Gathering snails on Earth Day – see full story inside
Earth Day

The concept of sustainability is at the core of all we do at Prem, and Earth Day was a way to celebrate the importance of living in harmony with our world. Building on the theme of Natural Resources from last year, this year’s theme was Biodiversity.

“We are so lucky to be surrounded by the plants and animals that define biodiversity on the planet,” Head of School Maxine Driscoll told the assembled members of the community during her opening address. “People often don’t realise that we depend on the plants and animals to perform all the ecosystem services such as pollination and soil creation,” added Donal O’Connell, the Sustainability Coordinator for Prem Tinsulanonda International School. “Many scientists consider the loss of biodiversity to be the major problem our world faces today,” he informed the crowd.

Students from Grade 2 to Grade 11 were assigned to groups each of which included Senior School and Junior School students. The groups travelled around the campus participating in a variety of enjoyable and informative activities. Chiang Mai Zoo was also present at Prem, and had brought a variety of animals to give the students examples of the incredible variety present in our world.

Anyone who comes to Prem instantly notices the lush vegetation that surrounds it. One of the activities for Earth Day was conducted in conjunction with Chiang Mai University’s Forest Restoration Research Unit (FORRU): a survey of the trees on the campus. This was a follow-up to the first tree census that happened early in the school history. “My group is so excited to be here and work with these enthusiastic students,” said Khwankhao Sinhaseni of the Chiang Mai University organization. During this activity students were divided into groups and each was assigned a unique species of tree to count. The staff from FORRU helped the students to find their particular tree, keep count of the total, and reported it back for recording. “I never really knew there were so many kinds of trees on our campus,” Cristina Nearing said, “and there are just so many of them as well!”

In the cool of the auditorium, teams of students moved from station to station to learn about the world’s unique animals under threat of extinction. “With approximately a hundred species becoming extinct each day, we unfortunately have too many choices as far as what animals we wanted to feature,” Dr Shaw said. When students were finished completing their tasks they relaxed and watched video clips highlighting threatened species from around the world.

Behind the library, student investigators were hard at work finding microbial biodiversity in the stream that flows through the campus. Microscopes were available for further examination of the samples, and many younger students delighted in what, for many, was their first time using these high-powered visual tools. “I can’t believe all the life we found in our water,” said one young Earth Day scientist. Students were also drawn to the many displays Librarian Sarah Handley had set up for the day. “We have so many books that relate to biodiversity,” she said, “and it’s great to see the children make the link between plants and animals and the health of the planet.”

Outside the library, in the Prem quad, teams of artists worked to recreate some of their favourite ecosystems, including favourite animals and plants. Each square of the area was assigned to a team, and with only their imagination to limit them, they worked to create their works of art. Mary MacLachlan, who was supervising the activity, was impressed with what she saw. "I’m always amazed..."
at the way our students take advantage of every artistic opportunity that comes their way,” she said. Hundreds of students filled the quad with bright images and inspiring messages of hope and calls to action.

The day ended as the community came together once again in the auditorium to participate in a “swap shop” event, and to have some fun. Throughout the day, those who had finished their soil and water sampling had the opportunity to practise making the animals’ sounds of a multitude of fauna. Students flocked to the stage to show their best chimpanzee shouts and lion roars before the gathered crowd.

“I think it was an incredible day of learning about the Earth and all it gives us without asking for anything in return,” the Sustainability Co-ordinator Donal said. “I know the students are going to see their gorgeous campus in a very different light from now on,” he added.

Help Please!

The Traidhos Three-Generation Community for Learning and Prem School are collecting important historical documents and artefacts. They will eventually be preserved and displayed in a new archival display.

We do not have copies of Premoirs – the school Year Book – for academic years 2002 – 2003 and 2004 – 2005.

Can you help?

Please contact the editor of this magazine: christopherh@ptis.ac.th
Amazing Opportunities to Learn

I have just attended a meeting where the College and Careers Counsellor outlined the destinations of Prem’s graduating 2013 class: The London School of Economics, Wesleyan University, Columbia University, the University of Melbourne, the Royal Melbourne Institute of Technology, the University of Nevada, Simon Fraser University in Canada and other universities in Britain, Canada, the USA, Thailand, Singapore and Switzerland. I always feel so inspired and so proud to hear about the next step for our graduating students and wonder about the opportunities they will encounter.

As adults we sometimes assume that learning is over for us and we don’t push ourselves to apply for further learning. There are some of us who think we know it all! And there are others who think they just do not have the time! And others again who think, “Oh it will be too hard, I couldn’t do that” or “I’m too old, they wouldn’t accept me”. I strongly encourage all adults reading this article to think differently.

At Prem Tinsulanonda International School we are proud to be part of Traidhos Three-Generation Community for Learning and that means we see ourselves as learners, across all generations. Within this context I applied to attend a Fellowship Program at the Klingenstein Centre Teachers College Columbia University, New York, for heads of international and independent schools. I knew they only selected twenty or so applicants each year, but I thought I would ‘throw my hat into the ring’, as I was very enthusiastic to attend the course and learn more as an educator and head of school.

You can imagine that as a non-American citizen, I was thrilled to be accepted to attend the Heads of School Program earlier this year. Each year the program selects and funds practitioners from international and independent schools to study together for two weeks at Columbia University, New York City. I was honoured to be one of eighteen school heads selected to attend the course. I arrived in New York City amid flurries of snow and met the other heads of school. It was soon apparent that I was the only female head of school from an international school, I was the only head of school from Thailand and I was the only Australian attending. What a privilege! And what an amazing learning opportunity!

As well as attending several symposiums and classes with Master’s degree students, I researched global competencies necessary to make our students successful in the world. Devoting two weeks to focus on an area of study that directly affects our students was a rewarding experience. Studying the work of Professor Yong Zhao was exhilarating as he highlights the way schools of the future need to develop global entrepreneurial skills in our students. I devoured many books, articles and publications. Reading a huge range of texts – from nineteenth century American philosopher John Dewey to sixteenth century French writer Michel de Montaigne – helped me refocus on my personal philosophy of education:

*We should always guide children towards the best and most rewarding goals ... Learning is a great ornament and a useful instrument of wondrous service*

*[On Educating Children, The Essays of Michel De Montaigne]*

I left New York with many ideas to bring back to our school to continue our development as a leading IB World boarding and day school. It was an incredibly enriching and stimulating experience and I have shared my story with our Grade 12 students.

