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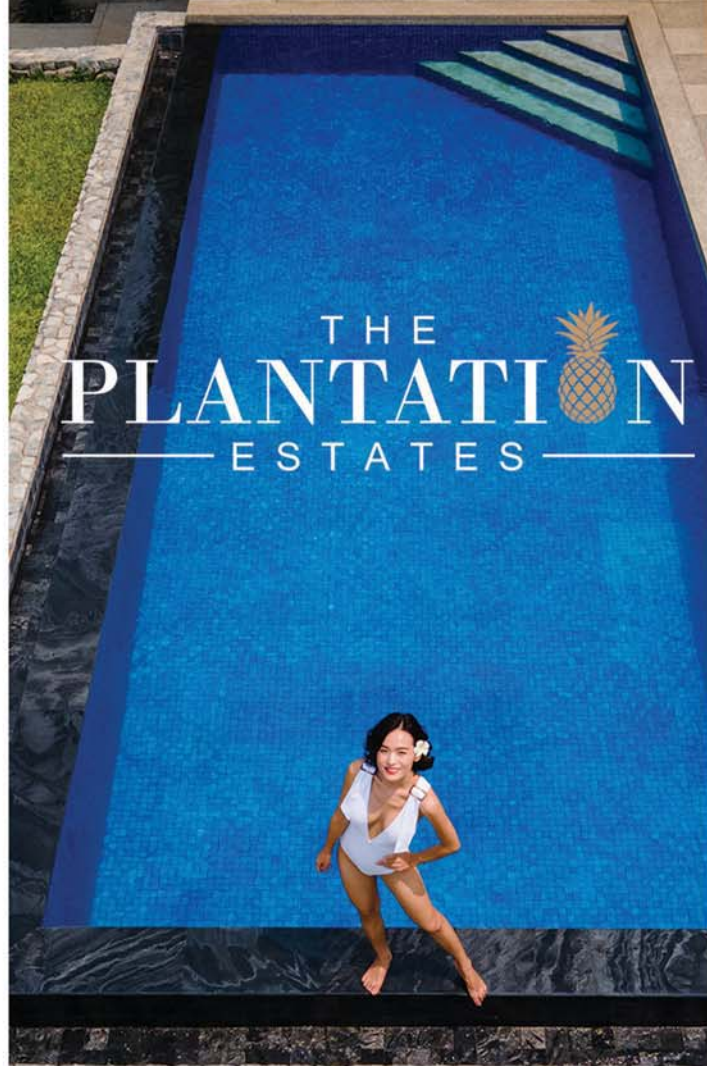
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# DISCOVER PATTAYA

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### *This Month in Discover Pattaya*

Hi Everyone,

Charles Dickens famously began "A Tale of Two Cities" with "It was the best of times, it was the worst of times", and right now I think that could be said of Pattaya. For many, it has undoubtedly been the worst of times yet the community rallied its support with food, masks, and financial donations bringing out the best in many.

There have been businesses closing and unkind comments on social media, yet I am amazed and deeply grateful for the continuing support of our customers, contributors and you dear readers. Now more than ever can I ask that you scan the QR codes of anything you find of interest in the following pages. Or if you are viewing through our Pattaya Trader Website and Facebook pages please give us your feedback.

Here's hoping some semblance of normality comes to us all soon.  
Good luck everyone, and please continue to support local business  
Gloria x

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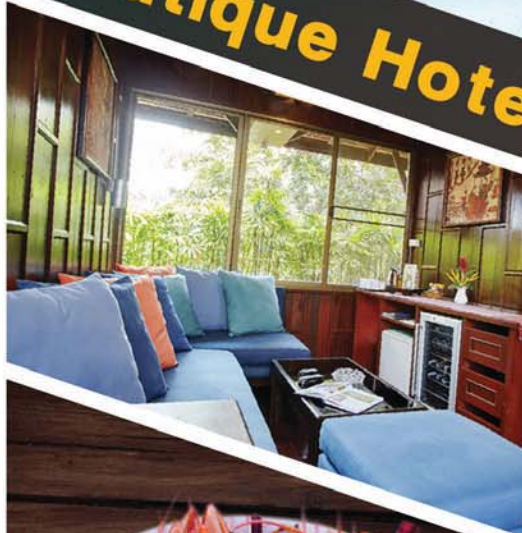
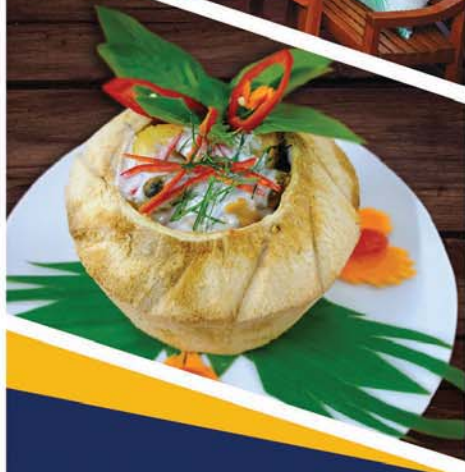
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The Thrive World Foundation on the outskirts of Pattaya welcomes young Thai girls from 4 to 14 years old. Often without parents many of these girls have been sexually abused, beaten and put into forced labour. They need to stay at the foundation for a very long period of rehabilitation and education. Edenko has helped these young girls by providing food and also the gift of a trampoline. If you would like to find out more or make a donation contact **Vallee Suki 061 980 4511**



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by Rick Click



# Coming Soon to The Small Screen



## Money Heist Season 5 Volume 1

The story of the criminal mastermind know as the Professor continues. The first part of the finale of the hit Spanish TV series by Alex Pina.



## Billions Season 5 (part 2)

The rivalry between Bobby Axelrod (Damian Lewis) and Chuck Rhoades (Paul Giamatti) is reignited once again.



## The Morning Show (Season 2)

Jennifer Aniston, Reese Witherspoon, and Steve Carell return to breakfast news after the dramatic events at the end of season one.



## Foundation

A group of exiles led by Dr. Hari Seldon starts their journey to save humanity Science fiction drama series based on the award-winning novels by Issac Asimov



## The Goldbergs (Season 9)

Comedy sitcom set in 1980s Pennsylvania following the antics of the Goofy Goldberg family.



## Sex Education (Season 3)

Asa Butterfield plays an insecure teenager whose mother is a sex therapist. British comedy series created by Laurie Nunn.



by Rick Click



# Coming Soon to The Big Screen



## RESPECT

**Jennifer Hudson, Marlon Wayans, Mary J. Blige, Audra McDonald**  
Singer and actor Jennifer Hudson stars as legendary R&B singer Aretha Franklin in this movie biog.



## SHANG-CHI AND THE LEGEND OF THE TEN RINGS

**Tony Chiu-Wai Leung, Awkwafina, Simu Liu**

Shang-Chi confronts his past and the mysterious Ten Rings organization, a Kung-Fu action movie based on the Marvel Comics.



## DUNE

**Rebecca Ferguson, Timothee Chalamet, Jason Momoa**  
Paul Atreides the son of a noble family leads a nomadic tribe to fight for control of the desert planet Arrakis in this movie adaption of Frank Herbert's science fiction novel,



## VOYAGERS

**Colin Farrell, Tye Sheridan, Lily-Rose Depp**

A crew of astronauts embark on a multi-generational voyage but suffer from paranoia and madness when they lose touch with reality.



## INFINITE

**Mark Wahlberg, Sophie Cookson, Dylan O'Brien, Liz Carr**

After discovering his hallucinations are visions from past lives Evan joins a group of reborn warriors to stop a madman from destroying the cycle of reincarnation.



## BOND 25: NO TIME TO DIE

**Rami Malek, Ana de Armas, Daniel Craig**

Bond's mission is to rescue a kidnapped scientist and pursues a mysterious villain who controls some very dangerous technology.





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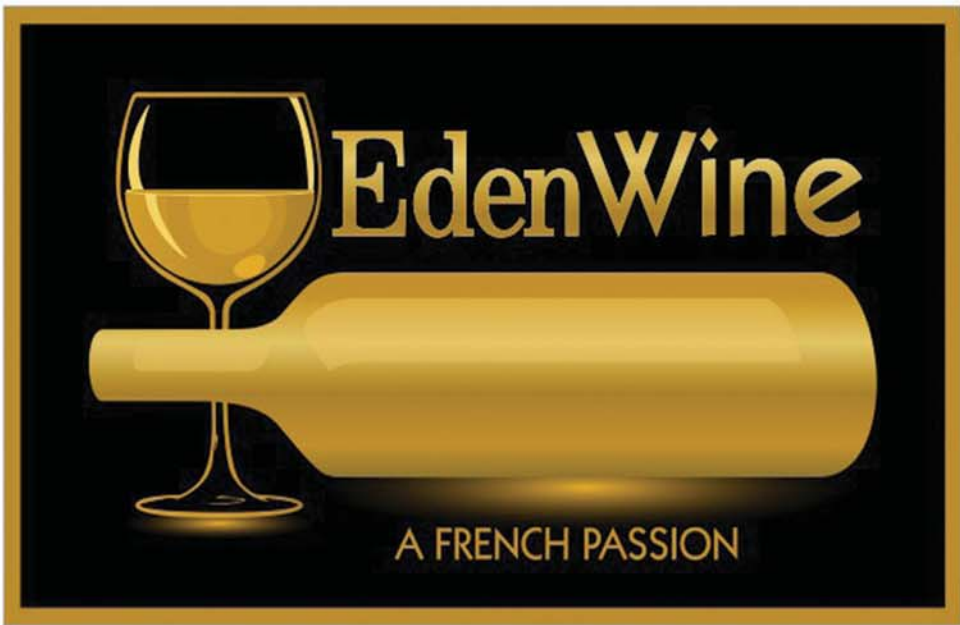
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# TOM'S COOKERY CORNER

## BEEF GOULASH

### INGREDIENTS

12oz beef chuck steak;  
8oz onions, peeled & sliced;  
2 cloves of garlic;  
1 level tspn caraway seeds;  
1 level tbspn paprika;  
1 level tbspn flour;  
34 pt beef stock or stock cube +water;  
2tspn tomato puree; salt & pepper & oil.

