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Cub House

Bikers' new hang-out
in Ekamai

Gourmet Charoenkrung

Three of the latest creative entries
on Bangkok's historical street

Drama + Attitude

Bobbi Brown's 'Crystal Drama' meets
Shu Uemura's 'Mattitude'

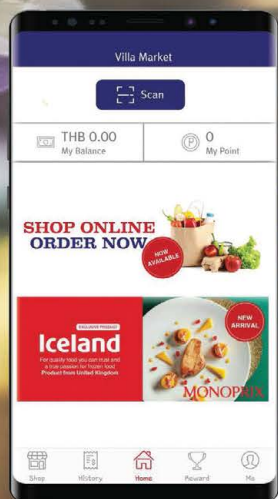
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Editor's Letter

I am sick as a dog. I've been suffering from chronic office syndrome for over two months now with a shoulder pain radiating down my arms and fingers. I've got to work, but can't sit for long, and can't exercise. And finally, adding to the agony, I'm on a coughing spree, too, that would surely go on for a couple more days.

I haven't been taking good care of myself lately, and it shows. I work from sunrise to sunset most days, and can only spare myself from a hunched over position just once or twice a day. My body is screaming "enough is enough".

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear," taught the Lord Buddha. Body first, everything else comes later. This is nothing new. Just like we know that smoking kills, but many still smoke (although their argument is that at least they get to take a break, relax and move around a bit). We know what we have to do, but we still can't kick the habit and do it right.

There's this story I can't remember where I heard from or whether it is even true, but it hits the nail on the head:

A CEO of a multi-million dollar company works very hard and never takes a day off for 30 years. His worried wife urges him to take a vacation so that he can enjoy all the money they've made. But the CEO refuses, saying he couldn't as the company needs him, and if he doesn't show up, what he has built all these years will all come tumbling down.

One day, he dies suddenly of a heart attack. At the funeral, the devastated wife is consoled by company executives. One of them, knowing that her late husband cared a lot about the company, reassures her that the company is in good shape and will survive as they have already hired an able person to take over the reins. Hearing that, the wife feels completely crushed – her husband has died in vain.

I don't want to die in vain. Enough is enough. I will work less, eat less, watch out for my postures, exercise more, sleep more, read more, write more, do things that I want to do more, and take life as it comes. I am someone who's on the borderline between Gen X and Gen Y (the millennials), but I am starting to see why the younger generation care so much about work/life balance.

At the end of the day, it's not worth it if you can't enjoy it.

- VT

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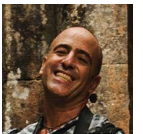
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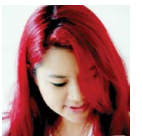
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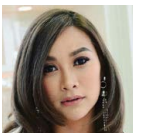
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Swisa Ariyapruhya was born in Switzerland and spent her childhood growing up in Belgium, Poland, Thailand and the USA. She is multilingual and speaks four languages. Apart from her work as a central banker, she began her lifestyle blog *Having "Me" Time* in 2010 and has since continued to write in her spare time. She is also co-founder of Booster Education Co., Ltd. and Booster Analytics Co., Ltd.



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A True Taste of Speed

BY NAAM SOMBATANANTAKORN

A new café pops up in downtown Bangkok every other day, and “Cub House”, the brainchild of A.P. Honda, is a welcome addition. Located right at the Ekamai Soi 3 corner, the café impresses with industrial loft décor and a collection of vintage motorcycles on display. It’s a café like no other: besides coffee, the place has collections of clothes including bikers’ riding gear and other cool goodies that will definitely draw the attention of motorcycle fanatics, bikers and coffee lovers alike.

We met up with Rassana “May” Chansakul recently for a nice chat and a tour of the hip spot. She’s currently in charge of A.P. Honda’s Project Sales Planning and Administration.

UA: How did the idea of Cub House came about?

May: “CUB” stands for “Culture”, “Unique” and “Bikes”. This is the place where you can enjoy your coffee and creativity, whether in groups or solo. We like to call it a “co-creation space” because it’s a different kind of café. There’s a corner displaying a prototype motorbike and a short presentation of Honda’s history. We have a showcase section where you can watch our technicians in action [in the nearby repair shop]. On the shelves in another corner are more clothes and motorcycling accessories specially designed by Greyhound. And finally, there’s the café area where you can enjoy food and drinks while deciding how to kit out your two-wheeled speed machines.

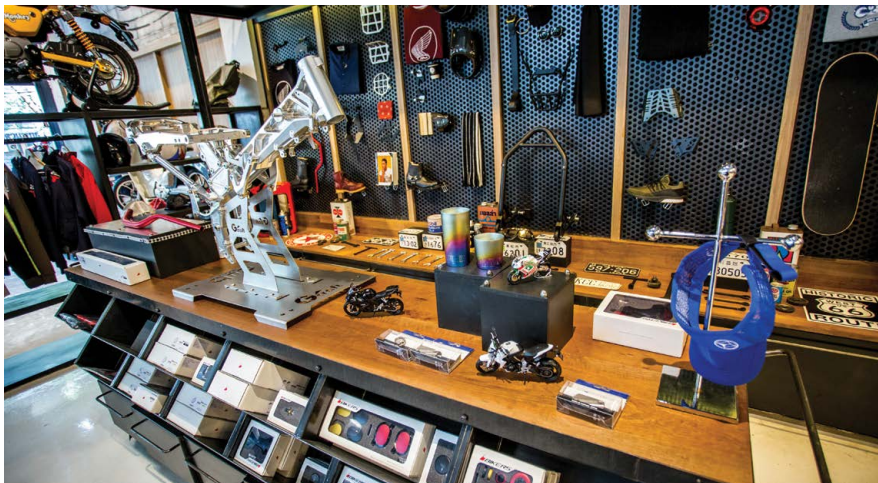
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UA: What's the inspiration?

