



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

February 26, 2010 to March 4, 2010

AT THIS WEEK'S MEETING

**Sunday
February 28, 2010**

This Sunday, the Pattaya Friends of the PDA (A PCEC special interest group) will present a report of their recent trip to Buriram, and the village of Ban Klok Klang Noi. The presentation will show the works of the PDA in Buriram, and the activities of the village, which the Pattaya Friends of the PDA are sponsoring.

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.

RENOVATION OF THE CLUB'S MEETING PLACE IS SCHEDULED FOR MARCH 22

The renovation is expected to take about 4 weeks to complete. During renovation, we will be meeting in the Amari's Garden Wing. We will be providing information in the Newsletter and on the website of the exact location for our meeting for Sunday March 28 and thereafter during the renovation period.



March 17 St Patrick's Day

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**CAUTION! – UNSOLICITED TELEPHONE CALLS OFFERING INVESTMENT OPPORTUNITY TO MEMBERS**

– We have received a few reports from members about receiving telephone calls from someone offering investment opportunities and implying that the solicitation is sanctioned by the Pattaya City Expats Club. Please be aware, the **CLUB DOES NOT ENDORSE OR SUPPORT ANY SUCH SOLICITATIONS** or allow anyone to use the Club's data for such purposes. The Club's By-Laws restrict access to and use of the Club's Membership Data and Mailing Lists – Section IV, Paragraph 5 states: *Any Board or regular member having custody of, access to, or coming into possession of any such list must keep the information confidential and restrict access to only those specifically authorized by the Board. They shall not distribute or disseminate the mailing list(s) or database(s) to any person, organization, commercial enterprise, or any other entity or enterprise.*

- **SEVERAL FOREIGN EMBASSIES ISSUE WARNINGS FOR TRAVEL IN BANGKOK** - The Thai Supreme Court decision on former Prime Minister Taksin's assets is scheduled for Friday, February 26. The Embassies warn that there may be several demonstrations on and around that date in Bangkok and caution all their citizens to be on the alert and avoid large gatherings as demonstrations sometimes can turn violent.
- **GOVERNMENT OFFICES AND BANKS WILL BE CLOSED ON MONDAY, MARCH 1** – Sunday, February 28 is Makha Bucha Day – a major Buddhist holiday. This day is also an official Thai holiday. Since it falls on a Sunday, Government Offices including Chonburi (Pattaya) Immigration and Banks as well as many businesses will be closed on Monday in observance of the holiday.
- **APPEARS TO BE A NEW PROCEDURE AT IMMIGRATION** – There have been reports on Thaivisa.com that Chonburi (Pattaya) Immigration is now asking for a copy of rental agreements or house papers when extending your retirement visa – the reports indicate that for rental agreements, they are satisfied with a copy of the first page (apparently the page showing lessor, lessee, and property address). So you may want to be prepared by having a copy of the document(s) in case you are asked for it. The reports were from individuals extending their retirement visa, but it is possible you may be asked for it if renewing any long term extension.
- **SHAKESPEARE – ABRIDGED – DISCOUNT FOR PCEC MEMBERS THROUGH END OF FEBRUARY** – The actors in this funny, outrageous spoof of Shakespeare's works appeared magically at last Sunday's meeting and did Hamlet in 45 seconds – then did it backward (really) in about the same time – starting from dead on the floor. These are real professional actors from New York and Los Angeles, performing at the Tuxedo Magic Theatre on North Pattaya Road, next to the Bus station. The full 90 minute show is presented Wednesday through Sunday evenings starting at 9 pm, and they have a Saturday and Sunday matinee at 2 pm. They are starving for people to come see them – the location is a little out of the way – so we were offered a great price. Regularly adults are 350 Baht, but PCEC; members can get in for 200 Baht – but only until the end of February. That's a deal – and Shakespeare too. Call them at 081-683-9322 for reservations.
- **WINE EXPERIENCE AT THE AMARI ON FRIDAY, FEBRUARY 26** – The Amari's wine experience is from 6:30 pm to 8:30 pm – It will feature Italian wines and pasta, plus the famous 2 minute shoulder massage. The Wine Experience will be held at the Amari Garden Lounge - go through the main building to the green grass garden area, and you will see the venue. The regular charge is 750 baht, but with your PCEC card, the cost is 638 Baht net. It was so pleasant last month that there were still people there at 10:15 pm– they were a little late taking the wine away.

