



THAI YOUTH THEATRE 2013

Sticky Rice

February 2013

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Most of all, we would like to thank 123 Sticky Rice Editors Denise Silfee and Jeff Jackson. Our five words are for you:



Welcome! Farewell! To Boldly Go ...



Good night, and good luck.

Thai Youth Theatre Festival 2013

by Sticky Rice Editors



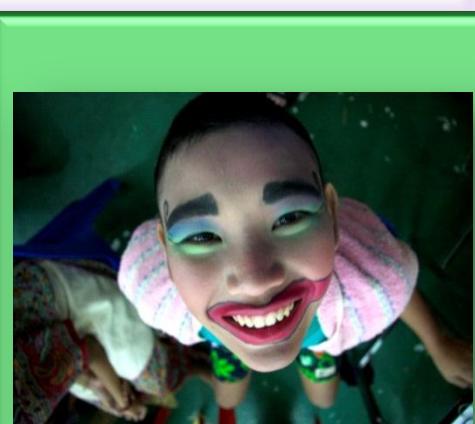
Last month, the Thai Youth Theatre festival was held in Chulaphorn Ratchawittayalai School in Lopburi. Over 200 Thai students from all over the country participated in the festival by attending large group games, practicing their English skills, and taking part in activities focused around drama and theater skills. At the end of the two-day event, communities presented group performances including "Snow White" and "Under the Rainbow 2" which they had been working on for several months prior to the event.



PCVs and TYT participants practice a main festival objective: Teamwork!



Students from PCVs Morgan and Daniel Sprinkle's community perform "Snow White."



A student from PCV Carla Arnold's community perform "Under the Rainbow 2."

Health Tips for the Hardcore

by Julia Schulkers, 124

Allergies/Respiratory Problems

Culprits:

Smoke – tape windows with packing tape, keep your doors/windows closed.

Dust – Dust frequently - at least once a week - launder your sheets once every two weeks (they collect dust). A mixture of ½ vinegar, ½ water does wonders for any cleaning you could imagine.

Mold – To keep clothes from growing mold, hang them up to dry, even if they are dirty. If you go for a sweaty bike ride, hang them up on a hanger to dry and then throw it in the hamper. Cycle your clothes out so they are being worn frequently. Clothes that aren't worn often will start to grow mold and smell musty. If your clothes smell moldy or musty, wash them once with a generous amount of vinegar (1 c. or more), then wash again regularly. Thailand sells a brand of bleach called "Haiter," also, that can be used for bleach-safe clothes.

Acne

Culprits:

Water – The water you're using to wash your face could be full of bacteria and unclean if you're prone to acne. To help, try switching to bottled water until your face is clear.

What You're Drying Your Face With – With the humidity and heat, towels are breeding grounds for all types of

bacteria. Trust me, you don't want to put it under a microscope. When you wash your face use clean/disposable toilet paper or tissue to softly blot your face dry, or, if paper is hard to come by, air dry it for 5 minutes before applying any moisturizer or topical products.

Soap – Make sure that you are using a very mild soap on your face. A very popular and inexpensive brand is "ACNE-AID" (it runs you about 175 baht/bar) and can be picked up at almost any pharmacy in bigger towns. The bar lasts for up to 6 months! There are nicer brands, too, if you're looking to make an investment. Samitivej Hospital Sukhumvit sells a Sulfur Soap by Harrogate for about 270 baht/bar. It controls the rampant oil production caused by the heat and humidity. Mine has lasted well over 6 months. To me, my skin is worth the investment.

Makeup – Once one has acne, it is tempting for females to cover up blemishes with concealer, powder, the whole kit-n-caboodle, but don't! If you're having acne issues, steer clear from as much makeup on your face as possible. *Au natural* is most beautiful anyway. If you can't live without, stick to covering up those under-eye circles, swipe on a little shadow, mascara and you're ready to go. Because the pores underneath the eyes are so much smaller than the rest of the facial dermis, it is not as prone to acne. Either way, you should know you're beautiful regardless of make-up.

Powder – I know that it is tempting to smother your face with talcum powder during the hot months, especially the beloved "Snake Brand" that instantly

cools your body, but if you're suffering from acne flare-ups you'll want to stay away from this one. The tiny particles mixed with sweat and dirt can clog your pores and lead to acne.

Diarrhea/Constipation

BRAT diet – If you ever suffer from diarrhea, no matter what the cause, remember BRAT – Bananas, Rice, Applesauce, Toast.

Choose Pepto (bismuth) over Anti-diarrheal (Kaopectate) – When in doubt, and while waiting for a call back from the Medical Office, opt for Bismuth (hint: it's in your medical kit) over Kaopectate unless it is an emergency situation where you really need to plug it up, because that is exactly what Anti-Diarrheal will do. Many people will bounce to the other side of the spectrum and have constipation following Anti-diarrheal tablets. Bismuth is gentler; it will coat your stomach and slow down peristalsis.

