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Google map: Makok Hill Villas Pattaya



LAND AREA: 600–1,270 SQM

LIVING AREA: 360–771 SQM

BEDROOMS: 3–7

BATHROOMS: 5–8

PRIVATE POOL IN EVERY VILLA



DISCOVER PATTAYA

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Check out Pattaya Trader YouTube
Dot Property Awards, Bangkok 2025

This Month in Discover Pattaya

Hi Everyone

September has been another important Property month for us at Discover Pattaya with the stunning Makok Hill Villas featured on this month's cover. Zensiri's fabulous villas both here in Pattaya and on Koh Chang grace our back cover. Also, we have a review of Dot Property's Thailand Awards (now in its 10th year) that we were honoured to be media partners for -any excuse to return to the glamorous Four Seasons Hotel in Bangkok!

There are also plenty of lifestyle highlights with the Pullman launching their first Beach, Beats and Bites evenings which we are happy to say sold out within days of our posting it out on our social media platforms. Long term contributors Royal Hill Resort let us have a look at their newly refurbished Maharani Indian restaurant with a sea view to die for and the very best Indian cuisine to enjoy. A newer resort we were happy to discover the Pattaya Marriott Resort and Spa, Jomtien invited us to review their weekend dining experience from Goji Kitchen & Grill. Try it for yourselves on Friday or Saturday nights to enjoy an amazing array of Thai and Western specialities..

In our sports section we have a new contributor, Sea Yachting, for all you boat lovers and no I haven't just bought a Yacht! Also, Anthony Justice from Magna Carta (on page 26) writes about the important topic of Estate administration. If you need advice from Tony on any legal matter please email me: gloria@pattayatrader.com

Always happy to hear from you

Gloria x

gloria@pattayatrader.com

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BY LINE



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BEACH, BEATS & BITES VOL.1/2025



An extremely popular event kicked-off last month, on 1st Aug (Friday) with a sell out night at The Beach Club, Pullman Pattaya Hotel G.

In collaboration with IWS Thailand (Independent Wine & Spirits Thailand Co., Ltd), guests enjoyed a selection of five fine wines around the world with gourmet pairings by the Pullman's Executive Chef.



Beach, Beats & Bites event will be a regular event on the first Friday of the month at Pullman Pattaya Hotel G.

With a most refreshing Zonin Prosecco there was a selection from the **Fresh Oyster Bar** that included Fine de Claire as well as Korean Oysters topped with gochujang scallions, sesame seeds and sesame oil. **German Flammkuchen** (a crispy flatbread similar to a pizza, with crème fraîche, caramelized oni on, smoked bacon) accompanied the Riesling.

Sunrise Chardonnay was paired with a delicious **Japanese Fusion** plate. A Cabernet Sauvignon was with **Wagyu Flan Steak** and **Pulled Pork Spring Rolls** at the Merlot station. It was all complemented by a delightful selection of fruits, cheeses and cold cuts that the Pullman always does so well.



The menu and wine selection may alter slightly. You can check before you book which we definitely recommend as this event is already proving to be a popular date for Pattaya's social calendar.

So phone or message to be sure of a place.
Tel. 038 411 940 @thebeachclubpattaya



**SCAN HERE TO BOOK NEXT
"BEACH, BEATS & BITES" EVENT!**



BEACH, BEATS & BITES

VOL.1/2025

Thank you, **Rodney Charman**
for photos!

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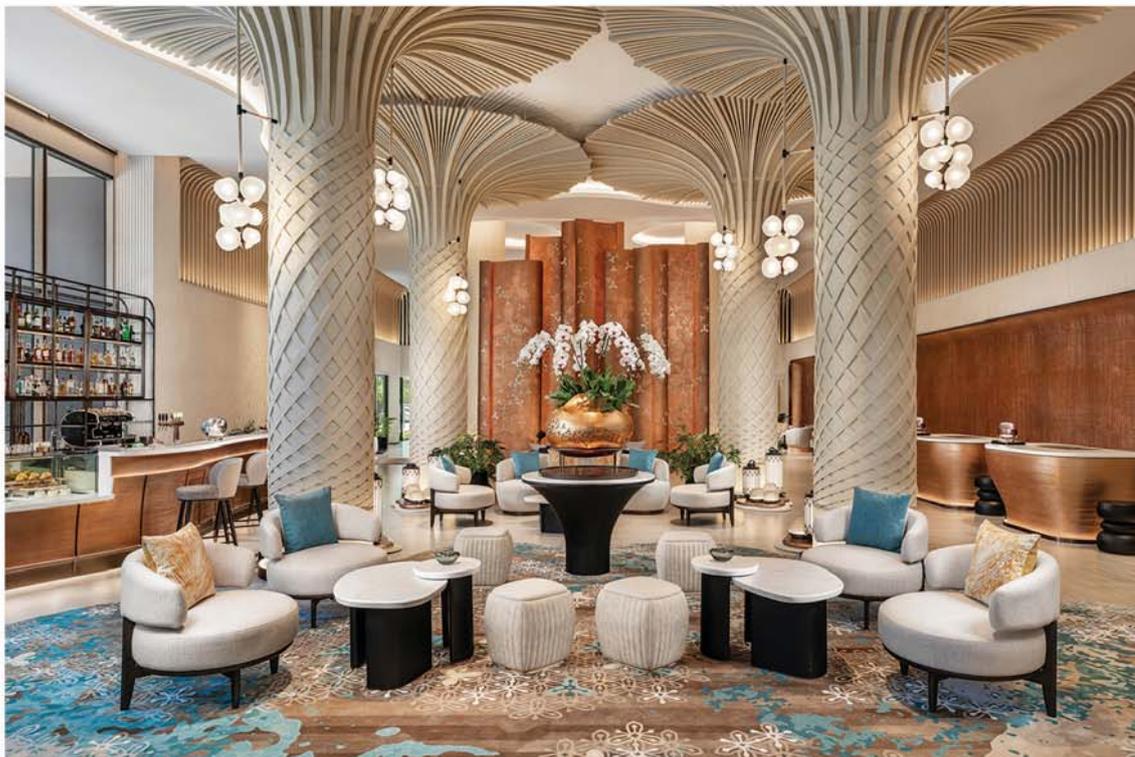
Happy to Discover a Remarkable New Dining Experience

Weekend Dinner Buffet at Goji Kitchen Grill & Bar, Pattaya Marriott Resort and Spa

The Pattaya Marriott Resort and Spa on Jomtien Beach Road is a stunning hotel. Blending modern elegance with all the charm of a seaside retreat, it's still close enough to Pattaya's vibrant attractions. Also a great place to come and enjoy the resort's marvelous facilities. For example, its amazing restaurants, where Discover Pattaya were lucky enough to try, during its inaugural month, the Weekend Dinner Buffet at Goji Kitchen Grill & Bar.

Already a popular favourite with diners in Bangkok the Goji Kitchen + Bar at the Pattaya Marriott has a sleek, spacious setting, elegant, modern design and open-plan kitchens. This allows you to freely wander and select an amazing assortment from a rich and varied

culinary spread. Seafood, wagyu, sushi, Western and Asian classics are all on offer. The night we went, we also enjoyed a selection of cheese and cold cuts, delicious beef noodles, made to order Som tam, melt in the mouth short ribs, lobster bisque, lasagne, both salmon and beef carpaccio - and let's not even mention the desserts!



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I managed to have a few words with him between his carving of a very succulent leg of lamb and blow torching our servings of Wagyu nigiri! Born in Milan he began his culinary journey like all good Italians, in the kitchens of his mother and grandmother. From there, having travelled extensively in his culinary career it was amazing for me to learn that he has only been in Thailand for three months. He already has a real understanding of the favourite Thai specialities such as mango and sticky rice and Khaw Larm. His personal favourite is Khao Soi, probably, he told me because the noodles remind him of his native pasta. Look out for this dish which he hopes to introduce to the buffet soon.

Surely Marcello's adaptability must have been a key ingredient (sorry couldn't resist the pun) in Marriott bringing him to Pattaya from The Ritz-Carlton, Grand Cayman, where he served as Chef de Cuisine in the Banquets division for 8 years. That together with his Italian roots, global culinary experience and obvious passion for high level cuisine make him an ideal choice to lead the team here.

For either casual or special occasions we really recommend the Weekend Dinner Buffet at Goji Kitchen Grill & Bar. Every Friday and Saturday it is a real treat! And with its prime location both stunning interior and exteriors the Pattaya Marriott Resort and Spa is sure to quickly become an iconic landmark on Jomtien Beach Road.



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Maharani

Queen Of Indian Flavours



I am always amazed at the number of restaurants and variety of cuisine available at the Royal Cliff in Pratumnak. Nestled within the group's Beach Hotel, you will find its Indian restaurant: "Maharani" which literally translates as "Queen". This has led to it becoming known as the "Queen of Indian Flavours". A long time favourite for those wanting an elegant dining experience with the richness of authentic Indian cuisine. The Maharani recently has had an amazing refurbishment. Its modern, brighter look now makes even more of the unique breathtaking sea views. With a floor to ceiling window looking out over the bay the luxurious setting of this restaurant makes it as memorable as the food itself.



