

Issue 230 JAN 2020

# PATTAYA TRADER

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HAPPY NEW YEAR EVERYONE!

2020

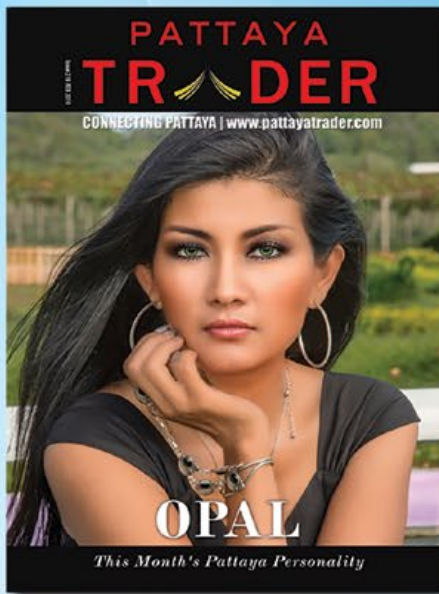


AND HAPPY  
CHINESE NEW YEAR  
YEAR OF THE METAL RAT!

Happy New Year  
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# CHINESE NEW YEAR

Chinese New Year usually falls in February but this year it is at the end of this month from the 25th onwards. This is because it lasts seven days from the Lunar New Year's Eve to the sixth day of the first lunar month. Although some Chinese companies have been known to take up to 10 days right up until the 15th day of the first lunar month: Lantern Festival.

Here in Pattaya you will see Chinese New Year's Day celebrations taking place with Parades and decorations. Also, although not as popular as in the past, lighting firecrackers is still an important custom and the sound of exploding firecrackers may well be heard as the clock strikes 12 and for the remaining few days after.

Red is an important colour. You will often see people wearing red during New Year's celebrations or using red lanterns for decorations. Red envelopes are given to children as a New Year's present from parents and grandparents with money inside. The money is meant to bring good luck, ward off evil spirits - hence its nickname "Lucky Money",

Each Chinese Year is symbolised by an animal- 12 in all. The Rat is the first because according to myth, the Jade Emperor decreed that the zodiac would be determined by the order in which the animals arrived before him. The Rat tricked the Ox into giving him a ride, jumped down just before, landing ahead of the Ox to become the first. Therefore people born in the year of the rat are said to be clever, successful and quick thinkers

The Chinese calendar is quite complicated combining as it does solar, lunar and 60 Stem-Branch counting systems. The 60 Stem-Branch calendar uses the names of Yin Yang Five Elements (Metal, Water, Wood, Fire, and Earth). Five elements are also connected to five colors - White, Black, Green, Red, and Brown. So the Chinese use the colour of the animal to count the year. 2020 is the Metal Rat and White is connected to Metal. Therefore, 2020 is the White Metal Rat Year.

According to the Chinese horoscope the Metal Rat Year is going to be a strong, prosperous, and lucky year for almost all Chinese zodiac signs. Furthermore the Year of the Rat will be full of creative energy, where we will feel that everything is possible and that we are the ones making our destiny. A great year for founding and evolving. Those who plan to buy real estate, to start a business or to invest money in a long-term project have great chances of being satisfied in the future. But, beware! These types of initiatives will only be successful if they are carefully planned.

The metal element creates water, which apparently means productivity for industries, such as: machinery, IT, high tech industry, cosmetics, and health. The Year of the White Metal Rat will bring a lot of good things to all of us. Amazing opportunities await those willing to take actions. Dare to step out of your comfort zone to meet special people and find great opportunities.

***Happy New Year - Be Lucky!***





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## Happy New Year Everybody!

I hope you all had a fabulous time, are now fully recovered from your festivities and ready to get cracking on those New Year Resolutions! Incidentally, if you're struggling with these then I suggest you have a look at Dan's suggestions in his article on pages 22 & 23.

I myself am feeling quite optimistic about 2020 and like the sound of the Metal Water Rat Year - for anyone not celebrating until the end of the month. Already in this edition we are delighted to welcome The Royal Varuna Yacht Club to our magazine and very soon I shall be telling you all about a brand new venue for Pattaya with great food, drink and live music. So loads to look forward to!

If you would like to join us in 2020 please drop me a line by email at pattayatrader@pattayatrader.com or via Facebook message to our Pattaya Trader Page, Pattaya Trader Group or Pattaya Trader Expat Ladies Group. We'd be delighted to work with you in the coming year to help your business grow. Looking forward to hearing from you.

Gloria  
pattaya.trader@pattayatrader.com

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# FORTHCOMING EVENTS

**WED** 1 JAN 2020



## NEW YEAR'S DAY NATIONAL HOLIDAY

HAPPY NEW YEAR EVERYONE!

A national holiday today to help you take it easy and nurse that hangover! Here's to a great 2020 for us all

**SAT** 4 JAN 2020



## TAKE CARE KIDS FUN DAY

A great day out for the kids with games, food and drink whilst raising money for a very worthy cause. At Sea Falcon Na Jomtien from 12pm - 6pm

**SAT** 11 JAN 2020



## THAILAND NATIONAL CHILDREN'S DAY

Celebrated every year since 1955, this day known in Thai as "Wan Dek" was launched to show that "children are the future of Thailand".

**THU** 16 JAN 2020



## TEACHER'S DAY

Celebrated every year this is a day when students come to school with flowers and gifts for their teachers



# FORTHCOMING EVENTS

**23 JAN - 1 FEB 2020**



## B.GRIMM THAI POLO MASTERS

Get along to the glorious setting of the Thai Polo & Equestrian Club on Polo drive just a few minutes drive from Siam Country Golf Club for the Thai Polo Masters. For more information go to <https://www.thai-polo-club.com/contact>

**SAT 25 JAN 2020**



## CHINESE NEW YEAR'S DAY

Celebrate The Year of the Rat at The Royal Varuna Yacht Club. For tickets phone 038 250116 Adults 800 baht, Teens 650 baht Kids 12 and under 450 baht Kids under 3 Free

**31 JAN - 2 FEB 2020**



## THAILAND INTERNATIONAL JAZZ CONFERENCE

This annual 3 day event is being held at the College of Music, Mahidol University, go to <https://www.music.mahidol.ac.th/tijc/ticket.html> for tickets, Early Bird prices available before 10th January 2020.

**31 JAN - 1 FEB 2020**



## MAYA MUSIC FESTIVAL

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# Sunday Latin Night

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\*Price excludes government tax 7% and service charge 10%







by Rick Click

# COMING TO THE SMALL SCREEN



## Star Trek: Picard Season 1.

Twenty years have passed since the events in Star Trek: Nemesis (2002) Jean-Luc has now retired and is living at the family vineyard outside Paris. When a young woman who is in danger needs his help the adventure begins. Patrick Stewart returns to the role of captain Jean Luc Picard from Star Trek: The Next Generation. And several actors also reprise their roles including Brent Spiner, Jonathan Frakes and Jeri Ryan from Star Trek: Voyager.



## Big Little Lies Season 2.

After the events of the School fundraiser the "Monterey Five" band together as they try to rebuild their lives. The ongoing story of five women from Monterey California caught up in a murder investigation. Originally planned as a mini-series this critically acclaimed show returns for a second season. Staring; Nicole Kidman, Reese Witherspoon, Laura Dern and Meryl Streep.



## Seven Worlds, One Planet Season 1

After the Emmy-winning Planet Earth Sir David Attenborough returns to narrate a new seven-part series. Exploring animal behavior and diversity on each of the Earth's seven continents. Captured on film for the first time; Polar bears jumping from rocks to catch adult beluga whales, North American firefly's captured with time-lapse and motion controlled cameras, and the last two northern white rhinos in Africa.

## Recommended Series: The Tudors.

Set in 16th century England and following the reign of King Henry VIII played by Jonathan Rhys Meyers the lusty monarch is searching for a male heir and going through several wives in the process. This isn't a stuffy documentary and instead dramatizes the historical events as you move on through all six wives. Nominated for the Golden Globe for Best. Drama Series in 2007 with Jonathan Rhys Meyers also nominated for Best Actor in a television drama.







by Rick Click



### **The Voyage of Doctor Doolittle.**

**Robert Downey Jr, Emma Thompson, Ralph Fiennes, Selena Gomez, Rami Malek, Octavia Spencer, Antonio Banderas, Michael Sheen**

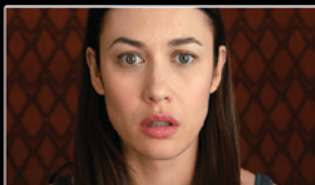
When the young Queen Victoria develops a dangerous illness Doolittle has to travel to a legendary island to find the cure. Based on classical literature character Dr John Doolittle who has the ability to talk to animals



### **Bad Boys for life.**

**Will Smit, Martin Lawrence, Vanessa Hudgens, Alexander Ludwig, Charles Melton.**

Detective police officer Marcus Burnett (Martin Lawson) wants to settle down and retire but joins Mike Lowry (Will Smith) one last time to take down the bad guys.



### **The Room.**

**Olga Kurylenko, Marianne Bourg & Francis Chapman.**

When Matt and Kate move into their new home they discover a secret room which has the power to create anything they desire. After two previously unsuccessful pregnancies Kate asks the room to give them a child.



### **The truth.**

**Catherine Deneuve, Juliette Binoche, Ethan Hawke and Ludivine Sagnier.**

The Daughter of a famous French movie star returns to Paris to visit her mother with her husband and child. The reunion soon turns sour when the daughter reads her mother's memoirs.



