

DISCOVER PATTAYA



MARCO ADAPTING TO CHANGE DURING CHALLENGING TIMES



COMPLIMENTARY COPY



Marco at Marco's

If there is one type of restaurant to be found in abundance in Pattaya (apart from Thai) it is the Italian pizzeria of which there are many. So what makes Marco's so special and why is it the Italian restaurant I keep returning to again and again? One reason is that it is extremely pleasant to sit in either al fresco or within the air-conditioned interior. Another that it is equally charming by day or night with just the right ambiance. The lighting is soft (how many restaurants use glaring white lights?!) but not so much as to require the light from your phone to read the menu.

The food is wonderful - not just the 20 different varieties of pizza but the pasta made to order with a selection of toppings. They have my favourite Chicken Caesar salad in town and some great fish and meat entrees. I personally can't look at the dessert menu but I urge you to do so.

Last but certainly not least it is because of Marco himself. He always welcomes each and every diner not in an annoying, bothering way but with a greeting and to ask if everything is ok? He takes as much care of a single diner as he does a whole party and professional to the last keeps a constant check on the kitchen whilst making sure the service is up to speed. This is all done with the instinctive grace that seems to be in each French or Italian host and is really the secret ingredient that makes this restaurant so special.

Marco was born in France, right by the border with Italy. He tells me in that area of France there is a strong Italian influence, hence his name and his parentage - with a grandfather from Napoli. It was an area rich in food culture from both countries and he fondly remembers being brought up on his mother's homemade pasta. He also studied the art of great pizza making at a school in Monaco. The Paolo Pizza (with cream and whole grain mustard) was a recipe he took with him from the school. The Marco pizza has all his favourite ingredients (Parma ham, shaved parmesan, wild rocket - Diavola with spicy salami is his bestseller.

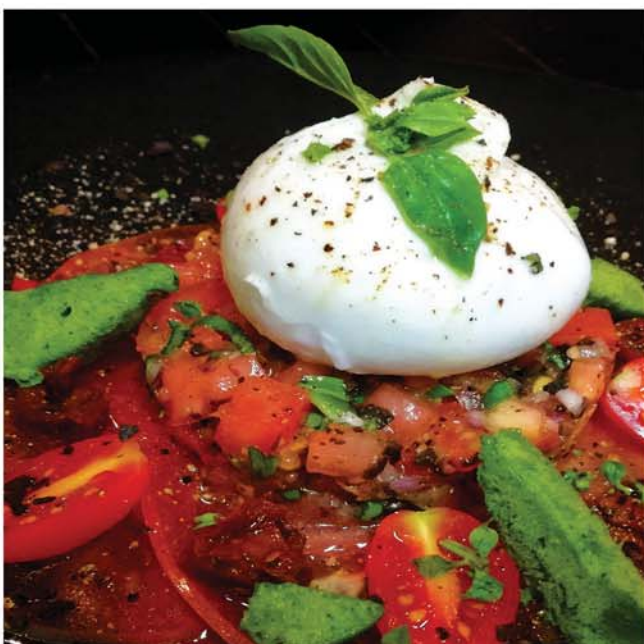
So why the change of location to Pattaya? I was curious to find out. Marco tells me it was a simple phone call from a friend 8 years ago who was opening a restaurant and asked for Marco's help that changed his life forever.

Before then he had never been to Pattaya, Thailand, or even Asia. It soon became apparent to Marco that there were opportunities here.

Although he assessed a possible move to Bangkok, Pattaya's climate, lifestyle, and the fact that having his own business here seemed far more affordable convinced him to stay. So he opened a restaurant at the side of the Rompho market - which is where I first met him and started regularly dining.

After 3 years there he had an opportunity to get a place on what has always been known as the food soi of Pattaya; Thappraya Road where he successfully made the transition to his current charming restaurant, bistro, pizzeria. It was all going really well until Covid -19 struck and Marco was forced as every other restaurateur, to either close or adapt.

So adapt he did. Delivery via Grab had only been a small part of his business accounting for just 5% but as the Take-Away rules came into force this side of the business was ramped up.



Marco and his loyal staff plus the services of Grab and Hungry Now joined forces to help with deliveries. As a consequence, his delivery business has grown and now accounts for 50% of his turnover.

Another positive is that over the last year there has been an increase in Thai customers especially from Bangkok, who are becoming noticeably more discerning about Italian food and wines. Also, the specials which are added on a weekly board have sometimes proved so successful that Marco has added them to his regular menu - a case in point being his Burrata cheese starter.

So whether you're speaking to him on the phone to order a pizza or saying hello as you dine in the restaurant be sure to congratulate Marco he has done well to survive during these challenging times.

Marco's Restaurant is at 306/94 Thappraya Road
Telephone 092 475 1493
Facebook: @marcospattaya
Website <http://www.marcospattaya.com/>



DISCOVER PATTAYA

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This Month in Discover Pattaya

This month I find myself having to say many thank-yous. There are so many people who are really helping us during these trying times. First of all our loyal customers who continue to support us. I am constantly amazed and inspired by the resourcefulness of business owners here in Pattaya who just keep on keeping on. None more so than Marco - this month's Cover Story. He really has had to adapt and change as the times demand.

Thank you also to the photographers and writers who put such passion into their work and our many collaborators. To Barry for keeping me laughing during our monthly TV and radio show, our digital and IT support for our videos and social media, and the owners of the LED screens that show our monthly video.

Thank you all so much!

Gloria



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Coming Soon to The Small Screen



The Walking Dead: Season 10

Post-apocalyptic Zombie horror TV show returns with the second part of the season that started last February. We return several months after the whisperer massacre that took place during the community fair. The group now prepares to defend against the Whisperers, a formidable force supported by a massive zombie horde.

If the community loses then the last chance for civilization will die with them. These six new bonus episodes complete season 10.



Firefly Lane: Season 1

Set during the 1970s it's the story of Kate Mularkey and Tulley Hart's lifetime friendship. This season is set over three decades with different cast members playing the friends. It's about a generation of women and the choices they made after the summer of love.

Adaption of the 2013 novel by Kristin Hannah who also wrote the Winter Garden, The Great Alone, and The Nightingale.



Clarice: Season 1

Rebecca Breeds stars as FBI agent Clarice Starling and tells the untold story of her life a year after the events of "The Silence of the Lambs" Returning after a few months break she continues pursuing murderers and sexual predators. She is still coping with the psychological and physical effects caused by earlier events.

Produced by Alex Kurtzman and Jenny Lumet with writing from Elizabeth Klaviter from Gray's anatomy. A sequel based on the characters from The Silence of the Lambs novel by Thomas Harris.



Music

Kate Hudson Maddie Ziegler Leslie Odom Jr. Héctor Elizondo Mary Kay Place Tig Notaro Ben Schwartz

Recently sober drug dealer Zu finds out that she is her autistic half-sister's sole guardian. In this musical drama film.



Jiu jitsu

Alain Moussi Frank Grillo JuJu Chan Tony Jaa Nicolas Cage.

Once every six years, an ancient order of jiu-jitsu fighters has to defend mankind against a dangerous race of alien invaders.



Nobody

Bob Odenkirk, Connie Nielsen, RZA, Aleksey Serebryakov and Christopher Lloyd

A mild-mannered family man with PTSD helps a woman being assaulted by a gang. After this, he faces revenge from a local drug lord.



The Ice Road

Liam Neeson Laurence Fishburne Ray McKinnon Marcus Thomas Benjamin Walker Amber Midthunder

When a diamond mine collapses in northern Canada a rescue mission heads out over a frozen ocean to reach the survivors.



Skyline 3

Rhona Mitra Lindsey Morgan Alexander Siddig Johathan Howard Daniel Bernhardt

A team of elite soldiers travels to an extraterrestrial world hoping to save what's left of humanity. Sequel to 2017's Beyond Skyline.



Breaking News in Yuba County

Tate Taylor Allison Janney Mila Kunis Awkwafina Regina Hall Samira Wiley.

Whilst caught cheating a husband dies from a heart attack, his wife buries his body and tries to keep it secret.

Looking for something to watch? Don't forget the Classics 20 All Time Great Black and White Films

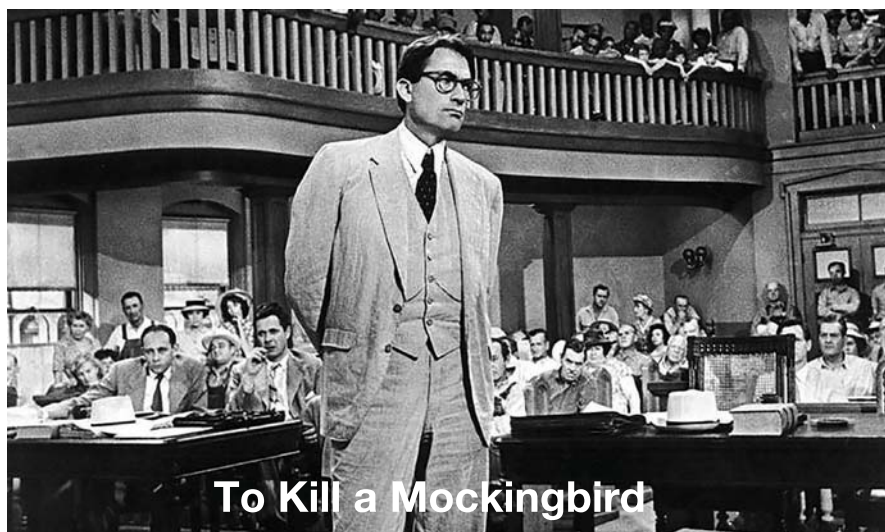
The National Film Preservation Board of America has a registry of films considered to be of enduring importance. These films must be 10 years old or more to ensure they have stood the test of time and there are 25 new entrants every year. Suggestions come from public recommendations and from the board themselves whose job it is to find and review these films.

The film registry insists on films being kept in their original format i.e. black and white rather than touched up post production in colour and certainly there is something rather special about watching these black and white classics. They never really appear as absolute black and white but rather hundreds of gradations of grey with tremendous lighting and shadows which is why even contemporary filmmakers still like to use the film noir style as seen by the recent Oscar winning "Roma".

Many of our list you may already know or have seen before. However, if you have recently found yourself desperately scouring Netflix for something to watch we really do recommend viewing or revisiting these:

- 01 To Kill a Mockingbird
- 02 Citizen Kane
- 03 All About Eve
- 04 The Maltese Falcon
- 05 Seven Samurai
- 06 Casablanca
- 07 Hamlet
- 08 Roman Holiday
- 09 The Night of the Hunter
- 10 The Third Man
- 11 Metropolis
- 12 It's a Wonderful Life
- 13 Bicycle Thieves
- 14 On the Waterfront
- 15 Rebecca
- 16 Schindler's List
- 17 Adam's Rib
- 18 Psycho
- 19 She's Gotta Have it
- 20 Roma

Film is the art form of the 20th century - so happy viewing!



