FATTAYA WWW.pattayatrader.com

ry Lee Carlson

Returns to Pattaya with Exclusive Free Concerts at

Linda's

ພັກຍາ ພົເພັລ

15/3, 16/3, 17/3, 20/3, 22/3, 27/3, 29/3, 30/3 Table reservations: 08 7813 0115 Linda

> Linda's Restaurant 315/177 Thappraya Road. www.lindasrestaurant.com



LINDA'S RESTAURANT A PERFECT PARTNER FOR JERRY LEE CARLSON THUS MONTH



Run by the genial and very hard working Linda, the dining room is bright and airy, and specialises in fresh and seasonal food, Linda's excels in Norwegian delicacies and Linda herself sources the Salmon from a Norwegian / Japanese fish importing company in Bangkok. Only the finest and freshest fish are used to create her dishes as the superb taste reflects.

Among the delights are specialties using Norwegian Salmon, for example an appetiser entitled "Duo of Smoked and Gravlax" together with Cream Cheese, Dill Stewed Potatoes & Mustard sauce. Perfect if you are looking for a "lite bite". As is the "Smoked Salmon Salad" with peppery rocket and a drizzle of balsamic, or the delightful "Smoked Salmon Sandwich" served with freshly baked granary bread.

Any Scandinavians living or visiting Pattaya will, I'm sure, already know Linda's but for those who have just arrived in Pattaya the restaurant is situated on the main Thappraya Road opposite Jomtien Complex. One of the first international restaurants to come to Jomtien, it has been serving best quality food, with a Norwegian twist, since 2005 and is one of the most respected eateries in the whole of Pattaya.



OMMEN



Other favourites include the **Poached Salmon** dishes where the pink flesh of the fish simply flakes away when touched with a fork.Or if you prefer meat as your entree then there are some great traditional meat dishes and stews to whet your appetite.

A delightful place to sit during the day or evening, outside or in. Linda has never been one to rest on her good reputation for fine dining but instead constantly tries out new ideas to enhance the dining experience at her restaurant.

Buffets, excellent value specialties and more recently live music have all gone to make Linda's restaurant a great place to spend your evening. Certainly with Jerry and entertaining Hakan everyone you will be assured a really fantastic night out.



JERRY "LEE" CARLSON LIVE AND EXCLUSIVE AT LINDA'S



Jerry "Lee" Carlson hails from Sweden and first started playing the piano when he was just ten years old. He came to prominence in his native country in 1996 when he won a "search for a star" style TV show performing as Jerry Lee Lewis singing ' "Great balls of fire"

Jerry has been performing in Pattaya for many years and is a fantastic pianist who plays a mixture of rock 'n' roll, country, blues and boogie woogie during his excellent live shows. The show is based around the music of the late,great legend Jerry Lee Lewis but also includes songs from other artists. I'm sure that anyone who has seen his show in Pattaya will tell you what a great evening's entertainment it is. In fact some of Jerry's biggest fans from his home country Sweden book their holidays in Pattaya just to coincide with the great man's live appearances !

THE JERRY "LEE" CARLSON SHOW WILL ALSO FEATURE DRUM-SENSATION HAKAN NELSON!

FRIDAY	15TH	MARCH
SATURDAY	16TH	MARCH
SUNDAY	17TH	MARCH
WEDNESDAY	20TH	MARCH
FRIDAY	22ND	MARCH
SATURDAY	23RD	MARCH
WEDNESDAY	27TH	MARCH
FRIDAY	29TH	MARCH



PATTAYA TH

Linda's

This is really an excellent opportunity to catch Jerry in action as admission is completely Free. For table reservations contact Linda on 087 813 0115, 038 252 726 Or email : linda@lindasrestaurant.com

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Hi Readers,

If you missed seeing Jerry "Lee" Carlson when he was last in Pattaya over the New Year then do yourself a favour and get along to Linda's restaurant on Thappraya road for a real treat to catch him on one of 8 exclusive concert evenings there - sure to be a great night every time.

Or if you're more of a "Soul Man" there's another Souled Out - this time in Walking Street ! In fact with a review of the recent Burapa Bike Week and Pink Polo Day plus a look at the forthcoming Top of the Gulf Regatta at Ocean marina we can certainly say there's plenty of entertainment here in Pattaya just at the moment.

Don't forget, we at The Trader attend these events and distribute our glossy magazines whilst we're there. So if you have a restaurant, club, business etc. that you want to get out there, not just to the people of Pattaya but to the many who visit Pattaya, then let us see how we can help you spread the word.

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Gloria pattaya trader@pattayatrader.com

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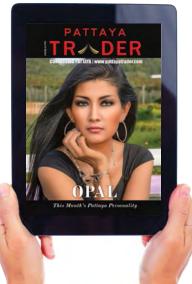
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Members of the Royal British Legion were out and about presenting donations from the money raised during the Poppy Appeal of 2018.

Firstly they went to the Royal Thai Navy Base at Sattahip where they were greeted by Vice Admiral Sangkorn Pongsiri. A presentation of 100,000 THB was donated to The Royal Navy Charity Fund "Deep South" by Andre (Outback Bar) and Bob Mann (RBL Chairman) on behalf of Poppy Golf 2018.

Then they attended Thai Veterans Day Parade where Branch Chairman Robert Mann and Branch Secretary Michael Thomas said words of thanks and then presented 100,000 baht to the Thai War Veterans Organisation from money raised from the Poppy Golf tournament 2018.



Photos by Rodney Charman

















PATTAYA SOUL CLUB PRESENTS

THE VERY BEST OF **NORTHERN - MOTOWN - SOUL** SATURDAY 9TH MARCH *<u>Minmi</u>* TEMPLE CAR PARK WALKING ST • PATTA MIAMI 2ND RD 8-10PM - FREE FLOW WINE & SAN MIGUEL BEACH RD WALKING ST DOORS OPEN AT 8 PM • 500B ENTRY FEE • ALL PROCEEDS DONATED TO 'BAAN JING JAI ORPHANAGE PATTAYA'



SOI

COMING TO THE SMALL SCREEN



......

The Widow Season one.

Three years after receiving the news that her husband had died in a plane crash, Georgia Wells spots him in some news footage. Having been told that the plane went down in the Republic of Congo she now questions this information. A thriller starring Kate Beckinsale, produced by ITV and Amazon.



American Gods Season two.

Second season of this fantasy series based on the novel by Neil Gaiman who has now joined the writing team. Ancient mythological Gods now living in modern day America are at war with the Modern Gods of technology. Watch out for lan Mcshane as the mysterious Mr.Wednesday.



Turn up Charlie.

Charlie bachelor and still struggling DJ has a final chance to make it but also has reluctantly agreed to become a "manny" for his best friends troublesome daughter. Idris Elba stars in this new Netflix comedy series

Recommended Series: Game of Thrones.

Some shows are harder to follow as there are long gaps of time between seasons the first episode premiered April 2011. So once we have access to the completed saga it might be time to watch once more from the start for better continuity. Based on George R Martins series of fantasy novels known as a Song of Fire and Ice set in the fictional continents of Westeros and Essos. There are three story arcs to follow and you start with the Iron Throne and the seven kingdoms, each with their own plots and agendas either trying to claim it or escape from its rule. Not to spoil it but like



Lord of the Rings you will encounter a great diversity of characters, mythical beasts, cults, factions and villains it's all here. However unlike the Tolkien novels the content is much more earthy and gruesome, more adult. For a television show, it was unusual to see a production on par with modern day movies. Epic and engaging, well worth a first or second viewing.



Coming Soon to The Big Sci ree

tain Mar Brie Larson, Samuel L. Jackson, Jude Law, Ben Mendelsohn



21st film in the Marvel Comic Universe, Brie Larson stars as Carol Danvers, former US air force fighter pilot who becomes a superhero and joins Starforce a race of Kree noble warriors fighting to protect earth.



Psychological horror film, where a family on holiday at their beach house are surprisingly confronted by their doppelgangers.

Lupita Nyong'o, Winston Duke, Elisabeth Moss.

Yahya Abdul–Mateen II,

Garner, Ken Hudson Campbell, Kenan

Hotel Mumb

Dev Patel, Armie Hammer,

Nazanin Boniadi, Anupam

Cher, Tilda Cobham-Hervey,

Thompson.

Tim Heidecker,

and Anna Diop

Dumbo **Colin Farrell, Michael** Keaton, Danny DeVito, Eva Green, AlanArkin.



For those who don't know, this is about a young elephant born with very large ears which make it possible for him to fly. The struggling circus decides to exploit this talent.



June discovers the amusement park she had once created in her imagination has now become real. However because she no longer dreams about it the park is slowly disappearing and needs her help.

> hway men. **Kevin Costner Woody** Harrelson, Kathy Bates, John Carroll Lynch, **Kim Dickens**

> > The Beach

Matthew McConaughey,

Snoop Dogg, Zac Efron, Jonah Hill, Jimmy Buffett, Leah Van Dale.



Two Texas rangers are assigned the task of tracking down the notorious Bonnie and Clyde gang to stop their plague of bank robberies.



Thriller based on the true story about the victims and survivors of the 2008 Taj Hotel Mumbai terrorist attack.





Matthew McConaughey stars as Moondog who lives life on his own terms in this new outrageous comedy.

John Goodman, Ashton Sanders, Jonathan Majors, Colson Baker, and Vera Farmiga.

An extraterrestrial world takes over the lives of an enslaved Chicago neighbourhood in this science fiction crime thriller.

FORTHCOMING EVENTS

MANY EVENTS ARE BEING CANCELLED IT IS BEST TO CHECK WITH ORGANISERS BEFORE ATTENDING





SAT

MARCH 2

MISS INTERNATIONAL QUEEN

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arts and crafts and good stalls.