### **Primal.**

**Nicolas Cage, Famke Janssen and Kevin Durand.**

Elite hunter Frank Walsh captures a valuable albino jaguar and plans to transport it by ship. However also being transported is a detained assassin who breaks free and runs amok.



### **My spy.**

**Dave Bautista, Ken Jeong, Kristen Schaal, Chloe Coleman, Parisa Fitz-Henley**

Recently demoted CIA agent JJ gets discovered during a surveillance operation by 9-year-old Sophie. He makes a deal to teach her how to become a spy in exchange for her not blowing his cover.



### **Dark waters.**

**Victor Garber, Anne Hathaway, Bill Pullman, Mark Ruffalo, Tim Robbins, Bill Camp, William Jackson Harper, Mare Winningham.**

Based on the true story of an attorney who investigates the mysterious death of cattle belonging to a family friend, he finds out that a large chemical corporation is responsible for contaminating the towns water supply.



### **Underwater.**

**TJ miller, Vincent Cassel, Kristen Stewart.**

When an underwater earthquake causes massive damage to a subterranean laboratory the crew are forced into walking along the ocean floor to escape. However, some nasty deep sea creatures have been woken by the quake and hunt the researchers.





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There really is something quite wonderful about the mix of colours on a sunny day in this location the blue sky and sea the green lawns and the pretty colourful clothing worn by the ladies who attended



For the new year why not make new friends and seek out new locations to visit with this wonderful club?

Or if you are already a member why not volunteer for a position on the committee? For more information contact [presidentpilc@gmail.com](mailto:presidentpilc@gmail.com)





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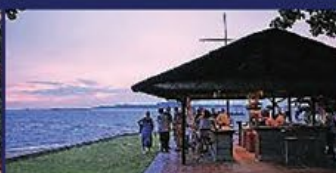
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# PATTAYA TRADER WERE DELIGHTED TO HELP OUT AT ANOTHER FANTASTIC SOULED OUT EVENT. THIS TIME AT HEMINGWAYS, JOMTIEN.

Photos by Rodney James Charman







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*Photos by Phil Mitchell*





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# GAME RELEASES



## Journey to the Savage Planet.

Sent to an Alien world by Kindred Aerospace on a mission to find suitable planets for colonization, you were told there would be no intelligent life. You soon find out they were wrong when you encounter your first Goofy creature. This one reminds me of No Man's Sky but with the humor turned way up. The developers wanted to make a world that felt great to be in and fun to explore. In first person you dual wield, holding a gun in your right hand with the left available to use lures, bait and other devices. You can also scan all the Flora and Fauna for your research. In the style of the old Metroid games you will need to upgrade your gear to overcome obstacles and access new areas. To do so you will need to find the necessary ingredients in order to make progress and understand this mysterious world.



## Shenmue 3.

The immersive, influential and ground breaking series had its last game way back nineteen years ago in 2001 on the Sega Dreamcast. Left on a cliff hanger those of us who played it pined to see Ryo Hazuki get his revenge against his father's killer the mysterious martial arts master Lan Di. Travelling away from Hong Kong Shenmue three picks right up from where the last one ended in the countryside at Bailu Village in Gulin. Not enough room here to go into the plot from the beginning but I know there is a movie supplied to bring you up to speed. Graphics have been enhanced but maintain the same look as the original games. Let's hope it's a success and won't require more Kickstarter funding as more sequels are planned. Develop Ryo's Kung Fu, interact with all the inhabitants and play lots of mini games.



## Dragon Ball Z: Kakarot.

The enduring Dragon Ball fans will love this action RPG based on the anime TV series. You control the legendary hero Kakarot or more commonly known as Goku, it's like an aerial version of Street Fighter. Along the way you meet many friends like Gohan, Piccolo or Vegeta. You can enlist them as support characters to help you in combat situations. Each have their own set of moves and special techniques, for example the solar flare which stuns enemies. These status effects give you more time to land you combo's, or deal more damage. Also if you desire you can select them as your main character, which unlocks different sub quests depending on whom you choose. There is a large open world to explore and fight in, activities like fishing, hunting, cooking and interacting with NPC's are also included.



# 1 DAY GOAL JANUARY 18TH 2020



## CHARITY FOOTBALL COMPETITION

Hosted by- St. Andrews International School **Green Valley**

Every year at St. Andrews the PE Department, in conjunction with United Football organise a charity day called 'One Day, One Goal'. This year the event will be held on **Saturday 18th January from 8am – 4pm.**

The day consists of a football competition for international schools and charities where we expect over 500 children from 10 schools to attend. We will also have teams from our major charity partners 'Haven Children's Home' and 'Hand to Hand' taking part. Whilst the competition is taking place we will also have fun activities taking place for children from all of our attending charities such as a bouncy castle, games and gifts!

Over the past 7 years we have raised in excess of 1.3 Million baht and all profits go to ensuring the charities benefit both in terms of financial support and gift donations. In the past year we have been able to provide two children from the 'Hand to Hand' foundation with 2 years of education and have set up a football team for the 'Haven' centre covering all expenses, including a fantastic new kit for the team.

If you feel this is an event that you or your company would like to support, then please contact:

[greenvalley@standrews-schools.com](mailto:greenvalley@standrews-schools.com) or call: **038 030 611**



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| THREE MONTH | 3,200 THB |
| ONE MONTH   | 1,400 THB |
| 10 DAYS     | 1,200 THB |
| 1 DAY       | 140 THB   |

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|-------------|-----------|
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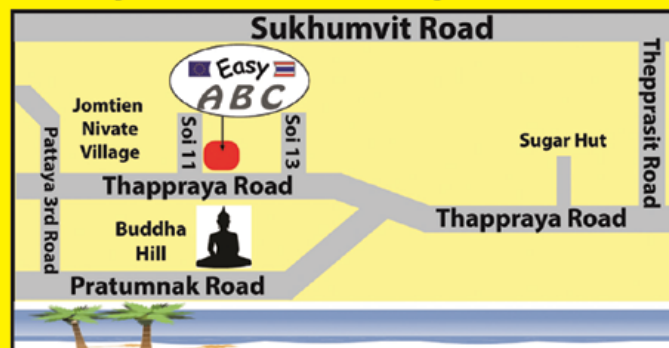
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# NEW RULES FOR A NEW YEAR OR AIM HIGHER SHOOT SHORTER OR RESOLUTION REVOLUTION OR .....

By Dan Johnston

**L**ast year, er, month, err, well, you know what I mean; I wandered down a festive path as our year came to an end. So this month I thought we could look at new beginnings as we enter into 2020.

I can guess at what you are thinking "Not more New Year resolutions dribble..." and I would be with you on that. Although it is fun making them, challenging yourself to achieve them and discussing them at length on the run-up to the passing of the year, we all tend to get a little silent about them come the middle of January. As the mountainous task we laid out before ourselves begins to loom over, our ambitions, smothered in everyday life, end up in resentment and feelings of failure and disappointment - that is, if you are anything like me.

I wouldn't suggest you are all going to fail and I have a collection of friends who never fail to attain their aspirations. However the reality is, that not drinking for a year, cutting back on the cakes, stopping smoking or going to the gym, never seems to match up to our actions. So, it goes without saying that, we can feel deflated by our inability and this can have a knock-on effect on how we deal with day to day challenges.

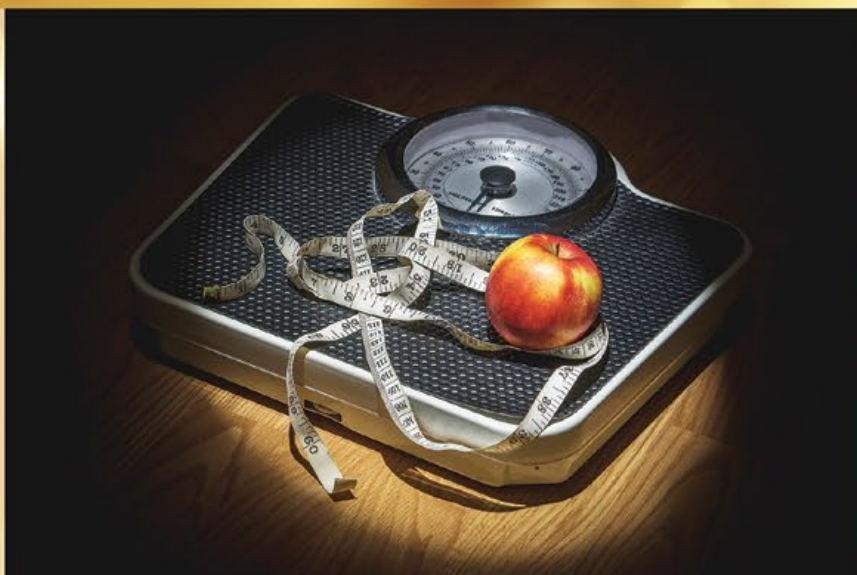
***How do we avoid this annual self-imposed torture?  
What solutions offer a reasonable escape from the inevitable disappointment?***

Luckily for you all, I've had much experience of this over the years and have drafted out a more organic way to achieve aspirations without moving mountains and parting seas to attain them.

To be fair, it is quite a rational method, one that involves taking bite-sized chunks and working them, rather than biting off more than one can chew. My goal setting involves reachable markers - mini-goals - with an aim to aspire to a grander final result. And take note of the use of language - aspire was no accident. You never quite know what is around the corner in life, never too sure how it is all going to pan out and as my friends from across the Pacific would say, "Life might just throw you a curveball that has you out on the first swing of the bat".



