

# DISCOVER PATTAYA



# CONGRATULATIONS

BEST CEO VARINNICHA TANGRAINTONG  
GROUND BREAKING CEREMONY THE RHINE CONDOMINIUM JOMTIEN

COMPLIMENTARY COPY



## Congratulations to Wealth Asset Group!

Congratulations to Khun Varinnicha Tangraintong (Best CEO) and her team celebrating with a party for the ground breaking ceremony at the Rhine Condominium Jomtien.

Also at Park Hyatt Hotel in Bangkok where they were proud to receive the Dot Property award "Best New Launch Condominium Eastern Seaboard" for the Rhine 2 Residence.

## The Rhine 2 Residence

Following on from the extremely popular Rhine Jomtien project comes The Rhine 2 Residence which has a fantastic location in Pratumnak Soi 5,

- Only 400 metres from the beach
- Many of the condos enjoy wonderful sea views
- A Low Rise, exclusive development on only 161 units
- Sky garden with Mini Golf,
- Onsen Spa
- Fitness and Children's Playroom

Prices start from 2,837,000 THB

With a tremendous investment opportunity of

- 8% Guaranteed Return
- 120% Buy Back
- 10 years contract
- 27 Days annual free stay.





**8%**  
RETURN ON  
YOUR INVESTMENT

**110%**  
GUARANTEED  
BUYBACK

FREE STAY  
27DAYS

## The Rhine 3 By The Sea

The Rhine 3 Residence is to be situated on 7 Rai of land in Beautiful Bang Saray. It is within easy reach of the Sea, Ocean Marina, The motorway link to Bangkok, Silver Lake and Sattahip, First Class Golf courses, International Schools and Waterparks. Prices start from 2.385 Million baht and the investment opportunity for the first 160 units available will be

- 8% Guaranteed Return
- 110% Buy Back
- 5 year contract
- 27 Days annual free stay.

As you would expect from The Wealth Asset this stunning project will feature

- Elegant design
- Swimming pool and Jacuzzi
- Roof Garden
- Onsen and Fitness
- Relax and Kids Rooms



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# DISCOVER PATTAYA

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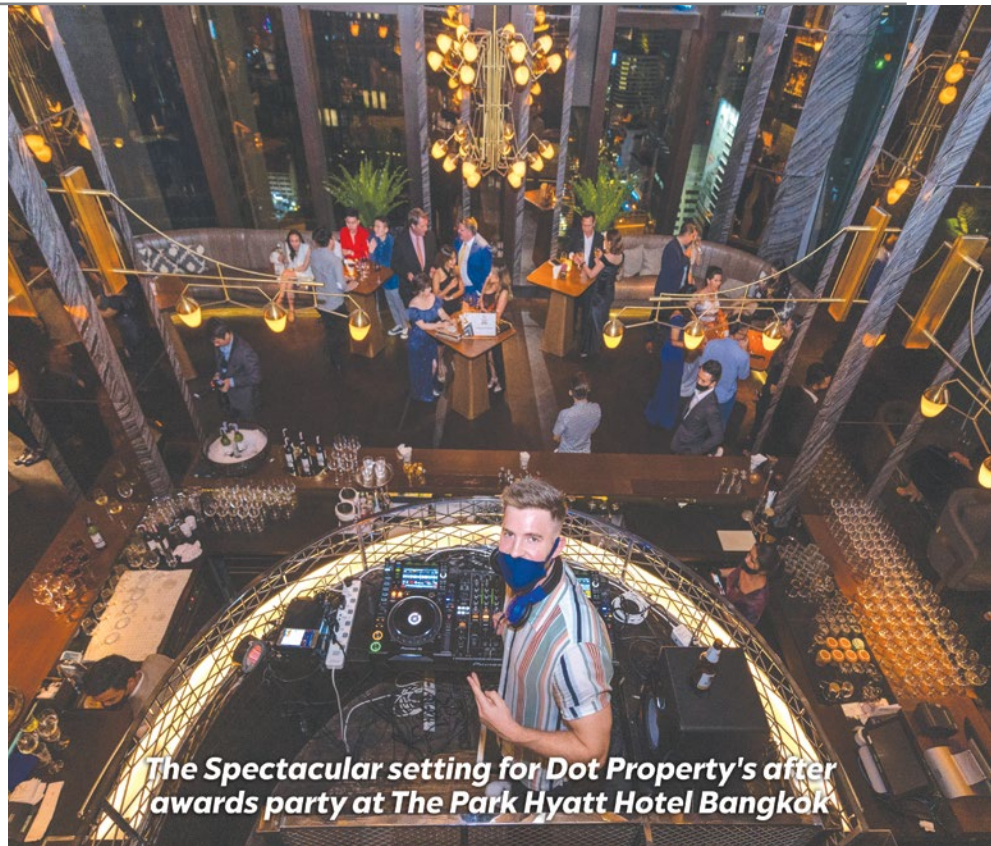
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*Welcome To The Third Edition of Discover Pattaya,*

It seems as though we are in an ever-changing world right now with updated virus and visa information coming at us thick and fast on a daily basis. Certainly, it is a time when everyone, especially businesses here in Pattaya have to be truly resourceful and think out of the box just to survive. As you can see from the facing page we have evolved during this crazy year and in this edition, you will find we now have articles written in both English and Thai. This is in appreciation of the fact that we are gaining new readership from Thai visitors to Pattaya, especially those coming from Bangkok.

A resourceful force right here in the local property scene is the 'Wealth Asset Group featured in this month's cover story. They were overjoyed to receive "Best New Launch Condominium Eastern Seaboard for The Rhine 2 Residence" at the recent Dot Property Awards held at The Park Hyatt in Bangkok. As media partners for this event, we were happy to celebrate this win with them as well as another Pattaya Property company Condo Connection, a recipient of one of the five "Best Real Estate Agencies for 2020". For a full list of winners please go to page 56.

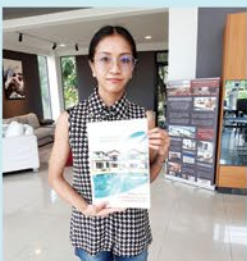
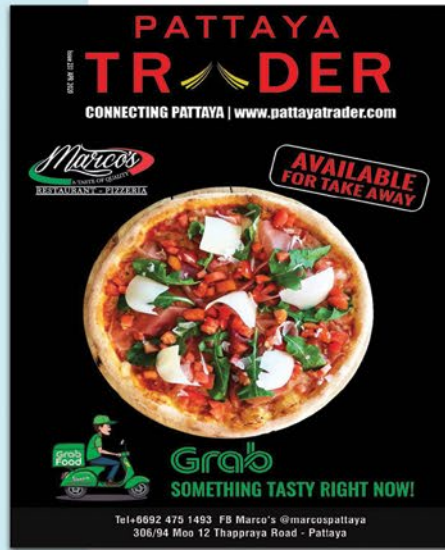
La Piscine is also showing plenty of resourceful and extremely innovative ideas. As a pool-based restaurant coping with a lack of tourists and the wet weather, it keeps its loyal customer base happy with daily special offers and extra activities.

Let us see if we can help your company be resourceful during these challenging times? Contact me Gloria at [gloria@pattayatrader.com](mailto:gloria@pattayatrader.com)



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# TRADING TO DISCOVERING



Welcome to the 3rd edition of our new-look magazine Discover Pattaya - doesn't time fly? Anyway as regular readers will already know The Pattaya Trader from its inception some 20 years ago has gone through many changes. Once a "trading bible" for anyone who wanted to buy or sell a car, bike, furniture, etc. the earliest magazines were covered in advertisements.

Move forward to our black and red themed magazine with laminated covers, and much of the clutter removed although still with black and white classifieds for the second-hand trade of readers' goods, and forward again to 2020 with our newest rendition. The black and white pages have now been taken out as has the flip the book format to give a 100% Colour, Glossy Lifestyle magazine, with improved paper quality although it still remains free of charge.

In this 3rd edition we begin to feature some of our articles in both English and Thai to acknowledge the increasing number of Thai readers who pick up the magazine whilst they are visiting Pattaya from Bangkok and elsewhere in the country. .

The 3 Pattaya Trader Facebook sites Pattaya Trader Group. Pattaya Trader Page and Pattaya Trader Expat Ladies Page are all still available to serve the community and Pattaya Trader Group is especially great for buying and selling goods - although no spammers please.

This now leaves the magazine - Discover Pattaya devoted to showing what Pattaya has to offer - especially the unexpected. We want to show our international visitors who read the online magazine via our website pattayatradetrader.com that Pattaya has so much more to offer than the usual cliched expectations. Therefore if you have any ideas for articles about places and people who you would like us to shine our spotlight on please write and let me know gloria@pattayatradetrader.com.

We are as ever grateful for all your support during this new chapter and if you have reason to visit any of our advertisers can you please let them know that you found them through Discover Pattaya which we will continue to distribute all around Pattaya.

# OCTOBER 13TH THE ANNIVERSARY OF THE PASSING OF KING BHUMIBOL ADULYADEJ

SOMETIMES THERE ARE EVENTS THAT BRING ABOUT A COLLECTIVE REMEMBRANCE OF WHERE WE ALL WERE WHEN THEY OCCURRED. OCTOBER 13TH IS A NATIONAL HOLIDAY IN THAILAND AND ANY OF US WHO WERE HERE FOUR YEARS AGO WILL REMEMBER THAT DATE.

**HERE IS A PERSONAL RECOLLECTION BY BART WALTERS**

## The Night the Light Went Out in Bangkok



In 2016 I was employed by a private company called New Education World to teach English language courses in a University out by Suvarnabhumi International Airport. I had moved into an apartment in On Nut and was living the life of an English teacher in Bangkok. A couple of days a week I'd go in at 9 AM and teach my morning writing class, have lunch in the big student-faculty canteen, and teach my afternoon class at around 1 PM. Other days I'd come in later for various other classes and my income averaged a nice livable wage. Life was pretty good for old Professor Barton.

During the early part of October 2016 I signed on to teach some TOEIC (Test of English for International Communication) classes that ran from 4 PM to 7:30 PM. The program had been wildly successful and we had a dozen teachers with an average of fifty or so students per classroom. I was feeling pretty good about my career and financial turnaround. I had lived in Bangkok four times before but this was the first time I didn't feel like a tourist. I was a real Bangkokian doing Bangkokian stuff.

In mid-October my birthday arrived and I had a great agenda all mapped out. I'd head to work about 3 PM, taking a change of clothes with me so I could leave my teacher stuff in my locker. I'd teach my TOEIC course, change clothes and jump on the Skytrain's airport link to downtown Bangkok via Lat Krabang station. From there, Bangkok was my oyster. I could jump off anywhere in my old stomping grounds to eat, drink and get down! Happy Birthday to me! It was the first time I had remembered being excited about a birthday in a long while.

I had a huge class that night of about eighty-five students. I hate to use the microphone to teach, so I tend to walk around the classroom using my theatrical voice to make sure everyone can hear me. It keeps everyone, including me, interested but it can be a little exhausting. After the first break I started to get a second wind because I knew "birthday time" was only ninety minutes away. I drove hard through the last couple of lesson modules and finished right at 7:25. The whole class let out a sigh and students streamed out of both doors of the room. With my books collected I headed down the big indoor-outdoor corridor towards the parking lot.

As soon as I was outside I could sense something was wrong. There was none of the normal din created by chattering students. No joviality ... no laughter ... just a hollow gloomy emptiness. I could see small groups of students huddled together glued to their mobile phones. I could see countless students sobbing uncontrollably and hugging each other. I didn't have to ask anyone what was going on. I already knew. There was only one event that could affect all these students so drastically and immediately: The King had died. I always knew this day would come. I just didn't expect it to happen on my birthday.

I never took the notion of royalty from any country seriously. I'm an American ... . But, upon living in Thailand I quickly began to understand what the royal family means to Thais. It's not silly, it's part of their social fabric and their culture. To make an obtuse comparison, it's like voodoo in New Orleans. You don't have to believe in it ... they believe in it.

The royal family are beings above the rest of us humans with almost godlike status. Now, I'm not sure all of them deserve such adulation, but Thailand's last king, Rama IX certainly did. He was a truly exceptional human being. Over the years I'd come to respect and understand the power this man wielded and the influence he had on every individual in a nation of nearly 70 million people. There is no reason to make a list of his accomplishments. One look at the crippling anguish on the faces of my students is all it took to understand how valuable King Bhumiphol Adulyadej had been to his people. Imagine a day where everyone in the country lost their father at the same time. The grief and sense of loss was overwhelming.

I sat down on a bench next to a big koi pond that flanked our building. For the next twenty minutes or so I just watched. The only sound that could be heard was the soft murmuring of people crying and consoling each other. I am not Thai. I did not have the right to be part of it and I've been in Thailand long enough to know that. Lights in the rooms of all the buildings around me started to go out, and no new lights were turned on. Within half an hour I was in total darkness. Even the street lights went out.

All the air was sucked out of my birthday plans. I grabbed a taxi in front of the school and took the long ride all the way back to On Nut alone. Bangkok looked deserted. 8:30 on a weeknight on a major thoroughfare through some of the most populated parts of a city with twelve million people I don't remember seeing anyone. The whole city had a kind of sick jaundiced glow. Nothing was bright. Nothing was vibrant. An eerie cloak of silence draped over the city like a death shroud.

When I got to On Nut I walked down a small cut-thru street that is home to a bustling little street food market. Normally there are at least forty vendors selling everything from papaya salad to cotton candy. All the carts and stalls were closed up but one. The old Muslim lady that makes fried chicken was the only stall open. I grabbed a bag of chicken and sticky rice, shuffling home in the darkness. I walked through my apartment without turning on the lights. Opening my last beer, I sat on the balcony eating fried chicken looking out over an entire city that was weeping.





