



1903  
THE BRITISH CLUB  
BANGKOK

[www.britishclubbangkok.org](http://www.britishclubbangkok.org)

# Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK



**New Year Chinese 2019**

February 2019





# Apply now for KIS full IB Diploma scholarships

As a full IB World School, KIS has a history of excellent results on the IB Diploma. Our graduates are accepted by top ranked universities around the world, often with a university scholarship.

KIS is offering one full IB Diploma scholarship, and partial scholarships for the IB Middle Years Programme and the IB Diploma to inspire individuals to be successful in life.

Apply now if you would like to be considered for an academic scholarship at KIS for 2019 - 2020 and onwards.

For more information or to apply go to [www.kis.ac.th](http://www.kis.ac.th) or email [admissions@kis.ac.th](mailto:admissions@kis.ac.th).

Students who win KIS scholarships achieve great IB Diploma results and go to excellent universities.

*inspiring individuals*

**KIS**

International School  
Knowledge Inspiration Spirit

1998-2018







# SUNPLAY BANGSARAY



**For private viewing, please contact**  
Ms. Wanakorn Suvarnakuta (Grace)  
M: +6687 945 6321  
T: +662 655 6420  
E: [grace@sunplay.asia](mailto:grace@sunplay.asia)

**Follow us on Facebook**  
 [sunplayasia](https://www.facebook.com/sunplayasia)

**[www.Sunplay.asia](http://www.Sunplay.asia)**

Sunplay Bangsaray is a luxury community for the over 50's seeking a more active lifestyle. Located just 2 hours from Bangkok in Bangsaray, part of Thailand's emerging Eastern Economic Corridor (EEC). Comprising 70 spacious condominiums and 50 private pool villas, set amidst beautifully landscaped gardens with a private clubhouse offering a full-range of active lifestyle options with jogging and biking trails.

- Scenic ocean views
- Ideally situated close to international health care, major tourist attractions and U-Tapao Airport
- Superbly equipped Sunplay Club
- Stylish contemporary units with fully fitted kitchens
- High-security, eco-friendly environment

Project: Bangsaray Heights, Moo 6 Bangsaray, Sattahip, Chonburi, Thailand. Construction Permit: In process of submitting. Construction Start: 04/2017 Expected Completion: 01/2019 Land Title Deed Nos.: 59966. Project Area: Approx. 5 Rai, 0 Ngan, 53.6 Sq.Wah. The residential condominium project consists of three 6-Storey buildings and 1 basement floor with approximately 44 residential units. The project will be registered and expenses and taxes will be paid by unit owners under the condominium law after construction is completed. Mortgage: a mortgage will be registered on Land and Building. Developer: Bangsaray Heights Registered Capital THB 100,000,000. Paid up Capital: THB 100,000,000. Authorized Directors: Ms. Jutamart and Ms. Viparwan Smanattanon.

Project: Baan Phing Fah Moo 6 Bangsaray, Sattahip, Chonburi, Thailand. Development License No. 133/2555, Total 26 plots, Title Deed Nos.: 5627 (partial), 23845 (partial), Project Area approx. 97-0-1 rais Development License No. 145/2558, Total 76 plots, Title Deed Nos.: 53961 (partial), 53962 (partial), 53966, 53969, 53970 (partial) and 53971, Project Area: Approx. 108-3-64.2 rais. Public Facilities and Public Services: there Park & 3 ponds total 1,270 sq.w. EIA approval letter dated 18 June 2009. Land are ready to register transfer at Land Department after receive payment. Encumbrance: All plots are not mortgaged and are not registered with any encumbrance with any person, juristic person, or financial institution Developer: Bangsaray Property Co., Ltd. (Formerly known as Buraran Property Co., Ltd.) 19/2 Sithakarn 3/f, Soi Chidlom, Lumpinee, Pathumwan, Bangkok 10330. Registered Capital: THB 90,000,000 (THB 90,000,000 paid-up). Authorized Directors: Ms. Jutamart Jiratana and Ms. Viparwan Smanattanon.



# MEMBERSHIP PLUS



- 10% discount on medication
  - 15% discount on the ward room
  - Dental scaling cleaning 1,290 THB
  - Skin check-up 3,200 THB
  - Eye Glaucoma check-up 4,000 THB
  - Flu vaccine 700 THB
- In order to profit from discount prices, please present this flyer to the BNH department staff upon arrival.
- For more information please contact :  
International Patient Coordinator Team  
Email: IPC@bnh.co.th  
Tel: 02-022-0700 Ext: IPC

- 15% discount for cash payments; 10% discount for credit card payments
- 15% discount on dental treatment (excluding orthodontics).
- Discount is applicable towards inpatient rooms, medications, Certain laboratory fee, certain medical supply fees, and x-ray  
Excludes doctor's fees, chemotherapy, mammograms, MRIs, and CT Scans
- Discount applies only to corporate partner employees and corporate partner Employees family members (spouse, children, and parents)
- If using insurance, benefits are only applicable towards cost exceeding coverage.  
Discount cannot be used in conjunction with other discount, vouchers, promotion, or packages  
Simply present one of the following: Employee ID Card, Corporate Member Card, Group Insurance Card



- Free eye check up for BC Members
  - 50% off all lenses and frames
  - Money back guarantee if not satisfied
- For more information : Tel: 02 635 7405  
Location : Corner Silom/Decho



ELEMIS Spa at the St. Regis Bangkok  
Facial 60 min 2999++ from regular price 5200++  
Massage 60 min 2999++ from regular price 4500++  
free access to relaxation zone,  
normal charge 1500++/day  
For more information : +66 (0) 2207 7778-9 or www.elemispabangkok.com  
Remark: Relaxation Zone, where you can use before or after the treatment.



- Accommodation: 20% off Best Available Rate
  - Quan Spa : 20% discount on selected spa treatments
  - F&B : 15% off Food and Beverage at:  
- Praya Kitchen — All Day Dining Restaurant  
- The Lobby Lounge  
- Yao Rooftop Bar
- For more information : Tel: 02 088 5666



- 15% discount with no minimum purchasing amount at all Asia Book (Except shop in Airports and in B2S)
  - \* Only foreign book and international magazine
- Please show your membership card at cashier



สมาคมสโมสรราชวรุณในพระบรมราชูปถัมภ์  
ROYAL VARUNA YACHT CLUB

Offers specially discounted Room rates for Members of the British Club Bangkok, During September  
Rooms sleep up to a family of four Contact Office: 038-250116 or Baz: 089-7779197 for further details



- 10 % Discount for Massage on each bill
  - 15 % Discount for food at The Rock.
- For more information :  
Tel: 02-261-0265, ext. 8

## Kamala Beach Estate

Kamala Beach Estate Phuket  
British Club Members receive a 20%  
Discount off advertised rates, price includes ABF  
plus 15% discount on lunch.  
For more information :  
Tel: 076-279-756, ext. 9

## HEAD2TOE SALON

20% Exclusive Discount  
for BCB members  
At Chatrium Riverside Branch  
and Silom Branch  
For more information :  
Tel: 0 2235 3055



- THB 200 per person off the regular rate for every bicycle tour
  - Children under 12 get a full 25% off our regular price.
- For more information : Tel: 02 639 7351







1903  
**THE BRITISH CLUB**  
BANGKOK

#### GENERAL COMMITTEE

##### Chairman

Jack Dunford MBE  
chairman@britishclubbangkok.org

##### Vice Chairman

Ali Adam  
vicechairman@britishclubbangkok.org

##### Honorary Secretary

Paul Cheesman  
honorary.secretary@britishclubbangkok.org

##### Honorary Treasurer

James Crossley-Smith

##### General Committee

Nick Annetts, Geoff Banks, Brian Brook,  
Alison Loftin, Nathan Thomas, Chris Watt  
gc@britishclubbangkok.org

#### SENIOR MANAGEMENT

##### General Manager

Premrudee Tanyaluck  
gm@britishclubbangkok.org

##### Deputy General Manager

Tee Bale  
tee@britishclubbangkok.org

##### Duty Manager

Nattawath Lohrsirupachai  
nattawath@britishclubbangkok.org

##### Services & Functions Manager

Somboon Chaiyapom  
somboom@britishclubbangkok.org

##### Senior Sales Manager

Kotchaphan Promputchara  
kotchapchan@britishclubbangkok.org

##### Sales Manager

Sasalak Sornarai  
sasalak@britishclubbangkok.org

##### Executive Chef

Kornnisara Nongku  
wilailuck@britishclubbangkok.org

##### Sports Manager

Amnat Saklepradu  
amnat@britishclubbangkok.org

#### THE BRITISH CLUB BANGKOK

189 Suriwongse Road, Bangkok 10500  
Entrance via Silom Soi 18  
Tel: +66 (0) 2234 0247  
Fax: +66 (0) 2235 1560  
info@britishclubbangkok.org  
www.britishclubbangkok.org

facebook.com/britishclubmembers

twitter.com/BCBangkok

# CONTENTS

## REPORTINGS

- 4 **CHAIRMAN'S MESSAGE**  
This month's news
- 8 **TEE TALK**  
Words from the DGM
- 9 **F&B MORSELS**  
Khun Laak's Take
- 11 **FITNESS**  
A Toast to the Old You
- 13 **LONG SERVICE AWARDS**  
Well done
- 15 **KIDS CHRISTMAS PARTY**  
at the Club
- 17 **DID YOU HAVE YOURSELF**  
A Very Merry Christmas?

## HAPPENINGS

- 19 **POLAR SWIM**  
So very cool!
- 20 **CALENDAR**  
What's on this month
- 22 **CHRISTMAS ALL DAY**  
At the Club
- 25 **WINE TASTING**  
Matua Sauvignon Blanc

## SPORTS

- 28 **SQUASHY BITS**  
Ams!
- 32 **TENNIS**  
Dear Fellow Yellow Dot...
- 36 **HARD BALLS**  
Celebrations
- 38 **BCGS GOLFING NEWS**  
December Medal and more
- 40 **CLASSIFIEDS**  
Services, For Sale etc.



