

DISCOVER PATTAYA

 ramayana
water park

10TH
ANNIVERSARY



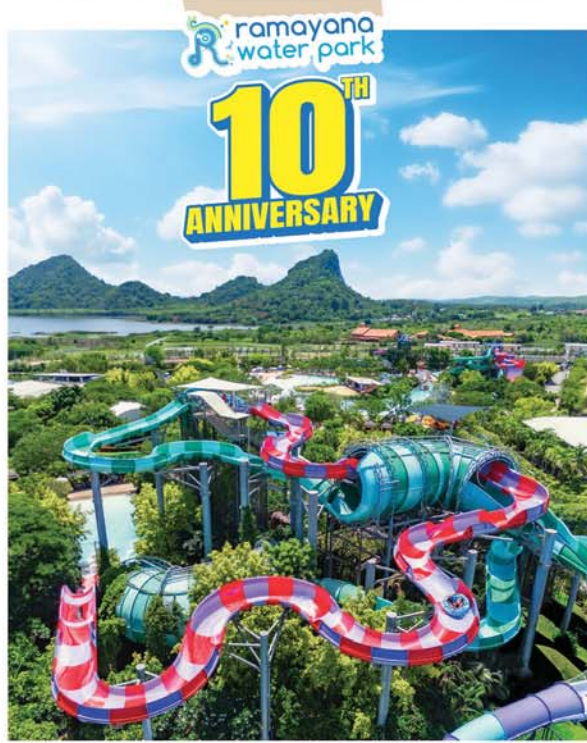
TRIPADVISOR TRAVELLERS' CHOICE
BEST OF THE BEST AWARD 2026

#1 IN THAILAND
#9 IN THE WORLD

AMUSEMENT & WATER PARKS CATEGORY



COMPLIMENTARY COPY



Ramayana Water Park's 10th Anniversary

Covering more than 16 hectares, equivalent to 100 rai, Ramayana Water Park is the biggest water park in Thailand. The park features 26 water slides, ranging from family-friendly to extreme thrill slides, as well as safe and exciting facilities for children and families. Inspired by Thai mythology and the Ramakien, one of Thailand's most famous national epics, the park combines exciting water attractions with a distinctive Thai cultural theme.

Located about 25 minutes from Pattaya and approximately 90 minutes from Bangkok, Ramayana Water Park is situated in the scenic Khao Chi Chan area, near the famous Golden Buddha Mountain. Surrounded by green mountains, peaceful lakes, tropical trees, and natural landscapes, the park offers a unique setting for both adventure and relaxation.

In May 2026, Ramayana Water Park celebrated its 10th anniversary with a major programme of special events and entertainment. One of the main highlights was Ramayana Run 2026, an annual event that the park has organised for several years.

Bringing together more than 2,400 participants from Thailand and abroad, Ramayana Run 2026 was an exciting and energetic event combining sport, nature, and entertainment. Organised in collaboration with the Tourism Authority of Thailand and the experienced team at Reflect, this year's edition was the biggest Ramayana Run to date, with more participants, activities, and entertainment than ever before.

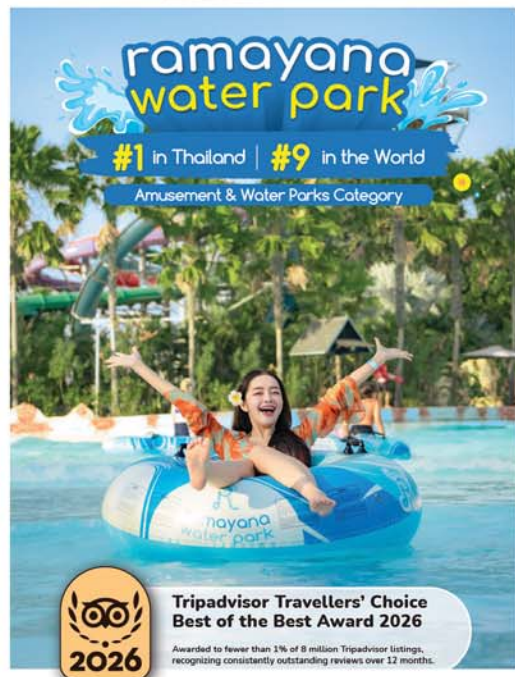


The 10th anniversary celebrations also featured live concerts by popular Thai artists, family activities, special shows, and much more, creating a memorable occasion for everyone who joined. Together with Ramayana Run 2026, these activities marked an important milestone in the park's history and celebrated ten years of unforgettable experiences, exciting adventures, and continued success.

As Ramayana Water Park begins its second decade, it remains committed to building on the achievements of its first ten years by continuing to introduce new attractions, improve its facilities, and deliver a safe, enjoyable, and high-quality experience for every guest.

Tripadvisor's Travellers' Choice Award 2026

Ramayana Water Park has been ranked No. 9 in the world in Tripadvisor's Travellers' Choice Best of the Best Amusement & Water Parks ranking 2026, placing it among the most highly rated amusement and water parks worldwide.



This international recognition is a significant achievement for Ramayana Water Park and for Thailand's tourism industry. Having already been featured in Tripadvisor's global rankings in previous years, Ramayana Water Park has now achieved its highest global ranking to date with its No. 9 position in 2026. As the only Thai water park included in this global ranking, Ramayana Water Park holds the position of Thailand's No. 1 water park in Tripadvisor's Travellers' Choice Best of the Best Amusement & Water Parks global ranking.

The Tripadvisor Travellers' Choice Best of the Best award is based on reviews and opinions from travellers around the world. It recognizes attractions that consistently receive outstanding guest feedback over a 12-month period. According to Tripadvisor, fewer than 1% of listings receive this recognition, making it one of the platform's highest levels of achievement.

Solar Car Park: A New Sustainability Initiative

Ramayana Water Park is also committed to sustainability and responsible tourism. As part of its recent sustainability initiatives, the park has introduced a solar car park developed by SUN Vision Technology and Maxmore One Consortium, featuring more than 1,720 high-efficiency solar panels with an installed capacity of 1.22 MWp. The facility provides shaded parking for guests while generating clean energy, and the park also offers EV charging stations for guests with electric vehicles. In addition, Ramayana Water Park has received STGs STAR certification for sustainable tourism, having achieved all 17 out of 17 Sustainable Tourism Goals.



Ramayana Water Park remains committed to delivering a safe, enjoyable, and high-quality experience for every guest, while continuing to develop new attractions, improve its facilities, and strengthen its position as one of the world's leading water parks.

DISCOVER PATTAYA

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This Month in Discover Pattaya

Hi Everyone

Welcome to our August edition, where we're delighted to celebrate the success of our good friends at Ramayana Water Park. This year in the Tripadvisor Travellers' Choice Awards, Ramayana marked their 10th anniversary with impressive results in the Best of the Best Amusement and Water Parks category, being ranked 9th in the World and No 1 in Thailand!

Also in this issue we urge families to take a break at the Centara Grand Mirage where we recently enjoyed a staycation. We can absolutely recommend it as a great place to relax and recharge - see our review on page 6. Whilst food lovers will not want to miss page 16. It's all about an amazing Tuscan Wine dinner that we discovered at one of Pattaya's newest restaurants Terrazza Baia in Central Festival with stunning beachfront views of Pattaya bay.

Even after all the drama of the world cup there's still plenty of sport to enjoy in the following pages, and of course all our regular features such as What's on the Small Screen and What's on the Big screen. This leads us to heartily recommend "Odyssey" Chris Nolan's amazing and star studded masterpiece. Well worth watching.

We hope you enjoy reading this month's issue and all at Discover Pattaya wish you a great month ahead.

Please contact us if you want to be part of our next edition at:



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PATTAYA



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Words and photos By Gloria Jones

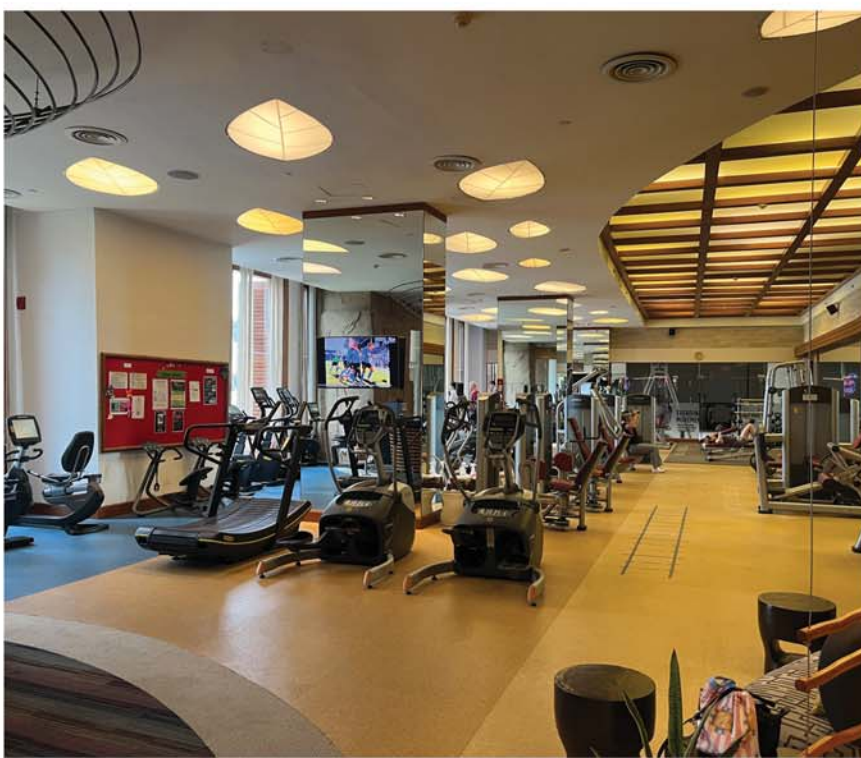
Had a hard week? Had a hard month? Feeling stressed? Need a break from the everyday? Kids bored in need of a weekend getaway? Whether you're escaping a busy work week, planning a family adventure or simply craving a change of scenery, Centara Grand Mirage Beach Resort Pattaya offers the perfect staycation. Having just spent 2 nights at this magnificent resort I can tell you that it is just what the doctor ordered.