# Coming Soon to The Small Screen



## The Trial of The Chicago 7 Netflix Movie.

A Netflix movie to watch out for with Aaron Sorkin who wrote and directed this historical drama set in the 1960s about the seven defendants on trial charged by the federal government for their involvement during the DNC rioting in Chicago. The group of anti-Vietnam protesters were charged with conspiracy in 1969 for intending to incite riots at the 1968 Democratic National Convention. The trial was closely followed by the Nation. With Eddie Redmayne, Sacha Baron Cohen, Alex Sharp, Jeremy Stong, Frank Langella, William Hurt and Michael Keaton. Originally planned to be a theatrical release due to Covid-19 the rights were sold to Netflix to release it for TV.



## Star Trek: Discovery Season 3.

Season three follows right on from the ending of Season 2 with Michael Burnham and the crew of USS Discovery traveling 900 years into the future. After traveling through a wormhole inside her mothers red angel suit Michael has to wait a year until the Discovery arrives. This new unknown time period is filled with uncertainty and the Federation has declined to only a few members. The team has new worlds to explore and new foes to confront to restore hope to the system.



## The Undoing.

Nicole Kidman returns with 'Big Little lies' creator David E.Kelley for a new murder mystery series. She stars as Grace Fraser along with Hugh Grant who plays her husband Jonathan. Set in a world of wealth and glamour where they have it all. But when a horrific murder occurs followed by some shocking revelations and her husband's disappearance she starts to doubt and question everything she once was certain of. Based on the novel 'You Should have known' by Jean Hanff Korelitz.



### Death on the Nile

Kenneth Branagh, Tom Bateman, Annette Bening, Dawn French, Gal Gadot.

Hercule Poirot tries to solve the murder of a young heiress aboard a Nile cruise ship. Kenneth Branagh reprises his role as the Belgian detective.



### Candyman

Yahya Abdul-Mateen II. Teyonah Parris. Nathan Stewart-Jarrett. Colman Domingo.

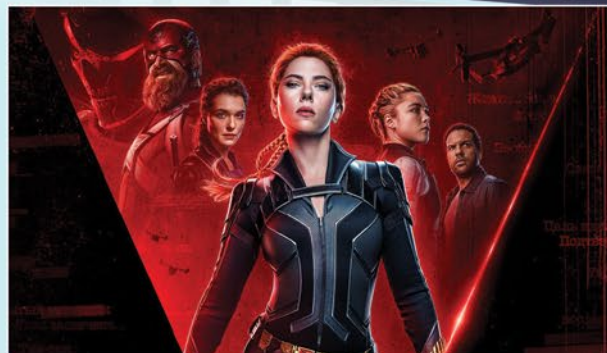
Following on in spirit from the 1992 horror film returning to a now-gentrified Chicago where it all began.



### Pinocchio

Federico Ielapi, Roberto Benigni, Rocco Papaleo, Massimo Ceccherini, Marine Vacth.

It's Pinocchio's turn to get a live-action adaption, about the wooden puppet who wants to become a real boy.



### Black Widow

Scarlett Johansson, Florence Pugh, David Harbour, O-T Fagbenle, William Hurt.

Marvel superhero film about Natasha Romanoff ex KGB operative set before the films Civil War and Infinity War.



### G.I. Joe: Snake Eyes

Henry Golding, Andrew Koji, Úrsula Corberó, Steven Allerick.

Spin off about the Snake Eyes character from the G.I Joe toys, comics and animated series.



### Honest Thief

Liam Neeson, Kate Walsh, Jeffrey Donovan, Jai Courtney, Anthony Ramos, Robert Patrick.

After falling in love a former bank robber decides to come clean and live an honest life but falls foul of two ruthless FBI agents.

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.



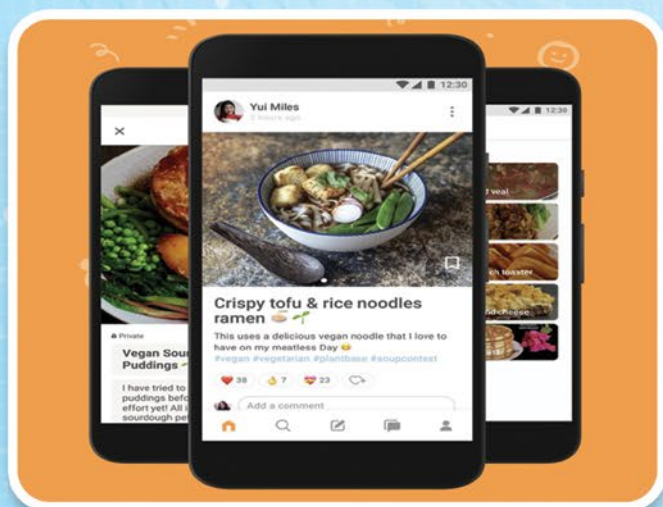
## Skullcandy true wireless earbuds.

I was never a fan of headphones that stick in your ear, but with a new breed of wireless earbuds, tangled cable will become a thing of the past. Often a great set of headphones would be ruined by a broken cable that's hard to fix or replace. Also a worry especially if jogging is that they can pop out of your ear and be lost. The manufacturers Skullcandy have come up with a solution to this problem with a phone app that helps you locate where the blighter has gone. At a resonable price these earbuds share a similar design to the Apple AirPods with those narrow stems that make putting on and taking off easier. They have a decent bass heavy sound with passive isolation. There are four models which range in price with the most expensive the Sporty Push Ultras featuring rapid charging. Also all models available in some Jazzy colours to match your jogging gear.



## M2 Mosquito Repellent Bracelet, Waterproof Smart Ultrasonic Mosquito Repellent Watch.

The manufacture says; "Using high frequencies to mimic the sound of insects which hopefully creates a sound barrier to drive away 70 to 80% of mosquitoes" So a bit of a disclaimer there. However if you can find one that does work well let me know so I can stop using repellent sprays. It could be useful for infants and babies, so you don't have to use harmful chemicals with them. Fast USB charging at around 30 minutes results in up to 130 hours operation. It has three modes or settings the first for indoor use, the second for outside and the third for silent mode. In the past I have tried using phone apps that try to do the same thing. I'm not sure if anyone got these to work as they used a rotating frequency. Maybe check the reviews for products like these on Amazon. But at only a few hundred baht it might be worth a try. Oh it also comes in black, white or pink to suit.



## App of the month.

### Cookpad - Create your own Recipes (Free)

Gone are the days of trying to find out grandma's secret recipe for Apple pie if your looking for new recipes to try this app may inspire you.

Cookpad has a large world wide community of home cooks willing to share their ideas, recipes and other culinary information. Their creations have been tried, tested and reviewed by others in the community. If you feel their recipe could do with a pinch or this or that you can let them know.

There is a mind blowing number of recipes especially if you go for the paid Premium version. With the search function the world is your oyster.

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มิตร ชัยบัญชา

MITR CHAIBANCHA

[BORN PHETCHABURI 1934- DIED JOMTIEN 1970]



Originally called Pichet Pumhem, Mitr Chaibancha was born in Phetchaburi although at the age of 8 he moved to Bangkok after his parents separated. He was enrolled in a Thai boxing school where he became their lightweight boxing champion and after college went on to the Royal Thai Air Force aviation school. There he trained as a pilot and after graduating worked as a flight instructor at Don Muang Royal Thai Air Force Base.

Some friends showed his photograph to a journalist: who then introduced him to Surat Pukkawet, the editor of a popular movie magazine. This led to Pichet appearing in his first film "Chart Sua" (Tiger Instinct) and changing his name to Mitr Chaibancha. Between 1956 and 1970 he appeared in hundreds of films and at the height of his career starred in nearly 50% of all the movies made by the Thai film industry.

In 1959 he married Jaruan and they had a son, Yuthana, although the marriage ended in a divorce. Then in 1961 Mitr starred in "Banthuk Rak Pimchawee" (Love Diary of Pimchawee) with Petchara Chaowarat which began the most celebrated hero-heroine partnership in Thai cinematic history, the Mitr-Petchara duo making about 165 films together.

The first film Mitr produced himself was "Insee Thong" (Golden Eagle) featuring the return of his popular, masked crime-fighter character "Insee Daeng" (Red Eagle). Unfortunately, on October 8, the last day of shooting in Jomtien, the script called for Mitr to fly off hanging from a helicopter. As the camera rolled, he leapt up to grab the rope ladder but only managed to reach the lowest rung. The helicopter pilot wasn't aware of this and continued to fly higher and higher, with Mitr finally losing his grip and falling to the ground. The accident was all caught on film and was actually left in the final theatrical release. The fatal fall has since been removed from DVD versions of the film, with Mitr simply flying off into the distance with some on screen text paying tribute to the star.



Mitr's death was ruled a tragic accident and on the day of his funeral the streets leading to the temple where he was cremated were packed, with tens of thousands of fans. Fifty years on many of his films have been restored by Thai Film Archive teams and there is a memorial shrine dedicated to him lined with photographs and memorabilia, on 2nd road Jomtien, behind The Jomtien Palm Beach Hotel.

# มิตร ชัยบัญชา

## ประวัติฉบับย่อ



ดาราทองของไทยผู้เป็นพระเอกตลอดกาล เนื่องในวาระครบรอบ 50 ปี การจากไปของ มิตร ชัยบัญชา จึงขอนำอดีตชีวิตประวัติและผลงานของ มิตร ชัยบัญชา มาบอกเล่าโดยสังเขปดังนี้

มิตร ชัยบัญชา ชื่อจริง คือ พันจ่าอากาศโทพิเชษฐ์ พุ่มเหม เกิดเมื่อวันที่ 28 มกราคม 2477 ชื่อเดิม บุญทิ้ง ะวีแสง เกิดที่หมู่บ้านไสค่าน อำเภอยาง่าง จังหวัดเพชรบุรี เป็นบุตรของนายสุมิตร สุขประเสริฐ กับนางยี่ หรือ สงวน ะวีแสง ต่อมา ก.แก้วประเสริฐได้ชักนำให้ พิเชษฐ์ พุ่มเหม เข้าสู่วงการบันเทิง โดยแนะนำให้รู้จักกับ สุรัตน์ พุกกะเวส ซึ่งพาเขาไปพบผู้อำนวยการสร้างหนังเรื่อง “ชาติเสือ” ที่กำลังต้องการดารานำใหม่พอดี ปรากฏว่าถูกใจและวางตัวให้เป็นพระเอกในหนังเรื่องนี้ โดยตั้งชื่อให้ใหม่ว่า “มิตร ชัยบัญชา” หนังเรื่อง “ชาติเสือ” ถือเป็นหนังเรื่องแรกของ มิตร ชัยบัญชา พ.ศ.2506 มิตร ได้ก้าวขึ้นสู่การเป็นนักแสดงอย่างเต็มตัว มีผลงานออกมามากกว่า 35-40 เรื่องต่อปี และได้รับรางวัลเกียรติยศมากมายจากผลงานภาพยนตร์ของเขา ผลงานที่เลื่องชื่อของเขาคือ หนังเรื่อง “มนต์รักลูกทุ่ง” ที่ออกฉายในปี 2513 ทำสถิติฉายนานที่สุด กว่า 7 เดือน เมื่อวันที่ 8 ตุลาคม

2513 เป็นวันเข้าฉากสุดท้ายในการถ่ายทำหนังเรื่องอินทรีทอง ตามแผนการถ่ายทำ มิตรจะต้องโหนบันไดลิง จากเฮลิคอปเตอร์ แล้วห้อยลอยไปจนล้นบัลลังก์ แต่เกิดเหตุเข้าใจผิดระหว่างนักบินกับมิตร ชัยบัญชา ในการส่งสัญญาณให้บินขึ้นหรือลดต่ำลง มิตรได้โหนบันไดลิง โดยเท้าไม่ได้เหยียบลงบันไดขั้นสุดท้าย แต่โหนไปด้วยมือเปล่าสองข้าง ในขณะที่เท้ายังลอย จึงรับน้ำหนักตัวเองไม่ไหว ประกอบกับลมแรง ทำให้บันไดที่เกาะบิดและ เชือกบันไดขาดมือ จนมิตรทนเจ็บไม่ไหว จึงปล่อยมือจากบันได ด้วยมองเห็นหนองน้ำอยู่ข้างล่าง จึงใช้วิชาว่ายน้ำอากาศตามที่เคยฝึกมาเมื่อกระโดดร่ม เพื่อไปให้ถึงหนองน้ำ แต่ระยะความสูงเพียง 300 ฟุต ไม่สูงพอ มิตรจึงตกลงไปบนจอมปลวกข้างหนองน้ำนั้นเอง และ ลื่นใจที่จุดนั้นโดยทันที เมื่อเวลาประมาณ 16.20 น. สิริรวมอายุได้ 36 ปี



# 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 our new feature Learning Thai with Karen.

For the last two months, we have been looking at numbers. If you missed them you can still have a look on our website at the Back Issues magazines on [pattayatrader.com](http://pattayatrader.com).

Now we have some colours for you to learn. Just remember that you do not need to always use the Si- in front for example if ordering a red wine you can order Wine Deang no need to say Wine Si-Deang.

**KAREN SERVICES**

**VISA AND PROPERTY**

**TEL: +66 87 941 3986**  
**Thepprasit Road Soi 7**

## Learn Thai with Karen 3

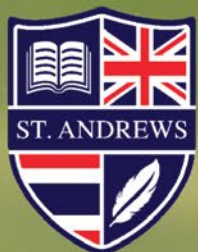
### Colours

Si-deang	สีแดง	Red colour
Si-Lueng	สีเหลือง	Yellow colour
Si-Chompue	สีชมพู	Pink colour
Si-deang	สีแดง	Red colour
Si-Lueng	สีเหลือง	Yellow colour
Si-Chompue	สีชมพู	Pink colour
Si-kheaw	สีเขียว	Green colour
Si-Som	สีส้ม	Orange colour
Si-fah	สีฟ้า	Blue colour
Si-nam-ngein	สีน้ำเงิน	Navy blue colour
Si-muang	สีม่วง	purple colour
Si-khaw	สีขาว	White colour
Si-tow	สีเทา	Grey colour
Si-dam	สีดำ	Black colour



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# GAME RELEASES



## Star Wars: Squadrons

Once again you can take control of the ships for either the New Republic or the Galactic Empire so it's either Tie fighters or X-wing's. Tie fighters will have greater movement speed but at the cost of having no shields. The game can become very difficult for those not used to flight sims or similar games, however for those of us starting out it has a set of systems to automate the harder tasks until your up to speed. The multiplayer looks like it could be awesome, created by Canadian developers Motive who worked on Star Wars Battlefront II. As you earn more experience from the missions you can unlock new weapons, shields, upgrades and cosmetic items. The story follows on after the events from Return of the Jedi.