To Kill a Mockingbird



Citizen Kane



All About Eve

รัตน์ เปสตันยี ผู้ปฏิวัติอุตสาหกรรมภาพยนตร์ไทย

โดย ทรงพล ศิริวรรณเลิศ



รัตน์ เปสตันยี (2451-2513)

เนื่องในโอกาสครบรอบ 50 ปี มรณกาลของ รัตน์ เปสตันยี ผู้เขียนเห็นว่า รัตน์ เปสตันยี เป็นบุคคลสำคัญของวงการภาพยนตร์ไทยที่พวกเราจะไม่ได้ในฉบับนี้จึงขอยกเรื่องราวของท่านมาบอกเล่าท่านเป็นผู้ที่ยกระดับการสร้างภาพยนตร์ไทยให้เท่าเทียมภาพยนตร์ระดับมาตรฐานโลกในขณะที่ยุคสมัยนั้นไม่ได้ใส่ใจสนับสนุนอุตสาหกรรมภาพยนตร์ไทยเท่าที่ควร นับตั้งแต่ยุคสงครามโลกครั้งที่ 2 ประเทศไทยอยู่ในภาวะสงคราม ขาดแคลนฟิล์มภาพยนตร์ มหรสพในยุคนี้จึงเปลี่ยนจากการฉายภาพยนตร์มาเป็นละครเวทีแทน เมื่อสงครามยุติลง ฟิล์ม 35 ม.ม.และ อุปกรณ์การ

ถ่ายทำ ราคาแพง ผู้สร้างหนังไทยในยุคนั้น จึงใช้ฟิล์ม 16 ม.ม.ที่ไม่มีแถบเสียง แต่ใช้วิธีพากย์สดๆ ขณะฉายในโรงภาพยนตร์ อันเป็นรูปแบบการสร้างภาพยนตร์ไทยที่นิยมทำกันทั่วไป เมื่อเข้าสู่ยุคปลาย 2490 ต่อกับต้น 2500 รัตน์ เปสตันยี มีแนวความคิดที่อยากจะให้หนังไทยก้าวเข้าสู่มาตรฐานโลก ในปี 2496 รัตน์ เปสตันยี จึงได้เปิดโรงถ่ายของตนเองในชื่อว่า “หุมนานภาพยนตร์” โดยเชิญจอมพล ป.พิบูลสงครามนายกรัฐมนตรี ยุคนั้น มาเป็นประธานในพิธีเปิดโรงถ่าย โดยลงทุนสั่งซื้ออุปกรณ์การถ่ายทำในระบบ 35 ม.ม.เข้ามาใช้ และได้สร้างหนังในระบบ 35 ม.ม.ด้วยฟิล์มสี มีเส้นเสียง ในระบบขาวดำออนฟิล์ม คือบันทึกเสียงผู้แสดงลงฟิล์มขณะถ่ายทำเป็นเรื่องแรกของประเทศไทย คือ ภาพยนตร์เรื่อง “สันติ-วิมาน” โดยนำออกฉายประกวดและได้รับรางวัลในระดับภาคพื้นเอเชียอาคเนย์ เป็นหนังแนวรักที่แสดงวัฒนธรรมตะวันออกให้ชาวตะวันตกเข้าใจได้อย่างดีเยี่ยม จนเป็นหนังไทยเรื่องแรก ที่ได้นำออกฉายโชว์ในงานเทศกาลหนังที่เมืองคานส์ ต่อมาในปี 2500 ได้สร้างหนังขาวดำแนวโรแมนติกดราม่า เรื่อง “โรงแรมนรก” เดินเรื่องในฉากเดียวตลอดเรื่อง ซึ่งท่านเขียนบท อำนวยการสร้าง กำกับการแสดงและตัดต่อเอง ระบบบันทึกเสียงจริงแบบขาวดำออนฟิล์มเช่นกัน ลุปี 2504 ได้สร้างภาพยนตร์ในระบบซีเนมาสโคปสีเรื่องแรกของไทยคือ “แพรดำ” ได้ชื่อว่าเป็นหนังฟิล์มหนัง นับเป็นหนังไทยเรื่องที่สองที่ได้ฉายโชว์ในเทศกาลหนังเมืองคานส์ จอมพล ป. เคยมีโครงการสร้างเมืองหนังของไทยแบบฮอลลีวูดที่จังหวัดชลบุรี แต่มีอันต้องล้มเลิกเพราะถูกปฏิวัติเสียก่อน รัตน์ เปสตันยี ได้ต่อสู้เพื่อเรียกร้องให้รัฐบาลยุคต่อมาส่งเสริมภาพยนตร์ไทย แต่ก็ต้องเผชิญกับอุปสรรคมากมาย จวบจนวาระสุดท้ายของชีวิต ในขณะที่กำลังประชุมกับตัวแทนรัฐบาล เพื่อนำเสนอปัญหาของคนในวงการภาพยนตร์ไทย รัตน์ เปสตันยี ได้ล้มลงและเสียชีวิตด้วยโรคหัวใจ กลางที่ประชุมตอนค่ำ วันที่ 17 สิงหาคม 2513.....





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WHY IS THIS REWARDS AND PRIVILEGES PROGRAM ESTABLISHED?

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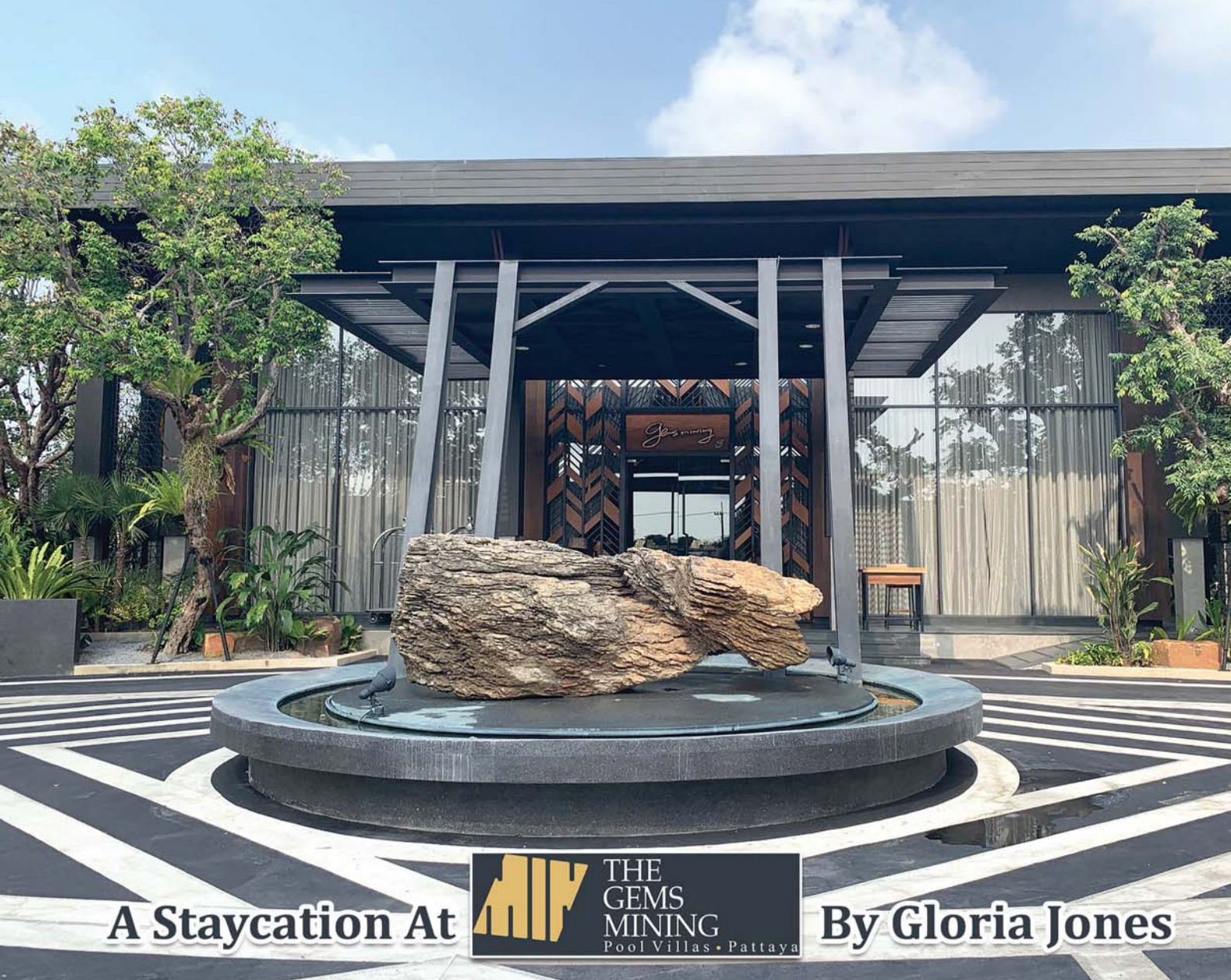
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The ancillary services may also be of value from time to time and are easily provided.

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You will have submitted a list of beneficiaries and the next person or persons on that list will automatically be entitled to the remaining assets and can continue being a member of the trust. At that point in time all relevant paperwork will have to be submitted concerning the deceased and current evidence of identification of the next beneficiary or beneficiaries.





A Staycation At



By Gloria Jones

Gems Mining Pool Villas is a brand new landmark resort for Pattaya. Beautifully laid out with tree-lined paths and five-star facilities. There are exotic plants everywhere personally selected by the owner which is just one of the signs that tell you this is a real passion project. The attention to detail can be found everywhere, with the South African concept and safari theme incorporated throughout.

When Covid restrictions are finally lifted this will be the go-to venue for top drawer corporate events. With easy access to and from Bangkok and all the meeting rooms, parking, function facilities, restaurants, spa, and onsen, you could ever need.

Right now there's an exciting opportunity to take a welcome break in one of the spectacular pool villas.

For those of us who have been locked in, locked down, and generally frustrated by lack of traveling, a get-away here is now a real and much-needed option.





Gems Mining Villas are enticing us to have a look inside their wonderful oasis with an early check-in of 8 am and a late check out of 4 pm.

So do yourself a favour and when you arrive, do so at the very earliest time possible. You'll want to get acquainted with your home away from home as quickly as you can. Get to grips with all the apps and remotes for air-con, automatic curtains, coffee machine, TVs, and the Marshall speaker for your villa sounds- then get ready to luxuriate and enjoy!

