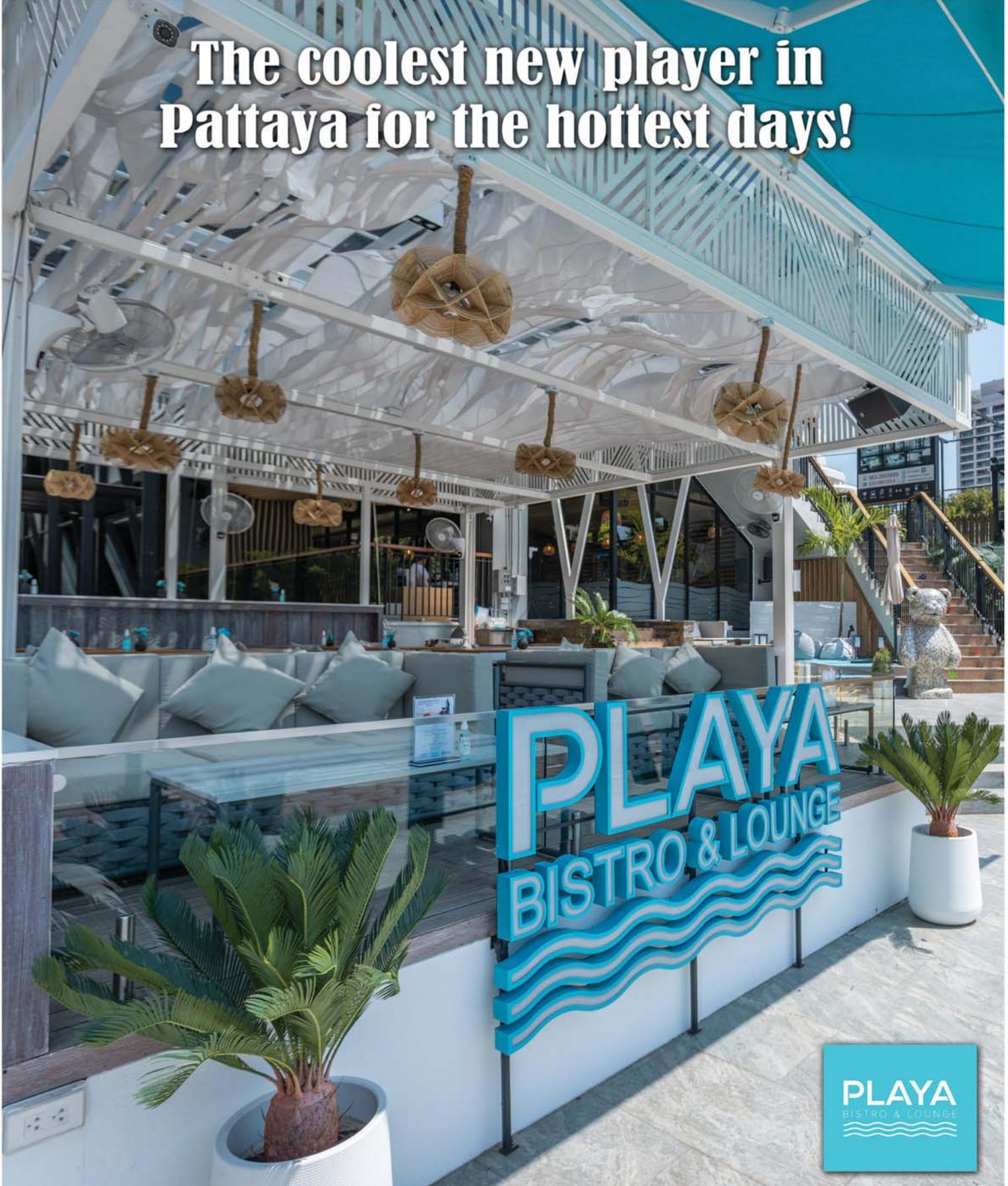


— DISCOVER —  
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## PLAYA BISTRO & LOUNGE THE NEWEST HOT SPOT ON PATTAYA BEACH IS ALSO THE COOLEST!

It takes real courage and determination to open a new business in Pattaya, especially at this time. To succeed in the current climate any new venture must have a real point of difference, work well on several levels and appeal to a broad spectrum of people with its quality and service. Playa Bistro & Lounge ticks all these boxes.

First of all, it looks great - every detail from the smart uniforms of its staff to the beautifully photographed and presented menu has been carefully considered.

You might wish to take advantage of the bistro's enviable position right on Pattaya beach (near Soi 1) and the Teddy Bear Museum. Or go inside for the cool air-conditioned seating and tempting cocktail bar.



Talking of tempting, the food here is delicious! There is something to appeal to everyone with an enormous menu of mouth-watering dishes carefully considered and created by a chef who has a real vested interest in the success of this great new Pattaya restaurant.



Playa's Belgium chef Kenneth Goessens studied hotel management in the picturesque city of Bruges and came to Thailand 12 years ago. He gained valuable insight into the requirements of Pattaya's clientele by working at amongst others: The Hard Rock Hotel and La Ferme.



Now with this new venture (he is a part-owner of Playa) he has even more of a say in what goes in the varied and mouth-watering menu. All Food and Beverage decisions are his and include his favourite Playa Tapas plate and Playa Salad.

His signature dish is a slowly cooked ½ roast chicken with Belgium herbs and of course, he offers Belgium pancakes and waffles. The Thai menu is also inventive with a Somtan Volcano that is served with dry ice for an amazing effect.

Kenneth had worked with Lovely before and knew she was the person he wanted to be his manager. She is really happy with the way her life has been evolving for the last 7 years since coming to Thailand and moving from Koh Chang to Pattaya. Thrilled to be part of such an attractive and lively team that includes AGM Kitty, Lovely says their weekly meetings and the way they all pull together to achieve their targets makes working here a pleasure! Besides her favourite colour is Turquoise!



436/541 Moo 9, Pattaya Beach Road (Soi1)  
Tel: 092 389 8897 FB Playa Bistro & Lounge

# DISCOVER PATTAYA

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## *This Month in Discover Pattaya*

Hi Everyone,

*"Sometimes I'm up, sometimes I'm down Sometimes I'm falling on the ground"*  
So sing the unstoppable Rolling Stones who are amazingly all set for yet more tour dates this year! I echo their sentiments whilst on the roller coaster of doing business here in Thailand. Right now "I'm up" and excited to see some real signs of new life here in Pattaya. For example, the beautiful Playa Bistro and Lounge. They grace our cover for this issue and provide a really cool hangout while the temperatures soar. Also, the new Pattaya Wine Club who are showing us the way forward combining fun events and wine tastings whilst helping to promote local restaurants.

I'm also inspired by Karen and Amara two lovely ladies who have battled adversity and a hard start in life to form successful businesses here.

So while you battle with the heat this month I hope you can find a shady spot in which to enjoy this month's magazine. I recommend Nin's Patisserie - a great place to do just that. Or if you are reading this online via our website [pattayatradetrader.com](http://pattayatradetrader.com) please also subscribe to the PATTAYATRADER Youtube channel to be kept updated with new things we are discovering for you!  
Have a Good month and thank you

Gloria x  
[gloria@pattayatradetrader.com](mailto:gloria@pattayatradetrader.com)



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*They are here right now and ready to support you let us help you to reach them.*

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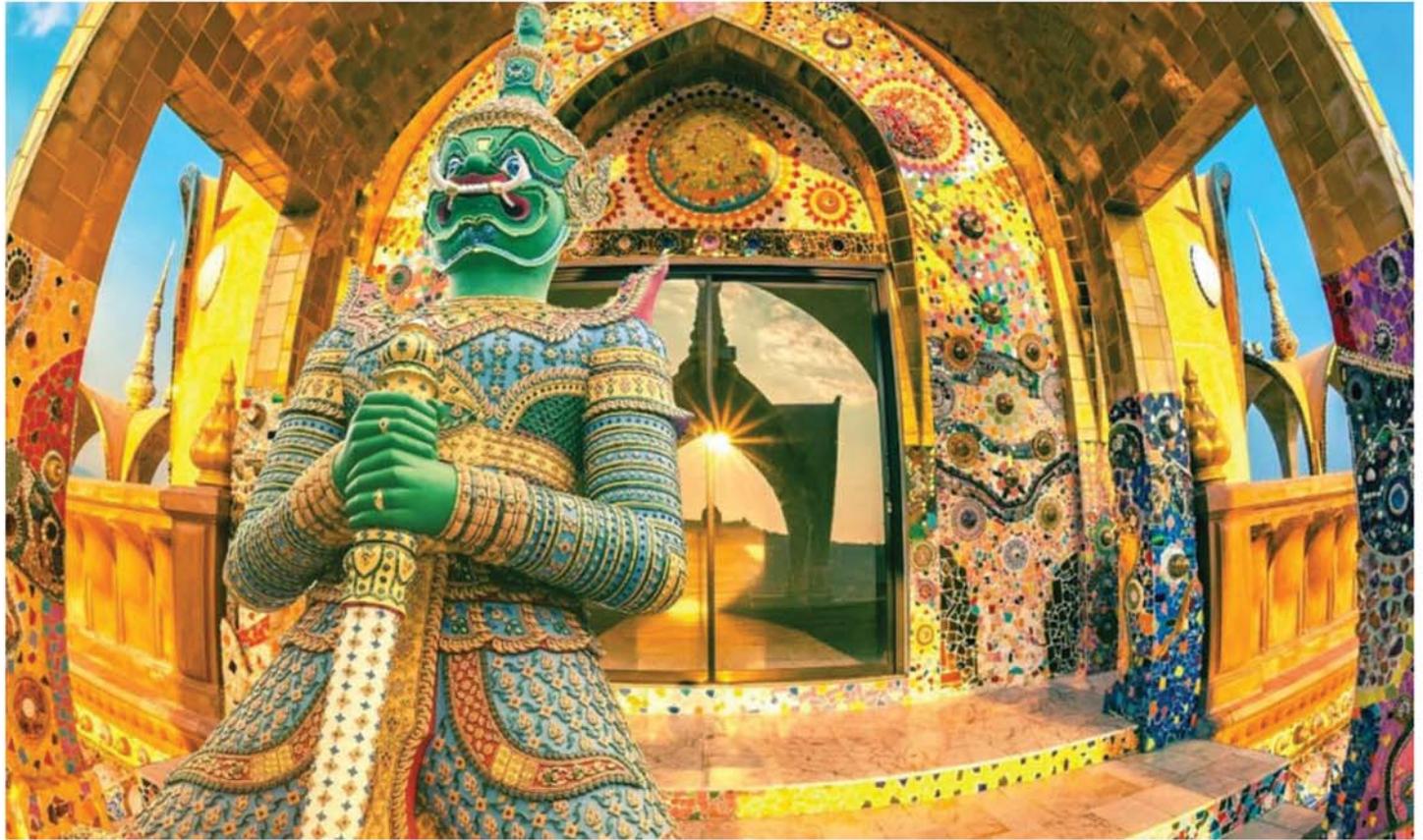
Pattaya Trader Expat Ladies group





# THAILAND TO LIFT PRE-ARRIVAL COVID-19 TESTING REQUIREMENT STARTING APRIL 1

By Kristin Mariano



As the country prepares to downgrade the Covid-19 pandemic to endemic disease, Thailand is gearing up for a return to normality and is hoping to boost economic recovery by further easing travel restrictions.

