



PATTAYA CITY EXPATS CLUB NEWSLETTER

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

April 30, 2010 to May 6, 2010

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IMPORTANT NOTICE

MEETING LOCATION FOR SUNDAY, MAY 2 WILL BE IN THE RIM SUAN ROOM OF THE GARDEN WING OF AMARI ORCHARD RESORT

The renovations to convert our regular meeting place from *Henry J. Bean's Bar & Grill* to *The Tavern* have not been completed. The meeting place will return to the Rim Suan Room for Sunday, May 2. For directions and a map, please [click here](#). Since we do not know if the renovations of the regular meeting place will be completed before the Sunday, May 9th meeting, please check the website and the May 7 Newsletter for the latest information.

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 or visit www.pattayacityexpatsclub.com
To subscribe to the Newsletter emailed each week – email newsletter@pattayacityexpatsclub.com

Sunday, May 2 -Meeting Program

This week's meeting will be back in the Rim Suan Room of the Amari's Garden Wing while our regular meeting place Henry J. Bean's is still undergoing renovation. This Sunday's program promises to be an enlightening one. We are all aware of the influx of Russians visiting Thailand in recent years and are probably curious as to why they are coming here, what they are doing when here, where they prefer to stay, and the cultural differences they have from other western visitors. Come and find out the answers when Roger Fox interviews our guest Lev Ovsyannikov from Vladivostok, Russia. Lev is a University graduate, has studied the Chinese language in China, and is currently in Pattaya learning the real estate business.

We will 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.

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Special Announcements

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

TRAVEL IN BANGKOK – USE CAUTION – The State of Emergency for Bangkok, Nonthaburi, Samut Prakan, Ayutthaya, Pathum Thani, Nakhon Pathom remains in force because of the ongoing political demonstrations by the UDD (red shirts). On Saturday, April 10, there were several people killed and hundreds injured when the Thai authorities attempted to disband the demonstrators. Subsequently, there was a grenade attack on and near the Sala Dang BTS station and other isolated locations in Bangkok. The BTS (Skytrain) has closed stations periodically because of these ongoing activities by the Red Shirts. The latest news is that the red shirts are still concentrated in the location of Ratchaprasong intersection (main shopping district in Bangkok). On April 27, a large group sought to defy the Government by moving to another location. They were met and turned back by the Security forces with several injuries and one death being reported. Until the situation stabilizes, the Club recommends against non-essential travel to Bangkok. Please keep abreast of the latest news and foreign embassy warnings to their citizens. Here is a [website](#) that has information on the UDD demonstration and a map of the Bangkok area where events have occurred.

AMARI WINE & SEAFOOD EXPERIENCE WILL BE ON FRIDAY, APRIL 30 – The featured wine will be a selection of Sauvignon Blanc wines from various countries matched by Chef Jens with an ensemble of fresh seafood tapas and other culinary delights. - it will be very interesting and delicious to test the chef's choices this month. Last month's many dishes were very good – Chef Jens is developing a track record of excellent dishes to match the featured wines. This month's gastronomic exploration begins at 6:30 pm and is supposed to end at 8:30 pm. It will take place in the Amari Garden Lounge area (go through the Garden Wing into the Garden area). In the event of rain, it will be in the Amari Tower's Ice Bar. The cost is 750 baht per person (638 baht for those who bring their PCEC card). Please list yourself and any friends who will be with you on the sign-up sheet so we can give the Amari an estimate of how many people to prepare for. Sign up, however, is NOT required. If you have a large group (10 or more) please contact Richard Smith at 038-412197, 089-244-9523 or by email at rick2mail@gmail.com or the Amari at 038-418-418.

GOVERNMENT OFFICES, BANKS, AND SOME BUSINESSES WILL BE CLOSED ON MONDAY, MAY 3 AND WEDNESDAY, MAY 5 – Since Labor Day falls on Saturday, May 1 this year, the official observance will be on Monday, May 3. Wednesday, May 5 is Coronation Day, which is also a public holiday. Chonburi (Pattaya) Immigration will be closed on these two days, so you should plan in business at Immigration accordingly.