## FIFA 21

Create your ultimate team from a roster of over 100 iconic players with eleven new ones including Eric Cantona, Ashley Cole and Fernando Torres. Career mode has improved now with an interactive match simulation and a revamped growth system with a buy or loan option for when you sign players as well as improved opposition A.I. As your club grows you can customize your stadium with new music, pyrotechnics, statues and trophies. There so many new game play features so die hard fans will need to check these out on-line. The game will feature more than 30 official leagues, with over 700 clubs, and a max of 17,000 players. This ever popular game is on it's 28th release with versions on all platforms.



## Watch Dogs Legion

This third person open world adventure features hacking this time on the streets of London. In single player you can control several characters each with different specialties. You can recruit them to join the resistance to liberate the city as you move around the open world. Your hacker group known as DedSec has been framed for terrorist attacks in the city and you have to investigate who's really behind them. Because of the attacks the British Government has hired a military company called Albion to keep the peace. This results in creating a dystopian surveillance state. Each mission can be completed with either a combat approach or by using stealth combined with hacking to create distractions, set traps or use the cameras.

You can also combine Combat with hacking to aid your escape by hacking drones and vehicles. In multiplayer co-op up to four players can join in.



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# Pattaya International Hospital

By Kim Waddoup



**Pattaya International Hospital, accredited International hospital in central Pattaya Soi 4 between Pattaya Beach road and Pattaya 2nd Road**

A recent attack of Heat Rash just did not want to go away and was subsequently covering most of my upper body. It was painful, itchy, and generally very uncomfortable. I have managed to cope with heat rash before but this time it just kept getting worse. A visit to a local GP bought some temporary relief but I felt that an appointment with a professional Dermatologist was required.

I had not had the occasion to visit any hospital in Pattaya since my move here and due to a social connection with the owner, I decided upon the Pattaya International Hospital. An email was sent which resulted in an immediate reply and a call with an appointment being set for 14:30 the same day.

Pattaya International Hospital has an amazing location just off Second Road close to the Central Marina and Terminal 21 Shopping Malls. Located on a small Soi (4), the hospital is tranquil and surrounded by mature trees. The reception area is calm and relaxed and it feels more like walking into a resort than a hospital. The reception staff are amazingly efficient and wonderfully friendly.

With minimal formalities completed, I was quickly escorted to the 9th floor to the Dermatological Department. Blood pressure was checked as was my temperature and within seconds I met my specialist, Dr. Waraporn Klanwarin who studied at the Chulalongkorn University and the Institute of Dermatology in Bangkok.

Her questioning was thorough and after a detailed examination of my inflamed skin, she asked if I have any allergies. I came

up with my standard answer of 'Yes, Ironing!'. She proceeded to quiz me about any recent lifestyle changes. It was the period immediately after the Covid-19 shutdown and on thinking back to when we were preparing for possible lockdown, I had taken the opportunity to buy a large sachet of Water Softener to add to the wash. She caught on to this and after a few more questions she was quite sure that this could be the basis of my current allergy. She recommended an injection and a cream to apply twice a day and a change of washing powder.

The service and attention of the staff at Pattaya International Hospital is superb, it is highly efficiently run but in a friendly and most respectful way. I returned for a check-up and received a great deal of advice on how to now allow my skin to recover. The total cost was just THB.2,840 including Doctor's consultation, medication, and the follow-up visit. Excellent value for money.

Whilst Heat Rash or Prickly Heat is quite a common complaint in Thailand with many simple, preventative measures the development into an allergy was quite a surprise, extremely uncomfortable and frustrating. A short visit to a specialist resolved the problems and I am feeling great again thanks to the treatment.

If you do start to get new rashes, especially during this hot season, do check washing powders and water softeners as they both can contain quite a concoction of very aggressive chemicals. In Thailand the availability of so many, reasonably competent pharmacies, does provide the impetus to try to self-medicate simpler ailments. However, with this skin problem, I do wish that I had made a much earlier visit to a Skin specialist.





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**During this time of COVID-19 while the world is obsessed by the terrible pandemic it is important to remember that here in Thailand Dengue Fever poses another real threat. It is a virus that affects thousands throughout the nation's 77 provinces and can sometimes be fatal.**

**So, here is an article to remind ourselves of the dangers during these wettest of rainy season months when Dengue fever can be post prolific. ....Ed**

Mosquito-borne diseases are common in Southeast Asian countries, particularly during the wet season or monsoon. One of them is Dengue Fever and it has become one of the most widespread mosquito-borne diseases in the world.

[Dengue] Dengue is a disease caused by any one of the four closely-related dengue viruses (DENV-1, DENV-2, DENV-3, DENV-4). It is a severe, flu-like illness that affects infants, young children and adults.

### Transmission

The dengue virus is primarily transmitted to humans via the bite of an infected mosquito from the genus *Aedes*. Of these species, the primary vector or principal transmitter of the dengue virus is the species *Aedes aegypti*. Dengue cannot be spread directly from one person to another. Mosquitoes are necessary for the transmission of the dengue virus.

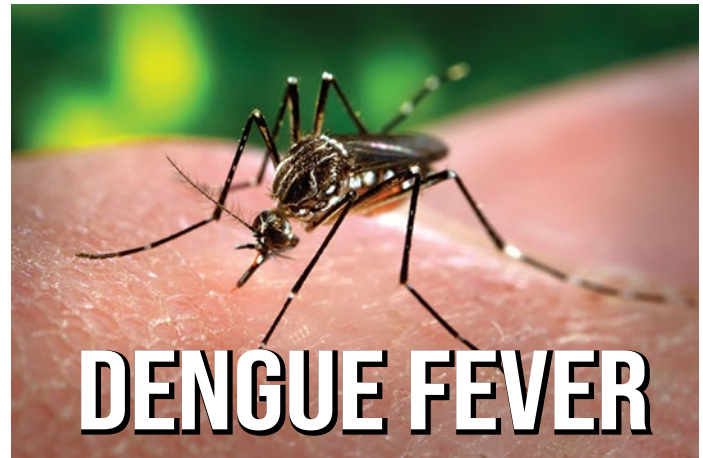
When a mosquito bites a person who has dengue virus in his/her blood, the mosquito becomes infected with the dengue virus and the infected mosquito can later transmit that virus to healthy people by biting them.

### SYMPTOMS

Dengue Fever should be suspected when a person has a sudden onset of high fever (above 40°C/104°F) that persists for five days. The principal symptoms of Dengue Fever are high fever, severe headache, pain behind the eyes, joint pain, muscle and bone pain and skin rash. However, all of the symptoms may not be present. There are people who are infected with the virus but do not show or suffer any signs or symptoms of the disease.

Most cases are fairly mild and people can recover within a week or so. After a person has recovered from dengue fever, he/she has immunity to the virus that infected him/her but not to the other three dengue viruses. In some cases, however, symptoms worsen and become life-threatening, especially if unrecognised and not properly treated in a timely manner.

Diagnosing dengue fever can be difficult because its signs and symptoms can easily be confused with those of other diseases. Dengue Hemorrhagic Fever, a more severe form of dengue infection, can occur and cause severe bleeding, sudden drop in blood pressure, and death. People with weakened immune systems, as well as those with subsequent dengue infections, are believed to be at greater risk for developing Dengue Hemorrhagic Fever.



### Treatment

Because Dengue Fever is caused by a virus, there is no commercially available vaccine or any specific antibiotic to treat it. For mild Dengue Fever, the treatment is toward relief of the symptoms, like taking pain relievers and drinking plenty of fluids to prevent dehydration and close monitoring to ensure there is no bleeding. However, it is important to seek medical attention when symptoms persist.

### Prevention

Dengue is common in urban and semi-urban areas with tropical and sub-tropical climates worldwide. There can be sudden outbreaks which occur primarily in areas where the *Aedes aegypti* mosquitoes live. These mosquitoes often breed in stagnant water where people reside and flourish during rainy seasons. They can also breed in water-filled pots, water containers, tin cans, rainwater tanks and others. Because of urbanization and rapid population growth, there is a problem with sewage and sanitation systems and these can lead to an abundance of breeding sites for the mosquito vectors. Prevention of dengue can be sought by reducing the habitats and the number of mosquitoes in the surroundings. It is advised that people need to drain water from their water storage containers everyday, and dispose of solid waste properly. Also, limit exposure to bites, wear protective clothing like long sleeves, use mosquito repellents, stay in well-screened houses and avoid being outdoors when more mosquitoes are out.

Another factor that puts people at risk for dengue infection is human migration. The virus can be introduced to other areas by travellers who become infected while visiting areas where dengue commonly exists. It should be noted that one mosquito bite can cause the disease and dengue can affect anyone but tends to be more severe in people with compromised or weak immune systems as they are more susceptible to the dengue virus than people with healthy bodies and strong immune systems.

So, prevention is also about strengthening the body's immune system. With a strong immune system, it can fight the virus that penetrates it during a dengue invasion in the body and will be able to heal itself. In order to strengthen the immune system, it is advised to keep hydrated, eat fruits and vegetables, take vitamins and supplements, regular exercise and good hygiene, among others.



ขึ้นได้และทำให้เลือดออกอย่างรุนแรงทำให้ความดันโลหิตลดลงอย่างกะทันหันและเสียชีวิต สำหรับผู้ที่ระบบภูมิคุ้มกันอ่อนแอและเช่นเดียวกับผู้ที่ติดเชื้อไข้เลือดออกนั้นเชื่อว่ามีความเสี่ยงมากขึ้นในการเป็นโรคไข้เลือดออก

### การรักษา

เนื่องจากไข้เลือดออกเกิดจากเชื้อไวรัส จึงไม่มีวัคซีนจำหน่าย ไม่มี mNkine หรือยาปฏิชีวนะที่เฉพาะเจาะจงในการรักษาสำหรับไข้เลือดออกชนิดไม่รุนแรงนั้น การรักษาจึงเป็นเพียงเพื่อบรรเทาอาการ เหมือนกันกับการใช้ยาบรรเทาอาการปวดและการดื่มน้ำ

มาก ๆ เพื่อป้องกันการขาดน้ำและการตรวจสอบอย่างใกล้ชิดเพื่อให้แน่ใจว่าไม่มีเลือดออก อย่างไรก็ตามสิ่งสำคัญคือต้องไปพบแพทย์เมื่ออาการ

### การป้องกัน

ไข้เลือดออกพบได้บ่อยในเขตเมืองและกึ่งเมืองที่มีภูมิอากาศร้อนและกึ่งร้อนทั่วโลกอาจมีการระบาดอย่างกะทันหันซึ่งส่วนใหญ่เกิดในพื้นที่ที่ยุงลายอาศัยอยู่ ยุงเหล่านี้มีคุณสมบัติในน้ำนิ่งในที่ที่ผู้คนอาศัยอยู่และเจริญเติบโตในช่วงฤดูฝน นอกจากนี้ยังสามารถผสมพันธุ์ในกระถางที่มีน้ำขัง ภาชนะบรรจุน้ำ กระป๋องดีบุกถังน้ำฝนและอื่น ๆ เนื่องจากการขยายตัวของเมืองและการเติบโตของประชากรอย่างรวดเร็วทำให้มีปัญหาเกี่ยวกับระบบบำบัดน้ำเสียและระบบสุขาภิบาลและสิ่งเหล่านี้สามารถนำไปสู่แหล่งเพาะพันธุ์ยุงและพาหะได้มากมายการป้องกันไข้เลือดออกสามารถทำได้โดยการลดที่อยู่อาศัยและจำนวนยุงในบริเวณโดยรอบขอแนะนำว่าประชาชนจำเป็นต้องระบายน้ำออกจากภาชนะกักเก็บน้ำทุกวันและกำจัดขยะมูลฝอยอย่างเหมาะสมนอกจากนี้ควรจำกัดการสัมผัสและถูกกัดยุงโดยการสวมชุดป้องกันเช่นเสื้อแขนยาว ใช้ยากันยุงอยู่ในบ้านที่มีการป้องกันอย่างดีและหลีกเลี่ยงการอยู่กลางแจ้งเมื่อยุงออกอีกปัจจัยหนึ่งที่ทำให้ผู้คนเสี่ยงต่อการติดเชื้อไข้เลือดออกคือการย้ายถิ่นฐานหรือการเดินทางของมนุษย์ไปยังพื้นที่อื่นๆ ควรสังเกตว่าการถูกยุงกัดเพียงครั้งเดียวอาจทำให้เกิดโรคได้และไข้เลือดออกอาจส่งผลกระทบต่อทุกคน ซึ่งผลกระทบนี้มีแนวโน้มว่าผู้ที่สัมผัสผลกระทบมากที่สุดคือผู้ที่ระบบภูมิคุ้มกันอ่อนแอหรืออ่อนแอเนื่องจากมีความไวต่อไวรัส

ดังนั้นการป้องกันจึงเกี่ยวกับการเสริมสร้างระบบภูมิคุ้มกันของร่างกาย ด้วยระบบภูมิคุ้มกันที่แข็งแรงของร่างกายจะสามารถต่อสู้กับไวรัสที่แทรกซึมในระหว่างการบุกรุกของไข้เลือดออกได้และจะสามารถรักษาตัวเองได้ในการเสริมสร้างระบบภูมิคุ้มกันคืออย่าให้ร่างกายขาดน้ำ รับประทานอาหารผักผลไม้ ทานวิตามิน ทานอาหารเสริมและออกกำลังกายอย่างสม่ำเสมอเพื่อสุขภาพที่ดีเป็นต้น