Starting April 1, 2022 travellers may enter the country without the need to show proof of a pre-arrival negative RT-PCR test within 72 hours of travel.

- Travellers who wish to visit the land of smiles may enter the country with or without quarantine depending on vaccination status and country of departure. Below are the updated simplified schemes:
- **Test and Go: No Quarantine** – fully vaccinated travellers arriving by air from any country will be able to enter the country with no quarantine requirements. Travellers only need to undergo RT-PCR test (Day 0) when they arrive at their SHA+ or ASQ hotels and get a negative result. After getting a negative test result, travellers are allowed to travel to other parts of the country. A self-test Antigen Test Kit will be performed on the 5th Day and report your test result on the Mor Chana mobile app
- **Sandbox Program:** Will be reduced to 5 nights from currently 7 nights. After completing five nights within the Sandbox destinations (Pattaya, Phuket, Khao Lak, Krabi, Samui, Koh Phang Ngan, or Koh Tao) travellers will be allowed to travel domestically within the country
- **Alternative Quarantine Program:** For partially vaccinated or unvaccinated travellers, quarantine will be reduced to 5 nights from currently 10 nights in a designated quarantine hotel in Bangkok, Samut Prakan, Pattaya, Phuket, or Samui before they can travel to other parts of the country. Travellers need to undergo an RT-PCR test on Day 4-5

*The information above was correct at time of going to press. However, we as much as our readers will I'm sure, be hoping for a further easing of restrictions. This is needed in order for Thailand to take a more competitive stance when vying for the tourist market against the likes of Indonesia, the Philippines, Vietnam, Cambodia and Malaysia. All have taken bold steps to scrap restrictions as they seek to rebuild their travel sectors*

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# Coming Soon to The Small Screen



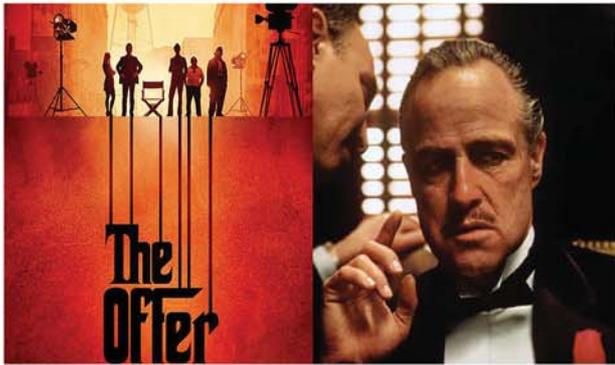
## Better Call Saul Season Season 6 (Part I)

Business is booming for Jimmy as we move towards the Breaking Bad timeline. The final season split into two parts



## PALPITO – Netflix

Simon has to enter the dangerous world of organ trafficking if he is to get his revenge.



## THE OFFER – Paramount+

Biographical miniseries about the production of Francis Ford Coppola's The Godfather.



## Barry Season 3

Barry has decided to distance himself from the world of contract killing and give acting a go instead.



## Mayans MC Season 4

More gang warfare ensues when we find out who was shot in the season three finale.



## Fear the Walking Dead Season 7

Morgan leads his group across Texas as they flee from the nuclear fallout created by Teddy and his followers.



# Coming Soon to The Big Screen



## Sonic the Hedgehog 2

**Ben Schwartz, Idris Elba, Colleen O'Shaughnessey, Jim Carrey**  
 Dr. Robotnik teams up with Knuckles, to find a dangerous mystical emerald, only Sonic can stop their dastardly plan.



## Fantastic Beasts: The Secrets of Dumbledore

**Mads Mikkelsen • Ezra Miller • Jude Law • Eddie Redmayne**  
 Dumbledore enlists the help of magizoologist Newt Scamander to lead a team of wizards to stop dark wizard Gellert Grindelwald.



## Operation Mincemeat

**Colin Firth, Kelly Macdonald, Matthew Macfadyen, Penelope Wilton**  
 The true story of how two intelligence officers fooled the German troops during World War two by using a corpse and some fake paperwork.



## Moloch

**Alexandre Willaume, Sallie Harmsen, Markoesa Hamer**  
 After being attacked by a stranger one night Betriek tries to find out the reason and learns she is being hunted by an ancient evil.



## Gold

**Zac Efron, Susie Porter, Anthony Hayes, Andreas Sobik**  
 Set in a dystopian near future two drifters find a huge gold nugget whilst traveling through a desert, feelings of greed soon start to take hold.



## The unbearable weight of massive talent

**Nicolas Cage, Pedro Pascal, Ike Barinholtz, Tiffany Haddish**  
 Nicolas Cage plays a fictionalized version of himself who accepts a million dollar offer to attend the birthday party of a billionaire super fan.

# Want to get away from Songkran Mayhem? - Koh to an Island!



Thailand has many islands or Koh. Koh Larn and Koh Samet are amongst Pattaya's closest and most popular resort islands but Koh Si Chang is hardly on the radar. A weekend escape for Bangkokians, it is a small picturesque island with a relaxed atmosphere, clear waters, colourful houses and a slow pace of life. The island can be reached by ferry from Si Racha in about 45 minutes.



Then just north of Bangkok Koh Kret can be discovered in a kink in the Chao Phraya River. This island of villages, potteries and concrete pathways was created in 1722 by digging a channel across an ox-bow bend in the river. Koh Kret is famous for the terracotta and earthenware pottery made by its ethnic Mon inhabitants. To get there catch the Chao Phraya Express boat from Saphan Taksin pier to Pak Kret, Nonthaburi, and then the ferry from Wat Sanam Neua.



From the waters east of Phuket, there are a hundred ancient limestone islands looking just like sleeping mammoths. Local myths tell of them as being a herd of elephants that were trapped by the incoming tide. They comprise the Phang Nga Bay Marine Park and include gems like the donut-shaped Koh Hong "room island" that is best explored, inside and out, via a sea kayaking expedition. Further north is Koh Phing Kan aka "James Bond Island" which, owes its fame to having been one of the locations used in the 1974 Bond movie "The Man with the Golden Gun".

Still in Phang Nga Bay but further south, past Koh Lanta you will come to Koh Muk, deep in Hat Chao Marine Park. Here you can swim into Tham Morakot, "the Emerald Cave," where a winding, dark, 50-metre tunnel opens out into an interior grotto whose roof has collapsed, leaving a ceiling of sky above a sunlit beach.

Phang Nga's last offering is Koh Rok Nok where you can go ashore on an untouched beach to find a banyan tree bedecked with ribbons, spirit altars and dozens of wooden carvings forming a local fertility shrine. Snorkeling here happens amid not just schools but veritable "clouds" of fish.



Koh Laoliang, just off the Andaman Coast boasts a gorgeous beach with longtail boats and shacks selling fruit shakes and fried rice. A small island in Koh Petra Marine Park it sits 20 km off the Trang shore. Of course snorkelling is also popular here but also rock climbing, and kayaking. Koh Tachai, also on the Andaman Coast, north of the Similan Islands and south of the Surins is a low-key, day trip island which can be reached in about 1 hour by speedboat from Khao Lak.

While you're in the area you should also check out Koh Phra Thong about 10 km off the port of Khuraburi. In the middle in a group of three islands, Phra Thong is flat, with long empty beaches fringed by palms and the closest island to the famous Richelieu Rock dive site.



# WHAT IS HYPERHIDROSIS?

**H**yperhidrosis disorder is a condition that results in excessive sweating. This sweating can occur in unusual situations, such as in cooler weather, or without any trigger at all. It can also be caused by other medical conditions, such as menopause or hyperthyroidism. Hyperhidrosis can be uncomfortable. However, several treatment options can provide some relief.

Sweating is a natural response to certain conditions, such as warm weather, physical activity, stress, and feelings of fear or anger. With hyperhidrosis, you sweat more than usual for no apparent reason. The underlying cause depends on which type of hyperhidrosis you have.



## **Primary focal hyperhidrosis**

Sweating mainly occurs on your feet, hands, face, head, and underarms. It usually starts in childhood. About 30 to 50 per cent of people with this type have a family history of excessive sweating.

## **Secondary generalized hyperhidrosis**

Secondary generalized hyperhidrosis is sweating caused by a medical condition or as a side effect of certain medications. It generally starts in adulthood. With this type, you might sweat all over your body, or in just one area. You might also sweat while you're sleeping. Conditions that can cause this type include: heart disease, menopause, cancer, adrenal gland disorders,

Several types of prescription and over-the-counter medications can cause hyperhidrosis as well. In many cases, sweating is a rare side effect that most people don't experience. However, excessive sweating is a common side effect of antidepressants such as:

desipramine (Norpramin) and nortriptyline (Pamelor). People who take pilocarpine for dry mouth or zinc as a mineral dietary supplement can also experience excessive sweating.

## **Symptoms**

Symptoms of excessive sweating can include excessive sweating that's occurred for at least six months without an apparent reason.

Sweat that occurs on both sides of your body in roughly the same amount. Sweating that interferes with your daily activities (such as work or relationships). A family history of hyperhidrosis

These factors might indicate that you have primary focal hyperhidrosis.

Sweating all over or excessively in one area might indicate that you have secondary generalized hyperhidrosis. It's important to see your doctor to find out the underlying cause. You should also call your doctor if you experience sweating and weight loss, sweating that mainly occurs while you sleep, sweating and chest pain, or a feeling of pressure in the chest

Your doctor will ask questions about your sweating and perform certain tests, such as blood and urine tests, to determine if you have hyperhidrosis. Sometimes a starch-iodine test may be used that involves putting iodine on the sweaty area. Starch is sprinkled on this area when the iodine dries. If the starch turns dark blue, you have excess sweating.

## **Treatment**

There are several treatment options for excessive sweating. Your doctor might prescribe an antiperspirant containing aluminium chloride which is stronger than those available over the counter. Or anticholinergic drugs such as glycopyrrolate (Robinul), prevent acetylcholine (a chemical your body produces that helps stimulate your sweat glands) from working. Or Botox injections may be used to treat severe hyperhidrosis. They block the nerves that stimulate your sweat glands.

Primary focal hyperhidrosis is a treatable condition. Your doctor will help you develop a treatment plan so you can manage your symptoms. However, treatments for secondary generalized hyperhidrosis depend on the underlying condition causing your sweating that is why it is always good to talk to your doctor.



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# My Inspiration my Success

by: Miss Panadda (Karen) Taraponkiree



Throughout life, we are all faced with difficulties and problems. We are all fighting to live a better life but on the way have we ever noticed who is there to support us when we have no hope? Who is there to help make us be what we are today? Or even when we fail and we can't get to where we want to go, when there is no way out, who is there to help us finally succeed in our life and business.

Today, I would like to share with you the inspiration and success that I earn and live with today. I would like to introduce myself to you and tell you how I did manage to get a successful life.

My Name is Panadda Taraponkiree (Karen). I was born in the jungle in Petchabun province. I lost my parents when I was about 6 years old. I had no home, no hope, no clothes to wear. I had only one set of clothes that I wore before I lost my parents and continued to wear until they became so small and looked like rags.

I was taken to live in an orphanage in Bangkok where I studied hard because I wanted to be smart. I did my best and eventually left Bangkok to work in Pattaya. When I arrived in Pattaya, I had no idea as to what Pattaya was all about and no experience in working. I came with no money at all. I start working at several places in Pattaya but decided to start my own business and see how far could go instead of feeling so bad and so sad with no hope.

