

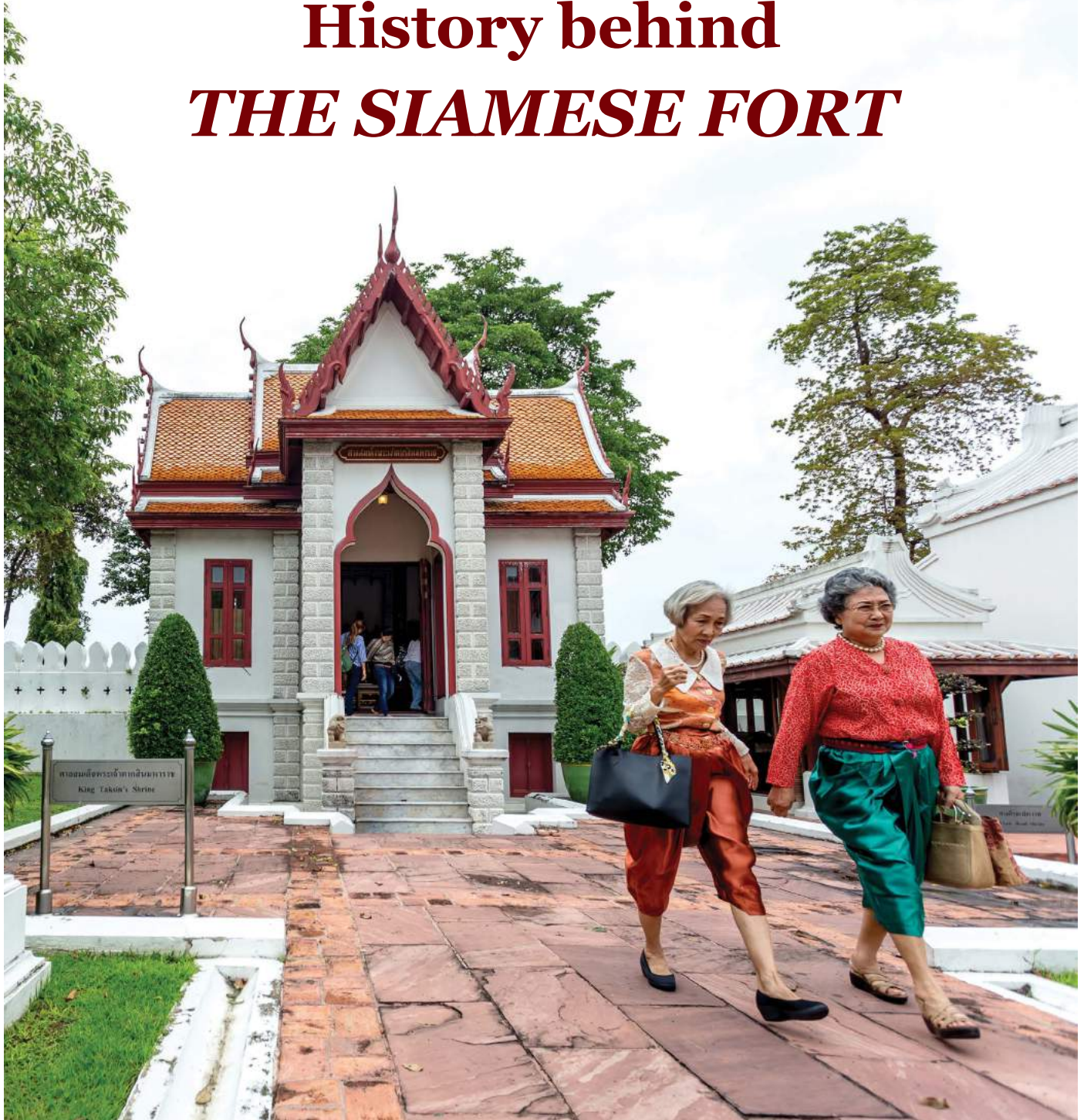
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Karmakamet's Alchemy

European-style dining meets
classic Chinese apothecary

Open House at the Embassy

Central Embassy's newest co-living space has
books, food and splendid skylights

Children of the World

The world through the eyes of
'Third Culture Kids'

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THAI FRENCH

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STRIPLOIN STEAK
RIBEYE STEAK
SIRLOIN STEAK

SIRLOIN TIP STEAK
TOP ROUND STEAK
CHUCK ROLL STEAK
SHORT RIB STEAK

SHANK SOUP BONE
SHANK STEW BEEF
CHUCK STEW BEEF
TOP ROUND STEW BEEF
GROUND ROUND
GROUND BEEF
OX TAIL
OX TONGUE
HANGING TENDER

FLANK STEAK
SKIRT STEAK
TAIL OF T-BONE STEAK

SIRLOIN SLICED
SIRLOIN TIP SLICED
TOP ROUND SLICED (ROLLAO)
CHUCK ROLL SLICED
CHUCK TENDER SLICED
TOP BLADE SLICED
BRISKET SLICED
SHORT RIB SLICED

ROAST BEEF

SIRLOIN TIP ROAST
TOP ROUND ROAST
CHUCK ROLL ROAST
SHORT RIB ROAST
BRISKET ROAST
RIBEYE ROAST
PRIME RIB ROAST

Editor's Letter

It was April 27, 2018, the day of the long awaited Inter-Korean summit at the village of Panmunjom inside the demilitarized zone. North Korean leader Kim Jong-un smilingly walked to the demilitarized zone and shook hands with South Korea's President Moon Jae-in just like old friends. After exchanging pleasantries, Moon invited Kim to step across the demarcation line to the South – the first North Korean leader to do so after the war – and both happily beamed and shook hands once again before an army of photographers.

Then in an unscripted move, Kim invited Moon over to the North too, which Moon seemed to hesitate a bit but then Kim took Moon's hand and led him over the line to the northern side where they smiled and shook hands again. It was an impromptu, symbolic gesture that showed the human side of both leaders, and what an amazing gesture it was. Just a few months back, all of this would have been unimaginable.

For decades the Korean peninsula has been held hostage by Kim's testing of nuclear bombs and the verbal spats between North Korea and the US. Many are perplexed as to why Kim suddenly decided to come to the table – whether it's Trump's intention of meeting Kim, or Chinese pressure in line with UN trade sanctions to curb Kim's nuclear ambitions, or Moon's dealmaking skills – but what matters most now is that Kim seems genuinely interested in making peace.

In his speech, Kim remarked: "It took a long time for the two Koreas to come together and to hold hands, and we have long waited for this moment to happen. As I stand here today I can see that South and North Koreans are the same people, they cannot be separated. We are compatriots. We should not be confronting each other, we are the same people and should live in unity."

That says something powerfully about what human beings are capable of. It takes courage to take the first step toward reconciliation, but someone has to make that first step in forgiving and forgetting to make things heal. This is just the beginning of a long journey, but an auspicious beginning for the nation, no less.

Back home, we have also made some headway toward reconciliation. We are beginning to see both veteran politicians and newbies conducting political activities and even getting an early head start on their rivals, as we look forward to the polls. Though not as severe as they are in Korea, our own wounds will heal sooner or later. We can only hope that the next batch of elected MPs learn from our Korean friends: that it's possible to walk hand in hand and step across our differences to rebuild this country together.

