



PATTAYA CITY EXPATS CLUB NEWSLETTER

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

September 3, 2010 to September 9, 2010

CONTENTS

(click on the topic to go direct)

[September 5 Meeting Program](#) [Special Announcements](#) [Club Announcements](#)

[What's Happening In and Around Pattaya](#) [Last Week's Meeting](#)

Other Club Information in the Newsletter

(♦ has been updated in this issue)

[Club Membership](#)

[Club Activities](#)

[Club Services](#)

[Club Benefits](#)

[Member Supported Charities](#)

♦ [Health Issues](#)

[Dining Out](#)

WHERE DO WE MEET?

Everyone is welcome to attend. The Club meets every Sunday morning at The Tavern by the Sea, on the ground of the Amari Orchid Resort and Tower (formerly known as Henry J. Bean's Bar & Grill). It is located near the North end of Beach Road. [Click here](#) for a map showing the Henry J. Bean's Bar & Grill (still the same location, just a different name).

BREAKFAST BUFFET AVAILABLE

A buffet breakfast is available from 9:30 am to 11:00am with coffee service starting at 9:00am. The program begins at 10:30 am and concludes around noon. Remember to obtain your coffee or tea refills before the pots are removed at 11:00 am. The Club has met at the Amari's Henry J. Bean's Bar & Grill (now re-opened as *The Tavern*) for several years now with its pleasant laid back and informal atmosphere - which the Amari Hotel allows us to use without charge. **Please support our continued use of these facilities by purchasing the full buffet or, if you do not want a full breakfast, at least the toast and coffee or tea.**

For more information about the Club – email info@pattayacityexpatsclub.com or visit www.pattayacityexpatsclub.com
To subscribe to the Newsletter emailed each week – email newsletter@pattayacityexpatsclub.com

Sunday, September 5 - Meeting Program

This week our speaker will be Khun Prem Busarakamwongs from Fairtex Sports & Racquet Club, a complex designed to fulfill almost every health and fitness need. He will be discussing some of the more than 60 different sports and fitness options at Fairtex. Fairtex was built in 2005 by Khun Bunjong Busarakamwong.

Khun Prem has a Bachelor in Business Management with a major in Marketing. His interests are sports, Thai boxing, Tennis, Basketball, and Fitness. He has also appeared in the music video "YOM" by Tata Young in 2007 and been featured on the cover of Men's Health. He has also appeared in several movies and a TV drama series. The Fairtex website is <http://www.fairtexpattaya.com/>.

Speaking of health and fitness, remember Mark Twain's wise words: *Be careful about reading health books. You may die of a misprint.*

We will have the usual announcements of upcoming events in and around Pattaya, updates on club activities, and last, but not the least, there will be an Open Forum, which is the time for you to ask questions about living in Thailand, or Pattaya. We ask you to offer your own observations and suggestions on how to live better in Pattaya. Your humorous stories (jokes) are welcome, but remember you are in mixed company. Whether you are a new Expat, just visiting on holiday, or consider yourself an "old hand" at being an Expat in Thailand, you will find the Open Forum has humor and helpful information to offer.

[Return to Contents](#)

Special Announcements

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

AMERICAN CITIZEN SERVICE UNIT TO VISIT PATTAYA ON THURSDAY,

SEPTEMBER 9 – Representatives from the American Citizen Services (ACS) will be at the Dusit Thani Hotel near the Dolphin Roundabout from 10am till 2pm. They will be providing various consular services including taking passport applications (\$110 or 3,630 Baht for adult and \$105 or 3,465 Baht for a child); notarial services and certified copies, which includes income affidavits for retirees (\$50 or 1,650 Baht), and extra passport pages (\$82 or 2,706 Baht – NOTE this used to be free, but now there is a charge). They can provide limited answers for questions about Social Security, VA, or other Federal benefits programs and some forms may be available. Please note that Consular Reports of Birth cannot be processed during the outreach visit. They also request that you bring exact change.

FEATURED VENDOR, MR. MOO MAKES SOME CHANGES TO DISCOUNT AND ADDS PRODUCTS

- The following email was received from Mr. Moo explaining the changes: *Mr. Moo the "connoisseurs choice" of meat products has made a change in its discount to Pattaya city expat members, we have reduced all of our products by 5% so we are reducing the Pattaya city expat members discount to 10%. We have always supported the Pattaya city expats club and only offer this discount to Pattaya City expats club and no other group. We have also added many new items, New York style pastrami, American style hot dogs, dry cured and smoked ham and bacon, and a complete line of German products, as well as imported and locally made cheeses, cheddar, soft Yar cheeses, and soon a Roquefort. This goes with being the only bacon maker in Thailand that dry cures bacon, and uses only pork hock & shoulder to make our sausage of many types nothing else. We hope to have your support as we will always support Pattaya City Expats club the best group in Pattaya. Please pick up one of our filers off the table near the door at the meetings to see the products and location or go to www.mrmoopattaya.net for our web site.*

