



Phuket International Women's Club

April 2009

e-newsletter

Dear Members and Friends

The question is, will the rain ever stop! These last days remind me a lot of my native land where, to be honest, it rains. Last year on my 6-month residency there it never stopped and, as a consequence, I became the ultimate couch potato, slumped in front of the TV on a munch safari.

It's taken me until now to lose the pounds I gained during that foray and, guess what, it's time to be off again. Here's hoping that it's a long hot summer over there where I can continue the exercise regime I've set up here and come back looking even more gorgeous!

Joking, of course, but the point of my natter is exercise. I've discovered it and, like all newly converted, I want everyone to get on my roundabout. Lots of you, I know, play golf or tennis on a regular basis, but some do nothing at all. And really you don't need to have a formal involvement in order to get the daily dose we all need. Phuket has the most wonderful walks along the beaches that tourists travel half way round the world to access. When last, may I ask, have you stepped on a beach?

My exercise thing is a 7-ish morning walk along the beach across from my house followed by an aquacize session in the sea. Essentially aquacize is aerobics but under water.

One morning recently when the sea was low I had to walk out quite a bit to get to the required shoulder level and, in the process, encountered hundreds of tiny fish – blue, green, tiger-striped, black. Even without a snorkel they were visible in hundreds. Awesome. As the sun shone gently overhead – early morning doesn't damage the skin- and the warm water caressed I noticed that as usual I was alone in the water. Me and all those fish, enjoying the Andaman Sea. I counted my blessings and felt a bit sad that I would leave even for a short while.

Missing you already!

And so, to this month's news

[AGM](#)

As you know by now we have a new committee and the even better news is that we have a courageous couple who have volunteered to run the annual Gala Ball about which more news next month. Carole Dux and Maggy Wigman are the two hardy souls who have offered their time, energy and all the rest to take on the task of running our most important fund-raiser of the year. As I said, more news anon.

The 2009-2010 committee is

President – Sue Arnulphy

Vice President – Wipa Tanmanatragul

Secretary – Carol Fryer

Treasurer - Wipa Tanmanatragul

Scholarship co-ordinator – Carol Fryer

Membership/Newcomers – Margaret Spratt / Liz Charles

Newsletter – Anita Whooley/Denise Bertrand

Fundraising/Gala Ball – Carole Dux/Maggy Wigman

Lunches – Carole Dux/ Maggy Wigman/ Renate Hirte/ Liz Charles

Activities – For activity coordinator, see individual events

Web Master –Jackie Bettles (consultant)/ Denise Bertrand

Welfare – Christine Robinson/Jennie Speed/Joyotee Smith

PR - Barbara Wiley/ Amanda Wentzell

General – Sue McCall/Joan Watson

Scholarship sub committee – Denise Bertrand/Janpen Magee/ Juree Smuders-Woongprom/Nittaya Darroch/ Porn Sween/ Pen Forbes/ Marion Tideman/ Wipa Tanmanatragul/ Valerie Dobson

Fund raising sub committee – Denise Bertrand/ Sue Arnulphy/ Lynne Borgesius/ Marion Tideman/ Margaret Spratt/ Caroline Fletcher/ Barbara Wiley/ Amanda Wentzell/ Juree Smuders- Woongprom

[SCHOLARSHIPS](#)

A new nursing scholarship will be set up to commemorate our member who died on 1 March in a motor cycle accident.

The Heather Richmond Nursing Scholarship will be offered to a student who wishes to study Psychiatric Nursing, as our friend Heather did.

At the April monthly meeting Khun Wipa reported that many of our recent graduates – 18 from the Vocational College, 4 Nurses, are having a hard time finding employment. Sadly the world recession has hit this region too and is expected to continue. If you happen to know someone who is looking for staff at the moment perhaps one of these graduates would fit the bill. Contact Khun Wipa:

wmk@loxinfo.co.th

And, just in case you might know someone who would like to sponsor a nursing student the cost is Baht 25,000 per year for 4 years, a mere B100,000 for the full course. That's US\$2,827 or €2,145.

MONTHLY LUNCH

Lunch at Le Meridien was a great success. 47 members and friends attended and Baht 12,270 was raised.

This month's lunch is at the Hilton Hotel in Karon on 23 April. Contact Carole: mummydux@hotmail.com

For your diary, May lunch will be at Les Anges, Royal Phuket Marina on 21 May. And please remember that YOU MUST BOOK IN ADVANCE.

SUNDOWNER

Many thanks to K Jureewan and her husband Seven for hosting a wonderful Sundowner at their place. If you didn't go you missed a great night!

EVENTS

HARD HATS!

This month's big event will be the outing to Thaisarco on 30 April about which you should already have received information.

LAYAN MASTERS

I think we should re-name John and Carole Dux and call them The Indefatigables. Their latest generous fund-raiser for PIWC is the LAYAN MASTERS INTERNATIONAL GOLF CHALLENGE to be held at Laguna Golf Club on Friday and Saturday 1/2 May. Each team of 4 will play under a flag – ergo the international theme – but multi-national teams will, of course, be acceptable! Some places remain. The cost is Baht 3,500 per person for the two days. Further information: layangolfchallenge@gmail.com. And our grateful thanks to John and Carole.

MEMBERSHIP

We have a total of 130 on our books including 7 honorary members. And a gentle reminder to those of you have not paid, please contact Margaret Spratt: sprattmargaret@yahoo.com

New members this month are:

Norma Wildgoose, Catherine Parent and Marguerita Schonart.

OTHER

Congrats to Carole Fryer and Pam Hudson on the birth of their new grandchildren.....

News about Ruby is that her operation has been postponed as a valve has not opened as expected. The family are awaiting the result of tests for further information.....

The Tennis group would welcome new members as their numbers have dropped. They play at the Hilton Arcadia in Karon at 8am on Wednesdays. Contact Christine: sweetpea_robinson@yahoo.com

Juree would like to organize a gardening group once or twice a month. Interested, contact her: naning75@hotmail.com

And if you'd like to join a painting/art group contact Maggy: robmaggy@yahoo.com

Have a good month and see you next high season!

Anita Whooley

MARK YOUR CALENDARS

April 9	Meet and Greet	Starbucks. Central Festival	10 a.m. – 12 a.m.
April 10	Quiz Night	Valerie's house 7.p.m.	Valerie kanaloe@mailasail.com
April 23	Monthly Lunch	The Hilton Arcadia Resort & Spa	Carole mummydux@hotmail.com
April 30	Tour of Thaisarco plant followed by lunch	Thaisarco. Ao Makham 9.45	Margaret sprattmargaret@yahoo.com
May 1-2	Layan International Golf Challenge	Laguna Phuket Golf Club	John layangolfchallenge@gmail.com
May 7	Committee Meeting	The Sandwich Shoppe Cherng Talay	Sue president@phuketiwc.com

WEEKLY ACTIVITIES

Day	Activity	Place	Contact
Mondays	Mah Jong 9.30 a.m.	Member's House	Christine sweetpea_robinson@yahoo.com
	Bridge 1.30 pm	2Gusti, Central	Christine: sweetpea_robinson@yahoo.com
Tuesday	Golf 1.00 p.m.	Laguna Golf Club	Marion: m_tideman@yahoo.com
Wednesday	Tennis Bridge Mah Jong	Hilton Hotel 8 a.m. Skippers, RPM 1.30 Laguna Area	Christine: sweetpea_robinson@yahoo.com Carole: mummydux@hotmail.com