## Front Cover

Chinese New Year 2019. Be sure to come along to the club for the Chinese New Year Dim Sum Buffet in the Verandah followed by the Lion Dance on the Front Lawn on Sunday 3rd February.

## From the Editor

Happy Chinese New Year to everyone!

Lots of photos appear in this edition with the Children's Christmas Party, Christmas Day, the Polar Swim and the Staff Long Service Awards. There is also plenty happening at the Club this month for everyone. So check out the events and activities.

Cheers



**The Fry Group**

since 1898

Preferred Partner

**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](http://www.britishclubbangkok.org). **Design & Layout** - CJW Design Studio **Editor** - Chris Watt [cjwatt@loxinfo.co.th](mailto:cjwatt@loxinfo.co.th). 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](mailto:outpost@britishclubbangkok.org)

No part of this publication may be reproduced without the permission of the Publisher.

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



# MESSAGE FROM THE CHAIRMAN



Jack Dunford

Following tradition dating back to 2005, monks from Wat Kaew Jam Fah visited the Club on 7th January to offer blessings for the New Year, and we are indeed off to an auspicious start. The audited accounts show that our surplus for the last financial Year was just a few baht short of 5 million and the results for December, the first month of the new financial year, show another healthy surplus. Poolside revenue is around 30% up on last year following the opening of the Silom Wing and Membership is at another all-time high of 1,144.



Monks' Blessings

As our Honorary Secretary put it, we have another monumental year ahead when, in spite of rumours to the contrary, the War Memorial will be moved from the British Embassy to the Club and work will hopefully start work on Phase 2 to complete the Poolside Redevelopment. As membership grows and new facilities become available, activities and services will continue to improve.

**Phase 2:** We had hoped to call an EGM in February to seek approval for Phase 2 but have decided to push this back a couple of months to give more time to finalise the planning details and to give management a little breathing space to address other on-going priorities such as improving staffing and service levels, getting the new gatehouse operational,

commissioning new management software, completing the finishing touches to the Silom Wing and planning to receive the War Memorial etc.

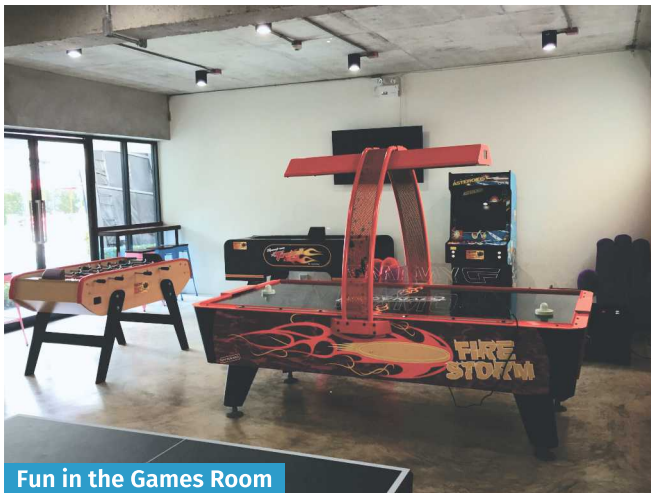
If Members approve the project it will take a month or two to put temporary facilities in place before the old buildings can be demolished. The plan is to build the new Phase 2 Pool Deck before the main work begins so that temporary shelter can be erected there for use whilst the Suriwongse Sala is out of commission. We then plan to move the gym to the Interactive room, and to create temporary toilets/showers, changing rooms and locker space on the first floor of the Silom Wing in the space that will later become the new Club offices.

During the construction of Phase 2 most food will have to come from the Clubhouse, but we also plan to build a permanent BBQ/Pizza station in the area between the Silom Wing and the Main Pool, which will provide additional eating options.

**War Memorial:** The British Embassy will oversee the move of the War Memorial and we are in the process of commissioning architects to design the installation. Ideally we hope to have it in place before May so that new landscaping can be established during the rainy season ready for the first Remembrance Day service to be held at the Club in November.

**Silom Wing:** Although the Silom Wing is proving very popular, we are still working through snags and making adjustments. Some work was delayed because we recently experienced ten days of mysterious electrical blackouts which turned out partly to be due to rats chewing through some nice juicy cables, but all is now resolved. Issues with the façade watering system will now be rectified and





Fun in the Games Room

improvements made to the lighting to make the evening experience more pleasant. Exciting new amusements have been set up in the Games Room where we now have 5 attractions in addition to the two table tennis tables.

Shade has been installed over the playground. However, we are still considering ways to provide more shade for tables on the Southern side of the eating area between 11.00am and 3.00pm.

**New Gatehouse:** We have ordered a retractable pedestrian entrance gate that will be installed in the new Gatehouse and hope to soon have the new facility fully operational. Members will initially need to show their Membership Cards to gain entry to the Club, but later in the year we plan to introduce new cards that will allow automatic entry. There will be a small waiting room for Guests and Visitors whilst they are being processed.

This will provide us with much better control over who enters the Club but key to its smooth operation will be Members remembering to carry and show their cards. This is a requirement in most other private establishments these days and we look forward to everyone's good cooperation.

**Keeping Fit:** Fitness has always been a priority for me, and into my 50's that mostly meant just playing sport. But into my 60's I became aware that many injuries I had picked up whilst playing predominantly one-sided sports for 50 years (squash and cricket) had resulted in serious posture and alignment issues,

which were affecting my flexibility and mobility. Working with a Personal Trainer I got myself into a regular exercise routine and began to repair some of the damage ... and felt much better for it.

Into my 70's this has become even more important but last year I made the huge mistake of slacking off because of other genuine, but self-justifying, priorities for my time. The result was ending the year feeling more unhealthy, run down and accident prone than ever in my life, impacting everything I was doing.

Old age? Sure. But read Sandy Remiens' article later in this edition of Outpost. It is possible to gain muscle and improve mobility even into your 90's. I will not make that mistake again. I am back in the gym fixing my latest shoulder and neck problems and feeling tons better already. I wish I had started fitness training when I was younger, the earlier you start the better ... but it is never too late. It's great to have Sandy back in our Personal Trainer team with David Falal and Khun Amnat. Between them they have decades of varied experience and offer free trial sessions. There are no excuses. Book a session and never look back!



Not to be missed!





# Planning for a UK Return?

By Martin Wright, The Fry Group

Having advised Brits in Thailand for over a decade now, I've learnt that the common theme is to remain indefinitely.

However, things change which can be related to health, financial circumstances, or just a change of heart, and a UK return means dropping back into the UK tax system.

While the UK system is complicated, with tax rates normally higher than local rates, there are many planning opportunities available to lessen tax: some very basic, some quite technical, and a few with higher-risk approaches (a trade-off for high levels of UK Government tax incentives/reliefs).

Here we look at some of the most commonly used UK tax planning opportunities and ideas:

---

## • Personal Allowance (£11,850 for 2018/19)

Pension and rental income are the most common examples that would be applicable. It is sensible to maximise this allowance as far as possible as it is tax free.

## • Capital Gains Tax "investing"

For those "willing to invest" one of the main considerations should be Capital Gains Tax "investing", as there is currently an Annual Exempt Amount (AEA) of £11,700.

Gains in excess of the AEA are taxed at 10% for basic rate taxpayers and 20% for those paying the higher rate. These rates are lower than for property (18% and 28% respectively).

If unused, the AEA cannot be carried forward to later years, only losses can.

This AEA planning is achieved each year by selling a certain amount of the profits from an investment applicable to CGT, a very tax efficient method of generating tax-free "income".

Assets applicable to UK CGT are Unit Trusts / OEICs / collective investments, investment trusts, direct stocks & shares. Second properties would be applicable but are inflexible.

## • Savings Allowance

Between £500 and £5,000, dependent on the level of income and tax rate payable.

## • Dividend Allowance

£2,000 for the current tax year 2018/19. Tax rates thereafter are between 7.5% and 38.1%, also dependent on income level.



### • Individual Savings Accounts (ISAs)

Maximum of £20,000 in 2018/19.

Cash, stocks & shares, Innovative Finance, Help to Buy ISA, Lifetime ISA or a mixture of all. Available to UK Resident investors only.

### • National Savings and Investments Tax Free Certificates (NS&I)

Fixed Interest and Index Linked versions, with tax-free maturity proceeds.

1-5 year terms are normal, although there are no issues currently on sale.

### • Enterprise Investment Schemes (EIS) & Seed Enterprise Investment Schemes (SEIS)

EIS allows an investor to reduce their UK income tax liability by up to 30% of the amount invested. EIS qualifying investment must be held for no less than 3 years from the date of issue or trade, if later. Maximum subscription for tax relief in any year is £1m and Income Tax Relief is limited to the amount which reduces income tax liability to nil.

These are typically higher risk investments in new or young companies.

### • Venture Capital Trusts (VCTs)

Investors will get Income Tax relief when they buy newly issued VCTs, currently at the rate of 30% on investments of up to £200,000 per tax year, the relief provided as a tax credit to set against the investor's total income tax liability. Therefore, it cannot exceed a total tax liability for the tax year. Shares must be held for at least 5 years to keep the income tax relief.

Also higher risk investments in new or young companies.

### • Purchased Life Annuities (PLAs)

This product allows for personal cash to be exchanged for a stream of income for a set period or lifetime. However there is a limited marketplace available in the UK now.

The PLA is tax efficient as a high proportion of the income payable is deemed to be a return of the original capital, the taxable annuity element taxed at 20% in the UK less the available UK Personal Allowance (final tax level is subject to self-assessment).

The capital content of each payment is fixed at the outset and remains constant throughout the duration of the annuity.

### • Investment Bonds (onshore & offshore)

A major feature for a UK resident is the facility to draw down "income" as and when required, with up to 5% cumulative of the original investment being tax deferred until it is fully encashed or after 20 years of receiving the 5% income facility.

