

— DISCOVER —
PATTAYA

KHUN AO VARINNICHA
Best CEO
The Rhine and Rhine 2
Residences



COMPLIMENTARY COPY



Khun Ao Varinnicha Tangraintong Best CEO Wealth Asset Group

Khun Ao Varinnicha Tangraintong (Best CEO Wealth Asset Group) is featured on this month's cover. Already known to many in Pattaya she is the dynamic force behind The Rhine Condominium Jomtien where 50% of the units have already been sold, mainly to European clients,

The Rhine Condominium Jomtien

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What's next for Wealth Asset Group and their forceful CEO Khun Ao? Well, there are already plans in place for a 3rd project in Bang Saray. We shall be reporting on this in future editions but in the meantime for further information please contact: ➔





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DISCOVER PATTAYA

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Welcome To Discover Pattaya,

Yes, as you can read on the facing page we are going through quite a few changes. Obviously there has been quite a lot going on over the past month and like everyone trying to adjust to this year we are hoping to be able to emerge stronger and fitter.

Talking of fitter we are delighted that two of our most valued contributors Rodney James Charman and Barry Upton are both doing well with their recoveries - we wish them continuing good health. Also to our new contributors, welcome to the magazine and thank you for all your marvelous photos and articles.

We are also delighted to welcome The Royal Cliff and proud to start our collaboration this month with an article about their fantastic European Fusion Restaurant Caprice. Royal Varuna Yacht Club also has an amazing Dining Privileges Offer and Sun Sabella celebrates the re-opening of its Jazz Club with a great Sunday Brunch. Khun Ao from The Wealth Asset Group graces our cover and our cover story features their Rhine projects.

A big thank you to all our advertisers without whose support we wouldn't be able to carry on supplying this evolving but continually free magazine about living in Pattaya.

Thank you all loyal readers and friends

Gloria



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TRADING TO DISCOVERING



The Pattaya Trader from its inception some 20 years ago has gone through many changes. Some of you may recall that in its earlier format it was a trading bible for anyone who wanted to sell or buy their cars, bikes, furniture or in fact pretty much anything through the magazine. You can see how the earlier covers used to be covered with box advertisements whilst inside there were many pages devoted to the second-hand trade of readers' goods.

In subsequent years the magazine developed and its quality improved with the introduction of a laminated, glossy cover and the clutter removed to give a clearer concise look. Just as Pattaya was changing, so too The Trader reflected this change with its content. The black and white pages were still there but they were supplemented by the digital arm of Pattaya Trader with its Facebook Pages and website.

Move forward to 2020 and with the COVID-19 pandemic Pattaya has evolved yet again. The expat community, somewhat overlooked in favour of international tourists and investors, has once again been shown to be of great support to the city. Giving free food to those in most need at the height of the lockdown and supporting local businesses by using their services while Pattaya suffers from a lack of overseas visitors.

During the extremely tough financial times of the last few months, some businesses have sadly ceased trading. Some have been mothballed until such time as a possible "high season" returns and some have had to adapt and think out of the box. Restaurants introducing takeaway menus and meals served without alcohol during the alcohol ban. Real estate agents and developers with less dependency on the Chinese investment, focusing more on local residents and especially the weekend visitors from Bangkok

As our readers spent more and more time at home and online, so Facebook took more of a hold on the Trading part of our publication, so we decided to remove this section from the magazine and instead give more attention to Pattaya's Lifestyle. So Pattaya Trader has now become Discover Pattaya. There will still be an important property section but this will no longer be a "flip the book" option which to be honest many people when asked said that they found annoying.

For our readers we will continue to give varied content and items of interest, whilst still holding onto our leisure pages and support of local clubs and charities. There will be new articles and features to reflect the evolution of Pattaya and of course the magazine remains free of charge.

For our contributors and advertisers, as well as our digital following and the printed publication we have added extra media coverage. Our videos on the LED screens around town and our monthly programmes on TMN TV channel and 96fm radio mean that you really do get tremendous value for money and broad coverage both internationally and locally when you advertise with us.

We are grateful for all your support during this new chapter and do hope you enjoy Discover Pattaya.



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by Rick Click

COMING TO THE SMALL SCREEN



Ju-On: Origins

Another haunted house horror series on Netflix since the excellent *The Haunting of Hill House*. A woman hires a psychic researcher after experiencing some strange phenomena in her home. An evil spirit resides and goes after anyone who moves in. This is based on real-life events.

Can the people living at the house escape from its curse? And what horrible events occurred here in the past? This is a prequel to the *Grudge* franchise big in Japan. The *Grudge* movie was a bit of a let down, lets hope this outing is better. Six episodes in all coming to Netflix this July.



The Umbrella Academy Season 2

I really enjoyed the first season, it might not be to everyone's taste but this surreal take on the superhero genre is great fun and totally different. There are some interesting characters each with their own unique powers and personal problems. Season two picks right up from the end of one where the Hargreeves children time travel to escape the end of the world. They have to work out how to stop this catastrophe and how to confront their sister Vanya who caused it all. Based on the *Black Horse* comic series with the same name, written by Gerard Way from *My Chemical Romance*.



Stateless.

Partly based on the real-life story of Cornelia Rau an Australian, unlawfully held under the Australian Government's mandatory detention program. The series explores the effects of Australia's flawed immigration system through the eyes of four families who become connected during their stay at an immigration detention center. A refugee escaping with his family, a bureaucrat about to face a national scandal, a woman escaping from a cult and a father trapped by a dead end job. Cate Blanchett is one of the shows creators and also plays the part of Pat Masters along with Yvonne Strahovski, Jai Courtney and Asher Keddie.



Coming Soon to The Big Screen



The personal history of David Copperfield

Dev Patel Aneurin Barnard, Peter Capaldi, Morfydd Clark, Daisy May Cooper, Rosalind Eleazar, Hugh Laurie, Tilda Swinton.

The life story of David Copperfield from his early years to adulthood and the adventures he has along the way. Modern day version of the Charles Dicken's classic



Wonder Woman 1984.

Connie Nielsen, Pedro Pascal, Chris Pine, Gal Gadot Robin Wright

Moving on in time from the last Movie to the 1980's Wonder Woman has two new foes to deal with Max Lord and the Cheetah who has superhuman strength and swiftness.



Greenland.

Gerard Butler, Morena Baccarin, Scott Glenn King Bach David Denman

Disaster movie about a large Comet hurtling towards earth that brakes up into deadly fragments that strike the earth at unpredictable locations. John Garrytry tries to escape to Greenland with his family.



Bill and Ted Face the Music.

Keanu Reeves Alex Winter William Sadler Brigette Lundy-Paine Samara Weaving.

When a visitor from the future informs Bill and Ted that a song of theirs can save the universe. The friends have to travel to the future to try and steal it from their future selves.



Tenet.

John David Washington, Robert Pattinson, Elizabeth Debicki, Dimple Kapadia, Michael Caine.

A secret agent on a mission to stop World War 3 travels through a world of international espionage. Using novel time inversion effects, written and directed by Christopher Nolan.



Antebellum.

Danelle Monáe, Marque Richardson, Eric Lange, Jack Huston, Kiersey Clemons, Tongayi Chirisa.

Author Veronica Henley gets trapped inside a terrifying new reality and has to figure out what's going on before it's too late. From the producers of "Get out"

Will anything, especially travel, ever be the same again, or are we looking at the “New Normal”?

As some societies slowly emerge from their various isolation scenarios, there are a lot of people who are extremely worried about contracting the virus, becoming contagious and possibly infecting others. We are emerging into the ‘New Normal’ and whilst a semblance of our previous lives will obviously continue the ‘New Normal’ is bound to introduce many new restrictions/habits until a majority of the population can be inoculated. Whilst travel will not be high on most people’s priorities, some may have to travel for work or to be reunited with families.

What ‘New Normals’ are we going to see?

1. The Face Mask:

Some cultures quickly adopted wearing face masks mostly to indicate their concern about the spreading the virus and to show that they cared about the people around them. Whilst some cultures have still not adopted this, the Face Mask is now here to stay and will become an essential part of our everyday and travel kit for the future.

2. Alcohol Hand Cleanser:

Whilst this has been available for a long time, it was hardly used until we heard the word, Virus. Now an essential in every pocket, handbag and car, hand cleanser is here to stay and has become part of our daily lives. Being asked to clean one’s hands when entering an establishment has to be good for the staff and customers.



3. Social Distancing:

Whilst many have preferred to maintain a distance between themselves, we are a social race and close proximity to other people has been an essential part of most cultures. With the advent of Social Distancing, we now all have to bear in mind and respect other peoples' space, especially in these early days. Having survived the first wave we are almost looking at everyone around us as if they are intent on contaminating us, and whilst most have always tried to respect other peoples' space many will now be insisting that others respect our space.



4. Disinfection/Cleanliness/awareness:

As we emerge and eventually start to travel, we are going to be looking at every door handle, railing and point of skin contact as a potential threat to our health! Many will now try to avoid hand contact and we will probably now start to see a lot of people wearing gloves, but we will all be looking to all service suppliers to ensure high levels of effective disinfection and cleanliness to assist us in our continuing battle not to submit to the virus.



5. Air Travel:

Flying will not be the same for some time and the 'New Normal' will show many changes especially in respecting social distancing and personal space. Check-ins will have to move to on-line only and every aspect of airport procedure will take more time with additional health checks and keeping one's distance adding to the time that it will now take to pass through an airport. Departure and arrival medical checks will be increased to ensure that should a passenger be carrying the virus, his/her whereabouts can be quickly checked, with some form of medical confirmation as well.



Will an every-second-seat policy add vast costs to fares? If I have to fly in the near future, I will definitely wear a mask at all times, and I will probably consider wearing gloves. However, wearing a Haz-suit seems to be a bit over the top, but who knows?

I have never had a great deal of respect for a majority of the Cabin Crews in the past, but today I must salute all crews who daily enter an aircraft full of potential virus carriers. Yes, they have a job to do but they will have to suffer regular isolation before/after flights and are at far greater risk from infection even if on-board service becomes a thing of the past!



6. Hotels:

Hotels also pose a major challenge. Whilst on-line booking and check-in is relatively straight forward, we have the added suspicion of "who occupied this room/slept in this bed last?" Hotels need to be able to reassure us that their rooms and equipment have been fully disinfected.

The Rotary Club's recent investiture of Peter Marsh

By Gloria Jones



Here in Pattaya there are many rotary clubs all supporting worthy, local causes and meeting regularly.

I was invited to attend a recent rotary meeting at the newly reopened Royal Cliff Hotel where long time serving Rotarian Peter Malhotra gave an impassioned speech. During this he urged everyone to extend their help to each other as well as the supporting, local charities. Praising the work of Rotarians who have been on the streets handing out free food Peter reminded us all that it is now important for us to support the struggling local businesses. Many of these have reopened whilst still suffering from lack of tourists and relying more than ever on the support of the expat and local resident community during these strange times.

