

DISCOVER
PATTAYA

30TH REGENT'S
ANNIVERSARY

Dr Virachai Techavijit,
Founder Bangkok/Pattaya





Regent's International school 30TH ANNIVERSARY CELEBRATION



Regent's International School, one of Thailand's most distinguished educational institutions, marked its 30th anniversary with a spectacular celebration at the Main Auditorium of the Thailand Cultural Centre. Discover Pattaya were delighted to attend this auspicious occasion which was presided over by Dr Virachai Techavijit, Founder, Owner, and Chairman of the Regent's group. Joined by the Techavijit family, senior leadership, faculty, alumni, and esteemed guests they commemorated the school's enduring legacy and international achievements with a stirring programme of performances by 500 students from both the Bangkok and Pattaya campuses. To see more about this please go to pages 4&5 From humble beginnings in Pattaya in 1994, Regent's has grown steadily, establishing a campus in Bangkok in 2000 and a third in Langsuan in 2022. Today, the school serves over 2,000 students representing more than 50 nationalities. The school follows the British national curriculum through to A Levels and also offers the International Baccalaureate (IB). These foundations are further enriched by partnerships with world-renowned institutions such as MIT, the Juilliard School, Nord Anglia, and Round Square. Thirty years of Regent's represents a journey defined by excellence, ambition, and vision — here's to the next 30! In his address Dr Virachai reflected on the school's proud history and we are now delighted to publish an edited version of his speech on the following page:



A GLOBAL LEGACY OF EXCELLENCE

It is with immense pride and joy that I stand before you this evening in such a splendid setting, to mark a truly momentous occasion the 30th anniversary of Regent's International School, with campuses in both Pattaya and Bangkok. Thirty years ago, Regent's was born of a bold vision shared by Khun Thiphavan my better half of 50 years and myself: not merely to establish a school, but to create a global community. A community where young minds are nurtured, challenged, and inspired to lead with empathy, wisdom, and courage. This evening, we celebrate not just the passage of time, but the extraordinary legacy built over those years.

Over the past three decades, Regent's International Schools have proudly sent graduates into the world who have walked the halls of the most prestigious universities Oxford, Cambridge, Imperial College, LSE, King's, Stanford, Yale, UCLA, the University of Chicago, Seoul National University, the National University of Singapore, and many more. Yet their journeys did not conclude at the gates of those esteemed institutions. One such alumnus, Hayk Harutyunyan, went on to serve in the Armenian Cabinet as the deputy minister of Energy, pushing forward the green energy policy a testament to how the values instilled at Regent's flourish far beyond our walls. Jee Woon Huang of Pattaya Campus, in 2002 received an unconditional offer from Oxford University after scoring 3A and 2A in A Level. But her family believed Seoul National University was best for her career. She is now a legal counsel for Korea K-water.

Another, Dr Jaanika Vider the first alumna from Pattaya campus earning all three degrees from Oxford is currently contributing to the 'Capturing the Arctic' research project in collaboration with the Smithsonian National Museum and the University of Vienna. Jekatarina Ivanova, the first from Bangkok Campus to Oxford University where she completed her two degrees and is now a lead engineer managing oil and gas concession in North Sea and West Africa. In the world of arts and letters, Eia Uus was honoured with the Eduard Vilde Prize for her poetry exploring the inner world of a sensitive young woman a theme she first began to explore during her English lessons at Regent's.

In the sphere of social impact, two alumnae Michaela Pobudová from Slovakia and Katrin Puutsa from Estonia co-founded the non-profit organisation Mareena, working to build inclusive societies by helping foreigners become locals. Their journey began with the Round Square spirit cultivated right here at Regent's. Even in the world of entertainment here in Thailand, one name stands out-beloved by virtually every Thai household and that is none other than Yaya, or Urassaya, who began her journey with us at the Pattaya Campus from pre-nursery. Another exceptionally remarkable Thai alumna is Toey Soralamba, who achieved an almost impossible and unprecedented perfect score of 45 in her IB Diploma, granting her access to the very best universities in the world. Last but not perhaps, the proudest Thai alumnus, a humble boy known by his friend and staff as 'Pack', currently known as Dr. Vincent by his fan club around the Globe. Dr Natthapoj Vincent Trakulphadej, a 2002 Pattaya Campus graduate, currently an associate professor at Reading University - UK after earning his scholarship degree from Brunel, his MSc from Oxford University and Ph.D. from Cambridge University, his remarkably popular website, Maths ThroughStories.org draws in a global audience, with over 600 mathematics teachers from some 220 countries regularly visiting. Regent's is so proud that Dr. Natthapoj continues to make an unimaginable contribution to the training of mathematics educators worldwide. Over the past two to three decades, many of our alumni, whose names not mentioned here due to time limit, have helped place Regent's firmly on the map. These are not exceptions. They are the essence of who we are. They affirm that our mission to educate global citizens and nurture well-rounded leaders who shape a better world is not merely a motto, but a lived and enduring reality.

GRATITUDE TO OUR LEADERS, TEACHERS AND PARENTS

Of course, such outcomes do not occur in isolation. This evening, I must pay tribute to those who believed in this school and helped nurture it alongside my wife and our three children. They are our remarkable teachers, our headteachers, and our parents. I would like first to express my deepest gratitude to the former headmasters and principals who have each left an incredible mark on the legacy of our school: Richard Poulton, our founding Headmaster in 1996, former Headmaster of Christ's Hospital School, England Simon Leslie, former head of Geelong Grammar School -Timbertop Ken Ball and Patricia Metham, former Headmistress of the famous Roedean School in England To our two longest-serving Principals Martin Kneath in Bangkok and Mike Walton in Pattaya thank you for your years of transformative leadership. To more recent Principals Peter Hogan, Sarah Osborne-James, and Martyn Smith Each of you helped lay a firm foundation with dedication and vision. And to our current Principals Amos Turner Wardell (Pattaya) and Andy Edmonds (Bangkok) your total commitment to excellence continues to inspire both staff and students. We are deeply grateful. We stand on the shoulders of your contributions. To our parents many of whom are leaders in your own right, across business, culture, law, engineering and medicine your belief in holistic, international education has been the bedrock of our success. Your trust, your advocacy, your partnership they have created a ripple effect far beyond your own families. You are not merely supporters you are co-architects of this remarkable 30-year journey. Thank you for your loyalty and trust given to the school. Thank you for your involvement. And thank you for choosing Regent's not once, but continuously, across generations.

LOOKING AHEAD WITH PURPOSE

As we reflect on what has been achieved, we also look ahead with determination and ambition. The world today faces significant challenges climate change, conflict, inequality but it also offers immense opportunities. Regent's International School, with over 2,000 students and 300 staff across our Bangkok and Pattaya campuses, will continue to prepare our young people not merely to enter that world but to improve it. With renewed investment in innovation, partnerships with global institutions such as the Juilliard School, MIT and UNICEF, Nord Anglia Education and Round Square, and a strong focus on ethics, resilience, and cross-cultural understanding, our next thirty years promise to be even more transformative.

TO OUR STUDENTS

To the students here this evening: you are not just the future you are the now. Dream beyond your limit. Work hard with integrity. Act with compassion. And know that your school stands behind you, always.

In closing, may I offer a heartfelt thanks to all who have shaped this extraordinary journey our staff, our alumni, our students, and our families. This evening is more than a celebration it is a reaffirmation: that education, when rooted in values and delivered with excellence, transforms lives, communities, and nations. Here's to thirty years of meaningful impact and to many more to come. Thank you, and please enjoy this beautiful evening of memories and musical performances by our talented students from both campuses. Your presence here tonight means the world to us. Thank you

Dr. Virachai Techavijit

DISCOVER PATTAYA

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This Month in Discover Pattaya

Hi Everyone

We were delighted to attend the 30th Anniversary celebrations of Regent's International School Bangkok. Students from both Pattaya and Bangkok schools delighted everyone with an amazing show at the Thailand Cultural Centre and we are also extremely honoured to have Dr Virachai Techavijit, founder of both schools on this June's cover.

Our city of Pattaya was also honoured by a recent visit from His Royal Highness Crown Prince Haji Al-Muhtadee Billah of Brunei. He was accompanied by his wife, Her Royal Highness Paduka Seri Pengiran Anak Isteri Pengiran Anak Sarah, their three children, and of course all their personal security and royal entourage. Their itinerary included a stay at the Grand Centre Point Space Pattaya Hotel.. Certainly a feather in the cap for our city and incidentally the same space age location for Dot Property's incredibly successful Connect event.

Certainly food Fit for a Prince is served at our newest discovery The Globe's Heritage by Chef Alex - read our review on page 8 and try it for yourself!.

Bon Appetit
Gloria x

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Regent's International school 30TH ANNIVERSARY CELEBRATION





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A 9 Course Culinary Odyssey

Crafted by Chef Alex at The Globe's Heritage

We pride ourselves on discovering new places for our readers and this month we have surely found you the ultimate Hidden Gem in Pattaya. If you are driving to the Globe's Heritage restaurant (and with the amazing cocktails and wine cellar at this restaurant I would advise against it) you can phone ahead. They will send someone to Pattaya Soi 7 to take care of your parking and bring an umbrella to escort you if it is raining. There are also rooms and a fabulous roof top bar to experience here so you may just want to extend your stay after your superlative dining experience.

Once inside you will find a marvelously well stocked bar where for my next visit I aim to treat myself to another Emerald Yukuza ... They also take their wines very seriously as Mats the joint owner here proudly shows a wine cooler that has 4 different temperature settings. He teamed up with Chef Alex because they both have a vision of really bringing culinary excellence to us here in Pattaya. The theme, as the name suggests, is food inspired from all over the world yet for me it was the simplest things done extremely well that make this restaurant so special. Everything here is made in house, the homemade butter alone is worth the visit but you must resist the temptation to fill up on bread as there are 9 remarkable courses to enjoy.



Just one example and a stand out starter for me, was the Tuna Tataki with premium Akami tuna loin pickle, apple gel, aburage caviar and a fragrant truffle Yuzu Kosho Vinaigrette. It also comes with the full theatrical experience being served in a mist of dry ice. Also the Risotto which combines both Italian and Thai inspiration comprising Jasmine rice rather than the usual Arborio under delicious prawns and even an edible grill. Pan-seared foie gras, Wagyu Short rib from Issab with a delightful red curry, Chicken with Yoghurt sauce. Even Bacalao with wild caught Norwegian salted cod and crispy salmon skin. Every dish is both beautiful on the eye, aromatic and full of beautifully balanced flavours and textures. The Globe American Pie is a golden puff pastry filled with fig and orange marmalade topped with a poached strawberry. The surprise element here is once again that everything on the plate is completely edible including the delicate turquoise lattice work..





