

— DISCOVER —  
**PATTAYA**

**PUTTING THE SPORT**  
INTO SPORT YACHT



MAX - MARINE ASIA

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# PUTTING THE SPORT INTO SPORT YACHT



Sunseeker's new 65 Sport Yacht provides a sportscar-like driving experience, the twin 1,000hp Volvo Penta 1350 IPS engines giving a top end just shy of 35 knots. A pair of footplates let you plant your feet forward as the boat leans into tight turns while being so high up guarantees you won't hear the engines vibrating.

When the driver wants to stand while piloting, such as to get a better view of the immediate waters and surroundings, the wheel tilts up at a 45-degree angle on its long pedestal, a useful feature in tight quarters manoeuvring. The set-up also provides a nice connection with the person in the navigator seat because they also have access to controls if the skipper needs help.

Of course, there's a lot more to like about this Sunseeker, Aft of the SkyHelm™ is the option of a sunbed that offers space for two and a foldup backrest, with a stainless protective rail. It's ideal for sitting at anchor on a calm day, The foredeck, which can be covered by a sail canopy, feels spacious for a boat this size, with a forward sunbed for two and lounge at the rear.





WORDS MICHAEL VERDON PHOTOS SUNSEEKER  
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*YACHT  
style*



Below decks, the owner's cabin starts with an elegantly designed dressing area and vanity table with a foldout seat. Other options for this port area include a saloon with a sofa facing a TV, a galley or a single cabin. The full-beam master suite midships is generous, with large hull windows with portholes; three or four guest cabins are available

Sunseeker's design team did a great job with the hull profile by giving the glazing a modern twist and incorporating stainless-steel trim between the glass panels that add more complexity to the design. The attention to detail throughout is what you'd expect from a Sunseeker with upscale items like Royal Doulton dining ware and Dartington crystal.



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# DISCOVER PATTAYA

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Acting Mayor of Pattaya City: Dato Steve Cheah, Diplomatic Council Head of Mission for Cambodia, Laos, Myanmar, Thailand and Vietnam, Ms Wiparat Tharateerapab Mr Andy Treadwell CEO, Verventia Co., Ltd., H.E. Mr Mohamed Jinah, Ambassador of The Maldives and Sub. Lt. Pramote Tubtim.

## *This Month in Discover Pattaya*

Hi Everyone,

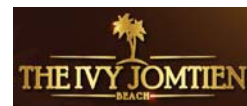
I'd like to begin by congratulating the graduating students of St Andrews International School Green Valley on achieving excellent results despite all the problems of having to study during a pandemic.

With regards to the dreaded Corona Virus, we are delighted to see measures put in place to help our long suffering tourist industry, namely the cessation of the Thailand Pass and the announcement that the wearing of masks is no longer mandatory.

As Thailand opens up to welcome more visitors Discover Pattaya/Pattaya Trader are very grateful to be chosen as media partners for many forthcoming events such as the Mega Sale Property Show at Mega Bangna this month. Also, at the recent Thailand Yacht Show in Ocean Marina where the Classic Car Club made an excellent showing of some of their very finest vehicles. If you missed this you can view my report with Barry on the Pattaya Trader YouTube channel and please subscribe for news and reviews of future events.

Onwards and Upwards!

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# Popular Right Now on The Small Screen



## Obi-Wan Kenobi

Ewan McGregor returns as Kenobi following on from the end of the Lucas prequel trilogy.



## The Lincoln Lawyer

Using a Lincoln town car as his office idealistic lawyer Mickey Hiller takes on big and small cases around Los Angeles.



## Stranger Things season 4

The sci-fi horror series returns set six months after the end of the last season



## This is Us Season 6

The final season follows the lives of the Pearson family set over different periods.



## Barry Season 3

Dark Comedy about a Hit-man turned actor looking to leave his past behind.



## Under the Banner of Heaven

Miniseries starring Andrew Garfield who's a detective investigating a murder inside a Mormon community.



# Coming Soon to The Big Screen



## Thor: Love and Thunder

Taika Waititi, Natalie Portman, Christian Bale, Chris Pratt

Thor has to give up his retirement and find help to stop Gor the God Butcher, the sequel to Thor: Ragnarok



## The Northman

Alexander Skarsgård, Nicole Kidman, Claes Bang, Ethan Hawke

Epic Norse tale of revenge where a young Viking prince seeks vengeance against his uncle who murdered his father.



## Official Competition

Penélope Cruz · Antonio Banderas · Oscar Martínez

Spanish-Argentine comedy about two egomaniacs hired by a millionaire to make an art-house movie.



## The Burning Sea

Kristine Kujath Thorp · Rolf Kristian Larsen · Anders Baasmo

After an oil rig explodes Sofia sets out on a rescue mission to save her loving companion Stian. Who's trapped underwater.



## DC League of Super-Pets

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## Minions: The Rise of Gru

James Murray · Steve Carell · Pierre Coffin · Taraji P. Henson

12-year-old Gru and his minions become enemies with the apex of evil in this spin-off prequel to 2015's Minions movie.

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# DIALING IN YOUR DIET

By Bart Walters

It seems like every few years a new wave of diet trends washes ashore, and we just can't help but try some of them. Keto, Carnivore, Vegan, Intermittent Fasting, OMAD, and on and on. Most of us will eventually reach a threshold where we can't just eat what we want and rely on exercise to burn off the calories. We have to submit to the "diet" part of doctor recommended "diet and exercise". During the past year, I've stepped up to that challenge and have experienced some interesting results. Making changes to my eating protocol (see what I did there ... got rid of that dirty "d" word) wasn't easy. I tried Vegan, Keto, Intermittent Fasting, and a combination of regimens.



A vegan diet excludes all meat and animal products (meat, poultry, fish, seafood, dairy, and eggs), whereas a vegetarian diet excludes meat, poultry, fish, and seafood, but may include eggs and dairy. There is an old joke that pokes fun at vegans by saying, "You know how you can tell if someone is vegan? Don't worry, they will tell you within the first 2 minutes of any conversation". But do you know why vegans always want to tell you about it? Because it's hard as hell! I went vegan for six weeks and gave up. I think the reason so many dedicated vegans are kind of militant about not harming animals is, you really need more motivation than just eating healthier to stick with this way of living.

A lot of Thai people don't eat animals or animal products. Most restaurants have a lot of vegan selections. The markets are full of fresh fruits and vegetables. Veganism isn't looked at like it's a fad or alternate lifestyle. Going vegan in Thailand is relatively easy. But for me, the difficult part was always feeling hungry. It seemed like I was eating all day long. And I got bored with what I was eating. I did feel pretty healthy, but I hadn't lost much weight and my digestive system was a wreck. When you make radical changes in your diet, you should expect a bit of chaos in your gut.



Next, I tried Keto. A “ketogenic” approach focuses on eating very little carbohydrates, increased fat, and an adequate amount of protein. Sugar is pretty much forbidden for keto disciples, even from fruit. If you try keto, you’ll learn which fruits are high on the glycemic index and which are lower with more fiber to offset the sugar. I went keto for two months. There’s a lot of meat and fat. The whole idea is to switch your body from burning carbs for energy to burning fat. There are hundreds of YouTube videos by “experts” on the keto diet that can explain the science better than I can. What I can tell you is that it works. Within one week, I started losing weight at a pace of ½ kilo per day. I felt good. My digestive system suffered only minor irritation. And it was easy to stay on the diet because I could see results. However, keto was not sustainable for me. I can’t eat that much meat. I also don’t like butter, cheese, and a lot of the other fat-rich foods you have to eat on keto to make it work.



What’s more, I craved carbs like rice, bread, and noodles. Even more difficult was not eating all the fruits I love like mangoes, pineapples, and bananas. In the end, I concluded that the keto approach was just tricking my body into losing weight. I knew for sure I would gain the weight back the minute I broke away from the rigid regimen, and I did. Now that I look back, I’m thinking, “A diet that says bananas are bad for you probably isn’t good for you”.

Intermittent Fasting (IF) is limiting your food intake to a “feeding window”.The most common version of IF is just cutting out breakfast. Let’s say you eat dinner at 6 PM and nothing else after that. If you don’t eat again until noon the next day, you’ve fasted 18 hours. Then you can eat a hearty meal for lunch and another before 6 PM. The YouTube library can better explain the science of this approach than me, but I can tell you that IF also works. I even went so far as to try the extreme version of IF called OMAD (One Meal a Day) and that works even better.

Intermittent Fasting is just using math for weight loss. If you cut out one feeding, and all the snacks, it is much easier to find yourself burning more calories than you take in (caloric deficit). I also noticed that it takes a fair amount of discipline not to gorge yourself at meals to make up for the calories you aren’t consuming at whichever meals you are skipping.



Now I’m employing a combination approach. I eat a low-carb (not no-carb) diet with lots of healthy non-animal fats like avocados, nut butters, etc., and lean cuts of meat, poultry, and fish. I’m still on IF with an 8-hour feeding window. The weight is slowly coming off again. Like most of you, I encounter other temptations that make sticking to a diet hard. Portion control can be difficult. I’m afraid my mother is going to haunt me in my dreams for not “eating everything on my plate”. And I like to drink alcohol, Not only is alcohol itself fattening, but I make poor food decisions after consuming a few drinks (I can feel many of you nodding your heads in affirmation).

What I think is important is to keep fighting the good fight and dial in a diet that works for your body and your lifestyle. I am hopeful and optimistic that one day I can stop telling this joke:

“I lost fifty kilos this year. Unfortunately, it was the same ten kilos five times”!