### METHOD (using pressure cooker)

Wipe the meat removing excess fat, put into an open pressure cooker with oil and brown over. Add the rest of the ingredients except for the flour, close up the pressure cooker and heat as usual. When done, cool and open, take some of the liquid and add to the flour to make a roux; return this to the pan and re-heat to thicken. Serve with vegetables of your choice & dumplings.

### DUMPLINGS

100gm (40z) self-raising flour.  
50gm (2oz) suet. Pinch of salt.  
Cold water (approx 5 tbsps or enough to make a firm but pliable dough).

### METHOD

Mix the flour, suet and salt with the water.  
Divide the dough into 8 and gently shape into balls with floured hands.  
Place on top of a stew or a simmering casserole.  
Cover with a tight fitting lid and cook for 20 mins.  
Serve with the Goulash.



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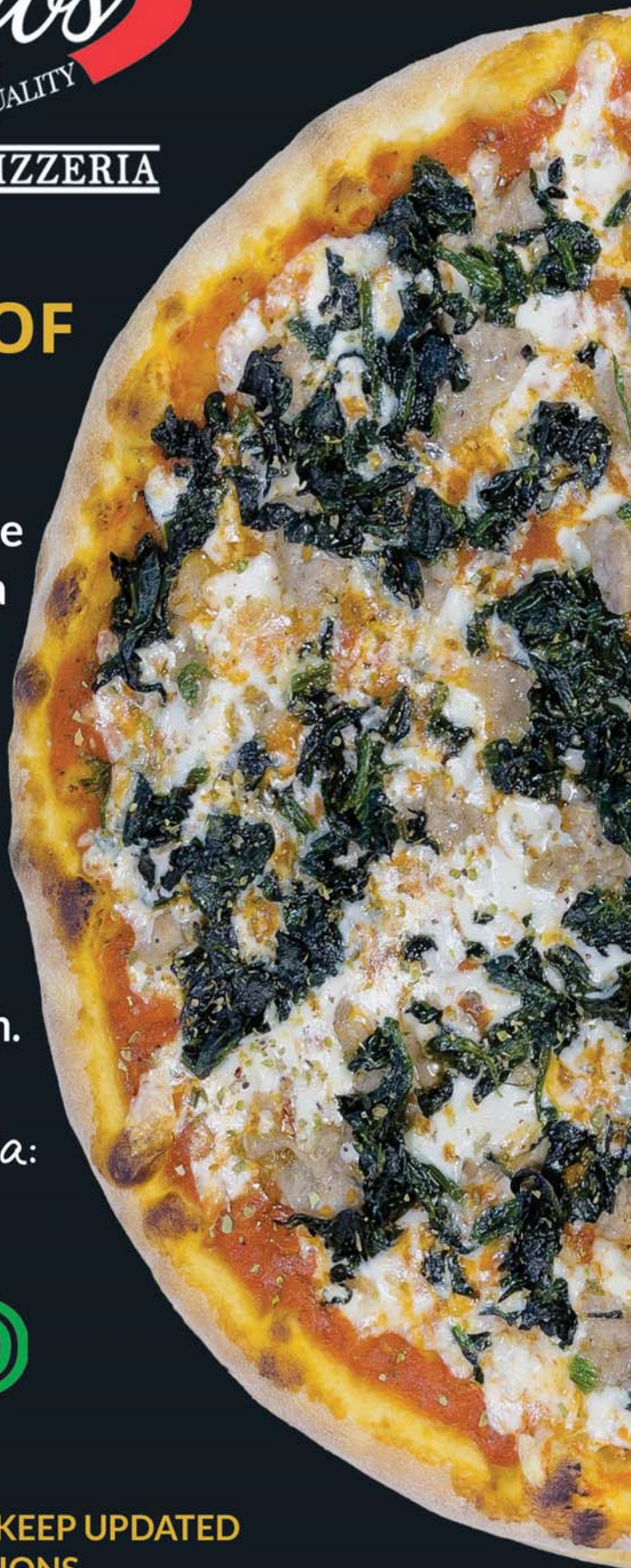
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# The Coffee Detective Visits The New King of Coffee on Pattaya Beach Road

Finding a good, artisanal coffee on Pattaya Beach has long been a challenging task but help is now at hand as the great people from King of Coffee have opened directly on Pattaya Beach Road outside the Baywalk Residence.

Having only opened their first branch of King of Coffee in Jomtien Beach Road less than 6 months ago they have seen that their unique concept of a custom constructed kiosk, superb coffee from their single origin home-roasted beans and professional service is a formula for success. So attention all Pattaya residents, you can now have an excellent coffee right on the beach!

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

The location is incredibly convenient next to the Royal Garden Plaza and features their unique custom-designed kiosk. Once the current restrictions are relaxed there will be large umbrellas and comfortable seating to encourage visitors to relax whilst imbibing in their favourite coffee.



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

King of Coffee is no normal coffee kiosk! Great care has been taken with the design of their customised trailer and with the quality and presentation of their coffee.

Their coffee beans come from the Doi Chang village and are a single origin Arabica, grown and specially harvested by the Hill Tribe. King of Coffee have their own roastery in Jomtien and produce a range of extremely high quality, freshly roasted and uniquely flavoured coffees.

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

Whilst served in an unpretentious paper cup due to the restrictions my double shot espresso was superb with a perfect caramel coloured crema. The acidity is perfect, creating the correct reactions of my taste-buds. The coffee is aromatic with a deep fruity yet nutty taste with a very subtle and lingering finish.



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

At just THB.60 for a double shot this is excellent value for money for an artisanal coffee.

I will most certainly return and when the restrictions are lifted, King of Coffee will become a very popular place for coffee aficionados directly on Pattaya Beach Road.







Bayu

Residence By Thaiwat

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21



# Phuket Sandbox paradise?

## It's all about your own mindset

By Alexandra Augustijn



What a relief! 14 days of quarantine on a tropical island as an alternative to solitary confinement in a hotel room. I was extremely grateful for the Phuket Sandbox and how I loved my first few days! I did a fantastic 21 km walk along the beaches from Ao Bang Thao through to Patong. I also enjoyed my time in a hammock at the beach of my hotel, The Dusit Thani Laguna.


I danced on the beach, I ate and drank delicious food, I met nice people and I proposed the idea of a biodanza event. Bio means life and dancing helps us to destress and connect with each other. The hotel was immediately enthusiastic. Wow... paradise! However, on day 5, the front office told me that someone on my plane had tested positive for COVID and that those who were in the same area would have to be quarantined immediately. End of paradise? The manager was visibly upset because he now had to lock me up in my hotel room explaining "It's the rule on Phuket unfortunately".

He then promised me that he would personally do everything he could to still make my stay as pleasant as possible. At that moment I only felt anger. Why do I have to quarantine? What is the chance that I am infected? And why until the end of my stay? The incubation period is only 7 days according to a lot of research...

The same day that I had to quarantine, Nicole Sauvain was found murdered in Phuket. She had stayed in the same hotel, traveled alone, liked to take long walks just like me, I realized that this could have happened to me. All my anger immediately disappeared as I said to myself "How glad I am to be alive!"







The lesson I learnt from this is gratitude. What is a two week quarantine? I am so grateful for what I have, who I am and what I can do. Whatever happens to you, you always have a choice. You can stay angry or you can learn from your experiences and develop yourself.

It's okay to be angry, just don't get caught up in it. If you think positively, the consequences are usually positive. Ancient Buddhist Wisdom.

In quarantine I still got the most delicious food, and could dance on my terrace. Dusit Thani even organized the Biodanza event I had proposed before on the lawns in front of my terrace. Wow- what a great hotel!

So even with the small chance that you might be quarantined, I would still advise everyone to go for the Phuket Sandbox. Most tourists are as free as a bird here.

Normally with a positive attitude you get a lot more done and your life becomes more pleasant and meaningful. It's all about your own mindset. Think more about what you like and do what feels good. You are worth it!



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# WHAT YOU SHOULD KNOW ABOUT PHUKET SANDBOX 7+7 EXTENSION



By Kristin Mariano

The Tourism Authority of Thailand (TAT) has provided general information on the “Phuket Sandbox 7+7 Extension” programme, which is an upgrade to the existing Phuket Sandbox programme.

Starting from 16 August 2021, the “Phuket Sandbox 7+7 Extension” programme offers fully vaccinated international travellers to reduce the mandatory stay in Phuket from 14 to 7 days, after which another 7 nights can be spent in Krabi (Ko Phi Phi, Ko Ngai, or Railay), Phang-Nga (Khao Lak or Ko Yao), or Surat Thani (Ko Samui, Ko Pha-ngan, or Ko Tao).

## Measures to enter Thailand for Thais and non-Thai nationals

### Pre-arrival

Travellers must travel from countries/territories approved by Thailand’s Centre for COVID-19 Situation Administration (CCSA) (see the list below), and must have been in the said countries for no less than 21 days before their travel date – except Thai nationals and foreign expatriates returning from overseas. They must apply for a Certificate of Entry (COE), using the following documents:

- Copy of valid passport.
- Copy of the payment confirmation for no less than 14 nights stay at SHA Plus-certified hotel/s and for RT-PCR tests via [www.thailandpsas.com](http://www.thailandpsas.com). If the length of stay is less than 14 nights, travellers must also present a confirmed flight ticket out of Thailand.
- A certificate of vaccination against COVID-19 with a vaccine approved by Thailand’s Ministry of Public Health or the World Health Organisation (WHO) no less than 14 days before their travel date.
- Copy of an insurance policy in English covering healthcare and treatment expenses for COVID-19 per applicant for the whole duration in Thailand with coverage clearly identified as no less than US\$100,000.

Travellers must undergo exit screening before departure, must and present all required documentation including a medical certificate with a laboratory result by an RT-PCR method indicating that COVID-19 is not detected no more than 72 hours before their travel date.

Travellers under 18 years of age, travelling with their parents or guardians, must have a medical certificate with a laboratory result by an RT-PCR method indicating that COVID-19 is not detected no more than 72 hours before their travel date.

### Arrival

- Travellers on direct, non-stop international flights to Phuket International Airport are subject to health screening, including a COVID-19 test\*, and Immigration and Customs procedures at the point of entry.

Travellers must download and install an alert application, as well as set the application on at all times for the whole duration in Thailand.

Then proceed directly to the reserved hotel on the approved airport transfer service.