Discover Pattaya were delighted to be invited to view this stunning transformation and sample some dishes from the menu. Drawing from authentic Northern and Southern Indian traditions there really is such an extensive choice we found ordering took quite some time.

However, we were finally happy with our choice which we believe gives a glimpse of not only the variety of authentic Indian dishes available but also the various colours, textures and tastes which are a culinary delight.





So to start we went for the Thai Supreme Menu which offers a wide range of dishes at amazing value for money. There is a Vegetarian offering of this at 550 baht but we chose the Non-Vegetarian package. This included Chicken tikka with deliciously marinated chicken pieces, Radha Lamb curry (Punjabi style), Jeera Alloo (stir fried potatoes in herbs and spices), yellow Dal butter fry curry, poppadums, Tandoori Naan and Basmati rice. There was even an accompanying selection of homemade pickles and chutney with seasonal fresh fruit all for just 600 baht! Then it was time for a touch of indulgence with the Jhinga Malai curry which is Maharani's special creamy prawn. Butter chicken Masala in a rich tomato and onion gravy and Lamb tikka Masala with its deep red colour and rich aroma with tender pieces of lamb this really was a stand out dish.

We really can recommend the whole dining experience at Maharani not just for the quality of the food but also for the attentiveness of the staff. Guests frequently highlight the welcoming service from both the chefs and servers and travellers and locals alike, frequently recommend Maharani as one of the best Indian restaurants not only in Pattaya but throughout Thailand.

It's ideal for romantic evenings, family gatherings, or simply a refined dinner and despite being housed in a luxury hotel, is extremely reasonable for the quality of the beautifully presented food offered. Open daily (except for Mondays) 11:00 a.m. - 2:30 pm and 6:00 pm - 10:30pm



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Spicy Prawn Soup)))) (Tom Yam Soup)

ต้มยำกุ้ง

Deep fried Crispy Pork with Thai Kale))))

คะน้าหมูกรอบ

Green Curry with Chicken or Pork))))

แกงเขียวหวาน ไก่ หรือ หมู

Yellow Curry with Chicken or Pork)

แกงกะหรี่ ไก่ หรือ หมู

Chilli Basil & Garlic with Chicken or Pork or Beef))))

ผัดกระเพรา ไก่ หมู หรือ เนื้อ

Sweet & Sour with Chicken or Pork

ผัดเปรี้ยวหวาน ไก่ หรือ หมู

Panang Curry with Chicken or Pork or Beef))))

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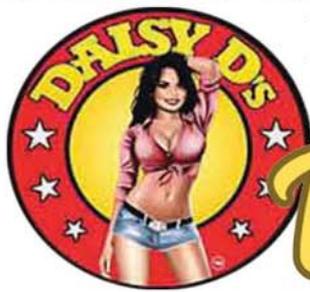
*portions are around 25% smaller than our regular menu



www.facebook.com/TheSportsmanPattaya



www.sportsmanpub.com



Discovering more Delights from Daisy D's

In July we wrote about a fabulous new Sports Bar/Restaurant called Daisy D's. Already known to the people strolling along Jomtien Beach Road as the place with a Dodge Charger above the bar, it really is becoming a local landmark and fun hang out. If you missed our review you can still read it online via our website pattayatrader.com

Daisy D's is a great venue to visit at any time. A perfect place to plot and enjoy a favourite sporting event with a cool beer and great food. Or to enjoy the excitement of their every other Friday Salsa nights when you may be tempted by their Buy 1 Get 1 Free Cocktail deal (have a look at our video about this on Pattaya Trader Facebook page). Also, follow Daisy D's Facebook page to check on the daily specials at unbeatable value for money prices..



Recently we went back to try their breakfast menu and make the most of a day time visit with the wonderful view of Jomtien beach and refreshing sea breeze. If you're a late riser, breakfasts are available until 3pm and at only 195 baht including orange juice and choice of tea or coffee the big breakfast options are hard to resist.

If you want The Full English it comes with 2 slices of toast and butter, baked beans, fried tomatoes, bacon and really excellent sausages. With the American Breakfast you get pancakes with Maple syrup, streaky bacon and hash browns. Whichever you choose you can opt to have your eggs: fried, poached or scrambled and of course as you would expect from an eatery aligned to The Sportsman the accompanying sauces are plentiful and genuine.

Incidentally, do you know why HP Sauce is so called? It's because the sauce was served in a restaurant within the Houses of Parliament when it was first developed in the late 19th century. Its creator, Frederick Gibson Garton, a grocer from Nottingham, registered the name HP Sauce in 1895 and you can still see an image of the Houses of Parliament on the label. Americans visiting Daisy D's may be more impressed to find that they also have Frank's Red Hot Original Sauce. As for me? I was delighted with the Tabasco sauce - my new favourite condiment, especially with scrambled eggs.

Other options include Eggs Benedict, Breakfast muffins either with sausage and egg or bacon and egg, fried chicken and waffles, a pancake stack with mixed berries and even a breakfast burrito. With prices starting at just 135 baht there are plenty of good breakfasts to choose from. Take out is available as is Grab delivery but we really recommend you come and have a look at this place for yourself:

Daisy D's is at 356/67 M12 Jomtien Beach Road Just after the Grand Jomtien Place Hotel

Phone +66 823978168 <https://daisys.com>



LAMPANG, THE HISTORIC AND TIMELESS CITY

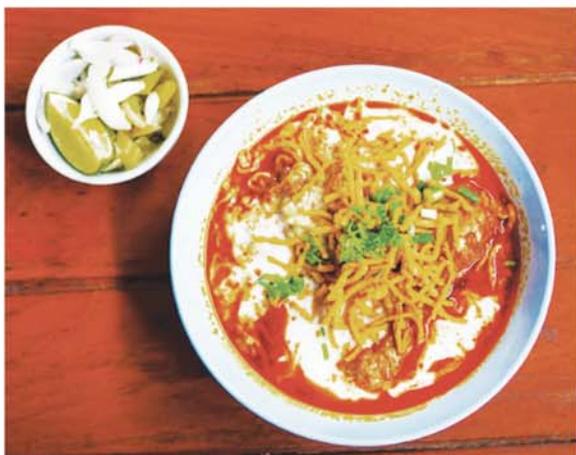
Chapter 9 – Northern Thai Food of Lampang's recipe

By: Songpone Siriwanlert

If you have read our series of articles about Lampang since chapter 1, you should already have known Lampang in many different aspects. As a result, we would like to introduce the northern Thai foods of Lampang's recipes that have different taste from any other northern provinces.

Hung Lay Curry

This kind of curry is influenced by Burmese recipe which has been adapted to be Lanna food. (Lanna was the name of northern kingdom in the ancient time) In the occasion that Hung Lay Curry has been popular voted to be Lampang's local menu through the provincial office of culture, we proudly present Hung Lay Curry. Normally, it is the main dish in Lanna food restaurants. Generally, Hung Lay Curry is made in the special occasion to offer the monks in the temples for Buddhist ritual ceremony. Nowadays this kind of curry becomes the demonstration menu and for take home sales on cultural walking street of Tha Ma Oh community every Friday evening. Its ingredients comprise of streaky pork and meat of pork collar seasoned by onion, garlic, dried chili, sliced lemon grass, ginger, galangal with shrimp paste and pickled garlic juice. The original recipe, Hung Lay Curry, is cooked in claypot over charcoal stove. Hung Lay Curry is flavorful that northern people like to have with glutinous rice. Its condense soup can be adapted as topping sauce for fusion foods.



Khao Soy

Khao Soy is the never miss out menu. Recently, Khao Soy has been rated as the number one soup in the world. Khao Soy is a noodle in northern Thai style. Lampang's Khao Soy recipe was originated by Chinese Muslim people that have different ingredient and cooking procedure from Chiangmai or any other northern provinces. Noodles are unique and specifically made for Khao Soy that have eggs and wheat flour in the proportion of 40:60. Topping curry is made of beef tendon boiled until tender with specific curry powder. Khao Soy curry is a little bit condensed like stew in green color and not spicy. The cooking process is first put one teaspoon of roasted chili in oil at the bottom of bowl then pour the undiluted coconut milk on and add a few drops of soy sauce. Blanch the noodles in boiling water and soak it in cold water. Then blanch it once again in boiling water and put it in the bowl. Mix the noodles together with coconut milk and roasted chili in oil. Then topping the mixed noodles with the Khao Soy curry and crispy noodles and serve with side dish containing fresh onion, pickled cabbage and lemon halves for self-seasoning. There are 2 types of Khao Soy, the noodles in curry cream and the soupy one. For those who do not eat beef, only curry cream is topped with sliced fried pork or chicken leg or breast.



Sai Oua

Sai Oua is a northern Thai style sausage made of pork intestine stuffed by minced lean pork that mixing with chili paste specifically made for Sai Oua. There are 2 kinds of Sai Oua, the first one is made by grilling on charcoal stove that has more attractive aroma, the other one is deep fry which has a different aroma from the grilled one. Sai Oua is also the main dish on Lanna dining table. It is also available in general food market that is made by many different recipes.



