

DISCOVER PATTAYA



WE TAKE A LOOK INSIDE HAFELE'S IMPRESSIVE NEW DESIGN STUDIO

HAFELE
DESIGN STUDIO
PATTAYA
New



COMPLIMENTARY COPY



A new Pattaya landmark has come to the Sukhumvit road: the impressive Hafele Design Studio. Now open and just a few minutes drive from its previous location (close to the Soi Wat Boon turning).

This eye-catching building has everything you could ever need when looking to renovate or improve your home with top quality brands from internationally renowned names such as

LIEBHERR  **KESSEBÖHMER**
KALDEWEI **BLANCO**
 



Hafele is itself a famous brand. From the humble beginnings of a store with only three staff in Southern Germany, today the business has branches all over the world and is a leader in hardware equipment, furniture accessories, home, household electrical appliances and bathroom accessories.

In fact next year Hafele will celebrate 100 years in business and nearly 30 in Thailand.

Whilst others have found business challenging over the last couple of years Hafele has gone from strength to strength. During times of COVID restrictions, many of us have spent more and more time at home and looked to make changes to our domiciles and improve our way of life.

For example, barbecues are selling phenomenally well right now the Design Studio's charming General Manager Charly told us whilst proudly showing us around the store's spacious interior.

I noticed with delight that they have a coffee shop for partners of DIY enthusiasts not wishing to follow them around the rows and rows of shiny bright fixtures and fittings.

Although further back there are some professional display areas that will interest everyone. With an impressive LED lighting studio, Kitchen and Bathrooms set-ups and my favourite: the Bedroom area with many smart space features such as foldaway beds and hidden areas to conceal your valuables (James Bond style).



Certainly, the new Design Studio is a place to get all sorts of great ideas on how to upscale, renovate and generally improve your living space. I urge you to go in and have a look around. (Editor)



SCAN MAP

Call the shop: 038-332-485-8
88/8 Moo 11, Nongprue,
Banglamung, Chonburi

DISCOVER PATTAYA

DISCOVER PATTAYA

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This Month in Discover Pattaya

Happy New Year Everyone,

At time of going to press we are cautiously looking forward to the reinstatement of the Test and Go scheme. Whilst we suspect that this will not immediately lead to a torrent of international tourists flooding the streets of Pattaya, we still believe many of our dear friends who have chosed to stay away from Pattaya because of quarantine restrictions will soon return.

Therefore as February is the month of St Valentine's in this month's issue we have plenty of pages celebrating the subject of love not just in its traditionally romantic sense but also the love of friends, pets, those less fortunate than ourselves - even the love of coffee!

We at Discover Pattaya and Pattaya Trader love all our dear readers, collaborators and advertisers and thank you all for your continuing support . Wishing you the very best month ahead.....onwards and upwards!

Gloria x
gloria@pattayatrader.com

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SCAN MAP



WHAT'S NEW FOR 2022

— DISCOVER —
PATTAYA

PATTAYA
TRADER

First of all, we would like to say a heartfelt thank you to all our readers, advertisers and contributors for all the support and encouragement you have given Discover Pattaya and Pattaya Trader during a very arduous 2021. Here's hoping we can all move forward to a brighter more successful 2022..

If you already have a business here in Pattaya or are considering opening one we believe we can help you grow and prosper. We shall certainly do our best and we hope that you may find some of these ideas a good way to kick start what's new in 22!



For quite some time now Barry and Gloria have created a monthly video as a synopsis of what can be found within the pages of the Discover Pattaya magazine and on the Pattaya Trader website. If you have missed any of these or have a few boring moments to fill (haha) please go to our Youtube channel: "Pattaya Trader" where you can still view them.

New for 22 we are additionally offering individual professional videos beautifully filmed and presented.

Available for your specific business, hotel, restaurant or company, these can include an interview with your CEO, Owner or Manager and really show off your team and your company in the very best possible light. Great to have on your website, social media and of course shared throughout ours. For more information:

Contact Gloria - gloria@pattayatrader.com phone 0837 683696 or LINE [gloriajonespattaya](https://www.line.me/tv/gloriajonespattaya)

E MAGAZINE

During 2020 and 2021 with all the rules and restrictions placed on us because of this dreadful virus, we have prided ourselves on being able to continue to put out a monthly printed edition. This has sometimes been extremely challenging as certain lockdown months have meant that some of our usual distribution points have been closed. At these times we have elected to concentrate on our supermarket partners - after all everyone needs food even during a lockdown!

Needless to say, our magazines are quickly snapped up like the proverbial hotcakes. So if you ever feel frustrated by the fact that you haven't been able to pick up a printed edition please remember you can view the magazine easily by going to pattayatrader.com We have spent a lot of time and effort in the past year refining the online magazine so that it is hopefully now extremely easy to use, download and view - even on a mobile phone.



This is true not only for the current month but also for previous editions. If you go to the BACK ISSUES page you will also be able to find view at least 2 years worth of back copies.

DISCOVER PATTAYA DINING

Some Pattaya sports bars and restaurants have asked us to include discount vouchers on our pages. To date, we have resisted doing this not liking the idea of having pages torn from our beautiful glossy magazine. Also, I thought it a somewhat old fashioned, down-market method of marketing with memories of older generations coupon cutting whilst on holidays abroad.



However, the success of recent takeaway services has focussed on deals that have proved popular and brought the idea back into fashion so that it now seems to be a good way to introduce new customers to your business. Therefore new for 22 is a flyer that will be given with each and every Discover Pattaya magazine headed Discover Pattaya's Dining Discounts and that will include a selection of discount offers. As we have mentioned with the combined force of the well established Pattaya Trader online followers and the very well received upmarket Discover Pattaya printed magazine we are uniquely placed to help you reach the have a unique opportunity

Contact Gloria - gloria@pattayatrader.com phone 0837 683696 or LINE [gloriajonespattaya](#)

MONTHLY NEWSLETTER

One of the advantages of having a long-established database is that it can provide a well-focussed marketing aid for you to piggyback on, Pattaya Trader's extensive listing of customers, businesses, residents (both Thai and ex-pat) provides exactly that. Email messaging has for a while now been a successful alternative to online marketing but it takes time and effort to put out content that won't go straight to the Junk folder or be unsubscribed from. With our listing of direct email addresses and experience at journalistic copy that can be enticing to both the people already living in Pattaya and those who would like to visit we can provide something fresh and exciting each month that readers will want to open.

Contact Gloria - gloria@pattayatrader.com phone 0837 683696 or LINE [gloriajonespattaya](#)

DIGITAL MARKETING AND SOCIAL MEDIA

During the pandemic social media has become more important than ever and we have found our 3 Facebook sites really growing as a result. Pattaya Trader Page, Pattaya Trader Group and Pattaya Trader Expat Ladies Group we hope provide interesting content and information for our many followers. Please check them out and join as they are for you the Pattaya Community to enjoy and of course you can direct message us with any ideas through these pages.



It certainly seems that the majority of arrivals into Pattaya since the 1st of November appear to be people who have been waiting for some time to re-enter Thailand without having to quarantine. Holders of long term visas, retirement, Elite visas, work permits etc. Many have kept in touch with Pattaya through viewing our magazine online. It may be that we do not see the return of international tourists in any great numbers until well into 2022 - perhaps into Easter holidays and the Songkran period. Therefore in the meantime let us help you reach out to the resident community of people already living in Pattaya and those who hope to visit soon.

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Coming Soon to The Small Screen



Inventing Anna

Drama mini-series based on New York magazine's article "How Anna Delvey tricked New York's Party People" by Jessica Pressler



Marvelous Mrs. Maisel Season 4

Fed up with her opening act gigs Midge wants to go her own way.



Suspicion

Five people are accused of kidnapping the son of a prominent American media Mogul.



Power Book IV: Force

The sequel spin-off series based on Power follows Tommy Egan's move to Chicago.



Severance

Lumen Industries is a company that's has looking to take work-life balance to a new level.



Vikings: Valhalla season 1

Spin-off series set one hundred years after the original series.



Coming Soon to The Big Screen



Moonfall

Halle Berry, Jo Fowler, Patrick Wilson, Brian Harper, John Bradley

A mysterious force shifts the Moon from its normal orbit, sending it on a collision course with the Earth.



Death on the Nile

Armie Hammer, Gal Gadot, Kenneth Branagh, Jennifer Saunders

Hercule Poirot investigates the murder of a young heiress whilst on his Nile cruise holiday.



Uncharted

Mark Wahlberg, Tom Holland, Avi Arad, Antonio Banderas,
Prequel story based on the Video game series starring Tom Holland as the young Nathan Drake.



Ambulance

Jake Gyllenhaal, Eiza González, Yahya Abdul-Mateen II

When a getaway goes wrong two bank Robbers have to hijack an Ambulance, which contains a badly wounded Cop.



Dog

Reid Carolin, Channing Tatum, Betsy Danbury, Gregory Jacobs

An Army Ranger has to quickly travel down the Pacific Coast for a soldier's funeral with a dog named Lulu accompanying him.



Cyrano

Haley Bennett, Peter Dinklage, Ben Mendelsohn, Kelvin Harrison Jr
Cyrano de Bergerac helps young Christian capture the heart of Roxanne whom he is too self-conscious to approach himself.

FOR THE LOVE OF FILMS

OSCARS 2022

Ask any contender hoping for an Academy Award what they feel about the event and invariably they will say it's the taking part rather than the actual winning that's important. Of course, they would rather have the gold statuette to take home but often judging the merits of a film or performance is a highly subjective matter. Add to that the need for balance with gender and race playing their part in how the overall picture of an awards ceremony will look, and the whole matter becomes even more complicated.

After the Golden Globes failed to be screened due to many artists calling out its lack of diversity, it has become evident that in order to address the situation changes have to be made from the bottom up. If there are fewer women or people of colour included in the process either from the panels of journalists, judges or recipients then of course it is harder to see the cream rise to the top and be assessed on a level playing field.

Does sentimentality also play a part? Certainly, if an actor takes on the role of a truly likeable or inspirational real life person this can affect everyone's view of the portrayal. Think Will Smith and King Richard. The remarkable true life story of the father of Venus and Serena Williams will certainly help Will's chances of Oscar success. As will the fact that he has yet to receive an Oscar. There is a school of thought that the Academy sometimes chooses to reward someone previously overlooked.

Then there is the whole part of the procedure that we never see. The behind the scenes schmoozing, and big picture corporation influences. Individuals who aren't so good at wooing the right people and "playing the game" may not succeed and how much financial enticement comes into play is anyone's guess.

So are the Oscars accurate? A true representation of the best in each category? Well as previously mentioned that in itself is a highly subjective matter even amongst those of us who are simply movie fans. I would suggest that the value of the Oscars is that it gives us an insight into the best films made over the last 12 months and it may encourage you to check out those we previously be drawn to, especially in the international film category where there are just so many to choose from.

Are movie stars paid too much in comparison to real life heroes who work tirelessly and without fame or fortune? Of course - nobody would dispute that. But amongst today's pampered and preened celebrities many who gain fame and fortune with no discernible talent there are artists at the top of their field getting their cut of a product that is a multi billion dollar industry.

