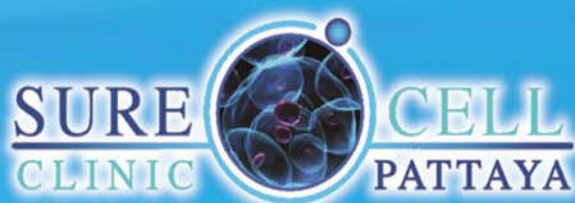


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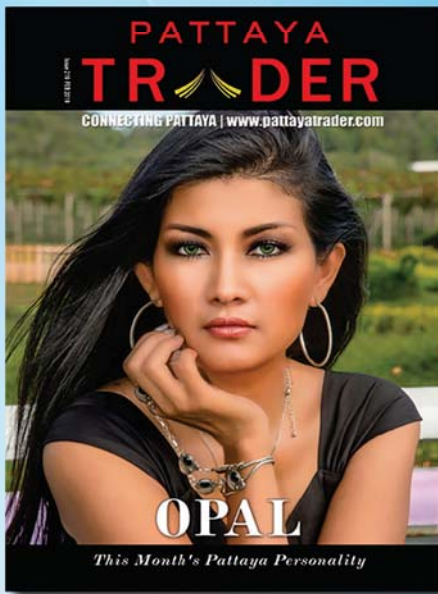


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Hi Readers,

The theme of this month's Pattaya Trader is "Wellness" an increasingly popular expression. There's a whole industry revolving around the word and even a Global Wellness summit being held next month in Singapore. So to find out more, please read our article on page 18 and see what you need to do to balance your "Wellness Wheel".

Certainly a trip to a holistic clinic such as Sure Cell might be just what the Doctor ordered. Or you could take a leaf out of Dan Johnston's book and try a little meditation. Or how about a Yoga class with Diana? . Even our Dining in Detail for this month features some really healthy treats for your delectation.

So go on have a go at getting yourself in balance
Wishing you a Well and Happy September

Gloria
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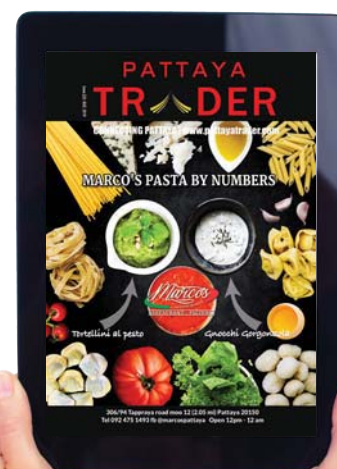
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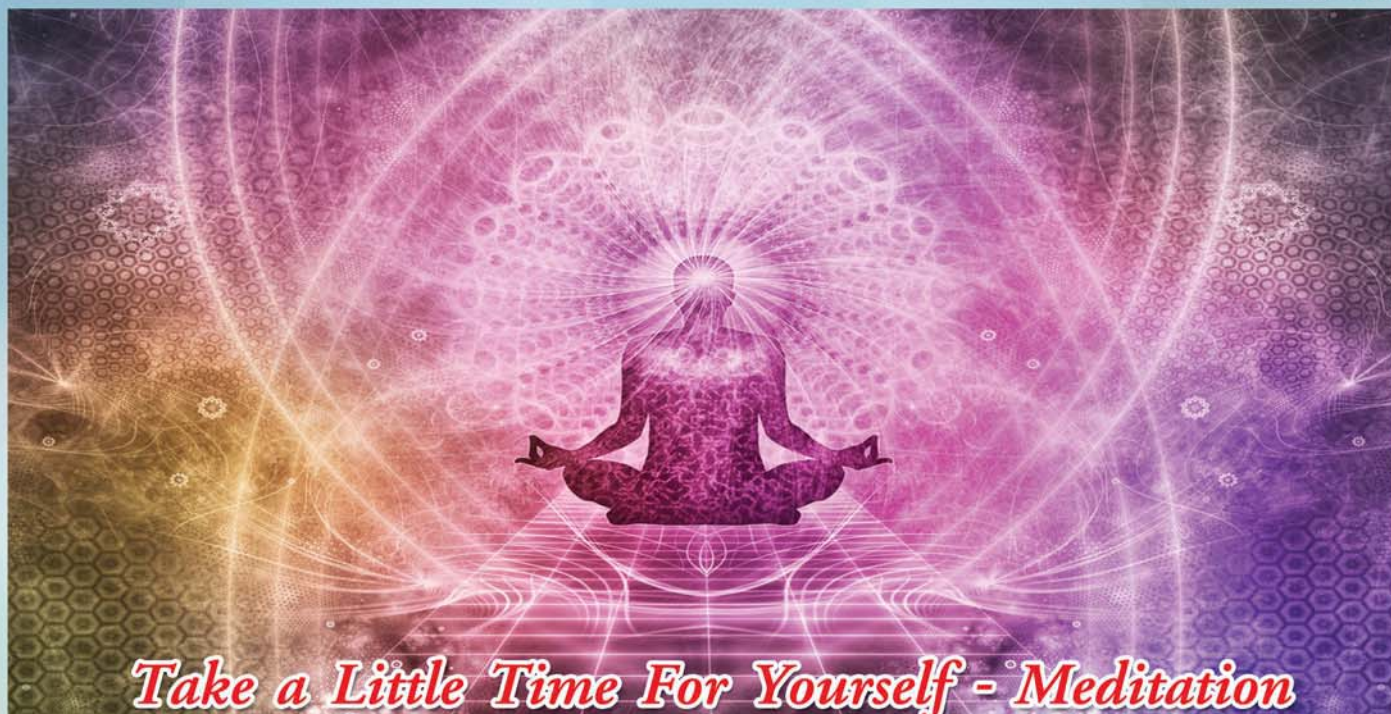
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Take a Little Time For Yourself - Meditation

Meditation does not have to be a way of life, as many of you might think, but regular escapes into oneself. One's mind has medicinal benefits that supersede most prescription medicines for a whole host of ailments. However, that being said, even if you already feel healthy in mind and body, it is worth brushing your spirit into shape, as those who have attempted brief jaunts into meditation would attest.

For me, the journey began some ten years ago or more, whilst living in Dubai. Even though my grandfather, who practiced meditation since his youth, regularly attempted to persuade me into following in his footsteps, explaining the limitless benefits of meditation daily, it wasn't until I was in my late twenties that I enjoyed my first regular experiences. I had, some five years before, attempted a style of meditation which had turned out not to be for me, in the form of spiritual mediumship, meditation at a local church back in the UK, but I chose not to pursue it. That is one thing that can be said about meditation, not every form, style or practice is suited to everyone and the trick is to find what works for you but I'll get back to that a little later.

For now, back to Dubai and my journey into the spiritual world of meditation and self-improvement. I was with a partner at the time who regularly practiced several spiritual activities, including Yoga, Pranic Healing, Meditations of varying sorts and was also keen on Tarot Cards. Her philosophy on life was, and still is, of pure, unadulterated love - love for everything and everyone in all that she encounters in life. This concept, at that time, was difficult for me to perceive but I certainly understand her more now. diving into

It was she, who finally managed to encourage me to try meditation on a regular basis, starting with some open group meditations at the Third Eye Centre on Sheikh Zayed Road in Dubai. After my enjoyment of the classes we began regular yoga sessions and she eventually urged me to go further, diving into the practice of Reiki (a form of spiritual healing using the hands, for those of you who are not familiar). I loved it and it was a part of my life I would never forget. My experiences were too many to divulge here but the elevation of mind, body and soul undeniable. However, as with any spiritual journey, life intervened and I found myself leaving the practice of Reiki and ultimately, failing to meditate anymore at all. 'Failing' is probably a little harsh a word though, really, I just wandered away from it all.



Now, however, I meditate at least three times a day; in the morning as soon as I wake, midway through the day (time permitting) and just before I sleep. On a personal level, I find that this aids me in keeping a balanced mind and allows me to have more focus in my everyday tasks. And it is there where I find that meditation benefits me as an individual, although, as I began this little jaunt across the digital pages I type, I have to say that everyone meditates for different reasons and the benefits they gain also depend on the individual.

Enough about me and my journey anyway, why even meditate at all and with so much out there on the internet, how do I even know what meditation is right for me?



Reasons to Meditate

Starting with the reasons to meditate seems like a good idea and without even touching on the boundless spiritual reasons for doing so, as these are overshadowed nowadays with the scientific evidence from the benefits of such practices.

For many years the scientific community frowned upon holistic approaches to things like mental health and wellbeing, favouring their more academically applied practices, however, that has all changed.

Having applied their academic processes into exploring any possible gains to be had from regular meditations, they have found much to their surprise, that the practice of meditation has an unbelievable amount of healing properties, many of which are more effective than the conventional medicinal alternatives prescribed over the last century.

Even the latest chemical alternatives cannot touch the regenerative effects on the brain that a good dose of meditation can give, in whatever form it is practiced.

I could also list a host of white papers to prove this, or research carried out by numerous psychologists, neurologists and the like using medical equipment such as MRI machines and other such brain viewing technologies that can read the activity of one's grey matter before, during and after a good meditative state is achieved but this would be too long a task. I am sure if you don't want to take my word for it, you can always browse through a host of information on our favourite web search engine to find out more.

