

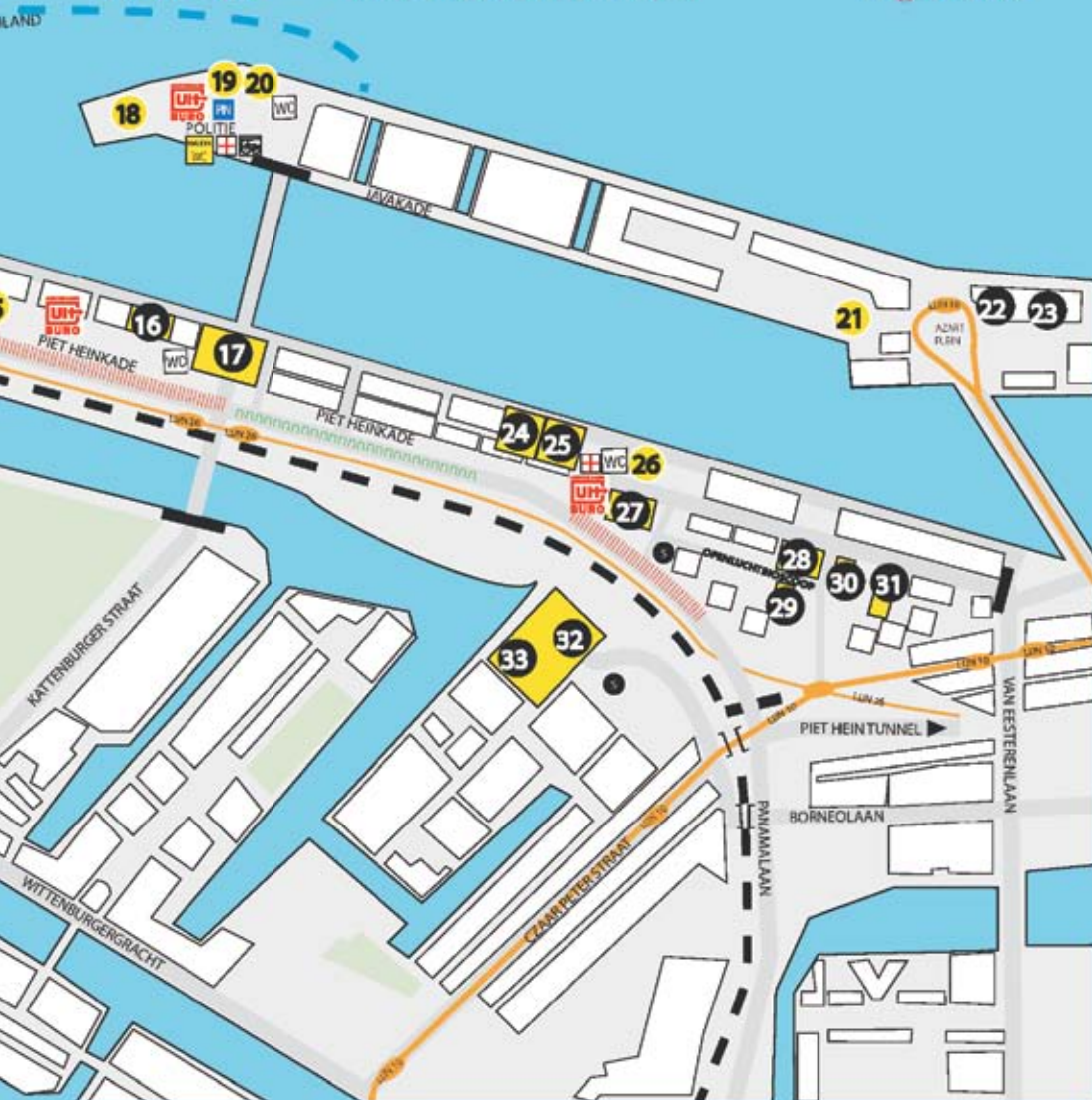
AMSTERDAM STUN

The paper for you

Number 151

www.amsterdamstun.com

August 2007



The Editor's Bit

I know that last month I promised we were about to launch our new website, "Live Around Amsterdam", but things got a bit delayed. Every time I get close to finishing a page, I keep thinking of something else that would go well in this or that particular section. Then I have to work out the best way of doing it and before I know what's happening, it's time to bring out another Stun.

That's the trouble with websites, you're not really limited by available space. Stick a bit more on the bottom of the page? No problem. Add another page? Easy peasy. If I wanted to, I could launch the site before it's finished, but I'm used to making a complete magazine every month, so I don't know how to deliver only a part of the content. If I get side-tracked by more new ideas, I might change my mind about incomplete websites, so keep looking at www.livearoundamsterdam.com

A printed magazine is the complete opposite; I can't just add an extra page, it has to be four at a time, but I'm used to that now. I've got quite good at squeezing things into the available space. I had to do it again this month! We've got pictures sent in by readers of parties that they went to, plus the pictures I've taken over the last month, Dorothy, Jokes, Music and an extra long Being Frank on Football. And if that's not enough, we've got The Stun guide to the Uitmarkt, with a map on the cover. Enjoy!