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Now in its 5th year the 2019 Kolour in the Park festival will feature techno icon Chalotte de Witte as well as Masego and SG Lewis. At Thai

Wake Park, Bangkok where there will also be





MAROON 5 LIVE IN BANGKOK

As part of their Red Pill Blues Tour Maroon 5 hit the Impact Challenger hall 1, Bangkok on the 9th try Thai Ticket major for tickets



NATIONAL ELEPHANTS' DAY

Established by the Thai Government in 1998 this annual event is celebrated throughout the nation in many camps and conservation centres.





MARCH 13 MA

FORTHCOMING EVENTS

MANY EVENTS ARE BEING CANCELLED IT IS BEST TO CHECK WITH ORGANISERS BEFORE ATTENDING



PATTAYA INTERNATIONAL MUSIC FESTIVAL

One of the biggest of its kind in Asia the music festival will take place along Pattaya beach road with many different styles of music being included.

ST PATRICK'S DAY

SUN A day of fun in Pattaya with the annual St Patrick's Day Parade taking part in the afternoon this year with traffic closed from 3:30 pm along the parade route from Alazar down Soi 4 and along Beach Road to Pattaya School No 8.







MARCH 17

MARCH 15–16

COMEDIAN JIM GAFFIGAN

Comedian Jim Gaffigan is in Bangkok at the Scala Theatre, Siam Square Bangkok for tickets go to viagogo.com

NAVY FROG TRAIL CHALLENGES

There seem to be loads of marathons and mini marathons this month but the most hard core of all should be this one at Sattahip. Not for the faint hearted but you can choose between 5,10,25 or 50K go to their FB NavyFrog rail Challenges 2019 for more information





MARCH 22

SUN

MARCH 31

Friday March 15th 09:00-11:00am In our Early Years play area



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GAME RELEASES





Tom Clancy's the Division 2

Set in a post apocalyptic world seven months after the outbreak of a deadly virus this addictive four player co-op returns. Moving away from New York in the Winter to summer time in Washington you face off against some new factions. Fascist group the True Sons, raiders know as the hyenas and religious zealots the outcasts.

What set the division apart for other similar games was its use of a Dark Zone where players can choose to fight against and betray his allies. However be warned too much bad behaviour and you'll earn Manhunt status with a tidy bounty on your head.

Sekiro: Shadows Die Twice

FromSoftware creators of the Dark Souls series have ventured into the Sengoku period of ancient Japan. It's game play reminds me of an old favourite of mine called Tenchu stealth assasin way back on the Playstation one. Now play as Sekiro a Shinobi or Ninja who seeks revenge against a Samurai who has kidnapped his lord.

I'm looking forward to a combination of role playing elements, a stealthy ninja approach all set in a graphically stunning environment. But will they have the ball of rice available to throw and distract the enemy?



Kirby's Epic Yarn

I thought it was due time to feature a charming game suitable for children of all ages and on the 3Ds. Kirby's Epic Yarn is a port of the 2010 side scrolling platformer from Nintendo. A very original approach to a typical Kirby game set in a world completely made out of Yarn called Patch land. In this outing Kirby helps Prince Fluff collect some magic yarn to stitch Patch land back together and thwart the villain Yin Yam. What's also different is that this time Kirby doesn't inhale or fly around but instead solves problems by morphing into objects. I guess it may lose something without the wii amazing motion control system. But the developers have made up for this with some new abilities, new mini games and a devilish race mode.

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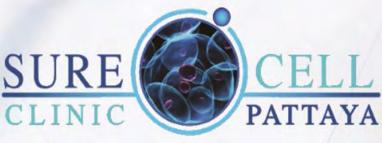
Pictures by Rodney Charman



A happy and sad farewell afternoon tea party was held for Helle Rantsen, known and much loved for her time as President of the PILC .Enjoy your retirement Helle and thank you for your time and all the amazing work you have done for the club and for local charities.



For more information Send an email to presidentpilc@gmail.com or visit www.pilc-pattaya.com for more information Or visit their facebook page @PattayaInternationalLadiesClub



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What is Aloe vera and why is it so good ?

When you get sunburnt because you've forgotten to slap on the sun cream then it may well be that you find yourself reaching for the soothing properties of aloe vera to soothe your burnt skin. It really does bring much relief during the healing process – but have you ever wondered what else aloe vera gel is useful for ?.

Joel Schlessinger MD is an American dermatologist and cosmetic surgeon.from Omaha tells us that "Aloe vera is a cactus-like plant known for its healing and medicinal properties.Its stems store water, creating a clear, gel-like substance in the leaves, which contains vitamins, antioxidants, minerals, and amino acids.The gel from aloe has been used throughout history to treat a variety of skin conditions, such as burns, psoriasis, cold sores and even frostbite." -not too much of a problem here in Pattaya !.

The International Journal of Research and Medical Sciences tells us that each triangular leaf of the aloe vera plant is composed of three layers, with the innermost layer containing a clear gel that's made up of 99 percent water and

roughly 75 potentially active ingredients. The inner leaf gel is removed from the rind, either by machine or by hand and is cold-pressed to keep the active ingredients active.

When it comes to solving specific skin issues, there's not a lot of conclusive evidence on aloe vera's efficacy, but "the biochemistry of aloe vera does have some anti-viral, anti-fungal, and cell-regenerative properties, so applying it to the skin in addition to other medications or remedies may prove to be helpful," says Dr. Schlessinger.

What makes aloe vera gel so difficult to study is the fact that it contains so many promising ingredients that can improve the skin so it's hard to hone in on the exact compounds and mechanisms that make it effective,



As well as soothing sunburn what are the other benefits of using aloe vera?



Treats acne and cold sores

It soothes sunburn

Aloe vera gel contains compounds called polysaccharides that encourage skin repair and new skin cell formation says Kenneth Mark MD who is a New York-based dermatologist and skin cancer surgeon. The gel also contains a pain reliever called carboxypeptidase, which may be why aloe vera is so soothing.

Relieves skin irritation and moisturises

Inflammation underlies many skin conditions for example psoriasis, and eczema as it contains acemannan, that suppress inflammation. Also as aloe vera gel is mostly water, it helps to hydrate the skin without any greasy residue. It helps lock moisture into the skin, whilst acting as a glue to encourage the top layer of skin cells to stick together, ultimately smoothing and softening your skin.

Besides having serious antibacterial properties aloe vera gel also contains salicylic acid, which is an exfoliant that helps to unclog pores, making it especially helpful to deal with pimples, blackheads, also acting as an anti-inflammatory on the oil glands that cause acne.

Aloe vera is an antiseptic, containing agents known to help inhibit fungi, bacteria, and so helps speed up the healing process by creating antibodies the immune system can use to fight the cold sore virus.

Aloe helps to fade dark spots and slow signs of aging

Aloe vera gel helps to suppress tyrosinase, the enzyme responsible for skin discoloration and so aids the prevention of dark spots, while the various antioxidants it contains (such as glutathione peroxide) can fade sun damage that's already formed.

The salicylic acid aloe vera contains acts as an exfoliator helping to slough off dead skin cells and contains lignin, a substance which can enhance the effect of other ingredients on the skin. It also stimulates fibroblast activity which helps increase collagen production and elastin fibers that make the skin less wrinkled and more elastic. Meanwhile, zinc acts as an astringent to tighten pores, and antioxidants, such as vitamins C and E, help prevent the formation of free radicals (aka, molecules that can really damage your cells).

How to choose the best aloe vera gel

Purest aloe is always best, without anything added. If the percentage of aloe vera is low, that means it contains many other a dditives, such as thickeners, preservatives, colors, and fragrance." These additional (and unnecessary) ingredients may make the aloe vera less effective. Although some preservation is necessary—hence why there's no such thing as 100 percent aloe vera gel—try to find one that has the least number of ingredients, and the highest percentage of aloe vera.

Beware of a label saying "100 percent gel," that just means that it's pure gel, not pure aloe vera. Always make sure the label reads something like, "99 percent pure aloe vera," or make sure that aloe vera is first on the ingredients list—the more ingredients that come before aloe on the list, the less aloe is in the product. Often these will include preservatives that extend shelf-life so if these are not present the aloe vera gel will have a shorter shelf-life, so always check the expiration date.

Try to avoid aloe vera gel that contains alcohol, fragrance or colour. Alcohol can be irritating to the skin, the same goes for fragrance. Also the gel should be clear —there's no reason for it to be green.



Under the Roof club Update

Last month Under The Roof Club organised their second fundraiser event: a "Rock Music Night " at Retox on Soi Lengkee to raise funds to help finish the school building project for the children in the jungle

International rock stars already in Pattaya ready for The Burapa Bike Week gave their support with Stuart Craig Coyote and Mud Pie South appearing on stage.





Already more than half way finished there is still much more help needed for the completion and kitting out of the school.

How you can help:

If you want to send food, clothing, kitchen utensils school supplies they can be dropped off at Karen Visa Services Soi 10, Thepprasit road

If you wish to make a donation please go to www.undertheroof.club or pay into SCB ACCOUNT NO: 0863 244 575-5 sending an email to undertheroof2018@gmail.com to advise them so that they can update your donation on their website. Thank you for your support for this great cause.



20 PATTAYA TRADER

The Pattaya Trader has just received the following updated photos

These photos show just how well work is progressing on the school building. The Under The Roof Club would like us to pass on their thanks to everyone who has given so generously to enable them to get to this stage and of course although there is still more to do it is really encouraging to see where all the donation money is going with the excellent progress on this much needed project.







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By Gloria Jones

Queen's Cup Pirk Polo 2019

There are certain times of the year and certain events in Pattaya's social/sporting calendar that make you really glad you live in a place which allows you to attend such special occasions only a short distance from the city centre. The Queen's Cup Pink Polo tournament is one such event.



Now in its 11th year The Pink Polo Day really does have something for everyone: an interesting market with plenty to buy and look at, drinks tents a fun raffle and a great buffet. As the event starts at 12 pm and goes on until sundown there is plenty of time to enjoy a full,varied buffet lunch followed by a traditional high tea in the afternoon.