Rotary was a name I'd often heard but an institution I didn't really know too much about until I arrived here in Thailand. I have since discovered that the club is a true international force for good and has more than a million members worldwide. In fact some very impressive names have worn the Rotarian pin including: Franklin D. Roosevelt, John F. Kennedy, Pope Francis, Walt Disney, Margaret Thatcher, Neil Armstrong, Sir Winston Churchill, Bill Gates, Prince Charles and Angela Merkel, to name but a few.

The Rotary Club works internationally on important causes such as the eradication of polio forever worldwide and the provision of clean water, hygiene and sanitation for all. Also more locally through over 35,000 clubs scattered throughout the world.



We were in attendance for the investiture of Peter Marsh as the new chairman of Rotary Club, Jomtien. An extremely popular member Peter was there with his charming wife and daughters, to take over the running of the club from another popular member Jo Klemm known to many through his Classic Cars Club here in Pattaya and a Pattaya Trader personality in October 2019. (To read this article go to the Pattaya Trader website: <https://www.pattayatradetrader.com/2019/10/02/pattaya-personality-jo-klemm/>)

Amidst the speeches and fine wining and dining, there was a wonderful atmosphere of people just happy to be able to socialise again after so many months apart. The party spirit was then amplified with the appearance of an extremely delicious chocolate cake that was wheeled out for attendees who had enjoyed recent birthdays.

After the event I was able to catch up with Peter at his wife's restaurant in Jomtien Complex that bears her name: "Yupins". A charming restaurant fascinatingly decorated with many Venetian carnival masks and photos of all the diners who have enjoyed meals here during the restaurant's 7 years.

Peter was proud to initiate his wife into the restaurant business as he has a wealth of experience from his time in the UK, working in the hotel and catering industry. He even used to organise specialist catering at famous motor racing circuits such as Brands Hatch and Silverstone.

In fact, Peter is a fascinating person having been a diver for 25 years and a professional photographer working on underwater, industrial photography and the chronicling of many British Government meetings. No wonder there are so many great photos adorning the walls of the Yupins restaurant!





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PILC Pattaya International Ladies Club

At long last members of the Pattaya International Ladies Club were able to get together for lunch, this being the first time in quite a few months. An excellent time was had by all with friends who hadn't seen each other since before the outbreak of COVID-19. enjoying the chance to catch up in person. La Campagne laid on a fabulous luncheon with an excellent selection to choose from including a banoffee pie dessert served in their own trademark jar.



The Pattaya International ladies club was established in 1987 and is an excellent place to make new friends, get involved in charity fundraising, a variety of planned events and attend monthly lunch and coffee meetings at a variety of different venues throughout Pattaya

If you would like to join them why not email pilcpresident@gmail.com or send them a message on their facebook page [@PattayaInternationalLadiesClub](https://www.facebook.com/PattayaInternationalLadiesClub)



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LEARNING THAI WITH KAREN



Many of you already know Karen from her visa services and because she teaches English to Thai children.

We have asked for her help now with a new feature : Learning Thai with Karen

It will hopefully prove useful for those of us too lazy to learn the language.

Here in Pattaya its easy to rely on everyone speaking English, even in convenience stores such as 7/11 and Family Mart.

However, it shows respect to learn even a few words and could prove useful when out shopping or directing taxis

So we're going to start the ball rolling, with numbers 1- 20.

Go on give them a try!

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4	สี่	See	Four
5	ห้า	Ha	Five
6	หก	Hok	Six
7	เจ็ด	Jaet	Seven
8	แปด	Paed	Eight
9	เก้า	Kow	Nine
10	สิบ	Sib	Ten
11	สิบเอ็ด	Sib-ed	Eleven
12	สิบสอง	Sib-song	Twelve
13	สิบสาม	Sib-Saam	Thirteen
14	สิบสี่	Sib-see	Fourteen
15	สิบห้า	Sib-ha	Fifteen
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A photograph of a grand piano in a room with a large, ornate chandelier hanging from the ceiling. The room has a curved wall with a grid pattern. The piano is white and is positioned in the foreground. A white tufted stool is next to it. The floor is made of dark, polished stone tiles. The overall atmosphere is elegant and sophisticated.

CAPRICE

A TASTE OF RIVIERA

Caprice a Jewel of European Fusion
in The Royal Cliff's Crown

"Awarded Thailand Tatler's Best restaurant & Wine Spectator award, Caprice represents fine dining at its very best" This was certainly a bold statement to live up to, and after reading it online I was of course very excited to try Caprice for myself.

I've often wondered why we tend to recommend stand-alone restaurants and overlook the amazing choices available within the 5-star hotels right here in Pattaya. These hidden gems can be well worth a visit. For example, did you know that The Royal Cliff Hotel in Pratumnak has 11 restaurants? I certainly didn't and have only visited a couple: Breezo and The Grill Room, so I thought I'd put this right with a visit to the undoubted jewel in the hotel's crown - Caprice.



As soon as you arrive at The Royal Wing Suites & Spa every part of the experience of dining here is special. From the entrance you are accompanied through a beautiful lobby into a glass-fronted elevator that allows you to fully appreciate the marvelous sea view up to the first floor.

Thereafter there is a wonderful panorama to be enjoyed along the terrace of the restaurant whilst inside, the modern decor exudes effortless style everywhere you look. From the impressive bar to the elegant and of course socially distanced tables, there are fresh flowers (amongst my favourites - the bird of paradise) on each and every one. The subdued lighting is just right, and the ambiance perfect.

Unfortunately at my time of visiting their resident pianist was not in situ but the music was pleasant and at just the right volume to allow for conversation. Also another plus of dining at a first-class hotel is that you can be assured of unobtrusive and polished service even with the masked attendance.

So far so good, and now to the food. We started with an amuse-bouche of tuna and although of late I have been trying to avoid bread baskets, with the warmed offering and excellently tangy red pesto sauce accompaniment, this proved to be impossible. Already my taste buds were tingling ready for the appetizers.

I was a little disappointed that the Avocado Roulade was not available as it had looked so enticing on the menu but Chef Nick informed us that he was not happy with the avocados currently available. Therefore instead we tried the scallops which were plump, juicy and melt in the mouth perfection, also the salmon gravlax which was originally presented with caviar, mousse and a light, yoghurt dressing.

My visit had coincided with the restaurant's Amazing Lamb promotion and therefore this was my choice of entree. Cooked to perfection, delicately pink in the middle the lamb was accompanied by a beautifully cut and displayed vegetable assortment.

As the choices thus far had been a sophisticated choice it was time for some table-side drama with the flambeed Crepe Suzette. A fitting end to an outstanding dining experience.



VIOLETTE IS AT IT AGAIN!

But this time, her narrative is centered on the important men in her life (I understand there are 1.5 of them...) rather than on her travels. 'FEEDING A MAN' is an easy-to-read compilation of casual and not-so-casual recipes for a range of family circumstances. The cooking is interspersed with lively entertaining anecdotes.



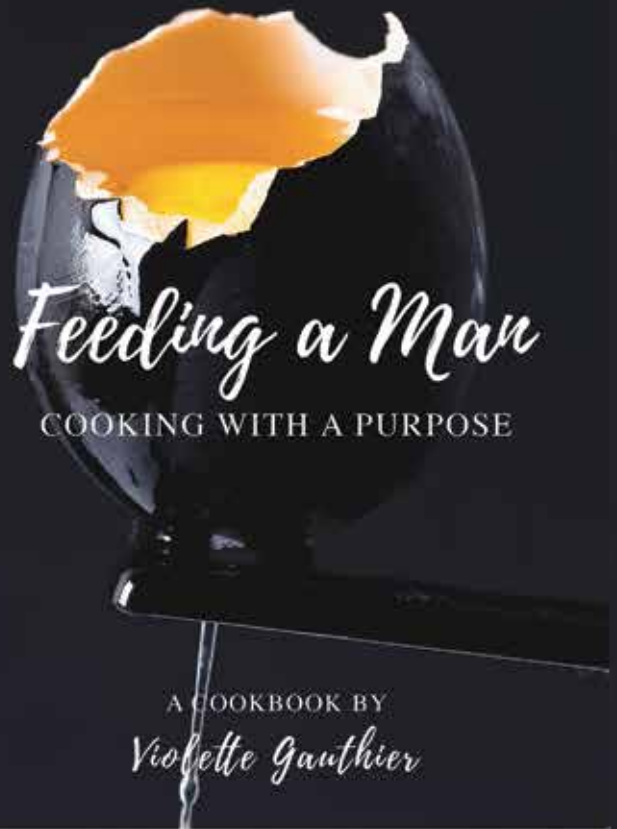
VIOLETTE GAUTHIER, born to Lucine Garabet Garabetian and Krekor Garabet Panerjian, was christened Manoushak (Violet in Armenian, Manoush in short). The upheavals in Asia Minor took her and her family around the world but threads remained through diversity, the love of tasty food and enjoying whatever life throws at you. Manoushak was educated in hospitality and fashion design. She ran fashion businesses in London and Dubai where she became an 'Officier' of the 'Chaine des Rotisseurs'.

Contact Violette at
manoushak@hotmail.com
to get your hands on this enjoyable
and useful addition to your library!

Feeding a Man

Violette Gauthier

EBEN BOOKS



Braised Duck

Ask him to do the carving

Ingredients (serves 6 to 8)

2 liters (4 pints) water, 1½ kg (3 pounds) duckling, 3 small onions, 3 boiled eggs, 5 tablespoons soya sauce, 3 tablespoons sherry, 1 tablespoon brandy, 3 tablespoons candy sugar or coffee sugar crystals.

Preparation (5 to 10 minutes, 2 hours cooking time)



Boil the water in a large saucepan or casserole, put in the duck and boil rapidly for 4 to 5 minutes, turning over once or twice. Discard two-thirds of the water, then add the small onions, soya sauce, sherry and brandy.

Bring the remaining water back to the boil and cover tightly. Let simmer over a gentle heat for 30 minutes, turning the duck over at least once. Add the candy sugar and continue cooking for a further 1 to 1½ hours.

Either serve the duck whole in its own juice or take it out and cut into small pieces. For the juice, add some cornflour and stir till thick. Pour over when serving.

You can eat with rice or, western style, with roasted potatoes.

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MASALA TWIST - DINE IN OR DINE OUT



Sunny is an excellent chef whose family have been in the restaurant business for over 20 years. He was actually born here in Thailand and is fluent in both Hindi, Punjabi, Thai and English. I met him in Jomtien where he had just celebrated the first year's anniversary of his popular curry house: Masala Twist. Prior to this he had a restaurant for 12 years just next to Walking street. So my first question was "Why the change of location?"