May: We know that there are people who enjoy different kinds of things and have different hobbies. They can be epicures, bookworms, painters, travelers, or even motorcycle collectors. With a sound understanding of their lifestyles, we'd love to create a place where people who share the the same interests could hang-out together and create something new.

That's why A.P. Honda collaborated with Greyhound, a renowned F&B and lifestyle expert, to start this unique project. The concept here is "Today Original", which translates well into our food, drinks, clothes and our motorbikes, all introduced and developed for today's lifestyle.

UA: How about the design?

May: Cub House is designed to allow people to experience the venue through all five senses: see and enjoy our atmosphere and products, smell and taste our good food and drinks, listen to good music and share ideas, and touch or test the products we have on. The products here are all unique, but the ones we are most proud of are the rare collections of motorbikes and parts.

UA: Explain a bit about those vintage-style motorcycles?

May: We have the Honda Monkey and Honda C125 available here. This café is a place to create and design; therefore, customers could select parts to mix and match to suit their preferences. Just like dressing up a teddy bear, customers can dress up their Monkey and C125. With computer technology, they can digitally choose different parts to match with their bike to see how it will look like before purchasing the parts

UA: Why Greyhound?

May: Greyhound is well known for designs that suit those who are on the stylish side. Their clothes and food are very popular among Thais. Together, we target the same market and approach the same type of people. That's why Greyhound has helped design clothes, accessories and our menu at Cub House. The clothes here are original collectables that have been specifically designed for Cub House. They cannot be found elsewhere.

1 Cub House and Greyhound Coffee.

2 An exhibition on Honda's history with a prototype motorbike on display.

3 Motorbike parts to mix and match.

4 The apparel section.



- 5 The cozy interior showcases several Monkey motorbikes.
 6 The relax ambiance inside Greyhound Coffee.
 7 The signature drink 'Monkey' served alongside 'Superdog'.

5



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UA: Any not-to-be-missed items on the menu?

May: We serve Monkey, a drink named after the bike. Mention the word “monkey”, and what comes to mind is usually banana. So we’ve created a drink that has dark chocolate at bottom, banana milk in the middle layer, and espresso at the top. Then we’ll top it all off with whipped cream, dried coconut flakes, and dried banana chips. What’s special is how you drink it – by putting a straw deep until it reaches the bottom and sipping it gently while pulling the straw up so that it passes through every layer to taste all the different textures and fun. The chips are there for drinkers to scoop up the whipped cream instead of a spoon.

In terms of our signature dish, we’re famous for our grab-and-go Superdog. It’s just simply a hot dog served with a selection of the best ingredients. We serve premium pork sausages in soft buns topped with Sriracha-Mayo hot sauce. This dish takes two minutes to whip up, so it is fast enough for those on the run. Besides these two signature menu items, we also serve nitro-brewed tea and coffee, and various snacks.

UA: Any plans for the future?

May: This is our first flagship store, but we have an ambitious plan to expand to 40 stores by 2020.

Cub House

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A 'Tail' of Success

BY CHRISTOPHER SCOTT DIXON

Sometimes, in life and in business, if you want something done, you have to do it yourself. Such is the case with Nonthaburi-born Anchali (Joom) Thiampu who noticed a lack of healthy dog snacks in the market and decided to launch her own online company.

"I just thought if I couldn't find what I wanted for my own dog, then okay, I would try to fill that gap myself," said Anchali.

She founded her brand "Pettify 100% Nature" in October 2015. The name is a combination of "Pet + Qualify" with the focus on natural ingredients and raw materials, and also "Pet + Satisfy" with the products fresh baked, without seasoning or preservatives. The logo comes from Anchali's own dog, Paek Poon.

Married and working full-time as an infrastructure planning specialist for a leading telecommunications company, as with many small- to medium-sized enterprises, Anchali faced a number of problems in establishing her business.

"It was extremely difficult when we started. As one of the first to sell healthy dog food products, most people were not interested in buying nutritious food and snacks for their pets. We were selling salmon and cod skin, but sales were poor. So we had to adjust and offer chicken, other fish and add-on fusions so

that we could survive and grow the business."

Managing her full-time job with her canine food firm means Anchali has to work early in the mornings before she leaves home, at night and on holidays. Fortunately, she now can now afford to hire one full-time employee to help her with the business.

Very high standards are maintained throughout each stage and all products are delivered with oxygen absorber and desiccant packs to keep everything fresh.

There are ten products in the current range and these include Shark Jerky, Crushed Chicken breast, and Pork Fillet Jerky. The selling point for Pettify 100% Nature is the tempting smell of the various food snacks which are developed in the bakery.

With an active Facebook page, Anchali is quite optimistic about the future of her company. "I have plans to distribute my products to pet shops and export. And also diversify into cat food and add more recipes which relieve sickness for cats and dogs."

Starting a business is always difficult. It involves much dedication, lots of trial and error, and a strong belief that what you're doing will make someone's life better or happier – and in this case, it's the canines who will be healthier and happier enjoying

the snacks produced from real food. Dog lovers can check out Pettify's products at www.facebook.com/pettify.product/.