PATTAYA ORPHANAGE CELEBRATES ITS 36TH ANNIVERSARY ON SATURDAY,

SEPTEMBER 11 - All are invited. The opening ceremony will be at 10:00am followed at 10:30am with a Thanksgiving Mass. Also, see the announcement regarding their upcoming charity musical at Alangkarn Theater on Saturday, October 16 in the Upcoming Events section of the Newsletter. Khun Toy points out that if you are not in Thailand or cannot attend, but would like to support Pattaya Orphanage, you may wish to buy a ticket for an orphan, deaf person, street kid or a student that is poor to enjoy the show. All proceeds from tickets sale go to the Orphanage's "Education Fund."

CHONBURI BUFFALO RACES ARE NEXT MONTH – See the Upcoming Events section for information on this year's Buffalo Racing Festival in Chonburi. In the past, the Pattaya City Expats Club has been well represented in the opening parade and at the racing ground. See the Club's [website photo gallery](#) for scenes from last year's event.

RENEWING YOUR 5 YEAR THAI DRIVING LICENSE – A REPORT – Member Darrel Vaught recently renewed his five year Thai driving license. His account of the experience is in the [General Interest section of the website](#).

OPTIMIST CLUB OF PATTAYA CITY IS LOOKING FOR CHILDREN'S BOOKS TO BE DISTRIBUTED TO PRIMARY SCHOOLS IN THAILAND – Don't throw those old children's books away – recycle them and bring some joy to children who want to learn. Books donated should

be for children from 1st to 6th grade; preferably in English, but all languages will be accepted. Books may be dropped off at the Optimist Club meeting held on the 2nd and 4th Thursday of each month at 7pm at Cherry Restaurant located on 3rd Road opposite Xcite Nightclub. Books may also be dropped off or mailed to Sutterfield, 340/80 Moog Sai 3, Pattaya City, Chonburi, Thailand 20150

**SUPERSIGHT SURGERY – A FREE SEMINAR ON TUESDAY, SEPTEMBER 28
INCLUDES A FREE EXAM FOR PCEC MEMBERS TO DETERMINE IF YOU ARE A
GOOD CANDIDATE**

– Bangkok Hospital Pattaya is offering a free Seminar for those interested in the newest advances in eyesight technology using replacement lens's for your eyes - to correct and improve your vision. The technology to be discussed will include elements of Lasik surgery, Supersight surgery, the substantial improvements in both, plus the wide range of lens technology now available. The Seminar will also explain the surgical advances made in the last few years and what they may mean for you. Pattaya City Expats Club members will be offered a free screening eye exam to determine what eye problems you may have and whether you would benefit from the new surgical procedures - and lens's - for correcting vision problems. There is no charge to you for the Seminar or the screening examination. The seminar will be on Tuesday, September 28, 2010 at 2:00 PM on the 10th floor of BHP Hospital's building D (the furthest building back). If you are interested, please list your name on the Supersight Seminar sign-up sheet and a reservation will be made for you and anyone you wish to have with you. There are two YouTube video's you may want to review before the Seminar – they are at <http://www.youtube.com/watch?v=jHi2UPAYK2k> and <http://www.youtube.com/watch?v=vIgXpdM3kUY>. If you have any questions, or are unable to get to the meeting to sign up, please call Richard Smith at 089-244-9523, 038-412-197, or email him at rick2mail@gmail.com.

[Return to Contents](#)

Club Announcements

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

A SUGGESTION BOX WILL BE AVAILABLE AT THE SUNDAY MEETINGS –The Board is arranging for a Suggestion Box to be made available at the Sunday meetings. Please use this box to give the Board your suggestions about the Sunday morning meetings or other Club activities. You can submit suggestions anonymously or you can include your name and email address. Including your name and email address will let the Board contact you about your suggestion and, if needed, to more fully explore your suggestion.

FRUGAL FREDDY'S GROUP MEETS MONDAY, SEPTEMBER 6, AT THE "CALIFORNIA GRILL" – This Restaurant is located in Carrefour at the bottom of the escalator. They have a very reasonable menu mostly Western food but some Thai foods. Example is Fish and chips dinner including a soft drink for a price of 89 Baht. Hawaii Bob invites all to join the Group for good food and a good time.

