

OCTOBER 2020



1903
THE BRITISH CLUB
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

OUTPOST

www.britishclubbangkok.org

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EXPECTS**



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17th OCT | 7.00 pm

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WELCOME NEW MEMBERS

Each month we like to introduce some of the New Members who have recently joined the Club.
These are some of the Members who joined in August and September



▲ *Simon with family*



▲ *James with family*



▲ *Kjohn with spouse*



▲ *Miraly with family*



▲ *Helen with family*



▲ *David*



▲ *Michale with spouse*



▲ *Glen with family*



▲ *Marshall with spouse*



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Front Cover

The Cover this month features the Trafalgar Dinner, one of the Club's signature events.

This Month

The Club has been very busy this month with the sports sections all very active and all events well attended.



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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**

The Club has a new design manager, Khun Yo, and she has designed this October's Outpost. We hope you like the fresh new look.

The Sports Sections have all been very active and all of the featured events were well attended.

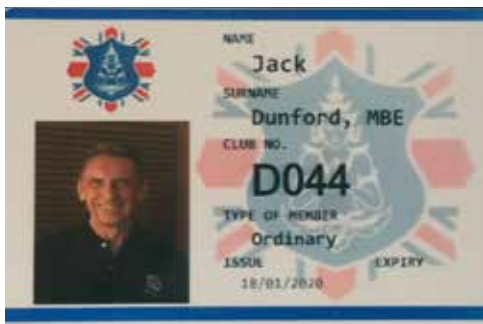
Opinions expressed do not necessarily represent those of the Club. All events, dates and times are correct at the time of press.

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



As global Covid-19 cases reach new records, Thailand continues to be almost virus free, thanks to its own self-made bubble. This was an excellent month for the Club again with another very healthy operating surplus.

Membership: Driving our good fortune is the on-going strong influx of new Members, about 60 since we reopened in May, taking the total to 1,240 Members (3,188 individuals including partners and children), 67 higher than this time last year. 27 new Members met with the General Committee at the New Members night on 10th September several indeed bringing along their partners and children, making it a very friendly and relaxed occasion. There were a remarkable number of Bangkok long stayers in attendance, several over 10 years, 20 years, even 30 years. Clearly the Club now has something even more special to offer in an uncertain world and more and more people are discovering it.

New Membership Cards: Finally the stars aligned and the New Membership Cards were launched on 1st September. Hopefully everyone is now happily waving or tapping their way into the Club. Over 600 Members have already picked up their cards . It is necessary to update Mem-

ber Profiles on the website before being issued a new card and everyone who had not already done this has been helped through the process by our ever-willing staff

When the operation is complete the Club will have an accurate record for every Member which can easily be updated, providing all the necessary information to efficiently communicate and administer the Club. It will deliver live data on demographic and usage trends enabling services to be better tailored to Member requirements.

If you do not yet have your new card, do not worry; it will be available whenever you next visit the Club.

Busy Club: After all the hard work done by many over the last few years to improve the Club facilities and services nothing gives me more pleasure than seeing the Club buzzing with activity. This weekend was exceptional but no longer unusual.

All of the sports sections were active with a good number of cricketers and hockey players enjoying workouts on the Back Lawn, the tennis courts were busy as usual and the squash section, enjoying a resurgence after years of decline, played a match to a packed house with our old friends



▲ *Cricket practice*

from the Chiang Mai Gymkhana Club.

The courts were busy after with social matches including a revived ladies group playing a new fangled type of squash with bigger racquets and balls. It looks like Racquetball which is popular in North America and played on special courts, but was adapted and called Racketball in England for Squash courts. But now it is called Squash57 to avoid confusion ... gottit? 57 is apparently the size of the ball not a reference to baked beans!

The Poolside was also full of action all weekend. I spent a lot of time there myself watching people come and go all day. The Silom Wing, Pool Deck and Surawongse Sala were all busy from early morning to early evening, lots of kids joined Shrewsbury Star Kids Club activities, the trampoline was never quiet, the the pool

REPORTINGS

inflatables were in great demand, dads enjoyed a sneaky beer at the edge of kiddies pool whilst their offspring burnt off their energy, and a steady stream of health enthusiasts retreated to the air-conditioning and a workout in the Fitness Centre.

The Clubhouse also did good business bolstered by a well-attended gin promotion in the Churchill Bar Saturday night and a full house as always for Sunday Brunch.

It's become a bit of a cliché, but the Club truly is an oasis and is looking better and better as the newly planted greenery flourishes and grows during the rainy season. Even the turtles seem to be rejoicing with lots of amorous activity in their luxury new surroundings. At least one egg has been laid and hopefully we might get our first turtlet before long. Splendid!

Staff: None of this would of course be possible without our hard working staff. It has been a major challenge to come out of lockdown when staff levels had been deliberately kept to a minimum, to implement new Covid protocols as well as the new card operating system, maintain all the new facilities and outlets, and serve more and more users every day. Not surprisingly there have been a few hiccups in service especially during the Sunday peak period when over 200 Members plus their families and guests are served during the space of a few hours.

Management has been very proactive addressing this. Snags in the new operating system are being fixed and new staff are being hired. Due to the dire straits being experienced in the hospitality industry overall there are a lot of people looking for jobs and we

have been able to recruit some wonderful new personnel with excellent English language skills and experience normally beyond our reach. Many improvements have already been made and feedback from Members has been very good. Thank you for your patience if you have been frustrated at times but Khun Prem and Tee are doing a great job. Expect more improvements.

Member Authors. This month you might have noticed that a lovely book of photographs of Old Bangkok produced by one of our Members, Benedict Davis, is available for sale at a discount in Reception. We have occasionally sold other books by Members in the past and if there are any other Members who would like to make their publications available this might be a nice niche for the Club.



▲ Squash Ladies



▲ Shrewsbury Stars

Seeking Income

By Martin Wright

Outside of guaranteed income (pensions) or semi-guaranteed income (by example property rental income) most individuals, particularly those who have retired, may need to generate income from their personal cash and investments.

Here we look at some of the available options for individuals.

Cash Deposits

5 to 10 years ago offshore deposit accounts were providing annual interest in the region of 3%-5%. Which meant that it was possible to receive a reasonable income stream with little or no risk (other than deposit taker insolvency risk, which could be mitigated by holding several accounts with different banks/building societies).

However, political turmoil (such as UK Brexit) and the many global government stimulus packages in place for a variety of reasons have meant that interest rates have generally reduced to date. So much so that some of the current highest interest rates (using £250,000 1 year fixed rate deposit as an example) are between 0.95% - 1.15%, these rates quoted by Skipton International and HSBC IOMr.

[source - moneyfacts.co.uk/savings-accounts/offshore-savings](https://moneyfacts.co.uk/savings-accounts/offshore-savings)

Fixed Income Securities (Bonds)

The capital value of Bonds will fluctuate more than cash deposits. Bonds are issued by companies, and governments, and are a method utilised to raise investment, they are a loan between the issuer and the individual.

Using a long term corporate Bond index as an example, the current variable annual income yield would be 2.88% (investor.vanguard.com/mutual-funds/profile/VLTCX).