โรคที่เกิดจากยุงพบได้บ่อยในประเทศแถบเอเชียตะวันออกเฉียงใต้ โดยเฉพาะอย่างยิ่งในช่วงฤดูฝนหรือมรสุมซึ่งหนึ่งในนั้นคือไข้เลือดออกและได้กลายเป็นหนึ่งในโรคที่มียุงเป็นพาหะแพร่ระบาดมากที่สุดในโลก

ไข้เลือดออก – ไข้เลือดออกหรือเชื้อไวรัสเดงกี เป็นโรคที่เกิดจากเชื้อไวรัสชนิดใดชนิดหนึ่งจาก 4 ชนิดที่เกี่ยวข้องอย่างใกล้ชิดดังนี้ DENV-1, DENV-2, DENV-3, DENV-4 – ซึ่งเป็นความเจ็บป่วยที่รุนแรงคล้ายไข้หวัดใหญ่ มีผลต่อทารก ต่อเด็กเล็กและผู้ใหญ่

### การแพร่เชื้อ

ไวรัสเดงกีหรือเชื้อของไข้เลือดออกนั้นติดต่อสู่คนโดยการกัดของยุงที่ติดเชื้อจากสกุลยุงลายสายพันธุ์หลักหรือตัวส่งสัญญาณหลักของไวรัสเดงกีไข้เลือดออกคือสายพันธุ์ ที่เกิดจากยุงลาย ไข้เลือดออกไม่สามารถแพร่จากคนหนึ่งไปสู่อีกคนได้โดยตรง ยุงมีความจำเป็นในการแพร่เชื้อไวรัสไข้เลือดออก เมื่อยุงกัดผู้ที่ติดเชื้อไวรัสไข้เลือดออกแล้วในยุงจะมีเชื้อไวรัสไข้เลือดออกในเลือดของยุงและยุงที่ติดเชื้อสามารถแพร่เชื้อไวรัสไปยังคนที่สุขภาพดีได้โดยการกัดคนต่อไป

### อาการของโรค

เมื่อคนมีไข้สูงอย่างกะทันหันก็ควรสงสัยว่าเป็นไข้เลือดออกได้ (สูงกว่า 40 ° C / 104 ° F) ซึ่งอาการจะเป็นอยู่เป็นเวลาห้าวัน อาการหลักของไข้เลือดออกคือมีไข้สูง ปวดหัวอย่างรุนแรง ปวดหลังตา ปวดข้อ ปวดกล้ามเนื้อและกระดูก และเป็นผื่นที่ผิวหนังอย่างไรก็ตามบางคนอาจไม่มีอาการทั้งหมด คือผู้ที่ติดเชื้อไวรัสแต่ไม่แสดงอาการหรือมีอาการหรืออาการแสดงของโรค กรณีส่วนใหญ่ค่อนข้างไม่รุนแรงและคนสามารถฟื้นตัวได้ภายในหนึ่งสัปดาห์หรือมากกว่านั้นหลังจากที่ผู้ป่วยหายจากไข้เลือดออกแล้วเขา / เธอจะมีภูมิคุ้มกันต่อไวรัสที่ติดเชื้อและจะไม่ติดเชื้อไวรัสไข้เลือดออกอีกสามตัว แต่ในบางกรณีอาจมีอาการแย่ลงและเป็นอันตรายถึงชีวิตได้โดยเฉพาะอย่างยิ่งหากไม่รู้จักและไม่ได้รับการรักษาอย่างเหมาะสมในเวลาที่เหมาะสม การวินิจฉัยโรคไข้เลือดออกอาจเป็นเรื่องยากเนื่องจากอาการและอาการแสดงอาจสับสนกับโรคอื่น ๆ ได้ง่าย การติดเชื้อไข้เลือดออกในรูปแบบที่รุนแรงขึ้นนั้นอาจเกิด



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# The Royal Cliff Wine Dinner



A few years ago I was a member of the DeVine club and I still have very fond memories of some really excellent evenings spent with friends I met through the club. Therefore it was no hardship for me to write an article about the recent French Wine Dinner hosted by DeVine at the Royal Grill Room & Wine Cellar and featuring the wines of Famille Perrin.

The invitation said 6:30 pm and it would be a complete rookie mistake to arrive late to one of these events. Therefore I walked into the hotel after my temperature scanning test of course, on the stroke of 6:30. Already a full house of guests was in situ enjoying the Deluxe Canapes by Chef Nick accompanied by the first of the Perrin wines - La Vieille Ferme Luberon Rose 2018. With its light rosy hue and fresh aromatic bouquet heralded a very good start to the evening.

So before long, it was time for us to take our seats in the elegant Grill Room. The Royal Cliff Hotel amazingly has 11 restaurants and I must confess to The Grill Room being right up there as a personal favourite. It has a marvelous wine cellar and with its traditional wooden decor rather puts me in mind of the traditional clubs back in London.

The pristine table presentation had a useful addition of numbered stickers on each of the wine glasses to remind us all of the order of the accompanying wines, and so it was that we started our first course: Rillettes de Poisson The succulent fish serviced with potato blinis red onion compote, pink peppercorns, and sour cream was a rather nice nod to the fact that the dinner was taking place on the Jewish holiday of Rosh Hashanah. The pairing for this course was La Vieille Ferme Luberon Blanc 2018. Now anyone that knows me well, will know that my personal preference is usually towards red wines rather than white.

A brief conversation about this during the dinner put this down to the fact that perhaps some rather acidic versions were imbued in the early years whereas this pleasing wine was completely above such awful memories. A rather delicate and slightly "lemony" flavour made the Luberon Blanc an absolute joy.

The second of the white wines was the Famille Perrin Reserve Cotes du Rhone Blanc 2018

of greater depth than the first, there was also a slight tang at the end which lent itself very well to the Bouillabaisse of Poached Salmon, Sea Bass, Prawns, Mussels and Bok Choy with the Salmon Roe

Full marks for not being boring with the Sorbet palate cleanser - pleasingly this was a Cointreau Orange Sorbet as per the French theme in a wonderfully decorated glass

Then to my favourite section The Reds! Famille Perrin Réserve 2017 was a fruity fresh

Cotes du Rhone that worked extremely well with the delicately pink in the middle, Rosemary infused Duck Confit. The following Beef Striploin steak was also perfectly cooked with accompanying port wine sauce paired with my favourite wine of the evening the Chateauneuf-du-Pape "Les Sinards" Rouge 2017. This well balanced, full-bodied red is everything you could want from a wine. I tore myself away from it to enjoy the light and inventive dessert of Mango cream, Coconut Mousse, and Passion Fruit Gel.

If you love eating well with a beautifully paired wine selection in an elegant setting with great ambiance and good company I urge you to become a member of the deVine Wine Club. Providing really excellent value for money the cost of membership is quickly recouped by the benefits it affords, and as for me.....I can't wait until their next event!



# deVine

## WINE CLUB

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### LIST OF THE PRIVILEGES:

The deVine Wine Club Membership Card will entitle a member to the following benefits and privileges valid for One (1) year (life of the membership card):

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- A one-time complimentary Special Set Gourmet Dinner for Two (2) persons (excluding beverages) at the Royal Grill Room & Wine Cellar or Caprice Restaurant
- Members can enjoy 10% discount on Wine Dinners co-organized by the deVine Wine Club and leading wine makers. However, members are welcome to bring along their guests and partners to these events but they will have to pay at full rate.
- Members can enjoy special rates for annual membership at Fitz Club - Racquets, Health & Fitness after becoming a wine club member for one year. The member can apply for both single and dual program. To qualify for the special rate on the dual membership, the other person must also be a deVine wine club member.
- 30% discount from the rack rates on rooms and suites (not applicable for Royal Wing suites), with complimentary use of the gym during your stay
- 10% discount at the Cliff Spa (excluding spa promotions and packages)
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- Exclusive VIP service and best table allocation in any restaurant and bar with prior reservation
- Free delivery of wine to members within the Pattaya area for orders that exceed THB 5,000



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# ***This Month's Supplement*** **Omega -3**



## **Should you be taking it? New research provides the answer.**

So what is Omega-3? Well, omega-3 fatty acids are naturally unsaturated fats that the body is incapable of making. The main types are; eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).

Two important studies looked into the efficacy of Omega-3, who should be taking it and who would derive most benefits.

The Vitamin D and Omega-3 trial, abbreviated to VITAL was a study published by The New England Journal of Medicine and first posted online January 6th 2020. For this study 25,871 healthy, racially diverse individuals were tested: 12,786 men over the age of 50 and 13,085 women over the age of 55. One group was given a daily dose of 1 gram omega-3 while the control group took a placebo. The supplement contained two omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Dr. JoAnn E. Manson Professor of medicine at Harvard Medical School was the lead author of the study and after the trials she declared "The findings are somewhat complex and nuanced. It's not a simple yes, or no, or one-size-fits-all answer. Some groups tended to benefit, while other groups didn't. Although a daily 1-gram omega-3 supplement did not significantly reduce major cardiovascular events over all, there was a 28% reduction in heart attacks and promising signals for other heart-related endpoints", she says.

While the supplement didn't seem to protect most healthy people against future heart problems, certain groups did appear to benefit, particularly people who ate less than 1.5 servings of fish a week or didn't eat fish at all.

"For these people, there was a significant 19% reduction in the primary endpoint of major cardiovascular events, with a 40% reduction in heart attacks," says Dr. Manson.

The supplements also appeared to benefit African American participants, who saw a 77% reduction in heart attack for those receiving the omega-3 supplement, compared with those taking the placebo although it is unclear why this group benefited more, and additional studies are needed to confirm the finding.

The second study REDUCE-IT stands for Reduction of Cardiovascular Events with EPA–Intervention and included 8,179 middle-aged men and women who already had elevated triglyceride levels and were either showing significant risk factors or who had already experienced a cardiovascular event.

This trial aimed to find out if a dose as high as 4-grams of omega-3 taken daily could protect against future cardiovascular events. Dr. Deepak Bhatt, a cardiologist and professor of medicine at Harvard Medical School led the study and found a substantial 25% reduction in the risk of dying from heart disease or suffering a cardiovascular event among people who took the medication, compared with those who had the placebo.



## **So, how do we put these findings into practice?**

Well if you're healthy and at low or average risk for heart disease, Dr. Manson advises that you don't really need an omega-3 supplement, provided that you eat fish often. That means at least 2 servings of fatty fish such as salmon, tuna, or herring per week - and how many of us actually do that?

It is of course a good lifestyle choice to get your omega-3 from food rather than a supplement as you have the added bonus of not only getting your quota of omega-3 fatty acids this ways but also replacing your meal choice from less healthy foods in your diet, such as red meat, processed foods, or refined grains. If however you can't eat fish or simply don't like fish can add flax or chia seeds, walnuts and avocados to your diet

## **Choosing a supplement**

Of course you should always strive to maintain a lifestyle “Physical activity, healthy diet, and not smoking, will reduce heart disease risk by close to 80%” adds Dr Manson “and that's really the main recommendation for heart health,” However, given that the reality is that many of us make poor food choices, omega-3 supplements have become increasingly popular.



So if you decide to take an over-the-counter omega-3 supplement check to see that it contains EPA and of course check the expiration date. Unless your doctor recommends more, look to take a daily 1-gram dose ideally after meals.

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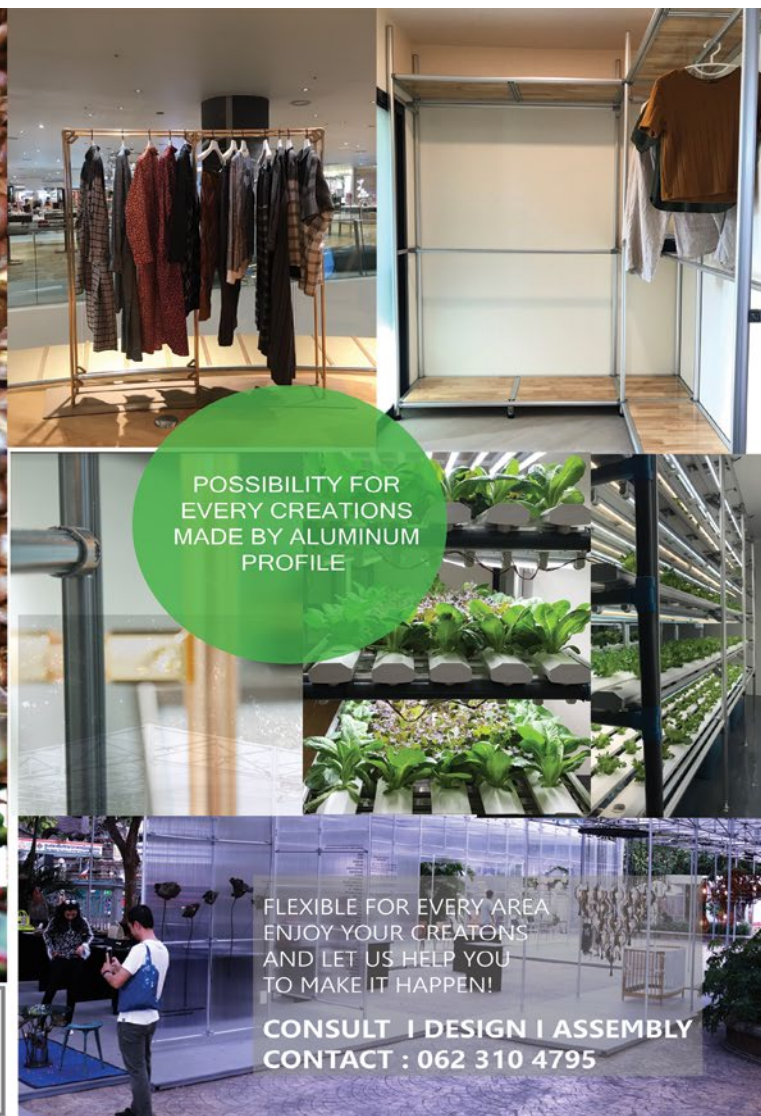


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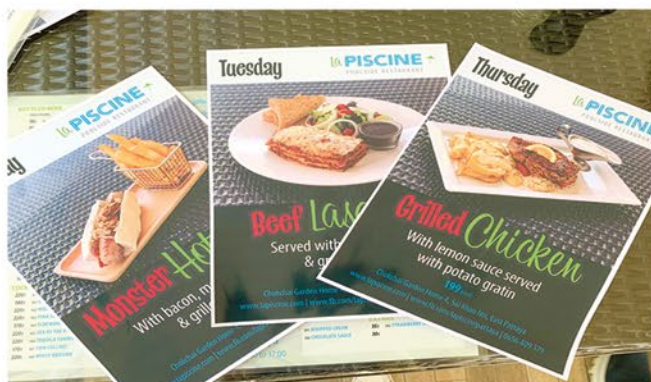


What amazes me when I look at La Piscine is what a great idea this is and why more people haven't thought about it? Inside Chokchai Garden Home 4, Soi Khao Noi what you have is a beautiful "holiday resort" right in the heart of the village. With colourful, comfortable sun loungers and umbrellas around a huge saltwater swimming pool its easy to feel as though you are on a permanent holiday. Add to that some music, a great restaurant, and innovative management and you really are on to a winner - even in these challenging times. The place is spotless and charmingly steeped in plenty of great photo opportunity backdrops. The staff well trained and extremely friendly and the food from the International restaurant has to be tried to be believed.

