

NEW WATER PUMP STATION COMES ONSTREAM > PAGE 3

ROUND 3



Muay Thai and fitness camps are among the businesses eyed to reopen on June 1. Photo: Helen Tran

MUAY THAI CAMPS, SPORTS CENTRES EYED FOR REOPENING IN EASING COVID-19 RESTRICTIONS

The Phuket News
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As this edition of *The Phuket News* hits the streets, operators of Muay Thai camps, boxing stadiums, massage parlours, spas, cinemas, convention venues and tutorial schools across the island will be hoping that the Center for COVID-19 Situation Administration (CCSA) approves the third round of easing the COVID-19 lockdown restrictions today (May 29).

If approved, the third phase of lifting the lockdown restrictions should begin on Monday (June 1), CCSA spokesman Dr Taweesin Visanuyothin announced last Sunday (May 24).

The group of businesses, services and activities expected to be allowed to resume are among the moderate-risk “yellow” category. However, pubs,

bars and night entertainment venues will remain closed.

At the time of going to press, the CCSA was expected to announce the list “probably this coming Wednesday or Thursday,” said Tanarak Plipat, Deputy Director-General of the Disease Control Department.

According to sources, they include cinemas, bowling alleys, skating rinks, karaoke outlets, amusement parks, water parks, zoos, tutorial schools, Thai traditional massage parlours, spas, seminars, meeting venues, events in hotels, trade exhibition centres, fitness centres and boxing stadiums, reported the *Bangkok Post* on Monday.

National Security Council Secretary-General Somsak Roongsita, who chairs the committee that considers steps for easing the lockdown, declined to give specific details as to which businesses

will be permitted to reopen, though he said they have a higher risk for spreading infection than those which were previously allowed to resume.

However, those businesses must follow the mandatory “health guidelines” now in place to protect customers and their staff.

Gen Somsak said the committee will take into account information from the Public Health Ministry, businesses operators, and the plight of people affected by the economic impact of the pandemic.

The committee will try to strike a balance between health and safety for the public and keeping businesses functioning, he added.

HIGH COMPLIANCE

Phuket shops and businesses that have been allowed to reopen so far are

following the post-lockdown health regulations tightly, many above “90% compliance”, the Phuket Communicable Disease Committee headed by Phuket Governor Phakaphong Tavipatana reported last Friday (May 22).

The assessment was carried out from May 17-21, with those evaluated separated into groups, the Governor reported.

Of the businesses allowed to resume operations since May 3, those inspected were found to be observing “more than 90% compliance”, he added.

The businesses evaluated in this group included food or beverage distribution in hotels, hospitals, restaurants and beverages providers, convenience stores, supermarkets, pharmacies, providers of miscellaneous goods necessary for living and retail stores, telecommunications businesses, banks...

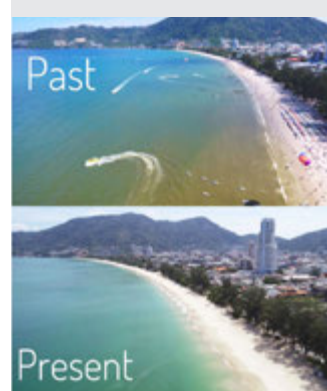
NEWS PAGE 4

DSI probe finds Kata condo project illegal



LIFE PAGE 6

Opportunity knocks for island's future



SPORT PAGE 12

F1 cuts costs to counter fallout from COVID-19



CONTINUED ON PAGE 2



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News



COVID relief to help the poor > p5

Two new COVID cases in a week

Italian man, Chinese wife in Cherng Talay Phuket's latest COVID cases

The Phuket News
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An Italian engineer and his Chinese wife staying in Cherng Talay this week were reported by Phuket officials as the island's latest confirmed cases of people infected with COVID-19.

As such, the total number of people in Phuket recognised by officials as infected with COVID-19 since the outbreak began climbed to 227.

The Phuket Communicable Disease Committee in its daily report on Monday (May 25) reported that the Chinese woman was an online teacher who stayed at a house in Moo 6, Cherng Talay with her three children.

The report was posted by the Phuket office of the Public Relations Department of Thailand (PR Phuket) through a post on its official Facebook page.

The report by Phuket officials, including the report on Monday by the Phuket Provincial Health Office,



A restaurant staffer stands ready to serve customers at Jungceylon in Patong. Photo: PPHO

which serves as the Phuket Coronavirus disease 2019 (COVID-19) Incident Command Center, neglected to mention that the woman was the wife of the Italian engineer reported as confirmed as infected last Saturday (May 23).

That information was reported nationally by Taweessin Visanuyothin, a spokesman for the Centre for COVID-19 Situation Administration (CCSA) in Bangkok.

The woman travelled back from Shanghai, China, in the middle of

March. She lived in Cherng Talay with her three children, ages 7, 10 and 15, who have all tested negative for the virus at a private hospital, was the only information that Phuket officials would report.

Of note, Phuket officials last Saturday reported that the Italian man had only two children. On Monday, his wife was reported as having three. Also of note, Phuket officials reported the woman's age as 49, while Dr Taweessin gave her age as 46.

Dr Taweessin on Monday also explained that the couple together with their three children traveled to Phuket on March 9 in order to have their children complete a swimming course.

On March 30, they moved to stay in Cherng Talay. The woman was tested and found to be infected on May 24, but she has so far not shown any symptoms of infections.

"Her husband was infected, so we also had to test her, as we do to investigate people who have had close contact with confirmed patients," Dr Taweessin said.

The Phuket Communicable Disease Committee in its daily report on Tuesday (May 26) marked zero new cases of people infected with the COVID-19 coronavirus.

The Phuket office of the Public Relations Department of Thailand (PR Phuket) announced through a post on its official Facebook page on Tuesday that so far 10,927 people in Phuket had been classified as at risk of contracting COVID-19 since the

outbreak began, an increase of 73 on the 10,854 reported on Monday.

Of those, 10,700 were found not infected with the virus.

The PR Phuket report also noted 6,892 people had so far been classified as Persons Under Investigation. Of those, 6,842 had been cleared.

PR Phuket on Tuesday also reported that 50 people remained in hospital, up 11 from Monday. The 50 comprised nine people already confirmed as infected, and 41 people still waiting for test results, up 11 from the 30 reported on Monday.

So far three people in Phuket have died as a direct result of being infected with COVID-19, including an Australian hotel manager from Khao Lak whose family lived in Nai Harn.

