

DISCOVER PATTAYA

JAMMING SESSION EVERY SUNDAY
THOMAS REIMER 2 PM - 6 PM



THE BAND

**SEE THOMAS REIMER'S BAND PLAY LIVE
EVERY SUNDAY 2PM - 6PM AT THE JAZZ PIT**



COMPLIMENTARY COPY

WORLD CLASS LIVE MUSIC AT THE JAZZ PIT



Jazz may not be for everyone but if you love to hear Live Music played by World Class musicians in sumptuous surroundings then the Jazz Pit is absolutely the place for you! Drop in any Sunday from 2pm until 6 pm

THE THOMAS REIMER BAND will be in session. Plus you are in for a treat when the Japanese Brass Section joins in with **TARO KATO** on Saxophone and **MR YOSHI** on Trumpet



Photos by Carey Peck



THE JAZZ PIT BAND CO MPRISES

THOMAS REIMER from Austria, the Jazz Pit's Resident guitarist

MARK GEE from the States on keyboards
SLAP BAXTER also from America on bass
and Pete Feat from the UK on Drums This talented group regularly accompanies a varied selection of truly International guest musicians and singers.

Singer MILES, originally from Philadelphia and now a favourite in Pattaya. can also often be found providing soulful sounds to Thomas' evening sessions at The Jazz Pit (every night but Tuesday)

**THE JAZZ PIT IS N SUNSABELLA NEAR PATTAYA
PROVINCIAL COURT, THAPPRAYA ROAD
TEL: 038 251 687 033 022 934/35**



DISCOVER PATTAYA

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This Month in Discover Pattaya

All around the world people are complaining because COVID has stopped them from enjoying live music but here in Pattaya, we are lucky. The Jazz Pit on Thappraya Road in the grounds of Sunsabella is the city's home of live music. You can see resident jazz guitarist Thomas play there every night (except Tuesday) with a host of world-class international musicians joining him at the Sunday brunch session from 2 pm - 6 pm.

Also Pepper and Salt have our dear friend Barry Upton live there on March the 5th and he's also at Hemingway's, Jomtien on the 12th.

Murphy's Irish Pub on Soi Khao Noi is also a place for live music at the weekends and if you mention Discover Pattaya you can get a free shot from owner Steve. Also, this month if you dine-in at Marco's restaurant, Thappraya Road make sure to order a Zola pizza and mention Discover Pattaya to receive a free Creme Brulee.

"If Music Be the Food of Love Play on"

Enjoy!

Gloria



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Coming Soon to The Small Screen



The Falcon and the Winter Soldier: Season 1

At the end of Avengers: Endgame we saw the Shield and mantle of Captain America pass to Sam Wilson. In this miniseries we see him team up with Bucky Barnes to thwart an anarchist group known as the Flag-Smashers. The adventure takes the duo on a worldwide perilous journey that will test their abilities to the utmost. Based on the Marvel Comics characters of the avenger Falcon played by Anthony Mackie and the Winter Soldier or Bucky Barnes played by Sebastian Stan.



Station 19 Season 4

Station 19 is an action-drama series and second spin-off from Grey's Anatomy. Set in Seattle it follows the fortunes of the heroic firefighter of Fire Station 19. When the Covid-19 pandemic hits Seattle the crew come together and try to support each other. The first five episodes of Season 4 were shown at the end of last year, so we pick up after the events of episode five.

The show won "Best Primetime Program – Drama" at the 2018 Imagen Awards.



A Million Little Things Season 3

This American family drama is set in Boston and started when a close group of friends is shocked when one of them commits suicide. After this, they realize the importance of their friendships as they continue their lives. Friendship isn't a big thing it's a million little things.

Season 3 starts at the end of last year and picks up from the events of episode 4. The gang face many new challenges when the Covid-19 pandemic rocks their world. They realize that with the love and support of your friends you can get through anything,



Raya and the Last Dragon

Kelly Marie Tran, Gemma Chan, Awkwafina, Daniel Dae Kim.

The Latest Disney animation is set in the imaginary world of Kumandra where humans and dragons live together. A lone warrior sets out to find the last dragon.



Godzilla vs. Kong

Alexander Skarsgård, Millie Bobby Brown, Rebecca Hall, Brian Tyree, Henry Shun, Oguri Eiza.

Clash of the titans as two monsters battle it out to decide the fate of the world. All started by mysterious forces from deep within the Earth's core.



Red Prophecies

Eric Roberts, Casper Van Dien, Michael Madsen, Oded Fehr, and Stephen Baldwin.

A journalist tries to find out who is behind a secret plot to destabilize Russia and destroy the United States.



Coming 2 America

Eddie Murphy, Arsenio Hall, Jermaine Fowler, Wesley Snipes, James Earl Jones, Leslie Jones.

Sequel to the comedy Coming to America starring Eddie Murphy as Prince Akeem Joffer who travels once again to America to find the Son he didn't know he had.



Chaos Walking

Daisy Ridley, Viola Eade, Tom Holland, Todd Hewitt, Mads Mikkelsen, Mayor Prentiss, Demián Bichir.

Science fiction action thriller where all the women have disappeared and the remaining men suffer from "the Noise" an affliction that makes them display their thoughts.



Promising Young Woman

Carey Mulligan, Bo Burnham, Alison Brie, Jennifer Coolidge.

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

Oscars Predictions:

The Oscars Ceremony is usually held in February. However this year whilst still honoring the best films released between Jan.1, 2020 and Feb. 28, 2021, the 93rd annual Academy Awards won't take place until April 25. at the Dolby Theater in Hollywood. Another result of COVID has been the increase in people watching films at home rather than at cinemas. So it is no surprise that there are more films being nominated from the likes of Netflix and Amazon who are now able to spend large sums on high production values, interesting scripts and major stars. It's always worth keeping a note of the film titles at this time of year when you are looking for something good to watch and here are some of the front runners in the most important categories.

Best Picture



The Trial of the Chicago 7
Nomadland
Ma Rainey's Black Bottom
One Night in Miami
Spike Lee's 'Da 5 Bloods'

Best Actor



Riz Ahmed - Sound of Metal
Chadwick Boseman -
Ma Rainey's Black Bottom
Anthony Hopkins - The Father
Gary Oldman - Mank
Steven Yeun - Minari

Best Actress



Frances McDormand - Nomadland
Carey Mulligan -
Promising Young Woman
Viola Davis -
Ma Rainey's Black Bottom
Vanessa Kirby - Pieces of a Woman
Nicole Beharie - Miss Juneteenth

Best Director



Chloé Zhao - Nomadland
Aaron Sorkin -
The Trial of the Chicago 7
Lee Isaac Chung - Minari
Paul Greengrass - News of the World
Spike Lee - Da 5 Bloods

ทำนายผลรางวัลออสการ์ ประจำปี 2020

โดย ทรงพล ศิริวรรณเลิศ



การประกาศผลรางวัลออสการ์โดยปกติ มักจะมีการจัดขึ้นในเดือนกุมภาพันธ์ อย่างไรก็ตาม ในปีนี้ การประกาศผลภาพยนตร์ยอดเยี่ยม จะพิจารณาจากภาพยนตร์ที่ออกฉายระหว่าง วันที่ 1 มกราคม 2020 ถึง 28 กุมภาพันธ์ 2021 ซึ่งเป็นครั้งที่ 93 ซึ่งต้องเลื่อนออกไปจนถึงวันที่ 25 เมษายน 2021 ณ โรงภาพยนตร์ The Dolby Theater ใน Hollywood สาเหตุเป็นเพราะผลจากการระบาดของ โรค COVID ทำให้คนดูหนังนิยมดูหนังอยู่กับบ้านมากกว่าในโรงภาพยนตร์ ไม่น่าแปลกใจเลยว่า ภาพยนตร์ที่ถูกเสนอให้เข้าชิงรางวัลออสการ์ในปีนี มาจากผู้ชมภาพยนตร์ใน Netflix และ Amazon ซึ่งกำลังเป็นที่นิยมในหมู่ผู้สร้างภาพยนตร์ที่ต่างก็ทุ่มทุนในการสร้างภาพยนตร์ในระดับคุณภาพสูง ไม่ว่าจะเป็นการเขียนบทภาพยนตร์และการใช้ดาราดังในระดับที่มีชื่อเสียงและความนิยมอย่างกว้างขวาง เราจึงขอ

แนะนำแนวทางในการเลือกชมภาพยนตร์ที่ถูกคัดเลือกเข้าชิงรางวัลออสการ์ แยกประเภทตามรายชื่อภาพยนตร์ รายชื่อนักแสดง รายชื่อผู้กำกับการแสดงดังต่อไปนี้: ภาพยนตร์ยอดเยี่ยม: The Trial of the Chicago 7, Nomadland, Ma Rainey's Bottom, One Night in Miami, Black Spike Lee's 'Da 5 Bloods' ผู้แสดงนำฝ่ายชายยอดเยี่ยม: Riz Ahmed จาก Sound of Metal, Chadwick Boseman จาก Ma Rainey's Black Bottom, Anthony Hopkins จาก The Father, Gary Oldman จาก Mank, Steven Yeun จาก Minari ผู้แสดงนำฝ่ายหญิงยอดเยี่ยม: Frances McDormand จาก Nomadland, Carey Mulligan จาก Promising Young Woman, Viola Davis จาก Ma Rainey's Black Bottom, Vanessa Kirby จาก Pieces of a Woman, Nicole Beharie จาก Miss Juneteenth ผู้กำกับการแสดงยอดเยี่ยม: Chloe Zhao จาก Nomadland, Aaron Sorkin จาก The Trail of the Chicago 7, Lee Isaac Chung จาก Minari, Paul Greengrass จาก News of the World, Spike Lee's Da 5 Blood. ประเทศไทยส่งหนังเรื่อง ฮาวทูทิ้ง ทิ้งอย่างไรไม่ให้เหลือเธอ (Happy Old Year) ของ นวพล อัครรัตนฤทธิ์ เข้าชิง (เรื่องของจีนที่เพิ่งกลับจากนอกต้องการจัดบ้านใหม่ ต้องคัดเอาของที่ไม่ใช้ทิ้งไป แต่กลับเจอรูปของเอ็ม แฟนเก่า ซึ่งทำให้เธอหวนคิดถึงอดีต)





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and enjoy our guest editorials on the opposite page



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WHY IS THIS REWARDS AND PRIVILEGES PROGRAM ESTABLISHED?

Anyone can become a member to take advantage of the preferential healthcare cover, efficient savings program and employment prospects, plus ancillary services.

HOW DOES IT WORK?

Following the completion of relevant forms and clear identification in accordance with all regulations and on acceptance by Excelsior Worldwide Limited you can join the Excelsior Rewards and Privileges program to take advantage of the range of services available.

WHAT CAN BE CONTRIBUTED AS A MEMBER?