If you're a resident of Pattaya or coming in from Bangkok the journey is effortless and from the moment you arrive, the pace slows, the sea breeze takes over and you're immersed in one of Thailand's most iconic beachfront resorts, where every day feels like a holiday. Families will find endless opportunities to explore.



The resort's award-winning water park features a winding lazy river, thrilling waterslides, wave pools and hidden adventures around every corner. Beyond the water, Lost World Adventure Land keeps young explorers entertained with daily activities including T-shirt painting, cupcake decorating, the exhilarating SkyRider zipline, a three-level adventure playground and an exciting trampoline zone.





Children under 15 can head to the Zulu Family Lounge, a dedicated entertainment hub where little ones can enjoy supervised arts and crafts with professional child minders. Older kids can immerse themselves in the latest arcade and video games at the E-Zone. It's a space where children can play freely while parents enjoy some well-earned relaxation.

Adults can take time to recharge in the fully equipped fitness centre or indulge in a rejuvenating experience at the award-winning SPA Cenvaree. Featuring luxurious treatment suites, therapeutic facilities and invigorating hot and cold plunge pools, it's the perfect sanctuary for body and mind.





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I would also really recommend dining at this resort as there is so much to enjoy. Mediterranean flavours and handcrafted cocktails at COAST Beach Club & Bistro, and one of Pattaya's most extensive international buffet breakfasts and all-day dining at Oasis. You can even take a stroll along the resort's 230-metre private beachfront before dinner. It's hard to believe that this tropical escape is only minutes from the bustling energy of Pattaya City.





With 555 ocean-facing rooms, every stay comes with breathtaking sea views and private balconies designed to capture Pattaya's spectacular sunsets. Whether you're travelling as a couple, with friends or as a family, every room provides a front-row seat to the Gulf of Thailand.

This really is a unique and spectacular resort in which to get away from it all. I definitely felt like I had experienced a whole week's holiday after only staying for a couple of nights. So treat yourself and your family and take a much needed break.



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Pattaya to Tuscany with Frescobaldi, Terrazza Baia and Italiasia

By Gloria Jones
photos by
Thanawin Patcharananpakorn

The Frescobaldi Wine Dinner: “A Journey Through Tuscany” at Terrazza Baia, delivered a fantastic culinary experience that I was more than delighted to attend. First of all because I wanted to visit the newly opened Terrazza Baia. Its on the second floor of Central Festival with elegant indoor and al fresco terrace seating (giving amazing views over Pattaya beach).

Then because I had already studied the menu and saw that in true Italian tradition it followed a tempting path of antipasto (starter), primo, pasta, secondo and contorni (meat) culminating with dolce (sweet finale). The pairing of the wines from Frescobaldi was also enticing, especially as it included one of my favourites, a Brunello di Montalcino (but more of that later).

So with the sun setting over the beach and the palm trees gently waving in the breeze it was a picture perfect outlook for the long tables where guests assembled to enjoy a welcoming glass of Mionetto Prosecco. This was served with an impressive selection of crostini: Delicious Tuscan chicken liver pâté, Anchovy and creamy cultured butter, Homemade tuna mousse and Italian pickled vegetables. This generous starter set the tone of things to come for the rest of the evening and I was immediately glad that I had skipped lunch!



My friend who prefers white wine raved about the Castello Pomino Bianco DOC, which was paired with Burrata, Tuna Crudo & Sicilian Citrus. I was just delighted to be eating real orange segments rather than the usual mandarins, actually preferring the next wine: Alie Toscana Rosé IGT. It came in a beautiful bottle with a delicate hue and crisp, floral taste that really complemented our first pasta course of Homemade Egg Linguine with very lemony grilled sea prawns. I believe this is on the regular menu and worth coming back to Terrazza Baia on its own!

Then for lovers of traditional Italian cuisine, there was Homemade Egg Pappardelle with Tuscan Wild Boar Ragù paired with the first of our reds, the Nipozzano Chianti Rufina Riserva DOCG. Both Bruno from Frescobaldi and Mauro from Italasia took the time to describe the wines to diners throughout the meal, which made the event even more informative and enjoyable.

Our contorni featured not 1 but 2 impressive red wine pairings. Tenuta Calimaia Vino Nobile Riserva DOCG with a classic Tuscan dish of slow-braised Angus beef cooked in red wine with garlic and cracked black pepper. The beef was exceptionally tender, while the creamy potato purée and glazed cipollini onions balanced it perfectly.

This was followed by a pairing with my favourite wine of the evening: CastelGiocondo Brunello di Montalcino DOCG. Deep ruby red in colour from 100% Sangiovese it offered a great depth of layers including darky berries and oaky tones. It beautifully matched the Grilled Australian Black Angus Beef Tenderloin with green peppercorn sauce.





There was really nowhere to go after that impressive pairing other than dessert. Mercifully (as I was rather full) this was a shot serving of illy Coffee Cream with Cantuccini di Prato (traditional Tuscan almond biscuits) a reminder of the theme of our whole Toscana experience.

An evening of exceptional hospitality, outstanding wine pairings, and authentic Italian cuisine. We all enjoyed the event so much that during the course of the evening the sound of our laughter and clinking glasses caused over 20 people to come to the terrace and ask if they could have a table to join. However, these wine dinners are pre booked.

So my advice is to quickly join Terrazza Baia Restaurants Instagram and Facebook pages to find out when their next event will be. Or contact Mauro Sciacaluga from Italasia who has a showroom at North Pattaya and can be contacted by email: mauro@italasiagroup.com.

Write to him and he will be able to let you know when the next wine dinner is happening in the Pattaya area, or help you arrange your own if you have a restaurant and are keen to organise a wonderful event like this one for your own guests.

To book a table at Terrazza Baia phone 065 707 4889





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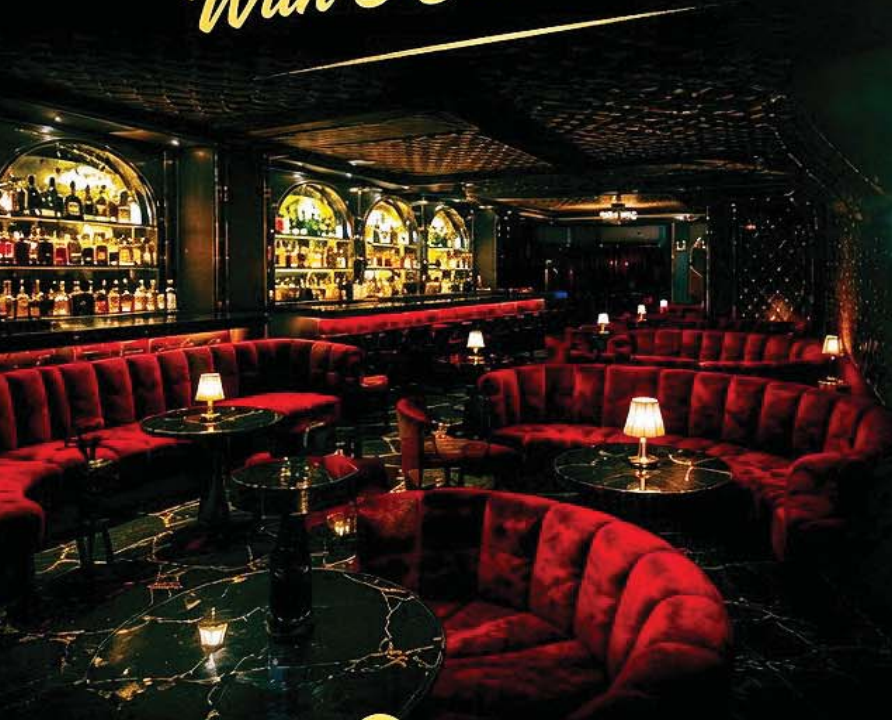
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FOOTBALL, POLITICS AND PASSION: LESSONS FROM THE 2026 FIFA WORLD CUP

The 2026 FIFA World Cup delivered unforgettable moments that reminded us all why football is known as a global game. Hosted by the United States, Canada, and Mexico, the tournament featured dramatic upsets, thrilling knockout matches, and passionate supporters who transformed every stadium into a celebration. While Spain's triumph in a really tense final was the ultimate achievement when Ferran Torres scored in extra time to snatch them a 1-0 victory against Argentina. There were a number of surprise results throughout the tournament when several underdog nations exceeded expectations, proving that determination and teamwork can compete with football's traditional heavy hitters.



Morocco once again captured the imagination of fans with an impressive run, while Norway reached the quarter-finals after eliminating Brazil in one of the competition's biggest shocks. These unexpected victories reminded supporters that anything is possible in tournament football.

During the World Cup in a multitude of languages and colours, football fans from all over the world who have now made their homes in America, packed bars, restaurants and even concert venues to support the nations from where they came from. Surrounded by others with a shared passion and pride for the country they or their ancestors once called home, these fans brought places throughout the United States to life with their cheers and celebrations.

Inside the stadiums, supporters filled the stands with songs, chants, flags, and colour long before kick-off and well after the final whistle. A multitude of languages also echoed within homes and through the streets as fans celebrated together, united by a passion for football and pride in their heritage. Fan zones in each host city became gathering places where people from different nations including communities of immigrants and their descendants celebrated side by side, showing football's ability to bring together people of different cultures, languages, and backgrounds.

Social media extended the atmosphere beyond stadiums with videos of celebrations, emotional reactions, and creative chants spread across the world within minutes, allowing millions who could not attend in person to experience the excitement. The tournament became a shared global event, with fans celebrating dramatic goals, heartbreaking defeats, and unforgettable moments.