Higher risk global bonds may produce higher income, by example a global high yield index would currently produce 5.438% variable annual income.

www.wsj.com/market-data/bonds/benchmarks

Equity (Stocks & Shares) Dividends

The capital value of stocks and shares will typically fluctuate more than bonds. They are the regular payments which are basically part of the investor's reward for holding the company stocks.

Typically, dividends have been reducing, mainly as a result of the Covid-19 outbreak this year and its effect on businesses. And dividend payments are not guaranteed, this has been seen recently where many companies have suspended dividends for a period. However, a number of UK companies are now restoring these dividends.

Historically dividends in European and UK companies have been higher than those in the US, although total growth in the US has far exceeded that in Europe and the UK, both in the short term and medium term.

You will see from the following link that overall dividends in the UK have far exceeded those in the US (1.91% versus 4.81% as at the end of June 2020).

<https://siblisresearch.com/data/global-dividend-yields>

Drawdown

Those seeking income also have other options including taking value from a diversified portfolio of assets, either on a regular basis or ad hoc.

It may be surprising to learn that despite the volatility in 2018, and year to date, a balanced portfolio including most asset classes could have provided returns of 4.7% per annum over 3 years, and 8% per annum over 5 years.

This information is taken from the FTSE UK Private Investor Balanced Index Series, which was previously known as the Association of Private client investment managers and stockbrokers - APCIMS.

www.ftserussell.com/products/indices/private-investor

Although this "drawdown" strategy provides flexibility, and can be rewarding, one of the main risks is maintaining high levels of withdrawal in times of prolonged investment market volatility. This can lead to a depletion of the invested value more quickly than other income generating methods.

With so many possibilities and options it is essential you seek professional advice especially from a company with international and UK coverage.



Martin Wright

Senior Financial Planner
The Fry Group (Singapore)

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For more information please contact

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Webinar: Taxation, Repatriation and Market Updates

SPEAKERS

- Martin Wright (Host)
Senior Financial Planner, The Fry Group SG
- Max White
Director, Schroders Wealth Management
- Peter Webb
International Tax Manager, The Fry Group SG

WHEN

Thursday, 12 November 2020
6.30pm - 7.30pm

RSVP

events@thefrygroup.sg

Join us for a Webinar, hosted by Martin Wright, Senior Financial Planner at the Fry Group Singapore with guest speakers, Max White, Director at Schroders Wealth Management and Peter Webb, International Tax Manager at the Fry Group Singapore.

This Webinar will focus on key topics including:

- Pension income
- UK repatriation
- Investment market update

What you can expect to learn from this Webinar:

- A greater understanding of the tax treatment of UK pensions for those based in Thailand
- How individuals can position themselves before and after a UK return, and identify some of the pitfalls
- See through some of the noise of investment markets year to date, and what the future may hold

There will be plenty of opportunities for Q&A. RSVP to events@thefrygroup.sg to receive the link to join the webinar.

The Fry Group (Singapore)

6 Battery Road #16-04/05, Singapore 049909

For more information please contact
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Premrudee Tanyaluck

Letter From The General Manager

Since the Club returned to normal operations lots of Members have aksed me how well the Club is doing. Our Club has received very good usage from our Members, and while it's still not as good as at the beginning for the year it's getting better month by month. Every weekend and long holiday our Club is very full with Members in every outlet and the kids area. In August we had nineteen new Members ... the highest number since January this year.

The BMA has allowed us to organise Events and Functions in the Club within the restrictions of our Covid 19 Rules. Any Member interested in organizing a function outside or inside the Club, please contact our Catering department.

We have a few new staff in our outlets as waitresses (Khun Joy & Khun Oum & Khun Fon), Graphic Designer (Khun Yo) , Executive Assistant (Khun Pla) , kitchen staff (Khun Beem & Khun Por) , and engineering (Khun A). Please welcome them to our Club.

As mentioned in the last issue that we have moved the changing rooms to a new



▲ Khun Joy



▲ Khun Oum



▲ Khun Fon



▲ Khun A



▲ Khun Yo



▲ Khun Pla



▲ Khun Beem



▲ Khun Por

location, any member who booked a locker but did not pick up the key yet, please contact the Fitness Centre. We have purchased a few extra new male lockers so any Members who wants to have one can fill in the form at Fitness Centre.

In October, we will have several Club events, with Trafalgar Night on 17th October, this year with the Australian Ambassador as our Guest Speaker. This will be our first formal Club event, and the Menu and wine list will appear on website as well as in this magazine. On 31st October we will have wine tasting on the same day as our Halloween party. Also, our F&B team has created new themes for Sunday Branch every week, please check our website . Please book early for our Club events and Sunday brunch to avoid disappointment. On 8th November we will host the Remembrance Day service, which is organized by the British Embassy, we will update you soon on how to book to attend

We have recently started the club's new comment cards and would like to thank all the

members that taken the time to fill them in and share their club experiences. We are very happy to read so many positive comments, but also grateful to hear some things that we can improve. We understand we can always improve and with your help we will.

For sport, we start junior tennis coaching, junior squash coaching and Pilates classes. Please contact our Fitness Centre for more information. For 'Kid's Stop' and Silom Wing area, we have "Shrewsbury Stars Kid's Club" every Saturday and Sunday from 12-4 pm"

See you all around our Club!



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F&B Morsels

from our Kitchen Team

We have recently launched our international corners to the Great British Brunch on Sundays - these have become more and more popular as the weeks go by, and this has been boosted by the club adding two new chefs to our kitchen team who specialize in Italian and Japanese cuisine. We have also added a brand new Isaan Corner to the list which is proving to be very popular indeed.

I am pleased to introduce Chef Kanin Panpueng (nick name Khun Por) who has joined us in September, he has a wealth of experience in Italian cuisine and we look forwards to him adding his signature dishes to our menus and buffets. Also new to the team in September is Chef Phailin Yothathoon (nick name Khun Beam) she brings a different edge to the team with her Japanese cuisine, many of you may have already tried her sushi, keep your eyes out for exciting new items from her on the menu.



◀ *Khun Beam*



◀ *Khun Por*

This October we have the German Food Promotion active again, which will feature Pork Knuckle, German Sausages served with sauerkraut. Many members have asked about "Black Forest Cake" and we are happy to inform you its back on the menu in October.

As we move closer towards the festive season, we will soon be

launching our festive menus for pre-orders, it's never too early to think about getting the right turkey or planning that outside party, which we are more than happy to cater for you.

Always happy to hear from you.

Happy Eating! ■

REPORTINGS

Membership Department



Ammy Aphinya

“ Hello Members! Our membership team happily welcomed 19 new members last month and we also created two new Membership Partners for you to enjoy special privileges from, they are Shanghai Mansion Bangkok in China Town with discounts up to 40% for Spa, plus buy one get one free on select cocktails, Ramayana Waterpark discounts up to 50% of entrance tickets and special price on Fridays. We hope you all enjoy our Membership Partners, and in the very near future we will be adding more.

