



PATTAYA CITY EXPATS CLUB NEWSLETTER

FOUNDED IN MARCH 2001

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

Join us at Amari Orchid Resort's Garden Wing

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

March 26, 2010 to April 1, 2010

AT THIS WEEK'S MEETING

Sunday
March 28, 2010

**REMEMBER, THE MEETING LOCATION HAS CHANGED –
SEE DIRECTIONS BELOW.**

This week our guest speaker will be the well known author Christopher G. Moore. He is no stranger to the Club as he has spoken at several meetings, usually to discuss his latest book. Currently, his latest book is in the Vincent Calvino private eye series and is entitled *The Corruptionist*. It is set during the recent turbulent times in Thailand. This 11th novel in the Calvino series centers around the street demonstrations and occupation of Government House in Bangkok; something that is still in the latest headlines. *The Corruptionist* captures with precision the undercurrents enveloping Bangkok, revealing multiple layers of betrayal and deception.

Since Spirit House was published in 1992, the Vincent Calvino series has enjoyed international acclaim and an ever-expanding readership in twelve languages. The Vincent Calvino novels, with the Bangkok noir settings, are known for their cultural insights into the Thai/Asian societies. For more information, visit his website at <http://www.cgmoore.com/>. Also, he usually arranges for his books to be available for sale and is willing to autograph copies.

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.

DIRECTIONS FOR SUNDAY'S MEETING - Until further notice, the meetings will be in the Rim Suan room of the Amari's Garden Wing during the renovations to Henry J. Bean (HJB). If you are coming from Dolphin Roundabout, the entrance to the Garden Wing's parking area will be on your left about half way between the Roundabout and the turn onto Beach Road going south (there is a sign for the Amari). Entering the Garden Wing from the parking area, Reception will be on your right - the Rim Suan Room will be on the wall to your left. If you are walking from the south on Beach Road, you can take the road next to HJB that goes toward the Tower building. There will be a path (uphill) going left around the Tower – follow it through the Garden area to the main building. If coming from the Garden area, you will go through the restaurant to the lobby. The Rim Suan room will then be on your right from that direction. The breakfast buffet will be set up outside the Rim Suan room.

DO YOU HAVE A RECOMMENDATION FOR A CLUB SPEAKER?

If you know of someone that you think has an interesting topic for the Club, please contact Lawrie McCloughlin, Chairman of the Speaker Committee- email lawriemcl@hotmail.com or telephone 085-063-5875.

ALSO LET US KNOW IF YOU HAVE ITEMS OF INTEREST 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**AMARI WINE EXPERIENCE, FRIDAY, MARCH 26, WILL FEATURE SHIRAZ WINES AND THEIR COMPANION FOODS FROM FIVE COUNTRIES**

– There will be 4 red Shiraz's, 2 rose Shiraz's and a Chardonnay (for white wine lovers). The companion foods will be Empanadas (Argentina), Problano Chile soup (Chile), Petie couq au vin rouge, nouille (France), Rice and Offal Balls (South Africa), and Pavlova (Australia). The Amari chef has picked these foods from the countries which produced the Shiraz wines as the best food from each country to complement the Shiraz being provided. This is a wonderful concept – it will be very interesting and delicious to test the chef's choices. This gustatory extravagance begins at 6:30pm and is supposed to end at 8:30pm at the Amari Garden Lounge (go through the Garden Wing to the Garden Lounge), or at the Amari Tower Ice Bar - if it rains. The cost is 750 baht per person (638 baht for those who bring their PCEC card). Please list yourself and any friends who will be with you on the sign-up sheet so we can give the Amari an estimate of how many people to prepare for. Sign up, however, is NOT required. If you have a large group (10 or more) please contact Richard Smith at 038-412197, 089-244-9523 or by email at rick2mail@gmail.com so we can notify the Amari.