With high ceilings, beautiful bedding, and great pool-facing rooms, the villas are themed as the name suggests, by gemstone colours. Topaz a villa with jacuzzi, Emerald 1 bedroom, Ruby three bedroom - you get the idea.



Our staycation was in a Sapphire (2 bedroom) villa. Both rooms were en suite with King size beds and huge flat-screen TVs.

The master was actually more of a suite comprising a charming sofa, table, chaise longue, and seating area.

If I have a minor gripe it would be that there was no full-length mirror but that is a small observation considering that all the fixtures and fittings here are of the very best quality and decorations extremely comfortable throughout.



The staff couldn't be more accommodating they were all extremely friendly and quick to respond to any request.

Now is certainly the time to enjoy a change of scenery and discover the joy of a staycation. While we eagerly await the reopening of the restaurant facilities there are delicious meals available from room service.

You can create your own couple or family bubble and take a much-needed break. Plus the excellent WiFi throughout means that you might even be able to take time out during the working week and have a get-away while you work from the poolside of your villa.



Find out more by visiting their Facebook: The Gems Mining Pool Villas Pattaya @thegemspattaya -- Hotel Resort Website thegempattaya.com Or phone +6638 22222



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Seasons and Weather

Seasons

In Thailand we only have 3 seasons.

1. Rue-do-ron / Nah- ron ฤดูร้อน Hot season/summer
2. Rue-do- fon / Nah - fon ฤดูฝน Raining season
3. Rue-do-neaw / Nah - neaw ฤดูหนาว Winter

Rue – do – ron Starts from Middle of February to middle of May

Rue-do-fon Starts from middle of May to middle of October

Rue – do – neaw Starts from middle of October to February

Weather

- | | | |
|--------------|------|---------|
| 1. Ron | ร้อน | Hot |
| 2. Fon – tok | ฝนตก | Raining |
| 3. Oun | อุ่น | Warm |
| 4. Now | หนาว | Cold |



Conversation:

1. Chan-ron-mak I am very cold.
2. Duen-nee-pen-rue-do-neaw. This month is winter.
3. Khung -nok-ron mak. Out side is very hot.
4. Khun -mee –nam-oun mai? Do you have warm water?
5. Chan –mai-chop-rue-do-fon. I don't like raining season.



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BREEZEO

Breezeo is one of the loveliest places to dine in all of Pattaya, especially right now while the temperatures are so mild and there are refreshing sea breezes to enjoy. Blow away the cobwebs of lockdown by enjoying a lunch at this fabulous restaurant.

The menu is full of light tasty tempting dishes that you would expect such as salads and tasty chicken satay albeit with one of the best satay sauces I have ever tried. Then there are few surprises on the menu such as the signature Spaghetti Romanesco with a sauce that packs a punch and duck with hoisin sauce inside some seriously tasty pancakes.





It's a delightful place to come with friends and OK even though right now we can't have alcohol when we dine out with the Mocktails that Breezeo serves that's really not a problem. Two of our favourites are: "Wake Me Up" a Cucumber Papaya Orange and Apple Juice concoction and "Going Bananas" a refreshing blend of banana, carrot, and orange juice

Then of course there are the many variations of freshly brewed coffee to enjoy.

Until April there is also a BBQ Explosion with delicious BBQ Seafood Platter, Surf and Turf or BBQ Meat Set.

If you've never been I urge you to come and try Breezeo just call in at The Royal Cliff Hotel to be shown to the elevator that will take you down to this truly seaside location.



Breezeo

<https://www.royalcliff.com/shop/breezeo/>

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International Dishes



11

Caesar Salad (P)

Classic Anchovy Dressing, Parmesan, Garlic Croutons and Crispy Bacon
ซีซาร์สลัด ใสปลาแอนโชวี, พามาซานชีส, ขนมปังกระเทียมอบกรอบ และเบคอนกรอบ
THB 190.-



12

Creamy Lemon Chicken (H)

Pan-Fried Chicken Escalope in Parmesan Egg Coat with Lemon Cream Sauce and Spaghetti
ไก่ทอดครีมมะนาว และสปาเก็ตตี้
THB 220.-



13

Grilled Australian Wagyu Beef Rump Steak (A)

Grilled Mixed Vegetables, Sautéed Potatoes and Peppercorn Sauce
เนื้อวากิวออสเตรเลียย่าง เสิร์ฟพร้อมผักย่าง, มันฝรั่งผัด และซอสพริกไทย
THB 670.-



14

Seared Salmon Fillet (A)

Sautéed Spinach, Garlic Mash and White Wine Butter Sauce
ปลาแซลมอนย่าง เสิร์ฟพร้อมผักโขม, มันฝรั่งผัดกับกระเทียม และซอสไวน์ขาว
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Winds of Change at Pepper & Salt

By Kim Waddoup



Here to serve you

Pepper & Salt is a well-established restaurant with an excellent reputation for quality and value for money. Located on Khao Talo, it has long been popular with residents in the local area in addition to attracting diners from further afield. The Winds of Change are now blowing through stylish furnishings as a new, dynamic team with exciting culinary ideas have taken over.

Under the new management, the highly motivated team is looking to maintain, yet vastly extend the offers from this well-established, and much loved restaurant. And there are many changes! A completely redesigned menu created by the talented new Chef, a new Breakfast Menu and a vastly improved wine list, to name but a few.

Introducing Khun Aeh Sunisa

Born and raised in Pattaya with traditional Thai cuisine, Khun Aeh explored the world whilst working as a Chef with International Cruise Lines. "Here I could see the variety of products on offer whilst maintaining traditional menus for our International guests. I love Thai food, but I now have a deep understanding regarding dishes from around the world and therefore can cater to the specific requirements of our guests. I am experimental yet remain true to my traditional roots. I want the food that comes out of our kitchen to be Home Cooking style, by using fresh and where possible, Organic products".



Khun Aeh Sunisa

Organic Food

The label 'Organic' is often badly abused, but not in Pepper & Salt. In creating the new menu, they have endeavoured to source Organic and Healthy products from as close as possible ensuring highest quality and absolute freshness, rather than importing products from vast distances.

Carbon Footprint

Pepper & Salt is also working to reduce its Carbon Footprint by sourcing as many products as possible locally. Naturally some supplies have to be procured abroad and imported, but where possible, locally produced and organically cultivated products are favoured.

Wine

"Wine is one of the most civilized things in the world and one of the most natural things of the world that has been brought to the greatest perfection, it offers a greater range for enjoyment and appreciation than, possibly, any other purely sensory thing." Ernest Hemmingway.

Wine lovers will really appreciate the new and vastly upgraded wine list with an excellent choice of well selected wines covering most wine producing countries and regions. One can see that a great deal of time and research has been made in this discerning collection of well-priced wines that can be admirably paired with all of the dishes.

Staff

The staff of Pepper & Salt are the backbone of the business and their enthusiasm for friendly and professional service is apparent from the moment you enter. Working with the motto "you come as a guest and leave as a friend" all visitors are guaranteed a warm welcome and attentive service.



Live Music

Every Saturday there is live music at Pepper & Salt. Enjoy a lively evening with exceptional food, good wines and great music.

Social Media

Fully embracing the positive aspects of Social Media Pepper & Salt have invested a great deal of time to make your lives much easier:-



Lamb Shank



New Breakfast Menu



Mouth-watering desserts



Pepper & Salt
66/1115 Khao Talo,
Pattaya
Tel: 095 559 8262

TEAM OF ISAAN WOMEN WINS MICHELIN STAR FOR THAI RESTAURANT IN BELGIUM

By Asaree Thaitrakulpanich

The Michelin Guide recently announced their new stars for Belgium and Boo Raan was one of 10 new one-star additions, with the Guide calling it

“The best Thai restaurant in Benelux.”

Five women from the northeastern region of Thailand won global recognition for their commitment to serving authentic Thai cuisine in Belgium.

Their restaurant, Boo Raan, in the town of Knokke-Heist was awarded a Michelin Star on Monday.

An achievement head chef Dokkoon Kapueak attributed to the team's she learned during her childhood in rural to dial down the spice level.



Dokkoon Kapueak. Photo: Fred de Brock / Courtesy of Dokkoon Kapueak.



Dishes from Boo Raan. Photo: Boo Raan / Facebook

“Honestly, I came from a poor family. While my parents worked, I lived with relatives. They taught us how to cook kaeng curries, jaew sauce, and omelettes to feed everyone, so my food is 100 percent Thai,” said Dokkoon, 38.

“There’s absolutely no making the taste abbeaw for farang,” she said using a term that means to “make cute” or “dumb down.” “Dokkoon Kapueak prepares authentic dishes in the open kitchen to order,” the guide reads. “A festival of fresh ingredients, spices, unctuousity and manifold flavours explain why Boo Raan is such a benchmark locally and nationally.”

Dokkoon’s all-female, all-Isaan-born team consists of Nittaya Yokma, 37, from Kalasin; Somporn Roobroeck, 30, from Si Saket; Yuwadee Spriet, 36, from Buriram; and Nognoot Nakinchart, 39, from Nakhon Ratchasima. Their head chef, Dokkoon, has lived in Belgium for 12 years.

Boo Raan (the name means “ancient” or “traditional” in Thai – nothing to do with the one-star Bo.lan in Bangkok) was founded in Nov. 2016 at the urging of business partner Patrick Eigenaar, even though Dokkoon insisted that she didn’t know how to run a restaurant. What she did know – was how to cook.

The star dishes of Boo Raan are ones that Thailand’s residents would find ubiquitous and normal: chicken satay, kaeng kai chicken curry, beef larb nam tok, som tum, and so on. The ingredients are imported from Thailand every week. “They’re very basic dishes, but with classic taste. Normally Thais think farangs will be interested in tom yum, but it’s actually super normal dishes like these that are interesting too,” Dokkoon said.

“At first, 20 percent of the feedback was about the food being too spicy. But we stood firm and wanted to present the real taste.” Soon enough, foreign tongues got used to the heat, and regulars kept coming back. Eight months after the restaurant opened, they won the Gault & Millau restaurant guide’s “Asian Restaurant of the Year” in 2017. The prestigious guide awarded the Boo Raan a 13.5 out of 20 on their rating scale.

The restaurant now requires a reservation one or two weeks in advance, Dokkoon said.

Boo Raan is located in Knokke-Heist, a municipality of Belgium along the North Sea known as a seaside resort. The restaurant is located about 10 kilometers away from the border with the Netherlands, and is open Wednesdays through Sundays from 6:30 to midnight.



Asaree Thaitrakulpanich can be reached at asaree@khaosodenglish.com and followed on Twitter at @Asaree. Read Khaosod English on our website, www.khaosodenglish.com, or follow us on our Facebook and Twitter.

