

— DISCOVER —
PATTAYA



ENJOY THIS CHRISTMAS WITH ROYAL CLIFF HOTELS



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31 December 2020

NEW YEAR'S EVE BUFFET GALA DINNER

Infini Poolside at Royal Cliff Beach Hotel
7:00 pm - 2:00 am

THB 5,500++ per person
(50% discount for children under 12 years)
Dress Code: Smart Casual

Say goodbye to 2020 and ring in the New Year with a bang!
This New Year's Eve, join our glamorous buffet dinner where you can enjoy amazing dishes and live music. At midnight, enjoy spectacular fireworks at the Infini Pool of the Royal Cliff Beach Hotel to cap off an unforgettable night!



Christmas Celebrations at Royal Cliff



24 December 2020 A Royal Christmas Enchanting Gala Dinner

7:00 pm onwards
at Caprice Restaurant, Royal Wing Suites & Spa

CAPRICE
A TASTE OF RIVIERA

THB 2,500++ per person
50% discount for children under 12 years



24 December 2020 CHRISTMAS EVE TURKEY SET DINNER

7:00 - 10:00 PM
at Royal Grill Room & Wine Cellar

Royal Grill Room
& Wine Cellar
Excellence & Heritage

THB 2,200++ per person
50% discount for children under 12 years



25 December 2020 Christmas Day Lunch Buffet

12:00 - 3:00 PM
at Panorama - A taste for every palate

PANORAMA
A taste for every palate

THB 1,400++ per person
50% discount for children under 12 years

For more information or to book a table, please contact Guest Relations
Tel: (+66) 38 250421 ext. 2037 | Email: gro-main@royalcliff.com

DISCOVER PATTAYA

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This Month in Discover Pattaya

Expats throughout Pattaya have become resigned to the fact that this year travel has not been an option. Many who would normally be heading off in December to see family simply can't travel this year or have loved ones over to visit them.

The situation has become even more poignant this month with Christmas and the New Year generally being a time to spend with family. However, the resilience of our local ex-pat community is strong as two recent charity events showed.

The PILC's Masquerade Ball at The Royal Cliff Hotel and the COVID AID Charity Dinner were both sold out events. Attendees were happy to meet friends eat, drink, and generally keep their spirits up by dancing the night away!

Therefore we decided to put a Christmas Directory together for this edition and let everyone know what is available during the festive season. If you see something you like please get in touch as soon as possible to avoid disappointment.

Here's looking forward to a Happy Christmas for all and Certainly a Better New Year!

Happy New Year Everyone!
Gloria



Interested in advertising?

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Festive Celebrations 2020



Holiday Inn
AN IHG HOTEL
PATTAYA

Christmas Eve Dinner

'Tis the season to be jolly and gather with those we love. Let us take this time to reunite, sharing happiness and spreading joy and celebrate the arrival of Christmas.

As this year draws to an end, join us at Havana Bar for a special celebratory Christmas Eve dinner. Our 4-course traditional Christmas inspired menu will surely get you in the festive spirit!

 **Date:** 24 December 2020
Time: 06.30pm - 10.00pm.

- Free Flow beer 2 hours at 399 net
- Free Flow wine and sparkling wine 2 hours at 499 net

THB
990
NET/ PERSON
(Food only)


*Term and condition apply.

Tropical Christmas Lunch

Have yourself a sandy little Christmas. With 2020 almost done, since this year was different, our celebration will be too! Dress like its hot, Hawaiian shirt or not and join us for a Tropical Christmas Day poolside at Terrazzo Restaurant.

You can bet your antlers it will be second to none, with plenty of festive fun for the kids and adults alike. Expect a Christmas BBQ, beer buckets, champagne and tropical cocktail specials along with a DJ spinning Christmas favorites.

So grab your family and friends and jingle all the way to our Tropical Christmas Day for music, laughter and festivities!

 **Date:** 25 December 2020
Time: 12.30pm - 3.30pm.

THB
1,190.-
NET/ PERSON

Kids 6-12 years
THB
499.-
NET/ PERSON
(Food only)

* Kids 5 years old and below EAT FREE



*Term and condition apply.

 **Location:** Terrazzo Restaurant, Ground floor, Bay Tower, Holiday Inn Pattaya
Make a reservation 038 725 555 or reservations.holidayinnpattaya@ihg.com

TERRAZZO
RISTORANTE · BAR



**Pattya 2nd road opposite
Mike Shopping Mall
inside Shopping Arcade
walk-in 20 meters**



Christmas
SET MENU 990.-
25th December

Starter - TOAST SKAGEN
Toast Skagen is a combination of shrimp and other ingredients on a small piece of toasted bread. When you want to celebrate something, use the lavish whitefish roe. The dill stalks on top serve as fanfare.

Main - BEEF CHATEAUBRIAND 250g.
New Zealand tenderloin
Chateaubriand is a dish that traditionally consists of a large center cut fillet of tenderloin grilled of meat that are slice to desired thickness after cooked of your liking. Serve with sautéed mushrooms, potato au gratin and bearnaise sauce.

Desserts - DARK BROWNIE
Dark brownie with vanilla ice cream, butter crumble and fresh strawberries topped with toasted almond slices and chocolate sauce.

New Years Eve 31st Night

Set Menu
Starter
Mushroom Truffle bisque soup

Main Course
Tournedos Rossini
This dish comprises a Australian beef fillet steak topped with a slice of foie gras serve with caramelized apples, grilled veggies, mashed potatoes and red wine sauce.

Desserts
Raspberry Cheesecake
1,190.- person

Christmas & New Year's Eve 12pm - midnight

Reservations 081-8601575





Marco's
A TASTE OF QUALITY
RESTAURANT - PIZZERIA

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CHRISTMAS AND NEW YEAR'S EVE**

**24TH, 25TH AND 31ST DECEMBER
12 P.M. UNTIL LATE!**

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ALL YOUR USUAL FAVOURITES**

**BOOKING IS ESSENTIAL TO
AVOID DISAPPOINTMENT**

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FB Marco's @marcospattaya**



LED Light Glass Tree

299
BAHT



LED Light House

499
BAHT



Noel neon 240v.

199
BAHT



Garland 35 light

69
BAHT



199
BAHT

Christmas Tree 45 cm

Garland electric 200 LED color



39
BAHT

Garland electric 20 light



LED Star Top Tree

129
BAHT

99
BAHT

Flower Basket



79
BAHT



LED Candle x3

249
BAHT



Animated Santa on Sled

359
BAHT



Santa

199
BAHT



359
BAHT

Animated Santa Clause 40 cm



Candle holder luenipue

69
BAHT



Animated Pewche Penguin

399
BAHT



Animated Pewche Bell

399
BAHT



Animated Santa Clause 30 cm

299
BAHT



699
BAHT

Green Christmas Tree H120 cm



1,290
BAHT

White Christmas Tree H180 cm



Top Star

49
BAHT



Hanging Ornament Assorted

49
BAHT



890
BAHT

Fiber Christmas Tree H90 cm



Ball x16

129
BAHT



Ball x 41 pcs Silver/Red/Gold

299
BAHT



Wood Ornament

199
BAHT



Pine Cone White/Gold

299
259
BAHT



Star x 8 pcs

59
BAHT



159
BAHT



Lady Santa

129
BAHT



Santa Claus

129
BAHT



Underone Lady

99
BAHT



Costume Santa

259
BAHT



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Fri 25 Dec
6 pm - 10 pm

Merry Christmas **Jazz Pit** **Jam Session**

Jazz Pit Pub it's not for everybody / Tel. (033)-002934-35 (038)-251686-88



DECEMBER
31
Start
6 pm.

New Year Eve

2021

JAZZ PIT

All styles KARAOKE-PARTY

Also for non-professional singers and instrumentalists

Jazz Pit Pub it's not for everybody / Tel. (033)-002934-35 (038)-251686-88



HAVE YOU BOOKED CHRISTMAS DINNER YET?

WHY NOT JOIN US AT THE SPORTSMAN PUB & RESTAURANT

WE WILL BE SERVING CHRISTMAS LUNCH AND DINNER FROM MIDDAY ON THE 25TH

ENJOY THE BEST OF CHRISTMAS FAYRE IN A RELAXED, FAMILY FRIENDLY PUB ATMOSPHERE

TO MAKE YOUR RESERVATION
CALL: DAVE 087 1376 138
EMAIL: SportsmanPattaya@gmail.com

FACEBOOK: TheSportsmanPattaya
LOCATED IN SOI 13 PATTAYA BEACH

1,295B Per Person

Christmas Day
12:00 - 19:00
Friday 25th December

TO START
Cured Cold Meat Platter
with pickled vegetable, warm bread, olives, and peppers

Cauliflower Cheese Soup
with warm bread and crispy bacon spears

Crab Cakes & King Prawns
with horseradish cream and green apple salad

MAIN EVENT
Traditional Roast Turkey and Brandy Glazed Ham
with bacon wrapped sausages, maple glazed carrots, Brussel sprouts with almonds, broccoli and cauliflower cheese, roast and creamy mashed potatoes, sage cranberry and apple stuffing, cranberry sauce, and homemade gravy

Australian Black Angus Braised Beef
270-day corn fed topside beer braised beef, bacon wrapped sausages, maple glazed carrots, Brussel sprouts with almonds, broccoli and cauliflower cheese, roast and creamy mashed potatoes, Yorkshire pudding, homemade gravy and horseradish cream

Braised New Zealand Lamb Hind Shank
in red wine, mint and rosemary sauce with bacon wrapped sausages, maple glazed carrots, Brussel sprouts with almonds, broccoli and cauliflower cheese, roast and creamy mashed potatoes, mint sauce, and homemade gravy

Poached Salmon Fillet - available on request

TO FINISH
Traditional Homemade Christmas Pudding
with Brandy Custard

Cheeseboard Selection
with a selection of British cheese, French Brie, Edam, crackers, dried fruit, nuts, and red onion chutney (blue cheese on request)

Tiramisu
with whipped cream, caramel sauce, and dark chocolate coins

COFFEE OR TEA
Homemade Mince Pie and After Eight Mint



Seasons Greetings from Sandbar by the Sea

Book early to avoid disappointment!
Phone Stanley : 081 583 7269

NEW YEAR'S EVE BUFFET @ 1,800 b PER HEAD

NEW YEAR'S EVE

POWER JAM BAND
8.30 onwards

THURSDAY DECEMBER 31

DONGTAN BEACH
Reservation: Stanley 0815837269

CHRISTMAS BUFFET @ 1,500 b PER HEAD

CHRISTMAS EVE

SOULMATES TRIO
8.00 - 11.00pm

THURSDAY DECEMBER 24

DONGTAN BEACH
Reservation: Stanley 0815837269

CHRISTMAS BUFFET @ 1,500 b PER HEAD

CHRISTMAS DAY

PAUL JACKSON SHOW
8.00 - 11.00pm

FRIDAY DECEMBER 25

DONGTAN BEACH
Reservation: Stanley 0815837269

Do you need presents for Christmas and The New Year?

Elle has some wonderful ideas for you



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(300 metres from) Theprasit Road, Jomtien
Jewelry can also be Made to order,
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Rotary Club Eastern Seaboard Christmas Party

Saturday 19th December 2020 6.00pm
Siam Bayshore Parkview Ballroom

Sumptuous Christmas Buffet Dinner with soft drinks,
red and white wine & beer served throughout the evening.

Single ticket price 1,850 Baht or table of 8 price 14,000 Baht
For tickets & reservations please contact
Brian J Songhurst
Email: bjs2904@yahoo.com

Everyone welcome we would like to see you.
Please book early.



www.rotary-es.org

NATANIS

Restaurant

*Would like to thank all our Loyal Customers
for their support during 2020.*

*Join us for Christmas and New Year's Eve
to see in a better 2021!*

Booking is essential to avoid disappointment

Tel: 038 251 250

Christmas Day at The Caddyshack

Friday 25th December 2020

Starter

**Leek & Potato Soup or
Prawn Cocktail**

Main Course

**Roast Turkey, Roast Beef, Gammon Ham
Roast and Mash Potatoes
Carrots, Peas, Brussel Sprouts
Cauliflower Cheese, Baked Pumpkin
Pigs in Blankets, Yorkshire Pudding
Sage & Onion Stuffing with Xmas Gravy**

Desserts

**Traditional Xmas Pudding
Strawberry Mixed Fruit Trifle
Xmas Mince Pies**

All served with Custard or Fresh Cream

Adult 750 Baht

Child 350 Baht

**Tell the kids
Father Christmas
will be making
an appearance**



099 016 1136 or Facebook Caddyshack Pattaya



LEARNING THAI WITH KAREN



Many of you already know Karen from her visa services and because she teaches English to Thai children.