There is show jumping and a fashion show on horseback and this year inciting plenty of oohs and aahs from the crowd a very cute parade from the Yorkshire

Terrier Club's Dog show.













PATTAYA TRADER











Issue 220 | MARCH 2019



It's also really exciting to watch a polo match. Even though our commentator Andy Harrison, who always does such a professional job, did remind us to keep 10 metres back from the white barrier - the effect of watching a match in full swing with the thundering of hooves and horses heading towards you is quite intoxicating. The intoxicating effect was also not lost on many of the guests watching from the tables under the tents - although perhaps from a different reason ! However the traditional stomping of the divots was a time for everyone to get involved as we were all invited to try to flatten the polo lawn by stomping down on the turf that had been torn up by the ponies' hooves during play.

A great day out with a chance to meet and greet in an informal relaxed atmosphere it's good to also remember that proceeds go to the Queen Sirikit Center for breast cancer. So the next time you're out clothes shopping don't forget to"think pink" and get your outfit prepared for next year's Pink Polo event. Or if you can't wait until then get in touch with

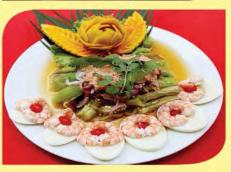
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Their website www.thai-polo-club.com Or by phone 081 835 2419



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By GLORIA JONES







Thai Garden Resort



attaya Trader was delighted to attend the Friday buffet night at Thai Garden Resort. As long term readers of the Trader will know Thai Garden is famous for its nightly buffets (see page 3 for a complete listing). They offer excellent value as there is literally so much to choose from, for me highlights of the Asian Delights night included: Vietnamese Spring Rolls, Somtam, Crispy Pork, Fried beef with chilli and Chicken Massaman Curry with either chicken fried or jasmine rice

Pattayao Thailand

There was also plenty available for western tastes such as Norwegian Smoked Salmon, Chicken Liver and a delicious Florida Chicken Salad. A pasta option which is important to have at a buffet I feel, for picky eaters or children. Talking of children they will be as fascinated as I was I'm sure with the "Make your own fresh pancake" device. A clever little machine that does it all for you. At a simple press of a button a dollop of batter

drops down to the griddle (you can watch this all happen through the glass) gets pressed into shape, cooks and rolls out to drop onto your waiting plate. The cute little pancake can then be accompanied by syrups, sauces and ice cream - on our night we had a choice of chocolate or lime sorbet. Also for dessert lovers

of any age there is a plentiful selection including chocolate cake, apple tart and recently making it to CNN's top 50 world's best desserts listing: Mango and sticky rice.

It's the little things you notice which remind you that Thai Garden Resort is an extremely efficient, well run 4 star resort. For example, even though we had no need for it, each table was automatically supplied with a mosquito spray, just in case. Also the service was excellent and unobtrusive, you're not aware of the waiting staff hovering over your shoulder and yet the plates are cleared away quickly and discreetly.

The strolling 3 man band were even better than I expected gentle and soothing they really added to the ambience and overall holiday atmosphere. When it was my turn to make a request I thought I'd ask for a traditional song from the Philippines and they played "Anak" for me - treat yourself to a listen of it on You Tube its by an artist called Freddie Aguilar.

Even if Pattaya is your home, going to one of Thai Garden Resort's buffet nights really makes you feel as if you are away on holiday. It is excellent value not just for the food but for the overall experience. Make sure to book your table to avoid disappointment

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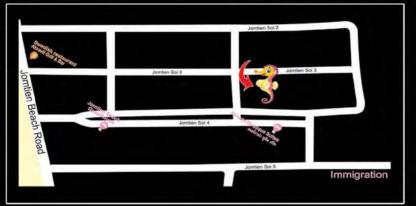


An exciting new venue is opening in the heart of Jomtien, as you can see from the photos everyone is busy preparing both the inside and outside, ready for the club's opening on the 16th of this Month.

Seahorse Gentlemen's club is situated just 60 metres down soi 3 from Jomtien Beach Road set in an ideal location for people coming into the area

from either Pattaya or the far end of Jomtien.

Just jump on a baht bus - look out for Akvavit Restaurant as a landmark to the start of Soi 3, ring the bell and you're there only a few steps up the Soi on the right hand side opposite Sexy Girl Bar 2.





Open from 1pm - until 9pm why not come along and join us on our opening day 16th March, or in fact anytime after that !

Open Daily 1pm-9pm Telephone 06 5541 5767 Facebook seahorseEntertainment



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TIGER PARK PATTAYA



Have you ever felt glad to be alive? Well, that's how I felt when I came out of Pattaya's Tiger Park. Not that I thought I wasn't going to get out alive, oh no. It was just that it was such a wonderful experience seeing all those beautiful animals being so well cared for and in a place that was so clean, - almost hospital clinic clean.

At 09.00 I was met by the young and attractive Ekaterina Sannikova, the park's most knowledgeable and dedicated Customer Relations representative, who I promised to send some of the 300 plus photos that I took on my 2-hour visit. Seeing that I was a little apprehensive she escorted me to the first enclosure that

housed 3 puppy sized tiger cubs, making sure firstly to wash our hands and change our shoes for clean sanitized flip flops. The little darlings were only 2 months old and for me, that was plenty big enough. Ekaterina told me they had been born here in the Tiger Park and pointed out that they all had blue eyes and in time (about one year) these would turn brown.

After feeding the babies their morning bottles of milk/vitamins, we moved on to the slightly older Tigers. With 3 attendants armed with nothing more than bamboo sticks with some plastic strips tied to the end, I was still a little apprehensive, all the time Ekaterina was putting me at my ease telling me that in the past 2 years since the park has been open there hasn't been one case of a tiger attack. And there's me thinking today could be the day. The great thing about the Tiger Park is that they don't use drugs to control the Tigers, the Tigers are brought up in a friendly carefree environment. I changed the lens on my camera and took some more pictures. Ekaterina was kind enough to carry my bag for me, I think that putting it down would have resulted in either the loss of the bag or it could have been construed as a health hazard. I didn't ask.

I was now feeling much more at ease until we went into the enclosure that housed the 1-year-old tigers. We were confronted by an attendant, a 6 foot-plus tall Russian man, a man mountain, he was as big as a house but a very friendly gentle giant of a man who I am sure weighed as much as one of the tigers. Using him as a shield for the first few minutes I was pleasantly surprised at just how naturally the tigers were behaving.







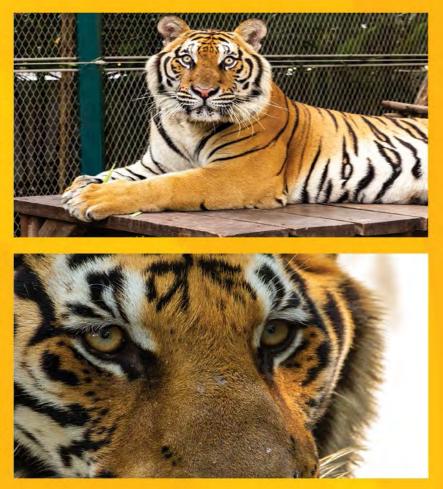


Especially with me poking a long lens camera in their faces. Every enclosure had shade and wooden platforms for them to lay or play on. They also have large plunge pools, chlorine free with salt and magnesium in the water. I was told it is better for their fur and isn't harmful to them if they drink it. Splashing about in the pool seems to be a great way for them to have fun and cool down at the same time.

OK that's it, or so I thought, I was ready to leave when I was ushered into the "Big Boys Enclosure" - the 2-year-olds. OMG, that's when I asked if the Big Guy was coming with us. However I was soon at ease again and carried on taking pictures. I was also amazed to be told that within the next 3 years these giants would double in size. I'm not sure if I could handle that.

All in all it was a great experience that I will never forget. The Park is licenced by the National Park and Wildlife and Plant Conservation Department and has a resident vet on site. A great place to visit.

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| EXPAT LIVING

RADIO 96FM – THE BEST PLAYLIST IN TOWN



The only English speaking 24 hour a day local TV channel, Pattaya People Television is continuing to entertain and inform the Ex Pat community of Pattaya, plus many Thai locals who are known to regularly choose to watch this mainly English speaking channel.

PPTV's output is constantly being updated to provide a revised and even better schedule. The free Pattaya People app has been created so that the TV and radio stations can be accessed on your smart phone, anytime, anywhere.

Coming up in March are new features including the recent Burapa Bikers Festival Week, the International Beach Football final, plus Barry Upton's 'Pattaya Stories' series, and so much more, covering a diverse range of subjects here locally including some of the amazing attractions all around Pattaya which can now be enjoyed with a 50% discount using the Pattaya People Privilage Card.

Kevin's Vlogs are all about various aspects of living in Pattaya and cover subjects as diverse as 'Retiring On A Budget', 'Going To Court', 'New Motorbike Laws', 'Cheap Jomtien Beach Front Apartments', etc., etc..

The very popular 'Yoga Pose Of The Day' series with instructions from guru Diana Mountanous, sponsored by the Zen Cell Rejuvenation Clinic, will continue with new exercises and postures intended to help health and flexibility. Strike a pose and get fit!

Plus the weekly 'Pattaya Ex Pats Club' TV feature with interesting and, sometimes, vital info from the guest speakers that appear there.

If you have any ideas for features or can recommend interesting people for Barry to chat to for his 'Pattaya Stories' series, please contact Pattaya People Media Group by emailing to info@pattayapeople.com.

Big sponsors 'Mixx nightclub' and 'Club Insomnia' are always well featured with their infomercials lighting up the daily output. Also, look out for 'Pattaya and Property Trader' chief editor Gloria Jones have a cozy couch chat with Barry Upton as they delve into detail re- the currently released Pattaya Trader.