There are no restrictions, however, any contributions will be monitored in line with your status within Excelsior Worldwide Limited and the Excelsior Benefit Trust.

WHAT BENEFITS DO I RECEIVE?

During your lifetime one of the main concerns is access to adequate healthcare and ensuring the cost can be met at any given time, therefore continual cover through our group schemes is of particular importance

At any time in the duration of the program you may choose to withdraw money as long as the current trust and program rules are applied.

You may choose to use the assets in your membership of the Excelsior Employee Benefit Trust to give you a steady income at any time in life, pay school fees, a house purchase, or that luxury holiday, and, perhaps set up a business

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

WHAT HAPPENS IF I DIE?

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.



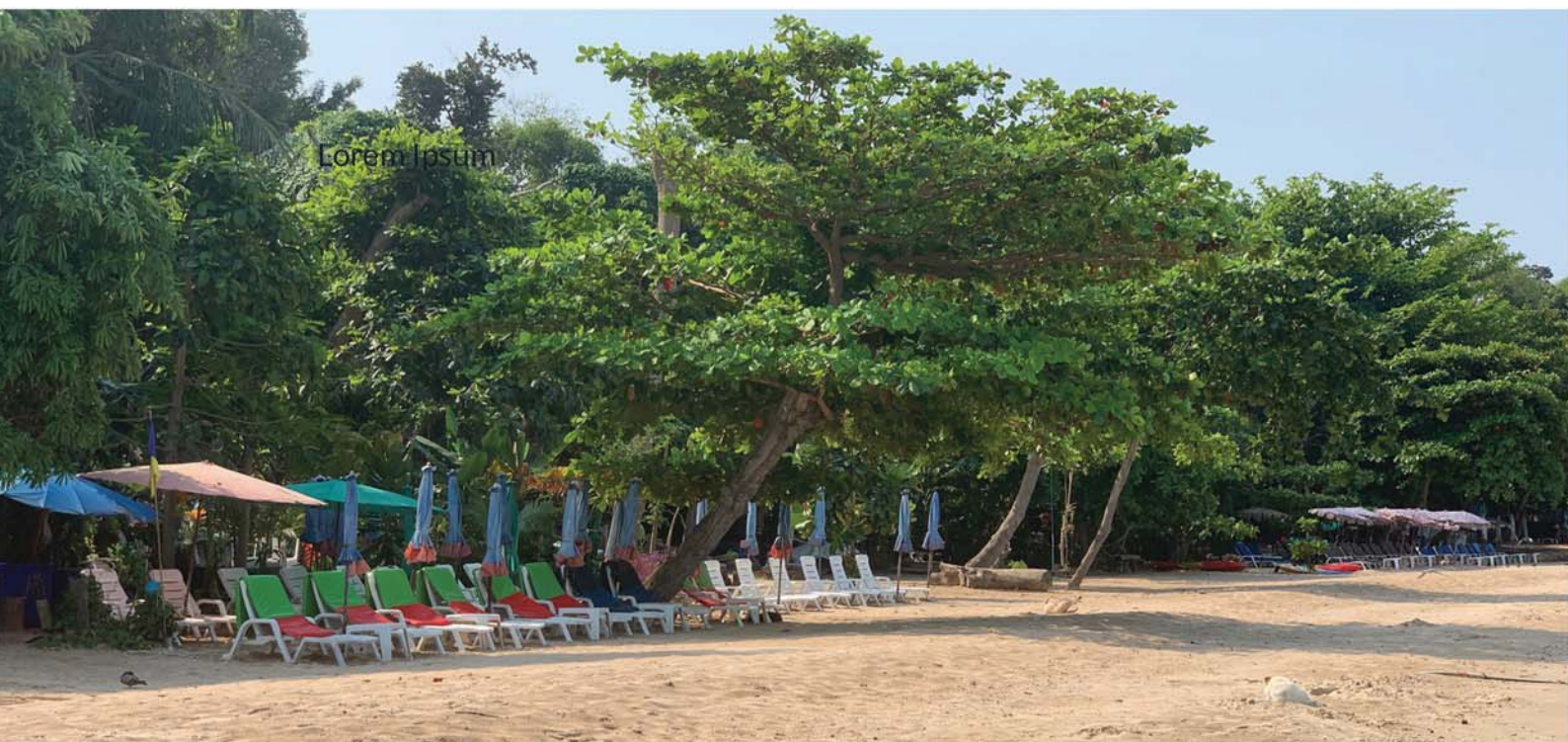
DISCOVERING PRATUMNAK'S BEACHES



Whilst we are all frustrated by a lack of international travel both outgoing and incoming we can take solace in the fact that we are fortunate to reside in such a lovely part of the world.

Right now the sea and beaches around Pattaya have rarely looked better.

Discover Pattaya went to visit Cozy Beach. There is a bit of a daunting descent, via the steps alongside "Forest By The Sea" but the beach at the foot of them is well worth the effort.





Uncluttered and empty it may look a picture but spare a thought for the beach vendors who optimistically set out their chairs, loungers, and umbrellas often to fold them up again unused at the end of the day.



Papa Lang along with his family have been at the beach at the end of Soi 5, Pratumnak for many years but right now takings are down and times are tough. Visit them and they will make you most welcome.

Pattaya International Ladies Club

The elected committee of 2021 for the Pattaya International Ladies Club are ready to welcome their renewing members and the newly registered ladies.

Under the leadership of Judith Edmunds, the club will be promoting events which fulfills their mission statement for organising both social and fund raising for local charities. Our club is open to all ladies and for further inquiries contact pilcmembership@gmail.com.

Picture left to right Top row
Marj Garrean (Secretary)
Wendy Khan (Treasurer)
Judith Edmunds (President)
Kathalyn Ayers (Membership)
Lhen Lhen Mortela (Welfare)
Front row
Liz Shepherd (Editor)
Violte Gauthier (Hospitality)



Don't forget as a Pattaya International Ladies Club Member you can enjoy discounts at many places around town including:





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Hospital Part 1

1. Rong – pa-ya-bun	โรงพยาบาล	Hospital
2. Rod – khen	รถเข็น	Wheel chair
3. Teang	เตียง	Bed
4. Truad-rang-kai	ตรวจร่างกาย	Health check
5. Wat-oun-na-pom	วัดอุณหภูมิ	Temperature check
6. Cheed-ya	ฉีดยา	An injection
7. Mor	หมอ	Doctor
8. Pa-ya-ban	พยาบาล	Nurse
9. Mor-fun	หมอฟัน	Dentist
10. Pa-tad	ผ่าตัด	operation

Conversation:

Q: Khun Ja pai nai ?

A: Chan Ja pai Rong-pa-ya-ban

Q: Pai – tum – a – rai – tee-non ?

A: Pai-ha-mor puew truat-rang-kai.

Pai- ha – mor – fun.

Pai – cheed – ya.

Q: khaw-rod-khen-duay kah/krub

A: Dai – kah / krub

คุณจะไปไหน?

ฉันจะไปโรงพยาบาล

ไปทำอะไรที่นั่น ?

ไปหาหมอเพื่อตรวจร่างกาย

ไปหาหมอฟัน

ไปฉีดยา

ขอรถเข็นด้วยค่ะ/ครับ

ได้ค่ะ / ได้ครับ

Where are you going?

I am going to the Hospital.

What did you do there?

Go see doctor for health check

Go see dentist.

Go for an Injection.

May I have a wheel chair please

Yes, you may.

Note: The word “Kah” is for ending sentence for female


The word “Krub” is for ending sentence for Male





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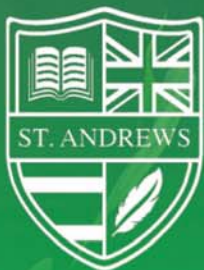


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Rung-Aroon & Yarmyen Food Corner in Association with Royal Cliff Hotels Group

Have you noticed how many charming pop-up restaurants there are right now in Pattaya? Street food is being served by 5 Star Hotel groups such as Cape Dara, Centara, and Dusit Thani. Well, I think one of the most charming is the one at the Fitz Club in the grounds of the Royal Cliff Hotel.

Not only does it offer delicious, made-to-order food for you to take away there is also a rather charming spot where you can sit and eat.

In the morning it is open from 06:00 to 10:00 - ideal for people using the area to jog and exercise and the prices are amazingly cheap.

Pa Tong Ko Deep-Fried Chinese croissants served with Thai Coconut Custard dip only 50 baht Khanon Krok - Traditional Thai Coconut-Rice Pancakes only 60 baht



There is also a selection of dumplings, custard buns, rice soup with pork, and even fried eggs with Bacon and Chicken Sausages.

You can even accompany your breakfast with Traditional Thai Iced Coffee or Tea for just 45 baht



Find them either within the grounds of The Royal Cliff - at The Fitz Club tennis courts or through the entrance in Pratumnak by Kasetsin 1

There's also an evening menu available from 4 pm - 8 pm (see over the page)





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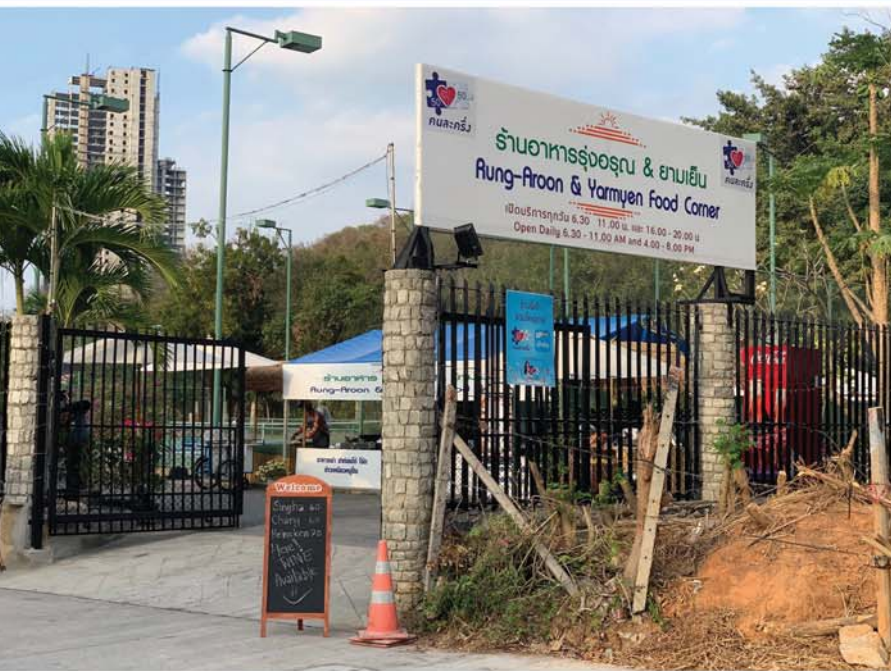
chamu
Japanese Corner

PANORAMA
dramatic atmosphere

Terrace
@ caprice

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MARCO'S PIZZA OF THE MONTH

At Marco's Restaurant, there are
20 Different types of Pizza
to choose from.