Jelly Pork Curry

This kind of food is made of pork tendon meat that is rich in gelatin which can be set in form of jelly without using agar powder and refrigerator. Originally, it is a special food for cold season. As the temperature at night in the northern part of Thailand is so cold that is good for making Jelly Pork Curry without chilling in refrigerator. The process is just using pork leg meat and tendon boiling until tender. Then pour it in rectangular tray and leave it outdoor overnight. The natural low temperature will make fat and gelatin turn to be jelly. Lampang's recipe has also chili paste mixing in that makes jelly curry color in mild red with chili powder. In the early morning at general fresh food markets, there are Jelly Pork Curry in rectangular tray and cut in square pieces garnished by coriander then putting on banana leaf as packaging for take home buyers.

ลำปาง นครแห่งประวัติศาสตร์ที่อยู่เหนือกาลเวลา

บทที่ 9 - อาหารล้านนา ตำรับลำปาง

โดย ทรงพล ศิริวรรณเลิศ

ท่านที่ได้อ่านเรื่องราวของลำปางมาตั้งแต่บทที่ 1 ได้รับรู้เรื่องราวของลำปางในทุกมิติมาแล้ว ในบทนี้ ขอแนะนำ เมนูอาหารภาคเหนือที่มีชื่อเสียง ในตำรับเฉพาะของลำปางซึ่งแตกต่างจากที่อื่นในภาคเหนือให้ได้ลิ้มลองกัน

แกงฮังเล

เป็นแกงที่มีต้นตำรับมาจากพม่าโดยดัดแปลงเป็นอาหารล้านนา และ ในโอกาสที่ แกงฮังเล ได้รับการโหวตให้เป็นอาหารประจำถิ่นลำปางโดยสำนักงานวัฒนธรรมจังหวัด จึงขอนำเสนอเมนูนี้เป็นรายการแรก ปกติ แกงฮังเล เป็นเมนูหลัก ในร้านอาหารตำรับล้านนาโดยทั่วไป ตามประเพณีของชาวลำปางและจังหวัดภาคเหนืออื่นๆ แกงฮังเล เป็นอาหารหลักที่ทำขึ้นถวายพระ เนื่องในงานบุญต่างๆ ปัจจุบัน แกงฮังเล เป็นอาหารที่จัดแสดงและจำหน่ายในกิจกรรมถนนสายวัฒนธรรม ท่ามะโอ ทุกวันศุกร์ช่วงเย็น ส่วนประกอบที่ใช้ในการทำแกงฮังเล ใช้เนื้อหมูสามชั้น สันคอหมู เครื่องปรุงประกอบด้วย หอม กระเทียม พริกแห้ง ตะไคร้ ขิง ข่า กะปิ น้ำกระเทียมดอง ต้นตำรับจะแกงในหม้อดิน ตั้งบนเตาด่าน รสชาติของแกงฮังเล จะเข้มข้นครบสามรส ด้วยความข้นของน้ำแกง ชาวเหนือจะนิยมรับประทานกับข้าวเหนียว อีกทั้งยังสามารถประยุกต์ให้เป็นซอสทอปปิงอาหารแนวฟิวชั่นฟู้ด



ข้าวซอย

เป็นอาหารที่ทำมาตลาดชิมเป็นอย่างยิ่ง เมื่อเร็วๆนี้ ไทยได้รับการจัดอันดับให้เป็น อาหารประเภท ซุป อันดับหนึ่งของโลก ต้นตำรับของข้าวซอยมาจากชาวจีนมุสลิม ในลำปางเรียกว่า ข้าวซอยฮ่อ มีส่วนประกอบและวิธีการปรุงที่แตกต่างจากข้าวซอยตำรับเชียงใหม่และที่อื่นๆทั่วไป เส้นข้าวซอย มีลักษณะเฉพาะตัวคือมีส่วนประกอบของไข่ไก่ มากกว่า 60% อีก 40% เป็นแป้งหมี่ แกงกะหรี่มีเครื่องแกงเฉพาะ ใช้เนื้อเอ็นและข้อวัวต้มเปื่อยและเคี้ยวจนขึ้น สีของแกงเป็นสีเขียวเข้มเหมือนสตูว์ ตัวแกงกะหรี่ไม่เผ็ด การปรุงรส จะใช้พริกขี้หนูแห้งป่นเจียน้ำมัน ราดหัวกะทิ และเหยาะซีอิ้วขาวเล็กน้อยลงในซาม ลวกเส้นข้าวซอยในน้ำเดือดและแช่ลงในน้ำเย็น ก่อนใส่เส้นลงซาม นำเส้นมาลวกน้ำร้อนอีกครั้ง แล้วใส่ซาม คลุกเคล้าให้เส้นเข้ากับหัวกะทิและพริกป่นเจียวในซาม จากนั้นก็นำแกงกะหรี่ที่เคี้ยวจนขึ้นราดลงไปบนเส้น แล้วโรยด้วยเส้นข้าวซอยกรอบและผักชีเสิร์ฟพร้อมเครื่องเคียง คือ หัวหอมแดง และ ผักกาดดอง มีมะนาวผ่าซีกมาให้บีบปรุงรส มีทั้งแบบน้ำและแบบแห้ง ถ้าเป็นแบบน้ำ เขาจะเติมน้ำซุปลงไป ใครไม่ทานเนื้อวัว เขาจะตัดแต่น้ำสตูว์ราด แล้วใส่หมูทอดหั่น และ น่องหรืออกไก่แทน



ไส้อั่ว

คือไส้กรอกตำรับล้านนา ทำจากลำไส้เล็กของหมู ยัดไส้ด้วยเนื้อหมูติดมันบดละเอียดที่คลุกเคล้ากับเครื่องแกงที่ปรุงสำหรับทำไส้อั่วโดยเฉพาะ มี 2 แบบ คือ แบบย่างด้วยเตาด่าน ซึ่งจะอร่อยเป็นพิเศษ และ แบบทอดลงในกะทะใบบัว จนน้ำมันท่วม เป็นเมนูที่ขาดไม่ได้บนโต๊ะอาหารล้านนา และ ชุดขันโตก อีกทั้งมีจำหน่ายในตลาดสดทั่วไป ผู้ทำขายมีหลายเจ้าให้เลือก แต่ละจังหวัดรวมทั้งลำปางต่างก็มีสูตรเด็ดเฉพาะตัว



แกงกระด้าง

แกงกระด้าง คือแกงที่ทำจากเนื้อและเอ็นขาหมู สามารถจับตัวเป็นก้อน โดยไม่ใช้ผงวุ้นและตู้เย็น ต้นตำรับของแท้ เป็นอาหารที่ทำเฉพาะในฤดูหนาว ซึ่งอากาศ



ในภาคเหนือช่วงกลางคืนเย็นจัด กรรมวิธีการทำ ใช้เศษเนื้อหมูติดเอ็นและข้อ (คากิ) ต้มจนเปื่อย และมีไขมันกับเจลาติน ซึ่งทำให้แกงจับเป็นก้อน โดยนำลาดแกงกระด้าง วางทิ้งไว้กลางแจ้ง สูตรลำปางมีน้ำพริกแกง ปรุงลงไปด้วย ทำให้เนื้อของวุ้นมีสีแดงของพริก ในตลาดสดช่วงเช้าตรู่ จะเห็นแกงกระด้างอยู่ในถาดขนมชั้น ตัดเป็นชิ้นสี่เหลี่ยม ห่อใบตองโรยผักชีขาย

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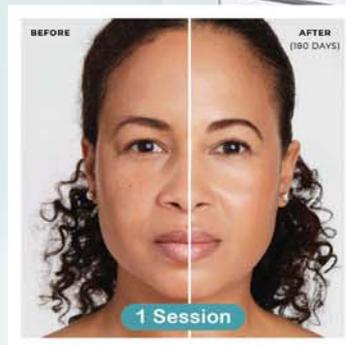
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J. JAMES

FIGHTING FOR SELF-CONTROL

Discover Pattaya were delighted to attend the exhibition Fighting for Self-Control held at Flipper Art Space (Soi 8 Pattaya Beach Road) by British artist J. JAMES. We talked to him about his inspiration and the very personal thoughts behind his work. For J. JAMES approaches art as a mode of communication, a way of giving shape to his ideas and emotions. He finds the process therapeutic and bravely lays bare his feelings through works which often originate from poetry. Sometimes the poems are written directly onto the canvas, other times they remain hidden, but always they serve as the emotional foundation of the piece.

The works invite viewers to engage emotionally, and encourage them to think beyond surface impressions. For even though each piece reflects the artist's own journey their abstraction allows for individual interpretation. James told me how he was at first unsure as to whether to describe and somewhat explain the pieces on display. Yet I found what he had to say extremely useful, giving an additional perspective to the visual art. For example, in a particularly bold work within a trilogy entitled "Paranoia", James told me that the textural effect he had incorporated into the cube at the piece's centre was to portray a sticky, tar-like substance, representing the feeling of paranoia that can stick like tar to our thoughts and emotions.





In another series “The Ideal and The Real”, ably translated into Thai by Khun Nut of Baan Pattaya, James explained that the paintings express a gap between our perfect understanding of concepts such as ethics, morals, politics and beauty and the actual reality. Thus the Platonic solid 3D shapes like cubes, and tetrahedrons become simple 2D shapes: triangles and squares in their reflections. With works like these it is unsurprising that James cites philosophers Plato, Hume, and Wittgenstein as inspirational to his thinking. Whilst the words of poets including Shelley, Wordsworth and Allen Ginsberg are also named as literary favourites. Other influences span a wide range from Lichtenstein, and Monet to Bauhaus and Banksy.