- VT

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Pekky The Angel is a fashion, beauty and lifestyle expert and blogger. Visit her page at www.facebook.com/pekkytheangel/ or www.pekkytheangel.com.



Born and based in Bangkok, **Naam Sombatanantakorn** is one of the co-founders of Viajente, a travel agency that offers various natural and cultural travel programs. She is a lifelong learner and loves to travel.



English-born **Christopher Scott Dixon**, based in Bangkok, is an experienced writer and ex-BBC radio reporter/presenter. He has contributed many features to a variety of publications in Thailand and in the UK. He has also written 17 books across different genres and is a qualified teacher.



Swisa Ariyaprichya 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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Fort of Siam

BY NAAM SOMBATANANTAKORN



1

For the past few months, the famous historical soap opera *Buppha San Nivas* (Love Destiny), which wrapped up recently, has played a vital role in giving a much needed boost to local tourism in Ayutthaya and Lopburi.

The story follows a young Thai lady in our modern world who after a car accident is transported via time travel to the Kingdom of Ayutthaya that existed more than 300 years ago. In Ayutthaya, she finds herself in the body of a young Ayutthaya lady who's about to encounter many memorable people as well as incidents.

In one of these events, a group of Buddhist monks are forced to leave the monkhood to help build the Kingdom's fortresses due to a desperate shortage of labor as the military fortifies the capital against imminent attack.

The fort mentioned in the soap still stands to this day here in Bangkok. The **Wichai Prasit Fort** – named after the project supervisor, Chao Praya Wichayen, and constructed around 1685-87 – is situated on the west bank of the Chao Phraya River, an outstanding landmark with a gaff-rigged flagpole that those traveling up and down the river can see from afar.

In the reign of King Narai the Great of Ayutthaya, Greek-born Chaopraya Wichayen, or better known as Constantine

Phaulkon, the royal prime counselor, advised the king to protect the city by constructing fortresses. There were two forts built: one on the east bank (the Bangkok side) was originally called "Bangkok Fort", and the other one on the west bank (the Thonburi side) called "Thonburi Fort", which was later renamed Wichaiyen Fort in deference to Phaulkon.

The main purpose was purportedly to protect the city against attack via inland waterways. Any intruders sailing upstream from the Gulf of Siam would face a naval blockade together with an arm-sized chain slung between the two forts.

Faced with the lack of Siamese military personnel deployed south of the Ayutthaya, King Narai had no choice but to have both forts guarded by French soldiers. France was one of Ayutthaya's Western allies and had promised to protect Ayutthaya by deploying its troops along the front line where the two Bangkok forts stood. Back then, Bangkok was the first port of call for the cruise upriver to the capital Ayutthaya.

However, toward the end of King Narai's reign, the pro-Western monarch was gravely ill. The resulting power vacuum grew and left the door open for power struggle among the royal aristocracy with deeply polarized attitudes to the issue of who should succeed to the throne.

PHOTOGRAPH: NAAM SOMBATANANTAKORN



2



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Phaulkon, himself an ambitious man, is believed to have supported Ayutthaya's heir apparent, Phra Pui, so that he could control and manipulate the young king.

Buoyed by the support of French troops stationed in Bangkok, he wrote a letter to Louis XIV of France, swearing his loyalty to the French king. Having uncovered this letter, Phra Phetracha, King Narai's trusted councilor, who had had one eye on the throne, soon lured Phaulkon to Lopburi where he was captured and sentenced to death.

As the French troops waited for Phaulkon's signal to make a move in Bangkok, Phra Phetracha had sent his men to besiege the Bangkok forts, create a blockage and persuade the French soldiers to return to their homeland.

Known as "The Siege of Bangkok", the incident unfolded with the 200 French troops locked up inside the Bangkok Fort for four months. Finally, the French came to an agreement to leave the country by swapping the French troops with the Siamese nationals and ambassador in France.

When the Siamese had landed safely, the French catholic priests, soldiers, merchants, and civilians were sent aboard three ships back to their country, halting the relationship between Ayutthaya and France for many years.

The forts had been left unguarded since then due to a shortage of security personnel. Finally, King Phetracha dismantled the east fort and turned Wichaiyen Fort into a customs house.

However, it was not until the Rattanakosin era that the east fort was completely demolished. The fort's shaky foundations on soft soil made it impossible to restore the entire structure just as Bangkok decided to build city walls for defense instead. The place where the east fort used to stand is now within the grounds of Rajini School and Chakrabongse Palace.

The west fort is now a part of Thonburi Palace and is within the grounds of the Royal Thai Navy headquarters in Bangkok. Regulations allow only group visits and entry to the historic fort is by advance appointment only. The historic fort opens its doors to the public around December. For the rest of the year, it's possible to view the fort from the top deck of a boat cruising up the river.