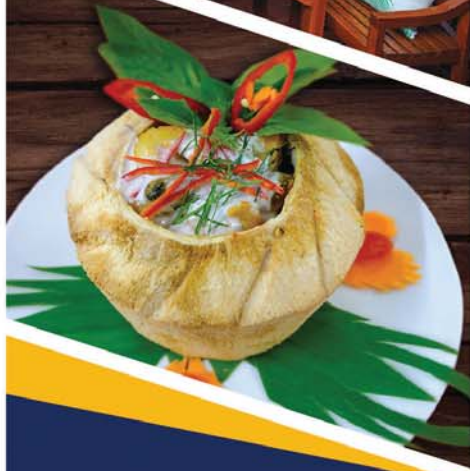
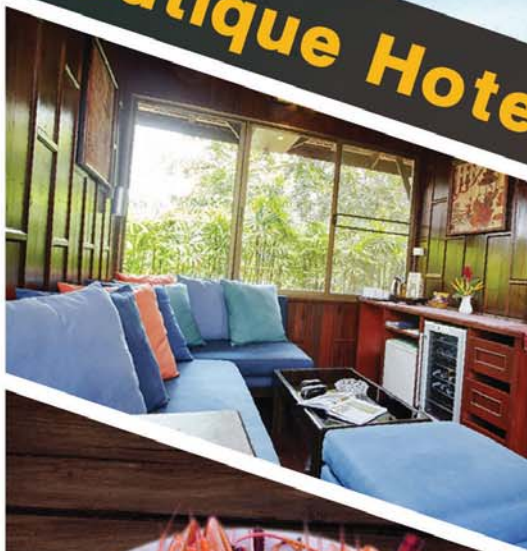
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# THOMAS SEELAND OF SEELAND BREWERY



It is rare to find a date as old as 1899 on a logo in Pattaya. So I had to ask Thomas Seeland what it signified on the one for the Seeland Brewery? He told me that it is there to commemorate his Great, Great, Grandfather: Christian Seeland, a master brewer, who founded one of the first independent breweries in America. After leaving his home in Baden, Germany, for the USA, Christian set up his brewery in Iowa in 1859 and manufactured 650 barrels of lager beer a year.

Fast forward to today, and Thomas Seeland is also well known for his culinary skills both as a butcher and a very, good chef specialising in fine German and Bavarian food. Having arrived in Pattaya over 15 years ago in need of a recuperative holiday, he remembers leaving a cold rainy Hamburg in February to arrive at Bangkok Airport at 1 a.m. and find it was hot, humid and still raining. After a taxi ride in the dark, Thomas awoke, drew the curtains of his beachfront hotel and was delighted to be greeted by a sunny, tree-lined sea view and perfect, balmy 25-degree weather. So after a couple of holidays in Pattaya, he decided to return to Germany, sell his business, all his belongings and make Pattaya his new home.

Once an inhabitant of Pattaya, Thomas explored all of the city's restaurants. He was very impressed by the quality of the Thai food but less so by the German meals on offer. A big fan of Currywurst, he was appalled to find this dish served to him with Heinz tomato sauce instead of the traditional homemade curry sauce. It gave him the idea of starting his own restaurant business, and soon after, Best German Barbecue, was born on Pattaya Klang. Thomas quickly built up a very loyal customer base, the most famous fan of his food being His Royal Highness Prince Dipangkorn Rasmijot.

I asked how the Prince came to find out about Thomas' food and he told me that it was at a special event held at the Royal Sattahip Navy base. After tasting the fine German cuisine, His Royal Highness continued to commission Thomas to cook for him, his favourite dishes being Schnitzel and also Pizza - because Thomas always insisted this be served to the Prince whilst still hot!

The Best German Barbecue although very successful with both diners and wholesale customers, was forced to close when its lease could not be renewed, due to planned developments in the area. However, one of Thomas' customers was ready to retire from his restaurant: Bramburi, and so Thomas relocated to Naklua with his wife, who still looks after the diners there.

Thomas was invited to become head chef of a brand new brewery planned for Thappraya road in Jomtien. Many of us curiously drove past this location whilst it was boarded up, eager to see the proposed brewery open, but due to COVID problems the original investors pulled out. Undeterred, Thomas found some new partners and investors and Seeland Brewery Pattaya was open for business.

So now we can all enjoy food fit for a future King, accompanied by a range of excellent Seeland beer at :-

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## HAROLD SHORTER IS APPEARING AT THE JAZZ PIT

Harold took his first music lesson when he was just 10 years old learning to play the accordion and keyboards. However, by the age of 15, he realised his true passion and started playing the drums where his talent was quickly spotted and he was asked to join the school's Blue Ribbon Jazz Band.

He studied "Schlagzeug" (Drums) at Meistersinger Konservatorium Nürnberg, Robert Schumann Musikhochschule Düsseldorf going on to win many prizes at big band contests and ensemble competitions. Taking inspiration from his favourite drummers: Bill Stewart, Vinnie Colaiuta and Tony Williams Since then Harold has played for almost 2 decades with Big Band workshops with Jiggs Whigham, Peter Herbolzheimer, Bruno Castellucci, John Goldsby, and Ludwig Nuss playing Funk Soul, Jazz, Blues and Reggae. He has also played on CD recordings and with Andy Haderer, Heiner Wiberny, Dave Horler, Klaus Osterloh, Rainer Tempel, Bill Watrous, and of course the Jazz Pit's own Thomas Reimer. He loves to play Lenny Tristano's (Lennie's Pennies), Beautiful Love (Bill Evans at the Town Hall) and Young at Heart (Tony Williams Trio), in fact, anything at an odd meter such as 5 or 7

Harold was last in Thailand in January 2020, leaving just before Corona Virus hit. Since then he has been eagerly waiting for quarantine and travel restrictions to be lifted to be able to return to one of his favourite destinations. He loves the politeness of the Thai people, the beautiful nature and wonderful food such as his favourite papaya salad and chicken Panang which makes playing at the Jazz Pit in the beautiful Sun Sabella Resort perfect!

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# MARRAKECH

## PART 2 WHAT YOU MIGHT NOT EXPECT

Last month we wrote about the opening up of travel and how the cessation of Test and Go in Thailand has encouraged more of us to travel abroad. An easy hop (especially for us long haul travellers) from the UK and Europe is Marrakech which is generally only a 3 1/2 hour flight and a place we very much recommend for taking a small city break to tag on to your journey. If you missed the article in our June issue where we wrote about what you might expect to find in this Moroccan jewel please go to our website [pattayatrader.com](http://pattayatrader.com) to read it.

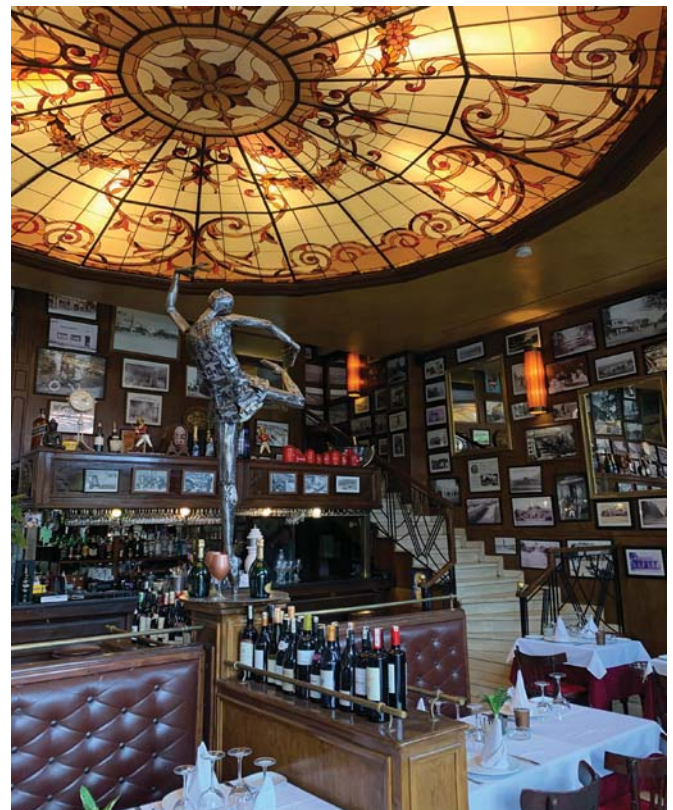
This month we want to focus on the more unusual and what could be a surprise when you go to Marrakech. For example, we all know about the souks and their fine array of exotic spices, handcrafted pottery and rugs, but did you know that Marrakech has amazing leather goods with several tanneries in the area? You can even visit these if you have a mind to and although there are also plenty of traditional “Ali Baba” style slippers on display, look a little further and you will see the most amazing pumps and sliders made from the softest leather inside and out - so comfortable and so cheap!



There are also many others beautifully kept to their early 1920s and 30s styling serving the most amazing French and Italian food with all manner of delicious accompanying wines. In fact, Morocco is the only place (other than Portugal) where you can enjoy “Gris” wine, which is a wonderfully light and refreshing Rose.



As we described last month traditional Moroccan food mostly revolves around Couscous and Tagine dishes. However, travel down the small alleys deep in the ancient part of the Medina and you will be pleasantly surprised by the variety of wonderful restaurants you can find. Some actually have trees growing in the courtyard. For example, Limoni has fresh lemons growing just in reach of the diners and unsurprisingly features lemon in many of the dishes on its menu.





Alcohol is available to over 18s from shops, supermarkets and hotels as well as restaurants although you should check this first when booking a table, and remember that the drinking of alcohol in public (on the street for example) is still very much frowned upon. What you will find however inside the bars and restaurants are the most amazing cocktails, skillfully, mixed and using the wonderful array of available fruits and spices, especially the fresh mint and basil that smell amazing as you raise the glass to your lips.

Step outside the ancient walls of the Medina and you will find wide tree-lined avenues, beautiful parks and horse-drawn carriages. A short journey to the west is Gueliz the modern face of Marrakech and the so-called 'New Town'. There are European-style shopping malls and small homeware boutiques aplenty, plus an excellent array of bars and restaurants for a post-retail therapy pit stop.



