

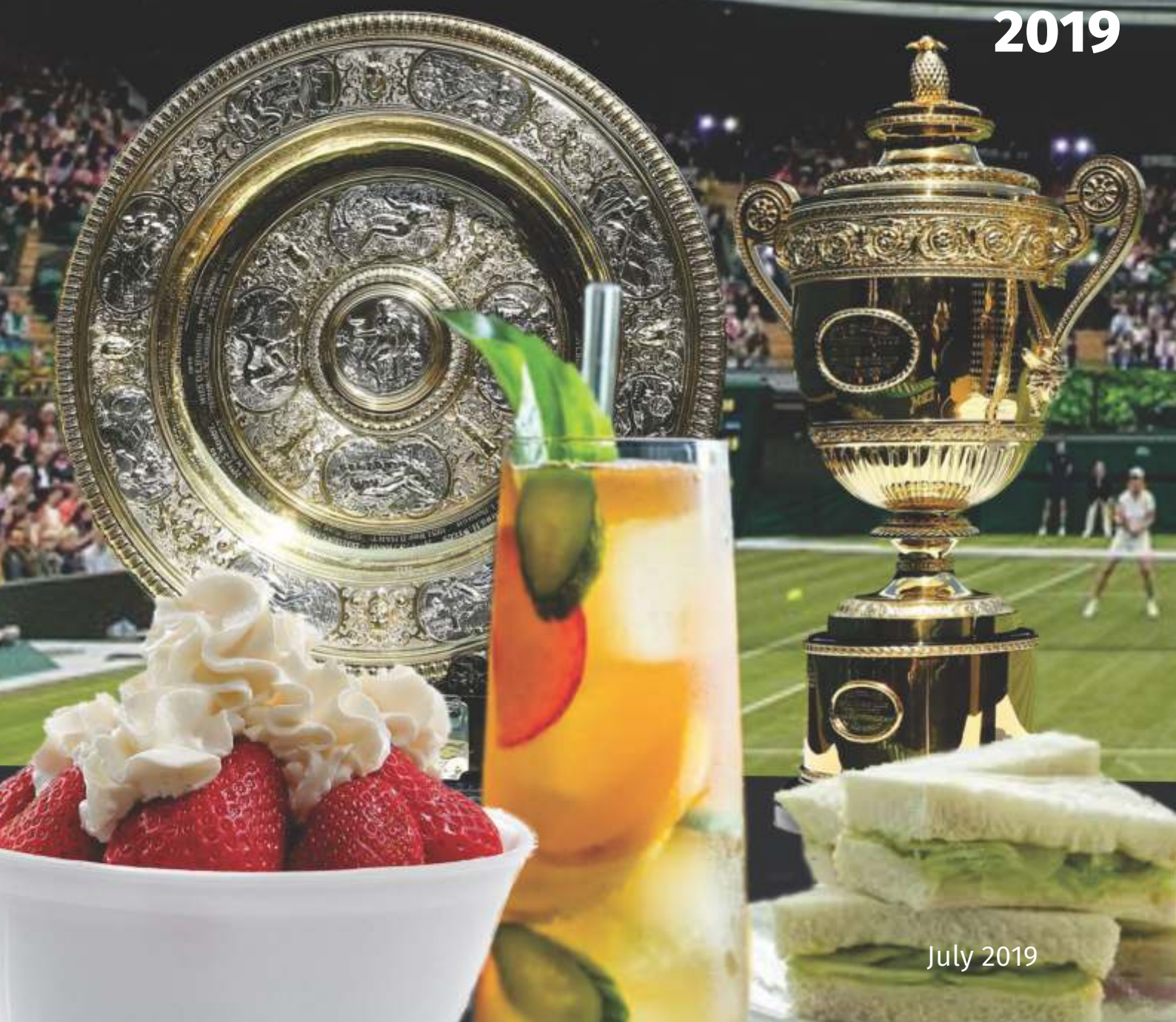


1903
THE BRITISH CLUB
BANGKOK

Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

Wimbledon
2019



July 2019

BUSINESS LUNCHEONS | 11AM-2PM



Starters: 65 Baht

- Spring chicken potato and tomato clear soup
- Chill potatoes with lemon basil dip

Main courses: 165 Baht

- Spinach mushroom quiche
- Ukrainian crispy chicken
- Sloppy pulled pork waffle
- Stir fried basil, seaweed soup, fried egg

1ST JULY TO 5TH JULY



Starters: 65 Baht

- Greek lentil soup
- School prawn with sweet chilli sauce

Main courses: 165 Baht

- Reuben casserole
- Nasi lemak
- Chicken shawarma
- Geang Pah Moo, fried chicken, stir fried chinese kale

8TH JULY TO 12TH JULY

Starters: 65 Baht

- Irish beer cheese soup
- Chicken tikka mini stick

Main courses: 165 Baht

- Croque Monsieur
- Beef faggot
- Braised chicken spaghetti
- Sweet and sour pork, veg tempura, five spice pork soup

15TH JULY TO 19TH JULY



Starters: 65 Baht

- White bean ham bone soup
- Soya marmalade chicken

Main courses: 165 Baht

- Miner carbonara
- Harissa Chicken Parma
- Garlic pork, stir fried cabbage, Geang Som fish



22ND JULY TO 26TH JULY



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- Lady Bird Johnson



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ACTIVITIES**


TENNIS


SWIM


TRIATHLON

SCHEDULE & PRICES

WEEK	TRAIN ONLY (MONDAY – SATURDAY)	TRAIN & STAY (SUNDAY – SUNDAY)
WHOLE PERIOD	8 – 27 July 2019	7 – 28 July 2019
FIRST WEEK	8 – 13 July 2019	7 – 14 July 2019
SECOND WEEK	15 – 20 July 2019	14 – 21 July 2019
THIRD WEEK	22 – 27 July 2019	21 – 28 July 2019
PRICES	Drop-in: THB 3,000 / Day / Person 1 week: THB 15,000 / person 2 weeks: THB 28,000 / person 3 weeks: THB 39,000 / person	1 week: THB 28,800 / person 2 weeks: THB 54,400 / person 3 weeks: THB 78,000 / person

AGE & LEVEL OF PARTICIPANTS

SPORT TYPE	AGE OF PARTICIPANTS	KIDS GROUPED ACCORDING TO SKILL LEVEL
TRIATHLON 	14 – 17 years old	Swim 400m under 8.30 minutes Bike 15-20km above AV25 Run 3km over 16 minutes
TENNIS 	9 – 17 years old	Kids separated by skills
SWIM 	10 – 17 years old	10x100m in a 2-minute interval 50m free under 40 seconds 50m back Fly under 45 seconds
MULTI ACTIVITIES 	10 – 18 years old	Kids separated by skills

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BANGKOK

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Honorary Treasurer

James Crossley-Smith

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Front Cover

Wimbledon 2019 is the third grand slam of tennis for the year. Typically, a time for cucumber sandwiches.

From the Editor

This year is just flying by and already we are into the second half! Despite being a little quieter, there is still plenty going on at the Club in more ways than one.

The Sport Camps will be in full swing for the kids. The ICC Cricket World Cup continues and then there is Wimbledon.

Cheers

Chris Watt



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. **Design & Layout** - CJW Design Studio **Editor** - Chris Watt 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

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

MESSAGE FROM THE CHAIRMAN



The Club is a bit of a construction site just now, but the good news is that it should all be more or less finished by the end of July and the whole front side of the Clubhouse looking resplendent in time for Living in the Bangkok in October, our first Remembrance Day service in November, and our next high season.

Pizza/BBQ Station: The new poolside BBQ/ Pizza station is already proving very popular. Its rather eccentric-looking, temporary, tent awning has been replaced with a permanent, stylish, motorized, louvered roof and blinds making this a very attractive new poolside chill-out venue.



