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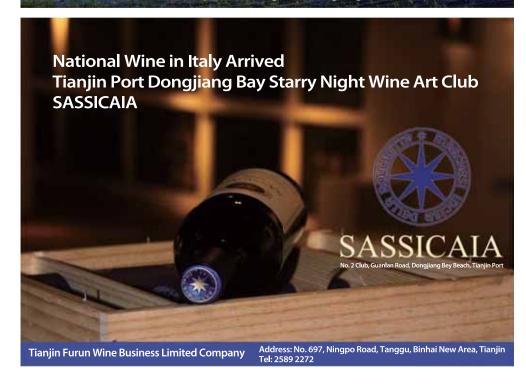




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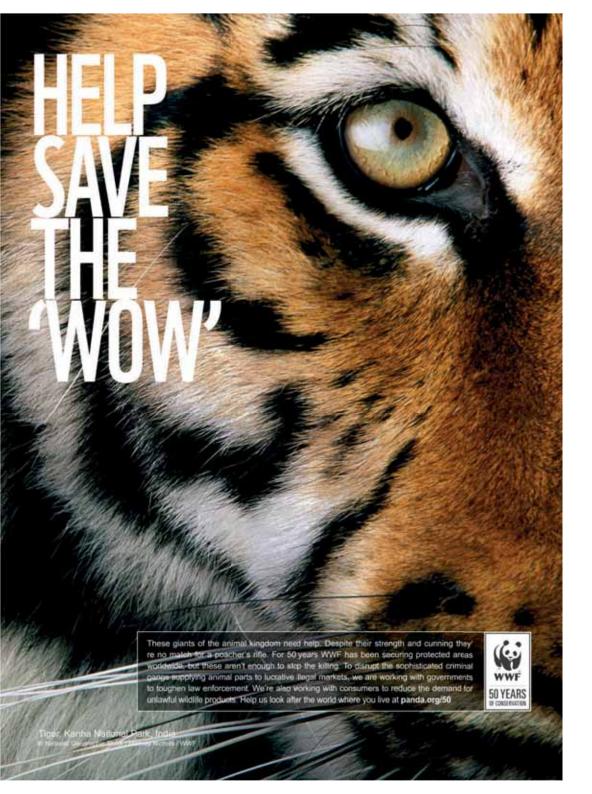
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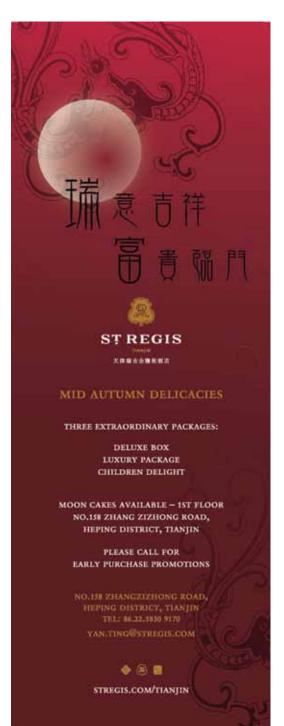


Main Story Olympic Fever 奥运热

> **Business** Switch off! 劳逸结合

Lifefeature Summer Care 夏季保健





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Letter from the Editor

lympic Games - the most significant sports event in the world! By the time you see the August edition of Jin the excitement and tension will be almost at fever pitch. For Chinese people, the Olympics is always a big thing in their life no matter where it happens. CTV has four channels to broadcast almost all the Olympic matches live during this time. Sports fans stay up late at night to watch their favorite games, especially those that the Chinese teams participate in. It is not uncommon for a whole family, from old grandparents to small children to sit together in front of the TV to cheer for the Chinese women's volleyball team, or Chinese table tennis players. Restaurants and bars will have big LED TVs ready to attract more customers during the Olympics.

Compared to the last Olympic Games in Beijing, Chinese people, especially Beijing citizens, will be able to relax and enjoy the sports without their daily life being disturbed by traffic controls or endless time-consuming security checks. However, people in London are now suffering from what we suffered from four years ago. Our correspondent in London, Paula has been sending complaints of Londoners to us. We didn't see any passion-stirring slogans like "unite to welcome Olympic Games" It seemed that the mood of Londoners was as grey as the clouds that didn't want to move away from the city.

We also did a survey among expats about their interest in watching the games. To our surprise, they were a little indifferent to the event. Some of them would like to pay attention to Bolt, who always finishes the 100m in a blink, but for most of them it is not a priority this summer.

Why is their attitude so different? What do Chinese need from the event? If you ask a Chinese:"What do you hope to see in the Olympic Games?" the answer is 90% likely to be "China winning a gold medal! Seeing Chinese athletes win a gold medal and the national flag rising is always an exciting thing for patriotic Chinese. In a sense, Chinese people still need to feel proud in this way.

However, sports only represent one aspect. Chinese people are also aware that to be really recognized and respected worldwide, there are a lot of more solid things to do. Just taking Tianjin as an example, the government has been trying hard to make Tianjin a good place to live and worth investing in, and local people are also active in proposing suggestions and advice to the government to make everything better. Barnaby Skinner, a photographer from UK, always finds Tianjin inspiring for his art. Indeed, there are a lot of things in Tianjin that you'll never see in western cities and new things keep popping up that even local people find inspiring or jaw-dropping. We look forward to seeing the pictures of Tianjin captured by Barnaby that can give us a new angle on the city.

在中国,四年一次的奥运会永远是一件大事。不论奥运会在哪个国家举行,人们都会特别关注自己喜欢的,尤其是有中国队参加的项目。与中国人的热情相及,在本次奥运会的举办城市伦敦,人们的心情就像是一直笼罩在伦敦上空的乌云,难见放晴。我们的撰稿人Paula一直从伦敦为我们传来环消息和当地人的抱怨。因为他们的正常生活都被达场奥运会打乱了!

为什么两国的差别会有那么大?中国人看到五星红旗在赛场上升起都会感到无比激动自豪,但为国人却无所谓。外国人一直有感于中国人的爱国热情,这也是中国人增加民族自豪感的一种方式。

Monica W

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2012奥运巡礼 —布雷克组合音乐会 Tribute to the 2012 Olympics: Blake Concert 布雷克组合 By Blake

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▶ 天津音乐厅 Tianjin Concert Hall 天津歌舞剧院 Tianjin song and Dance Theater 150/100/80/50RMB Tel: 23320068 83882000 83882002

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施特劳斯家族名曲音乐会

the Strauss family concert

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天津音乐厅 Tianiin Concert Hall 150/100/80/50RMB Tel:23320068 83882000 83882002 天津幹無風除 Tianjin song and Dance Theater

指尖旋律 ── 钢琴独奏音乐会 Piano Solo Recital 刘蕴 By Liu Yun 钢琴 Piano

西崖艺术馆 キるかは ctorn Shore Museum 西岸新古典室内乐团 Western Shore new classical indoor music band

Sat

天津音乐厅 Tianiin Concert Hall 150/120/100/80/50/30BMB Tel:23320068 83882000 83882002

14:30、19:30

体验式互动儿童剧

The Adventures

of Snow White

《白雪公主历险记》

Sat

跳跃的音符 小提琴展演专场音乐会 violin showcase concert 小提琴 Violin

西岸艺术馆 Western Shore Museum 天津堤栞小年団

Sat, Sun

小百花越剧团《梁山伯与祝英台》 Xiaobaihua Shaoxing Opera Liang Shanbo and Zhu Yingtai 茅威涛 徐叶娜 洪瑛 董柯娣 等 By Mao Weitao Xu Yena Hong Ying Dong Kedi etc.

天津大剧院 歌剧厅 Details Fianiin Grand Theatre 580/380/280/180/120/80RMR Tel:83882000 83882002 23320068



Wed

19:30 节奏串串烧 箭丽打击乐团音乐会 Jianli Percussions Concert 箭丽打击乐团 Jianli Percussions

天津音乐厅 Tianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002

动物狂欢节 人偶互动交响音乐会 Doll interaction Orchestral concert 天津音乐厅 Tianiin Concert Hall

150/100/80/50RMB Tel:23320068 83882000 83882002 天津歌剧舞剧院 Tianiin song and Dance Theater

19:30

19:30 音乐王国穿越记 西班牙不封口奇妙人声组音乐会 Span Wonderful B vocal Concert 西班牙不封口奇妙人声组 By B vocal

天津大園院音乐厅 Tel:83882000 83882002 23320068



20:00 宫崎骏动漫专场音乐会 Miyazaki Hayao Cartoon Special Concert 西岸新古典室内乐团"歌之翼"四重奏组 Western Shore new classical indoor music band

西岸艺术馆 Western Shore Museum



来自柯蒂斯的问候 —玫瑰骑士三重奏音乐会 Bosenkayalier Trio Concert 玫瑰骑士三重奏 Rosenkavalier Trio 讲解: 大卫・路徳维希 Interpreter/David Ludwig

天津音乐厅 Tianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002



Sat

14:30、19:30 体验式互动儿童剧 《小红帽智斗大灰狼》 Little red riding hood with the wolf 秀乐坊

天津音乐厅 Tianjin Concert Hall 150/120/100/80/50/30RMB 23320068 83882000 83882002

天津音乐厅 Tianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002

19:30

爱的致意

- 华彩三重奏音乐会

Violin: By Song Qiang

Huacai trio Concert

Cello: By Pang Xiao

Piano: By Zhang Le

19.30 Sun

亚洲青年管弦乐团 Asian Youth Orchestra Concert

天津大剧院 音乐厅 Tianjin Grand Theatre 380/280/180/120/80/50RMB Tel:83882000 83882002 23320068 Thu

怡心琴韵古琴雅集 Classics of Gu Qin

天津音乐厅 ianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002

19:30

指挥大师汤沐海与 天津交响乐团交响音乐会 Yang Muhai and Tianjin Symphony orchestra symphony concert

天津大剧院 音乐厅 Tianjin Grand Theatre 580/380/280/180/120/80RMB Tel:3882000 83882002 23320068

Don't

Miss

20:00 诗琴雅颂 古琴与古诗词音乐会 Gu Qin and Ancient Poems Concert

西岸艺术馆 Western Shore Museum

话剧《日出》 17,18 Drama-Sun Rise Fri, Sat

天津大風腔 歌剧厅 Details Tel:83882000 83882002 23320068 Sat

20:00 心灵随想 狮子座弦乐四重奏音乐会 Leo string quartet concert 两岸新古典室内乐团 蒲公英女子弦乐四重奏 Western Shore new classical indoor music band

而是步术馆 Western Shore Museum 100RMB

弦乐的低语 董金池师生大提琴低音提琴中外名曲音乐会 Cello bass Chinese and foreign music Concert 大提琴· 黃金池及其学生 干跃钢 (特激) Cello: By Dong Jinchi Wang Yuegang 钢琴: 李性 Piano: By Li Su

天津音乐厅 ianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002

19:30

19:30 天鹅湖 经典芭蕾舞名曲音乐会 Swan Lake Classic Ballet Concert 天津交响乐团 Tianjin Symphony Orchestra

天津音乐厅 Tianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002 Fri

北京爱乐吉他室内乐团音乐会 Beijing Aiyue Guitar Indoor Band Concert

天津音乐厅 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002

20:00 Sat

国家一级演员: By Lu Zhengya

西崖步术馆 tern Shore Museum

Tianjin Hotel



Sat

挡不住的活力律动 Three Fall爵士三重奏音乐会 Three Fall Jazz Trio Concert

天津音乐厅 Fianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002

姜丽的草原我的家 中外经典合唱名曲荟萃 China Foreign Classic Chorus 巴罗克室内合唱团 The Barok Choir

天津音乐厅 Fianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002



19:30 黄河・梁初 中国经典协奏曲音乐会 Chinese Classical Concerto Concer 小提琴:盛 钢琴: 満田裕 天津音乐厅 Tianjin Concert Hall 150/100RMB Tel:23320068

Wed

我心依旧 中外经典名曲交响音乐会 My Heart will go on Chinese and foreign famous classical symphony concert 天津交响乐团 Tianjin Symphony Orchestra

天津音乐厅 Tianjin Concert Hall 150/120/100/80/50/30RMB Tel:23320068 83882000 83882002 滨海会展展会

The schedule of Bin Hai Exhibition Center 08.21-24

中国国际装备制造业博览会

China International Equipment Manufacture Expo 08.30-9.2

2012天津滨海夏季房交会暨海外置业展

2012 Tianjin Bin Hai Overseas House Purchasing Expo

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TIANJIN NEWS

What's hot on Weibo...

Fans were surprised to know that Katie Holmes filed for divorce from Tom Cruise and asked for sole custody of their six-year-old daughter, Suri. Among the guesses of the reason for their divorce, the



six-year-old daugner, surf.
Among the guesses of the reason for their divorce, the most popular one is some religious disagreement. However, a big shocking revelation from Katie was the beyond-friendship relationship between Tom Cruise and David Beckham. It was said that Katie once saw Tom and David together in bed. @officialtomeruise @凱蒂-赫尔姆斯



CCTV broadcasted a piece of news about classic artwork from the Renaissance era to celebrate the 100th

anniversary of the National Museum of China. In a close-up shot of the famous statue David by Michelangelo, David's penis was treated with mosaic. Although the shot lasted only one second, some sharp-eyed viewers still captured it and posted it online. CCTV was mercilessly laughed at for stiffly sticking to some rule and ignorant of what art is. @CCTV新闻 赖道

Recently, a photo of three Miss International winners in Chongqing was distributed widely on the internet. They were criticized for being too ugly to win the title. Soon, some judges confessed that they felt some "pressure" in the process. So

there were a lot of guesses in whether there were some under-the-table deals in it.





The debut of the Chinese version of The Voice, literally translated as Good Voice of China, was a

big success when Chinese televisions are already flooded with various talent shows. Four of the most influential singers in China composed the judges' panel and their funny conversations were also a big attraction. All the contestants in the first episode showed supreme strength in presenting songs in various styles. A lot of audiences admitted to being moved by their performance and a 20-year-old girl who just lost her father three months ago and a blind woman who had an angelic voice even made them cry. @中国好声音微吧

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The Sales Volume of Hopson Jing Jin New City on Opening Day Exceeded 100,000,000 RMB

■ 合生京津新城开盘热销一亿 城主卡全城发布



On July 8, Zhenpin Villas, located at Jing Jin New City at the No.3 exit of Jin Ji Express Way, was open for sale. The sales volume on the same day exceeded 100 million RMB. The villa and golf apartments are highly recognized and complimented by clients.

Local GDP in the First Half Year Grew 14.1%

■ 天津上半年GDP增14.1%

上半年全市生产总值完成5864.94亿元,按可比价格计算,比去年同期增长14.1%,较一季度回落 0.6个百分点。分三次产业着,第一产业增加值73.61亿元,增长3.0%;第二产业增加值3181.20亿元,增长15.7%;第三产业增加值2610.13亿元,增长15.7%;第三产业增加值2610.13亿元,增长15.7%;

The local GDP for the first half of the year realized 586.494 billion RMB, growing 14.1% than the number for the same period last year. The primary industry increased 3.0% of 7.361 billion RMB, the secondary industry increased 15.7% of 318.12 billion RMB; the tertiary industry increased 12.3% of 261.013 billion RMB.



Ice Challenge

■ "冰人大战"



7月15日,极地海洋馆上演"冰人大战"。由保持"赤身裹冰"吉 尼斯世界纪录的"世界第一冰人"金松浩,与曾畅游北极冰海75分31秒 ,被称为"黄山北极熊"的奇人崔德益为争夺"耐寒第一人"的称号展 开激烈角逐、最终、崔德益技高一筹,以138分钟的成绩刷新世界纪录

On July 15, an ice challenge was shown at the Tianjin Polar Maritime Museum. Jin Songhao, who owns the Guinness world record of soaking in ice competed with Cui Deyi, who used to swim in the icy water in North Pole for 75°31". At last, Cui Deyi won the challenge with 138 minutes, creating a new world recording.

Tourism Industry Exposition to be Held in September

■ 旅游产业博览会9月举行

2012中国旅游产业博览会将于9月20日至22日在天津梅江会展中心举办。本次展览面积达5万平方米,设标准展位3000个。博览会设房车需替及户外套备展区、航空游艇水上设施展区、国家地区及省市旅游展区等广外展区、分别展示房车、移动别墅、航空飞机、游艇等——另阶旅游游产品



The 2012 China Tourism Industry Exposition will be held from September 20 to 22 | this year at Tianjin Meijiang Exhibition and Convention Center. The exhibition area will be 50,000m2 and 3000 standard booths will be set up. The exposition will have seven areas including camping and outdoor equipment, yacht and water facilities, and national and in provincial tourism bureaus. A series of new tourism products of sedans, mobile villas, laircrafts, and yachts will also be on display.