We have asked for her help now with our new feature Learning Thai with Karen.

Over the past few months, we have been looking at numbers, colours and days of the week. If you missed them you can still have a look on our website at the Back Issues page on pattayatrader.com.

Now we have some months for you to learn. Why not give them a try? There will be more to learn in next month's edition.

KAREN SERVICES

VISA AND PROPERTY

TEL: +66 87 941 3986
Theprasit Road Soi 7

Learn Thai with Karen 5

Months-Duen-เดือน

Ma-ka-ra-kom	มกราคม	January
Kum-pa-pan	กุมภาพันธ์	February
Mee-nah-kom	มีนาคม	March
May-sa-yon	เมษายน	April
Prueck-sa-pa-kom	พฤษภาคม	May
Mi-tu-na-yon	มิถุนายน	June
Ka-ra-ka-da-kom	กรกฎาคม	July
Sing-ha-kom	สิงหาคม	August
Kan-ya-yon	กันยายน	September
Tu-la-kom	ตุลาคม	October
Prue-sa-ji-ka-yon	พฤศจิกายน	November
Tan-wah-kom	ธันวาคม	December





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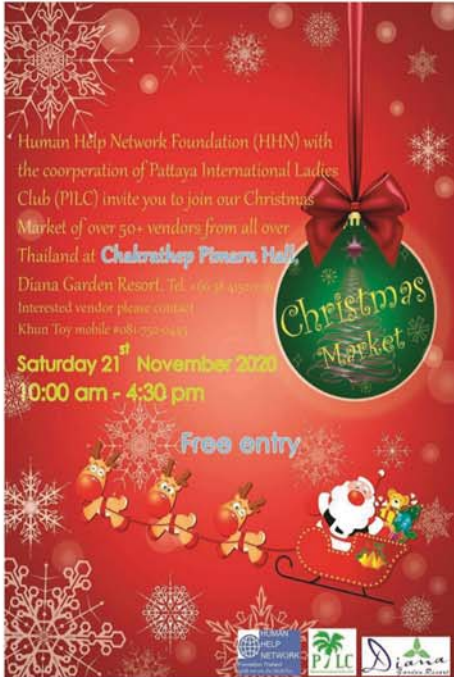


Christmas Came Early to Diana Garden Resort



When The Human Help Network Foundation and Pattaya International Ladies Club Held Their Christmas Market

Thank you Rodney James Charman for the photos





In memorial of Mitr Chaibancha, the forever movie hero of all Thais



**Mon Rak Look Toong
(Country Love Songs)
1970 35 mm cinemascope**



**Chinese martial art movie
(Filmed in Hong Kong)
1970 35 mm cinemascope**



**Ngern Ngern Ngern
(Money Money Money)
1965 35 mm cinemascope**

ฉายครั้งแรก 4 ธันวาคม 2513 ที่ โดลิซียม

In our previous two issues of Discover Pattaya, we have mentioned about his profile and the event of 50th anniversary of his death taken place at Thai Film Archive (Public Organization). This part shall be the final episode of Mits Chaibancha's story. We would like to present his other aspects and habit that is so interesting.

As we have known him as the forever Thai movie hero, we wish to talk about the other sides of his life. Mits is a man who always be grateful and also kind and helpful to his colleagues. He had also extended his kindness

to all independent film producers he dealt with. When he had become famous and popular, he also had sound financial status arising from his hard working on many different films shooting each day that made him restless. So, he had helped many independent film producers who had less working fund to give them a chance to grow up in Thai film industry. That's why he established a movie company and had co-investment together with those independent film producers. He also let many of them be the company's directors on a rotation basis.

Many times he would star in their movies free of charge. Finally, he planned to build his own cinema hall to help the small scale and independent film producers to have their own showing outlet. At that time, there were more films than the cinema outlets, as a result the movie goers had to wait in long queues for scheduled showings in competent to big film companies and foreign movies as well. But his intention had failed after he had passed away. Mitr was so much serious at his work, all companions must follow him and do everything by his order and had job finished on time and well done. He had high discipline and punctuality. May be he used to be a soldier.

About his love life, it seemed to be unsmooth because of his emotion and jealousy as written in the book named "Love Life Diary of Mitr Chaibancha" by his second wife, Gingdao Daranee whom he loved most, published in 2000. Later on he wished to become a politician by being a candidate for general election in Bangkok but lose only by 500 points behind his competitor.

May be some people were afraid he could not devote his time for movies. At the late of his life he had starred in 2 Chinese martial art movies in Hong Kong. He had been up to the peak of his popularity by starring in a musical movie called "Mon Rak Look Toong" (Country Love Songs) in which he had sung 2 songs in that film and had long time showing as long as 6 months with 16 M.Baht revenue in 1970. Most of his films were produced in 16 mm. With life dubbing while his only 16 films were shot in 35 mm. Mitr had said to be the logo of 16 mm movie. After his death, the 16 mm era was ended. However, with his unique good looking and personality. He had been the hero in mind of all Thais forever.....

ระลึกถึง มิตร ชัยบัญชา ตอนสุดท้าย ว่าด้วยชีวิตส่วนตัว by Songpone Siriwanlert



ใน 2 ฉบับก่อนหน้า เราได้กล่าวถึง ประวัติโดยย่อ และ งานรำลึก 50 ปี การจากไป ของ มิตร ชัยบัญชา ซึ่งได้จัดขึ้นที่หอภาพยนตร์ (องค์การมหาชน) เมื่อวันที่ 8-9 ตุลาคม ที่ผ่านมา ในฉบับนี้ถือเป็นเรื่องบทส่งท้าย โดยจะกล่าวถึงชีวิตและอุปนิสัยของ มิตร ชัยบัญชา ซึ่งมีความน่าสนใจไม่น้อย เมื่อเราได้รู้จักเขาในฐานะพระเอกผู้ยิ่งใหญ่ตลอดกาลแล้ว ผู้เขียนจึงใคร่จะกล่าวถึงชีวิตอีกด้านหนึ่งของเขา มิตรเป็นคนมีความกตัญญูต่อผู้มีพระคุณอย่างสูง อีกทั้งเป็นผู้มีน้ำใจและรักเพื่อนฝูง โดยมักจะช่วยเหลือเพื่อนร่วมงานตลอดจนผู้สร้างหนังอิสระอยู่เป็นนิตย หนึ่งที่มิตรแสดง ออกฉายเกินครึ่งของหนังไทยที่ออกฉายในยุค นั้น ด้วยความนิยมของมหาชน เขาได้รับงานแสดงวันละหลายๆคิว จนแทบไม่มีเวลาพักผ่อน เมื่อมิตรมีชื่อเสียงและฐานะดี เขาก็ได้ช่วยเหลือผู้สร้างหนังอิสระที่มีทุน

น้อยและให้โอกาสแก่ผู้สร้างเหล่านั้นได้เติบโตในตลาดหนังไทย จึงก่อตั้งบริษัทภาพยนตร์และร่วมลงทุนด้วย โดยให้ผู้สร้างแต่ละรายผลัดกันขึ้นมาเป็นผู้บริหาร มิตรได้แสดงหนังให้โดยไม่คิดค่าตัว อีกทั้งตลาดหนังไทยยุคนั้นต้องอาศัยโรงฉายซึ่งมีจำกัด แต่มีหนังที่ต้องเข้าคิวรอฉายจำนวนมาก จนผู้สร้างอิสระหลายรายต้องรอคิวนานและได้ฉายเพียงไม่กี่วัน มิตรจึงวางแผนลงทุนสร้างโรงหนังเอง เพื่อให้เปิดโอกาสให้ผู้สร้างอิสระได้นำหนังของตนออกฉาย แต่ความตั้งใจของมิตรต้องม้วนพังทลายเมื่อเขาได้เสียชีวิตลง มิตรเป็นคนที่จริงจังกับการทำงาน ผู้ร่วมงานต้องตามเขาให้ทันและทำให้ได้ตามที่สั่งโดยทันที อีกทั้งงานต้องออกมาดีโดยไม่บกพร่อง เขาเป็นคนมีระเบียบวินัยสูงและตรงต่อเวลา อาจเป็นเพราะมีจิตวิญญาณของความเป็นทหารอยู่ในตัว ด้านชีวิตรักดูจะไม่ค่อยราบรื่น ด้วยเป็นคนเจ้าอารมณ์และขี้หึง ตามคำบอกเล่าของคุณกิงดาว ดารณี ภรรยาคนที่สองที่ได้เขียนไว้ในหนังสือ “บันทึกชีวิตรัก มิตร ชัยบัญชา” ที่พิมพ์ออกจำหน่ายโดยสำนักพิมพ์สามสี เมื่อปี 2543 ในปลายปี 2511 มิตร ได้ผันตัวเองสู่เส้นทางการเมือง และได้ลงสมัครรับเลือกตั้ง ส.ส.จังหวัดพระนคร (ชื่อเดิมของกรุงเทพมหานครในยุคนั้น) เพื่อได้มีโอกาสทำงานรับใช้ประชาชนและช่วยนักแสดงให้มีอาชีพที่มั่นคง แต่ไม่ประสบความสำเร็จ เพราะแพนฯหนังของเขา กลัวมิตรจะไม่มีเวลามาแสดงหนัง



เมื่อก้าวขึ้นสู่ความเป็นนักการเมือง จึงไม่ได้รับเลือกตั้ง แต่ก็ได้คะแนนเสียงสูง แพ้คู่แข่งเพียง 500 คะแนน ในตอนสุดท้ายของชีวิต มิตร ได้ก้าวสู่ความเป็นนักแสดงอินเตอร์ โดยแสดงภาพยนตร์เงินกำลังภายในที่ฮ่องกงถึง 2 เรื่อง



หนังที่สร้างชื่อเสียงให้มิตรมากที่สุดคือ “มนต์รักลูกทุ่ง” เป็นหนัง 35 ม.ม.ฉายนานถึง 6 เดือน ทำรายได้สูงสุดในยุคนั้น สร้างกระแสให้ มิตร-เพชรรา แรงถึงขีดสุด ผลงานของมิตรส่วนใหญ่จะเป็นหนัง 16 ม.ม.พากย์สด แต่ก็ยังแสดงหนัง 35 ม.ม.เพียง 16 เรื่อง มิตร จึงได้ชื่อว่าเป็นโลโก้ของหนัง 16 ม.ม. หลังจากมิตรได้เสียชีวิตลงในปี 2513 หนังไทยก็ได้หมดยุค 16 ม.ม. และก้าวเข้าสู่ยุค 35 ม.ม. ตั้งแต่นั้นอย่างไรก็ตาม ด้วยความหล่ออย่างมีเอกลักษณ์และบุคลิกแมนเต็มตัวมิตรจึงเป็นพระเอกในใจของชาวไทยตลอดกาลโดยไม่มีวันลืมเลือน



Coming Soon to The Small Screen



The Stand (mini-series)

After a deadly plague kills off most of the world's population the future of mankind falls on the frail shoulders of 108 year old religious psychic Mother Abigail Freemantle and a group of survivors. When the nefarious Dark Man known as Randal Flagg appears with his supernatural powers and lethal charm an elemental struggle begins between good and evil. This is the second TV adaption of the 1978 novel by Stephen King the first was in 1994. A mini-series with ten episodes.



Selena Season 1

Coming of Age story based on the life of Selena Quintanilla a Mexican-American Tejano singer who goes on to become a global music phenomenon. During her rise along with her family, she is forced to make some life-changing decisions to follow her dream. At only ten years old she starts off her singing career performing alongside her brother and sister in the family's band Selenay Los Dinos. She goes on to become a massive crossover artist popular with both the Latino community and English speaking fans.