My good friend Barry Upton suggested that we review this place and anyone who follows our monthly programme on the TMN channel will know that we enjoy nothing more than finding new locations when we are out and about filming. Barry told me the food was good and for once he wasn't kidding (haha).

La Piscine's diminutive chef already has a loyal following from her earlier posting at Retox Game on and is doing great things in the kitchen here, whipping up European, Thai food pizzas, salads, and pasta in no time at all. This is just as well because between 1-3 pm the place is packed and has a great lunchtime following. If I lived in Chockchai Garden I'd be a permanent fixture at this place and in fact, I am told that many of the residents come here and also phone in their orders for collection as well.

There is an unbelievably good 99 baht breakfast deal at the moment - check out their Facebook page and daily specials which are even better value than their flyers would suggest as the portions are huge! Talking of huge the monster hot dog has already become a firm favourite and is a Monday special. The Giant hot dog was developed in conjunction with Prime Foods and therefore is exclusive to La Piscine. I can vouch for the fact that it is delicious and extremely filling.





The extremely friendly owner Heikki originally hails from Finland - speaks excellent English and has also spent 3 years in Italy. Therefore he can add, excellent Italian to his linguistic skills plus the time he spent living there means that he has exacting standards when it comes to the Italian dishes. I can honestly say that the lasagne I tried here was the best I've had since I've been in Thailand - and I am half Italian after all.

Sauces are also a real treat here and with the Grilled Chicken served as a special on Thursdays the lemon sauce is making my mouth water right now as I am writing just with the memory of having tried it.

There are amazing cocktails, desserts, and Ice-creams to try as well with vanilla, strawberry, and chocolate being sold by the scoop. This is obviously great for kids as in fact is the whole place.

You can book children's swimming lessons and even kids' parties. Then for the mums and dads, Yoga at 6 pm, every Monday, Wednesday, and Friday and a selection of various poolside massage from 10 are to 5 pm.

**La Piscine is at**  
**78/78 M.5 Chockchai Garden Home 4, Soi**  
**Khao Noi, Pattaya (Get a ticket from the**  
**barrier and remember to get it stamped at**  
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# Create quality coffee at home by being your own barista

*By Elle Inlom*

This year with the current situation, many people have become used to staying in and even working at home. Most of us have had to change or adapt our lifestyles to manage activities indoors instead of going outside. So in this article, I would like to share an activity with you that will bring happiness right throughout your day -making your own coffee!

For me, beginning the day with my own cup of coffee is very important and very necessary before I start work. I choose quality coffee beans to create a great cup every day by buying my coffee directly from the roaster or farmer. In this article, I include ideas on coffee for waking you up in the morning, coffee in the afternoon, and coffee to refresh you.



## Beginning the day with a soft aroma.



In the morning, I prefer an arabica medium roast, "Hot drip" with a piece of cookie. I like hot drip using a filter sachet in the morning because when we start the day we need something easy and fast. Another good way is to do the slow-motion "relax" method. What you have to prepare for this is a cone shape dripper, filter, pot, and a cup or beaker for support when you pour over the hot water into the coffee. This menu is good for your health because it contains less caffeine.

## Ice Cold Coffee in the afternoon

So once the day has begun you may want to top up your caffeine later on with an iced coffee option in the afternoon. Cold-brew is a good way to make your coffee less bitter and easier to drink, this may be especially good for those who have just started drinking coffee. I make my own cold brew at home by grinding the coffee coarsely and then combining the grounds with water. I then let it steep overnight, (or for around 12 hours). In this time, the coffee slowly infuses into the water, creating a strong, concentrated brew. The next day you can then strain this concoction so it is ready to use. You can add milk to your cold brew or you may choose to combine it with various flavours such as rosemary and thyme. Sometimes, I need a more refreshing cup so then I add soda water and orange juice.



## Honey lemon coffee



The last menu I would like to recommend is "Honey lemon coffee". To make this you will need cold brew coffee, lemon juice, ice, and honey. First of all pour the lemon juice into a glass then put the ice in the middle, follow this with honey, and then more ice. Finally, pour the cold brew over the top. This drink is fun to make and looks nice with its different coloured layers and will give you a refreshing blend of tastes as you go from soft bitter. to sweet and then sour.

If you would like more information on how to obtain Thai coffee beans grown in the Chiang Mai region please email [pattayatradetrader@pattayatradetrader.com](mailto:pattayatradetrader@pattayatradetrader.com) or telephone 0837 683696

# สร้างสรรค์กิจกรรมสนุกๆได้ที่บ้านด้วยการเป็นบาร์ISTAเอง

ในสถานการณ์แบบนี้ แน่นอนว่าคนส่วนใหญ่คุ้นเคยกับการนั่งทำงานที่บ้าน นั่นหมายถึงว่าเรากำลังปรับเปลี่ยนการวิถีการดำเนินชีวิตด้วยการใช้เวลาส่วนใหญ่อยู่ที่บ้านแทนที่จะออกไปข้างนอก ขณะที่เราต้องติดแงกอยู่ที่บ้านกับสถานการณ์แบบนี้ ซึ่งไม่ใช่แค่การทำงานเท่านั้นแต่เรายังต้องใช้เวลารวันหยุดสุดสัปดาห์ที่บ้านเช่นกัน ฉะนั้นเลยอยากแบ่งปัน



กิจกรรมง่ายๆที่จะทำให้คุณมีความสุขกับการใช้เวลาที่บ้านตั้งแต่เริ่มต้นวันใหม่ยาวไปจนหมดวัน..เริ่มกันเลย

สำหรับฉันแล้วการเริ่มต้นวันใหม่ด้วยกาแฟที่ตัวเองคือสิ่งที่สำคัญมากก่อนที่จะเริ่มจับต้องการทำงาน ซึ่งฉันจะตั้งใจเลือกตั้งแต่เมล็ดกาแฟคุณภาพ เพราะเป็นที่มาของการเริ่มต้นวันนั้นๆด้วยกาแฟที่ดีในทุกๆวัน สำหรับฉันก็จะเลือกซื้อกาแฟโดยตรงกับเกษตรกรที่คั่วกาแฟเองหรือจากแหล่งค้าเลย โดยในบทความนี้ฉันจะแบ่งปันเพื่อนๆด้วย “เมนูกาแฟที่จะปลูกเข้าวันใหม่ของคุณ และกาแฟที่จะทำให้คุณสดชื่น ตื่นตายนมาบ่าย”

“เริ่มต้นวันใหม่ด้วยอะไรมาอ่อนๆ”

ยามเช้า ฉันอยากแนะนำเมนู กาแฟดริปพร้อมกับการชงก็สักชิ้น โดยใช้เมล็ดกาแฟราบีกับคั่วกลาง และฉันมีวิธีการชงมาแบ่งปัน 2 วิธี คือ วิธีแรกด้วยการชงแบบของดริปที่แพคเกจมาให้แบบสำเร็จ โดยปกติแล้วฉันจะใช้วิธีนี้เริ่มต้นวันใหม่ ทำไมนะหรือ เพราะว่าเวลาที่เรตื่นตอนเช้าเราต้องการอะไรที่ง่าย..เร็วและทำให้ตาเปิด วิธีที่สอง คือการชงโดยจะต้องมีอุปกรณ์ชงมาเกี่ยวข้องเยอะหน่อย เช่น ถ้วยดริปเชรามิค กระดาษกรอง กาน้ำปิกเกอร์ หรือ ถ้วยรองกาแฟ วิธีนี้อยากบอกว่าเป็นวิธีการชงที่ทำให้เราได้ฝึกสมาธิและค่อยๆผ่อนคลายอารมณ์ด้วยนะ เมื่อเราค่อยๆเทน้ำร้อนลงไปบนผงกาแฟเราจะสัมผัสกลิ่นอโรมาอ่อนๆของกาแฟ เมนูนี้ดีต่อสุขภาพเพราะคาเฟอีนน้อย



ในขณะที่หนึ่งวันของคุณได้ผ่านไปจนครึ่งวัน ณ ช่วงเวลานี้เป็นเวลาที่คุณจะต้องเติมเต็มคาเฟอีนด้วยเมนูเย็นสักหน่อย และฉันมีสองเมนูที่อยากแนะนำ คือ “โคลด์บลูและกาแฟผสมน้ำผึ้งมะนาว” ก่อนอื่นขอเกริ่นเกี่ยวกับโคลด์บลูหน่อยนึง คือ เมนูนี้คือการสกัดเย็นทำให้รสขมกาแฟน้อยลงแล้วดื่มง่ายขึ้นโดยเฉพาะผู้ที่เริ่มดื่มกาแฟ และนี่คือเมนูที่ฉันอยากแนะนำให้ลองทำที่บ้าน บดกาแฟเป็นผง ไม่ต้องละเอียดขนาดน้ำตาลทรายนะ จากนั้นผสมกับน้ำเปล่า ทั้งไว้หนึ่งคืนหรือสัก 12 ชั่วโมง ในช่วงเวลานี้กาแฟจะค่อยๆซึมเข้าไปในน้ำสู่การสกัดที่เข้มข้น วันถัดมาก็กรองเอาผงกาแฟออกจากน้ำ คุณสามารถเติมรสชาติที่หลากหลายให้กับโคลด์บลูได้ด้วยการเติมนม สโลว์สเมิร์ฟหรือไทม์ แต่บางครั้งก็เพื่อเพิ่มความสดชื่นแบบช่วงบ่ายๆ ก็เพิ่มเติมน้ำส้มและโซดาลงไปด้วย

เมนูสุดท้ายที่อยากจะแนะนำ คือ “กาแฟผสมน้ำผึ้งมะนาว” สิ่งที่คุณต้องเตรียมคือ โคลด์บลู มะนาว/เลมอน น้ำแข็งและน้ำผึ้ง ขั้นตอนแรกเลยจะต้องเทน้ำมะนาวลงไปก้นแก้ว แล้วเติมน้ำแข็งลงไปครึ่งแก้วแบบแน่นๆ ตามด้วยน้ำผึ้งลงไปแล้วเติมน้ำแข็งจนเต็มแก้ว สุดท้ายเทโคลด์บลูลงไป คุณก็จะได้เมนูที่มีความสวยงาม ดื่มแล้วสดชื่น และยังสนุกกับการทำให้กาแฟและส่วนผสมแยกกันเป็นชั้นๆ เมนูนี้รสชาติของจิบแรกๆจะไม่มากจากนั้นจะรู้สึกหวานน้ำผึ้งแล้วพอดื่มลงไปรสชาติจะเปรี้ยวตาม เป็นเมนูสดชื่นยามบ่ายดีอีกเมนูหนึ่ง

หลังจากที่ได้แบ่งปันการทำเมนูกาแฟให้กับเพื่อนๆผู้อ่าน หวังเป็นอย่างยิ่งว่าจะทำให้ทุกคนมีช่วงเวลาดีๆที่ต้องใช้เวลาอยู่บ้านแต่มีกิจกรรมสนุกๆทำกับครอบครัวได้ หากมีคำถามหรืออยากให้แบ่งปันเรื่องราวแบบไหนเกี่ยวกับกาแฟ สามารถติดต่อมาได้เลย ขอให้ทุกคนมีความสุขกับกาแฟถ้วยโปรดด้วยการเป็นบาร์ISTAเอง!

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# 10 WAYS TO RELIEVE STRESS

**T**his year has not been a good one for any of us, 2020 has given us plenty of reasons to worry. What with concern over the virus, its implications on business and finance and the enforced separation from loved ones. Is it any wonder many of us suffer from stress?

Stress is in fact a fairly recent discovery as it wasn't until the late 1950s that endocrinologist Hans Selye first identified and documented it. Prior to that symptoms of stress were largely ignored. Today however, we know that untreated stress can contribute to many mental and physical health conditions. It can lead to bad lifestyle choices such as substance abuse or unhealthy eating habits and exacerbate pre existing health problems such as obesity, hypertension, diabetes, cardiovascular disease, headaches and digestive problems.