2012 Tianjin Taiwan Commodity Exposition Successfully Concluded

■ 2012 天津台湾名品博览会



由天津市故原、台北世界贸易中心共同协办的【2012天津台湾名品博览 会】于7月5日第3度于天津梅江全展中心登场,这场北方地区最盛大的台湾商 品综合展带来900家台湾参展商、2,000个摊位、超过4万项台湾优质商品在7 月5日至8日连续展出4天,主板单位力求突破、精盐末精、将台湾优质展品于 天津集中排产,除了最新仓湾精选案的合湾精品馆外、还规划集结合湾设 计、国际得奖文创精品之文创金点馆、展览期间持续飘香的台湾美食区、展 现台湾中小企业的创新研发实力的中小企业创意馆、新潮、荣获MIT标章的服 「施化、最美最健康的美容生技及根发养生区。

Co-organized by Tianjin Municipal Government and Taipei World Trade Center, 2012 Tianjin Taiwan Commodity Exposition was held in Tianjin Meijiang Exhibition and Convention Center from July 5-8. As the biggest Taiwan commodity expedition in northern China, the event brought 800 exhibitors who rented 2000 booths. During the four days, more than 40,000 types of commodities were sold at the fair. In addition to the latest high-tech products made in Taiwan and selected products in the creative industry in Taiwan, the famous Taiwan delicacies were the most popular parts in the fair. This time, the organizer introduced the Shilin Night Food Fair, which promoted a variety of Taiwan I delicacies.

The Progress of Sino-Singapore Eco City Construction has Exceeded Expectation



■ 中新天津生态城建设进度 超过预期

近四年来,中新天津生态城开发建设 受国内外及社会各界的广泛关注。经过 中新双方共同努力,生态城建设已超额完 成了起步区建设的目标任务,8平方公里起 步区已经初具规模,开发建设进度超过了 预期。

主要体现在一下几个方面:一是环境综合治理实现重大突破。二是基础设施进一步完善。三是以国家动漫产业园为主的 工产企业因区建设明显加快。四是配套设施建设全面展开。

In the past four years, the development and construction of Sino-Singapore Eco City has been widely concerned in and out of China. With the joint effort of both sides, the construction has exceeded the goal established at the beginning. The eight square km initial area has formed a scale and the progress has been faster than expected.

During the past four years, the comprehensive environment I management has realized a significant breakthrough. The I infrastructure facilities have been further improved. The I construction of five industrial parks with the national animation I industry park as the biggest one, has accelerated obviously. The I construction of supporting facilities has fully started.

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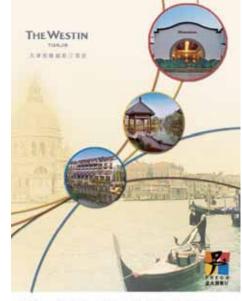
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N2 N6

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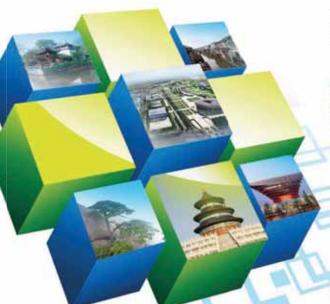
United Nations Borld Tourism Organization



汇聚科技创新 开启旅游未来

中国智慧旅游主题展 暨中国首届智慧旅游发展论坛

旅游解决方案与信息技术供应商、旅游电子产品、旅游电子信息设备、科技节能环保产品、其他智言旅游 产品与解决方案展示的国际盛会。



主办单位:国家旅游局 天津市人民政府 支持单位:联合国世界旅游组织 承办单位:天津市旅游局 中国旅游协会

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- 回顾与总结一科技推动旅游产业变革的进程
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Shoot out of Spontaneity

by Paula Taylor

捕捉瞬间的精彩

作为摄影师,Barnaby Jaco Skinner从天津这座城市获得了很多更感。Barnaby之前在伦敦生活了很多年,但他已经开始厌倦了。而在这里,Barnaby每天都能发现有意思的事物,这些都是激发他不断创作的源

Barnaby相信好的摄影作品来自即兴的捕捉。在中国,他发现很多婚纱摄影都是摆拍,出来的效果千篇一律。虽然他相信开一家这样的工作室会有高回报,但是他实在不愿放弃一个艺术家的坚持。金钱目前可以设度次位,追求艺术的纯粹才是最高形式的自由。

think that photography is underrated as an art form and often does not get the respect it deserves. This opinion was confirmed by an expert photographer, or should I say artist, Barnaby Jaco Skinner, who says that getting a good picture needs more than just a camera. You know the saying "A picture paints a thousand words" and whilst I have never been emotionally moved by a painting, I have been reduced to tears by photographs. Photography is a skill that technically can be learned, but genuine talent and a discerning eye for a special picture is much rarer. Barnaby is a Licentiate of the Royal Photographic Society. This means he has passed various assessments and has been approved by the Society as a capable and proficient photographer. "Do you have a camera?" he asked me. I should have been nervous with a professional asking me that question. "No I can't take good pictures" I replied. It is true, in the past when I have taken pictures, even I have not wanted to look at them, boring, boring, boring.

Barnaby has an eye for the unusual, he has no interest in the run of the mill pictures that most people take and he has a knack for finding something interesting in the most mundane of topics. A photograph of a person having a nap on a bench becomes much more interesting when you realise it is a worker that should be about going about his business. When Barnaby first arrived, he spent three months going round Meijiang just taking pictures of the floor and all the different patterns and shapes.

He is from England and I was delighted to find out he has lived all over London. He told me that as far as professional photography is concerned, London is pretty much a saturated market and he is delighted to have been able to come to China and feels that it is a real privilege. His enthusiasm is catching; everything in Tianjin is fresh and new to him.

I see interesting things here every day I so completely understand that it must be a photographer's dream location. Tianjin has naturally got under his skin. It is very

interesting to look at his photographs and see Tianjin through his eyes. I know for a fact that he looks at things with a different perspective to most as I also notice unusual things. I said to him "There is a really strange little truck that goes around in the dead of night spraying water into the kerb. It is called ZoomLion".

"I know", he said, "I have taken a photograph of it". I was amazed. When I mentioned this truck to my friends they thought I was crazy. It makes me laugh because of the name. It goes really slowly, it does not zoom anywhere, and why is it called lion?" I asked him why he had taken a photograph of it and he said "Because it is interesting". Indeed it is.

Photographers need to have a burning passion for what they do. Just as an artist lacking inspiration cannot paint, and a writer with writer's block cannot write, once a photographer becomes become jaded then their photographs will be relegated to the ordinary variety. Hence after becoming a little bored of England Barnaby made the move to China. I think we will all agree there is no shortage of fascinating subjects to capture here. Coming to China exposed Barnaby's jaded eye to a whole new set of experiences and interesting subjects. We can all agree that we have seen things here that would be impossible to see in our own country.

Naturally the subject of weddings came up, in view of the fact that wedding and baby photography is such big business here I asked him if he was going to get involved in it. The answer was no. Wedding photography, particularly in China currently requires strict adherence to the rules, everybody wants to be the same and no additional creativity is expected. This automatically rules someone





of Barnaby's experience out. Although he is looking forward to doing more studio work and knows he could make an absolute fortune doing wedding photography, like a true artist, he feels that money is incidental, secondary to the desire to pursue his art in its purest form. Making lots of money with no artistic freedom is low down on the list of priorities.

He is wildly enthusiastic about photography and Tianiin and a look at his personal blog will confirm this. Skilled photographers are able to make the ordinary appear exciting. We discussed the fact that it is possible to buy many tools of the trade to ensure the perfect photograph, for instance if you want to take a shot of a lightning strike you can buy a light meter that will ensure you get a picture of it without having to wait around. Barnaby feels this is almost like cheating and that it removes the spontaneity and skill out of professional photography, although he openly admits the fun that new technology can bring to the world of amateur photography.

Being a fellow Brit I was intensely interested in something else Barnaby has gained from living in Tianjin, his other big love, apart from his wife of course, is his dog Indie. Although he bought her from a reputable breeder, she became very sick with Parvo Virus and it was touch and go as to whether or not she would make it. He said that he rushed her to a vet in Meijiang who didn't understand why Barnaby wanted to go to so much time, trouble and expense to save her. "I told the vet that our dog was part of the family and he immediately understood" he said. Of course the vet understood this, to Chinese people the family is everything. "Indie is fine now. My wife and I really love her to bits", he said with feeling. Phew! I was



worried for a minute. Having a dog has increased the joy he gets from living here.

With the summer break almost upon us Barnaby is heading off to Xin Jiang to collect some more masterpieces for a book he is hoping to write. Xin Jiang is a photographer's paradise and no doubt his book will be spectacular. "I feel it is a real privilege to be

here and I hope I can stay here as long as possible". I am sure we all echo his sentiments. He went on, "I used to study Kung Fu in Britain and practised Lau Gar with all kinds of traditional Chinese weapons. Kung Fu teaches you to respect the Chinese people and the civilisation they invented; I just feel that to be able to come here and take photographs is a dream come true. I don't think I could be happy doing anything else. I wish my family and friends could all come out and experience China for themselves". Of course he experienced the same shock that we all felt upon first arriving here and now feels that he can take on anything.

"One of my pass times is teaching photography, it is amazing to see people take pictures that they never thought they could take. Being an artist is about discovery, discovering your interests and what you are good at". He likes to take spontaneous candid shots, he says "What I do is unique, I can't really do set up photographs, when I am shooting, nobody knows I am there." He thinks that living in Tianjin is a challenge but it never stops surprising him, and being here has certainly made him a better photographer. He feels London was very restrictive with his photography being driven by the market, whereas here he is driving the market a little.

I look forward to seeing his exhibition later this year in Tianjin displaying his work from China and the UK.He says "I want to be in China for as long as possible, for as long as I am welcome here". Something tells me he will be here for a long time.

You can visit Barnaby's personal blog atwww.barnabyjacoskinner.com or his professional portfolio at www.bjsphotographic.com.



Tientsin's Olympic Runner ----Eric Liddell

By Andrea Klopper



Portrait done in 1925 now hanging in the Scottish national Portrait Gallery,

旅居天津的奥运会选手一李爱锐

在1924年的巴黎奥运会上,李爱锐 (Eric Liddell)代表英国队参加了200米和400米赛 助,并获得了400米的金牌和200米比赛的铜牌。在上世纪八十年代的一部电影《火之战年》曾 经再现了当时的场景。

李爱锐于1902年生于天津。他的父亲是基督教传教士,一家人都是虔诚信徒。六岁的时候,李爱锐就回到英国上学,在这期间他参与了各种各样的体育项目。

1925年他回到天津,担任一所新学校的数学老师兼体育教练。民园一直都是天津的标志,位于当年的英租界内。李爱锐当年就参与了民园的设计工作。他的一生都投身于体育教育事业。1945年,李爱锐死于脑癌,年仅43岁。



his summer, London has hosted the Olympic Games. In 1924, they were hosted across the Channel in Paris where over 3000 competitors from about 44 countries gathered at the Colombes Stadium. Among Britain's representatives for the track events was a Scot - Eric Liddell. He won a bronze medal in the 200 metres. The next day he ran in the opening heats of the 400 metres. He got through to the finals when he was pitted against Johnson, Guy Butler (Great

Britain, Imbach (Switzerland), Taylor (USA), Fitch(USA). "From the start he ran like a man inspired. He set off at a pace which looked so ludicrously fast that we expected him to crack when the home straight was reached. ... Every muscle of his body seemed to be working overtime in his wild rush to supreme victory." (recollection of Harold Abrahams quoted in Keddie 2007:124). He had set a world and Olympic record of 47.6 seconds!

This remarkable feat has been memorialised in the 1980s



film 'Chariots of Fire' which picked up on some of the drama behind the event, namely Eric Liddell's refusal to run on a Sunday, therefore having to give up the 100 metre races for which he had trained. It was evidence

that he was a man of outstanding conviction who would not let his love of running surpass his love for God.



Eric well in the lead on bend in 400 metres (Keddie 2007: 124)



Eric had been brought up in a family with an active Christian faith. They were in fact missionaries with the London Missionary Society (LMS) in North China. Eric had been born in Tientsin in 1902, the second of four children. His early years were spent in a mission station at Siaochang (Zaoqiang) where his father James was based. In 1908 he and his older brother Rob were sent to Eltham Colege in England. They boarded and were both active in sports: athletics. football rugby, cricket. Sports continued to feature when Eric went to Edinburgh University to study pure science. He made his debut in 1921 at Oueen's Park Sports with his style that became a hallmark: chin up, head back arms thrashing. While studying and running, he was also involved in various evangelistic campaigns where many remarked on his natural warmth. He was planning to return to China, where his family still worked. After the Olympics, he did so.

In the summer of 1925, a letter was sent to parents and guardians from the Tientsin Anglo-Chinese College (referred to as T.A.C.C.) announcing that the school authorities had decided to open the college as usual and that there would be an additional member of staff—an International footballer and World Champion in Athletics. This was Eric Liddell. Tientsin once more became his world, and he threw himself wholeheartedly into life here:

The Tientsin Anglo-Chinese



Anglo-Chinese College School buildings (Keddie 2007: 165) Many of the buildings were damaged in the 1976 earthquake. It was occupied by the Seventeenth Middle School until recently when the whole site was razed to the ground for development.

inter-school sports competitions, and for many of the community activities such as coronation celebrations and military parades. Eric himself beat Dr Otto Pelzer in a 440 yard race here on 25 November 1929. More recently, the track was enclosed with grandstands that looked onto a football field where Tianjin's local team played until a new stadium was built for the 2008 Olympic Games. There are now plans for the Min Yuan to, aptly, become a Citizen's Sports Park (see JIN July 2012 page 19).

College was where Eric Liddell

took up the post of Mathematics

and Science teacher as well as

coaching sports. The school was

on a plot of land at the northern

end of Taku (Dagu) Lu bordering

the French concession. It had been

modelled on St John's College,

Cambridge and its castle-like

structure included a chapel, lecture

rooms, dormitories and flats for

the teachers. It had been

established in 1900 by the Dr

Lavington Hart of the London

Missionary Society. His aim was

to educate and so influence the

country's future leaders. The

school was therefore committed to

building the character of its

students through "education of the

highest type, permeated with

Christian influence, and free from

(MacCasland 2001: 126). Lower

grades were taught mostly in

Chinese but higher grades were

taught in English. Eric's parents

lived in a Mission House nearby,

so he lived with them initially. By

1933, Eric became secretary of the

college, attended meetings of the

Board of governors, served as

chairman of the Games

Committee, in charge of the

religious activities of the school

such as morning prayers and

British Municipal Council before

long to help design a running track

in the heart of the British

Concession, known as the Min

Yuan. The track was subsequently

used for the heats of the North

China Championships,

Eric was approached by the

Sunday chapel.

compulsion'

religious



On Sundays, Eric Liddell could be found at the Union Church where a range of Christians gathered for worship. Eric was asked to serve as Sunday School Superintendant and to teach a class of boys which he did. Having been ordained on a trip back to Scotland in 1932. Eric also preached in the Union Church. In the 1930s, he served as advisor to a Saturday night group led by Chinese youth in the Taku Road Christian Church. It was at the Union Church that he met Florence Mackenzie, some ten vears his junior. She was later to become his wife and they were joyfully married in the church in March 1934.

Much of Eric Liddell's courtship with Florence took place at seaside Peitaiho (Beidaihe), a five hour journey away. Many of the foreign community in Tientsin retreated here in the summer heat. The London Missionary Society, like many other groups, had a bungalow (which has since given way to modern holiday apartments) for use of its personnel. There they could relax.



Eric Liddell shown with his daughter, Patricia, at Beidaihe in summer 1936 (from MacCasland 2001)

socialize, enjoy the beach, play tennis, hike to the nearby Lotus Hills, spend moonlit evenings round a campfire on Rocky Point. Over the years, it was a place of refreshing for the Liddell family.



Eric and Florence Liddell's former home (photo by Andrea Klopper October 2010)

Once married. Eric and

Florence began a family and for a period they lived in this house, which still stands on Chongging Dao in the Wu Da Dao area. Eric was actually often away from 1937 when he was working with LMS alongside his brother in Siaochang where there was a clinic. The people there were suffering greatly due to war and then catastrophic flooding (see next issue of the JIN). It was the heightened tensions with Japan that led to Flo and her two daughters leaving Tientsin for the safety of Canada where the Mackenzies lived. They were not to see each other again, and Eric would never meet his third daughter. With the attack on Pearl Harbour, all Americas and British citizens were rounded up by the Japanese and sent to a detention

camp in Weihsien (now Weifang), Shandong. Eric would be part of the Education Committee established there and leave an imprint on the lives of many young people as he taught, tutored several students in chemistry and organised sporting activities. He was to die here of a brain tumour on 21 February 1945, aged 43. He had run his last race and run it well. A fellow internee recalled:

"He was not

conspicuously clever, and not conspicuously able, but he was good....He gave of himself unstintedly [sic]. His reserve did not prevent him from mixing with everybody and being known by everybody. ... His fame as an athlete helped him a great deal. He certainly didn't look like a great runner, but the fact that he had been one gave him a self-confidence that men of his type don't often have. He wasn't a great leader, or an inspired thinker, but he knew what he ought to do, and he did it. He was a true disciple of the Master." (in MacCasland 2001:285)

While there is a memorial stone provided by Edinburgh University, Eric's alma mater, in Weifang, there are other reminders of his life in this city. More significantly, he touched many lives, both directly and indirectly as a man who loved to run and acknowledged that God had made him fast.



Bibliography: Keddie, John (2007) Running the Race. McCasland, David (2001)

MAIN STORY



Olympic Fever

奥运热

奥运会确实是世界范围内的一大盛事,而这次奥运会恰好是在我家门口举行。2008年的时候,全世界都感受到中国人民万众一心迎奥运的高涨热情。但是伦敦人民却高兴不起来!