The offshore version is useful for those who are liable to higher rate UK income tax; the onshore version is useful for those paying UK tax at the basic rate.

### • Pension contributions (in certain circumstances)

Contributions to a pension benefit from tax relief at 20% for basic rate tax payers and those who pay higher rate tax are eligible for an extra 20% through their tax return.

At retirement 25% can be accessed tax-free, the rest taxed as UK income.



**Martin Wright**  
Senior Consultant  
The Fry Group (Singapore)

---

---

### The Fry Group (Singapore)

6 Battery Road #16-04/05  
Singapore 049909

#### Disclaimer

This update provides information only and is not intended to form professional advice nor should it be relied upon as such, personal advice should always be obtained. The Fry Group uses efforts to obtain information from reliable sources but we make no representation it is accurate, reliable or complete.

The Fry Group (Singapore) Pte. Ltd. Authorised to act as a financial adviser by the Monetary Authority of Singapore (MAS).  
License number FA100057.

For more information please  
contact **(65) 6225 0825**  
or **[advice@thefrygroup.sg](mailto:advice@thefrygroup.sg)**

[www.thefrygroup.sg](http://www.thefrygroup.sg)

# TEE TALK WORDS FROM THE DGM



Tee Bale

The year as always is moving fast, and February is already upon us, a month of romance and comedy for all of us here at the British Club. We look forward to Valentines Thursday 14th February and our highly anticipated comedy dinner 'Only Fools & Three Courses' on Saturday 9th February, this is guaranteed to have you in stitches. The show is currently on tour and includes 42 venues across Australia and the Far East, their performance will be the only one in Thailand so don't miss out! Book now if you haven't already and get set for all the classic Delboy and Rodney sketches.



We are very happy to see all our members enjoying the new Silom Wing facilities, it's certainly packed out at the weekends and great to see the club full, we have even more instore for you in the coming weeks of February at the Silom Wing with BBQ nights, Sundowners with Live acoustic music, freshly made pizza counter, kids workshops and much more giving you the perfect reason to visit the club every day. We are also happy to welcome back BAMBI (Bangkok Mothers & Babies International) to the British Club, they are hosting their weekly playgroup with us every Friday morning between 9.30-11.30am.

Coming soon to the Club in March will be the first in a series of Comedy nights, we will be hosting a selection of stand-up comedians flown in directly from the UK and Australia.



For those that like their contact sports we have just the ticket, the British Club will be playing host to its very own Fight Night, professional boxers competing in the ring to become champion on the night, there will be VIP ringside tables as well as all the grandstand seating, plus all your eating and drinking requirements taken care, the full card of fighters and date will be announced soon. As you can see its shaping up to be a busy start to the year, the full team looks forward to seeing in the club soon.



# F&B MORSELS *by our* EXECUTIVE CHEF



Chef Laak

**T**he kitchen team is looking forward to the Chinese New Year 2019 on Sunday 3rd February, we are hard at work getting all your favourite Dim Sum ready. for those that attended last year you will know just how good they are and won't want to miss out again this year. After enjoying all the food we will welcome you outside to the front lawn to experience the dragon dance, don't forget your camera you will want to take pictures as the show is amazing.



For those looking for something different for breakfast, I would like to recommend three new options :-

**The Big British Breakfast**, if you're hungry and got what it takes to handle this one, then order it now, full loaded with two eggs of your choice, back bacon, streaky bacon, three sausages, baked beans, hashbrown, grilled tomatoes, black pudding, mushrooms, two slices of toast & jam, tea or coffee, orange juice.



**The Healthy Breakfast**, for those of you controlling your weight and staying slim, fit and trim for your sports activities, this is the perfect option: avocado, smoked salmon, two poached eggs, whole wheat toast, mushroom.



**Italian Breakfast Pizza**, pizza you say? for breakfast? You will be pleasantly surprised just how good it tastes in the morning, perfect for one or if you're with friends this is one breakfast you can share, one slice or the whole pizza you just can't go wrong.



We look forward to seeing and cooking for you soon.

**Happy Eating!**



# Business Luncheons

AVAILABLE FROM 11.00 AM TO 2.00 PM

4<sup>TH</sup> - 8<sup>TH</sup> FEBRUARY 2019

**Starters: 65 Baht**

- Tuna Salad
- Chef's Soup of The Day

**Main Courses: 160 Baht**

- Creamy Chicken Breast with Penne, Peas and Creamy White Wine Sauce
- Fish and Chips.
- Marinated Pork Fillet Roast on Rhubarb
- Tom Kha Gai, Tod Man Pla, Phad Tua Ngok Moo Krob

11<sup>TH</sup> - 15<sup>TH</sup> FEBRUARY 2019

**Starters: 65 Baht**

- Smoked Duck Salad
- Chef's Soup of The Day

**Main Courses: 160 Baht**

- Chicken and Wild Mushroom Lasagna
- Pan Fried Dory Fish with Caper Meunière
- Shepherd's Pie
- Gaeng Jued Tao Hoo Moo Sab, Phad Kraprao Moo Sab Kai Dao

18<sup>TH</sup> - 22<sup>ND</sup> FEBRUARY 2019

**Starters: 65 Baht**

- Mozzarella, Mango, Tomatoes and Rocket Salad
- Chef's Soup of The Day

**Main Courses: 160 Baht**

- Grilled Chicken Breast with Tomato and Bean Sauce.
- Grilled Mixed Sausage
- Grilled Seabass with Coriander Salsa
- Gaeng Kiew Wan Look Chin Pla, Moo Tod Kratium Prik Thai, Phad Phak Ruam Nam Man Hoy

25<sup>TH</sup> FEBRUARY - 1<sup>ST</sup> MARCH 2019

**Starters: 65 Baht**

- Carrots, Raison and Apple Coleslaw
- Chef's Soup of The Day

**Main Courses: 160 Baht**

- Chicken Chasseur
- Grilled Seabass with Spinach Risotto
- Mini Steak with Gravy Sauce
- Pla Sam Rod, Phad Prik Khing Moo Krob Kai Jiew



1903

THE BRITISH CLUB  
BANGKOK



# FITNESS – A TOAST TO THE OLD YOU!



Sandy Remiens

Age-related muscle loss is a part of the aging process **BUT** you are not helpless to stop it.

**D**eclining muscle mass – called sarcopenia, is a natural part of aging. After the age of 30 you begin to lose up to 3-5% every 10 years – if you are physically inactive. Most people lose about 30% of their muscle mass during their lifetime and being that muscle density is the main factor affecting metabolism (not excluding hormones, nutritional deficits etc) the resulting weight gain and lack of strength and tone in the older adult can easily lead to increased inactivity as daily tasks become harder, decline of health as activity levels drop and increases in injury and illness.

However – **THIS IS NOT IRREVERSABLE**. You can regain muscle mass and density as you get older. It is more challenging with the changes in hormone levels and protein production that occur as we age but with a good plan and consistency it is never too late to rebuild muscle and maintain it. Smart training (not necessarily harder training) is required to manipulate the factors that affect the decreases in rate of muscle repair and increased inflammatory factors. The body's ability to oxygenate the blood, increases in body fat and insulin resistance are also factors that hugely affect the body's ability to gain and maintain lean muscle mass. Therefore maintaining a good level of fitness and a healthy body weight is even more important for us as we get older.

## How Old is Too Old?

A study reported on in the following article from the National Library of Medicine states the following:

### A TOAST TO The OLD YOU:

IF YOU FEEL INSPIRED TO USE THE NEW YEAR TO HELP YOU RESET or CHANGE HABITS: GREAT.

— And Yet: —

THE OLD YOU HAS SURVIVED EVERY TERRIBLE DAY, EVERY HARD THING, EVERY AWFUL CIRCUMSTANCE, and EVERY HEARTBREAK YOU'VE EVER FELT. The OLD YOU IS A FIGHTER. AND THAT'S WORTH CELEBRATING.

'Strength is commonly a factor in frailty in older patients, represented as decreased walking speed, sit-to-stand transition time, balance, stair climbing, falls, and more. A resistance training program in a group of subjects where the inclusion criteria was 90 years of age showed that even at this advanced age, strength could be improved (in this group by 175%), as well as the cross-sectional area of the thigh muscles (by 15%), all leading to improvements in functional mobility.'

'While the loss of strength and endurance is expected to occur across the age span, it remains important to keep older individuals active. Cardiovascular health is greatly improved with increased activity, and alternately, increased fragility and mortality is associated with less physical activity. Training helps muscle meet the complex demands of increased activity by increased enzymatic protein production and capillary density for higher muscle metabolic demand as well as increased contractile protein production to allow for greater contraction tension. For many patients, the age-related effects on skeletal muscle are largely reversible.' Ref:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3874224>

There is no age limit to being able to regain functionality and therefore increase your quality of life! This is Lifestyle Management. It doesn't even need to involve a gym – but always remember our bodies are designed to move.

## Motion is Lotion

*Physical activity and movement used to prevent and relieve arthritis pain. the idea that exercise can be just as effective as all those pills, patches and cream for joint health.*

**For further info Contact the Fitness Centre**

# Following the Path of Excellence...

Bangkok Patana  
School is pleased to  
congratulate our  
students who have  
received offers from  
Oxbridge for  
September 2019.



Patana School Class of 2019

University of Oxford  
**Philosophy, Politics and  
Economics**  
**Physics**  
University of Cambridge  
**Medicine**



**Bangkok Patana School**  
*The British International School in Thailand*  
*Established 1957*

[www.patana.ac.th](http://www.patana.ac.th)  
[admissions@patana.ac.th](mailto:admissions@patana.ac.th)  
Tel: +66 (0) 2785 2200



# LONG SERVICE AWARDS

## Well done

Each December, the Club takes the opportunity to reward staff for their periods of long service to the Club. The Award is given in 'five-year steps' with each five years awarded with a half Baht of gold ... thus at five years they get a half Baht, at ten years a Baht, fifteen years a Baht and a half ... and this is the gold measure Baht not the unit of currency!!!