You'll also find plenty of museums including (rather refreshingly) a very interesting Women's museum showing how life has changed for women over the years in this Muslim country and another favourite with visitors the Musée Yves Saint Laurent. This includes a short informative film and a permanent display of hundreds of garments spanning his 40-year career and showing how the sights and colours of Morocco inspired his collections

# Driving the amazing Mae Hong Son Loop in Northern Thailand

By Kim Waddoup

The Mae Hong Son Loop is a route that starts and ends in Chiang Mai. It travels through a total of 1,864 curves along its 650 km length. Lauded as one of the best motorbiking routes, nearly all the information I researched was for bike fans - I even started to wonder if it was possible to travel by car - but in fact, these are normal roads open to any road user!

We started from Chiang Mai on the main road north, the 107 and then turned left onto the 1095. After a short ride through the valley floor, the road began to climb and twist, and this became the driving experience for the next 5 days. Narrow roads, lots of very tight corners, first climbing and then descending as we passed through numerous mountain ranges. After 150 km and 762 curves, we arrived in Pai.



Pai is an amazing little town, located in a valley and surrounded by mountains. There are many places here for scenic photos and it is highly recommended to drive up to the Yun Lai Viewpoint and a large café where you can either come to take in the splendour of the valley or return in the early morning for the sunrise. The entrance charge is THB.20 and the view is spectacular.

Down-town Pai is a lively place with quite a choice of very well priced restaurants. On the day that we were there, the night market had just opened with some interesting local handicrafts. We stayed at the rather lovely Pai Iyara Resort which offers bungalows with wonderful views over the rice fields. The bungalow was well equipped, comfortable and quiet. An excellent breakfast was included.



On the second day, we drove toward Mae Hong Song and decided to leave the 'main' road to visit the Tham Nam Lod or the Nam Lot Cave with spectacular Stalagmites and Stalactites

Having returned to the main road another deviation was taken up the narrow and winding road to the Pang Mapha viewpoint that offers the most amazing panoramas of the surrounding mountains. There are no seats, just a shelf for your coffee and your legs dangle above the trees way below you. They do serve food and their coffee is an excellent local Jabo blend.



Again returning to the main road we continue to Mae Hong Song (a total of around 150km). At 1,200 metres above sea level it was a little disappointing and did not (instead of no) have much atmosphere when compared to Pai. However, we did visit the Wat Phra That Doi Kong Mu temple which is a revered place for motorcyclists from around the world. No driver whether it be by bike or car can leave Mae Hong Son without visiting the local Chamber of Commerce to collect your personal 'Certificate of Conquest' which commemorates the achievement of having conquered the 1,864 road curves.





Leaving Mae Hong Song our first call was to the enchanting Su Thong Pae Bamboo Bridge. The bridge is entirely made of wood with a laced bamboo pathway. It crosses the rice fields to the Tham Poo Sa Ma temple. It is an idyllic place, we met just 2 other people here and the rice harvest was in full swing below us. Crossing the bridge we were blessed by 3 monks in their saffron robes crossing toward us.

Our voyage continued upwards along route 4001. We climbed more hills and started driving through mountain plateaus and scenic rice fields. Our destination was Ban Rak Thai, an enchanted village nestled around a lake at an elevation of 1,800 meters. There are two main hotels that dominate the village. Cottages are built in Chinese style up the hill and surrounded by tea plantations. It is a wonderful place to stay a night and the lake makes an enjoyable stroll.

Returning from Ban Rak Thai we deviated into the Pang Tong High Land Royal Development Centre. Built to promote agriculture in the highlands it is a vast complex high in the jungle. There is no information available in English but it appears that you are free to drive everywhere, which is how we ended up on a road next to the past Kings mountain home, the Pang Tong Palace, where we noticed many wild growing coffee plants.



These have a rather unique method of being harvested as the area is a conservation area for the Asian Palm Civet. This breed picks and eats the ripest coffee beans which are then partially digested before being secreted, they are then collected, washed, and dried before roasting. To my great disappointment, there was no opportunity to either taste or purchase this unique coffee!



Departing Mae Hong Song, it was about a three hour drive to Mae Sairing, an interesting riverside town which features many old teak dwellings.



To complete the Loop one has to continue through mountain roads as one continues to the interestingly named town of Hot! By this time we were quite exhausted with mountain travel and decided to leave Doi Intanon for another day and head back to Chiang Mai.

The Mae Hong Son loop is a fascinating journey however I have seen that very small motorbikes are offered for this drive which I would not recommend. These are serious mountain roads with few facilities between the towns. Do your research before you start and highlight the main sights that you want to see. Enjoy the Mae Hong Son loop, it is an amazing part of Thailand!

More of Kim's adventures can be read on his website <https://meanderingtales.com/>



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# SPORTS UPDATE JULY

By Steve Wade.

With the major football competitions having been completed it's time for the summer calendar to take centre stage and in the UK the season starts with the race meeting at Royal Ascot, which this year runs from Tuesday the 14th until Saturday the 18th of June. As always some of the best racehorses in the world will be on show and the traditional parade of members of the Royal family before the start of every days racing will add a touch of colour to proceedings.

The Wimbledon tennis championships, which start on the 27th and run through until July the 10th have already been surrounded in controversy following the banning of players from both Russia and Belarus from this years event. Whatever the circumstances, the championship is always great viewing and will be a must watch for tennis fans around the world.

My new found interest in Formula 1 racing following the binge watching of the "Formula 1 Drive to Survive" show on Netflix will take us to Azerbaijan from the 9th until the 12th of the month and will continue through to the Canadian Grand Prix on the weekend after. Ferrari, the most famous name in motorsport, currently has the lead in both the driver and constructor standings, but the season has a long way to go and both Red Bull and Mercedes have time to improve their performance and contest for both events before the winners are declared.

For the golfers among us, and there are plenty, the third "Major" of the year, the US Open, takes place at the Country Club in Massachusetts from the 16th until the 19th of the month. Golf is another sport that has been mired in controversy lately due to the Saudi backed Super Golf League, which is offering very large amounts of money to lure players away from both the PGA tour in America and the DP World Tour in Europe. As time goes on more players are being lured by the promise of massive prize funds and appearance fees and we will have a clearer picture of the potential damage that may be done to the traditional tours when we see the line up for the first scheduled Saudi League tournament, which is due to start on the 9th of the month somewhere outside London.

For the moment all the best players in World Golf will be teeing it up at the US Open and that is what will be keeping golf fans up overnight this month in this part of the world.

That's about it for this month. It's good to see signs of life coming back to Pattaya now that the restrictions are easing up. Get out and support our local businesses if you can and watch your favourite sport in one of the many venues throughout the city. Cheers.



# CCFP COMES TO OCEAN MARINA



There couldn't be a better backdrop with which to show elegant, stylish cars than Ocean Marina where the Classic Car Friends Pattaya recently came to support the Thailand Yacht Show.



With glorious sunny days and fine food and drink on offer, it was a wonderful setting in which visitors could stroll around and enjoy a perfect blend of streamlined vessels and classic vehicles. It certainly seems as though the boating community and lovers of classic cars have a lot in common!



First class examples of Bentleys, Ferraris, Lincoln Continentals and a whole host of other iconic cars had been spectacularly cleaned and polished ready to present their picture-perfect best.



Thank you Crave Asia for the photos



Here in Pattaya, Jo Klemm is well known not only to his classic car friends but also to the many local charities that he and the club's members help to support. They regularly meet for informal gatherings to swap ideas and recommendations. So if you think this might be the type of club for you or if you would like any further information go to their Facebook page Classic Car Friends Pattaya join nearly 2,000 followers or send them a message.



## DISCOVERING AURORA MOTORSPORT AND THE FORD RACING TRUCKS



Khun Watta at only 18 years of age is already proving a name to watch for the future. He has switched from previously racing Eco Cars to now handling the 2 tons of fun Ford Racing Trucks. Currently, they have a top speed of 209, Aurora Motorsport's team is aiming to bring this up to 280 by the end of the year.



We were delighted to join Aurora Motorsport for their practice at Bira Circuit International Pattaya in preparation for the upcoming BangSaen Grand Prix.

**2022 BANGSAEN GRAND PRIX RACE SCHEDULE** Provisional Program

เสาร์ที่ 2 กรกฎาคม 2565				Saturday, July 2nd, 2022		
Pit Exit Open	Start	End	Duration	Category	Session	Location
	8:00			00m50s10s / Traffic Close		
	8:00	8:20	0:20	Track Inspection		
8:30 - 8:35	8:45	9:20	0:35	TH Super Eco	Round 1 (13 laps)	Track
	9:30	9:50	0:20	TH Super Eco	Prize Presentation (Round 1)	Podium
9:30 - 9:35	9:45	10:20	0:35	TH Supercar GTC / TH Touring Car	Round 1 (15 laps)	Track
				Rolling Start		
	10:30	11:00	0:30	TH Supercar GTC	Prize Presentation (Round 1)	Podium
10:30 - 10:35	10:45	11:15	0:30	TH Touring Car	Prize Presentation (Round 1)	Podium
	11:20	12:10	0:50	TH Super Pickup (D2)	Round 1 (10 laps)	Track
				Parade Classic Car		Track
				พิธีเปิด / Opening Ceremony		Podium
12:10 - 12:15	12:25	12:50	0:25	Toyota Yaris One Make Race	Round 1 (8 laps)	Track
13:00 - 13:05	13:15	13:40	0:25	Toyota Corolla Altis GR Sport One Make Race / Toyota Vios Lady One Make Race	Round 1 (8 laps)	Track
				TH Super Pickup (D1)	Round 1 (13 laps)	Track
13:50 - 13:55	14:05	14:40	0:35	TH Super Pickup (D2-D1)	Prize Presentation (Round 1)	Podium
	14:55	15:25	0:30	Grid Walk for TH Supercar GT3 / TH Supercar GTM	Grid Walk	Dummy Grid
	14:40	14:50	0:10			
14:50 - 14:55	15:05	16:10	1:05	TH Supercar GT3 / TH Supercar GTM	Round 1 (60 minutes + 1 lap)	Track
				Rolling Start		
	16:20	16:40	0:20	TH Supercar GT3	Prize Presentation (Round 1)	Podium
				TH Supercar GTM	Prize Presentation (Round 1)	Podium
	16:20	16:45	0:25	Parade Revo Mania Toyota		Track
	17:05			00m50s10s / Traffic Open		