For example, applying unbreakable rules such as not smoking ever again after you wake on the first of the month makes the end result less attainable - especially if you are a little sore from the night before. Setting a more achievable target such as consciously reducing the number of nicotine sticks you inhale on a daily basis - maybe by half - can be much more realistic. The end game can then be a complete cancellation of the ritual at a set point in time; say by the summer, or Easter break. Hopefully this means that not only are you not going to fail at the first hurdle but allows for movement in the play, adapting to those unforeseen events in your life.



Smoking is an easy example but the principles can apply to any habit change - so when considering your fitness, a target to reach the gym at least once a week to start wouldn't be such a bad bag, especially if you aim for a long term goal such as firmer buttocks or that six-pack you promised yourself. And not the one from the fridge either, although the bite-sized rule can just as easily be used with alcohol as well - cutting down to just one bottle of red a week or a single trip to the local watering hole during the same period.

Nowadays, with such fast-paced living and pressures on us to achieve more, with less time, be on point and be almost autonomous in everything we do - maybe habits/creature comforts aren't the place to look at. Developing new routines, organisational skills or even finding more time to pursue a hobby could just as easily be on the cards for a better life in the new year.

So, rather than pressuring yourself to rid yourself of something, flip the angle and add things to your life that can improve it. The focus, I find, is always too much on the negative and by adding, say, a half-hour meditation to your daily routine, you might just find that the bad habit you wish to drop just falls away from you naturally.

Then there are the things we can do to increase our positivity that benefit others more than ourselves. For example, volunteering at a local charity, getting involved in community-led schemes or being a tad greener in life. Nothing wrong with saving money, installing the kit and running solar as a New Year's resolution, can also benefit the whole of mankind indirectly. Just a thought.



However, you want to look at it, the year is a new and it is the perfect chance to explore a new you. Whether you are dropping aspects of your life you wish you had some time ago or adding extra zest to your life to improve your fulfilment in it, just remember to break it down like the squirrel carrying a single nut at a time rather than a monstrous trolley load all at once. Make it easy on yourself, don't get down when things go wrong and throw in the towel, adapt and move with the new challenges, evolve the rules to fit into your life and you are sure to reach the finish line.

For me, cutting back on things is a must but I fully intend to make my New Year res' about being happier, just that simple. As for the habits - I'm sure they will fold away when the time is right and as for all of you, I wish you all success in your endeavours and hope that the year of 2020 leads to as much clarity in your life as the numbers suggest





# Dining

## PEINE CAFE & BISTRO

By Gloria Jones



**I**f you find yourself in Jomtien longing for a cool, comfy place to have a coffee or a bite to eat then I highly recommend you try Peine Cafe & Bistro in Soi Chaiaayapruet 1. They have free Wi-Fi for those of you, like myself, who are always looking for a quiet place to relax and work, or you can just pop in for a takeaway treat. I love their cappuccino available cold 85 baht or hot 70 baht and they will even sell you the beans if you want to use them at home.

Good Food All Day Long is their motto and you can start from 9 a.m. with their impressive range of breakfasts. These range from healthy fruit and muesli to a variety of egg and cooked options right through to the naughty but oh so good pancakes. Thinking of my New Year's Resolution of eating more healthily, I chose to up my Omega 3 Intake. with one of the salmon dishes: Smoked Salmon with Avocado on sesame bread with cream cheese and perfectly poached eggs not too hard, not too runny - 200 baht - delicious!

They're just a hop skip and a jump from Jomtien beach so you can eat alfresco on their terrace or choose air-conditioned comfort inside. There's a full menu of schnitzels and salads, all kinds of fresh baguettes and Thai staples such as Stir fry chicken cashew, Yellow Curry, Tom Yum and a delightful shrimp omelette.

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# Popularity of food sees Airbnb launch Airbnb Cooking Experiences in Thailand and the rest of the world

**A**irbnb has unveiled Cooking on Airbnb Experiences - a new category of bookable experiences that unlock the hidden culinary traditions of families all around the world.

Since 2018, Airbnb's Food and Drink Experiences have been growing at a rate of 160% globally year-over-year guests from Thailand and all over the world can now get access to 3,000 unique recipes that are usually reserved for friends and family in over 75 countries.

Food is at the heart of Thai culture; the experience of eating together and cooking together has energised families and friendships for centuries. From Royal Thai cuisine to street food specialities, from Phuket being named 'City of Gastronomy' by UNESCO to Thailand's Massaman curry being voted best dish in the world by CNN Travel, Thailand's cuisine is famous around. Airbnb Cooking Experiences offer an authentic way to learn about Thailand's culture and one of the most popular Experiences on the platform in Thailand. Here are some tasters of travellers can book on Airbnb in Thailand.

## **Secret Garden Dinner in Historic Mansion (Bangkok, Thailand)**



This 100+ year old mansion provides a character-filled venue for a unique cooking experience. Following a tour of this historical landmark, guests will enjoy an innovative, sustainable cooking experience and prepare homestyle dishes using local ingredients, many from the homes very own organic garden. After dinner, guests can hang out in the backyard and terrace, and learn more about Na Cafe, their social impact and creative space.



## **Garden to Table Culinary Experience (Chiang Mai, Thailand)**

Guests will explore the organic garden and learn about the flora and fauna of the tropical climate, how herbs grow and how to harvest them. With this knowledge, you'll then start cooking by preparing all your dishes from scratch. Using the freshest, raw ingredients you'll create a selection of tasty Thai dishes.

## **The Cooking Culture of Thailand (Bangkok, Thailand)**



The experience starts with a tour of the local market or the rooftop garden where guests will learn about Thai ingredients. You'll then have the chance to put your new learnings into practice as the host shares their personal knowledge of Thai cooking techniques, ingredients and dishes with you having the chance to taste your labour at the end.

### **About Airbnb**

*Airbnb is one of the world's largest marketplaces for unique, authentic places to stay and things to do, Airbnb has helped millions of hospitality entrepreneurs monetize their spaces and their passions while keeping the financial benefits of tourism in their own communities.*

*Airbnb promotes people-to-people connection, community and trust around the world.*

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# 5 Good Reasons to Visit Koh Samui in 2020

**T**hailand's "coconut island" has come a long way since it's hippy hey-day in the 1970s. Today, jet-set travelers rub shoulders with the tabloids' favorite celebrities, while major golf events and regattas have become annual pilgrimages. So, now you're thinking about a lazy leisurely holiday on this tantalizingly tropical island? Only question is ... when to go?

## January BBQ Season @ Banyan Tree

After several months' closure for renovations, the long-awaited return of Banyan Tree Samui's fabulous restaurant Sands is upon us. Chef Rainer Roersch promises to roll out a new "8 Fires" concept with everything from flaming woks to wood-fired ovens to fire pits, where he will sizzle up Wagyu beef steaks and fresh seafood while you enjoy sundowners at the resort's quirky tuk-tuk cocktail bar on the beachfront.



## February Samui Open Beach Volleyball

Bounce along to North Chaweng Beach on 21- 23 February to catch some 40 to 50 teams from around the world competing in this annual beach volleyball tournament. And when the spikes, digs and blocks are all over and the sun begins to set, expect some carnivalesque party fun.



## May Samui Regatta

Few international events have put Koh Samui on the map like the annual regatta which attracts more than 500 sailors, mostly from around Asia, at this time each year. Hosted in 2020 for the first time by Synergy Samui's La Vida Resort, the event is the biggest and most competitive sailing race of its kind in Asia. Perch yourself anywhere along the eastern coast of the island from 23- 30 May - preferably with a set of binoculars - and set your sights on some competitive and intricate yacht racing.

## September Samui Festival



A kaleidoscope of parades, culture, music, food and fun for all the family is in store at this 5-6 day event, the dates of which are yet to be officially announced. However, we do know that the Samui Festival Marathon will take place at 5am on Aug. 30, so expect the fun n' games to begin soon after. Singing competitions, a beauty contest, artwork, handicrafts, Thai boxing bouts and Buddhist ceremonies are all part and parcel of this colorful extravaganza. Perhaps the highlight of the week is the array of street-food stalls where you can sample and savor some of southern Thailand's most exotic delicacies, such as maret' leaf rice cooked in a bamboo tube, oysters, fruits, and super-sweet desserts.

## November Loy Krathong - The Festival of Lights



Thailand's most exquisite festival is a time when Buddhists float banana boats on the river to take away bad luck and worries, while praying for a better year ahead. And nowhere could be more majestic to join the ceremony than at Chaweng Lake on Koh Samui on the night of 1 November when you make your own krathong, or banana boat, with the help of locals. And of course, there will be music, street stalls, and much merriment all round.

*Koh Samui enjoys a year-round climate heaven-made for beach-lovers, High season is Cool Season - that's from Christmas through to March, and by "cool" we mean a gentle breeze, and a gorgeous 29-30 °C (84- 86°F) sunshine to bask in. April and May are the hottest months, but then again, you have the Songkran Water Festival on April 13-14 to cool you down. June through to September is thoroughly pleasant with light showers every other day, and October-November is the low season with its monsoon rains.*





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## **TD** Japan is on everyone's wish list

By Kristin Mariano



As the host of the 2019 Rugby World Cup this October, Japan has seen increased visitor numbers in recent years, with annual international arrivals soaring by almost 23 million since 2010. Japan National Tourism Organization (JNTO) collected the Wish List Destination award for Japan at the fifth annual National Geographic Traveller Reader Awards 2019.