With thanks to Khaosod English for this article





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The Coffee Detective visits Reader's Café

Having often driven past the Readers Café on Third Road a visit to this establishment has long been on the books.....(Forgive the pun...Ed!). Readers Café features a massive bookcase with a vast variety of titles that you can read whilst you sip on your coffee. The Café is bright, cheerful and spacious offering multiple choices of seating.

Location: ****

It is very conveniently located on 3rd road with plenty of street parking immediately outside. There is an extensive and brightly decorated outside area which is pleasant to sit in especially with the current lack of traffic.

Ambience: ***

The interior is spacious, comfortable and well designed with plenty of large counter areas and tables for the 'Laptop Warriors'. Also large sofas for those looking to relax and sit more comfortably.

Quality of Coffee: **

The coffee is supplied by BonCafé and I believe that my espresso was their popular Mocca Dark blend of 100% Robusta. This is an adequate coffee with rich attributes and although I as an espresso fanatic personally find the blend rather trite, it is ideal for any coffee variation requiring the addition of milk.



Service: **** Price: \$\$

Service is friendly and attentive and there is an extensive menu ranging from Breakfast to Classic, to Thai and even Indian dishes and prices are reasonable. I particularly loved their chocolate brownie!





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Facebook: Reader's Cafe@ReadersCafePattaya· Restaurant



Healthy Eating – Vote Vegan for 2021

As recently as the beginning of the previous decade the idea of mainstream veganism seemed laughable. Veganism resided on the margins of our eating habits, it seemed associated with the most extreme animal lovers or healthy eaters- it was something that seemed incredibly difficult to practice even if you wanted to – where would you buy ingredients? How on earth do you milk an almond? And would it mean the end of dining out forever?

Thankfully not, as times have changed. Now the benefits of following a vegan diet or at least trying to follow one are widely known, and far, far easier to practice.

I believe the newfound adoption and upsurge of veganism stem from the fact that we are now so much more aware of the world around us and what a disastrous impact upon that world we have had. Firstly, we now know, drinking cow's milk is- I regret to say- a terrible practice. Even though no cows are directly harmed by the milking process the practice of commercial milking as it currently exists is indirectly lethal. So, just because a farming process doesn't result in slaughter don't assume it's cruelty free.

Moving away from animal welfare, there are selfish reasons why we should be following a vegan diet. The methane gas and the resulting carbon dioxide produced by livestock is one of the world's biggest contributors to greenhouse gas emissions. Cutting down on the amount of meat we eat means we're cutting down on methane gas production and helping to save this damaged planet. So, for the sake of all of us, not just our furry friends a vegan diet should be very appealing.

That being said, speaking from the point of view of someone who hasn't quite kicked the cheese habit, sometimes going fully vegan overnight is easier said than done. However, please don't let that stop you from incorporating some aspects of veganism in your diet- cliché or not perfection is the enemy of progress.

So- why not try a day a week where you're vegan? Making the effort to follow veganism has never been easier and frankly, as Sir David Attenborough will testify to- has never been more crucial.

But don't look at it as a laborious process either! With these handy restaurant selections below, know that even in Pattaya a vegan diet means health and a wealth of tasty options.



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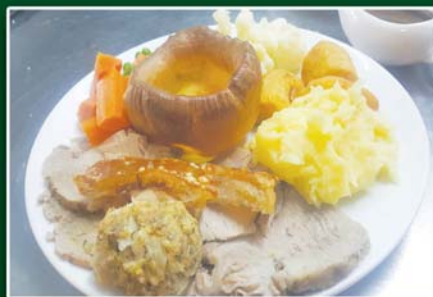


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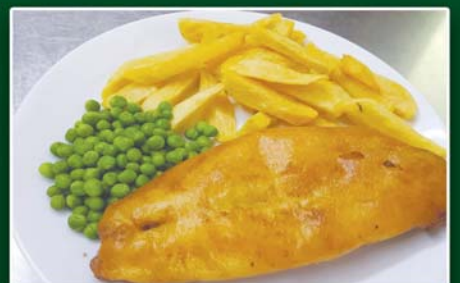
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No Excuse to forget Valentine's Day This Month

We may still find ourselves in a strange Covid World
but even so, we can't forget our loved ones on
Valentine's Day this month.

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have no intention of going out to
buy presents on the 14th there's no
excuse.

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JASON RUPP NOW IN MEXICO

We last heard from Jason in May last year when he was in New York - you can still read his article on our travel articles page at pattayatrader.com. - now he's in Mexico we thought we'd catch up with him.....Ed

As an American, Mexico was always too close for me. I preferred to go as far away as possible, Thailand or Indonesia being my go-to places for comfort and adventure. Pattaya became my home away from home, but when I left in February 2020, I never imagined that a whole year later I would still not have been back. While sheltering at home in the U.S. for most of 2020, I kept researching travel, and Mexico kept showing up in my feed. The country welcomes tourists and surprisingly no Covid-19 test or quarantine is required for entry..

Throughout the months of staying home, I dreamed of the beaches, margaritas, and all the delicious Mexican food. I decided that I could wear a mask in Mexico like everyone else and that I wasn't going to be afraid anymore. So I bought an airplane ticket to Mexico City without any plans, except to make it to the beach.

Upon arrival I bought a sim card, with one month service, at the Oxxo convenience store for \$10, and started searching for accommodation in the arrivals hall. A friend told me to book a place in the safest area, between La Roma and La Condesa. I got lucky and booked a two-bedroom apartment for \$20/night. Covid-19 has left some very good accommodation prices! I then got a 30-minute Uber ride for only \$10 to my apartment for an easy check-in.

I began walking around Mexico City founded 500 years ago, it is a city rich with historical sites. I was pleasantly surprised to be able to sit inside and enjoy restaurants, cafes, and bars. People were sitting, laughing, smiling, and enjoying themselves! The area reminded me of Madrid or Barcelona, with beautiful tree-lined streets. The weather was like a warm spring day. I was in heaven. I felt alive again. It wasn't Thailand, but it sure was awesome and prices were affordable. Is it safe, health-wise? It seemed safe, I wore a mask, the same as almost everyone else - cheap and available for sale all over the place. Every doorway had staff checking temperatures and I was surprised how much hand sanitizer Mexico has for the public - free at every entry.

I really enjoyed Mexico City with its incredible street food culture. It has every kind of food you can think of: Korean, Japanese, Italian, French, even Thai. Also every kind of taco imaginable and entertaining street musicians livening up the scene. I enjoyed discovering the local craft breweries, such as Falling Piano, where you can smell the beer brewing as you enter. I found the prices to be very similar to Thailand, even cheaper - especially for alcohol.



Eventually, after five weeks of enjoying Mexico City, the authorities decided the fun was over and closed restaurant dining, as Covid-19 cases were rising. My foodie adventures turned to eating delicious takeaways in my apartment. When Christmas came, luckily, I had made a handful of Expat friends who invited me to a small, but very fun Christmas party.

After six weeks of living in Mexico City I decided to venture out and see more. Some of my friends had moved to Veracruz which has a more Caribbean influence. Another went to the beach paradise of Playa Del Carmen but I was anxious to see the historically-preserved city of Oaxaca. As a foodie, I knew Oaxaca to be famous for Mole (a rich Mexican curry sauce), Oaxaca chocolate, Oaxaca coffee, and Mezcal. I took an overnight luxury bus dreaming of these delights, and when I arrived, I found myself in foodie heaven. I immediately began enjoying homemade ice cream sold on the street, watching street musicians, and drinking in Mezcal bars. All eateries, and markets were open, but with spread out tables, and lots of hand sanitizer. I discovered a dive rock bar called Clandestino, which jams out cover bands nightly, and the more hipster live music spot Zapotec Mixology bar, with its incredible singers in English and Spanish.



I hadn't had a dental cleaning in over a year so I asked some local expats in Oaxaca for a recommendation and made an appointment. It was discovered that I had not one, but four cavities to fill. I feel that a lot of us haven't taken care of our teeth during lockdown, and I am one of those people. Surprisingly, the cost was about \$12 for each cavity filled, and \$12 for the cleaning. I could get used to these prices.

Currently, I am still in the state of Oaxaca, but in the quaint mountain town of San Jose del Pacifico, also known as the magic mushroom capital of Mexico. While I haven't tried the shrooms yet, and am not sure if I will, I did enjoy an amazing Temazcal sweat lodge sauna for \$10, and loved it. They say it helps cleanse away bad spirits.

Mexico has been amazing. I have no plans to leave yet, but Thailand, I miss you. I will be back.

Follow Jason Rupp on his Youtube channel "Travel & Pamper" which features many videos of Pattaya and Thailand:
<https://www.youtube.com/JasonRuppVlog>

Instagram: https://www.instagram.com/dontmisstheplane_jasonrupp/

Facebook: <https://www.facebook.com/Jason-Rupp-the-artist-actor-and-presenter-630293433717579>





By Claire Lim

**ROLEX MIDDLE SEA RACE:
I LOVE POLAND CLINCHES MONOHULL LINE HONOURS
AND ELUSIVE 2 RETAINS THE ROLEX MIDDLE SEA
RACE CROWN**



Due to Discover Pattaya's Collaboration with Yacht Style Magazine we can now republish edited highlights of some of their wonderful articles right here for you to enjoy. The first being their review of the Rolex Middle Sea Race. If you would like to read the full articles please go to their website yachtstyle.co....Ed

At the 41st Rolex Middle Sea Race, I Love Poland skippered by Grzegorz Baranowski, claimed a dramatic monohull line honours title following the closest finish in recent race history. She arrived at the finish of the 606nm race in Valletta, Malta, a little over three minutes ahead of fellow VO70 E1, also from Poland. The two crews enjoyed a memorable duel over the final 10 miles, effectively match racing towards the finish line.

Maltese entry Elusive 2 became the first yacht to be crowned overall winner of the Rolex Middle Sea Race for two successive years since 1980, back when Nita IV won the crown for the third straight time (1978-80). Almost 12 hours after Elusive 2 crossed the line in Valletta, organisers confirmed that none of the remaining yachts at sea could better their corrected time.

Elusive 2 is skippered by Aaron, Christoph and Maya Podesta, Christoph, who has now competed in 19 editions, said: "It is a huge achievement to have won this race in back-to-back years. It's really hard to win the race at the best of times, so winning it twice in a row is massive and something we're all going to be very proud of for a long time to come. We're sailing with our family boat, with a family team and I'm struggling to find words to describe the feeling!"



YACHT
style

SPORTING HEROES: RONNIE O'SULLIVAN

Ronald Antonio O'Sullivan was born in December 1975 and is the current world snooker champion. That was O'Sullivan's sixth triumph in the competition and along with his record seven victories in both the Masters and UK Open tournaments makes him the most successful player in the history of the Triple Crown Series with twenty titles.