Wait for the result of the first COVID-19 test (conducted upon arrival or Day 0) in the hotel room only. If testing negative for COVID-19, travellers can go anywhere in Phuket



### During the Stay

- Travellers with a length of stay less than 7 days are required to take another test on Day 6-7.

## Phuket Sandbox

During the stay, they are still required to take additional RT-PCR tests on Day 6-7 and/or on Day 12-13.

- Travellers must have completed 14 nights in Phuket before being allowed to visit other Thai destinations than the selected areas in Krabi, Phang-Nga, or Surat Thani. They must also have tested negative for COVID-19 for two more times on Day 6-7 and Day 12-13.

## Phuket Sandbox 7+7 Extension

Phang-Nga (Ko Yao Noi or Ko Yao Yai) can be reached via SHA Plus-certified boat and ferry services from the approved piers – Ao Po Pier and Ao Po Grand Marina- to Ko Yao Yai's Chonglat Pier and Ban Laem Yai Pier and to Ko Yao Noi's Manoh Pier.

Surat Thani (Ko Samui, Ko Pha-ngan, or Ko Tao) can be reached via Bangkok Airways' direct domestic flight on the Phuket-Ko Samui route.

- Once travellers have completed the 7-night extension in Krabi, Phang-Nga, or Surat Thani, and have tested negative in their third COVID-19 test (conducted on Day 12-13), they will receive a 'Release Form' from their hotel, and will be able to continue their journey to other destinations in Thailand.

- If the stay in Krabi, Phang-Nga, or Surat Thani is less than 7 nights, travellers must proceed directly to Phuket International Airport on the day of departure. At the port of entry back into Phuket, they will need to show a plane ticket or other proof of their international travel from Phuket.

- While in Thailand, travellers are advised to continue with the D-M-H-T-T-A precautions to prevent the spread of COVID-19: D – Distancing, M – Mask wearing, H – Handwashing, T – Temperature check, T – Testing for COVID-19, and A – alert application.

## 70 Countries/Territories Where Travellers May Enter the Sandbox

1. Albania	25. Germany	49. Russia
2. Andorra	26. Greece	50. San Marino
3. Antigua and Barbuda	27. Hungary	51. Serbia
4. Australia	28. Iceland	52. Singapore
5. Austria	29. Ireland	53. Slovakia
6. Azerbaijan	30. Israel	54. Slovenia
7. Bahrain	31. Italy	55. South Korea
8. Barbados	32. Kuwait	56. Spain
9. Belgium	33. Laos	57. Sweden
10. Bhutan	34. Latvia	58. Switzerland
11. Brunei	35. Lithuania	59. Turkey
12. Bulgaria	36. Luxembourg	60. UAE
13. Cambodia	37. Malta	61. UK
14. Canada	38. Mauritius	62. USA
15. Chile	39. Monaco	63. Vietnam
16. China	40. Morocco	64. Hong Kong
17. Croatia	41. Myanmar	65. Macao
18. Cyprus	42. Netherlands	66. Taiwan
19. Czech Republic	43. New Zealand	67. Japan
20. Denmark	44. Norway	68. Uzbekistan
21. Dominica	45. Poland	69. Mongolia
22. Estonia	46. Portugal	70. Ukraine
23. Finland	47. Qatar	
24. France	48. Romania	

As of 20 August 2020

**International / Domestic Departure**

- For travelling from Phuket to other countries, travellers are advised to follow the guidelines and measures announced by the respective country of their destination.

- For travelling from Phuket to other Thai destinations, travellers are required to show proof that they have completed a 14-night stay in Phuket together with the negative results of their three COVID-19 tests along with other required documentation per the guidelines and measures announced by the respective destinations.

- For travelling from Krabi, Phang-Nga, or Surat Thani to other Thai destinations, travellers are required to show proof that they have completed a 7-night stay in Phuket and another 7-night stay in Krabi, Phang-Nga, or Surat Thani together with the negative results of their three COVID-19 tests along with other required documentation per the guidelines and measures announced by the respective









# RACING REVIEW

## 68th Rolex Giraglia

For nearly 70 years, sailors have been drawn to the allure of the Rolex Giraglia. From its humble beginnings in 1953 to its position today as one of the most important annual sailing events in the Mediterranean, the competition has always showcased the true spirit of the sport.

Rolex has partnered the event since 1998, an integral part of its longstanding association with both offshore racing and organisers like the Yacht Club Italiano (YCI) who provide a professional and competitive platform for sailors to demonstrate their commitment, passion and sense of community.





With no race held last year, this year's 68th edition demanded great flexibility and dedication from participants and organisers alike.

Despite travel complications, the 68th Rolex Giraglia attracted 138 yachts for an amended race that started in Sanremo, headed to Rade d'Agay just past Cannes, rounded Giraglia rock and finished in Genoa. That 124 yachts completed the course is testament to the preparation and skill of the competing crews.



The all-French crew of Imagine were delighted to earn overall victory on handicap. Co-owned by Gilles Argellies and Jean-Claude André, the Sydney 43 GTS sailed excellently, the team using their vast experience in anticipating constant changes in wind speed and direction. "It is a great feeling to win the Rolex Giraglia after some 15 to 20 years of participation" Andre said "The race demanded competence in every area, from the point of view of our boat, our crew and our tactics."

The Rolex Giraglia once again demonstrated its ability to unite and inspire the sailing community, its respect for both tradition and continuity, and an ability to offer a fair and challenging competition. Qualities which have made Rolex a proud partner of the event for nearly quarter of a century.

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# SPORTS UPDATE FOR SEPTEMBER

By Steve Wade.

It's a busy month in Sports and we start with the US Open Tennis championships, which began on the 30th of August and go through to finals weekend on the 11th and 12th of September. The great Roger Federer will not be playing but both Novak Djokovic and Rafael Nadal will. If either wins the men's singles title they will become the new GOAT (Greatest of All Time) being the player winning-most major championships in the history of the sport..

The climax of the AFL season in Australia was due to be completed on the weekend of the 25th but the ongoing Covid-19 situation in Melbourne will almost certainly lead to the final being moved, probably to Perth where the restrictions have been eased and the 60,000 seat Optus Stadium can be used. This will also be the case for the last few qualifying games.



The Premier League, along with the remaining English leagues and the rest of Europe, is back in full swing now. Some of the highlights for September include Liverpool's visit to Leeds on the 12th, West Ham against Manchester United, Spurs versus Chelsea on the 19th, Chelsea at home to Manchester City on the 25th and the North London derby between Spurs and Arsenal on the 26th.

Going through the fixtures for the month reminded me of what an integral part of the Pattaya scene live football used to be when I arrived here over ten years ago. The long suffering bar and sports bar owners in Pattaya must be very frustrated that the current situation has spilled over into the new season and denied them the much needed boost to their business that the season used to bring.



It was always one of the great things about Pattaya, that you could catch any match in any number of bars and watch live football with a beer amongst friends. Let's hope it returns soon!

The UCI World Road Cycling championships are being held in Belgium between the 19th and 26th of the month. Part of the cycling Triple Crown the sport enjoys a huge following around the world and will be featured heavily on TV.

Finally we come to the event that I am personally most looking forward to: Golf's Ryder Cup. Originally scheduled for last year it will now be played on the 24th to the 26th of this month at Whistling Straits, in Wisconsin.



The competition has grown into one of the sporting highlights of the calendar and the USA team are heavy favourites this time. This despite the fact that Europe has won the most matches since the continental players joined the UK players in 1985, including seven of the last nine.

The USA team does look exceptionally strong this year but the European team also has some world class players, and the rivalry will be fierce as always. **That's about it for this month. Stay safe everyone and let's hope we can all get through the current situation and look forward to better times in the near future.**



# GREAT SPORTING MOMENTS

## Sir Matt's Dream Comes True

There was a time, long ago, when unlike today, Manchester United were every football supporters' second team. When you were due to be visited by a team that had a front line of George Best, Denis Law and Bobby Charlton you couldn't help but look forward to seeing those great players live.

Being a West Ham supporter as a boy, I remember United coming to East London to play at Upton Park and the ground being packed, with several thousand more supporters outside. The chance to see what were then, and have since turned out to be, some of the greatest players ever to grace the English game was an opportunity not to be missed regardless of who you supported.

In the era that we are talking about here, the late 60's, Manchester United were loved for two main reasons. Their attractive, attacking style of play that brought great players to the game and Sir Matt Busby, universally admired throughout the game. He rebuilt the team after the tragedy of Munich to win the League in 1965 and again in 1967, which then qualified Manchester United for the European Cup of 1968, a competition Sir Matt was burning to win. The honour of being the first British team to win the competition belonged to Celtic, who had defied the odds the previous year by travelling to Lisbon and beating Inter Milan in the final. Manchester United were aiming to be the first team from the English game to lift the cup.

Unlike the group based early stages of the current Champions League competition, the European Cup in those days was a straightforward knockout event. United started the chase for the trophy by playing Hibernians FC, the champions of Malta for the previous year! They followed that 4-0 aggregate win with a tie against Sarajevo, which may not mean much now but they were very successful at the time and United scraped through 2-1 after securing a 0-0 draw away from home. That earned them a quarter final draw against Gornik Zabrze, a Polish team who have since faded from view but at the time were a formidable outfit in cup competitions. After securing a 2-0 win at home in the first leg, United had their backs to the wall in the second leg in Poland and despite losing 1-0, progressed 2-1 overall to reach the semi final.



The semi final pitched them against Real Madrid, already six time winners and who were then, as now, a giant in the European game and favourites to go through in the tie. The first leg was at Old Trafford and despite dominating the game, United only won 1-0 with a goal from George Best. The second leg in Madrid was a classic, with United showing that they had arrived as a world class club side. Finding themselves 3-1 down at half time, they came out for the second half to put relentless pressure on Madrid, scoring twice and levelling the match 3-3, going through to the final 4-3 on aggregate.

The final was played at Wembley stadium in May of 1968. I was 10 years old at the time and remember watching the game on a black and white portable TV whilst visiting my sister in hospital. Colour TV didn't reach our neck of the woods until later that year! Just to give you an indication of the times, standing tickets priced at ten shillings were being sold on the black market for seven pounds and seat prices were two pounds each and going for twenty pounds. In the match itself Bobby Charlton gave United the lead in the 54th minute with a rare headed goal but Benfica equalised in the 79th minute to bring the match all square.



