

# DISCOVER PATTAYA



THE  
GEMS  
MINING  
Pool Villas • Pattaya

## ESCAPE TO THE PRECIOUS OASIS



### COMPLIMENTARY COPY





## THE GEMS MINING POOL VILLAS PATTAYA



### Escape to the Precious Oasis

A 77-key African-inspired conceptual resort, The Gems Mining Pool Villas Pattaya boasts of a barefoot luxury experience with five-star facilities in greenery settings. The resort prides itself on the African-Mining design concept with a touch of African safari.

The rooms and villas are divided into five categories including *Topaz Jacuzzi*, *Emerald One-Bedroom Pool Villa*, *Sapphire Two-Bedroom Pool Villa*, *Ruby Three-Bedroom Pool Villa* and *The Legacy Conceptual Residence* (five bedrooms).

The resort offers meeting and event facilities for corporate and leisure. The Miner Meeting Room can cater up to 200 guests and The Explorer Meeting Room can accommodate approximately 60 guests while The Tram Restaurant & Wine Cellar is suitable for casual and intimate smaller events.



Tel: 038 222 222  
E: [hello@thegemspattaya.com](mailto:hello@thegemspattaya.com)  
Facebook: [@thegemspattaya](https://www.facebook.com/thegemspattaya)  
[www.thegemspattaya.com](http://www.thegemspattaya.com)

888 Moo 1 Nongprue Banglamung Chonburi 20150



## The Tram Restaurant Bar & Wine Cellar

Is open everyday for breakfast, lunch and dinner. The menu includes African inspired dishes, Western and Thai. Take a moment to select a bottle of wine from the cellar to pair with the dinner or try one or two of crafted cocktails.



Guests can enjoy wellness facilities including onsen, gym, steam and sauna at

## Club Amethyst

For the absolute pampering and relaxation, The Spa @Club Amethyst offers various treatments including massage, body exfoliation, and facial treatments by Dermalogica.



## Special Promotion The Spa @Club Amethyst Spa Buffet (120 Mins) 2,000 Baht/person

Mix and match any treatment from the buffet menu.

### Massage (60 Mins)

Thai Retreat Massage | Stress Reliever Massage

Traditional Thai Massage | Relaxing Journey Massage

### Massage (30 Mins)

Foot Massage | Back Massage

Body Scrub (60 Mins) Diamond Renew & Shine

Facial Treatment by Dermalogica (60 Mins)

Rehydrating Collagen | Age Smart | Reawakening Lift

**Validity: 1 April – 30 June 2021**

Please make reservations at least one day in advance.

The price is inclusive of 7% VAT and 10% SVC.





# DISCOVER PATTAYA

## CONTRIBUTORS

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### *This Month in Discover Pattaya*

It's great to be able to herald a new luxury resort and The Gems Mining Pool Villas is one you definitely should visit. The ladies of the PILC have already done so with lunch at The Tram -sure to become a popular venue on Pattaya's live music circuit.

Whilst in the capital Discover Pattaya visited the Bangkok Screening Rooms before its closure last month. Since 2016 this gem of an art-house has been a great place to enjoy independent and classic films shown in English with Thai subtitles, so sad it was sad to see it go the way of the Scala cinema.

But all is not lost as we can report that the space is due to be taken over by the Documentary Club who we hope will continue to run it with the same great taste and ethos. We will keep you posted once it reopens.

In the meantime enjoy Songkran - without the water throwing this year and please keep safe!  
Sabaidee Pee Mai  
Enjoy!  
Gloria



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**EdenKo**



Like Discover Pattaya the Pattaya International Ladies Club is fond of visiting new locations and treating its members to monthly coffee mornings and lunches.



One such occasion was at the recently opened Gems Mining Pool Villas where the theme was animal print - and plenty of it!



A great time was had by all!







If you would like to become a member have fun, make new friends and help raise funds for local charities contact

**Kathalyn**

at [pilcmembership@gmail.com](mailto:pilcmembership@gmail.com)



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







## *The Songkran festival*

**A**t time of going to press it was confirmed that this year's Songkran holiday will take place from April 10th to April 15th but that no water splashing is to be allowed. The ban on water splashing is being put in place to help prevent the spread of COVID-19. A spokesperson from the (CCSA) Centre for Covid-19 Situation Administration, Dr Taweessin Visanuyothin advised that water splashing is to be prohibited as well as foam parties or any other wet events that might involve close contact with large numbers of people. However, traditional Songkran celebrations and religious ceremonies can still take place provided social distancing is in place plus there will be no restrictions on inter provincial travel.

Nowadays, nearly everyone knows that the famous Songkran Festival heralds in the Thai New Year. It is also an annual holiday and according to Thai traditions a time when the people of Thailand return to their hometowns to celebrate and make merit. Making merit might include the presenting of offerings to monks, pouring water on senior Buddhist monks and also the pouring of scented water on elders in a sacred ritual to pay gratitude and give a sign of respect. Thai people consider Songkran a time to spend with their families and elders.

Some people, including foreigners might not know that as well as the splashing of water another Songkran tradition is that of carrying sand into the temple or monastery. It is believed to bring happiness, good health, prosperity and wealth. Also it is believed that bringing sand back to the temple replaces all of the sand that has been carried out from temple grounds when sticking to visitors' feet. It is not considered good to take anything away from a Thai temple, even unwillingly.

The Songkran Festival is a tradition that has been passed down for a long time along with plenty of its interesting history. The essence of the Songkran Festival is that the family is all together and spends time together. Wishing you all happiness and enjoyment for this coming Songkran. Sawadee pee mai!



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ทุกวันนี้คงไม่มีใครไม่รู้จักประเพณีสงกรานต์ หรือที่คนไทยเรียกกันอีกอย่างหนึ่งว่า วันปีใหม่ไทย อีกทั้งยังเป็นวันหยุดพักผ่อนประจำปีตามประเพณีไทยซึ่งในแต่ละปีคนไทยจะเดินทางกลับภูมิลำเนาของตัวเองเพื่อเฉลิมฉลองทำบุญตักบาตร ประกอบพิธีกรรมทางศาสนา สรงน้ำพระ รดน้ำดำหัวผู้ใหญ่เพื่อขอพร เพราะนอกจากจะเป็นวันสงกรานต์แล้วคนไทยยังถือว่าเป็น วันครอบครัวและวันผู้สูงอายุอีกด้วย

บางคนจนไปถึงกลุ่มนักท่องเที่ยวต่างชาติอาจจะไม่รู้ว่าเป็นจริง ๆ ไม่ได้มีเพียงแค่การละเล่นสาดน้ำเท่านั้น เรายังมีอีกหนึ่ง กิจกรรมที่มักพบได้ทางภาคเหนือ นั่นคือการขนทรายเข้าวัด คนไทยเชื่อว่าการขนทรายเข้าวัดจะทำให้เราพบแต่ความสุข ความเจริญ เงินทองไหลมาเทมาดุจทรายที่ขนเข้าวัด บางที่เชื่อว่าการขนทรายที่ติดเท้าออกจากวัดเป็นบาป จึงต้องขนทรายเข้าวัดเพื่อไม่ให้เกิดบาป

ประเพณีสงกรานต์ถือเป็นประเพณีที่สืบทอดกันมาอย่างยาวนาน และมีประวัติความเป็นมาที่

น่าสนใจอยู่หลากหลาย แต่แก่นแท้ของเทศกาลสงกรานต์คงเป็นการที่อยู่พร้อมหน้ากัน ทำกิจกรรมต่าง ด้วยกันนั่นเอง หวังว่าทุกคนคงมีความสุขและสนุกสนานในวันสงกรานต์ที่จะถึงนี้สวัสดิ์ปีใหม่



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## The Excelsior EBT reduces the risks in a Will

### The dangers of having an invalid Will can be avoided

The requirements of a valid will are generally the same throughout the world with only a few exceptions. For a will to be legally binding a number of requirements must be met. They are complex, and professional advice should always be sought before making a will. If the requirements are not met the will is likely to be invalid, which could result in the deceased's assets being distributed other than in accordance with the wishes.

#### Capacity

The testator (the person who made the Will) must have been mentally capable of making a valid will at the time when the will was made. To be capable of making a valid will the testator must:

- be aged 18 years or over, although there are certain exceptions to this rule
- be of sound mind, memory and understanding
- know and appreciate what they are doing when they make a will

#### Intention

The testator must have clearly intended to dispose of the property, in the manner set out in the will, on the death. If the will has been validly executed and the testator was of sound mind when the will was made, intention will normally be assumed.

#### Undue Influence, coercion and fraud

If a testator is unduly influenced (coerced or pressured) or forced into making the will, a Court may set aside the will in its entirety or in part or if the execution of a will was obtained by fraud or if it was forged after the person's death. Coercion is to persuade someone to do something by using any degree of force or threats, such as blackmail.

#### The format of the will

Normally, the will must be in writing for it to be valid, although there are certain exceptions, and signed by or on behalf of the testator, in the presence of 2 witnesses present at the same time. A will can be in pencil, ink or typed.

#### Signature

In the majority of cases the will must be signed by the testator, or by some other person in the presence and by their direction.

The testator should either sign the will or acknowledge the signature in the presence of 2 or more witnesses present at the same time. Some countries only require one witness.

#### Attestation

The testator should either sign the will or acknowledge the signature in the presence of 2 or more witnesses present at the same time. Each witness should then either attest and sign the will or acknowledge his signature, in the presence of the testator.

#### Alterations

Any alterations made in a will after it has been executed will not be valid unless the alterations have themselves been duly executed.

#### Revocation

As a general rule, a will is revoked:

- upon marriage or civil partnership
- by a later will or codicil or a written declaration of intention to revoke the will
- by the testator intentionally destroying the will

Once a will has been revoked it will no longer be valid.







# Coming Soon to The Small Screen



## Shadow and Bone

Set in a lush fantasy world inspired by the last days of the Russian Empire, orphan and now soldier Alina Starkov unleashes an extraordinary power to help set her country free. She is being trained as a magical soldier to join an elite army know as Grisha. She encounters different enemies and allies and finds that nothing is as it seems. It will take more than just her magic to survive the monstrous threat of the Shadow Fold. New big budget fantasy series adapted from the bestselling Grishaverse novels by Leigh Bardugo.



## Godfather of Harlem season 2

After a great first season Forest Whitaker returns to play the infamous crime boss Bumpy Johnson. In this season Bumpy continues trying to regain control over Harlem from local Italian mobsters. His plan is to disrupting their heroin supply and create internal strife. Malcom X has to choose either a violent or non-violent solution for recent death threats, which will test his relationship with Bumpy. Based on a true crime story set in 1960's Harlem when Bumpy Johnson returns after 11 years in prison.



## Manifest Season 3

Strange tale about Montego Air Flight 828 whilst travelling from Jamaica to New York City encounters some severe turbulence. After landing they find out that five and a half years have elapsed whilst they were in the air. In the mean time the crew and passengers have all been presumed dead. As you can imagine this creates difficulties for them as they try and pick up their lives and reconnect with loved ones. They also are experiencing visions and voices that predict future events.





### The Courier

**Benedict Cumberbatch, Rachel Brosnahan, Jessie Buckley, Merab Ninidze, Angus Wright, and Kirill Pirogov.**

True story about the British businessman who worked with MI6 to investigate the Soviet nuclear program during the cold war.



### Last Night in Soho

**Anya Taylor-Joy, Thomasin Harcourt McKenzie, Matt Smith, Diana Rigg, Terence Stamp, Rita Tushingham.**

A young girl passionate about fashion enters the 1960s and meets her idol, a charismatic wannabe singer. But she discovers that all is not what it seems in 1960s London.



