

Issue 224 JUL 2019

PATTAYA TRADER

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Centara Grand Phratamnak *Escape to Luxury*



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Escape To Luxury At Centara Grand Phratamnak



Pictured: cool rooftop pool area with lovely breeze & ambient tunes keep everything well chilled.

The hotel's upscale design reflects understated luxury, and a sophisticated ambience prevails, with elegant furnishings from premier Italian designer Casa Fendi. The hotel's facilities are an ideal match for refined couples and families, plus business executives will feel at home here.

All rooms and suites are designed with a cosmopolitan décor, using the finest furnishings and fabrics and include contemporary amenities such as a DVD player, Smart TVs and of course complimentary wireless internet access.

The Family Suites feature a separate children's area with bunk beds ensuring children's comfort. There is also an option of the Ocean Vista rooms and suites which boast great sea views. From experience the Ocean Vista Suites are a great choice, not only for the views to the nearby water and gentle waves, but also because they have the biggest TVs you may ever want to watch.

All the hotel's 164 rooms, suites and family suites have a balcony or terrace. They offer a king-sized or two double beds with living space ranging from 36 to 88 square metres. The suites all encourage you to relax in comfort as they include a separate living room.



Located in Phratamnak which is developing into one of the most exclusive residential areas of Pattaya, this classy property gives easy access to the tranquil ambience and fine sands of Phratamnak Beach.

An underwater world theme pervades the whole hotel, including the lobby with its two huge aquariums, and the oceanview swimming pool and top level jacuzzi that provides a calm oasis where you can enjoy a leisurely dip, swim, or simply relax on the sundeck.



At the top-notch restaurant up there on the rooftop the Thai style king prawn and mango salad is a delight, perfect for a lovely light lunch. The authentic Italian style pizza deserves a mention as it's so hard to find in Thailand, and the mega thick beef burger hits the spot is you're hungry for a western meal.

All the restaurants and bars provide a wide choice of cuisines - ranging from international, Thai and Italian flavours - to guarantee that guests are spoilt for choice.



There's also a great choice of sommelier-selected wines available throughout the resort. You can easily take a look at these as they're showcased in a fabulous display on the top floor at Ruffino Restaurant & Lounge. There are beautiful fish tank displays there too.

Oceana, the all-day dining restaurant is well designed also with the underwater theme in mind and includes two gigantic aquariums and offers a menu that combines the deep and complex flavours of Royal Thai cuisine with dishes of international influence, with the accent on in-season ingredients.

On the ground floor Espresso provides a great setting for sipping a freshly brewed coffee, and for enjoying delectable pastries at any time of the day. In-room dining is also available of course.

After your meal the shore of Phratamnak Beach is a perfect place to wander for a while, and those wishing to venture out of the hotel area will appreciate the complimentary shuttle service that connects guests to the attractions of Central Pattaya. The hotel also offers business travellers and small to medium-sized groups a host of related services, with the option to host events at Phratamnak Lounge overlooking the ocean, along with two fully-equipped meeting rooms.



Jonas Sjostedt is the man in charge at Centara Grand Phratamnak, and it's good to know he keeps his experienced hands on the steering wheel. He has been working for Centara Hotels for nearly 10 years, and in the hospitality industry all around Thailand.

He tells me "Pattaya is a 'City with a Beach' destination. The area in and around it is very large, and is still growing. If you go outside the City you can find many top quality Golf Courses, Family/Adventure Parks, a great Water Park, temples, a floating market, even a winery, and much more. It's a destination for everyone!"

So whether you're holidaying with family, as a couple, or visiting Pattaya for a special meeting experience, the Centara Grand Phratamnak Pattaya makes for an exciting and richly rewarding base, all just a few steps away from the beach a real escape to luxury!

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Chonburi 20150 Thailand



Hi Readers,

For those of us who are staying put in Pattaya over the next few months our cover is a reminder of what we have to enjoy right here on our doorstep. After all, if you are unable to take a long holiday why not a mini break or an overnight stay in one of the city's fabulous hotels like The Centara Grand Phratamnak?

Or for those who are heading back to Europe be careful of the extremely hot weather there at the moment. Many countries such as Italy, Spain and France have experienced temperatures in the 40s before, but coming as they do that much earlier this year, when there is more groundwater and the humidity therefore much greater, it can feel several degrees hotter.

Certainly one place in the UK which is guaranteed to feel much cooler is Westminster Abbey I urge anyone heading back to London to visit and take the kids. It really is a unique historical site - even the bold Donald was suitably impressed!

So wherever you're spending this month here or away, enjoy and stay cool and dry wherever possible.

All the best

Gloria
pattaya trader@pattayatrader.com

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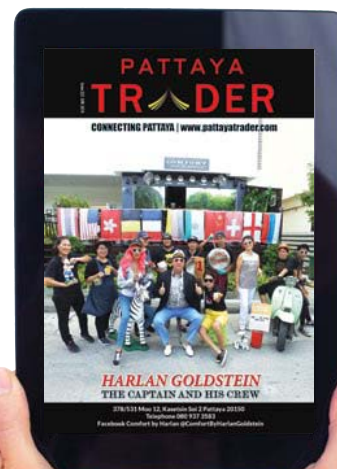
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by Rick Click

COMING TO THE SMALL SCREEN



Stranger things season 3.

A year has passed since the end of season 2 now it's summer time 1985 in Hawkins Indiana. The gang are approaching adulthood, and a romance is complicating matters. As the town is threatened by old and new enemies, Eleven and the group realize that evil never stops it just evolves and they have to stick together to face their fears.



The Boys Season 1.

A world where instead of using their powers for good some superheroes have embraced their dark side, exploiting their celebrity. To keep their public images clean a conglomerate named Vought covers up any transgressions. A group of vigilantes known as "The Boys" have taken it upon themselves to expose any corruption. Not having any powers, they have to outwit and even fight dirty to win. Based on the comic book with the same name.



Orange is the new black season 7.

Concluding the story of Piper Chapman sentenced to serve a year and a half in a women's prison because of her previous association with a drug runner 10 years earlier. Before her past caught up with her she was a public relations executive with a fiancé living a privileged life in New York City. The long running series shows her journey through the corrections system and how she learns to adjust to prison life. The final season of this long running show based on the book with the same name.

Recommended Series: The good wife.

Any show that runs for seven seasons is worth checking out. If you try a few episodes and like them then you have many hours of entertainment ahead. If you like American political and legal drama, then this might be for you. Alicia Florrick is the wife of disgraced Cook County State Attorney, jailed for sex and political corruption. After these events she decides to return to her legal career to support her two children. After 13 years of being a house wife she has to get back up to speed. The series won many awards most notably the Television Critics Association award for Outstanding Achievement in Drama.





by Rick Click



Spiderman Far from home.

Samuel L. Jackson, Tom Holland, Jake Gyllenhaal, Michael Keaton, Erik Sommers.

Peter Parker goes on a School trip to Europe and gets intercepted by Nick Fury who needs Spiderman to team up with Mysterio.



The Lion King.

Beyonce Knowles, Seth Rogen, Chiwetel Ejiofor, John Kani, Jon Favreau, Donald Glover, James Earl Jones, Jeffrey Silver.

Simba son of king Mufasa is forced into exile after his death at Pride Rock, all part of the king's bother Scar's plan to take control. With the help of his new friends a grown up Simba plans his return.



Once upon a time in Hollywood.

Margot Robbie, Kurt Russell, James Marsden, Luke Perry, Al Pacino, Leonardo DiCaprio, Michael Madsen, Quentin Tarantino.

Set in 1969 Los Angeles waning TV star Rick Dalton and his stunt double look for fame in the film industry. Quentin Tarantino's 9th film about the final years of Hollywood's golden age.



Midsommar.

Lars Knudsen, William Jackson Harper, Jack Reynor, Anna Åström, Archie Madekwe, Ari Aster, Florence Pugh, Will Poulter.

Traveling to Sweden to meet their friend and take part in his hometowns midsummer festival a couple end up at the mercy of a pagan cult.



Crawl.

George Somner, Ross Anderson, Ami Metcalf, Sam Raimi, Shawn Rasmussen, Kaya Scodelario, Morfydd Clark, Alexandre Aja.

With a hurricane hitting her home town Haley goes to find her missing father. As the floodwaters rise she is threatened by giant alligators in this Sam Rami horror.



Stuber.

Betty Gilpin, Dave Bautista, Natalie Morales, Jonathan Goldstein, Karen Gillan, John Francis Daley, Kumail Nanjiani, Tripper Clancy.

When an Uber driver's pickup turns out to be a cop who's trying to hunt down a killer he finds himself drawn into the action.



21 Bridges.

Chadwick Boseman, Sienna Miller, Anthony Russo, Taylor Kitsch, Mike Larocca, J.K. Simmons, Joe Russo, Brian Kirk.

An NYPD detective is hunting two cop killers, to stop them from escaping authorities decide to close all of Manhattan's 21 bridges.



The Boy 2.

William Brent Bell, Stacey Menear, Gary Lucchesi, Matt Berenson, Katie Holmes, Tom Rosenberg, Eric Reid, Jim Wedaa.

After moving into the Heelshire residence the boy from the family finds a doll called Brahms that seems eerily human.

FORTHCOMING EVENTS

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

THE

JULY 4

AMERICAN INDEPENDENCE DAY

Burgers, Hot Dogs, Beers and plenty of American buffets around town to celebrate American Independence Day with our American chums



FRI

JULY 5

HARD ROCK PATTAYA CHARITY FUNDRAISER

This Annual Charity Fundraiser sees The Hard Rock hosting a special concert by 'The Parkinson' from 7:00pm



SAT

JULY 6

KOLOUR IN THE PARK – REUNION 2019

At Escape Bangkok the 5th Kolour In The Park sees Charlotte de Witte topping the bill as well as Masego and SG Lewis.



JULY 16-17

ASAHNA BUCHA DAY FOLLOWED BY START OF BUDDIST LENT

Asanha Bucha Day is a public holiday marking the day when the Lord Buddha delivered his first sermon. Then on the 17th Buddhist Lent Day is also a public holiday when schools and most businesses will be closed.



FORTHCOMING EVENTS

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

SUN

JULY 21

PATTAYA MARATHON

There will be a 42 km Marathon, 21 km Half Marathon and 10.5 km Quarter Marathon for registration and start times go to Pattaya Marathon Facebook Page



WED

JULY 24

WESTLIFE THE TWENTY TOUR

The thirteenth concert tour by Irish pop group, Westlife arrives at the Impact Arena, Bangkok on the 24th Try Thai Ticket major for last minute deals



SAT

JULY 27

TAKE CARE KIDS FUNDAY AT SEA FALCON

Fun and games on the beach with plenty of food and drinks For the very worthwhile Take Care Kids at Sea Falcon Hotel & Restaurant 66/4-9 Moo. 1 Soi Na Jomtien



JULY 28-29

THE KING'S BIRTHDAY

As this year King's Maha Vajiralongkorn's birthday falls on a Sunday Monday the 29th will be a public holiday

Happy Birthday to His Majesty King Maha Vajiralongkorn



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A Celebration Of Modern Parenthood



Coming to Bangkok during Mother's Day weekend is a revolutionary approach to parenthood that is currently sweeping the globe in the form of a single day's celebration.

