

Issue 235 JUN 2020

PATTAYA TRADER

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Magna Carta Law Firm, founded in 2003, is the leading law firm recognized for its highest quality legal services and representation of clients. Their office is strategically located in the heart of Pattaya, Thailand, which is in an accessible and distinct location to coordinate with the appropriate government offices, which are favorable to its clients.

Being a One-Stop-Service Law Firm, they have been excellently serving their large domestic and international clientele with significant numbers of Barristers, Senior and Junior Lawyers, as well as English, Russian, and German-Speaking Consultants, and with a team of professional accountants offering you the best service and concrete information on Criminal and Civil Law, Accounting, Business Planning, Financial, and Real Estate transactions. Its founder, Mr. Chalermwat Wimuktayon, also known as Pico, is also the Chairman of Thai Business & Travel International Association and a Committee in the Lawyers Council of Thailand, Region 2.

Magna Carta has recently launched a new division for the purpose of serving Chinese nationals. This will open opportunities for Chinese nationals considering a business venture or retire in Thailand to get the legal help they could possibly need. With the help of their Chinese staff, they can now bridge the language barrier. In fact, Magna Carta were able to gain the trust of some prominent Chinese businessmen in Pattaya who now base their business decisions from the Magna Carta Team's legal opinion regarding different concerns about Thailand Law.

At Magna Carta Law Firm, everyone works as a team, with their individual specialist skills complementing each other. They can assure their clients that they can provide them competent legal services with a comprehensive perspective. With their passion for law and sincere commitment to clients, their team always strives to exceed the client's expectations. The management and staff of Magna Carta Law Office work hand in hand to constantly seek for various ways and means that will enable them to promptly respond to the different personal or corporate concerns of all their valued clients of different nationalities. They have gained the trust of their clients because they make sure that the entire team is always equipped with accurate and updated information. They constantly improve their law practice by keeping themselves abreast of the legal developments at all times. This is why Magna Carta is the leading law firm you can trust in and around the Eastern Seaboard.

They aim to provide fair and excellent legal services and are committed to provide expert and professional legal advice, thus developing good relationship with their valued clients.

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Welcome Back Dear Readers,

To shiny, glossy print! I know it's only been a month but we are delighted to be back. Although I must say our online viewings of the Pattaya Trader went through the roof last month so I am really pleased that so many of you were able to read the magazine via our flip books on pattayatrader.com.

I have to also say a really big Thank You to our advertisers and contributors without whose support we wouldn't have been able to bounce back this month with a printed June edition.

So for the tactile amongst you who just love the coffee table feel of our magazine we are as usual distributing around town. Please like our Facebook pages to be kept up to date with this - of which more opposite.

Here's hoping that we've all got through the worst of this pandemic together and will continue- onwards and upwards!

Thank you all loyal readers and friends
Please continue to take care and Stay Safe!

Gloria
pattaya_trader@pattayatrader.com

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www.pattayatrader.com

www.issuu.com/pattayatrader

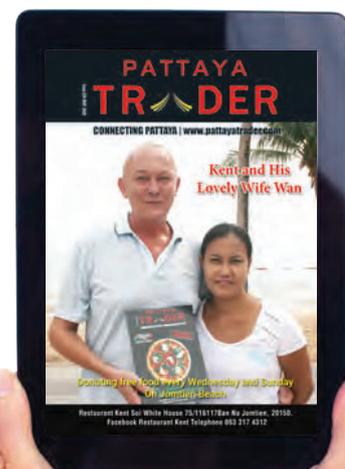
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READ ONLINE



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DIGITAL MARKETING WITH THE PATTAYA TRADER

Pattaya's much loved lifestyle and property magazine has been in existence for 20 years. Although its printed publications are eagerly awaited and snapped up as soon as they are delivered around town, it also enjoys a very good digital presence. This ranges from the local environs to Bangkok and even further afield with international readers catching up on what they have been missing since their last trip or planning a future one to Pattaya.

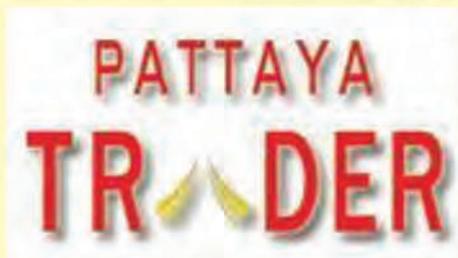
The Website

Every month there is an online version of both the Pattaya and Property Trader magazines available to read at pattayatrader.com. From the home page you will find easy to use flip books that can be accessed via all devices from desktop, laptop and iPad to mobile phones. When using a phone to read the magazine, it is a good idea to download it so that you get full screen capability and then simply scroll up through the pages. The other benefit to enjoying the magazine in this way is that your devices will also allow you to zoom in for ease of reading or to get a closer view of something of interest.



On the site there are also 2 years of Back Issues on the page of the same name. They are also available to read via the international, digital, publishing platform issuu.com where you can search for even older editions of The Trader.

Along with the online magazines, individual articles are posted both on the website and on Facebook. The Pattaya Trader has 3 Facebook pages with a combined following of nearly 16,000, although people sometimes get confused by the two main Facebook sites which serve different purposes.



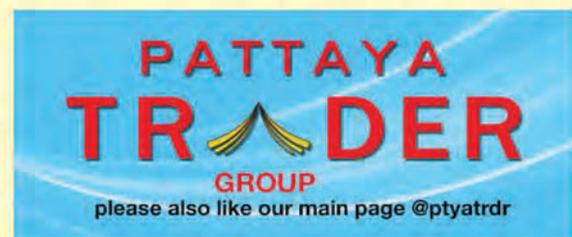
The Pattaya Trader Facebook

This page highlights monthly articles, and has news of events and holidays in Pattaya with light hearted comments, videos and jokes. The top banner changes twice a month to feature cover story customers. Pinned at the top you will find the monthly video featuring Barry Upton and Gloria Jones discussing the latest issue of the magazine. This video also appears on YouTube and is broadcast by Pattaya People, on the TMN TV channel, with the audio version on 96fm. As both the TV and Radio airings occur several times per day this gives both contributors and customers additional exposure at no extra cost.

Also, customers' adverts get posted here twice a week and the Trader's graphic design department can create these adverts at no extra charge if necessary.

The Pattaya Trader Facebook Group

This page is a dedicated buy and sell site and is not intended as a forum or for content sharing. Its aim is to serve the community rather than be a free portal for professionals. Those seeking increased exposure can contact The Trader by email pattayatrader@pattayatrader.com. Otherwise any attempt to spam or overuse the site will be hindered so that the rules are kept.



The Pattaya Trader Expat Ladies Group

This page was recently created especially for ladies who may be "newbies" to Pattaya, or who feel that they can benefit from interaction with those who live locally. Requests, recommendations, jokes and events are all shared in this group which welcomes interaction from its members..

Available for Pattaya Trader Readers and Followers

As well as a printed publication The PattayaTrader and PropertyTrader are available online and the company is also extremely active in the community via Facebook, with Instagram, Twitter and a channel on YouTube as well.

Available for Pattaya Trader Customers

The company can offer professional and unique content writing and reviews for its customers. Its graphic design studio can design artwork and advertising both these services being free of charge when contributing or advertising in the magazine.

Comprehensive advertising is offered to all clients with Digital marketing combined with Print, Television, Radio and LED billboards around town all for one price. This offers a truly focused but also multi layered marketing strategy with which to reach not only the residents of Pattaya but also anyone wishing to investigate what is on offer within its city and provinces

FREE FOOD DISTRIBUTION ALL AROUND PATTAYA

All over Pattaya good hearted souls gave of their time and money to provide free food and water. Here are just a few examples of those who did so. We hope that it may not be needed for too much longer and that all the residents of Pattaya will find employment again as the city opens up.

The Rotary club and Bangkok South Lodge St John and Capitol Toastmasters Club, All worked together to give out free Food.



Free food and Water handed out in Soi 5 Pratumnak donated by Mr Van Nunen



FREE FOOD DISTRIBUTION ALL AROUND PATTAYA

PBRE Pattaya Bay Real Estate also gave out free food from in front of their office in Pratumnak



Our old friend Kent Nielsen. last month's cover and cover story, was still giving out food throughout May in Jomtiend





by Rick Click

COMING TO THE SMALL SCREEN



Space Force.

A new series created by Steve Carell and Greg Daniels who worked on the US version of the Office. Also a workplace comedy but this time the staff are government officials working towards planning a new branch of the military for outer-space. Carell stars as General Mark R Naird who's been put in charge of the project. His wife is played by Lisa Kudrow and John Malkovich appears as head scientist Dr Adrian Mallory. Along with Ben Schwartz and comedian Tawny Newsome we have a strong cast having some fun at the expense of the real US Space Force.