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Club Announcements

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

THE PCEC WEBSITE AND MANY OTHERS WERE HACKED ON APRIL 24 – THE PECEC WEBSITE HAS NOW BEEN RESTORED – It seems some group managed to infiltrate several website hosting servers with the Club’s website being one of them. Our website was restored on April 27. We regret this interruption in accessing our website online. Our website hosting service uses a popular webmail program as do thousands of other hosting companies. The hackers apparently found a “back door” through the webmail provider to gain access to ours and other websites. As of the Newsletter issue date, the webmail service has not been restored. Consequently, we still do not have access to our email service at info@pattayacityexpatsclub.com and Newsletter@pattayacityexpatsclub.com. If you have sent an email to us at either address during the down period or plan to send an email in the immediate future, please resend/send to Darrel-pcec@inbox.com to ensure receipt.

BLUE SKY RESTAURANT AT MARKLAND OFFERS PCEC MEMBERS 15% DISCOUNT – The Blue Sky Restaurant joins our list of favorite restaurants offering members a discount. The discount applies to food only - not beverages. It is on the 27th floor of the Markland Hotel, serves western and Thai food, and offers a beautiful view of Pattaya Bay. The Markland is at Soi 1 and Beach Road. Show your card when you call for the check bin.

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, is looking for people who are very knowledgeable in various areas to appear in this new series. A demo can be [viewed here](#). More details are in the [Club Announcements](#) on the Club’s website. If you are interested, please list yourself on the sign-up sheet, or contact Richard Smith at 038-412197, or 089-244-95323, or email rick2@loxinfo.co.th.

COMPUTER GROUP WILL MEET ON MONDAY MAY 3 – The meeting will be at 2pm in the Markland’s Garage 3rd Floor Meeting Room. Michael Dovesen will be the host, and the discussion will be a more in depth look at Windows 7, particularly understanding what the Libraries are, and what they are used for. The problems with using Loxinfo as an email client with Windows 7 are being investigated. We will also discuss the use of the taskbar. All can see Michael demonstrate these items as they will be projected onto a large screen. A number of electrical connections and Wi-Fi are available so you can bring your laptop computer. You may park on the 3rd floor of the parking garage - the meeting room will be to your left as you walk to the garage elevator, and will have a sign “Meeting Room” on the door. If you are walking, enter the Markland Lobby, turn to the left to go to the elevator to the garage, take it to the 3rd floor, and the meeting room will be to your right as you walk out to the parking area. 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 of it. For questions, or for directions to the Markland, please contact Richard Smith at 037-412197, 089-244-9523, or by email at rick2@gmail.com.

NO DRIVERS LICENSE ASSISTANCE TRIP IN MAY - Hans normally makes his monthly trip on the first Wednesday of the month. However, the first Wednesday in May is a Government holiday and the Banglamung Land Transport Office will not be open. Hans says the next visit will be the first Wednesday in June.

What's happening in and around Pattaya

This 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.

**IF YOU KNOW OF ANY UPCOMING EVENT NOT LISTED, PLEASE LET US KNOW SO THAT WE MAY PUBLISH IT
EMAIL THE INFORMATION TO NEWSLETTER@PATTAYACITYEXPATSClub.COM**

THIS WEEK (full listing follows)

- **Friday, April 30 - Wine and seafood experience at the Amari**
- **Friday, April 30 - Pattaya Pride presents Rear of the Year Competition (charity event)**
- **Saturday & Sunday, May 1 & 2 - Chris Kay's Memorial Rugby Tournament**
- **Monday, May 3 - Labor Day is observed, banks and government offices closed**
- **Monday, May 3 - Computer Group meets in the Markland Hotel**
- **Wednesday, May 5 - Coronation Day, banks and government offices closed**
- **Friday, May 7 - Miss Tiffany Universe 2010 Contest**

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 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 250 Baht, of which, 100 Baht 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/>.

MAY 1 & 2, SATURDAY & SUNDAY – CHRIS KAY'S MEMORIAL RUGBY

TOURNAMENT – The tournament will take place at Horseshoe Point Resort. It begins about 9:30am on Saturday and should conclude around 5pm on Sunday. The 2-day event will feature a male adult 10's tournament and the return of last year's successful Junior Division competition. The competition will again feature various schools from the surrounding provinces, expanded to further help the development of the Thailand Rugby Union Association.

