



# 今日天津

T I A N J I N T O D A Y

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M A G A Z I N E



新年  
新气象

## NEW Year, NEW Resolution

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we cheer for  
EXCELLENCE



LEARN WITH PURPOSE

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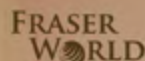
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EXECUTIVE APARTMENTS

TEDA - TIANJIN

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Green Park Villa provides a variety of services, ranging from accommodations, conference space, and recreation areas to fully equipped catering services. There are Western, Chinese, Japanese restaurants as well as a Japanese hotpot shop and French style Teppanyaki, and BBQ in the garden. Green Park Villa is your first choice whether you are choosing a long term residence, or a short term business trip.

Green Park Villa---Your cozy home.







## SWEETEN UP YOUR CHINESE NEW YEAR

Renaissance Tianjin Lakeview Hotel is offering traditional goodies & holiday gifts for this festive season at New Dynasty. A string of favorite delights for your selection including traditional Poon Choi, local pastry Xiao Ba Jian and exquisite Chinese Bread. Celebrate your special moments with all the delicious!

**Ji Xiang Poon Choi** RMB 2,038, 8-10 persons/box

**Ru Yi Poon Choi** RMB 1,080, 4-6 persons/box

Pickup date: 29 January to 7 February 2016

**Xiao Ba Jian** RMB 148, 8 pieces/box

**Chinese Bread** RMB 168, 3 kg/box

Pickup date: 23 January to 7 February 2016

(Chinese bread needs to be kept in frozen storage.)

Above rates are inclusive of 15% service charge.

For more information and reservation, please contact  
New Dynasty at 5822 3110/3111.

**R**  
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Society Hill WeChat



Hotel APP





## Sumptuous Hot Pot Themed Buffet

Eating hotpot is a wonderful ritual of selecting morsels of raw food, placing them in boiling broth, waiting, fishing them out of the pot, dipping them into sauce and finally enjoy them.

This winter, Wanda Vista Tianjin launches sumptuous hot pot themed buffet dinner at Cafe Vista, featuring nutritious home-made Tom Yum Kuong, choice of Mushroom or Sichuan Style soup base and a vast choice of fresh ingredients to drive out the chill. RMB 288nett/person. Group purchasing/Club One member can enjoy special discount.



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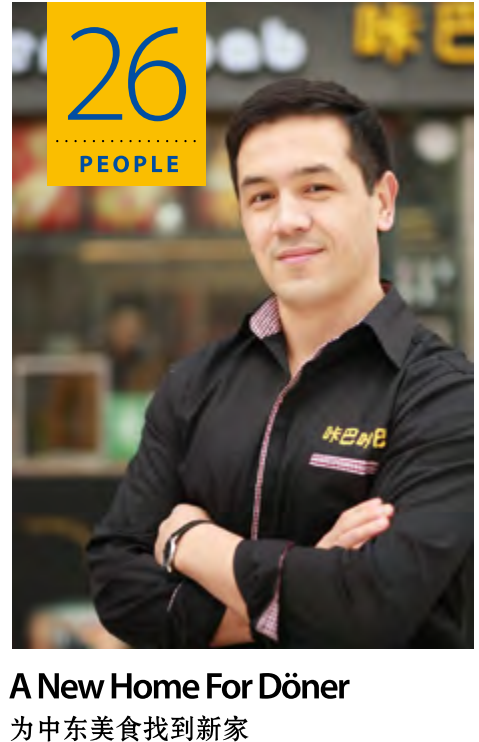
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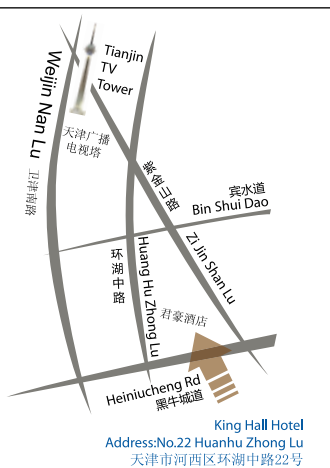
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EDUCATION

**Race Awareness  
种族意识**

New Tianjin Location Starting November 4th at King Hall Hotel  
Address: No. 22, Huan Hu Zhong Lu, Hexi District (河西区环湖中路22号)  
Bus line: 1, 9, 705, 826, 953 stop nearby

[www.TJIF.com](http://www.TJIF.com)

Please contact Scott Carlson with any questions:  
• Phone: 8829 7772  
• Tianjin email: enquiry@tjif.com  
• TEDA email: enquiry@tedafellowship.com  
Open to foreign passport holders only.

King Hall Hotel  
Address: No. 22 Huanhu Zhong Lu  
天津市河西区环湖中路22号

Support  
Encouragement  
People who share our goals and beliefs

All of these things help us to discover how we fit into the place that God has put us.

Join our fellowship  
Sundays at 8:30 AM or 10:00 AM in Tianjin or at 10:00 AM in TEDA as we discover God and His great plan, together







**Living with A Foreigner**  
相爱容易相处难



**Teaching Kids About Chinese New Year Traditions** 在中国过新年



**Mothers Are Not Exposing Themselves** 哺乳妈妈的无奈



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Society Hill  
Mighty Source



Jan. 1 !

▶▶▶ Tianjin Grand Theatre  
天津大剧院

**Ballet: A Thousand and One Nights by the Kremlin Ballet**

芭蕾舞剧《一千零一夜》  
演出：克里姆林宫芭蕾舞团  
Time: 19:30

*The Kremlin Ballet was founded in 1990 due to the initiative of its present artistic director, Andrei Petrov. Thanks to his energy, persistence and undoubted organizational abilities the company has toured extensively in Russia and abroad, so that 26 countries and many Russian cities have had the opportunity of becoming acquainted with its repertoire. Now, they will come to Tianjin, to give us the chance to enjoy their wonderful performances.*



ADD: Culture Center, Pingjiang Dao, Hexi  
河西区平江道文化中心  
Tel: 83882000

Jan. 1 !