Eat Plenty of fiber (soluble AND insoluble) – Fiber helps both with diarrhea and constipation. Think of it as your miracle nutrient. Great and easy sources of fiber you can find in Thailand are oatmeal and brown rice.

Steer clear of fresh veggies others have washed

When in doubt, and when possible, heat your food to a safe temperature.

Have a story for Sticky Rice? Want to suggest a classroom game, recipe, or inform other PCVs about a restaurant you recently visited?

Please tell us about it! Email: stickyrice.newsletter@gmail.com

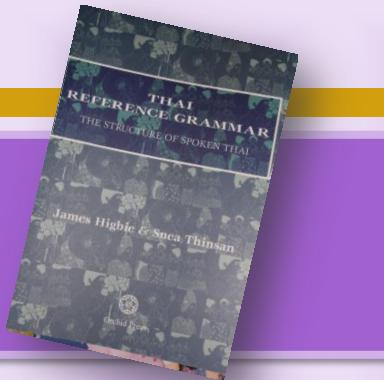
Or send it to your friendly editors:

Shellie Branco shellie.branco@gmail.com or Sarah Lingo sarahlingo@yahoo.com

Language Tips for Group 125

Gaw, the word that drives me crazy

by Shellie Branco, 124



A word that really puzzled me during my Peace Corps training, a word that I heard constantly from my host family, was "gaw." Of course, I still hear it at site and everywhere else, and there are so many uses for the word that it makes me a little insane at times. I often hear "arai gaw dai," which means "Whatever you like/however you like/your choice."

Thankfully, I bought myself a copy of "Thai Reference Grammar: The Structure of Spoken Thai" by James Higbie and Snea Thinsan, published by Orchid Press. It's a huge book of Thai grammar and usage with English transliterations. You can find it at Asia Books in Bangkok's Siam Paragon shopping center, and it was available to borrow from Peace Corps staff, at least during my group's Reconnect conference.

So I'll crack open this book and share with you a few meanings for this mind-numbing word:

"Gaw" (pronounced short and in falling tone)

According to the book, "It is a linking word that gives a hypothetical, indirect, and understated meaning to sentences, making them sound less emphatic and putting them into the context of the conversation." Seriously, that really does sound like a way for people here to avoid any kind of conflict.

"Gaw" at the beginning of sentences--

According to the book, "As the first word or sentence of a reply, it shows you're reflecting on a thought and makes what you're about to say sound hypothetical, uncertain, understated, and also more polite because it's not stated abruptly."

To show uncertainty or downplay an answer:

A. Is this restaurant good? *Rahn a-han nee dee, mai?*

B. Well, it's pretty good. *Gaw, dee meuan-gan.*

With a contradictory reply:

A. This hotel is expensive. *Rong-raem nee phaeng.*

B. OK. *Bai gaw bai.*

Repeated verbs with "whatever/whoever." The verb is repeated on either side of the question word.

Example: There's no way to get there. ("Anyway you go...") *Bai yang-ngai gaw bai dai*

Example: If I love someone, I love him/her truly. *Chan rak krai gaw rak jing.*

--Expressions with "gaw"--

That would be all right. *Gaw dai.*

Example: It's OK if you don't go to work today. *Wan-nee mai bai tham-ngan gaw dai.*

Might/may or "have to"

Example: He might like it. *Kao at ja chawp gaw dai.*

Would be good/a good idea (gaw dee)

Example: Any time would be good. (Meua-rai gaw dee.)

It's OK *gaw mai bpen rai*

Example: It's all right if you're not free. *Gaw mai bpen rai tha koon mai wang.*

Nevermind *gaw laeo bai*

Example: She took it, but nevermind. *Kao ao bai, gaw laeo bai.*

So... *gaw laeo*

B. No, it's not really that expensive. *Gaw mai phaeng, na.*

With "because" so the reason for something sounds understated:

A. Why didn't John come here? *Tham-mai John mai ma?*

B. Because he was still working. *Gaw, phra-wa kao yang tham-ngan yoo.*

--"Gaw" with repeated words--

"A common pattern in Thai is to say a word twice, first to bring it up and then to state it or comment on it. 'Gaw' is put between the two words and can have various meanings depending on the sentence ('also,' 'still,' 'subsequently,' or 'consequently.') It also makes the sentence hypothetical."

Repeated adjectives

Example: She's both rich and beautiful. *Theuh ruay gaw ruay, suay gaw suay.*

Repeated verbs

When I eat, I eat a lot. *Gin gaw gin yeuh.*

Here the verb is repeated in the second sentence with "gaw" for "also" or "still."

If it's cheap, I'll buy it. *Thook gaw seu. Phaeng gaw seu.* (Literally, "Cheap, I'll buy it. Expensive, I'll [still] buy it.")

This sentence is negative: I can't go. *Bai gaw bai mai dai.*

The answer here is "If I go I go" and shows some indifference or understated politeness: A. Do you want to go? *Yak bai mai?*



Fear the Gaw...