As with human food, there are a number of essential processes the dog products have to undergo, including three full days of preparation. The stages include the purchasing of raw ingredients, cleaning, sliding – which is the forming of the product, baking, verification to check the humidity, and finally, packaging.

Charoenkrung Goes Gourmet

BY DAVE STAMBOULIS

Charoenkrung Road has long been a mainstay of Bangkok, one of its oldest, most important, and historical spots. King Rama IV built it in 1861, following the Chao Phraya river, back when the city was traversed by boat. In fact, the road was actually constructed after European consuls moaned that there was nowhere for them to go for a ride in their horse carriages like they were used to back home, and this long riverside promenade fit the bill.

The street has always been associated with commerce, linking both Chinatown and the river to the burgeoning business district and rest of the city, first via river, then road, and now skytrain. Even more importantly, Charoenkrung has always been associated with great food, whether it be the renowned old street food stalls and shops like **Prachak Roasted Duck**, the century plus-old duck noodle restaurant, or the congee stall **Jok Prince**, or the aptly named **Volcanic Fried Mussels and Oysters** hole-in-the-wall eatery. Fine dining was also always found in the

hotels off Charoenkrung, with spots like **Le Normandie** and **The China House** in the Mandarin Oriental Bangkok serving up the most elegant French and Chinese cuisine in town. No Bangkokian of means can call the city home without at least once calling in for a meal at one of the 5-star stays along the river.

But with the impending arrival of the MRT into Chinatown and the prolific creative arts vibe that has made inroads along the avenue, the spotlights are back in the area. Now with art gallery cafés, bars, and shophouses like **Speedy Grandma**, **Cho Why**, and **Soy Sauce Factory** leading a rush of young, hip, art-savvy bohemians away from Thonglor and Sathorn, there has been the need to feed all these not-so-starving artists with some cutting edge creative eats, and thus a selection of exciting new restaurants are transforming one of Bangkok's top food area into something even more palate-enticing.

Here's a look at some of the latest creative entries.



PHOTOGRAPHS: COURTESY OF 80/20

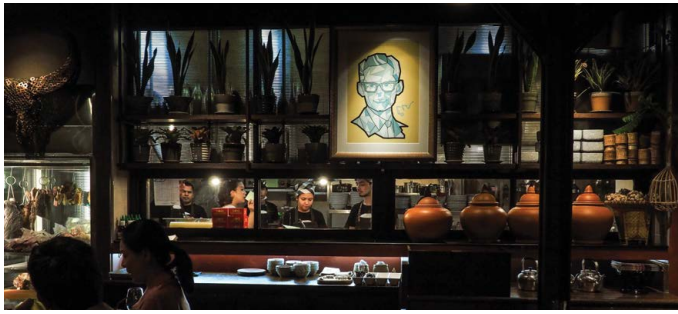


80/20

The name comes from this cool restaurant sourcing 80 percent of its ingredients locally, and takes age-old Thai dishes and gives them a few twists. 80/20 was awarded a Michelin Plate distinction in *The Michelin Guide, Bangkok* earlier this year, and the industrial shophouse vibe makes it a relaxing and aesthetically pleasing spot to hang-out in the evening. Chef Napol Jantraget and his Japanese wife Saki Hoshino, a master pastry chef, churn out some great renditions of cutting edge cuisine, using an array of pickling, fermenting, and char-grilling to create delectables like snakehead fish with mustard greens or seared tuna with daikon and butterfly pea. Definitely leave room for dessert, as Hoshino's pastries and cakes really shine.

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100 Mahaseth

While nose-to-tail dining (where nothing of the animal is wasted, including entrails and internal organs) might not be new to rural Southeast Asia, it most certainly wasn't popular amongst gastronomes until London restaurateur Fergus Henderson wrote *The Whole Beast*, and started the Michelin star-awarded St. John restaurant. Ian Kittichai's Smith on Sukhumvit gave us a brief taste of swallowing the offal, but most Bangkokian palates were nowhere near ready for it. Now nose-to-tail has returned with an array of Isaan-influenced dishes elegantly presented by chefs Chalee Kader (of Surface Bistro) and Randy Nopprapa (of Fillets). Dig into delicacies like *khao poon* pig's brain mousse and rice noodles, pork jowl, oxtail with cassia leaves, and divine bone marrow Vietnamese *pho*, and don't be shy about it, as your taste buds are in for an educational treat.

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PHOTOGRAPHS: COURTESY OF JUA



Jua

Jua pretty much combines all you could ask for from a Japanese *izakaya*, only this one is modern and hip. Master cocktails and curated sake from a superb mixologist served up alongside of sharing tapas-style Japanese bites like pork belly or a variety of *yakitori* skewers, all set in a former gambling house turned terrazzo bar make for one enchanted evening. Jua is owned by Chet Adkins, former executive chef at the swank Ku De Ta, and Jason Lang, one of Bangkok's premier photographers. Lang's photos grace the walls around the bar, which has become one of Charoenkrung's most enjoyable hang-outs. The *izakaya* servings are really creative here, make sure to try the banana prawns grilled over longan wood and basted with durian butter; the mélange of flavors assaulting your taste buds will be wonderful.

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Finding Your Big Rock

BY SWISA ARIYAPRUCHYA

Have you ever wished there were more hours in a day so that you could accomplish more with your time, and fit all that did not quite “fit” into the day? I’m sure we’ve all been there at some point in our lives and for me it has happened more times than I’d like to admit. There have been many days where I wished I could split myself into two so that I could meet all the responsibilities and obligations. It seems that the older one gets, the more demands there seem to be on our time.