My adventure to Columbia University taught me a great deal about the world, about education and also about myself. I am sure that as we wave goodbye to our graduates, they too will be setting out on new adventures to learn about the world, themselves and to discover great opportunities.

Maxine Driscoll
Head of School
Congratulations to the Prem Class of 2013

From Chiang Mai to the world!
Top universities welcome Prem graduates

United Kingdom (12)
• London School of Economics
• Chelsea College of Arts
• University of Leicester
• University of Chester
• University of Westminster
• Royal Holloway
• Loughborough University
• Kent University
• University College London
• Wimbledon College of Art
• University of Sheffield (scholarship)
• Anglia Ruskin University

United States of America (11)
• Rose Hulman Institute of Technology (scholarship)
• Hamilton College (scholarship)
• University of Puget Sound (scholarship)
• Guilford College (scholarship)
• University South Florida
• Wesleyan University
• De Paul University
• Santa Clara University
• Swarthmore College
• Columbia College Chicago
• California State University - Sacramento

Australia (3)
• University of Melbourne
• Blue Mountains International Hotel Management School
• Royal Melbourne Institute of Technology (RMIT)

Thailand (3)
• Chiang Mai University
• Ramkhamhaeng University
• Webster University

Canada (1)
• Simon Fraser University (scholarship)

Singapore (2)
• SP Jain School of Business Management (scholarship)
• University of Nevada, Las Vegas

Gap Year (7)

Courses to be studied

Year Out
Gap year: Pre-medicine entrance
Gap year: Sustainable Development, Archaeology

Quick facts about Prem Class of 2013:
• 39 students
• 25 students full IB diploma program
• 11 students IB certificate program
• 3 students IBCC program
• 18 % awarded overseas scholarships
Rivers and Bridges

I pondered this on a recent visit to Mae Sot where I watched a steady flow of people moving between Thailand and Myanmar. From the river bank, they were just lines of colourful umbrellas bobbing along the bridge whilst below, the Moei River, carrying sands and sediments from Tak Province, the river swirled along its 372 kilometre journey to join the Salaween River making a natural barrier, or an alternative crossing, between Thailand and Myanmar: short bridge and a narrow stretch of water, separating and connecting at the same time. I wondered how often our initial perception about something either connects us - or separates us from learning more, or turning away?

The story of the Chao Phraya River begins when the green and brown waters of its major tributaries converge. Like two streams of knowledge, they come together to form what is perhaps Thailand’s most important river. The fate of its waters is determined by what happens as it flows almost four hundred kilometres from Nakhon Sawan to the Gulf of Thailand. Traditionally, people connected daily with Mother River, by bathing, fishing, using its waters for transportation or for irrigation, but modern life styles have separated us from the reality of this source of life, and our connection has been severed. Our understanding and thinking about the value of this river has become separated – or even disconnected.

I recently worked with a group of students from Hong Kong. They arrived from a world of condominiums and air conditioning and were initially made anxious by April’s heat and the presence of the occasional gecko. Society and lifestyle had separated them from nature in much the same way as the Moei River separates two countries. However, after a week of learning and fun, with the Chao Phraya River as their resource and teacher, they relaxed and started to re-connect to the natural world around them. These city students saw river life with new, more accepting, eyes. Learning, appreciation and understanding became a bridge leading them to new cognitive comfort zones.

One of the skills of 21st century learning is recognising and making connections – connections between ideas, ourselves and the world around us. Without recognising the connections we have to rivers, they may cease to seem important, but as our Hong Kong visitors realised, once the river has a personal connection, through the materials it provides, the food it helps to grow or the goods it helps to carry, we start to take notice of it and use it to help us learn more.

As educators or parents, how can we ensure that the young people in our care look for connections in the situations and relationships they find themselves in? How do we ensure that they grow and develop combining experiences and the knowledge gained to become strong and powerful like the Chao Phraya, rather than seeing only separate, compartmentalised knowledge areas? Our challenge is to facilitate real-life learning experiences that will provide young people with meaningful out of the classroom experiences, encourage creativity and experiential learning.

Without such experiences, young people risk being washed around like the sands and gravels of the Moei River, instead of being able to walk tall over the bridges of life connecting new places and new ideas.
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ASEAN, the Association of Southeast Asian Nations, was founded in 1967 to forge economic links between Thailand, Malaysia, Indonesia, Philippines and Singapore. Brunei, Myanmar, Cambodia, Laos and Vietnam later joined the association. There are also a number of “partner countries” including China, Japan, South Korea (making ASEAN+3) and India, Australia and New Zealand (making ASEAN+6).

We often hear of “ASEAN 2015”, which refers to the ASEAN Economic Community (AEC) scheduled for January 2015. The AEC will incorporate the ten ASEAN members into a single market and production base, offering a highly competitive economic region, equitable economic development in the region, and full integration into the global economy. The integration will use ASEAN’s median language English and will include free trade agreements, free movements of goods, services, investments, labour, capital and people within the member countries.

The economic and strategic importance of AEC and Thailand has been made evident by recent visits to Thailand by leaders of the world’s three largest economies: President Barak Obama from the USA, Wen Jiabo (Premier from 2003 – March 2013 of the People’s Republic of China) and Japanese Prime Minister Shinzo Abe. Other significant visitors have included French President François Hollande and a possible official visit by Russia’s President Vladimir Putin later this year.

ASEAN 2015 will affect everybody in this region in one way or another. Opportunities will bring losses and gains. As ASEAN and its partners integrate it will include approximately half of the world’s population.

ASEAN will become a highly competitive economic region through interchanges of information and training between member countries, and also through improving policies on intellectual properties and taxes. The AEC will help promote innovative and small- and medium-sized enterprises (SME) using existing projects. ASEAN citizens will be able to move freely around the region to find better employment or education opportunities. Businesses will be able to expand into larger markets, but losses may also occur due to increases in competitiveness, an inability to adapt or to a lack of English language proficiency.

I conducted an informal survey of my peers and held discussions with several parents, and found that many people know very little about ASEAN and the AEC. On a micro-economic level, I realised that ASEAN and the AEC would have a huge impact on my school, and I wanted to ensure that the school and its students would be ready for these important changes. As English will become the official language, many international schools could lose their marketing edge as Thai parents could simply – and less expensively - send their children to local schools to learn English. The Royal Thai Government has a plan for Chiang Mai to become a hub for tourism, education, logistics, aviation, international exhibitions and conferences using the city’s new multi-million baht conference centre, and transportation with a new high-speed rail project now approved, construction of which will commence later this year. I feel it is important that my school adapts and is part of these exciting developments.