Example: So, who was the person who did it? (Gaw laeo, krai, la, bpen kon tham?) Example:

A. Things in this shop are too expensive. *Kwang nai ran nee phaeng geuhn bai, na)*

B. I agree with that. *Gaw waa nan lae)*

Continued in sidebar on next page...

Survival Tips for Group 125

Tidbits to help you adjust

by Group 124

...Continued from previous page.

--Whatever-- "Arai gaw dai" is similar to "whatever you like."

Example: I'll do anything you want. *Koon ja hai chan than arai gaw dai.* Literally, "You can have me do anything."

Example: Eat whatever you want. *Gin arai gaw dai thee koon yak gin.* Literally, "Eat whatever that you want/like to eat."

--Whichever--

"Which" is formed by putting "nai" after the classifier.

Meaning "any." Example: We can eat at any restaurant that's cheap. *Rao bai gin rahn nai gaw dai thee thook.*

--Whoever-- "Krai gaw dai"

A. Who should I give it to? *Ao hai krai?*

B. Give it to anyone. *Ao hai krai gaw dai.*

--Whenevers-- "meuarai gaw dai."

Example: You can come whenever you're free. *Koon ja ma meuarai gaw dai thee koon wang.*

--Wherever--

"Thee-nai gaw dai"

Example: I'll go wherever you like.

Chan ja bai thee-nai gaw dai thee koon tawng-gan.

--However-- "However much"

(amounts) is "thao-rai gaw dai."

A. How much water should I put in? *Sai nam thao-rai?*

B. Any amount is OK. *Thao-rai gaw dai.*

"In whatever way" is "yang-ngai gaw dai."

Example: Do it any way you like, but please do it well. *Tham yang-ngai gaw dai, tae hai mun dee gaw laeo gan.*

"Whatever happens," "no matter what happens," "despite all," "at any rate," are "yang-ngai gaw tam."

Example: Whatever happens, I'll go. *Yang-ngai gaw tam, chan gaw ja bai.*

Words to get out of eating so many snacks: "Guua oouan" or "ja oouan." ("I'll get fat!") - Krista Schilling, 124

Ladies, if people keep asking if you are married, or when you're going to get married, or WHY you aren't married, my favorite thing to say is that I'm a proud "sao thoon THEUK." That means "spinster." It usually gets a laugh out of the crowd and I ham it up. Then I explain that right now I'm focusing on work, or I'm not financially ready for it, or that in America, people usually wait until their 30s these days because usually they'll have better jobs, etc. Or I joke that I'm married to my cat ("daeng-ngan gap mayo") in America and then I try to explain in Thai the concept of a cat lady. Another one that breaks the ice, and steers the conversation elsewhere. Phew! - Shellie Branco, 124

Learn to get comfortable with a squat toilet ASAP, and then never go to the bathroom without soap and a handkerchief or a wad of tissues (you'll figure out why). Take as many mini-bars of soap as possible from hotels and hostels so you always have some to throw in your purse/pocket on the way to the loo. - Erin Gallegos, 124

Another bathroom tip: Carry a roll of toilet paper in your backpack, or if you have a purse, get some of those Kleenex pocket-sized packs you can find at the front counter of any 7-Eleven. And hand gel, if you aren't already carrying soap and want to be extra germ-free. Unfortunately, some Thai toilets are not up to the task of, ahem, a more substantive "Number Two." In those cases, try, if you can, to wait until you are at a mall, supermarket or a modern building (perhaps the tessaban) with awesome Western toilets. It will save you a lot of embarrassment and your host family a plumbing job. I guess we're just built bigger... - Shellie Branco, 124

This experience will be tough, and there will be many times when you want to give up, but you have no idea what this experience means in the scheme of a lifetime. The knowledge that you will gain from the Peace Corps will be knowledge of context. You might not be able to list it on a resume, but you *will* grow. - Kathleen Williams, 124

Try to get the drinking water in the glass bottles which can be returned and reused (if possible). I think it is the healthiest option. Plastic bottles create a lot of trash. And boiling water is okay, but the water here contains a lot of iron and other deposits and iron overdose can be known to cause hair loss. - Sarah Lingo, 124

Self-awareness is your best friend. Remember who you were and how you felt before you came here. Pay attention to any health symptoms and how long you've had them. Don't forget to take notice of your health problems and don't let them go untreated for too long. - Leslie Jarvenpaa, 124



A great way to integrate into your school and show your support for the students is to participate on Boy & Girl Scout Day each week. The entire uniform costs about 1,300B and it's worth it. When else can you look like this for work and get away with it? - Nick Paddock, 124

Find out what keeps you sane, and do it. - Amy Williams, 124

Smile and nod. - El Langland

All Natural Beauty

Obsessively Wonderful Coconut Oil

by Christine Duffy

If you have ever had a conversation with me, then you know that I am absolutely in love with coconut oil. I've learned to love many things in moderation, but coconut oil isn't one of them. Elementary school style: I love it so much I would marry it. Lucky for me (and you), it can be found just about anywhere in Thailand. If you look hard enough, you might even find it being made in your very own *tambon*.

