

THE CAVE: BEHIND-THE-SCENES PHOTOS OF TOM WALLER'S NEW BLOCKBUSTER

THE BigChilli



FOR THAILAND'S INTERNATIONAL COMMUNITY



Meet Big Rob,
the nation's
strongest
man



Pineapple Power

Amidst Thailand's pollution woes, "cleantech" visionaries Peter and Jeng Wainman and their brand Pimper Standard want to keep your family healthy

Available on the App Store

Available on Google play

www.thebigchilli.com

ISSN 1685716X



120 BAHT



SEAFOOD LOVERS' DELIGHT: TASTY FRESH CATCHES AT
FRIDAY SEAFOOD NIGHTS.

The mouthwatering premium seafood buffet includes oysters, river prawns, rock lobsters, blue crabs, and New Zealand mussels, plus a half lobster per person. Preparations include on ice, flambéd, or grilled and dipped in zesty sauces. With show kitchens serving international specialties.

Venue: Amaya Food Gallery, Amari Watergate Bangkok

Date: Every Friday from 18:00 to 22:30

Price: 1,750++ THB

Price is subject to 10% service charge and applicable 7% government tax.

For more information and reservations, please call at 02 653 9000 ext. 355



SKY
on
20

Experience the skyline above Sukhumvit 20



CREATIVE COCKTAILS LIVE MUSIC VIEW
PARTY **SKY** Happy Hour DINNER
FUN 5pm - 7pm SUNSET
DJ DELICIOUS FOOD EVENT

#Skyon20bangkok #Sukhumvitrooftopbar #Bangkokrooftopbar

Find out more promotions on   [skyon20bangkok](#)



Sky on 20 (26th floor)
Open Daily 5pm - 1am

NOVOTEL BANGKOK SUKHUMVIT 20

19/9 Soi Sukhumvit 20 · Sukhumvit Road · Klongtoey · Bangkok 10110 · Thailand

E. h9343-fb1@accor.com • T. +66 (0) 2 009 4999



THE STAFF AND
MANAGEMENT OF THE
BIGCHILLI JOIN THE
NATION IN WISHING HER
MAJESTY QUEEN SUTHIDA
A VERY HAPPY BIRTHDAY,
JUNE 3, 2019.



Contents

- | | |
|--------------------------------|-------------------------------|
| 6 NEWS | 44 SUNDAY BRUNCHES |
| 12 PROFILE: STRONGMAN | 70 REVISITING THE PAST |
| 20 THE CAVE – NEW MOVIE | 76 DIPLOMAT |
| 28 GOURMET NEWS | |

WRITE

The BigChilli Co., Ltd.
8/2 FMA Group Building,
5 Floor, Room 501,
Convent Road, Silom,
Bangrak, Bangkok, 10500.

FACEBOOK

thebigchillimagazine

EMAIL

thebigchillimagazine@
gmail.com

TWEET

@TheBigChilliMag

CORRECTION:

In the last print issue of The BigChilli we referred to H.E. Mr Pirikka Tapiola as the Ambassador of the European Community. In fact, he is the Ambassador of the European Union. We apologise for this error.

THE
BIGCHILLI

PUBLISHER

Colin Hastings
editorbigchilli@gmail.com

EDITOR

Nina Hastings
ninabigchilli@gmail.com

SALES & MARKETING MANAGER

Rojjana Rungrattwatchai
sendtorose@gmail.com

ACCOUNT EXECUTIVES

Thana Pongsaskulchoti
thanabigchilli@gmail.com

ACCOUNTING MANAGER

Janjira Silapairson
janbigchilli@gmail.com

ACCOUNTING ASSISTANT

Wijitra Yanghong
ballbigchilli@gmail.com

ART & PRODUCTION

Arthawit Pundrikapa,
Jaran Lakkanawat

PHOTOGRAPHY

JL & AP

CONTRIBUTING WRITERS

Drew McCreddie,
Maxmilian Wechsler
Zoe Evans, Jessica Weber
Ruth Gerson



TheBigChilliMag

facebook

thebigchillimagazine

No part of this magazine may be reproduced or transmitted in any form without prior written permission from The BigChilli Co., Ltd. The opinions and views of the writers are not necessarily the views of the publishers. All details are deemed correct at the time of print, the publisher, the editor, employees and contributors can not be held responsible for any errors, inaccuracies or omissions that may occur. The editor reserves the right to accept, reject or amend any submitted artwork, photographs, illustrations and manuscripts.

The BigChilli welcomes unsolicited contributions but assumes no responsibility for the safe-keeping or return of such materials damaged or lost in transit.

The BigChilli Co., Ltd. 8/2 FMA Group Building,
5th Floor, Room 501, Convent Road, Silom,
Bangrak, Bangkok 10500.

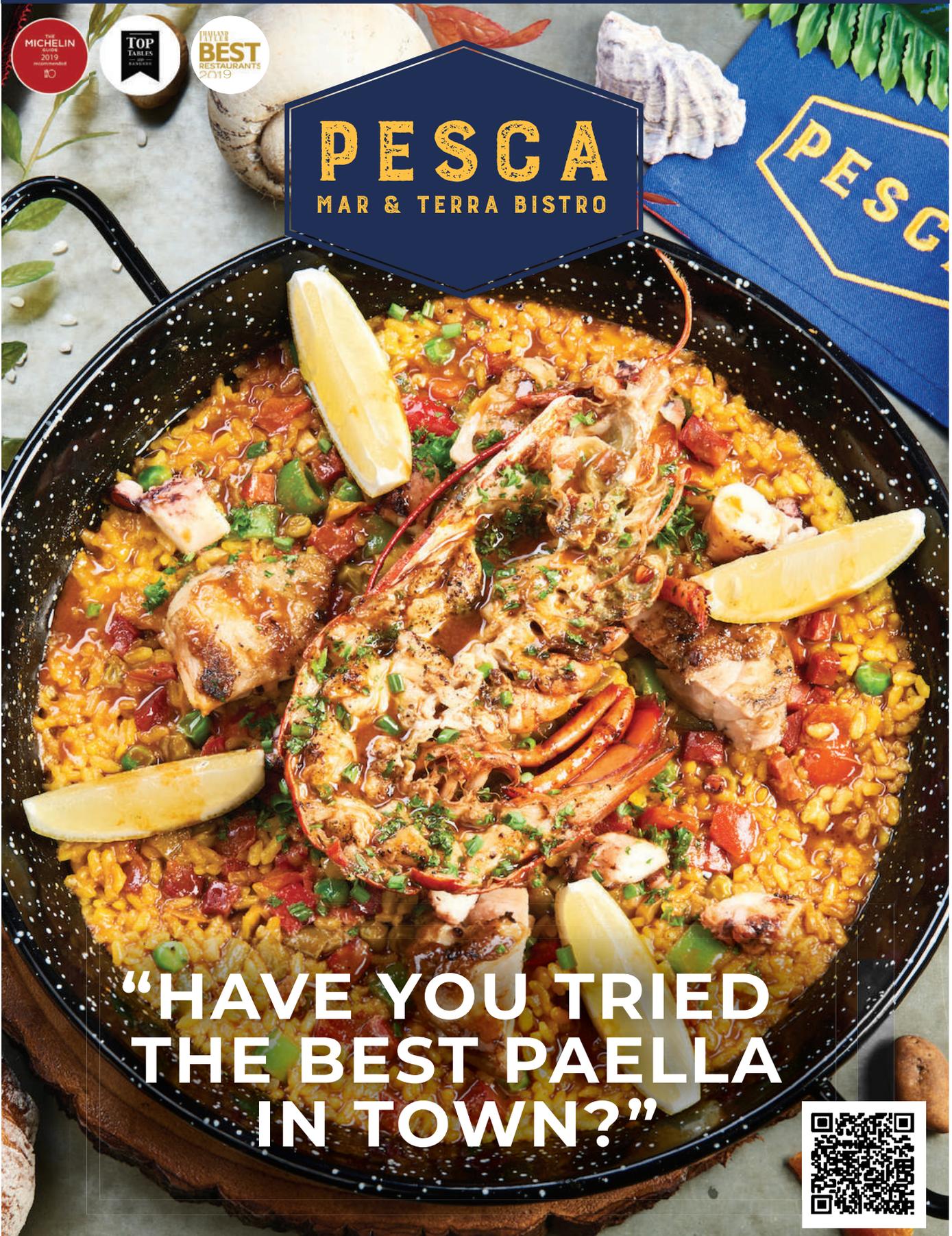
☎ 02-635-5085, ☎ 081-358-1814

Fax: 02-635-5086

✉ thebigchillimagazine@gmail.com

🌐 thebigchilli.com

www.pesca-bangkok.com



PESCA

MAR & TERRA BISTRO

“HAVE YOU TRIED THE BEST PAELLA IN TOWN?”



 063-267-7778

 @pescabkk

 Ekkamai 12

SCAN OUR LINE AND RECEIVE ALL OUR EXCLUSIVE OFFERS

How a freak accident cost photographer Steven Howard the loss of an eye

By Colin Hastings

Long-term British expat recounts the worst moment of his life



Steven at the Hong Kong Sevens in April 2019. He's been covering the HK7s as a photographer for eight years.



The bamboo stump which did all the damage. Knowing that it would be hard to explain, Steven took this picture just moments after the accident, just before he was rushed off to hospital. It would be almost two years before he returned to this exact same spot.

■ It was nothing more than a momentary lapse of concentration while performing – ironically enough – a good deed, yet a sudden loss of footing in a remote field in northeastern Thailand resulted in a catastrophic and life-threatening injury that led to the loss of British expat Steven Howard's right eye.

For anyone, the loss of an eye is a disaster, but for Steven, who earns his living as a writer and photographer, the consequences of this terrible accident were potentially far more serious.

Two years later, Steven recalls the worst moment in his life:

"I was staying at my girlfriend's farm in Roi-Et in the Northeast when I noticed one of the family calves wander

into the neighbour's garden towards his recently expanded vegetable patch. The calf was only doing what came naturally to him as the vegetables did look delicious. The neighbour was none too pleased though and started to load up a slingshot.

"As I tried to warn the calf, shouting at it loudly to move away and

come back, I stumbled and fell over, right onto the stump of a recently cut bamboo stem, which went straight into the socket of my right eye.

"It was a freak accident, about as likely as me winning the lottery twice. I knew straightaway that it was a very serious injury, even before I called out for help.



The calf with its sister (left) and mother (right) in the background.

“Strangely, it wasn’t as painful as you might imagine.”

Steven was taken immediately to the local hospital in Kaset Wisai where doctors were quick to examine and give him a tetanus jab before putting him in an ambulance and sending him to the larger and better equipped hospital in Roi-Et city centre about 60kms away, where he spent the next ten days.

“After many tests, the doctor eventually told me that she did not feel comfortable doing the operation I needed in case it was more complicated than they thought, so she arranged for me to be transferred to Srinagarind Hospital in Khon Kaen which is highly regarded and has a well-known eye specialist.

“I will never forget the taxi ride to the hospital in Khon Kaen. But before I could take that, I first needed to leave the hospital to buy a change of clothes and use the ATM to get money. I must have looked quite a sight! Despite being on some very strong painkillers and other medication, the taxi ride was one of my most painful car experiences, as every bump in the road felt like a hammer to the head.”

After undergoing many more tests in Khon Kaen, it emerged that Steven’s eye had suffered irreversible damage and he had experienced numerous fractures to the inferior and superior orbital walls. The eye was so badly damaged that the doctor was

left with no choice but to remove it.

“I knew as soon as the accident took place that I was in serious trouble. But you still cling to that slither of hope that maybe, just maybe, there’s something that they can do, something to prevent me from losing the eye and my sight. That all vanished after the surgeon tried to do an anterior chamber washout only to find that the eye was beyond saving.

“He came to visit me the next day and explained that there was no other choice but to undergo surgery again and remove the eye, and that I needed to sign a declaration form authorising them to do so. I do not mind admitting that this was very upsetting, and I



Steven in his hospital bed just hours before surgery. Note the mark next to his eye, that was to ensure the doctors would know which eye to remove. Since the operation Steven has tried different types or eye patches.

needed a few moments to take it all in.”

The hospital tried to soften the blow with some consolatory news when the brain surgeon assigned to the case told Steven that the bamboo that had pierced his eye socket had stopped less than a few millimetres short of the dura surrounding his brain.

“If that bamboo stump had been any longer or sharper, I wouldn’t be here today to tell the story,” says Steven. “In that sense, I am very lucky.”

Looking back on his decision to undergo surgery in Khon Kaen rather than at one of Bangkok’s international hospitals, Steven comments without hesitation: “Yes, I could have gone to Bangkok for treatment, but after weighing up the costs, which would have been much, much higher, I decided against it. Frankly, I have absolutely no regrets about that decision – the doctors and nurses at Srinagarind Hospital, and in Roi-Et, did a wonderful job.

“And I am certain the outcome would have been the same.”

During his 20-day hospitalization, Steven kept in touch with his parents back in England via WhatsApp, Skype and email. “They were obviously deeply worried and desperate to visit, but I urged them not to come out to Thailand, which thankfully they didn’t. I’m extremely grateful to them for that. Not long after leaving hospital, I



went back to the UK to visit them.

Steven, who is originally from Southport in the north west of England, first arrived in Asia just over 25 years ago, having decided there might be more to life than a career in banking. “I’d heard that Hong Kong was a dynamic place and even had a picture of the famous Victoria Harbour on my wall at home. So, I bought a ticket to Hong Kong and seven days in a hotel to see what it was really like. I immediately fell in love with the place and wanted desperately to stay, so I set about finding a job there,” recalls 47-year-old Steven.

Eventually he landed a position with a well-known regional travel trade magazine, and because his work involved a lot of travel, especially to Thailand, Steven ended up being based here.

That was more than 20 years ago. Today, he is a highly respected travel writer and photographer who specializes in covering the tourism industry, travel shows and major sporting events. He’s well known as a photographer at the annual Hong Kong Sevens rugby tournament and covers many other leading events in the region and further afield.

Nonetheless, there’s rarely a moment in his life that Steven isn’t reminded of that terrible moment two years ago.

“Since the accident part of my face and head is still slightly numb and I suffer from very bad, almost daily, headaches and occasional dizzy spells, though the doctors do not know what is causing it all.”

With just one eye, Steven has no vision on his right side which can lead to potentially disastrous situations. He has to be particularly careful, for example, when negotiating stairs – especially the first so he can gauge their depth, and also at buffets where it is easy to bump into other diners who may be carrying hot food. Just pouring liquid into a glass has taken practice. “Because of the fractures in my head, if I fell over, it could be deadly.

“Another place I have to be very careful is car parks, especially when walking next to parked cars on my right side, and also when crossing the road,

which may sound dumb, but I find I need to double check as I have already been very close to getting run over!”

Steven’s love of playing sport has been curtailed for obvious reasons, but he is hoping to resume cycling – one of his great passions before the accident – by equipping his bike with a rear view mirror.

“

I knew straightaway that it was a very serious injury, even before I called out for help. Strangely, it wasn’t as painful as you might imagine.



Before the accident, Steven used to love road cycling and would cycle most days. He has yet to get back in the saddle, but says he will when the time is right.

His ability to work hasn’t been excessively affected, though working on a computer is tiring, he says. Operating a camera isn’t a problem either, thanks in part to the size of the camera he uses and the excellent sight of his left eye, which he reckons is near-perfect.

Although he has a fake right eye, he doesn’t use it often as his eyelid no longer works and he says that it is more comfortable without. Steven

also has half-moon eye patches but rarely wears them as they are hot and can “look daft”, with some people assuming you’re off to a fancy dress party. For business meetings, he occasionally dons a pair of eyeglasses, just to shadow the fact that he only has one eye.

Not surprisingly, memories of his time in those two government-run hospitals remain vivid. He talks at length about the help he received from his girlfriend and some close friends in Khon Kaen, as well as the great care and attention he received from staff as well as the people he met, including some of the patients in the beds next to him in Roi-Et and Khon Kaen, with whom he had many conversations in Thai and English.

Another lasting memory is when visitors of a loved one would come to sleep in the hospital. “They were never any trouble, and it was nice to see. They wouldn’t ever try and take an empty bed if there was one in the ward. Instead, they would sleep on the spotless floor next to the bed of their loved one.

“I remember when a very frail old lady came to visit her sick brother and I asked her to please sleep on the floor on the other side of her brother’s bed in case I needed to get up in the night to go to the toilet. I was worried I might accidentally step on her or something getting in or out of bed.

“While this is perhaps a very unusual scene for a westerner, it is normal behaviour here and was very heart-warming to see.”

Despite suffering such a devastating experience, Steven bears no grudges or bitterness.

By nature, he’s resilient and positive, and his goal of eventually setting up a sustainable and community-based tourism business in the northeast to promote the Isaan region of Thailand remains strong.

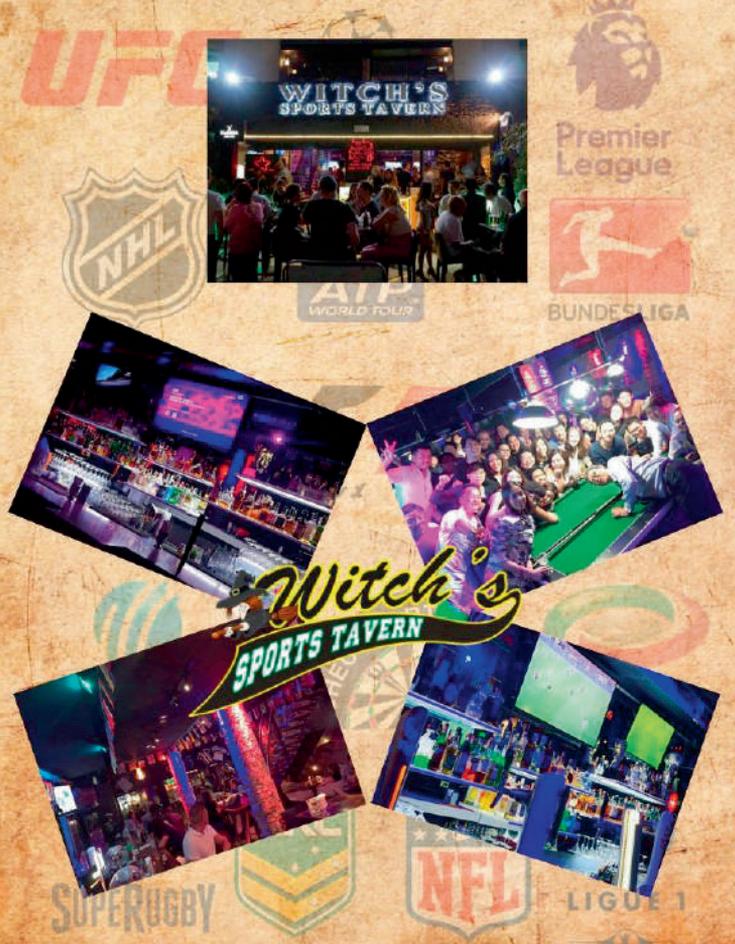
His experience has taught him the following: “One of the things the accident has made me realise is just how precious life is. How important are those we love - friends and family, and how we should cherish each and every moment, as we do not know what the future holds.”

Witch's Oyster Tavern



☎ 02-255-17-45 📷 @witchsoyster 📍 Soi Ruamrudee

Witch's Sports Tavern



☎ 02-255-17-44 📷 @witchssportstavern 📍 Soi Ruamrudee 20/6-7

Bamboo Bar



Al-Khayma Lebanese Retuarant



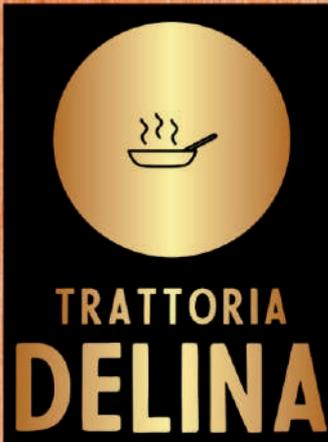
☎ 02-655-55-31

📷 @bamboobarbngkok

📍 Sukhumvit Sio 3 (Nana)



Trattoria Delina



☎ 080-049-96-06 📷 @trattoriadelina 📍 Soi Ruamrudee 11/14

The hotel chain with more properties in Thailand than any other operator (and you may not have heard of it)

■ WHICH company operates the most hotels in Thailand? Marriott, Dusit, Hilton, Sheraton?

None of these. And not even the ubiquitous Centara Hotels & Resorts,

The answer is Aspira Hospitality.

If you haven't heard of AH, that may be because it's a relatively new company. But right now, it operates and manages over 50 properties around Thailand, which is ten more



than Centara Hotels & Resorts, number two on the list.

Founded in 2012 by Marc Sayer, who previously worked for the Royal Cliff Beach

Resort in Pattaya and Landmark Hotel in Bangkok, Aspira's hotel management division was initially aimed at the budget traveller coming to Thailand.

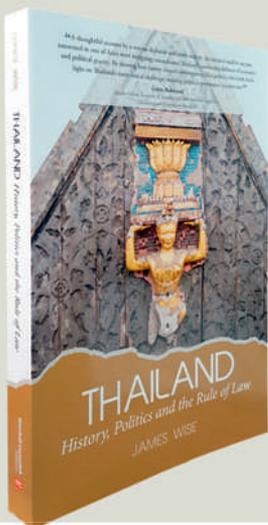
Since then, AH has grown to a portfolio of six distinct brands, catering for different market segments.

"Our latest brand T2, for example, is aimed at the millennial and generation Z travellers, with the focus on providing workspace cafes - instead of all day dining restaurants - and distinct branding for social media awareness," explains Marc.

AH properties are located in most key destinations including Bangkok, Pattaya, Krabi, Phuket, Samui and Chiangmai. They range in size from 15 to 150 rooms.

A further six properties will open later this year.

BOOK REVIEW: Explaining Thailand's complexities



■ DURING his tenure as Australia's Ambassador to Thailand from 2010 to 2014, James Wise was often asked by visitors to give an overview of this nation and its political scene. These requests coupled with his own hands-on experience of Thailand, including an earlier posting here as the Embassy's Deputy Head of Mission from 1995 to 1998, have given James the right background and authority to comment in depth on what really makes this country tick.

His new book *Thailand: History, Politics and the Rule of Law* should be required reading for anybody unfamiliar with the often complex ways of this nation.

Since retiring from the Australian foreign service in 2014, James has divided his time between Australia and Thailand. He is now an independent consultant providing assessments and presentations on trends in the political economy of Thailand. He is also an independent director on the board of ANZ (Thai) and the director of a foundation that has established a school for underprivileged children in the north-east of Thailand.

In addition to two postings to Thailand, he was High Commissioner to Malaysia (2003-07) and had earlier postings to the Soviet Union (1987-91) and Papua New Guinea (1983-85).



UNO MAS-the height of dining

By CK Lee

IN Bangkok, Sunday is brunch day. The one day for bonding, for rewarding ourselves and for eating what your heart desires. How to make this Champagne Brunch experience even better? Throw in a view and free-flow champagne, of course.

And UNO MAS in Centara Grand at CentralWorld does just that!

Theirs is not just any view too - it is a commanding panorama of our capital from the 54th floor. Towering from up above, your epicurean Sunday begins...



Your dining deck at UNO MAS offers premium imported delicacies from Spain and the Mediterranean region. The famed Iberico ham comes to mind. A medley of tapas also awaits. A comprehensive ala-minute menu is available. Each plate once again a nod to the colorful range of Spanish cuisine.