### 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.



### Mortal Kombat

**Lewis Tan, Jessica McNamee, Josh Lawson, Tadanobu Asano, Mehdad Brooks, Ludi Lin.**

Has been martial artist Cole Young is being hunted by the assassin Sub-Zero. To protect his family he goes to find the fighters who defend Earth realm.



### Silk Road

**Jason Clarke, Rick Bowden, Nick Robinson, Ross Ulbricht, Katie Aselton, Sandy Bowden, Jimmi**

Ross Ulbricht creates the internet's first unregulated marketplace which becomes a multimillion-dollar channel for illicit drugs. A dangerous and unpredictable DEA agent tries to take him down.



### Black Widow

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

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



# BANGKOK SCREENING ROOM HAS CLOSED



The Bangkok Screening Room theatre opened in 2016 and since then has gained a cult following as an art-house independent cinema showing a unique program of foreign, independent, and classic films. However, with the pandemic seriously affecting cinema attendance worldwide and following the permanent closure of the other Bangkok cinema, Scala, it seemed inevitable that the curtain would also come down on the screening room at the end of last month.

Discover Pattaya went to take a look at this gem of a cinema with its charming cafe and the most comfortable cinema seats ever for a screening of “The Last Black Man in San Francisco” in the cinema’s penultimate week.

Whilst there we spoke with Nicholas Hudson-Ellis one of the club’s founders who told us that the cinema space will in fact be handed over to the Documentary Club. Although he was unable to confirm the exact date when the cinema will be able to reopen with its new tenants, let us hope it is soon, and let’s hope they keep the same ethos to this very popular Silom hangout.



Bangkok Screening Room Level 2 Woofpack Building  
1/3-7 Sala Daeng Soi 1 Silom, Rama IV Road Bangkok FB @bangkokscreeningroom

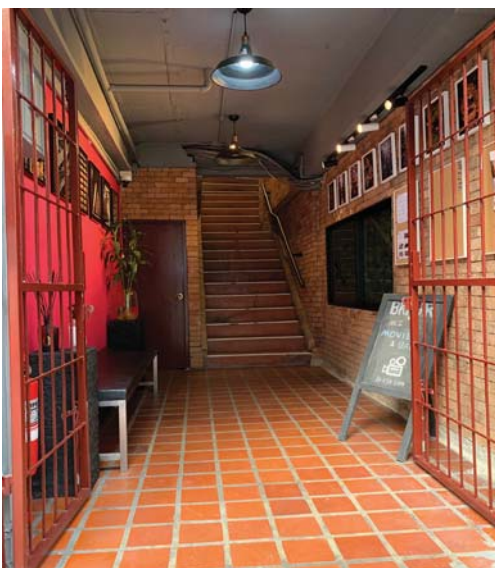


# บางกอกสกรีนนิ่งรูม โรงภาพยนตร์ทางเลือก ใหม่ของคนรักหนังโดยเฉพาะ โดย ทรงพล ศิริวรรณเลิศ



โรงภาพยนตร์บางกอกสกรีนนิ่งรูม ตั้งอยู่บนชั้น 2 อาคาร Woofpack ปากซอยศาลาแดง 1 ถนนพระราม 4 มาจากคลองเตย เลี้ยวแยกถนนสาทร เลี้ยวซ้ายเข้าซอยศาลาแดง 1 ด้านข้างตึกอื้อจือเหลียง เข้าไปประมาณ 50 เมตร จะเห็นอาคาร Woofpack อยู่ด้านซ้ายมือ หน้าอาคารชั้นล่างเป็นร้านเซเว่นอีเลฟเว่น เมื่อเดินไปด้านข้าง จะเห็นป้าย Bangkok Screening Room อยู่ตรงประตูทางเข้า เดินขึ้นไปจนถึงชั้น 2 แล้วจะเห็นบาร์เครื่องดื่ม และ ล็อบบี้สำหรับผู้มาชมภาพยนตร์ติดต่อซื้อบัตรชมภาพยนตร์ และนั่งพักดื่มเครื่องดื่มหรือพูดคุยกับเพื่อนๆ ก่อนเข้าชมภาพยนตร์ การตกแต่งภายใน ให้บรรยากาศแฉะเป็นส่วนตัวดูมีเสน่ห์ และเป็นกันเอง เป็นแหล่งพบปะของผู้ชื่นชอบภาพยนตร์เฉพาะแนว อาร์ท อินดี้ และคลาสสิก ซึ่งหาไม่ได้ในโรงภาพยนตร์ทั่วไป เรียกได้ว่าเป็นโรงภาพยนตร์ทางเลือกสำหรับผู้รักหนังโดยเฉพาะ ภายในตัวโรงเป็นเหมือนห้องชมภาพยนตร์ส่วนตัว โดยมีที่นั่งอันสุดแสนสบายและได้มุมมองที่ชัดเจนสำหรับการชมภาพยนตร์ทุกที่นั่งโดยไม่บังกัน จำนวนที่นั่งมีประมาณ 40-50 ที่นั่ง ฉายด้วยเครื่องฉายดิจิตอลที่ให้ภาพสว่างและ

คมชัด ระบบเสียงดอลบี้สเตอริโอ สมบูรณ์แบบ ภาพยนตร์ที่ฉายล้วนคัดสรรมาอย่างมีคุณภาพคู่ควรกับการชมเป็นอย่างยิ่ง บางกอกสกรีนนิ่งรูม ได้เป็นศูนย์กลางของคนรักหนังมาได้ 7 ปี แต่โชคร้ายที่ในช่วงระยะปีเศษๆที่ผ่านมา การระบาดของโควิด-19 ส่งผลให้ผู้ชมภาพยนตร์ในโรงภาพยนตร์ลดลงทั่วโลก กระทั่งถึงประเทศไทย อย่างเช่นโรงภาพยนตร์สกาลา ซึ่งเป็นโรงภาพยนตร์โรงเดียวโรงสุดท้ายของประเทศไทยที่เปิดฉายมานาน ถึง 50 ปี ต้องปิดตัวลงอย่างน่าเสียดาย และในที่สุด บางกอกสกรีนนิ่งรูม ก็ถึงกาลต้องปิดตัวลงเช่นเดียวกันนิตยสาร Discover Pattaya ได้มาชมภาพยนตร์ที่เป็นเสมือนเพชรเม็ดงาม ก่อนโบกมืออำลาบางกอกสกรีนนิ่งรูม นั่นก็คือ The Last Black Man in San Francisco อันเป็นโปรแกรมใน



สัปดาห์สุดท้ายก่อนปิดตัวลงอย่างถาวรในวันที่ 31 มีนาคม 2564 จากการให้สัมภาษณ์ของ Mr.

Nicholas Hudson-Ellis หนึ่งในผู้ก่อตั้งบางกอกสกรีนนิ่งรูม กล่าวว่า Documentary Club จะมารับช่วงดำเนินงานโรงภาพยนตร์แห่งนี้ต่อ แม้กระนั้นเขาก็ยังไม่อาจยืนยันได้ว่า โรงภาพยนตร์ภายใต้การดำเนินงานของ Documentary Club จะเปิดดำเนินงานอีกเมื่อใด อย่างไรก็ตาม เราหวังว่า โรงภาพยนตร์ทางเลือกแบบนี้ จะยังมีต่อ ภายใต้การดำเนินงานของผู้รับช่วงรายใหม่ อันเป็นศูนย์รวมของคนรักหนังในย่าน สีส้มต่อไป ..... Bangkok Screening Room ชั้น 2 อาคาร Woofpack 1/3-7 ซอยศาลาแดง 1 ถนนพระราม 4 กรุงเทพมหานคร (Facebook@bangkokscreeningroom)





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# 5 YEARS

## "CLASSIC CAR FRIENDS PATTAYA" PARTY



On Thursday, the 5th of March 2016 Jo Klemm organized the very first monthly "come together" for classic car owners & friends in Pattaya's history. The location where they meet in 2016 was the same where they celebrated last Saturday, the 6th of March 2021 their 5th anniversary. Still, each of the monthly meetings are happening at the same location in ISS RESTAURANT in Jomtien.

The Birthday Party started at 6 pm with a "one man Band"-Live Music and a "pig on a spit" and ended at 12 midnight. Everybody enjoyed the nice atmosphere in the outside "Beer Garden", the food and the Classic Cars. 62 guests with their families, our main sponsors the owner of RIVIERA group Winston & Sukanja Gale, Peter Malhotra MD of PATTAYA MAIL newspaper, and friends of 3 ROTARY CLUBS had a great time. 6,100 baht have been the charity result of a wine auction. Special thanks to Ray Whitley "Bentley Artur" and "Doc Paolo."



"Classic Car Friends Pattaya" started in 2016 with 7 classic car lovers with family. Currently, the club has more the 300 Thai and international contacts all over Thailand, approx. 35 in Pattaya and closer surroundings and approx. 75 in BKK. The club website reached in the meanwhile each month more than 3,000 visits.

In 2017 and 2019 the club organized two big classic car open-air shows in ASIA HOTEL PATTAYA along the Pratumnak Beach each time with nearly 100 classic cars on show and more than 2,500 visitors. With all their Classic Car Shows and various other Charity Parties, the club was able to hand over in the past 5 years nearly 1 Million baht donation money for the children of HUMAN HELP NETWORK FOUNDATION THAILAND.

"Classic Car Friends Pattaya" is "nonprofit oriented" and all activities are honorary and in favor to underprivileged children in our community. If you like our club philosophy please visit one of our next monthly meetings.

The activities of the club:

Organizing Charity events with Classic Cars = Monthly meetings with good food, wine & cold beers -Classic Car "Fun Runs" -Visiting events & parties of other car clubs and Motor Shows

Technical support & advice for members

Anyone owning a classic car of all types all over the world older than 30 years is warmly welcome in this club. There are no fees to become or to be a member.

Find much more information:




[www.classic-car-friends-pattaya.com](http://www.classic-car-friends-pattaya.com) Contact: Jo Klemm, President  
Phone: 092- 753 9309 E-mail: [info@classic-car-friends-pattaya.com](mailto:info@classic-car-friends-pattaya.com)





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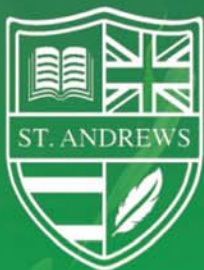


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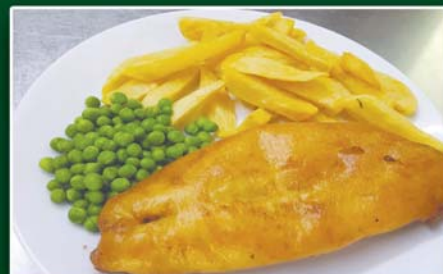
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***Do you enjoy good food paired with specific wines with great company?  
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Based on International principles, the Good Food Club Pattaya is a professionally organised dinner club for discerning members. Local restaurants are invited to create special menus with suitable wine pairings at a promotional price. Members will be able to enjoy Good Food, Good Wine and Great Company.

The Good Food Club Pattaya is based on the highly successful Moscow Good Food Club and the concept is informal yet high quality. Working closely with the Chef, a special menu will be created to showcase his/her talents. The Sommelier will prepare wines that are paired specially for each course. These dinners are an excellent promotional opportunity for restaurants to demonstrate their culinary and service skills to an appreciative audience. Members have the opportunity to enjoy high quality food and paired wines at a reasonable price.