What does it mean for us? Well I would suggest that film watching provides us an escapism that has become all too necessary during the last couple of years. Whether locked away in a quarantined state or simply needing to "get away from it all" watching a great film can be all absorbing. Being with members of your family in a cinema or at home for a shared experience is a valuable bonding experience. Last but certainly not least, empathising with an ethnicity, culture or simply a perspective different from your own can help you reevaluate your previously held opinions and perhaps prejudices.

So let's hear it for the Love of Movies with some of our tips for what to look out for!



Contenders for Best Picture often go alongside Best Director

Belfast - Kenneth Branagh
 The Power of the Dog - Jane Campion
 West Side Story - Steven Spielberg
 Licorice Pizza - Thomas Anderson
 Don't Look Up - Adam McKay
 Dune - Denis Villeneuve
 Nightmare Alley - Guillermo del Toro
 The Lost Daughter - Maggie Gyllenhaal



Best Supporting Actor

Kodi Smit-McPhee — The Power of the Dog
 Troy Kotsur — CODA
 Ben Affleck — The Tender Bar
 Jared Leto — House of Gucci
 Jamie Dornan — Belfast
 Ciarán Hinds — Belfast
 Bradley Cooper — Licorice Pizza
 J.K. Simmons — Being the Ricardos



Best Actress

Olivia Colman - The Lost Daughter
 Nicole Kidman - Being the Ricardos
 Lady Gaga - House of Gucci
 Jessica Chastain - The Eyes of Tammy Faye
 Kristen Stewart - Spencer
 Rachel Zegler - West Side Story
 Alana Haim - Licorice Pizza
 Penélope Cruz - Parallel Mothers
 Jennifer Lawrence - Don't Look Up



Best Actor

Will Smith - King Richard
 Andrew Garfield - Tick, Tick... Boom!
 Benedict Cumberbatch - The Power of the Dog
 Denzel Washington - The Tragedy of Macbeth
 Javier Bardem - Being the Ricardos
 Peter Dinklage - Cyrano
 Leonardo DiCaprio - Don't Look Up
 Cooper Hoffman - Licorice Pizza



Best Supporting Actress

Ariana DeBose — West Side Story
 Caitríona Balfe — Belfast
 Kirsten Dunst — The Power of the Dog
 Ruth Negga — Passing
 Aunjanue Ellis — King Richard
 Cate Blanchett — Nightmare Alley
 Rita Moreno — West Side Story



Also look out for Best Visual Effects Category

Dune

Best International Feature Category.

The Hand of God,
 The Worst Person in the World,
 and Flee,

♥ FOR THE LOVE OF READING ♥

Sunset Vertigo by Bart Walters

**One of the best compilations about
real life in Thailand**

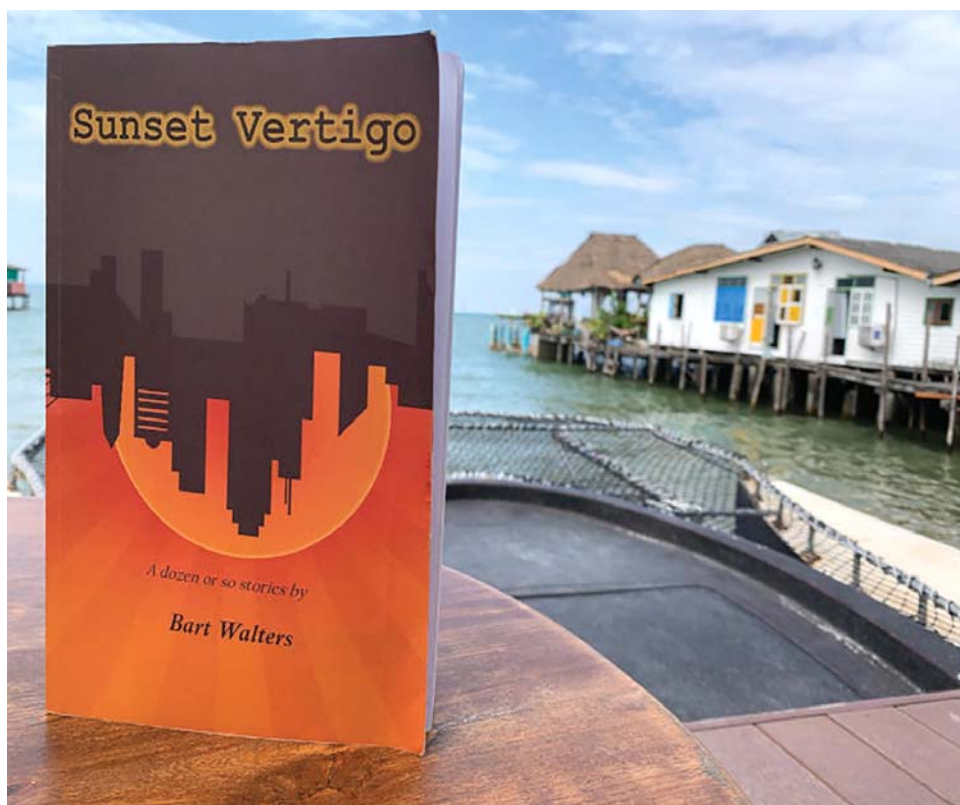
Reviewed by Kim Waddoup

When given *Sunset Vertigo* to review, my initial thoughts were not enthusiastic, expecting yet another, lurid foreigner meets bar girl saga with the inevitable ending. Whilst there are many books on this subject and some are indeed even classics, *Sunset Vertigo* is, I am pleased to say, very different. The book is evocative, perceptive, very readable, full of delightful observations, idiosyncrasies and enchanting characters from real life without being padded with the typical iniquitous living in Thailand clichés.



Comprising of a number of short stories, the reader will soon identify both with the author, the scenarios and also with the situations. The author is brutally honest and open with his life history including his reasons for both coming to and for staying in Thailand. Many readers will quickly recognise and assuredly have made the acquaintance of many of the characters that he introduces! Many will have sat on a barstool next to someone similar in some nefarious bar in Thailand.

It is well-written, the author's style is potent, candid, hard-hitting and admirably readable. He is not dismissing the pleasures of Thailand's nocturnal activities, rather, most refreshingly, chooses not to dwell in the abyss of the nightlife scene thereby providing a far broader spectrum of narrative taken from authentic daily life, living the dream, success, failure, heartbreak and even the challenges of business in Thailand



Sunset Vertigo, and especially the last chapter should become essential reading for every foreigner moving to live in Thailand! There are many impassioned, compelling, varied and highly amusing anecdotes of bizarre situations, in addition to a wealth of expert information that has been gained by bitter experience. Read this absorbing book and you will be infused with a substantial insight into the 'real' way of life whilst being here in Thailand and not just limited to the over-documented chronicles of the bar scene.

A great read, I will wait with some anticipation for the sequel.

Sunset Vertigo is available on Amazon and there may be copies at Canterbury Tales Bookshop in Pattaya.

Happy
Valentine's
Day



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♥ LOVE YOUR BODY

Ginger Water A Really Healthy Drink

Among the abundance of natural remedies that can be found ginger water is considered to be one of the most powerful. Many swear by its amazing properties that can help you preserve optimal health. The long term effects of drinking ginger water are that it:

Lowens the blood pressure

This drink is recommendable if you want to balance your blood pressure and prevent the creation of arterial blood clots.

Alleviates joint ache

The anti-inflammatory characteristics of ginger can aid one to lower the inflammation and ache in the joints, which is usually associated with conditions like arthritis.

Balances cholesterol levels

Ginger water is a highly effective natural remedy for people having problems with high levels of bad cholesterol in the body.

Helps to avert and treat cancer

The antioxidant and anti-inflammatory characteristics of ginger make it a potent natural cure for the prevention and treatment of cancer by its capacity to assist the body in destroying free radicals.

Helps the digestive process

Ginger can alleviate the abdominal pain associated with stomach inflammation and is known to enhance the body's capacity to absorb nutrients. It is also good for the treatment of constipation, intestinal gas, and poor digestion.

Strengthens the immunity

When regularly consumed, ginger will help you boost your immunity and lower your chance of contracting flu, colds, and chronic illnesses. It may also be used to fight off bacterial infections and to decrease the chance of strokes too.

Enhances blood flow

The magnesium and zinc that are found in ginger are crucial for a good blood flow and ginger can impede the build-up of bad cholesterol in the liver. You can also use it to lower fever and excessive sweating.

Helps you Detox and Lose weight



The colon is extremely important in the filtering and eliminating of toxins and waste from the body. When it fails to function optimally, toxins begin to pile up in the body and long term use of laxatives to help clear this can be damaging to the organs and intestinal flora. This amazing natural drink is abundant in vitamins, antioxidants and cleansing properties that can help restore balance to the colon and detoxify the body without additionally harming it.

Recipe for Ginger Water

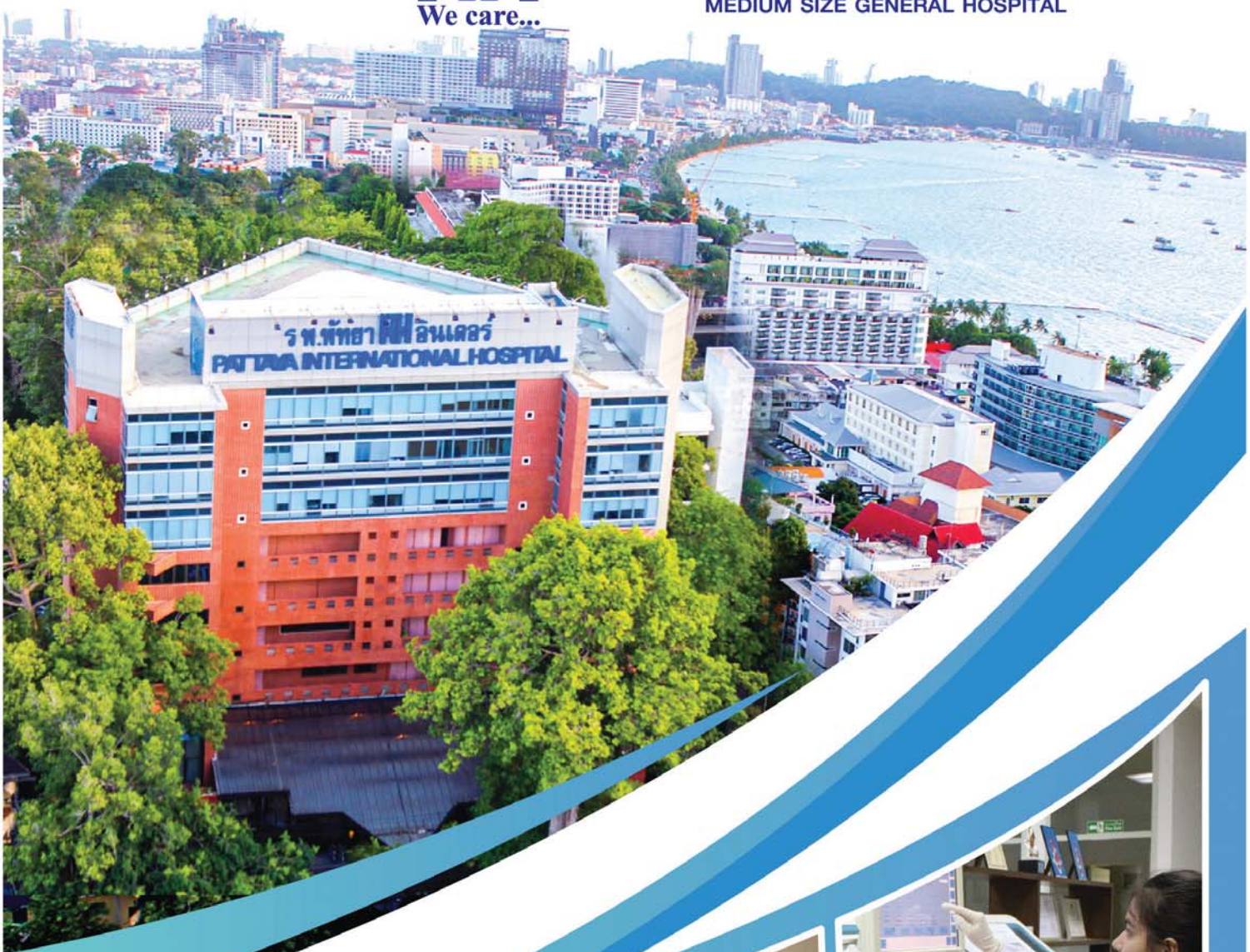
You will need: Several slices of ginger root Half a litre of water and a tsp of lemon juice