However, throughout this collection the work is never derivative but rather unique in the melding of poetry, philosophy, art and mental health emotions. J. JAMES has created a space where viewers can pause, reflect, and perhaps even confront their own battles with works that invite contemplation. They demonstrate how art can serve as both an outlet for the artist and a mirror for the audience. A conversation between thought and feeling, the seen and the unseen. A reminder that the fight for self-control can be both an individual and yet universal experience.

For more information or to contact the artist directly write to jjames.bangkok@gmail.com



Gloria talks to Sr. Apinya Sornjan and Khun Chanida Vanijwongse (Ying) at The Fountain of Children's Center

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. If you missed any of the earlier Pattaya Patriots articles you can still find them online at our website pattayatradetrader.com.

For this month's article I went to The Fountain of Children's Center to find my patriots. I hadn't heard of this drop in centre although I had heard about The Fountain of Life Women's Center which was founded in 1988 by the Good Shepherd Sisters. It's a place where women can attend language classes and train in hairdressing, Thai massage, sewing and handicrafts. These services are entirely free. The centre also provides counseling, health education, legal rights workshops, and human rights awareness sessions. It is a safe place for the empowerment of vulnerable women who wish to transform their lives through skill-building and restore their dignity.

The Fountain of Life Children's Center was added in 1993. Open from 8:30 am until 3pm, Monday to Friday, it looks after around 150 children aged between 3-15 years of age. These children are considered vulnerable and come from impoverished families. If their parents are unable to bring them, there is a truck to pick up the children and drop them back. The centre provides them with a safe, nurturing space from where they participate in language lessons, basic literacy and cultural activities



Sr. Apinya Sornjan has been at Fountain of Life for 7 years now. Although herself a Roman Catholic (having taken her vows in 2005), she tells me that the centre accepts and respects the many and varied religions of all the children. She has a gentle, kind voice and completely supports the Fountain of Life's ethos to protect and educate vulnerable children through holistic support and compassionate care. Last year she launched an initiative to build a fully equipped playground to replace the aging sandy play area, recognizing that development-oriented play supports both well-being and growth, the children also help with the growing of the centre's hydroponic plants.





What Sr.Apinya finds rewarding, as well as the formal lessons, are the life skills the centre is able to give the children. Many need to learn basic tasks such as how to wash their hands, brush teeth, put on and take off their shoes and learn manners and be respectful. Some of the children come with violent habits usually learnt from abusive adults. So the staff here need to provide therapy and offer alternatives to fighting. They teach the children to talk through their differences and arguments rather than resorting to hitting. The staff who work with Sr.Apinya need to be able to help with mental health problems as well as the academic lessons. There are 12 members of staff at Fountain of Life Children's Center, among them are 6 teachers

One volunteer at the center is Khun Chanida Vanijwongse. (Ying). She teaches English 3 days a week to the 11 to 16 year old classes. Then for the remaining 2 days of her working week goes to the Women's prison at Nong Pla Lai to teach English to the inmates there.

All this work is done on a voluntary basis because in her own words she feels she has a proficiency and wants to share her knowledge with others. The women she teaches have a variety of levels of expertise. Some need to start at the very beginning whereas others may just seek to improve their vocabulary or pronunciation. Many she tells me speak English with a very harsh Thai accent that they wish to change. Others have a really good grasp of the language, some even with Bachelor degrees but whose circumstances, often include drug use or physical abuse, have caused them to fall on hard times

Usually there are around 30 women in Ying's class at the prison and she likes them to start by introducing themselves. Often they are keen to be heard, to share their stories and say what led them to become incarcerated. Working in conjunction with Rotary Club Eastern Seaboard Pattaya, Ying is able to give a certificate when her students have completed their 2 month English course with her..



They can then use this to show that they have made a real effort at wishing for rehabilitation which can then be submitted to help them with early release. Also in such an important tourist area as Pattaya learning English can really help them find employment once they leave the prison.



Both Sr.Apinya Sornjan and Khun Ying are remarkable women giving freely of their time, skills and compassion. Although we could not take photos of the children at the centre we met several who were happy, smiling and keen to try out their English with us.

The Fountain of Life Centers are non profit organizations and receive no Government funding but rely entirely on donations from benefactors. If you would like to find out more or see how you might be able to help

visit Fountain of Life Children Center Facebook page or phone 084 343 7465

Thanks to Rodney Charman for the Photos



When a Loved One Passes in Thailand: How Estate Administration Works

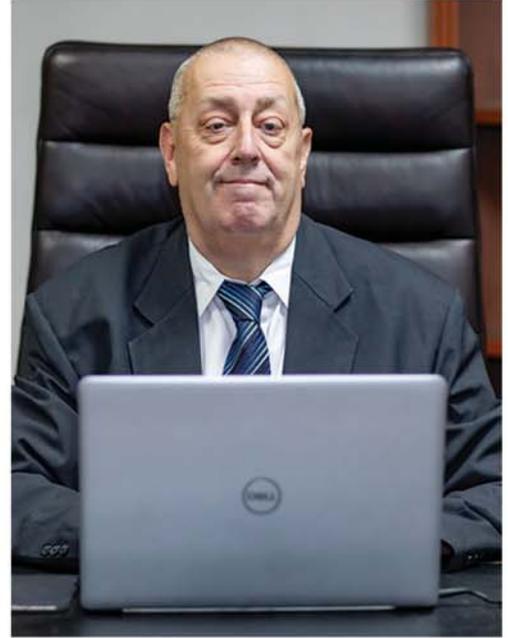
by Anthony Justice

Managing a loved one's estate is never simple. Beyond the emotional weight, there's the practical challenge of handling assets, debts, and paperwork—especially if property or family members are based in Thailand. Estate administration is a process you should prepare for, whether you're drafting your own plans or supporting family members when the time comes.

Thai law takes over in the event that a person passes away without a valid will. The Civil and Commercial Code's statutory inheritance rules govern the distribution of their assets. The hierarchy of heirs includes: descendants (children and their offspring), parents, full-blood siblings, half-blood siblings, grandparents, uncles and aunts. Additionally, a surviving spouse is considered a statutory heir and may share the estate depending on the presence of other heirs.

Why Estate Administration Matters

In Thailand, estates cannot simply be divided informally among heirs. So, how does the process actually begin? Whether or not a will exists, nothing can be passed on until the court officially appoints someone to manage the estate. This person, called the estate administrator, acts as the legal representative of the estate. To start, a petition must be filed with the court. Once approved, the administrator takes charge of handling the assets, paying taxes and debts, and making sure everything is distributed fairly and according to the law.



Who Is Eligible to Be an Estate Administrator?

- The heirs of the deceased (or anybody specified in the will)
- An "interested person" or long-term partner who shared assets
- An executor designated in the will
- A public prosecutor may intervene if no one applies.

In addition to being at least 20 years old, the applicant must not be bankrupt, legally incapable, or incompetent.

Where Should the Petition Be Filed?

In Thailand, the petition must go to the court that covers the deceased's last registered address. If the person lived outside Thailand but owned property here, then the petition is filed in the court with jurisdiction over those assets. This rule keeps things organized and ensures that the right court is handling the estate from the start.

How Long Does the Process Take?

On average, the court schedules a hearing within about two months after the petition is filed. If there are no objections, the estate administrator can usually get the court order within another month and begin managing the estate. Disputes over the will or the administrator, however, can stretch the process out much longer.

The Role of a Will

Having a valid will is one of the most sensible things you can do in Thailand. Even if you already have a foreign will, you can avoid unnecessary complications for your heirs by creating a Thai will for local assets. A will can ensure that your wishes are followed, name your preferred administrator, and speed up the probate process.

This is particularly important for foreigners. Although inheritance is legal in Thailand, there are some restrictions. For instance, land inherited by foreigners must be sold within a year. You can cope with these facts by having a well-written will.

When a loved one passes, the hardest part for families usually isn't the paperwork—it's the emotions. Grief can make it difficult to make clear decisions, and if there are no clear instructions left behind, even small issues can cause disagreements. Things like missing bank records or unclear property details can add stress. That's why planning ahead makes such a difference—it helps families avoid confusion and conflicts.

Final Thoughts

During a time of grief, dealing with estate issues may become too stressful to handle. But when you manage to prepare and your instructions are clear and your paperwork is in order, the process becomes a way to protect your loved ones.

From my perspective, the smartest thing you can do is plan early, keep your documents in order, and get professional support when necessary. That way, when the time comes, you can spare your family from the burden of getting lost in paperwork and court procedures.



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Sports Update

For September by Steve Wade

It was an interesting start to the Premier League in August, especially for the newly promoted clubs. Whilst Burnley had a difficult start at a rejuvenated Spurs, both Sunderland and Leeds enjoyed wins in their first matches back and it may be that the recent trend for the newcomers to go straight back down to the Championship will be under threat this season. Some of the more established Premier League clubs who have been underperforming will be looking over their shoulders I'm sure. West Ham, this means you! We suffer our first international break in September so the three matchdays are on the 13th, 20th and 27th of the month.



