



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

March 12, 2010 to March 18, 2010

AT THIS WEEK'S MEETING

Sunday
March 14, 2010

Lights! Action! Camera! We are not sure this is actually what a movie director calls on the film set, but attend this Sunday's meeting and you may get the answer. Our speaker will be Stephen Rouse from the UK. He will be enlightening us about the Thai film industry. Stephen has been involved in the film industry for many years. Prior to getting involved in the film industry, he served nine years as a Lieutenant in the British Royal Navy. His credits include among others being Assistant Director for: Want (2001), The Lost Island (1993), Lost in Amsterdam (1990), Santa Claus The Movie (1983/4), and The Keep (1982). He currently has several projects in progress as producer, director, and/or writer. He is a member of the Directors' Guild of Great Britain. He has been living in Thailand since 2002. We may also have Paul Strachan, Production Manager of PMTV, to do a short presentation about his plans for an "Open Forum" (question and answer) type production.

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.

LAST SUNDAY MEETING AT HJB WILL BE MARCH 21 – TEMPORARY LOCATION STARTING WITH MARCH 28 MEETING WILL BE IN THE AMARI GARDEN WING

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

HAWAII BOB'S CLASSIFIED EXPAT ADS ARE NOW ON THE WEBSITE – 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.

- **HOW DO YOU IDENTIFY A STROKE** – We have recently added an article to the General Interest section of the website that gives you some easy to remember signs to identify if someone is having a stroke. The damaging effects can be reversed if the victim receives appropriate medical treatment shortly after the stroke. Check out these easy to remember tips – it could save someone's life. To go direct to the article, click [here](#).
- **AMERICAN CITIZEN SECTION OF US EMBASSY WILL VISIT PATTAYA ON WEDNESDAY, MARCH 24** – The outreach visit will be at the Dusit Thani Pattaya (located at the Dolphin Roundabout – intersection of 2nd Road and Pattaya Nua (North) Road). It will be from 10am to 2pm (this is a time change from previous outreach visits). Various consular services will be available – passport application, notarial services and certified copies (includes income affidavits for US citizen retirees in Thailand), answers to social security and other Federal benefits questions. Notarial services are \$30 or 1,020 Baht. Passport applications are \$75 or 2,550 Baht for adults and \$85 or 2,890 Baht for a child. Applications for additional pages can be made, but the passport will have to be picked up in Bangkok as the pages cannot be added in Pattaya. If you have any questions, please email acsbkk@state.gov or call the American Citizen Services Unit at 02-205-4049.
- **US STATE DEPARTMENT PLANS TO RAISE CONSULAR FEES** – Gary Hacker, fellow member and an Embassy Warden for Pattaya, advises that there is a proposal to raise Consular fees for foreign services provided by US Embassies around the world. He encourages everyone to avail themselves of the 24 March outreach visit at the Dusit Thani, especially if you need extra passport pages because at some unknown time this year, the new fees will be implemented. He notes that the proposed fees are to charge \$82 for extra pages, which currently are free. Also, it is proposed to increase notary fees from \$30 to \$50 and new passports will be \$135 for adults and \$105 for children. He says he has been told by the Consulate that periodically the Government reviews fees to try and establish their actual cost and collect those costs.
- **FOREIGN EMBASSIES ISSUE WARNINGS FOR TRAVEL IN BANGKOK THIS WEEKEND AND INTO NEXT WEEK** – Embassies continue to warn their citizens about traveling to or around Bangkok this weekend. There have been some explosive devices detonated or found in Bangkok after the Thai Court's ruling on the former Prime Minister's asset forfeiture. It is possible that more devices may be planted leading up to a planned major political rally in Bangkok on March 14. The Thai Government has imposed the Internal Security Act and announced they will be mobilizing police and military forces in the event of violence – they will also be establishing checkpoints on roads to Bangkok to search incoming demonstrators for weapons. The US Embassy has sent a notice to its citizens that includes the following: *The main demonstration is expected to occur near Government House and along Ratchadamnoen Road in the Dusit district of Bangkok, but the UDD has also announced plans for demonstrations in other parts of town. As a result, traffic congestion and difficulty of movement is possible throughout Bangkok. U.S. citizens should be alert to the possibility of UDD demonstrations or gatherings elsewhere in Thailand as well.* Most Embassies say their citizens should exercise caution and vigilance (especially during the hours of darkness) when walking through populated urban areas. Immediately report to law enforcement or security personnel any unattended packages or bags in public areas. Foreigners should also avoid any large crowds of demonstrators as there is always the possibility of violence at such gatherings.