I start my Business "Karen Services" and at the beginning, it was difficult because I am not good at marketing. However, I was not afraid to start the business. I tried my very best and now I can say that my business is successful and my life is getting so much better. Many of you may ask how did I do that and how did I come to this point in your life? I myself have often asked the same question and when I look back can see that I found people who were shadows behind me and give me all that I have today. Here are 2 people who are my inspiration and my success.



## Mr Jessataporn Sribo.

I met him when I came to Pattaya and he had a powerful influence in the business field. I learned a lot from him and he taught me how to do business and how to set up all the prices in selling all products and how to propose my service to customers and even how to communicate with customers!! He taught me and helped me for free.

## Pol.Col. Waranraphi Isri-yaphat

I met him at immigration when doing interpretation. I was so thankful that I met him. I had been doing interpreting back and forth several times with him after I met him until one day he found out that I had ideas for how to do business but I just didn't have the money. He



asked me many times if I can do the business by myself so I don't have to be an employee to someone else. I answered "Yes, I can do it" and from then on he invested in the business and helped me to set up the company!

Truly we are to be thankful for many good people around us who stand by us and help us to move on with life and go forward. They are a part of our success in life and business. We should not just sit and complain and do nothing. Today I want to say "Thank you for being a part of " My inspiration- My success" Mr Jessataporn Sribo and Pol. Col. Waranraphi Isri-yaphat. Thank you for giving me a better life and hope to live on.

I hope that my article, my experience and my stories will be an inspiration, be an example for those who are discouraged to get up again and fight to live a better life and believe that they will be successful in life as I have been.

# แรงบันดาลใจสู่ความสำเร็จ

ในช่วงชีวิตของเราเราต่างคนต่างก็เผชิญกับความยุ่งยากและปัญหากันทุกคน เราทุกคนต่างก็ต้องต่อสู้ชีวิตเพื่อจะได้มีชีวิตความเป็นอยู่ที่ดีขึ้นแต่ในช่วงชีวิตที่เราเกิดมานั้น เราเคยสังเกตหรือรู้ไหมว่ามีคนคอยอยู่ คอยพยุงเราในยามที่เราไม่มีความหวัง คอยช่วยเราจนเราได้เป็นเราในวันนี้ หรือแม้กระทั่งในวันที่เราล้มเหลวทำอะไรไม่ได้เลย แต่ในที่สุดเราก็ผ่านวิกฤตินั้นมาจนได้ มาจนถึงซึ่งความสำเร็จในชีวิตและการงาน

วันนี้ ดิฉันขอแบ่งปันเกี่ยวกับแรงบันดาลใจและความสำเร็จที่ได้มา และขอแนะนำตัวว่าดิฉันเป็นใครและอะไรที่ทำให้ดิฉันมีชีวิตที่ประสบความสำเร็จ ดิฉันชื่อ ปนัดดา ชาราพรศิริ (คาเรน) ดิฉันเกิดในป่าที่จังหวัดเพชรบูรณ์ ดิฉันสูญเสียคุณพ่อคุณแม่ตั้งแต่อายุประมาณ 6 ขวบ จึงทำให้ดิฉันไม่มีที่พึ่ง ไม่มีบ้านอยู่ ไม่มี



ความหวังใดๆและไม่มีแม้แต่เสื้อผ้าที่จะใส่ ดิฉันมีเสื้อผ้าชุดเดียว นั่นคือชุดที่ใส่อยู่ตอนที่ยังมีพ่อแม่ ใส่ชุดเดี่ยวนั้นจนมันคับและเป็นผ้าขี้ริ้ว ไม่มีเสื้อสับเปลี่ยนเลย ต่อมา ดิฉันได้เข้ามาที่กรุงเทพฯ อยู่ในบ้านเด็กกำพร้า ดิฉันตั้งใจเรียนอย่างหนักเพราะดิฉันอยากเป็นคนฉลาด ดิฉันทำดีที่สุดในความสามารถที่จะทำได้จนกระทั่งได้มาที่พญา เมื่อมาถึงพญา ดิฉันไม่ใคร่รู้อะไรของเมืองพญาว่าเป็นอย่างไร ดิฉันไม่มีประสบการณ์ในการทำงานเลย มาแบบไม่มีเงินติดตัวมาด้วย ก็เริ่มหางานทำและได้ทำงานหลายที่เพื่อหาประสบการณ์ เมื่อมีประสบการณ์แล้ว ดิฉันก็ยังมองไม่เห็นอนาคตของตนเองเลย

ดิฉันมีความหวังเลยด้วย ทำงานเป็นแต่ลูกจ้างมาตลอด ในที่สุดดิฉันก็ตัดสินใจเปิดธุรกิจของตัวเองเพื่อจะดูว่า ดิฉันจะไปได้ไกลแค่ไหน แทนที่จะมานั่งและรู้สึกไม่ดี รู้สึกเศร้าและรู้สึกว่าจะไม่มีความหวัง ดิฉันเริ่มธุรกิจนี้ในนาม “คาเรน เซอร์วิสเชส” การเริ่มต้นนี้ยากมากเนื่องจาก ดิฉันยังทำการตลาดไม่เก่ง แต่เพราะดิฉันไม่กลัวที่จะเริ่มและทำให้ดีที่สุดความสามารถที่มี ในวันที่ ดิฉันสามารถที่จะพูดได้อย่างภาคภูมิใจว่า ธุรกิจของดิฉันนั้นประสบความสำเร็จและชีวิตความเป็นอยู่ที่ดีขึ้น

หลายคนอาจจะมีคำถามว่า ดิฉันทำได้อย่างไรและดิฉันก้าวมาถึงวันนี้และยังมีชีวิตอยู่พร้อมกับมีธุรกิจที่ประสบความสำเร็จด้วยได้อย่างไร? ดิฉันเองก็เคยถามตัวดิฉันเองเช่นกัน ดิฉันจึงได้นับเหตุการณ์ต่างๆที่เกิดขึ้นกับดิฉันและได้พบว่า มีบุคคลที่เป็นเงาแห่งความสำเร็จและเป็นผู้ที่ทำให้ดิฉันมีทุกสิ่งในวันนี้

แรงบันดาลใจและความสำเร็จของดิฉันมีบุคคลสำคัญสองท่านดังนี้

## 1. คุณ เจษฎาภรณ์ ศรีบุญ

ดิฉันได้พบและรู้จักกับคุณ เจษฎาภรณ์ ศรีบุญ ตอนที่มาพญา ท่านเป็นบุคคลที่มีอิทธิพลในการทำธุรกิจกับดิฉันมาก เนื่องจากท่านเป็นคนที่ดีใจมาก ท่านได้สอนหลายสิ่งหลายอย่างในการทำธุรกิจและการตั้งราคาสินค้าต่างๆ ตลอดจนการนำเสนอสินค้าและการสื่อสารกับลูกค้า! ดิฉันได้เรียนรู้จากท่านมากมาย ท่านสอนโดยไม่คิดค่าใช้จ่าย ท่านมีแต่ช่วยตลอดมา

## 2. พ.ต.อ. วรณพรี อิศริยพัลล์

ดิฉันพบกับท่านโดยการไปเป็นล่ามแปลภาษาที่ตรวจคนเข้าเมือง ดิฉันดีใจและขอบคุณที่ได้พบกับท่าน หลังจากที่ได้พบท่านแล้วดิฉันก็มีโอกาสไปเป็นล่ามแปลภาษาอีกหลายๆครั้ง และท่านได้พบว่าดิฉันรู้อะไรเรื่องงานธุรกิจและทำธุรกิจเป็น แต่ดิฉันไม่มีเงินหรือผู้ช่วยในการเปิดทำธุรกิจ ท่านได้ถามดิฉันและยกกับดิฉันหลายครั้งว่า ถ้าทำธุรกิจเอง ทำได้ไหม? เพื่อดิฉันจะได้ไม่ต้องมานั่งทำงานเป็นลูกจ้าง สิ่งที่ดิฉันตอบคือ “ทำได้ค่ะ” และโดยคำตอบนี้เอง ท่านได้ให้โอกาสดิฉันในการทำธุรกิจและได้ลงทุนเปิดบริษัทให้ดิฉัน!

จริงๆแล้ว เราไม่ควรจะมานั่งบ่น ทำตัวไม่มีความหวัง แต่เราควรขอขอบคุณที่ยังมีคนดีอีกมากมายรอบตัวที่พร้อมช่วยให้เราสามารถยืนและก้าวไปข้างหน้าได้ จงขอบคุณที่คนเหล่านั้นได้ช่วยและให้โอกาสเรา เขาเหล่านั้นคือส่วนหนึ่งของความสำเร็จในชีวิตและการงานของเรา

วันนี้ ดิฉันจึงขอใช้โอกาสนี้ ที่จะกล่าวว่า ขอขอบคุณคุณ เจษฎาภรณ์ ศรีบุญและขอขอบคุณพ.ต.อ. วรณพรี อิศริยพัลล์ ที่ได้เป็นส่วนหนึ่งของ “แรงบันดาลใจสู่ความสำเร็จ” ของดิฉัน ขอขอบคุณที่ให้โอกาส ให้ความหวังและให้ชีวิตที่ดีค่ะ

ดิฉันหวังว่า หนังสือของดิฉันหรือประสบการณ์ของดิฉัน เรื่องราวของดิฉัน อาจจะเป็นแรงบันดาลใจ เป็นตัวอย่างให้ใคร่ต่อสู้ได้และมีชีวิตความเป็นอยู่ที่ดีขึ้นเช่นเดียวกับที่ดิฉันได้มา

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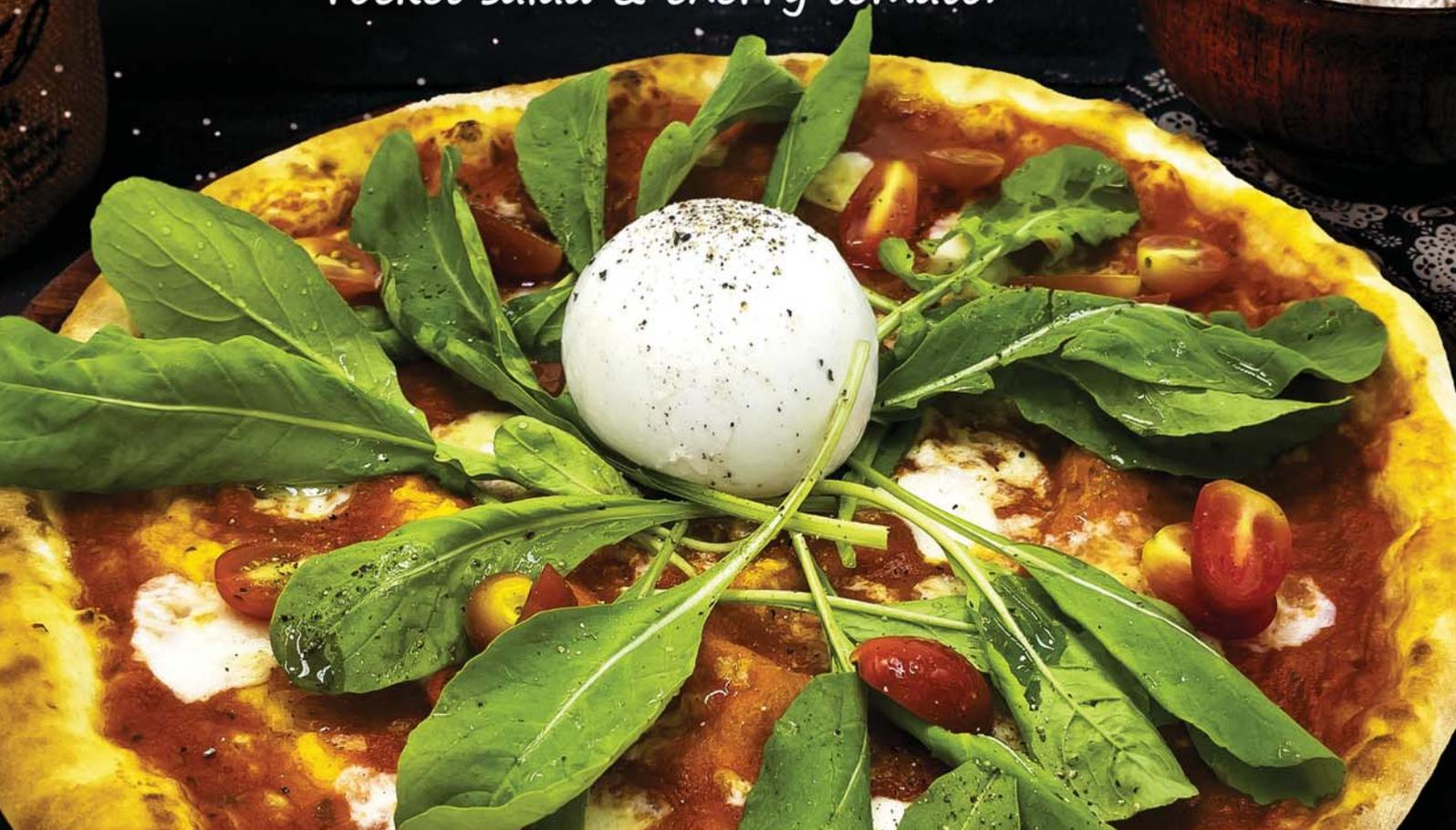
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## Tasting event at Poseidon