For the seafood enthusiasts, they have four kinds of oysters in the line-up. Try them all, is Sunday after all. Move on to jumbo prawns and pick up a few lobsters along the way.

Don't forget to sip your champagne as you soak in the view of Bangkok down below. The G.H. Mumm Cordon Rouge is free-flowing throughout the brunch. The abundant and delicate bubbles is a testament to the elegance

and vigour of this champagne. Blending harmoniously are notes of white peaches, ginger, honey and lemon zest. A vivacious drink for any Sunday!

3,555++ Thai Baht inclusive of free-flow champagne and soft drinks
For more information or to make reservations, please call 02-100-6255 or email diningcgcw@chr.co.th.

Find out more about UNO MAS below:

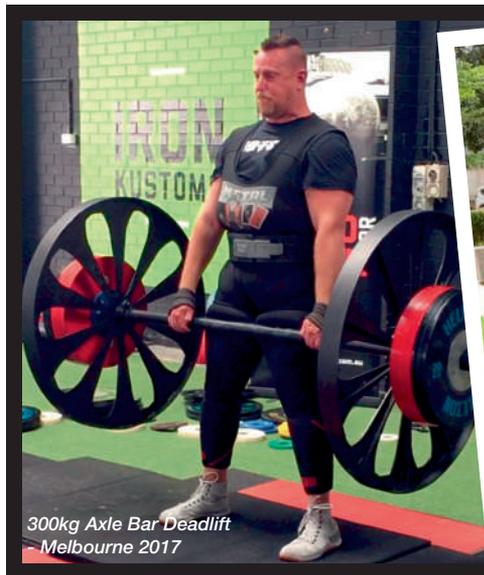
Website: www.unomasbangkok.com

Facebook: UNO MAS

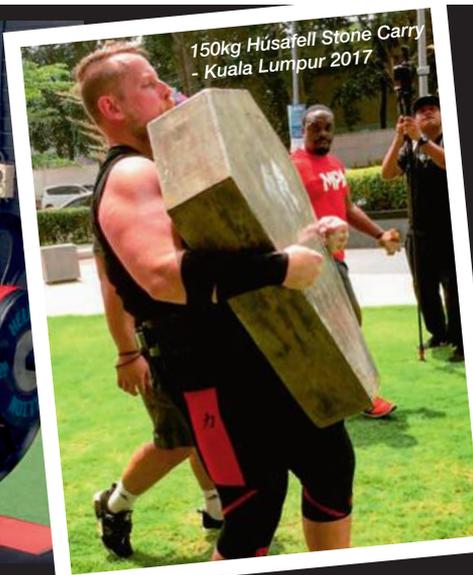
Instagram: [Unomas_Bangkok](https://www.instagram.com/Unomas_Bangkok)



Thailand's



300kg Axle Bar Deadlift
- Melbourne 2017



150kg Húsafell Stone Carry
- Kuala Lumpur 2017



160kg Atlas Stones
- Tasmania 2019

Big Rob stakes his claim as the nation's strongest man



Arnold Australia Qualifier 2018

After representing Thailand in Rugby Union and Rugby League, this gentle giant from the UK is heading off to Budapest to compete for the Kingdom in the World's Natural Strongest Man competition

Name & nickname

Rob Milsom. Beast from The East.

Age: 36

Born and brought up

Born in Bath, UK. Grown up in Bangkok, Thailand.

Best friend in Thailand

During my time here I've made a couple of really good friends that I think of more as brothers, the first is Morcar McConnell, who I first met playing rugby at the British Club back in 2002,

Strongman



140kg/Hand Farmers
Walk - Melbourne 2018



130kg Viking Press - Canberra 2018

the second is Neil Walker (a ginger) who came to join a startup I was working with in 2013. We worked at two companies together and are now the co-founders of a business together.

Your profession

CEO & co-founder of Medvine.com, a B2B e-commerce & supply chain solution for the medical device industry in ASEAN.

Tell us more about your business

I first came up with the idea for Medvine with my friend and co-founder Neil back in 2016. I'd worked for over 10 years in the Medical Device manufacture and distribution industry, and that experience coupled with our time together working in tech start-ups allowed us to find a tech solution to disrupt and bring efficiencies to the old style distribution systems that plague the ASEAN medical industry.

How long have you been here?

Moved here in March 2001, so that means I'm currently in my 19th year here – amazing to think that I've now been here for more than half my life.

How good is your Thai?

Fluent!

What brought you to Thailand?

The sole reason I came to Thailand is because of my older brother (18 years older) Neill. He had been here managing Nokia Networks since '96 and had just started his own management training and consulting business in Thailand in 2000. I was unsure what I wanted to do back home and he offered me the chance to come to Thailand and help build his business with him. Everything I have done and

accomplished has been a result of my brother bringing me here and I owe it all to him. Unfortunately my brother passed away back in June 2010, and it was his passing that kick started me to get in the gym, get back into rugby and then eventually make my way into Strongman.

When and why did you take up Strongman?

Ask anyone from the UK and they will tell you that the World's Strongest Man is a Christmas TV tradition, and as a child I watched it every year in awe of the feats of strength the participants were accomplishing and always wanted to try.

I first started training the sport of strongman towards the end of 2016. I'd always been fascinated by the sport and wanted to try but as you can imagine, there wasn't anywhere to train it in Bangkok until I found the Muscle Factory.

The main thing I like about strongman is that it takes many different skills to be good at it – static strength,

mental toughness, speed, and to be honest a touch of crazy lol. It's also one hell of a good spectacle when you compete or train events, you can see the look on people's faces when you pick up 150kg rocks to your shoulder or lift cars from the ground. It's just something people don't see every day but can relate to in a very real way.

Previously, what were your favourite sports – and did you excel in any of them?

Rugby has always been my sport and I've played it since I was five years old. I'm proud and honoured to say that I've played international rugby for Thailand eight times, four times in Rugby Union and four times in Rugby League.

In fact, I am Thailand's first-ever dual code international having made my League debut in 2012 vs the Philippines and my Union debut in our 2013 win over Kazakhstan.

What Strongman competitions have you already participated in and others in the future?

Most of the competing I've done has been outside of

Thailand as there aren't many chances to compete here. I've competed in Malaysia's Strongest Man, South East England's Strongest Man, Victoria's Strongest Man, and a quite few other competitions down in Australia. The best Strongman competition we have here in Thailand is the Siam Strongman Classic which was held in February in Bangkok and is next due to be held at the end of October in Pattaya.

My biggest competition, however, is coming up on the 15th June, where I've been invited to represent Thailand at the World's Natural Strongest Man competition in Budapest, Hungary, alongside athletes from more than 30 countries around the world. This is a huge honour and I'll do Thailand and everyone who has helped me along my way proud!

What tests do the competitions normally involve?

There are many different events in Strongman which can be broken down into five categories: Moving Events, Overhead Pressing Events, Pulling Events, Grip/Mental



500kg Tyre Flip - Kuala Lumpur 2018

Toughness Events and Events where you simply pick things up and put them down again.

The World's Natural Strongest Man contest, which I will be competing in, will have five events:

1. Lifting a 160kg Atlas Stones over 1.1m bar as many times as you can in 90 secs.
2. Pulling a 26-ton truck for 30m in a harness.
3. Lifting a 130kg log + three other 100kg objects overhead.
4. Walking 20m in one direction with 130kg in each hand (Farmers Walk) & 20m back carrying a 450kg Super Yoke.
5. Lifting 240kg, 250kg, 270kg and 280kg implements to the top of three steps (Power Stairs).

What does it take to compete in these competitions?

A few things really. First off and most importantly you need to be strong, but you also need to be smart and willing to learn. Every time you train or compete you are learning from the people around you and similarly they are learning from you. Usually you will train for four sessions a week for 8-12 weeks specifically for a competition and for those events.

Is it an expensive sport to compete in?

Yes, it can be, to be able to compete at a decent level you need quite a bit of equipment. For example, for the events I mentioned above, I would need three different weightlifting belts, three different pairs of shoes (weightlifting shoes, shoes for the moving events and rock climbing shoes for the truck pull), knee sleeves, elbow sleeves, wrist wraps, stone sleeves and tacky for the Atlas Stones, plus lots of optional things like chalk for grip, ammonia salts to sniff before you lift, etc.

Additionally, if your gym doesn't have the equipment you need then you may need to buy some specialist things yourself, which are not cheap.

I'm very lucky to have a couple of great sponsors behind me when it comes to the equipment I need in Cerberus Thailand & Bench Fitness Equipment who support me 100%



28,000kg Oil Tanker Truck Pull - Kuala Lumpur 2018



6,500kg Tractor Pull - Canberra 2018

with what I need to train and compete. The guy behind both of those companies, Jonathon Sheaffe, has really helped me a lot and is shaking up the gym/strength equipment business in Thailand and beyond.

What is the difference (if any) between strongman, powerlifting and bodybuilding?

Let's start with bodybuilding, which is all about how your body looks. These guys and girls have hyper disciplined diets and work to grow their muscle size but not necessarily the strength of the muscle.

Strongman and powerlifting are 100% about what your body can do. We often look like the type of people who would wrestle a bear in a cave more than stand on a stage in sparkly pants.

Powerlifting is about static strength – three different lifts that you see people doing in every gym all over the world, squat, bench press and deadlift, but strongman is much more varied in events and the competitors often come from different sporting backgrounds to compete in strongman. Powerlifters make very good strongmen but so do rugby players, wrestlers and Olympic weightlifters.

Where do you train and how often?

My home from home is the Muscle Factory Bangkok at Sukhumvit 56. The owners are fantastic and have supported me on my journey, investing in lots of new equipment so that I can train effectively for any events I have. It's a huge gym for all types of strength sports and

must be the best and most well equipped gym in Asia.

People are often shocked that I only train four sessions a week, but those sessions usually last from 3-5 hours each depending on what my coach has planned.

Please describe your normal training regime. As I mentioned, I train 4 sessions a week, these are divided into:

Tuesday – lower body explosive.

Thursday – upper body explosive.

Saturday – lower body max effort.

Sunday – upper body max effort.

My coach uses a training methodology called conjugate which allows for hitting max weights each week on different and has worked great with me.

Do you have a coach?

I have a fantastic coach from Melbourne, Australia, Michael Smits. He is one of the world's strongest lightweight (under 80kg) Strongman and a genius when it comes to programming my training and getting the results I need at competitions.

As a heavyweight it's been great having such a talented lightweight athlete as my coach, he teaches me more about technique and how to be more explosive, as the lightweight guys can't rely on just brute strength and size like the big guys can.

How much of what you do (in Strongman) is about strength vs technique?

I'd say it's 60/40 to strength right now for me, but that is going to be different for everyone. When I started two years ago it would have been 95/5. I guess the ideal ratio would be 50/50.

Are you the strongest man in Thailand?

As I don't currently hold that title, I'm not going to claim it, I'm the best in Thailand and hold the records for many events (Log Press, Yoke, Atlas Stones) but have many other events to work on. But I would say that at a pure strongman competition without weight classes, 100% I'd come out on top.

What are the greatest feats of strength you have done so far?

I'd say that pulling a 28,000kg petrol tanker truck for 30m is one of them, also my 520kg Yoke I recently did in training at the Muscle Factory would be another.

We hear you're rubbish at arm

wrestling – why is that?

It's a mystery?!?!?

How tall are you, and how much do you weigh?

I'm 192cm tall and currently weighing in at a skinny 160kg.

How does your weight now compare to when you first started the sport?

When I was playing international rugby for Thailand my weight was always between 115kg to 125kg. As you can see, since then I've gained a lot of mass but also a lot more power. Pure weight helps a lot with many events, a common saying in Strongman is that "mass moves mass", but you have to make sure you are gaining muscle as well as fat. Something that's difficult to get people to understand outside of strength sports is that you need a certain amount of fat in order to be this strong, it supports your muscles and helps with recovery.

How much stronger do you think you can be?

I can feel I have a lot more potential to grow my strength. The last year has seen my strength rocket up and I expect the same to happen over the next few years.

Will you ever be as strong as current world's strongest man, Hafthor Bjornson, aka "The Mountain" from Game Of Thrones?

There is a simple answer for this... No, he's a monster, 206cm tall and well over 200kg. The guys at the very top of the sport dedicate their lives to getting there. They eat, sleep and train as any other professional athlete and make huge sacrifices very few people understand to do things the rest of us can only dream of.

Have you suffered any injuries as a result of training or competing?

So far I've been relatively injury free. Compared to rugby, Strongman is actually a very safe sport as you don't have so many unknown factors that could cause you an injury. This doesn't stop my mum telling me to take it easy and go careful every time I call her though.

Tell us about your diet, and what is comprises of.

My diet usually consists of five to six meals throughout the day, trying to consume between 5,500 and 6,500 calories. In the morning I have 1.5 litre shake with full fat milk, mass gainer powder, protein powder, oats, frozen spinach, frozen berries and my secret ingredient – six

“

It's become a normal thing to be stared at by people, but once people hear me speak Thai they are genuinely interested in why I'm so big and what do I do.



BigChilli's Colin Hastings is a lightweight for Big Rob



400kg Super Yoke Walk - Canberra 2018



Rugby International Match - Thailand vs Malaysia - Bangkok 2014

or seven Mcvities digestive biscuits just to add extra calories.

I eat a lot of beef, turkey, chicken, sweet potatoes and white rice as well as pizza, burgers and other junk... remember, it's Strongman not bodybuilding.

How do the food costs stack up?

It's expensive!!! I spend most of my spare cash on food and supplements.

Do you drink alcohol?

As a general rule I don't drink and haven't really drank much my whole life. On special occasions or after winning a competition I might have a cider or 10 though.

Can you buy all the best foods for your sport in Thailand?

The food, yes that's one great thing here, food in general is cheap and it's easy to find everything you need. The part where it becomes a challenge is supplements. There isn't a huge choice of the things I need and I often have to buy in bulk overseas when I travel.

Have any restaurants banned you from their buffets?

There may well be a picture of my on the wall of a couple of well-known hotel buffets saying not to let me in.

Have you ever come across drug-taking, and what are your thoughts on this subject.

It's an open secret that steroids and other PED's (performance enhancing drugs) are used in the main stream in Strongman, powerlifting and bodybuilding. Personally I am a natural strongman, hence my invitation to compete in the World's Natural Strongest Man Competition which is tested. Having said that, I don't have a problem with people doing what they need to do to achieve the results they want. What I do believe though is that people should be open about it, talk about it and do it in an educated way. Unfortunately, there are far too few reliable resources out there to help people and it's treated as an underground and taboo subject.

How old is too young or too old in this sport?

There is no age limit for Strongman, the younger you start, the better you are going to become. The Masters category starts at 40 for strongman and we have people competing at the top level of the sport way into their 50s like Nick Best of the USA or Mark Felix of Great Britain.



After Rob's last home International Game for Thai Rugby Union

Can a vegan become a top Strongman?

No, that's what CrossFit is for!

Do women compete in Strongman too?

In actual fact the women's categories of the sport can be even more competitive and interesting to watch than the men's, as there are some truly world class female athletes out there lifting some unbelievable weights. And I'm lucky enough to have one as my partner.

Will Strongman ever become an Olympic sport?

That's the plan, the World Natural Strongman Federation is working together with Sport Accord and the International Olympic Committee to have Strongman included as a potential Olympic sport in the future.

Obviously this has to be the drug free version of the sport which I am competing in, so who knows – one day I may get to represent Thailand at the Olympics.

Where do you buy your clothes?

This is one of many issues you get when taking your strongman training to the next level, all your clothes appear to shrink. I've given up trying to find anything to wear here in Thailand and usually buy things when I travel to Australia or Europe.

Do you get comments from bystanders, on the Skytrain or MRT?

It's become a normal thing to be stared at by people, but once people hear me speak

Thai they are genuinely interested in why I'm so big and what do I do.

The best reactions are from little children though. I often hear kids shouting to their mums in the supermarket: "Mum! Look at that giant farang wrestler."

Can you fit into an economy seat on a flight?

This is becoming more of a struggle as I get bigger. The most difficult part is the width of my shoulders, but usually people are very understanding and nice. When checking in, the staff take pity on me I can usually get a spare seat next to me if one is available.

Clearly, no one bullies you – or tries to get you in a fight – right?

You would be surprised... I'm a gentle giant and very rarely react to things, but once in a while, if you push me far enough, the beast might come out to play lol.

What's next for you?

After the World's Natural Strongest Man competition on 15th June, my next goal is to qualify for the Arnold Australia Sports Festival Strongman competition in Melbourne next year.

Any final thoughts?

Strength sports in Thailand are growing fast, strongman, powerlifting, Olympic weightlifting and bodybuilding are all more popular than ever and it's great to see new faces making their way to gyms across the country to give these sports a try. Anyone can try, you don't have to be a giant or even strong to start training for Strongman. It's great fun! Anyone who is interested in giving it a go can contact me via my Instagram @rob_beastfromtheeast and they are welcome to come join one of my training sessions!

GUEST CHEF FROM KIRORO

May 31 to June 9, 2019

Kisso presents the exceptional Chef Kazuro Takanashi from Hokkaido to showcase their beautifully balanced A La Carte menu, Lunch course, Hokkaido Chef's course and Hokkaido Kaiseki course.



FAMILY-FILLED SUNDAY LUNCH

Until June 30, 2019
Sunday, 12:00 – 15:00 hrs.

A new highlight menu is developed around the fresh Atlantic scallops. Several ways to cook this delicate dish: seared, fried and pan-fried.

THB 1,850 ++ per person
including free-flow soft drinks

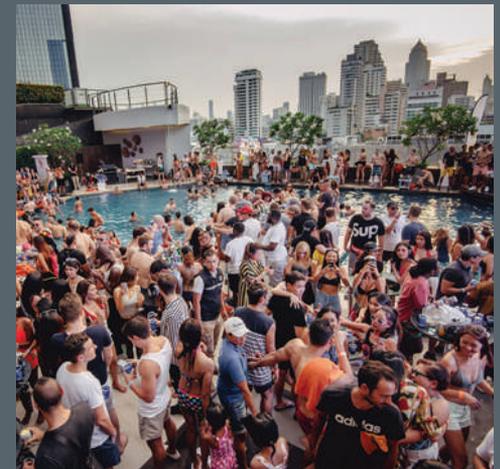


SEASONAL HIGHLIGHTS AT KISSO

Until June 30, 2019
Daily, Lunch and Dinner time

During May and June, Kisso is focusing on "Ayu" (Sweet Fish), and "Aji" (Japanese Horse Mackerel), and as its seasonal inspirations.

From THB 690 ++



WESTIN POOL PARTY

June 15, 2019
13:00 to 21:00 hrs.

Let's get wet and unwind in style! Our Pool Party features liquid Pool Bar refreshments and classic poolside bites plus an awesome line-up of DJs.

Entrance fee: **THB 340 ++**

Bookings via our Online Store enjoy discounts from 20% to 50%: onlinestorewestinbangkok.com.
For more information or reservations, please call (66) (2) 207 8000 or email fb.bangkok@westin.com





The 12 boys and their coach were trapped in darkness for two weeks, but were armed with flashlights before entering the cave.



Writer and Director Tom Waller briefs his cast Eoin O'Brien, Mitch De Young and Jim Warray, who plays himself.

By Colin Hastings

■ THIS month marks one year since the heart-stopping rescue of all twelve members of a boys' football team, aged 11 to 16, and their coach from a water-filled system of caves in northern Thailand.

For 18 days, the world had held its breath; their fate was in the balance. When the boys finally emerged, thanks to an amazing internationally-supported rescue mission, the collective sigh of relief mingled with a torrent of tears was felt across the globe. Not since the astonishing rescue of the Chilean miners back in 2010 has there been such tension and real-life drama.

The race is now on to launch the first movie about the rescue and its many heroes.

'THE CAVE' - WHEN THE WHOLE WORLD HELD ITS BREATH



Tom Waller with the U.S. Major, played by James Edward Holley, at the rescue camp on the set.

Photo © 2019 Fredrik Divall. All Rights Reserved. Courtesy of De Warrenne Pictures Co. Ltd.

Tom Waller's latest film tells the dramatic story of the heart-stopping rescue of the Wild Boars football team and their coach from a water-logged cave in northern Thailand. Exclusive to The BigChilli - behind-the-scenes photos of the film during production

In pole position is Thai-Irish director Tom Waller, whose movie 'The Cave' is scheduled to debut in Thailand and then internationally later this year. A trailer is expected next month.

Tom, whose previous work includes the award-winning film *The Last Executioner*, *Butterfly Man* and *The Elephant King*, says he has based the movie's script and action on true events – the thrilling story of the largest international rescue mission of modern times from the unique perspective of men and women facing life-and-death decisions and displaying selfless determination and sacrifice, culminating in a triumphant outcome against all the odds.

With permission from both the Ministry of Culture and the National

Parks Authority, the movie was shot in just 30 days, mostly in locations in Thailand, including one day at Tham Luang Cave in Chiang Rai, where the boys and their coach of their Wild Boars team were trapped in darkness for two and a half weeks. Other scenes were shot in the UK and Ireland.

"It wasn't easy getting access to Tham Luang," says Tom. "It fills up with water in November and December so it's not possible to enter for more than four months.

"Also, since the rescue, the cave gets thousands of visitors."

An alternative cave complex in Sa Kaew province was used for filming, together with a replica set built in an abandoned swimming pool in Bangkok. The film crew were able to recreate



Two of the boys on the set, playing members of the entrapped football team of 12 boys and their football coach.



A U.S. Army Staff Sergeant, played by Bobby Gerrits, carrying a 'Sked' stretcher on the set.



Outside the cave entrance a rescue camp was setup including field hospital, food stalls and areas for military, press, rescuers, relatives, volunteers etc. A similar rescue camp was setup at the movie set for 'THE CAVE', here with the area for Thai soldiers.



Tom Waller briefs a U.S. Captain, played by Mitch De Young, on the set with actor Eoin O'Brien in the background playing Sgt. O'Brien.



Tom Waller is framing a shot of an actor, playing a Thai Government Official, thanking the heroic rescuers including Jim Warny (second right) who is playing himself as one of the core members of the dive team during the actual cave rescue.

realistic conditions of the cave with its poor visibility by using head lamps.

Tom recruited more than a dozen participants from the actual cave rescue, including several of the real divers such as Jim Warny, Tan Xiaolong, Erik Brown and Mikko Paasi, to play themselves in the movie. Experienced divers from Belgium, Finland, Canada and China were also used.

There was no contact with the boys or their parents because the Thai government is protective and chaperones them everywhere. "To talk to them you have to deal through a committee," notes Tom.

Like everybody else, Tom was transfixed by the actual rescue as it unfolded in April last year. "I realised that as a Thai film director and producer, I was in a unique position to tell this story. I had met one of the divers in Ireland who gave me a first-hand account of what had happened,

so I felt that this just had to be my next project.

"I didn't think about the finance. I'd got the idea to captivate the world and thought I should have a crack at it.

"Being both a Brit and Thai gives me a unique dual perspective."

Nonetheless, making a movie about a real-life event requires special care and attention. "It's as if you're re-writing history when you're making a film like this, so a lot of responsibility goes into it, and you have to be very careful. Some of the characters are analogous, some are fictitious. Overall, we paid a huge amount of attention to detail."

The story was developed by the same team that wrote 'The Last Executioner'— Don Linder, Katrina Grosse and Tom.

