A celebration of lifelong education

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It was 3.30 pm and I had been working in my office for the past few hours on the final edits to our new strategic plan, when I felt the urge to have a break. The afternoon sunshine was filtering through my office windows, the verdant trees and palms outside beckoned and the sounds of children’s voices called. I decided to take an ‘energy’ break and have a stroll around our grounds.

As soon as I left my office I saw several students involved body and mind in a dramatic activity next door. Their faces were full of concentration as they lunged and lifted, working on body forms to tell their story. I was captivated by their energy and commitment. Almost immediately I began to hear the alluring strains of music floating past me. I followed the enticing sounds and found students practicing the beautiful moves of Muay Thai boxing preparation. As I watched the students practising with determined focus, grace and determination, I could see flashes of colour and movement from afar. Our U20 boys’ soccer team was out on the main soccer field working through their warm-up drills with their coach. On the western side of the school I could see another four teams of students vigorously engaged in football games as they trained with the Traidhos Football Academy.

I strolled into the Prem Quad to see students chatting and enjoying each other’s company as they entered the Library Resource Centre, heading off to search for assistance with school or homework requirements or to join some of the Exploria activities that meet in the library, such as Roots and Shoots, Random Acts of Kindness, the Little Monsters Club and the Village School Support Fund (VSSF). I noticed a number of students working on a large new mural being painted on a wall on the far side of the quad: huge, aesthetically pleasing artistic swirls were emerging as the beginning of an amazing piece of work.

I had to marvel: wherever I looked I could see students engaged, challenged and having fun.

A smiling encounter

As I continued my stroll around the lake I met a parent, beaming with a large smile on her face. She told me how amazing Prem was and how fortunate she felt that her children were learning here and taking part in so many extra activities. As we spoke we gazed across the lake and saw the amphitheatre being set up for a Khantoke Dinner, where community members and students visiting our school would later feast on northern Lanna style food, learn northern Thai traditions and watch authentic Thai dancing and drumming performed by our staff and young people from the local village.

As I strolled along, I could see students, parents and teachers working on their golf and tennis skills at the Traidhos Golf Academy and Traidhos Tennis Academy. I knew that there were others engaged in a variety of learning tasks at the Three-Generation Farm.

As I reflected on all the added opportunities we provide for our students I felt well pleased with our recent decision to appoint a Traidhos Arts Project Manager to provide more creative activities in our programs to entice, engage and excite our community. My mind started racing ahead as I thought about the Fireworks and Bonfire Evening, International Day and Family Days we are planning for all community members over the coming weeks … and that is when I realized

We are more than a school, so much more!

We are continually striving to be an innovative and a leading International Baccalaureate Boarding and Day School and I believe we are achieving this as we work in partnership with Traidhos Three-Generation Community for Learning. It is so exciting and exhilarating to be a part of this amazing organization where learning for all is at the heart of all we do.

I suddenly realized that I had truly had an ‘energy’ break so I went back to my office full of enthusiasm and commitment to complete the final edits of our new strategic plan.
Executive Chef Tummanoon Punchun

Internationally acclaimed Chef Tummanoon Punchun had, like many famous chefs, humble beginnings. A boy in a large family, it fell to him to prepare meals for his siblings and to help his mother with the family’s small dessert stall in the village. While helping out in this way he discovered a love of experimentation with different tastes and combinations.

His food passion led him to Ramkamhaeng University in Bangkok and to the Hotel and Tourism Training Institute in Chonburi. After graduation he worked in several Chonburi hotels before moving to the Phuket Merlin Hotel and in 1988 to Mom Tri’s Boathouse Hotel in Phuket. He rose quickly through the kitchen ranks and was appointed Sous-Chef in 1990.

In 1992 he was appointed Executive Chef at a Koh Samui resort hotel. During the next two years he participated in several international food promotions, demonstrating Thai cuisine and holding Thai cooking lessons in Malaysia, Singapore and Jakarta.

In 1994 Chef Tummanoon returned to The Boathouse as Executive Chef and started The Boathouse Cooking Classes. The Boathouse Culinary Weekend Workshop rapidly established itself as one of the most popular Thai cooking schools in Thailand, praised by critics in the Times of London, The New York Times and the Los Angeles Times. Famous and not-so-famous chefs from around the world travelled to Phuket to join his cooking classes. Between 1995 and 1997 he was the only Thai chef selected by the Swiss Chefs’ Association to participate in three of the Association’s Asian cooking classes and food promotions in Switzerland. In 1999 he published his recipes in the Boathouse Thai Cookbook.

Despite his growing fame as a creator of Thai masterpieces, Chef Tummanoon’s real passion is for European cuisine. Already an accomplished chef of French cuisine, he polished his skills during stays in France at several luxury hotels of the noted Grand Etapes Françaises Group, including the Château De Gilly (with its 15,000 bottle cellar and its noted Le Clos Prieur restaurant), the Château de l’Ile and the Château Le Prieuré. Further travels in Europe enabled him to learn the secrets of regional cooking where the styles, flavours and presentation of meals all vary according to the local traditions.

A “royal” chef

Over the years, his numerous appearances as Guest Chef and his participation in Thai cooking exhibitions in Asia and Europe have made Chef Tummanoon one of the most sought-after chefs in Thailand. He has cooked meals for members of the royal families of Thailand, Denmark and Luxemburg – and can still recite with ease the menu of each special event.

When Mom Tri sold the Boathouse hotel, Chef Tummanoon was invited to relocate to Chiang Mai where he is now Head of Hospitality at the Traidhos Community, with responsibility for the centre’s hotel, spa, Krapood restaurant and other food outlets on the extensive campus. Tummanoon says that while he prefers the friendly, easy-going style of life in the north, he still enjoys the challenges of returning to Phuket occasionally, where he conducts special classes at Mom Tri’s Villa Royal Cooking School.

From preparing sticky rice for his sister – to serving a gourmet meal to the King’s sister: Chef Tummanoon has come a long way. His talents may be sampled at the Krapood Restaurant in Mae Rim.
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Googly Maidens Duck Yorkers!

No – this is not the headline from some sensational tabloid newspaper. Each word in the heading is a common term used in the ancient and much-loved game of cricket.

If a traveller in India looks down a dusty village pathway, he may occasionally see a wandering cow or two, but he will almost always spot a group of young boys with improvised bats and wickets enjoying a never-ending game of village cricket.