Lily Festival, to be held Siri House a location tucked neatly into Soi Somkid in the heart of Bangkok, will be bringing a collection of speakers, life coaches and Thai celebrities who advocate a better way of living for the parents of today to empower the children of tomorrow.

The celebration of motherhood and all things that the modern world requires of a parent today – including their own wellbeing and the tools needed to face the ever-evolving landscape of the world of tomorrow – will combine a host of talks, workshops and activities from leaders in their field. The five main talks at the core of the days proceedings will include enlightenment on: 'Gender Equality & Respectful Society Starts in the Home' hosted by Cindy Sirinya Bishop, an actress, supermodel, TV host; 'Raising Kids With a Winning Mindset: A Mindful Approach'

by Natalie Glebova, an empowerment coach and a best-selling author of two books "Healthy Happy Beautiful" and "I Am Winning"; 'Coping and Moving Forward' with Kornkamol Loukkaew Chitapong, a TV Host of a popular women's show; 'Exciting Trends of Alternative Education' David Doran, Founder and CEO of WeLearn; 'The Truth About Getting Rid of Mummy Tummy – What's safe, What's not and the Top 5 Fitness Mistakes New Mothers Make.' Minyoung Kim, an International pre/postnatal yoga & pilates master trainer.

Alongside the talks, there will be a collection of other activities to educate and entertain visitors to Siri House including a yoga and pilates class hosted by the aforementioned Minyoung Kim, an aqua-natal class and baby swimming class performed by Bangkok Kids drawing focus on both the wellbeing of parents and children alike. Workshops will include a Mother's Day Malai (Garland) I Heart of Siri by Heartmade, print-making tote bag from carved woodblock delivered by Duangdee Frame and a watercolour painting session hosted Nantachai Vivithsiri.





Other activities creating a buzz around parenthood in modern life during the festival's celebrations will include live painting sessions with a flair for motherhood and a marketplace, as can be expected at an event of such calibre. However, the market itself will not be your typical health-focused food stalls, juice bars and coffee shacks, "oh no", there will be a collection brands, offering suggestions to parents on products of an eco-friendly nature, geared towards not only the wellbeing of their little ones but the environment as well.

Aside from the volunteers during the day, the hosting venue – Siri House – Snacks & Drinks will be provided by Luka & Quince and the organisers of the day's event, there is just one major sponsor, the UNICEF Next Generation Foundation "a group of young leaders, entrepreneurs and innovators in their 20s and 30s who commit their resources, resolve and enthusiasm toward supporting UNICEF's life-saving work". Due to this and the concept developed by the organisers of the event – more about that in a minute – entry to Lily Festival is completely free, however, they do wish those who are interested to register to the event prior to the date set on the 11th of August via the supporting site Ticketmelon at the following address: <https://www.ticketmelon.com/lilybkk/lily-festival>, and as stated, registration is completely free and is only there to give the event hosts an idea of possible numbers for the day. The concept of the one-day gathering was born of the collective minds Noon Natchanan and Vijitira Duangdee. Noon, with over ten years of experience in media as TV host, DJ and bilingual event emcee was pregnant during the drafting of the idea and discussed her new-found knowledge of differing techniques and ideas across the world for both a healthier living and ways in which to teach her newborn for a better life, healthier mindset and a more bonded society. Pairing those thoughts with her friend and now partner in creation, Vijitira Duangdee, bloomed the idea to sow the seeds of these new schools of thought here in Thailand. Ms. Duangdee who is also a bit of a media mogul, through her years of event organisation, brand activation, journalism and TV production tilted the thoughts of this concept through her experiences of festivals and gatherings together with her love for wellbeing as a fully fledged RYT yoga instructor and quizzed why not host an event to celebrate these ideas and build the foundations of a better society here in our home country, after all, "the topic of motherhood is rarely discussed plus totally underestimated in modern times and why, when they are the superheroes of the world".

With the idea beginning to bloom, the two champions of womanhood and all that it is to be a mother, Lily Festival was grown from imagination into reality. The Lily was chosen to represent the event due to its symbolism as the May birth flower and although the different colours of the Lily can be interpreted by many cultures in different ways, the emphasis on motherhood, fertility, royalty, noble bearing, purity of love and the beauty of youth, as well as renewal and rebirth.

So, if you are expecting parent, as it is not just about the mothers you know, or you already have brought a cherished life into the world and the idea of creating a better future for both you and for them is something that excites you, then this celebration of life, love, unity and wellness during Mother's Day weekend is, simply put, perfect for you. For more information on the event and to register, head over to <https://www.ticketmelon.com/lilybkk/lily-festival>





GAME RELEASES



Wolfenstein: Youngblood

Wolfenstein 3D was at the start of the first person shooter genre way back in the 90's. Since then as graphics have improved there have been many outings. Wolfenstein games are about dispatching as many Nazi's as possible, a world war 2 power fantasy featuring robots and sometimes the Occult. This time out you can control either Jess or Sophie Blazkowicz the daughters of our original hero B.J. who has gone missing. A fresh spin for the series is the Co-op mode, where you can have both daughters fighting together. If you can't find an on-line pal you can use the game's A.I controlled character instead. If it's anything like the last two games be prepared for an over the top blast but be warned this is not for the squeamish.



Marvel Ultimate Alliance 3: The Black Order

If you have withdrawal after Avengers Endgame, why not grab your Nintendo Switch and four On-line pals and create your own Superhero team? Unlock the combos and powers for your chosen character as you progress through the Story mode. There are the standard light and heavy attacks as before however the throw move has been removed, (except for the Hulk). Just about every character from the Marvel Universe is available, from the Avengers, X-men, Defenders and Guardians of the Galaxy. With 19 Boss fights, and yes you do get to take on Thanos.



Fire Emblem: Three Houses

16th Game in the Fire Emblem series a Japanese single player tactical turn based role playing game. Now on the Nintendo Switch we see a graphical improvement and are treated with animated cut scenes in the Anime style. If after Game of Thrones you are after another medieval world to immerse yourself in explore the continent of Fodlan and its three peaceful rival nations the Adrestian Empire, the Holy Kingdom of Faerghus and the Leicester Alliance. At the centre of this continent is Garegg Mach Monastery home of its Officer's Academy. You play as Byleth the teacher at the academy along with the other protagonists, the students and heirs to each of their countries Edelgard, Dimitri and Claude.



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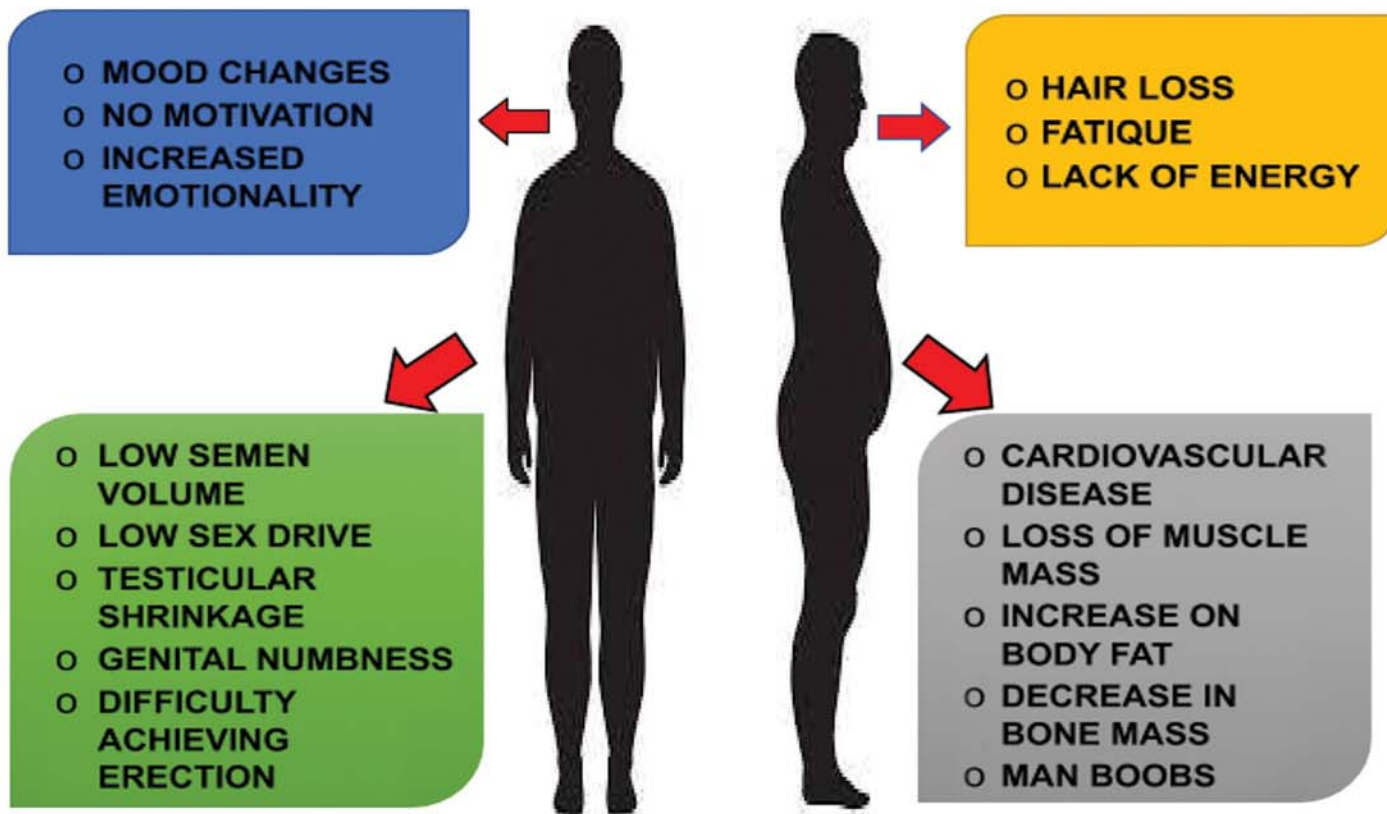


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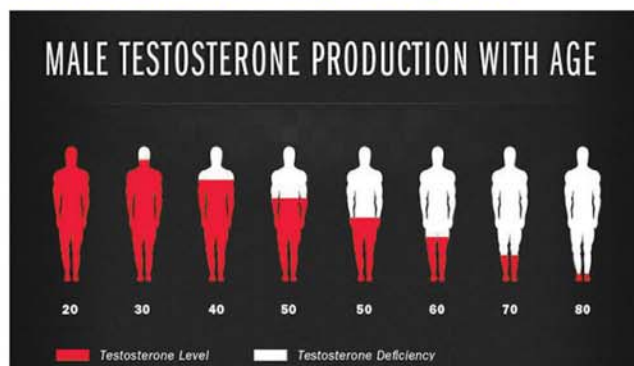
SIGNS OF LOW TESTOSTERONE



What happens to testosterone levels with age?

