

Issue 231 FEB 2020

# PATTAYA TRADER

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ศาลาเอนก  
ELLA PAVILION



is Waiting For You

Sun Sabella Classical Thai Restaurant  
Moo 10, Thappraya Rd, Pattaya Tel: 038 251 687

# WE LOVE SUN SABELLA OPENING THIS MONTH!

photos by Carey Peck



From Thappraya Road at the junction with Pratumnak if you drive into the turning that leads to the much loved Sugar Hut, immediately on the right you will find Sun Sabella. Alternatively, if you are on foot you can stroll in through the impressive palatial doors and enter straight into the heart of this marvellous resort.

**Sun Sabella is what Pattaya has been waiting for.**

Set amongst lush green trees, this collection of beautiful buildings encompasses teak pavilions, restaurants, the Nin & Co patisserie, a purpose built jazz pit, cocktail bar, stunning water feature (very worth seeing by night) and some charming traditional Thai memorabilia.

Sun Sabella has been named in honour of the owner's parents who were Dr Samak and Dr Isabella McKinnon Robertson. They met whilst both were studying medicine at Edinburgh University and you can see the cherished memory of both in the signs at the traditional teak pavilions.

**At these beautiful pavilions you can enjoy some of the most authentic Thai food to be found in the country.**

In fact these same pavilions were dismantled from their former location at PIC Kitchen in Pattaya Soi 5 and then amazingly reassembled at their new home within the grounds of the Sugar Hut resort. Once Dr Sunya had decided on this move, his sister Marisa suggested they coin a new name for the complex in memory of their parents.

Dr Samak and Dr Isabella (affectionately known to all as Ella) were therefore joined in the name 'SABELLA' with "SUN" added for Dr. Sunya giving the new name 'SUN SABELLA'



As well as the mouth watering Thai dishes available at Sun Sabella, there is food and drink available for any budget. This can be enjoyed whilst sitting at the available seating outside, inside on more "Western style" dining tables and chairs or in this charming, traditional Thai style area.





## Nin & Co Patisserie comes to Pattaya

Keeping the family tradition Dr Sunya's beautiful daughter Yanin - affectionately known as Nin, brings her passion for food from Bangkok to Pattaya. This extends to the wonderful cakes she personally concocts with delicate design and beautiful embellishment. If you have a very special occasion and want something custom made her creations really are works of art. Take a look at the ninandcobake Instagram for examples

*"If music be the food of love play on"*



In the words of the immortal bard with all this mouth watering food to select from there must also be music and the Jazz Pit has that a plenty With not only Thomas, the resident guitarist but a whole host of visiting guest performers of world class standing who will be dropping in to entertain us with there live music. Its worth keeping up to date with who's playing and what's on offer by liking the Sun Sabella Facebook page

@SunSabellaClassicalThaiRestaurant

Sun Sabella really is an oasis of calm on Thappraya Road where you can enjoy delicious food, great music and traditional Thai culture.



Sun rise or Sun set Sun Sabella is the place you've been waiting for in Pattaya.

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## Hi Everybody!

This Valentine month we've decided to give a shout out to all the things we love here in Pattaya. After all at this time of Coronavirus (see pages 32 & 33) and general doom and despondency, it's good to share the love and hopefully all feel a bit better about the approaching 4 weeks.

So what do we love? Well we love Sun Sabella opening at the end of February which will be a really unique destination right here in Pattaya and well worth a visit to Thapraya Road.

We also love celebrating Valentine's, not just with a loved one but with our friends at a girl's night out for example at the Centara Grand Phratamnak. Or even loving ourselves with a bit of pampering at the stunning Royal Cliff Grand Hotel and Spa or by visiting the very talented Dr Waraporn and her team at Pattaya International Hospital.

We love Burapa Bike Week, a truly international event with loads to see throughout the day right into the night and we love the Oscars!

So hopefully you find something within our pages to love and cheer you up throughout February.

Wishing you lots of love

Gloria  
pattaya.trader@pattayatrader.com



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# FORTHCOMING EVENTS

**1-9 FEB 2020**



## 15TH PATTAYA BEACH FOOTBALL CUP

Actually being held on Jomtien Beach opposite the Night Market. 10 Teams: France, Holland, Norway, Latvia, England, Finland, Ireland, Russia, China and Thailand will compete in this popular annual event.

**MON 10 FEB 2020**



## MAKHA BUCHA DAY

This is an important Buddhist Holy Day when many Thai people will wake up early to give alms to monks and also visit temples with candles in the evening. This year Makha Bucha Day falls at the weekend so Monday 10th is a substitute day and as it is a religious holiday the sale of alcohol will be banned.

**MON 10 FEB 2020**



## OSCARS

9th of February if you're in LA but here in Thailand Oscars show will be streamed on Monday morning 10th February- see our feature page 8

**13-15 FEB 2020**



## BURAPA BIKE WEEK

Bringing together bikers from all over the world the Burapa Bike week takes place at Pattaya National Park, Soi Chaiyapruet 2

# FORTHCOMING EVENTS

**FRI 14 FEB 2020**



## VALENTINE'S DAY

As Valentine's falls on a Sunday you've the whole day to show your other half you care

**SAT 22 FEB 2020**



## QUEEN'S CUP PINK POLO COMPLEX

Another marvellous event at Thai Polo & Equestrian Club on Polo drive just a few minutes drive from Siam Country Golf Club. For more information go to <https://www.thai-polo-club.com/contact>

**20 - 23 FEB 2020**



## HONDA LPGA THAILAND

Now back for its 14th year with the very best women golfers on the Professional LPGA Tour. For more information and tickets go to <https://hondalpgathailand.com/>

**23 - 24 FEB 2020**

**Sun Sabella Complex and the Jazz Pit are opening with a 2-DAYS JAZZ SPECIAL PARTY 23<sup>rd</sup>-24<sup>th</sup> February 2020 6:30PM to 10:30PM**



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**MOO 10 THAPPRAYA ROAD**

## JAZZ SPECIAL PARTY

Come watch World Class musicians at the newly opened Jazz Pit in Sun Sabella on Thappraya Road



by Rick Click

# COMING TO THE SMALL SCREEN



## Locke & Key (Season 1)

After the horrific murder of their father three siblings move to their ancestral home in Massachusetts. When exploring the house, they find magical keys that grant them different supernatural powers and abilities. However, there is a cunning demon who's after these keys. Based on the DC comic book series by Joe Hill Horror writer and son of Stephen King, coming to Netflix.



## Better Call Saul (Season 5)

The final season of this spin off prequel show from Breaking Bad, chronicling the transformation of ex-con man Jimmy McGill into the corrupt criminal lawyer Saul Goodman. The previous seasons have been a slow build up to this finale, where hopefully our patience will be rewarded. In a recent interview Bob Odenkirk stated that this is the best season so far and it will blow our minds.



## Homeland Season 8

At the end of season 7 Carrie was left in a terrible condition from her treatment as a Russian prisoner. Whilst still trying to recover from the ordeal she is recruited by Saul Berenson. Now working for a new president Saul has been assigned to negotiate peace with the Taliban. He feels Carrie's knowledge and experience of the Afghanistan to be vital in the operations success in this final season of this series.

## Recommended Series: Justified.

A crime TV series is based on a short story by Elmore Leonard called "Fire in the Hole". Set around the area of eastern Kentucky mainly the town of Harlan. Timothy Olyphant portrays tough deputy U.S. Marshal Raylan Givens. His character's approach is more in keeping with that of an Old West lawman. Having run for 6 seasons (2010-2015) is rated by Author Elmore Leonard amongst one of the best adaptations of his work. He especially liked the casting of Olyphant as Raylan whose performance was exactly what he had in mind. The show received critical acclaim and some high scores on IMDB and Rotten Tomatoes.





# WE LOVE THE ROYAL CLIFF GRAND HOTEL AND SPA



*By Gloria Jones*



Wondering what to do for a loved one this Valentine's day? Well how about giving them a treatment or even better a spa package from the Royal Cliff Grand Hotel and spa? You could even join in yourself for a couple's massage and a day to enjoy some tender loving care and relaxation.

***What does the Royal Cliff Spa possess that other spas and massage parlours simply don't?***

Well for a start there are the amazing sea views which the hotel enjoys at virtually every angle. The impressive treatment suites that include individual balconies, again benefiting from those marvellous sea views, and a host of saunas, steam rooms and jacuzzis in which to luxuriate.

Then there's my favourite spot at the Cliff Spa, the outside massage area. From this elevated height the gentle sea breezes just add to your feeling of calm. An almost zen like quality of being up amongst the clouds - well you can see them from this vista, makes the whole experience completely unforgettable.

**What a wonderful present for Valentines  
An experience for couples to share.-  
Or not necessarily.....**



At this time of love and romance why not love yourself? Have a day of pampering to help feel good about your body and sense of wellbeing. Select from the many world class treatments using products from famous skin care specialists such as the Guinot Institute of Paris, for professional facials, body scrubs, wraps and of course massages. Time spent at a spa is a fantastic way to relax and de-stress



It is well known that after a great massage you're more likely to enjoy a better sleep and the improved blood flow can help in all manner of marvelous anti-ageing ways. With improved circulation comes relief from aches and pains and it can even help with weight loss. For those of you not worried about your weight, well you can visit the spa simply for the pure joy of it and the increased happiness it brings - and who doesn't need that!