Tennis Court Resurfacing: All four tennis courts are being resurfaced two at a time and weather permitting should be finished by mid-July. The budget for this work is 990,000 baht.

Front Lawn Redevelopment: All contracts have been let for the Front Lawn Redevelopment and our architects The Beaumont Partnership are providing project management. The Piyamith Group have already completed the hoarding and demolition works and Attain Construction is our main contractor. Light Style is responsible for the lighting, J&P Green Garden for the

Softscape and the PhanKao Group for Water Treatment for the turtle pond.

The Embassy (FCO) has contracted its own engineers to move the War Memorial and we eagerly await its arrival and installation. This should be quite a spectacle with the largest stone weighing 6 tons. Once in place the rest of the work should be straightforward with the turtles soon to be happily relocated from their somewhat undignified temporary bathtubs out back to their new luxury home. The cost to the Club for all of this work will be around 1.6 million baht whilst the FCO contribution, including moving the Memorial and setting it up at the Club, will be around 2.7 million baht.



Poolside Deck: Redeveloping the Front Lawn offered a great opportunity to also improve and expand the poolside by building a new Pool Deck adjacent to the driveway at the same time. It will provide additional seating as poolside usage grows, complementing the Silom Wing in the short term and Phase 2 in the longer term, whilst beautifying the whole front aspect of our property. The work will cost about 1.2 million baht and since Attain Construction was already working on site and offered the best price, it meant that they could start work immediately with both projects scheduled for completion about the same time.

There will be quite a few trees and shrubs removed during the construction of these projects but most are being re-used and new ones added. Once everything has settled down our 'Oasis in Bangkok' will be restored and should look better than ever over time as the greenery matures.

We apologise for any inconvenience but it made a lot of sense to get all this done quickly during the 'low' season with the international school holidays coming up.

Club Software: All of these projects are exciting but I am also delighted to announce that we have at last commissioned new club management software from Comanche International who support the Centara group of Hotels. There are bound to be hiccups along the way but we hope to be fully operational by the beginning of the new financial year in December. Gone then will be our archaic paper food ordering systems and the cumbersome monthly mailing of Member dues. Smart membership cards will be introduced that will not only allow Members automatic entrance to the Club but will provide live management data to enabling closer monitoring of all activities. Including hardware and new Membership cards, this will all cost over 2 million baht.

Poolside Redevelopment Phase 2: Meanwhile Phase 2 of the Poolside Redevelopment Project is more or less ready to go. The construction drawings have been prepared and building permission received but given all of the expenditures described above, the obvious question is whether we can afford it?

The simple answer is that based on current projections, if we were start to building it now we would run out of funds next year and would need to be able to access additional funds for up to three years. The requirement would be small at first and later on, but peaking at up to 20 million baht around the middle of 2021.

The alternative is to wait two years so that the project can be built with current funds. However, given the past history of the Club not being able to follow through on long-term plans, there is danger then that it might never happen. There is a strong case for carrying on now whilst we have continuity on the General Committee and the Subcommittees, and a great deal of immediate experience with lessons learned from building the Silom Wing.

Whilst some aspects of the Silom Wing were admittedly challenging, on the whole it has been an extremely successful first step towards upgrading the Club to 21st Century standards. It has generated new Membership, particularly young families who were the main target. Phase 2 promises even greater impact providing activities that will appeal also to those without children, with a state-of-the-art fitness centre, stylish massage rooms and an airy, modern sports bar.

Phase 2 would complete the modern, resort-style, young family/sports facility envisioned for the swimming pool area which will complement the more formal drinking, dining, entertainment, meetings and accommodation facilities to be further developed in and around our Clubhouse. Modern active lifestyle one side of the driveway, more classical, traditional lifestyle the other ... sandwiching nicely an elegant, revitalised Front Lawn.

Raising up to 20million baht to cover a possible cash shortage for a period of three years is a big decision to make and will undoubtedly be controversial. To get as broad an opinion as possible the General Committee is therefore planning to call a Members Forum open to all Member categories (including non-voting and spouses) to present solutions to address the cash shortage. Based on the Forum response the GC will then prepare a firm funding proposal for presentation at an EGM.



An Evening with The Fry Group

SPEAKERS

- Martin Wright
Senior Financial Planner, The Fry Group
- Max White
Director, Schroders Wealth Management

WHEN

Thursday, 8 August 2019
6.30pm Evening Session

WHERE

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

RSVP

events@thefrygroup.sg

Join us for an informative evening hosted by Martin Wright, Senior Financial Planner at The Fry Group Singapore. Martin will be joined by guest speaker Max White who is Director at Schroders Wealth Management.

This educational session will focus on:

- Inheritance Tax
- UK State pension and National Insurance Contributions
- Investment Market Update

This complimentary evening will be followed by an interactive Q&A session and an opportunity to chat informally with both speakers over a glass of wine and some finger food.

The Fry Group (Singapore)

6 Battery Road #16-04/05
Singapore 049909

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

Useful things to know about your UK National Pension

By Martin Wright, The Fry Group

While living and working out of the UK, expats are increasingly conscious of planning their financial future, with a range of options available to ensure their time away contributes positively to their retirement strategy.

One opportunity open to expats is continuing to make National Insurance (NI) contributions. This ensures that your entitlement to UK State Pension continues to accrue during your time overseas.

To get started, contact HMRC and check your eligibility. There are three classes (see table below). You'll need to read leaflet NI38, then fill in form CF83 (within NI38) and send it to HMRC's address on the form.

Class	Status	Criteria	Rate
Class 1	Living and working in the UK	Depends on your salary and your NI Category	
Class 2	Living and working abroad	Only if you worked in the UK immediately before leaving, and lived in the UK for at least 3 years in a row or paid at least 3 years of contributions	GBP 3 / week
Class 3	Living abroad but not working	Only if at some point you lived in the UK for at least 3 years in a row or paid at least 3 years of contributions	GBP 15 / week

There are many and varied things to consider, but here are 7 key points to get you started:

- You need at least 10 years of National Insurance payments to get any State Pension, and 35 qualifying years to get a full new State Pension.
- When the state pension was introduced, a 65-year-old could expect to receive the state pension for an average of 13.5 years, around 23% of their adult life. In 2017, a 65-year-old could expect to live for 22.8 years, 33.6% of their adult life. To accommodate this increase, the State Pension age is due to increase to 68 between 2037 and 2039. For those born on or before 5 April 1970 there is no change. If you were born between 6 April 1970 and 5 April 1978, your State Pension age is 67, which increases to between 67 years and one month and 68 years depending on your date of birth. If you were born after 6 April 1978 there is no change – it remains 68.
- The UK the State Pension increases every year: the full state pension is now £168.60 per week after rising from £164.35 a week last year. The basic state pension for those who reached state pension age before April 2016 will increase from £125.95 a week to £129.20.
- The state pension rises by the highest of 2.5%, growth in UK earnings, or Consumer Price Index (CPI) inflation (this is the 'triple lock' guarantee, which has been a big improvement to pensions since introduction in 2010).

- The UK State Pension can be paid anywhere worldwide; however, annual increases only apply if you live in the European Economic Area (EEA), Gibraltar or Switzerland, or a country that has a bilateral social security agreement. Neither applies to Thailand, so no annual increases apply for local residents.
- If you make a trip to the UK, you are entitled to claim backdated increases for the period of your UK stay (which must be done one month in advance).
- To find out about how much you may receive (a State Pension forecast), when, and also how to increase your entitlement, contact the Future Pension Centre on +44 191 218 3600 (or in writing: The Pension Service 9, Mail Handling Site A, Wolverhampton, WV98 1LU, UK).