Monthly meetings are planned in leading Pattaya restaurants. Membership is free to join and interested people are asked to sign up on the clubs Facebook Page to be included in the Mailing List.



Look out for the Good Food Club Pattaya's dinners. They will be fantastic opportunities to enjoy excellently paired food and wine amongst good company!

<https://www.facebook.com/GoodFoodClubPattaya>





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## “A Journey in Italy” with the deVine Wine Club

Despite ridiculously heavy rain and a power cut throughout the Jomtien and Pratumnak area, the deVine club still managed to assemble for a gourmet Italian adventure. Chef Nick Vonk and his talented team created a 5-course menu beautifully paired with premium wines from Wine Dee Dee Pattaya Co., Ltd.

Reception started at 6:30 p.m. with signature canapes from Chef Nick accompanied by a 2018 Prosecco served from elegant, golden bottles. Then the club members assembled downstairs past an imposing ice sculpture into one of my favourite places to eat The Royal Grill Room.

To commence we were treated to a very attractive plate comprising prawn and cucumber ravioli with sweetcorn panna cotta, red pesto, marinated radishes, and roasted bell pepper dressing. This got the evening off to a very good start paired with a Venetian Sauvignon Blanc that had just a hint of gooseberry.

The next course Ravioli All'uovo was for me the highlight of the menu truffle-infused, in a light garlic cream sauce it contained an excellent egg yolk surprise and was accompanied by another fresh Bianco this time from the slopes of Mount Etna in Sicily

The lime sorbet palate cleanser was light enough to literally be sipped from the flute, refreshing our taste buds ready for the following two courses of snapper and then lamb stew. The latter accompanied by, in my opinion, the best wine of the evening a wonderful Tuscan Valpolicella

Then living up to their reputation as creators of heavenly desserts the Royal Cliff team served us a mouth-watering honey semifreddo with mixed berries and some of the best chocolate confectionery to be enjoyed in Pattaya. However, I declined the hot beverages in favour of a delicious, sparkling rose moscato, so much more refreshing than the sometimes overly sweet, dessert wines.

If you would like to join the deVine club, make friends, talk wine and enjoy food in wonderful surroundings contact them via email [wineclub@royalcliff.com](mailto:wineclub@royalcliff.com) and ask to be put on their newsletter mailing list for all future events.







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# DISCOVERING VESPRESSO

If you're in East Pattaya travelling along Soi Khao Talo, just keep going past the expat favourites of Siamburis and Pepper and Salt, bear left along Padtanakan 6 and turn left at the next crossroads until you reach Tara Pattana International School. On the opposite side of the road you will find Vespresso. It is a European restaurant that has room for parking most can only dream of. The outside of the building is not very prepossessing but don't let that put you off. Walk just a little way in and you will find a charming classic car and a bike - a Vespa of course - that give an idea of the stylish decor to come.







Originally intended as just a coffee shop it was evident that Dennis was far too talented to just bake cakes and panini. The son of beloved restaurateur Peter Faessler of "Ticino Restaurant and Vespa Bar", also in East Pattaya Dennis learned much at his father's side. Skills not only as a chef but also as a restaurant owner putting style, comfort, and service right at the top of the menu.



There's a very good a la carte Mediterranean menu with reasonably priced sandwiches, wraps, pasta and pizza, Ossobuco, Alsatian Tarte Flambee, Swiss Rosti, etc. However, we decided to go for the Special Delight set menu and found that much thought had been given to the presentation and balance of the three courses that provided excellent value for money. Our starter was a homemade Italian basil cream soup individually poured at the table into bowls adorned with crunchy tomato bruschetta. Then Australian Lamb Rack served with al dente french beans and parmesan polenta. Now I am not usually a lover of polenta but this was absolutely delicious due to the juices from the lamb pan sauce accompanying it. Also, the lamb was cooked as ordered - Medium - and perfect.

Finally and rather worryingly for my waistline the dessert of Lemon Blueberry Tiramisu was too good to refuse and all three very satisfying courses came to a total of just 990 baht. My colleague chose the sauteed veal liver which he declared succulent on top of a very pleasing roti - his 3 courses topped up at only 740 baht

The house red was a very acceptable Montepulciano and the service friendly and unhurried we comfortably sat and chatted for hours in this wonderful setting. The team here didn't mind at all and were very hospitable. There's a real family feel here with even the sign of a third generation to come from this culinary background.

Try Vespresso Open Daily 11 am - 10 pm  
(Closed Thursday)

Tel: 066 040 5823 FB @VespressoRestaurant



# CHILDREN'S DAY AT THE LOFT PUB WITH THE CHILDREN FROM TAKE CARE KIDS

The Loft pub had a special Children's Day last month with Face Painting, A Bouncy Castle, Party Game, Free food, and drink and a special guest appearance from Dr. Penguin. Lovely to see the Take Care Kids having so much fun.



**PHOTOS BY RODNEY CHARMAN**





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# The Coffee Detective Visits Sandbar By The Sea

As I have mentioned before, where to go to enjoy the pleasure of a good coffee is a combination of many factors.

## Location: \*\*\*\*\*

The Sandbar located on the start of Dongtan beach is the epiphany of harmony, comfort and by-the-sea ambience. Well known for their weekend music nights with excellent bands and elegant clientele in addition to their recently introduced Salsa evenings. The Sandbar is also an excellent and stylish place to meet and enjoy a coffee, possibly together with one of their rather excellent choices of cakes.

## Ambience: \*\*\*\*\*

The ambience is South Seas/Keys style. Open air with the sea breezes flowing through from Dongtan Beach. It offers a range of seating options from the colourful tables at the front to comfortable furnishings inside. Take a seat and lose yourself just watching the world pass by!



The Sandbar is the type of place where the ambience is such that you can lose yourself and even day-dream of similar beach cafes of character around the world that have welcomed famous authors who would take their table to compose and write!

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



## Quality of the coffee: \*\*\*\*\*

Sandbar have recently upped the ante on their coffee, hence the visit from the Coffee Detective.

With a new and vastly improved Coffee Menu you can now enjoy more of your favourites. The current speciality is their Flat White which was perfectly prepared.

As you know the Coffee Detective prefers a double espresso which was perfectly prepared and presented with a nice, deep rich crema. The blend is a Dark Roast from Thai, Brazilian, Guatemalan and Java beans producing a distinctive flavour of bittersweet chocolate, rich pipe tobacco with a velvety finish.







**Sandbar By the Sea** is at 45/6 Moo 12, on Dongtan beach, Jomtien  
Facebook Sandbar By The Sea@sandbar.bythesea9  
Telephone 081 583 7269





## INSTAGRAMMERS DELIGHT AS BLUE HAVEN BAY ON KOH CHANG LAUNCH A THAILAND FIRST 'BEST PHOTO OPPORTUNITIES ON KOH CHANG' TOUR AND TIPS VIA USERS MOBILE PHONES

[Koh Chang, Thailand]

'IG Spots' is a free tour that navigates visitors of Koh Chang across Blue Haven Bay's stunning 400,000 square metre, beachfront destination to show them the 11 best photo opportunities for them to post beautiful selfies on their Instagram and other social media.

Whereas other hotels or destinations may have 2 or 3 locations, Blue Haven Bay has 11 which range from its Marina, Pier, Iconic Swing to its IG prop overlooking 2km of sandy coastline. In fact, everywhere you turn can be overwhelming by the beauty - yet many have yet to discover this destination.

Blue Haven Bay has taken the Instagram photo trend to a new level offering consumers guided tours directly from their mobile phones

- via <https://www.bluehavenbay.com/instagram-spots/>.



The web page shows customers the best photo and video shots by location, with professional photographer tips on getting that winning, stylish selfie from each spot.

**'Blue Haven Bay is one of the most beautiful locations in all of Thailand - It is an Instagram user's paradise!'**

Everyone is welcome to visit Blue Haven Bay for free. It is one of the most luxurious locations on the island and this is your chance to shine and look like a superstar.

IG Spots was designed to showcase just how stunningly amazing the natural beauty of Blue Haven Bay is. Blue Haven Bay by Siam Royal View counts as one of the largest beach resort destinations in Southeast Asia, with more beaches and waterfronts than any other resort. Formerly known as Siam Royal View, which had its start as a private residential, Blue Haven Bay opens up its gates to tourists with a wide offering of different hotels, villa rentals, restaurants, golf courses and bars.



## จุดถ่ายรูปเพื่อลง IG ที่เรียกได้ว่า 'คุณจะได้ภาพที่สวยงามและดีที่สุดของเกาะช้าง' อยู่ที่ Blue Haven Bay บนเกาะช้าง ที่จะทำให้อินสตาแกรมของคุณมีผู้ติดตามและสนใจมากขึ้น (เกาะช้าง, ประเทศไทย)



'มุมยอดนิยมสำหรับลง IG' นี้สามารถเข้ามาถ่ายรูปกันได้ฟรี พร้อมพาผู้ที่มาเที่ยวเกาะช้างตื่นตาตื่นใจไปกับชายหาดทอดยาวสวยงามกว่า 400,000 ตารางเมตรที่มีมุมสวยๆมากกว่า 11 มุมสำหรับโพสต์ทำถ่ายรูปแบบเซลฟีเพื่ออัปโหลดลง Instagram และโซเชียลมีเดียได้อย่างยอดเยี่ยม

ในขณะที่โรงแรมหรือสถานที่ท่องเที่ยวอื่นๆอาจมีมุมถ่ายรูปสวยๆเพียง 2 หรือ 3 ที่ แต่ Blue Haven Bay มีมุมถ่ายรูปสูงถึง 11 จุด ตั้งแต่ท่าจอดเรือ, ท่าเรือ, ซิงช้ากลางทะเล ที่เป็นพริ้วพริ้ว รวมถึงมีหาดทรายทอดยาวกว่า 2 กม. ไม่ว่ามุมไหนก็อาจจะเป็นมุมโปรดของคุณได้ สถานที่นี้ยังไม่ได้เป็นที่รู้จักมากนัก จึงทำให้ได้ความรู้สึกส่วนตัวดังหาดลับสำหรับคุณโดยเฉพาะ

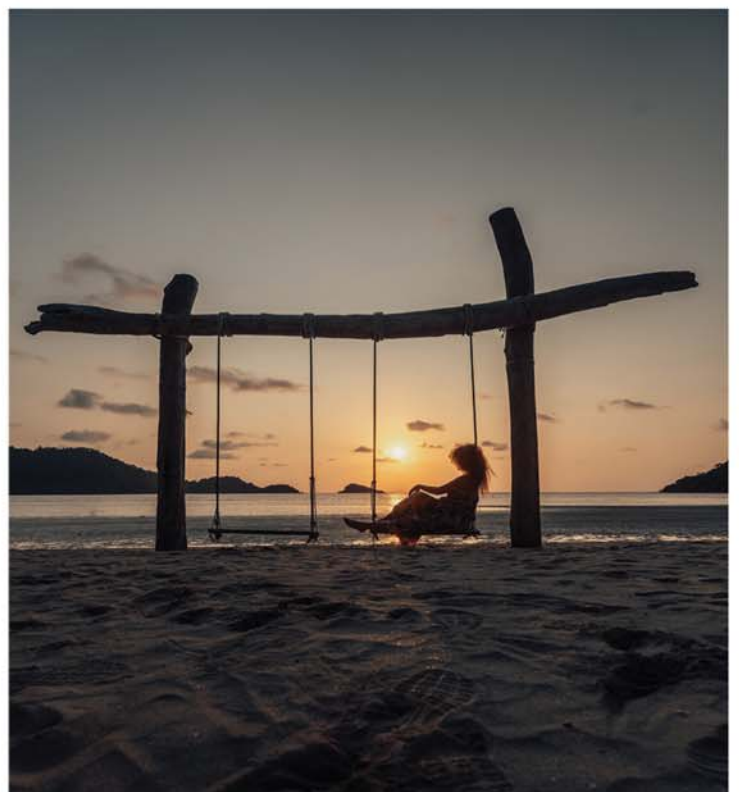
Blue Haven Bay ยกกระดานการถ่ายภาพเพื่ออัปโหลด Instagram ไปสู่อีกกระดับ โดยแนะนำให้ผู้ที่มาเที่ยวได้รับรู้ทางการพูดคุยผ่านโทรศัพท์ รวมถึงผ่านทาง <https://www.bluehavenbay.com/instagram-spots/> ซึ่งบนหน้าเว็บจะแสดงภาพถ่ายและวิดีโอที่ดีที่สุดของลูกค้านำมาตามจุดต่างๆที่ถ่ายโดยช่างภาพมืออาชีพทั้งแบบวิวสวยและการเซลฟีที่โดดเด่นที่สุดในแต่ละจุด

### 'Blue Haven Bay เป็นหนึ่งในสถานที่ที่สวยงามที่สุดในประเทศไทย - เรียกได้ว่ามีทิวทัศน์ที่คล้ายสวรรค์สำหรับผู้ที่ใช้ Instagram เลยก็น่าได้!'

