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No more breaks for buses

REPEAT SAFETY OFFENDERS FACE LOSING TOUR BUS LICENSE

By Chutharat Plerin

THE dramatic crash of a tour bus that plowed into a home in Patong on Tuesday night has prompted the Phuket Land Transportation Office (PLTO) to warn that, under new measures, tour bus companies found to repeatedly fail safety requirements stand to have their commercial passenger permits revoked permanently.

"This includes tour companies and independent operators hired by tour companies to provide bus services," PLTO chief Terayout

Prasertphol told the *Phuket Gazette*.

"Any bus company found to be using drivers who do not have the appropriate license or who have a history of drunk driving causing an accident also stand to have their permits revoked... It is the company's responsibility to check up on their drivers and vehicle maintenance to make sure their passengers are safe," he stated.

Five Russian tourists were injured in Tuesday's crash.

The Bangkok-registered bus, emblazoned with the Pegas Touristik logo, slammed into a house

near Wat Patong at about 6pm.

"When I arrived at the scene, there were five Russian tourists injured: three men and two women. They were transferred to Patong Hospital for treatment of minor injuries," Patong Police Lt Col Jongserm Preecha told the *Gazette*. "Thankfully there were no deaths in the accident," he added.

68-year-old bus driver Puang Sangsrikaew told the police, "The brakes failed, so I swerved to avoid crashing into a car, but I could not..."

Continued on page 9

Stay safe in island surf

WITH the return of the southeast monsoon season increasing the likelihood of dangerous surf conditions, swimmers need to be more careful than ever.

The *Gazette*, with the help of Surf Life Saving Australia, has compiled a list of essential information to help keep you safe.

Full story on Page 42

Burmese man reaches peak of hospitality management

AFTER arriving in Thailand 18 years ago, Kyaw Kyaw Khine started as a hotel receptionist on Phi Phi Island.

Support from his boss, patience and hard work led him to where he is today – managing two properties, one of which is the iconic On On Hotel.

Full story on Pages 4-5

Taxis cash in on US seamen transportation pandemonium

A dispute between the company contracted by the US Navy to provide transportation during sailors' shore leave and a subcontractor left the servicemen adrift until taxis showed up in force.

Full story on Page 6

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This Week



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Dark chocolate might not be as bad as you thought. **Page 44**



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The Laguna Phuket Marathon is on this weekend. **Page 50**

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12 Burmese drown fleeing police at sea

By Teerasak Phuprapadilok

MARINE Police recovered the bodies of nine Burmese nationals on June 2, bringing to 12 the number who died when their boat capsized in rough seas north of Phuket as they attempted to evade a Thai coastal patrol on May 31.

Pak Nam Police in Ranong province confirmed that the nine bodies retrieved comprised three women and six men found floating offshore Koh Chang and Koh Phayam, about 2 kilometers from mainland Ranong.

"The nine bodies recovered on June 2 were taken to Ranong Hospital," Pol Capt Udom Kummerd told the *Gazette*.

Royal Thai Navy Commander Kampanart Sangthongjeen, chief operations officer of the Thai-Myanmar Border Fishery Coordination Center, explained in a press statement that two Marine Police boats were on patrol in the Koh Chang area at about midnight when they spotted a long-tail boat.

"The boat tried to escape the approaching patrol vessels, but capsized in the strong wind and waves west of Koh Chang," Cdr Kampanart said.

"Marine Police took about four



Rescue workers carrying the bodies that were recovered near Ranong.

hours to rescue 38 people – 32 men, five women and one child – from the water," he added.

The bodies of three women were also recovered in the rescue effort.

"We questioned the survivors and checked their identification documents. All of them were illegal immigrants coming to Thailand to work," Cdr Kampanart said.

Survivors told police they had boarded the boat at Kawthaung, a major trading town across the water from Ranong Port.

All 38 survivors were trans-

ferred to Pak Nam Police Station in Ranong, where they were to be charged with illegally entering the country and deported, Cdr Kampanart said.

The bodies of the three women retrieved from the water during the rescue effort were sent to Ranong Hospital to await collection by relatives, he added.

Cdr Kampanart expressed sadness over the incident.

"The Royal Thai Navy expresses our sincerest condolences for the people who lost their lives in this unfortunate accident," he said.

Prison used to lure meth dealer

THALANG District officers tricked a suspected drug dealer into making a *ya bah* (methamphetamine) sale in front of Phuket Provincial Prison on June 1.

"The officer called Atthachai Sittabut, 36, and asked to meet him in front of Phuket Prison. The officer pretended he was going to visit a relative who was serving a sentence at the prison," Thalang District Chief Supoj Chanakij said.

The officer talked to him until Mr Atthachai revealed that he kept *ya bah* in his house.

A subsequent search of Mr



Mr Atthachai in custody.

Atthachai's house in Mai Khao, which opens at night as the 95 Karaoke bar, uncovered three bags, each containing 200 *ya bah* pills.

"He confessed that he sold *ya bah* in the area... He had also been arrested for possessing and selling drugs in August last year. He posted bail and was still waiting for his case to be heard in court," Mr Supoj said.

Mr Atthachai was charged with possession of a Category 1 narcotic with intent to sell, he added.

– **Kritsada Mueanhawong**

Insult between friends leads to murder

A MAN found dead in a canal in Thalang on May 30 did not at first present police with many clues.

He had been dead for a day, police said, and had a two-inch gash under his chin. He had no valuables on him, and it was not clear how he had arrived in the canal behind the Thalang Victory Memorial Field.

But police knew he came from the area – local residents were able to identify him as Thammanoon Thepthong, a 53-year-old motorbike taxi driver who liked to drink.

Thalang Duty Officer Kitthiphum Thinthalong vowed to get to the bottom of the story.

Two days later, police arrested Chakrit Polklum, 35, and Prasit Sae-



The two men arrested for killing and robbing a friend.

ong, 31 on suspicion of murder.

The three men were good friends, Mr Chakrit told police, and often drank together.

But on May 30, after drinking at a karaoke bar and then at Mr Chakrit's house near the Victory Memorial Field, they argued.

"Thammanoon started insulting my parents, and it made me so furious that I grabbed a metal rod and hit his face twice," Mr Chakrit confessed.

After he fell unconscious to the floor, Mr Chakrit and Mr Prasit dumped Mr Thammanoon's body into the canal and hid his valuables.

They have been charged with robbery and murder, said Thalang Police Superintendent Sirisak Wasasiri. Mr Prasit, who was found with five *ya bah* (methamphetamine) pills, was also charged with use of a Category 1 narcotic.

– **Kritsada Mueanhawong**



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Thais proclaim innocence in Malaysian royal attack

By Kritsada Mueanhawong

TWO Thai men arrested for their involvement in the attack on a Kedah royal family bodyguard at a luxury hotel in Patong on May 28 maintain that they are innocent.

Though the pair admits to being in the room at the time of the attack, they say they had no prior knowledge that it would occur and were simply drivers who had been paid 5,000 baht to drive two Malaysian men from Trang to Patong.

The attack at the Millennium Hotel in Patong, where the Malaysian royal group was staying, left Mohd Sobri Bin Said, a bodyguard of Kedah Council of Regency chairman Tan Sri Tunku Annuar Sultan Badlishah, badly beaten and bleeding profusely from a serious head wound.

Police immediately launched a manhunt across Southern Thailand, and within two days had arrested the two Thais – Prakong Seesopha, 32, and his older brother Sakorn, 34 – as well as a Thai woman identified as Thanyporn Toh-in, and two Malaysian men, The Lai Chay and Hing Yam Shiong.

According to Mr Prakong,



Mr Prakong walks behind a Malaysian suspect as they enter the police station. Photo: Kritsada Mueanhawong

when the group arrived in Patong, he and his brother went into the hotel with the Malaysians, who picked up a key card at the front desk and entered a hotel room, saying they wanted to surprise a friend.

When the “friend” arrived,

however, the two Malaysians started to attack him.

The royal party also told police they had been robbed of items valued at about 42,000 baht, leading police to charge all five of the suspects with robbery and assault.

A source said that hotel staff recognized at least some of the perpetrators as members of Tunku Annuar’s security team, and that the incident was an “internal affair” that would be dealt with when the group returned to Malaysia.

Island manhunt called off after fugitive found in Bangkok

THE Phuket manhunt for Carlo Konstantin Kohl, who escaped his Australian guards at Suvarnabhumi Airport while being escorted home to Germany, has been called off.

Police arrested the 25-year-old at the German Embassy in Bangkok on May 30, Immigration Police Commissioner Panu Kerdlabpol said.

Mr Kohl was fined 6,000 baht for illegal entry to Thailand and was to be deported after he “re-enacts his crime”, the immigration police commissioner said.

“We have contacted the Australians and asked them to provide another escort to take him to Germany,” Gen Panu said.

Mr Kohl reportedly fled the airport on May 15 through an emergency exit in the transit area while his escorts, civilian guards hired by the Australian immigration department, slept.

The incident has caused embarrassment at the airport, where authorities have vowed to upgrade their security systems.

Thai officials said they were not informed that the German criminal escorted by Australian guards was passing through Bangkok.

– *The Nation*

Danger season surf claims one life, endangers fishing vessel

HEAVY waves striking the west coast last weekend claimed the life of one man fishing at Patong Sunday night and demanded the Marine Police assist a fishing boat in distress.

Police responded to an emergency call at about 7pm Sunday, reporting that one man had drowned at Patong.

The officers arrived at the scene, the southern headland of Patong Bay, with Kusoldharm Foundation rescue workers to find 27-year-old Burmese man, Mr Mhao, crying and cradling his father’s body.

Mr Mhao explained to police that his father, Mr Zo, 57, was hit by a big wave when he was just about to cast his fishing net.

“He walked off to a separate area so he could cast his net, but he was hit by a big wave, which ended up wrapping the net around him.



Marine Police tow the fishing vessel back to shore.

“He fell down into the water and the net stopped him from being able to keep his head above the waves,” he said.

The fatal incident at Patong followed Marine Police rescuing a fishing boat in distress about 10 nautical miles offshore from the Sarasin Bridge.

– *Kritsada Mueanhawong*

Chinese ‘abductor’ faces more police charges

IN PHUKET Prison since May 20, illegal taxi driver Paitoon Kruain continues to deny that he sexually assaulted a Chinese tourist whom he picked up at Phuket International Airport on May 17 and drove around in his car for five hours.

“He has been charged with sexual assault, deprivation of liberty and being under the influence of drugs,” Phuket City Police Chief Sermphan Sirikong confirmed on June 3. However, just before his file was handed over to the Phuket Prosecutor’s Office two additional charges were levied against the man: consuming alcohol while driving and operating a regular vehicle as a taxi.

The 19-year-old Chinese tourist allegedly assaulted by Mr Paitoon was examined at Vachira Phuket Hospital after the incident.

“The test results show that she had no bruises or scratches from her time of captivity in the vehicle,” Col Sermphan said.

As they pursue the investigation, police have attempted to determine whether Mr Paitoon has a history of sexual harassment.

Police plan to discuss the case further with doctors before handing the case to the prosecutor’s office, he added.

The case is now in the hands of



Illegal taxi driver Paitoon Kruain

the public prosecutor. However, Mr Paitoon has already been fined 2,000 baht for operating a regular vehicle as a taxi, said Col Sermphan.

– *Irfan Jamdukor*

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Chinese Ambassador wins promise of translators to assist police action

THE Deputy General Director of Tourism has vowed to hire Chinese translators for Phuket police stations in reaction to concerns raised by Chinese Ambassador to Thailand Guan Mu.

"We will hire police translators to work with the police," Deputy General Director of Tourism Kajorn Weerajai said. "I also plan to make a guide book for Chinese tourists and improve the efficiency of the tourist police call center."

Ambassador Mu raised six problems at a conference on May 29, concerning facilities, corruption and safety. He also proposed suggestions that gained support from Phuket Vice Governor Sommai Prijasilpa, who co-chaired the conference.

"About 4 million Chinese tourists are forecast to visit Thailand this year and our goal is to help them feel more comfortable while they are here," said Amb Mu.

"In high season, there are not enough hotel rooms or transportation and not enough guides who can speak Chinese," he said.

He suggested allowing Chinese nationals to be guides and increas-



Sansern Ngaorangi, the TAT Deputy Governor for International Marketing (Asia-South Pacific), vowed to take care of Chinese tourists in Thailand.

ing the number of hotel rooms, as well as buses for tour groups, as some tourists had complained of having to wait three hours for their tour bus.

The scamming issues highlighted by the ambassador included jet-ski operators overcharging for repairs and agencies selling "zero-baht tour packages" at prices so low that hotels have

refused to allow these pre-paid guests to check in.

The ambassador also spoke frankly about police corruption, noting two problems: police extortion of money from tourists and an investigative system so slow that cases are rarely resolved, and suggested that police training needed improvement.

— Saran Mitrarat

The changing

KYAW Kyaw Khine is a piece of living Phuket history. At 47 years old, he is the first Burmese national to become a hotel manager in Phuket's critical tourism industry, at one of the best known hotels on the island: the On On Hotel on Phang Nga Road in Phuket Town. Here he tells the story of his challenging road to success.

By Namsai Wongsaree

THE opportunity for Kyaw Kyaw Khine, better known as "Joe", to shine with a long career in Phuket's tourism industry was made plain years ago, but the road ahead was set to be steep – and both he and the owner of The Treasury Village Group knew it.

"I want you to become my hotel manager. However, I am worried that you will have to face challenges to gain people's acceptance. Are you ready for that?" the owner asked.

Joe has answered that question amply: today he is the Associate Property Operation Director for The Treasury Village Group, making him the manager of the renowned On On Hotel in Phuket Town (now called The Memory at On On) and the Nasara House resort at Panwa Beach.

The long path to this crowning achievement rose out of the ashes of the "8888 Nationwide Popular Pro-Democracy Protests", also known as the People Power Uprising, in Rangoon (now called Yangon) on August 8, 1988.

Joe was a chemistry major at the University of Rangoon at the time.

"After the uprising, the government privatized some industries, including the hospitality trade. They opened 20 hotels around the country and recruited 10 staff for each hotel," Joe explained.

"I remember that day very clearly. More than 10,000 people applied for the 200 positions available. I was lucky to get a job as a hotel receptionist."

Joe attributed his early success to his proficiency in English.

"My English was probably what made me stand out from the other applicants," he said.

DREAM JOB

After two months of training – funded by the Burmese government, the United Nations Development Programme (UNDP) and the International Labour Organization (ILO) – Joe received a certificate from the Kandawgyi Hotel and Training

Center Joe and spent the next six years working as a hotel receptionist and a part-time hotel business teacher.

During that time, Joe landed a job at The Strand Hotel. One of the most prestigious hotels in Myanmar, The Strand today charges up to US\$1,500 per night. Despite his prize position, Joe took computer classes in order to be more competitive in the job market.

"I had to work for the government for at least five years, and in 1995 I received a government certificate allowing me to seek employment opportunities elsewhere. I could work on a ship or in an embassy. Working in a foreign country is everyone's dream in Myanmar," Joe explained.

"I took up a friend's invitation to move to Thailand. I started working as a hotel receptionist on Phi Phi Island with a monthly salary of 4,000 baht," he recalled.

In his 15 years of dedicated hard

work since then, Joe encountered many challenges, among them culture shock.

"What I found most challenging was the difference between Thai and Burmese cultures. For example, Burmese like to argue. It is normal for us to argue, which

sometimes may lead to a fight. Thais are more quiet and keep their feelings to themselves," Joe explained.

FAMILY

When the tsunami hit the Andaman coast in 2004, Joe realized how caring his employers were.

"As the fallout from the tsunami took its toll on tourism, many hotels cut staffing to half, but my owners kept everyone – they didn't fire a single person."

He spoke with gratitude of the couple – Veerapan Trisuvan, who passed away in 2011, and his wife Nasara Trisuvan, the current owner of The Treasury Village Group.

"I initially came here on a tourist visa and worked illegally. It was very complicated for a Burmese person to get a work permit in this country, more difficult than other foreigners," he said.



Hotel manager Kyaw Kyaw Khine receives a respectful wai during a Songkran event.

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face of the Phuket hotel industry

"I consider myself very lucky to meet such wonderful owners. They helped me from the start with the legal process of obtaining a Thai work permit... They are family," he added.

ACCEPTANCE

The post-tsunami rebuilding offered a golden chance for Joe to shine in his role as a manager. "As an Executive Assistant Manager at the time, I ordered everyone to help renovate the hotel. One of my workers was afraid to climb up and paint the ceiling, so I did it myself.

"Like my employer said earlier, it was not easy to gain acceptance at first. The key to success is to prove your abilities – not by words, but by actions. I showed them what I was capable of and they respected me for that," Joe said calmly.

A key ingredient to success is patience, said Joe.

"There is a Buddhist saying, 'Patience is our highest moral practice'. I would like to suggest this to all Burmese people working in Thailand. I started with nothing more than a salary of 4,000 baht a month and a determination for a better life – and I worked hard for it.

"Even though I was promoted to Front Desk Manager after only



KYAW Kyaw Khine, better known as Joe, is a piece of living Phuket history. Photos: Facebook/Ayeyarwadee Khine

a few years of work, I still only got 6,000 baht per month. The market salary for my position was 20,000 baht. It took six to seven years before I finally got the market rate.

"I could not have overcome this without being patient," he said.

ALL IN THE MIND

Joe pointed out that many Burmese

he had met complained about being looked down on.

"No one here is looking down on you, it all happens in your mind. When Thais go work in a western country, they feel looked down on too, but I don't think they are.

"All you have to do is focus on the task at hand. Don't imagine things that will hurt you. Just be the best person you can possibly

be at whatever you do," he urged.

With the Asean Economic Community (AEC) trade regulations to come into effect in 2015, Joe believes that workers from Myanmar will go home if the right employment opportunities arise.

"Thailand may face a labor shortage. The Thai government should come up with solutions to counter this. I believe that making it easier for people to travel

back and forth across the border for work is a good solution to this problem," he said.

Thailand's long history as a land of bounty and opportunity likely plays a part in the Thai national psyche, Joe suggested.

"Thais are born with so many opportunities open to them, while Burmese have to struggle to gain anything. This may be why Thais are sometimes not serious enough. I would suggest Thais be more concerned about their lives and their work in order to be competitive with a wider source market of labor in the Asean community," he said.

As for Burmese working illegally in Phuket and Thailand, Joe suggested that better education is what his country needs.

"The Burmese government should provide its people information about working abroad. People should be informed and assisted throughout the process of obtaining visas and work permits. No one wants to be illegal. Paying a broker 8,000 baht to come and work illegally is not appropriate," he said.

"Also, it would be a good idea for Phuket to have a Myanmar Consulate or an Honorary Consul to assist Burmese workers. Right now, Burmese have to travel to Bangkok to seek help.

"It is time to change that," he said.





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The two baby elephants under investigation in Phuket are not to be moved until the case is closed. Photo: Isaac Stone Simonelli

Prime suspect identified in baby elephant investigation

POLICE have identified a prime suspect in an illegal elephant smuggling ring that led to the recent DNA testing of two baby elephants in Phuket.

A subdistrict chief (*kamnan*) in Chaityaphum province who police have yet to name will be charged with making and using fraudulent elephant certification documents, Col Watcharin Phusit, Superintendent of the Regional Natural Resources and Environment Crime Suppression Division (NREC) said. "We believe the man contacted an officer in the Muang Chaityaphum District Office to issue illegal elephant certificates," he said.

"All involved will be charged with making and using fraudulent documents, and face fines of up to 40,000 baht, up to four years in jail, or both," Col Watcharin said.

"The two baby elephants found in Phuket are likely to have fraudulent papers," he explained.

"Both of the elephant owners said their registration documents were issued by Muang Chaityaphum District Office," he said.

Col Watcharin said that the first step would be to prosecute the subdistrict chief and officials in Chaityaphum.

Blood samples have already been taken from the baby elephants in Phuket and sent to the Department of National parks, Wildlife and Plant Conservation (DNP) but have not yet been examined, he said.

— *Irfan Jamdukor*

Taxi drivers scoop US sailors stranded by billing dispute

By Gazette Reporters

AMERICAN sailors in Phuket for shore leave waited for hours at the Deep Sea Port on May 30 for promised buses that never arrived.

The cause of the missing transportation — first blamed on a taxi blockade — was later confirmed to be the result of a financial dispute between the US Navy transportation contractor and a local bus company.

Unlike the taxi blockade US sailors faced at the port in 2010, the hundreds of taxis, tour vans and tuk-tuks at the gate of Phuket's key port facility this time were there to serve the servicemen and women who had arrived on the USS *Nimitz* and USS *Princeton*. The armada of local transport vehicles were called in after the regular bus organized to transport the sailors to popular tourist areas across the island failed to show up.

Glenn Defense Marine Asia Co Ltd (GDMA), held the land transportation contract with the US Navy to ferry sailors out of the Deep Sea Port, and had subcontracted the local Blue Sea Tour Bus company to run the buses for the sailors.

According to Narong Kumban, the local village headman, Blue Sea Tour Bus and GDMA had worked together before, and GDMA had an outstanding debt owed to Blue Sea Tour Bus.

"Blue Sea had been trying to



Illegal taxi drivers wait outside the port for US sailors. Photo: Orawin Narabal

collect 3 million baht from GDMA since last October. Despite lack of payment, they provided transport for the sailors on May 28 and 29, but when they still did not receive payment, they went on strike," said Mr Narong, who is a relative of the Blue Sea Tour Bus Managing Director Alee Kumban.

As soon as word got out to the sailors queuing on the Thursday morning that there might not be a bus coming any time soon to pick them up, they quickly dispersed

in small groups, and made their way on foot to the exit gates, where they were met with just as eager chauffeurs.

When the *Gazette* arrived at the scene shortly after 10am, the area in front of the port entrance was choked by about 200 "black taxi" drivers [regular citizens providing taxi services] standing beside their sedans and vans.

US Navy serviceman Nicholas, accompanied by five comrades, told the *Gazette* that he was thank-

ful for these taxis.

"Yesterday, a friend and I took an all-day tour with our chauffeur, Mr Wat, for 1,000 baht," he said.

The taxi drivers inside the port area were charging much higher fares, he said, noting that he was initially quoted 5,000 baht from one "green plate" [legally registered] taxi inside the Deep Sea Port for a one-way trip to Patong.

At 10pm on the day of the strike, Phuket Marine Office chief Phuriphat Teerakulpisut brokered an agreement between GDMA and local transport companies represented by Mr Narong that fell short of providing the needed 37 buses, but at least provided transportation for many of the sailors for the duration of their stay.

GDMA would supply eight buses through local operators and local transport companies would provide 20.

In addition, GDMA agreed to pay part of their debt to Blue Sea that night, and the rest by June 1.

Blue Sea would not provide any more transportation for the sailors, and it was unclear whether GDMA and Blue Sea would renew their contract going forward.

"If Blue Sea does not want to continue the contract, the right of service will go to the local taxis," Mr Narong said.

The deadline for GDMA to pay off the rest of its debt has been extended to June 7, Mr Narong said on June 4.

Patong beachfront road to get powerful facelift

A PLAN to beautify more than 3.5 kilometers of the Patong beachfront road by installing unsightly power lines underground was presented at a public hearing in Patong on Monday.

If the 203-million-baht project passes the public hearing process, as it is expected to, construction could start this year, covering the stretch of Thaweewong Road from the three-junction in Kalim to Klong Pak Bang bridge, a total of 3.65km.

"A total of 88mn baht will come from the Provincial Electricity Authority (PEA) and 115mn baht will come from Patong Municipality," explained Surapon Buakaew, Patong Municipality's Chief Technician.

"But first we need to present the idea to the public and allow them to comment," he said.

At the hearing, led by Patong Mayor Pian Keesin, Patong Superintendent Chiraphat Pochanaphan and PEA staff, local residents voiced concerns about pollution and traffic congestion.

"The traffic problem is the only thing that I'm really concerned about. Other than that, I just think the construction should be fast and have a clear schedule," Weerawit Kurasombat, President of the Patong Entertainment Business Association said.

"Overall, I support this project because it will make the beachfront road more beautiful," he added.



Patong Mayor Pian Keesin supported the plan.

The planners hope to use money from the 2014 budget, which takes effect in October, to start construction this year.

— *Kritsada Mueanhawong*



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Mobile blood donation clinic on the move

THE Phuket Regional Blood Center (PRBC), often called upon to save the lives of Thais and foreigners, has no reserves of O-negative type blood.

"We try to maintain a daily minimum stock of 200 units of A, B and O blood types, and 20 units of Rhesus-negative blood," said PRBC Acting Chief Pornthip Rattajak.

"We need all types of blood, but right now have a special need for O-negative as we have patients waiting for surgery who need O-negative blood," she added.

The Phuket Chapter of the Red Cross Society has announced its schedule of mobile donation clinics for the month of June.

The mobile blood donation clinics will be at the following places and times.

June 11: Phuket International Hospital, 1pm-4pm
June 13: Centara Grand Beach Hotel, (Karon Beach), 1pm-4pm
June 18: Duangjit Resort (Patong), 10am-3pm
June 19: Central Festival Phuket, noon-6pm
June 21: Bangkok Hospital Phuket, King Karl Gustaf Room 3rd Floor, 1pm-5pm
June 25: Nap Patong Hotel, 1pm-4pm
June 26: Prince of Songkla University (Phuket Campus), 10am-3pm
June 28: Dusit Thani Laguna Phuket, 10am-3pm

The PRBC blood center accepts donations at their headquarters on Rattanakosin 200 Year Road, located next to the Phuket Provincial Employment Office in Saphan Hin.

— *Auntika Sivasen*



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Sansiri encourages iodized salt consumption to help boost IQ of children

QUEER news



The dead cat hangs from the dog's neck. Image: Channel 77

Odd punishment for cat-killing dog upsets community

RESIDENTS of the city of Mukdahan in the Northeast are outraged over the local Buddhist temple's unusual method of punishing its dogs for misbehavior.

The furor erupted after people spotted one of the canines looked after by the monks at Sri Bun Ruang Temple walking around with the rotting corpse of a kitten tied to its neck.

A monk told reporters that the dog was being punished for killing the two-month old kitten, which it mangled one morning before the monks began their collection of alms.

Since refraining from killing is a key Buddhist precept, the abbot decided to punish the dog by having the monks tie a robe around the kitten's dead body and attached it to the dog's neck.

Many local residents were not impressed by the innovative approach to pet justice.

In particular, animal lovers have complained that the punishment is "extremely inappropriate".

— Channel 77 / The Nation

Signs for coral rehab

By Kritsada Mueanhawong

THE Department of Marine and Coastal Resources (DMCR) will install floating signs to warn tourists and local divers not to disturb coral that is undergoing restoration after suffering extensive damage at a seawalking site off Phuket.

The site includes more than 300 square meters of coral off Khai Nai Island that was allegedly destroyed by a seawalking tour company.

In response, the Phuket DMCR office launched a coral restoration project earlier this month led by marine officers and volunteer divers.

"We expect the signs to be ready by the end of June. They will be branded as issued by the DMCR and will warn visitors in Thai and English to keep out of the area as coral restoration is in process," Somying Phuangprasan, a Fishery Specialist at the DMCR, said.

"The DMCR cannot instigate legal action against any persons found entering the area. However, we would like to ask for your cooperation to comply," Ms Somying said.

DMCR officers will regularly return to the area to monitor any visitors or commercial activities that may continue, she added.

"Normally, DMCR officials



Despite the efforts of marine experts, the 300sqm of damaged coral will take years to grow back. Photo: DMCR

check the area every 10 days, but with the current weather causing strong winds and big waves, these visits may be less frequent," Ms Somying said.

Jakrit Janjit, Registrar of the Bureau of Tourism Business and Guide Registration Phuket office said Koh Yao Police were still investigating the complaint filed by

the DMCR against the seawalking tour company for the alleged destruction of coral.

DMCR officer Somnuek Boonyai told the Gazette there has been no significant progress in the case, despite the Koh Yao Police issuing a summons for the captain of the Sea Lion and his crew to present themselves for ques-



tioning on May 14.

The Sea Lion was present at the seawalking site on May 14, when DMCR officers arrived to carry out their coral restoration project.

"But none of them showed up, so the police are planning to issue a second summons," Mr Somnuek added.

Swedish Muay Thai fighter found dead on Koh Lanta

THE body of a Swedish Muay Thai fighter was found at the popular tourist island Koh Lanta on May 29.

Police and rescue workers arrived at a rental room at the Otto Bar after receiving a report of a dead foreigner. Police named the man as "Kasper Pobias Byreborg", 29.

"We believe he had been dead for about two days," said Pittaya Chariyanukul of the Koh Lanta Police.

Mr Byreborg's right hand was grasping a syringe, while his left held a small empty alcohol bottle, about 100cc, Lt Pittaya said.

The fighter, who had been training at Lanta Gym according to the bar owner, had track marks on his left arm.

"There was no trace of a struggle in the room," Lt Pittaya said.

"Mr Byreborg came here to train for Muay Thai. He checked in alone to a rental room

behind my bar on May 24. The last time I saw him was on May 26," Payuntara Chanpukdee, owner of the Otto Bar, said.