"Our previous restaurant served authentic Indian food but I could see that there was a demand from the local and expat market for Indian food with an "English Twist" .

Certainly a year on and with the events of the last few months, this decision has proven to be a very good one. People in Jomtien and all around Pattaya have been

flocking to Sunny for his particular brand of curries and house specialities. These include the delicious Tiranga Kebab with 6 succulent Chicken Tikka pieces representing the red white and green of the Indian tricolour flag - I really recommend this. Another must try starter being the onion bhajis- extremely reasonable at only 80 baht for a generous portion. .



What makes Masala Twist so special is that everything's made to order and customers are encouraged to let the staff know their preferences. For example, if like us you choose a variety of curries: thick, hearty Madras, creamy, Butter Chicken or Sunny's secret recipe Lamb Rogan Josh, you can request the level of spiciness you are happy with, from 1-10. Or if you have any dietary requirements such as allergies, just let Sunny know and he will also take care of these for you.



I am personally delighted to see a business doing so well which really values its local expat community. The added bonus of this and of not shutting down since COVID-19 crisis has been that many local and Thai residents have also grown to enjoy the Masala Twist offer. Take Away and Home Delivery has thrived and even now that the dine in option is again available, there are always Grab and Hungry Now motorbike drivers stationed outside ready to dispatch deliveries.

I also remarked on the brightly lit sign - new since my last visit. "Yes" Sunny answered, "The sign has definitely helped with walk-ins and first time customers". Even though at present the restaurant doesn't benefit from its close proximity to the Rompho market, which

at the time of going to press is yet to reopen, for drivers hurtling along Jomtien 2nd road the sign provides an excellent beacon.

With space outside and in what with the new social distancing and the increased business Masala Twist enjoys there are plans for expansion - well done Sunny! We at The Pattaya Trader as well as your loyal local and expat customers are delighted with your success.





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Time put to good use at Sugar Hut means that it's now an even better place to visit, to relax and unwind.



The last few months have seen unprecedented times here in Pattaya with businesses closing, staff being laid off and long queues of unemployed on the streets waiting for donations of food and water.

As we look forward to an unfurling of all the rules and regulations, it's a good time to visit some of our favourite establishments that have put the enforced lockdown to good use. Sugar Hut for example, has kept its staff employed to work on renovations and improvements whilst its guests have been forced to stay away. After all, this picturesque resort has been in existence for some 40 years now and seen many changes during that time in Pattaya's evolution.

Anyone who has visited Sugar Hut knows it is an amazing oasis of calm tucked away just off Thappraya Road, but what they might not realise is just how much work it takes to maintain all its natural looking beauty. For example, the paths around the resort are surrounded by lush vegetation. When using them to walk through to your villa, you might imagine yourself deep in Thai countryside. However, you don't want to be handed a machete at reception in order to cut a swathe through the undergrowth, "Stanley and Livingstone style". Therefore the gardeners ensure that plants either side of the paths are kept to just the right height and allow for sufficient clearance as you walk past.

Sugar Hut's owner Dr Sunya Viravaidya has an exacting eye for detail and an interesting mix of Thai and Scottish heritage. This means that he is able to appreciate Thai traditions whilst understanding what visitors from the West may need to make their stay enjoyable.



Then there is always the continual upkeep of the 28 villas to attend to. Yes using natural Thai building materials and traditional methods does give authenticity and originality to the resort but these must constantly be checked and where necessary repaired by the team of carpenters on hand.

Likewise inside, there are constant improvements being made. For example, the beds have locally made mattresses, filled with the husks of coconuts but with very soft toppers added to ensure the best, natural support for a great night's sleep. These gorgeous double beds have wooden frame surrounds which the Dr has instructed to be given clearance so as not to cause any accidental damage to an unlucky guest's shin when climbing into bed.

Also during the last few months, teak flooring in the restaurant areas has been renewed and repolished. Sun bleached wood stained and painted and tiles fitted around the three fabulous pools.

So whether you are coming for an overnight stay or just for brunch with use of the facilities, this certainly is the perfect place to relax and unwind after the trials of the last few months.



An interesting case of this was when he asked for additional stones to be added underneath the villas. These being on stilts, has meant that there are often cables underneath to connect the power. To an unknowing eye, such a cable could look like a snake. I for one am extremely grateful he considers the more urban of us who could be disturbed by such a sight and so buries the offending cables under more stones!





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Words by Gloria Jones
and photos by Carey Peck



*Live Music at The Jazz Pit Brunch brings
some life back to Pattaya*

The Jazz Pit reopened in style with a host of great musicians and singers appearing at the Sunday brunch sessions.

Those of you who recall one of the last great parties before the lockdown - The Grand Opening of the Sun Sabella Resort - will remember this beautiful building. It has been purpose-built especially for live performances with an elegant cocktail bar, comfortable seating and truly elegant surroundings.



A very cool place to spend your Sunday!

Or you might just want to drop in for an evening's cocktail or nightcap with live music from Thomas the resident jazz guitarist. at the Jazz Pit every night from 6pm (apart from Tuesdays) Having previously played with George Benson, Thomas now has a songlist of over 1,400, so if you make a request he's pretty sure to be able to cover it. He has also brought together some truly international musical guests to entertain us all, including Steve Cannon.

Steve, originally from Los Angeles has played with the greats: Mary Wilson and the Supremes, The Temptations, Four Tops, Manhattan Transfer and Frankie Valle, to name just a few. Now a resident of Bangkok you would previously only have been able to catch Steve playing at The Living Room" in the Sheraton Hotel. However, now we in Pattaya have the opportunity to enjoy his playing along with a host of other great musicians at The Jazz Pit.





To keep updated, it's a good idea to like the Facebook pages of @JazzPitPub @Sunsabella and @Sugar Hut where advance notice of Steve's dates at the venue together with other guests will be posted. Or just pop in to see who's there. The brunch sessions are sure to have some additional surprises such as Jayson talla Camilo, a talented singer and musician who is extremely popular here in Pattaya. Often playing at The Sandbar By the Sea and Siam Country Club Jayson entertained us all by jumping up on the stage for a great rendition of "This Masquerade".

The ambience at the Jazz pit is perfect with soft leather sofas, plenty of seating both for those who like to get close to the action and an upstairs area for a different vibe with greater privacy or those who prefer to just have the music as an accompaniment to their time with friends whilst still being able to see the bands playing from above.



So make a note in your diaries for the brunch sessions every first Sunday of the month!

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THIS MONTH'S SUPPLEMENT

By Gloria Jones

August's Dietary Supplement is the Thai Chilli



Why we should eat them.

Anyone who has eaten delicious Thai food knows that it's chock full of fresh herbs, exotic vegetables and a generous dose of immune-boosting and disease-fighting fresh ingredients. As long as white sugar and MSG are avoided, properly prepared Thai food can be considered among the healthiest cuisines in the world. Especially as it also contains plenty of chilli pepper.

There are around 80 varieties of chilli peppers grown today in the Land of Smiles and for those of you who think that hot, spicy food should be avoided at all costs; you should know that the humble chilli is one of the healthiest foods on the planet. Whether fresh, dried, powdered, whole, flaked, minced, sliced or pounded it has many health benefits.

First of all chilli peppers make foods which they come into contact safer, as they are known to kill off any harmful bacteria that may be present. Nutrient-wise, they are low in calories. cholesterol free, rich in folic acid, potassium and rich in vitamins E, A and C.

Studies have shown that, over time, chilli peppers have a cumulative effect on your overall health. If consumed regularly, they can alleviate the pain of arthritis, neuralgia or nerve disorders including shingles, and headaches. The chilli pepper has also been known to minimise the effects of herpes and relieve stomach pain. In addition, research done on the cultures that eat chilli peppers on a daily basis show that they have a much lower rate of colon and stomach cancer when compared to those who consume far fewer chillies.



Other proven side effects of eating just a small amount of chilli every day is that it can help you fall asleep faster and sleep longer. Also if you have weight loss in mind, a steady diet of food laced with chillies is said to curb the appetite and also the desire for fatty or sweet foods. The alkaloids that chilli peppers possess can speed up your metabolic rate to allow your body to burn off more calories quicker and speed up the whole digestive process.

Finally, if all of the above hasn't convinced you then you might be interested in to know that eaters of incredibly spicy foods, commonly experience what is called an adrenalin or endorphin rush. This is all the result of a natural chemical called Capsaicin which is present to a greater or lesser degree in every type of chilli pepper. It's

also the element that's responsible for a chili's intense heat. When enough capsaicin enters the human nervous system, it stimulates the pituitary gland deep in your brain to release the hormone endorphin.

Health benefits

The consumption of chilli peppers lowers cholesterol and blood pressure so helping to make your heart healthier. They also naturally thin the blood and prevent blood clots, thus reducing the risk of strokes and heart attacks.

Chilli peppers contain an unusually large amount of antioxidants that can help make your immune system stronger. Regular or semi-regular consumption of them will better prepare your body to deal with the adverse effects of unwanted inflammations or infections. They will also help your body to maintain consistent insulin and glucose levels whilst also helping to ward off diabetes and prevent you from contracting colds, flu, fevers and infections of all types.

If you're congested or suffering from an allergy or asthma, it's good to know that the mucus-thinning properties of the chilli pepper can help clear blocked sinuses. Chillies are an excellent expectorant, because they have the ability to alleviate congestion by promoting coughing.

Chili may even have a positive impact on fighting cancer

According to a study published in 2014 in The Journal of Clinical Investigation the ingredient in chili peppers that gives them their kick: capsaicin shows promise in fighting cancer. A clinical investigation was conducted by researchers from UC San Diego with mice. The research team took mice that were uncommonly susceptible to colorectal cancer and fed them capsaicin. The mice that were fed the chemical showed a 30% deficit in tumor growth compared to a group fed an inactive substance.

The mechanism by which this remarkable discovery works is thought to be that it activates a growth inhibitor associated with fighting overheating and burning in the body's cells. The doctors were able to further increase the therapy's effect by combining it with a non-steroid anti-inflammatory drug, thus suggesting a course of action to help prevent tumor growth in humans.

So if you are new to Thailand and the local cuisine, you can try to start with just a little chilli added to your food and then gradually increase the quantity. After a while you will actually grow to love the heat and the flavour and as you can see there are many benefits to be gained from doing so.





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A FINAL CLEAN WITH CLEAN4U

By Rick the Click

Having spent so much time in my condo during the lockdown, I felt it was time to move on. Time to turn off the TV, pack up and take out those Pizza boxes and move to a new home. I had tried to keep the place clean but as a bloke I know my limits - it was time to call in the professionals. The landlord was certainly pleased that I'd chosen Clean4u to do a deep clean and bring the place back to its former pristine state.