You might have seen those websites that list over 100 ways to use coconut oil. They have all kinds of interesting ideas, like using it as an all-natural lubricant. A great idea if you are *trying to* get preggers because oil degrades latex! I've gotten quite "natural" in my time as a volunteer and my number one recommendation is that you do your research. Whether you're using store-bought products or making your own natural versions, get informed. You will learn so much about your personal health and body.

I've had a few conversations about coconut oil and so here you are...my favorite beauty and skin options for this magical oil!

Moisturizer and makeup remover: Yes, you can use it all over your body, including neck and face. *Warning:* It is comedogenic, meaning based on your skin type it has the potential to block pores. Larger pores = higher chance of breaking out.

Massage oil: Grab a friend and have fun! Be aware that if you buy *massage* coconut oil, it might not be 100% coconut oil, so don't cook with it.

Eye cream: Apply in the evening under the eyes and on the lids. I do this every night and wake up with really refreshed eyes. It isn't a good makeup base, so I wouldn't suggest using it in the daytime. Even if you don't wear makeup at site, it isn't comfortable when sweating!

Hope you have fun experimenting! If you have any questions, e-mail colleenduffy@gmail.com

Body scrub: Mix coconut oil and sugar together in a thick paste. Rinse off and your skin will be super soft.

Pre-shave: Prep skin for the pending damage caused by shaving. Put on a light layer a few hours before you shave. Don't use too much, it will clog up your already awful Thai razor.

Aftershave: Reduce the sting and redness that sometimes accompanies shaving. Like pre-shave, use the oil liberally.

Deodorant: I use the oil alone as a deodorant, but I've read an even more effective combination is with cornstarch/arrowroot powder and baking soda. I know, I haven't actually tested this, but if you find arrowroot powder in Thailand, let me know!

Hair conditioner/deep treatment: Reduces protein loss in hair! I wrote about it in my last *Sticky Rice* article titled "No Poo" in the November 2012 issue. You can read more about it there.

Hair gel/defrizzer: Rub a little between your palms and either scrunch into hair (for curly hair) or finger comb through from scalp to ends (for wavy/straight hair). Remember, a small amount goes a long way! If you accidentally use too much, you can use a little baby powder as a dry shampoo substitute.

Cuts and bug bites: When applied to cuts or sores, the oil protects from dust and bacteria. When applied directly to bug bites, it stops the itching sensation.

Chapstick/cuticle repair/scars/burns/stretch marks/dark spots: It speeds up the healing process, but takes a few applications. Last year, I applied it to a bad burn and today I am scar-free!

Bonus: Here is Meaghan Murphy's (123) Thai family coconut oil recipe. She has made me a couple of bottles and I love her for it! She says it's a little time-consuming, but you can do it!

Step 1: Get the meat of at least five coconuts. (10 or more work really well).

-Nicely ask a Thai person (this is my preferred method) to acquire an old coconut for you, wrench the green husk off, and shave all of the brown fuzzies off of the brown shell using a machete or spoon.

-Nicely ask the same Thai person to clock the coconut with their machete so that it cracks in half.

-Drain the coconut water into a bowl and drink it, or save it to make the coconut milk. (Not necessary for making milk. I prefer to drink the coconut water.)

-Grate the coconut meat out of the shell using one of those handy stools that has a grater protruding from the end of it. You sit on the stool, put a bowl under it, and grate the coconut. This is exhausting and takes my weak arms and I 15 minutes per half of a coconut. Ask all of your neighborhood friends to come help you grate. Everyone can do a half, and no one will be tired. Offer to share the oil with them when you're done and they will love you!

Step 2: Make coconut milk.

-Put all of the grated coconut into a huge bowl.

-Pour hot (doesn't have to be boiling) water (and the coconut water if you saved it) over the grated coconut. This water will eventually be the coconut milk, and it will all have to evaporate before it becomes coconut oil. Therefore, you want enough water to get all of the good stuff from the grated coconut meat, but not so much that it will take days to cook off. About a half cup of water per whole coconut should be enough.

-Wash your hands with soap. Mix the water and coconut meat together. Take hunks of meat in both hands and squeeze it hard, in order to wring all of the liquid out. Do this for several minutes until all of the coconut meat has been squeezed and wrung out. You will notice that the water has become coconut milk -- it's white.

Continued on next page...