- **UPCOMING WINE DINNERS** – Several of our members enjoy partaking of the many wine dinners offered by some of Pattaya's finer restaurants. Two such dinners are listed in the *WHAT'S HAPPENING* section of the Newsletter.
- **NO DRIVER LICENSE ASSISTANCE TRIP IN MARCH** – Hans advises that there will be no trip in March. The next trip will be on the first Wednesday of April.
- **COMPUTER GROUP WILL NOT MEET IN MARCH** – Our Host, Howard Posner, will be away for the next few months, so we are looking for an interested person to fill in for him. If you or someone you know is interested in making a presentation on computers or cell phones, please contact Richard Smith at 089-244-9523, or by email at rick2mail@gmail. There is a lot of interest in the new Windows 7 – someone who could help us with a discussion of the good and the not so good in Windows 7 would be appreciated. There will not be a Computer Group meeting in March.
- **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.
- **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, February 26 - Fashion Show for Vinegar New Collection for Men**
- **Friday, February 26 - Wine Experience at the Amari**
- **Friday & Saturday, February 26 & 27 - 2010 Retro Festival in Bang Saen**
- **Saturday, February 27 - An Evening with Heather Small**
- **Saturday, February 27 - Alois Restaurant Wine Dinner**
- **Saturday, March 6 - DusitD2 Rock N' Wine Dinner**

LAST WEEK'S MEETING

The meeting got under way with this week's Master of Ceremonies Roger Fox welcoming a medical specialist from Bangkok Hospital Pattaya. The PCEC welcomes advice on healthcare matters and this week was no exception as Dr. Sukree Khumarak, an orthopaedic specialist provided a detailed account of the condition of arthritis and the treatments available.

There are many forms of arthritis, the most common form being osteoarthritis a degenerative joint disease which can be caused as a result of trauma to the joint, infection of the joint, or age. In this case the bone cartilage can become damaged or severely eroded. Risk factors for osteoarthritis include prior joint trauma,

obesity, repetitive joint use and a sedentary lifestyle. Other arthritis forms are rheumatoid arthritis, psoriatic arthritis, and autoimmune diseases in which the body attacks itself. Septic arthritis is caused by joint infection.

The major complaint by individuals who have arthritis is pain. Pain is often a constant and daily feature of the disease. The pain may be localized to the back, neck, hip, knee or feet. The pain from arthritis occurs due to inflammation that occurs around the joint, damage to the joint from disease, daily wear and tear of joint, muscles strains caused by forceful movements against stiff, painful joints and fatigue. The most important factor in treatment is to understand the disorder and find ways to overcome the obstacles which prevent physical exercise.

While neither rheumatoid arthritis nor osteoarthritis can be completely prevented, the risks can be reduced by becoming physically active, participating in physical exercise, losing weight and eating healthily. Dr Sukree commented that one pound loss of weight produced four pounds load reduction to the joints. All individuals who have pain in the joints should seek early diagnosis because the earlier the treatment is started, the better the results. Dr Sukree described the treatment options which will vary depending on the type of arthritis. These include physical therapy, lifestyle changes, medications, and dietary supplements. Finally arthroplasty, joint replacement surgery, may be required in eroding forms of arthritis. Dr Sukree provided some illustrations of the operative procedures.

A large number of questions followed including a query as to whether yoga could lessen the chance of the occurrence of arthritis to which the answer was yes.

There was a report on the recent Pink Polo event which was described as an excellent day out at the local Thai polo club. The regular Open Forum was then underway with Judith Edmunds leading the proceedings. The Open Forum provides an opportunity for questions about living in Thailand with an emphasis on Pattaya to be asked.

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). **Mantra** offers different cuisines in a fabulous setting.
- ❖ **Don't forget the other PCEC Featured Restaurants offering discounts to members (Remember to offer your card before the bill is presented to ensure you receive the discount) – 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.

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.

- **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.
- **FEBRUARY 26, FRIDAY - FASHION SHOW VG VINEGAR NEW COLLECTION FOR MEN** - Vinegar will be showcasing their swimwear and underwear for men at L'Arc Restaurant in Jomtien Complex (between the Venue and Poseidon). Entry fee is 250 Baht with cocktail dinner and one drink - other drinks are 70 to 90 Baht. Reservations can be made at Vinegar Shop in Jomtien Complex or at L'Arc Restaurant or at Restaurant le Bordeaux (South Pattaya Soi Day Night 2).
- **FEBRUARY 26 & 27, FRIDAY & SATURDAY – 2010 RETRO FESTIVAL IN BANG SAEN** – The local Bang Saen Administration with the Chonburi Provincial Administration and various private businesses will be sponsoring this event on Bang Saen Beach. The theme is period dress and entertainment from the 60's, 70's, and 80's. There will be ballroom, line and traditional Thai "circle" dancing on display, various market stalls and exhibitions, and entertainment from various rock bands and solo artists. The [Pattaya Daily News article](#) includes a listing of the time for the various events,
- **FEBRUARY 27, SATURDAY – ALOIS RESTAURANT WINE DINNER** – The 5 course dinner starts at 7pm. The price is 1,900 Baht net (includes a glass of each of the dinner wines served with each course). For more information visit www.alois Pattaya.com or call 038-267-191/2.
- **FEBRUARY 27, SATURDAY – AN EVENING WITH HEATHER SMALL** at the Centara Grand Mirage Resort in Naklua. The award winning singer from M People will be singing live all her biggest

hits including 'Moving On Up', 'One Night In Heaven' and 'Search For The Hero' and of course the Olympic Anthem 'Proud'. The evening is in support of the Melissa Cosgrove Children's Foundation and all the proceeds from the concert will be donated to this charity. Tickets are priced 1,000, 3,500 and 5,000 baht per person with the top priced tickets including a buffet, glass of champagne and a chance to meet Heather in person. For more information call (English) 084 352 0299 or (Thai) 084-352-0309.