Testosterone levels generally peak during adolescence and early adulthood. As you get older, your testosterone level gradually declines — typically about 1 percent a year after age 30 or 40. It is important to determine in older men if a low testosterone level is simply due to the decline of normal aging or if it is due to a disease (hypogonadism). Hypogonadism is a disease in which the body is unable to produce normal amounts of testosterone due to a problem with the testicles, or with the pituitary gland that controls the testicles. Testosterone replacement therapy can improve the signs and symptoms of low testosterone in men. Doctors may prescribe testosterone as injections, pellets, patches or gels.

How is testosterone injection given?



- Testosterone is injected into a muscle. The injection is usually given every 2 to 4 weeks.
- Testosterone injections should be given only by a healthcare professional. Misuse can lead to serious side effects or death.
- The length of treatment will depend on the condition being treated.
- **Testosterone will not enhance athletic performance** and should not be used for that purpose.
- While receiving this medicine, you will need frequent blood tests.

What should avoid while receiving testosterone injection?

To make sure testosterone is safe for you, tell your doctor if you have:

- heart disease or coronary artery disease;
- a history of heart attack, stroke, or blood clot;
- diabetes;
- enlarged prostate;
- high cholesterol or triglycerides (a type of fat in the blood);
- breast cancer (in men, or in women who have hypercalcemia);
- liver or kidney disease;
- high calcium levels;
- if you are bedridden or otherwise debilitated; or
- if you take a blood thinner (warfarin, Coumadin, Jantoven).



Follow your doctor's instruction about any restrictions on food, beverages, or activity

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โรงเรียนเพื่อนภาษาพทยา



Language Schools in Pattaya

On Saturday, the 27th of July 2019, the Easy ABC Language School will donate food, hygiene products, wheelchairs, clothes and money to the Ban Bang Lamung Social Welfare Development Center for Old People.

Any one who would like to donate or participate at this event can contact Easy ABC Language on 038-251952

or drop by either to our South Pattaya or Naklua schools where you can also get details on how to participate at this event from our staff or you can also drop off donations.

100% of the donations will be given to the facility on behalf of the benefactors.

The team at Easy ABC Language School would like to thank you in advance for any assistance that you can provide to us in promoting this worthy cause.

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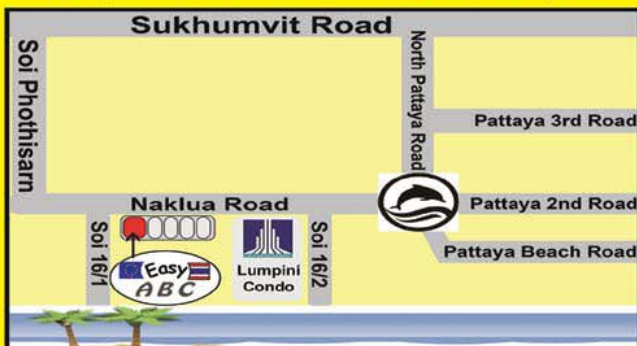


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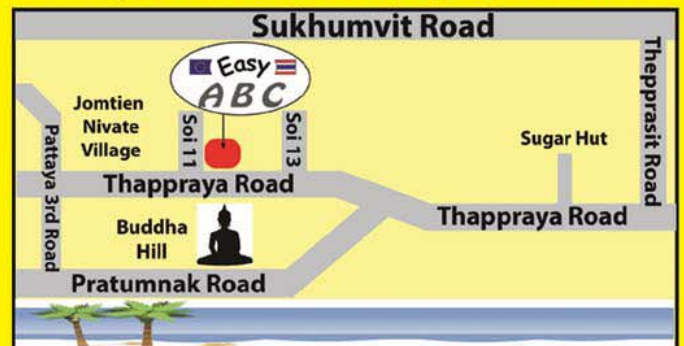
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By Gloria Jones

HEMINGWAYS JOMTIEN



Some places can look a bit dirty and dusty during the day but not Hemingways. Whether you're in for breakfast, lunch, dinner or an evening of fun, the place is well-kept and spotless. I particularly like the layout because although it is a large space, whether you're there as a group, family or couple there are plenty of booths and dining areas to choose from. The impressive central bar can comfortably seat up to 40 people and is an ideal spot if you are coming in by yourself for a pint and a read of the papers

(of which there are a plentiful selection available daily). They've even taking care to add greenery and decent seating to the smoking area and in fact the seating is one of my favourite things about Hemingways. That and the friendly staff, a professional team headed by hard working manager Mark, who provide excellent service.

The food? Well there's a great choice with some dishes you would expect and some surprises like the duck with pancakes, and loaded nachos - really great bar snacks. Also make sure to watch out for their daily specials such as the very popular Ploughman's lunch on Thursdays at 220 baht. On Tuesday a Pizza and a pint will set you back just 290 baht - tremendous value with 6 Pizza options to choose from. I'd recommend the Meat Feast as pictured. Or on Fridays when not only is there is a succulent Gammon meal available at 199 baht but Ladies can take full advantage

of Buy one get one free drinks. In fact there are drinks to suit all budgets San Miguel and bottled beers at 90baht, house wine that comes as a decent measure in a decent glass for only 140 Baht and spirits that are available at a range of prices 60 for the house varieties to 150 baht for specialities like Grey Goose

If you want a comfortable place to enjoy all sporting action then Hemingways with it 14 screens and 9 boxes can cover all the matches you want. They can also cater for private parties with free local delivery and when The Pattaya Trader visited there was a healthy stream of takeouts being despatched throughout the evening.

Open Monday to Friday 930 to Midnight with late closing on Sunday and Saturday you will find Hemingways by travelling along Thappraya road Jomtien, turning right at the Hanuman statue to continue towards beach road and then right into the entrance for Jomtien Complex Condo (just before the arch). - Cheers!



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Why is it good to visit the Beach?



In Pattaya we may often complain about the state of our beaches here and the colour of our sea water, leading the more public spirited of us to get involved in beach cleaning and raise awareness to the problems. However, we are all lucky enough to have free local access to our beaches and in a recent study neuroscientists have strongly recommend that we should all visit the beach regularly.

J. Aaron Hipp, Ph.D., environmental health expert and author of the Journal of Environmental Psychology says:

"Studies have shown that natural environments like beaches and waterfront parks offer more restorative benefits to people than gyms, entertainment venues and the built urban environment." And for many of us who spend most weekday hours indoors, it doesn't take much persuasion to peel off the layers and catch some sun

We of course all know the risks of too much sun exposure. But there are benefits to exposing our skin to the sun. For example it helps our bodies make Vitamin D a vital tool in helping with calcium absorption and building strong bones. Some comes from diet but a good portion also comes from the sun. As little as 10 minutes of sun exposure can provide us with our daily dose and your body can produce 10,000 to 25,000 IU of vitamin D in just a little under the time it takes for your skin to turn pink.

Sun exposure has also been shown to increase endorphins although you should be careful to limit your exposure to excessive sunlight to avoid skin cancer risks. So remember to wear protective clothing and apply sunscreen.

Did you also know that the soles of your feet have more sweat glands and nerve endings per square centimeter than any other part of your body? So walking barefoot stimulates them much more than walking in shoes and also strengthens the muscles in your feet and legs as walking on sand requires 1.6 to 2.5 times the energy than it takes on a hard surface.

Of course running by the ocean opens up your lungs to receiving more of the salty air that has been found to be good for you. In medical tests it was found that being near the sea helped patients clear out their lungs, reduced their need for antibiotics and generally all patients had an easier time breathing. Additionally, those who suffer from asthma reported that they have fewer and easier to manage attacks. Sea air is simply wonderful for your lungs.

However If running on the unwieldy sand for too long sounds tiring, try alternating your walk or run on the more compact sand closer to the water, where the surface will be less challenging.

Spending time near the ocean can also be good for our mental state as scientists have discovered that humans have something they call a "blue mind." This means that our brains are hardwired to react positively to water. Therefore watching the ocean, listening to the ocean, or simply being by the ocean, gives the brain a rest from overstimulation and can in effect make you calmer and give your brain a much needed "break" also producing the release of the happiness chemicals—dopamine and serotonin.



Clean4u Just One Call Cleans It All



Things had just gotten out of hand, being a bloke and useless at cleaning I had let my condo develop into a really disgusting state, something drastic had to be done. Seeing an advert in The Trader for Clean4U and reading their moto "just one call cleans it all" I thought I would put them to the test.

I soon spoke to a friendly lady with good English and gave my details and after only 15 minutes their crew turned up. I went to meet them and escort them past my condo security.

I was relieved to see that they were very well equipped and had everything they needed to take on the task. Also pleased to see there were three ladies, I was dreading inflicting my mess on just one poor soul. At least there would be some comradery between the three.

There were some gasps upon entering the bathroom but they took it well. After some apologies I decided to flee the scene and leave them with their Herculean task.

After only an hour and a half I received a call to inform me that the work had been finished. I was expecting it to take much longer.

When I got back to the condo, I did a double take in case I'd entered someone else's. It's not often that my jaw hits the floor but I was amazed.

The bathroom was resurrected and no longer a Bio hazard. They had even cleaned the balcony and the horrible mildew puddle that had developed there. They surprised me by having cleaned inside the fridge and microwave as well as tidying everything up and folding all my towels.

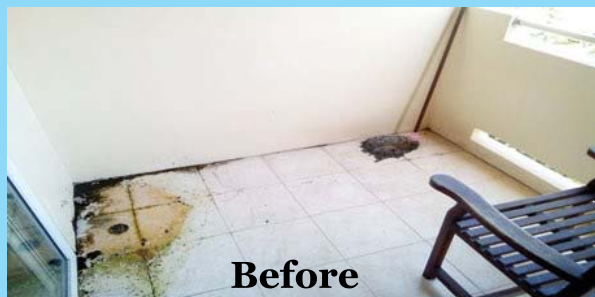
Everywhere I checked they hadn't missed, under the bed was spotless, inside the cupboards check, my kettle you name it, it was all gleaming.

I won't let things get into such a bad way again because now I know who to call. Really can't recommend their service highly enough.

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<http://clean-4you.com>



Before



After



Before



After

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SHINECOIN



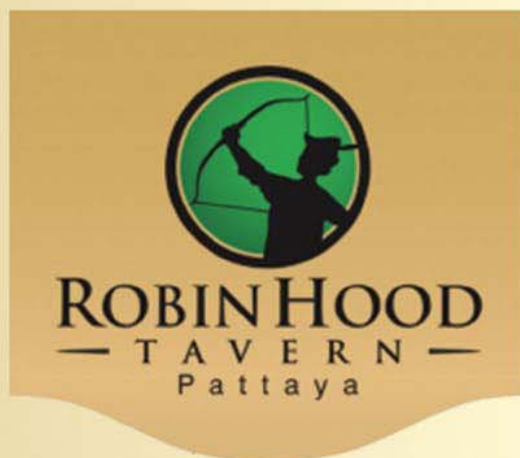
SHINECOIN is a stable cryptocurrency, gaining in value over time. It is a long term currency in its early stage. Since it started in 2017, it has gained in trust and has members in more than 25 countries. They are united in an online community and although many choose to save their shinecoin it is also possible for them to use their coins in a growing number of outlets across Thailand.