A noted snooker prodigy from an early age, O'Sullivan made his first competitive century break at age 10, won the British Under-16 Championship at age 13, achieved his first competitive maximum break at age 15, and won the IBSF World Under-21 Snooker Championship before turning professional in 1992, aged 16. He won his first ranking title at the 1993 UK Championship aged 17 years and 358 days, making him the youngest player ever to win a professional ranking event, a record he still holds.

He is also the youngest player ever to win the Masters, which he first achieved in 1995, aged 19 years and 69 days.

O'Sullivan is now also noted for his longevity in the sport, having competed in a record 28 consecutive World Championships at the Crucible between 1993 and 2020. Winning the 2020 World Championship aged 44 years and 254 days made him the second-oldest player (after Ray Reardon) to win a world title in snooker's modern era. A prolific break-builder, he is the only player to have achieved 1,000 career century breaks, a milestone he reached in the 2019 Players Championship final.

He has also achieved the highest number of officially recognized maximum breaks in professional competition, with 15, and the fastest competitive maximum break, compiled in a time of 5 minutes and 8 seconds at the 1997 World Championship. He also holds the record for the most ranking titles in professional snooker, with 37. This remarkable record also includes eighteen runner-up spots, giving some indication of O'Sullivan's massive presence in the game over the last twenty-five years. He was awarded an OBE in the 2016 New Years Honours list.

Known for his fast and attacking style of play, O'Sullivan gained the nickname "The Rocket" after winning a best-of-nine frame match in a record 43 minutes during his debut season as a professional. A prolific break-builder and solid tactical player, he has stated his disdain for long, drawn-out games, saying that they harm the game of snooker. He is right-handed but can play to a high standard with his left hand and routinely alternates where needed, enabling him to attempt shots with his left hand that would otherwise require a rest or spider. When he first displayed this left-handed ability in the 1996 World Championship against Alain Robidoux, the Canadian accused him of disrespect and refused to shake hands after the match.

O'Sullivan's personal life has been tumultuous. With his father receiving a life sentence for murder in 1992 and his mother a one-year sentence in 1996 for running a string of sex shops in London, he was left to care for his eight-year old sister Danielle. His father was finally released in 2010 after serving eighteen years.

He is known to suffer from depression and struggled with both drug and alcohol addiction in the early years of his career. He regularly declares his intention to retire and took an extended break in the 2012-2013 season, which he spent working on a pig farm.

He has three children: Taylor-Ann Magnus (born 1996) from a two-year relationship with Sally Magnus and Lily (born 2006) and Ronnie (born 2007) from a relationship with Jo Langley, whom he met at Narcotics Anonymous. He has been engaged to actress Laila Rouass since 2013. He became a grandfather in October 2018 after Taylor-Ann gave birth to her first child, although his eldest daughter has been publicly critical of him, stating that she has met her father only 12 times in her life and that he has never met his granddaughter.

Whatever the ups and downs of his personal life, O'Sullivan is regarded by many to be the greatest ever to play the sport and is still a huge draw in whatever tournament he plays.

Looking back on his record for this article, his dominance over the last two decades is incredible, along with his longevity.

If anyone can be called a genius in the game, "The Rocket" is that man.



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10 hacks for coping with more Coronavirus lockdowns

Compared with the rest of the world Thailand has coped well with the pandemic and most of us here have felt grateful to live in Pattaya. Despite the obvious financial hardships, measures taken to check and quarantine international visitors have been seen as necessary and well organised - the controlling of the natural borders less so.

As we start 2021 with another set of lockdown measures it can be frustrating and worrying that we are still dealing with a virus that mutates and increases its spread across the world. Public health officials have been concerned that vaccines might be less effective against the new variant sweeping the UK named B.1.1.7., and that cases could soar with reinfections. However, recent research led by Akiko Iwasaki, professor of immunobiology at Yale University has discovered that "The B.1.1.7 variant is unlikely to escape recognition by antibodies generated by prior infection with [older versions of the] virus or the vaccines" and these findings will come as a relief to many.

So what can we now do to help lessen the risk and protect ourselves and those around us? Well, inevitably it will mostly mean greater periods of staying at home to stop possible spread and contamination and here now are some suggestions on how to cope with this.

Focus on the present

As with our article last month about surviving ASQ, it's important to keep some sense of routine and structure. Where so much is out of our control and every day things are changing, it is important to focus on the present and schedule in time each day to do something you enjoy that gives you a sense of achievement.

Work from home

If you are able to work from home, it's important to keep a boundary between the space you work and the space you relax. Try to organise your living space to help with a clear divide between the two.

Manage anxiety

You can reduce anxiety by managing the amount of information you read and the sources it comes from. Unfounded speculation can make you anxious, maybe stick to government websites, and accredited news sources rather than FB rumours and conjecture.

Spend some time outside

Lockdown doesn't have to be binge-watching TV or sitting at a desk all day. Time outside can be as simple as finding a space to sit in a garden or on a balcony or to go for a walk. Studies have shown you can be more productive and creative outdoors. Even if you are working and have to make a call to a client you can try doing it as you walk around. It's important to have natural daylight and physical activity.

Check your friends are not suffering from mental health issues

For some people settling into a new routine can be a challenge. Acceptance of a new situation can make people uncomfortable and uncertain, especially when it is unclear how long enforced changes are going to last. Regular calls and messages from family and friends can really help.

Think positive

Try to find the hidden benefits in the current situation. There is a lot of uncertainty during this time so try to look instead and plan for what you can control. For example, the small things that will make your day a little better: listening to a favourite song, learning a new skill or setting a task that has previously seemed too time consuming.

Declutter

You can organize your wardrobe, desk, or cupboard. Check the expiration dates on canned goods, medicine in the bathroom cabinets or just clear out that junk drawer. Decluttering has become very popular over the pandemic months. There are now all kinds of videos on Youtube about making a capsule wardrobe collection or simply living with less.

Make a Bucket List

This may mainly comprise a wish list for times when you are able to travel again. However, it could also mean activities and skills that you want to try your hand at - either during a lockdown or after. Perhaps organising photos or writing some family history for your children and grandchildren.

Add value to your home with some DIY

A few simple DIY hacks can help sell a property and increase its value. Plus a project such as upscaling a worn-out but favourite piece of furniture can give a real sense of achievement.

Yoga and meditation

The benefits of yoga include balancing the mind and increasing the body's strength and flexibility. Both yoga and meditation can improve breathing, calm the mind, and reduce stress. There are plenty of tutorials on both available to watch and learn with.

So we hope there may be something from the suggestions above to help with time spent indoors.

Here in the Chon Buri province we have become rather complacent with the feeling of all having been locked into Thailand together for a long time and therefore safe from infection. However, we now know that we must be more aware.

No more greetings with kissing and hugging and handshakes (unless you have a handy sanitizer ready to apply straight away) better to adopt the traditional Thai greeting.

Wear masks and remember social distancing. If we can survive staying in and be on our guard when out then hopefully the situation will revert to what we remember as normal as soon as possible.

Please keep safe and well everyone!





Are You Getting Enough Sleep?

Following on from Dr. Olivier's recipe for optimal health in last month's magazine (if you missed it you can still read it online at pattayatrader.com "Back Issues"). We thought we'd ask his advice on one of the recommendations which was getting enough sleep because while you sleep your body is taking time to rest and recover. During your night's sleep, your body is healing damaged cells, boosting your immune system, and recharging your heart and cardiovascular system whilst rebooting your body ready for the next day. You can then wake feeling alert, refreshed, and ready to perform your daily activities.

Good sleep improves concentration and productivity. It can also maximise athletic performance. However, poor sleep by which we mean insufficient or broken sleep can lead to all kinds of problems. Poor sleep is linked to chronic inflammation and we now know that this can lead to stress and that chronic stress is a risk factor for heart disease and strokes. Sleep definitely affects emotions and social interactions and can also affect metabolism and lead to diabetes. A lack of sleep may cause depression building into a cycle of lack of sleep leading to depression then depression leading to lack of sleep.

Are Naps during the day a good idea?

What does Dr. Olivier think about naps? Well if you are already sleeping well and enjoy a small nap in the afternoon and by small I mean anything between 15 to 30 minutes, well that can be good. However, if you don't sleep well having a nap can affect your evening sleep. So the idea is not to take naps to counteract bad sleep but rather look to ways of improving how you sleep at night."

Ways of improving your sleep

How you set up your room for a good night's sleep is important. Obviously, you need the room to be quiet and the temperature not too cold or too hot and a good mattress is important. Not watching TV in the bedroom is important as is reducing the amount of screen time generally in the hours before you go to bed. Getting some exercise during the day will help you sleep and spending time outdoors in the daylight aids melatonin and Vitamin D production which will help with your internal clock. Also routine is a good idea, going to bed and waking up at the same hours each day. When you are young you seem to be effortlessly able to stay up all night and not feel bad the next day but as you get older routine will help you find a good sleep cycle

Alcohol caffeine and nicotine are bad for regulating sleep so if you cannot avoid them altogether certainly avoid them in the hours before you sleep - even eating dinner a few hours before going to sleep can help. You might also try reading a book, meditating, or listening to music to relax. But if all the above still don't work and you are finding it hard to sleep then the doctor suggests over-the-counter sleeping agents such as infusions of which there are many. One of the most popular being Chamomile which will relax you before you go to bed. Also, you can purchase Melatonin which is a natural hormone usually produced by our brain which helps with our circadian cycle (the cycle that tells your body the difference between day and night). Incidentally, Melatonin is also a very powerful antioxidant, so it's also good for anti-aging.



If over-the-counter remedies do not work then there are also sleeping tablets of varying degrees in strength. These start as anti-anxiety, relaxation tablets and can if necessary also be prescribed in stronger forms but of course only under a doctor's supervision.

Sleep Apnea

If over-the-counter remedies do not work then it is also worth going to a doctor to check that you don't have sleep apnea. Sleep apnea is a potentially serious disorder marked by abnormal breathing during sleep when the muscles in the back of the throat relax too much blocking the passageways and causing oxygen levels to drop.

Once this happens the body's natural defense mechanism kicks in with a reflex to jolt your body awake and alert you that something is wrong. It is a condition found more frequently in men than in women and especially in people over the age of 40 suffering from obesity and who already have a snoring problem. It is a condition that must be treated as constantly broken sleep can be dangerous. For example with dozing off during the day, especially when driving, and in extreme cases leading to heart problems including attacks and strokes.

How Much sleep do we need?

We are all individuals as the doctor has said before some may function very well on 6 or 7 hours whilst others may need 8 or 9. It really depends on how you feel the following day if you feel awake and able to function to your full potential? Sleep can vary in terms of quantity and individual requirements. What we should all be aiming for is quality of sleep. So if you feel that you are struggling from a lack of good sleep go visit Doctor Olivier to see what he recommends.