But cricket is not just a favourite game for kids in India – it is one of the fastest-growing sports in the world with thousands of players at all levels and millions of devoted fans. Cricket has long been closely associated with countries of the former British Empire – New Zealand, South Africa, England, Australia, India and Sri Lanka – but it is rapidly becoming a popular sport in countries such as Iran, Qatar, the Maldives, China and Nepal. It is also becoming a very popular sport for women who are challenging men on what was once seen as their exclusive and hallowed turf. With new countries being added to the list and with the welcome participation by women and girls, cricket is really being hit for a six and clearing all boundaries.

World-class facilities in Chiang Mai

The devastating floods in 2011 damaged some of Bangkok’s excellent cricket fields, forcing the Asian Cricket Council (ACC) to look elsewhere. Its decision to use Chiang Mai’s well-known facilities for the Asian Men’s Challenge Tournament was one welcomed by David Buck, the Director of Cricket at the Traidhos Three-Generation Cricket Academy.

Teams from Qatar, Myanmar, Singapore, China, Thailand, Bahrain and Iran will battle it out for honours in the Tournament. Most games will be held at the Prem Oval – considered by many players to be one of the finest cricket grounds in Asia – and groomed by Head Groundsman Pirom Chinkham. Pirom recently returned from Sri Lanka where he assisted with the preparation of grounds for the 2012 Cricket 20-20 World Cup.

Other matches will be held at the Royal Chiang Mai Golf and Cricket Resort where a brand-new turf wicket has been prepared, and at the 1898 Chiang Mai Gymkhana Club – the oldest sporting club in Thailand.

The Thailand Games will follow the men’s tournament in December. This “mini-Olympics” features many different sporting events, but for cricket lovers, cricket is possibly the only one that counts. Teams from all over the Kingdom of Thailand will compete at the Prem Oval. The local Chiang Mai team has won the cricket competition in the last three Games – and is looking forward to adding to their hat trick.

The Prem Oval will also host the ACC Women’s Championships in January and February 2013. Although originally scheduled for a middle-eastern country, Chiang Mai was chosen as a safer alternative. Teams from Bhutan and Thailand will travel to Chiang Mai a week earlier to train with David Buck on the Prem Oval. Spectators will enjoy top performances by ten women’s teams from all corners of South East Asia.

A cornucopia of cricket comes to Chiang Mai!

For information or for additional details on any of these matches please contact David Buck on davidbu@ptis.ac.th
Enjoy a large variety of pizza, pasta, fishes, steaks, vegetarian dishes and desserts in a wonderful atmosphere.

Large wine list available.

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Open daily from 11.00 am to 11.00 pm.

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What Can I Be?

There are approximately forty students in Grade 12 at Prem, and they have come to Chiang Mai from Sweden, USA, Britain, France, Cambodia, Korea, Bhutan, Australia, India, Germany and Thailand. Every one of them has a different background and different futures planned. One way or another, every one of them is making a contribution to life at the school and the community. This is the story of just a few of these global citizens.

USA, Berlin and Chiang Mai

Jaro Bellier had a very different summer holiday from his friends. At the start of Grade 11, he applied for and was accepted into two academically challenging summer courses offered by Yale University and Stanford University in the USA.

While some of his classmates were enjoying holidays on tropical beaches, Jaro was following his passion and studying renewable energy systems and environmental engineering. Not only did these courses assist in his applications for a place at a leading United States university, but they also provided him with a deeper understanding of the environmental science issues that he will be developing and working on in his future career.

The Yale courses (Science of Modern Technology and an Introduction to Green Energy) are normally a thirteen-week program that was condensed to an academically intensive five-week course. Jaro received college credits for both Yale courses and then continued to Stanford University where he participated in a three-week course on Environmental and Earth Science.

Jaro reports that his time at these universities was a challenging and awesome experience, and something that all students should consider before making the big jump from school to university.

Tanapat (Ice) Treyanurak and Myles Ferris treated staff and students to an entertaining debate earlier this Academic Year. Both boys are IB history students and as part of their studies they took on the roles of distinguished “professors” of history to debate the origins of the Cold War.

Ice played the part of a professor of Eurasian History at Chulalongkorn University whose PhD thesis was on Cold War historiography. His character acted as a staunch supporter of the revisionist perspective on the origins of the Cold War.

On the other side of the Berlin Wall of the debate was Professor Myles - professor of European and North American modern history at the university of Kings College, London. His most famous publication is The Cold War and its origins and he was adamantly in favour of the traditionalist view of the origin of the Cold War.

During the course of the debate each crusty “academic” challenged the audience with new perspectives on established “facts” and was able to draw on modern history for a contemporary view of the struggle that divided a nation and where the effects are still being felt by the residents of the former East Germany.

A far cry from sorrows of Cold War Berlin was the hugely successful inter-school social – the 2012 Black and White Ball – organised by members of the Senior School Student Council.

The concept was to encourage and allow students to meet and mingle with students from other international schools, to have fun and to raise funds for several selected charities. Approximately 250 students from six Chiang Mai schools attended the event – one that was, in the words of Emily Baird, the Head of a hard-working Event Committee, a “tough but rewarding” experience.

Many people worked to ensure the success of the evening, particularly Student Council members who commented on the difficult task of hosting an event. Perhaps the most visible (and certainly the most audible) were Pai, Kris and Park, the “awesome” DJs who kept the guests moving.

Grade 11 student Ben W reported that the DJs included “the most overplayed but irresistibly catchy song of the year, Gangnam Style by Psy. People jumped and jived, deafening each other with their shouts in the chorus of the song.”

After the Ball is Over ...

Entertaining public speaking, advanced levels of study, practical social networking and events management are some of the strengths of modern students. They – and their parents and teachers – view the whole world as a place where learning can take place. While the midnight chimes may have tolled the end of the inter-school social or the falling of the Berlin Wall, they were also ushering in a new day, one where we realise that today’s students can be or can achieve just about anything.

2. Ice in the Grade 12 Science Lab
3. Myles F
4. Emily
What can IB?

Prem - an IB World School - is the first school in SE Asia to offer all four International Baccalaureate programs for children from four years of age up to nineteen.

Prem offers unique opportunities to study science at work, by looking at soil chemistry and plant growth on the farm, measuring water quality in the campus lakes and streams, taking air quality readings, and looking at real environmental interactions. All this and more is on the door step at Prem, offering rich experiences in the classrooms, in the science laboratories and out in the fields.

The IB Diploma Program at Grade 11 and 12 is viewed by many universities world-wide to be the world’s best preparation for post-secondary studies.

What can I be? The answer is up to you.
Although Prem still has quite a long way before the school can boast as many as seventy-six trombones leading its parades, a huge step forward has recently been made in the march to the future under the leadership of music teachers Gina Ryan and Lizzy McIlroy.

