



1903

THE BRITISH CLUB
BANGKOK

Outpost

THE OFFICIAL MAGAZINE OF THE BRITISH CLUB BANGKOK

RUGBY WORLD CUP 2019



1987 NEW ZEALAND
1991 AUSTRALIA
1995 SOUTH AFRICA
1999 AUSTRALIA
2003 ENGLAND
2007 SOUTH AFRICA



October 2019

5 REASONS TO JOIN US

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CONTENTS

REPORTINGS

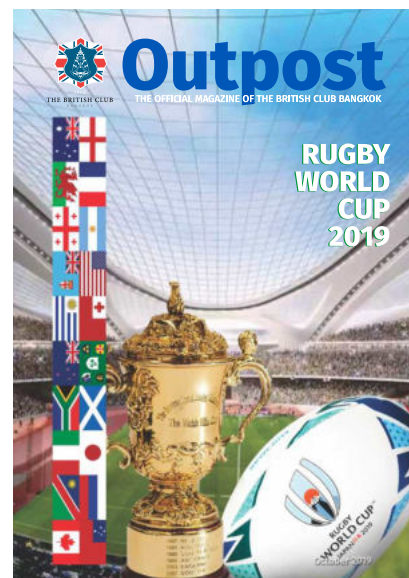
- 4 **CHAIRMAN'S MESSAGE**
This month's news
- 8 **TEE TALK**
Words from the DGM
- 9 **F&B MORSELS**
From Our Kitchen Team
- 11 **HEALTH**
Why Balance Matters
- 16 **WE WILL REMEMBER THEM**
Unveiling of the British...
- 19 **RECIPROCAL CLUBS**
The Club at the Ivy

HAPPENINGS

- 22 **CALENDAR**
What's on this month
- 24 **MASTER CLASS**
Wine Evening
- 26 **WINE TASTING**
Tectonia Cab Sav
- 28 **SEAN FINNERTY**
Live Stand_Up Comedy...
- 30 **WINE TASTING**
The Event

SPORTS

- 32 **SQUASHY BITS**
Pattaya!
- 35 **TABLE TENNIS**
Competition
- 36 **TENNIS**
Dear Fellow Cheeseball...
- 40 **HARD BALLS**
Cricket, beach and Jack...
- 42 **BCGS GOLFING NEWS**
August Stableford & Medal
- 44 **CLASSIFIEDS**
Services, For Sale etc.



Front Cover

This month we feature the Rugby World Cup held in Japan with games all through this month and the final on Saturday 27 October.

From the Editor

Another action packed edition this month covering last month's special and fun events.

The Unveiling of the British War Memorial was a very special event as you will see from the article.

Volcanes Master Class Wine Evening was a great hit and lots of fun. Checkout the double page spread.

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 **Design & Layout** - CJW Design Studio **Editor** - Chris Watt cjwatt@loxinfo.co.th
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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

I am writing this unusually early because I leave for England tomorrow for most of September. In fact it is only a couple of weeks since I last wrote... but what a couple of weeks it has been! Cricket may not be your interest, but for us fans the 3rd Ashes Test Match at Headingley was the second time in six weeks that we have witnessed England win a 'match of a lifetime'. We celebrated the amazing World Cup Final in the Sports Bar last month, but this month were conveniently playing beach cricket on Koh Chang when they won a nail-biting victory over our oldest and fiercest rivals, the Aussies... and we partied again long into the night! If we can't get Queen Victoria, how about a statue of Ben Stokes on the Front Lawn?



Statuesque

War Memorial Unveiling: We were extremely privileged to have Britain's top naval officer, Admiral Anthony Radakin, the First Sea Lord and Chief of Naval Staff, 'unveil' the War Memorial on 29th August, accompanied by our Ambassador H. E. Brian Davidson who was



Jack Dunford

instrumental in ensuring that the monument came to the Club. We are sorry that this special occasion could only be announced at very short notice, but were happy that a good number of Members were still able to attend.



Fitting Memento

Feedback on the War Memorial installation and front Lawn redevelopment has been overwhelmingly positive. Perhaps the biggest complement is the number of people who have commented that it looks as though it has always been there. This is a tremendous tribute to our architects The Beaumont Partnership responsible for the overall design, Light Style for the new lighting effects, and our main contractors Attain Construction and J&P (landscape) who delivered the project so efficiently. We owe all of them a huge vote of thanks.

Given that there were other options, a few people have questioned the suitability of the new location. But now it is in place, it seems absolutely right. Our Honorary Secretary, Paul Cheesman researched all 25 names on



Monumental

the Monument and produced a delightful leaflet in time for the ceremony which included a brief testimony about each of them. All were British subjects who lived in Siam and gave their lives serving in WWI. One of them, Robert Abercromby Forbes- Sempell, was the very first Honorary Secretary when the British Club was founded in 1903.

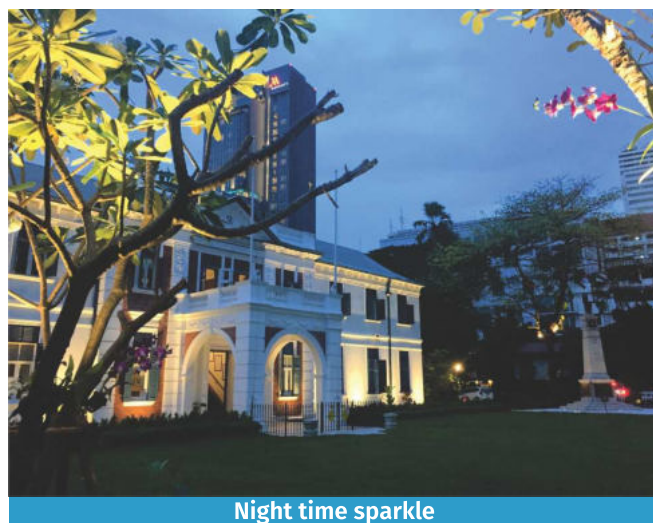
We can safely assume that most if not all of the other 24 young men listed were also Members and would have been very familiar with the British Club. Undoubtedly they would have enjoyed a few beers in the Clubhouse bar, which was originally in the space now occupied by the Verandah, relaxed on our lawns or played a game of tennis. All would surely have been be pleased that their names will now for always be remembered in a place they knew, surrounded by the good life they fought and died for. The War Memorial has effectively 'come home' and the Foreign and Commonwealth Office who generously contributed towards its installation, has confirmed that it is now

the property of the British Club. We look forward to hosting the first Remembrance Day service at the Club on 10th November.

As a very special memento for the occasion Admiral Radakin presented us with his personal shield and we will find a suitable location to put this on display.

Poolside Redevelopment Phase 2: By the time you read this we will have held a Members Forum to present our plans for Phase 2 of the Poolside Redevelopment and will hopefully be preparing to call an EGM to get approval for work to start. If all goes well the whole project could be finished before the end of next year.

With the International schools back after the holidays, the Club was throbbing this last weekend. The Silom Wing and now the Front Lawn development have brought new life to the Club. Revenue is good and we expect to be announcing record Membership levels through to the end of the year.



Night time sparkle



An Evening with The Fry Group

SPEAKER

Martin Wright
Senior Financial Planner,
The Fry Group

WHEN

Thursday, 14 November 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.

This educational session will focus on:

- UK Residency Rules- Pitfalls
- Nursing Home Care - Qualification and Funding
- 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.



Later Life Care

By Martin Wright

As we grow older, it's natural to consider our options for where we will spend our old age, when some degree of care may be necessary. It's wise to be aware of the cost implications to ensure your finances will be able to cope with the level of care you may require.