Andy

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SUBSCRIPTIONS

Don't miss out on your copy of **The Amsterdam Stun**: Take out a subscription and the latest edition will come through your letter-box every month. Our prices barely cover the cost of the postage, so you are getting a bargain.

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<http://www.amsterdamstun.com>

If you would like to contribute a story or even a regular column, don't be shy: we're all amateurs doing our best here.

The following people also contributed to this edition of The **Amsterdam Stun**:

- Dorothy Braithwaitshire-Llyons
- Frank Weston
- Lana
- Lin Sargent
- Paddy Wynne
- Rush

Cover courtesy of Amsterdams Uitburo

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The Finishing Touch
1018 AJ Amsterdam



There's a new bar in town, the Green Light, with a familiar face behind the bar, Kate.



Here's Kamilla behind the bar in the London Bridge.

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Renneke was doing the late shift in Susie's Saloon.



We caught Lizzy on the terrace outside London Bridge.

TALES FROM THE

Happy Birthday Ann, Lenore, Billy, Terry, Mick, Marie, Marcelle, Marcel, Blom, Chuara, Adrian, Nicole, Rikki, Kiz, Jasmin, tRacY, Jim, Singh, Jasmina, Michelle, Brian, Fiona, Leo, Zoe, Jamie, Vivienne, Hennie, Tommy, Dave, Rebecca, Matilde, Wendy, Mike, Gregg, Ken, Alan, John, James, Gary, Hester, Torre, Vicky, Ray, Andy, Mary, Amy & Rory.

Happy anniversary Anita & Tim, Nic & Harriet, Cathy & Chick, Jill & Klaas.

Congratulations Amanda and Angelique on your recent wedding. We didn't go to the wedding, but Little Paddy from the Blarney Stone was there and he sent us these pictures.

Somebody else must have taken this one, because here's Paddy with Petra.



The happy couple with Iris.



Angelique and Amanda, the Happy Couple on their big day.

Amanda with Trudy, the maid of dishonour, and a friend.



Ema has opened her hairstylist & extensions shop next to Coconut Groove, but she's called it Emma, with two m's. The address is Nieu-



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GUTTER

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Here's Ema, not working, in Coconut Groove with Tineke.

Our new sponsor, Rajiv from Mother India used to work in the Vijaya, so he knows all about good food.



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UIT AMSTERDAMS
BURO
MARKT

The 30th edition of the Uitmarkt, the biggest cultural event in the Netherlands, will be taking over the Oostelijk Havengebied (the former Eastern Docks) from Friday 24th until Sunday 26th August. The Uitmarkt signals the start of the cultural season, offering free samplers from what's coming up, to who's up and coming. With over 400 performances by more than 2000 artists, spread over 30 podia, there should be something for even the worst of cultural barbarians.

From what I've seen of the programme so far, I can see me getting stuck around Pakhuis Wilhelmina and Panama, because there will be a lot of good music on the Buma Cultuur and the Provincie Noord-Holland podia.

Jazz fans are well catered for in the Bimhuis, but there are also jazz concerts on a lot of the other stages too.

Best places for opera and classical music are the Muziekgebouw plus the Lloyd and Mövenpick hotels,.

If you're into singing along to musicals, then head for the UPC stage on Sunday, where there will be practice sessions for Hair, Evita and Fame, to name but a few.

It goes without saying that most of the performances will be in Dutch, but even if you don't speak the language, you're bound to find something to enjoy. Best of all, it's free!

Don't forget to take this Stun with you; the map on the cover shows the location of all the main Uitmarkt sites.



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WARMOESSTRAAT

CENTRUM

In the Old Quarter, Rob, Cheryl and Alfred were working, but Raymond and Anka dropped in to see them on their night off.



Claudia enjoyed her one-off in the Stone's Café so much, she's now working there twice a week. Here she is with Susan.



All of the regular bars were already closed when we bumped into Max, Eric, Zoe, Elsie and Loraine (Insane) on Warmoesstraat.



Jill had taken over for the evening shift in Buster's, Neil was finished for the day and just trying to decide where to go next.

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WELCOME



We're pleased to welcome Mother India to our very select group of sponsors. We don't accept adverts from just anybody: We have to like the people and the place if we're going to write about them and Mother India passed with flying colours.

Mother India is in a great location if you want to avoid the crowds in the centre of town, especially if you live in the West, like us. It's close to the corner of De Clerqstraat and Bilderdijkstraat, so no matter where you're coming from, it's easy to get to: trams 3, 12, 13 and 14 stop on the corner.