"Instead of worrying about what the audience already knew, we endeavored to recreate authentic conditions in a way that would allow



the audience to feel as if they were actually there – even to feel as if they were immersed in the tunnels with the rescuers,” says Tom.

“We wanted the audience to feel what the boys themselves must have experienced: the hunger slaked only by water dripping off stalactites, the disorientation of complete darkness and loss of sense of time, the threat of rising waters suddenly engulfing and carrying them away, and the real possibility of never seeing their parents again.

“My film focuses on the volunteer spirit of the rescuers, following the untold personal stories of those unsung heroes involved in the mission to bring out the trapped boys and their coach from the cave.”

To ensure accuracy and credibility, Tom involved more than a dozen actual rescuers in the production, mostly playing themselves in the film. “They helped to maintain the authenticity since, for them, there’s no acting required.

“Although the story is embedded in a Thai narrative the film features a truly international cast. In the same way that this rescue was a real mix of participants from all over the world, I’ve tried to match that variety by



The coach, played by Ekawat Niratworapanya, being carried away on a ‘Sked’ stretcher. All the boys were transported in a sedated state wearing bodysuit and full face mask.

using a very diverse ensemble cast, which includes real people from the rescue as well as trained actors to portray certain roles.”

“Many of the people from the local Chiang Rai/Mae Sai community who were actually involved the events at Tham Luang cave have cameo appearances as extras in the film.”

Production challenges

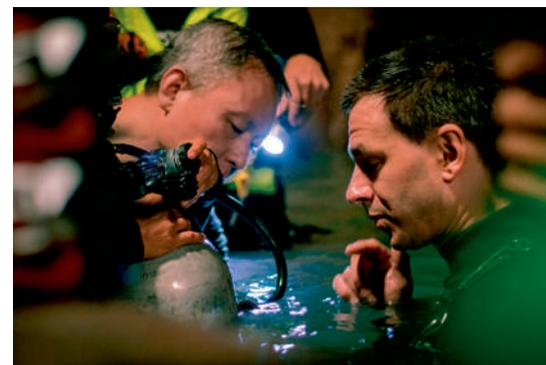
As with any movie, production of The Cave had its fair share of glitches and need for quick adaptations. In September 2018, Tom got special permission for the writers and some of the crew to visit the mouth of the actual cave, which had already been closed off to the public. This was an important visit.

Co-script writer Don Linder notes: “My take-away from standing right at the cave was that no matter what I had seen on TV or in photos captured how dangerous and seemingly crazy it was for the 13 to climb down a slippery escarpment and enter the tiny entrance to the cave.”

Despite requesting a permit to access the front of the cave again to film external scenes, that permit was never issued until after the main filming block had finished. So, on



Cave divers Tan Xiaolong and Jim Warny, who are playing themselves as rescue divers in the movie, together with actor Alex Winslow.



Cave divers Tan Xiaolong and Jim Warny, playing themselves, are preparing for a scene. They are two of the actual cave divers that took part in the sensational cave rescue mission in northern Thailand.



The movie is paying attention to detail in order to remain true to the genuine cave rescue, here at the rescue camp on the movie set with proper costumes for a member of the Chiangrai Medical Emergency Response Team (MERT) and the Thai Police.



“
Perhaps the biggest disappointment was that the Ministry of Culture never issued the requested permission to use the boys themselves.

Cave rescue divers Jim Warny (Belgium) and Mikko Paasi (Finland), who are playing themselves, share a moment between takes on the set.

the day that scene was shot, the crew had to search on-the-fly for a nearby cave entrance that was so similar that it was easily transformed for the scene where the boys ride up on their bicycles and clamber up a hill to the entrance. Other authentic caves were used for some internal shots just a few meters in.

The scene when the boys are rushed in individual ambulances to a waiting helicopter to take them to the hospital in Chiang Rai also almost went down the tubes when the

promised permit to use a helicopter was never issued. The crew were able to use the actual field where the helicopters landed and took off, but there was no helicopter. Instead, huge blowers were brought in to replicate the dust storm created by a chopper, and the scene was refocused on the dramatic rush from ambulance to helicopter.

Perhaps the biggest disappointment was that the Ministry of Culture never issued the requested permission to use the boys



*Cinematographer Wade Muller, known from films such as *The Last Executioner* (2014) and *Mechanic: Resurrection* (2016), is preparing for a scene at the rescue camp on the movie set.*

themselves. Understandably, the Thai government has been very protective of the boys to avoid their exploitation. So, twelve actors were hired, and with make-up and wardrobe, they gave amazing performances barely indistinguishable from the actual boys.

Languages presented another problem to be solved. To maintain authenticity, Tom decided that characters would speak whatever language they would have used during the rescue, including various dialects of Thai, English, pidgin English, and Chinese.

Ultimately, *The Cave* is a film which not only captures the incredible events and essence of the story, but also its Thai-ness. As Waller noted, “It was a Thai emergency, but the whole world tuned in and tried to help.”



Executive Producer Desmond O'Neill and Writer/Director Tom Waller on the set with cave rescue diver Erik Brown, who plays himself, on location in Thailand.



Land Meets the Sea at Pesca

By CK Lee

■ Pesca Mar & Terra Bistro is located on Ekkamai Soi 12. Pesca is a market-to-table concept offering a great selection of fresh products, carefully selected with the help of passionate fishermen, farmers, butchers and cheese artisans.

Freshest seafood, steak, organic vegetables and a luxurious display of cheese and cold cuts will dot your table during dinner. Guests can be seated as early as 6pm with last order at 10.30pm (11pm on Saturdays).



Come early to beat the evening rush and let the valet handle your parking. That'll give you more time to select your oysters and lobsters. We opted for Fine de Claire Oysters, and it was a roaring start to the meal ahead.

Any salad with burrata is refreshing, and brings me back to the meadows and hills of Italy. Once artisanal sausage is added alongside truffle oil, all boxes are ticked! Divinity on a plate is achieved. I could have this for lunch any day, on its own.

Service is friendly without being overbearing. For mains, we sampled the Seafood Spaghetti and the Oyster Blade Wagyu Steak. Top score for presentation and the accompanying sauces were diverse. A sprinkle of salt, a spoonful of sauce for each cut

and the picture perfect steak is on its way, from table to mouth.

Private room is available if you need to have a business meeting before meal time. Pesca's sister restaurant, Lola by Cocotte is right next door too. We got a peek of their cakes on display and we will be back. Pesca also has a weekly Sunday brunch from 11am to 3pm. To end the symphony of taste across land and sea, Pesca's Snicker And Souffle Coffee graced our table. #cameraeatsfirst comes to mind as we took photos from various angles.

*Pesca Mar & Terra Bistro
39 Ekkamai Alley Soi 12
Contact us: 063 267 7778
manager@pesca-bangkok.com
Valet Parking Available*

CONCERTS IN JUNE-JULY



[ALEXANDROS]
 Sleepless in Bangkok
 Moonstar Studio (Studio 1)
 Ladprao Soi 80
 June 30
thaiticketmajor.com

BLACKPINK 2019
 World Tour [in your area]
 Impact Arena,
 Muang Thong Thani
 July 12 - July 14
thaiticketmajor.com

Lany

WESTLIFE
 THE TWENTY TOUR IN BANGKOK 2019
 Impact Arena,
 Muang Thong Thani
 July 24
thaiticketmajor.com

LANY
 Malibu Nights World Tour
 in Bangkok 2019
 GMM Live House
 @ Central World Fl.8
 July 29 - July 30

30 JULY 2019
 GMM LIVE HOUSE AT CENTRAL WORLD, BANGKOK
 TICKETS START FROM 1,800 BAHT
 TICKETS ON SALE 2 MARCH 2019
 CALL 02 262 3838 / WWW.THAI TICKET MAJOR.COM

 A promotional photograph of the band Lany. The three members are shown from the chest up, wearing dark clothing. The name 'LANY' is printed in large, stylized letters at the top.


TWICE WORLD TOUR 2019
 'TWICELIGHTS' IN BANGKOK
 Impact Arena, Muang Thong Thani
 June 15
thaiticketmajor.com

THE BEST OF **BRUNCH**

Make the weekend even more special
with a rewarding Sunday Brunch buffet at Atelier restaurant



Book online at www.atelierbangkok.com
or 02 204 4071



PULLMAN BANGKOK GRANDE SUKHUMVIT

30 SUKHUMVIT 21 (ASOKE) ROAD - BANGKOK 10110 - THAILAND - T. +66 (0) 2 204 4000
INFO@PULLMANBANGKOKGRANDESUKHUMVIT.COM - PULLMANBANGKOKGRANDESUKHUMVIT.COM - ACCORHOTELS.COM

An **ACCORHOTELS** brand



PULLMANHOTELS.COM

Food & Drink

Bangkok's hottest dining deals and news



A noodle like no other

Hand-pulled 'La Mian' noodles, a Chinese delicacy with a chewy consistency, can be found at Dynasty restaurant, 24th floor Centara Grand at CentralWorld, in authentic and contemporary Cantonese dishes served either 'dry' (without soup), charcoal roasted or in a fragrant broth. Special items include 'La Mian Noodles with Char Siew', or 'Maine lobster with La Mian topped with Shanghai sauce'. Available from 265++ baht during lunch (11.30 am-2.30pm) and dinner (6pm-10.30pm).

📍 Tel: 02 100 6255. www.diningcgcw@chr.co.th



Summer Sweet Afternoon Tea

Diplomat Bar in the 1st floor lobby of Conrad Bangkok invites you to Summer Sweet Afternoon Tea. Along with gourmet teas or coffee, enjoy a delightful selection of sandwiches, such as Smoked Chicken and Avocado Sandwich or Crab and Pear Sandwich, and hot scones served with homemade English marmalade or clotted cream. Available from May 13 - August 30 between 2.30pm and 5pm daily at 1,200++ baht per set (two adults).

📍 Tel: 02 690 9999. www.relishbangkok.com/diplomatbar/



Food Fantasy Feast

The Grand Weekend Buffet at The Glass House at Eastin Grand Hotel Sathorn Bangkok is a worthy name for delectable seafood on ice, imported European cold cuts, appetisers, special Wagyu Sushi, pan-fried foie gras, carving stations slicing stuffed pork belly, organic chicken, rack of lamb, baked teriyaki salmon; a smorgasbord of international and Asian favourites! Plus a devilishly delicious dessert corner! Priced at 1,800 baht net, Friday and Saturday evenings and Sunday lunchtimes, children under 12 years 50% discount.

📍 Tel: 02 210 8100.

www.eastingrandsathorn.com

Celebrating Family Traditions

VIU restaurant at St. Regis Bangkok offers Saturday Family Brunch with Jak from 12 noon to 3pm every Saturday when children can enjoy a fun-filled activity area and a dedicated children's buffet with savoury and sweet highlights, kids' favourite dishes, plus the dessert corner. Saturday Family Brunch with Jak is priced at 1,288++ baht per adult inclusive of soft drinks and 644++ baht per child aged 4 - 12 years (free for under 4 years old).

📍 Tel: 02 207 7777. www.stregisbangkok.com



ALL YOU CAN EAT

DIM SUM LUNCH

THB 700^{NET}
/PERSON

ON MONDAY – FRIDAY
FROM 11:30 A.M. - 2:30 P.M.

ราคาสุทธิ 700 บาทต่อท่าน
วันจันทร์ - วันศุกร์ ตั้งแต่เวลา 11:30 น. - 14:30 น.

THB 800^{NET}
/PERSON

ON SATURDAY AND SUNDAY
FROM 11:00 A.M. - 3:30 P.M.

ราคาสุทธิ 800 บาทต่อท่าน
วันเสาร์และวันอาทิตย์ ตั้งแต่เวลา 11:30 น. - 15:30 น.

AT CHINA TABLE ON 3RD LEVEL.
ที่ ชั้น 3 เทเบิล ชั้น 3

* ADVANCE RESERVATION IS REQUIRED
กรุณาสำรองที่นั่งล่วงหน้า

RADISSON BLU PLAZA BANGKOK

489 Sukhumvit Road (Soi 27), Klongtoey Nua, Wattana, Bangkok 10110 T: +66 2 302 3333 F: +66 2 302 3344



RadissonBluPlazaBangkok



Radissonblubkk



@Radissonblubangkok



Seafood extravaganza

Praya Kitchen at Bangkok Marriott Hotel The Surawongse, is offering “Pak Nam Seafood Market Night”. Experience the “Seafood Wall”, featuring fresh Ayutthaya River Prawns, Chantaburi Mud Crabs, Rock Lobsters, Blue Crabs, Mussels and Squid, prepared at live cooking stations and authentic Thai dishes including Yellow Curry with Crab Meat, Banana Blossom Salad, and premium meat dishes for every palate. Available Friday - Sunday 6pm - 10.30pm at 1,388++ baht per person, children 6-12 years 50% discount.

📍 Tel: 02 088 5666.

www.bangkokmarriottsurawongse.com



Seafood & Foie Gras Extravaganza

Celebrate Seafood Night at Twenty Seven Bite Brasserie Radisson Blu Plaza Bangkok with spectacular seafood on ice, carving station, hot international tastes, Thai & western appetisers. Every Friday & Saturday night at 999 baht net per person. And Foie Gras Big Blu Brunch (including free flow wine and local beer) every Sunday at 1,600 baht net per person. Dinner buffet from 6pm, lunch buffet from 12 noon (11.30am Sunday).

📍 Tel: 02-302-3333. www.27bites.bangkok.blu@radisson.com



Saturday Social Party

A Bar on 37th level of Bangkok Marriott Marquis Queen's Park introduces Saturday Social Party from noon till 5pm every last Saturday of the month. The Saturday Social Party offers a sensational dining and drink experience, with à la carte premium meats, seafood, grilled dishes, selected cheeses and sorbets, with 4 free-flow packages from 260++ baht to 2,600++ baht, plus a live band and DJ from 12 noon until 3pm.

📍 Tel: 02 059 5999. www.bangkokmarriottmarquisqueenspark.com

EST. 33 by Singha

EST. 33 is both a Thai premium craft beer by Singha and also a restaurant with four locations across Bangkok. The first EST. 33 is located in Crystal Design Center. The other three are in The Up Rama 3 (community mall), The Nine on Rama 9 Road and Singha Complex.



We visited their original homebase in Crystal Design Center (CDC) on a tranquil Saturday evening and sampled their newest menu: Spicy Accent of Todd Sauce - a selection of six dishes paired respectively to a Todd Sauce. The Todd Sauce is a unique blend specially crafted by Khun Todd himself, the family who founded Singha.

Spicy Salmon + Tuna Tartare with Sushi Rice and Tomato Salsa opened our Saturday soiree. A fusion dish made to please! The Dumplings "Tom Yam Moo Sub" is a marriage between Shrimp and Mushrooms Dumplings and Spicy Minced Pork, paired with Todd's spicy sauce. The Samosa Hola came hot and is a unique Spanish take on the global icon that is the samosa.

For mains, the new menu features Salmon 'Sam Ros' - a hearty take on salmon and perfect for sharing. Beef lovers, pay special attention to the Short Ribs 'Kra Prao' - it was fall-off-the-bone succulent! The Pasta 'Pad Thai' is flavorsome and of course, powered by the special Todd sauce.

EST. 33 in CDC has its own beer brewery. And the beer selection here is diverse and makes all the difference. The smallest glass is 0.1L at 70 Baht. Go for the sampling platter - six glasses (0.1L each) at only 390 Baht. From there, you can pick your favourite beer and up the volume as the night goes by. Makes for perfect fellowship too - as your group shares and samples the beer. SNOWY is the lightest and most aromatic - topped

with Sunkist orange peels. HOF is Thailand's first Alcohol Free Beer! LAGER, KOPPER, 33 PALE ALE and DARK completes the liturgy.

Prices are affordable and service crew are friendly. There are various areas to sit and chill. Live band sings popular tunes in the outdoor area. We aim to visit the other EST. 33 locations in the weekends to come.

EST.33 Tel: 093-193-1933

Facebook : facebook.com/EST.33/

Instagram : instagram.com/est.33/EST.33

- EST.33 Crystal Design Center
- EST.33 The Nine Rama9
- EST.33 The Up Rama3
- EST.33 Singha Complex



Abalone Extravaganza

Benihana The Japanese Steakhouse at Anantara Riverside Bangkok Resort is offering the rare delicacy abalone at its unique tropical setting on the banks of the Chao Phraya. The abalone is tender and sweet, fresh from Australian waters, and authentically served lightly seared and drizzled with lemon cream at 2,800++ baht per set, served with Benihana's signature sides, until 30 June. Open daily 12 noon - 2.30pm and 5pm -10.30pm.

📍 Tel: 02 476 0022 ext. 1416
riversidedining@anantara.com



Fries your style

Gourmet Bar, Novotel Bangkok on Siam Square have a creative Fries menu until 30 June. Select either shoestring, steak, or curly fries, potato nuggets, onion rings, sweet or purple Potato; then choose a topping from chili beef, fried chicken, pulled pork or honey bacon; and lastly top it with some melty American, Gruyère or Parmesan cheese. Your Fries Platter served with tomato salsa and sour cream for only 150 baht net.

📍 Tel: 02 209 8888 extension Gourmet bar
www.novotelbkk.com/th/bars-restaurants/gourmetbar/



Burger Lovers Special

This June at its 10th Floor Pool Bar, the Mercure Bangkok Makkasan is rolling out special combination burgers with homemade buns and fillings with American and Asian flavours. Consisting of cheese, bacon, egg and served with tempting fries, they are highly recommended and priced at 350++ baht including 1 soft drink. Open daily from 7am - 8pm.

📍 Tel: 02 115 3333 ext. 5304, 5306
www.mercure.com/8422



A Sunday Odyssey: The Culinary Kind

By CK Lee

BANGKOK Marriott Marquis Queen's Park is the largest hotel in Bangkok with 1,388 rooms and 5,000m² of function space across 37 venues. On the same note, their Goji Kitchen + Bar is expansive and well appointed. From this restaurant, the hotel delivers a weekly Sunday culinary odyssey around the world.

From fresh Alaskan king crab to indulgent French foie gras, Spanish

suckling pig to prime tomahawk beef, the Sunday Brunch is amazing. We made our first stop at the foie gras station as two precious pieces shared a plate with a generous spoonful of the divine sauce. This is how every Sunday should begin.

The dramatic open-plan kitchen provided us diners with a panoramic view of chefs at work. At the Peking Duck station, a line of diners waited for their turn as the dynamic chefs

rolled up the duck goodness. Right next door, a selection of dim-sum options awaited. Steaming hot variety of baozi or bao were our next target.

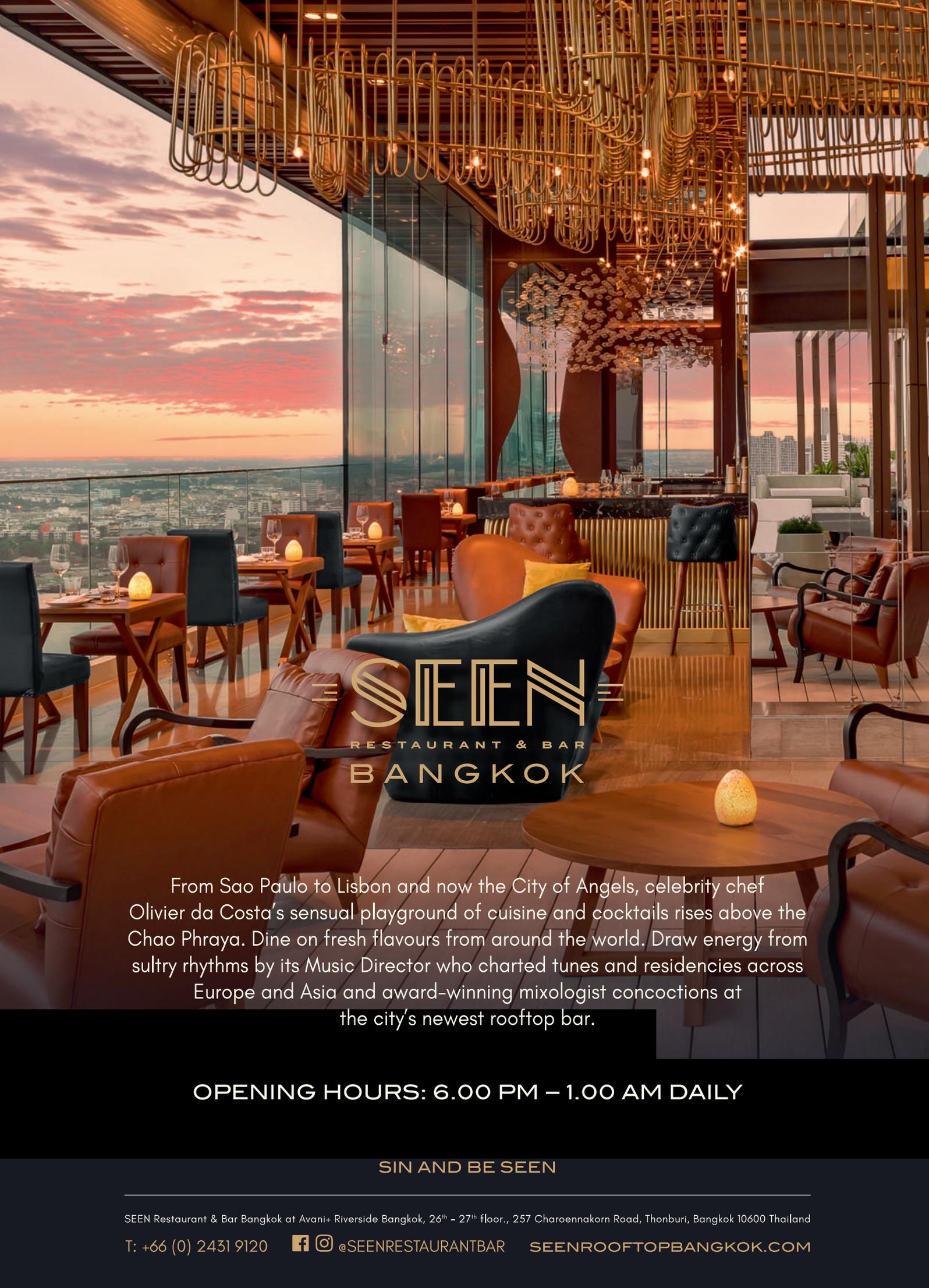
Head north east from here and you would find yourself in the meat and carving station. Lamb leg, prime tomahawk beef and roasted pork aligned in perfect unison. All that awaited was your choice of meat. There is also a Pad-Thai station armed with its own charcoal powered wok. Five types of oysters, a myriad of cheeses and cold cuts, Indian curries, a corner for Japan and so much more!

Sunday brunch starts from 11.45AM to 2.30PM. While we were indeed full, there were still so many regions unvisited, so many dishes untasted. Another odyssey for the next Sunday, surely...

*Buffet price at THB 2,128 ++
Additional drink packages
from THB 99 ++*

*Reservation: 02 059 5999 or
restaurant-reservations.bkkqp@
marriotthotels.com
Marriott Rewards & Club Marriott
benefit/discount applicable*





SEEN
RESTAURANT & BAR
BANGKOK

From Sao Paulo to Lisbon and now the City of Angels, celebrity chef Olivier da Costa's sensual playground of cuisine and cocktails rises above the Chao Phraya. Dine on fresh flavours from around the world. Draw energy from sultry rhythms by its Music Director who charted tunes and residencies across Europe and Asia and award-winning mixologist concoctions at the city's newest rooftop bar.