Preparation: First, boil the water and then add the ginger. Leave the content to simmer for 15 minutes before removing it from the heat. Leave it to cool down and then strain it into a cup and add the lemon juice you may also wish to add apple juice..

Use: Opt for a cup of ginger water prior to breakfast and prior to dinner.



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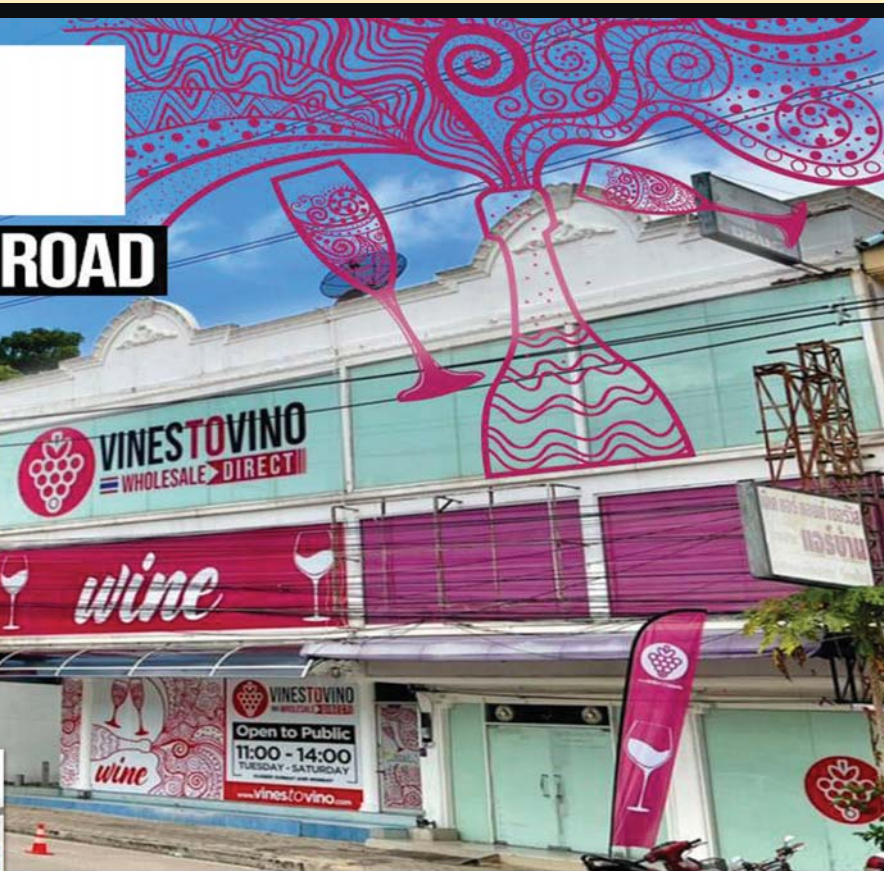


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For the Love Coffee

Our Coffee Detective adores a good espresso

To some, having a coffee is just a matter of opening a tin, shovelling in the desired amount of instant and adding water. Whilst this may satisfy many, with each sip, the Coffee Detective likes to savour the many steps that it has taken to create an exceptional espresso! The complex process starts with the Country of Origin, and even the district within that country where the coffee is grown. Some may even have preferences in the elevation and there might even be a preference of grown in the shade or sun. Sounds complicated? We have not even started yet!

Once harvested there is a choice of how the beans are prepared. Should the beans be separated from the cherries by using the Dry Method or the Wet Method? Now, left with just the raw coffee beans there are also multiple choices as with the Peaberry for example. Whilst the beans are now separated you still can't make anything from them as they have to be roasted.



Now a very complex procedure, the most common choices are Light, Medium, Medium/Dark and Dark. Before water can be added these beans now require grinding. For some coffee shops this act is simply pouring a bag of beans into a grinder, switching it on and drowning any conversation for the next 5 minutes! For an artisanal coffee this is a pivotal moment with the choice of a Blade grinder, a Burr grinder (wheel and conical) or Manual grinder.

So now you have freshly ground coffee ready for the last process of adding water. An espresso machine can be a work of art and generally one's coffee will depend on how the machine has been programmed and the skill of the Barista. Professional Espresso machines are carefully calibrated to include the temperature of the water, the pressure that it passes through the grounds and the time it takes for the desired amount.



How the coffee is distributed and 'tamped' is important as this affects the extraction which refers to the act of the hot water, under constant pressure, passing through the ground coffee beans to produce your coffee.

This my friends is only how you make an espresso coffee!



The Coffee Detective takes a look at the art of making a good espresso. For the love of coffee!





PILC Pattaya International Ladies Club

PILC holds regular social events every first and third Tuesday of the month plus various daily activities for its many members of all nationalities.

Their recent coffee morning held at the beautiful beachfront location of Surf and Turf saw no new members but rather many who have stayed outside of Thailand for a long time. Wishing to avoid lengthy quarantine they waited until the introduction of the Test and Go scheme to finally be reunited with their Pattaya Friends.



So if you would like to make new friends join in the monthly activities whilst helping to raise money for local charities, find out more about Pattaya International Ladies Club. You can contact them via their Facebook page or email: presidentpilc@gmail.com

TWO - GETHER PROMOTION

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T & C

Advance reservations are essential. Guests must be fully vaccinated. The prices above are inclusive of VAT and SVC for two guests taking the same treatment. Alternatively, one guest can buy this promotion and use the remaining treatment within 3 months. The promotion is valid from now until 31 March 2022.

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Map

The James Webb Telescope Uncovering the Universes best kept Secrets.



By Rick Click

Saturday, December 25th, 2021 I watched live as the Ariane 5 rocket waited near Kourou French Guiana for launch. Folded up inside its upper stage is the James Webb Space telescope with a whopping price tag of 10 billion dollars. It has taken 30 years of painstaking work to get to this point so everything needed to go right.

Because of its size for it to fit into the upper stage of the Launch vehicle, the telescope needed to be folded up.

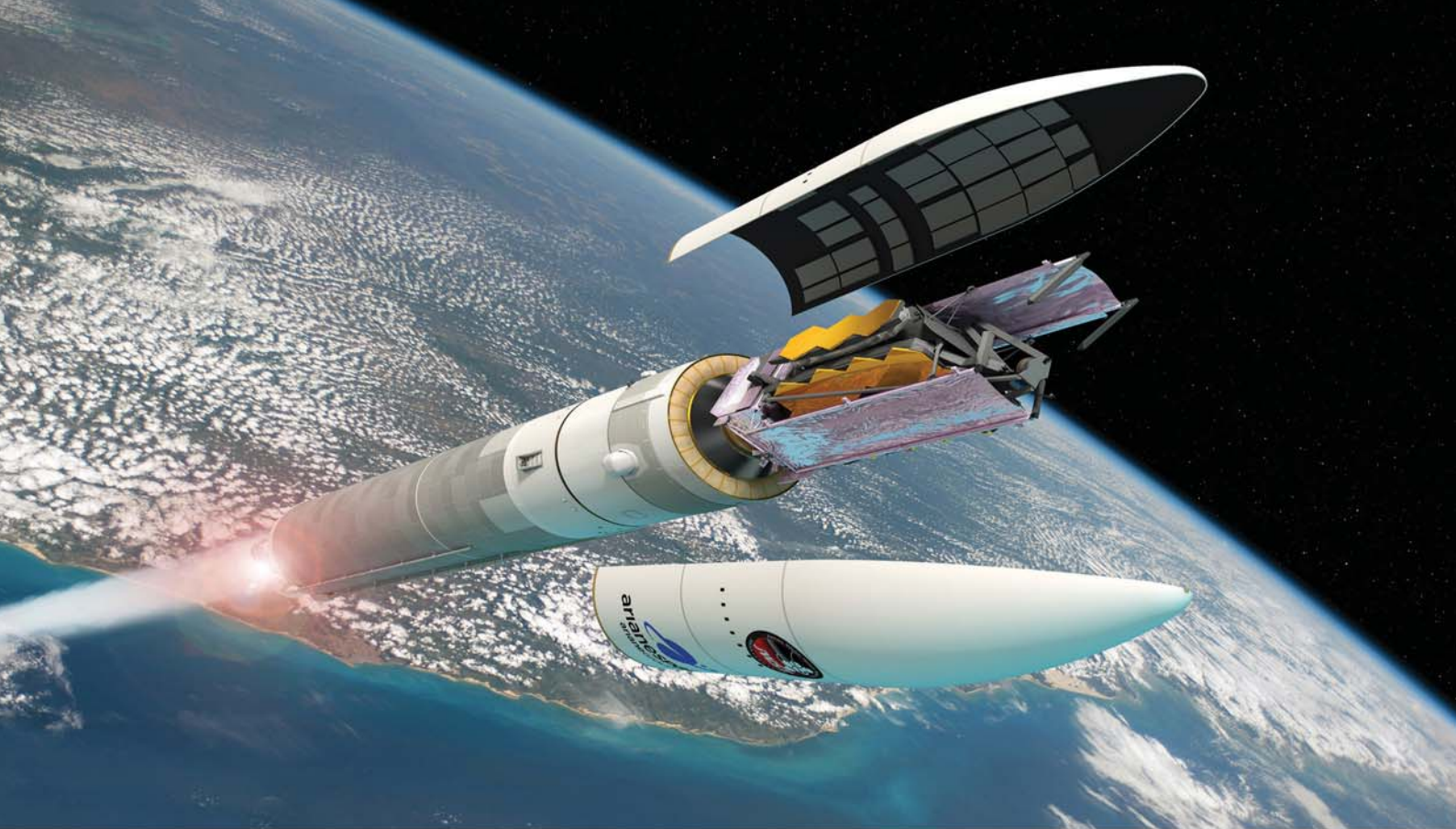


The Ariane 5 rocket was chosen for its reputation as one of the world's most reliable launch vehicles and sat warming up on the pad.

