

Issue 233 APR 2020

PATTAYA TRADER

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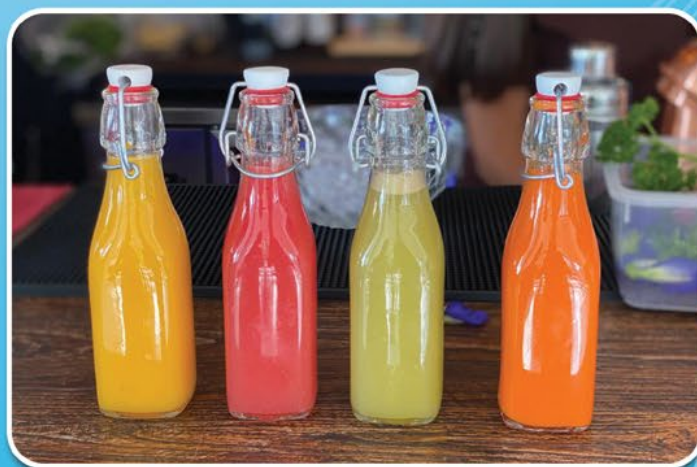
During these exceptional times "Sands Cafe" are taking all the recommended steps to keep both customers and staff healthy.

We are open for deliveries and depending on Government's instructions for a Take Away service at the Cafe.

These measures include daily checks on temperature of both customers and staff, ongoing cleaning of restaurant and food prep areas with medical grade cleaning agents

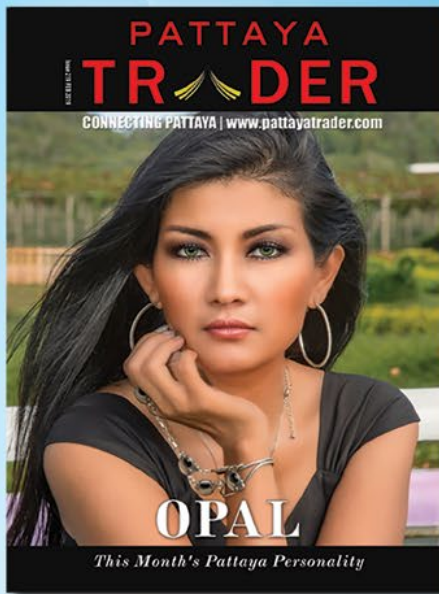
They have some really healthy, fresh and great tasting food at the beach side restaurant where you can bask in the sun to give your body some much needed extra vitamin D. For other vitamins then there's a whole range of freshly squeezed healthy juice drinks.

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0 Take Away now available from Marco's

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Dear Readers

This month's Pattaya Trader has had many revisions, our pages have constantly been changing. For example our events pages have been constantly updated as much as possible at time of going to press but we would still urge you to check our Facebook pages for daily updates just to be sure.

PattayaTrader@ptyatdr, [Pattaya Trader Group](#) and [Pattaya Trader Expat Ladies Group](#) (to my mind the postponement of the International car show to later this month seems a tad optimistic). Likewise with no cinemas operational, the Big Screen page has been extended to more Small screen options for you and our sports pages decimated by the sorry state of sports or lack of them worldwide.

The restaurants we publicise at time of going to press are currently open on the proviso that you order food and not just use them as substitute bars. However it may well be that Pattaya follows Bangkok with these outlets being open for take away trade only. Certainly some such as Marco's are being proactive and offering this service right now either via Grab food or if you phone them directly. We would urge you to please mention The Pattaya Trader when ordering your food as we would like to show them that we are trying to do our part to help these small to medium size expat businesses survive.

News on the dreaded virus is changing daily all we do know is that the tell tale symptoms are a persistent cough and fever. We must maintain really good hygiene and stay at home as much as possible. Don't forget the Pattaya Trader magazine is also available to view online at pattayatrader.com
All the best everyone - please take care.

Gloria
pattaya.trader@pattayatrader.com

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READ ONLINE





Thai Garden Resort

Pattaya • Thailand



THAI GARDEN RESORT

All Thai Garden Resort buffets are now closed

and the Trio Band will be taking a break until further notice.

However The Oasis Restaurant is currently open to serve delicious a la carte lunches and dinners

but check Facebook Thai Garden Resort@thaigardenresort and telephone 038 370 614 to keep updated

A DAY OF FUN AT THE THAI GARDEN RESORT



The Thai Garden Resort invited 40 orphans from the Tungklom Talman School for a day of fun, swimming and splashing in the 63 meters long Lagoon Pool, a delicious lunch and of course presents to take home.

During the past Festive Season, the hotel collected donations from their guests and reserved part of the tickets sales from the Christmas and New Year's Eve party to provide the orphans with items they really needed. All children were asked to make a

list of their wishes, and the hotel was able to provide most of the items from their wish list. They all went home happily with the new books, shoes, socks and toys they asked for. The Thai Garden Resort is a Travelife Gold Award holder and as part of this program, the hotel has made a strong commitment to ensure that Social Responsibility is well looked after.

It is always a great day to have the children here and watch them have a fun filled day at the Thai Garden Resort !!



FORTHCOMING EVENTS

1-5 APR 2020



BANGKOK INTERNATIONAL MOTOR SHOW AT THE IMPACT ARENA

General public day: Wednesday, April 22-Sunday, May 3, 2563 FB update Bangkok International Motor Show @BangkokMotorshow

3-4 APR 2020



PATTAYA PLAYERS PRODUCTION

Also monthly improv workshops until further notice

MON 6 APR 2020



CHAKRI DAY

This day celebrates the founding of Chakri Dynasty which dates back to more than two centuries when the capital city Bangkok was initially established.

SUN 12 APR 2020



EASTER

This year Good Friday is April 10th, Easter Sunday 12th and Easter Monday the 13th.

FORTHCOMING EVENTS

13-15 APR 2020



SONGKRAN

Officially the 13th to 15th. This year all official celebrations are cancelled. Despite the water guns still to be found in 7/11 please refrain from Songkran activities and wait for official announcement when/if it will be postponed to

13-17 APR 2020



SONGKRAN GOLF FESTIVAL

To help you make decisions about large events during the coronavirus (COVID-19) outbreak, we're sharing public health guidelines from ddc.moph.go.th.

TUE 21 APR 2020



QUEEN ELIZABETH'S BIRTHDAY

Longest Reigning monarch 94 years old and will also have an official birthday on the second Saturday June for trooping of the colour

SAT 25 APR 2020



ANZAC DAY

This is the anniversary of the Gallipoli campaign of the First World War. It marks a day of remembrance for Australian and New Zealand Army Corps soldiers who have fought and died for their country.



by Rick Click

COMING TO THE SMALL SCREEN



Killing Eve Season 3

Eve is a very clever MI5 security officer now bored with her daily desk-bound duties. Villanelle is an exceptional killer who loves all the life style that comes with her job. When these two face off it become a dangerous game of cat and mouse. This spy thriller has proved very popular and is back for a third Season with a confirmed fourth one planned. Key to its success are the performances from its two talented lead actors and the heart-pounding suspense.



The Walking Dead World Beyond (Season 1)

Set in Nebraska ten years since the Zombie apocalypse this show focuses on the first generation to have grown up in this terrifying world. Two sisters along with their friends have left a place of comfort and safety to brave dangers known and unknown. This spin off series based on the comic book series by Robert Kirkman, Tony Moor and Charlie Adlard, is the third in the Walking Dead franchise. Ten episodes are planned and only two season so it promises to tell a very distinct story.



Fargo Season 4

Set in the 1950's when immigrants from Italy travelled to cities like New York and Chicago. And during the same period African Americans moving away from the South also arrived. Both factions often fought for their own piece of the American dream. But in Kansas City, Missouri the Italian and African American criminal crime syndicates have organized a truce. In order to keep the piece each of the families have exchanged their eldest sons. Chris Rock's plays Loy Cannon head of an African-American crime family, his first dramatic role for a TV series.

Recommended Series: The Shield

This gritty American crime drama starring Michael Chiklis is loosely based on the Rampart Division police scandal and it's strike team. This experimental division of the LA Police Department is setup to deal with the fictional Farmington district known for its gang violence, drug trafficking and prostitution. Working out of a converted church they seek to keep the peace and reduce crime in the area. It's the teams controversial use of criminal methods to get results that make things interesting, with each character having their own vices, virtues and secrets. During its seven season run several top film actors have had roles in the show. Glenn Close took the female lead in the fourth season with Forest Whitaker guest-starring in the fifth and sixth. In 2002 it won a Golden Globe awards for Best Television Series Drama and best lead Actor in a Drama. The final season got a AFI Award for best TV series and you will often find it on lists of the top TV shows of all time.





by Rick Click

Staying in with the Small Screen.

