



# life

NEWSLETTER

VOLUME 03  
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# editor's talk



After constantly performing our duties and carrying out a lot of responsibilities on a long hard day at work, we often feel so exhausted that we need a break to recharge our energy and revitalize ourselves. There are many different ways of doing it. Some might watch movies, listen to music, read books, go shopping or even travel somewhere. However, one simple activity that we often overlook is to admire the beauty of the sunrise. The harmony of sunrise could bring us so much joy, happiness and vitality.

It seems the sun is able to transmit some pleasant vibrating energy to us. The smooth dim light surprisingly generates the feeling of warmth, determination and focus. No wonder why so many people get energetic inspirations from the lyrics of a famous song "Kep Tawan", which says "If there is still tomorrow to start, be determined like the sun".

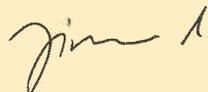
From dawn till dusk, most of us enjoy the sunlight without being aware that the light we see every day has some hidden precious energy that can never be found from any other sources.

For EGCO Group, we have Lopburi Solar Power Plant, a 63 MW thin-film solar power plant which is the largest one in the world, and aim to increase our solar equity capacity by at least 100 MW. In January 2012, we have invested in SPP4 project, a solar power plant with tracking system, which is far more effective than the static system. In February, EGCO and Yanhee Solar Power signed an agreement to implement 6 solar power plants projects with total capacity of 57 MW. EGCO still have many projects underway which are expected to be finalized and publicly announced within this year. The capacity increase bears testimony to the success of EGCO over its 20 years of continuous growth.

EGCO will hold a Shareholders Annual General Meeting No.1/2012 at Vibhavadee Ballroom, Centara Grand Central Plaza Lad Phrao Hotel, Bangkok, at 14.00 hr, on 25th April 2012. Shareholders will be given the opportunity to visit Lopburi Solar Power Plant, and the registration for this can be made at the meeting or online. The closing date is 11th May 2012.

We wish you happiness and brightness every day under the precious sun. See you again in the next issue of our newsletter.

For life, we shall continue to generate the power.



Jiraporn Rungsritthong  
Editor



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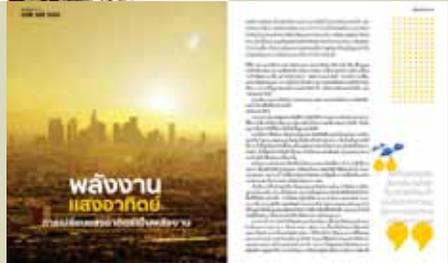
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**On the “Big Cleaning Day”, EGCO Group employees volunteered for social services. They helped Pathumthani people clean the areas affected by the big flood.**

When the flooding situation had returned to normal, EGCO Group in cooperation with Klong Luang Municipality, Pathumthani, took the volunteers to engage in the “Big Cleaning Day” activities at White House Housing Development. They handed out the 300 caps to other participants. Mr. Prasert Kaithong, the Mayor of Klong Luang Municipality and his deputy Mr. Pipop Panyam, received the gifts in our honor on December 2011.

## news update



### 9th EGCO Youth Camp

EGCO Group lead by Mr. Supachai Pongthong, General Manager, and Community Relations Team, held the 9th EGCO Youth Camp, under the Youth in Eco-Electricity Plant concepts, at Rayong Power Plant and Khao Laem Ya - Ko Samet National Park from 31st January 2012 to 3rd February 2012. Mr. Niyom Bunyanam, Director of Map Ta Phut Panpittayakarn School presided over the opening ceremony and donated money for the Khao Lam Ya trekking path improvement in promotion of Khao Laem Ya - Ko Samet National Park ecotourism. Ms. Chorpaka Pinijmontri, Deputy Chief of Khao Laem Ya - Ko Samet National Park along with her staffs received the donation.



### Dream School

EGCO Group lead by Mr. Supachai Pongthong, General Manager and Community Relations Team participated in the National Children Day event at Wat Huay Pong (Chanrasbamrung) School on 13th January 2012. We donated thermoses, notebooks and the sum of Baht 300,000 to support the Dream School (district distinguished school) project. Mr. Him Chiratpi-kalpong, Head of Village and the President of Wat Huay Pong School Fundamental Education Committee and Mr. Oran Boonmee, Principal and at Huay Pong Community leader, received the donation in our honor.



**EGCO Group supported the 3rd Kon-Kon-Kon Award: From one donor...come endless inspirations.**

EGCO Group supported the 3rd Kon-Kon-Kon Award: From one donor...come endless inspirations held by Burapha Television Company Limited. The event aimed to honor and praise the role models who have inspired and stimulated people to perform good deeds. Mr. Pibool Anawatchamongkol, Senior Vice President, Human Resources Department, handed the award money to one of the nine winners of Kon-Kon-Kon Award in appreciation of their thankless jobs at the grand auditorium, Thammasart University, Ta Prachan Campus, on 3rd February 2012.



**EGCO Group supported the Photography Competition, "Energy Through Lens: 2011 Future Alternative Fuel" held by the Ministry of Energy.**

EGCO Group supported the Photography Competition, "Energy Through Lens: 2011 Future Alternative Fuel" held by the Ministry of Energy in order to raise the public awareness of alternative energy. Dr. Sakul Pochanart, Senior Executive Vice President, Organizational Strategies and Management, handed the prizes to the winners of mobile phone snapshots at the Energy Complex on 25th January 2012.





### Meeting of the Energy Commission, the Senate, and EGCO Group Management to discuss and exchange views on energy.

EGCO Group was granted the honor from the Energy Commission and the Senate to hold the meeting with them to discuss and exchange views on energy. Mr. Sahust Pratumkukul, President of EGCO welcomed and provided information to the group on EGCO policies, corporate planning and operations as well as problems and limitations in the Group's power generation business. The purpose was to call for collaboration between the government and private sector in order to build up the country's sustainable growth of energy. The meeting was held at Sai Samphan Room, EGCO Building, on 1st February 2012.

### EGCO Group won 2 SET AWARDS

Mr. Sahut Pratumkukul, President of EGCO Group on behalf of EGCO Group received the Top Corporate Governance Report Award and the Outstanding Award for Social Responsibility for the listed companies with a registered capital worth more than 10 billion baht in the market. The 2011 SET Awards event was organized by the Stock Exchange of Thailand and Money and Banking Magazine.





### EGCO Group won 3 awards in 2012.

In the Board of the Year Awards 2010/2011 event, EGCO Group Public Company Limited's Board of Directors led by Mr. Pornchai Rujiprapa (third from right), Chairman, received the Audit Committee of the Year, the Board with Consistent Best Practice and the Board of The Year for Exemplary Practices Award for the year 2010/2011.

The event was jointly held by the Thai Institute of Directors, The Stock Exchange of Thailand, The Thai Chamber of Commerce, The Federation of Thai Industries, The Thai Bankers' Association, Thai Listed Companies Association, and the Federation of Thai Capital Market Organizations to elevate good governance, praise and promote the listed companies boards of directors who are highly efficient in the performance of their duties.



### Analyst Meeting and Press Conference

EGCO Group held the First Meeting with the Executives at Sukhothai Hotel, Bangkok, on 22 February 2012 to present EGCO Group financial performance and analysis for the year of 2011, project progress, and business strategies for the year of 2012. The investors, analysts and reporters were given the opportunity to participate and ask questions related to the Group.



# EGCO Group focus



# From experiences

## to strategies for proactive alternative energy business

by Mr. Voravit Potisuk, Senior Executive Vice President-Domestic Business Development, EGCO Group

*A lot of people may have heard that natural gas will last only 60-70 years as plants and animals of around 150-200 species are disappearing from our the earth every day. The North Pole ice thickness has been reduced by more than 40% over the last 20 years. The world temperature may also increase by around 2.4-5 O<sup>C</sup> within the next 90 years.*

The energy crisis and global warming have caused so much alarm that many agencies and organizations put forth cooperative effort to come up with relief measures and ways of resolving issues. All agencies and organizations have seriously adopted the measures for the development and promotion of alternative energy and the campaign for economic and efficient energy consumption. Today, Thailand is recognized as a role model for the applications of alternative energy, especially the renewable energy.

### First step of changing the waste to valuable items

"In early stage, biomass is considered as an interesting

source of renewable energy for the most obvious reason that Thailand is an agriculture country. There is plenty of agricultural leftover for research and development in the hope to generate power. Turning waste into money is like making a silk purse out of a sow's ear," explained Mr. Voravit about the early period of the power generation from alternative energy.

"During that period, rice husk is considered to be the best fuel for biomass due to its low moist, and not being grounded before burning. It also produces relatively less ashes than any other forms of biomass fuel, and could easily be found at low price. That's the reason why we first established Roi-Et Green Power Plant, a biomass power plant using rice husk as fuel 10 years ago.