自从伦敦获得2012年的奥运会主办权以来,这座城市就没消停过。在奥运倒计时的几个月里,伦敦人民的 日常生活承受了巨大的压力。奥运专用车道的开通让普通市民的出行更加困难,道路拥堵成了家常便饭。通常 20分钟的路程走上2个小时也不足为奇。奥运经济带来物价的飞涨,世界各地飞往伦敦的机票价格都比往年橱着 增长。而且我们都知道,整个欧洲都处在经济萧条中,政府却为了奥运会花费了几十亿英镑,这无经给英国的 经济雪上加霜。地铁里不断加强的安全警戒却让市民感到越来越不安全,他们时刻担心恐怖袭击的降临。为了 迎接奥运,大规模的楼体施工蔓延整个城市。噪音、路障时刻围扰着路人,我这个生生土长的伦敦人几乎认不 出这座城市了。还有这连绵不绝的大雨,不知道什么时候能停。别忘了,我们的主体育场可是没盖顶子啊!我 们英国人"湿身"看比赛已经习惯了,可让游客们淋雨就不合适了。

好了,让我们平复一下情绪,换一个积极的态度。天气已经这样了,如果大雨真的能停,那就是我们赚到了。所有这些给我们带来不便的改变都是为了让世界各地的游客对伦敦留下好印象,好好享受奥运会带来的激情。世界顶尖的运动员一定会在奥运会上展现最出色的自己,闪电博尔特还会继续打破纪录吗?让我们拭目以

Then and Now

This is an Olympic report with a difference, it will give you an insight as to how preparations for the games has affected local residents.

When it was announced that Beijing would host the 2008 Olympics, Chinese people all over the world celebrated. They were proud and excited and saw it as an opportunity to show the best of China. Months before the Olympics kicked off, English TV featured many documentaries about China in the hope that we would become familiar with what, up until then, was a mysterious far away country which most people would not have an opportunity to visit. Those programmes sparked interest and people wanted to come to China to see it for themselves, indeed when I came to China later that same year, the plane was full of English pensioners who all belonged to an old people's travel group. Some of them had viewed the programmes and wanted to see for themselves if the rumours and hype were true. No doubt since that Olympics China has seen a boom in tourism.

At the time of the Beijing opening ceremony I was at work in London and the bosses had installed a giant TV screen in a small park opposite the office blocks. I watched open mouthed with Chinese colleagues as the ceremony was revealed in all its glory. I applauded and was very pleased for my Chinese friends that their country had done so well. Now, four years later the Olympics are in my town. Do English people have the same enthusiasm as Chinese people did?

The news that the 2012 Olympics would be held in London received mixed reactions. Londoners, that is the ones I spoke to, were dismayed. The government had announced that our local taxes would be going up and this would only apply to Londoners. We were also afraid that we would be a laughing stock, as the general thought was that we would not be able to match the opening ceremony in Beijing. There was a very big difference in attitudes, whereas Chinese people were delighted to host the games, Londoners were groaning.

One thing Americans and Australians and other non-British people do not understand about English people is we like to complain. They think that because of this we are miserable and unhappy. The reverse is true, when we have something to complain about we are extremely happy. The Olympics has given us something big to criticise.



Traffic Woes

London is a very old city and many of the streets are narrow and the buildings old. We worried about how we were going to cope. After I went to China I started to receive regular emails from my friends along the lines of "It's terrible, they have closed many roads and it is so inconvenient". As time went on, the emails became more frantic, until just recently before I left China to go back to London for a holiday my friend's mail said "It took me two hours to get home tonight on the bus, it should have taken 20 minutes, what is going to happen when the games actually start? I will be glad when it is all over".

Counting the Cost

There are many reasons why I am personally unhappy that the Olympics are in my city. My life has been affected in a big way and it started last year in August when I was in London and wanted to buy a return ticket to China. Of course our feelings are coloured by anything that has a personal cost. I go home every year in the middle of July and come back at the beginning of September. I do this because I cannot bear the heat in Tianjin. By May I am already too hot and the heat

affects my attitude and stifles my activities. Last year I found that the air tickets had risen in price significantly and my options were also limited. When I enquired as to the reason, I was told that because of the Olympics the demand for travel had increased. I usually fly direct with British Airways from London to Beijing which is a 12 hour flight, but now this ticket was out of my price range, it was almost double last year's price. I tried Air China but there were aboutely no seats available for June and July, I guess they had all been kept for government officials and athletes. After many

hours of trawling the internet I finally got a ticket that was financially acceptable to me, but the downside was that the plane went to Dubai first and, there was a waiting period there of four hours before going to Beijing. By the time I got to Tianjin I had already been travelling for 24 hours. Also instead of being able to go back to London in July 2012, I had to go back in June or pay a lot more money, which I refused to do. Hence this meant that I would be coming back to Tianjin at the beginning of August and so it would still be really hot. I hate the Olympics has been my mantra for a whole year.





MAIN STORY



More Problems

At the moment there is a severe economic recession in Europe, millions of people have no work. In Spain 50% of young people are jobless and have no real prospect of finding work in the future, if the news reports are to be believed the banks are repossessing peoples' homes at an extraordinarily fast rate, building sites and even a new airport lie derelict amidst catastrophic financial crises, Greece is in total financial meltdown, Italians are worried about their economic future and last year when I went home there were terrible riots all across England, not because I had gone home, I hasten to add. For many people in Europe the future is uncertain. The recession is one of the reasons people here are not enthusiastic about the games. The Government is spending billions on them when many people think the money would be better spent elsewhere. This is not my view; it is not realistic to suppose that there can be an Olympics without huge spending. However as I said, there is still the feeling that people

are too busy wondering what tomorrow is going to bring, rather than get excited about a sporting event, albeit the world's most important one.

In London we live under the spectre of terrorism and many are worried about terrorist activity and how the Government plans to police this extra-large event. Just yesterday I asked a man in a restaurant "How do you feel about the Olympics, are you excited about them?"

"I don't know really, I am worried about terrorists" was his response. This problem is uppermost on our minds.

As we speak the security issues are front page news here. One of the headlines includes "Olympics security fiasco continues as G48 boss admits he doesn't know if guards can speak English". There followed a damning verdict on the security arrangements in place

Rain, Rain, Go Away

Normally I don't mind the rain in

England, I am used to it and it is what makes England so green. By the time I have spent months baking in Tianjin I am happy to go home and get rained on. However a month before I went home it started raining in England. It started raining and basically didn't stop. In some places a month's rainfall has fallen in 24 hours and there has been widespread flooding. I have been back in England 3 weeks now and it has rained heavily every single day. Everyone has started to worry that the Olympics will be rained off. It is going to be raining solidly for the next five days and after that.....well probably it will rain some more. The Olympic stadium does not have a roof as it was considered too expensive to include one. Whilst we Brits are used to getting soaked when watching sporting events, the tourists are not. Just a side point, it always bemuses me when people say "YOUR weather is terrible" as if I am personally responsible for it. What can we do about OUR weather? Absolutely nothing. The ENGLISH weather will carry on regardless of any personal feelings that English people have about it.

The Madness Begins

As I previously said my recent news from home has mainly been "There are terrible traffic jams as they have closed a lot of roads".

"I was really late home tonight and the buses are all on diversion"

"I am sick of the Olympics already and they haven't even started. I will be glad when it is all over". I thought they were all exaggerating.

On 23rd June I travelled to the airport in Beijing for my long fragmented flight back to London. From the minute I stepped off the platform at the train station late at night to continue my journey to the Beijing airport, it was all a big disaster. I won't bore you with too many details but from the taxi driver who tried to charge me 300 yuan to go to the airport when it should have been 120, to the person whose stinking feet at the airport drove me away from my comfortable seat in which I was to spend the night, everything was a problem. I should add that although my flight was not until early the following day, there was no early bus available so I opted to "sleep" at the airport. Of course the taxi driver and the stinking feet owner have nothing to do with the Olympics, but had my flight options not been limited I would not have chosen such an inconvenient flight and so would not have crossed paths with either of After a very long journey of 18 hours in total I finally arrived back at Heathrow airport in London. I still had a long way to go to my home and the first sign that greeted me at the tube (subway)station was "Road Closures, delays, please check your journey times".I gave a big sigh. I wanted to take a picture of the signs but it is forbidden as it is a security risk. We have suffered from terrorist activities in the past on the tube and the buses and because of the Olympics everyone is a little bit nervous. So many people will be coming to London that we are afraid the police will

not be able to monitor the situation.

After I had been here for a couple of days I met up with some friends and we went to Greenwich Park. This is a really famous historically important place, it is where GMT or Greenwich Meantime is set and there are thousands of visitors each day. Apart from anything else the park itself is huge and beautiful and it is one of my favourite places. "Aaaaarrrrggggggg! What is going on?" I screamed. The park had been decimated in some places, there was building work going on everywhere. "They are erecting a stadium for the Olympics". My friends told me. "Here?" I asked incredulously "Why here?" No-one knew why. Workmen kept asking us to move on or move out of the way so that they could get their monstrous trucks moving. It was noisy, noisy, noisy. "It's like this everywhere and has been for some time" one of my friends said. I feel as though I don't recognise the city I was born and grew up in.

Olympic Tales Strange but True

1. Poodle clipping and underwater swimming were events at the 1900 Olympic Games in Paris.

2. Milo of Kroton was one of the greatest Ancient Olympic champions. He won the wrestling event 6 times, over a span of 34 years. He was said to train by carrying a calf every day. As the calf grew heavier, his muscles got stronger.

3. The oldest Olympic athlete was Swedish shooter Oscar Swahn who won his sixth Olympic medal at the 1920 Antwerp Game at the age of 72 years and 280 days old.

4. For the first time in London women's boxing is included with 36 athletes competing in three different weight classes.

5. Solo synchronised swimming was an Olympic sport from 1984 to 1992. How can one person be synchronized?

6. The 1912 Olympics was the last time that gold medals were solid gold. Ever since, they've been silver with gold plating.

7. In 1900 there was a live pigeon shooting event, the first and only time animals were killed on purpose in an Olympic event.

8. All athletes competed in the nude at the ancient Olympics.

9. At the first modern Olympic Games in Athens in 1896, silver medals were awarded to the winners and bronze to the second

10. In 1900, in France, Olympian winners got paintings instead of gold medals. The French gave the winners paintings because they believed they were more valuable.

11. No women competed in 1896, as it was felt that their inclusion would be "impractica uninteresting, unaesthetic, and incorrect."

12. The first Olympic drug suspension was a the 1968 Mexico City games when Hans-Gunnar Liljenwall, a Swedish pentathlete, was suspended because he tested positive for a banned substance: alcohol.

13. China didn't win its first medal until 1984

14. In ancient times females were forbidde to watch the games and the penalty for doing so was death.

15. The official distance of a marathon was 26 miles but in London in 1908 the organizers added another 385 yards so the royal family would have a better view of the finish line.

16. Africa, South America and Antarctica are the only continents that have never hosted an Olympic games.



MAIN STORY



More Bad News

My Chinese friends had been asking me "Are you going to watch the Olympics?" I didn't tell them that I had started to see ominous reports in the newspapers that the ticket prices would be sky high, that is if they could even be obtained. Many have been earmarked for corporate sponsors and as freebies for celebrities. The reports also warned us that nobody would be able to bring food and drink into the Olympic venues, although they can buy it at vastly inflated prices. A basic lunch for a family of four will cost 400 yuan. Instead of costing around 4 yuan, a bottle of water will cost 16 yuan.

Tickets for the most important event, the Men's 100 metre final will be dished out to Politicians and other important people. It is unlikely that ordinary people will be able to get decent affordable tickets to see this

Wherever I look there are building works going on. I have regularly been stuck in traffic jams because they were testing out the routes to the Olympic sites. Horror of horrors, there are traffic lanes that only athletes and officials may use. If anybody else uses them there will be hefty fines to pay - 1300 yuan per offence. It is already quite expensive and trying to drive in central London anyway and this will be another added burden. There are 30 miles of these exclusive lanes and whilst the VIPS will be whisked along to where they want to go in comfort, all the other drivers will be shunted into slower lanes as the roads have been made narrower. 1,300 sets of Traffic lights are also being adjusted to give priority to Olympic routes.

Negative Attitudes Encouraged?

I asked a Chinese friend if she didn't feel that preparations for the games made life inconvenient. She said "Of course, at the time, even in Tianjin we suffered a lot but it was worth it". I sincerely hope that by the time things get underway here, Londoners will be able to echo the sentiments of the Chinese

The newspapers in England like to feature negative, controversial stories and they leave the positive ones out. I started to wonder if maybe our totally negative attitude towards the Olympics is because the newspapers are stirring up our emotions. Why do they keep going on about the terrible weather? This is England, this is "our" weather, it has not changed and we are used to it. Tourists who come to England no doubt have done their homework before they come and know that they should come prepared. We don't need the newspapers to keep showing us pictures of rain, we know it is raining!!A colleague from New Zealand living in London said to me "I hate the weather here, you can't trust it".

"On the contrary" I said "You can trust it, it is always bad. If you work on that premise then anything else is a bonus"

The newspapers in China at the time of the Olympics encouraged Chinese people as a nation to get behind their country's effort. No such thing is happening here, it is all criticism of every arrangement that has been made. If Britain fails to put on a good show, no doubt the media will gloat. I am all for them telling us what is going on, but surely it can't be all

bad. The problem is that good news is not good news for the newspapers. They like bad news, good news is not sensational enough, bad news can be counted on to get the reaction they want. If you look at the comments section in a newspaper it is always the bad news that gets the most comments. Consequently because we are being fed such negative reports every day, our attitude is also apathetic. We don't expect our country to do well and we will be the first to say "I knew it" and be pleased if we fail. Americans are fiercely patriotic, is this because their newspapers get behind their country? I must ask an American friend sometime.

So, so far everything I have said is negative, remember British people like to complain. but is there anything good I can find to say? Let me see. London is a great city and if you can stand the gloomy weather and tolerate our even gloomier attitude you will have a great time. The preparations that are going on are designed to make sure everyone has a fantastic time, we are sacrificing and changing some of our greatest sites for visitors. My beloved Tower Bridge has the Olympic rings suspended from it, this is sacrilege from our point of view but their purpose is to point the way to the main Olympic site.

The games start on 27th July and finish on 12th August, but unfortunatelyI will be leaving London on 7th August to come back to China so I will miss the end. In a way, although I will be back for the hottest part of the year and will probably start to complain again - just warning my friends, I will still miss the feeling of being right in the centre of the action here.

Comparisons will be made between China's effort and Britain's, that is inevitable, but let us not forget the most important thing, and that is the competition itself. Whilst British people hope that we will have great opening and closing ceremonies, the bigger hope is that the athletes, wherever they are from will do their best. You all know the saying"It is not the winning that is important, but the taking part". This will not help those athletes who do not do as well as they want to in their events and my thoughts are already with them. My personal feelings, and they may be unpatriotic, is that an athlete that gives his all but does not get a medal is still a winner. So if Usain Bolt wins the 100m final again, I will applaud him. I have been highlighting everything but the competition itself, but writing about it now is giving me little twinges of excitement and anticipation.

Speaking of Usain Bolt, the Jamaicans are dominating the short distance running competitions at the moment. In 2008 both Bolt and a fellow Jamaican, Shelly-Ann Fraser (women's event) got gold medals for the 100m final. Many people have wondered why black people excel in running competitions. The Africans, particularly the Kenvans and Ethiopians dominate the long distances. Apparently there is a scientific reason for this but opinion is divided. Scientists have discovered the existence of a protein called Actinen A that influences speed. Jamaicans are descended from West Africans who also excelled at speed competitions. In tests it was discovered that more Jamaicans than any other nation apart from the Kenyans have an abundance of this protein. The problem is that Kenyans have never really made their mark in speed competitions, but excel in long distance running, whereas Jamaicans never really do well in distance running. So this is why the experts are divided as there seems to be a contradiction,

with some of them not even believing that

Actinen A influences athletes at all. Technically speaking, all Jamaicans have this capability but they are not all champion runners.

Jamaica is an extraordinarily beautiful country but its people live in very difficult conditions, with many living in poverty. The sports track offers a way out and there are many up and coming youngsters waiting to take over once Bolt hangs up his boots. I cannot bring myself to begrudge them their victories. Sport has always offered a way out of the ghetto. The best Brazilian and African footballers have come from the very poorest areas. Melanie Walker the 400 metres hurdles champion is also from Jamaica.

There is a very interesting documentary called "Why do Jamaicans run so fast? The Jamaicans themselves say it is because Bolt eats healthily and does not eat junk food like McDonalds and KFC. However this opinion is shot down in flames by Bolt himself who says that he eats anything and particularly loves McDonalds and KFC, indeed he says that he prepared for the 2008 Olympics by

eating chicken nuggets just before his race. Whatever you believe, there is no doubt that the Jamaicans' star has risen and they will be dominating this sport in years to come. Incidentally there have been Chinese people in Jamaica since the 1800s and diplomatic relations between the two countries were established in 1972. I met a Jamaican lady in England who had gone to China in the 70s, she said it was very interesting. She said there was such a close relationship between the countries because of Jamaica's interest in communism. Given the number of Chinese Jamaicans, maybe the genes will be passed on and we will see a few speedy Chinese yet!