**อาทิตย์ที่ 3 กรกฎาคม 2565**

อาทิตย์ที่ 3 กรกฎาคม 2565				Sunday, July 3rd, 2022		
Pit Exit Open	Start	End	Duration	Category	Session	Location
	8:00			00m50s10s / Traffic Close		
	8:00	8:20	0:20	Track Inspection		
	8:30	8:40	0:10	Thailand Super Series	Warm Up Session	Track
				TH Touring Car / TH Super Pickup / TH Super Compact / Production / TH Super Showroom / TH Super Eco		
	8:50	9:00	0:10	Thailand Supercar	Warm Up Session	Track
				TH Supercar GT3 / GTM / GTC		
9:10 - 9:15	9:25	9:50	0:25	Toyota Hilux Revo One Make Race	Round 1 (8 laps)	Track
	10:00	11:00	1:00	Toyota Gazoo Racing Motorsport 2022	Prize Presentation (Round 1)	Podium
10:00 - 10:05	10:15	11:20	1:05	TH Super Compact / Production / TH Super Showroom	Round 2 (60 minutes + 1 lap)	Track
				Rolling Start		
	11:30	11:50	0:20	TH Super Compact / Production / TH Super Showroom	Prize Presentation (Round 2)	Podium
11:30 - 11:35	11:45	12:20	0:35	TH Super Eco	Round 2 (13 laps)	Track
	12:30	12:50	0:20	TH Super Eco	Prize Presentation (Round 2)	Podium
12:30 - 12:35	12:45	13:15	0:30	TH Super Pickup (D2)	Round 2 (10 laps)	Track
13:25 - 13:30	13:40	14:15	0:35	TH Super Pickup (D1)	Round 2 (13 laps)	Track
	14:25	14:45	0:20	TH Super Pickup (D2-D1)	Prize Presentation (Round 2)	Podium
14:25 - 14:30	14:40	15:15	0:35	TH Supercar GTC / TH Touring Car	Round 2 (15 laps)	Track
				Rolling Start		
	15:25	15:45	0:20	TH Supercar GTC / TH Touring Car	Prize Presentation (Round 2)	Podium
	15:15	15:25	0:10	Grid Walk for TH Supercar GT3 / GTM	Grid Walk	Dummy Grid
15:25 - 15:30	15:40	16:45	1:05	TH Supercar GT3 / TH Supercar GTM	Round 2 (60 minutes + 1 lap)	Track
				Rolling Start		
	17:10	17:30	0:20	TH Supercar GT3 / TH Supercar GTM	Prize Presentation (Round 2)	Podium
	17:05			00m50s10s / Traffic Open		



Thanks to Maxwell Kimberley-Thompson for the photos

Ford and all the sponsors supporting Vince and his team are hopeful that after the enforced Covid hiatus Aurora can now succeed and go on to win the 4 round championship, The first round is at BangSaen with a further 3 rounds at Buriram. Certainly, it is great to see them racing again and we wish Aurora and Ford the very best of luck!



# LESTER PIGGOTT – AN APPRECIATION

I have been a fan of horse racing for as long as I can remember and for all that time the name that has towered above all others in the history of the sport is Lester Keith Piggott. His record as the third most winning rider in the history of the sport only tells half the story. At his height he was one of those figures that transcended his sport. When the UK stopped on the first Wednesday in June for the Derby, it was Piggott who attracted the once a year punters, and he didn't let them down, winning the race an incredible nine times, a feat that will never be bettered.

The other amazing record that Piggott set was his winning total at Royal Ascot. In his time the meeting was over four days, not five like it is today, and his total of 116 winners almost defies belief. Put this alongside his classic success in Britain and around the world and it's easy to see why he is regarded as the best big race rider in history.

Lester could never be regarded as TV personality material on the surface. He was partially deaf and had a speech impediment that made his speaking voice not much more than a mumble. It was when he got onto a racehorse that something happened. His judgement of the best horse in the big races was brilliant and he wasn't scared of getting onto them either, leaving many a fellow jockey steaming in his wake. This was why the betting public followed him so devoutly, they knew it was his choice and that meant it must have a chance.

Piggott was associated with some of the best trainers of all time throughout his career, including Sir Noel Murless, Sir Henry Cecil, and most famously Vincent O'Brien at Ballydoyle. Piggott and O'Brien were the dream team, the best jockey ever riding for the greatest trainer. Horses like Sir Ivor, Nijinsky, The Minstrel and a host of others ensured that the partnership would go down in history. O'Brien also gave Piggott what he described as his greatest moment in the saddle, his comeback win on Royal Academy at the Breeders Cup in 1990. Perhaps the best endorsement of

Piggott as a rider was given by O'Brien, when he said that Piggott was better than everyone else in the big races and you had to have him.

Piggott was tough, and the regime he had to follow to keep his weight down so he could ride on the flat was gruelling. Being 5'8 feet tall, hence the nickname the Long Fellow, he was basically hungry for forty years and how he lasted so long was astonishing.

He was "careful" with money too. Although he played up to it for effect sometimes, he didn't like people to know what his personal worth was. Unfortunately this included the Inland Revenue, who decided that he owed around three million in outstanding tax in 1987. Lester disagreed and was not inclined to give them the three million, hence the three year jail sentence, of which he served just over a year.

Piggott was the greatest jockey and the most famous name that the world of horse racing has ever thrown up. As a fan of the sport, many great memories are inextricably linked to the Long Fellow. He will be sadly missed.







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# CINEMA PROJECTION SYSTEMS

## PART 3 THE LAST CHAPTER

By Songpone Siriwanlert

In part 2, we presented to you the basic types of cinema aspect ratios that started with 4:3 then developed to 16:9 (widescreen) and 2.35:1 (anamorphic widescreen) with the special format of movie picture standards such as Cinema Scope. This part will be our last chapter where we talk about cinema projection systems. At the end of part 2, we talked about the Cinema Scope picture to show how great an experience it was for the audiences at that time. In this chapter, we have added Todd AO 70 mm. and CINERAMA which use the cinema's normal projection systems and lasted for a short period of time, - usually just special events for movie atmosphere. At normal shows, widescreen and anamorphic widescreen are still the basic cinematic aspect ratio up to now.

Todd AO 70 mm. movies were made of the celluloid film with the picture frame at 70 mm. with a special soundtrack to make eight channel stereophonic sound. South Pacific was a famous film shot by Todd AO 70. CINERAMA was an extension of cinemascope pictures which created a panoramic view at 180 degrees for the audience. CINERAMA film shows used 3 projectors making 3 pictures combined together on a giant screen. Filming in CINERAMA is so complicate and not suitable for general movie production. As a result, it was occasionally produced with films such as "How the West Was Won".

At the present time, all kinds of films have been digitalized using advanced technology. A further development for special kinds of movie showing devices in the extension of 70 mm. and CINERAMA are IMAX and Screen X.



**IMAX picture is 2 times higher than Anamorphic Widescreen.**



**Screen X have 3 screens at the front and rear sides of the audience at 270 Degree Whilst CINERAMA is curved 180 Degrees at the front stage.**

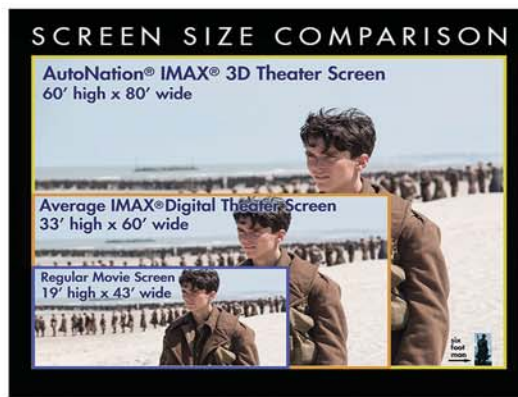
# ระบบการฉายภาพบนจอภาพยนตร์

## ตอนที่ 3 ตอนจบ

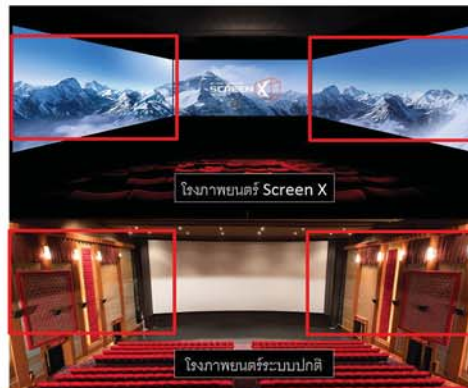
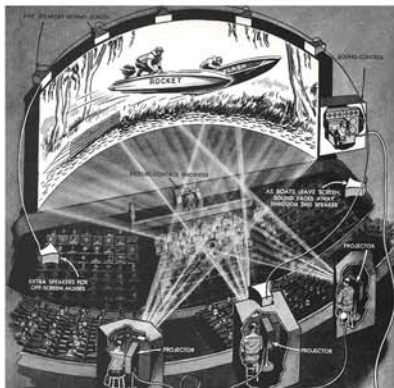
โดย ทรงพล ศิริวรรณเลิศ