Because for the time being movies are getting postponed and a trip to the Cinema seems too risky we thought it would be a good idea to stop our coming to the Big Screen feature until things change. Instead we thought more on what the little Screen has to offer might be more useful.



Homeland.

I have watched and loved every series of this great show and even every episode. The standard of acting, plot and sheer drama are enthralling. A firm favourite of ex-president Barack Obama, Ben Affleck, Prince William and Kate Middleton. Homeland centers around CIA officer Carrie Mathison brilliantly portrayed by Claire Danes. A fascinating character struggling from a bipolar condition that makes her personal life difficult. However her volatile and unpredictable nature gives her an edge when doggedly pursuing terrorists. Often recruited by her mentor Saul Berenson who takes advantage of her

abilities when stuck for answers. Season one also features also features a brilliant performance from Damian Lewis (Billions) a recently released prisoner of war, not to be missed. There are eight great Seasons to keep you occupied.



Mad Men.

Golden oldie this one started back in 2007 and ran for seven seasons or 92 episodes up until 2015 The series starts in 1960s New York at the fictional Sterling Cooper advertising agency. We see how business is conducted and learn about the lives of the employees. It's a retrospective look into the lifestyle, moods and habits of 1960s America. As time goes on the Don Drapers character played by Jon Hamm becomes the central focus. Don is a the firms hard working creative director who hides a shady past and now likes to drink, smoke and be unfaithful to his wife Elizabeth.

The series won many awards for its writing, acting, directing, visual style and authenticity. A total of 16 Emmys and five golden globes, regarded as one of the greatest shows ever.



The West Wing.

Truly some of the best television you will ever watch, if you haven't seen this you are in for a treat. Winner of three Golden Globes and 26 Emmy Awards, including award for outstanding drama series from 2000 to 2003. This is one at the top of the list for the best writing you will ever find in a television series. In fact, the Writers Guild of American ranked it 10th in its 101 Best-written TV series list. The West Wing is an American serial political drama created by Aaron Sorkin, set primarily inside the White house. It documents the fictitious Democratic

administration of Josiah Bartlet brilliantly portrayed by Martin Sheen. There are seven season with a total of 156 episodes.

THE COVID-19 VIRUS PANDEMIC -THE EXPAT VIEW FROM PATTAYA

by Steve Wade



Well here we are. The coronavirus has well and truly arrived in Thailand and won't be going anywhere anytime soon, judging by the situation in most other countries. Much like myself, most people are getting the latest information from social media, you just have to get through most of the rubbish on there and try to dig out the facts.

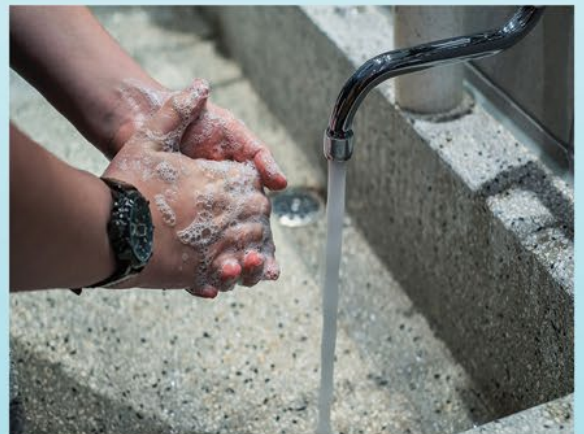
At time of going to press all bars, go-go bars, cinemas, nightclubs and gentlemen's clubs have been ordered to close, although restaurants remain open. This has led to the inevitable situation where some places along the same soi are closed whilst others who have a food licence, or purport to, remain open. There are rumours of all restaurants being closed soon except for a takeaway service, which some outlets have done voluntarily already.

It's going to be a very difficult time for an awful lot of businesses in Pattaya, which don't forget were already suffering from a slowdown before this happened. Cash-flow must be tight or non-existent for some and they face some tough months ahead. Facing even tougher times will be the Thai staff who work in their thousands all over Pattaya in the various establishments.

The mass exodus has started with the bus stations packed with the locals trying to get home to various provinces around the country before the inevitable lockdown. It's an impossible situation for many of them. They can't stay here because they can't afford to yet when they go home they're going against all the advice that's being given to contain the virus and not bring it to their elderly relatives. I for one have no idea what the answer is but I know I would want to get home if I was in a similar position and I do feel for them.

In Pattaya itself things are quiet on the streets and getting quieter every day. Most people are hopefully following the path of staying at home, having as little contact as possible and looking after themselves as best they can. I don't know what the social demographic is but having lived here for ten years I've got a fair idea. I'm at the age of being in the high risk category myself!

So whoever you are and wherever you come from, try to follow the good advice about keeping your distance, washing your hands regularly and staying home and out of harm's way as much as possible. Let's try to stay as civil as possible and spare a thought for those people on the front line who are fighting to get us through this, not just here but all over the world. And as for Pattaya? PATTAYA WILL BOUNCE BACK! Good luck everyone!





We care...

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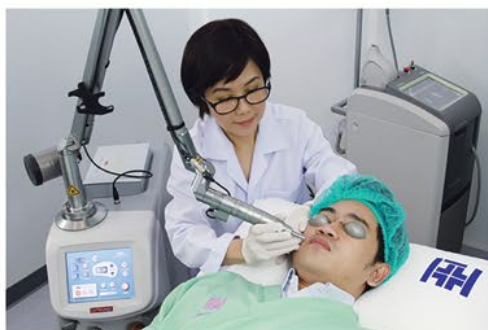
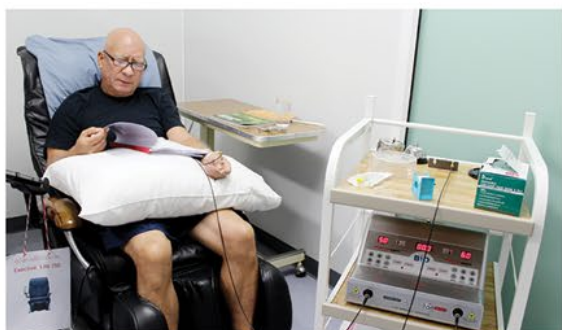
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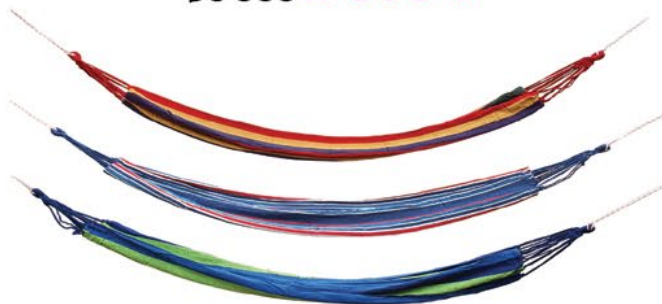
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GAME RELEASES



escape from Raccoon City. She is being hunted by a new bioweapon Nemesis sent to wipe her and the remaining team out. Along the way Jill meets Carlos Oliveira a mercenary sent by the Umbrella corporation to help any survivors of the T virus outbreak. An online multiplayer mode sets a team of four players each with their own abilities against a mastermind who lays traps and enemies to stop them.

Resident Evil 3 remake.

After the massive hit of the Resident Evil 2 remake it was only logical for Capcom to continue remaking Resident Evil 3: Nemesis. Resident Evil the original Zombie survival horror franchise, debuted on the PS1 console back in 1999. Exploring a mansion and solving puzzles whilst fighting off creeping Zombies and other nasty creatures was great fun. But the main problem with the original versions was its control system, making movement and shooting awkward. But as we saw with RE2 this has been rectified along with updated graphics, character models and thankfully some great acting. Set during the same time period as RE2 you control Jill Valentine a Former S.T.A.R.S officer trying to



Final Fantasy VII remake.

What an epic month with another old Classic getting a makeover! originally released on the PS1 back in 1997 and regarded as one of if not the best JRPG's of all time. Back then it only featured a turn based fighting system. Now we have real time action as in FFX but you still have the option to pause the game and select your action, to please fans both old and new. Interestingly the original explored the theme of stopping big corporations from polluting the planet. You play as Cloud Strife a mercenary who joins an eco-terrorist group called Avalanche. The game starts with your raid against the corrupt Shinra corporation. For some reason Square Enix has chosen to release this game in Episodic form, hopefully the price point will

reflect this, which might work out for new players to try. I guess the original was a large RPG and took around 40 hours to complete, so I think they want to take their time making it perfect. PlayStation exclusive until the 3rd of March 2021.



Predator: Hunting Grounds.