There are a growing number of care homes being built in Thailand to cope with increasing life expectancy and increasing numbers of retirees. Costs of care vary widely: from 25,000 THB (£670) to 50,000 THB (£1,340) * a month based on location, nursing needs, food requirements (western food increasing the cost) and supply needs. Opting for cheaper facilities can mean providing your own medicines and supplies.

Many may prefer to consider in-home care: costs can also vary greatly. Typically, full-time caregivers without a nursing degree may cost 10,000-15,000 THB per month (£270 - £400)*, while a full-time registered nurse could cost between 20,000 - 30,000 THB (£540 - £1080)*. For a live-in qualified nurse available 24/7 or a qualified nurse with fluent English, you may be looking at as much as 35,000-40,000 THB per month (£940 - £1,070) *.

For those considering returning to the UK, care homes may charge for a combination of:

- Accommodation - often called the "hotel cost" which can apply to both residential or nursing care homes
- Personal care in a residential care home - 24/7 full support is provided by qualified care assistants
- Nursing care in a nursing care home - 24/7 support overseen by registered nurses

In terms of approximate average costs, according to www.which.co.uk, a London residential care home could amount to £40,000 a year; Berkshire £47,000; Devon £37,000; Greater Manchester £28,500; and Gloucestershire £50,000.

www.which.co.uk also summarises the following requirements exist for obtaining care home funding in England:

- 1) You can be eligible to receive full state support if you have less than £14,250 in savings and assets. However, if you receive full funding you would be expected to contribute most of your income (including benefits) to the local authority.

- 2) If you have between £14,250 and £23,250 in capital, you need to contribute £1 for every £250 of savings within that range weekly toward your care home expenses (as well as the majority of your income).
- 3) With capital greater than £23,250, you need to use all of this to pay the entire cost of your care home. Equally, with less than £23,250 capital, but a weekly income considered high enough to cover the cost of your care home fees, you would be responsible for the full care home cost. People in this category are known as 'self-funders' and represent two in five care home residents.

Many people immediately think that their only option to pay for a care home is to sell their own home. But other options exist, such as:

- Care home top-ups: a friend or relative may be willing to provide a top-up, enabling you to select a care home that costs more than the amount provided by you council.
- Care home insurance: after an initial lump sum is paid, an Immediate Care Annuity provides regular tax-free income toward your care home costs.
- Hospital-Based Complex Clinical Care: the NHS may continue to pay for your care if your support needs can be met without involving a hospital.
- Charitable funds: in emergency situations, financial support may be available from a charitable or benevolent fund.

It's important to know that elderly people in the UK are entitled to have their care needs and finances reassessed every six months, or sooner if they experience a dramatic change of circumstances.

Full knowledge of the options available and their associated costs will ensure there are no surprises when it comes to financing the appropriate level of care – removing a potential source of unnecessary anxiety at a time your wellbeing is the top priority.

*Source: www.iglu.net



Martin Wright
Senior Financial Planner
The Fry Group

TEE TALK WORDS FROM THE DGM



Tee Bale

September was an exciting month at the Club with so many things going on, we were very proud and honoured to have received and unveiled the war memorial. The service was held by the First Sea Lord Admiral Tony Radakin. The total remodelling of the front lawn and the club house outside lighting was also completed and has given a stunning night-time setting to the club's grounds. The new teak decking poolside was completed, this brings a lovely feel to those of you that enjoy a lazy day poolside having lunch and sipping your favourite beverage.

Living in Bangkok 2019 is soon to be underway on Saturday 5th October, the full Club grounds are in use and its set to be bigger and better than last year with over 90 vendors and some of the best food retailers in Bangkok, main stage performances from local B-Boys, International school choirs, dancers, the Welsh Male choir, magicians and many more, Kids play group sessions from Bambi, swimming lessons from Bangkok Dolphin, football clinics and penalty shot outs from Chelsea football academy, and if that wasn't enough we have a huge variety of stunning raffle prizes for you to win.

The BC Kids Club launched in September with Khun Diary every Saturday and Sunday 12-5pm, all ages are welcome and the activities are endless, from cooking classes, swimming, arts and craft, treasure hunts, relay races ... it's everything your little ones love, so make sure you sign up throughout the week ready to enjoy at the weekends.

The Club is about to update its internal systems, we will be installing a new point of sale system, this will then improve all aspects of our operations from membership to food and beverage, you will be able to enjoy ordering digitally from your table side and have

a much improved speed of service in our busy times, and all being well this will be active before the end of the year.

Events to look out for this month and next, Living in Bangkok 5th October, Trafalgar Dinner 19th October, IWS Wine Master class 26th October, Faulty Towers comedy dinner 2nd and 3rd November and a welcome return to the greatly missed Guy Fawkes night on 3rd November, this promises to be a sell-out event so make sure you and the little ones are booked in early.

For those that enjoy a weekend jog, a daily run or a half marathon, you will be pleased to know we will be start the first British Club Running Section. We will be having weekend morning runs for some training followed by free coffee and croissants back at the club, and then entering into the running events around Thailand as the British Club Runners, we will be doing 5km, 10km and half marathons, so whatever your level there will be something for everyone to take part in.



Kids Club

F&B MORSELS *from* our KITCHEN TEAM



Chef Laak

As many of you may now know we have teamed up with Delifrance to bring a new dynamic to our bakery, we now produce some lovely pastries, breads and delightful cakes, if you haven't already tried the triple chocolate muffins or eclairs you really need to, as you are missing out.

The Rugby World Cup is in full swing and we hope you are enjoying all our promotions including the world cup pizza menu ... we have gone all out to give you the flavour of your favourite team, try one or try them all you won't be disappointed.

This month sees our Oktoberfest weekender where we setup a fantastic beer garden on our front lawn, live music fun and games together with a wide selection of Belgium, German and Craft beers on tap, the kitchen team have work on making the best and most delicious pork knuckle you will ever try, it will accompany any beverage you choose from our Beer Garden.

If you haven't booked your places at this year's Trafalgar Dinner already make sure you do now as we have put together a very special menu for you this year, a choosing three course menu to suit such an occasion which will be served with some class wines.

We have already placed our order for this year's turkeys, and we can tell you now that our Christmas menu will be second to none! The best Xmas lunch in Bangkok served with all the trimmings, last year saw over 600 people enjoy their Christmas Day with us and we are looking to do it bigger and better this year, book now so you're not disappointed and our advance is not to eat for a few days before, that way you can fit in as much as you can on the day as it will be Christmas spread you won't be able to stop eating.

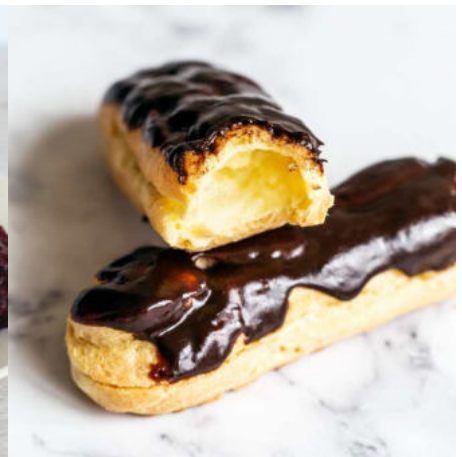
Happy Eating!



Pizza



Pork Knuckle



Eclair



24TH & 25TH
OCTOBER 2019
11AM TO 6PM
2,500 BAHT
PER SESSION/HOUR

BEN THOMPSON

— OSTEOPATH —

Ben Thompson will be returning to The British Club for two days in October.

Osteopathy addresses a wide range of health problems including

- Chronic and acute pain relief
- Back, neck and shoulder aches and strains
- Arthritis
- Sports injuries
- Postural and gait assessment

Ben is a UK trained and registered Osteopath, with his own practice in Chiang Mai and academic qualifications in Human Biology (University of St Andrews), Medical Education (King's College London), Bioethics and Pharmaceutical Economics (London School of Economics), and Epidemiology and Public Health (University of Cambridge).