MAY 7, FRIDAY – MISS TIFFANY UNIVERSE 2010 CONTEST – This annual event will take place at the Tiffany Show Theatre in North Pattaya (2nd Road). The winner will receive 100,000 Baht and a new Honda Jazz. For more information including details on ticketing, contact the Tiffany Show Theatre at 038-421-711.

MAY 16, SUNDAY - PATTAYA PRIDE CHARITY DINNER AT MANHATTANS - The theme of the dinner will be A Taste of Olde England. The four course dinner begins at 7:30pm. The cost is 1,500 Baht with 500 Baht being donated to Pattaya Pride Charities. Ten percent of bar sales, excluding wine, will also be donated. For details, contact Jim at 038-424-099 or email ambiance@loxinfo.co.th or contact Manhattan Restaurant at 038-259-790 or email info@manhattans-pattaya.com.

MAY 18, TUESDAY – PATTYA MUSICAL CONCERT FEATURING BRASS ARTS

BANGKOK – The Pattaya Music Society announced that this concert will be at the Pattaya Marriott Resort & Spa at 7:30 pm. The BrassArts Bangkok are a brass quintet made up of faculty members of the College of Music of Mahidol University. Concert tickets are 490 Baht per person (100 Baht for students with ID). After May 4th, tickets will be available at the front desk of the Marriott or by contacting Kuhn Naiyaporn by telephone at 038-41 2-120, ext. 1919, or email naiyaporn_ho@minornet.com. Following the concert, ticket holders are invited to an international “cook to order” dinner buffet at the Marriott Garden Café at a specially reduced price of 490 Baht per person (usual price is 649++ Baht).

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Last Week's Meeting

Master of Ceremonies Roger Fox welcomed everyone to the meeting and asked any new visitors to introduce themselves. He also pointed out that a nurse from Bangkok Hospital Pattaya (BHP) was available to do blood pressure and blood sugar tests. He continued with the opening announcements and then introduced Doctor Dr. Phurin Sutanthavibul, M.D., from the Health Promotion Center of BHP. Doctor Phurin's topic was about the need for medical checkups. Dr. Phurin received his degree from the Faculty of Medicine, Siriraj Hospital, Mahidol University in 2001. He has had advanced training in Cardiology Life Support and served one year at Maharakram Hospital and two years at Payukkapumpisai Hospital. He is a member of the Medical Council of Thailand.

Dr. Phurin pointed out that the most common reason people go to see a doctor is when they have a problem that needs diagnosis and treatment or for continued monitoring of an existing medical problem. However, it is also a good idea to have periodic medical checkups of your body for basically the same reason you take your automobile or motorcycle in for periodic servicing; to identify and take care of any problems before they become serious. For a person, the type of check up will depend on age, sex, and the person's health condition.

He gave several reasons why a person may need a medical checkup: (1) organs may have been attacked by a serious disease in a person's youth, which can be detected before they cause problems later in life; (2) if members of a person's family have had problems such as hypertension or diabetes, that person is at higher risk of developing the same problems, which can be detected early and treated; (3) environmental factors such as smog or climate can affect the rate your body ages, especially the skin; (4) stress and strain that may cause abuse or overuse of alcohol can create a health problem in one's middle years; (5) a serious disease of a person's

endocrine glands can lead to early aging of organs; and (6) emotional stress at work or home can lead to medical problems in middle age, such as heart disease or arteriosclerosis. Dr. Phurin emphasized that the earlier a chronic disease is detected, the better chance that its effects can be arrested.

As to which tests a person should have, Dr. Phurin said that will depend on the person's age, sex, lifestyle and risk factors. If a person has a strong body, no family history, and good health, they are low risk and should have a check up at least every 5 years until age 40 and then every 1 to 3 years thereafter. If a person has a family history of medical problems or a previous medical condition, then they should get a checkup annually. He also recommended that during checkups, you discuss whether you are experiencing any sadness, lack of energy, or other emotional feelings because emotional health is just as important as physical health. He concluded by saying it is better to be early than sorry.