Seventy-six Trombones is the signature song from the musical *The Music Man* by Meredith Willson and it may become the school's theme song as a new and exciting concert band program gathers strength. The new program builds on the existing strings program in Grades 5 and 6 and is complemented by the after-school Band Basics and Intermediate Band activities. Almost one hundred students and adults are puffing and blowing and creating music under Ajarn Gina’s baton, and she reports that one of the nicest things about the classes is seeing the joy on the faces of the younger students when older boys and girls are working with them to get the trombone – or clarinet or flute or trumpet – technique just right.

“The new concert band program is an instrumental program that supports students’ learning,” Ryan said. “While learning to play an instrument and playing it are important, so also are the other elements of music studies: listening, composing, training our ears, listening to others. The band program is really big for the school as it is something we have never had before. It gives new students who enter the school – as well as continuing students – many opportunities to develop their musical skills, and to do so individually and as part of a large ensemble.”

Music is continuing to grow in popularity all the way up to Grades 11 and 12, where IB Diploma Music is offered again this year. A new program of choral music is taking shape, and two teachers and a small group of enthusiastic students travelled to Bangkok to participate in the 18th Bangkok International Choral Festival.

The students had an opportunity to share their passion for music with the whole school at the inaugural semester-end concert in November. As the holiday season was just around the corner, students from Grades 5, 6, 8, 9, 10 and 11 performed selections learnt during the semester. The performance by the massed Grades 6 – 11 choir was a splendid feature of the program that included some festive and some traditional tunes: Joy to the World, Jingle Bells, Regal March and the all-time favourite, but here without the dancing girls, Offenbach’s *Can Can* from *Orpheus in the Underworld*.

Following the concert an exuberant Gina Ryan said, “I am doing this because it is really important. We push the students in a certain musical direction and we can see their growth.”

Keep an eye out for future events and how you may be able to get involved. The school has an on-going instrument drive for concert band and string instruments, as well as an “Adopt-an-instrument” program, where patrons can sponsor a new instrument. As Zoltan Kodaly was reputed to have said, “We have to establish in students the belief that music belongs to everyone and is, with a little effort, available to everyone.”

To do is to be – Nietzsche
To be is to do – Kant
Do be do be do – Sinatra
Did you know that the Egyptian pharaohs believed that mushrooms had magical powers? They would reserve them for their own plates and it was forbidden for anyone else to eat them. The ancient Romans fed them to their warriors because it was believed that mushrooms gave them god-like strength. Mushrooms have been around since prehistoric days and remains of mushrooms have been found in dinosaur pits. If mushrooms are good enough for Egyptian kings and Roman soldiers, we thought that we should grow some of them on our Three-Generation Farm.

In June 2012 we started a mushroom house project on the farm with Firbank College from Australia. We converted an old goat shack into a mushroom house. The girls helped with the building project and completed the house in just three weeks. They enjoyed hammering, sawing and digging, knowing that this house would be their signature project. The project’s goal was to learn how to grow mushrooms and to teach others about the small cap mushrooms also known as “soybean mushrooms”, “ink cap mushrooms”, or, to use the scientific name, Coprinus comatus.

These mushrooms are high in protein, they grow quickly, they are easy to grow and they taste great as well! It takes only six to eight days until they are ready to be harvested. Using the ‘basket’ technique that I learned from Mae Jo University, I collected lots of old broken laundry basket from the laundry and turned them into baskets where mushrooms would grow. These mushroom-growing baskets can be reused again and again, promoting the ideas of reuse and reduce. If you are interested in growing mushrooms or just want to see what they look like, please visit our Three-Generation Farm.

How to grow soybean mushrooms

1. Boil water and add urea, molasses and rice powder. When the mixture is boiling well, add rice straw and leave it for about three to five minutes.
2. Take the boiled rice straw out and cover it with plastic sheets. Leave it covered for 24 hours.
3. Cut small holes around the sides of the baskets so that the mushrooms have space to sprout.
4. Once the rice straw has cooled, put about 2-3 inches of the straw in each basket and then spread mushroom spores over the straw.
5. Put another thin layer (only 1-2 inches) of straw and spread the spores around the sides of the basket. Repeat this step until there are five layers of straw in each basket.
6. Hang the baskets in the area that you have prepared.
7. Seal the area so that the moisture cannot escape and leave it alone for the next three or four days. Let nature do the rest.
8. The mushroom will sprout and will be ready for picking in about six or seven days … and will continue to grow every week!
9. Eat, share and enjoy your mushrooms!

Robert Thaprom
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at Four Seasons Resort Chiang Mai

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There are twelve Chinese students and teachers at Prem, from Macau, Hong Kong and the People’s Republic of China. In our on-going series of articles highlighting the attractions of countries from which our students come, China is this edition’s country focus, and this is the story woven by some of our Chinese students.

Not just one country

In the southern parts of China, the culture and even the buildings are more like those from Thailand and Lao. There are even many words that are very similar in the Chinese and Thai languages. The language in the remote northern regions, on the other hand, shows historical links with Russia and Japan.

Manchuria’s hot summers and freezing winters are also very different from the south, where Kunming, for example, is known to just about everyone in China as “Spring City” because every season is warm but not too hot. It is for this reason that as winter falls, tens of thousands of black-headed gulls migrate from Siberia to Kunming for the warmer weather.

The British and the Portuguese have also had a big impact on parts such as Hong Kong and Macau. In Hong Kong English is widely used and there are parts of Central that almost feel like London.

History

The names of many cities reflect the growth of the nation over many centuries – and the many conflicts that have taken place on Chinese soil. The name of the town of Xishuangbanna, for example, comes from the Dai Lei language and means “Twelve thousand rice fields”. This name emerged during the Ming Dynasty 1368 – 1644 and the town saw bloody conflict during the Sino-Burmese war in 1765 – 1769.

Other border conflicts with warring northern states saw the construction of what has become known as the Great Wall of China. People say that the wall and its “branches” is between 6300 km and 8800 km in length according to different surveys. It is also the only man-made construction that can be seen from outer space. Dating in parts from the 7th Century BC, much of the wall was repaired and rebuilt, again during the Ming Dynasty, during which time the elaborate imperial palace now known as The Forbidden City was constructed. China’s history is still evolving – and nowhere better seen than in the differences between traditional calligraphy and Chinese brush paintings – and the exciting contemporary art that can even be seen on street corners.