Available now on Sophon cable around the clock and online at the 'Pattaya People' website - www.pattayapeople.com Don't forget to download the FREE 'Pattaya People' app so you can access the TV output on your handheld device, anytime and anywhere in the world.





I-ROVERS

Football



The premier league kicks off the first weekend of March with 2 massive derbies. In the north London derby Tottenham play Arsenal at Wembley and the following day Everton host Liverpool at Goodison Park. Other highlights in March include Arsenal at home to Manchester United on the 10th, another massive derby on the 16th when Man United host Manchester City and the month finishes off with Liverpool playing a crunch game at Anfield against Tottenham. The Champions League continues with all 4 English teams playing their return legs in the last 16. On the 6th Spurs will be away at Dortmund, on the 7th Man Utd travel to PFG in Paris, on the 13th Manchester City are at home to Schalke and on the 14th Liverpool travel to Bayern Munich. We also should know in March who will be playing in the quarter finals of the FA cup. Alongside every premier league and champions league fixture shown live this month watch out for various games from the European leagues and the English Championship.



Formula One



The season gets into full swing with the Australian Grand Prix in Melbourne from the 15th to the 17th and the Bahrain Grand Prix in Sakhir from the 29th to the 31st.

Horse Racing



The Cheltenham Festival - highlight of the racing year, runs from the 12th to the 15th. After the recent equine flu scare, there will be a great relief amongst all racing fans to know that the festival will go ahead. Remember, no matter which sport you follow, it'll be live at Irovers ! So look out for our weekly updates.

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- Darts league matches played 6 evenings a week
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- Golf society every Wednesday, playing at various courses around Pattaya - check at the bar for details.
- Great food offers every day including the famous 129 baht breakfast and ice cold beers at reasonable prices served to you by our great staff.

Rugby Union

The six nations championship reaches its climax on the weekends commencing the 9th and the 16th. Two major highlights on the last weekend include Wales hosting Ireland and England playing the Calcutta cup match against Scotland.

I-ROVERS ALL THE SPORT, ALL THE TIME!

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Burapa Bike Week has grown from a gathering of 200 or so bikers who 22 years ago decided to come together for an annual event, to a festival that now attracts over 100,000 visitors.

This year Burapa started on Valentine's day with the traditional ride around Pattaya the "Ride for Peace", finishing at the event's home for the following few days: The Sports Arena on Chaiyapruek 2 Truly an international festival, visitors come from many countries and various clubs as well as families, couples and singles of all ages attending.

There is plenty of food and entertainment and plenty of vendors offering everything from motorcycle parts and gear, to jewellery, stickers,

Burapa

patches, clothing, leather goods etc. etc. .

EE WER



As we wandered around the sprawling event in the afternoon the atmosphere was chilled and friendly. Bike culture is very popular in Thailand so Burapa Bike Week is a greatly anticipated event that draws large crowds, yet there was plenty of room to wander and plenty to look at. From hairdressers to portrait painters Harley Davidsons with their polished chrome to unique custom bikes put together with Thai ingenuity. Some with buffalo skulls attached to their fronts, others with sound systems literally bigger than the bikes themselves , complete with LED light displays and accessories of every type.



From sundown around 6 :30pm the atmosphere cranked up with the start of the rock stage performances. Crowd pleasers such as Mud Pie South, Stuart Craig Band and Goober Gun, who I remember first seeing in Pattaya some 7 years ago, were all playing live and thrilling the crowds.

It was great to see people dancing and bikers from rival clubs toasting each other, and partaking in the general revelry. The Burapa Bike Festival really has a cool festival feel from day to night with the added bonus of raising large amounts of money for various kids charities in the area. Certainly I shall return and next year have promised myself a pair of cowboy boots and a cool motorbike helmet !

WHY WHY WHY FISHING?.... IT'S BORING

The majority of people haven't got a clue what really goes on out there on our rivers, lakes, and seas. So, here are the things that nobody tells you before you're taking up the sport of fishing.

The fish smell.... Your bait smells –your keep net can smell (especially if you permit them to sit in the sun). Your garments can shortly become a rag to wipe your hands on, therefore they're going to smell....... Finally...... "YOU" may smell.

Nobody believes your funny stories even when you have photographic proof. "Photoshop", they say with a smile . You will also have to defend your 'catch and release' policy to non-anglers and tell them that you put back every fish you catch gently to the water so that they can fight another day.

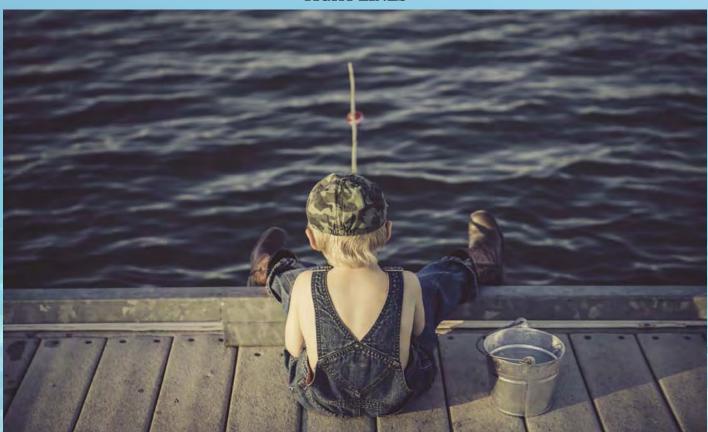
Then well is it boring ? To begin with, you may waste hours upon hours throughout the day looking at an unmoving float or static rod tip. Nobody tells you that tea time and fishing into darkness is the best time "BUT IT IS". Fish love evenings, particularly on a bright, hot summer's day – darkness gets them going. Early morning is a good time too, however fishing typically gets worse as the morning wears on. Fish have no eyelids so go deep and hardly move about in bright light.

As dusk falls the fishing gets better as darkness falls.

Trying to find that special bait can also take time serious anglers spend hours experimenting at home. Sweetcorn, cheese, bread and prawns are all prepared the latter proving to be most effective.

If you like the beach head down to your nearest pier as there are sure tol be fish about and chances are you will hook a fish. Many anglers become boringly passionate about carp and believe they should just sit at the edge of a lake waiting for the biggest in the world. In Thailand there are many species of Catfish and other types similar to roach and perch in the waters as lakes, ponds and rivers in this country are packed with plenty of different types of fish.

If you only go fishing to catch fish, you are missing out on other benefits, Namely you can enjoy the beauty of the land around you and be near nature, and relax. It does not happen to everybody, but once you catch you first fish you are hooked (Pardon the pun). Every small fish you will want to catch the bigger brother and you will then go back again and again to get the adrenalin pump you received that first adventure. So for many no not boring !



TIGHT LINES

Inclusivity at the heart of Top of the Gulf Regatta



Founded in 2005, the 2019 Top of the Gulf Regatta will take place at Ocean Marina Yacht Club 30th April to 5th May with support from the Yacht Racing Association of Thailand, Royal Thai Navy, Royal Varuna Yacht Club and Pattaya City. It is the largest multi-class sailing event of its kind in Asia, incorporating the Thailand Optimist Open Championship and the inaugural Thailand S\V14 Para Sailing Championship.

Inclusivity has been at the heart of Thailand's Top of the Gulf Regatta since it first started in 2005. Organisers aim to support sailing across a diverse range of boat types and sizes, and sailor abilities. From Optimists and Lasers (Radial, Standard and 4.7), 29ers and 49ers, 420s and 470s, and beach catamarans, to ocean multihulls, keelboats, one-design 25-foot Platus and the radio controlled IOM class, organisers this year add a Para Sailing class for the first time, using the S\V14 two-person dinghy.

"We have up to 16 classes competing this year and expect more than 200 boats of all sizes and types out on the water. Our goal has always been to organise an inclusive regatta and this year



we are taking it one step further with the introduction of the inaugural Thailand S\V14 Para Sailing Championship, The regatta have invited para sailors from around the region to compete and we also expect a good showing from Thailand. We have been working closely with World Sailing to introduce Para Sailing to Thailand and over the long term we hope to be able to support the development of a Thailand para sailing team which can compete at the international level said William Gasson, Co-Chairman of the Top of the Gulf Regatta Organising Committee.

In addition to the new Para Sailing class, there are a number of other changes for this 16th regatta. Racing has been extended one day for all classes. The radio controlled IOM class will compete over three days, the dinghy classes over four days and the keelboat and ocean multihull classes will race over five days. For the keelboat and ocean multihull classes, there will be a beach party on a nearby island (subject to approval), at the end of the third day of racing (Friday 3rd May), while all other classes will gather on the lawn at Ocean Marina Yacht Club as usual.

After a few years hiatus, organisers are considering re-introducing a sports boat class and encourage any interested sailors to contact them with an expression of interest. The regatta's programme can be viewed online at https://topofthegulfregatta.com/programme. and entries can be made at https://topofthegulfregatta.com/enter-online.

Having worked with the Windsurfing Association of Thailand and hosted the Asian Championships for the RS:One class on multiple occasions, and last year hosting kiteboard racing for the first time, in conjunction with the Kiteboard Association of Thailand, organisers are again open to adding more classes and diversity, making the Top of the Gulf Regatta the largest and most inclusive water sports event in Thailand.

"Top of the Gulf Regatta has been a big supporter of the Thai sailing community and each year we have a large Thai participation who race alongside many international sailors who come to compete each year and enjoy the excellent Gulf of Thailand conditions and Thai hospitality," concluded Gasson.

For more information about the 2019 Top of the Gulf Regatta Presented by Ocean Marina: Web: www.topofthegulfregatta.com. Facebook: www.facebook.com/topofthegulfregatta





I SPORT & LEISURE

By Steve Wade

PREMIER LEAGUE UPDATE



Let's take our latest look at the ups and downs in the world's most popular football competition, The English Premiership. At the time of going to press, Manchester City had beaten Chelsea in the EFL Cup at Wembley on penalties after playing out a surprising 0 - 0 draw. This enabled Liverpool to catch up their game in hand which was at Old Trafford against Manchester United. After a series of injuries this match again was surprisingly played out to a 0 - 0 draw. This leaves Liverpool one point clear of Manchester City at the top but with a vastly inferior goal difference. With Tottenham's loss at Burnley virtually knocking them out of the title race it now looks like the premiership is very much a two horse race.