The World Cup also showcased a spirit of sportsmanship when supporters applauded outstanding performances, even by opposing teams. However, the tournament was also not without some controversy as one of the most debated moments came when President Donald Trump publicly confirmed that he had asked FIFA President Gianni Infantino to review the suspension of United States striker Folarin Balogun following a red card. Trump argued that the dismissal was unfair while stating that he was not attempting to pressure FIFA into a particular decision. FIFA did overturn the suspension though and critics questioned whether political influence had affected what was expected to be an independent disciplinary process, raising concerns about the integrity and impartiality of the competition.

Trump also attended several high-profile matches, including the final, using the tournament to highlight the United States' role as one of the host nations. At the same time, his comments on immigration and border security generated debate, particularly as hundreds of thousands of supporters travelled across North America to attend matches, critics arguing that the stricter immigration policies complicated travel for international fans. Also beyond the US government involvement, wider global issues also became part of the tournament's conversation. The death of a Gaza aid worker in an Israeli airstrike while reportedly travelling to watch the World Cup drew international attention and served as a reminder that global events continue beyond the football pitch.



Fans and players used the tournament to express views on peace, equality, human rights, and national identity through banners, flags, and public demonstrations. Although FIFA has long promoted the idea that football should remain separate from politics, the World Cup illustrated how difficult it is to isolate the world's biggest sporting event from the issues shaping international society. As a result, the World Cup became not only a celebration of football but also a reflection of the wider political and social conversations taking place around the world. As such it will be remembered for far more than Spain's triumph, remarkable football, unforgettable upsets, and an atmosphere created by millions of passionate supporters. It also demonstrated the World Cup brought people together through a shared love of the game, creating moments of unity and celebration that transcended borders and reminded the world of football's unique power to connect people.

1st Fitz Club Pickleball Tournament 2026



Pickleball was invented in 1965 on Bainbridge Island, Washington, by three friends who wanted to create a game their families could play together. It is now one of the fastest growing sports in the world being fun, easy to learn and suitable for people of all ages. The game combines elements of tennis, badminton, and table tennis and is played on a court smaller than a tennis court, using a paddle and a lightweight plastic ball with holes.

Players can compete in singles or doubles matches. The rules are simple, making it easy for beginners and because the court is smaller than a tennis court, players do not need to run long distances, making it an excellent option for older adults and people looking for low-impact exercise. Millions of people now play Pickleball in schools, parks, recreation centres, and sports clubs.





Here in Pattaya, the Royal Cliff Hotels Group are already internationally known for their regular tennis tournaments at Fitz Club - Racquets, Health & Fitness. So it was great to see them host their very first Pickleball Tournament - sure to be the first of many!



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Rayong Kiteboarding & WingFoil National Championships



PI-YA-WAT-CHA-RA was out and about with his camera again. This time on the shores of Rayong to capture some great shots of athletes from the Windsurfing Association Thailand. They were competing with others in the Rayong Kiteboarding & WingFoil National Championships

In this competition, there were a variety of wind sports: windsurfing, wingfoiling, and kiteboarding with competitors ranging from 10 years old to over 80 years old. Proof that no one is too old to play windsurf! This event was organised by Crazy Windy - Windsurfing Club.





If you are interested to come and learn, contact **CraZy WinDy - Windsurfing Club & more**
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Sports Update

For August by Steve Wade

With the conclusion of the World Cup and the final golf major of the season the sporting calendar takes on a different complexion in August. The F1 schedule has only one race this month and whilst the golf season goes into the Fed - Ex Playoffs, which are worth millions to the winner over the three tournaments, they don't hold the attention of the more casual observer like the majors do. But not to worry. No sooner has the last ball been kicked at the World Cup than we now have the start of the Premier League, with the first match seeing newly promoted Coventry travel to the Emirates to face the champions Arsenal on the 21st.

It was great to see Ryan Fox, son of New Zealand rugby union legend Grant Fox, win the Open at Royal Birkdale with a fearless display of attacking golf on the back nine on Sunday and his refreshing approach to the game made him a very popular winner with both the spectators and his fellow competitors. As always the back nine on the last day of the Open was a great sporting spectacle and judging by the record number of fans attending, is as popular as ever. Long may it continue.

What to make of the World Cup? I must say I find much of modern football mind numbingly dull and aside from a few matches, including the astonishing third place playoff between France and England, many of the matches at the tournament only confirmed the trend. Talking of England, what on earth was Thomas Tuchel thinking of with his tactics against Argentina? Watching the game, as soon as the defensive substitutions were made it had that horrible feeling of inevitability about it and England fans must have been watching through their fingers as their worst fears came to pass. This was only compounded by the outstanding attacking performance against France and surely now, with the quality of the players available, a different approach is needed in the European Championships in 2028. We shall see.

Anyway, what do we have coming in August? As mentioned earlier, the F1 schedule has only one race this month, the Dutch Grand Prix and it takes place on the 23rd at the Zandvoort circuit in the Netherlands and the last tennis major of the year, the US Open, starts on the final day of the month at Flushing Meadow. But really August is all about the start of the football season in Europe, where all the major leagues kick off only four weeks after the conclusion of the World Cup. Remember when there used to be a close season? I bet most non football fans do! Week one and two of the Premier League are on the last two weekends of the month and however you feel about the game, in our city it's always been good for local business and after this low season hopefully people will get out to their local bars and sports lounges to watch the matches.

That's about it for this month, good luck everyone.



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The Return to School - How to Reset after “Summer Slump”

By Gloria Jones

After weeks spent with family and friends, returning to school can be exciting but also a bit overwhelming for international students. For sure the holidays offer a welcome chance to rest, reconnect with loved ones and enjoy the comforts of home. But once the suitcases are unpacked, the challenge is to switch from holiday mode back to academic life and if you've travelled across time zones, don't expect to feel back to normal overnight. Jet lag can affect sleep, concentration and energy levels. However, spending as much time as possible outdoors in natural daylight, staying hydrated and setting a regular sleep routine will help to counteract this.

It's also important to be patient with yourself. Feeling a little tired or unfocused during the first few days is completely normal. The first few weeks of term can move quickly but breaking large tasks into smaller, manageable goals will help you regain momentum without feeling overwhelmed. Even spending 30 to 45 minutes reviewing notes each day during the first week can help rebuild study habits. Create a dedicated study space, whether it's a quiet corner of your room or a favourite spot in the library as this can help signal to your brain that it's time to focus. Also don't forget your health, regular exercise, even a daily walk, can improve your mood and concentration. Eating balanced meals, drinking enough water and maintaining consistent sleep habits will all contribute to better learning and memory.

Returning to school isn't just about classes though, it's also about rebuilding social connections. Even with social media your friendships can drift during the holidays so taking the initiative to reconnect will help you to ease back. Or for new students, introducing yourself to classmates or joining student societies can be one of the quickest ways to build a support network. It's important to schedule time for activities you enjoy. Spending time with friends, reading for pleasure and playing sports can help maintain a healthy balance between study and personal life. Update your calendar with important dates and create a realistic weekly schedule that includes classes, study time, exercise and downtime to help balance your days..

Remember that each new school year offers an opportunity to reset. So even though returning after the holidays might feel challenging at first, establishing healthy routines, reconnecting with friends and seeking support when needed can make all the difference. You won't be expected to have everything figured out in the first week. If you feel you've missed something while travelling or settling back in, don't panic speak to your teachers. They have plenty of experience in settling students back into academic life and who knows? They might be suffering from a little “Summer Slump” themselves!



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PEPTIDE THERAPY: A NEW TREND BASED ON OLD SCIENCE

Written by Peerawat Kanjanabenja MD.LN 4987 Dr Patrick



Peptide therapy has become a popular topic in wellness, recovery and healthy ageing. It is often presented as a new medical trend, but peptides have been part of medicine for a long time. One of the best-known examples is insulin. Insulin is a peptide hormone that has been used to treat diabetes for more than 100 years. Many well-known GLP-1 medicines, including semaglutide and liraglutide, are also peptide-based. They copy or extend the action of a natural hormone that helps control blood sugar, appetite and digestion. These familiar treatments show that peptide medicine is not new. Today, peptide-based medicines are used for diabetes, obesity, hormone disorders, osteoporosis and some cancers. What is new is the growing interest in other peptides that may support tissue repair, metabolism, physical recovery and healthy ageing.

What are peptides?

Peptides are short chains of amino acids—the same building blocks that form proteins. Many are produced naturally by the body and act as messengers between cells. A simple way to understand peptides is to think of them as biological instructions. Each peptide carries a different message and may guide cells to perform a particular task. Insulin, for example, sends a signal that helps cells take in glucose from the blood.

GLP-1 medicines act like a natural peptide hormone, helping the body manage blood sugar and appetite. Other peptides may influence inflammation, immune activity, energy use or tissue repair. However, peptides are a very diverse group. Just because two substances are both called peptides does not mean they work in the same way or have the same level of scientific evidence.

How do peptides work?

Many peptides attach to specific receptors on the surface of cells, much like a key fitting into a lock. This starts a series of signals inside the cell and may change how the cell behaves. Peptides do not simply “add healing” to the body. Instead, they may guide the body’s existing systems and influence how cells respond to inflammation, stress or injury. With repeated or long-term exposure to certain peptides, cells may sometimes become less sensitive to the signal. Their receptors may respond less strongly or decrease in number. This is known as **desensitization or receptor downregulation**. This does not happen with every peptide, and it does not mean that all peptide treatments need to be routinely stopped and restarted. However, it shows why the dose, frequency, duration and medical monitoring of treatment may be important.

Peptides receiving attention

BPC-157 and thymosin beta-4 are often discussed in relation to recovery and tissue repair. Early laboratory and animal studies suggest that they may influence inflammation, blood-vessel formation and processes involved in healing. Thymosin beta-4 has some human research, especially in skin and eye healing. Evidence for BPC-157 is still mainly based on laboratory and animal studies. Although the two are sometimes used together, there is not yet strong clinical evidence proving the safety or effectiveness of this combination.