The PPHO this week in its daily reports urged all people, business service providers and the general public, to observe the "new normal" health regulations in effect to help prevent the spread of the virus, especially now that many businesses have been allowed to reopen.

Businesses mark high compliance

Continued from page 1

...and offices of government agencies and state enterprises.

Inspections of street vendors, hawkers, stalls, small-scale wholesale retailers and community wholesale retailers found that these operators were observing the mandatory health regulations at a level of "more than 80%", the Governor said.

Of the businesses allowed to resume operations since May 17, inspections targeted food distribution and drinks served at restaurants, cafeterias, eateries as well as those served by general beverage vendors and found that this group was following the government regulations by "as high as 88%", the Governor said.

Another group targeted comprised department stores and community malls that featured stores selling consumer products and services, restaurants and beverage vendors, beauty salons, hairdresser and barber shops and manicure providers, as well as welfare centres that catered to infants and the elderly. This group was found to be observing the health regulations "more than 90% in all activities", the Governor said.



A woman is checked for elevated body temperature before entering a store. Photo: Tanyaluk Sakoot

Inspections of retailers, wholesalers and large wholesale markets found that 92.4% of the businesses and operators were rated with "very high cooperation", while 87.8% of operators had met or exceeded the "high cooperation" rating, he added.

Golf course and driving range operators scored "100%" in enforcing the health regulations, while their customers and clients scored "95.2%" compliance, the Governor added.

Other outdoor sports and recreation venues and operators, such as tennis facilities, horseback riding operators, shooting ranges, archery and park exercise areas, public exercise areas, sport fields, recreation areas open only for open-air walking as well as animal and pet care services were also assessed. Most entrepreneurs and service users

cooperated with government measures "in excess of 90%", he said.

Beauty clinics, beauty salons and nail salons both inside and outside of shopping malls and community malls, as well as outdoor and indoor public swimming pools, botanical gardens and flower gardens, museums, historic sites and galleries, and learning centers and public libraries were all found to be cooperating at "higher than 90%" compliance, the Governor noted.

Gymnasiums not located in shopping malls, shopping centers or community malls were also inspected, and it was found that the operators and their service users were cooperating with the mandatory health regulations by "89%", Governor Phakaphong also reported.

About 70% of people visiting stores, facilities and business services were registering their attendance at the venues through the ThaiChana web portal, the Governor also noted.

Governor Phakaphong urged people to use the ThaiChana website to register their whereabouts when using businesses. "It is very easy to use," he said.



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Bringing water to the masses

Pump station starts supply to hard-hit areas in Koh Kaew, Rassada

The Phuket News
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The temporary pump station built beside Wanit lake is complete and ready to provide up to around 2,400 cubic metres of water per day to hard-hit households in Koh Kaew and Rassada in a last-ditch effort to restore water supply as the annual rains return.

Vice Governor Wongsakorn Nunchukhan inspected the site, near Wat Manik in Srisoonthorn, last week (May 20).

Present to join the inspection were Phuket Provincial Waterworks Authority (PWA) Chief Graisor Mahamad, and other relevant offices.

The lack of rain on the island since last year has seen water levels at Bang Wad and Bang Neow Dum reservoirs plunge to the point that the volume of water needed could not be drawn from them, leaving many people suffering without running water supply, V/Gov Wongsakorn explained.

"The water levels in the reservoirs are too low to be used to be distributed to people's houses," he said.

The provincial government recognised the problem of Phuket running out of public water supply as early



The pump station beside Wanit lake came onstream last Wednesday (May 20), able to provide 2,400 cubic metres of water to hard-hit households in Rassada and Koh Kaew. Photo: PR Phuket

as October last year, when a battle plan for countering the problem was set out in a meeting with the Secretary-General of the Office of the National Water Resources (ONWR), V/Gov Wongsakorn noted.

"When we met in October last year, the plan was to first use water from canals, second from private water sources, and then use what

water was left in the PWA sources as a last resort," he said.

"If we used only the water in the PWA's sources, we would not have been able to make it through this [past] dry season," he said plainly.

"We have already pumped water from Klong Bangyai [to supplement the mains water network], but it ran dry, so we moved to the second part

of the plan. We pumped water from many private water sources, such as sources in Bangjo, but they all dried up too," V/Gov Wongsakorn explained.

"The last group of water sources we contacted are the owners of the lake at Boat Plaza, the lake in front of Wat Manik, and Wanit lake," he said.

The cost of installing the equipment necessary to have water from Wanit lake to the water-production [part-purification] station at Bangjo was prohibitive, V/Gov Wongsakorn said.

"So we rented a mobile water-production machine to operate beside the lake. That needed a much smaller budget," he explained.

"Wanit lake will be the last private water source we will use, as we have now had more rain, which is increasing the water level in the canals and reservoirs," he added.

V/Gov Wongsakorn said that although many people had been left without running water supply, they had not been left high and dry.

"Relevant officers together helped people by sending water trucks to the end of water pipe areas [where no running water was being supplied], especially in Rassada where there are more than 10,000 households," he said.

"People in some houses in the area are now starting to have running water to use, but there are still people suffering without water supply."

"Now the water pressure serving Rassada will increase over the next two weeks, and every household will have water to use," V/Gov Wongsakorn assured.

Phuket in top 10 for curfew breakers

THE TOTAL NUMBER of people arrested in Phuket for breaking the nightly curfew has resulted in the island being ranked within the top 10 offending locations nationally.

Phuket Provincial Police Commander Maj Gen Rungrote Thakurapunyasiri confirmed to *The Phuket News* last Friday (May 22) that authorities on the island had at that time arrested a total of 1,664 people, one of the highest nationwide.

"In part this is because some people are more used to being active and living during the night but they must begin to adapt," Gen Rungrote said.

"The high numbers indicate that police officers are working hard to fully enforce the law," he added.

The duration of the curfew was reduced on May 17 to 11pm-4am as part of the drive to ease restrictions implemented to prevent the spread of COVID-19.