- **PATTAYA MAIL TV IS LOOKING FOR PCEC MEMBERS TO ANSWER QUESTIONS ON TV FOR THEIR NEW "ASK THE EXPERTS" TV SERIES** – Paul Strachan, head of Pattaya Mail TV, presented the concept for the new PNTV show at last Sunday's PCEC meeting. He is looking for people who are very knowledgeable in various areas – how do you get a one year visa and how do you renew it; changing a visa on arrival to a one year visa; how to open a bank account and what is required; how to rent a car, what to look for: what insurance is necessary if you rent or buy a car: how long can you drive using your home country's license and so on. You can already be an "Expert" or you can after some review of the subject, become an "expert", and appear on TV. It sounds like it could be fun. You could follow the process through and find out how it all gets on TV at the TV studio – and watch yourself on TV! It is also good exposure for the Pattaya City Expats Club. Paul is thinking of doing the TV taping during the week if possible, maybe at Henry J. Beans, somewhere else with reasonably good lighting. If you are interested please contact Richard Smith at 038-412197, 089-244-9523 or by email at rick2mail@gmail.com.
- **APRIL 2, FRIDAY - AMOR RESTAURANT 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.
- **COMPUTER GROUP WILL MEET MONDAY, APRIL 5** – The meeting will be in the downstairs meeting room at the Markland starting at 2pm. The host for this meeting will be Michael Dovesen, a long time computer user. His topic will be Windows 7 – what it is, what it is supposed to do, and how it operates. He will answer your questions and show you how Windows 7 looks and operates using the projector screen. We will have a number of electrical connections and Wi-Fi available - you may bring your laptop computer. If you park in the Markland parking garage, come to the front of the Lobby and down the stairs to the Common Room. If you are walking, enter the Markland Lobby and turn right to go down the stairs to the "Common Room". Please list yourself on the Computer Group sign-up sheet at this Sunday's meeting and we will send you a reminder 3 to 5 days in advance. For questions or directions to the Markland, please contact Richard Smith at 037-412197, 089-244-9523, or by email at rick2@gmail.com.

- **DRIVING LICENSE ASSISTANCE ON WEDNESDAY, APRIL 7** - Hans will again be assisting those that want to get or renew their Thai driving license(s). He usually meets in front of Henry J. Bean around 9am; but it is a good idea to contact him beforehand. His contact email, telephone number, and links to what documents you will need are in the *CLUB SERVICE* section of the Newsletter.
- **CLUB'S LIAISON AT BANGKOK HOSPITAL PATTAYA CHANGES** – Khun Ann has been the Club's liaison with BHP for some time. She tells us she will be leaving for other endeavors. Thank you Ann and we wish you the best with your future endeavors. Our new contact will be Khun Nattamol (Nat) Puangkaew, International Marketing Coordinator. To contact her, telephone 086-563-5194 or infos@bph.co.th.
- **NATHAN RUSSO IS AGAIN COLLECTING MEDICINES FOR THE MAE TAO CLINIC** – Details on this worthy endeavor are shown in the *MEMBER SUPPORTED CHARITIES* section.
- **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.
- **TRAVEL IN BANGKOK** – Embassies continue to warn their citizens about traveling to or around Bangkok as the “red shirts” continue their demonstrations. Most Embassies say their citizens should exercise caution and vigilance (especially during the hours of darkness) when walking through populated urban areas. Immediately report to law enforcement or security personnel any unattended packages or bags in public areas. Foreigners should also avoid any large crowds of demonstrators as there is always the possibility of violence at such gatherings.
- **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.
- **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@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.

- **Now thru Sunday, March 28 - King's Cup Elephant Polo Tournament (Chiang Rai)**
- **Friday, March 26 - Amari Wine Experience featuring Shiraz wines**
- **Saturday & Sunday, March 27 & 28 - Planet Football opening party**
- **Sunday, March 28 - Miss Pattaya Pride 2010 Competition**
- **Thursday, April 1 - Open Auditions for Pattaya Players Production of Loot**
- **Friday, April 2 - Amor Restaurant 16th Anniversary Dinner**
- **Sunday, April 4 - Happy Easter**

LAST WEEK'S MEETING

There were a number of special announcements in addition to the regular speaker. The Sunday meeting was significant to the PCEC as the longstanding venue of Henry J.Beans is to undergo a refurbishment programme over the next few weeks and subsequently the meetings over this period will be temporarily relocated. Master of Ceremonies Roger Fox announced that until further notice the Sunday meetings will be held in the Rim Suan Room in the Amari Hotel's Garden Wing. Henry J.Bean's staff was asked to take the stage and received special thanks for their efforts.

On a more sober note, it was announced that John Fishback had resigned from the PCEC Board. In accordance with the Club's By-Laws the Board appointed Judith Edmunds to assume the vacancy and welcomed her participation in the Club's operation.

Paul Strachan of Pattaya Mail TV announced the further development of the new 'Ask The Experts' TV series. He asked that any PCEC members who consider that they have perceived expertise in any relevant topic should volunteer for consultation as part of the new show.

The morning's main speaker was then introduced by Phayathai Sriracha Hospital's Gavin Waddell. Dr Chutidet Homcharoen is a specialist in hand and wrist injuries and retired from the Royal Thai Army where he achieved the rank of colonel. The subject of Dr Chutidet's talk was Carpal Tunnel Syndrome. Carpal tunnel syndrome is a painful disorder of the wrist and hand. The carpal tunnel is a narrow tunnel formed by the bones and other tissues of the wrist. This tunnel protects the median nerve. The median nerve helps the movement of the thumbs and the first three fingers on each hand.