**For more information on The  
Cliff Spa go to their website:  
[cliffspathailand.com](http://cliffspathailand.com)  
Or Tel: (+66) 38 250421 Ext. 2828**



# WE LOVE THE OSCARS



## Best picture

- Ford v Ferrari
- The Irishman
- Jojo Rabbit
- Joker
- Little Women
- 1917
- Marriage Story
- Parasite
- Once Upon a Time... in Hollywood



## Best actor

- Antonio Banderas - Pain and Glory
- Leonardo DiCaprio - Once Upon a Time... in Hollywood
- Adam Driver - Marriage Story
- Joaquin Phoenix - Joker
- Jonathan Pryce - The Two Popes



## Best actress

- Cynthia Erivo - Harriet
- Scarlett Johansson - Marriage Story
- Saoirse Ronan - Little Women
- Charlize Theron - Bombshell
- Renee Zellweger - Judy

Of course there are other award ceremonies that take place before the Oscars but none quite have the gravitas of the Academy Awards. There will also be plenty of categories on the night, with everything from cinematography, production design editing visual effects etc. etc. However we are just going to concentrate on the major categories and the ones that cause the controversy with lack of diversity always being the major gripe. For example it has already been cited that there are not enough nominees of colour with Eddie Murphy most notably being snubbed and a particular moan about lack of female directors with the absence of Greta Gerwig. From this category even though her film Little Women is in the best picture nominations.

That said it is still fascinating to watch and also a good reminder of the films over the last year which if you haven't yet seen you should really seek out.

## Best director

- The Irishman - Martin Scorsese
- Joker - Todd Phillips
- 1917 - Sam Mendes
- Once Upon a Time... in Hollywood - Quentin Tarantino
- Parasite - Bong Joon-ho



## Best supporting actor

- Tom Hanks - A Beautiful Day in the Neighborhood
- Anthony Hopkins - The Two Popes
- Al Pacino - The Irishman
- Joe Pesci - The Irishman
- Brad Pitt - Once Upon a Time... in Hollywood



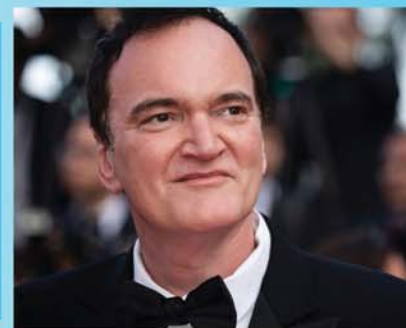
## Best supporting actress

- Kathy Bates - Richard Jewell
- Laura Dern - Marriage Story
- Scarlett Johansson - Jojo Rabbit
- Florence Pugh - Little Women
- Margot Robbie - Bombshell



## Best original screenplay

- Knives Out
- Marriage Story
- 1917
- Once Upon a Time... in Hollywood
- Parasite





# Coming Soon to The Big Screen

by Rick Click



**Sonic the Hedgehog.**  
Jim Carrey, James Marsden, Tika Sumpter and Ben Schwartz.

A live action comedy based on the Sonic the Hedgehog video game. Starring Jim Carrey as the villainous Dr. Robotnik, who wants to capture Sonic and use his powers to take over the world.



**Birds of Prey.**  
Margot Robbie, Mary Elizabeth Winstead, Rosie Perez and Ewan McGregor.

After breaking up with the Joker Harley Quinn teams up with Black Canary, Huntress and Renee Montoya to rescue a young girl from evil crime lord the Black Mask.



**Peter Rabbit 2: The Runaway.**  
Rose Byrne Domhnall Gleeson Daisy Ridley Margot Robbie James Corden

Peter can't get rid of his mischievous reputation, frustrated he leaves the garden to explore the outside world



**The Invisible Man.**  
Elisabeth Moss, Storm Reid, Oliver Jackson-Cohen

Having recently escaped an abusive relationship to a brilliant scientist Cecilia is informed that he has committed suicide. When hunted by an invisible presence she starts to doubt her sanity and suspect the suicide was a hoax.



**Bloodshot.**  
Sam Heughan, Eiza González, Vin Diesel

Deceased elite soldier Ray Garrison brought back by a team of scientists and given superpowers with enhanced nanotechnology. After remembering that his wife was murdered he breaks out and seeks his revenge.



**The call of the wild.**  
Karen Gillan, Harrison Ford, Bradley Whitford

Set in the 1890s Yukon during the Gold Rush Buck a domesticated dog's life is turned upside down when he is stolen then transported to Alaska and sold to a dog sled team. Adapted from the Jack London classic.



**The King's Man**  
Gemma Arterton, Matthew Goode, Aaron Taylor-Johnson

When history's worst villains join together to start a war one agent is sent to stop them. Origin story of the first independent intelligence agency a prequel to the Kingsman film series



**Fantasy Island**  
Maggie Q, Lucy Hale, Michael Rooker, Michael Pena, Kim Coates, and Jimmy O. Yang

Mr Roarke makes his lucky guests dreams come true when they visit his remote tropical island, but their fantasies turn into nightmares in this horror adaptation of the 70's TV show.

PATTAYA SOUL CLUB PRESENTS

# SOULED OUT

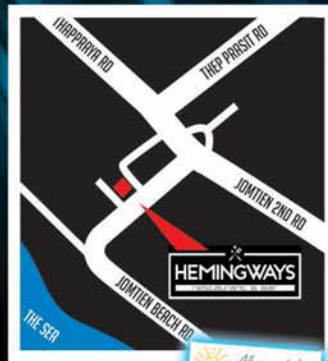


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# THE ROYAL VARUNA YACHT CLUB GRACING PATTAYA FOR OVER 60 YEARS!



*His Majesty the King in his OK TH 27*

The Varuna Marine club was officially opened during the weekend of the 15th-16th February 1958. I can only hazard a guess as to how different the surrounding area looked back then, 62 years ago when Pattaya was virtually nothing but a sleepy little fishing village.

To this quiet, coastal spot came a watersports club that was to encompass: sailing, motorboating, water skiing and fishing with some pretty impressive members namely Prince Bhisatej the club's first Captain of Sailing and its first Chairman Walter Meyer. Just six months prior to this Walter and his committee had created the club. It had originally been intended as an extension of the Royal Bangkok Sports Club but quickly became an entity in its own right with a dormitory for members' accommodation and an entrance fee of just 250 Baht.

Back then the club's headquarters was situated in a wooden house on the beach in South Pattaya actually moving to its current location, in Pratumnak on 14 September 1968. That was when the club's royal patron his Majesty King Bhumibol Adulyadej officially opened the now Royal Varuna Yacht Club

King Bhumibol continued to take an active interest in the club for many years. His Majesty and eldest daughter Princess Ubolratana both being extremely proficient sailors. They even won gold medals, finishing equal first whilst racing OK dinghies in the Fourth SouthEast Asian Peninsular games, (now known as the Southeast Asian Games). In fact the King was later bestowed the Insignia of the Olympic order by the International Olympic Committee in recognition of his prowess as a dinghy sailor and his contribution to the sport in general. His love for sailing extended to building the King's Enterprise the "Rajpatan" and also his own OK dinghy.



*The First Club House*



*His Majesty the King receiving a gold medal from Her Majesty Queen*



*His Majesty working on the OK dinghy*

The current King Maha Vajiralongkorn was also a visitor to the club and back in 1964 whilst the Crown Prince, he awarded Bill Gasson the first National Championship prize. The Royal Family would often visit the club, sometimes with honoured guests such as Denmark's Queen Margrethe II, who back then was Princess Margrethe and also the U.K.'s Prince Phillip (Duke of Edinburgh). It was after enjoying the hospitality of the royal family with a wonderful day's sailing and a race to Koh Larn where they all enjoyed a picnic on the beach, that Prince Philip gifted King Bhumibol a Tornado Catamaran.

The royal patronage of the club is something the Royal Varuna Yacht Club is extremely proud of as well as its long standing history in Pattaya.. This article just contains a brief glimpse of the many interesting photographs around the club house.

We shall be looking at them in further detail in the next few editions of The Pattaya Trader but in the meantime why don't you go along to Cozy Beach and have a look at these and also the very interesting memorabilia to be found there.

With thanks to The Royal Varuna Yacht Club for all photographs provided..



*The First National Championship prize awarded to Bill Gasson by HRH the Crown Prince*



**ROYAL VARUNA YACHT CLUB**  
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## *Close Hauled.*

*Definition: Winch the'hell out of everything.*

Of course Close Hauled is a sailing term meaning sailing as close to the wind as possible. However, we see it as more than this. Beyond the spectacular hide-away location, stunning clubhouse, accommodation facilities, excellent restaurant and bar, seafront pool, international level of sailing training and wide variety of yachts for hire, Royal Varuna club membership offers more...more intangible benefits like bringing together liked minded people from many walks of life, many who will remain close friends for years.

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# WE LOVE THE SKIN LASER AND COSMETIC CENTRE AT PATTAYA INTERNATIONAL HOSPITAL

By Gloria Jones



Dr Waraporn and her team at the Skin Laser and Cosmetic Centre are gentle, understanding and go to great lengths to explain what is involved in any and every treatment they have.

This is because Dr Waraporn has been at Pattaya International Hospital in Soi 4 for 20 years now and in that time has given advice and care to thousands of patients. Their needs can range from help with cases of physical deformity to general beautification and anti aging treatments.

The other great facility Dr Waraporn has to hand is a vast array of medical state-of-the-art machinery from which to select the best option for your face, or whatever she is treating. Everything from PRP to Botox, high-grade fillers and now high-intensity focused ultrasound which was something I was there to find out about.

As the doctor explained: *"We've used ultrasound in hospitals for many years. For example in pregnancy to look at the developing foetus and for visualisation of internal organs. It is safe and efficient."*

When it comes to the benefits of HIFU in Dermatology she goes on to explain that the waves are intensified so as to penetrate the skin at various levels. This helps effectively tighten and lift sagging facial features and the jawline it is also effective for raising eyebrow areas and reducing a double chin.