Ms Payuntara checked in on Mr Byreborg's room when she noticed a stench emanating from inside.

"When I opened the door, I found his body," she said.

Police have yet to confirm the cause of death.

— Kritsada Mueanhawong

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Kasikorn bank customers warned of trojan

KASIKORNBANK (KBank) issued a warning on June 1 for all online banking customers to beware a trojan spyware message asking customers to download a program to their computer or mobile phone.

Doing so may allow the spyware to steal your "one time password" SMS text messages sent from the bank's online banking system, called "K-Cyber Banking", to the mobile phone and allow criminals to make fraudulent transactions.

"We have yet to get the message out to all our customers," a staffer at the KBank customer service center in Bangkok said.

The warning messages are being sent by SMS text messages and emails to all K-Cyber Banking customers, the staffer confirmed.

"If any K-Cyber Banking customers have any questions about this, please contact the K-Contact Center at 02-888 8800 [ext 03] anytime 24 hours a day, or email us at info@kasikornbank.com,"



Warning sent to customers.

she urged.

A warning notice has been posted in the Kasikornbank website.

The message reads:

Beware a Trojan/Spyware program that can display a message on your computer screen asking you to download an Application Program to your mobile phone, especially Android smartphone. The application program can steal your OTP SMSs that are sent from

K-Cyber Banking System to your mobile phone and make fraudulent transactions.

KBank will never ask you to download any Application Program to your mobile phone for use with K-Cyber Banking Service. Please also beware of a fraudulent SMS message that provides a link (URL) for downloading such an application program to your mobile phone.

While using K-Cyber Banking System, if you find any irregularities such as a message saying that you need to download an application program to your mobile phone, it is possible that your computer may have been infected by a Trojan/Spyware program. You must stop using the system and immediately call KBank to ask our staff to suspend your K-Cyber Account. You may resume using K-Cyber Banking only after you are certain that the Trojan/Spyware has been eliminated from your computer.

— Phuket Gazette

Running forward

Rohingya children fleeing shelter with dreams of Malaysia

By Orawin Narabal

SINCE the beginning of April, 22 Rohingya children have run away from the Phuket Shelter for Children and Families on Koh Sireh, the director of the center said on Wednesday.

The children were apprehended by authorities when they arrived in Thailand by boat on March 22 at Koh Lone and later transferred to the shelter.

Center officials took the group of 41 youths to Vachira Phuket Hospital for medical check-ups, at which point 12 of them were determined to be over 18 years old and returned to immigration officials, as the shelter's regulations allow it to house only mothers, and youths under the age of 18, explained the director of the center, Jeeranun Cheamcharoen.

The children began running away a short time later, Ms Jeeranun confessed.

The first group pulled the steel bars off a window and ran away, Ms Jeeranun said. The bars are there for security from burglars, not to keep the children in, she noted. The runaways were found by local residents at a nearby mosque and brought back the next day.

"The children told us they wanted to go to Pattani to take a bus to Malaysia," she said.

At the end of April, another group of children ran away.

Members of a group called Phuket Muslims for Peace found



Children that have been returned to the shelter say they were heading for Malaysia.

one of the children at a local mosque and returned him to the shelter, Ms Jeeranun said.

"The boy told us that the night before they left, they saw news about Rohingya in Burma on TV and were afraid that we would send them back to Burma, so they decided to run away," she said.

Then on June 2, 11 children ran away and have still not been found, Ms Jeeranun said.

"I talked to the remaining children and asked if they had any problems staying here. I told them they could tell us about any problems they were having, as we would listen and help. They said,

"No, we're okay, we want to stay here," she said.

The next day, a group of eight boys ran away. Six of them were later returned by the Phuket Muslims for Peace.

"I don't believe they are leaving because they are mistreated or stressed, as some media have reported," she said.

Reports of refugees fleeing the shelter came after ITN Channel 4 News in the UK broadcast a report highlighting the cramped conditions many Rohingya are facing in detention at the Phang Nga Immigration Office. The program showed more than 270 Rohingya

men being held in two wire-bound holding cells, each designed to hold only 15 men.

"The children are running away from the shelter because they have a goal to be somewhere else.

"As you can see when you enter the shelter, they can walk around freely; they are happy, smiling and playing with each other," she said. "But if they still do not want to stay with us, that is their choice."

"Everyone wants freedom. I do understand. If I added barriers to prevent them from leaving, it would only make the center a place of detention, which is not what we want to do," she added.



Col Sunchai says the laws on deportation of drugs have been in place since 1979. Photo: Gazette file

Immigration: blacklisting foreigners for drugs since 1979

FOLLOWING the recent spate of foreigners being charged with minor drug offenses, the chief of Phuket Immigration confirmed on May 28 that all foreigners arrested for drug use, or any drug-related offense, are transferred to Bangkok and deported.

"The law is not new. It has been in use since 1979. Any foreigners found guilty in any drug cases will be deported," Phuket Immigration Superintendent Sunchai Chokkajaykij said.

"The law has never been changed. There is nothing new as mentioned in recent news," said Col Sunchai.

— Orawin Narabal

PLTO serious about tour bus crackdown

From Page 1

...avoid crashing into the house."

The bus slammed into the home of Patong resident Thitiporn Kingko, 35, who escaped injury in the spectacular accident.

"Ms Thitiporn was upstairs when the bus entered her living room," Col Jongserm explained.

"This is the second time a vehicle has crashed into my house," Ms Thitiporn said.

Chief Terayout explained that police and the PLTO were investigating Tuesday's accident to confirm whether the driver or brake failure was at fault.

"The accident has been reported to the Land Transportation Department head office in Bangkok. We will conduct our investigation and pass on our report to them. They will decide whether any further investigation – or action – is required," said Mr Terayout.

The Phuket transport chief also confirmed that bus driver Mr Puang was still legally entitled to drive a commercial passenger vehicle despite his advanced age.

"Even at 68 years old, people are still legally allowed to operate a commercial passenger vehicle – as long as they pass the tests for a bus driver's license," Mr Terayout said.

Tour buses coming to Phuket from Bangkok and other areas of Thailand remain a top safety concern.

"We cannot test the brakes on every bus coming over the bridge [into Phuket] and the drivers are not used to Phuket roads. This can cause accidents, especially on the Patong and Karon hills," he explained.



A bus 'parked' in the house.

"Even in Phuket, we have discovered that many companies on the island are using vehicles that have not passed their annual vehicle safety inspection. By the end of this month I will call in every bus service provider on Phuket to remind them of their legal obligations to meet safety standards," he said.

The penalty for using a bus that has not passed its annual safety inspection is a fine of up to 50,000 baht.

"Companies found to repeatedly neglect to have the safety inspections will have their commercial

passenger permits revoked," he warned.

Mr Terayout assured that tour buses arriving from outside Phuket will be held accountable by the Land Transportation Office in the province where the vehicle is registered.

"The tour bus company responsible for the bus full of Russian tourists that ran off the road while descending into Patong in late 2011 paid millions of baht in fines and compensation to tourists," Mr Terayout said.

"For the 2011 case, the company was held accountable because the cause was found to have been brake failure, not driver error," Mr Terayout explained.

He cited another notorious accident during that same week in October 2011, when a bus overturned on the hill between Chalong and Kata.

"In that accident, the driver was found to be at fault – he was not familiar with the road – so police charged only the driver," he said.

Additional reporting by Thawit Bilabdullar



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CANAL VILLAGE
LAGUNA SHOPPING



Director-general of the Department of Special Investigation Tarit Pengdith says his team has been following the case for several years now. Photo: The Nation

DSI launches investigation into luxury car tax evasion

THE Department of Special Investigation (DSI) has launched a probe into cases of tax evasion involving nearly 7,000 luxury vehicles, with customs, excise, revenue, land-transport officials and politicians possibly linked to the illegal import and false registration of the high-end cars.

"We suspect that 5,832 luxury cars have been registered illegitimately in a way that allows buyers to avoid paying taxes," Director-general of the Department of Special Investigation Tarit Pengdith said on June 3.

The investigation was sparked by last week's mysterious blaze that damaged four sports cars on a car-transport trailer in Nakhon Ratchasima. No one has stepped forward to claim ownership of the vehicles.

The owner of the trailer truck told police she did not know who owned the cars or who paid for their transport.

The DSI had been monitoring cases of "suspicious" luxury cars for a few years already, Mr Tarit said. The current case implicates at least 18 suspects, including customs, revenue, excise and land-transport officials.

Mr Tarit said the white Lamborghini damaged in the fire had been on a DSI watch-list. It was among the more than 1,000 vehicles awaiting registration or registered after being imported as auto parts and re-assembled for the purpose of tax evasion.

Mr Tarit said that evidence had yet to lead to any specific politician.

Newspaper president deeply concerned by lese majeste law

THE President of the World Association of Newspapers and News Publishers (WANIFRA) expressed deep concerns about the "misuse" of the lese majeste law in Thailand during a speech in Bangkok.

Opening the World Newspaper Congress on June 2, president Jacob Mathew said the law had created a "climate of fear" in the Kingdom.

"The lese majeste law allows anyone to file a lese majeste case – anyone can accuse anyone," he said of the law, which criminalizes insulting the monarchy.

"WANIFRA is deeply concerned of its misuse and the arrest of an editor and citizens,"

he said, referring to the jailing of Somyos Prueksakasemsuk, editor of the now-defunct Voice of Taksin news magazine.

Mr Somyot was sentenced to 10 years in prison earlier this year for publishing two articles that were deemed defamatory to the monarchy by the court.

Mr Mathew used his speech to also praise HM King Bhumibol Adulyadej for his annual birthday speech in 2005, in which HM the King stated that he could be criticized.

In a speech at the same conference the following day, Prime Minister Yingluck Shinawatra said the mass media must exer-



Jacob Mathew (right) in Bangkok. Photo: The Nation

cise the freedom of press responsibly.

"Freedom without responsibility can lead to confusion and even turmoil," Ms Yingluck said.

Guy Fawkes face of new wave of protests

THE Guy Fawkes masks used by anti-government campaigners online have migrated to the streets, with demonstrators donning them in the first of what could be a fresh batch of street protests in Bangkok.

Abhisit Vejjajiva, the leader of the opposition, has demanded the government take the protesters seriously after about 700 people wearing the masks took to the streets last Sunday.

The group, also comprised activists from the so-called "Thai Spring" anti-government campaign, walked from the Central World shopping complex to the Bangkok Arts and Culture Centre to protest against the Yingluck Shinawatra administration, which they say is a puppet regime controlled by her brother, the fugitive former PM Thaksin.

Deputy Prime Minister Chalerm Yoobamrung dismissed the Guy Fawkes protesters as just "yellow shirts in disguise", referring to the People's Alliance for Democracy movement that forced two Thaksin Shinawatra-aligned governments out of power in 2008.

He also described the Thai Spring group of Kaewsan Atibodhi, a former Assets Examination Committee member, and former senior police officer Vasi Dejkujorn, as a group of "people with nothing to do".

Shortly after the group left, government supporters wearing red masks and calling themselves "Ultra Red" and "*Daeng Sayiew*" held a counter-protest at Siam BTS station.

The red-shirts held up signs



Anti-government protesters have taken to using the well-known Guy Fawkes masks. Photo: The Nation



saying "Protect the monarchy". They accused the white-mask group of using an "anti-monarchy" plotter as the symbol of their campaign.

Despite the counter protest, Mr Abhisit called on the government to think about why the people were revolting.

"The government should have considered what caused them to come out to protest," he said.

The Democrat said if the Pheu Thai-led government had resolved national problems, the country would have remained peaceful and it would have more time to solve issues.

Meanwhile, Mr Thaksin's legal

adviser and spokesman Noppadon Pattama said certain groups of people were attempting to destabilize the government via "legal mechanisms".

Mr Noppadon, who is part of the ruling Pheu Thai Party, said he had noticed "unusual movements of news" in the social media lately.

He added that many rumors were being spread on the internet, including hoaxes about possible explosions or a military coup.

'No closure' to mystery of Italian photographer gunned down in 2010 riots

AN ITALIAN photographer who was killed during the May 19 crackdown on the 2010 red-shirt protests was killed by a high-velocity bullet that came from the direction of the Army, the Criminal Court has ruled.

But the court added that it was "unclear" who killed Fabio Polenghi.

The ruling meant there was still "no

closure" on the mystery, said Elisabetta Polenghi, the dead man's sister, who has been fighting for justice for her brother since his death.

She said that while she did not want the killer or the person who ordered the use of live ammunition to be sentenced to death or even to prison, she did want some form

of accountability.

Part of the inquest finding said: "It is believed that the bullet which killed the deceased came from the direction of officers who were moving to take control [of Ratchaprasong Intersection] from the Sala Daeng area... but it's unclear who did it."

The court said the bullet was most likely a

.223 high-velocity bullet used by soldiers stationed in Sala Daeng, as troops were authorized to use live bullets that included .223 bullets on that day, the judges said.

The bullet shattered Mr Polenghi's liver and lung, said the judges, who added that there was no evidence that anyone but the Army had such weapons in the area on that day.

Strikers clash with colleagues over fashion factory pay rates

By Prak Chan Thul

AROUND 4,000 striking workers on Monday forced their way into a factory in Cambodia that makes clothing for US sportswear company Nike.

The protesters clashed briefly with colleagues who had remained on the job before being dispersed by police.

Police said at least 11 policemen and eight workers were injured.

The confrontation at the Sabrina factory followed a series of deadly incidents at factories in Bangladesh, the world's biggest clothing exporter after China, including the collapse of a building in April that killed more than 1,000 people.

Witnesses said many of the workers pressing for a wage increase at the Sabrina plant west of Phnom Penh were armed with sticks and rocks and smashed windows before being confronted by non-strikers.

About 1,000 police and soldiers used batons and shields to separate the sides and disperse the strikers.

"We had to break them up in order to protect the whole factory from destruction," Kheng Tito, a national military police spokesman, told Reuters.

Sao Sreytouch, a striking worker, said she was confronted by other workers with sticks and steel pipes upon entering the factory, where workers walked out on May 21.

Sun Vanny, president of the Free Trade Union (FTU) at



Garment workers stand in front of police during a protest at a factory owned by Sabrina Garment Manufacturing in Kampong Speu province, west of the Cambodian capital Phnom Penh on June 3, 2013. Photo: Reuters

AROUND THE region

Sabrina, accused police and factory owners of colluding "to cause chaos" and force an end to the strike.

Hong Luy, chief of administration for Sabrina (Cambodia) Garment Manufacturing said last week that the company could not afford to raise workers' pay,

which stood at the equivalent of up to US\$102 a month.

A spokeswoman for Nike told Reuters last week that compensation at the Cambodian factory was the responsibility of the factory, but that Nike was in "close contact" with the factory and would "continue to monitor the situation".

"It is our understanding that this factory raised its own minimum wage on May 1 and pays above the country's minimum wage," Nike spokeswoman Mary Remuzzi told Reuters by email last week.

The sportswear giant has five factories in Cambodia, representing 0.6 per cent of its global total.

The deadly incidents in Bangladesh and other mishaps, including a roof collapse at a factory in central Cambodia that killed two people, have generated renewed global interest in safety standards.

Many Western brands, attracted by cheap labour, have turned to Asia to have garments made at a cost that will make them attractive to bargain hunters in Europe and North America.

— Reuters

In brief...

Vietnam police detain 20 over anti-China protest

POLICE in Vietnam moved swiftly to break up an anti-China protest last Sunday, making at least 20 arrests in the communist regime's tough stance on dissent. The crackdown came despite the government chiding Beijing for aggression in the South China Sea.

Rakhine leaders object to Bengali immigrant voters

ETHNIC Rakhine leaders are calling for the election commission deny "Bengali immigrants" with temporary identification cards the right to vote in the 2015 election.

"When citizen rights have been given to unworthy people, we need to review whether this seems to harm 'Perpetuation of Sovereignty' [one of the three Main National Causes outlined by the military government after 1988]," said Dr Aye Maung, chairman of Rakhine Nationalities Development Party.

Al Qaeda suspects freed in Malaysia

TWO Malaysian men charged for attempting to join al Qaeda branch in Syria were released last week after the High Court said the charge was unconstitutional.

One of the men, Yazid Sufaat, a biochemist and former army captain, was imprisoned for seven years on suspicion of being part of the Jemaah Islamiah militant network. He was also suspected of providing lodging for two of the September 11, 2001 hijackers.

Freeport tunnel probe may last months

FREEPORT McMoRan Copper and Gold Inc's Indonesian copper mine will not be able to resume output until a probe into a deadly tunnel collapse is completed in about three months time, a government official said, adding to worries over metal supplies.

Freeport suspended operations at the world's second-largest copper mine on May 15, the day after a training area in a tunnel away from main operations caved in on 38 workers in one of Indonesia's worst mining disasters.

The mine normally produces around 220,000 tonnes of concentrated ore a day, with around 140,000 tonnes coming from open-pit mining and 80,000 tonnes from underground operations.

A three-month stoppage at the mine would take an estimated 125,000 tonnes of copper out of the global supply chain.

"There is now an independent investigation team which will work on the minister's orders for three months," Director of Minerals at the Energy and Minerals Resources Ministry Dede Suhendra said.



Workers take part in the rescue effort after the tunnel collapse at the Grasberg complex in West Papua on May 17. Photo: PT Freeport Indonesia

"While the investigation is ongoing, there cannot be any production activity, except maintenance," she added.

Company officials could not be reached for comment.

"The team... will evaluate geological conditions at Freeport to determine work safety," added

Ms Suhendra.

"Freeport is responsible for evaluating and verifying work safety and surrounding areas."

Freeport Indonesia spokeswoman Daisy Primayanti on May 1 said the government investigation was likely to take at least two months.

— Reuters



Phuket today

Phuket Gazette

Phuket Today is a 30-minute lifestyle show about Phuket. The show features resorts, villas, restaurants, yachts, private aircraft, nightlife, sports, leisure activities and events.

Produced by PGTV, the television arm of the Phuket Gazette, the show is designed to promote Phuket to tourists and the international community resident in Thailand.

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8 shows a week - MCOT World		Covers all Phuket.	
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Wednesday:	10:10am	Saturday & Sunday: 10:30am, 9:10pm.	
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Saturday:	01:10pm		
Sunday:	06:10pm		

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Wednesday:	10:10am		
Thursday:	01:10pm		
Friday:	04:10am & 07:10pm		
Saturday:	01:10pm		
Sunday:	06:10pm		

Online: www.phuketgazette.net/tv | www.youtube.com/PGTVPhuket

And in 4,600 hotel rooms around the island, international hospitals and Phuket Immigration Office.

In brief...

Fukushima plant operator reverses claim groundwater not contaminated

TOKYO Electric Power Co said on Tuesday it had detected radioactive caesium in groundwater flowing into its wrecked Fukushima Daiichi plant, reversing an earlier finding that any contamination was negligible.

The announcement is yet another example of Tokyo Electric initially downplaying a problem, only to revise its findings because of faulty procedures. It casts further doubt over its control over the cleanup of the worst nuclear disaster since Chernobyl in 1986.

Egyptian blogger convicted of insulting president

A HIGH-PROFILE Egyptian blogger and activist was sentenced to six months in jail on Monday for insulting President Mohamed Mursi, in what campaigners said was the first major conviction in a legal crackdown on critics.

"It's clear that the government is trying to threaten activists with these cases," one of his lawyers, Ali Soliman, told Reuters.

UN: Somalia cases of killing, maiming, abuse of children down by half

THE number of children killed, maimed, abused and recruited to fight in Somalia dropped by more than half in the first quarter of 2013 due to less fighting between Islamist al-Shabaab militants and government forces, the United Nations said on Monday.

The number of verified "grave violations" against children fell from 1,288 to 552, the report to the UN Security Council on Somalia said.

China: give up pursuit of nuclear tests North Korea

AROUND THE world

By Benjamin Kang Lim

CHINA told an envoy of North Korean leader Kim Jong-un that Pyongyang should stop conducting nuclear and missile tests, but the North showed little sign of heeding the request, said a source with knowledge of the talks held late last month.

Kim dispatched Choe Ryong-hae, vice chairman of the country's top military body, to explain North Korea's recent actions but he got a lukewarm reception from his Chinese hosts, said the source, who has close ties to Beijing and Pyongyang.

North Korea's 30-year-old leader took power in December 2011 and has carried out two long-range rocket launches and a nuclear weapons test since then. He also embarked on a months-long campaign of threats against South Korea and the United States. "[North] Korea has not mellowed," said the source, who did not attend the meetings but has since spoken to both sides to which he has regular access.

Mr Choe, nominally a general but with no known military experience, is the Korean People's Army's top ideologue. He showed up in Beijing in full military regalia, in contrast to his suited Chinese counterparts.

Experts have said the three-day visit was an attempt by North Korea to mend fences with its only major diplomatic ally, which has been critical of Pyongyang.

After the meetings, in which Mr Choe eventually held talks with



Choe Ryong-hae (center), director of the General Political Bureau of the Korean People's Army (KPA) of North Korea, walks with Chinese Ambassador Liu Hongcai (right) before departing for China. Photo: Reuters

Chinese President Xi Jinping, North Korea promised to take "positive steps for peace" while China repeated its mantra of wanting "calm and restraint" on the Korean peninsula.

Beijing tried to convince Pyongyang to stop its nuclear and missile tests, which "put China in a difficult position and are not conducive to (North) Korea", the source said. China advised North Korea to focus on rebuilding its ruined economy instead.

North Korea's recent actions drew international condemnation and put Beijing under pressure, especially from Washington, to rein in Pyongyang. It also helped reinforce an American strategy of rebalancing its security policies toward the Asia-Pacific.

China is North Korea's biggest trade partner and aid donor. Mr Choe was shown a special enterprise zone during his visit, but he did not raise the issue of aid during his talks, the source added.

Asked if Pyongyang had agreed to halt nuclear tests, the source said that for the North: "It hinges on necessity."

North Korea has repeatedly said it will never abandon its nuclear weapons.

The source did not say if China spelled out any consequences if the North conducts more tests.

The nuclear and rocket tests and verbal threats were partly aimed at forcing the United States and South Korea to sign a permanent peace treaty with North Korea to replace the armistice

agreement that ended the Korean War, the source said.

Mr Choe told his Chinese hosts that Mr Kim had consolidated his power since the death of his father, Kim Jong-il, in December 2011, through the weapons tests and war threats that saw Pyongyang put its armed forces on alert this year.

There has been repeated speculation that the North's young leader had been challenged by some elements in the military, although these assessments have been impossible to verify given the closed nature of North Korea.

"Through mobilizing troops, Kim Jong-un wanted to see who obeyed and who refused to obey his command," the source said.

— Reuters

Afghan colonel arrested in prisoner torture case; American link suspected

AN AFGHAN army colonel has been arrested by the government for illegally handing over prisoners to a man working with a US special forces team that was accused of torture and killings, three sources have told Reuters.

The rare arrest of a senior military officer underlines the resolve of Kabul in cracking down on excesses in the 12-year-long civil war ahead of an election next year.

It also plays into government efforts to distance itself from the West as it woos Taliban insurgents to join peace talks ahead of the withdrawal of international combat troops in 2014.

Reports earlier this year that villagers detained by security forces in the Nerkh district of Wardak province were being tortured or killed led to a serious rupture between Afghan authorities and the US-led



Afghan flag is raised. Photo: Isaf Media

multinational force. Afghan President Hamid Karzai later ordered all Western troops out of Nerkh.

A senior Afghan government official in Kabul and two officials with international organizations said the colonel, who was based in Wardak, had admitted to handing over several prisoners to a man known as Zakeria Kandahari, a shadowy figure who has spent years working with US forces.

All three sources have access to investigations into the case but spoke on condition of anonymity due to the sensitive nature of the subject.

Both Kandahari, who was based in Nerkh, and the US troops there are accused by the Afghan government of committing human rights abuses or complicity.

— Reuters

Blaze at locked poultry slaughterhouse kills 120



ONE of the 70 injured in a blaze at a locked poultry slaughterhouse in northeast China that killed at least 120 people on Monday recovers in hospital. About 100 workers managed to escape from the plant despite the gate being locked when flames consumed the building. Photo: Reuters

PROPERTY Gazette

High-end housing segment in resort areas oversupplied

RESEARCH from the Thailand Real Estate Information Center indicates that the Kingdom's upcountry property markets (outside of Bangkok), including Phuket, Pattaya, Hua Hin, Pranburi, Surat Thani and Haat Yai, have been flooded with expensive, unsold residences.

Buyers are now looking towards cheaper housing and this is affecting the real estate markets in these areas, a report from the Agency for Real Estate Affairs (AREA) suggests.

Phuket province, especially in Phuket Town, is struggling to sell high-end condominium units. According to the report, ten condominium units valued at over 10 million baht have failed to sell in Phuket Town.

In contrast, in cheaper areas, like Kathu and Thalung districts, the lower cost of housing means that buyers are still eager to live there.

Likewise, demand is low for condominiums valued at 20 million baht or more located along the coast in Pattaya due to the price being too high.

In comparison, in the hills above Pattaya, buyers are shunning the 3 to 5 million baht duplex projects, and instead choosing to buy condominiums for the same price.

In the beachside town of Cha-am, in Phetchaburi province, just north of Hua Hin, 230 units of houses valued at 20 million baht, as well as 100 units in this segment in the Hua Hin – Pranburi area, are yet to be sold.

Surat Thani has only four houses left worth 15 million baht, while 2 to 3 million baht townhouses in Nakhon Si Thammarat, which are too expensive for people living in the area, are facing the same fate – there are still almost 450 units waiting to be sold.

In Haat Yai, the economic center of Songkhla province, apartments and condominiums are ever popular, since houses and townhouses are relatively expensive. Affordable houses tend to be in not-so-ideal locations.

To try and curb the flooding of the property market, Dr. Sophon Pornchokchai, CEO of AREA suggests: "To prevent residences flooding these areas, which is a result of banks reducing interest rates, the government should increase the [required] down payment deposit to 10-20% of the [project's] market

value, and [should also help to] protect consumers so to ensure the market will be more stable in long term." – *Phuket Gazette*

Photo: Bart Van Poll



Homes priced 2-3mn baht in Nakhon Si Thammarat are too expensive for locals.



Expensive condos overlooking the beach in Southern Thailand. Photo: daveiam



Demand is low for condos valued at 20 million baht along the coast in Pattaya. Photo: Ace's room



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THE GREAT MERGE: The modern tale of Patong and Phuket City. Picture above shows a panoramic view of Phuket taken from Rang Hill in Phuket Town. Photo: Yodels

A tale of two cities Phuket style



Property Watch
By Bill Barnett

THE RAINDROPS keep falling on my head. Rainy season always brings with it time to dust off the classics, and strangely enough, straight off my top shelf came Charles Dickens' *A Tale of Two Cities*. Life is played out so well in these tattered pages, which are turned a mottled brown on the edges. There is darkness and light, social injustice and a subtle sense of things comedic bubbling along just under the surface.

Here in Phuket, we have our very own tale of two cities. Well more correctly – one city and one town, but let's not split hairs, Patong is surely headed straight to City-dom, while we all still fall

into the nasty habit of referring to Phuket City as Phuket Town. Please note; the upgrade into the former came in 2004, but old habits die hard.

Geography has an interesting effect on the way things shift to and fro on the island, in a manner not unlike urban sprawl. Bangkok, for example, has seen massive shift in its central business district and tourism areas over the last 20 years. Perhaps the biggest game-changer was the BTS Skytrain which derailed both the Chao Phraya River and Silom districts and catapulted Sukhumvit to the nation's front page.

Suddenly, fading superstar hotels were left behind by the high yielding business travellers and many businesses relocated. Next to the river, things have never quite

been the same as they were in days past. Will the shiny new commercial areas of Rajdamri suffer the same fate in another twenty years? It's hard to say, but where else in the world can you stroll past a St. Regis, Four Seasons, Grand Hyatt, and soon, a Waldorf Astoria in the span of a few football fields?

What defines much of today's development of rural areas to urbanized centers is transportation. We all know this island lacks mass transport and for the foreseeable future the key spine road that goes from the Sarasin Bridge all the way to Rawai is the main artery of Phuket. There is simply no avoiding the fact. There are no logical alternatives on the west or east coast so this road straight down the middle will divide and conquer the growing metropolis.

Tourism continues to define the local economy and over the past two decades we've seen shifts from the south to the north, east and west. Find the big blocks of land and that is where the resorts will grow. Phang Nga's illogical zoning out of hotels and large scale residential areas from Thai Muang back to the other side of the Sarasin Bridge has simply put more pressure on available land here on the island.

While Phuket City remains the seat of Government, a defined movement was afoot as early as

the new Millennium (that's 2000 for those who don't know what the Big M is). First came the hypermarkets – Tesco Lotus, Big C and Makro. Then rolled in Central Festival, and the island suddenly stepped up its urban game. The City, or at that time the Town was on a fast move west, banking up on the main artery of Thepkassatri Road. Progress was marked by

residential projects both here and abroad. Often times I'm asked what is the forward looking view of Phuket. In my own opinion, the shifting sands of development will see the collision of Phuket City and Patong over the next decade. Logically the Kathu area will be the biggest beneficiary of this evolution.