The Pizza For March is

Zola

With Tomato sauce, mozzarella,
Gorgonzola, and speck.

During the Month of March when
dining in mention Discover Pattaya
and receive a free Creme Brulee
With our Compliments.



306/94 THAPPRAYA ROAD, PATTAYA

TEL +6692 475 1493 FB Marco's @marcospattaya



MHEETIDYAM RESTAURANT



E-MAIL : PHURIPANYAPON_JANG@HOTMAIL.COM

โทร 0957657575 เปิด 12:00-21:00.น

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The Coffee Detective Visits Secret Fresh Coffee

Enjoying a cup of coffee is so much a part of normal life with the earliest coffee shops opening and welcoming patrons since the 17thC. Around the world, people meet to partake of their coffee of choice and enjoy the ambience of their local spot. As the local Coffee Detective, my quest is to seek and report on the wide variety of coffee shops and coffee available within our Pattaya area.

Whilst I also enjoy ambience and company, I am a self-confessed coffee snob! My highest priority is the quality and taste of the coffee.

Location **** Ambience **

One of my favourites is Secret Coffee located in Pratumnak, close to the beach between Sois 5 & 6. Secret Café is simple, but their coffee preparation is world-class.

Quality of Coffee *****

The coffee blend is their own, roasted at their sister café. It is a medium roast, full-flavored Chiang Mai coffee that their finely tuned Bezzera Ellisse espresso machine prepares to perfection.

They serve probably the most authentic Espresso in Pattaya, hence the number of Italians that gather here. My coffee was a classic style doppio espresso with a lush, rich 'crema'. The aroma is of dark chocolate tempered with caramel and syrup with excellent acidity and a sharp, pleasing taste. It has a lovely lasting flavour of chocolate and caramel.

Service *****

Don't expect comfort, just truly excellent coffee prepared to absolute perfection.





Secret Fresh Coffee can be found at the beach road end of Soi 5 Pratumnak, Pattaya



No St Patrick's Day Parade This Year? Don't worry you can still find a piece of Ireland on The Darkside.

by Gloria Jones

What is it about Irish pubs that make them such good fun? In my travels, I have found them to be extremely popular in the most unlikely places such as Moscow, Prague, and Tokyo. People worldwide gravitate to Irish Pubs in search of a really fun night - looking for "the craic".

Craic or Crack as you prefer is an Irish term for fun, entertainment, news, gossip. in short having a good time, enjoying the company of others - and there you have it.



Why Irish pubs are popular is because of the people you meet there and the banter between the convivial host and his guests. The Irish in general are fond of travel, have great stories to tell, love a drink and make excellent hosts.

Steve Murphy is just such a pub owner. I have known him for many years and am constantly fascinated by the way he gravitates from astute businessman to charming nutter! In the midst of a conversation, he will don a wig or slap one on your head - call out to his staff or offer a free drink to a local sitting at his large, centrepiece of a bar.



I have to confess writing this article prompted my first visit to his Irish Pub and Restaurant on Soi Khao Noi and I found the difference between this and his previous premises Murphy's Law, on LK Metro to reflect the changes in Steve himself.

Now a family man with a wife and two adorable kids Murphy's Irish Pub and Restaurant is family-friendly. and food now plays just as important a part as the drink.

The Monster menu is complete with a huge selection of Thai dishes. For, as Steve tells me, many of his clientele will bring their Thai wives and girlfriends to eat at the restaurant so there must be plenty of choice for them as well. I went with some far more conventional pub grub in the form of succulent bangers and mash - it had been quite a day and I was in desperate need of comfort food and this with a starter of excellent liver pate did the job brilliantly. Steve had the burger for which the term "Monster" should again be used - it was quite the feat of engineering and looked great.



I felt very comfortable spending time here. Outside there is a large swimming pool and the interior is spacious with individual tables, a pool table, darts board, screens to show sports, and just the right level of lighting. It's not too glaring but cozy and warm yet still has enough light so you can comfortably read that extensive menu. I am also particularly fond of the previously mentioned large central bar. The stools around it (with green cushions of course) provide excellent perches for anyone wishing to just come and sit, drink, eat and have a good laugh.

So my recommendation for this March 17th would be to make your way here to Murphy's Irish Pub and Restaurant. There will be plenty of large Paddy's Day free hats to wear - probably some silly wigs thrown into the mix as well, great food fun company, and all the Magners and Guinness you can take. As well as a vast array of alternative beers and drinks Mr. Murphy prides himself on never being out of Guinness - no mean feat during these times of on/off alcohol sales and when I was there I saw plenty of kegs of it inside the circular bar.

So This St Patrick's Day I urge you to go have fun at Murphy's - or in fact, just pop in any night he often has live music and of course plenty of fun and games. Support Steve who's well-known phrase "Never Going Home" is his byline because we certainly wouldn't want him to - Pattaya would be a duller place without him.

MENTION DISCOVER PATTAYA AND STEVE WILL GIVE YOU A FREE BABY MURPHY SHOT



136/54 Soi Khao Noi, Pattaya
Telephone 096 950 1587
Facebook: murphysirishpubpattaya



Exercising why we know we should all be doing it

If you remember at the start of the year we talked about Dr Olivier's recipe for optimal health and right at the top of his list was the importance of exercise. If you missed this article you can still read it in the January online magazine to be found at Back Issues on our website pattayatrader.com

This month we are exploring the issue of Exercise in more depth. So let's start by saying if you haven't exercised for a long time or suffer from a chronic condition it's advisable to consult a doctor before embarking on any kind of fitness regime. Also, you should start gently only increasing your exercising as your stamina and fitness levels improve. After all, you want to achieve long-term goals and even starting slowly you will soon see results.

There are many coaches available to help you either on YouTube or in person but a good rule of thumb is to start with a weekly schedule of 150 minutes of moderate-intensity aerobic exercise. This can comprise quick walking, swimming or cycling, Tai Chi, and even dancing. If you enjoy a good Saturday night's dancing session at the Sandbar By the Sea for example - this can count towards your weekly exercise total.

From moderate, you might decide to go for more vigorous aerobic activity say 75 minutes a week that could comprise running, spin cycling, tennis, badminton, or squash - or a combination through the week of low and high-impact workouts. Aerobic exercise is very good for blood flow and oxygenation of the body and vital organs such as the lungs and heart.

To your aerobic weekly routine, you can then add in extra strength training either with dumbbells at home or with machines and free weights at a gym. Again the idea is to start gently but soon you will see exercises that get you to lift your legs will help with your abdominal, core muscles and dumbbells or weights improve muscles in your arms, and your shoulders, and chest. Also by strengthening your muscles your overall fitness will improve and this will help you with Tennis, Football or any other sports that you play.

So what are the benefits of all this activity well the Dr lists 7:

Weight Control

Of course, watching what we eat is important and counting calories can certainly help with weight control. However, the simplest rule to remember is that the more we exercise the more calories we burn the more weight we lose.

Overall Health

Regular exercise decreases the risk of diseases such as stroke, obesity, high blood pressure, diabetes 2, many types of cancer, and arthritis. Especially as we get older improved muscle tone and strength can prevent falls and prevent metabolic syndrome where a lack of exercise and poor diet can cause excess fat around the waist, high blood sugar levels, and insulin resistance. Even if you find you already have one of the conditions listed above embarking on a regular exercise routine can help regulate them.

Improves the Mood

Throughout this time of COVID when mental health is becoming a real concern, exercise can raise serotonin levels in the brain. The endorphins that your body will release even with a regular walk can help to trigger a positive feeling.

It boosts energy levels

An overall improvement in energy levels will help with all other aspects of your life from your work to spending time with your children, friends, and partner.

Better sleep

Exercising - especially outside in the sunlight can help you achieve better sleep which can help with the energy you need to exercise. This in turn help you sleep better so it really is a fitness cycle worth adopting for good health.

Boosts sex life

Due to the previously mentioned benefits especially blood flow and improved upper body strength. Also, strength exercises can increase levels of testosterone which may boost sex drive in men.

Good for social activity

Even the simplest improvements to a couch potato or sedentary lifestyle will reap dividends.


Try walking outside or around your office when you take a phone call or need to have a think or a break from the computer. Travel by bicycle rather than with a motorbike or car. Walk more and take the stairs whenever you can rather than use the lift.

There are all kinds of apps. watches and phone devices to help monitor your heart fitness levels and calculate the number of steps you take daily. You should also remember to keep hydrated before, during, and after exercise, even adding electrolytes because when you sweat you not only lose water but also salts from the body.

Remember good nutrition and look at food supplements to help. For example, if you have a vegetarian diet and are looking for an alternative to meat protein many fitness centres sell whey protein which you can take in the form of a smoothie. But above all be sensible don't overdo it.

If you feel dizzy or generally lightheaded stop and if you continue to feel unwell go consult your doctor.