We are happy to introduce two new family members. ”



▲ Khun Ganesh with family

Member Review:

We first came to British Club as members of a reciprocal club but now that heading back seems like a distant future, we looked at British Club as a potential new home. We enjoyed the hospitality of K. Ammy who gave us a tour and had the pleasure to meet K. Jack Chairman of the British Club on the same afternoon. We immediately fell in love with the vibrant environment at the club and signed up! Thank you very much for the warm welcome to BC and look forward to meeting new friends here.



▲ Khun Jajoon with Family

Member Review:

We joined the British Club in the beginning of the year and are very glad we did so. The Club is an oasis in the middle of the busy city; we've truly enjoyed having such a pleasant space where our young daughter can swim and play, and where we ourselves can unwind over a drink or meal. The friendly staff and the warm, collegial atmosphere make the experience all the more special, of course.

Historia est vitae magistra

Club Historian ... why do we need one of those?

The British Club was started by a few senior members of the United Club, following a certain dispute.

▲ Excerpt from the Straits Times 17.10.1931

Well, most Members know that our Club was founded in 1903 ... and that the Clubhouse was built in 1910 ... and well ... and Thailand was called Siam in those days and ... and ... well ... and ... not a lot else! This is because the Club knows very little else from this period either!

It is unfortunate that in or around December 1941, according to three varying sources, our 1903-1941 records were destroyed, hidden or perhaps left the country. It was, of course, the start the Asian theatre of World War II. In fact, twenty years ago, when I first became Honorary Secretary, the only records for the pre-war period were copies of the Club's two Land deeds, a Chairman's board with some names, a 1936 Constitution (which was subsequently mislaid) and a postcard picture of the first clubhouse! Thankfully though, most, but not all, our post-WWII records are intact.

Since then a substantial amount of information has been tracked down on the web, though Universities, Libraries and some personal stuff from older members and relatives of past members: research has found committee names, and some biographies, for 23 years out of 39 missing years, four Chairmen missing from the board and the names of 28 Honorary Secretaries. It has been agreed that now is the time to start to catalogue this



▲ The original Clubhouse on a picture postcard

information and ensure the Club has both hard and soft copies of the research. The aim is to provide a listing of all Committee members from 1901 to 1941, and a timeline of the Club from 1903 as well. We can then start cataloguing trophies, pictures, plaques, and other memorabilia ... all of which tell a tale or two.

For those with a more than a slight interest in our Club's history, in Outpost each month from August 2009 to September 2015, there was a short historical article entitled Past Participle – these can be found in Outpost on the Club website under 'About Us'. A few snippets of research new since then ...

- Our Club was founded only after mass walkout from another Club!
- The first Clubhouse was at the other end of Suriwongse Road not where we are now.
- The first Honorary Secretary was killed in WWI and his name is inscribed on the War Memorial.
- One of the first committee members was Australian.
- We were a Debenture Club
- Original committees only had nine members not ten.
- It cost only 100 Baht to join in 1903!



▲ The original location of the Club

HOWEVER, THE RESEARCH IS NOWHERE NEAR COMPLETE – It takes a long time to track down just reference in one century old book or newspaper as these are not actually on-line, only the fact that one university or library has a copy. Sadly, we have no plans for the original clubhouse nor can the land records be accessed. We do not even know why “senior British members” quit the United Club en masse! And it is a thankless task as well: You spent months tracking down a source of a directory, only to find the Library concerned has lost it, or that another book you finally found after contacting a dozen sources did not actually contain the information other sources promised ... but the research continues. Hopefully, we will be in a position soon to update Past Participle (the original series) for the next generation of readers.

Paul Cheesman
Club Historian



TRAFALGAR DINNER 2020

7.00 PM | Saturday October 17th

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 215th 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 (Chonburi branch) and members of the Military Attaché Group of Bangkok

Guest Speaker H.E. Allan McKinnon PSM, Australian Ambassador to Thailand

Members, VIP 2250 | Non-member 2500 | No alcohol less 500



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From our riverside hotel in Bangkok you'll be able to dine by the river, enjoy a sunset cocktail on the rooftop, or relax in the tranquil confines of one of our 25 rooms.

Be sure and book your next trip to Bangkok on the official website of Riva Arun Bangkok at the best price online.

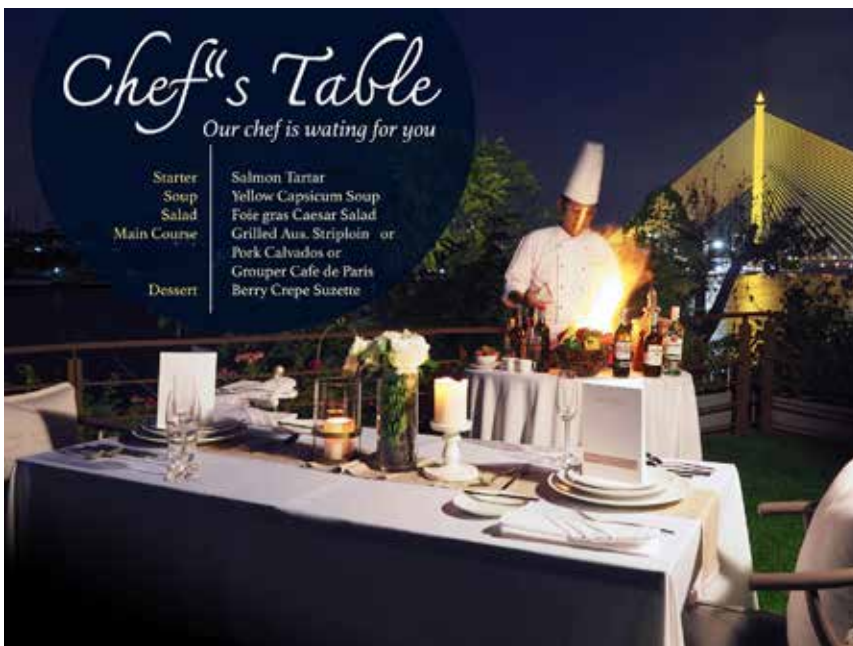
RIVA SURYA BANGKOK



- Additional 10% discount off room rates (published on hotel website) when arrange booking via email to stay@rivasuryabangkok.com or phone call to Tel. 02 6335000 ext# 7803. Copy of member card is required upon making reservation. Advance reservation is required.

- 10% discount from food menu of babble & rum restaurant. Member card holder is required to show the card when seating at the restaurant.

- 20% discount off Afternoon Tea (from published price THB.706 net / person). Advance reservation is required.



Chef Table (Gueridon Service)

A set dinner for 2 persons, service by our chef at your table, is priced THB 8,500 per couple. British Club card holder will get one night complimentary when arrange the reservation for this special private dinner to email stay@rivasuryabangkok.com or phone call to Tel. 02 6335000 ext# 7803. Copy of member card is required upon making reservation. Advance reservation is required.