Then Alex Stepney, the United keeper, kept them in the game with two outstanding saves from Eusabio, which took the match into extra time. Only three minutes into the first period, George Best was played through by a header from Brian Kidd and danced around a defender and the keeper to stroke it into an empty net. Kidd himself added a third only two minutes later before Bobby Charlton scored a magnificent fourth and United won the game 4-1.

What really stands out about the whole event was the outpouring of goodwill from both the Manchester United players and all football supporters around the world towards Sir Matt. The culmination of his ten year rebuilding of the football club. You can really see how happy the players were for him as they paraded the trophy around the stadium. A memorable night for a memorable man and the football team he built from the ruins of the Munich disaster.



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# TOP 5 EXPERT TIPS FOR SAFE TRAVEL DURING COVID-19



By Kristin Mariano

Travelling during Covid-19 is quite different to what we were used to. There are additional steps that we have to go through such as testing and mandatory quarantine as part of the precautions for the virus. It is crucial that travellers are regularly updating themselves with the latest COVID-restriction updates to ensure safe travel. Here are some of the tips from experts on how you can safely travel during these difficult times.

## Know the Covid-19 rate in your destination

Even if you are already vaccinated, it's still crucial to assess COVID-19 levels in the area and country you are travelling to. If these are high, this puts you at a greater risk of contracting COVID-19, and while you may have protection from the virus, your friends and family may not.

## Know the restrictions

While you're at your destination, there will be local restrictions on activities that may differ from where you have travelled from. This ranges from whether you have to wear a mask to whether the local bars and restaurants are open.

## Plan ahead when testing

There is still a lot of confusion about what tests are needed to travel, depending on the destination. This can range from whether they accept passengers who have been vaccinated, or require a PCR or Antigen fit to fly test.

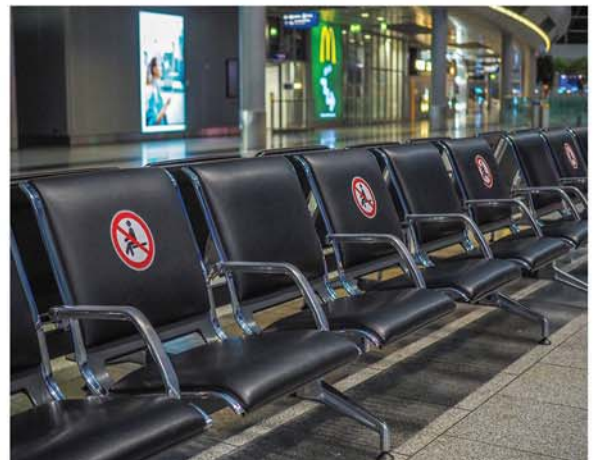
To find an area's Covid-19 test positivity rate and test requirements, visit the website of its local public health department. This allows you to plan your Covid tests ahead of time, reduce anxiety and save on fees from last-minute testing.

## Stay safe when flying

Because of how air is filtered and circulates on aeroplanes, the Covid-19 virus does not spread easily on flights. However, crowded flights can make social distancing difficult so it's important to limit contact and wear a face-covering during the flight and when boarding and leaving the aircraft. Instead of using traditional boarding passes or handing them to staff for inspection, opt for an electronic or mobile pass which you can put on the scanner and display yourself.

## Choose safe activities

Whilst in enclosed places such as indoor bars or restaurants may be legal at a destination you visit, they carry a significantly greater risk of contracting Covid-19. On entering and leaving any facility or any place for that matter, you should always wash your hands thoroughly for at least 20 seconds using soap and water.





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By Magna Carta Law Office

## Estate Administration in Thailand (Thai Probate Law)

**E**state Administration refers to the process of gathering and managing the estate of a deceased, disbursing any debts and taxes, and distributing the remaining property to the heirs. A Last Will and Testament usually determine the heirs of an estate. When a person dies without a Last Will and Testament, the distribution of the intestate's assets shall be according to the six classes of statutory heirs in Thailand.

In general, the statutory heirs or the beneficiaries of the Last Will and Testament will not be able to receive or manage any assets without a court order. In Thailand, the authorization from the court is deemed as the final judgment to be applied as the confirmation document for estate administration. Whether the deceased had made a Will or not, a petition to the court for the appointment of the estate administrator must first be facilitated.

The statutory heirs or the interested persons are eligible to submit the petition to the court for the appointment of Estate Administrator.

- The heirs can be the beneficiaries by the Will to the statutory heirs. The legal spouse who is still living is deemed as a statutory heir.
- The interested person means the person who has the interests related to the inheritance, such as a wife who did not legally register marriage but has acquired assets in the estate together with the deceased.

The Estate Administrator or the Executor of the Will must be of legal age (18 years or older). He or she must not be an insane person or quasi-incompetent person, and not a bankrupt person adjudged by the court.

Required documents in submitting a petition to the court for the appointment of an administrator of the estate are as follows:

1. Documents such as birth certificate, marriage certificate, house book, identification card, to show the relationship between the petitioner and the deceased proving that they are statutory heirs or the interested person.
2. Death certificate of the deceased
3. Documents relating to the estate such as land title deed, condominium unit ownership certificate, car registration book, bankbook etc.
4. Family tree mapping to show the relation between the deceased and the statutory heirs
5. Consent Letter for Estate Administrator appointment from the statutory heirs (if any)
6. The Last Will and Testament of the deceased (if any)
7. Name-Surname Change Registration Certificate (if any)

The petition for Estate Administration shall be submitted to the court where the deceased resides on the time he/she pass away. On the other hand, if the residence of the deceased is outside Thailand, the petition shall be submitted to the court jurisdiction where the estates are located.

After all the necessary documents have been submitted to the court, the proceedings shall take up to 2 months for the court to issue the court hearing date. The relevant persons have to be present at the court to testify under oath with all the evidences. Within 1 month thereafter, if there is no objector to the case, the estate administrator can ask for copies of the court order including the final case document to administrate the estate of the deceased.



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# ‘A True Life Love Story from Nahm’

## Part 6 THE FUNERAL

The hospital helped me regarding documents with the embassy after he died and at that time, I was also preparing his funeral at a temple. John's funeral was prepared according to Thai rites which consist of bathing rites, chanting for the deceased and cremation for three days at a nearby temple in Pattaya following his last wish to be close to me and our home even though he was no longer here anymore.

When the funeral was over, I collected some of John's ashes for the dedication of merit and the rest was scattered over the sea at Sattahip, Chonburi. After that, there would be hundred days of merit-making arrangement as Thais believe that during one hundred days after death, the soul of the deceased is still here. So, I went to the temple to make merit and offer food to monks for John every Buddhist holy day. All of these were for sending my husband's soul to the heaven.

The story of me and John has come to the end for this article. I would like to thank all readers who have followed "A True-Life Love Story from Nahm" and hope that this story will help other people. Additionally, thanks to the main sponsors "Discover Pattaya" and "Excelsior Worldwide" for giving me the opportunity to share my story and my feelings for my beloved husband. Lastly, I would like to introduce my business, named after my husband 'Hoppe' to do in remembrance of John Ernest Hoppe and hope that everyone will encourage and support my business. Thank you.



โรงพยาบาลได้ช่วยฉันจัดการในเรื่องของเอกสารที่เกี่ยวข้องกับทางสถานทูตหลังจากที่เขาเสียชีวิต ซึ่งในขณะนั้น ฉันก็ได้จัดการเตรียมงานศพของสามีที่วัด โดยงานศพของจอห์นนั้นถูกจัดขึ้นตามพิธีกรรมแบบไทย ประกอบไปด้วยพิธีรดน้ำศพ, การสวดอภิธรรม และพิธีฌาปนกิจ ซึ่งทั้งหมดนี้ถูกจัดขึ้นเป็นเวลา 3 คืน ณ วัดที่ตั้งอยู่ใกล้บ้านในพัทยา ตามความประสงค์ของจอห์น ที่เขาอยากอยู่ใกล้ ๆ ฉันและบ้านของเรา แม้ว่าเขาจะจากไปแล้วก็ตาม



เมื่อเสร็จสิ้นพิธีฌาปนกิจ ฉันได้เก็บอัฐิส่วนหนึ่งของจอห์นไว้เพื่อทำบุญอุทิศส่วนกุศลแก่เขา และอีกส่วนที่เหลือนำไปลอยอังคารที่ สัตหีบ ชลบุรี และหลังจากนั้นจะมีการจัดการทำบุญร้อยวันขึ้นอีกครั้ง เนื่องจากคนไทยมีความเชื่อว่ามีระหว่างหนึ่งร้อยวันหลังความตาย ดวงวิญญาณของผู้ตายนั้นยังคงวนเวียนอยู่ไม่ไปไหน ซึ่งทำให้ฉันนั้นหันไปวัดเพื่อทำบุญและตักบาตรให้จอห์นทุกๆวันพระ เพื่อส่งดวงวิญญาณของสามีอันเป็นที่รักสู่สรวงสวรรค์

เรื่องราวของฉันและจอห์นก็ได้ดำเนินมาถึงตอนสุดท้ายที่จะถูกถ่ายทอดลงในบทความนี้ น้ำขอขอบคุณผู้อ่านทุกท่านที่หวังว่าเรื่องราวนี้จะเป็นประโยชน์แก่ทุกท่านนะคะ นอกจากนี้ขอขอบคุณผู้สนับสนุนหลัก "Discover Pattaya" และ "Excelsior Worldwide" ที่มอบโอกาสให้ฉันได้ถ่ายทอดเรื่องราว และความรู้สึกที่ฉันมีต่อสามีอันเป็นที่รักของฉันมาๆค่ะ สุดท้ายนี้ขอฝากธุรกิจของฉัน โดยใช้ชื่อของสามี "Hoppe" ที่น้ำตั้งใจให้เป็นการรำลึกถึงคุณจอห์น เออร์เนส โฮปปี หวังว่าทุกท่านจะเป็นกำลังใจและสนับสนุนให้ธุรกิจของฉันไปด้วยนะคะ ขอบคุณค่ะ



# CHARLIE'S GOOD TONIGHT INEE!!

By Steve Wade

Charlie Watts, the drummer, and heartbeat of the Rolling Stones passed away on the 24th of August. Fifty years ago at age thirteen, I started to buy my first vinyl records. Ride a White Swan by T.Rex I think was the first, but later that year The Rolling Stones put out Brown Sugar and I thought "What the hell is this?" - I've been a massive fan ever since. Only people of my age understand what it's like to have a band's music in your life for fifty years. It becomes a part of your DNA. You don't choose to listen to it, you have to. And so I still do.