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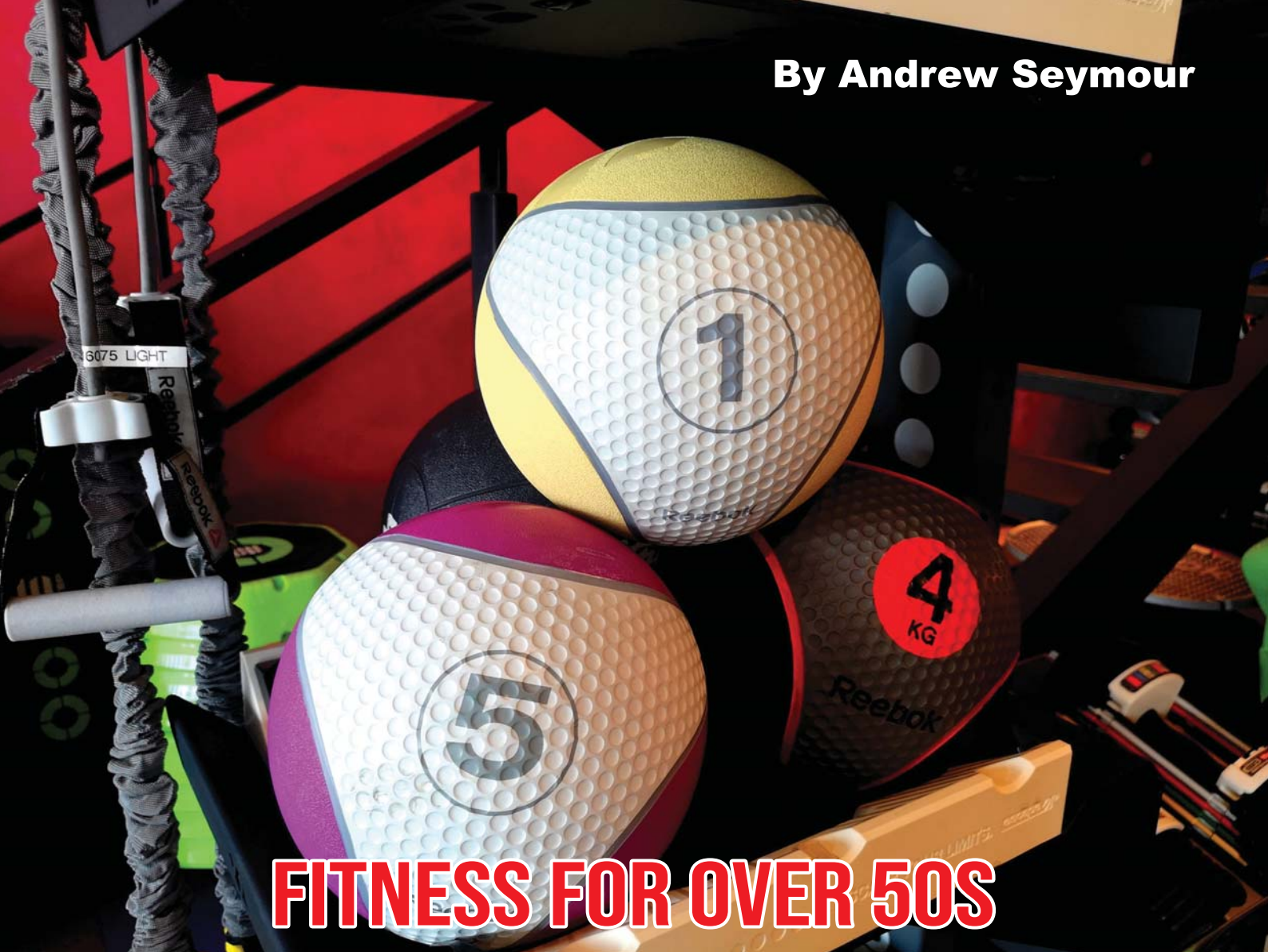
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FITNESS FOR OVER 50S

It was one of those odd occasions recently when I opened Facebook just to see if I was missing some vital news during these crazy times, when an advertisement popped up for an American guy named Mark, a 57 year old personal trainer. He was promoting his fitness for the over 50s plan. “Interesting” I thought to myself, in my business I see pages and pages every day on this subject and thought I would see what he had to say. I followed the link to his website and started reading and watching his videos.

I have to admit I was pleasantly surprised to read that his doctrine followed what I have been led to believe over the years and that there are many common myths surrounding what I like to call, Active Aging... Here are some of the key points to what I believe people of my generation (50++) should keep in mind when thinking about getting or keeping fit.

Stretching.

Yes, this is important. As we are no longer 25 years old, a light, short stretching session prior to your workout is important. What is even more important (at any age) is a correct warm up prior to stretching.

This can be anything from a walk with the dog or 10 minutes on an exercise bike. Just to get yourself lubricated so to speak (not be confused with inebriated).

Very important is the post workout stretching, this will help your recovery period. Don't forget !!!

Burn the Treadmill

In one of Marks videos, he literally poured petrol on an old treadmill and set fire to it. Although a little extreme, his point was that high intensity cardio training for 50++ is actually detrimental. He is right. A treadmill for those in the Active Aging category should be used as part of a warm up routine or for a brisk walk/light run when the outside conditions are not favourable. Higher intensity cardiovascular exercise, pushing your heart rate up towards it's maximum and putting stress on your heart is not the aim of the game here. Keep it comfortable and realistic.

Strength Training

Probably the most misconceived and misunderstood subject for over 50s. You don't need to pump iron like a bodybuilder, however keeping the muscles toned and in use is vital. Functional Training are the buzzwords these days.



What is Functional Training?

Basically it's exercise that mimics and helps with day to day movements.

For example, squatting down and picking things up, side to side movements, twisting, turning, lunging, putting things in and taking things out of a cupboard.

These are all day to day things we do and there are exercises that help build the muscle groups associated with such movements. A quick Google search will bring up hundreds of exercises with instructional videos that you can easily do at home with minimal equipment.

As in our daily lives, we tend to lift things of smaller weight, so no need to use heavy dumbbells or barbells.

Use weights between 4 to 10 kgs but with repetitions of say 10 to 12 rather than just 4 or 5 with heavier weights. The idea is to keep muscles toned and working well.

If you have the time, it's well worth spending a couple of hours to go online and find as much information as you can on the subject, the idea is not whether you will live longer or not, it's about being able to maintain your health and ability to move for as long as possible.

By Nick Hung



SILENT RESORTS TAKES FIRST STEPS

YACHT
style



Building on the solar technology developed for Silent-Yachts catamarans, Silent Resorts is launching its first yacht-and-villa retreat in the Caribbean, while Asia is in the plans as the new company looks to grow a global network of exclusive, eco-friendly holiday destinations.

As the world leader in solar-electric luxury catamarans, Silent-Yachts new Silent 60 is being built in Thailand, and the company also has a mission is to develop solar-powered beachfront resorts featuring Silent catamarans as floating villas.

Designed to be sustainable, eco-friendly, and built with a 'light touch', these resorts are more than just a cute concept. They're happening, starting in the Bahamas with eight catamarans at sea and 16 villas on land, with the first few units scheduled to be ready by late 2021.

At any time, guests staying on the catamarans are free to set off on a cruise and start exploring the surrounding region and along with its catamarans, Silent-Yachts is supplying the solar-electric technology that will power the villas, communal facilities, and infrastructure for a fully integrated, carbon-free property.

Conceived during the Covid-19 era, the Silent Resorts model will have an emphasis on quality, and duration with villas at the first resort in the Caribbean built from sustainable hardwood

Only a few years ago, Silent-Yachts' proposition of 100 percent solar-powered catamarans seemed admirable but ambitious, too niche to sustain mass production.

However, the company's huge increase in sales over the past year or so has shown that such technology is becoming increasingly sought after by conscientious owners.

***This edited article by Nick Hung is republished by kind permission of Yacht Style to read more go to:
www.silent-resorts.com ,
www.silent-yachts.com***



By Steve Wade

SPORTING HEROES: THE WILLIAMS SISTERS

Venus and Serena Williams, born in 1980 and 1981 respectively, are one of the most remarkable stories in sport. Venus came to prominence first and went on to win seven Grand Slam singles titles but was soon overtaken by her sister Serena, who went on to collect an incredible twenty three Grand Slam singles titles in her career.

There has been a fierce professional rivalry between them. Since their first meeting in the 2001 US Open up to the Australian Open in 2017, they met in nine Grand Slam singles titles. They became the first two players, male or female, to play in four consecutive Grand Slam singles finals from the 2002 French Open to the 2003 Australian Open. Serena has an incredible singles record and has completed the “Serena Slam”, holding all four Grand Slam tournaments, twice in her career. Between 2000 and 2016 they collectively won twelve Wimbledon singles titles (Venus five and Serena seven). In 2002, after the French Open, Venus and Serena were ranked numbers one and two in the world, the first time in history this had been achieved. Incredibly they went on to do the same thing some eight years later in 2010, with Serena holding the number one spot this time. Their record playing doubles alongside each other is equally impressive, winning numerous Grand Slam titles and reaching the number one ranking.

Indeed at one time around 2010 they were the number one and two players in the world in singles and the number one doubles partnership! Both women have also won four gold medals at the Summer Olympics, one singles title and three doubles medals each.

Both girls from were coached by their parents, Richard Williams and Oracene Price, from an early age. The girl’s father home schooled them both and while he and subsequently their mother have been the official coaches, other mentors who helped them to learn the game included Richard Williams, a Compton man, (where the girls were born), who shared the father’s name and would go on to found the Venus and Serena Tennis/Tutorial Academy.

After ten years, the family moved from Compton to West Palm Beach, Florida, so that the girls could attend the tennis academy of Rick Macci, where he began to provide additional coaching. Macci did not always agree with the girls father but respected that “he treated his daughters like kids, giving them time to grow up”.



When the girls were 12 and 10 years old respectively, Richard stopped sending them to national junior tennis tournaments since he wanted to slow things down and get them to focus on school work. Instances of racism had also played a part in the decision, as Richard had heard white parents talk about the sisters in a derogatory manner during tournaments.

At the time both sisters were ranked number one in their respective age groups.

In 1995, their father pulled the sisters out of Macci's academy and from then on took over all coaching duties himself. When asked in 2000 if the normal route of playing regularly on the junior circuit would have been beneficial Serena said "everyone does different things. I think for Venus and I we just attempted a different road and it worked for us". Clearly!

The sisters have different playing styles. Venus has a powerful all round game and is adept at playing in any part of the court. At the net she has a full repertoire of shots and an exceptional reach, which allows her to hit volleys of any kind with ease and due to her all court game she can hit winners from virtually any position. She is also a top quality tactical player, with remarkable problem solving skills and speed of thought.

Serena meanwhile is primarily a baseline player, with extraordinary power and a serve which has been put up as the greatest in the history of women's tennis. She has the third highest recorded serve speed in history, (Venus has the highest), but what makes it so effective is the ball placement at power, immediately putting the opponent on the back foot.



Indeed at the 2012 Wimbledon championships she produced 102 aces, more than any of the men that year, incredible when you consider how many aces there are in the men's game. Her ability to hit outright winners from near impossible positions is remarkable, as is her determination, evidenced by some of the most incredible comebacks in the sport. Serena has saved many match points and gone on to win major titles.

The Williams sisters story is indeed a remarkable one. Considering the circumstances of the family when they were children and how good they became their achievements beggar belief. With both women coming to the end of their careers, they both leave records and a legacy in the game that will never be equalled.

Looking back on their history to research this article, it is difficult to believe what they have achieved, even after you know it actually happened! Both sisters are involved in numerous charities around the world and support many causes, especially in the neighbourhood where they grew up. They are a shining example of what can be done to everybody. Long may it continue.

SPORTS UPDATE FOR MARCH

By Steve Wade.



PREMIER LEAGUE

The race to the title has only around 14 matches left and with Manchester City stamping their authority on the rest with a 13 match winning run since December, which has left them 9 points clear at time of writing, the remainder are fighting it out for the Champions League places. Highlights for March include Liverpool v Chelsea on the 5th, the Manchester derby on the 11th, and the North London derby on the 15th.

