



# PATTAYA CITY EXPATS CLUB NEWSLETTER

FOUNDED IN MARCH 2001 - PATTAYA'S FRIENDLIEST EXPAT CLUB  
MEETING EVERY SUNDAY FOR NINE YEARS

---

April 2, 2010 to April 8, 2010

---

## CONTENTS

*(click on the topic)*

---

[March 28 -Meeting Program](#)

[Special Announcements](#)

[Club Announcements](#)

[What's Happening In and Around Pattaya](#)

[Last Week's Meeting](#)

### Other Club Information in the Newsletter

*( ♦ has an update in this issue)*

[Club Membership](#)

♦ [Club Activities](#)

[Club Services](#)

[Club Benefits](#)

[Member Supported Charities](#)

♦ [Health Issues](#)

[Dining Out](#) – (Featured and recommended restaurants)

---

## WHERE DO WE MEET?

Everyone is welcome to attend. Although the Club usually meets at Henry J. Bean's Bar & Grill (part of the Amari Orchid Resort & Tower), this location is being renovated and will be reopened as The Tavern. During the renovations, the Club's Sunday meeting will be in the Rim Suan Room of the Garden Wing of the Amari Orchid Resort & Tower. For directions and a map, please [click here](#).

---

## BREAKFAST BUFFET AVAILABLE

A buffet breakfast is available from 9:30 am to 11:00am with coffee service starting at 9:00am. The program begins at 10:30 am and concludes around noon. Remember to obtain your coffee or tea refills before the pots are removed at 11:00 am. The Club has met at the Amari's Henry J. Bean's Bar & Grill for several years now with its pleasant laid back and informal atmosphere - which the Amari Hotel allows us to use without charge. Please support our continued use of these facilities by purchasing a buffet ticket or, if you do not want a full breakfast, at least the toast and coffee or tea.

---

For more information about the Club – email [info@pattayacityexpatsclub.com](mailto:info@pattayacityexpatsclub.com) or visit [www.pattayacityexpatsclub.com](http://www.pattayacityexpatsclub.com)  
To subscribe to the Newsletter emailed each week – email [newsletter@pattayacityexpatsclub.com](mailto:newsletter@pattayacityexpatsclub.com)

## Sunday, April 4 -Meeting Program

---

The Club will be welcoming back Peter Marsh from Black Star Jewelry to explain more about gems in Thailand. He also says he will answer any questions you may have and to look at any gemstones you may want to bring and show him. As with his past well received presentation, he will again be having some lovely models to display various jewelry creations, which are available for purchase at 25% off the regular price. Peter has a vast knowledge of gemstones that he graciously shares with his fellow expats. The Club from time to time invites those involved in commercial enterprises to give presentations at the Club's meeting. The primary purpose is to share information of interest and the Club in no way endorses any services or products they may present.

We will also have the usual announcements of upcoming events in and around Pattaya, updates on club activities, and last, but not the least, there will be an Open Forum, which is the time for you to ask questions about living in Thailand, or Pattaya. We ask you to offer your own observations and suggestions on how to live better in Pattaya. Your humorous stories (jokes) are welcome, but remember you are in mixed company. Whether you are a new Expat, just visiting on holiday, or consider yourself an "old hand" at being an Expat in Thailand, you will find the Open Forum has humor and helpful information to offer.

---

[Return to Contents](#)

## Special Announcements

---

*The following announcements are of general interest to most Expats and Foreign Visitors to Thailand*

[TRAVEL IN BANGKOK](#) – Embassies continue to warn their citizens about traveling to or around Bangkok as the “red shirts” continue their demonstrations. Most Embassies say their citizens should exercise caution and vigilance (especially during the hours of darkness) when walking through populated urban areas. Immediately report to law enforcement or security personnel any unattended packages or bags in public areas. Foreigners should also avoid any large crowds of demonstrators as there is always the possibility of violence at such gatherings.

[INTERESTED IN CLASSICAL MUSIC CONCERTS](#) - The Pattaya Music Society is a nonprofit organization that wants to promote classical and light classical music concerts that entertain, educate, inform, and inspire. They are currently in process of developing a mailing list of people who are interested in hearing about these concerts. If interested contact Len Unterberger at [lenunt@gmail.com](mailto:lenunt@gmail.com).