For those of you who haven't visited the beautiful Poseidon Wine Cellar and restaurant lately at the Thappraya road entrance to Jomtien Complex please take a look. Since its redesign, it now has a stunning round bar and is a wonderful place to enjoy top quality food from the excellent Dutch chef whether seated inside or out.

It was therefore an excellent choice for VinesToVino to host their wonderful wine tasting event. The restaurant provided gourmet canapes that were plentiful and varied. They included a variety of excellent meat combinations with succulent lamb, beef, chicken and pork.

From these, you could really get a very good idea of how well the restaurant prepares their meat dishes on a regular basis. Also, the piping hot pastry pies and sausage rolls straight from the oven and smelling so delicious they just had to be eaten, tasted as good as they smelt.



To be fair I am more of a red than white wine lover - especially when dining, but my friends raved about the first white wine on the listing a ClearWater Cove Marlborough from New Zealand.

We have been starved of great networking and dining experiences over the last two years. So it is very encouraging to see Ray with his vast experience in charity event organising here in Pattaya start these great events right now.

What he is doing with his VinesToVino Pattaya Wine Club is to connect great wine, great food and great people. The recent tasting at Poseidon was also great value at only 1590 baht which included the gourmet canapés buffet and all the wines.

To join go to the Facebook page Pattaya Wine Club



One idea I particularly liked was how the smaller canapes were served inside paper cupcake cases on the larger trays making picking up of these convenient and very easy. All in all the food at Poseidon provided excellent "soakage" for the wine pairing and I for one will certainly be returning soon as their Fondue Bourguignon (min 2 people and 1-day pre-order) sounds amazing.

So what about the wines on offer? Well two standouts from the selection for me were the Conte Fosco Cuvee Brut -95% Trebbiano, 3% Moscato Bianco 2% other wiper grape varieties. Just the right level of fruitiness and dryness and unbelievably great value at only 439 baht a bottle.

Then the Primitivo di Manduria a richly rewarding red which my Italian relatives would most certainly refer to as "Robusto". This smooth, full-bodied wine paired excellently with the meat canapes from Poseidon.



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# The Coffee Detective Visits Nins Patisserie

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

The location is really outstanding being within the beautiful leafy Sun Sabella complex. This is a wonderful space to let the children run around while you enjoy a delicious cake and accompanying coffee.

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

There is seating outside to enjoy the space, the fresh breeze and the lovely lush trees and plants. Or during the hottest of days, the interior is charming with plenty of gorgeous decorations ideal for your selfie photos



## Quality of coffee \*\*\*\*

You can find some unusual coffee here including hot or cold options made with beans from Thailand and Vietnam. Or for those who prefer a Decaf Beverage, there is a Nespresso option. Also, the patisserie here is delicious from Nin and Co Bangkok.



## Service \*\*\*\*

The staff at Sun Sabella are all extremely friendly, helpful and charmingly dressed in traditional, Thai costume. However, the complex is a large space to cover with 2 authentic Thai restaurants, the fabulous Jazz Pit and an outside kitchen for snacks, smoothies and shakes. So don't be afraid to ask if you want anything served from the patisserie inside or out they will be happy to help.





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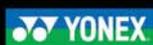
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# INSPIRED BY AMARA

By Gloria Jones

## ***“Water gives me energy I have always lived by water”***

This is one of the many quotes I remember from my talk with the fascinating Amara. Born in Ayutthaya to a large family of 16 children (although 5 did not survive) they lived by the river. Then after her father tragically died of TB when Amara was just 10 years old, she moved a couple of years later when 13 years old to Pattaya to join her sister and brother and find a better life. As soon as she saw the sea she knew it was the place for her!

Despite having had only 7 years in full-time education her father who had been a teacher, instilled in Amara an amazing work ethic. Another source of inspiration was King Rama 9. When Amara found out he was going to be making an official visit 18 km from her home, at just 10 years old she made the bus journey all by herself in order to meet him.

Amara was making food wrappers from old newspapers she collected from a nearby GI camp area. Selling 100 bags for 1.5THB to finance her school bill. Ironically she is now helping school kids to collect and repurpose trash into objects to help finance their schools.

## ***“I was only 15 and it was the happiest time of my life”***

Her brother found work at a beach club and started learning how to windsurf also helping Amara learn. She fondly remembers the first time she went out onto the sea and soon joined him working at the surf school, learning to get better and better at windsurfing.



After just 3 months she was good enough to take part in a competition arranged by Cobra who had set up a nearby factory in Chon Buri. She won her first race outright and was totally elated remembering how proud she was to prove to all the boys that she could beat them!

## ***“When you find the thing you love it can change your life”***

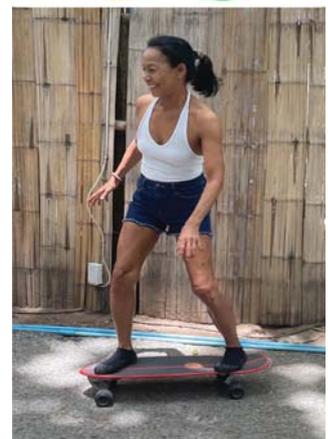
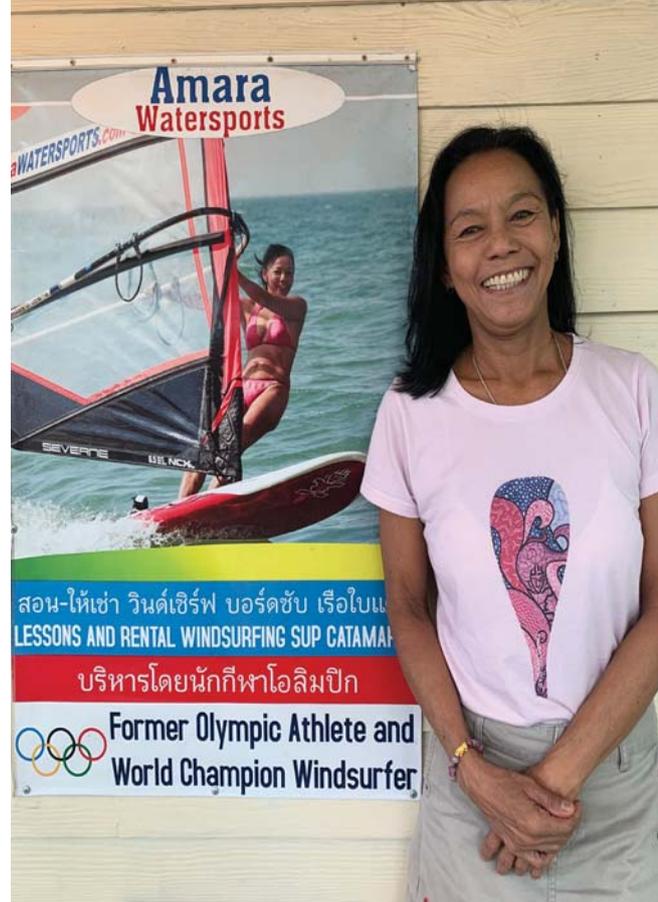
Cobra recognising Amara’s natural talent asked if she would like to travel to Europe to compete in windsurfing competitions. She went and was extremely happy to travel to Germany, Belgium and France. Another year of competing in Europe followed then Israel

where at the age of only 17 she became International Freestyle Champion. It gave her great pleasure to become so successful at the sport she loved and Amara felt she had something to prove not just to herself but for all Thai women. Often whilst travelling she was asked what bar she worked at?! Frustrated by the bad reputation of Thai women abroad she was proud to represent her country to have a strong belief in her own self-worth and ingenuity and to hopefully motivate and inspire others.

## ***“If dirt can make bricks that can then make a house so I too can do anything.”***

She believes this idea came to her when still young and learning to make bricks. The clay had to be mixed and trodden by foot, then left in wooden moulds in the sun to dry and finally baked in a fire kiln ready for use in building roads or houses. So at only 17 Amara along with her brother and a friend bought 2 Catamarans and 5 Windsurf boards to rent out and start a business.

Although the two boys eventually left, Amara carried on progressing with her teaching by taking courses to become a qualified instructor. In between, there were yet more competitions and more trophies culminating in her being chosen to be part of the Thai Olympic team when she was 29. For her, it was a perfect life, with a mix of competing around the world with sponsorship from the likes of Singha beer then returning to her own company where she could teach and pass her skills on to others.



## ***"I am a Trash Hero"***

Today with another couple of instructors working alongside her, Amara can focus on her other passion of taking care of the environment, especially the Ocean! She has already organised successful beach clean-ups with dignitaries such as the ambassador of Norway and not content with merely the collection of tons of plastic, she also helps with its transformation via a small local factory that can make it into useful objects such as plant pots. Most of all she loves educating especially the young about the importance of not dumping plastic.



***"My victory is when I can inspire the next generation"***  
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# THE MASTERS

By Steve Wade



The golf tournament that many fans regard as the greatest in the world, The US Masters, takes place this month at the Augusta National Golf Club. Starting on Thursday the 7th and finishing, as tradition dictates, on the 10th, the second Sunday of the month, the event holds a special place in the affections of players and fans alike. This is due largely to the fact that unlike any of the other three major tournaments of the year, it is held at the same venue and has been since its inception in 1934.

The Augusta National Golf Club has an aura and mystique all of its own, as many of the players and spectators who first arrive at the course have attested to. Each hole of the eighteen is named after the tree or flower with which is most closely associated, and names such as Magnolia, White Dogwood and Golden Bell are familiar to golf aficionados around the world.