The quality of this year's competition is such that Liverpool, after 27 matches including 20 wins and only 1 loss find themselves only 1 point clear at the top. A special mention also to Spurs who haven't had 1 draw all season, which goes to show they always try to win their matches. Meanwhile, the race for seventh spot, and the title the best team outside the big 6, looks to be between Watford, West Ham and the excellent Wolves team that came up from the championship last season.

The latest managerial casualty is Claude Puel who was dismissed after Leicester's disastrous 4-1 loss at home to Crystal palace. Meanwhile at in the relegation stakes, Huddersfield are doomed, and with Claudio

Ranieri not having the impact that people thought he would have at Fulham, they also look to be in serious trouble. The last relegation spot looks very much like it's now going to be any one team from these 6: Crystal Palace, Burnley, Newcastle, Brighton, Cardiff and Southampton.

At one time it looked very much like the favourites to go down Cardiff City would fill the third relegation spot, but the tragic incident concerning the plane crash and the death of their record signing Emiliano Sala, and the way the club, the crowd

and the players have responded has renewed their fighting spirit. A special mention here for the Cardiff manager Neil Warnock, who very much divides opinion amongst football followers but whose record as a manager stands up to the closest scrutiny. His handling of this very difficult situation, in possibly his last season as a manager, has gained him the respect and admiration of everyone in football. I personally would very much like to see Cardiff escape relegation so that Warnock could retire on the magnificent achievement of not only getting Cardiff automatic promotion from the championship last season but keeping them in the premier league this year.

No matter which team you support - Good Luck to All !



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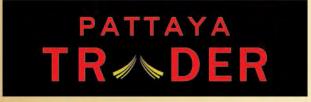


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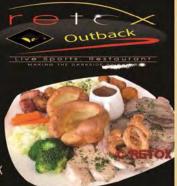


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BUSINESS NEWS

How Employer Branding Improves Recruiting



For most businesses, recruitment proves to be a real challenge. With so many companies out there vying for the same jobseekers, what strategies can a business implement to establish itself as the organization that everyone is dying to work for?

Hiring managers nowadays is increasingly turning to inbound hiring to automate processes that once ate up their schedules, but this innovation is just the first step in a larger trend toward enhancing your company's recruiting efforts. Offering the best salaries and ample opportunity for advancement simply isn't enough to win the attention of today's workers. Since people spend a significant percentage of their lives on the job, they want to work somewhere they can be proud of. That's where employer branding — which focuses on a company's values and culture — comes into play.

What Is Employer Branding?

In a nutshell, employer branding boils down to whatever you use to portray your company as an attractive place to work. This could be anything from a jobs page with videos of happy employees to a word-of-mouth reputation for great perks. This is how a company earns a reputation — positive or negative — within the job market and greatly affects the interest that jobseekers have in open positions. Employer branding can have far-reaching effects on a business and often begins at the executive level.

When employer branding is weak or non-existent, it naturally becomes more difficult to attract and retain talent. In contrast, great employer branding doesn't just make it easier to recruit — it also serves as a balance of the rewards and benefits offered to employees, incentivizing them to operate at peak performance. Companies devoted to strong employer branding must demonstrate a commitment to the well-being of its workers from the start, and should continue working to not only serve customers, but also employees.

How Do You Do It?

Now that you have a clearer understanding of how employer branding can impact recruitment, we expect you're wondering how you can take action now to ensure that your organization bolsters its own profile on the job market. So let's delve in:

- Offer something special to employees: If you hope to connect to prospective workers, you first need to give your current employees a great work experience. For some companies, this could be a beautiful office space, fun team building events, or impressive perks and benefits. Then, you can show off your great company culture and garner positive PR that will foster the employer brand externally.
- Tackle cultural issues head-on: As anyone who has dealt with a tough Glassdoor review knows, lingering problems that threaten your company's internal culture could eventually hurt your recruiting efforts. Empower your employees with a clear sense of purpose, a reasonable measure of independence within the workplace and the skills they need to thrive. It may be common sense to proclaim that your employees will respect a company that treats them right, but it's true. If something stands in the way of that, don't hesitate to take action.

- Let employee advocacy take hold: Your employees are the best spokespeople you could hope for when it comes to recruitment. Just imagine the power in a staff that is so empowered and thrilled with their employer that they cannot help but share the positive experience they're having. What a recruitment tool! Furthermore, reach out to your workforce for guidance in your recruiting efforts. Let them share their stories with you, and it could very well help you determine the best way to attract top talent to your company.
- Create your brand: Now that you've proven you're a great company to work for, it's time to show it off. Create a brand identity and build out a company jobs page that shows off everything great about your company. Include photos, testimonials, and anything else that you think may attract great candidates. That way, every time a candidate applies, they see immediate evidence of your fantastic culture.

Brand New You

- Once a company establishes itself as an entity that workers can be proud to call their employer, the results will inevitably follow. Employer branding may take a bit of work up front, but the power of creating a deeper identity for your company is well worth the effort when it comes to attracting new workers.
- No matter how you've tailored the hiring process to your company, we cannot stress the importance of employer branding enough. By allowing prospective employees to know precisely what your company stands for, you'll open yourself up to more willing applicants and, even more importantly, will be far more likely to attract the right individuals who match your company's mission and cultural impact. It's time to start now



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| EXPAT LIVING

RADIO 96FM – THE BEST PLAYLIST IN TOWN



The best commercial playlist of popular music in Pattaya can undoubtedly be heard on 96FM Pattaya People Radio . Continually being streamed online and available on the Pattaya People free app, many still rely on the FM transmission coming out of your radio box or car stereo.

The weekly schedule is:

8am to 12 noon – Morning Glory with Barry Upton 12 noon to 2pm – Let's Do Lunch with John Pearson 2pm to 4pm – Afternoon Delight with Diana Mountanos 4pm to 6pm – The Sundowner Show with Barry Upton 6pm to 6.20pm – Thai News 6.20pm to 8am – All Night Long MSN International News in English is at 12 noon, 2pm, 4pm & 8pm All through the weekend, a full service of entertainment can be accessed.

The Thai National Anthem is always respectfully played at 8am and 6pm everyday.

Pattaya People Radio has been broadcasting for over 10 years now and is a vital part of the Ex-Pat community providing the perfect soundtrack for the city together with important information. Many advertisers see a positive reaction to their sponsorship and enquiries are coming in almost every day. The mixture of fun pop music can be heard 'all day and all of the night' under the banner 'Sunshine Hits on 96'.

The music policy, as programmed by station production manager/ presenter Barry Upton, who has a wealth of experience in all areas of the music business, is a healthy combination of classic oldies from the 50s, 60s, 70s and 80s, together with a splattering of the best of more recent hits including some Country Rock gems and the best of recently produced creative fun Mash Ups.

The playlist is constantly being updated to stay 'up to date' and a few quality tracks which merit airtime by local artists are also featured.

For more information contact Pattaya People Media Group by e-mailing info@pattayapeople.com.

96FM - it's Radio Radio - the best in town.







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LIVING WILL

By Magna Carta Law Office

What is a Living Will?

A Living Will or advance health care directive to physicians, is a written statement that lets people state their wishes regarding their medical treatment in circumstances in which they are no longer able to communicate their decisions. Declining health is one of the most common reasons why people create a Living Will when they intend to designate a specific person to make health care decisions for them. According to Thailand's National Health Act of 2007, a person has the right to make a Living Will in writing, in accordance with the rules and procedure prescribed by the Ministerial Regulation, to refuse the public health service, which is provided merely to prolong his/her terminal stage of life or to make a Living Will to refuse the service in order to cease severe suffering from illness. A public health personnel complying with the Living Will shall not be liable for any responsibility whatsoever.

Who can make a Living Will?

Generally, anyone who is at least 18 years old and with the ability to understand what the Living Will is, its contents, and its purpose. The Physician will consider whether such person is of sound mind by examining their ability to communicate with others, to understand their conditions, and to understand the effects of refusing medical treatment.

When does the Living Will take effect?

A Living Will takes effect if you are ill, injured, or in a comatose condition and when your primary physician decides that you can

no longer make your own healthcare decisions. It has no power after death. If the person providing a Living Will is pregnant, it shall take effect after the pregnancy.

Why is a Living Will important?

A Living Will is important because it provides direction and carries out your wishes whether or not you want to be kept alive or be kept on life support. It reduces uncertainty during a difficult time by making decisions on the medical procedures that might be needed to prolong your life. This will lessen the burden to your family members who otherwise have to make the painful decision themselves.

How does a Living Will differ from a Last Will and Testament?

A Living Will states your requests regarding life support in the event that you are in a vegetative state or coma and not able to communicate your wishes. This is used and is effective while you are still alive. A Last Will and Testament, on the other hand, dictates the way that your assets will be distributed and utilized after your death.

What are the limitations of a Living Will?

- A living will does not allow euthanasia or mercy killing.
- It has nothing to do with property.
- · An individual may not appoint an agent or proxy through a medical or healthcare Power of Attorney to make decisions regarding his or her health care and medical treatment in specified circumstances.



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Alternative Investments

Iternative Investments are classed as ones that do not fit into the usual investment types such as those held on stock exchanges, mutual funds, stocks, pensions, government bonds, etc. They include things such as private equity, hedge funds, infrastructure projects, property, derivatives, commodities, forex, IPOs (Initial Public Offerings), crowd funding etc.