Inside the restaurant, there is seating for 40 and if the weather allows it, they also have a terrace. Mother India is a great place to have a party, just ask Lin from British General Stores; we've got pictures from her party on page 24.

If you want, Rajiv, the owner, will gladly arrange a Bollywood theme party for you, complete with Bhangra dancers and he'll even give you a group discount on the food.

So, what about the food? All the dishes you'd expect to see in an Indian restaurant, including vegetarian, are on the menu, but the prices are much lower than most. Elly and myself were tempted by the Bollywood menu (Tandoori chicken, lamb saag, aloo mater, naan, rice, poppadum, chutney and salad for €20.50), but that would have been too much for us to eat. Chicken Tikka Balti (€13.50) sounded tempting, so that's what we went for. It was spiced just right and the chicken melted in your mouth. The basmati rice that came with it was really tasty, as were all the bits that came with it; we could tell that everything was freshly made and have no hesitation in recommending Mother India to our friends. If you take a Stun with you, Rajiv will take 15% off the price of your sit-down meal.

If you're too busy to get to Mother India, you can phone, fax or order online through www.urbanbite.nl: they deliver all over town.

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Dear Dorothy

Dear Dorothy Page,

I have been looking all over this city for some Tree Ackel. I rang a friend in Engl-land for a recipe to make Tree Akell pudding for my new boyfriend Do any of your readers know where I can get some?

Mrs G. Mollohan

Dear Mrs Mollohan,

Yes, Tree Ackel comes in a green tin - you can get it from the shop that also stocks Kad Berries, See advert on this page.

Dorothy.

Dear Dorothy,

Please can you help us? Me and my friend "Jimmy" are being illegally held against our will in a mental institution somewhere near a train station. It has taken us 8 months to get this letter smuggled out by using a pigeon (Jimmy has a keen taste for wild fowl). I don't know who our captors are, but they wear white coats and call themselves "doctors". You are our last hope for freedom Dorothy, I am the good one, Jimmy is a very bad person, but you have to save us both. The voices said you were the best person for this task.

Johnny. (Undisclosed whereabouts - bit stained by pigeon shit)

Dear Johnny,

Obviously you get regular deliveries of The Stun, wherever you are. We are sorry to inform both you and Johnny that Dorothy went to live in Siberia and no longer has anything to do with this magazine. We are sorry for any inconvenience caused by her departure,

Yours Sincerely,

Someone else.

Dear Dorothy,

I've put 10 teeth under my pillow the last month, and the tooth fairy never came. WHY?

Timothy Quiggins(aged 7)

Dear Timothy,

Fairies hate the smell of bad breath, you obviously don't brush your teeth enough, otherwise they wouldn't be falling out at a rate of 10 a month. And make sure you floss.

Dorothy.

Dlear Dolofy,

I want to study Engrish and need to get Prac-cis. Evry time I ask peoples to help me Prac-cis They sending me to industrial estate end of rine 10. How I remn Engrish there?

Mi Lo, Wandering around Industrial Complex end of line 10

Dear Mi Lo,

First you need to learn how to pronounce Practise and Praxis

Dorothy.

Dear Dorothy,

Due to limited space we are unable to print the letter received from Lord Lucan. This will be published next issue

Editor

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BEHIND

We've known Ze Crack in Haarlem for years (but haven't been there in ages), so we had to get a picture of Jur from Maloe Melo when he was wearing the T-shirt.




Daniel in the Nes Café is young, free and single, but he told us that he doesn't want to stay that way.




Tom and Jonathan were behind the bar in Molly Malone's when we dropped in for a beer and some live music.

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BARS



Pip works out the front in Coco's Outback, but he came behind the bar for a picture with Max and Allison.

I know we had a picture of Susan two pages ago, but here she is again, still in the Stone's Café, but this time she is with Justine, who also appears twice in this month's Stun.



Tanja introduced us to her Kiwi colleague Iselde in the Wonder Bar.



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MALOE MAHONES

Canada's premier Irish Punk band, The Mahones, were in Holland for a short tour in July and of course, they made sure they played in Maloe Melo.

Main Man Finny was on fine form, belting out all their classics that have made them so popular in Maloe Melo and wherever else they play. The line-up of The Mahones changes every time we see them: There were five of them this time around; Ayren Mortley on mandolin and John Pierson on drums were on their first trip to Europe with the band, and loving every minute of it.



Although we mentioned the gig in last month's Stun, they got even more publicity the

day before the gig when nrc.next had a page about Paddy Punk bands following on from The Pogues, which included a picture of The Mahones.



They certainly attracted a good crowd this time, with at least one in a Mahones T-shirt.

Jur's always happy to see Finny back in town and Finny is always happy to be here.