The team arrived on time and phoned me to meet them downstairs at the security gate, then following me into the pit of doom! They brought all their equipment and cleaning detergents with them. Like a couple of dusting ninjas, the girls set to work on every nook and cranny, nowhere was safe. I was very pleased with just how thorough they were, getting inside all the cupboards and places I hadn't considered, like under the bed and the overhead ceiling fan. Furniture was moved so that they could clean behind and deal with what was underneath - unfortunately no money was discovered. I was especially impressed with how one of the girls, although only small, was able to slide my very heavy bed to clean underneath.

The balcony had recently taken a lot of abuse with all the rain we've been having recently but it didn't take the girls long to totally sort it out. The bathroom was also soon gleaming with the floor tiles scrubbed and glass free from watermarks. The kitchen surfaces, hob and sink were all brought back to new and even the inside of the microwave and fridge were left sparkling. It was going to be difficult for the landlord to find anything missed, as door frames, tops of pictures and in fact every conceivable area was dealt with. They also asked me first if I wanted a scent sprayed around, and I was pleased to say yes as it really helped freshen the place up.

The cleaning started at 10.30a.m and finished just after 3.p.m. The landlord came by and was pleased with the results and I felt good to be able to leave in good order without any feelings of animosity. There is no way this condo could have been cleaned better.

So if you need a 100% top cleaning job done, contact Clean4u by phone on 065 565 9667 or message them via their Facebook page Clean4u Pattaya. There you can fill out a request form with details of your property in order to get a quotation - but I can tell you it is sure to be worth it!



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Shade Grown Coffee

By Elle Inlom

“The beginning of quality aroma and an ecological conservation system”

Shade-grown coffee is naturally grown underneath a canopy of trees and this is the beginning of quality coffee. A shade-grown plantation has a production system widely regarded as environmentally sustainable and enabling of biodiversity conservation.

Recently, I discussed and shared coffee experiences with two coffee specialists; One a coffee farmer and another a barista.

The first conversation with the farmer was about the most important benefit of shade-grown production, and we both had the same opinion, that it is **“the sustainable coexistence between humans and nature”**.



Mr.Chatree – an owner of a shade-grown coffee plantation located in “Khun Chang Kian” Chiangmai was inspired to become a coffee farmer because of his **“Desire to live within the fertile forest and in good nature”**. Last year, he was very proud of being made an award-winning farmer, serving quality coffee to the market when his coffee won “Specialty coffee 2019” at a coffee festival. I asked him

What are the resources or elements of “Specialty of shade-grown coffee”?



To begin with, specialty coffee is planted within a quality environment which means that it is surrounded by biodiversities such as varieties of trees, at altitude, and within relative humidity. This is especially true of Arabica coffee which is grown with light intensity. Therefore, different environmental areas will relate to each coffee’s unique taste.

What is the difference between “Thai Shade-grown coffee vs that from other countries”?

“The method of growing is similar but the process may be different depending on the environmental or other factors of each country.”

Serving quality coffee.

My second conversation was with Mr. Peerapong - the owner of Peerapong coffee. His coffee shop concept is “happy and friendly coffee”. He shared with me his opinions regarding his choice of quality coffee for brewing every single cup to his customers.

To him, quality coffee means **“the carefulness of every process from planting to roasting”** He chooses shade-grown coffee as he believes **“that shade-grown coffee is the beginning of a quality cup”**. He selects the green beans from shade-grown coffee because he controls the roasting process himself, for his own unique creation.



Recommend area of shade-grown coffee in Thailand

The demand for shade-grown coffee in Thailand is increasing every year which why farmers have expanded the areas to plant in the North. In Chiangmai – Khun Chang Kian, Doi Saket. In Chiangrai – Mae Chan Tai, Doi Chang, and Mae Hong Son – Aoom Koi and Nan.

There are many processes that go into the making of a quality coffee or specialty grade. We are pleased to share our knowledge and passion with you.

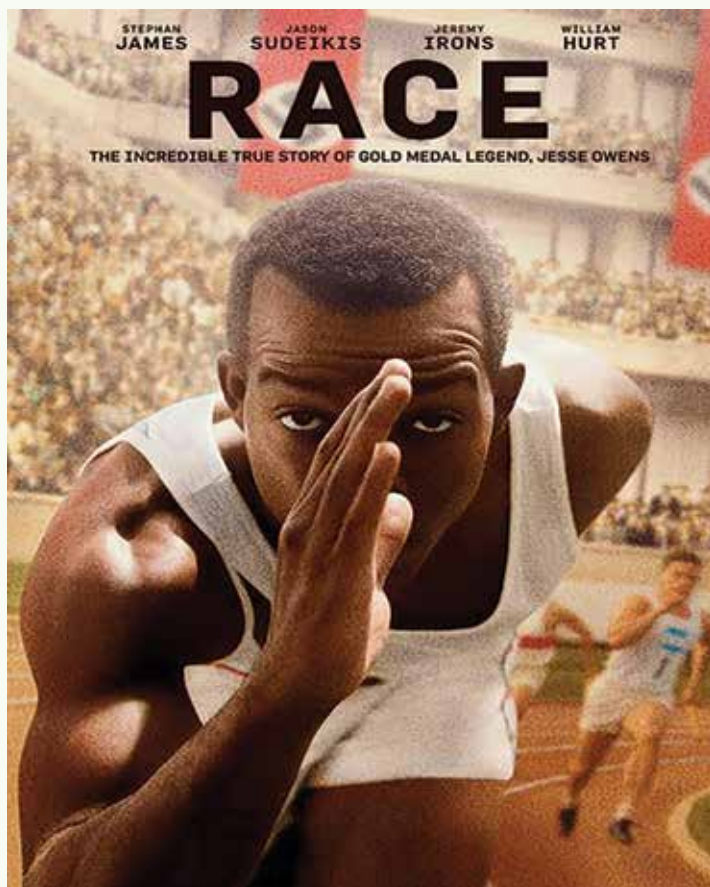
If you would like more information on how to obtain shade-grown coffee from the North of Thailand please phone 0837 683606.

SPORTING HEROES

JESSE OWENS

Recently whilst watching cable TV during lockdown I found the same films “doing the rounds”. Now usually this can be quite tedious, but I have to say that there are some films that I am happy to watch over and over again. One such film is “Race” the story of Jesse Owens. A lovingly made portrayal of surely one of the greatest sporting heroes of our time - or in fact any time!

James Cleveland Owens was born on September 12th 1913, in Oakville, Alabama. A track and field athlete, he set Junior High School records by clearing 6 feet in the high jump and leaping 22 feet 11 3/4 inches in the running broad jump, now known as the long jump. He also won all of the major track events, including the Ohio state championship for three consecutive years and set a new world record whilst still at high school by running the 100 yard dash in 9.4 seconds. His sensational high school track career resulted in him being recruited by the Ohio State University.



However, he is best known for being the first American to win four gold medals in a single Olympic Games: 100 metres, Long jump, 200 metres, and Team Relay Not just any games either but the 1936 Olympic Games in Berlin!

Jesse Owens's wins were an obvious blow to Adolf Hitler, given that his plan for the games that year was to demonstrate the superiority of the Aryan Master Race. Owens put paid to this, not only by winning 4 gold medals but by doing it in such a spectacular manner. He made sporting history when he broke five world records and equaled a sixth in the space of 45 minutes. One of these world records, 8.13m in the long jump, would last for 25 years.

Jesse Owens's tremendous achievements were bravely documented at the time by German, female filmmaker Leni Riefenstahl. Also the German athlete Luz Long who

won the silver medal, the first to congratulate Owens and posed together with him for photos - they also walked arm-in-arm together. As Owens himself said "It took a lot of courage for him to befriend me in front of Hitler"

Luz Long and Owens remained good friends and corresponded after the 1936 games. In his last letter, Long wrote to Owens asking him to contact his son and tell him about his father after his death and "what times were like when we were not separated by war. I am saying—tell him how things can be between men on this earth."



FOOTBALL UPDATE

By Steve Wade



The major leagues in Europe have finally come to a conclusion and some familiar names, except one, have risen to the top in their respective countries once again. The exception of course is Liverpool, who became Premier League champions for the first time in England after a 30 year wait.

Liverpool lost only three games all season and finished 18 points clear of their nearest rivals Manchester City, who finished 15 points clear of an improving Manchester United in third, who along with Chelsea in fourth will fill the Champions League places next year.

Leicester City, after spending most of the season in the top four, fell away at the end and will compete in the Europa League next year along with Spurs, who finished in sixth.

Sheffield United finished an excellent first year in the Premiership by finishing inside the top ten and at the other end of the table, Aston Villa manufactured a miracle escape from the relegation zone leaving Norwich, Bournemouth and Watford in the drop zone and playing Championship football next season.

Leeds United won the Championship and will be playing in the premier division for the first time in 16 years and they will be joined by West Bromwich Albion, who filled the other automatic promotion place.

In Europe, things looked very familiar with PSG winning Ligue 1 in France with 10 games to spare after the authorities ended the season early due to the virus outbreak. Bayern Munich were convincing winners of the German Bundesliga whilst in Spain, the annual two-horse race was won by Real Madrid, who after some poor results in 2019 reinstated Zinedine Zidane as manager, which brought about a massive improvement in form culminating in a league title triumph. Meanwhile, Juventus and the remarkable Ronaldo closed out Serie A by seven points from Inter Milan, but the Dutch league was abandoned some time ago, again due to the virus with a final decision yet to be made on the official standings.



While we wait for the new campaigns to start across Europe we have some fantastic Champions League matches to look forward to at the time of writing with Manchester City hosting Real Madrid after an excellent 2-1 win in the away leg, Chelsea traveling to Bayern Munich with a mountain to climb after a 0-3 loss at home and the other two matches, Barcelona v Napoli and Juventus v Lyon, finely poised at 1-1 and 0-1 respectively.

Of course the COVID 19 pandemic still looms large over all aspects of life and football is no exception. All games so far and for the foreseeable future have been and will continue to be played behind closed doors. Let's hope that the fans will be allowed to return to the grounds soon. Only time will tell.

10 WAYS TO MAKE EXERCISE FUN



by Nora Luiselli

If exercise was easy and fun, we all could be in perfect shape. We all could be workout enthusiasts. The fact that most people love to eat junk foods and lead sedentary lifestyles tells you that physical exercise and healthy lifestyles, in general, can be quite boring. But then, a healthy lifestyle is the central pillar of longevity. You need to eat healthy foods and exercise regularly in order to manage your weight, avoid the risk of chronic diseases, improve your heart health, improve your mental health, and basically stay healthy longer and feel great.