In 2003, Roi-Et Green Power Plant became the prototype of the biomass power plant using rice husk as fuel. In 2004, it was recognized by the Energy for Environment Foundation as the prototype of a new type of on-grid system renewable energy

in Thailand. In 2006, EGCO Group also invested in Yala Green Project in which Para wood is used as fuel, with intention to continue the development of biomass energy. However, the biomass price could not be controlled and the supplies from reliable sources are not always available. Therefore, we do not want to establish any more biomass plants other than the first two.

### Implement new strategy to increase stakes in renewable energy market shares

The success in turning drifting wind and scorching sun into non-global warming energy prompted the government to adopt policies on the distribution of biomass materials to become less dependent on the



Turning waste into money is like making a silk purse out of a sow's ear,"





imported fuels, which were around 60% in 2011. The development of alternative energy such as solar power, wind power, hydropower, biomass, bio gas and waste is another channel to help reducing an import of oil fuel and other forms of energy. It also helps mitigating the risks of dominant use of natural gas as fuel, which now exceeds 70% of total fuel used for power generation. Apart from biomass energy, alternative energy, such as solar and wind energy, has started to play an important role in Power Development Plan and Alternative Energy and Development and Efficiency Plan, as the sun is the biggest and never ending source of energy, which is expected to last for another one billion years, and the wind will never be vanishing from the earth.

As being the first independent power producer in Thailand, EGCO realizes the importance of participation in the stability of national power generation as well as the responsibility for our country and

home planet. Therefore, one of our business strategies will focus on an investment in alternative energy.

“In the year of 2007, we formed business alliance with other energy firms to conduct a feasibility study of wind farm in Nakorn Sri Thammarat, in which the collected data revealed that the wind speed was proven to be insufficient for electricity generation. We and our partner also jointly conducted studies to convert waste into energy in Phuket, but could not be commercialized the project due to many unresolved issues. Until 2010, we succeeded in the establishment of thin-film solar power plant in Lopburi with an installed capacity of 55 MW, the biggest thin-film solar farm in the world. This solar power plant has been supplying 40 MW of electricity to EGAT and is expected to supply the rest in March or April this year,” Mr. Voravit continued.

“Later, in the beginning of this year, we bought the shares of SPP4 Project, a 6 MW Solar Power Plant,



as the sun is the biggest and never ending source of energy, which is expected to last for another one billion years, and the wind will never be vanishing from the earth



which started commercial operation date (COD) on 24th January this year. We also bought the shares of Teppana Windfarm Project, a 14 MW wind farm, which COD is expected to start next year. On 27th February, we and Yanhee Solar Power jointly invested in 6 Solar Power Plant projects, each of which has a production capacity of 9.5 MW, or 57 MW in total. Five projects are located in Nakorn Pathom and another project is located in Suphanburi. The COD of all the plants are expected to start in July next year. Recently, we bought the shares of SPP3 Project, an 8 MW Solar Power, which started its COD on 24th January.

### **EGCO Group plans to achieve 300 MW of renewable energy business by 2015.**

“We intend to invest in solar and wind power plants with total production capacity of approximately 100 MW and 200 MW respectively. This would lead the capacity to 15-20% of EGCO's total production capacity in the future, including hydropower generation.

### **Cutting down a fuel import and alleviation of weather deviation effects**

There are pros and cons for alternative energy. Mr. Voravit explained to us “Alternative energy neither creates pollution, nor releases carbon dioxide into the air. Therefore, alternative energy is classified as green energy. However, we should realize that renewable energy is not always reliable as it depends on the weather



or natural occurrences. This is the reason why the government still has to maintain a large proportion of the energy from fossil fuels i.e. natural gas or coal but also having put efforts to make the alternative energy one of the main national source of energy in the hope to develop a Low Carbon Society, so that other nations will recognize Thailand for its determination to use alternative energy.

Now, EGCO Group has equity production capacity of renewable energy of 110 MW, under 12 projects, both operating and under-development plants, i.e. Roi-Et Green Power Plant, Yala Green Power Plant, Lopburi Solar Power Plant, SPP3 and SPP4 Power Plant, Teppana Windfarm and 6 projects under Yanhee Solar Plant

This would lead Thailand to reduce emission of carbon dioxide of more than 108,000 tons per year, and reduce the fuel import of approximately 50 million liters per year, which in accordance with the promise that Thailand has been made to the world community in Copenhagen regarding the management of weather deviation effects.

After almost 2 decades in power business, EGCO Group will continue to seek the opportunity and gain experience from other kinds of power plants, while taking care of the society and the environment. We want to attain expertise in power generation, and to maintain our sustainable growth for our stakeholders' benefit. As we uphold the slogan “Energy for Life” 🍊



# Summary of Operating Results for Year 2011

In 2011, EGCO Group has increased the stakes in Nam Theun 2 Power Co., Ltd. (NTPC) from 25% to 35% on September 29th, 2010, which resulted in a fully booked of revenue in this year and led to an increase in revenue of 213 million baht. EGCO Group also increased additional 26.125% shares of Quezon Power (Philippines) Limited Co. (Quezon) to 52.125% on March 25, 2011, which resulted in an increase in revenue of 355 million baht. In addition, Khanom Electricity Generating Co., Ltd. (KEGCO)'s maintenance expenses, interest expenses and income tax decreased 451 million baht and Rayong Power Plant's expenses also decreased 140 million baht. With such an increase in revenue and a decrease in expenses, EGCO Group's would have recorded higher net profit of 1,159 million baht.

On the other hand, Available Payment (AP), according to the Power Purchase Agreement (PPAs), of Rayong Power Plant, KEGCO, BLCP Power Co., Ltd. (BLCP) and Gulf Power Generation Co., Ltd (GPG) decreased 1,404 million baht from the same period of last year.

EGCO Group also had extraordinary items in 2011 such as Quezon's prepayment fee from refinancing and withholding tax from special dividend payment

and Conal Holdings Corporation (Conal)'s change in the functional currency from the Philippine peso to U.S. dollars, totaling of 748 million baht. These led to lower profit of 2,152 million baht.

From all above mainly causes, the profit before FX was 5,301 million baht, a decreased 963 million baht from the previous year. If excluding extraordinary items, EGCO Group's profit before FX would have been 6,049 million baht, a decrease of 215 million baht from the same period of last year.

At present, EGCO Group has 17 plants in operation to supply 3,862 MW of electricity to EGAT under Power Purchase Agreement, which accounted to 12% of the country's production capacity of 31,447 MW.



13%

## Financial Ratio Highlights

	Year 2010	Year 2011
• Debt to Equity (times)	0.21	0.25
• Net Debt to Equity (times)	0.01	0.03
• Net Profit before FX * (million baht)	6,263	5,301
• Net Profit (million baht)	6,803	4,990
• Earnings per share (baht)	12.92	9.48
• Operating cash flow/share (baht)	7.64	6.08
• Book value/share (Baht)	104.13	110.13
• Return on equity (%)	12.91	8.85
• Dividend/share (Baht)	5.25	5.25
• P/E -local (Time)	8.01	10.15

\*Net Profit before FX gains/losses from Income Statements including financial cost from foreign currency loans (EGCO & Subsidiaries) and JVs



# All about **CSR**

A lot of Thai people have just recently come across the term corporate social responsibility (CSR). However, this term is still quite new for most of us. Today, we will get to know CSR more.

The main objective of business operation is to maximize profit and benefits to the company. However, CSR has created the new concept for any company that the company should not concern only in maximizing profit, but must also concern in responsibility for the society and the environment,

For many years, people all over the world have paid so much attention to the new concept of sustainable development. This means an organization should not only pay attention to economic issues, but it also has to pay attention to the environmental and social issues. CSR has now become the mission that each and every organization has to accomplish to gain social recognition and earn good reputation, which will eventually lead sustainable growth of its own business.

In respect of corporate social responsibility, two types of stakeholders will be considered:

the direct stakeholders and the indirect stakeholders. Direct stakeholders are those who are directly related to the organization such as customers, partners, staff families, including local communities, the environment and ecosystem. Indirect stakeholders are those indirectly related to the organization such as business rivals and the general public.

Examples of CSR for customers are high value rather than high cost products, responsibility of the products, sufficient and accurate information of the products, and a trustworthy of services.

Examples of CSR for business partners are resources sharing, fair trading, and sufficient information sharing.

Examples of CSR at for community and environments are supports to local communities, creation of jobs for local residents, promote environmentally-friendly work



processes, disclosure of information on the issues affecting local communities and understanding the local culture for perfect peace and harmony.

Is CSR fashionable or essential? The results obtained from questionnaires distributed to 510 executives of medium and large organizations in the US revealed that the first priority of social responsibility is to implement and expand safety products or services to the public. The second priority is to provide business transparency both in operational and financial aspects as well as to provide the safety and unpolluted environment. Many people may feel that CSR is just a trend to promote an organization's image and reputation.