Most alternatives have low liquidity compared to conventional types. An example of this is that it will be a lot harder to sell a part stake in such as a Malaysian forest compared to shares in Microsoft because of the limited number of buyers. By nature Alternative Investments are usually unregulated. This means that although there are some excellent ones there are others which are highly risky. Some are outright fraud and scams. Always be wary of unsolicited calls offering fantastic returns in IPOs, fine wine, property etc. They'll provide you with glossy convincing brochures and persuasive sales talk. These are normally from people using false names working in "boiler rooms" in some far off country. You'll receive worthless ownership papers and receive updates telling you how well your investment is doing but in reality they've stolen your money. Once the complaints start coming in they disappear off the face of the earth. So be warned. Make sure you undertake homework and due diligence to find out if the opportunity is genuine.

Having found a genuine opportunity how do you value it should you wish to sell it in the future? If we take the example of the Malaysian forest again where do you go to sell it? Where do you get a valuation from? Very often there isn't one so how do you know what price to put on it? Think of the things that can go wrong with an investment. Trees can get diseases, forests can burn down, there can be illegal logging. In short look at all the angles in a worst case scenario. If you are being offered a 15% return per year, what's the catch? How long have the company been in business? What profits and losses have they made in previous years? Who are the people behind the company? Can you talk to other investors?

There are excellent alternative investments out there but you have to go in to them with your eyes fully wide open. The returns can be brilliant but the losses can be devasting, you might well end up losing everything. I cannot stress enough that it is essential that you get expert advice and undertake all the necessary checks to ensure that the opportunity is genuine. If you are new or inexperienced in saving and investing I would recommend that you stay away from this type of thing. If you are experienced and everything stacks up them by all means go for it. However I would recommend that it only forms a small part of your overall portfolio. Not more than 15% of the total amount that you have invested.

We are available to answer any questions that you might have. It is part of our service. We can be contacted by either telephone: +66 (0)8 7831 7834



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Automotive

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<u>3 THB</u>

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driven by my wife; service at Toyota Pattaya Dealer; excellent condition. <u>449,000 THB</u> <u>Phone</u>: 0817627655 <u>Email</u>: sudungm@gmail.com

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Motorcycle

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2015 Honda Forza 300 Abs From To First Owner / Low Mileage And Perfect Condition



2014 Honda Forza 300 ABS From To First Owner / Low Mileage And Perfect Condition / 16,534 Kms / % 95 perfect condition / New Tyres / Black Colour / 118000 Baht / Phone :0969628977 <u>118,000 THB</u>

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Honda Forza 300 Abs 2013 Black



Honda Forza 300 Transmission automatique système Start Kick Start / main Démarreur électrique Système de freinage Frein à disque 2 roues Kilométrage 8,387 km. Couleur Noir Année 2013 Type de vélo BIG SCOOTER <u>65,000 THB</u>

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Honda Forza 300 Good Condition



Honda Forza 300 Good Condition 2013 Model white colour 16437 kms on clock and tyres are good condition 3 Owners from new Greenbook + Honda service book + 2 keys Engine is good condition, it's have couple small scratches but never been an accident Price : 120000 BAHT 120,000 THB

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2013 Red Colour Honda Forza



2013 Red Colour Honda Forza 300 HONDA FORZA 300 ABS - Pattaya 15,898 Kms First registered date : 16 / 010 / 2013 4 Owners from new Tyres are good condition Bike is in fantastic condition, never accident or fall down, no damages Green book with 2 keys Tax paid untill to 16 / 10 / 2018 PRICE : 122,500 THB 122,500 THB **Email**: nicolas@mozej.com

2017 Honda Cbr300r 1 Miles Red 300



Price:US \$1 895,00Stock #: 300323 Exterior Color: RedInterior Color: Not SpecifiedEngine: 300Title Condition: SalvageVehicle DescriptionThis 2017 Honda CBR300R features a 300 cyl engine. The vehicle is Red with a Not Specified interior. - - Vehicle WarrantyNew Vehicles come with a full-factory warranty. Used vehicles may have a remaining-factory warranty, but please contact us for the warranty details specific to this vehicle. <u>60,646 THB</u>

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Business

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51cm Cervelo R5 Di2 Dura Ace **Enve 3.4 Wheelset W Chris King** And Powertap Hubs



ForsaleItem condition:UsedPrice:US \$3,100.00 Brand: Cervélo Frame Material: Carbon Fiber Frame Size: 51cmType: Road Bike - Racing Number of Gears: 22Wheel Size: 700C Color: Black Approximate weight Weight: 6.831kg/15.06lbs Worldwide FREE EMS shipping, handling and insurancePlease contact us for any additional information and or imagesWhatsapp me: +1(719)-394-3773 99,371 THB

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Platform: Sony PlayStation 4Hard Drive Capacity: 500GB Brand: SonyMPN: CUH-1200AB02Model: PlayStation Δ OriginalType: Home Console Country/Region of Manufacture: United StatesRegion Code: Region-Free Bundle Listing: WhiteA/V NoColor: Output(s): further details about HDMIfor this item kindly whatsapp me +61488894008 6,886 THB

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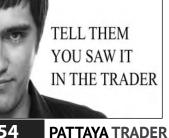
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Trees For Sales



Over 100 palm trees for sale, range from 3-5 metres in height. Can sell in batches or the whole lot in one sale. Suit new project or landscaper. 500-1000 baht each, depending on size. Kao Talo area. Email only for further information. No phone calls please. Some frangipani trees for sale too, various sizes. 500 THB

Email: mmaccraken@gmail.com

Furniture

Bathroom Cabinet With Mirrored Front

Beautiful white bathroom cabinet with Mirrored front, stainless steel handle. Unit is only one year old and has no damage, so in mint condition.j 2.000 THB

Email: jenson.david@aol.com

Wheel Chair



Almost like new only used for 3 months. 1,500 THB Phone: 0890160950 Email: stcathjr@gmail.com

WELL ESTABLISHED 17 ROOMS HOTEL, WITH AND BAR RESTAURANT

Do 2018 STOKKE XPLORY TRAVEL SYSTEM - XPLORY V6 STROLLER WITH BLACK FRAME AND STOKKE PIPA CAR SEAT, WHAT'S INCLUDED Chassis with leatherette handle Complete seat with leatherette seat rail Shopping bag (black) Canopy with visor Baby pad infant insert Footrest with footrest padding Harness protector Stokke PIPA by Nuna infant car seat Stokke PIPA base Price 36,947 Baht customer care whatsapp sales number :+17193943773 Skype: sales.trendi

Need Medical Insurance?

Do you need medical insurance? If anything should go wrong with your health in Thailand you will have to pay for it yourself unless you have medical insurance. We are experts in finding the right insurance for you from local low cost schemes to comprehensive cover world wide with international insurers. Whatever your needs talk to the experts

Email: cnwn33@gmail.com



Issue 220 I MARCH 2019

By Mario Carrera

Practice what you teach

ractice what ou preach

Simple advice is usually the best. My realization of that has come in the form of "practice what you teach". As a parent and lecturer, this phrase carries added weight. However, many others, from managers to messengers, can relate to the idea. Perhaps religious people might say "do unto others as you would have them do unto you". Or the more common refrain, "practice what you preach". Whatever way the message is crafted, the idea is the same "Do what you say".

The more I grow as a person, parent and lecturer the more the importance of being a role model becomes. The more the need for credibility. The need for showing substance. Why should anyone do what I say, why should my son listen to me, why should my students listen to me?. Authority is a lazy reason. A position is not better. Exemplar sounds better.

There needs to be a desire by the other person to want to listen and do what I say. They must hear, see and believe in what I say because what I say should have substance. This substance can come in many forms but the best, to me, is practical experience - been there, done that. The ability to empathize with each other helps strengthen the message.

We are all teachers in some way. As a person, our behavior, style, and attitude contribute to what is considered, normal. As a parent, the dependency (urgency?) is even more significant, shaping a person. As a lecturer, steering minds. How do we view our roles? It varies, some are savant-like, some are nonchalant. Others, even ignorant. It is easy to be in the position of a teacher, but it takes work to become a teacher and more continued effort to remain in that position.

How do you become a continuously advancing teacher? Starting with oneself, by practicing what you teach. Say what you did. How you did it. Why you did it. Be open with your activities? What? Yes, being honest with success and failures is part of life. Learning from the positive and negatives is what separates the doers from the drifters. Making a habit of learning, reviewing and adapting. Life is not static with its dynamism making life interesting. This concern is what makes what you say interesting to others

As a parent, the relationship becomes more complex as children grow into their own person. Setting an example as a parent is one of the most important things a parent can do. Children learn by copying what is around them. Thus, controlling and explaining the environment around children requires self-awareness which leads to setting behaviors that, as a parent, we want our children to emulate. My son sees me often reading so does not complain much when he is asked to read. Reading has become our ritual of sorts.

The mélange of leadership, religion, philosophy and more, contributes to teaching's multi-dimensional requirements and teaching by actions shows that. You not only understand the concept but having lived through the experience can relate more thoroughly. Business theory sounds more interesting when saying, "comparing my experience with what the book says XYZ," stimulates the interested while appeasing the classroom cruiser. When I teach international business, I draw on experience from working and living in six different countries across the globe, traveling to another 40 and reading extensively. Progressive students appreciate this distinction, many do not.

Unfortunately, I have lecturers at the university that do not like (or want) to learn, do not read, and do not seek self-development. Yet expects their students to grow. So, we cannot blame students for not being energetic when they are exposed to mostly lethargy.

So, when interacting with a person think about how much that person is putting into practice what is he is saying. Think of how much you are putting to practice what you are saying. Perhaps then we all can contribute to a more meaningful world where people action their words.