CHAMPIONS LEAGUE

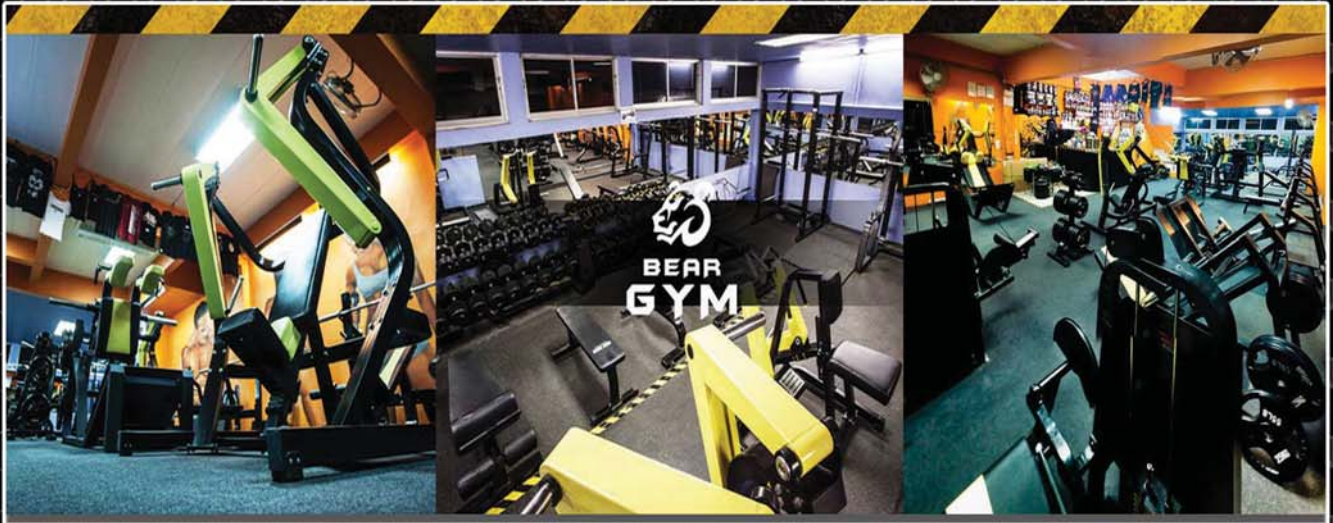
The round of 16 concludes in March, with Juventus v Porto and Dortmund v Sevilla on the 10th, PSG v Barcelona and Liverpool v Leipzig on the 11th, Real Madrid v Atalanta and Manchester City v Monchengladbach on the 17th, and concluding with Bayern v Lazio and Chelsea v Atletico Madrid on the 18th.


FORMULA 1

The Formula One season finally takes the brakes off in March, with Bahrain hosting a pre-season testing meeting from the 12th to the 14th and, staying at the same venue, we have the Gulf Air Bahrain Grand Prix from the 26th until the 28th. This is a hugely popular event amongst our readers in Pattaya and will be a welcome addition on it's return to the sporting schedule.



Other events this month include one of my own personal highlights of the year, the CHELTENHAM FESTIVAL. Running from the 16th until the 19th, the meeting brings together the cream of the jumps horseracing crop. Of course, the famous Cheltenham roar when the first race on the first day gets underway will be a huge loss and the absence of the crowds will seem strange as they play such a major part in proceedings. I for one will still be watching though!





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A woman with long dark hair is sitting in a cafe, looking down at her red smartphone. She is holding a Starbucks coffee cup with a straw in her other hand. The background is blurred, showing other people and cafe lights.

10 hacks to save time

1. Use your phone more - for recurring reminders

It's easy to forget due dates for bills and other important reminders. So try to set recurring reminders on your phone for bills such as monthly internet or for your 90 days reporting at immigration. Ideally, have it alert you a couple of days before the actual due date just in case it falls on a weekend. This will save you time checking and having moments of sudden panic

2. Use your phone less - for surfing and social media

Answering emails surfing the net getting caught up on social media is a significant source of frustration for many. How often have you found hours eaten up by being on Facebook? Cut down on unwanted emails by allocating them to your spam box. Also, try setting the timer on your phone to limit the amount of time spent scrolling.

3 Simplify and Streamline

Decluttering and streamlining your choices is an easy way to cut down the amount of time you spend making decisions. This can extend to clothes in your wardrobe gadgets in the kitchen and clutter on your desk or workspace. For example organizing your wardrobe by work clothes, weekend/evening clothes or by colour will save you time.

4 Prep the night before

Got an important event - occasion - meeting to go to? Preparing any paperwork you need to take, pre-packing a gym bag if you're setting off early. even laying out what you're going to wear the night before will all help save time and effort the following day. Plus doing this 10-15 minutes the night before is often much easier than trying to gather things together in a panic or when you're feeling a bit groggy first thing in the morning.

5 Use the Freezer

With a blender, you can create a large quantity of your favourite smoothie and separate it into serving-size freezer bags. Move a bag into the refrigerator before you go to bed and your breakfast is basically ready for the next morning. If you don't have time to go food shopping regularly then keep your freezer well-stocked. Also, try cooking a big batch of meals at the same time such as Bolognese or Chilli to freeze them and use later.





6. Plan your week ahead

Whether you have a computer option such as google calendar or go old school with a diary giving some shape to your week will mean you are able to see at a glance when important things are going to crop up. Don't forget social events as well, even if making a phone call is something you have been putting off, schedule a time to do it, That way you stop it clogging up your mental in-tray and wasting time deciding when to get it done.

7 To-Do lists

No matter whether you write long detailed monthly, daily, or just jot notes on the fridge the actual act of writing tasks down will often help you remember them and save you time so that these things don't pop into your head late or even worse in the middle of the night when you've no chance of getting them done.

8) Prepare for Meetings

Meetings can be an excellent opportunity to brainstorm and hash out ideas. Unfortunately, they can also be a huge time waster, especially if you leave a meeting without having covered the points you wanted to make. Send out an agenda to give others the opportunity to prepare ahead of time or simply list the questions you need answering. This might even apply to going to the doctor's as it will save you time having to make follow-up calls or additional appointments.

9) Learn to delegate

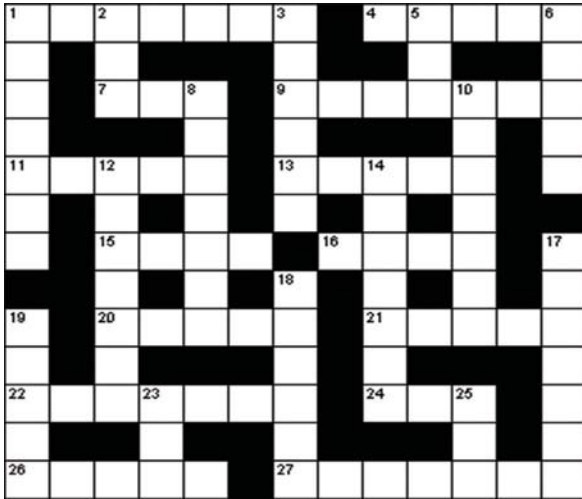
This can apply to a working environment or at home, Are there certain jobs that take you an awfully long time either because you can't stand them or just aren't good at them? Is there someone in your team that has a knack for something you struggle with? OK at home there may be a cost element to this say for example with laundry, but if you can spend your time more productively why not give this task out if it is onerous to you?

10) Use Mobile Apps

From managing your banking, important bills, and documents, mobile apps have changed the way we interact with the world and you can now put these tools to good use. For example, check to see if your bank has an app to keep track of transactions that way instead of continuously checking to see if you have received a payment you will know the minute it hits your account.



CROSS WORD MARCH 2021

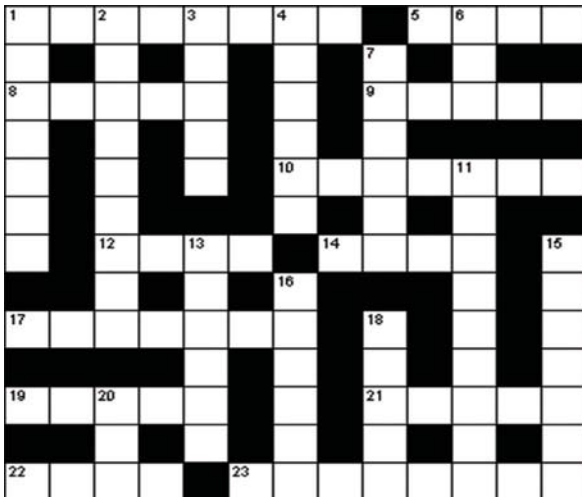


Across

1. Meat from a deer (7)
4. Utensil (5)
7. Measure of rum (3)
9. Food produced without synthetic fertilizers, pesticides or hormones (7)
11. Small juicy fruit (5)
13. Cubes made of sugar but should never be found in custard (5)
15. Grains used as food, either polished or unpolished (4)
16. Decapod crustacean (4)
20. Small very thin pancake (5)
21. Light sponge, ___ cake (5)
22. Quick bread (7)
24. Beer (3)
26. Variety meat (5)
27. Layered pasta with sauce, cheese, meat or vegetables (7)

Down

1. Used as a condiment or food preservative (7)
2. Edible hard-shelled seed (3)
3. Ribbonlike pasta strip (6)
5. Small vegetable (3)
6. Tortilla chip topped with cheese and chili-pepper and broiled (5)
8. Kind of syrup (7)
10. Attached to the muzzle to feed an animal (7)
12. Downy fruit resembling a small peach (7)
14. Dessert wine from Sicily (7)
17. Cornmeal mush (8)
18. Breakfast food prepared from grain (6)
19. Freshwater game and food fish (5)
23. Drinking vessel (3)
25. Came before or after the chicken? (3)

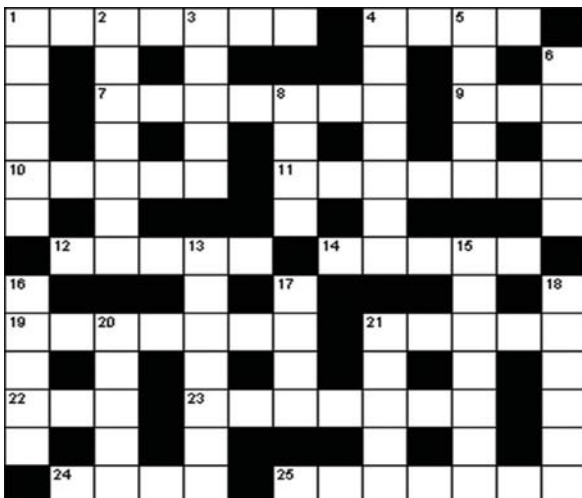


ACROSS

1. Five-toed pachyderm (8)
5. Simians (4)
8. Equine mammal (5)
9. Bird of prey (5)
10. Living in water (7)
12. Killer whale (4)
14. Animal den (4)
17. Butterfly, Red ___ (7)
19. Venomous snake (5)
21. Disney cartoon dog (5)
22. Small colony insects (4)
23. Nocturnal burrowing creature, feeds on termites (8)