ทุกคนสามารถมาเที่ยวที่ Blue Haven Bay ได้แบบไม่มีค่าใช้จ่าย และที่นี่เป็นหนึ่งในสถานที่ที่ให้ความรู้สึกหรูหราที่สุดบนเกาะ โอกาสที่คุณจะได้เฝ้าฉายดูคล้ายกับเหล่าซูเปอร์สตาร์มาถึงแล้ว

จุดถ่ายรูปเหล่านี้ถูกออกแบบมาเพื่อเผยให้ผู้ที่มาเยี่ยมชมได้เห็นและดื่มด่ำไปกับความงามของธรรมชาติที่แสนน่าอัศจรรย์ที่ Blue Haven Bay

Blue Haven Bay by Siam Royal View เป็นหนึ่งในรีสอร์ทติดชายหาดที่ใหญ่ที่สุดในเอเชียตะวันออกเฉียงใต้ มากกว่ารีสอร์ทอื่นๆ แต่เดิมรีสอร์ทชื่อ Siam Royal View ซึ่งเคยเป็นที่พักอาศัยมาก่อน อย่างไรก็ตาม Blue Haven Bay พร้อมต้อนรับนักท่องเที่ยวทุกท่านด้วยสิ่งอำนวยความสะดวกที่หลากหลายพร้อมมีตัวเลือกให้เลือกมากมาย ไม่ว่าจะเป็นโรงแรม, วิลล่า, ร้านอาหาร, สนามกอล์ฟรวมถึงบาร์ต่างๆ







# NATURAL CLASS

by **Claire Lim**

*Phi Phi's only five-star resort, Zeavola is a luxurious yet rustic retreat offering hillside pool villas and beachfront, garden and village suites, while fulfilling its management's vision to create "the best possible hotel product embedded in sustainability".*

It's fitting that you take an hour's boat ride to reach Zeavola, whether you arrive from Phuket or Krabi. After all, the name Zeavola is derived from *Scaevola taccada*, the Latin name of the coastal flowering plant also known as beach cabbage or in Thai as Rak Talay, which literally translates as 'love the sea'.







As you come closer, blue water laps against the white-sand Laem Tong Beach, which is dotted with yellow umbrellas and backed by lush, green forest, with teak villas, camouflaged in the tropical setting.

The all-suite resort features 52 villas in a tranquil setting, a paradise of barefoot luxury, taking guests back to a life of elegant simplicity.

Little is left to waste in Zeavola, recent developments include a Reddonatura composting machine that reduces wet waste by up to a staggering 40 tonnes per year, as well as a highly efficient water system that uses reverse osmosis to produce clean water.

Drinking water is provided to guests in glass bottles that can be refilled by staff or by guests at multiple water-filling stations, inspired by RefillMyBottle.

The introduction of glass water bottles for guests and metal bottles for staff has reduced the usage of single-use plastic bottles by 120,000 per year.

Laundry water is now also cleaned and reused for laundry due to a new system that saves over 1.4 million litres of water each year.

Meanwhile, the swimming pools now benefit from the Enviros swim ES3 water-purification system that annihilates any bacteria, fungi, and viruses, allowing the resort to discontinue the use of chlorine or any other chemicals.

“We’re striving to protect our precious island home with a self-sufficient lifestyle that will bring benefits for generations to come,” says GM Hallermann





# SPORTING HEROES: SIR IAN BOTHAM

**S**ir Ian Botham was born on the 24th of November 1955. One of the best all-rounders in the history of the game, Botham played for England in both Test and One-day International cricket. He also played first class cricket for Somerset, Worcestershire, Durham and finished his career at Queensland.

He was a mercurial right-handed batsman and a right arm medium-fast bowler that could swing the ball a tremendous amount when on song. In Test cricket, Botham scored 14 centuries with a high score of 208 and from 1986 until 1988 he held the world record for the most test wickets until eclipsed by fellow all-rounder, the New Zealander Sir Richard Hadlee. He took 5 wickets in an innings 27 times and 10 wickets in a match 4 times.

In 1980 he became only the second player in Test history to complete the “match double” of scoring 100 runs and taking 10 wickets in the same match.

His on-field success was accompanied by some front page headlines in the 80's, when Botham was the most famous sportsman in Britain. To his credit and through all the controversy he has used this publicity to shine a light on the plight of children suffering from leukaemia and has undertaken several long-distance walks to raise money for research into the disease, most famously across the Himalayas in the footsteps of Hannibal, principally for the charity Bloodwise, for whom he has raised millions of pounds and later became president.

In July of last year he was elevated to the House of Lords, sitting as a cross-bench Peer.

1976 was a significant year for Botham as he scored over 1000 runs for the first time completing his first century.





He also earned international selection by England in two limited over internationals that year whilst still only 20, making him the youngest player on view.

Botham made his full Test debut at Trent Bridge in July 1977 in the third test against Australia. He made an immediate impact by taking five wickets for 74 runs in the first innings, including the captain Greg Chappell for 19

Botham's impressive start to his Test career at Trent Bridge meant he kept his place in the fourth test at Headingley two weeks later. He was out for a duck with the bat in the first innings but made another excellent contribution with the ball by taking five wickets for only 21 runs in eleven overs. England went on to win the match and regain the Ashes, which they had lost two years previously.



After another two years of success in both domestic and international cricket, Botham was surprisingly given the captaincy of England in spite of his lack of experience, on the retirement of Mike Brearley. Leading the team in twelve Tests, Botham never won a match, securing eight draws and suffering four defeats. In 1981, after being dismissed for a pair against Australia in the first Test at Lords, Botham was replaced as captain by the returning Mike Brearley.



Botham, relieved of the pressure of the captaincy, continued to play for England under Brearley and achieved the highpoint of his career in the next test as England recovered to win the Ashes. In the legendary third Test at Headingley, Australia opened with 401 for 9 declared with Botham the only bowler to make an impact, taking 6 for 95.

England responded poorly and were out for 174 with Botham again the only one to put up any sort of resistance with a score of 50. Having been forced to follow-on, England collapsed again and were at 135 for 7 on the afternoon of the fourth day with an innings defeat looking a certainty.

Botham was at the wicket as the last remaining recognised batsman alongside the fast bowler Graham Dilley with only two more of the bowling attack, Chris Old and Bob Willis to come. With a great rearguard action from both Dilley with 56 and Old with 29, Botham proceeded to smash it all around the ground and was 145 not out by close of play with Willis hanging on at the other end for 1.

England scored a further 5 runs the next morning and Australia required only 130 to win and were expected to get them comfortably. However, after Botham took the first wicket Bob Willis performed his part of the miracle recovery and took 8 for 43, dismissing Australia 111. England had won and it was only the second time in Test history that a team following on had triumphed.

Botham continued to play great cricket that year and was involved in the game as a player until the early nineties, but this was the year that secured his legacy. Generally recognised as one of the greatest all rounders ever to play the game, his place in the history of cricket is assured.



# SPORTS UPDATE FOR APRIL

By Steve Wade.



**The Premier league** is into match-day 30 of 38 in April and unless something goes very wrong Manchester City will have the prize wrapped up by the end of the month. The places for the Champions league and at least one relegation place have got to be decided and a full programme of matches is scheduled. Highlights include Arsenal v Liverpool on the 4th, West Ham v Leicester and Spurs v Man United on the 11th, Everton v Spurs on the 17th and West ham v Chelsea on the 24th.

**The National Rugby League** in Australia gets back into full swing and five sets of matches are scheduled throughout the month. Check the fixture list through the month for more details.

**The Australian Football league** is also getting into top gear and has four rounds of matches due to be played in April. Like the same countries NRL highlighted above, most Aussie fixtures come at a great time for our local businesses so take a look at the schedule and go along.

**The Italian Grand Prix**, due to start on the 16th in practice with the race on the 18th is the highlight of the Formula 1 season so far. The spiritual home of the race, this will be the start that the so far stuttering season needs to get it properly underway.

**The Masters** for many people is the highlight of the entire golfing year, is being played back in it's traditional month of April, from the 8th until the 11th. With Tiger Woods absent due to a serious car accident the spotlight will fall on a host of world class golfers all striving for the legendary Green Jacket that comes with the win and cements your place in golfing history. The only major to be played at the same venue year in year out, the course is familiar to all golf fans and adds to the enjoyment of watching the worlds best take on the beautiful Augusta National. A keen golf watcher myself, I'll sacrifice a few nights sleep to ensure that I catch every moment of it!



For Horseracing fans the Grand National meeting is on between the 8th and the 10th of the month with the famous race itself on the evening of the 10th local time. The racing world is hoping that both owners and the crowds themselves will be allowed to attend in some shape or form after the Cheltenham festival has had to be held virtually behind closed doors.

Whatever your sporting choice, be sure to get out to our local bars and watch over a cold one whilst giving them your support in these difficult times. Good luck and stay safe to all sports fans everywhere.



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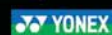
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# 'A True Life Love Story from Nahm'

## Part 1 Travelling with my husband, John

As I tell this story I really did not know what was going to happen to my husband, and I hope the story I tell will help others.

With the position and function of his job, John was assigned to work abroad frequently. Until John decided to take me to Singapore with him, I was very excited of going abroad and taking a plane for the first time. I was so lucky to be there seeing nice and clean city. Even though, I did not have many chances to travel around because John was busy with his work.

The next trip is the Formula 1 racing in Malaysia, which is the sport my husband loved so much, but unfortunately, this trip was a mess. It was raining all day and my shoes were torn, but it was worth it when I saw the happiness and smile of my love. After that trip, I had opportunities to follow John to India, Australia, the United States, New Zealand, and Canada. He took care of everything for me. Many of you might be wondering what I did during travelling abroad, the answer is mostly I went shopping, went out for dinner with John and partied with his colleagues. It was fun to experience new things for me.

Furthermore, the trip that I never forget is to visit England. The highlight was meeting my mother-in-law for the first time. I was nervous on the way to her home, but surprisingly everything was gone when I met her because she was so nice and kind. And she loved my Thai food. Then we had an opportunity visiting France and Netherlands. It was memorable moment in my life.