---

[Return to Contents](#)

---

## Club Announcements

---

*The following announcements are of particular interest to Club members regarding Club activities*

[BOARD APPOINTS ELECTORAL OFFICER](#) – At the March 28, 2010, Board Meeting, the Board appointed Roger Fox as the Club’s Electoral Officer. Article III of the Clubs By-Laws set forth the duties of the Electoral Officer. Each Board member is elected for a two year term at the Annual General Meeting in July with about one-half expiring each year. The Electoral Officer will oversee the nominating and electoral process. The [By-Laws](#) are available on the Club’s website.

[PATTAYA MAIL TV IS LOOKING FOR PCEC MEMBERS TO ANSWER QUESTIONS ON TV FOR THEIR NEW “ASK THE EXPERTS” TV SERIES](#) – Paul Strachan, head of Pattaya Mail TV, presented the concept for the new PNTV show at a recent PCEC meeting. He is looking for people who are very knowledgeable in various areas – how do you get a one year visa, and how do you renew it; changing a visa on arrival to a one year visa; how to open a bank account and what is required; how to rent a car, what to look for: what insurance is necessary: how long can you drive in Thailand using your home country’s license and so on. You can already be an “Expert” or you can, after some review of the subject, become an “expert”, and appear on TV. It sounds like it could be fun. Your taping will include advice from Paul – and be assured it will look good before he puts it on TV. And you can follow the process all the way through and find out how it all gets on TV at the TV studio – and see yourself on TV! It is also good exposure for the Pattaya City Expats Club. Paul is thinking of doing the TV taping during the week if possible at a location with reasonably good lighting and perhaps an interesting background. If you are interested, please list yourself on the sign-up sheet, or contact Lawrie McLoughlin at 085-063-5875, or by email at lawriemcl@hotmail.com.

[COMPUTER GROUP WILL MEET MONDAY, APRIL 5](#) – The meeting will be in the downstairs meeting room at the Markland starting at 2pm. The host for this meeting will be Michael Dovesen, a long time computer user. His topic will be Windows 7 – what it is, what it is supposed to do, and how it operates. He will answer your questions and show you how Windows 7 looks and operates using the projector screen. We will have a number of electrical connections and Wi-Fi available - you may bring your laptop computer. If you park in the Markland parking garage, come to the front of the Lobby and down the stairs to the Common Room. If you are walking, enter the Markland Lobby and turn right to go down the stairs to the “Common Room”. Please list yourself on the Computer Group sign-up sheet at this Sunday’s meeting and we will send you a reminder 3 to 5 days in advance. For questions or directions to the Markland, please contact Richard Smith at 037-412197, 089-244-9523, or by email at rick2@gmail.com.

[DRIVING LICENSE ASSISTANCE ON WEDNESDAY, APRIL 7](#) - Hans will again be assisting those that want to get or renew their Thai driving license(s). He usually meets in front of Henry J. Bean around 9am; but it is a good idea to contact him beforehand. His contact email, telephone number, and links to what documents you will need are in the *CLUB SERVICE* section of the Newsletter.

[INFORMATION OF INTEREST TO AMERICAN VETERANS](#) – A member forwarded to us a listing of various agencies and offices that deal with American veteran issues. The listing includes links to the agency/organization’s websites. We have posted the information in the General Interest section of the Website. You can read the article by [clicking here](#).

---

---

## What's Happening in and around Pattaya

---

*The following is a listing of upcoming events in Pattaya, Bangkok, and elsewhere. Inclusion of commercially sponsored events does not mean that the PCEC endorses the companies or their products. The events listed come from various sources. We usually list a telephone number, email address, or website to obtain additional information about the event. Since the events are subject to cancellation or change, you may wish to confirm the information before attending the event.*

### THIS WEEK'S UPCOMING EVENTS

- **Friday, April 2 - Amor Restaurant 16th Anniversary Dinner (fully booked)**
- **Sunday, April 4 - Happy Easter**
- **Monday, April 5 - Computer Group Meets**
- **Wednesday, April 7 - Thai driving license assistance - trip to Land Office**
- **Thursday, April 8 - Fashion Festival on Beach Road begins**

---

EVERY MONDAY, WEDNESDAY, & FRIDAY - THE PATTAYA BRIDGE CLUB meets at The Bowling Green, Soi Fuengfa (Soi Xyte), between Soi Boukhao and 3rd Road. They meet at 1pm. For more information and a map visit their [website](#).