So on 19th December last, Jack Dunford MBE, our Chairman along with Khun Prem, our General Manager and a number of General Committee members were delighted to honour ten of our current staff members ... celebrating five years through to an incredible 25 years of service.

We congratulate these Award Winners and thank all our staff for their service to us.







# SCOTT BERRY & ASSOCIATES



## Professional Coaching & Psychotherapy (Bangkok)



### **Dr Scott Berry**

Professional Coach &  
Psychotherapist  
PhD, MBA, DipCouns UK



### **Miss Intara Berry**

Office Manager / Trainee Coach  
Bachelor of International  
Business, Bangkok University



### **Mr Nikorn Chimkong**

Program Manager  
MBA  
Ramkamhaeng University



### **Mr Wichai Lahoi**

Office Manager  
Certificate of Hospitality

### **Scott Berry & Associates**

281/19-23, 5th Floor, Room 509  
Silom Rd, Silom, Bangrak Bangkok 10500  
T: 02-0385098 or 064-939-0222  
W: [www.scottberryconsulting.com](http://www.scottberryconsulting.com)

We are a family run business in Bangkok - a short walk from the British Club. We serve expats in Thailand, individuals and companies across the Asia Pacific. Here are some of the services we provide:

### **Life Coaching and Counselling**

Deepen your sense of happiness and self-confidence. Get practical help for depression and anxiety, anger, culture shock, addictions, life change and more.

### **Employee Assistance Programs**

Online and face-to-face services to create and sustain health, wellness and effectiveness in your staff and teams.

### **Couples Coaching and Counselling**

Rebuild and repair the love between you. Get tools to grow trust in each other, anticipate each other and talk through the hard stuff. We are LGBT friendly.

### **Leadership Coaching**

Identify your gifts and deploy them more often. Identify the areas you need to strengthen in yourself and others, build the skills to anticipate yourself and others.



# CHILDREN'S CHRISTMAS Party

What a fabulous day! Things appeared very quiet over at poolside but on heading around to the back lawn the place was packed with families.

There was face painting, painting of Christmas ornaments, goal kicking, hoops and so much more. The jumbo slide is always a big hit with the kids

The magic show had the kid spellbound as they watched on. The mono cycle and miniature cycle were loads of fun with even a Dad trying mono cycle. Then there was the acrobatic contortions.

The breaking of the hanging papier-mâché Piñata of Santa with sticks had the kids excited with a mad scramble when it was eventually broken and all the sweets spilled out.

As always, there was a fabulous Christmas buffet laid on for all with plenty of the favorite dishes to satisfy one and all. There was no doubt that the chocolate fountain went down well with the kids.

Of course the big hit of the day was the arrival of Santa in his tuk tuk to the tune of Jungle Bells, the children were so excited! Then there were the photo opportunities with Santa.





# BOOK LAUNCH



## Jon Prichard: British Club Rugby from the 90's and other Tales.

Jon takes us back to the rejuvenation of the Rugby Section in the early 1990's and various tales wander through successes and hiccapping failures, that finally brought the Rugby Section and the British Club true recognition when winning the much-coveted National League One: Charien Satien Cup in 1993.

In truth, the tales are not a tedious collection of play by play regurgitation of how matches were won but more about the beer drinking and then the actual regurgitation after they were won...or lost.

The Rugby Section enjoyed some truly halcyon years in the early 90's wherein generous sponsorship from sporting like-minded companies allowed the group to encourage and fund numerous young, fast, fit and skillful Thai Nationals like Khun Prote, Khun Wai, Chai\* and Kitty\*, Dakorn, Dominic Whiting and many others to play for them. There is little doubt that the injection of their sheer speed and ball handling skills were winning factors – especially against other rotund and podgy Expat teams. (\* These lads went on to play for the Thai National Team!)

Not all the short stories are about rugby and there are recollections on learning 'new cultural experiences' around Asia and even the tale of Jon's ex-wife's trip to first base camp at Everest – a tale with a ghastly ending but no loss of life!

He also relates numerous tales involving the Rhino's RFC – an Asian based Expat side touring annually every June around Asia and even further afield.

All of these rugby stories do have a bawdy, frank and at times seriously adult content to them but the book cover does advise you of the hazardous nature of the contents.

There is the threat of Book#2 in the offing providing yet more tales of foreign tours, annual Phuket challenges, Hong Kong 10's and 7's, huge mischief, drinking and merriment.

Jon will offer signed, discounted copies of this book at the launch, which will be held in the new wing by the Kids pool area. Please do bring friends!



**Entrance: 200 Baht for Members, 300 Baht for Guests. Including Canapés and one complementary drink.**  
**1910 Sports Bar, Thursday 7<sup>th</sup> February 7.00pm for about an hour.**





# DID YOU HAVE YOURSELF A VERY MERRY CHRISTMAS?

A table at the British Club for Christmas has become more and more of a tradition for Members, Reciprocal Members and their friends over the decades, such that 603 children and adults attended 2018's two culinary festivals of Christmas Luncheon and Christmas Dinner .... and that does not include those who attended both.

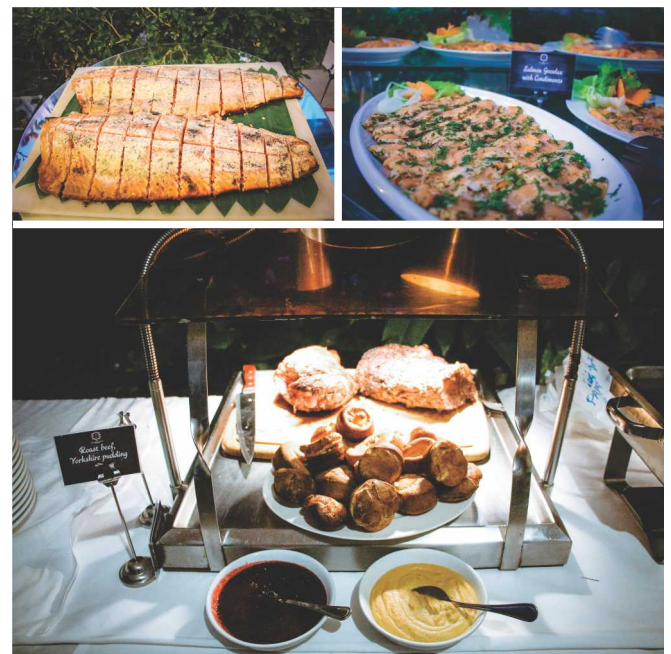
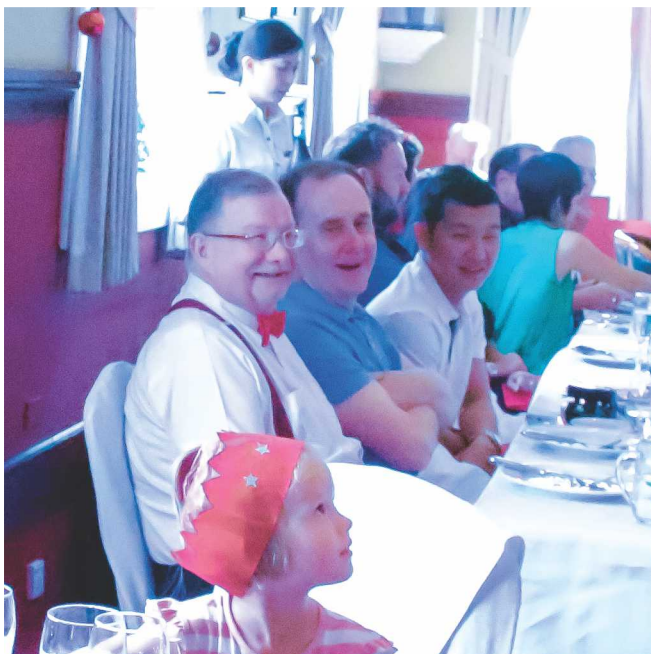
As always Khun Laak, our Executive Chef, and her team delivered mouth-watering turkey with ham, lamb and beef plus roast potatoes and the quintessential essence of Christmas fayre ... Brussels Sprouts! There was even vegetarian stuffing to support two vegetarian main courses. Khun Somboon and his team of Christmas elves provided service for drinks and spillages, and our Membership and Accounting staff sorted out who was sitting where, who was paying for what and even had the time to sell a few Memberships!!

As much as adults love the food, and the occasional tippie, Christmas is also for the kids (of whom there were lots), so we were delighted that Santa Claus paid us a visit ... sadly Rudolph and his fellow reindeer found their sleigh stuck in Bangkok traffic, so Santa grabbed the nearest Tuk-Tuk to get to us eventually! Having arrived at the Club, he proceeded to ask all the children if they had been naughty or nice and gave the deserving few, well, all of them actually, a present. (Our thanks to the Reverend Tim Eady for this important role).

The Luncheon session soon became the Dinner ... with many staying until late ... but I think we can safely say that everyone has a very Merry Christmas!

**{Book Early for Christmas 2019 ... Wednesday 25th December}**

Paul Cheesman  
Honorary Secretary



*More photos from Christmas Day on pages 22 & 23*





"Comedy Dining  
are onto another  
hit here..."  
edinburghguide  
.com

**MANGE  
TOIT**

# ONLY FOOLS

★ ★ ★ and ★ ★ ★

# 3 COURSES



**CLASHY**

**SAT 9TH FEB 2019**  
**@ Suriwongse Room | 7pm**

**LOVELY  
JUBBLY**

**Members: 1,399 Baht**  
**Guests: 1,599 Baht**

## DINING INVITE!

Join us for the dinner event of the year, which combines fine food and comedy action, served up **ONLY FOOLS AND HORSES** style. Marlene and Boycie are hosting a Gala Dinner, But will thing go to plan with Del, Rodney and Uncle Albert ("when I was in the war") on the guest list. Will Raquel put in an appearance and sing? Surely not after the last time?!