After Dr. Phurin answered many questions from the audience, Kuhn Nat from BHP handed out a brochure showing the Hospital's current buy one get one free checkup promotion and discounted prices on some other diagnostic tests and procedures. Roger Fox then updated everyone on upcoming events and called on Les Edmonds to conduct the always informative and sometimes humorous Open Forum where questions are asked and answered about living in Thailand and Pattaya in particular.

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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.

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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.

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.

COMPUTER GROUP - Usually meets MONTHLY on the first MONDAY of the month at 2pm at Markland. 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. 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. For meeting information please contact Richard Smith at 038-412197, 089-244-9523 or by email at 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 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.

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 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.

BANGLAMUNG DISTRICT CROSS CULTURAL VOLUNTEER GROUP -- This group provides Volunteers to help Thais improve their English conversation ability through the "English Conversation for Thais" program. The starting date for the 11th session was on April 26. The Conversation classes are held at the Mike Shopping Mall 8th floor Meeting Room #1 with classes held on Tuesdays and Thursdays for 12 weeks from 6pm to 8pm. The Group has also 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 and they are valid 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.

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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 the process and the 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 2,000 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 – **(Ads on the website have been updated)**
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.

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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.

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).

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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 . 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 7th 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 FOR THE NEEDY - 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.

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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 - 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 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 the hospital has several promotions May 1 - 31, 2010: Health check up for 990 Baht (contact Gavin or Hospital for specifics); HPV Cervical Cancer vaccine package for 7,200 Baht for the 3 doses – does not include doctor's fee or hospital service charge (a 500 Baht discount for the first 50 persons); ZOOM Tooth Whitening for 8,500 Baht (regularly 9,600 Baht) – includes doctor's fee and hospital's service charge; Root Implant plus Crown Package starting at 40,000 Baht for one tooth (includes crown and x-rays); and Rotavirus Vaccine (Rotareg) taken orally in 3 doses for 1,700 Baht per dose (regularly 1,900 Baht) – a free children's educational progress toy is provided when you buy 3 doses of the vaccine. 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.

Recent Member Recommendations (No discounts offered)

Poseidon Restaurant has recently introduced a daily breakfast/lunch buffet from 8am to 1:30pm with many items available. Members' report that is very good and definitely value for money. It is offered at the very reasonable price of 145 Baht per person. They have also added a Weekend B.B.Q. (Friday & Saturday night) for 444 Baht per person. The restaurant is managed by Kim from Casa Pascal and is located in Jomtien Complex (first soi when approaching from South Pattaya on Thappraya Road). For more information, visit www.restaurant-pattaya.com. For reservations, please call: Restaurant Poseidon (038) 303-300 or 081-983-4182 (Kim)

The Village Chippy – Excellent Fish & Chips for 95 (small) and 120 (large) Baht – many other reasonably priced items on their menu. Location is 40 meters inside the Village on 3rd Road (opposite the Fire Station). Open Tuesday to Sunday, 11am to midnight. For more information, telephone 038-424-646 038-24-787 087-999-1246. Their website, www.thevillagechippypattaya.com appears to be under construction.

Amor Restaurant offers Early Bird Discount from now to September 20 - Amor is a PCEC featured restaurant. The discount for those dining between 5pm and 8pm will be 20% on food and drink (except wine). The Amor also offers a 3 course menu for 280 Baht plus service charge (early bird discount does not apply).

Recent Restaurant Discount Offers for Club Members

La Luna Italian Restaurant - 15 % Discount – We have received an email offering a 15% discount to Club members. To receive the discount, they say to advise the staff/chef about the email offer to the Club, dated 13 April 2010. The restaurant offers weekly specials and is located on 3rd road about 100 meters before the traffic light at the North Road junction – right under the Sugar Home hotel – telephone 038-371-322.

Valentino Restaurant - 20% Discount – This Italian and Thai restaurant is located adjacent to Foodland Supermarket on Pattaya Klang (Central Road). They offer a wide variety of Italian and Thai food including freshly made pasta. Several members have eaten there and strongly recommended it to others – also recommended ordering the deserts as they are quite large. Visit their [website](#) for more information.

List of Featured Restaurants Offering Discounts to Club Members

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** about May 1. **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; **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 or Darrel-pcec@inbox.com.

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