While the state pension on its own may not provide for all your retirement needs, it could be a useful and reliable supplement to the private pension plans you put in place for your later years.



Martin Wright
 Senior Financial Planner
 The Fry Group

LETTER FROM THE GENERAL MANAGER



Premrudee Tanyaluck

As we are now heading in the low season, many Members will be away due to school holidays, so the Club will take advantage of this time by doing renovation works. As stated in our Chairman report and his mailing, this work will include the front lawn, tennis courts and the poolside deck. So when members return in August our Club will be looking very good for our upcoming events such as Living in Bangkok, Remembrance Day, Christmas Ball and New Year's Eve.

The front gate at the Silom entrance is working very well. Thank you to all Members for supporting the Club Rules. Any Members who do not have car sticker, please contact our Membership office or the reception desk.

The Pergola over the Pizza/BBQ station has now been completed. This station is open on Friday evenings, Saturdays and Sundays. Our pizzas are quickly becoming very popular with the fresh pizza dough and we are having a Pizza promotion which our Chef has created even more varieties. These can be order from any of our outlets. We also, have a Pasta promotion which includes Ravioli and Gnocchi this month.

In July, Khun Amnat and his team will start the Sport Camps which are always very popular with our kids. We have a Mini Sport Camp for kids 4-6 years old and a Sport Camp for 7-12 years old. Please book at our Fitness Centre or you can send us the email to info@britishclubbangkok.org and we will book for you.

Our Massage Room have been renovated with a new air conditioner, carpet, curtains and paint work. On 20th June, we will be having Khun Ben Thompson an Osteopath. After placing an advert online for just one day, he is fully booked. As a result, Ben will now be

coming once a month to the Club. So, if you would like to try, please check his schedule with our Fitness Centre.

The ICC Cricket World Cup 2019 is currently being shown in the Sport Bar and Churchill Bar every day. It's very popular with Members and guests so check out the schedule on our website and come along and enjoy with food and drink.



We now have a new Senior Bartender, Khun Udom who joined us in June. He will be creating the new drink of the month and other drinks for every outlets. Khun Udom will also train staff. We are looking forward fo his new ideas for special drinks. Khun Udom will

be working with our Senior Sous Chef Khun A, to create drinks to match with the food.



New BC's Shirts with our new logo are now available in four colours and are made of a very nice material. These can purchase our

merchandise at Reception or the Fitness Centre.

Members who are going on holiday, remember we have over 400 reciprocal clubs around the world which you can take advantage. You only need to ask for introduction letters from our reception or membership department or email to info@britishclubbangkok.org if you which to use any of these clubs.

Looking forward to seeing around.

F&B MORSELS *by our* EXECUTIVE CHEF



Chef Laak

Welcome to July. Thank you for all the positive feedback on our new rustic pizzas, it's been great to hear and we are very happy you are all enjoying them, it's taken some time to get thing right and had a few hiccups along the way but now we feel they are perfect. The kitchen team has been working hard to get better every day and have launched many new menu changes in the last month for you try. I hope all of members enjoy our new menu items, please look out for this month all new business lunch menu and daily specials, there are some exciting new dishes showcasing for the first time ever in the club.

In the month of July, we will be giving you a real taste of Italy with a selection of Pasta dishes freshly created from our team. Homemade pasta and sauces that complement each other along with some fusion creations that we hope you will enjoy.

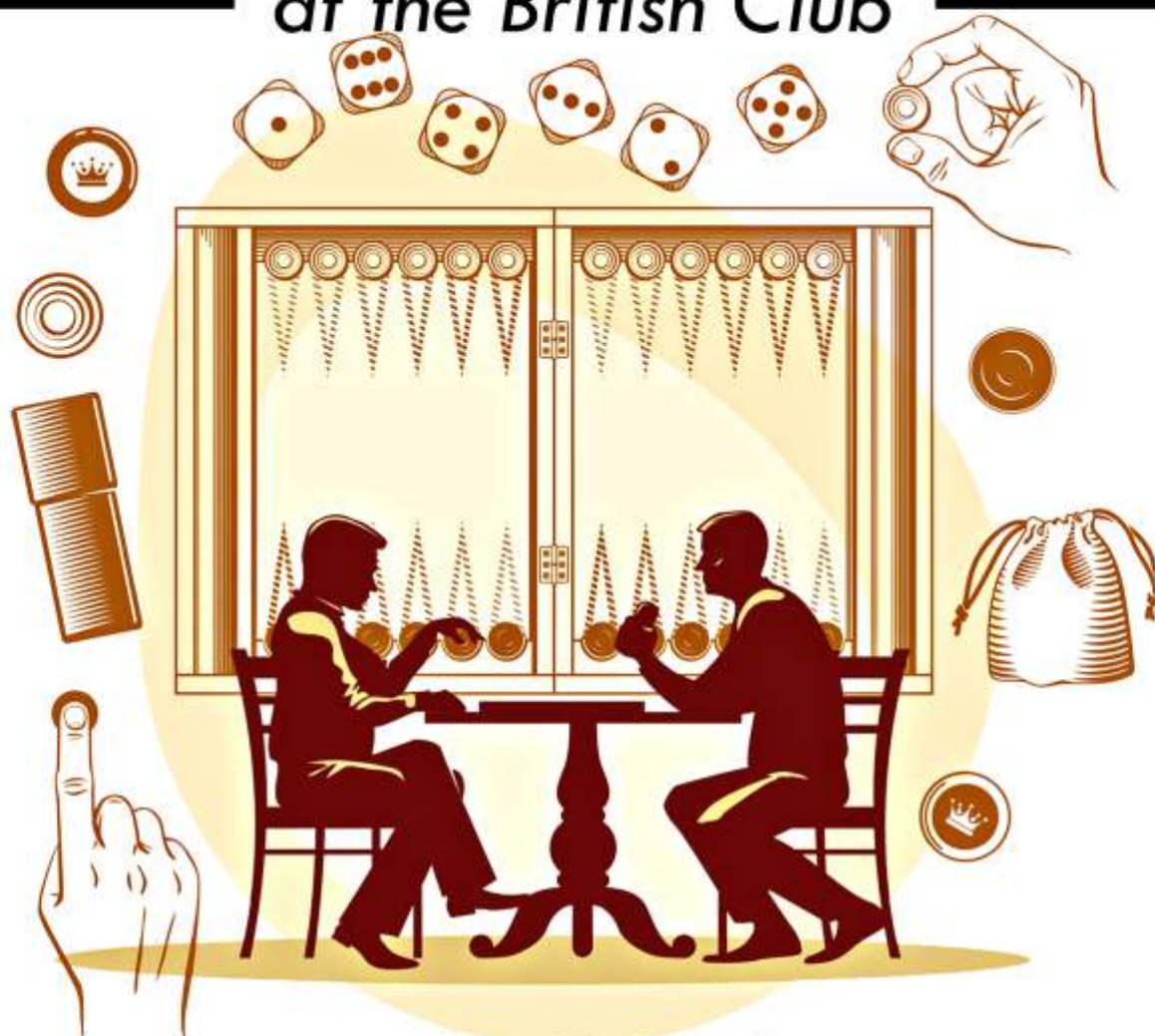
Our BBQ & Pizza station poolside now has it correct roof installed, and the unit is looking and performing fantastic, do look out for our theme night that will launch middle of July, they are sure to make your mouth water.

Happy Eating!