Asides from heightened activity, the process of regular meditation is medically proven to enhance the connectivity of your brain, increasing neural pathways on a permanent basis and therefore allowing the brain to heal, if necessary, and or increase your abilities to focus and achieve in whichever field you pursue - much the same as regular practice of any given activity would. Meditation, alongside the practice of your pursuit, would certainly empower you to achieve your goals.

The level of focus you can acquire through simply spending an hour daily - half an hour if that is too much - can add so much to your daily life. It is also extremely addictive, once you find your preferred form/style of meditative practice, you are sure to desire more time to perform the ritual and discover a host of benefits I have failed to touch on in this brief splattering of words.

Finding the right meditation practice

On the subject of finding the meditation practice that is right for you Well, it is simply a case of trial and error. You can join a variety of groups, both physically and/or online if you feel guidance and support is what you need at the start. Or, if you are more of a reclusive sort, there are a host of apps for your mobile device - even downloading a few guided meditations from youtube helps.

Yoga in any of its forms, whether healing meditations such as Pranic and Reiki, more ancient practices such as those from the many gurus of India, Buddhist meditations (regularly held at local temples in your area), or more recent creations such as Mindfulness, it doesn't matter, the gains you will experience from adding meditation to your daily routine will outweigh anything you think you might lose, such as the time it takes.

Just remember, if it isn't right for you, try another style, change the practice, everyone can meditate, it is simply about finding what works for you. I have friends who just go for a walk in nature and tell me that it is their way to release and feel it is their way to meditate - something I can certainly relate to, as I feel the same way and also use cooking as a form of meditation, feeling at peace when I create and put my heart into the process.

Finding the time

As for finding the time, there is always time, no matter where you are and what you are doing. Just block off sections of your day to allow yourself a little inner peace, regardless of travel or being outside of home, simply stop, take a breath and close your mind to the outside world, look within and accept every thought you have, letting go of it as you draw your focus back to the action of the meditation you have discovered works for you. After all, as one of my favourite Buddhist quotes says

"If you can't find time to meditate for half an hour in one day, then meditate for an hour"





by Rick Click

COMING TO THE SMALL SCREEN



Disenchantment (Part 2)

Simpsons creator Matt Groening's *Disenchantment* is back for a second season on Netflix. The show is set in a downtrodden medieval kingdom known as Dreamland. We follow the adventures of alcoholic princess Bean, her Elf companion Elfo and Luci her personal demon. Picking up from the end of the last season Elfo has gone and Dreamland lies deserted. There are ten episodes of animated un-fairy tale comedy.



Unbelievable: Season 1

Two detectives while investigating a lead in a serial rapist case connect this to a rape report from a teenager in another state. Her original testimony was not believed at the time. Series inspired by real cases presented in a Pulitzer Prize winning article.



Mr Mercedes: Season 3.

This season adapts the second book in Stephen King's Bill Hodges trilogy. There is a new killer on the loose to catch. Hodges is played by Brendon Gleeson and there is also a cameo by Bruce Dern. Will there be a final season 4 adaption of the third novel *End of Watch*? Probably will depend on the viewing figures, but seeing as the first two season did well, I guess probably. Coming to Netflix.

Recommended Series: Fargo

An unlikely idea to make a series inspired by the 1996 Coen brothers film. Starting with a statement that these are true stories. However, this isn't strictly the case and what's true and what makes a good story is more to the point. Each season is set in a different era in or around the state and features mainly new characters. The tales however do share similarities dealing with crime in the Midwest. There's always an honest cop as the main protagonist, investigating the sinister characters who arrive in town. Over the run there have been some great performances from Billy Bob Thornton, Martin Freeman, Kirsten Dunst, Ted Danson, Ewan McGregor. A fourth series is in production starring Chris Rock.





Coming Soon to The Big Screen

by Rick Click



IT Chapter Two.

Sophia Lillis, Finn Wolfhard, Gary Dauberman, Jessica Chastain, Roy Lee, James McAvoy, Jaeden Lieberher, Chosen Jacobs.

Every 27 years evil comes to Derry, Maine so Chapter 2 sees the characters return almost three decades after the first film. Now adults they reunite somewhat reluctantly to stop the monster.



Hustlers.

Will Ferrell, Mercedes Rue, Adam McKay, Jennifer Lopez, Constance Wu, Cardi B, Lili Reinhart, Lorene Scafaria.

Former strip club workers come together to get their own back on their wealthy Wall Street clients. Based on a popular New York Magazine article.



The Goldfinch.

Nicole Kidman, Sarah Paulson, Kevin McCormick, Ralph Fiennes, Sue Kroll, John Crowley, Luke Wilson, Mari Jo Winkler.

When Theodore Decker was 13 his mother died during a bombing at the Metropolitan Museum of Art, the tragic event effect his life and through his troubles he focuses on the painting of the Goldfinch.



Ad Astra.

Tommy Lee Jones, Brad Pitt, Rodrigo Teixeira, Arnon Milchan, Donald Sutherland, Ruth Negga, James Gray, Dede Gardner.

Following in the footsteps of his missing father Astronaut Roy McBride travels to the outer edge of the solar system to find him, and solve a mystery that threatens Earth.



Rambo: Last Blood.

Sylvester Stallone, Avi Lerner, Paz Vega, Sergio Peris-Mencheta, Oscar Jaenada, Sheila Shah, Ariel Vromen, Yvette Monreal.

Sylvester Stallone returns as John Rambo for one last mission where he must confront his past and take his revenge.



Judy.

Renee Zellweger, Rupert Goold, Jessie Buckley, Rufus Sewell, Finn Wittrock, Tom Edge, Michael Gambon, Bella Ramsey.

Detailing the last years of Judy Garlands life 30 years after The Wizard of Oz. Now exhausted and haunted by memories of a lost childhood, she yearns to get back home to her children.



The Hunt.

Jason Blum, Justin Hartley, Ike Barinholtz, Emma Roberts, Damon Lindelof, Glenn Howerton, Craig Zobel, Nick Cuse.

Waking up in a forest and not knowing how they got there twelve strangers discover they have been chosen for a hunt. A group of elites meet at a remote Manor House to pursue them.



Abominable.

Albert Tsai, Sarah Paulson, Todd Wilderman, Jill Culton, Chloe Bennet, Michelle Wong, Tim Johnson, Suzanne Burgy.

Teenager Yi discovers a young Yeti on the roof of her apartment in Shanghai, with her friends she sets off on a quest to return the creature to his family.

FORTHCOMING EVENTS

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

WED

SEPTEMBER 4

NO PLASTIC BAG DAY

On the 4th of each month many companies in Thailand will not provide plastic bags so make a note to bring your own while shopping. In fact a "bag for life" makes sense at all times



SAT

SEPTEMBER 7

HAND TO HAND FAMILY FUN DAY

Taking place at Xbungy Pattaya Bungy Jump. Help Margi and the Hand to Hand gang attempt to break the Guinness World Record for the longest pencil chain. Entry is free if you bring your own pencils and they will be donated to local schools after the event.



SUN

SEPTEMBER 8

LOMA RUN FOR CHARITY ON THE BEACH

Any early 5:45 AM start for Charity run on Jomtien beach. Choose from 10K (600 THB) or 6K (500 THB) email ywca_pattaya@hotmail.com Or check the Facebook page for more information.



SEPTEMBER 12-15

WALKING WITH DINOSAURS

An arena spectacular at the Impact Arena Muang Thong Thani Bangkok based on the award winning BBC TV Show. Ticket prices range from 600- 2,700 baht



FORTHCOMING EVENTS

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SEPTEMBER 14

DISCO NIGHT ON WALKING STREET

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SEPTEMBER 14–OCTOBER 13

THE LION KING

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GAME RELEASES



The Legend of Zelda: Link's Awakening

Rescued by Marin after his ship is wrecked Link finds himself stranded on Koholint Island, in order to escape he must explore the island and its dungeons to find 8 instruments owned by the Sirens and then wake the legendary Windfish. Not a sequel to the amazing Breath of the Wild, this is a remake of the 1993 game boy classic now out for the Nintendo Switch. Incorporating a retro modern art style with top down view with added side scrolling sections and jumping. Older players have nostalgia for the original top down view so will be delighted.



Borderlands 3

Like RAGE a few months back this is a first person shooter set in a post-apocalyptic world. On the surface the game looks very similar to its predecessor, due to its signature cell shading but gearbox have made some great changes. First the game feels faster and the controls more fluid. Verticality has been added, meaning you automatically climb or mantle up objects in the environment. Guns have been given an added secondary fire mod and radiation is a new ammo type. Also very cool is the "manufacturers perk" which allows you to throw used guns around that turn into grenades or mini turrets. Also there are two new Vault hunters to choose from Amara a Siren and Zane the operative. Play in either single player or multiplayer co-op.

Grid 2019.

