

Sticky Rice



Advice from Angela
**Inside the
Outside Inn**
*Get to Know
Phattamon*

More Thoughts from Chaturon
Stressing: The Ways to Deal

App Reviews: Google Translate

Everything You Wanted To Know About Satun

Fostering Friendship

From the Editors

I don't think that anyone has ever described Peace Corps service as easy. In fact, when then-candidate Kennedy first proposed the Peace Corps, all those years ago, he specifically mentioned living a life of hardship. For many volunteers, the hardest thing is being away from family and friends - those people who have been in your life for years and with whom you can share a look and know exactly what each other are thinking.

But we Peace Corps volunteers are also extremely lucky in this regard - our service gifts us with multiple new families. We get host families and a Peace Corps family, and soon enough we are able to share those looks and just know that the other one is thinking, "This is such a crazy, wonderful life!" And so we dedicate this issue to our surrogate friends and families here in the Corps.

Get to know some of the staff members, Khun Phattamon and Khun Chaturon, without whom this Peace Corps Thailand family would be structurally dysfunctional. We've got some family recipes and a look at an RPCV who has made his own Thai family and invites all of us to his new home; he'll be serving Mexican. Mayumi realized the importance of friendship building and decided to share that with the youth in her community in a very successful way. And when you just can't take it anymore, our health column has some tips and tricks for coping. There's a lot more to be found in this issue and we hope you enjoy it!

Christine, Nancy, Carissa and Maddie

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Cover photo by Mayumi Rebiero

Our next edition's theme will be "Stories to Tell Your Grandchildren" and we will have our annual Photo Contest.

*Send submissions to:
stickyrice.newsletter@gmail.com*

Gin Khao Ru Yang?

In an effort to help the volunteers get to know the Peace Corps staff better, the Sticky Rice editors posed five questions for the staff to answer. This edition we hear from Phattamon Jantalae.

Phattamon is the Teacher Collaboration and Community Service Program Assistant. She's there to answer and field e-mails, keeps track of VRFs and Out-Of-Site forms and is an all around great resource.

Sticky Rice: Where is your hometown and can you describe what it's like?

Phattamon Jantalae: Nakhon Sawan is my hometown. I came from Amphur Muang where the majority of people are Chinese-Thai who do local business. The

town is growing with many new business like restaurants, coffee shops, bakery shops that run by the new gen entrepreneurs.



Photo from Peace Corps Thailand's Facebook Page

SR: Where is your favorite place to visit in Thailand?

PJ: Anywhere in the North where I can learn local cul-

ture. Hill tribe villages are also tempting!

SR: Can you share a favorite recipe?

PJ: Spicy Somtam

SR: Tell us about the first time you interacted with a PCV.

PJ: It was an awkward situation for me. The first time I interacted with the PCVs was at Site Announcement in 2013. I was a new comer and didn't know how to talk to the PCVs or what information I should give to them. This year is much better though.

SR: The most people you've seen on one motorcycle?

PJ: As a Bangkok based, mostly I see office people on motorcycles during every morning rush hour. They are becoming regular customers nowadays.

Texts from Thailand

I want to make a music video for the 126s with can i kick it by a tribe called quest. About kicking stray dogs.

*that chase you.

Its 8:30 and I'm on a bus and there's a karaoke battle. The upstairs can hear the downstairs karaoke on its speakers but the downstairs doesn't know or doesn't seem to care. So every so often we just hear another person singing a different song totally off key. No

one seems to be bothered by this and the upstairs karaoke goes on. I'm in a surprisingly good mood considering.

My lesson for tonight just got laughed at saying the only reason youth show up is because they think I'm handsome and its funny to hear me speak thai.

A: i think I've unofficially stopped using toilet paper.

B: I realized the same thing the oth-

er day when in my head i wished it was thicker and rougher so it wouldn't fall apart in my hands.

A: I have to figure out a way to make my balat not so annoying.

B: maybe pretend he's a five year old stuck in a real person body.

B: or even better freaky friday type deal and there's some five year old in america who's sitting in his kindergarden class trying or organize thai meetings.

We here at Sticky Rice have enjoyed asking the staff questions for our “Gin Khao Ru Yang?” section to get to know them better, so we’ve decided to delve deeper with some of the staff that has been spotlighted in previous editions.

This edition, we’ve asked Chaturon Kathong some more hard-hitting questions, to hear more about his thoughts and experiences. Chaturon was previously featured in the October 2013 edition of “Gin Khao Ru Yang?”

Sticky Rice: What do you think is the most important thing a volunteer can teach Thai youth, and how difficult do you think it is to accomplish?

Chaturon Kathong: Ideally, skills to live their life when they are grown-ups. It is difficult to make it happen. It takes time, energy and involvement from many people but possible with “cool” plans. Being a role model on how you live your life is one of them.

SR: What is the hardest thing for Thai people to accept about American volunteers?

CK: The fact that volunteers are self-reliant and capable of doing many things on their own. Even though

Mii Faen Ru Yang?

Thai people know that you all are grown-ups, as a new member of the family or the community, they can’t help taking a good care of you like you are “dek-dek” all the time.

SR: What is the best story you have heard from a volunteer about rectifying a poor decision?



Photo from Peace Corps Thailand's Facebook Page

CK: Sorry that I cannot think of any related story which means volunteers that I have known usually make “good call”.

SR: Were you ever a volunteer in a foreign country, or an area of Thailand where the culture was very different from your own? If so, what was the most important

thing that you learned from your experience? What do you wish you had realized at the time?

CK: I have never been a volunteer in a foreign country but I believe that the most important thing that all the volunteers have learned from this kind of experience is not only about the country they serve, but also about their inner strengths and limitations.

SR: Do you think that most volunteers make the most of their opportunity at their site? If not, what is the most common mistake that volunteers make that keeps them from being more successful?