The award was collected by JNTO's PR and communications manager, Matthew Joslin, who commented, "We anticipate that the 2020 Olympic and Paralympic Games will encourage

encourage a whole new type of leisure visitor to come to Japan. It will also provide a great platform for us to showcase the very best of Japan and highlight the accessibility in terms of cheaper airfares, value for money rail passes". The Olympic Games will be taking place in Japan from 24 July to 9 August and the Paralympic Games from 25 August to 6 September as the country hosts the Games for a second time since 1964. An estimated 206 nations will be participating in the grand opening ceremony on 24 July 2020 in Tokyo. 33 sports will be participating in the games with five new sports being added to the list this year – baseball/softball, karate, skateboarding, sports climbing and surfing. Tokyo 2020 Nippon Festival has been created to build energy around the Tokyo 2020 Olympic and Paralympic Games. The festival welcomes people and cultures from around Japan and beyond to interact and celebrate the Games. Events will be organised to encourage diversity and regeneration in the Tohoku region following the 2011 tsunami, including Miyagi, Fukushima and Aomori, opening new gateways and introducing new possibilities for Japan.



# PATTAYA PEOPLE TELEVISION NEW YEAR, NEW DECADE



**T**he future of Pattaya People Television is bright, continuing to entertain and provide the best information to the Ex Pat community of Pattaya.

Our popular local TV station is constantly being updated to provide interesting features and to be a vital part of the Ex Pat community by sharing vital 'need to know' Ex-Pat information.

Coming up in January is a continued focus on up to date news from immigration expert Darren McGarry at Key Visa talking to Niels Colov on the latest rules and regulations, plus the weekly 'Pattaya Ex Pats Club' TV feature with interesting content from the guest speakers that appear there every week.

A new production of the very popular 'Yoga Pose Of The Day' series, with instructions from guru Diana Mountanous is being planned with the current series continuing with exercises and postures intended to help you keep healthy and enjoy more flexibility. Strike a pose and get fit!

Barry Upton is always out and about gathering items from Pattaya and beyond including his music videos filmed locally.

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

Available now on TMN cable and 24 hours online at the 'Pattaya People' website - [www.pattayapeople.com](http://www.pattayapeople.com)

Don't forget to download the FREE 'Pattaya People' app so you can access the TV output on your handheld device, anytime and anywhere in the world.

Everyone at Pattaya People Media Group would like to wish all Ex Pats and our valued Thai friends a great new decade with best wishes and hope for a valued co-existence of shared respect.







# 96FM Pattaya People Radio



## The Soundtrack To Your Life

**A**s we all move into a new decade, 96FM is the number to dial for a friend to provide music and fun for the coming year.

Therefore it is even more important to be aware of the Pattaya People free app which can easily be downloaded to your mobile device or computing receiver.

Top quality sound and varied enjoyable content 24 hours a day from 96FM will most definitely enhance the soundtrack to your life here in Pattaya, or, in fact, outside of Pattaya and anywhere in the world.

PLUS...a new transmitter has recently been installed meaning that 96FM is now louder and clearer over a much wider area on older type receivers such as car radio receivers.

More updates have been made with lots of new great popular tunes currently making waves across the world. Continuous 'sunshine hits on 96' provide great entertainment with 'Less chat, more music' as a credible slogan.

The music policy of 96FM, as programmed by station production manager/presenter Barry Upton, who has a wealth of experience in all areas of music, is a healthy combination of classic oldies, together with the best of the latest offerings, plus, a few surprises.

Each day's playlist is carefully put together from seven decades of hits, plus occasional chats with interesting local guests to the 96FM studios.

### The weekly schedule is:

|                |  |
|----------------|--|
| 8am to 12 noon | – 'Morning Glory' with Barry Upton         |
| 12 noon to 2pm | – 'Let's Do Lunch' with John Pearson       |
| 2pm to 4pm     | – 'Afternoon Delight' with Diana Mountanos |
| 4pm to 6pm     | – 'The Sundowner Show' with Barry Upton    |
| 6pm to 6.20pm  | – Thai News                                |
| 6.20pm to 8am  | – All Night Long                           |

**MSN International News in English is at  
12 noon, 2pm, 4pm & 8pm**

All through the weekend, a full service of entertainment can be enjoyed.

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

Pattaya People Radio has been broadcasting for over 10 years now and is a vital part of the Ex-Pat community providing the perfect soundtrack for the city together with important information.

For more information contact Pattaya People Media Group by e-mailing [info@pattayapeople.com](mailto:info@pattayapeople.com).

**LET 96FM BE THE SOUNDTRACK TO  
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## Running for Happiness: Why Running Boosts Happiness

**R**unning is one of the most effective confidence, mental health, and happiness boosters. According to a study by a team of reputable researchers at Glasgow Caledonian University - led by Dr. Emmanuelle Tulle- over 90 percent of runners lead more satisfying lives as compared to those who never run. The researchers argue that running gives an individual some sense of accomplishment which, in turn, brings happiness and satisfaction to the individual.

In this post, we look at the 7 main ways in which running brings happiness to our lives.

### 1. Feeling of empowerment

Running makes people stronger, physically fit, and good looking. As you walk the streets after days of regular running, you feel like everyone is admiring your impeccable stature. That gives you enough confidence to socialize with people.

On the other hand, being physically fit means that you will have no fear when confronting the things or people who bring sadness to your life. Others give you the respect that you deserve without you asking or begging for it. All these bring happiness to your life.

### 2. Reduced chances of depression

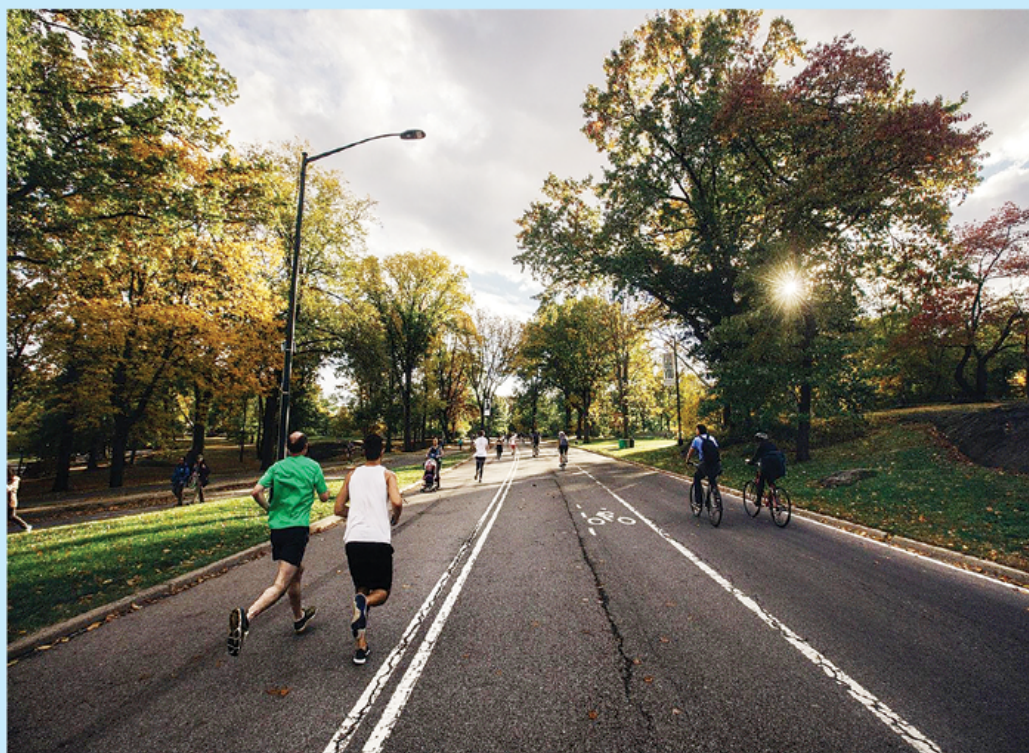
Research findings published in the American Journal of Psychiatry indicate that people who run or engage in high levels of physical activities are not likely to fall into depression. This is particularly because completing a race



gives you reasons to celebrate every day; running an extra mile or finishing a race in a shorter duration makes you feel like an achiever. That feeling prevents you from falling into depression.

The signs of depression are very common nowadays. The social pressure, stress at work, increased level of life responsibilities all lead to induced levels of stress. In such cases, running is an alternative to help cope with levels of depression. But, if you continue feeling bad and keep struggling in life, hire the services of a life coach who can help find your way back in life.





### 3. Socialising

If you run as a group, then you get to socialize with people on a daily basis. You get a group of people who hold your back when you need a boost and who genuinely care about your personal goals. These are people who probably share the same goals as you-losing weight, healthy eating, and such. When you have such friends in your life, you always feel like you have a shoulder to lean on whenever sadness engulfs. That sense of security makes you happy. Besides, smiling at people as you run along the streets can make you feel like you are on the top of the world.

### 4. Releasing of endorphins

Endorphins or natural painkillers are released into your brain every time you wear your running shoes and hit the pavement. They make you feel energized during the course of the race and happier after the race. If you had a gloomy mood and then you run for a mile, you will definitely be smiling on the other end of the race.

### 5. Relieving stress

Running makes you forget the life baggage that stresses you out. Eyes on the road, ears on the music, and every vein in your body moving in a rhythmic fashion, you cannot have the time to think about the things that have been making you sad and created stress to you.