***The next part of my story will be in next months Discover Pattaya***

### การเดินทางของฉันและจอห์น..

ในขณะที่ฉันเล่าเรื่องนี้อยู่นั้น ฉันก็ไม่ว่าจริง ๆ ว่าจะอะไรจะเกิดขึ้นกับสามีที่รักของฉันและฉันหวังว่า เรื่องที่จะเล่าต่อจากนี้จะเป็นประโยชน์กับผู้อ่านทุกท่านนะคะ

ด้วยลักษณะงานของจอห์นต้องเดินทางไปต่างประเทศเป็นประจำ จนกระทั่งวันหนึ่ง จอห์นตัดสินใจพาฉันเดินทางไปต่างประเทศ โดยประเทศที่ฉันมีโอกาสได้เดินทางเป็นประเทศแรก คือ ประเทศสิงคโปร์ฉันยอมรับว่ารู้สึกตื่นเต้นมากเพราะเป็นครั้งแรกที่มีโอกาสได้ขึ้นเครื่องบิน ซึ่งในการเดินทางไปต่างประเทศครั้งแรก ฉันเลยไม่ได้ออกไปไหนมากนัก และจอห์นเองก็ต้องทำงานด้วย แต่ถึงอย่างไฉันก็รู้สึกนะว่า เฮ้ย..ฉันโชคดีจังที่มีโอกาสได้ไปต่างประเทศ ได้เห็นบ้านเมืองของเค้า ซึ่งสะอาด และสวยงามมาก หลังจากจบการเดินทางครั้งนี้ฉันก็ได้มีโอกาสเดินทางไปต่างประเทศอีกหลายครั้ง

โดยมีครั้งหนึ่งเป็นประสบการณ์ที่ฉันจดจำไม่ลืม และเชื่อว่าหลายๆ ก็ต้องอยากมีไม่แพ้ฉันนี่ คือการไปนั่งดูการแข่งขัน รถฟอร์มูล่าวัน (F1) ที่ประเทศมาเลเซีย เป็นทริปที่สนุกที่สุดเลย ฝนก็ตก รองเท้าก็ขาด แต่ก็คุ้มนะคะ ได้นั่งดูรถแข่งและ มองเห็นความสุข รอยยิ้มของคนที่เรารัก หลังจากทริปประเทศเพื่อนบ้านผ่านไป ฉันก็ได้เดินทางเป็นผู้ติดตามคุณจอห์นตามประเทศที่เขาต้องไปทำงานไกลมากขึ้น ไม่ว่าจะเป็น อินเดีย ออสเตรเลีย อเมริกา นิวซีแลนด์และแคนาดา ตอนนั้นเรายังไม่ได้จดทะเบียนสมรสหรอกค่ะ จอห์นเตรียมเอกสารทำเรื่องวีซ่าท่องเที่ยวให้โดยมีเขาเป็นคนดูแลค่าใช้จ่ายให้ทั้งหมด พอวีซ่าหมด ฉันก็กลับมาต่อวีซ่าที่ไทยใหม่ ทำแบบนี้อยู่หลายปีเลย บางคนอาจจะสงสัยว่า ได้ไปเที่ยวไหนบ้างไหม คำตอบคือ ได้ไปซื้อปิ้งย่าง ดินเนอร์บ้างค่ะเวลาที่จอห์นเลิกงานกลับมา บางวันก็ทำอาหารไทย ทานเองที่บ้านบ้าง สัมผัสกับเพื่อนร่วมงานของจอห์นบ้าง สนุกดีนะคะได้พบประสบการณ์ใหม่ๆ ทำให้ชีวิตมีสีสันดีค่ะ

อีกหนึ่งทริปสำคัญที่สุดที่จะไม่ได้เลยคือ ประเทศอังกฤษ ใช่ค่ะ ทริปไปบปะครอบครัวสามี ที่สุดของความตื่นเต้นคือการพบแม่สามีครั้งแรก ทำตัวไม่ถูก อากาศหนาว กังวลตลอดระหว่างการเดินทาง แต่สุดท้ายแล้วความกังวลนั้นก็หมดไป เมื่อเราได้เจอคุณแม่ของสามีท่านเป็นคนที่น่ารักมาก ใจดีและชอบอาหารไทยที่เราทำ ให้ทานด้วย ระหว่างที่เรายู่ที่อังกฤษ เราสองคนก็ขับรถเที่ยวชมเมือง จากอังกฤษใช้เวลาไม่นานในการเดินทางไปประเทศไอร์แลนด์ เราได้เดินทางไป ฝรั่งเศสและเนเธอร์แลนด์นับเป็นช่วงเวลาที่น่าจดจำที่สุดในชีวิตของฉัน โปรดติดตามเรื่องราวตอนต่อไป ฉบับหน้านะคะ







## SIAMESE MEMORIES FROM THE 70S

"The Serpent" a recent BBC series made for disturbing but at the same time compulsive viewing, being the true story of Charles Sobhraj one of the world's worst serial killers.

Predominantly shot in Bangkok it gave an authentic glimpse of Thailand in the mid-70s.

**Photos By Walter Merz**



*Walter Merz was in Chiang Mai around the same time and now shares with us his photos from 1977.*



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## THAILAND BUILDING PERMIT

A building permit is a license issued by the Division of Public Works of the Local Municipality, that legally authorizes the owner or his/her agent to commence construction according to the plan submitted. The issuance of a building permit provides building officials with the means to enforce the requirements of the Building Control Act and other applicable standards to ensure strict compliance.

Under Thai law, it is necessary to obtain authorization from the local administration for any construction, alteration, and demolition of buildings. Building permits are required to ensure that building safety standards and zoning requirements are satisfied for the general safety of the public.

Zoning is a system of developing a city or district plan in which various geographic areas (zones) are restricted to certain uses and development, such as residential, industrial, commercial, agricultural, parks, schools and other purposes. To avoid problems in the future, it is necessary to check the zoning regulations of the specific area as several zoning restrictions may apply. They may include some or all of the following depending on the district:

- Height and width of the structure
- Building lot size
- Distance from the shore and to another property
- The use of the structure (residential, commercial, industrial)
- Height of land above sea level
- Type and color of roof

A building permit is required when:

1. Constructing a new building
2. Altering an existing building by changing the structure of the building such as size, shape, proportion, weight support and the materials used for construction
3. Destructing or relocating a building
4. Changing the usage of a building
5. Modifying or using the parking, u-turn, car entrance and/or exit for another purpose

Commencing any construction work without the proper building permit is deemed illegal and is punishable by Law with fine or imprisonment. If the construction work violates or fails to comply with the Building Control Act requirements or is not in accordance with the approved building plan, the Local Municipality shall have the power to either order a demolition or to issue a stop-work order. When the latter is ordered, the license holder, within reasonable time, shall then be compelled to correct and re-submit the building plan for approval.

A foreigner can be issued a building permit in his/her name. Although foreigners are not permitted to own land in Thailand, they are not prohibited from owning the structure on it.

Building Permits are valid for 1 year from the date of issuance and can be renewed on a yearly basis for 3 years.



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## How has COVID affected property investment opportunities in Pattaya

**T**he COVID pandemic has had a profound effect on nearly every country that has had the misfortune to be visited by it. With vaccination programmes beginning to be rolled out but still some distance from vaccine passport availability, we look at how the current situation affects Pattaya City.

There are currently low property prices due to many Pattaya residents experiencing a change of circumstances caused by the pandemic. For example, people who may have a winter getaway residence in Pattaya and are experiencing travel restrictions in Thailand and their own countries have no clear idea of when to return and may well decide it is now time to sell.

That could well be a mistake in the long term because Thailand appears to be a beautiful place to live in the future. After all, let's not forget the appeal that the country has as a tropical hotspot.

Judged solely on its handling of the virus itself, Thailand has great appeal as a destination, especially as it was the first country to confirm a case outside of China.

The action taken by the government here may have seemed harsh at times, but if we look at the way the pandemic has ravaged other parts of the world, Thailand and particularly Pattaya, with all its attractions, must look like a paradise in comparison.

The downside is the pandemic's economic consequence, but it means that there are some real bargains to be had right now.

Life in Pattaya will eventually return to some normality, and for those who can afford to buy and wait, the city offers excellent opportunities.

Business owners in Pattaya, particularly those whose companies are in tourism, have been waiting for tourists to return for a long time.

With little or no revenue, the temptation to sell is clear. Some business owners have already decided that this is the time to take things easy and sell up, but that provides new investors with fresh ideas.

Another effect of COVID and the doubts surrounding international travel is that emphasis has shifted from overseas buyers to the domestic market.

It is a trend that is bound to increase further on.

Pattaya presents a desirable proposition for Thai residents wishing to escape the capital.



**Modern and refurbished 136 sqm 2 bedrooms unit in a nice condominium near Pratumnak beach for sale: 6.6 Million Baht ! Our reference: PC8250**



Either as a weekend retreat or a more permanent location to live in after the trials of the lock-down experience.

Since COVID has meant primarily working remotely or travelling for important meetings, the office culture is changing throughout the world.

Of course, the international market will also recover eventually. In particular, Thailand in general and Pattaya have too much appeal to overseas visitor not to get their fair share of the tourist pie.

There have been other consequences to the pandemic that will change the face of Pattaya.

If you look at almost any area of the city, you will find new developments springing up, most of them built by the most prominent developers from both here and abroad.

They are certainly taking the longer-term view that Pattaya will recover and thrive as we move on.

Massive infrastructure investment is underway, which will lead to improved road, rail, and air links.

Designated entertainment areas which will add to the attraction of the city for some markets but not put off the more family orientated, will be put in place, and Pattaya will have something for everyone.



**Luxurious and renovated 5 bedrooms+ pool villa on a large plot of land in Paradise Villa, East Pattaya for sale. Now at 13.9 Million Baht! Our reference: PC7685**

Thailand is a good option for new retirees, and Pattaya, especially, will suit this demographic. It is also going through a rebranding process since the onset of COVID, with more of the old fashioned businesses that were initially best suited to a "singles market" given over to new, family-friendly attractions and entertainment.

In conclusion, Pattaya real estate is varied and highly adaptable to suit all budgets, thus offering solid investment potential for the middle to long term future.

The team at Pattaya Prestige properties are ready and willing to show just how many investment opportunities exist here in Pattaya.

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By Cheyenne Hollis

# This year will see more Thai developers tap into the low-rise housing market

Sansiri plans to launch 19 low-rise housing projects worth THB 21.9 billion in 2021

This article on the low-rise housing market in Thailand appears in the Dot Property Thailand Real Estate Outlook 2021.

The low-rise housing sector proved to be resilient in 2020. Several Thai developers have taken notice of this shift and are moving away from the condominium market. Here is a look at how some leading homebuilders are planning to tap into the low-rise housing market boom this year.

## Fraser's Property Thailand

Fraser's Property Thailand, formerly known as Golden Land, announced that it will launch at least 27 new residential projects worth THB35 billion in 2021. Of this total, 21 will be focused on low-rise housing with all but three being located in Bangkok. Specific details have not yet been confirmed, but the homebuilder did mention it would launch two luxury, single detached housing projects in inner-city locations last year. Vibhavadi Rangsit, Rama IX and Sathu Pradit were mentioned as possible locations at the time.

## Habitat Group

Habitat Group has pivoted away from condominiums and shifted its focus on low-rise housing. It plans to launch three low-rise housing projects next year on land plots in the Asoke and Phrom Phong areas. These plots were originally slated for condo developments, but Habitat Group decided to switch things up as part of a larger change in strategy.