LAST SUNDAY OF THE MONTH - QUIZ NIGHT TO BENEFIT TAKE CARE CHARITY at Bondi Beach Bar & Guest House, Dongtan Beach. The quizzing starts at 9pm. For more information visit their [website](#). Bondi also has a *Thais4Life Book Stall* which is open daily, with books for 80 Baht, all proceeds go to the *Thais4Life* charities. You can also drop off any unwanted book donations.

APRIL 8 TO 11, THURSDAY TO SUNDAY – FASHION FESTIVAL ON BEACH ROAD – The Thai Ministry of Commerce and TAT will be promoting fashion along Beach Road from Central Festival Shopping Center down to Walking Street. Various design contests, hairstylist competitions, leather and ornament design contests, fashion shows and concerts are planned for the festival, with all of the major Thai designers and superstars set to attend the event. The City again hopes to get into the Guinness Book of Records by staging the longest fashion showcase.

APRIL 22, THURSDAY – PUNCHLINE COMEDY CLUB PRESENTS STAND UP COMEDY – The show will be at the Amari Orchid's The Tavern (formerly Henry J. Beans Bar & Grill) starting at 9pm – adults only. Tickets are 1,200 Baht or 1,000 Baht if acquired prior to April 1. The comedians are Carl Donnelly, Mike Gunn, and Mark Billingham. For more information, call 038 075 293/6 or visit their website <http://www.punchlinecomedy.com/pattaya/>.

APRIL 30, FRIDAY – PATTAYA PRIDE PRESENTS REAR OF THE YEAR COMPETITION - This event will be at the Copa Showbar in Boyz Town, Pattayaland Soi 3. The show starts at 10pm and the entry fee is 100 Baht, which will be donated to the Pattaya Pride (formerly Pattaya Gay Festival) supported charities. For more information about Pattaya Pride and the charities they support visit <http://www.pattayapride.com/>.

## Last Week's Meeting

---

The Sunday meeting of the Pattaya City Expats Club (PCEC) on March 28th was held for the first time in the Rim Suan Room in the Amari Hotel's Garden Wing. The PCEC hopes to return to the Henry J. Bean's venue on the 15th April when the refurbishment programme is scheduled to be completed.

The PCEC was also pleased to announce the Club's 9th Anniversary which coincided with the move to the temporary location. Current PCEC Chairman, Michel de Goumois and founding member Max Rommel congratulated the Board Members and the membership as a whole on the Anniversary. Max described the background and formation of the Club and announced that to mark the 10th Anniversary next year, a much anticipated history of the PCEC would be produced. A cake then arrived as a celebration of the occasion in the traditional manner.

This week's MC, Richard Silverberg then introduced the main speaker, welcoming back Christopher G. Moore, the well known author. Christopher introduced *The Corruptionist* which is the eleventh of his books featuring the character Vincent Calvino and set during the recent turbulent times in Thailand with the accompanying street demonstrations and the occupation of Government House in Bangkok.

Christopher read the first page of the book to set the overall scene. He then provided some of his own thoughts and ideas on the subject of the nature of corruption and this invited some thought provoking discussion. He stated that corruption operates in silence and totally out of sight. Whilst violent robbery is viewed as being undertaken by criminals who are not part of normal society, corruption is often viewed as occurring on the inside and is not wrongful. . Corruption should not be viewed as a victimless crime

Protagonists firmly believe that laws do not apply to them and that they are actually above the law. Thus the consequences of being discovered are remote. A remedy is to instil the idea that those carrying on corrupt activities are actually outsiders. Both the giver and taker should be considered to be equally guilty. Christopher likened the level of corruption to that of a healthy human immune system. If the immune system starts to break down then the whole body may be at risk of attack from disease. It was suggested via a number of questions from the audience that poverty was a major cause of corruption at the lower levels of society.

The regular Open Forum was then underway with Sig Sigworth providing the lead. As always it provided an opportunity for questions about living in Thailand with an emphasis on Pattaya to be asked. The Open Forum again proved to be the usual lively and entertaining session.