The idea for both the course and the tournament came from Bobby Jones, the greatest golfer of his day and one of the most influential figures in the history of the sport. First played in 1934, the tournament has grown from an invitation event only into the most popular golfing event of the year and attracts the best players in the world. Thankfully, now that the worst of the pandemic restrictions are over, this year's event will be watched by a capacity crowd, although as always they will be very well behaved, as the committee take a dim view of any unruly behaviour from spectators.

Back in 2019, the year of Tiger's comeback win, the sight of thousands of fans racing up the 18th fairway must have given them some anxious moments!

The tournament has grown at an astonishing rate. When you consider that Arnold Palmer, the man who made such a huge contribution towards making the game what it is today, collected 11,250 US Dollars for his first victory in 1958 and the winners for the last five years have each won around two million, you can see how the event has gained in popularity, especially since Tiger burst onto the scene in 1997.



Matsuyama wins in 2021



Jack Nicklaus, the bridge between Palmer and Woods, also supported the tournament throughout his career, winning a record six times between 1963 and 1986, when at aged 46 he became the oldest winner in the history of the event. This feat was only bettered by Tiger's win at aged 21 in 1997, making him the youngest winner ever. Of course, that was by a record 12 shots!

The course itself, being old and well established, at least in American terms, has had the same problem as many layouts across the world in that the advancement of technology, in both ball and club, has led to players hitting it much further than they ever have in the past, making the task of setting a major championship test for the players that much more difficult.

Over 500 yards in length has been added since 2000 and the organisers are constantly tinkering with the course to ensure that it continues to represent a stern examination for the players.

Every golf fan will have their own favourite memory of the Masters, mine being Nicklaus' last win in 1986. For some it will be Tiger's first win in 1997, but for the large majority it will be his "comeback" win in 2019 that will live longest of all.

After numerous trials and tribulations, including career threatening back surgery, Tiger came back to win his 5th Masters by one shot and the scenes afterwards were something that Augusta, and indeed the world of golf, had never witnessed before.

Although still an invitation only tournament, meaning that the field is generally smaller than for the other "Majors", certain criteria has been laid down to ensure that the cream of the worlds players attend the event.

The current top fifty in the world are invited, both for that particular week and the past calendar year, and a raft of other exemptions are in place to capture the top names in the game. Along with the history and the draw of the venue itself, this always leads to a top quality field.

I am sure that many golf fans on this side of the world will be awake in the early hours of the morning on that weekend to watch the final two rounds of the tournament and find out who will be declared the 2022 Masters champion and don the traditional Green Jacket. I know I certainly will.



# SPORTS UPDATE FOR APRIL

By Steve Wade.

April is one of my favourite sporting months of the year. Not only do we have the Masters golf tournament and the Grand National race meeting, on the same weekend mark you! We also have the quarter and semi-finals of the Champions League, plus the World Snooker Championship. The Premier League has a full match-day on each of the five weekends as it speeds towards its conclusion in May and the other Major European leagues are doing the same.

The Masters, featured elsewhere in Discover Pattaya, starts on the 7th of the month and continues through to the final round on Sunday the 10th. Meanwhile the Grand national, the race itself, is run on the Saturday although the meeting starts on the 7th .



Having made dramatic improvements in both the facilities on course and the quality of the racing, Aintree as a whole has transformed itself into one of the premier race meetings of the year. This four day period, with horseracing, golf and football at the forefront, is my favourite sporting period of the entire year and I will be glued to the TV, night and day, watching the action unfold.

Elsewhere the Formula One season, which got underway in March, continues with two major events, the Australian and Italian legs of the season long championship. The Aussie race is from the 8th until the 10th of the month and the Italian race, always a special event for everyone connected with the sport, takes place between the 22nd and 24th.

In the Premier League, Manchester City and Liverpool have drawn away from the rest in the race for the title and these two play each other on the 10th. It may be too early to call it a title decider but a win for either side will go a long way towards telling us where the trophy will end up this year. There is a full programme throughout April and a host of fixtures are being played which will have a significant bearing on the European and relegation issues.

The world Snooker championship will be held, as ever, at the Crucible Theatre in Sheffield.

Starting on the 16th of the month, it will go through until the final, which climaxes on Monday the 2nd of May, a bank holiday in the UK and traditionally the last day of the event.

A great TV sport, I'm sure this will be of great interest to the many pool players and Snooker fans we have in the city.

That's about it for now. We have a great month of sport to look forward too. Good luck everyone.





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# SILENT-YACHTS

## LAUNCHES NEW ERA



The Silent 60 is the first in a new wave of models by Silent designed by Pattaya-based Dr Albert Nazarov and constructed in nearby Rayong by PMG Shipyard. The Silent 60 is a true bluewater vessel that offers a cruising speed of 6-8 and features 42 powerful 17kWp solar panels on the roof of the superstructure and flybridge

The large hydraulic platform can hold a tender of up to 4m and 350kg, and the Silent 60 is as elegant as it is practical. Thoughtfully designed spaces include generous seating affording unobstructed views out over the open water with an adjacent drinks cooler which means you don't have to leave your seat to enjoy your refreshments while taking in the view.

The aft doors can slide open to connect the large cockpit to the main-deck interior, which features a full-width galley aft. On hull one, the forward master cabin has a large bed with side tables and a vanity to port





Stairs lead down to a generous en-suite bathroom that houses a large shower, cushioned seating, basin with mirror and ample storage. Cabins are all well lit, have en-suite bathrooms and their configurations are flexible as Silent-Yachts offers an extensive options list and opportunity to customise.

As of late 2021, there were eight units of the Silent 60 in production across shipyards in Thailand and Italy, with an impressive 17 units sold when including the 62 3-Deck, a model with a full 540sqft flybridge that can either be open or partially enclosed. And with the first units of the 80 and 80 3-Deck also launching in 2022 and the first Silent 100 already sold, Silent-Yachts' biggest challenge is delivering on the fast-growing demand for zero-emissions yachting that it's helping popularise.

WORDS LUCIE GARDINER PHOTOS SILENT-YACHTS  
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# CAN RENEW AND REPAIR YOUR UPHOLSTERY

Do you have a favourite chair or sofa that has seen better days?  
Has the “stuffing” gone out of yours?  
Is it no longer comfortable to sit on?  
Are you considering buying a replacement?

But what if you can't find one you like as much?

Yours just fits perfectly into the space you have for it and you don't want to chuck it out - Well now you don't have to! The extremely nice people at Number 2 Interior Design will restore it back to its former glory so it is as good as new!

For example, a two-seater leather sofa where all the foam and springs had been destroyed due to some water damage they took away to work on. As the photos show they stripped it right back to the frame because most of it was completely unusable. All the internals had to be replaced literally the frame was all that was salvageable and even that had to be dried out in the sun while the new springs were fitted. Then they added new high-density foam seat cushions and new comfortable backrest cushions,



However, when the sofa was finished and returned with final polishing done in the home the result was incredible. So comfortable to sit on with plumped up cushions that felt amazing especially compared to how they had felt before the restoration. A word of advice though this company because of its unique and painstakingly good service is in high demand.



Also, they are proud of the quality of their workmanship that is all done by hand so you must allow them time to do their work.

Get yourself an alternative so you aren't sitting on the floor while you wait! Allow them their time to make sure the finished item is returned to you exactly how both you and they want it - you will not be disappointed!



## Contact

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# Using Gold in Interior Design

In these warmest and sunniest of months here in Thailand, you may be inspired to add a bit of golden luxury to your interiors. There are many different shades of gold from pure yellow gold, white gold through to rose gold. Also, many different colours that work well with gold. For example, if you want to freshen up a pink bedroom gold accents through furnishings, accessories and interior hardware are a good and inexpensive way to ring the changes.



Black and gold is a timeless colour combination often with gold being used for metallic accessories or even through sockets and switches. Gold can also work extremely well with multiple shades of blue, from the lighter end of the spectrum right through to something as dark as cobalt blue. The two colours contrast perfectly together for maximum impact for example painting your walls with blue and then contrasting with gold artwork or picture frames.

Gold and white is a really classic, elegant combination from weddings through to classic bedroom designs it is a perennial favourite. However, you can also team gold with more unusual partners, such as green for example. Either through the use of wallpaper highlights or metallic frames on chairs and accessories., the addition of this dramatic highlight will modernise your room and make the colours pop.



But no matter what combination you decide on, adding some gold will bring some of the Summer Sun inside your home.

# Songkran – great fun

By Derek Franklin

April is the one of the hottest months of the year here in Thailand. A month when all schools are closed, many young boys follow tradition and ordain as Buddhist monks, and millions travel across the country back to their home towns and villages to spend time with their family and celebrate the Thai New Year festival of Songkran. It is also a time when farangs complain more than they usually do, calling for Songkran to be banned, or to revert to the quieter and more sedate traditional Songkran ceremony.



I recently spoke with a well-educated eighty five year old Thai lady and I asked what Songkran was like when she was a young girl? Her reply, 'exactly the same as today, we spent all day throwing water over everyone.'



Songkran is an important holiday for Thai people, a time for spending time with family and friends, visiting temples and paying respect to elders. But it is also a time for fun, and you don't have to be young to enjoy Songkran. In pre-pandemic days, hundreds of children and students with disabilities would gather at the Father Ray Foundation on the main Songkran day. Everyone would be wearing their brightest and most colourful shirts, water guns in hand and ready for a day of fun.

The morning starts with a traditional ceremony where the children pour scented water over a statue of Lord Buddha, then pay respects to the elders by also pouring water over their hands.

Then everyone was free to make their way to Sukhumvit Road, where huge buckets filled with water are waiting for them, and they would spend all day getting soaked and throwing water over anyone and anything that passes by.



Songkran is here, it is part of Thai culture, so rather than complain and moan, enjoy it, get involved and if a few local kids splash an old farang with water, think of how much fun they're having. Happy Songkran everyone



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By Magna Carta Law Office

## COMMON MISCONCEPTIONS ABOUT PRENUPTIAL AGREEMENTS

**M**isconceptions about prenuptial agreements can make people drop the idea of having a prenup. It is significant that your decision is not based on wrong information. Here are some of the common misconceptions:

### PRENUPTIAL AGREEMENTS ARE JUST FOR THE WEALTHY

Although it is true that prenups are more likely sought by wealthy people, it is not true that they are the only ones who need it. This can also be extremely helpful to everyone in any financial circumstance. Any couple who has any assets they wish to protect can benefit from a prenup.

Through the years, couple's lives tend to become complicated as they earn more, and acquire assets during the marriage. Everything owned by a married couple can become a probable source of conflict later on. With a prenup, each party can specify premarital properties to remain as their respective property throughout the marriage. Throughout the prenup preparation stage, couples can discuss and agree on issues that are often major sources of conflict in a divorce trial. Having detailed and honest discussions regarding how you'll handle personal and joint finances will ensure that there won't be conflicts later on.

Moreover, prenups can also help with any debts accumulated before marriage. Under Thai law, you can use this agreement to protect the assets of the other spouse from seizure to satisfy all separate debts incurred before the marriage. Without it, your future spouse's liability and negative credit history can become your own. As a result, creditors can go after the marital property even though only one spouse is the debtor.

### PRENUPTIAL AGREEMENTS ARE EXPENSIVE

When compared to the potential cost of litigation that could result without a prenuptial agreement, prenups can apparently save couples a lot of money in the event of divorce. A couple with a well-drafted prenup can easily go through an uncontested divorce because many issues have already been agreed upon. Legal court fees significantly exceed the amount of money spent on a prenup, that is why carrying it out can save a huge amount of money that would otherwise be spent on divorce litigation fees. Lawyers are able to draft legally binding prenuptial agreements for a reasonable cost.