Hollywood.

Ryan Murphy usually known for the American Horror Story series brings us a brand new show which follows a group of aspiring actors trying to make it after World War 2. Revealing a peek behind the curtain during Hollywood's Golden age with it's unfair bias against race, gender and sexuality. The cast includes Daren Criss (Glee), Patti Lupone (Frasier) and Maude Apatow (Euphoria).



Dead to Me Season 2.

Following on from the shocking finale of season one Jen and Judy stick together and try desperately to cover things up the best they can and not draw attention. Suspicious neighbors and the local Police make life difficult for the friends. A highly watchable show that combines comedy and drama receiving positive reviews for season one.



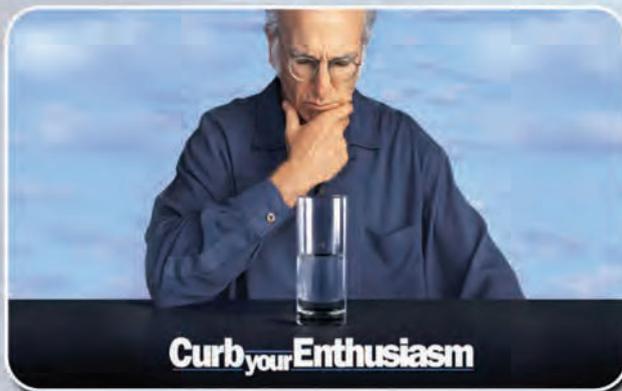
by Rick Click

Staying in with the Small Screen.



Binge watch: Mr Robot.

Enter the world of Elliot Alderson who works as a Cybersecurity engineer, but also more secretly a very capable hacker. Spotted by insurrectionary anarchist with the handle of "Mr. Robot", who wants to recruit Elliot to join a hacktivist group know as Society. They hatch a plan to take down "E corp" a massive conglomerate that controls the general populations credit records. I won't spoil things for you but stick with it as there are many surprises you won't see coming. The series is truly unique and has won much critical acclaim as well as several Emmy nominations.



Binge watch: Curb your Enthusiasm.

Another winner from HBO who gave the world quality adult television shows. Prepare to laugh and sometimes cringe at the brilliantly worked out episodes from master comedian Larry David. David stars as a fictionalized version of himself a semi-retired writer and producer living in Los Angeles with his wife played by Cheryl Hines. Like the real life version David is known as co-creator and main co-writer of the highly successful sitcom Seinfeld. Another recommended series worthy of its own recommendation. Jeff Garlin appears as Jeff Greene Larry's manager and best friend, along with

many cameos in each season playing fictionalized versions of themselves. Each episode has an outline and subplot written by David, allowing the actors to improvise the dialogue as they go. This works extremely well as you can see people genuinely break up and enjoy riffling or following along with the insanity

Much in the style of the earlier Seinfeld shows, the plots focus on the minutiae of everyday life, questioning and exploring social conventions and political correctness. There are also many instances of Larry arguing with the citizens he encounters. David gets annoyed at the behaviour of those around him and likewise others find him annoying. Misunderstandings lead to many awkward situations with hilarious results. Critically acclaimed the show has been nominated for 38 primetime Emmy Awards and in 2002 a Golden Globe for best television series. There are nine seasons to catch up on, but I personally find the earlier seasons are the best.

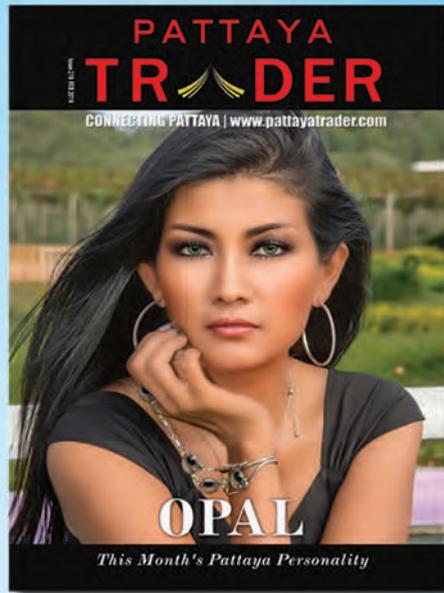


Binge watch: Band of Brothers.

Based on the 1992 non-fiction book by Stephen E Ambrose which charts the history of Easy Company or 506th of the 101st Airborne Division U.S. Army, from basic training through all their major campaigns in Europe during World War 2. At the start of each episode interviews with the real survivors of Easy company are included to set the scene. These are tales of extraordinary bravery and fellowship in the face of fear. There is an excellent cast notably Damian Lewis as Major Rick "Dick" Winters, Ron Livingston as Captain Lewis Nixon his best friend and David Schwimmer as the detestable Captain Herbert Sobel.

Steven Spielberg and Tom Hanks who previously worked together on Saving Private Ryan were executive producers.

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KRABI

PHOTOS BY PHIL MITCHELL

Our Intrepid photographer has had a wonderful time on holiday in Krabi - probably the best time to see the unspoilt beauty of the place.





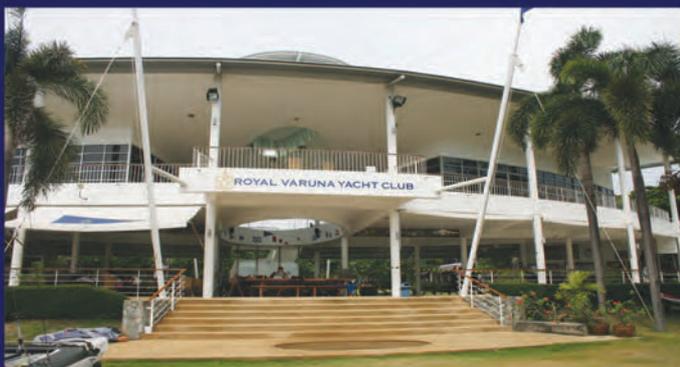


The Royal Varuna Yacht Club

One of my very favourite places to visit here in Pattaya is The Royal Varuna Yacht Club. The club dates back some 60 years when Pattaya was, as we all like to say, just a sleepy, little fishing village.

When I was at the beautiful clubhouse recently things were just beginning to open up. Members only have been allowed back although they are able to sign guests in. A new type of acid wash was being used to keep the floor as clean as possible and everything was being made "shipshape and Bristol fashion".

Check their Facebook page to see when further restrictions will be lifted. Or why not consider becoming a member yourself to access this wonderful sanctuary of calm on one of Pattaya's loveliest beach fronts.





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GAME RELEASES



John Wick Hex.

An obvious choice for a video game adaption. I think I missed the PC release of this last October however this time it comes to the PS4. The novel look of the Cell shaded graphics might not be to everyone's taste but they do seem to capture the style found in the movies. And the third person perspective really does work to capture the same violent choreography. However it's more about turn based strategy in execution.

All that being said the new story looks fun with "Hex" an international mastermind as a the new villain. Great to hear that they used Ian McShane and Lance Reddick to reprise their roles, but sadly no Keanu, guess it's up to you to fill his shoes.



Shantae and the Seven Sirens.

More for the kids this one, following old style platforming it reminded me of 1993's Disney Aladdin which was great fun on the mega drive back in the day. Probably similar because Shantae is half genie.

During her travels she encounters new towns populated by non-player characters and many dungeons to explore which contain new abilities to unlock and bosses to defeat. Whilst attending a performance at a half-genie festival Shantae and friends witness the disappearance of the others.

They then set out to explore to find out why this has happened.



Maneater.

If you're a fan of Shark Week on the discovery channel you might want to see things from the Sharks point of view. Only joking, this is more like a B movie horror like Sharknado. Strangely enough this is an action role-playing game and you start out as a baby bull shark seeking revenge. Scaly Pete the Shark hunter has killed your Mother and inflicted some damage on you. At your disposal are several attacks namely charging at enemies, jumping out of the water and whipping and stunning your enemies with your tail. Eat enough aquatic wildlife and you will grow in size, which will allow you to tackle larger prey. The game is narrated by the host of a reality game show called Maneaters vs Sharkhunter who also acts as your guide.

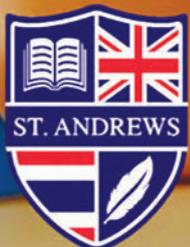
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Some Good News

By Gloria Jones

On Thursday 14th May it was announced that Public Health England had approved its first antibodies test, which could detect if people had already had the Coronavirus and therefore suggest if they are now immune to it. These tests were then rolled out to NHS health and social care workers.

