



PATTAYA CITY EXPATS CLUB NEWSLETTER

FOUNDED IN MARCH 2001

PATTAYA'S FRIENDLIEST EXPAT CLUB MEETING EVERY SUNDAY FOR EIGHT YEARS

Join us at **Henry J. Bean Restaurant, Amari Orchid Resort, Beach Road, Pattaya**

A buffet breakfast is available from 9:30 am to 11:00am - the program starts at 10:30 am

December 18, 2009 to December 24, 2009



HAPPY HOLIDAYS

AT THIS WEEK'S MEETING

Sunday, December 20, 2009

This Sunday our scheduled speaker is Father Patin from the Father Ray Foundation. He will talk to us about the Redemptorists and their activities in Pattaya. We will then welcome Children and students from the Father Ray Foundation to get us all in the holiday mood with Christmas Carols. If you can't make the meeting, but would like to hear the children sing, they are scheduled to perform at the Floating Market at 4 and 5pm on Saturday, December 19 and again at 3pm on Sunday, December 20. We have been informed that Father Patin has been ill. So, if he is not able to speak to us, Mike Lancaster, their Development Director, will take his place.

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. *Coffee service begins at 9am with breakfast starting at 9:30am. Remember to obtain your coffee or tea refills before the pots are removed at 11am. Map of location is on the website at www.pattayacityexpatsclub.com.*

MEMBERSHIPS FOR MANY ARE DUE DECEMBER 31 **RENEW EARLY**

Al Serrato wants to thank those that have been renewing early and is asking members with expiring membership cards to continue to do so. Please do not wait until the last meeting as Al can only handle so many at a time. Give Al your expiring card and 400 Baht annual membership contribution and he will make your new membership card. . You can renew for 2, 3, 4, or more years if you wish.

LET US KNOW IF YOU HAVE ITEMS FOR THE NEWSLETTER

If you are aware of an upcoming event or have an announcement about the activities of one of our special interest groups be sure it gets in the Newsletter by sending an email to Darrel Vaught at newsletter@pattayacityexpatsclub.com or to Darrel-pcec@inbox.com.

ANNOUNCEMENTS

- **THE NEXT AMARI “WINE EXPERIENCE” WILL BE ON FRIDAY, DECEMBER 18** – Please note the change in date due to the Holidays. December’s “Wine Experience” will feature several varieties of sparkling wines - with a promise from the Amari that your glass will be bottomless. Add a non-stop parade of tapas along with Christmas songs and quiet melodies from the Ice Bar’s combo and you have a very nice Friday evening. The “Wine Experience” will again be held in the Amari Tower's attractive Ice Bar from 6:30pm to 8:30pm. The price is 750 Baht net per person, but with our PCEC 15% discount, members pay only 638 Baht net (please remember to bring your card). Your friends are also welcome, and if you pay for them the discount applies! We will have a sign-up sheet so we can give the Amari an idea of how many will attend. And, if you are not full after the Wine Experience you can mosey up to the Mantra for a wonderful dinner at your PCEC 15% discount.
- **INVITATION FROM PATTAYA ORPHANAGE TO JOIN THEM FOR CHRISTMAS DINNER ON DECEMBER 25** - Khun Toy with the Pattaya Orphanage sent us an invitation to join the children for a fun-filled afternoon with presents, lucky draws, inflatable kingdom, food & beverages, stage performances, and reunion of former residents. This will be from 4pm to 10:30 pm . For more information, telephone 038-423-468 or 038-416-426 or email info@thepattayaorphanage.org.
- **COMPUTER GROUP WILL NOT MEET IN JANUARY** - Due to the Holidays, the next meeting will be on Monday, February 1. The meeting will be at 2pm in the Haad Sai Room on the 6th floor of the Markland on Feb. 1, 2010. At the December meeting a suggestion was made that we have a swap meet of computer parts, cable, computer, printers, etc. sometime before, during or after the meeting. Items could be swapped or sold – with the Computer Group hosts and the PCEC taking no responsibility for any transaction that may take place. If you like the idea please let Howard know at magichoward@hotmail.com. Check the Announcements and Upcoming Events section of the Club’s website [website](#) to see what’s coming up at the February meeting.
- **SAM FANG’S ELEPHANT BOOK AVAILABLE AT HALF PRICE IN DECEMBER** - Sam Fang who previously spoke to the Club about the fate of Thai elephants has announced that they will be offering his Elephant Book for 600 Baht during December (regularly sells for 1,200 Baht). You may want to consider getting one or more as a nice gift during this holiday season. Proceeds go to support Sam’s non profit organizations effort to improve the lot and increase the number of Thai elephants. If interested, see Stuart Saunders at the Sunday meeting or contact him by email at stuart21@mac.com.
- **WANT TO GIVE A CUTE KITTEN A HOME?** We have been contacted by Paul and Sandra Griffiths who live here in Pattaya. For the past 3 years, they been helping abandoned and sickened kittens. They visit an animal shelter every few days to feed and administer basic medical care to over 20 cats and kittens. When the cats are well, they take them to their home. At present they have 22 cats at home and together with the ones at the shelter they are caring for over 50. They have provided us pictures of some very cute kittens. If you think you would like to make a home for one of them, see Darrel at the meeting to glance through the pictures or you can contact Sandra at royannegriffiths123@yahoo.co.uk.
- **HOSPITAL PROMOTIONS** - Any current promotions being offered by Bangkok Hospital Pattaya and Phayathai Hospital Sriracha are shown in the *HEALTH ISSUES* Section of the Newsletter. Bangkok Hospital Pattaya is now offering their annual discount prices on their check up packages. You must purchase the package by December 31, 2009; but, you have until March 31, 2010 to visit the Wellness Center and get the check up.