"Many of the people that officers have arrested are heading home but didn't quite make it within the

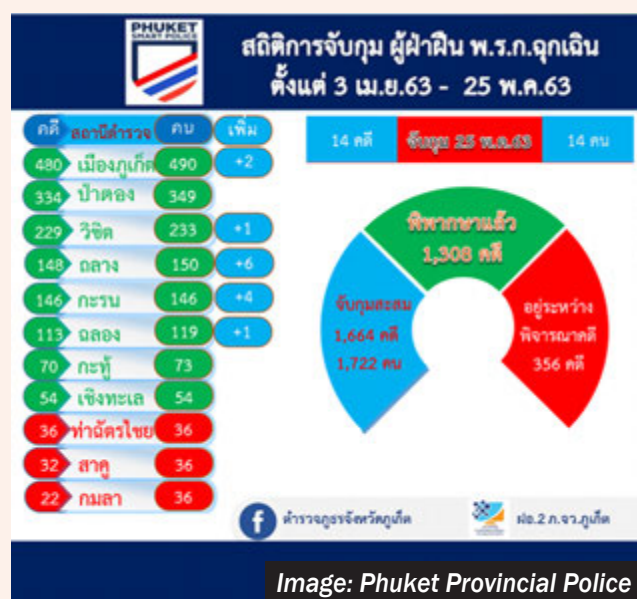


Image: Phuket Provincial Police

curfew hours," Maj Gen Rungrote explained.

"Now the curfew time is shorter, they have more time to make it home within the timeframe," he added.

By Monday, however, the total number of people arrested in Phuket for breaking the curfew without essential reason had grown by a further 58 arrests.

Phuket Provincial Police on Monday noted that only 100 of the 1,722 people arrested so far were arrested at checkpoints. The remaining

1,1622 arrests were made by patrols.

The arrests so far were counted as 1,664 cases, of which 1,308 have been already processed, with 356 cases still waiting to be prosecuted, the Phuket Provincial Police also noted.

"I want to ask people to comply with regulations by not leaving the house during the curfew to minimise movement and reduce the occurrence of communicable diseases," Maj Gen Rungrote concluded. *The Phuket News*

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The Peaks back in spotlight

MP moves for action after DSI probe finds project unlawful

The Phuket News
editor@classactmedia.co.th

Sira Jenjaka, a Bangkok MP for the military-aligned Palang Pracharath Party, will file an official request with the Minister of Interior to expedite proceedings to have a land use document revoked for the site of The Peaks Residences condo project in Kata.

The move follows an investigation by the Department of Special Investigation (DSI) deeming the land document illegal, Mr Sira told a press conference at Parliament House in Bangkok last Friday (May 22), reported state news organisation MCOT.

The approval by local officials of construction of the project is also considered to be an abuse of authority, MP Sira added.

MP Sira said that the DSI had concluded its investigation into the project, which sits on a hillside overlooking Kata Noi Bay on Phuket's west coast.

The entire project, completed, was estimated to be valued at around B30 billion, he noted.

The DSI had already reported that land-use document NorSor 3 Kor No. 1863 in Tambon Karon was unlawful, he said.

The site was located in a hill area for which no previ-



MP Sira at his press conference at Parliament House in Bangkok last Friday (May 22). Photo: MCOT

ous land title deed, a SorKor 1, had been issued, MP Sira explained.

Construction of the project was conducted on a slope exceeding 35 degrees, also making the project illegal, he said.

The Nakhon Sri Thammarat Administrative Court had already handed down its verdict and ordered the Department of Lands to revoke the NorSor 3 Kor for the site, he said.

"At this stage, that is being contested and the case is being heard by the Supreme Administrative Court," Mr Sira noted.

MP Sira also explained that the construction permission for the project had also been found unlawful, but Karon Municipality had allowed construction by Kata

Beach Co Ltd to proceed.

"They gave B3 million as collateral for the permit and pledged that the company would demolish the buildings and restore the land to its previous natural state if the formal investigation found the project illegal. So far they have refused to do that," he noted.

"The Building Control Act does not give authority to local administrative officers to allow such action. The officers' wrongdoing can be considered illegal according to Criminal Code Section 157 as their wrongful exercise of duties," Mr Sira said.

"The DSI has already filed a report to the National Anti-Corruption Commission [NACC] and the Department of Lands to proceed with action in accordance with the

investigation's findings.

"Additionally, I will file a report to Minister of Interior Anupong Paochinda to expedite the revoking of the NorSor 3 Kor and the prosecution of officers involved," he said.

MP Sira also called on a newspaper, which he did not name, to explain its report claiming that on June 10 the Constitutional Court will hand down a verdict to dismiss him from his position as an MP as a consequence for him interfering with the project.

"If the Constitutional Court does not give a verdict as written in the newspaper, the news agency must be responsible, as they would've entered false information into a computer system," he said, alluding to the specific charge under the Computer Crimes Act.

"From my observation, the news website posted stories about me both in the morning and afternoon. What's their purpose? How do they get information from the court? I want to ask whether I stepped on someone's toes or if I am in any way involved in the news agency manager's business, as I think [reports like] this is beyond the duty of the media," he added.

MP Sira in August last year said he had received a death threat for publicly revealing that the condominium project had its land ownership documents revoked by the court.

He also said that he had received a message claiming that two people had already died as a result of speaking out about the project.

Since then MP Sira has so far held good to his promises to have the project thoroughly investigated by the DSI and to follow up with all investigative anti-corruption authorities, and to have charges brought against local officials for allowing the project.

He also came to Phuket to tell Phuket Governor Phakaphong Tavipatana directly, "I will also file a request with the Anti Money Laundering Office (Amlo) to investigate the properties owned by and any financial transactions involving any officers related to this project."

Tourism and Sports Ministry seeks to lift domestic lockdown

THE TOURISM AND SPORTS Ministry wants to ask the COVID-19 Situation Administration (CCSA) to lift the domestic tourism lockdown starting in June, as the industry prepared for new national safety and health standards with almost 1,500 operators applying for certification.

Tourism Minister Phiphat Ratchakittprakarn this week said the ministry plans to talk with the CCSA today (May 29) about easing domestic tourism restrictions, such as allowing interprovincial travel and hotel operations to resume in many provinces, in line with the third stage of COVID-19 restrictions.

If CCSA agrees with the scheme, domestic travel will start again on June 1, but within the same region for the first two weeks, before gradually



Mr Phiphat on Monday (May 25) promotes the initiative to boost confidence among potential tourists about health and safety protocols in Thailand. Photo: Bangkok Post

allowing inter-regional travel.

The Tourism Authority of Thailand (TAT) scheduled a meeting with the Finance Ministry on Tuesday about additional tourism stimulus plans such as tourism coupons to help boost operators' liquidity, giving local travellers more purchasing power, said

TAT Governor Yuthasak Supasorn.