Ready for 2015?

To help Prem get ready for January 2015 I spoke to senior members of staff at the school and at the Traidhos Three-Generation Community for Learning, and offered a number of proposals to ensure a higher degree of readiness for the AEC. As a result, I was named Traidhos ASEAN Ambassador and I plan to work on the proposals submitted, as well as creating an ASEAN Commission at the school and finding and advising other enthusiastic students to succeed me as Traidhos ASEAN Ambassadors once my time here finishes.

Some of the activities scheduled are a special school assembly held in May, a planned information evening for parents, working to promote the school as an integral part of the Chiang Mai education hub, a special ASEAN information corner in the school library, displaying all ten ASEAN flags in the school’s “Global Way” pathway and participation in the Prime Minister’s Export Award in Best Service for International Education.

January 2015 is just around the corner, and Thailand and my school have a long way to go to ensure that the wonderful new opportunities offered by the ASEAN Economic Community are grasped firmly with both hands. I hope my work will assist in many small ways.

Viripol (Sun) Sunprugksin, Grade 11
viripols@ptis.ac.th
Let's go!

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The Hill Tribe people of Thailand, who add a special element to the Chiang Mai province, are the various tribal people who migrated to Thailand from Tibet, China and Myanmar. There are six major hill tribes in Thailand, each tribe with its own unique language and culture.

As there are about 70,000 Akha in Thailand they are one of the most dominant cultural influences in the Kingdom. While their spoken language is Lolo/Yi, they have no traditional written language. In the past they were involved in cash cropping and trade, with their main crop, opium. The Akha people have a simple lifestyle, living from hand to mouth. They sing after they leave the village gate and while they are out for farming. They respond to the songs sung by the women when they reach their farms as the women may be working in different fields. Modern developments are greatly influencing their lifestyle and many have almost forgotten the old ways of life: the only things remaining are the stories told by the old people.

A slightly smaller group is the Lahu, of whom there are about 40,000 living in the Chiang Mai area. Thais often call this tribe the “Mu-so” meaning “hunter” as most of the fresh meat they eat is obtained by hunting. The Lahu are renowned musicians and particularly known for playing the flute. They remain a strict and serious people, governed by strong principles of right and wrong. Every individual in the village answers to the common will of the elders.

The Karen – my people – are the largest hill tribe group in Thailand and Southeast Asia. There are approximately 320,000 Karen in Thailand. They are known for their love of peace, tranquility and solitude. They prefer to reside in remote forested areas. Most Karen work as farmers – a profession that allows them to be independent and free. The Karen in Thailand can be divided into the Sgaw and the Po. One tradition that seems likely be preserved in both groups is the distinction between single and married women. An unmarried woman must dress in a long white outfit that stretches from the shoulders to the ankles. Once she marries, the woman must wear a black shirt with a single tube-shaped skirt. There is a sub-group of Karen called the Padaung – or the ‘Long Necks’. The neck ring adornment starts when the girls are about five years old. They believe that an extra-long neck is considered a sign of great beauty and wealth and that it will attract a better husband.

The Hmong are found throughout Thailand and their population is estimated to be around 151,000. To determine where to build their house, the Hmong will traditionally cast lots by putting rice grains, equal to the number of family members plus three grains to represent their animals, in a bowl. If the rice remains in the bowl the next day, it means they can build the house on that spot. This ceremony is still practised today.

The Mien or the “Yao” people can be traced back 2,000 years ago, starting in Hunan province in southern China and are now spread throughout northern Vietnam, Laos and Thailand. There are about 60,000 Yao in northern Thailand. Traditional women’s clothing is of bright colours with silver decorations. The Mien rituals are expensive, and they appear to spend a great deal of their time struggling to save enough money to afford ceremonies such as a wedding, merit making and death ceremonies.

Even more so than the Mien, the tribe that has earned the name as the “tribe that is alive with colour” are the Lisu, who use the greatest variety of colours of all the hill tribes. The Lisu people originate from eastern Tibet and live around the mountainous regions of Burma, Southern China and Thailand. Lisu villages are usually built close to water to provide easy access for washing and drinking. Their homes are usually built on the ground and have dirt floors. Lisu history is passed from one generation to the next in a form of songs. This song is so long that it takes a whole night to sing it.

Music, silver-decked costumes, a sense of tradition, elaborate neck rings and an affinity with their adopted lands: these are some of the things that make Chiang Mai’s Hill Tribe people simply sensational.
The beat of a butterfly’s wings

At the Takianthong Waterfall in Kanchanaburi Province northwest from Bangkok, two sparkling blue butterflies circled each other, flirting with the mist. I was alone with them in one of Thailand’s most beautiful national parks, utterly at peace. There were no other people in sight, no sounds but the hiss of the pure cascades, no thoughts in my mind but the elegant uncertainty of this butterfly ballet. This was nature at its most serene and privileged.

At roughly the same moment in China, air pollution and smog were so thick and air quality levels so low and dangerous that people were urged to stay indoors, or wear masks whenever venturing outdoors. During the burning season in Thailand and throughout Asia, smoke and dirty air burn the lungs and eyes. Extreme weather events (possibly due to global warming) such as droughts, floods, tempestuous unpredictable winds and rainstorms increase worldwide.

In our complex modern lives, we may think of nature as external to us, and that protecting nature is something we can postpone. But we depend on nature for all that is essential — air and water of course, but also our sense of expansiveness, openness, freedom and wonder. Nature is so encompassing that discussion of how to protect it can be daunting. At times, problems such as climate change seem so huge we struggle to find a meaningful entry point or a way to craft a solution.

It can be tempting to ignore the problems, hoping others will act. Denial may indeed be necessary to enable us to face each day anew, despite the stark challenges of the facts and startling new observations. An astronaut on a US space shuttle mission was reported to have said when he first was able to observe the thin halo of earth’s atmosphere from space, “I was shocked to see there is so little; it is to the earth in the same relationship as the peach fuzz is to the peach.”

On the other hand, some people become so worried about nature’s deterioration, they believe they must reform their entire lifestyle to help meet environmental challenges, equating environmental harmony with radical personal sacrifice.

In the face of such complexities, it can help to simplify, prioritise and conceptually a general “carbon diet” approach to living. To me this means that we consciously calibrate and choose our energy options daily, gradually reducing the inefficiencies in our energy consumption, much as we try to balance our calorie intake from food.