THE GLOBE'S HERITAGE
by Chef Alex



To eat to this standard you would generally need to travel to Bangkok but as Bangkok is coming to Pattaya most weekends then we can also boast the very best fine dining right here. We've written about the fact that Chon Buri was recognised for the very first time with both Indian by Natura and two of the restaurants at Andaz given a mention in the Michelin guide. (If you missed this you can still read our articles about this on our website pattayatradet.com.) Well surely it can't be long before the craftsmanship of Chef Alex and his team is recognised - here's hoping they will receive the first Michelin star awarded in our province



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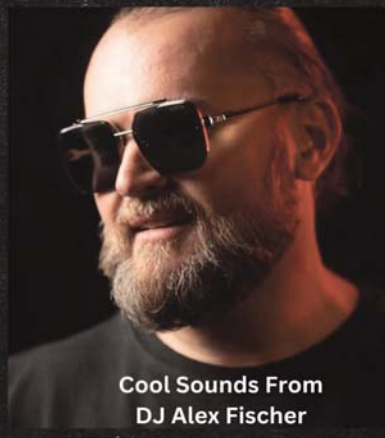
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Inside there is an enormous dining downstairs that has authentic Thai cuisine and at Le Paris, delicious French food as well. Upstairs there is another large airconditioned room bursting with colour from the beautiful paintings and traditional parasols that decorate the space. On Tuesdays, Thursdays and Saturdays there is Salsa here and also Karaoke sung in the many languages you can hear in Pattaya.





We were delighted to recently attend a Bollywood party upstairs at Romsai with amazing music and the soulful sounds of Mitch Benny and Yves Baron. They will keep you entertained all evening and if you hold a party here you can choose to have a buffet or select from the extensive a la carte menu.

If you have a birthday or special event coming up speak to the friendly team at Romsai and make it an evening that you'll never forget!

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Danny's Burgers

By Gloria Jones

If you haven't been to Catch Bar & Restaurant yet you really should. Danny, their international chef, is gaining a great reputation here in Pattaya for his delicious Sunday Roasts, amazing Fish & Chips and the true East Ender's favourite: Pie and Mash. I visited to try the burgers. It seems everyone in Pattaya has one to their name but I heartily recommend Danny's burgers. He gives you a choice of 3 succulent options:

His "Smash burger" is made with a 100% pure angus patty, seasoned with a pinch of salt and pepper and topped with American burger cheese, chopped onions, lettuce, tomato ketchup and mustard. Then there's a succulent grilled chicken burger and more unusually Danny's own Fillet of Fish. With line-caught cod loin it is battered in a really tasty light batter (I far prefer this to breadcrumbs) and topped with American burger cheese pickles, mayo and a squirt of lemon.

My colleague went for the beef burger and I had the fish Danny told me it was banging - and he was not wrong! I loved his touch of an extra piece of fish on top of the fries, and both burgers, fries, coleslaw, mayo and Tartar were beautifully served. What my team mate and I both remarked on was the quality of the bun.

It may seem like a simple thing to get right but so many places don't. We hate buns that disintegrate as soon as you try to pick them up or are dry and hard. Danny's seeded ones are perfect!

Another point that was discussed was the size of both the angus patty and the fillet of fish - exactly right. I don't know about you but I really don't like burgers that are so big it feels like you're eating someone's leg! Slight exaggeration yes, but you get what I mean, and as I've mentioned before, I like to pick my burger up and bite into it with no poncy knife and fork tactics. Flat, thin, "frozen" patties aren't great either; you end up having too much sauce on just to make them taste of anything. To quote Goldilocks and as you can see from our photos these are "Just Right".

Try Danny's burgers for yourself and if you go on a Tuesday he'll treat you to a free beer!



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menu



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CHICKEN WINGS NOW I GET IT!



By Gloria Jones

I have to admit that I have never really got the deal with chicken wings. Why people in Thailand and especially in the US go crazy for them? Maybe it's because my only introduction to them whilst living in the UK was through KFC? Now I know many people who love a bucket of wings from that long established brand but my problem with them is that they are a franchise operation. Shouldn't make a difference I hear you say but I'm afraid from my personal experience it has. I once had a portion of chicken wings to take away from a KFC in South London and they were shockingly bad. The crunchy coating seemed as usual but I kid you not under the coating was raw chicken skin! How could this be? I have no idea. Was the fryer not set to a sufficiently hot temperature? Had the wings not been left in the fryer long enough? I don't know because being typically British and not wanting to make a fuss I didn't take them back to KFC but just threw them away and had a revulsion for chicken wings thereafter.

Fortunately for my taste buds but perhaps less fortunately for my waist line this loathing for chicken wings has been transformed into a passion. Now I get it! Now I see what all the fuss is about and that is because Qulture has shown me the light. It is now impossible for me to go to their lounge to enjoy a superb cocktail without ordering at least a portion of 6 chicken wings. I have joined the ranks of Qulture's American clientele who regard them as a comfort food essential, and a cultural staple.

These flavorful cuts of poultry now have an iconic status having risen from humble beginnings being largely credited to Teresa Bellissimo's Anchor Bar in Buffalo, New York. In 1964 she apparently tossed some deep-fried leftover wings in a hot sauce and butter mixture for her son and his friends. The dish quickly gained popularity, giving birth to what is now known worldwide as Buffalo wings. Now of course, chicken wings have evolved far beyond their Buffalo origins. Flavors ranging from classic barbecue and honey mustard to garlic parmesan, lemon pepper, and the fiery "Nashville hot." Asian-style wings can be coated in a sticky soy-garlic glaze or sweet chili sauce.

At Qulture Lounge and Bar you can try their amazing chicken wings with 4 delicious options to choose from : Lemon Pepper (my personal favourite), Thai Style, Garlic Parmesan with Blue cheese, or the classic Buffalo. The shareable nature of a dish with either 6 or 12 per serving makes them a perfect order when sitting at Qulture's fabulous bar, inside when listening to the cool Saxophone renderings of Shaddow (every Thursday and Sunday night). Or outside at the tables whilst Brandon and his team fire up the barbecue. Or if you can't wait until the lounge opens at 4pm you can order some fried chicken from the Cafe . It opens from 8 a.m. until 5:30 pm. Try eating their fried chicken alongside the signature French Toast - it's a taste sensation! .

Qulture Lounge & Cafe

29/1130 M.12 T.Nongprue , Bang Lamung District , Chonburi , Pattaya, Thailand, 20150

094 290 9196



LOCATION

Why We Should All Be Drinking Matcha

In a world where health-conscious choices are becoming increasingly vital, matcha tea has emerged as a powerful, nutrient-rich alternative to conventional beverages.

Derived from finely ground green tea leaves, matcha is not just a trend but a time-tested elixir with a history rooted in Japanese and Chinese traditions. With its vibrant green hue and potent benefits, matcha tea offers a unique combination of flavor, functionality, and cultural richness. From its antioxidant content to its calming yet energizing effects, matcha is a drink that deserves a place in everyone's daily routine.

Unlike regular green tea, where the leaves are steeped and then discarded, matcha is made by consuming the whole leaf in powdered form. This means you're getting 100% of the nutrients rather than just an infusion. Matcha is rich in vitamins A, C, and E, potassium, calcium, iron, and chlorophyll, which is what gives it its vivid green color. It is also high in dietary fiber, which helps support digestion and keeps you fuller for longer. Matcha is also high in catechins, (plant compounds known for their powerful antioxidant properties). The most notable of these is epigallocatechin gallate (EGCG), which is known to reduce inflammation, help combat free radicals, and protect against certain chronic diseases. In fact, matcha contains up to 137 times more EGCG than regular green tea. Antioxidants are crucial for maintaining cellular health and preventing oxidative stress, which is linked to aging and various diseases.



Unlike coffee, which can cause jitters and energy crashes, matcha provides a more stable energy boost. This is due to its unique combination of caffeine and L-theanine, an amino acid that promotes relaxation without drowsiness. L-theanine increases the production of alpha waves in the brain, which are associated with a calm but alert mental state. This synergy results in sustained energy and sharper focus for several hours without the typical crash associated with coffee or energy drinks. The calming properties of L-theanine also make matcha a great choice for those looking to reduce stress and improve mental clarity. Buddhist monks have used matcha for centuries to help them remain alert yet calm during long meditation sessions.

Matcha can even be a helpful ally in weight management. The catechins in matcha, particularly EGCG, have been shown to boost metabolism and increase the rate at which the body burns calories. Some studies suggest that regular consumption of green tea extract can increase fat burning during exercise. Additionally, matcha's high fiber content can help reduce cravings by promoting a feeling of satiety, making it easier to maintain healthy eating habits. Its chlorophyll content helps eliminate heavy metals and chemical toxins from the body while also supporting liver function. Unlike many detox products on the market, matcha offers a gentle and natural way to support the body's internal cleansing processes to give clearer skin, better digestion, and improved overall health.



Regular matcha consumption may even help reduce the risk of cardiovascular disease. The catechins in matcha have been linked to reductions in LDL cholesterol and triglycerides, as well as improvements in arterial function. These compounds help lower blood pressure and prevent the oxidation of LDL cholesterol, a major risk factor for heart disease. And the catechins, along with vitamins A and C, act as immune-boosting agents. Enhancing the body's ability to fight off infections, the additional anti-inflammatory properties help keep the immune response in balance, reducing the likelihood of chronic inflammation, and other health problems.



Matcha is also very versatile. While traditionally enjoyed as a warm tea prepared with a bamboo whisk, matcha can also be added to smoothies, lattes, baked goods, and even savory dishes. Its earthy, umami-rich flavour pairs well with both sweet and savory ingredients, making it easy to incorporate into a variety of meals and snacks. This adaptability makes it easier for people to integrate matcha into their daily lives without feeling like they're sacrificing flavour or convenience. Most matcha producers use organic methods and prioritize sustainability, supporting both the environment and small-scale farmers. So choosing to drink matcha is not only a step toward better personal health but also a small act of support for ethical agriculture.