Repetitive hand movements can lead to carpal tunnel syndrome. It is most common in people whose jobs require pinching or gripping with the wrist held bent. People at risk include people who use computers, carpenters, grocery checkers, assembly-line workers, meat packers, musicians and mechanics. Women are more likely to develop carpal tunnel syndrome than men. It also tends to be hereditary. It may also be caused by an injury to the wrist, such as a fracture. Symptoms of carpal tunnel syndrome include numbness or tingling in your hand and fingers, especially the thumb, index and middle fingers; pain in the wrist, palm or forearm; increased numbness or pain at night rather than during the day.

Treatment should begin as soon as possible, under a doctor's direction. Any underlying causes such as diabetes or arthritis should be treated first. Initial treatment generally involves resting the affected hand and wrist for at least two weeks, avoiding any activities that may worsen the symptoms. Additional treatment includes the modification of wrist posture and, if the symptoms persist after an initial period with conservative treatment, surgery then becomes the treatment of choice.

The regular Open Forum was then underway, led by Hawaii Bob, and this 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** is being renovated starting March 23 and is expected to reopen using the name **The Tavern**. **Mantra** offers different cuisines in a fabulous setting. During April, they will be offering Sushi & Sake.

- ❖ **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.
- **NOW TO MARCH 28, 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 27 & 28, SATURDAY & SUNDAY – PLANET FOOTBALL OPENING PARTY** – Planet Football is a new venue in town, located on Siam Country Club Road about 5km from Sukhumvit Road. The party will be from 3pm each day and will feature 6 team men's football tournament, 4 exhibition kids' matches, a freestyle show, a crossbar challenge, a celebrity penalty shootout, buffet food and lots more. The European management want to showcase their new facility which features an astro-turf football pitch, bar and spectators' gallery fitted with big screen TVs and Playstation consoles. They plan to show all major football events including FIFA World Cup and the upcoming English FA Cup Final. For more details, call 082-219-4101.
- **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.
- **APRIL 8 TO 11, THURSDAY TO SUNDAY – FASHION FESTIVAL ON BEACH ROAD** – The Thai Ministry of Commerce and TAT will be promoting fashion along Beach Road from Central Festival Shopping Center down to Walking Street. Various design contests, hairstylist competitions, leather and ornament design contests, fashion shows and concerts are planned for the festival, with all of the major Thai designers and superstars set to attend the event. The City again hopes to get into the Guinness Book of Records by staging the longest fashion showcase.
- **APRIL 22, THURSDAY – PUNCHLINE COMEDY CLUB PRESENTS STAND UP COMEDY** – The show will be at the Amari Orchid's The Tavern (formerly Henry J. Beans Bar & Grill) starting at 9pm – adults only. Tickets are 1,200 Baht or 1,000 Baht if acquired prior to April 1. The comedians are Carl Donnelly, Mike Gunn, and Mark Billingham. For more information, call 038 075 293/6 or visit their website <http://www.punchlinecomedy.com/pattaya/>.

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.
- **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.

- **NEW UNOPENED MEDICINES FOR THE MAE TAO CLINIC** – Mae Tao Clinic Medicine Drive- Nathan Russo, a member of PCEC for several years is preparing once again for his annual medicine drive for the Mae Tao immigrant clinic, Mae Sot, Thailand on the border with Myanmar. This clinic gets no financial support from the government of Thailand and treats over 50,000 people annually. 100% of the medicines used at the hospital are either purchased with donated funds or donated by individuals within Thailand. The medicines donated must be new and never opened and from the list of medicines on the clinic's website. The paramedics at the hospital are trained to work only with medicines specified by the clinic that is why it is so important just to donate medicines listed on the clinic's website www.maetaoclinic.org. Once at the site click "donate" then "click here" under donate medicine. Nathan travels to Sukhothai every year for the Loy Krathong festival and during this time delivers all the medicine to the clinic about 100 kilometers to the west- all medicines should be donated by the Club's November 7th meeting. The clinic provides a signed receipt for all medicines received and a copy of this receipt which lists your medicine contribution is sent to you when Nathan returns after Loy Krathong. While Nathan is away in America, his friend Wayne will collect the medicines. Wayne's phone number is 084-328-3129. Nathan's email is ncrusso1@gmail.com or his mobile # Thailand 085-274-6724 or if you are in USA (404) 826-2556.
- **SAVE THAT DRINK AN RING PULL FOR A WORTHY CAUSE** - Les Edmonds has requested that you save those aluminum can ring pulls rather than discarding them when you open the can. Gather up a few and bring them to Les. It seems they can be recycled for making artificial limbs. Les will see that they get to the right place.
- **EYE GLASSES** - 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.