

Issue 232 MAR 2020

PATTAYA TRADER

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Sun Sabella Classical Thai Restaurant
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The Grand Opening of Sun Sabella



Many of us can still remember the good old days when there were networking events, new projects launches and business opening parties here in Pattaya nearly every week.

Recently however, they have been rather thin on the ground. Especially this year with the virus, essentially a flu that is being exaggerated to create a feeling of panic, doom and gloom. Therefore, we were really delighted to attend The Grand Opening of Sun Sabella. This was indeed a marvellous event where the best of Pattaya and indeed Bangkok, came to help celebrate with the CEO of Pattaya International Corporation Dr Sunya.

Illustrious guests such as General Nipon Parunyanit, Former Deputy Army Chief, Mr Bunpot Hongtong who has been a Secretary of Both Commerce and Agriculture, General Theppong Toppayachan Former Permanent Secretary of Defense and the honored guest Privy Councillor General Paiboon Khumchaya were all present. It was in fact the Privy Councillor General Paiboon who officially cut the ribbons at each location to declare the restaurants, patisserie and jazz pitt open.



Sun Sabella
Classical Thai Restaurant





The ensembled guests then continued to enjoy a sumptuous buffet, refreshments and wonderful cocktails provided inside the plush jazz pit. Resident guitarist Thomas was to be found in his new home celebrating with some world class musician friends to play live music for us all.

You can read more about the Jazz Pit on Page 45 and please, I urge you to go visit Sun Sabella for yourselves. It is the latest ray of sun to hit Pattaya that we all need and certainly that we have all been waiting for.

At the Sugar Hut Entrance Moo 10, Thappraya Road, Pattaya

Tel 038 25 1687

Facebook Sun Sabella Classical Thai Restaurant



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Dear Readers

I have to tell you that The Grand Opening of Sun Sabella was a marvellous event and I can thoroughly recommend it as a beautiful place to visit either by day or night. In fact we need a good party, with the constant scare reports of the Coronavirus (why do I hear "My Sharona" play in my head each time this is mentioned). Really this Covid-19 is flu - right? Yet we are bombarded with news from around the world that it may result in school closures, businesses failing, stock markets crashing, flights cancelling etc. etc. It's common sense of course to keep up the hand washing and perhaps learn from the Thais when greeting not to shake hands or do the Italian thing of kissing cheeks but indulge in only air kissing only from now on!

So for those who have decided to stay put in Pattaya, thank goodness we are fortunate to have the world on our doorstep when it comes to the amazing choice of food on offer. The aforementioned Sun Sabella and Sugar Hut for Thai food, Thai Garden Resort for different buffets each evening, Comfort by Harlan for fine dining, a lovely new restaurant Legende on Thappraya Road. Natans for French and Fun and even something for the kids at Pizza Plaza.

Hopefully you will not find your lives too disrupted throughout this month and be able to enjoy what we have right here in Pattaya while we wait and see.
All the best

Gloria
pattaya.trader@pattayatrader.com

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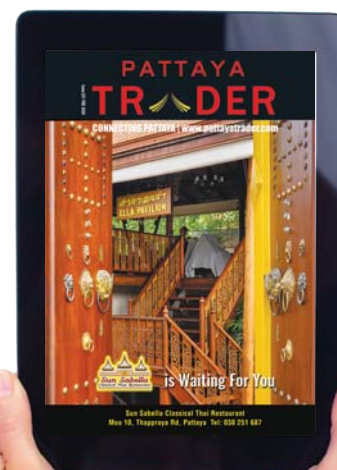
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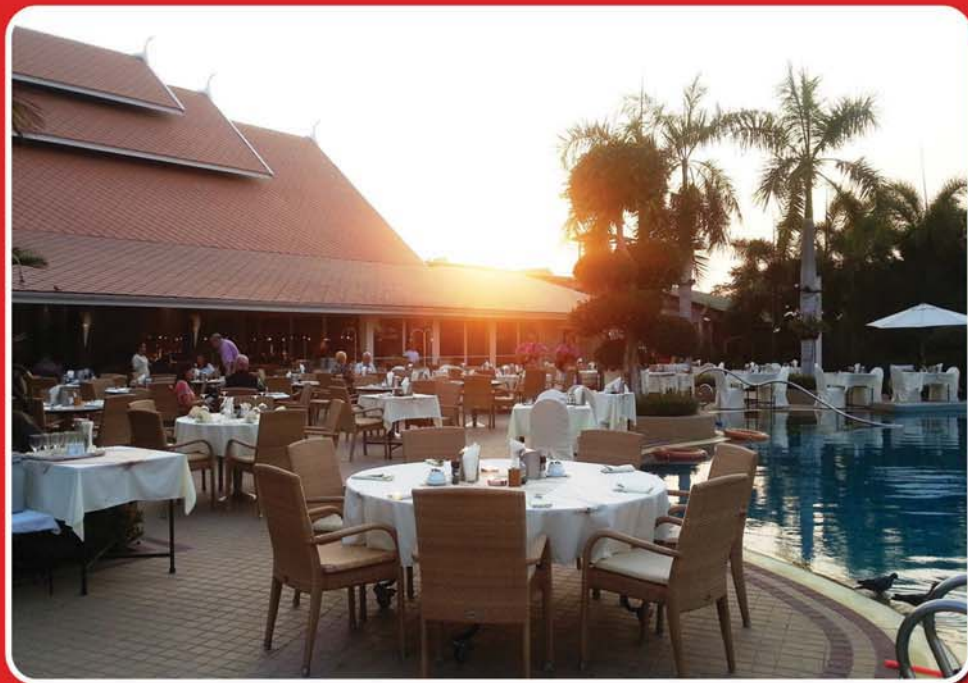
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FORTHCOMING EVENTS

SAT 7 MAR 2020



KOLOUR IN THE PARK

Singha Music Presents Kolour in the Park 2020 tickets available from their website kolourinthepark.com

SAT 7 MAR 2020



MISS INTERNATIONAL QUEEN

Coronation for this event will take place at Tiffany's show Pattaya Call 0 38 421 700 to 5 for tickets or by LINE @TiffanyShowPattaya

8-16 MAR 2020



THAI MARTIAL ARTS FESTIVAL

The International & Thai Martial Arts Games and Festival will be coming to Pattaya with 200 booths along Pattaya Beach road offering boxing lessons, memorabilia as well as food and drink.

WED 11 MAR 2020



GREEN DAY LIVE IN BANGKOK

Appearing at the Impact Arena, Muang Thong Thani Green Day add Bangkok to their tour. For information go to thaiticketmajor.com

FORTHCOMING EVENTS

FRI 13 MAR 2020



NATIONAL ELEPHANTS DAY

This day was established by the Government in 1998 when the white elephant was added to the Thai flag, and is celebrated annually -what's not to love about elephants ?

TUE 17 MAR 2020



ST PATRICK'S DAY

Celebrate the patron saint of Ireland's special day by wearing green, waving at the parade and visiting the odd hostelry or two

20 - 21 MAR 2020



PATTAYA MUSIC FESTIVAL

It started in 2002 and is now one of the largest beach music festivals in the world. Shows begin at 6:30 PM and feature reggae, jazz, rock, R&B and hip-hop music.

SAT 28 MAR 2020



EARTH HOUR

With hundreds of events being organised throughout the world. This year Earth Hour will be from 8:30 pm - 9:30pm in Thailand. Looks to see how many lights are turned off.



by Rick Click

COMING TO THE SMALL SCREEN



Ozark season 3

Six months have passed since the end of last Season as the Byrdes continue their money laundering operation for the cartel. Their casino boat is now fully operational. This season will focus more on Wendy as she gains more influence and has her own ideas on how to proceed. As well as the power struggle between herself and Marty, her brother Ben comes to visit. With his history of mental illness Ben is likely to become an unwanted complication. Ruth faces her own struggles with being a part of all this and starts to question her future involvement. 10 episodes coming to Netflix.



Westworld Season 3: The New World.

Westworld is an artificially created theme park inhabited by AI controlled robots. Visitors aren't bound by any conventional rules and are free to indulge their fantasies even if these are depraved. In this J.J. Abrams TV reboot of the original film series we see this world more through the eyes of the AI robots instead of the guests. This time around Breaking Bad's Aaron Paul joins the cast as a brand new character. We also get to see more of the outside world. Out on HBO.



The Plot against America.

Set in an alternate American history set during World War 2 where a working class New Jersey Jewish family have to face growing anti-Semitism. Popular xenophobic Charles Lindbergh is campaigning to become President and aims at turning the country towards fascism. This six-part series is created by David Simon and Ed Burns who previously worked on the HBO series The Wire and Generation Kill. HBO miniseries based on Philip Roth's 2004 novel.

Recommended Series: Six feet under.

I know it's unlikely to like a show about a family of funeral directors but because of its acclaim this is worth a look. Running for five seasons it kept its dazzling plot line right till the end from 2001 until 2015. In fact, its finale is regarded as one of the best ever for a TV series. Clever, funny, subversive the show explores themes of family, friendship, bonds and even stares death in the face. A series about love in all its forms and challenges. There is also a fair amount of sex between men and women and men and men, I won't go into plot details. The show won critical acclaim for its writing and acting and enjoyed some high ratings during its run. Often found on lists of the top 100 TV shows of all-time. It has won nine Emmys, three Screen Actors Guild award and three Golden Globes.