With a few useful strategies stress can be managed or at least relieved so here now are 10 suggestions:

## **Try to maintain a positive attitude**

Cortisol is your body's main stress hormone triggered and released to help fuel the body's "fight or flight" instinct in a crisis. Today with the pressures of modern life this can develop into an automatic habit of anxiety. Your subconscious mind is very suggestible though and you have more control over it than you might imagine. Striving to be happy and positive can help you stay in a good mood and reduce stress. Stop the habit of negative thinking. First thing in the morning visualise yourself going through your day, make a list of what you want to achieve and at night time acknowledge what was good about the day, the positive events and try to build on these

Also a period of reflection at the end of the day can help you to identify the things that cause stress in your life and help you avoid or at least prepare to handle them. Often understanding the roots of your anxiety is essential as is not beating yourself up emotionally.

## **Talk it out with a friend**

When you're feeling stressed, take a break and call a friend. Ideally don't text or message them but talk! Good relationships with friends and loved ones are important to help you air your problems, especially when you're under a lot of stress. A reassuring voice can put everything in perspective. Or if this is not an option. don't worry about seeming crazy — just tell yourself why you're stressed, what you need to do to complete the task at hand, and most importantly, that everything will be okay.





### **Get plenty of sleep**

Sleep is a great way to alleviate stress with doctors recommending 7-8 hours of sleep per night. Stress can cause you to lose sleep, yet a lack of sleep is also a key cause of stress. This vicious cycle only gets worse with time.

In last month's Discover Pattaya we gave some tips on how to improve sleep. You can still read the full article on our website [pattayatradetrader.com](http://pattayatradetrader.com). However turning off the TV earlier, dimming the lights, reading or relaxing with deep breathing exercises can all help.

### **Physical activity**

Exercise doesn't necessarily mean power lifting at the gym as a short walk around the office or simply standing up to stretch during a break can offer immediate relief. Getting your blood moving releases endorphins and can improve your mood almost instantaneously. Of course regular exercise is even better and if you can try 2-3 hours of moderate intensity physical activity and 2-3 hours of strength training exercise per week.

The concept of "mindfulness" has become popular recently from yoga and tai chi to meditation and Pilates, these systems of mindfulness incorporate physical and mental exercises, try joining a class to learn what works for you.

### **Listen to music**

Take a break and try listening to music, it can have a positive effect on the brain and body, lower blood pressure, and reduce cortisol. Instrumental, classical music is particularly good for this and might be good to try even whilst you are working if you use headphones to select something on YouTube whilst you are working on another tab.

### **Watch what you eat**

We all know that fruits and vegetables are good for maintaining a healthy lifestyle but along with fish with high levels of omega-3 fatty acids, they have been shown to reduce the symptoms of stress. Stress levels and a proper diet are closely related and the sugary or fatty snacks that we grab as a pick me up or comfort feed, is exactly what can spike our insulin and increase the stress.

### **Laugh!**

Ok I'm not suggesting randomly out of context laughter. Rather the occasional break when you take time out to find something that amuses you a quick look at a funny, video message or a clip from your favourite stand up comedian

Laughter releases endorphins that improve mood, make us happy and thus trick our nervous systems into decreasing the levels of the stress.

### **Drink tea rather than coffee**

Caffeine causes a short-term spike in blood pressure and may also cause your hypothalamic-pituitary-adrenal axis to go into overdrive, activating the body's stress system.

Instead of coffee or energy drinks, try green tea. It has less than half the caffeine of coffee and contains theanine, an amino acid that has a calming effect on the nervous system.

If however you really cannot function without your regular coffee fix then try to have it at the earlier part of your day.

### **Prioritize**

It's easy to feel overwhelmed when you have a lot going on in your life. Rather than stressing over too much to do and too little time, sit down and write out a list of things to do, and rank them by importance. This can help increase your productivity and help reduce unnecessary stress. Another good trick is to have a notebook and pen on your bedside table. That way if you wake up in the middle of the night with thoughts of what you haven't done and what you still need to do you can jot them down. It's always best to clear your mental intray by reconsidering in the morning rather than toss and turn worrying in the middle of the night

### **Spend time with people whose company you enjoy**

Stress can sometimes lead to anxiety and depression, which in turn can lead to withdrawal from social situations. Yet social support from friends and family may be exactly what you need to help you get through stressful times. So make a point of spending time with friends, family, and people whose company you enjoy, especially people who can make you laugh!





# SPORTING HEROES: JONAH LOMU

By Steve Wade

Jonah Lomu, born on the 12th of May 1975, went on to become the youngest ever All Black when in 1994 he made his debut aged 19 years and 45 days. He went on to become the first true world superstar of Rugby.

Playing in the 1995 World Rugby Cup in South Africa at age twenty, he was widely acknowledged as the star of the tournament even though New Zealand lost in the final to the hosts. His performance ensured his place as the true star of the sport just as the game turned professional in the same year. Lomu played in only two World Cups and never finished on the winning side. After the defeat by South Africa in 1995, the All Blacks were beaten by France in the semi-final of 1999, despite Lomu scoring two tries.

He played in only two World Cup Tournaments in 1995 and 1999 yet still holds the joint record for the most tries scored in the competition at 15. This has only been equaled by South African Bryan Habana in 2015.

His impact in the first World Cup he played was remarkable. He was included in the squad despite his age and only having two previous caps. He scored seven tries in five matches including four against England in the semi-final with the first of these regularly voted as one of the greatest of all time.

In the 1999 tournament, Lomu scored a further eight tries, including two in the semi-final against France but it wasn't enough to see the All Blacks go through in the match and they were eventually beaten 43-31.



The end of his international career came before the next World Cup was due to be played in 2003. He was diagnosed as early as 1995 with a serious Kidney disorder which was to blight his career from then on, resulting in a Kidney transplant in 2004. His last international matches were played in 2002 as it was clear his condition was worsening and it was no longer safe for him to play.



One further great highlight of his career was the opening match against Australia in the 2000 Tri-Nations tournament in South Africa. Labelled the “match of the century” by many, the Wallabies were leading 35-34 with a few minutes remaining until Lomu flew down the line to score the winning try. Just to give you an idea of what a massive draw Lomu and top-class rugby was, the game was watched by 110,000 people live and millions worldwide.

Lomu did try to come back after his transplant but continued to be plagued by his condition, eventually retiring in 2007.

Jonah Lomu died aged only 40 from a heart attack directly related to his condition in 2015. His impact on his chosen sport was incredible. He brought worldwide recognition to the game and was the first and biggest global superstar rugby has ever had. Lomu at full speed, bumping tackle after tackle off with his great pace, balance and power was one of the great sporting sights to behold. The game of Rugby will never forget him.

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*By Steve Wade*

## PREMIER LEAGUE

The action is back in full swing, (except for the missing spectators) and already the usual suspects are showing that it may well be business as usual at the top. Liverpool have won their first two games, including away at big spending Chelsea and Manchester City kicked off with a 3-1 at well regarded Wolves. Good starts from Leicester, Everton, Crystal Palace and Arsenal too, having all won their first two games.

Highlights in October include Spurs at Manchester United and Manchester city at newly promoted Leeds on the 3rd. Manchester City v Arsenal is on the 17th with two big local derbies in Everton v Liverpool and Spurs v West ham being played on the same day. Manchester United host Chelsea on the 24th and Arsenal also visit Old Trafford on the 31st.



## GOLF

Mention must be made of the remarkable Bryson de Chambeau, who at time of writing has completed a six shot victory in this year's US Open. De Chambeau was the only player to finish under par at the difficult Winged Foot course, finishing at -6 for the four rounds and played brilliantly on the final day to ease clear. A controversial character, known as the mad professor by his fellow pros, he could be taking the game to the next level with his power hitting and extraordinary length off the tee. The US PGA tour is back in full swing now but the next big date to look out for is the Masters, rescheduled this year for the 12th to the 15th of November. For October though the European tour has two outstanding fixtures, the Scottish Open from the 1st until the 4th and the BMW PGA Championship being played at Wentworth from the 8th until the 11th.

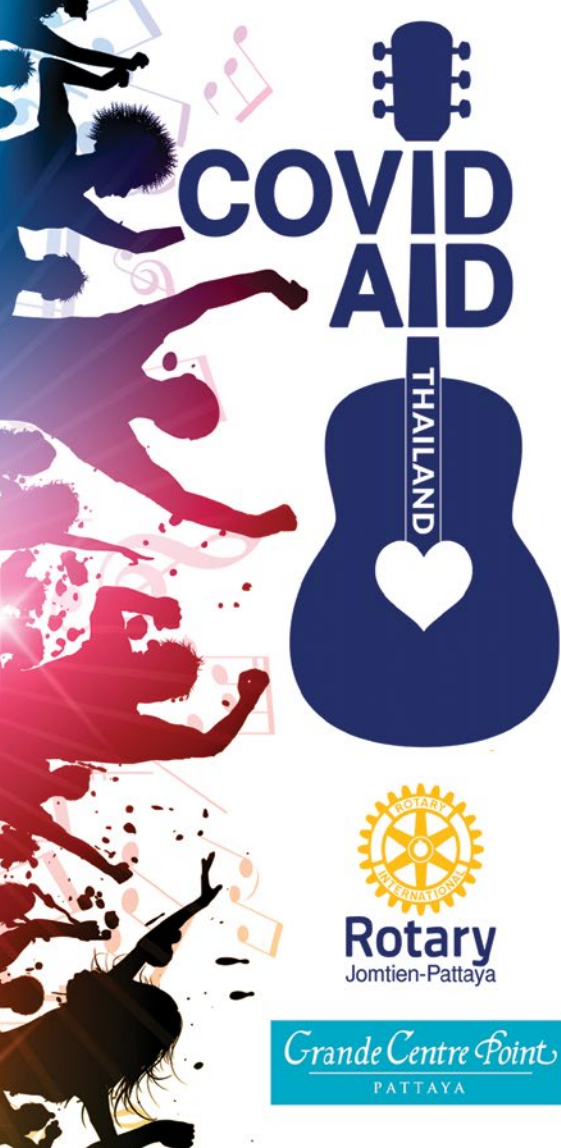


## FORMULA ONE

The Formula One bandwagon rolls into Germany on the 9th, with the actual race taking place at the famous Nurburgring circuit on the 11th. We then go on to Portugal on the 23rd through to race-day on the 25th. Lewis Hamilton and team Mercedes look to have unassailable leads in the drivers and team events respectively and only if they stop now would anybody else have a chance to catch them, and even then it's unlikely!

The newly configured Australian NRL season will wrap up by the 25th of the month and the AFL concludes with the Grand Final to be played in Brisbane on the 24th. Fans of both codes will need to check the schedules for the times of the last few matches. For horseracing fans British Champions day will be at Ascot on the 17th and a host of other events in the EFL, the European football leagues and many other sports will be shown throughout the month. So lots of good viewing in October for all concerned. Support your local businesses and go along to watch!





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## **The Baan Jing Jai Foundation**



We were delighted to join The Rotary Club for a visit to The Baan Jing Jai Foundation and Children's Home.

Started by Khun Pingta back in 1992 with just a small house used as a drop-in centre for street children she and her team do a marvellous job of caring for abandoned and abused children. For more information go to their website: <http://www.baanjingjai.com/>



# School for the Blind

By Derek Franklin



One of the many events, ceremonies and gatherings that was cancelled due to the coronavirus, was the one year anniversary ceremony of the death of Khun Aurora Sribuapan, founder and principal of the Pattaya School for the Blind.

Hosting the event in August, three months later than the actual anniversary date in May, allowed many more people to attend. Former students arrived from nearby and from across the country. They met former classmates, all now older and wiser, thanks to what the school gave to them, and what Khun Aurora fought for; the opportunity for blind and visually impaired children to be educated, to the same level as sighted children.

It was a day of remembering, a day for students, past and current, to come together, and pay their respects and also a day for fundraising.

The school is having financial difficulties, and this was one event where they knew they could ask for and collect donations. A gold and silver money tree was filled with Baht notes fluttering in the breeze. People arrived with bouquets of money, and sacks of rice. Food stalls were set up to feed everyone, free of charge. The local food sellers wanted to do something for the students, and would it really be a Thai event without food?

In the morning nine monks arrived from a local temple to pray and make merit for Khun Aurora. After lunch Father Peter celebrated a catholic memorial mass which then saw a slow procession to the newly erected statue of Khun Aurora where red roses were laid.

The work that Khun Aurora achieved in her life is not something she would ever have boasted about. Watching her former students return, seeing how they are living their life it is plain to see she achieved much more than we could ever calculate.



# CPDC SHOW THEIR SKILL AT ROYAL GARDEN PLAZA

BY RODNEY CHARMAN



Child Protection and Development Center (CPDC) is called in Thai "Baan Aue Aree" which means house of empathy.

A Decoupage project was taught to the children during the COVID 19 lockdown by an expert from Chiangmai and a teacher from Pattaya Decoupage who helped with materials such as glue & acrylic and good quality napkins (mostly from Germany)

The children learnt quickly and had good design skills so last month Khun Toy decided to set up sale of their handicrafts at The Royal Garden Plaza,

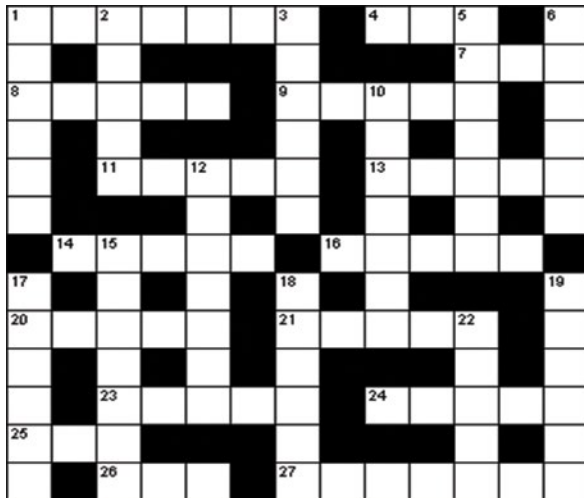


Terminal 21 has also said they may be able to give a free stall to showcase the products - date to be confirmed. However in the meantime, products are available at the Drop-In Center.