## Sansiri

Sansiri Chief Operating Officer Uthai Uthaisangsuk revealed that the developer will launch 19 low-rise housing projects worth a combined THB 21.9 billion in 2021. The homebuilder has plans to introduce nine townhome projects, seven single detached-housing projects and three projects with multiple housing types.

## Supalai

Supalai is expected to launch at least 30 developments this year with the majority of these being low-rise projects. Supalai Chairman and Chief Executive Prateep Tangmatitham told the Bangkok Post that it plans to launch no more than five condominiums with the rest of its new projects expected to be low-rise housing. The homebuilder unveiled plans to launch projects in several provinces, including Chachoengsao, Phetchaburi, Prachuap Khiri Khan and Lamphun, for the first time in 2021.





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# How long will it take for life to return to normal after Covid?

By Joe Cusmano

When will the pandemic end? It's the question hanging over just about everything since Covid-19 took over the world last year. The answer can be measured in vaccinations.

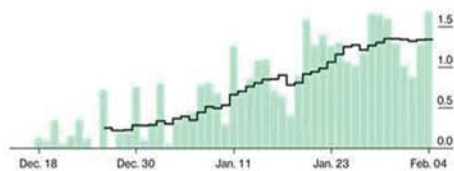
Bloomberg has built the biggest database of Covid-19 shots given around the world, with more than 119 million doses administered worldwide. U.S. science officials such as Anthony Fauci have suggested it will take 70% to 85% coverage of the population for things to return to normal. Bloomberg's Vaccine Tracker shows that some countries are making far more rapid progress than others, using 75% coverage with a two-dose vaccine as a target. Israel, the country with the highest vaccination rate in the world, is headed for 75% coverage in just two months. The U.S. will get there just in time to ring in the New Year. With vaccinations happening more rapidly in richer Western countries than the rest of the globe, it will take the world as a whole seven years at the current pace.



In the U.S., the latest vaccination rate is **1,339,525 doses** per day, on average. At this rate, it will take **11 months** to cover 75% of the population with a two-dose vaccine.

Seven-day rolling average

Doses per day: 2.0M



The greatest vaccine effort in history is underway. [Follow it here.](#)

Bloomberg's calculator provides a snapshot in time, designed to put today's vaccination rates into perspective. It uses the most recent rolling average of vaccinations, which means that as vaccination numbers pick up, the time needed to hit the 75% threshold will fall.

The calculations will be volatile, especially in the early days of the rollout, and the numbers can be distorted by temporary disruptions. For example, New York's target date was briefly pushed out to 17 months this week after a winter blizzard prevented some from getting vaccinated (it's now back down to 13 months). Likewise, Canada's vaccination rate dropped by half in recent weeks following reports of delayed vaccine shipments.

Based on Canada's latest rate of inoculations it would take more than 10 years to reach 75% coverage. That might serve as a wake-up call to Canadian politicians and health officials, but it does not mean the country is doomed to a decade of social distancing. Canada has contracts to buy more vaccine doses per person than any other country, and its vaccination rates are expected to climb.

The pace is likely to accelerate further as more vaccines become available. Some of the world's biggest vaccine-manufacturing hubs in India and Mexico are only just getting started. More than 8.5 billion doses of vaccine have been contracted by countries through more than 100 agreements tracked by Bloomberg. Only a third of countries have even begun their vaccination campaigns.

Vaccinations protect against Covid-19 within a few weeks of getting the shots. But if just a few people in a community get vaccinated, the virus can continue to spread unchecked. As more people get the vaccine, groups of people start to build a collective defence against the virus so that isolated sparks of infection burn out instead of spreading into an outbreak. The concept is known as herd immunity. In the scientific community, there are conflicting definitions for when herd immunity is achieved. Is it when enough people are protected that it begins to have a measurable effect on the speed of transmission? That could begin well before 75% of people are fully vaccinated. Others define it as the point when outbreaks can no longer be sustained. For example, even if there's a cluster of measles cases in an unvaccinated community, herd immunity prevents it from rippling across a country.

The vaccines available today require two doses for full vaccination. The calculations for coverage are based on two doses per person in the population but don't distinguish between first doses or second doses administered. Those breakdowns can distort daily vaccination rates and are not available in more than 20% of the countries tracked by Bloomberg.

A new vaccine by Johnson & Johnson recently showed positive results using a single dose in a large clinical trial. If approved, the numbers will be adjusted according to the number of doses required proportionate to its market share in each country. The vaccines have not been authorized for use in children those studies are currently underway. The calculator, like the virus, includes children in the population needed to be protected.

One metric Bloomberg's calculator does not account for is any level of natural immunity that might result from recovering from Covid-19. It is possible that hard-hit places might require a lower level of vaccination to prevent widespread transmission. While there's evidence that people who recover from illness do retain some level of natural defences, it's unclear how much protection is offered or how long it might last. The vaccine is still recommended for people who have recovered from illness. The calculator is the latest feature from Bloomberg's Covid-19 Tracker. The projections are updated daily and are based on the average daily vaccinations in data gathered from 67 countries and the U.S. states and territories. Countries may be excluded when they are in the earliest stages of vaccinations or if they provide infrequent updates on their vaccination numbers.



### 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**





# Bangkok condo demand slides down Sukhumvit

Condo demand in Bangkok moved away from the city's Central Business Districts and towards Sukhumvit's trendy neighborhoods last year, research from Dot Property shows. Those searching for real estate were most interested in condo units around the Thong Lor, Ekkamai, Phra Khanong and On Nut BTS stations with demand coming from both international and domestic buyers. However, while international and domestic property seekers were interested in the same Bangkok location, there was a notable difference in what they were after.

## Overseas buyers eye high-end residences

On Thailand Property, luxury units priced between THB10 million and THB29.9 million received the most enquiries in 2020. This was followed by condo units in the THB5 to THB9.9 million price bracket. This highlights an interesting trend as it relates to foreign buyers active in Bangkok. Their numbers may be less than in previous years; however, those that are buying are looking for upscale residences. In the past, there had been significant demand for condo units priced at THB3-5 million, but experts believed these were speculators. Those currently in the market for high-end condo units are more likely to be either end users or long-term investors given the capital required for their purchase.

New luxury projects in Bangkok's most in demand locations include The Esse Sukhumvit 36 from Singha Estate and Ideo Q Sukhumvit 36 from Ananda Development. Prices start at more than THB10 million at each development. AP is another developer very active in this part of Bangkok having launched four condominium projects under its Rhythm brand here in recent years. Most units in these developments are priced at THB5 million or above.

## Domestic demand driven by affordable condo segment

While domestic property seekers were also most interested in condo units around the Thong Lor, Ekkamai, Phra Khanong and On Nut BTS stations, they were searching for affordable units under THB3 million. Projects in this price range tend to be low-rise developments, such as Niche Mono Sukhumvit 50 from Sena Development and The Base Sukhumvit 50 from Sansiri, or high-rise condominiums a little further away from BTS stations, like Aspire Rama 4 from AP.

## Studio and 1-bedroom units the preferred option

The most sought after unit type in Bangkok among international and domestic buyers remains studio and 1-bedroom residences.







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



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

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

### Do you have the correct Medical Insurance in place?

We work with companies that are approved by Thailand immigration.

### Have you been refused insurance because of your age?

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

### Have you been unable to find English speaking support staff?

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

### Do you have pre-existing health conditions?

Bespoke packages can be arranged with full disclosure.

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

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

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

**Contact us now to tell us how we can help.**

**Expat Finance**





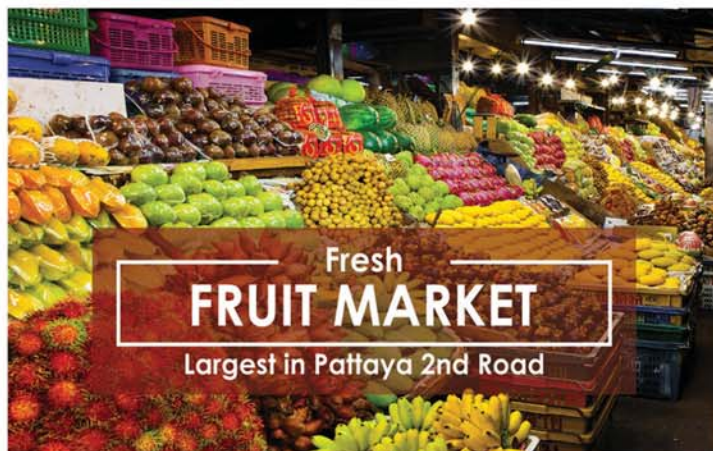
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## Nutrition - “You are what you eat”

**T**he body cannot produce everything that it needs to function and needs to consume six essential nutrients through dietary sources in order to maintain optimal health. Micronutrients are nutrients that a person needs in small doses i.e. vitamins and minerals and Macronutrients which are nutrients that are needed in larger amounts. These are water, protein, carbohydrates, and fats

### Vitamins

A diet rich in vegetables, fruits, and lean proteins should provide a person with all the vitamins they need. However, those of us who eat less healthily may need to take a vitamin supplement. Vitamins are divided into fat-soluble A, D E & K and water-soluble the B vitamins and Vitamin C.

#### Minerals

Minerals such as Magnesium, Calcium, Phosphorus, Sulfur, Sodium, Potassium, and Chloride are also needed for optimal health. They help the body balance water levels, maintain healthy skin, hair, and nails and improve bone health

Trace minerals: Iron, Selenium, Zinc, Manganese, Chromium, Copper, and Iodine help strengthen bones, prevent tooth decay, aid blood clotting, carry oxygen, support the immune system and reduce blood pressure

### Water

Water is probably the most important essential nutrient as a person can only survive a few days without consuming it. Even slight dehydration can cause headaches because the human body is made up mostly of water, and every cell requires water to function. If you do not like the taste of plain water, add a squeeze of lemon or lime juice to make it more palatable..

### Protein

Protein is a macronutrient that every cell in the body needs to function properly as it ensures the growth, and development of muscles, bones, hair, and skin The following foods are good sources of protein: red meats, poultry, fish, legumes, eggs, dairy products, and nuts.

### Fats

Although many people associate fat foods with bad health, a person needs certain fats to help maintain optimal health because they provide energy and help the body carry out its daily functions. However, it is best to consume healthy fats, such as monounsaturated and polyunsaturated fats, and limit or avoid saturated and trans fats.



## Carbohydrates

These are sugars or starches that provide energy and there are two different types of carbohydrates: simple and complex. Try to limit their intake of simple carbohydrates, such as white bread, pasta, and rice but take in more complex carbohydrates such as quinoa, brown rice, vegetables, whole grain pasta, bread, oatmeal, and fruit. Definitely avoid overly processed products with bleached, white flour, and added sugar.

## Tips from the Dr for Healthy Eating

In order to eat a balanced diet with all the elements listed above, it helps to consume as much fresh produce as possible. Obviously, home-cooked food with fresh ingredients is ideal but don't make the mistake of thinking that pre-prepared meals make for a healthy diet - they don't. Processed foods contain a lot of preservatives, salt, and sugar, and can be very calorific.

If you don't have time to cook yourself rather than opt for a pop in the oven or "just add boiling water" ready-meal, try going for a healthy option on the menu at your local restaurant.

This is especially important during this time of COVID when we need to support our local restaurants and stop them from closing while they wait for the return of the Pattaya tourists. There are plenty of good pop-up and local street food stalls that provide excellent, cheap fresh food made to order just be sure to tell them "Mai Mee Nam tan" to stop sugar or syrup being added.