BANGLAMUNG DISTRICT CROSS CULTURAL VOLUNTEER GROUP NEW CLASS SESSION OPENING DAY THURSDAY, SEPTEMBER 9, 2010 – This group provides Volunteers to help Thais improve their English conversation ability through the "English Conversation for Thais" program. The 12th Session of classes will have its Opening Day on Thursday, September 9, 2010 at the 8th floor of the Mike Shopping Mall in Meeting Room #1 at 6pm. The first class session will be held at the same location on Tuesday, September 14, 2010 from 6pm to 8pm. Classes thereafter will be held on Tuesdays and Thursdays from 6pm to 8pm for 12 weeks, with the last class on Thursday, December 2, 2010. The Group is always in need of additional teachers or helpers to work with the students, and to fill in when the regular teacher is not available. If you visit us you will find a relaxed group of young Thai working people anxious to speak English better, and having fun doing it. About 30% of our students go on to get better jobs because of their improved English, so it is a great way to help young Thai people improve themselves. If you, or a friend, are interested in participating in either or both programs, as a helper or a Volunteer, please list your name on the sign-up sheet at this Sunday's meeting, and you will be contacted and given more information. For Group's volunteers, if you do not already have an ID card, please fill out a volunteer form (with the sign-up sheet) so a special BDCC Volunteer Group ID card can be made for you. They need to be signed by the Nai Amphur (District Chief) and are valid for two years. If you have any questions about any of our program, please contact Richard Smith at 038-412197, or 089-244-95323, or email rick2@loxinfo.co.th for more information.

ANNUAL FLU VACCINE FOR 2011 WILL BE AVAILABLE AT THE CLUB MEETING ON SUNDAY, SEPTEMBER 19 – Fellow member Gavin Waddell, as the International Marketing Executive for Phayathai Hospital Sriracha has again arranged for the hospital to provide a nurse to administer the annual flu vaccine during a Club meeting. He says that the 2011 vaccine covers both seasonal flu and H1N1 in one dose. The price per shot will be 750 Baht, which is the same as last year. If you would like to get your vaccination at the September 19 meeting, please put your name on the sign-up sheet at the Sunday meetings before the 19th. That way, we can inform Gavin of the anticipated number wanting shots so he can be sure the nurse brings sufficient doses.

MEMBERS' DINNER WILL BE AT CHEZ VICKIE ON WEDNESDAY, SEPTEMBER 22

– This restaurant was highly recommended by one of our members, so arrangements have been made with Vickie for the September Members' Dinner. The format is similar to L'Olivier in that there is a cold buffet for 190 Baht. You can also choose to have a set menu with soup, buffet, and dessert. These set menus range from 250 to 420 Baht. If you do not want the full set menu, you can order just the main course. The restaurant is not as large as L'Olivier, but should be able to accommodate our usual size group of 14 - 16 people. Please put your name on the sign up sheet so we can advise the restaurant of how many to prepare for. It is located in Soi Day Night – from Pattaya Thai (South) Road facing Tuk Com, take the soi to your right. There will be an intersection where Tuk Com building ends. Continue down the soi until you come to the next intersection – Bordeaux Restaurant will be across the intersecting soi to your left – Chez Vickie is on the other corner opposite Bordeaux.

[Return to Contents](#)

What's happening in and around Pattaya

This is a listing of upcoming events in Pattaya, Bangkok, and elsewhere. Inclusion of commercially sponsored events does not mean that the PCEC endorses the companies or their products. The events listed come from various sources. We usually list a telephone number, email address, or website to obtain additional information about the event. Since the events are subject to cancellation or change, you may wish to confirm the information before attending the event.

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

COMING UP THIS WEEK

- **Thursday, September 9 - American Citizen Service Unit visits Pattaya**
- **Friday & Saturday, September 10 & 11 - Pattaya Players "Murder at Rutherford House"**
- **Saturday, September 11 - Bangkok 12th International Festival of Dance & Music begins**
- **Saturday, September 11 - Pattaya Orphanage Celebrates its 36th Anniversary**
- **Sunday, September 12 - Jesters Care For Kids Children's Fair**

UPCOMING BANGKOK EVENTS – Thai Ticket Major has a listing of many upcoming events in Bangkok. [Check their website](#) to see what major events are scheduled.

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.

SEPTEMBER 10, FRIDAY AND SEPTEMBER 11, SATURDAY - PATTAYA PLAYERS PRESENTS MURDER MYSTERY DINNER PERFORMANCE – The Pattaya Players will be presenting "Murder at Rutherford House" at Indian by Nature Restaurant in Jomtien on Friday and Saturday, September 10 and 11. Much like Pattaya Players past successful murder mysteries, it is played strictly for laughs. Audience participation is encouraged, but not required. Tickets must be purchased in advance as seating is limited. To purchase tickets either stop by Indian By Nature during regular restaurant hours or email pattayaplayers@gmail.com. The doors will open at 6pm each day. The cost for an entire evening of food and fun is just 1,000 Baht per person (excluding beverages).