An evening of chaos and mayhem with an extra large portion of comedy is the order of the night. **EXPECT A BIG FUN NIGHT OUT** in a friendly party atmospheres with some of the finest comedy actors in the land, professionally produced to the highest standard with enjoyment at the top of the menu! Surely not after the last time?!

Booking at Reception or by email: [events@britishclubbangkok.org](mailto:events@britishclubbangkok.org)



1903  
THE BRITISH CLUB  
BANGKOK



# POLAR SWIM... *so very cool!*

This year was no different from others with the British Club's traditional polar swim New Year's morning. As usual, there was a great turnout with both young and old taking the plunge. The kids thoroughly enjoyed sliding the blocks of ice into the pool and of course they were the medals after the swim.





# FEBRUARY

**SUN**

**MON**

**TUE**



1903

THE BRITISH CLUB  
BANGKOK



**03** Kids Cricket 8am-11am Book first!  
Swimming Lessons 9am-12pm  
Chinese New Year Dim Sum Buffet 11.30am-3pm  
Open Bridge 2pm Silom Room

**04** BWG Mahjong 10am-1pm  
Tennis Mixed Doubles Team Practice 7pm-9pm

**05** Bangkok Gentlemen Spoofers 8pm  
Football 7pm-9pm



**10** Kids Cricket 8am-11am Book first!  
Swimming Lessons 9am-12pm  
Sunday Brunch 11.30am-3pm  
Open Bridge 2pm Silom Room  
Tennis Mix-In 4pm-7pm

**11** BWG Mahjong 10am-1pm  
Tennis Mixed Doubles Team Practice 7pm-9pm

**12** Bangkok Gentlemen Spoofers 8pm  
Quiz Night 7.15pm The Verandah  
Football 7pm-9pm



**17** Kids Cricket 8am-11am Book first!  
Swimming Lessons 9am-12pm  
Sunday Brunch 11.30am-3pm  
Open Bridge 2pm Silom Room  
Tennis Mix-In 4pm - 7pm

**18** BWG Mahjong 10am-1pm  
Tennis Mixed Doubles Team Practice 7pm-9pm

**19** Bangkok Gentlemen Spoofers 8pm  
Football 7pm-9pm

SPORTS CAMP				
18, 20, 21, 22 FEBRUARY				
	950 THB MONDAY	950 THB WEDNESDAY	1,300 THB THURSDAY	950 THB FRIDAY
9:30-10:00	ADMIN			
10:00-11:00	TENNIS	TENNIS		TENNIS
11:00-11:15	SNACK	SNACK	ICE SKATING	SNACK
11:15-12:15	FOOTBALL	FOOTBALL		FOOTBALL
12:15-1:00	LUNCH			
1:00-2:30	BASKETBALL	SQUASH/ COORING		BASKETBALL
2:30-3:30	SWIMMING	SWIMMING	BOWLING	SWIMMING

**24** Kids Cricket 8am-11am Book first!  
Swimming Lessons 9am-12pm  
Sunday Brunch 11.30am-3pm  
Open Bridge 2pm Silom Room  
Tennis Mix-In 4pm-7pm

**25** BWG Mahjong 10am-1pm  
Tennis Mixed Doubles Team Practice 7pm-9pm

**26** Bangkok Gentlemen Spoofers 8pm  
Football 7pm-9pm



# HAPPENINGS

**WED**

**LADIES TENNIS COACHING**



9.00AM-10.30AM **EVERY WEDNESDAY**

**06** **Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only

**13** **Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only

**20** **Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only

**27** **Ladies Tennis Coaching**   
9.30am-10.30am  
**Tennis Mix-In**   
6pm-10pm  
**Balut**   
6pm-8pm  
**Paella**   
Dinner Only


**THU**


**Valentine's Day**  
@ CHAO PHRAYA PRINCESS CRUISE  
THU 14<sup>TH</sup> FEBRUARY 2019




FEEL THE LOVE THIS VALENTINE'S DAY AND EXPERIENCE AN UNFORGETTABLE CANDLELIGHT DINNER WHILE YOU CRUISE ALONG THE RIVER OF KINGS WITH CHAO PHRAYA PRINCESS.

7.30PM - 9.30PM

**07** **Squash Mix-In**   
4.30pm-7.30pm  
**Book Launch**  
7pm

**14** **Squash Mix-In**   
4.30pm-7.30pm  
**Valentine's Cruise**  
7.30pm-9.30pm

**21** **Squash Mix-In**   
4.30pm-7.30pm

**28** **Squash Mix-In**  
4.30pm-7.30pm

**FRI**

**01** **BAMBI**  
9.30-11.30am  
**Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm

**08** **BAMBI**  
9.30-11.30am  
**Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm




**15** **BAMBI**  
9.30-11.30am  
**Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm

**22** **Junior Tennis**   
4pm-6pm  
**Kid's Movie Night**   
6pm  
**Tennis Mix-In**   
6pm-10pm  
**Wine Tasting**   
6pm-9pm  
**Friday Affair**   
8pm-midnight




FRONT LAWN  
**WINE TASTING!**  
22ND FEBRUARY  
6.00 PM - 9.00 PM  
MEMBERS: THB 200  
GUESTS: THB 300  
**FRIDAY AFFAIR**  
JAZZ MUSIC



**SAT**

**02** **Swimming Lessons**   
9am-12pm  
**Squash Mix-In**   
2.15pm-6pm  
**Squash Coaching**   
with K Ruegrit

**09** **Swimming Lessons**   
9am-12pm  
**Squash Mix-In**   
2.15pm-6pm  
**Squash Coaching**   
with K Ruegrit  
**Only Fools & 3 Courses**   
7pm

**16** **Swimming Lessons**   
9am-12pm  
**Squash Mix-In**   
2.15pm-6pm  
**Squash Coaching**   
with K Ruegrit

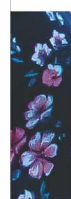
**23** **Swimming Lessons**   
9am-12pm  
**Squash Mix-In**   
2.15pm-6pm  
**Squash Coaching**   
with K Ruegrit

**ONLY FOOLS and 3 COURSES**  
SAT 9<sup>TH</sup> FEB 2019  
@ Suriwongse Room | 7pm  
**LOVELY TURTLES**  
**DINING INVITE!**  
Join us for the dinner outfit of the year, which combines fine food and comedy action, served up...  
An evening of chaos and mayhem with an extra large portion of comedy in the order of the night. **TRICKS & TREATS** style Martell and Bopine are hosting a Date Night Out is a friendly party.





# CHRISTMAS ALL





# DAY AT THE CLUB





# Valentine's Day

**@ CHAO PHRAYA PRINCESS CRUISE  
THU 14<sup>TH</sup> FEBRUARY 2019**



**FEEL THE LOVE THIS VALENTINE'S DAY AND EXPERIENCE AN UNFORGETTABLE  
CANDLELIGHT DINNER WHILE YOU CRUISE ALONG THE RIVER OF KINGS WITH  
CHAO PHRAYA PRINCESS.**

**7.30PM - 9.30PM**

**ADULTS THB 2,000 | CHILD (5-12YRS.) THB 1,100**

**COACH LEAVES THE CLUB AT 6.30PM AND BRING YOU BACK AROUND 10PM  
TICKETS INCLUDE TRANSPORTATION AND ONE GLASS OF WINE**

**BOOK IN RECEPTION OR BY EMAIL: [EVENTS@BRITISHCLUBBANGKOK.ORG](mailto:EVENTS@BRITISHCLUBBANGKOK.ORG)**



1903

THE BRITISH CLUB  
BANGKOK



# WINE TASTING

## Marlborough Sauvignon Blanc

*It showcases what the vintage has been like for Marlborough's most famous varietal!*



Knowing that I would be away for the December Wine Taste, I made sure I had stocked up at the November Wine Tasting. There's nothing worse than running out of wine over the New Year! Nothing beat sitting on the beach with a cool breeze coming off the sea while drinking a cool glass of wine while eating fabulous dishes of Thai food. Truly heaven!

The wine that really stood out was the Matua Marlborough Sauvignon Blanc 2017. This classic Marlborough Sauvignon Blanc was deliciously pure, bursting with citrus notes with a hint of grapefruit. The palate was so fresh and vibrant with concentrated blackcurrant leaf with a hint of green melon. It was so very refreshing and it wasn't just because I was by the sea. The one thing I was I was so pleased about was the fact I had brought quite a few bottles as it left you wanting more after the first bottle.

Now for the Technical Info. The Sauvignon Blanc grapes in this vintage are picked from over 60 vineyards across Marlborough.

PH 3.18  
Residual sugar 4.8 g/l  
Acidity 7.5 g/l  
Grapes from: Marlborough  
Variety: Sauvignon Blanc  
Alcohol: 13%

If You are a fan of Sauvignon Blanc you'll love this.

Cheers



**2017**  
MARLBOROUGH  
SAUVIGNON BLANC



FRONT LAWN

FRIDAY AFFAIR • JAZZ MUSIC •

WINE TASTING!

22ND FEBRUARY

6.00 PM - 9.00 PM

MEMBERS: THB 200  
GUESTS: THB 300

BOOK AT RECEPTION OR BY EMAIL:  
EVENTS@BRITISHCLUBBANGKOK.ORG

1903 THE BRITISH CLUB BANGKOK

Fah Mai Holdings Inc.

*S.E.C. Registered, British Owned and Managed Public Company.*

Have you ever considered collecting rare whisky?

Would you like to know how to build a successful whisky portfolio?

Much like Gold and Fine Wine, Rare Whisky is considered a safe haven asset.

Rare Whisky has seen growth in recent years between 25-35% per year.

Fah Mai Holdings is offering the opportunity to meet with our CEO and find out how starting with as little as £500 can grow a successful rare whisky collection.