### 6. Goal setting

We all live for a purpose and when that purpose is withdrawn or defeated, we often feel sad and incompetent. But with running as your purpose, you will never feel disappointed. You can, for example, set out to run for as little as half a mile and upon achieving that, you feel motivated to reset your goals to a full mile. A step at a time, you keep setting and accomplishing new goals. Running gives you a purpose every single day and the motivation to pursue that purpose. If you replicate this goal-setting model in your workplace, you end up achieving more and growing your career. That, by itself, makes you happy.

### 7. Indulges your competitive nature

Human beings are naturally competitive. We all want to be and feel better than others; stand out in a group of people. Sometimes we even challenge ourselves to be better - constantly competing against ourselves. But sometimes competing with people around us make us feel like we are being unfair or selfish. It is common to find colleagues feuding at each other because they both are competing for one promotion vacancy, forcing one to back down reluctantly.

Now, running indulges this nature by allowing you to compete with anyone including your boss without feeling bad about it. If you outrun your previous record, you feel like you have successfully competed against your own record. When you achieve your weight loss goals ahead of someone else, you feel good about yourself. In a nutshell, indulging your competition instincts makes you happy.



*Levels of obesity are on the rise world wide with secondary diabetes and weight related health problems, on the increase so a New Year's Resolution for us all should include more exercise.*

*In the UK, Loughborough University has released a research strategy suggesting that food and drinks should be labelled with the amount and type of physical activity needed to burn off the calories. This would then encourage people to make 'healthier' dietary choices for example eating 230 calories in a small bar of chocolate would require about 23 minutes of running to burn off the calories*

*If however the thought of pounding the pavements of Pattaya doesn't thrill you, then why not instead, head to a gym, like Bear Gym on Soi Wat Boon, Jomtien. They have several treadmills in an air conditioned environment where you can run in comfort.....Ed*



# New Nordic PAGS

## Tournament from Eastern Star

by Jeff Wylie



Garry Bright - A Flt Winner



Staffan Lyrestram - B Flight Winner



Jan Thowsen - C Flight Winner



Nang Dumas - Ladies Winner

### Steve and Rich in Player of the Day Discussions

112 players, including a relatively small number of just 7 Ladies, made the journey to the Eastern Star Park where we played from the White tees. Although the weather was a little overcast, there was a light breeze blowing and conditions were conducive to good golf.

The past few months has seen outstanding performances for the tournament Player of the Day, but not so much today as the minor placegetters in A Flight were in the mix with several prize collects. Prize winners in the A Flight for handicaps 0 – 12, were unable to hit their handicap mark, with a best of an unusually low 34 points. Garry Bright (9) edged Steve Truelove (9) on countback of the last 6 holes 15/10, while Low Gross winner Rich Fearby (0) did enough on the back 9, with 18 points, to edge out Juha and Raivo for 3rd place, after all signed for 33 points.

The B flight for handicaps 13 - 19, saw some better scores, with Staffan Lyrestram (17) the clear winner with 37 points. A 3 way countback was required to decide 2nd and 3rd spot, with Thomas Olsson (18) and Mikael Andersson (17) getting the respective placings with Frank Kelly the unlucky odd man out, after all 3 had 36 points.

The C flight for handicaps 20+ had the best scores of the day, although another countback was required to decide the Winner. Jan Thowsen (21), with his 19 on the back 9 was good enough to get the top spot over Lee Butler (26), after both had 38 points. The bronze position went to Johan Steinback (27), again on countback, over Werner Huber after they signed for 37 points.

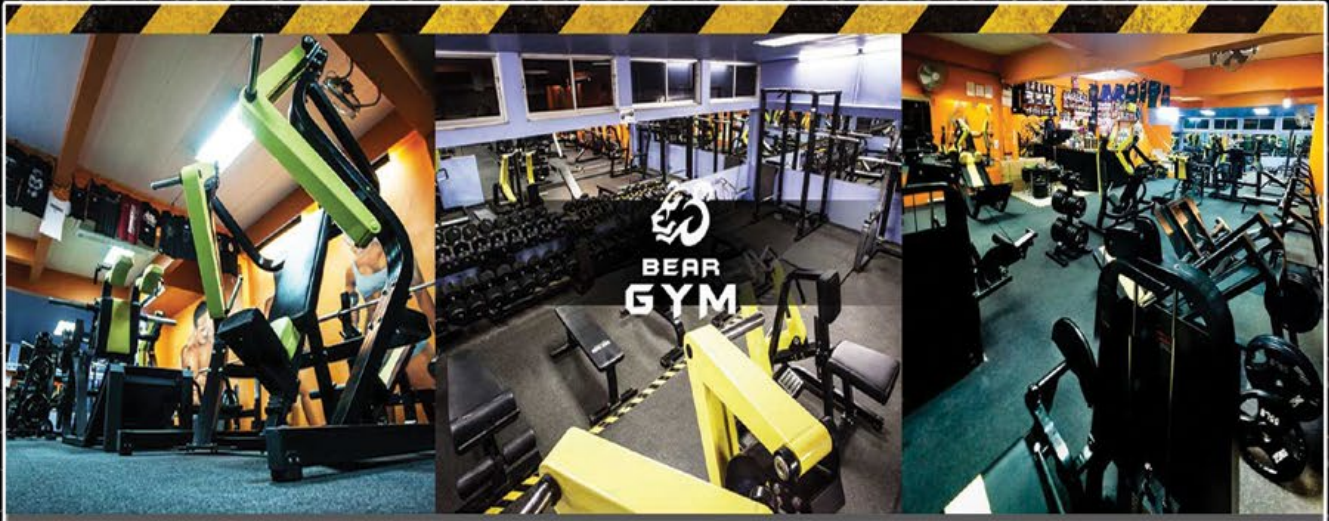
The Ladies clear winner on 34 points was Nang Dumas (24) to go with her Long Drive on #18.

Honorable mentions have already gone out to Steve and Rich, while Stuart Day got the maximum 2 technical prizes on #s 7 and 8.

Mark and the Hemingways team kept the masses full with the quantity and quality of the food offered. The chili con carne was well received, and offered some spiciness for those that enjoy the heat.

Get your preferred time slots by booking with Shane on 0863720084, Facebook or through Birdie at [www.birdie.in.th](http://www.birdie.in.th)







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# A Few New Year's Angling Resolutions

by *Chris Millar The Highlander - Future Image Dublin member*

**I**t's the morning after New Year's Day in Thailand. It's hot, and believe it or not, tomorrow might be hotter and you're stuck to an aircon. Cabin fever, anyone?

Given that you may be indoors longer than expected, and it's too hot to fish, it's time to make a list of New Year's resolutions .... Not just your standard goals of personal edification. How about a few suggestions geared toward you as a fisherman ? Let's call them angling aspirations, so here goes.....



## Get Organized

Let's say you have a few minutes of free time, not enough time to fish, but enough to get something done. That's the perfect opportunity to organize your gear. You can sort through that tackle box that you stuffed full of all the old lines you tried to hide in a hurry while leaving the lake. Every little bit helps and could prevent a headache when you do finally have time to get out for a day on the water. The smoother that first trip of the year is, the better.

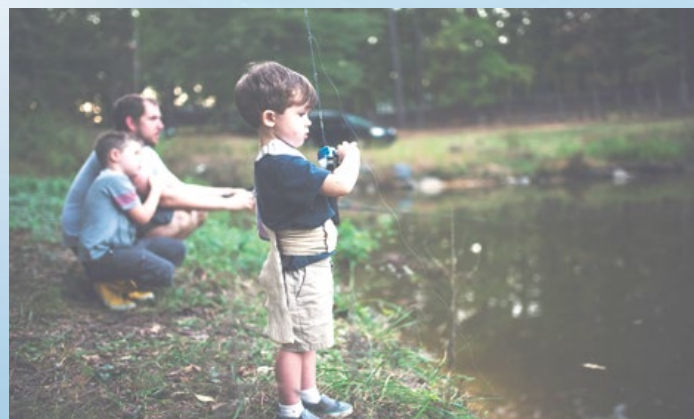
## Practice Makes Perfect

We can all learn to cast farther and more accurately. It doesn't matter if you use spinning gear or a spinning rod. Regardless of the gear you use, it pays to put in the work in the offseason. If you can't fish, you always find 10, 20 minutes a few days a week to cast in the park or open area.

You need to be more disciplined and stick to a practice plan.

Nobody can attempt all of these resolutions. We all have non-fishing responsibilities. Try one or two realistic goals. One or two is better than none.

***Tight Lines and have a Happy New 2020 Year and some fantastic Fish***



## Take the Kids Fishing

It doesn't have to be your child. It could be a neighbour's. There's nothing more rewarding than taking a youngster out for a day on the water. Besides, mentoring, it is a good way to spend quality time away from the stress of work and family. With the internet, iPhones and the array of social media, we've created an instant-gratification generation where patience is but a pipe dream. Time in the outdoors negates that trend. Nature has no clock.

Although catching fish is not the goal, the process of reading the water and evaluating the conditions provides a number of life lessons. Any venue that a parent or mentor can use to instill these skills is invaluable.

## Fish More

Stating the obvious? Yes. But the reality is that most of us need to fish more. Quit making excuses and get out of the house and off the sofa or away from the computer and make time to get on the water. It doesn't need to be an elaborate trip. You don't even need to load up a boat. A few lunchtime casts at the local fishing park is better than staying home or stuck in a bar. As honey-do lists mount and work responsibilities add up, your angling opportunities will dwindle, but don't wait for the perfect day to fish. Why? Because that day almost never comes.