OPENING HOURS: 6.00 PM – 1.00 AM DAILY

SIN AND BE SEEN

SEEN Restaurant & Bar Bangkok at Avani+ Riverside Bangkok, 26th - 27th floor., 257 Charoennakorn Road, Thonburi, Bangkok 10600 Thailand

T: +66 (0) 2431 9120



@SEENRESTAURANTBAR

SEENROOFTOPBANGKOK.COM

AVANI+

Bangkok

SENSATIONAL SEAFOOD BUFFET

Feast on fresh seafood prepared in a variety of ways at the seafood corner.

Dive into an oyster celebration and choose your favourite from a selection of seabass, red snapper, blue crab and slipper lobster amongst many others speciality menu.

**Skyline restaurant, 11th floor
Every Friday & Saturday
from 6:00 pm – 10:00 pm
THB 1,350++ per person**

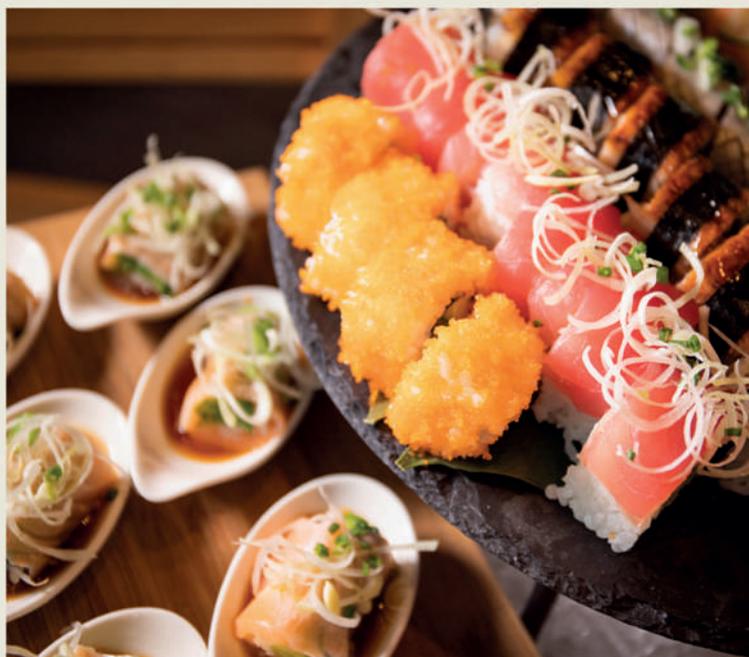
Price is subject to government tax and 10% service charge

For more information and reservations,
please call +66 (0) 2431 9100 Ext. 2420

Avani+ Riverside Bangkok Hotel
257 Charoennakorn Road, Thonburi
Bangkok 10600 Thailand

T: +66 (0) 2431 9100
E: avaniplus.bangkok@avanihotels.com

AVANIHOTELS.COM





Meet the Chef

Cristina Tejada

It's a man's world out there in Bangkok's top kitchens but tiny but tough Spanish chef Cristina Tejada who worked for the Queen of England is keen to make her mark at Savelberg

As the recently appointed Head Chef at Michelin-starred Savelberg, Cristina Tejada is one of a tiny band of female chefs running top-of-the-line restaurants in Bangkok. Born in Venezuela to an Italian mother and Venezuelan father, Cristina moved to Barcelona, Spain, when she was 10 years old. For someone now aged just 33, Cristina has an amazing track record, having worked as Royal Sous Chef at Buckingham Palace in London, where she cooked for Queen Elizabeth and the Royal Family for three years and even joined the royal entourage at their various country retreats like Sandringham, and also as Junior Sous Chef at the famous L'Atelier de Joël Robuchon in London. Additionally, Cristina was Head Chef at Spoonik Restaurant in Barcelona, before moving to Thailand. Earlier, she was Chef de Partie at Pizarro Restaurant, London.

Why cooking as a career?

From a very early age, I learned about cooking at home with my family. Later I tried to study industrial design but I didn't like it. So I did what I enjoyed.

Biggest influences on your career?

My first chef Isidre Soler at Tram tram a French-Catalan restaurant in Barcelona.

Best early kitchen experience?

My first two weeks working in temperatures over 40 degrees, as stagier in Torre de l'Indi, Michelin-star restaurant in Xerta.

Worst early kitchen experience?

Once, when I didn't know very well how the vacuum machine worked, and I didn't stop it in time before the green jelly went all over the place.

Sounds like something out of Gordon Ramsay's 'Kitchen Nightmares.'

That's pure TV. But sometimes in the kitchen things do get crazy.

What's special about Spanish cuisine?

The sun, the Mediterranean and the products like vegetables in season. Spanish food is totally different when cooked in Spain.

Everybody knows paella, so what other Spanish dish would you recommend?

Pulpo a la gallega - octopus, paprika, and potato. It is a typical dish from Galicia.

Why are there so few lady chefs in Bangkok?

The kitchen became a man's world, very masculine and women have always been discriminated against. Salaries are never the same as for men, so it's not the easiest choice, I might be small and skinny, but I can be tough.

The best meal you've ever had?

The ones I cook with my family. It's all about love.

What's your cooking philosophy?

Love and respect for the product. And as healthy as possible.

How do you rate the food products here in Thailand?

I can't complain. We are working with local suppliers and their products from places like Chiang Mai. Otherwise we import our products from Holland.

What's your signature dish?

'Encocado' - coconut sauce, quail breast stuffed with mango, green mango salad, coriander oil and crispy venere rice. It's a mix between sweet and salty together.

Favorite cookbook?

The complete Robuchon.

The first word in cooking - Mugaritz Most difficult ingredient to work with?

Shell fish. I'm allergic to it, even to touch. I like shell fish but I have to be careful or take a pill beforehand.

Your greatest achievement to date?

To be a head chef, as I am here at Savelberg. In the future it will be when I get my own restaurant.

Famous people you've cooked for?

Queen Elizabeth and her family while working at Buckingham Palace, the King of Spain, President of Columbia, and Arsenal and Liverpool football teams.

Utensils you can't do without?

Sharp knife and tweezers.

Most influential chef?

Xavier Boyer at L'Atelier de Joël Robuchon.

Music while you cook?

Rock - anything by the Red Hot Chili Peppers.

Best advice you've ever received?

Whatever you do, do it for a reason and with passion.

Favorite dish you cook for yourself?

Pasta, with vegetables and plenty of cheese.

If you weren't a chef, what would you be?

A graphic designer or photographer.

What's next for you?

I'm happy to be here in Bangkok for now. My dream is my own restaurant in Madrid.



**CAMPARI CELEBRATES CENTENARY OF THE NEGRONI
RAISING A TOAST WITH IMBIBE MAGAZINE FOR A GOOD CAUSE
DURING NEGRONI WEEK 24TH – 30TH JUNE, 2019**

Campari®, Italy's iconic red apéritif, and Imbibe Magazine have allied once again for the seventh year to showcase Negroni Week 2019 – a celebration of the iconic and historic Negroni cocktail. Created by Imbibe, Negroni Week is an international charity initiative that will take place from the 24th to the 30th of June in bars, restaurants and retailers around the world, dedicated to celebrating the crimson-red cocktail, with Campari at the heart, over the common goal of raising money for charitable initiatives. And this year is even more special, as 2019 marks the 100-year anniversary of the Negroni: #N100. With the trend for classic and contemporary cocktails at an all-time high, and the Negroni being one of the world's most popular cocktails, this year's Negroni Week is shaping up to be the best yet. Negroni Week launched in 2013 with about 100 participating bars, and last year's event welcomed the involvement nearly 10,000 venues in 87 countries, to raise an impressive total of \$585,000 for charitable causes in 2018, contributing to a total of nearly \$2 million raised since the initiative began.

THAILAND SPECIAL SEVEN DAY EVENT

CHEERS to all the good cause, Thailand is celebrating Negroni 100th year anniversary with the special seven day event and all proceeds will be donated to the renowned The Foundation for the Deaf under The Royal Patronage of Her Majesty the Queen.

24TH JUNE: NEGRONI WEEK LAUNCH PARTY

CAMPARI and The Bamboo Bar at Mandarin Oriental Bangkok Hotel will kick off the Negroni Week Thailand with a Launch Party on 24th June 2019, featuring legendary Jazz and passionate dance performances.

25TH – 29TH JUNE: NEGRONI WEEK BANGKOK BAR TOUR

CAMPARI and Alchemy Wines & Spirits (Thailand) Co., Ltd., are hosting Negroni Week Bangkok Bar Tour, 5 days, 5 routes with Campari Group Brand Ambassador, Symphony Loo, Regional Brand Ambassador – South East Asia and Wanviwat Sunthornnon, Thailand Brand Ambassador

30TH JUNE: NEGRONI WEEK CLOSING PARTY

THE CLOSING PARTY at The house on Sathorn, W Bangkok Hotel with three special guest bartender, Symphony Loo, Campari Group Regional Brand Ambassador –

South East Asia together, Worawut Changkrom and Dennis Thurner from Campari Bartenders Competition Thailand 2018, top finalist.



How does Negroni inspire successful bartenders?



Mr. Supawit Muttarattana
Group Bar Manager Vesper

“I have known Campari more than ten years, and every bartender here knows it because it’s a permanent and important feature of our bar. Campari is an essential ingredient and a close friend of mind.

There are many types of Negroni cocktails but the one I like - and I think that many people also enjoy it - is coffee Negroni because of its taste and its character.

Today I am a keen supporter for younger bartenders and friends, especially colleagues who compete in international competitions. I want to support them like I was supported.”

Ms. Suwincha Signsuwan
Head Bartender Rabbit Hole Bar

“First of all, I would like to thank the Campari for this special event that gives a valuable opportunity to bartenders in Thailand. The trend for cocktails has increased noticeably in Thailand, especially Negroni. It used to be for western guests in a five-star hotels only, but nowadays everyone can enjoy Negroni in all kinds of bars.

Obviously, there’s a lot of new bars in Thailand and a corresponding rise in interest in cocktails, so the number of Thai drinkers will continue to increase into the future. The preferred drinking style is different for of each person. For me, I like coffee Negroni. Of course, the taste of a cocktail depends on the creativity of each bartender.

I personally like to travel abroad to visit various bars and learn something new and be inspired. I’m really impressed with bars in the US, where their Negroni is presented using special techniques with orange fermentation so its taste is sweet and deliciously different. When I returned to Thailand, I wanted to try some of these ideas and the result is my fermented orange with Khomak- Thai fermented rice. It’s a great drink. Campari is popular in many countries and what I have found has really inspired me.”



Ms. Pinsuda Pongprom
Head Bartender Bamboo Bar: Mandarin Oriental



“I’m so grateful to participate with Negroni week. I knew Campari since when I studied hotel management, but there was no opportunity at that time to check it out because of my age. The first time I drank it, I was a little surprised and curious as to why it was so bitter. After that, I slowly tried it again until I discovered its mysterious taste hidden inside. It’s same as art. People does not always understand art immediately, but given time, their views change. Bartenders are important as they can listen to their customers’ individual preferences and suggest they try Negroni, adding certain ingredients to suit that person’s individual taste. That said, I like to recommend newcomers to Negroni to try the original formula and get to know it slowly. Negroni has its own special character from the herbal ingredients. As such, it is compatible with many kinds of fruit, which is ideal for bartenders as it allows them to create unlimited varieties of cocktail.”

Dish of the Month

Jerk Chicken & Dirty Rice

*Chicken, Garlic, Ginger, Parsley,
All Spice, Clove, Chilli, Brown Sugar,
Black Pepper, Olive Oil*

*Rice, Kidney Beans, Coconut Milk,
Spring Onion, Cayenne Pepper*



Chef in focus

Tann Kacha: Executive Chef

Born in Bangkok in 1979, Tann graduated from Art Collage and began her career as a product and fashion designer. She also worked as a DJ and bartender. In 2010, she opened her first restaurant and started her culinary career at Bacchus Wine Bar & Restaurant at Soi Ruamrudee. In 2015 she left Thailand to look after her son in the UK. Later, Tann returned to Thailand and worked as a personal chef at an international company for four years. Today, Tann and her friends run their own little place again named Lyrics Café & Bar, located at Eight Thonlor, Sukhumvit 55.

Her signature Lyrics dish is Jerk Chicken & Dirty Rice—just one of many unique dishes on offer.

Lyrics Cafe & Bar at the Eight Thonglor, 6 floor. We look forward to welcome you all. Cheers.

Hours: Monday-Sunday 11am-10pm.



PIRIPIRO

FLAMING Grill

**NOW
OPEN!**

AT TRENDY BUILDING

SOI 13

"CHECK OUT OUR NEW DISHES"

"FAMOUS, NOT ONLY FOR OUR CHICHEN"

www.piripiriasia.com

CATERING & EVENTS



tenderloins
sports bar & steak house



SUNDAY BRUNCH

11.00 AM-3.00 PM

Adults 1500 ++ W/ Alcohol
600 ++ W/ Juice & Soft Drinks
Teens 300 ++ W/ Juice & Soft Drinks
12 Under 150 ++ W/ Juice & Soft Drinks

Tel: 02-260-3033 For Full Details

All prices are subject to 10% service charge and 7% VAT



TENDERLOINS@BISTRO33

22 Soi Sukhumvit 33 (Daeng Udom) Klongton Nua, Wattana.
Tel: 02-260-3033, Email: admin@thebistro33.com



Change Every Spending into Reward Points and Many Privileges For Members Only

JOIN TODAY
COLLECT POINTS
ACTIVATE YOUR
MEMBERSHIP NOW
AND RECEIVE **50 POINTS**



USE FOR REDEEMING
PREMIUM GIFTS, DISCOUNTS AND
MANY OTHER PRIVILEGES



DISCOUNT
COUPON 100 BAHT

* For any purchase of 1,000 Baht or more /receipt.
* The purchase price will be calculated on net price after deducting discounts.
* Valid At all branches of Foodland supermarket.
* Excluding gift baskets, alcoholic beverages, tobacco products, infant formula and follow-up formula of baby milk powder, international phone cards, prepaid cards gift vouchers consignmental shops and Took lae dee restaurant. This coupon can be used on receipt with total of at least 800.- Baht and with normal, non-discounted items of at more than 50.- This coupon cannot be exchanged or redeemed for cash Foodland Supermarket Co., Ltd.
* 1 coupon per purchase only



DISCOUNT
COUPON 100 BAHT

* For any purchase of 1,000 Baht or more /receipt.
* The purchase price will be calculated on net price after deducting discounts.
* Valid At all branches of Foodland supermarket.
* Excluding gift baskets, alcoholic beverages, tobacco products, infant formula and follow-up formula of baby milk powder, international phone cards, prepaid cards gift vouchers consignmental shops and Took lae dee restaurant. This coupon can be used on receipt with total of at least 800.- Baht and with normal, non-discounted items of at more than 50.- This coupon cannot be exchanged or redeemed for cash Foodland Supermarket Co., Ltd.
* 1 coupon per purchase only

Award Winning

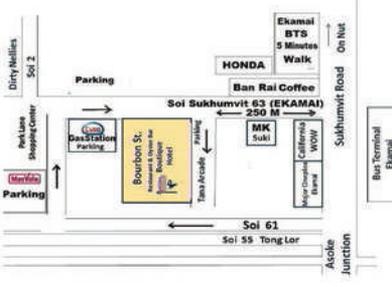
Bourbon St. Restaurant & Oyster Bar Boutique Hotel



Est. 1986
Cajun Creole Cuisine
from New Orleans
Serving 07:00 am - 01:00 am
Breakfast-Lunch-Dinner



- Fresh Oyster • Boiled Shrimp
- Smoked BBQ Ribs • Steaks
- Pizzas • Tacos



info@bourbonstbkk.com bourbonstbkk

9/93-40 Sukhumvit 63 (Ekamai) Klongton-Nua, Wattana Bangkok 10110, Thailand tel : 0 2381 6801-3

The District Grill Room & Bar

Highlights from the new menu include grilled river prawn, wild Hokkaido scallop, foie gras on brioche toast, Australian lamb chops, Australian Stockyard Wagyu striploin and grilled fish of the day. Also featured are live lobsters, cooked to order, three kinds of oysters and Alaskan king crab legs.

Priced at 2,800 baht net per person or an unlimited beverage package including Prosecco, selection of wines and beer, choice of spirits and signature cocktails at 3,700 baht net per person. Also a premium Champagne package for an additional at 2,100 baht net per person. Available from 11.30am-3pm.

The District Grill Room & Bar, Bangkok
Marriott Hotel Sukhumvit 57.
Tel: 02 797 0000.
diningbangkok@marriott.com



Brunch decisions

In these days of diminishing spare time, Sundays have become more than ever a not-to-be-missed opportunity for families and friends to get together, preferably in a pleasant venue where they can enjoy each other's company over a long meal with lots of great dining options.

In other words – Sunday brunch!

Luckily for Bangkokians, the list of venues putting together exceptional Sunday brunches is endless. In this review, The BigChilli features some of the best hotels and restaurants in town offering brunches that can be genuinely described as sumptuous, generous and amazing value for money.



Nimitr

New a la carte brunch available on level 27 with stunning skyline views. Choice of starters includes oysters and half-boiled eggs with caviar from the Royal Project. Mains include duck, braised beef, and giant river prawns accompanied by papaya salad. Dessert recommendation - Pandan Crepe, Flambeéd with Isaan rum served with caramel angel hair and vanilla ice cream.

Free flow wine and bubbles or Bloody Mary at 899 baht ++ per person. Available from 11am-4pm.

Nimitr Restaurant, 137 Pillars Suites & Residences Bangkok, Sukhumvit 39.

Tel: 02 079 7000. 137pillarsbangkok.com

UNO MAS

Held every first Sunday of the month, the restaurant's Champagne Brunch on the 54th floor features several buffets together, serving ready to eat dishes and cooked to order. They include many kinds of unlimited delicacies like imported oysters, caviar, Mediterranean-style tapas and premium imported meats.

Priced at 3,555 baht ++ per person plus free-flow pours of G.H. Mumm Cordon Rouge, as well as soft drinks. Available every first Sunday of the month from 11.30am-2.30pm.

UNO MAS, Centara Grand at CentralWorld.

Tel: 02 100 6255.

diningcgcw@chr.co.th



China House

Traditional and contemporary dim-sum selection includes the restaurant's signature Black Truffle 'Xiao Long Bao'. For mains, enjoy Chilled Drunken Chicken with Spicy Marinated Jelly Fish, delicious Hot and Sour Shredded Chicken soup and much more.

Priced at 1,250 baht ++ per adult including tea or free flow wine at 1,500 baht ++ and 788 baht ++ per child. Available from 11.30am-3pm.

The China House Restaurant, Mandarin Oriental Bangkok, Oriental Avenue.

Tel: 02 659 9000. mobkk-pr@mohg.com



Up & Above

Serving a variety of oysters, crab, lobsters and scallops, plus exclusive Japanese creations such as fresh sashimi and sushi. Lots of pasta selections, eggs made to order, cheeses, salads and soups. Free-flow champagne, Prosecco, selected wines, local beers, cocktails, mocktails, and soft drinks.

Priced at 2,800 baht ++, 3,500 baht ++, and 4,500 baht ++ per person. 1,050 baht ++ per child aged under 12. Available from 12 noon-3pm. Up & Above Restaurant, The Okura Prestige Bangkok, Ploenchit. Tel: 02 687 9000. upandabove@okurabangkok.com



Dee Lite

'Vibes' Brunch overlooking the hotel swimming pool features culinary delights such as Foie Gras with Smoked Duck Breast, fire-torched Alaskan king crab, wok-fried dishes, Fin de Claire oysters, signature Australian beef noodles, salad bar and BBQ station with river prawns, crab and rib of beef.

Priced at 1,290 baht net per person. Beer, wine and spirits available at 499 baht for two hours. Sparkling wine at 999 baht per bottle, and special offers on Chang bottled and draught beer. Available from 12 noon-3pm.

Dee Lite Restaurant, Double Tree by Hilton Bangkok Sukhumvit. Tel: 02 649 6666. [bkksu.fb@hilton.com](https://www.facebook.com/bkksu.fb@hilton.com)



The Oasis

Featuring an array of seafood, including Alaska King Crab, River Prawns and Salmon, plus prime Australian beef. Plus, of course, lots of Japanese delicacies. For kids there's painting hands, balloon-making, and fancy faces.

Priced at 1,590 baht ++ for adults and 795 baht ++ for children age 6-12 years. Harmony Members receive a discount of 10% Available from 12 noon-3.30pm.

The Oasis, Hotel Nikko Bangkok, Sukhumvit 55. Tel: 02 080 2111. info@nikkobangkok.com



The Rain Tree Café

With at least six interactive live cooking stations, diners can enjoy such delights as unlimited Grilled Lobster, Irish and US oysters, caviar, Alaskan crabs, Tiger prawns and much more seafood on ice. Lots of Chinese dishes and Japanese specialties. Diners can choose from three venues - The Bronze Kitchen, The Valaya Room and Secret Garden.

Priced at 2,400 baht ++ per person, 1,200 baht ++ per person for aged 5-12 years old, and free under 5 years. Price includes unlimited lobster and drinking water. Available from 12 noon-3.30pm.

The Rain Tree Café. The Athenee Hotel, a Luxury Collection Hotel, Bangkok, Wireless Road. Tel: 02 650 8800. fb.theathenee@luxurycollection.com

JW Café

Newly renovated, this popular buffet features Thai, Chinese and Japanese delicacies, plus a selection of gourmet items including unlimited Foie Gras, five interactive live food theatres, 11 stations of signature premium delights, seafood on ice and epic dessert spread.

Priced at 2,040 baht ++ per adult, inclusive of soft drinks, coffee/tea and half-price for children. For an additional 1,190 baht ++ per person, adults can enjoy free-flow wine and sparkling wine.

Available from 12 noon-3pm.

JW Café, JW Marriott Bangkok, Sukhumvit Soi 4. Tel: 02 656 7700. jwmarriottbangkok.com/news-and-promotions-2/



Amaya Food Gallery

Unlimited premium seafood, such as oysters, river pawns, rock lobster including a half Maine lobster per person, plus dedicated goodies from Thailand, Southeast Asia, India and Italy in an attractive street market setting with staff on hand to serve individual orders.

Priced at 1,500 baht ++ per person, 1,690 baht ++ per person exclusive soft drinks, water and juices. 2,150 baht ++ per person including sparkling, red and white wine, 2,700 baht ++ per person for addition of champagne. Available from 12 noon-3.30pm.

Amaya Food Gallery, Amari Watergate Bangkok. Petchburi Road. Tel: 02 653 9000 ext. 355. amaya.watergate@amari.com





Goji Kitchen & Bar

Huge selection of great dishes, from fresh seafood and a choice of meats to pastas, Thai, Chinese, Japanese and Indian specialties, plus salads, endless desserts and cheeses.

Priced at 2,128 baht ++ per person. Complimentary for 0 – 6 years and half price at age 6-11 years. Free flow soft drink, fruit juices and beer: 499 baht++

Open from 11.45am-2.30pm.
Goji Kitchen & Bar. Bangkok
Marriott Marquis Queen's Park.
Sukhumvit 22.
Tel: 02 059 5999.
restaurant-reservations.bkkqp@marriotthotels.com



Brasserie Europa

Highlights include caviar along with a selection of main courses such as Hokkaido scallops, Wagyu beef, and Foie Gras.