The Expanse: Season 5

Set hundreds of years in the future when humans have colonized the solar system, and Mars has now become an independent military power. We return once again to the crew of the Rocinante. Amos returns to his impoverished roots in the Baltimore slums whilst Namoi's tries to save her estranged son from the bad influence of his father. Based closely on the novels by James S.A.Cory especially book 5 "Nemesis Games". Ten new episodes coming to Amazon Prime.



Coming Soon to The Big Screen



Free Guy

Ryan Reynolds, Taika Waititi, Jodie Comer, Joe Keery, LiRel Howery.

Adventure comedy where a bank teller realizes that he's a non-player character inside a video game and decides to become the hero.



Happiest Season

Kristen Stewart, Mackenzie Davis, Alison Brie, Aubrey Plaza, Dan Levy, Mary Steenburgen.

A romantic comedy about a young woman who wants to propose to her girlfriend but finds out that she hasn't come out to her conservative parents.



Invasion

Irina Starshenbaum, Rinal Mukhametov, Alexander Petrov, Yuri Borisov, Oleg Menshikov

After coming into contact with extraterrestrial technology a woman discovers she now has some dangerous new abilities.



Wonder Woman 1984

Gal Gadot, Chris Pine, Kristen Wiig, Pedro Pascal, Connie Nielsen, Robin Wright.

Time has moved on to the 1980s since the previous film and Wonder Woman faces two new foes: Max Lord and the Cheetah.



Monster Hunter

Milla Jovovich, Tony Jaa, Tip "T. I." Harris, Meagan Good, Diego Boneta Ron Perlman.

An elite unit of soldiers travel to a strange world inhabited by ferocious monsters. The movie adaption of the video game franchise.



News of the World

Tom Hanks, Helena Zengel, Fred Hechinger, Michael Angelo Covino, Thomas Francis Murphy

Set five years after the end of the civil war Captain Jefferson Kyle Kidd encounters a ten year old girl who's been taken captive by the Kiowa people.



PILC Pattaya International Ladies Club

Amazing Food Excellent Company Fantastic Setting The PILC does Varuna!



There are times when being an ex-pat in Thailand means that you sometimes say to yourself "This is not the worst place in the world to be".

Attending a Pattaya International Ladies Coffee morning especially in such an idyllic location as The Royal Varuna Club might just prompt this sentiment.

The beautiful sea vista, with the cooler and sunnier weather we're now enjoying, and wonderfully presented, plentiful food, all combined to make an excellent morning. Also, it was extremely good value at only 300 baht for PILC members with constantly refilled coffee and tea, supplied by the attentive Varuna club's members.



Congratulations to both The Royal Varuna Club and Pattaya International Ladies Club for what is now becoming a favourite November event.

If you would like to find out more about becoming a member of The Royal Varuna you can email Bazgeneralmanager@varuna.org (English) or Mai events@varuna.org (Thai)

If you would like to become a member of Pattaya International Ladies Club contact: Katy by email pilcmembership@gmail.com or you can message their Facebook page

Or If you would be interested in hosting a coffee morning or lunch for the PILC at your hotel or restaurant contact Violette hospitalitypilc@gmail.com





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Pattaya International Hospital Supporting the Community with a Free Service



Are you a member of The Expats Club?

Have you been to their Friday morning meetings at The Amari Hotel's Beach Quarter?

Well if you haven't or if you find yourself in that area of Pattaya Beach Road you can just pop in any Friday morning between 9:30 a.m. and 12 p.m. and see the friendly team from Pattaya International Hospital.

Of course, they speak fluent English and they will happily provide you with a free blood pressure check and also a sugar count check. As I'm sure you know keeping tabs on your blood pressure is good as high blood pressure is an early warning sign of underlying health problems. Consistently high sugar counts from your blood can indicate diabetes so both these checks are very worthwhile

They will also inform you of any of the promotions the hospital is running. For example on the Friday I went to see them they had leaflets about their Health Package at only 2,000 baht, and CO-VID test (with results in 24 hours) both running until the end of December 2020.

Pattaya International Hospital has been supporting The Expat Club by providing this free service for over 8 years now. Man from PIH tells me that of course, this new location is far better for them than the previous one at The Mercure Hotel, being much closer to the hospital which is just on Soi 4.

I asked if they can give you a test to determine your blood group - so many of us don't know ours until it's an emergency, and this is a very easy test that can be done at the hospital. Or perhaps you would like to be a blood donor? This is always very worthwhile especially if you have a rare blood group such as O Negative. Remember our own dear contributor Rodney Charman who's operation was delayed in Bangkok because of a lack of this blood type? Just let Man know, and he can add you to his list and in the meantime get your blood pressure and sugar levels checked out - It's a Free Service!.





We care...

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This month's supplement

Supplements to aid the production of Nitric Oxide

In 1998 Robert F. Furchgott, Louis J. Ignarro, and Ferid Murad shared the Nobel Prize for their discoveries into nitric oxide. They explored its function as a signalling molecule produced by various cells in the body, including nerve cells in the brain (neurons), immune cells, and cells found in the lining of blood vessels aiding the cardiovascular system. Before this, it was known that we exhale tiny amounts of this chemical compound, but researchers paid little attention to

1998 Nobel Prize

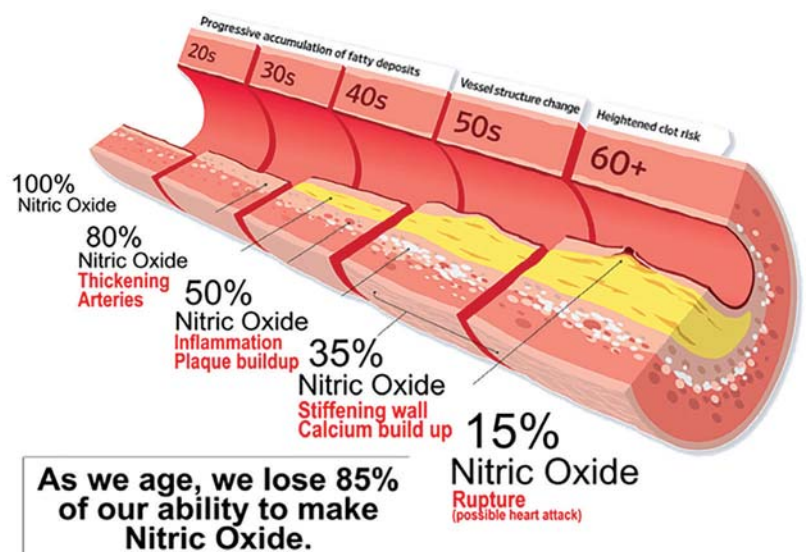


"FOR THEIR DISCOVERIES CONCERNING NITRIC OXIDE AS A SIGNALING MOLECULE IN THE CARDIOVASCULAR SYSTEM"

nitric oxide's role in the body. Its molecules being so small and having such a short life span (just a few seconds) that scientists didn't think nitric oxide did much in the body.

Once Nitric oxide was proclaimed "Molecule of the year" and its physiological importance officially recognized with the Nobel prize in 1998, it led to yet further research. Not only in the way it relaxes the blood vessels keeping them flexible, allowing them to dilate, thus boosting blood flow, and helping to control blood pressure but in other beneficial ways. It has been found to be essential in the immune system, and the nervous system, all around the body and including the brain.

Many scientists say "Life is a dying process" in that you are at your healthiest the instant you are born. From that point on the nitric oxide levels in your body begin to decrease and by the time you are in your 40s you really need to take whatever steps necessary to boost your nitric oxide production. Nitric oxide diffuses from vascular endothelial cells that line your arteries and veins to the middle layer of blood vessel walls. It acts on the vascular smooth muscle cells as a vasodilator widening blood vessels and increasing blood flow.



This will help ensure that you live longer and that the quality of your life will be much better as you do so. Nitrous oxide is broken down in the body and decreases due to oxidation by consuming foods rich in antioxidants we can help prevent this. As ever, diet is important. We should aim to eat fresh vegetables, fruits, and fish oils also, garlic and green tea that are two foods especially rich in antioxidants.

So a good diet can help protect you. Foods rich in antioxidants help to prevent oxidation and by so doing help boost your levels of nitric oxide. As well as the aforementioned foods, any foods rich in vitamin C and vitamin E are also good because they help stabilise the nitric oxide in the body.

Folic Acid is also important for your cardiovascular system in that it can actually reduce the levels of homocysteine in the body. Homocysteine is a common amino acid in your blood that you mostly get from eating meat. High levels of it are linked to the early development of heart disease.

Just as important as a healthy diet is exercise, no question about it, and although everyone has known this for centuries what has been learned in the last few decades is that exercise stimulates nitrous oxide production. When you exercise your heart beats faster and stronger, which leads to an increase of blood flow through the arteries. As mentioned earlier with nitric oxide being a vasodilator widening the arteries in order to accommodate an increased blood flow can help when exercising pumping the blood better to the muscles needed.



As with all of our articles about supplements, the preferred method of improving your body's health is through a good diet and plenty of exercise but for those of us who need a little help, there are, thank goodness supplements available. Kyani for example is a brand that have produced NITROFX. This is a blend of including the concentrate of Noni (*Morinda citrifolia*) that helps support the body's natural production of Nitric Oxide.

Drops are placed under the tongue and blend with the mucus in the mouth to help absorption into the body. After taking there is another positive effect in that users (especially those in the older bracket) report increased mental alertness. After all the aid to increased nitro oxide production and improved blood flow is not just good for the body but for the mind as well! If you want more info about kyani products please contact Dr. Oliver or pattayatrader@pattayatrader.com

Unfortunately, life today has led many of us to have a rather sedentary lifestyle. Little exercise combined with a poor diet can give rise to increasing levels of obesity. This, in turn, can lead to very low amounts of nitric oxide in the body which can lead to heart disease, secondary diabetes, and other associated ailments.

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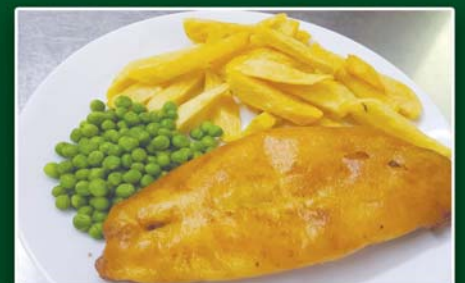
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Love is in the air and it smells like coffee!

By The Coffee Detective

“Coffee connects us in so many ways – to each other, to our senses and to the earth that supports the coffee trees” – Rohan Marley

I am a coffee fanatic and a self-confessed coffee snob! Surprisingly, I only drink one cup of coffee a day and never at home. So my daily enjoyment has to be special, a celebration of the journey from the coffee fruit to my cup of aromatic, freshly made espresso. Whilst the taste and consistency of the coffee is probably my highest priority there are also many other factors that when combined, will actualise my daily coffee experience.

I have a personal preference for individually run coffee shops. Whilst some of the chains may tick your boxes, I prefer the individuality of privately owned coffee shops where the passion for providing good coffee really happens and is not just an empty promise on a glossy advertisement or slick commercial. Individual coffee shops don't have budgets for advertisements relying on social media, charm, excellent coffee, and word of mouth for their patronage.

Location: Naturally location is important, your local coffee shop is easy to reach and you will probably know people there. It's convenient and has become a routine. Whilst the coffee may be reasonable, I love to research and find new, out of the way coffee shops that will satisfy my daily caffeine craving

Ambience: Ambience certainly helps as we are all more comfortable in pleasing surroundings, however with some establishments concentrating on the 'Instagramable/selfie' appeal, the quality of the coffee is often reduced to the lowest denominator. I prefer quiet, personable character, where you really feel content while imbibing your preferred nectar.

Service: Naturally service is important. We are generally blessed in Thailand with happy, smiling staff, and whilst the major chains can be complimented on their staff training, I still love to see a Barista who takes utmost pride in their art of preparation and share a passion for each cup of the elixir that they serve.

Companionship: In my opinion, there is nothing better than a friendly, cosy café where like-minded people gather. Some will join friends and others prefer to sit alone and just watch the world going by. With the climate of Thailand, some will prefer being inside, but the true aroma of a good coffee excels in the open air



The Coffee: In Thailand, we are blessed with many iced versions of our favoured drink in addition to new, creative coffee-based concoctions. I am a purist, I like my coffee hot, black and strong. I have come to love coffee produced in Thailand especially the robust Arabica beans produced in Chiang Mai, but an occasional blend with beans from other countries also provides a rewarding experience.