MOTS-c is linked to the mitochondria—the structures inside cells that help produce and manage energy. Researchers are studying its possible role in metabolism, glucose control, cellular stress and the body’s response to exercise. The findings are interesting, but most evidence still comes from laboratory and animal research.

GHK-Cu is a naturally occurring peptide that binds to copper. It is commonly found in skincare products and is being studied for its possible effects on collagen, skin quality and wound healing. Evidence for injectable or whole-body use remains more limited than evidence for topical use.

Promise with appropriate caution

Insulin and GLP-1 medicines show what well-studied peptide treatments can achieve. However, newer peptides such as BPC-157, MOTS-c and GHK-Cu do not yet have the same level of clinical evidence. Peptides may help support treatment and recovery in selected patients, but they are not a cure-all or a replacement for proven medical care. Product quality, storage, dose, treatment duration and individual health can all affect safety and results.

Peptides can be viewed as **sets of biological instructions that guide how the body’s cells communicate and respond**. Their potential is exciting, and some may become useful parts of a wider treatment or recovery plan. Their use should always begin with proper medical assessment, reliable products, realistic expectations and appropriate professional supervision.

“ I USED TO HAVE KNEE PAIN and a catching sensation every time I walked

due to boxing training and exercise. But after receiving PRP treatment at Taara Clinic, the knee pain and catching sensation have significantly improved. I'm now able to return to exercising normally. ”

Khun Yodsaenklai, a professional Muay Thai fighter.



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Afternoon Tea in a Hospital?

A trip to Phyathai Sriracha Hospital feels more like an afternoon in a Five Star Hotel

Phyathai Sriracha Hospital have been hosting a series of "Afternoon Tea Experiences" with Dr. Chanchai Leesomprasong, Hospital Director, and Dr. Kasem Chaiklongkit, MD, Medical Director, warmly welcoming expatriate guests to exclusive events focused on proactive health and personalized wellness.

I was lucky enough to attend one of these which I must say was unlike any other hospital visit I've ever had. There was live music, afternoon tea and informative talks from many of the hospital's superstar doctors.

The event featured a private hospital tour in the beautifully renovated patient facilities. There was also a chance to have personalized wellness assessments, including retinal screening (Fundus & OCT), body composition analysis and VISIA skin analysis, with private doctor consultations.



Best of all we were presented with goody bags that included vouchers for free consultations and Skin IV drips etc. Also I was delighted to see some additional presents from Phyathai Sriracha Hospital in my bag BREA Nourishing Day Serum, Lip Balm Plus SPF15 and Sunscreen UV Cream Plus SPF50 PA+++.

All extremely useful as my skin analysis had revealed that I need to be more vigilant in applying sunscreen and SPF protection.

Well done Phyathai Sriracha Hospital for continuing your commitment to delivering world-class, personalized healthcare for the international community.



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Why a Simple Contract Review Can Save You Thousands

" "A signature takes only a few seconds. The consequences can last for years."

One of the most common things we hear from clients is, "It's just a standard contract." And many times, it is. But "standard" doesn't always mean it's the right contract for your specific situation.

Whether you're buying property, leasing commercial space, entering into a business partnership or any other kind of important contract, the contract is more than just paperwork. It is the document that describes everyone's rights, responsibilities, and expectations. That is why we always recommend taking some time to review before signing.

It is Not Just About the Fine Print

People tend to think of contract reviews as a way to find hidden clauses or legal loopholes. In reality, a good review is much simpler than that. We look for clarity. Are the terms easy to understand? Are payment terms clear? Who pays the taxes, fees, or repairs? What happens if one party cannot fulfill their obligations? Are deadlines realistic? Are important details missing? These may seem like small questions, but they can have a significant impact if a disagreement arises later.

Small Details Can Lead to Big Costs

Many disputes don't begin because someone intended to cause problems. They begin because two people interpreted the same contract differently. A vague payment term, an unclear completion date or an overlooked responsibility can lead to delays, unexpected costs or long negotiations. In some cases, you may have to incur legal costs to resolve these issues after you sign that could have been avoided by careful review beforehand. The goal isn't to expect the worst. It's to prepare for the unexpected.

A New Perspective Makes a Difference

It's natural to concentrate on the advantages when you're excited about a new property or business opportunity. That's often when important details are easiest to overlook. A contract review provides an objective perspective. We have no emotional attachment to the deal. We are instead helping clients to know what they are signing up for and where they might need clarification before they make any commitments. Sometimes, the review confirms that everything is in good order. Sometimes it means making a few simple revisions to make the deal clearer and fairer for all parties.

Reviewing a Contract Doesn't Mean You Don't Trust the Other Party

Some clients worry that requesting a contract review might give the wrong impression. In our experience, it's quite the opposite. Everyone benefits from clear agreements. It is easier to avoid confusion, misunderstandings and arguments later on if expectations are clearly laid out at the beginning. A well-drafted contract protects both parties, not just one party.

An Investment in Peace of Mind

A contract review is often one of the smallest steps in a transaction, but it can be one of the most valuable. It helps you to understand your rights and responsibilities, possible problems and to make an informed decision before you sign.

As legal consultants, our aim is not only to help clients when problems arise. We believe that the best results usually come from preventing problems before they start. That's why we recommend clients not to rush the paperwork – even when the deal seems simple. An extra time spent reviewing a contract today could save you costly surprises tomorrow. Because sometimes the smartest investment is not negotiating for a lower price. It's knowing exactly what you are signing up for.



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Believe It or Not? King Cobras Can Be Tamed

By Songpone Siriwanlert

Do you believe it? The king cobra can actually be tamed.

The king cobra is the largest venomous snake in the world, possessing the highest volume of venom and the most lethal toxicity. It can be found in every region of Thailand. It is classified as a protected wildlife species under the Wildlife Protection Act, which means catching, killing, or keeping them as pets is strictly prohibited. They are considered animals that maintain the natural balance of the snake population because, by nature, they prey on all types of snakes. This includes venomous snakes like monocled cobras, as well as non-venomous ones like mangrove snakes, Indochinese ratsnakes, and radiated ratsnakes. King cobras are usually fierce due to their defensive instincts, and they can rear up and flare their hoods, raising their bodies as high as 1 to 1.5 meters.



The Kaeng Krachan Special Warfare Training Camp in Phetchaburi Province has a special unit tasked with taming king cobras. The objectives are to educate the general public and to harvest venom to produce anti-venom to save snakebite victims. Taming a king cobra is no easy feat—it is not like training a tiger or a lion. King cobras possess defensive instincts, are aggressive, venomous, and know how to bite from the moment they hatch, regardless of what age you start training them. The king cobras brought in for training are sourced from the wild; some are injured and brought in for medical treatment, including those injured by the equipment used by rescue teams when catching snakes that entered people's homes before transferring them here.

Snake taming must be performed by experts who are highly experienced and skilled in snake handling. The general public must not attempt to copy this, as it is life-threatening and carries a high risk of snakebites. The training takes a very long time, requiring building familiarity and trust between the snake and the handler. Tamelessness develops gradually in stages, ranging from level one up to the highest level where they can become pets. At this ultimate level, they develop affection and a bond with humans, allowing handlers to pick off ticks for them (snakes also get ticks lodged between their scales, much like dog ticks that attach to skin under the fur), bathe them, rub them down with soap and shampoo, rinse them off, help them shed their skin, and hand-feed them water and food. At the training unit, they feed them cooked chicken breast.

Once the level of tameness is high enough for them to become pets, they can be brought out for visiting members of the public to touch, hold around their necks, or wrap around their arms. The snakes will slither and wrap around the arms without flaring their hoods or rearing up in a defensive stance like normal wild king cobras.



The unit has friendly king cobras that can be taken out to swim in the reservoir, and they even have their own names, such as Chero, Shin-chan, and Bigfoot. Anyone who is interested and wishes to change their attitude regarding their hatred and fear of snakes can visit the activities of the King Cobra Training Unit at the Kaeng Krachan Special Warfare Training Camp in Phetchaburi Province.



Credit: Facebook Page: Captainsnake return, Kaeng Krachan Special Warfare Training Camp, Phetchaburi Province

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โดย ทรงพล ศิริวรรณเลิศ

งูจงอาง เป็นงูพิษที่มีขนาดใหญ่ที่สุดในโลก มีปริมาณน้ำพิษมากที่สุดและมีพิษร้ายแรงที่สุด พบได้ในทุกภาคของประเทศไทยจัดเป็นสัตว์ป่าคุ้มครองตามพ.ร.บ.คุ้มครองสัตว์ป่าคือห้ามจับห้ามฆ่า ห้ามเลี้ยงนับว่าเป็นสัตว์ที่รักษาสมดุลธรรมชาติ ของงู เพราะเป็นงูที่โดยธรรมชาติ กินงูทุกชนิดเป็นอาหาร ไม่ว่าจะเป็นงูมีพิษ เช่นงูเห่า หรือ งูไม่มีพิษ เช่น งูปล้องทอง งูสิง งูทางมะพร้าว งูจงอางมักจะดุร้ายตามสัญชาตญาณป้องกันตัว สามารถชูคอแผ่แม่เบี้ย ยกตัวขึ้นสูงถึง 1 เมตร ถึงเมตรครึ่ง ค่ายฝึกរបพิเศษแห่งกระงาน จังหวัดเพชรบุรี มีหน่วยพิเศษที่มีภารกิจ นำงูจงอางมาฝึกให้เชื่อใจโดยมีวัตถุประสงค์ในการให้การศึกษาแก่คนทั่วไป รวมทั้งนำพิษมาทำเซรุ่มสำหรับช่วยผู้ที่ถูกงูกัด การฝึกงูจงอางไม่ใช่เรื่องง่าย เหมือนฝึกเสือหรือสิงโต เพราะงูจงอางมีสัญชาตญาณป้องกันตัวก้าวร้าว