We already see large Board of Investment (BoI) tourism attractions coming into the area and another larger Bangkok-based retail giant is considering a second mega-mall. Central, as has been reported in the press, is expanding their existing presence. While the critics are taking aim at the government's slow progress on the underpasses along the main transport artery, the fact remains: it is underway and will get finished.

Will the two tribes merge into one larger highly urbanized business, tourism and commercial district, or will they create a new more centralized version? It's hard to say, but most likely it will be a combination of both. Phuket's story is continuing to be written but if you want to gaze into a crystal ball, it's best to follow the transport infrastructure to spot where the action is.

Bill Barnett is Managing Director of C9 Hotelworks and can be contacted through C9hotelworks.com



We may not have BTS, but we have... Song Thaew. Photo: Eustaquio Santimano

curb appeal and road frontage.

Meanwhile post-tsunami Patong has been ramping up as well, building up an inventory of well over 30% of the island's hotel rooms, and within the last few years, setting the benchmark for unseasonal year round high occupancy. Retail here again helps shift things back off the main beach area and Jungceylon has somehow become the epicenter of a new highly urbanized resort destination.

As a consultant, I am heavily involved in the planning of new hotels, tourism attractions and

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WELCOME: Neon signs advertising Patong's nightlife. Photo: travellingzenwolf

Taking the long-term view

By David Mayes

I FIGURED I might as well go ahead and embarrass myself right out of the gates by making a bold prediction about where the local property market is headed. Unfortunately for you, my prediction is probably much longer term than you might be hoping to hear. It is based on a few simple principles, and I dare say that if you wait long enough, I will surely be right. Of course, I will admit that I don't know how long that is.

If any of you have never read the novel *Taipan*, you may find it hard to imagine that, just a few hundred years ago, Hong Kong was a totally barren rock which caught the fancy of a few bold British traders. The novel is historical fiction, so while the names are not real, the general idea follows history fairly accurately. Since that time, Hong Kong has seen its population continuously expand and the real estate market has seen its share of booms and busts. However, the general trend has been up, up, and away.

I don't think Phuket is likely to see towering skyscrapers like central Hong Kong just yet, and the current boom may find us getting too far ahead of ourselves at some point (and some might argue we already are). What I do think however, is that Phuket will continue to grow as an international hub in the region, not just as a holiday destination, but also as a place of residence for expats and Thais alike. I recently read that about 50 per cent of the entire world's population is in East Asia. If you have ever looked into population studies, they tend to grow exponentially until some catastrophic event dramatically

reduces the numbers. Thus the coming global population boom is likely to have, by far, the greatest effect in Asia.

What this means in the long run is that the need for housing will likely grow much quicker in Asia than in the rest of the world, and this disparity should grow larger over time as well. With the infrastructure the island has in place, it is likely to continue to attract middle class people from all over the world who seek a relative bargain on first and second homes.

The catch is, that property prices are a function of both supply and demand. Developers are currently making big bets on a big increase in demand and are ramping up supply in a way I have never seen. Granted I am still quite young, especially by Phuket expat standards. What happens in the short run is going to be a matter of which one takes off at a faster pace – demand or supply.

In the long run, I think demand for housing in Phuket will be upward trending. As much as I wish it weren't so, Phuket is slowly becoming a city. Right now we are adding supply at a very rapid pace, but even if we see a crisis in the short run, I think that in thirty years' time, we will look back and wish we could buy in at today's price levels. I may be a short-term bear on the Phuket market (one that has been continuously proven wrong, mind you) but I am confident that the land I own, sorry, I mean the land my wife owns in Phuket, will do very well for our children.

David Mayes, MBA, resides in Phuket and provides wealth management services to expats around the globe. He can be reached at 085-335-8573 or david.m@faramond.com



HIGHRISE: It might be some time before Patong has as many skyscrapers as Hong Kong (inset) but the long-term forecast for the Phuket property is for steady growth. Photo: Thorfinn Stainforth

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Don't let a 'wall of worry' cut you off from a bull market

Island Investor

By Don Freeman

ALTHOUGH the economic numbers coming out of the United States are not exactly impressive, the S&P 500 has been hitting all time highs and at the end of April, was up some 14.5% since the start of the year, while gold, the ultimate investment of market contrarians, plunged the most in 33 years. In other words, the US stock market is clearly breaking to new highs after 12 years or so of consolidation and I would expect this bull market to last for many years to come.

Needless to say, my phone, along with the phones of most other investment advisors, are not exactly ringing off the hook with old or new clients rushing to make new investments. In fact, aside from the financial press, I don't hear many people talking at all about the stock market.

So what's holding most investors, and perhaps you, back? I call it the unnecessary 'wall of worry'. Consider whether or not the following 'bricks' are in your own 'wall of worry':

Worries about the US economy

Although the job market in the US remains depressed, the economy there is still growing, interest rates remain low and the housing market appears to have come off its bottom in many parts of the country, meaning things are better now than a couple of years ago. Housing stocks are hitting new highs and have been advancing nicely for the past two to three years.

Earnings season disappointments

An earnings miss during earnings season will always attract undue attention; but given the performance of the S&P and the Dow since the start of the year, we can only conclude one thing: The last earnings season was not all that bad.

Fears of a market correction

There has been endless talk about a coming market correction. However, short-term technical corrections are a



GREAT WALL: Don't let unfounded concerns about the market become the bricks in your own 'wall of worry'. Photo: Jakub Halun

natural part of both bull and bear markets and should be looked at as buying opportunities rather than a time to panic and sell.

Europe having (yet) another crisis

There is no denying that Europe is still a mess and its leaders still have not gotten their act together. But Europe has also been a mess for some time now lurching from one crisis to another; the last one being Cyprus. And yet, Europe or rather the European Union (EU) and the Euro continue to exist. So another crisis coming out of Europe involving yet another country should not take investors, or anyone else for that matter, by surprise.

Remembering Japan's lost decade

There have been plenty of parallels made between the current US and European economies and Japan's 'lost decade(s)'. But guess what? After floundering on both the political and economic policy front since its bubble burst, Japan's economy and stock market are showing signs of finally getting back on track. Hence, investors might want to ignore all the bad news coming out of Europe and consider investing in the good opportunities emerging in Japan.

More scandals in Washington DC

Last week, it became increasingly difficult to count the number of scandals, or ongoing investigations of scandals, in Washington DC. However, ask yourself this: What else is new? While these scandals are all potentially very damaging to the Obama administration, the stock market and investors will probably continue to largely ignore them. If you remember

back to 1974 and the scandal that eventually led to the resignation of Richard Nixon, the President of the United States, sure, the stock market hit a low that year, but it moved higher for the next 25 years! Ignore the scandals.

More 'black swan' events

If you really want to worry, there is always a chance of a so-called 'black swan' or rather, a hard-to-predict and rare event that will completely throw the stock market and the global economy into chaos. In fact, I even saw an article on a popular investor website last week which warned about the possibility of a 'super volcano' erupting that could devastate Mexico – a major US trading partner (a little due diligence revealed the supposed 'super volcano' is just an ordinary volcano that happens to be active). Certainly, there are no shortage of writers, pundits or perpetual 'gold bugs' who try to make a living by coming up with doomsday predictions; but given gold's recent performance, you might want to ignore the more dire warnings.

In other words, don't let all of the above bricks build you a 'wall of worry' and hold you back from missing out on strong returns being produced by the current bull market. Call or email me to discuss investment options and how to invest in the leading stocks and sectors of this bull market.

Don Freeman is president of Freeman Capital Management, a Registered Investment Advisor with the US Securities Exchange Commission (SEC), based in Phuket, Thailand. He has over 15 years experience and provides personal financial planning and wealth management to expatriates. Specializing in UK and US pension transfers. Call 089-970-5795 or email: freemancapital@gmail.com



BULL MARKET: While investors may still be gunshy, statistics point to an increasingly bullish market. Photo: Victoria Catterson

Bangkok Bank pushes debit chip card technology

BANGKOK Bank is strongly promoting its chip-enhanced debit cards to consumers in terms of safety, and plans to increase the number of automated teller machines in a bid to persuade both existing and new customers to change from magnetic-stripe to chip cards.

BBL is the only Thai bank to launch a secure debit card with Europay, MasterCard and Visa (EMV) chip technology. Its so-called Be1st Smart card was introduced in 2010 to help prevent fraud arising from card skimming

and cloned cards. EMV is a global standard for cards embedded with integrated circuits.

Despite the added security of EMV, the fact that BBL is the only Thai bank so far to embrace this technology means that debit cards with a chip only work in BBL ATMs, and this has limited the cards' popularity, said executive vice president Thaweelarp Rittapirom. Of the bank's total base of 14 million debit cards, only 2 million are chip cards. Most customers still use magnetic-stripe cards.

The bank this year will increase

the number of ATMs to 9,000 from 8,000 to facilitate holders of chip cards. Meanwhile, it will aggressively promote the benefits of chip cards to consumers, also encouraging them to use the cards for payments and not only cash withdrawals from ATMs.

He said that the bank placed importance on debit cards because they are a basic product for deposit customers; the bank no longer offers ordinary ATM cards without a debit function.

In March, BBL and Bangkok Smartcard System (BSS) of BTS

Group launched the Be1st Smart Rabbit debit card for Skytrain riders as the part of the effort to get Bangkokians to use debit cards to pay their BTS fares. There are now 30,000 Rabbit Cards in use.

The bank yesterday introduced famous actor and screenwriter Chantavit Dhanasevi as its presenter to promote the chip debit card to Bangkokians.

Thaweelarp said the bank hoped the number of Rabbit Debit Cards would exceed 400,000 this year after promoting the benefits of chip cards.

Last year, BBL in cooperation with film producer Kantana Group launched the Echo Planet smart card to promote EMV and acquired 400,000 cards.

"We believe communication will help reinforce the Rabbit Debit Card. The number of Smart Rabbit cards should exceed the previous Echo Planet smart cards," he said.

Shoke Na Ranong, executive vice president of BBL, said the bank hoped debit-card transactions at point-of-sale would increase from the current rate of 6%
– The Nation

Nice deal: France flights

By Kritsada Mueanhawong

FRESH off the plane from France, Phuket Governor Maitri Inthusut last Monday (June 3) revealed plans to support direct flights between two sister cities – Nice and Phuket.

Such a flight would bolster the plans laid out in February by the French Ambassador to Thailand, Thierry Viteau, of inviting small and medium enterprise (SME) businesses to Phuket to discuss cooperative investment opportunities.

During the latest trip, one of the main points of discussion in a meeting between Governor Maitri and the mayor of Nice, Christian Estrosi, was the potential of French business owners expanding their enterprises to Southeast Asia.

"Nice is a coastal city and there are many marina business owners who want to expand their business abroad. Phuket is a potential location for these investors," Gov Maitri said.

Mayor Estrosi and Gov Maitri also touched on the topic of education during

their meeting.

"We are looking at providing more ways to offer French language courses to Phuket locals, so residents will be able to better communicate with French tourists on our island," Gov Maitri said.

The pair also discussed ways to promote Thai culture in Nice. Gov Maitri proposed arranging a variety of cultural activities, such as a Thai walking street.

Phuket and Nice have been sister cities since December 1989, when an MoU between the two cities was signed.



GOOD RELATIONS: The French Ambassador to Thailand, Thierry Viteau and Governor Maitri Inthusut (center) met in Phuket in February.

PIMEX 2014 sponsorship opportunities

A NUMBER of commercial sponsorship and partnership packages are now available for the next Phuket International Boat Show (PIMEX), which will celebrate its eleventh anniversary next January.

Sponsorship experts, Paul Poole (South East Asia) Co Ltd, will represent PIMEX 2014 in its drive to attract new sponsors and partners, offering several package tiers.

Tailored to suit differing needs, the packages will enable businesses and organizations to integrate their own marketing

initiatives with the exhibition, and will allow them to reach a global audience.

As Thailand's premier boating and lifestyle event, PIMEX is an established and successful event in the marine and leisure calendar. With over 4,000 individuals involved, this year's show, held in March, was well attended by luxury brands and individuals keen to spend money.

As many as 120 exhibiting companies representing over 250 brands worldwide will now make the 2014 show the biggest ever.

Taking place at the 80-berth yacht basin at Phuket's five-star Royal Phuket Marina, with participants to come from Australia, Europe, USA, East Asia, China and South-east Asia, the show will see a relaxed event where participants celebrate the boating, leisure and luxury lifestyle in an ideal tropical destination.

The show will have up to 60 yachts, ranging from 10 to 35 meters long, in the water, including power and sail, and smaller trailer yachts for the entry level visitors.

All products will be on display; from boats to marine equipment and accessories, charter and diving and sailing holidays, technical and design services, marina construction and a wide range of water sports toys and gadgets.

Since 2003, the show has grown into the most successful marine and lifestyle show in South-east Asia, with more exhibitors, boats on display, and touted to yield better sales than similar shows.

Paul Poole (South East Asia) Co Ltd is an independent marketing consultancy based in Bangkok, Thailand, with its main Southern office in Phuket.

The consultancy has packaged, sold and managed sponsorship and partnership opportunities for a wide range of rights holders.

The PIMEX 2014 sponsorship program will enable corporate Asia to get involved with the marine world and the growing popularity of sailing makes it the ideal platform for companies in Asia to increase their brand awareness.



INCENTIVES: A lovely, local hostess poses on one of the display yachts at a recent Phuket International Boat Show event. Photo: Ping Natthanai

PIMEX FACTS & FIGURES (recent show averages)

- ▶ Over 50 national and international exhibitors – more brokers than any other boating destination in the region
- ▶ USD\$25 million worth of sales
- ▶ 47 boats on display – with many on-water displays in a 'working' marine environment – the Phuket International Boat Show (PIMEX) showcases boats in the water – the main attraction of any boat show
- ▶ 11,600 square metres of exhibition space
- ▶ 4,000 plus trade and public visitors – attracting the main players from the marine industry, the property industry and Thailand's rich and famous
- ▶ 72% of exhibitors questioned are returning next year – many with bigger displays; 72% of exhibitors questioned made 20 quality leads or more
- ▶ 92% of exhibitors questioned would recommend the show to others
- ▶ Total media value for the Phuket International Boat Show (PIMEX) 2013 totalled 534,000 THB: covering print, online and TV Categories of Exhibitors
- ▶ Regional marine trade including Australia/New Zealand/
- ▶ European/North American manufacturers' regional
- ▶ Representatives
- ▶ International yacht builders
- ▶ Thai yacht builders
- ▶ Charter operators
- ▶ Thai & international yacht brokers
- ▶ Thai and international service companies
- ▶ Marine construction products / services
- ▶ High end property/resort developers and real estate agents

Sponsorship packages have been developed to suit differing levels of needs.

The first tier of packages covers Title and Presenting Sponsors; one Title and one Presenting sponsor, with naming rights to the event, are available.

The second tier includes Co-Sponsors, Official Suppliers and Media Partners; up to six co-sponsors from non-competing categories will be considered; there will be up to 10 official suppliers, who will provide goods and services that are essential to the event, while there will be spots for up to 10 media partners.

Third tier sponsorship packages will be classified as Island Part-

ners, and include general packages for Phuket businesses and other organizations.

Finally, there will be Exhibition Only packages available, pertaining to the right to exhibit at the show.

– *Phuket Gazette*

PIMEX is sponsored by the Phuket Gazette, PGTV, and the Gazette's weekly 'Phuket Today' show, broadcast eight times a week on True Visions to 1.9 million subscribers nationwide. For more information about sponsorship, please contact Udomporn Phanjindawan +66 8 6382 9949 or udomporn@paulpoole.co.th. Find out more on how to integrate the PIMEX 2014 in your marketing platform by visiting phuketboatshow.com

Wellness trip planned for August

THE Tourism Authority of Thailand (TAT) will organize the "Thailand Medical and Wellness Tourism Fam Trip 2013" in mid-August, aiming to expand the market of quality Chinese tourists.

TAT Deputy Governor for Tourism Products and Business Wilaiwan Thawitsri said the TAT's survey conducted with 22 medical travel agents from key markets, such as the US, Australia, the Middle East and Europe, showed that a majority of them were concerned about the quality of medical services in Thailand.

They were also concerned over medical tourists' lack of knowledge about specialized physicians in the country.

According to the deputy governor, the TAT decided to arrange the familiarization trip after statistics in 2012 showed that Switzerland and Singapore were popular destinations among quality Chinese tourists seeking cell therapy.

The fam trip is scheduled from August 14-17 2013, and will have participation from representatives of 50 medical travel agents. They



There are concerns about the quality of medical services in Thailand.

will travel to observe the readiness of medical services and tourism in Bangkok, Phuket, and Hua Hin.

– *Thailand PRD*

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Stop tour bus insanity

THE latest crash of a tour bus descending into Patong highlights yet again the need for tour bus operators – and drivers in particular – to take personal responsibility for the safety of passengers under their care.

If it can be considered as such, the only silver lining to this latest tragedy is that no lives were lost and that the physical injuries were described by police as “only minor” – though the people who suffered them might beg to differ.

The mental stress suffered by the poor homeowner who had an out-of-control bus unexpectedly park in her living room for a second time must also be considered, along with other residents of the neighborhood who have to live with the constant dread that their property could be next.

The causes of this latest crash and all of the similar ones that preceded it indicate that profit, not passenger safety, remains the primary concern of far too many tour companies.

We understand the need for tour companies to keep expenses down in such a competitive industry, but overworking underpaid drivers and skimping on the cost of regular and thorough vehicle-safety checks is not the place to start. The practice of throwing a set of keys to so-called drivers who have previous convictions for drunk driving and other serious infractions must also end, immediately.

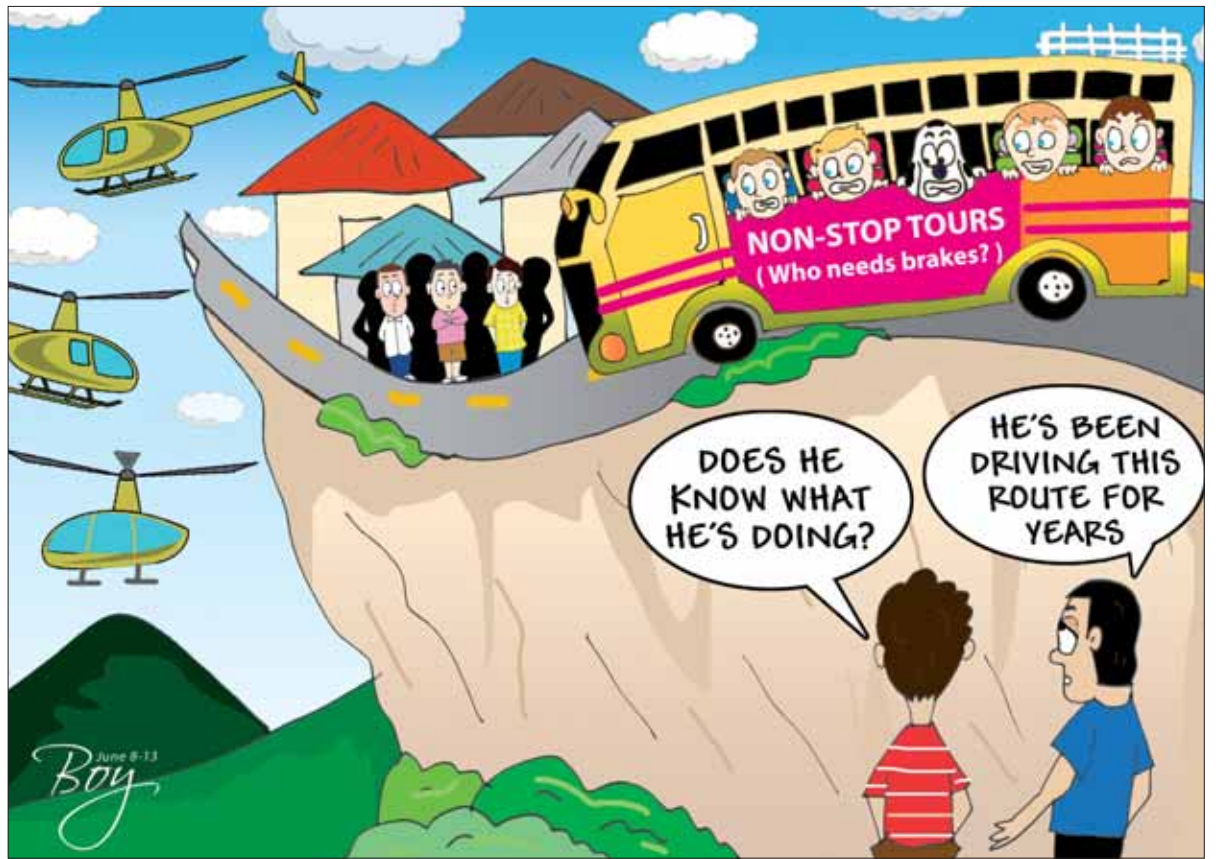
Patong Hill road is intrinsically dangerous with its steep inclines and hairpin turns, but this can never be used as an excuse for even a single crash there – nor can other weak excuses such as “the driver was unfamiliar with the road”; “the brakes failed”; “the bus was old”; or “it was raining”.

Due to continual refinement in the automotive industry, braking technology has made huge strides in recent decades. Standard factory-built cars now have superior braking ability to Formula 1 race cars of just a few decades ago.

The technology is there, but the common-sense attention to safety is clearly lacking – even among so-called professional bus drivers.

The ultimate responsibility for safety on any passenger vehicle must lie with the driver, so it falls to each and every tour company to not only employ truly professional drivers, but also train them in emergency techniques and warn them of safety concerns along roadways they may be unfamiliar with. They must also do a better job of instilling them with a “captain of the ship” mentality.

For all these reasons, we fully support efforts by the Phuket Land Transportation Office to permanently revoke the licenses of tour companies with records of repeat offenses. Experience has taught us, however, not to hold our collective breath waiting for this or other positive breakthroughs to happen in the island's notorious transport sector.



Take care if you run dry in Patong

Re: Gazette online, Burmese man slashed in Phuket gas pump fracas, May 27

Interesting. My wife and I were recently caught in Patong with a near-empty gas tank, so we were forced to go there to fill up. The bill was 2,200 baht, so my wife asked, in Thai, for a receipt.

They refused point blank. When I told my wife that was impossible, she said anything was possible there and pleaded with me not to push the matter because, “The staff there are dangerous.”

I had a feeling she was right, so we dropped it.

Jao
Gazette Forum

they drop their anchors on it.

Anchoring on reefs is the best way to destroy your future.

Stephan
Gazette Forum

How to build a road

Re: Gazette online, Steep road construction investigated, locals fear landslides across the bay from Phuket, May 25

Road building at its worst.

The gradient should be designed and staked out to best suit the natural ground levels and minimize the amount of cut and fill and deforestation so as to avoid landslips.

No point doing it on the cheap as it will prove costly later.

Peter
Gazette Forum

Sailor taxi story not all that meets the eye

Re: Gazette online, US Navy transport contractor reaches agreement with Phuket taxis, May 31

Are we truly expected to believe that is what really went on?

After hearing stories of 6,000 baht being charged by taxis to take the sailors to Patong, wouldn't the greed and under-the-table payments be the real reasons?

Another smelly cover-up, I think.

Another story of unhappy tourists (this time sailors), thanks to the out-of-control greed and corruption that abound in Phuket's transport market.

Beach boy
Gazette Forum

Profit from accidents

Re: Gazette online, Phuket Brake Failure: 10-wheeler flies off Patong Hill, May 27

Phuket is the ideal destination for international brake companies to send their best engineers on study tours, because so many accidents here seem to involve brake failure in one way or another.

Study all these incidents and see how brakes can be improved to suit the difficult driving conditions in Thailand, especially in Phuket.

Sailor
Gazette Forum

Spreading the word about saving coral

Re: Gazette online, Phuket tourists, divers to be warned off damaged coral zone, June 2

Well done. And now we need somebody to tell snorkeling trip providers and fishing boats that they destroy the remaining coral when

Penal hospitality

Re: Gazette online, Governor: Phuket's billion-baht prison desperately needed, May 26

Perhaps the officials should visit Australia for some pointers on design.

One of the newest prisons has single en suite cells, plasma TV in each cell, in-floor slab heating for

those cold winter days and nights.

When visitors arrive they can order hot or cold drinks (coffee or milk shakes) from the guards. These drinks are made by the female inmates in the visitors' area. The inmates are better off than the homeless!

Ozmisty
Gazette Forum

Reporting your taxi 'abductions'

Re: Gazette online, SPECIAL REPORT: Fears of Phuket abductions, June 2

Every time I get a minibus from the airport to the hotel, the driver stops at a travel agency. Next time I will report the case to the police and to my embassy. We will see what happens.

Charlie
Gazette Forum

Malaysians gone wild

Re: Gazette online, Five arrested over attack on Kedah royal family bodyguard, May 30

There is more than meets the eye here. Anywhere outside of Malaysia is an ideal place for all things *haram* that cannot be done back home.

Kudos to the Thai cops for a quick reaction, though.

hMx
Gazette forum

How to keep gas in

Re: Gazette online, Gas tanker leaks 2.5km trail of fuel through Phuket Town, May 27

That is exactly why I always step out and personally check if the petrol tank cap is properly put on.

Sometimes they don't fasten it properly, or just loosely place it on.

Not amused
Gazette Forum

Phuket Gazette

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Welcoming tourists but keeping criminals out

FIRST PERSON

PEOPLE are working so hard to promote Thailand's tourism industry that we are often overlooking issues of safety and security, which is why many international criminals are able to easily enter the country.

At the airport we are trying to speed up the process of moving people through immigration to impress tourists and provide a better experience for them. However, because of this we often fail to check tourists' information carefully enough.

Now that we will be joining the Asean Economic Community (AEC), our policies are likely to be geared toward making the immigration lines at airports move even faster.

I understand that people entering the country, as well as Immigration officers, want to have a speedy service. However, the security of the country is very important, and a fast service doesn't guarantee safety. Perhaps it would be better to provide the same speed of service, but increase the quality of our security.

One of the major issues in our current security system is that our database of people blacklisted for entering the Kingdom is not linked to Interpol, so it doesn't automatically flag those wanted by the international policing agency, nor does it allow us to sync up our system with its black list.

This lack of communication between our system and theirs is one of the fundamental reasons that transnational criminals are able to enter Thailand.



Here he discusses the need to pair swift immigration processing at the airport with sufficient security.

Angkarn Yasanop, 29, graduated from the Sampran Royal Police Cadet Academy in Nakhon Pathom in 2007. After he served as an immigration officer at Phuket International Airport, he was moved to Phuket Town to work as an immigration office Sub-Inspector.

Now if an embassy asks for our cooperation in arresting a criminal, they will send the suspect's name or arrest warrant to the Immigration Bureau in Bangkok and it will be added to our system. But this only works in cases where the embassy has notified us – if they don't provide the information to us, we have nothing to work with.

Another standard situation when we are able to add criminals to our blacklist is when they have committed a serious crime in Thailand and the police inform us of either the criminal's name or the arrest warrant information.

In such a case, we will add the criminal to our blacklist before deporting them and they will not be able to return to Thailand.

Another security measure we have been working on enforcing in Phuket is having hotels and other guest houses filing daily reports to the Phuket Immigration Office that identifies all foreign guests.

However, Phuket has a lot of hotels and it is hard to control all of them. We started the project about a month ago, and have

already started issuing fines to hotels and guest houses that have not complied. The fine is set at 2,000 baht for smaller businesses and 8,000 baht for larger resorts and hotels.

So far we have fined only about 10 businesses. There are still many more that need to be fined, but with our current manpower it is impossible. There are just too many places on Phuket for us to take quick action against all of them.

This security measure, like many others, is intended to increase the safety of all residents and visitors to Phuket. Because, really, the security of a province and a country leads to greater happiness for all. Though we do our best to protect Thailand, it is the responsibility of every Thai citizen to do their part in protecting their homeland.

Please, everyone, help us take care of Thailand.

If you find a foreigner taking part in an illegal activity or notice a suspicious-looking foreigner in your neighborhood, even if he or she is a friend of a friend, report it to us at 076-221905.



In Phuket, it's easy to leave the cooking to the real chefs. Photo: Takeaway

Why not to cook

PHUKET has ruined me for cooking. I used to take no small amount of pride in my forays into the kitchen. I'm no Jamie Oliver to be sure but I like to think I make a pretty mean spaghetti Bolognese.

Alas, living in Phuket my culinary skills, along with my neglected cookware, sit on the shelf gathering dust. Why? You may ask. Well, it's because food here is so damn good, cheap and widely available that cooking at home becomes pretty much nonsensical.

As I prepare for work each morning, I ponder which tasty breakfast snack I will grab from the streetside vendors today.

A strong dark iced coffee for 20 baht? Always. Three freshly-fried custard filled dough balls for 10 baht, hmm... why not? Sticky rice with banana? A steamed bun filled with pork and egg? Or perhaps something more substantial, like a bowl of hearty boiled rice with pork? The choices are endless.

Rarely do my thoughts turn to the packet of cornflakes on top of the fridge, which these days seems more like a Warhol-esque modern art piece than a viable breakfast option.