▶▶▶ Tianjin Grand Theatre  
天津大剧院

**New Year's Concert: Symphonia Vienna**

维也纳管弦乐团新年音乐会  
演出：维也纳管弦乐团  
Time: 19:30

*Symphonia Vienna, founded in 1995, conceived its future to be in its uniqueness, that is, a youthful international ensemble where every musician has experience in the Viennese tradition of music making. Today Symphonia Wien comprises exceptional musicians from all over the world. Whether principally soloists, chamber musicians or leading orchestral musicians, all share the passion and joy of making music together. The ensemble is equally comfortable performing the most intimate chamber music as well as its large symphonic orchestral repertoire.*



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Dec. 20 !

▶▶▶ Tianjin Grand Theatre  
天津大剧院

**Concert: Dublin Philharmonic Orchestra**

翡翠岛国之声—都柏林爱乐乐团音乐会  
演出：都柏林爱乐乐团  
Time: 19:30

*The Dublin Philharmonic Orchestra brings together the finest of Irish and European orchestral musicians, with Irish and International soloists, conductors and composers celebrating their shared musical heritage and pursuing performance excellence in the tradition of classical and contemporary symphonic music. The Dublin Philharmonic Orchestra gave regular concerts throughout the capital city until the late 1930's, when there was a cessation of activities due to the advent of World War Two.*



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Jan. 3

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Report-back Performance: Mulan Ballet**

我与舞蹈的故事  
—2015年木兰芭蕾舞团年末汇报演出  
演出：天津大剧院木兰芭蕾舞团  
Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi  
河西区平江道文化中心  
Tel: 83882000

Jan. 1

▶▶▶ Tianjin Grand Theatre 天津大剧院

**New Year's Concert: OUR TANGO**

因你快乐—维德之声新年音乐会  
演出：OUR TANGO乐团  
Time: 14:00

ADD: Culture Center, Pingjiang Dao, Hexi  
河西区平江道文化中心  
Tel: 83882000

Jan. 29

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Concert: Harmonica**

口琴时光之旅  
—纪念口琴传入中国95周年系列活动  
演出：杨晟  
Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi  
河西区友谊北路3号  
Tel: 8622-23263505

Jan. 10

▶▶▶ Tianjin Grand Theatre 天津大剧院

**New Year's Concert: Mulan Children's Choir**

木兰童声合唱团新年音乐会  
演出：天津大剧院木兰童声合唱团  
Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi  
河西区平江道文化中心  
Tel: 83882000

Jan. 2

▶▶▶ Tianjin Grand Theatre 天津大剧院

**Physical play: Spirit**

即兴实验肢体剧《灵》  
演出：刘欣  
Time: 19:30

ADD: Culture Center, Pingjiang Dao, Hexi  
河西区平江道文化中心  
Tel: 83882000

Jan. 30

▶▶▶ Western Shore Art Salon 西岸艺术馆

**Jazz Night**

爵士之夜  
—美国爵士摇摆歌曲经典音乐会  
演出：黄玫瑰老年爵士乐团  
Time: 20:00

ADD: No.3 Youyi Bei Lu, Hexi  
河西区友谊北路3号  
Tel: 8622-23263505





Jan. 9

**Movie: Star Wars: The Force Awakens**

Release Date: 9 January 2016 (China)  
 Genres: Action, Adventure, Fantasy  
 Director: J.J. Abrams  
 Stars: Daisy Ridley, John Boyega, Oscar Isaac

"The Force Awakens" is set approximately 30 years after the events of "Return of the Jedi". The Rebel Alliance and the Galactic Empire have become the Resistance and the First Order, respectively, and the film follows new leads Finn, Rey, and Poe Dameron alongside characters from the previous Star Wars films.



Jan. 15

**Movie: The Last Witch Hunter**

Release Date: 15 January 2016 (China)  
 Genres: Action, Adventure, Fantasy  
 Director: Breck Eisner  
 Stars: Vin Diesel, Rose Leslie, Elijah Wood

The last witch hunter is all that stands between humanity and the combined forces of the most horrifying witches in history.



Jan. 29

**Movie: Kung Fu Panda 3**

Release Date: 29 January 2016 (China)  
 Genres: Animation, Action, Adventure  
 Director: Alessandro Carloni, Jennifer Yuh  
 Stars: Jack Black, Angelina Jolie, Dustin Hoffman

Continuing his "legendary adventures of awesomeness", Po must face two hugely epic, but different threats: one supernatural and the other a little closer to his home.



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**Todd Mischke**

Territory Developer for SUBWAY Tianjin  
赛百味天津地区发展商

## Tianjin has 698 Newly Infected HIV Patients in First 10 Months of the Year

### 前10个月天津市新增艾滋病感染者和病人698例

December 1st was the 28th World AIDS day. This year's theme was "Moving Forward to Zero AIDS". According to health officials Tianjin had 698 new HIV patients to the end of October – an increase of 24.64% compared to the same period in 2014. It is important to note that 50 of the new infections were young students – an increase of 38.89% from the same period in 2014. All reported young student cases were male and made up 87.18% of all new cases. Overall, Tianjin has treated 3,157 HIV patients.

12月1日是第28个世界艾滋病日，主题为“行动起来，向‘零’艾滋迈进”。据悉，截至10月底，天津市新发现并报告艾滋病感染者和病人698例，较去年同期增加24.64%，目前全市共累计管理艾滋病感染者和病人3157例。值得关注的是，截至10月，今年新发现青年学生病例50例，较2014年同期增长了38.89%。全部青年学生报告病例均为男性，占有新发现病例的87.18%。

## Self-built Warehousing Logistic Centers in Tianjin

### 纷纷在津自建仓储物流中心，大型超市货更全价更低

Carrefour's logistics center is now up and running in Wuqing District, while Vanguard and Ren Ren Le supermarkets have also established their own large logistics warehousing bases in Tianjin. The development of these bases helps lower the price of commodities and also reduces the stockout rate.