In my daily delight, I am looking for Body, how thick and flavourful the coffee is. Balance, where no one particular flavour dimension is dominant (acidity, body, flavour notes). Acidity, a citrusy acidity that, without bitterness, rounds out the flavour. Clean, free of any flavour defects (producing coffee is a long journey) and fruitiness.

Whatever your pleasure from a traditional espresso or cappuccino or the multitude of new coffee preparations, you will find a coffee that satisfies your wishes in Pattaya. We are blessed with many chains throughout the city and more importantly with a growing number of specialist coffee shops full of character and of course, excellent coffee.

Enjoy!





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A New Experience Coffee with Local Spice

By Elle Inlom



In my last article I shared with you some menus and simple ways of enjoying the aroma coffee cup at home.

In this article, I would like to bring you out of your homes to explore something new which I discovered during my trip to Thailand's mountains.

I recently had a chance to visit a small village called "Baan Kong Hae" located in Maerim, Chiangmai. Here I found many interesting things during the trip, but for now want to focus on the small seed that people there told me is a local spice grown in the forest.

It is usually used for cooking local menus and can only be picked during 3 months of the year in September through to November.

Its name is "Ma-Kwaen"

This spice has a really aromatic smell and the taste is a little spicy. I wondered how it would taste if I sprinkle the Ma-Kwaen powder on top of a Cappuccino. So I bought some and the day after I pounded the dried seed to make it into a micro powder.



Then it was time to make a cappuccino and have my first try of "Cappuccino sprinkled on top with Ma-Kwaen powder".

The first sip had a lovely strong aroma from the Ma-Kwaen and after a few sips left a little spicy taste on my tongue. I think it is an awesome taste to try if like me you like to find something new.

After this I tried a few other coffees such as Iced Americano, Hot Latte and Cold brew as

If you have any questions about "Ma-Kwaen" Please I free to contact me.

Stay Safe and Strong. Have a great time learning new things and see you at my next sharing!

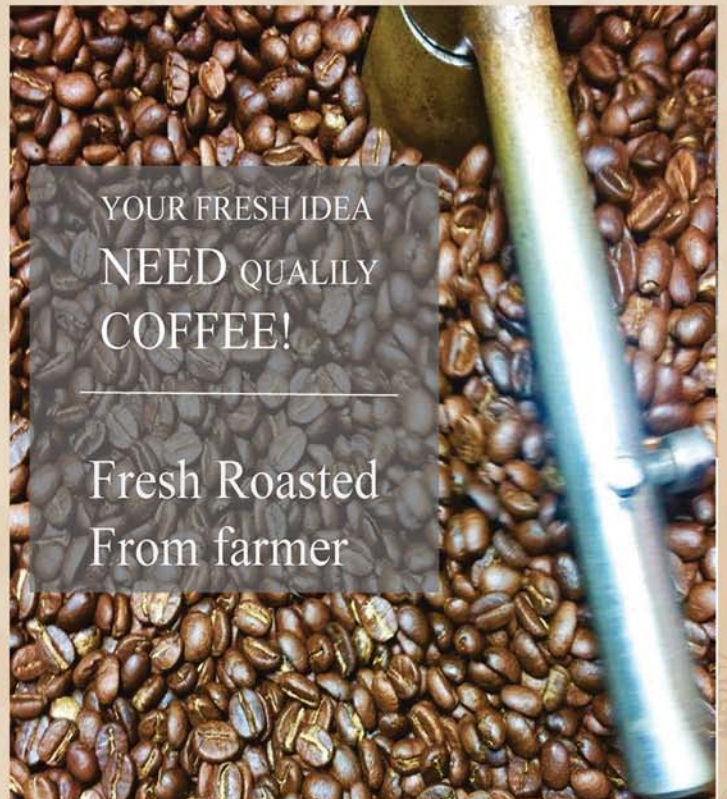


ประสบการณ์ใหม่สำหรับ การทำกาแฟกับเครื่องเทศท้องถิ่น



บทความที่แล้ว ได้พูดถึงวิธีการทำเมนูกาแฟง่ายๆ ได้ที่บ้าน หลายเมนูมาก และสำหรับครั้งนี้เลยอยากพาทุกท่านออกไปเที่ยวธรรมชาติหาอะไรใหม่ๆ กับทริปนี้เดินทางสู่การพักผ่อนที่หมู่บ้านเล็กๆ บนยอดดอย ชื่อบ้านกองแหะ อ.แม่ริม จ.เชียงใหม่ สำหรับทริปนี้มีอะไรที่น่าสนใจหลายอย่างมากมายเลยคะ แต่ว่า ผู้เขียนเองสนใจเจ้าเมล็ดจิวที่ชาวบ้านบอกว่า จะหาได้จากในป่า เพราะจะขึ้นในป่า และหาได้ประมาณ 3 เดือนเท่านั้น คือ เดือนกันยายนถึงเดือนพฤศจิกายน ชื่อของเจ้าเมล็ด จิวนี้ คือ มะแขว่น

มะแขว่นมีกลิ่นหอมและมีรสชาติเผ็ดเล็กน้อย เลยคิดว่าถ้าหากลองนำมะแขว่นมาโขลกและร่อนเป็นผงๆ จากนั้นนำไปโรยกับคาปูชิโน่คงดีไม่น้อยเลยนะ เพราะความหอมของเค้าช่างเข้ายวนมาก และหลังจากนั้นคะ ผู้เขียนก็ลงมือทำเองแบบโฮมเมดจริงๆ คือ นำมะแขว่นมาโขลกกับครกหิน และนำมาร่อนให้เป็นผงละเอียดนำไปโรยกับคาปูชิโน่ และเราก็ได้คาปูชิโน่แก้วโปรดโรยด้วยผงมะแขว่นตามต้องการคะ จิบแรกคือโอรม่าของมะแขว่นนำกลิ่นกาแฟมากๆคะ เพราะกลิ่นค่อนข้างแรง และจิบต่อๆไปก็จะรู้สึกซ่าตรงปลายลิ้นเล็กน้อยส่วนตัวแล้วผู้เขียนเป็นคนชอบลองอะไรใหม่ๆตลอด เลยนำไป ลองกับอีกสองสามเมนู อย่าง เช่น อเมริกาโน่เย็น ลาเต้ร้อน และโคลด์บริว เพราะ ว่าชื่อมะแขว่น จากชาวบ้าน



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COFFEE!

Fresh Roasted
From farmer

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ก็เช่นเคยคะ หวังว่าทุกท่านที่อ่านการแบ่งปันเรื่องราวเกี่ยวกับกาแฟจะชอบการแบ่งปันนี้และหากมีคำถามเพิ่มเติมใดๆ หรืออยากให้อะไรใหม่ๆ มาเล่า ติดต่อมาหาเราได้เลยนะคะ

“ขอให้ทุกท่านปลอดภัย เข้มแข็ง และมีวันดีๆ เพื่อลองสิ่งใหม่เสมอนะคะ”

หมายเหตุ: จริงๆแล้วที่นี่ จะใช้มะแขว่นทำอาหารท้องถิ่น

Drip sachet | Fresh Roasted (Light , Medium , Dark)
Please contact - Elle Inlom Tel: +66 972207242

FITZ CLUB'S DAYCATION AT THE ROYAL CLIFF HOTEL

So we've all heard plenty about the “Staycation” but how about a “Daycation”!

I really like this idea, perfect for expats, residents or domestic travellers coming into Pattaya because you don't have to stay overnight at the hotel, or be a member of the club to use all that Fitz Club has to offer. You can grab some “me time” mid week, plan it into your weekend or gather together with the family or 3 other friends to have a great day in truly beautiful surroundings.

The facilities that The Fitz Club has to offer include a steam room, sauna, very well equipped gym, excellent changing areas with lockers, showers and as you would expect, everything you need from tissues, talcum powder, shower caps, body lotion, hairdryers they're all there. Plus of course the towels that you will require throughout the day and water to make sure you keep hydrated.



If you'd like a game of tennis a 1 hour court session is also included but you won't be surprised to learn that I decided to make good use of the stunning pool area just by the club as a place to relax after the workout. I love the design of this pool area which is separated by charming little bridges and walkways that allow you to find a secluded area.

There are also water slides, fountains and jacuzzi areas as well of plenty of great places for the kids to splash about.

You can also have refreshments served by this amazing pool. I wasn't going to eat anything as my idea was supposed to be all about getting fit and there's certainly no pressure from the staff.

They just give you a menu in case you should feel the need and once I saw the selection I couldn't resist.

Also the prices are in my view extremely reasonable when you consider where and with your Daycation pass you can also claim a further 10% off F and B.





So I opted for the green salad, one of the least calorific options, and only a reasonable 160 baht (++) pre discount I thought it might be a small portion, but no, an extremely generous plate was served up with plenty of avocado, virgin olive oil, crunchy mange tout, peppers and accompanying warm bread rolls and butter. The great thing about eating at a five star resort is that the quality is guaranteed wherever you are.



There is also a lovely fitness room with a large wall mirror great for classes - I decided to try a step aerobic as I find classes less boring than the monotony of the single person work out. The teacher was friendly, efficient and after all that exertion I was delighted to see that the hotel provides a complimentary shuttle service back to the main hotel. Which is great because your daycation pass also allows for beach access and even a 15% discount if you also want to finish the day off with a visit to the excellent spa.

At Only 700 baht per person or 1,800 for a group of up to 4 people this is a great deal and also a chance to have a look around the Fitz club.



To get more information and purchase passes contact Guest Relations on 038 250 421 Ext 2037 or email gro-main@royalcliff.com



What is it really like to stay in an Alternative State Quarantine in Thailand?

By Kristin Mariano

Everyone travelling to Thailand has to undergo mandatory quarantine in Alternative State Quarantine (ASQ) and travellers must book the hotel for isolation prior to their travel.

Some tourists hesitate in visiting countries that implement quarantine rules. Being prepared and knowing what to expect during your stay can ease stress and frustration while in isolation.



Free Airport Transfer
Provided By The ASQ Property
All the COVID-19 related ASQ Quarantine Packages include Free 1 Way Airport to the Hotel Transfer upon arrival.

Limited Access to the Hotel Facilities
After Your First Quarantine Test is Negative, You will have limited access to some of the Hotel Facilities such as Gym, Working or Lounge Area, Staying in indoor areas, Depending on the Package.

Access to Add on Activities from the Hotel Facilities
After Your Second Quarantine Test is Negative, You will have access to more activities and facilities at the hotel.

First Covid-19 Test
On Your 4th Day, You will have a COVID-19 Test. If Positive, You will be hospitalized immediately for treatment. If Negative, You Can Continue the ASQ Program at the Hotel.

Second Covid-19 Test
At the Day Number 12, The Partner Hospital will Test you for the second time for the COVID-19 virus. If tested Negative you will continue the Quarantine Program. If tested Positive you will be hospitalized immediately to the Hospital.

Quarantine Ends
Thank you for your ongoing patience and understanding, through this unprecedented quarantine together, You can have great You time experience in the Amazing Thailand.

Remarks
The Cost of Covid-19 Testing may differ from hotel to another. Some Hotels do the First Test on the 3rd Day and the 2nd Test on the 5th Day Number. The Access to the Hotel Facilities offer from hotel to the Other - You Can Check Out our ASQ Package for more details. The Airport Transfer on the First Day is Extra Charge or Shared Depending on the ASQ Provider's Package.

www.royalvacation.com
www.royalvacation.com

While rules may vary on each property but they follow a similar timeline, according to Royal Vacation. Upon arrival at the airport, the hotel will provide a one-way transfer to their property.

Travellers will have to stay in their rooms for three to four days until the first COVID test is conducted. If the result is negative, you may have limited access to some of the hotel facilities for around one hour daily.

A second COVID test will be conducted around Day 12. If any of the results is positive, the health department will be contacted. If the result is still negative, you are then allowed to go on to your planned itinerary and enjoy your trip.

Frequently Asked Questions (FAQs)



Are the meals provided by ASQ?

Meals should be included in the package. Food will be delivered by the hotel staff to your room and food delivery is prohibited.

Are drinking and smoking allowed during quarantine?