Dr Waraporn explains *"When we age we lose collagen and like a balloon without air, with volume loss come sagging. The HIFU machine places dots of focused Ultrasound precisely at different depths of targeted soft tissue without the need for an incision. At SMAS level it shrinks and lifts, then going deeper induces collagen remodelling until finally attacking and shrinking fat in certain problem areas such as a double chin"*.

In fact the depth reached, right down to SMAS level (which is the fascia located right above the muscle) was previously an area that could only be worked on by plastic surgeons to pull and lift when doing a surgical facelift. Obviously it is better to avoid unnecessary surgery if non invasive alternatives are available and with this new technology there is also very little downtime. Patients can come during their holiday to Pattaya or even in a lunch hour as the procedure usually takes about an hour.

Reassuringly there is no need for either general or local anaesthetic as numbing cream is all that is required, and results can be seen literally 8 minutes after with benefits of lifting and tightening of the skin continuing for the next 3 months after. Results lasting for some 12-18 months thereafter.



Dr Waraporn finishes by saying *"We usually see immediate improvement through ongoing contraction continuing over a number of months with results lasting at least a year. It is a welcome new technology for nonsurgical skin tightening and lifting"*



We care...

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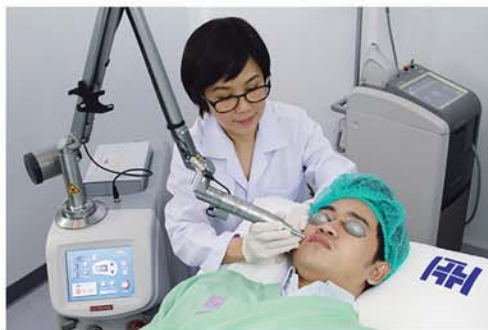
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# Most Ideal Ways to Plan Your Honeymoon

By Lirika Hart



After months of wedding preparations and long nights of panic attacks and anxiety, it is now time for the fun parts: The wedding and honeymoon after that. The honeymoon is a once in a lifetime experience your first getaway with your new husband/wife. It is that time in your life in which lavish spending and exotic parties seem most appropriate. It is, indeed, heavenly.

That being said, we must face reality: Planning and executing a perfect honeymoon isn't an easy thing to do. It is a stressful experience particularly because of the tough choices that need to be made and the huge expenditure that comes with it. Of course, you might want to save for life after the honeymoon but still visit all your dream honeymoon destinations. If you want to plan a perfect honeymoon without adding extra financial burdens to your already overburdened bank account, here are 6 ideal ways to plan your honeymoon.

## 1. Leverage a travel agent

If you are accustomed to traveling and booking hotels and transport, by all means, go ahead and do it on your own. However, if you are new to this whole traveling thing, don't push your luck unless you wouldn't mind losing money through unscrupulous travel websites. Save yourself the pain of booking hotels in a faraway land. Just hire the services of a reputable travel agent who will find the best hotel deals for you and handle all travel and accommodation logistics on your behalf. And because an agent knows where the best deals and discounts are, they will help you save a few bucks.

## 2. Find ways of cutting cost

Cutting costs is basically reconsidering your pricey preferences and opting for the most affordable options. You can, for example, choose to stay in a bed and breakfast or go camping in the woods instead of spending big on a 5-star hotel. Another way of saving is buying accommodation in a hotel or vacation rental that's within a walking distance to the main tourist attraction sights. Speaking of a vacation rental, it will help if you could cook your own food and save on your dining budget. Only restrict your outside dining to a few days for the entire honeymoon, probably during the nights that you feel like experiencing the local cuisine, culture, and environment.





### 3. Plan at least one hiking adventure

A hiking adventure in Chain Lakes Loop, for example, would be great for newlyweds. Hiking gives you the chance of experiencing nature in its rawest form while at the same time keeping fit during your honeymoon. In the Chain Lakes Loop, you will enjoy hiking the well-maintained trail that winds through meadows and heather as you enjoy the sensational beauty of blueberry bushes. If you hike here during fall, the blazing color of the season will bless your union and give you the perfect background for your romantic photo album.

### 4. Don't overdo it

The key reason why couples go for honeymoons is to relax and take stock of their past experiences together as they prepare their minds for marriage life. This is not the time to overbook or engage in every activity that comes your way. Just slow down and take everything in. Enjoy the aroma of your love without overhyping your expectations.

### 5. Plan together

We cannot emphasize this enough. As much as romantic movies make it seem cool for the groom to handle everything and surprise his bride, please don't do that. The honeymoon is such an important part of your lives to allow someone to handle everything without involving the other. Make planning a joint effort so that you can agree on the budget, preferences, places to visit, and issues like those.

### 6. Remember to budget for hidden honeymoon costs

Hidden costs will always be there whether you are planning a simple honeymoon or a luxury vacation. Airport transfers, souvenir costs, Visa charges, tips, and other unseen costs will determine whether or not you will have fun during your honeymoon. As much as you should try to fit in your original budget, it is important to include a 25-30% extra buffer.

### Conclusion

Planning is imperative for any honeymoon. The key here is to avoid overspending and ending up with unwanted debts. Starting your marriage off in debt is obviously the last thing any newlyweds would wish for. And because this is just the first of many vacations together, you may want to keep it fun but still within a manageable price range.



# Health Massage In Thailand

By Kim Waddoup



Massage is a way of life in Thailand. Parents massage their kids to relieve growing and young muscle pains, children then help their parents by massaging their aches, additionally it is also a large source of employment. There is currently no official tally of the number of massage salons in Thailand but officially estimated in excess of 10,000 shops. With, on average 4-6 staff in each, that's a lot of employment!

Thai Massage also sometimes called Thai Yoga Massage is a traditional art for of healing, combining acupressure from Indian Ayurvedic principles and stimulation of the Shen-lines (energy-lines) through assisted yoga postures.

There is now regulation for Massage Shops and Salons with quite rigid guidelines that they must observe, however at this lower end of the business spectrum many 'arrangements' are made for officials to turn a blind eye to both regulations and activities. Legitimate Massage Shops are required to display their License and the Diplomas of their staff, there are health standards as well as regulations for sanitary conditions amongst others.

To receive a Diploma a Thai must complete from 120 - 200 hours of quite intensive training that includes etiquette, alignment, positioning, techniques and anatomy. The basics of Thai Traditional massage are to eliminate fatigue, loosen tight muscles and tendons, relieve stress and pulling slack tendons into place. Other forms of massage generally available in the majority of Thai Massage shops are Oil/Aromatherapy, Foot Massage, Back and Shoulders and Head Massage.

There are many massage schools around Thailand and many welcome Foreigners who wish to learn. Some of the schools are linked to the major massage chains but the most prominent are located at some Temples of which Wat Pho in Bangkok is the most famous.

In a legitimate massage shop, the staff work for 50% of the cost of the massage and their tips. In some areas the cost of a 1-hour massage does not exceed THB.200 and the lady will only receive half of this, so please consider the quality of the massage and tip well. If you are satisfied a tip if THB.100 is generally the norm. The staff are not really paid well, but they are able to live in the shop and use the beds when the last of the clients have left. It is hard work for small pay!

Most shops offer Foot Massage in a range of super comfortable lounge chairs. After a few minutes of having your feet gently manipulated, the challenge is not to fall asleep. These massages are relaxing and good for one health. The majority are just a foot massage with aspects of reflexology, so if you are looking for professional foot reflexology you should research for a spa that can offer this.



The most popular is Thai Traditional Massage. As you enter you are provided with a shirt and pantaloons (wide cotton shorts). The strings should be at the back when you put them on and tied around your waist, at the front! Most Thai Massages take place on a thin mattress on the floor. Whilst curtains protect your modesty when you are changing, these are generally open during the massage. Traditional Thai Massage combines stretching and re-alignment of your ligaments and muscles. It is relaxing and invigorating with your therapist making close contact with your body during the treatment.

Oil Massage is also very popular. Generally, oil massage is made with you wearing no clothing to stop the oil staining your underwear. Some salons will provide you with a disposable bikini bottom but not all. Don't worry about modesty the staff have seen everything before! Massages, especially Traditional Thai massage are generally carried out in large rooms, whilst oil massage is either conducted in a private room or at least with the curtains drawn.

So far, I have written about legitimate massage for relief or stress and aches and pains. In a relatively carefree society more intimate massages have become readily available. There are the Soapy Massages that include bathing, body to body massage and much more and there are less salubrious establishments that offer 'Special' or 'Happy End' massages. If this is what you want no problem, generally look for younger, seductively attired ladies (or boys) in uniforms. Generally, the massage is at the advertised price and the 'additional' services provided by your masseuse at extra charge with the payment directly to the masseuse.

Trying to work out what you want is sometimes challenging. If you are looking for a good massage and only massage, it is vital to establish this before you enter. Some shops have a very strict 'No Sex' policy but still sometimes you will find that private parts of your anatomy being surreptitiously 'grazed' especially with an oil massage. You only have to say no and the proper massage will continue. If you are looking for an intimate massage generally the name and decoration will indicate which kind of establishment it is. However, do clarify what you are looking for and agree on the price before you proceed. Having a massage in Thailand is an essential part of your life or an enjoyable experience if you are just visiting. Lay back, relax and enjoy!