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STRESS & HORMONES

Why Balance Matters!

*Do you struggle to lose weight despite a clean diet?
Low energy, feel foggy, fatigue, hair loss, dry skin,
constipation, anxiety or depression?*



Sandy Remiens

Personal Trainer, Wellness Coach
Accredited Rehab Master Trainer

Hormones have profound effects on your **mental, physical and emotional health.** Hormones are chemical messengers that play a major role in controlling our appetite, weight and mood, among other things. Normally, our endocrine glands produce the precise amount of each hormone needed for various processes in your body – however hormone imbalances are becoming increasingly more commonplace and although there are certain hormone changes that occur naturally with age, the excessively automated and high stress lifestyles we lead and the nutritional deficiencies occurring in our foods now has lead to a rapid increase in the occurrences of medical issues triggered by hormone imbalances.

Human beings were not designed to be sedentary and the onset in the last few centuries of jobs that require sitting in front of a screen 80% of the day is actually killing us slowly from the inside! Many of the people I see, initially come to me with an array of conditions and diseases that they have just put up with over the years – blaming their condition (or lack of) on just getting older.

Many of these conditions can be far better managed so as to not negatively affect their lifestyles. Disease is just that – **dis-ease**. Not everything is fixable – but it is manageable. So don't despair – but do take action.

Thyroid Health & Lifestyle Management

The thyroid is a butterfly-shaped gland that sits low on the front of the neck and lies below your Adam's apple, along the front of the windpipe. When the thyroid is its normal size, you can't feel it.

The thyroid secretes several hormones, collectively called thyroid hormones. Thyroid hormones act throughout the body, influencing metabolism, energy

levels, growth and development, and body temperature. Every cell in your body has receptors for thyroid hormone and every cell needs small amounts of thyroid hormone to function optimally. Thyroid hormones directly act on the brain, the GI tract, bone metabolism, the cardiovascular system, liver and gall bladder function, hormone production, glucose metabolism, lipid and cholesterol metabolism, protein metabolism and body temperature regulation.

Thyroid dysfunction is more common in post menopausal women, but it is certainly not exclusive to females or post menopause. Thyroid hormones are massively affected by stress, and the dysfunction can also be triggered by stress – particularly if there is a genetic predisposition already.

Adrenaline and cortisol interfere with the body's ability to convert the T4 thyroid hormone into the more active T3. When T3 levels decrease the body produces even more adrenaline and cortisol to help speed up metabolism, which further inhibits the conversion of T4 to T3. (And this is just a small example of one aspect of a thyroid imbalance). So you can see, once out of balance, as with most hormone imbalances, **the knock on effect can quickly escalate the condition if not managed correctly.**

Lifestyle Management is an essential skill in today's fast paced and stress filled society. It is all too easy to sacrifice our health for wealth accumulation, to stay longer hours at work instead of doing that regular exercise, to dismiss signs of ill health or dis-ease as age related or treat it as 'my lot in life' etc. There is in fact, much you can do even with extreme thyroid imbalances. Yes a thyroid condition can make it more challenging to maintain a healthy weight and control

Reportings

the effects of a hormone imbalance. But, there is, in fact, no excuse to not be living a normal, healthy and active lifestyle, and maintain a healthy weight.

What can you do?

First and foremost you need to see a good doctor who is specialized in interpreting lab tests and is willing to approach all the factors of your lifestyle in the solution – not just simply medicate. This is usually an endocrinologist. Google is not your friend and will likely send you into a frenzy of fad diets and snake oil treatments that promise to 'fix' you, making you feel ashamed for having something 'wrong' with you. Statistics reveal that about 80% of women suffer from some kind of hormone imbalance and an estimated 60% of people with some form of thyroid condition are not aware they have it. A thyroid imbalance in men can have different symptoms and can even lead to infertility so good management is essential. Don't be afraid to ask lots of questions of your doctor – make sure you understand what is going on and take control of the management of your life.

I will say it again – not everything is 'fixable' – but it most certainly is manageable.

Most people with thyroid disorders tend to have digestive problems so the correct nutrition, specific to thyroid disorders, is essential. It is also harder to maintain good muscle density. Muscle is metabolically active so increasing the density of your muscles will help raise your basal metabolic rate ie; increase your metabolism – you will look firmer and more toned, feel healthier and stronger and burn more calories while at rest. But to increase muscle mass you need to be doing strength training. It takes work, but it is manageable.

Just remember – there are no shortcuts to any place worth going!

From A Personal Perspective

I have had thyroid issues for more than 20 years. In that 20 years I have trained from scratch to build up basic strength and mobility from a spinal injury and competed on an International level in Muay Thai. Managed well there is no reason to put aside your goals and dreams just because you have some imbalances. It may well be a process of figuring out what works best for you as everybody's body is

different and yours is unique to you. That why personal training is 'personal'. Everyone's lifestyle is individual and has unique stressors and needs. Personal Training is not just about the physical but also neurological adaptations and lifestyle changes - creating solutions that help you gain control of your life back.



If you have questions on this subject feel free come and see me or email me at sandy@bangkokstormtraining.com.
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THAN YESTERDAY

Sandy

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Guests:
1,199 Baht



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MARRIOTT
BANGKOK
THE SURAWONGSE

**Sat 2 - Sun 3 November 2019
@ The British Club Bangkok**

Includes a welcome cocktail,
3-course meal & 2 hours show

Booking & Information

Tel: 02-234-0247

Email: events@britishclubbangkok.org

MASSAGE AT THE BRITISH CLUB

MUCH MORE THAN MEETS THE EYE

When I was back in the UK this summer, I was surprised to see Thai massage widely advertised throughout the beauty salons and spas, with prices starting at around 1,300 baht (equivalent) for 60 mins. Being born and bred in Yorkshire, where we are renowned for our shrewdness (and good looks, charm and the likes), I wasn't going to be splashing out on a Thai massage there, but it did remind me of how lucky we are at the BCB to have Khun Champen and Khun Saiphon.

They are experts in their craft, with over 30 years of experience at the club. Can you imagine the wealth of knowledge they have gathered in that time? As we are a sports club, they have helped people with every sports injury imaginable, elbows, knees, shoulders, backs, the lot. That is not enough for them, they stay actively involved with the Blind Massage school in Bangkok and contribute to regular seminars for continued professional development.



For those members who don't know, Khun Champen is totally blind and Khun Saiphon is partially blind. They are self-employed, offering their services full time to the BCB. They have a very long commute to and from the club and often they don't have a single booking. It is such a waste that we don't take full advantage of this very special couple's knowledge and dedication to their profession.

It is said that people without the sense of sight have heightened perception in their other senses. I asked them about this and how they assess each clients' needs. K. Champen explained that he finds out first if there is pain, an on going condition or if someone just wants to relax. However, once he gets to work, he can tell by his touch if a muscle or connective tissue is not "working properly". He gets feedback directly from our body, which is evident once you have experienced his, or Saiphon's massage. Here is a piece of advice directly from the maestro; if you do have a specific problem or condition it is better to book a 90 minute massage. This way they can work specifically on the area causing concern for 30 minutes, and the remaining time gives the benefits of a full body massage. 60 minute massage is 350baht; 90 minute massage is 525 Baht. So please, do yourself a favour and book a massage today. Even if there are no physical problems, the benefits of Thai massage are many and a regular weekly, massage is a wonderful way to avoid future injuries!

