



Over 16 Years of Expats helping Expats

AUGUST 5, 2018

There were two presenters at the PCEC meeting. The first was Mr. Kelvin Bamfield, CEO of Thai888 Law, Ltd. who is also an active Club Member; apprising members about the importance of preparing a proper living will or Power of Attorney in Thailand. The second was Diana Mountanos, who talked about and demonstrated the importance of stretching.

Kelvin, originally from Australia, has lived in Thailand for over 18 years. He holds Australian Degrees, Diplomas and Certificates from Technical and Further Education, The University of Technology and The University of Sydney and several other organizations.



After eight years of retirement he decided to reapply his knowledge and experience and became CEO of THAI 888 Law working with the Owner Jeab Supaporn. Kelvin has given a previous talk for PCEC members on last wills and testaments. Kelvin gave a relaxed yet informative presentation, walking amongst the audience while using Power point to show the Importance of creating a Living Will, which is a form of Power of Attorney that you give to a trusted third party taking. A living will takes effect should you become mentally incapacitated, either through illness or accident, events that could easily and unfortunately happen to any one of us at any time.

A living will is a legal document in which a person specifies what actions should be taken for their health if they are no longer able to make decisions for themselves because of illness or incapacity; it is a written expression of your wishes, in terms of how you would choose to be treated should, if and when the occasion ever arises that your condition is terminal. A copy of the Living Will document can be deposited with the hospital(s) of your choice, but you should you be hospitalized in other areas, your designated person will need to show them the Living Will.

Kelvin gave several examples of different ways in which it could be applied, and some of the pitfalls which could occur without the benefit of enacting it, such as incurring substantial costs because the doctors are prolonging life even when the outcome is terminal. Such costs would become a burden upon your estate.

Kelvin then went briefly into what Powers of Attorney are and cautioned that they should be for specific purposes since it gives another person the legal right to act in your name. For example, it can be given to a person to sell and transfer title to property. Therefore, it should be limited as to time and identify the specific property involved.

The second presenter was Diane Mountanos, originally from the USA, she has been involved in an active sporting background, starting as a youngster when her father, a life guard, inspired and taught her (and her sisters) to swim from the tender age of just 3. During her School years, Diana had a passion for archery, running, and of course swimming (back stroke). This developed into a lifestyle of weight training, racket sports and long-distance running, alongside taking up a career, being Director of Orthopedics, Diana advised nurses and gave Seminars on the subject of rehabilitation, and recovery for sufferers of mild to major injuries helping people regain fitness and mobility wherever possible.



All these qualifications and experience stand her in good stead to help people from all walks of life and ages discover the wonders and health benefits of Yoga. Diana, has previously enlightened the PCEC audience with talks. Having been involved with Yoga since the 80's, Diana is certainly living proof that Yoga is a great pursuit, sporting a youthful slim healthy figure with bundles of energy.



She mentioned that her talk would not be so much about yoga, but about the benefits of stretching all your muscles for better health and to prevent injuries when exercising. She said that one can do stretching exercises while sitting in a chair. She encouraged the audience to take part in several exercises as she and two companions demonstrated them from the stage. The room was filled with energy, motion, and laughter for an very enjoyable and mildly exerting 20 mins of fun. Diana states that

stretching as well as Yoga, under guidance, can reverse many ailments and effects of ageing, and prevent a lot of ageing issues from occurring.

Diana recommends both men and women of all ages should discover the health benefits for mind, body and soul for themselves. Amongst the many conditions helped: High Blood Pressure, Diabetes, Neck/Back pains, and even Thyroid issues can be alleviated.

Diana in addition to running her Yoga business, is also starring in a TV Show entitled "Zen Yoga" on Pattaya People 24 hours TV Channel in Sophon Cable TV, plus (<http://pattayapeople.com/live-tv/>) on the internet, with 48 episodes of this show produced by Barry Upton. The TV program will give viewers an opportunity to discover Yoga poses from A to Z should anyone miss an episode, the entire series will be uploaded on the www.pattayapeople.com website.