Codemasters are very experienced developers of racing games from their TOCA series, Collin McRae Rally, F1, and of course Grid. This is the fourth in the Grid series so new features have been added. As you progress in your career you will now have rivalries with competitors who finish above you or just behind. And if you frustrate another driver enough times they will enter into a Nemesis state. The computer A.I skill level goes up and will do anything to get in your way. So you will need allies. Build up the loyalty stats of your team mates to have a super loyal mate who will help you. There will be 400 different drivers A.I types with different skill and aggression. Also they can make mistakes, so you will see some spin outs and even flipping for added drama. With all these features and plenty of race options you're in for a thrilling ride. Oh and of course there is multiplayer.



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WHAT IS WELLNESS?



As “Wellness” is actually the theme of this month’s lifestyle magazine we thought we would ask a little more about what the word actually means. After all a few years ago it was hardly in common usage, yet now there is a ‘Global Wellness Day’, a tourism industry that thrives on the promotion of “Wellness” and even a “Global Wellness Summit” taking place in Singapore next month.

So, according to The World Health Organization. ***“Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”*** It is more than just the choice of a healthy lifestyle and being free from illness. Searching for the pot of gold exemplified by a state of health, happiness, and prosperity, Wellness is the conscious development of the whole self. Which means battling against all too common ailments of insomnia, stress, poor nutrition, physical inactivity, obesity and the most common health problem in the world, depression.

Embarking on a wellness journey involves searching for the appropriate means to aid continued growth and development and keep our life in balance. In order to achieve our balance in life apparently we should be balancing our “wellness wheel”

The Wellness Wheel illustrates a model with 7 parts: emotional, intellectual, physical, social, environmental, financial, and spiritual. In order to achieve a balanced lifestyle

- Emotional wellness is the ability to manage stress, express emotions, be in touch with your feelings and develop confidence. Learning relaxation and stress management techniques can help.
- Intellectual wellness involves expanding your knowledge and engaging in creative and mentally-stimulating activities. Academic and skill based learning are the keys to improvement here
- Physical wellness can be helped by eating healthy foods, exercising regularly and getting enough sleep. Limit use of alcohol and drugs avoid tobacco and only take medicine as prescribed
- Social wellness refers to the quality of the relationships you have and how you interact with others. Making friends and interacting with as diverse a group of people as possible is beneficial, join teams or different social groups.
- Environmental wellness involves interaction between your environment and community. You should engage in environmentally friendly behavior: recycling, refusing plastics whenever possible and conserving energy.
- Financial wellness is managing your budget and expenses. Living with financial means by planning for both the short and long-term. To be better prepared to handle loans, taxes, debts and retirement.
- Spiritual wellness may not just refer to religious beliefs but having values that provide a sense of meaning and purpose in life, connecting with something bigger than yourself.



by Alastair Newport

Global Wellness Summit shifts location from Hong Kong to Singapore



The Global Wellness Summit (GWS), the foremost gathering of international leaders in the USD4.2 trillion global wellness economy, today announced the location of the 2019 GWS will move from Hong Kong to Singapore. The event will now take place at Grand Hyatt Singapore; conference dates remain the same — 15–17 October, 2019. Additional details will be provided as soon as possible.

"In an effort to ensure travel is as seamless as possible in and out of the Global Wellness Summit, our GWS leadership, advisory board and partners felt this shift in location was important for the collective wellbeing of everyone involved with the Summit," said Susie Ellis, chairman and CEO of GWS. "We are working closely with event organizers and the host sponsor to ensure the event remains first-class and there is little interruption for all attendees and presenters."

Ellis also remarked that Singapore is a storied destination and financial center that will be an exciting home for the 2019 Global Wellness Summit, offering delegates a unique opportunity to gain first-hand insights into the many opportunities available in Asia's exploding wellness markets, including China, India, Indonesia, Japan, Malaysia and more. The Global Wellness Summit is traditionally a sold-out event. First-time and previous delegates and invitees are encouraged to apply to attend and register as soon as possible. About the Global Wellness Summit: The Global Wellness Summit is an invitation-only international gathering that brings together industry leaders and visionaries to shape the business of wellness and the future of the USD4.2 trillion global wellness economy. The gathering is held annually in different locations across the globe and has taken place in the US, Switzerland, Turkey, Bali, India, Morocco, Mexico, Austria and Italy. The 13th annual Summit will be held at Grand Hyatt Singapore from 15–17, October

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The Family Day tradition continues for the 11th year at the Thai Garden Resort



The Thai Garden Resort hosted its 11th annual family day for all the employees, giving them a chance to use the hotel's facilities just like the hotel guests. Moms, dads and kids enjoyed a fantastic day at the 63 meter long swimming pool on Saturday August 17. Everyone took turns jumping, swimming and having a great time in the swimming pool. General Manager Rene Pisters personally took care of these 300 "guests" and managed to make them smile and laugh the entire day. As per Mr. Pisters: "I find it essential that the family members of our team are aware where their husband or wife, father or mother spends their days of working, be it cooking, making rooms, or serving guests at the Thai Garden Resort. The family members must have the opportunity to see and experience where the parents work and in what environment they make their living."

We regard ourselves as one big family since our team members are the ones who contribute to the success of the hotel and to the satisfaction of our clients." Since fun and games also makes one hungry, a sumptuous buffet was prepared with all the goodies children like the most. This family day highlights the creative teamwork and it shows that, without this kind of spirit, no company would be able to operate successfully. Since fun and games also makes one hungry, a sumptuous buffet was prepared with all the goodies children like the most. This family day highlights the creative teamwork and it shows that, without this kind of spirit, no company would be able to operate successfully.



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PATTAYA PEOPLE TELEVISION – INFORMATION FOR EX PATS



Pattaya People Television has now moved cable services to TMN.

Discussions are now taking place with the aim to have the station's output on True, reaching 4.1 million viewers.

Continuing to entertain and give the best information to the Ex Pat community of Pattaya, our popular local TV station is constantly being updated to provide a revised timeline schedule.

Coming up in September is the new improved format focusing on essential information for Ex Pats in Pattaya such as Darren McGarry from Key Visa updating Niels Colov on what's new in the immigration world,.. plus the weekly 'Pattaya Ex Pats Club' TV feature with interesting and, sometimes, vital information from the interesting guest speakers that appear there every week.

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

Barry Upton is always out and about gathering interesting items from Pattaya and beyond. If you have any ideas for items 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' chief editor Gloria Jones getting cozy on the couch with presenter Barry Upton for an in depth look at the latest issue of Pattaya Trader /Property Trader.





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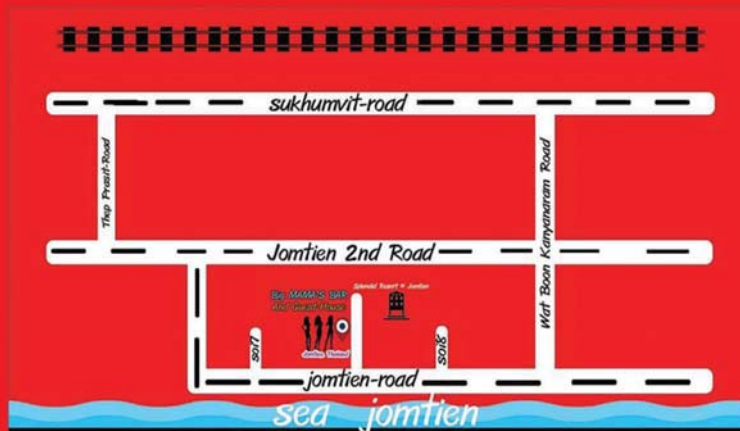
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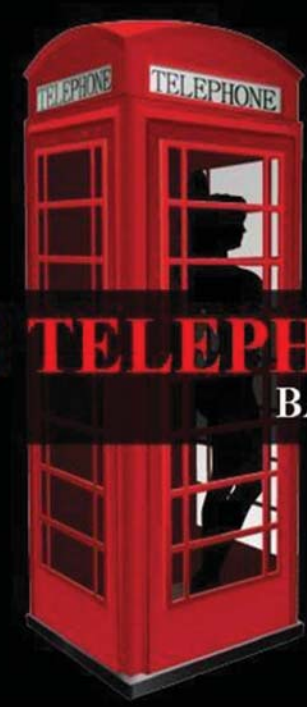


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ULB® Café

By Gloria Jones



Years ago I tried to be a vegetarian but not being that great a cook and eating out quite regularly both with my family, and at business functions, I found it far easier to include fish in my diet, so strictly speaking I was a “pescatarian” rather than a strict vegetarian.

More recently I have been introduced to the term “flexitarian” through my visits to ULB cafe who describe themselves as an “American craft Flexitarian Fusion Café”. So what exactly is Flexitarianism ? Well, I have discovered flexitarianism or 'casual vegetarianism' as its also known, is an increasingly popular, plant-based diet aimed at reducing your carbon footprint and improving your health with an eating regime that is mostly vegetarian, yet still allows for the occasional meat dish.

Back in the States the owners of ULB Cafe were 95% vegetarian but since moving to Thailand they have found it increasingly difficult to follow a strict vegetarian diet and so have changed to flexitarian, making dishes and drinks at the Cafe for like minded customers.

Their freshly brewed coffee is delicious with no artificial flavours or chemical additives and I am literally addicted to their smoothies because I can't believe anything that tastes that good can really be good for you - but they are !