## Club Membership

---

Membership is open to all. See Al Serrato before and during the meeting for renewal of your card, or for a new membership card. For renewal, just give Al your expired card.

For a new card, get the application form from Al or download from the Club's [website](#). Although the website application form says one photo is needed, Al will need two driver's license size pictures in addition to the application.

The annual membership contribution is 400 baht. This contribution funds the Club's operations so that it continues as a non commercial social organization.

In addition it will entitle you to discounts at the Club's featured restaurants listed in the Dining Out section of the Newsletter, at both Bangkok Hospital Pattaya and Phayathai Sriracha Hospital, and other businesses listed in the Club Benefits section of the Newsletter. Also, as mentioned in the Health Issues section of the Newsletter, members that qualify can obtain lower cost health insurance through the Club's group health policy.

---

[Return to Contents](#)

## Club Activities

---

*The PCEC offers an opportunity for everyone to become involved in mid-week informal groups covering many interests. If you have an interest or idea to start a new group, please discuss it with a member of the Governing Board and we will help you publicize it. The groups usually meet as scheduled, but it is always a good idea to contact the host to be sure of the date, time, and location.*

[SPANISH CONVERSATION GROUP](#) - Meets the first and third Wednesdays of the month at 1pm at the Diamond Café located on the corner of South Pattaya Road and Third Road. This is a newly formed group for those that are interested in practicing their Spanish. For more information, email Al Serrato at alsdeman@hotmail.com,

[FRUGAL FREDDY DINNER GROUP](#) - Eats out weekly on MONDAYS. Their goal is finding good restaurants at very reasonable prices, primarily a meal for 200 Baht or less. Host Hawaii Bob says they try to keep to total price at or below 150 Baht, but don't want to rule out a good place - so, they will now entertain a good restaurant where you can get a complete meal for 200 Baht or less. Bob says to put your name on the signup sheet so they can email the chosen restaurant and its location to you or contact Bob at hawaiibob4you@yahoo.com for information on next Monday's venue.

[DISCUSSION GROUP](#) - Weekly on MONDAY from 10:30am to 1pm. This group meets at the Shagwell Mansions, across from Carrefour, in Soi Arunothai. All subjects are open for debate. For more information, contact Michel de Goumois at 081-525-1296.

[GOLFING GROUP](#) - Meets weekly on TUESDAY. Hawaii Bob is your host. No reservations are required. Contact Hawaii Bob for information on cost and how to have fun playing Bingo, Bango, Bongo. Everyone is welcome. Please sign-up for the golf group so Bob has some idea of how many are coming. Bob can be contacted by phone at 087-829-6824 or by emailing him at hawaiibob4you@yahoo.com.

[THE BREAKFAST GROUP](#) - Weekly on WEDNESDAY starting at 10am. Your Hostess is Marjorie Blissett. The group meets at the F&B on 2nd Road, opposite the Montien Hotel. A full breakfast is a very reasonable 100 Baht - and there is parking in the back.

[TOUCHY TOPICS GROUP](#) - Weekly on THURSDAY 1pm to 3pm - The format includes current topics of the week as well as a discussion on a controversial topic selected by the host, a member, or a guest. The topics are always thought provoking and subject to lively discussion. The group meets at Shagwell Mansions, across from Carrefour in Soi Arunothai. Contact David Dallimer at 080-638-3510 or email [daviddallimer@hotmail.com](mailto:daviddallimer@hotmail.com).

[FRIDAY BREAKFAST GROUP](#) - Weekly on FRIDAY at 10am at Pure Shore on Pattaya Beach Road at Soi 5. Roger Fox is your host.

[WRITERS CORNER GROUP](#) - Usually meets weekly on FRIDAY from noon to 3pm at the Shagwell Mansions, in the Cafe. The hotel is located approximately 300 meters along Soi Arunothai which is located at the Traffic lights on Pattaya Klang (Central Road) opposite the Carrefour shopping Mall. The style of the meeting is very relaxed and informal. The writing group offers you a genuine opportunity to discuss any matters relating to reading and writing in a safe and supportive environment in which all are offered the opportunity to practice or improve their writing skills while sharing books and ideas with like minded members. Contact David Dallimer to confirm meeting time and place at 080-638-3510 or email [daviddallimer@hotmail.com](mailto:daviddallimer@hotmail.com).