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WHAT'S ON

It's nice to see Kim Stevenson's name back in our Gig List. Since he came back to town, we've seen him at jam sessions in Maloe Melo and the Waterhole, but recently, he's been playing in Molly Malone's on Saturdays. Kim's next solo gig in Molly's is on Saturday 25th August, but he'll also be there as half of J.K.Rolling on the 18th.



Robby's not mentioned in the Gig List, but whenever he's working behind the bar in Tig Barra, there's a good chance his guitar will come out for a jam session.



Glaswegian rapper Mark didn't need to read the karaoke screen in The End, he had plenty of words of his own.

Popped into Coconut Groove a couple of weeks ago and discovered they have live music every Thursday (and a late Happy Hour).



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THE STUN

Monday

Weekly

22:00, **The End**, Karaoke,
22:00, **Maloe Melo**, Acoustic Session, *with Peter Lavell*
22:00, **Bourbon Street**, The International Dance Fever Jam with Gregorio
22:30, **The Waterhole**, Magic Sem's Jam, €1

20th August 2007

21:00, **Hotel Old Quarter**, Jazz Session with the Old Quarter Trio, *special guest: Barend Middelhoff (quartet)*

27th August 2007

21:00, **Hotel Old Quarter**, Jazz Session with the Old Quarter Trio, *special guest: Simone Honijk (quintet)*

3rd September 2007

21:00, **Hotel Old Quarter**, Jazz Session with the Old Quarter Trio, *special guest: Paul van der Veen (quartet)*

10th September 2007

21:00, **Hotel Old Quarter**, Jazz Session with the Old Quarter Trio, *special guest: Remco Keijzer (quartet)*

Tuesday

Weekly

22:00, **The End**, Karaoke,
22:00, **Maloe Melo**, Blues Session, *with Rahim*
22:30, **The Waterhole**, Rory's Open Mike, €1

28th August 2007

21:00, **TWSTD**, Singer/Songwriter Night, *hosted by Ken Parsons*

Wednesday

Weekly

22:00, **The End**, Karaoke,
22:30, **The Waterhole**, Stan's Guitar Jam, €1

22nd August 2007

22:00, **Maloe Melo**, Sixties and Rock, *with Archie*

29th August 2007

22:00, **Maloe Melo**, Suicide King, plus surprise act, *Punk & Hardcore* €5

Thursday

Weekly

22:00, **The End**, Karaoke,
22:00, **Coconut Groove**, Live Music,
22:00, **Maloe Melo**, Blues Session, *with Lamar Chase*
22:30, **The Waterhole**, Gus Genser's Rock Jam, €1

23rd August 2007

20:45, **The Waterhole**, Serial Chillers,

Friday

Weekly

22:00, **The End**, Karaoke,

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GIG-LIST

Friday

17th August 2007

20:45, **The Waterhole**, Kat Bite,



23:00, **The Waterhole**, Yellow Dogs, €1

23:00, **Maloe Melo**, Trash Hombres, *Rock & Roll, Rockabilly* €5

24th August 2007

20:45, **The Waterhole**, Rory & Friends,

23:00, **The Waterhole**, 5 Life, €1

23:00, **Maloe Melo**, Berightback, *Sixties & Roots Rock* €5

31st August 2007

23:00, **Maloe Melo**, The Jailbirds, *Rockabilly (Germany)* €5

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Saturday

Weekly

22:00, **The End**, Karaoke,

18th August 2007

20:45, **The Waterhole**, Rory & Friends,

22:00, **Molly Malone's**, J. K. Rolling,

23:00, **The Waterhole**, Santanico, €1

23:00, **Maloe Melo**, Driving South, *Blues Rock* €5

25th August 2007

20:45, **The Waterhole**, Dan & Friends,

22:00, **Molly Malone's**, Kim Stevenson,

23:00, **The Waterhole**, Yellow Dogs, €1

23:00, **Maloe Melo**, Marcel Scherpenzeel Band, *Blues Rock* €5

1st September 2007

22:00, **Molly Malone's**, The Jailbirds, *Germany's Secret Hot Rock 'n' Roll Band Number One*

23:00, **Maloe Melo**, Jean Paul Rena & Terraweel, *Rhythm & Blues* €5

Sunday

Weekly

16:00, **The Waterhole**, Matinee with Theo de Mosquito,

22:00, **The End**, Karaoke,

22:00, **Maloe Melo**, Acoustic Session, *with Archie & Friends*

22:30, **The Waterhole**, Ladies Night, *with Joyce & Baukje* €1

Cheap practice studio for bands,
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see www.jcvolta.nl
or phone 020-6826429

ROUND



Nittu asked to be in a picture with Lizzy outside the London Bridge, so here it is.

Lana and Kelly are no longer work colleagues (Kelly got a new job), but they're still good friends. Lana took pictures at her sister's surprise birthday party in the Newcastle a few days earlier, some of them are on page 21.



Bar keeping runs in the family, so Jason has been learning a few tricks from his mum Claire in the London Bridge.