I used to only fish when the temperatures or wind was right. Those days are rare. Fish when you can. You'll learn more and you'll be a lot happier.



## IROVERS FOR JANUARY

### PREMIER LEAGUE



The premier league continues with some great fixtures throughout the month. After the Christmas programme things should be getting clearer at the top of the table but in the relegation stakes it looks like it may go right down to the wire. We start on New Year's day with a full programme with the highlight being Manchester United's visit to Arsenal. Not the championship decider it has been in the past but still an interesting fixture, especially for the respective managers. Another full fixture list on the 11th with the highlight being Liverpool's visit to Jose Mourinho and Spurs. On the 19th Manchester United travel to Anfield while on the 22nd the Chelsea v Arsenal London derby takes place.

### ENGLISH FA CUP



The first week of the new year brings in the third round of the cup and the premier league teams will join the fray. Highlights include Wolves against Manchester United and Liverpool play Everton in a cup Merseyside derby.

### THE ENGLISH CHAMPIONSHIP

Leeds and West Brom are currently well clear at the top and they meet at the Hawthorns on the 2nd of the month. Keep your eye on the weekly updates from Irovers in the Trader to see what other matches are being shown.

### TEST CRICKET

England will be on tour in South Africa throughout the month and they will face each other three times. The dates are the 3rd – 7th, the 16th – 20th and the 24th – 28th. Australia will also be lining up at home against the Kiwis from the 3rd – 7th.

### TENNIS



The first grand slam event of the season, The Australian Open, starts at Melbourne Park on the 20th and goes on until the 2nd of February. All the top players in the world are sure to turn up to try to win this major tournament.

### GOLF

The American PGA tour is in full swing this month with no less than five big tournaments being played one week after the other. Starting on the 2nd with the Sentry tournament of Champions and finishing for the month with the opening day of the Waste Management Phoenix Open on the 30th. The biggest tournament in the European calendar this month is the seven million dollar Abu Dhabi championship which starts on the 16th.

### RUGBY UNION

We're cheating a bit here but for all you Rugby Union fans don't forget the Six Nations kicks off on the 1st with Ireland at Home to Scotland and England travelling to France. We couldn't possibly include everything that will be shown at Irovers this month so don't forget to check the regular weekly schedules.

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# Will Facebook be your only marketing tool next year?

## Organic reach 2020.

By Rick Click

# Facebook

Often I run into business owners who are very smug about not having to pay for advertising, they just rely on Facebook to take care of it all. Proudly they proclaim "I never pay for advertising". So from this statement I assume that they also don't pay Facebook because why it's all free right?

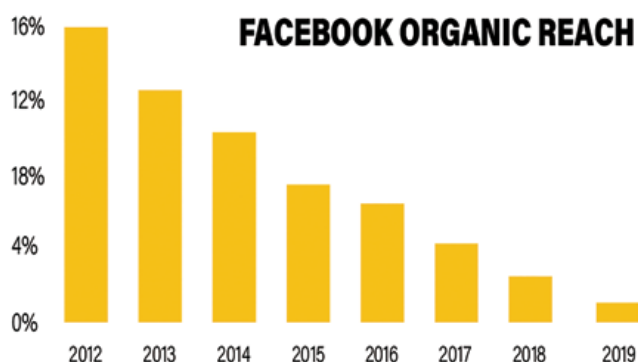
Neglecting to plan a proper advertising campaign, especially when starting up a new brand in town can soon lead to disaster. Totally relying on people stumbling upon your product or service when reading their posts is a chancy affair. And leaving all your advertising to just social media isn't great either. Why do successful, massive brands like Apple still allocate some of their budget to newspapers, television, radio and billboards, if they do -shouldn't you?

So back to Facebook what is its main purpose or mission? Answer; It's a free social networking website that allows registered users to keep in touch with family, friends and colleagues. So if your advert lives inside this free zone their algorithm will give you a very limited organic reach as a social network wouldn't be popular if it were jammed up with adverts. Also consider that you will be competing with many others especially those that are also trying to hitch on the free gravy train.

Just because you post on a group that has thousands of followers don't mistakenly think your message will go out to every one of them. In actuality at the moment, your reach will share to only 3% of these people and it's shrinking every year. Why is the algorithm being increasingly tweaked to put the squeeze on free adverts? Simply because Facebook needs to make money, it isn't a non-profit organization and it's costs rise year on year with 97% of its revenue coming from paid ads.

You can live or die by Facebook and remember for every 6 good comments there will be 1 bad one and that will be the one everybody remembers. You should aim to put a positive slant on your business with proactive helpful partners rather than rely on just getting the message out there in a cheap, lazy way can easily backfire, especially when naysayers and pessimists jump on the chance to pull you down.

Facebook posts usually only enjoy a fleeting mention on a 24-hour feed that is constantly changing and not necessarily getting to target customers. Magazines for example - esp. Pattaya Trader, are kept and treasured not just for the whole month but often longer with Back issues available to view on the website pattayatrader.com for up to 2 years, with copies still being read and enjoyed in hotel lobbies and waiting rooms all around town.



By contrast the organic reach of Facebook is on a steady decline and whilst organic (free) reach isn't dead yet, it has declined right into 2019 and is projected to continue in 2020.



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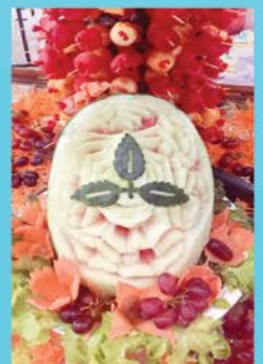


# CLASSIC CAR MEETING

Photos by Rodney Charman

A Classic Car Meeting was held at the Diana Garden Resort Pattaya in aid of Children of Human Help network Foundation Thailand. Children from the ASEAN Education Center and Child Protection Center Huay Yai danced to a sold out event as did many of the guests to music by Paul Jackson's Band.

Thanks to Jo of Classic Car Friends and his team, the Rotary Clubs, all the sponsors and the management and staff of Diana Garden Resort for a great event. As a result of the event 66,000 THB was raised and handed over to the HHNFT - Congratulations to everyone involved.





# Boris Johnson could spook financial markets

## INVESTORS CAUTIONED



by Nigel Green

**B**oris Johnson could spook financial markets in 2020 and investors must avoid complacency, warns the CEO of one of the world's largest independent financial advisory organization. This followed the landslide victory for Mr Johnson's Conservative party in the UK's recent general election in which he secured an 80-seat majority.

The Queen officially opened Parliament outlining her new government's legislative programme. It is expected that the Withdrawal Agreement Bill on leaving the EU could be put before lawmakers very early.

The decisive win for the Conservatives triggered one of the pound's biggest ever rallies, the FTSE 250 index of UK shares climbed by 3.6 per cent and the FTSE 100 rose 1.3 per cent whilst European stock markets reached all-time highs. This has been driven in part by investors' relief that a hung parliament had not been delivered, meaning years of uncertainty and indecisions over the UK's way out of the EU is coming to an end. Also, perhaps, because the Conservatives promised a more pro-business agenda. But Boris Johnson now has the daunting task of turning his powerful election campaign slogan of 'Get Brexit Done' into reality.

When Britain leaves on January 31, there will be only 11 months to thrash out the basics of the future relationship with the European Union. The self-imposed end of December 2020 deadline is a mammoth challenge or Britain will fall through the 'trap door' of no-deal Brexit on January 1 2021." The

Prime Minister could request another extension for the transition period. The government has until 1 July 2020 to agree with the EU a one-off extension, until the end of 2021 or 2022. However I don't believe that Johnson will use his significant majority to slow down or soften - the Brexit process. Instead, his assumption from the election outcome will be that people want quick, easy answers.

Indeed, in a recent interview Michael Gove guaranteed that the Brexit transition period would not be extended. The task ahead is monumental. The time frame in which to complete is narrow. Failure to agree a free trade deal by the end of next year will mean the UK crashing out of the EU and all the far-reaching negative economic implications, including the likelihood of a recession.

With such uncertainty, following the election bounce, in 2020 investor confidence in the UK is likely to remain subdued and Boris Johnson's Brexit stance could be a major source of volatility in financial markets. Despite the markets currently surging, investors must avoid complacency.

2020 promises to be a year in which political factors – including Boris Johnson's Brexit plan and the U.S. presidential election, amongst others – could potentially spook markets.

Investors should assess and, where necessary, rebalance their portfolios to take advantage of the potential opportunities and to mitigate the risks.



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## DEFAMATION

**D**efamation is an intentional statement or publication in a manner likely to cause damages to another person's reputation. It may either be in a form of libel or slander. In simple context, Libel is a written defamation while slander refers to oral defamation or by verbal statements and gestures.

Libel is a defamation committed by publication of a document, drawing, painting, cinematography film, picture or letters made visible by any means, gramophone record or another recording instruments, recording picture or letters, or by broadcasting or spreading picture, or by propagation by any other means. Thailand Criminal Code Section 326 defines defamation as follows:

"Whoever, imputes anything to the other person before a third person in a manner likely to impair the reputation of such other person or to expose such other person to be hated or scorned, is said to commit defamation, and shall be punished with imprisonment not exceeding one year or fined not exceeding twenty thousand Baht, or both."

Also, the victim can further claim the compensation under civil manner.

You can prove defamation by:

- Showing the published defamatory statement. It means that one or more persons other than you have heard, read, or was

made aware of the defamatory statement;

- Proving that the defamatory statement refers to you. The content must be clearly addressing or clearly identifying you;
- Showing that the statements made by that person were false. It should not be simply because you do not like what have been said against you; or
- Proving that the publication has caused you to suffer harm to your reputation.

