

Newsletter of the Sanon Training Restaurant

Friends of Sanon

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Changing Lives Building a Future for Myanmar

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**TripAdvisor Awarded
Sanon a Certificate of
Excellence in 2018**



Our Inaugural Graduation

All 15 students graduated from our first intake of students, 14 attended the graduation ceremony on the 14th October 2017. Each student upon receiving their graduation certificate gave a short address to the attendees in Burmese and English.



Our Inaugural Graduation continued

Of the students who attended their graduation ceremony, four graduated with a specialization in Front of House (which includes waiting, customer service and bar service) and the balance of students graduated with a specialization in Kitchen (includes food preparation and production, occupational health and safety and food safety).

The completion of our training program by our 15 graduates is a testament to the hard work, dedication, and enthusiasm of both the students and our training staff. As part of Sanon's continued commitment to the welfare and success of our students, we will monitor and mentor each student in their place of employment for two years.

Since graduating all our students have obtained employment in the hospitality and tourism industry which is our number one goal

Class of 2017-18 Graduation

Our second intake of 25 students have completed their training course. All 25 have been found work in the Hospitality Industry and we wish them the very best for the future. The graduation ceremony for the class of 2017-18 will be held on the 20th of November 2018 at the Thante Hotel reception room adjacent to the Sanon Training Restaurant. The ceremony will be attended by the family and friends of the students and staff as well as guests and supporters from all over the world.



Charity Dinner Fundraiser

Our first charity dinner was held at The Veneto Club in Bullen, Melbourne, Australia on the 1st of June 2018. The highlight of the dinner were two guest speakers the **Hon. Tim Fischer** former Deputy Prime Minister and Australian Ambassador to the Holy See in Rome and **Mr Bob Davis** former Australian Ambassador to Myanmar.

The topic of the Hon. Mr Fischer's talk was "A Tango in Travel - From the Riverina to Rome via old Burma, new Bhutan and the Svalbard Seed Bank" which as delivered with a smooth combination of humour and insight that only Tim Fischer can present. Mr Davis spoke about his personal and moving experiences and observations of events in Myanmar during his time as ambassador.

As part of the fundraising for the night great prizes that were donated by generous supporters that were auctioned or offered as raffle ticket prizes as part of the fundraising activities of the night. Overall it was a fun night and raised crucial additional funds that will help maintain the operation and development of Sanon and its training program. Our thanks to the Hon. Mr Tim Fischer and Mr Bob Davis whose generous support helped make the night successful. We would also like to thank the supporters who donated the prizes and all those who attended the dinner to help support our work.



Hon. Tim Fischer former Australian Deputy Prime Minister



Mr Bob Davis former Australian Ambassador to Myanmar

Sanon Students visit Monastery School

In April Project Leader Lim and English Teacher Margaret together with Staff and Students at Sanon visited a local monastery school in Bagan where Buddhist history and culture is taught to young school children. The Sanon representatives listened to the children sing various songs which were combined with some dancing.

Sanon staff served mango ice cream and biscuits which was enjoyed by all. Afterwards the Sanon team sang and danced the *Hokey Pokey* which the children loved and then joined in. Later in the day the team visited the **Nagakyit Home for the Aged** where we joined with the elderly citizens with afternoon tea and sang them songs.

Project Leader Lim on behalf of Sanon, made a donation to the Home. The Home relies solely on charity to fund its operations.



Barista Workshop

On the April 23rd George Win (Senior Lecturer Hospitality) from Manukau Institute of Technology (Auckland NZ) volunteered his time to deliver a Barista workshop our students. The students were introduced to both the theory and hands-on practical elements of making coffee. The student's explored topics such as the history of coffee, and understanding grinding, dosing, tamping and how they relate to getting the perfect extraction. George also covered some of the English language students will need, so as to be able to communicate effectively with our customers.



Visit by Students from USA

On the 6th July 2018, the students from Sanon Training Restaurant enjoyed developing their English language skills by hosting a group of students from the USA. Sanon students demonstrated how to make Crunchy Ginger Salad and Tamarind juice and invited their visitors to participate in discussions groups where everyone shared information about themselves, their culture, hobbies and dreams for the future. The visitors were all around 18 years of age and visited Sanon as part of their high school and gap year community service program organised by Rustic Pathways.



Community Work

On the 7th August 2018 ten students from Sanon, Khin Lay (the Youth Support Worker) and Dave Martin (Social Worker) initiated and conducted a community project to cleaned up the area in front of Thante Hotel and the playground near the entrance to Nyaung. During the clean up one of the local food vendors joined the Sanon Students and helped with the cleanup.

After we the area was cleaned and tidied the students were clapped by a group of local on-lookers and invited by a local teashop for a meal which was greatly appreciated. Such initiatives provide a valuable example of how community work and involvement can build positive links and mutual respect with your local community.



SANON SPONSORSHIP

The Sanon Training Restaurant strives to be as self-sustaining as possible, but we still need the help of generous patrons. For less than \$2 USD a day you can change a young person's life and help give them:

Knowledge

Skills

Work Experience

English

Confidence

Optimism

Hope

You can make a donation to our work online via our website. There is an option for a one off donation or an on-going donation, both are contributions that are greatly appreciated and needed.

See:

<https://www.sanon-restaurant.org/index.php/how-you-can-help>

For Australian donors, the Sanon Hospitality Training Restaurant is a registered tax deductible project with Global Development Group Project no. J930n

A Great Dish – Burmese Prawn and Cat Fish Curry

Ingredients

- 1 Tbsp Sunflower Oil (for frying)
- 1 Tbsp Red onion, finely chopped
- 1 tsp Garlic, finely chopped
- 1 tsp Ginger, finely chopped
- 1/2 tsp Fennel seeds, ground
- 1/2 tsp Myanmar paprika
- 1 Tbsp Fish sauce
- 75g Tomatoes, diced
- 200ml Fish Stock
- 50g Apple Eggplant
- 1/2 tsp Green Chilli, finely chopped
- 1 tsp Sugar
- 1 tsp Sesame oil
- 1 tsp Lime Juice
- 20g Acacia leaves, roughly chopped
- 100g Butter fish fillet
- 200g King prawn
- Salt to taste
- 1 tsp Acacia leaves, roughly chopped (garnish)



Method (2 serves)

1. Heat sunflower oil in a pan and fry red onion, garlic and ginger for 2 minutes, or until fragrant
2. Add fennel seeds and paprika and fry until fragrant (be careful not to burn it)
3. Add tomatoes, green chilli, fish stock, sugar, apple eggplant and fish sauce and simmer for 3-5 minutes.
4. Add lime juice, sesame oil and chopped acacia leaves and simmer for another minute
5. Add fish and prawns. Cover with a lid and simmer for 2-3 minutes or until seafood is cooked.



