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1903  
THE BRITISH CLUB  
BANGKOK

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

# OUTPOST

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# WELCOME NEW MEMBERS

Each month we like to introduce some of the New Members who have recently joined the Culb. These are some of the Members who joined during the last few months



▲ David, Pichayanee and Isabella, Evalyn Cunningham



▲ Reilly Renwick



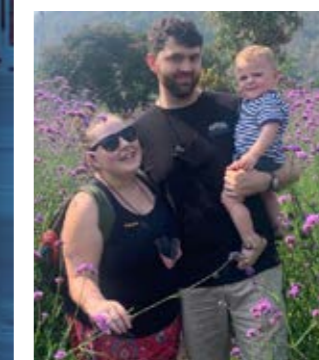
▲ Robert, Sidney and Hugo, Chole Norberg



▲ James Sarinthip and Jackson, Dylan Gardiner



▲ Jack Millington and Lara Ogilvie



▲ Danika, James and Jude O'Connor-Walton



▲ David and Angela, Benjamin and Sebastian Oxland



▲ Ben and Mera Grozier



▲ Lenny Tui



▲ Greg and Sarah, Penny and Prieobe Threlfall



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### Front Cover

Wishing all our members and friends a productive and happy New Year for 2022

### This Month

We welcome more new members, our chairman explains his passion, the fry group advise on returning to the UK, Phase 2 reaches interiors, London reciprocal clubs reviewed, Shrewsbury introduce their newest teacher, Our team receive their long service awards, and the sports secretions have their say



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# Chairman's Message



James Crossley-Smith

**Welcome** to 2022! I hope you have all had a very happy, and not too disrupted, festive season. I think it is almost certain that most of us are living in a new normal. Or is it a few tweaks to the routine in preparation for returning to the old normal. I think the former as Omicron replaces Delta and we wait for the next one!

Certainly at the Club we had a great December. We could host a lot of events which built up nicely to our festive Christmas Day Lunch and Dinner and we moved straight onto the New Year events. There was great attendance and merriment and I hope you all enjoyed your time at the Club.

That was all possible because of our management and staff. I would like to extend a big thank you and note of appreciation from us all for their hard work, commitment and service to the Club and its Members during December and throughout 2021. Perhaps I should add 'bravery' for boldly serving us during these Covid times. Which reminds us that we should always wear a mask when talking to staff and help to protect their health and the Club's operation. Thank you to all the team at the British Club and we thoroughly look forward to seeing you in 2022.

On a sad note from November, we lost one of our most respected, longest serving, ever helpful, and beautifully smiling team member. Please remember Khun Thamron-



gluck and her contribution to the Club when reading her brief eulogy later in the magazine.

## 2022 and Phase 2

We did not quite achieve the opening of Phase 2 of the poolside redevelopment in 2021. We decided that there was too much pressure on the build to even open one section of it in December. We did however have an operational kitchen.

We expect to open the whole development around the end of January / beginning of February. We have put a lot into the (unseen) detail of the facilities and I have been amazed how much wiring is required for all the services. It is incredible how many boxes are required to house the connections and distribution units. This was one of many planning difficulties in the development. It has been a really hard push by the project management team and again our thanks go to them all.

We very much look forward to our new tennis and poolside Sala, the second floor Outlook Bar and Fitness Centre, both with great views over the Club, the new ground floor Changing Rooms, Massage rooms and Reception area.

As I have said before the opening of Phase 2 means we can re-designate the 3 rooms at the Silom Wing. A downstairs party and play room for the juniors. A second floor room for our teens and older and a performance / exercise class room where the temporary changing rooms are located.



## The Clubhouse

I am passionate that we develop the Clubhouse to provide more formal, and refined, facilities for the Members. We do not have the funds to rebuild the internal spaces, and may be we do not have the desire. But I do think we have the interest to provide a point of difference, even contrast, to the relaxing feel of the poolside. We have redecorated the ground floor. The interest in using the Veranda restaurant is strong and growing and this has a very positive impact on the Churchill Bar where better patronage can make a big improvement to the ambience.

We are now working on the second floor. Our management has developed a room to hold and host meetings. The Silom Room now provides a more professional



space for internal meetings and for members to use for their organisation's meetings. We have proposals to offer "meeting packages" including the use of other spaces in the Clubhouse to host lunches, dinners, breakouts or just coffee and tea breaks and networking.

The Wordsworth Room will be used as a Members' lounge with its connecting doors to fantastic balconies, both covered and open. The Clubhouse facilities now provide a magnificent location to support our members needs and I would love to see Members making the most of the facilities, both for work and leisure. As always, your feedback and suggestions are appreciated.

## Looking Ahead

I hope we see uninterrupted progress to beating or living with Covid and our routines become more assured. This will mean, with construction work behind us, we can really develop the use of the Club. I hope to see more sport and recreational options and a step up in what we can offer and provide for Members.

With that, I wish you are very happy 2022 and look forward to moving the Club further forward with your welcome support.





# Returning to the UK?

By Martin Wright, The Fry Group

Increasing healthcare costs, changes to personal circumstances, redundancy and COVID-19 are some of the reasons that more people seem to be considering a move to the UK.

For whatever reason you're considering a move, it's crucial to plan ahead and understand the key financial considerations which may affect you. This can seem less important when you're dealing with the practicalities of moving but returning to the UK can expose you to a significant, and perhaps unnecessary, amount of tax.

## PLANNING YOUR RETURN TO THE UK

Because of the complex and largely onerous UK tax system, relocating after time overseas is a significant step and careful planning can help to prevent the loss of wealth through unnecessarily taxation.

In general the more notice the better, but 6-12 months is normally a sensible period to begin planning (if possible of course). Whilst in some cases there may be no option, for those that do have a choice you need to understand and be sure of the consequences of a return when planning; it's a considerable step and one that needs to be right for your personal circumstances in the future.

## WHEN TO RETURN

There's no ideal time to return, but understanding UK statutory residency laws is a good start. This will ensure you know when you're likely to become UK tax resident (for income and capital gains tax purposes) as sometimes it's not as straightforward as it may seem. If your return is going to be in the middle of the UK tax year (which runs from 6 April to 5 April) and you've been receiving overseas income, obtaining split tax year treatment is probably essential. This allows you to split the tax year into two parts; one when you're UK resident, and one when you're non-resident. This is a helpful exercise - otherwise HMRC may try to tax any overseas income for the whole UK tax year in which you return. It's a complex piece of legislation, and although not automatically granted, can be easily realised. Do note that it was introduced by HMRC to assist rather than penalise.

## DO I NEED TO TELL HMRC WHEN I RETURN?

Informing HMRC that you are returning to the UK is very important. It can be done personally, or by a tax representative/adviser as part of an overall UK return and ongoing tax reporting package. As mentioned earlier, understanding when one becomes UK resident is highly important, and it may not be the date of when you actually land on UK soil. Because of this, it's recommended that pre-return tax advice is sought, which could be part of an overall package of a pre-and post UK tax return service.

You also need to ensure that you meet your ongoing obligations for UK tax return filing if you receive any income, perhaps from property, savings and investments, or even foreign income. This is complicated and the link below shows what levels you must report on a self-assessment tax return for UK property income: [www.gov.uk/renting-out-a-property/paying-tax](http://www.gov.uk/renting-out-a-property/paying-tax)

## CONSIDERATIONS OF A UK RETURN

There are many considerations to bear in mind but here are some of the main ones:

### UK bank account

You may have retained a UK bank account if your overseas stay was relatively short. If not it may be worth speaking to your previous bank to see if you can set up a current account before you return. This may help with your credit rating, which is always useful for any every day financial matters.

### Seek UK tax advice

Ideally advice should be sought pre-return to understand when you would become UK resident, and post return/ongoing to ensure compliance with the UK tax system.