CK: Yes, I feel like most volunteers make the most of their opportunity at their site. In my opinion, the most common mistake or challenge is that from time to time they get stuck in a certain perspective on their work or things that happened at site. The moment they realize about it and change their perspective, things are always getting better.

Have a staff member that you are interested in knowing more about?

Let us know at:

stickyrice.newsletter@gmail.com



Photo: Chai Vang



Fast Facts

Area: 2,479.0 km² (957.1 sq mi), the 63rd largest in Thailand

Population: 301,467 with 1 Peace Corps Volunteer

Number of Ampurs: 7

Rainiest Month: October, with an average of 339.0 mm (13.346 in.)

Demographics: Satun is one of four provinces in Thailand with a Muslim majority, with 67.8% Muslim and 31.9% Buddhist.

To get to Satun from Bangkok, take a bus from Sai Dtai (~10 km from PC office) on the overnight VIP to Satun (1,100 baht) and 15.5 hours later you'll be in the wonderful land of Satun! Or you can take a plane from BKK to Trang and then from Trang to Satun.

I personally have not been to any real touristy bpai tiaos but have heard endless stories about Koh Lipe. Koh Tarutao is pretty famous with tourists but my host sister says it's dirty, and that Koh Lipe (lee-pay)

is prettier. If you are coming from Trang the van will stop at the Langu bus station which will have songtaews to take you to Pak Bara Pier. If you take the overnight bus, tell them you want to get off at Chalung in which you will take a songtaew or van to Langu.

Khao Ling (monkey mountain), is in the A. Muang which is pretty cool. It smells like monkey poop but bring a lot of fruits because the monkeys will swarm you. Coolest thing is they can catch whatever it is

you're throwing at them.

Although it sounds really cool and a lot of tourist bus stops there, I wouldn't recommend the market at the Thai-Malay border. The market is on a hill side and it might be cool to be standing so close to the border but there's nothing very unique about the market. Also I don't know if there's any public transportation available.

Other tourist attractions in Satun include me! Which ironically is also what my province is famous for.

Chai Vang, TCCS 126

Better Know a Province

Satun

Game

Corner

One of my favorite games of all time is 'Musical Shapes', where you mark shapes on the ground in scotch tape, then have students wander around while you play music.

When the music stops, everyone jumps in a shape! Thai students love jumping on each other's backs, binding on and pulling the entire shape over, but you have to be able to stay in the shape (on one leg, held by another) for 5 seconds or you're out.

As the game progresses, pull up shapes or make them smaller (a large square can become a smaller triangle, a star can become half a star) so that more people get out, just like in Musical Chairs and Shark Attack!

I usually link this game with a lesson about shapes, and in the first few rounds have students identify the shape they're standing in. Oodles of fun for any number of kids but can use a lot of scotch tape, so use chalk if you just want kids to have fun and get the practice identifying shapes!

- Rebecca Sulek, TCCS
126

Pumpkin Souffle

Kathleen Williams, CBOD 124

Pumpkin
Butter
Cinnamon
Honey

Chopped nuts (any nuts except peanuts)
Pinch of salt

Cut a pumpkin into wedges

Remove seeds

Steam in a rice cooker on bake until soft

Cool for a bit

Scoop the pumpkin out of the wedges into a large bowl

Add butter, cinnamon, honey, chopped nuts and a pinch of salt

Mash together like crazy

Eat warm, or refrigerate and eat with a spoon!

Rice Cooker Brownies

Katherine Sivret, YinD 126

Get brownie mix from Tesco Lotus.

Follow brownie mix package directions.

To heat the rice cooker, fill it with water. Once it has popped, empty out the water and put in the prepared brownie mix.

You might have to set the rice cooker to cook up to three times. Mine was really fussy so I had to unplug it sometimes and wait, and

replug it in. It probably could have cooked for two times and been just fine!

*Also great for IRB-ing!
Photo: Katherine Sivret*



Better Homes

and Kanomes

Pumpkin Spice Latte

Elizabeth Moulton, YinD 126

HAPPY FALL Y'ALL! It's Pumpkin Spice Latte time! Did you know Starbucks' PSL doesn't even have any pumpkin in it at all?? You can rock a healthier homemade version yourself - even in Thailand!

2 Tablespoons pureed pumpkin
1/2 teaspoon pumpkin pie spice
Freshly ground black pepper
2 Tablespoons sugar

2 Tablespoons pure vanilla extract
2 cups whole milk
1/2 cup strongly brewed coffee

First, buy one of those nice, dark green pumpkins off your local yai's food stand. Get ready to puree that sucker by the following method:

- Cut the pumpkin in half, discarding the seeds and stringy insides (save those seeds for baking if you have an oven!)
- Peel the pumpkin and cut it into small chunks - the smaller the better
- Place in a saucepan and cover with water
- Bring to a boil and cook until the pumpkin chunks are tender
- Let the chunks cool, and then chop, puree or mash
- You could probably do this in your rice cooker, too! But I don't want to take responsibility for exploding pumpkins and fai dohp-ing the whole village so I'm officially endorsing the boiling method.

You'll need some pumpkin pie spice. This will be a little hard to get a hold of but some international markets like Villa Market in Bangkok will have it. If you don't have a trip planned to BKK any time soon and you just can't wait, cinnamon and nutmeg are your next best friends!

Next, this step is optional, but to cut through the raw squash-iness of the pumpkin and get a toastier flavor, I recommend cooking the pumpkin puree and your spices in a saucepan for a minute or two. If you like a spicier-tasting PSL, add some finely ground fresh cracked black pepper! No really, it's delicious!

Combine your pumpkin puree, spices, and sugar in a saucepan. Over medium-low heat, stir vigorously until you get a bubbly, thick syrup. Mmm!

Whisk in milk and vanilla extract. Throw this yummy concoction into a blender and blend until frothy and delicious. Tip: make in bulk and fill an ice-cube tray with your PSL mix to throw in coffee anytime for an iced PSL!