伴随家乐福华北区物流中心在武清区建成并投入使用，目前华润万家、家乐福、人人乐等连锁超市均已在天津拥有大型物流仓储基地。超市建立仓储物流基地，可直接降低商品价格，缺货率也将大大下降。

## Complete Optical Fiber Coverage for Tianjin

### 天津实现光纤全覆盖，家家享百兆带宽

On November 30, Tianjin Unicom in Heping district completed its computer room at the Yantai Dao. This landmark project means Tianjin Unicom has now achieved complete optical fiber coverage of the city. The construction brings to an end the traditional copper program-controlled exchange communication era for both urban and rural residents. Optical fiber broadband capacity can offer speeds of up to 100M. Tianjin Unicom can now offer speeds that are more than six times faster than before which will benefit millions of broadband users. At the same time, the high speed optical fiber broadband communication network has attracted businesses such as Tencent, Baidu and other national web companies to Tianjin.

11月30日，随着天津联通和平区分公司烟台道机房施工完成，天津联通实现全市光纤全覆盖，从此城市、农村居民彻底告别传统的铜缆程控交换通信旧时代。由于光纤接入，用户接入宽带能力从原有512K可直接提升到100M。铺就光纤宽带网络的同时，天津联通连续六次开展全网光纤宽带免费大提速，使数百万宽带用户受益。同时，高速率光纤宽带通信网络，吸引了腾讯、百度等全国知名网站纷纷落户天津。

The names of the honorary advisors are listed according to the alphabetical order of the first name initial. 以上荣誉顾问按姓名首字母顺序排列，排列不分先后



## New Market Entity at China (Tianjin) Pilot Free Trade Zone 津自贸试验区挂牌至今新增市场主体超万家 同比增一倍

Since the establishment of the China (Tianjin) Pilot Free Trade Zone every day around 10 enterprises from Beijing and Hebei have relocated there. Every two hours, a batch of food from somewhere in the world completes customs clearance and is shipped to its stores. At the same time, the China (Tianjin) Pilot Free Trade Zone has taken the lead in becoming a window for international trade and has, so far, saved clearance costs for Beijing-Tianjin-Hebei enterprises of almost 100,000 yuan daily. So far, more than 10,000 market entities have relocated in the three areas of the China (Tianjin) Pilot Free Trade Zone. This is twice the number compared to the same period in 2014. It has attracted global resources and "Biz Trends". The three areas are expected to produce a boost to the GDP of 270 billion yuan in 2017 and its average annual growth will be over 20%.

天津自贸试验区挂牌运行以来, 平均每天有10家来自北京、河北的企业在这里落户, 不到2小时就有一批来自全球的食品完成通关, 运往各地直营店。与此同时, 自贸试验区在全国率先搭建的国际贸易单一窗口, 每天为京津冀企业节省报关费用近10万元。截至目前, 自贸试验区三个片区新增市场主体超过10000家, 同比增长一倍左右。强大的口岸辐射功能, 吸引了全球资源, 开启了天津自贸试验区的“创时代”。预计自贸试验区三个片区2017年的 GDP总和将达2700亿元, 年均增长20%以上。

## Tianjin Davos BBS Website Opened 天津达沃斯论坛网站开通

Organised by enorth.com, the 2016 Summer Davos has opened its official website [www.tj-summerdavos.cn](http://www.tj-summerdavos.cn). In addition to the PC version, the host city will also launch Ipad and 4G mobile phone versions. All of these versions will link with our Exploring Tianjin's APP.

由北方网承办的2016天津夏季达沃斯论坛主办城市网站([www.tj-summerdavos.cn](http://www.tj-summerdavos.cn))正式开通。主办城市网站除了PC版, 还将推出IPAD版和手机4G版, 并与“感知天津”城市APP互联互通。

## Airbus (Tianjin) Delivers First "Space Development" Cabin Option A320 Aircraft 空客天津总装交付首架“空间拓展”客舱选项A320

Zhejiang Loong Airlines has received its first A320 aircraft from the Airbus (Tianjin) Delivery Centre Limited. The aircraft, which is equipped with a "space development" cabin option, underwent its final assembly in Tianjin.

浙江长龙航空在空客(天津)交付中心接收了其首架在天津完成总装的A320飞机。该飞机也是空客在天津总装并交付的第一架采用“空间拓展”客舱选项的飞机。

## Tianjin Metro Line 9 Part Reopens 12月16日起 津滨轻轨9号线部分恢复运营

Tianjin Metro Line 9 will partly reopen operations between Tianjin Zhan and Pipe Corporation Stations from December 16. The daily operating times are 6:00 - 22:30 and the interval between trains will be 10 mins. For the convenience of passengers, 6 new bus routes between Pipe Corporation Station and Tanggu Station will operate at the same time.

津滨轻轨(9号线)12月16日恢复天津站至钢管公司站区间临时运营, 运营时间为6:00—22:30, 全天行车间隔10分钟。为方便乘客换乘, 目前, 本市共有6条由轻轨钢管公司站至塘沽洋货市场站的公交线路, 与轻轨进行临时接驳。



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# LETTER

## FROM THE EDITOR

**W**elcome to 2016! My how the time flies as we start a new year. It's time for those ambitious New Years Resolutions. This issue will provide you with some tips on how to keep your resolutions and help you achieve success. Just remember not to put too much pressure on yourself with unattainable or unrealistic goals and just take small steps to success. If you fail this month try again during the upcoming Chinese New Years next month.

There has much said about public breastfeeding as a result of non-respecting individuals taking photos of this private situation and broadcasting in a public forum. We will look at the issue from different aspects and why has this become such a controversy.

In a lighter vein, lets look at living with an expat in Tianjin. There are problems but also benefits. We can also try to cope by using the healthy exercise of Tai Chi, what was it's origin, why is it still so popular and what does it have to do with Bruce Lee?

For our food items, check out the Hong Kong snack scene and we will give you a detailed review of where you can find the best burger in town. From the least expensive, the more pricier ones but all delicious.