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THE BARS

Natalie, Kevin, Sharon and Enda were on Tig Barra's terrace well after sundown.



The Flying Dutchman's Friday night darts players Hughie, Andy, Clive and Rush, with Graham, who was playing pool.



Ken, Ilona and Mick were in Maloe Melo for the Mahones gig; they all read the Stun.



It's Nieke's first time in The Stun, so we got Rory and Joyce to pose with her out the back in The Waterhole.

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IN THE OLD

So, what's been going on in Amsterdam's one and only Scottish Bar, The Old Highlander over the last month?

Mike and Andrew were back in town to exchange rental contracts with Roger the Lodger. It was pure coincidence that it was also Gay Pride weekend.



Paul and Ger were over from Belfast for a couple of days, so they met up with BJ and Ger from Nieuw Vennepe in the Old Highlander for a drink with Val.



Alan was out with the watering can.



Hazel was looking good.

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HIGHLANDER



DJ Phil was at the bar with his big fans (groupies?) Jennie and Rachel.



Jo and Keith's friends from Dundee, Lynne and Derek were over with their son Morgan, Jessica's future husband. Jennie got in this picture too.

I forgot to mention it in the last Stun, but the Old Highlander now have a "Cocktail of the Month" for €5.50. Every month, they've got

something different to tempt your taste buds. August's Cocktail of the Month is "Orange Sunrise": 2 oranges (squeezed), ½ Tequila, ½ Triple Sec, Lime Juice, Crushed Ice, all mixed together in a blender.

Instead of staying in Pompey, Gemma gave Paul a surprise trip to Amsterdam for his 21st birthday.



They hit lucky and discovered the friendly service from Linda and Ann in the Old Highlander. After that, they didn't want to leave the place.



COFFEESHOPPING



Justine is very versatile; she works in the Stone's Café and the Stone's Coffeshop.

Paul was showing new boy Björn the ropes, and other goodies, on his first day working in Barney's Breakfast Bar.



Asan was showing off some of his wares in the Double Reggae Coffeshop.

OK, Branco and Mark weren't in a coffee-shop, they were in Coco's Outback, but Mark has got a new job as a house dealer in the Blues Brothers Coffeshop.



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ASNA'S SURPRISE

It was Asna's birthday, so her friends threw her a surprise party in the Newcastle Pub. Among the friends were Amber, Andrea, Andy, Andy, Angela, Kelly and Asna's sister Lana. We couldn't make it to the party, but Lana kindly allowed us to use some of the pictures she took.



Beth kept the drinks flowing while the rest of the Newcastle bar staff enjoyed the party.



TERRY? SIXTY?

That's what I said when I heard that former Flying Dutchman landlord Terry Lawless was celebrating his 60th birthday. But it's true! We had his 50th Party in The Stun 10 years ago.

Not so wild for his 60th, but a lot of old friends were in De Ster to celebrate his, and Cathy's birthday.



It came as no surprise to see Toosh there; he told us where the party was.





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Rogues Gallery in Café Corso:

Here's Henk...



and here's Pete.



ST. DORIS DAY

Customers from the British General Stores celebrated St. Doris Day at the Mother India restaurant. We weren't there ourselves, but Lin sent us some of the pictures.

We heard a rumour that "Dear Dorothy" herself was going to put in an appearance, but nobody noticed her because they were too busy enjoying the fabulous food and watching the Bhangra dancers.



BUSTED

PPL



Andrea's bra broke while she was in town and none of the customers in the Flying Dutchman could fix it.



Henry tried, but it doesn't really look like he knew what he was doing.

Franciska and Polly with the first entry for this season's Premiership Predictions League.



Andy filled his entry form out in Finnegan's Rainbow. Have you done yours yet?



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MORE ROUNDS

Frank in Susie's Saloon was teaching Linda from the Nes Café the secret bar manager's handshake.



Gary and Linda on one of the dodgiest streets in Amsterdam with Klaas & Jill.

Otto, in Susie's with a bottle of Grolsch.



Eddy and Jackie in the Newcastle.



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Ilona, in the Blarney Stone with Jude.

THE JOKES PAGE

With our Guest Jokers: Rush & Lin

A blonde goes to her local pet store in search of an 'exotic' pet. As she looks about the store, she notices a box full of live frogs.

The sign says: "Sex Frogs" Only \$20 each! Comes with 'complete' instructions.

The girl excitedly looks around to see if anybody's watching her. She whispers softly to the man behind the counter, "I'll take one!"

As the man packages the frog, he quietly says to her, "Just follow the instructions!"

The blonde nods, grabs the box, and is quickly on her way home.

As soon as she closes the door to her apartment, she opens the instructions and reads them very carefully. She does exactly what is specified:

1. Take a shower.
2. Splash on some nice perfume.
3. Slip into a very sexy nightie.
4. Crawl into bed and place the frog down beside you, and allow the frog to do what he has been trained to do.