Apart from financial stimulus, TAT is hoping that 70% of the tourism supply chain will join the new safety standards of the Safety and Health Administration (SHA) within the first two years to regain the confidence of travellers.

Once operators obtain SHA certification, which lasts two years, they have to strictly comply with the guidelines or the certificate will be revoked.

The agency will join a committee consisting of the Health Department, provincial public health agencies, the Tourism Department, and the Designated Areas for Sustainable Tourism Administration to randomly check operators' practices.

He said tourists also act as auditors when they send feedback about

their experiences after visits or using services.

The project, a collaboration between the TAT, the Tourism and Sports Ministry and the Public Health Ministry, began on Monday after launching online applications on May 18.

As of May 24, 1,442 operators nationwide in 10 tourism-related businesses had applied for the certificate.

Mr Yuthasak said a new standard requiring social distancing practices will lead to limited capacity at all destinations.

Guests are expected to make forward bookings before taking trips.

Technology will play a role in enhancing tourist experiences such as track and trace applications, facial recognition systems and virtual reality travel, he said.

Bangkok Post

Stepping up for COVID relief

See Bees Diving launches campaign to help island's poor

The Phuket News
editor@classactmedia.co.th

The multi-award-winning Phuket dive company Sea Bees Diving headed by Holger Schwab has launched its own campaign to help people left without any income to buy food due to the COVID-19 situation.

The campaign was launched on May 20 and by last Saturday (May 23) had already received about B65,000 in donations.

"With this money we bought over one tonne of rice, more than 3,000 eggs, more than 200 litres of cooking oil, more than 200 litres of fish sauce and many other helpful things so far," explained Holger.

Already on two days this week the team set up three stations where people in need could receive basic food supplies as well as basic necessities.

"At the first station every family got a 5kg bag of rice, at the second 15 eggs and at the third station a paper bag with 1 litre of cooking oil, 1



The campaign is targeting among the poorest on the island. Photo: Sea Bees Diving

litre of fish sauce, one pack of milk, two packs of Mama noodles, two tins of fish, one tube of toothpaste, a bar of soap, a pack of washing powder and for the kids one small soft drink and some snacks," Holger noted.

Instead of setting up the stations and having people wait to collect the items, the team visits people living in impoverished areas and delivers the essential items to those

who need it most, he added.

"We ask our friends who are in need and drive around by ourselves to find camps with people without jobs. After that we contact them and let them know that we are coming," Holger said.

The campaign was inspired simply by the sheer number of people who still need assistance.

"Some of our friends did this already and we thought

that this is a good idea and we also should do something to help the people in need," Holger explained.

For Holger, it is vital to keep such campaigns going.

"Every campaign has its momentum and as we have to rely on the donations of our customers and friends, we try to help now as much as we can and hope that soon no help will be needed when Phuket gets back on its feet," he said.

The campaign will continue as long as necessary. "We will keep doing this campaign as long as we get donations," Holger assured.

Holger gave special praise for the team of volunteers who have stepped up to make the campaign happen.

"We have a great team at Sea Bees Diving and everybody helps as much as they can with shopping, making packages and deliveries," he said.

"There are many others out there who help and also deserve the highest appreciation. Klaus Orlik from Poseidon Diving and Bastian Prestele with his team are only two of many who are also helping at the moment," he added.

Holger explained that while donations of items are appreciated, monetary donations are preferred simply for logistics and so that donations can be directed at what is needed most at the time.

"The best is to send money so we can buy food. Any donations in kind are not easy to handle and hard to transport," he added.

Donations made locally can be made to the following account:

Account name: Padee Wathasunthonpong
Account number: 766-001044-3
Bank: Bangkok Bank

Another account set up in euros in Germany is also available to receive donations:

Account holder: Sea Bees Diving
IBAN: DE86 7225 0160 1020 2807 47
BIC: BYLADEM1DON

Any persons wanting to contact Holger and the team can do so at: Email: info@sea-bees.com

Facebook: Seabeesdiving
Website: Sea-bees.com

The Phuket News understands that there are many other similar campaigns underway across the island to help people left without any income due to the COVID-19 situation. We commend them all for their wholehearted goodwill and support for the community they live in.



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An opportunity to reimagine Phuket



SUSTAINABLY YOURS

Palmer Owyong

As Phuket comes out of lockdown everybody wants to forget about COVID-19 and to go back to “normal”. However, let’s not forget that normal meant constant construction, routine water shortages, and frequent electrical outages.

Normal was the buzz of jet-skies, the roar of motorbikes and the thumping bass of club music. Normal was plastic-filled beaches and polluted *klong* waters seeping into the sea. So, let’s not go back to “normal”.

Instead, let’s envision a cleaner, better Phuket whose future is not solely dependent on the capriciousness of mass tourism or the vicissitudes of the real estate market.

Out of necessity Phuket will need to reinvent itself. Instead of clinging to industries that destroy the land, pollute the air and poison the water, let’s invest in ones that remediate the environment, employ Thais, and ensure a long-term future. Because over-development and mass tourism on an island with limited resources is not a sustainable business model.

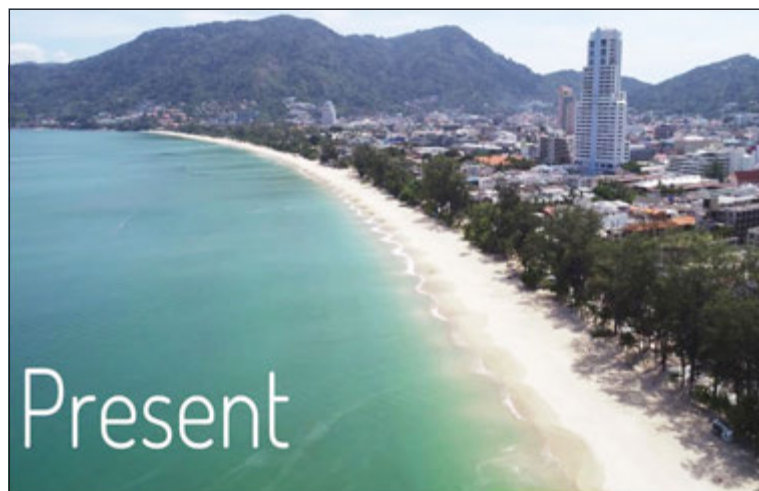
For the foreseeable future, travellers won’t want to be on crowded beaches, or in packed bars, nightclubs and shopping malls. Rather than catering to high volumes of low-budget tourists, Phuket will need to focus on attracting a lower number of quality tourists. The fitness, health, wellness and medical industries already on the island are well-positioned to help those suffering from COVID-19 related alcoholism, addiction, weight gain and mental illness.