You might be wondering why the launch was at French Guiana? well, the reason is that the Earth's spin near the equator gave an additional beneficial thrust.

Thankfully everything went well and off Webb went on its 10 year mission. However, there would be more restless nights ahead for scientists and engineers during its 29 day one million mile journey. Its destination is to orbit the sun at Lagrange point 2 or L2 a point in space that allows the telescope to stay in line with the Earth to readily communicate whilst also keeping the Sun, Earth, and moon behind it for a clear view of deep space. Webb also needs to be kept very cold to measure the heat from distant objects it must be kept at -370 degrees Fahrenheit so heat coming off the Earth and Moon would interfere with its precise measurements.

Dozens of tiny operations thankfully went right during the first 29 days as it unfolded and set itself up on route.



With the journey now successfully completed undergoing science and calibrating testing has started. Patience is what's required as it will take six months until we get to see the first images on the net.

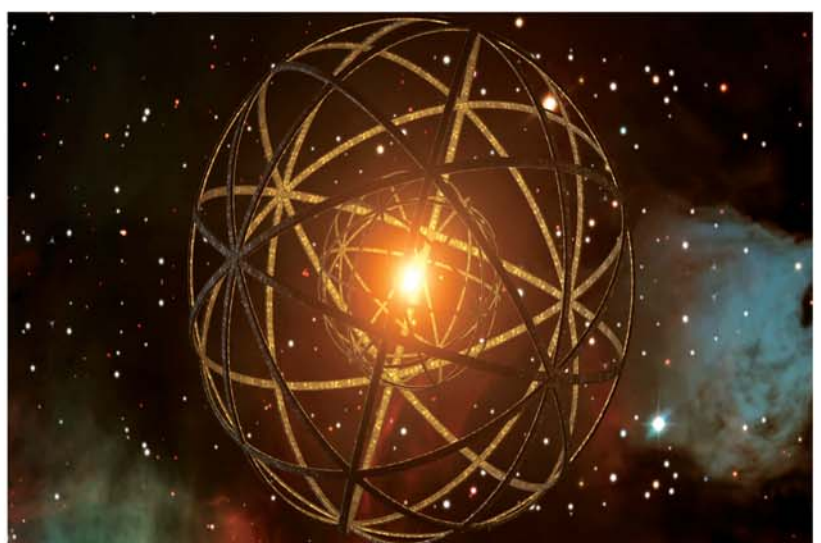
Unlike Hubble which captures Ultraviolet light, Webb observes using the Infra-Red spectrum which can seem more distant objects. It will hopefully be possible to see early Stars and Galaxies formed during the very start of the Universe 13.7 billion years ago.

Exciting discoveries await like signs of life on other planets, how habitable some exoplanets are, and which are the most similar to Earth. You never know it might also find signs of advanced technological civilizations out there. If an advanced civilization exists it would most likely be harnessing its power directly from its nearest star, hence the search for Dyson Spheres or rings.

Its observation time is allocated through a General Observers (GO) program which will provide astronomers their chance to use the telescope.

All GO programs are selected through peer review as far as I know so far 460 hours of observing time have been awarded to 13 programs for topics including the Solar System, Exoplanets, Star formation, near and distant Galaxies, gravitational lenses, and Quasars.

Bear in mind that the Webb looks back in time a very long time ago so if we do see wonders it will be the story of "Once upon a time in a galaxy far, far away"





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SPORTS UPDATE

By Steve Wade.

Well here we go. Another year, another outbreak. Let's hope that the sporting calendar doesn't get too disrupted by the latest news and hopefully us sports fans in Pattaya can look forward to getting back to the numerous venues in town that show our favourite live sports.

The first of two major events taking place in February is the winter Olympics, hosted by Beijing. The opening ceremony starts proceedings on the 4th of the month and events continue through until the 20th. No international fans will be allowed to attend but Chinese nationals with the appropriate paperwork will be able to watch the games live.



Perhaps of more interest to our local readers will be the Six nations rugby tournament, which starts on the 5th of the month and has two more rounds of matches in February before concluding in March. Looking at the fixtures it seems that most are scheduled so we can watch them live in Thailand in mid to late evening. Hopefully the venues will be open so we can enjoy the competition live with a beer or two. The only way to watch Rugby surely! Rugby Union fans can look forward to the first round of matches on the 5th when Ireland host Wales and Scotland take on England at Murrayfield.

The Premier League is starting to get a very familiar look, Manchester City being well clear at time of writing with Liverpool and Chelsea heading up the chasing pack. The search for the fourth Champions league place and the question of whether Eddie Howe at Newcastle can lead their escape from relegation will keep the interest going for plenty of fans and it will be interesting to see what quality of player the Magpies can attract in January to aid that escape. Manchester City are currently in sublime form, getting results when needed and tearing other teams to pieces when they are on song. If, as expected, City take this seasons title, that will be four from the last five and they finished runners-up in the other year. Even amongst the so called "big teams", they are beginning to look dominant, although a Champions League victory will have to be put on the CV to satisfy Gaurdiola.

Finally the many golf fans amongst our readers will be glad to see both the PGA and European tours get into full swing again. The PGA in particular starts very strongly with the AT&T Classic at Pebble Beach being played in the first week of the month followed by three multi-million dollar events that are bound to attract the cream of the worlds players. Great early morning viewing for golf fans in Thailand.

That's it for this month. Stay safe everyone and get out to watch your favourite sport at one of the many venues in the city and support our local businesses through this difficult time.





Taking care of yourself

Born in Indonesia to a Chinese father and German mother, I was raised there, in the US and in Germany and have always been connected to my Asian roots growing up with both Eastern traditions and Western rationale. From a young age, I was a professional dancer in a Russian ballet academy while finishing secondary education in Germany. After my studies, I left Germany to get married and live in France as an editor and events manager for an extreme sports publishing company. I started working for Billabong Europe with a newfound passion for board sports and also a love for yoga, meditation and philosophy.

However, I quickly understood that to grow in my career, I had to continue studying, and went on to complete a business studies course at the University of Brighton in the UK. After university, I worked in Portugal, Tanzania and Cameroon, then London, to work as a global marketing manager in a private jet and cargo chartering company. I launched the entire marketing department for the air charter service and six months later landed a job with IIR Middle East, now known as Informa Yacht Group where I started the entire branding and marketing for the Abu Dhabi Yacht Show.



This is where my journey in the yachting industry began. I was fascinated by the craftsmanship of yachts. I quickly learned the industry was small, so it was essential to get to know people, nurture relationships, observe and understand how yachting works. Not being a sailor nor growing up with boats, it was challenging but I listened and observed.

However, after some time, I decided to change industry and learn more about real estate in Dubai, which was the absolute 'Wild West' in terms of business practices in this sector, with few ethics, scant integrity and little transparency, although it was a great playground to learn how not to do things. With these experiences under my belt, I opened a marketing agency and catered to clients such as Stars 'N' Bars Monte Carlo, Piaggio Italy ME and Emirates Mall.

After my time in Dubai, I met my second husband and we decided to move to Singapore where I returned to yachting and worked as the Sales Director of the Singapore Yacht Show. How I loved this job.



Day and night I worked hard to fill up the marina and stand spaces with local and international clients, calling and sending mails in the long hours of the night and travelling to shows. It was a challenging time, I diligently practised yoga daily and can now say with certainty that if I didn't have this practice, I would have burned out way faster. Eventually, I did burn out and after my second divorce signed up for yoga teacher training with American teachers, combining the system and philosophy of yoga with studies in Western science.

For the past seven years, it has been a tough yet rewarding journey and in 2020 during Covid, when I lost my job I was able to boost my self-care regime to nourish my physical, emotional, mental, energetic and spiritual wellbeing. Confinement gave me the opportunity to become still and just 'be' with a daily meditation and yoga practice, nature walks, healthy nutrition, and enough alone time to contemplate. I also trained as an Alchemy Healer and knew how to enter my Theta brain wave, my subconscious mind, and neutralise trauma within. I started to share more posts on social media about self-care practices, how to preserve our energy, deal with lower vibrational emotions such as fear during Covid, and use our intuition. I just simply shared what I practise every day to stay balanced and try to keep a state of homeostasis.

For the past year, I've studied more about the quantum field, neuroscience, trauma-informed yoga therapy and created simple selfcare programmes with routines for individuals, corporates and leaders, all while understanding no one can do the work for them. They're not quick-fix programmes, but I do believe that small changes can create so much relief and wellbeing. It requires selflove, discipline and daily practice to master our minds and to care for our bodies as well as our energetic, emotional and spiritual being.

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Naturally, my lessons about successes and hardships are very much connected to my wellbeing and ongoing bid to keep a balanced lifestyle. Since I am still connected to the yachting industry, I've also created a programme for seafarers and yacht crew. Crew on yachts are often challenged to find a work-life balance, suffering from fatigue, mental and physical exhaustion, alienation and loneliness.

Self-care allows seafarers to understand and become cognitive of the impact of such imbalances my aim is to support individuals to reach their personal and professional goals by empowering them to make the self-care programme their own.

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By Steve Wade



SPORTS PREVIEW 2022

First things first. Let's hope that our local venues throughout Pattaya get some respite from the very difficult times they have endured over the last two years and the community can go out and view their chosen sporting event with some food, drink and in an atmosphere that always adds so much to whatever you are watching at the time.

Hopefully we should have a full calendar this year with no further cancellations that have plagued event organisers over the last two years.

In fact if everything goes ahead as planned we will have a year filled with major international events the like of which we haven't seen for some time.

Along with the annual events that we are used to seeing we have the unique prospect of a winter Olympics, a golf Ryder Cup and a football World Cup all being staged in the same year.

The winter Olympics will be already be under way by the time you read this but the Ryder Cup, on a mission to get the schedule back on track, is staging the European home competition in Rome at the end of September.





All golf fans will remember the drubbing that team Europe suffered at the hands of team US last year at Whistling Straights and the prospects of Europe exacting their revenge in Rome looks like a daunting task, given the strength and young age of the team from the USA.

Of course the biggest sporting event of the year is the FIFA World Cup, being staged, controversially, in November and December of the year. This is ostensibly for two reasons, to allow the Qatar authorities to build and ready the stadiums and the temperature in the summer, when the event is usually held, can reach up to fifty degrees centigrade, a danger to players and fans alike.

I don't think anybody who saw the voting procedure that eventually gave Qatar the World Cup this year can not help but have serious misgivings about how that decision was reached and for what reasons. It's still warm in the winter months in Qatar but with the average temperature ranging from 24 to 29 centigrade in November/December it should be manageable for everyone involved.