This depends on the hotel. Some properties have minibars and smoking area in some rooms although these may have higher rates than normal rooms. Keep in mind that you cannot visit restaurants and buy from stores while in quarantine.

Can you stay with someone in the same room quarantine?

Yes, but only with family members. Hotels may ask for documents to prove your relationship. It may be best to prepare documents such as marriage or birth certificates in advance if you are travelling with family.

Is housekeeping service provided?

Cleaning and disinfecting are highly important to prevent the spread of the virus and its frequency depends on the ASQ.

Now – 15 December 2020

Enjoy your day to the fullest with **Royal Cliff's Daycation Pass!**

Spend your day at Royal Cliff, check out Fitz Club, relax by stunning pools, work by the beach and enjoy access to a multitude of recreational amenities. You don't have to stay overnight to enjoy the Royal Cliff experience!

Royal Cliff Daycation Pass



THB 700 net
per person

Includes: Gym / Locker room / Sauna and Steam / Fitz Club and Infini Pool Access / Beach Access / 1-Hour Tennis Court access / 15% off Spa / 10% off F and B / Free Wi-Fi

Royal Cliff Family Pass



THB 1800 net
Maximum of 4 people

Includes: Gym / Locker room / Sauna and Steam / Fitz Club and Infini Pool Access / Beach Access / 1 – Hour Funtasea Pass for the Children / 15% off Spa / 10% off F and B/ Free Wi-fi



For more information, please contact Guest Relations: Call: (+66) 38 250421 Ext. 2037 | email: gro-main@royalcliff.com

LEGENDARY SAXOPHONE PLAYER COMES TO THE JAZZ PIT

Sunny will play at the Jazz Pit from 6 p.m. on the 12th December and at The Sunday Brunch Session on the 13th December
Brunch Session is 2 pm until 6 pm

He has performed at the famous Ronnie Scott's Jazz club in London and with a host of famous musicians including Art Blakey, Chet Baker, Billy Cobham, Dizzy Gillespie and Wynton Marsalis.

For more information or to reserve a table
Telephone 038 251 687

Or message us at Jazz Pit Pub on Facebook

The Jazz Pit is within Sun Sabella at the entrance to Sugar Hut Resort on Thappraya Road

A full-page photograph of Diego Maradona in his Argentina national team kit, running with the ball on a green field. The background is a blurred stadium filled with spectators. The number 10 is visible on his black shorts.

By Steve Wade

SPORTING HEROES: DIEGO MARADONA

News has just come in at the time of writing of the passing of Diego Maradona, who died of a heart attack at the age of sixty at his home in Buenos Aires. He passed on the anniversary of the death of another footballing genius, George Best and like George, if you ever watched him play, you knew that you were seeing something of rare beauty.

Diego Maradona was born the fifth of eight children in Buenos Aires in 1960. The family were so poor they had neither electricity or running water and the young Diego would do anything to earn a little money for the family. He was already showing phenomenal ability at a young age and when he went for his first trial to the local youth team they thought he must be older than the eight years he claimed to be able to show the skills he had but was malnourished. When a check of his ID card convinced them, they sent him to a doctor who put him on a course of pills and injections to build him up.

From a young age, Diego was feted and indulged because of his talent. Almost immediately he became a phenomenon, entertaining the crowd at half-time in league games by performing tricks with the ball. By the age of 11 he had begun to be mentioned in the national press. Expectation and a familiarity with pharmaceutical enhancement were there from the start.

So, too, was a tendency to indulge Maradona. It soon became apparent that the rules didn't apply to him. His headmaster gave him a pass grade for exams he missed. He was a terrible loser, forever finding others to blame. He was immature and irresponsible, and laboured constantly under the demands of fans, the media and his club. After moving to Boca Juniors in 1981, the club's financial problems meant he had to play in an endless string of money-spinning friendlies. He had more injections to help deal with the strain. The pressure became intolerable.

He moved to Barcelona in the early eighties and spent a turbulent two seasons there, being plagued by injuries and disagreements with the management and board. Still, in those two seasons, he scored 38 goals in 58 matches before being transferred to Napoli for another world record fee.

What he did at Napoli was incredible. They had the most successful period in their history, winning two league titles and adding further success in Europe. I remember reading about how he played during that period in an article from a journalist living in the city at the time. He described the whole city as being under his spell and when you saw him play it was like "voodoo football". No one had ever seen the like of it before.

His performances in 1986 remain the greatest by any individual at a World Cup. He didn't just score goals, he didn't just score brilliant goals, He dragged the whole team up to a level that they thought could not be reached. His performance against England, the "hand of God" followed by one of the greatest goals ever scored, was typical of him.

He was the greatest player I ever saw. No matter what problems he had off the pitch, on it, he was beautiful. Rest in Peace, Diego Maradona.

"He leaves us but does not leave, because Diego is eternal."
Lionel Messi, after his death.

"Diego was capable of things no one else could match. The things I could do with a football, he could do with an orange."

Michel Platini, former French midfielder, on Maradona's ball control.

"I lost a great friend and the world lost a legend. One day, I hope we can play ball together in the sky."

Pele, after his death.

"To see the ball, to run after it, makes me the happiest man in the world."



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10 Amazing Hangover Hacks

If you want to cure a hangover you have to keep in mind a few biological facts. Your body is going to be suffering from a severe vitamin B deficiency, which is a large part of what a hangover is. It will be dehydrated because alcohol is a diuretic and will cause your body to expel fluids from your blood through your kidneys, ureters, and bladder, at a much quicker rate than other liquids. It can also act as a depressant so the morning after you may experience pain, nausea, sensitivity to light, and sound. This comes from your body having to produce natural stimulants to counteract the depressants but help is at hand - here now are 10 hacks to help you cope.

1) Hydrate

Now a lot of people find drinking water really boring. I insist on it being freezing cold or served with ice and then find it quite delicious. However, If you don't share my sentiment, as our picture shows you can add lemon, lime, or mint to infuse it with flavour. Whatever way you choose to do it, drinking water is really what you have to do, as this really is the very first cure for your hangover.

Your body is comprised of over 70% water so needs H₂O to function. So ideally if you can remember before you crash into your bed you should try to drink a large glass of water before you go to sleep. This may well help your head when you wake in the morning. If you forget then try to drink as much water as you can the following day.

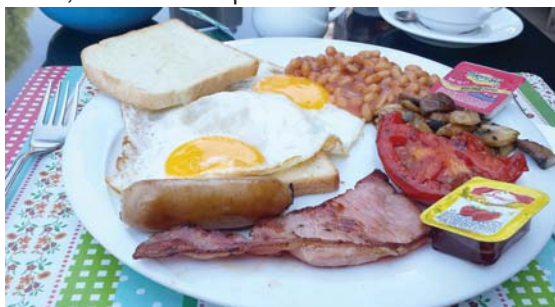
2) Try Coconut

Coconuts and coconut water may actually be even more effective at rehydration as coconut water has 5 electrolytes per serving, more than in most sports drinks so will be a good route to recovery.



3) Work Out

OK, this may not be the most popular suggestion but by sweating you force your body to metabolize faster and flush out the toxins. But if the idea of exercise to get your blood pumping seems far too energetic then get to a sauna, steam room, or head to a pool and sweat it out.



4) Morning after Carbohydrates

When you're hungover, your blood sugar crashes which wouldn't normally matter if your liver was doing its usual job of churning out sufficient levels of glucose to make you feel better. The problem is that when you're hungover, the liver is busy filtering out all the toxins from the alcohol you have drunk. So to help it out, stock up on carbs, complex carbs, or give yourself an excuse for my particular favourite a greasy full English breakfast.



5) Hair of the Dog!

Many people swear by this common hangover remedy and actually, there is some evidence to support it. This is because alcohol changes the way that methanol, a chemical found in small amounts in alcoholic beverages, is processed in the body. So having some alcohol can actually help you excrete it from the body - although you want to go easy as you don't want to end up having another session.

6) Don't drink on an empty stomach

This advice may seem like shutting the barn door after the horse has bolted but before your night out you can help prepare yourself by making sure to eat some greasy food to mix up some of the alcohol. Or drink a glass of milk as it lines your stomach to slow the amount of alcohol absorbed.

7) Take Vitamins

Also before you go out you might want to stock up on vitamin B so that your body has a good reserve to lessen your hangover. Vitamin C the morning after is also a good idea- especially if you are a smoker

8) Drink Coffee

For many of us, a cup of coffee is part of the morning routine and as it turns out this can play a part in curing your hangover. The caffeine in coffee works to narrow swollen blood vessels in your head and in fact if you're a regular coffee drinker, skipping your morning dosage could be detrimental to your hangover-curing cause.

9) Try taking some of these supplements

Though research is limited, studies have found that certain supplements can ease hangovers. Ginseng is said to reduce blood alcohol. There is some evidence to show that extract of prickly pear cactus can decrease hangover symptoms. Also, that ginger, especially combined with brown sugar can reduce symptoms, including nausea, vomiting, and diarrhea



10) Plink Plink Fizz

Alka Seltzer is a tried and tested painkiller and stomach-settler combined. However, if here in Pattaya this proves too difficult to find, anything carbonated can help. Dissolvable Vitamin C tablets for example are a healthy option, a large glass of Coca-Cola less so.

I hope these hacks help you over the festive season but if all else fails go back to bed and try to sleep it off!

COVID AID Music Festival & Dinner at Grande Centre Point

Photos by Rodney James Charman

'Vinum Lector Wines' were the major sponsors of Rotary Club Jomtien Pattaya's excellent evening at Grande Centre Point Hotel. Well done to Ray Whitley and his team for organising this sell-out event. All money raised will go directly to needy Thais affected by the COVID economic crisis





CROSS WORD DECEMBER 2020



Across

7. Shakespeare In Love actor __ Fiennes (6)
8. Elephant Man actor John __ (4)
9. Ex Bond actor, __ Connery (4)
10. Thespian family (8)
11. Hollywood actor, Kevin __ (7)
13. Surname of former Beatle (5)
15. Composer of Bolero (5)
17. Miami Vice actor 1984-89, Don __ (7)
19. Once Upon a Time in Mexico actor, Antonio __ (8)
20. He was Walter in the 2003 movie Elf, James __ (4)
22. Norse god of thunder (6)
23. He was Henri Ducard in Batman Begins, Liam __ (6)

Down

1. 2003 movie, __ Actually (4)
2. Sean __ was Jimmy Markum in the 2003 movie, Mystic River (4)
3. First name of A Tale of Two Cities author (7)
4. Surname of Far from the Madding Crowd author (5)
5. Surname of Ben Hur actor (8)
6. First name of Brief Encounter actor (6)
12. First name of one of the Roosevelt presidents (8)
14. Composer of the William Tell Overture (7)
16. First name of The Mousetrap author (6)
18. 2005 movie, The Brothers __ (5)
20. She played one of The Witches of Eastwick (4)
21. __ 'n' Andy (4)



ACROSS

5. Type of meat (4)
7. Used to make a 'split' (6)
8. Acidic fruit (4)
9. Spirit distilled from potatoes (8)
10. Cut of beef (7)
12. Shaped and dried dough (5)
14. Milled from grain (5)
15. Salad vegetable (7)
18. Thick syrup (8)
20. Part of a rib of meat (4)
21. Dried grape (6)
22. Fresh or saltwater fish (4)

DOWN

1. Roe of sturgeon (6)
2. Baked flour, sugar and eggs (4)
3. Aromatic herb (7)
4. Type of dark coffee (5)
5. Game bird (8)
6. Cut of steak (4)
11. Sometimes made from 5 across (8)
13. Sweet (7)
16. Type of biscuit (6)
17. Jelly made from stock (5)
19. Edible pods (4)
20. Fried potato (4)



ACROSS

6. Sea between Greece and Turkey (6)
7. City in Arizona (6)
9. Largest island in the West Indies (4)
10. Ocean between Europe and Africa (8)
11. Balkan country (7)
13. Capital of Bulgaria (5)
15. Japanese city (5)
17. Capital of Venezuela (7)
20. US state (8)
21. English county (4)
23. Ottawa is the capital (6)
24. Continent (6)