Right here, right now there are an ever growing number of establishments that are happy to take shinecoin in payment of goods and services.

Payments with shinecoin can be made by using a mobile phone via the Trust App. Please see the facing page and keep an eye on The Pattaya Trader for further updates on this growing community.

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THE TOE





SHINECOIN



Shinecoin is a cryptocurrency that has appeared in Pattaya recently and has been advertised in this magazine. The Trader decided to take a closer look at the currency and try to answer some of the questions that our readers may want to ask.

QUESTION. WHAT IS SHINECOIN?

Shinecoin is a relatively new cryptocurrency that first came into being in early 2017. It currently has about 1200 members in countries as far apart as the USA, Sweden, the UK, the Philippines and Thailand to name a few.

HOW DOES IT WORK?

Unlike other cryptocurrencies, Shinecoin is not traded on the open market. Only a certain amount of coins are available to buy every month, which helps to stabilize the price and avoid wild fluctuations. It is a long term plan, with currency being released for sale every month for the whole 15 year term. Only after the completion of the plan will it be put onto the open market.

WHAT IS THE AVERAGE INVESTMENT?

Obviously this varies but judging by the posts on the Facebook page the average investment is surprisingly small. We contacted the admin at Shinecoin and they told us that although there are some bigger investors from the early days they encourage smaller investors to grow the membership and you can become involved for as little as 5000 baht or less. Ideal for testing the water without risking your hard earned cash.

WHAT ARE THE RISKS AND IS MY MONEY SAFE?

With an investment of any kind there is always risk. Again we contacted Shinecoin and they explained to us how they deal with the situation of too many sellers and not enough buyers, the situation where most risk comes from. It is not for us to tell you if your investment will be safe, that is for you to contact them and make your own mind up. All we can say is that we accept Shinecoin as payment at the magazine and we have spoken to several investors and every one of them was happy with their returns so far.

WHERE CAN YOU SPEND SHINECOIN?

There is a list of bars and restaurants featured in this magazine where you can spend Shinecoin, although because we are a monthly publication we may be slightly behind the times! Go to their website or Facebook page for updates. The list is expanding all the time.

CONCLUSION

From our own point of view, having dealt in Shinecoin to a small degree, spoken to many investors and having personal knowledge of the people involved, our conclusion would be, so far so good. We haven't mentioned any specific figures here as that would be the business of the Shinecoin admin and the investor and no one else, but like everything else that costs money, if you're interested, ask as many questions as you need. And if you decide to go ahead, start with what you can afford to invest.

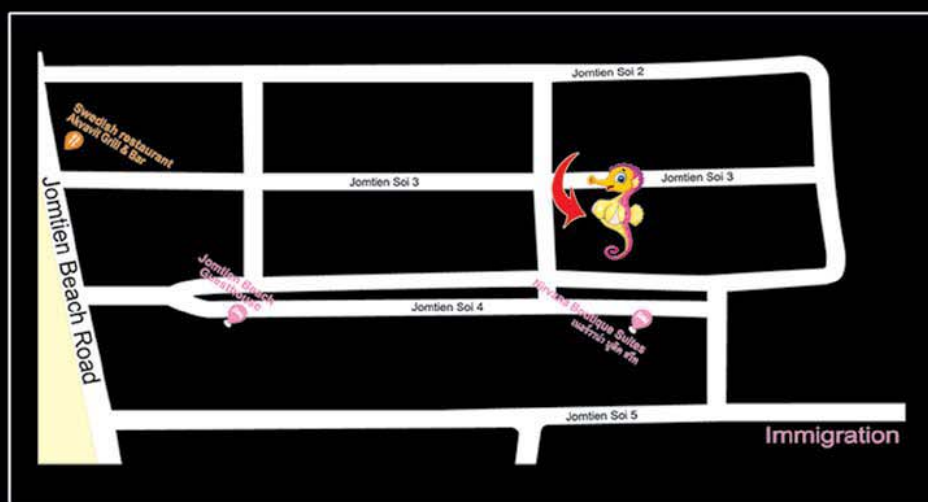
If you want to know more, go to [Shinecoin.com](https://shinecoin.com) for more information. Remember they have representatives in Pattaya, so a person to person meeting can be arranged. You can also go along to the next open evening which will be announced on their Facebook page.

Or for more information go to their website <https://shinecoin.com/>



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WHERE SHOULD I GO WHEN VISITING LONDON?

- WESTMINSTER ABBEY



If you're planning a trip to the UK and have some time to spend in London you really should visit Westminster Abbey. It is a must see pageant of British History where no fewer than 16 royal weddings have taken place, the most recent being that of Prince William to Kate Middleton on the 29th April 2011. It has also been the scene for nearly every British monarch's coronation starting with the crowning of William the Conqueror way back in 1066.

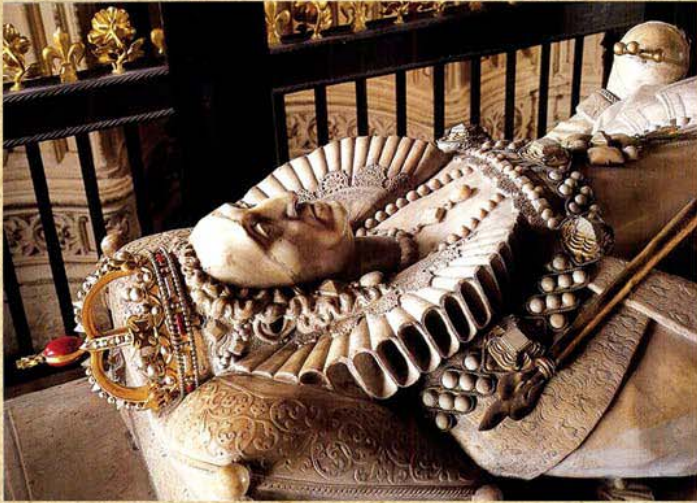
I visited Westminster Abbey last year and have to say that there is something truly awe inspiring (and that is not an adjective I use lightly) about stepping into its gothic splendour.

Entrance will set you back the princely sum of £20 but before you run, take note that this also includes the use of a headset and multimedia to accompany you as you walk through the Abbey. I know many other museums offer this as an optional extra but I believe the organisers have done exactly the right thing insisting that everyone who visits takes this multimedia device.

First of all it is beautifully produced with narration by Jeremy Irons and music from the famous Westminster Abbey with plenty of facts and historical information but also there are practical reasons for using it. Firstly, In order to funnel the many visitors through the long aisles it is important that a one way, thought out, route is adhered to - otherwise there would be chaos. Also there really is so much to see you need the numbered route to ensure nothing is missed.. Finally by having everyone wear headphones and listen to the commentary you ensure that voices and general noise is kept to a minimum as should be the case. Even the normally garrulous, loud Donald Trump was hushed to respectful tones when laying a wreath at the tomb of the unknown warrior during his recent UK visit.

After all there is nowhere else quite like it in the world, a place where you can tread in the footsteps of Kings and Queens usually only referred to in history books. The Coronation Chair alone is a story in itself. It is one of the oldest pieces of furniture in the world having been made for King Edward the 1st in 1308 and featured in a marvellous scene between Colin Firth and Geoffrey Rush in the great film "The King's Speech".





As you explore the venue's amazing period architecture with its vaulted ceilings, sculptures and stained glass windows you will come across another famous part of the abbey "Poets' Corner" where over 100 poets and writers are either buried or commemorated. These include Chaucer, Dickens, Austen and Byron and one of the greatest actors ever Sir Laurence Olivier who has his ashes buried in front of the memorial to Shakespeare.

Certainly seeing all these names with other amazing famous figures also buried in the abbey such as Sir Isaac Newton, Charles Darwin and

David Livingstone really brings out a sense of latent patriotism in every Brit. I was personally surprised at the emotions my visit to the abbey evoked in me the most powerful being those I felt when entering The Lady Chapel which houses the shared tomb of Elizabeth 1 and her half-sister Mary 1

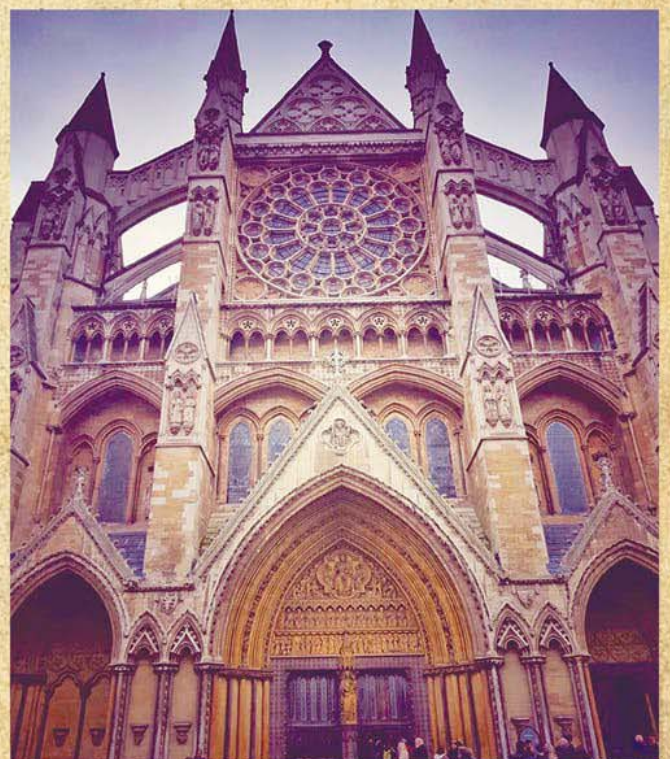
Since my visit there has been an unveiling of another important part of Westminster Abbey. They say good things come to those who wait. But if you've been waiting to get a glimpse inside Westminster Abbey there is a hidden gallery that is now open to the public for viewing since being built, way back in the 13th century.

For many years this gallery: The Triforium was essentially Westminster's attic, used as storage space or as a spillover viewing gallery for coronations. It even served as the BBC's outpost during Queen Elizabeth's coronation, as Richard Dimbleby narrated the affair to a captive TV audience from here. Now it has been rebranded as The Queen's Diamond Jubilee Galleries and the space has undergone a £22.9 million refit. The Galleries are 16 metres (52 feet) above the floor of the abbey and you access them via the Weston Tower. As you journey up to the galleries you will see amazing views of the Palace of Westminster and the medieval Chapter House.



Inside the galleries there are 300 objects including the coronation chair of Queen Mary II, the marriage license of William and Kate, the Liber Regalis (essentially the rulebook of royal coronations), and a full replica set of the crown jewels. This makes it a stunning addition to Westminster Abbey and also affords the view back across the nave described by poet John Betjeman as the best in Europe. There is an additional entry charge of £5 to reach the galleries, children under 17 go free..