- **REMINDER ABOUT THE BUFFET** - Please support our continued stay at Henry J. Beans, our home for almost five years now, with its pleasant laid back and informal atmosphere - which the Amari Hotel allows us to use without charge. To continue our use of HJB's facilities at current prices, we are asking members and guests to purchase a buffet ticket or, if you do not want a full breakfast, at least the toast and coffee or tea. Please let us know, at the meeting, by telephone call, or by email if you find anything unsatisfactory, and we will take it up with the HJB staff. Email us at info@pattayacityexpatsclub.com with comments or complaints.

THIS WEEK'S UPCOMING EVENTS

The following events coming up this week are highlighted here, but are more fully described in the Announcements, What's Happening, or Dining out sections of the Newsletter.

- Friday, December 18 - Amari Wine Experience at Ice Bar in the Tower
- Friday, December 18 - Pattaya International Beach Football Tournament Continues
- Tuesday, December 22 - A Jolly Camp Charity Christmas Show at Oscars
- Friday, December 25 - Charity Concert for Pattaya Orphanage at Discovery Beach Hotel
- Friday, December 25 - Invitation to join the Pattaya Orphanage for Christmas

LAST WEEK'S MEETING

Master of Ceremonies (Emcee) Roger Fox welcomed everyone to the regular Sunday meeting of the Club. After the usual morning announcements he commented that the guest speaker was Dr. Sompote Lee, M.D., from Bangkok Hospital Pattaya who received his medical degree from Chiang Mai University in 1989. His specialty is gastroenterology in which he is Board Certified. He has worked at several hospitals in his career and has been both an instructor and consulting physician. Emcee Roger also mentioned that the Hospital nurse was giving free blood pressure checks in the back alcove for those that wanted them. He then called on Dr. Sompote to talk about colon cancer screening.

Dr. Sompote started by describing what the colon is. With the aid of pictorial diagrams, he pointed out that the colon is the large intestine in your body. It connects to the rectum, which is the passageway to the anus. He then gave some statistical information about colon cancer. It is the second leading cancer killer in the US. He said that in the past year there has been 146,770 new cases and 49,920 deaths. But since between 1998 and 2004, there was a 2.3 percent decline in deaths, which he attributed to more screening for colon cancer. Further, 90 percent of colon cancer patients are over 50 years of age. This is why it is strongly recommended that everyone over the age of 50 get periodic screenings.

He described how colon cancer develops. It starts as small polyps that slowly grow over time and can become cancerous. This growth into cancer cells takes from 5 to 10 years. He said that polyps can be flat, elevated, or depressed lesions. Dr. Sompote showed a chart depicting the three stages for polyps. Stage one is when the polyp is within the colon. Stage two is when it protrudes into the muscle, Stage three is when it penetrates the colon wall. Because it is slow growing, screening can identify the polyps and remove them before they become cancerous.