Really much more than just a trendy beverage matcha is a superfood that supports the mind, body, and spirit. From its unmatched antioxidant content to its ability to enhance focus, boost metabolism, and reduce stress, it's a beverage that aligns with modern health and wellness goals. So whether you're looking to replace your morning coffee, support your immune system, or simply enjoy a flavourful, healthy drink, incorporating matcha into your daily life will be deeply beneficial. Yes we should all be drinking it,



DICEY REILLY'S UNVEILS ITS BBQ SMOKER

The team at Avani recently did a marvelous job promoting their new BBQ smoker at Dicey Reilly's. We were delighted to attend the official launch, joined by fellow media members, Pattaya's Mayor, Director of the Tourism Authority of Thailand Pattaya Office, and of course, Avani Pattaya's General Manager Matthew Fryar, F&B Director Andrea Molinari, and Executive Chef Pongpisit.

Honored guests were treated to an array of mouthwatering signature dishes. The standout star of the evening was the Smoked Beef Brisket, though the Pulled Pork Burgers were a very close second. Guests also enjoyed delectable pork ribs and tender half-chickens.

The slow-smoking technique and use of pine wood in Dicey's BBQ smoker enhance the flavour of every meat, delivering an intoxicating aroma that truly whets the appetite.



With an extensive selection on their BBQ Smoked Menu, it's great to see that whether you're opting for a full rack of ribs, a burger, or a platter, a variety of delicious sides are available.

Think grilled corn, grilled pineapple, baked potatoes, crunchy coleslaw, fresh salads, pickles, and house-made BBQ sauce- all making for a complete and satisfying experience.

In a bold move to shake up the usual Sunday Carvery buffet, Dicey Reilly's has launched "Smokin' Sundays" - something new and exciting for Pattaya.

Every Sunday from 12:00 noon to 11:00 pm, you can enjoy a fantastic deal. Order the Large Meaty BBQ Smoke Platter and receive two complimentary glasses of Kilkenny or Guinness to wash it all down.

Don't miss out- head over and try it while the offer lasts!



Dicey Reilly's Irish Pub and Restaurant is located at Avani Pattaya Resort 2nd Road Pattaya email pattaya@avanihotels.com or Telephone +66 3841 2120 to book a table (advised)



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I am using the term Patriot for a series of articles to feature in the magazine. Firstly because I love the alliteration, and secondly because I wanted a word to describe some very special people who live amongst us here in Pattaya. Sometimes given a military connotation, the word patriot actually describes someone who deeply loves, supports and defends their country (or, for the purposes of this article, their city). They often demonstrate loyalty through service, sacrifice, or civic engagement. True patriotism goes beyond mere pride—it involves striving to make improvements for all, for freedom, and for progress. In April I wrote about Margaret Grainger of The Hand to Hand Foundation and last month Liz and Lhen Lhen at Mercy Pattaya. If you missed these articles you can still read them online at pattayatrader.com.

For this month's article I went to the police station on Pattaya Beach Road (right next to Central Festival) and met with Rick to see first hand what he does. In a city famed for its bustling streets, this quieter but profoundly impactful initiative is dedicated to protecting the most vulnerable road users: children. Rick Brown, known on social media as Savvy Rick Brown, is the founder of Helmet Heroes Thailand. Alongside his dedicated partner in this mission, Max Kimberley-Thompson, Rick is turning personal adversity into a beacon of hope, one helmet at a time, right here in Pattaya.

For Rick, the journey to founding Helmet Heroes Thailand began after a dreadful bullying incident when he was just 14 years old. It led to a life-altering bicycle accident, leaving him with spinal trauma and PTSD. This harrowing experience sowed the seeds of a deep-seated desire to protect others. So after moving to Thailand, a country he now calls home, his observation of seeing countless children riding motorcycles without helmets sparked a transformative mission. "It was a lightbulb moment," Rick shares. "I knew I had to do something. My own accident taught me how quickly a life can change, and seeing these kids so exposed, I couldn't stand by."

Pattaya Patriots

Helmet Heroes Thailand



Driven by this newfound purpose, Rick, under his online persona 'Savvy Rick Brown,' researched extensively, sourcing high-quality, safety-certified children's helmets from a local Thai manufacturer. What began in December 2023 with just three helmets and an unwavering determination has quickly blossomed into a powerful community-driven safety initiative. Helmet Heroes Thailand was born, with a clear and ambitious mission: to provide a free, safety-certified motorcycle helmet to every child in Thailand and, eventually, beyond. The ultimate goal? To distribute over one million helmets.

This is no small undertaking, especially in a country where motorcycle accidents are a leading cause of injury and death among children, with statistics indicating that only a small percentage of children wear helmets. But Rick isn't alone in this fight. A crucial partner in this endeavor is Max Kimberley-Thompson, a well-known figure in Pattaya and the President-Elect of the Rotary Club of Jomtien-Pattaya. Max's involvement has been instrumental in expanding the reach and impact of Helmet Heroes. "When Rick shared his vision, it resonated deeply with the Rotary's mission to create lasting change in communities," Max explains. "Road safety, especially for children, is a critical issue in Thailand. Partnering with Helmet Heroes allows us to leverage Rotary's network and resources to support this vital cause effectively."



Together, Rick and Max have forged powerful collaborations, most notably with the local Thai police in Pattaya. The Central Police Station on Beach Road has become a recurring venue for their helmet distribution events. These events are more than just giveaways; they are community engagements where safety education is paramount. Officers often assist in fitting the helmets, demonstrating correct usage, and reinforcing the importance of road safety to children and their parents. A unique and heartwarming aspect of these distributions is also the involvement of the wider community, including tourists. While Helmet Heroes doesn't have a formal program for tourists to distribute helmets, their public events, often held in visible locations like the Central Police Station, draw attention and support from visitors. Tourists often witness these distributions, learn about the cause, and are moved to contribute, whether through donations or by simply spreading the word. This interaction adds another layer to Pattaya's image, showcasing a community actively working to protect its youngest members.

"It's incredible to see the support from everyone – locals, expats, and even tourists who are just here for a short time but want to make a difference," Rick says. "Every helmet is only 550 Thai Baht, about \$15 USD. It's a small price to protect someone for the next five years." Since its inception, Helmet Heroes Thailand, with the support of partners like the Rotary Club of Jomtien-Pattaya and various local businesses and sponsors including Ducati Motor Thailand and Pattaya House Builder, has distributed hundreds of helmets – nearing 1,000 by early 2025. They've organized events at local schools, like Tantrarak Elementary School, alongside their efforts at the police station, always emphasizing that education is just as important as the helmet itself.





Local police have reported observing improved helmet usage rates among children in areas where distributions have taken place, a testament to the project's effectiveness. For Rick and Max, these are the tangible results that fuel their continued dedication. "We're not just giving away helmets," Max emphasizes. "We're building a culture of road safety. We're showing children that their community cares about their well-being. And we're providing a practical tool that can prevent tragedy."

Rick's transformation from a victim of bullying to a proactive protector of children is a powerful narrative. His social media presence as Savvy Rick Brown helps to amplify the message, reaching a global audience and inspiring others to take action in their own communities. He often shares updates, personal stories, and information on how to support Helmet Heroes, including through their website, helmetheroesthailand.org. Donors even have the option to have their brand logo or image added to sponsored helmets, creating a unique way for businesses to show their corporate social responsibility.

As Helmet Heroes Thailand continues to grow, its sights are set on reaching more children in more provinces across the nation. For Pattaya, it's a story of resilience, compassion, and proactive change, proving that heroes can emerge from ordinary people driven by extraordinary missions. And for the children of Thailand, it's a chance for a safer journey, one helmet, one hero, at a time. Many thanks to Arawana Hotel who donated the helmets for this occasion. If you would like to support Helmet Heroes Thailand or learn more about their mission and sponsorship opportunities, please visit www.helmetheroesthailand.org. Donations go directly towards purchasing safety-certified helmets for children in need.



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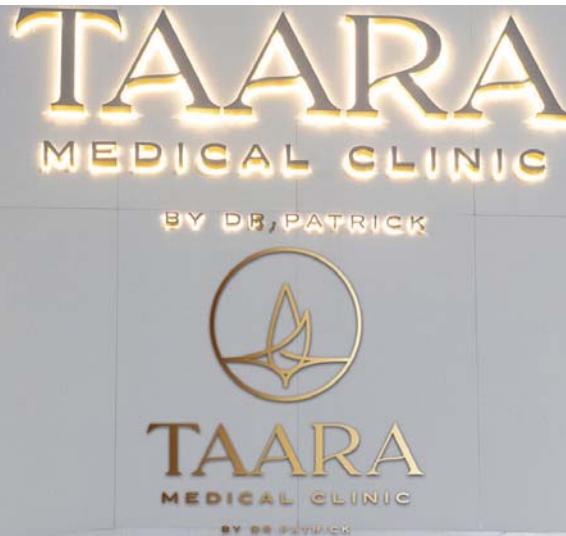


Like regular trips to the dentist having your eye tested is something we often forget to do and yet we should get them checked at least once a year.

There are many opticians in Pattaya and quite often on our Facebook sites Pattaya Trader - Discover Pattaya and Pattaya Trader Expat Ladies Group we are asked to give recommendations. Asian Optical on Pratumnak Soi 4 is the only one we recommend. This is because unlike some other opticians that are little more than shops selling glasses in Pattaya Asian Optical can give you a proper eye test and they also have a fantastic selection of frames, lenses and contact lenses.



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Gloria goes to Taara Clinic for the treatment of osteoarthritis.

As we get older osteoarthritis in the knees is a common degenerative joint condition. The cartilage cushioning the bones in the knee joint wears down over time and once it's gone it's gone. Previously there was little to be done for this condition. Corticosteroid injections provide temporary pain relief but only for a limited number of times as their repeated use can further weaken the cartilage over time.

So as the condition progresses, bone begins to rub against bone, causing increased discomfort and loss of joint function. Treatment at this stage will most likely be joint replacement surgery. Therefore PRP treatment offers hope as it can regenerate damaged cartilage in knees if the condition is caught early enough.

Treatment typically involves harvesting platelet and plasma from the patient's own body (autologous treatment). These cells are then processed to separate them from the red blood cells and then injected directly into the area that needs healing. The goal is for these PRP cells to reduce inflammation, repair damaged tissue, and even grow entirely new healthy cells to replace diseased ones.