**Westminster Abbey is located at
20 Deans Yard, Westminster, SW1P 3PA
Nearest tube station is Westminster.
Opening hours 10am-4pm (Monday to Friday),
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Common Goal Giving back to The Sport



We all know of footballers who have generously given back to the sport that has rewarded them with fame and wealth. David Beckham has his own charitable trust and supports many campaigns including one that helps injured Army personnel returning home from active service. The “Michael Essien Foundation” was started by the player to provide basic necessities such as drinking water, public toilets and libraries for his hometown back in Ghana. Whilst Didier Drogba’s support of the Ivory Coast helped end a 5-year-old civil war and saw him included in TIME magazine’s 100 most influential people list.

The Common Goal is different in that it is a pledge-based charitable movement founded by Jürgen Griesbeck. Launched in 2017 when Juan Mata announced his intention to “make the pledge”, Mata then urged his fellow footballers to join, stating that “Common Goal is the most effective and sustainable way that football can deliver long-term social impact on a global scale”.

So how does it work ?

The movement encourages professional football players and coaches to pledge at least one percent of their salaries to a collective fund that supports football charities around the world.

On 29 November 2017 UEFA president Aleksander Ceferin became the first football leader to join and the following year FC Nordsjaelland was the first football club to join. The club’s CEO, Søren Kristensen says that they would like to make a difference to others through football, whether it is regarding gender equality or developing young people and football players. Additionally, the entire ten member management, club chairman and backroom staff pledged one percent of their salary.

Also last year Banco Santander became the first sponsor of the UEFA Champions League to support Common Goal and Alex Hunter a popular fictional character in the FIFA video game series has partnered with Common Goal as part of a partnership with EA Sports. The partnership will see Common Goal included in the FIFA 19 as players will have the chance to join up with the charity as part of “The Journey”, mode which sees players take control of Hunter’s rise through the professional game. EA Sports has also donated \$200,000 in support of this movement.



Manchester United’s legend Eric Cantona joined at the end of last year in the newly created position of Common Goal mentor. Cantona has long been an advocate for the social power of football. In particular, he has been an active campaigner against homelessness. Recently, he visited the streetfootballworld member Associação CAIS in Lisbon – an organisation that uses the game to support those suffering from extreme poverty and homelessness. He will now represent and actively promote the Common Goal movement.

Following on from Cantona’s joining this year the Manchester United Supporters’ Trust became the first supporters trust in

the world to sign up and make the pledge. Members will be donating 1% of their membership fees to this movement but perhaps more importantly they will be helping to promote Common Goal to the global Man U supporter base. Then in May this 2019, Australian women's players Aivi Luik and Alex Chidiac became the 99th and 100th players to join Common Goal, making the men and women ratio equal so far. Since its inception,

Since the group's inception individuals from all over the world have joined Common Goal for many reasons. Some have been invited to join by fellow footballers such as Frederik Schram who was inspired by his friend and international teammate Alex Rúnarsson. Whereas Giorgio Chiellini was simply inspired by the example being set by Juan Mata, and sent this to the general Common Goal email asking how he too could join the team:

From: [REDACTED]
Sent: 17 August 2017 14:47
To: Communications Team (sfw)
Subject: Re: Thank you for joining

Hello. I'm Giorgio Chiellini, player of Juventus.
 I'm interested to support your program and I would like to give my congratulations to Juan Mata for finding the time and having the idea to support through football people less lucky than us. I'm not interested in advertising, I want only to support a brilliant project.
 Sorry for my English, I try to make the best as possible!
 I wait for your answer about complete the registration.
 Bye
 Giorgio

Go to the Common Goal website <https://www.common-goal.org/Stories> and you will be able to read the first hand stories of how help has already been given across the world. For example in Cambodia where many children live in slums and have never gone to school due to the extreme poverty, there is the Indochina Starfish Foundation (ISF) based in Siem Reap. This foundation provides a safe space for a lot of kids to play and progress as coaches teaching other kids football skills and also life skills such as staying away from destructive social activities such as drug abuse, drinking and gambling as to help them grow into happy adults.

Another favoured Common Goal club is WhizzKids United (WKU) which runs several programmes in Ghana and South Africa where for many girls playing football is no more than a dream because of deep rooted traditional

gender roles. Traditionally they have been expected to do household chores rather than have time to enjoy playing sport. WhizzKids United, originally founded to provide HIV/Aids prevention for young people has to date reached over 1000 young people working with both mixed and single sex-teams and actively empowering girls to give them a voice they never knew they had.

Common Goal have made this comment about their success so far:

"Each player that joins grows the awareness of our mission, influences exponential change, and leads the way to a fairer and more equal world. We will team up with good organisations who are tackling social challenges across the globe. By creating a more thorough link between football players, managers, fans,



organisations, brands, and football for good organisations, we can join the global football community together on a team big enough and strong enough to take on the world's toughest opponents from HIV/AIDS to gender inequality to youth unemployment.

We want to continue to work with brands and institutions, both football and others, to create mechanisms that provide a continual stream of support for the social dimension of the game. And, most importantly, we want to further expand the movement with the fans. Because every one of us has a valuable role to play in building a future in which the world's favourite sport becomes the world's greatest catalyst for social change".

BRITISH OPEN GOLF



The final major championship event of this year's golfing calendar, the British Open, takes place at Royal Portrush in Northern Ireland between the 18th and 21st of the month. It marks only the second time the event has been played at this venue, the last time being 68 years ago in 1951 when the Englishman Max Faulkner won with a final score of three under par 285. Incidentally, Faulkner's cash prize for winning that year was 300 pounds, with the second picking up 200 pounds, the third 100 and the fourth 62 pounds and 10 shillings ! The prize fund this year is just over 10 million dollars, so plenty to play for !

The course itself is the most beautiful layout, winding through the scenic links land and constantly changing both elevation and direction. Of course the layout has been lengthened to try and make it a real test for today's power hitters and to give you some idea of the extra length, the course is some 535 yards longer than in 1951 and is playing as a par 71 instead of 72. To find the extra distance on a course this old and set where it is must have been quite a headache for the designers and with holes named Giants Grave, Himalayas, Calamity Corner and Purgatory this promises to be a real test for the world's best, especially if the wind blows.



Nearly all of the world's top players will be lining up, with all the usual suspects amongst the favourites to win the event. Rory McIlroy, born locally and brought up to learn the game on courses like this, will be keen to win back in his home country. Other top contenders are Dustin Johnson, the great Tiger Woods and Brooks Koepka, whose record in the majors over the last two years is incredible. This year alone he has finished second in the Masters, won the USPGA and then finished second in the US Open.

Amongst the home grown players trying to win their major championship besides McIlroy will be Justin Rose, former world number one and a leading contender, Tommy Fleetwood, who loves links golf having learnt the game at Southport,



Matt Wallace, a multiple winner and playing excellent golf at the moment and Graeme McDowell, another native of Northern Ireland who was recently quoted as saying he has played this course between 300-500 times in his life, so no shortage of experience !

Plenty of other competitors in this quality field will like their chances of winning as a links test like this asks questions of the players that very few other courses do. If the rain stays away and the wind blows, drying out the fairways and greens, players will have to manufacture shots that they don't play at nearly any other time of the season and it will be a fascinating four days viewing for golf fans everywhere.

I-ROVERS

The July round up at the I-Rovers sports bar is here, so let's take a look at what Pattaya's favourite 24 hour, 21 screen sports bar will be featuring this month.



CRICKET

The world cup comes to its climax this month, with the semi-finals on the 9th and the 11th and the final being played on the 14th. All games start at 4.30 pm local time.

AFL

The Australian Football league is nearly halfway through and Geelong are at the top of the league, having lost only one game all season. Every weekend in July sees a full set of fixtures, so check out the weekly updates for game times.

NATIONAL RUGBY LEAGUE

It's much tighter at the top here, with several teams within a few points of each other. Again we have a full fixture list and you'll need to keep an eye on the weekly listings to catch your team.



CYCLING

One of the toughest sports tests in the world, the Tour de France, starts on the 6th of the month. The start will actually be in Brussels in honour of the 50th anniversary of the first win by the legendary Eddy Merckx and will continue onto Paris until the 28th.

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FORMULA 1

The season rolls on to July at two of the most iconic venues of the year, the British grand prix at Silverstone from the 12th to the 14th and the German version at Hockenheim from the 26th to the 28th. Mercedes lead the constructors standings at the moment with their two drivers, Lewis Hamilton and Valtteri Bottas, standing at first and second respectively in the drivers championship. Hamilton has the track record at Silverstone, and with that venue and Hockenheim being two of the fastest circuits in the calendar, these heats will be essential viewing for all F1 fans. Check the schedules for timings.

GOLF

The final major championship of the season, The British Open, is being played at Royal Portrush in Northern Ireland, for the first time in almost seventy years. Virtually all of the world's best players will be there, and the return to this venue will have special significance for Rory McIlroy, Graham McDowell and some other British players who grew up and learnt the game playing here amongst many other seaside venues.

The characteristics of the course are spectacular scenery, constant changes in both elevation and direction and if the wind blows it will provide a stern test for the field. The event is being played between the 18th and the 21st and will provide great evening viewing for all the golf fans in Pattaya.

TENNIS



Wimbledon starts on the 1st of the month and continues until men's finals day on the 14th. Arguably the most prestigious event of the year, and the oldest, all the world's top players will be there trying to capture the third grand slam event of

the season.

Well that's July in the world of sport. I-Rovers is open 24/7, so if you don't see your favourite sport listed here, go for a cold beer and ask one of the friendly staff to put it on!



Not All High Scores at the New Nordic Pattaya Amateur Golf Series



Ladies Winner Noi Emmerson

85 players, including 5 Ladies gathered at Burapha Golf course for the 5th New Nordic PAGS Tournament of 2019.

There were some fine scores turned in, but not as numerous as some previous tournaments, so maybe the course layout was a tad more stringent for most. There were some sparkling individual efforts for the technical prizes available on each hole, but more honourable mentions later.

PAGS has been blessed of late with the weather, and this day was perfect conditions for golf. The course was in good condition, with fast running fairways, and the greens running true at a decent pace, although judging that pace took a few holes to compute.

Ladies winner Noi Emmerson (19) made a welcome return to PAGS after a long absence, and with her 41 points on the day will surely be back again soon.

C Flight for 21+ handicappers was won by Michael Karlsson (23) with 40 points and a back 9 of 21, to go with his Approach on B4. Regular PAGS participant Pierre Zbinden (24) with a score of 40 Points and a back 9 of 20 was second, while Charles Henaghan (22) got the better of Andy Richards on countback, after both signed for 39 points.

In the B flight (12 – 20) it saw Tim Kyte (20) record the best score of the day, 44 points to clearly outpoint his rivals. Paul Young (18) was next best with 39 points, while 3rd spot required a 3 way countback. Jim Glossop (17) with 22 points relegated Livio Marrone and Greg Hill, after all 3 posted 38 points.

In the A flight (0 – 11) another series of countbacks was required, to settle the placegetters. Daniel Isaramart (8) outpointing Anthony Butler (8) 19/18 after both had 37 points, although Anthony did pick up an Approach on B7 to go with a Long Drive on B9. Erik Lundman (6), with a strong back 9 of 20 points saw off Kim Danboise and Matt Mahoney after all 3 registered 36 points.