### Understand foreign pension provision

In your time overseas you may have accrued foreign pension entitlement. This can be complex and there may be decisions that should be made before a return.



### Review currency exchange rates

If you are transferring significant amounts of money, such as for a UK property purchase or transferring cash deposits, it's important to research an economical way to transfer funds to maximise exchange rates and save time on transactions.

### Review investment funds

If you've acquired investments overseas, they should be reviewed to understand if they are Reporting or Non-Reporting Funds (as well as for general suitability purposes) because they are taxed differently in the UK. Reporting funds would be liable to the (current) lower UK capital gains tax rates, versus the higher UK income tax rates for Non-Reporting Funds.

### UK property

If your property is let and you intend to return to it, you will need to give notice to tenants. Likewise if you are moving to a new area and buying a home, you'll need to consider the area and whether to buy immediately or wait before committing to a new location. Renting locally, and speaking to other residents and estate agents is a good idea.

### Healthcare in the UK

NHS hospital treatment is free of charge for those ordinarily resident in the UK, and does not depend on nationality, payment of UK taxes, National Insurance contributions, being registered with a GP, having an NHS number, or owning a UK property\*. To be considered ordinarily resident, you must be living in the UK on a lawful and properly settled basis. This would apply immediately for someone returning back to the UK on a permanent basis.

### Schools

For those with family, it's a good idea to look at what schools are available and investigate the best place to educate your child. You should note that children must be physically in the UK to enroll for a school place.

### Insurance

Consider all your insurance, both general (motor and home) and personal (private medical insurance, life assurance and critical illness). Personal insurance is normally cheaper in the UK.

### Driving eligibility

With many changes over the years, you should check whether your current UK driver licence is still valid, and if not contact DVLA for a new one.

Returning to the UK is a big step so it's beneficial to plan ahead both personally and financially. A good advisory company is invaluable to help place you in the most favorable position for the best possible personal outcome. The Fry Group has helped thousands of individuals relocate to the UK so please contact us if you would like to discuss your own position.



Martin Wright  
Senior Financial Planner  
The Fry Group (Singapore)

\*Source: [www.gov.uk/guidance/nhs-entitlements-migrant-health-guide#hospital-treatment](http://www.gov.uk/guidance/nhs-entitlements-migrant-health-guide#hospital-treatment)

#### Disclaimer

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

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Tee Bale

## Tee Talk

**Silom Room** located upstairs inside the club house has just undergone a refit, the room is now designed as a fully functional meeting room. The original wooden flooring has been restored, and upon it sits a custom made 12-seater boardroom table and chairs. Technical facilities include video conferencing, motion detection camera, conference speaker, surround sound, 65" wall mounted screen with wireless connection for presentations, and tabletop power point charging. The room is available to rent and has a selection of different packages for members to choose from or tailor make. In addition to this the Wordsworth Lounge has been restored and can be used as a breakout room, members working space, or for private functions.

The increased usage of the poolside while under construction has caused a delay at times to the A La Carte menu, to help solve this issue and to give a better member experience the Poolside Sunday Buffet Brunch has been created, each Sunday 11:00am – 3:00pm you can enjoy a wide selection of western and Thai dishes plus a carvery station.

December was as always a very busy month for us, the restrictions were eased just in time for the club to host many of its annual events plus some news ones, The Red & White Christmas Party being a standout event to close the year off in style.



The Phase 2 project is nearly completed, and we will soon be opening the sports bar situated on the 2nd floor, many may say cold beer is a key ingredient to a good sports bar, we agree, so to guarantee we are able to deliver this we are installing the clubs first chilled beer line system, with six different draught beers to choose from you will never be short of options.



After reading and listening to many of our members' suggestions we have decided to update the selection of gifts that we offer our members on their birthdays, from January 1st you can now choose from a bottle of wine, a birthday cake, A cartoonist portrait, 1 month free fitness, or 50% off a meal for two in Veranda T&Cs apply.

*Have a great January ahead and we look forward to seeing you in the club soon Happy New Year.*



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# Phase 2: Poolside Redevelopment Project Update

by Jack Dunford MBE

After several weeks when work was very slow, this last month has seen much better progress on Phase 2. As all the various facilities are fitted out there are dozens of different activities all going on at the same time requiring different crafts and skills. The main problem has been a shortage of labour but this has picked up now with over 40 workers on site some days.

The kitchen requires complex wiring, water supply and drainage for a wide range of equipment including fridges and freezers, ovens, grills and fryers as well as prep areas and the dishwasher. This is the first facility nearing completion, the equipment is ready for delivery and Tee and his team should be trying it all out by around the end of December.

In the gym, supports are in place for the large feature-windows and the slab prepared for laying the special rubber and wooden floors. Tiling is also well advanced in the toilets and showers, and the lift and dumb waiter have been installed.

The maze of wires still hanging everywhere though blows my mind. I have no idea how anyone ever figures out what does what. They bring back humiliating memories of playing cat's cradle with my sister as a kid and being hopeless. Good luck supervising that lot Chris and Patt!

Next month we should be nearing completion. There will be some stunning pictures to share when it is all done.



▲ Taking shape



▲ Back of the kitchen



▲ Chris and Pann check the wiring



▲ View from the roof



▲ Sports Bar entrance with lift



▲ New Kitchen.



▲ The gym





Paul Cheesman

# ~::~PAST PARTICIPLE~::~

## Auspicious Melioris Ævi

We continue the story of the British Club Bangkok from 1931 to 1938

### Coup!

At dawn on 24th June 1932, the Khana Ratsadon (People's Party), backed by the Bangkok Military Command, launched a Coup d'état against the Absolute Monarchy in Siam. H.M. King Prajadhipok received the news a few hours later whilst playing golf in Hua Hin. In an exchange of telegrams and, in His Majesty's words, "For the sake of peace; and in order to save useless bloodshed" Siam changed from an Absolute Monarchy to a Constitutional Monarchy.

In 1934 King Prajadhipok went to visit England for medical reasons and went into exile. He abdicated on March 2nd of the following year. King Prajadhipok passed away in Wentworth in Surrey in the UK in 1941. One of his confidants whilst in exile was Richard Dudley Craig, Chairman of the Club 1927-28 and from 1931 the Consul-General of Siam in London (see his biography on 'The Club - History - Club Official Documents & Photographs').



▲ "Coup"

### Sporting Times

On 11th April 1934, Eskell Andrews, New Zealand Davis Cup player, played in an Exhibition match at the Club and beat Malayan player David Kleinman. He also played a set against Nai Sanoh Varnangkula, the 21-year-old Siamese Tennis champion, but the score was not reported.

The British Club hosted the 1935 Eighth Siamese Tennis Championships organised by the Lawn Tennis Association of Siam under His Majesty's Patronage. In 1938, The British Association of Siam and the British Club celebrated Empire Day with a Tennis Tournament at the Club against English educated Siamese on 24th May.



▲ "Eskell Andrews"

### Dinners

Samuel Brighouse, senior partner at Tilleke & Gibbins law firm since 1911, celebrated his fiftieth birthday on 7th July 1931 with a party held at noon at the British Club followed by a dinner in the evening at the Club. Mr. Brighouse had been the Honorary Secretary of the Club in 1908-1909 and acted as legal counsel for the Club during the land transfer in 1915 (see Past Participle, October 2021). Sixty Members of the British Association of Siam dined at the British Club on 5th November 1931 with guest speaker Mr. R.B. Jackson, Operations Manager of the Aerial Transport Company.

