

# SUSTAINABILITY NEWSLETTER

Edition 7, May-August - 2022



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## PLANTING 500 MANGROVE SEEDLINGS CELEBRATING THE INTERNATIONAL DAY FOR MANGROVE CONSERVATION



On 26th July 2022, to celebrate the International Day for the Conservation of the Mangrove Ecosystem, Chiva-Som guests and staff, and officials from the Hua Hin Municipality Environment Department planted 500 mangrove seedlings at Krailart Niwate.

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## MESSAGE FROM HOUSEKEEPING DIRECTOR



“Sustainability refers to more than just environmentalism. It means balancing human life practices, preventing the depletion of natural or physical resources to ensure the functions of natural systems and availability of resources for future generations.

Our operations at Chiva-Som have focused on a quadruple bottom line approach, signifying the importance of wellness and sustainability and that it should be practiced together. We are delighted in partnering with the resort’s sustainability activities that include guests, staff, local communities, and other stakeholders. We are committed to walking the extra mile through housekeeping and laundry operations to make our practice meaningful and stronger.

*Wichai Kotngern  
Housekeeping Director*



## INTERNATIONAL MANGROVE DAY

Mangrove ecosystems play many vital roles in the preservation of nature, including providing breeding grounds for aquatic species, protecting against coastal erosion, improving water quality, and storing atmospheric carbon. Mangroves are one of the major ecosystems that are under threat of depletion, and it is estimated that within the last 40 years, mangrove ecosystems have been halved globally.



Recognising their importance, Chiva-Som launched the Krailart Niwate Mangrove Ecosystem Preservation Project in 2013, the only remaining urban mangrove ecosystem in Hua Hin. It is a reconstructed wetland and an urban nature reserve extending up to 12 rai (two hectares).

For this year's event, the resort landscape team made initial arrangements by preparing the land and extending the water canals to facilitate more space to plant an additional 400 seedlings. We introduced a new species, namely *Xylocarpus granatum*. With the new addition the total number of species uncreased to 11. *Rhizophora apiculate*, *Rhizophora mucronate*, *Sonneratia caseolaris*, *Ceriops tagal*, *Bruguiera gymnorhiza*, *Bruguiera cylindrical*, *Avicennia marina*, *Nypa fruticans*, *Thespesia populneoides*, *Suaeda maritima*.



In the year 2020, commemorating World Environmental Day, we added another 6 rai (1 Hectare) and were able to plant 4000 seedlings by the end of 2021. This year we have expanded the planting areas and added another 100 seedlings as well as replaced any damaged or dead seedlings from over the years.



6 rai Mangrove area that was launched in 2020





## WORLD OCEANS DAY



UNITED NATIONS  
**WORLD  
OCEANS  
DAY 2022**

The 8th of June, 2022 marked the United Nations World Oceans Day with the theme of 'Revitalization: Collective Action for the Oceans'. Oceans are important for all of us no matter where we live.

Scientists have confirmed that all life originated in the Oceans.

Oceans provide significant resources, not only food, but also generating considerable amounts of oxygen, regulating our climate, and are home to many ecosystems on our planet.

Currently, the pollution and health of our oceans are a concern, and all of us are part of its present status. Oceans Day reminds us of the importance of protecting our oceans and ensuring its sustainable use and wellbeing.

To provide awareness and participation, the sustainability team of Chiva-Som organised the painting of two banners that were displayed by the beach for three days starting from the 8th June to increase public awareness about the event.



On 2nd June, under the able leadership of Khun Somluk Chang-Ngam (Annie) as the lead artist, representatives from all departments assisted in drawing and painting the banners. The banners depicted the ocean's many resources and their importance.



That evening, around 30 staff members joined in a walk along the beach in front of the resort and collecting rubbish. The cleaning programme was conducted for two hours and the team was able to collect 15.8kg. of rubbish from the beach which was then disposed into the municipal waste collection area.





## WORLD ENVIRONMENT DAY (WED)

This year's World Environment Day was celebrated on the 5th June. 'Only One Earth' was the slogan for the celebrations which focused on 'Living sustainably in harmony with nature'.

World Environment Day is the most widely recognised call for action internationally. Led by the United Nations Environment Programme (UNEP), and held annually since 1973, WED recalls the need for critical engagement related to various environmental concerns. Currently, the world's population stands at 8 billion. This is creating enormous pressure on available natural resources to cater to the needs of all people, as well as other living organisms.