So if this is something that we're pretty much all in danger of suffering from once we pass the age of 40 why don't we all just routinely have this done was a question I put to Dr Patrick of the Taara Clinic? I often put questions to Dr Patrick because I have a natural journalistic interest and also because unlike many other doctors I have found he always answers me in good, concise English. In a nutshell what he explained to me was that if you randomly go ahead and inject into a knee that doesn't need treatment it can lead to damage, inflammation and do more harm than good.

Was I experiencing pain problems with my knees? Well the answer to this was in this country I hardly ever notice it but whenever I'm back in the UK I do. Reasons - possibly the cold, damp weather - although I am rather intrigued to research the difference between a humid climate and a damp climate - perhaps another article at a later date? More likely though, it could have more to do with stairs. I do more walking when in the UK and seem to have to go up and down more stairs than when here in Pattaya where I nearly always find myself taking the lift (elevator) or escalators.

So Dr Patrick examined me and found that I had the start of osteoarthritis in both knees. He could tell this when he examined and maneuvered my knees and we both heard the clicking sound they made when he did. He therefore prescribed a set of 4 treatments.

Now I have to tell you that I used to have a morbid fear of needles but from the extraction of my blood to the injection of the PRP into my knee the procedure was pretty painless. Dr Patrick and his team all know their stuff in terms of making the procedure as pleasant and pain free as possible. For about 24 hours after the injections I had to rest up a little as my legs just felt a little "tight" but after that I could walk as normal. After the 3rd treatment Dr Patrick was pleased to find that there was no more clicking in my knees.



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Sports Update

For June by Steve Wade

This month is one of the most exciting in the sports calendar and therefore has a double page spread in this edition. From football to basketball major athletics to motor racing and cricket there's something for every sports fan.

UEFA Champions League Final

The UEFA Champions League Final takes place in early June. This year, the final is set to be hosted at the Allianz Arena in Munich, Germany. Football giants from across Europe have been battling through the group stages and knockout rounds all season for a shot at lifting the famous trophy. The final always brings intense drama and world-class performances - expect a thrilling match. Not to be outdone, Europe will simultaneously host UEFA Euro 2025 (Women's), taking place in Switzerland. Women's football continues to soar in popularity, and this tournament will showcase the incredible talent developing across Europe. Teams like England, France, Germany, and Spain are favorites, but surprises are always around the corner in the Euros. Expect the atmosphere to be electric as Switzerland puts on a grand show for fans and players alike.



NBA Finals

The NBA Finals are scheduled throughout early to mid-June, as the best from the Eastern and Western Conferences face off for the championship. The 2024-2025 NBA season has been electric, featuring a new wave of superstar players and tight competition. Fans can expect high-intensity games, heroic performances, and possibly the rise of a new dynasty or the continued reign of a familiar powerhouse like the Boston Celtics, Denver Nuggets, or Milwaukee Bucks. As always, Game 7s are magical if the series goes the distance.



Copa América 2025

South America's premier football tournament, Copa América, kicks off in June and runs into July. This year, the tournament will be hosted in Mexico and the United States, marking an expanded and more inclusive edition. Traditional powerhouses like Brazil, Argentina, and Uruguay will battle rising forces like Colombia and Ecuador. With Lionel Messi possibly making his final international tournament appearance, and Brazil looking to reassert dominance, the Copa promises scintillating football, emotional storylines, and packed stadiums across North America.

Stanley Cup Finals

For hockey fans, June is all about the Stanley Cup Finals. After a grueling NHL season and intense playoff battles, two teams will clash for the honor of lifting the most storied trophy in professional hockey. The 2024-25 season has been thrilling with standout performances from emerging young stars. Whether it's a classic team like the Toronto Maple Leafs chasing elusive glory or an upstart making a Cinderella run, the Stanley Cup Finals are a must-watch event full of drama, overtime goals, and celebrations.



MLB Midseason Rivalries

Major League Baseball hits its midseason stride in June. Though the MLB All-Star Game comes in July, June is packed with crucial series that could decide division leaders and playoff fates. Look out for classic rivalries like Yankees vs. Red Sox, Cubs vs. Cardinals, and Dodgers vs. Giants heating up. With new young talents like Jackson Holliday and proven MVPs leading the charge, it's a great time for baseball purists and casual fans alike to tune in.

Cricket: T20 World Cup Knockout Rounds

Cricket fans will have plenty to cheer about as the T20 World Cup 2025 heats up in June. Hosted jointly by India and Sri Lanka, the knockout stages — including semi-finals and the final — will occur during this month. T20 cricket's fast-paced, high-stakes nature means expect explosive batting, thrilling last-over finishes, and passionate crowds. Teams like India, Australia, England, and Pakistan will battle fiercely for the ultimate prize in the shortest format.

U.S. Open Golf Championship

Golf fans will have their eyes firmly on the 2025 U.S. Open, one of the sport's four majors. This year it will be held at Oakmont Country Club in Pennsylvania, known for its brutal rough, lightning-fast greens, and legendary history. Veterans like Scottie Scheffler, and Jon Rahm will face off against emerging talents. The U.S. Open is renowned for being the ultimate test in golf with high drama, and inspiring victories, and this year Rory McIlroy's major season could be historic. With the Masters under his belt and three dream venues setting up a unique chance to be complete golf's Calendar Grand Slam.

Formula 1: Canadian and Spanish Grand Prix

June features two major Formula 1 races — the Canadian Grand Prix at Circuit Gilles Villeneuve in Montreal and the Spanish Grand Prix in Barcelona. The 2025 season has been gripping, with new team dynamics and closer-than-ever competition between top drivers like Max Verstappen, Charles Leclerc, and Lando Norris. Montreal often delivers unpredictable races due to its semi-street layout, while Barcelona serves as a technical test for teams' mid-season upgrades. With championship points at stake, both races are pivotal.

World Athletics Championships 2025

In a shift from the traditional August window, the World Athletics Championships for 2025 will be staged in Tokyo, Japan, throughout June. Track and field fans will get to see the planet's fastest sprinters, strongest throwers, and highest jumpers compete at the highest level. After the 2024 Olympics, there is buzz around new stars in sprinting, such as Letsile Tebogo, and established legends like Sydney McLaughlin-Levrone, who are expected to dominate. The Championships will offer dazzling performances in iconic venues under Tokyo's bright lights.





Thailand International Boat Show

to strengthen Thailand's position as Asia's premier yachting and luxury lifestyle hub

Thailand, 28 April 2025 - Organisers of the prestigious Thailand International Boat Show A Luxury Lifestyle Event have confirmed that the fourth edition will be held at Phuket Yacht Haven Marina, one of Southeast Asia's premier marinas, from 15 - 18 January, 2026. Located in the north of the island and known for its capacity to accommodate superyachts, the venue offers a perfect setting for the organisers' expanded scope and vision to solidify Thailand as the epicenter of the yachting lifestyle in Asia.

"We are thrilled to announce Phuket Yacht Haven Marina as the official venue for the 2026 Thailand International Boat Show. This location aligns perfectly with our vision to position Thailand not only as a world-class destination, but also as the hub of luxury maritime lifestyle in Asia," said David Hayes, CEO of Thailand International Boat Show organisers JAND Events.

As a business catalyst and platform that promotes Thailand's marine industry globally, the Thailand International Boat Show helps to generate a minimum of 1 billion baht for the yachting business in Thailand each year.

"Our goal is to grow the show to accommodate more and bigger boats, increase the superyacht presence, as well as expand the lifestyle offerings. We are creating a unique platform, the largest of its kind in the region, and one that will attract visitors from around the world to come and experience the best yachting and luxury lifestyle that Phuket and Thailand has to offer," added Hayes.

After the Caribbean and the Mediterranean, Southeast Asia is the next yachting hotspot and is attracting the attention of yacht owners and charterers around the world—and Thailand is the region's jewel. Famed for its hospitality, Thailand has world-class yachting infrastructure, award-winning marinas and unrivalled international flight connectivity, and the Andaman Sea and Gulf of Thailand both offer captivating seascapes that are matched by world-class facilities onshore.

"Yachting in Thailand is on the rise. From boat sales to berthing, maintenance, provisioning, and chartering, our marine industry is growing by approximately 10% each year. As more people discover the breathtaking beauty of coastal destinations like Phuket, Krabi, Samui, and Pattaya — along with the world-class marine infrastructure we offer — we see significant potential for increased growth in the years to come," said Benjamin Tabuteau, Vice President of the Thai Yachting Business Association.



Set against the stunning backdrop of Thailand's Andaman Sea, the 2026 Thailand International Boat Show promises an elevated experience and will bring together yachting enthusiasts, lifestyle aficionados, and marine industry professionals from around the world for a four-day celebration of yachting and luxury lifestyle.

The 2026 edition will feature:

- More than 70 sail and motor yachts from global brands
- Expanded superyacht displays targeting Ultra and High Net Worth Individuals
- The latest in marine technology, water toys and gadgets, and eco-friendly innovations
- Luxury lifestyle showcases including real estate, autos, and fine dining
- Networking events and high-level industry forums

This curated showcase will reflect the full spectrum of the modern yachting lifestyle—from sustainable solutions to high-end indulgence—making the 2026 Thailand International Boat Show the most dynamic and forward-looking edition to date.



Complementing the show is the Thailand Yachting Conference which will be held one day before on the 14 January and will attract industry leaders, government officials, educators, and yachting enthusiasts with a packed agenda of expert-led sessions covering topics of national and international interest.

The Thailand International Boat Show and Thailand Yachting Conference together are set to elevate Thailand's position as a premier luxury destination, providing a significant boost to both the tourism and marine industries.

"This isn't just about putting on a show—it's about creating a platform for real growth and collaboration in the leisure marine industry across the region, and putting Thailand at the very heart of that," added Hayes.

The 2026 Thailand International Boat Show A Luxury Lifestyle Event is expected to attract thousands of visitors and exhibitors from around the globe, reinforcing Thailand's appeal as a year-round destination for yachting, investment, and tourism.



For more information, visit:
www.thailandinternationalboatshow.com.