ในตอนที่ 2 เราได้นำเสนอสัดส่วนภาพมาตรฐานของภาพยนตร์ นับตั้งแต่ยุคเริ่มแรกที่มีการสร้างภาพยนตร์ คือสัดส่วนภาพ 4:3 แล้วพัฒนามาเป็น 16:9 (widescreen) และ 2.35:1 (anamorphic widescreen) อีกทั้งระบบพิเศษที่นำเสนอเพื่อสร้างความตื่นตาตื่นใจ ได้แก่ ซีเนมาสโคป ในตอนสุดท้ายนี้ จะได้กล่าวถึงระบบการฉายภาพที่พัฒนาขึ้นมาจนถึงปัจจุบัน ในตอนท้ายของภาค 2 ได้กล่าวถึงระบบซีเนมาสโคปที่สร้างความยิ่งใหญ่อลังการของฉากในภาพยนตร์ที่คนรุ่นนั้นได้เคยสัมผัส ในบทสุดท้ายนี้จะกล่าวถึงความใหญ่ของภาพในระบบ Todd AO फिल्म 70 มม. และ ซีเนรามา ซึ่งมีการสร้างภาพยนตร์มาฉายในระบบเหล่านี้เป็นครั้งแรก เฉพาะหนังฟอร์มยักษ์ในยุคหนึ่ง ซึ่งต่อมาก็ไม่มีการสร้างอีกเพราะใช้ต้นทุนสูง. การฉายภาพยนตร์ในระบบปกติ จึงมีเฉพาะ wide screen 16:9 และ anamorphic widescreen 2.35:1 มาจนถึงทุกวันนี้ Todd AO 70 สร้างโดยใช้ฟิล์มขนาด 70 มม. ซึ่งใหญ่เป็น 2 เท่าของ 35 มม. โดยมีร่องเสียงพิเศษสำหรับบันทึกเสียงในระบบสเตอริโอเฟนิก 8 ทิศทาง ภาพยนตร์ที่มีชื่อเสียงซึ่งสร้างในระบบนี้คือ มนต์รักทะเลใต้ หรือ South Pacific ซีเนรามา คือส่วนขยายเพิ่มเติม ของระบบซีเนมาสโคป เพื่อการสร้างภาพพาโนรามา บนจอโค้ง 180 องศา การฉายภาพซีเนรามา ต้องใช้เครื่องฉายฟิล์ม 3 เครื่อง สร้างภาพบนจอต่อกัน 3 ภาพ เป็นเนื้อเรื่องเดียวกัน แต่การสร้างภาพยนตร์ในระบบซีเนรามา มีความยุ่งยากซับซ้อนและใช้ทุนสูง ไม่คุ้มกับรายได้ ด้วยเหตุนี้จึงสร้างขึ้นสำหรับแสดงความยิ่งใหญ่ตามวาระสำคัญ เช่น “พิชิตตะวันตก” หรือ “How the West Was Won” ได้สร้างขึ้นเพื่อฉลองวันชาติอเมริกา เมื่อนานมาแล้ว

ในยุคปัจจุบัน การสร้างภาพในเทคนิคพิเศษเหล่านี้ในอดีต ได้ใช้ความก้าวหน้าทางเทคโนโลยีขั้นสูง โดยอาศัยระบบ ดิจิทัล ในการสร้างและฉายภาพยนตร์ระบบ 70 มม. และ ซีเนรามา อย่างเช่น IMAX และ Screen X



IMAX สร้างภาพใหญ่เป็น 2 เท่า ของภาพ Anamorphic Widescreen โดยเพิ่มภาพขึ้นในทางสูง



Screen X มี 3 จอ คือ จอหน้า และจอด้านข้างอีก 2 จอ โอบล้อมคนดู โดยมีภาพที่เชื่อมติดต่อกันทั้ง 3 จอ เป็นเนื้อหาเดียวกัน ในระดับความโค้ง 270 องศา ในขณะที่ ซีเนรามา จอจะโค้ง 180 องศา อยู่บนเวทีหน้าจอเท่านั้น



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The registration of the transfer of property ownership from the owner or developer to the buyer takes place at the Land Office after the property is built, the contract has been signed, and all the installment payments have been made. The remaining balance of the purchase price is usually paid on the day of transfer at the Land Office.

Whoever buys or sells a property in Thailand should be aware of the following taxes and fees:

• **Land Registration (Transfer Fee)**

The rate is 2% of the appraised value of the property.

• **Stamp Duty/Fee**

0.5% of the assessed value or the actual selling price, whichever amount is higher. Stamp duty does not have to be paid if specific business tax is applicable.

• **Specific Business Tax**

3.3% calculated on the basis of the government appraised value or the actual selling price, whichever amount is higher. This tax only applies if the property is sold within the first five years of ownership. Otherwise, a stamp duty will be assessed instead.

• **Income Tax**

Income from the sale of a property is subject to income taxation. This is calculated based on the government appraised value of the property, the length of time it has been owned and the applicable personal income tax rate. When the property seller is a company, the withholding tax is 1% of the selling price or of the

assessed value, whichever is higher. When the property seller is an individual, the withholding tax is calculated on a progressive income tax scale. Under Thai tax laws the land office must take the income withholding tax at the time of transfer of ownership.

There are the taxes that the seller needs to pay because it is deemed that the seller is the person who obtain the income. Moreover, the registration fee shall be paid by half, seller 50% and buyer 50%. Any terms negotiated by the buyer and the seller must be stipulated in the sales contract.

**Documents needed for the transfer of land and house ownership**

1. The title deed for the property (Chanote)
2. Copies of the passport(s) or other identification documents of both the buyer and the seller
3. Copies of the entry stamp(s) in the passport(s) of the foreign buyer and/or the seller
4. Company Documents updated for the last 3 months

**Documents needed for the transfer of condominium ownership**

1. The title deed for the property (Chanote)
2. Document from condominium juristic person stating that all maintenance fees are paid up (Letter of Debt Free)
3. Copies of the passport(s) or other identification documents of both the buyer and the seller
4. Copies of the entry stamp(s) in the passport(s) of the foreign buyer and/or the seller
5. Foreign Exchange Transaction Certificate or Thor Thor 3 (for purchases in the name of a foreigner only)
6. Company Documents updated for the last 3 months



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### Angket Hip Residence Jomtien

Studio corner apartment with balcony on 5th floor. 47 sqm.  
Kitchen in European style. Foreign name.

**Price 1 650 000 Thb**



### Condo in Amazon Residence Jomtien

1 bedroom condo on 6th floor. 35 sqm with balcony.  
Company name.

**Price 1 490 000 Thb**



### Jomtien Beach Condominium

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Fully equipped kitchen in European style. Foreign name

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Studio apartment on 5th floor. 47 sqm with balcony. Modern bathroom with bathtub and separate Spa shower. Great location in the heart of Jomtien.

Foreign name

**Price 1 990 000 Thb**



### Nordic Park Hill Pratumnak Pattaya

1 bedroom apartment on 2th floor. 68 sqm with large balcony. Located in exclusive Pratumnak. Company name

**Price 2 650 000 Thb**



### Bang saray Sattahip with lake and pool view

Nice studio apartment on 2th floor. 26 sqm balcony with pool view. Fully furnished, washing machine. Foreign name.

**Price 990 000 Thb**



### View Talay 2 Jomtien

1 bedroom apartment with sea view on 4th floor. 82 sqm 2 balconies. Great location with easy access to Jomtien Beach. Foreign name.

**Price 3 590 000 Thb**



### Jomtien Beach Mountain 6

Studio apartment on 2th floor. 31 sqm with balcony and fully equipped kitchen.

Company name

**Price 1 350 000 Thb**

- No bank qualifying, proof of income or credit checks required to start owning.
- With just a down payment you will be able to get on the property ladder (flexible depending on your budget).
- Whatever your financial criteria, we can work with you to find a payment plan to suit your needs.
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View Talay Project 1 Building B, Unit 5, 340/5 Moo 12, Thappraya Road, Nongprue, Banglamung, Chonburi, 20260 - THAILAND



### For sale in Laguna Beach Resort 3 Maldives

Unit with pool access from the balcony

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- 69.22 sqm
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For more information or to arrange a viewing



# DISCOVER PATTAYA GOES PROPERTY NETWORKING



Following on from the Movers and Shakers event it was good to see more Pattaya Property networking taking place.

We were delighted to be invited to the launch of The Prestige Villas at Siam Royal View and the Dot Property evening at The Hilton.

Thanks to Rodney Charman for the photos at Prestige Villas





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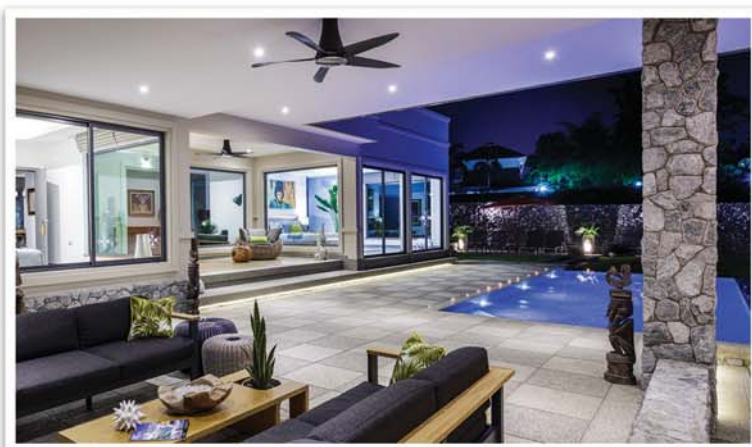
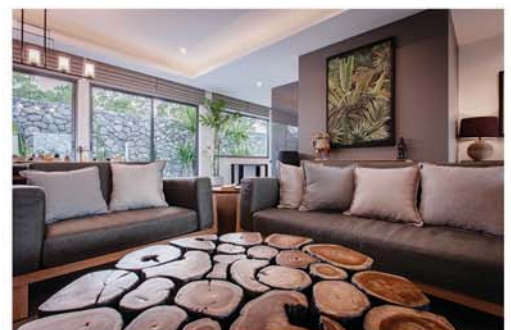
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# VIEW TALAY LONGSTAY

View Talay Long Stay is an apartment building situated inside the View Talay Villas estate, which is ideally located on Jomtien Second road opposite Soi 5 and only 300 Metres from the beach. The building comes with a two-bed villa which can be rented as part of the business or used as a private residence for the new owner. All come fully furnished and available to let. An excellent ready-made business with motivated owners who wish to sell.