In a month where top level sport is really kicking into gear, we have some outstanding events taking place including the IAAF World Athletics Championships in Tokyo from the 13th until the 21st. Of much more significance as far as the Australian expat community in the city is concerned is the Australian Football Grand Final, being played in Melbourne on the 27th. At time of writing the playoffs to decide the finalists are still in progress but no matter, whoever gets there it's sure to be a rip-roaring event which will bring the Aussie fans out in force in the bars and sports lounges across the city.

The Formula 1 schedule continues with the iconic Italian Grand Prix on the 7th and the Azerbaijan leg leaving the grid on the 21st. We also have the season long Champions League starting in September

But the real big deal, the event which has become the biggest thing in the golfing calendar, is the Ryder Cup, which is played this time on the monstrous Bethpage Black course in Farmingdale New York, the difficulty of which will only add to the drama of this intensely competitive event.

I for one think that the rivalry between the two sides is becoming overheated and the behaviour of some sections of the crowd, especially at the New York venues, can be quite awful. Hopefully common sense will prevail and it will be gentlemanly handshakes and exchanges of "well played" amongst the players instead of frantic fist pumps, lunatic dances on the greens and near fistcuffs in the car park, but I seriously doubt it! It is a very exciting thing to watch though and I'm sure golf fans everywhere will be glued to TV's across Pattaya, in spite of the very inconvenient time difference.



That's it for the moment, it looks like there's something for everyone in September.

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Team Hollywood Samurai & Gloria triumph at the 22nd Samui Regatta



The wind, as it had done all week, played hard to catch during the final day of the 22nd Samui Regatta but Race Director Simon James was able to snare some gusts and hold a final windward-leeward to round out the event. Simon has been a bit like Captain Ahab in this regatta, except instead of looking for a killer whale, he's been searching for wind, glorious wind. And Simon, aka The Wind Whisperer, found it, every single day.

The regatta's class winners had actually been decided going into the final day as Ray Roberts and his professional crew on Team Hollywood Samurai won all but one race in their Cookson 50 winning the IRC Open Class and crossed the finish line first in the last race with an elapsed time of 58:48. After Tremor (aka Tenacious), skippered by Olympian Steve McConaghy placed second, and Iolanthe 3, an Archambault A35, led by Australian skipper Terry Foster, was third.

Gloria (Philip Harris, David Hepburn & Simon Plunkett) was fourth, with SV Senator, skippered by Chriss Uptegrove, placing fifth.

Upon accepting the winner's trophy on stage at the Fair House Beach Resort and Hotel, Team Hollywood Samurai's skipper Ray Roberts noted he had sailed in the very first Koh Samui Regatta, was delighted to be back and promised to return next year. This regatta was not about the quantity of boats but the quality of the sailors, many who have sailed and won the finest regattas in the Asia-Pacific region.

The Cruising class was won by Gloria (an Oceanis 45), whose crew hails from the Royal Perth Yacht Club (they too all promised to return next year). SV Senator (a Jeanneau 45), with noted Danish yachtsman Nils Degenklow on board, was second



Steve McConaghy, Olympic sailor and triple World Champion in the 11 Metre One Design class, brought a wealth of experience to the regatta. His team, AfterTremor, sailed with skill and consistency to secure second place in a highly competitive IRC Open Class. "It was a challenging week," Steve said. "In the 18 Samui regattas I've competed in I have never seen so much current. It's tough going on a slow boat up wind in light air, against 2-3k. Still my favourite regatta and hope to be back again next year."

The Samui Regatta is a prestigious event in the sailing calendar, which sailed from May 25 to May 31. It featured keelboats racing in the IRC Open and Cruising classes. The event was centered at Nora Beach Resort and Spa, which offered an ideal backdrop for both participants and spectators.



This regatta saw eight races held over five days, from May 26th to May 31st, with May 29th set as a lay day and an opportunity for the sailors to explore and experience the hospitality of Koh Samui. The competition resumed on May 30th and continued through May 31st. Each day's competition concluded with a ceremony to honour and award the winners, culminating in a gala dinner at the Fair House Beach Resort and Hotel on the final day. The Nora Beach Resort and Spa Hotel was the gracious host of the opening ceremony, and the daily award ceremonies.



Simon James and his partner Kae Wattana are committed to keeping Thailand's regattas going; with Samui regatta being the island's longest-running major sports event. Indeed, Koh Samui has a great sailing history as back in the day it was the jewel in the crown of Captain Marty Rijurkis' Asian Yachting Grand Prix. It was here that Captain Marty presented his customary Amari jacket and bottle of bubbly to the annual winner of his highly competitive series. And the skippers that used to bring their crews here (Frank Pong, Neil Pryde, Ray Roberts, Sam Chan) were among the most celebrated in the region. Well, Ray Roberts, at the spry age of 82, is back and Frank Pong, though not racing has continued to support the regatta.

At the closing dinner, dates for 2026 were announced as 23rd-30th May. The opening celebration will be hosted by the Fair House Beach Resort and Hotel on Sunday, 24th May.

The Samui Regatta Organizing Committee organizes the Samui Regatta in collaboration with the Yacht Racing Association of Thailand under the Royal Patronage, the Tourism Authority of Thailand (TAT), the Tourism Association of Koh Samui, the Surat Thani Province, and Regattas Asia.

The 22nd Samui Regatta was proud to be supported by an array of sponsors whose collaboration and support are essential to the event's success. Co-sponsors include: Nora Beach Resort and Spa, the Fair House Beach Resort and Hotel, Bangkok Airways, Bangkok

Hospital Samui, Chaweng Gardens Beach Resort, Chaweng Regent Beach Resort, Haad Thip PCL, Singha, Samui VertiColor, Team Jelik (Frank Pong) and Workforce International. Media Partners include SEA Yachting and the Thailand Marine Guide.

About the Samui Regatta:

The Samui Regatta is the island's longest running sports event and solidifies Thailand's position as a premier sailing destination and an essential stop in the Asian yachting circuit. Since its inception in 2001 with a modest fleet of beach catamarans, the Samui Regatta experienced remarkable growth up until 2019, rapidly expanding each year and is now in a rebuilding process post covid. The event's objectives remain focused on increasing tourism to Koh Samui, elevating the profile of sailing in Asia, and promoting water sports activities.

For more information on participating in the Samui Regatta or to registration, please visit the regatta's website at <https://www.samuiregatta.com> and update activities on Facebook: <https://www.facebook.com/SamuiRegatta>

Story & Photos courtesy of SEA Yachting,



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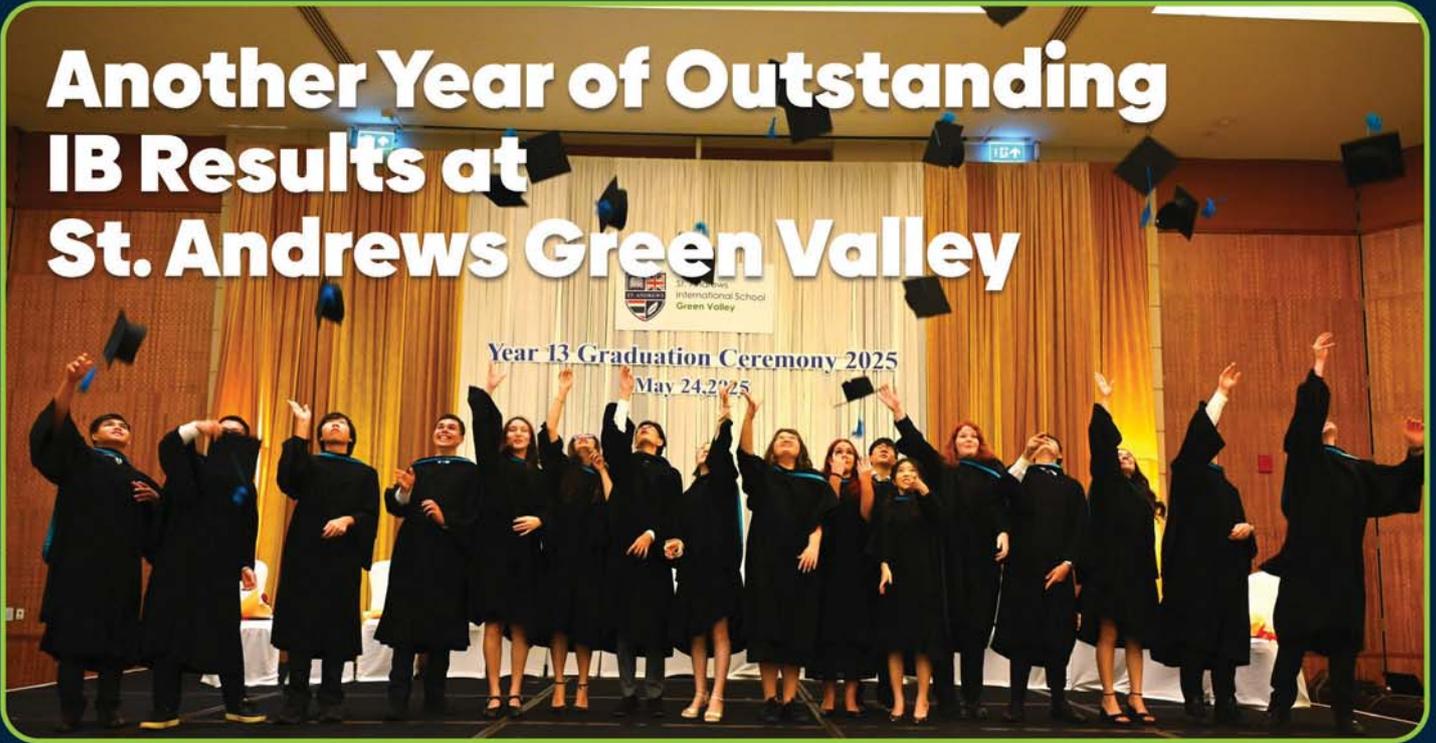
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Avoiding the Summer Slide: Helping Your Child Start the New School Year Strong

When the long summer holidays arrive, most children (and teachers!) look forward to a well-earned break. However, research consistently shows that extended time away from the classroom can come with a hidden cost: the “Summer Slide.” Studies in the United States suggest that, on average, pupils lose between 20–30% of their school-year gains in reading and around 27% in maths over the summer. Younger children and those learning in a second language can be particularly affected. It’s not just academics that suffer, teachers often report dips in confidence, focus and social skills after a long break.