On 7th January 1934, the British Association of Siam held its annual dinner at the Club, with guest of honour Cecil Dormer MVO, the outgoing British Minister and Lady Mary Dormer. Whilst on 9th August, three

hundred British residents gathered at the Club to welcome Sir Josiah Crosby KCMG KBE CIE as H.B.M. Minister. Sir Josiah had been a Club member from 1907 to 1914 and 1919 to 1926 and was instrumental in the Club obtaining its Clubhouse land as a trustee of the Club. (see Past Participle, October 2021).

The British Legion in Siam organised a gathering of some Fifty British and German ex-servicemen to celebrate peace on September 3rd, 1935. After an afternoon at the cinema, the British Legion held a Lancashire hotpot Supper & Sing-Song at the British Club. On 30th October 1937, the British Legion in Siam gave an Honorary Membership, at a dinner held at the Club, to Dr. Otto Schwend, a German WWI soldier, for saving the life of Lieutenant Colonel Maxwell Earle DSO, Commanding Officer of the 1st Battalion, Grenadier Guards at the First Battle of Ypres on 29th October 1914. In attendance at the dinner were Sir Josiah Crosby KCMG KBE CIE, H.B.M. Minister, Mr. Wilhelm Thomas, the German Minister to Thailand and about 100 servicemen from both sides.



▲ "Samuel Brighouse"

### Club Service

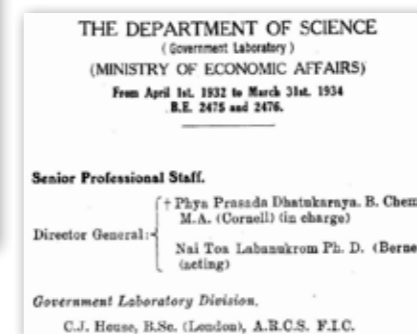
There were eight committees over this period, however, the Directory for Bangkok & Siam combined its 1935 edition with that of 1936, thus missed recording the 1934-35

committee. The seven listed committees saw service by 33 Gentlemen, twelve of whom had done service before. Sadly, there are very few local records of this period but these we do know:

**C.S. Richardson** worked for the Siam Forest Company and served five times on the Committee as did **R.C. Laming**, who was a Judge in the Siamese Court of Appeal and took the reins of the Christ Church committee in 1935 when the British Legation ceased responsibility for care and maintenance of the Church fabric.

Scotsman **James Cairncross**, who served four times on the Committee and was Chairman in 1933-34, was the Siam agent of the Chartered Bank of India, Australia and China and had been Chieftain of the Bangkok St. Andrew's Society 1928-29 and 1933-35. He retired back to the UK in 1935. Mr. **R.H. St. Amory**, a local lawyer, served twice on the Committee but had won the Open Amateur Golf Championship of Siam three times in a row starting in 1931.

**Kenneth H. Simpson** worked for the Borneo Company both sides of WWII and served on the committee three times in the thirties as did **C.J. House** B.Sc. (London), A.R.C.S., F.I.C, who worked for the Department of Science in newly created Siamese Ministry of Economic Affairs.



▲ "C.J. House"

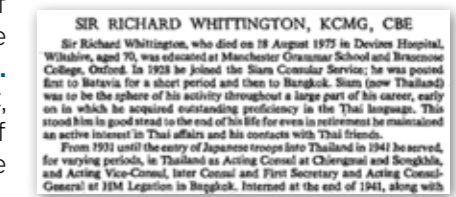
### Club Service

**Richard Whittington** who had been educated at Manchester Grammar

School and Brasenose College, Oxford, joined the Siam Consular Service in 1928, serving many posts throughout Siam. He served on the committee just the once, as Honorary Secretary, in 1935-36. He was imprisoned for part of WWII (see Past Participle, February 2022) but returned in 1947 as a Counsellor and again in 1957 as British Ambassador to Thailand, during which term he was knighted twice, first by H.M. Queen Elizabeth II as a Knight Commander of the Most Distinguished Order of St. Michael & St. George, and then by H.M. King Bhumiphol Adulyadej as a Knight Grand Cross of the Most Exalted Order of the White Elephant.

Also serving only once was **G. de la P. B. Fitzgerald** of the Hong Kong & Shanghai Banking Corporation and **Dr. H.W. Toms**, who at one point was Acting Medical Officer of Health, Bangkok.

**William G Streatfeild** served seven times on the Committee, but his story will be told in the February issue of Past Participle, as will those of **Robert W. Fothergill** and **A.J. Williams**.



▲ "Richard Whittington"

### In other News

On 31st December 1931, the United Club, from whose Membership the British Club Bangkok was founded in 1903 (see Past Participle, July 2021), closed its doors. It was founded in 1886 and situated on Khlong Phadung Krung Kasem at the junction of Si Phraya Road and Chareon Krung Road.

In 1933, the Chiang Mai Gymkhana Club, founded in 1898, gave 'Visiting Member' rights to British Club Bangkok members.



On 4th May 1935, the British Association of Siam and the British Club Bangkok arranged a joint Silver Jubilee Ball in honour of H.M. King George V at the Royal Bangkok Sports Club.

In July 1936, a revised edition of the Rule Book of the Club was produced. Sadly it was lost sometime after the year 2000 when the author last saw it.

On 12th May 1937, Club members listened to the BBC radio in the Clubhouse as it broadcast live the coronation of Their Majesties George VI and his wife Elizabeth as King and Queen of the United Kingdom and the Dominions of the British Commonwealth, taking place at Westminster Abbey.

### Nearly ... the End of the Club

One of the major 'after-effects' of the 1932 Siamese coup d'état was that the new Government dispensed with the hundreds of Foreign advisors that the previous governments had employed. Over the years this led to a massive drop in British nationals employed with the Royal Siamese Government as contracts ceased, and thus a massive drop in membership of the British Club Bangkok. The 1937 Committee hence took drastic action to survive:

- Membership was opened to all males of British descent.
- The Debenture Fees were abolished, and the Subscription reduced to 5 Ticals per month (£1 = 11 Ticals, the old Siamese currency).
- No share certificates were issued so new Members could not vote.

At this point the Club it was recorded that the Club had eight tennis courts, a croquet or bowling lawn, three billiard tables, along with a card room and a men's bar, to which ladies were not admitted. The Committee thus sold one of the Billiards Tables to the Chiang Mai Gymkhana Club, and the 600 Ticals raised was used to open a 'Ladies Bar'.

By 1938, however, the lack of voting rights to new Members was causing severe problems with recruitment so the Committee decided to convert the Club from a Debenture Club to a Members Club. Accordingly, the Committee wrote to all Debenture holders worldwide: Existing Debenture holders were offered two Ticals per share. It was recorded that most, but not all, were redeemed.

the Chairman stated that, as the Committee knew, it had not been possible to find any copy of the Club Rules as they existed in December 1941, the last copy available being one issued in July 1936. The rules then in force were entirely out of date, because, at that time, the Club still had shareholders, whereas subsequently it had been converted entirely into a members' Club. This necessitated the drafting of a new set of Rules.

▲ "Committee Minutes 14.01.1947"

### Ships Ahoy!

On 10th March 1935, the Club hosted tiffin for sailors from HMS Kent (54), a County-class heavy cruiser and flagship of the Royal Navy China Station, and HMS Falmouth (L34), a Shoreham-class sloop, during the Royal Naval visit to Siam of Admiral Sir Frederic Charles Dreyer GBE KCB, Commander in Chief of the China Station.

The Club provided afternoon tea for Captain R.S. Benson RN and Officers of HMS Duncan (D99) and fellow D-class destroyer HMS Daring (H16), visiting Siam on the 17th March 1936.



▲ "HMS Falmouth"

### Next month ...

### War

Paul Cheesman  
Honorary Secretary

For Members interested in our Club's history, the timeline is updated each month end, and can be found on the Website under 'The Club - History'.