The property is made up of the following units;

- 11 Studios of approx. 38 sm
- 4 One-bedroom units of approx. 75 sm
- 2 One-bedroom units of approx. 55 sm
- 2 Two-bedroom units of approx. 120 sm
- 1 Two bedroom villa with private pool on 70 Talang wah and interior space of 150 sm plus.



All units have the use of the estate facilities including the large communal pool and poolside bar. Off-road and ample on-road parking. Freehold title and apartment letting license. Private reception that could be converted to an extra apartment if required.

**Guide price is 70,000,000 Thai Baht** with owners willing to negotiate.

The value of the land itself in this desirable location is an added bonus.

Contact 06 3507 0476 for more details or email [pattayatrader@pattayatrader.com](mailto:pattayatrader@pattayatrader.com)



### Land for sale at St Andrews Golf Course



Building plot at St Andrews Village in the St Andrews Golf Course Complex near Baan Chang suitable for building a one or two storey 3 or 4 bedroom house.

Facilities include a large fine clubhouse, equestrian track, swimming pool, polo club, fishing lake and St Andrews International School.

Size 104 Talang Wah or 416 square meters.

Price 1,560,000 Baht

### Land for Sale at Bang Saray



Land numbered 85, Chanote number 10492 registered in Thai person name Size 1 Rai 3 Ngan 65 square Wah (19125 Rai or 3,060 square meters) Suitable for a 7 floor Condominium of 220 units with value 700 million Baht EIA and Building permits approved in principle  
2.2 Km to Bang Saray Beach, 20 Km to Pattaya, 24 Km to U-Tapao airport (UTP)  
GPS Co-ordinates  
12.755763, 100.896411

Price 35,000,000 Baht

### Two bedroom 2 bathroom Condo for Sale or Rent.



Luxury apartment at Metro Jomtien floor 30, beach-front, 161 sqm, magnificent sea view. Lounge, fully-equipped European kitchen, each bedroom has bathroom ensuite. Bath and 2 walk-in showers. Washing machine, 3 aircons, 3 TVs, 3 DVD players, home theatre, 2 big electronic safes. Large swimming pool, fitness centre, tennis courts, sauna, mini-mart, bar, restaurants, children's playground. One-year lease 35,000 Baht per month. Foreign ownership.

Price 10,000,000 Baht

Rent 30,000 Baht

### Studio for Sale or Rent



AD Condominium floor 4 Naklua Soi 16/1 Wong Amat Beach 1 Km Studio, bathroom, balcony with fully-equipped fitted kitchen facing north. Reception, 18-meter swimming pool, under-cover parking, 24-hour security, CCTV, key-card access, laundry Air-con, microwave, TV, DVR player, electronic safe  
Size 35 sqm, Thai ownership  
Offered on one-year lease with fibre-optic Internet included

Price 1,200,000 Baht

Rent 7,000 Baht

### Detached bungalow at Huay Yai for Sale



Huay Yai Tessaoban 1 Sol 22, 37 Km from Sukhumvit in Thai name, no management fees, partially furnished Land 165 square Wah or 660 square meters, floor size 207 square meters (house 157, garage-cum-workshop 50)

Large lounge, kitchen area, 2 bedrooms, 2 bathrooms, one ensuite, utility room, dressing room, big garden. Neat mains electrical cabling underground, 4 air-cons, 6 ceiling fans, safe gas tank, external solar lighting, new electrical and gas fittings

Land valued at 25 million Baht. Cost of building was about 6 million Baht

Price 4,200,000 Baht

### Studio for Sale or Rent



Angket Hip Residence floor 10 Sol 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 8,000 per month

Price 1,300,000 Baht

Rent 8,000 Baht

### One-bedroom Condo for Sale or Rent



AD Condominium floor 7 near Wong Amat Beach, Naklua A 73 sqm one-bedroom corner unit with excellent sea view, 2 air-cons, electronic safe, 2 flat-screen TVs, 2 DVD players, home theatre, Fully equipped European kitchen, washing machine, foreign ownership

Offered on a minimum one-year lease including fibre-optic Internet

Price 4,300,000 Baht

Rent 17,000 Baht

### One-bedroom Condo for Sale or Rent



Tropicana Condominium floor 2 on Pratumnak Road Sol 6 close to Thapraya 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.

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

Price 4,000,000 Baht

Rent 16,000 Baht

# Phuket Luxury Living



Sitting on the Andaman Sea just off the southern coast of Thailand lies Phuket, the biggest island in the Kingdom and one of the best lifestyle destinations on the planet. Phuket has everything, fantastic beaches that stretch from one end of the island to the other, a variety of sports facilities including some world class golf courses, a long and rich cultural history, top quality restaurants serving cuisine from around the world, a vibrant nightlife, quality retail and much, much more.



Add to that the islands of outstanding natural beauty and you have the perfect destination for your luxury lifestyle. One of the most beautiful spots on Phuket is Kata Beach and overlooking the bay is the Katamanda Estates, an exclusive gated community which includes this exclusive five bedroom six bathroom villa. Spread out on nearly 1600sm of floor space with amazing views over the bay, this residence has everything you need for family living and entertaining.



Set over three levels, the middle is in a U shape surrounding the large infinity pool. There is also a large dining and living area, top quality European kitchen, a guest bedroom by the pool with views over the bay and a second bedroom with full en suite facilities and built in wardrobes.

The top level has the master bedroom and a wonderful 'sala' area to relax and enjoy the wonderful views plus a more formal dining area. Then on the lower level you will find two further en suite guest bedrooms, laundry, storage room, maid's quarters and ample parking. There is also an elevator to the higher floors.

Set in the hillside with spectacular views and footpaths leading directly to the beach, this property really is the gateway to that luxury lifestyle on the paradise island of Phuket.

The property is priced at 69,000,000 Thai baht, 2,015,000 US Dollars, 13,486,000 Chinese Yuan, 1,883,000 Euros, 1,600,000 Sterling.

For further pictures, enquiries or to arrange a viewing call 06 3507 0476 or email [pattayatrader@pattayatrader.com](mailto:pattayatrader@pattayatrader.com)





## KATE BUSH AND RUNNING UP THAT HILL

**F**orty four years after having her first number one single with “Wuthering Heights”, Kate Bush has returned to the top spot in the UK charts with “Running up that Hill”, a song originally recorded and released in 1985. The new found popularity of the song has been inspired by its appearance on the soundtrack of the popular TV show “Stranger Things”, which is into its fourth series and enjoys massive exposure on Netflix.

Winona Ryder, the actor who has one of the leading roles in the show, has been a major Kate Bush fan since she was young and apparently has been dropping hints for years to try to get her music featured on the soundtrack. The wearing of a Kate Bush t-shirt for virtually every days shooting of this fourth series seems to have done the trick!

I’m a big fan of Kate myself, having been turned onto her by my then future wife somewhere in the late 80’s. She is certainly one of the most talented and innovative songwriters to come from the UK since the 1970’s and it’s great to see a new generation of fans enjoying her music.

A few records have been broken by the song reaching the number one slot in the UK. It’s 44 years since her first number one in 1978, beating Tom Jones at 42 years for the longest gap between chart toppers. She has replaced Cher as the oldest female singer ever to top the charts, and the song now has the record for taking the longest time ever to reach number one, some 37 years after its release! It’s also her first top five hit in the USA.

Always a very private individual, Kate has nonetheless said in recent interviews that she is delighted that the TV series has brought her music to the attention of a new, younger audience, and with more tracks from her to be featured as the series moves on, there could be more success to follow. Sounds good to me.

Kate's reaction, when interviewed by the BBC, was: "It's just extraordinary. I mean it's such a great series, I thought the track would get some attention, but never imagined that it would be anything like this. It's so exciting and what's wonderful is that this is a whole new audience who in a lot of cases haven't heard of me and I love that"



# BARRY UPTON - CHOOSING THE RIGHT MUSIC

**H**ow many times have you gone into a bar, restaurant, café, club or seen a live music show, where the music doesn't seem to fit the surroundings.

It's one of my biggest complaints and I'm sure you will understand when I say that I'm no shrinking violet in holding back by respectfully and calmly asking the management to maybe think about their selections and adjust accordingly. The playback volume is also crucial to the enjoyment of the overall experience. It's not always too loud, I have had instances where I've asked for the background music to be increased to suit the surroundings.

After having over forty five years' experience as an entertainment professional, one of the biggest ingredients to my successes has been the ability to analyze what is required from a song, group of songs, playlist, whether for a live event or indeed, radio, with the accent on checking out your target audience and realizing what it is they would like to hear for any given situation.....then add a few songs they never even knew they wanted to hear, risky but easily achieved with enough thought. My 96FM radio playlist is testament to this with many comments of how wonderful it was to hear something new and, sometimes, amusing.

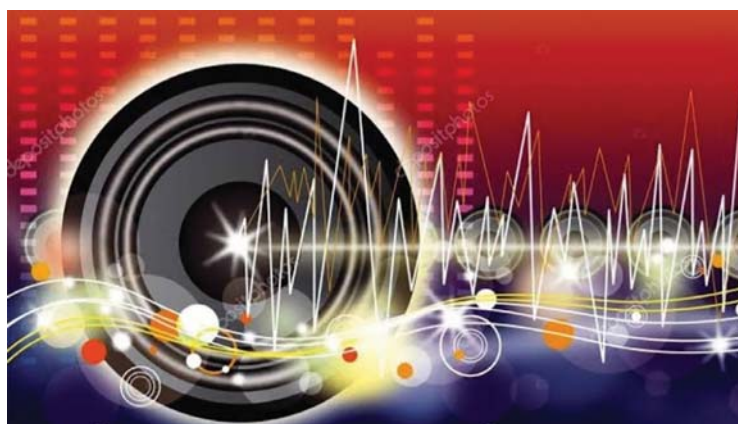


When two or three open adjacent venues are all playing different music, eg. Walking Street in the late evening, the result for me is a big headache and an inability to enjoy just one set of musical notes. Also, playing boom-tsh-boom-tsh-boom-tsh electronic dance music, when it's quite obviously inappropriate for the bill paying clientele, is a failure to entertain correctly. That's not to say that a softer 'Tropical or Chill House' style of boom-tsh-boom-tsh-boom-tsh-boom-tsh is wrong. I'm actually a big fan of it, at the right volume and correct environment.