Some organizations may wait until they achieve their goals of profit making, and then turn to focus on CSR, some may focus on CSR as charitable activities, some may focus on implementing forest concerns or conducting a youth camp, and so on. This has led to a question that whether or not those organizations have genuinely achieved their CSR goal?

## Is CSR fashionable or essential?





The real CSR, for example, is to implant employees the very foundation of responsibility for work, customers, organization and individuals, which will later extend to responsibility for society. The executives should be those who implement this mind set which will eventually become an organization's culture, and able to be integrated with the organization's mission, vision, and strategy.



## 6 directions of CSR in 2012

For the last 5 years, there has been a CSR phenomenal leap in many business organizations which are expanding and growing continuously in Thailand. Thailand is one of a few Asian countries that are recognized for its significant development in CSR in line with the international guidelines on sustainable growth.

Recently, Dr. Piphat Yodpruetkal, Director of Thaipath, a consultant of CSRI, Stock Exchange of Thailand, the first organization that provides the strong support to CSR, has estimated the trends of social responsibility and the potential for sustainable growth for the year 2012, as follows:

### More publicity on CSR

In the wake of the flood, there are many publicities about social supports and activities, such as togetherness in difficult times, giving moral supports to victims, showing gratitude's and conveying the message that the organization will be stand by in time of crisis and so on. The public relations cost for CSR regarding flood damage recovery in a socially responsible manner is estimated to be around 10% of the total public relations cost of 100 billion baht or 10 billion baht in the year 2012.

### Reinforcing CSR for recovery

In 2012, the post flooding situation will lead to a massive recovery plans in all dimensions. Organizations of all sizes will participate in the recovery activities on the basis of their business i.e. location and business involvement. 3 recovery strategies can be summarized as recovery through the main business process, donations and social activities in the affected communities and, joint discussions and adoption of public policies with all partners.

### Social Marketing over CSR

After a disaster, a business must go on, but the affected consumers' sentiments and wellbeing will have to be taken into account in the marketing campaigns. During this period, many organizations will be engaging in social marketing with an emphasis on social responsibility for the adoption of marketing strategies that directly benefit the organization, customers' satisfaction of products and services, and quality of life in the long run.

### Release of the BCM standard.

Businesses in Thailand are in full alert of preparing themselves to cope with the disaster. From the riot in 2010 to the big flood in 2011, many organizations have to set up plans for business continuity management (BCM) to avoid suspension as a result of crisis or any unexpected events. This year the adoption of the ISO 22301 BCM international standard will be announced to ensure effective BCM communications and understandings among organizations in all business sectors.



From the riot in 2010 to the big flood in 2011, many organizations have to set up plans for business continuity management (BCM) to avoid suspension as a result of crisis or any unexpected events.

### The new chapter of sustainable development in Rio+20

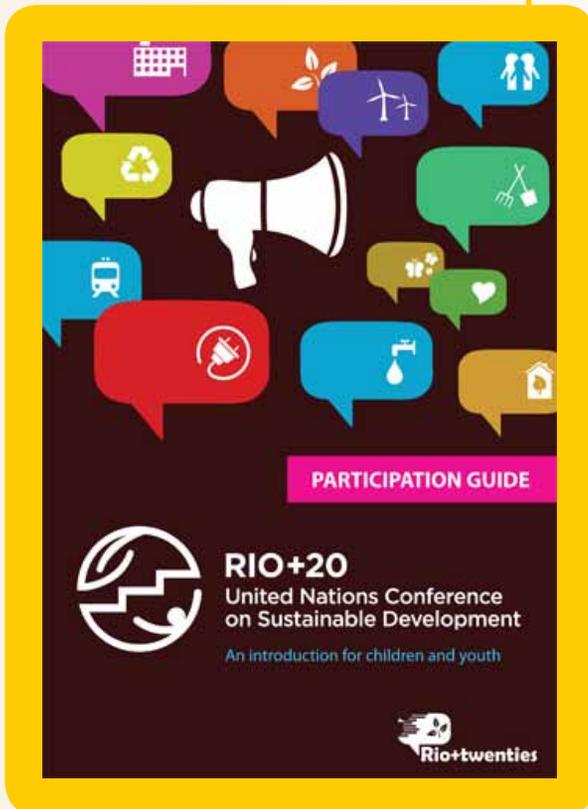
In this year, United Nations Conference on Sustainable Development (UNCSD) or RIO+20 will be held at Rio De Janeiro, Brazil in June. The objective is to ensure that each country meets the obligations for sustainable development. Two main topics will be focused during this conferences are Green Economy for sustainable development and alleviation of poverty and the working frame of sustainable development for institutions. A new chapter of sustainable development will be openly discussed at this conference.

### The Green Growth Gap is still a challenge to Thailand and Thai businesses

Thailand's Green Growth development strategies which aim to prepare the country for the Green Economy are still in a big gap when compared to the neighboring countries. The gap between the production patterns and the sustainable development in an environmentally friendly manner between large corporations and SMEs also falls in the big range, which has caused some difficulties in business supply chain operations. Thus, the big green growth or green economy gap will become a challenge for Thailand and its businesses in 2012 in order to narrow down the problems. 🍃

Overall, Thai business organizations are challenged to take this opportunity to use such information in the reinforcement of their corporate social responsibility (CSR) and sustainable development to cope with the risks, crises, natural disasters and other contingent events that may occur in 2012. This year CSR will move into the next stage of development as it is widely recognized as necessity.

Source: Bangkokbiznews online, CSR column, 2 February 2012





## Our Happy Home

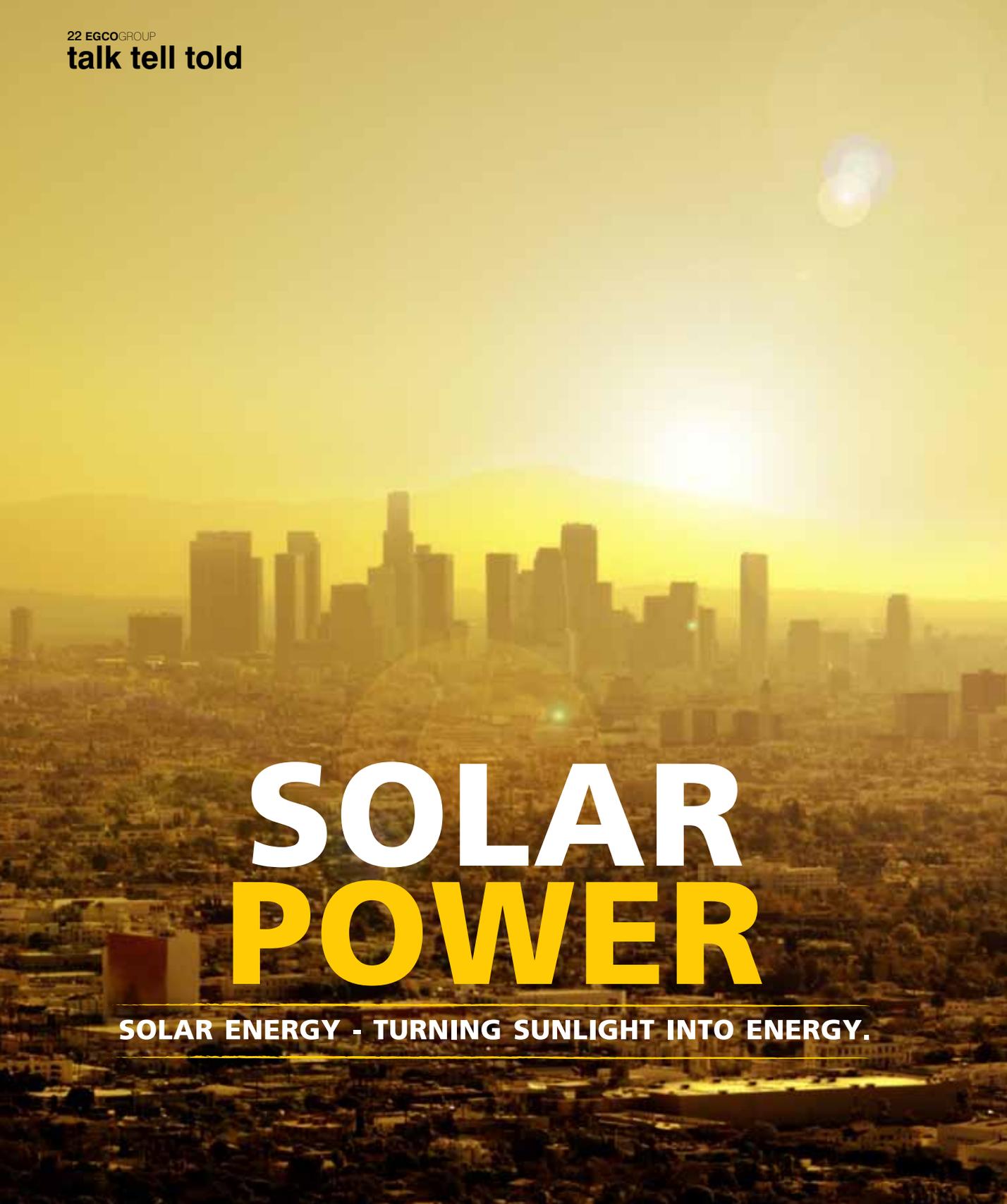
Everywhere we go, every happiness sound would continue and never change.