SEPTEMBER 11, SATURDAY TO OCTOBER 24, SUNDAY - BANGKOK 12TH INTERNATIONAL FESTIVAL OF DANCE AND MUSIC – The Festival will bring an array of world-class performing arts. Performance time: 7.30pm except at 2.30pm on 18 September, 26 September and 23 October. Latecomers will not be seated until an appropriate interval. The event will be at the Thailand Cultural Center. Free shuttle bus from MRT station "Thailand Cultural Center", Exit 1, between 5:30-7:00pm on performance dates. This year's program features 17 productions from around the world. Participating countries include Argentina, Switzerland, Israel, Cuba, United Kingdom, Brazil and Russia. The events range from powerful operas, stimulating contemporary

dance, exquisite ballet classics, thrilling classical concerts and invigorating national dances. Tickets are available from www.Thaiticketmajor.com. For performances and ticket prices visit: www.bangkokfestivals.com/Programme/2010/index.shtml.

SEPTEMBER 12, SUNDAY - JESTERS CARE FOR KIDS CHILDREN'S FAIR - This charity event will be at the Diana Garden Resort & Driving Range from 10am. It is a fun fair with entertainment and games. For more information visit www.care4kids.info

SEPTEMBER 16, THURSDAY CHARITY DINNER AT BORDEAUX RESTAURANT -- The price is 1,395 Baht per person with 500 Baht being donated to Heartt 2000 Charity. Also, 20% of drink prices will be donated. Heartt 2000 provides medical assistance to HIV-Aids patients under the guidance of Dr. Philippe Seur. Bordeaux is located in Soi Day-Night 2, South Pattaya. Telephone 038-723-524 or 087-087-7601.

SEPTEMBER 18, SATURDAY - JESTERS CHARITY PARTY NIGHT - This charity event will be at the Nova Park in Central Pattaya from 6pm to late. This event includes a raffle for many prizes – all to benefit charity. For more information visit www.care4kids.info

SEPTEMBER 21, TUESDAY -- CHARITY DINNER AND SHOW AT LE CAFE ROYALE - Cafe Music at Le Cafe Royale will present "An evening with Miss Jason and Friends" to benefit Thais4Life and Jing Jai Orphanage starting with a dinner at 8pm. The show begins at 9:30pm. A portion of all food and drink sales will go to charity. Le Cafe Royale is located in Pattayaland Soi 3. Telephone 038 423 515 or email info@lecaferoyale.com or info@caferoyale-pattaya.com.

SEPTEMBER 25, SATURDAY TO OCTOBER 3, SUNDAY – PTT THAILAND OPEN 2010 – Many of the world's champion tennis players will be participating at this event in the Impact Arena, Muang Thong Thani, Bangkok. Qualifying rounds will be on September 25 and 26 with tickets at 300, 600, and 900 Baht. The Main Draw will be from September 27 to 30 with tickets at 500, 800, 1,600, and 2,400 Baht. Quarter finals are on October 1, Semi finals are on October 2, and finals on October 3 with tickets at 800, 1,000, 1,500, 1,800, 3,000, and 4,500 Baht. For more information contact; 02-262-3838 or visit <http://www.ptthailandopen.org> or <http://www.thaiticketmajor.com> .

OCTOBER 7, THURSDAY - PATTAYA PRIDE CHARITY DINNER AT POSEIDON -- Pattaya Pride will be holding a charity dinner at Poseidon Restaurant in Jomtien Complex. The price is 1,500 Baht per person with 500 Baht donated to Pattaya Pride charities. For reservations call 038-303-300 or email info@restaurant-pattaya.com.

OCTOBER 16, SATURDAY - SAMSON & DELILAH CHARITY MUSICAL TO SUPPORT PATTAYA ORPHANAGE - This event will take place at the Thai Alangkarn Theater. There will be dancing shows by deaf and orphaned children and feature Glass Harp by Khun weerapong Taweesak. Tickets are 700 and 1,000 Baht and can be obtained by calling the orphanage at: 038-488-956 or 038-476-426. Reservation can be made by e-mail to the Orphanage: toy@thepattayaorphanage.org or to HHN Foundation Thailand: toy@hhnthailand.org. You can either send a personal check in any currency to the Orphanage or pay by credit card to PayPal account: toy@hhnthailand.org. Please mention it is for the orphans' "Education Fund" with the attention to Khun Toy. All proceeds to the orphaned children's "Education Fund."

OCTOBER 16, SATURDAY TO OCTOBER 22, FRIDAY - CHONBURI BUFFALO RACING FESTIVAL 2010 - This popular event which will be holding its 139th festival at the Chon Buri Provincial and District Fields in Chonburi, will have two segments. All merchandise stalls, games, activities, exhibits and shows will be held on one field while the main attraction of buffalo racing will

be held separately. As usual, the kick off will be a traditional Thai parade involving Chonburi and the surrounding districts. The opening ceremony will be followed by the Buffalo Pageant where awards will be given for competitions involving trainers, breeders, and jockeys. Buffalo Racing this year will be separated into four categories based on the varying size of the animal and jockey. Classifications will include super tiny, tiny, small and large. Organisers plan to stage several other attractions and events in addition to the races, including, local sports tournaments, quizzes, oil post climbing, rattan ball games and Thai boxing to name but a few. Also, a variety of concerts are planned for the festival involving numerous well-known Thai artists from the country and pop music genres. For more information on the festival, please contact the Chonburi Municipal Office on, 038-287-035, TAT Pattaya's Office on, 038-428-750 or 038-427-667 or visit www.tat.or.th.