The disruption that will be felt by the European leagues, especially the Premier League, is another matter altogether. Add to that the ongoing criticism of how the labour brought in to build the stadiums is being treated and we can only imagine that the level of dissenting voices will only increase the closer we get to the event.

I have no doubt that the World Cup will go ahead. Money talks, or shouts in this case and we can look forward to some great football entertainment next winter. With the time difference only four hours for us in Thailand a lot of match times will suit us perfectly too. Stay safe and good luck.

FIFA WORLD CUP Qatar 2022



INTRODUCTION TO CINEMA SOUND SYSTEMS

PART 2 By Songpone Siriwanlert

In the previous issue, we have talked about the origin and evolution of Cinema Sound System that have occurred over 80 years ago since there were speaking movies in the world. At the 2nd part of this article, we are going to talk about Dolby Atmos which is the most update version that are being popular among all the cinemas around the world in term of how it works.



Starting from surround speakers set up, we should have the knowledge of an acoustic inside the cinema theater. Also, the room reverb for continuous echoes of sound that is very important for surround sound as well. The most important thing is the width of sound diversification angle both vertical and horizontal including the size of theater that shall be suitable for how many sound channels.

The main channels are one at center behind the screen, others 2 at the right and left-hand sides of the front room, and the last 2 channels at the rear side of theater both right and left, so that total shall be 5 channels. When the size of theater becomes larger, it needs to extend the channels of the main 5 directions as you can see a lot of speakers on the wall around the theater to have the sound from all channels heard thoroughly by all the audiences.



After speaker and sound equipment set up, the next procedure shall be sound calibration for every seat in theater. The efficiency of sound calibration will be able to create the immersive sound for each channel. Currently Dolby Sound systems have been developed to Dolby Atmos that creates the atmosphere of cinema sound. You will experience the new sound dimension such as lightning thunder, falling rain or the battles both in land and on the air.



You can feel the sound of all objects flying over your head from and to all directions. Only adding one more set of speakers on the ceiling of theater that is synchronized to the current surround system. You may see the diagram of sound direction from the presented pictures. We wish to thank JBL Cinema Theater Thailand Club for all information that facilitates us in writing this article.

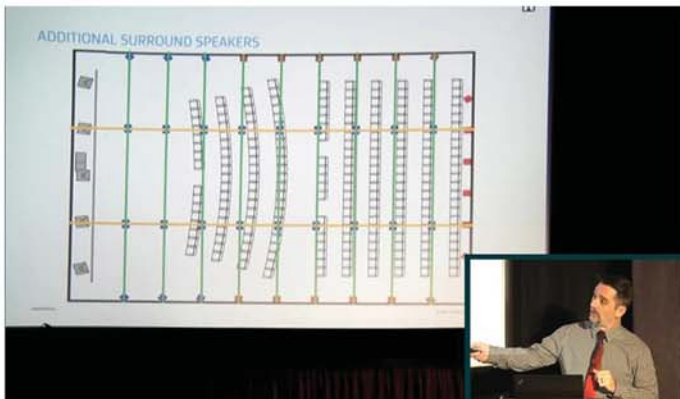
แนะนำระบบเสียงโรงภาพยนตร์

ตอนที่ 2 โดย ทรงพล ศิริวรรณเลิศ

ในฉบับก่อน ได้กล่าวถึงจุดกำเนิด และวิวัฒนาการของระบบเสียงในโรงภาพยนตร์ซึ่งมีมากกว่า 80 ปี นับแต่มีภาพยนตร์เสียงขึ้นมาในโลก ตอนที่ 2 นี้จะกล่าวถึง การทำงานของระบบเสียง Dolby Atmos อันเป็นระบบเสียง ที่ทันสมัยที่สุดในยุคปัจจุบัน ซึ่งโรงภาพยนตร์ทั่วโลกนิยมใช้ เริ่มจากการจัดวางลำโพง



จะต้องมีความรู้ในเรื่อง acoustic ของห้องที่ตั้งโรงภาพยนตร์และการใช้ reverb ของห้องเพื่อความก้องกังวานอย่างต่อเนื่อง ให้เป็นประโยชน์กับลำโพง surround เราจะต้องรู้ถึงมุมกระจายเสียงที่ตัวลำโพงว่ามีมุมกระจายที่เท่าไร ทั้งแนวตั้งทั้งแนวนอน ตลอดจนขนาดของห้องด้วยว่า สมควร จะลงกี่แซนแนล แซนแนลหลักจะมีทั้งหมด 5 จุด คือ กลางจอ 1 ซ้ายขวาของจอ 2 ซ้ายขวาด้านหลังโรงอีก 2 เมื่อขนาดโรงใหญ่ขึ้น ที่นั่งของผู้ชมมีจำนวนมากขึ้น จึงต้องขยายจำนวนแซนแนลหลักนั้นให้มากขึ้น จะเห็นว่ามีลำโพง surround ติดอยู่รอบโรง รวมทั้งลำโพงด้านหลังจออีกหลายตัว เพื่อให้หูของผู้ชมทุกที่นั่งได้รับเสียงจากลำโพงทั้ง 5 ทิศทาง อย่างทั่วถึงทั้งนี้



หลังติดตั้งลำโพง surround จะมีการทดสอบการกระจายของเสียงและระดับการได้ยินเสียงตามตำแหน่งต่างๆ ให้ได้อย่างมีประสิทธิภาพ ซึ่งเรียกว่าการ calibrate หรือการวัดค่าของเสียงในแต่ละตำแหน่งของการรับเสียง เพื่อจะได้เสียง Immersive Sound หรือความดื่มด่ำ ล้ำลึกในมิติเวทีเสียงที่ได้มีประสิทธิภาพนอก จาก Dolby Surround แล้ว ปัจจุบันนี้ระบบ

Dolbyได้พัฒนาไปถึงขั้น Dolby Atmos ซึ่งเป็นเสียงที่เพิ่มมิติที่อยู่เบื้องบนศีรษะ เช่น เสียงฟ้าร้องฟ้าผ่า หรือ เสียงจากฉากการรบทั้งทางบกและทางอากาศ ได้รู้สึกถึงการเคลื่อนไหวของวัตถุ ข้ามศีรษะของเราไปมา จึงได้มีการเพิ่มลำโพงบนเพดานโรงอีกชุดหนึ่งให้สอดคล้องกับลำโพง surround อีกมิติหนึ่งเป็นการสร้างบรรยากาศเสมือนว่า เราเข้าไปอยู่ในเหตุการณ์จริง



ดังนั้นคำว่า ATMOS จึงย่อมาจากคำว่า ATMOSPHERE ท่านสามารถดูแผนผังการวางลำโพง และเสียงที่กระจายออกจากลำโพงผ่านหูผู้ชม ในแผนผังที่นำมาแสดงประกอบ

ขอบคุณ JBL Cinema Theater Thailand Club
ที่เอื้อเพื่อข้อมูลความรู้สำหรับเขียนบทความนี้

By Megha Paul

Thai Prime Minister Prayut Chan-o-cha has ordered the launch of a new tourism campaign under the theme “Amazing Thailand New Chapter”, with an aim to revive the hard-hit tourism sector. According to government spokesperson Thanakorn Wangboonkongchana, the campaign aims to facilitate tourism sustainability and safety.

The government also planned to introduce an entry fee of USD 9 per person for incoming tourists, starting from April this year, Thanakorn said. This fee will be incorporated in the airfare and is meant to be used to develop tourist attractions as well as for insurance of tourists, he added. Expected revenues generated from tourism this year are around THB 1.3-1.8 trillion, with THB 800 billion of which from foreign travellers, the spokesperson said.



Thanakorn said if this year’s pattern follows that of last year, tourists from Europe and the US would be major contributors, followed by travellers from India, possibly mounting to 7 million. According to the World Bank Global Economic Prospects Report released last week, Thailand’s economy is expected to recover gradually over the next two years, with growth picking up to 3.9 per cent in 2022 and strengthening further to 4.3 per cent in 2023, with a recovery in tourism and travel.

PATTAYA ARRIVALS INFORMATION

The Pattaya News.....

Thanet Suparashasrangi, acting president of Chonburi’s tourism council, told local media using data from the Thailand Tourism Authority that “The majority of tourists visiting Pattaya city recently are not tourists but ex-pats”,

Thaiger.....

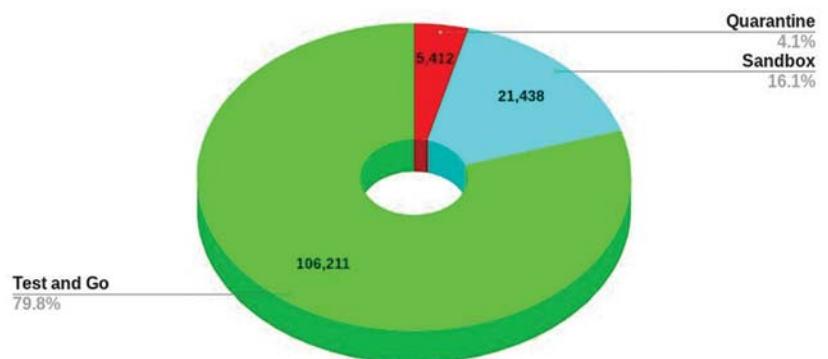
reported that in the month of November of a total of 133,061 international travellers who landed in Thailand 106,211 of these were Test & Go passengers and came from

1. US – 14,730
2. Germany – 12,099
3. Netherlands – 8,478
4. UK – 6,701
5. Russia – 5,307

Pattaya Mailcontacted three formally recognized “ASQ” hotels where new arrivals have to spend a night awaiting the result of their RT-PCR virus test. About half of the arrivals since November 1 appear to be long-stay residents with annual visas, the five-year Elite visa, work permits or permanent residency.

Based on this information it would seem that the expected arrivals for this month with the reopening of the “Test and Go” Programme for fully vaccinated international travellers, may well see more of the same with returning long stay and expat residents.

November International Travellers





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By Magna Carta Law Office

MARRYING A THAI NATIONAL

Marriage Dowry is still an integral part of modern Thai marriage customs and is considered absolutely normal. Foreign nationals intending to marry a Thai woman are also expected to honor the Thai Dowry System. Traditionally, the groom will be expected to pay a dowry or sinsod to the family, to show gratitude and to compensate them in exchange of the hands of their daughter and to prove that the groom is financially capable of taking care and supporting their daughter.

There are many factors that determine how much the sinsod will be and they include the man's wealth, the value of the woman which is based on her background, her age, dependents, previous marital status, education level, job, and the status of her family in the community.

Thai marriages can be solemnized with or without an engagement or a Betrothal Ceremony in ritual manner or through court. This is when the couple formally introduces themselves to each other's family and the announcement of the terms of the dowry and the wedding date takes place. Betrothal is not valid until the man gives an engagement property to the woman called "Khongman" which shall be the property of the woman after the betrothal has taken place.