There are six dangerous gases, known colloquially as “greenhouse gases,” that warm the atmosphere and contribute to global warming and atmospheric temperature rise, and in turn probably cause generalised climate change. The gas we can control most easily is carbon dioxide (CO2) - and the biggest source of CO2 is transportation and electricity consumption. The most efficient way to reduce carbon dioxide emissions is to reduce wasted energy in these two areas.

Some statistics can provide perspective. In the USA the average annual per capita emissions of CO2 is approximately 20 metric tons. In France it is seven tons, in China five and in Thailand it is four metric tons, most of which is from energy use. Clearly, emissions must be reduced in the United States, and while the comparable figures in Thailand are low, per capita emissions are increasing.

What can we do?

Within reason, and at every possible decision-making point, try to reduce electricity and fuel use. The reduction should not only be by yet more automatic “smart” systems that turn off lights automatically, but through our own reasoning. We could decide to cope with less air conditioning three days a week, then four or five days. We could compile and perfect a weekly driving plan that eliminates unnecessary travel. We can reduce our dependence on food that must be transported long distances or out of season, and we should also reduce our dependence on objects or electronic gadgets that must be imported, that require energy to manufacture and that contribute to a flood of electronic waste - the disposal of which also requires energy.

At the macro level, and from the large-scale engineering point of view, especially in a country of plentiful sunshine such as Thailand, a key advance would be to integrate as much solar power into energy back-up systems as possible, especially as costs of solar power are falling rapidly. While solar energy cannot fully meet Thailand’s energy needs reliably, it can gradually supply more of the back-up systems. Thailand currently generates 70% of its electricity from natural gas, which burns more cleanly than oil or coal, but which is also costly. As most of it is imported, it is vulnerable to trade battles and political turmoil.
Recognising this, Thailand has set the ambitious goal of increasing its use of renewable energy including solar, wind and biomass to 25% by 2022. Thailand is already a regional leader in the use of biomass. Such a goal is a major element in the national “carbon diet” in turn stimulating demand, new technologies and new patterns of investment in favour of low-carbon options.

Where water is concerned, there are even more opportunities to reduce waste. This is perhaps even more necessary in the short term as water is finite. It is hard to realise that all the water we will ever have exists on earth right now. We cannot create or invent new water. One important area to explore is more extensive and systematic rainwater harvesting, where we try to capture the water that currently runs off when it rains and use it well. Rainwater projects are fascinating and offer great opportunities for aesthetic brilliance as rooftops, piping systems and storage areas are revamped and rethought.

Eliminating waste and increasing efficiencies constitute not only a key pathway to protecting nature. They make up an important field for new investment and innovation and offer fascinating and significant careers for today’s students looking ahead.

At Prem School in Chiang Mai there is major emphasis on “green” architecture, and the sustainability themes of the school and of the Traidhos community position it for global leadership. The more these efforts can be maximised, the more rewarding will be the result - scientifically, economically and, perhaps especially, emotionally.

To protect nature we need inspiration perhaps more than quantification. While many environmental organisations have become fond of saying “only what gets measured, gets managed,” numbers and formulas are not enough. An effective carbon diet can only work if we are inspired to act, and perhaps only if, in the mind’s eye at least, we can see those two blue butterflies at play in the air, their fragile lives the emblems of our own.

_DiPerna is a New York-based strategic environmental and philanthropic policy advisor and writer and currently serves as Special Advisor to the Carbon Disclosure Project (CDP). pdiperna@earthlink.net_
The Imperial Mae Ping Hotel

Big Day Big Deals

12th - 14th July 2013

Central Plaza Chiang Mai Airport, 2nd floor

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Economics can be a very abstract concept for most children, especially those who live a privileged lifestyle and rarely need to worry about how their wants and needs will be met. The best way to understand money is to go and try to make some of your own. That is just what Prem Grade 4 students did as they inquired into the world of economics. They gained a much clearer understanding of where money comes from, how to make it and how to spend it. And they had fun doing it!

They first looked at the economics around them. How did people make a living using available resources? They visited local industries and artisans - a man who makes musical instruments out of wood and coconut shells, a clay pot factory, a rice mill, a man who makes woven bamboo baskets and a team of ladies who make products from hemp yarn. The students gathered ideas of what was possible and of the laws and uncertainties of economics. They witnessed how profits were mainly dependent on the availability of resources and the public demand for the product. The law of supply and demand presented itself and was clearly understood by the students.

The next task for the fourth graders was to try generating a successful business themselves. The farm on the school campus offered the greatest potential for having the knowledge and resources needed to make marketable products. The students split up into product teams: one team made organic hard soaps, a second made kaffir lime shampoo and soaps and a third constructed vermicomposting (worms that make compost) units for small homes. The students had to make the products, design and create packaging, then advertise and sell their product at the Traidhos Community Market.

The excitement and engagement of all the children while working on this enterprise task were near electric.

They came up with a company name (Natural Farm Products), and created catchy product names such as “Strawberry Shortcake Dish Soap”, “Hulk Shampoo”, “Worm Canteen” and “Rainbow Lavender Soap”. They made decorative labels, brochures and saa paper gift bags. The students calculated an attractive yet profitable price for their items. They created “commercials” and performed them before a live audience at a school assembly, and worked together on making eye-catching banners to attract buyers to their products at the market. Finally, they reviewed several charities and voted on which one would be the recipient of any profits. With their products made and packaged, advertisements delivered and a charity chosen, all the students needed to do was to put their sales pitches and kid charisma to work and sell, sell, sell!

The much-anticipated market day finally came, and the students were excited to show off their work and make some sales. Some children discovered their inner salesperson: promoting and explaining their products to market goers, making one sale after the next. As the level of money rose in the cash box so did their joy and excitement. “Look at how much money we’ve made!” one student exclaimed, his eyes wide in surprise.

Few shoppers could resist the young students’ imploring eyes and cute sales pitches. Everyone was duly impressed by the ambition, creativity and abilities of this group of young entrepreneurs. By the end of the market, almost all items were sold. The students added up the day’s sales and went home with glowing satisfaction etched on their faces.

However, after the high of the sale came the low of balancing the books. With a long list of expenses in hand, the students set to calculate how much profit their little business brought in and how much money they would be able to donate to their chosen charity. This was where some great learning happened.

With little guidance, the children reflected on profit margins, supply and demand, labour costs, material expenses and product enhancements. So much learning happened in such a short period of time. Such understanding would have been hard to achieve in a conventional classroom setting. Real life is indeed the best teacher.

Finally, to bring their business endeavour to a rewarding close, the students travelled to Love Animal House to present their THB 3,500 gift and see, with their own eyes, what “good business” really means.