DOWN

1. Lima is the capital (4)
2. 12 down is in this state (6)
3. Canadian province (7)
4. European country (5)
5. Part of the Windward Islands (8)
8. African river (5)
12. US gambling city (3,5)
14. Nassau is the capital (7)
16. Asian peninsula with North and South (5)
18. Capital of Turkey (6)
19. Egyptian dam (5)
22. Resort on the French Riviera (4)

SOLUTIONS ARE ON PAGE 45

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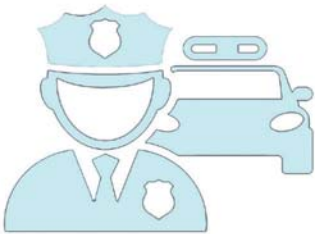
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IMPORTANT TELEPHONE NUMBERS



POLICE

Emergency Hotline: 191
 Pattaya Police Station: Soi 9 Pattaya
 Phone: 038 420- 802, 038-420 805 0-3842-9325
 Banglamung Police Station, (Sukhumvit Highway)
 Phone: 038 221 800, 038 221 331
 Tourist Police: Phratamnak Road
 Emergency Hotline: 1155
 Phone 03841 4669, 03842 5937,

AMBULANCE AND HOSPITALS

General emergency number 191 can be used or 1669
 Pattaya International Hospital
 PhoneTel: 038 428 374-5. Tel: 038-427 575
 Bangkok Hospital Pattaya
 PhoneTel: 038-259-999. 0-3825-9911
 Pattaya Memorial Hospital
 PhoneTel: 038 488 777. 038-429 422

FIRE

Emergency Phone: 199
 Fire Brigade Pattaya
 PhoneTel: 038-425-943,
 Fire Brigade Naklua
 PhoneTel: 038-221-000,

SEA RESCUE

Marine Police
 Phone. 038-423 666
 Sea Rescue
 Phone 038-488 134

ELECTRICITY

Electricity Pattaya
 Phone 0-3842-6463, 0-3842-8502
 Electricity Banglamung
 Phone 0-3822-1007

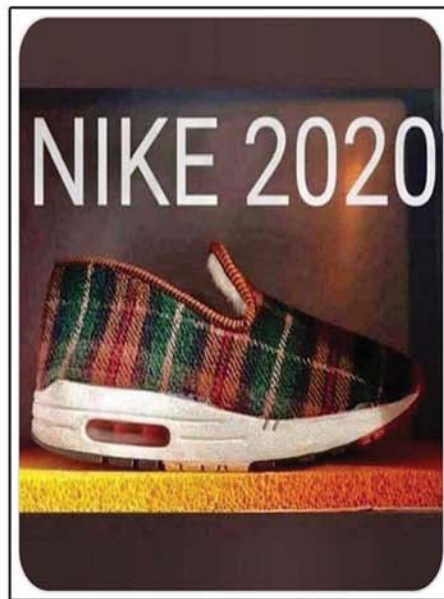
WATER

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

WASTE DISPOSAL

Garbage Collection
 Phone 0-3842-9494

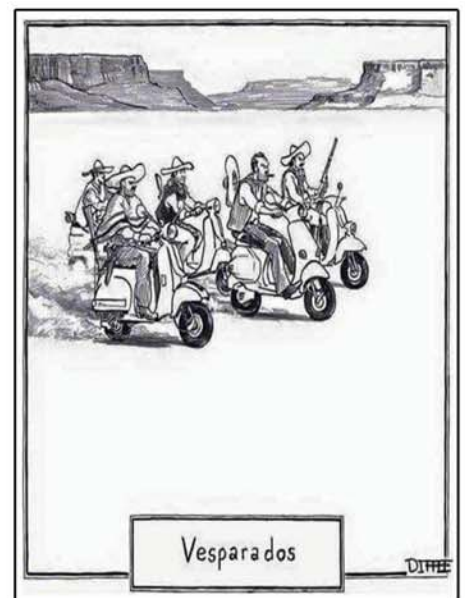
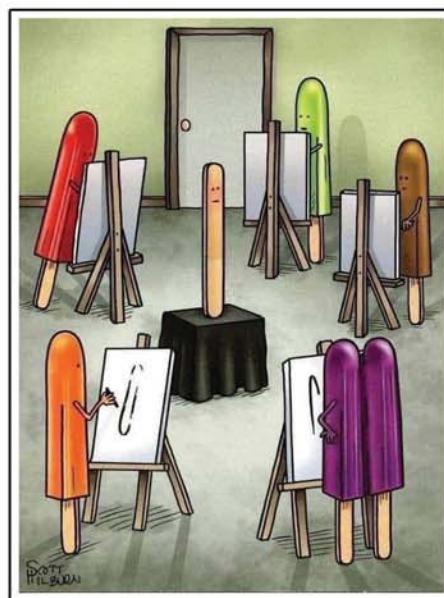
YOU'RE HAVING A LAUGH !



LIFE SKILLS CLASS

HOW TO SPEAK TO WOMEN

DANGEROUS	SAFER	SAFEST	ULTRA SAFE
What's for dinner?	Can I help you with dinner?	Where would you like to go for dinner?	Here, have some wine.
Are you wearing that?	You sure look good in brown!	WOW! Look at you!	Here, have some wine.
What are you so worked up about?	Could we be overreacting?	Here's my paycheck.	Here, have some wine.
Should you be eating that?	You know, there are a lot of apples left.	Can I get you a piece of chocolate with that?	Here, have some wine.
What did you DO all day?	I hope you didn't over-do it today.	I've always loved you in that robe!	Here, have some wine.



I'm giving up drinking until this is over.

Sorry, bad punctuation. I'm giving up. Drinking until this is over.

SOLUTIONS

L	P	C	H	C	T						
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GAME RELEASES



Godfall

Set in a high fantasy world split into the realms of Earth, Air, Fire, Water, and Spirit, you play as one of the once exalted Knight's Order in this action RPG. There are five weapon classes based on which armor set or Valorplate you equip. These are; longswords, dual blades, polearm, two-handed greatsword, or two handed hammers so lots of replay value here. Armor can be upgraded with augmentations.

Along with single player, the game also supports up to three more who can drop in and out during co-op mode. Lots of loot to be grabbed after completing each mission.



Spider-Man: Miles Morales

After insomniacs hit with 2018's Spider-man game it was no surprise that they would once again develop this latest installment. This game is more of a spin-off (forgive the pun) than a full sequel to the previous game, this time featuring Miles Morales as the next Spider-Man.

This exclusive PlayStation game looks to be a real showcase for the new PS5 but it will also get a release on the PS4 system as well. Not just enhance graphics will be the difference but also how it will utilize the PS5's DualSense controller.



Hellblade 2

If you didn't play the first one this is a third person adventure game inspired by Norse mythology. The main character Senua is a Pict warrior suffering from mental health problems but interprets them as a curse. Suffering from hallucinations she fights off legions of undead soldiers. I was greatly impressed by Melina Juergen's performance in the first game and look forward to her next.

The sequel to 2017's BAFTA award-winning game is exclusive to Xbox, Xbox series X, and PC.

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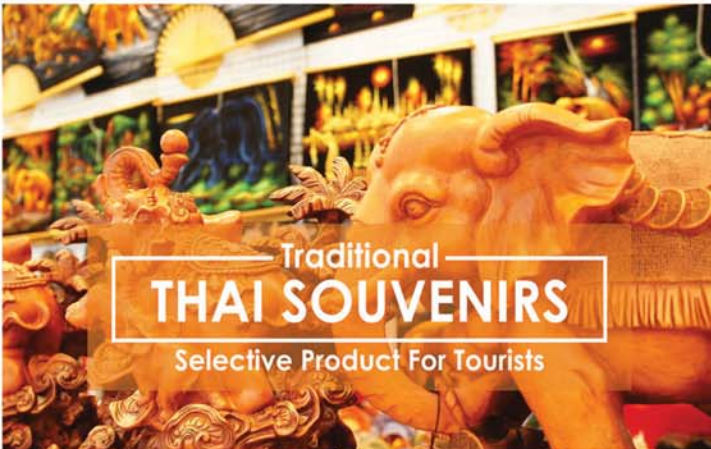
Roof Top SWIMMING POOL

Panorama Seaview Relaxation



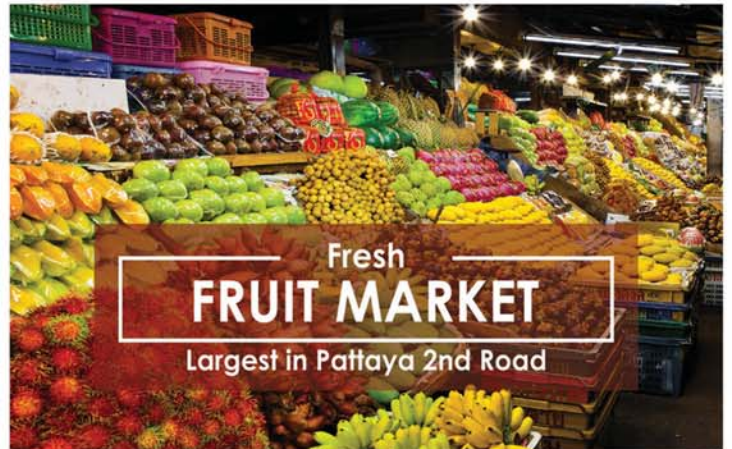
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Every month new gadgets arrive on the scene to hopefully make your life easier, more productive or just more fun. As an old friend of mine once said buying a new TV can be good for the soul. This month lets look at some practical tec to improve the quality of your life.



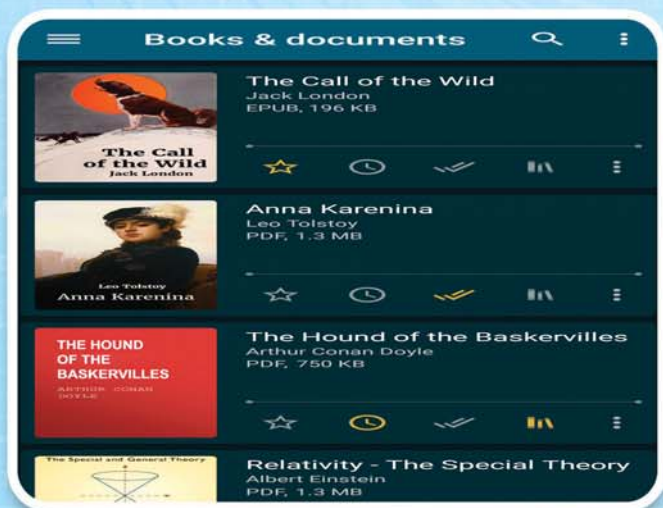
Olive Smart Ear

I remember those old illustrations of Grandpa sitting at the dinner table with a large ear trumpet inserted into his ear. We've come a long way to help those with impaired hearing and this price point makes it very affordable and quick to buy. No more lengthy doctor appointments and specialists just grab a pair and try. In this day and age, no one will even mention why you're wearing earbuds. I know one musician who lost some of his hearing from exposure to large amplifiers is very pleased with these. So the Olive Smart Ear won an award for innovation at CES 2020 this year. It's available in Black, White, or other colours and has a portable charging case for the buds. The company engineers have done a great job and making these small but powerful to avoid the stigma of wearing generic hearing aids. Also at a price point of around \$300, I know they come in much cheaper than NHS ones. Just watch what you say about Grandpa now.



MamaRoo sleep bassinet

Tech living is on the lookout for reasonably priced gadgets that potentially improve the quality of people's lives. This one seeks to help your newborn baby get more sleep time and hopefully, better night's sleep for new parents. I know from experience that gentle rocking motions often help children drift off and this bassinet will gently rock and sway on its own. There is a companion app that helps Parents control the speed, set a timer, or choose from one of five variations of motions including car ride, tree swing, rock-a-bye, wave, or kangaroo. It must be fun seeing which of these patterns is most effective for your kid. Along with the motion effects the bassinet has built-in speakers that play a range of lullaby sounds. I don't know if other makes have a two-way function or this is a missed opportunity to also include a baby monitor.



App of the month.