Conditions for entering into betrothal and marriage agreement

1. Both parties must be at least 17 years of age
2. Neither party is mentally incapacitated
3. Both parties are not in blood relations by direct ascendant or descendant line
4. Both do not have the same adoptive parents

5. Must not be the same sex
 6. Neither party has a spouse at the time of the marriage
- If the woman is a widow or is divorced, the marriage can only take place after expiry of 310 days from her husband's death or termination of the marriage. The exceptions are when:

1. A child was born during this time;
2. The divorced couple are re-marrying;
3. There is a court order allowing the woman to marry;
4. There is a certificate from a doctor in a Thai hospital to state that the woman is not pregnant.

After the betrothal has taken place, if either party commits a breach of the betrothal agreement, such party shall be liable to make compensation.

In case the woman commits a breach of the betrothal agreement or where there is an essential event happening to the betrothed woman that makes the marriage to the woman unsuitable, the man is entitled to renounce the betrothal agreement and the woman shall return the Khongman to the man.

In case where there is an essential event happening to the betrothed man that makes marriage to the man unsuitable, the woman is entitled to renounce the betrothal agreement and the Khongman need not to be returned to the man.

If the marriage does not take place causing mainly from the woman or on account of any circumstances that makes the woman responsible for making the marriage unsuitable for the man or for making the man unable to marry that woman, the man may claim the return of the Sinsod.



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Discover Pattaya takes a look at Gustaf Real Estate.

By Gloria Jones with photos from Tony Hanscomb

Khun Naree opened the doors of the Gustaf Real Estate office at the beginning of December 2020. Situated in Jomtien it is located at the Inncome Mall on Soi Chaiyaprupek 1, and can easily be seen because of the company's distinctive logo. As you enter, it is a welcoming, bright, open space and I would advise you to accept the offer of some coffee as it is really excellent!

A few months after the opening, Khun Som joined the sales team. Having spent 14 years in the UK her command of English is unsurprisingly very good and in a relatively short space of time, the dynamic duo of Khun Naree and Khun Som has quickly become quite a formidable force on the Pattaya Property scene.

When you meet them it is impossible to not be charmed by their enthusiasm, tremendous desire to please, friendly manner and willingness to give the very best possible service. Their smiling faces and great knowledge of both Thai and English has meant that they have already acquired an impressive list of customers both developers and private buyers and sellers, both Farang and Thai.

Khun Naree tells me her eventual plan is to grow the business with 2 more branches in Pattaya. However, right now it is not just a matter of finding the right location for the offices but even more importantly the right staff. Anyone working for Gustaf Real Estate must embrace the company ethos of Enjoying the job, Being true to fellow workers, Giving both sellers and buyers the best possible service and Sharing information amongst the team.



Even whilst having fun at work the team at Gustaf Real Estate is conscious of the fact that it takes a long time to gain a good reputation but no time at all to lose it. Therefore their manner of working is always courteous and professional. They also have weekly sales coaching from real estate professionals who have many years of experience in Pattaya's real estate market.

Discover Pattaya wishes Gustaf Real Estate the very best of luck for the future



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THE
PROSPECT
PATTAYA



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Jomtien Pattaya Since 2003

With love being in the air and in the pages of this month's *Discover Pattaya* we thought we would take some advice from the informative news section of the Town and Country website. As Pattaya property experts they are able to give us insights on how to still love your pets when you are renting.

What's the relationship between tenants and their pets? Well maybe there isn't one as not every landlord is willing to accommodate them. As a landlord you may reject "any" tenant based on their credit report, criminal history, references from other landlords, an income report that suggests s/he will be unable to pay the rent, or any other reason that's not part of a protected class.

Should you reject a tenant without good reason, you might be discriminating which is actually against the law. One cannot reject a tenant for being married, pregnant, transexual, disabled, or on account of their sexuality, gender, race, nationality, or religion. And still, it happens. However, refusing pets can be simply because the (condo-) community doesn't allow it, as recorded in the by-law. Most condo projects in Thailand do NOT (officially-) allow keeping pets.

In Pattaya, there are just a few known condo developments that accept pets. These include the San Marino building at Ocean Marina and Reflection Jomtien Beach by Major Development Group. Few condo projects condone having pets. Those that do may have a restriction on the size for example, allowing small/toy breeds but not larger dogs.

Be cautious about choosing any of these with your pet because you never know when the tide turns. Maybe searching for a house rather than condo will suit your needs better when you have a larger pet?



LOVE OF PETS.



What makes pets so "unwanted"? The poop droppings from a dog or its appetite for sofas and pillows? Maybe, ticks and fleas that travel as parasites in your pet's fur? Yup, all of it could be...

Where does that leave our friendly hosts? Let's start at the basics. You start your rental journey with an agreement. Not a gentleman's agreement. The days of handshake deals are gone.

Entering a rental agreement starts by using a professional realtor. Not because the best rental deals are usually found using an agent. Because your property agent should have a rental agreement that is balanced and protects the interests of all parties involved, fair and square.

Another major PLUS is that the agent's role is independent and arbitrates in case of any disputes. It is the agent that does the check-in and -out routine which enables him to 'witness' the condition of the property before and after. A strong agreement is essential to overcome certain fears and prejudice thoughts.

The same goes for "wear & tear". Is damage caused as a result of normal wear or aging?
Or, is the cat responsible?

Do you need any advice on how to let your property? Are you looking to rent a property in Pattaya? Town & Country Property – your award-winning specialist on the Eastern Seaboard.



Check our website at <https://towncountryproperty.com/> for the latest properties



www.TownCountryProperty.com

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PROPERTY
Jomtien Pattaya Since 2003

Town & Country property Co.,Ltd
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Nongprue, Banglamung, Chonburi 20150 Thailand
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**BARGAIN 1 Bedroom/1 Bathroom
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In building A Park Royal 3

On the 6th floor 45 sqm

- pool and city view

- foreign name

- transfer fee and taxes 50/50

Price is Only 1,750 000 THB

Contact Pattayatrader@pattayatrader.com

or phone 0837683696 to arrange a viewing

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 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

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

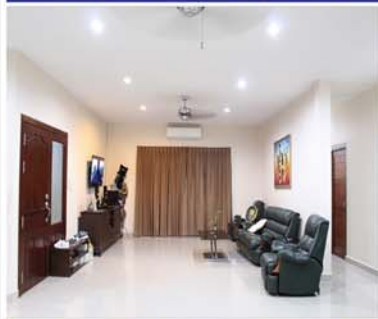


AD Condominium floor 4 Naklua Soi 16/1 Wong Amat Beach 1 Km Studio, bathroom, balcony with fully-equipped fitted kitchen facing north. Reception, 18-meter swimming pool, under-cover parking, 24-hour security, CCTV, key-card access, laundry Air-con, microwave, TV, DVR player, electronic safe Size 35 sqm, Thai ownership Offered on one-year lease with fibre-optic Internet included

Price 1,200,000 Baht

Rent 7,000 Baht

Detached bungalow at Huay Yai for Sale



Huay Yai Soi Tessaban 1 Soi 22 about 3 Km from Sukhumvit in Thai name, 6 ceiling fans, no management fees, partially furnished. Land 165 square Wah or 660 square meters, floor 157 square meters. Large lounge, kitchen area, 2 bedrooms, 2 bathrooms, one ensuite, utility room, dressing room, new electrical fittings, big garden, room for pool. Garage-cum-workshop 50 square meters, remote-controlled door, neat mains electrical cabling underground, safe gas tank, laser security system, external solar lighting Land valued at 25 million Baht. Cost of building was about 6 million Baht

Price 4,200,000 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

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



Tropicana Condominium floor 2 on Pratumnak Road Soi 6 close to Thappraya Road, 71 sqm. Lounge, fully-equipped European kitchen, bedroom, bathroom, balcony. Reception, roof-top pool and ground floor pool, under-cover parking, 24-hour security, CCTV, fitness centre, Zen beauty salon, Sure-cell medical centre. 2 air-cons, microwave, electronic safe, washing machine. 2 flat-screen TV's, 2 DVD players, home theatre. Foreign ownership, offered on a minimum one year lease.

Price 4,000,000 Baht

Rent 16,000 Baht

www.pattaya-estates-rentals.com , 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



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by Base Real Estate (Thailand) Co., Ltd

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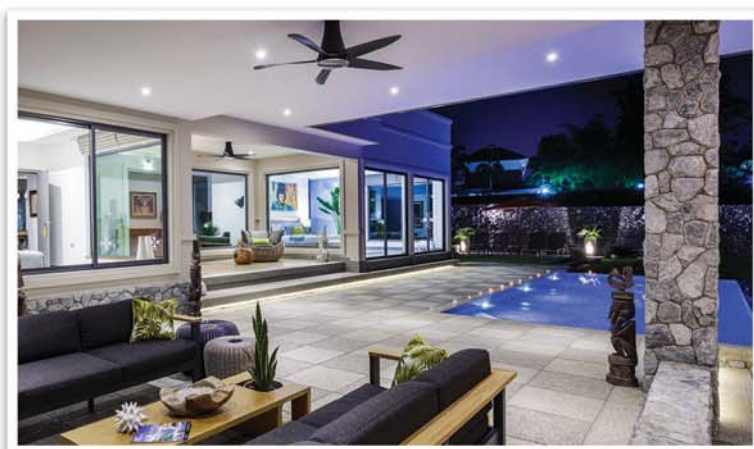
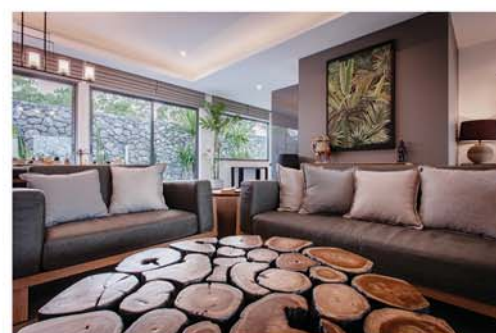
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For more information or to arrange a viewing please phone 0837 683696

The Plantation Estates offer spacious modern-style pool homes that are tailor-made for tropical living. With villas set on huge plots of land, high quality construction and flexible floor-plan options.

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- Within easy reach of Regents and Rugby International Schools and Horeshoe Point
- Just 15 minutes from Pattaya City Centre



DISCOVER PATTAYA



Since 1st November 2021, arrivals finally coming to Pattaya have not for the most part been international tourists but rather longer stay residents with annual visas and property. People who have been patiently waiting to return without having to endure lengthy quarantine.

Pattaya Trader for over 21 years and now Discover Pattaya have a strong connection with exactly these expats, local and long term residents

So while we all wait with bated breath to see the results of the Omicron variant on tourism this year. Remember we can help you, connect to our loyal readers who are already here and happy to hear about you..