Ten Reasons ROOT's Crafting Extravaganza was PHENOMENAL

by Erica Christie, 123

1. *The Peace Corps Volunteers who made it out to good ol' Esan, learned the techniques to create cool products out of waste and had all weekend to practice these new skills. We made some beautiful bead jewelry out of old magazines, crocheted plastic bags, used paper mache, weaved baskets out of milk boxes and fused plastic to make awesome things like a kite...that actually worked!*

2. *A whole slew of wonderful Peace Corps Volunteers got together to catch up, work together and exchange community projects related to our very lovely Mother Earth.*

3. *We cooked up some delicious grub, including Mexican and the ever-so-famous potatoes and eggs.*

4. *While ROOT was sharing crafting techniques and participants were getting solid hands-on crafting experience, the Thai people at the school were so interested that they joined in and PCVs and Thais worked side by side.*

5. *Taught the students about recycling, a much-needed lesson*

6. *Had an AWESOME Halloween party for the students, teachers and community members where they all got to learn and practice new crafting techniques using waste.*

7. *Thai people also shared some of their sweet crafting techniques with us, but instead of using purchased goods, we used garbage – DOUBLE WIN!*

8. *The students made some sweet Halloween costumes out of all sorts of trash.*

9. *Monster Mash – heard of it? Well, we had a great time sharing the art of dance while dancing the Monster Mash all day long!*

10. *Had a blast being crafty, caring about our environment and spending some QT together!*

Coconut oil bonus cont...

-Use a strainer to strain the milk from the meat. Pour the milk into a clean pot. This first round of coconut milk is called the "head," and will be rich and creamy.

-Replace the used coconut meat into its original bowl, and do a second round of squeezing and wringing using new hot water. You'll need less water than you needed the first time.

-Strain the coconut meat and pour the second round of milk into the pot with the "head" milk. The second round of milk is called the "tail." It will be less rich.

-Discard the coconut meat (in a compost pile). Coconut husks and shells can be composted, but they take forever to decompose. They break down more quickly if you break them into many pieces.

Step 3: Boil the coconut milk.

-Over LOW heat, simmer the coconut milk. The goal is to evaporate all of the water because the resulting product is coconut oil. Leave the lid off the pot. **IMPORTANT RECOMMENDATION:** Use a charcoal fire in one of those outdoor pots rather than a gas burner. The simmering process may take five to 24 hours depending on the number of coconuts used. (When I boiled the coconut milk from three coconuts, it took 6 hours.)

-IMPORTANT AGAIN: LOW heat. The coconut milk burns easily, and if it burns, you lose a LOT of good oil in the end. The milk should be at a very gentle, low boil.

Step 4: Filter the coconut oil from the white gunk.

-After boiling off the water, you are left with clear-colored oil underneath a layer of white proteins. The white protein solid will go rancid and reek, and make the oil reek if it is not separated. Use a shirt or something thick as a filter, and pour all of the oil and white gunk through. Do not squeeze the shirt to wring out the oil because the white stuff will go through.

Step 5: Enjoy your coconut oil!

Classroom Game Corner: Whisper Game

by Shellie Branco, 124, and counterpart Anotai Wijara

(Thai: "Grah-sip" means "whisper")

Materials: Three sets of vocabulary words or pictures of vocabulary words (one set for teacher, two for student teams)

Teacher puts two desks in front of the class and places one set of vocab words/pictures on each desk. Students form two teams. The two teams form lines in front of their team "desks." The last student in each line goes outside with the teacher. The teacher shows the two students a picture or vocab word and the two students must say it quietly. Then the two students return to the back of their respective team lines. When the teacher signals to begin (on the count of three), the "whisperer" students whisper the word to the students in front of them in line. Each student takes turns whispering the word, passing it to the front of the line. During the game, students must not cheat by speaking in Thai or using hand gestures to indicate the word. When the word reaches the first person in the line (in the front of the line), that student must run to his team's desk and pick up the correct vocab word or picture. First person to choose the correct picture/word wins a point for the team. The first person in each line rotates to the back and becomes the whisperer who will go outside with the teacher.

Variations: You can also have students whisper a word and the first person in line has to write it on the board. Or you could post the pictures or vocab on the blackboard and have the students in front run to slap the word with a flyswatter, a variation on the slap game.

Have an idea for an English classroom game? Send it to stickyrice.newsletter@gmail.com

Weighed and Measured

An Essay

by Sara Kline, 124

You've been weighed and you've been measured. Forget the months of progress, never mind the friendships formed through hours of work and play: it all comes down to the number on that scale.

You've been weighed and you've been measured. The undergraduate interns report that you're over the limit and too much for this country. You laugh off the measurements and explain how elsewhere, you're considered normal and defend your figure as you see fit. The interns argue that no, you are indeed beyond the limits that their culture accepts and send you on your way to an expert for a confirmation. The expert, also looking like someone who weighs beyond the limits of his country but protected by his medical credentials, tells you to step onto a modern-day scale that will measure yourself down to every kilogram and centimeter you're worth. As you step off the scale, the doctor writes down some

numbers, looks at you, and gives you the same opinion: you're too big for this country, your body is older than your age, you're not healthy, you're extending beyond the scale their culture sets for female figures to be considered passable.

You've been weighed and you've been measured. Your colleagues and friends giggle behind your back, exclaiming how they were right all along: they knew you weren't as beautiful as you thought; they knew you weren't as fit as you defended your figure to be, and now they have a number and an expert opinion to prove it. No exceptions, no explanations: you are now simply a number that your community will remember, while the rest is history.