I have always been delighted when bookers for my live shows over many years, have complimented me on my song choices, which are always different according to the event and event goes. Sometimes I have to disappoint a requestee when turning down their particular song as, from experience, I know too well, that a small minority might be satisfied but the majority will not.

This mind set also translates into my recorded output. There really is no point in releasing product that no-one wants to hear, or that has no direct message that the listener can understand. Therefore, when I'm writing or recording new material, whilst creating something new, I always think about how it would sound onstage or on the radio and if the listener can maybe make a connection to it.

I attribute my recent successes with songs or albums that have been enthusiastically received by radio stations worldwide, to listening closely to the music I like to hear and telling myself why that is.



Last month, I launched my new YouTube channel FAB BAZ MUSIC TV (check it out please and hit the SUBSCRIBE button for prompts on newly uploaded material).

Over the next few months I will be uploading many songs and videos from catalogue of hits and recent albums which I trust you will all find entertaining.

I really hope that you can witness the hard work that has gone in to writing, recording, and making videos for my original creative work .... and that you will come to the conclusion that I have chosen to produce the right music.



# 10 Psychological Hacks

Psychology can offer a variety of techniques and tricks to help manage stress, anxiety, or other issues. So, we hope you find these useful either when conducting business or simply in your day-to-day life.

## Eye Contact

If you are nervous or feel anxious when being introduced to a new person? Here's a trick that might help. When talking to someone new try to make eye contact and pay attention to their eye colour. This will make you appear confident and help you focus. However the opposite is also true if there is someone you wish to avoid - in that case it is best to avoid eye contact.

## Combat stage fright

You don't have to be an actor or musician to encounter stage fright. It may be that you have a presentation to make for work or have to make a speech. If this makes you nervous a good trick is to try some counting. You can simply count the number of people in attendance, glasses of water you can see as counting will help you focus on something other than your anxiety. You might also try chewing gum if you are feeling anxious as this can reduce stress levels and help you to feel calmer and more in control. Or simply take deep breaths before you are about to speak.

## Appear confident

Wearing a smile is one of the best ways to show that you are approachable and friendly. At a social or business event it signals that you are happy to be there and are enjoying the company. Also, studies have shown that wearing bright clothes can make you feel happier and appear more confident.

## Be aware of body language.

Body language can say a lot about you and is important to pay attention in a social setting., for example, if you are crossing your arms, it can indicate that you are not open to talking to others. Therefore, try to keep your body language open and welcoming if you want to make it easy for others to have a friendly conversation with you. Also when you are talking to someone, try to mirror their body language as this is a subtle way to show you are engaged in their conversation with a sense of similarity. For example if they are sitting with their legs crossed, you can sit with your legs crossed, too. If however they are crossing their arms or looking away, it might be a good time to say goodbye rather than overstaying your welcome.



## Destress with physical activity

Exercising can reduce stress and help your mood, If you are feeling overwhelmed, take some time out for physical activity. This can help to clear your head and give you the energy to face the challenges ahead. Even if you don't feel like stepping out of your room, force yourself to take a walk. Also remember that even though sitting at one place at your desk all day long may seem like the best way to get work done, it is essential to take breaks and move around. .

## Learn to say no

Some people feel guilty when they say no but it's impossible to please everyone all the time. Although you may wish to help others and make them happy, be sure this doesn't come at the price of your own well-being. If you find that you need to say no to someone, try not to feel guilty about it.

## Try to give positive feedback

We all know positive feedback goes a long way and especially living in Thailand we must be aware of the need to "save face" Therefore it is important to ensure you give constructive feedback and try to focus on positive aspects first. For instance, you might start by saying something like, "I really like how you...." to help soften the blow before any negative feedback you might have to give.



## Try to stay positive

Hope for the best but prepare for the worst and try to stay positive. It will help you maintain a better outlook and give you the strength to keep pushing forward. Also, when you are talking to someone, try nodding your head while they are speaking. This simple gesture can help to make them feel more comfortable and you can also try nodding your head to make someone agree with you this human reflex might work in your favour. Your tone and voice can convey a lot of information, even if you are not saying anything and a positive manner can help to put the other person at ease.

## Remain silent to avoid conflicts

If there are times when you feel emotional or stressed, it might be better to refrain from talking rather than engage in a conflict. This can be especially true if you are dealing with a stressful situation. Instead of arguing when someone says something that you disagree with, try to stay silent and take a moment to collect your thoughts. This can help you to avoid escalating the conflict or saying something that you might later regret.

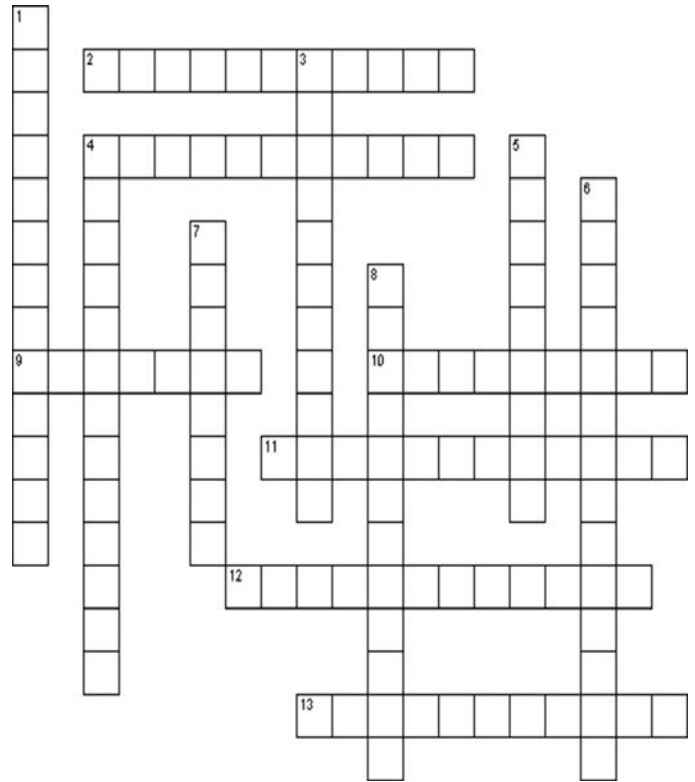
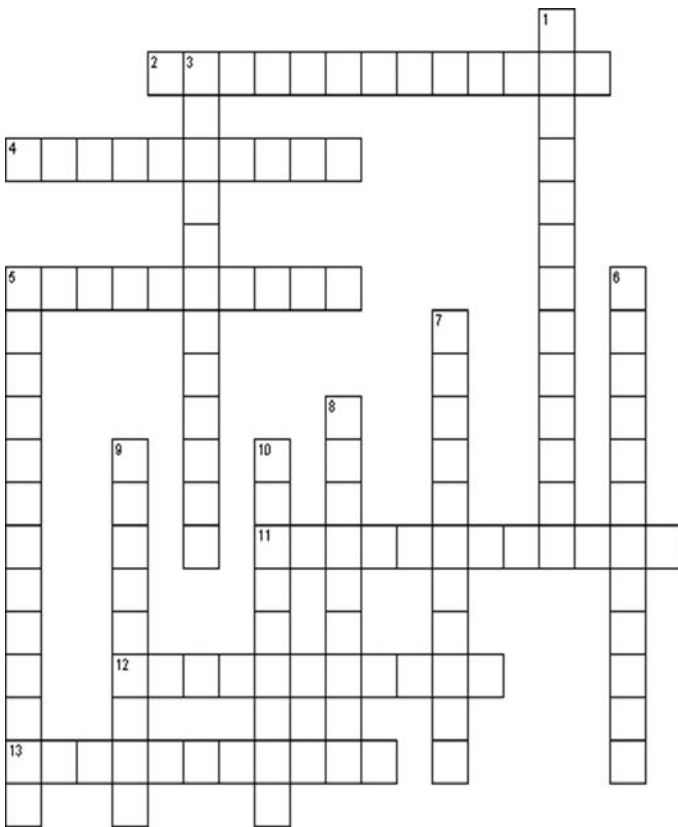


## Limit your indecisiveness

We have all been in a tiresome situation where we just cannot make up our minds about something. This can be excruciating and lead to a lot of wasted time.

A good hack, therefore, is to limit your options. For example, if you are choosing an outfit for a party, or an important occasion just pick out two or three instead of standing and staring into your wardrobe!