The greatest sporting show on earth has come to London!!!! Hurrah, I feel I am almost part of the action. My home is very near to the main Olympic site and we are living and breathing it. After everything that has gone one, after everything I have said, I never thought I would be excited. The weather reports indicate that it will stop raining one day and summer might come next week. Welcome to London everyone!



SWITCH OFF!

By Paula Taylor

劳逸结合

近来,越来越多的研究和调查表明,世界各国的上班族都有一个共同的现象: 劳累过度。很多人不能正常的享受午休时间。 "工作狂"开始在上班族当中蔓延, "老板没走所以我也不能走"变成很多人晚归的原因。如今,你永远不可能真正离开你的工作。享受限期。因为你的手机、电脑都可以帮你把办公室带到任何地方,所以很多人都患上了"假日综合症"。 放假时,他们总会因为离开了工作而感到万分内疚,甚至焦虑。企业急需找到能提高员工效率和产能,避免工作占用员工私人时间的方法,确保员工心情愉快、身体健康才能工作高效。采用更灵活的工作方式,减少通勤时间和让员工就近办公,提高其工作效率,让员工可以在休假时能真正地将工作效下。

urveys and research carried out across the world have revealed something that many nations seem to have in common, the tendency to overwork, not switch off and take a break or go home when they should. The Japanese are famous for giving their all to their job, but they are not the only ones.

A recent survey carried out in England revealed that 60% of office workers do not take a proper lunch break. What they do not realise is that by doing this they are actually working an extra 16 days per year free of charge. In England most people get an hour for lunch, but many workers said that they felt guilty if they took more than 30 minutes. Experts have pointed to the recession as the reason for people curtailing their lunch breaks, people no longer have the money to

have long lavish business lunches at restaurants running into several hours.

Also because of the recession some people are afraid of losing their jobs, they want to give the boss a good impression by not leaving the office at lunch time. One worker said that as it is quiet then she uses the time to catch up with her work. Crucially, however she also said that it looked good if the boss came around and everybody except her had abandoned their work station. She felt that when the time came to decide on promotions her boss would choose her as she had demonstrated her commitment.

A Japanese person told me that she shouldn't go home if her boss is still around. That means that if the boss is still in the office at 10 p.m., technically she should be too, she feels guilty if she leaves first. She also gets

Also because of the recession some people are afraid of losing their jobs, they want to give the boss a good impression by not leaving the office at lunch time



emails on the days she is not working and is expected to respond to them

As we now live in a mobile age people are never really away from their work. Once upon a time everything a person needed to do their work was in the office. Now with laptops and PDA devices the office goes on holiday too. Anyone that owns these devices knows that if they take them on holiday they will log onto their email account at work to see what is going on. As workaholics never switch off it must be incredibly frustrating for their families. Think about the high powered businessman who promises his long suffering wife and children that he will take them on holiday and not think about work. If he takes his PDA that promise goes out of the window. The lines are blurred between the office and home as the office is now a portable entity.

Chinese workers also suffer from the problem of not being able to switch off. Recent research carried out by Regus has

revealed some startling facts. Almost 47% of Chinese workers do not shut down from work when they are on holiday with their families. Some people work for at least three hours per day, but a staggering 44% work for more than three hours per day. Little wonder then their families are not happy. If they do this much work when they should be on holiday.

hardworking as the men and so not being able to switch off from work affects them too.

Working too hard or too long is counterproductive. Apart from the obvious problems of fatigue and the risk of becoming burnt out, resentful families and the stifling of creativity are also other dangers. The threat to a person's health due to overwork cannot

Chinese workers also suffer from the problem of not being able to switch off

imagine the situation when they decide to take a working holiday. Is a working holiday a good idea? Not if you are a family member on the receiving end. These workers cannot give their time wholeheartedly to work and they are not there 100% for their families, it is eatch 22. These days of course many Chinese women also hold down a job as well as running a home. They are just as

be minimised. Problems include stress, insomnia, heart attacks, depression, strokes etc., no doubt you could write this list yourself. In Japan they even have a name for it Karoshi — death from overwork. This phrase was coined when widows of businessmen that had died from overwork were filling in claims for compensation.

Have you ever heard of holiday

neurosis? This is when a person who is on holiday becomes anxious because they are relaxing on holiday when they feel they should be at work, in short they feel guilty. The action is going on at work and they are not part of it, so when their holiday is over they are almost relieved that they can once again go to work.

There is a difference between working hard and being a workaholic. A hard worker still knows when to switch off his computer and when not to respond to the shrill commands of his mobile phone. A workaholic welcomes their constant presence in his life, even if they alienate his family.

Although the Japanese are best known for working extremely hard and for doing more than what is asked from them at work, I can personally confirm that the Chinese suffer from this. I once went for a job interview with a Chinese company but someone warned me about the boss. "He will think nothing of calling you up over the weekend and late at night to discuss work" I was told. "Just as you get ready to go home of an evening he will call a meeting and you will be expected to stay". I lost all interest in that job. Life is too short to waste unnecessary time at work, especially when it is not required. My philosophy is work hard during working hours and then at home time go home, give a fair day's work for a fair day's pay. As far as working in the holiday is concerned, if you don't log on then work cannot steal time rightly belonging to your family. Maybe some of the bosses reading this article totally disagree with me. Of course there are times when urgent situations and unforeseen circumstances crop up and you have to give a bit extra, but generally,unless you are actually responsible for running a country, taking time off from work to be with your family is not going to result in any dire consequences. It could also mean the difference between staving married or divorcing.

Because Chinese workers have the reputation for being hard working some bosses take advantage of them, they know that they will get extra unpaid work out of them. Are Chinese workers also afraid that they will lose their jobs if they don't do all this extra work? Maybe some of them are, but maybe some of them feel that they are indispensable and that if they do just shut down on holiday, the company will collapse. If this is the case then pride is a problem. We have to dignify people by delegating and then letting them get on with it. To quote Greg Maloney, Manager of the Radisson Hotel "A good boss knows how to delegate".

A luxury home away from home

更豪华的家

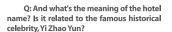
天津易精品酒店于2012年7月29日奢华开幕,酒店坐落于天津奢名的愈式风情区,由具有百年历史的易 兆云故居改建。英国SLH集团管理的易精品奢华酒店,秉承奢华议施设备及专属定制服务的高端标准,弥补 了天津精品奢华酒店的空缺。本期有幸采访到该酒店拓展副总裁罗素先生,并对酒店的运营情况有了更深入 的了解。



ecently, nothing has been more popular among people than the topic that the freshly finished Yi Boutique Hotel Tianjin is opening to the public. It is a combination between modern and historical sides and a perfect blend of architectural uniqueness. Meanwhile, the characteristic design and interior decoration with state-of-the-art equipment creates a cozy but refined ambience. Therefore, JIN Magazine managed to seize the opportunity to interview the Vice President, Hotel Development & General Manager Mr. Russell F. Norris from Yi Boutique Luxury Hotel.

Q: Firstly, could you please tell us, what is the most important goal of Yi Boutique Luxury Hotel at the moment?

A: This hotel is the branded hotel of SMALL LUXURY HOTELS OF THE WORLD, which are over 530 hotels and resorts around the world. We offer a unique experience to guests who come and stay with us. To a certain extent, it is very like home but with luxury at home. What's more, we have the professional Butlery Service for our guests, which includes booking tickets, serving breakfast and even unpacking luggage.



A: Originally, it is. We wish to have something related to that famous historical celebrity, Yi Zhao Yun, and his story because that guy was really famous, as I heard. Back in 1890, Yi was appointed as army leader by the local government and his brothers all worked as officers in the national department. The total area of his mansion was more than 2300 m2. In 2004, the building was restored by the team of Italian architecture repair experts.

Q: As we all know, this building has a remarkable historical architecture in Tianjin. So how will you retain the special style from other modern hotels in town and keeping being a standout in the Italian concession at the same time?

A: It comes down to the brand. We have 11 rooms in different sizes with their own style. Since we brought the designer and architect into the building for the first time, we all realized that we will design the plan fitting to the building. Therefore, we create the decoration style to match the building, not change it. Can you imagine the feeling of walking back into 100 years ago while walking into this building? I'm quite certain it is a more amazing experience than ever.

Q: What's the most attractive or fascinating part of the hotel to your guests, since we've been waiting for so to experience it? What's the decoration style? How long did the redecorating project take?

A: Honestly, there are many things to say. Our style is made up of many senses: hear, smell,



sight, taste, feel... For example, we have a Michelin Star chef from Spain, the only hotel restaurant in town to do so, so far.

As for the period of this project, it is about 7 months. Although it sounds fast, the pre-planning stage is more important. So it took a year and half. Because we want to make sure that every detail has been considered. Most of the furniture, glassware, tea cups you see here are imported from overseas, even the type of bed is the one that British Queen sleeps in!

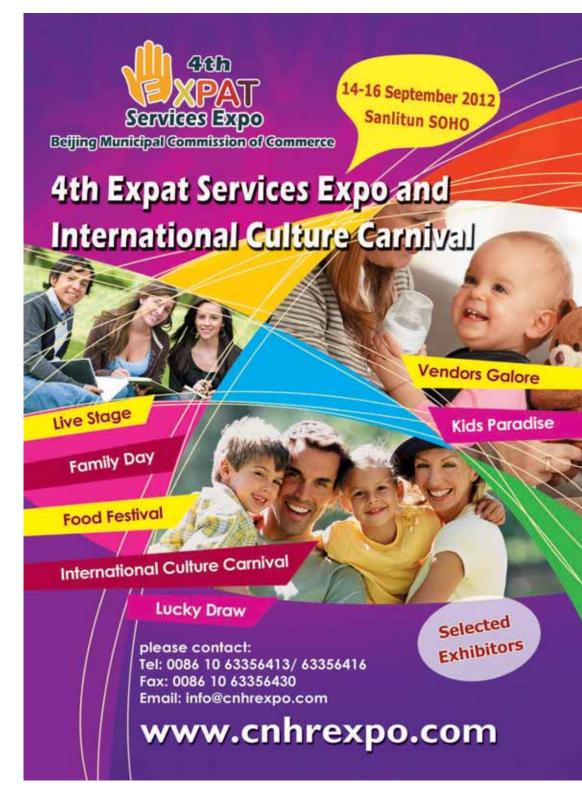
Q: And what's the Yi Boutique concept or strategy to drive more revenue in this competitive hotel industry in Tianjin?

A: A lot people, not just from outside, have gone to Europe and tasted luxury. Now when they return, we can provide the access to try it in their own country.

Actually, we look a little further than just driving in revenue, we want to provide something more than your expectation. You may feel like you are the Last Emperor of China here when you enjoy the personalized service. If you have never tried it, you must try it once in your life, and I'm sure then you will never go anywhere else!

I think there are only seven things in your life you must try and this will be the eighth!







EUROPEAN CHAMBER IN TIANJIN

Events review:

July 11th. 2012 Performance Management and Continual Improvement



Co-organized with German Chamber and TEDA International Chamber, the European Chamber Tianjin Chapter successfully hosted the workshop on "Performance Management and Continual Improvement" by invited speaker from TUV on July 11th afternoon, more than 80 members from three Chambers attended this workshop.

In an increasing competitive market, how to improve management effectiveness and efficiency and to outperform our major competitors remains to be an ultimate challenge. To make companies improve their performance continuously, the core issue for any effective management system is to build up a performance driven mechanism that is capable of evaluating business process results and to use objectives to drive every single staff to make a joint effort for continual improvement and true business excellence.

This Seminar gave all the participants the most updated concept of modern management theory and practical skills that are needed for performance management system.

July 20th, 2012 Finance & Taxation workshop: Individual Income Tax Update



The State Administration of Taxation of China has recently issued the Public Notice [2012] No.16 ("PN16") relaxing the time-apportionment treatment for HK and Macao tax resident employees working across the border. It allows employment income be time apportioned on a "physical presence basis" which helps eliminate the duplicate day counting (and hence double taxation) as it happened in the past. PN16 came into effect on 1 June 2012 and employees and their employers should revisit their existing employment and work arrangements as well as their current China and Hong Kong tax filing positions in order to secure the new time apportionment basis available under PN16.

The European Chamber Tianjin Chapter invited experts from PwC to give an updating of the Individual Income Tax on the afternoon of July 20th in Tianjin Renaissance Lakeview Hotel. The speakers conducted the presentation on the issue of:

- · Background of the PN16, "special treatment" and requirement to secure the treatment under PN16 and potential practical consideration
- . Update PRC social security contributions of oreigners working in Tianjin















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We would like to thank all our sponsors for helping us celebrate the US Independence Day in a memorable fashion. A sincere thank you to our major sponsors: Taylor Printing, Jones Lang LaSalle and Northern Lights; and all the lucky draw prizes sponsors. And also thank the St. Regis Tianjin for the delicious food, good services and nice venue.

AmCham China Tianjin's Annual US **Independence Day Celebration**

4:30 - 9:30 PM, Sunday, July 1, 2012 - Courtyard of the St. Regis Tianjin









German Chamber Monthly Gathering





Our monthly get-together (in German: Kammerstammtisch) will occurs on the last Wednesday of each month at Drei Kronen 1308 Brauhaus. This regular gathering gives you the chance to meet Chamber members as well as people from the Tianjin community to share experiences, information and ideas. One member of our Advisory Council will be present and welcome your questions and suggestions.











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The Hong Kong Chamber of Commerce in China ("HKCCC") is a non-profit organization formed to promote business and social interactions. Hundreds of companies and individuals have participated in the activities of HKCCC since its establishment.

The objectives of HKCCC are:

- promoting economic and trade operation as well as cultural exchange between Hong Kong and Mainland China
- strengthening ties between members and the relevant Chinese government departments and corporations;
- promoting business, economic and cultural interchange between HKCCC and other foreign chambers of commerce in China
- building close relationship with Chinese government departments and officers:
- keeping members updated with the latest economic and trade policies and market information;
- promoting intra-industry business relationship;
- assisting Hong Kong businesses to open up the Chinese market;
- increasing awareness and influence of HKCCC; and
- striving for the interests of the members.



To celebrate the 15th anniversary of Hong Kong's return to China and the 3rd anniversary of HKCCC Tianjin, the Hutchison Whampoa Cup Golf Tournament was held at the World Sports Club on 16th June. This event was sponsored by Hutchison Whampoa Properties (Tianjin) Limited and was participated by members from HKCCC Beijing and HKCCC Tianjin.





Mr. Thomas Tso, Director of the Office of the Government of HKSAR of the PRC in Beijing. and Mr. Zhao Jian Ling, Director of Hong Kong and Macau Office of the Foreign Affairs Office of Tianjin Municipal People's Government, were invited to enjoy the tournament and present awards during the celebration dinner at Renaissance Tianjin Lakeview Hotel. They also presented the letter of appointment to the new Executive Committee of HKCCC Tianjin. The highlight of the celebration dinner was the cake cutting ceremony when everyone sang along to celebrate the 3rd anniversary of HKCCC Tianjin.

Mr. Michael yueng, President of HKCCC Tianjin, said that HKCCC Tianjin has been striving to create a more effective platform for business interchange between the members since its establishment 3 years ago. He sincerely expressed his wish that all Hong Kong people working in Tianjin can share the resources over this platform.





Tianjin branch

HK Chamber of commerce in China, Tianjin No.5 Xiaguang Road, Weijinnan Road, Naikai District, Tianjin Phone unmber:022-23911333



A Genie in the Water

花样游泳运动员出身的侯冬梅已经与水结下了不解之缘,她目前经营一家以水上瑜伽为主的健身俱乐部。在新加坡执教的经历开阔了她的眼界、现在她把已经在西方十分流行的水上瑜伽项目带回家乡,让更多人受益。

Caron Hou, 32, water yoga coach

Caron Hou is now running a fitness club specialized in water yoga. Originally as a water ballet athlete, Caron has decided to associate her whole life with water sport and fitness. Her experience as a water ballet coach in Singapore has broadened her view and she brought back the popular fitness exercise that is already popular in western countries to her home town Tianiin.

You were a water ballet athlete before you became a water yoga coach. When did you start it?

I studied ballet from 5 to 9 years old. And then I was selected by a water ballet coach in Tianjin in 1993. Actually I couldn't swim at that time but the coach wanted someone who had a good sense of music. Ionce won the bronze

medal in a national youth water ballet championship. That was my best record.

When did you quit?

I was not a good athlete and I didn't work very hard. In the third year, I started thinking of quitting and going to regular school. But I didn't quit until 2000, when I was 20. Then I went to college in Tianjin and Beijing.

When did you start doing the water exercises?

I started doing the water exercises when I was still a student in college. I worked with a friend of mine and we found there was a good market for it. I did it mostly for fun as I was still young. I taught water aerobies in a swimming pool run by my friend. It worked well for losing weight.

Your whole life has been spent in the water!

So far, yes. Then I met a boss from Singapore who ran a water ballet club in 2006. He came to Tianjin to find a coach. He was not very satisfied with my resume because I didn't have experience coaching. But he couldn't find a professional coach because most Chinese coaches didn't want to give up the "iron bowl," meaning a stable job with national teams. So he had no choice but me!

Were you happy to work in Singapore?