Brew some extra strong coffee in that French Press you brought from home and add your mixture to the coffee. If your husband dropped and shattered your French Press on your first day in your rental house like mine did, skip the sugar in the pumpkin mixture and throw your unsweetened PSL mix in that already-too-sweet 3-in-1 instead.

(And let your friends know that Flavorganic's Organic Pumpkin Spice Syrup, 24 ounce plastic bottle, is an awesome item to add to your fall care package. I mean, it doesn't have real pumpkin and it's kind of lame compared to this awesome recipe using Thai pumpkins, but do what you gotta do to get your PSL fix this fall!)

Enchilada or Burrito Sauce

Andy Munn, YinD 125

Tomato paste - about a fistful*	Cumin - a lot*
Water*	Salt*
Onion - one huge onion, or a couple of Thai-sized onions, diced	Chilies, if you want them*
Garlic - three or four cloves, chopped up	Tortillas
Butter or oil*	Lime juice*
Flour*	Cilantro*

Mix the tomato paste in a big bowl with enough water to make it about as thin as tomato soup. That should give you quite a bit. Set it aside.

In a big pan (or a wok), heat up some oil and saute the onion and garlic for four or five minutes. Set them aside, in a bowl or something.

Put some more oil or butter in the pan - quite a bit. Throw in enough flour to make a sturdy roux, then add a buttload of cumin and mix the cumin into the roux. It should look dark brown. Dry-roast the cumin-roux mix for about 5 minutes, until it takes on a pretty strong roasted cumin smell.

Add in the water and tomato paste mix, the sauteed onion and garlic, and some salt. Mix it all together and bring it to a simmer (it will be too thick to boil). Let it simmer for 10 or 15 minutes, then add the chilies.

Throw the sauce in some tortillas with some lime juice, cilantro, and whatever else you want and either bake them in a pan with some cheese and extra sauce on top for enchiladas (if you have an oven), or just eat them right away as burritos.

*Sorry there aren't any measurements here. I don't really measure anything when I cook.

Photo: collegerecipes.com



Sticky Rice

Andy Munn, YinD 125

Sticky rice isn't actually that hard to make. You have to measure out how much you wanna eat, then soak it in water overnight.

Make sure you have more than enough water to cover it, because it'll soak up some of the water. The next day, put the rice into a cheesecloth bag or something like that and rinse it a little bit.

Then you want to put about 2 inches of water in a pot or your rice cooker, set the cheesecloth with the rice in it on a rack over the water, put the lid on, and steam it for about 35 minutes. My rice cooker has a little rack that I can put in between the bowl and the lid that has holes in the bottom for steaming rice. So if you have one of those, use that. If not, I dunno. Find something you can use as a steaming rack. I think you should be able to find a bamboo steaming rack if you have to.

After you steam it, the rice will be really hot and really sticky. I try to swing the cheesecloth bag around a little and try to cool it off. If I stick it right into one of those sticky rice thermos things, it turns out too sticky and sticks to my fingers a lot. I think one of the bamboo ones would work a lot better, but I haven't gotten one yet.

I think you'll wanna give yourself an hour or two for the rice to cool down and get less sticky before you eat it.

Smooth and Even Skin Tone

Jasmine Pope, YinD 126

These recipes, which are inexpensive and easily accessible, can help achieve a smooth and even skin tone.

Coffee Body Scrub

1/2 cup of ground coffee: antioxidant rich, helps soften and firm skin

1/2 cup of white or brown sugar: exfoliates skin

1/4 olive oil: moisturizes

Mix all three in a bowl and use in the shower. Rub gently in circular motions and leave on skin for 5-10 minutes. Rinse with warm water. Be sure to seal container in the shower so that water does not harden the leftover mix. This is better used at night so that olive oil can sink into the skin overnight.

All-Natural Skin Toner

1 tbsp of apple cider vinegar or hydrogen peroxide: antibacterial, absorbs oil

Dilute with bottled water

Mix two ingredients in a bottle to store. Dilute depending on sensitivity of your skin, 1/5 is great to start.

Use face wash morning/night and before applying moisturizer, dip cotton pad in toner and rub gently on the skin. Allow skin to dry 4-5 minutes before applying moisturizer.

This is a great toner for makeup lovers because it's inexpensive and effective for removing makeup from the skin.

(A trick for eye makeup, rub cotton pad with a tad bit of petroleum jelly/Vaseline and wipe makeup off the eyes before washing face.)

Have some tips and tricks to help yourself look and feel your best using things we can find easily in Thailand? Or tips to make your home sparkling clean and free of jing jok poop and ant swarms? Send them to:

stickyrice.newsletter@gmail.com

Oatmeal, Lemon and Honey Paste

1 cup ground oatmeal: absorbs oil and soothes dry and irritated skin

2 tbsp of honey: moisturizes and softens skin

2 tbsp of fresh lemon/lime juice: improves skin tone by lightening sun spots and dark marks

Grind oatmeal in a blender, then mix with honey and fresh lemon/lime juice. Be sure to dilute lemon/lime juice if you have open cuts. The mix can be stored at room temperature if used frequently and is sensitive enough for the face and the body.

Leave on in the shower for 5-10 minutes and rinse with warm water. This is better if used at night so that the skin isn't directly exposed to sun after using lemon/lime. (If used in the morning, use sunscreen and/or wear long sleeves.)

Inside the Outside Inn

Adrianna Neuenschwander, TCCS 126

Photo: www.theoutsideinnubon.com



When Brent Fenneman was a Peace Corps volunteer serving in Thailand in 2005, he imagined staying in Thailand permanently and opening his own guesthouse.

“When I would travel around the country I would take notes and have folders of ideas I liked and wanted for my own place.” Fenneman said.

As owners of the Outside Inn in Ubon Ratchatani, Fenneman and his wife Noppawan have been living that dream for the past 14 months. And, to show their appreciation to Peace Corps, all volunteers, current and returned, as well as staff, get a discount on rooms.