# CROSS WORD JULY 2022



## Across

2. Sugar Kane in the 1959 movie Some Like It Hot (7,6)
4. Oskar Schindler in the 1993 movie, Schindler's List (4,6)
5. Director of the 1941 movie classic, The Maltese Falcon (4,6)
11. Samantha in the 2005 movie, Bewitched (6,6)
12. The voice of RJ in the 2006 movie, Over the Hedge (5,6)
13. Harry Lime in the 1949 movie, The Third Man (5,6)

## Down

1. Johnny Hooker/Kelly in the 1973 movie, The Sting (6,7)
3. Prince Feisal in the 1962 movie, Lawrence of Arabia (4,8)
5. Frank Costello in the 2006 movie, The Departed (4,9)
6. Gabriel Shear in the 2001 movie, Swordfish (4,8)
7. The prefect of police in the 1942 classic, Casablanca (6,5)
8. Ray Ferrier in the 2005 movie, War of the Worlds (3,6)
9. Dr Gibbon in the 2003 movie, The Singing Detective (3,6)
10. Don Lockwood in the 1952 movie, Singin' in the Rain (4,5)



## Across

2. Fagin in the 2005 movie, Oliver Twist (3,8)
4. Daniel Dravot in the 1975 movie, The Man who would be King (4,7)
9. Ann Darrow in the 1933 classic, King Kong (3,4)
10. Mitch Brenner in the 1963 film, The Birds (3,6)
11. Dr Richard Kimble in the 1993 movie, The Fugitive (8,4)
12. Director of the 2003 movie, Open Range (5,7)
13. Director of the 2000 movie, Gladiator (6,5)

## Down

1. Bernie Focker in the 2004 movie, Meet the Fockers (6,7)
3. Detective Jimmy 'Popeye' Doyle in the 1971 movie, The French Connection (4,7)
4. Detective Virgil Tibbs in the 1967 movie, In the Heat of the Night (6,7)
5. The Ringo Kid in the 1939 classic, Stagecoach (4,5)
6. George Taylor in the 1968 movie, The Planet of the Apes (8,6)
7. Shylock in the 2004 movie, The Merchant of Venice (2,6)
8. Lewis Medlock in the 1972 movie, Deliverance (4,8)

**SOLUTIONS ARE ON PAGE 58**

# SUDOKU JULY 2022

SOLUTIONS ARE ON PAGE 58

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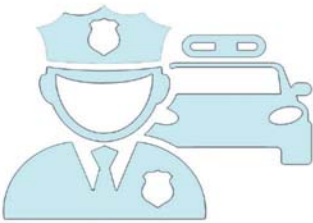
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## IMPORTANT TELEPHONE NUMBERS



### POLICE

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



### AMBULANCE AND HOSPITALS

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

### FIRE

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

### SEA RESCUE

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

### ELECTRICITY

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

### WATER

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

### WASTE DISPOSAL

Garbage Collection  
 Phone 0-3842-9494

# YOU'RE HAVING A LAUGH !

**EVERY WEEKEND I SAY TO MYSELF, "SUSAN, YOU HAVE TO STOP DRINKING WINE." THANKFULLY, I'M NOT SUSAN.**





# LEARNING THAI WITH KAREN



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## TASTE

1. Whaan	Sweet	หวาน
2. Kheam	Salty	เค็ม
3. Phead	Spicy	เผ็ด
4. Preaw	Sour	เปรี้ยว
5. Khom	Bitter	ขม
6. Rod-chad	Taste	รสชาติ

## CONVERSATION:

A: Khun chop kin kha-nom whaan mai (kah/krub) ? B: Chop (kah/krub). A: Kub khow kheam mai (kah/krub)? B: Kub khow mun kheam jung (kah/krub). A: Prik mee ro-chad Phead Chai mai? B: Chai (kah/krub).	คุณชอบกินขนมหวานไหม (คะ/ครับ) ? ชอบ (คะ/ครับ) กับข้าวเค็มไหม (คะ/ครับ)? กับข้าวมันเค็มจัง (คะ/ครับ) พริกมีรสชาติเผ็ดใช่ไหม? ใช่ (คะ/ครับ)	Do you like eaten sweet candy? Yes, I like. Is the food salty? The food is very salty Chilli have Spicy taste right? Yes.
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# Games

## F1 2022

Time flies and it doesn't feel that long ago since F1 2021, what could Codemasters the developers have come up with since last time? Well F1 calendar newcomer circuit the Miami International Autodrome makes its debut. New car models are using updated physics, along with a new adaptive AI that adjusts the speed of the AI-controlled cars determined by how well you perform, which sounds like a good idea because if like me you're not very good at this then the AI-controlled are hard to catch. Also, there is now a new customisable hub mode called F1 life where you can collect supercars, accessories, and different clothing. Best of all the game has VR support for PC if you have the Oculus Rift or HTC Vive, so yes plenty.



## Matchpoint - Tennis Championships

I'm a bit shocked by the state of the graphics and animations on this one, it's coming to the PS5 but looks dated like something from the Sega Dreamcast era. However, it looks like it has more to offer in the gameplay department than its predecessors.

Create your tennis star, choose if he or she will be right or left handed, and will use a one or two handed backhand. Cosmetically you can deck them out with all the latest top brands and also unlock special equipment when you win competition matches. There are 16 real world tennis professionals to play against, with both AI and online matches available. Hire a coach to work on your techniques and study your opponents.



## Klonoa Fantasy Reverie Series

Bandai Namco is Celebrating the franchise's 25th. If you are a Klonoa fan then this collection has much to offer with remastered versions of Klonoa: Door to Phantomile and Klonoa 2: Lunatic's Veil. These both now run at 60fps and support 4K so should look sweet and sound much better. Two-player co-op is on offer, and together you can perform larger jumps with support mode to get to normally unreachable areas. Something for younger players to explore the bygone era of side-scrolling platforming brought up to date.





# Tec.Living

by Rick Click

## LOGITECH LITRA GLOW

Video conferencing for work or talking with a loved one is commonplace these days. Unless you take the time to find the best overhead light you can be a victim of your current room's setup. Bad lighting can cast shadows on your face that aren't that flattering, so Logitech has come to the rescue with the Litra Glow. This front-facing light source contains sensors that adjust the brightness adapting to different skin tones and diffusing the light. A simple lamp companion for your webcam that can be used for long periods and doesn't break the bank, it's looking good.



## XIAOMI MI AIR CHARGE

I can't tell you the number of charger cables and adapters I've gone through over the years for my mobile phone. At least in recent years, they have got most phones to use the same fitting to be more green. Will this device look like the shape of things to come. How about a charging device that doesn't plug into your phone? By using a 144 micro-antennae the Air Charge can transfer energy to your phone with a narrow wave beam. What that means is that if you were to walk into a room that has the charger your phone would start charging even with objects in the way. Of course, this system could also work for charging up all your other devices, imagine your laptop never running out of power.

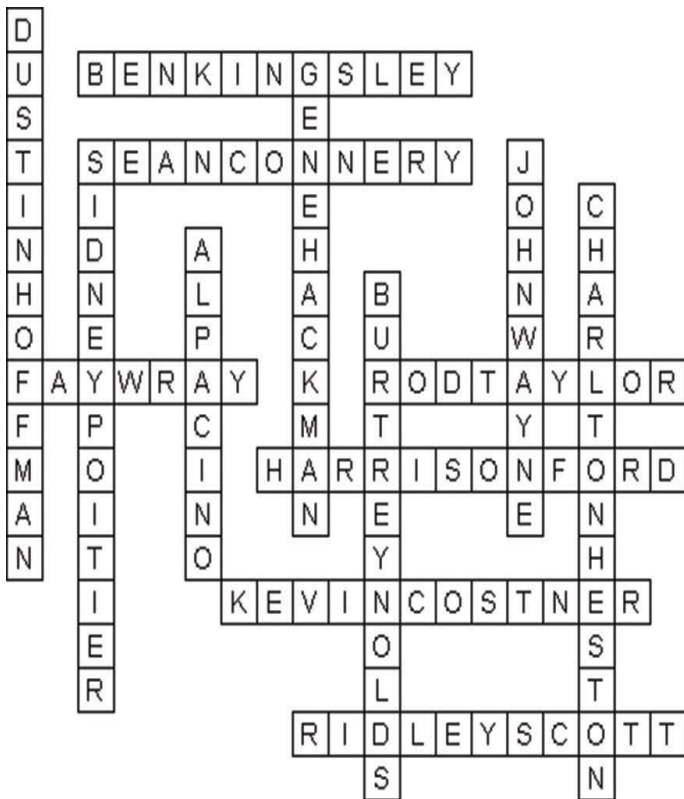
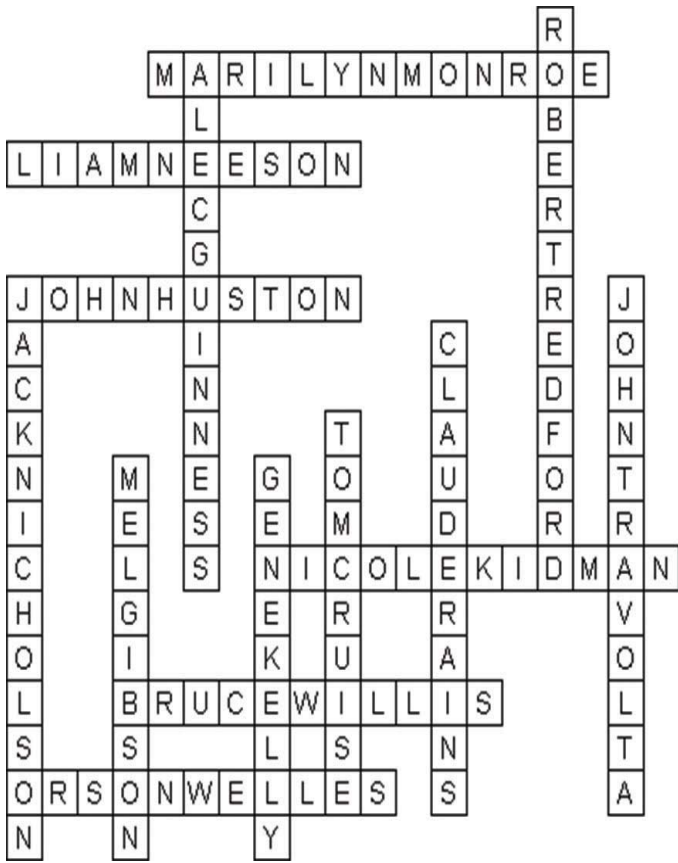


## App of the month: Signal Privatenger

You might be on the lookout for an alternate messaging service that offers more privacy and encryption. Many people have already turned from using Google and Facebook to the Telegram app. Signal is another choice that allows one to one and group messages, files, voice notes, and even videos to be transferred all with end to end encryption so not even the developers know what you are talking about. So far it has around 40 million users and has been downloaded 105 million times.



# SOLUTIONS



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3	9	5	7	6	4	1	8	2
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