Coming Soon to The Big Screen

by Rick Click



Mulan.

Yifei Liu, Donnie Yen, Jason Scott Lee, Yoson An with Gong Li and Jet Li

In order to save her father Chinese maiden Mulan disguises herself as a warrior in this latest live-action adaption of another Disney classic.



Sometimes Always Never.

Sam Riley , Bill Nighy , Tim McInnerny , Alice Lowe , Jenny Agutter

A stylish tailor and Scrabble player searches for his missing son who he hasn't seen in years and tries to unite his family. A mystery/comedy starring Bill Nighy.



Brahms the boy 2.

Katie Holmes, Ralph Ineson, Owain Yeoman

A young family move onto the Heelshire mansion estate where their son soon makes an imaginary friend with a creepy life-like doll.



The Way Back.

Ben Affleck, Janina Gavankar, Hayes MacArthur

Struggling alcoholic Jack Cunningham who once had great promise as a basketball player is asked to coach his old team. Can he turn the team around and also find a reason to cure his addiction?



The Informer.

Ana de Armas, Rosamund Pike, Joel Kinnaman, Clive Owen.

Special ops soldier and reformed criminal Pete Koslow returns undercover to Bale Hill Prison to infiltrate the Polish mob and win his freedom.



A Quiet Place Part II.

Emily Blunt, Noah Jupe, Millicent Simmonds, Cillian Murphy, Djimon Hounsou

Sightless alien creatures have invaded the earth. The Abbott family are forced to travel into the outside world and have to keep silent to survive.



Onward.

Tom Holland, Chris Pratt, Octavia Spencer

From toy story creators Pixar comes the tale of two teenage elf brothers on a quest to find some long lost magic.



Godzilla vs. Kong

Alexander Skarsgård, Kyle Chandler, Millie Bobby Brown, Brian Tyree Henry, Julian Dennison.

Epic monster battle between Godzilla and King Kong. The humans want to see both creatures demise to regain control of the planet.



Opal Sangnark is known to many of us in Pattaya not only for being the Cover Girl for Pattaya Trader's February 2018 Edition (you can still see this magazine online via our website pattayatradet.com Back Issues) but also at World Superbike Racing events across Thailand.

Throughout her time as a model she has always had a keen interest in fashion and especially in creating beautiful, exclusive outfits. Now you can see her latest designs available to buy or order via her website Opalfashions.com

Special Occasion, Wedding, Evening Dresses, Swimwear, Daywear whatever you require Opal will be happy to help.

You can message her directly on the Opal Fashion Facebook page @opalfashions or email her opalsangnark@gmail.com





**Get a
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Last month was an extremely busy one for the Pattaya International Ladies Club as they held their Annual General Meeting at the rather beautiful Hilton Ballroom.

The event was well attended and many speeches were made by the members of the Executive Committee reporting on the club's activities throughout the previous year.

In particular I was very interested to hear Lhen Lhen advise on the many organisations and poor families in the Pattaya area that have benefited from the PILC's fundraising throughout 2019. These include TheGlory Hut Foundation(for people suffering from HIV & AIDS) Ban Chang Kindergarten, Kate's Project, The Fountain of Life, Ban Jing Jai Children's Home, Hand to Hand, Take Care Kids and the Grace Foundation

Voting took place for the new President and Vice-President leading to a

NEW Committee for 2020/2021

President Wendy Khan

Vice President Liz Sherman

Hospitality: Violette Gauthier

Welfare: Lhen Lhen Mortela

Membership: Wendy Khan

News Letter: Carol Johnson/Ann Ensell

Raffle Co-ordinator - Liz Shepherd

Treasurer: Marnie Kregor

Secretary: Louise Roxlin



Special Events: Is a vacant position on the committee the successful candidate will be responsible for: organising the club's major fund-raising social functions of the year.

Trip and activities: Is a Vacant position on the Committee the successful candidate will be involved in planning interesting trips for members to enjoy.

If you would like any further information about joining the PILC or applying for one of the two committee positions mentioned above please write to Wendy at pilcpresident@gmail.com



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THE ROYAL VARUNA YACHT CLUB WITH OVER 60 YEARS OF HISTORY TO SEE AT THE CLUB HOUSE

By Gloria Jones

Last month I gave you a brief history of the club that has been gracing Pattaya with its presence for over 60 years *. Set in its idyllic location with manicured lawns rolling right down to the seafront, the beautiful clubhouse has many interesting artifacts and objects of interest.

For example If you look to the floor at the centre of the club's marvellous atrium you will see a design by Prof. Apichai Piromrak of Silpakorn University entitled "The Eye of Wisdom".

Inspired by the name of the club: "Varuna" this aptly comes from one of the most important Hindu Gods. I say aptly because he was believed to rule the oceans and winds, and keep the demons of the sea under control - a perfect choice for a yacht club.

You will see the design shows Varuna's compass needle pointing to the true north as "Varuna knows the pathway of the wind. Is responsible for the sun to move in the sky, is the Lord of the Waters and the provider of rain". Also the sun is to the East and the moon to the West as "He is responsible for the sun to move in the sky, for day and night to stay separate and for the earth to keep its form".



Then there is the Varuna knot that can be seen everywhere being the club's gold on navy logo.

Often in statues and paintings of the God, Varuna can be seen holding it, as according to Vedic lore the knot was said to have been made from a serpent.

However for sailors it represents a nautical knot and so binds the club to the wind and sea.

Chosen to be the club's logo by HH Bhisatej Rajani, a founding member, a unalome symbol was added later, just above, when the club was granted its Royal Patronage.

If you step upstairs the view is even more breathtaking and the open air design gives a wonderful breezy, cool feel. To the left there is a conference room that holds a cabinet full of trophies and relics of the club's history. For example the Firebird Trophy which has a bronze eagle set atop of a model of Koh Rin which was designed and presented by HH Prince Bira. The Prince and Princess Lom actually being winners of the first race.

If you have a special event or conference you can contact the club. For example to hire the conference for the day is a mere 10,000 baht and that includes 2 x coffee servings. Tel 038 250 116 to speak to Khun Mai or Baz and they will be able to help you.



Or just come along for a drink or a meal and have a look yourself at all the wonderful objects to be found at The Royal Varuna Yacht Club House.

*** If you missed last month's article you can still read it online via our website pattayatrader.com BACK ISSUES January 2020 online magazine.**



ROYAL VARUNA YACHT CLUB
THAILAND'S PREMIER SAILING COMMUNITY



Running

Sailors' remark: 'Where's the damn breeze? Relax- put your drink down and go with the wind'

Of course 'Running' is a sailing term meaning sailing with the wind directly behind; however, we see it as more than this. Beyond its spectacular location, stunning clubhouse, excellent restaurant, bar and accommodation facilities and internationally recognized instructors, Royal Varuna Club membership offers more...more intangible benefits like watching the children running and frolicking at waters edge, or perhaps running through absolutely nothing in your mind as you release the clutches of the city far behind.

So broaden your horizons, slip the bowlines, cast-off and discover a new world beyond the everyday. Where else?

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GAME RELEASES



Doom Eternal.

After the amazing Doom reboot in 2016 we now have Eternal to blast our way through. This franchise is a power fantasy where you aggressively, and with great haste destroy the invading Demon horde using a variety of great weapons. All the features from Doom 2016 are here along with some great new ones. Missile launcher, flame thrower or grenade launcher can be added to your armour. The super shot gun now comes with a meat hook for getting around whilst impaling your foes at the same time. For added variety new hell spawn have also been added. The formidable Doom hunter and Marauder are coming to get you. And a new optional multiplayer mode called invasion allows other players to enter your campaign as demons for added challenge.



Half-Life: Alyx

The original Half-life (1998) was an incredibly innovative and influential. For years' fans have wanted a new game in the series, but this didn't look likely. True to their ground breaking roots valve have been hard at work on a Virtual reality game set in the same universe. This game takes place before the events of Half-life 2 and features Alyx Vance as the main protagonist instead of Gordon Freeman. With the help of her father Eli she helps fight against the "Combine", multidimensional beings who now control the earth. Gravity gloves are used much like the gravity gun from HL2 to manipulate objects in VR and there will be some interesting physics based puzzles to solve along with the combat. The Alyx trailer was watched over 10 million times within the first 24 hours of its release so there may be some interest. Will it become the killer app that VR needs?



Nioh 2

This action RPG by team Ninja looks influenced by the dark Souls and Onimusha series. Set in late 1600's Japan is a prequel to the first game.

Create your own character and use a variety of weapons such as "Odachi" large swords and "kusarigama" a chain weapon with a heavy iron weight on the end. Learn new skills with each as you progress in the game.

At certain locations called "Benevolent Graves" you can summon two A.I controlled players to fight for you. There is also a three player co-op multiplayer mode which might make things easier but probably not.