You've been weighed and you've been measured. You flee the scene and rush home to release everything. You cry because you're sad. You're angry because you've been

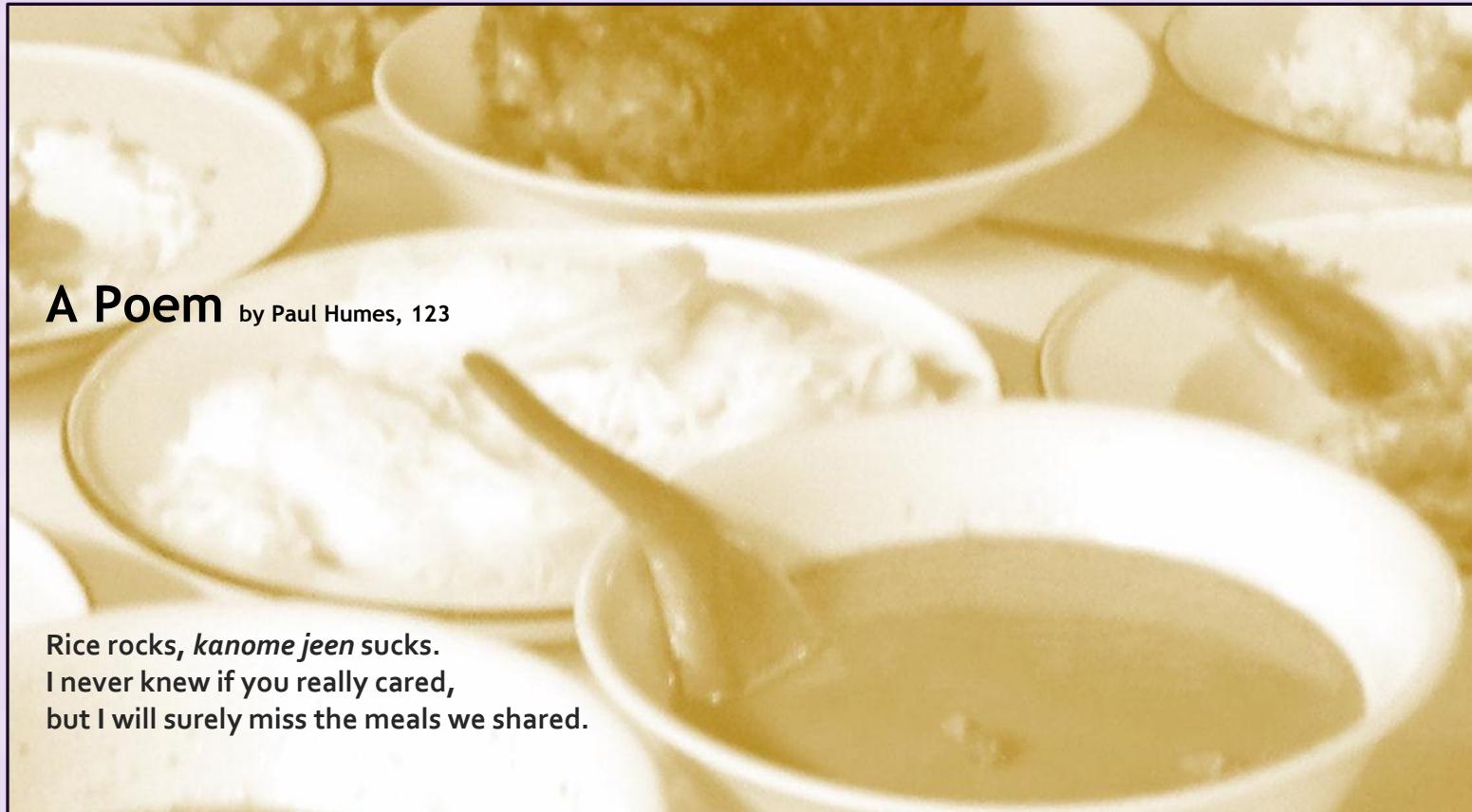
assigned an ill-fit label. More importantly, you're angry because for a moment, you gave in to that label and let interns, experts, and colleagues doubt yourself in the presence of that label.

You've been weighed and you've been measured. Yet you know that you're not as ill-fit as the community deems you are. You know that in about a year, you will be able to get away from this cultural norm and return home. Sadly, you also know that while you get to leave, others will not be as fortunate and most likely face the same judgments as you, only for the rest of their lives.

You've been weighed and you've been measured. However, you do not have to give in. You do not have to listen. You do not have to accept that label. And someday, you will show others that they do not have to give in either.

A Poem

by Paul Humes, 123



Rice rocks, *kanome jeen* sucks.
I never knew if you really cared,
but I will surely miss the meals we shared.