Priced at 2,900 baht ++ per person including free-flow soft drinks. 1,450 baht ++ per child aged 6-12 years. The free-flow Champagne package with other alcoholic beverages is priced at 4,900 baht ++ per person.
Siam Kempinski Hotel Bangkok, Rama 1 Road.
Tel: 02 162 9000. brasserie.siambangkok@kempinski.com



Atrium

Atrium's international buffet features a huge selection of seafood, live cooking stations where chefs cook-to-order individual dishes, Thai, Chinese and Japanese delicacies, salads, plus and a mountain of desserts and lots of cheeses..

Priced at 2,700 net per person. Special offer come 4 pay 2 for maximum of 12 diners. Available from 11.45am-3pm.

The Atrium Restaurant, The Landmark Bangkok, 138 Sukhumvit.
Tel: 02 254 0404 ext. 7777.
fb@landmarkbangkok.com





Benihana

Highlights include signature sushi, sashimi, miso soup and Japanese salads.

Teppanyaki chef entertains with flame-throwing acrobatics - slicing, juggling and sizzling a choice of meats and seafood with Hibachi vegetables and Japanese fried rice. Enjoy a buffet of artistic Japanese desserts.

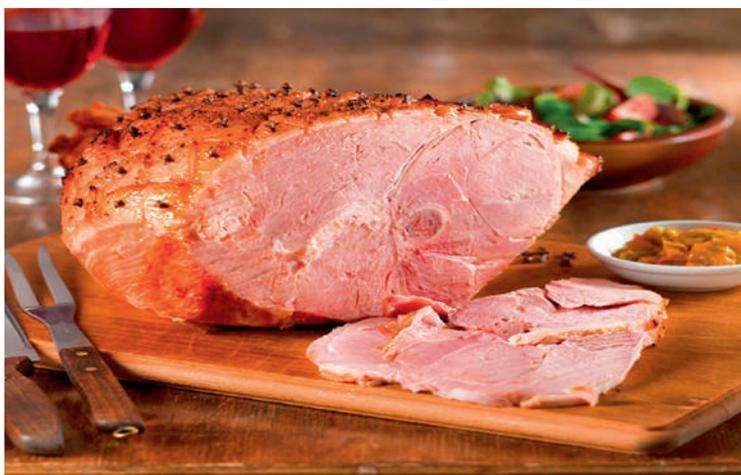
Priced at 1,350 ++ per person. Available from 12 noon-3 pm.

Benihana. Avani Atrium Bangkok. Petchburi Road. Tel: 02 718 2000.

Steakhouse Pub-Bar & Grill

Generous carvery and buffet in one of Bangkok's newest dining venues, with live TV sports and a la carte menu options. Available Noon to 6pm. Happy hours Noon to 8pm.

Priced at 495 baht. Steakhouse Co, Thanon Patpong 2, Bangrak. office@thesteakhouseco.com



Tenderloins Sport Bar & Steak House

Friendly family venue on Sukhumvit 33 offers a classic All-You-Can-Eat Sunday Brunch featuring its popular home-made pizzas, premium meats, ham, chicken, cold cuts, salads and piles of desserts. Pleasant outdoor garden setting or air-conditioned indoors. Priced at 1,500 baht ++ including alcohol, Teens 300 baht ++, Under 12s 150 baht ++

Available 11am-3pm.

Tenderloins @ Bistro33. 22 Sukhumvit 33, Bangkok 10110. Tel: 02 260 3033

Colonnade

Seafood selection includes lobster, giant Alaskan king crab, and seven types of oysters. Among the other highlights live cooking stations serving roasted Wagyu prime rib, as well as Japanese specialties like sushi and sashimi, pan-fried Foie Gras, and 25-30 varieties of farm house cheeses.

Priced at 3,000 baht ++ per person inclusive of free-flow beverage packages selections of champagne, wine, cocktails and soft drinks. Available from 12 noon-3pm

Colonnade, The Sukhothai Bangkok, Sathorn Road. Tel: 02 344 8888. promotions@sukhothai.com



Madison

Set in the indoor-outdoor Parichart Court, brunch includes a bountiful spread of fresh seafood, foie gras, lobster, oysters, prime rib, and international flavours from the hotel's restaurants. Also featured are Thai street food stations and Indian favorites..



Priced at 2,999 baht ++ or 3,250 baht ++ for sparkling wine package and 4,100 baht ++ for regular champagne package. Available from 11.30am-3pm.

Madison. Anantara Siam Bangkok. Tel: 02 126 8866 ext. 1222. dining.asia@anantara.com

Twenty-Seven Bites Brasserie

Almost certainly the best value Sunday Brunch in town, serving dishes from around the world, including fresh seafood-on-ice, Japanese classics, live cooking, à-la-minute grilled seafood, rack of Lamb and



beef, live carving stations, cold cuts, salad bar, pasta bar, Chinese dim sum, Indian dishes, Mediterranean salads, casseroles, and spicy Thai salads. Plus alcohol.

Priced at 1,600 baht net per person includes free-flow wine and local beer. Available from 11.30am-3.30pm.

Twenty-Seven Bites Brasserie. Radisson Blu Plaza Bangkok, Sukhumvit 27. Tel: 02 302 3333. 27bites.bangkok.blu@radisson.com



Spasso

'Best Italian Brunch' signature dishes include pizza straight from wood-fired oven, the slow-roasted lamb rack and Abruzzo style risotto, organic salad buffet from the hotel's farm, and the endless antipasti table. Leave space to enjoy the Gelato.

Priced at 1,400 baht ++ per person. Additional 799 baht++ for sparkling, white and red wine. Available from 12 noon-3pm.

Spasso. Grand Hyatt Erawan Bangkok. Rajadamri Road. Tel: 02 254 6250. restaurants.bangh@hyatt.com



204 Bistro

All-you-can-eat fresh seafood, including Alaskan king crab, freshly-shucked oysters, grilled river prawns, crayfish, and all kinds of seafood and meat menus. Tasty gourmet Foie Gras dishes prepared to order and so much more.

Priced at 1,790 baht ++ per person. Available from 11.30-3pm. 204 Bistro, Swissotel Bangkok, Ratchada. Tel: 02 694 2222 ext. 1214, 1216.



Atelier Buffet Restaurant

Featuring a sumptuous caviar station, Wellington beef, Indian and European cuisine, plus a fantastic array of desserts and a cheese room with more than 20 varieties that stays open an extra hour.

Priced at 1,899 baht ++ per person inclusive drinks. Available from 12 noon-3pm.

Atelier Buffet Restaurant. Pullman Bangkok Grande Sukhumvit Soi 21. Tel: 02 204 4071. PR@pullmanbangkokgrandesukhumvit.com

Trader Vic's

Polynesian-style buffet featuring classic sushi and sashimi, a la carte dishes grilled or pan-served at the table, plus an abundance of seafood on ice, juicy prime cuts and local Thai favourites. Live music by the resident band.

Priced at 2,200 baht ++ per person including soft drinks, juices and Tiki cocktails. 2,999 baht ++ per person including house wine, beers and sparkling wine. Available from 11.30am -3pm.

Trader Vic's. Anantara Riverside Bangkok Resort. Charoenkrung Road.
Tel: 02 476 0022.
riversidedining@anantara.com



NEXT2 Café

Offering a slew of expertly prepared culinary delights from around the world, ranging from Foie Gras, fresh Maine Lobster, Pacific Northwest Oyster, Alaskan King Crab to Peking Duck and Indian delicacies as well as European and Thai favourites. Entertainment for kids with a roster of activities, such as sand painting, giant cookie making, and modelling clay.

Priced at 2,888 baht net per adult and 1,444 baht net per children. Available from 12 noon-3pm.

NEXT2 Café, Shangri-La Hotel, Bangkok. Soi Wat Suan Phlu.
Tel: 02 236 7777. Shangri-La.com/bangkok

VIU

Enjoy a premium assortment of flavors from all over the world, including prime cuts of meat, fresh seafood and all kinds of high-end delicacies. Great views of Bangkok's only in-town golf course.

Priced at 2,850 baht ++ per person, with free flow of non-alcoholic drinks. Add 1,999 baht++ for alcoholic drinks, smoothies and juices. Available from 12.30pm-3.30pm.

VIU, The St. Regis Bangkok.
Rajdamri Road. Tel: 02 207 7777.
fb.bangkok@stregis.com





Praya Kitchen

Surf 'n' Turf brunch offers a bounty of fresh seafood, including unlimited lobsters, together with premium meats from US, Australian and New Zealand, plus a great selection of class Thai delicacies.

Priced at 1,588 baht ++ per person inclusive of juice bar. Complimentary for 0 – 6 years and 50% discount for aged 6-11 years. Available every last Sunday of the month from 3pm.

Praya Kitchen. Marriott Bangkok Surawongse. Tel: 02 088 5666. www.bangkokmarriottsurawongse.com



Pesca Mar & Terra Bistro

Menu changes weekly but typically includes Tomahawk Wagyu, roasted Pork Neck, roasted Tenderloin, Roasted Truffle Chicken, Beef Wellington, grilled Sausages & Chicken. Plus truffle specials like truffle pizza and truffle & parmesan fries.

Priced at 1,499 baht ++ per person for free-flow soft drinks and mocktails, 2,900 baht ++ for all you can drink and 790 baht ++ for beverage package. Available from 11am-3pm.

Pesca Mar & Terra Bistro, Sukhumvit 63, Bangkok. Tel: 090 573 0937. www.pesca-bangkok.com

Seasonal Tastes

Offering sumptuous seafood on ice, plus unlimited Australian beef, lamb, and Foie Gras, followed by divine desserts including a rainbow of Mövenpick ice creams with delectable toppings.



Priced at 2,178 baht net per person, 1,089 baht net for aged 6-12 years and complimentary for aged under six. Seasonal Tastes, The Westin Grande Bangkok, Sukhumvit 19. Tel: 02 207 8000. fb.bangkok@westin.com



Traditional Bak Kut Teh

Old Street Bak Kut Teh today announced the opening of its first outlet in Thailand. at 1st floor, Zone C, MBK Center. Its signature dishes include the traditional favourite Bak Kut Teh, or Dried Bak Kut Teh, Braised Pig's Trotters in special sauce. The soup, a key component, retains natural collagen for health benefits; the dough fritters are fried on a demand. All dishes are MSG-free. www.oldstreetbakkutteh.com

Ketogenic Club No Sugar

Club No Sugar in Yannawa is a one-stop restaurant, café, garden and supermarket in Yannawa offering Ketogenic Diet Foods and other cuisines such as Thai, Chinese, and European as well as fresh bakery, with an upstairs for group meetings, wedding ceremonies or workshops.

The Ketogenic Diet is a popular trend nowadays, suitable for people who want to control sugar & flour levels for their health without affecting the good taste of food. Open daily from 8.30am to 10pm.

Tel: 063 146 8224

Facebook : club no sugar

New on the scene

Hot new restaurants, bars & cafés in Bangkok





Exotic home-style Thai menu

Tharn Thong has opened in South Sathorn offering authentic traditional Thai home cooking in unique and creative ways, expertly prepared with the freshest local ingredients without compromising the flavours of an exciting a home-style menu. Signature dishes include “Red Curry Roasted Duck” with pineapple, grapes, and rambutans, and “Khao Yum Mangkud”, a spicy rice salad with mangosteens, dried shrimp, crispy pork skin, and more. Open daily 10.30am to 10.30pm.

Tel: 095 546 9552



Iconic, Craveable, Mexican

Taco Bell has opened its second restaurant in partnership with Siam Taco Co., Ltd. at Siam Paragon G floor with the new exclusive “Beefy Cheesy Burrito” for a limited time.

Delicious beef is now available in any menu item including Crunchwrap Supreme, Grilled Stuffed Burrito or Taco Supreme. The “Beefy Cheesy Burrito” has rice with Mexican seasoning, pico de gallo salsa, and a two cheese blend, all wrapped up in a warm soft tortilla.

Facebook.com/TacoBellTH



Guest review by

Bangkok
Beefsteak &
Burgundy

Park Society for a grand view of Bangkok and culinary heights

On a blistering hot day, we returned to Park Society, the flagship restaurant of SO Sofitel Hotel, to see what's new since our last visit with Chef Joost Bijster and his team.

In addition to spectacular views of Lumpini Park, we also observed extensive construction that was much advanced on the opposite corner of Wireless and Rama IV Roads – part of the massive One Bangkok project where some 60,000 people will live, work, and shop. Noting the mammoth tail-backs stretching in both directions along Rama IV Road, one might suggest that clients of this new development should plan to stay permanently within the confines of the site.

In addition to wonderful views, we also enjoyed a truly excellent sparkling aperitif in the form of Alma Cuvee Franciacorta Bellavista Brut NV from Lombardy, Italy. This is mostly Chardonnay (80%) and Pinot Noir (19%), accurately described by the winemaker as “White, bubbly and persistent mousse... tiny pearl-like chains forming an obvious crown that lasts” and for wine spokesman Andrew MacDowell and myself it was the best wine of the lunch. This we enjoyed with our Chinese-inspired amuse bouche, a delicate dumpling that featured lemon grass and was presented in a smoking bamboo dim sum steamer.

Our first starter was ceviche-prepared Amberjack, served with Wakame Salad, Tokiwa Cucumber, and Espelette Chili. It was an inspired choice from the chef and came with a well-matched Cantina Terlano Pinot Bianco 2015 (Alto Adige, Italy) that attracted praise from both Andrew and our food spokesmen, Mike Usher. This course was followed a rich and satisfying variation on classic Lobster Bisque that featured lobster, enoki, garlic, and peanut, which we



enjoyed with more Pinot Bianco.

Our main course was Lamb Chops that were cooked perfectly and served with green peas, Japanese eggplant, mushrooms, and garlic. The flavours were really delicious, and the only criticism to make was that our plates should have been pre-heated before delivery to the table.

The lamb was served with Quinta Da Zambujeiro Terra do Zambujeiro 2013 (Borba, Portugal), which proved to be a contentious choice. Given the high ambient temperature, several of us elected to add



a little ice to bring out the best of the wine's flavour. White wine buff Andrew was not overly impressed, and felt that a Cabernet Sauvignon might have gone better with the lamb though I enjoyed it.

Next was a selection of cheeses served with raspberries, walnuts,

fig puree, and crispy breads that was enjoyed by one and all. This was paired with Glaetzer Bishop Shiraz 2015 (Barossa Valley, WA), which Andrew found to be more pleasing, since it exhibited full body and black fruits, licorice, dark chocolate, ripe tannins and oak neatly woven together.

Those with appetites remaining were left to appreciate the “Hi-So Style” Mango and Sticky Rice (Nam Dok Mai mango, coconut ice cream, sweet sticky rice), and an excellent Espresso that completed an admirable afternoon of fine dining.



Thanks were extended to the management and staff of the Park Society restaurant and SO Sofitel Bangkok team for having opened especially for us, and we showed our customary appreciation by calling for Thomas Nowak to return to ways of the past and thank on our behalf Maitre d' Michel and the team for their professionalism and commendable service.

www.so-sofitel-bangkok.com

Tel : +66 2624 0000

2 North Sathorn Road, Bangkok,
Bangkok 10500 Thailand

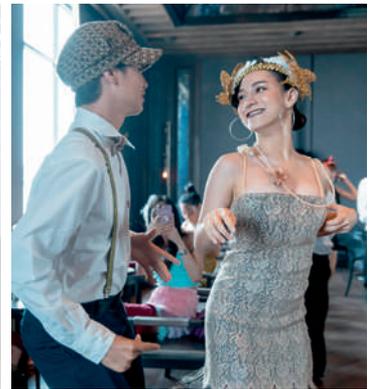
Last month's foodie functions in focus

Scrapbook



Memories of Prohibition

➔ Saturday Social Party was launched at ABar on 37th floor Bangkok Marriott Marquis Queen's Park. A vintage party crowd of celebrities enjoyed stylish vibes, gourmet food by Akira, and flavourful drinks while ABar evoked reminiscences of the US Prohibition Era and Victorian London flair.





A Healthy Environment Starts at Home

With recent heavy pollution in Thailand weighing on people's minds, we spoke with local entrepreneur couple Peter and Jeng Wainman, founders of the brand Pippa Standard, about how embracing natural products at home can help protect your family

EARLIER this year, Chiang Mai earned the dubious distinction of being the world's most polluted city, with Bangkok trailing not far behind. As residents in these cities became increasingly concerned about the hazardous levels of air pollution, some started to check the official PM2.5 air-quality index daily, or even hourly, as if it was the common weather report.

Peter Wainman, a U.S. businessman who lives in Bangkok with his wife Jeng and 5-year-old son Ricky, knew he couldn't remain idle. Wainman suffered debilitating asthma and allergies in the past, and as the air worsened in the Thai capital he moved quickly to "fortify" his home and office, installing multiple air purifiers and buying a portable pollution monitor.



Reducing exposure to harmful chemicals, whether airborne or in everyday products, and helping others do the same, is one of Wainman's life missions. He and Jeng are the founders of Equator Pure Nature, the Bangkok-based "cleantech" company that manufactures and sells the Pipper Standard brand of natural, hypoallergenic home cleaning products. The company's motto is "A Healthy Environment Starts at Home"

Their technology is patented globally across approximately 70% of the world's GDP, including in the U.S., Europe and China. "To our knowledge, we're the only commercial natural cleaning brand in the world with patented technology," Wainman says.

Amidst rapid urbanization and industrialization across Asia, ordinary citizens are losing control over the quality of the air they breathe—and not only in the famously polluted cities of India and China, but throughout much of developed East Asia and Southeast Asia as well. "But we have the ability to eliminate pollution inside our homes," says Wainman.

Let's start with pollution because that seems to be of people's minds. What is the health impact on this, in your view?

Jeng: Well, in the short term the panic speaks for itself. Earlier this year, people were seriously worried about the deteriorating air quality. No one knew when—or even if—it was going to improve. But pollution here isn't an isolated, one-time problem. We've been dealing with it for years, and as a result we've seen allergy and asthma rates skyrocket, along with respiratory and other health issues. These problems are increasing across all age groups over time, but they're particularly bad among children. As a mother, that concerns me.

More than a quarter of Thais have allergies today, including approximately 49% of children in greater Bangkok. The question is: What can we do to help our children? How can we reverse these trends? That's something we ask ourselves every day. One obvious answer seems to be to limit their exposure to the pollution and chemicals that are

" These health problems are increasing across all age groups, but they're particularly bad among children. As a mother, that concerns me. "

- Jeng Wainman



Peter and Jeng discussing their global patents for fermented fruit

Pipper Standard - Powerful, natural alternative to chemicals:

- Full range of natural household and personal care products
- Naturally made from pineapple fermentation
- Cleans comparably to or better than chemical products
- Non-toxic, biodegradable
- Free of known allergens; non-irritation certified
- Safe for babies and the entire family
- Globally patented technology

contributing to these problems.

And these health issues aren't only impacting Thailand. About 33% of the Chinese population, or around 460 million people, suffer from asthma or allergic disease. The figures are similar in Japan, where around one-third of the population suffers from some kind of allergy.

Peter: We can also look at the issue more broadly. Humans are increasingly overexposed to chemicals, and all of that exposure is having a negative effect on our health. Beyond that, humans are damaging our ecosystem at an alarming rate.

That's where we see Pipper Standard fitting in. There is little that you or I can do about outdoor pollution from cars or factories, but we have the ability to eliminate pollution inside our homes. For instance, we have complete control over what kinds of products we use. By replacing traditional chemical cleaners and other household products with natural, allergen-free cleaning products, like Pipper Standard, we believe we can have a positive impact on these allergy and asthma trends.

Were you always concerned about the environment?

Peter: Yes, definitely. I grew up in the 1970s in a small rural town in the eastern United States, and as a family we would often spend time outdoors cleaning up our neighborhood or doing zero-impact camping. That was a time when a lot of big corporations supported campaigns to prevent littering and to clean up parks—such as "Keep America Beautiful"—and that kind of messaging struck a chord with our family. I was young, but I could see the impact littering and pollution were having on the parks and woods in my hometown. The more I learned about the causes and solutions, the more conscientious I became about my actions.

Our messaging with Piper Standard focuses on education and positively encouraging people to care more about their personal health and the health of their environment.

Bangkok is quite different than rural America. What activities do you do here?

Peter: Well, I have lived here for about 15 years now, after many years in New York City, so I am accustomed to finding pockets of nature in a busy city. My family's health is a top priority, and as a family we are constantly exercising outdoors or visiting national parks to go hiking and exploring. Our son is five years old, and Jeng and I are trying to introduce him to the wonderful natural world around us, which is especially plentiful and diverse in Thailand.

Unfortunately, the recent heavy pollution has made it more difficult to do these activities. I actually had to leave Bangkok for a stretch earlier this year.

Really?

Peter: Yes, really. I am very sensitive to airborne pollution. When pollution is particularly bad, it triggers my asthma, and I feel my muscles tensing and am generally uncomfortable. This year I bought an air-quality monitor, and I wear a mask every day. I also bought six air filters for my home and office, and installed an industrial filter in the office for my staff. It may sound extreme, but I know how damaging this kind of pollution can be and prefer to be proactive about my family's health that way.



Tell us about the origin of Piper Standard.

Peter: In 2010, I had a terrible allergic reaction to chemicals that are commonly used in cleaning products in Asia. I had this continuous and intense burning sensation all over my back, and had constant asthma attacks day and night. After that, Jeng and I decided to switch all the products in our home from chemical to natural ones.

But when we looked around, we couldn't find anything that met the right quality standard, so we decided to invent our own products. I have a background in scientific research and thought that fruit fermentation would act as a suitable cleaning agent.

After years of research and development trying various fruits and herbs, we discovered that fermentation of pineapple had excellent cleaning properties and subsequently filed multiple patent applications under the global Patent Cooperation Treaty. In fact, bromelain, an active ingredient in our fermented fluid, has excellent health and beauty benefits, particular with skin care.

Jeng: We've always been a family-focused company. Our vision from the start has been to improve people's lives. Our message seems to resonate strongly with families, and especially with parents of newborn babies and young children who recognize the potential dangers of strong chemicals. We feel a responsibility to create products that are the best and safest for families. We have always used our products at home, and our staff uses them too.

Your allergy experience opened your eyes to a bigger issue?

Peter: Yes, exactly, and to a few bigger issues actually. Beyond the news we see about plastics in the ocean or cars spewing fumes, more focus should be—and will be—shifted to the potentially dangerous chemicals being used in daily products. I suffered a life-threatening allergy and only afterward became aware of what caused it. One of my goals with Piper Standard is to educate people so they don't have to suffer like I did.



What other challenges did you face starting this business?

Jeng: Information on the personal and environmental benefits of using natural products, at the time, was hard to come by and not as widely distributed as one would find in Western markets.

Now, with the increase in awareness of PM2.5 in Thailand, we have seen Thai people become much more interested in how their environment is affecting them. We are being approached by new customers who want to try our products after becoming concerned about the pollution.

Do you see attitudes changing toward environmental protection and living a healthier lifestyle?

Peter: Yes, I do. Everyone wants to improve their life and protect their family. I like to think that the Piper Standard story—one of overcoming a personal health scare to help other people—empowers people to identify a problem and try to make a positive difference in their life and in the lives of others.

For me, it was my allergic reaction that caused me to make a change in my life and help others. Hopefully this recent spell of bad PM2.5 pollution provides that same spark for other people.