BACKGAMMON

at the British Club



Sets are Available for Loan at the Churchill Bar and the Fitness Centre

Each Set includes:

**Board, 30 Pieces (15 Red and 15 White, 2 Dice Cups and 4 Dice, Doubling Cube and Rules of Play
Please sign the Set out with your Member No., and ensure return of the complete Set.**

Preparing to Play. The illustration below shows the pieces in their starting position. Red plays here from above right toward the left, anti-clockwise down the left side and on toward the lower right quarter of the Board, his Home Field. White moves in the opposite direction. Moves in the opposite direction are not permitted.

**Detailed Rules of Play are Shown on the Reverse
For Recreational Use Only**



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THE BRITISH CLUB
BANGKOK

HEALTH

Exercise Solutions for a Busy Lifestyle



Sandy Remiens

**Personal Trainer, Wellness Coach
Accredited Rehab Master Trainer**

Recently I saw a post on a Personal Trainers site that posed the question “What is the BEST exercise if you could pick just one?”

By the time I saw the post it had hundreds of responses – all touting differing exercises or types of workouts that mostly Trainers thought were the 'best' – whether it had worked well for them or well for their clients is irrelevant. The fact is that in these hundreds of responses very few answered the same.

So of course I had to add my opinion – so for my comment I wrote “The best kind of exercise is THE ONE THAT THE CLIENT WILL DO.”

No one commented on my post. The multitude of Trainers just kept posting about their favourite exercises - no one talked about their clients. After more than 20 years in the Fitness Industry I found this rather frustrating.

Everyone is different and their mental and physical health and well being has different needs. The things that motivate a person to stay on track and get a handle on managing their own health and fitness are so different for everyone. That's why Personal Training is “PERSONAL”.

In any case it is obvious that different types of training, different exercises and plans and even different approaches to the management of a person's health and wellness are required in a Trainers toolkit. Sometimes it takes a while to figure out what will work best for a client and sometimes it requires a little bit of adventure in regards to trying new things to see if they might work for you.

15 years ago I met a potential client who had never seen the inside of a gym. Never done a workout. She had joined the gym I was working at and had been given a complimentary Training session and I could see

she felt like she just wanted to take off straight out the door. In the process of dealing with lifestyle changes, healthy weight loss, strength training and injury rehab I decided to introduce her to a 10 minute jog around the block. She hated it. But 15 years later she has run more than 5 full marathons, many half marathons and other runs, trained Muay Thai in Thailand and continues to run. She is the fittest and healthiest she has ever been. She loves running and would never have discovered this love had she not been willing to give new things a go.

FIND YOUR THING! Try something new and just have a go! Find the things that make you feel good. They are the kind of things that will help you manage your own health and fitness and stay consistent.



Over the next few months I will be running a few trial classes of different types of exercise classes.

TRX Suspension Training Classes
Kickboxing and Boxing Fitness Classes
Yoga for Anti-Aging
Older Adults Group Classes

So keep your eyes on the notice boards and the weekly emails as and if you would like to register your interest in having a quick go and one of these free trial classes please send me an email and I will keep you informed.
sandy@bangkokstormtraining.com

Remember that the best type of exercise is the one that you will do!!

LET US HELP YOU FIND YOUR THING!

A WORLD OF OPPORTUNITY

We inspire children to discover their passions and interests by exposing them to experiences in and beyond the classroom. Dance and Drama is one five specialised academies that nurture such passions by honing skills and practices to enable students to achieve their best and promote lifelong enjoyment of the discipline.



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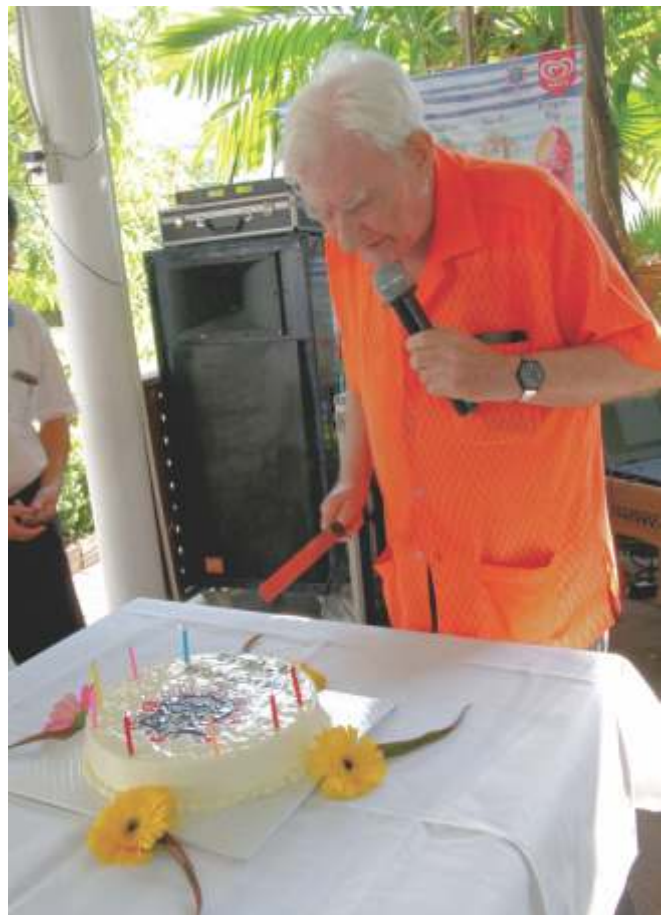
Reportings

116 YEARS OLD

The Club's Birthday 21 April

This year the Club's Birthday was held on Sunday 21 April and was somewhat quieter than other years, as it was held on the same day as the Easter Sunday Fun day. Also, many members were away including our Chairman and Vice Chairman as it was towards the end of the Songkran holidays.

So the welcome speech was given by Chris Watt who then handed over to honorary member Patrick Dickson for his speech which took us back in time before the ceremonial cutting of the fabulous cake prepared by Khun Laak and her team in the kitchen. This was quickly devoured by those present in the Suriwongse Sala.





SCOTT BERRY & ASSOCIATES



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W: 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.

HM QUEEN ELIZABETH II

93rd Birthday at the Club



BEAUMONT FOUNDATION

Beaumont Ruan Pattana School

In May the British Club entertained students from the Beaumont Ruam Pattana School for part of their work experience in six sports.

The school is run by the The Beaumont Partnership Foundation, is situated on 137 rai in Chaiyaphum four hours north east of Bangkok and has provided free quality education to underprivileged students since 2008. The school opened with 128 students in Kindergarten to grade two and has grown year by year with the student's progress to the opening of secondary and now 268 students. The Foundation aims to create skills and opportunities for the students to access vocational and tertiary education to benefit them, their families and the community.

Children from poorer provinces tend to leave school at the age of 15 to 17 in order to financially support their families. The aim of the work experience is to understand the student's interests and objectives for the future and to access and experience the selected occupation to understand the skills, dedication, knowledge and focus to reach their goals. Sport can be a very competitive occupation but with many alternative employment options.

British Club members John Grice and Tim Beaumont arranged access to six (6) sport sessions, a very full and exhausting day commencing 0730 to 2130 finish.

This event gave them a chance to see quality training and meet some amazing trainers and professional athletes in Mixed Martial Arts, Strength and Conditioning, Basketball, Swimming, Extreme Sports and Football.

Many thanks to the EMAC gym for hosting the Mixed Martial Arts (MMA) and to for Top Flight MMA coaches. Thank you also to the British club for hosting the strength and conditioning, swimming and basketball sessions with Top Flight Basketball Academy.

Following the morning sessions the athletes had a chance to work with a pro roller blade team Blade Club thanks to AJ Stine and for the final session of the day the group were able to train with the Chelsea Football Club Academy and their U15 team, putting their football skills to the test. Thanks to head coach Rob Mathews for the support and many thanks to all the coaches for the awesome sessions. Thanks also to Harrow school for the two night's accommodation which allowed the students to maximize the sports experience.