If you are like me, you’d think that if we manage our time better, we can squeeze in more each day. We can get more done because we are more efficient. We strive for efficiency yet we forget that we have only 24 hours in a day. No more, no less. If we take a step back and reflect, we’d realize that being effective does not necessarily mean squeezing in more accomplished tasks or finished works into the same amount of time. The essence of effective time management is prioritizing. It’s about ensuring that we accomplish what we need to and should accomplish in a certain amount of time. A while back while researching on time management, I came across this story about finding your “big rock” and it is one that I believe illustrates the concept of time management perfectly.

The story of big rocks starts with a professor and a large glass jar filled with several big rocks. The students are asked whether they believe the

glass jar to be full. Most nod and agree that the jar is indeed full. It’s filled with big rocks. The professor then takes out a bag of sand and pours it into the glass. Once again the students are asked if the glass jar is now full and once again most students agree. The empty space between the big rocks has been filled with sand. The professor, however, is not finished and brings out a jar of

big rocks into the glass jar, we would not be able to fit all the elements. Try pouring in sand and water first and then put in the big rocks. You’ll find that there would not be enough space.

If we compare this to our priorities in life, let’s take a moment to reflect about what we consider to be the big rocks in our life. For some it’s

family and being with those we love. For others, it may be our careers or business and having time to achieve our goals. The list is endless and the big rocks for everyone will be different and will change over time. For example, if you are now prioritizing your health, make time for it. If family is important, make time to be with them, and if your career or work is your priority, that is your big rock.

Whatever your “big rock” is in life, remember to first put it into the glass jar. Prioritize and make time for it. If not, your time will be filled with sand and water. With advancements in technology I find that it is even more challenging to manage time

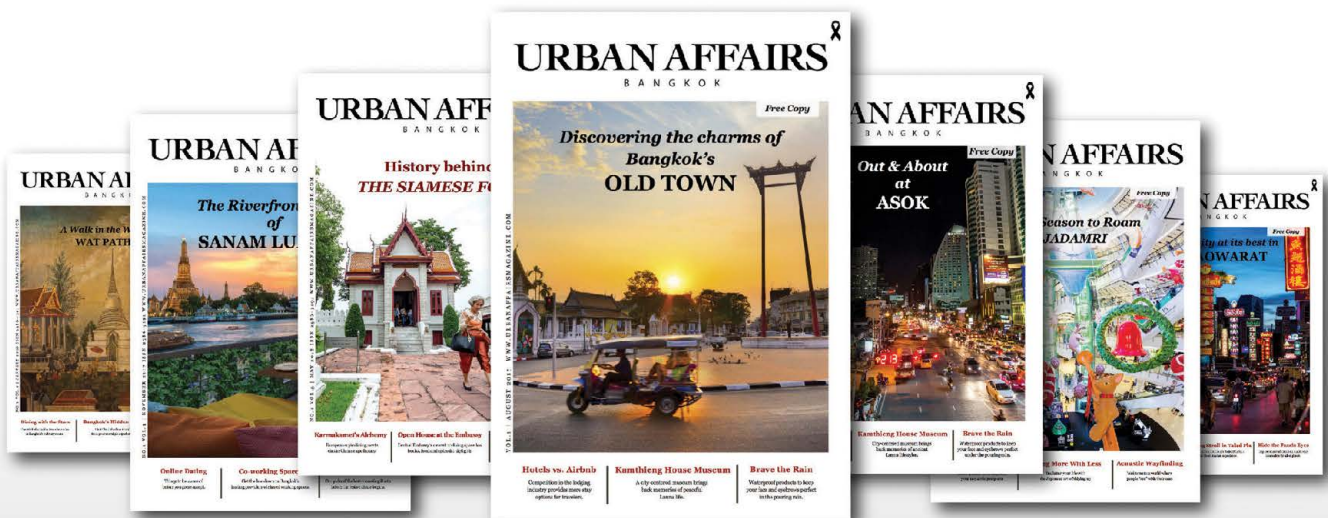
as scrolling through the social media, Instagram feeds and Youtube seem to magically make me lose sense of time. Remember this (and to remind myself), if there’s something you want to accomplish in life, it is your “big rock.” Once you know what it is, put it in the glass and make time for it. Schedule it into your calendar and work at it. Remember that there will be sand and water, but as long as you focus on your big rocks, you’ll accomplish what you set out to achieve.



water. He pours water into the glass jar with the big rocks and the sand. Now the glass jar is full (I suppose you could add a few more flowers on top, but it is essentially full).

This story illustrates a key point with regards to time management: time is the jar, the big rocks are your priorities, and sand and water represent the unimportant tasks and unexpected things that come into our lives. The story teaches us that if we do not first prioritize and put the

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An Afternoon at Jim Thompson House

BY PLOYLADA SIRACHADAPONG

I recently had a friend visiting from the US. She stayed at a hotel in the Rama I area of Bangkok. Gazing down from her hotel room, we saw a traditional Thai-style house not too far away. Out of curiosity, we both decided to start on a journey to explore the place that's situated right in the heart of the city, a five-minute walk from the National Stadium BTS station.

The house belonged to Jim H. W. Thompson, the American silk entrepreneur who founded world-renowned Jim Thompson Thai Silk Company during the 1950s and 1960s. The silk king vanished mysteriously in the Cameron Highlands in Malaysia in 1967. Ever since his house has barely changed and even been turned into a museum under the aegis of the James H. W. Thompson Foundation.

It is one of Bangkok's key must-see places on the tourist trail that would appeal to both foreign and local visitors alike. Having heard about the place for many years, this is my first visit to this iconic spot, something of real architectural and cultural significance.