Where to find Piper Standard

In Thailand, Piper Standard products are available at:
Boonthavorn, Central Dept. (Baby & Houseware sections), Central Food Hall, Foodland, Gourmet Market, Home Fresh Mart, HomePro, Isetan, Lazada, Max Valu, Robinson Dept. (Baby section), Shopee, Siam Discovery, Tops Market, Villa Market; or at
www.piperstandard.com

Follow the family [@Peterwainman](https://twitter.com/Peterwainman)

DBS is Opening the 'Mini Dragons'

AN EARLY YEARS CENTRE
FOR CHILDREN AGED
24 TO 36 MONTHS



of learning through play-based activities, and they will be encouraged to try new things. The environment will promote friendships and allow them to take those first steps towards independence. At DBS we provide experiences that continue their journey of holistic development, building the foundations for learning. Creativity will be promoted and, for children whose first language is not English, language acquisition will be facilitated.

DBS is enrolling for the Mini Dragons now. So, if your children will be aged between 24 to 36 months in September, and you would like them to have an outstanding enquiry-based learning experience, come along to the Mini Dragons Open Day on Thursday 27th June to see what could be in store for them.

Denla British School (DBS) Principal, Mr Mark McVeigh, is delighted to announce that DBS will be opening an Early Years centre called '**Mini Dragons**' in September 2019. At present, DBS offers excellent education for children from three years old, and the new centre will give younger children aged 24 to 36 months the opportunity of a wonderful DBS start in life.

Mini Dragons will follow the British Early Years Foundation Stage framework (EYFS). The learning will take into account the children's interests and encourage them to explore world in which they live. It precedes and links closely to the EY1 provision at DBS. Above all, the Mini Dragons' environment will be a safe and happy one. Children will develop a love

Learning will take place in a combination of individual and group settings, within an environment that encourages children to investigate and be curious. The experienced Mini Dragons' teachers will be supported by Learning Assistants, and class sizes will be kept small. Examples of provision include investigation through 'messy play', storytelling and drama, water play, art and getting active. In addition, there will be extensive opportunities for development of mathematics, language, music, and gross and fine motor skills. The Mini Dragons centre will be in a secure space to learn, supported by the well qualified DBS medical staff.



Apply Now, No Admission Fee

Address: 58 Moo2 Ratchapruerk Road, Om Kret, Pak Kret, Nonthaburi, 1120
email us at admissions@dbsbangkok.ac.th or give a call at Tel. 02-666-1933



How British expat Dr Donna earned her Thai medical license



Donna with husband Ian

To achieve her ambition, this amazing doctor had pass exams written in Thai

By Ruth Gerson

■ Understandably, not all husbands or wives of expats in full-time employment in Thailand are content just to stay at home and look after the house and kids. This is especially when they have enjoyed careers of their own in the past and want to find suitable employment.

Such is the case with Dr Donna Robinson, a now well-known Briton who had to overcome obstacles that would deter all but the most determined in order to be able to practice her profession in Thailand.

Not only did she have to learn the Thai language to be able to commu-

nicate with patients, she also had to master medical Thai terminology to be licensed to work here – and she succeeded!

Born and educated in Newcastle in northern England, Dr Donna trained as general practitioner, and holds a diploma in gynecology and occupational medicine, the latter focusing on maintaining health at the workplace.

Feeling that life was passing her by, at the age of 26 she looked eastward and went to work in New Zealand while getting higher medical qualifications. On her journey, she stopped for one night in Singapore,

her first encounter with the Far East, and she liked it. "Asia is a pretty good place," she thought.

When it was time for Dr Donna to leave New Zealand she did not rush back to the UK but rather sought out Asian destinations, landing a job in Hong Kong. Although she spent a mere six months there, it changed the course of her life, as it is where she met her husband – on a cross country run organized by the Hash House Harriers run, romantically enough, on the Chinese Moon Festival!

Married three years later, the couple began a new life here in Thailand when her husband Ian, an engineer

was with UNICEF in the position of Project Officer, once again working with the hot issue of the day, HIV/AIDS, writing reports on the work done.

But Dr Donna found this work unsatisfactory, "I knew I wanted more - to work with patients," she says and understandably so, as she was trained as a doctor.

Over tea, we discussed the challenges and difficulties she faced. Dr Donna related how in 1996 she decided to venture out on her own, beginning at Chulalongkorn Hospital where she was given the position of Honorary Medical Officer, a rotation

regional medical director to deal with expat employees in their factories throughout Asia.

Fortunately, her schedule allowed her to follow her true calling - that of tending the sick and she began working two mornings a week at Bumrungrad Hospital as general practitioner and internal medicine.

In 2004 when Kimberly Clark closed its offices, the time had come for Dr Donna to consider her future. It was then that she began planning to open her own clinic, after a friend had suggested to her, "Why don't you work at what you are best? Be a full time doctor."

Finding this advice from a friend appealing, Dr Donna began looking at possibilities of setting up her own workplace, an ambition that came to pass in 2008 with setting up MedConsult Clinic. In the interim (2004-2008), she worked in occupational health, concerned with the well-being of employees in establishments such as the United Nations, Nestle and PCS.

Today, her clinic is located at the Racquet Club, Sukhumvit Soi 49. Now considerably bigger than when she first started, it occupies three rooms with a working staff of eight – three doctors, two nurses and managerial staff.

MedConsult is open seven days a week, and in addition to offering regular medical services, it is partnered with Khun Watchara Rimchaisit to provide an essential service of doctors who visit sick tourists in hotels, hostels and apartments, a facility that is called 'Doctors on Call.'

Looking ahead, Dr Donna plans to remain in Thailand and work like Thai doctors who she says admiringly "would like to work forever" having made medicine and dedication to patients their life mission. This foreign doctor would like to do the same.



Dr Donna and her team at the Sukhumvit clinic

by profession, landed a job in 1989 working on major infrastructure projects like the Expressway second phase and the BTS Skytrain. Dr Donna followed shortly afterwards, in early 1990.

Wanting to work, but being unable to do so without a Thai medical license, Dr Donna reached out to NGOs (non-government organizations). She joined Samakon ASIN, where she wrote proposals for financial help, at that time for HIV research.

Recalling that period, Dr Donna says that one must be patient to reach one's goals. Her next employment

job that provided training.

Parallel to her work, she studied for her Thai medical license exams, both clinical and theoretical, including exams written in Thai, a monumental task. On April 1st 1998, she obtained her Thai medical license, a monumental achievement to which she says, "It was a huge boost to my confidence."

Getting the Thai medical license enabled Dr Donna to move more freely in the Thai medical community. And so she began her newly revived career working for Kimberly Clark, a producer of medical supplies, as

*MedConsult Clinic
The Racquet Club, 3rd floor (Building 2)
Sukhumvit Soi 49/9
Email: info@medconsultasia.com
Tel. 02-018-7855 Mobile 081-837-6381*



Top marks for Pattaya regatta

It was all fun, action and excitement at this year's Top of the Gulf Regatta, held as always at South East Asia's largest marina, Ocean Marina Yacht Club, on Jomtien Beach. Participating keelboats and multihulls were provided free berthing in the marina for the duration of the regatta, enabling sailors and boat to enjoy five days of exhilarating and competitive racing as well as the onshore camaraderie and social events each evening.

Long-time supporter of the regatta Ray Roberts brought his new TP52 this year to take on Kevin and Tom Whitcraft's Thailand-based THA72. Ray's crew finished the series undefeated and in the process stopped THA72 from securing a third win in four years.



THE CLUBHOUSE

SPORTS BAR & GRILL

SUKHUMVIT SOI 23

LIVE SPORTS on 14 HD TV's &
2 Sony HD Projectors across 2 Floors

Express Lunches & Food Specials

Happy Hours on Premium Draughts,
IPA's & Wine

Centrally located near Asoke/Sukhumvit
BTS/MRT Stations &
Free Parking also available

Private Bar & Restaurant available for hire!



LIVE

ON THE BIG SCREENS

THE CRICKET WORLD CUP

30 MAY - 14 JULY 2019



ICC CRICKET WORLD CUP
ENGLAND & WALES
2019

Catch All the LIVE Sporting Action & More @ The Clubhouse Bangkok!



BANGKOK'S No1 SPORTS BAR

THE CLUBHOUSE SPORTS BAR & GRILL

Sunday Roast

TRADITIONAL LUNCH WITH STYLE

From 12pm-9pm

SELECTION OF ROASTS SERVED WITH ALL THE TRIMMINGS



"The Clubhouse Mezzanine"

Private bar & restaurant available for hire for any occasion.

Sukhumvit Soi 23

+66 2664 1376

theclubhousebangkok

The Clubhouse Bangkok is the Proud home of the Southerners Sports Club
Thailand Tigers AFL, Siam Celtic FC, Phoenix FC and Full Metal Dojo MMA.

Register to receive
10% Off
Your Next Order!



www.eepurl.com/gbhgY9

Reporter's notebook:

Revisiting great stories of the past

Veteran correspondent **Maxmilian Wechsler** recalls some of his most exciting – and dangerous – assignments from the past two decades

Beginning this month, The BigChilli is publishing selected full articles and excerpts from the more than 500 feature stories penned by longtime expat **Maxmilian Wechsler** over the past 20 years for English-language publications. Max will also offer his current thoughts and reflections on the articles.

“It was never my intention or desire to become a journalist, notwithstanding the first short news article I had published in 1966 in *Pochodeň (Torch)*, a newspaper put out by the Škoda factory in Plzeň, in my native Czechoslovakia. I continued to write as a hobby, but had nothing else published until the year 2000. In between there was a lot to keep me occupied, including working for the Thai government (1976-2007), and in the mid-1980s opening a law office in Bangkok.

“At some point I realized that my life and work experiences and the connections I had made along the way had given me a unique perspective on my adopted country. So, after leaving the firm in 2000, I decided I would write stories more or less as a public service. My aim was and still is to present readers with true and unbiased information, backed by evidence whenever possible.

“From 2000 until 2006 I wrote a total of 66 articles for The New Era Journal, a newspaper formerly published in Bangkok by Myanmar exiles. In 2003 I began writing for Bangkok Post Sunday editions, contributing more than 200 stories before leaving in 2011 to write for The BigChilli. This makes article number 279 for the magazine.”

Myanmar exiles everywhere

“Most of my early articles concerned Myanmar, commonly called Burma, where armed ethnic groups were and, in some cases, still are involved in a lethal struggle with the ruling regime, at that time called the State Peace and Development Council (SPDC).

“A lot of the action actually took place in Thailand, which became a refuge for thousands of exiles. Some major armed ethnic militias were based on or very close to the

Thai border. Dozens of exile-led political, women's rights, human rights, civil society, media and other types of organizations were based in Thailand, as were a number of NGOs established to assist the refugee community.

“Thailand's proximity to Myanmar also attracted foreign intelligence agencies; some NGOs worked closely with them, passing on all kinds of intelligence obtained from exiles. For example, groups inside Myanmar like the Karen National Union (KNU) and

its armed wing, the Karen National Liberation Army (KNLA), had the capability to intercept Myanmar Army communications and could give information on troop movements. Some exiles were double or even triple agents.

“There were sizable exile communities in Bangkok, Mae Sot, Chiang Mai, Mae Hong Son, Mae Sariang, Sangkhlaburi and other locations throughout Thailand. Some exiles made frequent trips across the border for various reasons.



Maxmillian (second from left) posing with some leaders of Myanmar anti-SPDC groups.

“My association with Myanmar exiles in Thailand began in early 1998, when I was introduced to U Tin Maung Win, one of the top executives of the Democratic Alliance of Burma (DAB), an alliance of 22 anti-government groups. He introduced me to other top exile leaders and important members, and invited me to attend the celebration of the 10th

anniversary of the DAB’s formation held in Chiang Mai on October 10, 1998.

“In those days it was a challenge for journalists to distinguish between the exiles genuinely working for a better day in Myanmar and the opportunists and criminals, and to shake out the truth from the lies and deception. It took me some time to

find out ‘who was who’, and if I had known then what I know today I would in many cases have selected different words for my stories, starting with the headlines.

“Nevertheless, the articles below are presented in their original form except for small editing changes made for clarity. Some photos in this article have never been published.”

All articles written in year 2000

Maha Sang: Man of his people? Or drug runner?

Excerpts:

The picturesque valley of Mae Aw (Ban Rak Thai) village in Mae Hong Son province is the home of legendary opposition revolutionary Wa leader Maha Sang.

A son of the Prince of Veang Xing of Wa State, Maha Sang has devoted most of his life to the fight against oppression, for a free Wa people and for a democratic Myanmar. He began his struggle in the 1960s.

Maha Sang is now 54 years old and has lived for decades in a modest wooden house surrounded by hills near Mae Aw in Mae Hong Song

province. The small village, founded by nationalist Chinese Kuomintang (KMT) fleeing communist Chinese forces, is just a stone’s throw from the Myanmar border. In fact, SPDC soldiers could easily see his house if they dared come so close.

The apparent tranquility of Mae Aw is deceiving. The surrounding hills are mined and treacherous. The SPDC troops and the Wa National Army (WNA) commanded by Maha Sang face each other. “It is a mouse and cat game,” Maha Sang pointed out.



Maha Sang with Max after interview outside his house at Mae Aw village in January 2000.

Maha Sang is also the chairman of the Wa National Organization (WNO). The WNA is its armed wing. He commands several hundred well disciplined and professionally trained soldiers based inside Myanmar.

Maha Sang also holds the post of vice-chairman of the National Democratic Front (NDF) and until recently was chairman of its narcotics suppression department. The NDF has formed a new anti-narcotics committee headed by Rimond Htoo from the Karenni National Progressive Party. Maha Sang's expertise in drug suppression and his experience will be a valuable contributor to the committee.

us," Maha Sang added.

A permanent Thai Border Patrol Police (BPP) checkpoint is located on the main road just a few meters from Maha Sang's house, staffed with several Thai policemen. Maha Sang's cooperation with the Thai authorities has been excellent and they are on very friendly terms. Both parties undisputedly benefit. Only a couple of years ago Mae Aw was no man's land, but since the Thai government built a new asphalt road it has become a popular tourist spot. The cooperation between the Thai authorities and Maha Sang returns dividends.

Maha Sang is a friendly, hospitable, soft-spoken Wa leader. He's constantly

He pointed to his roof and said: "I fought the Mong Tai Army (MTA) led by the drug warlord Khun Sa 10 years ago. Just look at that roof riddled with many holes. The MTA soldiers fired their machine at my house from the hills. Luckily nobody was hurt. The MTA soldiers were everywhere at that time."

Sipping Chinese tea, Maha Sang continued: "Whenever the Thai or foreign press mentions the name Wa, it is always connected to some illegal activities, mostly narcotics dealing. The press always describes the Wa people as outcasts, criminals and drug traffickers. This is totally false! Not all the Wa are involved in criminal activities. The Wa are peace-loving and hardworking people who, same as other ethnic groups, want to live in a free, democratic and peaceful country. Most of the Wa people, including the UWSA, despise the SPDC."

Maha Sang continuously urges the UWSA and other groups to stop production of drugs and find other sources of income which will not harm people in Thailand and abroad! Many listen to him. He says he doesn't have any grudge against people who criticize him. "That's how democracy should work. We should all be brothers fighting together with our common enemy, the SPDC," Maha Sang said.

Behind the story:

My meeting with Maha Sang was arranged by a Shan exile and required a long drive from Bangkok to Mae Hong Son and then to Mae Aw (Ban Rak Thai) village. After leaving the busy main highway for Mae Aw I drove around 30 kilometers on a two-lane, smooth, asphalt road, encountering only a handful of cars and motorcycles on the way. Just before Mae Aw was a checkpoint minded by BPP men; they lifted the barrier without checking me or the vehicle.

Maha Sang's man waited near the barrier and pointed the way to his boss's house not far away. He waited with several bodyguards and an interpreter who spoke perfect English. Next to Maha Sang was large oxygen tank and a small briefcase



Maha Sang outside his house at Mae Aw.

Maha Sang has often been accused by the Thai press of being involved in drug-related activities. He vehemently refutes these allegations, blaming a foreign country for orchestrating a campaign against him. "If I was involved in drug dealing the Thais wouldn't allow me to stay here," Maha Sang explained in the tone that made his argument convincing.

"About two years ago Lt Colonel Sann Pwint, an official of the SPDC Military Intelligence came to see me at Mae Aw, to pressure me in to surrender. But since we refused they have increased military pressure on

watched by his men. The border is too close and one can never be careful enough as enemy agents could always sneak in under cover of the night. The United Wa State Army (UWSA) leaders are well aware of his anti-drug activities and they hate him and wouldn't mind to have him eliminated.

He explained in well-spoken Thai language that all his support comes from 'his people' who live in surrounding villages all around Mae Hong Son province. Everybody respects his devotion to the cause and treats him as their 'Prince.' Maha Sang devotes all his time to fight the SPDC and to reduce the drug menace.

holding an oxygen bottle he takes with him when travelling. He was suffering from asthma and it was quite serious.

Most of the small houses in the village were nicely painted and in good condition and pickup trucks could be seen parked near some of them. Several large satellite dishes were visible. Maha Sang said that these were for telephones so the locals to talk to people in other KMT villages and relatives and friends in Taiwan.

All this only a few hundred meters from the Myanmar border. It was obvious the residents were doing well but their means of making a living weren't clear.

Maha Sang said off record that he often walked across the border to meet his soldiers, who sometimes joined with Myanmar soldiers for a chat and drink. I thought they were the enemy...

A few years later, I was told by someone close to Maha Sang that he and his soldiers controlled everything in Mae Aw and surrounding KMT villages. To illustrate his power and influence, this person said that Maha Sang had accidentally run over and killed a child while reversing a pickup. No one dared report the accident to the Thai authorities for fear of a reprisal.

An article published by Irrawaddy online on October 30, 2007 reported that Maha Sang died at Nakornping Hospital in Chiang Mai that day at the age of 61. He had been suffering from chronic lung disease and hospitalized since mid-October.

The article also said that Mae Hong Son Provincial Court approved arrest warrants for Maha Sang and his brother Maha Ja in February 2005, following accusations of involvement in producing and smuggling drugs into Thailand. Maha Sang was arrested in April 2005 and jailed in Chiang Mai until he became so ill he was transferred to the hospital.

"Maha Sang lived in Mae Hong Song for the past 20 years, after being pushed out of the inner circle of the opium trade. He previously worked with the UWSA Army commander Wei Hsueh Kang, who was widely suspected of being involved in the drug trade," the article concluded.

Siege of Myanmar embassy – one year later and questions that remain unanswered

Full article:

On October 1, 1999, the Vigorous Myanmar Student Warriors (VBSW) seized the Myanmar Embassy in Bangkok and took hostages. The drama ended the next day. All hostages were freed and the VBSW gunmen were flown by helicopter to the base of the so-called God's Army, an armed ethnic Karen Christian group that used guerrilla warfare tactics against the SPDC army.

Exactly one year later the vast majority of the Myanmar dissident leaders agreed that the embassy siege was a major setback for the whole opposition movement, as the sentiment of the Thai government and population had turned against them.

The US State Department issued a strongly worded statement deploring the siege. Only one foreign mission in Bangkok benefited from the siege

as piles of secret document were delivered to them directly from the Myanmar Embassy. How this was arranged is a mystery.

The biggest loser was the God's Army, led by two young Karen brothers, Johnny and Luther Htoo. God's Army was exploited and tricked by the VBSW, who promised them new uniforms, food, medicine, weapons and ammunition in return for their support. None of their promises materialized.

Kyaw Ni, aka "Big Johnny", led



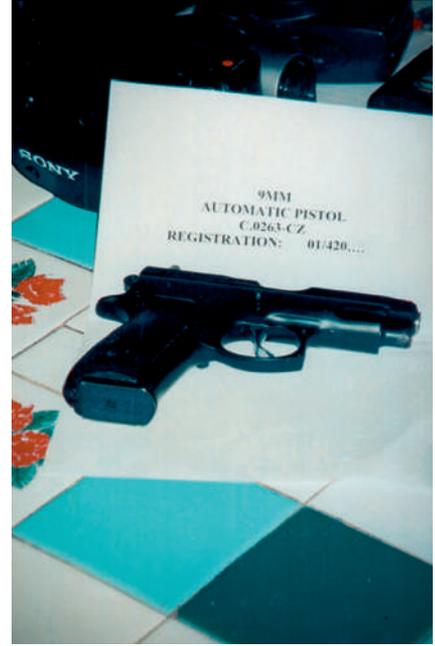
Kyaw Ni, aka "Big Johnny", aims his AK-47 while holding a hand grenade during Myanmar Embassy siege on October 1, 1999.



Saw Thaw Thi (left) comparing returned pistol with document from the Thai authorities in Takolan village on October 24, 1999. God's Army Commander Shwe Bya (third from left) is accompanied by two God's Army soldiers.



Shwe Bya hands over stolen pistol to Max.



CZ pistol.



From left to right: A VBSW member from the Maneeloy camp, God's Army Karen interpreter; Kyaw Ni, God's Army soldier; and Pida during negotiation in the jungle on November 4, 1999.

the VBSW gunmen in the assault on the Myanmar Embassy. He was able to establish a close friendship with Johnny Htoo by supplying him with the cigarettes. Johnny Htoo is a chain smoker despite his young age.

In a letter dated October 12, 1999, addressed to the Thai Prime Minister Chuan Leekpai, the VBSW apologized for their action and explained the motives behind the embassy takeover.

In a sign of reconciliation with the Thai government, the VBSW returned a pistol seized from the Special Branch policeman inside the embassy.

The handing of the pistol to the Thai official was done on behalf of the VBSW by the God's Army military

commander Shwe Bya at Takolan.

This gesture by the VBSW encouraged the Thai government to dispatch a team of Thai negotiators on November 4, 1999, to meet with representatives of the VBSW and persuade them to surrender.

The Thai officials met with Kyaw Ni and Pida urging both to give up. Several VBSW members who arrived from the Maneeloy camp appealed to their comrades to give up and negotiate the terms of the surrender. Kyaw Ni and Pida refused and demanded to negotiate directly with the Thai PM. The Thai officials couldn't accept this condition.

Making the situation worse, the unarmed Thai negotiators were

humiliated during the surrender talks by about 30 God's Army soldiers who encircled them inside Thai territory brandishing loaded weapons.

After the talks broke down the Thais didn't retaliate against the God's Army, although they clearly had the capability to do so. The VBSW gunmen and God's Army soldiers were allowed to walk back several kilometers to their camp inside Myanmar.