Testimonials: I have been using the service provided by the two of them on a weekly basis for about 15 years to help relieve persistent back, shoulder and neck discomfort resulting from a spinal condition. Both K. Champen and K. Saiphon, like chiropractors, practice what is best described as "pressure point" massage whereby a combination of pressure and manipulation is used to relieve aches, pains and damage of an orthopaedic (bones, joints, muscles and connective tissue) nature. The service they provide is very professional, good value for money and, in my experience, superior to what is available in most establishments outside the Club. Consequently, I would strongly recommend the service to club members of any age whether they have relaxation in mind or are suffering from a specific problem. Last year K. Champen was also instrumental in helping my husband, who is a squash player, overcome a shoulder/neck injury. I shall continue to have my weekly massage and would encourage others to take advantage of what I believe to be an excellent quality, very convenient and affordable massage service.

From Jess Grimshaw

I have been seeing Khun Champen for several years and I can say without any hesitation, that he is the finest massage therapist in Bangkok. He takes the time to assess your needs and concerns and then skillfully goes to work on the problem areas.

I would recommend Khun Champen and Khun Saiphon to anyone who is experiencing soft tissue issues or injury, especially sports related.

From Racquel Evans; tennis section

Submitted by Jayne Mellor

Gift vouchers for members are available from the fitness centre





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WE WILL REMEMBER THEM Unveiling

On 29th August 2019, Admiral Anthony Radakin, CB, ADC, the First Sea Lord and Chief of Naval Staff unveiled the British War Memorial in its new home, at the Club and he laid a wreath in remembrance of the sacrifice the 25 men made. Admiral Radakin was accompanied by the British Ambassador, H.E. Brian Davidson and Colonel Roger Lewis, the British Defence Attaché.

Club Chairman, Jack Dunford MBE, gave a word of thanks to the First Sea Lord and to the British Ambassador for his support in our gaining the monument. Jack mentioned, as well, a booklet containing the biographies in brief of those 25 had been prepared by the Honorary Secretary and is available at the Club.

The War Memorial was designed by designed by Edward Healey, built in Aberdeen grey granite and originally unveiled in the British Embassy in Ploenchit in 1923. As most Members will know the Ploenchit side of the British Embassy was sold, and the monument moved, in 2006 and in 2019 the rest of the site was sold and in early 1920 the British Embassy will relocate to AIA Sathorn Tower. The Foreign & Commonwealth Office agreed to move the Memorial to the British Club as its final resting place.

On 9th July our Chairman and Honorary Secretary visited the British Embassy to watch the monument being dismantled and over the next few days it was transported to the Club. It then took 24 days to re-assemble from the 100 stones into which it had been split, including the central date stone which weighed three tonnes. We then waited for its unveiling. Although 29th August had been pencilled in about a week in advance, it was not until 44 hours before what the time was known. Over fifty Members, and friends from the Royal British Legion, joined the short ceremony which started at 1215 by a lone Club Piper walking the 'unveiling party' to the memorial.

As a historical note, the British War Memorial is not the only Great War monument in Bangkok. As well as the 25 soldiers and airmen of British descent on our monument, 19 soldiers from Siam volunteered to fight in the Great War and never returned - these are commemorated at the Volunteer Soldiers' Monument (Anusawari Thahan Asa) in Sanam Luang. Lest we Forget.



Opening of the British War Memorial





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

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.

RECIPROCAL CLUBS

The Club at the Ivy, London.

Visited by Dr. Paul Doust end of February 2019

A private members club founded in 2008, associated with the well known Ivy restaurant that occupies the ground floor beneath the club. In many ways it's just a bar and restaurant that non-members can't book or visit, however it does have a very comfortable feel. Because it's a commercial enterprise instead of being a club owned by its members, the food and wine prices are just like any other fine dining restaurant in central London, if not slightly higher. Smart casual.



The British Club Bangkok is delighted to have a network of 491 the world's most prestigious Members' Club, spread across 57 countries worldwide. Please ask Reception for a Letter of Introduction ahead of any visit with the dates of your intended visit.

TRAFALGAR DINNER 2019



7PM | SATURDAY OCTOBER 19TH

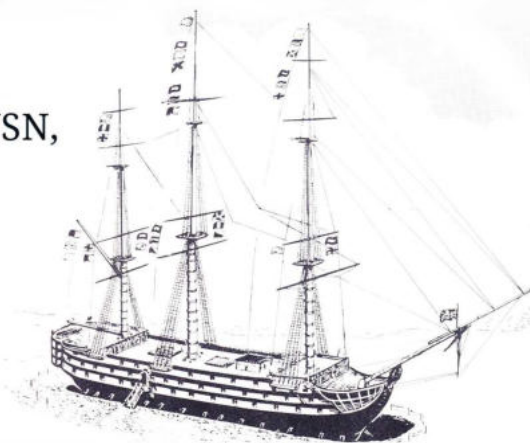
Cocktails on the 1910 Balcony from 7pm, Dinner in the Suriwongse Room, 7.30pm

A Black Tie, or dress uniform with medals, gourmet dinner on the 214th anniversary of the Battle of Trafalgar.

The dinner is open to all British Club members, spouses and guests, Embassy staff and guests, members of the Royal British Legion (Chonburi branch) and members of the Military Attaché Group of Bangkok

Welcoming Guest Speaker Captain Matthew A Barker USN, currently Naval Attaché at the US Embassy in Bangkok

Members, Guests:	2,250 Baht
Non-members:	2,500 Baht
No alcohol less:	500 Baht



THE BRITISH CLUB BANGKOK
VIA SILOM SOI 18
TEL: 02-234-0247
EVENTS@BRITISHCLUBBANGKOK.ORG



1903
THE BRITISH CLUB
BANGKOK

TRAFALGAR

M E N U

FIRST COURSES:

Wild Mushroom Cream Soup

Or

Norwegian Smoked Salmon and Cream Cheese Parcel
Filling Light Lime and Olive Sauce Served with Melba Toast

Wine: Zonin Prosecco - Italy

MAIN COURSES:

Pan-Fried Seabass with Butter Cream Sauce

Served with Artichoke, Beetroots and Mashed Potatoes

Wine: Villa Maria Private Bin Sauvignon Blanc - New Zealand

Or

Grilled Lamb Chops Served with Roast Vegetable,
Crispy Polenta and Red Wine Sauce

Wine: Beringer Founders Selection Cabernet Sauvignon - USA

DESSERT:

Redberry Mille-feuille

Wine: Grahams The Ruby Port - Portugal



1903

THE BRITISH CLUB
BANGKOK

OCTOBER

SUN

MON

TUE



1903
THE BRITISH CLUB
BANGKOK

GREAT BRITISH BRUNCH

11.30AM - 3.00PM @ VERANDAH EVERY SUNDAY

FAMILIES WELCOME

FULL ENGLISH BREAKFAST OPTIONS WITH LIVE COOK STATION PLUS TRADITIONAL COUNTRY ROAST WITH ALL THE TRIMMINGS, HOMEMADE DESSERTS AND MUCH MORE.

595.- ADULT FOOD ONLY	350.- KIDS FOOD ONLY (2 - 10 YEARS)	999.- FOOD + FREE 110ml RED & WHITE WINE AND LOCAL BEERS
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INTERACTIVE WORKSPACE

AVAILABLE FOR USE AND BOOKINGS | 2ND FLOOR @ SILOM WING

The perfect relaxed environment to work from or hold a meeting

- Wireless connecting 65" android TVs
- Conference table
- Soft seating
- Meeting desks all with USB charging points

THE PLACE TO GET MORE WORK DONE WITH FUN

Food and Beverage service 6am - 10pm

For bookings or enquiries please call 02-234-0247 or email: info@britishclubbangkok.org

01

Bangkok Gentlemen Spoofers
8pm

Football
7pm-9pm



QUIZ NIGHT

15TH OCTOBER
7.15PM

WITH MONTHLY JACKPOT

THE VERANDAH

MEMBERS: 150.- | GUESTS: 200.-
TEAM OF 6 OR LESS

06

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

07

BWG Mahjong
10am-1pm

Tennis Mixed Doubles Team Practice
7pm-9pm

08

Bangkok Gentlemen Spoofers
8pm

Football
7pm-9pm



Dussehra Festival

As usual, Silom Road westbound will be closed from Narathiwat Road to Surasak Road from 4pm to Late. The eastbound side of Silom will have massive crowds and limited traffic access. Vehicular Entry to and Exit from the Club will be by the Surawong Gate from 3pm.