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# Dining

## WE LOVE THE CENTARA GRAND'S NEW COCKTAIL NIGHT

By Gloria Jones



For avid readers of the Pattaya Trader magazine you may well remember that we featured the Centara Grand Pratumnak on the Cover and Inside Cover Story of our July magazine last year. For those of you that missed it you can go to our website [pattayatradet.com](http://pattayatradet.com) BACK ISSUES to find it.

So it was with great delight that I went again to the beautiful rooftop location to try their new cocktail night. After all, why not enjoy this fantastic offer not only with your loved one but on a girls night out where the laughs, good times and drinks flowed freely.

**From 7.30 pm until 10.30 pm you can enjoy Free Flow Cocktails for a mere 599 baht.**

I stuck to the Margaritas as I'm a fan and they were well blended and a little sharp just as I like them. My friends who tried the Daquiris and Gin Fizz found them a bit on the sweet side but after getting the mixologist to change from juice to soda water found this a big improvement. The Cosmopolitans were universally given the thumbs up and at this amazing price there was plenty of opportunity to try many of the classic favourites on the free flow list.

The DJ: Sebag was good fun and kept the party atmosphere going. I also greatly appreciated the fact that the Centara had placed him by the swimming pool away from the main seating area. This meant that we could enjoy the still hear each other talk - and you know how we ladies love to talk!

If I have one grumble it is that the chairs at the Centara are not the comfiest although a couple of cushions behind rectified this, and all in all the location, music, drinks and pure value of the evening made for an excellent night out!



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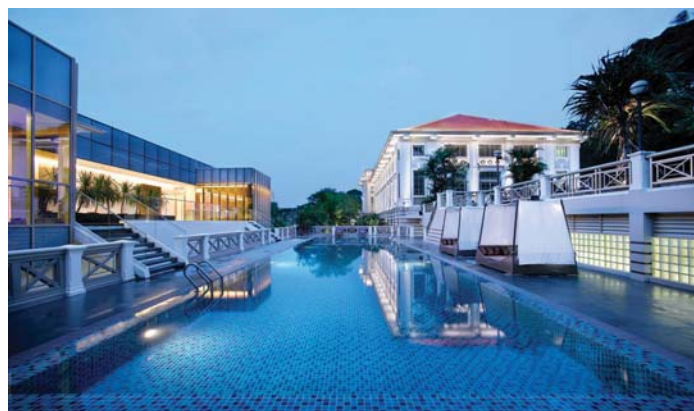


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# Top WorldHotels Wellness Destinations for a Romantic Couple's Getaway

**W**ith Valentine's Day falling on a Friday this year, replace the standard chocolates or long-stem roses with a short fairy-tale getaway. From romantic city escapades to dreamy beach retreats, hit pause, take a breather from the daily grind and embark on



an amorous yet rejuvenating trip.

## **Indulge in a mindful escape in urban Singapore.**

Surrounded by lush green foliage and exuding timeless colonial charm, Hotel Fort Canning is the perfect base for spending some quality time together in Singapore. Lovebirds can experience the "Crazy Rich Asian" lifestyle this Valentine's - indulging in retail therapy at the popular Orchard Road shopping belt, savoring the very best of culinary delicacies from fancy restaurants to authentic street eats, and feeding the mind with knowledge at the city's various racial, religious and cultural enclaves.



## **Or enjoy a romantic tropical beach retreat on the coast of Da Nang, Vietnam**

For corporate warriors who need some Vitamin Sea, the sunny coast of Da Nang, Vietnam is perfect for a weekend rendezvous. Renowned as a beach lover's paradise, the city is home to countless beaches with crystal-clear waters and soft powdery sand. Furama Resort Danang offers the ultimate Valentine's Day retreat with their Honeymoon package. experience the magical underwater world at the Cham Islands, a beautiful spot off the Vietnamese coast teeming with marine life as well as diving and snorkeling

activities as a couple.

## **Embark on an extraordinary wellness journey in**



## **Seoul, South Korea.**

Discover a different side of Seoul with a wellness itinerary that puts the spotlight on creating private and intimate moments for couples. Begin with a hike through Cheonggyesan Mountain on the scenic Wontegol Trail, followed by a visit to Gangnam for Korean medicinal balance spa treatments at the flagship store of a well-known Korean beauty brand. For a memorable romantic experience, couples can immerse in beautiful sunset views while strolling along the Hangang River in the evening.

## **Experience the ultimate pampering in Lugano, Switzerland**

Nothing quite like Mother Nature to rest the body and soul - say goodbye to stress and embrace the tranquil glacial lake life in Lugano, Switzerland. Couples can hike or take a funicular up Monte Bre, a small mountain considered to be the sunniest spot in Switzerland overlooking a breathtaking lake. Adventurous couples with a thirst for thrills can traverse the clear waters via a motor or pedal boat, or even try out windsurfing and water skiing. After an exciting day of activities, enjoy a relaxing spa treat at Swiss Diamond Hotel Lugano. Overlooking Lake Lugano and offering stunning views of Monte Generoso, the hotel offers a Perfect Heaven spa package for couples, which allows 3 hours in the private Spa Suite. Guests can expect to be enveloped in total relaxation as they have a couple's massage, unwind in the whirlpool tub or sauna, and sip on sparkling wine.



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# Here's why the new 2019-nCoV coronavirus a big threat on travel

By Kristin Mariano



The new strain of coronavirus, tentatively-known as the 2019-nCoV, is spreading at an alarming rate. In China, the tally jumped to 2,700 cases and the number of deaths climbed to at least 80. 12 countries recorded confirmed cases (as of end January - Ed)

The novel coronavirus, also referred to as 'Wuhan coronavirus', is a viral illness new to humans that affect the respiratory system, similar to Severe Acute Respiratory Syndrome (SARS) or the Middle East Respiratory Syndrome Coronavirus (MERS-CoV).

The virus is believed to have originated from a yet-to-be-identified animal source peddled in a seafood market in Wuhan. However, it is confirmed that the disease can be transmitted through humans. As of 24 January 2020, the WHO (World Health Organisation) maintained that the 2019-nCoV was not a pandemic, despite the increasing number of confirmed infections reported around the world. However, without a vaccine currently available, the novel coronavirus is causing panic worldwide.

## How the virus affects travel

In an attempt to contain the virus, 15 cities are now in formal lockdown, affecting more than 57 million people. All 15 of the cities are in Hubei Province, central China. The lockdown closes the main arteries to and from the cities, paralysing road, rail and air travel. Tourism of several countries is affected by the virus. Wuhan, the epicentre of the outbreak, is an important transport and industrial hub for China. Known as the "thoroughfare of China," restrictions on its transport links will have a major impact on China's economy.

China is also getting a bad rap because of the virus with many cities with confirmed cases. Other countries are also on the move in preventing the virus from entering or spreading in their territories. In the Philippines, nearly 500 tourists from Wuhan that arrived in Kalibo, Aklan this weekend were sent home after the country has suspended all flights to and from Wuhan. Meanwhile, Malaysians are petitioning the ban of Chinese tourists to prevent the entry of the new coronavirus. Thailand is also considering a ban on Chinese tourists even though this will put a dent on its tourism industry.

Confirmed cases of the coronavirus have been reported in Australia, US, Vietnam, Thailand, Hong Kong, Japan, South Korea, Macau, Singapore, Malaysia, Nepal and Taiwan that may affect their tourism if the virus continues to spread. The timing could not be any worse for Hong Kong and Australia, both with confirmed cases of coronavirus. The two countries are both recovering from recent events that greatly affected their tourism industries. Some attractions like the Disneyland in Hong Kong and Shanghai are closed until further notice. HK's Disneyland has not recovered yet from its losses brought about by democratic protests that paralysed HK's travel sector.



# 5 things travellers should do in the midst of coronavirus outbreak

By Kristin Mariano



Right now the 2019-nCoV coronavirus is the biggest threat in the travel industry affecting various sectors such as transportation, aviation, tourism, attractions and tours.

The fear of contagion inhibits our mobility.

If travel is inevitable, here are the five things that travellers should do while the new 2019-nCoV coronavirus is still spreading worldwide.

## Limit travel

It is important to limit non-essential travel to cities and countries with confirmed cases of the coronavirus as much as possible. Some travellers to Wuhan and other cities in China were trapped when the local authorities put the cities in lockdown. Moreover, travellers from Wuhan, the epicentre of the outbreak, were screened in most airports; so to avoid inconvenience, it is better to put off any travel.

## Avoid contact with infected persons

If travelling to cities with confirmed cases is inevitable, avoid contact with infected persons like avoiding contact showing symptoms of the viral illness. However, there are some cases that the incubation period takes days, so it is a must that travellers protect themselves by taking certain precautions such as frequent hand washing, wearing a face mask in public areas, and strengthening one's immune system.

## Seek medical attention

Seek immediate medical attention if you display any symptoms like fever, diarrhoea, shortness of breath and coughing. Checking yourself in hospital is of vital importance due to the lack of available vaccine and will also help prevent the disease from spreading.

## Ask for travel risk intelligence

Corporate travellers should request that your employer provides you with appropriate travel risk intelligence in real-time to keep you safe during your travel. At this age, information is essential in battling this health risk.

## Be secured

Travellers must be secured and should get travel insurance for any unforeseen hospitalisation or if they need repatriation in case of a lockdown.

According to The Thaiger.....In Thailand, the Public Health Minister Anutin Charnvirakul has said that the Ministry is coordinating with the World Health Organisation to keep up-to-date with the evolution of the virus in China, as well as the cases in Thailand involving Chinese visitors.

He added that Thailand "had been through similar crises before and is making use of the experience", with updated technology and tracking to suit the current situation.

Apart from screenings at all international airports, Chinese nationals entering Thailand over the Cambodian border point in Aranyaprathet district are also being given thermal health scans for signs of the coronavirus.