The sound of well-being of community and the sound of fruitful natural resources are the sounds of happiness which we should continue to care. EGCO Group always keep in mind that everywhere we go is our home. We always give priority to protect the way of living and environmental around the plant areas. This is to be a role model of the togetherness of community and environment.

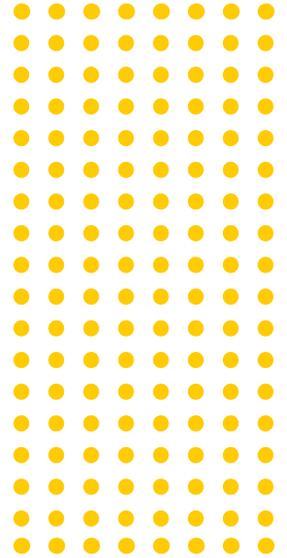


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# SOLAR POWER

SOLAR ENERGY - TURNING SUNLIGHT INTO ENERGY.



*Solar energy is widely used in many parts of the world. It has the potential to produce more energy than to consume the energy all over the world. Solar energy can be used directly to produce electricity or to use for heating or cooling. The future potential of solar power is limited only by our willingness to seize the opportunities it has offered.*

There are many ways to bring out solar energy for daily use. Plants change sunlight into chemical energy using photosynthesis. We take advantage of this energy by eating plants and burning wood. However, the word "Solar Energy" means to change over to direct sunlight as heating energy or electrical energy for use. The basic type of solar power is a "solar thermal" and "solar cell".

For solar house in England, solar energy is transformed to electricity and hot water for domestic use.

### **Solar cell**

The process of solar cells is to produce electricity from light. The secret of this process is to use a semiconductor that can be adjusted to fit to the charge. The particles are charged to the negative electrode. This is the basis of power.

The most common semiconductor used in solar cells is silicon, which commonly found in the sand. All solar cells are semiconductor which comprises two layers. The first layer is charged at the positive node while the second is charged at the negative one. When light shines into the semi-conductor, electric field that sailed through the second layer is perpendicular to the electric fluid. The more shining light, the more flow of electricity produced.

Bright sunlight is not the major factor for the solar system. Solar cell is also able to produce electricity even on cloudy days because electricity production is proportionate to the density of clouds. Thus, on cloudy day electricity produced is generally higher than that on the clear sky day as the sunlight usually reflects from clouds.



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It is common nowadays to use very small solar cells for small devices such as a calculator. The solar cells are also commonly used to generate electricity in rural areas where power grid is limited. We have developed a refrigerator that transform heat to cold or so called Solar Chill, Should this test has passed the standard, it will be used in human rights organizations to help provide vaccines in areas

without electricity. It will also be used by those who do not want to rely on the power grid to keep the food refrigerated.

“It also produces more electricity even on cloudy days because sunlight will reflect from clouds.”

The architects also increasing use solar cell for their design. For example, the solar cells can be

used as a roofing material like roof tiles. Flexible thin-film can be combined with a curved roof, the semi-transparent film is able to combine with daylight to create proper shadow for the household. In addition, solar energy can be produced the highest use during summer when air conditioning is mostly required, which will eventually help decreasing peak demand.



Both small and large solar cell can be transmitted to the grid or worked by itself.

Large mirrors will conduct in the sun to a single point. The heat created is used to produce steam. The steam with high pressure will move the turbine to generate electricity. In the region where the sunlight is abundant numbers of solar power plants could be as many as

conventional power plants.

The ability to produce electricity from solar power plants is approximately 354 megawatts and is expected to produce up to 5,000 megawatts by 2015. The ability to produce will increase to nearly 4,500 megawatts per year in 2020. It is expected that the worldwide solar power plant production could increase to

nearly 30,000 MW, which enough to supply power to 30 million households. 🍁



## ASST. PROF. DR. ATCH SRESHTHAPUTRA

# Green Building For Energy Saving

Asst. Prof. Dr. Atch Sreshtaputra, a professor from the Faculty of Architecture, Chulalongkorn University, is an architect and an expert in power management for buildings and energy conservation and has been in architectural and environmental design for a long time.

He has won the ARC/ King Medal for Excellence in Architectural and Environmental Design Research Award from Architectural Research Centers Consortium (ARCC) in 2004 in United States and Butterfly Wing Green Home Design Award held by the Energy Policy and Planning Office, Bangkok (EPPO) and UBON RATCHATHANI UNIVERSITY in 2004. The design concepts include under the roof air pressure control, replacement with cool air from the earth, and use the stack ventilation, namely vertical stack to create Venturi effect by means of fluid dynamics. By using quality building envelope the wind will flow into the building at a higher speed and that the house will become cooler and more

comfortable. Most importantly, a one-year test showed that the design helps to save a lot of energy.

Proudly of the winning awards, Dr. Atch expressed his views "The design with the environmental concern is a pleasant achievement. Such design concepts are and will be around for a long time, as the buildings constructed from this design are proven to help decrease the global warming effects and attract a lot of attentions. The architect should conduct researches and gain experiences to make the house owners feel more confident and help sustaining this useful trend.."

The President of Building and Environment Technology Commission, The Association of Siamese Architects under the Royal Patronage of His Majesty the King (ASA) and the Engineering Institute of Thailand under H.M. the King' Patronage (EIT) jointly established a Green Building Institute for energy conservation. The institute is an independent organization which



solely not depend on; government budget. Its board of directors comprises architects and engineers who are members of ASA and EIT.

The objective of The Green Building Institute is to set up rules and regulations on construction to ensure that more green homes will be built for effective energy conservation in Thailand.

Dr. Atch said "Global warming is a hot issue in Thailand. For the past few years, the toxic leak from



Map Ta Phut plant had caused so much alarm that the public should have paid more attention to the environmental issues. By seeking more information, the business owners and operators have gained more knowledge that they want to choose more environmentally-friendly designs. Most information comes from overseas. It means materials and mismatching construction methods are sometimes used. Therefore, house owners and large business operators have agreed to learn the new design concepts with architects to ensure that their requirements can be met, subject to construction regulations.

Dr. Atch said "The Green Building

Institute aims to develop green buildings so that Thai people will realize the importance of global warming issues and the benefits of environmentally-friendly construction designs. It also aims to urge a lot of agencies and organizations to attach importance to green buildings and pay more attention to conservation of the environment. As an independent entity, the Green Building Institute offers consultation on the construction of green building that can save energy by 20-40%. It also assesses the green buildings in Thailand to award the model green buildings with prizes on the basis of design, construction, materials – building envelope, heat resistant walls, thermal insulation, electrical



Global warming is a hot issue in Thailand. For the past few years, the toxic leak from Map Ta Phut plant had caused so much alarm that the public should have paid more attention to the environmental issues.



system, lighting, natural lighting, energy saving, highly efficient air-conditioning, faucets, plumbing system, improvement of environment by sunlight, the management and protection of the environment.

“The construction of green building does not require advanced technology and a lot of money. It only requires good design and proper management. It is true that the construction costs are high in the beginning, but you can break even after 3-5 years. The impact on the environment will be reduced in the long run, and you can raise the awareness of social responsibility among business operators. In the future the Green Building Institute will be more active in the construction industry in respect of manufacturers, investors, business operators and buyers. The regulations will be gradually revised. When we come across any issues we will have to resolve them so that the regulations can be applied to Thailand.

“The statement that a green building must be environmentally-friendly may be unclear. To be more precise, a green building must save the energy, water, materials; it must not release toxin into the environment. It may look similar to other buildings, but it doesn't have many glass windows that will reflect heat into the surrounding areas. It should not be made of concrete. It must be surrounded by trees and more open space. It should not be located in an area unsuitable for living such as being in the middle of a mangrove forest or in the middle



of a swamp, or in an animal habitat or in any unnatural surroundings. A green building should be located in the city or a residential area.”

Dr. Atch said there are a lot of green buildings now. “Regarding certified green buildings, we now have more than 10. They are Energy Complex, Petroleum Ladprao, Kasikorn Bank Changwattana Branch, Kasikorn Bank Sapankwai Branch (only interior), Park Venture which is the office for rent in the city, Thai Health Promotion Foundation's new building, Bangkok Metropolitan Administration Library at Romkiao and some factories. The green buildings that are still in design process are the government buildings, new Office of the Stock Exchange of Thailand, etc.”