Further good news followed on the 26th with the green light given to an antiviral drug called remdesivir. Previously used in the treatment of Hepatitis C and Ebola initial trials on COVID-19 patients showed that it reduced the length of time they experienced symptoms from 15 to 11 days. All this without the helpful medical tips from President Trump!

Most countries are in far better shape as regards flattening the curve of the pandemic and we see glimmers of hope with restrictions lifted both here in Thailand and abroad. Although there is still a long way to go until the end of this virus, there have been some interesting developments whilst we have been suffering from it.

World wide satellite imagery shows amazing reductions in air pollution over countries where traffic has been limited. CO2 emissions dropped 17 percent in April to levels not seen since 2006.

Undoubtedly the reduction in pollution has been caused through planes being grounded and there being fewer cars on the road. Air pollution is plummeting everywhere and according to CNN, locals in the Punjab region of India have been able to see the Himalayas for the first time in decades. Also, with fewer humans out and about, animals have benefited. For example in India, it has been estimated that there are currently 25% more flamingoes than is usual at this time of year. They have flocked in their thousands to lakes which they light up in pink.





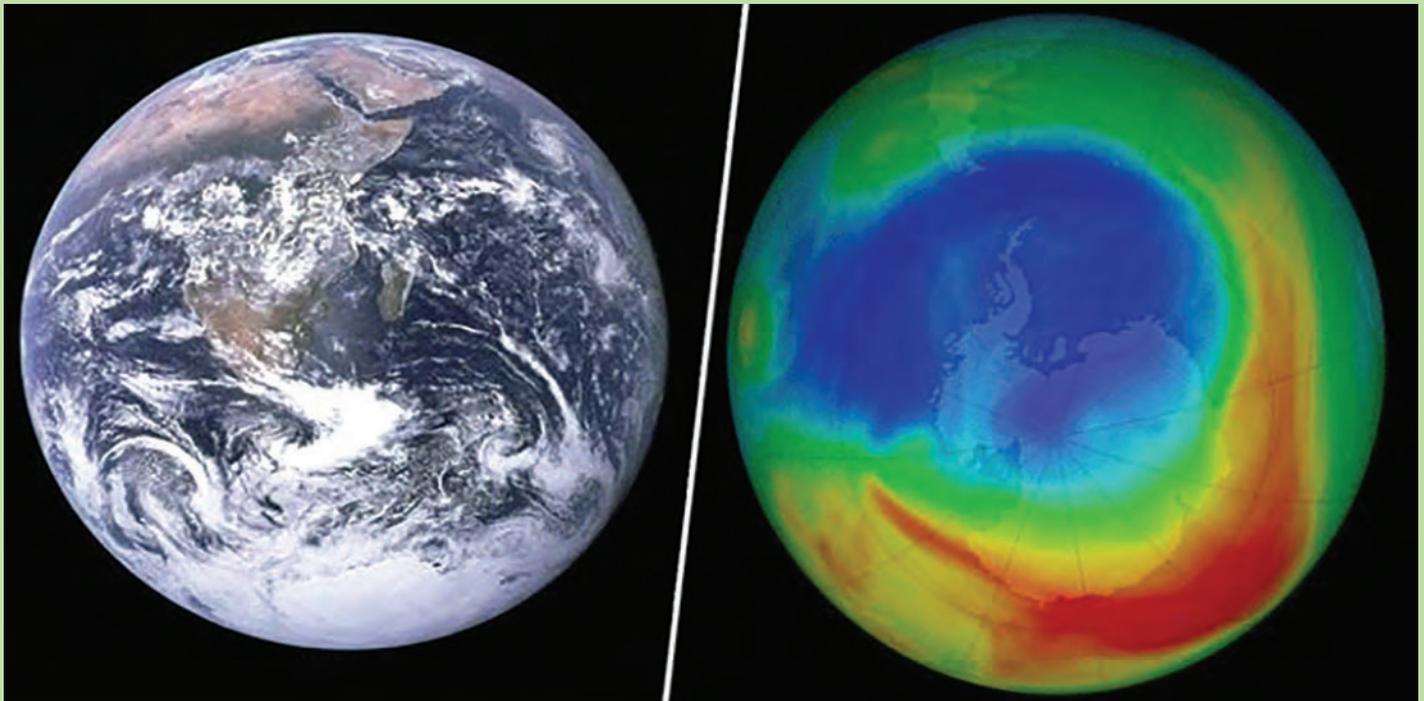
Whilst here in Thailand the endangered Leatherbacks (the world's biggest sea turtles) have reaped the rewards of fewer tourists. The largest number of nests have been found in two decades on beaches bereft of people because of the coronavirus pandemic.

Photo turtle



Scientists have also confirmed that the ozone layer, which we have been damaging for a long time now, is actually repairing itself.

In 1987 the "Montreal Protocol" was introduced its aim being the discontinuation of specific substances that caused drastic damage such as refrigerants, aerosol spray propellants and industrial solvents..Also concentrations of nitrogen oxides have gone down by as much as one half in some industrial centers since the onset of the pandemic.



Of course these glimpses of silver linings for the planet do not make up for the devastation of the COVID-19 pandemic. However the global health disaster we are all living through has given us the opportunity to assess which aspects of modern life are absolutely necessary, and what positive changes might be possible.

During quarantine we have all been forced to be alone with our thoughts for a little while and to put into perspective what is important. It will be interesting to see in the next few years whether we continue with our slavish following of the major conglomerates and international brands. Or whether we look instead to supporting our local businesses and neighbours?

For family, loved ones and those who care for them is something we have all come to realise is of the utmost importance.

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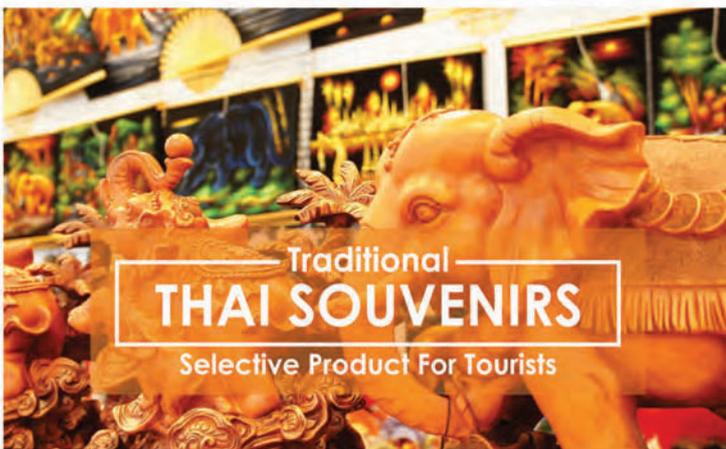
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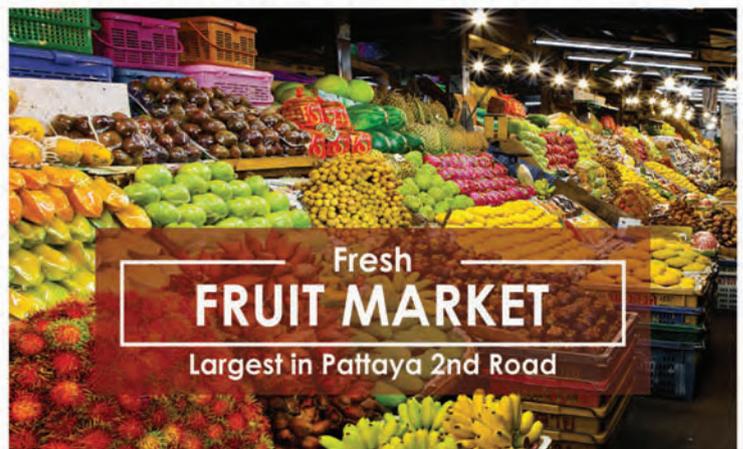
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som tum thai 90



GLASS NOODLE SALAD
WITH SHRIMP 130



PORK BELLY WITH
NAM JIM JIEW 80



SHRIMP CAKE 120



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WITH SHRIMP 140

SOUPS / MAINS



TOM YUM
chicken 220
shrimp 250



TOM KHA
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shrimp 250



PAD THAI
with chicken or pork 150
with shrimps 190
with tofu 130



KRAPOW
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with shrimps 190
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SUN SABELLA WITH MUSIC, FOOD AND FRIENDS

Restaurants throughout Pattaya have struggled with the recent lockdown regulations. Some were open during the TakeAway only period, some have only recently reopened and some simply haven't opened at all.

While many owners wring their hands awaiting the reappearance of the Chinese tour buses and international visitors to Pattaya, there are some who are in it for the long haul. Sugar Hut Resort and Restaurant has been in existence for over 40 years. Therefore, it is hardly surprising that its owner who only introduced us to the resort's new addition: Sun Sabella a few months ago, is taking a long view.