# GAME RELEASES



## **Ori and the Will of the Wisps.**

A Microsoft exclusive for the white guardian spirit know as Ori and will look amazing if you have 4k and UHD. In this new adventure Ori journeys to discover what lies beyond the forest of Nibel. Gameplay is inspired by Metroid series, so as you progress you will need to find abilities to access new areas.

Auto saving has been implemented this time around instead of the soul link system from the previous game. A really stunning platform puzzle game, sequel to 2015s Ori and the Blind Forest.



## **Dreams.**

You may recall a charming game on the Ps3 called "Little Big Planet". Now the same developers are back with their new game creation system for the Ps4. Controlling your very own imp, you have to manipulate objects to progress through the levels. Each dream presents a different puzzle to solve and objects to find which can then be used elsewhere. However, unlike a regular game the emphasis is more on creativity. Either on your own or with friends you can build your own Dreams. Once satisfied you can then share them with the rest of the world, or play what other have created. Endless possibilities.



## **Beyond Blue**

After winning a BAFTA E-line media were soon contacted by the BBC offering to share their footage and research from the Blue Planet series. So on the surface this resembles other undersea games but with more depth. You explore the Ocean through the eyes of Mirai an explorer and researcher. Set in the near future she has access to all the latest technology. A rebreather means there is no danger of drowning, and drones can be sent into dangerous areas to keep things mellow. At different points along the narrative you have to make decisions that will affect the fate of sea life. A beautiful, immersive game that will relax you and also educate.

# We Love Burapa Bike Week



This year's BURAPA BIKEWEEK will be on February 13,14,15 2020. The event has grown from a gathering of 200 or so bikers who decided to come together for an annual meeting, to a truly, international festival that now attracts over 100,000 visitors. In fact it is now the 3rd largest motorcycle party in the world with visitors coming from many countries and various clubs.

There is plenty of food and entertainment and many interesting vendors offering everything from motorcycle parts and gear, to jewellery,stickers, patches, clothing, and leather goods. Even an American car section where old hot rods and other cool cars are on display.



Burapa Bike Week really has a cool festival feel from day to night with the added bonus of raising large amounts of money for various kids charities. BURAPA mc alongside their 2 unions here in Thailand promote PEACE AND LOVE between biker clubs and every year they also feature Battle Stunts. Classic bike stage is where the younger generation of Thais party and mix and the old teach the young how to behave. No drugs is the rule and everyone who attends is invited to unite in a friendly peaceful manner and enjoy themselves.

Bike culture is very popular in Thailand so Burapa Bike Week is a greatly anticipated event that draws large crowds, yet there is still plenty of room to wander and plenty to look at. From Harley Davidsons with their polished chrome to unique custom bikes put together with Thai ingenuity. Some with buffalo skulls attached to their fronts, others with sound systems literally bigger than the bikes themselves, complete with LED light displays and accessories of every type. Entry is Free and there is great food and music and something for everyone from hairdressers to portrait painters and the best cowboys and Indians shows.



# New Nordic Pattaya Amateur Golf

by Jeff Wylie



**A Flt Winner -  
Olli-Pekka Suominen**



**B Flt Winner - Rene Thaurer**



**C Flight Winner - SK Kwok**



**Ladies Winner -  
Butsaya Heiskanen**



**Low Gross Winner - Rich Fearby**



**Overall Order of Merit Winner -  
Andy Richards**

A good field of 116 players, including 16 intrepid ladies gathered at Pleasant Valley Golf Club on the earlier than normal 18th of the month for the New Nordic PAGS Tournament Finale of 2019.

There were some outstanding scores turned in, along with some sparkling individual efforts for the technical prizes available on each hole. PAGS continued a great run with the weather, and this day was again perfect conditions for golf. The course was in moderate condition at best, with the greens although bumpy, at a decent pace, however it was a prudent call to implement lift, clean and place on the closely mown surfaces. Players were off the course's Blue markers for the majority of the round, so good scores were hard earned.

The MVP on this day was hard to distinguish, with several outstanding stableford scores recorded in the tournament. The day's best score of 43 points, unusually came from the A Flight 0 – 14, Olli-Pekka Suominen (14) who also picked up a technical on the Par3, 5th. Rich Fearby again showed his class with a moderate Low Gross of 76, to go with his 2 technicals on #s 2 and 3.

The Ladies winner was Butsaya Heiskanen (20) with a solid 41 points with a special mention to Nan Seekhum who picked up 2 technicals, the NTP on the Par 3, 8th and the Long Drive on # 18.

C Flight for 22+ handicappers was won by SK Kwok (24) with a strong score of 42 Points, closely followed by Aki Pitkanen (24) with 41 points, while Olle Rensburg (26) picked up 3rd spot another point behind with 40 points.

In the B flight (15 – 21) it was Rene Thaurer (16) winning with his 40 points, 1 clear of his nearest rival, to go with his Longest 1st Putt prize on #12. Ulf Bergstrom (19) signed for 39 points, while Jon Thowsen (21) was a further point behind to complete the podium for the Flight.

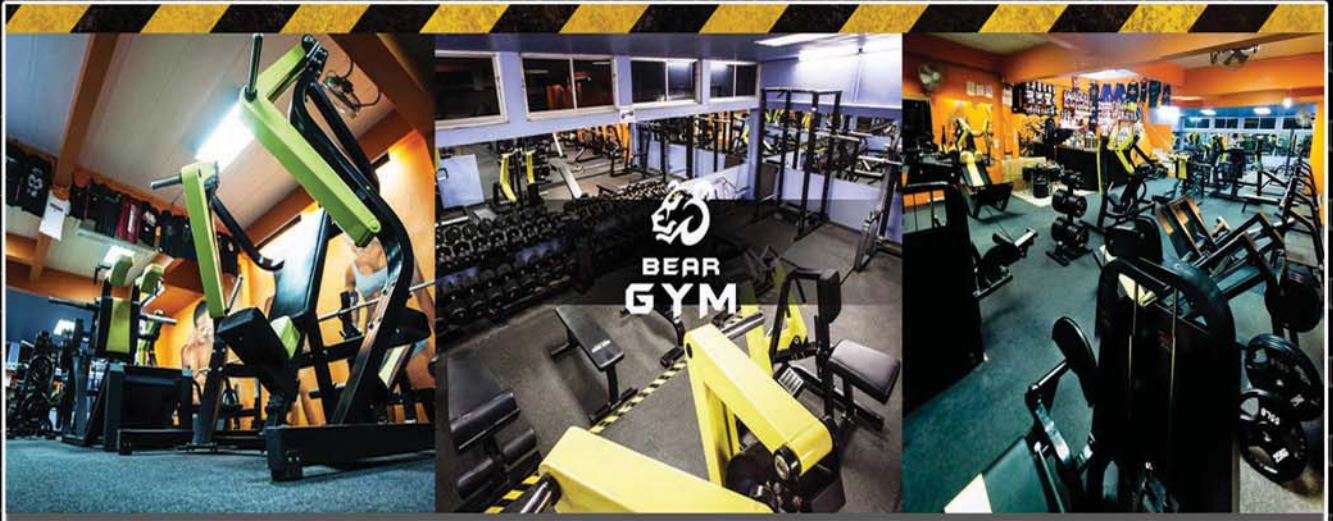
In the A flight (0 – 14), the minor placings went to Ingvar Bergman (14) with a very good 41 points, to go with his technical on #s 1 and 15. The bronze medal position required a countback, with Tommy Marshall's 19 on the back 9 good enough to edge Jari Laakonen out, after both signed for 37 points. Tommy also picking up a technical prize for his 3rd shot on the Par 5, #6.

A couple of honorable mentions also go out to multiple technical prize winners not previously mentioned, Aaron Spengler, Martin Cooke and Paul Durkan.

The Order of Merit winner was Andy Richards who won a trip to the prestigious Angkor Golf Resort, Cambodia sponsored by Angkor Golf Resort. Andy overtook year long leader Todd Fox on the last day, Todd hanging on for equal 2nd with Jari Laakonen, while with the overall prizes only going to 4th this year, Daniel Grob got the prize. Daniel, Jeff Wylie and Urs Wandeler were the only players to tee it up in all 12 events of the year.

The catering crew from Hemingways did their part, feeding the players and guests prior to the prize giving, and I am sure all were satisfied with the selection of food offered in the Buffet.

Contact Shane on 0859459689, through Facebook, or birdie.in.th for your preferred time slot.





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# Valentine's Day and Fishing

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

**I**f you want to find the perfect way to spend Valentine's Day, it might be time to grab a tackle box instead of a chocolate box. Sure, chocs and flowers are nice, but shared outdoor experiences can be the heart-shaped key to happier couples.

Think of the thrill of a new adventure, the bonding that takes place while building new skills, and the shared victory of a catch -- all examples of the positive things that happen when couples spend time on the water together.

Check out 10 good reasons why fishing is the perfect Valentine's Day date, and get some bonus ideas on how to add an extra splash of romance.