และมีพิษกัดเป็นตั้งแต่ออกจากไข่ไม่ว่าจะฝึกในวัยไหนก็เหมือนกัน งูจงอางที่นำมาฝึกได้จากงูในป่าตามธรรมชาติ บ้างก็บาดเจ็บและเอามาทำการรักษา ซึ่งรวมถึงงูที่บาดเจ็บจากการใช้อุปกรณ์จับของหน่วยกู้ภัยที่จับงูที่เข้าบ้านคน แล้วนำมาส่ง การฝึกให้เชื่อใจต้องทำโดยผู้เชี่ยวชาญ มีประสบการณ์สูง และมีทักษะในการจับงู บุคคลทั่วไปห้ามลอกเลียนแบบ เพราะอันตรายถึงชีวิตและมีความเสี่ยงจากการถูกงูกัดสูง การฝึกต้องใช้เวลายาวนาน โดยต้องทำความคุ้นเคย เชื่อใจกันระหว่างงูและคน ความเชื่อใจจะค่อยๆ เกิดขึ้นเป็นลำดับ ซึ่งสามารถแบ่งระดับความเชื่อใจได้ตั้งแต่ระดับหนึ่งถึงระดับสูงสุดที่สามารถทำให้กลายเป็นสัตว์เลี้ยงได้ มีความรักและผูกพันกับมนุษย์ สามารถหาเห็บให้ได้ (งูก็มีเห็บเกาะตามซอกเกล็ด เหมือนกับเห็บสุนัขที่เกาะตามผิวหนังได้เช่น) อาบน้ำ ถูสบู่ แชมพู ล้างตัวให้ได้ รวมทั้งช่วยลอกคราบ ป้อนน้ำป้อนอาหารได้ ที่หน่วยฝึก เขาป้อนเนื้อไก่ ต้มสุกให้กิน เมื่อความเชื่อใจ สูงขึ้นถึงระดับที่เป็นสัตว์เลี้ยงได้ก็สามารถนำมาให้ประชาชนที่มายุ่ยมชมจับต้องตัวได้อุ้มพันคอล้อมแขนได้ งูจะเลื้อยพันแขน โดยไม่มีการแผ่แม่เบี้ย หรือชูคอแบบเตรียมพร้อมเหมือนงูจงอางปกติในธรรมชาติทั่วไป ในหน่วย มีงูจงอางที่มีความเป็นมิตร สามารถพาไปว่ายน้ำในอ่างเก็บน้ำ มีชื่อเป็นของตัวเอง เช่น ชีโร่ ชินจัง บิ๊กฟุต เป็นต้น ท่านที่สนใจ ต้องการเปลี่ยนทัศนคติในเรื่องการเกลียดและกลัวงูสามารถเข้าเยี่ยมชมกิจกรรมของหน่วยฝึกงูจงอาง ที่ค่ายฝึกរបพิเศษแห่งกระงาน จังหวัดเพชรบุรี

เครดิต: เพจเฟซบุ๊ก Captainsnake return ค่ายฝึกរបพิเศษแห่งกระงาน จังหวัดเพชรบุรี

What's on The Small Screen



Jason Sudeikis, Hannah Waddingham, Brett Goldstein

Ted Lasso returns to England to face his unique brand of optimistic chaos as he takes on the challenge of coaching AFC Richmond's newly formed second-division women's football team.



Dark Matter (Season 2)

Joel Edgerton, Jennifer Connelly, Dayo Okeniyi

The Dessen family are forced to flee their seemingly safe new reality, pushing Jason's obsession with the Box and Daniela's growing paranoia to a breaking point.



Lioness

Zoe Saldña, Nicole Kidman, Morgan Freeman

CIA senior case officer Joe trains female operatives to infiltrate terrorist networks and global crime syndicates.



Lanterns

Kyle Chandler, Aaron Pierre, Kelly Macdonald

Veteran intergalactic lawman Hal Jordan and his reluctant young partner, investigate a dark, terrestrial murder in the American heartland.



One Hundred Years of Solitude: Part Two

Claudio Cataño, Marleyda Soto, Ángela Cano

The Buendía family grapple with love, war, and the inescapable weight of prophecy in the isolated town of Macondo.

What's on The Big Screen



The Dog Stars

Robert Pattinson, Matt Damon, Elliot Page, Josh Brolin, Guy

Set years after a devastating flu pandemic has wiped out most of humanity, a lonely civilian pilot and a hardened, gun-toting ex-Marine live a tense survivalist existence in an abandoned Colorado airport hangar. When a mysterious, unexpected voice breaks through the pilot's airplane radio, he risks everything to fly past their secured perimeter in search of hope, answers, and signs of surviving civilization.



End of Oak Street

Ewan McGregor, Anne Hathaway, Maisy Stella

After a mysterious cosmic event rips a suburban street from the modern world and drops it into a terrifying prehistoric landscape, the Platt family must band together to survive.



Insidious: Out of the Further

Sam Spruell, Amelia Eve, Lin Shaye

A young mother named Gemma moves into her childhood home and discovers she can project into the dark spirit realm known as The Further.



Paw Patrol: The Dino Movie

Snoop Dogg, Jennifer Hudson, Bill Nye

After a mysterious storm shipwrecks the PAW Patrol on an uncharted tropical island filled with dinosaurs, they must team up with a stranded dino-expert pup named Rex.



One Night Only

Maya Hawke, Callum Turner, Monica Barbaro,

Set in an alternate New York City where premarital sex is illegal except for one annual designated holiday



The landscape for digital influencers has completely shifted. Audiences no longer tolerate shaky smartphone video or wind-muffled audio on their feeds. But for solo creators managing a daily posting schedule across YouTube, TikTok, and Instagram, carrying heavy cinema rigs isn't practical. The goal is to maximize production value while streamlining the daily grind.

For anyone recording vlogs, street interviews, or casual TikToks, audio is notoriously difficult to manage on the fly. Traditional wireless lavaliers rely on a single omnidirectional mic capsule. They pick up everything—including the traffic behind you—forcing creators to rely on heavy post-production noise removal that often leaves vocals sounding metallic and thin.

The newly released Insta360 Mic Pro solves this by introducing a professional 3-microphone array built into each tiny transmitter. Instead of a fixed polar pattern, an onboard Neural Processing Unit (NPU) dynamically combines the three capsules to mimic distinct recording patterns.

For high-volume creators, the true magic is 32-bit float internal recording paired with 32GB of onboard storage. In standard 24-bit audio, if a creator laughs loudly or steps near a loud speaker, the audio spikes, distorts, and clips, completely ruining the take.

With 32-bit float, the dynamic range is so massive that clipping is physically impossible. Whether you whisper or shout, the audio data is fully preserved. In post-production, instead of wasting hours tweaking gain structures or discarding ruined files, editors simply normalize the track with a single click.

For years, the GoPro Hero lineup reigned supreme for durability, but serious videographers often ran into limitations with sensor size and low-light performance. This month, GoPro has broken its traditional naming convention to introduce the Mission 1 Pro, stepping away from standard action cams and reclassifying itself as an ultra-rugged "compact cinema camera."



The core engine behind this jump is a massive 1-inch, 50-megapixel CMOS sensor paired with the next-generation GP3 processor. The jump in technical specifications between older flagships like the Hero 13 Black and the new GoPro Mission 1 Pro is massive. Where previous models relied on a smaller 1/1.9-inch sensor, the Mission 1 Pro upgrades to a massive 1-Type CMOS sensor. This larger sensor allows the maximum video resolution to leap from 5.3K at 60 fps up to a staggering 8K at 60 fps, while also unlocking an ultra-smooth 4K at 240 fps for high-end slow motion.