### I DON'T NEED A LAWYER, I CAN WRITE A PRENUP MYSELF

In some cases, couples try to draft their own prenuptial agreement or download forms from the internet. You have to remember that prenups drafted without seeking the help of a lawyer may not be sufficient and may not be legally binding. If you are not familiar with the law, it is always best to have a consultation with a lawyer, or at least have a lawyer review your prenuptial agreement before signing it. Otherwise, its validity may be contested in the future, thus making the prenup useless.

There are various misconceptions about premarital agreements that you can address by discussing them with a lawyer. Seek their help if you need help in creating a prenuptial agreement, or if you have uncertainties about whether it would be suitable for you. They will assess your situation and recommend the best way forward.



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# This real estate development is building a forest in Bangkok

By Cheyenne Hollis

A common complaint is that Bangkok lacks green areas. With space in the city center at a premium and land prices inching upwards, real estate developers opt to maximize usage. While most builders try to find ways to incorporate trees and sometimes small parks into their projects, these can still be rather limiting. One company wanted to change that. Magnolia Quality Development Corporation (MQDC) felt like they could invert that concept by building a forest in Bangkok and then placing a real estate development around it. This idea is what has inspired The Forestias.



It must be stressed that MQDC is building a real forest in Bangkok. This isn't simply some trees or green spaces. Ecologists and conservationists have been hired to help build a living, breathing ecosystem that will be the heartbeat of The Forestias. Flora and fauna have been carefully selected and introduced gradually to ensure a vibrant, healthy forest that grows right alongside the project's residents. Meanwhile, a team of park rangers will be on hand to monitor The Forestias ecosystem as well as provide educational services to the public.

MQDC has set aside 30 rai (4.8 hectares) of forest that will be inaccessible to the public. This decision was made to provide protection to certain plant and animal species that flourish better without human traffic. However, the public can still observe some of these areas via the canopy walk that connects the various parts of the mixed-use estate. This protected area is the hub of the forest which spans to every last corner of The Forestias. In fact, more than half of the entire development has been set aside for it. The project itself covers nearly 400 rai, or 64 hectares. To put this into context, the newly expanded Benchakitti Park is 72 hectares while Lumpini Park is 57 hectares. According to the developer, this is the largest such forest to be built within a metropolitan township project.

Forests will cover more than half of The Forestias and MQDC believes that building a forest in Bangkok can allow people to live a better life. For starters, it cites numerous studies conducted over the years that show a direct correlation between access to green spaces and improved health and wellbeing. There are also the environmental benefits that building a forest in Bangkok should bring. For example, there will be much less pollution in and around The Forestias. Additionally, temperatures inside could be anywhere from two to five degrees Celsius cooler than in other parts of the city.

The developer has been very careful to place the various residential projects around the forest to ensure everyone could enjoy a connection to nature. Every time a person walks out of their front door or building, they will be immersed in the beauty only the environment provides.



The public has taken notice of the work MQDC is doing at The Forestias. The development won Thailand People's Choice Award for Project of the Year at the Dot Property Thailand Awards 2021. Given the firm's unique and bold plans, it was something they took a great deal of pride in winning. "Winning these awards makes us very proud.

It makes us feel like we are developing The Forestias in the right direction. We don't only want to develop a good project, we want it to be one of the best projects in the world," Khun Kittiphun Ouyamaphun, MQDC Senior Vice President, proclaims. Those wanting to catch a glimpse of The Forestias and see how MQDC is building a forest in Bangkok can visit the project showroom in Bang Na.



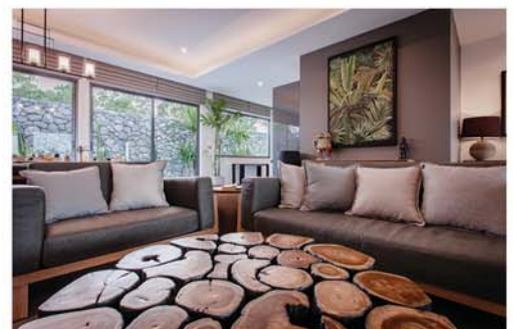
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# Developers expect home prices in Thailand to rise this year

By Cheyenne Hollis



The rising cost of building materials will lead to home prices increasing in Thailand. A labour shortage coupled with rising costs for construction materials will cause home prices in Thailand to increase this year. Developers have been monitoring the situation and are trying to keep these increases to a minimum in order to meet existing demand.

“It will be a challenging year for homebuilders as the demand side is strong, but the supply side or construction costs are worrying. We need to manage costs the best to finish the units at the price we agreed with customers earlier,” Phanid Maneerattanaporn, Landy Home Director of Construction and Business Development, told the Bangkok Post.

He noted that a labour shortage continues to be a challenge for many developers with workers from abroad still unable to enter Thailand. This has driven up wages for local employees with homebuilders and construction firms engaging in a bidding war for their services. That is not the only challenge facing the residential real estate sector. The price for construction materials, namely cement and steel, is another cost developers are struggling to cope with in 2022. Supalai is one firm that has already planned for the situation.

“Costs of housing development excluding land costs will likely increase by 3-4 percent this year. When combined with higher labour wages and fuel prices, housing prices will be 2 percent higher,” Supalai Chairman Prateep Tangmatitham explained. Supalai will stay active in 2022. The firm intends to launch 34 developments this year, 31 of which will be low-rise housing. Of that total, more than half are set to be located outside of the Thai capital.

Other homebuilders have noted the increase in building costs but haven’t yet determined how much of this will be passed on to homebuyers. For instance, Seacon expects construction expenditure to rise by 5-10 percent in 2022. However, the firm has yet to decide how it will adjust home prices.

Despite these problems, many leading Thai developers have announced new project launch plans for 2022. The property market finds itself in an interesting spot as the source of demand and buyers’ preferences have changed radically over the past two years. For starters, CBRE noted the Thailand property market is now dominated by end users which is a far cry from just a few years ago when investors were scrambling to purchase condo units. The needs of buyers are increasingly different as well with demand for housing currently driving real estate purchases. These trends are reflected in what developers have planned for their new project launches this year. Many are focused on low-rise housing, although a few are jumping back into the Bangkok condo market.

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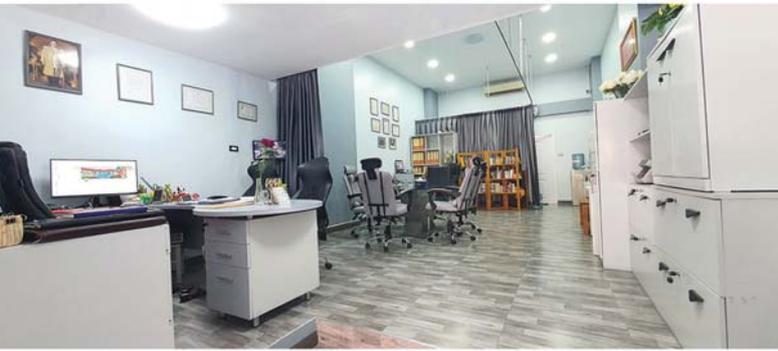
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2 air-cons, microwave, electronic safe, washing machine. 2 flat-screen TVs, 2 DVD players, home theatre. Foreign ownership, offered on a minimum one year lease.

Price 4,000,000 Baht

Rent 16,000 Baht



# Gardening in the Tropics

Gardening, whether one loves or hates it, hinges on the colour of one's thumb: Green — for those whose open-air interests extend to the growing of greenery, or Red — for those who prefer their outdoor activities to be limited to lounging poolside. Regardless of which camp you are aligned with, your garden can be managed by a landscape design that's carefully pruned to meet personal likes and lifestyle.

In most cases, outdoor gardens are the last area of the home to receive attention. but by no means should they receive any less consideration than the interior. By carefully selecting shapely shrubbery, strategically plotting the placement of frees, and intelligently factoring in the flow of flowers, footpaths and fountains you can compliment your home's architectural style. Also, a good looking exterior will increase the property's overall value and create an outdoor living space that you actually want to be in

If you're starting from scratch or doing a complete makeover, the golden rule in terms of creating a successful garden is knowing exactly what you want and precisely what you don't want. If you're unsure, surf the internet for inspiration or consult with a professional landscape designer. As plant life grows far more rapidly in the tropics, it's also wise to discern the best location in which to place the flora and fauna you desire. This is often more easily accomplished by first determining where you don't want the flowers and plants to be.

Curb appeal is the primary function of the garden. It is responsible for the first impression any visitor will have of your property. As such, it should be inviting, immaculately manicured, well thought out and its design should be compatible with the style of the home. Your garden may also serve as an area for pets, a play space for children or a setting in which you can relax, entertain or grow things. Therefore, swimming pools, barbecues, patios, vegetable gardens, and playgrounds may all feature in the layout.



The key to a low maintenance garden is simplicity and actually planning (ahead of time) for it to be so. Experts claim that piecing a garden design together bit by bit is a sure recipe for disaster.

It also pretty much guarantees that the garden will be more costly, less efficient, and more difficult to sustain. If doing less in the garden is your idea of nirvana, eliminate time-consuming water features like fountains; replace flower beds with shrubs or succulents and double the width of pathways.

Large shade trees and high hedges can be an excellent first line of defence when it comes to shading the sunny side of any residence. Or attractive shade alternatives to planting large trees can include installing awnings and louvred or latticed panels.

Any tropical garden is capable of attracting the usual suspects in respect to pests and wildlife and in Thailand, these can include a variety of snakes, toads and lizards. Most of Thailand's garden snakes are harmless, but one does need to watch out for the deadly green tree viper, the venomous cobra and even large pythons. If encountered, after first hiding the toddlers and small pets, a swift call to the authorities or the housing estates security staff will see the scaly intruder carried away. If your garden does contain dense foliage, make as much noise as possible when approaching. Also, check shoes left outdoors at night as they make an excellent shelter for small snakes, and other creatures that you probably don't want near your toes.

Next to the air conditioner, the number one crowd-pleaser in the tropics is by far the swimming pool. Be it ever so humble or grandiose, there is no better way to cool off than splashing about in a pool filled with clear sparkling water. Also, a shady sanctuary from the unforgiving tropical sun is a must. This might be a simple awning, arbour or completely covered veranda, or patio with a ceiling fan.



Then, of course, there's the Thai style Sala, under which a weary traveller traditionally took refuge from the intense rain and sun, so common in the tropics. Whether it's situated under the shade or positioned poolside, stylish tropical decor on which to repose will add a degree of comfort and elegance to your garden retreat. Consider all weather daybeds, deck chairs, sun beds, dining and side tables, and garden benches made from materials such as teak and rattan. If you feel that less is more, well there's always the tried and true hammock, just make sure that the trees from which it's hung are strong enough!

If your garden is to be the dog's domain, avoid flower beds and delicate fauna. Stick with sturdy plants that can withstand the antics of a canine and create a spacious lawn on which it can romp. A covered space or a cool shady spot, or even a shallow pooch pool where Fido can cool down after all that romping is also a necessity. Ensure that fences are high enough so that they can't be leapt over and deep enough to prevent an escape by digging.

Your final touches may include barbecue grills, outdoor showers, even colourful floodlights so that it becomes a space to enjoy both by day or by night.