The Foundation is always seeking financial support, even 500 Baht goes a long way and would be most appreciated, and any members who could contribute to this noble cause please contact John Grice on 08 6111 5591.



SPORTS INJURY *and* Osteoporosis Management

The British Club Bangkok would like to extend our thanks to Dr Alisara from the Bumrungrad International Hospital for your time and expertise and Vitallife for the very informative Sports Injury and Osteoporosis Management Seminar run last month at the Club.

Thank you to all those that attended and made the evening fun and educational by bringing your questions.

The seminar was informative and fun with good food and prizes to top it off. Dr Alisara answered as many questions as one evening would allow for but we do

understand that the general nature of these seminars means that more specific questions or queries you may have had might not have been answered in enough detail.

If you have any further queries relating to this seminar or would appreciate some advice on an injury or condition please see Sandy at the Fitness Centre or email sandy@bangkokstormtraining.com

Congratulations to the prize draw winners of the Vitallife vouchers, Steve, Raymonde and Mary we trust your experience with your prizes was a good one!





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SUN



MON

01

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

08

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

15

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

22

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

29

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

TUE

02

Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm

09

Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm

16

Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm

23

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

30

Bangkok Gentlemen Spoofers 8pm
Football 7pm-9pm

07

Kids Cricket 8am-11am Book first!
Swimming Lessons 9am-12pm
Sunday Brunch 11.30am-3pm
Open Bridge 2pm Silom Room

14

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

21

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

28

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

HAPPENINGS

WED

03

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

10

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

17

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

24

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

31

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

THU

04

BAMBI
9.30-11.30am
Squash Mix-In 
4.30pm-7.30pm

11

BAMBI
9.30-11.30am
Squash Mix-In 
4.30pm-7.30pm

18

BAMBI
9.30-11.30am
Squash Mix-In 
4.30pm-7.30pm

25

BAMBI
9.30-11.30am
Squash Mix-In 
4.30pm-7.30pm



FRI

05

Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

12

Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

19

Junior Tennis 
4pm-6pm
Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm

26

Kid's Movie Night 
6pm
Tennis Mix-In 
6pm-10pm
Wine Tasting 
6pm-9pm



SAT

06

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

13

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

20

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

27

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





THE MIRACLE RETOLD

As we watched stills and short videos clips, we were amazed as the days of the rescue ticked by ... Day 1 'Missing', Day 2 'Handprints and footprints seen', Day 3 'Royal Thai Navy SEAL divers arrive', Day 4 'forced back by increased floodwaters' ... right up until Day 10 'Found' ... but that is when the real work started.

THE WHOLE WORLD watched in hope and prayer last June as it became known that twelve young boys from the Moo Pa (Wild Boar) football team, and their coach, had become trapped in the Tham Luang Nang Non cave system in Northern Thailand. For ten whole days we waited, then the news came that they were alive – stuck on a shelf in an air pocket some four kilometres through flooded caves from the surface. The immediate joy gave way to apprehension and fear ... how do we get them out?

VERN UNSWORTH, an expert cave diver who knew the Tham Luang caves, was the first foreigner on the scene that first day, and with his help, a truly International Team of rescuers did what seemed impossible ... and on May 25th last, Vern shared the details of the rescue to a packed audience of Members and guests in the Suriwongse Room.

Vern outlined the chain of command, the expertise, the planning and the growing idea they could be kept alive in the cave until the end of monsoon ... then tragedy hits ... Day 14 'former Royal Thai Navy SEAL diver Saman Kunan dies whilst supplying air tanks'. Everything changes ... it is now TIME TO GET THEM OUT! Vern outlined the revised rescue plans, which including fitting each child with a full-face mask, and separate air tank, and pulling them through the caves filled with coffee coloured, nil-visibility water and carrying them through the limited dry caverns en route. Days 16 to 18 saw four, four then five of the team emerge ... AND THE WORLD APPLAUDED.

Vernon Unsworth was made a Member of the Most Excellent Order of the British Empire for his work coordinating the rescue; the Club awarded him and his wife, Tik, with Honorary Membership; and the audience at this event gave him a standing ovation.



TUE 23RD JULY 2019

with
monthly jackpot



Quiz Night

The Verandah | 7.15 pm
Members: 150.- | Guests: 200.-
Team of 6 or less

Please book at Reception or by email: events@britishclubbangkok.org



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RUSTIC NAPOLITANO — STYLE PIZZAS —



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OR BY EMAIL: SPORT@BRITISHCLUBBANGKOK.ORG



THE BRITISH CLUB
BANGKOK

WINE TASTING

JULY 28, 2019

MEMBERS: 200THB
GUESTS: 300THB

at Suriwongse Room, 7.15pm

Book at Reception or by email
events@britishclubbangkok.org

DRESS CODE: SMART



THE BRITISH CLUB
BANGKOK

Happenings

WINE TASTING

Michel Lynch Nature Bordeaux Merlot 2016

Michel Lynch subscribes to a policy of sustainable development, and is extending its range with high-quality wines produced exclusively from organically-grown grapes.



Celebrating a friend's Birthday with dinner at the Club was the perfect occasion to try a more up market bottle of wine, not that I need an excuse to try a bottle of wine!

That said, I ordered a bottle of Michel Lynch *Nature* Bordeaux Merlot 2016 as I was wanting a special bottle for the occasion. My choice was perfect.

Pouring out the first glass you could see the clear deep red of the wine with purple hues. A slightly weak noise of black current, fruit and spice. The first mouth full was so silky smooth tannins with a taste of red berries and a flavourful finish. A classic Merlot, easy and very pleasant. This was enjoyed with pasta and Pizza and would also go well with lightly spiced dishes.

History

The name of Michel Lynch, the knight who owned Chateau Lynch-Bages and was Mayor of Pauillac during the French Revolution, is inextricably linked with the great wines of Bordeaux. Born in 1754, Michel Lynch devoted his life to improving the wines on his Lynch-Bages property. A shrewd wine producer, he was one of the prime movers in the viticultural

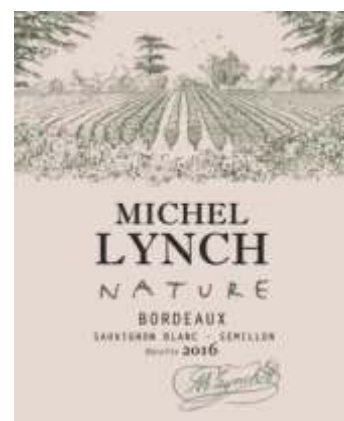
advances at the end of the 17th century, in particular with the early trials of de-stemming (separating the stalk and pips) before fermentation, which subsequently became widespread in Medoc. Towards the end of the 1980s, the owner of Lynch-Bages and tireless globetrotter in the name of promoting Bordeaux wines, Jean-Michel Cazes devised a sort of spiritual affiliation in honour of Michel Lynch, naming this new range of wines after him.

Now for the technical Info.

Origin: France
Region: Bordeaux AOC
Vintage: 2016
Grape: 100% Merlot
Organic: Yes
Alcohol Content: 12-13%

Don't wait for a special occasion, give this one a try it is in stock at the club.

Cheers





JULY AND AUGUST

Sports Camp

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30 - 10.00	Admin				
10.00 - 11.00	Tennis	Ice skating	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	Bowling	Squash/cooking	Bowling	Basketball
2.30 - 3.30	Swimming		Swimming		Swimming

**1-5 July (4,999 B/Week),
8-12 July (4,999 B/Week)
15,18,19 July (2,999 B/Week)**

**22-26 July (4,999 B/Week)
5-9 August (4,999 B/Week)
13-16 August (4,049 B/Week)**

For more information or booking please contact: sport@britishclubbangkok.org

• 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 Thursday 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 offsite or travel to or from the Club.



