



Food for Thought

July 2009
Love146
Southeast Asia

We live in a world where children, the most innocent and vulnerable among us, suffer from horrendous injustices. I see a different world for children. A world where children are not sold as commodities. A world where children are safe. Where they are free. Where they can play and not be afraid. A world where they can just be children. Can you see it?

-Rob Morris, President and co-founder of Love146



JULY'S EDUCATIONAL THEME: CHILD SEX SLAVERY AND EXPLOITATION

Our featured program deals with prevention and aftercare responses to child sex trafficking and exploitation in Southeast Asia. Trafficking in persons is modern-day slavery, involving victims who are forced, defrauded or coerced into labor or sexual exploitation. The problem is pervasive, affecting nearly every country. Predators prey on vulnerable populations, impoverished children and their families. These agents bribe, coerce or lie to families, promising marriage or employment, often as domestic servants, to obtain children. They

transport children long distances, sometimes across borders and along well-traveled drug routes. Female children may be married off early by parents or guardians, making sexual exploitation permissible. Families may also willingly send children to areas where there are better chances of a good job, inadvertently exposing the children to risk of exploitation.ⁱ

THE PERVASIVENESS OF CHILD SEX TRAFFICKING IN ASIA

According to the International Labor Association, at least one million children are prostitutes, with the greatest numbers in Thailand, India, Taiwan and the Philippines. The huge economic disparities between rich and poor fuel the problem. On the Asian continent, 790 million people earn less than \$1 a day. According to Time.com, "In the race to escape their deprivation, whole villages are sometimes complicit in the sale of their children."ⁱⁱ

The number of child prostitutes in Thailand is at least 60,000, though estimates go as high as 200,000.ⁱⁱⁱ According to a survey by *India Today* magazine, there are between 400,000 to 500,000 child prostitutes in India. In 1986, it was estimated that there were 20,000 children in the Philippines involved in the sex trade; in 2000, the estimate rose to 100,000.^{iv} The majority of these children are impoverished, uneducated and have rural backgrounds which leave them increasingly vulnerable to predators.

Fast Facts

It is estimated that **2** children are sold every minute.

UNICEF now believes the number of children trafficked annually is around **1.2 million** (2006).

The UN and other experts estimate the total market value of illicit human trafficking at roughly **\$32 billion**.

APPROPRIATE APPROACHES: SUCCESSFUL INTERVENTIONS

Several issues perpetuate child sex slavery: desperate economic circumstances, lack of education, devaluation of female children, as well as children being placed in vulnerable situations, subject to kidnapping and exploitation. Love146 is working on several prevention projects designed to strengthen and educate communities with the belief that empowering grassroots organizations will lead to increased initiatives and further combat child sex trafficking. Here is a sampling:

Anti-Trafficking Coalition in Cambodia

Objective: To oversee and manage the following prevention projects in Cambodia:

- Urban Prevention Project: training community leaders and churches in the issues of child sex trafficking and exploitation (CSTE)
- National Free-phone Child Helpline: for kids in danger to call in and get help
- Tool kits to help workers explain the dangers of CSTE to at risk children
- Prevention initiatives in the Vietnamese community
- Research on long-term reintegration
- Training programs for aftercare workers in the Cambodia region

Philippines Holistic Response Project

Objective: To develop alliances and collaborations of grassroots organizations with other sectors (such as government stakeholders, NGO's and other communities) that will advocate and increase resources for CSTE issues and concerns. In the long-term, the alliances of this network of over 40 organizations working with at-risk children will implement protective services for victims and families of CSTE.

Animation Tool Kit Project (Philippines)

Objective: Use an animation toolkit entitled Red Leaves in the prevention, early intervention, and treatment of CSTE. This project includes the production and distribution of toolkits to targeted communities, educating children and adults about the potential dangers of trafficking and child pornography, and recommended action steps should exploitation occur. Red Leaves will also be used as an initiating tool to break the silence of sexually exploited children and encourage them to take their first steps towards healing.

APPROPRIATE INTERVENTIONS FOR VICTIMS

In addition to prevention, Love146 also focuses on aftercare for survivors of sexual trafficking and exploitation. Many of their aftercare initiatives focus on therapy and restorative treatment of survivors in safehouses. It is essential to find supportive caring staff that can be properly trained to respond to the survivors' needs. Love146's aim is to further empower survivors through educational and viable employment opportunities equipping them to transition back to communities.