We have a new article that we will start with this issue that is directed to those visitors coming to Tianjin for just a few days, probably on a business trip and want to spend some extra time exploring Tianjin. We have called this new article "Tianjin Mini Guide" and is meant to highlight some interesting sights, shopping and eating places within walking distance. This issue will center around Nanjing Road.

We completed a successful Jin Magazine Awards Night to present special recognition for last year's winners of hospitality awards. It was a terrific turnout and all proceeds were donated to the Jian Hua Foundation towards care for their Autism in Children program. Thank you for everyone's participation and generous donations. We look forward to the coming year recognition awards.

Thank you for reading our magazine and send me your comments.

欢迎来到 2016! 时间过的真快, 转眼间我们又迎来了新的一年。新的一年你又树立了什么宏伟志向? 或许你常为自己无法坚持某些计划而苦恼? 如果答案都是肯定的, 那就赶快找到我们的主题, 看看我们是怎样为您提供帮助的。任何时候, 都不要给自己太大压力, 因为成功永远不会一蹴而就。

关于在公共场合给孩子哺乳的问题, 我们好像总有很多话要说。想知道我们是怎样看待这个问题的吗? 欢迎翻阅我们的文章, 你会找到不一样的视角。

你对太极拳的知识了解有多少? 为什么这项运动在流传了 500 年后依然深受人们的欢迎? 太极拳是如何影响着中国电影? 如果你也和我一样, 对这样的传统运动感兴趣, 那就找到我们的文章, 找到中国太极拳的故事。

除此之外, 本期还有很多亮点文章, 比如那些精美的香港小吃以及天津详细的好吃的汉堡包清单。还在等什么? 赶快拿起我们的杂志去一一品尝那些地道美味吧。如果您有任何好的建议或意见, 我们永远在这里等您。

Monica Wang  
Editor



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## Profile of CHENYI Law Firm >>>>>>



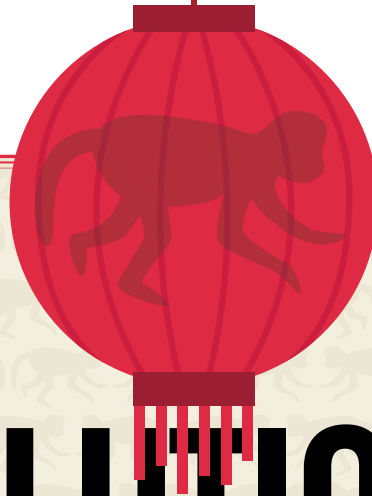
The firm was founded in 2013 by several highly-acclaimed and senior lawyers in the legal practice industry of Tianjin. Equipped with more than 10-18 years of extensive experiences in a wide range of commercial and business law, the legal team at CHENYI is proud of its track record of having successfully assisted a large number of multinationals, foreign-invested, major State-owned or private companies in a variety of legal matters. Several of the partners have studied or worked in Europe or US. The firm is capable of providing service in Chinese, English and Japanese.

The Partners at CHENYI are united under the common goal, i.e. to deliver value to clients and endeavor to be the best firm of Tianjin. We have a passion for the profession and we trust we can make a positive difference through our commitment to excellence. Our mission is to deliver legal services with quality, efficiency and professionalism.

## Practice Areas >>>>>>

- FDI: foreign-invested enterprises services, business incorporation and collaboration with Chinese partners, commercial negotiation, joint ventures
- Overseas investment by domestic enterprises
- General corporate: corporate internal governance, shareholder dispute, daily operation, risk management, contracts review, corporate finance
- Human resource and labor law: down-sizing or lay-off, labor relations consultancy, labor dispute mediation, arbitration and litigation, draft and review of company internal rules, employee handbooks, labor contract etc.
- M & A: reconstruction, mergers and acquisitions, due diligence, negotiation, legal documents drafting and review, general consultancy;
- PE&VC: establishment of private equity or venture capital fund, investment, due diligence, investment exit, liquidation
- Intellectual property: trademark, trade secret, patents, IP dispute etc.
- Real estate and construction projects: real estate development, construction, land development, property management, real estate acquisitions
- International trade and investment
- Finance, banking and insurance
- Litigation & Arbitration

# NEW YEAR NEW RESOLUTION



by **David Wong** and **Carmen King**, photo by **Zhang Li** and **Zhao JianWei**

## New Years Resolutions

At the start of the new year many people will make their New Year Resolutions, a promise to themselves that you will try to accomplish something good or stop doing something bad. Most expats will have the advantage in China, if we don't meet our commitment the first day, we can officially start the next day when it is New Years Day back home. We can also argue that since we are in China, we can start the resolution at the Chinese New Years, Spring Festival or Chun Jie 春节 which is February 8 this year.

Thus slips in the peskiest of pests, procrastination. The whole idea of starting something new seems so positive at first. As humans we are often strongly influenced by our peers. Some might say this is why starting a new healthy lifestyle at the beginning of a new year is so popular. "Everyone" else is planning to do the same thing. Therefore it is easier to get going and stay going when people around you are of like mind. Sort of like saying it is easier to go to the gym if you have someone to go with.

On the surface that all sounds great, however, as noted at the outset, for the procrastinator at heart, there are always plenty of opportunities to put off that new resolution. Putting all those resolutions aside,

how did the New Year become such a big deal any way? Isn't it just another day like all the other 364?

## How it all started

In ancient Rome, 500 BC, Romans gave sacrifices to the god Janus who was the god of beginnings and passages. The month of January is named after Janus and sacrifices and new beginnings with new plans for business and life are made on the first day of the New Year. In Chinese customs, all debts are to be paid before the new year, depending upon your astrological sign, there are special characteristics to be observed, this year is the year of the Monkey and specifically the year of the Red or Fire Monkey 丙申猴年 Bing Shen Hou Nian. This year the Monkey year is heavily related to money.