1903
THE BRITISH CLUB
BANGKOK

Happenings

Wine Tasting *the Event*



SQUASHY BITS

Lanz Squash Camp!

The location: Lanzarote, Spain - barren and remote, Atlantic island dotted with white structures among a black and brown, volcanic landscape. Sunny and hot during the day, cool and windy at night.



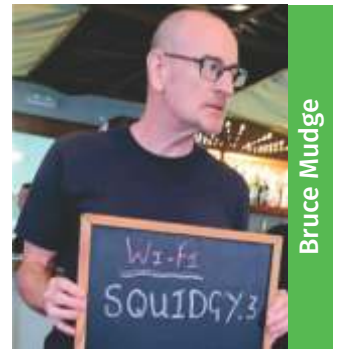
The facilities: Club La Santa - a purpose built sports resort featuring disciplines from cycling to padel to CrossFit to ballroom dancing to canoeing. Something for

everyone. Neat apartments, a supermarket and several restaurants. Even a pub and disco.

The camp: organised by Worldejoyer. Tino Casas is the founder and is, according to Tino, "a squash guru, a mentor, a professional coach and a nice man."

The coaches: Borja Golan - Spain's greatest ever player with a former PSA World Ranking of #5. Very competitive on the PSA tour, argumentative, combative, very aggressive. But with us amateur Squashies? Lovely, helpful, witty and very kind. A pleasure to train with and receive advice from such a squash legend. (We have to say nice things only about Borja because he is famous!)

Neill McCarron: European Masters Champion Over 35s or 40s Champion of Europe Champion, or something like that. Difficult to tell due to the crisp Irish accent.



Bruce Mudge

In fact, it was difficult to understand anything he said. Borja had to translate but then we had Spanish tainted with Irish to confuse things even further. Neill was in charge of the fitness sessions thus making him unpopular as well as incoherent. A very short individual, but an excellent all-round sportsman experienced at squash, football, tennis, badminton, surfing, ham sandwich making - ask him to send you the video!

Tino Casas: must be the greatest squash coach in Spain, or Europe, or even the world! Unique, determined style. Never lets up, pushes his players 100% and demands more and more. Shouts, yells, screams until he gets what he wants. Excellent motivator. Makes great use of the words 'important', 'now' and 'must', but could do with some English lessons.

"Now Rob, you are from Canada and you now live in Thailand. This is important, but you must not think about Thailand. You play very well, but you must change some your style. It is a good, no?, but it must be better. You must hold your racket up more higher, you must lift up the ball. You must not to smoke. You must be fitter now. It is important, no?"

"John, you are an older man more than some other players now. You must understand this is important for you, but you must not think about that now. You must be stronger and to train hard to have improve. You are a kind man, a nice man, but you must practice now with the ball, it is important, no?"

"Bruce, you are the man with the humour of the sense. This is good, no? But you must not make the joke now. You must have the focus on the training and to practice the technique now. It is important. You are a good player, but you must have concentration to



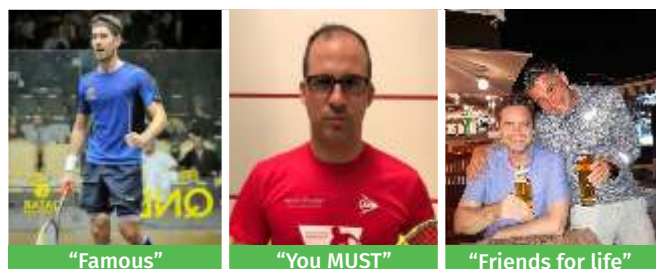
improve. You are an English teacher, but now you must be a squash player and you must be a better player, it is important, no?"

With these three icons of squash training us, how could we go wrong?

The training: players in three groups according to ability. Four days of squash twice a day plus fitness sessions, warm ups and cool downs, stretching, seminars on tactics and strategies, even some fun sessions of padel, badminton and tennis. We worked on movement, technique, specific drills and conditioned games. The fifth day featured a massive tournament and there was a gala dinner for final speeches, thanks and the handing out of certificates. So much crammed into just five days.

The participants: around 30 from all over Europe with at least half a dozen females. Ages from 14 to 76 and all levels from just beginning to quite advanced. Too many names to mention them all, but all lovely, lovely people mad on squash!

The experience: an amazing time at a wonderful facility. Everything very well organized and managed with excellent instruction so each player could see some small improvements as the week progressed. Magnificent coaches who made each session as enjoyable and effective as possible - and tough! Doing 3-5 hours of squash a day is incredibly hard on the body and that was perhaps the only slight drawback,



"Famous"

"You MUST"

"Friends for life"

but we all suffered together, made the best of it, and tried to shrug off any aches and pains during breakfast, lunchtime, the evening social activities in the restaurant, bar or even the disco until 3am!

While the squash training was the core activity it wasn't actually the highlight of the camp; that being the wonderful people. Borja, Neill and Tino all made us laugh and cry depending on what they were either saying or making us do and the Squashies who came along made it the great experience it was. So many unique characters and such magnificent camaraderie because we all had one great interest in common - squash! No big egos (apart from Tino!), no arrogance, no bad attitude, no arguments, no conflicts, no hostility at all, just the enjoyment of being part of this awesome event. There was not one of them who was not friendly, kind, helpful, very likeable. Not one of them who you would not want to train or play with. Not one of them who you would not want to share a chat or a meal or a drink with. Not one of them who you would not want to meet again on a squash court anywhere in the world, and definitely not one of them who you would not want to join at next year's Lanzarote Squash Camp!

Until Lanz 2020.....



TENNIS

Section Update June

As the likes of Rafa, Federer, and the Djoker were battling for Grand Slam supremacy and millions in prize money, 37 BC tennis section members put their blood, sweat, and tears on the line for slightly less glory and much more prosecco in the first league series of the year.

The Winners of the BC Tennis League Series 1 Are...

In division 1, economist Taimur Khilji capitalized on his competitive advantages en route to winning all five of his matches. Still, it was a tightly contested division with Taimur needing three sets to fend off Andrei, Dawa, and Geoff.

Newcomer Daniel Jacobs took a break from cricket pitch to sweep through division 2. With Big Dan

improving faster than a John Isner serve, the people are asking if he'll be able to give the division 1 boys a run for their money next series?

In what many are calling the biggest tennis upset since Robin Soderling beat Nadal at Roland Garros, yours truly somehow managed to win division 3. I've got to say, the victory has me feeling 15 again. To round out the action of series 1, doubles partners Rebecca Bellingham and Nisa Young swept through division 4 and 5, respectively, while veterans of the league Doug Barnett and Denis Schohn triumphed in division 6 and 7.

Congrats to all the winners!



Alex Coclanis



Division 1 Champ - Taimur



Division 2 Champ - Daniel



Division 3 Champ - Alex



Division 4 Champ - Rebecca



Division 5 Champ - Nisa



Division 6 Champ - Doug



Division 7 Champ - Dennis



New Member Wins American Tournament

The May American Tournament was a whirlwind of befuddling scoring, questionable handicaps, and, above all, fun! Raja Natesan edged out Chris Watt by a single point to take first place in what was one of the most competitive American Tournaments to date. Congrats to Raja and big thanks to Nick Lyon and Nattaya Theangtrong for organizing another great event.



American Tournament Winner, Runner-up and Host

Tennis Section Members Win Mixed Doubles Tournament

Nattaya Theangtrong and Gary Sakuma teamed up for the mixed-doubles Tennis Trophy Tournament, where Nattaya's powerful groundstrokes and Gary's punishing volleys proved too much for the competition as the BC duo took home the championship. Way to represent the Club, G-man and Nattaya, and big tip of the hat to Natt for winning the very first tournament she ever entered.