Hunt or be hunted in this new multiplayer shooter, set in a South American Jungle like the first movie. Play with up to five players' four Soldiers and one Predator. You run into plenty of A.I characters in the game so it's not just a multiplayer battle. For the humans on Fireteam you have a mission to follow where you have to fight against an infamous drug lord. This makes gameplay interesting because the player controlled Soldiers look the same as the computer controlled. As the predator you need to use your thermal vision to flag them. To make traversing the treetops easier the predator plays in third person whilst the soldiers in first. You can become invisible up there but not all the time as your abilities will use up limited

energy. Use all your deadly alien Tec to vanquish your prey and collect your gruesome trophy's. It's all here; Laser sighted Plasma Caster, wrist blades, Combi stick, small flying disc and long bow. You can choose from the Scout class, hunter class or the biggest Berserker. There will also be different classes for the Soldiers, but stick close together, work as a team and have the mini gun handy, separate and be picked off one by one.

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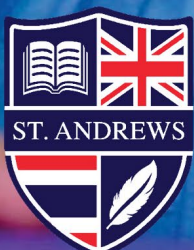
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SPRING CLEANING AT THIS TIME BEFORE YOU SELF-ISOLATE MAY BE THE BEST TIME EVER.



Certainly for the next few months ahead it would seem that we are all going to be spending more of our time at home. Therefore it makes sense to check that our environment is as pleasant as possible,

You can of course take this time to rearrange your living space to accommodate working from home or to make spending more time indoors as comfortable as it can be, but cleanliness definitely has to be your priority.

We know that personal hygiene as well as clean surfaces is a must when combating this terrible virus. So why not let the nice people at Clean4U disinfect and clean absolutely everywhere to give your place a really thorough good, scrub down.

They will get to each corner and every nook and cranny, completely cleaning your fridge, microwave and all the surfaces around your home. They can also polish your floors, dry clean carpets, take care of upholstery such as sofas, armchairs and curtains and even increase your daylight by giving the windows a real going over.

While they are with you, you might also want them to clean your motorbike or car as they now have a



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The Pattaya Trader can really recommend Clean4U either for cleaning at work or at home. Their staff are always courteous, punctual, friendly and very hygienic. They will also put everything back where they found it once they have finished although it will most definitely be much cleaner than when they arrived.



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ROBIN'S NEST



In these topsy turvy times not many things are certain, other than the fact that we have to keep ourselves as fit as possible and look after our money. Robin's Nest are helping us with both by providing healthy value for money options with their new Baht Busters Menu. Recently launched, the aim of Baht Busters is to provide delicious meals at 35% less than the regular price between the hours of 3pm-6pm

For example they have really generous salads complete with peppers, carrot, olives, onions, tomatoes, cucumber and lettuce. We tried the Tuna option which also included potatoes, eggs and 2 side dressings - French and 1,000 Island. Usually 275 baht - during Baht Buster hours this will only set you back **179 baht** Having started on the health kick we carried on with a refreshing Detox Blueberry smoothie and a Vanilla Protein Shake thick and creamy and full of bananas.

When you walk in from Soi Diana it's good to see that there is plenty of room and need to be worried about getting too close to the other diners. Also good to see comfortable seating - no plenty of hand sanitiser on the tables.

If you're not wanting a salad but craving something more substantial you'll find favourites and of course great breakfasts and an extensive Sunday carvery at I, of course, couldn't resist something with a Mexican flavour and so tried Nachos normally 240 baht but only 169 baht during Baht Buster hours of in the past I have been disappointed when there's just a little topping and eaten that you are left with just dry tortilla chips underneath. Not at Robin's really are fully loaded nachos. Infused with a slightly spicy Mexican flavour, kidney beans, tomatoes, melted cheese and best of all great big dollops and smooth guacamole. Delicious and substantial.

And of course you can order food through Food Panda and Hungry Now and Grab Food

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12 COMMON QUESTIONS ABOUT COVID-19.



Thankfully information about Covid-19 and any progress made comes out a.s.a.p. check with reliable sources mainly the world health organization and try and avoid any old wives tales or rumours from social media. As of going to print here are some answers to the most common questions.

How Does Coronavirus (COVID-19) Spread?

Individuals can get coronavirus from other people who have the infection. This happens when a contaminated individual wheezes or hacks, sending small beads into the air. These can land in the nose, mouth, or eyes of somebody close by, or be taken in. Individuals likewise can get contaminated in the event that they contact a tainted bead on a surface and, at that point contact their own nose, mouth, or eyes.

Can Covid-19 be transmitted in a hot and humid climate?

Unfortunately it can still be transmitted even in countries that are hot and humid, regardless of the climate keep washing those hands.

Can I catch it through mosquito bites?

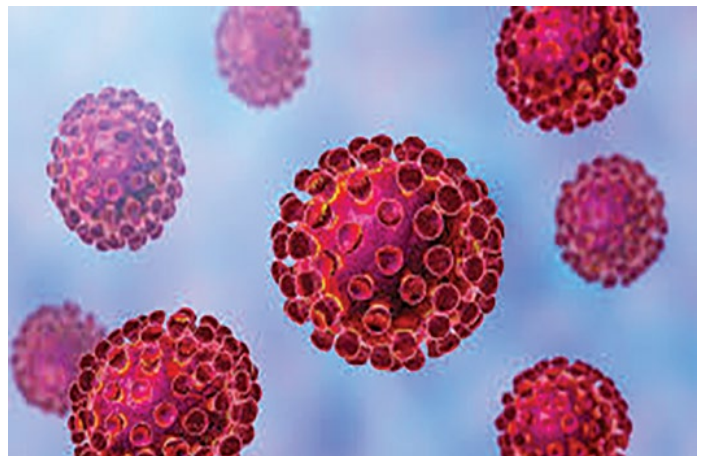
So far there is no evidence that shows the virus being transmitted by mosquitoes. It is mainly spread from droplets being released when an infected person coughs or sneezes.

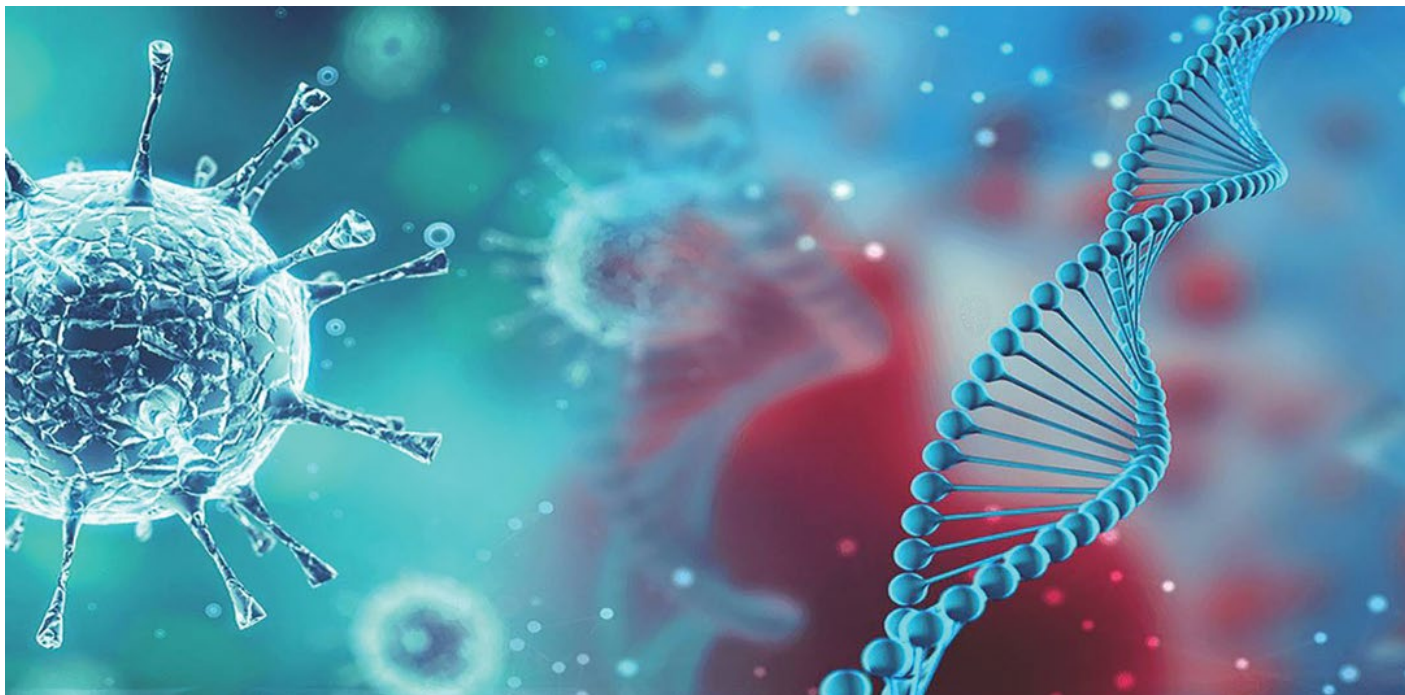
Is My Child at Risk for Coronavirus (COVID-19)?