We can also rethink existing industries and invest in new ones that solve environmental problems rather than creates them.

Repurposing Agricultural Waste

Phuket has a robust agriculture sector that produces rice, bananas, coconuts, pineapples and cashews. These businesses generate waste, much of which is disposed of in landfills, by burning or sold as animal feed.

Instead, we can repurpose these materials into useful items that supplant more polluting ones. For example, a UK-based company named



To survive economically Phuket needs to become sustainable. Patong Beach before the COVID-19 outbreak, and after. Photo: Chinnakorn Thongchai / PMBC

Pinatex turns pineapple leaves into synthetic leather that can be made into shoes, clothes, bags and furniture.

We can repurpose agricultural waste to make leather, textiles and plastic composites and then combine them with CAD (computer aided design) and 3D printing. Add a few designers, architects, engineers and entrepreneurs and we can create vertically integrated industries for construction, shoes, clothing, yachting, furniture, interior design, manufacturing and other consumer goods, that are less harmful to the environment, provide jobs and greater economic stability.

Seaweed and Shellfish Farming

Thailand is the third-largest seafood exporter in the world. However, in recent years it has received criticism for overfishing, poor working conditions and human trafficking. The waters off Koh Siray island, where Phuket’s principal fishing ports are located, are polluted with smelly *klong* (canal) water flowing into the ocean. Not to

mention that 50% of ocean plastic comes from abandoned fishing gear.

Rather than continuing unsustainable practices, Phuket could introduce new forms of aquaculture that would help clean and repair the ocean. For example, the Billion Oyster Project was introduced to New York Harbor in 2014 and has since built 13 oyster reefs that create bio-diverse habitats where fish and other marine life thrive. The project has also produced 30 million oysters, each one capable of filtering up to 190 litres of water per day. This has led to measurably cleaner waters and the return of large marine life like dolphins and whales, which hadn’t been seen in decades.

New Industries

Besides rethinking existing industries, Phuket can introduce new ones that aren’t costly to start, are scalable, and monetizes unused spaces like rooftops and vacant lots.

Bamboo is the material of the future. It’s the fastest-growing terrestrial plant on the planet, is similar in strength to steel, and can be used

for building, as food, textiles, furniture and packaging. It cleans the air, sequesters CO₂, reduces soil erosion and flooding. It also grows well in Phuket’s tropical climate.

Algae is one of the most versatile materials. You can grow it in barrels on empty rooftops, or in ponds, and it sequesters CO₂ and cleans the air. Algae can be used as food, bio-plastic, fuels and textiles.

The next few years will be rough economically, and there’s no way around that. While rethinking existing industries and introducing new ones won’t fix all the issues, it is a step toward a brighter future. It gets us asking the right questions and solving problems rather than lamenting a world that is now gone. This pandemic is an opportunity to build a better, cleaner, more sustainable Phuket. Because the old “normal” is not coming back.

Palmer Owyong is an environmental activist working with the Kamala Green Club and the Global Sustainability Hub.

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Putting diet facts on the table



A MEAL WITH...

Baz Daniel
baz_gunner2000@yahoo.com

When I started writing this column over three years ago, little did I anticipate one day finding myself sitting a well-measured two metres away from my subject and both wearing face masks. However, we are 'living in interesting times' and so we now find ourselves in all sorts of strange situations, doing all sorts of things we never imagined we would.

I wanted to have lunch with one of Phuket's foremost wellness gurus, Craig Burton, because amidst the tsunami of misinformation that has attacked us as aggressively as the virus itself, Craig's level-headed voice stands out as a beacon of good advice.

Craig grew up in the splendidly healthy town of Perth and is a practicing Clinical and Sports Nutritionist with over 20 years' experience as a health practitioner. He holds a broad array of qualifications in nutrition, health and fitness as well as mental and lifestyle coaching. In short, Craig is exactly the sort of expert that we should listen to if we want to keep ourselves optimally fit and strong to resist infection by the Corona virus and maximise our chances of healthy survival should we



Baz Daniel (right) with Craig Burton, who gives a healthy reminder of what we should have been doing all along.

be unfortunate enough to contact it.

We found the ultimate venue for a healthy and easily socially-distanced lunch at the Land & Houses residential park clubhouse in Chalong. This lovely venue is open to non-residents and is set in beautiful topical splendour overlooking a huge open-air swimming pool and verdantly-surrounded lake beyond.

We selected healthy fresh salads and fruit platters and un-sugared fruit and vegetable drinks, then discussed the viral crisis.

Craig said the COVID-19 virus at-

tacks organic weakness, as all viruses tend to do. So, if you are overweight, or damage your lungs through smoking, or breathing polluted air, or your liver through excessive alcohol intake, you will be more vulnerable.

I asked if diet and exercise can make a difference to levels of immunity: "Definitely a healthy diet will help maximise your immune resistance to COVID-19, as it does to all pathogens. It should be low in sugar and processed foods – a whole-food diet with lots of fruit and vegetables for fibre and all

the trace minerals and vitamins which are essential for strong immunity," says Craig.

Another key is adding some good healthy fats like olive oil, avocado, nuts and seeds which help balance blood sugar. Then take regular exercise, preferably every day, covering both aerobic and load-bearing forms and some of it outdoors so that sunshine can stimulate your natural vitamin D production.

The sunshine we enjoy in the Andaman region is a big plus for outdoor exercise, which can be as simple as a good, long, walk; a bike ride; a jog; or a beach walk and swim, once the beaches are opened again.

Craig also mentioned that ongoing hydration here in the tropics is essential and also emphasised the mental and social aspects of maintaining high immunity.

"Our species evolved to live in harmony in groups, so your social environment contributes greatly to your health and viral immunity. If you are feeling stressed or anxious, just reach out to family or close friends to talk about it and share the load".

As we got up from a highly enjoyable lunch despite the socially distancing imperatives, Craig notes, "This virus only serves to underline what we should have been doing all along if we want to optimise our health and immunity and thereby the enjoyment of our lives."

Excellent advice indeed!

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POP QUIZ

1. Who sang the 2014 pop hit "Fancy"?
2. The analytical engine, the first computer, was designed and built by who?
3. Which mythic hero wrestled the monster Grendal to death?
4. Which country has Damascus as its capital city?
5. Which is the fastest-growing plant on Earth?