In Thailand, with our longer summer holidays compared to some other countries, the risk can be even greater. While rest and family time are essential, taking simple steps during the break can help children return to school ready to learn, rather than spending the first few weeks “catching up.”

Why Summer Slide Happens

The brain is like a muscle, without regular use, it loses some of its strength. When children take a complete break from structured learning, their academic habits weaken. Reading fluency slows, maths recall becomes rusty and writing stamina declines. This doesn’t mean children need to spend their summer doing worksheets every day, but it does mean that a little, consistent learning goes a long way.

Starting the New School Year Smoothly – Practical Tips for Parents

Get organised early – In the week before school starts, gather all supplies, label belongings, and check uniform items still fit.

Review the timetable together – Go through class schedules so your child knows what to expect on the first day.

Talk through any worries – Discuss any concerns and reassure your child about what’s ahead.

Do a practice school run – Especially for younger children, rehearse the journey to make the first day less stressful.

Set clear goals – For older children, agree on a few realistic aims for the term to give them motivation and focus.

Re-establish routines – In the final week, shift bedtimes and wake-up times towards the school schedule.

Stay connected with teachers – If you notice your child struggling, contact their teacher early so small gaps can be addressed quickly.

Beat the Summer Slide

Make Reading a Daily Habit - Reading is one of the simplest, most effective ways to prevent learning loss. Encourage at least 20 minutes of reading a day, this could be novels, comics, magazines or even online articles (with a critical eye). For younger children, read aloud together and discuss the story. For older ones, ask questions about plot, character and themes. School e-book platforms can be a treasure trove during the holidays.

Keep Maths in the Mix - You don’t need to run formal lessons to practise maths. Get children involved in real-life problem-solving: calculating change at the market, doubling a recipe or working out travel times. There are also excellent free apps and websites that make maths practice engaging. Short daily sessions are better than occasional long ones.

Write for a Purpose - Encourage writing in fun, meaningful ways. This could be keeping a holiday journal, sending postcards to family, creating a short story or even planning a family day out and writing the itinerary. For teenagers, try combining writing with their interests: film reviews, blog posts, or sports match reports.

Explore Hobbies and Skills - Learning isn’t just academic. Encourage children to explore a hobby that develops creativity or problem-solving: painting, photography, coding, music or building projects. These activities boost confidence and persistence, which translate into classroom success.

Keep to a Healthy Routine - Late nights and long lie-ins can make the return to school a shock to the system. In the final two weeks of summer, gradually shift bedtimes and wake-up times closer to school schedules. Regular exercise, balanced meals and limited screen time all help maintain focus and wellbeing.



Use Trips as Learning Opportunities - Visits to museums, cultural sites, nature parks or even local markets can be rich educational experiences. Ask questions, encourage curiosity, and help your child make connections between what they see and what they’ve learned in school.

A Balanced Approach

Beating the Summer Slide doesn’t mean replacing relaxation with rigid academics. The most effective approach blends fun with learning, making it part of everyday life rather than a chore. Ten to twenty minutes a day of focused academic activity, alongside rich life experiences and good routines, can make a huge difference.

By James Kemp Deputy Head of Mooltripakdee International School



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What's on The Small Screen



Gary Oldman, Jack Lowden, Kristin Scott Thomas

When Roddy Ho gets a glamorous new girlfriend, a series of bizarre events across London forces the "slow horses" to uncover how everything is connected.



The Lowdown

Ethan Hawke, Kaniehtiio Horn, Kyle MacLachlan

A self-proclaimed "truthstorian" obsessed with exposing local corruption discovers a dangerous conspiracy.



The Morning Show Season 4

Jennifer Aniston, Reese Witherspoon, Billy Crudup

Two years after the UBA-NBN merger, the newsroom grapples with new power dynamics



Black Rabbit

Jason Bateman, Vince Friedken, Jude Law

The owner of a bustling New York City hotspot opens the door to escalating dangers when he lets his turbulent brother back into his life

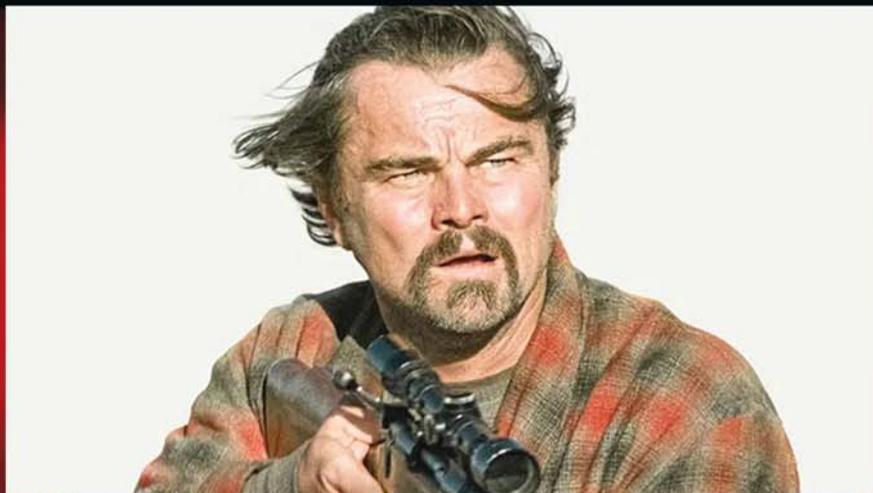


Wednesday Season 2 Part 2

Jenna Ortega, Catherine Zeta-Jones, Luis Guzmán

Haunted by a vision of Enid's death, Wednesday must uncover family secrets and new supernatural mysteries to stop the prophecy.

What's on The Big Screen



One Battle After Another

Benicio Del Toro, Leonardo DiCaprio, Teyana Taylor

Sixteen years after their revolutionary past, a group of ex-revolutionaries must reunite when an old enemy resurfaces, forcing them into a relentless chase to rescue the daughter of one of their own.



The Conjuring: Last Rites

Vera Farmiga, Patrick Wilson, Mia Tomlinson

In their final terrifying case, paranormal investigators Ed and Lorraine Warren confront a mysterious and destructive demonic entity.



Afterburn

Samuel L. Jackson, Olga Kurylenko, Dave Bautista

In a post-apocalyptic world, a former soldier and a freedom fighter join forces to recover the Mona Lisa from a ruthless warlord.



The Roses

Benedict Cumberbatch, Olivia Colman, Allison Janney

"The Roses" follows Ivy and Theo, a seemingly perfect couple whose marriage descends into a bitter, competitive war.



Caught Stealing

Vincent D'Onofrio, Zoë Kravitz, Austin Butler

New York City bartender Hank Thompson's life spirals out of control after he agrees to cat-sit for his punk-rock neighbor and gets caught up with dangerous gangsters



iPhone 17 Ecosystem



iPhone 17

The iPhone 17 serves as the sophisticated entry point, offering significant upgrades for the mainstream user. It's expected to feature an improved 6.3-inch OLED display with ProMotion 120Hz refresh rate, a bump to an A19 chip (up from the A18 in the iPhone 16), and an upgraded 24MP front camera. This model provides a robust Apple experience with notable enhancements in display fluidity and computational power.

iPhone *air*



the iPhone 17 Air is poised to be the thinnest iPhone ever, potentially measuring as little as 5.5mm thick. This ultra-slim design, which replaces the "Plus" model, is its most defining characteristic, achieved by careful internal re-engineering. While it will still boast a 6.6-inch OLED ProMotion display and the A19 chip, its minimalist design may lead to a smaller battery capacity and possibly a single, albeit upgraded 48MP, rear camera to maintain its incredibly thin profile

iPhone 17 Pro

Phone 17 Pro steps up with cutting-edge advancements. It's rumored to feature the more powerful A19 Pro chip with enhanced neural processing for on-device AI, a redesigned camera system with improved ultrawide and a new anti-reflective and scratch-resistant display coating. While sharing the 6.3-inch display size with the standard iPhone 17, its "Pro" status is solidified by its advanced camera capabilities and the specialized A19



iPhone 17 Pro Max

Phone 17 Pro Max distinguishes itself as the ultimate iPhone experience. Its key differentiator from the iPhone 17 Pro is its significantly larger 6.9-inch ProMotion OLED display, offering an expansive canvas for content consumption and creation. Crucially, it's expected to house Apple's most advanced camera system, including a 6x periscope zoom lens for unparalleled telephoto capabilities and potentially a larger battery, making it the longest-lasting iPhone in the series, even rumored to surpass the 5,000mAh mark thanks to a slightly thicker build to accommodate its enhanced power and camera systems.