BE PART OF THE DISCOVERY

With our printed and online magazine Discover Pattaya,
Custom made videos by Barry & Gloria especially for your company
Extensive social media shares to 20,000 loyal Pattaya Trader followers.
Let us help kick start your business into 2022

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FACEBOOK PAGES (20,000 FOLLOWERS)



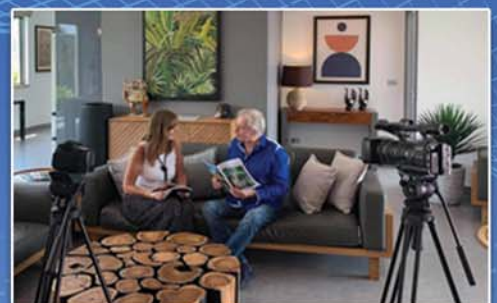
Pattaya Trader Facebook page



Pattaya Trader Facebook group



Pattaya Trader Expat Ladies group



♥ A lot of love in Pattaya ♥

By Derek Franklin

Imagine sitting in a wheelchair all day, every day. Due to the disability of one student at the Technological College for People with Disabilities, she has never stood up, never taken a single step and when asked what would she like more than anything else for Christmas, she did not hesitate to reply; a pair of sandals.

Children at the Father Ray Children's Village each year visit local hotels and stores to sing carols, in English, and they wanted to celebrate Christmas, just like we all do. But times have been difficult for the local charities and during the pandemic many have had difficulty finding enough money to pay the bills.



Thank you for giving them presents, doughnuts and a brand new pair of sandals. This is where the people of Pattaya come in. Thai and foreign, young and old, the people of Pattaya made sure that everyone celebrated.

School children at international schools made sure that every single child at the Village and all the students with disabilities received a beautifully wrapped gift.

Not only were hundreds of gifts donated, but someone made sure the children at the Village had their once a year traditional Christmas breakfast of doughnuts and ice cream.



The children celebrated with a 'mookata' Christmas lunch and celebrated the arrival of the New Year with a seafood barbecue.

There is a lot of love in Pattaya, and the children who don't have a home, who are not living with their families, they are grateful to you for giving them a Christmas to remember.



ALL YOU NEED IS LOVE - dah dah dah dah dah

♥♥ Barry Upton ♥♥

Most people who know me well, are very much aware of my obsession with the greatest band of songwriters ... in the world ... ever ... The Beatles.

So, it was deep joy and exhilaration that I settled down on Christmas Day to binge watch the new seven hour, three part documentary, GET BACK, showing the fab foursome (later, augmented to five) developing, rehearsing and finally recording songs for their 'Let It Be' and 'Abbey Road' albums.

The art of songwriting in it's many forms and styles has been the key to my career and I never tire of learning how others arrive at their final public offerings.

It all started for me in 1967 after taking piano lessons, learning some classical pieces and winning talent contests at summer holiday camps by reciting stuff like The Blue Danube by ear, without the use of music.



Then, there was a new satellite which had been launched into space called 'Early Bird' and on TV was a special program devoted to showing how TV pictures could be transmitted around the world for the first time, country to country.

The UK's contribution to this extravaganza was indeed, the Beatles in the Abbey Road studio, recording their next single called 'All You Need Is Love'.

This was my first experience of witnessing such an event and I was completely transfixed, not realizing that I was to embark on a life long musical career which meant copious amounts of time spent actually working in recording studios internationally which includes the very same Abbey Road facility.

The creative part of songwriting and recording, incorporating musical arrangements, has always been my favourite part of being a musician and when success comes with it, the Holy Grail has been found. So, that song, 'All You Need Is Love' has always meant so much to me, not only for its inspiration, but for its sentiment and completeness, with Lennon at his very best. It's still my favourite Beatles song and, for me, never gets old.



Love songs in general don't go out of fashion and a vast majority of songs in the world use this as a focus. This month which includes Valentine's Day means that the subject provides even more interest and, to this end, I have shamelessly written and recorded a few myself.

Check out on You Tube, if you will, Barry Upton ... I LUV U I DO and A LUV SONG 4 U (special Valentines Day video).



During the recent restrictions, I have once again ensconced myself in my studio and produced another new album, this one called 'Barry's Tropical Beach Café' featuring a dozen or so songs with a Bossa Nova/Soft Reggae/Tropical House/Beach vibe, inspired by our tropical environment here in Thailand.

As I write this, preparations are being made to shoot videos to complement each track and, finally, be enjoyed on You Tube which, for me, has now taken over from standard TV programming. The album has been fun to make and I'm sure the filming will be too, continuing my life's motivation of loving what I do.

After all, 'All You Need Is Love' – dah dah dah dah dah!





10 Hacks To Keep Your Relationship Strong



During the month of St Valentine, our attention may be on our romantic partners more than ever. However, keeping love strong needs time, thought and consideration. Here are a few hacks that are easy to do and may just help your relationship stand the test of time.

Show Gratitude

In 2015 a study published in the journal “Personal Relationships” found that the outcomes of relationships can be influenced by the amount of gratitude shown. In other words, saying thank you can go a long way to achieving a positive relationship. Couples who find little ways to show appreciation are more likely to overcome challenges and showing gratitude is one of the easiest ways to make your partner feel loved.

Spend Time Together

Over time it's easy to drift apart, perhaps as you begin to feel bored and seek stimulation somewhere else?. But by keeping "high quality, time together the two of you can keep connected." It may require a little more thought and effort than at the start of the relationship but changing the backdrop finding new places that neither of you has been together will help with your collective, shared experiences

Listen to music

To quote the famous opening line from Shakespeare's Twelfth Night: “If music be the food of love, play on”. We've all known times when music has been able to change our mood. Putting on a favourite track or one that has special memories for you both can instantly make you both feel more loving to each other.

Hold hands

A study has found that holding hands has boosts closeness between people and can improve your confidence in your partner's love and support for you. If you're not a fan of such public displays of affection you can hold hands in the car or on the sofa while watching your favourite TV show or film.



Give your partner a hug

Touching is probably the most definitive way to let other people know you're in a relationship and the more you and your partner touch the more you'll feel comfortable with each other. Hugging offer support, caring and can be calming if a partner is upset or unsure. Every time you do it, you send a positive message to your significant other.

Make eye contact

As silly as it sounds, you can build trust and establish positive feelings just by looking someone in the eye. Make it a habit to put your phone down, take your eyes off social media and look your partner in the eyes especially when dining out at a restaurant.



Every so often take time to do Your Own

Psychologist, Dr Terri Orbuch, found that nearly 30 percent of people who say they don't have enough privacy in their relationship have reported being unhappy. Rifkin says "We may find ourselves dependent on our partner for our entertainment and happiness. But by making plans to not spend time together, you are giving both people a break. Without that much-needed time apart, you can possibly create unhealthy attachment and codependency in your relationship". So according to Rifkin, spending time away from each other encourages self-growth and self-reliance, which are essential for long-term relationship success.

Find Ways To Create Positive Memories Together

Try learning something new together take up a sport, hobby or activity as greater intimacy can be achieved when we learn something new as a couple. By trying fun, new things that you both enjoy you help to keep your relationship fresh. Even getting dressed up and going to a new restaurant or entertainment venue can be a change from routine and promote good memories.

Give each other time to express feelings

When you need to discuss serious issues, take turns to say what you think and feel. and give your partner the opportunity to speak. Going on and on about an issue without giving your partner the chance to answer will make them turn off, or even worse go on the attack.



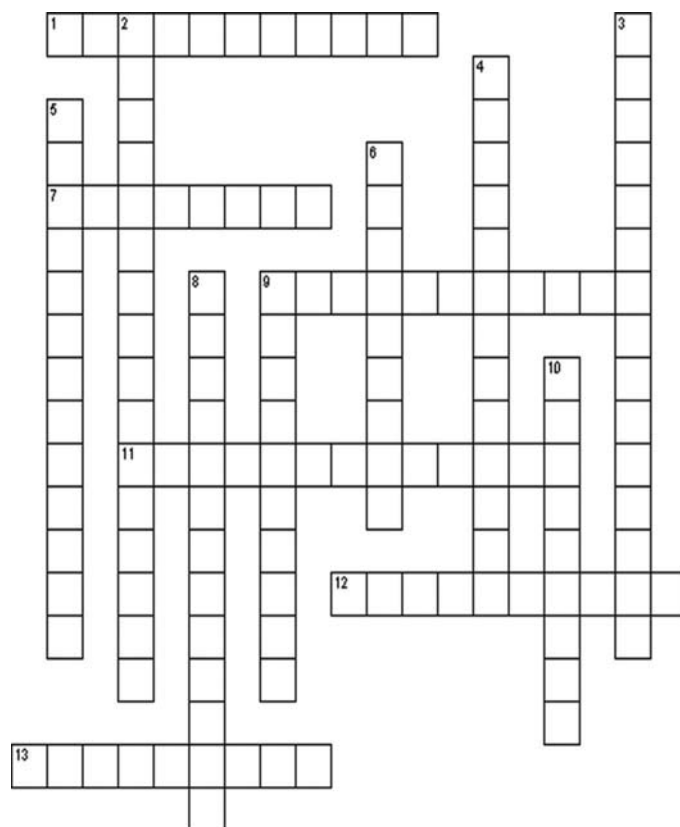
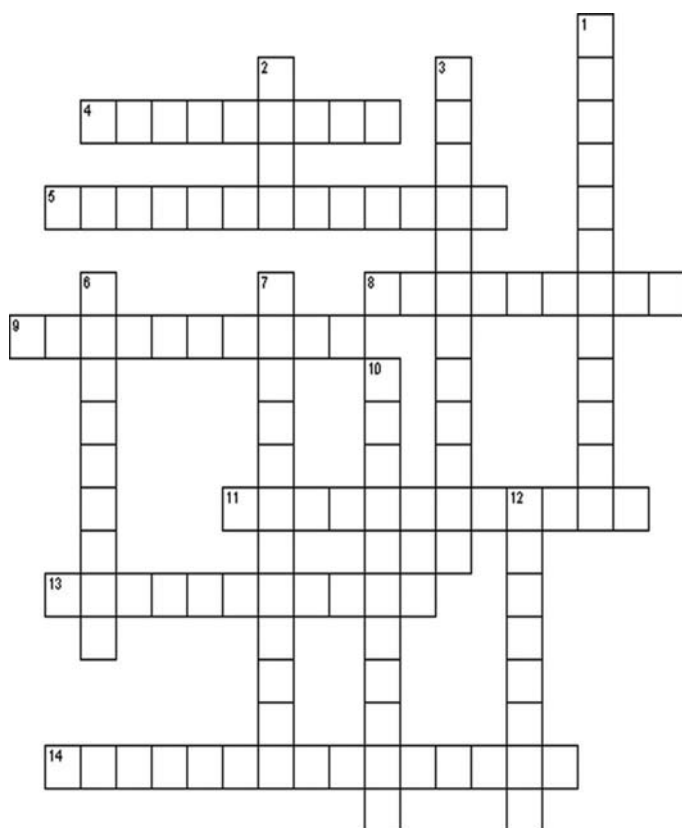
Remember to be kind.

Another psychologist John Gottman found that relationships built to last were filled with kindness and generosity.

He says "Happy couples are generous with their time and attention and will show kindness through their words and actions".

Couples consultant Lesli Doares, says "continuing to make the effort to treat your partner well keeps the positive feelings flowing. So treat your partner with kindness and respect at all times."