“You can see that many green buildings are emerging in Thailand now, but not many people know about them, and good examples have not yet been set. Besides, Thailand has not yet established its own green building standard. It is still using overseas standard,

which means there is a need to hire experts or import the materials which will increase the construction costs. The Green Building Institute Commission has therefore drafted the Green Building standard for Thailand on the basis of the Leadership in Energy and Environmental Design (LEED), USA, and criteria set forth by The Department of Alternative Energy Development and Efficiency and Pollution Control Department. The newly established standard will then be applied to all green buildings in Thailand. Next, we will encourage building contractors to use local materials for the environmentally-friendly designs and constructions, which are suitable to the local climates and economy”

Dr. Atch also said “These ideas can help save a lot of energy and set good examples in the society. The people who pay less electricity bills will have a good image and make other people realize that it is possible to save money.

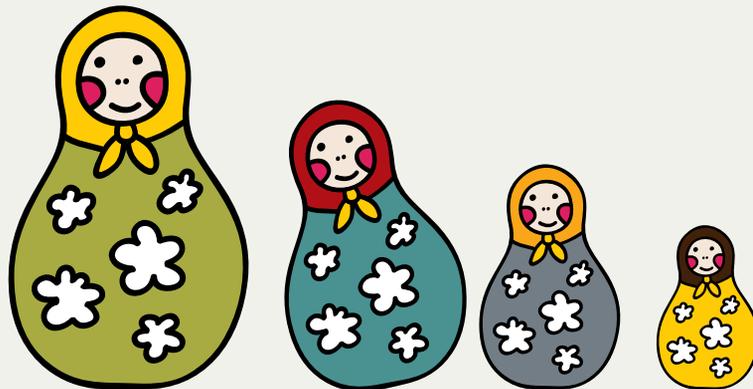
We will have more energy to go round and there will be no problems with Nuclear power. There will be no need to fight for energy. We can save a lot of money on electricity. There will be no pollution. We can alleviate the global warming effects to a certain degree. 🌿

### Do you know something?

If you need to escape to an island, you should know that 1 out of 10 of the world population lives on the islands.

# Preparation for Reduction in Deposit Protection

**Q** Hi. This is Warangkana. I would like to know what happens to the deposit protection. From what I know, they gradually reduce the amount of deposit that can enjoy protection. I mean if we have a deposit now, how do we prepare? Which way would be best for us? My friends also told me that this is a good opportunity to invest money in something else. Do you have any suggestions?



**A** I am not so sure if I am right to assume that you have a large deposit in the bank? As far as I know, those who have deposit not exceeding one million baht, who make up approximately 98% of all depositors in this country, don't care much about this issue. They do not ask about how the law will change because they won't be affected no matter how much the Deposit Protection Agency will reduce the amount of the deposit that can enjoy protection.

Only those who have large deposits in the banks worry about the new law; they are wondering what they should do with their money.

Let's see if what you can do or what adjustment you can make? I have to remind you that the deposit protection will take effect during the first 3 years, which means from 11 August 2008 to 10 August 2011, the full amount of the deposit is still under protection.

In the fourth year, that is, from 11 August 2011 to 10 August 2012, the amount of deposit that enjoys protection will be reduced to 50 million baht. From 11 August 2012, this amount will be reduced further to 1 million baht. That's why a lot of people ask many more questions about this new law.

From 11 August 2012, the Deposit Protection Agency's new law shall become effective. It will be a positive factor for mutual funds and private funds. They can grow gradually in the long run.

The commercial banks have to come up with new business strategies. They have to find new products and services to keep all the deposits with them.

They have to expand their customer base. As the first choice, the customers will transfer their deposits to mutual funds. There are many kinds of mutual funds,



Meanwhile, each bank or mutual fund securities company that providing private fund service will have to offer attractive packages to attract more customers.

both domestic and offshore. It is believed that the Government Bond Fund being more stable and offering nearly the same benefits and the capital protected funds should become more popular.

It depends on how well the banks can communicate with their customers.

“Although the affected depositors may spread their deposits to many different banks, the interest rates will not be the same. I believe that the Deposit Money Agency will adopt policies to force any depositor of the amount exceeding 20 million baht to put that amount into different kinds of investments.

Therefore, the solutions for large depositors will be moving their deposits to private funds. Not having time to manage their own investments, the depositors will be using private fund service more.

Meanwhile, each bank or mutual fund securities company that providing private fund service will have to offer attractive packages to attract more customers. The business will expand in the same directions as in the other parts of the world. The changeover will not take effect immediately in the first year. It will happen gradually.

Moreover, those who have deposits slightly in excess of the protection limit can find a way out. If they are not prepared to take a risk, they can invest in money market fund, which is quite similar to a deposit account. Those who are prepared

to take some risks can also invest in a bond fund or a debt instrument for 3 months, 6 months, 1 year or 3 years with any securities company, as it is very similar to the deposit savings.

It is good to be prepared, Khun Warangkana, so that you would know how to handle large amount of money and know where to invest it for the largest returns, while taking minimum risks.

As the first choice, the customers should transfer their deposits to mutual funds of various types. 🍊



## go green

*Even the most dedicated environmentalists, some just do not want to live with cockroaches, or guests are not invited. But before you reach out for a bottle of insecticide, please read the following tips.*

Cockroaches hate sweet oleander, plant it around the house to keep them away

**Cockroaches:** Cockroaches like glue above and below the box, please keep the food in the opened box such as pasta or biscuits in the pitcher. Cockroaches also like glue to paper on a shelf as well. Please put something else on the shelf. Keep the house tidy, no litters in the corner and dump the old paper box of old newspapers and magazines. Close all unused vent and put the screen on. Cockroaches hate sweet oleander, plant it around the house to keep them away. Try camphor ball and put them around the corners. Leave The fluorescent lamp 20 Watts (often referred to as neon lamps). Cockroaches hate light. Dump all debris and leftover food. Try to dry the kitchen floor. If there is no food, the cockroaches will be gone. Try to trap the cockroaches and leave at the compost in the garden. Confine the cockroaches to stay at the outer boundaries of where they can live without bothering you.

**Fly:** The fly will not fly into the house that plant Tansy flowers at the door or window. Tansy flowers worked well but not too much. Keep doors and windows in good condition,



# INSECTS

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## in the house

Trickle down the oil onto the neck and the tail of your pets to keep out the mosquitoes, ticks, and fleas. You can also Mix 1 garlic granule (chopped in a small tablet size) with a tablespoon of yeast and put them into pet food. It will prevent the ticks and fleas to come and suck blood from your pets.

or use butterfly nets to catch on a fly out and bring it to the outside. Cleaning of the bins to prevent the larvae of insects otherwise the fly numbers will increase.

**Bedbugs:** Spray the thyme spray on and around the bed, open the windows close the doors, wait for one night, then vacuum the bed, bedbugs will be gone.

**Ticks and fleas:** You can prevent with the flavor Pennyroyal Mint oil

concentrate but it is dangerous to pregnant women. Trickle down the oil onto the neck and the tail of your pets to keep out the mosquitoes, ticks, and fleas. You can also Mix 1 garlic granule (chopped in a small tablet size) with a tablespoon of yeast and put them into pet food. It will prevent the ticks and fleas to come and suck blood from your pets.

The garlic should be given to dogs only. It could harm the cat.

**Mosquitoes:** Mosquitoes do not bite people who eat vitamin B Complex every day. If you go camping, you may have to eat in larger amount. It will; however, cause your urine yellow, so do not panic. Having garlic is a good too, but do not eat garlic tablets, as they are useless.