The whole ethos of the cafe is that they select fresh, healthy ingredients but don't neglect the taste and best of all their portions are American sized so really satisfying ! You will not hear the ping of a microwave - they don't use one or a convection oven . If anything is fried they only use coconut oil.

Is there a downside? Well their dishes are not “cheap” but that's because they don't skimp on ingredients but as I have already mentioned have large portions that provide real value for money especially given the health benefits to eating well. So go find them at the bottom of Phratamnak Soi 6 (just after the Russian market) and at the side of the ULB Salon. You don't be disappointed !

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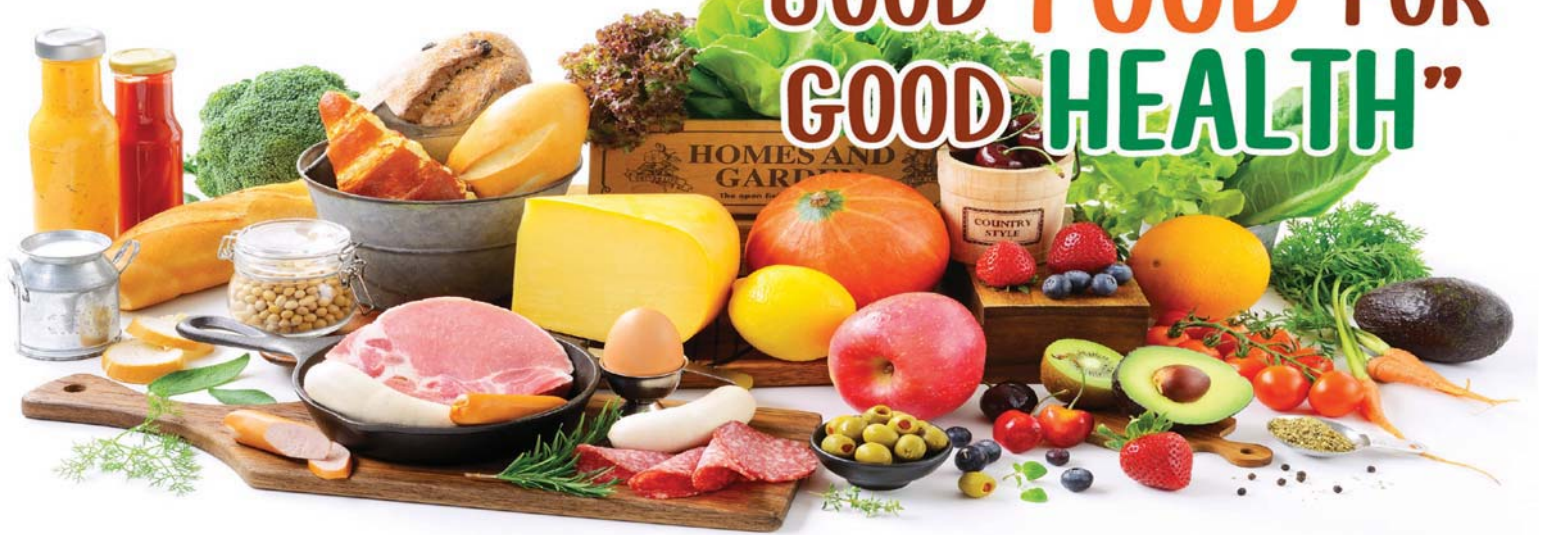
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Top 5 Thai Street Food Dishes

Khao Krapow Gai Kai Dao



If I've been abroad for any length of time the dish I'll want to order as soon as I return to Thailand is Khao Krapow. This is usually rice with chicken in basil leaves often accompanied by a fried egg on top. Although I prefer the pork "Moo" version rather than "Gai" chicken and I skip the "Kai Dao" - fried egg. It's an extremely tasty dish which is prepared in a flash with hot wok stir-fried mince flavoured with garlic, chilli and basil. You can find this dish pretty much everywhere but my preferred places to eat it are usually those that give a generous portion of fluffy white rice.

Pad Thai Goong Sod



If you have a friend or relative newly arrived in Thailand who's not ready for anything too spicy then this noodle dish is one to recommend as it has been a favourite amongst foreign visitors for many years. Usually made from "sen jan" flat, chewy noodles combined with a fried mixture. It can come with a variety of different meats but my favourite version is prawn (goong sod), combined with peanuts, tofu and beansprouts. I think the prawn is best to accompany the sweet and sour flavours of tamarind juice, lime, fish sauce. Also it seems to taste even better when eating by the sea - a perfect "beach side treat"!

Kanom Jeen Gaeng Kiew Wan

Kanom Jeen noodles are believed to have originated from the Mon people, an ethnic group native to neighbouring Myanmar's Mon State. The soft strands and distinctive taste are attributed to a three-day fermentation process

and are popular as an accompaniment to green curry or Gaeng Kiew Wan.



There are a myriad of herbs and spices that go into the green curry paste: cumin, coriander, galangal, and lemongrass to name but a few.

Kanom Jeen Gaeng Kiew Wan. Photo credit: Su Snitbhan.

Guay Tiew Pad See Eiw



Readily available on the streets and at most restaurants - Guay Tiew Pad See Eiw is a quick and satisfying meal. Most usually served with sen yai large flat noodles and stir-fried over a wok-fire with dark soy sauce, white soy sauce, kale and eggs.

Khao Niew Gai Yang Somtum



Som Tum famous Thai papaya salad works really well accompanied with gai yang (grilled chicken). You can enjoy this with sticky rice or my favourite way to enjoy this is again at the beach - often vendors at Koh Samet will prepare it for you while you enjoy the rays.



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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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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.

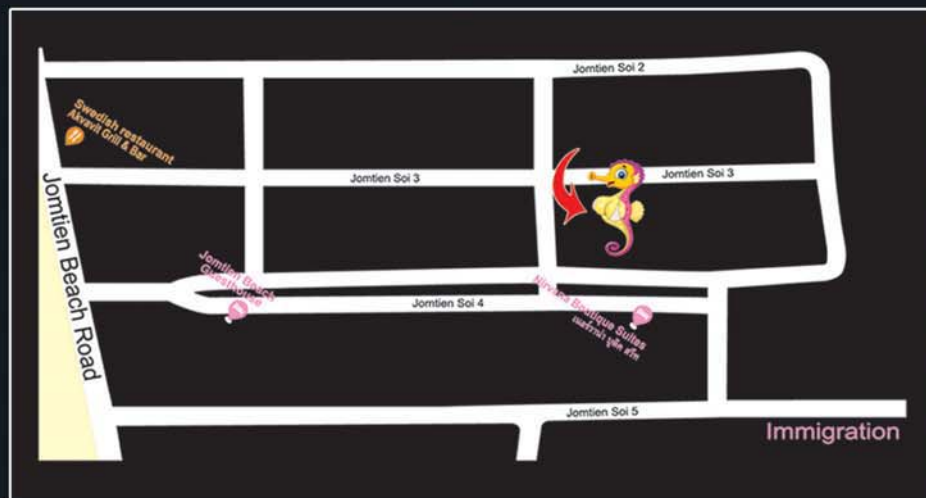
If you want to know more, go to [Shinecoin.com](https://shinecoin.com/) for more information. Remember they have representatives in Pattaya, so a person to person meeting can be arranged. You can also go along to the next open evening which will be announced on their Facebook page.

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



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New Nordic PAGS Tournament from Pattavia



Gerd Riedler - A Flight Winner

Todd Breaks 100 for First Time

A perfect day for golf, with cloudy skies, a good breeze to keep the temperature down and a course with fairways running and smooth greens, assured there would be some hot scoring. 76 golfers, including 8 Ladies descended on the Pattavia course for the New Nordic PAGS tournament.

Todd Fox (34) was arguably the best performer on the day, breaking 100 strokes for his first time, and signing for an outstanding 47 points, to clearly outstrip the other C Flight competitors. The other podium spots for C flight, for handicaps 21+, were also good scores, Gary Jones (26) with a fine 42 points to go with his Near Pin on #7, while Helmut Wolf (29) also had a solid 40 points for 3rd spot.

A Flight for handicaps 0 – 13 was won by Gerd Riedler (12) with a spectacular 44 points, to go with his approach on #8. The minor placings required countbacks with both players on 39 points. Keith Etherington (9) led the way with a last 6 hole tally of 13, while Daniel Grob (12) had 12 points, after both had 21 on the back 9. Daniel did have some consolation though, picking up technical prizes on #3 and #5.

B Flight for handicaps 14 – 20 saw another close run tussle requiring a countback to decide the winner. Jari Laakonen (15) was triumphant over Joerg Mueller (16) 16/15 again to the last 6 holes, after both had signed for strong 42 points, and back 9s of 22 points. Sirawat Aphornsap (17) picked up the bronze medal position with his 41 points, to go with his Long Drive on #18 in the 55 – 64 age group.

Ladies winner was regular New Nordic PAGS competitor Prasang O'Connor (21) with a creditable 36 points.

Low Gross winner was Tony Pike (0) with 75 to go with his technical prizes on #6 and #9. Further honourable mentions go out to Kim Danboise, Steve Truelove, Peter Park and Jeeran Duncan.