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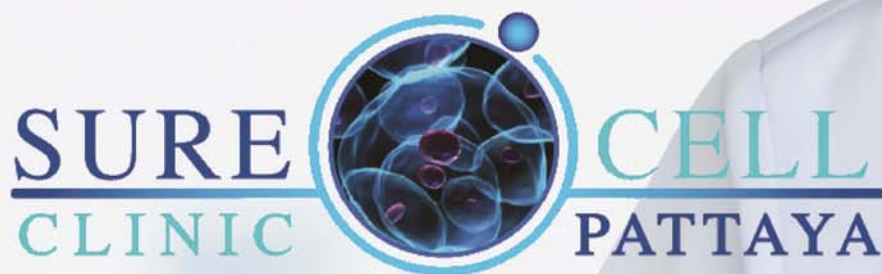
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Why Do We Eat So?

By Dan Johnson



It is not just a question of taste that creates the stark contrast between the cuisines native to Thailand and Great Britain. Worlds apart in so many ways, the geographical locations of these two lands also have a rather large hand to play. The hemispheric differences create such an enormous variance in climate and the native crops are so diverse, having any relation to one another in culinary tastes would be a long shot

Certainly the world is smaller nowadays, food can be just as easily enjoyed as if you were in its country of origin and many of the fruits and vegetables we eat don't always come from the places you would expect. However the divide is wide and continues to maintain its divisions in our food choices and those separations in meal choice certainly have their footnotes in our tradition and culture as much as they do in the locational differences.

I could splutter on about a whole range of dishes that give example to the delectable delights we consume from our mother's menu. Dishes in the UK such as Hot pot, Fish and Chips, Full English breakfast and Roast Dinners, or Thai favourites such as Khao Pad, Som Tam, Pad See Eiw, Phad Thai and so on. I could then highlight how vastly different in every conceivable way they are but I'm sure, as you are reading this you already understand through the process of consuming these dishes frequently, the differences in the ingredients and how they are experienced

I feel it would be more beneficial to offer some insight into the development of the dishes and why people who haven't had the luxury of traveling away from home are so locked into their native options. On the latter point though, there is one obvious reason why a native Thai would not prefer to enjoy the dishes of Great Britain and that would most undoubtedly be due to the lack of flavours. It really cannot be argued how much more flavour dances on the tongue when tucking into a spiced up Asian dish. The intense flavours of Thai dishes are a great turn on to many but can equally be a turn off to folk who are more used to having a less exciting collection of flavours smooth over their taste buds.

This reasonably understandable difference aside, what are the reasons and wherefores of the development of such culinary mastery and why does it persist today? As the world becomes smaller, the youth are certainly more adventurous in their selection of experiences and have more opportunity to experiment but even they favour the native dishes of their home nations. That is not just down to the regular exposure either. The food they have grown up eating, favoured by those who raised them and further back in time, due to the traditions passed down, has a large part to play in the selection of favourite dishes. Psychologically there is something to be said for a flashback to childhood, an earlier simpler time that we hanker for when we choose "comfort food" or select a meal because of a nostalgic preference.

Another major factor has to be the climate itself. In each country, the climate has not only dictated the foods we have access to when locked into a certain location in the world - cold to warm over tropical weather for example. As well as the sustainable growth of the foods, there is the physical impact of eating and then digesting such foods. Then the overall energy given off from their consumption and how it makes the body feel in the long term.

Asian foods, dictated by tropical climates tend to be a lot lighter in their density, more vegetable-based and dominated by salads - especially in the case of Thai food. Also the increased use of spices in their creation is not only because these grow in abundance in such areas but also because they aid us in our ability to live in such environments. Tropical environments are more humid, with more moisture in the air and with that moisture comes a large amount of other particles such as fungal spores. These can affect the respiratory system and therefore require more maintenance than is the case for people who live in less humid environments. Chillies, garlic and other spices aid in the loosening of the sinuses and respiratory systems and can enhance the movement of any fluids developing in these systems.

With heat comes an expenditure of fluids and increased need to maintain moderate body temperatures that eating heavy, hard to digest, dense dishes is just too much for the body to handle. Ever tried to fully enjoy a full Sunday Roast outside in a beer garden during midsummer in Thailand?

The opposite is true when referring to the colder and ever-changing environments found in the UK. More staple foods, heavy and dense in their matter are harder to digest. These are most often the foods more readily available or created during the colder months such as dairy, cheeses, roots and the like - some due to growth or preparation and others due to preservation requirements during the colder months.

These foods contain far more fat and because they are harder to digest, allow for the slow release of energy over a prolonged period and energy-burning to maintain body temperature. Then in the sunnier months in the UK, lighter varieties of fruits and vegetables are far easier to grow which is in line with easier to digest, quicker to burn energy release times when the climate is more moderate and the need to keep warm is less.

For these reasons, the dishes have developed in the way that they have, not just because of varieties of vegetation available but also driven by the necessities of living in each of the environments produced by the geographical location. This, I would suggest, is also why they are maintained in each of the nations in question.

On a personal note, and solidifying the theories expressed in this pitter-patter of the keys, I have recently just returned to the UK on a more permanent basis and over the last couple of months my diet has naturally transformed to fit the extreme weather changes my body has been subjected to. At first, I instinctively ate the same way I had done over the last four years - or as close to as access to the ingredients would allow - with my regular fasting in tow - and found I was unable to handle the adverse cold I was experiencing.

I also found I was more lethargic, had less energy than usual and my ability to concentrate had faltered somewhat. An example of this would be not just from feeling the effects of the cold in the morning when it was just above 4 degrees but also later. Even though the temperature had warmed through the day to a more moderate 10 degrees c. I found myself uncontrollably cold.

This happened on a few occasions before I looked to take action - for obvious reasons - and then explored the idea that it might be due to my diet and the reduction in carbs I was consuming also the far heavier fats found in cheese and dairy produce common in the diets of my fellow Brits that I was not eating.

After molding my diet to increase the stock of the aforementioned on my plate (I am currently tucking into a four-cheese quiche, boiled potatoes and peas as I write this - a far cry from my usual stir-fried vegetables and noodles I have survived on over the years in Asia), I found these complaints have almost disappeared.

There is much to say about switching your diet too quickly and a mountain of things you should watch out for but that would be an article for another day. However, the benefits of tuning my food intake to fit more closely to the environmental factors my body is now subject to have certainly enhanced my performance day-to-day.

So, it is not simply just a case of taste, a far cry of simple traditions or even a pinch of the resources available that have created these differences in the food preferences in the UK and Thailand. It also has much to do with the needs of the human body in each location's climate. This alone will be reason enough for culinary choices to continue to dominate each nation's choice of food as the main staple of their diet.

A word to the wise also, when in Rome...

Buffet Dining at The Thai Garden Resort



For me the best thing about the buffet at Thai Garden Resort, whatever night you choose to go, is the tremendous selection of appetisers and salads that they have for you. After all who wants to be cutting and chopping all those carrots, tomatoes, cucumbers, fresh cauliflower florets etc.etc. the preparation time alone would take ages - at the Thai Garden Resort it's all done for you. I was also delighted to see Vietnamese spring rolls included in the selection. I am a really big fan and the ones at the Thai Garden Resort are delicious, packed with raw, crunchy fresh vegetables. They are the tastiest way to eat healthily and low on calories too.

Or if you prefer you can have fried spring rolls with sweet chilli sauce and for lovers of Smoked Salmon there is plenty available. Also not one but two types of pate, so whether you prefer Farmhouse or smooth they have both available accompanied by plenty of varieties of bread and a range of sauces to make that salad selection even the more tasty. I also think buffets are a great idea if you have children, especially if they are picky eaters. With a buffet you can encourage your child to try a little of some new foods without wasting money on a whole serving that may not be to their liking. Just make sure they don't keep revisiting the pancake machine and delicious ice-cream area too often.

We were at the Thai Garden Resort on a Wednesday night to try the Duck Buffet. There was a member of staff permanently on hand ready to carve the duck and ensure that there was always a fresh selection ready to serve, and again some lovely sauces as accompaniment. Talking of accompaniment the resident trio were strolling around playing their melodious tunes often with suggestions from the diners. It really all just adds to the ambiance of this beautiful setting. If you haven't been to a buffet at The Thai Garden Resort for a while (see their advert on page 3 to see what they have available each and every night) or if you've yet to try the Wednesday night Duck Buffet please go along and enjoy. There's a reason why this excellent resort with its great chef and team, still enjoys such a loyal following.



THAI GARDEN RESORT VOTED TOP HOTEL 2020 BY HOLIDAYCHECK



The New Year has just started but the Thai Garden Resort already bagged their first award for 2020.

The famous hotel rating website in Germany called "Holiday Check" is an internet portal where guests can rate the hotel where they stayed during their vacation.

"Don't book a hotel until you have checked the comments and ratings of previous guests!" And that is exactly what the modern traveler does in order to avoid any disappointments. General Manager René Pisters is delighted to receive this reward for the 9th consecutive year, on behalf of the hotel and he emphasizes that the reward is a reflection of the dedication of all the Team Members of the resort and therefore he conveys his special thanks to all who have made it possible for the resort to receive this award again. He also likes to express his deep appreciation to all the guests for submitting their reviews and he looks forward to welcome all guests back again at the Thai Garden Resort.