Flight A 1st Daniel Isaramart

Birthday Boy Matt Mahoney won the coveted Low Gross with 77, to go with his Approach on D5. Honorable mentions also go out to multiple technical prize winners, Jonny Lindberg and Peter Nixon each with 3, while Steve Truelove and Rich Fearby recorded the maximum number of 2 prize collects.

Once again the catering crew did their part, feeding the players and guests prior to the prize giving, and I am sure all were pleased with the array of food.

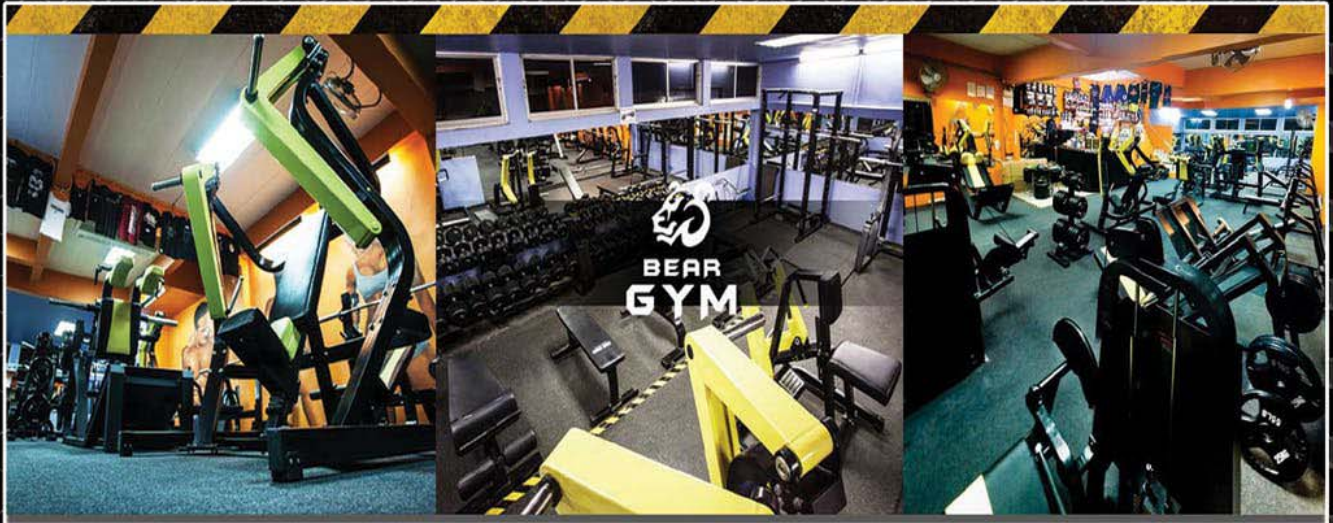
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Flight B 1st Tim Kyte



Flight C 1st Michael Karlsson





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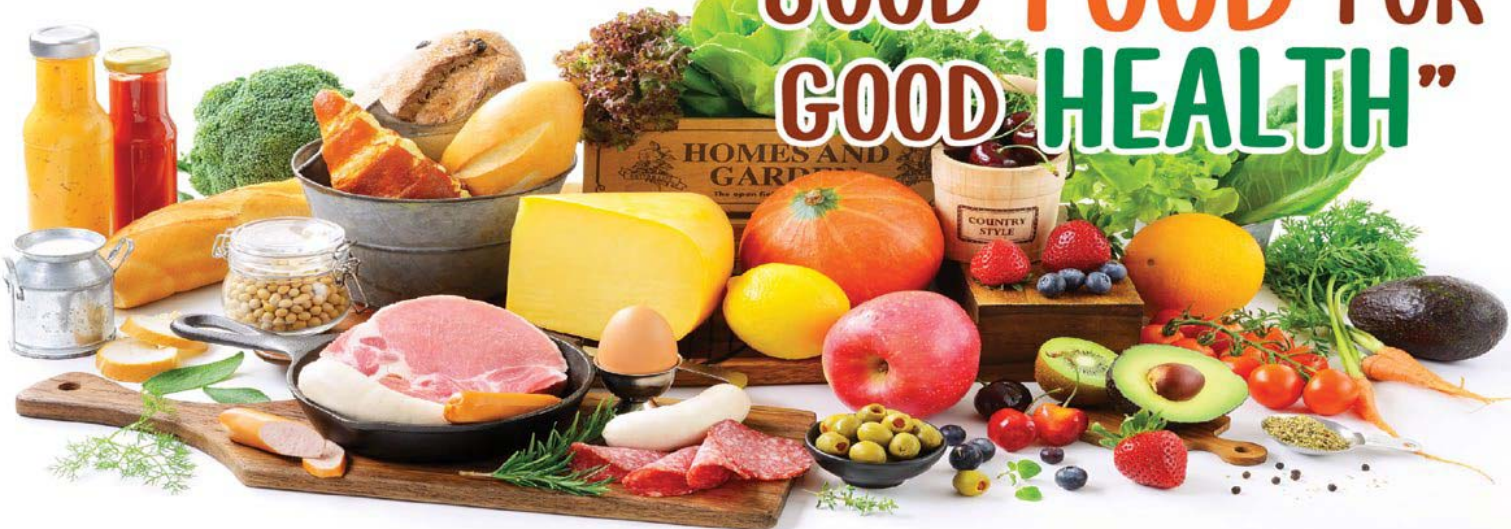
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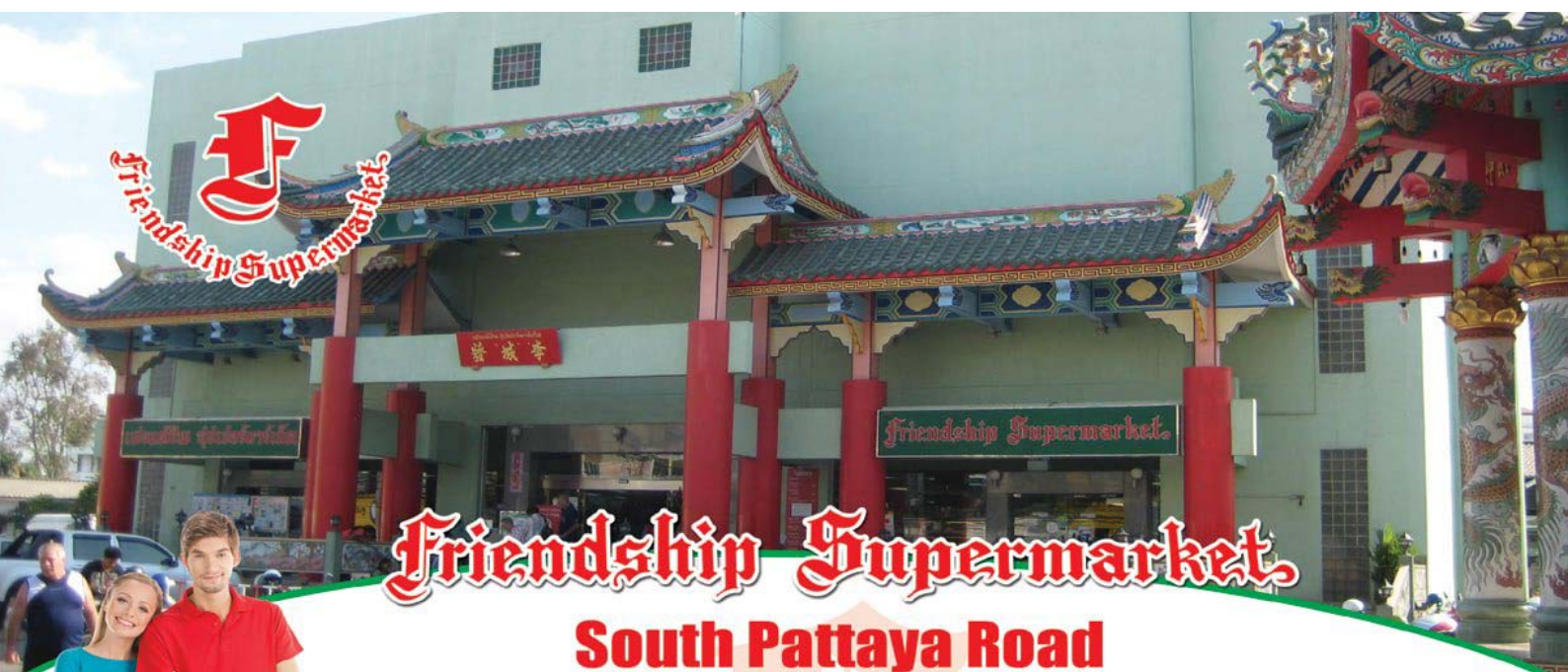
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PATTAYA PEOPLE TELEVISION



PPTV has so many features to try and schedule in to our 24 hours a day TV output, that plans are now being made to increase the timeline to 25 hours a day.

There are a few technical issues to overcome but it's thought that if we can reduce each hour to 57.6 minutes, then the 25 hour dream is a possibility.

People Television is continuing to entertain and inform the Ex Pat community of Pattaya with fun items and important information and is constantly being updated to provide a revised schedule.

Coming up in July is the new condensed format focusing on essential information for Ex Pats in Pattaya such as Darren McGarry from Key Visa who is featured every month with the latest important visa info.

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

Plus the weekly 'Pattaya Ex Pats Club' TV feature is included with interesting and, sometimes, vital information from the interesting guest speakers

that appear there every week.

Barry Upton is always out and about gathering interesting items from Pattaya and beyond. This month features his film of the 2019 Pattaya Bikini Beach Race plus an interview with Sergio, the owner of the amazing 'Bacco Beach' Italian restaurant in Na Jomtien.

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

Also, look out for 'Pattaya and Property Trader's' Gloria who gets cozy on the couch for a chat with Barry Upton each month as they delve into the currently released Pattaya Trader Magazine.

Available now on Sophon cable and online at the 'Pattaya People' website - www.pattayapeople.com

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DIVORCE AGREEMENT

By Magna Carta Law Office

A Divorce Agreement is a legal document that allows divorcing spouses to come to an agreement regarding the terms of their divorce. It lets you settle issues without the need for court actions. There is less emotional stress involved to both parties, as well as to their children and respective families as it enables the couple to end their marriage in a civilized manner because important matters are mutually agreed upon. This is possible in an uncontested divorce wherein the couple mutually agrees to terminate their marriage and that there are no disagreements over children or property.

A Divorce Agreement contains provisions regarding the terms of sharing of assets, child custody and support, visitation rights, alimony, and other important matters. It is recommended that you decide these matters beforehand and formalize them in a divorce contract. This will guarantee that there are no disagreements before you go to the registration office.

Once the Divorce Agreement is signed before two witnesses and registered at the District Office, it becomes a binding contract and both divorcing spouses shall be obliged to follow its terms. Because the parties agree upon the terms themselves, they are likely to abide by to the agreement. In case one party violates or fails to comply with the provisions stipulated in the agreement, the other party may bring this to court for enforcement.

When one or both spouse does not agree with the terms of the separation and things become complicated, or an agreement thereon cannot be reached, you'll probably end up putting your case in court where a judge turns over to decide on all related issues.