Philippines Safehome Project

Objective: Provide children rescued from prostitution and trafficking with a safehome, and with holistic rehabilitation through physical, mental and psychological therapy. Based on Love146's Model of Aftercare, this project funds the operating costs for staff, food, shelter, therapy and education to ensure health and safety, effect healing and restoration, promote growth and development and enable the children to become productive members of society.

Certificate Training in Aftercare Program (Southeast Asia)

Objective: Provide victims of CSTE with skilled caregivers by creating an intensive short training program. The "grassroots" program provides certified qualification through an on-site training course and post-course evaluation.

Boys Aftercare-Specialist Curriculum and Training (Cambodia)

Objective: Develop specialist training, support and skilled clinical supervision for staff of social workers, health and legal organizations that provide services to abused boys and young men. The project team will work in partnership to create a training curriculum that responds to the needs of boys within Cambodia. Materials will then be piloted and amended before training is disseminated to a wider audience.

QUESTIONS FOR DISCUSSION

- *What are some of the key components of the Love146 solutions? How do they respond to the threat of CSTE and to the needs survivors of CSTE? How do they provide hope to survivors?*
- *Though it is less talked about, CSTE also exists in the United States, what do you know about this phenomenon?*
- *How did the video and/or reviewing the materials provided impact you personally?*

VOICES

Love is when a little girl who used to sit in the corner outside a safehome and pour dirt over her body runs up to you arms akimbo laughing and chattering in Thai.

Love is when a child has no memory of being raped because a prevention program did its job.

Love is watching a girl sing and play guitar when not that long ago she threw herself out of a fourth story brothel because escape was going to happen one way or another.

Love looks like the abolition movement that we are all a part of. I see it in your emails, and in your action.

Love is the power that will end slavery.

Her mother left the family when she was 5. Her father was murdered shortly after. Relatives and neighbors took her in and sexually used her. She ran away to the streets, only to be abused further. At 13 she was caught and put in a detention center for youth where she lived through further trauma.

She came to the safehome after 4 years of the detention center. She thrived. She said the safehome was her first real Home, it was the first place where she experienced real Love. Being cared for, she realized that she wanted to care for others. She was eventually reintegrated with her brothers and grandmother. Love146 assisted this family in different ways and kept in contact with this girl.



Recently, her grandmother died. At this point her uncles became abusive and exploitive. She ran away again but this time she was running toward Home.

She knew she could call, she knew she would be welcomed with open arms full of Love. She called from Manila, the staff immediately went and brought her Home again.

Love never fails.

Love never abuses.

Love never values you differently because you are a girl.

Love always hears your voice.

Love drives in to Manila the moment you call.

Loves says your Home is always your Home.

It was a junior-senior prom, and she was there. Not where she could have been if...

She's back on track, continuing to enjoy the highlights of high school life.

Restored.

-Gundelina (Dr. G. Velazco, Love146 Director of Aftercare)

MEETING RESOURCES

WEBSITES

<http://www.love146.org>

<http://love146.blogspot.com/>

Love146 Film "Imagine" <http://www.youtube.com/watch?v=uun92FyJ95Q&feature=channel>



BOOK CORNER

Non-Fiction:

The Road of Lost Innocence by Somaly Mam, 2008.

Born in a Cambodian village, Somaly Mam was sold into sexual slavery by her grandfather at age twelve. For the next decade she was shuttled through the brothels that make up the sprawling sex trade of Southeast Asia. She suffered the brutality and horrors of human trafficking--rape, torture, deprivation--until she managed to escape with the help of a French aid worker. Emboldened by her newfound freedom, education, and security, Somaly blossomed but remained haunted by the girls in the brothels she left behind. This book tells the story of her awakening as an activist and her harrowing and brave fight against powerful and corrupt forces that steal the lives of these girls.

Sex Trafficking: Inside the Business of Modern Slavery (Hardcover) by Siddharth Kara, 2008.

A first-hand account of a little-noticed business of human bondage and pathos. The author exposed himself to personal danger in attempting interviews with scores of victims spanning the whole range of demographics. This book deals with three aspects of this world-wide business: the exploitative traffickers, the wrenching servitude of the victims, and the economics of the trade.