# Royal British Legion Thailand



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# THAT'S ENTERTAINMENT – Barry Upton

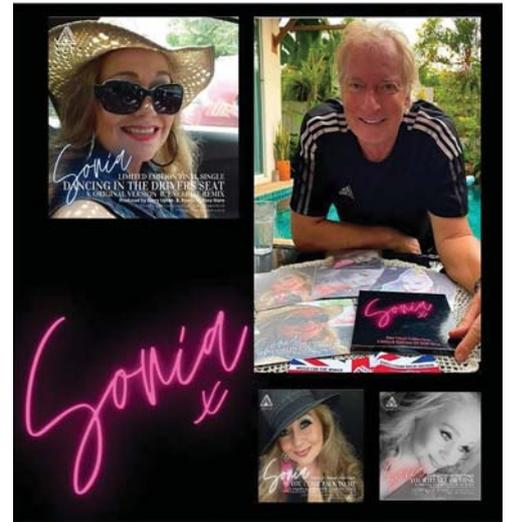
Everyone's individual entertainment requirements differ from person to person in today's world of diversity via technology, sport, music, theatre, cinema and so on.

My forty six years in the entertainment industry has taught me that pleasing some will not always please others and that there is no 'one size fits all'. Therefore criticism has to be expected and a sense of humility about everything you do as you lay yourself bare with each offering.

However, a deep sense of joy is experienced whenever a project or performance is successful and thankfully received positively. If the success brings with it financial reward, then that's a definite bonus.

After thirty years since my last vinyl 45 disc releases, A label called Energise Records in the U.K. have recently released a box set of my songwriting and production hits from a few years ago featuring pop singer Sonia, on coloured vinyl, a format which has had a resurgence of interest lately.

Our esteemed editor of Discover Pattaya, Gloria, is a keen Netflix fan and I believe Rick Click spends all his free time researching and playing with video games and gadgets.



Recently I have been enjoying the immense range of entertainment and educational videos on YouTube via my giant Smart TV. I now hardly ever watch any mainstream TV programs as the production values of 'YouTubers' has increased due to the equipment they are using which nowadays is much more affordable. Of course there are still 'wannabe' presenters who are looking for their five minutes of fame but I'm increasingly impressed by the slick, interesting productions available.

So, it is to this end that I'm aiming my new music and future output towards YouTube which, to my mind, is going to dominate for a few years to come.

Now that life has returned to our fun city of Pattaya, if not tourists yet, a spectacular range of live entertainment is at our fingertips and there's no reason for anyone to ever be bored and uninterested.

We are so lucky to be living in an area with so much to offer and a vibrant community of Ex Pats organizing differing special events.

I, myself, am involved with the British Queen's Platinum Jubilee events coming up on June 4th for a 'hot ticket' charity pub night at 'The Robin Hood' plus a British Legion garden party at the 'Retreat Bowling Club' on June 11th.....(see what I did there.....plug). As a live entertainer, I still love to play at special gigs and parties with my Beatles, Beach Boys and Kings Of Swing acts plus my vast playlist of 60s, 70s and 80s classics. So, if you are having a celebration of any kind, feel free to contact me via my Email [barryupton876511@gmail.com](mailto:barryupton876511@gmail.com).

My new original music album has been delayed by a few weeks due to technical issues but will be released for sure in April and, if interested, a promo can be found on YouTube under the title 'Barry's Tropical Beach Café – Barry Upton'. There will be exclusive versions of all 13 tracks via NFT which is the new way to market artistic intellectual property on a worldwide basis for financial gain. A bit like the record labels of old but this is the new style.

Also my autobiography 'Confessions Of A Pop Tart' which includes many 'behind the scenes' stories of my life in the entertainment and music business is available to read for free on this very 'Discover Pattaya' online platform. It's been a pleasure to have entertained so many people over so many years. Long may it continue.

Enjoy it all folks.

*Confessions Of A Pop Tart*  
BARRY UPTON





# 10 HACKS TO HELP YOU KEEP YOUR COOL



**N**o matter how many years we live in Thailand it always seems to come as quite a shock when April and May months hit and we realise just how hot it can get here. Of course, staying at home and blasting the air conditioning is one way to lower your body temperature, but there are other ways to stay cool in the summer that won't rack up the electricity bill.

## **Stay hydrated**

Yes at the top of every list of hacks and even more importantly whilst we are discussing the summer months. You must remain hydrated because water is an important element in keeping the body cool. Don't wait to feel thirsty you may already then be hydrated just make a habit of drinking water every day.

## **Put your feet in cold water.**

As an extremity feet have slower blood circulation and can therefore be a critical component in regulating body temperature. If you dunk your feet in cold water or spray them from a hose. Once your feet are cold, the rest of your body will quickly follow, helping you feel cooler.

## **Turn your fan into an A.C.**

This easy trick involves putting ice cubes in a bowl that you then place in front of a fan. Make sure to tilt the fan in such a way as to get air flowing directly onto the icy surface which will then cool the blowing air. You'll feel the effect immediately.

## **Freeze your fruit.**

Fruit can quickly spoil in Thailand especially during the summer months so it's a good idea to freeze fruit for example sliced bananas, strawberries or blueberries. Frozen melon or frozen grapes will cool you down as you eat them. In fact, why not preprepare bags or containers of frozen fruit ready to make your smoothies try different combinations each day to ring the changes.

### **Don't avoid the chillies**

Perversely eating spicy food can be beneficial during the hottest months. Spicy food can enhance blood circulation acting on heat receptors on the skin to elicit sweating which helps to cool you down through evaporation. ....if you find yourself sweating too much you may wish to read our article on page 12 on the subject of hyperhidrosis.

### **Change the lightbulbs**

If you're having trouble cooling your home at night incandescent lightbulbs might be part of the problem. In many countries, these lightbulbs have been phased out because they produce a lot of heat. Switching to energy-saving bulbs can not only save you money by lowering your energy costs, they can also help to keep your home a bit cooler at the same time.



### **Get a Dehumidifier**

Another home cooling trick is to invest in a dehumidifier. It reduces the humidity helping you to breathe much more easily whilst also removing excess moisture from the air. This is especially helpful when you live in a humid climate as moist air can cause mould and dust mites to thrive which in turn can cause allergic reactions, especially for asthma sufferers.

### **Wrap a cold towel around your neck.**

A fact known by many athletes is that just like your feet, the back of your neck is a very sensitive part of the body, especially when it comes to temperature. Place a towel in cool water and put it in the freezer for a few minutes then when it's nice and cool, wrap it around your neck. This will help the rest of your body cool down.

### **Plant yourself some shade**

Whether you have a large garden or just a balcony or terrace make sure to have some large potted plants around that you can move closer to your windows. These will absorb most of the heat around them to create a cooling effect.

### **Keep your AC units in tip-top shape**

With air conditioning units it's a good idea to clean or if necessary replace filters every 2-3 months. This will help your AC unit run more efficiently, more cleanly and more economically.



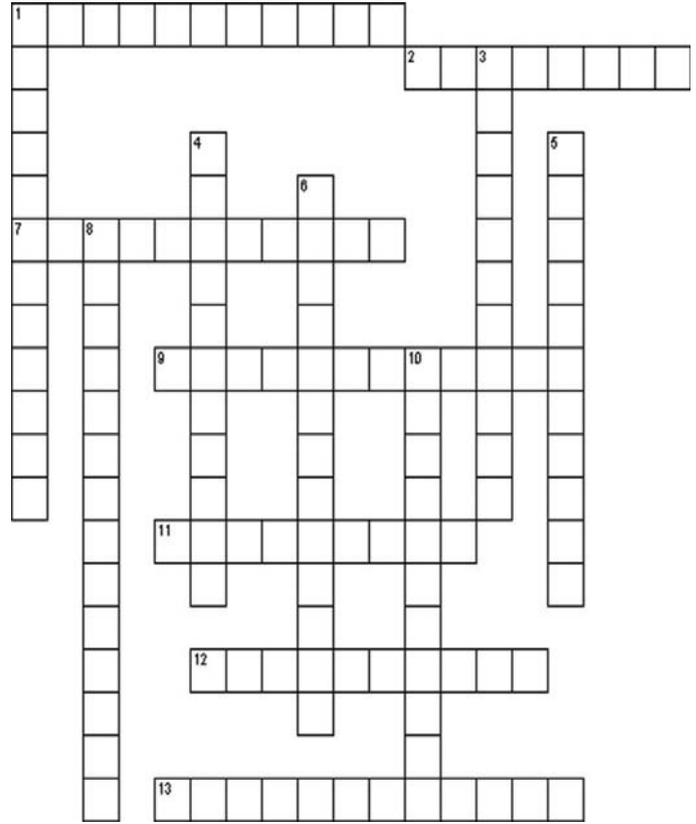
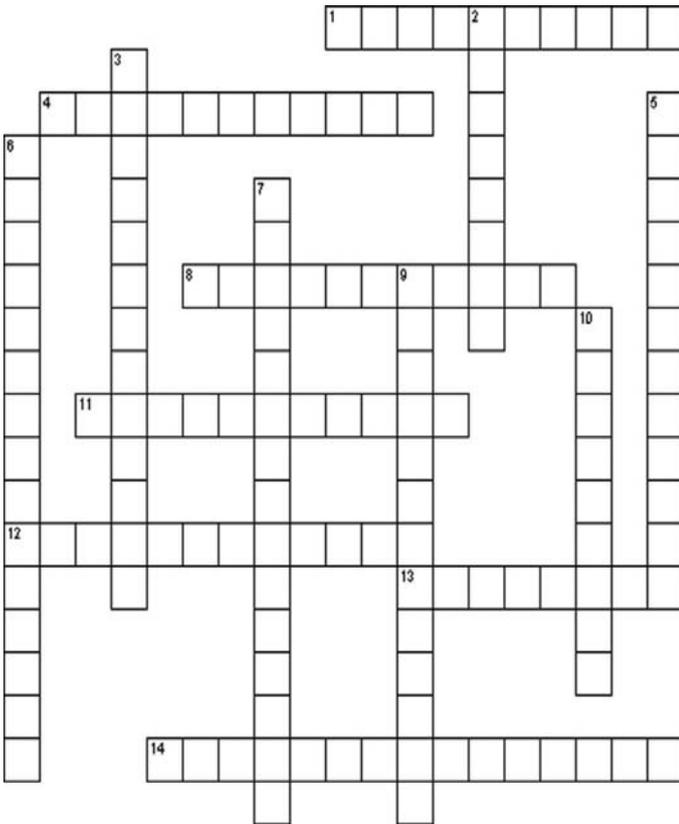
If you are having your units serviced make sure that the condensers' coils are examined, if these become bent out of shape they can block the airflow.

If you're looking to upgrade your air-conditioner, pick one with a high energy-star rating and do your research to ensure you choose the right type of air-conditioner for your home.

Don't forget it's a good idea to get these measures put in place sooner rather than later.

As temperatures rise and AC units break down you might find yourself unable to get yours seen to as quickly as you would like!