It's highly recommended that you appoint a lawyer to make your Divorce Agreement. In case the other party has arranged it, it is recommended that you have it reviewed by your own lawyer to make sure that important legal provisions are clearly specified in order to protect your interests. It is necessary that you trust the experts to help you completely understand the content of the agreement as you may miss some serious provisions and end up losing significant rights; or if there will be some disagreements on a provision later, you may end up spending more money, trying to resolve the problem.

Changing certain provisions of the divorce agreement may be necessary if there is a significant change in circumstances after the divorce has been granted. Child custody, visitation, and child support are modifiable as long as you can show a significant change in circumstances and that the new arrangement shall be in the best interest of the child. If both parties agree to the new terms, a revised agreement must be drawn up with the assistance of your lawyers to be certain that there will be no problems in the future. The revised agreement must be filed with the court to be officially enforceable.



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96FM Pattaya People Radio – Sponsors Extra



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Recently we've had the pleasure of Linda from Linda's Restaurant, Juha from Siam Oriental Properties, Khun Noi from Pattaya Sports Club, Margaret from 'Hand To Hand', Colin from the 'Retreat Lawn Bowling Club', Darren from 'iRovers' sports bar, plus many other businesses letting Pattaya know what they are up to via the medium of radio. These informal chats are being broadcast one every hour.

If you would like to be considered for an airing, please contact the Pattaya People offices on 038 420 707 or 038 427 585.

E-mail is info@pattayapeople.com

96FM continues to entertain Pattaya and the world with the best popular music playlist in town including all those fab 'Sunshine Hits on 96'.

The music policy of 96FM, 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, together with a splattering of the best of the latest offerings.

The weekly 96FM schedule is:

8am to 12 noon – Morning Glory with Barry Upton
 12 noon to 2pm – Let's Do Lunch with DJ Johnny P.
 2pm to 4pm – Afternoon Delight with DJ D.M.
 4pm to 6pm – The Sundowner Show with Barry Upton
 6pm to 6.20pm – Thai News
 6.20pm to 8am – All Night Long with Paul Rosenberg.

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.

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

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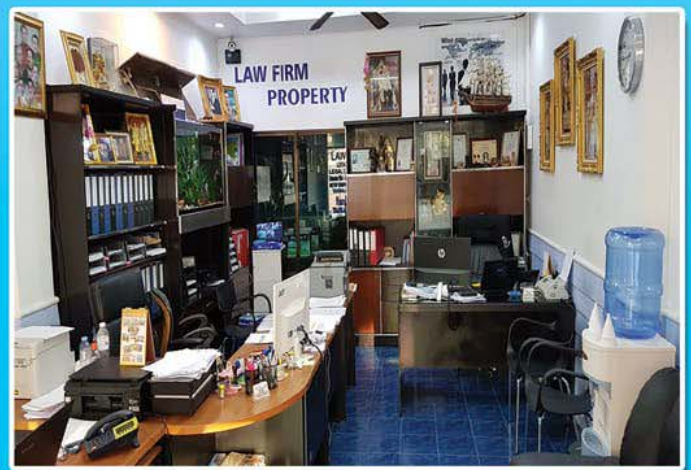
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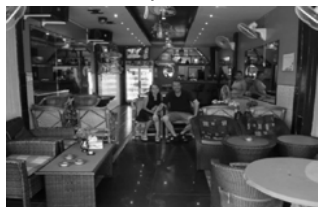
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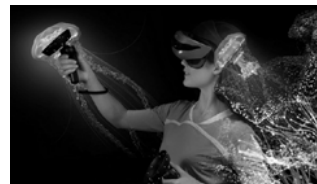
Price: 29,000 Baht
Phone: 033 034 115

2016 LAND ROVER RANGE ROVER SPORT SPORT EDITION



2016 LAND ROVER RANGE ROVER SPORT SPORT EDITION/PANORAMIC/ NAVIGATION/5CAMERA
Price: 1,118,933 Baht
Location: Pattaya, Chon Buri

Acer Wmr Vr Headset



VR Headset as new in box with all cables and controllers. FREE delivery in Pattaya

Cameras

Canon Eos 1d X 18.1mp Digital Slr Camera - Black (body Only) This Is A Usa Model



I'm selling a BRAND NEW still in the box Canon 1DX... I bought it last month as a second 1DX and never took out of the box except for the pictures you see here. There are ZERO actuations on the camera as it is still wrapped up in the original packaging from canon. for further details about this item kindly whatsapp me +61488894008
86,468 THB
Email: abconelectronicsltd@gmail.com



COMPLETENESS OF SERVICE: # Our warehouse is open to the public 6 days a week # You can order online 24 hours a day, 7 days a week # We tailor delivery and shipping services to suit YOUR needs Contact us for more information.....
Contact Name: Henry Gustavo
Yahooemail: Henrygustavo209@yahoo.com
Email: H.Gustavo@outlook.com
Gmail: Henrygustavo209@gmail.com
SKYPE: Enquiry-musicalstore
Nikon D750 DSLR Camera (Body Only)
EN-EL15 Lithium-Ion Battery (1900mAh)
Price: 2,0000

Office Workers Are Stressed!

Work-Life Imbalance as A Linkage to Office Syndrome



The days of starting your office hours at 9 and ending at 5 is no longer a reality. The rapid changes in technology and communication channels have completely shifted the way we work. For example, instead of sending emails during working hours, we can now send and receive emails at all times on smartphones or call and message our colleagues via mobile applications. Not to mention the instant update on business or marketing news. On one hand, these technologies benefit the lifestyle of office workers by providing tools to communicate more efficiently, with less time consumption.

However, these benefits come at a price of having to handle extreme pressure to live up to social expectation to get up-to-date with what's going on in the world, leaving the pre-conceived belief that you will fall behind the rest of the world within one second if you don't check your phone. As a result, it is no surprise to see office workers of the younger generation becoming heavily addicted to things like smartphone, tablets, notebook, and computers while spending less time with family or even taking good care of oneself.

Office workers may find it difficult to look after their health and well-being due to the requirement of having to work long hours to complete daily tasks at the office. That overtime work turns into a cycle of unhealthy habits; poor diet and insufficient time to exercise, for instance. This types of behavior, if ignored or not altered in time, may lead to one of the most common sicknesses of office workers, known as "Office Syndrome". Office Syndrome includes a variety of serious illness which may have a lifelong effect on people such as gastroesophageal reflux disease, trigger finger, herniated disc, bladder inflammation and more.

Similarly, the findings of Cigna's 360° Well-Being Score Survey reveals insights that align with the lifestyle trend, explaining that office workers who are between 30-45 years-old are being exposed to the extreme amount of pressure at the workplace. The survey also points out that these are the groups whose average score of health and well-being is at the lowest. When compared to other age groups, more than 88% of them have a relatively high level of stress, caused by extreme pressure at the workplace and from not spending enough time with family.

Therefore, office workers in this era should be aware of the risks associated with poor quality lifestyle and find a preventative solution to handle the possible illness that may come with getting older. To do so, office workers may start tracking their own habits at the workplace to see the areas that could be improved or opt for a health insurance plan that provides comprehensive coverage of critical illnesses like office syndrome, which is an illness caused by the modern working lifestyle.

###

About Cigna's 360° well-being survey

Cigna's 360° well-being survey is a survey in perception and attitude of people's health and living by reflecting each other's feelings about their health and well-being. This survey is an online survey and is designed to study health and well-being in 5 main areas including health and well-being, physical, social, family, financial and job aspects. By indicators or scores obtained from that survey measured by the overall opinion of the population living in Asia-Pacific and the United Kingdom.. www.cigna.co.th

Lookism in the Appearance Society



Lookism deals with the bias given by having a positive association with what one finds beautiful and vice versa.

Thailand can be described as an appearance society. Looks matter most. One of the first things Thais comment on is your look. Abilities, competence, intent, education, history are secondary. Appearance transcends the physical but also visible in policies. Listen to businessmen and politicians talk about disruption and technology; all great. Both point at mirages in the distance with hope hiding the dry reality. However, asking about the substance dampens the truth. Go beyond looks and ask about substance.

You can compare looks but substance, which should matter more, is difficult to ascertain without in-depth interaction. Here the skill of having a conversation comes into play. A conversation needs time, active listening, knowledge on a subject or at least, interest, desire to learn, willingness to be proven wrong, and follow through. A picture requires a few seconds of attention.

In Thailand, lookism has appeared most blatantly in the form of racism. Adverts and even school textbooks reinforce the idea. Blacks are no good, blue-eyed and blond—beautiful, smart, good. Hence, one reason why

foreign teachers in Thailand are primarily white Westerners even though there is no academic basis for this. Western fraudsters also benefit from this bias. Research the topic yourself; I have. Competence does not have a color or country. Sadly, lookism also occurs in other countries—it's the new racism.

I have asked over 50 recruiting personnel in Thailand as to why they ask for photos from job applicants. Most replied they want to see if the person had a good personality, yet none could define what exactly they meant by personality. Just because a person is well-groomed does not mean he is not a crook. When asked how come in other countries they hire without photos? Again another stump.

I have had more responses from job applications when NOT using a picture in Thailand and have had several potential interviews canceled (without reason) when I sent a photo afterward. Yet many recruiters say they are not biased towards looks.

Some think with beauty comes confidence and the ability to do more. Beauty needs more enhancements compared to confidence. That perfect beauty is mythical (sorry my Chinese friends, Fan Bingbing is close). Confidence, however, is much more accessible, could be developed and agreed on. Beauty is subjective, confidence is objective. However, being considered beautiful might just open more doors allowing one to do more. Like a passport, looks offer access.

Opulence is also seen as a sign of success. Personal debt is rising significantly in Thailand, according to the Bank of Thailand. If we look successful, we are. In businesses too, thus, many owners go into significant debt before their business even opens. No wonder the churn rate (businesses opening versus businesses closing) is high in Thailand. Debt collection might be the exception.

Going against this trend may appear complicated but requires education, honesty, and willingness to spend the energy to gain substantial benefits. Remove the photo request when publishing job applications. My Scandinavian friends taught me a little, looks change as do the seasons, so do not get fooled. Also, Randy Pausch's book *The Last Lecture* introduced me to the concept of a Dutch uncle -telling it like it is.

Education needs to put substance into life by encouraging people to learn. Asking what we have learned from an encounter is a start. Honesty about what we know and do not is another. Not knowing only makes one look bad if it is not used as a starting point for discovery. Exercising one's grey matter and muscles reduce the impact of appearance. Interactions show off substance.

Miss Universe Thailand 2017 epitomized the Thai mentality. Looks like the Thai ideal of beauty, has a certificate to show education and exudes Thai mannerisms. However, on questioning the façade may fall apart so, in Thai society, asking questions is not encouraged so as NOT to expose the flaws and keep the appearance. Lookism continues until the façade crumbles with realism (sadly, usually by a foreigner's question).