OCTOBER 30, SATURDAY AND OCTOBER 31, SUNDAY - PATTAYA HALLOWEEN FESTIVAL 2010 - This event will be held along Pattaya Beach Road. More details will be provided when they become available.

[Return to Contents](#)

Last Week's Meeting

On Sunday, August 29, 2010, Master of Ceremonies Judith Edmonds welcomed everyone to the regular meeting of the Pattaya City Expats Club. After the usual opening announcements, Judith called on the Club's guest speaker Chris Harman to talk about "Protective Behaviors." Chris is a self employed trainer and consultant specializing in safety programs, conflict resolutions and family support. He retired from the Thames Valley Police Force in the UK having been a serving Police Officer for 26 years. For the last 15 years of his service, he was involved with the training and development of police officers, teachers and other caring professionals.

Chris gave some information on his background and how he helped to replace the "Stranger Danger" program that was taught to children. He said that the approach of the Stranger Danger program was directed at being careful of strangers. However, in most cases, a child is in more danger from someone they know rather than a stranger. He came across a program called "Protective Behaviors," which he felt had a much better approach on discussing safety with children. Further, the program was also effective for adults. He mentioned that after getting the program implemented at the Thames Valley Police Force, it was adopted by other policing agencies in the UK. He also traveled to Wisconsin in the USA to give the course to a group of Hmong people as they were being thought of as gangs because they primarily associated within their community.

The entire course is normally two days; so Chris said that he had to condense it down to a 30 to 40 minute presentation. In doing so, he decided to concentrate on its primary theme of safety. Using a flip chart, Chris drew diagrams and words to emphasize his message. He first drew three interconnecting circles which he labeled Thinking, Feelings, and Behavior. He said the idea was to balance all three. He said the first thing he wanted to emphasize is that we all have

the right to feel safe all of the time. He asked the audience to think about safe place feelings that they might have. Feeling safe is when you feel warm, comfortable, contented, happy, loved, belonging, secure, and/or peaceful.

But, Chris pointed out that there are adventurous types of activities that one can enjoy as at times, it is fun to feel scared. Some of these are riding a bike with no hands, walking through a graveyard at night, fairground rides, scary movies, trying something new, and ghost stories. The primary thing is that in these cases, you have a choice, control, and a time limit; thus to undertake the activity is a choice you make. You also have control in that in most cases you can stop when you want and you know that it will end within an expected period of time. Chris then drew a figure of a person and pointed out the early warning signs that most of us would experience when we sense danger; among these are goose bumps, hair standing on end, perspiring, faster heart rate, and more. These signs are telling your body that you do not feel safe.

When you do not feel safe, he said you need to think about it. Identify the danger and think about the choices you have such as going away from the danger, going around it, joining others that may provide more safety. Another thing that can be done is to talk to someone about the danger you feel or sense. One of the main themes of Protective Behaviours is to emphasize that there is nothing so awful or so small that we can't talk with somebody about it. You need to think about who you can talk to. If you talk to one person and still do not feel safe about your situation, you should talk to others and keep doing so until someone can help with you finding a solution that will let you feel safe. This can be a parent or family member, a friend, a parent's friend, a friend's parent, a neighbour, or a teacher. The qualities you want from this helping hand network is they will listen, believe, be available, be sympathetic, not shockable, have been there, and/or can do something.

Chris concluded by quickly going through several PowerPoint slides that had the key points listed that he wanted to make. During this part he reemphasized some of the points he had made during his talk.

After Chris answered several questions from the audience, Judith called on Les Edmonds to conduct the always informative and sometimes humorous Open Forum, where questions about living in Thailand and Pattaya in particular are asked and answered.

[Return to Contents](#)

Club Membership

Membership is open to all. See Judith Edmonds before and during the meeting for renewal of your card, or for a new membership card. For renewal, just give Judith your expired card. For a new card, get the application form from Judith or download from the Club's [website](#). The annual membership contribution is 400 baht. This contribution funds the Club's operations so that it continues as a non commercial social organization. Judith will also need two small photos (3.0cmX3.5cm) for new applicants.

In addition your membership will entitle you to discounts at the Club's featured restaurants listed in the Dining Out section of the Newsletter, at both Bangkok Hospital Pattaya and Phayathai Sriracha Hospital, and other businesses listed in the Club Benefits section of the Newsletter. Also, as mentioned in the Health Issues section of the Newsletter, members that qualify can obtain lower cost health insurance through the Club's group health policy.