**Grub:** Keep them out by stores the pasta and similar food in the jars.

**Ants:** The ants are able to easily keep out by look at where they come from, then put the petroleum jelly in the path. The ants will not cross. Try to use pepper as delimitation to block the ants but you may need to change it

frequently until the ants will all go out. Try dried chili and place it in the food cabinet that ants can come in. Cast the water in the cabinet's leg; change the water regularly to prevent mosquito larvae, and keep the cabinet wiped clean at all time. Keep the food in entirely closed containers

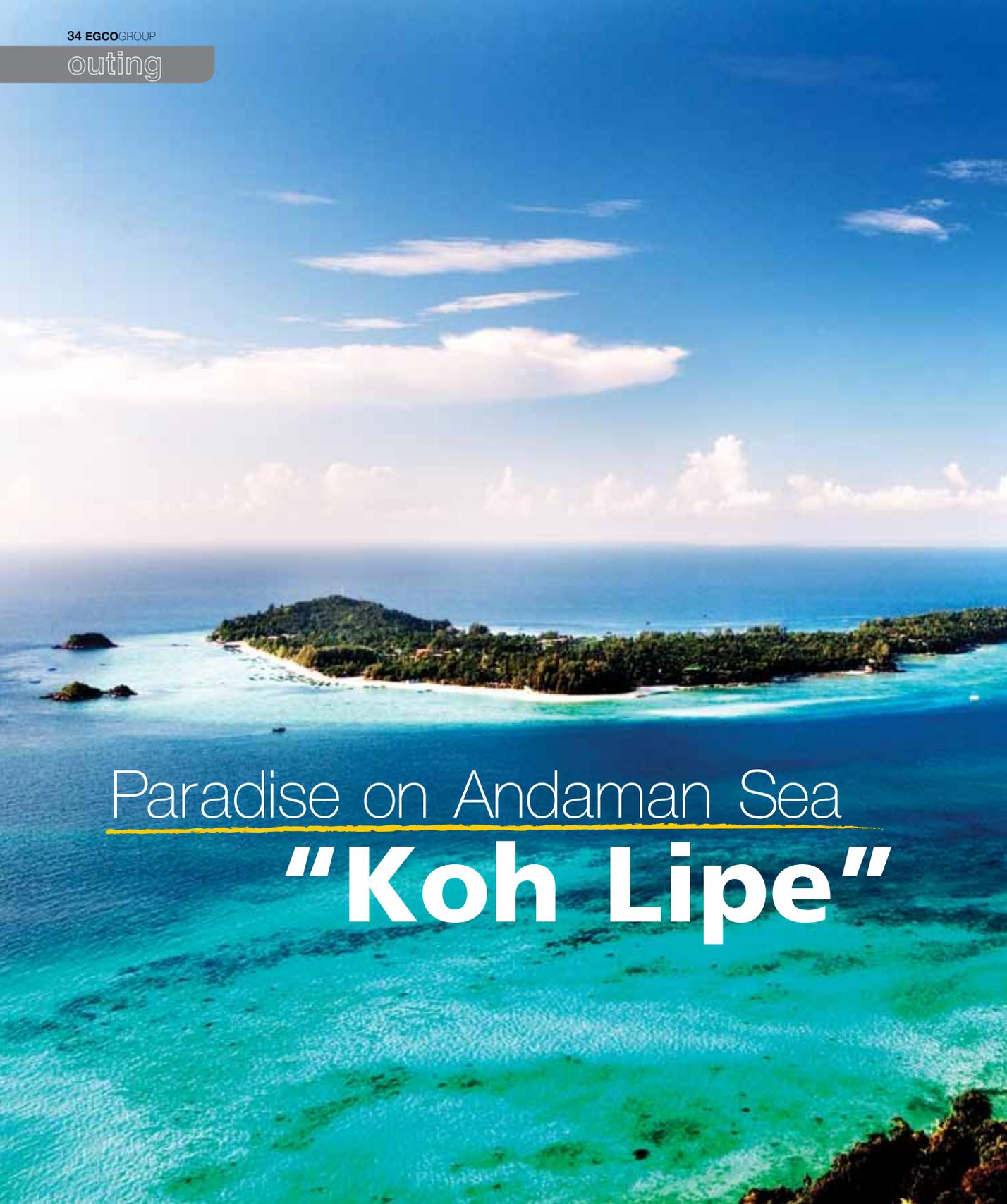
**Termites:** Pennyroyal oil can prevent the termites to eat up your house. Drop the oil in the places that are expected to have a termite.

**Rats:** Use the rat repellent which you can buy now. It made from the sweet oleander. The ancient people use the sweet oleander leaves, crush them into pieces, and throw them into the corner that the rats walk pass by or live. But in order not to mess around the house, it may be crushed and then wrapped with a towel and put it into where the rats might live. Electricity appliance will also be used for chasing mice and cockroaches. But if we stay with this kind of machine for a long time, it may cause us weak and exhausted. Please be careful. 🍅



After drawing the illustration for a while, there are some colors that leftover in the plate so I feel a bit wasted. I found an easy solution by using the leftover colors to draw other pictures, because I can make the foundation base from there. But I get the better idea later, by drawing with those colors. I started those pictures called "Cockroaches graveyard". The idea of this drawing came from when I was a kid. I lived in the blocked building, and in the bathroom there were always feces path just like the drawing. It happened when the cockroaches walked pass, the lizard came and snatched it, then came the feces, t...spreading all over the bathroom wall. (The blocked building I used to live was very old; there were many cockroaches and rats at night. Once I had cleaned the dishes, I had to clean them again before use as rat feet marks always showed up. I had no idea how I grew up and did not get any deceases to death. I used to think that I would not

come back to that place ever again, because it had many holes and located next to the drain). So this drawing has been draw by using the leftover colors to be like cockroaches' feces, then I drew the cockroaches and lizard. I hope this may give you some idea in drawing.



Paradise on Andaman Sea  
“Koh Lipe”



*The sight of where the clear blue sky meets with the turquoise sparkling sea is a wonder of a hidden beauty not so far away from Pakbara Pier, Satun Province. This beauty is called “Ko Lipe”, the name which is not so familiar to Thai people, but is well known among the foreign tourists who love to seek for new attractions. Koh Lipe is a small island with a crescent moon shape like, that contains the pure beauty of the nature.. Looking out from the island, you will see the long white shore that remarkably contrasts with the turquoise water.*

On the island, under the water lie soft corals which reflect their magnificent seven colors to the water surface. Up in the sky, you will see red hawks flying all over like guardians who protect the island for a long time.

In the year of 1944, political prisoners escaped from prison on Tarutao Island. Not long after that, Lipe Island was rife with pirates who robbed commercial ships. After the pirates had been wiped out, Lipe Island began to reveal its beauty to the tourists around the world. In just over an hour by speed boat you can get to the arch rock, the symbol of Satun Province. All tourists will be stunned by the clear emerald sea where the water reflects colorful soft corals like you snorkel underwater yourself. Fish of various colors are swimming along side the boat to welcome visitors. Seeing such an impressive sight, you will immediately fall in love with the island.

Before getting to know the underwater world, the first thing we should do is to get up early and walk along the beach to admire the awe-inspiring dawn and see how its golden light reflects natural beauty and the Orang Laut's peaceful way of life. Orang Laut are the sea villagers who have been on this island for hundreds of years.

Walking along the beach to the village, you can see the traditional way of life that only depends on the nature and the sea. In November and May, Orang Laut holds boat floating festival for 3 days and 3 nights to drift away all of their sorrows and to beg the sea for forgiveness. Under the clear sky, the front beach is crowded with long-tailed boats getting ready to go fishing. During high season, the fishermen usually take tourists on their boats to see the Andaman paradise.

Koh Hin Son is one of nature's wonders. It is unbelievable how rocks can naturally pile up on top of one another. Next is Koh Hin Ngam, the one and only island where white sand beach has turned into dark gravel. The sound of the waves washing upon the shore will remind you of the sound of the grand orchestra playing along the Andaman Sea.

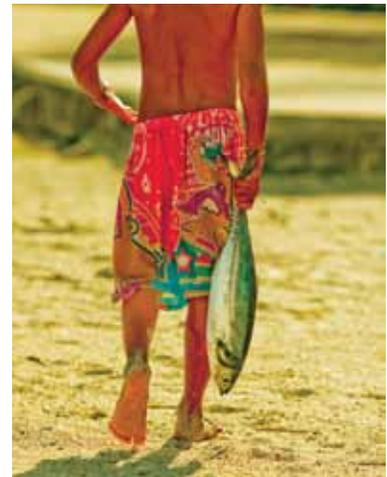
For those who enjoy the beauty of the underwater world, the must stop diving spot is "The Jabang Water Channel". There, the current is so strong that you have to hold on to a rope to get into the water just to snorkel. However, with the great beauty of the rare magnificent seven-color corals in the Andaman Sea, you will forget all your fears and be ready to jump into the water. But if you are a person who can hardly take the risks, you can as well go swimming in front of the Ravi beach and enjoy the soft corals with colorful school of fish.

There are many diving spots around Koh Lipe. You can either dive around the island for half a day or explore the island by boat for 2 days. You can also picnic at Koh Rok, Loy, sunbathe and chill out under the sea almond trees at Koh Ling. Apart from admiring the crescent moon shape of Koh Lipe, from Cha Do Cliff, on Koh Adang, you can walk along the Sunrise Beach on Koh Lipe to Koh Dong, an opposite island from Koh

Orang Laut are Aboriginal Malay people residing on the Siray island and Drawai beach, Ban Sapam in Phuket through the southern part of Phi Phi Don and Lanta Yai island in Krabi Province, Adang-Ravi and Lipe islands in Satun province. Some of them live in Libong Island in Trung province and some live off the west coast of Malaysia.