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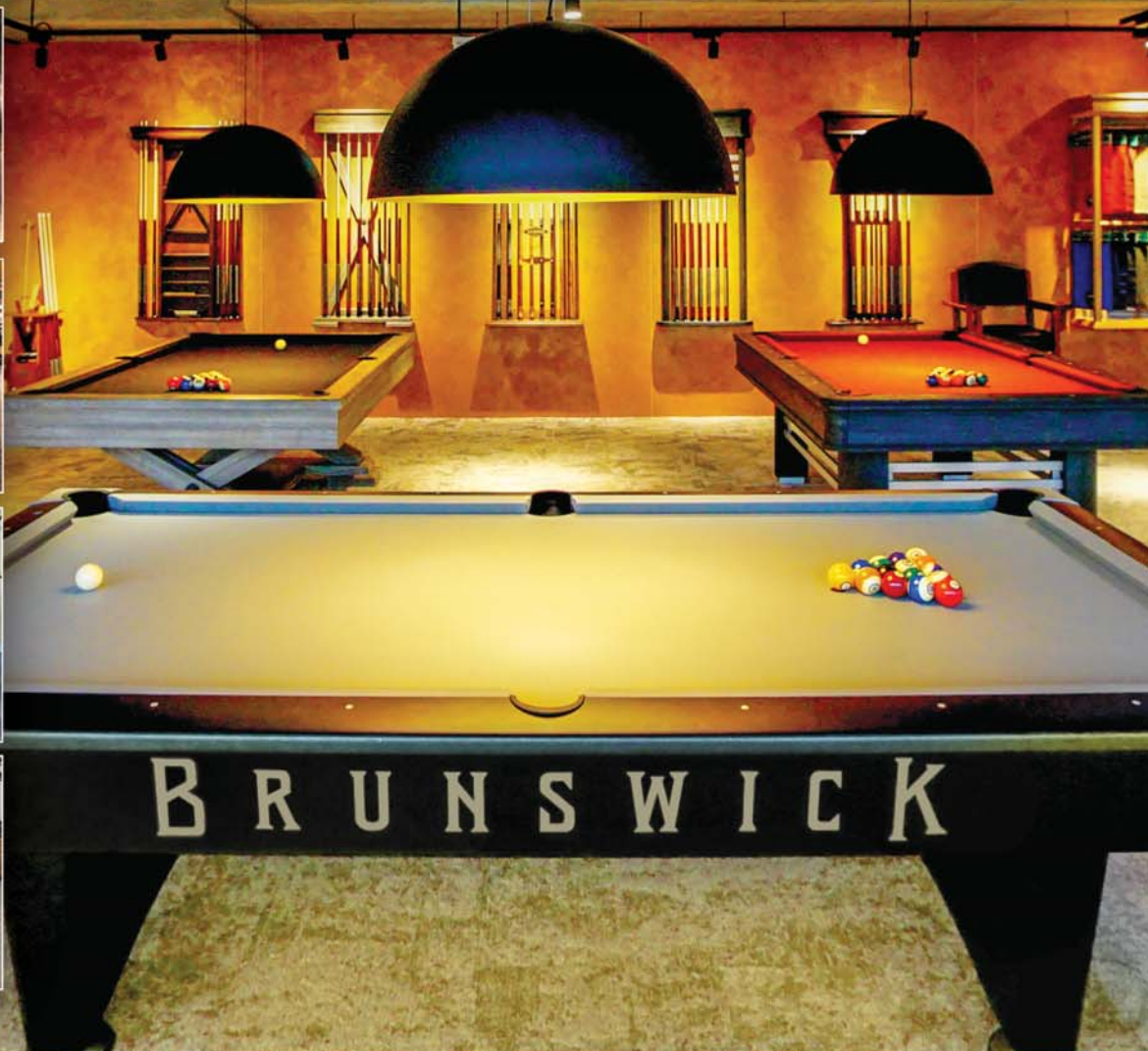
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The Future of Education:

A young person's perspective.



The future of education is uncertain. Ecological collapse and financial instability may mean choppy seas ahead for our young people to navigate. Add to this the implications and opportunities of the AI revolution and the attitudes and opinions of young people have never been more important. As part of an article writing competition, the Year 10 students at MIS wrestled with these ideas and shared their perspectives.

Here now is the winning article by Hagen Laermann

Many countries have their own unique approaches to educating the next generation. Teaching styles, curricula, and even the way students are examined to think about the world vary widely. However, one crucial perspective is often overlooked – ours, its students. We rarely get a say in how education evolves, despite it shaping our futures. In this article, we'll explore a young person's perspective on the future of education and the changes we believe are necessary.

Use of technology in classrooms

With the rise of ChatGPT and other generative AI models, schools worldwide must adapt to these changes, balancing the benefits of AI-powered computing with concerns over creativity, fairness and plagiarism. Already, 40% of educators use AI to boost engagement and to spark inspiration, while some countries have even introduced robot assistants to help create a personalised learning experience for learners. However, these advancements raise concerns about reduced human interaction and the risk of unoriginal work. As AI continues to evolve, we must reconsider how education prepares students for an ever-changing world, shifting job markets and global challenges, which is why we must change how we teach as well as what learners want to learn.

Changing the way we learn

As education evolves so must our expectations for students. To prepare the next generation for an uncertain future, we must equip them with critical thinking skills, an understanding of global challenges and the ability to innovate for positive change. This begins by recognising learners' individual passions and talents through practical, hands-on learning. By doing so, we not only foster new perspectives and diversity, but also help students develop a deeper understanding of the real life lessons and a clearer sense of their interests and goals. Teachers can help guide them closer to their goals and play a significant role in shaping students' learning experience, which is the next topic we need to discuss.

The role of teachers

Teachers play a crucial role in shaping a student's learning experience. They not only expand students' knowledge and motivate them to learn, but also act as mentors and guides. However, the world is facing a severe teacher shortage. According to UNESCO, 69 million teachers are needed to achieve universal basic education. The declining interest in teaching careers has led to overcrowded classrooms, overburdened educators and a decline in the quality of learning. If this issue remains unresolved, countries like China may turn to advanced technologies to fill the gap. AI-driven teaching tools could provide a more personalised, efficient and flexible learning experience. However, this shift raises an important question: Will the loss of human connection make students less social and overly reliant on technology, or could it revolutionise education for the better?

View from a young person

As the world of academics adapts to the changes and advancements of mankind, the decisions we make on our education will affect the reality of tomorrow. The knowledge, values and reasoning we provide to our next generation can shape the mindset of our planet and how people interact with one another. Once we solve the issues and complications, we ensure that the fate of our future is in safe hands — guaranteeing education remains a powerful force for progress and opportunity.



Here is the Runner Up's article by Deo Thamin

In a fast-paced world where anybody can access knowledge whenever, new systems and methods would most likely be introduced into the future of education. This could change the entire educational system as we know it.

Technological Advancements

As technology continues to evolve, it opens up new doors for students and educators to implement a different way of teaching and learning. The introduction of online classrooms has already started to shape the way in which students and educators organize their work. Who says that we will need classrooms or schools anymore?

Artificial Intelligence (AI) may be the biggest change which could impact the system. This is due to information being easily accessible which reduces workload by providing personalised information. Educators are already using AI as a reliable tool which makes planning lessons a breeze. However, this may result in too much reliance on AI if it is implemented into the system further.

Further job Development

As technology develops, the job market changes. Schools may have to mold the required lessons and remove what is not needed as jobs may be taken over by machines or AI. By teaching new subjects, this would prepare students for jobs which don't exist yet. It is predicted by The World Economic Forum 'Future of Jobs' report 2025 that 78 million new jobs will emerge by 2030. Teachers may lose their jobs or become more like mentors rather than teachers.

Mental health and well-being

The growing awareness and understanding of mental health and well-being may be implemented as a required lesson to be taught in school curricula. 12 billion working hours are lost annually due to mental health conditions. This type of knowledge can change educators' understanding of students and prepare them to deal with these issues, which may also make them adapt their way of teaching.

Education stands at a crossroads, as the growing knowledge of mental health and the evolution of technological developments grows this will impact the job market. These would affect the curriculum and systems in a way that we wouldn't expect and from a young person's point of view, it could make the future of education look unrecognisable.



MIS Student Finalists Deo and Hagen



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What's on The Small Screen



Stick (Apple TV+)

Owen Wilson; Peter Dinklage; Marc Maron;

Comedy series starring Owen Wilson as Pryce Cahill, a washed-up former pro golfer.



The Waterfront (Netflix)

Holt McCallany, Maria Bello, Melissa Benoist

Inspired by real events in coastal North Carolina, The Waterfront delves into intense family dynamics and the desperate measures taken to protect a family's legacy.



Ironheart (Disney+)

Dominique Thorne, Anthony Ramos, Lyric Ross

Brilliant student Riri Williams clashes with the magical Hood in Chicago while forging her own Iron Man-like path.



Squid Game Season 3 (Netflix)

Lee Jung-jae, Wi Ha-joon, Park Hae-soo

Having survived the second round but failing to expose the organization, Gi-hun finds himself drawn back into the brutal competition.



Smoke (Apple TV+)

Taron Egerton, Jurnee Smollett, John Leguizamo

Troubled detective and an enigmatic arson investigator team up to track down two serial arsonists.



Nautilus (AMC)

Shazad Latif, Georgia Flood, Liana Cornell

In 1857, Indian Prince Dakkar is enslaved and forced to design a revolutionary submarine, the Nautilus



What's on The Big Screen



28 Years Later

Jodie Comer, Aaron Taylor-Johnson, Cillian Murphy

After the Rage virus decimated Britain, a group of survivors has found refuge on a fortified island.



Bride Hard

Rebel Wilson, Sam Huntington, Stephen Dorff

When a group of mercenaries takes a lavish wedding hostage, they're unprepared for the maid of honor, who is actually a secret agent.



F1

Javier Bardem, Brad Pitt, Kerry Condon

Sonny Hayes (Brad Pitt), a retired Formula 1 driver, returns to the sport to mentor a promising rookie, Joshua Pearce.



Megan 2.0

Allison Williams, Jenna Davis, Violet McGraw

Two years after M3GAN's rampage, her creator, Gemma, is forced to resurrect her to stop a military-grade weapon.



How to Train Your Dragon

Gerard Butler, Mason Thames, Nico Parker

As an ancient threat endangers Vikings and dragons, Hiccup and Toothless's friendship becomes key to their future.



John Wick Universe: Ballerina

Keanu Reeves, Ian McShane, Ana de Armas

An assassin trained in the traditions of the Ruska Roma seeks revenge for her father's death.

Raining?

Stay indoors



Streaming Devices

The Philips SmUpdated versions of the Roku Streaming Stick and Ultra, Amazon Fire TV Stick 4K Max, Google TV Streamer 4K, and the latest Apple TV 4K. The NVIDIA Shield TV Pro will continue to cater to users seeking high performance and gaming capabilities. When selecting a device, consider your budget, desired audio and video quality, preferred smart ecosystem, user-friendliness, and any specific requirements like gaming support or smart home integration to find the perfect streaming solution for your entertainment needs.

artSleep Wake-up Light simulates a natural sunrise, gradually increasing light to gently wake you. It also offers sunset simulation to help you wind down, promoting a more restful sleep cycle.