You may remember the spectacular opening for Sun Sabella back in February during the good old pre Lockdown days. Since then the beautiful grounds and pavilions have been kept pristine just awaiting our arrival. Unlike a few of its competitors I am delighted to find that Sun Sabella hasn't forgotten about Pattaya's residents and the strong expat community here. All are welcome with a vast assortment of Thai food to make the mouth water. So I took some ladies from PILC - The Pattaya International Ladies Club to enjoy lunch there.

We ate in the open air Ella Pavilion and although it was a blisteringly hot day, were delighted that there were plenty of fans to keep us cool and green plants around to keep us shaded. We were further delighted to be serenaded by Thomas, with his melodious guitar, gently playing as we dined.

For all of us it was a much needed break, a chance to enjoy an oasis of calm in these turbulent times. There was plenty of room to observe social distancing and the traditionally dressed staff were reassuringly all wearing masks.



Since we dined at the Ella pavilion, the Samak pavilion has now opened. Also comfortably spacious, with its full air conditioning, it's an even more delightful setting during these extremely hot months.

So what about the food? I hear you ask. Well usually we would have loved to share our selections, but as this was our first opportunity in some time to eat out, we made sure to observe as many of the rules as possible. Therefore we mainly stuck to our own dishes, and of course it was soft drinks only because we are still awaiting the regulations to be lifted regarding consumption of alcohol in restaurants.

Deep fried Chinese spring rolls and vegetable tempura made for an excellent start with crispy batter encasing fresh, crunchy vegetables and sweet chilli sauce for dipping.

This was then followed by some traditional classic Thai dishes that we had been missing during the past few weeks. Certainly one of my favourites: Kra pao moo was an instant choice. I was asked if I liked it spicy and I do, so was pleased to see plenty of fresh chillies as well as plenty of fresh basil on my plate. With the spicy fried shrimp there was again plenty of fresh basil, as this herb is actually grown on the premises in Sun Sabella's rooftop vegetable garden.

Chicken with Cashew nuts was declared another favourite and was presented with a delicate light sauce not glutinous and cloying as I have eaten elsewhere.

As the really extensive menu covers so many options for vegetarians the curry with tofu (bean curd) and eggplant green curry was also sampled and as with all the dishes was beautifully presented and full of flavour.

We have been reliably informed that eating well, with a diet that includes fresh vegetables and "greenery" such as broccoli, kale and basil, is good for us. So during this time of virus, when our immune system really has to be operating at its very best, it is especially important to eat healthily. By consuming vegetables within delicious curry, in crispy batter, oyster sauce or the many other options Sun Sabella's has, it isn't too much of a chore!

After the meal I discovered an additional benefit, which was that rather than feeling overfull and sluggish - ready for a siesta- I was pleasantly satisfied and brimming with verve and vigour. So maybe there is something to this vegetable lark after all?

It was a lovely break, to get out and chat to friends, to socialise on something other than Facebook and enjoy the leafy space of this beautiful location.

Go try the Sun Sabella experience for yourself. Although I'm afraid it may still be a little while before that might include a night cap in the Jazz pit there is still much to enjoy.

Enter through the impressive doors on Thappraya road or drive into the entrance to the Sugar Hut resort, by the traffic lights at Pratumnak Hill; junction. There is plenty of parking and plenty to explore.



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COMFORTED BY A TRIP TO HARLAN'S RESTAURANT

By Gloria Jones



When you're on lockdown the anticipation of a great meal takes on even greater importance. It is a wonderful chance to return to something resembling normality. The simple pleasure of getting dressed up and going out for an evening is a real tonic. Plus it gives a much needed break to whoever has been designated the cook of the house in the lockdown months.

Yes not having a good bottle of wine to accompany your food is a shame and at the time of writing this restriction still had not been lifted in Pattaya. However, the benefit is that your final bill will be considerably less than usual.

So during these trying times for us all, Harlan has come up with a new concept to tempt us back into his Cozy beach restaurant. It provides value which, in my opinion, cannot be beat. That is because you can now eat a 3 course meal at Comfort by Harlan from as little as 490 baht because the offer of appetizer and dessert for free (which we all loved during the Sunday brunch) is still being kept. Also the quality of the experience has not diminished and everything you try is simply a taste sensation!

He will delight you with a starter selection to really wake up your taste buds - we enjoyed wonderful Italian meatballs, Parma ham with melon and a crunchy, delightful Vietnamese spring roll with dipping sauce.

Taste buds truly awake I was torn between the Lamb on crack and the Chicken enchiladas The lamb on crack being a slow cooked, braised lamb shank wrapped in a herb pancake with mushroom truffle goose liver and a butter pastry crust served with a green pea puree and roasted onions. As delicious as that sounded, smelt and looked, my greed got the better of me and I went for the chicken enchiladas. These were served with melted jack cheese ranchero sauce, Mexican rice 2 types of salsa lime and jalapenos- and they were amazing!

In fact the portion was so generous I was almost wiped out. Almost couldn't eat dessert.....almostalmost. I managed to find a little room after my flavoursome entree for crispy fresh meringue with vanilla custard, whipped cream, kiwi fruit and berries in a rich, raspberry sauce.

Feeling like I had really overdone it I have to say that the desserts were too good to miss. After all I wasn't having wine so why not have an extra treat? - The delightful mocktails helping to accompany every course.



Here in Pattaya we've all known or heard of the "Brooklyn Bad Boy", "Harlan with a Harley" "The Scourge of the Facebook dining clubs" but what these strange times have brought us is a more reflective, calmer Harlan. One who is allowing his food to do the talking and one who begs his friends to reign him in if he gets too loud again.

Long may it continue - the food is great, the staff and service are great. Go treat yourself!

Closed on Tuesdays but otherwise open everyday from 4pm - 9pm with a constantly changing menu so check out the Facebook page to be kept updated.





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After an enforced period of contemplation, a more reflective Harlan is back in his beloved kitchen to do what he does best - bring you great food.

If you've been craving his mouth watering courses and are fed up with eating indoors now you can dine in style again back at the Cozy Beach restaurant.

All requirements have been met with tables distanced, staff in masks and plenty of hand sanitizer to go round, but there will still be plenty of good times to be had

Prices start from 490baht to 1,280 for the Charcoal grill, prime rib eye.

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**THIS WAS THE MENU WHEN WE WROTE THE REVIEW IT IS CONSTANTLY CHANGED
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HARLAN GOLDSTEIN'S
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Charcoal grill prime rib eye of beef, Cinnamon spice pumpkin roasted potato 3 peppercorn sauce 1,280

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Lamb on crack, Slow cooked lamb shank wrapped in a Herb pancake with mushroom truffle goose liver cook in a butter pastry crust 880

Crab meat crusted seabass fillet On a new orleans seafood gumbo sauce, Dirty rice 790

Chicken enchiladas melted Jack cheese on a adobo sauce, Mexican rice and salsa 490

The HG burger " soft bun, tomatoes , lettuce , and beetroot salsa,mustard mayo 490

Healthy selection

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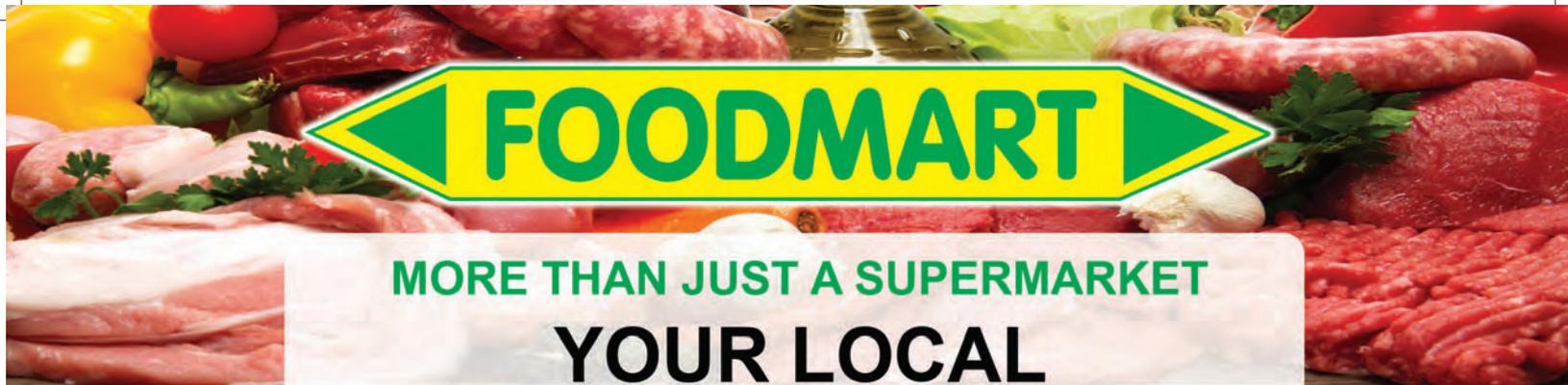
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THIS MONTH'S PATTAYA TRADER SUPPLEMENT

June's Dietary Supplement is Fish Oil

What is it and why should we take it ?