The author presents convincing quantitative information to provide a rationale as to why the trafficking business is quite attractive to the brute; while it is useful for lawmakers and NGOs, the narrative is shocking to the public. The sheer volume of this sort of "slavery" is astounding, and the subhuman conditions these victims are forced to live in, is repelling.

For Ages 9 to 12:

Child Slavery in Modern Times (Watts Library: History of Slavery) by Shirlee P. Newman, 2000.

Five chapters give an overview of contemporary child slavery, the idea of children as property, domestic slavery, work in factories and sweat shops, and agricultural servitude. The scope and range of the practice are truly shocking, as is the extent of the exploitation in the United States, where many children work as migrant laborers or in sweatshops. As attractively laid out as its companion volume, Child Slavery includes numerous black-and-white and color photographs of exploited young people, guaranteed to raise readers' level of consciousness.

Links to online articles:

<http://www.protectionproject.org/docs/WinnipegSpeech.doc> **The Sexual Exploitation of Children in Travel and Tourism** text of a speech presented that identifies how different countries legislate around sex tourism issues. Ages of consent, likelihood to prosecute in traveler's home country, prevention is also addressed. Interesting to note the definition of sex tourism in the Philippines includes mention of military personnel on leave. The role of airlines permitting or prohibiting messages is also discussed with examples given of the author's trip to Costa Rica. Also internet laws and corporate Code of Conduct are included.

SOCIALLY CONSCIOUS SHOPPING:

Philippines

<http://www.tenthousandvillages.com/oval-gathering-basket>

<http://www.serrv.org/Clearance/ClearanceHome/ClearanceBaskets/74728.aspx>



Thailand

Love this site - a variety of things and prices

http://www.shopbambootique.com/store/advanced_search_result.php?search_in_description=1&keywords=thailand&x=0&y=0

From the NOVICA site, a fair trade shopping resource run by National Geographic. I have marked a page with table runners and other things, but there are about 1,000 things to choose from.

<http://www.novica.com/search/searchresults.cfm>

And for special small farm produced, fair trade rice from Thailand

<http://www.worldpantry.com/cgi-bin/ncommerce3/CategoryDisplay?cgmenbr=688899&cgrfnbr=773890>

DINING WITH WOMEN RECIPES



Pancit Bihon (Filipino) Serves 6-8

Prep time: 25 minutes

Cooking time: 30 minutes

Ingredients:

1 small chicken

¼ lb. pork

¼ lb. shrimp (w/o shells and halved)

Chinese sausage

salt

pepper

shredded carrots

green beans, french cut

celery, sliced

cooking oil

2 cloves garlic

1 onion, chopped

¼ cup soy sauce

2 green onions, chopped

1 lb. bihon (Philippine brand rice sticks) –

soaked in warm water for 15 minutes and

drained

lemon juice

Directions:

1. Cover chicken and pork w/ water in a pot and bring to boil. Simmer 15 minutes. Drain but save broth.
2. Remove meat from chicken and cut into small pieces. Cut pork about the same size as chicken meat.
3. Sauté garlic and onion in hot oil in large skillet. Add meats and soy sauce. Sauté for 3 minutes. Add about 2 cups of broth and simmer for about 10 minutes
4. Stir in shrimp and vegetables. Bring to a boil. Reduce heat and add bihon, salt, pepper. Stir until bihon is tender. Add more broth as mixture becomes too dry before noodles are done.
5. Serve hot garnished with green onions and lemon wedges. Serve soy sauce with lemon juice in a small bowl for extra seasoning. (I love extra lemon on the noodles!)

Thai recipes

I don't know how many of you out there actually use the recipes, but FYI, from time to time I will be sending tidbits to Marsha to post on the blog/Facebook page when I have information you might be interested in. This recipe was posted a few days ago, for example, since roses are almost finished with their spring flush of bloom and I didn't want you to miss it for your July LOVE146 meetings. Occasionally I will post other shopping sources or recipes that I find that didn't make it into the Food for Thought, or that pertain to a different month.

Thai food is absolutely delicious and, for those of you who haven't ever tried it you are in for a treat. You can find most of the ingredients at a decent supermarket. Believe me, if I can find them here, you can find them where you live! There are

a lot of choices this month – all the better to encourage you to step out and try this glorious cuisine!! Where possible we have tried to use recipes with seasonal ingredients, since we are entering a season of bounty here in the U.S.