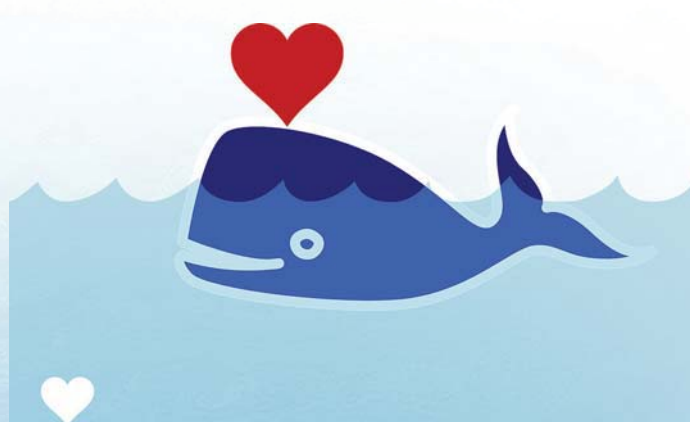
Fishing is a relaxing and affordable way to spend time together as a couple. If you live in Thailand, for example, you can plan a cosy couple's day at a fishing park (don't forget the chocolates might melt). Or, plan an experiential fishing scavenger hunt by making a list of species you both want to catch, packing a Valentine's Day picnic lunch, and then finding a place to fish near you.

Adventures on the water create lasting bonds and memories. When you both experience the thrill of landing a new personal best fish, you are making Valentine's Day memories together that will last a lifetime.

Fishing can help ignite or re-ignite that romantic spark. In fact, the result of a surveys conducted found that half of both men and women consider it important that their significant other shows interest in outdoor activities.

You get to spend your date in comfortable, casual outdoor attire instead of dress clothes. There's no stress or pressure about what you should wear. Besides, one-third of people in a relationship actually prefer non-traditional outdoor dates, like fishing or hiking.

You have the opportunity to take in a beautiful sunset on the water. A boating or fishing date is the ideal time to stash your cell phones in lieu of spending uninterrupted time together in nature. Focus on taking in all of the magnificent sights and sounds. Be present for each other.



It's a whole lot easier to start conversations when you have plenty of fishing topics to talk about and questions to ask. Plus, when the fish are biting, it gets exciting.

You get to learn new fishing skills together, which can lead to higher levels of self-confidence and camaraderie. Coach each other through the process of rigging your baits.

When couples fish and boat together, it's just a love thing

You both get to go home after your fishing date with new fish stories, possibly a frame-worthy photo or, at the very least, a slightly exaggerated tale of the one that got away.

If your catches are within the regulations, end your fishing date by preparing a romantic fish filet dinner by candlelight (don't forget the music to make the atmosphere complete). Learn how to fillet a fish, and then find a tasty recipe that you can prepare together. Surely these reasons have you convinced that fishing is the perfect way to spend Valentine's Day. There's no better way to say, "I'm hooked on you"

***Tight Lines you HAPPY FISHING VALENTINES***



## IROVERS FOR FEBRUARY

Let's take a look at some of the sporting highlights being shown at the Irovers 24/7 sports bar in February.

### SUPERBOWL 2020



Be sure to get your seats early for one of the sporting events of the year. This year's event is being held in Miami where the Kansas City Chiefs will take on the San Francisco 49'ers. The bookmakers are saying there is nothing between the two so a close encounter looks likely. Kickoff time in Thailand is around 6.30am on Monday the 3rd so get to the bar early for some breakfast and watch one of the great sporting spectacles.

### CHAMPIONS LEAGUE

The round of 16 in the Champions League returns this month with the matches taking place on the 19th and 20th. Some great games in store with Liverpool travelling to Atletico Madrid, Chelsea at home to Bayern Munich, Barcelona travelling to Napoli and possibly the tie of the round when Manchester City go to Real Madrid. All matches on both days kickoff at 3am local time.

### PREMIER LEAGUE



Can anybody stop Liverpool? At time of writing they are 16 points clear with a game in hand over Manchester City, so it seems unlikely. More interesting is the chase for a top four place and entry in to next season's Champions League and the battle at the other end of the table to escape relegation. Highlights this month include Chelsea visiting Leicester on the 1st, Manchester City go to Spurs the day after, Chelsea host both Manchester United and Spurs at Stamford Bridge on the 18th and 22nd respectively and Liverpool beat everybody and wrap up the title! If your team are looking over their shoulder instead of upwards, a host of games affecting the relegation battle are taking place. Every Premier league game gets shown at Irovers so check the weekly updates for fixture details.

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### SIX NATIONS RUGBY UNION

The tournament starts on the first weekend of the month with Ireland at home to Scotland on Saturday the 1st and England visit France on Sunday the 2nd. Kick off times are 23.45 and 22.00 respectively. Two more rounds of matches are being played on the weekends of the 8/9th and 22/23rd of the month. Look out for our weekly schedule updates for fixture and kickoff time details.



### GOLF

A quiet month on the European tour until the WGC event in Mexico City which runs from the 20th until the 23rd of the month which is co-sanctioned by both the American and European tours. These World Golf Championship events always attract the top players but with a purse of 10,500,000 dollars that shouldn't be a surprise!

That's about it for February but don't forget this is only a few of the sporting events that will be shown at Irovers over the month. With weekly updated schedules to keep you informed, you don't have to miss anything. And if you don't see what you want, go in and ask! Irovers 24/7. All the sport, all the time.

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# HOW DOES EXERCISE HELP YOU SLEEP BETTER?

By Lirika Hart



## Cardio

Any moderate-intensity aerobic activity will do. Walking, stretching, or jogging, for example, can help you get to sleep faster and sleep for longer. Cardiovascular exercise can raise your body temperature by at least 3 degrees Celsius, meaning that your body will naturally try to cool down to its normal temperature after the exercise. That dip in temperature promotes deeper sleep.

## Yoga



Yoga involves purposeful stretching and muscle twisting. It has almost the same effect on your quality of sleep as aerobic activities. Also, practicing yoga in an open space helps you focus more on your breathing, consequently having a stress relief effect on your brain.

## Biking



Just get on the bike and cycle vigorously for at least 1.5 hours and you will magically start enjoying better sleep. The optimal time for you to engage in outdoor exercises is the morning hours. The temperatures are favorable during this time of day and it is a great way to start your day- You will be happy throughout the day, meaning that you will sleep with a clear mind at the end of the day. If you don't have time in the morning, then try exercising in the afternoon. Evening exercises are strongly discouraged as exercising stimulates the autonomic nervous system (you cannot sleep until it settles down, which might take hours).

**P**hysical activity is known to contribute to better sleep, but this isn't a conclusive argument. Many researchers have tried to look into the correlation between physical exercise and restful sleep and are convinced that everything has to do with better brain and body functioning.

It goes without saying: that exercise is the most effective fitness method for everyone and it helps you shed off excess weight that you gain with age. And because excess weight is a risk factor for sleep apnea, shedding off some of it helps you to sleep deeper and better at night.

That's without forgetting that most fat cells accumulate around the neck, causing you to snore more than you should. That disturbs everyone you live with- something you definitely don't want to do.

Stress can prompt your body to release excess cortisol (the stress hormone), which makes your sleep tiresome as opposed to restful. Cortisol also interferes with your appetite-suppressing hormone: Leptin.

When this hormone fails to function optimally, your levels of hunger surge, consequently which can make your body crave up to 300 extra calories. This added appetite causes unwanted weight gain and, in turn, lowers the quality of your sleep.

Another important fact to note is that insomnia is caused by anxiety. As exercising alleviates stress, we can therefore argue that physical exercise is a remedy for insomnia. Another popular argument is that exercise is a natural stimulator of serotonin circuits, the part of the brain that aids long-term sleep.

What Type of Exercise Should You Do for the Best Sleep  
Studies show that vigorous exercise is the way to go if you are struggling with a bad mood and poor sleep. However, mild exercises such as walking for at least an hour a day also have tremendous benefits to the quality of your sleep.

Here are a few examples of the exercises you can perform for the best, most restorative sleep:

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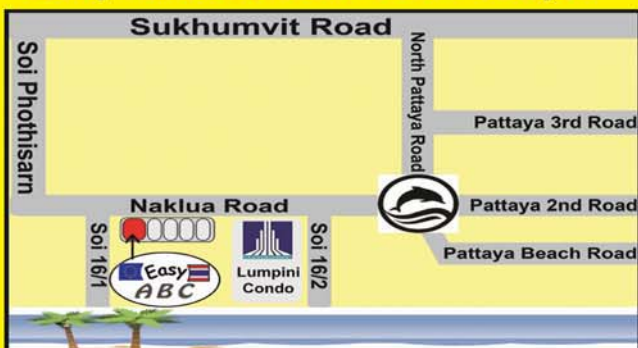


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# Travelling after Brexit

## **Brits are being assured that their travel WON'T be affected in 2020 as UK officially leaves the EU**

Research by ABTA has found that 31 per cent of Brits are still confused about how Brexit will affect their holidays now that the UK has officially left the EU and it is no longer possible to revoke Article 50. However the British media are going to great lengths to reassure Brits heading abroad this year that their travel plans won't be disrupted by Brexit explaining that until the end of 2020, the country will be in a transition period. This transition period means changes to visas, passports and flights when travelling to the EU are unlikely to happen during this period while a deal is being negotiated. Therefore holidays are safe in 2020 during the Brexit transition- and ABTA have confirmed that Brits can rest assured about their EHIC and passports being unaffected.



### **What is the current rule regarding EHICs?**

European Health Insurance Cards were introduced in 2004, protect British tourists abroad when it comes to getting basic medical care without additional costs when in an EU country. This means getting the same healthcare as citizens in that country without being charged. They will remain valid for the duration of the year. They are free of charge from the official website, but Brits are advised to still purchase travel insurance if going abroad. In an event of no-deal in 2021, EHICs could become invalid.

### **What are the current rules regarding passports?**

Passports will also remain valid in EU countries without needing an additional 15 months as was previously advised in a no-deal scenario. Instead, Brits simply have to have a passport that is in date for the duration of the trip before visiting Europe.