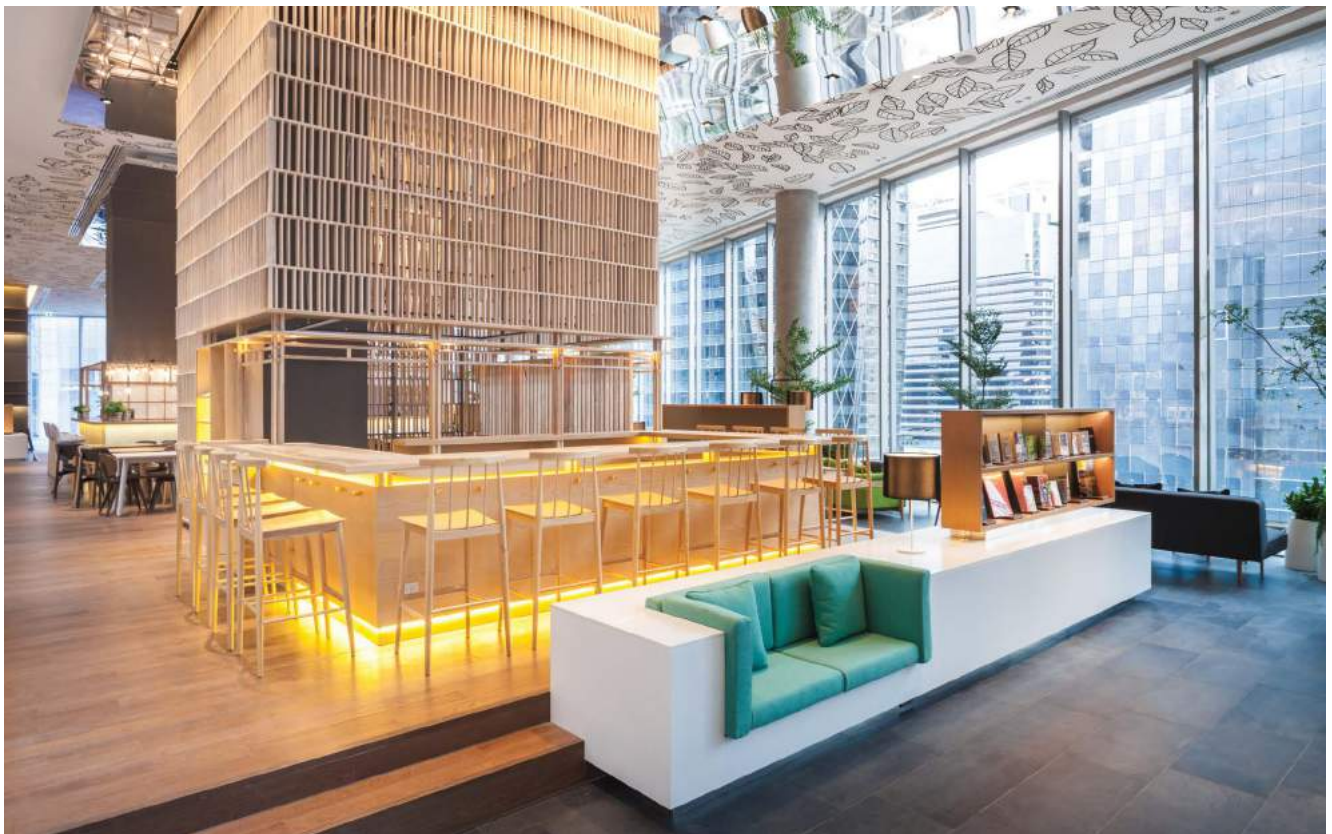
Wichai Prasit Fort

Arun Amarin Rd., Bangkok Yai,
Thonburi, Bangkok

1 Wichai Prasit Fort, formerly known as 'Wichaiyen Fort', is now part of Thonburi Palace

2 - 3 Cannons of the past, and present

4 The Throne Hall located within the fort's proximity



PHOTOGRAPHS: COURTESY OF CENTRAL EMBASSY

Always ‘Open House’ at Central Embassy

BY PLOYLADA SIRACHADAPONG

Finding a perfect place to hang out with family and friends can sometimes become a hassle, even in a city like Bangkok, especially when this involves a lot of individual interests and tastes. But fortunately Central Embassy comes to the rescue with “Open House”, a new co-living space that has opened the door to customized urban lifestyles.

Designed as a multi-purpose facility, Open House is a new hub that would appeal to the urban crowds: families, foodies, bookworms, designers, or even digital nomads who are looking for a place to work. The clear glass panels together with the six-meter-high ceiling create a sense of vast openness while offering a breathtaking panorama of Bangkok.

Central Embassy’s Managing Director Barom Bhicharnchitr has his own vision of Open House: a place that would grow into one of the country’s top community and lifestyle attractions that encourages family and friends to bond with one another by spending time together and that ensures each individual can do and enjoy all the different things in their own ways within one multi-functional, 5,000 sqm co-living space.

This is why Open House is separated into eight zones, providing an area for every activity and catering to a broad demographic:

“Eating Deck”, “Eat by the Park”, “Open House Bookshop by Hardcover”, “Co-Thinking Space”, “Art Tower”, “Design Shop”, “Open Playground”, and “Diplomat Screens Embassy by AIS”. Delicately designed by renowned Tokyo-based design studio Klein Dytham Architecture, each zone displays elements and materials from nature alongside man-made objects to create a balanced ambience that’s in perfect harmony with the rest of the zones.

The Open House Bookshop by Hardcover leverages the high ceiling for extra levels and shelf space. The designers have made the interior look wider with mirrors adorning the ceiling and even added a fun touch by having 9,600 images of tree leaves hand-painted on the ceiling and spread out across the whole venue.

Under the concept “Celebration of Print Culture,” the fine wooden furniture, which is liberally scattered about the place, exudes a feeling of warmth and coziness. Meanwhile, the bookshelves that predominate throughout blend well with the bars and restaurants.

To add a “wow” factor, there’s a skylight that allows natural light to flood in and, in effect, softens the whole area creating an ideal environment for bookworms to spend time reading their favorite book.





One of the ingenious designs that stand out are the wooden towers that look like large square-shaped tree trunks. With more than 10 restaurants boasting fully equipped kitchens and extractor hoods, Klein Dytham Architecture did an exceptional job by adding these wooden towers, designed using unique patterns that emphasize the restaurants' features. Patrons can choose to dine at the Eating Deck or Eat by the Park.

Artists would love to check out the Art Tower, a space specifically designed for artists to show their creativity, skills and artworks. Located under the building's main skylight, the Art Tower features illuminated display shelves that artists can use to exhibit their masterpieces without any limitations.

Finally, the Open Playground is given a colorful touch with the dedicated "Kid's Zone" hosting knowledge-based, educational and fun activities. For children's entertainment, the playground has climbing blocks, a trampoline and the "Sea of Balls" while parents indulge themselves with a book, a meal, a coffee or a good conversation with family or friends. Overall, Open House is a real co-living space for all.

Open House

Central Embassy, Level 6
1031 Ploenchit Rd., Lumpini
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PHOTOGRAPHS: COURTESY OF CENTRAL EMBASSY



Food for Thought

BY CHRISTOPHER SCOTT DIXON



Bangkok street food is renowned not only for its quality, but its incredible variety and low cost, too. The City of Angels has long been acknowledged as a culinary capital, boasting Michelin star chefs and a host of award winning dining establishments, but it is also the more humble street eateries and stalls which have captured the attention and stomachs of a global audience for many years.

Walk around the sois anytime of night or day, food is available 24-7 here and you encounter an intoxicating mix of sights, sounds and smells. The sizzle of Isaan sausages and *moo ping* – grilled pork on sticks, the pounding of pestles into mortars as the nation's favorite – *som tam* – papaya salad is being prepared, the slurping of tasty noodles and a range of aromatic stir-fried dishes and delicious soups.

Your reporter at large, or should that be large reporter, is an unashamed fan of enjoying meals on the street. Over the past 14 years I have savored so much good food, without any trouble or stomach upsets,

but there are some dos and don'ts when contemplating eating al fresco:

Go to the street food carts where there's a queue in front, they're popular for a good reason. Watch them for a few minutes and see how they make the food and what they do before you decide to order. Choose food which is cooked in front of you, better than the pre-prepared food canteens.

If the food is swarming with flies and looks unappetizing, or there are suspicious odors, then go somewhere else. Do make sure your seafood is resting in ice and not in the heat. Choose the hot food or items still cooking on the street stall grill, rather than meat which has already been taken off. If you're taking it home, then heat up in a microwave before eating.

Want extra chili or vegetables? Try not to put your fingers in the communal bowl of flakes or veggies already on the table, the one everyone else has dipped their digits in, ask the vendor for a fresh bowl. Do watch the vendor's hands and make sure

a dirty thumb doesn't get stuck in your dish when it's given to you.

Clean the cutlery before you use it, there are usually one-ply tissues in a container on the tables for that purpose. Do use bottled water which is unopened and avoid ice cubes as they are often handled without much sanitation. Move away from the street carts a little to avoid sitting in spilled oil, possible burns and simply obstructing others.

Try not to offer large notes to pay for the meals, the vendors are very busy and usually don't have the money to change, or they have to take time to go to another stall to get the required notes to give you back. It helps to keep small coins in your pocket for just such a reason. If they receive and hand back your change with the same hands they use to touch your food or cook, avoid the place next time (it's too late this time).