Before accepting the job, I heard that people in Singapore always complain and the club owner was determined to exceed the expectations of his well-developed local club, which had already been very successful in a short period of time. So I felt a lot of pressure. I just took as anopportunityto travel to Singapore. But I immediately fell in love with the environment so I decided to stay and try my best. Luckily, the children I taught grew very fast and in a little more than a year, and some of them were selected to the national team.

What made you decide to promote water yoga?

I had the chance of going to different countries while taking my team to competitions. I found out that water yoga was very popular in Western countries. Plus I was very emotionally connected to water sports so I wanted to promote it in China.

What is the benefit of water yoga?

You don't have to be able to swim. You won't feel very exhausted. Water yoga is a way to keep fit. You may not see a dramatic change in a short period of time. But in the long term, it can relieve your sub-health state, such as cervical vertebra disease and you'll look more glamorous. It is a totally different experience than on the ground. You need to try it in person. It fits people in various conditions. In some countries, it is used as a method for limbs surgery recovery because due to the buoyancy in the water, the injured part suffers from less pressure. And it is also an effective way for losing weight because in cold water, the heat in your body goes away faster.

Is this your long-term commitment?

I think so. I've benefited from it a lot and Tianjin is my hometown. I've got a lot of support from my family and friends and I believe it will be well received by my fellow citizens

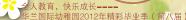






The season has come again, when the flowers mark the time and the branches are full with jasmine. During these colorful days, another batch of children will graduate and leave the big family of Hopeland, to accept the next challenge in their lives this July. Congratulations to the children who are about to enter the gates of primary school. From preschool children to primary and secondary school students, they took a very nice transformation. In a few years time in kindergarten, the children have not only learned a lot of skills, but also made many good friends. By the teachers' hard training, they grew up happily just like the birds, and they learned how to live, work, study and how to get along with others. These good qualities and abilities will help the children get along more easily in the future.

In this moment of departure and joy, let us wish our children health and happiness forever.



又到了栀子花开、莱莉清枝桠的季节, 在这个 烧约的七月, 又要有一批可爱的孩子们即将毕业高 华兰国际这个大家庭, 去迎核人生的下一个挑战。 假孩子们即将迈进小学的大门, 从一名学龄前儿童向 一名合格小学生"华丽教身"!在幼儿童向 里, 孩子们不但学会了很多本领, 还结识了许多好像 友。在老师和爸爸妈妈的辛勤培育下, 他。她为们像 小鸟一样快乐长大, 并举会了做人, 饭事, 学会了学 习以及如何与他人共同生活。这些良好的剧零和能力 一定会让孩子们在未来的学习生活中驾锋离熟, 受益 无穷!

在这个充满喜悦与离别的时刻,让我们一 愿孩子们永远健康、快乐,前程似锦!





Our Town

One of the main highlights of the end of the school year was the Drama Department's first major student production, the Pulitzer Prize winning play Our Town by American dramatist Thornton Wilder. Opening night was on Saturday, 16th June, with two further sell-out public performances. The production took place in the College's Black Box, an intimate and atmospheric venue, perfect for the play.

Our Town is set between 1901 and 1913 in the fictional town of Grover's Corners. Wilder was disattisfied with contemporary theatre and set about rewriting its etiquette and protocol. Most notably, he achieved this through the character of the Stage Manager, who breaks the 'fourth wall' by talking directly to the audience and commenting on the action, and by having his actors mime much of their surroundings. Although there is rudimentary furniture in the play, much of Our Town progresses through acted suggestion and gestural implication.

With only minimal help from costumes, the actors, all Senior School pupils, were thrown back on their ability simply to speak lines and inhabit character, both of these in front of an audience brought intimately and intimidatingly close to the action so that the usual comfort zone between stage and spectator was eroded. The play was directed by College Drama teacher, Georgina Chakos, who coaxed impressive, polished performances from the cast, many of whom had never acted before and were not native English speakers. The onstage attention to detail, which was also apparent in the colourfully informative programme and the careful scene changes, produced a performance of engaging intensity. The audience where drawn in to the homely, domestic scenes involving the families Webb and Gibbs, the blooming and ultimately tragic relationship between Emily Gibbs and George Webb, and the final scenes where the now dead Emily comes back to earth for one day. She chooses her twelfth birthday but finds the whole occasion too painful, finally realising that no one really appreciates life while it is going on and that 'every, every minute' should be valued.







The Crime of Saying "I don't know"

By Paula Tayl

不懂装懂也是错

当初,我第一次来到中国学习汉语的时候,我经常提问,老师说他现在没时间回答。这带给我很大的困扰。所谓师者不是应该"传道授业解惑"的吗?可是在中国。老师是'绝对'的存在。老师所传授的知识是不容置疑的,而中国的学生更是十分"低调",他们不想因为自己的某些行为而引起其他人的注意。但是我们可曾想过,老师也是普通人,既然是普通人就都会或多或少的犯些错误。老师讲的东西万一错了我们该怎么办呢?这势必会成为一个学习上的隐患,但是中国的教师往往对此问题不以为然。在中国,教师这一职业自古以来备受推崇。所以转变对教师问题的法,还需要一定的时间。就像中国人常说的一样,"慢慢来"。教师则一定要学会承认错误,并逐渐地接受知错误。

hen I first came to China and was studying Chinese at a University, I often had questions that my teachers would tell me they could not answer as they had no time. I told them that if they took the time to answer our questions, they would find that we would actually understand the lesson and would be able to proceed with the next one. The result was that one teacher told me that foreigners are too much trouble as we ask too many questions. I was staggered, as surely it is their job to answer questions. However if you are here teaching you will

know that Chinese students do not ask questions. There are two reasons for this, the first being that in China a teacher is like a god. His or her word is law. When a teacher says something the student has to accept it even if they secretly suspect the teacher has got it wrong. Here there is no such thing as a teacher making a mistake. The second reason is that no-one wants to stand out and be different or draw attention to themselves.

In the West respect for teachers is dwindling and their authority is being undermined, no doubt you found it refreshing to be faced with a class who hung on your every word and quietly sat in class. Now you know there are two problems with this. One, a Chinese teacher has got there first and filled the students' minds with not only the lessons they are supposed to teach, but also their own opinions. Once a Chinese teacher has taught an error, it is almost impossible to correct it afterwards. A student once told me she was tiered. I couldn't understand what she was saving and eventually she said it in Chinese, 累。 "Oh you mean tired" I said. She said "I mean tiered". We had this verbal scuffle and eventually she said "My Chinese teacher pronounces it as 'tiered'". I was really annoved and said "I am from England, English is my mother tongue. Is your Chinese teacher from China's English better than mine?" No answer was the sad reply. By not answering she confirmed that she did indeed think her Chinese teacher's English was superior. So when your students do not ask questions, maybe they are secretly dismissing what you are saying as incorrect. I am always being told about London and the conditions there, I am always being told I eat fish and chips and hamburgers every day etc. I have even been shown books with pictures of "typical" English people, which apparently are businessmen in pinstripe suits, wearing bowler hats holding umbrellas and reading The Times. When I point out that I do not know anybody with that image, I am told "But my teacher said this is a typical English person". No matter what I say they will not take my word for it.

Sometimes schools have a foreign teacher because it looks good, but it is expensive. Chinese teachers who teach English spend far more time with the students than you can. The aim of this article is not to belittle Chinese teachers, the education





system here is not to our taste, but it suits China. Chinese English teachers are excellent at teaching grammar and they teach it in a way that will stick in a student's mind. The point I am trying to make is that teachers are humans and as such are fallible, they make mistakes like everybody else. Chinese teachers cannot admit this

Actually it is not just China, but also Korea and Japan that have the attitude that teachers are gods. I was teaching a class of Korean students and they really annoyed me, I lost control a little bit and childishly banged a chair. I apologised to the whole class only for them to plead in horror "Noooo Teacher, please do not apologise!" I told them that I had been wrong and definitely must apologise but they got more and more unsettled and uncomfortable. Another time I was writing on the blackboard and made a mistake which they pointed out to me apologetically. I said "Sorry everyone I am a little stupid today". The shockwaves once again went around the class and I had to explain to them that teachers make mistakes too. They just kept saving "No, no, no no" even though it was them who had pointed out my mistake.

So teachers here cannot admit they have made mistakes as they would lose face. My Chinese tutor often makes mistakes. I now think I am being cruel to her as when I ask a question she cannot answer, instead of telling me to wait whilst she checks, she will just say anything and goes around and around until I am confused. I say to her "You don't know the answer do you?" This forces her to admit she doesn't know which embarrasses her. I

am wrong a million times a day and have no problem admitting it, but in future I will change my approach and gently reason with her that it is ok to be wrong sometimes. However I must say that when I am wrong she is filled with glee and is more than happy to shout "Ha ha, your pronunciation has a problem"

The reason we want Chinese teachers to admit they make mistakes is that they quite often destroy the self-confidence and self-esteem of their students by objecting to their own knowledge and authority being challenged for you. In the West students are encouraged to speak up and express themselves, this is beneficial for both teacher

and student. If students do not ask questions or express their opinion that the teacher has made a mistake, thereby demonstrating that they are thinking even if their analysis is wrong, the teacher has a feeling of dissatisfaction and worries that the student has not really understood or that the lesson was boring. There is nothing wrong with this in the right setting, i.e. our own countries, or even in our classroom here, but feeling disappointed that we cannot change the students here is a pointless exercise and a waste of emotion. Trying to get them to think in the Western way when they still have to live in the Chinese system can do more harm than good. As a teacher you can only do your best for you students and that sometimes means accepting their situation even if you don't

There are a couple of things to remember. The last few years have seen incredible progress and changes in China and they are moving forward rapidly. At the moment Chinese people are not ready to change the status of teachers who have been esteemed since ancient times. A teacher here has to control classes of up to one hundred students so respect has to be demanded for their position. As foreigners it is ok to have our opinion but it is not up to us to change the system here. As the Chinese say, "man man lai", which means slowly slowly come. Teachers admitting they make mistakes is something that will have to be accepted gradually.



Am I Too Fat?

by Paula Taylor

是我太胖还是你太瘦?

我有两件事总是搞不明白。其一是为什么亚洲的女孩子都希望自己瘦得皮包骨头。他们成天都抱怨自己 太胖,但却不知道自己已经看起来朝不禁风了。我给她们看世界选美冠军的照片,她们还是不以为然,居然 说她看起来像尺大象!看来东西方的审美观员的是大相径庭。我们欣赏的是女性的曲线美,比如碧昂斯,但 在亚洲人眼里,她简直是一个庞然大物!

另外一件我不太懂的事就是中国人所谓的健康食品,比如红豆、豆腐。这两样东西的味道实在不怎么样!对我来说,只要味道不好的东西,别管它健不健康,我是绝不会吃一口的。可能就是因为如此,中国人才会那么瘦,而我那么壮!

mongst the things that I do not understand, two particularly stand out. I don't get why Asian girls want to be so skinny. Last year when I came back from England I brought my best Chinese friend a skirt and a shirt. She held them up against her and at first was really pleased but then she wailed "Oh No!I can wear clothes from England, that means I am really really FAT!" The clothes were a size ten, which in England is small - I wish I could wear size ten. Of course she isn't fat, but as she keeps telling me "I am Chinese, I am in China, if I can wear English clothes I am fat". Several months later she took me to one side and said "English clothes are not very good. that shirt shrunk in the wash". When I told her that the shirt had not got smaller, rather she had got bigger and needed to go up to a size twelve, you would have thought that I suggested she kill her granny. She literally gasped in shock, and went off protesting.

Why was it such a big deal that she had gone up to a normal English size? I had some 12 year old Korean girl students all wailing that their pre-pubescent bodies were too fat and that their main plan for the future was to slim. Most Chinese women have caesareans when they give birth, they say it is because they cannot stand pain, but I really think that natural births would be out of the question as their pelvises are so narrow.

Whilst my Asian friends pride themselves on being slight and fragile, I pride

myself on being big and strong. I am forever showing my friends my muscles. I told my flatmate that as I was going back to England I had to teach her a thing or two so that she could be independent. This included changing the water bottle. Every woman I know that has water delivered allows the delivery man to change the bottle for them, but I do it myself. I showed my flatmate how to pick the bottle up correctly without damaging her back. Despite the fact that she is 4'10" and weighs around 7 stone, she can now pick up the water bottles like a professional. However when we went to see a friend and her water ran out she called her husband to change it. My flatmate had said that she could change it for her, but the other friend was horrified and said "No, no, you will hurt yourself". My flatmate said afterwards she had really wanted to change it but was too embarrassed to show them her

The perfect body as far as Asian girls are concerned is white skin, big eyes, and extremely tiny proportions. Chinese women that have had babies struggle to get back to their pre-baby weight, nothing unusual about that, mothers all over the world want to get their original girlish figures back, but Chinese mothers will not accept that being a little heavier is no problem.

The Western and Asian ideas of beauty are exact opposites. When discussing who had just been voted the World's most beautiful woman with the abovementioned Korean students, they were shocked beyond belief "No, way, she is so fat" and "She is disgusting, like an elephant" were some of the protests. The subject of our conversation was Bevoncé. They asked me "Do you think she is beautiful?" I answered that I did. They asked me if I thought she was fat and I disappointed them by saying no. I tried to explain that she is curvy, but to them this is the same as being fat. In the end I just told them that we are all different and that the world would be a boring place if we were all the same. They said that they could never think of Beyoncé as beautiful, but I outraged them by saying that their top stars would never be thought of as beautiful in the west.

"Healthy Food"

The other thing I don't get is this obsession with eating foods that are thought to be healthy, for instance red beans. Japanese, Korean and Chinese people all feel that they are really healthy and put them in everything. I have previously stated my hatred of red beans but people cannot accept it. Chinese people always ask me incredulously "But why don't you like red beans?" My friends consume them in



Skinny

copious quantities and yet I look at them—very thin, very pale (a desirable look in their eyes I hasten to add) and they are always sick. If there is a bug going around they will get it and I will not. I am robust, strong and healthy and you could not pay me to eat red beans. I joke with them "Next time you tell me something is good for me I will avoid it as it obviously makes you sick".

No matter how vile something tastes, Chinese people will eat it if they think it is good for the body. Chinese medicine is a case in point. In many ways Chinese medicine is much better than a lot of western medicines, in that it works with the body and doesn't have side effects. However a big drawback is that it often involves lots of bitter herbs, roots and leaves which have to be boiled up and which generally taste awful. I am convinced

it is this that puts many westerners off Chinese medicine. For me anything that goes into my mouth and down into my stomach needs to taste good otherwise it is not gaining entrance to my body.

Some foods have no taste at all, i.e. dofu, it has to be mixed with other things in order to be palatable. I am aware that it is a great source of protein, I am aware that it is very versatile, I am also aware that there are many different types of dofu BUT unless you are a vegetarian, would you really choose to eat something like dofu pizza instead of pepperoni, or dofu bolognaise? How about a medium rare dofu steak or chilli con dofu? I jest, dofu is suited to Asian cuisine for a

Hold on a minute! Can all these dofu and red bean dishes be the reason why they

Curvy

are skinnier than us? There must be something in it. Maybe I should try their diet. Despite my "huge" size I am not actually a big meat eater. Before coming to China I ate meat perhaps twice a week. Once they learn I am from London, Chinese people always tell me I eat fish and chips every day—if I did, I really would be as big as a house.

The world is an interesting place because we are all different, how boring it would be if we all looked the same. Yes I am much fatter (their words) than my Chinese friends and they are too skinny (my opinion), but that is absolutely ok, after all it means more red beans and dofu for them to eat, I will continue to avoid them (not my friends!) like the plague.

Summer Care

By Dr. Pramod Kumar

夏季保健

天气酷热难当,人体极易产生疲劳、倦怠感。不同季节对人体产生不同影响,而夏季最常见的问题包括:皮炎湿疹、晒伤、痤疮、头发干枯、头屑增多等。学习如何做好预防或急救措施则显得十分必要。

ummer, one among the 4 different seasons of Chinese seasonal rhythm, which takes away the strength and the vitality by dehydration and exhaustion. Variation of seasons and its effect on individual lifestyle would directly reflect on the wellbeing of an individual and the society. The Common problems that we face during the summer are heat rash or prickly heat, sum tan, pimples, rough hair, aggravation of dandruff, constant perspiration & bad odour.

Skin Care

Use sunscreen on the face and body (Minimum SPF 15). Sunscreen works only while it's on the skin. Sweat can melt it; a handkerchief can rub it off. Re-apply the lotion every hour or two-even if it's water proof; consume plenty of fruits and green leafy vegetables since it is a rich source of vitamins; avoid (if you can) the sunshine when it's at its most intense, from eleven to three

Face Care

Simply splash warm and cold water (Room temperature) alternatively on the face continuously. Repeat it 3-4times a day, which helps to tone the facial muscles and prevent the skin damage; spray of rose water on the face tones and sooth the facial skin; use of

aromatic cold towels (may be aroma of jasmine/sandalwood/rose) to wipe the face during the mid day refreshes immediately.

Hair Care

Application of gooseberry paste on the scalp before bath is effective to prevent damage of hair during the summer; even washing the hair with buttermilk or plain natural yogurt helps to prevent the damage of hair.