Contact: Louis Haseman via,

Tel: +66 (0)908070617 Email: Louis@fahmaiholdings.com

www.fahmaiholdings.com

WITH MONTHLY JACKPOT

5 FEB

Quiz NIGHT 2019

THE VERANDAH | 7.15PM

MEMBERS THB 150 | GUEST THB 200  
TEAM OF 6 OR LESS

Book at Reception or by email:  
events@britishclubbangkok.org

1903 THE BRITISH CLUB BANGKOK

2019 CHAMPIONSHIP

Saturday 09 March  
Starting 8:00 am

Follow the matches  British Club Bangkok Tennis Section

MAJOR SPONSOR

RAMADA PLAZA  
BY WYNDHAM  
BANGKOK MENAM RIVERSIDE

Seara SPORTS SYSTEMS

HEAD2TOE SALON

SALA SAMUI CHAWENG BEACH

RC COLA

L'ORÉAL PARIS

สมิตติเวช SAMITIVEJ

FBT

kai NEW ZEALAND

BOURBON ST. RESTAURANT & OYSTER BAR


Creta

Flight of the Gibbon



# SPORTS CAMP

18, 20, 21, 22 FEBRUARY

	950 THB MONDAY	950 THB WEDNESDAY	1,300 THB THURSDAY	950 THB FRIDAY
9:30-10:00	ADMIN			
10:00-11:00	TENNIS	TENNIS	ICE SKATING	TENNIS
11:00-11:15	SNACK	SNACK		SNACK
11:15-12:15	FOOTBALL	FOOTBALL		FOOTBALL
12:15-1:00	LUNCH			
1:00-2:30	BASKETBALL	SQUASH/ COOKING	BOWLING	BASKETBALL
2:30-3:30	SWIMMING	SWIMMING		SWIMMING

- Children should be 7+.
- This is not an elitist camp, the emphasis is on joining in, trying out new sports, having fun and making friends.
- A five child minimum is required to run each day so please sign up.
- As travel arrangements need to be made for some activities, please sign up 48hrs in advance.

- A no show booking will still be charged the full amount. Cancellations up to 24hrs before will be charged 50%.
- Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activities camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or off site or travel to or from the Club.

Fitness centre: [sport@britishclubbangkok.org](mailto:sport@britishclubbangkok.org)



1903

THE BRITISH CLUB  
BANGKOK



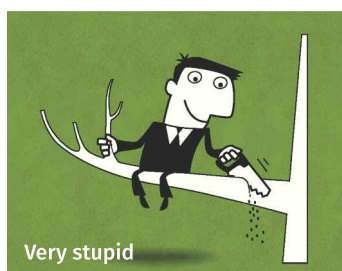
# SQUASHY BITS *Ams!*

Last month we looked at squash pros so now we examine the 'ams' of the game.

**F**irst we need to establish the exact meaning of 'ams' as am is one of the forms of the verb to be and thus is generally followed by one or more adjectives and/or a noun. Am is also employed in various other grammatical structures which may or may not be included here.

Here are some examples of that which apply to selected members of the BC Squash Section:

**I am stupid:** now, this simple admission could effectively be labelled at almost every BC Squashy for one reason or several, yet here it particularly applies to Robert Lockhart and



Chris Childs who on Saturday, January 11, at approximately 4pm, after two hours of mix-in squash, decided to play their January league game. The reasoning from Chris being I am not going to win this match (a further 'am' example, as mentioned) or even a game so I might as well get it over with now, and from Robert being I am going to thrash him as I am

**I AM**

now the best player in the club since Haroon left (an instance of 'am' in an arrogant sense there - not wise, rather

stupid even, but that's not the stupid we are talking about here) so let's play it now and get it over with. So they played and Rob won 3-0 with the only close game being the third. Basically, Rob is a better player in general, but both were knackered and it wasn't worth watching although Evans and I tried, but soon got bored so discussed his current attempts at drinking less alcohol which involved, "I am having a dry January" which is hardly likely to have much of a

positive effect, although it's a start and should be commended, as, knowing him, it will almost certainly lead to a "I am getting smashed every day" February leading to "I am still abusing alcohol and I can't stop, please help me" around the end of the year! Sounds stupid as well, but where is the stupidity in this league match? It lies in the fact that afterwards Rob and Chris realized they were not in the same league for January as Rob had been relegated from the premier division for "I am too busy to play my matches and I am going to Canada to see my family!" They didn't even check the league results and standings so carefully, lovingly, and tardily, prepared and emailed by Marc Sayer and just assumed they were both in the top league - further arrogance there. "I am beyond stupid" might be more apt here.

**I am a victim of domestic abuse:** sounds serious. And it is, but may have to be lumped in with "I am lying."

This involves John Drew who claims he hit his head on the wall of one of the new courts during a division 17 league match with Henry Woodley or Steve Claxton or someone similar, who cannot, or is unwilling to, verify that this is exactly how John received such a serious injury. Please



see the photos. That John had his head smashed open is in no doubt, but by a wall during a game of squash? It doesn't seem credible. Walls are nice. They



support floors and entire structures, provide a surface for graffiti artists, and generally play a prominent role in society. We need walls. (here we could mention



Bruce Mudge



Donald Trump and his 'Mexican wall' but that would mean returning to the incredibly stupid theme) Hence, we come to the notions of I am lying and I am a victim of domestic abuse. You see John has been married to Leslie for decades and they both hail from Essex. This writer was also born in that wonderfully sophisticated avenue of England and knows very well



how Essex girls react when irritated. (why do you think I moved to Thailand?) John has recently retired and has a lot of time to spend with Leslie. Thus, he gets on her nerves. So, she hit him over the head with a frying pan. It's obvious.

Could cause naughty cuts



Frying Pan did this!



**I am a miserable old sod who can't say anything positive about anything:** David Mason is the culprit here who, it has been remarked upon by many, has a tendency to put a pessimistic slant on any conversation. Aside from general moaning on topics such as the colour of grass, how few peas are served with the pies and chips in the Churchill Bar, the fact that penguins can't fly, and the escalating cost of bananas, he seems unable to make many (any) cheerful comments on any given topic. The following



examples highlight this habit.

"Weather looks nice David."

"Bloody well better be, it was miserable yesterday."

"New courts are good, aren't they?"

"Well, they bloody well should be, they cost enough."

"Newcastle got a good win last week."

"Yeah, but they bloody well lost their two games before that."

"Hopefully, they won't get relegated."

"Well, they bloody well will be lucky not to. Bloody rubbish."

Dear oh dear.

**I am pregnant:** this one surely applies to a happy young lady who has just received the most welcome news of a coming child. Such unrestrained delight and expectation no doubt accompanying the imminent onset of motherhood. Perhaps a first child or a second or third to complete a beautiful family. A joyful and special occasion for any woman? No. It refers to the hapless Mr. Evans again as he looks like he is up the duff! His pot belly has taken on the semblance of a pregnant woman and is, frankly, shocking. Alcohol and a poor diet are to blame! (Tee Bale also looks pregnant!)



Definitely pregnant!

Now, after all that tripe and nonsense, we finally come to the real squash 'ams' who are the squash amateurs that took part in the first tournament played on our new courts. And it was with unbridled and overwhelming pleasure that we welcomed our first visiting team for almost two years from Yangon led by Ricky Thompson. A return fixture and a chance to win the magnificent plastic



Ricky with Marvyn!





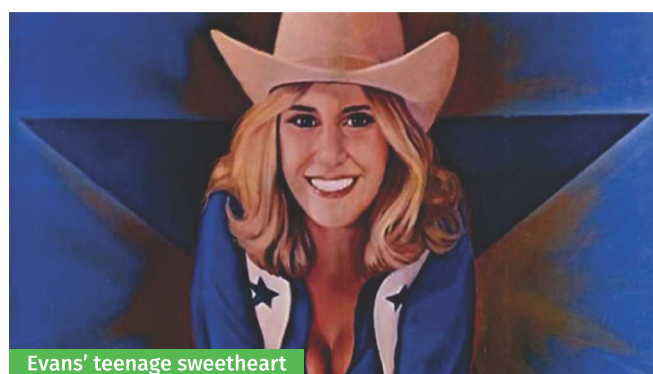
The Group

BC	vs	Yangon
Win	1 - 3	Joe
Rob	2 - 3	Scott
Shiraz	1 - 3	Volant
Lim	3 - 1	Ricky
Nerf	3 - 0	Niang Oo
Bruce	1 - 3	Rahul
Marv	2 - 3	Moe Moe Thae
Joh VB	0 - 3	Joe
Dag	0 - 3	OKHAT

dinosaur trophy named Marvyn which had been handed over in May and which Ricky had forgotten to bring. I am stupid being revisited here? So naturally Captain Sensible Evans got to work to rally our best players to form our strongest team for this monumental occasion. Or did he? No. He barely did a thing save for calling in a couple of ringers before sodding off to the US where he claimed he was attending some business meeting in Texas. More like attending a Debbie does Dallas fan club reunion with a load of other middle-aged tossers! So that left poor Rob (who we have come to learn isn't that bright) and Bruce holding the baby as other BC Squash Committee members of Sayer and Cornflakes had also cried off with equally poor excuses; probably joining Evans in Dallas reminiscing over Debbie and her cheerleading pals getting fresh with some college football studs! Anyway, we managed to scramble around a few willing players plus three ringers of Win, Lim and Nerf as the Yangon team had 9 pretty good squashies. And we lost 6-3 - see the results pic. Reasons: most of our good players were away. In Texas? Probably. Or just avoiding the BC Xmas Ball also held that weekend? Even more likely. (Xmas Ball on December 1st! Why not hold it in September? Or March?) The Yangon team has some very good players and their number one is way better than anyone we can now offer since Haroon has defected back to the

UK. Hence, the need to bring in Win - one of Thailand's best players - who lost. But we had a great team match and some BC Squashies (or those asked to pose as them) won. And a rare event of a few female players involved - Da, Khat and Moe Moe Thae. Flaming fabulous! And despite forgetting the trophy, Ricky kindly handed over some spare Yangon Squash Club shirts. Clearly a case of, "I am glad to offload this crap." Lashings of cold drinks and grub afterwards which cost us a bomb and the second reason this team won't be invited back. The first being they beat us.