Jari Laakonen - B Flight Winner

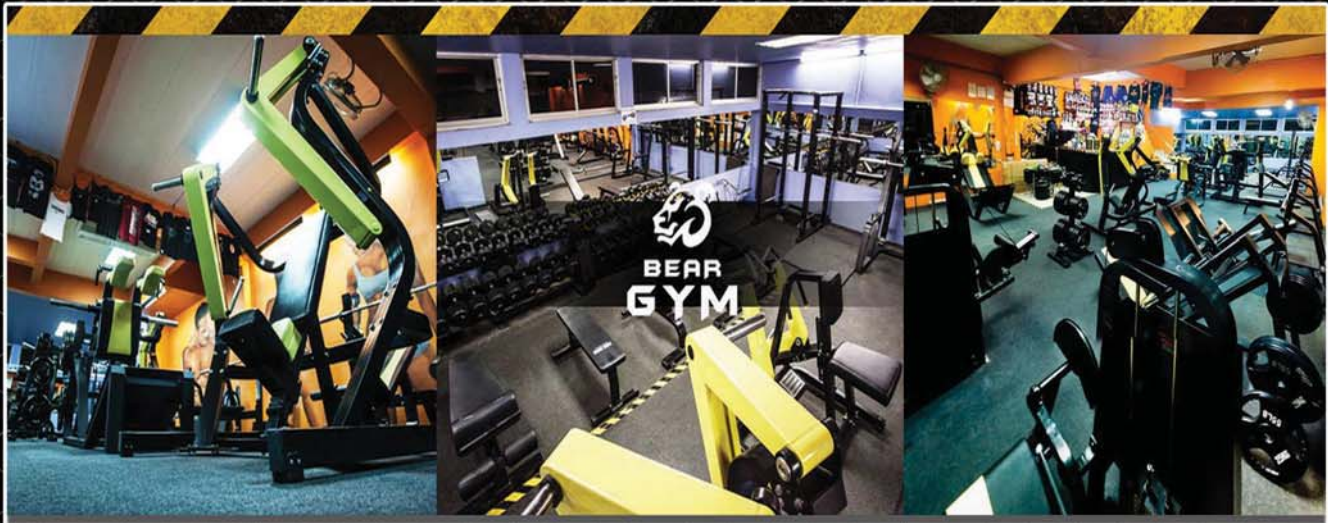
The presentation buffet was well attended, with the Hemingways' crew doing their usual fine job of keeping the hungry golfers and partners satisfied.



Todd Fox - C Flight Winner



Prasang O'Connor - Ladies Winner





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Diana Mountanos – Pattaya's Yoga guru with a difference!

Diana Mountanos is the type of person that once you have met her, you will never forget. Tough, strong and incredibly fit, Diana has made Yoga and Health the centre of her life, both through teaching yoga to classes and individuals in addition to training future yoga teachers.

Born and raised in California, Diana found herself working in healthcare and specialising in health and fitness. In 1997 she discovered Bikram Hot Yoga and her love affair with Yoga started, becoming a qualified yoga teacher in 2008, she concentrated on the total restorative benefits that practising yoga can bring. She came to Pattaya on her honeymoon in 1988 and Thailand must have had a big influence as she subsequently moved to Pattaya in 2012. News of Diana's talent and unique style soon spread around the Pattaya area and Diana was invited to teach in a leading fitness studio and build her own business, Pure Yoga Pattaya. Diana has continued her discipline of combining physical therapy, yoga poses, diet and fitness psychology to a wide range of pupils of all ages.

In addition to being a certified Yoga teacher, Diana also studied massage and is a qualified massage instructor. The importance of massage and Yoga is the understanding of the muscular anatomy of the body and how certain exercise can interact positively on the muscles and tendons, both strengthening and exercising parts of the body to reduce discomfort and pain.

Diana is a tough lady with strong opinions backed by immense knowledge and experience. On a one-to-one basis she constructs a programme to suit your age and physical requirements with sympathy to existing ailments. Don't expect calm relaxing

asanas, this is hands on, intensive stretching posture sessions that will show you how you can train your body to be more flexible, and supple.

As a student I can speak personally on her methods and tenacity. Many of us are approaching Silver and Golden years and Diana's entire concept is to make the body more flexible and fit to combat the challenges ahead. I have found myself lying on the floor in positions that I would have never imagined possible! Morning aches and pains can be easily relieved with some exercises to get the muscles warmed up, making each and every day a better one.

As her website states "As a Power Flow Yoga Teacher anchored in the Baptiste Method of Yoga, Diana's inspiration, her dedication and devotion, are to work with students to bring everything back to the student. This is her true passion"

I asked Diana some short questions regarding her work here in Pattaya:-

You appear to have attracted a rather 'mature' audience of yoga pupils. Is there a reason for this or does it reflect on the demographics of Pattaya?

Pattaya is a destination for retirees from all around the world. We also have many 'snow birds' who come her to escape the winters in their own homes.

As one advances into senior age, how important is yoga?

Yoga supersedes anything involving body movement as it is primarily stretching. We set up the posture, go into the posture, hold the posture and then release. It's so good for the muscles, tendons, ligaments, nerves and organs....stretching.



I have been told that it is never too late to start yoga, is this true?

Very true! The only bad thing about starting yoga later in life is that you get angry at yourself when you realise that you should have been doing yoga all your life!

What is your philosophy on how yoga can prepare and assist us Silver-Agers as we approach the dreaded but inevitable old-age?

Yoga is stretching and holding – the objective of pulling is stretching – our body becomes restored, realigned, rejuvenated and the muscles replenished from the stretching. It's a daily practice that will deliver everything a person needs to be at an optimum level.

If you are unfit, stiff and suffer with aches and pains, try yoga, you will be amazed how quickly your body and flexibility will improve. Diana's parting words –

We work hard together to keep you out of the hospital and enjoying life!

Diana Mountanos, one of the great personalities that contribute to our quality of life in Pattaya! www.PureYogaPattaya.com

About the Author: Kim Waddoup is recently retired from a stressful career that spanned the UK, Austria and two decades in Russia. Now retired and living in Jomtien he writes a Blog specifically targeting Silver-Agers covering Travel, Health, Golf and naturally food!

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It's When organising a fishing trip or a day out by the bank it's important that you think about your safety as well as your fishing gear. Even on a day out at a fishing lake where you turn up and everything is supplied, it's important that you always think "SAFE"

Fishing in Thailand is brilliant but when it comes down to visiting a hospital then that my friend is a totally different story.... Here are a few a top 10 tips to make sure your day out is a fun packed day of landing your own personal records.

1. Always check the safety of the location including expected conditions. This includes checking expected weather conditions prior to heading out, if a storm is coming, stay safe and stay at home. High tide & wind conditions can also be dangerous when rock fishing. Don't risk your safety and do not go fishing or near waterways in bad weather or a storm. It's also a good idea to check with locals in regards to local conditions if you're fishing somewhere new, the locals can sometimes give you a heads up about conditions you may not have predicted or expected yourself.

2. Always learn how to unhook a fish safely before going fishing. If you're lucky enough to catch something, you're going to need to unhook it safely and learning the best practices to keep both you and fish safe is essential. Learning safe ways of unhooking fish is essential in reducing your risks of cuts and piercings.

3. Wherever humanly possible, fish with a friend. The old adage of safety in numbers applies to fishing. I was once on a fishing trip where a mate hooked both his thumbs accidentally and needed the emergency room. Unexpected things can happen and if you get into trouble you're going to need help. So it's best to drag along a mate or relative wherever possible. ALWAYS let somebody know the location of your fishing trip, who you are going with, and an approximate time you will be back.

4. If using a boat to fish, your most important piece of boat safety equipment is your life jacket. For optimum fishing safety, make sure each passenger or angler wears one, too... No Heroics.



5. Don't fish in areas where it is not permitted. These areas have been declared "off limits" to protect wildlife, vegetation, or for your personal safety.

6. Bring along extra safety items such as water, flashlights, maps, and a cell phone or radio.

7. Always wear foot gear appropriate to the conditions.

8. Stay dry, warm and protected from the elements. Wear a waterproof sunscreen with an SPF (sun protection factor) of at least 15. Wear thin layers of clothing that progress outward to include water and wind protection as the final layer.

9. Use appropriate insect protection measures, including proper clothing and repellents.

10. Keep fishing knives sharp and cover the blade when not in use and use caution when baiting and removing hooks



**Like any sport
it's wise to be careful
when you're fishing so
you don't hurt yourself
and others.**

Apply these simple safety procedures for fishing to make your fishing experience worry-free and great fun.

Tight Lines and Stay Safe

14th IDBF World Dragon Boat Racing Championships,



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Last month the Royal Thai Navy Rowing and Canoeing Training Center (RCTC) hosted the 14th World Dragon Boat Championships.

A truly International event with competition at the highest levels. Very exciting racing with great fun had by competitors and spectators alike.



Photos by Phil Mitchell



Yachting tourism to lead East Coast tourism revival Ocean Marina Pattaya Boat Show to drive yachting tourism on Thailand's East Coast



Thailand's East Coast has become a leading destination for visitors from around the world and a priority region in which businesses are looking to invest. Planned road, rail and air infrastructure improvements as well as inward investment in the Eastern Economic Corridor project are set to have a significant impact on business and leisure in the region, and the east coast's marine industry is well positioned to support this growth. Located at the heart of the region's marine industry and yachting tourism is Ocean Marina Yacht Club, the largest marina in South East Asia and home to the Ocean Marina Pattaya Boat Show which will take place for the eighth time from 21 to 24 November, 2019.