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## AUSTRALIA DAY

Wednesday January 26<sup>th</sup> 2022

**Celebrate Australia Day at the British Club  
with our special Aussie Menu  
Enjoy Happy Hour all day on selected Australian beverages**

**Wear your Australian Flag and receive your first drink free  
T&Cs apply**

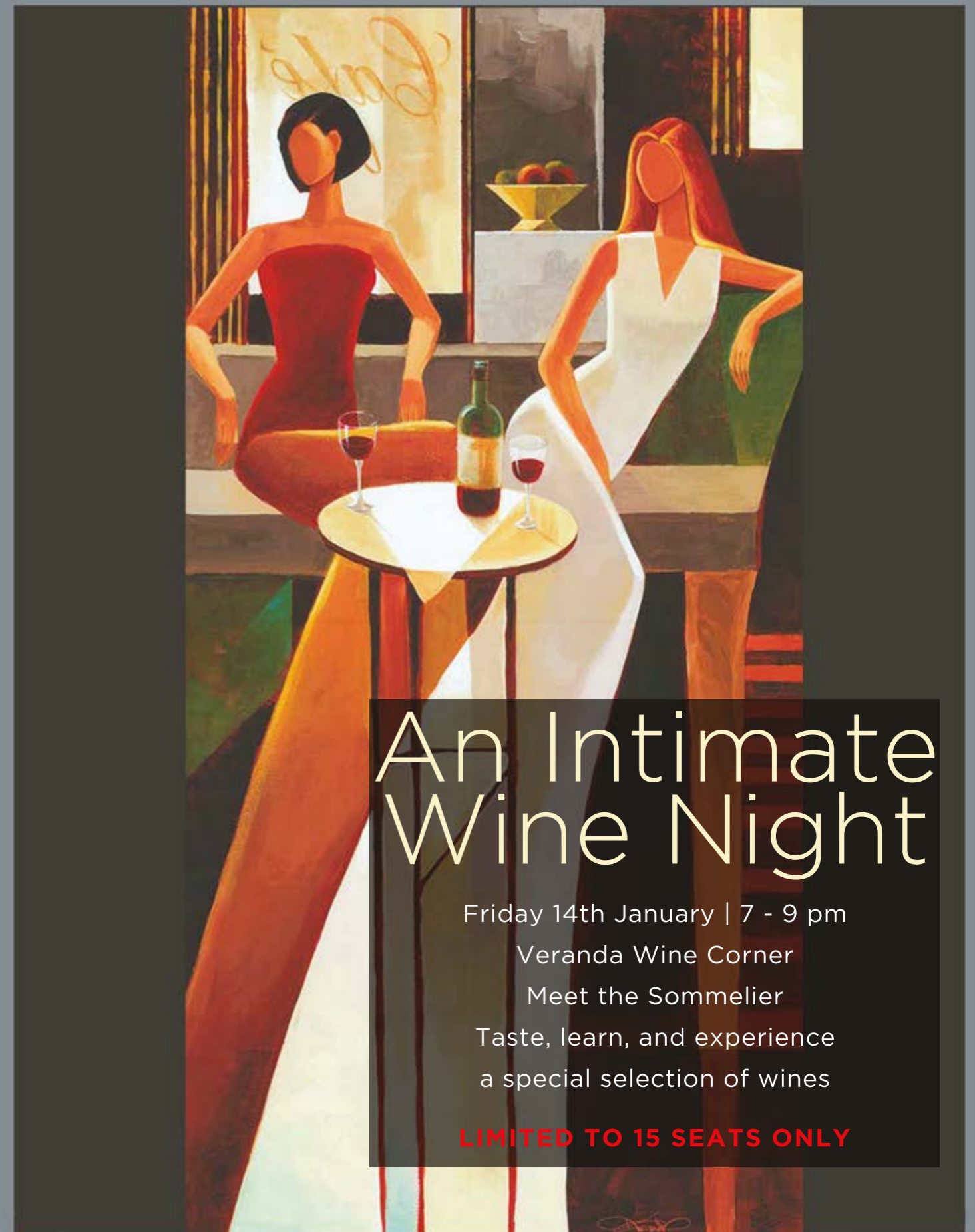


Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk



THE BRITISH CLUB



## An Intimate Wine Night

Friday 14th January | 7 - 9 pm

Veranda Wine Corner

Meet the Sommelier

Taste, learn, and experience  
a special selection of wines

**LIMITED TO 15 SEATS ONLY**



Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk



THE BRITISH CLUB





## City of London Reciprocal Clubs : City University Club and Ten Trinity Square Paul Doust

The British Club Bangkok has a lot of reciprocal clubs in London, but only two are in the old City of London. Both of them are within a few minutes' walk of Tower Hill underground station.



### City University Club

This club was founded in 1895, but unlike the British Club, it has changed location several times. The clubhouse is now in Crutched Friars behind Fenchurch Street station, where it occupies an elegant old Georgian townhouse. It's quite a small club compared to a lot of the clubs in the West end, with a bar on the ground floor, a dining room on the first floor, and a few other function rooms on higher floors. It's mostly a weekday lunch club, although it has recently been experimenting by opening on Thursday evenings for dinner. Additionally, sometimes there are events for members in the evening. While we were in London recently we went to one such event, namely a lovely Rioja Wine Dinner, and the club members we met there made us feel very welcome. The dress code is jacket and tie.



### Ten Trinity Square Private Members Club

This club is about 5 years old, and is located in a section of an impressive building that used to be the Port of London Authority Building. The club is associated with the Four Seasons Hotel Group (which occupies most of the building), the Reignwood Group (founded by a Chinese-Thai businessman), and Château Latour (a top French château for claret). Both club members and reciprocal members have free access to the Four Seasons swimming pool, fitness centre and spa, all located in the basement. However, the club is only open Monday to Friday. Facilities include a bar and restaurant, a billiards room, and a few meeting rooms and lounges. The wine list is both impressive and expensive, including a lot of wines produced by Château Latour. The dress code is "Casual elegant".



## Bonfire Night

Slightly later than usual this year due to the Covid-19 restrictions, but better late than never.

The Pasion band returned to the club stage after nearly 2 years and performed extremely well. 6.45pm everyone was informed to take their seats and fireworks started, this year's show was slightly longer and more colourful than the year before. Good times had by all.



## Kids Christmas Party

By far the Kids highlight event of the year, this year did not disappoint. magic shows, clowns, carnival games, Bangkok's biggest bouncy castle, arts & crafts, and the legendary Khun Amnat Team V Khun Rit Team tug of war, Amnats team won again for the second year in a row, although very close 3-2. Santa arrived in his Tuk Tuk and all the kids were treated to presents.





# MEMBERSHIP DEPARTMENT



Ammy Aphinya

**H**ello Members!

Hello Members, we are so grateful for all your support during 2021. This was a very tough year as we had to comply with government Covid regulations with lock downs, early closing and parts of the Club closed at times. There haven't been many events and there has been a lot of construction work going on at the Poolside and the Verandah. So thank you all for sticking with us.

We can now say goodbye to 2021 and hope the situation gets back close to normal as quickly as possible. We hope you will continue enjoying coming to the Club and look forward to all the work at the poolside being finished by February.

We are happy to welcome 20 New members this month and one new membership partner. Banyan Hua Hin Golf Club is offering an exclusive 15% for British Club Members.

Stay safe and Happy New Year ! All the best to you !



▲ James Gardiner and family

**Member Review:**

It has been great to be back at the British club and already my family and I have enjoyed the facilities and the warm reception from the staff. The children really enjoy the pool area and they seem make new friends each time we go. It has been a pleasure to enjoy great food and drinks at the restaurant and special events such as the wine tasting evening!