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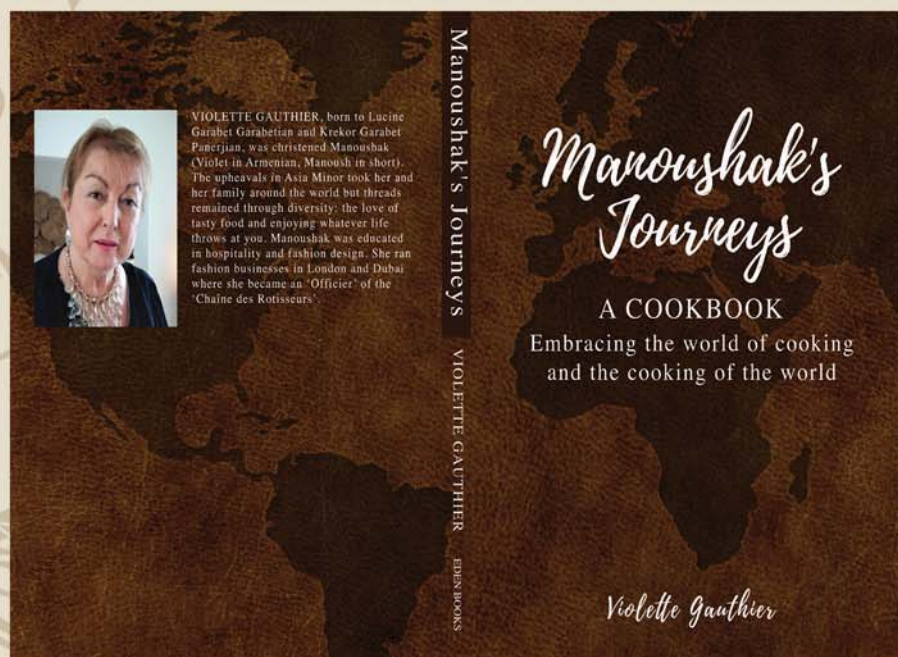
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Eating at Home?

Try one of the recipes from Manoushak's Journeys



Violette Gauthier is appropriately in charge of Hospitality at the Pattaya International Ladies Club. As her new book demonstrates, she is doubly qualified, being a truly international person and a lover of cooking. She recently published

"Manoushak's Journeys", a personal account of her travels and delicious culinary discoveries.

Starting in Armenia (Manoushak, her christening name, means Violette) takes her readers through a dozen countries in a lively, gastronomic chronicle ending of course with Thailand.

Highly recommended for those who want to eat well and astonish their guests! "Manoushak's Journeys" costs 450 just baht and can be purchased from Pattaya International Ladies club email pilcpresident@gmail.com or hospitalitypilc@gmail.com

To Wet your appetite here is just one of the simplest yet delicious recipes available in the book:

Spinach and Goat's Cheese Puffs

Ingredients (for 4 servings)

Puff pastry (1 ready-made roll)

1/2 bunch of spinach

1 small onion

! roll of goat cheese(about half a pound)

salt and pepper

Preparation time 30 minutes

Preheating your oven to 180c (350f)

will save you a little time



If you use frozen spinach let it thaw. Chop the onion very small, let it fry a little, add the spinach, salt and pepper. Let it cook for 10 minutes, then let it cool down.

Cut the puff pastry in about 6 inches (15cm) squares. Spread them on a floured surface Put a large spoonful of the spinach on each square, together with a slice of cheese. Fold the corners towards the centre of the square. Add a little water to the edges to help them stick together and seal the puff.

One more slice of cheese on top will be the cherry on the cake.

Leave in the preheated oven for 20 minutes.



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DINING WITH A THAI FAMILY

By Lirika Heart



Over the years I have been invited to dinner at the homes of several Thai families and would now love to offer some advice about what to expect if your dear reader should also be invited. For example, arriving empty-handed to dinner is unusual. Most dinner guests bring flowers or fruit and in some cases a bottle of wine might be nice.

You can expect to be offered a glass of water upon arrival. This custom comes from the days when water wasn't always clean and therefore the taste of clean water from your host was a sign of good things to come.

Meal preparation is typically a family affair, mother is usually responsible for making curry while daughters assist and grandma maybe overseeing the whole operation. Female guests will often offer

to help in the kitchen. All the dishes will then be set out Thai style i.e. in the middle of the table so as to be shared. There are also no courses in a Thai meal as everything is served as soon as it's ready.

At some houses you could be sitting on the floor or on small stools at a coffee table but in the homes of more modern families a dining table and chairs are usual. Once everyone has been seated you receive a plate with some rice on it. There will also be a serving spoon for each dish which is called Middle spoon, be careful not to get your rice into the main dish.

Wait for the host to invite you to dig in and serve yourself but make sure to take only small portions of each dish so there's enough to go around and finish everything on your plate; it lets the family know you enjoyed the meal. Don't expect to get a napkin, usually there will be just tissues or maybe a roll of toilet paper placed on the table and remember not to use your fork to put food in your mouth, instead use it to push your food onto your spoon.

Although you will be given a glass of water with the meal most Thais tend not to touch this whilst they are eating, no matter how spicy the food. They prefer to leave drinking until after the meal rather than fill up on water when it is usually customary to put your utensils in a position to indicate that you are finished, that is to say together. If you leave your utensils apart on the plate it may suggest that you are not quite finished.

It is polite to offer to help with the cleanup procedure and then it's time for dessert often eaten in a different room, you might enjoy fruits that were brought by guests, cake or traditional Thai dessert. As far as topics of conversation goes it's pretty much the same as you would expect at most dinner parties. Politics may be talked about but be wary of how you express your views better to keep the conversation light and not cause any offense. Thai people are generally very generous and welcoming opening times so it is most important that you enjoy your time with friends and have a great evening



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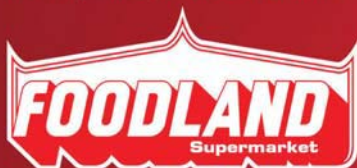


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PIZZA PLAZA



It's a fact, if you can get the kids involved in preparing their own food they're far more likely to enjoy it. That's why Pizza Plaza is such a great idea. There's a mini grill on top of the Pizza oven at each table for the kids to create their own special meals, enjoying a choice of barbecue or individual DIY pizzas as they please.

When the Trader visited this fun eaterie, our lovely models Lily and Alice went for the 2 pizza combo - fantastic value at only 95 baht. Pizza plaza had already prepared the dough so the girls were then able to personalise their pizzas by selecting favourite toppings and cooking them at the table.

Even after the preparation time and then the consuming of each of the lovingly created pizzas, there was still time for them to play in the Kids Zone while the adults got to try some succulent spaghetti and tasty fried chicken. My particular favourite being the Korean with a lip smacking sauce just 99 baht.

A range of drinks to accompany the meals will not disappoint with Fruity sodas, Smoothies, Iced Teas and even something a little stronger for the adults.



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Why at this time of COVID-19 there's never been a better time to employ the services of a profession Travel Agent

At this troubling time of uncertainty regarding coronavirus or COVID-19 as the disease has now been newly named, there has never been a better time to use the services of a qualified travel agent.

Many of us use the internet as a way of researching our own flight hotel booking options but travel agents who have been in business a long time have a wealth of previous experience to draw upon. They can recall what happened in the past with the SARS Epidemic, the ash cloud over Iceland or other such unexpected disasters. How these unscheduled occurrences affected the travel plans of their customers and what were the best solutions they were able to find for them.

The impact of the pneumonia-like disease caused by the COVID-19 virus is already being felt across Asia. Tour operators and airlines are being contacted daily by anxious customers who are thinking of cancelling or re-routing journeys to avoid places affected. Your travel agent is already in daily contact with their usual sources and will also be aware of the latest official advice offered by the country you are departing from or travelling to. They can therefore advise you if you have questions such as:

- What are my best options for a reroute of my flight?
- What are my alternative flight options?
- What are the possible fees involved if I change my booking?
- Do I have sufficient insurance to make changes to my travel arrangements?

As regards insurance, for Brits (for example) the key factor is the date that the Foreign Office starts warning people against travelling to a country. Insurers will generally cover cancellations from that point but may need proof that you have already tried and failed to get the airline to sort the problem out. If you are in a country where the Foreign Office advises against visiting except for essential travel, you could be able to make a "curtailment" claim on your policy. Meaning that you would be able to claim for unused travel and accommodation and reasonable expenses for returning home.

Travel agents have had to adapt and respond to a new wave of anxiety from their customers. Many people are now hesitant to travel for fear of getting sick abroad. Your friendly local travel agent can offer reassurance by sharing with you what is factual, and up to the minute, rather than panic spreading fake news and ill informed rumours.

Operators and hoteliers are bracing themselves for months, if not a full year, of economic disruption from the outbreak of COVID-19. With long-term effects that may ripple well into 2021 you are best to seek professional advice.



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BURAPHA BIKE WEEK

Twenty Third Burapa Bike week 2020 Shadows of Love.