So, as much as you consider exercising to be boring, you have to keep doing it. It will actually get lesser boring if you spice it up with these 10 tips:

1. Exercise with a friend

Unless you are an introvert, you definitely do not enjoy doing anything by yourself. You will, therefore, be pushing your luck too far by imagining that you can exercise without someone by your side. You will definitely get bored at some point and start looking for excuses not to get out of bed for your morning gym session. To prevent that, get yourself an accountability partner who will be waking up with you and holding you accountable when you miss a workout session.

2. Tweak up your exercise routine regularly

Try something new whenever you feel like your routine is getting monotonous and boring. You are not challenging your body if you are biking or running every morning week in week out. Tweak things up a bit. Lift weights, try kickboxing or join a dance class.

3. Dance it away

Speaking of joining a dance class, this should have been your starting point if you are not the sporty type. Put on your dancing shoes and learn all dance styles there are to learn. The good thing about dancing is that it never gets monotonous because at least one dance style is invented every day somewhere in the world. A new song is released somewhere in the world within an hour. Find them all. Dance them all. You will be very fit in the long run.

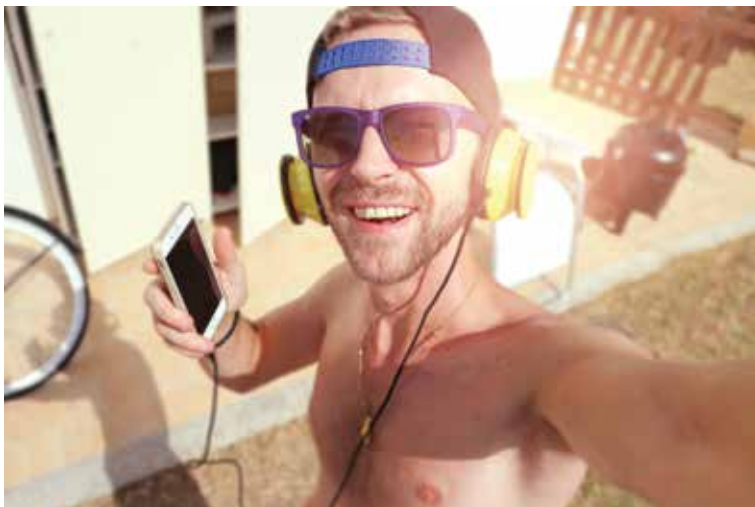


4. Listen to audiobooks

If you love to read, download your favorite audiobooks or podcasts on your music player and be listening to them as you exercise. Every exercise session will be a book club session for you, so you will always look forward to it.

5. Or watch TV

Time goes faster when you watch TV. Trick your body into thinking that you woke up early to watch your favorite breakfast show and instead of sitting on the couch, get busy with at-home exercises.



6. Play



Reinvent games such as catch, jumping rope, hopscotch, and shoot hoops, and any game that you loved growing up or in college. Go swimming if you have a pool. Ask your partner to play tennis with you. Teach your kids how to play volleyball or badminton. You don't have to be good at it. Just do it to get your body moving.

7. Try different sceneries

Head outside and enjoy nature as you exercise; breathe some fresh air. Running through the neighborhood in the morning can be very refreshing and motivating. Grab your bike and ride away. Acquire an ebike kit and convert your bike into a pedal-assist, light electric bike and then go hiking with it. Trail running or mountain biking can be great fun when done with an ebike.

8. Avoid the scales

Losing fat doesn't mean you will automatically lose weight. Sometimes the fat you lose is replaced by muscles, so your weight remains the same or hikes a bit. Besides, eating healthy and exercising is a routine that will get you results in the long run, not right away. That is why you should stop weighing and measuring your body every day. You might be demoralized by the results.



9. Join a class

Join a local yoga, spinning, or aqua aerobics class. You will make many workout buddies and lose some pounds in the process.

10. Be moderate

Going all-in can be frustrating because you might get injured or get too tired to keep the momentum going. That is why you should start out slowly and build momentum bit by bit.

Always remember to relax at the end of the exercise. Just lie down, close your eyes, cool down, and allow your body to get deep relaxation. You will feel so good that you will be looking forward to exercising every day. It is also a great way to heal from the physical stress you exposed your body to.



COLLINGBOURNE'S NEW BAR AT JOMTIEN BEACH ROAD

BY RODNEY CHARMAN

It was an amazing night at the opening of Pattaya auctioneer John Collingbourne's new beach bar. Everyone was well looked after by the hosts John and Yada Collingbourne along with their lively bar manager Vicky. Congratulations and thanks for a lovely evening



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Back to school

By Derek Franklin



The first of July will be a day the children of Thailand will remember for a long time. Following the Covid-19 lockdown in early March they were finally allowed to go back to school. For three and a half months 160 children at the Father Ray Children's Village had not stepped over the gate. Visitors were not allowed, and very few people were admitted. Boredom set in early, so daily classes were planned for the youngsters, while the older residents worked, planting fruit trees and rows of vegetables. But when that Wednesday morning arrived they were all up early. Wearing their new school uniforms they climbed into mini-vans and pick-up trucks for the journey to school. After three and a half months the Village was a very quiet place, for just a few hours until they all came back home.



While many school children relished the thought of having an extra-long holiday, for children with disabilities it was, for many, a stressful time, for them and also for their families.

Children who are blind, who have special needs and also for young adults living with a disability they all need to be in an environment where they receive the care, therapy and the education they need.

Most welcomed the announcement that schools will reopen in the 1st July, but several local schools, while they were able to open, did so with a reduced number of students. Mainly due to the drop in financial donations, the schools are doing as best they can.

At the Pattaya School for the Blind only half the regular students have returned. More than fifty youngsters who have multiple disabilities, blindness, as well as autism, learning and mobility disabilities have stayed at home.

The Father Ray School for Children with Special Needs and the Technological College for People with Disabilities also opened with a reduced number of students; this school term there will be just 160 college students as opposed to the usual more than two hundred.

At the Father Ray Day Care Center the regular 80 toddlers who attend has been reduced to just twenty each day.

Managers at the schools are all hoping that when the threat of the Covid-19 coronavirus, plus the financial difficulties many are experiencing with soon be over and children living with a disability can live the life they need to be living.



Items being sold to help raise money for “Take care kids “ Children’s Shelter.



A message from Gio the founder of the charity.

“Take care kids” children’s shelter is suffering enormous economic damage and its projects are at risk!! If you believe in what we do, in how we do it, don’t abandon us in this very difficult time. You can help us by:
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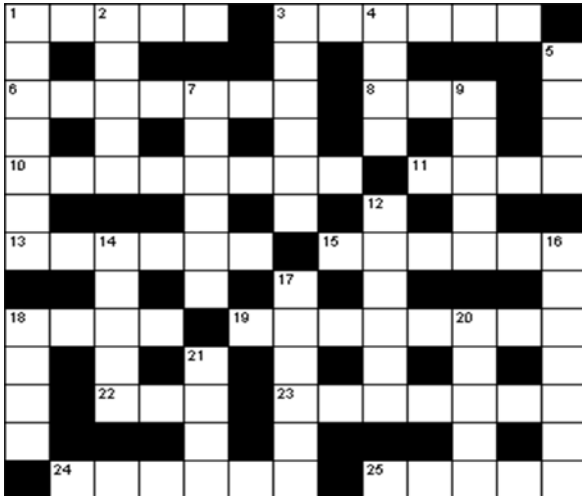
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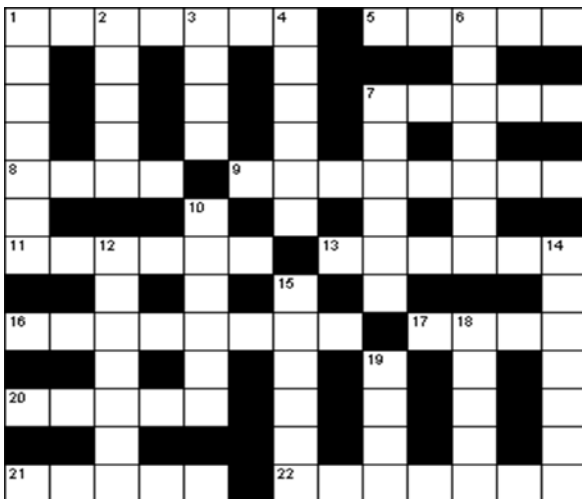


Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and ___ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetener (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)

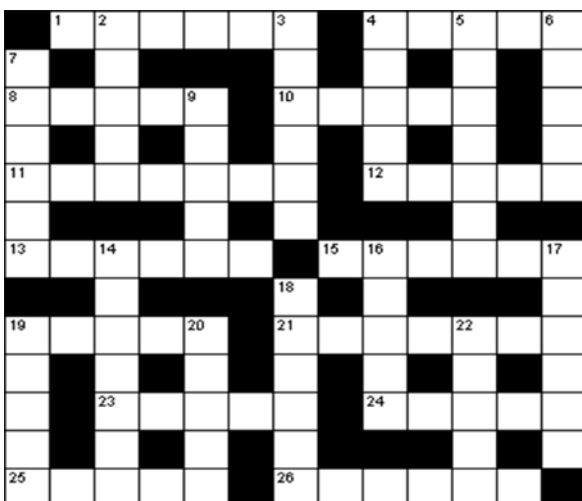


ACROSS

1. European short-winged hawk (7)
5. Type of duck (5)
7. Young male horses (5)
8. Middle East riding horse (4)
9. Porcupine (8)
11. Nocturnal wildcat (6)
13. Dog house (6)
16. Snake (8)
17. Crustacean (4)
20. Viper (5)
21. Aquatic predator (5)
22. Adult male chicken (7)

DOWN

1. Bison (7)
2. African equine (5)
3. Simians (4)
4. Burro (6)
6. Mahimahi (7)
7. Young swan (6)
10. Large flying bird (6)
12. Anteater (7)
14. Shellfish (7)
15. Musteline mammal (6)
18. Bird shelter (5)
19. Extinct bird (4)



ACROSS

1. Capital of Germany (6)
4. Flows through Rome (5)
8. Capital of Nigeria (5)
10. Egyptian desert (5)
11. Birthplace of Napoleon (7)
12. Australian town, ___ Springs (5)
13. Colorado state capital (6)
15. Previous name of Ho Chi Minh City (6)
19. Egyptian capital (5)
21. South American country (7)
23. Japanese city (5)
24. Capital of Ghana (5)
25. Balearic holiday isle (5)
26. Sea between Greece and Turkey (6)

DOWN

2. Swiss peak (5)
3. Capital of the Bahamas (6)
4. Polynesian country (5)
5. Chinese city (7)
6. Major French river (5)
7. Site of 1980 Winter Olympics, Lake (6)
9. Flows through Paris (5)
14. Capital of Kenya (7)
16. Island in the Netherlands Antilles (5)
17. Scandinavian country (6)
18. Carson City is the state capital (6)
19. Italian holiday isle (5)
20. City in Nebraska (5)
22. Capital of Bangladesh (5)