Adelle Davis born back in 1904 in Indiana, USA was considered the most famous nutritionist in the early to mid 20th century and penned the famous phrase "Eat breakfast like a king, lunch like a prince, and dinner like a pauper" often a good mantra to follow if you find yourself feeling unable to sleep when eating too heavily late a night.

We often carry bad eating habits with us from our childhood when the idea may have once been to fill the stomach as cheaply as possible with carbohydrates potatoes, pasta, or rice depending on your country of origin. Also, sugar was thought to be good at providing energy and as a treat but it often produces sweet tooth cravings that stay with us into old age although we now are aware that too much sugar is bad for us. We also have greater nutritional knowledge and recent diets such as the Keto regime have proved very effective for sustained weight loss and improved eating habits.

The Dr recommends not to eat between meals or if you feel you have to choose healthy vegetable snacks such as crudites, carrot sticks, etc. Stay away from junk food try to make it just an occasional treat. Keep hydrated and bear in mind that living here in the tropics you may require even more water and salts that are lost through perspiration.

Typically, a person who eats a healthy balanced diet that includes lean proteins, vegetables, fruits, complex carbohydrates, and water will get the nutrients they need. However, people with digestive issues, who take certain medications, or simply find it difficult to get all the nutrients they need from their diet may require supplements.

There are many good ones on the market and the triangle of health gives everything you need to for the body's essential nutrients.



**DR.OLIVIER CLINIC**  
English, Deutsch, Français, Thai

# Think of Wellness...

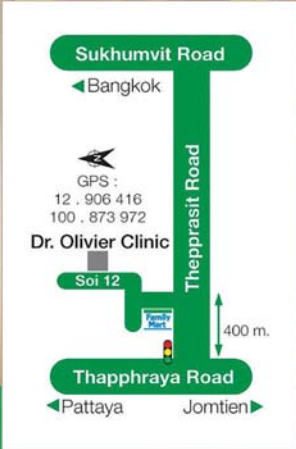
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# 96FM Pattaya People Radio

## WATER WAY TO CELEBRATE

Everyday in everyday, music can help your world go round as a companion to your daily lifestyle. Like a good friend by your side helping to enhance your well being. As the temperatures in Pattaya increase, and the water festival of Songkran appears, so it's necessary to celebrate by having 96fm as your constant companion.

There's so much to enjoy having 96FM Pattaya People Radio as your faithful partner and it's up to you to let us know what songs get you in the mood (but please not Wet Wet Wet).

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.

MSN International News in English is at 12 noon, 2pm, 4pm & 8pm  
All through the weekend, a full service of entertainment can be enjoyed.

Pattaya People Radio on 96FM and online via the free downloadable Pattaya People app (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 its 'Sunshine Hits On 96' motif.

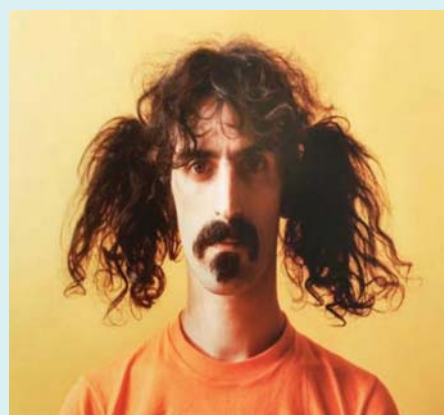
96FM can be heard in your car or on any household radio via the FM option, plus online with the 'Pattaya People' free app which can easily be downloaded to your mobile device or computer.

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 and bring back so many memories!

New to 96FM this month are many new 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 in a sea of delightful chaos.







# PATTAYA PEOPLE TELEVISION on TMN & ONLINE

**P**attaya People Media Group is 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'
4. Press on 'OPEN'
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](http://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 April/May are continuing interesting features with guest interviews and chats plus music and special local 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 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.....at your convenience!







# 10 Restaurant Hacks to Save You Money

**D**ining out with your friends and family is a great experience a real time to talk and exchange news and views without being in front of a screen - TV or Mobile. However, it can take a huge bite out of your budget so here now are a few useful hacks to save you some money when you dine out.

## **Go to a restaurant mid-week**

Traditionally the weekend, from Friday night onwards, is when we all reward ourselves from the toil of the working week perhaps by the treat of a good meal out. However, if you can change this pattern by dining out mid-week or even better at the start of the week you will often find incentives to do so from restaurants that find themselves lacking in custom during these times.

## **Look left**

When looking at a menu, most people's eyes naturally drift to the right. Most astute marketing people know this and often restaurants when designing their menus will purposely put their most expensive items on the right side of the menu. So outsmart this play by following Beyonce's lead and looking "to the left to the left" for the more reasonable options.

## **Don't eat out on major holidays**

Well this is a bit of a scrooge reason to save money and you may opt to ignore this hack if you find real value for money in eating out with family at Christmas time or Mother's Day, or with a loved one on Valentine's day. Just be aware that because of the old adage of supply and demand you will be paying a premium for the food you eat on these dates. So to save money you may consider eating out the day before or after the holiday.



## Drink water

As many of us saw when restaurants were unable to serve alcohol the final tally of your bill can be drastically lower when you don't consume alcohol. So yes although it can be true that the markup on bottled water is quite considerable drinking water with your meal is definitely a less expensive option than beer, cocktails, or wine..

## Check out the corkage

Following on from the last point if you do want wine with your food and have a favourite tipple or are wanting to add some bubbles for a special occasion consider bringing in your own and paying the corkage fee.

Some places in Pattaya are more amenable to this than others so it is a good idea to check this out before you go as prices for this service can vary but generally something in the region of 300-500 baht per bottle is the norm.

## Suss out deals

Never leave home for a restaurant without first checking for online deals and coupons. Visit the eatery's website and then check out restaurant deal sites. Now more than ever restaurants are offering really keen incentives to gain your custom.

## Get a Take-Away or Home Delivery

Since the start of the pandemic, the quantity and quality of home delivery services has really increased. Also as per the previous point if you use the Grab or Hungry Now App you may find special deals being offered via some of your favourite restaurants.

## Share

Instead of ordering individual portions consider splitting an appetizer or entree with your partner or even side dishes.



## Skip dessert

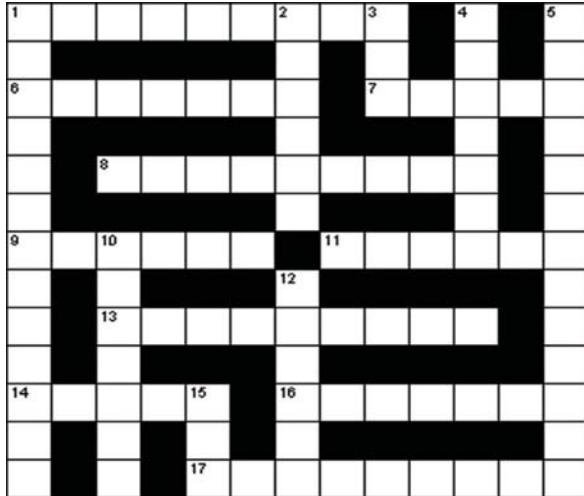
Eyes bigger than your stomach?! It can take our stomachs a while to understand that we've eaten enough. So don't order dessert immediately after scraping your plate clean. Wait a few minutes and you might just find that you're too full to handle it..

## Doggy bag

If you've ignored the last two points and have generally ordered more than you're capable of finishing don't be embarrassed to request a "Doggy bag" - pizza the following day can often taste quite delicious!



# CROSS WORD APRIL 2021

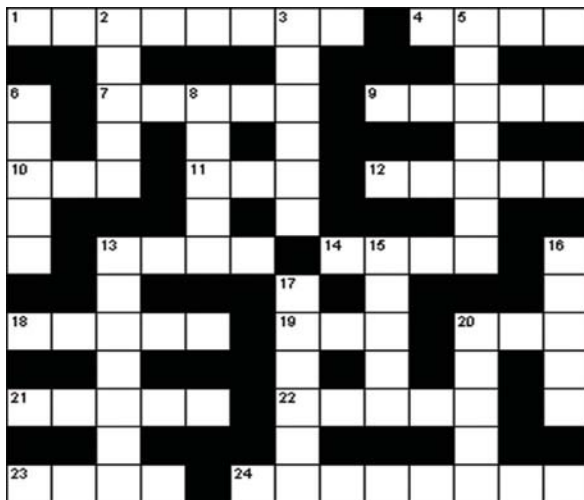


## Across

1. Patrick Gates in the 2004 movie, National Treasure (3,6)
6. Silent movie actor, Charlie (7)
7. Psycho character, Norman \_\_\_ (5)
8. Charles Bronson is Paul Kersey in this 1974 movie (5,4)
9. Don Ameche is Art Selwyn in this 1985 sci-fi movie (6)
11. Michael Caine is Milo Tindle in this 1972 movie (6)
13. \_\_\_ Crawford was J Edgar Hoover in the 1977 movie, The Private files of J Edgar Hoover (9)
14. Cameron Diaz is the voice of Princess Fiona in this 2001 movie (5)
16. Robert \_\_\_ is Lieutenant Elgart in the 1991 movie, Cape Fear (7)
17. Jason Bourne in the 2007 movie, The Bourne Ultimatum (4,5)

## Down

1. Costello in the 2006 movie, The Departed (4,9)
2. 1982 movie starring Ben Kingsley, directed by Richard Attenborough (6)
3. \_\_\_ Hunter is Rod in the 1988 movie, Grotesque (3)
4. Walter \_\_\_ is Max Goldman in the 1993 movie, Grumpy Old Men (7)
5. Charles Frohman in the 2004 movie, Finding Neverland (6,7)
10. Liza Minnelli is Sally Bowles in this 1972 movie (7)
12. Frog Muppet (6)
15. Errol Flynn is Mahbub Ali, the Red Beard in this 1950 movie (3)

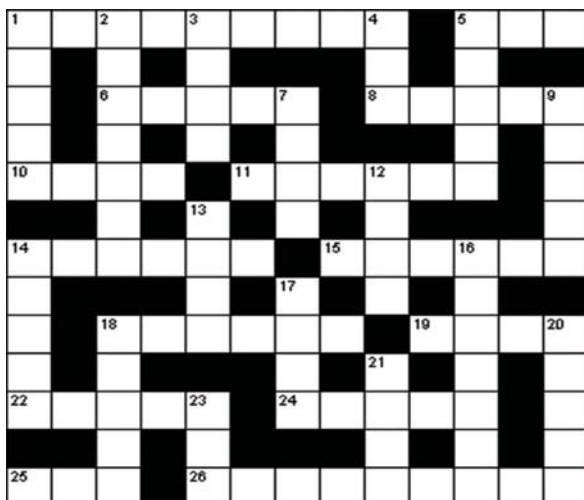


## ACROSS

1. Edible agaric (8)
4. Sour to the taste (4)
7. Shaped and dried dough (5)
9. Aromatic herb (5)
10. Major food fish (3)
11. Sometimes added to flour and water to make 7 Across (3)
12. Downy juicy fruit (5), 13. Rind (4)
14. Parallel metal bars used to grill meat or fish (4)
18. Oval fruit with juicy acidic flesh (5)
19. Large pot for making coffee or tea (3)
20. Alcoholic drink made with juniper berries (3)
21. Bread maker (5), 22. Dairy product (5)
23. The leaves are used fresh or candied (4)
24. Round red root vegetable (8)