People considered to be at average risk of colon cancer are those over 50 years of age (45 for those of African American descent) and the risk increases with age. Further, if you are a cigarette smoker or are obese you are at risk of colon cancer at an earlier age. He recommended those with an average risk get a colonoscopy every 10 years, a sigmoidoscopy every 5 years, and a fecal occult blood test annually. Another screening test that can be done is an air contrast barium enema. However, he cautioned that if you are at high risk, more frequent tests and screening at an earlier age may be required. He said that you are at high risk for colon cancer if: (1) you or a

close relative have had colon polyps or colon cancer; (2) you have inflammatory bowel disease; or (3) you have a genetic disposition such as familial adenomatous polyposis or hereditary nonpolyposis colon cancer. Dr. Sompote said that for those at high risk, he recommended they consult with him or another doctor as his talk was primarily for those at average risk.

Precancerous polyps and early stage colon cancer do not always cause symptoms, especially at first. This means that someone could have polyps or colon cancer and not know it. He said that is why having a screening test is very important. When symptoms do appear, it most often is blood in the stool. Recently, a home test for blood in the feces has been developed, but presently is not approved for use in Thailand. He then described the different screening tests and mentioned some of their limitations. The most effective screening is the colonoscopy. This involves taking a laxative, usually the day before the test, which many say is the worst part. A mild sedative is also administered to reduce discomfort. The doctor uses a long, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During this test, the doctor can find and remove most polyps and some cancers. The sigmoidoscopy is similar, but the tube is shorter and the examination is limited to the rectum. The fecal occult blood test is where you provide a small stool sample which is then checked for the evidence of blood by a laboratory. Dr. Sompote then mentioned the virtual colonoscopy that is done using a CT scan. The disadvantage of having this test is that it will not detect smaller polyps. Further, if polyps are detected, a regular colonoscopy will be required so that they can be removed.

Dr. Sompote summed up his talk by stating that regular checkups are very important because with early detection, colon cancer is curable. After Dr. Sompote answered many questions from the audience, Emcee Roger updated everyone on upcoming events and then called on Judith Edmonds to conduct the always informative, interesting, and sometime humorous Open Forum where questions are asked and answered about living in Thailand and Pattaya in particular.

DINING OUT IN PATTAYA AND ELSEWHERE

We have received several requests to publish special promotions being sponsored by restaurants OR recommended by our members. We will include these recommendations in the Newsletter, space permitting. If you have a recommendation, please email info@pattayacityexpatsclub.com.

- ❖ **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, our weekly meeting place**, has a ladies night on Mondays; ladies can buy 1 drink and get one free. Tuesdays and Thursdays is for beer lovers - from 5pm to 1am, buy 1 draft beer and get 1 free. Every Sunday, kids eat for free before 7:30pm when ordering from the kids menu (must be under 10 years of age). In December, **Mantra** will be featuring popular gourmet cuisine from their fabulous monthly promotions. For Mantra reservations, telephone 038-429-591.
- ❖ **Amari's Events for December and New Years** - Take advantage of your PCEC member discount and enjoy some great food while celebrating the Holidays. Upcoming events are:

- ✓ **December 24, Thursday** - Christmas Eve - Amari Traditional Christmas program will be from 7pm to 10:30pm in **the Garden**. Full buffet and entertainment for 3,900++ Baht (PCEC discount price 3,315++ Baht). The price includes a half bottle of wine per person and based on past events, a good show with several acts, door prizes, and dancing.
 - ✓ **December 25, Friday** - Christmas Day - Amari Italian Buffet at the **Orchid Terrace** for 950 Baht net per person (PCEC discount price 808 Baht net).
 - ✓ **December 25, Friday** - Christmas Day Luncheon at the **Mantra** for 2,799+ Baht per person (PCEC Discount 2,380+ Baht per person)
 - ✓ **December 27 & January 3, both on Sunday** - Festive Family Brunch at the **Mantra** for 1,650+ Baht per person (PCEC discount 1,403+ Baht)
 - ✓ **December 31, Thursday** - New Years Eve - **Henry J. Bean's** Family Carvery dinner at 950Baht net per person (PCEC discount 808 Baht net)
 - ✓ **December 31, Thursday** - Extravagant Gourmet buffet at the **Mantra** for 3,900+ Baht per person (PCEC discount 3,315+ per person)
- ❖ **Amor restaurant will be having their Christmas and New Years Eve dinner** for 1,350+ Baht per person. The dinner will be at 8pm on December 25 and again at 8pm on December 31. For reservations, call 038-710-680 or you can look at the menu and book online through their [website](#).
- ❖ **Don't forget the PCEC Featured Restaurants offering discounts to members** (Remember to offer your card before the bill is presented to ensure you receive the discount) - **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.