Food

China’s delicious and traditional food is a great attraction for many tourists. In Yunnan the most famous snack is “cross bridge rice noodles”, but others prefer the strong smelling preserved bean curd or deep-fried dough sticks. And then there are deep-fried starfish and sea urchins ... and shark’s fin soup ... and for the very brave, deep-fried scorpions. There is an old saying “For all the rice in China!” but with all the people in China, there is not enough rice grown in the country and so China has to import over a million tons of rice each year – from places like India and Australia.

Population

With all these mouths to be fed, and with strict controls on population growth, one of the big problems in China is the bad ratio between numbers of men and women. There are about 120 men for every 100 women – so it will make finding a girl friend hard!

Alex, Xin, Dan, Even, Sarah, Agnes, Catherine
1. The Great Wall
2. Ruins of St Paul’s, Macau
3. Street artist, Hong Kong
It’s time to celebrate!

Traidhos Visiting Schools Program (VSP) is an experiential activity program sharing the campus with Prem International School. While students at the school are studying hard in their classes, just next-door students from schools all over the world are experiencing new cultures, pushing comfort zones and creating lasting life experiences.

Somewhere between the adrenaline of white water rafting and the calming influences of learning Thai culture, many VSP groups find time to enjoy some physical community service while donating valuable resources to remote communities in the Northern Thai hillsides. VSP students have worked with Red Karen, White Karen, Big Eared Karen, Lisu, Lahu, Akha, Hmong, Dara Ang, Palong, Shan and local northern Thai communities during their community projects. Projects have supported elephant camps, reforestation projects, orphanages and temples as well as many local schools.

In the last twelve months VSP has hosted 2252 students from forty-two different schools from Asia, Africa, Australia, Middle East, America and Europe. Most of these schools decided to include a community service aspect to their trip. Some students were gaining credits towards their future education, while for others the community service was a focus for many months before they arrived in Thailand, taking part in fundraising events and working to raise money to buy the materials that would serve the communities whom they subsequently visit.

Many of the communities that VSP work with are based in rural, hard-to-reach villages where funding and external support is often slow to materialise due to the additional transportation costs and inaccessible roads. The work that is completed through the community service programs often provides a lifeline for these schools and gives inspiration to the students who may otherwise be given no incentive to study. Meeting foreign students is not only exciting for the Thai and hill-tribe students but also an eye-opening experience for the visiting school students too, many of whom have rarely had an opportunity to mix with smiling enthusiastic young children who are living a simple life in a far-off secluded village.
Because of this international desire to help others, THB 1,515,000 has been donated through thirty-seven different community service group projects this year. VSP staff send their sincere thanks to all the schools involved in community service projects and who have worked determinedly through rain and shine to complete such wonderful projects and create wonderful memories for everyone involved.

What has been done?

An amazing 180 students from Yew Chung International School Hong Kong descended on Chiang Mai in January for a whirlwind tour of northern Thailand. During one part of their trip the group split up to support four different village schools in Thailand. One group worked with a Hmong community school in the Mae Sa Valley, donated and positioned two large water containers and built a sink area and a drainage canal to provide a place for children to brush their teeth and improve student hygiene. Another group worked at Baan Huay Pong putting their woodwork skills to the test while building new desks for the students and giving the classroom a lick of paint to brighten up the learning zone. A third group built a shower room at Pha Taek School, while the final group worked at Sop Khai to renovate a community meeting space. All this was possible with one united effort from all the dedicated students from Yew Chung School.

Garden International School from Malaysia built an exciting used-tyre playground and repainted a previously drab-looking classroom for Huay Fak Dap School in the Mae Taeng Valley.

Think Global School spent three days at Mae Jon School in Chiang Dao area where they constructed a bamboo fence around the property and helped dig their sustainable farm and fishpond. The students also built a new toilet block for the school. With a barely passable road in to the village, most vehicles can pass only as far as the stream at the foot of the village. Luckily our 4x4 managed to reach the school to deliver the tools and materials.

Camberwell Grammar School from Australia arrived at Huay Nam Haak school in Chiang Dao area to finish an on-going project to build a new classroom and shady eating, playing and teaching space. It is a great asset to the school and local hilltop community.

Billanook College from Australia is another dedicated group of students who volunteer each year to complete a tough community service project. The College has loyally supported the House of Hope Orphanage in Mae Hon Song province — a home for many orphaned Burmese children — and has been able to build new accommodation blocks, new toilets and a common room area as well as donating clothes, fans, cupboards and games for the children. They now have a spacious, comfortable place to call home.

If you have been inspired and are thinking that you too may be able to find a group of students who could rise to the challenge and support a community service project then visit the VSP website (http://vsp.threegeneration.org/index.html) or contact Michael Cumes michaelc@threegeneration.org
The Prem International Day 2012 was organised by the PSA and held in the Prem Quad on Saturday 17 November. Crowds of people enjoyed the delicious food from a dozen or more different countries as they watched the dance and music performances and the yoga and Muay Thai demonstrations. There was a Side Show Alley with mini golf putting, wet sponge throwing and pop the balloon. There were goats and dogs to pat, scores of colourful national costumes, Maori “tattoos”, magical Dream Chasers and of course the Lanna lanterns and fireworks to end a busy and enjoyable afternoon. These photos will give some idea of the fun.

Photographs by Agnieszka Kinga Wdowik, Relle, Chris, Ben W and others
TROY

A preview

Following the success of the 2012 school production of Fame! comes a saga of epic proportions, with beautiful maidens, handsome and heroic swordsmen, a tale of love and longing and loss: the January 2013 Senior School production of TROY.

TROY tells the story of the Iliad by Homer, the greatest of Greek history’s epic poets. Set during the Trojan War, the ten-year siege of the city of Troy by a group of Greek states, TROY follows the battles and events during the weeks of a quarrel between King Agamemnon and the warrior Achilles. The director and a colleague developed the original script for the production twelve years ago when he was working in Kiev. It is based on several modern versions of the ancient tale and presented in a format likely to thrill audiences.

Borys Maciburko directs the Prem production, which will also feature exciting choreography by Agnieszka Kinga Wdowik. TROY has a cast of approximately thirty students from Grade 6 – Grade 12, with an additional thirty students and staff working backstage and on props, lighting, settings and publicity. This year Prem offers for the first time the International Baccalaureate Diploma subject Theatre and all students from this class will feature in the production - either on stage or as technical support crew.

When asked why he had chosen TROY, Maciburko replied, “Because it is full of action with opportunities for the students to display carefully-choreographed sword-fighting skills.” Indeed, the first two months of rehearsals focused on choreographing the battle scenes. “We did not allocate individual cast roles at the beginning of rehearsals,” the director added. “We wanted to see who the best actors would be for the many challenging and physically-demanding roles. The best roles have now gone to those students who demonstrated the greatest skills in these areas.”