RUGBY WORLD CUP PROMOTION

RUGBY WORLD CUP JAPAN 2019

- Buy any World Cup Pizza and get a bucket of beer half price
- Buy two get one free on all local beers in five matches
- Free half liter Salted Homemade Roast Potatoes
- Wear your team's shirt and get 50% off your first drink

13

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

14

BWG Mahjong
10am-1pm

Tennis Mixed Doubles Team Practice
7pm-9pm

15

Bangkok Gentlemen Spoofers
8pm

Football
7pm-9pm



Quiz Night
7.15pm The Verandah

FRENCH BREAD & FRENCH PASTRIES

NOW AVAILABLE

Order any of our French Bakery items by take home. Baking time 20-30 minutes after ordering.

Breads

- White Baguette 60B
- Farmer bread 85B
- Small farmer roll 15B
- Half white Baguette 35B
- Ciabatta 60B
- Plain white hard roll 15B

Bakery Items

- Butter croissant 40B
- Butter curved croissant 40B
- Mushroom black pepper puff 55B
- Chocolate croissant 40B
- Chicken yellow curry puff 35B

20

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

BWG Mahjong
10am-1pm

Tennis Mixed Doubles Team Practice
7pm-9pm

22

Bangkok Gentlemen Spoofers
8pm

Football
7pm-9pm



MASSAGE THERAPY

OFFERED BY OUR BLIND PROFESSIONALS.
LOOK FOR THE SIGN NEAR SILOM ROAD GATE

FRIDAY - WEDNESDAY | 10AM - 6PM

27

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

BWG Mahjong
10am-1pm

Tennis Mixed Doubles Team Practice
7pm-9pm

29

Bangkok Gentlemen Spoofers
8pm

Football
7pm-9pm







HAPPENINGS


WED

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

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


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


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


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


THU

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

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

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

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

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

FRI

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




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

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




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



SAT

05 **Swimming Lessons** 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching with K Ruegrit 
Living in Bangkok
11am-6pm

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

19 **Swimming Lessons** 
9am-12pm
Squash Mix-In 
2.15pm-6pm
Squash Coaching with K Ruegrit 
Trafalgar Dinner
7pm onwards

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



MASTER CLASS

BODEGA VOLCANES DE C



WINE TASTING



WINE TASTING

BODEGA
VOLCANES
DE CHILE

Tectonia Cabernet Sauvignon

*Volcanic Wines from
a Shifting Landscape.*



Wow what an evening! One of the best Wine Tastings we have had in a very long time. Positive feedback is still flowing in.

Bodega Volcanes de Chile Master Class was a fantastic evening with superb selection of red and wines complemented by lovely selection of Italian cheese and Parma hams by Zaino.

The atmosphere was set with a live acoustic solo artist a free flow of superb red and white wines and with Ben Gordon's account of the history of the vineyard in Chile and his explanation of the various wines available it was truly a magical evening enjoyed by all.

My personal pick of the evening was the Tectonia Cabernet Sauvignon. As the Winemaker says, a wine of character, with energetic and reactive tannins, true to its origin in the layers of volcanic soils. An intense ruby red wine, complex nose, which captivates the palate with power and elegance. Medium-bodied, it reveals fruit and spices such as blackcurrants, black cherries and raspberries, bay, cedar and menthol, intermingled with graphite and smoke, which give it a volcanic and austere feel.

This is a fresh, flavorful wine with good structure and a delicious finish.

It is ideal accompanying steak, barbecues, pork, and chicken, as well as pasta dishes and cheese.

Now for the technical Info.

Origin: Chile

Growing Region: Maipo

Winemaker: Pilar Diaz

Variety: 100% Cabernet Sauvignon

Alcohol Content: 13.5%

Serve Temperature: 16-18°C

Cheers



BODEGA
VOLCANES
DE CHILE



QUIZ NIGHT

22ND OCTOBER
7.15PM

WITH MONTHLY JACKPOT

THE VERANDAH
MEMBERS: 150.- | GUESTS: 200.-
TEAM OF 6 OR LESS

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

1903 THE BRITISH CLUB BANGKOK



Wine Tasting

18th October 2019
@ Front Lawn, 6pm-9pm

Members: 200.-
Guests: 300.-

Dress Code : Smart casual

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

1903 THE BRITISH CLUB BANGKOK

International HEALTH - LIFE Insurance



EXPATS

- Lifetime Renewability
- Private Hospital Room
- Any Doctor or Hospital
- Home Country Coverage



TOURIST

- Any Country to Any Country
- Private Hospital Room
- Per Trip, Annual Multi-Trip, Study Abroad, Group, many plans

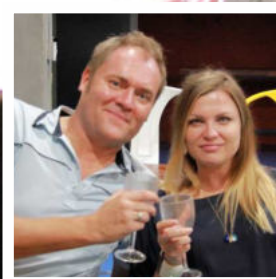
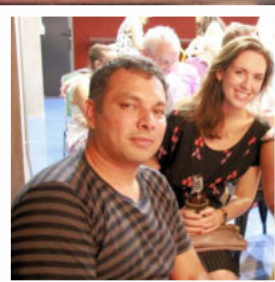
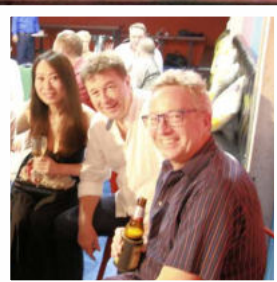
Website: www.HEALTHINSURANCE.TRAVEL

Email: info@healthinsurance.travel

Phone: 094-896-1727

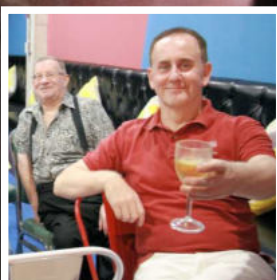


SEAN FINNERTY Live Stand-Up Comedy Night - 10 August



The British Club was in stitches with the latest Club house comedy show, three side splitting comedians took to the stage and had everyone rolling around in laughter.

Sean Finnerty from Ireland was the main act of the night and didn't disappoint, recently performing on the American late-night chat shows he brought a touch of class to his performance that was well received by all that attended. Look out for the next one coming soon.



..... FRESHLY BAKED

FRENCH BREAD & FRENCH PASTRIES

NOW AVAILABLE

Order any of our French Bakery items to take home
Baking time 30-60 minutes after ordering

Breads

- White Baguette 60฿
- Farmer bread 85฿
- Small farmer roll 15฿
- Half white Baguette 35฿
- Ciabatta 60฿
- Plain white hard roll 15฿

Bakery Items

- Butter croissant 40฿
- Butter curved croissant 40฿
- Mushroom black pepper puff 55฿
- Chocolate croissant 40฿
- Chicken yellow curry puff 35฿



1903
THE BRITISH CLUB
BANGKOK

HALLOWEEN NIGHT

A special fancy dress party with games, activities, piñata and a magic show.
Halloween snacks, refreshments and prizes for best costumes!