Sitting on the banks of Khlong Maha Nak (Khlong means canal in Thai), the authentic Thai-style house is the perfect embodiment of Thompson's lifelong passion for art and antiques. Though called Jim Thompson House, it is in fact not a single house, but a cluster of six Thai traditional-style houses connected together.

At the time of purchasing, Thompson found that these old houses, which date to the 19th century, were still in excellent condition and in need of minimal renovation. True to traditional Thai building technique, the houses were assembled together without a single nail. Each wall is fitted and hung on frames of wooden pillars so that it is easy to take down and reassemble like knock-down furniture.

Our tour started at the main building where Thai architecture is at its best with teakwood asserting dominance over other construction materials. With a steep-slope roof, the house has walls that are inclined toward the center to create an illusion of height. It is an ingenious design influenced by the Thai climate: the high ceiling helps with the updraft of warm air and keeps the house cool.

With the house built on stilts, the raised floor provides an open space underneath. In the old days, the space below served as a living area in the hot season, or for storage of rice crops during harvests. The elevated floor offers protection against flooding during the monsoon season. The house features numerous windows that aid air circulation throughout the interior.

Despite our mid-day summer visit, we could still feel a light breeze blowing, keeping the house nice and cool. The interior is the perfect combination of East meets West. It's easy to spot some of the Thai influences such as the high threshold in each room that combines Thai culture's superstitious beliefs with architectural practicality.

The high threshold is believed to serve as a barrier that shields the occupants from evil spirits that might easily make their way in otherwise. But its actual purpose is to hold the wall sections firmly together in place and to keep a baby from crawling out of the room and falling off the elevated floor that is on stilts. Given the Thais' appetite for superstition, builders of yesteryear probably had used this as a convenient way of communicating safety information to villagers back then.

Western decorations can also be found around the house. There are chandeliers hanging from the ceiling, and a dining table, which would have been quite a sight back then as in the past Thais just sat on the floor for a meal and ate with their hands.

What was most impressive is the Italian black and white marble floor tiles in the foyer and the dark-tone hardwood indoor staircase on the side. The room is furnished with Thai-style tables, sculptures and the likes found in those classical American-style homes where they also placed a console table in the foyer.

We went up to the living room with a high ceiling where one side of the walls opens up to Maha Nak canal for its serene views. Thompson skillfully converted the four windows into showcases of his antique treasures. Upstairs is also a place to show all of his marvelous art collections where he amassed during his extensive overseas travels.

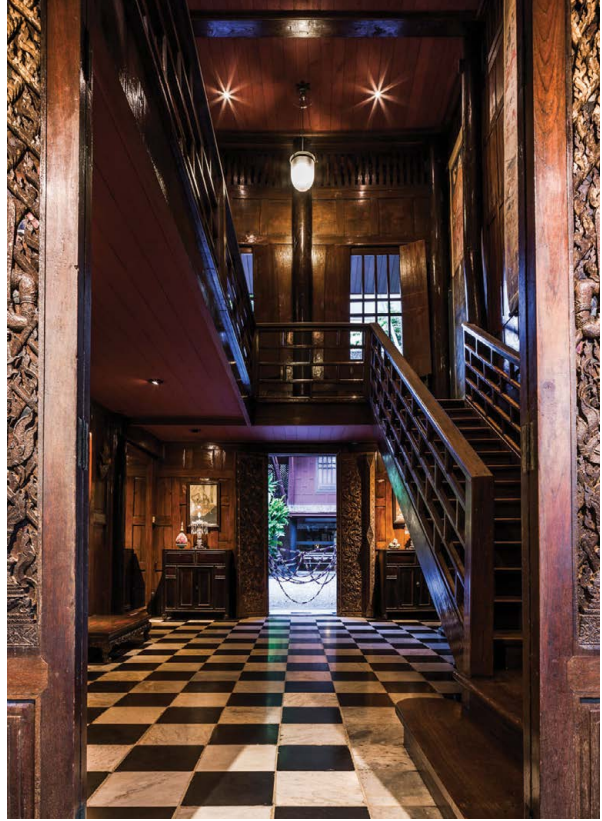
Besides the house's stunning design, we can see Thompson's true passion and respect for Thai culture. The way he preserved art objects and antiques and ensured preservation of the house inside out, has allowed us and the next generation to appreciate the cultural significance and the beauty of a traditional Thai house that is still in its original glory.

His passion and love of art will live on at Jim Thompson House, a must-visit destination not only for tourists, but all Thais as well.

Jim Thompson House
6 Soi Kasemsan 2, Rama 1 Rd.
Tel. 02 216 7368
www.jimthompsonhouse.com



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PHOTOGRAPHS: COURTESY OF JIM THOMPSON HOUSE

- 1 The Jim Thompson House is a cluster of six interconnected Thai-style houses.
- 2 The Italian black and white marble floor tiles in the foyer.
- 3 The dining room with a dining table, silverware and a chandelier.
- 4 The living room with a high ceiling and a view of Maha Nak canal.

To the Magic Rice, I Raise My Plate

BY J. PAKCHUEN



This time of the year when we start to feel, hear and smell the rain, it is difficult not to talk about the main sustenance of Thailand: rice. With the beautiful Royal Ploughing Ceremony over last month, many people who came to Bangkok for temporary jobs have begun to migrate back to the countryside to help their family grow this magical crop.

There are so many types of rice in this world, and after some research and consulting with my scientist sister, these are some fun facts about rice that might amaze you.