By Rick Click

PATTAYA

Maybe a few less turned out this year making a bit more room to enjoy wandering around and soaking up the atmosphere. Not a bike fanatic myself I still appreciated looking at some vintage bikes that truly are works of art from a bygone era.

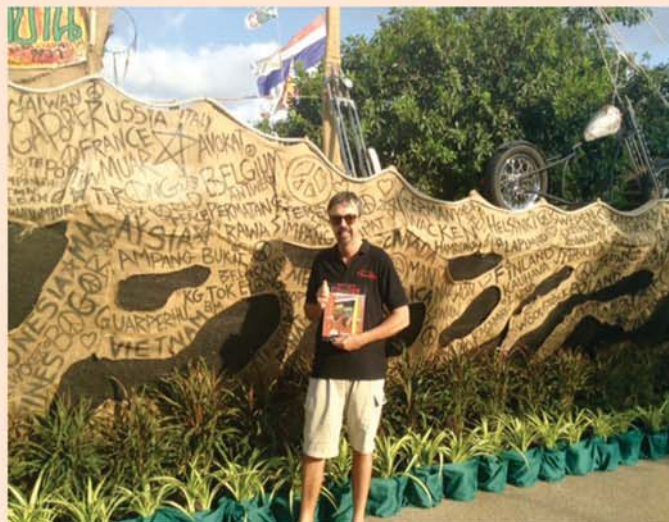
It's like a Biker's park at times when you spot some interesting characters. A very cool looking gent rode past me on his Harley Davidson touring bike, fully kitted out in matching authentic gear. Plenty of long ZZ top type beards were also observed.

How the event was decorated really added an authentic old school biker vibe transforming a usually dull looking field. Most impressive was a large wooden pirate ship with shark's teeth in front. Colourful Wigwams with Indian dream catchers and for the younger some Steam Punk metallic statues and Robots.

Very reasonably priced authentic goods on offer T shirts, badges and leather items alongside Motorcycle parts, accessories and clothing. Even some amazing modelled push bikes resembling classic Motorbikes for toddlers.

On a practical level wardens patrolled the event and quickly leapt in to sort out any congestion problems. And a focused green campaign to reduce the number of plastic bags used on site definitely worked. Hay bales were setup to keep bikers on a path, I also found them useful as seating.

Feeling a little hot and dry I went on the search for a cold beer. At first I was a little confused about where to purchase beer from, probably because many of the stalls selling food and drink had the Chang logo displayed with their umbrellas but only soft drinks available. Alcohol wasn't served on the Stadium grounds but instead at the lower bowl area of private land which has permits to sell booze.





If you get peckish there is no need to queue up food is everywhere and a great variety of it. I stuck to the burger and kebabs and wasn't tough enough to try the scorpions on offer.

Having mistaken a live performance for a recording I noticed the sound quality from the live stages to be much improved this year. I was also pleased to hear a diversity of music from 50's rock and roll right up to more modern mellow club sounds, something for everyone. Live bands playing on the two main stages.

On the King's stage at 6pm there was a showing of "Burapa Bikers of the East", an hour long documentary two years in the making, telling the story of the Thailand MC biker community and how over the years they created the Bike week. This event has been going for 23 years now raising large amounts of money for registered Thailand Children's charities such as Take Care Kids. Bikers gather from all around the world and meet peacefully as it's understood that any troublemakers will get blacklisted.

Asia's biggest Bike week is a labour of love and a celebration of pop culture giving you that feeling of yesteryear freedom.

WHERE TO NOW IN THE HEAVYWEIGHT BOXING WORLD?

By Steve Wade



Tyson Fury's seven round demolition of Deontay Wilder in Las Vegas last month has thrown up the prospect of a unifying winner take all bout with Anthony Joshua. The question is when?

The fight between two British boxers to become the undisputed heavyweight champion of the world would be one of the biggest events in the boxing world for years and some say the most anticipated sporting contest in the UK since England won the world cup.

Joshua recaptured his titles against Andy Ruiz Jr in December last year after a shock defeat in the previous contest between the two and now that Fury has dispatched Wilder in great style this is the match up that boxing and the whole sporting world wants to see, but as always in boxing, a lot of hurdles have to be jumped before we get there.

Joshua has a mandatory defence to negotiate against Kubrat Pulev from Bulgaria which is penciled in to take place somewhere in London in June. At time of writing Spurs new ground appears to be the front runner to host the fight. The 38 year old Bulgarian has a decent record but some uninspired recent performances and the fact that his only loss was against Wladimir Klitschko for the world title when upped in class-and Joshua's subsequent defeat of Klitschko, would make an upset unlikely.

In the mean-time Wilder has a rematch option against Fury which looks likely to be taken up. The contest has to take place within six months so it would seem likely that a Joshua/Fury unification fight will have to wait until 2021 at best.

Fury's performance against Wilder was right on the button. With the added weight and fitness he out-boxed and out bullied Wilder right from the first bell. Wilder looked overcooked to me and had no answer to Fury's constant aggression and intimidating tactics. It was a tremendous performance.

Fury's battles with his own demons and his fight to overcome them have been very well documented and he is one of the most colourful and entertaining heavyweights to come along in many a year. The money involved in his next few fights will be phenomenal but it was interesting to hear that his father, a man who he listens to, has urged him to retire now with nothing to prove but the relentless money making business of boxing and the chance of immortality may prove too much for him to resist.

Some judges are saying that Joshua and his management don't fancy the Fury fight and I wouldn't be surprised if that's true, but If he wants his shot to become one of the greats he's going to have to take it. They'll be plenty of false starts and publicity along the way, but let's hope it happens.

PROFESSIONAL GOLF; IT'S THE MAJORS TIME OF THE YEAR

by Steve Wade



Since the rescheduling of the golfing calendar last year, this month ushers in a phenomenal period for both players and fans alike. All four major championships take place between April and July with some other top quality tournaments interspersed throughout the period. Starting on the 12th of this month when the Players Championship, the “fifth major”, tees off at its usual venue of Sawgrass in Florida, the next few month’s usher in one multi-million dollar tournament after the other, with the highlights being the four major championships. We start, as always, with the Masters at Augusta National. One of, if not the highlight of the golfing year, the Masters is the only major to be played on the same course every year. The tournament started in 1934 when the winner, Horton Smith, picked up a cheque for 1500 dollars and the first prize didn’t improve until 1946, when it went to 2500! This year’s prize fund is 11.5 million with the winner picking up over 2 million. The event runs from the 9th until the 12th of April.

The next major in the schedule is the PGA Championship, being played at Harding Park just outside San Francisco from the 14th until the 17th of May. Known for being played on exceptionally tough courses and throwing up surprise victors, in the last few years the winner has come from higher in the rankings, with both Brooks Koepka and Rory McIlroy being dual winners.

Speaking of those two, they are the first names on any list of likely winners for any of the major events, but they approach them in very different ways. Koepka bases his whole season around the majors and has won four and finished second in two others over the last three seasons to prove it. McIlroy, a four-time major winner himself but not in the last five years, is at the time of writing the world number one with two wins and three top five finishes in his last five starts. Koepka seems to use the whole season as a practice session for the four big events, whilst McIlroy is never far from the top of the leaderboard in virtually every event he tees it up in. With other great golfers including Justin Thomas, Dustin Johnson and Jon Rahm vying for the titles, not to mention a host of others, the competition will be fierce.

The US open is being played from the 18th until the 21st of June at Winged Foot, a long established venue on the open circuit. As tough as they come, it’s sure to be set up so that any mistakes will be severely punished.

Last but by no means least is The Open. Being played at the Royal St George’s links course in Kent from the 16th until the 19th of July, it’s been on the Open Championship roster since 1894. Won last year by Irishman Sean Lowry at Royal Portrush, the course can be a severe test if the wind blows, which it almost always does!

We’re sure to see some great golf being played by the world’s best players over the coming months. I’m sure that the many fans the game has in Pattaya will enjoy them. I know I will.