## Until Evans gives birth



Evans' teenage sweetheart



SUNDAY 3<sup>RD</sup> MARCH 2019

# Pancake day

Afternoon pancake 125 Baht per portion

Topping with mixed fruits and ice-cream

Parent & child races | Pancake kids' competition

Children's games & crafts | Trampoline

Front Lawn  
3pm-6pm  
No admission  
charge

HAVE FUN WITH  
THE FAMILY



BOOK AT RECEPTION OR BY EMAIL: [EVENTS@BRITISHCLUBBANGKOK.ORG](mailto:EVENTS@BRITISHCLUBBANGKOK.ORG)



1903  
THE BRITISH CLUB  
BANGKOK



# TENNIS *Dear Fellow Yellow Dot Bashers*

**T**he 2019 British Club Bangkok Tennis Section Club Championships sponsored by Ramada Plaza by Wyndham Bangkok Menam Riverside is officially underway.

Quite fittingly the chairman was the first player through to the 2nd Round of the Men's Singles. A smattering of fans (okay the BC staff) were treated to a thrilling see-saw encounter on Centre Court which ended in a 1-6 6-0 6-4 victory for yours truly. It was a pleasure to meet and play with new member Louis Gauthier who will be a great asset to the tennis section and strong contender in the plate championship. Welcome to the club Louis As you read this, the championships will be entering its second phase which means that the pushers, flickers, and amateur enthusiasts will be waiting for the draw for the consolation plate events while the big boys & girls will be starting to lock horns in the more competitive end of the cup events.

The plum tie in the 2nd Round of the Men's Singles will see Jim Fralick take on Frank Gluck. Book your seats early for that one as it's sure to be a high-quality match and coming so early in the tournament, gives an indication of the strength of the draw. Indeed some of our seasoned campaigners are saying it maybe the best field assembled in the championships (though other former winners strongly disagree!)

My favourite event to watch and compete in is definitely the Mixed Doubles and my goodness we have some strong pairings this year. This was illustrated by the match of the tournament to date which was a preliminary round featuring Rhea & Gary Vs Mr. Fabulous & Anje. The atmosphere created by an enthusiastic crowd was more like a finals day than a preliminary round as was the tennis on display and made for a great end to the first Club Championship weekender. Gary & Rhea eventually sneaked through

leaving Frank & Anje the strongest pair in the plate ... so far.

Tennis section members are highly encouraged to follow Club Championship fixtures & results on our closed group Facebook group. Search for 'British Club Bangkok Tennis Section' and request to join. Special thanks to our generous sponsors of this year's Club Championships.

On top of all the Club Championships action, we also managed to squeeze in the first friendly match of 2019 when Team Japan visited the club on Sunday 13th January. The visitors were a bit strong for our Sunday Afternoon Social Squad and ran out comfortable winners. Much fun was had on court-and-aft and we hope to welcome our Japanese friends back again for a rematch before too long. Thanks to all players for representing the club.

Finally, late December we had the privilege of watching Daniel Altmaier on our courts at the British Club. Daniel Altmaier is a German tennis player with a career high ATP singles ranking of world No. 210. He is currently coming back from injury and him and his coach stopped in at the British Club at the invitation of Harold Mollin to practice a little ahead of a tournament in Danang. It was a real eye-opener to witness his easy power first hand and some of our better players got some court time with him which they thoroughly enjoyed. We will all be keeping an eye on Daniel's progress in 2019 and hopefully we will see him at the British Club again in the near future.



Graham Johnston



Coach Marcus, Daniel Altmaier & Coach Harold





Debut Man Louis & Noi



French Flair & Thai Silk



G-Man & Raq-a-ttack



Lyon Man & Jeab



Incurable Chris & Rarely spotted Jean



Ground Control & Major Tom



Match of the Championships



Player of the Week - Gary Sakuma

# 2019 CHAMPIONSHIP

Saturday 09 March Starting 8:00 am

**RAMADA PLAZA**

BY WYNDHAM

BANGKOK MENAM RIVERSIDE

**MAJOR SPONSOR**

**Seara**

SPORTS SYSTEMS

**HEAD2TOE**

SALON

**SALA**

SAMUI

CHAWENG BEACH

**RC**

COLA

**FBT**

**kai**

NEW ZEALAND

**L'ORÉAL**

PARIS

**BOURBON ST.**

RESTAURANT & OYSTER BAR

EST. 1966

**สมิติเวช**

SAMITIVEJ

**Greta**

WINE & SPIRITS CLUB

ITALY

**Flight of the Gibbon**

Life changes with the outdoors...

Follow the matches f British Club Bangkok Tennis Section





**SATURDAY  
2, 9, 16 AND 23  
FEBRUARY 2019**

# JUNIOR SQUASH

## COACHING WITH RUENGRIT

1.00PM - 1.45PM | AGE 5 YEARS - 8 YEARS  
1.45PM - 2.00PM | AGE 9 YEARS - 12 YEARS

**4 LESSONS 800 BAHT | MIN 2 KIDS /CLASS**

BOOK AT FITNESS CENTRE OR BY EMAIL: [SPORT@BRITISHCLUBBANGKOK.ORG](mailto:SPORT@BRITISHCLUBBANGKOK.ORG)

  
1903  
THE BRITISH CLUB  
BANGKOK

# Come and take a dip with our new inflatables

## Sundays 11am - 4pm



**Children must be supervised  
by an adult at all times**

Please contact the Fitness Centre staff

  
1903  
THE BRITISH CLUB  
BANGKOK

# LADIES TENNIS COACHING



**9.00AM-10.30AM**

EVERY  
WEDNESDAY

## 750 BAHT PER CLASS

BOOKINGS AND MORE INFORMATION AVAILABLE AT THE FITNESS CENTRE  
02-324-0247 EXT.26 OR BY EMAIL : [SPORT@BRITISHCLUBBANGKOK.ORG](mailto:SPORT@BRITISHCLUBBANGKOK.ORG)

  
1903  
THE BRITISH CLUB  
BANGKOK



**12 Weeks** | Start: 11th January  
End: 5th April

## FRIDAY JUNIOR TENNIS COACHING

Age 5-8 years 4pm-5pm : 6,000 THB  
Age 8-12 years 5pm-6pm : 6,600 THB

Bookings and more information available at the Fitness Centre 02-234-0247 ext.26 or email:  
[sport@britishclubbangkok.org](mailto:sport@britishclubbangkok.org)

  
1903  
THE BRITISH CLUB  
BANGKOK



# MINI SPORTS CAMP

**18, 20, 22 FEBRUARY 2019**

<b>TIME</b>	<b>ACTIVITIES</b>
<b>10:00-10:15</b>	<b>Admin</b>
<b>10:15-11:00</b>	<b>Games</b>
<b>11:00-11:15</b>	<b>Snack</b>
<b>11:15-12:15</b>	<b>Mini tennis</b>
<b>12:15-1:00</b>	<b>Lunch</b>
<b>1:00-1:45</b>	<b>Cooking / Play time</b>
<b>1:45-2:30</b>	<b>Water fun</b>

**THB 650 PER DAY**

- Children must be between the ages of 4 and 6 yrs.
- The children must be capable of feeding themselves, changing their clothes and using the bathroom unsupervised.
- A no show booking will still be charged the full amount. Cancellations up to 24 hrs before will be charged 50%.

Whilst the British Club and its staff will provide the highest level of care possible for your children, sports/activity camp participants take part at their own risk and the Club accepts no liability for injuries caused during activities on or offside or travel



1903

THE BRITISH CLUB  
BANGKOK



# HARDBALLS

## Celebrations

Before a well earned break, BC found one last excuse for some cricket in the Southerners 6s tournament and a festive fireball competition. Christmas and New Year was celebrated throughout the section far and wide; from Samoa to Perth to Mumbai, cricketers put down the willow and picked up a glass to toast 2018 into the penultimate year of the decade. For those who stuck around in Bangkok, a healthy turnout celebrated Christmas lunch (which quickly turned to dinner) at the club before a brilliant party and view of the fireworks on the Bangkok skyline from Inna and Pat's apartment on new year's eve.



Christmas lunch



Sports bar sessions



Run out of ideas



Kanchanaburi Trip



Midnight kiss

### Southerners Social 6s 15th December 2018

BC just about entered a team of 6 into the social tournament after Pramodh and Sunil had managed to wake up on the day. The tournament was played alongside fellow Bangkok teams; Southerners and



Ben Eastwell



6s crew

Parrots down at the Boweja Cricket Ground just outside Amphawa. It was an inclusive and high-spirited tournament which was played in short 5 over bursts with plenty of time to re-hydrate in between. BC managed to lose all but 1 of their group matches, spectacularly beating 'Southerners Black' who went on to win the tournament in their last game of the day. Despite not making a final, the team hung around and entertained until the very end, before heading back to the club to celebrate Denzyl's birthday.



Catching up on sleep

### V BCC Bangkok Cricket League 12th January 2019

The league cricket was fired back up in January with a fixture against league leaders which would mark BC's second match of the campaign. Looking to rebound from the loss against Almas late last year, Dale won





Well earned victory Sundowners

the toss and opted to brave the afternoon heat and field first.

Denzyl (1-9, 5 overs) broke through in the first over, casting their captain who was frustrated by the consistently threatening line which was reciprocated by Pat (2-22, 5 overs), who followed suit with another quick wicket at the end of his over - setting up a sharp spell from the opening pair. BCC looked to be in trouble having only made 33 runs after the 10th over and 4 down after losing another couple of wickets, featuring a run out from Ian and Sunil who somehow fumbled it home. Some resistance from the middle order kept BCC in the game until Ben (2-24, 4.5 overs), assisted by a catch from Mossy in the deep, removed the danger man and relieved some pressure on the run rate. Aside from a few too many dropped catches, a class all round fielding performance was concluded by a dramatic last over from Ben which

catastrophically resulted in a broken thumb and the final delivery (bowled by Dale) was carted for 6 to top things off.