Fish oil is usually extracted from oily fish, such as herring, tuna, sardines, anchovies, and mackerel and is one of the most commonly consumed dietary supplements. The World Health Organization (WHO) recommends eating 1–2 portions of fish per week. because the omega-3 fatty acids in fish provide many healthy benefits including protection against a number of diseases. Therefore if you don't consume a lot of oily fish in your diet, taking a fish oil supplement can really help you get enough omega-3s.

It's also important to note that the types of omega-3s found in fish oil have greater health benefits than those in some plant sources. The main omega-3s in fish oil being eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), while the omega-3 in plant sources is mainly alpha-linolenic acid (ALA).



Help with the prevention of Heart Disease

Heart disease is the leading cause of death worldwide. Studies show that people who eat a lot of fish have much lower rates of heart disease. Consuming fish oil can increase levels of “good” HDL cholesterol and help reduce blood pressure in people with elevated levels.

It may also prevent the plaques that cause your arteries to harden and reduce fatal arrhythmia events.

Can help treat Certain Mental Disorders

Your brain is made up of nearly 60% fat, and much of this fat is omega-3 fatty acids. There have been studies that suggest people with certain mental disorders have lower omega-3 blood levels and that fish oil supplements can help prevent the onset or reduce the chances of schizophrenia, depression and bipolar disorder. Also as you age, your brain function slows down, and your risk of Alzheimer's disease increases. Fish oil supplements — especially EPA-rich ones — may help with a slower decline in brain function in old age. There have been some studies to support this which have shown that fish oil may help to improve memory in healthy, older adults.

May help support Eye Health

Like your brain, your eyes rely on omega-3 fats. Evidence shows that people who don't get enough omega-3s have a greater risk of eye diseases. Also as we know eye health begins to decline in old age. This can even lead to age-related macular degeneration (AMD). Eating fish is linked to a reduced risk of AMD and studies have found that consuming a high dose of fish oil for 19 weeks improved vision in all AMD patients.

May Reduce Inflammation

We hear a great deal about Inflammation but what exactly is it? It is in fact your immune system's way of fighting infection and treating injuries. However, chronic inflammation can be associated with serious illnesses, such as obesity, diabetes, depression, and heart disease. Therefore reducing inflammation can help treat the symptoms of these serious diseases. Fish oil has anti-inflammatory properties, and can reduce the production of inflammatory molecules called cytokines. Moreover, fish oil supplements can significantly reduce joint pain, stiffness, with conditions such as rheumatoid arthritis.

Supports Healthy Skin

Your skin is the largest organ in your body, and it contains a lot of omega-3 fatty acids that can decline throughout your life, especially during old age or after too much sun exposure. Fish oil can help maintain a healthy skin and also combat disorders such as psoriasis and dermatitis.

Is beneficial during Pregnancy.

Omega-3s are essential for early growth and development. Therefore, it's important for mothers to get enough omega-3s during pregnancy and while they are breastfeeding. Also, fish oil supplements in mothers or infants may improve hand-eye coordination, although their effect on learning and IQ is unclear.

Can Reduce Liver Fat

Most of the fat in your body is processed by your liver, which can also play a role in weight gain, even leading to obesity. Fish oil supplements can improve liver function and inflammation, which may help reduce symptoms of NAFLD (non-alcoholic fatty liver disease) and the amount of fat in your liver.



In Children it may Improve Attention and Reduce Hyperactivity

Behavioral disorders in children can interfere with learning and development. More and more such as (ADHD) are being recognized and involve hyperactivity and inattention. Given that omega-3s make up a significant proportion of the brain, getting enough of them may be important for preventing behavioral disorders in early life. Fish oil supplements may improve perceived hyperactivity, inattention, impulsiveness, and aggression in children. This may benefit early life learning).

May Improve Asthma Symptoms and Allergy Risk

Asthma, which can cause swelling in the lungs and shortness of breath, is becoming much more common in infants. A number of studies, including one of nearly 100,000 people, showed that fish oil may reduce asthma symptoms, especially in early life, reducing the risk of asthma in children by 24–29%. Furthermore, fish oil supplements in pregnant mothers may reduce the risk of allergies in infants.

May Improve Bone Health

During old age, bones can begin to lose their essential minerals, making them more likely to break. This can lead to conditions like osteoporosis and osteoarthritis. Calcium and vitamin D are very important for bone health, but some studies suggest that omega-3 fatty acids can also be beneficial, as people with higher omega-3 intakes and blood levels have been found to have better bone mineral density.

How to Supplement

If you do not eat 1–2 portions of oily fish per week, you may want to consider taking a fish oil supplement. Dosage recommendations vary depending on your age and health.

WHO recommends a daily intake of 0.2–0.5 grams (200–500 mg) of combined EPA and DHA. However, it may be necessary to increase the dosage if you are pregnant, nursing, or at risk of heart disease.

Fish oil supplements come in a number of forms, including ethyl esters (EE), triglycerides (TG), reformed triglycerides (rTG), free fatty acids (FFA) and phospholipids (PL).

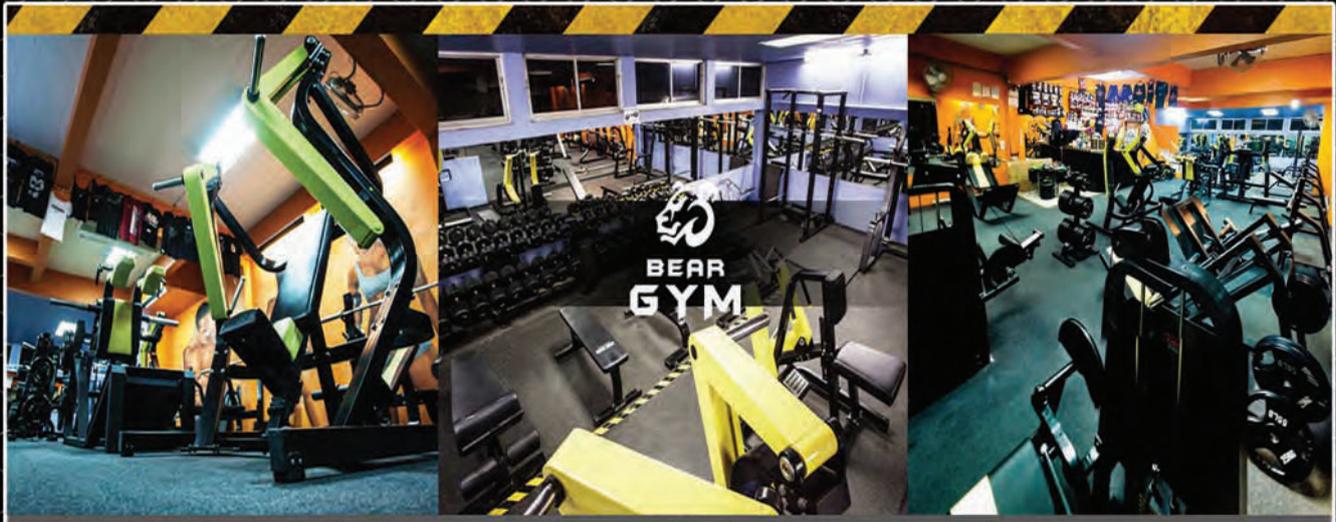
Your body doesn't absorb ethyl esters as well as others, so opt for those instead.



Many supplements contain up to 1,000 mg of fish oil per serving — but only 300 mg of EPA and DHA. Try to choose a supplement that contains at least 500 mg of EPA and DHA per 1,000 mg of fish oil.

Omega-3 fatty acids are prone to oxidation, which makes them go rancid. To avoid this, you can choose a supplement that contains an antioxidant, such as vitamin E. Also, keep your supplements away from light — ideally in the refrigerator.

Don't use a fish oil supplement that has a rancid smell or is out of date.



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JACK Vs TIGER. WHO'S THE GREATEST?

by Steve Wade



If you sit around long enough amongst golfers anywhere in the world, sooner or later this question will come up. Who is the greatest of all time?

The accepted measurement of any golfer's greatness for a hundred years has always been, how many majors? Until Tiger came along and exploded onto the scene in 1997 with a 12 shot margin demolition job at the Masters and then went on to a further 7 major titles in the next 4 years, the answer was always Jack Nicklaus. No one even came close. Tiger has gone on to get 15 major wins on his record up until now, including that fantastic comeback win at Augusta in 2019, but he remains 3 behind Nicklaus and even his greatest fan would have to say it looks unlikely that he can pass the 18 milestone now.