TETRA PAK THAILAND PARTICIPATES AT AN NSF EVENT IN BANGKOK



Tetra Pak is the world's leading food processing and packaging solutions company with more than 25,000 employees around the world. Working closely with customers and suppliers their aim is to provide safe, innovative and environmentally sound products that each day meet the needs of hundreds of millions of people in more than 160 countries. They recently delivered a presentation to "the Bottled Water Industry - Sustainability and Innovation Trends" Seminar in Bangkok hosted by NSF Services, a global leader in public health and safety.

The event brought together representatives of government organisations, NGO's and the private sector. It provided a platform for discussing the development of public health standards and certification programs to help protect food, water, consumer products and the environment.

Mr. Bert Jan Post, Managing Director of Tetra Pak (Thailand) Limited shared with the participants how his company's commitment to its brand promise — "Protect What's Good" extends beyond just protecting food, which is the company's core purpose, to protecting people and also the future of the planet.

Among the attendants were 1. Jyoti Bhasin - Regional Director India and Middle East and Associate MD of the NSF Beverage Quality Program 2. Supanat Ratanadib - Marketing Director, Tetra Pak (Thailand) Limited 3. Naruemon Kaewmanee - Customer Service Manager, NSF Asia-Pacific 4. Peter Bracher - Managing Director NSF Asia-Pacific 5. Tapanee Junhom - Communications Manager, Tetra Pak (Thailand) Limited 6. Sutida Ketudut - Regional Director SE Asia.





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 Ek-kami, 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



NEED A RELIABLE SERVICE FROM PATTAYA TO BKK SUVARNABHUMI AIRPORT ?



**Contact Sunny on
+66 81 903 0001**

RENTING A MOTORBIKE



Now the high season is in full swing we think visitors to Pattaya may 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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	7	4			5			
				6				
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5		6	4	8				9
2							6	1
		9	6			3		
	8			9				

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

Pattaya Expats Club Est. 2001

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/>

SOCIAL 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.pceclub.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

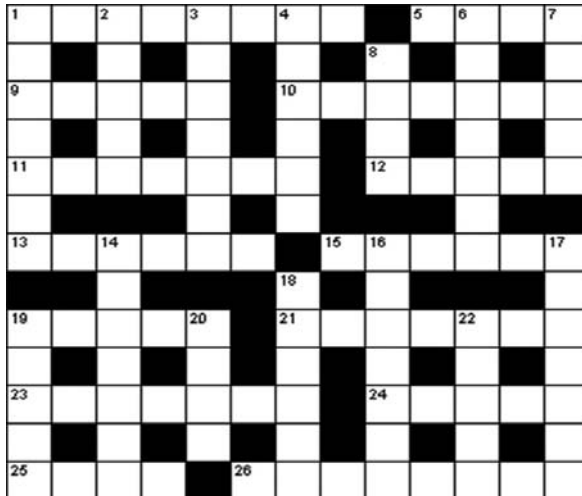
The Rayong-Pattaya Ladies Circle

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 JULY 2019

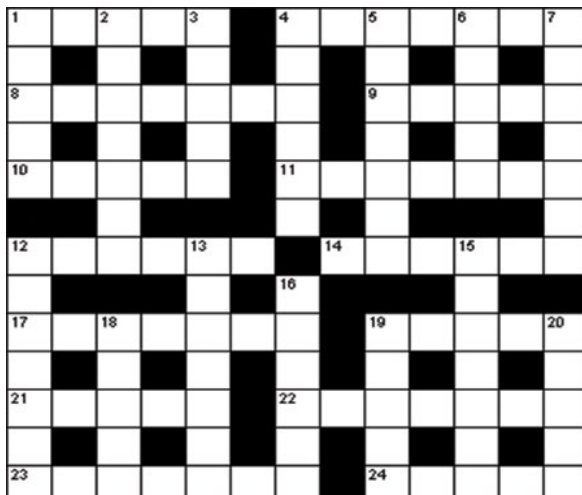


ACROSS

1. Peril (8)
5. Rim (4)
9. Similar (5)
10. Extinct elephant (7)
11. Aromatic seasoning (7)
12. Wild feline (5)
13. Gaped (6)
15. Winner (6)
19. Go in (5)
21. Farmer's calendar (7)
23. Italian red wine (7)
24. Inexperienced (5)
25. Luxuriant (4)
26. Fierce (8)

Down

1. Envious (7)
2. Mediterranean fruit tree (5)
3. Norm (7)
4. Type of plum (6)
6. Shortage of rainfall (7)
7. Used as an anesthetic (5)
8. Leave out (4)
14. Achieves (7)
16. Vast (7)
17. Wealthiest (7)
18. Of the sea (6)
19. Surpass (5)
20. Rip (4)
22. Dissonance (5)



ACROSS

1. Tempest (5)
4. Perplexes (7)
8. Fall back (7)
9. Portion (5)
10. Boasts (5)
11. Compared (7)
12. Pact (6)
14. Pique (6)
17. Certify (7)
19. Meeting place (5)
21. Mountain range (5)
22. Flair (7)
23. Passed by (7)
24. Begin (5)

DOWN

1. Bush (5)
2. Indignation (7)
3. Encounters (5)
4. Improved (6)
5. Crevice (7)
6. Jumped (5)
7. Thin (7)
12. Kind of syrup (7)
13. Despots (7)
15. Cure-all (7)
16. Assisted (6)
18. Play (5)
19. Planet (5)
20. Happening (5)

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 Buakhaw

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

YOU'RE HAVING A LAUGH !

FIRST LAW OF CARTOON PHYSICS:



"GRAVITY DOESN'T WORK UNTIL YOU LOOK DOWN"

I don't care what people think of me,
atleast
mosquitos
find me attractive.



"I have the MRI scan of your brain. The right hemisphere is clogged with computer passwords."

Why did the scarecrow win an award?

Because he was outstanding in his field.



WHY ARE FROGS SO HAPPY?



THEY EAT WHATEVER BUGS THEM



"SORRY, WE CAN'T E-MAIL YOUR PIZZA AS ATTACHMENT."

WORLD'S FIRST DENTIST



WHERE TO FIND!

LIVE MUSIC AND SHOWS



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

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

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

Hopf House (house band & Italian tenor), Beach Road (cnr Soi 13/1)

Insomnia (nightclub), Walking Street. www.clubinsomniapattaya.com

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

Rolling Stone 2 Bar (live rock n roll band), Walking Street, cnr Soi 16

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

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.

Tel: 038 361 873, email: info@jamesons-pattaya.com, www.jamesons-pattaya.com

Kilkenny Bar, Soi LK Metro, South Pattaya.

Email: info@kilkennypattaya.com, www.kilkennypattaya.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

FOOD & DRINK



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

Bruno's Restaurant & Lounge Bar, Thappraya Road, Pattaya. Tel: 038 364 600, www.brunos-pattaya.com

Dicey Reilly's, Second Road, next to Royal Garden Plaza

News Steaks & Grill, Thappraya Road, South Pattaya. 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 418PLICE

AT THE MOVIES



SFX Cinema, Big C Shopping Mall, Second Road, North Pattaya

Major Cineplex, The Avenue Mall, Second Road, South Pattaya. www.majorcineplex.com

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

SOCIAL SCENE



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

SPORTS & LEISURE



Archery Club, Pattaya Shooting Park, Huay Yai.

www.pattayaarcheryclub.com

Bira Circuit, www.bira.co.th

Cricket Club, Horseshoe Point. Email: pattayacricketclub@gmail.com

Darts, www.pattayadarts.com

Hash House Harriers, PH3 www.pattayah3.com

Hash House Harriers, PBH3 Bush Hash House Harriers
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

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

Petanque, email: petanque.Th@gmail.com

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

Polo, Horseshoe 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

QueenVictorialInn, Soi6, Central Pattaya. www.queenvicpattaya.com.
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

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

Yoga, Balaji Studio, Soi 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

IMPORTANT TELEPHONE NUMBERS

POLICE

Emergency Hotline: 191

Pattaya Police Station: Soi 9 Pattaya

Phone: 038 420- 802, 038-420 805 0-3842-9325

Banglamung Police Station, Sukhumvit Highway)

Phone: 038 221 800, 038 221 331

Tourist Police: Phratamnak Road

Emergency Hotline: 1155

Phone 03841 4669, 03842 5937,

AMBULANCE AND HOSPITALS

General emergency number 191 can be used or 1669

Pattaya International Hospital

PhoneTel: 038 428 374-5. Tel: 038-427 575

Bangkok Hospital Pattaya

PhoneTel: 038-259-999. 0-3825-9911

Pattaya Memorial Hospital

PhoneTel: 038 488 777. 038-429 422

FIRE

Emergency Phone: 199

Fire Brigade Pattaya

PhoneTel: 038-425-943,

Fire Brigade Naklua

PhoneTel: 038-221-000,

SEA RESCUE

Marine Police

Phone. 038-423 666

Sea Rescue

Phone 038-488 134

ELECTRICITY

Electricity Pattaya

Phone 0-3842-6463, 0-3842-8502

Electricity Banglamung

Phone 0-3822-1007

WATER

Water Works Banglamung

Phone 0-3822-1463

Water Works Pattaya

Phone 0-3822-2462/5

WASTE DISPOSAL

Garbage Collection

Phone 0-3842-9494

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.

PATTAYA TRADER

Connecting Pattaya



Like us on
Facebook

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

SOLUTIONS

J	E	O	P	A	R	D	Y		E	D	G	E
E		L		V			A		O		R	T
A	L	I	K	E			M	A	M	M	O	T
L		V		R		S		I		U		E
O	R	E	G	A	N	O		T	I	G	E	R
U			G			N				H		
S	T	A	R	E	D			V	I	C	T	O
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C	H	I	A	N	T	I		N	A	I	V	E
E		N		D		N		S		S		S
L	U	S	H			V	E	H	E	M	E	N

S	T	O	R	M		B	A	F	F	L	E	S
H		U		E		E		I		E		L
R	E	T	R	E	A	T		S	H	A	R	E
U		R		T		T		S		P		N
B	R	A	G	S		E	Q	U	A	T	E	D
		G				R		R				E
T	R	E	A	T	Y		T	E	M	P	E	R
R					Y		H			A		
E	N	D	O	R	S	E		V	E	N	U	E
A		R		A			L	E		A		V
C	H	A	I	N			P	A	N	A	C	H
L		M		T		E		U		E		N
E	L	A	P	S	E	D		S	T	A	R	T

6	4	2	7	9	3	1	8	5
5	1	7	2	8	6	9	4	3
8	9	3	1	4	5	6	2	7
1	6	8	3	2	9	7	5	4
3	5	4	8	6	7	2	9	1
7	2	9	4	5	1	8	3	6
9	3	6	5	7	8	4	1	2
4	8	5	6	1	2	3	7	9
2	7	1	9	3	4	5	6	8

8	2	5	9	3	6	1	4	7
9	6	3	7	1	4	5	8	2
1	7	4	8	2	5	6	9	3
7	9	2	1	6	3	8	5	4
3	4	8	2	5	9	7	1	6
5	1	6	4	8	7	2	3	9
2	3	7	5	4	8	9	6	1
4	5	9	6	7	1	3	2	8
6	8	1	3	9	2	4	7	5