"Ocean Marina Pattaya Boat Show is one of our signature marine events and has grown considerably since its launch in 2012. Visitors reached almost 6,000 last year and were up 5% year-on-year, while overall numbers are up 183% since year one," said Mr. Napong Pariyontpochanapisuti, Managing Director, Ocean Property Co. Ltd., organisers of the Ocean Marina Pattaya Boat Show. "We invest more than 10 million baht each year in developing the show and marketing it overseas and throughout Thailand, and we are targeting a 20% growth in the number of visitors this year. Our aim is for the show to be a platform for the industry, to promote marine-related businesses and services, yachting tourism, and showcase the stunning coastline and islands along Thailand's east coast, as well as introducing the boating lifestyle to more Thais."

Ocean Marina Pattaya Boat Show helped to generate 2.5 billion baht of business for Thailand's marine industry in 2018. Although Thailand's tourism is currently experiencing a dip, the fundamentals remain strong and the east coast's future looks bright with yachting tourism expected to contribute significantly to the tourism sector. "The first four months of the year were very strong and although visitors during May and June have tapered off, the total number of tourists joining boat trips at Ocean Marina Yacht Club in H1/2019 is up 2% year-on-year. Chinese and Korean tourists remain the top day trippers but what is encouraging is the number of Thais who are enjoying time on the water – Thai nationals were our third largest nationality in H1/2019," commented Mr. Scott Finsten, Harbour Master of Ocean Marina Yacht Club, organisers of the Ocean Marina Pattaya Boat Show.

This bodes well for yachting tourism on the east coast. With its proximity to Bangkok, more Thai people are holidaying on the east coast and many are enjoying the boating lifestyle. Over 70% of visitors to the 2018 Ocean Marina Pattaya Boat Show were Thai and more than 50% of boats berthed at Ocean Marina Yacht Club are Thai owned. "Yachting tourism on Thailand's east coast is relatively undeveloped. Countries such as Greece, which is famous for its established charter industry, and Australia, which has a large population of domestic boat owners, outperform Thailand currently yet neither have the tourism numbers of Thailand. Thailand expects to welcome approximately 40 million international visitors this year and Pattaya in the region of 14 million – these numbers underscore the huge potential for yachting tourism in Thailand and this is something Ocean Marina Yacht Club are focussed on developing," added Mr. Finsten.

At this year's Ocean Marina Pattaya Boat Show, up to 40 boats will be displayed by leading international boat brands and brokers. These will be complemented by a wide range of marine products and accessories, boat toys and gadgets, luxury properties, super cars and more. Live on-water demonstrations will take place over the four days as well as free yacht cruises, sunset cruises, sun downers, fashion shows, pop-up restaurants and lots of activities for all the family to enjoy.



The 8th Ocean Marina Pattaya Boat Show takes place 21st to 24th November, 2019 at South East Asia's largest marina, Ocean Marina Yacht Club in Pattaya. Entry is free.

For more information:

website: www.oceanmarinapattayaboatshow.com

facebook:

www.facebook.com/oceanmarinapattayaboatshow



PATTAYA BOAT SHOW

DON'T FORGET TO MAKE A NOTE IN YOUR DIARY FOR THE PATTAYA BOAT SHOW WHICH WILL BE HELD AT OCEAN MARINA YACHT CLUB ON THE 21ST – 24TH NOVEMBER 2019

2019 Programme of Events

Thursday 21 November : Opening Day

- 11:00 – 19:00 Exhibition Show Time
- 11:00 – 21:00 Food & Drink Zone with live band
- 16.00 – 17.00 Opening Ceremony

Friday 22 November

- 11:00 – 19:00 Exhibition Show Time
- 11:00 – 21:00 Food & Drink Zone with live band
- 19.30 – 21.00 Business Networking Party (by invitation only)

Saturday 23 November

- 11:00 – 19:00 Exhibition Show Time
- 11:00 – 21:00 Food & Drink Zone with live band

Sunday 24 November

- 11:00 – 18:00 Exhibition Show Time
- 11:00 – 18:00 Food & Drink Zone
- 17:45 – 18:00 Closing Ceremony on stage



This spectacular annual event will also be a great place to go for all the exhibitors who will be there and if you have a business that you would like to showcase at this prestigious event then get in touch via the website <https://oceanmarinapattayaboatshow.com/>

LOOKING AT THE ECONOMIC FUTURE FOR EXPATS



At time of writing the economic outlook for Thailand, and therefore the expats living here, is still gloomy. The surprise benchmark interest rate cut announced recently by the Bank of Thailand at least lets us know that someone is paying attention, although its effect so far has been minimal. The pound has steadied slightly and currently stands at around 37.3 baht after dropping below 37 recently, but along with the other major sufferer, the Australian dollar, which stands at 20.7 as I write, this will be no consolation whatsoever for people retired in Thailand on a fixed income who were enjoying rates of near 55 baht to the pound just before the brexit vote.

It would be easy to blame those who voted to leave the EU for the current situation. But I doubt anybody could

have foreseen the mind numbing incompetence displayed by the British parliament which has led to the mess they currently find themselves in. The UK has been in the European union for over 40 years, 28 countries are members, the free movement of millions of people and trade that goes into hundreds of billions of pounds are at stake and what do we have? Politicians jockeying for position and trying to advance the agenda for their own parties rather than abiding by the will of the people and working towards a reasonable solution.

Have a second referendum if you like. The remainers win and it's 1-1. What next? best out of three? Rock paper scissors? Not to mention the implications for democracy in the country. You couldn't make it up. If the politicians had started out on a solution to the problem the day after the referendum result was announced then we wouldn't be in this position. Don't get me wrong, my personal opinion is that an orderly exit will take years to get right. Parliament offered it to the people, who then voted for it. It's a shame that they weren't expecting the result and had made no provisions whatsoever for the possibility of it happening.



As far as Thailand is concerned, it's being affected most of all by the US – China trade war. The latest round of tariffs has recently been announced and that has hit the markets and the confidence of the whole region, although as I write President Trump has said that further talks to alleviate the situation are being planned. He also said that he wants to buy Greenland so don't hold your breath. Thai exports and tourism have slumped, with several senior figures in the tourism industry finally admitting that things are not good. None of this is good news I'm afraid, we can only hope that a brexit conclusion is reached and the US and China come to some agreement and help to steady the ship. I think some horror stories about the pound dropping to as low as 30 are exaggerated, but it's going to get worse before it gets better.



One last point for any holidaymakers reading this. I know you're only here for a few weeks and every other post on Facebook is about the exchange rate, but there are retired people who have worked their whole lives to spend time here, and their fixed pensions are being torn apart. So let's show some sympathy!



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Should I stay or should I go now?

Qrops

Qrops were originally created as part of the UK pension rule changes in April 2006 for 'pension simplification'. They allowed Individuals to transfer their pension savings to a registered scheme based outside the UK that still met requirements laid down by HM Revenue & Customs. However, for the past few years the number of transfers to qualifying recognised overseas pension schemes (Qrops) has continued to fall due to several factors.

The biggest of these came in the UK Budget of Spring 2017 when the then chancellor Philip Hammond, announced that transfers would be subject to a new overseas transfer charge from midnight the same day. This essentially meant that all transfers to non-EEA based scheme members would be subject to a punitive 25% penalty from the transfer value proceeds (the only exception being those non-EEA based where both member and scheme were in the same country).

While Qrops rule changes have progressively seen their potential benefits for expat members eroded to mainly just lifetime allowance planning opportunities, The UK pensions over the same time have been boosted by progressive rule changes. Especially the unexpected 'Pension Flexibility & Freedoms' for UK money purchase schemes that UK chancellor George Osborne announced in the Spring Budget of 2015.

Sipps

Sipps (self invested personal pensions) were well placed to meet the demand as well as much of the drop off in the Qrops transfer market. However, for the expat client there was still a barrier due to the fact that most providers would only deal with UK advisers and/or clients when it came to transfers in.

International Sipps

International Sipps can now offer a real alternative. Although called 'International Sipps' it should be noted that these schemes are UK-registered pension schemes but with the benefit of working for both expat clients and advisers.

With online technology readily available via offshore investment platform providers the good news is that expat clients can now easily access a cost-effective International Sipp from a single provider with a simplified scheme/investment solution that offers a more efficient and automated error-free experience instead. An added bonus being that fees are typically 50% of those charged by Qrops schemes.



If you are not aware of all the recent pension changes or are just considering all your options you may well need the advice of a reliable and highly regulated Financial Adviser who understands the complexities of establishing yourself in a different country and maybe even having to do it all over again when you return home?

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SETTING-UP A THAI LIMITED COMPANY

Starting a new business in Thailand may become complicated due to language barriers and may take several days to complete the entire process. As all the legal documents are in Thai, completing these forms without the knowledge of its contents as well as the Thailand Law can lead to serious complications and other problems that will affect you and your business. That is why it is essential to look for trusted lawyers and advisors with legal qualifications and practical experiences who can give you an extensive guide and advice on which way your company should be structured.