She then quickly gets into bed with the frog and to her surprise... nothing happens! The blonde is very disappointed and quite upset at this point. She re-reads the instructions and notices at the bottom of the paper it says, "If you have any problems or questions please call the pet store."

So, she calls the pet store. The man says, "I'll be right over." Within minutes, the man is ringing her doorbell. The blonde welcomes him in and says, "See, I've done everything according to the instructions. The damn frog just SITS there!"

The man, looking very concerned, picks up the frog, stares directly into its eyes and sternly says: "listen to me!! I'm only going to show you how to do this one more time!!!"

Jesus, in a very worried state, convened all of his apostles and disciples to an emergency meeting because of the high drug consumption problem all over the world. After giving it much thought they reached the conclusion that in order to better deal with the problem, that they should try the drugs themselves and then decide on the correct way to proceed. It was therefore decided that a commission made up of some of the members return to earth to get the different types of drugs. The secret operation is effective and two days later the commissioned disciples begin to return to heaven.

Jesus, waiting at the door, hears a knock: "Who is it?" "It's Paul"

Jesus opens the door. What did you bring Paul?" "Hashish from Morocco" "Very well son, come in."

Another knock... "Who is it?" "It's Mark"

Jesus opens the door. "What did you bring Mark?" "Marijuana from Colombia" "Very well son, come in."

Another knock... "Who is it?" "It's Matthew"

Jesus opens the door. "What did you bring Matthew?" "Cocaine from Bolivia" "Very well son, come in."

Another knock... "Who is it?" "It's John"

Jesus opens the door. "What did you bring John?" "Crack from New York" "Very well son, come in."

Another knock... "Who is it?" "It's Luke"

Jesus opens the door. "What did you bring Luke?" "Speed from Amsterdam" "Very well son, come in."

Another knock... "Who is it?" "It's Judas"

Jesus opens the door. "What did you bring Judas?"

"FBI MOTHER F*CKERS! EVERYONE AGAINST THE WALL!"

BEING FRANK ON FOOTBALL

As is the norm for this time of year, here are my predictions for the coming Premiership season, in what promises to be one of the most competitive competitions for many seasons.

20th Wigan Athletic: Only thanks to some good luck and Paul Jewell were they able to stay in the race last term; with him gone and Chris Hutchings at the helm, it doesn't look at all good for the Lancastrians. Apart from losing one of the best managers in the game, they have also lost one of the best midfielders in Leighton Baines, to Everton for an undisclosed fee, which usually suggests they got him quite cheaply. Hutchings has been found wanting in his managerial career so far and he will be out of his depth here too.

19th Reading: They say that the second time around can be more testing than the first in this league and I fear for Reading this time. Under Steve Coppell they have a sound coach who will always get the best from his players, but his resources are severely limited. Losing Steve Sidwell and Greg Halford have been bitter pills to swallow for the fans and miracle worker Coppell will have to turn water into wine to save them from the drop this time. Keep praying.

18th Middlesbrough: The first managerial casualty of the new campaign could well be rookie Gareth Southgate. This club are deemed unfashionable at the best of times, but I feel that his inexperience in the hot seat could cost them dearly. He has off-loaded Mark Viduka to Newcastle on a free and replaced him with

little known Jeremie Aliadiere from Arsenal reserves for £2 million. He will miss Viduka and he will be on the Nat King Cole by Christmas, in my view.

17th Fulham: Another team that are destined for hard times. Laurie Sanchez is a battler and what else would you expect from an ex-Womble, but battle as he will, they will find the going very tough and if they do survive, will do it by their fingernails.

16th Derby County: Billy Davies is another great motivator and he will need to be to keep the pace in this league. The acquisition of Robert Earnshaw should get them a few goals, but defensive frailties might cost them dear. It will be a rough ride for the Rams, but I think they have just enough ability and will-power to see them past the post.

15th Birmingham City: Steve Bruce has bought wisely and he is a shrewd judge when it comes to getting the right footballing mix. I think they will do alright defensively, but I question just where the goals are going to come from to get them the points they will need. That said, there are weaker teams in this league, so they stand a chance of avoiding the drop if they can maintain some degree of consistency and Steve Bruce does know how to defend a lead.

14th Aston Villa: Although I usually have nothing but good words to say about Martin





O'Neill, I think that this time he could be struggling a little. I'm not personally convinced that Marlon Harewood and Nigel Reo-Coker will provide them with the goals they require to keep pace with the leaders and mid-table mediocrity is something that might not turn St Martin into a "Villan" after all.

13th Bolton Wanderers: This is a big task for Sammy Lee; Nicolas Anelka could be the key to their fortunes. If he stays clear of injury, he could ensure that the memory of the other Sam is but a distant one. He has bought freely, but it will take time for these new players to bed-in. Anything less than mid-table will make the locals restless, so there is a lot of pressure on the little man to deliver.