Tasty Thai Style Pumpkins and Taro

by Sima Pirooz, 124

Main dish

You can easily find pumpkins everywhere these days, so you can chop them in small cubes and set them aside, take a few garlic cloves and chilies and crush them as the Thai do, manually, and sauté them in a wok. After stirring a few times, add some very small pieces of pork and sauté them with a few more stirs, then add some fish sauce, a cup of water and the cubed pumpkin. Let the pumpkin cook, and before the dish is done, add some purple basil leaves and serve it as a topping for rice. At the end, when the pumpkins are cooked, but not too cooked, the juice will become like a sauce, so don't make it dry.

Side dish

It is now the season for white taro, so you can wash and skin them. With a skinner, cut them into small slices and cook them with a little bit of water and sugar. When they have cooked for 10 minutes or so, add coconut milk and sesame seeds and use it as a side dish.

Dessert

As you know, here in Thailand, when people talk about coffee, most likely they are talking about instant coffee. I am not talking about three-in-one or four-in-one with cream and sugar (and other ingredients) added, but just instant coffee. Also, the yogurt you find in stores like 7-Eleven or Tesco Lotus have a lot of sugar in them, so if you get a plain cup of yogurt and add one teaspoon of instant coffee to it and stir until the grains dissolve, then you'll have a delicious cappuccino-flavored dessert or snack!

Take care, Sima

Learn more about Sima's cuisine at simamacafe.com

Crepes to Cure Crappy Days

by Sara Kline

Last month I hit a low point Dr. Rit forewarned the 124 trainees about last winter in Singburi. Getting back home from a long week of disappointments and embarrassments, I found comfort in an online recipe, my non-stick pan, and the contents of my kitchen. Crepes for dinner: yummiest pick-me-up at site thus far! For those of you in need of a cure for a crappy day or the occasional *Farang*-food craving, try out this PC-friendly version of [Cupcakes and Cashmere's recipe](#).

1 cup all-purpose or wheat flour

2 eggs

½ cup milk

½ cup water

¼ tsp salt

1 ½ tbsp vegetable oil (= 2 tbsp butter)

2 tbsp filling of your choice

**I used 1 tbsp Nutella + 1 tbsp orange jelly

Directions:

In a large mixing bowl, whisk together the flour and eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter (or vegetable oil) and beat until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.

Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Remove from the pan and add a dollop of any filling your heart desires. Fold in half lengthwise then fold in half again widthwise, to create a wedge shape.

- Source: Cupcakes and Cashmere blog, All Recipes



Starstruck! Your Peace Corps Thailand Horoscope: Valentine Edition

by Shellie Branco, 124

This month, let's take a look at your sign when it comes to all things *khwaam-rak* (love)!



ARIES: (21 March – 20 April) You're assertive and you have strong opinions about who pays for the date! You

need another alpha personality to keep up with you. Compatible signs: Aries, Leo, Sagittarius. Famous Aries: Keira Knightley, Conan O'Brien

TAURUS: (21 April – 21 May) You come off as reserved, but your down-to-earth nature makes you a great companion. Gourmet picnics are your thing on a date. Compatible signs: Taurus, Virgo, Capricorn. Famous Taurus: Tina Fey, Jet Li



GEMINI: (22 May – 21 June) You're one of the best communicators of the zodiac, so you can handle long-distance relationships better than the rest of us. Hello, Skype date! Compatible signs: Gemini, Libra, Aquarius. Famous Geminis: Lana Del Rey, Neil Patrick Harris

CANCER: (22 June – 22 July) You like to nurture others, so you treat your guy or gal to home-cooked meals and Netflix movie marathons. Compatible signs: Cancer, Scorpio, Pisces. Famous Cancers: Sofia Vergara, John Cusack



LEO: (23 July – 22 August) Show-off! You love to be the center of attention, so a glam night out is more your style. Compatible signs: Leo, Aries, Sagittarius. Famous Leos: Halle Berry, Barack Obama



VIRGO: (23 August – 23 Sept.) Notoriously shy, it's a bit tough to get to know you. But your logic and smarts are very appealing in the often shark-infested dating pool. Compatible signs: Virgo, Taurus, Capricorn. Famous Virgos: Beyoncé, Colin Firth



LIBRA: (24 Sept. – 23 Oct.) You love relationships. Heck, you love love itself, and for you, the best cure for a broken heart is to get back on the market and start another pursuit! You want the five-star treatment on any date. Compatible signs: Libra, Gemini, Aquarius. Famous Libras: Kate Winslet, Will Smith



SCORPIO: (24 Oct. – 22 Nov.) I bet you were the goth in high school. You love all things dark and brooding, so you're into a "Twilight" vampire-esque, vial-of-blood-necklace Angelina Jolie style of love. A date at the mausoleum...? Compatible signs: Scorpio, Cancer, Pisces. Famous Scorpions: Jodie Foster, Leonardo DiCaprio