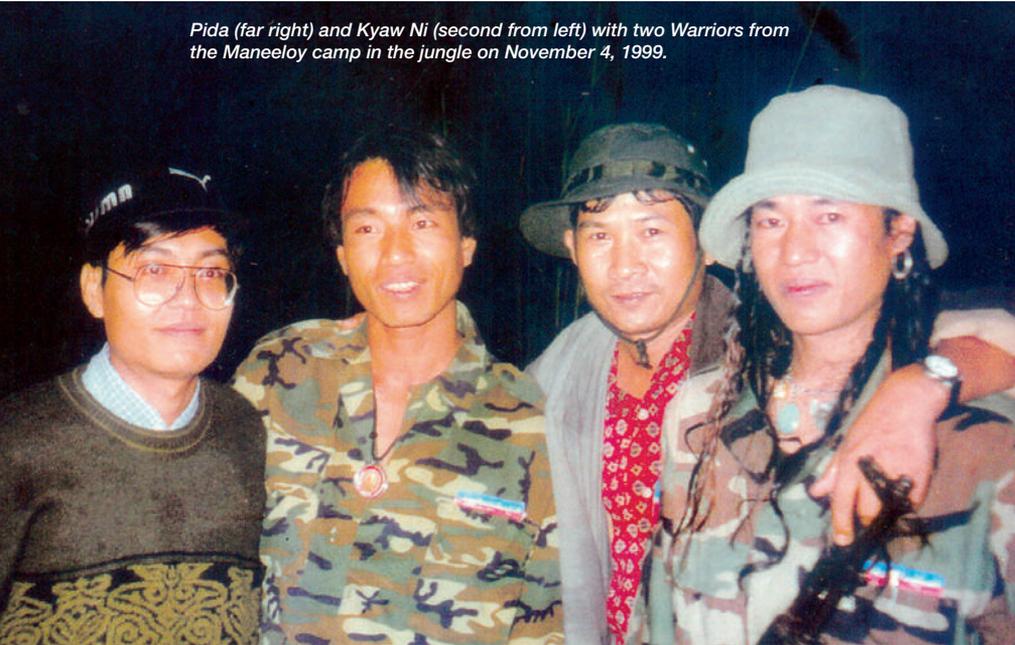
Following the Ratchaburi hospital incident on January 24, 1999, the God's Army soldiers became even more disillusioned with the VBSW and started to question the promises made by Kyaw Ni of a better life and plenty of material goods. In fact, the living conditions of the God's Army had deteriorated since then.

Johnny Htoo and Luther finally realized their association with the VBSW was leading them to disaster and withdrew their support. Johnny Htoo, who was previously always in the company of Kyaw Ni, abandoned him.

This move initiated a split within God's Army, and ten of their soldiers, including Shwe Bya, formed the Democratic God's Army (DGA) in March. The DGA retained strong ties with the VBSW.

Kyaw Ni planned to strike against Thai government facilities at any cost to avenge the death of his close friend Pida, two other Warriors and

Pida (far right) and Kyaw Ni (second from left) with two Warriors from the Maneeloy camp in the jungle on November 4, 1999.



seven God's Army soldiers killed at Ratchaburi hospital killed by a Thai security force. He reportedly targeted an oil refinery somewhere in Thailand. Fortunately the DGA didn't possess the capability to strike inside Thailand.

Kyaw Ni decided to kidnap four Thai workers employed by a Thai mining company contracted by the SPDC inside Myanmar in May. The DGA demanded a cool five million baht ransom from the company, but settled for two million baht. After they were paid the hostages were released unharmed. This incident was never reported even though Thai authorities knew about the kidnapping.

Starting on October 1, 1999, the KNU made a strong effort to convince their Karen brothers in God's Army that they had chosen the wrong path in the struggle to free the Karen people from the SPDC terror by joining with the VBSW. Unfortunately, God's Army started listening to the KNU only after a lot of damage had been done.

God's Army managed to make headlines from several degrading interviews which didn't help their cause. They were presented to the public as a kind of fanatical religious group.

As for the DGA, they are facing a grim future. Without any support they will vanish sooner or later. The group

is suffering from shortages of food, medicine and ammunition and Kyaw Ni himself suffers from a serious skin disease. Obviously, the ransom money didn't benefit them. There were some questions concerning his mental state while he lived at the Maneeloy camp.

The events which started on October 1, 1999 prove that the Myanmar opposition must employ political leadership and not just the barrel of a gun in order to achieve their objectives. There is no place for extremists.

Behind the story:

It will be soon 20 years since the siege of the Myanmar Embassy in Bangkok. Looking at all available information – which admittedly is sparse – it seems apparent that one Western intelligence service played a major role. The objective of the embassy operation was to acquire documents, and with the help of the VBSW, together with various exiles and God's Army, who really didn't know what was going on, this was achieved.

Some media sources reported that Westerners were seen in the vicinity of the embassy and actually gave a signal to the VBSW to enter the compound. The ambassador allegedly left the embassy before the seizure. Documents kept in an office vault were taken away by the intruders. How they managed to open the safe remains a mystery.

Hours before the embassy takeover God's Army, led by their commander Shwe Bya, cleared an area, just across the Thai-Myanmar border for a helicopter to land.

Because of my good relations with the God's Army twin brothers and their friends in the KNU, I was asked by certain Thai authorities to recover the pistol seized by the VBSW from the Special Branch policeman at the embassy. I made the arrangements, with logistical support from the Thai



Max with Johnny and Luther surrounded by other God's Army soldiers and Thai officials on November 4, 1999.

authorities. A highly respected KNU man, Saw Thaw Thi, negotiated with Shwe Bya for return of the Czech-made CZ pistol and guaranteed my safety.

On October 24, 1999, I walked into a shack in Takolan where Saw Thaw Thi (KNU member, my friend and guide) and Shwe Bya together with other God's Army soldiers were present. Saw Thaw Thi checked the registration number of the gun. It matched. Shwe Bya handed me the pistol on behalf of the VBSW plus a sealed letter from them addressed to Prime Minister Chuan. Thai officials who waited for me in the distance collected both items. The operation went smoothly, without a hitch.

That success prompted Thai officials to ask me to persuade Kyaw Ni and Pida to surrender and come out the jungle where they were staying with God's Army child soldiers. This was of course before



Road to the meeting point.

the ill-fated raid on Ratchaburi hospital where Pida and some God's Army soldiers were killed.

The Thais wanted God's Army to stop fighting and live peacefully. Separating them from the VBSW, who allegedly were supported by one Western intelligence service, was an important step. Kyaw Ni and Pida had gained influence over the God's Army twins by supplying cigarettes and playing with them. It was that simple.

The message I was to give to Kyaw Ni and Pida was that after they gave up they would be treated well, housed in a guesthouse instead of being sent to prison and allowed to negotiate (whatever this meant) with the Thai authorities.



Road to the meeting point for in the jungle.



Along the road.

On November 4 police cars patrolled many roads around Suan Phung and other Thai forces swarmed the area, later joined by a contingent of media who arrived from Bangkok.

Helicopters were flying above.

I walked in the jungle following armed soldiers and BPP who were watching for mines. The group included Thai officials and several Warriors from the Maneelay camp. After we reached a Thai Army base we walked for a while after God's Army soldiers appeared suddenly from the darkness in a roughly predetermined location on Thai territory at around 6.30pm.

I was greeted by the twins and other members of the God's Army. Kyaw Ni and Pida emerged from the bushes later on both brandishing AK-47 assault rifles. I relayed the terms of surrender to them. Kyaw Ni appeared agitated while Pida

was calm. The two defectors who apparently set up the meeting then spoke with them. Thai negotiators protected by two bodyguards, one armed with an HK machinegun with silencer, spoke to the Kyaw Ni and Pida as well.

Kyaw Ni refused to surrender and called on the twins to decide his fate. It was learned later that the God's Army interpreter tricked the twins into saying they wanted him to stay.

After Kyaw Ni listened again to my pleas asking him to give up, he got even more agitated and pointed his AK-47 at me. Three Warriors and other people rushed to us and tried to calm him down. Kyaw Ni then disappeared into the darkness followed by Pida and the God's Army contingent. The operation was a failure.

We returned tired and disappointed to the Army base in Suan Phung, where reporters waited outside the gate. If Kyaw Ni and Pida had surrendered then the Ratchaburi hospital incident would never have taken place.

Later on, a VBSW member disclosed that Kyaw Ni and Pida had originally intended to surrender that night. He claimed that a Western intelligence agency had learned of their intentions and warned them that if they surrender they would be jailed in Thailand or transferred to Myanmar to face execution. "Someone was afraid that they might reveal secrets to Thai investigators or the media," said the source. The VBSW were equipped with an expensive satellite



Max carrying bag with medicines prescribed by doctor at a hospital in Suan Phung district to treat Luther is followed by Johnny and the boys' handier.

Rise and fall of God's Army, a much feared fighting force with foreign sponsors

Full article:

After almost three years of armed resistance against the SPDC the exhausted, malnourished and desperate remnants of God's Army had no choice but to merge with the 4th brigade of the KNLA. The group consisted of 22 young soldiers who gave up in October 2000, including the legendary teenage twin leaders, Johnny and Luther Htoo. Johnny is currently the 4th brigade headquarters while Luther is staying with his mother and father at Htam

Hin camp near Takolan village in Ratchaburi province.

All God's Army soldiers who surrendered are receiving all



A Christian church in Takolan.

necessary assistance from the 4th brigade of the KNLA. They will be gradually be incorporated into the KNLA structure and participate in operations against the SPDC. Only a small group of eight soldiers led by Dah Moo refused to join with the KNLA.

God's Army was officially formed on March 7, 1997 at Htaw Ma Pyo, after more than 200 deeply religious Karen Christian families abandoned the villages they had lived in for centuries and fled to Thailand in February in terror of the SPDC.

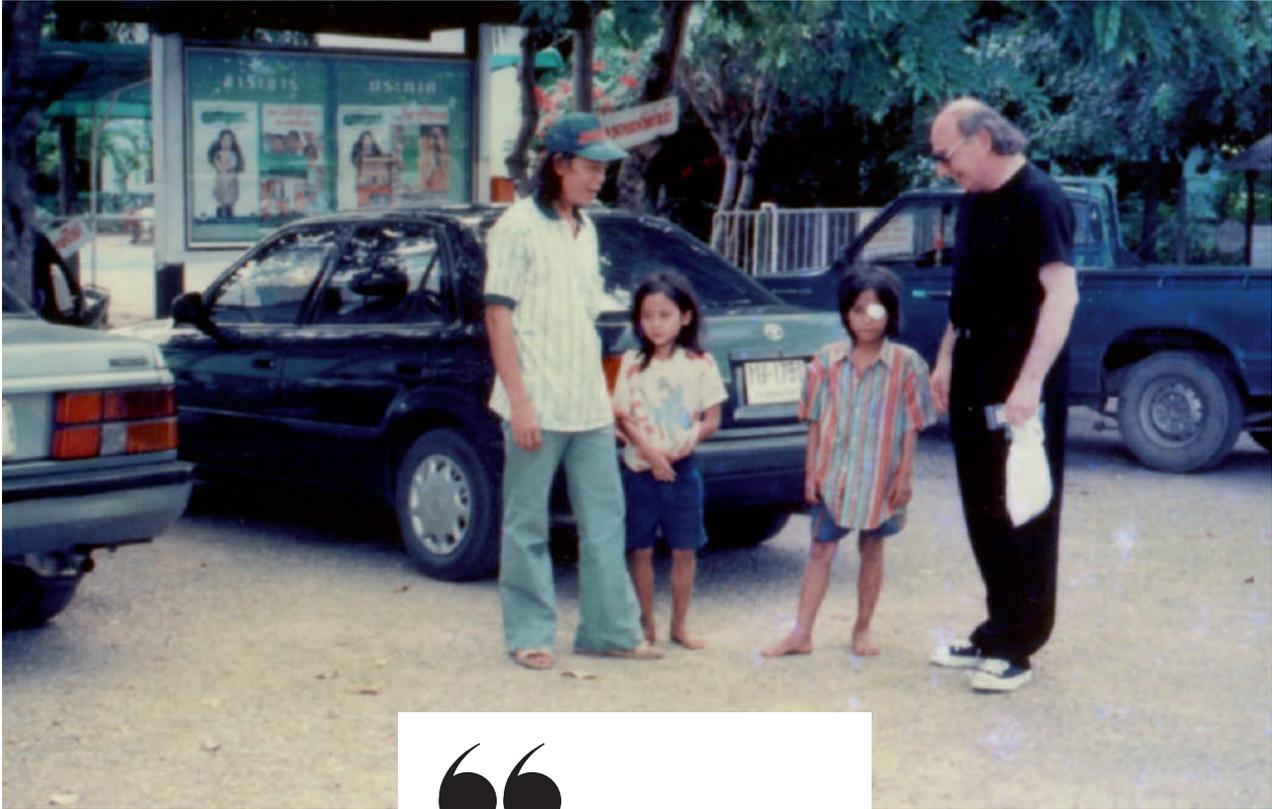
The twin brothers, who were eight at the time, said they had a vision from the God commanding them to lead their people against the SPDC. Both had seen with their own eyes the abuses committed by advancing SPDC soldiers against their people and couldn't let it go on.

The formation of God's Army was discussed with a high ranking official of the KNU South, who promised to assist them in every possible way. The KNU-South fell guilty because they couldn't protect the religious Karen families from the SPDC.

From 1997-1999, God's Army numbered about 200 soldiers, with at least 100 armed. They were supervised and guided by battle hardened KNLA officers who were sometimes frustrated because God's Army followed orders of the twin brothers instead of them.



Group photo with God's Army twins and other members of the group taken during Max' first visit to Takolan in February 1999.



Outside the hospital.

“

I drove the handler and the twins to the local hospital, where the doctor said Luther would lose his eye if not properly treated.



Max and Johnny Htoo in Takolan.

God's Army proved to be a formidable force from the beginning and their remarkable battlefield victories against the SPDC made them famous and feared. They engaged on average ten battles a week with SPDC troops in 1997-1998, inflicting heavy casualties. In one battle they killed 23 enemy soldiers and injured dozens without losing a single man. This phenomenal success led the Karen people to believe the twin brothers possessed supernatural powers. In reality, the early successes against the SPDC can be attributed to their determination, bravery and knowledge of the terrain.

As word spread around the world, financial aid started to come, especially from South Korean and Japanese contributors. The Koreans gave money to build a church for the God's Army at Takolan near Suan Phung where most God's Army relatives lived for years.

At the height of their success in early 1999 some opportunists within God's Army and another Karen group, the Karen Solidarity Organization (KSO) attempted to assert control over the group. From this moment the fortunes of God's

Army started to decline. Internal squabbling and personal conflicts led to a sharp reduction in combat readiness and effectiveness.

A leader of the KSO apparently with the connection to one Western intelligence age guided 12 VBSW to Takolan in June 1999. He handled them to Saw Toe Toe, founding God's Army member and KSO.

The VBSW took full advantage of the innocence and naivety of God's Army, convincing them they would be better off by joining in their future operations. Unfortunately, God's Army swallowed the bait because of some greedy people among them who controlled Johnny Htoo and Luther.

Instead of focusing their military efforts against the SPDC, the VBSW attacked two targets inside Thailand: The Myanmar Embassy in Bangkok and the Ratchaburi hospital. God's Army blindly participated in both events, with catastrophic consequences for both groups because they had made Thailand a second enemy.

Because of disagreements within the God's Army leadership, the acting commander Shwe Bya left in March 2000 and formed the Democratic

God's Army (DGA). He was joined by close associate Kyaw Ni who played a major part in the seizure of the Myanmar Embassy in Bangkok. Instead of fighting the SPDC, the DGA concentrated to make money by kidnappings and extortion.

Around 418 God's Army soldiers and relatives crossed into Thailand from Myanmar on February 2-3, 2000, after the SPDC mounted an offensive against them. Almost all of them ended up at a refugee camp in Thailand, although a lucky few, including God's Army founder Saw Toe Toe and his family, were granted refugee status in the United States.

After the Ratchaburi hospital fiasco, the fate of God's Army was sealed as all sponsors abandoned them, including the 4th brigade of the KNLA who had tried desperately to convince their leaders and the twins not to believe VBSW promises. In the middle of 2000, the 4th brigade of the KNLA decided to give a humanitarian food aid to suffering God's Army

bunch of 22 God's Army soldiers with promises of food, clothes and weapons. However, the aim of the newly form armed group wasn't to fight the SPDC but to protect their own business interests in an area of rich natural resources. Before the group could get any bigger, Thai authorities acted swiftly and arrested 18 soldiers when they arrived on December 21 at Takolan village to celebrate Christmas.

Behind the story:

My first encounter with the spiritual leaders of the Karen God's Army Johnny Htoo and Luther was at Takolan in February 1999, when the untidy about eleven-year-old cheroot-smoking twins were brought in the arms of escorts who worshipped them because of their alleged magical powers. Takolan was then a busy place, with many long-haired God's Army youngsters walking around in green camouflaged outfits or

to Suan Phung where they were meeting with one Karen Pastor who was trying to gain a control over the God's Army but failed because the twins didn't like him.

During an interview, some of the "missionaries" admitted being former members of the South Korean security service. A young and well-built man said that he was in the past attached to the South Korean presidential security detachment. The Koreans were allegedly a proxy of one Western security service.

During my first visit arranged by the KNU, Luther had a badly infected eye caused by a spark from a fire that had flown into his left eye sometime before. It took my guide, Saw Thai Thi, a long time to convince the unfriendly handler of the twins to seek proper medical treatment. After a lengthy negotiation and a cash exchange the handler agreed to take the twins to a hospital. Many God's Army people around us objected, saying that God would cure Luther.

I drove the handler and the twins to the local hospital, where the doctor said Luther would lose his eye if not properly treated. I made arrangements with Saw Thaw Thi to ensure that the handler keeps further appointments with the doctor, and I became friends with the twins.

The government tried desperately to disarm God's Army offering them a various peaceful incentives. One was the purchase of a large amount of rice I bought in Suan Phung which was delivered to Takolan by a pickup. I also bought and delivered medical supplies to Takolan a few times. The supplies included bandages, antibiotics and intravenous fluids. The Thai authorities also offered the twins scooters to stop their armed struggle. I was assigned to show them a brochure with the scooters. Both liked the idea very much but circumstances prevented it from materializing.

The Karen man who brought the Warriors to Takolan and who played a major role in the seizure of the Burmese embassy was shipped to the United States as was his good friend Saw Toe Toe. They were apparently allowed to take their families with them as well.



Rice is delivered to God's Army members and their families in Takolan.

soldiers and again offering the chance to join the KNLA.

A wealthy high ranking KNLA officer from the southern part of Burma who was dismissed by the KNU in September 2000 for a breach of discipline was able to persuade eight former God's Army soldiers led by Dah Moo to join with him on December 8.

The officer, backed by a group of his loyalists, soon recruited another

playing soccer and other games next to a church. built with money donated by a Korean religious group also apparently connected to the Western intelligence agency who "admired" their war efforts against the Myanmar government.

In September 1999, I met about 20 members of the Korean "missionaries" group both men and women who became frequent visitors

DIPLOMATS

▣ Meet the people uniting nations



Her Excellency Mrs Ana Lucy Gentil Cabral Petersen

Brazilian Ambassador: "There is an enormous potential to explore between our two countries."

Brazilian Ambassador: “There is an enormous potential to explore between our two countries.”

Words **MAXMILIAN WECHSLER**

Her Excellency Mrs Ana Lucy Gentil Cabral Petersen took her post as Brazilian Ambassador to Thailand in February of last year.

WHEN we met at her bright, sun-splashed office on the 34th floor of Lumpini Tower on Rama 4 Road, she displayed a charming humility that was refreshing in someone with such impressive credentials and title.

“I am not a good talker, so maybe you won’t have much to write,” said the Ambassador with a winning smile. As it turned out, the conversation took its own natural course and there was little need for prepared questions.

Mrs Petersen showed a thorough knowledge of all the usual subjects, and on top of that she has a good sense of humor and truly pleasant personality. She is concurrently Brazil’s Ambassador to Laos and Cambodia as well as Thailand. We were joined by her long-time friend and colleague, Minister Counsellor Jose Luiz Vieira.

Background

“I was born in the northern coastal city of Fortaleza in the state of Ceará, but my family lived in Rio de Janeiro most of the time. My parents had seven children; there are only four of us now,” said the Ambassador. She always wanted to be a diplomat, but actually first tried her hand at journalism. “After a time I realized that wasn’t for me, and I decided to try to join the Ministry of Foreign Affairs (MFA). This is a fierce competition, not an easy thing in Brazil, but I took the exams and did well.

“In 1978 I entered the Brazilian Diplomatic Academy at the Rio Branco Institute in Brasilia, which is also the location of the MFA and all government offices in Brasilia. At the time I had a married sister living there and a brother working for the Senate.”

Two years later she was Third Secretary at the MFA. Her assignments abroad include Washington DC; Budapest, Hungary; Kingston, Jamaica; Geneva, Switzerland; Asuncion, Paraguay; Montevideo, Uruguay and Luanda, Angola, where she took her first ambassadorial post. Her last position before coming directly to Thailand was at Brazilian Consulate-General in New York.

Asked which assignment had been most challenging, she said probably Paraguay or Uruguay. “Both of these countries presented quite a challenge, I can’t say one more than the other. Both share a border with Brazil, and there are very strong interregional links through MERCOSUR Mercado Común del Sur, also known as the Southern Common Market.” MERCOSUR is an economic and commercial grouping of countries in South America comprising Argentina, Brazil, Paraguay, Uruguay and Venezuela, as well as associate countries like Chile, Bolivia, Colombia, Ecuador and Peru.

“One difference is that with Paraguay we also share the huge Itaipu Dam one the biggest hydro-electric dams in the world, located on the Paraná River.

“Angola also presented a challenge. Like Brazil, Angola is a former Portuguese colony, so besides other tribal dialects, Portuguese is the official language. Many slaves were sent from Angola to Brazil, and that’s a big reason why Brazil is so ethnically and culturally diverse, much more so than Thailand. You see people of every color in Brazil. We also received many migrants from Europe and from Arab countries.

“Many people may not know that Brazil also has the largest population of people of Japanese descent outside Japan in the Americas – about 2.5 million people. The

Japanese migration to Brazil started around the beginning of 20th century. Those who arrived often married with Brazilians. People of Japanese descent, nisseis as we say, are concentrated in the southeast of the country, in São Paulo, our richest state.

“You ask me about politics. We had general election in Brazil in October last year. Our new President, Jair Bolsonaro, began his term on January 1, and so did the vice-president, senators, governors, house representatives and so on. Now the new government has different political ideas from the previous administration that was in power. That’s democracy! The population of Brazil is about 210 million.”

Coming to Thailand

“The first time I came to Thailand was in 2009, for a meeting in connection with the United Nations Council of Human Rights. I used to be head of the Human Rights Department in Brazil’s MFA. We had a conference here regarding neglected health diseases. After two days of meetings I spent a very nice weekend here in Bangkok. The city was a bit different then than now, quieter and less hectic, but just as interesting.

“When the former Brazilian Ambassador completed his time here and the position was offered to me I was delighted. From a professional perspective it is a great move. I had never worked in Asia before and it’s important to have the experience. As everybody in the world knows, this is a very dynamic region with fantastic economic development.

“The Brazilian MFA sets a term for Ambassadors from two to five years. Of course, if it’s in the interests of my country I could be sent somewhere else tomorrow, but normally we stay about three years in each assignment. We don’t necessarily go back to Brazil after every posting abroad; we can go straight to another country if needed.”

Thailand

“Thailand and Brazil have a lot in common, and not only the tropical weather,” said the Ambassador. “Both countries are rapidly developing, and there are similarities in the types of industries being promoted. For instance, Thailand has an enormous production of cars, especially Japanese and Korean models. The same is true of Brazil. So there is a lot of trade both ways in auto parts, including small engines and electronic components. However, our main export to Thailand is soybeans. The trade between our two countries both ways totals about US\$3.5 billion,

and we believe there is an enormous potential to explore between the two countries.”

When asked about the export of Brazilian coffee to Thailand, the Ambassador said that’s not really happening at the moment. “We want to export more livestock products like live cattle and premium beef. Overall, we are promoting a more ambitious business and also cultural agenda. We believe there are opportunities for that. Now we are seeing more interest from Thai companies in investing in Brazil. For example, last year one Thai company bought a seafood processing plant in Brazil. Another company invested in a petrochemical plant. All this increases the business relationship and we at the embassy are doing all we can to encourage it.”