In this respect, the celebrating of the New Year isn't really unlike so many other holiday traditions, steeped in mythical mystery and the worship of a certain deity. Interestingly though, the majority of folks have probably long since forgotten these origins and now focus entirely on the festivity of it all. Expats are particularly familiar with this process of "socializing" and "secularizing" the holidays. New Years in the West is usually little more than a time to get out and party. Expats may likewise choose to join in the Chinese





New Year (February 8, 2016) because they have time off; there is plenty of food, drink and friends will be available. As such all are likely little concerned about the origin or meaning behind the day, and more enthralled by the various “events” happening around town.

Checking holiday origins can be like checking food labels, surprising to find out what’s in there and where they came from! Just like we may pop that favorite sweet treat thinking little about its origin or ingredients, often holidays can be the same. This sort of “dilution” of the real historical New Years meaning has long since occurred in the West, where perhaps pretty much everyone associates New Years with the ball dropping in New York City more than sacrificing to Janus!

### Typical Resolutions

As we all start the New Year, we try to begin with resolutions that give loved ones

and us a better life. The most common resolutions are ones that relate to Diet, Finances, Relationships, Work and Career. However in order to give yourself a fair chance to accomplish these goals, here are some tips on how to succeed.

### Diet

The most popular resolutions are related to losing weight, with the majority of the population, not just being overweight but becoming obese due to the higher standard of living and corresponding sedentary lifestyle, it is no wonder that this is the most popular resolution. In order to give yourself a fighting chance, set a reasonable goal. If you need to lose 20 pounds or about 10 kilograms, set a more reasonable goal of 5 pounds within the first month. You should also take into account your total weight. A person that weighs 200 pounds, losing 5 pounds is only 2.5% but a person with a total weight of 100 pounds will

mean a significant loss.

This is where getting some additional advice might pay off. A number of doctors specialize in weight loss. Even personal trainers who can be found at pretty much any local gym likely know a thing or two about losing weight. The science of losing weight goes way beyond simply lowering the number we see on the scale. Things like BMI (body mass index), heart health, and a host of other factors need to be taken into consideration. So as you set those infamous “weight loss” goals, be sure not to overlook other basic indicators of health that go beyond the scale. After all the “skinny fat” epidemic is not to be ignored.

Doctor Mark Hyman at [www.huffingtonpost.com](http://www.huffingtonpost.com) talks about the skinny fat problem. There it is noted “the medical term for this is “MONW” which stands for “metabolically obese normal weight”. In simple terms, despite appearing thin one is actually very unhealthy. This is because they have too much fat for their meager body weight. Perhaps nowhere skinny fat has more potential to be a problem than in Asia. Across Asia, which includes Japan, Korea, and China, skinny is highly sought after. We aren’t talking about sort of skinny. We are talking about scary skinny, where someone is pretty much just a bag of bones and has next to no muscle.

While skinny fat can rear its ugly head anywhere, these days in the West there is a real trend of being lean but muscular. The “ripped” look is far more coveted than just plain gaunt. The idea that a guy or girl is thin with no muscle isn’t near as visually appealing as one that is packing a six-pack and some well toned guns. All this proves that it isn’t just about setting the goal of being “thin”. It is about being healthy. As such we can’t starve ourselves. Instead we want to learn to control our weight and have a decent amount of muscle. What can help?

Try to learn about the type of foods that tend to add calories, if you cannot do without potatoes, try eating baked or scallop potatoes instead of French fries. Instead of whole milk, try low fat or skim milk. Instead of chicken fried rice, try steamed rice with chicken but without the skin. This is a popular Cantonese dish that cooks the rice, chicken and scallions in a clay pot so the flavor of the chicken permeates through the rice. Remember that you are in the kingdom of oil, where the consumption of oil is higher per capita than most other countries. You can’t control the



Build a healthy body in 2016



Keep track of what you eat every day.

that they use less oil “Shao You” 少油 and hopefully they will indeed use less but it may be peanut oil or lard so at home try using a healthier oil such as canola, olive or flax.

The fact that fast food and eating out may become the fast track to health trouble is highlighted throughout author David Zinczenko’s wildly popular book entitled “Eat This, Not That!”. Inside it details the countless high fat, high oil, high sodium pitfalls which await consumers looking to catch a bite out. Interestingly, there have been reports that since the books release, and the rather public way in which many popular eateries were exposed for serving up tasty dishes at the cost of customers’ waistlines even more so than their wallets that some have actually taken steps to change their menus, perhaps even deleting those obscenely indulgent items. Expats living in Tianjin and throughout China need to take their health into their hands. As such, many times the healthiest choice is eating at home in a quiet and peaceful atmosphere with friends and family. This not only ensures a controlled atmosphere but a controlled diet.

Some tips to change eating habits may

also help. Use a smaller dish, so the food appears more and constrains your desire to take bigger helpings, especially at a buffet. Drink more water, lemon water is a good choice as it is a safe flavor and gives you a feeling of being more full before dinner. Avoid soft drinks, the regular ones are full of sugar, one can has 8 teaspoons of sugar, juices are the same; even diet pops are bad. The diet soda does not have calories but you will tend to overeat or eat the wrong foods because your mind is thinking you have compensated to binge.

The major success factor is mind over matter or stomach in this case. Eating slowly and deliberately is also a good habit. Slowly so your brain can catch up to your stomach and stop sending signals to your to keep eating when in fact you are full. Put your fork or chopsticks down in between bites. Turn the TV and your smart phone off during meals, so you can concentrate on eating and not be distracted. Another good habit is to try and leave the table a little hungry instead of leaving the table stuffed. Have another glass of lemon water to fill that gap.

The other part of the equation is

exercise. Try to find an activity that you like or is convenient to do. Some publications indicate that 20 minutes 3 times a week is enough but see if you can double that and try to work up a sweat. As with everything related to your body, have a medical check up and discuss this with your doctor before embarking on these eating and exercising changes.