Keith Richards says in his book "Life" that Charlie was the musical bed that he lay in and he was right. That swing, that sway and swagger their best tracks had, started with Charlie and spread through Keith and out to the rest of the band. It is something that at their best they did better than anyone else, and that was down to Charlie.

The least obvious of rock stars, his humility and good grace never left him. His bemusement when 70,000 people chanted his name during the band introductions was clear to see. Yet he took it all in good humour, sat back down and just did his job - brilliantly! I must have seen them at least ten times, starting back in '76 through until 2003 and not once did he let the side down. One or two of the others were occasionally under the weather! But not Charlie.

The outpouring of goodwill and good wishes that have been evident since his passing are a testament to the esteem both as a person and musician that he was held in. There have been some wonderful tributes from musicians of every generation, ranging from the remaining Beatles through Liam Gallagher and everyone in between.

I think this is a reflection of his personality. If you spend 60 years in the limelight everything comes out eventually, but you can't find anyone with a bad word to say about Charlie. He did what he did best and let that speak for itself. The rest was just so much flotsam and jetsam and he had very little to do with it.



His dilemma was that he loved to play the drums with the Stones. However, that meant leaving home which he hated to do but when he was at home he missed playing the drums. He didn't like being on the road, although it did get more comfortable as the band got older. "Five years playing and twenty years hanging around" was one of his quotes when talking about touring, little knowing then that he wasn't even halfway through the journey!

I love the Rolling Stones and Charlie was inseparable from them.

Cheers Charlie. Keep it steady, keep 'em honest, keep it rolling.



# Pattaya Charities Need Your Help Now!

By Kim Waddoup

Every day, the situation in Pattaya worsens and residents are confronted with growing food lines and homelessness. Helping these unfortunate people is bipartisan with Thais and Foreigners making determined efforts to try to alleviate some of this suffering. Social Media and the Press are giving a lot of coverage to the ongoing food handouts throughout Pattaya both making people aware of the situation and how help can be given.

As a fast developing and often un-regulated urban area, Pattaya has seen its share of suffering and the stoic efforts of many well established Charities have worked tirelessly to help destitute and underprivileged people in the region. The Charities rely on donations to continue their work and despite the Covid restrictions still, reach out and help a multitude of less fortunate people. Whilst all Charities have their targeted areas of support, most are having to adapt to the ever changing crisis brought on by the Covid-19 epidemic

These are just some of these amazing charities, a short description of their tireless endeavours and a way to contact them. Please help!

## The Glory Hut Foundation

This is a charity that provides temporary care for HIV/AIDS infected people providing a safe place to live, plus food, and transportation to hospitals and doctors. Located outside Pattaya they always welcome practical donations of food and supplies. Naturally financial donations are also welcome to enable them to continue to provide comfort

📞 The Glory Hut Foundation / มูลนิธิกระท่อมพระลิ้น



## MERCY Pattaya

Established in 1998, MERCY Pattaya is a highly motivated and committed charity. They concentrate on helping Pattaya's poorest communities by providing food, clothing, loving care, medication, and more. Very much a 'hands-on' charity they always appreciate donations and volunteers to help their admirable work of bringing new opportunities to the less fortunate.

📞 MERCY Pattaya@MercyPattaya · Nonprofit Organization



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## Take Care Kids Take Care Kids

A wonderful charity with the primary aim of providing a safe and comfortable home for 15 young children whose parents are unable to look after them. Their 'Home' provides an oasis of peace and safety providing these underprivileged children with security and a chance for an improved life.

Not only restricted to this home, Take Care Kids are tirelessly working in the slums and workers camps to identify and help children that are at risk.

📞 Take Care Kids Onlus@TakeCareKidsOnlus · Nonprofit Organization



## Hand to Hand Foundation

A Christian organisation based in Pattaya with a penchant for preserving basic human rights regardless of race, age, or religion. Again a 'hands on' charity with extensive insights into the poorest communities in and around Pattaya.

Their specialised Ministries bring constructive support and comfort to the underprivileged. Again adapting to the current crisis, their Facebook page indicates the support that they give and the help that you can provide.

📞 Hand to Hand Foundation @handtohandpattaya · Organization





## Father Ray Foundation

Probably the largest charity in Pattaya the Father Ray Foundation was a vision from an American Priest to 'never turn a child away'. Created in 1974 this extremely well run charity has developed into a massive undertaking that includes a Children's Home (actually a village), Day Care Centre, School for Children with special needs, a school for the Blind, a Foundation for people with disabilities, and a special Technological College for people with disabilities.

Highly accountable and professionally run the Father Ray Foundation continues its stellar work through Donations and volunteer support.

✉ [FatherRayFoundation@fr.rayfoundationNon-Governmental Organization](mailto:FatherRayFoundation@fr.rayfoundationNon-GovernmentalOrganization) (NGO)

## Pattaya Orphanage

With a compelling history, the Pattaya Orphanage has been caring for orphans since the early '80s and today houses approximately 160 orphans that range from newborns to teenagers studying at University. Whilst currently severely restricted by Covid-19 the orphanage continues to look after its residents and offer a safe and happy home during these troubling times.

✉ มูลนิธิสงเคราะห์เด็กพัทยา: [PattayaOrphanage@pattayaorphanage-Nonprofit Organization](mailto:PattayaOrphanage@pattayaorphanage-NonprofitOrganization)

## Baan Jing Jai Foundation

Home to more than 60 children Baan Jing Jai is in an out-of-the-way rural location just north of Pattaya providing a safe haven and full support for their children. As with all charities, Baan Jing Jai is in need of food as a daily requirement.

If you want to explore the countryside north of Pattaya, take some food or supplies and make the children here happy!

🌐 <http://www.baanjingjai.com>

## Fountain of Life Women and Children Centre

This is a very well organised charity in Naklua assisting women who have been abused including those who may have been in the sex industry, victims of physical and sexual abuse, and those with disabilities. Through inter-active vocational training and fellowship, their aim is to help these unfortunate ladies re-find their dignity and purpose in life.

🌐 [www.folptty.org](http://www.folptty.org)

## Rotary Club Eastern Seaboard –

The Rotary Club is working tirelessly to support both local and other projects in Thailand. Well organised and active they ensure that donations are well spent and given to truly deserving causes and people.

If you wish to help the poor and destitute in Pattaya you can also assist by joining FORCES (Friends of Rotary Club Eastern Seaboard) please contact Rotary Club Eastern Seaboard.

🌐 [www.Rotary-es.org](http://www.Rotary-es.org)

Long term residents and regular visitors to Pattaya continue to have an opportunity to help. Donations can be made to any of the above directly to assist them continue their valuable work.





# ROTARY CLUB GIVE OUT MASKS TO PATTAYA CHARITIES

Photos by Rodney Charman

Rotary Club Eastern Seaboard President Martin Cooke, PP/PADG Rodney James Charman PP Carl & Joy Dyson, and our new member Kim Waddoup delivered face masks to BaanKruja Abused Children Center, Take Care Kids, Child Protection & Development Center, Hand to Hand, Father Rays, Pattaya Orphanage, Katie's Project, Mercy Pattaya, ASEAN / Drop In Migrants Children Center, Glory Hut HIV/AIDS Home, Baan Jing Jar, Fountain of Life Women and Children Center, Nong Prue Social Services Karunyawet Home Protection and Development for Persons with Disabilities Chonburi Province Bang Lamung Home for Boys

Masks were also given out to individual people and families. A big thank you to our sponsor: Michael Nezer, CEO for GMASIAHK







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# FOOLS IN PARADISE... AND THERE ARE PLENTY OF THEM!

Where does it all go wrong? Isn't it true that all these "Farangs" (foreigners) are seen as people with money to spend? Good looking: white skin boys always seem to have plenty of dough to spend - aren't we all jealous? Is that why Thais use whitener cream? Is life abroad so much better than living in Thailand? Would it not be a dream to marry one of those rich men, always funny and happy bunnies? Well mannered, with perfect English, stylishly dressed, treating you like a Princess, staying in nice hotels, eating fancy dinners...

And off she goes. Falling for his charms, his impressive stories and smile. He falls for her too and takes her back to his home country. Sorts out a passport, visa and some warm clothes to prepare her for her first trip abroad. Let the adventure begin!



Sadly, she flies back after 6-7 weeks. The sudden climate change, language barrier, dramatic change of mood, lifestyle and the house that wasn't quite the same as he described. He doesn't seem to have much time to spend with her either. He goes to work early in the morning, while it is still dark and cold. Dinner is at 6 PM – followed by a movie on TV, and off to sleep early. She feels isolated. Doesn't know what to do all day? Turns out he isn't what he said he was. Turns out life isn't as glamorous as he led her to believe. A typical romance with a 2-week millionaire. How could things turn so different, so quickly, so unexpectedly?

The truth is the "prince on the white horse" had many dreams as well, but never realized that living abroad, for someone used to her life in her home country, could be so difficult. Never realized that it is impossible to continue a similar lifestyle at home as during his annual fortnight vacay in Thailand. Across the globe, guys have been saving up for that trip, marking off the days on the calendar to the big getaway. Two weeks of heaven, two weeks in paradise, and then back to the real world to repeat the cycle when time and resources are available. The 2-week millionaire.

As one of Pattaya's leading and longest-standing realtors, we have seen quite a few of them "Tire kickers", totally in love with their recently met Thai fiancée, looking at the fanciest pool-villas and luxury apartments you can imagine. What is your budget, Sir? "I have no budget – If we" like it, we" buy it" ...And for sure, she is impressed. And so would we be if we believed that there really are clients with "no budget".

What is the current situation now during the COVID malaise? The party-boppers are no longer here and we are back to the long stayers. Of which quite a few live on a minimum budget, chasing the 99 Baht buster breakfast deals.

The farang clientele that doesn't spend money and speaks Thai a little bit too much. Doom & gloom? No, not really. Luckily there are many foreigners remaining that do spend quite a bit to afford their lifestyle living the dream in Pattaya.

Will this be the end of the "2-week millionaire" era? I don't think so. Maybe not straight away but I hope to see them again sooner rather than later bringing life back to the scene. And the whitener? Nah, keep the skin color you're born with my dear Thai friends.