DOWN

1. Spiny anteater (7)
2. Terrestrial burrower that helps aerate soil (9)
3. Doglike nocturnal mammal of Africa (5)
4. Arctic mammal with long spiral tusk (6)
6. Hog (3)
7. Small white whale (6)
11. Large hairy arachnid (9)
13. Cattle pen (6)
15. Young male bovine (7)
16. Domesticated llama (6)
18. An animal with two feet (5)
20. Nocturnal flying mammal (3)



ACROSS

1. Capital of Cyprus (7)
4. Largest and most populous island of the Seychelles (4)
7. Famous Singapore hotel (7)
9. Republic of South Africa, initially (3)
10. Capital of Ghana (5)
11. State capital of Georgia (7)
12. City in the Ruhr district of Germany (5)
14. The highest point in the British Isles, Ben _ (5)
19. Landlocked country in South Africa (7)
21. Italian city famous for the Palio horse race (5)
22. Brazilian city, in short (3)
23. Falls on the border of USA and Canada (7)
24. Napoleon was exiled to this Italian island (4)
25. City on the South Island of New Zealand (7)

DOWN

1. Capital of the Bahamas (6)
2. Capital of Venezuela (7)
3. Bulgaria's capital city (5)
4. River in Western Europe (7)
5. One of the Great Lakes (5)
6. Doha is the capital (5)
8. Famous landmark of 22 Across, Sugar ___ Mountain (4)
13. Tallinn is the capital of this Baltic country (7)
15. Reykjavik is the capital (7)
16. Aka Ayers Rock (5)
17. Des Moines is the state capital (4)
18. Capital of the Northern Territory of Australia (6)
20. Capital of South Korea (5)
21. Country on the Iberian Peninsula (5)

SOLUTIONS ARE ON PAGE 45

SUDOKU MARCH 2021

SOLUTIONS ARE ON PAGE 45

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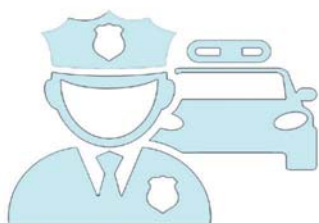
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IMPORTANT TELEPHONE NUMBERS



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

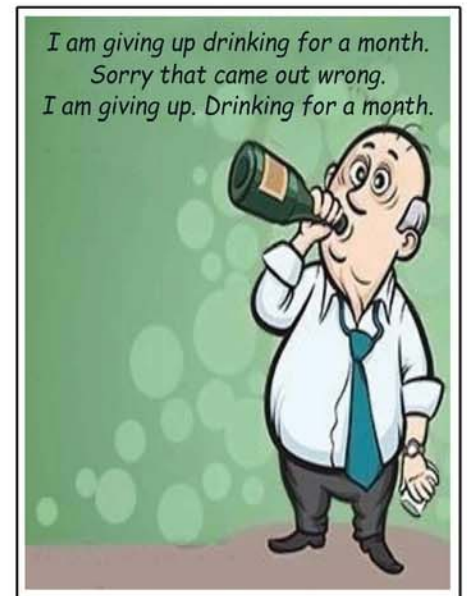
WASTE DISPOSAL

Garbage Collection
 Phone 0-3842-9494

YOU'RE HAVING A LAUGH !



Got up this morning and ran around the block 5 times. Then I got tired, so I picked up the block and put it back in the toy box.



SOLUTIONS

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GAME RELEASES

by Rick Click



Prince of Persia: The Sands of Time remake

The prince has seen some changes since the first game was released way back in 1989. A third-person side-scrolling platform game with plenty of Traps and combat went 3d ten years later. I loved the original Sands of Time (2003) with its fairy tale art style, wall running moves, and acrobatic combat. Comparing this remake to the original I was pleased that it retains so much from the original, you think it's exactly how you remember it until you check out the graphics. Taking advantage of modern hardware now the character models especially benefit. The control system has also been completely updated but you can still choose the original mapping if you prefer.



Sea of Solitude: Director's Cut

Confront and conquer your fears during an adventure that covers a beautiful but troubling world where nothing is as it seems. Journey with Kay by land or sea, solving puzzles along the way whilst running into monsters. Kay suffers from feelings of loneliness, helplessness, anger, and fear which manifest into gigantic monsters that stand in her way. Along her path, she seeks to overcome these negative emotions.

Coming to the Nintendo Switch this game was originally July 2019 on the other platforms, the Director's Cut version has improvements, new features, and enhancements. Namely, a rewritten script, a new cast of voice actors, reworked animations, and cut scenes.



Balan Wonderworld

Progress through a world that is a mixture of reality and imagination where two young characters Leo and Emma discover a strange Musical Theatre. Inside there are over 80 different collectible costumes that give your characters different abilities. Very much in the same vein as Super Mario World with its 3D platforming, jumping on enemies, grabbing gems, and battling bosses. Spectacular, colourful levels, and a great score make this a real treat or escape from the current state of things, great for the kids. It was directed by Naoto Ohshima who worked on Sonic the Hedgehog and Nights into Dreams.

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.



Logitech Circle 2 Indoor/Outdoor Wireless Home Security Camera.

The Circle 2 is great for indoor and being weatherproof also outdoor. It can be wired up or work wirelessly by Charging up Its rechargeable battery via USB or mains. It captures in 1080p with a 180-degree field of view. It starts recording when motion is detected and with night vision 24-hour coverage. One or more cameras connect via the Logi Circle App to your mobile. There is a Free 24 hour Cloud storage account for all your recordings. Also, you can check the live feed at any time and get sent alerts. The two way talk feature is very handy for speaking to visitors at your front door, For voice commands It works with Amazon Alexa, Google Assistant, or Apple Home kit. And can be connected to your TV so when next door's Cat knocks over your dustbin you can quickly ask Siri to show you the backyard before returning to Netflix.



Mosquitron

If you've spent any time plagued by mosquitoes whilst trying to work you know just how irritating they can be. And if you want to keep your children free of bites and resulting infections then this reasonably priced gadget is a must buy. It's all down to two German engineers who had enough of being attacked whilst camping. They looked into the problem and realized that most devices in this area either used harmful chemicals or just didn't work at all. Instead of trying to deter the mosquitoes, this device attracts them by using an irresistible UV-PT light. Once in range, the pests are sucked through a one-way trapdoor by an efficient reverse fan. Once inside the device, they are dried to death in only a few minutes. Take satisfaction when you empty the device and see just how many you've terminated. All you have to do is plug it in, no batteries or chemicals needed, oh and it's almost silent.



App of the month.

The Score: Live Sports Scores and News.

For sports fans who like to keep track of the latest up to the minute sports results and news, this app is a must. Trusted by millions of fans it's the number one choice to keep you posted on any events taking place this year.

The Worldwide coverage is very comprehensive with updates for all the American leagues with the NFL, NBA, Baseball, Basketball, etc. The English Premier League, PGA Golf, and just about any other sport you can think of.

Set it up to deliver content based on your favourite leagues, teams, or players. Scores and other live data appear in real-time. With a chat and messaging feature that lets you connect with other fans.

School for the Blind

By Derek Franklin

I was once sat on the small wall outside the Pattaya School for the Blind on Naklua soi 16.

I was sat with a lady who was chain smoking and crying, crying at the thought of more than one hundred blind children, all together and how sad the school must be and she did not want to visit, it would be far too sad for her.

As we sat there, I asked her to listen carefully, listen to the sounds coming from the other side of the wall, sounds of laughter and of children playing.

Eventually I persuaded her to walk through the gates with me, her friends were already at the school, and within a few minutes she was crying again, this time with happiness.

If you have never met a blind child, never visited a school for blind children, or any school for children with disabilities, the thought of it can be quite traumatic.

But then you walk through the gates and you see that they are just the same as all other children; they just can't see what is around them.



Behind the Pattaya school is a very large piece of land, overgrown, looking like a jungle and owned by one of the large well known national chains of department stores.

They have leased it to the school, for free, and so the school is starting a new project, agriculture.

You may be asking yourself, how can blind kids sow seeds, how do they grow vegetables? Easy, they feel what they are doing, they touch the earth to plant the seeds, they remember day to day how long the beans are and feel how high the pak boong is growing.

In these worrying times the blind and visually impaired children will not only be learning new agriculture skills, but aiming for the school to become as self-sufficient as possible, providing the students with fresh and healthy organic vegetables for lunch and dinner each day.



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MagnaCartaLawFirmPattaya

By Magna Carta Law Office

What Is ESCROW and How Does It Work?

Escrow is a financial arrangement whereby an unbiased third party holds an asset or fund until both transacting parties have fulfilled their agreements.

An individual or company voluntarily uses escrow when they feel uncertain whether one party will be able to complete a transaction. When you enter into an escrow agreement whether as a buyer, seller, or lender, you establish confidence that contract terms will be followed. Hence, it ensures a fair and smooth transaction from start to completion.

Only commercial banks, finance companies or juristic persons, may hold an Escrow License from the Ministry of Finance. An escrow third party or an escrow agent or provider must not have any direct or indirect interest in the transactions of the parties to the agreement.

Escrow is usually associated to real estate, but it also relates to other financial deals such as online trades, investments, mergers and acquisitions, and many more, where either party needs reassurance that the transaction is secured and can be completed. Having these funds in an unbiased account protects both parties, by making sure that the transaction happens.

Benefits of using Escrow

- There is a greater protection of both parties' interests with the assurance of a faithful compliance with the terms and conditions of their contract.

- It reduces the risk of fraud. There is a guarantee that the buyer will receive satisfactory property, goods or services before disbursing the funds. On the other hand, the seller will be confident that the buyer has the agreed funds to transact.

- There is a timely and proper exchange of funds, properties and/or documents, upon the occurrence of a certain event or the fulfillment of obligations of the contracting parties.

How does Escrow work in Real Estate Transactions?

1. The buyer of the property transfers funds to an escrow provider.
2. The escrow provider informs the Land Office of the escrow arrangement for recording purposes. This prohibits the registration of transfer of the property ownership until the land office receives written notice from the escrow provider.
3. The escrow provider is required to duly maintain the property and or any related pertinent documents.
4. If all the requirements and terms of the transaction are met, then the transfer of funds to the seller of the property shall occur. It is the escrow service provider's responsibility to oversee that payments are made according to the timetable and conditions in the escrow contract.
5. Once the funds have been transferred to the seller and the escrow agreement comes to an end, the escrow service provider closes the escrow bank account and immediately notifies both parties.

In the event of any disagreement between the buyer and the seller, there shall not be any transfer funds or property to either party until both parties settle to an agreement or under a court order.