Amazon Kindle Paperwhite

Experience pure reading with the Kindle Paperwhite. Its glare-free display reads like paper, even in sunlight. Enjoy weeks of battery, adjustable warm light, and waterproof design, all in a thin, portable device that holds your entire library

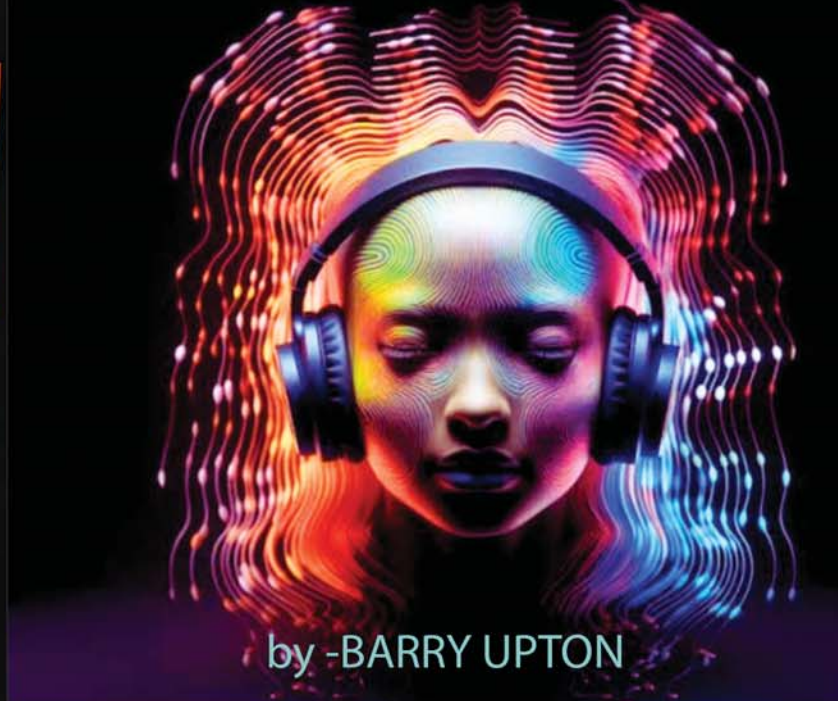


Nintendo Switch 2

Experience enhanced graphics on a vibrant, larger screen, and enjoy seamless transitions between TV and handheld modes.¹ With upgraded Joy-Con 2 controllers featuring magnetic attachment and even mouse control, plus expanded storage and the innovative GameChat feature, connect and play like never before.² Dive into exclusive new titles and your existing Switch library for a revolutionary gaming experience.

THE FUTURE OF Music

D.I.Y - A.I



by -BARRY UPTON

Welcome to the future! A time when artificial intelligence not only runs our lives but also tunes our guitars, mixes our tracks, and might even try to become the next pop sensation. It's a brave new world filled with plenty of opportunities. Maybe a bit too many, if you ask me. Let's dive into this musical rabbit hole, where every aspiring artist has the world's smartest robot by their side.

When we look ahead, it's clear that A.I. is set to become the next superstar in the music industry. Why hire a 10-piece band when you can have a single A.I. program named 'DJ AlgoBeatz' spinning tunes tailored to your every whim? Need a catchy tune for your next TikTok dance? DJ AlgoBeatz can churn out a dozen tracks in the time it takes you to perfect a single one. Who needs human creativity when you have endless A.I. possibilities at your fingertips?



As A.I. composition tools become more accessible, everyone and their grandmother will suddenly be a music producer. You wake up one day, open your laptop, and boom, you're a musical genius. With a few clicks, you can create the next viral hit, or at the very least, something that family members will pretend to like.

As we embrace this musical future, we also need to confront the ethical questions surrounding A.I. Can an algorithm truly understand the human experience? Can it feel heartbreak like a ballad singing troubadour or joy like a bouncy pop anthem? Imagine an A.I. trying to process the emotional turmoil of a breakup. It's like having a therapist that auto-generates songs

With the assistance of A.I., the concept of a one person band is about to reach new heights. Picture yourself standing on stage with nothing but a microphone, your trusty laptop, and DJ AlgoBeatz projecting your musical thoughts onto the world.

The audience, while initially confused, is mesmerized by the live demonstration of captured vibrations produced through the miracle of technology.

So, what does the future of music look like? A harmonious blend of man and machine, bound by the shared pursuit of melody and rhythm. We're stepping into an era where everyone can compose their own tracks, making it possible for each person to share their voice.

Here's some useful A.I. music tools to help you with your 'totally original' music production.

'SongStarter' is an A.I. powered idea generator that acts as your starting point to create your own music.

'Mureka' allows you to create songs using a reference track and sing any song with any voice you like.

'Suno' gives you the 'skills' to make any song you can imagine with a single prompt. Users can either enter in their own lyrics and ask for musical accompaniment, or they can ask the A.I. to create a whole new song, lyrics and all.

As a writer, producer and creator of popular music for nearly 50 years now, it worries me that the world will now be filled with talentless people pretending to be artists. Copyright laws will be broken and lawyers will have a field day.....although they themselves will soon be replaced by A.I. robots as well.
Have fun everyone.

Check out Barry Upton's absolutely, unquestionable, original, non robotic, creative songs and videos on - YouTube ... FAB BAZ MUSIC TV.



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Pattaya Trader - Discover Pattaya Group

PTEL

Pattaya Trader - Discover Pattaya Expat
Ladies Group

IMPORTANT TELEPHONE NUMBERS

The Pattaya City Center 1337 then 9 for English



Emergency Hotline: 191
Pattaya Police Station: Soi 9
038 420 - 802
Tourist Police 1155



Fire & Rescue 199
Pattaya Fire Station
038 425 943



General Emergency 191 or 911
Bangkok Pattaya 038 259 999
Pattaya international 038 428 374
Pattaya Memorial 038 488 777



Electricity Pattaya
038 426 463
Water 1416 Press 9
For English
Garbage Collection
038 428 100



Airport Flight Information
Suvarnabhumi (02) 132 1888
U-Tapao Airport 038 245 593



Traffic accidents
medical assistance 1669
Highway Police 1193

MEDIUM

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Who we are?

BBX is a community of business owners with a solution to immediately help with business cashflow needs.

How do we do it?

- We provide interest free credit to business owners in our community
- Business owners use this credit to purchase products and services within the community to help their business grow "No Cash Outlay"

What's our commitment?

- We will continue to build the BBX Business community providing sustainable opportunities focused on business needs
- We will support business initiatives and partnerships, nurturing them in parallel with new ideas.
- We will provide a secure financial platform for transaction management

Your Commitment?

- Our business community transacts via business trade credits. A willingness to be part of this extra revenue stream
- Our community of business owners connects and supports each other via fair trading terms, an understanding that strong relationships prosper with respect

Reach out to us, we are here to help all business grow!

www.bbxworld.com



SOLUTIONS

MEDIUM

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HARD

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LAMPANG, THE HISTORIC AND TIMELESS CITY

Chapter 6 – Products of Lampang

By: Songpone Siriwanlert

Apart from the previous stories of Lampang, what attracts you are the well-known products of the city Let's start with:

Chicken Brand Ceramic Bowl

Lampang's famous mineral resource is white tone earth and felspar that are the main material for molding ceramic wares.

Originally, chicken brand bowl was made for noodle and rice consumption since 1958 by a group of Chinese people who operated a factory. After discovery of white tone earth resource in the north of Lampang, there were more group of Chinese who run the factories for mass production of chicken brand bowls.

As it had become the native way of life in using Chicken Brand Bowl for food holding, particularly rice and noodle then finally be local eating tradition in using this kind of tableware.



At the modern time with an advance production technology, there are more efficient quality control. Even though it is a mass production but parts of it are handmade such as chicken figure painting on the surface of products before putting in kiln and coating as ceramic ware. This process is a combination of hand made and manufacturing with state of art.

Chicken Brand is the community trademark. Now there is diversification of chicken brands to various kinds of ceramic products such as teacup, coffee mug, tea pot as well as other kinds of tableware and ceramic products that you can buy as souvenirs.



Cotton Dyed with Lac

It is a kind of hand weaved cotton fabric with natural dye. Lac is a kind of natural dyeing color that makes mild red tone to the fabric that is suitable for making cloth dressing. Lampang has cotton cloth dyed with lac that is a distinguished local product.



Baan Luke, The Wood Sculpture Village



Located at the south of Lampang in Mae Tha district, 15 km away from the city, every house in Baan Luke has family wood carving business that is a very interesting place to visit. You can see handmade of various types of wood sculptures and also see them during the process of wood carving. All products are available for sale at the site where you can buy



ลำปาง นครแห่งประวัติศาสตร์ที่อยู่เหนือกาลเวลา

บทที่ 6 – ผลิตภัณฑ์ที่มีชื่อเสียงของจังหวัดลำปาง

โดย ทรงพล ศิริวรรณเลิศ

หลังจากที่ได้นำเสนอเรื่องราวของลำปางในหลากหลายมิติ ในฉบับนี้จะขอนำเสนอกิจกรรมที่มีเอกลักษณ์และมีชื่อเสียงของลำปาง ตั้งแต่ยุคอดีตซึ่งได้มีวิวัฒนาการและแตกแขนงมาเป็นสินค้าหลากหลายและเป็นที่ยอมรับในปัจจุบัน ดังต่อไปนี้

ชามตราไก่

ลำปางมีทรัพยากรธรรมชาติสำคัญคือ ดินขาวและหินฟันม้า (felspar) ซึ่งเป็นวัตถุดิบสำคัญในการปั้นเครื่องถ้วยชามเครื่องปั้นดินเผาเซรามิกที่เก่าแก่และมีเอกลักษณ์ อีกทั้งเป็นสัญลักษณ์ของเมืองลำปางคือ ชามตราไก่ แต่ดั้งเดิมชามตราไก่ ใช้เป็นภาชนะหลักในการใส่ข้าวสวยสำหรับคนจีนยุคเก่า ที่ใช้ตะเกียบพวยข้าวเข้าปากแทนช้อน อีกทั้งเป็นชามใส่ก๊วยเตี๋ยวเป็นหลัก อันเป็นวัฒนธรรมการรับประทานอาหารของชาวจีนมาตั้งแต่ปี 2500 การผลิตทำในโรงงานเล็กๆ ที่ปั้นด้วยมือ เมื่อมีการค้นพบแหล่งดินขาวที่สำคัญทางตอนเหนือของลำปาง ได้มีกลุ่มคนจีนรวมกันทำโรงงานชามตราไก่เป็นอุตสาหกรรมชุมชน และได้ขยายการผลิตมาตั้งแต่ยุคนั้น