From our perspective the current state of Thailand, in general, is attractive. Rents are cheap, entertainment is affordable, food and beverage are cheap and delicious. Thailand is a great place, soon to recover from its current downturn. If you consider changing your lifestyle for good, have a chat with us. There are many ways you can exchange your drab, cold, and friendless country to a much more desirable place to live. But keep your head screwed on and don't waste (and lose) your money on temptations. Town & Country Property has near 20 years of experience, not just in the real estate scene here in Pattaya, but also on a social level.

For more information  
please contact – [info@towncountryproperty.com](mailto:info@towncountryproperty.com)



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In this 2 double bedroom container which can be transported or kept at its current location for just 2,500 baht per month.

- Already plumbed in and fitted for water
- With separate toilet and shower
- Full electric, air conditioning units, and internet connection
- The kitchen also has a washing machine and fridge
- Fully Furnished

There is loads of outside space for a garden as well as gardening tools, planted fruit trees, and garden furniture. All are included in the price.

**FOR SALE AT ONLY 295,000 THB.**

**Email [pattayatrader@pattayatrader.com](mailto:pattayatrader@pattayatrader.com) or phone 0837 683696 for more information**





# Pattaya Estates Rentals

Sales Transfer fees on a 50/50 Basis

## 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 3060 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 5,900,000 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 Boonkarnjana 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

## One-bedroom Condo for Sale or Rent



AD Condominium floor 7 near Wong Amat Beach, Naklua A 73 sqm one-bedroom corner unit with excellent sea view, 2 air-cons, electronic safe, 2 flat-screen TV's, 2 DVD players, home theatre. Fully equipped European kitchen, washing machine, foreign ownership  
Offered on a minimum one-year lease including fibre-optic Internet

Price 4,300,000 Baht

Rent 18,000 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

[www.pattaya-estates-rentals.com](http://www.pattaya-estates-rentals.com) , [info@pattaya-estates-rentals.com](mailto:info@pattaya-estates-rentals.com)

John 084-864 6068 (English French German) Nida 084-055 5597 (Thai)

202 Moo 5 AD Condominium, Naklua Soi 16/1, Banglamung, Pattaya, Chon Buri, 20150



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

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



## FASTEST GROWING OFFICE SPACE FOR RENT ADVERTISING SERVICE

If you are looking for a full facility office in the heart of Pattaya with various room size option, fully equipped advertising services such as billboard etc. at a great price, be sure to check us out.

Our largest service is a digital advertising billboard in Thappraya junction, a huge attraction that can help your business reach its target audience.



Feel free to contact us for more information.

+66(0)38 252 999, +66(0)98 281 4319 ✉ [spicehospitality418@gmail.com](mailto:spicehospitality418@gmail.com)



# Make your listings more effective by doing these 4 things

By Cheyenne Hollis

These tips will help your property listings jump off the screen

Listings are the lifeblood of your business. They are the first point of contact most people have with a property. What they see and read about it will determine if they ask for more information or simply move on to the next place. And yet, there are so many bad listings floating around.

The thing is, it's not that hard to make your listings more effective. You probably have all you need already. The key is putting in a little extra effort to make sure they stand out. Do it right and you'll be receiving more leads in no time.

With that in mind, let's take a look at four ways to make your listings more effective.



## 4 ways to make your listings more effective

### More photos

Dot Property allows you to upload up to 30 photos to each listing. Take advantage of this by adding as many pictures as you have for the property. There is no reason to skimp. As we all know, photos are a key driver of leads. The more people see, the more likely they will be to inquire about it.

### Create a great title

A simple way to make your listings more effective is to give them a great title. Don't simply state the name of the building and how many bedrooms it has. Find a unique selling point and focus in on that. This could be a fact

that makes it special, such as being a corner unit, or a trait other properties may not have, like being family friendly. With so many listings out there with plain titles, creating a great one is an easy way to get more eyes on your property.

## Say something about it

A lot of people put minimal effort into the description. This is a big mistake. Providing details in this section helps fill in the blanks a person may have about the listing. Photos can't always convey certain aspects. Property seekers want to know about the neighborhood, the amenities and other things like that. Give them this information in the description.

## Don't be vague

When someone is looking for a property, they steer clear of listings that are vague. Especially when it comes to location, price and condition of the property. Being transparent about these is a quick way to make your listings more effective.







## Condo for Rent Pratumnak Soi 2, Pattaya.

Mint condition, 75 Sq m  
with balcony, low floor-corner unit,  
1 bedroom, 1 bathroom  
with walk-in wardrobe,

Fully furnished, Fully fitted  
European kitchen, 2 TVs, Air-con,  
Wi-Fi,

Close to the beach, communal  
swimming pool,

Covered car park, 24hrs security

**PRICE REDUCED  
FROM 22,000THB  
TO 13,000THB**



E-mail: [thehornbar@hotmail.com](mailto:thehornbar@hotmail.com) or phone 087 137 6138



## PRIVATE SALE

12 Brand new units over 3 floors  
In Prime Central location on Pattaya 3rd road  
Offered at **30 Million** for Quick Sale  
Ownership in Company Thai Name  
Total 336 metres + outside space

For more information and to arrange a viewing

**Contact 083 7683696 (English)  
087 6019937 (Thai)**





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# GAMES

by Rick Click

## Sonic Colours Ultimate.

Most people have heard of Sonic the Hedgehog and this release is a reworking of the original 2010 platformer from Sega. We now have updated HD graphics with improved lighting and up to 4K resolution at 60fps so we can watch Sonic speed along smoothly.

Rival rush mode lets you race against Metal Sonic and Jade Ghost Wisp lets you find hidden areas, two new added features. Win park tokens and use these at the in-game store to upgrade and get new some snazzy new boots and gloves. Controls can be customized to suit your playing style. All in all a beautiful polishing up or an old classic for your Nintendo Switch.



## Death loop.

In this game, you play as Colt an assassin who wakes up on an island called Blackreef and find yourself trapped in a time loop. There is an army base on the Island that has conducted some strange experiments. The inhabitants hold a party at end of each day which like groundhog day resets the following day. Because they have no memory of the previous night they have no consequences for their actions or any side effects. However, colt remembers what happens.

Your mission is to take out eight targets found on the island before midnight to stop the loop, if you miss one it will reset. Use stealth and parkour moves to kill or avoid the guards and learn your target's patterns to eliminate them. Similar gameplay as "Dishonored" by the same studio.

## Diablo 2 Resurrected

Another remaster and why not? It's great to update old classics. The original game came out 20 years ago followed by its expansion the year after, which is also included. For those who don't know the Diablo games are real-time dungeon crawler role-playing games. The second one did feature some outdoor sections. Choose from one of several character classes each with their own abilities. Mainly the graphics have been updated along with the 3D models, you can toggle between the original and the new with a button press to see the changes. The core gameplay has been unchanged.







# Tec.Living

by Rick Click

## SpinalTrax Lumbar Traction device or cheaper Lumbarc 100

Traditionally you would have to go to a chiropractor to work on your back, hopefully, future tech can get better at doing the same manipulations at home. The Spinalcare UG300 is designed to alleviate back pain by safely stretching the lower back muscles to help align vertebral discs. It targets the lower back with vibration, heat, electric pulses, and dynamic traction. Having back pain is no joke and I hope devices like this one can help or at least are worth a try. This device retails at around 7000 baht but there is a cheaper alternative called the Lumbarc at 1200 which has fewer features.

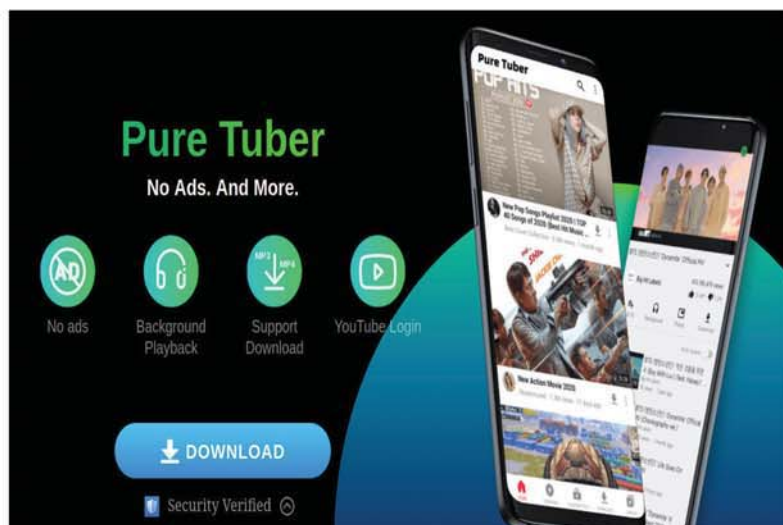


## Knee Care Pro

Research has shown that knee pain is the number one musculoskeletal complaint that doctors report. The symptoms are a combination of stiffness, swelling, inflexibility along with some redness and often popping or crunching noises. The Knee Care Pro utilizes orthopedic technology with a combination of vibrational massage, heat therapy, and light therapy. This combination targets cartilage, tendons, ligaments, and even the bones in the knee area. Hot compress therapy relieves pain and speeds up healing by increasing the blood flow. Because of its shape, the device can also be used to treat Shoulder, Elbow, or Ankle pain as well.

## App of the month: Pure Tuber

I used the official Youtube app for some time until after watching the same Lazda advert for days I'd had enough, there must be a way to block these annoying adverts off. After looking around on the Google play store I found an alternative called Pure Tuber, and it works great. Gone are all the adverts that drove me mad, it also has a background play feature and if you touch the screen you can change the volume or brightness up or down.





# 96FM Pattaya People Radio

## YOUR VERY OWN JUKEBOX

Everyday in every way, 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.

The Jukebox was a necessary friend to hear your favourite songs in the 60s and 70s. So think of 96fm as your very own Jukebox, full of fab sounds from the 50s, through the 60s, 70s, etc., right through to recent hits.

There's so much to be grateful for having 96FM Pattaya People Radio as your faithful partner and it's up 2 U to let us know what songs get you in the mood. Make a selection by texting us your favourites to play.

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 it's 'Sunshine Hits On 96' motif.