▲ David Oxland and family

**Member Review:**

My family and I are delighted to be members again at the British club. It's great for the kids to have somewhere to play in a fun and safe environment. The good is outstanding and the staff helpful and friendly.

# MEMBERSHIP PARTNERS

GET MORE INFORMATIONS SCAN HERE:



- Additional 10% discount off room rates
- 10% discount for F&B



- Additional 10% discount off room rates
- 10% discount from food menu of babble & rum restaurant.
- 20% discount off Afternoon Tea.



VANA BELLE  
RESORT  
KOH SAMUI

THE  
LUXURY  
COLLECTION

- The Jungle One Bedroom Pool Suite for THB 7,999 net
- Ocean view in Ocean Pool One Bedroom Suite at THB 9,999 net



MARRIOTT  
BANGKOK  
THE SURAWONGSE

20% off Best Accommodation Available Rate



NIKANTI  
GOLF CLUB

15 % Exclusive Discount Golf Packages for British Club Member.



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



Special offer



Sri panwa is pleased to offer an special discount



SANTA FE  
RELOCATION

- USD 150 off minimum spend USD 5,000
- USD 80 off minimum spend USD 1,000



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



20% Exclusive Discount



EXCLUSIVE OFFERS FROM OUR PARTNERS



# BC BEE'S KIDS CLUB



Let your little ones come and join the fun  
Every Sunday from 12.00pm - 4.00pm



Sunday 2nd & Sunday 9th January 2022  
Starts 1:00pm  
Location: Back Lawn Multipurpose Court  
Ages 3-5 years

Teddy Tennis helps to establish the basis for a healthy lifestyle for young children by making exercise and activity FUN and involving.



Sport, Music & Fun for the Very Young



Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk



# MADAGASCAR POOL PARTY

for Thai Children's Day

Saturday 8th Jan | 1 - 4 pm  
Venue main swimming pool

**FREE TO ATTEND**  
Members and Guests of member only



Best Madagascar outfit  
Hamster ball racing,  
Log master and slider



Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk







## MEET THE NURSERY TEACHER at Shrewsbury City Campus

▲ *Danielle Devanny is the Nursery & Early Years 1 Team Leader at Shrewsbury City Campus. She has been teaching in the Early Years for 11 years both in the UK and internationally. Danielle is passionate about planning in the moment, learning through play and using the natural environment to enhance experiences and enquiries.*

### *What is your nationality and background?*

I am British and I was born and raised in the beautiful countryside in West Yorkshire. I lived in a small village growing up and was able to visit the Lake District very often which is a highlight of my childhood.

### *What inspired you to become a teacher? What do you love about teaching?*

During my secondary school years as a young adult I loved the Arts, especially painting. My art teacher inspired me a lot and I spent all my time in the art room and traveling around the world to visit different exhibitions. I wanted to inspire and support children on their learning paths.

Children develop so much within the first 5 years of their lives and to be a part of developing that strong foundation for a love of learning is an honour. I love to watch the children develop and experience things for the first time. The look on their faces when they make their first friend, the satisfaction when they fit the puzzle piece into the hole or when parents tell you that at the weekend they said they wanted to come to school!

### *What do you consider to be your greatest successes in your teaching career so far? What challenges have you overcome?*

I would say my two biggest successes would have to be being a founding member of Dulwich College in Yangon, Myanmar, opening and developing their early years department and due to a lot of professional development, being able to implement different approaches in schools around the world that not only enhance learning but are unique and made personal to the school's philosophy.

### *How and when did you find yourself in Bangkok?*

I worked in Yangon, Myanmar for 7 years so I often came to Bangkok for my visa, to visit schools and to travel. I always knew I wanted to live in this beautiful country so when I saw the position at one of the best schools in Bangkok, I applied without hesitation.

### *What most excites you about your new role at City Campus? What are your plans for the Nursery?*

What an amazing opportunity to lead a team of outstanding professionals with purpose built, age-specific



environments! I do not often see schools being able to offer the same outstanding facilities exclusively for primary-aged children. It is wonderful to our City Campus students having such rich learning experiences. I am extremely excited about opening the first Nursery at Shrewsbury, which has already proven to be very popular.

I have created a 'home-like' atmosphere where the children feel safe and secure for their first experiences of school life. I am forming strong relationships with families to ensure these first transitions of school are seamless. I plan to allow the children to lead me on their individual learning paths, letting the children develop at their own pace, whilst encouraging them to be curious and follow their wonders...

### *And finally, what do you like to do when you're not working?*

I have a 2 year old son so I love to spend time playing with him and having family time. We enjoy playing with transport and reading. I specialised in the Arts during my university degree and developed a love for painting using oil pastels and acrylic paint. I also love walking in the countryside.

*Shrewsbury International School Bangkok's first Nursery opened at City Campus in November 2021. There are limited places remaining.*

**FIND OUT MORE AND BOOK YOUR VISIT:**



**SHREWSBURY  
INTERNATIONAL  
SCHOOL**  
BANGKOK • CITY CAMPUS

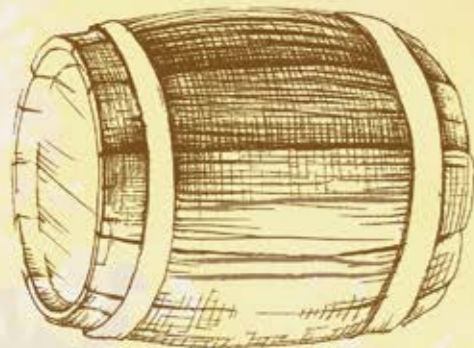




# WINE TASTING

29<sup>th</sup> January 2022

MEMBERS 200 THB  
GUESTS 300 THB



Bookings & Info Via: The British Club Line Official

Add LINE ID @britishclubbkk



# POOLSIDE SUNDAY BRUNCH

11:00am - 3:00pm

*Carvery roast with all the trimming  
Thai Signatures, Kids Corner*

**DONT MISS IT!**

Adult 450 ฿ | Kid 250 ฿







JOIN US TODAY FOR THE BEST ROAST AROUND!