So, pull up a chair, be adventurous, try new food, and get ready for an appetizing and safe gastronomic occasion!

Bangkok's Secret Gourmet

BY DAVE STAMBOULIS



1

They say that all good things in life take time, and if this is to be the case, then Karmakamet Diner, a charming restaurant and cafe hidden away in the heart of Bangkok, certainly is miles ahead of the competition.

Actually, there really isn't any competition, as Karmakamet Diner is a completely unique world unto itself. Start with the restaurant's location, hidden behind a fountain and foliage down a dead end lane behind the Emporium shopping mall. Stepping into the dark and moody interior, one is immediately transported into a bygone world, one full of old hand-cranked machines, glass potion vials, and rows of medicine drawers. Set to look like a traditional Chinese medicine apothecary, it's both chic and nostalgic, and yet delve a little deeper and you'll find it isn't done just to impress.

Some three decades ago, Chef and co-founder Jutamas Theantae sat on a porch stoop with her best friend Natthorn Rakchana and the two dreamed of one day owning a restaurant together. Theantae went off to study art in India and later found her way into kitchens in San Francisco, setting off a career that led to stints in prestigious Relais and Chateaux properties, the Dhara Dhevi in Chiang Mai, the classical Eugenia in Bangkok, as well as teaching cooking at the Vatel Hospitality Management School and at Silpakorn University's International College. Meanwhile, Rakchana went on to found Karmakamet, a purveyor of essential oils and aromatic products that has become a renowned brand throughout Thailand. Years later, their dream came true, and Karmakamet Diner was born.

The Chinese medicine shop décor comes from Rakchana's memories of his grandfather's house in Hainan, China. Old perfume grinders and bottles give a past-era warehouse feel, and there is plenty of attention paid to detail, perhaps coming from Chef Theantae's past lithography and printmaking training as an art student. Old newspapers serve as placemats, and even the coasters have meaning, done up as reprints of old letters sent between the two friends as they grew up.

Many who come here linger long over the décor, as well as the restaurant's charming desserts which have become hugely popular amongst the young and trendy Instagram-loving crowd that can't stop clicking over dishes like strawberry shortcake completely concealed by a balloon-sized mound of rainbow cotton candy. Google the diner, and you might come away thinking that it is merely a brunch café and not at all serious about fine dining, but don't let those reviews fool you, as the best of Karmakamet is found in its serious foodie intentions.



While Karmakamet Diner bills itself as serving European-inspired fare with an Asian twist, Chef Theantae's talents really shine when it comes to her French-focused training. On a recent visit, my partner and I were wowed by the Tournedos Rossini, a grass-fed beef tenderloin served with seared foie gras and bone marrow glaze on an English muffin, as well as the Pan-seared Red Snapper that is served with ratatouille, white bean stew, banana prawns, bacon, and delicious olive tapenade. Not only were the presentations themselves astounding, but the ingredients of the highest quality and the aromas accompanying the arrival of each dish being only topped by the palate reactions which followed.

There are odes to local Asian cuisine as well. The Oyster Kiss features a #1 Irish heritage oyster that is marinated for 18 hours in rice vinaigrette and served with a crisp duck egg pancake, homegrown sprouts, and chili-garlic sauce served on a sculpted ice ball. If you can manage it, you're supposed to put the entire concoction into your mouth all at once, with the resulting combo of flavors simulating a fancy version of Thai *hoi tod*, the popular mussel and oyster fried crepe found at many a street food stall. The Rayong pici noodles pay homage to another Thai street staple, *guay tiao* noodles, here served instead with homemade thick Italian pici noodles, fish ravioli, and Rayong crispy fried shrimp cakes.



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It's best to opt for one of the various five-course tasting menus that are on offer, which allow one to sample the range of Chef Theantae's repertoire, and these menus change every few months, meaning there will always be something new to try. The tasting menus come with four starters/entrees, and then close with one of the signature desserts, although they tend to be on a more serious note than the much photographed rainbow cotton candy. Our dessert was a homemade old fashioned donut served with Camembert cheese and vanilla ice cream, sending us home satisfied and sated. Fine wines and champagnes as well as well mixed cocktails are also a staple at Karmakamet, with a selection of wines recommended for pairing with the tasting menus.

I asked Chef Theantae how she balanced being an Instagram-darling amongst the lovers of trend with her own focus on creating serious food for those who come wanting fine cuisine. She said that at first she worried about this, but then realized that at the end of the day, nothing was better than the happiness of every guest, regardless of why they were there, and that Karmakamet Diner welcomed both the trend followers and serious gastronomes.

You really feel like you're having an intimate meal with old friends at Karmakamet Diner, which probably falls in line with Chef Theantae's creed. A quote of hers on the restaurant website says, "I believe in a perfect meal with people I love. I guess it explains the relationship we have." Step into this welcoming secret world and you may find yourself coming back for more.

Karmakamet Diner

30/1 Soi Methi Niwet, Khlong Tan

Tel. 02 262 0700

www.karmakametdiner.com



5

- 1 Karmakamet Diner's traditional Chinese medicine apothecary décor, and below, Chef and co-founder Jutamas Theantae
- 2 Oyster Kiss 3 Old Fashion Donut
- 4 Tournedos Rossini 5 Pan-seared Red Snapper

Third Culture Kids

Neither Here Nor There

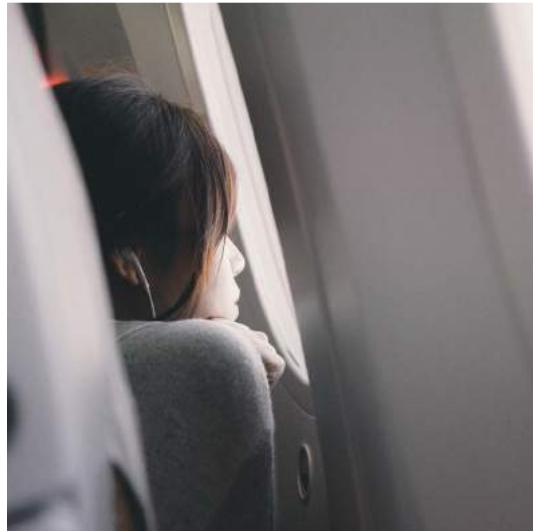
BY SWISA ARIYAPRUCHYA

Globalization and increasing trade linkages between countries mean that expatriate populations worldwide are increasingly on the move. Families find themselves moving half way across the globe to new environments and new cultures. As a result, more and more children grow up attending international schools, surrounded by friends originating from various corners of the planet.

These international school students experience a constant rotation of friends. The group of friends they graduate high school with would not be the same group of friends they began first grade with. Each summer, a few would have moved away and by fall, a few new faces would appear in class. Farewells and welcomes become the norm. These children are called, “Third Culture Kids” or TCKs, as coined by researchers John and Ruth Useem, or also called “Global Nomads” by the late Norma McCaig, founder of Global Nomads International and an expert in the TCK movements.

Whatever name you should choose to call these children, those who grew up outside their home countries are hybrids and have characters defined by a mix of many cultures. The children are privileged to have such exposures, yet despite all its charms there is another side of the story: they can sometimes feel like they’re neither here nor there. In discussions with those who have been raised as “children of the world”, they too face a similar phenomenon. They can live everywhere and anywhere, and yet belong to nowhere. The experience can be frustrating at times, but once they understand the challenges and learn to live with it, it is indeed quite remarkable.