New Members Night

Another New Members Night was held on 10th September with 27 new members and their families present to meet with the General Committee and Management. A few Members couldn't make it because of heavy traffic but it was a very diverse gathering, most convivial and enjoyed by all. ■





1903

THE BRITISH CLUB
BANGKOK

OCTOBER 2020

SUN



MON

TUE





4

-  Junior Cricket
9.00am
-  Sunday Brunch
9.30am - 3.00pm
-  Squash Mix-in
10.30am - 12.00pm

5

-  BWG Majong
10.00am - 1.00pm
-  Tennis Mixed Double
Team Practice
7.00pm - 9.00pm

6

-  Pilates Classes
10.30am - 11.30am
-  Football
7.00pm - 8.00pm
-  Quiz Night
7.00pm-9.00pm
-  Quiz Night
7.15pm

11

-  Junior Cricket
9.00am
-  Sunday Brunch
9.30am - 3.00pm
-  Squash Mix-in
10.30am - 12.00pm

12

-  Sports Camp
9.30am - 3.30pm
-  Mini Sports Camp
10.00am - 2.30pm
-  BWG Majong
10am - 1.00pm
-  Tennis Mixed Double
Team Practice
7.00pm - 9.00pm



13

-  Junior Cricket
9.00am
-  Pilates Classes
10.30am - 11.30am
-  Football
7.00pm - 8.00pm
-  Football
7.00pm-9.00pm

18

-  Junior Cricket
9.00am
-  Sunday Brunch
9.30am - 3.00pm
-  Squash Mix-in
10.30am - 12.00pm

19

-  BWG Majong
10am - 1pm
-  Tennis Mixed Double
Team Practice
7.00pm - 9.00pm



20

-  Junior Cricket
9.00am
-  Football
7.00pm-9.00pm

25

-  Junior Cricket
9.00am
-  Sunday Brunch
9.30am - 3.00pm
-  Squash Mix-in
10.30am - 12.00pm

26

-  BWG Majong
10am - 1pm
-  Tennis Mixed Double
Team Practice
7.00pm - 9.00pm

27

-  Junior Cricket
9.00am
-  Pilates Classes
10.30am - 11.30am
-  Football
7.00pm - 8.00pm
-  Football
7.00pm-9.00pm



WED

THU

FRI

SAT




1

-  **Swimming Lesson Tony**
7.00am - 8.00am
-  **Wine Master Class**
6.00pm-9.00

2

-  **Junior tennis**
4.15am - 6.00pm
-  **Senior Cricket**
6.00pm - 7.30pm
-  **Kid's Movie**
6.00pm - 7.30pm


3

-  **Swimming Lesson**
9am - 11am
-  **Squash Junior**
10.30am - 12.30pm
-  **Movie under the stars**
10.30am - 12.30pm

7

-  **Balut**
6.00pm - 8.00pm
-  **Tennis Mix-in**
6.00pm - 10.00pm



8

-  **Swimming Lesson Tony**
7.00am - 8.00am

9

-  **Junior tennis**
4.15am - 6.00pm
-  **Senior Cricket**
6.00pm - 7.30pm
-  **Kid's Movie**
6.00pm - 7.30pm


10

-  **Swimming Lesson**
9.00am - 11.00am
-  **Squash Junior**
10.30am - 12.30pm

14

-  **Sports Camp**
9.30am - 3.30pm
-  **Mini Sports Camp**
10.00am - 2.30pm
-  **Balut**
6.00pm - 8.00pm
-  **Tennis Mix-in**
6.00pm - 10.00pm


15

-  **Swimming Lesson Tony**
7.00am - 8.00am


16

-  **Sports Camp**
9.30am - 3.30pm
-  **Mini Sports Camp**
10.00am - 2.30pm
-  **Junior tennis**
4.15pm - 6.00pm
-  **Senior Cricket**
6.00pm - 7.30pm


17

-  **Swimming Lesson**
9am - 11am
-  **Squash Junior**
10.30am - 12.30pm
-  **Trafalger Dinner**
6.00pm-9.00pm

21

-  **Balut**
6.00pm - 8.00pm
-  **Tennis Mix-in**
6.00pm - 10.00pm


22

-  **Swimming Lesson Tony**
7.00am - 8.00am

23

-  **Kid's Movie**
6.00pm - 7.30pm
-  **Senior Cricket**
6.00pm - 7.30pm


24

-  **Squash Junior**
10.30am - 12.30pm

28

-  **Balut**
6.00pm - 8.00pm
-  **Tennis Mix-in**
6.00pm - 10.00pm

29

-  **Swimming Lesson Tony**
7.00am - 8.00am
-  **Ben Thompson Osteopaht**
11.00am - 6.00pm

30

-  **Ben Thompson Osteopaht**
11.00am - 6.00pm
-  **Junior tennis**
4.15am - 6.00pm
-  **Senior Cricket**
6.00pm - 7.30pm
-  **Kid's Movie**
6.00pm - 7.30pm

31

-  **Squash Junior**
10.30am - 12.30pm
-  **Kids Halloween Party**
6.00pm-9.00pm
-  **Wine Tasting**
6.00pm-9.00pm



Gin Night

The third Premium Gin promotion was held in the Churchill Bar on 13th September with competing brands from London and Tokyo. We must wait for the computer analysis to tell us which brand won but meanwhile the Club Chairman controversially did win the Bingo competition and the fantastic prize of... err ... a night out with the Chairman ■



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3rd Oct & 14th Nov

2020

Back lawn seating - deck chairs or bean bags

Live BBQ, burgers, hot dogs and special drinks deals

KIDS:

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Non-Members 150 Baht

ADULTS:

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Non-Members 250 Baht

* Tickets include your soft drink & popcorn

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3rd OCTOBER:
SONIC THE HEDGEHOG

PULP FICTION

14th NOVEMBER:
TROLLS WORLD TOUR

ROCKETMAN

Kids movie starts 6.30pm

Main movie starts at 8.00pm



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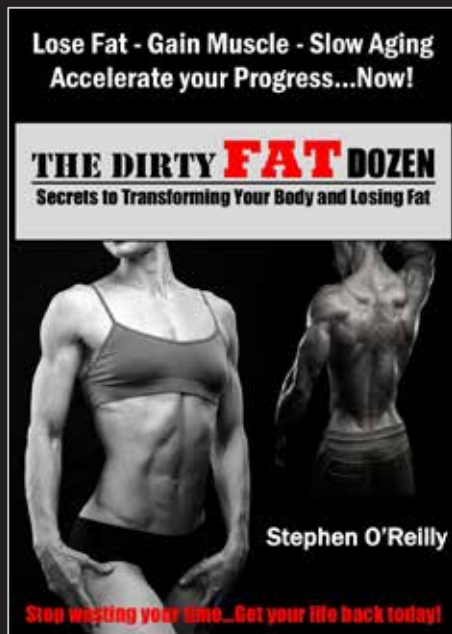
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Author of 'The Dirty FAT Dozen'

Creator of 'The Edge Program' – The Ultimate Fat Loss Program

JKD & Krav Maga Instructor, Founder of A.R.M.E.D. Program

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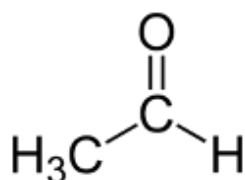


10% discount on programs and consultations for The British Club members

Candida and its relationship to Addictions

There are nearly 80 different toxins released into your body by Candida, but the two we are going to focus on in this article are the two considered to have the greatest impact on addictive state formation and alcoholism. These toxins are Acetaldehyde and Ethanol.