Rooms that normally run at 650B per night are 500B for PCVs. Rooms which run at 799B are 600B for PCVs. All rooms include breakfast.

“I want people to know we love to have Peace Corps peo-

ple visit our place.” Fenneman said. Fenneman enjoys hearing stories from PCVs who visit, and is on the board of Friends of Thailand.

The Outside Inn is also a restaurant, serving Mexican, American and Thai food. The menu includes nachos- with sour cream and guacomole when avocados are in season- chile verde burritos, carnitas, burgers and sandwiches, somtam, laab, tom yum goong and much more. Most American and Mexican dishes range between 150-200B.

Ingredients are fresh and local. The tortillas and salsa are made in house everyday- nothing from a can or frozen. Although the menu continues to grow more expansive, it started with Mexican food.

Why would a man originally from Indiana and his Thai wife want to serve Mexican food?

“Because I love it.” Fenneman said. “And if I have a restaurant, why wouldn’t I serve what I love?”

Noppawan has been cooking since she was a little girl in her family’s kitchen and does most all the cooking for the restaurant.

“Three ladies help me in the kitchen- they can almost do everything. It took them awhile to get it.”

Noppawan, who also goes by Tun, picked up American and Mexican cooking while she and Fenneman lived in the U.S for several years, where she ran her own catering company and taught Thai cooking classes.

“Our dream came true.” Tun said. “When Brent was in Peace Corps, we would travel to places like this, and now we have our own.

Fenneman encourages PCV’s to take advantage of their time right after service by traveling and pursuing their dreams.

“After Peace Corps you have a unique time to do whatever you dream of doing.” Fenneman said.

In the meantime, PCVs who find themselves in the eastern edge of Issan should enjoy a taste of home at this unique restaurant and inn.

Find out more about the Outside Inn at www.theoutsideinnubon.com. Or like “theoutsideinnubon” on Facebook.

Fostering Friendship

Mayumi Rebeiro, YinD 125

Like many other Youth in Development volunteers, I am actively working in my local schools. My community has three *bprathom* level schools and one *matthayom* school. I do various activities in these schools ranging from teaching dance, yoga and theater to implementing play-based activities that focus on leadership, teamwork and self-esteem.

As a result of being present and activity engaged in my *dtambon*'s many villages and schools I was able to observe similar behaviors among the children. I observed that the students in *bprathom* level schools give up easily when facing new challenges, have difficulty expressing their emotions and have not been given enough learning opportunities to share leadership. Additionally, in my *dtambon*, youth who live in different villages do not have an interest in building friendships with others outside their village. Many of the youth have preconceived ideas about youth and their families in the other villages.

Also, like other Youth in Development volunteers, finding committed counterparts is a continual challenge. Therefore, I rely on youth leaders to be my counterpart in situations where I need that extra bit of help. Youth leader counterparts have become my greatest assets at site. Late August of this year, I enlisted the help of seven local *matthayom* 6 students to facilitate and teach

activities and lessons at a Life-skills Friendship Camp. The purpose of this camp was to develop positive friendships among the youth in my *dtambon* and aimed to teach the importance of teamwork, communication, and trust in peer relationships. Enlisting help from the seven *matthayom* students was the easiest part of this process. I have had a relationship with most of them since my first three months at site. At that time, I could not have imagined how much I would end up working with them. They are a fun, inspiring, determined group of students who have a vision for what they want in life and are very motivated to succeed.

The challenges of implementing this camp came from my *te-sabaan*. Needless to say, the office set up many road blocks along the way, even though my PC assigned counterpart was in favor of the project and gave me her full support. It took my counterpart and I several months to convince the leadership at my office that a camp for youth was necessary and beneficial for the community.

During the early stages of planning this camp, I decided that I wanted to do activities that incorporated peer-to-peer relationship development. The result of all my observations and prior experiences lead me to plan the Life-skills Friendship Camp that focused on the importance of teamwork and positive communication. I will note that the Camp did include some basic English phrases, however English learning and or comprehension was not a major objective of this camp.

The Friendship Camp was a 1.5 day camp co-taught by four Peace Corps volunteer and seven, previously mentioned, *matthayom* student leader volunteers. On the first half day the PCVs

Photo: Mayumi Rebeiro





taught the *matthayom* students how to facilitate the big group activities and shared with them the best techniques to teach the small break-out sessions. On the full day of camp there were 80 *bprathom* 5 and 6 students from four different schools. The participants rotated through four small break-out learning sessions, where they participated in play-based activities geared to help students learn about the importance of teamwork and positive communication. The *matthayom* students facilitated all the big group activities, and co-facilitated the small break-out sessions. Impressive, though not surprising, the *matthayom* students also came up with additional activities and games that they implemented on the “go”.

The outcomes of this camp can be measured in several ways; with the successful implementation of ‘*Pii sawn Nong*’ at its core. Had not the PCVs been able to effectively demonstrate and transfer the teamwork and cooperation skills necessary to lead activities; the *matthayom* students would not have had the knowledge or ability to model those same behaviors to the

bprathom level students. Behavioral observations and the results of the pre/post test report that the *bprathom* level participants have increased their knowledge regarding the importance of positive communication, teamwork, and using encouraging expressions to support their peers in building stronger friendships.

Furthermore, this camp was a great learning experience for both groups. Both the *bprathom* and *matthayom* level students learned to work as a collective to reach a common goal. Both groups had the experience of sharing decisions as a group, focusing on clear and positive communication and developing strategies to overcome challenging tasks. The greatest accomplishment and positive difference this project made was in developing the capacity of my *matthayom* 6 students who volunteered their time. In addition to being positive role models for the younger children in their community, they demonstrated their leadership and facilitation skills.

One learning point: Push the boundaries for your student’s comfort zones. Many of the youth



Photos: Mayumi Rebeiro

we work with have valuable knowledge, skills, abilities and ideas we have yet to uncover. They are independently creative but they just need (and maybe want) the push to do more and try new things.