Businesses can be incorporated as sole proprietorships, limited and unlimited partnerships, private limited companies, and public limited companies. A limited company is that kind of which is formed with a capital divided into equal shares. Unlike Sole Proprietorship wherein the owner has unlimited responsibility for all the liabilities of the business, Limited Company limits all the liabilities of the shareholders to the unpaid amount of the shares subscribed by them. In most cases, Thai Limited Company is the most popular structure and ideally the first step in setting up a new business in Thailand.

The structure of a Thai company has to consist of 1 or more director and a minimum of 3 shareholders which can either be Thai or foreigner. In Thai Limited Company shareholding, the company must be majority owned by Thais. This means that foreign ownership of the company cannot be more than 49%. Foreigners can hold 100% ownership of businesses in non-restricted categories, such as exporting businesses and

certain types of manufacturing businesses. Other methods to obtain 100% non-Thai control are through application for an alien business license or Board of Investment (BOI) Promotion.

A limited company in Thailand can be set up with only a few thousand Baht; however, the average declared capital is 1M Baht. Should the company intend to employ foreigners who are required to secure a work permit; the company must have a minimum paid up capital of 2 Million Baht for every foreign employee.

The first step and requirement in setting up a Thai limited company is to reserve your proposed company name. The proposed name shall be approved upon confirmation that it is distinct from any other registered company names. Your company will also need a registered office address in Thailand. This will determine what relevant government agencies you should be interacting with. Registered business address is also necessary before the company can apply for a Tax Registration Number.

All companies in Thailand have to be registered for tax purposes and must obtain a company income tax identity card from the Revenue Department within 60 days of incorporation or start of operation. Same as all other business forms, once established, a limited company must also follow accounting procedures specified in the Revenue, Civil and Commercial Code. Companies are required to file their audited financial statements once a year with the Department of Business Development and the Revenue Department.



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

Don't forget to download the FREE 'Pattaya People' app to your handheld device ensuring you won't miss any of the 96FM magic at any time, wherever you are in the world. Or, if you don't have

one already, buy an inexpensive radio from the many suppliers around town and enhance your daily life with fab and groovy tunes to lift you up and be as happy as an Ex Pat in Pattaya. 5-5-5.



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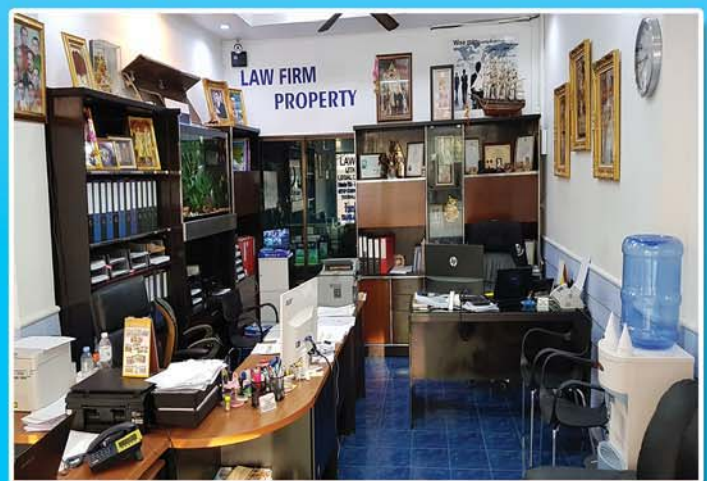


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Rom256 G

Core M3 1.1 GHz, 8GB, 1867 MHz

Price 27,900

Tel : 086-3074150



Yamaha F310 acoustic guitar

Yamaha F310 acoustic guitar. Brand new. never been played. comes with bag and plectrum. Also tuner open to sensible offers ... pick up only. Soi khon noi . Pattaya .. I only speak English... leaving Thailand 26th August B 4,500 will take a offer..

John 0871375699 English only



ON REQUEST DAILY FRESH LARGE FRUIT CAKE. 380 THB

Fresh apple strudel 14 portions, 75cm long, 2kg. 700 THB

Fresh big apple pie 410 THB

Fresh chocolate cake 410 THB.

In Pattaya delivery home.

Pick up Soi Khao Noi also possible.

Tel. 092 378 0863 **089-4036744**

(Jecky) Thai / Eng

THE ROTARY CLUB



"Be the inspiration" was the motto of the last Rotary year and **"Rotary connects the world"** is the motto of this coming period.

These two visions should not mantra-like be upheld in soap-box oratory, but they ask for action and commitment of each Rotary club and each Rotarian.

We, in Rotary Club Eastern Seaboard, take action, because we are not dreamers, but doers.

This I have experienced during the last 6 years since I have been a member of this club.

RCES will continue the successful work of our former President Brian Songhurst of the last two years and let me say a thank you for his very good leadership.

Successful we were in three different ways.

First, our social work for and in our community as well as beyond the horizon of Pattaya; this was and is still very important for us.

It was Martin Brands, our Charter President, who was very keen to do social work in the countryside, where people are poorer than in the city of Pattaya.

Second, we practise a vivid involvement within our club, pleasantly discussing, but peacefully and consensually finding solutions.

And thirdly, we keep good contact with many Rotary Clubs within our district, especially to those that participate in the water-filter projects; as well as to Rotary Clubs overseas who support us in conducting welfare projects all over Thailand, in Laos and along the Thai/Burmese border.

To all of this, we ask our District Governor, Khun Maruai, to give us his assistance and the energy to go on, just as in the past.

Dieter Reigber,
President, RCES 2019-2020



Rotary Club Eastern Seaboard

Pattaya Thailand District 3340

www.rotary-es.org

Rotary Club Eastern Seaboard, Pattaya c/o Siam Bayshore Resort,
599 Beach Road, Pattaya City, Chonburi 20150 Thailand.



Inconveniently Convenient



Has convenience made our life better or worse? Most would argue that convenience has made our life better but what about the negative side of convenience? Have we paid enough thought to the associated effects? Our search for the elusive authentic self may be hampered by the ease of doing other things. Tough situations reveal our true selves.

The world is coming to grips with some of the effects, in the form of plastic pollution and climate change. Yes, the adverse effects are that great, but are we seeing the negative consequences of making things more convenient or are we seeing it as a result of progress/advancement? I would argue that convenience has a lot more negative effects than we are willing to admit and by making things less convenient, we could make our lives healthier and better. Both physically and mentally if not also spiritually.

One of the most noticeable effects of convenience is the lack of planning abilities in younger individuals. Having to "go get the groceries" once a week or once a month meant that a family needed to think ahead for the month. That idea of preparing for the future transfers into other areas of

life such as business. Hence the questions, "what next?" or "what if something goes wrong?" People had a greater awareness of the consequences of their actions. Whereas now, there seems to be the need for reminders that actions have effects.

In case of emergencies, there is greater need. Intermittent electricity can cause greater stockpiles of food, batteries, candles, and other emergency supplies. However in 2015 there was a massive blackout in Kuwait but in my 20 story apartment building only about four people had lamps/candles/torches. Two were families and two were military personnel.

Previously relationships had stronger bonds. We are not able to make interactions meaningful with shallow connections. With social media, we are more connected yet more alone. Conversations and getting to know the person versus what the person appears to be doing or likes, has become the way relationships work.

With improved health, diseases and viruses that previously caused death are now minor irritants. Although there has been an increase in sexually transmitted infections surprisingly among the middle age and older.- making up for lost youth? Abortion, the morning after pill, and contraception have their uses, but like a two-edged sword this can mean that associated sexual responsibility is mostly cut.

Driving, too, has become easier. Newer cars make driving easy, yet accidents have not decreased. One reason is that drivers are too relaxed and easily lose focus whilst driving. Some manufacturers have even tried having traditional engine sounds built into electric cars to keep the driver's focus on driving. Try driving a 1970's Land Rover Defender and then move on to a Prius - the contrast is jarring.

Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Convenience has delivered many benefits and should be encouraged but the downsides should also be highlighted. Living skills such as planning and awareness of our environment have decreased. Perhaps having less convenience might be the way to go? The slow food movement is one of the many instances of making do without convenience that has shown what we are missing.

Greater convenience has led to responsibility being reduced and personal growth through connections stymied. Having access has not necessarily made us better beings. That search for Maslow's self-actualization continues.

Some say humanity requires discomfort. Not being a sadist, I would suggest that humanity needs greater awareness. Spend the time to understand what we are doing and why? What are the consequences of our actions? Greater awareness can lead to greater creativity and better use of convenience.

MRT Blue Line extension



The long-awaited MRT Blue Line extension from Hua Lamphong to Bang Khae is now open to the public, stretching from the previous terminus at MRT Hua Lamphong to western suburbs in Bang Khae district with five new stations along the metro extension. Free test rides will operate daily from Wat Mangkon, Sam Yot, Sanam Chai and Itsaraphap to Tha Phra station between 10am to 4pm until September 28. Serving these stations will be a new fleet of trains from the German manufacturer Siemens. Pakapong Sirikantaramas, governor of the Mass Rapid Transit Authority of Thailand, said a total of 35 of these new train sets have been ordered. He hopes the new fleet will ease congestion and shorten waiting times. The line will stop at Wat Mangkon, Sam Yot, Sanam Chai, before running under the Chao Phraya River to Itsaraphap and then terminating at Tha Phra.