Having lived their formative years in another country outside of their “home” countries, thoughts, ideas, and perspectives on life take on a vastly different form. Manners of expressions and even one’s sense of humor are ingrained by the environment in which they were raised. Jokes are not the same around the world. What was considered “funny” in one culture isn’t always “funny” in another. Food preferences differ; interests and conversation topics conquer different ends of the spectrum as do the manner and even the pace of their walks. After all this, it’s therefore not surprising that when



they’re back in our “home” countries, many Third Culture Kids discover that they can never really be as “native” as the natives even though they bear the same nationality on the passport and look local.

They learn how to respond to the curious question of “Where do you consider to be your home?” It’s a question Third Culture Kids often get asked. Over time, most of them learn that the best answer is “home is wherever my family is.”

Home is defined by the people we love and the people we care about. Wherever they are, is where they call “home.” It is truly the most curious question for Third Culture Kids as they can live anywhere in the world and do not understand the concept of “boundaries.” Families and friends can always be contacted and new friends can be made. The world is borderless.

They tend to find other friends who are similarly “Global Nomads” and “Third Culture Kids.” A conversation would be held switching in and out between languages and spoken in an accent that’s hard to define, what many people call, “international” accent. Understandable yet impossible to pinpoint the country of origin.

Their friends are scattered across the world and to meet up, they have to travel abroad. They may have a small circle of friends in the same country, but they have a larger group spread out across several continents. Nowadays, technology facilitates our means of communications and it doesn’t feel so far away.

As a Third Culture Kid or as a Global Nomad myself, I learn to make the best of wherever I happen to be living in. I search for the pros in every country and I understand the cons. If the cons start to become unbearable, I can easily pack up and leave. The greatest joy is that the world is our home. We have open perspectives and respect the different cultures. We rejoice in interacting with various cultures.

If you are a Third Culture Kid or a Global Nomad, do you agree? What are some challenges you face?



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Organic cold-pressed juice and Smoothie bar

Sicily's Perfect Pairings

BY PLOYLADA SIRACHADAPONG



1

The largest island in the Mediterranean Sea, Sicily is known for its fusion cuisine that brings out the best characters of the countries around it, with the essence of Italian, Greek, Spanish, France, and Arab influences. Just the same, Chef Adtavorn “Gibb” Charoonpontithi, the talented Thai chef at the Zoom Sky Lounge, Bar and Restaurant had a real knack for capturing the quintessence of Sicilian cuisine at a Sicilian-themed wine and food pairing dinner that was held recently at the rooftop restaurant of the Anantara Sathorn Bangkok Hotel.

Known for offering the best views of Bangkok, the Zoom Sky Lounge is separated into the indoor lounge and the outdoor bar on the rooftop. The food and wine pairing dinner was specially designed to ensure the guests became satiated with not just the food but also drinks and other things at the different sections of the comprehensive F&B venue.

Served inside the lounge, the first course started off light with **“Swordfish Carpaccio with Lemon Oil and Rocket Puree”**. Chef Gibb handpicked the fish himself in the morning, then thinly sliced it before mixing it well with lemon oil to freshen it up and enhance the aroma with the rocket puree. The chef paired this dish with Venezia’s Cuvée Stella, Vino Spumanta, Extra Dry to cut the taste.

For the next course, the chef cooked al fresco in the balcony, grilling giant pieces of **“Prime Beef Rib”**.

The juiciness of the tender beef went so well with Gorgonzola sauce’s rich taste. Chef Gibb perfectly balanced this course with Sicily’s Saia, Nero d’Avola, D.O.C, Noto. The alluring wine had a dense texture and a compact fruity and balsamic note to clear your palate.

The pasta station – located a few paces up the Sky Lounge – was where we found our next course, freshly made **“Tagliatelle with Mushroom and Braised Pork”**. The smooth taste of the mushroom sauce was enhanced by Terre Siciliane, Nero d’Avola, IGP, Noto with blackberry notes. This full-bodied wine left a fruity aftertaste with a hint of spiciness to ensure a complex finish.

An Italian meal would not be complete without risotto, so Chef Gibb came up with a special course, **“Pork Saltimbocca with Risotto Milanese”**. The chef delicately marinated the pork well before cooking it. The dish was married with Terre Siciliane, Grillo, IGP, Noto. The citrusy tang of the white wine perfectly complemented the taste of the meat.

The night ended with **“Pistachio Zabagliones with Fresh Strawberries”**. The light Zabagliones with the creamy taste of pistachio went well with the fresh strawberries and the fruitiness of the only rosé of the night, Terre Siciliane IGP, Noto. This refreshing rosé is perfect to sip while idling with friends after work while enjoying a gorgeous view of Bangkok.

The Zoom Sky Bar and Restaurant is hosting a themed wine dinner every month.

Make plans at 02 210 9000 ext. 4304 or email fb_co@anantara.com.

For more information, check out www.facebook.com/ZOOMSkyBar/.



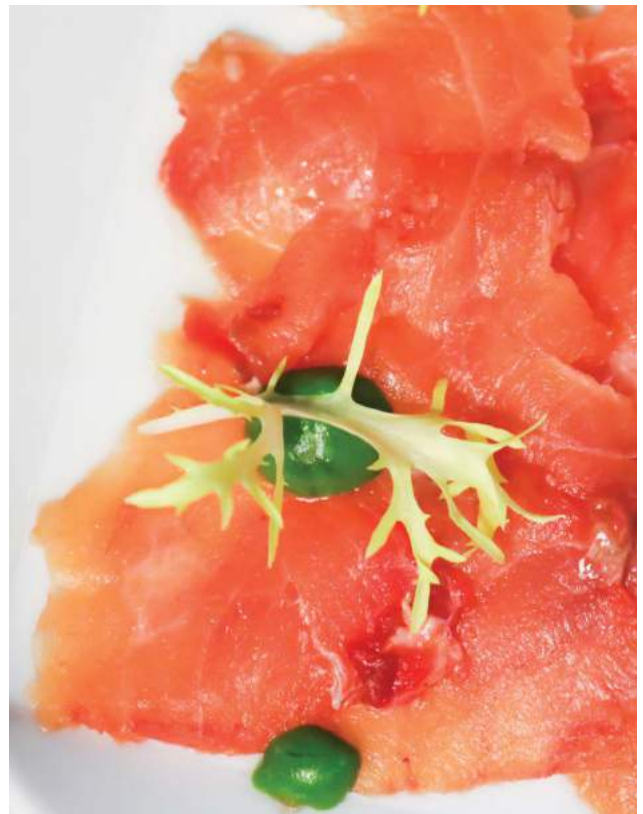
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PHOTOGRAPHS: COURTESY OF THE ZOOM SKY BAR & RESTAURANT

1 The Zoom Sky Lounge, Bar and Restaurant 2 Prime Beef Rib 3 Pistachio Zabagliones with Fresh Strawberries
4 Taliatelle with Mushroom and Braised Pork 5 Swordfish Carpaccio with Lemon Oil and Rocket Puree

PHOTOGRAPHS: LEE MUILEE, LIPEFONTOURA / WIKIMEDIA COMMONS, RTP / FLICKR, 69JOEHAWKINS / WIKIMEDIA COMMONS



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4

1 Thai desserts: Foi Thong (Golden Threads, center), Thong Yip (Sweet Golden Cups), and Thong Yod (Golden Egg Drops)
 2 Fios de Ovos (Threads of Eggs) 3 Trouxas das Ovos (Bundles of Eggs) 4 Ovos Moles de Aveiro (Soft Eggs of Aveiro City)

Love Destiny and Sweet Desserts

BY J. PAKCHUEN

A few weeks ago, Thai TV soap opera fans had to say goodbye to their favorite period TV series *BuppesanNivas* (Love Destiny), that shared with them a beautiful love story and sweet chapters of Thai history during the reign of King Narai the Great of the Ayutthaya Kingdom which dated back over 330 years. This was the same period when Louis XIV was the king of France.