SOLUTIONS ARE ON PAGE 45

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IMPORTANT TELEPHONE NUMBERS



POLICE

Emergency Hotline: 191
 Pattaya Police Station: Soi 9 Pattaya
 Phone: 038 420- 802, 038-420 805 0-3842-9325
 Banglamung Police Station, Sukhumvit Highway)
 Phone: 038 221 800, 038 221 331
 Tourist Police: Phratamnak Road
 Emergency Hotline: 1155
 Phone 03841 4669, 03842 5937,

AMBULANCE AND HOSPITALS

General emergency number 191 can be used or 1669
 Pattaya International Hospital
 PhoneTel: 038 428 374-5. Tel: 038-427 575
 Bangkok Hospital Pattaya
 PhoneTel: 038-259-999. 0-3825-9911
 Pattaya Memorial Hospital
 PhoneTel: 038 488 777. 038-429 422

FIRE

Emergency Phone: 199
 Fire Brigade Pattaya
 PhoneTel: 038-425-943,
 Fire Brigade Naklua
 PhoneTel: 038-221-000,

SEA RESCUE

Marine Police
 Phone. 038-423 666
 Sea Rescue
 Phone 038-488 134

ELECTRICITY

Electricity Pattaya
 Phone 0-3842-6463, 0-3842-8502
 Electricity Banglamung
 Phone 0-3822-1007

WATER

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

WASTE DISPOSAL

Garbage Collection
 Phone 0-3842-9494

YOU'RE HAVING A LAUGH !



When making a cup of tea for the wife I shouted from the kitchen, "do you want a Kit Kat Chunky?"

Don't remember much after that! 😞

My missis reckons I don't give her enough privacy

Well, that's what it says in her diary



SOLUTIONS

A	P	P	L	E		G	R	O	C	E	R	
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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 ?

DO YOU HAVE A PENSION BASED IN MALTA?

IF SO YOU WILL BE CHARGED 35% TAX ON PAYMENTS/ DRAWDOWNS. WE CAN HELP MINIMISE THIS WITH A CHANGE OF JURISDICTION

RETIREMENT PLANNING

PLANNING TO RETIRE IN THAILAND?
DO YOU NEED TO TRANSFER YOUR PRIVATE PENSION TO A QROPS?

PLANNING TO RETURN TO THE UK?

NEED HELP TRANSFERING YOUR QROPS TO AN INTERNATIONAL SIPPS?
With on average 50% lower fees than those charged by QROPS providers International Sipps help you consider all your options and return home or move to a different country.

EXPAT FINANCE CAN HELP YOU WITH ANY OF THESE QUESTIONS AND MORE
JUST WRITE TO US AT admin@expatfinance.org



BRITISH EMISSARY TRAVEL INFORMATION

The Foreign & Commonwealth Office currently advises British nationals against all but essential international travel although this advice is being kept under constant review.

If you are travelling please check with your airline before you head to the airport and allow three hours for connections when flying from a regional airport to Bangkok to catch an international flight. Everyone entering the UK should be aware of new health measures at the UK border.

Please check <https://www.gov.uk/uk-border-control> before travelling.

You can also check the page <https://www.gov.uk/foreign-travel-advice/thailand/> to keep updated.



UK VISA AND PASSPORT APPLICATIONS

As of last month both the Bangkok and Chiang Mai offices reopened and are now accepting both UK visa and UK passport applications



British Embassy
Bangkok

UK VISA APPLICATION CENTRE IN BANGKOK

NOW OPEN

This will be for both UK visa and UK passport applications.



British Embassy
Bangkok

UK VISA APPLICATION CENTRE IN CHIANG MAI

NOW OPEN

This will be for both UK visa and UK passport applications.





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By Magna Carta Law Office

DRIVING UNDER THE INFLUENCE (DUI) IN THAILAND

Driving Under the Influence (DUI) commonly called "drunk driving", is the offense of driving or operating a motor vehicle while one's blood alcohol content (BAC) is more than the amount of the set legal limit, which makes you unable to operate your vehicle safely.

Thailand's legal Blood Alcohol Content (BAC) is 0.05% or 0.5 grams per liter of blood for drivers who have had their licenses for over five years, and 0.02% or 0.2 grams for the following:

- Newer drivers who have possessed their license for less than five years
- Drivers under 20 years of age
- Drivers holding a temporary driving license
- Drivers who has a driving license for another type of vehicle that is not interchangeable
- Drivers who do not have a driving license or whose drivers license has been suspended or revoked

A person is considered to be drunk if the amount of alcohol measured is more than the legal BAC.

Breath testing stops are becoming more common to try to reduce drunk driving. The Police have the authority to test any driver at any time. BAC is detected via a Breathalyzer used by the police at traffic stops.

This device uses the amount of alcohol in exhaled breath to calculate the amount of alcohol in a person's blood.

The penalties for drunk driving is an imprisonment for a term not exceeding 1 year and/or a fine from 5,000 to 20,000 Baht and suspension of driving license for at least 6 months or license revocation.

If the offence causes physical or mental injury to another person, the offender shall be liable to an imprisonment for a term of at least 1 to 5 years, and to a fine from 20,000 to 100,000 Baht, driving license suspension for a period of not less than 1 year or license revocation.

If the offence causes serious injury to another person, the offender shall be liable to an imprisonment from 2 to 6 years, and to a fine from 40,000 to 120,000 Baht, and driving license suspension for a period of not less than 2 years or license revocation.

If the offence causes death to another person, the offender shall be liable to an imprisonment from 3 to 10 years, and to a fine from 60,000 to 200,000 Baht, and the Court shall order the revocation of his or her license.

Apart from the penalties mentioned above, community service may also be required. If a driver is a Foreign National, they may also risk deportation, depending on the severity of the case.

It is advisable that you comply and not refuse the Breathalyzer test. Violent behavior may result to greater penalties so it would be best to cooperate and not to fight with the Police Officers. Depending on the severity of your charge, you may be given a court date and/or be asked to spend the night in jail.



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YOUR FIRST CHOICE FOR THE BEST PROPERTY DEALS

Why you should work with a Property Agent.

We're now in June 2020, in the 6th month of the COVID pandemic, so with more time on our hands due to confinement, it may seem all too tempting to look for property online. Casual surfing on the net can certainly help you get a feel for an area and see what's available in the property market. However, if you are serious about buying or selling you would do well to engage the services of a professional agent.

People generally agree that certain things should leave to the experts, but when it comes to properties, many believe that they can go it alone, or rely on a friend. If cost is what's tempting you to exclude professional help, just think how costly it could be in the long run to make a mistake yourself or hire an incompetent to work on your behalf, especially when dealing with something as valuable as property.

The Advantages of using a Property Agent

Professional Marketing

Real estate agents know the best and most updated marketing techniques when it comes to selling homes, and they will have access to more listing services than you alone. A good agent will invest a lot of money in social media, magazines, signboards, and international real-estate platforms and be meeting with potential buyers almost daily.

Local Knowledge

When showcasing your home, a professional estate agent will help to highlight the essential and unique features which they know buyers in the area are looking for when buying a property. They will also know what other properties are available in the area and which have recently sold.

Reduced Stress

Most buyers and sellers want the process to be professional and the transaction to go as smoothly as possible. If your agent is a trained professional, they should have plenty of experience in property transactions and meetings and will help by carrying out accompanied viewings. They can also take the emotion out of the sale by providing objective advice.



Luxury 6 bedroom modern pool villa on 1800 sqm land with open view on the hills next to Siam Country Club. Our Ref# PC7998

Professional Negotiation

It's also worth remembering that as the commission they receive is a percentage of the sale price agents will have a significant incentive to sell at the correct price. They will be familiar with what is happening in the current market and so can also advise when it might be prudent to accept an offer. It is also a plus for buyers using professional help.

Help with Documentation

Real estate agents know the latest rules and regulations. They will help you with the vast amounts of paperwork involved in property transactions, guide you, and let you know what to be aware of, especially in Thailand. For example, their checking that all your documentation has been completed correctly will save you hours at Government facilities such as The Land Office.

Good Communication

Excellent communication is crucial, and you should expect the right level of English language skills, both spoken and written. Individual members of the team may then have other languages: Thai of course, but perhaps also French, German, even Russian, and Chinese. Whatever the local market requires in terms of potential buyers, communication is key to success.

When Purchasing

A professional agent should ask you questions in your initial meeting. «What is the purpose of your property investment' for example. If it is for a home rather than financial profit alone, then this may be followed by questions asking you» How you live». «What is important to you?» Do you require easy access to schools, golf courses, shopping, transport links, etc.?

When Selling

Demanding clients can often make unreasonable demands or behave in inappropriate ways, such as calling you late at night or early in the morning. If you are employing an agent to assist you, then by acting as your «middle man» they can deal with all necessary communication so that you can avoid all the hassle of direct contact.



Modern and spacious studio for sale in FQ in View Talay 6, next to Central Festival Pattaya Beach. Our ref# PC4395

Choosing a Property Agent

OK so now that you are convinced that you need a property agent how do you go about finding a good one? Here are some tips to help you:

Referrals

Ask your friends or colleagues if they can recommend an agent they have used successfully.



The team at Pattaya Prestige Properties can meet all your requirements and would love the chance to prove it. If you have a property to list or want to buy one, why not put us to the test?

Check Company Profiles

Have a quick search online, and you can find out quite a bit about agents in your area even before you meet with them. Look at their websites and Facebook pages to check the ones that are most professional and informative. Put yourself in the shoes of a prospective buyer and look for agents that have a strong presence in the local press and online.

Old School Investigation

Pick up the phone or email the agent. It will show you how quickly they respond, and then you can decide if you want a face to face meeting. You can also verify that the agent would be interested to come to visit your property (provided it is not a "standard" unit in a big condo) and to take his professional photos. Then if you feel that you have a rapport with your agent and they succeed in persuading you that they will be the best at carrying out your wishes, you can look forward to a happy collaboration.

Working with the Property Agent

Check-Up

Once you have decided on your agent, it is essential to keep in touch to check on progress regularly. Is your property shown prominently in their office window, advertisement, and website? Is it adequately listed with all the features correctly listed and good looking photographs that show it to its best advantage?

Viewings as a Buyer

If you are accompanying an agent to viewings, make sure you fully understand all the arrangements so that there is no delay due to lateness or miscommunication.

Viewings as a Seller

When it comes to displays of your property, you can help by ensuring that it is well presented and scrupulously clean. It will help to turn potential clients into buyers and hopefully lead to a successful transaction.