Travel Information 🌱

Please note, the following information is accurate as far as we are aware and is compiled from more than one source. If you find anything you believe is incorrect, please email us at: **pattayatrader@pattayatrader.com**

Train Travel

You can book tickets in advance check prices and timetables online via railway.co.th website or get tickets from travel agents who will usually charge a small booking fee. Or you can go to Pattaya train station between **8am - 4:30pm Monday to Friday**

COACH TRAVEL

Suvarnabhumi International Airport

From Pattaya- Suvarnabhumi Airport

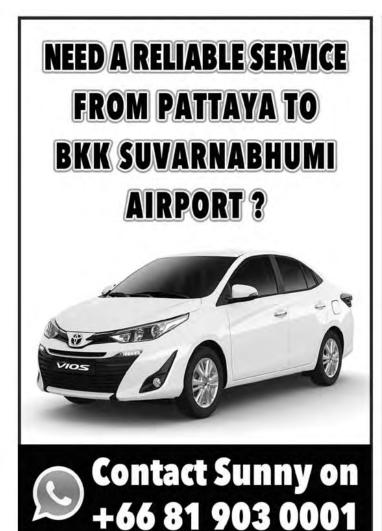
Buses depart from Thappraya Road, opposite Foodmart Supermarket

Every hour from 7am until 9 pm every day

From Suvarnabhumi Airport - Pattaya

Tickets available from the booking counter on Level 1 Gate 8 every hour from 7 am until 10 pm every day and can also run on the ½ hour so check at the counter to see next available departure.

Passengers are able to alight at North Pattaya, Pattaya Klang (Central) Pattaya Tai (South) and the Final stop at Jomtien (opposite Foodmart.



North Pattaya Bus Terminal

From Pattaya - Bangkok

The Roong Reung Coach Company run a regular bus service from Pattaya to the Eastern Bus Terminal at Ekkami,Northern Bus Terminal at Mochit and Southern Bus Terminal at Sai Tai Mai

From Pattaya - Cha Am, Hua Him, Kok Samui, Petchburi, Phuket, Surat Thani

The Roong Reung Coach Company also run yellow buses that leave from the North Pattaya Bus terminal and go to Cha Am, Hua Him, Kok Samui, Petchburi, Phuket and Surat Thani

FERRY FROM PATTAYA TO HUA HIN

Operated by the Royal Passenger Liner leaves from Bali Hai Pier Pattaya to Khao Takiab Pier Hua Hin For current information and online reservations visit royalferrygroup.com





Now the high season is in full swing we think visitors to Pattayamay need a timely reminder of the rules and regulations which must be adhered to if they are planning to ride a motorbike in the city.

It is the driver's responsibility to have a valid license, to wear a crash helmet at all times and most importantly of all, not to drink and drive. You could have heard that the police in Thailand may take a lenient view of breaking the law on the road but as you will see by the many police checks around Pattaya this is simply not the case.

Alongside this even though you are strictly following the above mentioned rules when you rent your motorbike you must also ensure that it is fully legal and includes up to date tax and insurance So be advised take care on the roads follow these guidelines and have a happy holiday

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Pattaya Expats Club (established 2001)

Meet every Friday, for all expats living in and around Pattaya as well as visitors who are welcome to join the weekly breakfast meeting

From 10 a.m. at the Mercure Hotel Soi 15 off Pattaya Second Road.

Buffet breakfast is 230B or 210B (for members) After breakfast entry fee 100B

http://www.pattayaexpatsclub.info/

Simple Simon

Restaurant – Guesthouse – Bar – Meat Products



- Extensive English & Thai menu
- Full English all day breakfasts & Baps
- Delicious Sunday roast dinners
- English Cod fish & chips
- Full range of sausages, bacon & home-made pies for sale
- Popular English products, HP Sauce, Bisto gravy, Tetley tea all for sale
- Pool table & friendly staff

"The best English breakfasts in Jomtien"

Soi 5 Immigration Jomtien Beach Road Tel: 038 756 580 Mob: 089 096 2491 www.simplesimonthailand.com

Finished the crossword? And the Sudoku? And the quiz? Why not play

the Pattaya Trader Game?

Grab a partner, a rope and your copy of the *Trader* and go to **YouTube** to find out how to throw the best party in town! www.youtube.com/PattayaTrader

SOCI귝L CLUBS

Pattaya City Expats Club

meets every Sunday at the executive tower of the Holiday Inn, Pattaya Beach Road . Everyone is welcome you don't need to be a member to attend. For more information go to www.pcecclub.org

Pattaya Sports Club

Promoting sports and supporting local charities. Clubhouse on Third Road, next to the Pattaya Driving Range. For club details call 038 361 167. Full details are posted on the club website: **www.pattayasports.org**

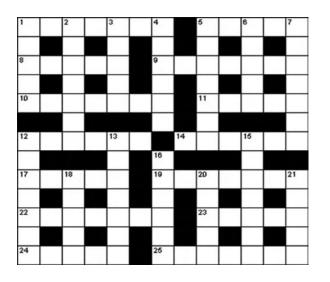
The Rayong-Pattaya Ladies Circle

RLC welcomes women from all nationalities living on the Eastern seaboard to meet socially for a program of social, cultural and welfare activities. They hold a very informal coffee morning once a month. For more info message their FB page **@RayongPattayaLadiesCircle or email rayongladiescircle@gmail.com**

Rotary Club of Eastern Seaboard

meets at 6pm every Thursday at The Siam Bayshore Resort, between Beach Road and Second Road in South Pattaya. The meetings on 1st and 3rd Thursday in each month will include guest speakers and on the 2nd and 4th Thursday there will be a presentation on club activities. Meetings are always followed by an informal a la carte dinner in the main dining room. Everybody is welcome to join us as guests; please check the website for important dates and information **www.rotary-es.org**

TRADER X WORD MARCH 2019



ACROSS

1. Quantify (7)

5. Mindful (5) 8. Changed location (5)

9. Pyrogenic (7)

10. Fundamental (7)

11. Languish (5)

12. Remit in advance (6)

14. Recommendation (6)

17. Utter (5)

19. Traversed (7)

22. Trap (7)

23. Precise (5)

24. Velocity (5)

25. Farm vehicle (7)

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ACROSS

1. Direction (5)

4. Equilibrium (7)

8. Brass instrument (7)

9. Fruit (5) 10. Beamed (8)

11. Singing couple (4)

13. Kind of lake (6)

15. Movie house (6)

18. Large and scholarly book (4)

19. Precise (8)

22. Tooth (5)

23. Inactivity (7)

24. Family name (7)

25. Laconic (5)

Down

Imitate (5)
 Go forward (7)
 Below (5)
 Comestible (6)
 Irritated (7)
 Fragrance (5)
 Most vital part of an idea (7)
 Own (7)
 Clumsy (7)
 Occurring with no delay (7)
 Dialect (6)
 Follow or result (5)
 Greek letter (5)

21. Dissuade (5)

DOWN

 Notation cancelling aprevious flat or sharp (7)
 A regular route (5)
 Seven-sided polygon (8)
 Dairy product (6)
 Jump (4)
 Planet (7)
 Choose by vote (5)
 Venomous (8)
 Risk taker (7)
 Norm (7)
 In operation (6)
 Domesticates (5)
 Theatrical performer (5)
 Song for solo voice (4)

Important Phone Numbers

Banglamung Police Station Sukhumvit Rd, Banglamung Tel: 038 222 100

Banglamung Post Office Tel: 038 428 225

Chonburi Immigration Office Soi 5, Jomtien Beach Road

Jomtien Post Office Soi 5, Jomtien Beach Road (to 4.30pm Mon-Fri) Tel: 038 231 944

Naklua Fire Brigade

Sukhumvit Rd, Banglamung **Tel:** 038 221 000

Pattaya City Helpline Tel: 1337

Pattaya City Hall North Pattaya Road Tel: 038 253 100

Pattaya City Hospital Soi Buakhow Tel: 038 420 562

Pattaya Electricity Banglamung office Tel: 038 221 007 Hotline: 1129 (for electricity failures)

Pattaya Fire Brigade Third Road, South Pattaya Tel: 038 424 678

Pattaya Health Department Tel: 038 429 374

Pattaya Memorial Hospital Tel: 038 429 422

Pattaya City Police Station cnr Beach Rd & Soi 9

Tel: 038 429 325

Pattaya Post Office Sukhumvit Rd (nr Na Jomtien) Tel: 038 429 341

Pattaya Tourist Police Pratamnak Road, nr Fitness Park Tel: 1155 Tel: 038 429 371

Pattaya Water Works Tel: 038 222 462

Sawang Boriboon Rescue Service Hotline: 1669

SOLUTIONS ARE ON PAGE 60

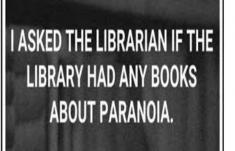
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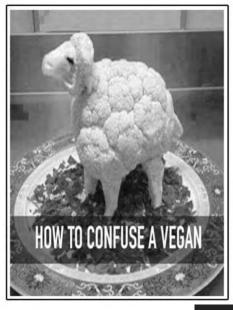
SHE WHISPERED: "THEY'RE RIGHT BEHIND YOU..."





I read that 4,153,237 people got married last year. Not to cause any trouble, but shouldn't that be an even number?