GOOD VIBRATIONS

A TRIBUTE TO THE BEACH BOYS - Barry Upton



When you think of the recently sadly departed Brian Wilson together with his former hit band, The Beach Boys, the image that often pops into your head is that of sun-soaked beaches, surfboards, and souped up cars, all set to wonderful melodies with fabulous harmonies.

Brian Wilson was the songwriting musical genius who wore many hats — artist, producer, and at times, a confused archaeologist of sound. You see, while other musicians were straight-laced and focused on typical rock star antics, Brian was inventing the “concept album” and painting musical masterpieces that even Picasso would raise an eyebrow at.

As The Beach Boys surfed into the '60s, they became synonymous with the California beach culture. While other bands were busy with leather jackets and rebellious lyrics, Brian and the Beach Boys were paddling out on surfboards. Their songs like “Surfin’ USA” made you long for the ocean with scantily clad bikini girls. But let’s be honest, half the band couldn’t surf to save their lives. Al Jardine even remarked in an interview that he preferred “sitting by the beach with a sandwich” instead of riding the waves. Now that’s a group that knows how to make it look easy!



One of the most intriguing parts of Brian’s genius was his willingness to try anything. Then came the iconic “Pet Sounds,” the album that Brian claimed brought him closer to God. Cue the divine harmonies, between the intricate production, obscure instruments, and layers of sound, he created a modern -day symphony that made listeners feel they were floating on a cloud.

There’s no denying the genius of Brian Wilson and The Beach Boys. They’ve given us iconic songs and soundscapes that can sweep you off your feet. I was very privileged to meet up with my songwriting hero Brian at B.B. Kings Blues Bar in New York during 2002. When we chatted about music, his eyes would light up and he was very warm and happy to indicate to his onlooking manager that I was ‘cool’, being a fellow music composer of hit pop.



Fast forward to Pattaya 2025 and my tribute to the majesty of the Beach Boys and summer beach surf music generally. I was first asked to put together a tribute to the ‘Endless Summer’ featuring Beach Boys hits by the Mantra restaurant at the Amari around 2014 following on from my highly successful ‘Beatlemania’ show there a year earlier. After that, many requests came in to do the show around Thailand at various events. Then recently, my friend, Morgan Kent, a former ‘Womble’ and someone who has travelled around the world on cruise ships doing a comedy Rod Stewart themed show, told me his agent was looking for a Beach Boys style tribute act to put on some ships and would I help him with my knowledge of playing all the Beach Boys songs plus a few surf based instrumentals.



So here we are having just filmed our promo for the show called ‘Good Vibrations’ and hopefully, soon we will be on a major cruise ship entertaining the guests. The filmed promo can be seen on my dedicated ‘YouTube’ channel FAB BAZ SUNSHINE TV.

Look for ‘The GOOD VIBRATIONS show promo’ – with Barry Upton. Hope you enjoy it and hey everybody, have FUN, FUN, FUN !

KEEP ON RUNNING

by Barry Upton

My significant other for over ten years, Kongjitr Purisamai (KayJay), is an avid distance runner who has brought home some fabulous trophies and medals (plus the odd cash prize) for either winning or coming top five in many brilliantly organised events around Thailand. Here in Pattaya, we are all aware of how popular the Pattaya Marathon is and, indeed, KayJay has enjoyed participating every year it has been held since 2019.

As her 'manager', major sponsor and logistics co-ordinator (I'm usually found at the nearest coffee shop to the start/finish line), I also have enjoyed numerous events all over Thailand, most recently in such areas as Kanchanaburi, Bang Saen, Nakhon Pathom, Chantaburi and locally here at Dongtan Beach for the annual 'Loma Run'. She has also run in Bangkok, Chombueng in Ratchaburi and Buriram.

Her passion for running and competing leads her to regularly train with her running group at Maprachan Lake where the wonderful track facility around the lake is 10.5km, making preparations to run Marathons, half Marathons and sometimes 10km events very convenient. KayJay has also recently gone beyond the 42km Marathon standard to run 50km and even 60km, her longest run to date.

She has made so many like minded friends through running and it's a joy to witness the finishing line at events where I have never seen so many happy, smiling people in one place. The camaraderie amongst athletes is wonderful.

A deviation from the norm are 'trail' events which involves tackling rough terrain, steep hills or mountains and other obstacles. These require different mind sets and application. KayJay has been very successful at these difficult races, winning many trophies, most recently at the Kanchanaburi Hellfire Pass.

Running events in Thailand always start at silly o'clock in the morning (sometimes evening) to allow for cooler weather. This means sometimes preparing in the early hours to be ready for a 4am or 5am start. A few months ago, KayJay was invited to join a super VIP City Hall sponsored 'Pattaya Health Community Network' delegation visit to Korat. This was, indeed, an honour. She is also a member of the Pattaya City Running Association (PCRA). If you would like to join, check out their Facebook page.

One of the most immediate benefits of running is the significant improvement in physical health. Regular running helps to enhance cardiovascular fitness, strengthening the heart and increasing lung capacity. It promotes better circulation, which can lead to lower blood pressure and improved overall cardiovascular health. Additionally, running aids in weight management, as it burns calories efficiently. This makes it a vital component of a balanced fitness regimen for those looking to lose weight or maintain a healthy lifestyle.

Beyond physical health, running also plays a crucial role in mental well-being. Numerous studies have shown that aerobic exercises, including running, trigger the release of endorphins, the body's natural mood lifters. This phenomenon is often referred to as the "runner's high," a state of euphoria that can lead to reduced stress and anxiety levels. Consistent running can also help mitigate symptoms of depression and significantly improve self-esteem and confidence.

I'm really happy that KayJay has chosen a healthy lifestyle and I sincerely encourage her to 'keep on running'!





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By Carla Marie Rupp and Jason Rupp

Free/Low-cost New York City Ideas of Things to Do & Enjoy

New York is a great walking city. It is full of so much to see and do that you hardly know where to start. We have made some of our best YouTube videos just by walking around the various boroughs. But sometimes you need to stop for a break to rest, especially if you are in Midtown Manhattan. You'll find "bleachers" in many parts of the city. They are simple, bench-style seating areas, usually uncovered and ideal for taking a break. The bleachers in Times Square for example, are great for watching the excitement of the city. We always love to climb up to the top and sit on the bleachers in what's called Duffy Square and just enjoy the sights. This is the place where people can line up on the sidewalk and buy TKTS theater tickets at the ticket window.

At the bleachers at Forty-seventh Street, it's best to sit high up on the top in the evening; you join visitors from all over the globe, and you feel like you are at the Crossroads of the World. We've brought friends here just to sit and look at all the latest gigantic billboards, the big-name stores, and the marquees for the latest Broadway shows. A short walk away to the east is the famed Radio City Music Hall. You can get tours of the hall and even meet a Rockette. A great place to relax is across the street on benches by a fountain, and admire the neon of Radio City at night.

During the day, however, don't forget to visit the parks in New York City. We have our favorites: Central Park is huge and beautiful any time of the year. Washington Square Park is where we've gone dozens of times over the years. You can see street musicians, jugglers, play chess, whatever. There's even a wonderful annual folk festival we like. Beautiful Union Square Park has improved over the years and has lots of benches under trees. It features New York City's large farmers' market, held on Monday, Wednesday, Friday, and Saturday. One of our friends lives on the Upper East Side and recommends lovely Carl Schurz Park, it is next to the East River and where you can take a tour of Gracie Mansion, where New York City mayors have lived.



Elizabeth Street Garden, located further downtown in Manhattan in what is called the “Nolita” area, we love to visit any season. The city was threatening to demolish the beautiful grounds and put city housing there, but Mayor Adams is credited with saving the garden, along with a lot of volunteers. It's full of people having their lunches, reading books, and just lounging in the beauty of the park. It's a real oasis. We are so happy the garden is saved! Across the street, we like the “draft” iced coffee (with oat milk and espresso) at the popular Caffe Paradiso - delicious!



Many parks and plazas have free music. Jazzmobile is the sponsor of many of the events, including the summer Wednesday evening concerts at Grant's Tomb and the Great Jazz on the Great Hill at West 106th Street in Central Park. Hudson River Park is also the setting for many free events. We enjoy the Battery Dance Festival in mid-August, with dancers coming from such countries as Taiwan, Spain, and Romania. Views at sunset are spectacular. Blues and BBQ is also another popular festival on a Manhattan pier. Lincoln Center also features many free music and dancing events, and you only have to look at their website for the offerings.