People to people exchanges are also a priority for Mrs Petersen during her time in Thailand. She’s devoted a lot of energy to preparations for social activities that strengthen the Thai-Brazilian relationship, and these are

invariably well organized and well attended.

“We recently celebrated the 60th Anniversary of Thailand-Brazil Diplomatic Relations 1959-2019 at Vithes Samosorn Hall, located at the Thai Ministry of Foreign Affairs in Bangkok. It was a fantastic opportunity for Brazilians in Thailand to meet,” the Ambassador said. As a part of the celebration of the anniversary we organized a Brazilian film festival in Bangkok called *Music and Moving Images of Brazil*.

“The film festival was held from April 25 to 28 at the Auditorium Room on the 5th floor of the Bangkok Art Cultural Centre. It was a delightful journey into Brazilian popular music and culture.

Among the films screened were: *A Música Segundo Tom; Tropicália; Tim Maia; and Elis*.

“This year as every year we will have a night of Latin music in cooperation with Mahidol University and the Thailand Philharmonic Orchestra. This year we are responsible for organizing the event presented by a Brazilian conductor, Ms Ligia Amado. She will conduct classics from Brazilian composers like Villa Lobos. The event will take place around the beginning of July.

“We are also planning a business seminar to bring investors and business people together to discuss ways to boost the economic relationship between Brazil and Thailand. This event is not yet definite but should be in the second part of the year.

“Thailand is of course very attractive for tourists. You hear a lot about the great food and natural beauty. A lot of Brazilians want to know more about Thailand and Asia in general. Last year about 70,000 thousand Brazilians visited Thailand. This is not that many compared to some



The Brazilian MFA sets a term for Ambassadors from two to five years. Of course, if it’s in the interests of my country I could be sent somewhere else tomorrow, but normally we stay about three years in each assignment.







Celebration of the 60th Anniversary of Thai-Brazilian relations held at the Ministry of Foreign Affairs in Bangkok on April 23. From left to right: Juan Bustos, Chargé d' Affaires, Embassy of Mexico; Alicia Sonschein, Ambassador of Argentina; Fernando Quiros, Ambassador of Peru; Ana Cabral Petersen, Ambassador of Brazil; Pasakorn Sriyaphan, Deputy Permanent Secretary, MFA; Héctor Almeida, Ambassador of Cuba; and Juan Bettancourt, Chargé d' Affaires, Embassy of Colombia.

countries, but if you remember the distance it's really quite a lot. We are on the other side of the world and in different hemispheres." There aren't any direct flights between the two countries and Brazilian airlines don't operate scheduled flights to Thailand.

"There are far less Thais visiting Brazil, but the Embassy is actively promoting tourism to my country. There is so much to see and do. Thai nationals don't need a visa to visit Brazil. Not too many Thai nationals reside in Brazil. There are about 500 Brazilians registered as residents with our embassy, but I believe there are actually less because some of our citizens don't tell us when they are leaving."

On the go

"I haven't traveled that much in Thailand yet but I intend to do more and get to know the country better. I have been to the North, Northeast and South of Thailand on trips organized by the government. In March the MFA organized a trip to Phuket. It was a special program to learn about government projects to promote sustainability and also support the communities that suffered from the December 2004 tsunami. About 70 diplomats travelled in three buses.

"We met with the governor of Phuket province and we went to fishing villages where they are educating locals on how diversify their incomes. We talked to people from the Red Cross and learned about how they are looking after

hospitals and schools. We didn't go to the beach.

"I have been to Chiang Mai, Chiang Rai, Trat, Chantanaburi province and Pattaya on private trips. One difference between our cities is that in Brazil you always have a square and church in the city center (Portuguese inheritance)."

As she is also in charge of Laos and Cambodia, Mrs Petersen also makes regular trips to these countries. "I have visited Laos three times since assuming my post as ambassador. I went there to present my diplomatic



Brasília, capital of Brazil.



Rio de Janeiro.



São Paulo.

credentials and also to take part in various negotiations with the Lao government. I attended the FEALAC (Forum for East Asia-Latin America Cooperation) in Vientiane. I presented my credential to the Cambodian King in Phnom Penh in March of this year.”

Mrs Petersen said she is in regular contact with Laotian and Cambodian diplomats and government officers. “If any problem or difficulty arises we can call them or contact their embassies in Bangkok. We also try to keep abreast of media reports from the two countries. Laos doesn’t have much media but we can follow the most important points closely.”

Personal

“I am married to Cristiano Carnerio de Mondonça Petersen, whose ancestry is European. His great grandfather was a Dane who immigrated to Argentina. His father married a Brazilian, and their family lived in Rio de Janeiro. We don’t have any children. We travel to Brazil at least once a year and, of course, when there’s a specific personal reason we try to go home. But it is quite far and the flight is more than 30 hours one way because you have to make connections. So making the trip back is not so easy, especially with the time difference. The time difference between Brazil and Thailand is 10 hours. So when it is 8pm in Thailand back home they are waking up. We are working in the night more than we would like because that’s the best time to make contacts with the Brazilian authorities.”

Mrs Petersen likes Thai food, but like most expats here, she misses her native cuisine. “There are Brazilian restaurants in Bangkok. One on Sukhumvit offers several kinds of meat without you asking for it. They bring beef, pork and chicken dishes and you serve yourself, like in Brazil. The restaurant’s name is Spanish – *El Toro* – but it’s a Brazilian restaurant. As far as I know, there is no authentic Thai restaurant in Brazil.”

When asked about her hobbies, she said quickly: “To live. I don’t have a sport or something like that. I like working, going to the movies, exercise and cultural events. Fortunately diplomats in Bangkok get a lot of invitations to parties and various other functions.”

CV of H.E. Mrs Ana Lucy Gentil Cabral Petersen

Education:

- **1973:** Social Communication. Pontifical Catholic University, Rio de Janeiro, Brazil.
- **1986:** Master’s Degree, International Public Policy, School of Advanced International Studies, John Hopkins University, USA.

Diplomatic Career:

- **1978:** Admitted in the Brazilian Diplomatic Academy (Instituto Rio Branco).
- **1979:** Third Secretary.
- **1981:** Second Secretary.
- **1988:** First Secretary.
- **1995:** Counsellor.
- **2003:** Minister of Second Class.
- **2009:** Minister of First Class (Ambassador).

Missions Abroad:

- **1983-1986:** Brazilian Embassy in Washington, USA.
- **1986-1989:** Brazilian Embassy in Budapest, Hungary.
- **1989-1991:** Brazilian Embassy in Kingston, Jamaica.
- **1996-1999:** Brazilian Mission to the UN in Geneva, Switzerland.
- **1999-2003:** Counsellor, Brazilian Embassy in Assuncion, Paraguay.
- **2003-2006:** Minister-Counsellor, Brazilian Embassy in Montevideo, Uruguay.
- **2010-2013:** Ambassador to Angola, residence in Luanda.
- **2013-2018:** Consul-General in New York, USA.
- **24. 03. 2018:** Ambassador to the Kingdom of Thailand.
- **17. 05. 2018:** Ambassador to the Lao People’s Democratic Republic, with residence in Bangkok.
- **27. 03. 2019:** Ambassador to the Kingdom of Cambodia with residence in Bangkok.

Positions at the Ministry of External Relations:

- **1979:** Division of East Europe.
- **1980-1983:** Press Secretariat.
- **1991:** Division of Immigration.
- **1993:** Division of Administrative Following Up and Coordination of Posts Abroad.
- **1995:** Social Communication Office.

- Ambassador Petersen was Assistant to the Secretary-General of the Ministry of External Relations and Director of the Human Rights and Social Issues Department as well as Chief of Staff of the Secretary-General of the Ministry of External Relations.

Social

□ Last month's best events in pictures





Fantastic Festival

Bangkok Marriott Hotel The Surawongse celebrated its first anniversary with the Surawongse Festival, a two-day celebration featuring food, art & craft products, music, workshops and family activities at the hotel's elegant al fresco Surawongse Rooftop, attracting hundreds of visitors who enjoyed chilling out in the enchanting garden atmosphere sampling the hotel's delicacies.





Nabah unveils its new menu

Gracing the rooftop of Solitaire Hotel Bangkok on Sukhumvit 24, Nabah restaurant held a launch party for its exciting new menu which was attended by expats, members of the media and selected socialites. With great views of the city, along with outstanding cuisine, Nabah lives up to its tagline as 'Your Oasis in the Sky'.



ESTD 2018

THE

STEAKHOUSE CO.

PUB - BAR
& GRILL

HAPPY HOURS!



12 Noon - 8pm
Every Day

LIVE SPORTS · STEAKS · RIBS · BURGERS

OPEN 11.30AM TILL 12AM · 7 DAYS A WEEK · LOCATED IN THE HEART OF SILOM

Sunday Carvery/Bufferet 12 Noon till 6pm B.495

WWW.THESTEAKHOUSECO.COM

RESERVATIONS: 06 - 109 Steak (78325) Email: office@thesteakhouseco.com

9/8 Thanon Phat Pong 2, Bangrak, Bangkok Thailand 10500

Free parking / BTS Sala Daeng/ MRT Silom



Thesteakhouseco.bangkok



tripadvisor



wongnai

Find us on TripAdvisor and Wongnai



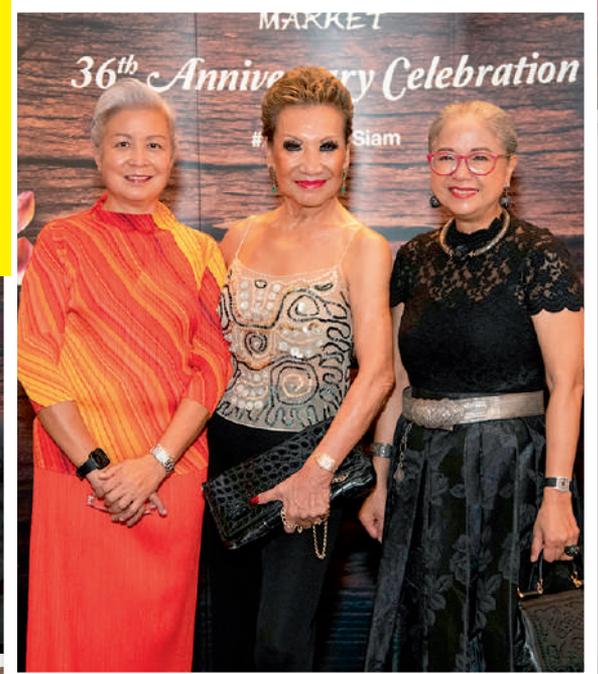
Line ID

All prices include VAT and service charge. Prices subject to change without notice



A Spicy Celebration!

Mr William E. Heinecke, founder and chairman of Minor International Public Company Limited and his wife Mrs Kathy Heinecke were guests of honour at the 36th Anniversary Celebration of The Spice Market, the iconic Thai restaurant at Anantara Siam Bangkok Hotel.





ROYAL VARUNA YACHT CLUB

THAILAND'S PREMIER SAILING COMMUNITY



Beam Reach

'Loosen everything up a little ... PLEASE!'

'Beam Reach', a term meaning sailing with the wind at right angles to the boat, but, we see it as more than this. Nothing is more satisfying than to see children filled with happiness. A spectacular hide-away, stunning clubhouse, accommodation facilities, excellent restaurant, bar and seafront pool. Royal Varuna Yacht Club membership offers international level sailing training and a wide variety of boats for hire, giving members and their children a chance to discover happiness in a natural and safe environment.

Rediscover your inner child and reach for that beaming smile with family and friends. Where else?

Royal Varuna Yacht Club
Thailand's premier sailing community

12°55.065'N 100°51.430'E

FOR FURTHER INFORMATION, CALL +66 038 250 116
WWW.VARUNA.ORG
WWW.FACEBOOK.COM/ROYALVARUNAYACHTCLUB





Seen and believed!

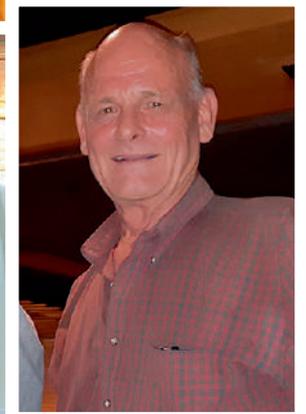
Legendary New York DJ Sandy Rivera spun the decks at SEEN Restaurant & Bar early in May, bringing his distinctive style to the inaugural launch of monthly SEEN Sessions at AVANI+ Riverside Bangkok Hotel. Many special guests celebrated with a meal, whimsical cocktails, and a daybed overlooking the river.





Claudia's colourful birthday party

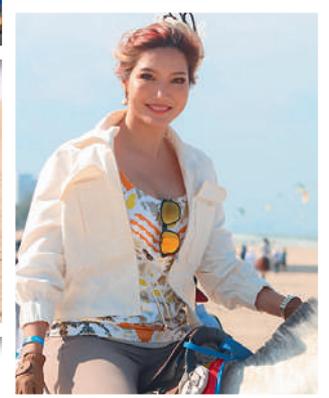
Popular socialite and Board Member of the Danish Chamber of Commerce Claudia Anghel held a special Cinco De Mayo party for friends, family and colleagues to celebrate her birthday at the Admiral's pub and restaurant, Oakwood Residence, Sukhumvit 24.





Hua Hin's spectacular Beach Polo

The wonderful spectacle of beach polo thrilled large crowds in Hua Hin once again when the 10th Asian Beach Polo Championship 2019 for the Princess Pa's Cup was held on the beach front at the InterContinental Hua Hin Resort. In addition to the excitement of the beach polo, which featured an international line-up of riders, including Thailand's Harald Link, Cliff Punyanitya and Worajit Wongkraso, this popular annual event had all kinds of equestrian activities, a fashion show on horseback and the traditional local horse race. The event, presented by Thai Polo Equestrian Club, concluded with an elegant dinner party at the Intercontinental. Prominent among the many guests were Suwat Liptapanlop, former Deputy Prime Minister of Thailand; Nantinee Tanner, Vice President of Thailand Equestrian Federation; Proudpuh Liptapanlop, Executive Director of Proud Real Estate and Eakkapop Dechkriangkraisorn, Vice Chairman of Nabha Foundation. All proceeds went to the Nabha Foundation under the initiative of HRH Princess Bhajarakitiyabha.

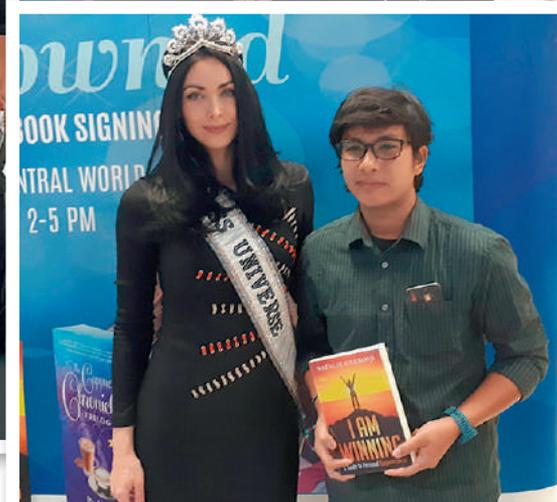






Authors joint book signing

Bangkok-based authors Natalie Glebova and Pashmina Pash held a joint signing ceremony at Asia Books for their books, *I Am Winning* and *The Cappucino Chronicles Trilogy* with lots of well-wishers and friends turning up for the event.





Superb Malbec wines from Argentina

A large audience of wine lovers attended a rare tasting of outstanding Malbec wines from Argentina at the Pacific City Club in an event hosted by the Argentine Embassy and its Ambassador Ms Alicia Sonschein.



Savelberg's Taste of Spain

Michelin-starred Savelberg restaurant held a preview of its latest promotion 'A Little Taste of Spain' featuring the culinary creations of Chef and owner Henk Savelberg and Head Chef Cristina Tejeda paired with the best Spanish wine choices from Iconic Wines Asia.



Russian wine tasting

The Russian Embassy in Bangkok held its first-ever wine tasting featuring the wines of Valery Zaharin, a 20-year veteran of the wine business who owns 90 hectares of modern vineyards in Crimea. Guests included local hoteliers, wine merchants and entrepreneurs as well as representatives from the media and several government agencies, who enjoyed wines made from European and Crimean grapes.



30 Years of Success

Novotel Bangkok on Siam Square celebrated its 30th Anniversary with the co-owners, GM, the management team and 250 valued guests at a wonderful event featuring exciting dance performances, delicious F&B, fabulous singers and a lucky draw.





MATES' RATES

Need a quick cheap getaway? Check out these great offers



Stay for Three, Pay for Two

Well Hotel Bangkok Sukhumvit 20 invites travellers to Stay Three Pay Two promotion which includes a 3-night stay in Superior room at 3,252 baht, Deluxe room at 3,761 baht or Executive room at 4,286 baht and also includes daily buffet breakfast for 2, 15-minute massage, 500 baht voucher for Twist Bar & Bistro, free room upgrade, late check-out until 4pm and more! Available for booking/stays until October 31, 2019.

Tel: 02 127 5995 www.wellhotelbangkok.com

Spoil Yourself Spa Buffet

Escape to Mövenpick Asara Resort & Spa Hua Hin and asara spa for a blissful pampering moment with unsurpassed personalised lifestyle service. Pick 3 of your favourite treatments for 120 minutes from Thai or Aromatherapy massage, Body scrub, Body wrap, or Foot massage. "Spoil Yourself" spa buffet is available throughout June and July at 2,500 baht for one person or 4,800 baht for two, terms & conditions apply.

Tel: 032 520 777 ext. 460
[Facebook.com/movenpickhuahin](https://www.facebook.com/movenpickhuahin)





Magnificent Villa Grace – rare sophistication and privacy in Pattaya

FEW places reflect Pattaya’s inexorable rise in fortunes better than Villa Grace, a magnificent 10-bedroom holiday villa complex set in 13 rais of land and landscaped gardens in one of the resort’s most unspoiled areas. Remarkable in both grandeur

and sophistication, Villa Grace is a unique five-star comprising a series of stunning inter-connected Thai-stylized buildings that offer a massive 2,000 sq m of living space, plus a spacious terrace adjoining a large swimming pool with multi-color night lights. Luxury furniture and art from





around the world adorn every corner of this splendid property. The bedrooms are luxuriously equipped and come in choice of designs and size.

Within its immaculately maintained grounds is a huge lake, together with tennis and basketball courts, jogging track, separate snooker room and sauna. The entire property is contained by a granite wall providing security and privacy.

And because Villa Grace is popular with small groups in search of the ultimate getaway as well as first class amenities, the property also features domestic and commercial kitchens. Extensive staff quarters are located within the complex.

This unspoiled part of Pattaya enjoys peace and quiet, even though the resort's bright lights and famous entertainment are only a short drive away.

For villa rental go to: <http://ddmsiamthailand.com/contact/>
Villa is also available for sale. To arrange inspection and viewing pls contact: info@ahp.hk
Price available upon request.



◀ Spare Me Some Ribs

Kampu Restaurant of Mövenpick Asara Resort & Spa Hua Hin introduces “Spare Me Some Ribs” promotion with carefully selected premium quality juicy pork back ribs slow-grilled with chef’s own blend of spices and served with homemade BBQ sauce, garden salad and country fries or baked potato. Available daily throughout June and July for lunch and dinner at only 480 baht net.

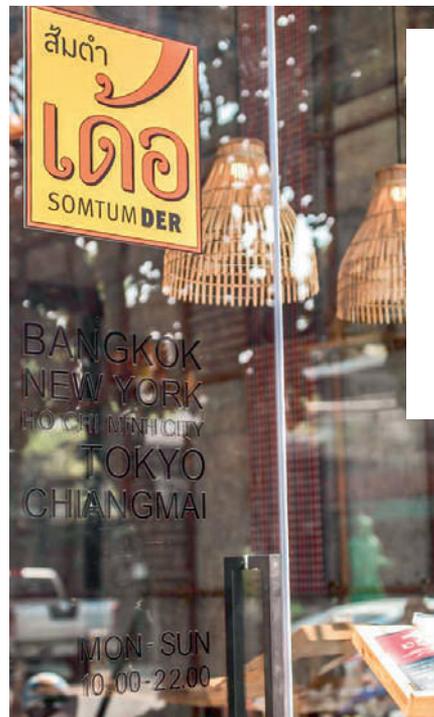
Tel: 032 520 777 ext. 472 Facebook.com/movenpickhuahin



▲ Authentic Isaan Cuisine

Somtum Der, the 1st somtum restaurant in the world to receive a Michelin star, has brought its authentic taste of Isaan cuisine to Chiang Mai’s landmark location, One Nimman, one of Chiang Mai’s trendiest neighbourhoods. Somtum Der’s 46-seat Chiang Mai restaurant will offer popular dishes including Tum Sua Sakon Nakorn, Tum Thai Kai Khem, Sa Pok Kai Tod Der, Moo Ping Kati Sod and Larb Tohd.

Tel: 090 325 1181 <http://www.somtumder.com>



◀ Legendary Peking Duck

Ming Xing Restaurant at Cape Dara Resort Pattaya invites you to try their Peking Duck, a popular dish well-acknowledged for decades. Served with crispy skin in a pancake with vegetables and a choice of meat including deep fried with garlic or stir-fried with black pepper. Priced at 1,500++ baht per set, available daily from 11am - 2pm for lunch and 6pm - 10pm for dinner.

Tel: 038 933 888 www.apeadarapattaya.com



▲ Signature Themed Buffets

Dusit Thani Hua Hin invites you to experience their signature themed buffet dinners featuring Pasta Fiesta on Wednesday, Hua Hin Night Market on Friday and Seafood Night Live on Saturday. Now you can enjoy the full set of three for just 2,500 baht (usually 3,402 baht net), that’s less than three-quarters of the regular price!

Tel: 032 520 009 ext. 2013 dtthfb@dusit.com



◀ Unmissable Beach-side Promotions

Hua Hin Marriott Resort & Spa has revealed exciting promotions for June: Local Clam Specials all month, 12 noon to 10.30pm from 500++ baht; White Beach BBQ on 3rd June, 6pm - 10pm from 1,600++ baht per person; Dine Along the Beach, a unique collaboration on 27th June, 5pm - 9pm at 2,499 net for 5 courses; Sunday Family Roast on 30th June, 12 noon - 3pm from 1,350++ per person including free-flow soft drinks.

Tel: 032 904 666

www.facebook.com/huahinmarriott.com



Our client's interest
always comes first.

Accounting and Payroll
Audit and Assurance
Business Services and Legal
Executive Recruitment and Outplacement

www.rsmthailand.com

THE POWER OF BEING UNDERSTOOD
AUDIT | TAX | CONSULTING



RSM Thailand

26th Floor Sathorn City Tower, 175 South Sathorn Road, Thungmahamek Sathorn Bangkok 10120
T +66 (0) 2670 9002-6 F +66 (0) 2670 9027-8 E AskUs@rsmthailand.com W www.rsmthailand.com

RUAMRUDEE INTERNATIONAL SCHOOL



**Our 2019 graduates had
43 offers to medical schools**



**We have been SEASAC
Golf Champions for
7 consecutive years**



**Our school community has
raised over 1,700,000 baht
this year in support of
humanitarian organizations**

As it has been for the last 60 years, our deeply ingrained culture of self-reflection and self-improvement has resulted in students who are creative, compassionate, critical thinkers. Their commitment to leading happy, healthy lives while helping others do the same is why RIS students continue to forge positive, lasting legacies for the world.