-Carolyn

Thai Corn Fritters (Tod Man Khao Phot)

Adapted from Mark Bittman recipe online in The New York Times, June 16, 2009

As usual, I was searching the web to find a selection of recipes for the same dish so I could pull from all of them to create something easy and delicious, and, lo and behold, I stumbled upon this recipe the day it was published AND the day I was looking for it. Karma is a wonderful thing. I brought a sample of these to Shannon and Kitty to try at our set-up meeting yesterday and they LOVED them. They are really, really good. Corn is less well known as a favorite Thai food than some others, but it is very popular there. Since it's in season in the South now, give it a try for a new twist on a seasonal favorite! Makes about 15 - 20 fritters, depending on size.



½c cornmeal	Juice of 1 lime
½c flour	1 extra-large egg
black pepper and a pinch of salt	¼c cilantro leaves (optional)
4c corn kernels, fresh or frozen, thawed	¼c basil leaves (preferably purple or Thai)
1 minced fresh hot chili pepper (red is pretty)	2t Thai red curry paste
1t minced garlic	¼c sliced scallion greens
1t soy sauce or tamari	Mild cooking oil like corn, grapeseed

In a large bowl combine the cornmeal, flour, salt and pepper and set aside. Place 2c of the corn, half of the chili pepper, and all of the remaining ingredients (EXCEPT the remaining corn and the oil which is for cooking), in the bowl of a food processor. Puree by pulsing for 5 second intervals a few times. It does not need to be completely pureed. Stir the pureed mixture and remaining chili pepper into the dry mixture. It will be like very thick, lumpy pancake batter. Heat several tablespoons of oil in a large skillet over medium heat. Put large spoonfuls of the batter into the heated oil, flatten slightly if necessary (about 3 inches diameter is a good size, smaller if you like, larger is hard to flip). It should sizzle when the batter hits the oil – if not, turn the heat up a little. Cook about 4 minutes per side, place finished fritters on a paper towel on a plate and keep warm, if serving right away. They may be kept for up to 3 days in the refrigerator, and served either warmed in the oven or at room temperature. Sriracha (Thai “ketchup”, very hot) sauce is good with these if you want more heat. You can find it at any good supermarket.

Thai Fish Cakes (Tod Man Plaa)

Adapted from a recipe at http://fishcooking.about.com/od/crabrecipes/r/thai_crabcakes.htm

This was actually a recipe for crab or fish cakes, and I made it with halibut that I poached in water and a little white wine until it was flaky. Any white fish, or crabmeat, will do. A very easy recipe, really delicious, a little spicy and would make either a good appetizer or main course. Unlike the normal way we are used to making crab or fish cakes, in this recipe the crab/fish is processed in a food processor so it is very smooth, which makes it easier to handle and requires less filler to make them hold together. This is another one that is good with Sriracha sauce. Makes 12 – 14 2” patties.

1 lb. crabmeat or cooked white fish (see above)	1T cornstarch
1/3c panko (Japanese bread crumbs)	1T mayonnaise
2 kaffir lime leaves, slivered (optional)	1t sugar
1t fish sauce	1 beaten egg
1/4c chopped cilantro or parsley (optional)	2T Thai red curry paste
2t minced fresh ginger	1 minced jalapeno or other hot chili pepper
2 scallions, thinly sliced	1/4t salt
Corn or other light oil for frying	

Put the crab or fish in the bowl of the processor and pulse for a few seconds, several times, to break it up. Add the rest of the ingredients EXCEPT the minced chili pepper and sliced scallions. (You could put them in too, but it makes for a more interesting texture if you do it this way.) Process until everything is well mixed. Place the mixture in a bowl and add the chili and scallions and mix them in well. Form into 2 or 3 inch fairly flat patties and set on a tray covered with wax paper.

Chill them for an hour to firm them up. Heat about 4 tablespoons of oil in a skillet over medium heat until hot. Add the patties to the pan carefully, and do not crowd them or they will be hard to flip. Cook about 5 minutes per side, checking to be sure the bottoms do not burn. Serve warm.