Nattaya and Gary Take Home First Place

Celebrity Drop Ins

The British Club Tennis section was delighted this month to welcome back to our courts Mr. Larry Riggs (son of former Wimbledon Champion and world number 1 Bobby Riggs).

This year Larry brought an entourage of serious tennis players to train on our courts and pick up a bit of wisdom from our own tennis guru Harold Mollin. Great to have you here Larry and hope to see you again next year!



Left to right Tour Manager Dave, Harold, future star Nev, Larry Riggs, Danny Riggs & Mario

Follow us on  British Club Bangkok Tennis Section

MINI SPORTS CAMP

1, 3, 5 July (1,699 Baht/Week) | 8, 10, 12 July (1,699 Baht/Week)
15, 19 July (1,049 Baht/Week) | 22, 24, 26 July (1,699 Baht/Week)
5, 7, 9 August (1,699 Baht/Week) | 14, 16 August (1,049 Baht/Week)

TIME	ACTIVITIES
10:00-10:15	Admin
10:15-11:00	Games
11:00-11:15	Snack
11:15-12:15	Mini Tennis
12:15-1:00	Lunch
1:00-1:45	Play time/ Cooking/ Art and Crafts
1:45-2:30	Water fun

650 BAHT PER DAY

Book at the Fitness Centre 02-234-0247 ext.26
sport@britishclubbangkok.org

- Children must be between the ages of 4 and 6 years.
- The children must be capable of feeding themselves, changing their clothes and using the bathroom unsupervised.
- In the interests of safety and quality for your children there is a maximum number of 8 children per day so please sign up to avoid disappointment. A five child minimum is required to run each day.
- 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





SWIMMING LESSONS

EVERY SATURDAY AND SUNDAY

4,000 BAHT/PER 10 LESSONS
9.00AM TO 12.00PM

MORE INFORMATION AND BOOKING AT THE FITNESS CENTRE
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sport@britishclubbangkok.org



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LADIES TENNIS COACHING



9.00AM-10.30AM **EVERY WEDNESDAY**

750 BAHT PER CLASS

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THE BRITISH CLUB BANGKOK




ICC CRICKET WORLD CUP 2019
30TH MAY TO 14TH JULY

ALL GAMES SHOWN LIVE WITH COMMENTARY IN THE 1910 SPORTS BAR ON 4 SCREENS

Choose your team on match day and get your team sticker and have a chance of winning great promotions with ...

- o 3 wickets for a bowler - free shot
- o 50 runs a batsman - free shot
- o 100 runs a batsman - free beer
- o 300 scored a team - bucket beer
- o Hatrick - bucket beer
- o Guess total runs scored - bucket beer Per Match



THE BRITISH CLUB BANGKOK

HARDBALLS

Downpours

As the early rain causes chaos amongst the city, it hasn't quite drowned out the cricket section's effort to keep the training and sports bar revenues up. Despite the miserable English summer putting a damper on the home world cup – club members have been taking advantage of the promotional offers available throughout the tournament in supporting their cricketing nations. By the time this article is published, we will be coming towards the end of the daily matches with the final scheduled on the 14th July; England still well within a shout, although focus seems to be more on the fantasy league which is running alongside!

Double header weekend



Shots for 50



Ben Eastwell

Chairman approves



Support is strong



BC world cup fantasy league 12.06.2019

Rank	TEAM	TeamManager	Points	Subs Left
1	COLOMBO CRUSADER	Lions	8354	3
2	KP 11	pramodh	4654	47
3	PSYCHO XI	Sunil Kumar	4647	45
4	BENCHOD CC	ben	4452	53
5	THERIPPERS	globs	4066	54
6	REAL MEN	Moss	4058	54
7	KOS BUH !!	BUH	4042	33
8	SO WINGS AND A PRAYER	Denzyllwright	3740	46
9	RAVISHING WILLOWS	ishoe	3513	44
10	SCORGASMS XI'S	siddharth	2964	46
11	HOUSE OF GROWL 1ST XI	HOUSEOFGROWL	2739	72
12	KHAN FC	Mekshan	2219	75
13	INDIA ARE ****	Shamean	1267	80

Cricket world cup 2019 table 12.06.2019

Pos	Team	Played	Won	Lost	Tied	Net run rate	Points
1	NEW ZEALAND	8	6	0	0	+2.164	12
2	ENGLAND	8	5	1	0	+1.307	10
3	INDIA	8	5	0	0	+0.889	10
4	AUSTRALIA	8	4	1	0	+0.863	8
5	SRI LANKA	8	4	1	2	+0.587	8
6	WEST INDIES	8	3	1	0	+0.094	6
7	BANGLADESH	8	3	2	1	-0.276	6
8	PAKISTAN	8	3	3	1	-0.402	6
9	SOUTH AFRICA	8	2	5	1	-0.882	4
10	AFGHANISTAN	8	2	5	0	-1.480	4

BC V Pattaya 12th June

Having managed to sneak a match in on a dry day, BC found themselves down at the Polo club in Pattaya after some time away from match practice for the first clash of the year against friends and rivals Pattaya CC.

On agreeing to bat first after Dale had verbally prepared the opposing captain for a polished batting attack which would score "an easy 200", BC delivered quite the opposite. Wickets tumbled faster than the vodka slammers disappeared post-match as BC found themselves in terrible trouble with not much to blame except perhaps going to bed too early the night before. On his debut, Sid - or freshly baptized, 'Spray-on' (12), was the only batsman to score double figures along with Denzyl (17) in what was one of the worst displays of batting from BC in recent times. 4 ducks stood out in a very sorry looking scorecard in which the visiting side were toppled for 56 inside 15 overs.

Start of trouble



The Pattaya openers reached the target in no time with little difficulty as a slightly embarrassed British Club side packed up early following the fines session, which justifiably went on longer than the game itself. A defeat which the team can surely learn from going into the Vietnam tour which you can look forward to reading about in next month's edition of hard balls.



BC V Pattaya 9 June



Longer than the match

BCGS GOLFING NEWS

The Magpie Putter, 2019

Bangkok Wanderers GC v The British Club GS, Vintage Golf Club The Trophy Comes Home!

The annual Magpie Putter match play event was hosted by the Bangkok Wanderers at Vintage GC on 12th May, 2019.

Anticipation for this event was high among our members and the initial call for the 20 required players to represent the BCGS was quickly filled with a reserve list of eager joiners.

The Bangkok Wanderers GC are renowned for their competitive spirit, low handicap golfers and long, long driving. On the day the British Club GS equipped themselves magnificently delivering a superb 23 – 17 win to bring the Magpie Putter home.

This is a match play event where opposing pairs battle it out over 18 holes. The scoring is such each

pair records their best individual score for each hole (with handicap). Max 4 points at stake for each game. There were 4-0 winners on both sides not least our top team Geaw Khongyoo and John Bell.

Your reporter eagled a par 4 (from 130 yards out) to bag the bottle of wine on offer for nearest the pin in 2 shots.

Congratulations to our winning team for bringing the Magpie Putter home to the British Club. Finally a special thanks to the Bangkok Wanderers GC and their Captain, Terry Davies, for organizing such a successful event and playing in a great competitive spirit.



Captain's Fantastic. Davies and Davis. Terry (L) and BCGS Captain, Neil ©



The Magpie Putter. Now available for viewing at the British Club



Our best pair! Gaew and John with Captain Neil



It's his now... the passing of the Magpie Putter to the BCGS



The British Club Golf Section Magpie Putter Winners 2019

THE END OF MAY... Medal

With the mercury topping 40 degrees and a government advisory to avoid unnecessary outdoor activity the BCGS duly teed off for the April monthly medal at Royal GCC at 11.30 am.