MRTA has announced that four underground stations have been designed to reflect local history and blend in with the surroundings.

MRT Sanam Chai, located in front of Museum Siam has been designed to resemble a Rattanakosin-style stateroom, while MRT Wat Mangkon in Chinatown blends a mix of Chinese and European architecture with a dragon motif. In

fact Wat Mangkon station takes its name from Wat Mangkon Kamalawat (meaning "Dragon Lotus Temple"), the largest Chinese Buddhist temple in Bangkok. The station features a staircase leading down to the underground that resembles the underbelly of a dragon



After the test runs the full service along the 80 billion baht extension is expected to commence on September 29 with the line being able to accommodate up to 500,000 passengers when all stations are operational. The MRTA will then begin collecting fares of between B16-42 per ride. Another extension, which heads north towards Bang Sue, will not open until Mar 2020. The new 13-kilometer elevated line will cover eight stations and connect at MRT Tha Phra, where passengers can also change to the Tao Poon-bound elevated purple line.



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

SOLUTIONS ARE ON PAGE 60

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		8					2
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					9	3	

PROVIDED BY WWW.PUZZLES.CA

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

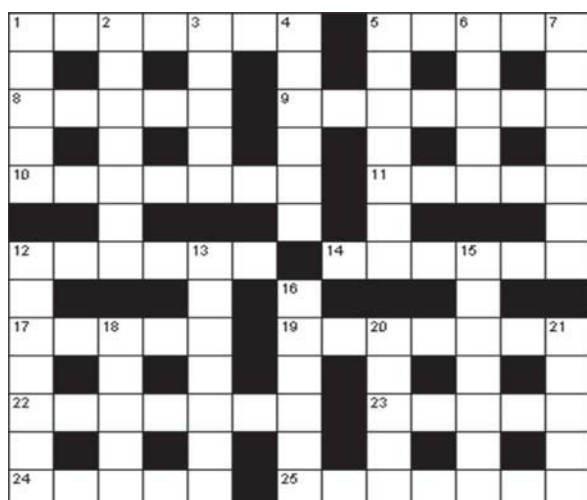
The Rayong-Pattaya Ladies Circle

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 SEPTEMBER 2019

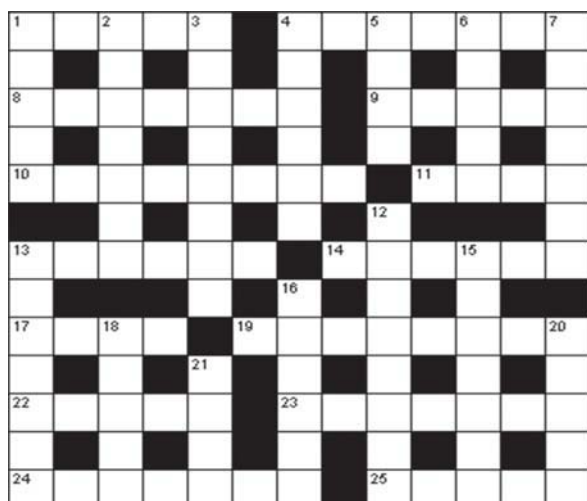


Across

1. Freedom (7)
5. Berate (5)
8. Rhinal (5)
9. Amazing (7)
10. Impassive (7)
11. Tendency (5)
12. Fruit (6)
14. Loved (6)
17. Banquet (5)
19. Gossip (7)
22. Embrocations (7)
23. Entomb (5)
24. Arrows (5)
25. Mariners (7)

Down

1. Golf course (5)
2. Woodwind instrument (7)
3. Object surviving the past (5)
4. Annual (6)
5. Perfumed (7)
6. Earth's protective layer (5)
7. Feared (7)
12. Perplexed (7)
13. Countries (7)
15. Rice dish (7)
16. Dissertation (6)
18. Change (5)
20. Legal excuse (5)
21. Tall tales (5)



ACROSS

1. Topic (5)
4. Environment (7)
8. Layer (7)
9. Soda water (5)
10. Cheap passage (8)
11. Sport (4)
13. Six feet deep in water (6)
14. Invalidate (6)
17. Artifice (4)
19. Glorious (8)
22. Torpid (5)
23. Quantities (7)
24. Aged (7)
25. Covers a wide area (5)

DOWN

1. Chores (5)
2. Sincere (7)
3. Outside (8)
4. Respectful deference (6)
5. Computer memory unit (4)
6. Latin American dance (5)
7. Diplomatic (7)
12. Famished (8)
13. Surreptitious (7)
15. Brilliant musical passage (7)
16. Bee house (6)
18. Velocity (5)
20. Measured portions of medicine (5)
21. Celestial body (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

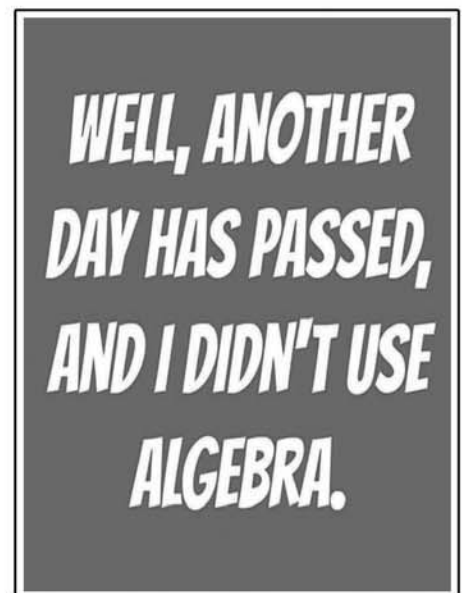
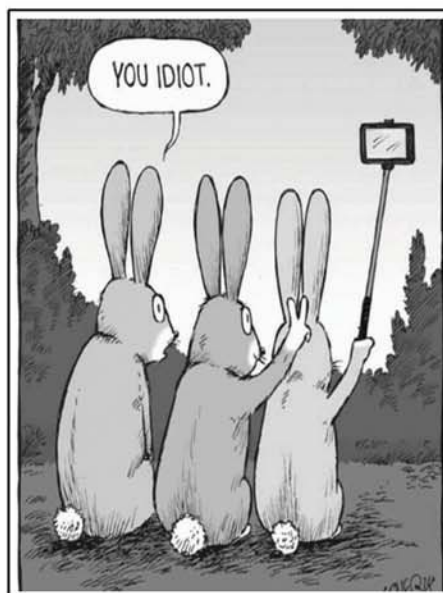
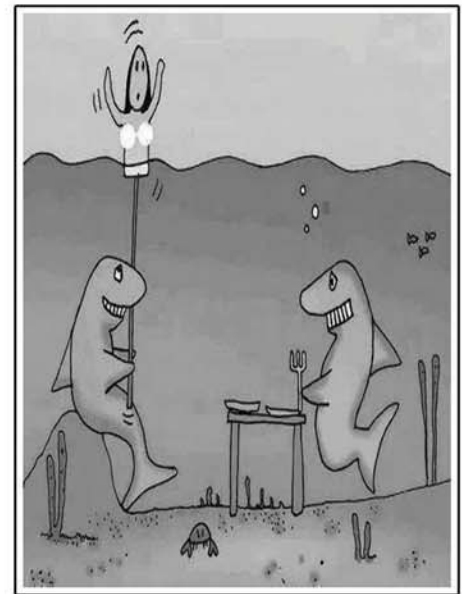
Tel: 038 222 462

Sawang Boriboon Rescue Service

Hotline: 1669

SOLUTIONS ARE ON PAGE 60

YOU'RE HAVING A LAUGH !



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), Theprasit 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 Buakhew (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

Dacey 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.pccclub.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, Soi 6, 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

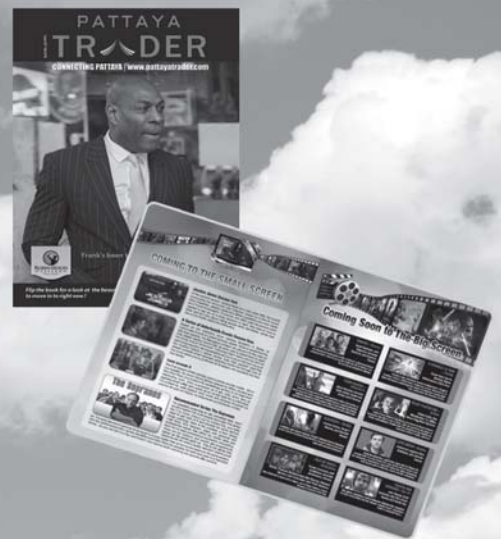
Garbage Collection
Phone 0-3842-9494

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.

www.pattayatrader.com

PATTAYA TRADER

Connecting Pattaya



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

SOLUTIONS

L	I	B	E	R	T	Y		S	C	O	L	D	
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T		P		S		I		N		E		O	
I	N	E	R	T		A	M	O	U	N	T	S	
V		E		A		R		U		Z		E	
E	L	D	E	R	L	Y		S	P	A	N	S	

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