There are no big secrets, the bottom line is eat less and exercise more. Sounds simple but not easy to do and do consistently. That is why small goals are best in order that you can see some progress. Depending upon your personality, solicit support from your partner or if you are more introverted, give yourself the challenge and also reward yourself when the goals are met. Just don’t make the reward food such as a rich desert, which will defeat the purpose. Keep a record of all you eat and the exercise, weigh yourself at the end of the week. Daily weight fluctuations are not as useful because our body retains water and needs a couple of days to digest and let the exercise register. A better indication is the fitting of your clothes; you will know when you are losing or gaining by the tightness or



looseness of your belt.

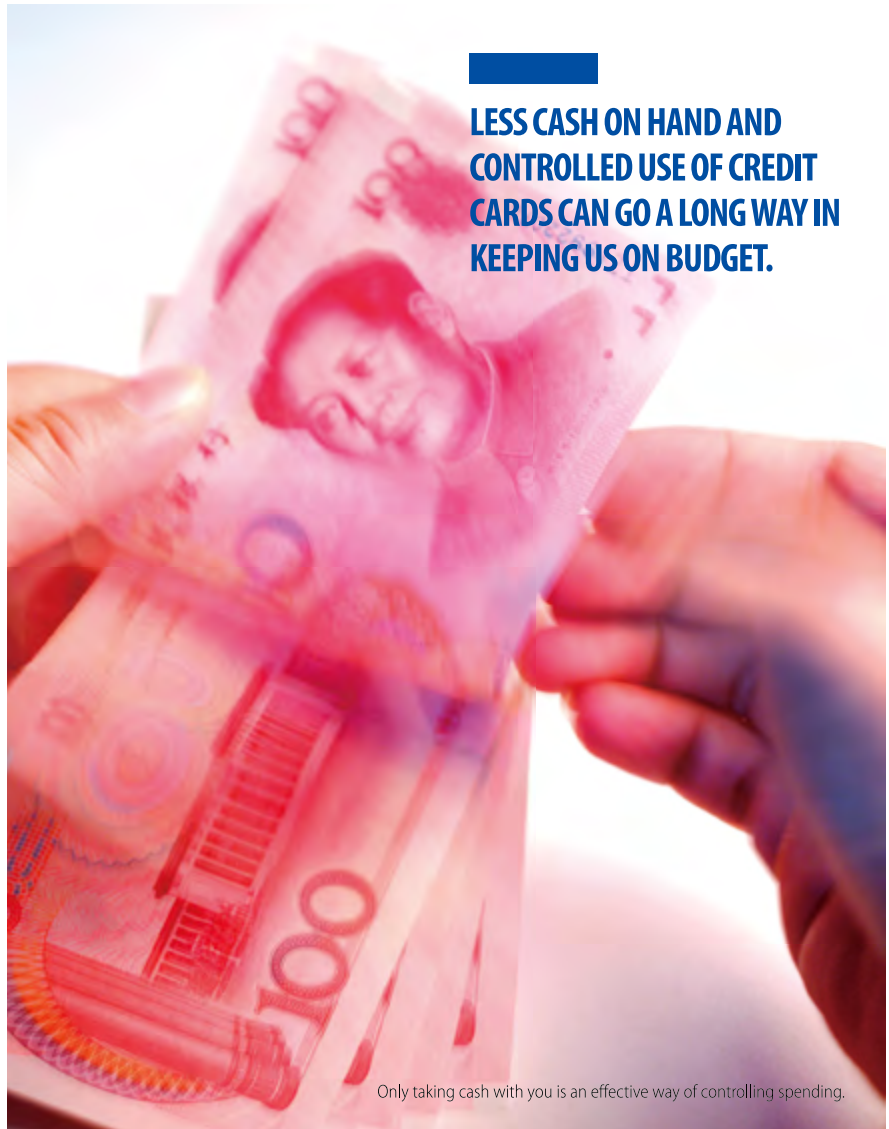
**Finances**

Another popular New Years Resolution is that of Finances, either paying off debts or increasing savings. As featured in the previous issue, living in China is no longer as cheap as it used to be; so keeping ahead of spending versus savings is difficult. The best tool is a good budget plan. This needs to be made and reviewed on a monthly basis and try to allow a contingency for unexpected expenses. Just like dieting, document what is spent and keep track of expenditures compared to your budget.

The biggest culprit of potential downfall of a positive budget can be the careless use of credit. Credit in the form of loans, mortgages and credit cards all have a cost and can be useful to obtain something now and paying for it later. For most people, large purchases such as a car or an apartment are out of reach unless you can pay over time in a form of a mortgage or a loan. Just be aware that most of the payment will be towards the interest even at present day low rates. For example, a mortgage of 1,000,000 RMB at 5% amortized over 30 years will mean you would have paid close to 2,000,000 RMB once it is paid off. So try to increase the down payment, to reduce the amount of the loan or shorten the payback period.

A credit card is very convenient and in this day and age, it is referred to as a “cashless” society. Just keep in mind that most credit cards have interest rates of 20% or higher. You can avoid these high rates if you pay off the balance each month prior to the due date or pay with a bank debit card. In this respect expats living in China may temporarily get some assistance with avoiding overspending by “swiping”. This is due to some foreign credit cards not always being accepted by stores in Tianjin or China. Perhaps a number of expats have had the frustrating experience of wanting to buy something expensive only to find out their foreign card is a no go. Lacking sufficient cash, the only option is to pass on that item.

Some have found real success in controlling their spending by sticking to cash. For some reason it always seems harder to hand over a huge wad of cash than to simply swipe a card. Not to mention many of us don't want to carry tons of cash due to security concerns. Pick-pockets tend to target cash



**LESS CASH ON HAND AND CONTROLLED USE OF CREDIT CARDS CAN GO A LONG WAY IN KEEPING US ON BUDGET.**

Only taking cash with you is an effective way of controlling spending.

carrying parties during the holiday season, with New Years being no exception. Especially when one is amidst a large crowd, loud music, and has a bit of alcohol in their system, they become a fairly easily target for unsavory exploits. Keeping this in mind will help us not only to be more safety conscious and keep tabs on our surroundings, but also place reasonable limits on how much money we carry on us at any given time. Less cash on hand and controlled use of credit cards can go a long way in keeping us on budget.