If we take a closer look at both of their records in the majors over the prime periods of their careers, both around 25 years, Jack win's hands down. Not only did he win 18 times, he finished in the top 3 a further 27 times amongst 55 top 10 finishes. Tiger had 11 top 3 finishes amongst 26 top ten finishes alongside his 15 victories.

Looking back on Tiger's career, after a win record in both the majors and other tournaments between 1999 and 2002 that is nothing short of miraculous his game goes into what for him was a slump in the next 2 years, where he never really competed in any major and even got displaced by Vijay Singh as the world number 1. After winning the US open in June 2002 he doesn't win his next major until the masters in 2005 despite plenty of wins in other tournaments. Jack Nicklaus on the other hand never had a slump. His record in more than 20 years in the majors is scarcely credible. He had twice as many top 10's as placings outside it and expected to win every time he teed it up.

That's not all there is to it though. Tiger has many more wins both in the US and worldwide. Both were completely dominant in their respective eras and both struck fear into their opponents. Basically if they were in the field and played well, they won. Not to mention the Nicklaus win at the Masters in 1986 and Tiger's at the same venue in 2019, both when they were past their best and that represent for me the two best moments in golf.

I think it all comes down to when you first started watching or playing golf. I'm from the Nicklaus era and will always rate him as the GOAT but if you're from the generations after me when Tiger was in his pomp, it'll be him. But as I said at the top of the page, the accepted measurement of greatness in golf has always been and probably always will be how many major victories the player has. So sorry all you Tiger fans, it's Jack for me.

SPORTS UPDATE

By Steve Wade



FOOTBALL

With the first tentative steps towards the resumption of the football programmes throughout Europe, the authorities in France have declared the Ligue 1 season over with PSG declared champions. This has led to Lyon, one of the clubs who could have challenged for European competition next year, taking the powers that be to court and I'm sure the situation will be watched closely by the rest of the governing bodies in Europe.

The German Bundesliga returned and was played behind closed doors to a decidedly mixed reaction. With Germany easing the lockdown the home fans were glad that they could at least watch their teams from local bars, albeit at a safe distance but the TV viewing was greeted with many people on social media saying that football without fans is virtually unwatchable and should be cancelled until they can return.

The Premier League is frankly all over the place. At the time of going to press clubs have started training again with a view to resuming in June but after the initial round of testing for Covid-19 amongst players and staff, six have come back positive with more results to come. There has also been some outspoken comments from some players who think that it's too soon for a restart and with the above confirmed cases and very likely more to come, a June restart looks increasingly unlikely. With Italy's Serie A in limbo because all competitive sports are blocked until mid-June and La Liga in Spain planning its first games, again behind closed doors, for the 8th of the same month, it looks like football fans will be waiting for a while yet for top flight football in Europe to return.



FORMULA 1

The latest news here is that the chairman of F1 has stated that he is increasingly confident that they can stage a season of around sixteen races starting in July. However, with the plan to race in some of the countries worst hit by the virus and the added complication of quarantine rules having to be adhered to as the F1 circus moves around the globe, this seems optimistic and plans are still fluid, to say the least.



GOLF

The European tour has no plans to restart and with only two tournaments, the British Masters in July and the European Open in September not already cancelled, a return to normality seems a long way off. The PGA tour in the United States is scheduled for a return, again behind closed doors, at the Charles Schwab challenge which is being played at the Colonial Club in Texas in mid June. With the players itching to return to action, a stellar field has entered but again international restrictions will play their part and the outcome remains to be seen.

Whatever your preference from the world of sport, it looks like it will be some time before we return to anything like normality, even as we see the first small steps being taken that I have outlined above. Let's all stay safe and hope we can watch our favourite sports again soon. Take care.

TOURISM RE-OPENING: TIPS FOR SMALL AND MEDIUM SIZED BUSINESSES IN THAILAND



Whilst no dates have been given it is imperative that Thailand looks to re-start its tourism business. This will be a long, hard road with vast challenges and changes ahead. We look at some tips and hints that may help small and medium sized businesses in Thailand get ahead of the pack as the first visitors appear

MARKETING CHALLENGES AND OPPORTUNITIES

These will be challenging times and do not expect the flow just to start again. Initially there will be very few foreign tourists due to flight limitations and proof of health, so your main initial target audience should be local Thai people and the foreigners living in Thailand, primarily Bangkok. There are a lot of people who have not been able to travel and a few days by the beach (when they open), will be the break that they need. Exclusive, quiet retreats will also be popular as people start to lose their anxiety of seeing other people and yet maintain social distancing.

There are many challenges ahead

Use this time to update your Website, Facebook page and any other social media outlets that you use. Use new pictures that will entice this audience. There are many exPat/Farang groups on Facebook that will allow you to post. Market Parity may become irrelevant at this time as the first guests may have many specific requests, therefore price sensitivity may not be the highest priority. However keep the process sensible (no dumping) but try to maintain level local pricing.



Online research & booking



Not where but when will people travel again?



Influencer Marketing Challenges

Bloggers provide good influencer channels

The immediate future of OTA's (Online Travel Agencies, Booking, AirBnB etc) is not yet clear and my recommendations for initial bookings will be for direct reservations until people lose their inhibitions/fears. However again, take the time to update your pages, use new photos and inform future guests of the steps that you have taken for cleanliness and disinfection.

How effective will they be in the near future? Once a Market leader but now?

So many possibilities

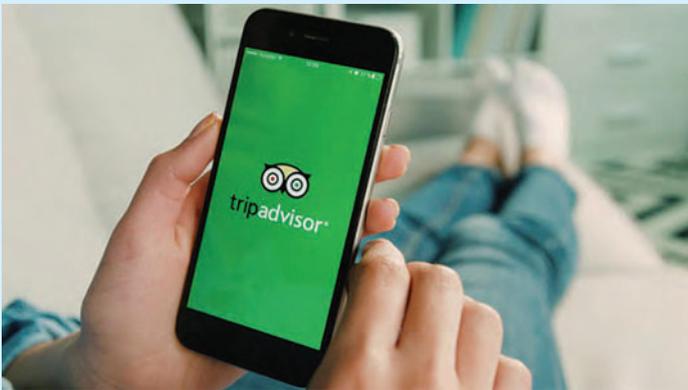
Bloggers can be effective if used carefully. They can be useful for several reasons. First, they live in your hotel/guesthouse and write their first-hand experience which they post on their blogs. However be sure to secure the right to be able to use their material and also their photographs for your own promotions. Be certain to also share their posts on your own Facebook pages. A great deal of the 'new' business is going to rely on the personal/verifiable experience and this is a cost effective way to acquire third party assessment to complement your brochure/online copy.



Professional texts convince new clients



Some bloggers have a vision



Trip Advisor

Trip-Advisor may still remain a valuable marketing tool. Don't worry that the whole world is going to have a gap in their comments due to the virus! Be sure to use this time to answer any comments that are on your page and ready to receive new ones.



Cleanliness/ Disinfection

How are the new travellers going to be thinking about travel? Whilst a necessity today, I don't believe that a Temperature Check and dollop of hand sanitiser is going to make them feel any safer as they arrive. Look

at your own cleaning and disinfection procedures. Make certain that they are thorough and will reassure guests that you are doing everything possible to ensure that they will not contact Covid-19 while they are with you. Do everything to reassure your guests that you really do take their health very seriously.

Reassure guests



Take disinfection seriously

Be seen to be actively disinfecting

How guests are going to maintain Social Distancing is a challenge that all will face? Be certain to provide opportunities for this and ensure that your staff are extremely careful and wear their masks at all times. It is not going to be easy especially if this wretched virus keeps reappearing around the world. Guests will slowly want to start to mingle but you will have to be very careful how you manage this as you do not want your property to become a hotspot for a flare up.

Remind guests to observe Social distancing The New Welcome

Thai hospitality is known as the best and friendliest in the world. Thailand has the great advantage of the serene Wai as welcome, but how will this now look with facemask, visor and possibly gloves?. Guests will need to be reassured but not scared by hazard suits!

Welcome with a smile!

Thai Hospitality is legendary and will prevail again however the challenges ahead are many and have never been faced by humanity before. Good luck to you all. Be strong and optimistic!





Do you know about the Health Insurance requirements for Long Stay Visa Applicants in Thailand?

Last year's new ruling by the Ministry of Public Health has meant that people applying or re-applying a non-immigrant visa will now need to have a Thai health insurance policy for the duration of their stay.

Do you have the correct Medical Insurance in place?