[COMPUTER GROUP](#) - Meets MONTHLY on the first MONDAY of the month at 2pm at Markland 6th floor Haad Sai Room - The host is Howard Posner, who was a software reviewer for the California Microsoft User Group. The cost of the program will be 100 baht per person. The charge covers the cost of the room, coffee & cake, and some incidental expenses. The Haad Sai Room at the Markland has good WiFi, a large screen, and is nicely air conditioned. You may bring your laptop computers (with a spare battery if your battery has a short life). There is free parking in the attached 10 floor parking garage. Please list your name on the Computer Group sign-up sheet and we will send you a reminder 3 to 5 days before the meeting. Howard may be contacted at [magichoward@hotmail.com](mailto:magichoward@hotmail.com). For meeting information please contact Richard Smith at 038-412197, 089-244-9523 or by email at [rick2@loxinfo.co.th](mailto:rick2@loxinfo.co.th).

[MEMBERS' DINNER](#) - MONTHLY, usually the 1st WEDNESDAY of each month. Michel de Goumois and Al Serrato select the location and coordinate the dinner. The location and date of the next Members' Dinner will be posted in the *ANNOUNCEMENTS* Section. To offer suggestions for our next members' dinner or for more information, please contact Michel de Goumois at 081-525-1296, or Al Serrato at 087-036-0625, or email [info@pattayacityexpatsclub.com](mailto:info@pattayacityexpatsclub.com) or see Michel or Al at our Sunday meetings.

[PHOTOGRAPHY GROUP](#) - Meets PERIODICALLY usually in the Conference/Common Room at the Markland located on the corner of Pattaya Beach Road and Soi 1. To receive 3 to 5 day advance notification of meetings, put your name on the Photography Group sign-up sheet. For more information, or to get on the list, call Richard Smith at 089-244-9523, or 038-412197.

[PATTAYA AMATEUR RADIO GROUP](#) - Meets PERIODICALLY. A new group formed for those interested in ham radio or electronics. For more information, contact Paul at 087-043-1408 or email him [pauldaviesradio@hotmail.com](mailto:pauldaviesradio@hotmail.com).

[BLUE WATER SAILING GROUP](#) - Meets PERIODICALLY. This group is hosted by member Nathan Russo for those that are interested in blue water sailing. Nathan is now in Thailand after being in USA for a while. They will be scheduling sailing ventures on a periodic basis. Dates and times will be announced in the Newsletter. He would appreciate if those who want to attend would rsvp at [Ncrusso1@gmail.com](mailto:Ncrusso1@gmail.com) or telephone him at 085-275-6724.

[FRIENDS OF PDA GROUP](#) - Several members have signed up to work in partnership with Khun Mechai's efforts through his Population and Community Development Association (PDA) in improving the lives of Thai villagers. His efforts are described in the Pattaya Mail [article](#) on his address to the Club on October 19, 2008. The members of this group reached their fund raising goal and have entered into a memorandum of understanding with a village in the Buriram area. If interested in participating, contact Stuart Saunders at this Sunday's meeting or you can email him at [Stuart21@mac.com](mailto:Stuart21@mac.com).

[BANGLAMUNG DISTRICT CROSS CULTURE VOLUNTEER GROUP](#) – (updated this issue)

This group provides Volunteers to help Thai's improve their English conversation ability through our "English Conversation for Thais" program. Our Opening session, with several important guests, will be on Monday, April 26, 2010 at 6 pm. Following the guests' remarks, we will have a discussion session with the new students to assess their English ability for class assignments. Classes will start the next evening, April 27 at 6 pm. The opening Ceremony and the Conversation classes will be held at the Mike Shopping Mall 8th floor Meeting Room #1. Classes will be from 6 pm to 8 pm in the evening on Tuesdays and Thursdays for 12 weeks. We have again been invited to teach at the Sattahip Naval base in May. If you, or a friend, are interested in participating in this program as a student or a Volunteer, please list your name on the sign-up sheet at this Sunday's meeting. For our volunteers, please fill out a volunteer form so we can make the special BDEL Volunteer Group ID cards for you. They need to be signed by the Nai Amphur – the ID cards will be good this time for two years. If you have any questions, please call Richard Smith at 038-412197, or 089-244-95323, or email rick2@loxinfo.co.th for more information.