[Return to Contents](#)

Club Activities

The PCEC offers an opportunity for everyone to become involved in mid-week informal groups covering many interests. If you have an interest or idea to start a new group, please discuss it with a member of the Governing Board and we will help you publicize it. The groups usually meet as scheduled, but it is always a good idea to contact the host to be sure of the date, time, and location.

SPANISH CONVERSATION GROUP - Meets the first and third Wednesdays of the month at 1pm at the Diamond Café located on the corner of South Pattaya Road and Third Road. This is a newly formed group for those that are interested in practicing their Spanish. For more information, email Al Serrato at alsdeman@hotmail.com,

FRUGAL FREDDY DINNER GROUP – Eats out weekly on MONDAYS. Their goal is finding good restaurants at very reasonable prices, primarily a meal for 200 Baht or less. Host Hawaii Bob says they try to keep to total price at or below 150 Baht, but don't want to rule out a good place - so, they will now entertain a good restaurant where you can get a complete meal for 200 Baht or less. Bob says to put your name on the signup sheet so they can email the chosen restaurant and its location to you or contact Bob at hawaiibob4you@yahoo.com for information on next Monday's venue. He has also provided the schedule for upcoming venues for posting on the Club's website - you can [find it here](#).

DISCUSSION GROUP - Weekly on MONDAY from 10:30am to 1pm. This group meets at the Shagwell Mansions, across from Carrefour, in Soi Arunothai. All subjects are open for debate. For more information, contact Michel de Goumois at 081-525-1296.

GOLFING GROUP - Meets weekly on TUESDAY. Hawaii Bob is your host. No reservations are required. Contact Hawaii Bob for information on cost and how to have fun playing Bingo, Bango, Bongo. Everyone is welcome. Please sign-up for the golf group so Bob has some idea of how many are coming. Bob can be contacted by phone at 087-829-6824 or by emailing him at hawaiibob4you@yahoo.com.

THE BREAKFAST GROUP - Weekly on WEDNESDAY starting at 10am. Your Hostess is Marjorie Blissett. The group meets at the F&B on 2nd Road, opposite the Montien Hotel. A full breakfast is a very reasonable 100 Baht - and there is parking in the back.

TOUCHY TOPICS GROUP - Weekly on THURSDAY 1pm to 3pm - The format includes current topics of the week as well as a discussion on a controversial topic selected by the host, a member, or a guest. The topics are always thought provoking and subject to lively discussion. The group meets at Shagwell Mansions, across from Carrefour in Soi Arunothai. Contact David Dallimer at 080-638-3510 or email daviddallimer@hotmail.com.

FRIDAY BREAKFAST GROUP - Weekly on FRIDAY at 10am at Pure Shore on Pattaya Beach Road at Soi 5. Roger Fox is your host.

WRITERS CORNER GROUP - Usually meets weekly on FRIDAY from noon to 3pm at the Shagwell Mansions, in the Cafe. The hotel is located approximately 300 meters along Soi Arunothai which is located at the Traffic lights on Pattaya Klang (Central Road) opposite the Carrefour shopping Mall. The style of the meeting is very relaxed and informal. The writing group offers you a genuine opportunity to discuss any matters relating to reading and writing in a safe and supportive environment in which all are offered the opportunity to practice or improve their writing skills while sharing books and ideas with like minded members. Contact David Dallimer to confirm meeting time and place at 080-638-3510 or email daviddallimer@hotmail.com.

COMPUTER GROUP – Usually meets MONTHLY on the first MONDAY of the month at 1pm at Markland Hotel, corner of Beach Road and Soi 1 in Pattaya. The meeting is held in the Markland Parking Garage 3rd floor Meeting Room. The charge for the Meeting Room is 400 baht – this cost is distributed among those attending. There is plenty of free parking on the Garage's 3rd floor, quite close to the Meeting Room. We have a number of electrical connections available so you are welcome to bring your computer. The host is able to demonstrate the particular computer application he is discussing, or your problem, using a projector and screen. If you are interested in joining us, please list your name on the Computer Group sign-up sheet. We will send you a reminder of the meeting 3 to 5 days in advance of the meeting. For additional meeting information please contact Richard Smith at 038-412197, 089-244-9523 or by email at rick2mail@gmail.com.

MEMBERS' DINNER - MONTHLY, usually on a WEDNESDAY during 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 Markland 3rd floor Meeting Room (use the parking garage elevator to the 3rd floor). The Markland is 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 divides his time between the USA and Thailand. He will be let us know the schedule for any meetings or sailing ventures when he is in Thailand. Dates and times will be announced in the Newsletter. If interested in joining the group, you can contact him at Ncrusso1@gmail.com.