There are over 100,000 varieties of rice in this world!

But we may have heard of only a few, such as Jasmine rice of Thailand, Basmati rice from Pakistan and India, or Sushi rice of Japan. This is because these varieties of rice can be grown easily in different climates of the world, hence can

yield higher profit for farmers and are more well-known among consumers.

The Rice Department of Thailand, for example, has many samples of rice varieties. The parties involved have been developing rice varieties through the process of experimenting and crossbreeding over the past decades. The main purpose is to create rice of high quality that is both nutritious and also strong enough to withstand unexpected circumstances weather-wise.

They are also working on many new different tools and techniques, such as Smart Farming or Precision Farming, which can help farmers reduce wastage in agriculture. Technology like computer programing, drones and robots will also play an important part in improving production yield, all this in the hope of creating a more sustainable way to feed the increasing world population, and end famine in many other parts of the world.

There are so many ways to categorize rice varieties, not just as white and brown rice.

In making brown rice, only the outermost layer of the grain of rice called “husk” is removed, leaving consumers with more nutrients than white rice, including magnesium, phosphorus, selenium, niacin, and vitamin B6. White rice, on the contrary, has its husk, bran and germ layer taken away for a smoother texture.

Apart from this serving preference, rice can be categorized by shape and color, such as short and white Japanese rice, long and yellowish Basmati rice, or long and red Bhutanese rice. Rice can be found in a sticky form, such as Thai glutinous rice, or a non-sticky form, such as Indian Basmati rice, depending on the level of amylose and amylopectin, the two types of starch found in rice.

Technically, rice, especially Asian rice, can be grouped into two major domestic varieties: Japonica rice and Indica rice. Japonica rice can grow well in places with temperate climates and at higher elevations above the ground, such as Portugal, Spain, Japan, California, and Italy.

The Indica rice, on the contrary, is usually grown in hot areas, such as Sri Lanka, India, Thailand, Vietnam and southern parts of China. While just looking at it from the outside, you may not be able to easily tell what type of rice that is. Many times, the testing of its DNA sequences is the only solution to identify each rice variety correctly.

Jasmine rice doesn't really smell like jasmine flower, does it?

Jasmine rice that is so iconic to Thailand did not actually originate in Thailand. It was brought to the Kingdom from Cambodia in the early Rattanakosin era. Later on in 1954, Thai government officials, heads of local farmers and agricultural academics started a process of carefully growing, comparing and selecting the best

Thai jasmine rice strain out of the 199 rice samples. Finally, in 1959, the perfect type of Thai jasmine rice strain called “*kao khao mali 105*” (or Jasmine white rice 105) was approved and shared with local farmers to grow, and eventually became the most popular among Thais and one of the most favorite delicacy worldwide.

One surprising fact about Jasmine rice is that it is called *kao hom mali*, which means “rice that has the sweet scent of jasmine flower”, but the original name of this world-class rice is actually *kao khao mali* – “rice that is as white as jasmine flower” (*khao* = white, *kao* = rice, *hom* = smell, and *mali* = jasmine).



This is because this type of rice is as white as the jasmine flower when cooked. It does smell so good but this is not because it has tiny bits of jasmine flowers in it, but thanks to the aromatic chemical compound called “2-Acetyl-1-pyrroline” that is also found in Basmati rice and pandan leaves (*Pandanus amaryllifolius*). That is why jasmine rice actually does not smell like jasmine flowers, but instead, smells more

like pandan leaf. But we can admit that the change of its name to one of Thailand's most famous flower did help boost the sales after all.

Brown rice is truly magical rice!

As mentioned earlier, brown rice contains more vitamins and minerals than its naked counterparts. In this modern world, people tend to care more about their health, and brown rice, along with whole-wheat or whole-grain bread in the Western world, seems to be gaining in popularity these days.

One of the youngest, and currently the most popular brown rice in Thailand, is the Riceberry rice. This strain of rice is a cross-breed between *khao jao hom nin*, a local non-glutinous purple-color rice, and *kao hom mali 105*.

After four years of research, the team from the Rice Science Center at Kasetsart University successfully created this soon-to-be-popular purple berry-like colored rice. It is known to help alleviate food-related chronic diseases like diabetes, heart disease, high cholesterol, obesity, and even some type of cancers.

In clinical studies, the rice was also found to be neuroprotective, hence comes with the potential to prevent memory impairment related to Alzheimer's disease. Riceberry rice is just one example of how far we have come in rice development.

There are so many people involved behind every bag of rice: farmers, scientists, technicians, and policy makers, all working so hard, putting their best efforts, not only to feed their families but to feed us all. Rice growing is a complex process as well as labor-intensive and vulnerable to several external factors.

Hopefully, after you've read this article, every time you “raise your plate” to ask for more rice, you would appreciate every spoonful a little bit more.

Bangkok Rec

BY DAVE STAMBOULIS

We have plenty of stories each issue about the latest craft beer and hidden speakeasy bars, as well as the latest restaurant openings, foodie gems, and of course every type of advice on shopping until you drop. Given that Bangkok is one of the best cities in the world right now for all of these kind of things, it most certainly isn't noted for its outdoor options, with plenty of sub-standard air quality and a lack of outstanding public green spaces. However, it isn't all doom and gloom. There are some good spots to bicycle, run, and yes, even go boating, whether it be before or after work or on the weekend. Here are some of my favorites.