At lunchtime it's the same; should I go to that guy with the fantastic roast duck or that place with the super crispy pork stir-fried with Thai basil? Wherever I go, I can be reasonably sure that

Island View

By Mark Knowles

Do you have an opinion to voice? Email Editor@PhuketGazette.net

the food will be tasty, filling, served lightning-fast and cost less than a bottle of water in most western countries.

As dusk falls, the cluster of local food vendors near my house begin preparing their respective specialties and laying them out in neatly stacked piles on their carts. This is where I really come to ruin, as my eyes are invariably bigger than my stomach. As I stroll through the throng of vendors my hands begin to fill with snacks; steamed corn, skewered barbecued meats of all descriptions, spicy and sour *somtam*, spring rolls, fried chicken or fish with super hot chili sauce.

The variety is amazing, the value incredible and there are always new dishes to try for the first time. Granted, my culinary wanderings have so far stopped short of the fried insect stall, but I will have to try them one of these days.

When I bring home my bounty from the market and begin to devour it, I often spare a thought for those poor suckers still slaving away over a hot stove to make their dinner, and suddenly, I don't feel so bad for not cooking.

Issues & Answers... ...asking the questions that affect you...

Dogs without borders

We are planning on bringing our dog to Phuket. What are the documents needed?

Susannah Cherng Talay

Rotiah Gheding, Phuket Animal Quarantine Station officer, replies:

In order to bring a dog into or out of Thailand, you need to inform our office, the Phuket Animal Quarantine Station, at least seven days in advance by emailing us at qshk_hkt@dld.go.th or calling us at 076-351514.

Several documents are required: the owner's passport with a copy, certification that your pet has been vaccinated (especially for rabies and leptospirosis) at least 30 days prior to departure, a health certificate issued by a registered veterinarian, a microchip or tattoo certificate, a



Passport for pooch. Photo: Jonkriz

Thailand import permit for special entry through cargo and an import fee of 100 baht per dog.

Please note that we prohibit the import of pit bull terriers, American Staffordshire terriers and American Staffordshire bull terriers.

Exporting a dog or cat from Phuket requires some additional procedures.

If you have any questions, please visit us at the cargo terminal on the second floor at Phuket International Airport or contact us by email or phone.

Wanted: no syphilis requirement

My work permit is due for renewal, which every year involves a big pack of paperwork requirements. The latest requirement is a doctor's certificate confirming that I don't have syphilis.

I was stunned at the requirement, as I am not working as a prostitute or running a girly bar in Patong.

I run a company with several Thai staff and wonder why this requirement is needed.

If I worked in a hotel or food-related business, I would understand annual health checks, for example stool and urine tests and TB x-rays; but why do I need to prove that I don't have syphilis in order to sit in an office all day?

I really wonder why an HIV/AIDS test is not required instead.

Wolfgang Phuket

Yawapa Pibulpol, chief of the Phuket Provincial Employment Office, replies:

Syphilis is one of six diseases that is used by the Department of Employment to screen work permit applicants.

The others are Hansen's disease, elephantiasis, tuberculosis, alcoholism and drug addiction.

These diseases were added in 2008, in the Foreign Working Act BE 2551.

Keawkuan Tiengsutikul, disease control expert at the Phuket Provincial Health Office, replies:

The diseases were added to the work permit requirement in 2008, the same year that the Thai government reduced restrictions on migrant workers from Myanmar,

Laos and Cambodia, making it easier for them to work legally in Thailand.

Adding the six is an attempt to control their incidence.

As for AIDS, it is against the law to require a job applicant or employee to take an HIV/AIDS test. It can be done only with the written consent of the person being tested.

Send us your queries and we'll ask the right people to respond to them.

Submit your issue at

www.PhuketGazette.net/IssuesAnswers

YOUR Phuket

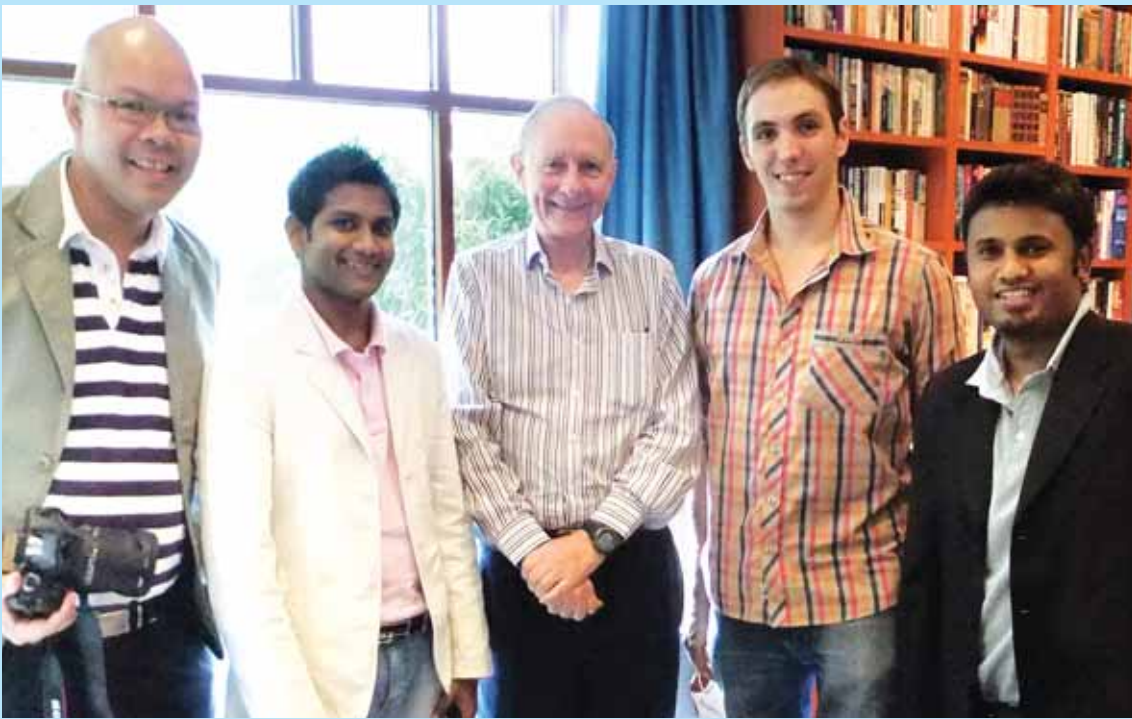
TESCO LOTUS AEROBICS IN THE RAIN AT PHUKET

Despite torrential downpours, the National Aerobic Championships regional finals, part of Get Healthy with Tesco Lotus campaign, was a raging success.



Tesco Lotus Head of Public Affairs Charkrit Direkwattanachai (3rd right) welcomed Deputy Permanent Secretary for Tourism and Sport Dr Seksan Nakwong (center), Phuket Governor Maitree Inthasut (4th left) to participate in the judging and selection of six teams to compete in the National Finals, which will take place on June 16 at the Nimibutr Stadium in Bangkok.

PHUKET GAZETTE WELCOMES THAILAND PROFESSIONALS TEAM



From left: Bem Era, Media Relations Director of Thailand Professionals; Pilli Shahin Noble, Chief Executive Officer of Thailand Professionals; John Magee, Phuket Gazette Publisher; Isaac Stone Simonelli, Phuket Gazette Acting Managing Editor, News; and Sean Parker Rao, Director of Marketing & Communications, Thailand Professionals.

BACK BY POPULAR DEMAND

Thanyapura's Booster Bar welcomes guests back for their Oyster promotion



From left: Pongsapak "JJ" Upatising and Panatta "Mam" Bunthanom.

KEE EXECUTIVES GO ON HAPPY RALLY ADVENTURE



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BOAT of the week



See page 31

INVESTMENT of the week

Be different and boost your exposure

Phuket Pool Tables!



See page 28

BUSINESS & SERVICES of the week



See page 29

PROPERTY of the week

PROPERTY
AND MOTOR
INSURANCE



See page 22

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PATONG VILLA AT REDUCED PRICE

Modern villa. Sea view. 2 bedrooms, pool, Jacuzzi, garage, etc. Only 9 million baht. Tel: 084-292 0008 (English). Email: robinsonkevin@icloud.com For further details, please see our website at www.facebook.com/patongvilla

LAND SALE NEAR BRITISH SCHOOL

Land at the entrance to the British International School. Lake view, 544sqm. Price: 6,xxx baht per sqm. Tel: 081-691 2446 (English). Email: wut@tarntaraspaspa.com

1-BEDROOM NEW PATONG TOWER

Newly renovated spacious 1 bedroom apartment on the Beach Road, central Patong. 7th floor. Good rental possibility. 4.4 million baht. Tel: +45-5239 3777. Email: deherder@hotmail.com

3MB SEA VIEW CONDO

For sale. Must see! Best deals on the island. Please call 086-086 3845. For further details, please see our website at www.homesinphuket.com

PATONG LUXURY CONDO SALE

2 beds, 1 bathroom, living room and fully equipped kitchen, 98sqm. Very high standard, nice view. Big balcony, 2 swimming pools, gym, quiet location. 7.49 million or N/O. Tel: 088-413 8122 (English). Email: phkrealestate@aol.com

LAND AT CHERNG TALAY

1 Ngarn, nice flat land, quiet area, Chanote. In Pasak Soi 5. Price: 2 million baht. Tel: 089-472 9118.

HOUSE IN VILLA DOWROONG

Phuket Town. 3 bedrooms, 3 bathrooms, 47sq wah. Tel: 089-909 2771.

FULLY FURNISHED HOUSE FOR SALE



Chao Fah Garden Home 3 in Koh Kaew near BIS, 10 mins to Lotus. 2 beds, 2 baths, 2 aircons. Nice living & kitchen room, car park, fully furnished. Ready to move in. 2.85 million baht near Boat Lagoon. Tel: 081-541 2025. Email: c.junlarat@gmail.com

HOT DEAL - CONDO AT THE POINT



Opposite to Big C, one bedroom with nice view includes furniture. 55sqm. Price: 3.5 million. Negotiable. Tel: 082-276 1817, 081-614 5372.

CONDO IN SUPALAI PARK



For sale. Near Sengho Bookstore in Phuket Town. Studio, 30sqm, floor 15, sea view, aircon, furnished. Price: 1.9 million baht. Ready to move in. For more info call 089-472 9118.

30 RAI IN TOWN

Flat land near Dowroong School in Phuket Town. Tel: 081-691 2526.

D CONDO 1, KATHU

-29.94sqm, mountain view, price 1,278,000 baht.
-29.70sqm, mountain view, price 1,280,000 baht.
-29.79sqm, pool view, price 1,330,000 baht.
-29.70sqm, pool view, price 1,365,000 baht.
Contact Vutdy on 081-892 3709.

HOUSE FOR SALE IN BAAN PROMPHAN

2.5 floors, 5 mins to town, 2 bedrooms, 2 bathrooms. Good for stay! 2.85 million baht. Tel: 083-506 9155. Email: sumitra.saetan@gmail.com

TOWNHOUSE - KATHU

Low selling price, very convenient location. For more information, please call 081-990 1844.

HOUSE IN PHUKET VILLA 5 FOR SALE



46sq wah, furnished, 3 bedrooms, 2 bathrooms, 3 aircons, carpark. Only 3.5 million baht. Tel: 081-787 7675.

CONDO AT ROYAL PLACE



Condo at Royal Place Project, bypass road, opposite Tesco Lotus. 37sqm, 2fl, 1 bedroom, 1 bathroom, kitchen, fully furnished (2 aircons, washing machine, refrigerator, TV, microwave, cable TV, 24 security with key card etc). Pls contact for more details. Tel: 086-476 9612. Email: annanoi1@hotmail.com

PRIVATE SALE OF HALF RAI

At Ao Makham. Land is located opposite Port of Phuket and next to Bel Air Cape Panwa Resort. Price 4.2 million. For more information please call: 081-891 5932, 089-035 6702.

HOUSE & FURNITURE

Single house, 60sqm. 2 floors, 3 bedrooms and 3 toilets. In Chaipruek Village at Land & Houses Park, Chaleng. Good location and entrance from bypass road. Built 2 years ago. Tel: 084-627 7001.

2 RAI MAI KHAO BEACH LAND

200m to beach, flat coconut tree land. Fully developed, Chanote title. 6.8 million baht per rai. Tel: 083-103 6660 (English & Thai). Email: wickiphuket@hispeed.ch

URGENT SALE

Pool villa in a quiet and safe estate for sale at 8.5 million baht. Email: 2711pb@gmail.com

LAND NEAR KATA CENTER

Great location, road access, 5 mins to Kata Beach and main road, 1,450sqm with title deed. Contact Lychee. Tel: 081-891 3048 (English & German).

3-STOREY SHOPHOUSE

372sqm ideal apartment/office. All floors with air conditioning, bathrooms, phone lines, local phone network, internet, cable TV. Sold by owner directly. Tel: 081-958 3310 (English). Fax: 076-283574. Email: info@phuketdive.net

SEAVIEW KARON

2 bedrooms, 2 bathrooms, 2 pools, fitness room. Sale: 10.5 million baht. Or rent. No agents. Tel: 086-131 5458.

KAMALA HOUSE FOR SALE



Near Phuket FantaSea. Price: 3.2 million baht. Negotiable. Tel: 081-719 1041. Email: teddykong0222@hotmail.com

NICE PLOT FOR SALE



Near Layan Hill Estate. (Manik-Bang Jo area). Ready to build housing/pool villas. 1,400sqm. Chanote title. Price: 7.2 million baht. Neg. Contact owner on 080-520 2989. Email: edc9designs@gmail.com

CHEAP LAND FOR SALE

Close to Phuket International Airport. 4 rai, Chanote title. 3.8 million baht per rai. Tel: 081-868 7676. Email: phuketann@gmail.com

FREEHOLD CONDO PATONG

Good investment, sea view, 5 mins walk from beach. Prices start at 3 million baht. No agents. Tel: 083-394 4402. Email: app_wilawan@yahoo.com

LARGE HOUSE KAMALA

Furnished, 280sqm, 2 bedrooms, 3 bathrooms, office, sundeck, 2 pools, jacuzzi, carport. Sale: 3.4 million baht. 18 years left on lease. Or rent: 32,000 baht per month, minimum 6 month contract period. Located within Condo Complex. Tel: 084-716 0502.

BEACH FRONT LAND SALE

On-beach land of 600sqm at Naka Island, just 10 mins by boat from Ao Por Pier, Phuket. Price: 10,xxx baht per sqm. Tel: 081-691 2446, 081-677 7914 (English). Email: wut@tarntaraspaspa.com

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Thai-style modern townhouse with land. Size: 10.50m x 10.85m. 2 bedrooms, 2 bathrooms with living room, dining room, kitchen and car park. Single house on land size: 15m by 10.85m. 2 bedrooms, 2 bathrooms with living room, dining area/kitchen, terrace and car park. Soi Mountain View Kathu Waterfall. Tel: 081-535 7585, 084-119 4262, 081-356 9754. Email: peecho74@hotmail.com

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1-BEDROOM APARTMENT PATONG

Luxury apartment, pool, WiFi, cable. 20,000 baht per month. Tel: 088-413 8122 (English). Email: phkrealstate@aol.com

RENT APARTMENT PATONG CONDO

Pool, 24hr security, fully furnished, 46sqm. Tel: 089-728 4005. Email: thamad17@yahoo.com

BEAUTIFUL HOUSE FOR RENT

Fully landscaped, 3 aircons, 3 bedrooms, 2 bathrooms, telephone, internet, kitchen. Located near the Heroines Monument towards to Pa Khlok. 53sq wah land. Long-term rent: 16,000 baht per month. Short-term rent: 18,000 baht per month. Tel: 089-646 4786. Email: fangmaigui@gmail.com

LUXURY POOL VILLA FOR RENT

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3-BEDROOM HOUSE IN TOWN

Dowroong Villa, newly fully furnished, clean and pleasant. 25,000 baht per month. Tel: 081-326 1350 (English & Thai). Email: nicepeace@yahoo.com

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URGENT RENT/ SALE



House in Patong. Newly built 40sq wah, near Sea Pearl project, Patong. 2 storeys, 3 bedrooms, 3 bathrooms, fully furnished, 2 aircon, kitchen with hood, refrigerator, dining room, living room, hot water, cable TV and internet. Tel: 086-476 9612.

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In Thanapa Park View village in Koh Kaew. 57sq wah, with 2 bedrooms, 2 bathrooms, a kitchen, a carpark and a garden. Rent: 11,000 baht per month. Sale: 2.25 million baht. Contact owner. Tel: 089-615 9719. Email: nana1225@gmail.com

PATONG BANGLA SHOP HOUSE

Large 6m x 14m x 4 floors, aircons + accommodation. Tel: 087-881 7600. Email: cocodiorster@gmail.com

ON THE BEACH

1-storey house, 2 bedrooms, 2 bathrooms, 1 reception, kitchen, large new screen porch, garden, large private parking, great for yachts, free moorings, newly renovated. Long-term lease: 28,000 baht per month. Tel: 081-787 9774. Email: phuket treasure@gmail.com

HOUSE AT PRIME PLACE VILLAGE



Near Heroines' Monument. Furnished, aircon, 3 bedrooms, cable TV, kitchen. 25,000 baht per month with 30,000 baht deposit. Tel: 086-607 7493.

COZY HOUSE NEAR NAI HARN



A high-grade built house, furnished and conveniently located minutes from Rawai and Nai Harn Beaches. 2 spacious bedrooms with ensuite bathrooms. 1 guest toilet. Aircons. Large living-dining room. Telephone line with ADSL. Free water supply and garbage removal service. 22,000 baht per month. Tel: 087-383 0936 (Khun Nui). Email: hunt17@hotmail.com

CONDO FOR RENT

1 bedroom, at Phuket Palace and Patong Tower. Long-term from 15,000 baht per month. Tel: 081-892 1621.

HOLIDAY RENTAL, BEACH 5 MINUTES

1, 2 + 3 bedrooms, modern, apartments & pool penthouses. Free WiFi, 5 minutes slow walk to 2 beaches + town. Email: resortgm@gmail.com

1/ 2/ 3-BEDROOM VILLAS

Furnished, WiFi, cable TV, pool. Near Chalong Circle. From 13,000 baht per month. Tel: 089-475 1200. Email: info@welcome-inn.com

NEW CONDO FOR RENT



Short or long-term rent at Kathu, fully furnished, swimming pool, fitness, quiet and secure. Tel: 081-607 8567. Email: suksavat@hotmail.com

BRAND-NEW POOL VILLA FOR RENT

Rawai. 11m private swimming pool with jacuzzi. 3 bedrooms, 3 bathrooms, full aircon, fully equipped kitchen, WiFi, cable TV. Located in secured estate. Long term: 45,000 baht per month. Tel: 087-893 8747.

1-BED APARTMENT PATONG

Luxury, pool, aircon, WiFi, quiet. 18,000 baht per month. Tel: 081-271 7092. Email: bricothailand@hotmail.com

THALANG LUXURY POOL HOUSE

Long-term rent: 45,000 baht per month. Tel: 081-606 2827 (English & Thai). Email: nij017@hotmail.com For further details, please see our website at www.rentpoolhouseinphuket.com

HOUSE FOR RENT



In Chalong, 4 bedrooms, furnished, swimming pool. Contact Nokki at 080-144 1168. Contact Max at 081-088 0366. Email: max_mrpp@hotmail.com

4-BED POOL VILLA CHALONG



4-bedroom, 5-bathroom pool villa in Chalong for rent. Ensuite every room, home entertainment system all rooms, fully furnished. Swimming pool 5x10m. Long term preferred. Tel: 081-397 6921 (English), 081-956 1433 (Thai). Email: terryleetuck@hotmail.com

PHUKET VILLA 5 VILLAGE



For sale. Price: 4.2 million baht. No agents! Not furnished, with 4 aircons, 3 bedrooms, 2 bathrooms, kitchen and car park. Behind Kajonkiet International School on Chao Fa West Road, 5 minutes to Central Festival. For short or long-term rent, 16,000 baht per month. Call to see 087-270 9093.

NEW HOUSE FOR RENT PATONG

1 bedroom with bathroom, living-room with full western kitchenette. All extras, aircon, internet, LCD, IBC. Modern furnished. Quiet setting near Nanai. 12,000 baht per month. Please call 084-185 8536 for more information.

QUALITY APARTMENT

2 bedrooms in Patong 50 Pi Road. 120sqm. Western kitchen, new beds, curtains, sofa. Minimum 6 months, 20,000 baht per month + deposit. Tel: 089-000 4664.

KATA OCEANVIEW APARTMENT

Quiet, furnished, 2 bedrooms, 2 bathrooms, kitchen, gym, pool, 24hr security. Tel: 086-281 9311. Email: bao200@gmail.com

2-BED BEACH CONDOS+ POOL

Spacious, kitchen, terrace, large garden, large pool, beach 3 minutes walk. Few left for high-season! Email: resortgm@gmail.com

Let us take your ad to the top of Google with a 20% discount!



Your key to fast-track placement and easy payment for ads at Thailand's LARGEST classifieds marketplace. Hundreds of new ads every week! Like to have one?

Mail: AdPower@PhuketGazette.Net

Live in Rawai?
Place your **GAZETTE CLASSIFIEDS** at
The Network property office



Simply write out your ad, pay and leave it with
Khun Anna: 076-388144, 086-4780201, 088-1685032

GAZETTE CLASSADS - they work because they're **PAID!** Hundreds of new ads in print every week, all published simultaneously and **FREE** - in the **Gazette Online!**

The **Gazette Online** is always on top in **Google!**

THAI DRIVER WANTED

Must have driving licence and basic English skill. Thai National. Salary + bonuses. Tel: 085-783 0141. Email: info@thailandcamp.com

GYM ATTENDANT WANTED

To sit in Gym and bill customers. Sell protein shake. Some English skills required. 12-9pm work hours. Thai National. Tel: 085-783 0141. Email: info@thailandcamp.com

COORDINATOR WANTED

To generate appointments for investments, savings, pensions and tax planning in Phuket. Contact Montpelier Wealth Management. Tel: 087-417 8715.

ASSISTANT CHEF & WAITRESS

ASSISTANT CHEF: must have experience. WAITRESS: must have experience and speak English. Thai nationals only. Tel: 085-783 0141. Email: info@thailandcamp.com

NIGHTCLUB

We require girls between 19-26 years old for a contract in Cyprus. Government visa, flights and accommodation provided. Excellent salary and earnings potential. Tel: 089-065 5514 (Thai), 087-894 1384 (English). Email: info@conciiergeinphuket.com

FITNESS INSTRUCTOR / SALES

Club Asia Fitness requires 2 Fitness Instructors and 1 Sales Consultant. Thai National who must be able to communicate in English. Tel: 080-698 5021, 087-275 3614 (English), 089-126 5671 (Thai). Email: coco_ivy@hotmail.com For further details, please see our website at www.clubasiaphuket.com

NEED COOK (FEMALE) URGENT

Female cook, breakfast, Thai food and Euro. Urgently needed. Contact me on my mobile (as above). Tel: 076-396075, 082-270 6385. Email: tkoschig2000@hotmail.com

OAK MEADOW INTERNATIONAL

The following positions are open in our school:
– Qualified Thai Teacher
– Cook
– Cleaning lady
Tel: 084-847 0732. Email: intlincense@yahoo.com

EVENT/PR MANAGER

The Asia Superyacht Rendezvous is looking for a Thai/Foreign national. Successful candidate will have strong written and verbal English skills. Position can be full or part time, based in Patong. Tel: 076-346927. Fax: 076-346927. Email: gordon@asia-pacific-superyachts.com

SALES & ADMIN JUNIOR

We are looking for young and energetic sales & admin staff. 20 to 25 years old. Good computer skills & English command a must. Thai national only. Call for an appointment now! Tel: 076-325419, 085-619 0380 (English & Thai), 081-400 4678 (English & Thai). Email: orientalsamui@gmail.com For further details, please see our website at www.oriental-living.net

TEFL QUALIFIED TEACHERS WANTED

Full-time/part-time positions available for native English speakers. Tel: 081-083 5735. Email: michael@misterenglishschool.com

STAFF WANTED

Cashier, Waiters, Thai cook, Cleaner. Location: Kata-Karon. Tel: 081-895 5852 (English), 089-401 8506. Email: vladim1r@me.com

RUSSIAN SALES CONSULTANT

Experienced Russian Sales Representative needed for Real Estate. Good command of English and Russian required. Tel: 081-968 5963 (English). Send CV to c@bayshoreprojects.com

ASSISTANT BRANCH MANAGER

Phuket Pool Tables is looking for a new assistant branch manager to join our latest branch in Cherng Talay. 20,000 baht + excellent commission. Please send your resume or call us. Tel: 081-823 4627, 085-782 1200. Fax: 076-264461. Email: ying@phuketpooltables.com

COFFEE & ICE CREAM

Vacancies: coffee shop assistant manager, baristas, waiters, bar assistants, experience and English. Tel: 086-276 4914.

TEACHERS WANTED

Chalermprakit is looking for native English speakers to teach English. A degree and TEFL are required. Tel: 085-781 9162. Please email your cover letter and CV to swpk_mlp@yahoo.com For info please contact Clarke.

ASSISTANT BRANCH MANAGER

Phuket Pool Tables is looking for a new assistant branch manager to join our latest branch at Cherng Talay. 20,000 baht + excellent commission. Please send your resume or call us. Tel: 081-823 4627, 085-782 1200. Fax: 076-264461. Email: ying@phuketpooltables.com

ACCOUNTANT FOR REAL ESTATE

We are looking for an experienced accountant that can handle government officials and tax related issues. A high salary will be given. Tel: 076-341045. 081-459 0152 (English). Contact us at the number above or send your CV to info@phuket-condos-homes.com

MARKETING & GUEST RELATIONS

ApexAsia Group are now recruiting for its marketing & guest relations department to work at one of three hotels in Patong and Karon. Enthusiastic and of smart appearance with good English (written/spoken). Full training will be provided, excellent earning potential. Email Kevin Baker at kevin@apexasia.asia

Phuket Gazette

The Phuket Gazette seeks to fill the following position:

EDITORIAL ASSISTANT (FEATURES DEPARTMENT)

- ▶ Thai national (able to read, write, speak fluent Thai)
- ▶ Able to communicate clearly in English
- ▶ Able to do layout and design / willing to learn
- ▶ Basic administrative and secretarial skills (phone, email, word and excel)
- ▶ Interested in local lifestyle, events, business, property and/or sports
- ▶ Owns a digital camera / smartphone
- ▶ Has drivers license and reliable transport

Good salary for the right candidate

Qualified candidates are invited to send a CV by email to swlayne@phuketgazette.net

The Phuket Gazette Co Ltd

79/94 Moo 4, Thepkasattri Rd, Koh Kaew, A. Muang, Phuket 83000
Tel: 076-273555 Fax: 076-615240

HOTEL RECEPTIONIST WANTED

Thai citizen, aged 21-40, basic computer skills, good spoken English. Salary is 12,000 baht + big commissions on sales. Tel: 076-333079. 080-698 8335, 082-417 9299. Email: iphone.dez@gmail.com

RUSSIAN SALES CONSULTANT

Experienced Russian Sales Representative needed for Real Estate. Good command of English and Russian required. Tel: 081-968 5963 (English). Send CV to c@bayshoreprojects.com

KG & P1-3 VACANCIES

ELT Phuket International is looking to appoint 2 qualified, enthusiastic and experienced teachers to start immediately. Applicants must have a minimum of a bachelor's degree plus a recognised teaching certificate such as TESOL/TEFL. Please email a letter of application and CV. Email: eltor borjor@gmail.com

MAID / HOUSEKEEPER

Expat (American) requires an experienced housekeeper/maid with good English and Thai speaking ability. Cooking experience a plus and can be live in or live out. Experience letters and recommendations from previous employers are a must. Top notch salary will be paid for the right person! Contact Robert. Tel: 089-765 3126.

Authorized Agents for Classified Advertising:**CHALONG**

- ▶ **Julapan Stationery** (Chaofa East Rd)
- ▶ **KL Mart** (Patak Rd, Chalong Circle)
- ▶ **Khun Woody's Sandwich Shoppe** (Fisherman's Way Business Center, Chaofa East Rd)

Tel: 076-282254
Tel: 076-280400
Tel: 076-282403

PATONG

- ▶ **Taurus Travel** (Aroonsom Plaza)
- ▶ **Khun Woody's Sandwich Shoppe** (Aroonsom Plaza)
- ▶ **Deli Supermarket** (Rat-U-Thit 200 Pi Rd)

Tel: 076-344521-2
Tel: 076-290468
Tel: 076-342275

PHUKET CITY

- ▶ **Earth Language Training Centre School** (Phang Nga Rd)
- ▶ **Sin & Lee** (Thalang Rd)
- ▶ **iTree complete printing service** (Tesco Lotus Phuket Town) bank zone

Tel: 076-232398
Tel: 076-258369
Tel: 076-255425

CHERNG TALAY

- ▶ **Chaba Supermarket** (at the Laguna gateway)

Tel: 076-325586

RAWAI

- ▶ **The Network property office** (Saiyuan Rd)

Tel: 076-388144

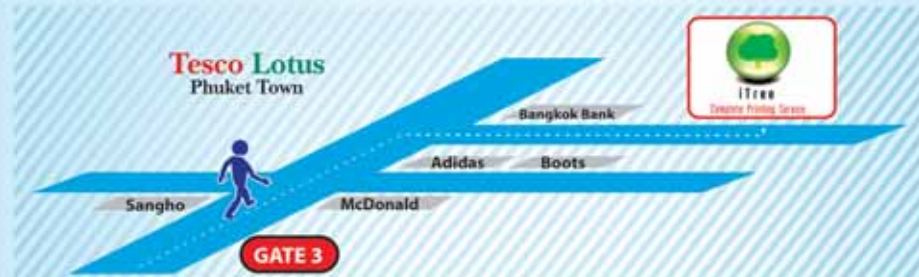
KARON

- ▶ **EuroStyle Tailors** (Luang Por Chuan Rd)

Tel: 076-396911

Live in Town?