We work with companies that are approved by Thailand immigration.

Have you been refused insurance because of your age?

We work with companies that will accept applicants up to 75 years of age.

Have you been unable to find English speaking support staff?

We have English speaking staff to assist you, also can put you in touch with German, French, Russian, Italian, Japanese and of course Thai speakers.

Do you have pre-existing health conditions?

Bespoke packages can be arranged with full disclosure.

Have you been refused a renewal of your insurance because of your age?

We work with companies that can supply policy renewability to age 99 years.

We can help with all the above by sourcing the right company for your needs here in Thailand. With a free no obligation appraisal our local advisor (right here in Pattaya) can offer you the best policy to cover your requirements.

Contact us now to tell us how we can help.

Expat Finance



MEDICAL INSURANCE

DO YOU NEED MEDICAL INSURANCE TO BE ALLOWED TO STAY IN THAILAND?
ARE YOU AWARE THAT THIS MAY BECOME A CONDITION OF YOUR VISA TO REMAIN HERE IN THAILAND?

PENSION ADVICE

ARE YOU UNHAPPY WITH THE PENSION ADVICE YOU HAVE RECEIVED?
NO LONGER IN TOUCH WITH YOUR FINANCIAL ADVISOR OR NOT HAPPY WITH THE PLAN YOU WERE SOLD AND NEED ADVICE ?

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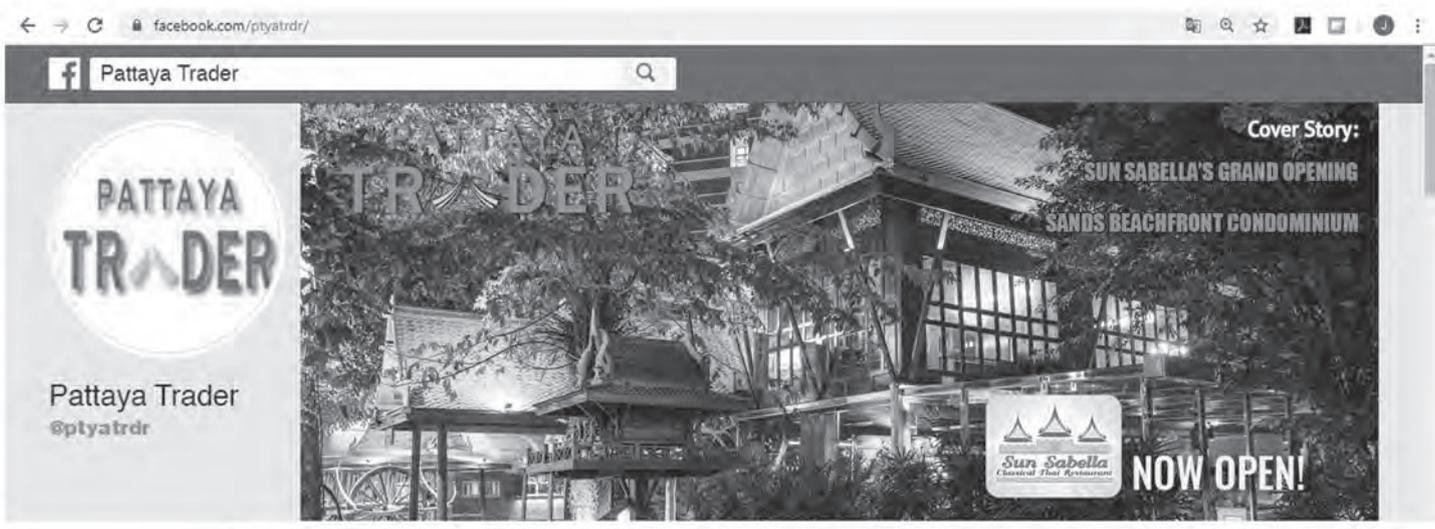


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Public transport suspended and adjusted services



For domestic and international air travel, kindly check with the respective airlines regarding flight suspensions and the options for tickets booked during the suspended periods.

Bangkok's mass transit systems: Airport Rail Link, BTS Skytrain and MRT Bangkok Metro have adjusted their daily operating hours to fall between 05.00 – 21.30 Hrs.;

Bangkok's bus and boat service hours are also in accordance with the curfew.

Inter-provincial bus services on routes with a distance of over 300 kilometres, including ticketing services, have been suspended.

Services on routes with a distance of less than 300 kilometres are still operating, from 05.00 – 16.00 Hrs., at reduced frequency with strict social distancing rules applying.

Long-distance train services on about 30 routes from Bangkok to the North, Northeast and South have been suspended.

TAT remind all international and domestic tourists to stay safe through this difficult time, prepare for the time when travel and tourism returns, when we can all enjoy amazing Thai travel experiences with our beloved family and friends.

In the meantime, please adhere to the recommendations to prevent the COVID-19 infection by the Department of Disease Control, Ministry of Public Health:

If anyone makes contact with other people or visits risk areas, when they return home, it is recommended to clean their body, take a bath or shower, wash their hair, and change clothes before meeting with elder relatives (avoid close contact with the elderly).

On a personal note I have seen that while there are fewer vehicles on the roads right now some people - many of them on motorbikes - are taking advantage of the reduced traffic and driving far too fast.

I am not just referring to delivery drivers and young Thai boys doing wheelies but also to some older farang gentlemen who I have seen not wearing either crash helmets or masks! You are not Steve McQueen in The Great Escape and the last place you want to be right now is in hospital after a crash!

So please keep yourselves and others safe. Slow down and Stay Safe! - Ed

THE SPANISH FLU



About 100 years ago a pandemic began in 1918. It was known as The Spanish Influenza, although France, China and the US were also thought to have been possible locations for its origin.

For the next couple of years this deadly H1N1 influenza A virus, infected an estimated 500 million people which was about one-third of the world's population. It is also believed to have killed around 50 million people.

The preventative measures employed back then by both individuals and governments, bear many similarities to those used today.

Public places including schools, businesses, churches, theatres, moving picture halls and pool rooms were closed. People were asked to observe social distancing, were advised to avoid shaking hands and to stay indoors.

Also as these photographs show they all wore masks.



Longest ever graduation ceremony

By Derek Franklin



Each year the toddlers graduating from the Father Ray Day Care Center arrive together to receive their graduating certificates. This year, due to the current Covid-19 corona virus, the students arrived at twenty minute intervals, meaning the ceremony from start to finish took more than eight hours.

Not only did the children receive their graduating certificates, but they also received a tin of money. Each morning on arriving at the Center, the children must pay a fee of twenty Baht. For that money they receive three sets of uniforms, breakfast, lunch, snacks, a monthly visit by a nurse and a basic education, which includes English, music and cooking.

Once they graduate and are due to attend a government school, the parents have to buy new uniforms, which for a poor family can be expensive. So the Center returns a percentage of the fees they have paid, and during these worrying times the cash was gratefully received.

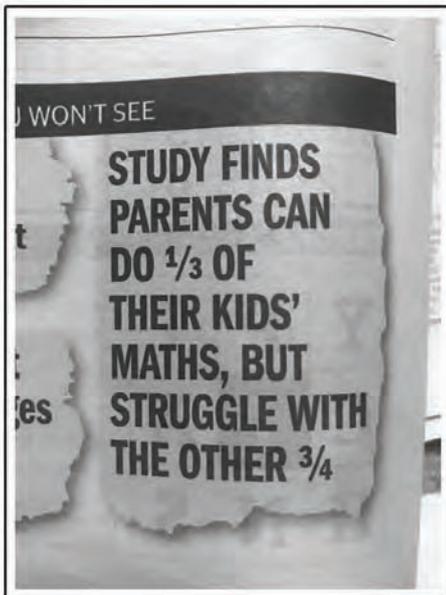
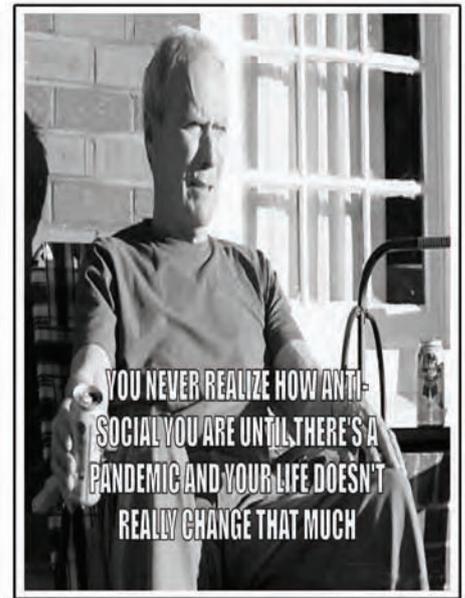
The family of one little girl pay 100 Baht each day, they used it as a savings plan, and they picked up a total of 21,415 Baht, much needed now that the parents are out of work.