Acetaldehyde is a neurotoxin very closely related to the odorous and highly toxic substance found in laboratories and funeral homes, Formaldehyde. An organic compound, Acetaldehyde can pass through gut and other tissues, and access the vascular system, leaving it free to travel around the body with ease.



Its' presence destroys enzymes and creates deficiencies in nutrients such as Thiamine (Vit B1), Niacin (Vit B3), Pyridoxal-5-Phosphate (Vit B6), Ascorbic Acid (Vit C), Alpha-Tocopherol (Vit D) and Acetyl Coenzyme A. It also triggers a surge in free radical generation and lowers the liver's antioxidant defence system. Disrupting thyroid function, creating hormonal imbalance, reducing oxygen utilisation by the mitochondria, accelerating lipid peroxidation, and preventing the repair of various nucleoproteins, are just some of the other negative effects of this toxin. One of the areas this potent substance tends to collect the most is the brain, where it has been

shown to cause damage both structurally and functionally.

However, it is Acetaldehyde's unusual ability to combine with two primary neurotransmitters in the brain, Serotonin and Dopamine, and form tetrahydro-isoquinolines, that is most significant in terms of addiction formation. These substances are very similar to opiates and elicit the same kind of 'high' as those derived from opiates.



Recognising this impact on these neurotransmitters is hugely important in terms of addiction management or treatment because imbalanced neurotransmitters are the primary cause of addiction.

Therefore, whilst the removal of the primary manifestation of an addiction (i.e. drugs, alcohol, cigarettes, or another substance) is definitely a step forward in managing the problem, achieving craving subsidence and a state of sobriety in presence of a Candida overgrowth is practically impossible. Why? Because this yeast emitted toxin, Acetaldehyde, is still feeding the neurophysiological pathways creating the addictive high. So, whilst this 'greasing of the psycho-neurological pathway' is still present, the chances of removing craving sensations are slim to none.

Removing as many sources of Acetaldehyde is critical to progress effective treatment, and therefore Candida must be carefully looked at as a possible potentiator within diagnosis/treatment framework. Unfortunately, Candida is not the only potential source of Acetaldehyde, it is also found in polluted environments. Car exhaust and cigarettes provide a source of this toxin that is easily absorbed into the bloodstream. So it is essential that anyone looking to remove this toxin cease smoking, and try to avoid polluted environments for a period of time to enable detoxification to occur effectively.



Candida and Alcoholism

The second toxin emitted by Candida, Ethanol, points to a direct link between Alcoholism and Candida. They are frequently found together as both elements fuel the presence of the other. The presence of Candida overgrowth can result in cravings for alcohol and the consumption of alcohol encourages the proliferation of this yeast.

Candida converts any carbohydrates or sugar you consume to energy through fermentation. This process creates the energy that it needs to survive, but it also produces alcohol as a kind of waste material along the way. So if your diet is carbohydrate or sugar rich, as are most modern diets, then you are providing an endless supply of substrate that Candida needs to create energy with the resultant toxic by-product of alcohol. In fact, in extremely high sugar-based diets there is a phenomenon called auto-brewery syndrome. This is where the level of alcohol present in the body from Candida is so high that the individual may behave as if they are intoxicated. Individuals may even fail breath tests for drink driving under such conditions, even though they have not had a drink.

Obviously, the presence of such a high level of Candida produced alcohol in the system clearly makes recovery from Alcoholism impossible. But it doesn't take high levels of Candida derived alcohol to cause problems for recovery.

Even small amounts will create enough of an internal 'high' to ensure that the nervous system keeps the neurological embedded cause problems for recovery.



cause problems for recovery.

Even small amounts will create enough of an internal 'high' to ensure that the nervous system keeps the neurological embedded message that 'Alcohol = Sugar...and Sugar = Happy Candida' alive and transmitting.

This is often one of the main reasons why nearly all alcoholics crave sugar in the absence of alcohol whilst going through recovery. It is this sugar craving driven by Candida that can seriously undermine any alcohol addiction treatment.

It has been shown in many studies, that Candida overgrowth, if present and not addressed, leaves addiction patients in recovery at an exceedingly high risk of relapse. This is not true only of alcohol addiction, but of any addiction, and it is primarily due to the effect on the nervous system of these two toxins emitted Candida.

It is essential therefore to regain balance of intestinal bacteria such as Candida within the gut, and facilitate detoxification from the system, substances such as Acetaldehyde and Ethanol, in order to rebalance neurotransmitters prior to any addiction management protocols commence.

For clients joining **The Edge Program**, the first step is always to help their body optimise its detoxification ability. As a result, the risk of Candida overgrowth or influence is minimised.

I say 'help their body optimise its detoxification ability' purposely, as this is an especially important distinction and understanding I need my clients to take on board. This whole marketed idea that YOU can detoxify the body is so much horse manure. The body detoxifies itself and has done since the day you were born. It is a natural health/life preserving mechanism within your physiology, and if it did not exist you would be dead pretty quickly from internal poisoning. However, like most primeval systems within in the body it can become overwhelmed by the modern lifestyle and diet. Therefore, you must do everything you can to help it run optimally if long term health is your goal.



Optimising detoxification is a fundamental step for all my clients, even those with no apparent addictions. This initial process is critical in order to rebalance the body and remove the physiological, and subsequent psychological, influential side-effects created by non-nutrients present in the body. It is also essential to re-align the natural rhythms and cycle timings that are disrupted by modern lifestyles, and diets heavily laden with processed, manufactured, or non-natural foods.

In a future article I will discuss ways to reduce or manage Candida overgrowth, and how to help the body maximise its natural detoxification capability.



QUIZ NIGHT

6th OCTOBER 2020

Splash Cafe
7.15 pm

TEAM OF 6 OR LESS
Members 150 THB | Guest 200 THB



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Quiz night

The second Monthly Quiz Night under new quizmaster David was held in the Splash Cafe on 8th September. 5 teams fought for the honours but the winning team had its name spelt wrong because no one could read the Doctors' writing. The GC team comfortably hung on to the wooden spoon and is still waiting for a helpful round on the British Club Constitution. Cum'on David! ■