12th Sunderland: Under Roy Keane, I cannot see them falling by the wayside - or should that be Wearside? - again. In his short managerial career, he has already worked wonders and if Sir Alex believes in him, then perhaps so should we. Sunderland have a fantastic following and Keane has been recruiting intelligently.

Greg Halford and Kieran Richardson are valuable additions to the squad and Michael Chopra and Paul McShane can only add to this. I think mid-table respectability is the very least their fans will expect.

11th Portsmouth: Our Harry knows a thing or two about football. He won't be left with egg on his face this term either, but I think secretly he would admit that they probably over-achieved last season, which has made his job all the more difficult this time around. If they finish in the top half of the table, his job is safe, unless he chooses to walk away from it, which of course is always a possibility.

10th West Ham United: I think under the guiding eye of Alan Curbishley, the Hammers will do well. Not well enough to threaten their big London rivals, but good enough to keep the wolves at bay by continuing to play open attacking football that is part of what West Ham is all about. A fully fit Dean Ashton and a suspension free Craig Bellamy should get them enough goals to propel them up the table and well clear of the relegation zone.

9th Blackburn Rovers: In his relatively short tenure of office, Mark Hughes has excelled. He is articulate and very focused and I suspect is someone who can communicate clearly with the players in the dressing room. Last season, Blackburn finished a very creditable tenth, but because this league is arguably the most competitive in Europe, if not the World, then he will again have his work cut out to keep them in the running for a Uefa cup spot. There have been few significant changes to personnel this time around, so expect much of the same from the crew from Ewood Park.

8th Manchester City: Under Sven-Goran Eriksson, you know more or less what you are getting. He will be defence minded, which is par for the course and not such a bad idea, because one of his greatest strengths is his counter-attacking strategy, which has reaped rewards for him at all levels of football. Taksin Sinawatra, the ex Thai premier, has money to burn, but

BEING FRANK...

always with a financial motive behind all his investments. Expect to see some Thai players getting a look in and a lot of money spent on players. This does not always guarantee instant success however and this season will be one of huge transition. I don't think those City fans will be complaining too much, having lived in the shadow of their mighty Manchester rivals for far too long.

7th Newcastle United: Sam Allardyce is nobody's fool, or so he would have us believe. One thing is certain; he knows how to wheel and deal with the best of them and if anyone can turn the fortunes of this potentially mighty club around, it is Sam The Man. Mark Viduka is a sound investment if he can remain free of injuries. Joey Barton is an Allardyce kind of player, but his disciplinary record may cost the Magpies dear in the later stages of their Premiership campaign. Getting Geremi on a free from Chelsea and acquiring the services of Alan Smith from United all bodes well, but it will take a while for things to gel so don't expect an easy ride if you are backing this one.

6th Everton: David Moyes knows how to take the rough with the smooth. He is a survivor and to stick around since 2002 at Goodison Park tells you all you need to know about the man. When he burst onto the scene there, he was almost idol-worshiped, only to suffer the fate of those fickle fans in next to no time. He battled through the storm in a similar way to that of Sir Alex at Old Trafford and now he is very much back in favour with Toffee fans. He will need to be, because expectations are always very high here and if he could just finish above Liverpool all will be forgiven. That however is a very big task and a place in Europe is perhaps his only real hope of salvation this time.

5th Arsenal: The loss of Thierry Henry is a major blow. I think this could be a transition period for the Gunners, but they have enough fire-power to maintain a lofty league position, although I suspect that they will have to make do with a Uefa spot this time. Hanging on to Cesc Fabregas has given them hope of mounting some sort of challenge, but in truth, when you compare this squad to the ones of old, it lacks depth and experience. The young guns are bound to come good in the end, but as with nearly all youth players that break through into the big time, inconsistency is their greatest failing.

4th Tottenham: Under Martin Jol, Spurs continue to improve year on year. Yes, he has had the cash to burn, but he has spent it wisely and although some people may be of the view that £16.5 million for Darren Bent, a player who has rarely played for England and has never scored, is a wild acquisition, I disagree. As an England under 21 squad member, he scored 10 goals in 11 games, coming off the bench in the last ten minutes on most occasions. With Charlton, he has scored prolifically in the last two seasons, in a side that was nearly always struggling. This bodes well for Tottenham and at 23, he can only get better, if of course he remains injury free. I think they can overhaul their old North London rivals and get into the Champions League.

3rd Manchester United: Most people's favourites to lift the title again, but not mine. The new recruits will take time to settle and a good start is vital if they are to win the Premiership again. They exceeded expectations last season, when Chelsea started out as hot favourites to lift the title and personally, I think the new Portuguese wonder kid Nani will take time to bed-in. Anderson, the nineteen year old from

Brazil, is also an exciting prospect, but South American players normally take the best part of a season to get into the rhythm of things and this is why I think United will suffer this term. They have experience in abundance and Owen Hargreaves will add to this, but it is an ageing team and this is the first phase of a new transition; things will take time to gel.