25TH OCTOBER 2019

6pm-9pm, Suriwongse Room

Kids 2-12 years old 450 Baht Adults 150 Baht

(Guests: Kids 2-12years old 600 Baht | Adults 300)

Sign up in Reception or by email : events@britishclubbangkok.org



1903
THE BRITISH CLUB
BANGKOK

GUY FAWKES NIGHT

Sunday 3rd November

KIDS ACTIVITIES FROM 4PM . BBQ FROM 4.30PM . LIVE BAND FROM 5PM
LIVE SHOW . FIREWORKS AT 7PM . GUY-BURNING AT 7.15PM

ADULTS - THB 1,050
GUESTS/N-M - THB 1,250

KIDS ≤ 12 YRS - THB 550
KIDS < 3 YRS - THB 50

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



1903
THE BRITISH CLUB
BANGKOK

Christmas Luncheon & Dinner

WED 25TH DEC

Enjoy the warmth & goodness of Christmas in the comfort of the Verandah, Churchill, Suriwongse room, or Back Lawn. Especially good for Christmas dinner!

Full seasonal buffet & dessert, Suitable for vegetarians Crackers, tickets, clown and with Santa at 1.30pm

SEATING IS LIMITED, BOOK NOW!

LUNCHEON: 11.30AM - 3PM | DINNER: 5PM - 9PM

1,100 THB FOR MEMBERS, 600 THB FOR CHILDREN < 12 YRS, 300 THB FOR TODDLERS ≤ 3 YRS
1,300 THB FOR GUESTS, 800 THB FOR CHILDREN < 12 YRS, 300 THB FOR TODDLERS ≤ 3 YRS

Booking at the Reception at The British Club Bangkok
Call +66 2 234 0247 or Email: events@britishclubbangkok.org




Wine Tasting *the Event*



SPORTS CAMP

21, 22, 24, 25 October 2019 (4,049 Baht/Week)



	950฿ Monday 21 st	1,300฿ Tuesday 22 nd	1,300฿ Thursday 24 th	950฿ Friday 25 th
9:30-10:00	Admin			
10:00-11:00	Tennis	Tennis	Ice Skating	Tennis
11:00-11:15	Snacks	Snacks		Snacks
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

Book at the Fitness Centre 02-234-0247 ext.26 | sports@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

SQUASHY BITS

Pattaya!

An adsorbing weekend away taking in breathtakingly, natural seaside vistas? A pampered stay offered by a luxury, tropical resort? The finest of Asian dining and sumptuous, local cuisine? A wild weekend of decadent entertainment? Stunning, dark-haired beauties pampering to all and every desire? Precious days of glorious pleasure, moments and experiences so valuable, yet so fragile and memorable.

Dream on! Pattaya used to conjure up plenty of excitement, but it's gone way downhill. Even the Russians have left.

This is what actually happened: we were driven there in a knackered old van piloted by a lunatic, got shackled up in a cheap hotel by a noisy main road, and it pissed down the whole weekend. The sky was overcast and the sea rough and brown. Dinner was

boiled, German bacon with potatoes and soggy carrots, and later a kebab. The bars were empty leaving the mostly overweight tarts looking bored stiff and desperately unappealing. Gangs of Chinese tourists everywhere. The highlights were some half-decent coffee and returning to BK.

We went there to play in an annual, three-way comp of the British Club Bangkok, Ambassador Jomtien, and Capital Club Bangkok. We won last year, but this year the opposition was stiffer and more determined; more determined to win and sod off back to Bangkok! We came second.

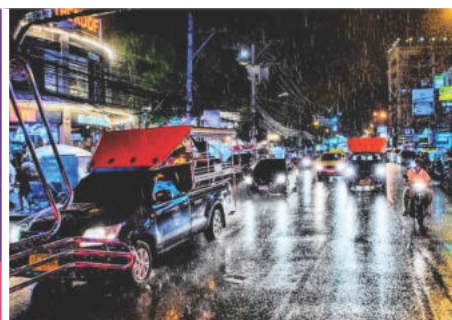
Look at the pictures.

Until Pattaya returns to its former fun.....



Bruce Mudge







MINI SPORTS CAMP

21, 22 and 25 October 2019

650 Baht/day

TIME	ACTIVITIES
10:00-10:15	Admin
10:15-11:00	Games
11:00-11:15	Snacks
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

- 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



TABLE TENNIS

Competition

On Sunday 7 September the first in a long time Table Tennis Competition was held in the old Squash Court 1.

It was great to see members of all ages compete in this event with younger kids to older adults. It made a pleasant change to see such a mix in a sporting event.

When it started, the coves were off and the winning spirit took over. With encouragement coming from the spectators seated up in the viewing gallery it was all go from start to finish.

In the end it was youth that won out with Benjamin taking the title. Well done Benjamin.



TENNIS *Dear Fellow Cheeseball Thumpers*

This month, as the pros fought for glory in the last slam of the year at Flushing Meadow, the BCTS wrapped up League Series 2 and started preparations for the 2nd Edition of The Great Wide Open.

League 2019 Series 2

Division 1 - Winner



Having been edged out by super-tie-break specialist Taimur last time out, Geoff Bellingham put the record straight and took Div 1 at a canter with no need for any 3rd sets. Most impressive especially with a dodgy knee. Rest up and come back soon Geoff.

Honourable mention to Dan the man who performed admirably in his first Div 1 outing. He'll be back!

Division 2 - Winner



With a new 2nd serve serving him very well indeed, Yuki ran off with the Div 2 title... though he had to save a couple of match-points from compatriot Hara in his first match. Let's see how he fairs mixing it with the big boys in Div 1 next time.

Division 3 - Winner



Not impressed with his previous relegation, Luc bounced back with a clean sweep of Div 3 in devastating, quickfire fashion and with only serial division runner-up Louis stealing a set from him. Bon retour to Div 2 Monsieur Charrier.

**Sponsor of Tennis
Section Leagues**



Graham Johnson

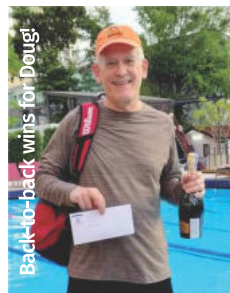
Division 4 - Winner



Newcomer Raja completed a clean sweep of Division 4 and then promptly announced that he was retiring from singles tennis! It was fun while it lasted Raja. Just one took Raja to 3 sets with Philip Mock coming closest only to go down in 12-10 in a super tie-break.

This was a mere sprint in comparison to the Dmitry – Prasit epic which lasted 3 hours 15 mins. Dmitry eventually came out on top 5-7 7-5 17-15... surely a British Club record.

Division 5 - Winner



More rain interruptions than a summer cricket match, epic midnight super-tiebreaks with packed galleries, cancellations, knee operations, and even a retirement due to running out of rackets... Division 5 had all this and more... It also had a four-way

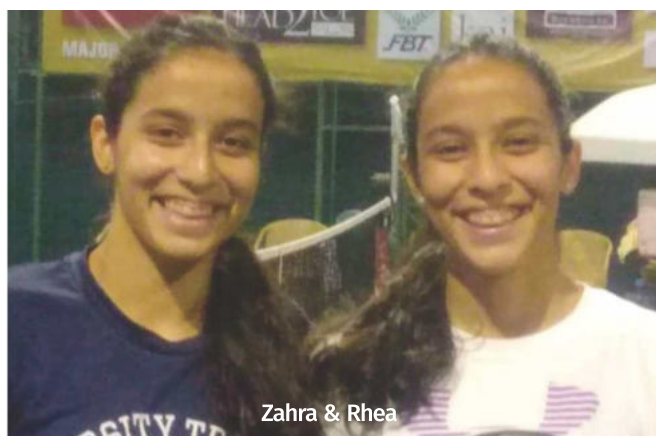
tie at the top and the chairman reaching for the rulebook. Eventually Doug was declared the worthy winner and so claimed back-to-back promotions. Nice work Doug.