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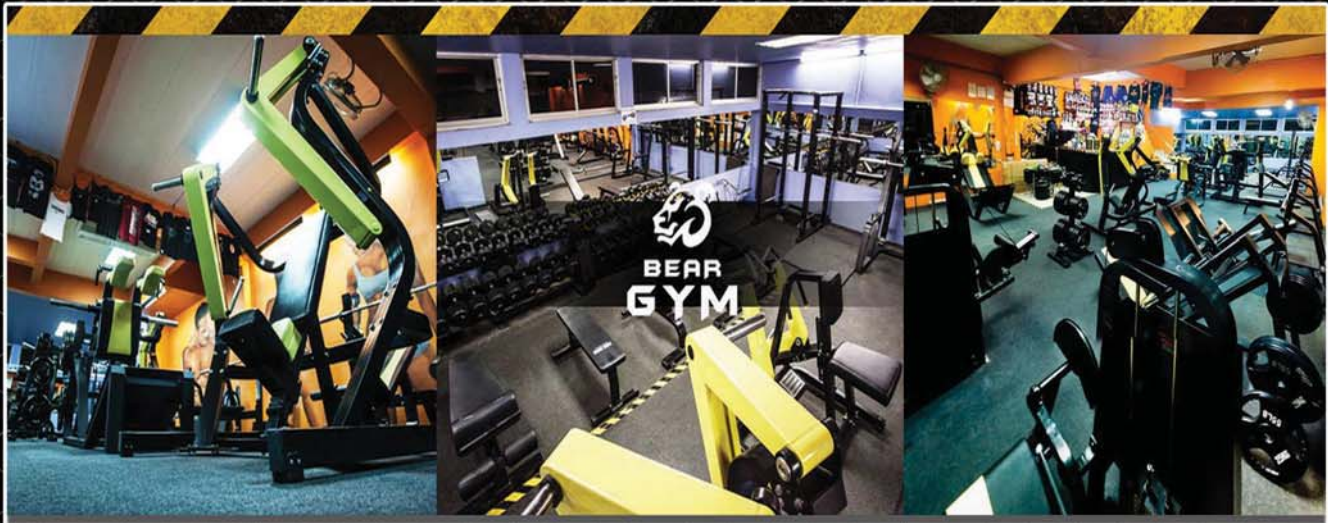
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I-ROVERS FOR MARCH

Welcome to the preview page for the I-Rovers 24/7 sports bar. Situated in LK metro right in the heart of Pattaya, I-Rovers screen all your favourite sporting events 24 hours a day, 7 days a week.

CHAMPIONS LEAGUE



The return matches in the round of 16 are played this month. On the 11th Spurs travel to Leipzig with a 0-1 deficit to overcome and surprise packet Atalanta take a 4-1 lead to Valencia. On the 12th Atletico Madrid visit Anfield with a 0-1 advantage and Dortmund take a 1-2 lead to Paris Saint Germain.

At time writing the first legs of the following matches haven't been played but the Man. City v Real Madrid and Juventus v Lyon return legs are on the 18th and the Barcelona v Napoli and Bayern Munich v Chelsea matches are on the 19th. All ties are at 3am local time.

PREMIER LEAGUE

Liverpool's inevitable march to the title continues and it's possible they could win it as early as the Merseyside derby being played at 3am local time at Goodison Park on the 17th. The disqualification of Manchester City from next year's Champions League, if it stands, has made the chase for the qualifying places in the Premier League very interesting indeed for a number of clubs. The relegation battle is still on for several clubs too, with only Norwich seeming unlikely to survive. Every Premier League game is shown at the I-Rovers, so look out for our weekly viewing updates.



www.pattayatrader.com

HORSERACING



My favourite sporting event of the year gets under way on the 10th of the month, the Cheltenham Festival. An early start this year means the Cheltenham roar at the start of the first race will be heard at 8.30pm local time on Tuesday the 10th and the meeting runs through until Gold Cup day on the 13th.

GOLF

A quiet time on the European tour but the PGA tour is in full swing with some great tournaments in March to look forward to. The "fifth Major", the Players Championship is the highlight of the month and is being played at its usual venue, TPC Sawgrass in Florida. Sure to attract the strongest field of the season so far, this will be a great pipe opener for the Masters in April.

FORMULA 1



The Grand Prix season moves on to Australia and Bahrain this month. With these being two of the more popular heats on the calendar, both events will be essential viewing for all racing fans. The Australian heat runs from the 13th until the 15th and Bahrain is from 20th until the 22nd. It looks like another great month of sport is in store at I-Rovers. Many other sporting events not listed here will be shown so catch up with whatever you want to see by following our weekly updates. Or just go in and ask!

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SPORTING ACTIVITIES IN PATTAYA



Pattaya is a fun, happening city and the largest Thailand tourist destination on the Eastern Seaboard. It is also a place where many expats have decided to make their permanent home and to live out their days by the rolling sea and under the hot sun.

The atmosphere is really buzzing with people from all over the world living side by side with their Thai counterparts. Both cultures interacting together to offer so much to each other in terms of cuisine, language, art, music, behaviour and of course sport.

Because of its location Pattaya is ideal for the participation of all sports but mostly so outdoors. And because the inhabitants of the

city work so hard they are also determined to make the most of their free time and enjoy participating in every manner of sporting activity. In fact many workers from the Bangkok area will journey to Pattaya at the weekend to enjoy the sports on offer.

With its enviable position placed majestically peering out over the Gulf of Thailand, Pattaya is one of the best places in the whole of Thailand to participate in sports on the water.

The water around Pattaya is famous for attracting nautical themed sporting activity, and the gentle winds make it ideal for yachting, windsurfing, sailing, surfing, skiing, jet-skiing, and every other water based sport you can think of.

Pattaya is home to numerous first class yachting events with the Royal Varuna Yacht club at Cozy beach and numerous regattas and shows held at The Ocean Marina Yacht Club.

Just about anything that can be thrown, kicked, hit and launched has a home in the sports of Pattaya.

There is the Pattaya Panthers Rugby Club where “real men wear pink” and Pattaya is also home to two football clubs; Pattaya United and Pattaya City both of which attract healthy support. For amateur players regular six-a-side football is available all week.

Football is becoming a very popular spectator and participant sport in Thailand. Mostly because of the wide coverage of the English Premier League. Full size pitches are available in most of the bigger sports clubs and there are even some very good artificial pitches that can be hired in the city.

Pattaya holds prestigious tennis tournaments and there is the regular professional Women's Tennis Tournament held around July. There are numerous private courts dotted all over the city and in hotels for amateur players and enthusiasts to enjoy the sport.

Even a French influence has crept into the Pattaya sporting scene with the Pattaya Petanque Club (Petanque being a form of boules) . Open for members and non members alike, all ages are encouraged to participate.

More expectedly golf is one of the reasons why so many expats choose to live in Thailand and Pattaya in particular. There are some spectacular courses all over the Chonburi region and Pattaya regularly plays host to professional mens' and ladies' international tournaments, most famously the LGPA tournament at the Siam Country Club old course which was regrettably cancelled this year due to Corona Virus but which we hope will return to Pattaya in 2021.





As well as some more of the more common sports available, Pattaya has some very interesting and spectacular pastimes to take part in. Out near Huay Yai you can try the ancient sport of archery while there are many shooting galleries to try your marksmanship skills. Or try your marathon and cross country technique with many of the clubs that regularly host runs utilising the local terrain to the full.



Volleyball is one of the most popular participating sports for local Thai people living in Pattaya. There are many courts gathered all over the city from outdoor sports arenas to beach side courts. You can find players enjoying the exercise late into the night as many of the courts are floodlit.

Sepak Takraw is a sort of volleyball played with the feet. It takes place on a court very similar to that of a volleyball court and is played three-a-side. Normally you will see locals enjoying playing Sepak Takraw at sports centers and almost any outdoor space they can find.



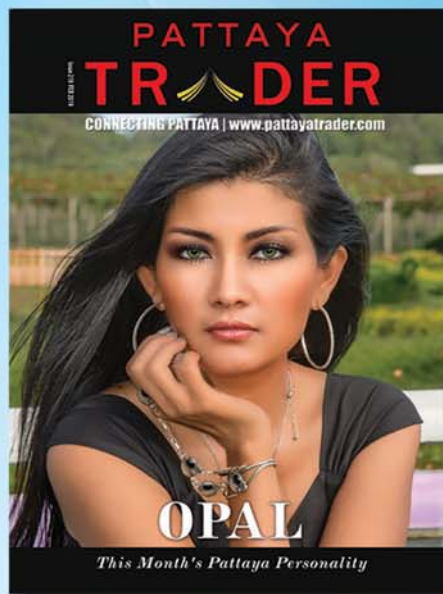
Everybody recognises Muay Thai as one of Thailand's biggest sporting exports. There are a couple of stadiums in the city which host regular professional bouts and this month sees The International & Thai Martial Arts Games and Festival happening from the 8th to the 16th. Plus there are also plenty of local gyms that will stage amateur matches for willing contestants.



If you take a trip out to Chonburi you can even enjoy a spot of Water Buffalo racing. Guaranteed to bring spills and excitement as the huge beasts are ridden down a straight course to the winner's post.

Because of the influence of foreign expats, Pattaya has been heavily influenced in adopting all sorts of weird and wonderful sports that you will just not find in other parts of the country. Mix this IN with the popular Thai sports that already exist and you are left with a sporting scene that puts most places firmly in the shade.

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R.I.P. KEVIN

THANKS FOR ALL THE LAUGHS!

By Gloria Jones



Ask anyone who had the pleasure of spending any time with Kevin Cain, what they remember about him and they will invariably say his sense of humour.

I had the pleasure of spending a great deal of time with him and that of course meant sharing many laughs while he was writing for the Pattaya Trader up until the end of 2018. In fact you can still read some of his articles on our website Back issues such as his "Weekend trip to Hua Hin" June 2018 and his premier league update in November 2018. As that of course may well be the second memory most of us have of Kevin, namely his love of football and his unflinching loyalty to Everton.

Hailing from Liverpool he always had the good grace to bear the scouser jokes that were launched at him by his work colleagues and drinking chums. These are the friends he met up with at his regular Saturday evening haunt - Hemingways in Jomtien.