Answers below, centre

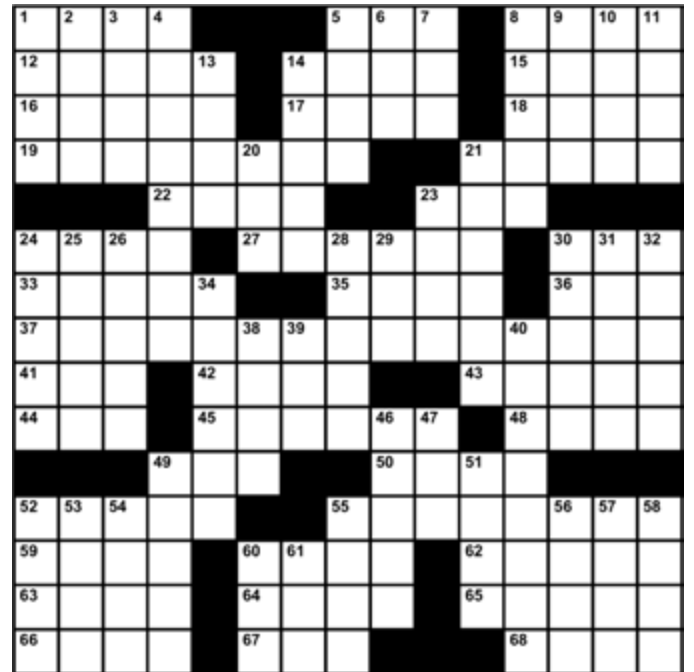
SUDOKU

Medium

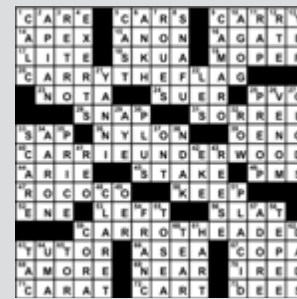
			8	7				9
	3		1			5		
		8					1	7
			9	3		6		
1								5
		6		1	8			
2	7					4		
		5			3		8	
8				4	9			

Crossword by Myles Mellor & Sally York

- Across
1. "Electric Feel" band
 5. Knit
 8. Bolted
 12. Prayer starter
 14. Suit maker, abbr.
 15. Final notice
 16. Cocoon dwellers
 17. ___ doble (Spanish dance)
 18. Marisa's "My Cousin Vinny" role
 19. Young plant
 21. Top tennis players
 22. Article for Mozart
 23. Message starter
 24. End of a Spanish greeting
 27. Chocolate trees
 30. Football group
 33. Golden ___
 35. Skip
 36. Retirement plan
 37. Pioneering nurseryman
 41. Sean ___ Lennon
 42. One department in a clothing store
 43. Real thing
 44. Bag
 45. Truly
 48. Coop group
 49. ___ in his kiss
 50. "Mon ___!"
 52. Shabby, degraded
 55. Food for a finch
 59. "Cosmo" rival
 60. "___ I care!"
 62. Houston athlete
 63. Start of a Shakespearean title
 64. He and she
 65. Scene of W.W. I fighting
 66. Mizzen, e.g.
 67. Blokes
 68. Is at the table, for example
 24. Karate schools
 25. Actress Massey
 26. Like some committees
 28. Brush
 29. PA system component
 30. Sister's daughter
 31. Common refrigerator
 32. ___-slipper
 34. Ill will
 38. Hankerings
 39. "Then what?"
 40. Skies downhill
 46. Instruct
 47. Board member: abbr.
 49. That is to say
 51. Dutch cheese
 52. A-line line
 53. First name in jazz
 54. Some pipes
 55. "Très ___!"
 56. Needle case
 57. At one time, at one time
 58. Buck passers?
 60. Money dispenser, for short
 61. Lady referred to
- Down
1. Floor cleaners
 2. Stick together
 3. Gloomy Gus
 4. Swaps out
 5. Unaccompanied
 6. U.F.O. crew
 7. Neb. neighbor
 8. "As the World Turns" actress
 9. Instrument in a wind quintet
 10. Marmalade ingredient
 11. Greek H's
 13. Meat and cheese store
 14. Sleep problem
 20. Company abbreviation
 21. Word with metric or merit
 23. Thwart



Solutions to last week's puzzles:



4	8	7	6	9	1	5	2	3
6	2	1	3	8	5	7	4	9
5	3	9	7	4	2	1	8	6
9	1	3	2	7	4	8	6	5
7	4	2	8	5	6	9	3	1
8	6	5	9	1	3	4	7	2
1	9	6	4	3	7	2	5	8
2	7	8	5	6	9	3	1	4
3	5	4	1	2	8	6	9	7

GOT YOUR NUMBER

6

times faster bread goes stale in the fridge than at room temperature

7

times is how often the average person falls in love before getting married.

18

percent of Americans cannot drive a "stick shift" car (with a manual gearbox).

48

percent of US moms say they feel judged by strangers within their own community, but only 24% of dads report this.

84

percent of vegans and vegetarians eventually go back to eating meat.

300

percent is the increase in the likelihood of having an accident if you use a phone or portable electronic device while driving.

Source: Uberfacts

ISLAND VIEW



Choices. Photo: Tanyaluk Sakoot

Got an unusual or particularly beautiful picture of Phuket? Email it to exeditor@classactmedia.co.th

This week in history

May 29, 1953

Edmund Hillary and Sherpa Tenzing Norgay become the first people to reach the summit of Mount Everest, on Tenzing Norgay's (adopted) 39th birthday.

May 30, 1431

Hundred Years' War: In Rouen, France, the 19-year-old Joan of

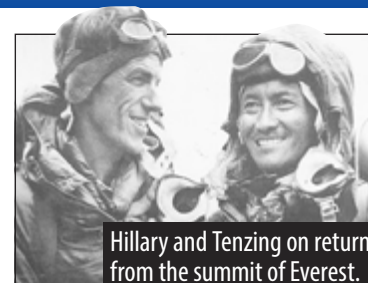
Arc is burned at the stake by an English-dominated tribunal.

May 31, 1223

Mongol armies of Genghis Khan led by Subutai defeat Kievan Rus' and Cumans.

June 1, 1495

A monk, John Cor, records the first known batch of Scotch whisky.



Hillary and Tenzing on return from the summit of Everest.

June 3, 1969

Australian aircraft carrier HMAS

Melbourne cuts the US Navy destroyer USS Frank E. Evans in half off the coast of South Vietnam.