Division 6 - Winner

Not for the first time, matches in Div 6 were hard to come by. Then, like London buses, two came at once for first-time competitor Stefan Oechsner who won both to secure top spot and a promotion. Well done Stefan!

Au Revoir but not Goodbye

The tennis Section would like to wish Zahra & Rhea all the very best of luck as they head off to start university overseas. Safe travels, happy adventures, and don't forget us!



Zahra & Rhea

Flushing Meadows

While some of us were praying for a steady internet speed in order to watch the US Open online from a bunker in the middle of the desert, others simply threw some (matching!) kit in a suitcase and headed to New York to soak up the action in the flesh. Tis a hard life Pierre and Jen!



Pierre and Jen

Warm Welcomes

As two young stars (temporarily) depart, two new ones arrive ready to fill their tennis shoes. So goes the circle of the tennis section life my friends ... The tennis section would like to offer a warm welcome to newbies Jay and Lloyd who have been lighting up Mix-In in recent weeks.



Ton Up!

A little over a year ago we rolled out the 'British Club Bangkok Tennis Section' Facebook group and last week Rhea Poonevala became our 100th member! "What took you so long Rhea?" This is where we post updates, invites, and photos from club events. It's a closed group so all posts and pictures are only visible to members of the section/group.



So, if you are a fully paid up member of the tennis section, search for us, request to join, and if we recognize your name or picture a committee member will approve your request ☺

Interested in joining the tennis section?

Email bcts.bangkok@gmail.com

MEMBERSHIP PLUS



- 15% discount for cash payments; 10% discount for credit card payments
 - 15% discount on dental treatment (including orthodontics)
 - Discount is applicable towards inpatient rooms, medications, certain laboratory fees, 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 parent)
 - If using insurance, benefits are only applicable towards cost exceeding coverage
- Discount cannot be used in conjunction with other discounts, vouchers, promotion, or packages
- Simply present one of the following: Employee ID Card, Corporate Member Card, Group Insurance Card



- 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 BNH1 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 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



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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



- 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/Dekso



- Offers for your current members:
1. Boraud Pure Spa : 25 % Discount on any spa treatments from the regular prices valid from 1 September - 30 October 2019 and available on weekdays only.
 2. The Rooftop 38th Bar : 25 % Discount on food and beverage from the regular prices valid from 1 September - 30 October 2019 and available on weekdays only.
 3. Accommodation : Book Deluxe Made at the best available rate from the hotel website, get a complimentary THB 500 credit per room per stay for Boraud Pure Spa or The Rooftop 38th Bar
- Terms and Conditions:
British Club member card must be presented upon arrival.



- Accommodation: 20% off Best Available Rate
 - Queen 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 Roadtop Bar
- For more information : Tel: 02 088 5666



- 15% Discount for A la carte food and beverage order exclusive for BC Members
 - Limited to one voucher per table. *No cash alternative available
 - Not be used in conjunction with any other offers, promotions, discounts or set menus
 - For dine in only and valid at Jamie's Italian Siom Discovery only
- For more information: Tel: 02-255-5222 (Please show your membership card at server to claim offer)



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



- 20% Exclusive Discount for The British Club Member
 - For more information : Tel: 0 2234 9341
- (Please show your membership card at server to claim offer)



- Superior (26 Sqm) THB 2,000./room/night, complimentary drink for 2 pax
 - Deluxe (32 Sqm) THB 2,500./room/night, complimentary drink for 2 pax
 - 20% Discount for A la carte food and beverage.
 - The buffet is not applicable to any discount.
- For more information : Tel: +66 (0) 2 206 9225
Please present the member card upon arrival



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



20% Exclusive Discount for BCs members
At Chatrium Riverside Branch and Siom 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

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Match schedule inside back cover



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Finish:
Friday 13th December
No class:
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THE BRITISH CLUB

SATURDAY
5, 19, 16 OCTOBER 2019



JUNIOR SQUASH COACHING WITH RUENGRIT

5 LESSONS 1,000 BAHT | MIN 2 KIDS/CLASS

1.00 PM -1.45 PM AGE 5 YRS -8 YRS

1.45 PM - 2.45 PM AGE 8 YRS-12 YRS

FOR MORE INFORMATION AND BOOKING PLEASE CONTACT FITNESS CENTRE
OR BY EMAIL: sport@britishclubbangkok.org



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HARDBALLS

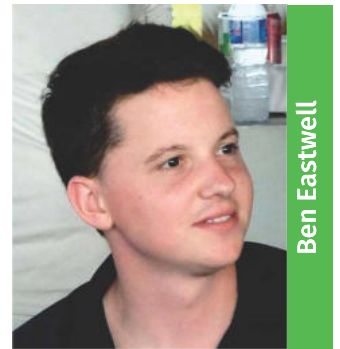
Cricket, beach, and Jack Leach

Koh Chang played host to the highly anticipated and arguably the greatest cricketing weekend on the calendar mid August. 2 BC teams and their entourage traveled down to the legendary beach cricket tournament which sailed into its 5th edition of madness on the sands of Siam Royal View at the northern tip of the island.

The competition was grown to 12 teams this year, each consisting of 6 players battling it out in short games for the title. The hosts, aptly named 'Palmy army' and even more aptly named second team, 'Buffalos', were joined by a mix of mostly Thailand based sides, including a talented youth team of locals from Lamphun and Chiang mai and International guests and fellow tourists, 'Pangolin', from Malaysia who had also conjured up 2 teams sporting their infamous playing kit, or lack thereof.

With the Gulf of Thailand and iconic scenery as a backdrop to the playing arena, an expertly laid wicket and makeshift boundary allowed for a stripped down version of the normal rules to be played before the tide washed in. With each player required to bat and bowl, 4s and 6s were the aim of the game to please the crowds on the dunes with bonus points awarded for hitting into the spectators swimming pool or through the newly featured David Warner target. Also new this year was the mandatory dunk in the duck

BC on Tour



pond/paddling pool for players netting a sub 0 score.

After completing the long drive down, one of BC's hopeful teams were thrown right into the action on Friday afternoon following a brief chance to settle into the villa. Whether it was the absence of opportunity for inebriation or the promise of a 10:30 start the next day, imaginatively named 'BC A', set the tone for the weekend by beating one of the tournament favourites who gave them a good run for their money. With the formalities out of the way for the day there was nothing left to do but let 'BC B' know they were kicking off the fixtures first thing the next morning and make a fashionably late (and brief) appearance to the opening party.

An 8:30 start on Saturday proved a little early for BC B, as they failed to take a win from their opening match, albeit showing spirit and consistency as they posted a valiant loss in their other 3 fixtures throughout the day in between wallowing in the pool and relaxing around the resort. BC A managed to add 2 wins to their tally including the scalps of the coveted Palmy Army; the late starters' only loss for the day coming from a match where Mossy took it upon himself to toss and make a decision on behalf of the other team which fortunately did not go on to affect their chances for a place in the final the next day. A fantastic and rain-free day slowly melted into the evening and the next morning for some, as all teams cruised back through the winding roads down to White sands beach to enjoy another of the hosts' great spreads before sampling the Koh Chang nightlife.

Sunday came around all too quickly with a number of interesting stories, wanderings and disappearances from the night before. Finals day tiresomely creaked open and the commentary team began their last day

of entertainment, sparing no-one throughout a barrage of constructive criticisms during the weekend. BC B had made a personnel change, electing young Pat in to steer them to victory on his 11th birthday as their previous leader had been engulfed entirely by sand flies. The last round of group games were played out before the finals which BC proudly made both the cup final and chopsticks, with the chance of finishing both first and last overall. Young Pat lead his team out to finish up the competition to a chorus of Happy Birthdays from the crowd, before guiding the boys to victory in their maiden win to avoid finishing 12th.