Apart from the two main characters, throughout the show, Lady Marie Guimar (Maria Guyomar de Pina) or Thao Thong Keep Mar (literally “Lady Golden Horse Hoof”), an important character based on a historical figure of the same name, appeared in various episodes.

She was the wife of Constantine Phaulkon, the Prime Counsellor of King Narai. Born and raised in Ayutthaya, she had Portuguese, Bengalese and Japanese blood and still resonates to this day as the “Queen of Thai Desserts”.

Among many choices, *Foi Thong*, *Thong Yip* and *Thong Yod* are the most well-known and of Portuguese origin. These three “amigos” are used as sweet treats to celebrate many auspicious occasions thanks to their scrumptious looks, vibrant golden color, and lucky names (*thong* meaning gold). They are still among Thais’ most favorite sweet treats.

As a culture enthusiast and true foodie who has a major sweet tooth, plus the fact that these three desserts have always been my favorite sweets since I was little, I couldn’t help but delve into their history even before the show was on the air. It’s no surprise to me that *Foi Thong*, the golden sweet threads, looks exactly the same as *Fios de Ovos*, the famous Portuguese sweet.

This starts to make more sense since Portugal was one of the first European nations in contact with Ayutthaya. Some ancestors of Marie Guimar, herself, were also Portuguese. So, it was very likely that this type of sweets may have had existed for many years even before she was born. However, I believe, thanks to her creativity, she did make these Portuguese desserts shine out and became popular among

the Thais. She even made them unique and a bit different from the original Portuguese recipes. Here are some points to compare and contrast the Thai and Portuguese versions of these three sweet treats.

1. Thai: Foi Thong (Golden Threads) Portuguese: Fios de Ovos (Threads of Eggs)

Similarities: These two desserts generally share the same ingredients. These includes egg yolks and syrup (white sugar and water). The cooking method is also similar: whisk the yolk nicely and slowly drizzle it in boiling syrup through a strainer or a pastry bag with a pointy tip in a circular motion. Once cooked, remove slowly and carefully onto a cooling tray. If not eaten by itself, *Foi Thong* will be used to garnish the top of a cake that is usually called *Cake Foi Thong* as in the *Kanombueang* crispy pancake. The Portuguese also use it the same way.

Differences: For the Thai version, sometimes we will use duck eggs for an even more vivid color and stronger thread. We can also add a bit of egg whites from the top part of the shells for the consistency of the threads while the Portuguese version goes for only chicken eggs. To give the syrup a sweet scent, we use jasmine water or essence and pandan leaves if we can find it while the Portuguese version would rely on vanilla extract.

Lastly, for the finishing touch and the display method of this dessert, Portuguese chefs tend to scoop *Fios de Ovos* from the saucepan or large wok altogether and let each thread place on top of each other, crumpling freely on a tray. Thai chefs would use a wooden stick or chopsticks to carefully swirl the threads from one side to the other in order to keep the threads together, pull them up altogether as one whole piece, and lay them on a cooling tray by folding halfway as a rectangular shape or even making a beautiful roll out of it.

2. Thai: Thong Yip (Sweet Golden Cups) Portuguese: Trouxas das Ovos (Bundles of Eggs)

Similarities: The ingredients of these two sweet dishes are again very similar to those of

Foi Thong and *Fios de Ovos*. The difference is that in order to make *Thong Yip* or *Trouxas das Ovos*, you need to make sure the eggs are whisked until fluffy. Then once the syrup comes to the boil, you have to turn the heat down and drop a spoonful of the yolks slowly into the pan in a round or oval flat shape. Turn up the heat again to cook it. Turn it over after the bottom part is cooked.

Differences: The only difference I see among these two desserts of two nationalities is that for *Trouxas das Ovos*, the dessert is just folded in half like a small blanket, while *Thong Yip* is put into a small mold baking cup so that when it’s cold, it will stay in a flowered-like shape.

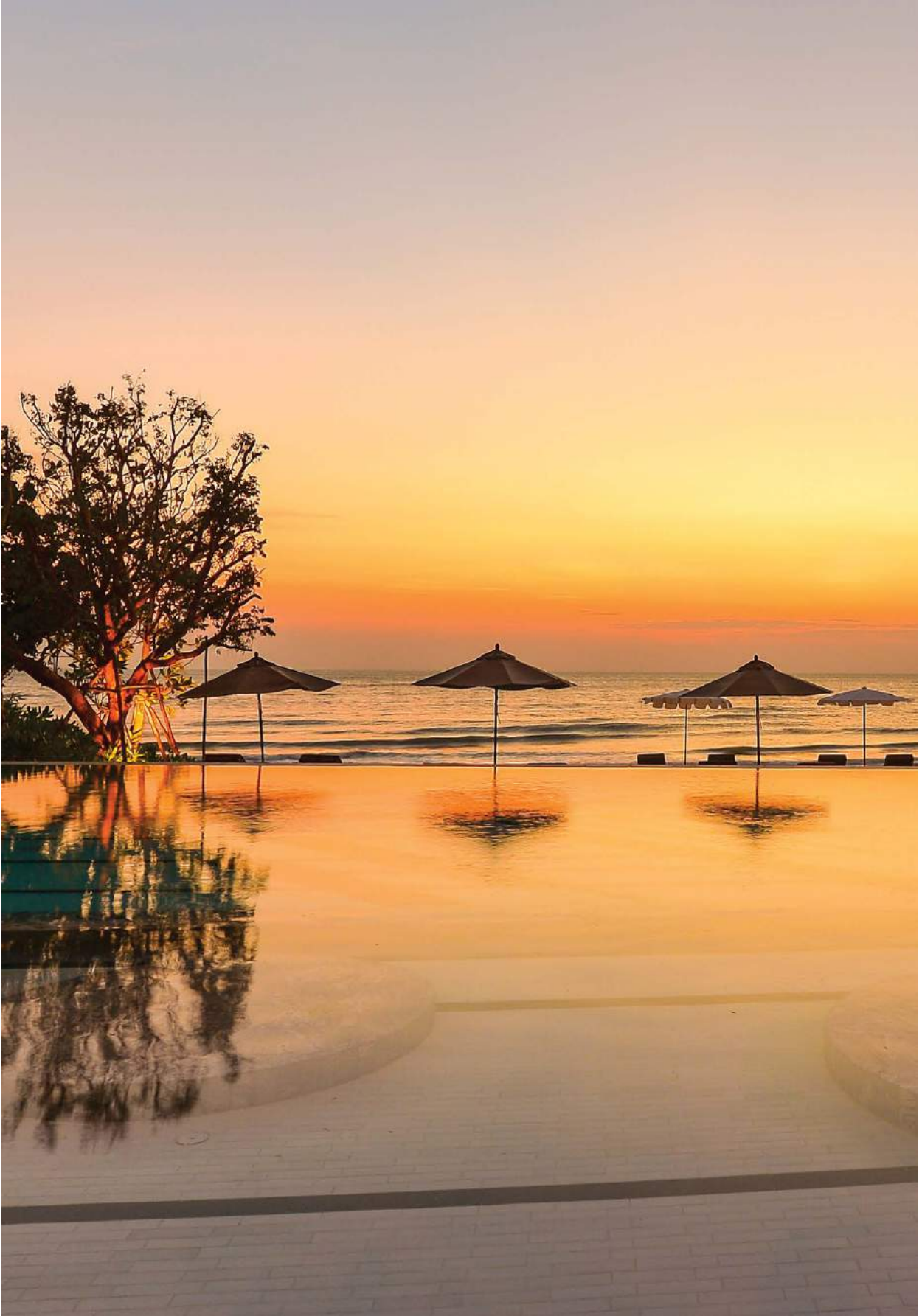
3. Thai: Thong Yod (Golden Egg Drops) Portuguese: Ovos Moles de Aveiro (Soft Eggs of Aveiro City)