Perhaps this was a game for the brave of heart or should that be brave of heat?

This is the first time in recent recorded BCGS history that we've witnessed a member arrive on crutches and insist on playing. David Burton duly played despite the addition of crutches to the bag. The reaction of David's caddy to his crutches was one of incredulity - something along the lines of ting tong.

A happy coincidence for Peter Bond was the pairing of him with caddie OO7. You couldn't have planned that better. Shame that the good omen didn't extend to the golf course where Peter was eventually beaten in the matchplay by Gordon Milne 2 and 1.

Flight A medal winner on the day was Randall Colman carding a net 74 . Joining him in the winners enclosure were Frank Fawkes (78) and Graham Johnston (78).

Flight B players were clearly more heat-impaired. Let's just say the winning net scores were generous. Winning in Flight B was our very own Captain, Neil Davis with runners up Peter Gale and Peter Bond.

Well played to all.

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.



Eagle-man Mark Adderley pouches a bottle of wine after holing his second shot on the 344yard 12th hole



Karen Carter gets her hands on a winning place (& bottle of wine) after 3 years of trying



Members of the British Club Golf Section enjoy a post match beverage or two with wonderful views across the Royal Golf Country Club Ladkrabang



1903

THE BRITISH CLUB
BANGKOK

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Membership Plus Partner - Refer to page 37



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For Sale

2006 BMW Series 7 - E66 730LI
Midnight blue with NEW engine.
Replaced less than 30,000 km.
฿649000 (Bangkok - Silom)
Call Tony 083 688 9688



Sample Size Ad
55x40mm
THB 800

Special offer first month
free

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

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

Family Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

Games Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 11pm

Interactive Room 10am - 10pm Mon-Thu, Fri-Sun and Public Holidays 6am - 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* **Fitness Centre** 6am - 10pm Mon-Fri

1910 Balcony 3pm - Midnight. Afternoon Tea 3pm - 5pm **Fitness Centre** 6am - 9pm Sat-Sun

1910 Sports Bar 5pm - 11pm Mon-Wed & Thu-Sun 5pm-2am* **Thai Massage** 10am - 5pm Tue-Sun

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

OFFICIAL OPENING TIMES

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/Decha



ELEMIS Spa at the St. Regis Bangkok
Facial 60 min 2999++ from regular price 5200++
Massage 60 min 2999++ from regular price 4500++
For more information : +66 (0) 2207 7778-9 or www.elemisspabangkok.com
Remark: Relaxation Zone, where you can use before or after the treatment

free access to relaxation zone,
normal charge 1500++/day



- 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
- Yoo 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



Offers specially discounted Room rates for Members of the British Club Bangkok.
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 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



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

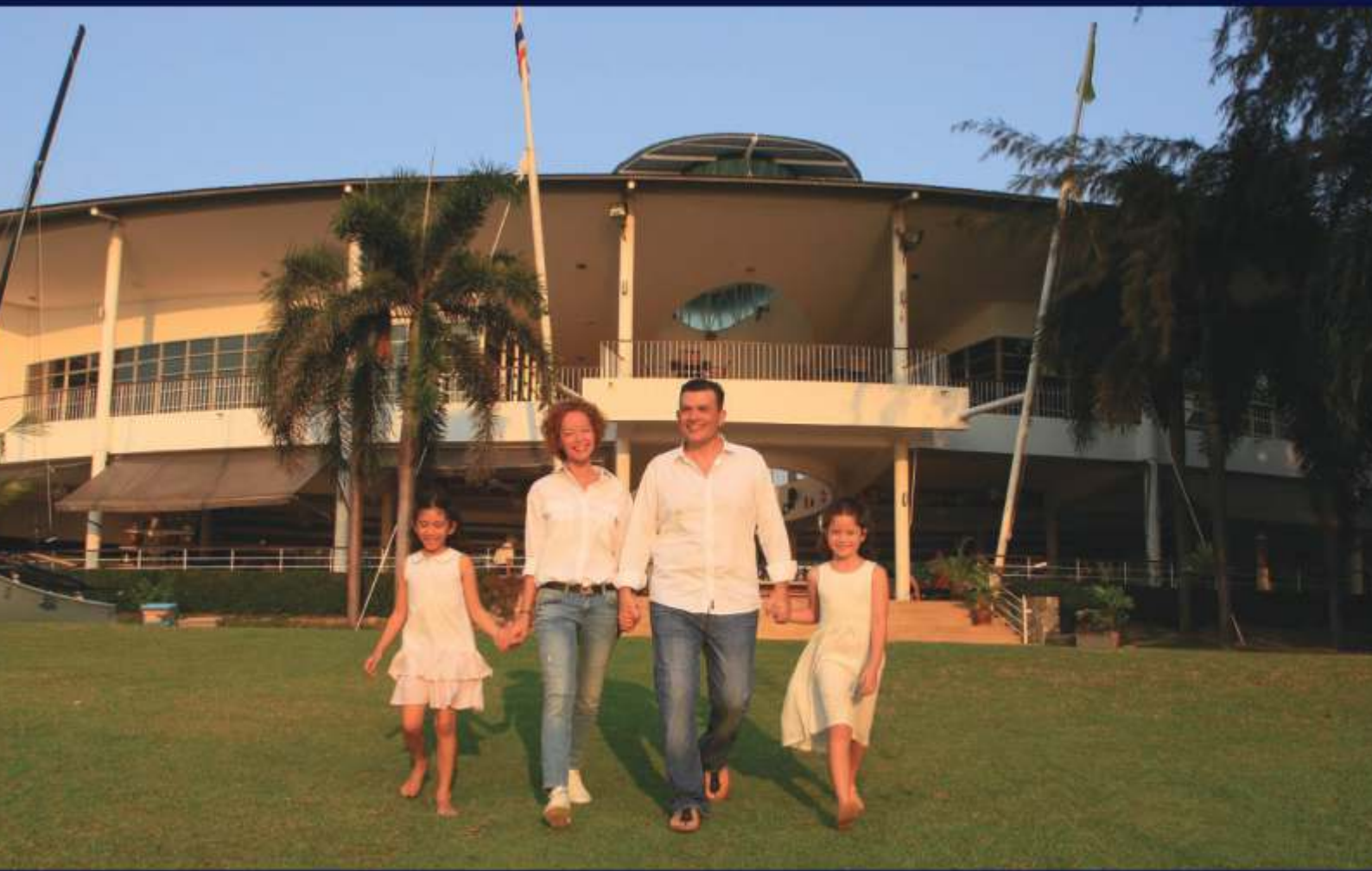


- THB 200 per person off the regular rate for every bicycle tour
 - Children under 12 get a full 25% off our regular price.
- For more information : Tel: 02 639 7351





ROYAL VARUNA YACHT CLUB
THAILAND'S PREMIER SAILING COMMUNITY



Broad Reach

Definition: 'Whatever you do, don't jibe!'

Of course Broad Reach is a sailing term meaning sailing downwind between a Beam Reach and Running. However, we see it as more than this. Beyond the spectacular hide-away location, stunning clubhouse, accommodation facilities, excellent restaurant and bar, seafront pool, international level of sailing training and wide variety of yachts for hire, Royal Varuna Yacht Club membership offers more...more intangible benefits like reaching out and meeting a broad cross-section of Thailand's international and local families.

Discover the opportunity to reach out to your business team with meeting venues and team building sailing events that will re-energize and refresh. So broaden your horizons, slip the bowlines, cast-off and discover a new world of friends and meeting venues beyond your comfort zone. Where else?

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