WHAT'S HAPPENING IN AND AROUND PATTAYA

Please share with any forthcoming events or activities that you may be aware of so we can publish it for everyone's benefit.

A listing of upcoming events in Pattaya, Bangkok, and elsewhere for this and coming months, which are of interest to Pattaya's Expat community. Inclusion of commercially sponsored events does not mean that the PCEC endorses the companies or their products. Any event that is sponsored by the PCEC will be clearly identified as such.

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.

- **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.

- **NOW TO DECEMBER 30, WEDNESDAY - EXHIBITION NAVIGATING THE BANGKOK NOIR** at Liam's Gallery will feature the paintings of Chris Coles. His expressionist paintings of Bangkok's nightlife reveal a raw and primitive layer of the human experience. On December 11 at 6:30pm, Christopher G. Moore will launch and sign his new books, *The Corruptionist* and *The Vincient Calvio Reader's Guide*. Moore's Noir novels are the perfect complement to Coles paintings. Both artists are core members of the Bangkok Noir movement. For Gallery location visit their [website](#).
- **NOW TO DECEMBER 20, MONDAY TO FOLLOWING TUESDAY - 5TH PATTAYA INTERNATIONAL BEACH FOOTBALL TOURNAMENT** - This event is taking place on Jomtien Beach and features 5 a side teams from 10 countries. For more information contact the Pattaya City Call Center on 1337 then 9 for English speaking operator.
- **DECEMBER 22, TUESDAY - A JOLLY CAMP CHRISTMAS SHOW FOR CHARITY** - At Oscars Bar in Boyztown (Pattayaland Soi 3) to benefit Thais4Life Charity. The show begins at 9pm.
- **DECEMBER 25, FRIDAY - CHARITY CONCERT FOR PATTAYA ORPHANAGE** - This event is being organized by the Discovery Beach Hotel. It will consist of a classical program with two award winning musicians, pianist Pimpanit Karoonyavanich and her brother the violinist Piyapob Karoonyavanich. Tickets are 1,500 Baht per person. For more information call 087-976-5154 or email at: E-mail: gm_1@pattayadiscoverybeach.com, gm@d-beach.com, chrisaustria2007@gmail.com, operachrispianopat2009@hotmail.com.
- **JANUARY 8, FRIDAY - THAIS4LIFE CHARITY FUND RAISING EVENT** will be held at the Piano Bar at Le Café Royale in Boyztown (Pattayaland Soi 3). It will feature appearances by Maisie Trollette, Miss Jason, and vocalist Jo Frances. A Chef's carved buffet will be available from 8:30pm for a cost of 490 Baht. The show is from 9:30pm to 11pm. Advance reservations are recommended. Contact telephone is 038-423-515 or email info@caferoyale-pattaya.com.
- **JANUARY 10, SUNDAY - PGF CHARITY DINNER AT BRUNO'S RESTAURANT** - This Pattaya Gay Festival event is to benefit the PGF supported charities and will feature Creations of Chef Fredi. The cost is 1,500 Baht of which 500 will be donated to Charity. For further information contact Bruno's Restaurant by telephone at 038- 364-600/1.

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 hawaiiibob4you@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 hawaiiibob4you@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.
- **BOAT GROUP** - Rod has taken his boat out of the water for needed maintenance. Boat Group meetings are currently on hold. For more information, you may contact Rod or his wife at 087-039-9353.
- **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** - 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. 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. A trip for the Group to visit the village has been scheduled. If interested in participating, contact Stuart Saunders at this Sunday's meeting or you can email him at Stuart21@mac.com.
- **BANGLAMUNG DISTRICT CROSS CULTURE VOLUNTEER GROUP** -- This group provides Volunteers to help Thais improve their English conversation ability through our "English Conversation for Thais" program. We are an outreach program to the Thai community, formed under the auspices of the Banglamung Nai Amphur (District Chief Officer), the Governor of Chonburi Province, and the Pattaya City Expats Club. Our classes for this year have been completed and Certificates awarded. The Volunteer Group has also provided conversation classes at the Nova Platinum Hotel, Nova Suites, and the Chevrolet Agency. We will resume classes in late January or early February, 2010. If you are interested in volunteering to help in the classes, please list your name on the sign-up sheet, or contact Richard Smith at 089-244-9523, 038-412-197, or by email to rick2@loxinfo.co.th.

CLUB SERVICES

This section lists various services offered by the Club.