WHERE TO FIND

LIVE MUSIC AND SHOWS

Alangkarn Theatre (variety show), Sukhumvit Road (at 155km marker), Na Jomtien. Open 6pm onwards Thursday-Tuesday. Tel: 038 256 000 or 038 825 6007, www.alangkarnthailand.com Alcazar Show (cabaret), Second Road, North Pattaya. Open 6pm onwards. Tel: 038 410 2247

Ankor Night Club & Lounge (nightclub), Walking Street Soi 16 Aqua Bar (nightclub), Mercure Hotel, Soi 16, behind The Avenue, South Pattaya

Bamboo Bar (live band), South Pattaya Road (20m to the left of Walking Street sign)

Blues Factory (live blues band), Soi Lucky Star, off Walking Street. Open 8.30pm. www.thebluesfactorypattaya.com

Colosseum Show Pattaya (cabaret), Thepprasit Road. Open 6pm. Tel: 038 906 530, email: rsvn@ColosseumShowPattaya.com,

www.ColosseumShowPattaya.com

Differ Pub (nightclub), North Pattaya. www.differ-pub.com

Dusit D2 Baraquda Pattaya (live band), Second Road, South Pattaya. Tel: 038 769 999, email: d2pa@dusit.com

FLB (live band), Walking Street

Flexx Club (nightclub), behind McDonald's, southern end of Walking Street

Hopf House (house band & Italian tenor), Beach Road (cnr Soi 13/1) Insomnia (nightclub), Walking Street. www.clubinsomniapattaya.com Jazz Pit (jazz music), Soi 5, off Second Road, North Pattaya. www.pic-kitchen.com

Lima Lima (nightclub), Bali-Hai Pier end of Walking Street. Tel: 089 990 2447

Lucifer's Disko (live band), Walking Street

Malibu (cabaret), Second Road, cnr Soi 13/2 (Soi Post Office) Mixx Discotheque (nightclub), Bali-Hai Pier end of Walking Street. www.mixx-discotheque.com

Garden Resort). Cross Colours Band starts 9pm Tel: 038 370 616 email: reservation@thaigarden.com

Play Club (nightclub), Soi Lucky Star, Walking Street. Open 10pm-6am every day

Roija Gentleman's Club (live music, soul), Thepprasit Soi 7, South Pattaya

Rolling Stone 2 Bar (live rock n roll band), Walking Street, cnr

The Pier (nightclub), Walking Street. Tel: 080 480 6661. Open

7:30pm to late

The Rendezvous Resort, Lake Mabprachan Tiffany's Show (cabaret), Second Road, North Pattaya. Open 6pm onwards. Tel: 038 421 700, www.tiffany-show.co.th Tony's Entertainment Complex (live band), Walking Street. Tel: 038 425 795, www.tonydisco.com Utopia (live band), Soho Square, Walking Street

THE BIG GAME



I-Rovers, Soi LK Metro, South Pattaya. Tel: 038 489 494, www.i-rovers.com.

Jameson's Irish Pub, Soi AR (Soi Sukrudee), Central Pattaya. 038 email: info@jamesons-pattaya.com, Tel: 361 873. www.jamesons-pattaya.com

Kilkenny Bar, Soi LK Metro, South Pattaya. Email: info@ kilkennypattaya.com, www.kilkennypataya.com

Legends Pool & Sports Bar, Pattaya Klang (nr Third Road). www.legendspoolpattaya.com

The Players Lounge, East Pattaya. www.theplayerslounge.asia Witherspoons, Soi Buakhow (nr Soi Lengkee), South Pattaya. Tel: 038 721 121, www.witherspoonspattaya.com





Access Inn, Third Road, nr Soi Lengkee, www.accessinnpattaya.com Akvavit Grill & Bar, Jomtien Beach Road. Open 9:30pm to midnight. Tel: 038 233 672, www.akvavitjomtien.com

Brunos Restaurant & Lounge Bar, Thappraya Road, Pattaya Tel: 038 364 600, www.brunos-pattaya.com Dicey Relly's, Second Road, next to Royal Garcien Plaza News Steaks & Grill, Thappraya Road, South Pattava, Tel-038-267

174, www.newssteaks.com

Robin's Nest Restaurant & Guesthouse, Soi Diana Inn. Tel: 038 720 194, www.robinsnestpattaya.com

Tavern by the Sea, Beach Rd, North Pattaya Tel: 038 418 418 Wine Cellar, Naklua Soi 12, North Pattaya Tel: 038 226 054 or 080 204 5551

PLEASE NOTE: All dates, times and details were correct (to the best of our knowledge) at the time of publication. Pattaya Trader is not responsible for the postponement, cancellation or relocation of events.

AT THE MOVIES



Big C Cinema, Big C Shopping Mall, Second Road, North Pattaya Major Cineplex, The Avenue Mall, Second Road, South Pattaya. www.majorcineplex.com

SF Cinema (6th Floor CentralFestival Shopping Mall), Central Pattaya. www.sfcinemacity.com

SOCIAL SCENE



Anchor Coworking Space, Chaiyapruek Road. Tel: 038 231 540, www.anchorcoworking.com

CouchSurfing, Triangle Bar, Soi Chaiyapoon, South Pattaya. www.couchsurfing.org

Havana Bar, Hilton Hotel, Beach Road, South Pattaya

Lions Club, Jomtien Branch, www.jomtienlions.org, email: jomtienlions@hotmail.com

Momento Beach Club, Theprasit Soi 8, South Pattaya. Tel: 038 422 114, www.momentobeach.com

Pattaya Expats Club, www.pattayaexpatsclub.info

Pattaya City Expats Club, www.pcecclub.org

Rotary Club Eastern Seaboard, Siam Bayshore Hotel, South Pattaya. www.rotary-es.org

Rotary Club, Jomtien-Pattaya, Royal Cliff Beach Resort, Pratamnak Road. www.rotaryjomtienpattaya.org

Royal British Legion, Tropicalbar Thailand 39/132-133 Moo 10, Boonsumpan, Pattaya 20150 . Meeting every Last Saturday of the month. Tel 089 807 2335 or 038 361 887

Veterans of Foreign Wars, Soi Diana Inn, South Pattaya. www.vfwpost9876.com



Archery Club, Pattaya Shooting Park, Huay Yai, www.pattayaarcheryclub.com Backgammon, B.G. House & Restaurant, Thepprasit Road, South Pattaya, Tel: 081 664 9085, www.blot.asia Bira Circuit, www.bira.co.th

Bridge Club, Altos Restaurant, Thappraya Road (nr overpass) Cheers Bar, Pattayaland Soi 2 (Soi 13/4), South Pattaya. Monday Quiz

League and Wednesday League, pattayaquizleague@hotmail.com Chess Club, Brauhaus Restaurant, Second Road between Soi 7 & 8 Cricket Club, Horseshoe Point. Email: pattayacricketclub@gmail.com Darts, www.pattayadarts.com

Hash House Harriers, PH3 www.pattayah3.com

www.pattayahash.com/pattayabush.html

Hash House Harriers, PJMH3 Jungle Monkey Hash House Harriers www.pattayahash.com/monkey.html

Hash House Harriers, PJH3 www.pattayajungle.com

Lawn Bowls (indoor; for school-age and college children), Coco

Club, behind Phoenix Golf, Baan Amphur. Sue: 087 1358357 Megabreak Pool, Soi Diana Inn, South Pattaya. Tel: 086 033 6617 Muay Thai, Pattaya Boxing World, Sukhumvit Road, North Pattaya. Tel: 038 726 203, www.pattayaboxingworld.com

Nervous Wreck Bar, Soi Yamato (Soi 13/1), South Pattaya. Monday Quiz League and Wednesday League, pattayaquizleague@ hotmail.com

Ocean Marina Yacht Club, Sukhumvit Hwy (km 157), Jomtien. Tel: 038 237 310, www.oceanmarinayachtclub.com

Palmers Bar, Pattayaland Soi 2 (Soi 13/4), South Pattaya. Monday Quiz League, pattayaquizleague@hotmail.com

Petanque, email: petanque.Th@gmail.com

Planet Football, Soi Siam Country Club, Eastern Pattaya Tel: 038 248 212, www.pattayafootball.com

Pole Dancing Classes, Tony's Fitness Wong Amat Gym, Naklua Soi 16 Polo, Horsehoe Point, end of Soi Siam Country Club, East Pattaya. Tel: 081 835 2419, email: santithaipoloclub@yahoo.com

Polo, Huay Yai. Tel: 02 663 045; 02 258 0194. www.poloescape.com Pool www.pattaya-funtown.com/pattaya_pool_league

QueenVictoriaInn,Soi6,CentralPattaya.www.queenvicpattaya.com. Wednesday League, pattayaquizleague@hotmail.com

Rest Stop, Soi Chaiyapoon, South Pattaya. Monday Quiz League and Wednesday League, pattayaquizleague@hotmail.com

Royal Varuna Yacht Club, Pratamnak Rd, South Pattaya. Tel: 038 250 116, www.varuna.org

Rugby (Touch), Horseshoe Point, next to Siam Country Club. Email: pjcrouch@hotmail.com

Seafari Dive Center, Soi 12, South Pattaya. www.seafari.co.th

Shenanigans, Jomtien Complex, Thappraya Road, Jomtien. Open 11:00am until late every day. Tel: 038 303 490, www.shenanigansthailand.com

Softball, pickup games at Thai Polo Club. Email: scrabbleking@ yahoo.com

Tennis, (for children and teenagers 10-16 only) Ambassador City Tennis Courts, Jomtien

The Londoner, Soi Post Office (soi 13/2), South Pattaya. Monday Quiz League and Wednesday League, pattayaquizleague@ hotmail.com

The Ranch, Third Road (opp. The Village), South Pattaya. Monday Quiz League, pattay aquizleague@hotmail.com

The Sportsman Pub. Beach Road Soi 13. South Pattaya. www.sportsmanpub.com.Tel/038/710/609

Yoga, Balaji Studio, Sot South Pattaya 24. Tel: 089 748 6204, www.balajiyoga.com

Bear Gym and Supplements Jomtien - Airconned powerlifting and bodybuilding gym with nice EDM music 7:00 - 23:00 at Wanbun Kanjana main road 700m towards

Sukhumvit rd. www.bear-gym.com/en

Sport Nutrition Shops:

6 locations in Pattaya: BigC extra, Royal Garden; Mike Shopping: Mall, Thappraya rd.13, Wanbun Kanjana, KaoTalo (near, Ek-Mongkhon rd.) maps: www.7LB.online

PATTAYA TRADER Connecting Pattaya



Keep up to date with news, events and businesses in Pattaya Online and in the magazine.

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