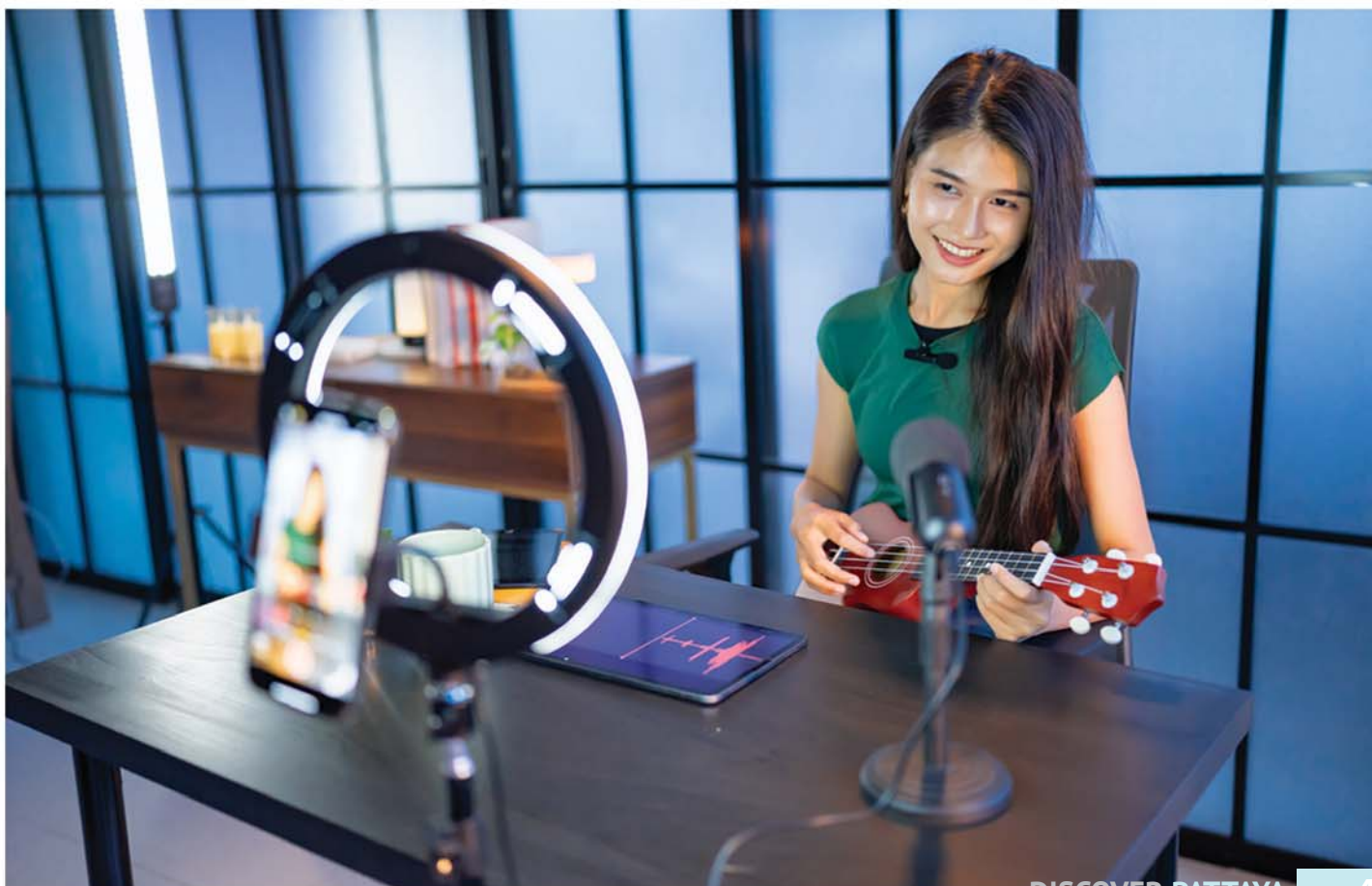


The visual depth sees an equally dramatic boost, replacing standard HDR (which typically maxes out around 10 stops) with a true 14-stop cinema dynamic range to handle harsh shadows and bright highlights simultaneously. Finally, instead of being confined to standard 16:9 or 8:7 aspect ratios, the Mission 1 Pro introduces full 8K and 4K "Open Gate" (4:3) recording, giving editors total flexibility to crop their footage for any platform.

The absolute killer feature for multi-platform influencers is 8K and 4K "Open Gate" recording. Traditional cameras force you to choose your formatting up front: shoot horizontally for YouTube, or turn the camera vertically for TikTok and Instagram Reels. Open Gate uses the entire vertical and horizontal real estate of the massive 1-inch sensor to capture a tall 4:3 image. In post-production, a creator can crop a flawless horizontal 16:9 video for YouTube, and cut a vertical 9:16 video for Shorts or TikTok from the exact same file, completely loss-free

Furthermore, the new Subject Tracking capability utilizes the wide field of view to automatically lock onto a creator, keeping them perfectly centered in the frame even when panning or moving quickly. Combined with upgraded low-light performance and a hefty 5-hour battery life, it reduces the need for heavy gimbals, extra batteries, and multi-camera shoots.

By utilizing the Insta360 Mic Pro's NPU-driven noise canceling and the Mission 1 Pro's Open Gate cropping flexibility, a solo influencer can shoot high-production value footage in a single take, drastically reducing time spent in editing software and pushing polished content to multiple social feeds faster than ever.





Bringing Dreams to life by Barry Upton

One of the most exciting things about modern A.I. image creation is that imagination no longer has to stay locked inside your mind. The scenes you've always dreamed about can now become vivid, realistic pictures that you can actually see and share.

Have you ever imagined yourself playing guitar alongside your musical heroes or standing centre stage with your favourite band. Perhaps you've pictured yourself discovering a 7/11 on the moon, a McDonalds at the top of Mount Everest or surrounded by exotic wildlife in a tropical jungle. These moments may never happen in real life, but your imagination doesn't have to accept those limits.

Creating fantasy images is about celebrating creativity. It's not about pretending something really happened; it's about giving shape to ideas that make you smile, laugh, or simply wonder, "What if?"

Here's a few of my favourites that I've conjured up recently including myself with the Beatles and my all time hero John Fogerty, plus our very own Gloria's ultimate fantasy, having a beehive hairstyle and joining the B-52s. These creations show how A.I. can be used positively for fun and amusement. Every image becomes a tiny adventure. The possibilities are endless because the only real limit is your imagination. After all, dreams don't always have to stay dreams. Sometimes they're simply waiting to become a picture.





Rotary Club of Pattaya Welcomes New President Tobias Pjedsted

On-Line: RotaryPattaya.com/RotaryRadio

Rotary Radio is currently operational around Pattaya on 90.75fm and online at rotarypattaya.com/rotaryradio. The station logo ident is – Rotary Radio ... Cool Music For Cool People. At the top of each hour is a worldwide news summary from FSN. One of the ways Rotary Radio can communicate effectively is by celebrating fund raising activities and promoting upcoming events with vital information.

Last month, the Rotary Club of Pattaya staged an amazing party at the Hard Rock Hotel in Pattaya to install new president Tobias Pjedsted. The dinner/ dance evening, attended by many Rotarians from all over Pattaya and beyond plus local dignitaries including the Mayor, featured a ladyboy cabaret show plus a special mini concert from Rotarian Claes Cem Constantine.

Then Barry Upton, together with friends, Sandra, Marina and Bernie, entertained by performing a variety of popular music songs as 'The Hormones Of Happiness'. A fabulous night was enjoyed by all. The new president was installed and the profits from the evening went to the club's charitable causes.





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An aerial photograph of a tropical coastline featuring large, rugged limestone karsts rising from the sea. The water is a vibrant turquoise near the shore, transitioning to a deep blue further out. Several small white boats are visible on the water. The sky is a clear, pale blue with a few wispy clouds. The text "DISCOVER PATTAYA & Beyond....." is overlaid on the bottom right of the image.

DISCOVER
PATTAYA
& Beyond.....



Phi Phi Island Adventures

If you are planning a trip to Phuket or Krabi just an hour's ride away by speedboat lie the idyllic islands of Phi Phi.

Thrust into the limelight by Leonardo Di Caprio's infamous movie 'The Beach', the islands have become a popular destination for tourists from around the globe.

Although you can visit Phi Phi as a day trip from the mainland we recommend staying at least one or two nights actually on the island to appreciate the best of what there is on offer..



The Phi Phi islands are made up of 6 small islands, located 48km from the mainland in the province of Krabi, although many mistakenly think they are part of Phuket. The main island, Phi Phi Don, is the only one of the islands where overnight stay is permitted and as such has seen considerable growth over the years, and offers a wide selection of accommodations, restaurants, bars, massage parlors and a full range of other services.

Phi Phi Don Island is the largest of the island at around 8km in length, though there are no roads and therefore no vehicles, so travel must be either on foot or by local longtail boat when trying to reach the various secluded bays and other islands.

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The remaining five islands are part of the Had Nopharathara National Park and just a 20 minute boat ride from Phi Phi Don is Phi Phi Ley the 2nd largest island. It is home to some of the most amazing and iconic views in Thailand. Viking Bay, Pileh bay. Loh Samah bay and the Maya bay which was the location for the film "The Beach".

A spectacular and a well timed visit to these must be on every travelers bucket list. We mention well timed, since, their popularity can make these places very busy so certain times of the day as in either very early in the morning or later in the afternoon will allow a more pleasant experience and a drop in crowd numbers.



Facilitating unforgettable experiences to Phi Phi Ley Island and the other islands such as the Bida Islands and Bamboo island, The Adventure Club is a PADI 5 Star dive center that has created a variety of unique, award winning, scuba diving and snorkeling excursions for visitors. Offering a selection of PADI courses for all levels,

The Adventure Club runs bi-daily dive trips from a choice of dive boats. Guided snorkeling trips such as the Shark Aware Program or the Sunset Plankton Tour are just a couple of the programs available for guests looking to explore the small group of islands. As a conservation dive center the emphasis on each of the trips focuses on respect for the environment and to provide education about the local fauna and wildlife.







And here is the best part. It doesn't take a whole day to do a dive trip or a snorkel trip when you stay at the Phi Phi islands. Short boat rides out to the dive sites means a two dive trip takes half a day and that includes time for lunch between the dives. That means you can be back by the pool by midday ready for that afternoon cocktail.

www.adventureclubthailand.com

Email: booking.adventureclubpp@gmail.com

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DISCOVER PATTAYA

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Glorious Geneva, Illinois

by Carla Marie Rupp

Geneva is a gem we'd highly recommend. Not Geneva, Switzerland, nor Geneva, New York, but Geneva Illinois. Perhaps you've seen the major sights in Chicago and would like to explore a real Americana place in a beautiful, walkable suburb? Geneva is not far, just a picturesque hour on the Metra Train Line, or within easy access by car. Wealthy Chicagoans would come to Geneva, Ill., to get out of the big city, enjoy a fancy hotel, stroll on the shopping lanes of Third Street, and take in the ever-evolving restaurant scene.



You don't have to be wealthy to come to gorgeous Geneva now. There's a budget for everyone, with consignment and thrift shops as well as high-end boutiques. You can enjoy walking up State Street going in and out of the little, cute shops. On Third Street, it's a delight, like a Main Street Disney World experience! There's a really warm-hearted, out-going community. At our lovely hotel The Herrington Inn, the staffers and the other guests were particularly friendly.

Located on the scenic Fox River, the Herrington Inn & Spa is the place to be pampered. It's Geneva's premiere waterfront destination for overnight getaways, weddings, or special occasions. You can stay in a king canopy bed and enjoy delicious continental breakfast when you wake up, with homemade breads and rolls, butter and jellies, croissants, cheeses and meats, delicious fresh-made cinnamon rolls, a variety of fruits, and just-baked banana or blueberry muffins.