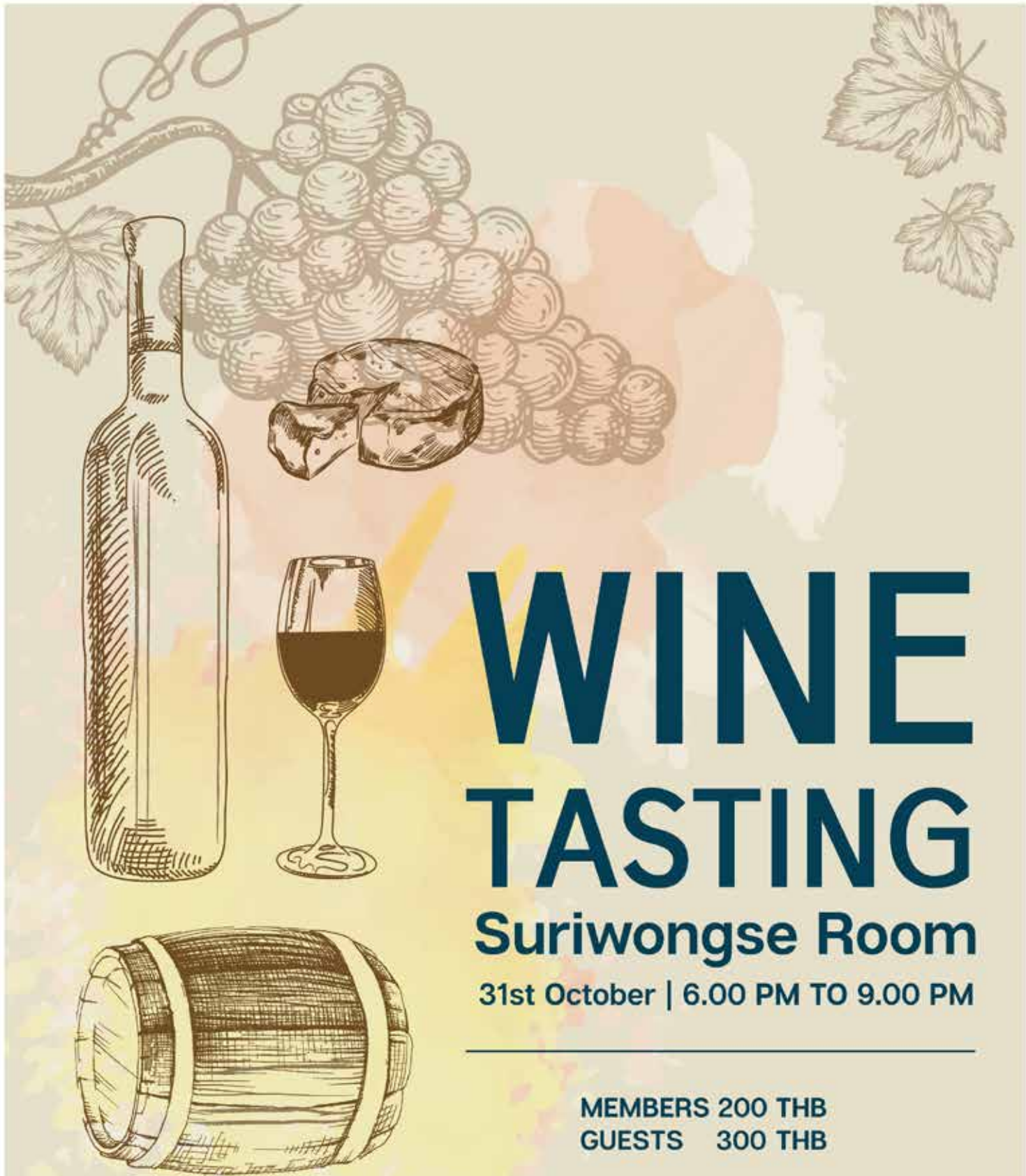




Wine Tasting

The wine tasting on 29th August was spread over three rooms upstairs in the Clubhouse was very well attended again with over 100 members present. Five wine companies had a wide range of wines on offer to catering for all tastes and budgets and all did a brisk trade. Saturday Night again proved a popular choice and the Churchill Bar is rumoured to have closed very late that night.





WINE TASTING

Suriwongse Room

31st October | 6.00 PM TO 9.00 PM

MEMBERS 200 THB
GUESTS 300 THB



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MASTER CLASS

1st October 2020
6.30-8.00pm



Members 899
Guests 999

The Brand Ambassador for fine wine Fazil Mohammad
will be on Zoom from Singapore.

Six outstanding top of the range wines
Concha Y Toro will showcase their iconic wine Don Melchor (4000THB / bottle)
for the master class, making this a super premium for the true wine lovers,
this wine is among **the Top 10 World's Best Wines** as per Wine Spectator,
a master class with Don Melchor is very rare!!!!

Wines on the Night

- i. WHITE Casillero del Diablo Reserva Sauvignon Blanc
- ii. WHITE Marques Casa Chardonnay
- iii. RED Casillero del Diablo Reserva Carmenere
- iv. RED Casillero del Diablo Reserva Pinot Noir
- v. RED Marques Casa Concha Cab.
- vi. RED Don Melchor Cabernet Sauvignon



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Graham Johnston

Tennis

Dear All Ye Slicers & Dicers

Welcome, welcome & welcome ...

September saw the tour professionals return to our tellys with the Cincinnati staged in New York as part one of the 'Flushing Meadows Bubble Experiment' which ended with the U.S Open. However, there was no need for late nights or early mornings in front of the box for as always there was plenty of exciting tennis to be found at our own British Club.



The Head2Toe Singles League 2020 Series 1 was wrapped up after a generous extension allowing some players to play almost all of their matches



▲ Daniel does division 2

Div 1

Taimur played 1 match and then on the eve of his 11th Farewell Dinner announced he was actually leaving for Botswana and by the 13th he had actually departed. Two unnamed enthusiasts fared even worse in terms of participation (and without even having the excuse of leaving for another continent which left Ivanov & Remi to battle it out in a one-off, winner-takes-all League Cup Final The Big Man delivered on the day to reclaim the Div 1 title.

Div 2

The Fab 5 flattered to deceive with Dan being the most prolific and successful of the bunch and thus skips back up to Div 1.



▲ Long shorts or short longs ... Champion Andrei

Div 3

Your Chairman delivered in a series of tie-breaks to take the title and nudge Luc into in 2nd place.



▲ Chairman Champ!

SPORTS

Div 4

Perennial divisional yo-yoer Dmitry slayed all before him to take the top spot. Beloved Nimit played his first ever league series – He came, he saw, he conquered (2 of 4), he promptly retired from singles.



▲ YoYo Champion Dmitry

Div 6

New boy Matthew took a bow at League Tennis and promptly ran off with the divisional title. Good chap that he is, he has even donated his prize to his mother. Awwwww bless



▲ Champion Matthew - We can rebuild him!

Div 5

The women kept the men in check in Div 5 with doubles partners Anjelica & Nattaya proving too hard to handle for Steve & Arkady. Anjelica then edged out her doubles partner to take the title and clinch promotion.



▲ Our Sponsor and Champion Anjelica!

Singha Bangkok Open 2020

Meanwhile, as if the US Open and our own league fixtures wasn't enough ... a few of us ventured down to Impact Arena to support some of our elite players compete with the best in the country in the Singha Bangkok Open 2020. The strength in depth of tennis in Thailand has never been stronger and our guys performed admirably winning matches, progressing through several rounds to collect points, but alas no trophies on this occasion. Well done Pierre, Christian, Krittin & Jenn.



SQUASH

The Tom Annas Handicap Challenge

Having emerged from the lock-down looking generally rounder the squash section embarked on its first competition since the reopening of the courts, The Tom Annas Handicap Challenge.

The regular July leagues were put to one side and the handicapped round robin stage of the tournament commenced. Peter Corney had dusted off his handicap crystal ball in an effort to try and determine how lock down had impacted the squash form of the regulars and just made something up for the new competitors. As always he did a remarkably good job of ranking the 30 participants resulting in some very tight matches, many reaching 15-14 in the fifth game.