HHN Drop In Center/Asean Education Center  
is at  
384/127 Na Kluea 15/1,  
Pattaya City,  
Telephone : 038 411 417  
FB HHN Drop-In Center  
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# CROSS WORD OCTOBER 2020

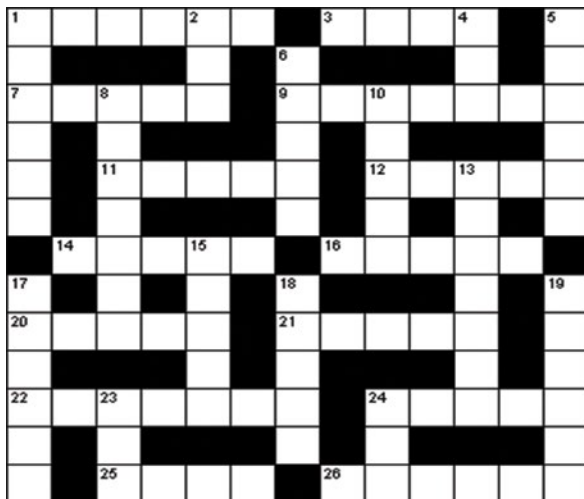


## Across

1. Vegetable (7)
4. Distilled from fermented molasses (3)
7. Alcoholic beverage (5)
8. Soft part of a fruit (5)
9. Luke warm (5)
11. Type of syrup (5)
13. High quality beef (5)
14. Russian pancake (5)
16. Type of rice (5)
20. Shaped and dried dough (5)
21. Cooking juices (5)
23. Type of tea (5)
24. Joint of cooked meat (5)
25. Drink made with juniper berries (3)
26. Fowl food product (3)
27. Edible jelly (7)

## Down

1. Beverage made from beans (6)
2. Edible fish (5)
3. Main course (6)
5. Fortified wine (7)
6. Obtained from the capsicum plant (6)
10. Mild powdered seasoning (7)
12. Flapjack (7)
15. Baked layers of pasta (7)
17. Type of cake (6)
18. Fruit punch (6)
19. Meat from sheep (6)
22. Used to raise dough (5)

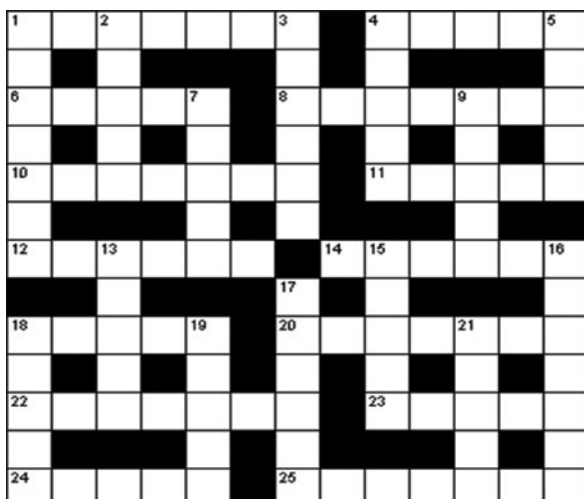


## ACROSS

1. Long-tailed primate (6)
3. Crustacean (4)
7. Large wading bird (5)
9. Burrowing rodent (7)
11. Large ungulate with fleshy snout (5)
12. Could be a Bactrian or dromedary (5)
14. Large Asian feline (5)
16. Short-legged omnivorous animals (5)
20. Plant pest (5)
21. Young nocturnal bird of prey (5)
22. Large American butterfly (7)
24. Doglike mammal (5)
25. Aquatic bird (4)
26. Tropical American arboreal lizard (6)

## DOWN

1. Shellfish (6)
2. Moose (3)
4. Nocturnal mammal (3)
5. Aquatic or land reptile (6)
6. Carnivorous fish (5)
8. Large flightless bird (7)
10. Parrot (5)
13. Sirenian mammal (7)
15. Type of duck (5)
17. Large food and game fish (6)
18. Lepidopterons (5)
19. African antelope (6)
23. Old horse (3)
24. Pig (3)



## ACROSS

1. American city (3,4)
4. Italian holiday isle (5)
6. North African mountain range (5)
8. Capital of Kenya (7)
10. Vienna is the capital (7)
11. Japanese city (5)
12. Sea between Greece and Turkey (6)
14. Canada's smallest province, Prince Island (6)
18. Asian country (5)
20. Capital of Cyprus (7)
22. One of the Balearic islands (7)
23. South American mountain chain (5)
24. Colorado ski resort (5)
25. State capital of Georgia (7)

## DOWN

1. Horseshoe Falls in Canada, \_\_\_ Falls in the US (7)
2. UK country (5)
3. Topeka is the state capital (6)
4. Capital of Egypt (5)
5. Spanish holiday isle (5)
7. Damascus is the capital (5)
9. Nebraskan city (5)
13. African country (5)
15. Capital of Bangladesh (5)
16. Saltwater lake between Israel and Jordan (4,3)
17. Capital of Turkey (6)
18. Florida city (5)
19. Italian city (5)
21. Khartoum is the capital (5) Jordan (4,3)
17. Capital of Turkey (6)
18. Florida city (5)
19. Italian city (5)
21. Khartoum is the capital (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

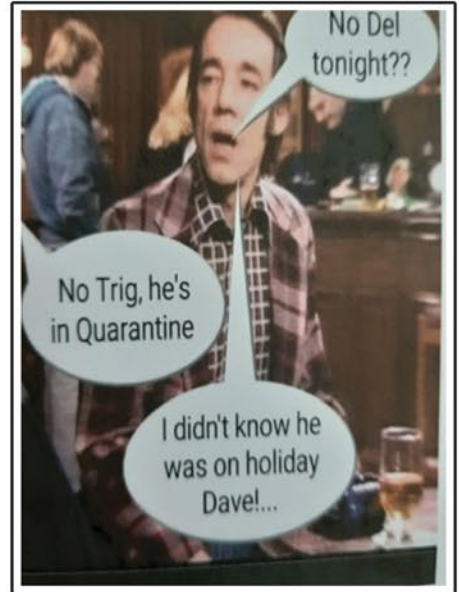
# YOU'RE HAVING A LAUGH !

When you know that  
nothing can kill you!



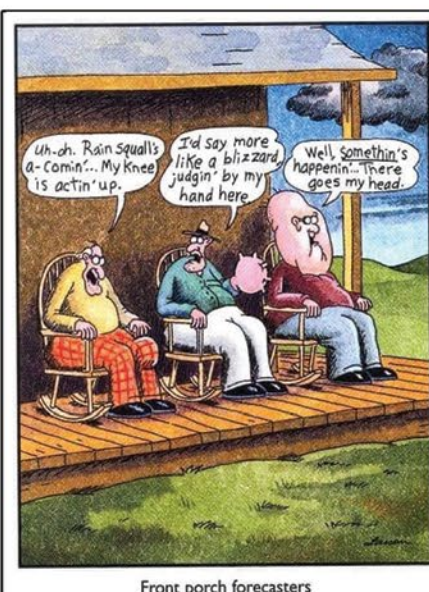
I want my children  
to have all of the  
things that I never  
had in my life.  
Then, I'm going  
to move in with  
them and enjoy!

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"If a drummer comes  
out of retirement will  
there be  
repercussions?"

Don't just stand there,  
Let's get to it,  
Stay alert,  
There's nothing to it.  
VAGUE.



Front porch forecasters



# SOLUTIONS

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

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## **RETIREMENT PLANNING**

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

## **PLANNING TO RETURN TO THE UK?**

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# ALL ROADS LEAD TO PATTAYA!

By Cheyenne Hollis

**F**uture potential of Pattaya touted by leading consultancy CBRE Thailand thinks Pattaya still has potential which can be realized once COVID-19 has passed

A leading property consultancy believes Pattaya will recover from the COVID-19 downturn. According to CBRE Thailand, the resort town has seen an uptick in domestic tourism since the country reopened and is primed for a robust recovery once international guests return.

Additionally, the local government has approved several projects designed to improve Pattaya. These include the monorail project that will make travel through the city easier and a large-scale beach restoration in Jomtien. While these will take years to complete, each will make the area more appealing to both domestic and international tourists.

While Pattaya has long been dependent on international tourists, CBRE Research found local demand has been strong since the government-backed travel stimulus plan went into effect. The Eastern Seaboard surpassed Hua Hin/Cha-Am in terms of visitor numbers since the launch of the program.

“Based on the number of check-ins reported by Fiscal Policy Office, Ministry of Finance approximately 15 days after the campaign was launched, Chonburi province was the most popular destination due to two well-known beaches, Bangsaen and Pattaya, with up to 14,000 hotel room check-ins,” the research noted. “In the past years, the number of visitors in Chonburi was correlated strongly with Pattaya’s, with more than 80 percent of Chonburi’s visitors also going to Pattaya.”

This is good news in the short term, but the city still needs international tourists to reach its full potential. However, that may not happen until later this year or 2021.



One reason for the optimism is the fact infrastructure work has continued on several key projects which should help elevate the Eastern Seaboard.

“In terms of residential and resort home markets, Pattaya is one of the top choices for residents who look for a second home with sea view in resort destinations. In addition to existing amenities such as international schools and hospitals, the city’s decent potential for future growth as the area benefits from infrastructure developments like U-Tapao Airport, the motorway, high-speed train project connecting three airports, as well as EEC development schemes from the government,” CBRE Research stated.



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MagnaCartaLawFirmPattaya

By Magna Carta Law Office

## FRAUD IN THAILAND

**F**raud is an intentional act of deceiving people in order to achieve personal, business, or financial gain.

In Thailand, a person is said to have committed Fraud if he

- conceals information which should be revealed and as a result obtains a property from another party dishonestly; or
- deceives another party and causing this party to execute or destroy a document of right

The offense of cheating and fraud in Thailand may lead to criminal prosecution under the Criminal Code of Thailand or civil prosecution under the Thai Civil and Commercial Code or it may lead to criminal and civil prosecution. In civil cases, the fraud victim may sue the offender and may enter into a compromise agreement to recover monetary compensation. In criminal cases, the offender may be prosecuted and imprisoned by the government authorities.

### CATEGORIES OF FRAUD

#### Public Fraud

Making false statements to the public or concealing facts, which should be revealed to the public.

#### Fraud for Services

Deceiving 10 persons or more to perform any work for himself or for a third person with the intention of not paying their wages, or with the intent to pay lower wages or remuneration than those agreed upon.

#### Fraud for Theft of Food, Drink, or Shelter

A person commits this type of fraud when he orders and consumes food or drinks, or stays in a hotel, knowing that he does not have the capacity to pay the bill.

#### Fraud for Theft of Property

Taking a property of another person, by persuading any weak-minded person, or any person not being able to clearly understand the situation and the consequence of his acts, thus resulting to the offender's advantage to make the victim submit to the disposal of such property.

#### Insurance Fraud

A person commits insurance fraud if he maliciously obtains insurance benefit by causing danger to the insured property.

#### PENALTY

Fraud cases are generally punishable with fine and/or imprisonment. The severity of the penalty depends on the circumstances of the case.

The penalty will be tougher if the offense is committed under the following circumstances:

1. If the offender is pretending to be another person; or
2. If the offender took advantage of the deceived person, who may be a child lacking of intelligence, or a weak-minded person.

#### STATUTE OF LIMITATION

It is the responsibility of anyone who has knowledge of, or has reason to believe a fraud has occurred to report or lodge a complaint as soon as possible. In case of compoundable offence, the victim must lodge a complaint within 3 months from the date the offence has occurred and offender to be known by the victim; otherwise, the action is barred by prescription.



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YOUR FIRST CHOICE FOR THE BEST PROPERTY DEALS

## Pattaya's rebranding and repositioning

Anyone who has been in Pattaya for any length of time will know that this is a city that has been extremely resilient and resourceful. When it comes to making changes and having to react to market pressures Pattaya is a master of reinvention.

Many residents will remember back in 2008 that Pattaya was a favourite destination for Russians. There were those who simply stayed for two weeks on a package deal holiday but others, more affluent, who were keen to invest in businesses and purchase property here.

At that time many property agents would have in their employ a Russian speaker or at least know where to get good translation services to cope with the demand. Pratumnak was a particular Russian hang out with much of the signage in the nearby sois changed from English/Thai to Russian/Thai and even a "Russian market" created at Soi 6.

Unfortunately, however, the crash of the rouble in 2014 and the plummeting of oil prices jointly put pay to all that. Practically overnight the Russians stopped coming to Pattaya which then waited for its next major international influx and found it with the Chinese. Once again, there were serious investors arriving at the same time as the tour bus tourists.

Wealthy mainland and offshore Chinese were keen to invest and would often purchase whole floors of condominiums rather than individual units, resulting in many property developers seriously making hay while the sun shone. Several agents and developers even ventured into China itself to take part in trade fairs, promote Pattaya, and set up joint ventures.

COVID-19 at the beginning of 2020 soon put a stop to this and although there is some hope that many investors are still keen to look at opportunities as and when they are allowed to visit Thailand again, the changing of Pattaya is, at the moment no longer a result of positive market forces but may actually turn out to be due to the negative effects of the worldwide pandemic.

The lack of footfall, while international borders have been so severely restricted this year, can no more keenly be felt than in a city like Pattaya which has such dependency on tourism.

For even though domestic travel is heartily encouraged by the Thai government many businesses simply cannot survive without international visitors.

However, if you look at what Thailand has in mind for Pattaya then it may be that some of the businesses that will close may actually aid the rebranding and repositioning of the city. As far back as 2014, the Thai Ministry of Tourism has expressed a desire for sites including Bangkok, Phuket and Pattaya to be developed as quality destinations and be rebranded in order to attract high-spending tourists.