---

[Return to Contents](#)

## Club Services

---

*This section lists various services offered by the Club or by members of the Club.*

[DRIVING LICENSE ASSISTANCE](#) - Hans (or Jon) Stroosnyder will escort and assist those interested in getting a Thai driving license. Hans usually departs at 9am from the Henry J. Bean restaurant on the 1st Wednesday of the month. For more information, call Hans at 085-218-1773, or email him at khun.hans@gmail.com. See the [Vehicles page](#) on the Club's website for information on documents needed.

[VISA ASSISTANCE](#) - If you need or want some information on requirements to enter or remain in Thailand on a long stay basis, visit the Club's [website](#) and select the Visa & Immigration Page. If you still have questions or need assistance regarding remaining in Thailand on your present visa or visa exemption, please email info@pattayacityexpatsclub.com.

[A DVD LENDING LIBRARY](#) - Hawaii's BOB4YOU usually has some of his collection of over 1,500 DVD movies at the Sunday meeting to share with members. A current membership card will allow you to borrow 4 DVDs for up to 4 weeks at no charge. If you have videos that you no longer need, you are encouraged to donate them to the library.

[BOOK EXCHANGE](#) - Weekly during the SUNDAY meetings. A popular service started by Roger Fox and now administered by Hawaii Bob. - so please remember to bring those you have read (or don't want to read), and exchange them for the one you have been looking for.

[LAMINATED PASSPORT CARDS](#) - Kuhn Sermsakdi is usually available for making the laminated cards for passports for a nominal fee. Please see Sermsakdi to collect yours. The cards are laminated wallet size (an all-in-one copy - of the main page, TM (now HX) card, Visa page, and front of passport). These cards have received good acceptance with businesses and hotels.

[HAWAII BOB'S CLASSIFIED EXPAT ADS](#) - Hawaii Bob has undertaken a service to his fellow expats by creating and disseminating a list of want ads – buy, sell, give away. To facilitate his efforts, we are posting the ads on the Club's website – on the Home Page click on “details” in the *Announcements and Upcoming Events* section. Or [click here](#) to go direct.

---

[Return to Contents](#)

## Club Benefits

---

*Certain businesses offer discounts to Pattaya City Expats Club Members. Show your membership card to get the discount.*

[BANGKOK PATTAYA HOSPITAL \(BHP\) OFFERS DISCOUNTS TO PCEC MEMBERS](#) - When you obtain your BHP ID or if you haven't done so already, show them your membership card on your next visit.. As a PCEC member you will get a 10% discount on room rates, medication and prescribed drugs, and 10% off on dental treatment and 5% on prosthodontic dentistry. You may still be asked on occasion to show a currently valid PCEC card to verify you are still entitled to the discounts.

[PHAYATHAI HOSPITAL SRIRACHA OFFERS DISCOUNTS TO PCEC MEMBERS](#) - Club members now receive a 10% discount on medicines (inpatient and outpatient), main physical check up, CT, and MRI scans. This discount is good till November 14, 2010 for the initial period.

[PCEC MEMBERS GET A 10% DISCOUNT FROM YOU STINKY DOG!](#) - You Stinky Dog! is a pet grooming service with a difference. They come to you with their fully equipped vans. They will also offer special deals on food deliveries and accessories. Future plans are to also have a doggie camp, hotel, exercise pool, etc. For more information visit their [website](#) or call 089 - 832 - 4181 (Jiab) or 089 - 207 - 6582 (Tom) or Email : [Jiab@youstinkydog.com](mailto:Jiab@youstinkydog.com).

[PCEC MEMBERS RECEIVE A 15% DISCOUNT ON MR. MOO'S PORK PRODUCTS](#) - Mr. Moo! Co., Ltd. sells pork products from their own pig farm - sausages, bacon, and meat pies. Their retail office is located in the side soi to the north of Big C on Sukhumvit (close to AA Insurance). They are open 9am to 6pm Monday thru Friday, 9am to 4pm on Saturday, and 11am to 4pm on Sunday. Show your membership card to get the discount.