- **APRIL 2, FRIDAY - AMOR RESTUARANT CELEBRATES 16 YEARS WITH A SPECIAL DINNER** - Richard from Amor restaurant will be offering a special dinner at 8pm to celebrate their Sweet Sixteen anniversary. The 3 course dinner will be 160+ Baht per person (Club discount will not apply on this night and there will be a one drink minimum). Reservations are strongly recommended because there will probably be many takers considering Richard's excellent cuisine at this great price. For more information or reservations, telephone 038-710-680 or 081-945-5396; email richard@amorrestaurant.com; or visit www.amorrestaurant.com. Also, don't forget it is mango season again at Amor and they have a wonderful selection of delicious Main Course and Dessert Dishes as well as some wonderful drinks, all with sweet mangos. Go by and give them a try and get your 10% Club discount.
- **UPDATE ON LIAM'S GALLERY** – The Gallery will be canceling their weekly Friday open house during the period March – June 2010 as it is both the hot and low season.
- **WINE DINNERS** – Several of our members enjoy partaking of the many wine dinners offered by some of Pattaya's finer restaurants. Such dinners offered by restaurants offering a discount to PCEC members will be mentioned in this *ANNOUNCEMENTS* section. Others will be listed in the *WHAT'S HAPPENING* section of the Newsletter.
- **PATTAYA PRIDE SEEKS DONATED ITEMS FOR A CHARITY BAZAAR** – This is a first effort for a bazaar by Pattaya Pride in support of their charities, such as Heart 2000. They are looking for books, clothing, bedding, household items, pictures, ornaments, crockery, cutlery, furniture, plants, original DVDs/CDs (no counterfeit items) or any other good condition items that can be sold to raise money for charity. The Bazaar is scheduled for August 1, 2010 and will include games, street entertainment and other events. For more information contact one of the following: Panorama, Funny Boys, Boyz Boyz Boyz, Ambience, Copa, Amor Restaurant, Oscars or Le Café Royale. Call John on 086-144-9365 to arrange delivery/collection of larger items. More information on Pattaya Pride can be found at: www.pattayapride.com.
- **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 several 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, if you find anything unsatisfactory, and we will take it up with the HJB staff. Email us at info@pattacityexpatsclub.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.

- **Saturday & Sunday, March 13 & 14 - Bangkok Community Theatre presents *Pinocchio* (at the British Club in Bangkok)**
- **Saturday & Sunday, March 13 & 14 - Pattaya Interantional Paintball Championships**
- **Wednesday, March 24 - US American Citizen Service outreach visit to Pattaya**
- **Friday to Sunday, March 19 to 21 - Pattaya International Music Festival**
- **Saturday & Sunday, March 20 & 21 - Bangkok Community Theatre presents *Pinocchio* (in Bangkok)**

LAST WEEK'S MEETING

The morning got under way with this week's MC Judith Edmunds welcoming a large number of first time attendees at the Sunday morning meeting. Judith also reminded the attendees that the PCEC does not endorse any services or products which the speakers may introduce or mention during the course of their presentations.

Health matters are always important to Club members and our speaker presented a different aspect of this important subject; that of spiritual health and healing. Sig Sigworth introduced Zaven Casarjian, originally from Boston in the United States, who spoke about alternative approaches including the process of self healing. Zaven provided an explanation of self healing, giving an insight into the body's energy fields which has a basis in science. The body possesses an encompassing aura which penetrates the skin. This energy field, and its interaction with others, can be photographed using a specialized camera. The energy fields are scattered throughout the body and are associated with the 180 glands which produce the human growth hormones required of the body to ensure regeneration.

As glands become less effective the body will react adversely by introducing such diseases as diabetes. By feeding ourselves properly with the intake of much water, fiber and carbohydrates, for example, these conditions can be avoided. There are 72 trace minerals essential for good health, which promote cell regeneration. Ninety percent of affected people can recover from disease with the correct nutrition and spiritual healing energy. It is recommended that supplements containing calcium, vitamins, trace minerals and omega oils be taken regularly.

The sources of spiritual healing can be from God, angels, spirit guides, natural and astrological forces, aliens and connected humans. Zaven commented further that it was never too late to connect to a spirit to gain the benefits. Zaven further commented that pharmaceutical medicines only attack symptoms but do not cure the disease. He remarked that the body is full of toxic substances as these drugs never leave the body and can never be totally removed. Similarly, the food chain in the Western world is adversely affected by soil depletion, steroids in meat and trans fats.

The regular Open Forum was then got underway led by Richard Silverberg. As always it provided an opportunity for questions about living in Thailand with an emphasis on Pattaya to be asked. The Open Forum again proved to be the usual lively and entertaining session.