- **PCEC 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 - he will also need two driver's license size pictures. The annual membership contribution of 400 baht will entitle you to discounts at the Club's featured restaurants, Underwater World, Bangkok Hospital Pattaya, health insurance, and elsewhere.
- **DRIVING LICENSE ASSISTANCE** - MONTHLY, Hans (or Jon) Stroosnyder will escort and assist those interested in getting a Thai driving license. Hans 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. The documentation you need and complete application and renewal instructions can be found [here](#). Information on getting International Driving Permits in Australia, Canada, New Zealand, UK, and USA can be found [here](#) and getting one in Thailand for use in other countries can be found [here](#).

- **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 call upon John Fishback, Richard Smith, or Darrel Vaught. You can email your question to info@pattayacityexpatsclub.com. You can also contact Darrel at 086-069-0112 or email - darrel-pcec@inbox.com or John at 089-933-7227 or email - jbfemail-pcec@yahoo.com or Richard at 038-412-197 or email - rick2@loxinfo.co.th.
- **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. You can also borrow DVDs by stopping by Peter's Aromatic Studio in Naklua's Windmill Plaza opposite Naklua Soi 18/1.
- **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.

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. They will note this information in their computer so that you can receive special discounts offered to PCEC members. As a PCEC member you will get a 10% discount on room rates, medication and prescribed drugs, and 5% off on dental services. You may still be asked on occasion to show a currently valid PCEC card to verify you are still entitled to the discounts.
- **PHAYATHAI PATTAYA HOSPITAL 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 15% DISCOUNT ON GPS TRACKING DEVICE** - The TRAMIGO GPS devices can be used to track and/or locate a person or a vehicle. No GPS fees as they operate with a local SIM card. For more information, brochures are on the back table or stop by their booth at Carrefour in front of the Food Court. More about the devices can be seen at their [website](#).
- **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.
- **UNDERWATER WORLD OFFERS MEMBERS A DISCOUNT** -- A representative of Underwater World told the Club that members will be charged the Thai admission price, not the Farang price. Further, upon producing your membership card, the cardholder will receive a 20% discount - off the Thai admission price. At a recent meeting, a member said he went to Underwater World and did receive the discount - albeit a bit of a delay while the staff went to the back office to confirm 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).

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.

- **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.

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** - Check up promotion for half price on their checkup programs is available till December 31, 2009 (to purchase) and March 31, 2010 (to use voucher). For more information on the check up packages, click [here](#). BHP is also offering an OPD (Out-Patient Department) card for 500 Baht for one year. The card will get you a 10% discount on medications, medical supplies, lab examination, X-Ray examination, and physical therapy. It excludes any special medications, supplies, lab tests or equipment. It also provides discounts on dental fees for Scaling, Operative dentistry and Tooth extraction, but excludes dental supplies and dental packages.

The card should be presented prior to treatment; it cannot be used in conjunction with other discounts/promotions, and is valid only at BHP. You can get it at the Chivawattana counter in Building E.

- **PHAYATHAI SRIRACHA HOSPITAL PROMOTIONS** - December promotions for Phayathai Hospital are Breast cancer screening with mamogram including free breast ultrasound for 1,500 (regularly 2,000), Bone density screening for hip and spine area for 1,900 (regularly 2,800), Cervical Spine or Spine Check with MRI for 7,000 (regularly 9,000), CT Calcium Scoring by 64 slice CT scan for 1,900 (regularly 2,900), Stroke risk screening program 1 for 4,590 Baht (regularly 6,480) includes examination, chest x-ray, EKG, carotid doppler ultrasound, CBC, FBS, lipid profile, and BUN Creatinine OR Magnetic REsonance Angiography for Carotid Constiction Screening for 8,900 Baht (regularly 14,000) OR both (called program 2) for 11,000 Baht (regularly 18,930). In the Dental area, they are offering ZOOM Teeth Whitening program for 8,000 Baht (regularly 9,600) OR root implant starting at 40,000 Baht that includes crown. . 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* provides laboratory tests (no doctor's consultation) The laboratory is on at 247/59 Moo 10, 3rd Road (South Pattaya). Directions are if you are proceeding from South Road (Pattaya Tai) toward Bali Hai, it will be on the right shortly after making the turn toward the overpass. He says their sign is hard to see, so look for *Laundry Express* sign and you will be very close.
- **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. .

 WE ASK FOR YOUR COMMENTS ON THE NEWSLETTER 

Your thoughts, suggestions, questions and criticisms can help us produce a better Newsletter for you.

Please email your comments to us at

info@pattayacityexpatsclub.com or newsletter@pattayacityexpatsclub.com.