Have a success story with a counterpart that you’d like to highlight?

Let us know at:

stickyrice.newsletter@gmail.com

Counterpart's Helpful Hints

Interested in replicating Mayumi's Friendship Camp at your own site, but don't know how to approach the project with your counterpart? Having trouble finding the words to explain what you want to do? Mayumi's counterpart provided a short write-up in Thai that you can show your own counterpart to get the conversation started.

แสดงความคิดเห็น /
ความรู้สึกต่อการจัดกิจกรรม กิจกรรม
ค่ายพัฒนามิตรภาพเยาวชนอาเซียน :
อนุรักษ์วัฒนธรรมชุมชน
(Friendship English Camp)
ระหว่างวันที่ ๒๑ - ๒๒ สิงหาคม
๒๕๕๗

ความประทับใจและเหตุผล

๑. รูปแบบการจัด
กิจกรรมมีความหลากหลาย
และสามารถพัฒนาเด็กเยาวชนได้ถึง
2 ช่วงอายุได้อย่างมีความเหมาะสม
นั่นคือ การอบรมเยาวชนระดับมัธยม
เพื่อฝึกเรียนรู้ การสร้างภาวะผู้นำ
สร้างความมั่นใจ และร่วมสร
างกระบวนการทำงานร่วมกัน
และการอบรมระดับประถมศึกษา ที่
สามารถพัฒนาทักษะภาษาอังกฤษ
ผ่านกิจกรรม "ค่ายภาษาอังกฤษ"
ได้อย่างมีความเหมาะสม เนื่องจาก
การกำหนดกิจกรรมที่นำมาใช้ในโครง
การ มีความเหมาะสมกับวัยและเด็ก ๆ
สามารถเรียนรู้ได้อย่างสนุกสนาน

๒. มีความประทับใจในตัวทำ
นวิทยากรที่มาจากหน่วยสันติภาพสห
รัฐอเมริกา ทั้ง ๔ ท่านมาก เนื่องจาก
การเตรียมความพร้อมสำหรับรูปแบบ
การจัดกิจกรรมสามารถทำได้ดี

เพราะมีรูปแบบการนำเสนอที่สนุกสนาน
น มีคำถามที่ทำให้ผู้ฟังได้รู้จักคิดอยู่
เกือบตลอดเวลา และมีการโต้ตอบกัน
ระหว่างตัวของเด็กที่เข้าร่วมกิจกรรมแ
ละวิทยากรรวมถึงผู้ช่วยวิทยากรที่เป็น
เด็กเยาวชนแกนนำจากโรงเรียนโหล่ห
นวิทยา ซึ่งสามารถทำงานเข้ากันได้ดี
ทำให้บรรยากาศไม่เจียบเหงา และเนื้อหา
สาระก็มีประโยชน์ในการนำไปประยุกต์ใ
ใช้ในการดำเนินชีวิตประจำวัน

๓. เป็นการจัดกิจกรรมที่สามารถ
สร้างความรู้กับเยาวชนต้นแบบ หรือเยา
วชนที่เป็นอาสาสมัครที่ช่วยเหลือวิทยากร
จากหน่วยสันติภาพในการจัดกิจกรรม
โดยเป็นกิจกรรมที่สามารถสอดแทรกกร
ะบวนการทำงาน กระบวนการคิด และ
รูปแบบการทำงานให้กับเยาวชนได้เรียน
รู้ได้อย่างดี

๔. สามารถบริหารจัดการเรื่อ
งของกำหนดเวลาและการต่อเนื่องของก
ิจกรรมได้อย่างเหมาะสม

๕. เด็กและเยาวชนที่เข้าร่วมก
ิจกรรมสามารถนำความรู้ที่ได้จากกิจก
กรรมนี้ไปใช้ให้เกิดประโยชน์ในชีวิตประจำ
วันได้

ไม่ประทับใจ/เหตุผลและข้อเสนอแนะ
ทางการปรับปรุง

๑. การจัดโครงการนี้ไม่ได้มี

การประชาสัมพันธ์อย่างครอบคลุม เน็
องจากระยะเวลาในการจัดกิจกรรมมีอ
ุปสรรคด้วยระยะเวลาของปีงบประมาณ
ของหน่วยงานที่สนับสนุนงบประมาณ
ทำให้เด็กและเยาวชนคนที่สนใจ บางส่ว
ไม่สามารถเข้ามาร่วมกิจกรรมได้

๒. งบประมาณที่ให้การสนับสนุน
มีจำกัด ทำให้ไม่สามารถที่จะรองรับ
จำนวนเด็กนักเรียนที่มีความสนใจเข้าร่วม
กิจกรรมได้อย่างทั่วถึงและครอบคลุม

๓. สถานที่จัดกิจกรรม
มีความคับแคบ ทำให้ไม่สามารถกำหนด
ความพร้อมได้เนื่องจากไม่มีสถานที่ที่
มีความเหมาะสมในการจัดกิจกรรมลักษณะเช่นนี้

๔. การให้ความร่วมมือของ
องสถานศึกษาในด้านของบุคลากร
ไม่ได้ได้รับความร่วมมือเท่าที่ควร
ซึ่งไม่ได้หมายถึงทุกแห่ง มีเพียงบางแ
ห่งเท่านั้นที่ไม่ให้ความร่วมมือในการจัด
กิจกรรมเท่าที่ควร

๕. การลงทะเบียนในตอนเช้าดู
วุ่นวายไม่เป็นระเบียบ ไม่มีความพร้อม
ผู้เข้าอบรมมารอก่อนที่ผู้รับผิดชอบโครง
งการจะมา

๖. ระยะเวลาของการ
จัดกิจกรรมดังกล่าว สั้นเกินไป
ควรดำเนินการให้มีขึ้นสัก 3 - 4 วัน

To Your Health

Christiana Lang, YinD 126

Coping with the stresses of your new family and home

My Yai walked up the stairs and stared at me for a good minute. I know this because I could see her from the corner of my left eye. My dirty yoga mat smelled like the dog hair that clung to the sticky material. I stayed in Child's Pose for another five minutes, eyes closed, breathing, even tearing a bit. Now, everyone in my village thinks I do some sort of religious practice and whispers politely about it.