038-059-559 or 092-432-3387

info@pattayaprestigeproperties.com

www.pattayaprestigeproperties.com

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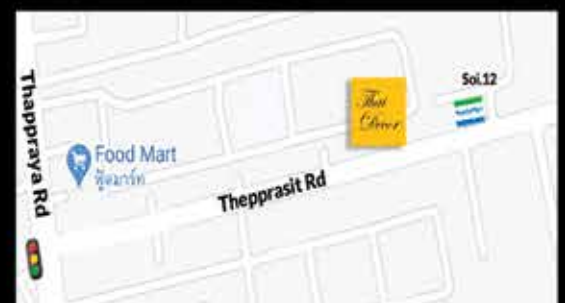


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It's a buyer's market in Thailand as evolving priorities shape future demand

By Cheyenne Hollis



There is a buyer's market in Thailand although price reductions haven't been uniform. However, those looking for real estate need to be proactive to find the lowest possible price. Meanwhile, residential demand in the country will shift as the "new normal" causes home seekers to reevaluate their priorities.

According to CBRE Thailand, the buyer's market in Thailand is unique in that discounts are not being offered at the same rate throughout the country. In Bangkok in particular, there have been no uniform price reductions with developers opting for various programs. In order to find the best deals, property seekers are having to do a significant amount of research. CBRE found that residential real estate sales have nearly returned to pre-COVID-19 levels.

"Currently, Thai developers have been focused on selling units in already launched off-plan developments and completed condominiums. Even with a buyer's market in Thailand having formed, speculative demand is limited with most buyers being end-users," Khun Aliwassa Pathnadabutr, CBRE Managing Director, stated.

Residential demand set to change with "new normal"

The buyer's market in Thailand isn't simply leading to more sales. It's also uncovering just how residential demand in the country is changing as the "new normal" takes hold. While these trends are still forming, CBRE believes they are worth watching as the recovery continues. "The first trend is location which we should keep an eye on. Buyers will choose between the inner city and midtown/suburban areas. As people are spending more time at home and working from home, the need for space usage will increase," Khun Aliwassa pointed out. "Coupled with the mass transportation expansion outside the metropolitan area, some buyers will reconsider their housing choices in terms of value related to usable space."

Health and environmental concerns are also influencing how property demand will evolve in Thailand. CBRE noted that product development improved during past crises in response to shifts in demand that happened during the aftermath. The "new normal" being brought on by COVID-19 will likely see demand change and homebuilders innovate to keep pace. "Developers and designers will have to bear in mind changes in buyers' behaviors and highlight specifications that advance health and convenience of life of residents when developing a future project such as usable area, air quality and new technologies," Khun Aliwassa said.

It will be interesting to see how new products in the residential market will be developed in response to the changes in the buyer's requirements after COVID-19."

Land for sale at St Andrews Golf Course



Building plot at St Andrews Village in the St Andrews Golf Course Complex near Baan Chang suitable for building a one or two storey 3 or 4 bedroom house

Facilities include a large fine clubhouse, equestrian track, swimming pool, polo club, fishing lake and St Andrews International School.

Size 104 Talang Wah or 416 square meters.

Price 1,560,000 Baht

Land for Sale at Bang Saray



Land numbered 85, Chanote number 10492 registered in Thai person name. Size 1 Rai 3 Ngan 65 square Wah (19125 Rai or 3,060 square meters) Suitable for building a 5 floor Condominium of about 90 units. EIA and Building permits approved in principle. 22 Km to Bang Saray Beach, 20 Km to Pattaya, 24 Km to U-Tapao airport (UTP). GPS Co-ordinates 12.755763, 100.896411

Price 25,000,000 Baht

Land for sale - near Chiang Rai



Plot of land together with a two storey 2 bedroom 2 bathroom house at Mueang Chum, District Wiang Chai, Chiang Rai 57210 suitable for building several houses

15 minutes from Chiang Rai airport, 20 minutes from Chiang Rai City

Size 3 Rai 105 square Wah or 5,220 square meters

GPS Co-ordinates 19.906025, 99.953924

Price 7,000,000 Baht

Land for sale at Potaran Ratchaburi



Plot of land at Potaran Ratchaburi suitable for building an apartment block or a petrol station (no competition)

On a main road opposite a clothes factory, 30 minutes from Potaran town

Size 5 Rai 5 square Wah or 8,020 square meters

GPS Co-ordinates 13.749345, 99.706715

Price based on 800,000 Baht per Rai

Price 4,010,000 Baht

Studio for Sale or Rent



AD Condominium floor 6 near Wong Amat Beach, 35 sqm. Bathroom, fully - equipped fitted kitchen, balcony, good sea view. Swimming pool, a/c, safe, LCD TV, DVD player, home theatre foreign ownership. One-year lease 10,000 Baht per month including cable TV and fast internet.

Shorter periods possible. Tel 084-864 6068

Price 1,800,000 Baht

Rent 10,000 Baht

47 square meter Studio for Sale or Rent



Angket Hip Residence floor 8 Soi Boonkanjana close to Jomtien beach. Studio with fully-equipped fitted kitchen, bathroom, balcony, good sea view. Reception, swimming pool, under-cover parking, 24 hour security, fitness centre, Air-con, microwave, big TV, DVD player, electronic safe, washing machine. One-year lease 12,000 Baht per month, foreign ownership.

Price 1,950,000 Baht

Rent 12,000 Baht

Two bedroom 2 bathroom Condo for Sale or Rent.



Luxury apartment at Metro Jomtien floor 30, beach-front, 161 sqm, magnificent sea view. Lounge, fully-equipped European kitchen, each bedroom has bathroom ensuite. Bath and 2 walk-in showers. Washing machine, 3 aircons, 3 TVs, 3 DVD players, home theatre, 2 big electronic safes. Large swimming pool, fitness centre, tennis courts, sauna, mini-mart, bar, restaurants, children's playground. One-year lease 35,000 Baht per month. Foreign ownership.

Price 11,000,000 Baht

Rent 35,000 Baht

One-bedroom Condo for Sale or Rent



A one-bedroom unit of 36 sqm at Park Lane, Jomtien registered in company name. Reception, swimming pool, parking, 24 hour security, key-card access, CCTV, fitness centre, laundry, shop, restaurant, bar, independent Internet, 2 air-cons, 2 TVs, sea view. One-year lease 9,000 Baht per month.

Price 1,500,000 Baht

Rent 9,000 Baht



IATA launches interactive travel regulations world map

By Alastair Newport

IATA (International Air Transport Association) has introduced a free online interactive world map to provide travellers with the latest COVID-19 entry regulations by country.

The map relies on IATA's Timatic database which contains comprehensive information on documentation required for international travel. To keep pace with the dynamic situation with respect to COVID-19, Timatic is updated more than 200 times per day to provide accurate travel restrictions specific to the current pandemic, based on one's citizenship and country of residence.



"As the aviation industry prepares to safely restart, travellers will need to know which countries' borders are open and what health restrictions exist. Travellers can rely on Timatic for comprehensive and accurate information on travel during the pandemic," said Anish Chand, IATA's assistant director, Timatic.

In a recent survey commissioned by IATA regarding concerns people had about air travel post-crisis, more than 80% of travellers said they are as concerned about potential quarantine restrictions as they are about actually catching the virus during travel. With the uncertainties and quickly changing health restrictions from one country to the next during the pandemic, this new resource for travel planning is timely and important.

"We support the International Civil Aviation Organization (ICAO) guidelines to harmonize the measures to keep people safe while travelling and provide the confidence to open borders without quarantine measures. And this Timatic offering will be a vital tool for travellers who need easy access to accurate information on entry requirements," said Chand.

IATA's COVID-19 interactive world map, also available for mobile, can be viewed at the www.iatatravelcentre.com.

How is this information sourced?

To enable airlines and other aviation partners to securely manage the passenger document verification process, Timatic solutions require 100% reliable information. To achieve this we partner with airlines, as well as developing closer bilateral relations with government agencies worldwide.

Can I use this information?

This information is only provided during the COVID-19 crisis as a service to the industry, however user and any other third parties shall not without the prior written permission of IATA: re-sell or otherwise commercialise, make mass, automated or systematic extractions from, or otherwise transfer to any other person or organization, the information contained therein; store any of the information in such a manner that enables such stored information to be retrieved, manually, mechanically or systematically by any user or third party; or include it within, or merge it with, or permit such inclusion in or merge with, another archival or searchable system.



A new 'one in all solution' for new and existing business offered by Thepprasit business center located in the heart of the city on Thepprasit road, Pattaya. Their services has been an answer to many companies and new start ups. The massive commercial digital billboard has attracted many businesses ans received outstanding feedback.

Due to fierce competition they have found an efficient way to develop a successful integrated way to create a platform for their services keeping the needs of clients as priority. They offer meeting rooms for big and small companies , office space for rent and advertisement space on the massive digital billboard, which has become one of the most commercial and most frequently viewed billboard in Pattaya.



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WHAT YOU SHOULD CONSIDER WHEN DECIDING BETWEEN A HOUSE OR A CONDOMINIUM

When trying to decide between a condo and a house there are many factors to consider. Is it to be your primary residence or a holiday home? Do you want it as an investment? Or a long term space for your growing family?

If you wish to own your property, you should know that here in Thailand, although you can rent a house or condo, only the latter may be available to purchase in your own name. To buy land or a house already on land, there are legal considerations that can involve the forming of a Thai company or purchase through a nominee such as a Thai spouse. Therefore, if having your own name on the title deeds is a deal breaker you should really consider purchasing a condo.

If however, your decision is not so clear cut, here are some other factors worthy of note:

Financial Considerations

The price per-square-metre for a condo is generally higher than for the equivalent amount of space in a house. Also a condo will generally not appreciate. This is because the old adage that land always increases in value and buildings generally depreciate with age is also true here in Thailand.

Maintenance and Upkeep

As well as the initial purchase price you should budget for annual costs such as maintenance and upkeep. Annual maintenance fees in Thailand are generally quite low with the cost of upkeep for common areas such as lobbies, elevators, garages etc. split between the owners of the units.

With a house there could be big ticket expenses such as a leaking roof, replacement windows or the landscaping of a garden. Also you will be unable to simply ask the juristic office to sort out any problems. Instead as a house owner you will have to learn to hire outside contractors and employ regular maintenance people such as gardeners, a pool cleaner and perhaps even a live in maid

Amenities and Facilities

In a condo you can expect to enjoy facilities such as a gym and swimming pool at the very least. You could even be provided with tennis courts and communal gardens



Conversely as the owner of a house, you will have to cover the cost of either installing these or joining an outside gym or fitness club.

Location:

Generally, it is more cost-effective for developers to build a tower of condos on prime real estate rather than houses on their own individual plots of land. As a result, residents in condos usually enjoy easy access to the beach, city centres, local restaurants and shops.