June 4, 1989

A natural gas explosion near Ufa, Russia, kills 575 as two trains passing each other throw sparks near a leaky pipeline.

Source: Wikipedia

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Tyson could make Thai bow

Former heavyweight champion touted for Thailand charity bout

BOXING

Bangkok Post

Former heavyweight champion Mike Tyson could make a comeback to the ring with a charity fight in Thailand, according to an Australian expat.

Promoter Dean Bourke, who has lived in Thailand for 14 years, said he had been in talks with Tyson's management team about his plan to bring 'Iron Mike' to the Kingdom.

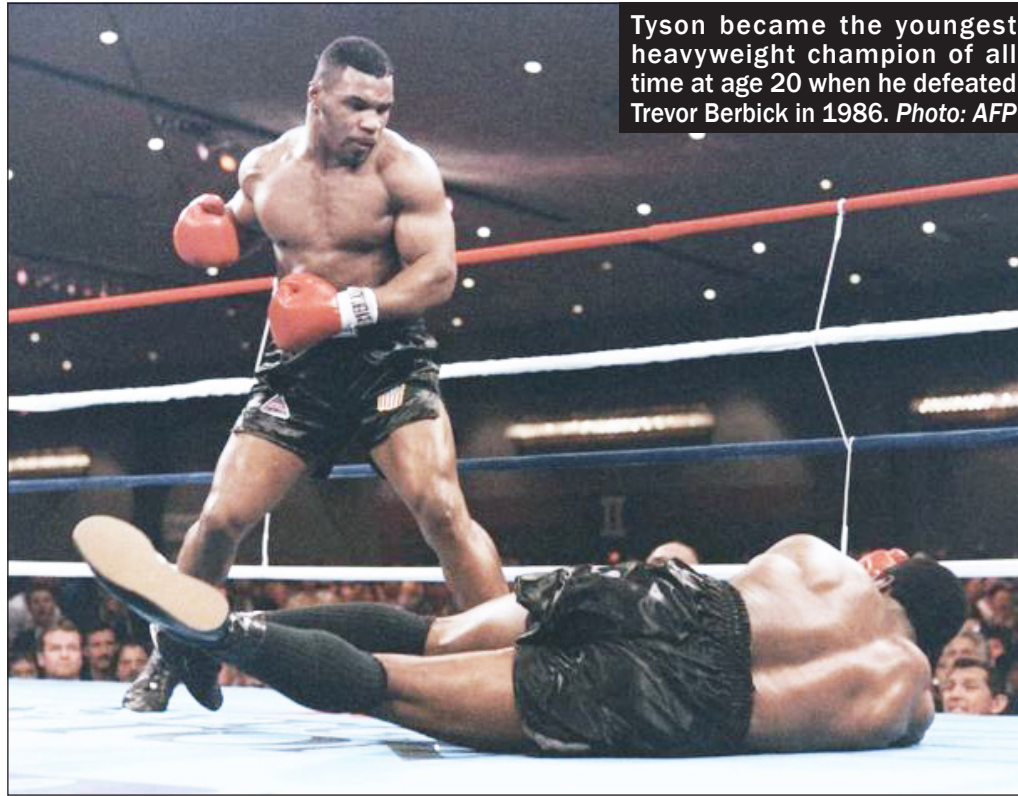
Tyson, 53, has begun training as reports claim he wants to make a return to raise money for charity.

The American last fought in 2005 with a loss to Ireland's Kevin McBride.

Former Muay Thai fighter Bourke said he had links to Tyson whom he first met 20 years ago.

Bourke said he met Tyson through his friend and compatriot, three-time world boxing champion Jeff Fenech, who later became Tyson's trainer.

"Jeff was a close friend of Mike and so I would tag along to the USA with him and was



Tyson became the youngest heavyweight champion of all time at age 20 when he defeated Trevor Berbick in 1986. Photo: AFP

lucky enough to meet Mike," said Bourke, who is based in Bangkok and Pattaya.

"Jeff then in the latter part of Mike's career trained Mike and so this is how I got the contact."

Bourke said he had been in contact with Tyson's management team about a project

called "Fight For Family", a Muay Thai reality TV show featuring Thai prisoners in which Tyson, a former inmate, was approached to be the host.

The project has received approval from the Corrections Department, Bourke said.

"I had been trying to promote some different boxing

shows and had the idea to do a series of fights in the Thai jails that would help prisoners locked up for petty crimes and give them something to look forward to, plus help their families financially," he said.

"I came up with the idea of Fight For Family, a series where Thai prisoners fight

foreigners [non-prisoners]."

Bourke said hopefully the winners get a reduced sentence and upon release have a chance of fighting for a Muay Thai world title. "We have got approval from the Corrections Department for this series and a shot at Netflix picking up the show but I wanted Mike Tyson as the host," he said.

"I contacted Mike's wife who asked me to liaise with his LA management company but it all got put on hold due to COVID-19."

Helping Thai economy

When there were reports that Tyson could make a comeback to the ring, Bourke contacted the former champion's LA manager, Chris Smith, to discuss the possibility of hosting a Tyson fight in Thailand.

Bourke claimed Tyson's management team have shown their interest in the proposed fight in Thailand and said discussions were expected to continue once the coronavirus situation improves.

"I plan to submit our final proposal within the next few

weeks," Bourke said. "Thailand has a very good shot to get this fight at the end of this year."

He claimed Tyson was interested in the prison project and that it would be like killing two birds with one stone if he agrees to fight in Thailand.

A Tyson charity fight in Thailand "could assist the Thai economy with proceeds generated being donated back into the Kingdom to those in need," Bourke said.

Bourke has eyed Bangkok's Rajamangala National Stadium as a potential venue. He said such an event could attract over one million pay-per-view viewers worldwide.

"Mike Tyson is a great guy and wants to make money for charity," Bourke said.

Tyson has posted videos showing he is training, and in one video, he declares: "I'm back".

His former rival Evander Holyfield, 57, reportedly plans to make a comeback for charity, and reports suggest that the two ex-heavyweight champions could meet in the ring for the third time.

UK sport edges closer to return

ALL SPORTS

PROFESSIONAL SPORT IN BRITAIN moved closer to a resumption when the government published 'stage two' of its guidance allowing for close-contact and competitive training.

The advice is the next step in a process set to culminate with 'stage three' that should see the likes of English football's Premier League returning, albeit behind closed doors, next month after the coronavirus saw the season suspended.