Place your **GAZETTE CLASSIFIEDS** at **iTree Complete Printing Service**



Simply write out your ad, pay and leave it with **Khun Nan: (076-255425)**

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The Gazette Online is always on top in Google!

Gazette Online Classifieds – 10,000 readers every day!

British International School, Phuket

The British International School, Phuket is a leading international day and boarding school (18 months - 18 years) offering a quality education to the international community of the Asia/Pacific region. Applications are now invited for the forthcoming academic year commencing in August 2013.

Assistant Boarding Parent and Part-Time Teacher of English Language (combined position)

Requirements :

- 1 male (for senior boys house) and 1 female (for senior girls house)
- A minimum of a Bachelor's Degree and teaching certificate, or Education Degree
- A minimum of 2 years teaching experience in English as Foreign Language
- Knowledge of the English National Curriculum will be advantageous.

Please email a letter of application, Curriculum Vitae including personal details (full name, citizenship, DOB, health, family), a brief statement of your educational philosophy, a recent photograph and the school email and telephone contact numbers of 3 academic referees to Headmaster@bisphuket.ac.th

Closing Date: 7th June 2013 (An early appointment will be made to the right candidate)



Further information about the school may be obtained from our website: www.bisphuket.ac.th

ESTATE/RENTAL MANAGER

Intira Villas is looking for a Thai person with a happy and positive attitude. Must be able to communicate in English and Thai, both in speaking and writing. Experience in management and rentals. Tel: 081-472 4925 (English). Please send CV and salary requirement. Email: jonas@intiravillas.com

SALES PERSON WANTED

A new quality condo development in Surin is looking for an on-site sales person for its sales office and show apartment. Must be able to communicate in English, both Spoken and Written and have experience with sales and marketing to an international clientele. Being available soon is a must. Call or email for more details. Tel: 087-882 2856 (English). Email: luc@phuket-tropical-realestate.com

WORK CUSTOMER SERVICE @HC!

Customer Service Agents needed for internet fashion retailer. Are you CS experienced, Thai, hard working, computer savvy and fluent in English? High Salary. 5-day work week. Work on Macs. Tel: 076-289472. Email: grahamkay@mac.com For full details click here: www.holyclothing.com/htmlx/work.html

BAR MANAGER & ACCOUNTS CLERK

Seeking an experienced Bar Manager. Must possess fluent English / Thai skills. Position based in Patong. Also seeking Accounting Clerk. Tel: 085-475 8030. (English). Email: brucebenjaminthomas@gmail.com

MAID WANTED

Thai maid wanted for holiday villa in Surin. Live in or live out; must speak a little bit of English and have experience. Tel: 084-689 4658 (English), 081-693 1621 (Thai). Email: Kamalabeach@hotmail.com

ITALIAN SALES CONSULTANT

Experienced Italian sales representative is needed for Real Estate. Good command of English and Italian are required. Highest commission on the island awaits the right candidate. Tel: 081-968 5963. Send CV to c@bayshoreprojects.com

PERSONAL ASSISTANT

Thai lady with fluent written and spoken English. A lady that wants a challenge where rewards will be exciting. Good computer and social skills. Based out of Chalong. Tel: 080-695 3933. Email: Beachsando1@gmail.com

PROMOTERS WANTED

Popular bar for young "Farangs" looking for dynamic people to do promotion. Residents and travellers welcome to apply. Tel: 081-958 5394 (English). Email: collinniemi@gmail.com

FRONT DESK STAFF - SAMUI

Plus WELLNESS MANAGER required by Detox resort. Tel: 077-602096. Send CV and photo to fasthealing@yahoo.com

ACCOUNTANT NEEDED

Japanese wedding company Sa-mer Wedding at Boat Lagoon. is seeking an experienced accountant. requirements: over 3 years experience in accounts. Good command of spoken and written English. Good salary based on experience. Please contact us by email: fumiko@sa-mer.com

ASSISTANT MANAGER

What we are looking for is a great all-rounder as this job has multiple roles. You will need excellent computer skills to manage operations and you will be assisting with the sales and marketing activities of the company. Thai nationality 30 years old with an excellent command of English. University degree or proven experience. People management skills. Outgoing, committed and energetic. Prepared to work in Patong & travel across the island. Email: info@newspaperdirect-phuket.com Find out about us on www.newspaperdirect.com

DRIVER 16,000+, COOK 15,000+

Private villa. Thailand area. Thai national only. Basic English. Contact Todd. Tel: 089-005 0700. Email: toddplay@hotmail.com

WEB MASTER/ GRAPHIC DESIGNER

Must speak/write English, coding and social media is an advantage. Tel: 086-690 0444 (English). Email: alyona@princessyachtsthailand.com

2 WAITRESSES WANTED

Two waitresses to work in restaurant in Rawai. Good English speaking. Thai National. Good Pay. Tel: 085-783 0141. Email: info@thailandcamp.com

SALES SUPPORT / ADMINISTRATOR

Applicant must speak English perfectly and have excellent organizational skills. High salary commensurate with experience. Tel: 080-884 5944. Cover letter and resume to cha@thinkdesignmagazine.com or call.

YACHT SALES BROKER

Experience with luxury motoryacht sales and brokerage of over 3 years; has good knowledge of motor yachts and including some technical background of various brands; good computer skills (excel, word, internet); speaks English fluently, and any other languages would be useful. Tel: 081-979 991. Email: vrit@boatlagoonyachting.co.th please see our website at <http://boatlagoonyachting.co.th>

Phuket Gazette

The Phuket Gazette seeks to fill the following position:

WEB PROGRAMMER

- ▶ Degree in Computer engineering, Computer Science or IT related field
- ▶ Minimum of 2 years experience in web programming and web development
- ▶ Experience in: PHP, asp, asp.net, OOP, Java Script, HTML5, CSS, JSON, AJAX, JQuery
- ▶ Expert in use of database tools and in SQL command (MS-SQL, MySQL)
- ▶ Experience in php frameworks would be a plus
- ▶ Ability in spoken and written English
- ▶ Ability to work with team
- ▶ Ability to work under pressure and time constraints

Good salary for the right candidate.

Qualified candidates are invited to send a CV by email to big@phuketgazette.net

The Phuket Gazette Co Ltd

79/94 Moo 4, Thepkasattri Rd, Koh Kaew
A. Muang, Phuket 83000
Tel: 076-273555 Ext. 303 Fax: 076-615240

WORK WANTED

Thai lady, speaks English, experienced, cook, maid, babysitter, can live in, looking for part-time job. Contact Taew. Tel: 081-084 2708.

HOUSEKEEPER WANTED

Thai trainee housekeeper, English speaking, start from 10,000 baht, nice increase and work place. Tel: 081-787 9774. Email: phuketreasure@gmail.com

CHINESE-SPEAKING STAFF

Chinese/Thai-to-English translators and salespeople needed. Must have excellent spoken and written Chinese skills. Apply with CV and expected salary. Email: dreams holdings@yahoo.com

ADMIN ASSISTANT WANTED

English speaking, Thai national, no experience required. Will be trained in nutrition and detox. Bachelor's Degree preferred, but not needed. Tel: 085-783 0141. Email: info@thailandcamp.com

Employment Wanted

PROGRAMMER LOOKING FOR JOBS

Experienced scandinavian programmer based in Phuket is looking for work on short/long term projects. PHP, Java, JavaScript, C++, MySQL. Tel: 085-073 9994. Email: jan.faroe@gmail.com

Live in Town?

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Khun Nan: (076-255425)

GAZETTE CLASSADS - they work because they're **PAID!** Hundreds of new ads in print every week, all published simultaneously and **FREE** - in the **Gazette Online!**

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Looking for a job?
Looking for a better candidate?
Find more Recruitment Classifieds at **WWW.PhuketGazette.Net!**

Articles
For SaleMOVING SALE
50% OFF

Almost new tables with 2 chairs, gasoline lawn mowers, electric hedge trimmer, office tables, more. For more information, please call 085-470 7009.

Bar &
Restaurant
EquipmentRESTAURANT
EQUIPMENT

We are selling the complete contents of a coffee, gelato shop, including 2 freezer showcases, 1 dessert showcase, 2 group espresso machines, bottle cooler, upright freezer, gelato makers and pasteuriser, together with all furniture and other light equipment. All stock only 12 months old. For more information, please call 087-894 1384 (English & Thai), 089-065 5514 (English & Thai). Email: info@conciiergeinphuket.com

Bulletins

SPONSOR A CHILD

The Phuket International Women's Club is a volunteer organization raising funds for educational scholarships. We rely on the goodwill of donors and sponsors – small and large. If you would like to put something back into the community in which you live, contact us to find out more about giving a prize or being a sponsor. Contact Carol. Please call 087-417 8860 or contact Sue. Tel: 087-277 6948. For more information please email us at info@phuketiwc.com

Alcoholics
Anonymous

If you want to drink
that is your business
If you want to stop
that is ours

Daily Meetings

Patong, Phuket Town,
Chalong, Surin, Karon

081-895 4763
081-956 4031
email: phuketaa@yahoo.com
Google AA Phuket

Business Opportunities

RESTAURANT
FOR SALE, RAWAI

Good location, and fully furnished. Sale: 1.5 million baht. Long-term rent: 9,500 baht per month. Please call 084-845 4743.

BAR FOR SALE
NEW TIGER

Bar for sale New Tiger. Reason: health issue. Fourth from the front. 2.7 million baht o.b.o. Tel: 086-048 8394 (English). Email: yellowfeverbar@gmail.com

PATONG
RESTAURANT
AND BAR

Great business opportunity. 80m from beach. Fully equipped, long-term lease, ground floor double unit. Key money: 1.2 million baht. Monthly rent: 60,000 baht. Contact Tony for viewing. Tel: 081-271 5811 (English & Thai). Email: aslaferme@hotmail.com

LOOKING FOR
PRIVATE LOAN!

Euro 150 T. Security: One entry in German land register of private R.E. Value: Euro 400 T. Email: adventurainte rn@hotmail.com

FITNESS CENTER
FOR SALE

A well established fitness center with a large membership base, situated in Phuket Town, for sale. Price reduced to 8 million baht. Tel: 087-275 3614 (English & Thai), 080-698 5021 (Thai). Email: coco_ivy@hotmail.com

BAR FOR SALE
SOI BELAIR

Busy mushroom-style bar for sale. All stock, fridges and sound system included. Price: 600,000 baht o.n.o. Rent: only 10,000 baht per month. All licences paid up until end of 2013. For more information, please call 086-725 0771 (English). Email: warrenmecca4@gmail.com

BUSY PIZZA BUSINESS
FOR SALE

Fully equipped company with 2 outlets, both situated on the busy main streets of Tonsai Bay. The company comes with two buildings at a monthly rent of 75,000 baht. Price 7 million baht. Please contact Eddy. Tel: 086-120 1810 (English). Email: admin@piphibara kuda.com

RESTAURANT
FOR SALE, CHALONG

Chao Fa Road, fully equipped, kitchen, nicely decorated, 2 living rooms, 3 year lease. Rent: 10,000 baht per month. Sale: 1.4 million baht. For viewing please call 084-845 4743.

BEAUTY SHOP
FOR SALE

Sale: 490,000 baht (negotiable). Fully equipped, with customers and equipment: 2 foot massage chairs, 1 massage bed, 3 hairdressing stations. Price includes Thai Co Ltd. For more information, please call 090-154 6115 (English). Email: djanila_nuz@mail.ru

RESTAURANT
FOR SALE

Steveos tasty burgers for sale. 800,000 baht o.b.o. For quick sale. Contact Steve. Tel: 089-918 3718. Email: steveastray@hotmail.com For further details, please see our website at www.steveosastastyburgers.com

2 BUSINESSES
FOR SALE

Good location, Rawai area. 1) Restaurant: 40 pax, leased for 8.5 years. 2) Indoor pub: fully equipped, stage, 70 pax, 8 years and 6 months left on lease. Sale: 2.9 million baht - negotiable! Lease money pays rent. Tel: 087-244 1322, 087-892 6204.

Be different and boost your exposure **Phuket Pool Tables!**

- We do **PROFIT SHARING** on Coin operated pool table so you don't need to invest in a table
- Join us now for a **Hassle Free** experience with many benefits to your business
- Our service team is on call 24/7

Call now 081 823 4627, 085 782 1200
Find out more exciting news & promotions at www.facebook.com/thailandpooltables

GUESTHOUSE +
RESTAURANT
FOR RENT

4 storeys: restaurant on the first floor, 7-room guesthouse on the second to fourth floor. 10 minutes from Patong Beach. Tel: 076-345604, 084-189 3509, 089-971 3301.

3 BUSINESSES
FOR SALE

Good location, Rawai area. 1) Big bar: 3 televisions, 2 pool tables, 60 pax, parking for 10 vehicles, good business. 2) Massage parlor: leased out. 3) Beauty salon: fully equipped. 8 years and 6 months left on lease. Sale: 2.9 million baht - negotiable. Lease money pays rent. Please call 087-244 1322, 087-892 6204.

GUESTHOUSE KARON

5 luxury rooms. Cafe bar. Recently undergone a major refurb. 6-year lease contract (paid in full). Low rent. Excellent location. 2 minutes to Beach. 5.5 million baht o.n.o. For more information, please call 081-891 9461.

MASSAGE /
BEAUTY SALON

Top location in Kata for sale. Can sell 50% this year and the rest later. Please contact Ulf for more information. Tel: 087-281 7233.

RESORT
FOR LEASE

In the heart of Patong. 20 rooms well furnished, fully operational with very good occupancy rates. 6-year lease for 6 million baht + rental fee 150,000 baht per month. Tel: 088-765 0165.

RESTAURANT
FOR SALE IN
CHALONG

Located next to Ao Chalong Sauna. Including company with 2 work permits. Price: 600,000 baht only. Tel: 081-893 4900 (English).

BAR FOR SALE
BANGLA AREA

Bangla Square. Stunning lounge bar over 2 floors. Beautiful layout, complete with accommodation above. Over 300sqm of area. 2.9 million baht with 3 years on lease: 120,000 baht per month+key money. Tel: 087-881 7600 (English).

COMPANY FOR SALE

Big discount on startup companies. Good name, paperwork, and advice on accountant. For more information, please call 084-063 0620.

30 ROOM HOTEL
FOR LEASE

High occupancy rate, good location, easy to start business! High ranking on online travel websites, such as booking.com, agoda.com, tripadvisor.com. Legal, current and up-to-date contracts with overseas tour operators that have high sales volume and many loyal customers with repeat business. Current sales channels and property management software; you can run your business online from anywhere in the world. Restaurant and terrace with 40 seats, kitchen fully equipped. 7 years left on lease, rent paid until 30 September 2013. Turnover 7.5 million baht per year, profit 2 million baht per year. Price: 7 million baht includes business, Thai company with 3 work permits, and many things you would waste your time on if you started from scratch. Everything is included! Contact owner directly (speaks English). Email: shincorp1@yahoo.com.sg

Would you like to keep up on what's happening in Phuket - the good, the bad and the bizarre?
Let us share it with you - every week!

TO: The Phuket Co Ltd, 79/94 Moo 4, Thepkasattri Rd
T. Koh Kaew, A. Muang, Phuket 83000

YES, I want to receive the PHUKET GAZETTE for a full year - 52 issues!

I hereby authorize payment against my Visa ☐ / Mastercard ☐

☐ Thai Baht 1,560 for Phuket Special Delivery (Phuket Island only!)

☐ Thai Baht 2,800 for a domestic subscription (outside Phuket)

☐ Thai Baht 9,000 for an overseas subscription (any country outside Thailand)

Surname (as appears on card) Given name(s) (as on card)

Card #: _____ Exp. Date: _____ Security Code: _____

Issuing Bank: _____ Country: _____

Signature: _____ Date: _____

E-mail address: _____

Please Deliver To:

Street address

City State or Province Zip Code

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Puppies were saved from a busy highway here in Phuket and need a home. I am fostering them both right now, but I have five dogs already and cannot take on two more. For more information, please call 081-287 1971 (English). Email: davidrgow@gmail.com

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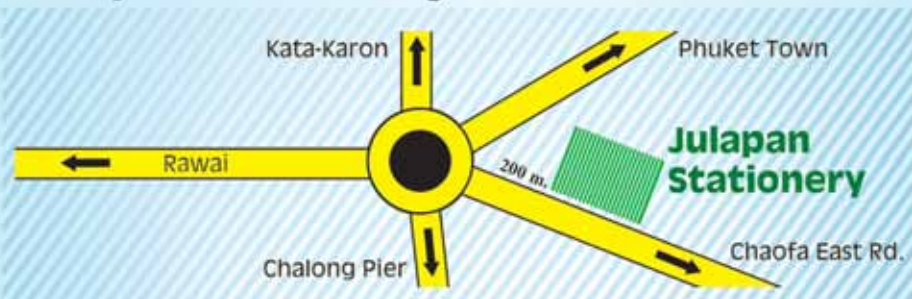
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► Orchard 48 (1992) \$305,000 USD	► Northshore 46 (1987) \$125,000 AUD	► Nicholson (1997) 76,000 Euro	► Yachtuka 53 (2000) 449,000 Euro
			

Martin Holmes
Mobile: 081 891 7057
Email: martin@leemarine.com

Marcus Overman
Mobile: 081 968 1437
Email: marcus@leemarine.com

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Sunseeker Caribbean 52ft, 1992. Located in Ao Po Grand Marina. 2,700,000 baht. Tel: 087-626 0495. Email: dan.soft.studio@gmail.com For further details, please see our website at <http://gen2gdk.com/jitlada/>

FOUNTAIN PAJOT ATHENA38 (2002)

2xYanmar 18hp diesels (Re-built). Lots of new equipment. €135,000. Contact Alan. Tel: 084-842 6146. www.boatshedphuket.com

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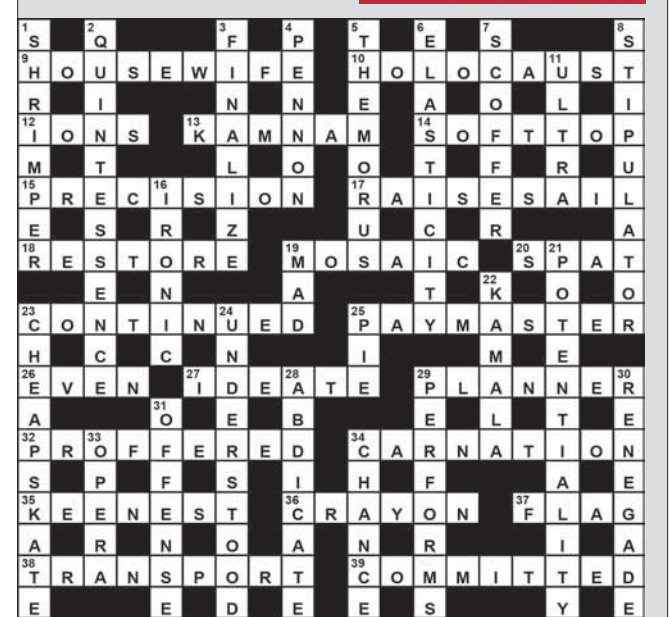
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THE SOLUTION TO THIS WEEK'S Cryptic Crossword

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1999 ROBIN 2160i

I would like to sell my Robin aircraft or trade it for a 4-seat Cessna or Piper (based in Hua Hin). The Robin: TTA, 300hrs. SMOH 60hrs. This is a well-equipped, two-seat aerobatic aircraft. Has the Christen inverted oil system. Excellent inside and outside. King KMA24 audio panel, KX155 nav/com, KI203 vor, KY197A comm, KN64A dme, KR87 adf, KT76A transponder, CSPA400 i-com, FP5 fuel computer, CHT, OAT, Pitot heat. Price: 4 million baht. Please contact Thom. Email: thos_w@hotmail.com

TECNAM P-92

- Price: 1.5 million baht
- Registration: U-B08
- Year of Manufacture: 2002
- Equipment: Full standard equipment
- Engine: Rotax 912-80HP 350hrs.

Please contact for more information. Aircraft is based at Klong 15. Tel: 081-840 8418.



Notice from Thai Flying Club: There is a very nice Piper Cherokee airplane at the Thai Flying Club (TFC) in Bang Phra. It has fallen into disrepair. Someone took out the seats and some other parts... and then went away.

Owner Wichai Pettongkam loves this airplane and wants to get it back in the air. If you like flying and might want to be a partner in the plane, please come to the TFC to have a look, or contact **Khun Tom** (email tom@thaiflyingclub.com, Tel: 089-092 2711). Or talk to **Khun Wichai** directly on 081-633 7082.

Khun Wichai does not want to sell the plane, but would welcome a partner who can help to get it flying again. This could be a very good opportunity for someone to get a share in a nice airplane for a very good price. All negotiable.

Rockwell Commander 114 HS-AWS



Built: 1976

Registration: HS-AWS
(in Thailand for the last 6 years)
Previous Registrations:
N4798W – USA
N479GE – USA
I-ECCE – Italy
G-BVNL – UK



Lycoming IO-540-T4B5D (1,300 hours, 700 hours to TBO). Prop: B3D32C419/82NHA-5. Overhauled Feb 2011 (7 years to TBO). C of A Due 11th November 2011. New 5-year Permit. 100 hour check completed 19 Feb 2011.

Specs:

Horsepower: 260	Gross Weight: 3140 lbs
Top Speed: 166 kts	Empty Weight: 2094 lbs
Cruise Speed: 157 kts	Fuel Capacity: 68.00 gal Usable
Stall Speed (dirty): 55 kts	Range: 700 nm
Rate Of Climb: 1088 fpm	Fuel Av Gas 100LL
Ceiling: 17,400 ft	1 crew plus 3 passengers

Radio and Navigation Configuration: Fully IFR equipped. 2 Garmin GNS430 VHF/COMM/NAV/GPS/TERRAIN. Garmin GI-106A VOR/LOC/GS/GPS CDI. King KN64 DME. Garmin GTX 320/327 Transponder with Mode C via Ameri-King AK350-30 Height Encoder. Garmin GMA 340 Audio Panel. Bendix King KR-87 ADF. Sandel SN 3308 EHSI. Century IIb Autopilot Dual Axis and S-Tec Altitude Hold. WX-500 Stormscope.

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Contact Tony Scragg at 081-906 3250, or email tony_scragg@hotmail.com



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A group of nine people, including an older man and eight children, are posed for a photo outdoors. The man, with white hair and a beard, is seated on the right, wearing a dark shirt. The children are of various ages, some sitting on the ground in front and others standing behind. They are dressed in casual summer clothing like tank tops and shorts. The background shows green foliage and a white structure.

Howard from the Green Man meets the players



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*เขียนโดยดิฉันกับสามีที่มีชื่อว่า James

Rice: a whole grain of truth

Brown rice and its benefits for your health

Grains of wild rice. Photo: IRRI Image

By Nanthapa Pengkasem

RICE is the staple food of the Thai diet and one that is consumed in great quantities. From breakfast to dinner, and sometimes well into the night, no Thai meal is ever complete without rice.

Nothing beats a bowl of freshly cooked, aromatic Jasmine rice. Considered by Thais the king of all rice, its perfume is redolent of the indigenous flower it is named after. Good Jasmine rice is judged by its texture too, which must be soft and slightly glutinous, not dissimilar to Japanese 'sticky' Mochigome rice, only a little less so.

Other countries have their answers to Jasmine rice. Indians revere their equally perfumed, slender-grained Basmati, and the Japanese will not eat anything that they consider less perfect than their 'sticky' rice.

Yet lately, rice – especially white rice – has been given a bad name. The reason white rice is less than ideal for everyday use, experts say, is due to the fact that, having high Glycemic Index (GI) value, releases energy too quickly after consumption. The sudden rising of blood sugar in the body compromises the function of the pancreas, which is responsible for producing the insulin necessary for the digestion of sugar. These properties can contribute to the onset of the insulin-related illness that we know as diabetes.

With white rice being consumed in great amount by Thais, the rise of diabetic cases in this country is tantamount to a pandemic. There is no cure for this disease, but you can stabilize it and minimize symptoms somewhat with medication and a controlled diet. But is it possible to tell Thais to stop eating rice?

Dr Kongkiet Ketpetcharat may have the answer to this dilemma. "Eat brown rice," says the doctor who runs a holistic Pensook



A bowl of Japanese Mochigome glutinous rice. Photo: Yamanaka

Healthcare Station on Chao Fah West Road. Former director of Bangkok Hospital Phuket (now its CEO), Dr Kongkiet has conducted extensive research on types of rice that have low GI and are thus safe for consumption by diabetic sufferers. He is interested in one particular type of Thai rice, *Sin Lek*, which was initially promoted by the government to eradicate cases of anemia in rural children.

But in controlled laboratory testing, Dr Kongkiet also found that *Sin Lek* has the ability to stabilize blood sugar.

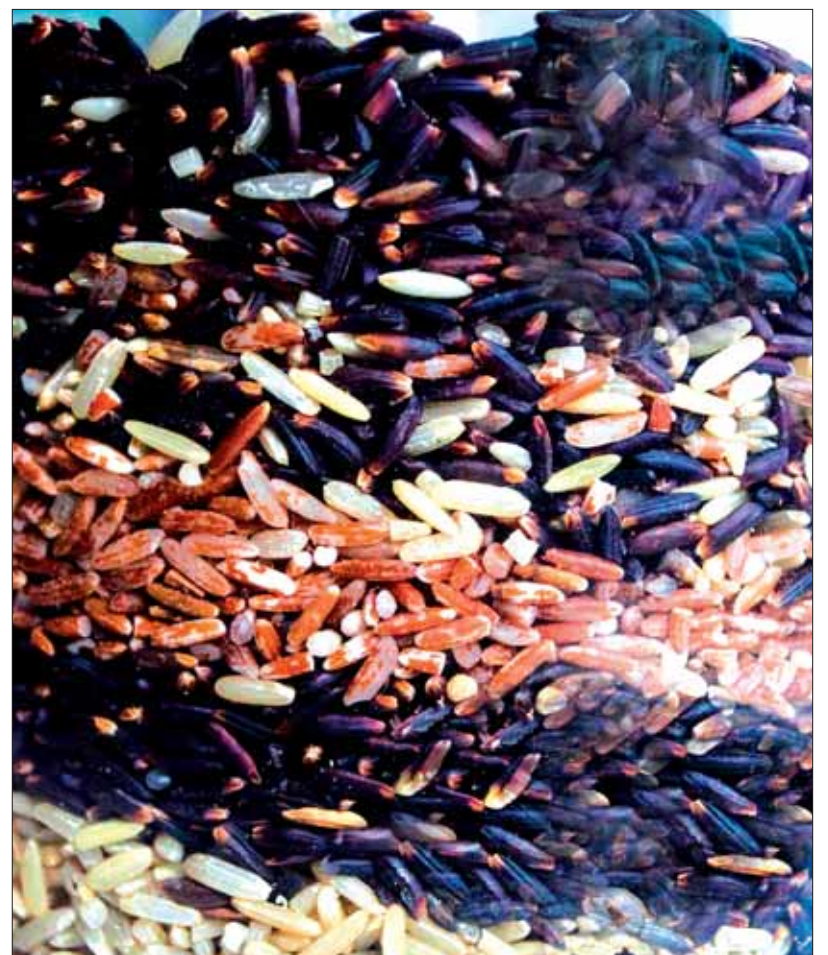
It is well known that brown rice is rich in vitamins and minerals. But herein lies only part of the picture. Whole grain brown, and even some types of white rice, contain a special carbohydrate called resistant starch.

"The characteristic of good rice lies literally at its core. This is the type of carbohydrate that is water-soluble. It forms a bulk that helps to slow down the body's assimilation of sugar and fat," says Dr Kongkiet.

To make significant change, Dr Kongkiet recommends eating at least two portions of brown rice a day. However, he adds that diabetic patients must exercise care in maintaining their medication and always follow their physician's advices.

Rich in vitamins, minerals, essential fatty acid and protein, whole grain rice can also lower the risk of cardiovascular disease, obesity and ischemic stroke. It works wonders in reducing the inflammation of rheumatoid arthritis and the severity of asthma, and it's also great for the nervous system and muscle tone. The list goes on.