ในปัจจุบัน เทคโนโลยีการผลิตได้เจริญก้าวหน้า ทำให้การผลิตมีประสิทธิภาพในการเพิ่มผลผลิตและควบคุมคุณภาพ ถึงกระนั้นการผลิตยังเป็นอุตสาหกรรมที่ต้องใช้งานฝีมือในการวาดภาพตราไก่บนผลิตภัณฑ์ด้วยมือก่อนส่งเข้าเตาเผา อันเป็นการผสมผสานกับการผลิตด้วยเครื่องจักรและงานฝีมือในชิ้นงานแต่ละชิ้นอย่างมีเอกลักษณ์ของตัวเอง และตราไก่เป็นตราเครื่องหมายการค้าที่เป็นของชุมชน ไม่ใช่ของโรงงานใดโรงงานหนึ่งโดยเฉพาะ ปัจจุบันได้มีการขยายสายการผลิตไปจนถึงผลิตภัณฑ์เซรามิกอื่นๆ ได้แก่ ถ้วยกาแฟ ถ้วยชา กาน้ำชาเซรามิก เครื่องถ้วยชาอื่นๆ อีกทั้งสิ่งประดับตกแต่ง เช่น แจกัน ตุ๊กตา ซึ่งเหมาะสำหรับการซื้อไปเป็นของขวัญที่ระลึก



ผ้าฝ้ายย้อมคราม

ผ้าฝ้ายย้อมครามกำลังเป็นผลิตภัณฑ์ยอดนิยมของลำปาง โดยนำฝ้ายมาย้อมสีด้วยคราม สีจะออกเป็นโทนแดงอ่อนๆ

ผ้าฝ้ายทอด้วยมือ เมื่อทอออกมาเป็นผ้าแล้วจะมีสีชมพูอ่อนๆ มีกลิ่นอายสวยงาม เหมาะสำคัญัดชุดแต่งกายสำหรับสุภาพสตรี ผ้าฝ้ายย้อมคราม ได้สร้างชื่อเสียงให้จังหวัดลำปางเป็นอย่างมาก อีกทั้งยังสามารถขยายสายการผลิตเป็นสินค้าอื่นๆ อีกหลายอย่าง ไม่ว่าจะเป็นกระเป๋าถือ ถุงเท้าประดับลวดลายจากผ้าย้อมคราม และอื่นๆ

บ้านหลุก หมู่บ้านแกะสลักไม้



บ้านหลุก เป็นชุมชนอุตสาหกรรมครัวเรือนที่มีชื่อเสียงในการแกะสลักไม้ ตั้งอยู่ที่อำเภอแม่ทะ ห่างจากตัวเมืองลำปางประมาณ 15 กม. ท่านสามารถเห็นกรรมวิธีการแกะสลักไม้ออกมาเป็นงานศิลปะทุกบ้านในชุมชนนี้ ซึ่งเป็นการรังสรรค์งานด้วยฝีมือแรงงานของคนในชุมชน ผลิตภัณฑ์ทุกชิ้นมีวางจำหน่ายในทุกบ้านซึ่งท่านสามารถเลือกซื้อชิ้นงานที่ท่านชื่นชอบกลับบ้านได้เลย บ้านหลุก เป็นชุมชนอุตสาหกรรมครัวเรือนที่มีชื่อเสียงในการแกะสลักไม้ ตั้งอยู่ที่อำเภอแม่ทะ ห่างจากตัวเมืองลำปางประมาณ 15 กม. ท่านสามารถเห็นกรรมวิธีการแกะสลักไม้ออกมาเป็นงานศิลปะทุกบ้านในชุมชนนี้ ซึ่งเป็นการรังสรรค์งานด้วยฝีมือแรงงานของคนในชุมชน ผลิตภัณฑ์ทุกชิ้นมีวางจำหน่ายในทุกบ้าน ซึ่งท่านสามารถเลือกซื้อชิ้นงานที่ท่านชื่นชอบกลับบ้านได้เลย

DANA JOINS AMAR INTERNATIONAL

Nearly two years ago I wrote an article entitled “Gloria chats with Dao and Jeff Mitchell of AMAR International”. If you missed this you can still read it on the Expat Living page of our website pattayatrader.com. I remember the interview particularly well because Dao and Jeff were both so busy with incoming calls before and after our chat. At one stage I think they had 2 mobile phones each on the go! Such is the urgency of their business it seems they need to be available and on call constantly.

AMAR International deals with repatriations for sick, missing or deceased loved ones. It is exacting work, requiring skill, diplomacy and tact so it makes sense that as their business continues to grow Dao and Jeff have selected a family member Dana Micallef to join the team. Having seen her mother Dao take calls, I am sure Dana has gained valuable experience simply by being in the same room. Plus having worked in France for a completely different business Dana brings new skills and procedures to the AMAR business. She says:

“Before coming to AMAR I was working in PR for an agency in France for three years. It was a totally different industry from the funeral industry. So I spent, I think, actually a year following what you (Jeff) do with Ma; the process of repatriation and cremation, and how you deal with and give respect to the families and the Thai authorities.”

AMAR has grown so much in the last two years with so many new cases, they urgently needed Dana’s help to manage information and navigate timelines more smoothly. She has helped create foundations that enable each case to be handled with more fluidity, especially when multiple nationalities, cultural backgrounds, time zones and legal frameworks are involved.

“It was very difficult, but I think that we’re getting there. The fact that my mom is Thai but I was working in France, I got to see the benefits of both countries. I liked many of the European processes, you know, the way they manage tasks and implement procedures. Yet I also wanted to respect the Thai management style and the Thai way of working. Now by clarifying processes and supporting the team with the new tools it’s a way for everyone to build new skills. This ultimately leads to better responsiveness, more accuracy and stronger support for the families.”

As Jeff adds: “We try to think about the client first, we want to be available to answer questions and organise on the go. Dana has introduced tools, databases, and systems that make it so much easier to deal with this and our expanding customer base. Most families understandably crave information and updates and what makes our job quite difficult is that there are often people, maybe friends or family, all giving their opinions. Saying :Oh you want to do this, you want to make sure that happens, you don’t need the embassy, etc. So we have to try and dispel that quite quickly and the only way we can do that is to know the information as it’s coming in and disseminate that information to the family quickly. So it’s really like giving live updates all the time. Even if we have no news we’ll let them know that we are still trying to get updates for them because that’s more comforting than silence”



The positive changes implemented by Dana have particularly helped with customer service enhancements. Through the introduction of new tools and standard operating procedures the team at Amar are already seeing improved management of the growing customer base. Yet Dana’s talents are not simply confined to administrative ones. She is a Thai, French and English speaker and in order to fully understand customer expectations and provide effective support, especially in sensitive situations she is getting involved in all sides of the business.

Jeff explains “We’re learning from each other. Dana insisted that she wanted to do casework as well. She’s worked on the office floor with our team, even getting on her knees and crushing ashes. She’s learning from the top to the bottom and back up, which we think is what a family business is all about. And so going back to the expansion of our company, we have quite a few staff now and in order to support them and the additional salaries and overheads, we have to have structure. Dana is really helping to make us more efficient with new tools and systems that are most importantly aimed at enhancing customer service.”

By Gloria Jones

“It’s all about giving the customer better service”!

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Bangkok Little Discoveries

By Jason Rupp and Carla Marie Rupp

Bangkok is full of so many great activities you could never find time to do them all. But you could do some of them, or try a new one on each trip. Maybe you've been to most of the temples, taken the river cruises, shopped at the malls, or thought you'd already experienced much of the amazing city? If so, we'll give you four experiences that may surprise you. Our little discoveries that we love. These are places we've tried and hope you will like too. For example, there's a fabulous temple community located by the canal where you hardly know you're in the huge Bangkok metropolis. It's where you can meet the people who live and work there, who can sell you crafts, coffee, delicious foods, and where you can even make your own art using materials that they have ready. There are a lot of places for food in this peaceful community. There's a place where you can learn how to make Thai desserts like at "Grandma's House." Shopping for souvenirs is easy in this community and we are glad to get out of the Bangkok traffic and walk around this pleasant area.

The Artist House Bangkok is packed full of colors and people who love art. It's a beautiful place where you can make art and jewelry right by the canal. You can buy (for a small fee) everything you need to make a painting right there, or pick out beads for a necklace or bracelet. Staff at The Artist House Bangkok are friendly and on hand to help you complete your artwork. Or you can admire the unique gallery in this centuries old house. It's also fun watching the longtail boats pass by and taking pictures. We sat by the water at the front of The Artist House and found a cute little table while charging our phones and enjoyed fresh sugar cane juice.

Local art work and photography are featured and displayed here and there is a puppet theater
Location: Khlong Bang Luang Artist House, 309, 28 Phet Kasem Rd, Khuha Sawan, Phasi Charoen, Bangkok. You get to Baan Silapin by the MRT to Bang Phai Station, then walk 1 km northwest to Soi 28 You pass Wat Kamphaeng Bangchak and Wat Thong Sala before reaching the gallery.

You can also take a motorbike taxi. We saw that many people do this transport. Closes 6 pm





Nattaporn Ice Cream is also a “find” that we really love, especially on a hot Bangkok afternoon. Sitting around a table outside, we tried many flavors, our favorites being Thai tea, coconut, green tea, and coffee ice cream. It is a fun family-run place on a side soi and the perfect place to chill. Located at 94 Phraeng Phuthon Rd, San Chao Pho Sua, Phra Nakhon, Bangkok. Closes 5 pm

32Bar X is another happy, hidden spot especially for chocolate lovers. It's a quaint, cool hangout and the owner is super friendly. The staff give you free chocolate samples to determine which craft chocolate you want for your cold or hot beverage. The cacao comes from at least nine different Thai cacao-growing regions and this tiny, air-conditioned cafe is perfect on a hot day, especially with plenty of chocolate to eat and drink. Located in artsy and historic Talay Noi. Find it on 294 Soi Wanit 2, Talat Noi, Samphanthawong, Bangkok. Closes 7 pm 66 63 898 9891

Body Care Works Soi 18 is off Sukhumvit and well-worth taking the time for what's called the complete “head to toe” beauty and cosmetic spa experience. A Vietnamese and Korean style spa, it is one of our favorite discoveries. How can you not love having everything done in one place: scrubbing, massage, nails, hair washed, really everything you'd love for a pleasurable happy body care treatment?