BCA faced a mixed side of superstars in the cup final and managed to hold them off for a below par total before managing to snatch defeat from the jaws of victory, Pramodh assisting the opposition player to bowler of the tournament with a flurry of negative scoring. Needless to say, celebrations were in order regardless of the result - live music and beach BBQ rounded off the event before witnessing the heroics in the 4th test as Ben Stokes and Jack Leach secured an essential victory in the ashes. Huge thanks to Steve Perry who continues to organise such a magic weekend, which he and Jack Dunford dreamt up 5 years ago. Long may it continue. What a game. What a weekend.



BCGS GOLFING NEWS

August Stableford, Flora Ville GC New Balls & A Golfing Conundrum

Flora Ville hosted our August stableford event. Once again Flora Ville's impressive new club house and locker rooms received glowing reports from all of our players. We were fortunate with the weather. An early short shower didn't linger and playing conditions were pleasantly overcast.

It was fitting that the winner of the first new and very snazzy BCGS logo prize golf ball was awarded to our Captain, Neil Davis for his near pin. Well timed, Neil.

Congratulations to Graham Johnston who shot an impressive 39 points on the day to win the stableford event and the wine. Taking second place was Roy Robertson on 36 points. Well played to both. A golfing conundrum was a topic of some debate as we awaited the prize giving. See if you can work this one out....Jono scored par on a par 5. He was on the green in 2 shots and had only 1 putt. How did he score 5? First correct answer (for those who didn't play on Sunday) to our BCGS email wins a new BCGS logo Titleist Pro V1 golf ball.

Heavy night before the golf or slow play?



You decide



KB What's the caddy hoping will happen next?



Jono and the par 5 conundrum.

Or shiny new balls



And the winner is, Graham. Well played.

August Medal, Royal GC - Nines are fine but consistency is best

In glorious sunshine and perfect conditions (looking up at the blue sky not down at the bumpy sandy greens) monthly battle was resumed between the British Club Golf Section members and the game of golf. They say golf is best described as an endless series of tragedies obscured by the occasional miracle. Our winner of the day and on a prolonged good run of form John Bell overcame a couple of tragic nines by obscuring them with a barrage of pars and birdies to lift the division 1 figurative trophy aloft.

There was more glory for the British club against their biggest rivals the Bangkok Wanderers. Following on from our victorious Magpie putter campaign, the

BCGS matchplay draw pitted the Wanderer's top ranked player Mark Adderley against Karen Carter in a 2nd round match. Such is the vagaries of matchplay golf that despite Karen not recording a single par, to Mark's six pars and a birdie; her consistency (14 bogies) and her handicap advantage (9) saw her over the line by 1 hole. Well played to both for a fantastic match.

The other honorable mention goes to Yurachr Brook, for the first time in 3 years she led the pack home in the Division 2 competition with a net 72. She drained a huge putt (40ft) on the 18th to win one of the new golf balls but could have taken 3 more putts as she ended up 4 shots clear of husband Brian in 2nd place.



August Medal Winner Division 1 - John Bell



August Medal Winner Division 2 - Yurachtr Brook

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.



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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 Membership Sales Manager aphinya@britishclubbangkok.org

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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



RUGBY WORLD CUP 2019 SCHEDULE

20 SEP - 27 OCT 2019 @ 1910 SPORTS BAR



FRI 20 SEP	JAPAN			v	RUSSIA	5.45 PM
SAT 21 SEP	AUSTRALIA			v	FIJI	11.45 AM
SAT 21 SEP	FRANCE			v	ARGENTINA	2.15 PM
SAT 21 SEP	NEW ZEALAND			v	SOUTH AFFRICA	4.45 PM
SUN 22 SEP	ITALY			v	NAMIBIA	12.15 PM
SUN 22 SEP	IRELAND			v	SCOTLAND	2.45 PM
SUN 22 SEP	ENGLAND			v	TONGA	5.15 PM
MON 23 SEP	WALES			v	GEORGIA	5.15 PM
TUE 24 SEP	RUSSIA			v	SAMOA	5.15 PM
WED 25 SEP	FIJI			v	URUGUAY	12.15 PM
THU 26 SEP	ITALY			v	CANADA	2.45 PM
THU 26 SEP	ENGLAND			v	USA	5.45 PM
SAT 28 SEP	ARGENTINA			v	TONGA	11.45 AM
SAT 28 SEP	JAPAN			v	IRELAND	2.15 PM
SAT 28 SEP	SOUTH AFRICA			v	NAMIBIA	4.45 PM
SUN 29 SEP	GEORGIE			v	URUGUAY	12.15 PM
SUN 29 SEP	AUSTRALIA			v	WALES	2.45 PM
MON 30 SEP	SCOTLAND			v	SAMOA	5.15 PM
WED 2 OCT	FRANCE			v	USA	2.45 PM
WED 2 OCT	NEW ZEALAND			v	CANADA	5.15 PM
THU 3 OCT	GEORGIA			v	FIJI	12.15 PM
THU 3 OCT	IRELAND			v	RUSSIA	5.15 PM
FRI 4 OCT	SOUTH AFRICA			v	ITALY	4.45 PM
SAT 5 OCT	AUSTRALIA			v	URUGUAY	12.15 PM
SAT 5 OCT	ENGLAND			v	ARGENTINA	3.00 PM
SAT 5 OCT	JAPAN			v	SAMOA	5.30 PM
SUN 6 OCT	NEW ZEALAND			v	NAMIBIA	11.45 AM
SUN 6 OCT	FRANCE			v	TONGA	2.45 PM
TUE 8 OCT	SOUTH AFRICA			v	CANADA	5.15 PM
WED 9 OCT	ARGENTINA			v	USA	11.45 AM
WED 9 OCT	SCOTLAND			v	RUSSIA	2.15 PM
WED 9 OCT	WALES			v	FIJI	4.45 PM
FRI 11 OCT	AUSTRALIA			v	GEORGIA	5.15 PM
SAT 12 OCT	NEW ZEALAND			v	ITALY	11.45 AM
SAT 12 OCT	ENGLAND			v	FRANCE	3.15 PM
SAT 12 OCT	IRELAND			v	SAMOA	5.45 PM
SUN 13 OCT	NAMIBIA			v	CANADA	10.15 AM
SUN 13 OCT	USA			v	TONGA	12.45 PM
SUN 13 OCT	WALES			v	URUGUAY	3.15 PM
SUN 13 OCT	JAPAN			v	SCOTLAND	5.45 PM
SAT 19 OCT	WINNER POOL C		v	RUNNER UP POOL D	2.15 PM	
SAT 19 OCT	WINNER POOL B		v	RUNNER UP POOL A	5.15 PM	
SUN 20 OCT	WINNER POOL D		v	RUNNER UP POOL C	2.15 PM	
SUN 20 OCT	WINNER POOL A		v	RUNNER UP POOL B	5.15 PM	
SAT 26 OCT	WINNER QUARTER FINAL 1		v	WINNER QUARTER FINAL 2	3.00 PM	
SAT 27 OCT	WINNER QUARTER FINAL 3		v	WINNER QUARTER FINAL 4	4.00 PM	
FRI 1 NOV	WINNER QUARTER-FINAL 3		v	WINNER QUARTER FINAL 4	4.00 PM	
SAT 2 NOV	WINNER SEMI-FINAL 1		v	WINNER SEMI-FINAL 2	4.00 PM	

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