At Pensook Healthcare Center, there are two types of organic brown rice on sale. The dark *Hom*



COLORFUL: Brown rice comes in many rich shades. Photo: Nanthapa

Nin is fragrant while the lighter version *Sin Lek* (which translates roughly to 'rich in iron') is aptly named after its high iron content. These rices are grown in cooperative managed, and fair trade controlled farms initiated by The

Pensook Center, in Buri Ram.

Contact: Pensook Health Station, Phuket, Chao Fah West (next to Software Park), Tel 076 355 070, 083 103 9111, website: pensook.in.th or facebook.com/pensook



Cooked rice cereal

FOR THOSE of you not used to eating rice with every meal, rice salad is one answer. Also, how about making cooked rice cereal breakfast? Topped with coconut or plain milk, it's a delicious way to start the day. It's also much cheaper than the imported and shop-bought cereal.

RECIPE: Brown Rice Cereal

1) Soak one cup of brown rice for a few hours or overnight.



A bowl of coconut rice pudding. Photo: Lablascorgemenu

2) Boil with four cups of water over low heat for 30-45 minutes.

3) Spoon onto a bowl, season with brown sugar and top with fresh milk.

This makes four portions. Cooked cereal can be refrigerated up to two days. Grains like Job's tears (look duey) can be added (cooked together with rice) to give that added texture. Other toppings include grated and roasted coconut, almonds, raisins or any of your favorite nuts or fruits. Enjoy!

WHAT'S ON in Phuket

June 7-8, 9pm-1am Black & Gold party with Jeremy Healy
The UK's Jeremy Healy will be playing at XANA beach club for Attica's 'Black & Gold' party. The event will see Phuket's glitterati take to the dance floor to hear one of Healy's legendary flamboyant sets. He will be supported by XANA's Friday night resident DJ Kensho. The theme for the evening is black and gold; from sassy accessorising to daring costumes. Face and body painting on the night will complete the look! Entry to the event is free of charge. Contact Annabel Fox on: +66-76-324101 or by Email: annabel@xanabeachclub.com xanabeachclub.com

June 8 - 9, 4:30am to 12pm: 8th Laguna Phuket International Marathon at Laguna Grove, Laguna Phuket

Thousands of runners from around the world will "Run Paradise" in this, the eighth Laguna Phuket International Marathon to reaffirm its status as Asia's most popular family-friendly destination marathon. In addition to the full 42km marathon there's a 21.1km half marathon and 10.5km run.

Families will be catered for with the 91.5FM 5km community walk and 2km children's race. "Run Paradise" is an apt description, with runners of all ages and abilities on a mainly flat course that takes in rubber and pineapple plantations, beach views, local villages and the tropical lagoons of Laguna Phuket – all in a family-friendly carnival atmosphere. For more information, please visit: phuketmarathon.com

The *Phuket Gazette*, PGTV and the *Gazette's* 'Phuket Today' show are proud sponsors of this iconic annual event, segments of which will be broadcast daily by True Visions (channels 99 and 58) during the week of June 17.



Phuket Airshow & Family Picnic at Phuket Airpark – July 6-7

June 9, 1-6pm: Post-Marathon Pool Chill-Out

The Post-Marathon Pool Chill-Out at XANA beach club with Attica, will feature a seafood BBQ buffet for 950 baht nett per person, and will include one glass of house wine / Singha beer or a soft drink. Entertainment will be provided by the UK's Jeremy Healy and Phuket's Nemo Cools, who will be playing chilled-out beats by the pool until 6pm. Healy is one the UK's most formidable DJs and has worked with international stars including Rihanna, Sting and Justin Timberlake, as well as leading fashion brands from Pucci to Dior. Admission to the event is free. xanabeachclub.com

June 20, 11:30am to 2pm: Phuket International Women's Club monthly lunch

The June lunch will be held at two Chefs Bistro in Karon. All are welcome but registration is essential. Members 500 baht, guests 650 baht. For more information,

please contact Carole Dux by phone on +66-76-316711; or email: info@phuketiwc.com.

June 21, 6pm-1am: Midsummer celebration at Two Chefs Kata

Celebrate Midsummer eve at Two chefs in Kata center. We are serving a large buffet with lots of Scandinavian specials such as our own smoked salmon, pickled herrings, liver pate, pastries from the Two Chefs bakery, and much, more for only 595 baht per person. And of course our famous house band will be there to entertain you until the late hours. Come for the food and stay for the fun! For bookings or more information contact Two Chefs by phone +66-76-330065 or email katacenter@twochefs.com

June 22, 6:30-11:30pm: Chivas Whisky Dinner at The Kee Sky Lounge & Restaurant, Patong
The Age of Celebration. Be a part of an exclusive 'dinner under the stars' experience and embark on

a five course east-meets-west culinary adventure and pop culture party featuring a selection of Chivas Scotch Whisky aged 12, 18 and 25 years, plus Chivas Brothers New Malt. Enjoy live entertainment that will take you on a celebration down through the ages. Free car parking available. For bookings phone: 66-83-0978027 or email fb@thekeeresort.com

July 6-7, 10am to 8pm: Phuket Airshow & Family Picnic at Phuket Airpark

Two full days of entertainment for local area charities. Support this fantastic non-profit event by becoming a sponsor, volunteer, or vendor. For more details please visit navyleaguephuket.org.

This event is sponsored by the *Phuket Gazette*, PGTV and the 'Phuket Today' show.

June 29, 10am-4pm: Lamburg's 19th B'Day. Free Pony Rides, Ice Cream and Cake!

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July 22, Arsarnha Bucha Day

This full-moon day of the eighth lunar month commemorates the Buddha's first sermon to his disciples after attaining enlightenment. Observed by donating offerings to temples and listening to sermons

August 12, Her Majesty the Queen's Birthday

Her Majesty Queen Sirikit's birthday is a public holiday in the Kingdom and is also Mother's Day.

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A FINE LINE: The flight deck can get crowded. Photo: S Fein



The USS Nimitz moored off Phuket last week. Photo: S Layne



Mechanic 1st Class Rudy Reyes leads the tour. Photo: S Fein

Smooth sailing on the USS Nimitz

FOR anyone interested in military aviation, a chance to board the US aircraft carrier USS Nimitz is the opportunity of a lifetime – and a group of lucky Phuket reporters were invited aboard the mammoth floating airfield soon after it anchored off Cape Panwa last week.

The Nimitz Strike Group includes the USS Princeton missile cruiser and nine flight squadrons. For most of the more than 5,000 sailors, along with 300 marines, it was their first time in Phuket. After some confusion over transport arrangements (see page six), the visit went off without a hitch and some 400 sailors took part in numerous “comrel” (community relations) organized by the US Navy League as part of their visit.

During the 20 minute ferry ride from Phuket Deep Sea Port, the Nimitz looms ever larger. Its enormity, more than 23 storeys from keel to top mast, finally comes into full view when the ferry docks at the huge loading barge docked at its stern.

The hangar bay, the largest of the vessel’s multiple decks, extends almost its entire length. This is the area where all major repairs are carried out and planes not needed for the daily flight schedule are sheltered. Four elevators are used to transport aircraft and other machinery from here to the flight deck above.

Here the enlisted men lucky enough to be chosen first to go ashore formed a long line waiting for their turns to disembark. For most, it was their first time in Phuket, as only about 30 per cent of the crew remained since the Nimitz last ported in Phuket in February 2010.

One of the striking things about the Nimitz is its sense of timelessness. Like the set of the horror classic Alien, it seems a generic, three-dimensional labyrinth of thick metal hatches, gangways, ladders, doors and cables. No interior decoration here; it is all about functionality.

We were told there was a Starbucks somewhere aboard, but it never crossed our field of vision as we climbed ever upward to the first stop on our tour: the main flight deck – an expanse longer than three football fields – more than 18 meters above the sea surface.

After a very diplomatic and friendly “welcome aboard” address by Rear Admiral, Commander Michael S White, the press were given a tour of key control areas on board.

The flight deck was far more quiet than it would be on a normal service day, when flight launches and recoveries routinely ensure battle readiness. Two-man patrol teams armed with automatic rifles slowly walked the perimeter of the deck, where a variety of some 30 aircraft were firmly chained down.

Mechanic 1st Class Rudy Reyes, one of the few sailors doing maintenance on a plane on the flight deck, told the *Gazette* he was re-installing an overhauled Rolls Royce turboprop engine, one of two used to power an E2C Hawkeye aircraft.

The Hawkeye, the Navy equivalent of the Air Force AWACs, mainly conduct surveillance missions and serve as the strike group’s “eyes and ears”. They can stay airborne for five or six hours on one fueling, he said.

From here we spoke to Aviation Boatswains Mate Chief Petty Officer Joseph Inge, who explained that there were typically 25 to 32 “birds” on the flight deck, with about 12 more below. Six different types of aircraft on the ship make up Carrier Wing 11, with eight squadrons of helicopters and fixed wing aircraft.

With so many jets and such a short runway, landing is accomplished using any of four “arresting gear” wires which are used to grab the plane’s landing hook

Aviation

By Stephen Fein

when it hits the deck and then does its “run-out”. No springs are involved;

each wire needs to be replaced after about 100 landings.

It’s impossible to store all of the aircraft in the hangar, so special precautions need to be taken on deck during rough seas. “If the seas are too rough we pull them off the deck edge and do what we call a heavy weather tie-down, which means we add extra chains to secure them from high winds. Sometimes we have to park them in special formations to reduce the wind from rocking the ship back and forth,” said CPO Inge, who said rough seas had not been too much of a problem so

He typically works from 16 to 18 hours a day, but is so accustomed to such long shifts that fatigue is not a serious concern, the officer explained.

Also on the bridge is the pilot house, where a crew of about six navigates the ship. Staff here needs to work closely with the aviation units to help maneuver the vessel so it can provide the best possible conditions, factoring in wind and sea, for safe launches and recoveries.

At the very top of the navigation tower is the primary flight control area, responsible for the work of all 600 Navy aviators on board. The bosses here, quite literally, are known as the “Air Boss” and the “Mini Boss”. Each has the final say on safety on different parts of the flight deck: the former for the section of the stern flight deck known as the “waist”, where catapults three and four are located; and the former for the bow area, where catapults one and two operate to launch the “birds”.

Navy pilots face daily challenges that commercial pilots would find hard to imagine. Not only is the runway short, but it is constantly moving. The key piece of technology to help them land safely is known as the “Improved Fresnel Lens”, an optical landing system known as the “Meatball” for short. This gives pilots crucial flight information by a series of lights that allow them to adjust the landing path to hit the desired target: landing wire three. If they miss that, they can hit a backup wire or even abort the landing to fly off and try again. If they hit the three wire, they have effectively managed to put their head into a 1.1 square foot box – not bad for a 44,000 pound aircraft moving at a 120 miles per hour onto a moving vessel.

Air Boss Todd Abrahamson said the primary control area, 135 feet above sea level, has the best view on the ship, with tall windows affording almost 200 degrees of visibility from fore to aft.

“We have about four and a half acres of sovereign US territory out here that we are managing. We are the last and final safety observers making sure that there is deconfliction on the deck and airborne for the aircraft and all the people working on the flight deck,” he said.

The Air Department, with its complement of 630 people, is also responsible for the hangar bay and all of the fuel on the ship. Even though the Nimitz itself is nuclear powered, it has to carry 3.5 million gallons of fuel for all its aircraft as well as the USS Princeton.



The ‘Ouija Board’ has replica models of each aircraft.

far on this deployment.

The next stop was the navigation bridge, where different departments stacked on a series of decks control flight operations within a five mile radius and up to a height of 25,000 feet. To keep track of so many aircraft, a scale model of the entire flight deck, called the “Ouija Board,” is used. The board has replica models of each aircraft, each pinned with a variety of information including fuel status and maintenance needs.

Although GPS-based monitoring systems have also been developed to track flight deck operations, this seemingly old-fashioned system remains the best solution because it is easier to conduct the never-ending status updates manually – and it won’t fail during power disruptions, the officer on duty explained.

The master of this realm, which is typically manned by eight to ten staff, is called “The Handler”. He will have had 24 years of experience before taking on this crucial position, so the job is the pinnacle of his career.

SHIP SPECS

Keel laid June, 1968
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Commissioned May, 1975
Propulsion: Two nuclear power plants
Main engines: 4
Speed: 30 knots
Propellers: 4
Catapults: 4
Arresting gear cables: 4
Overall length: 1,115 feet
Overall width: 252 feet
Beam: 134 feet
Flight deck area: 4.5 acres
Full load displacement: 97,000 tons
Meals each day: 12,000 to 14,000
Squadrons: 9
Total aircraft: approx. 70

Mission statement: "Employ persistent, precise combat power from the sea to destroy or neutralize all adversaries in the battle space".

Source: wikipedia

A passage to India

LIKE many Westerners, I have a love-hate relationship with India. It was reinforced by my latest visit, and it's best explained by two quotations from the great 19th century Hindu reformer-monk Swami Vivekananda, who declared: "If there is any land on this earth that can claim to be the blessed *Punya Bhumi* [Holy Land]... the land of introspection and spirituality – it is India." Later he added, "India is the dirtiest and unhealthiest hole in the world."

It's this dichotomy that gives India her fascination; a lofty philosophical tradition on the one hand, appalling filth and poverty on the other. Sublimity and squalor intermingle.

The mixture creates problems. Hinduism has an elaborate system of ritual purity, especially when it comes to eating. No orthodox Hindu will eat food from somebody else's plate. Eschewing fork and spoon, they eat only with their right hand. The left hand is ritually unclean, because it is used to wipe the bottom after defecation. This raises a question. If the left hand is ritually unclean, and you're eating with your right hand, which hand do you hold the glass in when you want to take a drink?

One school of thought says that you must grasp the glass with your right hand even though it's covered with food. Another allows you to use your left hand



even though it's ritually unclean.

But there's a rationale for this concession. You may use your left hand only because your lips never actually touch the glass. Hindus hold the glass a few inches above the mouth and pour the water in. So if they hold the glass in their left hand, their lips are not defiled by touching it.

It's nit-picky stuff like this that led Swami Vivekananda to thunder imprecations against his fellow Hindus: "Grown-up men by the hundreds have been discussing for years whether we should drink a glass of water with the right hand or the left; whether the hands should be washed three times or four and whether we should gargle five times or six! Our religion is in the kitchen. Our God is the cooking pot."

Contrast such fastidiousness with the vast and cosmic outlook of Indian philosophy, which holds that the entire grand panorama of existence is a manifestation of one universal and holy Spirit, and you get a contradiction worth marveling at.

The fussiness about eating also contrasts with the carelessness

about littering. India is appallingly dirty and the main culprit is litter. People throw litter everywhere. The interior of their houses will be spotless, but outside is one vast litter bin. This illustrates a popular saying: "Cleanliness stops at the front door."

So, India has many contradictions, but it also has a philosophy that reconciles them all. If everything is a manifestation of one all-embracing spirit, then even dirt and litter are included in its universal sweep. In that case, everything is holy, and making fastidious distinctions are the sign of a misguided mind.

Ye Olde Curmudgeon can be flamed c/o s.tsow@ymail.com, except when his misguided mind is making fastidious distinctions.



LAND OF CONTRASTS: While many of Gandhi's pronouncements were absorbed deeply into Indian culture, this particular one was probably one of the least successful. Photo: Impermeableaz. A typical Indian back-alley (below) which serves as a makeshift garbage dump for the refuse from spotlessly clean homes. Photo: Mckaysavage



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New-look Flickr gives users a terabyte of media storage

POPULAR photo sharing service Flickr recently revamped its website interface and Android app with a new photocentric layout. Perhaps the biggest change aimed at luring more people to their service is the increase of its online storage space to one terabyte per user. The new layout fills the screen with photographs using a black background and minimising empty space. Flickr was purchased by Yahoo in 2005 and the latest redesign is viewed by industry watchers as Yahoo's attempt to increase its market share over other popular photosharing services such as Instagram and Facebook.

Posting on the the company's corporate blog, Yahoo CEO Marissa Mayer said: "We're thrilled to take Flickr even further with a beautiful, completely re-imagined experience that puts photos front and center. When it comes to photography, technology and its limits shouldn't hinder the experience. So we're also giving our Flickr users one terabyte of space – for free."

Key features of the redesign include an "endlessly scrolling" gallery and a full screen high resolution slideshow gallery. To increase its social-media functionality, a new Activity Feed feature will allow users to see their own recent uploads mixed together with those of their friends.

According to the Flickr website, one terabyte of storage equates to 537,731 photos shot with 6.5-megapixel cameras, or 218,453 photos for 16-megapixel photographs.

Users with free accounts will now receive one terabyte of photo and video storage, be able to upload individual photos up to 200MB in size and 1080p HD videos of up to 1GB each and up to three minutes long. For US\$49.99 users can upgrade to an advertisement free service with the same features as the free account. And for US\$499.99, users can double their storage space to two terabytes.

While reactions to the new

design by long-term flickr users has been mixed, most industry watchers have responded positively. Leading computer magazine PC Mag has given the new layout the tick of approval saying: "If you care at all about digital photography, you owe it to yourself to get acquainted with Flickr."

"Not only will you get a way to display your images to millions of photo enthusiasts, but you'll get a full terabyte of full-resolution image backup for free, interaction with like-minded photographers, and best of all, the ability to discover and interact with a near limitless treasure trove of photography."

"The attractive new design and huge free storage limit makes it all the more compelling for new users. No one else can match Flickr's group abilities, organization, interface, and storage allowance; Flickr remains our Editors' Choice for photo sharing sites/services."

– *Phuket Gazette*



PHOTOCENTRIC: Flickr's new web layout gives the lion's share of screenspace to photographs and minimizes empty space. Photo: Yahoo



THE BASE: A CGI of Sansiri's condominium developments in Phuket. Photo Sansiri

App bridges condo communication gap

PROPERTY developer Sansiri has joined hands with Plus Property to launch the Sansiri Home Service application software to help owners of the property firm's condominiums communicate directly and instantly with the buildings' administrators.

The app was officially launched last weekend for customers of Sansiri's 11 condominium schemes ready for use for an initial 3,743 units, free of charge.

Sansiri has launched several projects in Phuket, starting with their Dcondo development in Kathu in late 2011, and has since become one of the leading players in the island's condominium property market.

The application is designed and developed by a local software company named Fire One One, also the developer of a Sales Kit app for Sansiri four years ago.

Sansiri's customers can access six functions in this application. Personal messages, delivery, finance, home care, phone directory and suggestion box. For the next phase, it will offer related privilege services for Sansiri's customers.

Uthai Uthaisangsuk, senior vice president for Sansiri's business and

condominium project development, said this application was an investment by Sansiri and Plus Property, who manage Sansiri's condominiums.

"We plan to launch this app for four new condominium projects this year. For the other projects sold in the past years, we plan to negotiate with their administrators to implement this app, for which there is a monthly fee," said Uthai.

He added that in the first quarter of this year, Sansiri's condominiums had achieved 21 billion baht in sales, an increase from 10bn baht of the same quarter of last year. Around 40% came from condominium projects outside of Bangkok, and 60% from the capital city's market. He said upcountry expansion and the overall condominium market still has potential.

"However, investment in technology is also the key driving factor to help Sansiri become [remain] the market leader. We have been investing in technology to enhance our management and business performance, and at its front-end to create user experience like this application," said Uthai.

– *The Nation*

Social-messaging set to trump SMS

SOCIAL-messaging services are set to flourish this year, both globally and in Thailand. Such services are expected to surpass the contribution of SMS (short message service, or texting) revenue to mobile-phone operators by next year.

Revenue from social-messaging services worldwide is expected to grow from US \$ 3 2 . 6 billion (968bn baht) this year to more than US \$ 8 6 b n (2.6 trillion baht) in 2020, according to Ovum, a UK - based research firm specializing in telecommunications.

N e h a Dharia, a consumer analyst at Ovum, said

social messaging would continue its rise this year. Most of these services are currently either free or based on discounted plans. This year, a large number of social-messaging companies will begin to move more strongly into content platforms. LINE and South Korea-based KakaoTalk already have growing revenue streams from games, emoticons and marketing channels, while Japanese social gaming service DeNA has introduced a messaging service, Comm, to anchor its existing gaming platform.

Globally, social-messaging's viral growth and high level of user engagement make it a strong foundation on which to build a content platform.

Moreover, mobile broadband revenues are expected to be outpaced by SMS after this year. SMS growth rates have fallen from 14% in 2011 to 8% currently, and SMS revenues have fallen since the emergence of social messaging, Dharia said.

By next year, mobile broadband revenues will form the bulk of operators' non-voice revenues, contributing 43% of income. They will overtake revenues from SMS, with messaging forming a smaller proportion of data revenues 40% in 2014.

The current year will be the last time SMS brings in the largest proportion of non-voice revenues, and by 2015 SMS revenues will begin to plateau. There are several reasons for the erosion of messaging revenues, the rise of social-messaging players is a key factor. The bundling of SMS with calling minutes and mobile broadband plans has also contributed to the decline of SMS revenues.

– *The Nation*



Photo: Intel Free Press



A botanical cornucopia

I HAVE just paid my first visit to the Phuket Botanic Garden. It is a relatively new enterprise, and in the way of novel horticultural enterprises, I did not expect to discover an extensive, superabundant or mature garden. Wrong on all counts. When I emerged two hours later, I felt overwhelmed by the sheer scope and size of the project.

I understand that the botanic garden has been open to the public for less than two years, but although it is tucked away on a small road that joins both Chao Fa thoroughfares, and although its brochure does scant justice to its diversity, it gets more impressive the deeper you venture into the verdure of its 15 rai (24,000 square meters).

Everywhere you look there is an element of surprise. You pass through imposing red portals and under a *ylang ylang*-clad trellis, and into a serene world initially dominated

by beds of flowering plants – brilliant red *zinnias* for example – surmounted by impressive topiary – a Thai skill in evidence everywhere. There are waterfalls in abundance, cascading over high walls or gently arching from statuary, which

artistically complements the evergreen foliage of ferns below, or palms above.

The dominant symbol of the garden is the circle: one strolls around the area along a perimeter road lined by manicured hedges, borders of neatly trimmed Siamese rough bushes (*diospyros rhodocalyx*) and long swathes of dramatic red coned *costus spicatus*.

Strategically placed off this encircling road are more than thirty named zones, all of which enunciate a different theme. Many of these areas are in turn circular and many have, as their centerpieces, imposing summer houses (*sala*) which in turn contain treasures. Some zones, wheels within wheels, are dotted with rounded flower beds with specimen trees at their center.

One of the first zones is the herb garden, framed by turmeric, ragwort, *pandanus* and lush stands of pepper – once one of the world's most sought-after commodities. Within these leafy borders is a central display of scented woods, herbs and spices in bottles, all labeled with their botanical and Thai names.



TOPIARY: The topiary garden is meticulously manicured. Photos: Patrick Campbell



Gardening
By Patrick Campbell

Despite the garden's youth, one encounters mature ornamental trees everywhere, both a wide range of palms and unusual broad-leaved specimens, so positioned as to provide oases of shade, and to artfully contribute to each carefully designed mini-landscape. And though plant labeling is haphazard, most of these specimen trees (here, for instance, star gooseberry, breadfruit, and *calophyllum*) do have large, imposing plaques which provide all the information you require. A thoughtful point, since trees are usually more difficult to identify than flowering plants.

It is impossible to cover the waterfront in one article – but to pursue the metaphor – one of the most spacious and impressive zones is the rain-forest area, entered through a gloomy tunnel where lianas caress one's face, and which has, as its dramatic backdrop, a waterfall some fifteen meters high. You fondly envisage how Phuket might have looked in the unspoiled past, and stroll round on raised wooden decking while the water cascades

into a rock-bounded, koi carp-filled pool, and thence over plant-clad stones. Bird's nest, maidenhair and staghorn ferns, *platyceriums*, *heliconias*, clusters of *bromeliads* such as *aechmeas* and *neoregelias*. It is an architectural and horticultural masterpiece.

In fact there are epiphytic plants everywhere, and nowhere are they more abundant than in the orchid garden – as brilliant and colorful as the rain-forest is gloomy and tenebrous. Here the circular beds are dominated by *bromeliads* (*tillandsia*) with vivid red or yellow bracts. And orchids of every conceivable variety in pots: huge pale white *phalaenopsis* whose flowers

seem to float on air, rows of delicate *dendrobium* orchids are arranged on unseen rails, and bicolored *cattleya* cultivars with perhaps the most spectacular flowers of all. Worth another visit? I certainly think so... watch this space.

If you have a question or a garden you would like featured email me anytime at: drpaccampbell@gmail.com



GATEWAY: This archway, covered with lianas, is a portal to a tranquil world of waterfalls.

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Whitey: Life of a Boston mob boss

Books

By James Eckardt

IN MARTIN Scorsese's celebrated film, *The Departed*, Jack Nicholson turns in a bravura performance as a Boston Irish crime boss, throwing a maniacal rant against 'rats' (informers) in which he scrunches up his face and flashes rodent-like incisors. It's one of the great moments of movie history.

Ironically, Whitey Bulger, the real Boston mobster upon whom Nicholson's character was based, was himself a rat. For two decades he was an informant for the FBI. While running a criminal fiefdom in the Irish enclave of South Boston, he gave the FBI information about his Italian mafia rivals in North Boston. But in this case, the FBI agents did not run him. He ran them. Through cash and other gifts, he gained protection from his many crimes, including the 19 murders for which he was ultimately indicted. When the bottom fell out in 1995 and his mobsters colleagues and FBI agents alike disappeared into jail, Whitey went on the lam for 15 years, posing as a retired Chicago businessman in the California beach community of Santa Monica.

This is the story of *Whitey: The Life of America's Most*

Notorious Mob Boss (Crown Publishers, New York, 2013, 435pp), written by Dick Lehr and Gerard O'Neill, two award-winning investigative reporters from the *Boston Globe*.

James 'Whitey' Bulger was born bad. His two younger brothers, Bill and Jack, would rise from the mean streets of South Boston to become lawyers and prominent state politicians, but from childhood Whitey was the bad seed. He was "a boy who broke the mold, a stand-alone, a virtual once-in-a-lifetime bundle of high-octane drives and

prove himself and to assert his manhood and control over others – all combined to make him a one-off."

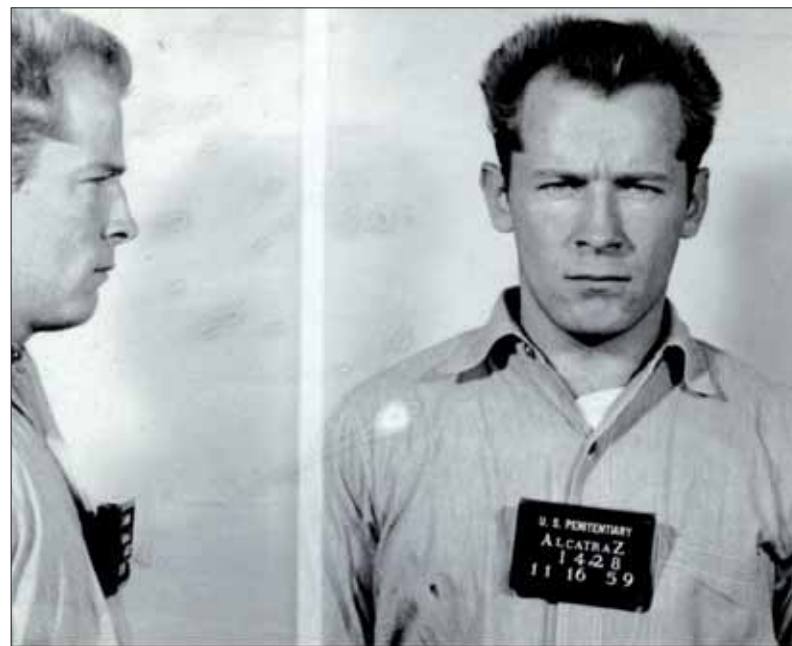
He avoided arrest until, betrayed by informers, he was imprisoned for three bank robberies. Consigned to an eight-man cell in the Atlanta Federal Penitentiary, he was nearly driven mad by the constant uproar around him and checked himself into the prison Psychiatric Ward. "Whitey had been reduced to a puddle of his former self," the authors write. But he had powerful outside support; not only his brothers, but also from

Father Robert Drinan, the Jesuit priest who would later become a Massachusetts Congressman. Whitey offered himself as a human guinea pig for harrowing experiments with LSD, but otherwise disciplined himself through reading and bodybuilding habits that would continue into his eighties.

After nine years, four of them in the notorious Alcatraz, Whitey was released into his old neighborhood of 'Southie'. It was 1965 and he was 35 years old. The authors detail his swift rise to mob leadership.

"In the comfort of Southie, virtually everything was within reach – the offices, the guns, the manpower.

"Whitey was thriving in ways he never had before, on the very same



WHITEY

THE LIFE OF AMERICA'S MOST NOTORIOUS MOB BOSS

DICK LEHR & GERARD O'NEILL

streets where the beast within had been first nourished as a juvenile in the late 1930s, when he discovered his knack for criminality.

"Over the years it had all been so circular and reinforcing in the hometown, and now he was shaping a criminal enterprise in his own image; lean, brutal, disciplined, and carnivorous."