ReadEra – book reader (Free)

I can personally vouch that this little app does a great job at displaying any EPUB, PDF's or other book formats, a total of 14 in all. Also great is that there are no bothersome adverts or registration getting in the way. Magnification can be adjusted and you can either read horizontally or vertically if you flip your device around. It has a bookmark function, and possibly some other functions I might have missed. I love the way it displays the covers of your books on your virtual library shelf. Forget about rushing out to buy a kindle, grab this free app instead and turn your mobile phone or tablet into a great little book reader.



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SALE WITH THE RIGHT OF REDEMPTION (KAI FAK)

Sale with the Right of Redemption (Kai Fak) is a contract of sale wherein the seller who owns a real estate has a legal right to redeem his or her sold property within the agreed period of time. With this method, the ownership of the property is transferred to the buyer at the seller's expense. The redemption takes place when the entire amount of the redemption price has been reimbursed by the buyer including all related fees incurred in the process. If the price of redemption is not fixed, the property may be redeemed by reimbursing the price of the sale and the annual profit must not exceed the rate 15% per year.

The right of redemption may be exercised only by:

1. The original seller or his/her heirs; or
2. The transferee of the right; or
3. Any person expressly allowed to redeem by a contract

The right of redemption may be exercised only against:

1. The original buyer
2. The transferee of the property or of a right to the property provided that, in the case of movable property, he knew at the time of the transfer that such property was subject to a right of redemption.

Ownership will be transferred back to the original owner only when the buyer gets the money back on the date agreed upon in the contract. The period of time to buy back the property is registered on the Title Deed. The property must be returned in the

condition in which it is at the time of redemption, provided that if the property has been destroyed or deteriorated through the fault of the buyer he must, therefore, be liable to pay compensation.

The parties may agree that the buyer shall not dispose of the property sold. If the buyer disposes of it contrary to the agreement, he or she shall be liable to the seller for any damages resulting thereby.

If the Kai Fak period is not defined, the right of redemption cannot be exercised later than ten years after the time of the sale in case of immovable property and three years after the time of sale in case of movable property. The period of redemption may be extended which must be evidenced by a contract and registered to the Land Department by a competent official. If a longer period is provided in the contract, it shall be reduced to ten years and three years respectively.

In the event that the seller fails to comply within the Kai Fak period or when the Kai Fak period expires, the seller loses his/her right to redeem the property from the buyer. In case the buyer is not present during the expiration of the Kai Fak period, the seller who intends to redeem may make the deposit of the redemption price to a government depositing office within the period. The ownership of the property shall be vested in the person who redeems from the time of payment or deposit of the price has been made.

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YOUR FIRST CHOICE FOR THE BEST PROPERTY DEALS

Pattaya's Darkside Explained

Although some rather creative bar and restaurant owners have given a fun nod to The Star Wars reference, the real reason for this area being known as the Darkside is not at all sinister and has nothing to do with Storm Troopers. It actually refers to a time (a decade or more ago) when there was far less street lighting in this region.

Traveling from the "beachside" of Pattaya across the Sukhumvit road, a very definite border between the two areas, it would be immediately obvious that you had crossed into the Darkside. The land in this region was more sparsely populated and less well lit, hence its name.

Back then there were fewer shops, businesses, and restaurants to be found. Even utilities such as water and electricity were not as reliable and residents complained that their internet was constantly "going down". Today that has all changed the infrastructure, accessibility, and reliability of utilities have all dramatically improved.

This is because the Darkside has always had the advantage of an abundance of available land and so as the rest of Pattaya quickly filled up, developers saw the obvious advantages of building in this Eastern region. It was not only because the average price for the land was much lower but also because their development plans here were unhampered by coastline, hotels, and high rise condominium projects.



Warm and cozy 3 bedroom pool villa for rent next to Lake Mapbrachan! Our ref: PC8129

This made it ideal for housing villages which soon began springing up especially around Soi Siam Country Club, Soi Khao Noi, Soi Khao Talo, and Huay Yai.

With the housing villages came the families happy to move into them, making this East Pattaya area a great location to set up a home away from the hustle and bustle of the city centre. A wide selection of housing was available catering for almost every budget from small 2 bedroom homes to large family villas in picturesque locations.

The area became almost a town in its own right developing a very strong ex-pat community.

Nowadays this thriving community prefers to refer to their home area of East Pattaya as the "Smartside". Happy to tell you that they can live a more 'normal' life here away from the party atmosphere of Pattaya and of course that it makes far more financial sense to be able to afford a larger space in which to live with own pool, garden, and privacy.

Last year they might also have pointed out that other parts of Pattaya suffered from terrible traffic congestion but COVID has put a stop to the tourists and especially tourist coaches clogging up the city.

You will certainly need your own vehicle if you live in East Pattaya though as there is still a distinct lack of public transport in the area. However many of the schools, especially the major International school such as Regents, Rugby, St Andrews, and Tara Pattana provide their own pick up drop off service for door to door delivery of children to and from school.



The "Oceanside dwellers" might counter with the fact that they can walk home or easily catch a motorbike taxi to avoid the drink-drive problem. Also, that walking for health is more pleasurable by the sea especially since the improvements to the beach fronts in both Pattaya and Jomtien.

But whilst it is true to say that dog owners do often have to load their animals into the car and drive to a suitable location for their walk on the Darkside there are plenty of gyms for exercise and much-welcomed addition to Lake Mabprachan: an excellent track where you can walk, run or cycle.

With the rapid expansion of the Darkside enjoyed by families because of its more relaxed atmosphere, businesses have also sprung up to cater to this growing population.

There are bars, restaurants, and shops, particularly those selling imported foods such as Siamburi's, Tesco Express, Tops, and Big C Mini but what is still missing is a department store.

There are also many clinics, dentists, and pharmacies but as yet no hospitals. However this is due to change shortly when the Thammasat University Hospital is built in the area.

At the end of the day choosing whether to live on The Darkside is down to personal preference and requirements. There are long term inhabitants who once enjoyed the nightlife and city feel to Central Pattaya when they were single, who have since moved "out" to the Darkside once a family had to be considered and catered for.

Certainly, with the Eastern Economic Corridor, the city is hoping for more families residing in Pattaya who will be well served by the more upmarket housing villages being built on the Darkside.

These villages are popular with a lot of working expat families being close to the highways leading to the industrial parks of Rayong, Maptaput and Laem Chabang and within easy reach of a good selection of International schools.

What might be a deal-breaker for some will be the fact that Thai property law currently only allows for "foreign quota" (meaning the property is held in your name) to be available for condo purchases.

There are few available condominium projects on the Darkside and houses, or more accurately, land, cannot be directly owned by a foreigner in Thailand.

However, you can always come to see us at Pattaya Prestige Properties and discuss the various legal options that we might be able to help you with. Also If you haven't yet been to the Darkside we would be happy to show you the area and extensive choice of housing available there.



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By Cheyenne Hollis



What to look for when inspecting a resale property

New homes, especially condos, have grown in popularity over the past decade, but many people still prefer to buy resale property. There are various reasons for this. For example, it can be difficult to find new properties in specific areas. Additionally, some people just prefer buying a completed unit.

When it comes to buying a resale property, the most important part of the process is the inspection. All resale property is bound to have some wear and tear, so don't be turned off if things aren't perfect. On the other hand, you do need to draw a line between what is reasonable to expect and what's over the top.

This is where the inspection comes in. Before you agree to buy a resale property, you are going to want to conduct a thorough inspection to make sure everything is in order. With that in mind, here are a few things you're going to want to look for.

Tips for resale property inspections

1) Check the walls

Be sure to inspect the walls, paying attention to two things. The first is cracks. The easiest way to tell a good property from a bad one is if the walls are cracking. While these cracks aren't usually dangerous, they do suggest the developer may have used average products during construction.

The second thing to keep an eye out for is paint. See if there is any paint cracking or chipping. This could be a sign that you'll need to repaint the property. Also, look for any pictures, mirrors or other oddly placed objects. The owner may be trying to cover up some sort of wall damage.

2) Ask for past utilities bills

The utilities bill will provide you with some imperfect insights about the resale property you're inspecting. If the bill seems high, you'll want to investigate the windows, air conditioner and general layout to see what is causing this. Older windows or inefficient AC units may require replacing if they look to be the culprit.

And if the bill seems cheap, dig a little deeper to see if there are any clues as to why this may be. Are there a lot of fans around? Does the AC unit look new? If you still have questions or concerns, you can always ask the owner for an explanation.

3) Bring a second set of eyes

No matter how good of an inspector you think you are, it is always good to have a friend or significant other come with. Not only can they act as a secondary observer scanning for things you may have missed, but they'll also provide you with general feedback. Perhaps there was something they liked or disliked that you hadn't even thought of.

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Price 35,000,000 Baht

Land for sale - near Chiang Rai



Plot of land together with a two storey 2 bedroom 2 bathroom house at Mueang Chum, District Wiang Chai, Chiang Rai 57210 suitable for building several houses 15 minutes from Chiang Rai airport, 20 minutes from Chiang Rai City Size 3 Rai 105 square Wah or 5,220 square meters GPS Co-ordinates 19.906025, 99.953924

Price 7,000,000 Baht

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Price 6,700,000 Baht

Rent 24,000 Baht

Studio for Sale or Rent



AD Condominium floor 6 near Wong Amat Beach, 35 sqm. Bathroom, fully - equipped fitted kitchen, balcony, good sea view. Swimming pool, a/c, safe, LCD TV, DVD player, home theatre. foreign ownership. One-year lease **10,000 Baht** per month including cable TV and fast Internet. Shorter periods possible. Tel 084-864 6068

Price 1,800,000 Baht

Rent 10,000 Baht

Studio for Sale or Rent



Angket Hip Residence floor 10 Soi Boonkanjana 800 meters to Jomtien Beach. Studio with fully-equipped fitted kitchen, bathroom, balcony, good sea view. Reception, swimming pool, under-cover parking, 24 hour security fitness centre. Air-con, microwave, TV, DVD player, electronic safe, washing machine. Size 36 sqm, foreign ownership One-year lease 9,000 per month including cable TV

Price 1,550,000 Baht

Rent 9,000 Baht

One-bedroom Condo for Sale or Rent



Tropicana Condominium floor 2 on Pratumnak Road Soi 6 close to Thappraya Road, 71 sqm. Lounge, fully-equipped European kitchen, bedroom, bathroom, balcony. Reception, roof-top pool and ground floor pool under-cover parking, 24 hour security, CCTV, fitness centre, Zen beauty salon, Sure-cell medical centre <http://surecell.com> 2 air-cons, microwave, electronic safe, washing machine 2 flat-screen TVs, 2 DVD players, home theatre. One year lease 20,000 Baht per month including Cable TV and fast Internet. Foreign ownership.

Price 3,900,000 Baht

Rent 20,000 Baht

One-bedroom Condo for Sale or Rent



A one-bedroom unit of 36 sqm at Park Lane, Jomtien registered in company name Reception, swimming pool, parking, 24 hour security, key-card access, CCTV, fitness centre, laundry, shop, restaurant, bar, independent Internet, 2 air-cons, 2 TV's, sea view One-year lease 9,000 Baht per month

Price 1,500,000 Baht

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The Residences @ Dream Pattaya

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Promise of COVID-19 vaccine brings renewed hope in travel industry



In the past few weeks, several COVID-19 vaccine candidates have achieved major breakthroughs and shone a glimmer of hope in the flailing travel industry.

American pharmaceutical giant Pfizer and its German partner BioNTech announced on November 9 that their vaccine had proven 90% effective in preventing Covid-19 infections in ongoing Phase 3 trials involving more than 40,000 people.

Meanwhile, an Australian COVID-19 vaccine candidate has produced an antibody response in early tests and The Uzbek government has recently told media that the country will carry out a phase-three trial of a China-developed vaccine for COVID-19, which makes the vaccine China's fifth candidate to enter late-stage human tests.

This news had a positive effect on the travel industry as people have resumed their travel planning for the upcoming holidays. Airline and cruise companies share prices got an immediate boost, and tour operators saw an uptick in searches and bookings for 2021.

In the days after the news of a potentially effective COVID vaccine (November 9 to November 11), travel search site, KAYAK.co.uk saw a 76% increase in international travel searches for Christmas when compared to the same days one week prior (November 2 to November 4). This is testament to the strong desire many of us share to get back out travelling again as soon as possible.