Prem International School’s production of TROY will be staged in the school auditorium at the end of January and beginning of February 2013. Bookings and further information may be obtained from borysm@ptis.ac.th

PSA

The Prem Parent School Association (PSA) is an organisation of parents from many different nationalities working together to inform, educate and have fun at various events through the year. There are open meetings each term covering topics such as university preparation, the IB curriculum, community events, as well as the many sporting events. The meetings are a great chance to learn more about Prem, the Traidhos community and the exciting opportunities that are always happening. Another way to connect with the PSA is at the Welcome Back Coffee Morning at the beginning of each term, which is a wonderful opportunity to meet new parents and reconnect with familiar faces.

The PSA also organises food and merchandise sales at sporting events hosted at Prem for all the visiting athletes and families from around Chiang Mai. The PSA would like to thank Glyn and Sarah Morgan for their invaluable sponsorship of our sporting teams.

The Association is heavily involved with helping organize activities and various community events for all to enjoy.

Watch for coming details in the New Year about the PSA Spring Ball where you can get your dancing shoes on, share some laughs and win some fabulous raffle prizes.

For more information about Prem Parent School Association please visit our webpage www.ptis.threegeneration.org/parents

We look forward to seeing you at all the PSA and school activities.

1. Grade 8 student Luc P in rehearsal
2. The new Panthers hats and shirts modelled by Emma, Easton and Everett
Stefan Sanchez and stars from Grand Opera (Thailand) present

Mad about Mozart

A gala opera concert featuring a selection of favourite works by Mozart, Bizet, Wagner, Puccini and other much-loved composers

Prem Tinsulanonda International School Chiang Mai

14 February 2013

Bookings and enquiries
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Lanna Lanterns

On the banks of the Mae Ping River lies the village of Muang Sat – also known as “Lantern Village” due to the many family-operated businesses making the colourful lanterns and banners hanging everywhere in this small village. One family runs Yai Khum, which operates, as most do, with the daughter of the founder now managing the business.

Yai Khum began with the matriarch, now eighty years of age, who retired from active participation over thirty-five years ago. This was a time when the cultural aspects of the lanterns began to become more widely acknowledged. Yai Khum has built its reputation over the years to become an integral part of the village and city. Their clients can be found in Chiang Rai and Isaan to the north and northeast as well as Bangkok and Hua Hin in the south.

Special designs and colours

The lantern makers display their creativity as they meet demands for special designs and colours to help celebrate Thailand’s festivals. The Chinese New Year in January or February, and the Songkran in April see the skies filled with khom loy: lanterns or hot air balloons whose flaming heat sources at their base lift them into the night skies. It is traditionally believed that these lanterns carry away any bad luck from the current year, up, up and away, to begin the New Year.

In addition to the khom loy, there is a vast variety of lanterns present across the northern provinces of Thailand. There are the traditional lanterns with their vibrant colours, and octagonal, tubular or round shapes with long tails flapping in the gentle breezes. Lanterns in vibrant shades of reds, greens, yellows, blues, purples, white and other colours grace the entry areas of businesses and homes across Chiang Mai province. During Loy Kratong, Thailand’s most popular festival, khom fai lanterns are abundantly displayed outside homes and businesses, and the skies at night are filled once again with khom loy or yee ping.

The lanterns and their traditional uses have found their way into modern culture. They have been adopted by younger generations as symbolic announcements of birthdays: on their sixteenth birthdays, for example, sixteen khom loy may be launched to help the children and their family celebrate the event. Businesses use the lanterns during grand openings or celebrations of anniversaries. They can also be seen in the skies at concerts of popular musicians performing outdoor concerts during the cooler times of the year.

Recent additions to the traditional lanterns of Muang Sat village are the customised shapes and designs created with innovative paper and cloth coverings. Special patterns and even coverings of Thai silk are available. Custom designs with specific requirements of shape, colour, theme or purpose are some of the possibilities. These special lanterns make delightful decorative lights for indoor use.

Banners are the «sisters» of lanterns in Lanna culture and are adorned with elephants, temples, flowers and signs of the zodiac. These banners announce a special event or celebration, guide people to temples and are placed inside temples as offerings.

The materials used to construct the banners include fabric, appliqué paper designs and bamboo. Common banner designs incorporate a peaked lower end or squared end. There is another a special design for those who have died: trained craftsmen construct a three-tailed banner to guide the dead person’s spirit to a more pleasant place. The hanging of banners is done in a strict manner. They must be displayed only from bamboo poles with a vertical pole and a horizontal bamboo bar at or near the top from which the banner hangs, and they must never be attached to houses, metal, wires or trees.

Lanterns and banners with their colours and designs are an important part of Lanna culture, celebrated throughout northern Thailand and boldly displayed in Chiang Mai, the centre of northern culture for the kingdom of Thailand.

Photographs by Ramlah Jafri, Chris H and others
Banners and lanterns at the Four Seasons Resort Chiang Mai
Ideas are a valuable commodity, as they are at the foundation of progress and of solutions. More than 90% of students beginning school this year will go on to work in careers that don’t exist yet, as the industries themselves haven’t been thought of. As the world evolves, becoming more homogenous, as the population grows, taking up more space and resources, ideas, innovation, communication and lateral thought will be vital skills for any employee to possess.

The best education that a child can receive is one in which creativity is seen as important as literacy or numeracy and accorded the same status. Prem strives to provide dynamic, creative experiences for all students and recent visitors to the campus have helped the children to develop a new sense of what they may be capable of achieving.

Visual art

Australian artist Ingrid Wilson spent several weeks at Prem working with Senior School students as they explored landscapes and portraits in the Fauvist style - spontaneous responses to their subject matter expressed in bold brushstrokes and vibrant colours.

Wilson was often seen strolling around the campus and the nearby villages with her sketchbook in hand, working on new drawings. Students were able to draw inspiration from her sketchbook and her growing collection of postcards, as she sat in the studio and worked on her new masterpieces.

Art teacher Emily Wold said that it was a really valuable experience for her students to see a “real” artist and to learn from one who actually prepares and sells her finished works. After her Chiang Mai residency, Wilson returned to Melbourne where she held an exhibition of her works featuring the glories of northern Thailand and the school.

In another exhibition, Wilson’s art shared wall space with the works of Helen Kocis Edwards who will be the next artist in residence at Prem. Edwards will share her passion for illustration and drawing with students.

Performance art ...