Specialists are as yet finding out about coronavirus, yet it appears to cause a milder disease in children than in grown-ups or more established individuals.

Can Someone Get Coronavirus (COVID-19) From Packaged Foods or Animal Products From Areas Where People Are Infected?

It doesn't create the impression that coronavirus can spread through bundled nourishments or creature items. It's as yet imperative to utilize good food preparation, for example, taking care of crude meat with care and not eating crude or half-cooked creature items.





Can Someone Get Coronavirus (COVID-19) From Mail or a Package?

There's no proof that somebody can be contaminated through mail or a package. The hazard is extremely low since mail and bundles for the most part are dispatched over a time of days or weeks and it's not likely that the infection would get by on them. Be that as it may, it's a smart thought to wash your hands subsequent to dealing with mail. Open and dispose of your envelopes and packaging then wash your hands immediately when you return into the house.

Can Pets Get Coronavirus (COVID-19)?

Specialists don't have the foggiest idea whether felines, hounds, and different pets can contract the infection. To be safe infected individuals shouldn't have contact with their pets.

Who Should Wear a Face Mask?

You should wear a mask if you are dealing with somebody who is (or may be) infected with coronavirus. You feel under the weather. You have coronavirus or have been tested for coronavirus.

What Should I Do if a Family Member Has Symptoms of Coronavirus (COVID-19)?

The indications of coronavirus (fever, cough, and breathing trouble) can look a great deal like ailments from different infections. On the off chance that a relative experiences difficulty breathing, go to the emergency room or summon a rescue vehicle right away. Call your doctor if somebody in your family has a fever, hack, or other influenza like symptoms.

How Do Doctors Test People for Coronavirus (COVID-19)?

To test somebody for coronavirus, specialists send a bodily fluid example from the nose and back of the throat to a lab. In the event that the individual hacks up bodily fluid, specialists may send that for testing as well.

How Can We Protect Ourselves From Coronavirus (COVID-19)?

Avoid individuals who are debilitated. In the event that somebody at home is sick, take precautions to keep the infection from spreading. Try to remain in any event 6 feet (2 meters) away from others. Follow national and neighbourhood suggestions for social distancing and leaving your home. Wash your hands well and regularly. Wash for in any event 20 seconds with cleanser and water or use hand sanitizer with in any event 60% alcohol. Teach your children to do the same. Avoid contact your eyes, nose, and mouth.

How Is Coronavirus (COVID-19) Treated?

Presently, there's no medication or vaccine for coronavirus. A great many people with the ailment, including youngsters, show signs of improvement with rest and liquids. Individuals who are exceptionally sick get care in a medical clinic with assisted breathing, IV liquids, and different treatments. Antibiotics can't treat infections so they won't help with the coronavirus. Medicines for this season's cold virus don't work either in light of the fact that the coronavirus is unique in relation to the influenza infection. Specialists and researchers are attempting to make a treatment and immunization for coronavirus, yet this will require some serious research.

Chiang Rai

Summertime is here and with temperatures scheduled to reach the mid 40s, it would make sense to head North in search of cooler places. The temperature is several degrees lower than here in Pattaya and Northern Thailand has its own distinct feel. The architecture and food is unlike any you will find in the rest of the country.



In the mornings in Chiang Rai you can see the mist on the surrounding mountains clear to reveal stunning scenery. It's a good idea to take a bike ride and feast your eyes on some beautiful, rural Thai landscapes. There are water lilies, fields of rice paddies, pineapples and forests of rubber trees with the bark pulled back to encourage latex to drop into the little cups tied to the tree trunks.

The most famous building in Chiang Rai is the white temple Wat Rong Khun, otherwise known as The White Temple. It was designed by Chalemchai Kositpipaet, a famous Thai artist. It is spectacular and quite unique from any other temple to be found in the Nation. Macabre and strangely entertaining it has skulls hanging from trees and hands reaching up towards you as if from hell as you cross the bridge away from temptation and towards redemption in the safe confines of the temple. After you visit this spectacular temple you can write your wishes or dreams on silver leaves which are then hung on a nearby tree.



Another popular thing to do in Chiang Rai is ride down the river in a longtail boat from which you can see the extensive tea plantations. These are also worth visiting with acres of rolling hills and green leaves that scent the air whilst millions of leaves are left out to dry. A great place to have a cuppa. From there you can then journey up to the viewpoint on the Thai border and feast your eyes on surrounding counties Myanmar and Laos.

The Mae Fah Luang Botanical Garden is another popular attraction in the region being just a small part of the larger Doi Tung Development. It covers ten acres of hillside that was originally home to the Akha village, Pa Kluay a community and an area which was once a major production and transportation hub of opium within the infamous Golden Triangle. Once a barren opium wasteland capable only of supporting drug traffic it is now a lush landscape that instead supports local agriculture



The gardens themselves are lovely with exotic' Western flowers usually found outside Thailand: roses, dahlias, and tulips arranged in European-style flower beds. There's even a Tree Top Walk whilst scattered about the garden are fountains, rock art, wooden structures and a small maze.

You might wish to visit an elephant sanctuary where you can go to see the elephants roaming freely around. Or if you are lucky, catch sight of a herd of water buffaloes as they thrash through the chocolate brown river.

At Doi Tung you can go for a tour of the royal chalet in the mountains, a wonderful blend of Swiss and Thai architecture. It was once the royal residence of HRH the late Princess Mother and formerly served as her base of operations to monitor the work progress at the Doi Tung Development Project. It has since been transformed into a symbol of the Princess Mother's commitment to improving the surrounding area and the local people's quality of life..

If you have yet to discover wonderful northern Thailand, then the hot season is a perfect time to do it. The hospitality is second to none and the scenery is breathtaking,



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Heat Rash

Why it appears and how to get rid of it!

Heat Rash also known as Prickly Heat or Miliaria is an annoying and trying affliction that affects a great number of people both visiting and living in warm/hot climates. Heat Rash occurs when the sweat glands in the skin become blocked and the produced sweat is unable to get to the surface of the skin to evaporate.

When we visit or live in a warm climate our body has to find a way to cool itself by sweating and allowing the perspiration to evaporate. Sweat is created in sweat glands that line almost the entire body. Sweat glands are located in the dermis or deep layer of our skin, are regulated by temperature control centres in the brain and send sweat to the surface by ducts. When these ducts become clogged and the sweat cannot get to the surface, it becomes trapped causing inflammation or a rash.

Visiting or living in Thailand one is constantly subjected to warm/hot temperatures causing our bodies to sweat excessively. Heat rash often first appears where we have creases in the skin, like the neck, armpits or groin area where skin touches adjoining skin making it difficult for the air to circulate. Tight clothing prevents sweat evaporation and the use of heavy creams and especially suntan lotions can clog the sweat ducts.

There are different types of Heat Rash that can be easily identified:

Miliaria Crystallina produces small blisters that look like beads of sweat where the sweat is blocked at the most superficial layers of the skin.

Miliaria Rubra occurs when the sweat causes inflation in the deeper layers of the epidermis. This type of rash is also often referred to as Prickly Heat.

Miliaria Profunda. This rash begins almost immediately after exercise or exposure to heat and generally no sweat is found on the affected areas. Whilst none of the types of heat rash are dangerous, the lack of sweating can lead to heat-related illnesses such as heat cramps, heat exhaustion or heat-stroke. Generally, heat rash is irritating and will resolve itself but sometimes the sweat glands can become affected as bacteria has invaded the blocked sweat glands.



Treatments for Heat Rash are most often 'home remedies' and over the counter creams, however in the event of chronic or recurrent heat rash, antibiotic treatment may be required.

I have suffered 2 bouts of Heat Rash since moving to Thailand. For the first I visited a reputable hospital, consulted a specialist and was prescribed a variation of medication, special soap and creams. All naturally at a cost!

In defence of the hospital concerned, the outbreak was resolved in about 7 days and I did not change my lifestyle in any way. The second attack was prolonged and affected several areas of my body. I conducted extensive research, looked for treatment and also looked at lifestyle changes.

Treatments - Initial visits to Pharmacies resulted in a range of creams, most of which were not suitable and some of which were much too intensive for the condition.