CROSS WORD FEBRUARY 2022



Across

4. The Ringo Kid in the 1939 classic, Stagecoach (4,5)
5. Voice of Shifu in the 2008 movie, Kung Fu Panda (6,7)
8. Mitch Brenner in the 1963 movie, The Birds (3,6)
9. Name of the horse and 2003 movie starring Toby Maguire (10)
11. Eliot Ness in the 1983 movie, The Untouchables (5,7)
13. Allan Quartermaine in the 2003 movie, The League of Extraordinary Gentlemen (4,7)
14. Director of the 1998 movie, Saving Private Ryan (6,9)

Down

1. John Nash in the 2001 movie, A Beautiful Mind (7,5)
2. Donald Sutherland was Hawkeye in this 1970 movie (4)
3. Paris in the 2004 movie, Troy (7,5)
6. Director of the 2002 movie, Road to Perdition (3,6)
7. Lewis Medlock in the 1972 movie, Deliverance (4,8)
10. He was John Constantine in the 2005 movie, Constantine (5,6)
12. Meryl Streep was Clarissa Vaughn in this 2002 movie (3,5)



Across

1. The Queen in the 2006 movie of the same name (5,6)
7. Richard Jones in the 2006 movie, Babel (4,4)
9. The voice of RJ in the 2006 movie, Over the Hedge (5,6)
11. Director of the 2008 movie, Changeling (5,8)
12. Rowena Price in the 2007 movie, Perfect Stranger (5,5)
13. Linus Caldwell in the 2007 movie, Ocean's Thirteen (4,5)

Down

2. Roger Ferris in the 2008 movie, Body of Lies (8,8)
3. Director of the 2008 movie, Indiana Jones and the Kingdom of the Crystal Skull (6,9)
4. Fox in the 2008 movie, Wanted (8,5)
5. Tom Booker in the 1998 movie, The Horse Whisperer (6,7)
6. Senator Jasper Irving in the 2007 movie, Lions for Lambs (3,6)
8. The voice of Shifu in the 2008 movie, Kung Fu Panda (6,7)
9. The voice of Alex in the 2008 movie, Madagascar: Escape 2 Africa (3,7)
10. M in the 2008 movie, Quantum of Solace (4,5)

SOLUTIONS ARE ON PAGE 58

SUDOKU FEBRUARY 2022

SOLUTIONS ARE ON PAGE 58

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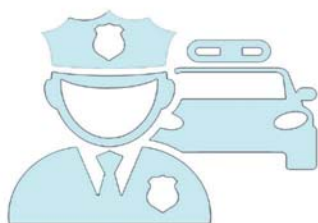
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					1	9	



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 !



TOES

YES.

FEBRUARY 14

TULIPS



"What a lie! I opened the fridge door and it's working fine."

5.3.12

Tequila may
not fix your
life. But it's
worth a
shot.

A woman with dark hair tied in a bun is sitting in a bathtub filled with white bubbles. She is holding a dark bottle of shampoo in her right hand and a black smartphone in her left hand. The bathtub is white and has a small rectangular label on the front. The background shows a tiled wall and a shower curtain.

More on this after the break.

LEARNING THAI WITH KAREN



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CLOTHING

1. Kong kwan	Present/gift	ของขวัญ
2. Suer khaen yeow	Long-sleeved shirt	เสื้อแขนยาว
3. Suer khaen son'	Short-sleeved shirt	เสื้อแขนสั้น
4. Suer kun neow	Overcoat	เสื้อกันหนาว
5. Suer kun fon'	Raincoat	เสื้อกันฝน
6. Kung kheng kha yeow	Long pant	กางเกงขายาว
7. Kung kheng kha son'	Shorts	กางเกงขาสั้น

CONVERSATION:

1.Chan sue kong kwan hi Tommy. 2.Chan chop suer khaen yeow. 3.Nah ron Chan chop sai suer khaen son' 4.Chan chop sai kung khaeng kha yeow pai tum gnan. 5.Chan mai chop kung khaeng kha son' 6.Chan sai Suer kun neow, praw ah kud neow mak. 7.Fon toke, row tong sai suer kun fon' kah (female) / krub (male)	ฉันซื้อของขวัญให้ทอมมี่ ฉันชอบเสื้อแขนยาว หน้าร้อนฉันชอบใส่เสื้อแขนสั้น ฉันชอบใส่กางเกงขายาวไปทำงาน ฉันไม่ชอบกางเกงขาสั้น ฉันใส่เสื้อกันหนาว เพราะอากาศหนาวมาก ฝนตก เราต้องใส่เสื้อกันฝนค่ะ / ครับ	I bought a gift for Tommy. I like long sleeved shirts. I like wearing short-sleeves shirt in the summer. I like wearing long pant to work. I don't like shorts. I wear overcoat because the weather is too cold. We wear raincoat when it raining.
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TOURIST VISA - RETIREMENT VISA - FAMILY VISA - BUSINESS VISA & WORK PERMIT - OVERSTAY CLEARANCE - LEGAL CONSULTING



Games

Elden Ring

I must admit that I'm not a big fan of dying over and over playing Souls-like games. However now with a beautiful open World along with a story by Game of Thrones creator R.R.Martin developers From Software are tempting me to once again suffer.

The plot of this hack and slash sounds a tad familiar with the destruction of the Elden Ring and its shards being scattered across the land. The open world is ruled by the diabolical offspring of Queen Marika the Eternal so plenty of boss fights to be had.



Horizon: Forbidden West

Like Elden Ring, this is another third person action open world RPG, hopefully, more forgiving. This is the second game in the Horizon series and once again you control Aloy the huntress, who takes down many dangerous Dinosaur like machines during her quest. She now travels through the uncharted lands of the Forbidden west searching for the source of a plague that kills everything it infects.

If you want to show off the next-gen capabilities of your PS5 this title gives you another tempting reason to purchase a new console.

Dying Light 2: Stay Human

When a modder created a mod that allowed players to use Parkour moves in the original Dying light the developers seized on the idea for the Dying Light series.

Dying light is an action role-playing survival horror game set in an open world, number two is set 20 years after the first. This time the Parkour moves have over 3000 animations for a fluid and thrilling time. A grappling hook and paraglider help you get around much quicker and if you do misstep you can land on one of the undead to break your fall.





Tec.Living

by Rick Click

BOSE FRAMES

You used to say it with flowers or buy a nice big box of chocolates but times have changed. All joking aside I think these are a brilliant idea and look cooler than wearing earbuds, may also be a safer better to have your ears free to hear any hazards if out jogging. Taking a romantic stroll whilst listening to your special tune together and speaking words of love is high tech romance. There are three types to choose from(all Bluetooth) the Tempo which has eight hours of battery life to the Soprano and Tenor which have five, still more than enough for your morning stroll.



BROOKSTONE PHOTOSHARE SMART FRAM

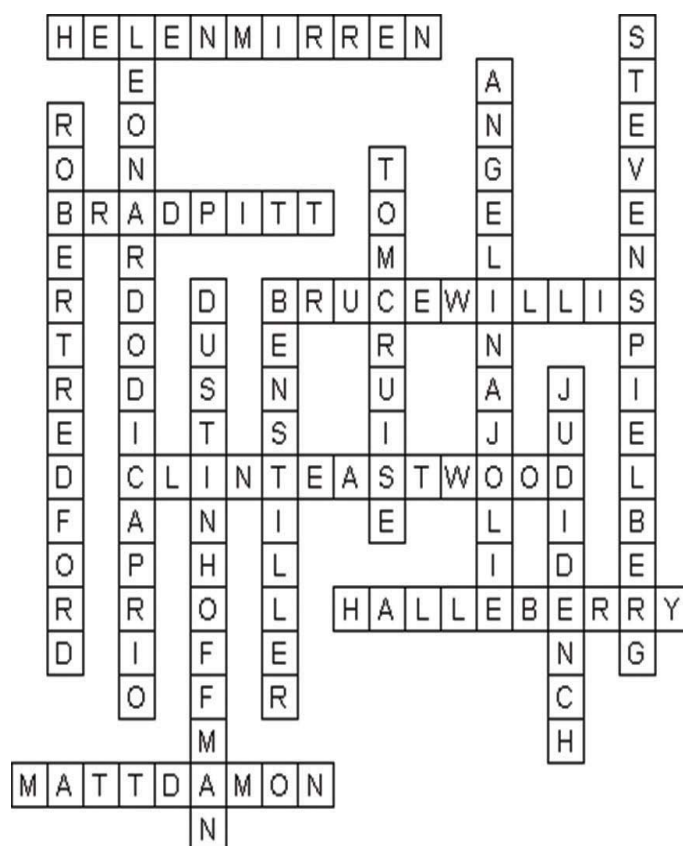
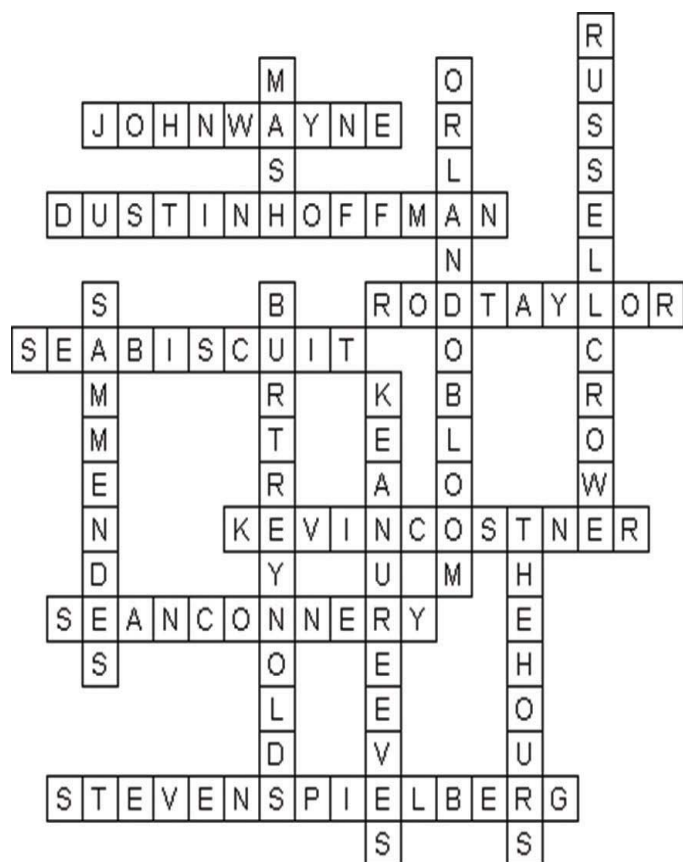
Digital frames have come a long way with the Brookstone Photoshare you can now receive photos music or video almost instantly. Unlike previous digital frames that just cycled the same images off a memory card, this one automatically updates. When Family members or your significant other sends you something an alert will sound along with the name of the sender. The frame works both in landscape or portrait orientation and needs a Wi-Fi connection, download the Brookstone app to automatically set up your frame.

App of the month: Valentine Greetings

If you need to create a special Valentine's day greeting this free app will help you make something unique. It has more than 100 HD wallpapers, a huge number of Valentines Quotes and is simple to use. The beautiful themes help you express your feeling and melt the heart of your loved one. Very useful if you can't be with them on the day.



SOLUTIONS



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

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

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

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

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.

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