[THE BIGGEST MINI GOLF IN ASIA OFFERS PCEC MEMBERS A 20% DISCOUNT](#) - This new mini golf has three 18 hole courses available for your enjoyment. It is located on Sukhumvit Road - going south toward Sattahip, it is on the left hand side just past the Floating Market and opposite the Elephant Camp. Regular price is adults 150 Baht and Children under twelve 100 Baht; but, show your membership card and get 20% off that price. For more information, telephone 089-882-15/7 (English & French) or 083-602-4655 (Thai).

---

[Return to Contents](#)

## Member Supported Charities

---

*The club encourages its members to be active in supporting charitable organizations. This section assists their efforts by providing information on some of these charitable activities.*

[NEW UNOPENED MEDICINES FOR THE MAE TAO CLINIC](#) – Mae Tao Clinic Medicine Drive- Nathan Russo, a member of PCEC for several years is preparing once again for his annual medicine drive for the Mae Tao immigrant clinic, Mae Sot, Thailand on the border with Myanmar. This clinic gets no financial support from the government of Thailand and treats over 50,000 people annually. 100% of the medicines used at the hospital are either purchased with donated funds or donated by individuals within Thailand. The medicines donated must be new and never opened and from the list of medicines on the clinic's website. The paramedics at the hospital are trained to work only with medicines specified by the clinic that is why it is so important just to donate medicines listed on the clinic's website [www.maetaoclinic.org](http://www.maetaoclinic.org) . Once at the site click "donate" then "click here" under donate medicine. Nathan travels to Sukhothai every year for the Loy Krathong festival and during this time delivers all the medicine to the clinic about 100 kilometers to the west- all medicines should be donated by the Club's November 7<sup>th</sup> meeting. The clinic provides a signed receipt for all medicines received and a copy of this receipt which lists your medicine contribution is sent to you when Nathan returns after Loy Krathong. While Nathan is away in America, his friend Wayne will collect the medicines. Wayne's phone number is 084-328-3129. Nathan's email is ncrusso1@gmail.com or his mobile # Thailand 085-274-6724 or if you are in USA (404) 826-2556.

[SAVE THAT DRINK AN RING PULL FOR A WORTHY CAUSE](#) - Les Edmonds has requested that you save those aluminum can ring pulls rather than discarding them when you open the can. Gather up a few and bring them to Les. It seems they can be recycled for making artificial limbs. Les will see that they get to the right place.

[EYE GLASSES](#) - Member Dave Anderson has been collecting eyeglasses and frames for re-cycling and distributing to needy people in Thailand and Pattaya. He recently brought 2000 frames and lenses for distribution in Thailand through the Pattaya YWCA, City Hall, and his connection with a country wide program. There is always a need - if you have any old glasses or frames around, please bring them to the meeting, give them to Richard Smith. On Dave's latest visit, we gave him the eyeglasses received (about 50 to 60), which he said would be donated to the Eyeglass Bank Project.

---

[Return to Contents](#)

## Health Issues

---

*This section provides general information about health insurance, health care, and other medical information that may benefit Expats living in Thailand.*

[BANGKOK HOSPITAL PATTYA PROMOTIONS](#) - (**updated this issue**) BHP advises they have the following promotions: Valid now through June 30, 2010, pay 0% interest with 4 monthly installments for cosmetic surgery (inquire as to whether foreigners may receive this promotion). There is a special promotion for Lasik treatment for 39,900 Baht. Until June 30, 2010, Club members and Thais can get a total knee replacement for 194,000 Baht (Club members must present valid membership card when registering). During April and May, you can buy one check up package and get one free. For more information, visit their [website](#) or call 1719. Also see <http://www.bangkokpattayahospital.com/ebph/HealthyFamilySummer2010.pdf> for other special offers.

[PHAYATHAI SRIRACHA HOSPITAL PROMOTIONS](#) – (**updated this issue**) Gavin Waddell advises that Phayathai Hospital Sriracha has the following promotions on offer for the month of April: Cervical Spine Examination with MRI for 8,500 Baht, regularly 9,500 Baht or Ischemic Stroke Risk Screening for 4,590 Baht, regularly 6,480 Baht - add a Carotid Artery with Magnetic Resonance Angiogram, for 11,000 Baht, regularly 18,930 (does not include MRI or MRA contrast media if required, does include doctor's fee and hospital service charge); Healthy Family Check Up Program for 2,590 Baht, regularly 5,300 Baht; CT Calcium Scoring examination for 1,450 Baht, regularly 2,900 Baht; Dental Root Implant plus Tooth Crown Package start at 40,000 Baht per tooth; ZOOM Tooth whitening for 8,500 Baht, regularly 9,600 Baht; and Eye examination by Ophthalmologist for 1,490 Baht, regularly 2,400 Baht. For information about Phayathai, contact Gavin Waddell, International Marketing Executive, at 038-770-200/8 Ext: 2426 or 089-750-0293.