# CROSS WORD APRIL 2022



## Across

1. Humphrey Bogart was Rick Blaine in this 1942 classic (10)
4. John Constantine in the 2005 movie, Constantine (5,6)
8. Tom Baker in the 2003 movie, Cheaper by the Dozen (5,6)
11. Character played by Anthony Perkins in the 1960 movie, Psycho (6,5)
12. Marisa Coulter in the 2007 movie, The Golden Compass (6,6)
13. Shylock in the 2004 movie, The Merchant of Venice (2,6)
14. Director of the 1963 movie, The Birds (6,9)

## Down

2. Rusty Ryan in the 2007 movie, Ocean's Thirteen (4,4)
3. Harry Sanborn in the 2003 movie, Something's Gotta Give (4,9)
5. David Callaway in the 2005 movie, Hide and Seek (6,2,4)
6. Polly Prince in the 2004 movie, Along Came Polly (8,7)
7. Director of the 2005 movie, War of the Worlds (6,9)
9. Grendel's mother in the 2007 movie, Beowulf (8,5)
10. Nathan Algren in the 2003 movie, The Last Samurai (3,6)



## Across

1. Kyle Pratt in the 2005 movie, Flightplan (5,6)
2. Dr Robert Langdon in the 2006 movie, The Da Vinci Code (3,5)
7. Director of the 2000 movie, Gladiator (6,5)
9. Tess Ocean in the 2004 movie, Ocean's Twelve (5,7)
11. Director of the 2002 movie, Road to Perdition (3,6)
12. Michael Jennings in the 2003 movie, Paycheck (3,7)
13. 2003 movie, Open Range actor, producer and director (5,7)

## Down

1. Edna Turnblad in the 2007 movie, Hairspray (4,8)
3. Susan Orlean in the 2002 movie, Adaptation (5,6)
4. Bonnie Parker in the 1967 movie, Bonnie and Clyde (4,7)
5. Bobby Darin in the 2004 movie, Beyond the Sea (5,6)
6. Lucius Fox in the 2005 movie, Batman Begins (6,7)
8. Bill in the 2003 movie, Kill Bill: Vol.1 (5,9)
10. Hartigan in the 2005 movie, Sin City (5,6)

**SOLUTIONS ARE ON PAGE 58**

# SUDOKU APRIL 2022

SOLUTIONS ARE ON PAGE 58

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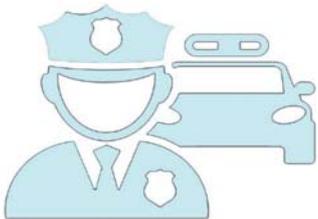
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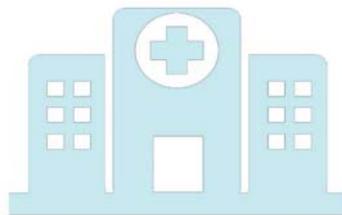


## IMPORTANT TELEPHONE NUMBERS



### 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

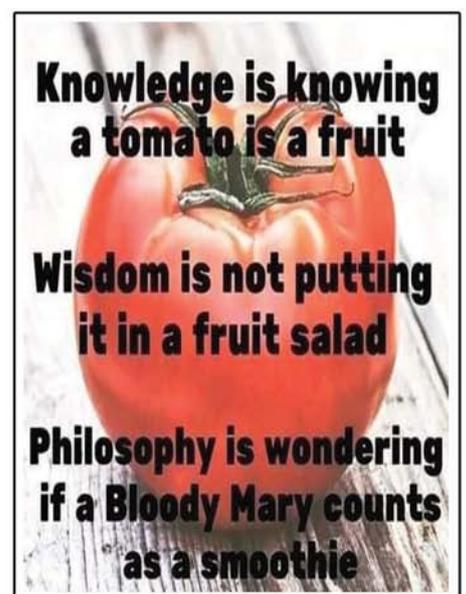
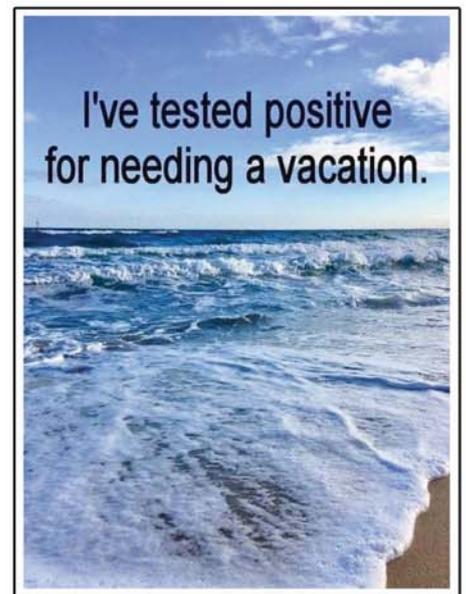
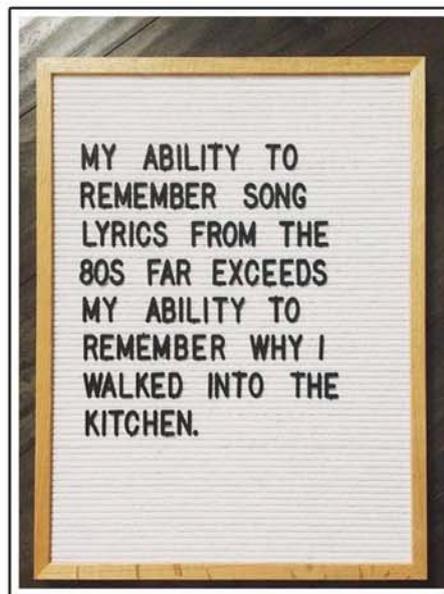
### WATER

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

### WASTE DISPOSAL

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## SELLING

1. Kai kub khao	Sale food	ขายกับข้าว
2. Kai krueng duem	Sale drinks	ขายเครื่องดื่ม
3. Kai poln mai	Sale fruit	ขายผลไม้
4. Kai Rod	Sale vehicles	ขายรถ
5. Kai pak	Sale vegetable	ขายผัก
6. Kai a sang ha rim sup	Sale properties	ขายอสังหาริมทรัพย์

## CONVERSATION:

1. One nee khun kai kub khao aria bung?	วันนี้ คุณขายกับข้าวอะไรบ้าง?	What Food you sales today?
2. Chan kai khao pad.	ฉันขายข้าวผัด (คะ/ครับ)	I sale fry rice. ( kah / Krub)
3. Khun kai aria ( kah / krub)	คุณขายอะไร (คะ / ครับ)	What are you selling?
4. Chan kai krueng duem (kah/krub)	ฉันขายเครื่องดื่ม (คะ/ครับ)	I sale drinks
5. khun kai rod kong khun tow rai (kah/krub)?	คุณขายรถของคุณเท่าไร (คะ/ครับ)?	How much you sale your vehicle?
6. Chan kai nueng saen baht. (kah/krub)	ฉันขายหนึ่งแสนบาท (คะ / ครับ)	I sale one hundred thousand baht.
7. Khun mee a sang ha rim sup kai bung mai?	คุณมีอสังหาริมทรัพย์ขายบ้างไหม?	Do you have any properties for sale?
8. Mee yur (kha/Krub).	มีเยอะ (คะ/ครับ) / ครับ	Yes, I have many.

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# Games

## Lego Star Wars: The Skywalker Saga

Some time long ago in a distant video game (2005) Lego Star Wars the video game came out. Every great franchise eventually gets remade with virtual lego bricks and extra humor. This is the Sith I mean sixth Lego Star Wars title this time based on the Skywalker trilogy. You can start playing from any of the three stories so you don't have to work your way through. There are 300 playable characters, lightsaber wielders have combos using light or heavy attacks along with force powers. Those stuck with just blasters are presented with an over-the-shoulder camera angle as in other third-person shooters, may the force be with Warner Bros. Interactive Entertainment



## Nintendo Switch Sports

Continuing the legacy of Wii sports games this collection brings back tennis, bowling, kendo, soccer, volleyball, badminton, and golf. The Switch's Joy-con controllers have integrated gyroscopes needed to simulate real-world motions. Also included is a leg strap accessory for Soccer. Going out on a limb I would guess that there are two-player modes but I'm not sure at this time about there being an online option for this. Anyway, they have improved the avatar creation with more detailed hair and faces so you can get them looking closer to Grandma now.

## 13 Sentinels: Aegis Rim

Originally released in 2019 for the PS4 this one is set in 1980s Japan where thirteen high school students become involved in a war between mechas and Kaiju creatures.

Events in the game move from side-scrolling adventure to real-time strategy. You choose from up to six characters for the RTS battles with each one using their Sentinels to defend against waves of Kaiju that attack your base. If your units get defeated then the hub gets overwhelmed and it's game over. Choose your sentinels wisely as some are better fighting airborne attacks and others ground-based.





# Tec.Living

by Rick Click

## ARTFORMA BACKLIT LED BATHROOM MIRROR

The mirror is fully customizable, you can alter the light intensity of the Front LED and change its colour between cold to warm hues. Advanced LED technology lets you enjoy a natural light at a low energy cost. At the bottom center of the mirror is a touch screen so it's easy to just swipe and turn the LED lights on or off or adjust the intensity but if you don't want to leave nasty finger smudges it has a sensor switch so you can wave your hand instead. you can set it up to work with Google Home or Amazon Alexa and you can also install apps to let you check the weather, emails, etc, Listen to your favorite music or catch up on Netflix while you're getting ready.



## GRANDMA SHARK RETRACTABLE BAMBOO BATH TRAY

Still staying in the bathroom this month, this caught my eye and could be useful for those of us that enjoy a long relaxing soak. This stylish retractable bamboo tray makes it easier to organize your aroma candles, use your iPad and most importantly hold your glass of wine. It gives you stability for all these and puts them within easy reach. It's waterproof and mildew proof and durable so it won't rot or smell over time.

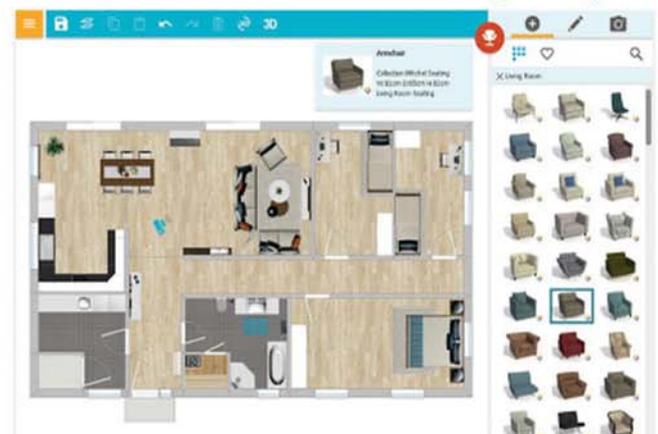
The expandable design makes it work for most size tubs with an extendable range from 74.5cm to 108.5cm best to measure your Jacuzzi before your purchase.

## App of the month: RoomSketcher App

With an intuitive interface and professional quality rendering, this easy-to-use app is packed with features to suit all your design needs. Great for remodeling projects this can help you visualize the finished look your after.

It comes with a large furniture and material library so you can find the furniture or decorations you want to try out. Useful if you need to create floor plans for your property listings if you want to rent or sell. And you can share your creations on social media or upload them to your website.

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**INSURANCE** including House/Condo, Car/Motorbike, Life cover and most importantly Health Insurance which is becoming a much bigger issue in the Kingdom since the onset of the pandemic. It is now, more than ever, vital you get the health cover that fits your particular circumstances. You need the right advice to make the right choice.

**LAST WILL AND TESTAMENT** something that looms large and is of great importance to our resident retirees is the setting of a legal and binding last will and testament. For families that are left behind, whether here or abroad, the lack of any clear instructions via a certified will can be a nightmare to untangle, cost a lot of money and go on for a very long time. All those potential problems can be put aside with the right plans in place. We have the lawyers that can guide you through the whole process and assist you with all the final documentation as Executor.

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