Eve Care

Vitamin A rich food should be taken in sufficient amount. Vitamin A is generally found in liver, egg yolk, fish, butter, milk and green vegetables. As the day drains away the energy from the body, inadequate sleep during summer makes your eyes strain and sometimes creates dark circles around the eyes; keep your eyes protected from sunlight. Wear sunglasses when you go out during the day; wash eyes with cold water but not chilled water; put potato slices or cucumber slices on your eyes; to soothe tired eyes, dip cotton pads in rose water and place on closed eyes for 10 minutes. Sandalwood pack also could be applied around the eyes; rotate your eyes without moving the head in a complete circle, first clockwise and then anti clockwise, this exercise will help in relaxing your eyes; to completely relax the eyes, close

your eyes and rubbing the palms together place it on closed eyes; soak 1 tsp. dry gooseberry () in one cup of water overnight, next morning strain it through a cotton cloth, splash your eyes with this solution. please repeated each morning.

Hand and Leg Care

Every night, before bedtime, try to massage hands with almond cream/oil. This gives a softening effect; mix lemon juice, rose water in fresh butter and massage to hands for smooth and soft hands; to get rid off dry skin from feet, put soap on sponge and rub on feet and wash. Then apply almond coconut olive oil;soak feet for 10 minutes in warm water to which rock salt/Epsom salt has been added. Remove and scrub dry. This is the easiest way to relax tired feet as well.

Additional General Tips for Summer Season

Avoid excess use of salt, pungent and sour food

Intake lot of fluids like- Tender coconut water, watermelon juice, bottle gourd juice, carrot juice, milk shakes (avoid excess of sour/acidic fruits like orange/pineapple etc).

Diluted Yogurt (Buttermilk) with cumin, coriander, ginger could be consumed during the mid day.

Intake of Cucumber, Carrot, Root vegetables, Seasonal fresh fruits and Vegetables are advised.

Advised to take Brown/red Rice/rye/wheat products. However, avoid refined rice / white flour.

Avoid /reduce the intake of coffee, tea, alcohol, canned juices and aerated drinks.

Take room temperature shower twice/thrice a day. Avoid chilled shower.

Could add aromatic essential oils like Rose/sandalwood/jasmine/vetiver etc into the



bathtub.

Boil the water and let it be cooled to the room temperature, put it in a clay pot for at least 6hours and preferably drink this water.

Consume every hour or two a glass of water (Preferably 2 ½ -3litrs/day).But avoid refrigerated/chilled water.

Raisins can be soaked in warm water overnight and drink early morning which helps in proper Bowel movements and digestion

Dates and figs also be soaked in water and consumed. This could also be boiled with skimmed milk and taken.

Wear thin cotton cloth, white colored clothing is preferred. Avoid all nylon, and silk materials.

Can have a Nap of 30-45 minutes at noon. However, give a gap of at least one hour between lunch and nap.

Application of aloe vera wrap or any other cooling wraps made up of sandalwood, turmeric, vetiver etc.

Milk bath is also one of the best suitable therapeutic baths during the summer.

Soothing and nourishing type of soft body massages with specific oils like Rose/ Jasmine could rejuvenates and calm the mind

Spend the evening with friends near any water body like a river, sea, pond, pool to get energized from the dehydration.

Avoid strenuous exercises like weights, long run, brisk walk, aerobics etc.

Management of Common problems of Summer Season

Heat exhaustion- leads to severe effects on skin and body. Care should be taken to avoid heat exhaustion and keep the body cool.

Drink plenty of water (2-3 litres/day). Ideally you should have plenty of water at least half an hour before you go out into the sun.

Eat more fruits and vegetables. This is because they have fairly high water content and good salt balance.

People who sweat heavily tend to loose a lot of potassium and sodium. It can be replenish with electrolyte drinks or lemon juice with salt & sugar

Avoid or reduce alcohol, coffee, tea and smoking.

Wear cotton and light colored clothes. The preferred colored is white because it reflects the heat.

Sun Tan

Rose water is one of the natural skin care products immensely useful during this hot-wet season. Equal quantities of rose water and cucumber juice have to be bottled and refrigerated. This soothing lotion can be refrigerated till 7 days.



Apply this lotion after returning home with a cotton ball or muslin to your face and hands. It will benefit your skin highly and will give you a fresh look.

Heat Rash

Apply yogurt all over your body before bath or add turmeric to the yogurt and apply it. If you have any skin related problems you can add neem juice to the pack and apply it. It not only sooths the skin but leaves it glowing.

Excessive sweat

Powder, black cardamoms and keep it in a refrigerator. Mix powder and rose water and prepare a body pack. Could be used for the face as well.

Prepare a pack of multani (fuller's) earth and rosewater and apply all over the body. On drying mildly scrub it off by rubbing.

Pimples

Wash the face 3-4 times a day using room temperature water.

Coconut water to wash the face and application of Aloe Vera gel is a good remedy for pimples.

Apply a paste of sandalwood, turmeric and lemon juice on the face.

Rough Hair

Boil water with some tea leaves and shower with that water this will give a softer

hair

Herbal shampoo for healthy hair: 100 gms of Soap Nut seeds, 100 gms of gooseberry Powder, 100 gms of gooseberry Powder, 20 gms of Aloe vera juice, 3 glasses of hot water. Soak Soap nut seed in warm water, squeeze out the juice and add gooseberry powder and henna powder, add aloe vera juice and use as regular shampoo.

Dandruff

Soak fenugreek overnight, make a paste and apply on the scalp and let it remain for one hour. Then wash off with mild shampoo and luke warm water.

Apply lemon juice on the scalp $\frac{1}{2}$ an hour before taking head bath.

Mix Gooseberry powder in curd, apply on the scalp, leave for an hour and wash off.

Dr. Pramod Kumar has been appointed spa director of The Balneum Spa at Hyatt Regency Jing Jin City Resort and Spa. With more than ten years of experience in hospitality, spa and wellness, Dr. Pramod Kumar will oversee all operations of The Balneum



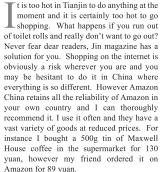
which is an extraordinary spa supporting guests' wellbeing in the way of combination of healing by water philosophy and practice of Traditional Chinese Medicine.



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The site is easy to use and although it appears in Chinese, there is a translation tab at the top, just click on it and it will translate the whole thing. It operates exactly as it does back home, you have to register and open an account. You don't have to worry about security and being cheated, as the best thing of all is that you can choose the option of paying on delivery. In many cases there is next day delivery and they really do come when they say they are going to come, so don't make the mistake of ordering goods and then go out. The address is

Everything I have ordered I have been extremely satisfied with and prices are really cheap.

www.amazon.cn. More good news is that delivery is free if you spend more than 29

I looked in the health and personal care section and they sell everything from detergent and shaving equipment, to contact lenses and cockroach bait, which I sincerely hope none of you need! They even sell toilet paper, so there is really no need to venture out unless you have to. Many of the brands are names that you will recognise like Dettol. Kleenex, Raid and Comfort.

Everything I have ordered I have been extremely satisfied with and prices are really cheap. Are you having a problem with insects like nasty bluebottle flies? For the stubborn ones that refuse to go out of the

window, there is a fly killer that looks exactly like a tennis racket, but it is battery operated and when you press the button and hit the flies, it electrocutes them. You can improve your tennis swing whilst ridding yourself of troublesome pests. I am ashamed to say it is strangely addictive. At the moment it is on sale from 59 yuan down to 29 yuan.

On sale in the computer section are flat screen monitors, a Samsung 21.5 inch is down from 1,099 yuan to 779 yuan. The mobile phone section has too many bargains for me to list here, including brands like Samsung, Sony, Apple etc. They have a Blackberry down from 2,999 to 1,499 yuan. In the furniture section they have a Samsung 55 inch TV at 6,988 yuan, and a Sony 32 inch down from 2,999 yuan to 1,899 yuan. Buying goods now is the right time.

This article has taken me much longer to write than it should as I keep finding things that I want to buy on the site. Whenever we can pass on useful tips to you, rest assured that we will do our utmost to make life a little more comfortable for you here. Likewise if you have any useful information or good experiences that you want to share with us, please contact the editorial department. We are all in this together!

SUMMER FEATURE



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We recommend several relevant cherry tomato dishe

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The cherry tomato is known as "small golden fruit" and the "fruit of love" in foreign countries. It is a vegetable and fruit, with not only

beautiful appearance, but also a delicious taste, and is rich in nutrition. It contains all the pepper, cumin powder nutrient composition of tomatos, as its vitamin Method: 1 sprinkle the black pepper

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Cherry tomato bacon roll

Materials: 10 cherry tomatoes, 10 pieces of bacon, smashed black

2 Roll the cherry tomato up with cherry tomato as a backup. Add bacon, and use a toothpick inserted

3 Put them into the pan with 230 degrees, and bake for 15 minutes (flip up and down) till the

ESETAN

MSETAN

Materials: Roselle 20g. dry cherry tomato 150g pollen50g honey 30g

Method: 1 Clean the roselle and small fire. enough water to boil.

2 Convert the temperature down and heat for 30 minutes Add the pollen, stirring and shut down the fire.

3 When the temperatur reached to 80 degrees, add

Material: Broad bean, cherry Method: 1 Cut cherry tomato into candy 5g. cool water 200ml

2 Put the beans into the salt vater to cook for 1-2 minutes, then pull out.

3 Fry the garlic in the hot pot with less oil, then put the beans tomatoes into the pot and stir fry

4 Add the pine nut, flavour it, finish after sprinkle chopped

ovrenes then slash into 2 Slash the cherry tomato into half after deaned 3 Mix the mango, cherry tomato and sugar candy in

Method: 1 Clean the mango,

300g mango 1 suga

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A Beginner's Guide to Eating in China

By Jim Gibne

菜鸟用餐指南

我来到中国以后的第一个发现就是街道上鳞次栉比的饭馆和丰富的食物种类。你一定也有同感。如果你 刚来中国,你一定感觉到了天堂,因为只有你想不到,没有你吃不到。不论你有怎样的口味和预算,你都能 找到适合你的餐厅。我基本把这里的餐厅分为四个等级,路边摊、小门脸、一般炒菜馆和高档中餐。希望对 你能有帮助。当然这只是粗略的分类,因为我也不能够是个美食家。



ne of the things a Westerner notices when they first arrive in China is the incredible number of restaurants and the endless variety of food that is available from them. From the smallest village to the megacities of Shanghai, Beijing and Tianjin it is hard to find a street that does not have at least one place where you can eat. There are so many different kinds of restaurants that for some, I am sure that it is all a bit much. This is my attempt to help you try to make some sort of sense of it all.

However, first I must add a disclaimer. I am no "Old China Hand". I have been in China for almost fours years and I am just as bewildered about many things as I was when I first stepped off the plane. In fact, I think any Westerner who suggests that they are an expert about China is only an expert in naivety, as it is impossible for any "wai guo ren" to understand more than a tiny part of the rich tapestry that is China in the twenty first century. So, please keep this in mind as I try.

For starters, it would be hard to find someone who could not be happy with the food in China if they looked around for long enough. There are restaurants that can and will cater for everyone. I am a vegetarian but I

rarely have trouble finding something delicious at any kind of restaurant even if it has pictures of dogs, ducks, or donkeys on the billboard outside. I can enter with confidence almost any kind of eatery as I know I will be able to get a good and nourishing meal.

Of course it's not always easy. Getting vegetarian food can sometimes be a little tricky but if you have a Chinese friend, a decent phrase book or a smattering of Chinese you'll usually get something that will satisfy. Many places have pictures of the dishes on the wall so if you can't make sense of the menu you can always point. If you are not sure, a couple of clucks, an emphatic moo, some bleats, a hechaw, neigh or even a bark can often ascertain whether a dish has meat or not.

If you make the animal noise and your waiter enthusiastically nods their head, you should avoid that dish. This system usually works, though, because I have no idea what noise a prawn or a fish makes, it has proved fallible at times. Regardless, if that happens, it is not the end of the world. If meat does make an appearance you can send it back with the express instructions: "Bu yao rou". Alternatively, if you want to make new friends, offer the dish to the diners at the

adjoining tables

In any district there will be a restaurant that will suit you regardless of your taste, ready cash or culinary beliefs. The full array of venues is so dazzling that for the purpose of space I will have to pare it down to four main categories. Remember, this is a beginner trying to write a beginners' guide so I have to use pretty broad strokes. There are of course many eateries that fall outside these classifications but here is my attempt for what it is worth. I just hone that it proves helpful.

At the bottom of my food chain are the street food carts. There are many of these, identifiable by the four wheels and the mobility this allows—a movable feast so to speak. Some sell take only away while others provide tiny tables and chairs that must be on loan from a kindergarten. You have to be careful on the tiny chairs as it is quite embarrassing, though highly amusing to locals, to overbalance and fall backwards onto the footpath. This is something I have done a few times

In the same category, I've included the shop fronts that sell only take away. In Tianjin, they often specialize in mahua, a twisted fried dough concoction which tastes like an

unsweetened doughnut. They can also specialize in sweet pastries and cakes, while others offer strange and unappetizing - that is, to me - unidentifiable animal parts fried a crispy brown. The best of these eateries are easily identified by the long queues of people waiting patiently for food in all types of weather

Next step upward in my pecking order, are the family run restaurants. These range from a slightly more up market version of the street cart — an immovable stall with larger plastic chairs. The waitress, who is often dressed in her school uniform, may try to practice her English on you while she does her homework in between taking orders and shouting to the kitchen. Mum and dad and maybe her elder brother will be out the back working away over the steaming hot pots and pans.

Then, we jump up to the booming Chinese middle class of which we hear so much about in the West. The choice of establishments can cover a wide range. At the top end of the scale is the full blown opulence of the glass and chrome dining palaces with marble floors, lush curtains and wide stairways where sophisticated and beautiful

"xiaojie" wear their elegant qipaos with style. I do not frequent these places often but occasionally I have wistfully looked in through the glass windows.

The cheaper, middling places, the ones I am more au fait with, might usher you to a table, but the table has a tablecloth and there is a working refrigerator which is a step up from most of the family run restaurants. You might be in full view of the pedestrians on the street as you happily tuck into your bowl of noodles but the place is clean and the beer is cold. If you so desire, you may be able to have your own private room with karaoke to help you digest your Bejijing duck or mala dofu.

Finally, there are the international five star hotels which, I must admit, I try to avoid. I find it hard to understand why people would pay outrageous prices for a Western style meal in China when only just around the corner you can find something just as good, more interesting, sociable and much cheaper. Occasionally, I have been to one of these money pits and have been disappointed because generally, the food is a pale imitation of what a Chinese chef thinks is good Western food.

Finally, no discussion of Chinese

attempts at Western food would be complete without talking about desserts. Four words. Avoid at all costs! The cakes in the window look wonderful with the brightest colours and seemingly richest cream but the first bite is a disappointment. They usually are about as tasty as moist, sugary cardboard. The Chinese palate isn't used to the sweetness of European cakes and so, the efforts in this area despite the expense and appearance, are very bland.

So to sum up, you have such an embarrassment of riches to choose from. I definitely recommend all of the first three types of restaurants for value, experience and food. As for the Western style restaurants five star restaurants. Bu yong! This suits me, as they are expensive and offer the same experience that you'd get in any five star hotel in the world. You could be eating in London, New York or Port Moresby. With the choices of eateries available in China, why would you bother?

The Chinese do their own food best and my advice to the beginner in China is: so that is what they, the cooks, and you, the customer, should stick to. It will always be a memorable experience.

Bon appétit.

Creativity in Chinese Cuisine

Hotel Nikko Tianjin is always actively trying to improve its food and beverage sector. Its Tao Li Chinese restaurant always brings innovative dishes and experiences to the market. As a new chief chef, Chen Jinkun, took over the kitchen recently, the menu has also been updated with some creative dishes.

be numerous combinations made with possible



Chinese cuisine is a huge treasury and there can

Braised Orange Flavored Beef Tenderloin Sova Sauce has green pepper

ingredients. On the new promotion menu, we saw beef tenderloin dices brewed with orange skin and dried mushrooms on steamed turbot and braised green chirayta fried with American Ginseng. The beef dice is already reduced to dried beef and you can taste the orange flesh and skin shreds because the two flavors have mingled, a little bitterness from the skin and sweetness from the orange flesh.

This is of course very different from what you usually find in Chinese restaurants. Compared to traditional Chinese food, the creative dishes bring amazing



flavors and healthier options to your palette. Braised Fresh Abalone with Potatoes in Chili & Spicy Pot has small abalones braised with baby potatoes at the bottom. Don't desert the broth at the bottom! It has absorbed the essence of abalone and adds flavor to

The new menu is also vegetarian-friendly. The green chirayta tastes very fresh and it has a function of cooling and detoxication. Beancurd Roll with



well and your wallet won't Braised Green Chirayta and American

桃李中餐厅

Add: 6F Hotel Nikko Tianjin, 189 Nanjing Lu, Heping District **抽**址,和平区189号日航酒店6层 Tel: 83198888 Ext. 3561 Hours: 11:30 - 14:00 17:30 - 22:00

All about Pho and Bun



Tianjin does not boast many restaurants of Southeast Asian flavor, as investors think that local people are not keen to accept foreign tastes. However, there are some who would like to seize the opportunity and supplement this void in the market. Saigon Best Pho is specialized in cooking Vietnamese pho and bun and just opened its first restaurant in

The chief chef, an American Vietnamese, brought his exclusive recipes to Tianjin and is determined to provide authentic Vietnamese flavor to inspire local

The restaurant claims not to use any cooking oil in the pho. Instead, they use broth of ox bones or chickens to make the soup. The Combo Pho is their signature dish and it sells pretty well in the restaurant that the chef runs in America. Other options include Grill Beef with Vermicelli Bun (¥28), Shrimp Spring Roll (¥18) and Green Papaya Salad (¥18).