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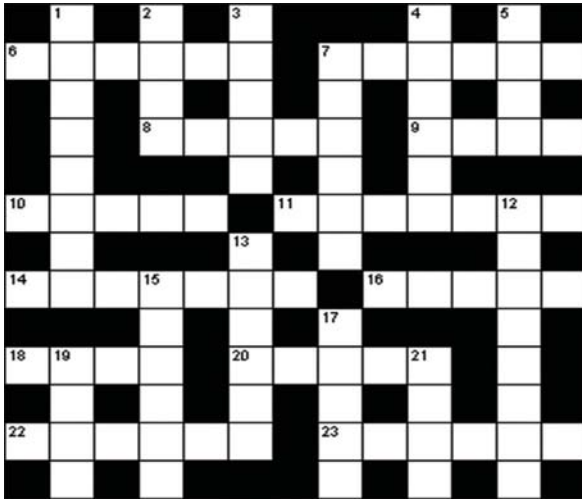
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Thapphraya Road

← Pattaya

Jomtien →

CROSS WORD FEBRUARY 2021

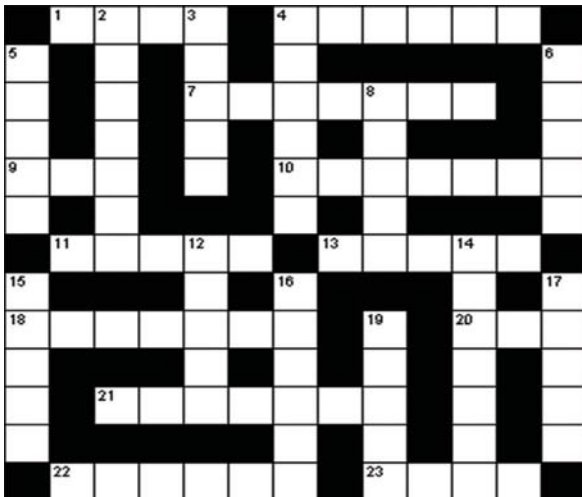


Across

6. Type of goat, cat or rabbit (6)
7. Shorebird, related to the sandpiper (6)
8. Ophidian (5)
9. Female chickens (4)
10. Terrestrial gastropod mollusk (5)
11. Mongoose-like viverrine (7)
14. Arctic whale with long spiral tusk (7)
16. Slow-moving arboreal mammal (5)
18. Gull-like jaeger (4)
20. Raptors (5)
22. Small arthropod (6)
23. Large sauteed shrimp (6)

Down

1. South American arboreal boa (8)
2. Canines (4)
3. Long-tailed parrot of Central and South America (5)
4. Terrestrial burrowing rodent (6)
5. Small slender gull with forked tail (4)
7. Woodland flycatcher (6)
12. Graceful ruminant (8)
13. Leporid mammal (6)
15. Sea mammals (6)
17. Showy growth of head feathers (5)
19. Type of penguin, sounds regal (4)
21. Male deer (4)

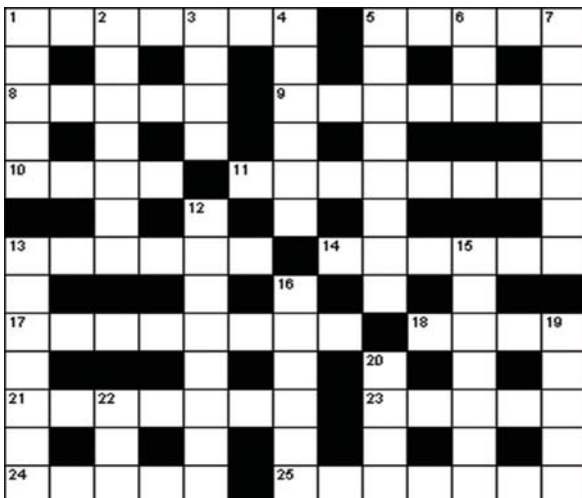


ACROSS

1. Corvine bird (4)
4. Breed of hound (6)
7. Intelligent aquatic creature (7)
9. Rodent (3)
10. Tallest living quadruped (7)
11. Food for baleen whales (5)
13. Striped equine (5)
18. Larged spotted feline (7)
20. Nocturnal mammal (3)
21. Musteline mammals (7)
22. Tusked marine mammal (6)
23. Bird structure (4)

DOWN

2. Male chicken (7)
3. Water bird (5)
4. Small white whale (6)
5. Carnivorous fish (5)
6. Dromedary (5)
8. Herbivorous quadruped (5)
12. South American cud-chewing animal (5)
14. Burrowing animals (7)
15. Slow moving arboreal mammal (5)
16. Snakes (6)
17. Type of bird in 3 Down (5)
19. Shaggy-maned bovid (5)



ACROSS

1. State capital of Wisconsin (7)
5. Lombardy city (5)
8. The Friendly Islands (5)
9. Spanish city (7)
10. Muscat is the capital (4)
11. Capital of Malta (8)
13. Capital of Turkey (6)
14. World's largest desert (6)
17. West Indies island group (8)
18. Portuguese folk music (4)
21. State capital of Georgia (7)
23. Capital of Ghana (5)
24. One of the Lesser islands in 17 across (5)
25. Grand Canyon state (7)

DOWN

1. Paris underground railway (5)
2. Scandinavian country (7)
3. Former name of Thailand (4)
4. Capital of the Bahamas (6)
5. Strait between the Atlantic and Pacific oceans (8)
6. Currency of Bulgaria (3)
7. Falls between Canada and USA (7)
12. Formerly known as Ceylon (3,5)
13. Montgomery is the capital (7)
15. Corsican town and birthplace of Napoleon (7)
16. Carson City is the capital (6)
19. Nebraska city on the Missouri (5)
20. Indonesian island (4)
22. Currency of Romania (3)

SOLUTIONS ARE ON PAGE 45

SUDOKU FEBRUARY 2021

SOLUTIONS ARE ON PAGE 45

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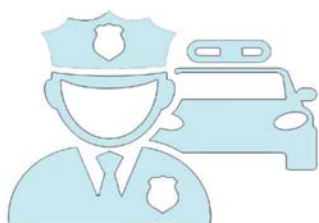
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IMPORTANT TELEPHONE NUMBERS



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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

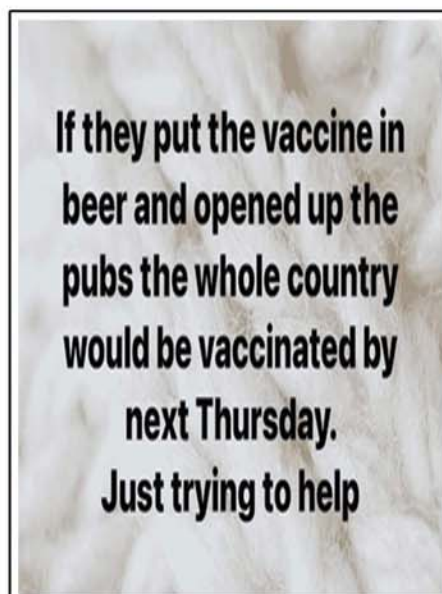
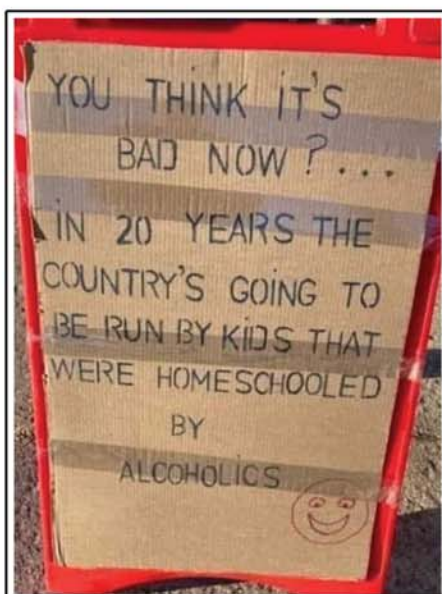
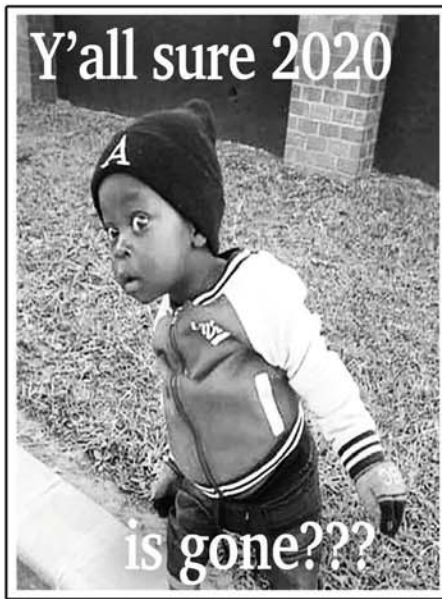
WATER

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

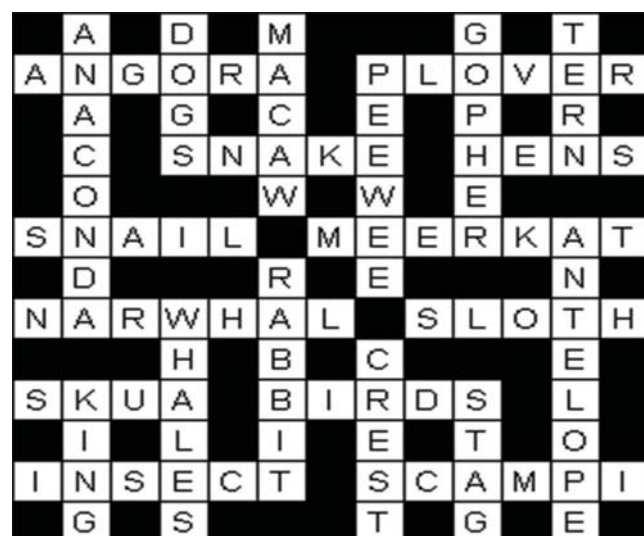
WASTE DISPOSAL

Garbage Collection
Phone 0-3842-9494

YOU'RE HAVING A LAUGH !



SOLUTIONS



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GAME RELEASES

by Rick Click



Little nightmares 2

The sequel to little Nightmares a weird and slightly disturbing puzzle-platform horror adventure game. This time around you get to play as Mono a boy who wears a brown paper bag as a mask. You must guide him through all the hazards you encounter in the decaying metropolis of Pale City.

Along the way, you will encounter the deformed inhabitants who have become addicted to television. Your goal is to reach the Black Signal Tower which is controlled by the Thin Man. This character's broadcasts are responsible for the disturbing effects on the city. The same creepy vibe as the original but with even better graphics.