2nd Liverpool: This is without a doubt the last chance for Rafael Benitez to make his mark on Premiership football. Yes, they have excelled against all the odds in Europe under his guidance, but it is a long time now since the Reds lifted the title and the tribe is getting restless. Over the years, Liverpool fans have been spoilt with success, but it is now 14 years since they raised the trophy, so all eyes will be on Benitez to deliver. The last two seasons they have finished in third place, but with new recruits Torres and Babbie, to name but two, they should get a bit closer this time and I believe they will settle better under the stewardship of the irrepressible Steven Gerrard.

1st Chelsea: They missed out last time, but this time around, all the attention is on Manchester United, so to some extent the pressure has been eased. Jose Mourinho has promised to keep his trap shut, but seeing is believing and once decisions go against him he'll be back... you can be sure of that. There was a lot of unrest in the Chelsea camp last season and this seemed to impact upon them. Joe Cole and Didier Drogba are still there along with new recruits Florent Malouda from Lyon and Steve Sidwell from Reading, further strengthening what is already an exceedingly strong squad. All they need is a bit of fine tuning to succeed and no major upheavals. This in my view is the reason that Jose will have a smile as broad as London Bridge when the whistle blows on the Premiership next year.

Frank

HELP

Whether you live in Amsterdam or are just visiting, we hope you don't need to make use of this list. But just in case...

Police/Ambulance/Fire (Emergency only)	112
Police HQ - Elandsgracht	020-559 91 11
Reporting minor crimes	0900 - 88 44
Kruispost, O.Z.Voorburgwal	129, 020-624 90 31
Central Doctors Service	020-592 34 34
Pharmacies (Out of hours)	020-694 87 09
VD Clinic, Groenburgwal	44, 020-555 58 22
Juridisch Loket (Legal Aid)	0900 - 8020
Emergency Vet	020-694 47 66
Dierenambulance	020-626 21 21
Australian Embassy	070-310 82 00
British Consulate	020-676 43 43
Canadian Embassy	070-361 41 11
French Consulate	020-624 83 46
German Consulate	020-673 62 45
Irish Embassy	070-363 09 93
Italian Consulate	020-624 00 43
New Zealand Embassy	070-346 93 24
South African Embassy	070-392 45 01
U.S. Consulate	020-575 53 09

The following should be more useful

Public Transport Info	0900 - 9292
Taxi 9550	0900 - 9550
TCA Taxi	020-677 77 77

Night-Shops

(Close around midnight)

Avondmarkt	De Wittenkade 94
Dolf's	Willemsstraat 79
Sterk	De Clerqstraat 1-7
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CENTRAAL
STATION

PRINS HENDRIKKADE

- 1 OPENBARE BIBLIOTHEEK: LITERAIRE SALON
- 2 OPENBARE BIBLIOTHEEK: KINDERBOEKEN SALON
- 3 11
- 4 MEDIAMATIC
- 5 STEDELIJK MUSEUM CS
- 6 KIDS@WORK
- 7 NEMO THEATERZAAL
- 8 NEMO LUMIERE FILMZAAL
- 9 NEMO DAKTERRAS
- 10 AMSTERDAM UNDERGROUND FESTIVAL
- 11 MUZIEKGEBOUW AAN 'T IJ
- 12 BIMHUIS
- 13 MOVENPICK HOTEL
- 14 PASSENGER TERMINAL AMSTERDAM
- 15 PRINS BERNHARD CULTUURFONDS LIVE
- 16 FIFTEEN
- 17 PAKHUIS DE ZWUGER
- 18 UPC PODIUM
- 19 VIDEOCUBE
- 20 THE REMIX
- 21 BOGOR BEELDENTUIN
- 22 LOODS 6
- 23 SBK
- 24 PAKHUIS WILHELMINA CONSORTIUM
- 25 CAFE PAKHUIS WILHELMINA: BUMA CULTUUR PODIUM
- 26 PODIUM PROVINCIE NOORD-HOLLAND
- 27 PANAMA: RABOBANK PODIUM
- 28 LLOYD HOTEL
- 29 GALERIE DE RIETLANDEN
- 30 KUNSTCAFE DE CANTINE
- 31 KOFFIEHUIS KHL
- 32 THEATERFABRIEK: CABARET CAFE
- 33 THEATERFABRIEK: GROTE ZAAL
- 34 MELKWEG
- 35 STADSSCHOUWBURG
- 36 THEATER BELLEVUE
- ★ SEA PALACE: VERTREK LITERAIRE RONDVAART
- INFORMATIEMARKT
- BOEKENMARKT
- AUB INFORMATIE EN KAARTVERKOOP
- RODE KRUIS/EHBO POST
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