***Cosy and impeccable 3 bedroom villa in Greenfield Villas 5 at an attractive price near international schools: PC6539***



**Modern and spacious 1 bedroom unit for sale in the centre of Pattaya: PC8043**



Stung by foreign headlines portraying Pattaya as "Sin City" and "The World's Sex Capital" provincial governor Pakkaratorn Teianchai told reporters whilst discussing Walking street "I want people to see that we are not like what they say."

We are not allowing prostitution in these entertainment places" (Pattaya Mail)

There are several important non-red light, family-friendly attractions such as Nong Nooch Gardens, Khao Kheow Open Zoo, and The Sanctuary of Truth. There have also been considerable improvements made to the promenades and beaches in Pattaya and Jomtien in the hope of gaining a more favourable beach resort reputation.

For Pattaya specifically, it was stated that "Pattaya, which is now stereotyped as a nightlife and beach resort city, will be refocused as a world-class sport and family destination." (The Nation Thailand)

Since then the increase in international standard golf courses, cycle tracks, sailing events, and improved sporting facilities in and around Pattaya has helped towards this aim. Even before COVID -19, there was a purge on guesthouses that did not have the correct hotel licenses. This has meant that many, mostly suited to backpackers and single travellers, have fallen by the wayside in favour of new 5 star hotels arriving.

The world-famous Walking Street if it survives at all, will certainly have to go through some changes, one of these has already been put into effect allowing the street to be open all day not as previously, only between 7 pm to 4 a.m.

There are further plans to open it up for street food vendors and an area where the culture and tourism ministries can promote various events.

Undoubtedly one of the most important factors to help with Pattaya City's repositioning will be the accelerated infrastructure to support the expansion of the Eastern Economic Corridor (EEC).

Planners see the region as strategically important being close to Bangkok, and two major airports.

With the planning of much-improved infrastructure including a light rail system, a high-speed train project, and highways that will connect ports and industrial parks growth in the area is very much hoped for.

As long as the strength of the baht doesn't deter too many foreign investors.

Surely the increase of workplaces with more job opportunities for both international and domestic workers, will encourage families into the region.

That may be the best help of all for Pattaya rebranding.



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Monday to Friday 9:00 - 17:30  
Saturday 9:00 - 16:30

Cees (pronounced Case) Cuijpers is certainly no stranger to networking events both in Pattaya and Bangkok. Therefore, it was no surprise that he, along with his team at Town & Country Property were amongst the proud sponsors of the first networking function to be held here in quite some time.

The Ballroom, Bay Tower, of The Holiday Inn Pattaya Beach Road was the venue where The British Chamber of Commerce Thailand (BCCT) was joined by co-hosts American, Australian, Belgium, Canadian, Dutch, German, South African, and Singaporean chambers for an excellent get together and great corporate event.



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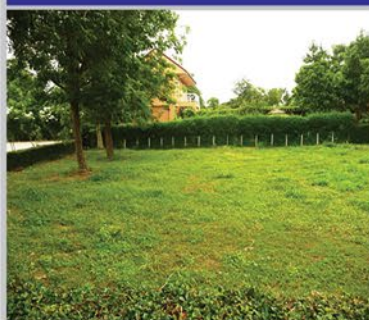
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**For more information or to arrange a viewing please phone 0837 683696**

## Land for sale at St Andrews Golf Course



Building plot at St Andrew's 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

## Investment in Land at Bang Saray



Land numbered 85, Chanote number 10492, Investor sought. Size 1 Rai 3 Ngan 65 square Wah (19125 Rai or 3,060 square meters) Suitable for building a 7 floor Condominium of 200 units EIA and Building permits approved in principle, being upgraded 2.2 Km to Bang Saray Beach, 20 Km to Pattaya, 24 Km to U-Tapao airport (UTP). GPS Co-ordinates 12.755763, 100.896411.

Investment 30,000,000 Baht

Price 30,000,000 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, 99.705715. 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

## Studio for Sale or Rent



Angket Hip Residence floor 10 Soi Boonkanjana 800 meters 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, TV, DVD player, electronic safe, washing machine. Size 36 sqm, foreign ownership. One-year lease 9,000 per month including cable TV.

Price 1,550,000 Baht

Rent 9,000 Baht

## One-bedroom Condo for Sale or Rent



Tropicana Condominium floor 2 on Pratumnak Road Soi 6 close to Thapraya Road, 71 sqm. Lounge, fully-equipped European kitchen, bedroom, bathroom, balcony. Reception, roof-top pool and ground floor pool, under-cover parking, 24 hour security, CCTV, fitness centre, Zen beauty salon, Sure-cell medical centre. http://surecell.com 2 air-cons, microwave, electronic safe, washing machine, 2 flat-screen TVs, 2 DVD players, home theatre. One year lease 20,000 Baht per month including Cable TV and fast Internet. Foreign ownership.

Price 3,900,000 Baht

Rent 20,000 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



**We were proud to be media partners for The Dot Property Thailand Awards 2020 where a total of 25 winners were honored during an exclusive ceremony inside the Park Hyatt Bangkok**

Precautions were in place and numbers limited as per the hotel's guidelines. It was just a great feeling to be able to attend a major real estate event again, especially in such a beautiful location. Although there were unfortunately not as many faces from the Pattaya/Chonburi area special recognition goes to this month's cover story Wealth Asset Group who picked up Best New Launch Condominium Eastern Seaboard for – The Rhine 2 Residence and winners of Thailand's Best Real Estate Agency Condo Connection Thailand - on our facing page.

## Here now is the full list of winners:

### Dot Property Thailand Awards 2020 developer winners:

- SC Asset won Thailand Developer of the Year 2020
- Thailand Developer of the Year 2020 – SC Asset
- Best Housing Developer Thailand – SC Asset
- Best Developer Phuket – Botanica Luxury
- Best Boutique Developer Phuket – Serene Surin

### Dot Property Thailand Awards 2020 residential project winners:

- Best Luxury Residential Condominium Bangkok – The Estelle Phrom Phong from Raimon Land
- Best New Launch Condominium Bangkok – The Issara Sathorn from Charn Issara Development
- Best Urban Lifestyle Development Bangkok – THE EXTRO Phayathai-Rangnam from Singha Estate
- Best Affordable Condominium Bangkok – Modiz Sukhumvit 50 from AssetWise
- Best New Launch Villa Development Phuket – ISOLA Phuket from Dynasty Group
- Best Luxury Condominium Hua Hin – Intercontinental Residences Hua Hin from Proud Real Estate
- Best Branded Residence Hua Hin – Intercontinental Residences Hua Hin from Proud Real Estate
- Best Luxury Villa Development Hua Hin – Luxury Home from The Bibury
- Best Seaview Apartments Koh Samui – Chariya Residence from Chariya Development Management
- Best Villa Development Eastern Seaboard – Garden Ville 5 from Garden Ville Home & Property

- Best New Launch Condominium Eastern Seaboard – The Rhine 2 Residence from Wealth Asset Group
- Best Investment Condominium Eastern Seaboard – Wyndham Garden Irin Bangsaray Pattaya from Irin Property
- Best Housing Development Eastern Seaboard – Patta Define from Patta Group

### Dot Property Thailand Awards 2020 design and innovation winners:

- Special Recognition Award for Green Innovation – The PARQ from Kasemsubsir
- Best Sustainable ECO Design – Serene Condominium from Serene Surin

### Dot Property Thailand Awards 2020 mixed use, hospitality and commercial project winner:

- Best Co-Working Space Bangkok – The Great Room

The Dot Property Thailand Awards 2020 also declared the following recognized the best real estate agencies currently operating in the country. A total of five firms were honored in 2020.

### Thailand's Best Real Estate Agencies 2020

- Condo Connection Thailand
- Bridge Estate (Thailand)
- List Sotheby's International Realty
- Coldwell Banker SEA Property
- YTD Land & Houses – Yarontida Co.,Ltd



## Condo Connection - Proud Recipients of Thailand's Best Real Estate Agencies 2020 Award!



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 20150 Thailand



*Photographs by Carey Peck*





“Hosting an in-person ceremony for the Dot Property Thailand Awards 2020 is a tribute to both the country’s excellent response to COVID-19 and the real estate sector’s ability to overcome challenges brought on by the pandemic,

This year’s class of winners has proven to be resilient in the face of adversity. We are delighted to have the opportunity to celebrate their hard work.”

said Adam Sutcliffe, Dot Property Director, Events and International Markets, “





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The ocean is a place where you can boat, surf, Jet ski or enjoy the trendy shops and endless choice of restaurants along the beach.

The Residence at Dream Pattaya offers its own host of benefits. Imagine kayaking in the morning...sipping your minty tea as the sun is rising on your wrapped around, oversized balcony, watching fishermen fish at night for squid right off your balcony, and other wildlife flying on top of your balcony. 268 Sq meter, 4 bedroom 4 bath condo with 180 degree view of the ocean.

Private and Luxury Beach front. Fully furnished with designer furniture such as KenKoon, and Doi Tung Lifestyle. Ready to move in. Just bring your toothbrush and your wardrobe. 4 Bedroom, 4 Bathroom, 268 SQM



**More Info: 063 048 9499 Joe The Residences at Pattaya**

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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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# 96FM Pattaya People Radio ROCKTOBER



**H**ey, it's Rocktober which means that the 'high season' is on its way, a great reason to get excited – except this year, we probably won't be getting so 'high'. No matter – 'let's rock' anyway.

Last month saw the return of regular 96FM weekday programming with MORNING GLORTY from 8am to noon followed by LET'S DO LUNCH from noon to 2pm. Following that, a little AFTERNOON DELIGHT is always nice from 2pm to 4pm, then, THE SUNDOWNER SHOW from 4pm to 6pm is usually accompanied by a cocktail or three.

A new recent addition have been the regular 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.

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 happy, positive, life enhancement with it's 'Sunshine Hits On 96' motif.



Also, new to Pattaya People Media Group is the addition of Thailand's first 'Bollywood' style station on 90.75fm. 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 computer.

Top quality sound and varied enjoyable content 24 hours a day from 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!

Each day's playlist is carefully put together from seven decades of continuous 'sunshine hits on 96', providing great entertainment with 'less chat, more music' as a credible slogan.

For more information contact Pattaya People Media Group by e-mailing [info@pattayapeople.com](mailto:info@pattayapeople.com).

**ROCK ON dudes!**





# PATTAYA PEOPLE TELEVISION

## TV on TMN



**W**ith hard times for businesses here in our city, Pattaya People Media Group have been providing an opportunity to be seen, not only on TMN cable TV, but all over Thailand and, indeed, worldwide on the 'Pattaya People' free downloadable app for your laptop, computer or smart phone.

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](http://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.

Coming up in October is a continuing focus on up to date immigration news from Key Visa with the latest rules and regulations, plus features with interesting guests interviews and chats.

Also check out Barry and 'Discover Pattaya' 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](mailto:info@pattayapeople.com).

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





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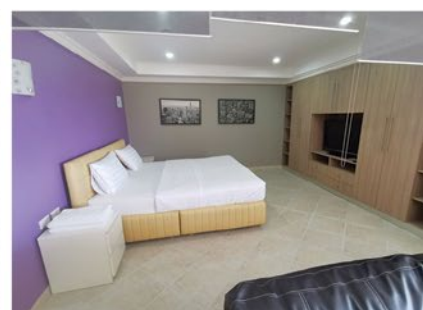


## PRIVATE SALE

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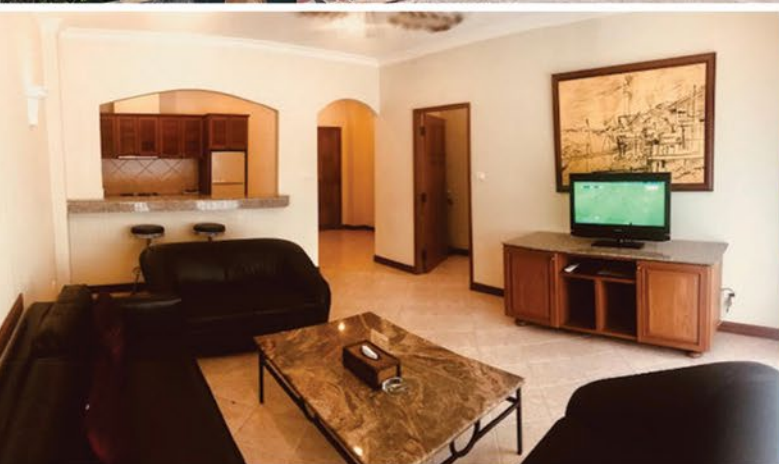
- View Talay Residence 5, Pratumnak
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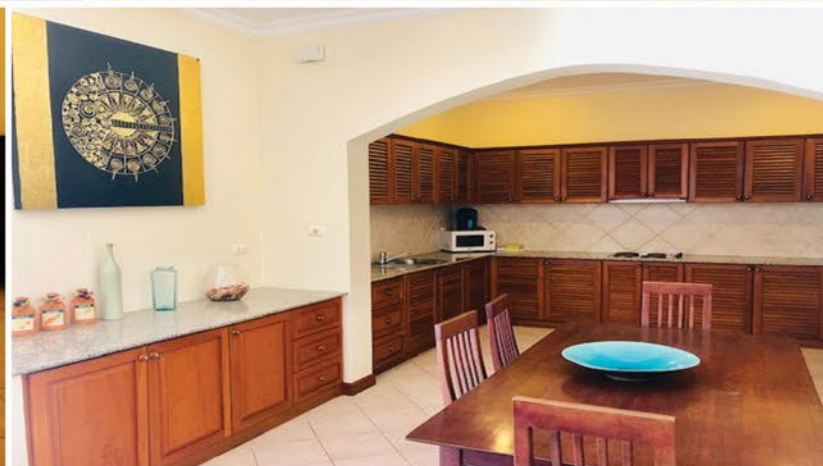
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**To arrange a viewing Contact:**

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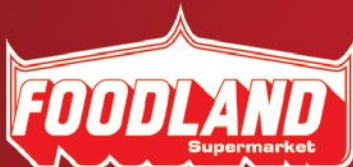
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