Werewolf: The Apocalypse – Earthblood

This third-person action role-playing game is based on the tabletop RPG Werewolf: The Apocalypse. The central protagonist is Cahal an Eco-terrorist werewolf who campaigns against Endron responsible for causing plenty of pollution. Being able to shape-shift at will you can choose from three different forms. If you need to travel around faster or be stealthy then the wolf form is your best bet, but not the best choice if you have to converse with humans. The third choice is the Crinos form or Werewolf which works very well in combat situations. This form has two stances to choose from, one favors agility whilst the other brute force. Build up enough rage and you will be able to pull off some special moves but watch out for those silver bullets.



Riders Republic

This massive multiplayer playground bringing together up to 20 players, a bunch of adrenaline junkie sports, and different locations/terrains. It's all here with mountain biking, skydiving, snowboarding, and even Wing-suit flying with or without rockets. There are also several different game-play modes. The career mode requires that you engage in six different activities, and follow each progression paths. Get good enough and you can enter the Riders Ridge Invitational where interestingly you can switch between sports activities on the fly. Another mode puts six players against six inside a Tricks Battle Arena where you need to perform as many tricks as you can to build up your team score.

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.



LG Rollable Smartphone.

With the consumer Electronics Show or abbreviated CES 2021 coming to a close last month I thought I would pick a couple of interesting innovations that caught my eye. Of course, as all the tech featured in the show is cutting edge things aren't cheap, but a year or so down the line all and this will become more affordable and common.

One of the biggest highlights from the show was from LG who demonstrated their rollable display mobile. There have been foldable screens that let you increase your screen real estate but now rollable is on the way. This could be the end for tablets as you'll be able to get the same screen size when you need it. And yes in case your wondering there are rollable TVs on the way also. As yet there are no firm release dates for this tech but they are coming soon.



Samsung 8800 Series AI Washer and Dryer.

Seem like adding artificial intelligence to everything is in at the moment. Unlike the AI Dog collar that lets you know how your dog is feeling (don't ask). I think this implementation is more the ticket. How so you may ask? well environmentally if every Washer/Dryer could reduce the amount of detergent, water, and energy it uses the World would be a better place.

The new 8800 Series does just that and can clean dirty clothes in under an hour. It has an Optiwash mode which communicates with sensors inside the machine to calculate just how much dirt and grime remains during the wash cycle, and so can adjust the amount of detergent, rinse and spin cycles needed to complete the cleaning. The companion dryer has a SuperSpeed Drying mode is also very smart.



CES App Award Honoree.

Roland Zenbeats.

Being stuck indoors more these days and with less to do of an evening Zenbeats might be a fun music creation app to try out. It's free to use and soon available cross-platform for Android, IOS, and Windows. You won't need to be a Musician to get into this and can start to play around with it and have some fun.

It includes the Z01 a new plug-in synthesizer that uses Rolan's ZEN-Core Synthesis System. It has 60 presets and the touch-based interface makes it easy to mess with all the parameters and presets. With all the sounds and loops available, there's plenty to explore, if you really get into it you can purchase additional packs from the ZenbeatsIn-App store.

The effects of Covid

By Derek Franklin

Pattaya has been particularly hard hit by the Covid-19 coronavirus. The high season never arrived, leaving row upon row of empty bars, restaurants, hotels, laundries, massage shops, and travel agents. Even 7-11 stores have closed, and like many businesses are unlikely to ever reopen.

It is estimated that several hundred thousand people have left Pattaya, out of work returning home to their family towns and villages elsewhere in Thailand. However, there are still many who can't go, who in fact have nowhere to go, who have to stay in Pattaya, and they are the ones who rely on help and support from charities.

At the Father Ray Foundation, the run-up to Christmas and the end of the year is always a busy time. It is when two of the biggest fundraising events take place: SOS Rice and Christmas caroling.

In December 2018 for example several hundred children and students gathered together on Christmas Eve, to visit local hotels and sing carols for the guests. There were actually so many requests from hotels that year that two groups of students from a catholic school in Sri Racha had to add their support.

There were several buses used that year to transport the carol singers with our blind kids on one bus, disabled students on another, and kids from the Children's Village and Children's Home in another three. All in all we had seven groups visiting around 30 hotels singing carols and collecting donations.



Skip to last year and in December 2020 most of these hotels were closed and the children were only asked to sing at two hotels and one supermarket.

In 2019 The SOS Rice Appeal collected more money from one store on one day than from eight stores over three days for the same appeal in 2020.

So last month the Father Ray Foundation launched an emergency appeal, seeking donations to help pay the bills, to buy food, and to pay salaries. Local charities really rely on local people. Much of it used to come from beer bars that kindly put collection boxes out for their customers. Of course with the current closure of these bars, nothing is coming in for the charities from them now.

If you would like to find out more or would like to make a donation please go to the Father ray website www.fr-ray.org
Thank you

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By Magna Carta Law Office

THAILAND VOLUNTEER VISA

Foreign visitors in Thailand with a short-term visit engaging in volunteer works with local schools, orphanages, and working on religious or Non-Governmental Organization (NGO) missions has to obtain a Volunteer Visa and a work permit. It is best to discuss with the organization about getting the legal documents to avoid complications. According to Thai law, any paid or unpaid work carried out in Thailand, regardless of the duration, requires holding the correct visa and a work permit. To formally volunteer for a longer period in Thailand, you must apply for a Non-Immigrant O Volunteer Visa. Holders of this type of visa will be permitted to stay in Thailand for a period not exceeding 90 days from the date of arrival in Thailand. Extension of stay can be requested at the Immigration Bureau.

Volunteer works can be in the form of:

- Child care
- Teaching
- Medical and Healthcare Mission
- Wildlife and Natural Conservation
- Animal Care
- Community Services

It is also an option to obtain a Non-O Visa in your home country before flying to Thailand. You may contact the Thai embassy in your country for their set of requirements, as the required documents may vary.

For foreigners who are already in Thailand and wishes to apply for a volunteer visa, here are the required documents to be submitted more than 15 days before visa expiration:

- Form TM 86 for foreigners with Tourist or Transit Visa and applies for a change of visa type (from Tourist Visa or Transit Visa to Non-Immigrant Visa); or

Form TM 87 for foreigners who enter Thailand without a visa, but with a permit to stay for a period of 15, 30, or 90 days and apply for non-immigrant visa.

- Copy of passport pages and departure card (Form TM 6)
- Recent passport-sized Photo
- Proof of financial funds and travel itinerary
- A Letter of request for Visa or Visa Status Alteration from the relevant department and from the organization
- A set of the organization's operating license and registration
- Copy of the Foundation meeting minutes
- Confirmation letter or invitation letter issued by the NGO or charity organization, stating the duration of stay, and duties
- In case the applicant will stay longer than 90 days in Thailand, an Approval letter issued by the Ministry of Labor and Social Welfare (Form WP3) is required. In order to obtain this, the organization in Thailand must submit the application at the office of Foreign Workers Administration Department of Employment or at the Provincial Employment Office.

All duly registered foundations and Non-Governmental Organizations in Thailand must have all the proper documentations to support your application. In case the organization you plan to engage with can't provide you with all the supporting papers, you have to think twice. You will end up working with them without volunteer visa and work permit, which is against the Thai law.



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Jomtien's revival is a welcome boost

No part of Pattaya or Thailand has been exempted from the Covid-19 worldwide pandemic consequences, and the economic ramifications are there for all to see. However, what is beyond dispute is the effectiveness of the Thai Authorities' measures in keeping the country relatively Covid-free in comparison to the rest of the world.

At the moment, we have to examine what this means in terms of lack of tourism and financial hardships. In particular, it is interesting to see how Jomtien has coped, especially when compared to other parts of Pattaya.

When compared to other holiday hot spots such as Koh Samui and Phuket, visitors are appalled by the complete closure of areas that were once thriving tourist centres.

Jomtien has fared better after the introduction of homegrown tourism. Unlike tourist areas purely considered "farang hangouts", Jomtien is popular with Thai holidaymakers who come from Bangkok and elsewhere to enjoy the weekend or the recently introduced long weekends.

Even on non-holiday weekends, the restaurants along the beachfront are busy with families enjoying a wide variety of available choices. There is even a play park area on Jomtien beachfront to keep the young ones entertained.

Spacious and well-appointed condo for rent or sale in the very heart of Jomtien! Our reference PC8205. ✦



Jomtien is known as the quieter alternative to Pattaya, and often, that is the case. You won't find hundreds of bars, clubs or various other venues, but you will discover enough entertainment to interest visitors.

Some new live music venues have opened up, and plenty of bars are still available along the beach road and in the streets leading off from it. What Jomtien certainly does not suffer from is a lack of dining out options.

There are international cuisine and plenty of choices, both in the type of food and the price you want to pay.

The weekend and holiday periods will always bring the street vendors with their vast array of dishes at cheap prices and fresh fruits brought in straight from the farms for direct sale to the public who stroll by Jomtien beach.

A positive side effect from the enforced absence of tourists for Jomtien Beach is improving the seawater quality and the beaches on which it washes up.

It has benefitted the whole of the city and let's hope the powers that be take this opportunity to continue the process.

Jomtien may not offer upmarket hotels that some of the other parts of the city do, but you need only travel a little farther into Najomtien to find more five star options.

Jomtien has plenty of good quality resort-style developments and accommodation for short-term visitors, making it popular on the numerous Thai bank holidays, including the extra holidays that have been launched by the government to stimulate domestic travel.



The area additionally has many high-quality housing estates, both well established and new-build. You can find delightful properties on well-kept and maintained estates that are no more than a few hundred metres from the seafront.

Much like Pratumnak and Cosy Beach, Jomtien has the benefit of several new projects currently being built, which would indicate that the developers who invest in these projects are confident of the future for the area. The recent sale by Aestier of a genuinely modern state-of-the-art villa for the princely sum of 285 million baht on Dongtan Beach has tempted landowners with plots along this same seafront to rename the area "Millionaire Beach".

The improvements to infrastructure here have been a tremendous success, bringing a Californian, Venice beach vibe to the place.

Jomtien appears to have benefited more than any other Pattaya area from the stimulus packages that encourage local tourism and bring Bangkok visitors in substantial numbers. It has helped bring life back to the beach, which can only be a good thing for local businesses and residents.

Despite the current difficulties, Jomtien may well come out the other end of the crisis in a position where it can more than survive but prosper in the future.

There are bargains in the property market at the moment, and Jomtien has its fair share. Anything from a small condo unit right up to top-quality villas, so if you would like to see some beautiful places that are available to be snapped up right now, let Pattaya Prestige Properties show you around.