FRIENDS OF PDA GROUP - Several members have signed up to work in partnership with Khun Mechai's efforts through his Population and Community Development Association (PDA) in improving the lives of Thai villagers. His efforts are described in the Pattaya Mail [article](#) on his address to the Club on October 19, 2008. The members of this group reached their fund raising goal and have entered into a memorandum of understanding with a village in the Buriram area. If

interested in participating, contact Stuart Saunders at this Sunday's meeting or you can email him at Stuart21@mac.com.

BANGLAMUNG DISTRICT CROSS CULTURAL VOLUNTEER GROUP – This group provides Volunteers to help Thais improve their English conversation ability through the "English Conversation for Thais" program. The Group is always in need of additional teachers or helpers to work with the students, and to fill in when the regular teacher is away. If you visit us you will find a relaxed group of Thai young working people anxious to speak English better, and having fun doing it. They note that about 30% of their students go on to get better jobs because of their improved English speaking ability; so it is a great way to help young Thai people improve themselves. If you, or a friend, are interested in participating in either or both programs, as a helper or a Volunteer, please list your name on the sign-up sheet at this Sunday's meeting, and we will contact you with more information. If you become a volunteer, a special BDEL Volunteer Group ID cards will be made for you. They are signed by the Nai Amphur (District Chief) and are valid for two years. If you have any questions about any of this, please contact Richard Smith at 038-412197, or 089-244-95323, or email rick2mail@gmail.com for more information.

[Return to Contents](#)

Club Services

This section lists various services offered by the Club or by members of the Club.

DRIVING LICENSE ASSISTANCE – Member Hans (or Jon) Stroosnyder will escort and assist those interested in getting a Thai driving license. Hans usually departs at 9am from the Henry J. Bean restaurant on the 1st Wednesday of the month. For more information, call Hans at 085-218-1773, or email him at khun.hans@gmail.com. See the [Vehicles page](#) on the Club's website for information on the process and the documents needed.

VISA ASSISTANCE - If you need or want some information on requirements to enter or remain in Thailand on a long stay basis, visit the Club's [website](#) and select the Visa & Immigration Page. If you still have questions or need assistance regarding remaining in Thailand on your present visa or visa exemption, please contact member Darrel Vaught with the Visa Assistance Committee at Darrel-pcec.com.

A DVD LENDING LIBRARY - Hawaii's BOB4YOU usually has some of his collection of over 2,000 DVD movies at the Sunday meeting to share with members. A current membership card will allow you to borrow 4 DVDs for up to 4 weeks at no charge. If you have videos that you no longer need, you are encouraged to donate them to the library.

BOOK EXCHANGE – This is a popular service started by member Roger Fox and now undertaken by member Hawaii Bob Sutterfield for the benefit of fellow members and guest – it is a “book exchange,” so please remember that the general rule is to bring a book to exchange for another.

LAMINATED PASSPORT CARDS - Kuhn Sermsakdi is usually available for making the laminated cards for passports for a nominal fee. Please see Sermsakdi to collect yours. The cards are laminated wallet size (an all-in-one copy - of the main page, TM (now HX) card, Visa page, and front of passport). These cards have received good acceptance with businesses and hotels.

HAWAII BOB'S CLASSIFIED EXPAT ADS – 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.

[Return to Contents](#)

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 AND THEIR FAMILIES

– When you obtain your BHP ID or if you haven't done so already, show them your membership card on your next visit, you will be entered into BHP's computer as a PCEC member. As a PCEC member you and your family members will get a 10% discount on room rates, medication and prescribed drugs, and 10% off on dental treatment and 5% on prosthodontic dentistry. You may still be asked on occasion to show a currently valid PCEC card to verify you are still entitled to the discounts.

PHAYATHAI HOSPITAL SRIRACHA OFFERS DISCOUNTS TO PCEC MEMBERS - Club members now receive a 10% discount on medicines (inpatient and outpatient), main physical check up, CT, and MRI scans. This discount is good till November 14, 2010 for the initial period.

PCEC MEMBERS GET A 10% DISCOUNT FROM YOU STINKY DOG! - You Stinky Dog! is a pet grooming service with a difference. They come to you with their fully equipped vans. They will also offer special deals on food deliveries and accessories. Future plans are to also have a doggie camp, hotel, exercise pool, etc. For more information visit their [website](#) or call 089 - 832 - 4181 (Jiab) or 089 - 207 - 6582 (Tom) or Email : Jiab@youstinkydog.com.

PCEC MEMBERS RECEIVE A 15% DISCOUNT ON MR. MOO'S PORK PRODUCTS - Mr. Moo! Co., Ltd. sells pork products from their own pig farm - sausages, bacon, and meat pies. Their retail office is located in the side soi to the north of Big C on Sukhumvit (close to AA Insurance). They are open 9am to 6pm Monday thru Friday, 9am to 4pm on Saturday, and 11am to 4pm on Sunday. Show your membership card to get the discount.