Coping mechanisms: an adaptation to environmental stress that is based on conscious or unconscious choice and that enhances control over behavior or gives psychological comfort.

In America, we all have cultivated actions specifically for times or situations that are intense, uncomfortable, maddening and almost unbearable. Some of us yell, curse or get rowdy. Others of us scheme revenge, laugh, or embody passive aggressive. On good days, we even accept, breathe, and make peace. Here, we smile, smile and smile.

You know those times....

When you find yourself in a crowded van with karaoke of the same song you've already heard six times that hour?

When you find ants in the too-expensive cereal you bought from Tesco the day before?

When your host mom makes the same comment about your body then laughs, like she has everyday?

When your tire is flat for the second time that week?

When you're mid-diarrhea then see the hand sized spider in the corner making its move?

When you wake up with a feeling of loneliness inevitable from life as a PCV?

You know all those times, right?

Well, how do you cope?

Think about it.

Where do you go, what do you say and how do you

act?

For many of us, things like sleep, eat, ignore or vent come to mind.

The truth is, though some of the coping mechanisms we know in America cannot be practiced here, there are still many healthy ways we PCV's can blow off some steam.

Here are some of my favorite suggestions if you'd like to try something different than the "sleep, eat, ignore" routine.

- **Chocolate**- Half kidding, half not. I also find that hot tea (only at night) fills the void.
- **Strike a Pose**- Chavasa-na, Child's Pose, Seated Meditation. If you don't know: Google it.
- **Phone a Friend**- You know who to call for a vent session, a pep talk, a side-splitting laugh (usually a different person for the different categories). And if you don't...well we have an entire committee dedicated to you.
- **Walk it Out**- Exercise, duh. Make a schedule of workouts or keep your running shoes at work if lunchtime calls for endorphins rather than food.
- **Breathe**- This might be the most powerful and accessible option to carry around in your toolbag.

Changing passive breathing to active breathing is the foundation of being present.

- **Lose Your Shit-** Lock yourself in the nearest room with a lock and do what you need to do.
- **Make Lists-** They can even be grocery lists for the *dtalaat nat*. More often than not, your pen will wander into writing more subconscious things.
- **That's a Goal Right?-** Cultural exchange is a thing. *being calm is a prerequisite to this choice
- **Get Real-** Answer the question: What do I need to be or do right now to be happy?
- And the Big One- **Non-judgement.** I don't mean for others, I mean for you. Don't judge yourself. Just stop it. If you need to sleep, sleep. If you break face, well then. If you're in a hole of emotion, acknowledge it then choose a next step.

When we have Health (Health: physical, mental, spiritual...or not), we can see how beautiful things here are and we can cope with the things that are not. How you choose to cope determines your level of happiness. For real. On days when I am healthy, I see that my host family treats me like a real daughter. I smile at the endless shouts of "Pi Ana" at six-o'clock in the morning. I can love my counterpart even when she tells me about a camp I am to lead later that week. I realize that I have been accepted into a community where I can feel at home or completely blindsided...and often those occur in the same day.

Above all, remember that you are a badass. You are living, working and experiencing life on a level different from most people in the world. NBD.

Your Thailand coping mechanism list probably looks different than mine...feel free to get at me with your additions, questions, arguments or the positive pep talk that you know I will give you. Email: itsanaduh@yahoo.com
Phone: 093-031-7063

Please note that the advice and information in these articles is not intended to replace professional medical advice. If you have a problem or need help please contact Thailand's Peace Corps Medical Office for any and all concerns. You can reach the Medical Officer, at 081-811-5855, the Back-Up Medical Officer at 081-925-1898. You can reach the Medical Office at 02-243-0140 ext 503 during office hours.

To Your Health is an ongoing health column, by Christiana Lang, 126. It addresses health needs of volunteers and reminds us how to stay at our best while serving in the Peace Corps. If you have any suggestions for future topics, please e-mail ideas to stickyrice.newsletter@gmail.com.

Thailand Pro-Tip

One of the best things you can do to make your bus travel a lot less stressful is to learn to read, in Thai, the name of the place you are going. Or at the very least have it written down to compare.

But, the real trick comes in making sure that you read the whole name, and not just the a couple of letters. With six different provinces starting with "Nakhon," 10 ending with "-buri" and the easily confused Tak-Trang-Trad or Ubon-Udon it's possible to end up in the completely wrong part of the country.

It can be overwhelming at the bus station, but make sure you rub the sleep out of your eyes and double check that the *๑* is the beginning of Ubon and not Udon, or you could be enjoying an extra 12 hours on a bus.

Got a lesson you learned the hard way? Want others to learn from your mistake? Send it to stickyrice.newsletter@gmail.com.

Technically Thailand

Linzee Prescott, TCCS 126

Hurray for the next generation step of "Technology in the Peace Corps!" This year the 126 volunteers arrived in Thailand with brand-new Nexus 7 tablets to incorporate into their service. Here we will review apps we have found helpful in our daily lives, reflect on how they can be used and why you should check them out too.

The app this month is Google Translate. Google Translate is exactly that: a translating app and by far the best free translating app available on all Apple and Android devices, capable of translating some 80+ languages.

Pros:

- Offline Use. Perfect for any volunteer away from WiFi. Just go to settings when you are connected to the Internet and download the Thai Language Pack for later use.

- Handwriting Recognition. See a sign, know the letters but don't have a Thai keyboard? No problem. Write the letters and Google Translate will turn it into the Thai word you were thinking of, and the same works for English.
- Phonemic Spelling. Does that translation make no sense? That happens, but you have enough language to know how Thai sentence structure works. Reading the Phonemic Spelling of the Thai phrase can be enough to help you understand what that Line message from your Saw Naw really meant to say. (Use read aloud also.)
- Read Aloud (WiFi or data plan only) If you know a word but are not sure which tone it uses, just translate and listen for the tone.
- Bookmark. Have a phrase

that you use often? "Star" it for more frequent use. Perfect for independent language study when you want to practice new words.