Even Orang Laut belong to the Austronesian family like Morgan and Morglan. Orang Laut's language is different. The Pla-jug Boat Floating Festival to drive away misfortunes from their community is their remarkable ritual.

At present, Orang Laut have permanently settled and make their living by working as fishermen and gardeners. They have also gradually adopted Thai Culture and called themselves "New Thais".



Lipe. For those who want to enjoy the sunset, Sunset Beach is the small beach that you can visit to see the last sunlight of the day.

When the night falls, Koh Lipe offers so much of entertainment such as restaurants, pubs, bars, and local shops along the walkway. Even in a small spot right in the middle of the island, you can still find small restaurants and resorts to make your visit lively. Although some tourists may complain about the high cost of living when compared to that in land, the miraculous beauty of underworld and the way of life of Orang Laut's cultures are worth the journey through the wind and the sea. 🍊

Orang Laut usually hold the grand boat oating festival for 3 days and 3 nights to drift away misfortunes and sorrows and to pay respect and ask for forgiveness from the Sea.



**Suggestion:** You may reach Koh Lipe by plane either at Hat Yai airport in Songkla Province or at Trang Airport in Trang province. Then you can take the minivan to Pakbara Pier, Amphur La Ngoo, Satun Province. Tourists can book a minivan from the hotel you plan to stay. This is the most convenient way to travel as the hotel staff will pick you up at the airport.

The traveling season to Koh Lipe is from November to May. Even though the island remains open all year round, the diving spots are mainly located in Tarutao Natural Park, which will be closed for resources replenishment during off-season. Thus, you may not be able to go out and explore the underwater world during your visit. Moreover, if you go during the monsoon period, the boat may not be able to leave the pier, and that may cause your trip unpleasant.



# Chocolate Ville

## Happy Village



*On Kaset-Nawamin Road, there are many restaurants and entertainment places for the working people and people who go out to enjoy night life. At this moment, there is a new highlight of the area, which is very popular and is widely mentioned on many websites and facebook. The imposing windmills and colorful houses attract a lot of people to stop and take photos.*



That's why we have come up to this place: Chocolate Ville. We must admit that we are highly impressed by the majestically beautiful buildings. Chocolate Ville is located on a plot of 16 rai approximately. It is a restaurant with “**Dining in the Park**” concept. Here, customers can enjoy the food and beautiful scenery. The picture of white ducks swimming and greeting visitors, the imposing lighthouses and the Old Town zone make you feel like being in another part of the world.



After taking photos from many different corners, it is time for tasting food that can be as impressive as the atmosphere. There are many kinds of dishes to choose from. We shall begin with a piquant salmon salad, which is quite palatable. Next, we will try Spanish grilled pork spareribs marinated with delicious source.



Mr. Pamornpol Chantanaph, the recipe owner, said we keep improving our recipe to ensure customer satisfaction. German pork hock is one of the restaurant's signatures. Deep fried snapper marinated with fish sauce is another popular dish. For beef lovers, we have Massaman curry made of tender and spicy beef. For European food lovers, we serve pizzas, lasagnas and pastas that are quality rich. For the final course, honeyed toasts and banana fritters are recommended. .

Chocolate Ville has 6 zones and can cater approximately 1,000 customers. We open from 4 p.m. to midnight everyday. It is recommended to make a reservation by phone or online to ensure that you get a table. The Chocolate will keep 30% of its tables for reservation by phone and 70% for walk in customers. On Friday, Saturday and Sunday, walk-in customers may have to wait 30 minutes to get a table, but they can take beautiful photos while waiting.

Enjoy your weekend here. You will feel relaxed and enjoy the good food at this beautiful restaurant not far from the city center. 🍌



#### **Location:**

Kaset-nawamintr KM.11

#### **How to get there:**

Heading from Kaset-Nawamin road towards the expressway and Nawamin intersection, drive further for another 1 k.m. and you will see Chocolate Ville on the left. Just look for the windmill as a landmark.

#### **Opening Hours:**

Every day from 4 p.m. to midnight

#### **Reservation:**

[www.facebook.com/chocolateville](https://www.facebook.com/chocolateville)

Or by phone at 081-921-2016  
Thanks to Mr. Ekachai Chongvisal who recommended this place to us.

## life gadget



**Fuji FinePix X100**

Fuji FinePix 100 is the masterpiece from the photograph technology leaders. It is the quality that comes together with the classic model and ergonomic design. Improvement has been made to allow the light to come through the big sensor to ensure highest picture quality. The price is 32,990 Baht

**Editor's  
choice**



**Energy-Saving Solar Power Netbook**

When talking about netbook, many would think about the model that is best at energy saving. Today, Samsung has developed a solar notebook.

Samsung has launched the NC215S solar power netbook in Africa, the richest place of sunlight in the world. The NC2155 has a 10-in VGA with solar cell panel at the back that can charge solar power into the battery. Once the battery is full, it can be used for 14 hours.

Samsung NC215S comes with Intel Atom N570 Chip processor, 10-inch VGA super bright LED, non reflection substance for daylight use; 1 GB RAM 1GB, 250 GB hard disk, and all the ports. The price is expected to be US\$ 479 (approx. 14,000 Baht)

# LIFE & GADGET



**Sony Tablet S1**

It offers unlimited Network Entertainment and it is the first PlayStation certified tablet. It is fully compatible with all PlayStation tools and games. There are interfaces for data transfer for various and infrared sensor for remote control and television.



**JBL On Tour Plus**

The most revolutionized portable speakers. Robust built light weight and excellent sound effects speakers. It is suitable for playing portable games, videos and MP3. Protective cover and fastener are added. The slide cover protects the sound system. When the slide opens the system will operate. The price is 3,200 Baht



# Understand yourself and stay away from unhappiness

Words of moral by Phra Paisal Visalo

*Everyone loves happiness and hates unhappiness, but we do not know both of them well enough. We generally think that happiness is outside ourselves. When we feel worried, we would go out to department store, movie, pub or karaoke or somewhere else to forgot about our troubles rather than go to the temple. But we forget to look at happiness or unhappiness inside our heart. Do not go anywhere. Just find it inside. Once you feel unhappy, try to find happiness inside you.*

Among all the world richest people on the list, one is already a billionaire and is ranked as 100th richest, but he is still unhappy. The reason is he wants to be on the 2-digit rank not the 3-digit rank. Being a billionaire, he is still unhappy; he wants to be in a higher rank.

On the contrary, someone who is poorer can still find his own happiness because he knows that he has enough and he can find his happiness from something other than money.

There are people that are lucky with money but still feel unhappy. For example, a man has won lottery for 600 baht; he is happy at first, but when he has found out that that

his friend has won 2,000 baht he becomes quite jealous and gets mad at himself for not buying more. You can see that people who have a lot of money are not always happy. If they do not have as much money as other people, they are unhappy.

However, there are people who have lost money, but they are not unhappy. For example, a man had been cheated for 60 million Baht, but he was in deep suffering for only 2 days, then he realized the truth that he still had a big house, could still eat good food, so why should he be so unhappy? He decided to accept things the way they were.

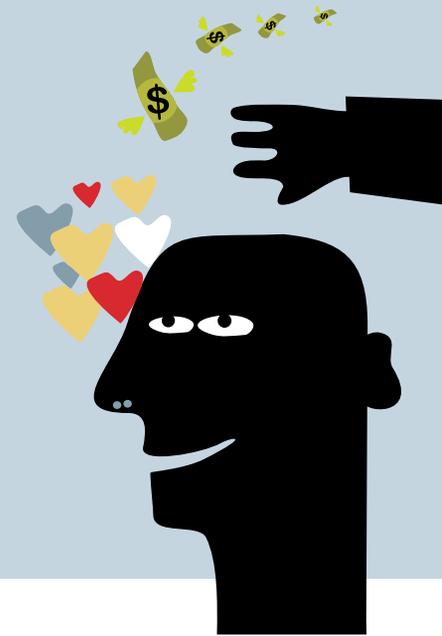
All examples are given to prove that people who have so many good things in life can still be unhappy, while others who do not have much are still happy. Why is that? Because happiness or unhappiness is not all about having money or all luxurious items, it just depends on your state of mind.

The Lord Buddha said "Nothing can hurt us more than your mind being in the wrong place. Even a thief cannot hurt us more than our heart and mind. The mind being in the right place can give us a virtue or advantages more than

what our parents can do for us. In other words, the right mind gives happiness. Whatever happens to us, it does not matter. So long as we know about it or the way we look at it". If you worry about a small matter, you can be really unhappy. A small headache or exhaustion can affect your health only slightly, but your troubled mind can cause you to fall ill.