Although the restaurant owner hoped to compete with long-standing counterparts like Saigon and YY Beer House, they are not fully confident yet as they are now focusing on promoting Thai curry set menus to local people. It is indeed a challenge to make exotic Vietnamese flavor accepted by local markets. But desserts like Bubur Cha Cha will be liked for the afternoon tea!



Add: 9F, Lifestyle Shopping Mall, Bin Jiang Dao, Heping District 地址:和平区滨江道利福广场9楼 Hours: 10:30 - 21:00

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DINING



Five Star Chef

五星大厨

福楼法餐厅迎来了新的主厨Tirado Vincent。Vincent曾经在法国和瑞士的法餐厅和五星级酒店工作过14年。他服务过的客人不乏一些大牌,比如拉丁天后夏奇拉、F1赛车冠军舒马赫以及法国总统等政界大人物。 有如此光辉经历的大厨会为天津的餐饮界带来哪些惊喜呢?

Io Brassiere Tianjin has welcomed its new head chef, Tirado Vincent. Born in France, Vincent has over 14 years of working experience in French restaurants and five-star hotels in France and Geneva. He used to cook for some of the biggest celebrities in the world, such as Shakira and Schumacher. We're very curious in what he will create for local market, which is unique compared to others like Beijing and Shanghai.

What is your responsibility in Flo Tianjin?

I'm the kitchen head chef. First of all, I control the quality of the food. I need to make

sure our guests who want to try authentic French food in our restaurant to eat a meal like what they can eat in France. Secondly, I control the hygiene. Everything should be as clean as we were in Europe. Thirdly, it is the well-being of my staff. I want them to feel good in the restaurant. And it is also my responsibility to promote Flo. My goal is to make Flo the best French Restaurant in Tianjin.

What do you think of working with your colleagues here?

Chinese people are good workers. But on the other hand, they never went to a French

cooking school so I have to be a teacher, too. It's a very big challenge for me every day. It takes me a lot of energy to develop their skills in French cooking. They are very nice people and I like working with them. Since the job is hard and we work long hours, so we need to be like a family.

According to our knowledge about Flo, it is a brasserie, in which people can totally relax and the food is nice but affordable. But your previous experience is in five-star hotels, does it mean that Flo will be upgraded to a luxury restaurant?

Firstly, I will make what we already have better. Secondly, we try to develop our kitchen and that's why I'm here. I worked for three years in Geneva airport for private flights. They hired me to make the kitchen a high class one. It doesn't mean we'll change the soul of Flo as a brasserie. But our catering service will become a luxury catering. We don't want to make the caterings that the hotels do but higher than that.

What is the best of part of being a chef in your opinion?

As a chef, I try to please every guest. Like I said, I used to cook for some celebrities. Shakira is picky and she only eats organic food. French president like very sweet things and Schumarcher likes sandwiches best. Everyone has their preference and I'm used to that.

The best part is that we can express my heart in the dish, try to give spirit to the dish and make the people happy. If my guest is pleased with his eyes shining and mouth watering, my job is done.

I always come out of kitchen and talk to people. I found that Chinese people don't like too much sugar in the food like us. So I may change the recipe a little bit to make my Chinese guests happy.

Can you recommend some new dishes you will prepare for local diners recently?

We have a special menu for lunch, which is quite cheap. If you have just half an hour and 120 kuai for lunch, you can come to Flo. We always have things not on the menu in the lunch set. And as you know, this area is a very terrific Italian style street. So I created a romantic tea time from 2 to 5pm. We have wonderful terrace so we will serve people ice creams, for kids and adults, to make this place alive. They can sit on the romantic terrace and enjoy some ice creams that only cost some thirty kuai. We also introduced some new dishes to the menu, such as Scallop rillettes with curry and nuts, young mixed salad and Parmesan Tuile, Roasted quail leg, morel and sweet vine sauce, herbs polenta and glazed vegetables, Ice Nougat, red fruits coulis and caramel dome



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Summer Fun at Beidaihe

By Kyle Knutson

清凉北戴河

盛夏时节,与家人朋友一起到海边旅行实在是件非常惬意的事。自从我来到天津以后,就盘算着找一处干净的海滩放松一下。山东省的青岛和烟台两大沿海城市的风景都十分美丽,并且以盛产海鲜和啤酒而闻名 天下。辽宁省大连市则以其优美的主题公园和完善的沙滩设施每年吸引众多游客慕名前往。但我觉得这些景 点常常过度拥挤,而且商业气息水厚。相比之下,我推荐将北戴河作为海边游的首选。地处河北省的东北部,从地理位置上来讲,它离天津较近,而且沙滩面积更大。

ummer time is a great opportunity to let loose a little and enjoy doing things with the family that you normally don't have the time to do. But can we really satisfy our cravings in a country as foreign as China? I hail from the Golden State of California and since coming here, a part of me has always yearned for a decent beach. Sure, both Qingdao and Yantai cities over in Shandong province have their fair share of beer, seafood and thin slices of golden sand (beaches) connected by giant futuristic buildings and streets clustered with well preserved European architecture. And then there's Dalian over in Liaoning Province with its massive aquariums, theme parks and only one authentic accessible beach along the whole southern coast (I didn't check the east coast).

But in some ways, the beaches still feel a little too eastern to me. During the summer, they can be too crowded and too small for you to feel like you are having a good time. Nevertheless, one beach resort town that I think would at least be an equally good and closer option would definitely be Beidaihe, located in the northeastern section of Hebei Province. Although Beidaihe is smaller in scale, it still boasts what its larger brother and sister coastal cities offer: a small bar scene, European architecture that's actually uniformly clustered within the downtown tourist area, and arguably, better beaches.

Why? For one, the beaches are actually

larger. I visited in early June and was surprised that I was able to find a place to sit down without competitively darting my eyes back and forth like a vulture. To me, scanning around to find a





place to sit down in China can sometimes feel like trying to find a parking space while driving in America. And even better, no one came and sat down near me for over an hour. The sky was clear, the breeze felt great, I could see an actual long stretch of sand and the sun was shining. It was as close to one of those California moments that I've experienced in China. And watching the waves crashing and receding in peace was something I hadn't done in a long time.

Another feature that made the Beidaihe beaches stand out was the fact that there weren't as many giant shiny buildings interrupting the coastline. Although I never really minded that since the tall buildings in Qingdao did add something to the picture (as though a space ship from outer space landed in China), it was refreshing to just focus on the beaches and scenery for once. And the fact that most of the hotels are smaller and independently operated merely added to the unique small town atmosphere many people such as myself preferred. It gives you a greater sense of identity and belonging, I believe, rather than getting yourself lost in the masses of tourism.

On the downside, however, you do have to pay to enter the beach closest to downtown just to see these coastal rock formations that actually look rather ordinary. You can also join the throngs of people watching them from the entrance. The more interesting and most importantly, free, beaches stretch out to the east and west and are both within easy walking distance.

The downtown section along the main beach has charming and clean streets neatly laid out on a sloping hill with fresh outdoor seafood restaurants, markets, a few pubs, gift shops and other bric-a-brac. Most of the shops also have signs in Russian due to the town's popularity with Russian tourists. Beware the fact that many of these places are quite expensive so pay attention and always ask about the prices before buying. My hotel was fairly cheap at less then 200 yuan but at the time, it was just before the high summertime season.

Outside of the downtown area, there are pleasant coastal walks that you can take along the well tended pathways. Scattered along the coastal hillside are famous villas that go back as far as the 1890s when wealthy foreign businessmen and diplomats began to set up their summer residences. You may also probably discover some exotic stories and rumors over some of the possible scandals which involved many of the famous politicians and celebrities that spent their time here.

After a few kilometers the path eventually curves to the north (upon taking a short cut through the southeastern cape) and you will come upon the quieter east beach where you may see some painters lapping up the fairly scenic cliff side. A few out of the ordinary looking amusement park areas with an entrance fee are also set up at the southern end of the beach but they are completely unnecessary to visit. Although this is a generally nice section of Beidaihe, a small

section of the beach has been blocked off for further development.

There is also a fairly small bird museum near the northern beach (with more nice outdoor cafes), another equally smallish looking roller skate museum and the Beidaihe museum (closed when I visited). There was also quite a bit of activity in the Olympic Park area (where the Beidaihe and roller skate museum were located) with a nice stone statue display of the history of the Olympics around the world.

For those of you who crave hiking, there is the lian feng shan gong yuan (野峰山公园) mountain park within walking distance, west of Beidaihe. The views of the city were supposed to be quite good with its maze of pathways leading to different points on the mountain. I was getting ready to explore it towards the end of my trip but suddenly, it started to rain very hard. A great pity, indeed.

One last unique aspect about Beidaihe was that the people were quite friendly and pointed out the correct directions to me when I was looking for my hotel. In other places that I visited in China, people would try to make an effort to persuade me to stay at their hotel as an alternative. I even went so far as to make it a habit to only ask the street cleaners for directions since they had nothing to gain from me and I could trust them. So it was nice not to be hassled at Beidaihe.

Watch out at the train station though, which is quite far from the city itself. I distinctly remember a woman in a yellow shirt and yellow headband chase me with her

hotel sign. All I wanted was a picture of the train station and suddenly a sign with a picture of a not so comfortable looking hotel bed was thrust into my face. Immediately, I rushed over to the bus stop after saving "no". Nevertheless, I was chased halfway across the station by the same woman who continued to pressure me to stay at her hotel as I tried to make out the bus schedule on my map. Locals were starting to stare and I could tell many were ashamed of this behavior as I continued to say "no". Mercifully, the bus arrived. Her last attempt was to get me to question myself as to whether or not that was indeed the correct bus I was about to board (and yes, bus # 5 or the longer #22 did go to the city center). Other than this isolated incident, the rest of my stay was solicitor

Beidaihe was a very satisfying and "not just another Qingdao" beach town that should be highly recommended for those looking for a place that's closer to Tianiin and moves at a relatively slower pace. There are plenty of trains from Tianiin (still book a ticket early just to guarantee a seat) that head over to Beidaihe or vou can catch a bus from Oinhuangdao (秦皇岛)or Shanhaiguan (山海 关). From further north, however, you cannot take a bus from the equally interesting (a little less relaxed however) historic town of Xingcheng (兴城) in southwestern Liaoning Province (no bus to Shanhaiguan or Qinhuangdao either). You can buy a train ticket on the day you leave Xingcheng to Beidaihe.



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Casey Hyn



在东直门领略真实的北京

我到中国后租住的第一个房子就是在东直门。那个时候我对这座城市的布局还一无所知,但5分钟后, 我立刻爱上了这里。我住在一个老式胡同里,这里更像是真实的中国。人们各自忙着自己的事情,对待邻里 十分友好。胡同里有各种小馆子和小铺子,生活方便。

从我住的地方走上五分钟就有地铁站,连通了现代化的生活。周边有大型的购物中心,你可以买到很多 国际大品牌的产品。驰名全国的簋街是夜生活的好去处。在这条饭馆一条街上,你能体验全国各地的美味。 东直门离外国人的聚集地三里屯也非常近,还有直通的机场快线,所以住在这里真是太方便了!

still remember the first time I saw Dongzhimen. My flight from Seoul had landed in Beijing only a few hours earlier, and it was my first night as a fresh expat in Beijing. A friend of mine had just moved to the area and gushed to me about its charms—the shopping, the restaurants, the convenience to other interesting areas of the city.

It all sounded great, but it was lost on me that night. Tired and more than a little confused about the city's layout, I had no idea where I was. I had scheduled appointments to look at apartments in other parts of the city already, and dismissed Dongzhimen as a place I might drop by once in awhile.

Instead, a week later, I found myself on the back of a motorbike driven by a slightly manic real estate agent, on my way to see what I did not know at the time would become my first home in Beijing. He wound through hutong alleyways and I was surprised to find that I was about a five minute walk from my friend's apartment. Maybe I'd end up living in Dongzhimen after all.

It took all of five minutes for me to fall in love, first with the apartment (despite the fact that it had a squatter for a toilet) and then with the neighborhood. In the year I lived there, I came to appreciate Dongzhimen for the noisy, eclectic, colorful mish-mash of old and new that it is. Certainly, there were days when I seethed at the thongs of cyclists bearing down



on me when I tried to cross a street or when a single van had blocked the entire width of the hutong down which I was walking. But living in Dongzhimen also gave me a strong sense of China. both old and new.

This is perhaps the most interesting thing about the neighborhood. At a major intersection, where you'll find the Dongzhimen subway stop, you will also find three modern shopping malls boasting a variety of clothing chains and international restaurants. Ten minutes of walking later, you will find yourself lost in a maze of hutong, surrounded by cheerful, pajama-clad grandmothers, laughing children and more hole-in-the-wall restaurants and convenience stores than you can count.

Dongzhimen is perhaps one of the best locations in the city, at least for accessing the other perks of the East-West lifestyle in Beijing. A short bus ride will take you to Gulou, the Drum Tower, and the surrounding boutiques, restaurants, bars and shopping venues. Even closer is Yonghegong, the Lama Temple. Along the street on which the temple is located, visitors will find a plethora of tea and souvenir shops where they can purchase sweet-smelling incense and sample delightful jasmine and dandelion teas.

The hutongs of Dongzhimen are quite possibly my favorite area in Beijing. The locals who live there are exceedingly friendly, and around every corner, there seems to be another sector of bustling local industry. One narrow hutong walkway is lined with vegetable markets and food stands, another lumber workers sawing and shaping fresh cut wood. The children who run through the hutongs give it its greatest color, however. Whether playing games in the streets, helping their parents in the small local stores, or the babies too young to walk, they are beautiful



Hutong life

and bright and those who are old enough will often give you a friendly hello and make small talk with you.

Dongzhimen is also home to the famous Ghost Street, or Guijie 簋街. This restaurant row is an entire block of restaurants featuring a multitude of Chinese cuisines. In the warmer months, you can grab a table outside and enjoy your spicy, sayory dishes of gan bian si ji dao, di san xian, and all your other Chinese favorites while watching the local nightlife go by. Ghost Street is far from a serene place to take your meals, but it is a fun one. The garish red lanterns, restaurant promoters calling to you from every storefront, vendors hawking puppies, rabbits and kittens three feet from where you're eating and the general chaos of the district give you a truly Beijing experience.

For ethnic cuisine that is unique but not Chinese, there are a number of Russian restaurants in the area. The Russian embassy is in Dongzhimen, and you can easily find reasonably priced creamy meat dishes at places such as White Nights or Traktirr Pushkin. The popular Russian convenience store on Dongzhimen Nei sells a nice selection

of Russian beers and liquors, though the heavy Russian food and drink tend to be a better bet during the cold months.

The neighborhood is also convenient in that it is within walking distance of Sanlitun, the foreigner enclave in Beijing, and is where the airport express is located, making it an attractive spot for travelers flying into the city.

Dongzhimen is a great place to make your home base during a trip to Beijing. Everywhere you go, you will be surrounded by Chinese culture and a genuine sense of life in Beijing, for locals and expats alike. The cultural blend is exciting and reassuring and

allows for a balance between the utterly foreign and the comfortable. Thanks to its numerous public transportation options, it's also easy to hop from Dongzhimen to numerous other parts of the city. Public buses to the Great Wall run from the Dongzhimen transportation hub, so if you want to forego expensive and potentially rip-off tour groups, you can easily plan your own Great Wall excursion from here.

While you're not surrounded by major tourist attractions, you will get the flavor of Beijing, both literally and figuratively.





Keeping it Real

by Paula Taylo

保持本色最重要

我以前喜欢看选秀类节目,但是近来发现一些选秀类的节目靠挖苦、讽刺选手为卖点来增加收视率。这些节目被比喻为格斗竞技场,需要有人牺牲、观众的欲望已经不再满足于欣赏和收获亮点,而是怀着一种近乎畸形的心理去期待一个参赛者如何被挖苦,被讽刺。这里面包括了猎奇、嫉妒等等。而媒体正是利用这一点,把本该正规的选秀节目变得更加的极端,更加的露骨,从而增加收视率为自己创收。我们不妨换位思考一下,如果是我们,我们会希望被这样残酷地对待吗?俗话说的好,公开本身并无恶意。有恶意的只是一些不良的欲望,使得本该真诚的东西变得极端和畸形。

his is just a personal opinion but I detest reality shows. I think they scrape the barrel of acceptable viewing and they seem to bring out the worst in us. I did previously enjoy watching talent shows, but I must admit part of the attraction was watching totally talentless people being ripped to shreds by acid tongued judges. I, along with everyone else laughed like a drain when the inept, social misfits and the totally deluded had their hopes and dreams shattered. Watching these shows was the highlight of my week. However that all changed when one contestant, who had given a particularly toe curling performance and entertained us all mightily, was found to be mentally ill. Suddenly her performance did not seem so funny, suddenly I felt grubby and uncomfortable. Having a laugh at a vulnerable member of society's expense is not fair, it is not right and it is not acceptable. After this I vowed never to watch the show again. These shows are engineered to be controversial and as such both the contestants and the viewers are having their emotions manipulated as if they are puppets.