We will jump ahead to the last week of July and the knock-out stages. There had been some upsets during the round robin stage with players such as Brad and Lob finding themselves in the plate while Dan, Henry and others were

showing some promising form not to mention inflated handicaps in the cup. Henry in particular had distinguished himself by thrashing Lob in their round robin match.

After some close games in the cup event Ronnie (the "Rocket") and Ranjan (the "Godfather") found themselves in the cup final. Controversy struck before a single ball was hit when Ronnie discovered he had gained an extra two points on his handicap. Some suggestion was made that Ranjan had slipped Peter something, possibly a dose of flunitrazepam, to gain an advantage. A very brief investigation determined this was nonsense and Ronnie was being a drama queen. The game commenced and Ranjan set about a demonstration of cross court drop shots into the front right nick. After recovering from the disappointment of being stitched-up by Peter, Ronnie started to battle back, winning the third game by reducing his errors and hitting some good length shots. Ranjan prevailed

however winning the match and the cup 3-1.

In the final of the plate things were not going to plan. Bart made the final but damaged his hamstring in the process resulting in the semi-final of Robin and Chris being played as the final. It was a well contested event with a mixture of quality squash, some life-threatening body line shot making and spillage of blood. Robin eventually prevailed 3-1 with Chris having to be content with third place and happy not to be wearing the band aid. Bart received the runners up trophy.

The awards were followed by some raucous banter and beer drinking as we relived the highs and lows of the finals.

Special thanks go to Peter, and his crystal ball, for organizing the event and the 30 participants that made the event such fun.



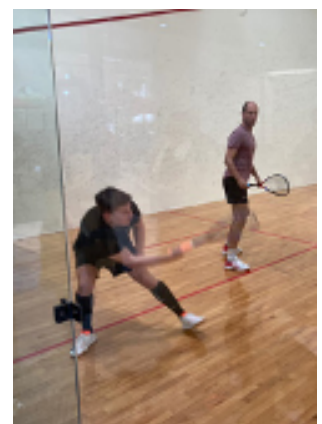
▲ *The Cup Final – Ranjan and Ronnie*



▲ *The Plate Final – Chris and Robin*



▲ *The Godfather eyeing up the right corner nick*



▲ *Fine shot making down the middle of the court*

Hua Hin Squash Tour



In his first and most stellar performance one of our committee members decided to host a squash tournament in Hua Hin and needless to say he had so much fun he left at 2 am back for Bangkok because he had “work”.

The night before this tourney we heard of parties ending at 5 am with a certain banker and 10 bottles of wine at the all Canadian household. (Who said Canadians can't drink?)

Back to our tournament ahem! Well the tourney was great our shining star good old cap Neil had an amazing line up of Mr Wine (Shiraz), Steve the knee Bussey, Robert Lockhart, Manit Nirula, Ronnie Teja, Bradfrod Vick and of course the Godfather Ranjan himself was in attendance.

For those who are reading this column for the first time, please beget your blessings from the Godfather before you play any squash matches because he definitely opened a can of whoop on the squash courts and the next day was followed by golfing for the fine gentlemen who had patience to golf while hungover at 9 am, unfortunately we heard a certain banking analyst was only drinking sodas that night which is a party foul in the squash section.

Of course there was dinner and drinks followed at the pier where someone decided to get very drunk and pay the bill for the whole team and run away home.

The squash section is definitely doing more bicep curls than I have ever seen this year and

of course with Manit and Ranjan “the Godfather” leading our section we have little to loose. If you like drinking, taking boozy trips like these and love golfing then you're a step away from playing squash (remember Ronnie is gonna be checking your squash shoes). Give squash a good try we have socials Weds 5-8 and Saturdays all days followed by the hour of power i.e. drinking.



Ben Eastwell

Late August marked the end of a year-long wait for BC's voyage East to Trat for the illustrious Koh Chang tour and to wake up the island which had been sleeping under quarantine. With attendees changing up until the last minute, BC eventually managed to just-about field 2 teams, calling on Jon's mate, Allan, who had been promised a relaxing weekend away having not played a game of cricket in his life. Both sides were well supported with WAGS plus the chairman who came along to offer his hand at umpiring/moaning about how terribly we played. The 6th edition of the legendary tournament featured the 'BC Gulls' and the 'BC Lions', entered amongst 14 other 6-a-side teams from across Thailand. Familiar faces from Bangkok, Phuket and Pattaya shared the sands with the islanders and sides from Chiang Mai and Lamphun, who were fielding some young Thai cricketers.

In order to stretch out the fun for as long as possible, most of the BC party left on Thursday morning in 2 militantly organised vans which despite leaving ahead of schedule, quickly managed to counter any gains after stopping at every rest area to give the ears a rest from Jon's terrible music taste or make space for a few more beers. A leisurely arrival left a quiet afternoon to settle into the

Hardballs

Sun Sea and Six - Koh Chang Beach Cricket Tournament



▲ Koh Chang crew 2020

accommodation at Siam Royal View and deplete F&B supplies intended for the whole weekend. What better way to kick off the tour than a few beers around the villa pool and an amazing sunset from the western tip of the island.



▲ Paradise



▲ Dreamy sunset

With swelling numbers, the first game of the tournament got underway on Friday afternoon after the local kids had solved the puzzle that was BC's tent mechanism, fortunately just in time for the only downpour of the weekend as the cricket gods blessed Koh Chang with some glorious weather for the duration of the games. With 16 teams pooled into 4 groups - all 6 players bowled and batted 5 balls each in the quest for stardom, with bonus runs awarded for hitting the ball into the spectator's pool, or through the elephant's rear end*, and -5 runs for losing your wicket. A welcome change from pads and helmets to bare feet and shades, trying to avoid the mandatory dip into the icy waters of the 'duck pond' for a sub-zero score was the biggest dilemma of the weekend, if not surprisingly common...

*not a real elephant.

SPORTS



▲ *Rare shot of Jon having a slash*

The first slice of BC action saw 'The Gulls' play 'Dad's army' (Koh Chang's 4th team) for a relatively straight forward warm up game as the guys got to grips with the beach track and were rewarded with a midday start the next day for their troubles. A quick trip over the hill to White Sand Beach then began the Friday night entertainment at the sponsor's welcome party before Friar Tuck commenced the opening fines session, and it didn't take long for BC's debutant, 'Chopper' to pick up his nickname for the weekend after getting his hands perilously close to the ceiling fan!

After the start times had finally been agreed the next morning, Dilip led BC Lions to victory in their first game against the Lamphun kids. The Gulls were well beaten by Pattaya Thoroughbreds and managed to draw level with Phuket Penguins to leave themselves floundering in 3rd place to play off for the Spoon trophy the next day. The Lions ended up 2nd in their group, and in contention for the Plate. After a dip in the pool to round off the afternoon, bets were settled on individual performances - with all pro-

ceeds piled into the beer kitty for the evening where the fines master tried out some new material and Dilip remedied some sunburn with a rigorous massage therapy.