The spa even does nose waxing, deep ear cleaning, body massage, foot massage, and body scrubbing, cucumber facials, all kinds of professional body care treatments. Men especially love the hot towel facial shave! I think we were there for about three hours making a recent YouTube video showing Jason getting the full treatment. It is called “Sir, You Just Lay Down & Let Us Do Everything. (Best ASMR to 100% go Sleep!)” Bangkok, Thailand.”

Location 3 30 Sukhumvit Soi 18, Khwaeng Khlong Toei, Khet Khlong Toei, Bangkok. Closes 10 p.m. Tel 66 2 124 5246.



We hope you like our short list of Bangkok things to do after you think you've almost done it all, or are just looking for a few things you would enjoy. Carla Marie Rupp and Jason Rupp are freelance travel journalists who share stories and YouTube videos.



You can contact them at carlaruppy@gmail.com and jasonruppy@gmail.com. They'd love to hear about places you like in Bangkok and could even share some of your tips in a future travel story.





Dot Property Connect Pattaya Draws Over 200 Real Estate Professionals for a Powerful Afternoon of Insights and Connections

The latest edition of Dot Property Connect landed in Pattaya with resounding success, bringing together over 200 real estate professionals from across the Eastern Seaboard for an afternoon of powerful insights, networking, and actionable strategies for business growth. Held at Grande Centre Point Space Pattaya, the event provided a timely platform for developers, agents, and property professionals to connect, share market intelligence, and explore new opportunities in a fast-evolving regional market.

Insight-Driven Sessions

The afternoon kicked off with a deep dive into the Pattaya Market Outlook 2025, presented by Colliers Thailand, offering attendees a clear perspective on where the local market is heading and what opportunities are emerging. This was followed by a highly anticipated session from FazWaz, who shared real transaction data and trends, helping attendees understand the numbers behind the narrative. Dot Property Group also revealed exclusive search insights from its platform, highlighting the most in-demand projects and areas in Pattaya based on actual user behavior.



Expert Panel & Real Conversations

A highlight of the event was the expert panel talk titled “Inside the Eastern Seaboard: What’s Selling and What’s Next”. Moderated by Dot Property Group, the panel featured some of the region’s most respected developers, including Ms Uradee Kunkiratiyut CEO of Lunique Real Estate Co., Ltd and Mr Theeraphat Kaseerasakul MD of Baan Pattaya. They offered honest, forward-thinking perspectives on buyer trends, development challenges, and the evolving real estate landscape.



Real Connections, Real Opportunities

More than 20 developers participated in the networking lounge, showcasing new projects and building relationships with agents looking to expand their sales portfolio. The relaxed yet purposeful environment created space for meaningful conversations and new business opportunities.

A Community-Driven Success

Dot Property Connect Pattaya truly lived up to its name — bringing the industry together in a way that fosters collaboration, education, and long-term success. It reinforced the power of real-world connection in an increasingly digital industry. Thank you to everyone who attended, presented, and supported the event. We look forward to continuing this journey as we take Dot Property Connect to more key locations across Thailand and Southeast Asia in the months ahead.



Create a Space That Feels Like You – Without Redecorating By Lydia Colman

Your home should feel like a true reflection of your personality, a space where you feel most at ease but if the idea of redecorating sounds overwhelming, don't worry: you don't have to embark on a full makeover. With just a few thoughtful adjustments, you can craft a space that feels warm, inviting, and unmistakably yours. It's all about engaging your senses to create a space that feels authentically yours.

Swap harsh overhead lighting for softer alternatives like floor lamps, table lamps, or string lights. Simply changing to warm-toned bulbs can dramatically shift the ambiance. Or curate a playlist of calming tracks and add a compact speaker to your space. A personalized soundscape can immediately transform the room's mood. You can also introduce cozy elements such as plush throw blankets, textured pillows, or soft area rugs in your most-used areas.

To make your home feel more personal, use accessories. Try designing a mini-gallery wall or photo ledge with snapshots that spark joy. Mix framed prints with postcards, art, or memorabilia you've collected. Stack your favourite novels, coffee-table books or copies of Discover Pattaya magazine on side tables. Souvenirs, heirlooms, or handcrafted pieces collected from your travels will help to reflect your unique journey as items that hold personal significance naturally imbue your space with character.

You don't have to transform an entire room to make it feel special. Instead, create intimate nooks where you can unwind and recharge. Position a cozy chair near a lamp and add a small side table for a perfect escape into your favorite books. Or arrange a seating area near a window to savour your morning coffee while soaking up natural light. Dedicate a specific corner purely for relaxation, no laptops, emails, or work talk allowed. Thoughtfully carved-out spaces offer you small, meaningful sanctuaries within your home.

One of the fastest, most effective ways to alter the feel of a space is by refreshing its textiles. Update your existing throw pillows with new covers, materials such as velvet, linen, or chunky knits can alter the look dramatically. Throws also help although in this climate you may opt for lighter wool and linens rather than faux furs. With minimal investment, textiles offer a rich, tactile way to redefine your living environment.





Smell is an often-overlooked sense although it's another powerful way to personalize your space. For example, did you know that all Paul Smith shops all have the same signature scent no matter where they are in the world?

So you immediately know you are entering the designer's world. So whether through candles, diffusers, or incense fragrance can evoke memory and emotion faster than almost any other sensory experience.

Lighting a favorite candle in the evening or placing a diffuser in your living area can effortlessly create the atmosphere you want..

Sometimes you don't even need new items, you just need a fresh perspective. Simply rotate, rearrange and refresh by swapping decor between rooms. That ceramic vase from the hallway might breathe new life into your bedroom. Even shifting your sofa's orientation can reinvigorate a room's flow. Experiment until a new layout feels intuitive and energizing. Feeling connected to your space isn't something that happens overnight, it's cultivated over time through small, mindful rituals. Light a candle each evening to signal relaxation. Open windows every morning to invite in fresh air and positive energy. Spend a few minutes tidying daily to maintain a sense of calm and order.

Another way to breathe fresh life into your home is to go see the charming team at Deeco floors. They will give good advice on how changing what you walk on each day will freshen up your entire outlook and living space.



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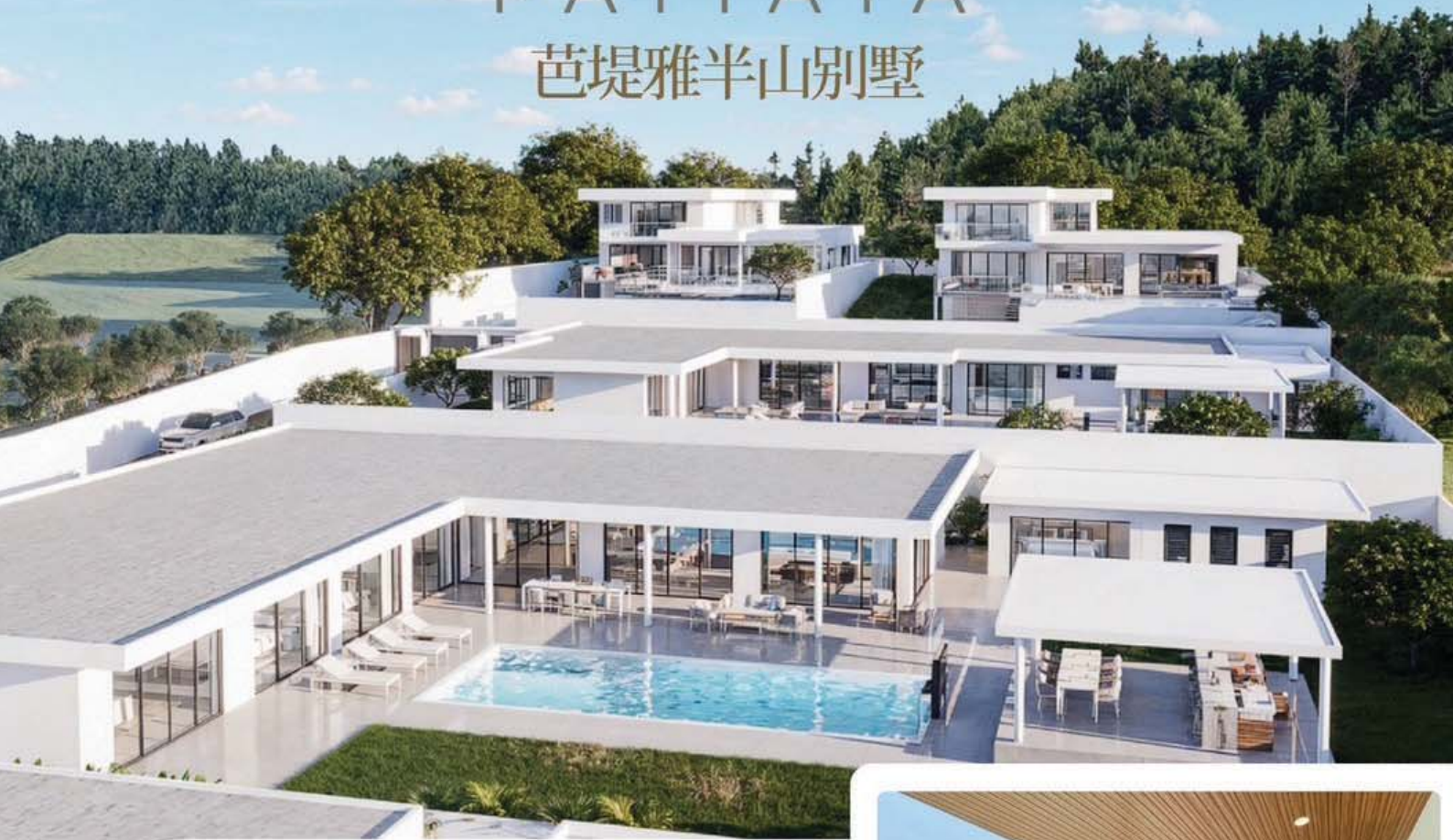


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