**Habits**

Sometimes the improvement means stopping a bad habit. Our habits influence much of what we think, say and do. So if these are bad habits, we need to correct them into

successful habits. This takes time and effort. A recent study at the University of London indicated that it takes on average, 66 days for an individual to form a new habit. Habits are seemingly unconscious actions which we give little thought to before carrying out. This is healthy if our habits are good. This is deadly if our habits are bad. Take inventory of where all that time, money and calories are going. Have the habit of making smart choices in each of these areas. Make making the right choice the rule and not the exception.

Pay attention to the little details because if you don't they can soon lead you astray and you will find it difficult to reach your target. If you are a diet, keep track of what you are eating and if you go off track, you will need to compensate, eating that bag of French fries will mean you must pass on some carbs in the



will mean you must pass on some carbs in the next meal or exercise longer in your next session. Spending on something unplanned will mean passing up a future purchase or trying to earn some extra overtime.

To really make your resolutions stick, set yourself up for small wins by taking the micro-habit approach. This approach is great because you can use it to achieve just about any goal slowly over time. For example, if you want to work out for an hour every day to lose weight, trying to get out there and run for one hour from the start might work for a few days until you get frustrated or find yourself too sore or even bruised to continue, losing track of your progress. So start with five minutes and build up the time.

### Conclusion

It is estimated that over half the population will make one or more New Year's Resolution but less than 10% will be able stick with them and achieve the targeted result. Often, when we're pursuing a major goal, we can hit a brick wall. We have weak moments where we cave in and temptation takes over,

all but destroying our momentum. This is painfully difficult to recover from for some people. But, you mustn't beat yourself up over a weak moment. As long as you stay committed to the overall goal and you don't give up, you won't fail. Even if you have a minor setback, don't allow it to dissuade you from progressing forward. Get back up and keep moving forward. This is also why it's very important to have strong-enough reasons why you must achieve things. Besides, remember that you can always start next month on February 8th when the Chinese New Year begins.

A combination of seeing the positive

versus the negative along with pushing past short-term obstacles is critical to turning a resolution into reality. As noted previously, some studies suggest that new routines need a minimum amount of time before they become "automatic." This might be weeks for some, or months for others, perhaps even years for larger more deep seated habits. New resolutions might be compared to learning Chinese, easier said than done. Why? Neither can be achieved over night. It will take good forethought, careful planning, and strong commitment. Sometimes we don't realize how deeply entrenched something has become in our lives until we try and change it. Be it a new year, new month, new week or new day, it is good to stop and try to evaluate where we are in life. We might take a new resolution beyond just a personal whim and into reality by rooting it in solid fact.

For example someone who wants to actually lose weight or get in shape may have more motivation if they choose to get a medical evaluation which in turn could reveal a rather shocking truth. We all tend to kid ourselves into thinking we are still kids, at least when it comes to our health. Rather than

**ONE OF THE BIGGEST PIT FALLS OF MANY RESOLUTIONS IS THAT IT WAS MADE SIMPLY BECAUSE OF IT BEING A "NEW YEAR". THIS MAY MEAN THE RESOLUTION LACKS ROOTS.**



finding out for sure what condition we are in physically, we often just like to imagine we are super healthy. It is very possible though that we think we are in better shape than we actually are, as if we could run onto the field and play some sport like a professional athlete when really we are nothing more than a weekend warrior. The sad reality is, after just a few minutes of even moderate movement all too many adults are out of breath, or worst case in need of some type of medical attention.

As much as we fear getting checkups and scans, sometimes, we have to in order to confirm what our real current condition is. Nothing tends to scare a person straight faster than getting some grim health report. One Tianjin expat remembers clearly his grandfather telling the story of why he quit smoking. The grandfather had served in the army during World War II. Soldiers were given cigarettes for free. After returning home from the service, the unhealthy habit of smoking was hard to break. Until one day a doctor took an X-ray of his lungs. After coming face to face with a picture of his now tar ridden black lungs, he was in an instant, scared straight. He didn't need to wait until New Years to make and stick to the resolution of quitting smoking. It happened right then and there.

This brief example proves the point that having strong reasons for making a change is essential to following through on a new resolution. One of the biggest pit falls of many resolutions is that it was made simply because of it being a "new year". This may mean the resolution lacks roots. It was made out of emotion, perhaps spur of the moment, or simply because others around them were doing so. These new resolutions might be compared to a new tree which all too easily falls over at the first gust of wind, also known as real life. It is one thing to stammer out some new resolution when under the influence. It is a whole different thing to try to deliver on that resolution during the many sober days to follow.

## 新年新气象

大家都喜欢在新年伊始为这一年定下计划和目标。通常我们都是以每年的1月1日作为一年的起点，但既然你在中国，你可以入乡随俗，在农历新

年（2016年2月8日）再庆祝一次新年，所以你就有了两次出去大吃大喝、整夜派对的机会。疯狂之余，你有没有仔细想想这一年要怎么过？对很多懒惰或有拖延症的人来说，要么忘记了，要么随便和周围人许一个同样的愿。大多数的新年愿望无非是这几大类：减肥、财政、感情、事业，愿望许下了如何实现，这需要决心、毅力以及行动力。

新年瘦10斤是很多人第一个想到的愿望。正如俗话说，不要奢望一口气吃成个胖子，你也不可能一下减成个瘦子。为自己定一个切合实际的目标，200斤的胖子减20斤不算什么，如果你体重只有100斤，20斤就是个非常大的数字了。

减肥不只是关注体重计上的数字，它还涉及BMI体质指数、心脏健康以及其他必须考虑的因素。很多时候，瘦不一定代表健康。现在有种普遍的现象叫“skinny fat”（浑身是肉的瘦子），这些人虽然看上去不胖，但身上的脂肪含量却超标了，这种症状被称为“正常体重代谢性肥胖”。过分的骨感美已经不流行了，人们开始追求健康的瘦，通过健身塑造带有肌肉感的美。

