



## Phuket International Women's Club

January 2009

e-newsletter

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Hi Everyone,

We wish all our members a very happy and healthy 2009.

Isn't it great to be in Phuket at the start of yet another year?

Welcome back if you've been away.

If you're a newcomer, we'd love to meet you at any of our meetings or events listed below.

We know it's not going to be the greatest year in world terms what with the global economic downturn and all that goes with it, but maybe straightened circumstances will give us all pause, make us stop and re-assess.

And how, may I ask, are the New Year's Resolutions progressing?

If that turn-over-a-new-leaf diet, change your image for 2009, become the svelte new you, go to the gym EVERY DAY, never eat or drink too much again in your entire life, never, under any circumstances, taste sugar or chocolate, desserts or potato chips again, give up cigarettes and alcohol for ever....promises are all but a fading dream, then take heart.

You, my dear sisters in PIWC, are not alone.

Even Oprah, the Great Hope of women worldwide, has fallen "off the wagon" as she describes it herself and has regained 40 lbs (about 18kg).

She's on a start-again mission this month and invites everyone worldwide to join her.

She says that we women, even those who have no need to lose any weight, need to treat ourselves as a priority instead of always taking last place after husbands, kids, family etc.

She says that she was over-working, leaving little time for herself, for exercise, for relaxation and that's why she regained all those pounds.

She also says that she has learned, in her battle to beat the flab, that fat is not about over-eating per se, but about how or where you see yourself in the scheme of things, which seems to be a good life pattern even for those of your whose bodies have achieved perfection.

So how about it? How about giving ourselves more attention ... not neglecting any commitments in the process, of course... but making ourselves AS important as the rest.

That could be the best and most lasting resolution of all.

Now, to

## [CLUB NEWS](#)

### [SCHOLARSHIPS](#)

A Scholarship committee meeting has been arranged for next week in order to assess current information on existing students, plan meetings with senior students (medical, nursing and so on) during the coming summer break and to get early information on new students who may require scholarships in the coming year.

Scholarship Co-Coordinator, Carole Fryer explains that this meeting is a necessary planning exercise, to work out what needs to be done for the year.

### [LAST MONTH'S ACTIVITIES](#)

Our Christmas lunch at Twin Palms was a total sell-out. 64 lucky members and 11 guests enjoyed the delicious food, contributed hugely to club funds through raffle and silent auction and had fun. A total of Baht 38,250 was raised. Our thanks to Olivier and his staff and to Carole Dux and her team for organizing it all so well. We will be back. Another thing, we asked for small gifts for school children and you did not disappoint. We needed 106 and exactly 106 beautifully wrapped presents were deposited at the door. Thanks to everyone who contributed. The gifts will be distributed shortly and we shall let you know of the date.

### [UP AND COMING](#)

#### **January Coffee Mornings**

This month's first coffee morning is as usual at Starbucks in Central, next Thursday 15<sup>th</sup>, 10am-12. It's a casual way of making your first acquaintance if you've just arrived on the island. Come and talk to the first person you meet in the group and you'll be among friends instantly.

Our second coffee morning this month will be on 29 January (10am-12 noon) at Dreamz Cosmetics Company, in The Royal Place, across from Tesco Lotus. Contact K. Dao: 0762 48814 [www.dreamzcosmetics.com](http://www.dreamzcosmetics.com) if you plan to attend.

#### **Monthly Lunch**

Lunch this month will be on Thursday 22<sup>nd</sup> at Kan Eang Restaurant, Chalong Pier on the south side of the island, 11.30 as usual. Bookings please to Carole Dux: [mummydux@hotmail.com](mailto:mummydux@hotmail.com)

## SUPPORTING FRIENDS

A huge thank you to the organizers and 40 golfers who took part in the 2nd one-day Layan Masters invitational last month and raised a whopping Baht 200,000 which they donated to our charity. Our grateful thanks also go to major sponsors of the day Clariden Leu Bank in Hong Kong for their continuing support even in difficult times. It was a great day out culminating in a gathering of participants for a party and prize giving at the Layan home of Carole and John Dux, co - organizers of the event. And there's a whisper of another similar golfing moment coming soon. Watch this space.

Speaking of Clariden Leu, a group of employees from the bank had offered their time and money for a school painting project in Phuket. Now, given international problems within the banking sector, the group has had to withdraw their labour, they will still pay for the paint, and the job of decorating the school will be taken over by a visiting US Navy group on a date to be arranged.

Phuket International Blues Rock Festival ( Feb 19 – 22 at Hilton Hotel, Karon) promises another exciting line-up this year. As in other years this charity event offers all its profits to PIWC. Go to its website ([www.phuketbluesfestival.com](http://www.phuketbluesfestival.com)) and you'll find us mentioned.

## MEMBERS NEWS AND NEW MEMBERS

- We welcome this month: Christine Bates, Cynthia Ginn, Julie Wilson, Liz Johnston and Sue Leedham
- At the last count we had 120 fully paid up members consisting of 22 different nationalities, no one can dispute the "International" in our name.
- Latest news about Baby Ruby is that she is doing well and scheduled for surgery 21 March.
- We have yet another new grand-mother in our midst. Congratulations Maggy Wigman.
- And, for your diary, the AGM is coming up, 19 March at Le Meridien Hotel, between Karon and Patong.

Have a good month

Website: [www.phuketiwc.com](http://www.phuketiwc.com)

### MARK YOUR CALENDARS

Jan 15th	Meet and Greet	Starbucks. Central Festival	10 a.m. – 12 a.m.
Jan 22nd	Monthly lunch	Kan Eang @ The Pier Chalong	Carole: <a href="mailto:mummydux@hotmail.com">mummydux@hotmail.com</a>
Jan 29th	Morning Coffee	Dreamz Cosmetic Co. Royal Place	Contact Dao <a href="mailto:dreamzcosmetics@hotmail.com">dreamzcosmetics@hotmail.com</a>
Feb 5 <sup>th</sup>	Committee meeting	Perfection Fashion Café. 10 a.m.	<a href="mailto:info@phuketiw.com">info@phuketiw.com</a>
Feb 12th	Meet and Greet	Starbucks. Central Festival	10 a.m. – 12 a.m
Feb 19 <sup>th</sup>	February lunch	TBA	
Feb 19 – 22 <sup>nd</sup>	Phuket International Blues Rock Festival	Hilton Hotel	<a href="http://www.phuketbluesfestival.com">www.phuketbluesfestival.com</a>

### WEEKLY ACTIVITIES

Day	Activity	Place	Contact
Mondays	Mah Jong 9.30 a.m.	Member's House	Christine <a href="mailto:sweetpea_robinson@yahoo.com">sweetpea_robinson@yahoo.com</a>
	Bridge 1.30 p.m	2Gusti, Central	Christine: <a href="mailto:sweetpea_robinson@yahoo.com">sweetpea_robinson@yahoo.com</a>
Tuesday	Golf 1.00 p.m.	Laguna Golf Club	Marion: <a href="mailto:m_tideman@yahoo.com">m_tideman@yahoo.com</a>
Wednesday	Tennis 8 a.m.	Hilton Hotel	Christine: <a href="mailto:sweetpea_robinson@yahoo.com">sweetpea_robinson@yahoo.com</a>
	Bridge 1.30	Skippers, RPM	