Chicken Satay with Spicy Peanut Sauce

Serves 4 to 5

1 tsp fish sauce
1 tsp sugar
1 tsp curry powder
1/2 tsp ground turmeric
1 tsp minced garlic
Pinch of ground coriander
Pinch of ground cumin
Pinch of salt
2 T coconut milk
2 T vegetable oil
1-1/2 lbs skinless, boneless chicken breasts 20 (6-inch) bamboo skewers soaked in hot water for 30 minutes to prevent burning



Accompaniments: Spicy Peanut Sauce and Spicy Thai Cucumber Salad

Whisk together all the ingredients, except the chicken, in a bowl.

Slice the chicken breasts diagonally against the grain into 1-inch wide strips. Add the chicken to the bowl and marinate for 15 minutes. Preheat grill to medium heat. Thread the chicken onto the bamboo skewers. Grill the meat until just done, about 2 to 3 minutes on each side. To serve, ladle some satay sauce, about 2 to 3 tablespoons, in the center of an appetizer dish. Top with chicken skewers and garnish with cucumber salad.

Spicy Peanut Sauce

(Makes about 1-1/2 cups)

1 Tablespoon vegetable oil	1/2 cup water
1 teaspoon red curry paste	2 teaspoons fish sauce
1/2 teaspoon ground turmeric	1 teaspoon fresh lemon juice
1/2 cup creamy peanut butter	Sugar to taste
1/2 cup unsweetened coconut milk or cow's milk	

Heat the oil in a nonstick saucepan over moderate heat. Add curry paste and turmeric and stir often until mixture sizzles, about 1 minute. Add peanut butter, coconut milk, water, fish sauce, lemon juice, and sugar and reduce the heat to low. Stirring constantly with a whisk, cook for 3 minutes. When mixture begins to bubble, remove from heat, and continue to stir. If sauce is too thick, thin with water. Taste and adjust seasonings to an interesting balance of sweet, salty, and spicy flavors.

Spicy Thai Cucumber Salad

Dressing

1/4 cup rice wine vinegar
1/4 cup sugar
1/2 t. salt
3 T. water

Salad

2 cucumbers, preferably English or hothouse, halved lengthwise and thinly sliced
1/2 small yellow onion, finely chopped
10 fresh mint leaves, chopped
1 fresh chili, preferably red, thinly sliced, or
1 t. ground chili paste
6 cilantro sprigs, chopped
2 T. chopped roasted peanuts for garnish

Combine the rice wine vinegar, sugar, salt, and water in a mixing bowl until well-blended. Add the cucumbers, onion, mint, chili, and cilantro and toss well. Let sit for 15 minutes. Garnish with chopped peanuts and serve.

Fragrant Rose-Petal Sorbet (I-Tim Dok Gulab)

Adapted from True Thai by Victor Sodsook, William Morrow and Company, Inc., 1995
An amazing flavor! This dessert may arrive at your table on special occasions in Thailand, garnished with candied rose or other flower petals, or curls of edible gold leaf. PLEASE ONLY USE PETALS FROM UNSPRAYED ROSES FOR THIS RECIPE. Find the most richly red or pink colored, fragrant roses you can, and you will have a taste of the flower garden after your dinner. A lovely shade of pale pink.



3 1/2c water

1 scant cup sugar
rock)

1c tightly packed fragrant,
deeply colored, unsprayed
rose petals

2t fresh lemon juice

2T vodka (so it won't freeze into a solid

Additional rose-petals or candied violets
or gold leaf for decoration

Rinse rose petals in colander and shake off excess water. Combine water and sugar in a saucepan and bring to a boil. Cook on a low boil for 5 minutes, remove from heat and stir in rose petals. Cover and let steep for 30 minutes. Strain the liquid into a bowl, stir in the lemon juice and vodka, cover and chill until cold. Freeze in an ice cream maker according to instructions given by manufacturer. Scrape sorbet into a freezer container and freeze until fairly solid. If it is frozen hard, put it in the refrigerator for about an hour or so to soften for ease of serving. Serve sprinkle with rose petals or candied flowers, or gold leaf.

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www.diningforwomen.org

ⁱ *Profiting from Abuse: An Investigation into the Sexual Exploitation of Our Children*. UNICEF, New York, 2001.

ⁱⁱ <http://www.time.com/time/asia/features/slavery/cover.html> by Alex Perry & Mai Sai

ⁱⁱⁱ *Ibid.*

^{iv} *Profiting from Abuse*