Piano in Bryant Park (Forty-Second Street between Fifth and Sixth Avenue) is another free, fun activity that is in Bryant Park. We love to gather around the colorful green piano and listen to the musicians play American standard popular songs. It's so relaxing to hear top jazz musicians perform here Monday through Friday from spring until early October. Chairs and cushions are provided. It's such a great atmosphere! One of the talented pianists we heard, Daryl Sherman, also plays during the lunch hour for free in the Park Avenue Atrium.

There's something special every day in Bryant Park, such as poetry, picnics, concerts, yoga, knitting, ping pong, free movie nights on Mondays, and also a reading area with author talks and a place to read the daily newspaper. A merry-go-round is on the south side for families with children, and you ride at a reasonable price. Bryant Park has turned into New York City's social backyard, with its restaurants and coffee kiosk. It's been called “magic” for all the activities offered. In the winter, it turns into a wonderland, with stalls for food, gift items, and an ice skating area.



Free or low-cost music is offered at many club and restaurant venues. We like the historic Ear Inn down on Spring Street near the Hudson River for its Sunday night Dixieland-style jazz. There is also late-night music at the 11th Street Bar. It offers professional jazz players on Monday nights for no charge, we were amazed at the high quality of playing. Paddy Reilly's Music Bar, 519 Second Avenue at East 29th Street, is another of our favorite venues with live music seven days a week from Irish and Celtic to Rock, Folk, Alternative, and Bluegrass. It's an historic bar, and even boasts the best Guinness in the city. Arturo's is another venue that offers live jazz music with no cover charge every night of the week and Italian food in a classic venue on West Houston Street in Greenwich Village.



Sights and sounds excite us all over New York City. We can't begin to tell you all the places we enjoy; there are so many. Be sure and take a boat ride on the Circle Line tour. You can do half just for downtown or as we did the three-hour circle around the island, which includes a bit of the Bronx and a sighting of Yankee Stadium. You can also take a fall foliage tour up the Hudson on Circle Line.

There are several places along the river where you can kayak for free. One of them is the Downtown Boathouse at Pier 26, a non-profit organization staffed by volunteers. There are sit-on-top kayaks for public use in a protected Hudson River "bay" area on the lower west side of Manhattan in Tribeca. Views are beautiful, and the staff are friendly. Lockers are also free and it's a safe way to enjoy the water and get some sun. Pier 26 is a nature pier, and we recommend a walk to the end. We also suggest visiting Pier 25 next to it and playing 18-hole miniature golf, the only one of its kind in Manhattan.



When you're walking around downtown, a lot of visitors love to snap pictures at the Ghostbusters fire station, so we're including a photo of it. Firemen are so helpful explaining things to the tourists about what they do there at the working fire station. We always recommend walking around Chinatown and Little Italy in Manhattan. The San Gennaro Festival is another favorite of ours in Little Italy, and there is lots of free entertainment and food to buy and sit down and eat.



For a deal on New York City sightseeing, you can buy the CityPASS booklet and also use Citi Bike to explore the bike paths. Whatever you choose you will find New York City to be the ultimate melting pot of people. We hope you take a trip there and try some of our tips.

Jason Rupp and Carla Marie Rupp are freelance travel journalists. They have large followings on Instagram and would enjoy hearing from readers there or at jasonrupp@gmail.com and carlaruppy@gmail.com



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- Ref 1) 15 Rai on Kho Larn Island Ideal for Casino or Resort 25 Million Thb per Rai
- Ref 2) 17 Rai (2 Chanots) Opposite Jungle Moon, Sattahip 4.5 Million Thb per Rai
- Ref 3) 56 Rai Close to Nong Nooch Gardens 6.5 Million Thb per Rai
- Ref 4) 32 Rai 2 Twa Close to the Cartoon Network 35 Million Thb
- Ref 6) 32 Rai Close to Sukhumvit Road Pattaya 35 Million Thb
- Ref 7) 9 Rai With House Close to Ramayana Water Park 16 Million Thb
- Ref 10) 194 Rai Adjacent to Sunplay Bang Saray 4.5 Million Thb per Rai
- Ref 11) 36 Rai by Mabprachan Lake 5 Million Thb



Contact Us

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This year's Dot Property Thailand Awards took place at the prestigious Four Seasons Hotel by Bangkok's Chao Phraya River, and it was an amazing night! The annual event is always highly anticipated as it marks the pinnacle of excellence for Thailand's real estate sector when the best of the nation's property market come together for a glamorous celebration.

Amongst the expressions of gratitude for the recognition of their teams and outstanding projects, we noticed that this year, many of the speeches mentioned a challenging period in Thailand. With an economic slowdown and the unprecedented impact of the Bangkok earthquake. So it was good to see Thai developers demonstrate their resolve with a strong presence of over 400 guests in attendance.

Reignwood Park won the prestigious Thailand Mega Project of the Year 2025





BEST CONDOMINIUM BRANDED RESIDENCE THAILAND



SKYPARK LUCEAN JOMTIEN PATTAYA LUNIQUE REAL ESTATE CO., LTD.



BEST LUXURY VILLA RESORT DESIGN EASTERN SEABOARD



MY ROOM POOL VILLA PATTAYA







Amid the opulence, excellent hospitality and spectacular entertainment, there was a surprise performance by Thai star Be Peerapat. It added a touch of celebrity glamour to the night's festivities, which ended with a fabulous riverside firework show. We eagerly await Dot Property's South East Asian Awards which will take place in December and for which we are extremely happy to yet again be their Eastern Seaboard Media Partners. If you would like more information about participating in this event please write to me gloria@pattayatrader.com



Looking for a Family Home close to the International Schools?

If you're looking for a spacious, well-designed family home close to top international schools, this new development in East Pattaya is a must-see. Created by an experienced British team and a leading Bangkok architect, these homes combine modern luxury with classic design.

Set in a quiet, convenient area, the homes offer 300 to 900 sqm of living space across three floors. The ground floor features open-plan living that flows out to a large private garden, a 2-meter privacy wall, and a swimming pool—perfect for entertaining or unwinding.

Each home includes five double bedrooms with en-suite bathrooms, a flexible sixth room for an office, gym, or guest space, and private terraces with views of the pool and countryside. There's also covered parking for four cars, storage space, and a rooftop terrace with a sky bar and entertainment area.

Modern comforts include smart home systems for lighting, air-con, and security, plus fast internet, a drinking water filter, and PM2.5 air filtration. Energy-saving features like 5kW solar panels and German hot water systems add long-term value.

Security is top-notch, with remote CCTV, smoke alarms, and a gated wall. Some homes even include a panic room.

Prices from 19.95 MB

Show home now open,

contact me on line or
call 094 757 9328

To arrange a viewing.





UNIQUE OPPORTUNITY TO OWN A BEACH FRONT HOTEL

Now, under renovation and with the necessary restaurant and hotel licenses in place.

This Hotel comprises of 54 bedrooms with swimming pool (6x12 metres) on the 3rd. Floor.

Land area of 1-1-07 rai + empty land are of 90 sq. wah for outdoor parking

There is also under cover parking for 15 cars and a beach front restaurant (18x80 metres)

The offer price is 300 Million Baht



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Great to see our Magazines
so well displayed by one of
Pattaya's Leading
Property Agents

TOWN/COUNTRY
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JOMTIEN - PATTAYA SINCE 2003

Limitless Living at Ascent

Ascent is more than a name - it's a lifestyle. At Ascent, we strive to produce homes which reach the highest standards of quality, functionality, and beauty. Ascent's award-winning project combines bold, serenity architectural style with practical living space and spacious floor plans, so that you can live your life your way. Open the door to limitless living, at Ascent.

Ascent's designer homes are spaciously planned, with land area starting between 150-220 sq.wah (600 - 880 sqm.) They are all equipped with private pool, solar cells, smart home systems, security systems & more. Electricity cables throughout the project are all located underground, ensuring a safe and clean environment which will enhance your lifestyle. As your lifestyle & well-being partner, Ascent strives to deliver security, serenity and service.

You can contact Ascent to book a viewing on **093-635-5422** or **baanpattaya.com**.



Location

Ascent is conveniently located in the Huay Yai area of Chonburi just 2 minutes to Motorway 7, 5 minutes to Sukhumvit Road, and 15 minutes to Pattaya City with easy access to Routes 36, 331 and U-Tapao Airport offering the perfect balance of convenience and tranquility. Set amidst world-class golf courses, the project sits in the vicinity of the recently proposed EEC Smart City, which promises future economic growth and connectivity with the planned high-speed rail link to Bangkok.





Zensiri is an established property developer known for delivering distinctive residential communities in Pattaya and Koh Chang. With a commitment to design, quality, and long-term value, the group has completed more than 300 pool villas and condominiums across nine signature projects. Each development blends elegant architecture with practical comfort, creating exceptional homes that stand the test of time. Whether by the lake, in the heart of the city, or beside the beach, Zensiri continues to shape communities that reflect modern lifestyles while embracing natural surroundings.



ZENSIRI LAKESIDE
Mabprachan
21 Pool Villas



ZENSIRI RESIDENCES JOMTIEN
Central Jomtien
126 Condos / 2 Low Rise Buildings



ZENSIRI ESTATE JOMTIEN
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26 Pool Villas



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Klong Prao, Koh Chang
11 Pool Villas



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