Nigel Miles-Thomas and Daniel Foley are professional Shakespearian actors who have appeared in hundreds of productions in London’s West End and in other venues worldwide, as their globetrotting Performance Exchange tour took them throughout Asia and to Prem.

Miles-Thomas and Foley gave workshops to the school’s drama students and performed for and entertained large groups of students with excerpts from several Shakespearean plays and improvisations. Students and staff “volunteers” became part of the action, where voice production, diction, mime and burlesque were all part of the show.

Borys Maciburko, the IB DP Theatre teacher, commented on how rewarding it was to see professionals at work, and the ease with which they were able to command the attention and the hearts of their varied audiences.

In addition to their work on stage and with schools, in film and on television, both men have extensive experience as directors and producers. Their visit to Prem is one the drama students will recall fondly as they aim for the well-rounded, big-voiced performances in the school’s production of TROY in January.
Shortly after the visit by the actors another performer shared his skills with students from Grade 4 – Grade 10 during his weeklong residency.

Critically acclaimed international sound artist Blu Simon Wasem from Brazil is a multi-media artist who dedicated himself to improvisation and experimental music, drawing on his talents as a bass and percussion player. His is also a skilled violinist and flautist, and one who continues to experiment with hand-made electronics sounds.

As well as exploring experimentation through sound, he focused on the importance of collaboration and on emphasising the learning that takes place when working as an ensemble.

Linking their classroom learning with the wider campus through the exploration of sound recordings, students led the process by learning to listening to the rich variety of natural sounds that filled their day-to-day lives. Working with Blu, they created their own sounds by dropping pebbles in water or tapping sticks on bamboo. These sounds were recorded for subsequent manipulation: once classes were complete, Blu spent hours using student responses and their sound recordings to create an electronic pastiche of rhythms and musical layers.

Blu said of his experience: "My approach with the Prem students was really practical, I tried to help them open their ears to listen inside the music room, to listen to their colleagues, and to listen to the sounds of nature. I also tried to listen to them and to learn their preferences and natural musicality. It was a wonderful experience.”

Arts Project Manager

Traidhos has recently appointed Alex Soulsby as Arts Projects Manager, to develop existing opportunities and to provide additional artistic openings to enable the students to develop and flourish as creatively successful individuals. Soulsby was formerly the Creative Projects and Education Manager for one of the UK’s most prestigious Arts Centres. Last year he was the project lead for ENYAN (English National Youth Arts Network) national advocacy project ‘Youth Arts transform lives – FACT’. This campaign was delivered across England, and the results helped shape UK government policy on the use of the arts with young people.

With programs of visiting artists and artists in residence, Traidhos and Soulsby hope to make the Prem and other students not only Global Citizens, but also proud members of Chiang Mai – Creative City.

After all, to quote English novelist and education advisor Sir Ken Robinson:

“If all you had was academic ability, you wouldn’t have been able to get out of bed this morning. In fact, there wouldn’t have been a bed to get out of. No one could have made one. You could have written about the possibility of one, but not have constructed it.”

Alex Soulsby
Arts Project Manager
Hello, and welcome to the Traidhos Quarterly: Movember issue!

Last month, you may have noticed that men, teachers and students, were sporting some extra hairy growth on their upper lip - a growth that is also known as a moustache, or "mo". This was not just merely a mass showing of impeccable style, although they looked good! The reason was to increase awareness of male health issues. Many other campaigns have coloured ribbons (red for AIDS, pink for breast cancer) to raise awareness. Men’s health has a hairy ribbon (the mo) that is proudly grown and displayed during the month of November - Movember.

Male health issues, particularly prostate cancer and depression, are more concerning than is generally known. A man dies from prostate cancer every fifteen minutes. It is estimated that depression and anxiety affects just as many men as prostate cancer, 1 in 6.

Choices that younger people make directly affect what can happen in their future, including prevention of illness. That is why it is so important to eat a healthy, balanced diet, to participate in regular fitness and to get enough sleep. We should all be aware of our eating habits, particularly as youths who are developing lifelong habits.

Studies have shown a strong correlation between eating refined (processed) foods and the onset of cancer. There is a troubling trend in Thailand to move away from natural foods and towards the more refined convenience foods. For many people it is easier to ride to the local convenience store to buy a snack than it is to go to the market to buy fresh produce. Thailand has the third highest number of 7/11 stores per capita in the world - a projected 7000 stores by 2013.

Depression and anxiety often begins during the teenage years. They are the most common mental health conditions in youths. Approximately 20% of all young people experience significant depressive symptoms by the time they become adults. On a global average, 78% of deaths by suicide are men. These are statistics worthy of concern.

Movember is an effective campaign that has raised over US$200 million worldwide for cancer and male health issues research and prevention. The campaign has also raised people’s awareness of men’s health issues.

What can you do to help the Movember cause?

- Become a Mo Bro or a Mo Sista. You can even register online to make it official!
- Educate yourself and the people around you on male health issues
- Talk about male health issues with the men in your life
- Get an annual medical check by a doctor
- Make a donation to the cause

Last year, the Prem Mo Bros raised close to THB 25,000 baht. We are waiting for the final totals from this year’s campaign. We are optimistic that this year is even more!

Next Movember, look for the men who are wearing their men’s health awareness ribbons on their lips.

2. Grade 6 students Alysha and Nina
3. Grade 6 and 7 students Jin Su, Ugen and Nyima
4. Kailash M
W

hy would fifty-nine teachers from five different international schools in Chiang Mai, Thailand, all arrive at host school Prem Tinsulanonda International School (Prem) in September? The answer is simple: to be inspired and informed about 'Being an Inclusive School' by internationally renowned educators, Bill and Ochan Powell.

Bill Powell has served as an international educator for over thirty years in the USA, Saudi Arabia, Tanzania, Indonesia and Malaysia. His wife, Ochan Kasuma-Powell is co-founder and director of Education Across Frontiers. Dr Kasuma-Powell also has extensive international experience and for many years has been an outspoken advocate for special needs children globally. Together they have published several books, the most recent of which is Becoming an Emotionally Intelligent Teacher (2010).

Participants in the two-day workshop arrived knowing that they are the critically important architects of each child’s learning environment. They came to Prem seeking to develop their knowledge and understanding of differentiation in the curriculum and how to achieve active engagement in learning for all students in their care.

**Deep knowledge and in-depth understanding**

In the course of the two-day workshop teachers participated in the challenging activity of self-assessment, identifying specific targets for their own growth and development to further support their efforts to differentiate instruction. Teachers learned that true differentiation could only be achieved by a deep knowledge of each student as a learner and an advanced, in-depth understanding of the curriculum that they teach.