Mark Tanzer, ABTA Chief Executive, explained: "The UK is primed to enter a new Brexit phase from 31 January, when trade talks begin, and when it does nothing will change when it comes to travel. This means that valid passports can still be used, EHIC cards will still be valid and the same gates can be used at border checkpoints. People can continue to make their travel plans with confidence that things won't change until at least the end of 2020."

Other changes regarding visas, flights, mobile roaming or other methods of transport such as trains and cars in the EU will also not come into effect.

### **What happens at the end of 2020?**

If the UK gets to the end of the transition period - December 2020 - without a deal, then no-deal could come into force. EU chief Brexit negotiator Michel Barnier says agreement on trading relationship between Europe and UK will take longer than a year. Brits who are still worried about their holiday after Brexit can make sure their travel insurance protects them against any changes due to a no-deal.

### **Good news**

It has also been widely reported that travelling to Europe will also remain visa-free after Brexit despite previous concerns and all the confusion over Brexit has in fact resulted in many cheaper holidays.



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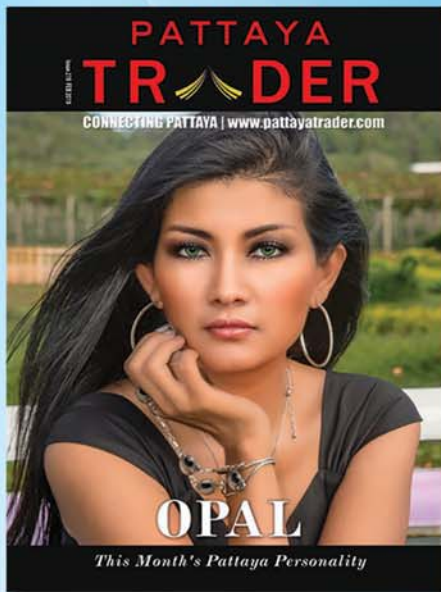
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## Marrying a Thai National

Marriage Dowry is still an integral part of modern Thai marriage customs and is considered absolutely normal. Foreign nationals intending to marry a Thai woman are also expected to honor the Thai Dowry System. Traditionally, the groom will be expected to pay a dowry or sinsod to the family, to show gratitude and to compensate them in exchange of the hands of their daughter and to prove that the groom is financially capable of taking care and supporting their daughter. There are many factors that determine how much the sinsod will be and they include the man's wealth, the value of the woman which is based on her background, her age, dependents, previous marital status, education level, job, and the status of her family in the community.

Thai marriages can be solemnized with or without an engagement or a Betrothal Ceremony in ritual manner or through court. This is when the couple formally introduces themselves to each other's family and the announcement of the terms of the dowry and the wedding date takes place. Betrothal is not valid until the man gives an engagement property to the woman called "Khongman" which shall be the property of the woman after the betrothal has taken place.

Conditions for entering into betrothal and marriage agreement

- Both parties must be at least 17 years of age
- Neither party is mentally incapacitated
- Both parties are not in blood relations by direct ascendant or descendant line
- Both do not have the same adoptive parents

- Must not be the same sex
  - Neither party has a spouse at the time of the marriage
- If the woman is a widow or is divorced, the marriage can only take place after expiry of 310 days from her husband's death or termination of the marriage. The exceptions are when:
- A child was born during this time;
  - The divorced couple are re-marrying;
  - There is a court order allowing the woman to marry;
  - There is a certificate from a doctor in a Thai hospital to state that the woman is not pregnant.

After the betrothal has taken place, if either party commits a breach of the betrothal agreement, such party shall be liable to make compensation. In case the woman commits a breach of the betrothal agreement or where there is an essential event happening to the betrothed woman that makes the marriage to the woman unsuitable, the man is entitled to renounce the betrothal agreement and the woman shall return the Khongman to the man.

In case where there is an essential event happening to the betrothed man that makes marriage to the man unsuitable, the woman is entitled to renounce the betrothal agreement and the Khongman need not to be returned to the man. If the marriage does not take place causing mainly from the woman or on account of any circumstances that makes the woman responsible for making the marriage unsuitable for the man or for making the man unable to marry that woman, the man may claim the return of the Sinsod.



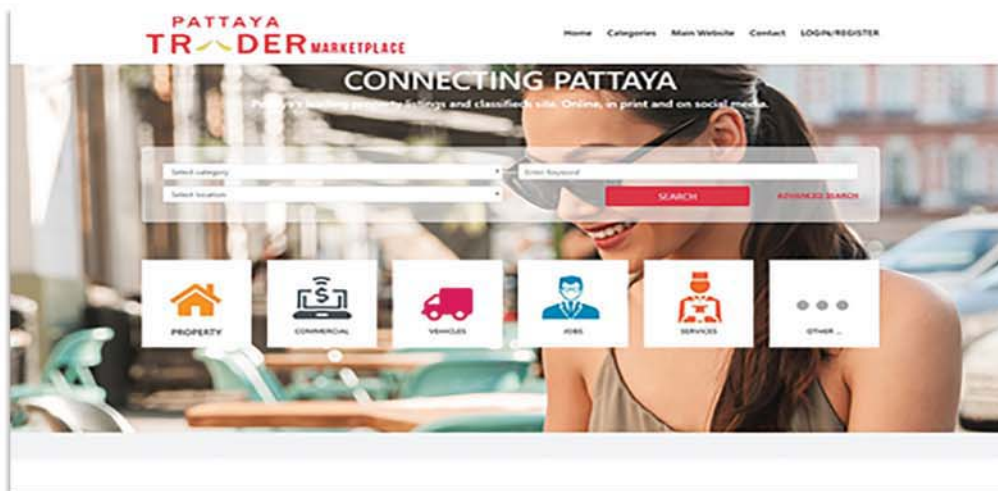
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REF:1462

pattayatrader.com VEHICLES MARKETPLACE



### **Honda City 2016 y. V model**

One owner, mileage 75 000 km only, Push start, Leather interior, USB, AUX, CD, MP3, All History Honda Centre wish Service book, 2 keys, good condition More information PM please Tax and insurance paid 2563 **Price 345,000 THB** **Mob 061-434-9300**



### **Honda Jazz, 2018. 1500cc,**

Automatic, leather interior. 12,500 kilometres. Taxed and insured. Pattaya area. Thai or English 0800-824337.



### **Mazda - CX 3, Model 2016**

Top Options, Engine 2,000 cc, one owner , 55,000 km only, good condition, pearl color. All History Mazda centre Rear view camera, leather interior TV, DVD, MP3, USB, AUX Parking sensors, Push start / stop Tax and insurance paid 2563 **Price 495,000 THB** **Mob 092-908-1301** More information pm please Line, WhatsApp



### **Yamaha Wave Runner**

supercharged FX SHO Cruiser 1800cc. One owner. Good condition. low mileage 112 h. Very strong 215 hp. Tel: +66633420809 WhatsApp



### **Givi Dolomiti Dlm30 Trekker 30 ltr topcase (17,600).**

Top rack Sr5126 (4,200), Givi M8b mounting plate (6,500). Total (28,300) Correct for Bmw g310gs, As new condition, very little use, **Sell the set for 16,500.** **call 0800952200**



### **mercedes benz 240E elegance**

year 2001 186000 km only 6 cylinders lpg since 30.000 km top condition **phone :0830675041**



### **Full Face Snorkel Set 445 or 795 baht for 2 Suitable for underwater sports.**

Soft and comfortable fit. Made of silicone for excellent facial comfort. GoPro camera attachment. Adjustable buckle. Water-tight seal which helps to maintain shape over time. Full-face design provides greater field of vision. Dry snorkel keeps water out, breath naturally. Size : 17 x 11 x 24.5 cm. **Line ID is myst025801 Phone: 092-3818394**



### **Brand new iron and hardwood writing desk with modern z shape base, 7,499 baht**

free delivery sattahip, pattaya, siricha. delivery all over thailand at cheap rates 1.5 long x 50 - 60 wide 4 cm thick, made from one piece of living edge hardwood, finished in an matt polylurathane, with 4 x 2 powdercoated oven-baked steel frame high quality, [stool and robot not included, stool extra **1,299 baht** bang saray, **0808274734**



### **Aqualung brand equipment**

Wet suit are size 8 mine is xxl. priced 5500 bht each, BC is scuba pro Rogue 9750 bht bonus knife, Hoods are small and large sizes. 400 bht each, Gloves are small and large 400 bht each, One scuba pro regulator has the compass and gauge the other just the gauge. 16750 bht and 15300 bht for the non compass. 2 x zoop computers 6900 bht each, Go pro underwater housing for hero 7 and filter 1200 bht, Carry your gear in heavy duty armor sea duffles these are strong bags with rollers. Made in USA 5250 bht each there are two. Mares underwater light EOS 3 RZ 2000 bht Contact **by WhatsApp or call 080 6520 168**

## 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

### BANK TRANSFER ITALY

Cassa di Risparmio di Bolzano – 39100 Bolzano – payable to TAKE CARE KIDS: VIA NOVACELLA 28 – 39100 BOLZANO – Iban: IT91Z0604511600000005004574 – Bic: CRBZIT2B090

### 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  
+393381661073 , +66852480194



**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



# Rotary



ROTARY  
CONNECTS  
THE WORLD



If you bought and drew on one of the Rotary Club's Red Christmas Gift bags over the festive season we thought you might like to see them being distributed.

Carl Dyson and the lovely Joy were out and about giving them to grateful children.



Help Us Help You Help Them [www.rotary-es.org](http://www.rotary-es.org)  
Facebook Rotary Club Eastern Seaboard

# End of an Era

By Derek Franklin



In the early 1990's Pattaya was one of the main destinations for children and teenagers running away from their families, their home towns and villages. Mostly escaping poverty, there were also problems with drug and alcohol and many children were victims of abuse.