Maybe you don't agree with me, as I said this is just a personal opinion, maybe you like them. If so you will no doubt be pleased to learn that reality shows are becoming very popular in China. One such show on job hunting has come in for particularly harsh criticism, and having watched it I can see why. Why we need to see people looking for jobs on TV is anybody's guess. I suppose from the job hunter's point of view they can get themselves out in front of a large market. However it would appear that the programme makers have different motives. One poor participant had studied in France for ten years but the hosts had taken against him and had decided that he was a fake. One of the reasons

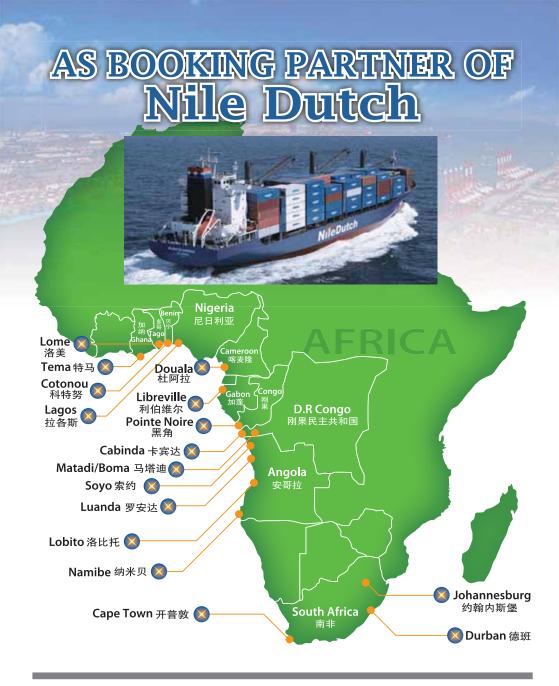
they had thought he was lying was that one of the hosts spoke in French to him and he didn't understand a thing. I studied French too and I could not understand what she was saying. Afterwards it was established that she had made many errors in just a short sentence, so no wonder the poor guy had not understood. The hosts also decided that his qualifications were fake because they had never heard of them. If only they had taken the trouble to check they could have easily established that they were genuine. After having been disgraced on TV how can the guy ever get a job? He was already nervous when he appeared on the show, and this public humiliation was too much for him, he collapsed.

How did Chinese viewers feel about this? Apparently many were on the side of the hosts as there were comments on the internet that a fake had been exposed, but a celebrity severely criticised the show. This poor guy will definitely have to get on the next stagecoach out of town because there is no way that he can show his face around the job markets again. Also as you probably know by now 面子or face is everything in Chinese society. His parents were obviously really proud of the fact that they could send their son abroad to study and probably told all their friends and neighbours. Now they have all been discredited on TV, how can they hold their heads up? Thanks to Reality TV this family have been destroyed. Apparently there is a name for Chinese people that go abroad to study - sea turtles. The hosts of this show have a problem with sea turtles as the unhappy participant found out. Maybe it was jealousy but more likely it was the need to feed the bloodlust of the audience, with the contestants being offered up as legitimate prey. At worst these shows have been likened to the gladiatorial arena with the audience needing to have someone sacrificed, so the hosts take delight in drawing blood. This is cheap TV, cheap because it takes cheap shots at people who cannot fight back, people who have no platform to fight their cause, the hosts have the last word.

If you like these shows, why do you like them? Could you, would you be prepared to appear on one of them? Maybe you feel that this is unfair as the people who appear are doing so willingly. In many cases though, they get more than they bargain for and afterwards say that they regretted it. I believe these types of shows really bring out the worst in us, we are all human beings, why do we have this need to see someone fail? Why do we need to see someone humiliated? Why do we need to see someone else's life played out on TV? It is pointless to ask why the hosts want to humiliate people when the answer is perfectly clear, it gets ratings. There is a saying that there is no bad publicity and that all publicity is good. If people are criticising the programme that is still good as they watch it anyway just to criticise. In that case the programme has already achieved its aim to get viewers and good ratings.

The things that they find interesting and entertaining in Asian countries are usually the total opposite of what amuses and entertains us in the west, but reality TV shows seem to cross all racial and geographical boundaries. There is no doubt that for some people these shows open doors, these shows make dreams come true – for some. For most people however life is full of trouble and disappointment, and these shows confirm that they are useless and will never be successful. I wouldn't want my personal failures to be made public. I think that reality shows are one import from the west that China can do without.









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CHINESE WHISPERS NATURAL CHINA

Tipping in China

By Jim Gibney

不用小费

我是个英文老师,虽然现在挣的钱没有我在澳大利亚的时候多,但在这里也绰绰有余了。因为我不会做 饭,所以我几乎每天都出去吃饭。我家门口的饭馆像不胜数,有一家海鲜馆子是我和同事经常光颜的。那里 的服务后对对何很照顾。对李德母好几乎来说了朋友。

有一次,我们一顿饭花了99元。我把一张一百元的钞票放在桌子上就起身走了。虽然我知道在中国没有给小费的习惯,但是不过才一块钱,就当做件好事了。在我快要走出饭店大门的时候,一个服务员像箭一样冲过来,要把那一块钱找给我。我试图用我的餐脚中文解释,"那是给你的小费,你留着吧。"但是她坚决不肯要。这时已经围了一圈人,他们也坚持让我把那一块钱拿回去。这时,一个会说英语的顾客跟我说:"他们不会要的。你快拿着钱走吧。"

中国就是这样一个奇特的国家。可能有人狠狠宰你一刀,但也有人坚定地保卫你的钱包。



am a school teacher, a worthy occupation but one that will never make me rich. However, my wages in China, despite being much less than what I earned in Australia, make it viable to eat out every night. This is something I could never afford to do back home as it so expensive. Then, when you factor in my lack of skills in the kitchen there is no question that eating out is the only sensible way to go. Add in the fact that within a ten minute walk of my apartment there would have to be at least one hundred different eating options, then it is as they say in the USA a "no brainer".

So for these reasons, I and a colleague, go out for dinner almost every night. The other night we went to a seafood place that is one of our regular haunts - we go there every week. It's always very busy, a good recommendation for any restaurant, and the many staff are always patient and friendly to the wai guo rens. They have always looked after us, since our first week in China, when we wandered in off the street with a phrase book, a mighty hunger and our mangled version of Chinese. I would like to think that since then we have become not only regulars but maybe even friends.

The meal was good, as it always is, and they made the usual fuss over us. We called for the bill which was 99 kuai, not cheap in my experience, but remember it is quite a flash place. After getting our doggie bag of leftovers, we left a 100 kuai note on the table and prepared to make our exit. There was no thought of waiting for the change. Despite this, before we had time to even get out of our seats and into our coats, a one kuai note was swiftly handed to me. I thought perhaps they didn't understand that it was a tip, so I left it on the table. We said our goodbyes and walked out the door.

Now, I know you might be thinking, one yuan – wow – the last of the big tippers, but I'm an Australian and tipping has never been one of my or my country's strong points. I know that tipping is not the norm in China, as well, but thought, it's just one kuai and they need the money more than I do. Anyway, before we got to the door, it's a big place, there was a bit of commotion behind us. We turned around to see one of the waiters with a distressed look on her face running towards us waving the one kuai. She was acting as if, instead of one kuai, I'd left my parcel of Apple shares behind.

Of course, she thought that we had left it behind by mistake. We tried to explain in a combination of charades, references to the phrase book and our mangled Chinglish, "You have it. It is a gift." However, she would not accept it. It was not long before a crowd of waiters had gathered around us wondering what the fuss was. Of course, they all sided with her and insisted we take the money back. Eager to prove our generosity, we stood firm. Eventually one of customers explained in English, "They will not take the money. Please take it and go." I reluctantly took the note back

How many places are there in the world where this would happen? What a country China is! It never fails to surprise. China can be a frustrating place — the trains are crowded, buying a ticket can take half a day, no one understands my Chinese and the roads are full of motorists who drive cars like they are riding bikes. You read about tourists being ripped off with counterfeit goods or being charged extortionate amounts for a "tea ceremony" in the back streets of Beijing or Shanghai. I know there are people in China who will try anything to part you from your money but try to leave a tip!

s I always state through this column, the diversity of the land and animals in China never cease to amaze me. Northern China is a contradiction, the terrible winters and scorching summers would make a person think that there is nothing noteworthy living here, however it is also a wonderful place, with varied animal life and interesting strange landscapes. The further north you travel, the more extreme it becomes. Although the weather makes life hard and cruel here, astonishing beauty stretches as far as the eye can see.

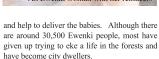
In some places the temperature drops to forty degrees below zero. The Black Dragon River wends its way from North East China to Siberia. The People who live here have to be strong to survive and the Hezhe people are as strong as they come. They are fishermen and have to drill through 1 metre of thick ice to set their nets. They chisel a hole, and then 20 metres away they chisel another one. Then a weighted string is dropped in and a long bamboo pole is used to hook the string and pull the net into position beneath the ice. Underneath the ice is teeming with fish so when a few days later the nets are checked, the fishermen are not disappointed. Once taken out of the water the fish are frozen within seconds, yet the fishermen use their bare hands to pull them out of the icy water.

The forests are frozen for more than half the year. One of the few animals able to survive here in the dead of winter is the wild boar. Although they will eat anything, needless to say they also find it a struggle to find food in the frozen land. Fortunately they are aided by their fantastic sense of smell and they are able to sniff walnuts deep below ground.

In this part of the world there are vast swathes of open land, the forests stretch to the Mongolian, Chinese and Russian borders. The dazzling blue sky is deceptively calm but this is wild, savage beauty at its best. I was stunned to learn that that hundreds of years ago a nomadic tribe from Siberia, the Ewenki, introduced reindeer to China. The reindeer are semi-wild and spend the winter in the forest. When spring comes the herders use bells and sing to them to call them in and surprisingly they respond and are very obedient, they eagerly come when called. The Ewenki women hand rear them and each reindeer has a name. Reindeer herders are extremely rare now, only around 30 Ewenki are still living a nomadic life in the forests and the relationship they have with their animals is very special, they act as midwives to their herds

A Hezhe fishrman working on the frozen river





In the dead of winter when we are tucked up inside our warm, centrally heated homes, the few Ewenki still left herding reindeer are probably the last generation to do so, the rest having been tempted away to the cities with the lure of mobile phones, TVs, laptops and a comfortable home being chosen over a life of hardship, uncertainty and perishing cold. Whilst I can't blame them for giving up a life that I personally could not live, I still cannot help feel sad that yet another way of life that has remained unchanged for centuries is vanishing under our very noses.



冰雪世界

我们生活的天津在中国北方,这里冬天寒冷刺骨,夏天又酷热难耐。越往北走,气候条件越是残酷。但 在生存条件恶劣的东北地区,你会发现难得一见的自然之美。

黑龙江从东北一直蜿蜒流向西伯利亚。在一些地方,气温会降到零下四十度。生存能力极强的赫哲族靠打鱼为生。他们在冰面上钻1米深的洞,然后把渔网放下去。他们用绳子和长竹竿在冰下调整渔网的位置。 几天以后就可以收网了,而且收成通常都不错。这些鱼从冰面捞上来之后几秒钟之内就能冻上,但是赫哲渔 民居然能徒手伸进刺骨的冰水里把鱼捞上来。

森林地区也有大半年的时间是封冻的,只有少数动物能在这里生存,而驯鹿就是其中一种。鄂温克族从 西伯利亚迁徙到中国东北,也把驯鹿引入中国。驯鹿与鄂温克族相互依存,感情笃深。

不过,这些曾经的游牧民族也越来越向往现代化的城市生活。所以维持原始狩猎习惯的人越来越少了。





LOCALEVENTS

5th Anniversary Party of Hotel Nikko Tianjin

5th Anniversary Party of Hotel Nikko Tianjin was held at Diamond Ballroom on June 29, 2012. Almost 200 customers and media attended the party. Mr. Michael Borostyan, General Manager of the hotel, expressed sincere appreciation for the kind support during past five years on behalf of management



A new spot at night in town

Recently, GIA Lounge bar is open to public already and there are many different promotions at every night, such as Lady's night on Monday and electronic music theme party during weekend. Moreover, the drink menu has a wide range of selection plus classic snacks for you to choose. The happy hour is basically from 7pm to 9pm so you can buy one bottle of beer and get one free.



The 4th International Beer Festival in Xiao Bai Lou European style street

The fourth "European style" International Beer Festival, was held from July 5-July 15, at the downtown business area, Xiaobai Lou 1902 European style street, for a period of 11 days.

This festival aimed at replicating the experience of high grade beer culture and European style audio-visual enjoyment, as well as a high-grade leisure and cultural atmosphere. There was also a big feast for the Chinese and foreign tourists and citizens. It furthered the influence of these beer brands in China.

Dikara Opened New Spa

Dikara Spa opened its second branch in Tianjin at Crowne Plaza Tianiin Binhai. The opening cocktail party attracted some fifty VIP members of Dikara Spa at Radisson Blu Plaza and Tamara Spa at Holiday Inn Riverside. The new Dikara outlet will provide its well-developed spa therapies by making use of the nicely-decorated rooms, advanced facilities and high-quality beauty and essence oil products.



Wine tasting at La Casa Di Nao

On July 12th, La Casa Di Nao, a high-end Italian restaurant at Wu Da Dao, presented an exclusive dinner featuring Jean Leon, the legendary wines from Penedès. Mireia Torres Maczassek, the General Manager of Jean Leon was also at present to introduce



some rare bottles specially brought in for the event. Guests were treated with a special menu, in which each course is matched with a wine.

Ice Ball Carving Performance at Le Procope Lounge

As the first stop of SUNTORY ICE BALL CARVING EVENT, Le Procope Lounge had an outstanding and famous Japanese bartender, King, from Beijing GELN bar to perform on June 30. All the guests were amazed by his excellent ice cutting skills and the sharp ice curving



ASCOTT CHINA RECEIVED FOUR AWARDS

For the third year, Ascott China was awarded China's Most Popular Serviced Residence Hotel Brand at the 9th Golden-Pillow Award of China's Hotels on the 19th of June 2012. Mr. Kevin Goh, Regional General Manager of East & South China, attended the ceremony and accepted the award on behalf of Ascott China. Later the same month, during the 2012 China Economy Summit held in Beijing on the 25th of June, Ascott China was named 2012's Green Model, 2012's Innovation Model and 2012's Most Popular Brand amongst Business Elites.

The 9th Golden-Pillow Award of China's Hotels was jointly organised by China's top financial media 21st Century Business Herald and China's first "Business + Travel" magazine. Evaluation for the 9th Golden-Pillow Award lasted nearly four months, during which scores of feedback from professional judges (including business experts, the media, artistic judging panels and hotel investors) as well as millions of netizens' votes were considered.

For the awards given out by the 2012 China Economy Summit committee, media from different countries were invited to evaluate the nominated corporations' contributions based on their business model and operation innovation, environment protection, and brand reputation. Corporations from various industries were awarded for their excellent performance in the past year.

The four awards further consolidate Ascott's leading status as the largest serviced residence owner-operator in the industry. The company boasts a 28-year industry track record and its award-winning serviced residence brands enjoy worldwide recognition. Today, Ascott operates/manages approximately 8,000 units in 41 properties across 17 cities, including Beijing, Chengdu, Chongging, Dalian, Foshan, Guangzhou, Hangzhou, Shanghai, Shenvang, Shenzhen, Suzhou,



Tianjin, Wuhan, Xiamen, Xi'an, Hong Kong and Macau, and is the preferred accommodation choice of those away from home for a longer-duration.

Two more serviced residences, Ascott Guangzhou IFC and Citadines Jinshang Road Xiamen, will open in the second half year of 2012 —. Ascott China is on track to achieve 12,000 serviced apartment units by 2015.

Polar Carnival makes you more exciting



As the summer vacation approaches, China Haichang Tianjin Polar Ocean World has prepared a lot of wonderful shows to attract the attention of the visitors. On July 15th, the two Polar bear baby has chosen their names among all the suggestions from public, Jingjing and Weiwei. The winner has gained the award of the "Name Collection Match". At the same time," the polar iceman wars" challenge has been successfully completed in the amazing sound of applause of the audiences.



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Will you join us?



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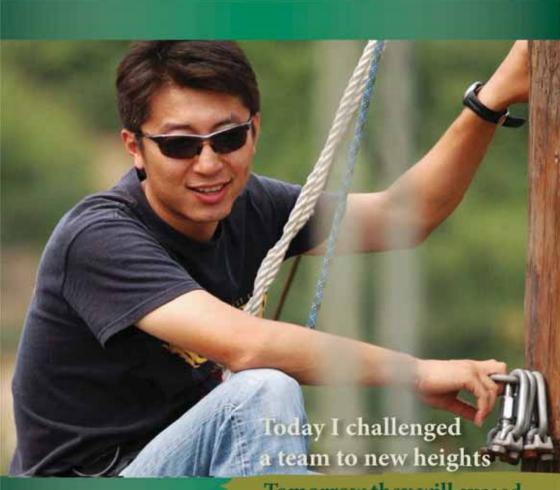
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