In an exhilarating and exhausting two days the teachers also developed many strategies, modelled by the workshop leaders, Bill and Ochan Powell. Teachers learned that ongoing assessment should shape instruction and that student groupings should be flexible and varied, based on criteria such as readiness and interest and that learning diversity enriches every classroom. Teachers quickly established professional partnerships, which in two short, activity-filled days proved exponentially more effective to learning growth than working alone. Problems were solved collegially, understandings were shared and learning greatly enriched.

The two-day workshop gave teachers the tools to create an environment within their classrooms to ensure the active engagement in learning of all students at all grade levels no matter what their ability.

Teachers completed the ‘Being an Inclusive School’ workshop knowing that strategies that define and comprise ‘good teaching’ apply to all learners and that differentiated classrooms are exciting places where teaching and learning are flexible, purposeful and respectful.

With a range of targeted and focused activities, the gathering of detailed research and the sharing of information and experiences Bill and Ochan Powell added significantly to each teacher’s understanding and response to learning for all students.

Informative? ... Yes! Exhilarating? ... Certainly! A pathway to improved learning for every student ... Without a doubt!
The action component of the International Baccalaureate Primary Years Program (PYP) at Prem involves service in the widest sense of the word: service to fellow-students, and to the community both inside and outside the school. Through such service, students are able to grow socially and personally, developing skills such as cooperation, problem solving, conflict resolution and creative and critical thinking. These actions are, moreover, ways in which the students exhibit their commitment to the attitudes that we seek to engender within the PYP classroom. (IBO: Making the PYP Happen, 2009)

The Junior School Student Council at Prem has provided an excellent forum for encouraging students to be creative, think critically, work cooperatively and take action that can serve their school community.

At the start of the school year students in Grades 3, 4 and 5 were invited to join the Student Council. There was a wonderful response and students came brimming with ideas to the first meeting of the year. After discussing each of the proposals, the students voted for organising a Junior School Triathlon as their first event of the year. Five students from Grade 3 volunteered to take on leadership roles in the organising of the event. These students were involved in organising the marketing of the event – making announcements at assemblies, designing and hanging posters as well as designing the medals and certificates.

Taking action to develop a healthy lifestyle and being risk takers are much talked-about topics in the Physical Education environment. Offering a triathlon was an ideal opportunity to encourage our students to be risk takers and choose an activity that would help promote a healthy lifestyle. The skills that the students learned in their PE classes were transferred to an authentic context created by the students. During swimming classes in Semester 1 many students learned to swim twenty-five meters for the first time. Some students challenged themselves to learn how to ride a bike with two wheels so they could complete the course independently. The final response to the Triathlon was overwhelming; over seventy students from Early Years 3 to Grade 5 entered the event, surpassing all expectations.

The event itself was reliant on a great deal of support in order for it to go ahead. We were extremely fortunate to have had around fifty staff from various sections of the Traidhos community volunteer to be involved and help wherever they were needed. A number of gardeners helped position the markers for the entire course. Teachers, parents and housekeepers helped to marshal the bike course to ensure the participants were safe as well as making sure students were supported at the transition areas.
Students arrived on the day excited and well prepared to complete either the short or the long triathlon course. They changed into their swimsuits and running shoes, and with their bikes and helmets in hand they were ready for action. All students had challenged themselves to complete the course to the best of their ability and clearly demonstrated the IB attitudes of commitment, confidence, enthusiasm, independence and integrity.

At the finish line Ajarn Karrie, the Junior School Principal, and Ajarn Maxine, the Head of School, presented every child with a medal of participation and a certificate of achievement.

After completing the event students were asked to record their thoughts and these have been represented in a Wordle. The larger the word the greater the number of times it was mentioned in student feedback. The aim of the whole event was to give our students an opportunity to be risk takers, to feel a sense of achievement and above all, to have fun. As you can see clearly from the feedback shown in the Wordle, although participants found the activity tiring, everyone had FUN!

The Triathlon was also used as the inspiration for a collaborative piece of descriptive writing in a Junior School writing class.

When we were standing by the pool we had butterflies in our stomachs because we were very nervous. It was our first triathlon. When we started swimming many of us were still a little nervous but our excitement was growing. When we got out of the water it felt a bit cold and we jogged to the transition area. Everyone got on their bikes and put on their helmets. We raced on our bikes around the school. When we got onto the bikes we were able to pass a lot of people.

There were people cheering. This was the easiest part of the race for many people. Then, we dropped our bikes and ran around the track. Some people had stitches in their tummies as they ran. Most students in our class felt exhausted. When we finished we felt very proud of ourselves. We were surprised to get a gold medal and a certificate.

We were very, very happy. We can’t wait for the next triathlon!

Service, co-operation and risk taking are just three elements of the International Baccalaureate programs – and the inaugural Junior School Triathlon scored a perfect score on all counts.

Photographs by Okuno

Lizzy McIlroy
A new curriculum for Grade 9 students at Prem

At the start of the new school year Prem introduced the Bronze International Award (IA) program, also known as the Duke of Edinburgh Award, as part of its curriculum for all Grade 9 students. Stephen McIlroy, Senior School Principal, said, “The IA is an extension of our leadership programs. It gives students opportunities to take risks and to learn more about themselves. It also enables our students to provide a service to the community and leads into the CAS elements of Grade 11 and Grade 12.”

Certified IA Leader Adam Peacock guided the thirty-eight students through this exciting self-development program. Pre-training courses on the Prem campus introduced the students to many outdoor essentials - first aid, orienteering skills and raft building - in preparation two-day adventurous journeys.

The Adventurous Journeys

As the first term came to a close in October, nearly all Grade 9 students completed their practice Adventurous Journey. On the big day, staff members went ahead to be present at the checkpoints for the first day’s trek. After distributing the first aid kits and maps, the students drew on the skills learnt in the preparation days and set off on the two-day trek from Mae Taeng to Chiang Dao.

The first part of the trek wound around a stream and ended at the first checkpoint at the bottom of a stunning waterfall. The straightforward instructions at this location included the simple direction “Keep climbing up until you reach the next checkpoint.” After many stops and much huffing and puffing the students made it to the second checkpoint ... only to realise the uphill challenge wasn’t over.

Throughout the day the group weaved up and down and through forests, hill tribe villages and farmland with continuous panoramic views of the northern mountains. They arrived at camp before dark and set up mosquito nets and sleeping mats in a village hut. The serious business of cooking was made more challenging by a sudden tropical downpour.