[events@britishclubbangkok.org](mailto:events@britishclubbangkok.org) T&C apply





	SUN	MON	TUE	WED	THU	FRI	SAT
							<b>1</b> Junior Squash 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Polar Swim 2.00pm - 4.00pm Cricket Team Practice 2.30pm - 6.00pm
 THE BRITISH CLUB BANGKOK	<b>2</b> Tennis Men Doubles Team practice 9.00am - 1.00pm Squash Mix-in 10.30am - 12.00pm Sunday Brunch 11.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm	<b>3</b> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	<b>4</b> Football 7.00pm - 9.00pm	<b>5</b> Squash Mixed-in 4.30pm - 8.15pm Tennis mixed-in 6.00pm - 10.00pm Balut 6.00pm - 8.00pm	<b>6</b> Swimming Lesson Tony 7.00am - 8.00am Cricket Team Practice 6.30pm - 8.00pm	<b>7</b> Junior Tennis 4.15pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	<b>8</b> Junior Squash 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm
 THE BRITISH CLUB BANGKOK GOLF SECTION	<b>9</b> Junior Cricket 9.00am - 10.00am Tennis Men Doubles Team practice 9.00am - 1.00pm Squash Mix-in 10.30am - 12.00pm Sunday Brunch 11.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm	<b>10</b> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	<b>11</b> Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	<b>12</b> Squash Mixed-in 4.30pm - 8.15pm Tennis mixed-in 6.00pm - 10.00pm Balut 6.00pm - 8.00pm	<b>13</b> Swimming Lesson Tony 7.00am - 8.00am Cricket Team Practice 6.30pm - 8.00pm	<b>14</b> Junior Tennis 4.15pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	<b>15</b> Junior Squash 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm
 THE BRITISH CLUB BANGKOK CRICKET SECTION	<b>16</b> Junior Cricket 9.00am - 10.00am Tennis Men Doubles Team practice 9.00am - 1.00pm Squash Mix-in 10.30am - 12.00pm Sunday Brunch 11.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm	<b>17</b> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	<b>18</b> Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	<b>19</b> Squash Mixed-in 4.30pm - 8.15pm Tennis mixed-in 6.00pm - 10.00pm Balut 6.00pm - 8.00pm	<b>20</b> Swimming Lesson Tony 7.00am - 8.00am Cricket Team Practice 6.30pm - 8.00pm	<b>21</b> Junior Tennis 4.15pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	<b>22</b> Junior Squash 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm
 BRITISH CLUB RUNNING TEAM	<b>23</b> Junior Cricket 9.00am - 10.00am Tennis Men Doubles Team practice 9.00am - 1.00pm Squash Mix-in 10.30am - 12.00pm Sunday Brunch 11.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm	<b>24</b> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm	<b>25</b> Pilates 10.30am - 11.30am Football 7.00pm - 9.00pm	<b>26</b> Squash Mixed-in 4.30pm - 8.15pm Tennis mixed-in 6.00pm - 10.00pm Balut 6.00pm - 8.00pm	<b>27</b> Swimming Lesson Tony 7.00am - 8.00am Cricket Team Practice 6.30pm - 8.00pm	<b>28</b> Junior Tennis 4.15pm - 6.00pm Senior Cricket 6.00pm - 7.00pm Tennis mixed-in 6.00pm - 10.00pm	<b>29</b> Junior Squash 10.30am - 12.00pm Squash Mixed-in 1.30pm - 6.45pm Cricket Team Practice 2.30pm - 6.00pm
	<b>30</b> Junior Cricket 9.00am - 10.00am Tennis Men Doubles Team practice 9.00am - 1.00pm Squash Mix-in 10.30am - 12.00pm Sunday Brunch 11.30am - 3.00pm Tennis Mix-in 4.00pm - 7.00pm	<b>31</b> Tennis Mixed Doubles Team practice 7.00pm - 10.00pm					





Graham Johnston

## Dear Cup lifters and droppers

Let me first wish you a **Happy Healthy, Happy Lucky' 2022** 🍀.

In this month's edition we look back on our final event of 2021 which saw 32 players compete in the annual Bruce Gordon Cup and raise tons of cash for our in-house charity.

Bruce Gordon was a much-loved member of the British Club and a long-serving and dedicated Chairman of the Tennis Section who passed away suddenly in 2008. Each year we celebrate his life and remember his passion for tennis at the British Club by playing a fun tournament. The 2021 Bruce Gordon Cup was played on Sunday 12th December. This year it was great to see a number of new section members playing in their first club tournament. Welcome to competition tennis at the club - Chris, Gabi, Frederic, Eunju, Willem & Sunil. The Bruce Gordon is a unique tournament and always features lots of close matches due to the allocation of



▲ Close Encounters in the QF

# TENNIS



▲ Look into my Racquet!

'bisques' in the form of balloons which can be played or 'burst' at opportune moments to take a free point - confused? You aren't the only one!

The 1st Round draw saw the British Club's own Rafa V Frederer match up as 'Rafa' & Laila lost narrowly to Fred & Veronica. The pick of the ties saw Marcel & Marcel edge out David & Nico while your chairman and Mr. Watt lost out to Mikola and Winston.

Magnus & Karoline V Anje & Willem

Marcel & Marcel V David & Nico

'Rafa' & Laila V 'Frederer' & Veronica

Harold & Ann V Chris & Koji

Graham & Chris V Mikola & Winston

Raja & Eunju V Nat & Sunil

Enrique & Paul V Thiem & Gabi

Raquel & Frank V Pui & Philippe



▲ Stylish 1st Rd match-up

## QF

The victors progressed to the QF and 4 tight matches ensued. Magnus & Karoline came through a high-quality match with Marcelx2 and, having mistakenly tried to finish on a balloon, Nat & Sunil needed to be brought back to the court to win for a second time. Chris & Koji were making solid progress while Raquel & Frank were also fighting their way through.

'Frederer' & Veronica V Chris & Koji

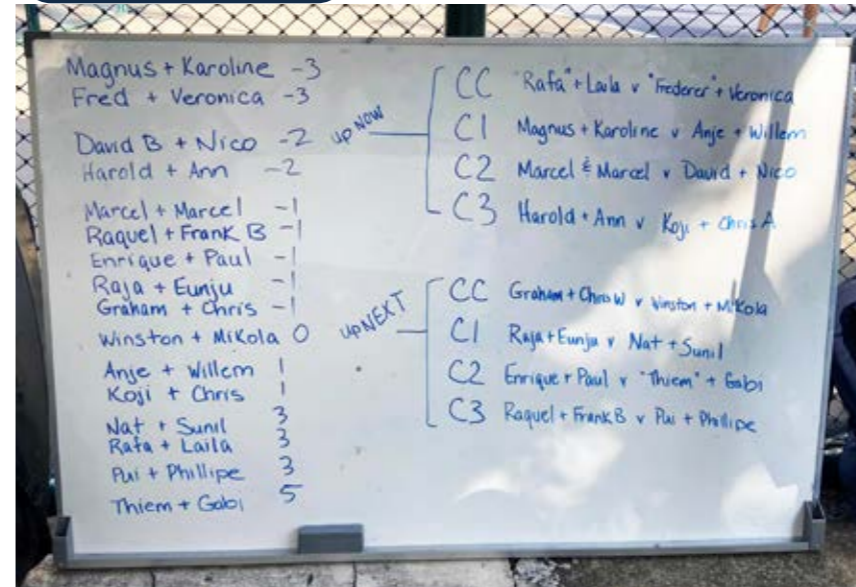
Marcel & Marcel V Magnus & Karoline

Mikola & Winston V Nat & Sunil

Enrique & Paul V Raquel & Frank



▲ Nattaya - Forever Blowing Balloons



▲ Look into my Racquet!

## SF

Both Semi-Finals went to tie-break with Chris & Koji overcoming the Vikings and Raquel & Frank (The Chopper) taking out Nat & Sunil.

Chris & Koji V Magnus & Karoline

Nat & Sunil V Raquel & Frank

## Plate Final

David & Nico V Graham & Chris

Meanwhile, our 1st Round losers had also been battling away in the background and eventually we arrived with a final between David & Nico (who had disposed of his younger brother in the SF) and my good self and Mr. Watt. Cunning balloon use got us within reach of victory, and a Chris special topspin lob down the line clinched an unlikely victory for myself and Watto.



▲ Youth V Experience!

## Final

Chris & Koji V Raquel & Frank

And so to the final with Raquel chasing a 3rd Bruce Gordon Cup win alongside our annual summer-time lodger Frank Brown versus the strong new line-up of new-committee member Koji & new-club-member Chris. Raquel & Frank were behind throughout but used their balloons and chop n lob game to stay within sight and eventually force a tie-break shoot-out. Once more Chris & Koji took off into a lead (5-0) at one point in the tie-break but again Raq & Frank came back at them saving a match-point to level things up at 6-6. A 2nd match-point was gained for Chris & Koji and a beautiful overhead framed drop-shot clinched the win for the new boys.



▲ Winning Smiles



▲ 2021 Bruce Gordon Cup Winners Koji & Chris

Much fun, tall tales of battles fought and lost, and fizzy drinks followed 🍷

Thanks to everyone who took part and the British Club staff who looked after us superbly throughout the day.

Next month we will update everyone on the money raised for the Pisami fund.

**Graham Johnston**  
British Club Tennis Section  
Chairman



▲ Plate Champs Graham & Chris



# HARD BALLS



Jonathan Fudge



▲ Captain Denz leading his troops...or asking for help?