This year, Chiva-Som's WED initiatives were combined with the Housekeeping and Laundry department's annual CSR activities. 190 forest tree saplings were obtained from the plant nursery in Cha-am during the month of March and were transferred to the resort's organic farm. These plants were then transferred into larger pots, allowing the saplings to increase in size and thus ensuring the maximum survival rate.



The Border Paratrooper Police of Naresuan Camp Unit 712 helped to prepare the land selected to plant the trees at the Pa-La-U watershed conservation project location.



On the 3rd of June, plants that had been maintained within the resort's organic farm nursery were transported to the planting grounds at the aforementioned Pala-U watershed conservation area. Officers from the border patrol police and local community members joined with us in planting the trees.



Responding to a special request made by the Border Patrol Police, we also supplied fruits to 30 local students. The children were happy with the food, in particular the apples, which are not often seen in remote areas of Thailand.

In collaboration with the Diversey Company of Thailand, we also donated alcohol hand gel packs to the children, which are hard to find in that location and play an important role in maintaining hand hygiene during the pandemic period.





## GLOBAL WELLNESS DAY

Global Wellness Day is another important international event on our calendar. Global Wellness Day 2022 set out to highlight the positive effect on life, calling for influencing thoughts and providing a new perspective to go beyond the current happenings around us. With the theme ‘#ThinkMagenta’.

The annual medical mission to the border villages of Pala-U area is one of our signature CSR projects, conducted mainly by the wellness departments. For the past two years, our teams were unable to reach the communities in full swing due to COVID pandemic challenges.

Under the able leadership of Ms. Pilailuk Thongtan, the Holistic Manager at Chiva-Som and GWD Key Supporter of Thailand, Saturday the 4th of June saw the start of a long journey to reach the border village Moo. 6 Bann Padeng, on the Thai-Myanmar border. During the day, medical aid, acupuncture, physiotherapy, lice treatment services, recreational activities for children, and health care support services were provided.

28 children participated in recreational activities to improve their health, and promote healthy growth and development in the physical and mental health of the children. They all enjoyed the provided services, gifts, and the joy that we were able to share with them.



A team of medical Nurses provided first-aid care for two men, while the Pharmacist team distributed medicine for 41 people [children: 13 girls, 13 boys and adults: 3 men and 12 women], and conducted 7 sessions of acupuncture. The Physiotherapy team provided 7 sessions to 7 people, and head lice treatments for 17 children were conducted, with a total of 57 patients being treated.

On top of all the activities, we were delighted to host Ms. Belgin Aksoy, the founder of the International Day for Well-being or the Global Wellness Day. While joining our teams, she expressed her gratitude for building an incredible network of health care professionals and volunteers who have been striving to bring wellness to those in need for 7 consecutive years.





## DEPARTMENTAL CORPORATE SOCIAL RESPONSIBILITY PROJECTS UPDATE

### GROUND & LANDSCAPE DEPARTMENT

**8th June:** The Ground and Landscaping team visited the Baanwangkhoi school, Tumbon Tabtai Ampheor, Hua Hin to conduct a CSR project. The team rehabilitated the school landscape by trimming the existing trees and planting additional flower plants to beautify the school landscape. A total of THB 41,650 was spent on the project.



### JOINT CSR PROJECT

**30th June :** Staff members of Purchasing, Finance, Sales and Marketing, and IT departments continued the 'Water for Life' project that was launched in 2021. The team visited Moo Baan Pa Kayo at Baan Padang village, Moo.6, one of the border villages in the Pala-U area. During the day, 10 staff members from Chiva-Som were joined by 3 villagers. They installed a water pump and 4 inch pipe system connecting the water source and the tank to provide potable water for the villagers. 500 villagers will benefit from the project. In addition, 1,000 baby fish were released to the natural waters to provide the inland fishery resources as food for the villagers. A total of THB 13,605 was spent on the project.





## DEPARTMENTAL CORPORATE SOCIAL RESPONSIBILITY PROJECTS UPDATE

### CENTRAL HEALTH & WELLNESS

Hospital, Hua Hin with selected medical supplies. It was targeted to assist the hospital with the supplies to reduce the cost of medical operations and to facilitate services to the general public visiting the hospital. A total of THB 5,372 was spent on the project.

**11th June:** A group of representatives from the Central Health and Wellness department visited the Government Hospital, Hua Hin with selected medical supplies. It was targeted to assist the hospital with the supplies to reduce the cost of medical operations and to facilitate services to the general public visiting the hospital. A total of THB 5,372 was spent on the project.