Lifestyle – Like many, I love to live in Thailand, I love to be hot and sweat a lot but when a persistent heat rash starts one must look at one's lifestyle in addition to remedies. The body needs to be cooled, I started wearing looser, natural fabrics instead of cooling/sweat reducing man-made fibres. They may be good on the golf course but continuous wearing leads to sweat retention.

I took cold showers at every opportunity and whilst I love outdoor living, I did start to look for fans and even occasionally, air-conditioned establishments. I also started using AC at night just to help lower my body temperature and I made sure to drink a lot of water!

Remedies – I was looking for natural remedies. First on my list was Calamine Lotion. It's an old and trusted treatment that does provide relief but did not seem to improve the symptoms. Research led me to the importance of hygiene and the use of antibacterial soap to ensure that the skin surface remains as clean as possible. Many avenues lead to Aloe Vera and whilst cooling, the amounts of chemicals in a normal Aloe Vera cream are troubling. Also many will find the use of perfume in the products not what is needed when you have heat rash.

Solutions – Researching for a 100% pure Aloe Vera led me to the Tumrubthai Herbs Shop located in Central Marina. There I discovered 100% pure Aloe Vera in a liquid form. A local product, Namporn Herbal Cool Liquid Powder, applied as a liquid, dries quickly to a powder. It is incredibly cooling which is great in controlling heat rash and the cost is just THB.119 and can be highly recommended for heat rash and insect bites.

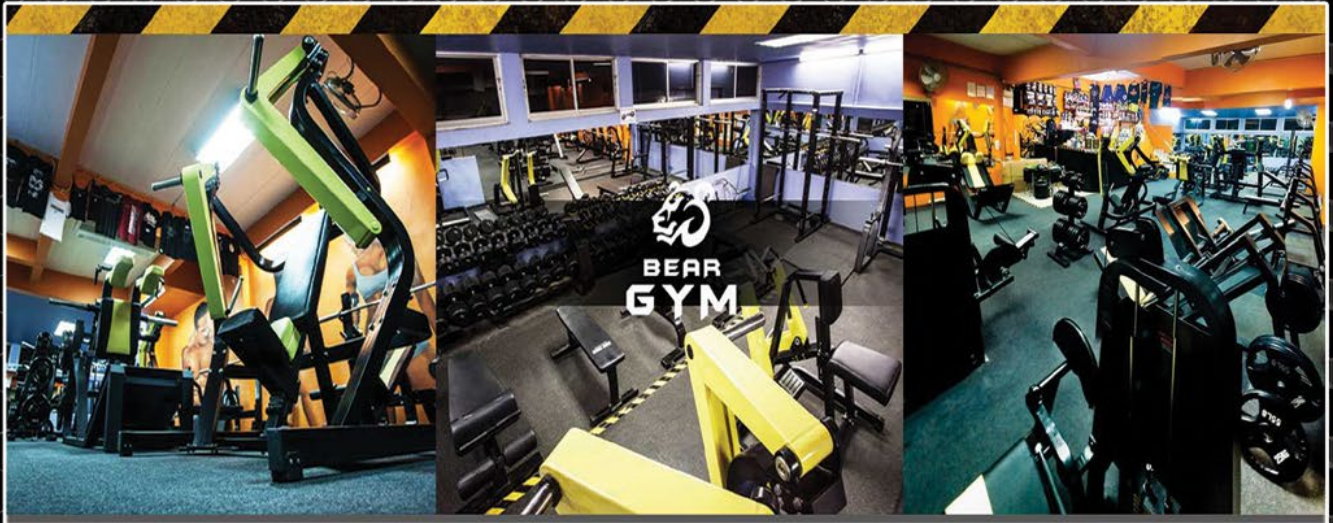
Highly popular and readily available is Snake Brand Prickly Heat Powder, this is excellent to stop heat rash at the onset as it cools the skin, however be careful if the symptoms continue.

- Many remedies

- Namporn Herbal Cool Liquid Powder



The heat and warmth of Thailand is to be enjoyed. Don't hide in air-conditioned establishments. Get out, sweat and revel in everything that this country has to offer!





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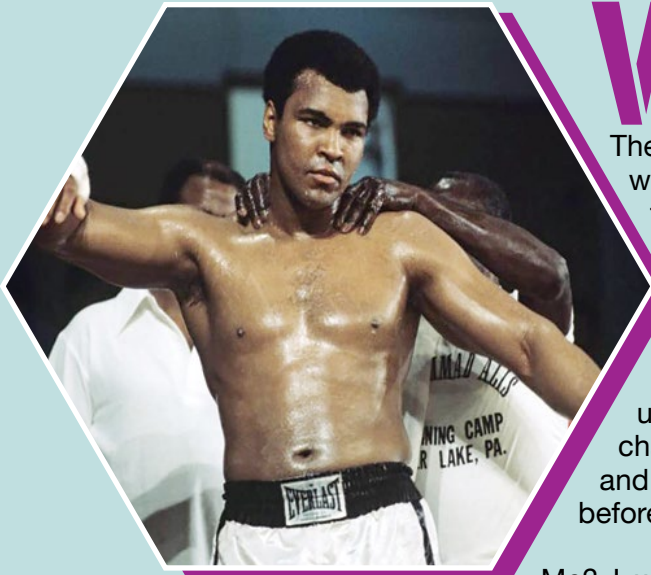
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SPORTING HEROES; MUHAMMED ALI

by Steve Wade



Where to start with the great man? It started with me when as a thirteen-year old I first saw him on TV in replays of those gruelling, death defying fifteen round contests between himself and Joe Frazier. Then came the rumble in the jungle against George Foreman, who wasn't the cuddly national treasure you see before you today but the most fearsome fighter on the planet who had dismantled both Frazier and Ken Norton inside two rounds before the fight, both of whom had taken Ali the full distance in previous meetings.

Experts genuinely feared for Ali's safety. He was a huge underdog for the fight and no one gave him a realistic chance of winning. Even Ali himself, when all the bragging and screaming was done and in the more reflective moments before the fight knew that this could be the end for him.

seat at the

atmosphere was electric, I can remember that and the excitement of being out in the middle of the night to watch a hero live on screen.

Me? I was sixteen years old and had a ticket for a live action Leicester Square cinema in London. I think my Dad treated me! The

The fight started as we all expected in the first round, with Ali moving and scoring and keeping away from Foreman and his knockout punches. Then, beginning in the second round, to the surprise of his corner, us and probably himself he backed off against the ropes, allowing Foreman to come at him whilst covering up, clinching and counter punching, all the while taunting Foreman to keep coming. Getting increasingly frustrated, Foreman was throwing wilder and wilder punches and being less effective as he did so, all the while using up all his energy in the stifling heat.

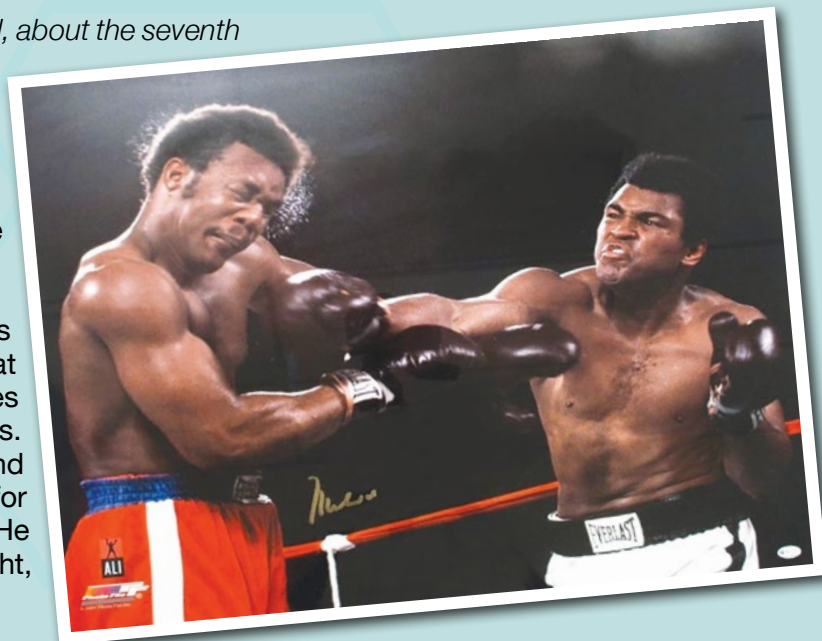
And then, in the eighth round, it happened. Ali saw his chance and dropped Foreman with a combination in the middle of the ring that won him the fight. Of all the great sporting occasions I have ever seen, live or otherwise, I never felt anything like it. The place erupted. People were dancing on the seats and I was ecstatic. Ali had that effect on people worldwide, they just loved him.