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Negative COVID-19 test not needed for Thai visa extension (for now)

By Kristin Mariano



The immigration police have announced that a negative COVID-19 test result is NOT mandatory for Thai visa extension of foreign travellers who wish to stay longer in Thailand.

The immigration bureau caused temporary confusion when spokesman Archayon Kraithong previously said that a negative COVID-19 test result would be a requirement for visa extension for “every type of visa”. This caused an uproar among expats on social media especially due to the fact that many have not even left Thailand since COVID started.

Archayon apologised for the confusion and misinformation saying:

“I apologize for the misunderstanding. It will only apply to certain types of visa, most likely the permanent resident visa,” he said.

The immigration bureau will wait for the Council of State to interpret the latest regulation. Under a recent order, it added COVID-19 to the list of prohibited diseases for foreigners who wish to enter or take residency in Thailand. Other diseases include leprosy, “dangerous stage” of tuberculosis, elephantiasis, drug addiction, and tertiary stage of syphilis.

Currently, at least three rounds of COVID-19 test are part of the application for new Thai visa (STV and TR) until the end of quarantine. A Fit to Fly Certificate and a COVID-19 medical test result issued no longer than 72 hours before the date of travel are some of the documents that foreign travellers needed to prepare prior their travel to Thailand. Moreover, two COVID-19 tests will be performed during travellers’ stay in their Alternative State Quarantine.



Kellogg's For All!

Well done Rodney and the generous people at Kellogg's (Thailand) Co Ltd for donating and delivering products at this time of Covid. Supplies went to the children of Baan Kruja Abused Children Center, Take Care Kids, CPDC, Katie Project, Hand to Hand, Father Rays, Pattaya Orphanage, and ASEAN Migrants Children Center.



Is allowing pets in your rental property a good idea?

You may love your pets and more buildings permit them, but is allowing pets in your rental property a good idea?

Property investors and landlords face a lot of difficult decisions. There is a delicate balancing act between finding ways to make a property attractive and minimizing risks and unnecessary expenses. A growing number of projects are allowing pets which poses a conundrum for owners wanting to rent out their units.

With that mind, is allowing pets in your rental property a good idea? Well, that is a difficult question to answer so let's dive into some of the considerations.

The upside is simple. Demand for pet friendly properties is far greater than the supply on the market, especially in condominiums. However, answering the question is not as simple as that.



Pets can cause damage which you probably don't want in your rental property. Dogs and cats leave scratches and stains behind which need to be repaired once the tenant moves out. Before you make a decision, it's vital to weigh the pros and cons of allowing pets in your rental property.

The good and bad of allowing pets in your rental property

Many pet owners are willing to pay higher rents in order to secure a home. That's because finding a property that allows pets is much more difficult than an ordinary unit. Additionally, a renter in a pet friendly property may stay longer since it may not be possible to find another place that will let them keep a dog or cat. Even if your building does allow pets, you shouldn't necessarily allow them in your unit. Firstly, there is the risk of damage which we mentioned earlier. Secondly, pets can be noisy leading to disputes with neighbors and other issues.

How can you mitigate the risks?

If you own a unit in a building that allows pets, one way you can eliminate the risks of allowing pets in your rental property is to screen them. Ask them questions about their animal that will help you gain more information on if they will be troublesome or not.

You can also request pictures and videos of the pet as well as the house it lives in that gives you a better idea of the condition of the property and the behavior of the animal. Don't forget to ask for a reference from the tenant's current landlord if you want extra peace of mind.

Making your decision

Before deciding whether or not allowing pets in your rental property is a good idea, you want to consider a few more things. For starters, it is important to understand that accidents can happen with pets, no matter how well behaved they are. There is always a risk when it comes to animals in a home. Additionally, don't mistake having a pet friendly unit as meaning you have to accept anyone with a dog, cat, rabbit or something else. Make sure potential tenants know that there is a screening process they will need to pass.

At the end of the day, allowing pets in your rental property can make it easier to find long term tenants who may be willing to pay more. It's not without risks, however. Property investors and landlords must realize the downside involved and if this outweighs any possible benefits.

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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 fast fibre-optic Internet.

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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 8,000 per month

Price 1,300,000 Baht

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Luxury apartment at Metro Jomtien floor 30, beach-front, 161 sqm, magnificent sea view. Lounge, fully-equipped European kitchen, each bedroom has bathroom ensuite. Bath and 2 walk-in showers.

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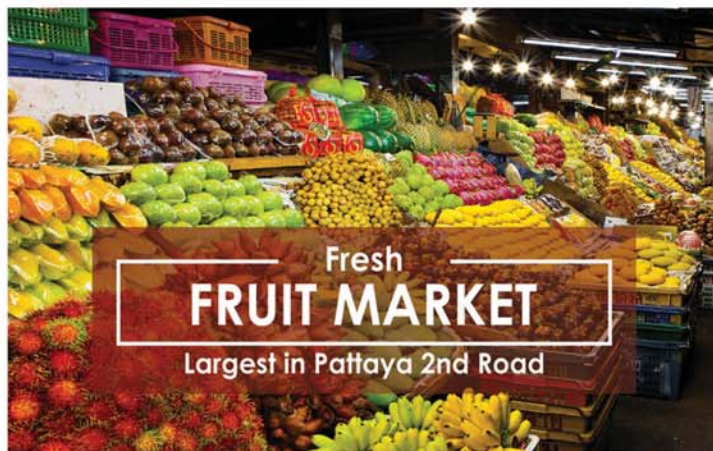
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MOVING THAILAND ONLINE

Forget “work from home”, it’s time you “work from paradise” By Cheyenne Hollis

Working from home is clearly not going anywhere. Even when the situation returns to normal, a lot of employees won’t be going back to the office. Having come to this realization, you’re starting to see people scooping up properties in Thailand’s resort areas. After all, why work from home when you can work from paradise?


If you’re looking to leave the city life behind why not go somewhere with beautiful beaches and modern conveniences as well as a lot of great residences to choose from? Additionally, a special tourist visa scheme means it is still possible to travel into the Kingdom and look at the possibilities for upgrading your office and working from paradise.

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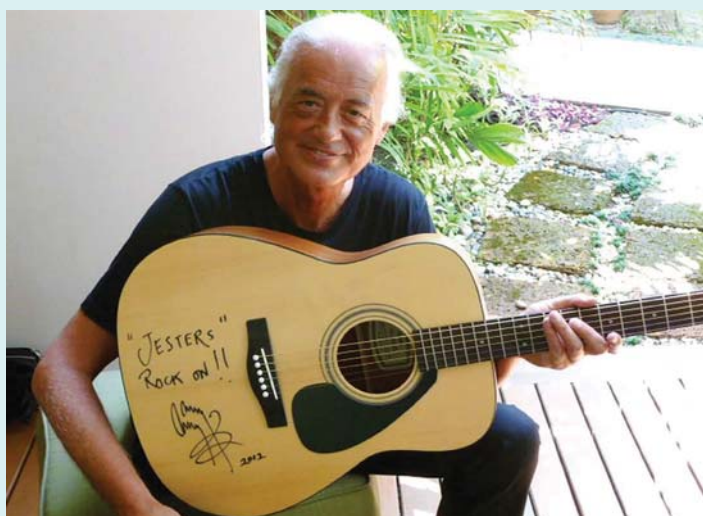
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Coming up in February are some new interesting features with guest interviews and chats plus music and local sports items.

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 local features.

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Three key questions facing the Thailand property market in 2021

By Cheyenne Hollis

While the year hasn't gotten off to a great start due to a second COVID-19 outbreak in Thailand, many experts believe 2021 will be better than the past 12 months. The timeline for widespread vaccine distribution in the Kingdom remains unclear but should begin sometime during the first half of the year. For the Thailand property market, there is hope of a recovery, although 2020 wasn't as disastrous as it could have been. Some developers pivoted to new residential segments where real demand existed allowing them to offset losses. There was also activity in resort locations like Phuket as people began reexamining their priorities in a post-pandemic world. Uncertainty will hover over the Thailand property market in 2021. It is important to note that this isn't negativity. Here are three questions that will need to be answered.



1) When can tourists return?

The entire Thai economy is tied to the tourism sector and the sooner international visitors can safely return, the faster the Thailand property market will recover. Unfortunately, no one really knows when this will happen or what exactly it will look like. In December, the Tourism Authority of Thailand (TAT) unveiled plans for a special tourist visa scheme that would allow holders to stay in the country for up to 270 days. Holders would be required to undergo a 14-day quarantine upon arrival and have proof of their long-term accommodation or residence. However, tourism boards in both Phuket and Chiang Mai have complained that very little information about the TAT scheme is available.. Perhaps the best hope for tourism in Thailand comes in the form of a regional travel balloon. This would allow visitors to quarantine in one country and then travel freely elsewhere in the region. A travel balloon could start before a widespread rollout of the COVID-19 vaccine providing the tourism sector with a much-needed boost in 2021. Before this can happen, more work is required to get COVID-19 under control.

2) Will Bangkok developers learn their lesson?

Many developers in Bangkok moved away from the condominium sector to focus on low-rise housing in 2020. The move paid dividends as there was real demand for these properties. A number of home builders were able to save their year thanks to this shift. Several firms have already announced plans to ramp up efforts in this segment this year. If this story seems familiar, well, it is. The Bangkok condo market boom between 2012 and 2018 essentially played out in a similar fashion. Some developers found early success, more followed suit and eventually there was a glut of units with many remaining empty today. This will be fascinating to watch in 2021 as there is a real risk Thai developers haven't learned their lesson and will oversupply the low-rise housing market in search of short-term profits.

3) Can anything be done to attract foreign buyers?

Developers are hoping the Thai government does something to bring overseas buyers back. While overseas buyers haven't completely exited the Thailand property market, their numbers have been dwindling for a while. Throughout 2020, developers urged the government to do something that would allow them to attract more foreign buyers.

There was some movement on this in December when the Thailand Privilege Card announced a new scheme that provided overseas buyers with a five-year visa when buying THB10 million or more in Thailand property. This was a welcome development, but developers are hoping for the government to step in.

The Thailand Development Research Institute urged for a short-term loosening of the foreign ownership quotas in specific locations to help ease oversupply. A number of other industry figures have called for similar measures, but it remains to be seen what, if any, action the Thai government will take.





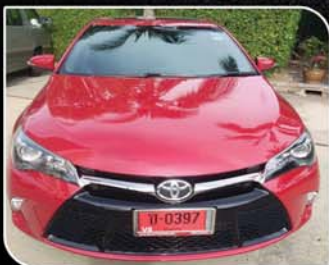
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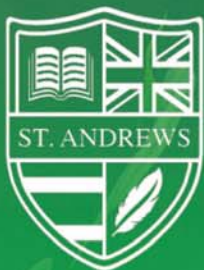


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