Space flexibility is helping businesses in Thailand survive and even thrive despite challenges

By Cheyenne Hollis



More businesses in Thailand are turning to flexible workplace providers such to support operations

Thailand's handling of the COVID-19 pandemic has been hailed by the global community and for good reason. The country has been able to return to work faster than most other countries although companies of all sizes have found the situation to be different than it was prior to COVID-19. This is especially true when it comes to office space.

For some businesses, cost savings are required to navigate the current challenges. Others have found their office space needs shifting more quickly. And, of course, everyone is coming to terms with just how the 'new normal' is evolving the in-office experience.

Space flexibility has become more important now than ever before. Long-term leases and offices with no room for growth or contraction are no longer feasible. In times of uncertainty, bespoke office solutions are required.

Traditional office space is rigid and can limit growth or become a burden if extra space isn't required allowing firms to stay agile during an unpredictable time. Many growing enterprises were forced to postpone hiring in the months following the COVID-19 outbreak. However, the reopening of the economy has meant they needed to pivot once again and start adding more people.



Another interesting example of the importance space flexibility has in Thailand is when it comes to startups with founders based outside the country. With the borders closed, these companies have found themselves in a state of limbo. There is a pressing need for a physical presence in the Kingdom but paying for an office that they won't be using is a waste of money. Virtual offices are the ideal solution to this problem.



Startups receive a business address in a prime location, a local phone and other benefits even if they are unable to enter Thailand at the moment.

A flexible workplace can be tailored to your unique needs regardless of if you are searching for a dedicated office, co-working space, access to business lounges or a hybrid solution,



Pattaya uses downtime to make improvements for the future

By Cheyenne Hollis

Pattaya Beach will undergo landscape redevelopment as part of the city's improvement plan. The COVID-19 pandemic has crippled Pattaya with an inability to bring in tourists hampering the city's economy. However, local authorities are using this time to make several improvements that

Only a small number of international arrivals will be allowed into Thailand for the time being which means Pattaya needs to try and bring in visitors from Bangkok. It is estimated that 80 percent of the city's tourists come from overseas with domestic guests often preferring Hua Hin for weekend getaways.

However, the City Council has announced that it will spend THB160 million on several projects that will help improve the surroundings and clean up the city.

The cornerstone project of the plan is the landscape redevelopment of Pattaya Beach that will span from North Pattaya to Walking Street. In addition to upgrading the beach, the project also calls for the replacing of pavement, adding and building underground public toilets. Work should be finished by the end of the year.

Pattaya Mayor Sonthaya Kunplome told the Bangkok Post that the project was important for the city as it looks to bring in more local visitors. The addition of more trees and green spaces along with better walkways along the beach should make the area more appealing.

This is not the first time Pattaya Beach has undergone an extensive redevelopment. In 2018, the same stretch of beach underwent a massive widening and restoration.

Another beach improvement project is also on the card for the Pattaya. The city has announced a restoration project for a long stretch of Jomtien Beach. Coastal erosion has been a problem for this part of the city and the government has approved a plan to bring in more sand. It will cost THB600 million to carry out the project.



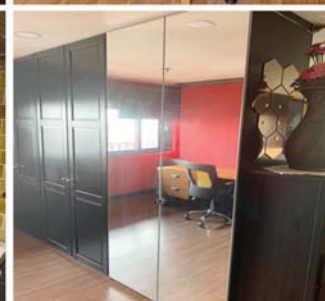
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Ho ho ho, it's December which means that the 'silly season' is here, possibly a great reason to get excited – except this year, the overall merriment will be down to the individual. No matter – there's so much to enjoy using 96FM Pattaya People Radio as your soundtrack.

Our regular 96FM weekday programming starts with the very silly MORNING GLORY from 8am to noon followed by LET'S DO LUNCH from noon to 2pm. Following that, a little AFTERNOON DELIGHT is always nice from 2pm to 4pm, then, THE SUNDOWNER SHOW from 4pm to 6pm is usually accompanied by a cocktail or three.

MSN International News in English is at 12 noon, 2pm, 4pm & 8pm

All through the weekend, a full service of entertainment can be enjoyed.

Pattaya People Radio on 96FM and online via the free downloadable Pattaya People app (check out DOWNLOAD instructions on the TV page) has not stopped providing a wonderful addition to each treasured day and still provides happy, positive, life enhancement with it's 'Sunshine Hits On 96' motif.

96FM can be heard in your car or on any household radio plus online with the 'Pattaya People' free app which can easily be downloaded to your mobile device or computer.

Top quality sound and varied enjoyable content 24 hours a day from our stations will most definitely enhance your daily music listening here in Pattaya, or, in fact, outside of Pattaya and, in fact, anywhere in the world.

The coolest commercial playlist in town is on 96fm and is regularly updated with lots of great new popular tunes and additional 'oldies but goldies' which are bound to get your groove on!

Also, new to 96FM this month is the complete brand new original album FAB BAZ POP from someone called Barry Upton....(available to download from iTunes, Amazon and all good music facilities.)

So, 'Season's Greetings' from the most fab radio in town with loadsa Xmas Cheer & Silly Season fun on 96FM.





PATTAYA PEOPLE TELEVISION

2020 Vision



After a challenging 2020, Pattaya People Media Group have ridden the wave and are moving forward into 2021 providing an opportunity to be seen, not only on TMN cable TV, but all over Thailand and, indeed, worldwide on the 'Pattaya People' free downloadable app for your laptop, computer or smart phone.

If there are still those of you who have not downloaded the Pattaya People Free App, here's how to. It's so easy.

1. Go to your app store (Play Store or similar).
2. Type in 'Pattaya People'.
3. Press on 'INSTALL'
4. Press on 'OPEN'
5. Watch all Pattaya People TV features on the Pattaya People streaming facility.

PPTV is still at the forefront of providing important information for our Pattaya Ex-Pat community with a wealth of up to date information about subjects close to our hearts plus a reflection of entertaining aspects of our city .

Now on the TMN cable network, internet access from the Pattaya People web site, www.pattayapeople.com and the free Pattaya People app., means that our weekly updated output can be sought easily, even on our smartphones with interesting features and essential programming.

Coming up in December is a continuing focus on up to date immigration news from Key Visa with the latest rules and regulations, plus features with interesting guests interviews and chats. Plus, a feature on the recent Pattaya Bikini Beach Run and the latest 'Chaine Des Rotisseurs' culinary event.

Also check out Barry and 'Discover Pattaya' editor Gloria Jones with their monthly comments and chat about the latest goings on around town, plus many interesting local celebrity interviews and local features.

Don't forget to watch PPTV on TMN or download the FREE 'Pattaya People' app so you can access the TV output on your handheld device, anytime and anywhere in the world.

HAPPY NEW YEAR from us all at Pattaya People Media Group.





Do you know about the Health Insurance requirements for Long Stay Visa Applicants in Thailand?

Last year's new ruling by the Ministry of Public Health has meant that people applying or re-applying a non-immigrant visa will now need to have a Thai health insurance policy for the duration of their stay.

Do you have the correct Medical Insurance in place?

We work with companies that are approved by Thailand immigration.

Have you been refused insurance because of your age?

We work with companies that will accept applicants up to 75 years of age.

Have you been unable to find English speaking support staff?

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Have you been refused a renewal of your insurance because of your age?

We work with companies that can supply policy renewability to age 99 years.

We can help with all the above by sourcing the right company for your needs here in Thailand. With a free no obligation appraisal our local advisor (right here in Pattaya) can offer you the best policy to cover your requirements.

Contact us now to tell us how we can help.

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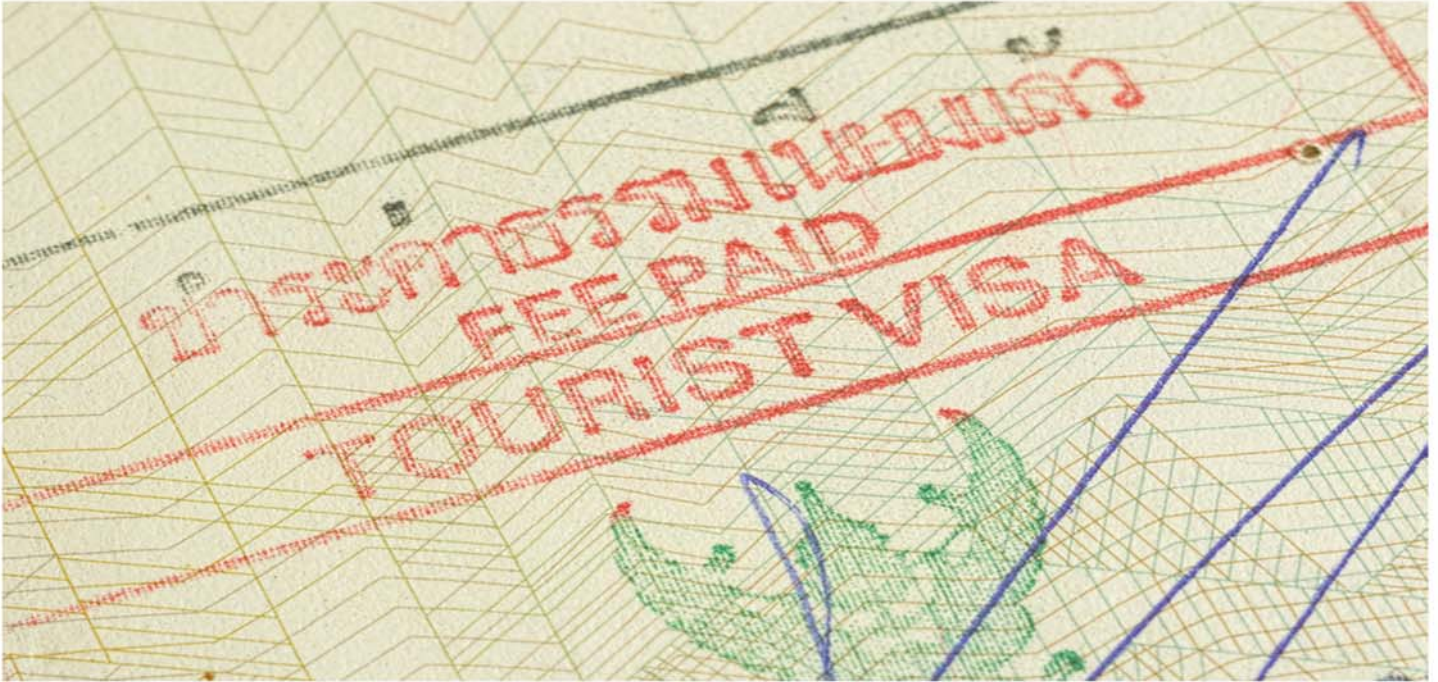
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By Kristin Mariano



Tourists and expats rejoiced when Thailand announced that it will reopen its borders for tourism along with new visas geared towards long term travellers.

However, the requirements to apply for the new visas proved too much when in September, it was announced that for TR (valid for 60 days) and STV (valid for 90 days) these would include Bank statement providing proof of income in the last six months equivalent to THB 500,000 (USD 17,000)

However, the kingdom is quite serious in bringing back tourists to its shores and so this month some Thai consulates dropped the hefty bank account balance requirement in order to attract more travellers to apply.

So now the requirements are that Instead of USD 17,000 the Thailand embassy in Los Angeles lists USD 700 per person. Whilst the Thai Embassy in London have reverted back to the 20,000 baht requirement . Although applicants will also need to produce .

- Medical insurance that covers COVID-19 with at least USD 100,000 in coverage for the entire duration of your stay
- Proof of accommodation in Thailand + 14 day booking reservation for alternative state quarantine
- Proof of a negative COVID-19 PCR swab test taken within 72 hours prior to the flight



This is not the first time that the Kingdom altered its visa requirements in order to lure more tourists and revive its thriving tourism industry although the expense of the 14 day quarantine is still off putting to many travellers.

So Thailand is deliberating the shortening of mandatory quarantine requirements from 14 days to 10 days. This will be a welcome change although currently at time of going to press all travellers to Thailand must undergo a COVID-19 PCR test upon arrival. Then if a tourist tests positive, he or she will be admitted to a hospital; if the tourist tests negative, he or she will head to an alternative state quarantine facility for their required 14-day quarantine.

Ww all hope Thailand will soon be able to welcome more tourists in the coming months.

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