Foreman, who was a great fighter himself and finished up being one of Ali's biggest supporters and friends in later life, said the following;

"I thought Ali was just one more knockout victim until, about the seventh round, I hit him hard on the Jaw and he held me and whispered in my ear, 'that all you got George?' I realised that this ain't what I thought it was."

The fight was watched by an estimated one billion people on live and closed circuit TV, which at the time was a quarter of the world population.

I followed Ali's career to the end, looking backwards and forwards, right through the killing machine that was the third fight against Frazier in the Philippines and the awful sight of the fight against Larry Holmes. He was already thirty-two on that night in Zaire and when you look back at his fights before the ban for ignoring the draft, already past his very best. He wasn't perfect, not by any stretch but on that night, at that moment, he was the Greatest.



NEW NORDIC PATTAYA

AMATEUR GOLF SERIES 2020

GREENWOOD HOME OF HIGH SCORES

136 players, including 12 Ladies gathered under clear skies at Greenwood Golf course on the 26th of the month for the 2nd New Nordic PAGS Tournament of 2020. The favourable A and C combination was the allocated test for the day, with the ball played as it lay.

In a reverse of last month's moderate scores, this month saw some outstanding scores turned in, along with some sparkling individual efforts for the technical prizes available on each hole. New Nordic PAGS has been blessed with the weather for I can't remember how long now, and this day was perfect conditions for golf. The course was in good condition, with fast running fairways, and the greens at a decent pace, and with numerous short tees, low scores were sure to be the order of the day.

The star on this day had to be regular New Nordic PAGS competitor, Pierre Zbinden (22) with an outstanding score of 48 points to top the podium in C Flight. Other placegetters in C Flight for golfers 21+ were not slouches either, with Todd Fox (37) scoring 44 points, while Paul Young (21) beat 4 others on countback after they all signed for 41 points, to go alongside his Approach on A8.

In the B flight (15 – 20) scores were closer to the usual winning bandwidth, with Shane Tutton (19) winning with 41 points, while Dennis Scougall (16) had a very respectable 40 points for 2nd, to go with his Approach on C2. Another closely contested fight for the bronze, with Wayne Peppernell (18) coming out victorious, with 38 points, after going to the last 6 holes on countback. Wayne also picked up the Near Pin on A2, to make it a great day at the course.

In the A flight (0 – 14) it was Somchit Kanokhong (11) who came out on top with what could have been considered on any other day an outstanding score of 42 points. A countback was required to decide the minor placings, as Andre Coetzee (10) & Aaron Spengler (13) both signed for 41 points. Andre secured the silver with his 22 points to Aaron's 18 on the C course. Both players picked up a technical prize, Andre the Approach on C1, with Aaron the Long Drive on A9.

A clear winner in the Ladies Division on the day was Anne Stokes (17) with 40 points, while Gary Barker (1) won the coveted Low Gross with 75, to go with his Approaches on A3 and C7. An honorable mentions also goes out to multiple technical prize winner Karsten Madsen.

Once again the catering crew at Hemingways did their part, with support from new sponsor, Gobblers Quality Meats, feeding the players and guests prior to the prize giving, and I am sure all were pleased with the array of food. A shout out to Tony Prowse for his photographic support on the 1st Tee, cheers.

We will all look forward to next month's event at Burapha on 25th March, where PAGS have arranged for carts to be non compulsory on the day. Contact Shane on 0859459689, through Facebook, or birdie.in.th for your preferred time slot.



Somchit Kanokhong - A Flt Winner



Shane Tutton - B Flt Winner



Pierre Zbinden - C Flt Winner



Anne Stokes - Ladies Winner

SHOW DC to become home to Thai golf with 2,000 sqm golf retail zone



A new golf retail zone is about to open at SHOW DC, with more than 30 outlets representing leading international and domestic brands in a 2,000 sqm one-stop-shop for golfing enthusiasts in Thailand.

Thailand's golfing community is set to get a new retail home with the opening of a 2,000 sqm Golf Zone at the state-of-the-art lifestyle and entertainment destination SHOW DC. From clubs to clothing, bags to balls, and a full range of golfing equipment, apparel, accessories and the latest gadgets, SHOW DC's Golf Zone will include more than 30 outlets representing leading international and domestic brands such as Srixon, Kasco, Loudmouth and many more, and be the one-stop-shop destination of choice for golfers.



thousands of resident amateur golfers playing across the country daily, as well as international golfers coming to play the country's world-class courses. We're excited to be able to support the industry and bring together a large and diverse range of golf brands, equipment and accessories all under one roof, and make SHOW DC a one-stop golf shop for golfers' needs."

First to open at SHOW DC is leading Japanese golf brand, Kasco, showcasing their full range of golf equipment and accessories.

The Golf Zone is the latest addition to SHOW DC's sports offerings which already includes a flagship Nike outlet store, F.B.T. Outlet, Fairtex and OUTLETWORLD as well as global sports brands such as Adidas, Reebok, Asics, Onitsuka Tiger, Under Armour, New Balance, Skechers and many more.



THE LATEST UPDATES IN FOOTBALL AND OTHER MAJOR SPORTS

By Steve Wade



Football may seem trivial in the current situation but the effect that the Covid-19 pandemic is having on it is unprecedented around the world. We've gathered up the latest information from various sources and will attempt to pinpoint the efforts various organisations are putting forward to combat this difficult situation.

THE PREMIER LEAGUE AND EUROPEAN FOOTBALL

The English Premier League is tentatively targeting a resumption on June 1 with a view to completing the season over six weeks before making an August start to the 2020-21 campaign, the latest report is claiming. The report said the sketchy plan was a "best-case scenario" aimed at mitigating the heavy losses clubs are sustaining as they continue to pay wages while football remains shut down because of the coronavirus pandemic.

On March 13, all elite level soccer matches in England, including the Premier League, were suspended until April 4 with that stoppage subsequently extended until April 30.

The postponement of the Euro 2020 championship for a year, however, has cleared space in the calendar for domestic competitions to finish if the public health situation allows.

Under the plan being considered, the Premier League and FA Cup competitions would be resumed with matches played behind closed doors.

The 2020-21 campaign would get underway after a short break on Aug. 8, the report said, allowing the league to fulfil its commitments in the second season of three-year broadcast deals worth 9.2 billion pounds.

The report concludes that "progress of COVID-19 remains unclear and we can reassure everyone the health and welfare of players, staff and supporters are our priority. We will continue to follow Government advice and work collaboratively to keep the situation under review and explore all options available to find ways of resuming the season when the conditions allow".



Looking at the current situation a June 1st resumption seems optimistic with the situation in mainland Europe worsening daily and UEFA not even being able to begin to reschedule the Champions league and Europa league matches.

As far as the situation in the major European leagues are concerned, the Bundesliga, Serie A and La Liga will be the last thing on most people's minds, and rightly so, as the countries that host these competitions are in the midst of the worst outbreak of the pandemic.

OTHER SPORTS

Meanwhile the travelling circus that is Formula 1 has not even begun. The global coronavirus crisis has sent shockwaves through sport and Formula 1, like all other major organisations, is grappling with the question of how to move forward.

The season has been thrown into disarray. The first six races have been postponed - or cancelled completely in the case of the Monaco Grand Prix, the jewel in F1's crown - and as coronavirus spreads, no-one is quite sure what happens next.

The F1 season cannot start until the world has a grasp of the virus. The sport requires international travel, and it's impossible to know at what point countries will start to ease restrictions on that.

So, realistically, there will be no F1 until there are clear signs the virus is suppressed. And that is likely to take months. The question is: how many?

Very much along the lines of Formula 1, both the American PGA and European golf tours are a constantly moving mobile community that travels worldwide because of their various schedules. Both are shut down at the moment and the current state of affairs in both Europe, America and the various countries that both tours visit worldwide make a resumption anytime soon most unlikely. Even the Ryder Cup, not set to take place until the end of September is under threat. All four major championships were brought closer together last year with their new spots on the calendar and it would be a surprise if any survived, with perhaps the British Open having the best chance with its late July slot.



The only major sporting event dragging its feet over the situation is the 2020 Olympic games being held in Tokyo. In my opinion this can't possibly go ahead. Nearly all the qualifying competitions are being cancelled and the latest call by the American track and field association to postpone the games should be the final nail in the coffin for any hopes of the games going ahead in July. In fact it may be that they will be delayed for as much as two years.

So that's the situation. Every major sport that attracts large crowds, and some that don't, are in disarray. The truth of the matter is, much like the bigger and more important picture, no one knows where, when or how this is going to end. On a more personal and local note, the damage this must be doing to our friends here in Pattaya that rely on these major events to attract customers to their businesses must be very worrying. We wish them and everyone else who is battling through this dreadful situation the very best of luck.