Bicycling: Most folks wouldn't think that going for a bike ride at the airport would be cause for excitement, but the **Sky Lane** out at Suvarnabhumi Airport is the top place in town for serious cyclists. Sky Lane is a collaboration between the Airports of Thailand and Siam Commercial Bank, and features a 23.5km custom-built track around the airport perimeter. Entry is free, and the re-usable radio-ID SNAP wristbands act as ID cards and e-wallets, allowing you to purchase items at the rest and refreshment stops located inside the facilities. It's probably the only place in Bangkok to really crank up the revolutions without being surrounded by traffic, and there are both fast and slow lanes depending on your focus. Only problem is that you either have to drive your bike out there, or else deal with some pretty horrendous cycling to get there under your own steam!

Besides the Sky Lane track, most of the running parks in Bangkok also feature bike lanes, although they are pretty narrow and can get crowded. Best of the bunch is the **Suan Rot Fai Railway Park**, which has loop trails of around three kilometers, rental bikes for THB 40 for the day, and there are even mountain bikes and large-size frame



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bikes, plus a tandem for two. **Lumpini Park** and **Benjakitti Park** also have bike lanes and rentals, although smaller and far more crowded than Suan Rot Fai.

For leisure cycling, **Bang Kachao**, also known as the "Green Lung" of Bangkok, is the city's largest open green space (accessed by five baht ferry across the river from the Wat Klong Toei pier). There is little development here, and there are fabulous

elevated walkways and cycle paths to follow around wetlands, passing by old homes, coconut tree-filled forests and farms, and there are even a few gourmet cafés, cake shops, and boutique homestays should you decide to spend a weekend. Best of all, you don't even need your own bike here as you can rent one right when you get off the Bang Kachao ferry. There are maps available at the bike rental places, but it's just as fun to meander and get lost.



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1 - 3 With several bike rentals, cycling is the best way for many visitors to explore Bang Krachao, aka Bangkok's 'Green Lung'.

PHOTOGRAPHS: TEERAT YAEMGAMLUEA



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Boating: While I've often thought it would be cool to do a kayak trip from Ayutthaya to Bangkok down the Chao Phraya river, reality dictates that it would be awful, with tons of barge traffic, ferries, and other swarms of boat navigating the murky waters. However, the city does have some fun alternatives. Over at Benjakitti Park, you have a choice of canoes, rowboats, or swan paddleboats to take out on Lake Rachada, which is about 2km in diameter. The park is at its best just before sunset, with cooler temperatures and sometimes colorful skies, and there aren't too many people out on the water, meaning if you want to get into a rowboat and really get an upper-body workout, you can crew to your heart's desire without interference. Boat rentals are only THB 40 an hour, a fraction of the price of a workout at any of the city's indoor gyms and fitness options. You can also rent kayaks, canoes or paddleboats at a few other locations around town, such as Lumpini Park, the Suan Rot Fai Railway Park, and at the huge Sri Nakhon Khuean Khan Park over in Bang Kachao.

For something even more extensive, make the trek past the **Suan Luang Rama IX Park** to Nong Bon Lake, where the Nong Bon Lake Watersports Center will give you membership for THB 40 for an entire year with access to kayaking, sailing, and windsurfing all on the premises. Your yearly member fee will include all gear and boats as well as free instruction, with lessons every day at 2 and 4pm. This has to be the best deal you'll find in town!



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4 - 5 Kayaks and canoes for rent at Benjakitti Park.
6 - 7 Suan Luang Rama IX Park is a jogger's paradise.



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Running: Not much state of the art here, and plan to be humid, wet, and competing for space, but it still can be redeeming. Suan Luang Rama IX Park has a 5km track and Suan Rot Fai Railway Park has a 3km track, but they are a bit further out to get to for before/after work runs. Lumpini has a 2.5km meandering loop track, but it gets very crowded here. My personal favorite is the 2km track around Benjakitti Park, as it's a straightforward route, right next to both the BTS and MRT (yeah, bring a shirt to change into for the ride home!) and the views of both the lake and the different flowers that bloom every single week make it seem like a real oasis in the heart of the city.

Bang Kachao

Phra Pradaeng District, Samut Prakan Province

Benjakitti Park

Near Queen Sirikit Convention Center, Khlong Toei

Lumpini Park

139/4 Witthayu (Wireless Rd.)

Sky Lane

www.skylanethailand.com/en/index

Suan Luang Rama IX Park

Chalermprakit Rd. near Paradise Park

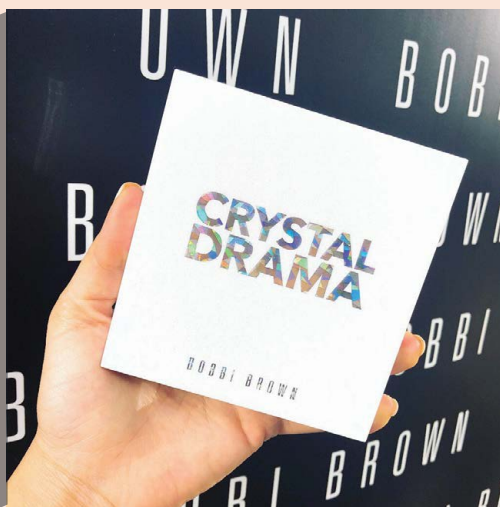
Suan Rot Fai Railway Park

Kamphaeng Phet 3 Road, Chatuchak

EDITOR'S PICK: 'DRAMA + ATTITUDE'

BY PEKKY THE ANGEL

Bobbi Brown's Crystal Drama



This new limited-edition “Crystal Drama” eyeshadow palette from Bobbi Brown features 12 crystal-inspired, glistening shades for endless dramatic looks. It's hard to go wrong with these many colors to mix and match. There are several tones in this one palette including: warm tone, cool tone, matte, shimmer, and sparkle.