Therefore, the Lord Buddha taught that nothing could hurt us more than your mind being in the wrong place. Nothing can make us happy like the right mind. 🍊

From the book  
"Happiness Beyond Happiness"



# HOW TO HAVE A DEEP SLEEP

*Insomnia becomes a big problem for city people in their everyday life. Many people do not know that almost half of our lives are wasted in bad sleep. To prevent this problem from producing bad effects on your health, we should learn how to get a deep sleep.*

We should know that sleep has 2 stages: Rapid Eye Movement (REM) and Non Rapid Eye Movement (non-REM). The two stages occur in a cycle, which is known as Sleep Cycle. Each sleep cycle lasts 90 minutes. The sleep cycle begins from non REM, and it will last about 50-55 minutes. When you feel sleepy your body begins to relax, and you are in a state of half sleep and half awake, during which your eyes begin to roll. But a slight noise can wake you up. Most of people can only sleep at this level, which is insufficient. Deep sleep is a state in which your body moves less and less and gets into the REP phase. During this phase, your body is moving very little; your muscles and skin can completely relax; your internal organs are replenishing resources and recharging energy; your entire



body will gain more vitality and your skin will become healthier through natural healing and treatment processes. REM sleep helps to nourish the brain so that it will have a greater memory capacity; your body will feel fresh and fully vitalized ready to cope with a new day to come.

A lack of sleep therefore makes you feel tired. Not only does it cause physical deterioration, but it also speeds up aging process. When your body gets into a deep sleep, your body secretes growth

hormone to restore and maintain natural balance. Sleeplessness results in growth hormone secretion deficiency. Women suffer from sleeplessness more than men, and they tend to develop physical and mental disorders such as paranoia, irritation and depression.

You can learn to get deep sleep for better health by observing the following dos and don'ts:



Train yourself to go to bed at a regular time. Your body is made to work in perfect harmony with nature. You should try to sleep and wake up at the same time every day. Compensation for lost of sleep during weekdays by getting up late on weekends does not work. You will still feel exhausted when you have to get up to go to work in the following week.

Take a warm bath before going to bed. It will relax tensed muscles and improve blood circulation in your body. Hence you will sleep better.

Do a breathing exercise. Inhale through the nose while counting 1 to 5 in your mind, then exhale slowly through your mouth while counting 1 to 10 in your mind. In doing so, your body will relax immediately. During this exercise you should stop thinking about any stressful matters.

Drink a cup of warm milk. The amino acid in milk will help your body relax that you will sleep well.

Sip half a teaspoon of honey. Within 5 minutes the honey will stimulate the brain to secrete serotonin. It helps you relax and feel sleepy.

Warm your hands by immersing them into warm water for a while. When your hands are warm you can sleep better.

Do some exercises. Doing vigorous exercises 4 hours before bedtime may cause sleeplessness. But doing the same exercises 6 hours before bedtime can help you get a deep sleep.

Listen to music. Soft music possesses the gentle power to lull and induce the listener into a state of relaxation and dreaminess. Anyway, quiet surroundings help you sleep better; therefore, you should set the music to go off at a certain time.

Create a pleasant atmosphere for sleep. To sleep better, your bedroom should be dark – use thick curtains --and comfortably cool.

through natural healing and treatment processes. REM sleep helps to nourish the brain so that it will have a greater memory capacity

don't



#### 4 Things that you must not do before bedtime, especially if you suffer from sleeplessness.

Do not leave the radio or television on. You may listen to the radio or watch the television that your brain becomes too active and you will never feel sleepy.

Never drink coffee, tea or alcoholic beverages, or smoke before bedtime. Cigarettes and such drinks will stimulate your brain that you will feel wide awake.

Do not do any work in bed. Working in bed will cause you to worry more about work that you can never get to sleep.

Do not worry how late it is now. The worry will cause anxiety that you can never get to sleep.

Observation of the dos and don'ts will help you to get a long sleep, feel happy, being free from nightmare and illnesses. Good dreams can be guaranteed. 🍊

The  
answer  
is right  
here

**Q** What strategic plans does EGCO Group have for business development?

**A** EGCO Group has generated power both in Thailand and Asian region. We also operate and maintain power plants and other related business to increase our strength and competitive edge. We focus on long term benefit to the shareholders on the fundamental ground of business growth. Our target in business management is to maintain net profit of at least 5 billion baht per year.

**At present, we have 3 main strategies in each period:**

**Short-term plan:**

- To generate approximately 300 MW of alternative power by the year 2015 by ourselves or through joint investments.
- To invest in or take over the power plants that are either in construction process or in operation within Thailand or Asia region to ensure our immediate returns on investments.
- To increase our shareholding.
- To seek the opportunity to invest in other energy business such as bio-diesel, coals, etc.

**Medium term plan:**

- To negotiate for the extension of Rayong Power Plant and Kanom Plant contracts or propose to construct new plants in the original locations; to prepare to bid for the Independent Power Producers (IPP) contracts.
- To increase the production capacity of our existing power plants to ensure future growth.
- To engage in Independent Power Producers (IPP), Small Power Producers (SPP) of Green Field and Brown Field type in Thailand and Asian countries by ourselves or through joint investments.
- To increase the marketing share for power plant operation and maintenance; to increase the efficiency and scope of engineering business.

**Long term plan:**

- To focus on investment in power generation in Thailand and the neighbor countries that sell the electricity to Thailand
- To expand power generation business in the regions near Asia.
- To develop energy-related business for greater potential and higher competitive edge. 🍀

15 March

Record Date to attend Annual General Meeting (AGM) and received dividends.

16 March

Closing Date for Annual General Meeting (AGM) and received dividends.

25-31 March

EGCO Youth Camp  
Thai forest protection  
The 38 youth camp event will be held at Doi Inthanon National Park, Chiang Mai, from 25-31 March 2012

25 April

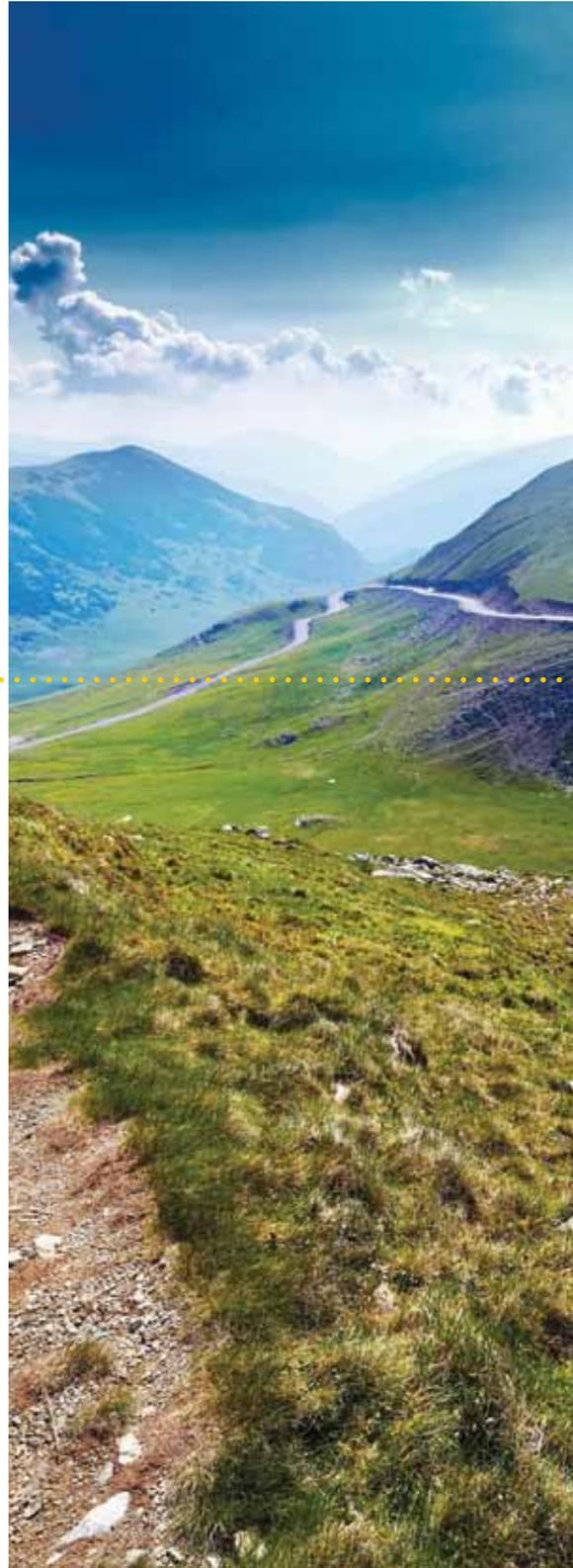
Annual General Meeting of Shareholders  
No.1/2012

4 May

Dividend payment

If we do not find anything very pleasant, at least we shall find something new.

- Voltaire -





# Energy for life

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Investor Relations Department

ELECTRICITY GENERATING PUBLIC COMPANY LIMITED

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