The following day students set off on the second and final – and muddy – day of the hike. Everyone worked together to help one another slipping and sliding through the muddy bits. Many uphill challenges later, the exhausted party arrived at the end of the trek. Tired and hungry, but proud of their accomplishment, more than a few students fell asleep on the bus journey back to school. Back at school, reflections took place in homeroom based on what would they change, what did they do well and what they need to do for the next trip.

The final Adventurous Journey – a two-day canoe trip – will take place later this year. It will include lessons learned from the practice run and developing new skills such as compass reading, setting up a campsite and sleeping in tents.

The International Award Program leads to wonderful opportunities for students to discover what they are made of, to put into practice their growing skills base and to encourage closer bonds with their fellow classmates – all in harmony with their student vision of inquiring, caring, knowledgeable and confident learners.
Alumni News

Toyin Alli-Fulania
Class of 2012

Toyin joined the school in February 2010 as a Team Elite member of the Tennis Academy, where he enjoyed Coach Randall’s rigorous instruction. The death of his grandfather made him return to the UK and Nigeria where he assisted with the many arrangements required for the funeral rites of a senior statesman. He subsequently studied sports studies and exercise science at the North Hertfordshire College until the completion of his course in June 2012. Toyin and his brother Tobi returned to Traidhos and the Tennis Academy in September this year and spent several months training under Coaches Randall and Joel.

Daniel Bultrini
Class of 2011

Daniel visited the school earlier this year after having completed his first year of aerospace engineering at Delft University of Technology, the largest and oldest Dutch public technical university, located in Delft, Netherlands. During his time in the Netherlands Daniel initially found the course easier than the IB Diploma, although as the year progressed the subjects became more challenging – including working on single-wing aircraft and making a missile. Music-lover Daniel enjoyed his time back in Chiang Mai, where he studied piano with internationally acclaimed Japanese pianist, Atsuko Seta. He hopes to continue his studies internationally and is exploring the possibilities of relocating to the University of Edinburgh or to the University of Glasgow, each of which offers courses in the apparently diverse subjects of music and science.

Arysa Kurata
Class of 2012

Arysa left Prem early and is now hitting the heights as one of the talented team in GMM Music’s cable television show GMM Music Talent School Tour. She has been enjoying specialised lessons in singing, acting and dancing, and with the other competitors – all looking for a big contract with the music-making giant company – travels to different schools and venues to perform in real-life situations with established and experienced performers. The program may be seen on GMM Music channel (cable) from 8.00 pm nightly and further details are available from www.gmmmusic.com or www.facebook.com/gidlabel

LITTLE CHEFS

Michelin-starred chef visits Prem’s Young Chefs

Prem’s Young Chefs group – our food-enthused boarding students – continued its culinary adventures through Term 1 polishing their skills in the lead-up to Term Two’s final cookbook grand finale.

An exciting day of patisserie know-how was presented to the young Prem chefs during a surprise visit to the school in September by Michelin 2-starred chef Ciaran Condron from the “L’autre Pied”, and by the supremo event caterer Stuart Shaw, who had recently been engaged by Britain’s Summer Olympics.

A delicious chocolate raspberry roulade was the master chefs’ pastry selection of the day. With its delicious ingredients, accompanied by its French feel, the roulade was a sophisticated dish for our young participants to create.

To complement the stylish dessert, the children learned to prepare spun sugar to be drizzled over the top or used as side decorations to their creations.

Young Chefs is not a completion. It is a cooking discovery course designed to be fun and experimental. David Buck, the founder and instructor of Young Chefs, awarded Rigpi’s roulade the day’s “tasty” prize for best moisture, texture and presentation.

The grand finale will come at Christmas-time when the young chefs will create their very own three-course menu. All participants are winners, as their final creations are to be published together in the first edition of Prem’s very own cookbook.
Green Grocer

Founded by the Tantranon family, retailers in Chiang Mai for over 70 years, and managed by Tantraphan Supermarket (1994) Co. Ltd., Rimping opened its first branch, Nawarat, beside the Ping River, in 1988.

After 25 years, four branches are located at Nawarat, Mee Chok, Kad Farang and Nim City, offering a wide variety of high quality products, including groceries, dairy, bakery, butcher, delicatessen, wines, spirits and kitchenware. Three new branches will open in 2013, at Star Avenue Lifestyle Mall (next to the Arcade Bus Station), JJ Market (Located on Atsadathorn Road, just off Superhighway), and Promenada Resort Mall (on the main Somphat Road, linking Superhighway and 2nd Ring Road)

The company encourages organic farming, supports small, deserving local suppliers, rewards customer loyalty, aspires to become a 'green grocer' with deep respect for the environment, and strives to make everyday shopping a relaxed and dignified experience.

- Stocks many imported exotic and speciality items, not available elsewhere in Chiang Mai.
- In-house testing centre checks incoming fresh products for pesticides and toxic residues.
- 'Superplus' card accrues points for each purchase, exchangeable for quality gift items. Points never expire; life membership costs just 90 Baht.
- Provides convenient home delivery service. Order by telephone, email or fax.
- Encourages and assists organic farmers; offers a wide range of organic produce.
- 'Rimping Select' and 'Organilicious' labels give customers the assurance of top quality.
- Supports small suppliers who make exceptional products – look for the 'Local Talent' label.
- Colour-coded vegetable packs indicate purity & food safety levels.
- Rimping aspires to be a 'Green Grocer' by supporting all practical means of protecting the environment.
- Actively supports disadvantaged children with 'Helping Hands' project.
- Rimping donates 0.50 satang for each purchase that does not require plastic bag.
- Four branches open seven days a week from 08.00-21.00 hrs. Three additional branches will open in 2013: at the new Promenada Resort Mall, at JJ Market, and adjacent to the Arcade bus station.
- Unique to Chiang Mai. No branches elsewhere; no international chain affiliations.

The Market of Choice

Nawarat Branch
Located on the Ping River
129 Lamphun Road,
Chiang Mai 50300
Tel: 053 246333-4 Fax: 053 247433

Mee Chok Branch
Located on Highway 1011
208 Moo 6 T.Faham,
Chiang Mai 50300
Tel: 053-266629 , Fax: 053-266635

Nim City Branch
Located close to Airport Plaza
199/8 Mahidol Road, T. Hua Yai,
Chiang Mai 50100
Tel: 053-904881 Fax: 053-904885

Kad Farang Branch
225/4 M.13 T.Baanvyan Chiang Mai-Hod
Road, A. Hang Dong,
Chiang Mai 50220
Tel & Fax: 053-425305

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