You can’t put a price on that!
The pain when children fly the nest

Adam Gopnik is an American commentator and writes for The New Yorker. With exam season a little over a month away, he looks ahead with dread to that painful moment when his children leave the family home.

I want to talk about children leaving home. Not running away from home, though that happens, or kicked out from home. But about the good moment when the time is right and off they go. As it happens, my own 18-year-old son is getting ready to pack his suitcase and head to college in the fall.

When I say pack his suitcase, I really mean it. When he was born, one of his godfathers came over from London and gave the infant boy a beautiful, antique turn-of-the-century trunk, covered with faded steamer stickers and filled with judicious presents for his leaving.

Well, the day has arrived, almost, and I won’t pretend I like it.

The thought of his leaving home is almost unendurable for me. It’s partly because we have a kind of all-day radio sports phone-in relationship. The morning usually begins with an exasperated conversation about Chelsea’s latest episode of over-spending and the evening usually ends with another about the difficulties of ice hockey’s Montreal Canadiens, our two shared sporting obsessions.

And now, I know, that long, continual conversation is ending. Soon, I’ll call him on the phone and start: “Hey, do you see what Abramovich...” and he’ll cut me short: “Dad, I got to run ... Let me call you back?” Two or three days later, he will.

I am blessed to still have his little sister at home, a 13-year-old who speaks a strange abbreviated Manhattan lingo. “ILY,” for instance, means “I love you”, which she utters at rapid machine gun-speed from her downturned head, while her thumbs are flashing over the keyboard of her phone, continuing text exchanges with five other 13-year-old girls. She is like a cross between Lieutenant Uhura on Star Trek and a Gatling gun, spitting out communications with the cosmos. But soon enough will come her message too: “C U ILY”.

What I wonder about is why we love our children so asymmetrically, so entirely, knowing that the very best we can hope for is that they will feel about us as we feel about our own parents: that slightly aggrieved mixture of affection, pity, tolerance and forgiveness, with a final soupcon - if we live long enough - of sorrow for our falling away, stumbling and shattered, from the vigour that once was ours.
One theory, popular among the cold-blooded, is that we feel this way only because it’s a peculiar feature of our new, smothering middle-class culture. Back in the day, they insist, parents yawned over their kids.

The poor had ten or eleven children and used them, the myth runs, more or less as the Norwegians used their sled dogs on the way to the South Pole, while the rich hardly saw their children from one year to the next, bumping into them occasionally at a Christmas party. Only the growth of middle-class manners made child love so obsessive.

The new and more scientific explanation for the asymmetry is that it is all in our inheritance. Our genes are just using us to make more of them. Our genes, we’re told, force us to sacrifice for our children because they - the genes - want to make more of themselves, and our unequal love for our children is the only way to keep the children healthy enough for long enough to reproduce so that the selfish little creatures - the genes, I mean - can flourish.

The trouble with that explanation is that - as with all genetic explanations of anything involving human love - it restates truths we know already, only in slightly more robotic terms. An obvious truth - for instance, “women just love guys like Daniel Craig” - becomes “our genes compel women to be attracted to men with a full head of hair, broad shoulders and narrow waists, who are perceived as having high social status.” Oh. This does not illuminate our lust; it merely annotates it. It explains the origins but not the intensity of the effect.

Our love for anything cannot be explained by our possession of genes, any more than our love for football can be explained by our possession of feet. It is true that football would be impossible without feet, but the feeling it inspires long ago left feet behind – even [Chelsea Football Club’s] Frank Lampard’s.

It is not that the big emotions we feel - love or lust or loyalty - are more mystical than their biological origins but exactly that they are far more material, more over-loaded with precise dates and data, associations and allegiances, experiences and memories, days and times.

The mechanism of life may be set in motion by our genes, as the mechanism of football is set in motion by our feet, but the feelings we acquire are unique to our own weird walk through time. My own best guess about the asymmetry of parental love lies in a metaphor borrowed from the sciences. One of the rules of mathematics and physics, as I - a complete non-mathematician - read often in science books, is that when infinity is introduced into a scientific equation it no longer makes sense. All the numbers go blooey when you have one in the equation that doesn’t have a beginning or an end.

Parental love, I think, is infinite. I mean this in the most prosaic possible way. Not infinitely good, or infinitely ennobling, or infinitely beautiful. Just infinite. Often, infinitely boring. Occasionally, infinitely exasperating. To other people, always infinitely dull - unless, of course, it involves their own children, when it becomes infinitely necessary.

That’s why parents talking about their children can be so tedious - other parents, I mean, not me or you - not because we doubt their love, or the child’s charms, but because itemising infinities is obviously the most boring thing imaginable.

We see this, with heart-breaking clarity, in those people we know, or read about, who continue to love, say, a meth-addicted child. And they look at us blankly and we say: “Oh, yeah. Right.” The joke our genes and our years play on us is to leave us, as parents, forever with this weird column of figures scribbled on our souls, ones that make no sense, no matter how long you squint at them or how hard you try to make them work.

The parental emotion is as simple as a learning to count and as strange as discovering that the series of numbers, the counting, never ends. Our children seem, at least, to travel for light years. We think their suitcases contain the cosmos. Though our story is ending, their story, we choose to think - we can’t think otherwise - will go on forever.

When we have children, we introduce infinities into all of our emotional equations.

Nothing ever adds up quite the same again.
Steps to Sustainability

It is not always necessary to dash to the corner store to buy the things you may need in your daily life - you can provide them yourself quite simply. Sustainability cannot happen without self-reliance and self-sufficiency. When you start thinking about relying on yourself you will realise that some things can be done very easily. Once you find success in the first thing, pride will lead you to think about the future and discover more for your next act of self-reliance.

The Traidhos Three-Generation Community for Learning promotes sustainability and is developing a curriculum to lead students to sustainable ways and to be global citizens who care for the environment and use resources effectively.

We try to manage our waste in effective ways with maximum benefits - such as separating garbage from recyclable materials and then by reusing some items or selling anything that can still be used to a recycling shop. We use food waste from the cafeteria to feed the farm animals and we use fruit and vegetable leftovers for composting, rabbit feeding and making Effective Microorganisms (EMs). We use lemons from the farm to produce lemon EM, which has good cleaning properties to make dishwashing liquid. Using pineapple peel leftovers from the kitchen can produce pineapple EM and used as a floor cleaner. We are now using used cooking oil to make bio-diesel.