The other thing Kevin was particularly good at was embracing Thai life and culture. Many of his articles, rather than bemoaning the lot of the Expat abroad, extolled the virtues of Thai culture and customs - I believe he really enjoyed living here.

His manner was always affable and when out interviewing people he always put them at ease. His cheeky grin will be recalled by many but for me it was his offbeat humour, his love of puns, the way he would suddenly regale you with an interesting fact or fun bit of information that he had just unearthed on the internet. His particular wry sense of humour and love of music rather put me in mind of my father and the way he used to share jokes with me and for that I will always be grateful to Kevin

.....thanks mate for all the laughs!





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The Jazz Pit has a new home

By Gloria Jones



For those of you who have already had the pleasure of enjoying the music of resident guitarist Thomas Reiner at the Sugar Hut, this will come as no surprise. He has been rewarded with a plush new home at Sun Sabella wherein to invite his world class musician friends and entertain us all.

So impressed were we by the musical entertainment at the recent Grand Opening of Sun Sabella, we decided to return to the Jazz Pit to hear Thomas play with American trumpet player Steve Cannon. Steve is usually to be found at the Sheraton, Bangkok but really enjoyed visiting this new music venue in Pattaya.

Thomas will be playing in the Jazz Pit every evening other than Tuesdays. Like the Facebook Page: Sun Sabella Classical Thai Restaurant, to be kept informed of when he has musical guests join him. Either way it's a wonderful place to listen to some great live music, seated on comfy leather sofas in cool surroundings whilst enjoying the odd cocktail or two.

The Jazz Pit is at Sun Sabella, entrance of Sugar Hut Resort & Restaurant
391/18 Moo 10 Thappraya Road
Tel 038 251 687

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Bangkok Consular Team in 2019



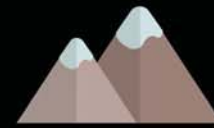
British Embassy
Bangkok

Total number of consular cases

1,439

Deaths	491
Arrests	225
Welfare cases	217
Hospitalisations	204
Missing people	69
Child welfare	37
Rape and sexual assaults	19

Peak: January



This year we provided
4,928 documentary services
and issued
443 Emergency Travel Documents



Partnership projects in 2019



- 1 Immigration Detention Centre
- 2 Motorcycle safety
- 3 Rape and sexual assault survivor handling
- 4 Thai Social Services communication tools for children
- 5 Health insurance
- 6 Partnership with multipliers
- 7 Mental health
- 8 Customer journey at new Embassy
- 9 Digitalisation of notarial services
- 10 Prisoner Welfare

British nationals in Thailand



Top locations for British residents

884,875*
visitors

74,312**
residents



*Ministry of Tourism and Sports Jan-Nov 2019

**Thai Immigration Jan-Dec 2019

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Child Custody in Thailand

The parent who shall have the primary child custody after divorce can be decided either by the parents or by the Court. If the parents are able to negotiate or make an agreement without the court's decision, they can keep better control over present and future decisions to be made in behalf of the child. Both parents may discuss about the child's living situation, visitation rights, daily financial responsibility, educational plans and other important needs of the child.

For couples going through an uncontested divorce in Thailand, an agreement can be created to specify how the custody will be shared between parents. For unmarried couples, the mother shall have the sole custody of the child unless the father will register the legitimation of the child at the local district office. This procedure of legitimizing the child as your own is necessary before a father can enter into a custody agreement with the mother.

Child Support is usually made by a noncustodial divorced parent as a legal obligation to support to the financial care and costs of raising his or her minor child or children. Child support can be settled by a court order or by a written agreement between parents, setting out the amount of child support to be paid to help with the financial costs of raising their child/children after separation. Support shall be provided by periodical payments unless the parties agree to settle in other manners. The amount of child support and up to what extent the amount would be granted

shall be according to the decision of the Court, considering the ability of the noncustodial divorced parent bound to provide the support, the condition in life of the child and the circumstances of the case.

Parents are bound to support their children during their minority, to provide them proper education, to look after them when they are in poor health and maintain them until they are capable of earning their own living. Therefore, in case the custodial parent denies visitation rights to the non-custodial parent, such excuse cannot be used for denying support for their child/children.

In Thailand, a child born out of wedlock is deemed to be the legitimate child of the birth mother. The biological father is not considered as the legitimate father and shall have no legal rights over the child, and he is not bound by law to pay child support unless he acknowledges that he is the father through child legitimation process.

According to the Civil and Commercial Code, a father's rights to a child can be legitimized:

- if there is a subsequent marriage between the father and the mother
- if there is a registration of legitimation made at the local district office or Amphur on application by the father
- if there is a judgment by the court



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Chevrolet Colorado LTZ DIESEL 2014 year

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“8 March 2020 International Woman's Day”

Walk Togheter to say No to Violence against Woman

**STOP
VIOLENCE
AGAINST
WOMEN**



“Around 700 woman (statistic by The Woman and Man Progressive Foundation) turn to the police every year to report violence (in most cases by their husband or boyfriend). Unfortunately, in 70% of cases, the violence suffered leads to death. The problem has increased in recent years by 50% and the greater blame is due to an increase in drug and alcohol use. In 95 percent of cases, eyewitnesses decide not to intervene”

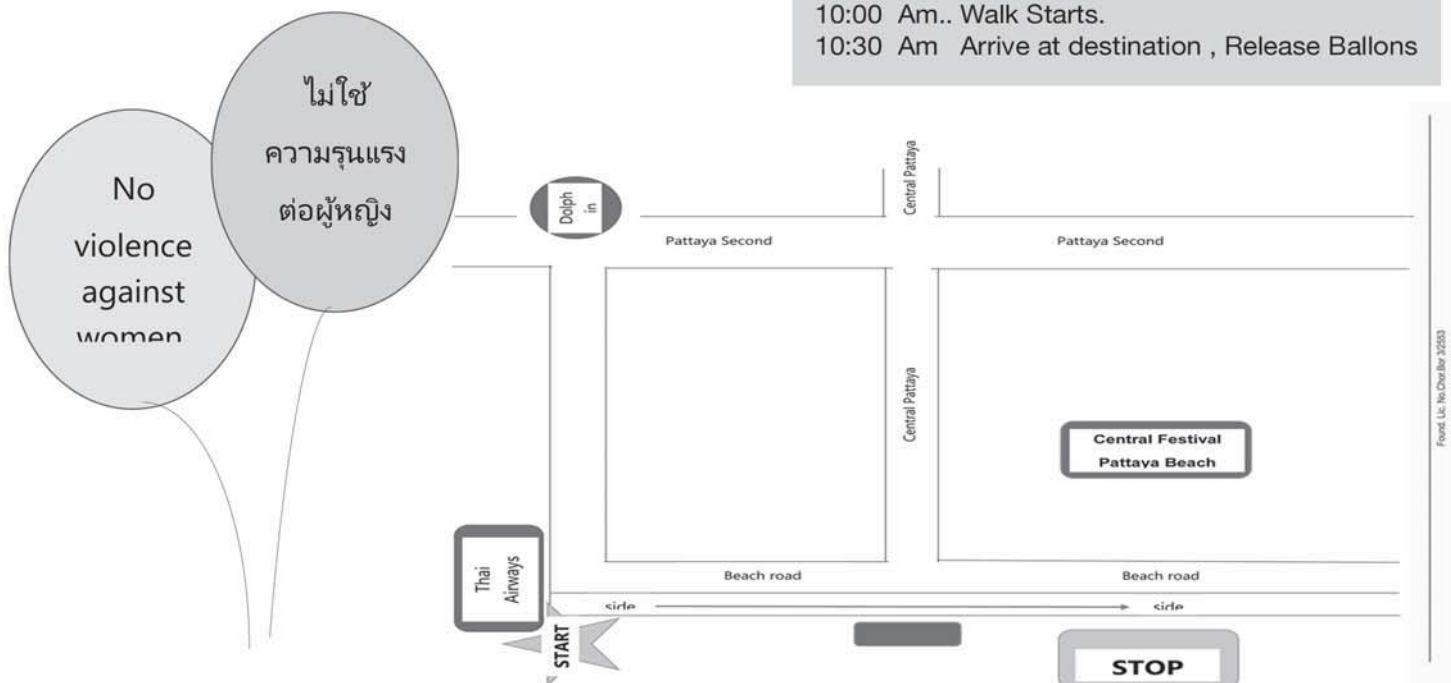
This year, on the annually occasion of World Women's Day, Take Care Kids Thailand Foundation, decided to organize a march to say No to violence against women.
The walk is open to everyone.

We will meet in Pattaya Sunday 8 of March at 9 am in front of the Thai Airways Office at the beginning of Beach Road. There will be no official speech, concert etc... There is no dress code required. At the end of our small walk we will fly balloons in memory of the women who died or were injured as a result of the violence they had suffered.

