, she returned to Thailand to join Bangkok Hospital. Offering a lively and engaging contrast to the more sobering presentation that preceded hers, Khun Akanitha led us in a light-hearted "Brain Game" workshop—a hands-on session involving balance and finger dexterity exercises. Members eagerly participated, rising from their chairs to follow her lead. The laughter and energy in the room quickly lifted the atmosphere and got everyone's neurons firing again.

Re-energized, we welcomed the third speaker, Dr. Anothai Soonsawat, a Geriatric Psychiatrist. Dr. Anothai completed his Psychiatry Residency at the Harvard South Shore Psychiatry Residency Training Program and later specialized in Geriatric Psychiatry through a prestigious fellowship at UCLA's David Geffen School of Medicine. His presentation, titled "Aging with Grace: The Concept of Successful Aging and How to Get There", began with a global overview of human aging trends, then narrowed in on Asia, and finally Thailand—described by Dr. Anothai as being in the midst of a "Silver Tsunami". He outlined three key pillars that support successful aging and emotional wellbeing, leaving us with much food for thought about our own lives and choices ahead.

Although Dr. Sirinporn had to return to her hospital duties, both Dr. Anothai and Khun Akanitha stayed to answer a wide range of questions from the floor. Chairperson Terry closed the session by thanking the speakers and all those in attendance for what was a truly eye-opening, practical, and deeply relevant event for our members.





EVENT REPORT:

Croquet & Boules Match v Golden Years Group Bangkok: 17th April 2025

Blessed with ideal weather, this thoroughly enjoyable event took place on the Club's picturesque front lawn–charmingly nestled between the elegant 1910 Clubhouse and the more recent Sala crowned by the Jubilee Bar.

Each team fielded eight players, with matches in both croquet and boules played simultaneously by two sets of four players per side. After the initial games, teams swapped sports, allowing everyone a turn at both disciplines. The spirit of the competition was friendly yet keenly contested, with skilled refereeing provided for the BC team by Terry Adams and Ragnhild Overjordet, and for the Golden Years visitors by Craig Macgregor and Jayne Lund.

The Golden Years team proved dominant, securing comprehensive victories in all four matches–continuing their winning streak from the previous encounter in June 2024.

Following the matches, players and a small group of supporters gathered at a single long table in the Sala, encouraging easy socializing. The buffet meal, prepared by the Club's excellent F&B Team, was exceptional–praised for its variety, taste, texture, and generous portions, and earning unanimous acclaim.

Section Chair Terry Adams warmly welcomed the visiting team and graciously acknowledged their well-earned success. After conferring with the match referees, he presented chilled bottles of wine as a playful hint and prize to the day's MVPs: David Toogood for the Golden Years and John Quarmby for the BC Active Living Section.

Terry then introduced Golden Years Officer Jayne Lund, who had generously provided a new perpetual trophy to be contested in all future matchups between the two sides. The trophy was fittingly presented to the new Golden Years Group's new leader, Ishya Silpikul. The evening concluded with lively conversation and flowing drinks, reinforcing the growing camaraderie and good-natured rivalry between the two teams.

WINE
on The Lawn

Saturday, May 31st
6:00 pm | Front Lawn

MEMBERS 400 ฿ | GUESTS 500 ฿

4 wine suppliers
includes two featured glasses
of wine, Tapas Buffet

Live Music from **Angel Band**

Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk

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