▲ *Lions skipper*



▲ *Denz grabs a single*



▲ *Lions miss out on plate*



▲ *Noon on debut*



▲ *Da on her mark*

The next day, and final day of the competition saw both BC teams out early after losing their Semi Finals in the first year to come away empty handed. K. Da and K. Noon both featured in the ladies match before snoozing away the rest of the afternoon and finals whilst Uncle V cracked open the rum and inspired some new cocktails. Phuket were eventually crowned champions before a BBQ feast and live music to close the once again fantastic tournament; the countdown has already started for next year.



▲ *Until next year, Koh Chang*



AUGUST GOLFING NEWS

We had two events in August, a stableford at Lam Lukka and the usual monthly medal at Royal Lad Krabang.

There are two courses at Lam Lukka and this time we played a different course (A/B) to the one we had played in June (C/D). While in some ways friendlier than the C/D course, which has a number of really quite scary holes, the A/B course is longer and in the heat

of the day- Lam Lukka is north of Bangkok so the conditions are warmer than those we experience at other courses nearer the sea- proved a difficult test. The low scoring reflected this.

The winner, on countback, with Rod McMillan in second place, was Martin Weber on 33 points. One point further back in third was Randall Coleman.

Royal Lad Krabang looked in really good shape for the monthly medal: the greens were in much better condition than usual and ran true, encouraging the golfers and

helping with the scoring. Also the weather was kind to us, threatening clouds in the morning dispersing to give us a pleasantly sunny afternoon with some good breezes. Flight A was hard fought, Robert Gray emerging the winner with a net 73, one shot ahead of Mark Adderley on a net 74, with Graham Johnston, also with net 74 and the lowest gross of 79, coming third on a countback.

Flight B was won by Nui Clark with a net 76, comfortably ahead of James Lawden in second place and our stalwart captain Neil Davis in third."

Congratulations to all.

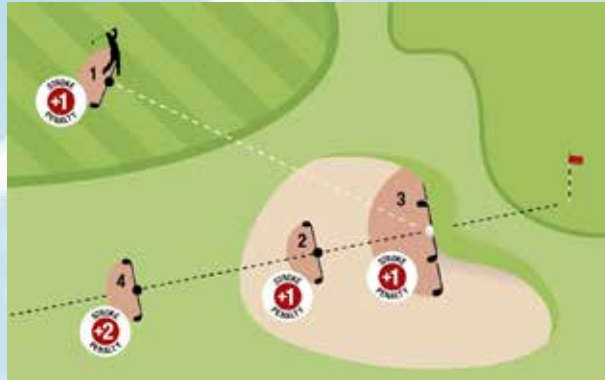


SPORTS

THE RULES OF GOLF

For the benefit of our members the Captain thought that some occasional articles on the new rules of golf might be of interest. This is one that might be of use to him personally having seen his efforts in the bunkers.

RELIEF OPTIONS FOR BALL UNPLAYABLE IN BUNKER



- When a player decides that his or her ball in a bunker is unplayable, the player has four options:
- (1) For one penalty stroke, the player may take stroke-and-distance relief.
 - (2) For one penalty stroke, the player may take back-on-the-line relief in the bunker.
 - (3) For one penalty stroke, the player may take lateral relief in the bunker.
 - (4) For a total of two penalty strokes, the player may take back-on-the-line relief outside the bunker based on a reference line going straight back from the hole through the spot of the original ball.

(from the Rules of Golf Players Edition as published by the R&A)

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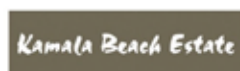
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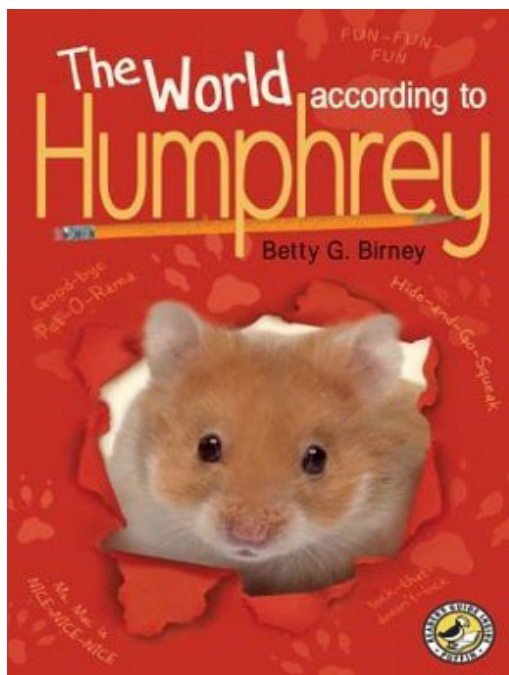


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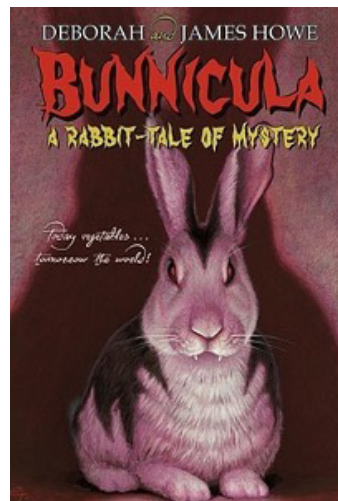
The World According to Humphrey by Betty G. Birney

Humphrey's tale begins in a pet store, where a cover teacher purchases him and brings him into Class 26 where she is temporarily working. However, the regular teacher, Mrs. Brisbane, returns and is less than thrilled to have a "rodent" in the room. Humphrey, however, is not the average hamster. He has a tiny pencil and note-book, and takes notice of everything that happens in the class. Once he learns how to open the lock on his cage, his explorations continue at night.

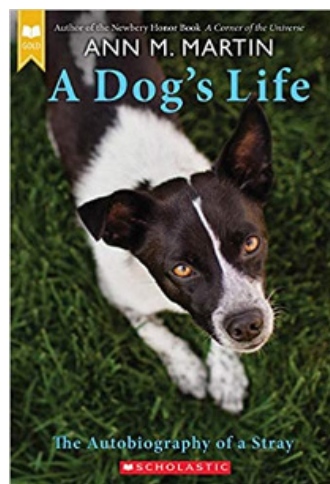
Eventually, he begins to spend weekends with different students, helping them to solve their real-world problems while trying to avoid being vacuumed, hunted by cats and dogs, and trying to find a way to convince Mrs. Brisbane to like him. The humour is spot-on with the world viewed through a little hamster's eyes. This fun-loving hamster's story is a great one for children, and adults will love it, too. I recommend this book as a shared story with parents and children.



Other books with fun animal characters that children and parents can enjoy together:



Bunnacula: A Rabbit-Tale Of Mystery by Deborah and James Howe



A Dog's Life by Ann M. Martin

This review is brought to you by Stephanie Rous, Head of Librarian Services at Shrewsbury International School Bangkok Riverside.

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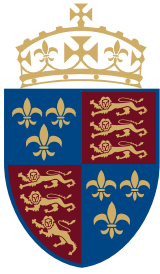


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(I)GCSE A*calculated as equivalent to 8/9 on UK numbered grading system. A+ equivalent to 7+ on numbered system



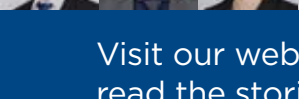
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