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.
- **MARCH 12 TO 14, FRIDAY TO SATURDAY – PATTAYA INT'L PAINTBALL CHAMPIONSHIPS** – This event will be at the National Eastern Seaboard Stadium on Soi Chaiyapruk 2. Past events have attracted 300 or more players from several countries.
- **MARCH 13 & 14, SATURDAY & SUNDAY – 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. As of Thursday, March 11, the website notes that both performances on the 13th and the first one on the 14th are sold out. Also, they advise that the performances are still scheduled, but those planning to attend should check their website for any changes that may be caused by the planned political demonstrations.

- **MARCH 19, FRIDAY TO MARCH 21, SUNDAY – PATTAYA INTERNATIONAL MUSIC FESTIVAL** – The festival will have two TAT sponsored main stages – one at Bali Hai Pier featuring international artists and the other at Pattaya Beach Soi 4 showcasing well known domestic and Indi artists. Two other stages organized by the City of Pattaya will be located at the intersection of Beach and Central Roads and in front of Central Festival Pattaya Beach shopping center. Other stages are planned, but locations are yet to be determined.
- **MARCH 20 & 21, FRIDAY & SATURDAY – BANGKOK COMMUNITY THEATRE PRESENTS PINOCCHIO** - Repeat of the March 13 & 14 presentation.
- **MARCH 21, SUNDAY – YAMAHA YOUNG TALENT CONTEST 2010** – The competition will be held at the Tiffany Theatre commencing at 9am and ending at 4pm. The winner will receive the Princess Somsawalee award – a total of 700,000 Baht in cash prizes will also be awarded.
- **MARCH 21, SUNDAY – MANHATTAN’S WINE DINNER** – The dinner will feature a four course dinner with a different Australian wine to accompany each course. The dinner is scheduled to start at 7:30pm. The price is 1,800+ Baht. Call 038-259-790 for reservations and information or visit www.manhattans-pattaya.com.
- **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/>.
- **MARCH 28, SUNDAY – MISS PATTAYA PRIDE 2010 COMPETITION** – This Pattaya Pride Charity event will be at Boyz, Boyz, Boyz on Pattayaland Soi 3 (Boyztown). The competition starts at 10:30pm. The entrance fee is 250 Baht, which includes one free drink and a 100 Baht donation to the Pattaya Pride Charities.
- **APRIL 1, THURSDAY – OPEN AUDITIONS FOR PATTAYA PLAYER’S PRODUCTION OF LOOT** – *Loot* is a “black” comedy melodrama. There are parts for both male and females. Auditions will take place at 6pm. The performance will be on June 12 and 13th ; venue to be announced. All interested parties, both actors and back stage, are invited to attend the audition. For details and directions to the audition site, email pattayaplayers@gmail.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. The Volunteer Group has provided conversation classes at the 8th floor of the Mike Shopping Mall, the Nova Platinum Hotel, the Nova Suites, and the Chevrolet Agency. We will resume classes in April 2010 after Songkran. 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 or by members of 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 email info@pattayacityexpatsclub.com.
- **A DVD LENDING LIBRARY** - Hawaii's BOB4YOU usually has some of his collection of over 1,500 DVD movies at the Sunday meeting to share with members. A current membership card will allow you to borrow 4 DVDs for up to 4 weeks at no charge. If you have videos that you no longer need, you are encouraged to donate them to the library. 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 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).

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. BHP has also announced a special promotion on teeth whitening – two persons for 35,000 Baht. You will get a complimentary voucher for 2 nights at Centara Grand Mirage Beach Resort Pattaya (valued at 18,000 plus). Purchase teeth whitening by March 31, 2010 and use by April 30, 2010. Voucher for Resort good from April 1 to October 31, 2010. For more information and conditions, contact Dental Dept. direct at 038-909-292 and ask about their "Buddy" Brite Smile promotion.

- **PHAYATHAI SRIRACHA HOSPITAL PROMOTIONS** – Gavin Waddell advises that Phayathai Hospital Sriracha has the following promotions on offer for the month of March: Mature Male Health Check Up for 3,500 Baht includes Chest x-ray- Physical Check up- Vital signs- Visual test- Optamology test- Electro cardiogram- Ultrasound- Body Mass Index- Urine test- CT Calcium Scoring- Complete Blood Count- Blood Sugar- Cholesterol (triglyceride, HDL, LDL)- Kidney Function Test- Liver Function Test – a good value considering the CT Calcium scoring by itself is a 2,000 Baht item. You also receive a free meal, doctor's consultation & result book. Also, on offer is a Male Heart & Cancer Screening Program or Female Heart & Cancer Screening Program for 3,500 Baht until March 31. The program includes a physical examination, ophthalmological examination, EKG, whole abdomen ultrasound, PSA and other blood work, etc. 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.