## League Game vs Bangkok CC

20th November saw the return to league action for Ben Eastwell's merry men. After some solid practice sessions and much deliberation by the selection committee BC ventured down to Pattana Country club full of confidence that this would our year to finally get promotion. The age old questions of whether Ben would ever win a coin toss....why is it so hot....and had Pramodh eaten the whole contents of his fridge during his brief isolation after a covid contact, were rife on the bus journey down. That said BC took the field buoyed by his return as one of the best bowlers in the league.

Obviously the toss was as usual lost and BC 'galloped' out to bowl with theories abound of what would happen. It was at this point that we realised we had come up against two batsmen who had clearly enjoyed their off season and set about the BC bowling. Opener Baba top scoring and ultimately earned the man of the match award with an excellent 79, ably supported in the middle order by Jangir who contributed 46 from only 19 balls. Unfortunately, a 'player' called extras also contributed 25 which made the later run chase a challenging proposition.

The 5 wickets taken were shared around, with the 'evergreen' Dilip and Denz taking 2 and 1 respectively. Remarkably the first wicket saw an excellent catch from Mossy...excellent in that none of us thought he was watching. Two run outs, one an excellent piece of work by Pramodh to get the ball into Denzyl's hands,

made up the remaining wickets. The second run out nearly caused an international incident with an interesting interpretation of the laws of cricket applied by the normally excellent umpires. A throw by Talal was fumbled slightly by BC's calamitous wicket keeper, yours truly, and the stumps were demolished by my feet. It more resembled a dismissal in Baseball and the BC lads were honest enough to tell the umpires what had happened, but the umpire was adamant it was a wicket...who were we to complain. These two run outs, though questionable, was a pleasing feature for a side not known for its brilliant fielding...indeed at one point the leg side field had a combined age of 225...for the record we had only 4 fielders on that side!

The run chase got off to a reasonable start with a number of wides being bowled that saw BC get to 40 without loss. The openers then fell to poor shots leaving the stage clear for Denz and after another wicket fell, Mossy. Both proceeded to roll back the years and play with positivity and class. Denz scored 41 off 32 balls and James played a highly entertaining knock of 32 from 20 balls. At this point the total of 195 in 25 overs seemed achievable until some excellent bowling saw BC restricted to 158-8 off their 25 overs. Queue the postmortem and beers that followed but with the drive back to Bangkok the game was miraculously soon forgotten.



▲ Dale after his fantastic knock



▲ Captain Denz with the 'Masters' trophy



▲ The Chairman, Jack and Simon, sharing the spoils

## Pattaya CC Weekend

With access to a fantastic facility as their home ground, with accommodation on site, Pattaya CC invited the British Club down to Pattana Country Club for a double header on the weekend of the 27th & 28th November.

Saturday saw the BC "Masters" a reference to age and talent, a team of over 45's taking on their peers from Pattaya. With a youthful Ben Eastwell therefore unavailable for selection, Denz assumed the captaincy responsibilities. He immediately demonstrated his captaincy prowess by being able to guess the call correctly...a first for a long time for BC and something the selection committee should consider. Maybe with the exploits from the overnight stay the night before fresh in the mind he elected to bat allowing some members to graze in the shade. The British club proceeded to bat extremely well, a retirement at 50 runs was introduced for the weekend, in keeping with the friendly nature of it all, and Dale 'one shot' Lamb quickly took advantage by racing to 50 and returning back to the sanctuary of the tents. Others contributed starts with the captain adding 24 and Mossy 28, but with wickets falling Dale was allowed to return to the crease. He added some lusty blows, mainly over midwicket and took his score to a not out 63 from 33 deliveries. BC's final score of 171 looked to be competitive.

The Pattaya CC's over 45's reply never really got going thanks to some excellent bowling and vintage keeping from Vaughany. He contributed 4 stumpings and served to remind everybody of his class...It should also be noted there was only 11 extra's delivered, potentially a record for the BC...maybe these over 45's don't want to be bowling extra deliveries and tiring themselves out! The wickets were shared around with Dilip and Sunish both taking 2, meanwhile Chan and Manish mopped up the tail with 3 a piece.

The Sunday saw the 'slightly' more youthful contingent from BC take on Pattaya CC's strong first 11 for the Dunford-Phillbrook trophy. Ben was restored as captain and unsurprisingly the toss was lost...more practice required! Pattaya elected to bat with their captain taking full advantage. Wesley has become a thorn in the side of BC and is an excellent player as he again proved. Racing to a 50 retirement off 22 balls, with some extravagant shots over both cover and midwicket regions. After his retirement order was restored and BC proceeded to bowl extremely well to contain them to 166 from their 25 overs. 3 wickets for Pramodh, 2 a piece for Denz and Dilip, with Rahul picking up 1. Remarkably there for 4 catches taken...on that note Rahul is still claiming he dived for a missed catch. It would have been an outstanding effort, in reality we all know he tripped...sorry Chef but it's true! The highlight being the ball bowled by Bacon that cartwheeled the leg stump out of the ground nearly impaling the wicket keeper.

BC's run chase never really got going and the less said about it the better! However Mossy again continued his excellent form with a run a ball 28. BC limped to 110 meaning the spoils were shared on the weekend.



▲ Bacon sending the middle stump cartwheeling



SPORTS

BRITISH CLUB GOLF



▲ the group photo from the Club Championships weekend



▲ Peter Lucas, November medal Flight A Winner



▲ Andrew Stray, November medal Flight B Winner

**November** saw the 2021 Club Championships, a 2-day event at the Banyan Course in Hua Hin. There was a good turnout of 24 players, as can be seen from the group photo taken on the first day. Pairings on the first day were in decreasing order of handicap, and on the second day in decreasing order of net scoring on the first day, with the last two groups the best net ladies and the best net men from the first day.

The course was damp on the first day after several days of rain, leading to difficult greens and little run on the fairways, which made low scoring difficult. A day's sunshine on Saturday made all the difference and Sunday saw the greens truer and the scoring better. This in spite of a very enjoyable Saturday evening at an Italian restaurant in Hua Hin with a substantial consumption of alcohol, now this is possible.

The club championship is basically a gross competition: the winner of the 2021 men's competition was Terry Davies, with a total two round score of 163, followed by Bryan Dodd in second five shots behind and Graham Johnston one shot further back. The ladies competition was won by Karen Holloway with a gross 165, a long way ahead of the rest of the field, with Karen Carter in second place. The men's net competition was also won by Terry

SPORTS

Davies on a count back from Gordon Milne in second place and Brian Brook in third, after a blistering net 67 on day 2. The ladies net competition was also won by Karen Holloway, with Becky Adderley in second place, and Nina Jaruthavee in third.

The weekend was a great success, enjoyed by all and with a very good party on the Saturday night: the organization was a team effort, Graham Johnston, captain Jon Standen and Karen Carter making the bookings and sending out information, Treasurer David Burton collecting the funds and Peter Gale entering the scores in the computer, though some may wish that he hadn't! Many thanks are due to them all for creating such a good weekend and to the captain for arranging the group photo.

The monthly medal the next weekend was back to the Royal at Lad Krabang as usual, though increasingly predatory pricing by the club may make its stay there short-lived. The winner of Flight A was Peter Lucas with a net 69, four shots ahead of Karen Holloway with Graham Johnston two shots further back in third. Flight B was won by Andrew Stray with a net 72, one shot ahead of former captain Neil Davis with Penny Booth two shots further back in third.



▲ Terry Davies, Men's Club Champion



▲ Karen Holloway, Ladies' Club Champion



▲ Gordon Milne, Men's Net score cup winner



▲ Becky Adderley, Ladies' Net score cup winner



▲ Men's Club Champion, Terry Davies, during the competition.