The unexpected hospital trip left the batting reply with only 9 men to finish the job and BC were looking for 135 to win after BCC had managed to scrape together a respectable total. A solid opening stand from Denzyl (25) and Mossy (24) crucially kept all the wickets intact until the 9th over when Denz was caught. Unable to function without him, Mossy fell shortly after to replenish the crease with Glenn (33) and Sunil (21\*) after a quick blast from the captain. The new pair got stuck into the objective and took the game away from the opposition with the second important partnership (40) of the match, however, a couple of run outs had the game balancing on knife edge before Pat hit the winning runs (aided by overthrows) with 3 balls to spare. An emphatic victory which looks to set the pace for the remainder of the league.

Glen takes man of the match



Post match briefing



# BCGS GOLFING NEWS

## *December Medal, Royal GCC, Lat Krabang The Last Outing of the 2018 Golfing Season*

Golf doesn't get much better when the playing conditions are as good as those we experienced at the December medal. Clear blue skies, 'low' seasonal temperatures and an absence of other golfers all contributed to a fun and fast round.

This was the final medal round of the 2018 golfing calendar and also the last chance to improve on the annual eclectic competition.

Ex-international rugby player (Bahrain) and our sections tallest player, Andy Coop, played some exquisite golf off the tee and despite a one hole hiccup managed to card an impressive net 73 and secure the Flight A medal honors. Your author had the privilege to play in the same group as Andy and witnessed at first hand the Montgomerie-esque smoothness of his swing and deft touch on the greens.

Flight A runners up were Randall Coleman with a net 74 and yours truly, Gordon Milne, with a net 75.

It was good to see fellow committee member and Outlook contributor Neil Davis emerge as the runaway winner in Flight B. Neil shot a very impressive net 66.

Coming in second was Simon Fisher with a net 75 and third place went to James Lawden with a net 76. Well played to all.

So that wraps up another golfing year and as mentioned, the December Medal brought the annual eclectic competition to a conclusion.

It was victory in flight A to our captain Frank Fawkes with a nett 53, and victory in flight B to David Burton with nett 52. Congratulations to both.

Not to take any credit away from David, who was the worthy winner with the better gross score for the eclectic, but it is mentioned that Neil Davis' great round on the day earned him a 3 stroke cut on his playing handicap, which cost him dearly in the eclectic. You should have stayed in bed Neil!

In closing I'd like to extend my thanks to all our BCGS members and to the section committee for their commitment during the 2018 golf season and for making the games competitive and always fun.

And finally a special mention must go to our Captain, Frank Fawkes. He does a lot of behind the scenes work for the section without fuss and represents all that's best in the British Club. Thank you Frank.



Andy Coop, winner of Flight A receiving his prize from Captain, Frank Fawkes





Neil Davies, winner of Flight B receiving his prize from Captain, Frank Fawkes

## Annual 3 Clubs & A Putter Flora Ville Golf & Country Club

This ever popular annual event was once again oversubscribed.

For those unfamiliar with this format each player is allowed to select only 3 clubs and a putter in order to score the most stableford points around the 18 holes on the course. It's a fun format and always delivers a lot of surprises and much laughter on the day. And after some initial consternation caddies too quickly appreciate the merits of 3 clubs and a putter!

The selection of the 'right' 3 clubs is absolutely critical as players need to navigate the course taking into account the desire for length off the tee, approach shots to the green and (potentially) bunker shots too. And all this from only 3 clubs! Players also need to think about Flora Ville (formally Chuan Chuen) and its significant water hazards, particularly at par 3's. Improvisation is the name of the game with most

players attempting shots for which their clubs weren't originally intended.

On the day, some players were better prepared than others. Our Club Captain was seen making his final club selection at the bag drop with discarded clubs being unceremoniously relegated to the boot of his car. Amongst the players there was much pre-match chatter and justification about the merits of their 3 club selection.

The final stableford scores always serve to remind us that (perhaps) we don't actually need all 14 clubs to score well.

Our 3 Clubs & A Putter annual winner certainly had a game of two halves. A front nine total of 11 stableford points was followed by an outstanding 23 points on the back nine delivering a final tally of 34 stableford points. Very well played Khun Ew (Angkara Nikumnerd). We're still hoping to find out what her back nine inspiration was!

Joining Khun Ew on the podium was Gordon Milne on 32 points and Mark Adderley on 31 points.

Why not join us? We welcome players of all abilities, from enthusiastic hackers to semi-pros. If you're interested, do visit our website

<http://www.bcgsthailand.org/>

for details of upcoming events and the contact details of our Captain.



The Winner: Khun Ew receiving her winning prize from Captain, Frank Fawkes





1903

THE BRITISH CLUB  
BANGKOK

# Outpost Classifieds

Classified is a way for members to move new and used merchandise and to advertise various services to other members. The cost is THB800 for 55x40cm, 9 lines, approx. 50 words. Text is required to be emailed by the 10th of the month for inclusion in the following month of Outpost. For further details contact Sales Manager [kotchapahan@britishclubbangkok.org](mailto:kotchaphan@britishclubbangkok.org)

## Services

### AUSTRALIAN MIGRATION ADVICE & ASSISTANCE

Philip Summerbell, Lawyer &  
Registered Migration Agent (9896806).  
20 years Migration Law experience.  
British Club member.  
T: 02 2385571  
M: 08 7081 7888  
E: [ps@strategicmigration.com.au](mailto:ps@strategicmigration.com.au)  
W: [www.strategicmigration.com.au](http://www.strategicmigration.com.au)



Membership Plus Partner - Refer to page 12



Tel: 02-207 7778-9

Membership Plus Partner - Refer to page 12

## Services

### Kamala Beach Estate

Tel: 076-279 Ext: 9

Membership Plus Partner - Refer to page 12



สมาคมสโมสรราชวรุณในพระบรมราชูปถัมภ์  
ROYAL VARUNA YACHT CLUB

Tel: 038-250116

Membership Plus Partner - Refer to page 12



Tel: 02-261 0265

Membership Plus Partner - Refer to page 12

## Clearance Sale

Rattan Chair with cushion Bt3,000.  
Small Round Rattan Glass Top  
Table Bt2,300.  
Rattan Bar Stool with cushion  
THB2,000.

**Contact:** the Club Reception or  
Tel: 02-234 0247.

Sample Size Ad  
55x40mm  
THB 800

Special offer first month  
free



Tel: 02-235 3055

Membership Plus Partner - Refer to page 12

**Accounts Office** 9am - 6pm Mon-Fri. Closed Sat-Sun

**Poolside Bar** 6:15am - 11pm Last food order 9:30pm

**Garden Bar** 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm

**Family Room** 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm

**Games Room** 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm

**Interactive Room** 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 8am - 11pm

**The Verandah** 11am - 2pm, 5pm - 10pm Mon-Thu, Fri-Sun and Public Holidays 11am - 10pm

**Churchill Bar** 10am - Midnight Mon-Wed & Thu-Sun to 2am\*

**1910 Balcony** 3pm - Midnight. Afternoon Tea 3pm - 5pm

**1910 Sports Bar** 5pm - 11pm Mon-Wed & Thu-Sun 5pm-2am\*

**Fitness Centre** 6am - 10pm Mon-Fri

**Fitness Centre** 6am - 9pm Sat-Sun

**Thai Massage** 10am - 5pm Tue-Sun

\* If members are present at 11.30pm, otherwise it will close at midnight

## OFFICIAL OPENING TIMES





**ROYAL VARUNA YACHT CLUB**  
THAILAND'S PREMIER SAILING COMMUNITY



## Running

*Sailors' remark: 'Where's the damn breeze? Relax- put your drink down and go with the wind'.*

Of course 'Running' is a sailing term meaning sailing with the wind directly behind; however, we see it as more than this. Beyond its spectacular location, stunning clubhouse, excellent restaurant, bar and accommodation facilities and internationally recognized instructors, Royal Varuna Club membership offers more...more intangible benefits like watching the children running and frolicking at waters edge, or perhaps running through absolutely nothing in your mind as you release the clutches of the city far behind.

So broaden your horizons, slip the bowlines, cast-off and discover a new world beyond the everyday. Where else?

**Royal Varuna Yacht Club.**  
Thailand's premier international yacht club.



12°55'05.4"N 100°51'26.9"E  
12.918169, 100.857468



FOR FURTHER INFORMATION, CALL +66 038 250 116  
[WWW.VARUNA.ORG](http://WWW.VARUNA.ORG)  
[WWW.FACEBOOK.COM/ROYALVARUNAYACHTCLUB](http://WWW.FACEBOOK.COM/ROYALVARUNAYACHTCLUB)







THANYAPURA  
HEALTH & SPORTS RESORT  
PHUKET

# EXPERIENCE THE PLEASURE OF A **HEALTHY HOLIDAY** AT THANYAPURA



**Everything you need**  
**Surrounded by nature**

- **Sports training** to build strength, speed and endurance
- **Skill development** camps and team building for groups
- **Lifestyle improvement** programs for weight loss, detox and beauty
- **Executive health** programs for better life balance and work performance

**MAKE YOUR BOOKING TODAY:**

**RESERVATIONS@THANYAPURA.COM**



## THANYAPURA HEALTH & SPORTS RESORT

120, 120/1 Moo 7, Thepkasattri Road, Thalang,  
Phuket 83110, Thailand

Contact Us: [info@thanyapura.com](mailto:info@thanyapura.com), +66 7633 6000

Facebook: [thanyapura](#) Instagram: [thanyapuraphuket](#) Website: [www.thanyapura.com](http://www.thanyapura.com)



**#WEOPTIMISEYOURLIFE**