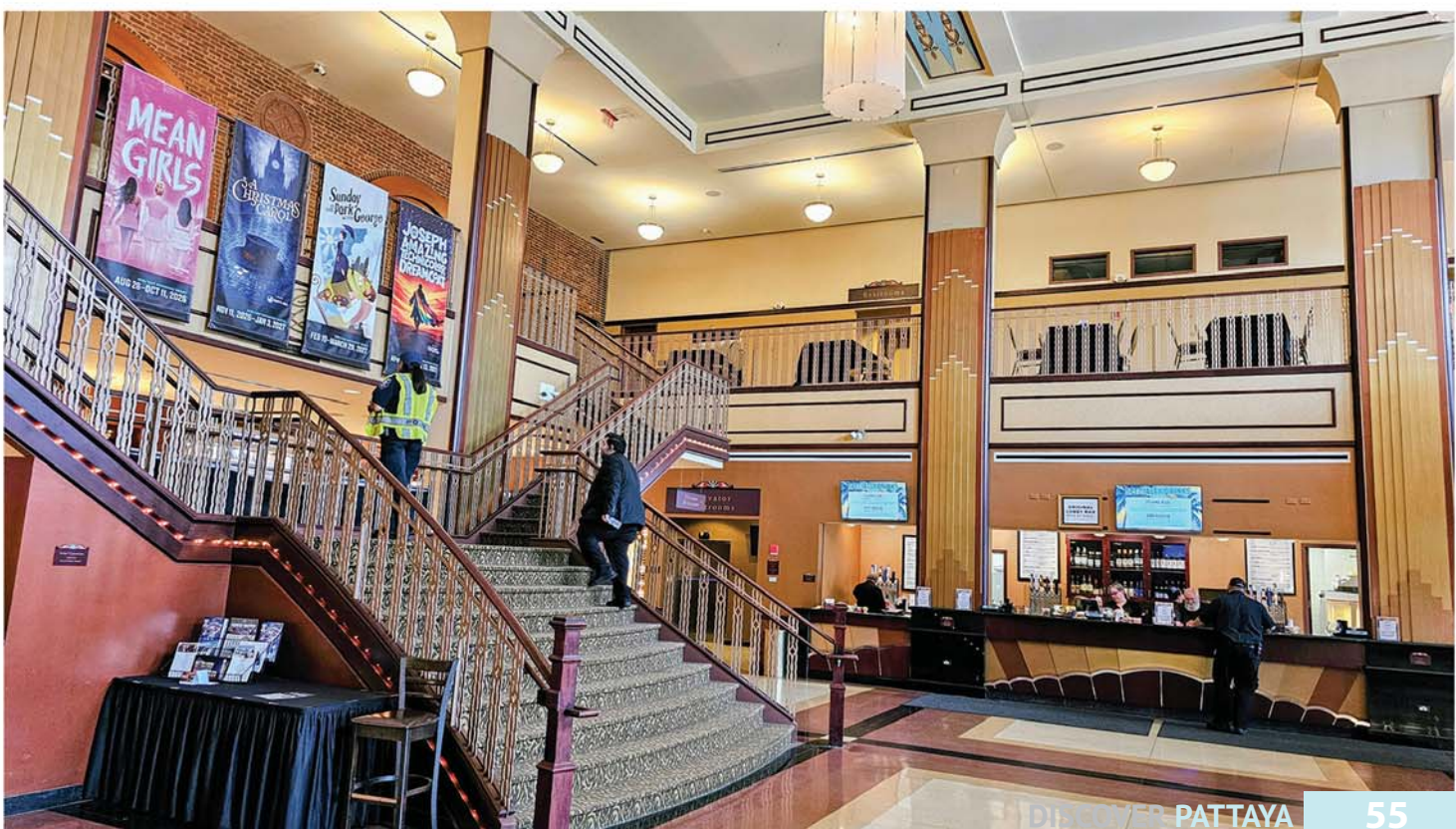
Luxurious guest rooms include a fireplace and whirlpool tub. Guests love it so much they want to come back over and over. One couple, Carol and John, told us they always call to book the same room facing the river each time they come, a few times a year. It's such a special hotel. It's a joy to walk around and look at all the unique paintings, ornamental touches, and furnishings.

The hotel's location was home to Geneva's founding family, James and Charity Herrington, and the site was the town's first known dairy back in 1864. Present owners opened the hotel in 1993 and strive to create guests for life. We visited with a couple celebrating their anniversary at The Herrington who said they met two other anniversary couples also celebrating at the intimate "Atwater's", the hotel's upscale restaurant. It's open every day for "dramatic dining." Besides Atwater's, other upscale Geneva dining options include Le Cochon Bistro & Wine Bar, Niche Restaurant, the Walrus Room, and Bien Trucha.

Be sure to see a show at the Paramount Theatre in Aurora. This art-deco theatre hosts world-class, award-winning productions in its Broadway Series with the most talented performers. We were lucky to have tickets for a packed house of the musical South Pacific. It was great.



Chicago Sun-Times says this theatre has become "One of the Chicago area's most potent Broadway competitors. Ticket prices are far more reasonable than in New York City; the orchestra is frequently far larger than in New York, too; and the design is invariably spectacular." Paramount Theatre sets and costumes are built and made from the ground up. Casting is done nation-wide. When you enter the lobby, you can see signed photos of famous celebrities who have appeared at the Paramount. They include Bernadette Peters, Willie Nelson, Jay Leno, Pete Fountain, Rich Little, Lily Tomlin, and many others.



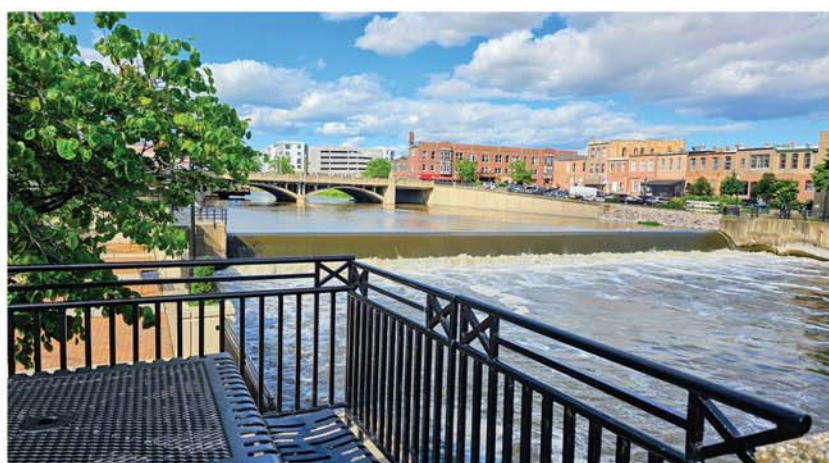
Two Brothers at the Roundhouse is an excellent place to go relax after a show. It's a brewery, distillery, cafe, gastropub and beer garden. You can sit outside and order food and drink and learn about the history. It's one of the last remaining limestone "roundhouses" used by the Burlington Northern/Santa Fe Railroad to maneuver railroad engines for reverse travel.

Scandinavian-American cultural history is also evident in Geneva. There is a faithful re-creation of an historic Viking ship built at Framness Shipyard in Sandefjordll, Norway, 1892-93. The boat sailed across the Atlantic Ocean from Norway to Chicago via the Erie Canal and the Great Lakes, becoming one of the main attractions at the 1893 World's Columbian Exposition. The famous Viking Ship traveled to New Orleans before returning to Chicago, and is now on permanent display in Geneva. You can find several Scandinavian-oriented shops nearby.



The Edith Farnsworth House is another beautiful, historical attraction worth seeing that is visited by thousands of international travelers each year. It celebrates its 75th anniversary this year and was built for Dr. Farnsworth, who became a prominent nephrologist at a time when Northwestern Medical School only accepted four women per graduating class. She was also a poet, translator, and an accomplished violinist.

Another attraction in this area is the new Hollywood Casino and Resort (with dining and concerts) near Chicago Premium Outlets. The Little Traveler shop, a landmark of the famous Geneva shopping district since 1922, has 36 rooms in a magnificent Victorian home, 404 S. Third Street, Geneva. It contains a multitude of special items for sale. You are bound to find treasures you like and maybe have brunch, lunch or afternoon tea at the Atrium Cafe. You can read the fascinating history at www.littletraveler.com.



On the banks of the Fox River, Fabyan Forest Preserve provides trails for hiking and biking. It's home to the Fabyan Windmill, a 68-story structure built by a German craftsman around 1850. The Fabyan Villa Museum was home to George and Nellie Fabyan until 1939 and was redesigned by famed architect Frank Lloyd Wright in 1909. The museum is home to an artifact from the 1803 Columbian Exposition at the World's Fair in Chicago, a marble statue called "Intelligence Subduing Brute Force" also known as "Diana the Lion."

You can also discover the serene Japanese Tea Garden designed by Taro Otsuka. The Aurora Area just outside of Chicago consists of 12 welcoming communities, Geneva is just one of them. It's such a beautiful small city and very safe, perfect for tourists with its riverside charm. People are friendly. Check out EnjoyAurora.com. and ParamountAurora.com - be sure to see a production at Paramount Theatre. The Herrington Inn & Spa is definitely the right place to stay! 15 South River Lane, Geneva, Illinois 60134 For reservations Fax 630-208-743 www.herringtoninn.com.

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World Cup tourism spending surges as expanded 48-nation roster drives record attendance

This year's World Cup staged in three nations has already broken attendance records and altered the habits of sports fans travelling for the event. Much like the Olympics, the FIFA World Cup whips global sporting fans into a frenzy every four years and this year's Cup was particularly interesting. While Canada and Mexico have long been big on football, the United States is a controversial venue given the way it refers to the world's favourite sport as soccer and its insistence that their version of football (which, to be honest, is played more like rugby) is superior. But cultural detente notwithstanding, it cannot be denied that the World Cup has proven itself yet again to be a driving factor in the growth of global sports tourism.

The 2026 World Cup welcomed more than five million fans to the matches, breaking the attendance record last set at the 1994 World Cup hosted by the United States. Likewise, the concurrent World Cup Fan Festivals have hosted over 5.5 million football fans across this year's host cities.