[IF YOU WANT MEDICAL LABORATORY BLOOD TESTS WITHOUT GOING TO A CLINIC OR HOSPITAL](#) - *Lifecare Laboratory* [information](#).

[LIVING WILL" REQUEST FORM](#) -- More information and blank copies of the form can be found on the Club website [here](#).

[GROUP MEDICAL COVERAGE](#) - Is available only to those under age 59 and a half. Khun Neng (with the blinking light on his shirt) or another representative of AA Insurance are usually available at each Sunday meeting. They can answer your questions about the Group policy or other insurance coverage. For the Group coverage, you are eligible if you are under 59 1/2 for a new subscriber, and under age 64 1/2 for those currently in the Group plan. All the details, including coverage's and prices are in process of being loaded on the Club [website](#).

## Dining Out

---

We have several featured restaurants that offer discounts for Club Members (show your card at the time you ask for your check). Also, our fellow members often discover a new place for dining out that they wish to share with others. We will list these discoveries here for a short period of time. To see more information about the featured and other recommended restaurants, visit the [dining out information](#) on the Club's website. For more information on the featured restaurants, visit [the featured restaurants](#) page on the Club's website.

**Amari Orchard Resort & Tower Restaurants & Lounges** - The Amari Orchard Resort has several restaurants and bars available, all offering Club members a 15% discount. Visit [here](#) for various monthly and other promotion information or call the Amari at 038-418-418). **Orchid Terrace & Garden Lounge** has an Italian Buffet every Friday from 6pm to 10:30pm for 490 Baht net per person - wine buffet & limoncello also available. **The Essence restaurant** offers a regular menu of western, Thai, Japanese, Indian, and Chinese specialties. Every Saturday from 6:30pm to 10:30pm, Amari has seafood BBQ by the pool for 750++ per person. The new Ocean Tower has a 24 hour restaurant with a view of the Resorts beautiful gardens, and with the new Horizon Club on the top floor, offers a new level of personalized service and audio-visual technology. **Henry J. Bean's** is being renovated starting March 23 and is expected to reopen using the name **The Tavern**. **Mantra** offers different cuisines in a fabulous setting. During April, they will be offering Sushi & Sake.

**Other PCEC Featured Restaurants** – **Joe Lous Puppet Theater & Thai Restaurant** - 20%; **Goose's Fish & Chips** - 20% - 087-133-4240 (English) or 081-576-3372 (Thai). Email: [www.goosesfishandchips@yahoo.com](mailto:www.goosesfishandchips@yahoo.com); **Mike's Mexican Restaurant** -15% - 038-251365; **Edelweiss Swiss Restaurant** - 15% - 038-251-326 or 081-844-6037; **Amor Restaurant** - 10%, **Aquarius** - 10% (Jomtien Complex) 038-251-895; **Pizza Pizza** -10% (Avenue Shopping Center) - 038-723929, **Tequila Reef Cantina** - 10% (038-414035; **Big Horn Steakhouse** - 10% (Central Shopping Arcade, 2nd Road; 038-720289; **Green Tree Restaurant** - 10%; **Balcony Restaurant** - 10% (Pattaya Nua (North) Road) 038-411429; **Aloha Restaurant** - 10% (2nd Road) 038-723175; **Cafe New Orleans**- 10%; **Aungkam Northern Thai (Issan) Restaurant** - 10% (3rd Road) 038-370386; and **Palace Lebanese Restaurant** - 10% (4th Floor of Central Festival Pattaya Beach - Ocean end) 038-043-220.

If you find any information about our Featured Restaurants is incorrect, please contact us at [info@pattayacityexpatsclub.com](mailto:info@pattayacityexpatsclub.com) or [Darrel-pcec@inbox.com](mailto:Darrel-pcec@inbox.com).

---

[Return to Contents](#)