In 1975 Whitey drew FBI agent John Connolly, who was a friend of his brother Bill, into his own net of informants. From then on, he ruled with impunity. He was capable of strangling a colleague's girlfriend

with his bare hands and of stabbing a suspected rat 38 times with an icepick, yet he wept uncontrollably at the sudden death of his six-year-old son Douglas. And he was crafty enough to disappear at the right time, just as a new US Attorney prosecutor, Fred Wyshak, was closing in on his gang, Whitey Bulger settled into a good life in Santa Monica.

He was 81 when he was finally arrested by a new generation of FBI agents. By this time, the old corrupt ones were either dead or in prison.



THE BOSTON GLOBE: Where authors Dick Lehr and Gerard O'Neill worked as journalists. Photo: Tony Fischer

antisocial impulses, of cold defiance and anger.

"Whitey had connective tissue to family that other delinquent juveniles did not, but it would not have a stabilizing effect; instead, Whitey was in a category all his own – untamable.

His edge, his fearlessness, his strut and narcissism, his need to

Pattani village tales

Just Enough: A Journey into Thailand's Troubled South (Silkworm Books, 2013) travels inside the conflict zone of Thailand's southernmost provinces and gets under the surface of traditional Malay Muslim culture. Mira Lee Manickam, an adventurous American researcher, takes the reader with her as she settles into a small fishing village in troubled Pattani Province.

Stepping uncertainly into this deeply traditional world, she gains privileged access to a side of Malay Muslim society rarely seen by outsiders and obscured by the violence featured in Thai newspapers.

In a style that is humorous, honest, and moving, Manickam charts the southern Thai conflict through her travels in the region and tells the stories of her friends in the village: a gang of wild-haired teenage boys who observe conservative religious protocol by day and listen to heavy metal

in back-street teashops by night; a group of young women too educated to find husbands in the village but too traditional to leave; an impoverished fisherman with a Zen-like stance on impermanence; and a dropout who immerses himself in Western culture as a star rock-climber in a nearby beach resort.

This insightful look into the lives of Thailand's Malay Muslims Manickam, focuses on education, environmental destruction, and the threatened livelihoods of coastal fisherfolk. These stories illustrate the tension between the values of a traditional Malay Muslim community and the demands of an increasingly modern Thai society.

The book is a personal journey of growth, loss, and friendship, and reveals the colours of daily life that lie beneath the black and white of newspaper headlines.

– The Nation



A student writing at the Pondok Yala in Pattani, one of the oldest religious schools in Southern Thailand. Photo: Udey Ismail

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Staying safe at the beach

WITH the return of the annual southwest monsoon conditions, Phuket's popular tourist beaches are at their most dangerous. Members of the fledgling Phuket Lifesaving Club have once again warned tourists and locals to be vigilant about swimming safety.

Rip currents and powerful waves can easily catch novice swimmers unaware and even experienced swimmers must be aware of surf conditions. The *Gazette*, with the help of the Surf Life Saving Australia, who have been instrumental in training and assisting The Phuket Lifesaving Club, has compiled the following tips to increase yours and others safety when swimming.

Always swim between red and yellow flags

When you see red and yellow flags on a beach, it indicates that there is currently a lifesaving service operating on that beach. The lifeguards have chosen a section of the beach that is best for swimming and they will closely supervise this area. Lifeguards pay more attention to the area between the red and flags than any other part of the beach.

Read the safety signs and check for warning flags

Before you go on to the beach be sure to read the safety signs. This will ensure you are aware of any warnings or dangers on the beach. On Phuket's lifeguard patrolled beaches, several types of flags are used to indicate surf conditions. You can also find other information to make your day at the beach more enjoyable. You might also find single signs placed on the beach to highlight specific warnings.

Ask a lifeguard for safety advice

Lifeguards are highly trained and very knowledgeable about beach safety and conditions. When you arrive at the beach look for, and identify, the lifeguards. Feel free to ask them about the day's conditions, as well any additional beach safety advice they might have for that specific beach – because every beach is different.

Swim with a friend

Not only is swimming with a friend (or family member) a fun way to enjoy the beach, it is also very sensible. While you are swimming together you can keep an eye out for each other, and if further assistance is required, one person could call or go for help. If everyone swimming together knows their own limits it is a good idea to share this with those around you so you can all stay within everyone's comfortable limits.

If you need help, stay calm and attract attention

Even the most careful people can find themselves out of their limits in the water. If you are not feeling comfortable in the water and you require a lifeguard's assistance to get back to shore, stay calm, raise your arm in the air and wave it from side to side. This will attract the attention of a lifeguard who will be able to come to your assistance. You should conserve your energy by floating on your back and staying calm. This will ensure you have the energy to remain afloat until further aid arrives.

REGULATION SYMBOLS		ป้ายเตือนนักท่องเที่ยว	
	No swimming - this is sometimes also signified by a red flag		Patrolled beach
	Surfcraft prohibited		Surfboard riding (also signified by a blue flag)
	Bodyboards prohibited		Shore dump
	Unexpected Large waves		Strong currents
			Submerged objects
			RED AND YELLOW Patrolled area - the safest swimming area
			YELLOW Warning - potentially dangerous conditions
			RED Beach closed - do not enter water
			BLUE Aquatic activity boundary - used to designate the boundary of an aquatic activity, often the board riding area for surfers
			RED AND WHITE CHEQUERED Evacuation - e.g. A shark has been sighted in the water
		องค์การบริหารส่วนจังหวัดภูเก็ต Phuket Provincial Administrative Organization	

Resuscitation Chart

D **Danger**
Check for **Danger** to yourself, the patient and bystanders.

R **Response**
Check for **Response** by talk and touch

S **Send**
If unresponsive, **Send** for help by calling the tourist police on 1155

A **Airway**
Open **Airway** and ensure it is clear. If not, roll patient onto their side and clear the airway.

B **Breathing**
Check **Breathing** if patient is not breathing normal, commence CPR.

CPR (30:2)*
Start CPR
Give 30 chest compressions followed by two rescue breaths.
If unwilling or unable to perform rescue breaths, continue chest compressions.
***For drowning**, Give two initial rescue breaths before starting compressions.
Ensure adequate backward head tilt when performing rescue breaths.
Compressions should be 100-120 per minute in the center of the chest and be 1/3 of the patients chest depth.
For infants do not tilt the head when administering breaths. Use two fingers to compress the

C **Defibrillation**
Check **Breathing** if patient is not breathing normal, commence CPR.

Continue CPR Until:

- The patient responds or begins breathing normally
- A health care professional arrives and takes over CPR
- It is impossible to continue (e.g. exhaustion)
- A health care professional directs CPR to cease

This information is not a substitute for first aid training

How to escape a rip current

A rip current is a strong channel of water flowing seaward from near the shore

HOW TO SPOT A RIP CURRENT:

- Look for the 'seam' where waves are drawn together
- Look for a channel of churning, choppy water
- Look for a steady line of sea foam or debris
- Look for different colored water beyond the surf zone
- Look for a break in the incoming wave pattern as waves roll into shore
- Be aware that even if you don't start swimming near a rip, you will naturally be pulled by the water in that direction

HOW TO ESCAPE A RIP CURRENT:

- Don't panic. Rip currents or undertows around Phuket are rarely strong enough to pull a person underwater
- Conserve your energy. Most swimmers who die after being caught in a rip current die due to exhaustion
- Don't swim directly against the rip current
- Swim parallel to the beach, rip currents are usually very narrow and easier to escape this way
- Swim towards a place where the waves are breaking, because generally floating objects (you) are transported back towards shore



Image by Surf Life Saving Australia, which provides beach safety resources and further information about identifying dangerous beach conditions at www.beachsafe.org.au



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Doctor's orders: Eat more!

Dark chocolate reduces risk of heart disease

By Dr Michael Klentze

WHO doesn't like dark chocolate? While the bitter taste of an 80 per cent variety might not be to everyone's taste, recent studies from Harvard Medical School, Boston University School of Medicine, and the German Heart Journal, have shown that dark chocolate intake is associated with a 39 per cent lower risk of heart problems and stroke – that's enough to make anyone fancy a bite.

The reason for this is that cocoa beans are rich in plant nutrients called flavonoids. Flavonoids help protect plants from environmental toxins, parasites, fungi and UV light, and when we eat foods rich in flavonoids, we also benefit from this antioxidant power.

The main type of flavonoids found in cocoa and chocolate are flavanols which have been shown to have potential influences on vascular health, such as lowering blood pressure, improving blood flow to



YOUR DARKEST DESIRE: Dark chocolate with a cocoa content of 65 per cent or higher has been proven to help lower the risk of heart disease and tastes delicious as well. Photo: Amy Loves Yah. Professor Dr. Michael Klentze (right) of the Thanyapura Integrative Health Clinic. Photo: TSLC

the brain and heart, and making blood platelets less sticky and reducing the possibility of clots.

Flavanols also have antioxidant qualities that boost our bodies' natural ability to destroy harmful free radicals, which is important when considering that results of genetic tests from Thanyapura Integrative Health Center (TIHC) have shown that many people do not have enough antioxidative capacity to combat the immense production of free radicals caused by modern lifestyles.

"What kind of chocolate is better and can you recommend a special brand?" is a question

that I have frequently been asked. Essentially, the more that the chocolate has been processed (through things like fermentation, alkalizing, roasting) the more flavanols it will lose. The best choice is, therefore, likely to be dark chocolate rather than milk chocolate, and you should always try to choose dark chocolate with a cocoa content of 65 per cent or higher.

While the health benefits of chocolate can be immense, it is important to consider the fat content, and as with most foods, exercise moderation. It is advisable to limit yourself to

around 85 grams a day, but since this amount may provide up to 450 calories you may want to cut calories in other areas or step up the exercise to compensate.

Combining chocolate and exercise has been shown to add even greater health advantages including preventing obesity and type-two diabetes. The focus of TIHC is to implement individualized tests in partnership with some of the world's leading geneticists based in Europe to develop a personalized lifestyle guideline which combines diet with an exercise program.

The test involves nothing more

than a non-invasive swab of the inner cheek, from this, TIHC's expert doctors, sports scientists and dieticians are able to identify which areas of health you are most likely to experience difficulties with, and from these results, produce and guide you through a series of beneficial lifestyle changes to help you feel fitter, healthier and enjoy guilt-free chocolate indulgences.

Prof. Dr. Michael Klentze is Chief Scientific and Medical Officer of Thanyapura Integrative Health Clinic & Founder and Chairman of Klentze Medical Faculty.

Damage in a glass

By Dr Gerard Lalande

NEWSPAPER articles often extol the potential health benefits of so-called moderate drinking but while very small amounts can have some minimally beneficial effects, it's a substance that does far more damage than good.

For example, alcohol consumption can induce up to 60 diseases, is the third leading lifestyle-related cause of death, and in the USA alone, is responsible for about 80,000 deaths per year. So what is this little molecule – alcohol or ethanol – likely to induce in our bodies?

Alcohol is found at different concentrations in beverages such as wine, beer, spirits and in many attractive fruity cocktails. Scientists define heavy drinking as consuming, for women, more than one drink per day on average and, for men, more than two drinks per day on average. A drink is defined as either 355 ml of regular beer (one can), 150 ml of wine (one glass) or 45ml of spirits (one shot).

The body rapidly absorbs alcohol: about 20 per cent heading to the stomach where it is diffused to other organs through the bloodstream. The remaining 80

per cent is absorbed by the small intestine, and first travels to the liver to be detoxified. The body considers alcohol a prime toxic product and prioritises its metabolic process over carbohydrates, vitamins and nutrients. Metabolic pathways are thus delayed and become less effective,

of these are released in excess quantities in the blood and stored within the liver. In addition, alcohol has a high affinity with cerebral cells and nerves. It exerts a direct deleterious effect on the cell membrane and binds to neurons' receptors leading to neurologic dysfunction and causing alcoholic addiction.

Depending on the quantity absorbed and individual sensibility (which greatly varies from person to person), the quantity of alcohol that cannot be immediately detoxified by the liver spreads to all organs and exerts various noxious effects on all cells. The remaining alcohol in the blood is finally eliminated through the lung (in the expelled air, which can be assessed by the breath alcohol test), urine and sweat.

The distribution of alcohol in the body leads to multiple organ damage and illnesses. The irritant effect on the digestive tract coupled with the carcinogen produced during detoxification is responsible for many cancers, especially of the mouth, throat, esophagus, liver and colon. Female drinkers are also more prone to breast cancers. Liver diseases are very frequent as this organ is the most



NO BRAINER: Give your heart a break, say no to alcohol, except in moderate amounts.

resulting in poor nutritional status. Purging the alcohol triggers an initial production of the potent carcinogen known as acetaldehyde and leads to an overproduction of fats (under the form of triglycerides). Both



IT'S A YES: The British Heart Association advocates exercising and eating healthy diet to keep your heart healthy. Photo: Fairfaxcounty

exposed to alcohol's toxic effects, initially with fatty liver (steatosis) and alcoholic hepatitis, and then with cirrhosis and liver cancer. Other digestive problems such as gastritis and pancreatitis can occur. The neurological effects of alcohol induce cognitive impairment, anxiety, depression, psychiatric problems, neuropathy (chronic nerve damage which may result in erectile dysfunction) and stroke. Finally, chronic alcohol use may lead to hypertension, abnormal heart rhythm and cardiomyopathy.

In contrast, alcohol in 'minimal amounts' may have an anti-clotting ability and some slight positive effects on the elasticity of the arteries, which could confer

to some protective effect on the cardiovascular system.

Nonetheless, the medical community agrees that it is unethical to promote low alcohol intake as a preventive health measure. As the British Heart Association notes, there are safer options to keeping the heart healthy. Among them taking exercise, eating a healthy diet and being aware of such dangers as smoking, drinking, high blood pressure and stress.

– *The Nation*

Dr Gerard Lalande is managing director of CEO-Health, which provides medical referrals for expatriates and customised executive medical check-ups in Thailand. He can be contacted at gerard.lalande@ceo-health.com



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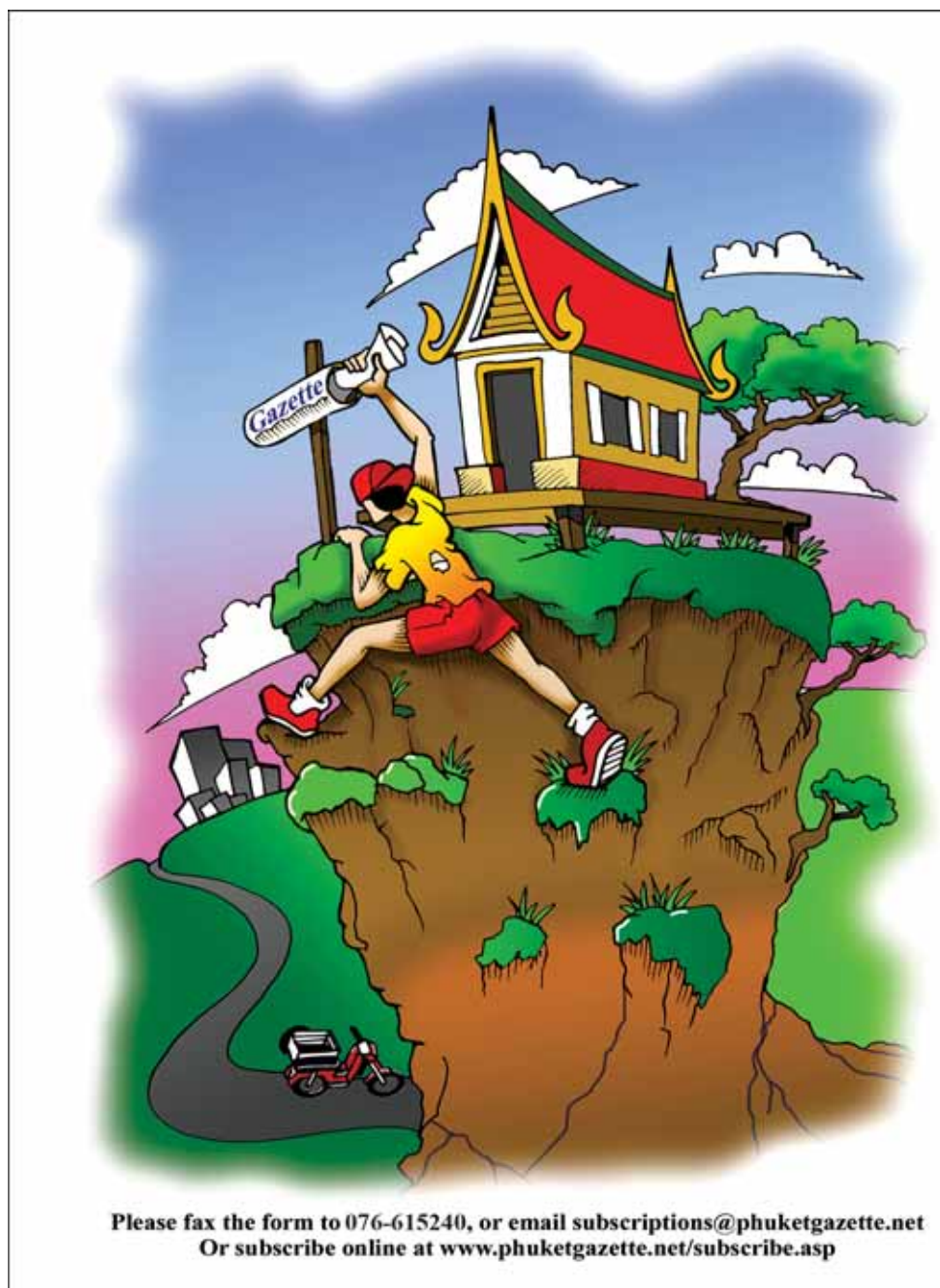
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SUDOKU: Each row, column and 3x3 sub-grid must contain the number 1-9 once only. Kevin Stone (brainbashers.com)

3			1		2			6
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Your weekly pith:

"You can complain because roses have thorns,
or rejoice because thorns have roses."

— Tom Wilson

This quote was taken from Ian Hewitt's book
'QUOTES for PROSPERITY'

COFFEE break

Across:

9. Oh! Back us if wee change in homemaker! (9)
10. School at 'U' arranged wholesale destruction (9)
12. Is no different conducting particles (4)
13. A thousand this morning, man, back for the tambon chief (6)
14. Stupid to park in a convertible (4,3)
15. Prince is moving around circle, showing accuracy (9)
17. Right, liaise as arranged to set jib and mains'l (5,4)
18. Return, or steer away (7)
19. Possibly coma is to do with Moses (6)
20. Taps back in minor squabble (4)
23. Went on and counted in erroneously (9)
25. Father unknown expert person in charge of distributing wages (9)
26. Still in uniform (4)
27. Imagine, I date out East! (6)
29. Schemer destroys R.N. plane (7)
32. Professor, shortly defer moving to have put forward (9)
34. Rain on cat shaken into bloom (9)
35. Most eager move, seek net (7)
36. Colored pencil caught man-made fiber (6)
37. Tyre jack (4)
38. Convey torn parts in pieces (9)
39. Perpetrated, sent to prison (9)

Down:

1. Quiet river prime move for fisherman (8)
2. Incense quest uncovers perfect example (12)

1		2		3		4		5		6		7		8
9								10					11	
12				13						14				
15			16					17						
18						19						20	21	
												22		
23				24				25						
26				27		28				29				30
			31											
32		33						34						
35						36						37		
38								39						

3. Conclude with one Zulu in the finale (8)
4. New Nationalist may be open about Knight's banner (6)
5. Thus more open for the enemy, or ourselves? (4,2,2)
6. Stay, elicit, generate flexibility (10)
7. Taunter at greedy eater (7)
8. I put last or disturb specifier (10)
11. Turn liberal, disrupt rat beyond the reasonable (5)
16. One right icon may be sarcastic (6)
19. Crazy mother turns up (3)
21. Strong one, perhaps laity, shows possibility (12)
22. Kilo a mother left in a place in Phuket (6)

23. Inexpensive fish for the stingy (10)
24. Gathered below, were on their feet (10)
25. Goody, goody! Note a tart (3)
28. Bade I act out of order, stand down (8)
29. Acts for each document second (8)
30. Wildly enraged Eastern deserter (8)
31. Bad, seen off for Illegal act (7)
33. Round piano, are up to musical performance! (5)
34. Accident possibility (6)

Cryptic crossword compiled by Patong Bill. Solution on page 31.

GEMINI (May 22-June 21):

Getting the answers you need is not well-starred during the first week of June. Geminis will have more success by leaving balls in other people's courts, rather than pushing for fast returns. Communication becomes more fluid towards the middle of the month. Those celebrating a birthday in the week ahead can look forward to a more satisfying year in the world of work. Your lucky number this week is nine.

CANCER (June 22-July 23):

Starting a new project is one thing, but finishing it could turn out to be a lot more than you bargained for. As the month of June commences, the stars suggest that Cancerians' enthusiasm could get in the way of practicality. Working with air and earth signs should be more rewarding. Romance with another water sign can become more serious if this is what you want. The number three seems special this week.

LEO (July 24-Aug 22):

You can be easily influenced during the first half of June and the stars caution that this can have negative results. There is a fine line between having an optimistic outlook and

ignoring negative factors, particularly where investments are concerned. In the realm of romance, an earth sign's lukewarm response comes as a surprise after their initial enthusiasm. The number four can attract good luck for Leos this week.

VIRGO (Aug 23-Sept 23):

Conversations are forecast to be important during the first few days of June and those born under the sign of Virgo should choose their words carefully. Important meetings are best delayed until later in the week. The stars advise that dreams can give hints of fresh possibilities. Those who have been stuck in a rut are predicted to be more inspired as this month progresses. Number six can be fortunate this week.

LIBRA (Sept 24-Oct 23):

Trying out new ways to enhance your leisure time is highlighted this month. Those born under the sign of Libra who have kept a low profile lately will be more motivated to get out and about in June – another air sign friend is forecast to provide inspiration for this. If you have recently suffered a relationship break-up, a water sign's interest is welcome this weekend. Librans' lucky number this week is eight.

YOUR horoscope By Isla Star

SCORPIO (Oct 24-Nov 22):

Scorpios should be in their element as the month of June gets underway. Your skills at networking will ensure that work possibilities open up, with focus on a fire sign being suitably impressed this week. While this is all happening, there are hints that your home environment needs some attention. Forgetting an important occasion can spark off arguments this weekend. Number four can encourage good fortune this week.

SAGITTARIUS (Nov 23-Dec 21):

Your energy is boosted by some success at work during the first half of June. However, the stars suggest that certain Sagittarians could be confused by something that turns out to be fool's gold. It would be wise to take advice from a person with experience before committing to any costly purchase. Romance with an air sign has Cupid's support this weekend. Number five is forecast to come alive this week.

CAPRICORN (Dec 22-Jan 20):

Communication can be less than smooth as the month of June commences. Other people are likely to think they know more than you do this week, with focus on a fire sign being determined to have the last word. Capricorns are advised to put their point of view forward as tactfully as possible. Money matters are auspicious on Monday and Tuesday. Your lucky number this week is seven.

AQUARIUS (Jan 21-Feb 19):

It will be a challenge to maintain an objective outlook at the start of June. Aquarians with stars in their eyes can be carried away on the whim of a moment. This can also relate to romance; a water sign's flirtation could be too tempting to resist, but the stars advise that you will regret getting involved too quickly. The number two shows signs of being lucky this week.

PISCES (Feb 20-March 20):

Pisceans are predicted to find that problems are solved more easily during the month of June. Lost items are likely to be found and this can shed welcome light on a money related dilemma. In the realm of romance, those who doubted

another water sign's sincerity should soon have their worries laid to rest. Fortunate days for finances are Sunday and Monday. Number one appears important this week.

ARIES (March 21-April 20):

Boredom won't be an issue for those born under the sign of Aries this month. The stars suggest that you will be spoiled for choice when it comes to entertainment. Travel opportunities that you missed out on earlier this year can become feasible again – taking a trip is forecast to help revitalize a tired romance. Money matters go your way during the first half of June. Your lucky number is five.

TAURUS (April 21-May 21):

As June begins, the cosmic climate supports attempts to put unwanted situations or commitments behind you. If this relates to a working relationship that has turned sour, it should soon be possible to walk away with your head held high. The stars advise waiting until the second half of the month before seeking different employment. Sizzling days for romance are Tuesday and Wednesday. The number eight stands out for Taureans this week.

International Sport

Monaco, Montreal, modifications

A CRASH laden Monaco was good for Mercedes; Nico Rosberg, now probably their number one driver, led from start to finish. This is not a harbinger of things to come in 2013; Monaco is a special race. Monaco, Spa and Suzuka are often quoted as the three tracks where driver skill can overcome technical differences between their cars.

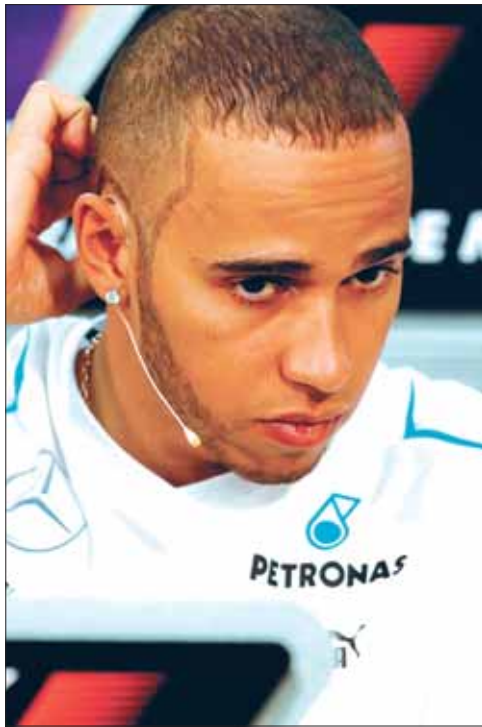
But a few bottles of bubbly must have been popped in Brackley recently, where interestingly, Robert Kubica has been driving in the Mercedes simulator. Is Mercedes considering a post-Hamilton option? Kubica is a close friend of new Mercedes motor sport boss Toto Wolff. Kubica was branded "arguably the best driver in F1" in 2010. Then his *Ronde di Andora* rally crash, in which his forearm was partially severed, brought everything to a halt until late last year when he started rallying again.

I said last season that Hamilton's move was extremely dangerous for him. He left a team that was built around him, and he will never get that again. I presume he did that to exorcise his self-doubt. With his bizarre facial hair and extreme tattoos, he seems to be screaming for attention. While he is a very talented driver, there are plenty more where he came from. We may have seen the best of Lewis Hamilton. For me that is sad because he was a hero.

Monaco was good for Red Bull. They did not win, but they increased their lead in both championships. It was good for Force India, when Adrian Sutil managed to pip Jenson Button for fifth. Monaco was bad for Ferrari; Fernando Alonso only managed seventh, and Felipe Massa crashed when his suspension failed. It was bad for Lotus; Kimi Raikkonen took a puncture after Sergio Perez hit him and finished tenth, while Romain Grosjean has been given a 10-place grid penalty in Canada for causing a crash. Actually, he had four accidents in three days.

Monaco was bad for McLaren. Jensen Button got a miserable sixth, and Sergio Perez made a series of aggressive overtaking moves, in one of which he collided with Kimi. He then retired. Raikkonen, said: "Maybe someone should punch him in the face". Williams did nothing, and announced it is moving from Renault engines to Mercedes next year. They certainly need something.

The difficulties for Raikkonen and Alonso boosted Vettel. The leaders are now: Sebastian Vettel 107 points, Raikkonen 86, Alonso 78. They are followed by Hamilton 62, Mark Webber 57, Nico Rosberg 47 and Massa 45.



Lewis Hamilton. Photos: Reuters



The rest of the field is led by Paul di Resta 28, Grosjean 26, and Button 25.

In the Constructors' Championship, Red Bull is on 164, from Ferrari 123, Lotus 112 and Mercedes 109. Behind them, Force India on 44 is now ahead of McLaren on 37 and that is an exciting battle. Force India is in effect McLaren's second team.

The high-speed Circuit Gilles-Villeneuve is a set-up challenge; its 75 seconds lap time is the quickest of the season. It's a short track with long straights demanding low down force, connected by tight hairpins where cars brake to under 60 kilometers per hour. As most of the corners are chicanes, kerbs are used extensively, and the set-up trade-off is between roll stiffness to allow the driver to change direction, and soft suspension to ride the kerbs.

High speed straights and tight slow corners are hard on brakes, but that will not



Safety personnel remove debris and the wrecked car after Pastor Maldonado's crash.



Spectators look on from above as Nico Rosberg drives past during the Monaco Grand Prix.

trouble most teams. Raw power is needed for the long straights. On the other hand, the lowest pit loss time of the year – 15.9 seconds, supports higher stop strategies. The circuit is very narrow with close walls, so it can produce exciting races, with a high probability of a safety car to put demands on strategy.

Weather is ever a factor in Montreal. Low temperatures cause trouble for tyres, and there is always a threat of rain.

'Tyre wars' continue. Pirelli has bowed to pressure and the medium compound replaces the soft as the prime tyre, which will help Red Bull. The option of the

super soft remains. Pirelli has also announced a new rear construction for teams to evaluate on Friday before its planned introduction at Silverstone.