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YOUR FIRST CHOICE FOR THE BEST PROPERTY DEALS

Five reasons to buy property in Pattaya

As you move around Pattaya City at the moment, you cannot escape the fact that the landscape is changing. The Covid-19 pandemic has brought with it extreme hardship to both individuals and businesses that no one could have foreseen. With an estimated 18-20% of Thailand's GDP coming from tourism, the country, particularly Pattaya, has been through the mill. Therefore it may seem a strange time to look for reasons to invest in property but now is certainly the time to do just that and here now are five good reasons why.

1 Buyers Market

Number one is pretty obvious if you're buying and you have funds you will currently be able to get an excellent deal. Regardless of what kind of property you're after, you'll find a bargain somewhere. With the pandemic limiting the number of visitors coming into Pattaya to view the property, it is certainly a buyers market. So spend time doing research, get good advice, and it will reap dividends. Whether you're looking for a small studio unit in town or a six-bedroom mansion on the city's outskirts, you can indeed find what you're looking for here in Pattaya. The square metre value of some of the properties for sale at the moment is remarkable - you can get excellent value for money if you decide to buy right now.

2 Hotel, Retail & Property Development

Following on from the money, try to look past the pandemic's effect instead of looking at the new money spent on numerous projects in Pattaya. More importantly, look at the people who are investing here. Some of the biggest names in condo development, house building, and hotels, both Thai and international, are keeping the faith, looking at the long term, and banking on the future popularity of Pattaya. Happy with the way Thailand has managed the COVID pandemic, compared to many other countries, the country and Pattaya have become something of a haven in which to escape from the virus.



Spacious 2 bedrooms unit in a quiet and nice condominium 5 minutes from the centre of Pattaya! For Sale at 5.5 Million Baht or For Rent at 25,000 Baht! Our Reference PC8018.

3 Improving Infrastructure

Then there are the perceptible improvements in Pattaya's Infrastructure. During the last year, whilst the usual crowds and coaches filled with tourists have not been with us, the local authorities have taken the opportunity to carry out work throughout the city. Road-works are almost everywhere to install new drainage pipes to ease flooding during the monsoon season. The burying of overhead electric cables in certain areas has improved the city's look, especially along the beach roads. Doing this has added to the beautification of these seaside areas already benefiting from improvements to the beaches with work carried out on the promenades alongside more sweeping cleaner beaches with sand a bluer, clearer colour of the sea. Buying a property by the sea now offers a world-class view at a fraction of the price it would cost in other parts of the world.

Also, the ongoing and seemingly never-ending roadworks are all signs that Pattaya is not finished yet.

Although we might get frustrated by the constant inconvenience of painters and diggers, if Pattaya is going to move on and reinvent itself, the improvements being worked on currently, both cosmetically and structurally, are part of that.

As discussed in the previous paragraph, the investors would not be coming into the city without assurances from city hall that local amenities and facilities are improved significantly.

It will be essential for the higher class of tourist that Pattaya aims to attract, and in the end, will benefit all its residents.

4 Eastern Economic Corridor

Another reason to invest in Pattaya is because of the Eastern Economic Corridor. The massive investment in this project will certainly go ahead, and geographically Pattaya is perfectly placed to take advantage of this.

Improvements will include the industrial development of Laem Chabang port, Map Ta Phut Port, and the motorway improvements and new double-track railway. Extending U-Tapao airport into a major international hub will open Pattaya to tens of millions of extra visitors every year. You cannot overstate its importance, and it will help transform Pattaya into a significant destination for international and domestic visitors alike.

5 Proximity to Bangkok

Lastly and much closer to home is Pattaya's location within easy reach of Bangkok's enormous domestic market. With a new high-speed railway connecting Pattaya to the capital in only 45 minutes just a couple of years away, Pattaya will transform from a once sleepy, seaside location to a real destination for affluent Bangkokians with them will come new opportunities and new businesses. A thriving economy is suitable for everyone, and you can be confident that property prices will benefit from all the extra visitors and their spending power.

Pattaya is a great place to live. It's changing, of that, there is no doubt, but the city will survive and prosper after the pandemic has left us and when the significant improvements outlined above are complete it will be thriving like never before. If you take the slightly longer-term view, it may be that this is one of the best times ever to invest in property in the city. The current and future value in the property and development market is there for all to see.

It's still fun to live here too so, and please let the team at Pattaya Prestige Properties tell you more about why investing in a property right now is the right choice for you.



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



Amazing value 5 bedrooms pool Villa in Nongplalai, near international schools. For sale at 7.89 Million Baht and for rent at 40,000 Baht per month. Our reference: PC7831



038-059-559 or 092-432-3387



info@pattayaprestigeproperties.com



www.pattayaprestigeproperties.com



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Saturday 9:00 - 16:30



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Explore the most exclusive branded residences in Southeast Asia



By Cheyenne Hollis

Branded residences are nothing new in Asia. Both hospitality and design firms have been lending their brands and the seal of approval that comes with it to residential developments throughout the region. However, Asia's most exclusive branded residences offer a lot more than just a familiar name. They are truly special real estate projects that provide an unmatched living experience. From beautiful beach retreats to ultimate urban sanctuaries, these developments can be found across the region. Let's take a look at what makes the most exclusive branded residences in Southeast Asia so special.

Avadina Hills by Anantara, Phuket, Thailand

One of Thailand's newest developments also promises to be one of the most exclusive branded residences in Southeast Asia. Of course, you'd expect nothing less from a project located along Phuket's exclusive 'Millionaire's Mile'. Avadina Hills by Anantara sits on a hill overlooking Layan Beach, adjacent to the 5-star Anantara Layan Phuket Resort.

There are only 11 pool villas available ensuring unmatched exclusivity. Each one has a minimalist design with floor-to-ceiling glass windows, granite floors, and teak ceilings that create a natural indoor-outdoor flow and maximize panoramic views of the Andaman Sea. Villas range from four to ten bedrooms and each one is equipped with a white-stone infinity pool and a spacious sundeck. In addition to all this, there are two lower floors that come unfitted to allow for customization.

Casa Marina Premium operated by Radisson: Binh Dinh, Vietnam

Casa Marina Premium is a collection of villas and apartments operated by the popular Radisson hotel brand. It is part of BCG Land's Casa Marina Resort, an up-and-coming tourism development in Vietnam. Located in Binh Dinh, Casa Maria Premium takes inspiration from natural beauty found all around the development and the region's unique cultural heritage.

The residences are spread across the surrounding green forest and each villa possesses a stunning sea view that provides a peaceful living experience not found elsewhere in Vietnam.



The Residences at The Westin Manila Sonata Place, The Philippines



The Residences at The Westin Manila Sonata Place was among the first branded residences to be launched in the Philippines and promises an experience unlike anything currently available in the country. Everything from the Westin brand's famed Heavenly® Beds to the signature services of the RunWESTIN™ concierge will be offered. The property stands 50-storeys tall and contains a total of 344 private abodes with one- to three-bedroom units and penthouses all available. Located in the lifestyle hub of Ortigas Center, residents will have easy access to shopping malls with Robinsons Galleria, Shangri-La Mall, and SM Megamall all nearby.

Four Seasons Private Residences Bangkok At Chao Phraya

Four Seasons Private Residences Bangkok At Chao Phraya is a Bangkok icon

It would be impossible to craft a list of the most exclusive branded residences in Southeast Asia and not mention Four Seasons Private Residences Bangkok At Chao Phraya. The 73-storey residential tower is a riverside icon that provides levels of privacy and exclusivity never before seen in the Thai capital.

Four Seasons Private Residences Bangkok At Chao Phraya residents can enjoy a wide range of amenities operated and managed by Four Seasons. These include the sophisticated River Lounge and impressive rooftop Four Seasons Club. Perhaps the best trait of the entire development is the fact all units have been meticulously designed to be a corner unit meaning unobstructed panoramic river and city view for all owners.



Anantara Desaru Coast Residences Desaru, Malaysia



Select villas at Anantara Desaru Coast Residences come with ocean access Desaru has become a go-to weekend getaway location for residents of Singapore and Johor Bahru. It offers beautiful beaches, low-density living, and plenty of recreational opportunities. What's more, it's only 30-minutes away from Singapore by ferry. Anantara Desaru Coast Residences boast a unique blend of luxury beachfront living and family-friendly activities that allows it stands out when compared to other residential villas in Malaysia.

The project is managed and serviced year-round by the adjacent Anantara Desaru Coast Resort & Villas which provides award-winning services. There are 20 three- and four-bedroom pool villas in total. These residences are set upon an expansive sanctuary with some offering direct access to the pristine South Sea beach.

By Megha Paul

SAii, the fun and free-spirited upper-upscale lifestyle brand from S Hotels and Resorts, Thailand's homegrown hotel group, has arrived in its spiritual home with the opening of its first two resorts in the 'Land of Smiles' – SAii Laguna Phuket and SAii Phi Phi Island Village.

SAii, which derives from the Thai word for 'sand', was first unveiled in 2019 at SAii Lagoon Maldives. Now, the company is celebrating the launch of its next two SAii resorts, both of which are nestled on the shores of Thailand's serene southern islands.

SAii Laguna Phuket is a bright waterfront resort that reflects the tropical beauty of the famous Thai island. It has undergone an extensive renovation including the creation of a new events hall, a stunning seafront restaurant, and an enhanced beachfront bar to integrate SAii wellness and culinary brand signatures.



SAii Phi Phi Island Village, situated on a soft-sand 800-metre beachfront, has completed a series of improvements to its locally-inspired accommodation and amenities. The open-plan lobby, freeform pool, natural spa and sea-facing restaurants have all been upgraded, and the spectacular Hillside Pool Villas have been refreshed and remodelled, with the addition of a new two-bedroom option – the resort's top room category. The resort is further dedicated to preserving the environment through its interactive Marine Discovery Centre.

The two new SAii resorts in Thailand will attract experience-seeking explorers who value personal freedom, authentic encounters, and a sense of discovery. These millennially-minded guests are tech-savvy, but also have a desire to look beyond the screen and engage in new adventures.

SAii Laguna Phuket and SAii Phi Phi Island Village are both packed with highly Instagram-able views and vistas. "Our charismatic brand, SAii, embraces many of the qualities for which Thailand is famous, such as kindness, humbleness and friendliness, coupled with creativity, style and fun.



Having successfully introduced SAii to the international market with SAii Lagoon Maldives, we are delighted to bring this concept back home with the launch of SAii Laguna Phuket and SAii Phi Phi Island Village.

These resorts will be integrated deep within their communities," said Dirk De Cuyper, chief executive officer of S Hotels & Resorts.

The unveiling of Thailand's first two SAii resorts will kickstart an exciting year of expansion for S Hotels & Resorts, the hospitality arm of Singha Estate, driven by the rollout of its homegrown brands, including SAii and nābor, an alternative collection of locally-inspired 'luxury-midscale' hotels and resorts.