THB 2,350

Limited edition, exclusively at EVEANDBOY SQ1.

Shu Uemura x Yazbukey's Mattitude

PHOTOGRAPHS: COURTESY OF BOBBI BROWN / SHU UEMURA



Shu Uemura's latest collaboration with Paris-based jewelry designer Yazbukey has resulted in the latest “Mattitude” collection. The collection comes with nine new lipsticks in creamy matte shades and four Magic Metallic Lip Liners in gold, silver, pink and bronze color. Yazbukey's pop culture-designed lip motifs provide a chic touch to Shu Uemura's signature lipsticks, making these rich-color matte lipsticks a must-have for ladies with “attitude”. Visit the Shu Uemura's counter near you to give it a try.

tomas maier and UNIQLO Resort Wear Collection

BY PEKKY THE ANGEL

PHOTOGRAPHS: COURTESY OF UNIQLO



Clothing chain UNIQLO has launched its new summer 2018 “tomas maier and UNIQLO Resort Wear collection” consisting of men’s and women’s apparel. The collaboration between UNIQLO and the internationally renowned “tomas maier” brand combines the latter’s “time off” and “escape” philosophy with UNIQLO’s high-quality, yet pragmatic clothing.

The summer collection features orange, yellow and other hues inspired by the sun-kissed splendor of Florida, where tomas maier originated. The clothing line keeps wearers looking and feeling cool and comfortable in innovative fabrics, extra fine cotton for shirts, Supima cotton for T-shirts, and 100% cashmere for summer knitwear.

The tomas maier and UNIQLO collection is available at select UNIQLO stores and online via www.uniqlo.com/th.

SKINTOPIA INTRODUCES RED LIGHT THERAPY

BY PEKKY THE ANGEL

The newly opened Skintopia Centre offers the first and only full-body “Red Light Therapy” to beauty and health-conscious individuals. The innovative Red Light Therapy has evolved from the red light that was initially used by NASA to grow plants in space and aid the speedy recovery of astronauts from injuries.

Skintopia’s Red Light Therapy uses red light rays, which could penetrate the skin as deep as eight to ten millimeters, to convert into cellular energy stimulating the body’s natural reproduction of collagen and elastin, which in turn results in firmer, tighter looking skin.

The cost of one session is THB 2,500, but from June 1 to July 31, Skintopia is offering an introductory package of unlimited usage at the special price of THB 5,600 per week and THB 14,000 per month. All treatment sessions include pre- and post-body spray and eye and face creams.

The Skintopia Centre is located on the third floor of the Times Square Building with direct connection to the BTS Asoke station. For further information, please call 02 090 2155 or 063 092 2488.

PHOTOGRAPHS: COURTESY OF SKINTOPIA



June



Boyce Avenue Live in Bangkok

Since posting videos of acoustic covers and their original songs on YouTube, the Florida-based band “Boyce Avenue” has amassed over 3.7 billion views and over 10.6 million subscribers on its YouTube channel. The band is staging “Boyce Avenue Live in Bangkok” on **June 5**, at the BCC Hall, Central Plaza Ladprao, featuring a special guest appearance by Room 39, another YouTube success story. Book a ticket at www.thaiticketmajor.com.

Bodyslam, Getsunova & more

“What The Fest! Music Festival”, one of the capital’s biggest music festivals, runs from **June 16 to 17** at Siam Paragon, featuring over 20 musicians and bands including Bodyslam, The Toys, Room 39, Getsunova, Potato and Thaitanium. Tickets are THB 2,500. For more information, please visit www.facebook.com/WhatTheFestThai.



Charity run for health & fitness

The National Olympic Committee of Thailand under the Royal Patronage of His Majesty the King is organizing “Olympic Day Walk & Run 2018” on **June 24** at the National Stadium in Bangkok. The objective is to raise public awareness of the importance of sustainable self-development and health promotion. All proceeds will go to charity. For more info, visit www.alphame.co.th/olympic-day-run-2018/ or call 064 243 7310.

‘7 Wonders’ to rock Royal Paragon

The “7 Wonders Concert” is back with more fun and lots of surprises in store for the fans. The concert – featuring the seven talented superstars: Gun, Tono, Kangsom, Hunz, Kang, Reet, and Tum – will be held on **June 23 and 24**, 5pm at the Royal Paragon Hall. Tickets start from THB 1,000 at www.thaiticketmajor.com.



*Submit news, updates and press releases to: info@urbanaffairsmagazine.com.



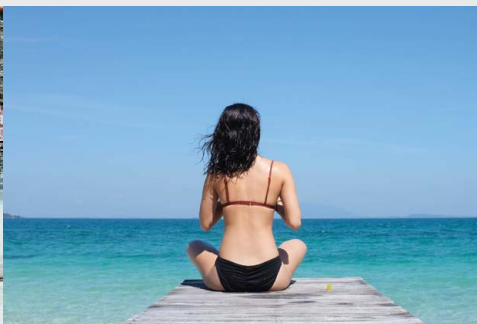
KH M L N N K

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A haven of peace and relaxation off the coast of Rayong, only three and a half hours from Bangkok. Accessible only by our private boat, our resort is the only one on the island surrounded by untouched forest and pristine white sand beaches. An idyllic setting that is endlessly peaceful, this island is all about you and the sea.

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have set new standards.
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Ananda Everingham
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