In case the accused is proven guilty, the Court may give order:  
To seize and destroy the defamatory matter or part thereof;  
To publish the whole or part of the judgment in one or more newspapers once or several times at the expense of the accused.

A person shall not be guilty of defamation if, in good faith, expresses any opinion or a statement by way of:

- self-justification or defense, or for the protection of a legitimate interest;
- the status of being an official in the exercise of his functions;
- fair comment on any person or thing subjected to public criticism; or
- fair report of the open proceeding of any Court or meeting.

If the person prosecuted can prove that the accusation made by him is true, he shall not be punished. But the court will not allow proof of truth as a defense if the statement is personal and such proof will not benefit the public.



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## When removing straws is not enough: G Adventures calls its partners to join movement to reduce plastics in tourism

By Kristin Mariano



With awareness around the plastics crisis at an all-time high, small group adventure travel operator and social enterprise, G Adventures, is calling on its travel industry partners to join forces in the movement to reduce single-use plastics in tourism. Named the 'Plastics Partnerships Project' the initiative comes after G Adventures recognised the need to engage more partners to help and 80% of the hotels have now committed to providing clean drinking water which equates to up to 3.5 million bottles being saved annually by G Adventures' 200,000 travellers. Jamie Sweeting, vice president of responsible travel and social enterprise says "We're starting in a manageable way, with a focus on reducing the use of single-use plastic water bottles. We already take steps globally to reduce plastic in our offices and on our water-based tours"

Some of the plastics-reduction initiatives G Adventures already has in place include:

- The Ocean Health Fund – started by G Adventures' non-profit partner, Planeterra. A key focus of this fund is plastics reduction and G Adventures' global marine team fundraises year-round to support ocean clean-up projects.
- Bathroom amenities onboard the G Expedition ship are provided in refillable containers to limit the use of small, single-use plastic containers, and no plastic straws are used.
- Filtered water available onboard the G Expedition and on the Sri Lanka Sailing catamaran, with no bottled water supplied onboard.
- The G Expedition picks up drifting plastic and fishing lines whenever possible.
- Beach clean ups (for guests and staff) have been organised in Svalbard for the last four years, as well as in Thailand, Cuba and Sri Lanka.

In addition G Adventures has partnered with industry travel experts, Travel Without Plastic, and is also a member of the Plastic Pollution Coalition, which connects like-minded business looking to work together to reduce single-use plastics.



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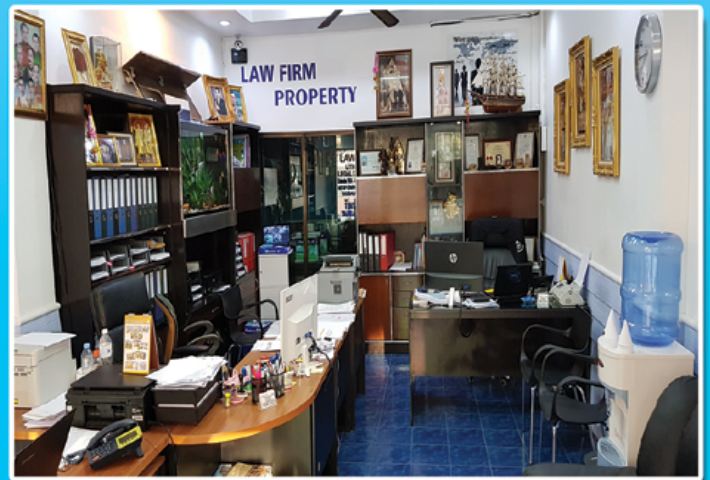


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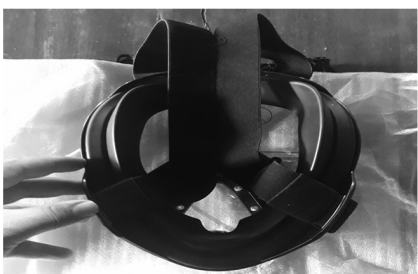
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**+66950822240**



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## New Mini Van for our Foundation!!



have identified in the new Toyota Commuter the perfect bus for our needs. In Thailand, buying a used car or a new one does not result in a high price difference as in other countries. So we decided to buy a ne mini van. Of course it is all closed, automatic, with air bags and fully air-conditioned and has a total of 15 seats including the driver. The total cost is 1,300,000 baht (38.225 Euro, 42.448 Us Dollar and 62.818 Australian Dollar.

Now we need your help to get our children to travel safely. The figure is definitely not small but we are sure that even this time you will not let us down. All togheter we can do it!!!

Please donate for our new Mini Van

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### BANK TRANSFER THAILAND

Kasikorn Bank Public Co. Ltd (Tailandia) – Swift: KASITHBK – Central Festival Pattaya Pattaya Beach Branch – A/C Name: Take Care Kids Thailand Foundation – A/C No.: 584-2-05272-8

Juergen Lusuardi

Founder and President of Take Care Kids Thailand Foundation and Take Care Kids Onlus  
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**L**ike all cars, our bus begins to become old. Therefore, continuous checks are required, resulting in an increase in maintenance costs. If we think that our bus is not born as a means of transporting people but as a means of transport for food. When we bought it eight years ago, we modified it to allow our kids to sit on it.

Even then, the committee, that annually inspects the foundations had authorized us to modify the small bus, with the promise on our part to find in the future something more suited and safe for the transportation of our children. So now we decide to buy a real mini van. After a lot of research we





# MAID FOR TROUBLE

by Barton Walters

## Part 4 - Durian Face

**This is the final part of Bart's 4 part series Made for Trouble. If you missed parts 1-3 you can read them by going to the Back Issues page of pattayatrader.com and scrolling through the online magazines to the Black/white pages....ED**

After a few years of soaking up toxins in Bangkok, I decided to move back to the beach. Having acquired a real girlfriend, I was keen to take a stab at playing house. My girlfriend Mina and I moved to a big condo on the beach near Jomtien. I offered to hire a maid, but Mina insisted she could handle the big rambling condo and, in fact, she kept the place spotless. A few months into our cohabitation, Mina found a good job and was soon doing the 9 to 5 thing, 6 days per week. She asked me if we could hire a maid. I told her I would leave the interview process up to her.

Mina's boss and his family live in the condo upstairs and we borrowed their maid Jai two days per week. Jai was a young, pleasantly plump Isan girl with a smile that could light up Las Vegas. She was just nice to have around. One day I forgot Jai's name and asked Mina what the name of our maid was. Mina looked confused and so I insisted, "The maid honey ... with the big butt." Jai never cleaned our house again. Apparently I'm not supposed to notice the maid's posterior.

Later that week Mina informed me that we had a new maid who would come when I was at the gym. Sure enough, my home once again appeared to be self-cleaning. Only on a few occasions did I ever actually see our new maid. She was skinny and dark with a fake diamond on one of her front teeth ... the sure sign of a Pattaya girl. Mina told me she was the former wife of one of the factory workers from her company.

One night Mina came home, we had dinner and as was our habit, we drank wine on the balcony under the stars. Without provocation, my beautiful sweet girlfriend looked at me and said, "I fired the maid". "Why? What did she do?" I asked. "She want to sleep with you ... you want to sleep with her ... I can see" she hissed. I pleaded "Mina, that's ridiculous, I haven't spoken to the girl more than three times since she's been working for us. What the hell makes you think there is something between us? Nothing I said would convince her of my innocence. The maid and I were getting it on and that was that. She stormed into the bedroom and began putting on the show of packing her clothes.

Alone I sat on my terrace, staring up at the stars and asking what I had done to deserve this abuse. Nothing is worse than to be a womanizer getting accused of being a womanizer when you aren't womanizing. Confusion turned to indignant rage. So, I decided to do what my father would do to clear up such an obvious misunderstanding. I got everybody in one room. Mina was shocked when I entered the bedroom and actually helped her pack the rest of her clothes. Her awe turned to horror when I produced her cell phone and demanded she call the maid to come right that moment. Thais being a non-confrontational lot, she made several excuses why she couldn't call before I finally forced the issue by dialing the number myself.

When the maid arrived that night, her demeanor was subservient and timid. She could see that Mina and I were already whipped into a frenzy. I started the three-way conversation using my low-grade Thai. Within seconds I had to physically separate the two. I've seen Thai girls fight before. You can't let them get close enough to grab each other's hair or you'll never stop the carnage. We repeated this angry dance several times ... me asking questions ... Mina and the maid answering simultaneously ... the exchange becoming overheated ... me playing referee.

Slowly I started to understand. The recently divorced maid had taken on housekeeping as a profession to make ends meet. She had never been a maid before. When she saw the lifestyle enjoyed by myself and Mina, she set her mind to getting a foreign boyfriend of her own. Unfortunately for her, she made mention of her new direction while drunk and in the presence of several ladies who work for Mina's company. And, she didn't just say she would get a rich foreign boyfriend ... she said she would get me! According to Mina, she had told anyone within earshot that Mina didn't take care of me like she would and it would be easy to steal me away.

Naturally, the combination of a territorial intrusion and the loss of face with her peers sent my princess over the edge. So, she fired the maid and came home to kick me a few times - just in case I was guilty of something. While I understood, it still stung as I was being battered for something I had no part in. I was living a nice comfortable existence with my beautiful Thai girlfriend in my condo by the sea. Then in a flash I was being accused and abused. The maid denied she was guilty of any chicanery. My delicate princess called her a liar and a whore. Finally I grew a spine and took action.