- Voice Recognition. This tool is good for those of us with fumbly fingers, buttons too small to hit, or just feeling lazy. Hit the microphone and let Google Translate do the work.

Cons:

- Voice Recognition. Using the voice recognition from Thai to English has been tricky. Thais don't speak any slower, and they fudge the tone sometimes too. The app is great, but often misses a tone mark, changing the word or phase drastically.
- Translation. Often I've noticed if translating a full phrase, the English or Thai translations come out funky. One word at a time is okay, but Thai sentence and English sentence structures just aren't the same. *Trick* Since we know usually know what we are wanting to say in Thai, or know enough of the Thai sentence structure, typing the English phrase in the Thai sentence structure often gives you the results you want.
- Apple devices. When offline, the Language Package is not available.

Thai Family Haiku

Crazy Thailand fam
Love them and they love me
Makes PC life ā



Sasha-Noel Udom, YinD 125

Have an app you use or are unsure about? Send your suggestions to lp267@nau.edu

In My Opinion

Carissa Sutter, YinD 126

I am both an agent of change and a bottomless source of entertainment for my community

In my opinion, I am primarily considered a form of entertainment at events and at schools in my community. I believe this not only because they occasionally dress me up in Thai costumes with dangling gold trinkets and 12 layers of makeup, but also because whenever there is a microphone they hand it to me and say “speak English!” I have almost no experience as a professional entertainer and even less with educating people in language, but I have a strong feeling that hearing me speak English for 20 minutes at a drunken festival is more about showmanship than learning. Even so, if there is a gathering of more than five people, I am happy to be drawn from the audience and turned into an awkward MC. I think they put aside time at every event, just for me.

I also occasionally burst into verses of *Dtaa-mong-Dtaa* and launch into extravagant interpretations of traditional Thai dance, so I

can see why they don’t consider me shy. My favorite place to get attention is at the weekly *dalat*. I am able to attract small crowds by doing very simple things. When I speak broken Thai with an unintelligible *farang* accent, applause breaks out and there are demands for more. When I speak Laos, I am basically a superhero who wants to show my interest in their culture. They cannot get enough of me. Also, no joke ever gets old. I can do the same thing every 10 minutes and get the same reaction. I am basically Peace Corps Sesame Street.

I cannot tell if this is cultural exchange or volunteer worship. They don’t seem interested when I try to rap “Fresh Prince of Belair” or do my version of salsa dancing. They do want me to cook spaghetti for them, but I think that is only because I am constantly forcing everyone to say “spaghetti” without adding an extra vowel. Sometimes it seems that the only thing the *tessaban*

workers have learned from me about Americans is that in one day, we can drink enough Red Bull to kill three Thai people. But they still never get tired of telling me I am going to die if I drink it.

In my town of Nong Bua Wong, there is more excitement about festivals and ceremonies than there is about the expressed function of those events. With this mentality in mind, it makes sense that my purpose is mainly to serve as a symbol of the vibrance and success of the town. Even so, I don’t think it is fair to say that entertainers can’t accomplish important things. I mean, I am kind of like Angelina Jolie. I use my position as an entertainer to generate the necessary support for important projects. And I am also unbelievably sexy. So, while I feel I am going to be an agent of change in my community, my gravitas is probably going to be the agent of the agent of change. Which is actually pretty exciting.

Ask Angela

Dear Angela,

A 12-year-old girl who lives next to my host family has developed a huge crush on me. I am a woman, and apparently she has developed crushes on other older women who work at the school. She writes me love letters and sends me teddy bears. She calls me nonstop and I was forced to block her phone calls. I have already talked to her teachers, and they said they would talk to her, but I started getting calls from her again two weeks ago - from different phone numbers. Now I can't answer my phone for any unknown number, in case she is calling to repeat "I love you" over and over. I don't know how to get her to stop without further damaging this obviously insecure girl.

-Crushed by a crush in Issan

Dear Crushed,

Change your phone number and skip town. Okay. No. Seriously, let's look at this situation a little bit more in depth here for a moment please. So, as you shared, this is a 12-year-old girl we are talking about. I don't know about anyone else, but this clearly informs me right away we are working with a hormonal, early-adolescent, pre-teen! Now, having embraced and acknowledged this fact, we can move on to the strategies required to be strong, respectful, and careful with how we should best deal with this Super Fan of yours.

It may be in your best interest to, initially, take note of your too-much-love-for-comfort-neighbor's surroundings to see how or where to best displace this strong affection gracefully. Or possibly, why it is being sent in your direction in the first place. You could even consider the following questions: How is her home life? What is it like? Does she have a solid, good, supportive group of friends? What appears to be the general consensus about her with friends, peers and family? What is school like for her? What is her relationship with the female members, if any, in her family? These questions could lead you to some very helpful information that may quite very well correlate with what you are dealing with.

Now, if you have already spent an exhausting amount of time dealing with her, forcing you to skim over the easy advice and reach for my advice, well, either 1) Shoot, you must be very desperate or 2) Yeah! You have deeply intrigued and perplexed by my divine thoughts. OK, so now we are taking out the big guns. We have acknowledged her age and all that comes with this, analyzed her environment and how this may play a factor and yet we are still stuck with a teddy bear fan club, a written collection of devoted appreciation and an exhausted list of contact numbers. It now may have become the time to acknowledge this situation face on.