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THAI INHERITANCE LAW

By Magna Carta Law Office

In Thailand, when a person dies without a Last Will and Testament, the intestate's assets must be distributed in accordance with the law. As stipulated in The Civil and Commercial Code Section 1629, there are six classes of statutory heirs in Thailand. Each class is entitled to inherit in the following order;

- Descendants
- Parents
- Brothers and sisters of full blood
- Brothers and sisters of half blood
- Grandfathers and grandmothers
- Uncles and aunts

The right of a surviving spouse to share in the estate of a deceased spouse arises automatically from marital status. Spouses who are under separation do not lose the right of inheritance to one another as long as divorce between them has not been granted according to law. Ordinances awarding such rights of a surviving spouse make the spouse a statutory heir. Before any distribution of the estate to the relatives, half of the estate (community property or in Thai, Sin Somros) will belong to the spouse, if any, and the other half will be distributed accordingly.

Land and Condominium Inheritance

A foreigner who acquires a condominium unit by inheritance, either as a legal heir under a Last Will and Testament or as a statutory heir, shall acquire the property ownership if the condominium unit is within the foreign quota and the foreigner qualifies for ownership. Otherwise, it is required by law that the foreigner shall dispose of the unit within 1 year from the date of acquisition. If it is not disposed of within such period of time, the Director-General of Land Department shall have the power to sell the condominium unit on the foreigner's behalf.

Foreigners are not allowed to own or inherit land in Thailand. Any foreigner who inherits land must dispose of the land within 1 year. If such time period elapses, the Director-General shall have power to dispose of such land.

Leased Properties

A major disadvantage of lease in Thailand is that the contract and the right of possession is terminated upon death of the lessee and is not automatically transferable by inheritance. Although the lease agreement must include a succession clause, this does not offer full legal guarantee for the lessee's heirs.

Debts

The creditors of an estate are entitled to be paid only out of the property of the estate. Debts due by the estate shall be paid in the following order and in accordance with the provisions of the Thailand Civil and Commercial Code concerning preferential rights:

- Expenses incurred for the common benefit of the estate and funeral of the deceased
- Taxes and rates due by the estate
- Wages due by the deceased to any clerk or workman
- Supplies of daily necessities to the deceased
- Remuneration for the administrator

Any property appropriated under the foregoing provisions shall be sold by way of public auction, but any heir may prevent such sale by paying, to the extent required for the satisfaction of the creditors, the value of the whole or part of the property as may be determined by an appraiser appointed by the Court. The administrator is not bound to deliver the estate or any part thereof to the heirs before 1 year has elapsed from the deceased's date of death, unless all the known creditors of the estate and legatees have been satisfied with the performance and distribution.



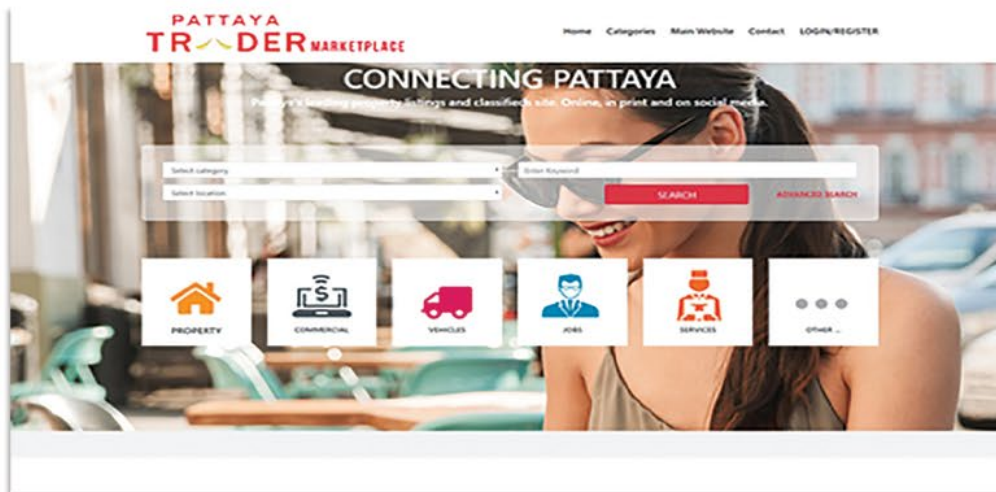
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Also retail sales outlet with processed meats. Pies. frozen meals. And tinned products from UK.

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With room for expansion, especially evenings. 3 plus 3 rental agreement in place.

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Canon Eos 800D

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Isuzu D-MAX, all new, 2015y.

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Big Size Whirlpool "Solent Motion" Washing Machine **Marco Signorini facebook**

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Mitsubishi Triton Phone 062-879-2271

฿ 295,000

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Vehicles Toyota Vios J - December 2010 Model **Allen Raaen Facebook.**

฿ 230,000

REF:1644

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Mitsubishi Mirage Auto GLX - FOR SALE **Narttaya Wongkrai facebook.**

฿ 350,000

REF:1640

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Volvo S80 2.5T MY 2009 **Bjørn Hellesylt facebook**

฿ 369,000

REF:1638

Pattayatrader.com MARKETPLACE.



NISSAN ALMERA Model 2016 year
Phone 099-2600-774

฿ 265,000

REF:1636

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foodpanda releases an educational video to educate their riders



Bangkok, 16 March, 2020 - foodpanda, the first food ordering and delivery service provider in Thailand is experiencing a 20 times increase in their food delivery compared with last year. The anxiety about the spread of the virus is encouraging people to avoid eating outside to escape the exposure by placing orders online. Amidst the crisis, the leading food ordering and delivery service giant believes that the brand holds a much higher responsibility during the crisis of COVID-19. To educate their riders, foodpanda has launched an informative video filled with humor to tell the riders how to protect themselves and the customers when they are going out to deliver the food. The video includes tips such as washing your hands, using a face mask, avoiding touching your face and eyes with dirty hands, taking additional vitamins and supplements and using hand sanitizers. The brand is also encouraging riders to visit the doctor if they do not feel well. The video also aims to tell the customers that each interaction with foodpanda's staff is as safe as it can get.

Alexander Felde, CEO of foodpanda said, "The safety of our riders and customers is of utmost importance to us. We strongly believe that as an app-based food delivery service provider, we can make a huge impact. We have developed various safety policies and we will continue to do so to make our riders feel safe when they go out to deliver the food."

View the video click

<https://www.youtube.com/watch?v=KI34S8M4OGQ&feature=youtu.be>

###

About foodpanda

foodpanda is dedicated to bringing food lovers their favorite meals from curated local restaurants around Thailand. Since the beginning, the on-demand food delivery service has grown so much. We have more than 42,000 restaurant partners covering 45 cities across Thailand. foodpanda is active in Bangkok, Chiang Mai, Phuket, Pathum Thani, Hat Yai, Surat Thani, Chiang Rai, Phitsanulok, Khon Kaen, Nakhon Si Thammarat, Korat, etc. foodpanda belongs to the Delivery Hero, worldwide leader of the food delivery industry. For more information visit [www.foodpanda.co.th]

For more information, please contact:

Midas Communications International Co., Ltd.

Wassana Phoka

Tel. 086-161-9910

wassana@midas-pr.com

Website: www.midas-pr.com

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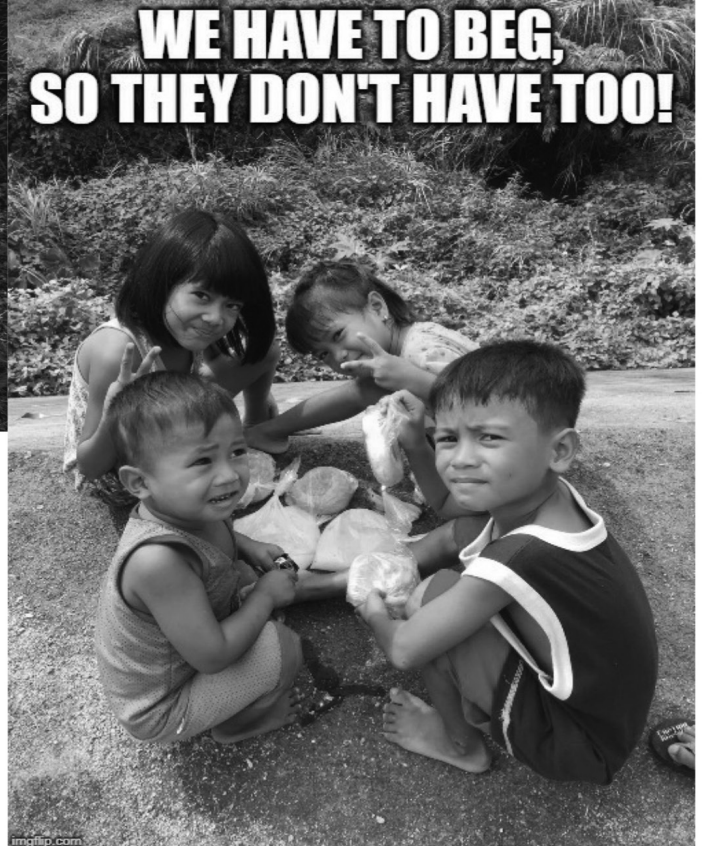
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foodpanda



Despair and starvation face these kids in the Philippines.