I cut off the heated exchange in mid-accusation. I dismissed the maid very politely, collected her key and thanked her for her time. Mina gloated over her apparent victory. As the maid walked to the lift Mina couldn't resist releasing one last burst of insulting threats down the corridor. Both in Thai and in English (I suppose for my benefit) she screamed, "You come back I give you durian face!" (For those who are unfamiliar with durian ... it is a fruit that looks like a rugby ball covered in pyramid shaped spikes. To be sure, getting a durian slammed into your face would be no fun.) I never thought about my princess the same way again. And, I seriously doubt Mina has ever thought about me the same way either. I explained to her that this kind of domestic drama is not what I moved to Thailand for. That night I continued to help her pack and sent her to her sister's house. We didn't speak for three months.

It was certainly lonely, but at least I had regained control over my domicile. The whole ordeal with the maid had uncovered a smoldering power struggle I had not seen before. And to be accused and summarily not believed was something I just couldn't get over. She wouldn't apologize (not in the Thai DNA). And she wouldn't say she believed me.

So, there I sat, alone on the balcony of my beautiful seaside condo thinking about it. Through no fault of my own, I suddenly had no girlfriend. **And once again, no maid!**



# 35 years of success

by Derek Franklin



1984 the Pattaya Vocational School for People with Disabilities opened with four students and one course, Computer Science. Three years later an Electronic Repair course was added and the number of students increased each year after that.

2001 saw the introduction of a Business English course to attract more female students, and in 2018 the Ministry of Education upgraded the school and it was renamed the Technological College for People with Disabilities.

To encourage more young disabled adults to study, the school and the college introduced several new courses, mainly for those who have none or very little prior education, teaching an elementary education: reading and writing, maths and basic English.

Many young people living with a disability throughout Thailand often lead very sheltered lives, over protected by close family, never encouraged to go to school or try to live independently. Most arrive at the college believing that they cannot do much. They have been told all their lives that they can't go to school, can't work, can't play sport, can't do anything, so the best thing is to stay at home and do nothing. However, coming to Pattaya they soon learn that they can learn, play sport and do most things that the non-disabled can do. Since opening the school more than three thousand five hundred young adults living with a disability have been accepted to study. They have been given a choice of courses to study which will gain them not only an education and new skills, but also confidence and self-esteem.

Each year in early December, a graduation ceremony takes place. It is a ceremony that most students never thought they would attend, a ceremony that shows the world that people with disabilities can study, and just like non-disabled students are employable. As the students gather, one by one their name is called and they make their way forward to collect their graduation certificate. Not only is their name called, but also the course that they completed and their place of work. Of 36 graduates this year, 100% have found work, employment where they are treated as equals, as they should be and four graduates have been selected to play sport for Thailand.

Many also gain new friends, a social life. Some marry and start a family, but to people back home they are still the disabled person who can't do much. Now they can do whatever they want to do, and become the person they want to be. More information can be found at [www.fr-ray.org](http://www.fr-ray.org) or email [info@fr-ray.org](mailto:info@fr-ray.org)







# 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](mailto:pattayatrader@pattayatrader.com)

## Train Travel

You can book tickets in advance check prices and timetables online via [railway.co.th](http://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](http://royalferrygroup.com)



## NEED A RELIABLE SERVICE FROM PATTAYA TO BKK SUVARNABHUMI AIRPORT ?



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## 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



|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| 5 |   |   | 2 |   |   |   | 6 |
|   | 8 | 2 |   | 9 | 7 | 4 |   |
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|   | 6 |   |   | 4 | 8 |   |   |
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|   |   |   |   | 7 |   |   |   |
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|   |   |   |   |   | 2 |   | 6 |
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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](http://www.youtube.com/PattayaTrader)



## 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

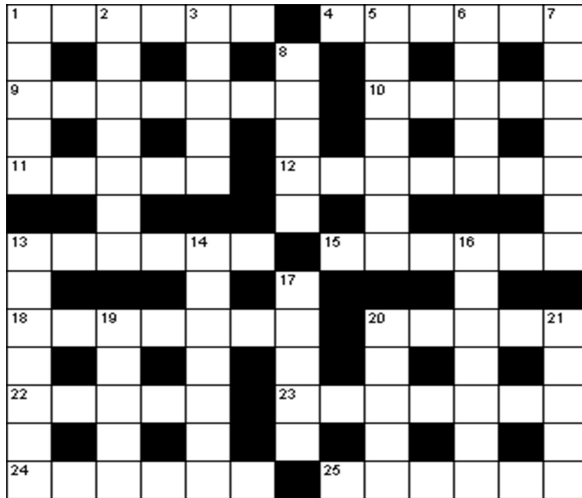
Water Works Banglamung  
Phone 0-3822-1463  
Water Works Pattaya  
Phone 0-3822-2462/5

### WASTE DISPOSAL

Garbage Collection  
Phone 0-3842-9494



# TRADER X WORD JANUARY 2020

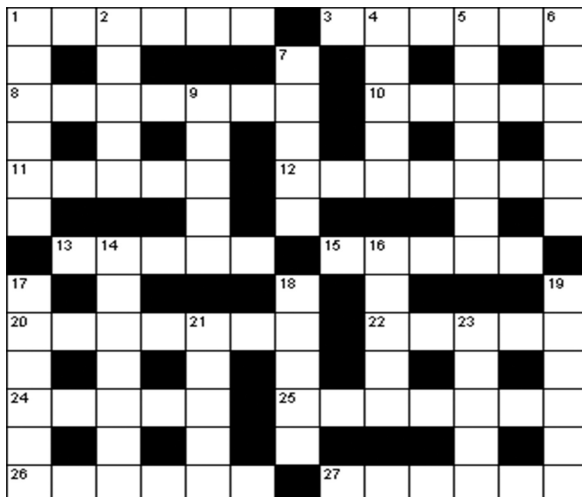


## Across

1. Plaid (6)
4. Inveigle (6)
9. Plane figure with straight sides (7)
10. Publish (5)
11. Creep (5)
12. Plant with prickly-edged leaves (7)
13. Schedule (6)
15. Despot (6)
18. Producing a sensation of touch (7)
20. Investigation (5)
22. Performed (5)
23. Gathered together in large numbers (7)
24. Objective (6)
25. Formal proposal to buy (6)

## Down

1. Subject (5)
2. Let go (7)
3. Investor in theatrical production (5)
5. Nimbleness (7)
6. Beginning or early stages (5)
7. Best environment for a plant or animal (7)
8. Become one (5)
13. Draw in (7)
14. Diminish (7)
16. Kept away from (7)
17. Impart skills or knowledge (5)
19. Supply food ready to eat (5)
20. Provide evidence for (5)
21. Type of duck (5)



## ACROSS

1. Knowledgeable person in a particular field (6)
3. Receive something offered (6)
8. Circuitous (7)
10. Luxury craft (5)
11. Prominent (5)
12. Out of the ordinary (7)
13. In front (5)
15. Felt pain (5)
20. Frequent patron (7)
22. Mindful (5)
24. Once more (5)
25. Imbue (7)
26. Firstborn (6)
27. Request for a sum of money (6)

## DOWN

1. Oar (6)
2. Not at any time (5)
4. Aquatic South American rodent (5)
5. Leave out (7)
6. Aggregates (6)
7. Progeny (5)
9. Last letter of the Greek alphabet (5)
14. Emaciated (7)
16. Item of furniture (5)
17. Colonnade (6)
18. Juicy fruit (5)
19. Breakfast food (6)
21. Parts of a chain (5)
23. Die away (5)

## ALCOHOL PURCHASE RULES AND REGULATIONS

You must be aware that in Thailand there are some strict rules regulating the times that convenience stores and other large shops can sell alcohol. This can ruin a good night out so it's good to know the times – and workarounds!

The overall rule is that alcoholic beverages can only be sold during the hours of **11:00 – 14:00 & 17:00 – 00:00 (midnight) every** day at stores and supermarkets. These times were introduced by the Prime Minister's Office in 2015 and apply countrywide. There used to be an allowance for wholesale purchases of 10 litres or more but this has been abolished now.

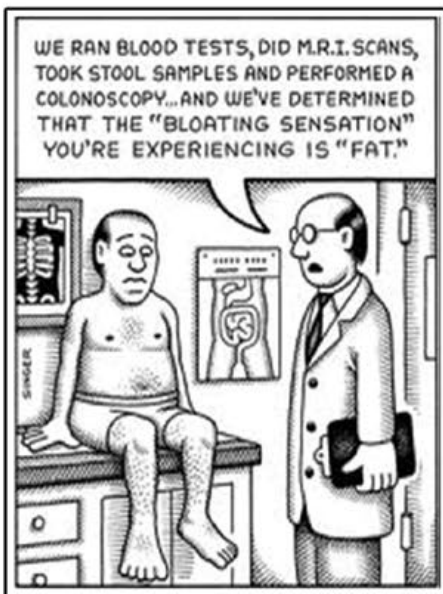
- Alcohol can be sold other times at international airport terminals and entertainment venues that have been legally registered. -

7-11, Tesco, Family Mart – are less likely to sell you a drink outside of the strict hours.

# SOLUTIONS ARE ON PAGE 60



# YOU'RE HAVING A LAUGH !





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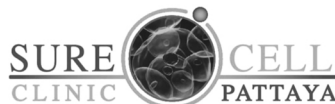
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# SOLUTIONS

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