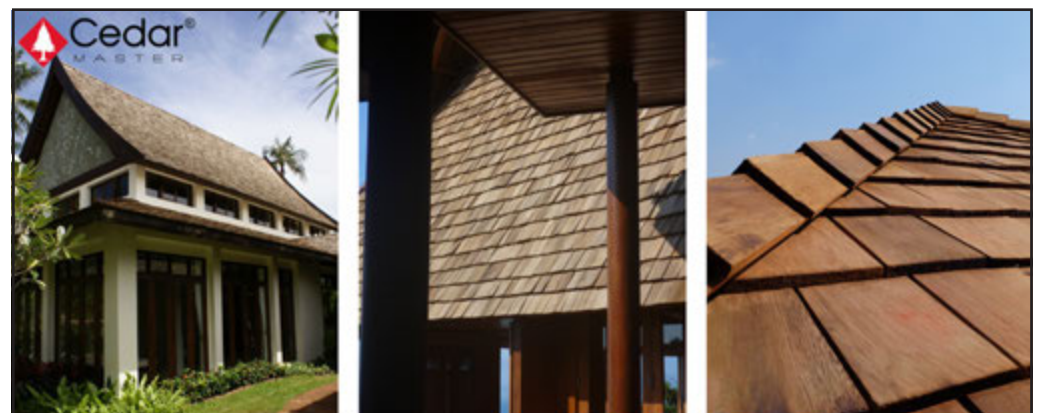
While stressing the need for carefully controlled medical conditions, the latest guidance makes clear that professional athletes can receive close quarters training, with those involved in team sports such as football allowed to tackle as they build up their match fitness.



The Premier League is hoping to resume action next month. Photo: AFP

Rules will still apply in respect of travelling to training, with equipment-sharing to be avoided where at all possible. Communal areas such as changing rooms are expected to remain closed for the most part.

Premier League football clubs resumed non-contact training last week while, in cricket, England bowlers took part in solo net sessions. AFP



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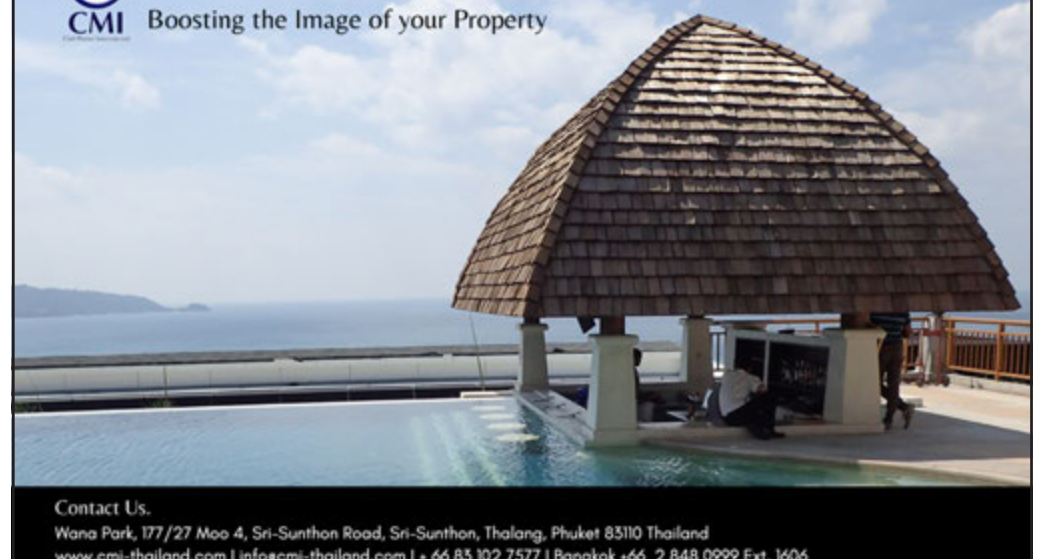
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Sport

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F1 DRIVES DOWN SPENDING

FORMULA ONE

AFP

Formula One teams have agreed to cap spending next season as the sport attempts to counter the financial fallout from the coronavirus pandemic.

The BBC reported that the teams voted to lower the budget cap to be introduced in 2021 by US\$30 million to \$145mn (B4.6 trillion).

This will be reduced again to \$140mn in 2022 and \$135mn for the period 2023-25.

Other measures were also agreed, said the report, including a research-and-development handicap system.

The agreement still needs to be officially approved by the world motorsport council of governing body the FIA next week.

Initially, a spending cap of \$175 million was set to be introduced next year in a bid to help even up the competition although that was before international sport was halted by the global pandemic.



F1 is cutting costs in an attempt to counter the financial fallout from COVID-19. Photo: AFP

"It has become very clear, from talking to the management of the teams. The message is clear. We've got to cut costs and have a reduction of the cost cap... If we lose some teams in this period it would be a

tragedy," F1's managing director Ross Brawn said.

"There is going to be a much more equitable prize fund in the new agreement. The midfield teams in particular are going to be much

better off in terms of their proportion of the prize money.

"So a good midfield team should be able to score podiums, maybe a win, and should be able to show a small profit. If we can achieve that we should have a very sustainable future."

Silverstone uncertainty

Meanwhile, two proposed British Grands Prix could be moved into August if it means the UK government do not insist on a 14-day quarantine period, according to Silverstone managing director Stuart Pringle.

Plans for two races at the English track were thrown into turmoil when the government offered no exemption to elite sport in its plan to introduce a two-week isolation period for arrivals into the country from June 8.

F1 organisers are aiming to start the season with the Austrian Grand Prix on July 5 behind closed doors, followed by a second race at the Red Bull Ring a week later.

It was hoped Silverstone could then host two races in back-to-back weekends, also without spectators.

"We have got our original dates in mid-to-late July but we have got a degree of flexibility in August. I don't think it will be a problem finding dates for two races," Pringle told Sky Sports.

"What we need is the green light from government and that will take time. Formula One as a championship needs that exemption.

"For Silverstone we can probably move into August with our dates but it is essential there is clarity on the quarantine situation ahead of that."

Should no exemption be granted, the quarantine measures could have a huge impact on the rest of the F1 season as seven of the 10 teams on the Formula One grid have bases in England.

Pringle, though, remains confident a breakthrough will be found in the coming weeks.

"We are still liaising with government but I am encouraged that there is progress. It will take a few weeks for the way to become clear but it definitely feels we are moving in the right direction."

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