These self-reliance initiatives are now happening and will continue to lead us to greater sustainability. The value of doing this is seen in using our resources wisely, sustainably, and in an environmentally friendly manner. This also saves money!

EM for Sustainability

Do you usually cook your own food and eat at home? What do you do with your organic waste - fruit or vegetable peelings or food waste in the kitchen? Most people throw it all away, creating a problem for the environment and giving nothing back, yet it can be used to make wonderful EMs: a smart and efficient way to recycle organic waste. It is cheap and easy to do, and provides multiple benefits. The ingredients needed are already there in your kitchen or farm. It’s an easy step towards self-sustainability.

EMs are groups of effective microorganisms cultured by fermenting a mixture of fruit or vegetables with sugar in an anaerobic (without oxygen) environment.

EM can be used for many different purposes around the house, in gardening or on the farm. EM acts as natural fertiliser as it helps to improve soil quality and produces minerals and plant hormones. EMs speed-up the decomposing process, turning organic matter into compost in a shorter time than normal compost, resulting in a rich compost which is good for plants and soil. EM is good at breaking down organic matter, so fat and oils that stick to or clog the pipes can be cleaned easily. EM is very active in reducing bad smells: by spraying an EM solution on the source of the smell, it will fade away within thirty minutes.

The Three-Generation Farm has been using EM for six months to enhance the soil quality and crop production. We use fruit and vegetable waste from the cafeteria to make EM, and we get students to collect lemons on the farm to make EM as part of their learning. By this way our organic waste is not wasted any more.

Fruit and vegetable peelings from the cafeteria are collected and brought to the farm, where most of it is used for feeding the animals and adding into the vermi-compost, but the pineapple peel is separated and used to make Pineapple EM: a floor cleaner and dishwashing liquid. The finished product then returns to the cafeteria for their cleaning activity.

Lemons are grown at the back of the farm, and the fruit is collected and sent to the cafeteria to make lemonade and snacks, but lemons that have been attacked by insects and...
On 12 March 2013 we tested Traidhos-produced biodiesel in the tractor used for cutting grass and pulling heavy materials. The engine reacted well with biodiesel, and the tractor ran smoothly. We were all happy and excited to see the outcome. The first biodiesel vehicle on the Traidhos campus is underway to take us another step closer to living and working sustainability.

First Biodiesel Tractor

Biodiesel is a form of diesel fuel manufactured from vegetable oils, animal fats or recycled restaurant grease. It is safe, biodegradable and produces fewer air pollutants than petroleum-based diesel.

Used cooking oil from the cafeteria is normally used to fuel outdoor candles and lanterns and is sometime even just thrown away. It is a serious problem to the environment: if it is poured down drains, some oil will accumulate and clog the drain. Some of the old oil will drain into waterways, seriously affecting the water quality. As oil’s specific gravity is lower than water, it floats on the water surface, causing a lack of oxygen in the water that subsequently means some aquatic creatures will die.

Recycling the used cooking oil into biodiesel is the answer for this problem. It demonstrates efficiency and is an environmentally friendly way to use the old cooking oil our cafeteria produces every day.
House of Dental Care @ CLASS ONE Complex

House of Dental Care @ Class One Complex is particularly able to offer you the first class dental service under one roof from simple filling and oral care through to comprehensive and complex specialist dental treatment.

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House of Dental Care @ CLASS ONE Complex by Dr. Warasiri Pitakanonda DDS., MSD.
Every year Traidhos welcomes a variety of artists, actors, performers, musicians – and even circus stars – to give students new perspectives on life, to bring far-flung corners of the world to Chiang Mai and to extend the boundaries of the usual curriculum. The importance of providing meaningful and relevant creative experiences for young people cannot be underestimated. Performances, gallery exhibitions, workshops and other arts engagement for young people should always be of a high quality and should never be a tokenistic add-on.

We are developing a program of partnerships and residencies that strives to be world class. Built on local, national and international partnerships and focused on direct interaction with artists who lead in their fields of expertise, Traidhos Three-Generation Community for Learning is evolving a learning environment that both celebrates creativity and has it embedded at its very core.

British television and stage actress Becky Kitter is a BAFTA nominated performer. She is the face of international children’s TV show the Ha Ha Hairies and the Artistic Director of Balloonatic, the UK’s leading balloon-modelling street theatre company. Becky has worked extensively in children’s theatre and television and has worked with many actors and directors including Jude Law and Danny Boyle.

We were delighted to welcome Becky to participate in one of our international residencies that allowed her to be based at Traidhos for a week. During this time she worked across the community, delivering workshops in all areas of Prem International School, as well as open, inter-generational workshops for the wider Traidhos community. From interactive promenade, theatre experiences, story telling and vocal coaching, to balloon modelling, physical theatre and devising workshops: Becky’s knowledge and understanding of performance skills and the entertainment industry was of huge value to the community.

One of our Grade 11 students commented, “Becky told us that she was an actress and not a teacher, but her workshop was so amazing, I think that she has to be one of the best teachers I’ve ever had!”

... and from Japan ...

Japanese musicians Ema and Esoh – a husband and wife team – form the group known as Yurai. They were invited to Chiang Mai to be part of the Chiang Mai International Festival in March and also presented a concert performance at Prem for students, parents and staff.

Between them, they played almost a dozen different instruments ranging from an African gourd to an Australian didgeridoo, a Chinese two-stringed “violin” and a Native American flute. However the most striking instrument demonstrated was the human voice: Esoh amazed audiences with his overtone singing techniques and circular breathing, and Ema’s enormous range and vitality of voice moved the audience as she sang a range of songs with keyboard or drum backing.

Yurai has performed in many countries and their work has been featured in films, concerts and television. They were very welcome visitors to the school and we are looking forward to their return in November for a series of workshops.
My Country: Israel

Israel is almost exactly the size of the province of Chiang Mai - 20,700 square kilometres vs 20,107 square kilometres, but the little country includes some of the tallest mountains in the Middle East (Mt Hermon), the lowest point on Earth (the Dead Sea), fertile valleys famous for their vineyards (the Emek), the Sea of Galilee, a long Mediterranean beach, three big craters, a desolate desert that encompasses half the country (Negev) and ends at the tropical desert town of Eilat on a gulf of the Red Sea.