Despite the many excuses you are going to offer with the strong lack of desire to do such, it is important to make clear to the

girl what this is and is not. Carefully choose your meeting location. My suggestion: go for a walk and keep it breezy. Next, begin a simple and comfortable conversation about anything besides the topic at hand, gain her trust and present yourself as a non-judgemental source of support. Slowly allow for the the topic at hand to surface, although while being firm with your requests, choose your words wisely. Know that the thoughts and actions of this girl are not fully developed. Be clear, and possibly if interested in such an arrangement, offer to make a monthly phone call to check in and offer appropriate support. This then puts the control back in your hands while not taking this connection completely away, just yet. Help her through this process and to recognize and identify her strong feelings of love that she is projecting on you. This could be a whole lot bigger than you, my friend. Just be easy, you never know how important the impact you have on this girl could be. Take this opportunity to scratch the surface of these silly love antics and discover with her what is truly driving these love movements. How you handle this conversation will show her a smart and healthy way to do the same. A success story is waiting to be told...I can feel it.

Good Luck.
XO Angela

***Editor's Note: Also remember to involve the Safety and Security Coordinator, Khun Phanuthat, in any incidents that threaten your sense of security. Phone: 081-907-2636*

Dear Angela

I have been a regular at a local restaurant near my home, but lately the lady who cooks for me has been adding things to my order. Last time she added hot dogs to my Pad Kapow Moo, which I really hate. She thinks Americans love eating hot dogs, and that she “gave” me something special. It is convenient to eat there, but I can’t figure out how to stop her from mutilating my meals!

-Thai Hot Dogged

Dear Dogged,

I think you just need to simply start crying. I mean the minute she doesn’t listen when you politely request to have no “surprises” in your meal, release the waterworks. Of course this probably is not the most mature action to take, but it’s a start. You can also just jump right in there while she is cooking, pointing out what is NOT to be included. Or, you just need to be as firm and clear as possible when you make request. If any addition has been made, acknowledge your happiness for what has been done right and offer careful criticism for what has not.

It is always fruitful to be thankful for the thoughtful gestures one has made on your behalf, but it is OK to be honest and say “No, thank you.” I think you got this in the bag...you are now prepared for a successful dining experience. Stay focused in mind, body and appetite.

Good Luck.

XO Angela

Got a question for Angela or need some advice?

Send it to stickyrice.newsletter@gmail.com and we'll forward them on to retain anonymity.

HIV/AIDS GIG

announces

Calendar Contest

We invite you to encourage your students to create art to help raise awareness about HIV/AIDS in one of the following categories:

- * AIDS-Free Generation
- * Zero New Infections - Zero AIDS Related Deaths - Zero Stigma
- * Stamp Out Stigma

To submit, send an email to: pcthivaids@gmail.com including:

(1) a digital attachment of the artwork, (2) a sentence or two (in Thai) written by the artist(s) about their work and how it relates to one of the themes, (3) name and ages of the artist(s), (4) high-resolution photos from the PCV featuring the process! PCVs can submit up to 6 pieces each for the competition.

**Deadline is
November 14th.
Submissions
will be included
in a Facebook
voting round to
decide the 13
winners.**



Aries (Mar. 21 - Apr. 19): Fortune tellers frequently take advantage of you, so be more careful. Also remember it does not matter what day of the week you were born, it only matters what time and place you were born. Obviously. Use this new knowledge to free yourself from relying too much on the advice of others.



Taurus (Apr. 20 - May 20): You are not right all of the time. Really. You frequently ignore the opinions of others in your village, and it is time to take a chance. Learn the Thai methods of organized chaos.



Gemini (May 21- June 21): You will be amazing, all month, as usual. You will accomplish incredible projects in the next two years. You can always expect the fantastic where you are concerned. You are fabulous.



Cancer (June 22 - Jul. 22): You need to reach out to another volunteer, and admit that you are totally freaked out by that thing that happened recently. Not the thing you are pretending to be/kind of are freaked out about, the thing that actually is freaking you out.



Leo (Jul. 23 - Aug. 22): No one is trying to invade your privacy . . . maliciously. You are overly sen-

sitive because you have been living in Thailand for a ridiculously long time. Also, you should get a padlock for your bedroom.



Virgo (Aug. 23 - Sept. 22): You are not now, nor will you ever be, the master of your village universe. You are a volunteer, here to help the Thai people achieve their agreed-upon goals. So stop worrying about everything, they expect a lot less than you do.



Libra (Sept. 23 - Oct. 22): **Special Birthday Gender Focus!***

Libra Men: Make a decision, already. It is absolutely important to fully understand the details and consequences of your choices, but at some point you have to take the leap and just flip a coin.

Libra Women: While you occasionally are able to surrender to an idea that you don't care about, the current project problem is something that might soon make you feel that your place in the community is threatened. You might have to trust your Thai counterpart to help you decide. That way you can blame them if it goes wrong.



Scorpio (Oct. 23- Nov. 21): You are aware that you are in a fable in "The Crying Game", right? In the world of astrology you are famous for being trapped by your nature, but don't let that worry you. Most

people don't know about your reputation (or your past) and you have a chance to redeem yourself while working as a Peace Corps volunteer.



Sagittarius (Nov. 22 - Dec.21): You may get in trouble soon for spending too much time away from site. Or you will be very tired from all the bi-teow-ing you are doing within your village. Either way, you go out too much. Calm down.



Capricorn (Dec. 22 - Jan. 19): You are kind of boring this month. Say "yes" to the next five things that you want to say "no" to. This may provide a needed break from the monotony. Maybe next month will be more interesting.



Aquarius (Jan. 20 - Feb. 18): The thing you were trying to get away with, well, you aren't getting away with it. Try to extricate yourself from the situation and distance yourself as much as possible. You might have to apologize this time.



Pisces (Feb. 19 - Mar. 20): Even when people around you speak the same language as you, they frequently do not understand what you are saying. This makes your study of Thai a bigger challenge than it is for others. This month will be especially difficult as Venus enters Gemini and Scorpio rises somewhere. Express yourself more directly, the big thing you have been trying to get your counterpart to understand without fully explaining: it isn't working.

Horoscopes

Carissa Sutter, YinD 126