## DOWN

2. Full of relish (5)
3. Round citrus fruit (6)
5. Sweetened mixture of milk and eggs, baked, boiled or frozen (7)
6. Meat usually sliced thin and fried (5)
8. Thick edible yellow root, sounds Scandinavian (5)
13. Usually large round fruit of the squash family (7)
15. Kitchen appliance used for cooking (5)
16. Large oval tropical fruit with smooth skin and juicy aromatic pulp (5)
17. Tart filled with rich unsweetened custard; often contains cheese, ham or other vegetables (6)
20. Okra (5)



## ACROSS

1. Large voracious aquatic reptile (9)
5. Female chicken (3)
6. Small parasitic arachnids (5)
8. Immature lifeform prior to metamorphosis (5)
10. Animal den (4)
11. Dog (6)
14. Mythical monster (6)
15. Salted and smoked herring (6)
18. Animal symbol (6)
19. Young of 14 Down (4)
22. Large black and white herbivorous mammal (5)
24. Freshwater carnivorous mammal (5)
25. Constrictor (3)
26. Arboreal rodents (9)

## DOWN

1. May be Bactrian or dromedary (5)
2. The largest living bird (7)
3. Killer whale (4)
4. Snake-like fish (3)
5. Solid-hoofed herbivorous quadruped (5)
7. Marine mammal (4)
9. Small viper (5)
12. Wading bird (4)
13. Colony insects (4)
14. Horned ruminant mammal (5)
16. North American burrowing rodent, \_\_\_ dog (7)
17. Extinct heavy flightless bird (4)
18. Extremely large pelagic tropical ray (5)
20. Ursine mammals (5)
21. Echinoderm, \_\_\_ fish (4)
23. Donkey (3)

**SOLUTIONS ARE ON PAGE 66**



SOLUTIONS ARE ON PAGE 66

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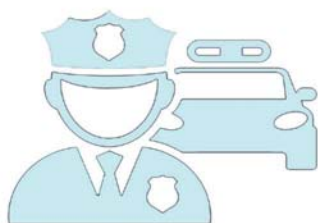
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## IMPORTANT TELEPHONE NUMBERS



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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

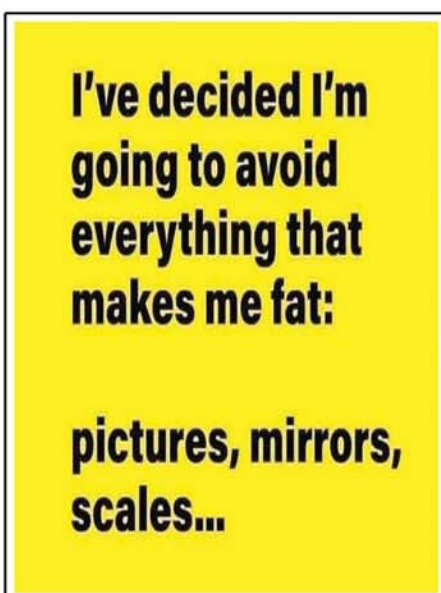
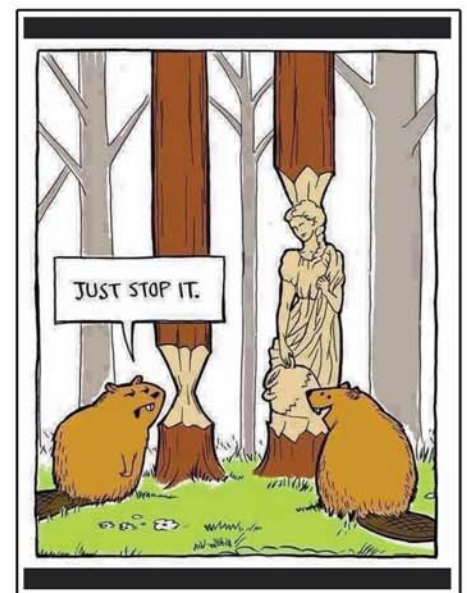
Water Works Banglamung  
 Phone 0-3822-1463  
 Water Works Pattaya  
 Phone 0-3822-2462/5

### WASTE DISPOSAL

Garbage Collection  
 Phone 0-3842-9494



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## HOSPITAL PART 2

<b>1. Yah</b>	ยา	<b>Medicine</b>
<b>2. Truad</b>	ตรวจ	<b>Check</b>
<b>3. Lued</b>	เลือด	<b>Blood</b>
<b>4. Jum</b>	จาม	<b>Sneeze</b>
<b>5. Eye</b>	ไอ	<b>Cough</b>
<b>6. Sa-uek</b>	สะอึก	<b>Hiccup</b>
<b>7. Kun</b>	คัน	<b>Itchy</b>
<b>8. Buam</b>	บวม	<b>Swell up</b>
<b>9. Mor-fun</b>	เจ็บ	<b>Hurt / Pain</b>
<b>10. Foke-chum</b>	ฟกช้ำ	<b>Bruised</b>



## CONVERSATION:

Q: Pai-nai-mah?	ไปไหนมา?	Where have you been?
A: Pai-ha-mor-mah	ไปหาหมอมา	I went to see the doctor.
Q: Mor-bok-mai-wah-pen-a-rai?	หมอบอกไหมว่าเป็นอะไร?	What did the doctor say?
A: Mor-bok-wah-eye-Tummada	หมอบอกว่าไอธรรมดา	The doctor said, it is only a normal cough
Q: Mor-hi-yah-mai?	หมอให้ยาไหม?	Did the doctor give you any medicine?
A: Mor-hi-yah-mah	หมอให้ยามา	The doctor gave me medicine.
Q: Khan-chan-jeb-lae-buam mak	แขนฉันเจ็บและบวมมาก	My arm is painful and it is swell up.
A: Pai-hong-truad-suk-ka-pup	ไปห้องตรวจสุขภาพ	Go to the health check room.





# GAME RELEASES

by Rick Click



## Outriders

This action-packed third-person Co-op looter shooter has been developed by People Can Fly the Polish team behind Gears of War Judgement and Bulletstorm. Set in 2159 on an alien planet that humanity wants to colonize. Create your custom character and choose from one of four classes each with its own abilities. The Trickster can manipulate time, the Pyromancer fire, the Devastator seismic attacks, and the Technomancer all things tec. There are a variety of weapons at your disposal from shotguns, rifles, and pistols, with options to modify each. Like Gears of War, you can use cover if you want to however health doesn't regenerate unless you hurt or kill the enemy so you might need to get out there.



## Returnal

A third-person psychological Sci-fi shooter looking great on the Playstation 5, where you control a space pilot kitted out with some very high-tech weapons. Stranded on an alien planet and stuck in a time loop every time Selene dies she gets resurrected which adds a rogue-like element to the proceeding. Whilst travelling through alien environments you fight against the extraterrestrial enemies you meet. The combat is fast and frantic and reminds me of 2019's Control. Taking advantage of the PS5's Dual sense controller the game supports haptic feedback for a more immersive feel along with 3D spatial audio effects.



## Pokémon Snap

Capture over 200 Pokémon with your camera and build up your Photodex when you encounter wild Pokémon in their natural habitat. Travel by land, sea, and air through the picturesque Lental region and try and get the right shots of either lone creatures or those travelling in packs. Sometimes you will need to be quick to snap the faster or flying varieties as they won't stay in frame for long. Continue your research with Professor Mirror as you travel through dense jungles, vast deserts, and undiscovered islands. Coming to the Nintendo Switch with better graphics and gameplay bringing the original 1999 Pokémon Snap right up to date.



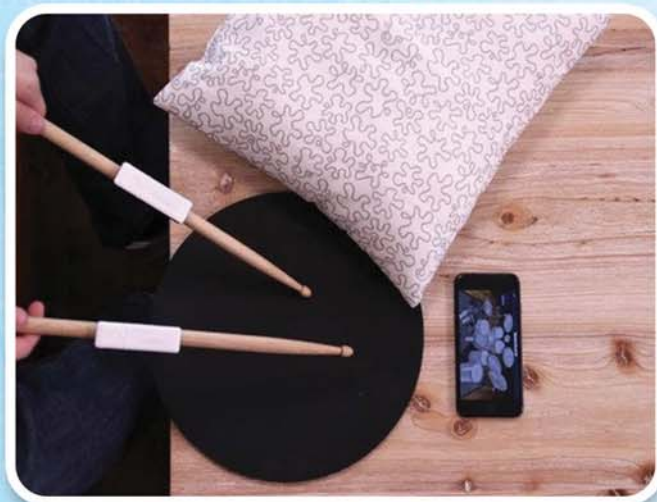
Every month new gadgets arrive on the scene to hopefully make your life easier, more productive or just more fun. As an old friend of mine once said buying a new TV can be good for the soul. This month lets look at some practical tec to improve the quality of your life.



## Apple Watch 6

Apple smartwatches are known as great fitness trackers, but with more on-board sensors this new edition could even save your life. How so I hear you ask, well by monitoring your heart rhythm and relaying the data to your phone it can alert you if it spots any irregularities. You can then go to your doctor who can have a look at the recorded ECG information. As a safeguard for the elderly, it can alert emergency services if they fall or their pulse stops.

Remote tracking of vulnerable patients with asthma and heart disease and even the early prediction of the onset of flu or Covid-19. For less serious situations it can check on your overall well-being by tracking your sleep and blood oxygen saturation.



## Senstroke Bluetooth electric drumkit

Some time ago one of our neighbours decided to take up the drums back then it was, to say the least, a little antisocial. But now there is a more civilized way for beginners. OK so it's not the same as whacking a real kit but at least you're using some sticks and if you get into it you could move onto a midi kit or the real thing. Using a set of Bluetooth sensors that clip onto the drumsticks, a strap on your feet, and your mobile and you have your own virtual drum kit. Then you can tap away on the Kitchen table, pots, and pans but I would prefer you use some pillows and best of all practice pads. You can download the app or even use it with a digital audio workstation like Ableton live to record your efforts.



## App of the month.

### Bitdefender Mobile Security (for Android)

With so much personal information on our mobiles and moving forward with cyber currency, it's time to think about implementing security measures on your device.

Winning awards from PC Mag, Techradar, and AV-Comparatives Bitdefender has held the industry's best detection rate for the past five years. It uses advanced artificial intelligence along with other tech to detect, anticipate and block the latest threats. It can quickly scan your phone and has excellent phishing protection, anti theft tools with Android Wear integration which is the operating system used on many smartwatches.



# SOLUTIONS

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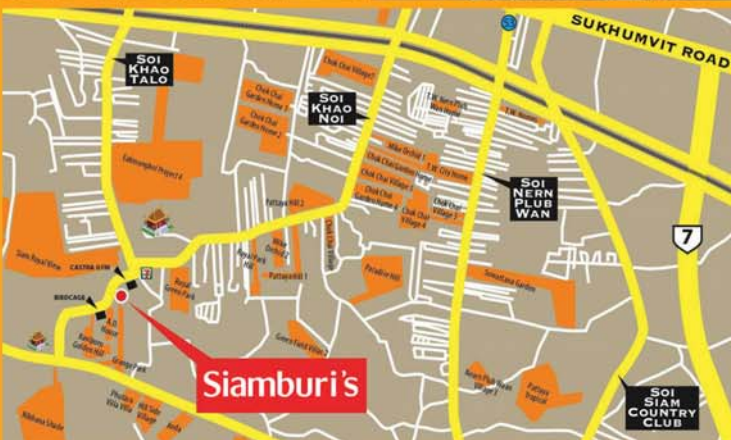


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Our staff are always searching for new products, whether it be with our suppliers here in Thailand or overseas, to guarantee your shopping experience with us is an enjoyable one.

Open 7 days a week 8am - 8pm  
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