SPORTS

PILATES AND WELL-BEING



Karen Dawber

Pilates and digestion

The holiday season, full of Christmas celebrations and New Year's parties, often centering around food, can leave us feeling bloated and sluggish. The average British person consumes over 6,000 calories on Christmas day alone, which is over 3 times the daily recommended amount for women. The struggle to regain a balance and feel lively again is real for many of us.

Any exercise can be beneficial in getting the metabolism going, but Pilates is especially effective for easing digestive issues because of the way many of the exercises focus on stretching and lengthening the core area. Along with deep breathing these Pilates movements can help massage and stimulate the digestive organs, get things moving and help shift stale air/gas out.

There is also some benefit from the mind body focus of Pilates in triggering the parasympathetic nervous system, our so called rest and digest system. This can help with conditions like irritable bowel syndrome (IBS) which is often triggered by stress.

Try these 5 simple Pilates exercises to help keep your digestive system on track and start the new year well.

Hip Rolls

These are a favourite of mine because they are so good for us in many ways including stretching and mobilising the lower back whilst strengthening our back body. However, here we are focused on how rolling through the core to raise the hips gently mobilises our abdominal organs.

Lie on your back with your arms resting long by your side, knees bent and feet flat on the floor, just beyond your sit bones. Initiate the movement by tipping the pelvis in towards the rib cage using the abdominal muscles, when you can roll in no further by just using the abdominals start to push through the feet to raise the hips high, reaching your tailbone towards the back of the knees. Take a deep breath in at the top of the bridge position and then slowly exhale whilst rolling back down to the start position.

Repeat 5 times.



Seated twist

Sit with your spine as upright as possible reaching the crown of your head to the ceiling (you can sit on a chair or on the floor with your legs crisscrossed or long in front of you, the important thing is to sit tall). Take your arms out into a 'T' now rotate to the right for a count of 3 exhaling, inhale back to center, sit tall and then exhale twisting to the left. I imagine my core area like a dishcloth that is getting wrung out as I twist, expelling as much air from the lungs as possible whilst rotating the torso as much as I can, massaging the internal organs.

Repeat 3-5 times in each direction.



SPORTS

Single leg stretch

Lie on your back, flex up with the upper body and pull the right knee into your chest with your hands on the shin, reach the left leg long and hover it above the mat. Inhale deeply to prepare, then exhale as you switch legs, reaching the right leg long and pulling the left knee into the chest. Pulling one knee into your chest whilst the other leg is long helps to massage and stretch the abdominal organs and muscles.

Repeat 8-10 times each side.



Oblique twists

Lie on your back, interlock your hands behind your head and bring both legs to a table top position. Now reach the right leg long whilst flexing up and over with the upper body to rotate the right shoulder towards the bent left knee (keep supporting the head but do not pull on the head). Inhale back to center, exhale extend the left leg and reach the left shoulder up and over towards the right knee.

Repeat 8-10 to each side.

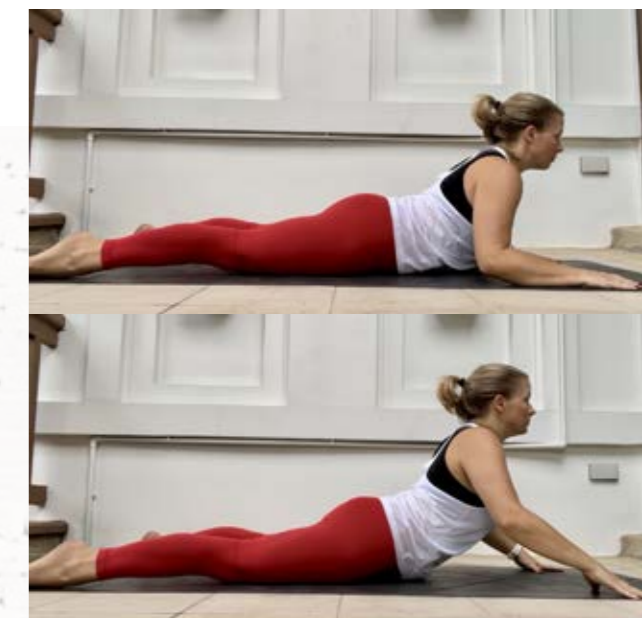


Breast stroke prep / Swan

Lie on your stomach, elbows bent, forearms on the mat and legs reaching long behind you. Press your pubic bone into the mat, now imagine there is an ice cube underneath your belly button you are trying to draw your stomach up and away from. Lift your upper body

up away from the mat, drawing your shoulder blades down and back.. Stay on your forearms for a breaststroke prep position or rise up onto the hands for a bigger swan exercise. Try to focus on your back muscles to lift you away from the mat, more than your arms, they are just there for support not to push into. This move gives the stomach a natural massage.

Rise up away from the mat and lengthen back down to the mat 5 times.



Try and do these exercises a few times a week or even daily if possible. Take a few minutes to move at the start of your day before you eat breakfast or at the end of your day, at least an hour after you have eaten. They are easy and quick to do, no equipment is needed, you just have to build in the habit of doing them!

A final note for this month to say a big **THANK YOU** for reading this article and I hope you have enjoyed reading previous articles throughout 2021. **I wish you all the very best for 2022**, I hope that we may finally move beyond the Covid pandemic and have a year full of health and happiness!

Please do e-mail me any feedback on the articles or ideas for topics you would like to see covered in 2022: [admin@pitstopforbalance.com](mailto:admin@pitstopforbalance.com)

Karen x



PITSTOP for BALANCE



# Long Services Awards December 2021



The Annual Staff Long-Service Awards, now in its 21st year, took place on Thursday 16th December in the Suriwongse Room.

Over forty staff attended a small party to celebrate these Awards to five members of staff:

Khun Chanupan	30	years
Khun Wilailak	15	years
Khun Santi	15	years
Khun Piyawan	10	years
Khun Linda	5	years

Club chairman James Crossley-Smith gave a thank you speech, and the event was attended by Honorary Secretary Paul Cheesman.

We thank these staff for their years of service to members of the Club.

## Obituary

### Thamrongluck Moonaut

It is with deep regret that we inform members that our Housekeeping & Store Supervisor, Khun Thamrongluck Moonaut (commonly known as Khun Luck) lost her battle with cancer, on 24th November, aged 65.

She had joined the Club on 1st September 1990 as a waitress in the Lord's Dining Room, the restaurant where the Churchill Bar is now. Khun Luck was then promoted to be Storekeeper when the stores block was extended in 1995. In 2012, she was promoted to Housekeeping Manager. She retired in 2016, and a few months later was re-employed in her final role as Housekeeping & Store Supervisor. At the time of her passing was the second longest serving staff member.

She was a much respected member of staff and will be deeply missed by staff and members alike





# THE GREAT BRITISH BRUNCH

11.30am - 3.00pm @ Veranda

THE FULL ENGLISH BREAKFAST AND SIGNATURE BRITISH SUNDAY ROAST



**Sunday | Families Welcome**

**Adult 650.- Child 350.- (aged 4-10 years)**

Food and 4 standard beverages

**850.-**

Food and 4 premium beverages

**1,150.-**

**FOR MORE INFORMATION CONTACT RECEPTION OR EMAIL: RECEPTION@BRITISHCLUBBANGKOK.ORG**



THE BRITISH CLUB BANGKOK

# Quiz Night

**11<sup>th</sup> January 2022**

**Team of 6 or less  
Member 150 Baht**



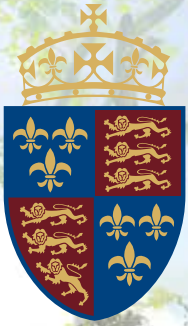
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