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

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

The 'coolest' commercial playlist in town is on 96fm and is regularly updated with lots of great new popular contemporary 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. No need to put a coin in our Jukebox as it's totally free.

***Feel the sunshine emanate from your personal listening device with 'Sunshine Hits on 96'.***





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 .

Plus, it is now a great way to learn about the customs and culture of Thailand whilst also learning a few Thai words at the same time.

Learn to 'Waii Like A Thai', find out about the quirky traits of Thais and travel around Thailand with our informative travelogues.



Then, check out Barry Upton 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.

Pattaya People TV is available on your smartphone or computer 24 hours a day.



PPTV 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 the free 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.



They spend an absurd amount of money on whitening creams

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

***Look, listen & learn with Pattaya People Television.***





# 10 HACKS TO LOSE THE COVID KILOS

**L**ockdowns can be ruinous for our health, for mental health, for physical health and for a feeling of being trapped indoors too many hours in the day leading to boredom and eating too much. In an ideal world there would be plenty of time to cook and prepare healthy, balanced nutritious meals. I am sure many of our readers are managing to do just that. However, for those of us who have found it more difficult, here are some weight loss hacks to keep us on track with a healthier lifestyle and to help shed the “Covid Kilos”.

*By Gloria Jones*

## Healthy Snacks

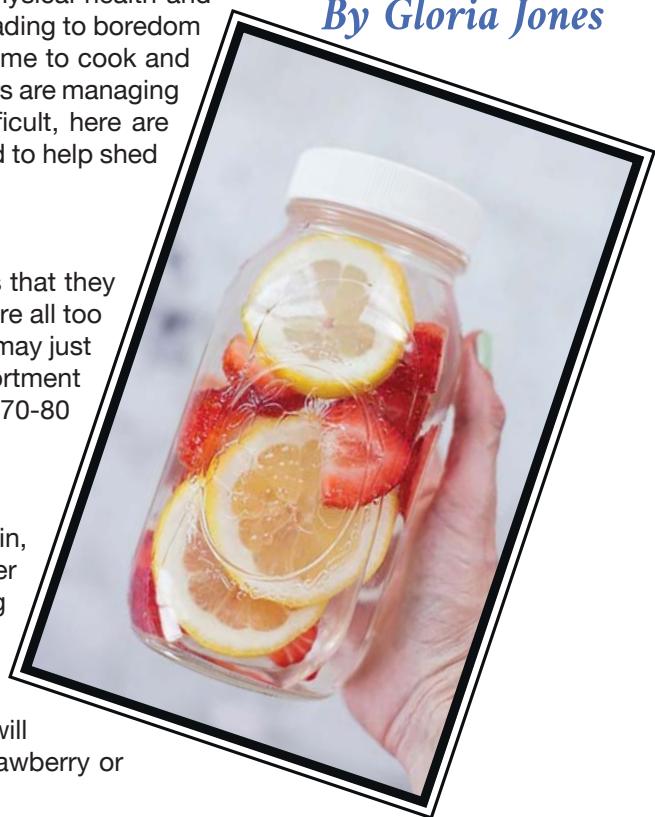
The problem with convenience stores such as 7/11 and Family Mart is that they are a hotbed of unhealthy snacks. Crisps, chocolate bars and biscuits are all too easy to pick up. If they're near you when you're hungry, the temptation may just be too great. Instead look for bags of nuts - there's usually a good assortment or try a low calorie lolly - ones using yoghurt are often only around 70-80 calories and can be very refreshing.

## Drink More Water

Drinking water seems to be the cure for everything from better skin, improved digestion, and yes losing weight. If you drink a glass of water before a meal it will fill your stomach so you eat less without feeling hungry. Also between meals feeling hungry can actually be a sign of being dehydrated so again try drinking water instead of reaching for a snack. Drinking water instead of sugary drinks or even sugar-free drinks will train your tastebuds to enjoy less sugar each day which will in turn lead you to crave less sweet treats. Try adding lemon, lime, strawberry or cucumber to your water to make it more interesting.

## Stay Active

During enforced lockdowns it's easy to become a couch potato but weight loss is not just about food and calories it's important to keep moving and stay active. Ride a bike, go for a run or a long walk, take a swim in your pool or if you live in a condo try taking the stairs instead of the lift. If you can't go to the gym at this time then try some exercise routines indoors. Each day try lying on the floor with your legs raised up against the wall for 20 minutes. This helps your circulation and improves digestion so you can process your food more easily.





## Brush Your Teeth

Obviously in the morning and before going to sleep should be a normal routine but try also doing this after every meal you eat. Not only will it improve your general dental hygiene, the clean minty, fresh feeling, it affords will also encourage you not to upset that by eating more especially if you are used to a dessert and are trying to skip that..

## Plan Meals

As Benjamin Franklin once said “Failing to plan is planning to fail.” Planning helps you avoid making poor food choices and when trying to eat more healthily it's a good idea to have pre-portioned meals ready and waiting in the fridge. Plus, when you meal prep, you can opt for the best ingredients and can pre-portion your food. It also helps you avoid opening the fridge to find out you have nothing to eat!

## Wear a waistband

Another COVID problem, especially when working from home is that it is all too easy to take to wearing loose, comfy, clothing throughout the day. This can often lead to a tendency to let yourself “grow into your clothes” . Try wearing something that has a fitted waistband - especially when you eat. It will help you to feel when you have had enough to eat and if it makes you feel a little uncomfortable then that will give you the impetus to shed a couple of kilos and feel more comfortable.

## Drink Black Coffee & Green Tea

Coffee only becomes fattening when you add milk cream and sugar to it. An average mug of black coffee usually has just 5 calories. It is also a big source of antioxidants that can lower your risk of type 2 diabetes, protect your liver and help fight depression. It will also improve your energy levels and so help burn fat.

Green Tea is another ideal hot drink to take when losing weight as it helps the fat burning process especially if taken after a fatty or calorific meal.

## Scan the menu

Choose healthy options from restaurants or take away menus Look for keywords on the menu that are giveaways for what to avoid such as :pan-fried, crispy, breaded, cream. Alfredo. Dishes with these words tend to have a lot of fat and salt. Instead, look for items with grilled, steamed, baked, roasted, seared in the description. Try to select meat, fish, vegetables and avoid bread and desserts

## Spice things up

Often a diet can consist of boring, bland food that doesn't taste good is going to be hard to stick to. Try adding herbs and spices to enhance the flavour and put taste into your food. Also certain spices have actually been found to be beneficial to weight loss. For example, according to a 2009 study by Tufts University, turmeric can help your body

burn fat. Likewise Cayenne pepper, Cumin and in fact chillies generally can raise body temperature and boost the metabolism. Also black pepper is rich in piperine, which gives the pepper its unique flavour and can help prevent the formation of fat cells. Ginger is also useful for controlling blood sugar levels and can prevent a spike in glucose levels after meals heavy in carbohydrates or sugar.

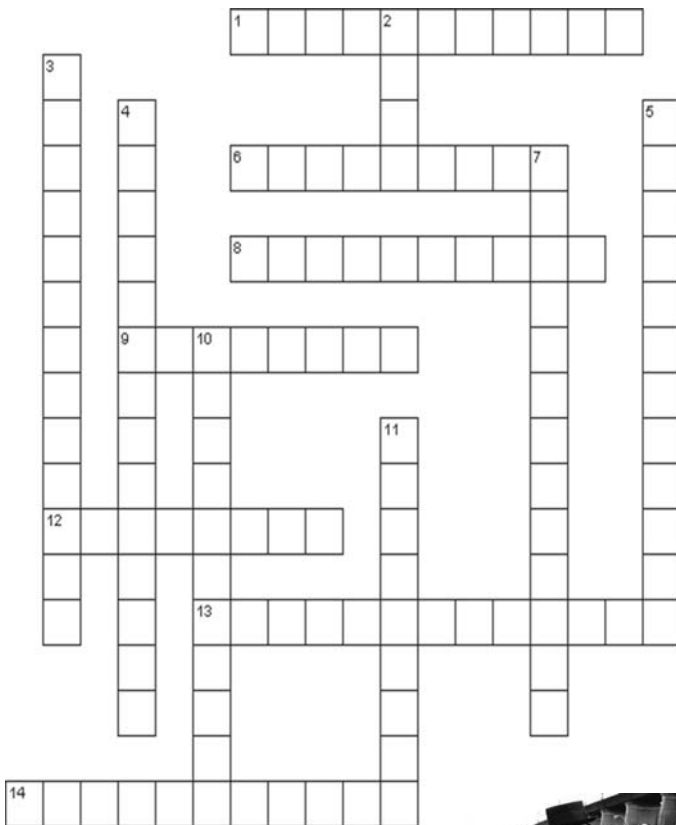
## Eat Mindfully

The final hack is a psychological one namely that you should pay attention to the food on your plate. Don't eat while you are on your phone in front of the TV or working at your computer. Instead try to take time out to eat at the table and chew slowly. you'll feel more satisfied and less hungry.