Similarities: The main ingredients of these two desserts are similar to the other four above. The only difference is that we now have to add some rice flour or all-purpose flour to the eggs and mix them well so that they are not runny anymore. For *Thong Yod*, you have to put the egg mix in a pastry bag or a small funnel, then use the tip of a spoon to sweep away the top part of the mix quickly and throw it into the boiling syrup. The cooked egg drops will float to the top of the wok. *Ovos Moles de Aveiro*, however, is made quite differently.

Differences: *Ovos Moles de Aveiro* have two main components: the shell and the filling. For the filling, Portuguese chefs will mix the egg yolks, syrup and flour together. For the shell, they will use flour, water and olive oil. Mix well, then paste the mixture onto baking molds of different shapes, such as seashells, stars or hearts. The shell should be very thin. Then they will add the filling onto the molds and bake them altogether in an oven. And voila, you will have very sweet and beautiful treat for your friends and family.

Despite some similarities and differences, the dessert dishes are still unique in their own ways. If I ever have an opportunity to visit Portugal, I will try to look for these three Portuguese desserts to fulfill my personal “Love Destiny” and to see whether they taste as good as their Thai counterparts.

PHOTOGRAPH: COURTESY OF BABA BEACH CLUB



Baba Beach Club

BY DAVE STAMBOULIS



2

Yeah, I know, we live in the tropics. Living in Thailand and visiting Thailand tend to be very separate entities. Visitors here flock to the beaches, usually escaping dark and frigid winters, and delight in the steamy tropical weather, sitting by the pool and slurping frozen mango cocktails. The rest of us stay as far away from the sun as possible, cowering under ceiling fans and in the coldest air-con imaginable, all the while gloating over the fact that we are so lucky to live in a sun worshipper's paradise.

Yet even the hardest Bangkokian needs a break from the heat, humidity, and city toxics, especially in the middle of the Thai summer, and what a better way to flee it than to make a beeline for one of the closest city-escapes, the new BaBa Beach Club, halfway between Cha-Am and Hua Hin.

BaBa Beach Club was developed and is managed by the team behind the prestigious Sri Panwa, long one of Phuket's most luxurious and well-conceived resort properties. While every bit as regal as its founder, BaBa Beach Club is firmly aimed at a younger escapist crowd, with themes of hip, chic and stylish dominating its approach. Set on 160 meters of pristine beachfront, the resort is part of the new Thew Talay estate. From the location down to the 18 pool suite rooms and 11 multiple bedroom luxury villas, the resort feels very exclusive and private.

The décor here is modern neo-Colonial, with thick columns, symmetrical windows, and marble floors found everywhere on the property, from rooms to facilities. Captivating modern art works grace the walls, and there are plenty of other

aesthetic touches, from the fountains set at the front of the resort and swimming pool to the large shaded trees adorned with lanterns set over Baan Chok, a restaurant café that has both a spacious grassy lawn set with cushions to relax on as well as a bright indoor dining area.

The Beach Club features 18 pool suites, all of which face the sea and come with their own private plunge pool. The suites feature tons of living space, running 75 square meters and up, boast gigantic claw-style bathtubs, large rain-showers, and state of the art Bose sound systems to go with iPods filled with extensive playlists, which go hand in hand with the resort's emphasis on being a "music lover's hotel". That means that on weekends, if you don't want to, the party never stops, as the resort brings in DJs and always has catchy beats happening out around the beachfront pool.

Rooms also come with massive 46" televisions, with access to hundreds of satellite channels, Netflix, and other extensive viewing options, and if one gets bored of listening and watching, well, there's also unlimited free Wi-Fi, most likely leaving you with far less time in the pool than you'd imagined. You may want to mitigate this, as the pool scene is more than half the reason to come down here. It's right out by the beach, has a lawn next to it with large love seats, as well as a manicured beach area with blindingly white sand and colorful large cushions to sprawl on, with a row of super-comfy beach loungers set right out on the beach in front of this. From above, the combos of white and azure blue might even have you thinking you're somewhere in the Mediterranean, except that it is just a tad bit more humid.

PHOTOGRAPH: DAVE STAMBOULIS



3

There are 16 regular pool suites spread out over three floors. Top floor suites have dreamy endless horizon views out to sea, and if you are lazy enough to not close the curtains at night, you'll be treated to sunrise in bed come dawn. Ground floor suites might not have the same views, but compensated by a small garden, plus all of the plunge pools featuring Jacuzzi jets. There are also two penthouse suites in the same building, each with 150 square meters to roam around, with separate bedrooms, and private pools that are double the size of the regular suite pools.

Families or friends wanting to consider something really special may want to opt for one of the private three- or five-bedroom villas (that are also for sale as time share units should you decide to become a more permanent resident). These come with full blown kitchens with microwaves and ovens, immense garden swimming pools, access to a new villa guest swimming pool, plus use of all the resort facilities.



4

Luxury touches and surroundings aside, Baba Beach Club is just a great place to relax and release stress. As the resort is located before reaching Hua Hin and all its congestion, one can be here in under 2.5 hours, dancing to samba or reggae beats, or sipping a mojito on the beach. Staying sated is no issue here, with the Baba Beach Restaurant serving up gourmet pizzas, pasta, seafood, and Thai favorites using high quality ingredients, and is open for all day and evening dining. The Baan Chok restaurant opens for lunch and snacks, as well as serving breakfast on weekends.