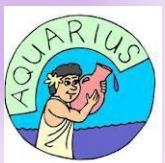
SAGITTARIUS: (23 Nov. – 21 Dec.) You love adventure and freedom, a bit of a commitment-phobe, so you're a tough one to catch. Just look for a chilled-out free bird like yourself. A day of sightseeing on mountain bikes is your idea of a great time with your companion. Compatible signs: Sagittarius, Aries, Leo. Famous Sagittarians: Margaret Cho, Bird McIntyre (Thai singer of "Loving You Too Much")



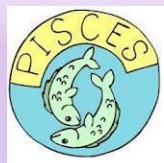
CAPRICORN: (22 Dec. – 20 Jan.) You are no-nonsense and very patient. At some point, you'll probably find someone in your workplace, considering you spend a lot of time there in your drive for job perfection. Might want to schedule a lunch date. Compatible signs: Capricorn, Taurus, Virgo. Famous Capricorns: Zooey Deschanel, Jeremy Renner



AQUARIUS: (21 Jan. – 19 Feb.) You don't wear your heart on your sleeve, so you seem aloof and mysterious. But if someone strikes up a chat about the latest Apple product or other super sweet tech gear, that usually gets your nerdy heart racing. Compatible signs: Aquarius, Gemini, Libra. Famous Aquarians: Jennifer Aniston, Justin Timberlake



PISCES: (20 Feb. – 20 March) You're the spiritual, artistic type with your head in the clouds, so you believe in love at first sight. Being a water sign, you'd love a stroll along the river or a boat ride with your beloved. Compatible signs: Pisces, Cancer, Scorpio. Famous Pisces: Eva Mendes, Adam Levine (Maroon 5)



Sticky Rice editor Shellie Branco has been toying with astrology since she was a Seventeen magazine subscriber in high school and flipped like mad to the back page each month to read her "fate." Does she really take it seriously? (Only on Valentine's Day.)

Just For Sanook: 123 Last name word game

by Kelly Peterson, 123

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Parting Words...

by Group 123

From late February through late March, volunteers from Peace Corps Thailand group 123 will be closing their service and making their way back to the U.S. Everyone's experience has been different from the next, but they've all been interesting and educational, to say the least. Below are the final words from some 123 volunteers. See you Stateside 123!

What language do they speak here again?
- Michelle Racca

Thanks, Thailand, for teaching me not to take life too seriously. When all else fails – *mai bpen rai* (or *bau bpen yang* for all you Issan folks). - Heather Bryson

"A Hard Rain's A-Gonna Fall" by Bob Dylan.

- Tracy Wise

So long and thanks for all the fruit.
- Dev Banerji

Your service is what you make it. - Christine Duffy

Sometimes I like to think there's no wrong way to be a PCV. Other times I think there's no right way. Maybe somewhere between the two is best. - Jacob Starkey

Squat toilets – they're avoidable. If you've ever used one, then you're simply not trying hard enough.

- J.P. Abon

Always be involved in a fantasy football league no matter the obstacles. And do other work too. - Tanner Yess

My jaw is still on the ground. Can I get back to you next year? Jeannine O'Brian

See Name Game. - Kelly Peterson

What? – Joe Nix

Friendships are the best memories you will have.

- Julia Schulteis

When in Chiang Mai, treat yourself to Massage at Friends Massage from the owner, Sane (053-242-731).
- Tammy Kane



Bye. - Andy Fine



This experience has rocked my world! - Erica Christie

Whatever it is you are feeling at any given moment, experience it all the way. Look back and say, good or bad, you were all there. - Denise Silfee:

Always leave them wanting more. That's why I never stay at any English camp longer than the opening ceremony.
- Ashley Dress

Always remember: if you finish this thing out, you will forever have the right to complain about, bitch about, love, cherish, despise and embrace everything about this country. And furthermore it is your responsibility to remind those who haven't gone through it that when it comes to their appreciation of Thailand, they don't know jack squat. - Daniel Sprinkle

Sometimes life rocks and sometimes life hurts, but either way we're lucky to have it. *Jai yen yen.* - Meaghan Murphy

What a quick way to grow up.
- Liz Sewell

Life is like riding a bicycle. You keep pedaling in order to keep your balance. - Linda Prinsen

Forever and always – Kyle Livingston

Hey, Thailand, can you hear me? You dropped something.
- Jeff Jackson

In my host dad's words, sometimes one day passes by very slowly, but when you look back over a year (or two), time has flown by. - Deborah Ou-Yang

Key to Name Game

Abon	Christie	Dress	Jackson	Lubeck	Nix	Racca	Silfee	Torpy
Arnold	Coblenz	Duffy	Kane	Luong	O'Brien	Salisbury	Slagle	Walker
Banjeri	Cooper	Fell	Kargbo	Miranda	Ou-Yang	Schulties	Sprinkles'	Wharton
Brannon	Dandry	Fine	Kobayashi	Monroe	Patterson	Seong	Starkey	Wise
Brubaker	Davis	Fries	Lau	Mouton	Peterson	Sewell	Thompson	Yess
Bryson	Del Greco	Humes	Livingston	Murphy	Prinsen	Shoemaker	Thornell	