In the early 1990's Pattaya was also a very popular destination for men looking to have sex with children, boys and girls.

Because of this, Father Ray Brennan opened the Home for Street Kids in Pattaya Klang, giving these street kids a place of safety, a home, stability, and after a few years he moved the boys into a brand new building five kilometers away in what was then known as the 'Dark Side'.

In 2002 a new home for girls was built, and at times there were more than two hundred children and teenagers living there. The children walked to school along a dirt track, and attended the small local temple, but as Pattaya has grown the roads have been paved, the local school has doubled in size and the small temple is now a very big temple.

The Home changed its name to the Father Ray Children's Home and over the past three decades has welcomed more than seven hundred children through its doors.

On New Year's Eve 2019 the gates of the Home closed for the very last time. The current one hundred residents packed their bags and made the three kilometer journey to the Father Ray Children's Village, located near Lake Mabprachan.

New houses have been constructed using donations that were given specifically for the use of construction; the funds could not be used for anything else. The residents will now live in small houses, no longer sleeping in huge bedrooms, or eating in a dining room almost the same size as a basketball court.

The Father Ray Foundation has always tried to move with the times, changing the way it provides care and education as new research and practices on child care is released.

**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 ?



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

## RENTING A MOTORBIKE



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

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

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

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## PATTAYA EXPATS CLUB IS MOVING!

AS OF 31ST JANUARY 2020 PATTAYA  
EXPATS CLUB IS MOVING  
BACK TO ITS FORMER LOCATION (2002)  
THE AMARI RESORT PATTAYA BEACH  
ROAD

Buffet 10am. 250 B.

At the Ballroom building opposite to the  
multi-story car parking building.



[www.pattayaexpatsclub.info](http://www.pattayaexpatsclub.info)



## 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

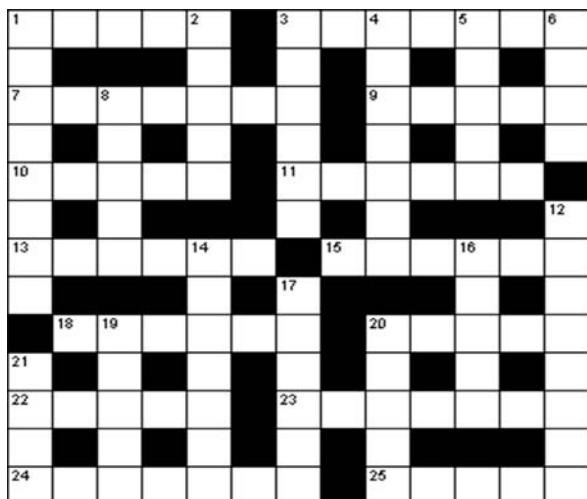
### WATER

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 FEBRUARY 2020

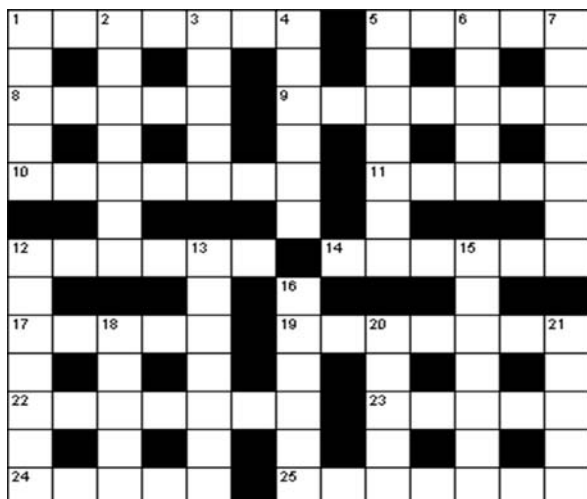


## Across

1. Large oval fruit (5)
3. Units of time (7)
7. Fished commercially (7)
9. Several music tracks issued together (5)
10. Irritated (5)
11. Birds of prey (6)
13. A business that serves other businesses (6)
15. Published (6)
18. Save from loss or danger (6)
20. Having three dimensions (5)
22. The relative magnitudes of two quantities (5)
23. Passage selected from a larger work (7)
24. School for special training (7)
25. Flowed back (5)

## Down

1. Based on traditional stories (8)
2. Lubricated (5)
3. Happening without warning (6)
4. Alterations (7)
5. Stately (5)
6. Japanese form of wrestling (4)
8. Leg joint (5)
12. Enlightened (8)
14. Violent windstorm (7)
16. An earth pigment (5)
17. Cure (6)
19. Additional (5)
20. Periodic repeated series of events (5)
21. Elaborate song for solo voice (4)



## ACROSS

1. Gallantry (7)
5. Subsequently (5)
8. Extreme happiness (5)
9. Considered unlikely (7)
10. Pills (7)
11. Paragon (5)
12. Gaped (6)
14. Concurs (6)
17. Proverb (5)
19. Recite (7)
22. Feed (7)
23. Water lily (5)
24. Frock (5)
25. Use again after processing (7)

## DOWN

1. Established custom (5)
2. Arc of refracted light (7)
3. Publish (5)
4. Humble (6)
5. Risible (7)
6. Heading (5)
7. Conundrums (7)
12. Hankered (7)
13. Foes (7)
15. Flexible (7)
16. Fix firmly (6)
18. Angle less than 90 degrees (5)
20. Something that has survived the past (5)
21. Follow (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!

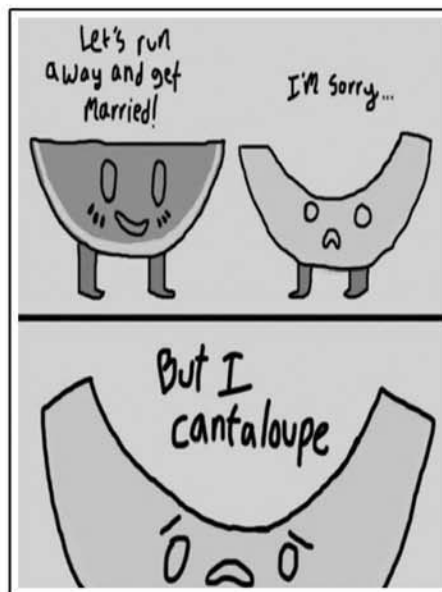
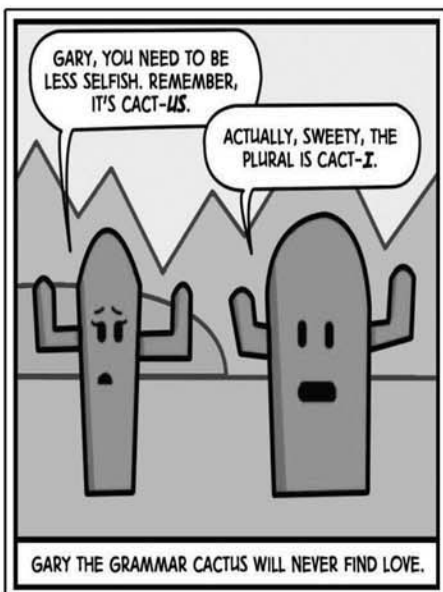
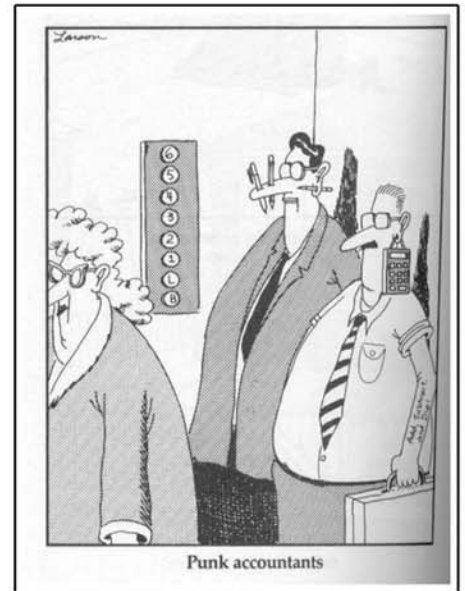
The overall rule is that alcoholic beverages can only be sold during the hours of **11:00 – 14:00 & 17:00 – 00:00 (midnight) every** day at stores and supermarkets. These times were introduced by the Prime Minister's Office in 2015 and apply countrywide. There used to be an allowance for wholesale purchases 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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## BARS AND CLUBS



Pattaya International Ladies Club

contact [presidentpilc@gmail.com](mailto:presidentpilc@gmail.com)

Rotary



[www.rotary-es.org](http://www.rotary-es.org)



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Royal Varuna Yacht Club  
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Chonburi 20150 Thailand.  
Tel: (66) 0-3825-0116  
Fax: (66) 0-3825-0115  
Email: [generalmanager@varuna.org](mailto:generalmanager@varuna.org)  
[www.varuna.org](http://www.varuna.org)



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# PATTAYA DIRECTORY 2020

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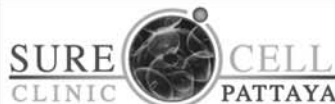
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Tel: +66 (0)38-251 952, Mobile: +66 (0)89-861 9873

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Website: www.easy-abc-th.com

Facebook: www.facebook.com/ABCschoolpattaya



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# SOLUTIONS

M	A	N	G	O		S	E	C	O	N	D	S
Y			I			U		H		O		U
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8	7	2	4	9	3	1	5	6
5	3	6	1	7	8	2	4	9
9	4	1	5	6	2	3	8	7