House owners must have a car or employ the services of a taxi as public transport services tend to be limited and circulate centrally.



Space Privacy and Security

A house typically comes with a lot more space, so it's an ideal choice for growing families or those of us who want complete control over the look of our home and the option to build and extend, perhaps with a new bedroom, pool house or carport.

A house is also a good choice if you own a pet, as many condominiums do not permit them. If you enjoy outside barbecues do not wish to share common areas or have musically gifted offspring who might disturb neighbours.

As regards security, although many houses are in villages where there is a guard at the gate, they may run the risk of intruders gaining access from other areas or even because of workers building on properties nearby.

Optimum security systems with key cards, cameras in communal areas, 24hour security, and lighting will be more common in condominiums.

So in conclusion it all boils down to personal preference and lifestyle choice. A condo can be great for a first-time homebuyer transitioning from renting, or for homeowners who may want to downsize after the kids have flown the nest

A condo can also be ideal if you travel frequently or want to lock up your Thai home for 6 months of the year.

If space is your primary concern perhaps because you have a pet or a growing family, then a house will most likely be your best option. Providing that is, you already have a car or a planning to get one. If on the other hand you prefer to be in the thick of the action, need a convenient location and the benefit of amenities without the cost of maintenance, a condo would be worth your investment.



96FM Pattaya People Radio

COOL'S ON GO



The impact of the last few months will have undoubtedly left an impression on everyone around the world and caused a lot of people to have a rethink about what is important. Music has been, and always will be, great therapy for life enhancement.

Pattaya People Radio on 96FM and online via the free downloadable Pattaya People app has not stopped providing a wonderful addition to each treasured day and still provides a happy, positive, uplifting vibe with its 'Sunshine Hits On 96' motif.

96 fm and now, the revamped Kiss 91.75 fm spearheaded by new production manager Dave Ward, are an integral part of the Pattaya ExPats community and the soundtrack for all Ex Pats living in Pattaya.



Both radio stations can be heard in your car or on any household radio plus online with the Pattaya People free app which can easily be downloaded to your mobile device or computing receiver.

Top quality sound and varied enjoyable content 24 hours a day from both of our stations will most definitely enhance your daily music listening here in Pattaya, or, in fact, outside of Pattaya and, in fact, anywhere in the world.



KISS 91.75fm and online offers a mixture of cool Tropical House music sounds plus a selection of modern dance hits.

The coolest commercial playlist in town is on 96fm and is regularly updated with lots of great new popular tunes and additional oldies but goldies which are bound to get your groove on...baby! Continuous 'sunshine hits on 96' provide great entertainment with 'less chat, more music' as a credible slogan.

New additions to the playlist for August include many tracks from interesting artists like singer/songwriters Dean Friedman & Morgan James, a wealth of classics rarely heard on radio, plus many more carefully selected recent releases.

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

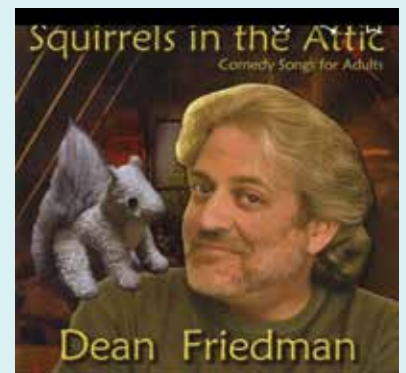
A new recent addition have been the Covid news updates.

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

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

For more information contact Pattaya People Media Group by e-mailing info@pattayapeople.com. - Get your kicks on 96

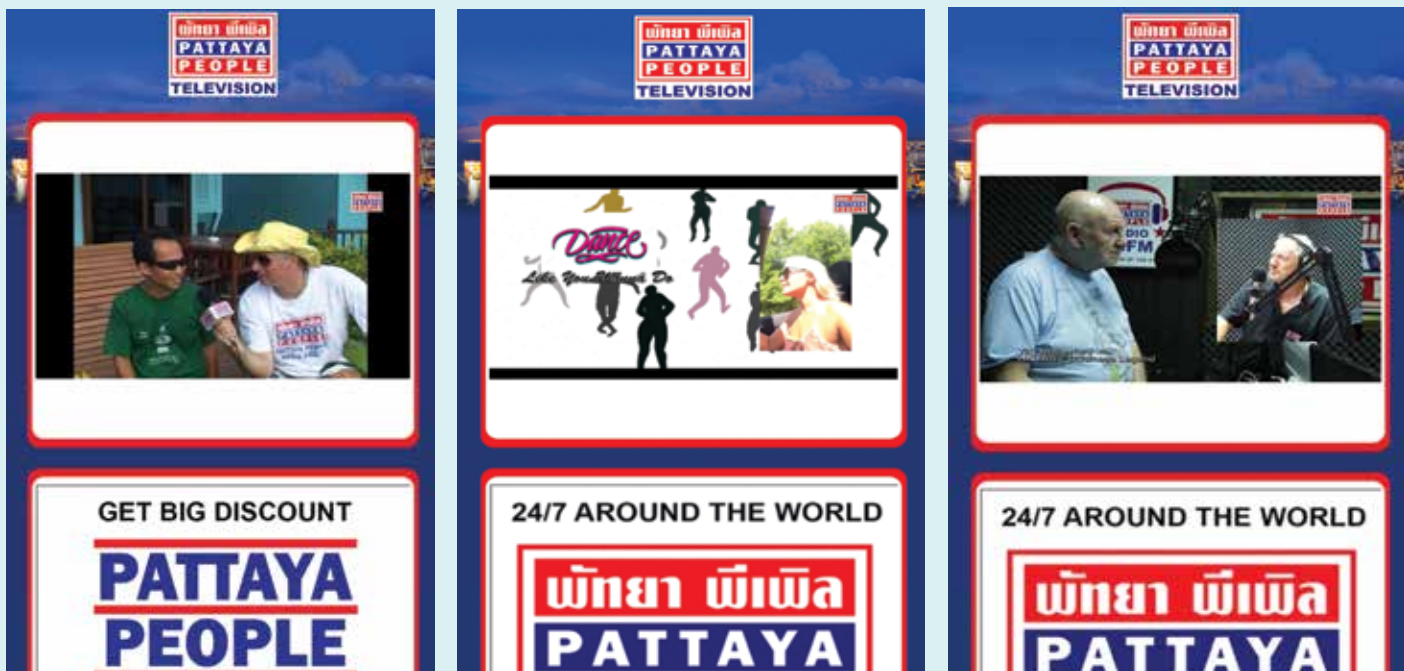
Our 'Cool's On Go' for entertaining radio in Pattaya.





PATTAYA PEOPLE TELEVISION

Riding The Wave



With reduced advertising caused by the hard times for businesses here in Pattaya, Pattaya People Media Group have been riding the wave and, indeed, are staying afloat.

PPTV is still at the forefront of providing important information for our Pattaya Ex-Pat community with a wealth of up to date information about subjects close to our hearts plus a reflection of entertaining aspects of our city.

Now on the TMN cable network, internet access from the Pattaya People web site, www.pattayapeople.com and the free Pattaya People app., means that our weekly updated output can be sought easily, even on our smartphones with interesting features and essential programming.

As soon as entertainment venues are re-opened, the Pattaya Live Music Guide will return in which entertainer/musicians Barry Upton & Paul Rosenberg will bring us all up to date with what's happening around the many diverse live music venues here in Pattaya.

Also check out Barry and Pattaya Trader editor Gloria Jones with their monthly comments and chat about the latest goings on around town, plus many interesting local celebrity interviews and interesting features.

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

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

(As many of you already know, dear Barry suffered a heart attack recently and although thank goodness he did not have to undergo surgery, he is currently on medication and Dr.'s orders of plenty of rest. All of us are delighted that you are making such a speedy recovery Barry and that the Doctors are very pleased with your progress.....Gloria x





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View Talay Executive Residence.

A rare opportunity to purchase beautiful, boutique apartments and a luxurious two bedroom villa, with private pool, nestled in the heart of Jomtien.

The property consists of 11 large studios, 6 one bedroom apartments, 2 two bedroom apartments and a two bedroom pool villa. There is also a large reception/office with potential to be another studio apartment or mini mart.

Within an easy 300 metre walking distance of the vibrant Jomtien beach with its multitude of beachfront bars and restaurants.

The perfect location for a Seaside Residence either for breaks from Bangkok, a long, relaxing holiday, an Expat lifestyle or long term residence.



Part of the stunning, tranquil, oasis of
The View Talay Villas Estate

enjoying a large central pool surrounded by mature gardens, a licensed bar, generous decking and ample sun loungers.

With easy access to restaurants, nightlife, banks, shops and a local market on the doorstep.

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To arrange a viewing Contact:

pattayatrader@pattayatrader.com or Tel: 0837 683 606



Every month new gadgets arrive on the scene to hopefully make your life easier, more productive or just more fun. As an old friend of mine once said buying a new TV can be good for the soul. This month lets look at some practical tec to improve the quality of your life.



Desalting meter Rice Cooker.

One thing we all often like to eat with our Thai food is Rice, however this high Carbohydrate food isn't great if your watching the waist line and maybe need to avoid it totally if you're a diabetic. I've recently discovered a new breed of rice cooker which can prepare your grains in many different ways.

One example is the desalting meter Rice Cooker, household multi functional sugar-reducing rice cooker Rice Soup Separation 3L intelligent health care low Sugar Rice cooker, which is a bit of a mouth full. There are plenty of other brands out there at various price points, so check them out if you need to reduce the Carbs.



Sony ZV-1 vlogging compact camera

Guess I'm really old fashioned but it's always amazes me just how many people I know have their own YouTube channels or at the very least are active Vloggers on Facebook. I guess the majority use their mobiles especially if you have a recent top of the line one. But for those who might want to up their game without spending a fortune this nifty little camera might fit the bill over say going for a Go pro. The Sony ZV-1 has a 20-megapixel sensor for real time tracking and fast auto focus for faces or anything else placed in front. The flip around screen looks fun for interviews and the image stabilization a Bluetooth grip will help produce some clean recordings. Looking like small mouse on top of the camera is the wind screen, which helps audio by dampening out blustery noises hence the wind screen, very useful for out door Vlogging.

App of the month.

Google Assistant / Google Feed / Google Search

Wouldn't it be nice to travel around with your own personal assistant, who can answer almost all of your questions or workout math problems. Get your virtual secretary to remind you, set up timers, deal with your shopping list, text friends and family and so much more all with voice control, really great if you spend lots of time on the road. And if you purchase some extra complementary hardware you'll be able to control your home, dim the lights and play some music to become a real smooth operator. People who are already used to using Siri or Amazon's Alexa might want to compare this one. This one works on most Android devices and iPhone just download from your store and enable it. Why not give it a try it's free.



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