When applying to enroll a child at the Father Ray Day Care Center, the staff not only interview the parents, they also visit where they live, just to make sure that the most needy, the poorest in Pattaya have access to proper day care facilities.

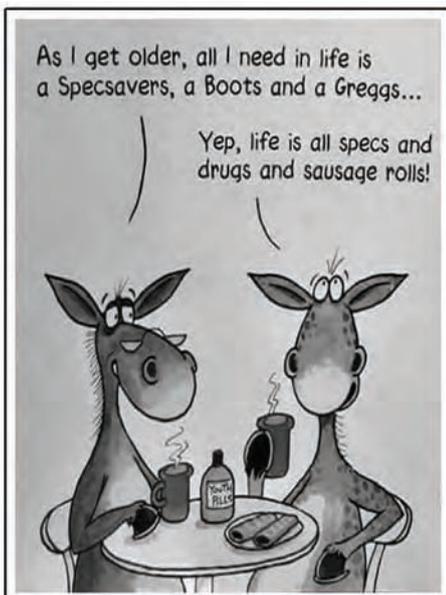
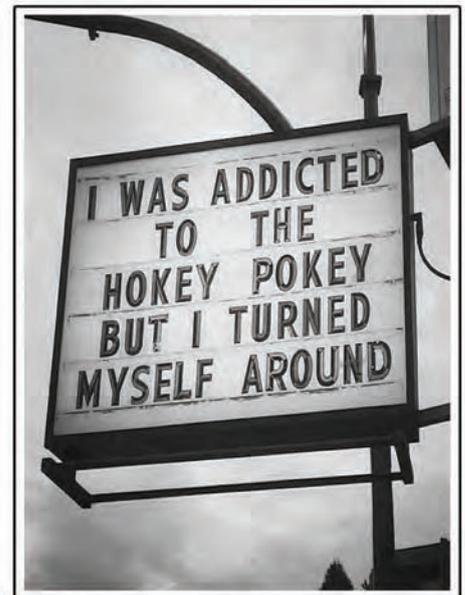


YOU'RE HAVING A LAUGH !

I need to social distance myself from the refrigerator so I can flatten my curve.



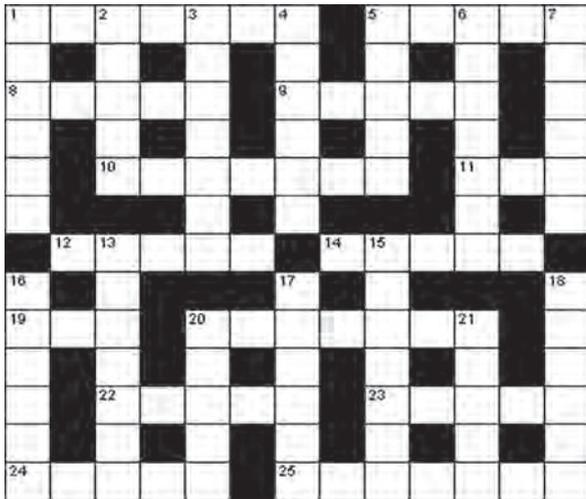
My grandad always said "as one door closes, another opens", lovely man, terrible cabinet maker.



Most useless purchase of 2019:
A 2020 planner.



TRADER X WORD JUNE 2020

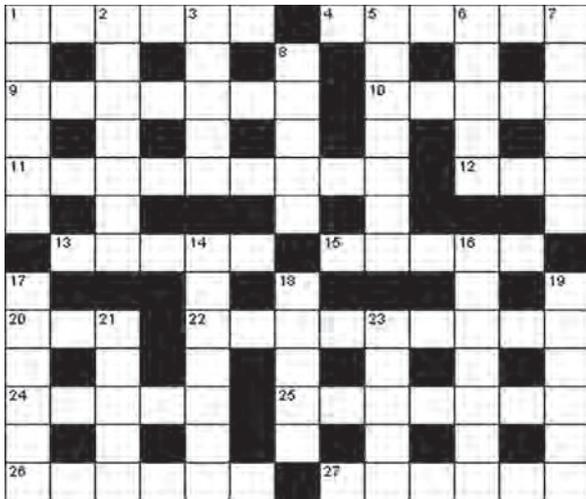


Across

1. Restricted (7)
5. Perils (5)
8. Detection device (5)
9. Villain (5)
10. The sheltered side (7)
11. Flightless bird of Australia (3)
12. Chasm (5)
14. Complies (5)
19. Prohibit (3)
20. Diplomatic (7)
22. Nimble (5)
23. Light beam (5)
24. Reside (5)
25. Boring (7)

Down

1. Food store (6)
2. Decoration (5)
3. Goals (7)
4. Fin (6)
5. Stiff (5)
6. Stage set (7)
7. Repress (6)
13. Dressing (7)
15. Perplexed (7)
16. Overseas (6)
17. Dialect (6)
18. Tusked marine mammal (6)
20. Test (5)
21. Lariat (5)

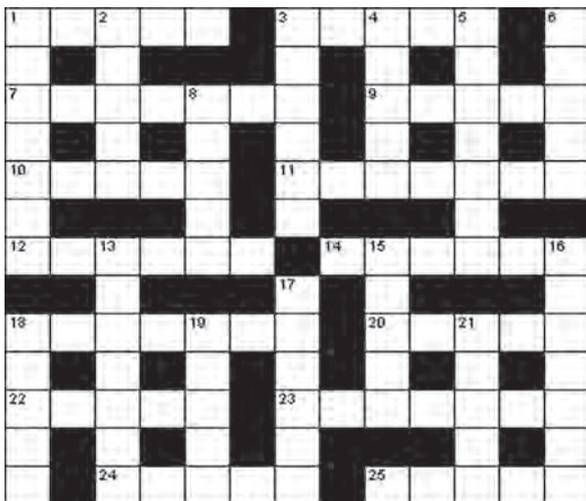


ACROSS

1. Pub (6)
4. Take for granted (6)
9. Weird (7)
10. Take place (5)
11. Expiation (9)
12. Sense organ (3)
13. Stage whisper (5)
15. Paragon (5)
20. Sphere (3)
22. Vortex (9)
24. Tine (5)
25. Ameliorated (7)
26. Cure (6)
27. Extremely bad (6)

DOWN

1. Tropical bird (6)
2. Asinine (7)
3. Ambit (5)
5. Yelled (7)
6. Relative (5)
7. Mistakes (6)
8. Varieties (5)
14. Injured (7)
16. Foreshorten (7)
17. Barrel maker (6)
18. Wild and savage (5)
19. Blot (6)
21. Flower (5)
23. Part of a play (5)



ACROSS

1. Utensil (5)
3. Path (5)
7. Disregarded (7)
9. Send out (5)
10. Military command (5)
11. Mythical beast (7)
12. Taste (6)
14. Movie house (6)
18. Bet (7)
20. Deduce (5)
22. Unsuitable (5)
23. Roamed (7)
24. Finished (5)
25. Small boat (5)

DOWN

1. Mariners (7)
2. Possessed (5)
3. Boredom (6)
4. Legal excuse (5)
5. Svelte (7)
6. Beer mug (5)
8. Relating to country life (5)
13. Tycoon (7)
15. Dialect (5)
16. Condense (7)
17. Worshipped (6)
18. Forgo (5)
19. Graded (5)
21. Criminal (5)

SOLUTIONS ARE ON PAGE 52

SOLUTIONS ARE ON PAGE 52

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5					7		

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IMPORTANT TELEPHONE NUMBERS

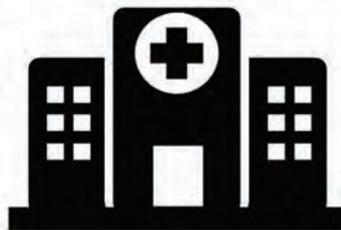


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R	A	D	A	R		R	O	G	U	E		B
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O		A	G	I	L	E		L	A	S	E	R
A		G		A		N		E		S		U
D	W	E	L	L		T	E	D	I	O	U	S

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

S	P	O	O	N		T	R	A	I	L		S
A		W				E		L		I		T
I	G	N	O	R	E	D		I	S	S	U	E
L		E		U		I		B		S		I
O	R	D	E	R		U	N	I	C	O	R	N
R				A		M				M		
S	A	M	P	L	E		C	I	N	E	M	A
		A				A		D				B
W	A	G	E	R	E	D		I	N	F	E	R
A		N		A		O		O		E		I
I	N	A	P	T		R	A	M	B	L	E	D
V		T		E		E				O		G
E		E	N	D	E	D		C	A	N	O	E

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