The resort takes its name not from the Thai *baa*, meaning crazy, as in wild partying, but from something far tamer and appealing. During the 1800s, Thailand's southern elongated strip of land was known as "The Peninsula," and was ripe for exploration and settlement. Many immigrants came to try to make a livelihood here, and were mainly a mix of Portuguese, Indian, and Hokkien Chinese. They intermarried, established communities, and many male offspring were given the name "Baba." Thus, Baba Beach Club pays homage to this time and spirit, of different cultures, ideas, and philosophies all coming together to create something unique, which is precisely what this hip new beach hangout strives to do today. So put your party hat on, and at least pretend you love the tropics and get out of town for the weekend!

Baba Beach Club

758 Petchkasem Rd., Cha-Am,
Petchaburi

Tel. 032 899 130

www.bababeachclub.com/luahin



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6



7

PHOTOGRAPHS: COURTESY OF BABA BEACH CLUB

1 The beach during sunset 2 Entrance of the Baba Beach Club 3 The Five Bedroom Luxury Pool Villa
4 The Beachfront Penthouse 5 The ground-floor Beachfront Pool Suite 6 Baba Beach Restaurant 7 The Baan Chok

Enzo Angiolini

Offers European Flair Footwear

BY PEKKY THE ANGEL

Enzo Angiolini, the renowned American footwear collection offers luxurious yet stylish footwear designed with a European flair. The brand has unveiled the newest sleek shoe styles for women who aim to underline their femininity flawlessly of all ages and styles. The new collection has filled the shoe closet with colorful leather and embellishment, ranging from flat sandals, slip-on, pointy pumps, espadrilles and party heels.

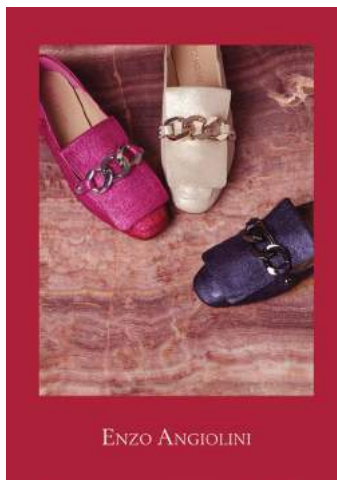
Complete with artisanal details like a sophisticated perforated pattern and leather straps in different vivid hues ensuring that they are standout pieces in any situation.

Available now at CC Shop on Siam Paragon's first floor and Enzo Angiolini counters at leading department stores. Visit www.facebook.com/ccshopthailand/ for more information.

PHOTOGRAPHS: COURTESY OF ENZO ANGIOLINI



ENZO ANGIOLINI



ENZO ANGIOLINI



ENZO ANGIOLINI

BNOW.ORG celebrates Earth Day with RecycleNow.Asia

BY PEKKY THE ANGEL

Social enterprise believes that a little effort from each one of us will make for a greener Bangkok

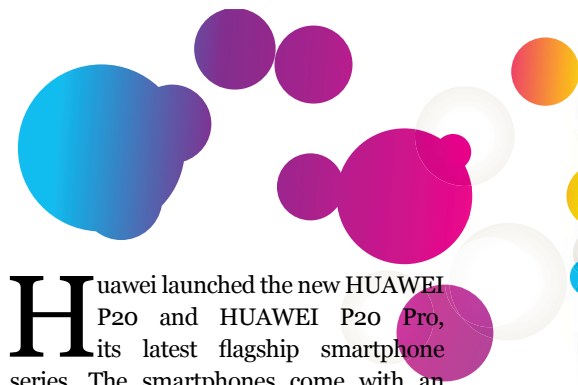
PHOTOGRAPH: COURTESY OF BNOW.ORG



To coincide with Earth Day on April 22 this year, Bangkok-based social enterprise Bnow.org launched RecycleNow.Asia, a website with an objective to encourage and promote ways in how people can reduce, reuse and recycle their trash.

This one-stop website aims to serve as a platform to educate and inform people about the importance of recycling and the positive impact it has on the world we live in. It will provide information related to recycling in Bangkok and other provinces in Thailand, including lists of related organizations, recycling centers, communities which organize recycling activities, second-hand shops, tips on how to recycle used household items, DIY ideas to recycle garbage into creative and useful things and more.

Everyone is invited to join and contribute their knowledge via RecycleNow.Asia's Facebook page: www.facebook.com/RecycleNow.Asia.



Huawei launched the new HUAWEI P20 and HUAWEI P20 Pro, its latest flagship smartphone series. The smartphones come with an unprecedented picture taking experience certified by globally-trusted measurement criteria of DxOMark, co-engineered with Leica. The HUAWEI P20 Pro also features the world's first triple camera setup on the rear while the dual camera on the HUAWEI P20 is also revamped. Both smartphones include Huawei's new AI technology which makes capturing professional quality images a truly effortless experience for everyone.

The new HUAWEI P20, available in black, midnight blue, and pink gold, is priced at THB 19,990 while the HUAWEI P20 Pro, with three color options – black, midnight blue, and twilight – is priced at THB 27,990.



HUAWEI P20

BY PEKKY THE ANGEL



PHOTOGRAPHS: COURTESY OF HUAWEI

May



Harry Styles Live in Bangkok

Harry Styles, a former member of the English-Irish pop boy band One Direction, is performing in Thailand for the first time as a solo artist as part of his concert tour titled “Harry Styles Live on Tour” on **May 7** at IMPACT Arena, Muang Thong Thani. The artist’s self-titled debut album soared to the top of the charts around the world and topped the Billboard 200 album chart in the US with over 230,000 equivalent album units and 193,000 traditional albums sold respectively. Tickets start from THB 2,040 at www.thaiticketmajor.com.



Thai startups in full bloom

The National Startup Committee (NSC) in conjunction with the Ministry of Science and Technology (MOST) is organizing this year’s edition of the startup fair titled “Startup Thailand 2018”. Those interested are welcome to visit the fair from **May 17 to 20** at the Queen Sirikit National Convention Center. The event aims to transform Thailand into an “enterprising nation”. There are now over 1,500 startups in Thailand across the various sectors with many Corporate Venture Capital Funds launched in the past 12 months with their overall investment size averaging USD 1 billion. For more info, visit <http://startupthailand.org/showcase/>.



Hua Hin jazz under the stars

The Hua Hin International Jazz Festival is back! The line-up includes some of the world’s greatest international artists joining forces with local musicians to create an enjoyable, heart-warming experience for everyone to enjoy. The two-day festival will be held on Hua Hin Beach from **May 18 to 19**, 5pm to midnight.

With Hua Hin a mere three hours’ drive from Bangkok, the jazz festival has over the years become an annual ritual for local and other jazz lovers wanting to make the most of a memorable evening of world class performances. For more information, visit www.huahininterjazz.com/.



‘RMHC Mini Marathon’ for child patients

The Ronald McDonald House Charities (RMHC) is arranging “RMHC Mini Marathon 2018, Run for Kids”, a charity run that is set to take place on **May 27** at Lumpini Park from 5am to 10am.

The proceeds (after expense deductions) will go to the RMHC Thailand Foundation to help child patients and their families. The registration fees are THB 400 for the 3-km run and THB 500 for the 10.5-km run. Visit www.rmhc.or.th for more information and to register for the run.

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



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Ananda Everingham

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