- **MARCH 6, SATURDAY - ROCK N' WINE DINNER AT DUSITD2** - The wine dinner will be at the s.e.a. restaurant at DusitD2 on 2nd Road. The chef will be preparing grape inspired dishes complemented with wines from the Siam winery. Show by Kathrin Puff. The cost is 1,600++ Baht (includes pre dinner cocktails, wines, and show). For more information and reservations, call 038-769-999.
- **MARCH 9, TUESDAY - CHARITY QUIZ AT OSCARS** - Quiz starts at 9:30pm at Oscars Bar in Boyztown (Pattayaland Soi 3). Entrance fee is 100 Baht per person, which is donated to Thais4Life Charity. Complimentary snacks are served after the quiz.
- **MARCH 10 & 11, WEDNESDAY & THURSDAY - AUDITIONS IN BANGKOK FOR MUSICAL THE FANTASTICKS** - The International Women's Club of Thailand and Theatre Guild will hold auditions from 6 to 9PM at the Bangkok Art and Culture Centre. For complete information on auditions, character descriptions and vocal ranges, please visit <http://www.thetheatreguild.webs.com> or email: TheatreGuild_Bangkok@yahoo.com. All profits from the production will go to the IWC's charities for needy Thai children and women.
- **MARCH 13 & 14, FRIDAY & SATURDAY – BANGKOK COMMUNITY THEATRE PRESENTS PINOCCHIO** – This event will be performed in English at 1:30pm and 4:00pm each day at The British Club on Silom Soi 18 in Bangkok. It is an interactive children's play for the young and the young at heart. Although designed for children 4 to 9 years of age, parents will also enjoy this unique type of live theatre-in-the-round. Come early to make some simple crafts with volunteers from the Bangkok Nursing Hospital, which the children can use in the show (craft is already included in ticket price). Seating is limited, so book early to avoid disappointment. Tickets are one price at B200 each and will be available to the general public from February 22nd at the Lobby reception desk in the BNH Hospital on 9/1 Convent Road. Tickets may be purchased from 8am to 7pm, Monday to Friday and from 8am to 5pm on Saturday and Sunday. British Club Members may also sign for tickets at the club. For more information, please visit the BCT website at www.bct-th.org or email pinocchio@sala.net or call 089-887-7945.
- **MARCH 20 & 21, FRIDAY & SATURDAY – BANGKOK COMMUNITY THEATRE PRESENTS PINOCCHIO** - Repeat of the March 13 & 14 presentation.
- **MARCH 22, TO MARCH 28, SUNDAY TO SUNDAY - 2010 KING'S CUP ELEPHANT POLO TOURNAMENT IN CHIANG RAI PROVINCE** - This event is renowned for its opening ceremony and displays of Thai culture. Last year the annual tournament saw 12 teams compete with riders from over 15 different countries, with this year's tournament expected to be even bigger. The event takes place on the banks of the Ruak River which separates Thailand from Burma and is located in the Northern Province of Chiang Rai. Swiss luxury watchmaker Audemars Piquet sponsors the famous event, with all proceeds going towards the Thailand National Elephant Institute charity. For more information about the event, visit these websites: http://www.whatsonwhen.com/sisp/index.htm?fx=event&event_id=72074 and <http://www.anantaraelephantpolo.com/>.

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. 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 10% off on dental treatment and 5% on prosthodontic dentistry (replacement of missing teeth and related mouth or jaw structures by bridges, dentures, or other artificial devices). 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 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).

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** - 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). For more information, visit their [website](#) or call 1719.
- **PHAYATHAI SRIRACHA HOSPITAL PROMOTIONS** – Several February promotions are being offered by Phayathai Sriracha Hospital. Health Check Up program 3,890 Baht (Regular 8,400) and Special Check Up Program for Couples has 50% discount. Zoom Teeth whitening with light-activated system for 8,500 Baht (regular 9,600). Breast Cancer Check with Mammogram (Mammography) includes free Breast Ultrasound for 1,500 Baht (regular 2,000 Baht). Add bone density check (2 body parts) for 2,900 Baht includes doctor's fee and hospital service charge (regular 4,800). HPV vaccination against cervical cancer – Vaccine package for 2 strains 6,800 Baht; 4 Strains 7,200 Baht – these prices exclude doctor's fee and hospital charge. 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](#).

 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.