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Help You
Help Them**

Pictures take March 2020

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supported by Rotary Club Eastern Seaboard, feeds 200-300 children every day.
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every Baht or Peso you donate will be for food for them.
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and Food 4 Kids do this EVERY SINGLE DAY

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Account Name: Rotary Club Eastern Seaboard Account Number: 221-0-00980-4
SWIFT Code: KRTHTHBK

If you wish, please notify our treasurer of your transaction treasurer@rotary-es.org



Rotary Club Eastern Seaboard
Pattaya Thailand District 3340
www.rotary-es.org

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



Mother & Son

By Derek Franklin



When a young lady was thinking of ways to improve her chances of earning a better salary, there were two obstacles that stood in her way. She has a disability, uses a wheelchair and she also has a young son and no family who can help.

There was an easy solution, she comes to study at the Technological College for People with Disabilities, where she will live with all her fellow students and her little boy can live at the Father Ray Children's Village. Problem solved.

He lives in house number 7, together with eight other children and he shares a bedroom with his three new best friends. She lives in a dormitory at the college and when they do meet up you see each other you can see the love in their eyes and the smiles are from ear to ear.

Mum wants a better life, she is not from Pattaya, home is in the province of Chantaburi, several hours drive away. She wants to learn, graduate and be able to provide a better life for her son, and once she does graduate with a diploma from the college there will be people and companies lining up to employ her.

He is attending a local school, doing well in his studies and making new friends and judging by the photo they are not at all camera shy!

Stay safe

The schools managed by the Father Ray Foundation, School for the Blind and the School for Children with Special Needs, both closed their doors early for the summer holidays and all the children returned home for their families.

With the number of cases of coronavirus increasing and making headline news here in Pattaya and around the world, it was decided the students would be better off leaving early to travel home. At the Father Ray Children's Village, the one hundred and fifty residents will remain at the Village. No outings are planned and there will be no trips to the shopping malls. During the summer holidays several children usually return home for a week's holiday with their families, but not this year. There is too much of a risk to send one child home to their family and who may return to the Village carrying the virus.

Keeping so many children and teenagers from getting bored for sixty days is not going to be easy, but they will remain healthy.

Stay safe everyone.





Travel Information

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

Train Travel

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

COACH TRAVEL

Suvarnabhumi International Airport

From Pattaya- Suvarnabhumi Airport

Buses depart from Thappraya Road, opposite Foodmart Supermarket
Every hour from 7am until 9 pm every day

From Suvarnabhumi Airport - Pattaya

Tickets available from the booking counter on Level 1 Gate 8 every hour from 7 am until 10 pm every day and can also run on the ½ hour so check at the counter to see next available departure.
Passengers are able to alight at North Pattaya, Pattaya Klang (Central) Pattaya Tai (South) and the Final stop at Jomtien (opposite Foodmart).

North Pattaya Bus Terminal

From Pattaya - Bangkok

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

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

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

FERRY FROM PATTAYA TO HUA HIN

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



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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

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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

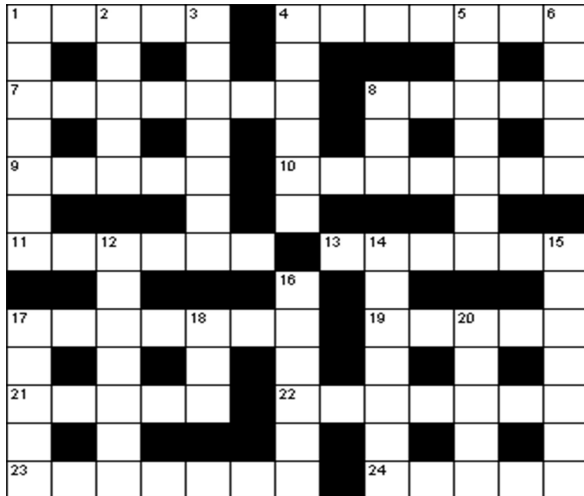
WATER

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 APRIL 2020

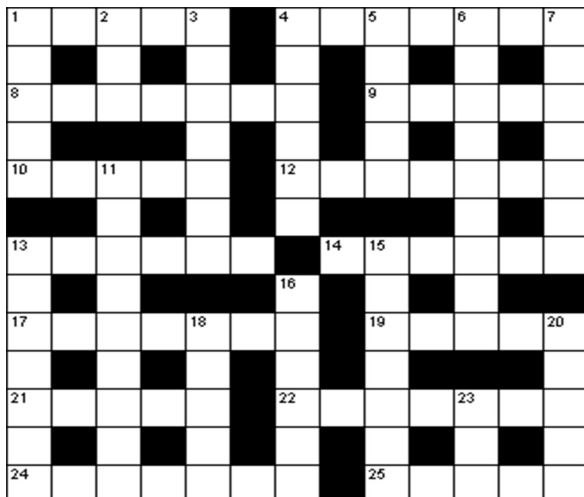


Across

1. Garret (5)
4. Communicative interaction (7)
7. Hassle (7)
8. Smithy's block (5)
9. Tooth (5)
10. Reaches out (7)
11. Pact (6)
13. Strategy (6)
17. Time off (7)
19. Stroll (5)
21. Rough (5)
22. Eight-sided polygon (7)
23. Imagined (7)
24. Watercourse (5)

Down

1. Try (7)
2. Supernatural creature (5)
3. Floorshow (7)
4. Mentally quick and resourceful (6)
5. Go forward (7)
6. Stories (5)
8. Pertinent (3)
12. Gourmet (7)
14. Disorderly (7)
15. Everlasting (7)
16. Unit of time (6)
17. Perspicuous (5)
18. Employ (3)
20. Start (5)



ACROSS

1. Prank (5)
4. Small community (7)
8. Everlasting (7)
9. Accolade (5)
10. Wear away (5)
12. Voter (7)
13. Alter or regulate (6)
14. Refuge (6)
17. Repossess (7)
19. Travel lodge (5)
21. Mound of stones used as a marker (5)
22. Sincere (7)
24. Latticework (7)
25. Herd or flock of animals (5)

DOWN

1. Subject (5)
2. Frozen water (3)
3. Dog houses (7)
4. Smooth fabric (6)
5. Letting contract (5)
6. Flat (9)
7. Senior (7)
11. Target (9)
13. Fruit (7)
15. Stuck (7)
16. Hot fragments from a fire (6)
18. Declare invalid (5)
20. Supple (5)
23. Self (3)

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!

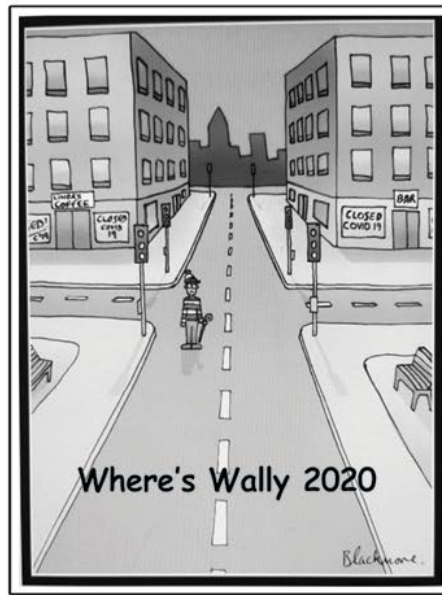
The overall rule is that alcoholic beverages can only be sold during the hours of **11:00 – 14:00 & 17:00 – 00:00 (midnight) every** day at stores and supermarkets. These times were introduced by the Prime Minister's Office in 2015 and apply countrywide. There used to be an allowance for wholesale purchases 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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3	4	6	9	7	1	5	2	8
8	5	9	3	2	4	6	7	1
6	3	2	7	1	5	9	8	4
7	8	4	2	9	6	1	5	3
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5	9	8	3	1	4	6	7	2
6	1	2	7	5	8	9	4	3