### FITNESS & PHYSIO DEPARTMENT

Crab Bank, Ban Khao Takieb Fisherman's Community, Hua Hin. Crab banks have been developed as a strategy to enhance crab stocks and to ensure the sustainable use of crab resources by allowing gravid female crabs to spawn before or instead of being sold. We were able to support the crab bank by donating a water pressure pump and soft silicone oxygen, in order to improve local livelihoods and livelihood security. Simultaneously, the crab bank projects also focus on strengthening community-based management institutions. A total of THB 8,750 was spent on the project.

**2nd August :** Staff members from the Fitness and Physiotherapy departments conducted a CSR project at the Bule Crab Bank, Ban Khao Takieb Fisherman's Community, Hua Hin. Crab banks have been developed as a strategy to enhance crab stocks and to ensure the sustainable use of crab resources by allowing gravid female crabs to spawn before or instead of being sold. We were able to support the crab bank by donating a water pressure pump and soft silicone oxygen, in order to improve local livelihoods and livelihood security. Simultaneously, the crab bank projects also focus on strengthening community-based management institutions. A total of THB 8,750 was spent on the project.





## DEPARTMENTAL CORPORATE SOCIAL RESPONSIBILITY PROJECTS UPDATE

### FRONT OFFICE

**19th and 26th July:** Sea turtles are considered as "keystone species", which means they are an important part of the ecosystem they live. If a keystone species is removed from a habitat, the natural order can be disrupted, which impacts other wildlife and fauna in different ways. Front office team visited King Mongkut Memorial Park of Science and Technology, Na Wa Ghor, to conduct another CSR project. The team cleaned the nursing tank and the sea turtles by scrubbing the algae that covers the tanks and turtle shells. A total of THB 9,696 was spent for the project.



### A WARM WELCOME TO HOLGER GLASER

Mr.Holger Glaser, the Resort Manager of Zual Wellness Resort by Chiva-Som, was welcomed by the sustainability team in Hua Hin on the 12th May, 2022.

His visit included an observation tour to Pala-U organic farm, tree planting at the Organic Farm, visiting the Krailart Niwate Mangrove restoration and conservation project.

Mr.Glaser experienced various compost making processes and the different cultivation methods used for vegetable and fruit cultivation.

Woodchipping, EM production and water bottling plant operations were demonstrated at the resort. The one-day orientation session was concluded with an introduction to the sustainability operations of Chiva-Som and Zual Wellness resorts.





## FARM TO TABLE

## PA RAM RONG SOUNG

Traditional Morning glory and Buck wheat served with Almond dressing

**NOTE:** Vegan, Gluten-free, Contains nuts, soy**Type of Serve:** Plate**NUTRIENTS PER SERVING**

|              |    |      |
|--------------|----|------|
| Kilocalories | 59 | kcal |
| Protein      | 2  | g    |
| Carbohydrate | 5  | g    |
| Fat, Total   | 4  | g    |

**YIELD:** 1 serving**INGREDIENTS**

|         |     |  |
|---------|-----|--|
| 20      | g   | Baby Morning glory   |
| 10      | g   | Indian spinach   |
| 1       | g   | Crispy shallots  |
| 5       | g   | Okra for garnish, cut crosswise  |
| Garnish |     | Edible flowers   |
| 1/2     | tsp | FSA powder<br>(Flax seed, sunflower seed and almond, equal quantity then blend together) |
| 20      | g   | Almond sauce   |
| 3       | g   | Red curry paste  |
| 80      | g   | Roasted ground almonds   |
| 10      | ml  | Coconut milk   |
| 200     | ml  | Drinking water   |
| 36      | g   | Soy sauce  |
| 10      | g   | Tamarind juice   |
| 5       | g   | Galangal, chopped  |
| 30      | g   | Shallot, chopped   |

**METHOD**

1. In a saucepan, stir fry the red curry paste with half of the coconut milk until fragrant.
2. Add all remaining ingredients and stir well, simmering on a low to medium heat, stirring frequently, until the mixture is reduced by half.
3. Salad: Blanch the baby morning glory, Indian spinach and okra in boiling water then place on a serving plate, separating the vegetables so that they all receive sauce
4. Pour the sauce over the vegetables
5. Sprinkle with the crispy shallots and FSA powder.
6. Garnish with edible flowers



*Sustainability Newsletter is a joint publication of  
the Sustainability Department and Sustainability Committee of Chiva-Som.*

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