World Cup tourism by the numbers

The event generated more than US\$80 billion in global economic output with direct visitor spending in host cities around US\$13.9 billion. The event was a great help for local economies in terms of generating employment with more than 824,000 full-time positions. Also the 2026 World Cup contributed around US\$40.9 billion to the global gross domestic product (GDP).

Experts pointed out that the expansion of the tournament roster to 48 nations nearly doubled cumulative stadium attendance compared to past iterations. With around seven million tickets sold. Furthermore, the average amount spent by individual football fans for this year's World Cup was around US\$416.00 per day for transportation, dining, and merchandise.

Why is the World Cup such a powerful driver for sports tourism?

Keep this in mind, international fans are maintained longer trip durations, averaging 12 days per person, essentially attending every match their favourite teams played. With regard to North and Central American tourism, spreading the matches across Mexico City, Miami, Vancouver, and 13 other major cities expanded the tourism footprint throughout the subcontinent. Meanwhile, non-host gateways in both Europe and Latin America opened themselves to fans extending their stays by building holiday itineraries around scheduled games.

Going back to host cities, their hotels and other forms of accommodation have reported record-breaking occupancy rates which in turn, drove the average price of a stay by up to 90 percent. This has been noted specifically in major cities like New York, Los Angeles, Houston, Dallas, San Francisco, and Boston. However, the massive influx of footie fans also posed issues with regard to border control, to the point that the World Travel & Tourism Council (WTTC) and North American border agencies needed to establish new benchmarks for multinational entry management.

Hosting the World Cup also meant extensive infrastructural upgrades among host nations, necessitating upfront localised investments in airport capacity, transit lines, even the modernisation of stadiums and other large-scale venues. This year's World Cup is now in the thick of the critical Round of 16, it is unlikely that the furore stands to ebb any time soon and, even when it does, the way fans travel for this mega-event has already changed for good.

Samut Sakhon Provincial Learning Center for Children and Youth

We were invited to visit the Samut Sakhon Provincial Learning Center for Children and Youth for the official presentation of sports equipment and classroom furniture donated by the Rotary Club Eastern Seaboard. The school was selected as the chosen charity of our President, Jeff Mitchell MBE, who celebrated his 65th birthday in February of this year by hosting a charity fundraising event at the Siam Bayshore Resort. Tom Canning, one of the UK's leading Tom Jones and Neil Diamond tribute artists, travelled from the UK especially to entertain at the event which raised 100,000 THB, with all proceeds dedicated to supporting the school's needs. These included chairs and desks for 40 kindergarten children, 40 double-sized tables for 2nd to 6th Grade students plus sports equipment for approximately 400 students.



Words and photos by Rodney James Charman

In attendance from RCES were President Jeff Mitchell MBE, PP/PADG Rodney James Charman, SAA Daniel Ashley-Claydon, SEC Wayne Timbury, Pamela Timbury, Saman Duangkae, Ratha Techa-Apichoke, Suree Phasuk, and Joy Keolaphoumy. They received a warm welcome from the school's representatives, who gave a presentation on how the new sports equipment would benefit the students. The children also delighted everyone with cultural performances, including traditional Mon dances.

Following refreshments, members visited the classrooms where they met the teachers and students. It was an inspiring and rewarding day for everyone involved. The success of this project was made possible through the outstanding teamwork of the Rotary Club Eastern Seaboard, together with the generosity of our supporters and sponsors, whose contributions have made a lasting difference to the lives of the school's children.



Two Decades of Personal Wellness Journey

By Annie

When it comes to managing long-term health, it's a lot like balancing a budget - structure, consistency, and daily discipline are everything. If your outgoings exceed your inputs, the system fails. The same rule applies to the human body.

My journey into wellness began over two decades ago, using Herbalife products - both for inner nutrition and on the skincare side - to help keep a personal "health and looks ledger" balanced alongside a demanding life. What drew me in back then, and what has kept the habit going ever since, is how simple and practical it is to build into a daily routine.



Real health isn't built on quick fixes. It's built through small, repeatable habits done consistently. Over the years, a reliable meal-replacement shake and the right choice of food supplements have kept nutrition steady, no matter where life took me. My go-to Herbalife products have always been the Formula 1 Nutritional Shake Mix, usually blended with soy or almond milk, fruit and vegetables for breakfast, alongside Herbal Tea Concentrate for a gentle energy lift and Aloe Vera Concentrate for digestion. On workout days, a Personalized Protein Powder gets added to the mix, to help meet daily nutritional requirements even without time to cook. Along the way, mentoring others who were looking for that same kind of structure became part of the journey too.

These days, life has settled into a much quieter chapter here in Pattaya and Jomtien, and it's a wonderful place to focus on personal wellbeing. Morning walks and runs along the beach, sometimes workouts in the gym, dancing and yoga, and games like badminton, table tennis, pickle ball and bowling. A slower pace, and a genuinely warm community make it easy to keep those habits going. There's also no shortage of healthy food choices here, which makes it easy to keep up a go-to Mediterranean diet.

If this consistency has given anything to show for it, it's aging gracefully along the way - people are often surprised to hear how long this journey has been going, given how young it's kept my looks, which is probably the best kind of proof that the habit works.

One of the nicest parts of this chapter in Thailand has been meeting other people who share the same interest in wellness. Meeting the CEO behind Pattaya Trader, Gloria Jones, has been a genuine highlight. It's refreshing to connect with people locally who understand and appreciate good nutrition for what it is.

If there's one thing this journey has taught, it's that a structured, consistent approach to nutrition - backed by the right choice of supplements like Herbalife - stands the test of time far better than any trend. It takes the right daily habits, a bit of discipline, and a workable plan - wherever in the world you happen to be.

If you'd like to learn more about Herbalife Nutrition, feel free to email gloria@pattayatrader.com.

A Case Study from Jo and Nee



In our first installment, we explored the international hospitality foundation that shaped the client-first philosophy of Jo Stetten. This month, we look at the high-stakes reality of asset protection in the Pattaya market. For foreign investors, navigating the complexities of local corporate law and property development can be daunting. The true value of a partner like ESP STETCO is demonstrated not during smooth sailing, but when an investment faces significant legal or operational jeopardy.

A profound example of this grit is the twenty-five-year journey of a prominent Kuwaiti investor residing in Saudi Arabia, who purchased a premium villa in Jomtien back in 2001. For a decade, the promised rental returns never materialized due to the developer retaining tight control over the premises and absorbing the income.

In 2011, the owner approached the newly founded ESP STETCO for legal intervention. Operating entirely under the radar to shield the client from a highly adversarial developer, Jo and Nee deployed a specialized legal team to systematically reclaim physical and administrative control of the property. By 2013, the keys were successfully delivered to the grateful owner, who promptly appointed the firm as his permanent estate managers.

The partnership only deepened with time. Following the global disruptions of 2020, the owner appointed Nee as the Co-Director of his holding company, giving the firm full administrative authority to manage yearly balance sheets, taxes, and government compliance locally.

Recognizing the travel restrictions left the twenty-year-old villa vacant, the firm organized and executed a comprehensive half-million-baht renovation of the interior, exterior, pool, and gardens in 2021. The ultimate victory came in early 2026, when ESP STETCO secured a foreign buyer willing to pay double the original purchase price—a figure well above standard valuation.

Because Nee was an embedded Co-Director, the entire multi-million-baht transaction, Department of Business Development ownership transfer, and complex international funds routing back to Kuwait were handled flawlessly without the owner ever needing to step foot in Thailand.

This level of strategic legal protection is mirrored in the firm's corporate rescue operations, such as their intervention for a Swedish investor in the Majestic Residence community. After assigning a fifty-one percent majority share of his property-owning company to a local partner, the relationship disintegrated, and the partner attempted to sell the villa without his consent.

Leveraging deep cultural diplomacy and local insights, Nee personally intervened to negotiate a peaceful resignation of the rogue shareholder for a modest reward. The firm then restructured the corporate framework with verified, reliable shareholders suggested by the firm, allowing the investor to safely reclaim, protect, and eventually liquidate his investment before retirement.

For an incoming successor looking at the operational capabilities of ESP STETCO, these case studies prove that the firm operates a bulletproof legal and defensive apparatus that safeguards international wealth.

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- Rooftop Tennis Court
- Rooftop Pickleball Court
- Terrace Lounge & Bar
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- Kids Playground



CLUBHOUSE FACILITIES

- 24m Rooftop Swimming Pool
- Male & Female Onsens
- 24hr Gym with Boxing Ring
- Hi-Tech Bike Spinning Zone
- Restaurant & Coffee Corner
- Relaxing Chill-Out Lounges
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FOREIGN QUOTA
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THE
RIVIERA
SANTA MONICA
JOMTIEN

From 2.8 MB
Construction Started



RESIDENCE FACILITY HIGHLIGHTS

- Ground Floor Pool with Pool Bar
- Large Indoor Restaurant
- Designer Clubhouse Lounges
- Male & Female Onsen
- x2 21st Floor Sky Pools
- Cardio & Weights Gym
- 2 Lane Bowling Alley
- Yoga & Stretching Room

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OTHER FACILITIES

- Dedicated Dog Park
- Convenience Store
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- 2 Badminton Courts
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- Basketball Practice Court
- Electric Car Charging

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From 7MB
Construction Started



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- 28th Floor Infinity Sky Pool with Stunning Ocean Views
- 28th Floor Indoor Sunset Lounge & Bar
- Large 28th Floor Residents Lounge
- Hotel Style Designer Lobby
- Relaxing Sky Garden Areas

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CLUBHOUSE FACILITIES

- Beachfront Swimming Pool
- 24 Hour Sea View Gym
- Relaxing Lounge Areas
- Indoor Bar & Restaurant
- Rooftop Swimming Pool
- Male & Female Onsens
- Movie Lounge Room
- Kids Club



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