It is a country that was built with blood, sweat and tears, turning barren land into a blossoming garden. In 1948, the world witnessed the rebirth of a Jewish nation, speaking Hebrew, a language relegated to the confines of the written page for 2,000 years. This was a totally unprecedented event. The country is unique in the Middle East: it is a raucous democracy in which everyone, regardless of religion or ethnic group, votes, demonstrates, comments, and can hold office. It is a state where Judaism, Christianity and Islam share common heritages. It has more than 6,000 years of recorded history and is a place where so many prophets, poets, kings and philosophers have worked, created, fought and written their stories. Virtually every inch of the land has been host to history, and it is impossible to excavate in Israel without finding a treasure trove of archaeology.

First-time visitors to Israel are surprised at so much. Many come expecting the kind of violence one sees on television, only to be amazed at the peacefulness and normalcy of the country.
There is the amazing city of Tel Aviv – with its trendiness, its music scene, its large gay community, its beach life, all living up to its title of “the city that never sleeps.” There is Jerusalem with its millennia-old streets, walls, but also its vibrant New City, the birthplace of Grade 11 Prem student Tamar. Tourists on the light rail trains are surprised to see Jews, Arabs and just about everyone else sitting together without any apparent conflict. The same thing is repeated in the parks, the hospitals, the municipal buildings and the streets of this capital. The beautiful city of Haifa, on the slopes of Mount Carmel is also a mosaic of mixed neighbourhoods, and has been for more than a century. Playgrounds are ubiquitous and filled with parents and children.

Israel is a country of Jewish immigrants. Since Jews came back to the land with food habits acquired during their 2,000 years of traveling, you can expect to see restaurants of all kinds in Israel, and the food is fresh and delicious.

Here is a country of eight million, only 65 years old, in a constant state of war since its founding. In Israel, all men and women are required to serve in the Israel Defence Force. Although it is their duty as citizens, it is seen to be a privilege as well. Israel has few natural resources, but it produces more start-up companies than large, peaceful and stable nations like Japan, China, India, Korea, Canada and the UK, and attracts over twice as much venture capital investment per capital as the US and thirty times more than Europe. There is not a computer in the world without some Israeli hardware or software. Nanotechnology is everywhere, and Israel is always at the forefront of medical advances.

Don’t let sensationalist news reports deprive you of a chance to see Israel with your own eyes. By the way, don’t be afraid of not being allowed into certain countries after your visit. Just ask the immigration officers not to stamp your passport. They will always comply. As the big sign at Ben Gurion Airport says, “Bruchim habaim” (Welcome).
CHILLED OUT SUNDAY
at Four Seasons Resort Chiang Mai

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Why not bring the family to Four Seasons Resort Chiang Mai for our famous Sunday Lunch?
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As you near the stables on the path just beyond the mushroom house at the Three-Generation Farm, a comical (and youthful) chorus of voices will greet your ears. Hooves clatter and skid. Five pristine white figures will leap for your hands and rush the gate of their pen, in frenzied anticipation of warm milk. And if not milk, something to chew on – from fingers and shirtsleeves to knobby knees and belt loops.

The animated white figures are baby goats: Luigee, Pearl, Nacho, Mario and Dotty. Born in January, each was conceived by artificial insemination of our farm’s female goats from one father, a purebred Saanen from the Doi Saket Huay Hon Khrai Royal Project. Saanen goats are Swiss, generally snowy-white, and the largest of the dairy goat breeds: a healthy doe has the capacity to produce almost four litres of milk every day. In short, ours are the select inheritance of the King’s royal dairy herd and a welcome addition to the farm’s portfolio of livestock.

So why have we added an unruly gaggle of springing and bleating bucks to the farm – apart from its amusement value?

Previously, Prem students and students from visiting schools never had a reasonable opportunity to interact with the goats when they were a “meat herd.” Now that the conversion to “dairy herd” is underway, students are welcome to visit in the afternoons for milking and feeding. Both tasks are enjoyable and must be done twice every day, at approximately 8:30 am and 4:30 pm. Lately, a small cadre of students jump on their bicycles and come up for the afternoon bottle-feeding, and they have never missed a day since they first visited. The children erupt in giggles as the goats nudge and pull at the bottles, tails wagging madly. Bottle-feeding and merely handling the goats at a young age will ensure that, as they age, they will be friendly and inclined toward human contact, they will be more approachable and less likely to chase visitors away.

While serving to educate students on the pregnancy and birth cycles of goats (not to mention providing us with plenty of manure for the compost piles), the herd’s milk also generates creative possibilities for our consumption. Goat’s milk surpasses cow’s milk and vitamin supplements in regards to the ease with which we can absorb its calcium. Many believe the taste is creamier than cow’s milk and yet it has lower fat and cholesterol. When the billy goat (effectively, the alpha male) is kept separate from the female goats, fewer hormones are present in the milk, which in turn positively affects the taste and smell. This safeguard, combined with scrupulous attention to their food – we feed the goats soya bean husks – underwrites the organic quality of the milk produced. Just imagine the healthy alternatives to your favourite dairy products!

When the baby goats were weaned from bottled milk in April, and when the two young does are old enough to produce, the farm will have enough goats’ milk for cheese, ice cream and butter. Farm workers are also keen to begin making goat milk soap and shampoo, which is known to work wonders for dry and sensitive skin. Unlike water-based soaps using chemicals to remove dead skin cells and treat skin conditions, goat milk soap combines lactic acid, Vitamin A and moisturising fats for treatment. Goat milk soap also contains high amounts of selenium, a mineral believed by many scientists to be effective in preventing skin cancer.

The babies have grown quickly, prancing around the farm like little emperors and tangling themselves underneath sinks, in bamboo groves, wheelbarrows and virtually anything they can climb. After incorporating solid food into their diets, they now enjoy afternoon browsing in the fields with the elder goats. The “old vanguard”, or the herd’s beginnings, is half-Saanen and half-Togenberg. Saanen milk is less pungent in taste, but the Togenberg boasts a fattening calibre that’s better for cheeses. The students named these first females after flowers: Honey, Ma Lu Lee, and Lila.

What’s in store for the herd? Well, we’re in talks with a local permaculture project manager who would like to use the goats for browsing and clearing vegetation as well as perpetuating compost for a healthy supply of fertiliser. Clearly, there’s a lot you can do with a frolicking herd of dairy goats – and the babies could always use more visitors!
Happy Families

When I was a child, one of our favourite card games was called Happy Families – a game in which the objective was to gather together all the members of as many families as possible.

- Do you have Mr Bun the Baker?
- Nope. But do you have Miss Bacon, the butcher’s daughter?

It is a long time since I played that game, but as a teacher I frequently see families coming together and moving apart as careers and economics and education all play their part in modern families. The “nuclear” family of mother + father + two or three children may be seen as ideal in some parts of the world – but not in others. China, for example, where only one child is the rule is vastly different from places where the extended family is often found, with grandparents and parents and children all living happily as a family unit.