# CROSS WORD SEPTEMBER 2021

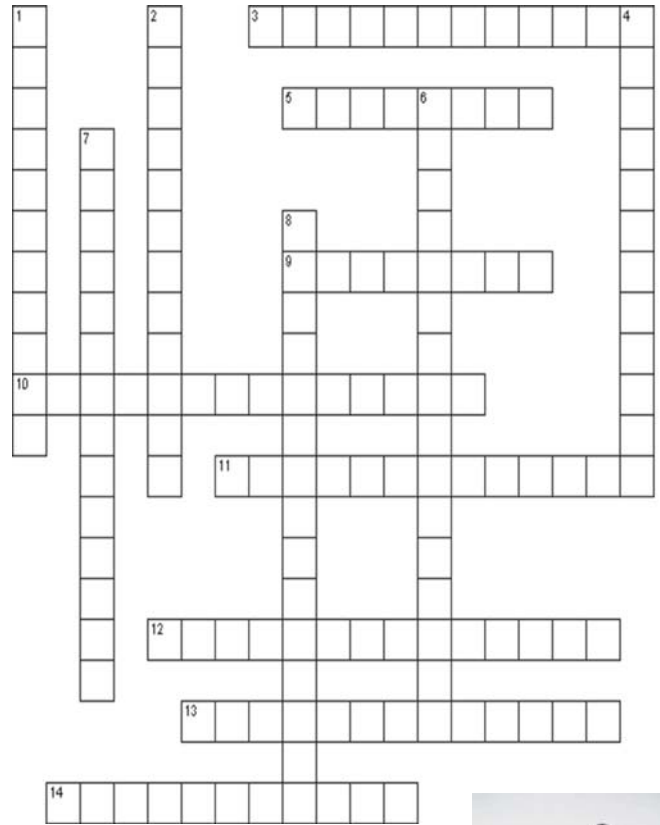


## Across

1. Detective Jimmy Doyle in the 1971 movie, The French Connection (4,7)
6. Character played by Kevin Costner in the 1987 movie, The Untouchables (5,4)
8. Audrey Hepburn played Eliza Doolittle in this 1964 film (2,4,4)
9. Professor G.H. Dorr in the 2004 movie, The Ladykillers (3,5)
12. Rod Taylor was Mitch Brenner in this 1963 movie (3,5)
13. He was Sean Maguire in the 1997 film, Good Will Hunting (5,8)
14. Burt Reynolds was Lewis Medlock in this 1972 movie (11)

## Down

2. Al Pacino was Vincent Hanna in this 1995 movie (4)
3. He was Milton Warden in the 1953 film, From Here to Eternity (4,9)
4. He was George Taylor in the 1968 movie, Planet of the Apes (8,6)
5. He was Chance the Gardener in the 1979 film, Being There (5,7)
7. He was Detective Virgil Tibbs in the 1967 film, In the Heat of the Night (6,7)
10. Nicole Kidman was Satine in this 2001 movie (6,5)
11. He was Sean Thornton in the 1952 film, The Quiet Man (4,5)



## Across

3. Captain Virgil Hiltz in the 1963 movie, The Great Escape (5,7)
5. Fay Wray starred in this 1933 classic (4,4)
9. Dr Robert Langdon in the 2006 movie, The Da Vinci Code (3,5)
10. Norman Bates in the 1960 movie, Psycho (7,7)
11. Bernie Focker in the 2004 movie, Meet the Fockers (6,7)
12. Director of the 1971 film, A Clockwork Orange (7,7)
13. She played the part of Katharine Hepburn in the 2004 movie, The Aviator (4,9)
14. Tom Hanks was this character in the 1994 movie of the same name (7,4)

## Down

1. He was Spartacus in the 1960 classic (4,7)
2. Jim Braddock in the 2005 movie, Cinderella Man (7,5)
4. She was the voice of Norma Jean in the 2006 movie, Happy Feet (6,6)
6. Rose Sayer in the 1951 classic, The African Queen (9,7)
7. Tom Cruise was detective John Anderton in this 2002 movie (8,6)
8. Director of the 2005 movie, War of the Worlds (6,9)

**SOLUTIONS ARE ON PAGE 58**



SOLUTIONS ARE ON PAGE 58

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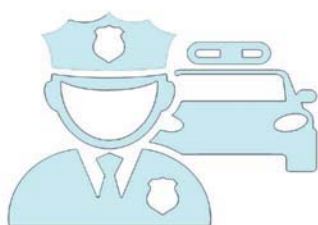
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## IMPORTANT TELEPHONE NUMBERS



### POLICE

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

### AMBULANCE AND HOSPITALS

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

### FIRE

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

### SEA RESCUE

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

### ELECTRICITY

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

### WATER

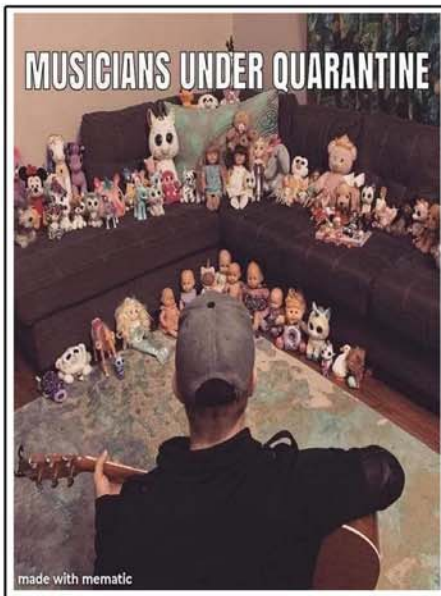
Water Works Banglamung  
 Phone 0-3822-1463  
 Water Works Pattaya  
 Phone 0-3822-2462/5

### WASTE DISPOSAL

Garbage Collection  
 Phone 0-3842-9494



# YOU'RE HAVING A LAUGH !



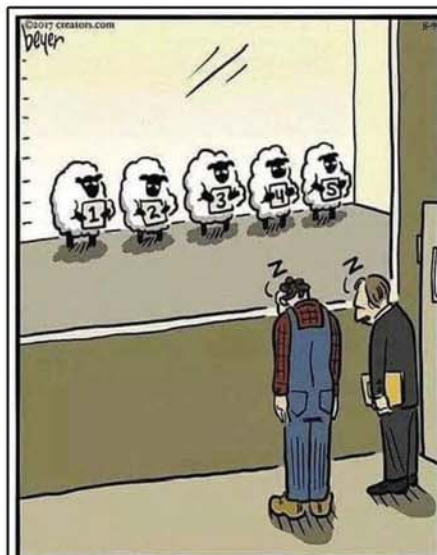
I want to tell you about a girl who only eats plants.



You've probably never heard of herbivore.

**Everyday Covid Check:**  
At 5PM open a bottle of wine, smell it, then pour it in a glass. If you can smell it and taste it, you are good. Celebrate by finishing the bottle. You are welcome!

I need one of those Kim Kardashian jobs where they just pay me for living.



*How Sheep Get Away With Murder*



What do we learn from hippopotamuses?



That it's impossible to reduce weight by eating green grass and salads and walking.





# LEARNING THAI WITH KAREN



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## EMOTION

1. Rong hai
2. Hua row
3. Khum
4. Yeem
5. Mo ho
6. Dee jai
7. Suk jai
8. Nam tah
9. Nah bueng
10. Saow jai

ร้องไห้  
หัวเราะ  
ขำ  
ยิ้ม  
โมโห  
ดีใจ  
สุขใจ  
น้ำตา  
หน้าบึ้ง  
เศร้าใจ

Cry  
Laugh  
Giggle  
Smile  
Angry  
Glad  
Delight  
Tears  
Frown  
Sad

## CONVERSATION:

1. Tum my ter saow jai yung nee?  
2. Mai tong rong hai na. Ched naam ta leaw yeem noi.  
3. Chan dee jai tee dai pop khun.  
4. Chan hua row mai dai praw chan sao jai maak.  
5. Khao khum khun praw nun lae.

ทำไมเธอเศร้าใจอย่างนี้?  
ไม่ต้องร้องไห้เลย เช็ดน้ำตาแล้ว  
ยิ้มหน่อย.  
ฉันดีใจที่ได้พบคุณ.  
ฉันหัวเราะไม่ได้ เพราะฉันเศร้า  
ใจมาก  
เขาขำเพราะคุณนั้นแหละ

Why are you so sad?  
Don't cry, wipe up your tears  
and smile.  
I am glad to meet you.  
I cannot laugh because I am  
too sad.  
She/He is giggle because of  
you.

**TOURIST VISA - RETIREMENT VISA - FAMILY VISA - BUSINESS VISA & WORK PERMIT -  
OVERSTAY CLEARANCE - LEGAL CONSULTING**



# BBX THAILAND AND ROTARY CLUB T SHIRTS



BBX and Rotary Pattaya have got together to raise money for charity with these high-quality T-shirts made from superior, Dri-FIT sports fabric

Various materials, sizes, and colours to choose from

V Neck Tshirts cost just 200 baht

All money raised goes to Rotary Club Charities

POP Into the BBX office to purchase yours

Open Monday-Friday 9 a.m. - 5 p.m.

222/99 Pattaya Third Road (Above Liqui Moly)

Or if you have a business that would like to sell them  
and help raise money for worthwhile charities  
Phone Stuart or Susie on 033 641 864



## 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**





# SOLUTIONS



5	4	2	3	1	6	8	9	7
7	8	1	4	9	2	6	5	3
9	3	6	5	7	8	1	2	4
1	6	9	7	5	4	3	8	2
8	2	7	6	3	9	4	1	5
4	5	3	8	2	1	7	6	9
2	7	8	9	6	3	5	4	1
6	9	5	1	4	7	2	3	8
3	1	4	2	8	5	9	7	6

2	6	8	3	5	4	1	7	9
9	4	1	6	7	8	3	5	2
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6	9	2	5	4	3	8	7	1

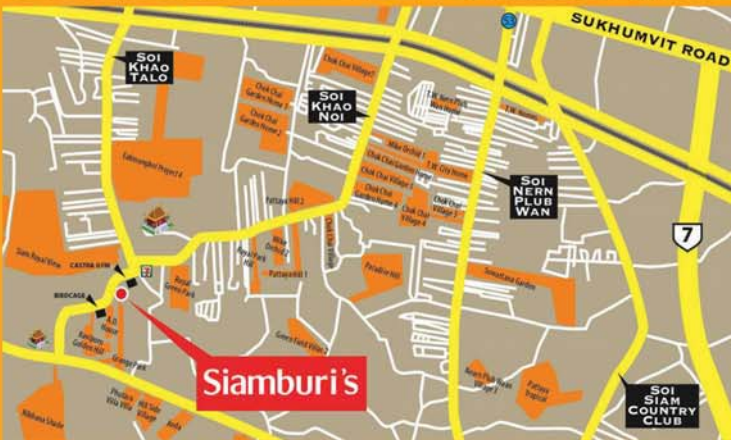


# Siamburi's

Pattaya's premier expat grocery store,  
leading the way for others to follow.



Since opening it's doors, Siamburi's has fast become everyone's go to shop in Pattaya for home comforts, with a huge selection of products from around the globe. We also have many customers travelling from far and wide to stock up with some of our fantastic deals. At the end of 2020 it was decided that with the restrictions imposed due to Covid we would team up with Expat Foods Thailand so we could offer a nationwide delivery service. This includes a free local delivery service to Pattaya & Jomtien on any order over 1000 Baht and also a weekly delivery service that goes to Bangkok every Wednesday.



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  
[www.facebook.com/siamburis](https://www.facebook.com/siamburis)

[www.facebook.com/Expatfoodsthailand](https://www.facebook.com/Expatfoodsthailand)  
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