THE BIGGEST MINI GOLF IN ASIA OFFERS PCEC MEMBERS A 20% DISCOUNT - This new mini golf has three 18-hole courses available for your enjoyment. It is located on Sukhumvit Road - going south toward Sattahip; it is on the left hand side just past the Floating Market and opposite the Elephant Camp. Regular price is adults 150 Baht and Children under twelve 100 Baht; but, show your membership card and get 20% off that price. For more information, telephone 089-882-15/7 (English & French) or 083-602-4655 (Thai).

[Return to Contents](#)

Member Supported Charities

The club encourages its members to be active in supporting charitable organizations. This section assists their efforts by providing information on some of these charitable activities.

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

SAVE THAT DRINK AN RING PULL FOR A WORTHY CAUSE - Les Edmonds has requested that you save those aluminum can ring pulls rather than discarding them when you open the can. Gather up a few and bring them to Les. It seems they can be recycled for making artificial limbs. Les will see that they get to the right place.

EYE GLASSES FOR THE NEEDY - Member Dave Anderson has been collecting eyeglasses and frames for re-cycling and distributing to needy people in Thailand and Pattaya. He recently brought 2000 frames and lenses for distribution in Thailand through the Pattaya YWCA, City Hall, and his connection with a country wide program. There is always a need - if you have any old glasses or frames around, please bring them to the meeting, give them to Richard Smith. On Dave's latest visit, we gave him the eyeglasses received (about 50 to 60), which he said would be donated to the Eyeglass Bank Project.

[Return to Contents](#)

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 – (Updated this issue) We have not yet received information on September promotions from the Hospital. You can email infos@bph.co.th to inquire as to any special promotions are on offer.

PHYATHAI SRIRACHA HOSPITAL PROMOTIONS – (Updated this issue) Gavin Waddell has not yet provided us with information on September promotions from the Hospital. You can contact Gavin for more information about Hospital services and promotions at 038-770-200/8 Ext: 2426 or 089-750-0293. You can email Gavin at gavin@phyathai.com.

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](#) .

[Return to Contents](#)

Dining Out

We have several featured restaurants that offer discounts for Club Members (show your card at the time you ask for your check). Also, our fellow members often discover a new place for dining out that they wish to share with others. We will list these discoveries here for a short period of time. To see more information about the featured and other recommended restaurants, visit the [dining out information](#) on the Club's website. For more information on the featured restaurants, visit [the featured restaurants](#) page on the Club's website.

[Pattaya Restaurant News](#)

Amor Restaurant will reopen as the Street Deli –Richard Burk from the Amor restaurant does not plan to reopen the Amor Restaurant after renovations are completed. But, he will be opening a new and different restaurant in the same location. The new restaurant will be named “Street Life” and feature New York Deli food. We understand that it will also have a wine bar and art gallery. At this time, we do not know if Richard will still extend a discount to PCEC members at the new restaurant.

News Café – Richard Silverberg reports that this restaurant on Thappraya Road a short distance before it intersects Thepprasit Road coming from South Pattaya is now serving in addition to their regular menu a wide range of “Tapas,” which he found very tasty with each dish in the 70 to 80 Baht range.

[Featured Restaurants Offering Discounts to Club Members](#)

Amari Orchard Resort & Tower Restaurants & Lounges – The Amari Orchard Resort has several restaurants and bars available, all offering Club members a 15% discount. Visit [here](#) for various monthly and other promotion information or call the Amari at 038-418-418). **Orchid Terrace & Garden Lounge** has an Italian Buffet every Friday from 6pm to 10:30pm for 490 Baht net per person - wine buffet & limoncello also available. **The Essence restaurant** offers a regular menu of western, Thai, Japanese, Indian, and Chinese specialties. Every Saturday from 6:30pm to 10:30pm, Amari has seafood BBQ by the pool for 750++ per person. The new Ocean Tower has a 24 hour restaurant with a view of the Resorts beautiful gardens, and with the new Horizon Club on the top floor, offers a new level of personalized service and audio-visual technology. **The Tavern by the Sea** (formerly Henry J. Bean's) is now open. **Mantra** offers different cuisines in a fabulous setting. During August, Mantra is featuring oysters and champagnes (by the glass or by the bottle). Executive Chef Jens has created several oyster dishes. Also, during August, oysters will be featured at Mantra's Sunday brunch.

Other PCEC Featured Restaurants – **Chez George** on 3rd Road - a 10% on food - 038-723-219 or 086-151-4200; **Valentino Restaurant** - 20% Discount; **La Luna Italian Restaurant** - 15 % Discount - 038-371-322; **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; **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 newsletter@pattayacityexpatsclub.com or Darrel-pcec@inbox.com.