Meanwhile, a second front opened in 'tyre wars' when Red Bull discovered that Mercedes stayed in Barcelona after the Spanish Grand Prix to conduct a 1,000km tyre test. Red Bull and Ferrari launched a protest claiming it flouted F1 rules. Pirelli

denied that Mercedes had any advantage from the test which largely focused on next year's tyres. There was also some running on the modified tyres Pirelli will test further during practice for this week's Canadian Grand Prix. Modifications are intended to eliminate the high-speed delamination that occurred in Bahrain and Spain.

Red Bull cannot both expect Pirelli to produce more Red Bull friendly tyres for Silverstone, and not allow them to be tested. The test was determined by Pirelli. Mercedes had no idea what they were testing. Most tests were performed with tyre specifications that will not be used in 2013.

Pirelli is working on a 2014 tyre even though it has yet to sign a contract for next season. Assuming it stays on, Pirelli says it will give teams more information in September.

And then, in a delicious twist the FIA revealed that Ferrari, the other Mercedes protester, conducted a similar test for Pirelli between the Bahrain and Spanish Grands Prix. Glasshouses and stones? It is set to rumble on, since Red Bull wants it all its own way.

Upon whom will Montreal smile? Vettel, Alonso and Kimi are all contenders, and the Safety Car lottery may yet sort it out in someone's benefit.

If you have the stamina, watch it with me at the Green Man at 1am Monday morning. Qualifying at midnight Saturday.

Bolt aims for more dominance



Usain Bolt. Photo: Reuters

JAMAICA'S Usain Bolt aims to preserve his sprint dominance and add to his collection of six Olympic gold medals before he ends his glittering athletics career after the Rio de Janeiro Games in 2016.

"I have pretty much four more years I think personally, in the sport, so now it is all about dominating for those four years," Bolt, 26, told a news conference in Rome where he was preparing to make his European season debut at last Thursday's Golden Gala meeting.

"I am looking forward to the next Olympics to do something

that has never been done before, so that is one of my biggest things right now," he said.

Bolt, Olympic champion and world record holder over 100 and 200 meters, has struggled with a slight hamstring strain this year and last competed in a meeting in the Cayman Islands last month where he ran the 100 meters at a relatively pedestrian 10.09 seconds.

As well as Bolt, Thursday's field included American Justin Gatlin, bronze medalist at the London Olympics, and 2003 world champion Kim Collins from St Kitts and Nevis.

The Jamaican was confident that he had overcome the injury problems which dogged the start of his year and said he would not relax his hold over a sport he has dominated since his triumph at the Beijing Olympics of 2008.

"It is going to take hard work and I really look forward to the competition because it drives me and it helps the sport.

"I am going to do as much as possible and enjoy it and help to develop the sport over the years," he said.

The Golden Gala IAAF meeting was held at Rome's Olympic Stadium on June 6. – Reuters

'Special One'

JOSE Mourinho has returned for a second stint as Chelsea manager, the English club said in a statement last Monday.

The popular Portuguese manager, who left Real Madrid last weekend, won the 2005 and 2006 Premier League titles in his first spell with the Londoners, but departed in 2007 after falling out with owner Roman Abramovich.

"Now we are back together at a great moment for both. We are ready to marry again and to be happy and successful again," he told *Chelsea TV* on Monday after the Premier League side announced he had signed a four-year contract.

International Sport



Japan's national soccer team coach, Alberto Zaccheroni and his squad celebrate qualifying for the World Cup finals in Brazil. Photo: Reuters



TIMING: Keisuke Honda scores an injury time penalty kick against Australia during their 2014 World Cup qualifying soccer match. Photo: Reuters

Honda powers Japan to Brazil

By Amlan Chakraborty

JAPAN became the first team to qualify for the 2014 World Cup finals after a last-gasp home draw against Australia on Tuesday, while arch-rivals South Korea also conjured up a late equalizer in Beirut to inch closer to a spot in Brazil.

The 62,000-plus crowd at Saitama stadium survived anxious moments before playmaker Keisuke Honda converted an injury-time penalty as Japan salvaged a draw to grab one of the two direct qualification places from Group B.

Oman downed Iraq 1-0 in Muscat to leapfrog Australia into second place with nine points from seven matches, turning the heat on the Socceroos who have played one match less and are level with Jordan with seven points.

In Beirut, a profligate South Korea eked out a 1-1 draw against a dogged Lebanese side to top group B with 11 points from six matches, ahead of Uzbekistan on goal difference.

In the same group, Iran downed Qatar 1-0 to trail the leaders by a single point as the race for the second direct qualification berth intensified.

The team that finishes third in the group can still qualify for Brazil, but must win a two-legged playoff against the equivalent finisher in Group A before another playoff against the fifth-placed team in South America.

At Saitama, Honda had his 'came-saw-and-conquered' moment as the bleach-blond playmaker converted the injury-time spot-kick after Tommy Oar had put Australia ahead in the 81st minute.

Honda had arrived in Japan only on Monday, after helping CSKA Moscow win the Russian Cup.

"It's a shame we could not get a win but I am glad we have sealed qualification for the World Cup," he was quoted as saying by Japan's *Kyodo* news agency.

"Lucky for us we were able to get a penalty and I was able to put it away."

The mood was different in the Australian camp where Tim Cahill admitted the

road ahead was far from smooth.

"I think when you look at it, we probably would have taken a point beforehand but it's just hard to take conceding a penalty," said the former Everton midfielder.

"We showed a lot of positives as a team. For us we want everyone to be upbeat and get themselves right. We have got a massive, massive game in our next one."

Much of the pressure stems from Oman, who held the Socceroos to a surprise 2-2 draw at home in the previous round and again defied the odds to down Iraq and boost their hopes of a maiden World Cup appearance.

Oman coach, Paul Le Guen refused to get carried away, however, despite his team's success without star goalkeeper Al Habsi and striker Amad Al Hosni.

"We are not close to Brazil. We are closer than we were a few months ago, but I think we have a chance for third place," said the Frenchman.

"When you are coach of Oman you have to be realistic. Our league is not professional

and we are in contention for third place with one game remaining."

For South Korea coach, Choi Kang Hee, the main worry would be the team's poor finishing.

Stung by Hassan Maatouk's 12th minute strike, the South Koreans mounted attack after attack in the lop-sided second half in Beirut, but had to wait until seven minutes into the added time for Kim Chi Woo's free-kick to be deflected off the defensive wall into the net.

That equalizing goal earned South Korea a valuable point.

The three points Iran earned in Doha were no less valuable, as shown by coach Antonio Simoes's reaction after the match.

"We deserved to win today as we played well which helped us to get three important points," said the Portuguese.

"We will not celebrate as we have still two matches remaining."

Iran host both Lebanon (June 11) and South Korea (June 18) in their remaining two matches.

— Reuters

Oscar Pistorius briefly back in court

A SOUTH African judge postponed the murder trial of Oscar Pistorius last Tuesday and criticized the media for sensationalist reporting of the Olympic and Paralympic athletics star's shooting of his girlfriend on Valentine's Day.

Pistorius, 26, remained composed throughout the 10-minute hearing at the Pretoria Magistrates Court when he made his first formal public appearance since his release on bail in February. He was driven away afterwards in a sports utility vehicle with tinted windows.

The double amputee, nicknamed "Blade Runner" for his prosthetic racing legs, has admitted killing Reeva Steenkamp, a 29-year-old model, by firing four shots through a locked toilet door on February 14 at his plush Pretoria home.

Dressed in a dark suit, shirt and tie, his only words in court were "Yes, Your Honor" when asked if he understood the bail conditions.

Judge Daniel Thulare postponed the case until August 19, which would have been Steenkamp's 30th



Oscar Pistorius enters the dock before court proceedings at the Pretoria Magistrates court on June 4. Photo: Reuters

birthday, after prosecutors asked for more time to prepare their case. They did not provide details.

Thulare also took a swipe at domestic and international media coverage of the case, branding it "scandalizing, contemptuous actions".

"It appears there is a trial by media," Thulare told the court.

He urged journalists to "preserve the sanctity of the fountains of justice."

In the most recent incident, Britain's *Sky News* broadcast photos said to have been taken in-

side Pistorius' home shortly after the shooting. The images showed blood-spattered walls and blood pools on the bathroom floor. Police said they were investigating the leak.

South Africa does not have trial by jury so pre-trial media coverage is seldom deemed to be prejudicial.

In testimony at the February bail hearing, his lawyers said the shooting was a tragic mistake and Pistorius was acting in self-defence against what he thought was an intruder.

Prosecutors accused him of premeditated murder for firing into the door, hitting Steenkamp in the head, hip and arm. Bail was set in February at 1 million rand, which is about US\$100,000.

The case has garnered enormous attention because of his remarkable life story and fall from grace. In South Africa, he was a hero for black and white people alike, transcending the racial divides that persist 19 years after the end of apartheid.

In August last year, he carried the South African flag at the

London Olympics, the games at which he confirmed his hero status by becoming the first double-amputee to compete against able-bodied athletes.

He reached the semifinal of the 400 meters.

Six months later, he was a broken man, weeping uncontrollably in court after being accused of murder.

But since the killing, his lucrative endorsement deals with the likes of sporting goods maker Nike have been suspended and his millions of admirers around the world have questioned the faith they had put in him.

Pistorius has kept out of the public eye since he secured bail. Media reported that in April he partied at a nightclub in a Johannesburg suburb after his bail conditions were relaxed the previous month.

The Pistorius camp said the matter was blown out of proportion and he went out for a quiet dinner with friends after spending weeks in the house with family.

— Reuters

Successful Samui Regatta

THE final day of the 2013 Samui Regatta took place with 10 knots of breeze, under a blue sky and calm seas. Principal Race Officer Ross Chisholm set two windward/leewards for all classes except IRC Zero, who needed just one more to complete their 10 race schedule.

Although Frank Pong's *Jelik* had already wrapped up the IRC Zero title, he was out on the startline full of energy and with the bit between his teeth. Some tweaks to the set-up put *Jelik* back up to speed to take the final race win on the two nautical mile windward/leeward course. *Jelik* was crowned class winner and also the 2012/13 Asian Yachting Grand Prix Championship Skipper (Frank Pong) and Yacht (*Jelik*) of the Year.

Sam Chan's *Freefire* placed second in the final race to secure second overall and, although finishing strongly with a third in the last race, it was not enough for the Royal Malaysian Navy entry *Miri Marina Uranus*, skippered by Mohamad Razali Mansor, to overhaul Ben Copley's *Katsu* who took third place overall on countback.

Coming into the last day level on points, were *Foxy Lady 6* and *Walawala 2* in IRC One. Business in Europe meant Bill Bremner, owner/skipper of *Foxy Lady 6*, handed the helm to Steve McConaghy for the final day and the pressure was on.

Two windward/leewards were scheduled and in the shifty winds there was plenty of chance to gain points – and lose them. *Foxy Lady 6* and Steve Manning's *Walawala 2* battled over the short course to finish second and third respectively, behind the rapidly improving *Elektra*, skippered by Marcel Liedts.

Going into the final race, it was all to play for with a close three-way battle at the top. Having thrown away the lead last year on the final day, placing fifth in the last race and giving the title to *EFG Bank Mandrake*, all eyes were on the *Foxy Lady 6* crew. Game on.

Windsikher, skippered by Sarab Singh, put in a good performance to finish second, missing out on the win by less than 10 seconds, and secure a comfortable fourth overall.

A third for *Elektra* in the final race was enough to claim second overall and displace *Walawala 2* who finished fourth in the last race and third in the overall standings.

After the disappointment of last year, it was *Foxy Lady 6*'s time to shine, triumphing in



Thai based *Free Wind*, helmed by Nicholas Smith (left) finished third in the IRC Two class at the Samui Regatta. Photo: SamuiPics.com

style with a win in the final race and the overall class title.

A perfect ending to a perfect regatta – at least the winners in IRC Two, Bareboat/Cruising and Multihull classes thought as much.

In fact, all competitors felt the same. Matt Allen, the Aussie ace from the Cruising Yacht Club of Australia, left a fellow-Aussie in charge of *Ichi Ban*, Scott Duncanson, who continued Allen's succession of wins to win handsomely IRC Two, scoring a total of nine successive firsts.

Pattaya sailor Gary Baguley held on grimly on *El Coyote*, to be scored second in the class, followed by Thai-based *Free Wind*, helmed by Nicholas Smith, Bryan Coianiz's *Siren* and Mick Grover's Thai entry *Moon Shadow*.

But, there was additional kudos for these later finishers, as the Race Director subdivided IRC Two into a Bareboat/Cruising class, with *Free Wind* taking the top placing, followed, in order, by *Moon Shadow*, Patinyakorn Buranrom's Thai-crewed *Sansiri*,

Aussie Barry Waugh's aptly-named *The Waughship*, and the Sailquest team from Ocean Marina on *Paprika II*. Only one point separated the second and third-placed boats.

Last, but definitely not least, was the ongoing struggle for supremacy in the Multihull class. David Liddell's consistency won the day and the Ao Chalong (Phuket) multi *Miss Saigon*, beat fellow Phuket challenger Henry Kaye, on *Sweet Chariot*, who finished some six points behind, with Samui team *Crazy Horse* dropping out of contention at the half-way mark.

A popular addition to this year's regatta has been the Standup Paddleboard Challenge (SUP), sponsored by JP Australia, Neil Pryde and Kiteboarding Asia, with a competition run daily between sailors, crews, and even select media that took part.

The top two of each day went through to a Grand Final with the winner, Akira (nickname Splash) representing *Walawala 2*, taking away an inflatable board, pump and accessories worth over US\$1,200.

– *Phuket Gazette*

Samui results

IRC Zero

- 1st *Jelik*, Frank Pong (13)
- 2nd *Freefire*, Sam Chan (21)
- 3rd *Katsu*, Ben Copley (29)

IRC One

- 1st *Foxy Lady 6*, Bill Bremner (24)
- 2nd *Elektra*, Marcel Liedts (22)
- 3rd *Walawala 2*, Steve Manning (23.5)

IRC Two

- 1st *Ichi Ban*, Matt Allen (8)
- 2nd *El Coyote*, Gary Baguley (16)
- 3rd *Free Wind*, Nicholas Smith (29)

Bareboat/ Cruising

- 1st *Free Wind*, Nicholas Smith (10)
- 2nd *Moon Shadow*, Mick Grover (21)
- 3rd *Sansiri*, Patinyakorn Buranrom (22)

Multihull

- 1st *Miss Saigon*, David Liddell (12)
- 2nd *Sweet Chariot*, Henry Kaye (18)
- 3rd *Crazy Horse*, Team Kunta/ Zenzen (29)

War Elephants warmed

THAILAND'S futsal team, ranked 17th in the world, played three friendly games against world no 11, Romania, last weekend in preparation for the 4th Asian Indoor Martial Art Games, taking place this week in Incheon, South Korea.

Played in Bangkok, the friendly matches were supposed to be a three-nation tournament but Turkey pulled out two weeks before the tournament started. Romania won the first match 4-1, but Thailand came out on top 9-4 in the second game and 7-3 in the third game.

In the second match, Thailand took an early lead through Phuket United star, Piyapan Rattana; even though the War Elephants dominated the early exchanges, they failed to increase their lead. Romania pulled a goal back in the 8th minute and

then quickly took the lead.

Thailand went into the half time break leading 4-3 and they increased their lead right after the restart. When Romania conceded a sixth goal they adopted a power play but this tactic back-fired as Thailand scored two goals. Jirawat Sornwichian scored his hat trick in the 30th minute and Supawut Tuenklang scored Thailand's ninth and his third of the game. Alpar Jomar scored a consolation goal for Romania with the clock ticking down. The 9-4 victory over Romania was only the second time Thailand had beaten a European futsal team. The first time was a 6-1 victory over England in 2007. In Thailand's third game on June 1, Kritsada Wongkeaw and Supawut Tuenklang both scored hat tricks.

– *Phuket Gazette*

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Family friendly LPIM this weekend

THOUSANDS will 'Run Paradise' to a family-friendly fitness beat at Laguna Phuket International Marathon (LPIM) this weekend.

Runners and walkers of all ages and abilities will take to the roads of Phuket on Sunday morning when the eighth annual 'Run Paradise' Laguna Phuket International Marathon (LPIM) once again celebrates the joy of running and pursuit of fitness in a family-friendly carnival atmosphere.

This year the line-up of more than 4,000 Thai and international

participants from 45 countries – aged from 13 to over 80 years-old – will set off on a variety of distance courses.

Competitors will be led by LPIM's Charity Ambassador TV actor Krittapas 'Kritt' Sakdittanon on the half marathon course.

With a full 42k marathon starting at 4.30 am; 21k half marathon; 10.5k run; 5k 91.5FM Community Walk and 2K children's run, LPIM offers something for everyone.

The honor of oldest LPIM

competitor this year goes to 84 year-old Thai female Chanita Kumavut in the 10.5k run.

The full marathon will also see LPIM's oldest male competitor – British retiree Robin Wilson, aged 79, making his third appearance in the event, alongside the oldest woman in the 42k, 75-year-old Kimiko Sakat of Japan.

2012 Champion Danchai 'Dan' Prangkong, aged 30, of Surat Thani returns to defend his full marathon title which he won in a time of 2:49:33 last year.

Thailand has the oldest and youngest competitors in the half marathon, with 18-year-old Seksan Khakhuen and Nattanan Pramuanpornsatid, the youngest male and female alongside oldest male, 77 year-old Jaran Kaphueng and oldest female, Tae White, aged 64.

Also in the half marathon is 63 year-old Glenn Feagle of the USA – who has competed in every LPIM – making his eighth start at the event.

The 10.5k run features a spectrum of ages. The youngest males are 13 year-old Australian Rohan Sriram – son of Banyan Tree Phuket's general manager – Supat Sudjid of Thailand and Singaporean Woon Shi Jie, together with youngest female 13 year-old Wan Aida Zainal of Malaysia. The age range extends right up to oldest male Putthipong Koocharoenthavorn of Thailand, aged 64, and LPIM's oldest competitor, 84-year-old Chanita Kumavut.

"We love the

way that this event brings runners of all ages from around the world here to enjoy our beautiful environment and to compete together with our local community, Laguna staff and running clubs from all over Thailand," said Debbie

Dionysius, Laguna Phuket Assistant Vice President of Destination Marketing.

Although LPIM is firmly focused on the fun of running, serious full marathon contenders



LPIM's Charity Ambassador TV actor Krittapas "Kritt" Sakdittanon.

will have their sights set on cracking the course record of 02:33:51, set in 2011 by Russian whirlwind Vsevolod Khudyakov.

Last minute race registrations are available in the Marathon Expo at the Y-Junction site close to the entrance of Outrigger Laguna Phuket Beach Resort on Saturday June 8 from 10am-5pm. Registrations for the 91.5FM Community Walk are available right up until 7.30am on Sunday morning before the start at 8am. – **Phuket Gazette**

For additional information, visit phuketmarathon.com.



TEAM PHUKET TODAY: Tara (left), Kiranee and Isaac raising money at Central Festival. Photo: 91.5FM

Team Phuket Today to take on LPIM

AVID viewers of the Phuket Today show will no doubt be aware that, for the past several weeks, the TV show's presenters have been training for this year's Laguna Phuket International Marathon (LPIM).

Isaac Stone Simonelli, who also has the challenging job of running the editorial news department of the newspaper you are currently reading; Tara Sudlow, lifestyle consultant and sports star groupie and Kiranee Narabal, educator and serious runner, are not – by any stretch of the imagination – a 'Dream Team'.

As the only hard-core runner in the group, Kiranee has taken her training very seriously. This is despite struggling with the lackadaisical Tara, and Isaac missing most of the team-training sessions because of his heavy workload.

Kiranee has been the team inspiration. Isaac, right up until the final week, was planning on winging the 10km course at the LPIM with Tara. Now he's going to be right up there with Kiranee on the 21k run.

So, no, Team Phuket Today isn't a dream team, but they do in one way or another represent many of the 4,000 runners who will be hitting the tarmac around Laguna Phuket this Sunday. They represent the heart of what this marathon is about; average Phuket people with busy lives finding time to get fit and help some worthy charity projects in the process.

A portion of all the runners' registration fees this weekend will be going towards funding a number of projects under the umbrella of the Laguna Phuket Foundation.

These include the FullyBooked mobile library project, Developing Sustainable Schools program and the Survival Swim project.

Team Phuket Today has taken the initiative to raise additional funds for FullyBooked through good-old fashioned per-kilometer sponsorship from their friends and fans.

Even with people sponsoring the team at an average of just 10 or 20 baht a kilometer, in just a few hours at Central Festival, Team Phuket Today received pledges totaling more than 6,000 baht – so that's already quite a lot of books for the mobile library.

Even if you aren't a runner, now there's a way that you can be a part of the Laguna Phuket International Marathon. A small donation to Team Phuket Today – whether it's just a few baht per kilometer or a few thousand baht for all three to cross the finish line – every bit will go directly towards helping poor local children get a better education. – **Simon Hand**

If you would like to help, visit the Phuket Gazette's Facebook event: Team Phuket Today @ the Laguna Phuket International Marathon. There you will be able to watch Phuket Today's catalogue of training videos, chat with the team and, of course, pledge your support.



Thousands of runners will compete at LPIM. Photos: Laguna

Exploring island fitness

THIS article will elaborate on last week's feature, 'Marathon Training in The Beauty of Phuket'.

It is important to note that anyone can improve his or her strength and fitness and I encourage you to do so while exploring this beautiful island and neighboring regions. So, here we go, the next seven training fundamentals continued from the last article:

1) Fuel is vital. Your nutrition intake will either enhance your performance and recovery rates or deplete your life energy. Because you are now 'in training' you will require more substantial foods to sustain your training lifestyle. Many people think because they train they can eat anything and get away with it. You can't. It catches up with you in the long run.

Focus on highly nutritious natural foods and ensure you consume quality essential fats, proteins and carbohydrates at each meal.

2) If you are out of breath, you are going too fast. Building endurance means remaining aerobic and 'running easy' or 'training easy'. If you are panting heavily or struggling to breathe, then sooner, rather than later, your muscles will pack in and your endurance efforts will be squashed.

In Christopher McDougall's book, 'Born To Run' he suggests



that going too fast too early is one of the biggest mistakes beginners can make. Always remember that distance determines your pace, so on your weekly long training sessions, you should start at a very comfortable pace.

3) Days that are not set aside for sport specific training can be used as active rest days. This means you exercise but are giving your body a rest from the sport that you predominately train for.

Active rest days are vital to avoid injuries and overtraining, and should include activities to help your overall performance/ These include joint stability, muscular balance, connective tissue strength, improving posture, and low intensity technique work or simple X-Training. Oh, and you will obviously want at least one full recovery day each week! (Think Spa and massage)

4) Having good alignment is golden. Do what ever it takes to stretch muscles in your body that are overly tight – this will help balance and strengthen your entire body and plays a vital role in performance and endurance capabilities. As society continues to speed up, we ironically are forced to slow our bodies by sitting down

in front of screens all day, Corrective stretching is one of the best forms of medicine we can use. Find a trainer to help utilize specific techniques to make it fast and effective and I recommend you stretch everyday. You read that right. Everyday.

5) Hydrate or die. A huge part of endurance performance comes down to water balance within the cells of your body. The smallest amount of dehydration can lead to fatigue, pain, poor concentration, cramping, mental mind freaks – I could go on. Hydrate regularly with small sips of quality water all day and every day, and aim to stay cool.

6) It may be a good idea to find some local 5-10k or even half marathon events (depending on dates and training age) during your build up period to experience an actual race.

Race day is very different to going out for a jog round the block. It is a good idea to consider that the month before competition, the goal should be to go 85% of the race distance during at least one of your weekly long training sessions.

7) Lastly, as the event comes closer be sure you have a tapering period where training volume is dropped considerably.

Tapering allows your mind and body to build energy and reserves and create stimulation to allow you to perform at your best and stay cool on race day.

Follow Hayden on Facebook/ [RhodesToHealth](https://www.facebook.com/RhodesToHealth)



Sport

Navy has a ball

IT WASN'T all R&R for the US Navy who were in Phuket for shore leave last week (see story on page 36). They participated in a number of Sports and other community events

During some football and rugby matches held on May 31 at Thanyapura Sports and Leisure Club (TSLC), Commander Emile Moured, the USS Nimitz strike group command chaplain and COMSERVE event coordinator, admitted to the *Gazette* that the Nimitz rugby team had never played a rugby match (together) prior to this day.

This was shown by the overwhelming deficit in favor of the mixed Vagabond/Lomas Phuket rugby team.

But as one Nimitz player shouted out, "It's not about the score, it's about the highlights!"

Meanwhile, the USS Nimitz soccer team played their second match in as many days following a 4-0 loss to the BIS team a couple of days earlier. They didn't fare much better against an adult expat team representing Phuket Soccer

Schools, losing 9-0.

"There is nowhere to prepare, play or practice [rugby and football] on the aircraft carrier. The boys did have a couple team meetings in the three weeks before arriving to Thailand, where they talked and tried to gauge interest and experience."

As the ship's chaplain, Cmdr Mo coordinates community relations events and activities.

"This past week, we organized about 14 or 15 community relations events [COMSERVE], some projects, some sports. There were about four to six events per day.

"I've been working real close with Brad Kenny of the Navy League Phuket to plan and organize the events, while the other chaplains managed execution of the events every day," he noted.

The one sport the Navy held their own in was mens basketball, with the Nimitz team winning their match against a BIS high school team 94-44.

— *Phuket Gazette*



The USS Nimitz basketball team vs a BIS team. Photo: Peter Blake



Phuket Soccer Schools Adult Team captain and the USS Nimitz's captain after their football match. Photos: Mark Knowles.



The Vagabond's rugby captain and USS Nimitz's rugby captain before their match at Thanyapura Sports and Leisure Club.

Islanders face uphill battle

By Andrew Scott

PHUKET FC's stuttering start to the season continued after they beat their Phang Nga Bay rivals Krabi 2-0 on May 29 in front of a raucous crowd: The team then traveled to Saraburi and lost 1-0 after Mario Neto scored a late winner.

The Islanders are in fifth place, three points behind Bangkok FC in the last automatic promotion spot in third, but they are already 12 points behind top of the table Air Force United. Trat and Nakhon Ratchasima are one and two points behind Phuket, respectively.

This weekend's home match against second place PTT Rayong, who knocked Phuket out of the Toyota League Cup 1-0 earlier this season, could leave Phuket six points adrift of third place if they lose and other results go against them.

The Islanders were touted as promotion hopefuls at the start of the season but they are struggling under the weight of expectation.

The team has a strong mix of foreign and Thai players but they rely too heavily on players like Dudu and Geoffrey Doumeng. Frenchman Doumeng is the heartbeat of the team and when he is missing the team has no real spark.

Dudu returned to the starting 11 against Saraburi after missing three games with a thigh injury, but Doumeng watched on

from the bench.

The Islanders have released their high profile pre season defensive signing, Cameroonian Moudorou Moise, who was signed from Thai Premier League side Thai Port. The commanding center back looked off the pace during pre season and his lumbering displays in a couple of Yamaha League One matches caused concern. He quickly lost his place to Japanese defender Sato who has forged an instant understanding with Nenenbi. The tall Japanese defender looks assured on the ball and can just as comfortably play as a defensive midfielder.

In the two YL1 matches Phuket played against PTT last season they lost 1-0 at home and were resoundly beaten 6-0 away.

The Islanders finished last season in 13th place, three points off the final relegation spot, whereas PTT finished a comfortable fifth.

The match kicks off at 6:30pm on Sunday at Surakul Stadium.

YAMAHA LEAGUE ONE FIXTURES				
SATURDAY, 8 JUNE 2013 16:00				
Nakhon Pathom	VS	Khon Kaen FC		
TTM FC	VS	Singhtarua FC		
SATURDAY, 8 JUNE 2013 18:00				
Ayutthaya FC	VS	Sriracha FC		
Saraburi FC	VS	Rayong Utd.		
SATURDAY, 8 JUNE 2013 18:30				
Korat FC	VS	Krabi FC		
SUNDAY, 9 JUNE 2013 17:00				
Bangkok FC	VS	Rayong FC		
Trat FC	VS	BBCU FC	18:00	
Air Force Utd.	VS	Siam Navy FC	18:30	
YAMAHA LEAGUE ONE FIXTURES				
	TEAM	P	W	PTS
1	Air Force Utd.	14	10	34
2	PTT Rayong FC	14	8	30
3	Bangkok FC	14	7	25
4	Singhtarua FC	14	7	24
5	Phuket	14	5	22
6	Trat	14	5	21
7	Korat FC	14	4	20
8	Saraburi	14	4	18
9	Nakhon Pathom	14	4	18
10	BBCU FC	14	4	18
11	Krabi	14	5	17
12	Siam Navy FC	14	4	15
13	Khonkaen FC	14	3	15
14	Ayutthaya FC	14	3	14
15	Sriracha FC	14	3	12
16	TTM Lopburi	14	2	12
17	Rayong FC	14	1	10
18	Rayong Utd.	14	2	9



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