Prem School is part of the Three-Generation Community for Learning and is one of the largest boarding schools in Thailand. The boarding family is another type of happy family, with many adults and students living as one community. The school has recently enrolled students in Grade 3 as boarders. While some may argue that children this young (about eight years of age) should be with their parents, there are excellent reasons why young students should be boarders.

In Robert Kennedy’s article Five Reasons to Choose a Junior Boarding School (www.boardingschoolreview.com/articles/34) he indicates that junior boarders will benefit from accelerated learning, full-time supervision and guided independence, they will have enhanced opportunities for character development and better chances for the learning that teamwork offers.

Having a family with scores of “big brothers” and “big sisters” is a great benefit as the younger children are able to see so many different role models – and with suitable guidance they quickly learn to differentiate between those role models who exemplify good attributes … and those who do not.

Although children can enjoy their experiences as boarders – and most do – a time comes when they must leave that family and seek a new life – with other “families” as they graduate and move on to a new life, perhaps in a university or college hall of residence, or perhaps in an apartment with other students.

Graduating this year from the school – and leaving the boarding family – are thirteen students from Cambodia, Bhutan, Korea, Britain, Thailand and the USA. Some have had just one year in boarding – others as many as five years. They are moving on to universities and courses all over the world - Australia, Dubai, USA, the United Kingdom, Canada and Thailand. Some will study business or economics or psychology, others a range of studies including special effects make-up for television and film, and professional training in cricket or football or sports management.

Zac, from the USA, said that he has found everyone very close – “Like a family – and in a great environment. It has been a happy community and I will miss it.”

Other students said that life as boarders had really prepared them for the challenges of the new world. Living together, joining group and House activities, and doing hard physical work as part of community service in disadvantaged villages were all important parts of growing up and learning about the wider world. Tanya commented, “You know you are helping others who are really in need – and that they really benefit from our work.” The sense of family is strengthened by experiences outside the immediate family.

Just as it is unlikely that any graduate today will have just the one job or career for the whole of his or her life, it is unlikely that they will ever have just the one “family”. There will of course be the natural family, then perhaps the boarding family, then the college family … and then perhaps the students’ own families as the cycle continues. If each – or most – of these is a “happy family” then the students can count themselves very fortunate.
seven years ago, Traidhos CEO and founder, ML Tri Devakul, opened the doors to four sports academies on the Traidhos campus. It was his dream to create a venue where talented young athletes could pursue their sporting dreams - without sacrificing their education.

Prior to this event, Coach Spike Collier had been working with Tapat (Es) Wittayakom, a Chiang Mai resident. Seeing a budding talent and a very determined young man, Spike recommended Es for the first academic/golf scholarship at Prem. In August 2007, at twelve years of age and with minimal written and spoken English, Es entered Prem and became the first student to establish the TGGA Team Elite.

In May 2013, Es became the first Three-Generation Golf Academy (TGGA) player to graduate from Prem – and doing so as #1 ranked junior golfer of Northern Thailand. He will be going to Rose-Hulman Institute of Technology – one of the leading engineering schools in the USA.

“I have always wanted to be an engineer. I am very interested in Aerospace or some other scientific-based engineering; this is why golf has always interested me. Rose-Hulman is also a small school and makes a good transition for me from Prem. There is a very good professor-to-student ratio there that will give me the freedom to focus on what I want to do,” Es commented.

“I find my time spent at the Golf Academy has been very productive. It feels like a family as we are all competing amongst one another. These friendly rivalries have helped me be more competitive during the pressures of tournament play.”

Over the years Es has played on golf courses all over the world, but says that the most difficult course he ever played was the Hershey Links in Hershey, Pennsylvania when he travelled to the USA in 2012 and played at the Jelly Bean Open.

“I tend to play my ball high, and the Hershey Links is a very windy links course, so this made play very interesting for me. We do not have links golf courses in Thailand and the challenges presented were very new. In Thailand I find all the greens difficult because they are so fast and it is very difficult to stop your ball on them.”

As he was about to leave the school where he has spent so many years, he reflected that he could see the changes in himself and how he perceived the school:

“I enjoy school now, but in the past I hated it. I have worked really hard at my English and this will help me in my future. I have also made some great friendships at Prem and keep in contact with friends who left the school before me. During my time at the school I learned that the greatest thing is patience. Golf is a long-term commitment. You do not get good overnight. You do not have to win to be a good player and to enjoy the game. Have fun!”

Having fun in another area is budding tennis star student Ethan Lye from Singapore.

Ethan and his family moved to Chiang Mai and the Three-Generation Tennis Academy so he could train full-time as well as attending classes at Prem. He spends up to thirty hours a week on the courts when he is not travelling to compete in tournaments. His commitment paid off recently when he won the trials conducted by the Singapore Tennis Association, earning himself a place as Singapore’s representative at the Longines Future Tennis Aces tournament in Paris.

The prize for finalists? A chance to play an exhibition match at Roland Garros with tennis legend and Longines ambassador Andre Agassi. The tournament, now in its fifth year, matched sixteen under-13 boys from around the world against each other in an elimination event, staged in the centre of Paris during the first week of the French Open. In addition to hitting with Agassi, finalists received full funding from Longines for their sporting equipment until their sixteenth birthdays.

“I was very happy and quite excited to go to France,” said Singapore’s Number 5 on the 12- and-under rankings. “I hope to win but I know the standard will be very high – so I hope to use it to gain some experience.”

Despite being just eleven years old, Ethan has his future firmly mapped out in his mind. He is aiming to win a major tournament by the time he turns fourteen – and then to become a professional by the time he is eighteen.

Perhaps it’s something in the air at Chiang Mai, or perhaps it the specialised training – but these young men are rapidly climbing the ladders of success and all at Traidhos wish them every success in their studies and in their chosen sports. For more information on either academy visit www.threeregeneration.org
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 at 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' labels.
- 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
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- Nim City Branch
  Located close to Airport Plaza
  199/8 Mahidol Road, T. Hauya
  Chiang Mai 50100
  Tel: 053 904841 Fax: 053 904886
- Mee Chok Branch
  Located on Highway 1011
  205 Moo 6. T. Faham
  Chiang Mai 50250
  Tel: 053 266629 Fax: 053 266635
- Kad Farang Branch
  22/4/13 T. Baanwa, Chiang Mai-Kod Road
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