The group currently operates a global collection of 39 hotels and resorts on three continents, totalling more than 4,600 keys.

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

Land for Sale at Bang Saray



Land numbered 85, Chanote number 10492 registered in Thai person name Size 1 Rai 3 Ngan 65 square Wah (19125 Rai or 3,060 square meters) Suitable for a 7 floor Condominium of 220 units with value 700 million Baht EIA and Building permits approved in principle 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

Price 35,000,000 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

2 bedroom 2 bathroom condo for sale or rent



Hyde Park Residence 1 floor 5 corner unit facing the sea Located off Thappraya Road near Walking Street, on Baht bus route. Roof-top swimming pool, European kitchen, large balconies 3 air-cons, 3 flat screen TV's Washing machine, 2 electronic safes, 3 tier curtains Size 108 square meters, fully furnished, offered on one-year lease

Price 6,700,000 Baht

Rent 20,000 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 9,000 Baht per month including fast fibre-optic Internet. Shorter periods possible. Tel 084-864 6068

Price 1,500,000 Baht

Rent 9,000 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 8,000 per month

Price 1,300,000 Baht

Rent 8,000 Baht

2 bedroom 2 bathroom Condo for Sale or Rent



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

Price 10,000,000 Baht

Rent 30,000 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 TV's, sea view One-year lease 8,000 Baht per month

Price 1,300,000 Baht

Rent 8,000 Baht



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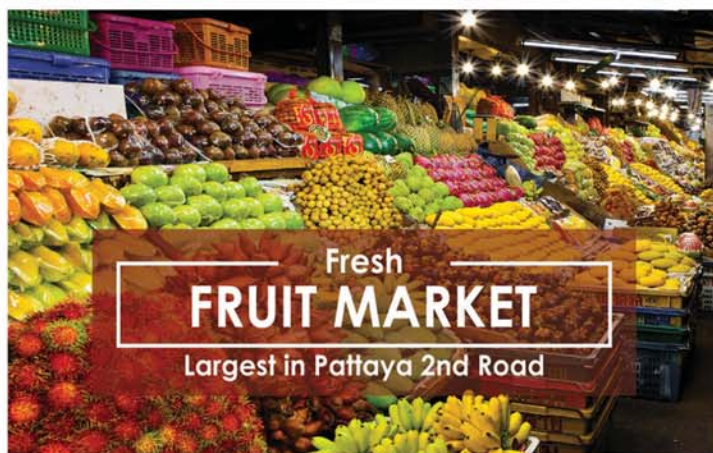
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EASY WAYS TO REDUCE YOUR WATER USAGE AT HOME

By Cheyenne Hollis

Probably not a good idea to leave a faucet on unattended if you want to save water. Monthly water bills aren't nearly as costly as electricity or internet costs, but it's always a good idea to save money when you can. Additionally, saving water at home is good for the environment so if you don't do it for the cost savings, at least do it for the planet. There are actually a lot of easy ways to reduce your water usage that don't require you to do a whole heck of a lot. The key here is to simply be mindful. Most unnecessary water usage comes from either not making simple fixes or blatant waste. With this in mind, here are a few easy ways to reduce your water usage.

1) Stop taking long showers

It is estimated that a 15-minute shower uses 37.5 gallons of water. It should take you no more than eight minutes to get clean and in most cases, five minutes is more than enough time. You are better off heading to the swimming pool if you want to spend a long time in the water.

2) Fix leaks

A drippy faucet or a pipe underneath the sink leaking water can be a massive source of water waste. A lot of times this is happening without you even noticing it. Be sure to check your pipes regularly for any water and monitor all faucets. Just because you don't hear an annoying drip doesn't mean you are in the clear. And if you do notice any excess water leakage, be sure to have it fixed right away.

3) Only wash full loads of laundry

Of all the easy ways to reduce your water usage, this just may be the most straight forward. A washing machine uses anywhere between 28 and 41 gallons of water regardless of if it contains a full load or a pair of shirts. Some new models come equipped with sensors that can reduce water usage, but you are still better off only using the washing machine when it is full.



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GETTING HOTTER BUT STAYING COOL



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There's so much to enjoy having 96FM Pattaya People Radio as your faithful partner.

Our regular 96FM programming starts each weekday with the highly entertaining MORNING GLORY from 8am to noon followed by LET'S DO LUNCH from noon to 2pm. After 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.

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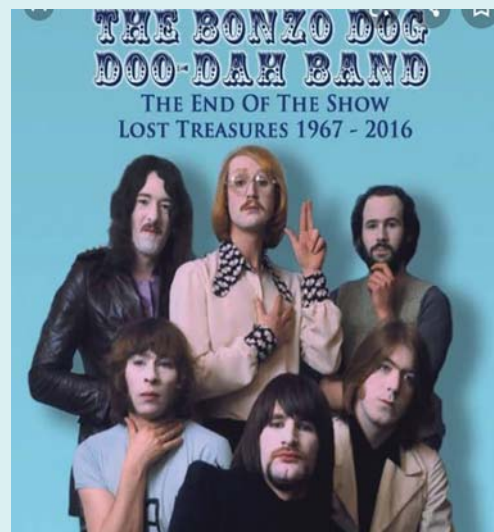
Pattaya People Radio on 96FM and online via the free downloadable Pattaya People app (check out DOWNLOAD instructions on the TV page) has not stopped providing a wonderful addition to each treasured day and still provides happy, positive, life enhancement with it's 'Sunshine Hits On 96' motif.

96FM can be heard in your car or on any household radio via the FM option, 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.

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!

New to 96FM this month are additional tracks added to the already diverse playlist which is updated regularly. However you listen to 96fm, be sure of a surefire way to remain a 'cool' individual under the 'scorchio' sun.





PATTAYA PEOPLE TELEVISION

In full colour

Pattaya People Media Group has benefitted from the evolution from our long gone former black & white heritage to sparkling colours (colors for our friends from the USA) of the rainbow with stereophonic sound and widescreen splendor, not only on TMN cable TV, direct to your viewing room of choice, but all over Thailand and, indeed, worldwide on the 'Pattaya People' free downloadable app for your laptop, computer or smart phone.

If there are still those of you who have not downloaded the Pattaya People Free App, here's how to. It's so easy, even our Ozzy friends can do it. 555

1. Go to your app store (Play Store or similar).
2. Type in 'Pattaya People'.
3. Press on 'INSTALL'
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5. Watch all Pattaya People TV features on the Pattaya People streaming facility.

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 and important for living as a foreign individual, plus a reflection of entertaining aspects of our city.



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

Coming up in March are continuing 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.

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.

Pattaya People TV is everywhere...all the time.....in full colour!

Note: TV sets from before 1970 or those with picture issues might not have the 'full colour' option. 555



Thailand unveils two-phase vaccination plan

by Kristin Mariano

Thailand has announced that its vaccination plan will be carried out in two phases. The first phase aims to inoculate a million of its most vulnerable people by May. Mass vaccinations, on the other hand, will commence in June. "We are planning two phases: February to May and the second, June to December," senior health official Sapon Iamsirithaworn announced.

The kingdom is bound to receive two million doses of the Sinovac Biotech vaccine by the end of February, which will be used in the first phase.

For the mass vaccination that will take place between June and December, the authorities aim to administer 10 million doses monthly using 61 million doses of the AstraZeneca vaccine, which will be produced locally from June by Siam Bioscience.



Thailand aims to vaccinate about 60% of the adult population by the end of the year to achieve "herd immunity". Sapon added that around 1,000 hospitals are being prepared to administer 500 doses each day. At the time of this writing, Thailand has recorded 24,405 cases of COVID-19 and 80 deaths, which is far lower than in most countries. However, around 80% of these cases were recorded in the past two months.

TAT wants tourism workers on the first batch

Tourism Authority of Thailand (TAT) Governor Yuthasak Supasorn said that tourism workers should be included in the first batch of the recipients of the COVID-19 vaccine in order to gain travelers' confidence, according to the Bangkok Post. Yuthasak said that it will help kickstart the tourism industry. TAT expects to discuss vaccine plans with the Centre for Covid-19 Situation Administration (CSSA).

Private companies are planning to buy vaccines that will largely help and speed up the vaccination process in the nation and will benefit the industry. However, there is a shortage of vaccines at the moment and available doses may be too expensive for provincial administrations and companies, so they have no option but to rely on the state budget and vaccination plan. Tourism and hotel operators in Thailand are urging the government to speed up mass vaccination programs to restore tourism by the third quarter.

On quarantine

It has been a topic of endless debate whether people who received full doses of COVID-19 vaccines no longer have to quarantine as prescribed by the World Health Organisation.

Many countries implement mandatory quarantine for inbound travelers after learning that some people who first tested negative develop infection a few days or weeks later. The US Centre for Disease Control and Prevention (CDC) said that people who received the full doses of COVID-19 vaccines can skip the recommended 14-day quarantine as the vaccines have been shown to prevent symptomatic COVID-19.

"Individual and societal benefits of avoiding unnecessary quarantine may outweigh the potential but unknown risk of transmission [among vaccinated individuals]," the CDC said.

People may skip the quarantine after receiving the last dose of vaccine within three months as it takes time to build immunity against the infection, CDC added.

By Joe Cusmano



It is very likely that you have heard about this neighbourhood and to be frank, everything you have heard is probably true. From brothels to sex shops to museums, the Amsterdam Red Light District has it all.

But the city's mayor has put forward a widely supported proposal by the different political parties to move the notorious to the outskirts of town in an effort to help legal sex workers avoid ridicule from tourists. lawmakers said in a report.

Brothel windows will be shuttered in the bustling De Wallen neighbourhood and an "erotic centre" will be set up in a yet-to-be-determined area.

Other elected officials said the relocation would help clean up the city's image on a global stage.

"We have to intervene firmly," said Dennis Boutkan, of the Dutch Labour party. "This is about a reset of Amsterdam as a visitor city."

The move is not popular with everyone and the Red-Light United group, have claimed that around 90% of the women want to remain in the current area, and fear losing trade if the move is forced upon them.

The city's mayor further stated that the increasing number of cannabis tourists who most are young and low budget were becoming a problem for locals.

So, what is the problem here, drugs, or alcohol?

A spokesman for the Bond van Cannabis Detaillisten (BCD) told Dutch News that the proposed law will not stop soft-drug tourism. "People want to smoke their joint. If that cannot happen in a coffee shop, then they will buy it on the street," he said. However, the way the Netherlands' drug laws are written means that it is illegal, beyond personal consumption, to produce, store and distribute marijuana, meaning the only way for vendors to buy large quantities of the drug for resale is through underground criminal enterprises.

The new proposal seeks to reduce the number of coffee shops in the city to 66 but will loosen the laws around buying and storing more stock in return. The proposal will be presented to the council before final proposals are drawn up, but the final decision will fall on the mayor.

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

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