Juergen Lusuardi
Founder and President of Take Care Kids Thailand Foundation
0852480194

Program 8 March 2020 8 March International women's day

09:00 Am. Meeting point.
10:00 Am.. Walk Starts.
10:30 Am Arrive at destination , Release Ballons





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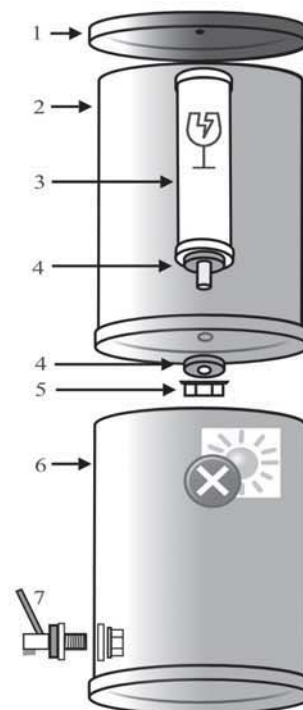
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Girl Power



When she was just one year old she was diagnosed with Myasthenia Gravis, a rare and chronic autoimmune condition that in most cases leads to weakness in the skeletal muscles.

At ten years of age she was informed by her doctor that the pain in her back was due to scoliosis, a curvature of the spine. Not long after she fractured her hip, but the surgeons said it was too dangerous to perform surgery. She sits in a padded wheelchair to protect her bones and her had rests in a specially adapted brace attached to the back of the wheelchair.

At sixteen years of age Maprang, who comes from Chonburi province, graduated from Grade 9 at a school for children with disabilities in Nonthaburi. Upon leaving that school she applied and was accepted into the Redemptorist Technological College for People with Disabilities in Pattaya to study Computer Programming.

At the age of seventeen, and still in her first year at the College, Maprang was selected to travel to South Korea to represent Thailand and participate in the annual GITC competition.

The Global IT Challenge started in 1992 and is open to all people with disabilities, and in 2019 more than three hundred participants from twenty four countries participated.

While in Korea, Maprang participated in a series of activities and competitions over three days, and against students from well-known colleges and universities. Coming up against so much competition may have worried some participants, but not this teenager from Thailand. She knew what she had to do, and she did it so well that she won one gold and two silver medals.

When Maprang is not away from Pattaya she shares a class with seven other young ladies, and all eight young ladies have a dream of one day going on to study at university.

Eight young ladies who just a few short years ago may never have applied to study at the College. Pressure from family would have persuaded them to stay at home, but nowadays they want to be educated. A few years ago universities would have refused to accept them; many thought a person with a disability would never be able to study at such a high level.

When they do graduate from the Technological College and go on to university they want to study a variety of subjects; Advance IT, Coding and Computer Business.

Maprang is doing well in her studies, and when all eight female students were asked to name the best thing about the college they all came up with the same answer; friends, the best thing about being at the college is that they now have friends, and a few medals.





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

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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

SOLUTIONS ARE ON PAGE 60

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IMPORTANT TELEPHONE NUMBERS



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Emergency Hotline: 191
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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

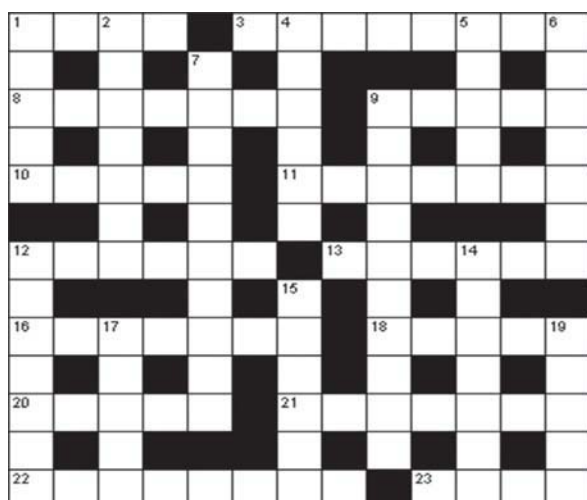
WATER

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 MARCH 2020

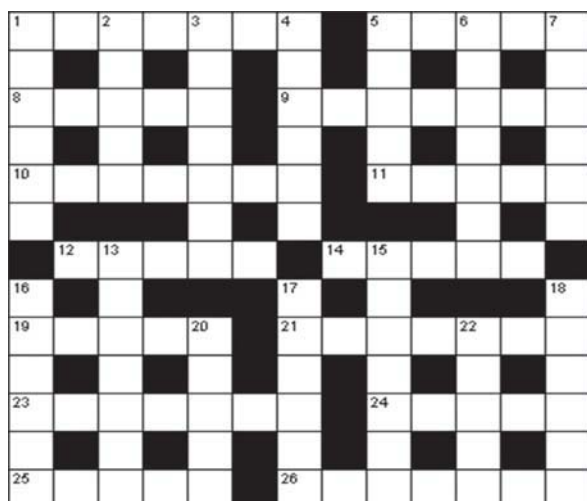


Across

1. Gusto (4)
3. Brings to an address (8)
8. Feast (7)
9. Tag (5)
10. Performer (5)
11. Trade barrier (7)
12. Voice box (6)
13. Large numbers of people (6)
16. Closest (7)
18. One of the senses (5)
20. Cajoled (5)
21. Before (7)
22. Fragile (8)
23. Unsightly (4)

Down

1. Striped equine (5)
2. US legislator (7)
4. One or the other (6)
5. Hot remnants of a fire (5)
6. Bars (7)
7. Secured by written agreement (10)
9. Research workplace (10)
12. Lackadaisical (7)
14. Hoping for (7)
15. Certify (6)
17. Spiritual being (5)
19. Ahead of time (5)



ACROSS

1. Slow moving ice mass (7)
5. Lawsuits (5)
8. Sacred song (5)
9. Hide (7)
10. No longer in existence (7)
11. A select few (5)
12. Avid (5)
14. Shrimp-like crustaceans (5)
19. Implements (5)
21. Grisly (7)
23. Irsome (7)
24. Ice hut (5)
25. Church officer (5)
26. Throw away (7)

DOWN

1. Burrowing rodent (6)
2. Conform (5)
3. Vast (7)
4. Repeat aloud from memory (6)
5. Small boat (5)
6. First and most important (7)
7. Found a solution (6)
13. Staved off (7)
15. Draws back with fear (7)
16. Sculpture (6)
17. Entertained (6)
18. On the far side (6)
20. Examine minutely (5)
22. Strong lightweight wood (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!

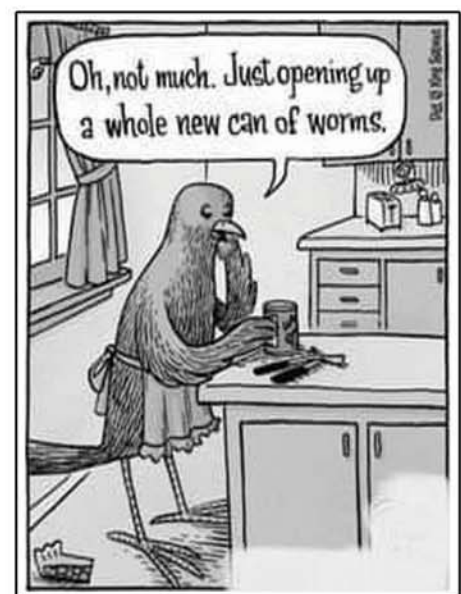
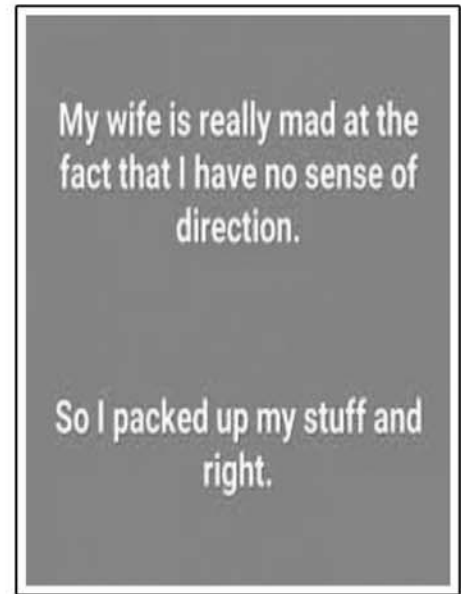
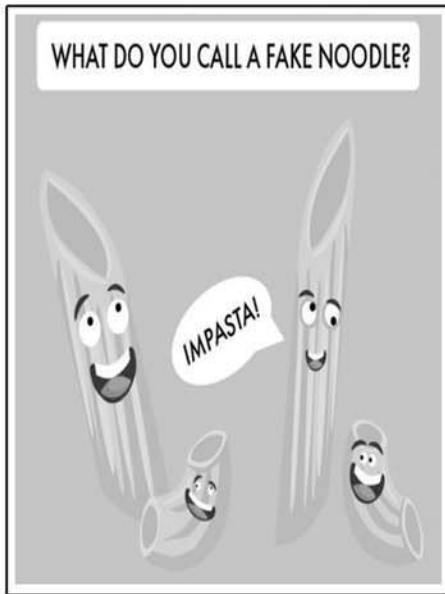
The overall rule is that alcoholic beverages can only be sold during the hours of **11:00 – 14:00 & 17:00 – 00:00 (midnight) every** day at stores and supermarkets. These times were introduced by the Prime Minister's Office in 2015 and apply countrywide. There used to be an allowance for wholesale purchases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