这样的身材需要控制饮食和健身双重作用。如果你离不开土豆、鸡肉这样的食物，尽量在烹调上改善一下，比如多用水煮和蒸的方法，避免油炸，外出就餐也要尽量选择热量比较小的菜系，比如粤菜，最健康的方法还是在家用餐，把健康的选择掌握在自己手里。另外还可以选择小一点的餐具来控制食量，餐前多喝点水，尤其是柠檬水，来增强饱腹感，戒掉软饮、汽水等含糖量高的饮品，无糖可乐也不要喝，吃饭时要集中精神，不要看手机或看电视，咀嚼的过程中放下筷子或刀叉，这些做法的目的都是给大脑充分的反应时间。

天平的另一端是健身。虽然有发布的资料称，每周进行三次20分钟的运动即可，但是你完全可以根据自己的身体状况加量，多出些汗。当然，也可以咨询医生，对每日饮食和运动进行合理规划。

总而言之，要管住嘴多动腿。这件事听起来简单的事做起来并不容易，因为它需要持之以恒，所以我们建议你定一个切实可行的目标。你可以找人与你一起完成，或是在取得进步后给自己一些小奖励。

中国人总喜欢说“恭喜发财”，外国人也希望在新年能把欠债还清，增加收入。尤其是在生活成本日渐上升的今天，学会理财是非常重要的。

理财的最大一个敌人就是滥用信用。我们在贷款、抵押以及消费上累积的信用都是有成本的，尤其是利息，买车买房这些大额消费贷款所附加的利息是惊人的。

在这个“零现金”社会，人们越来越喜欢使用信用卡，所以造成的过度消费也更多。而老外因为所持的国外信用卡很多都不能在中国使用省了不少钱。即便看到喜欢的东西，因为所带现金不足以支付只能打道回府。

很多人发现多使用现金结账是省钱的良方，但是出于安全的考虑，我们又不可能携带过多现金，所以只带少量现金出门既能保证人身安全，又能省钱，岂不两全其美？

有时候进步就是改掉了一个坏习惯，一个人的习惯会影响他如何思考、讲话和行动。有研究表明，养成一个习惯需要66天，如果是健康的习惯还好，要是坏习惯的话可就是毁灭性的了。注意生活中的小细节，因为它们总会让你分心，让你从实现目标的路上走偏。如果你在节食，最好每天记录食谱，如果超量就要从别的地方补偿。比如，如果你吃了一袋薯条，你下一顿就不要再吃其他淀粉类食品或者多锻炼一小时。注意循序渐进，健身不要从一开始就设定为高强度，否则过不了一两天你就会全身酸痛，不愿意再去健身房了。五分钟、十分钟、一刻钟……这样更容易养成健身的习惯。

据统计，只有10%的人能够坚持完成年初设定的目标。我们自身有太多弱点，面临太多的诱惑，这些都是实现目标路上的绊脚石，首先要有一个非常充分的理由和强大的动力让自己做出改变。其实，如果只因为新年才制定计划总是很容易失败，因为缺少了真正的源动力。我们希望你能够坚持自己真正的目标，尽一切可能去实现它，而不是随便说说而已。

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# A NEW HOME FOR DÖNER

by Bryce Cristiano

O.M. Davranov, owner of Döner Kebab

Rotating on a giant spit and illuminated by the lights of heat lamps the fragrant and heart döner meat is surprisingly hard to find in China, Tianjin especially. Up until just this last year, anyone seeking gyros, shawarma, and döner kebabs were entirely out of luck. The market has been left open for anyone willing enough to make their way into uncharted waters. Like many trailblazing explorers, there's a clear opportunity here for riches and glory. While the owners of Döner Kebab (咔巴咔巴) have much to gain with what has been a great start to their business but the real winners are the customers who get a chance to finally eat some decent kebab.

Straight out of Uzbekistan, the owner O.M. Davranov a.k.a. John, has been in China since September of 2012 after coming here with his wife who studied Chinese. Having spent many years in the United States Mr. Davranov got a real experience with working his way up in many businesses and having the chances to learn a great deal from the places he worked for. After arriving in China

he had some difficulty acclimating to the new experience and shut himself off, seeking to engage with the city as little as possible. Over time though, he came out of his shell and learned the kind nature of most Tianjiners. Seeking to bring something unique to Tianjin that he grew up with, he teamed up with his business partner Daniel Li.

A former student who spent many years studying in Germany and developing his own love for German styled kebabs, Daniel Li

functions as the more business-minded part of the duo while Mr. Davranov handles the food and training new chefs. Previously working in the field of imports/exports, Daniel had a pretty cozy job. Once he got together with Mr. Davranov through connections with Young Professionals Tianjin the duo started working on actualizing their dream of the restaurant. Since the past year has gone so well, Daniel Li took the commitment to leave his former employment to work on Döner Kebab full-time. The two partners balance each other out perfectly and work well as a team. Where Mr. Davranov can handle the art of the food, Daniel can focus on the business aspects from renting locations to getting permits.

## A Hopeful Start

Strategically located across from the McDonalds on BaiDi Road and Anshanxi Dao crossing, just at the foot of BuyNow Electronics department store, the location is small in size. Just a window shop with no seating is exactly what these two had in mind

**WHILE KFC AND MCDONALDS ARE VERY POPULAR FOR THEIR WESTERN FAST FOOD, IT'S NICE TO SEE SMALL BUSINESSES LIKE THIS PICKING UP WHERE THESE FAST FOOD GIANTS LACK IN QUALITY AND HEALTH.**



starting out. They knew it was just close enough to the university to get attention but still a distance away that it would make people come to them and if customers would come to them, then they'd know they're serving a good product. The customers do come, more so than they might have expected. The location has a good average of 80% foreigners and 20% Tianjin locals who come out of their way to get their hands on a döner kebab or the delicious new kebab box.

Starting out though, Mr. Davranov didn't quite expect to be the head chef and trainer for the location. Having grown up around this style of cooking and being in the perfect position though, it only seemed natural that he would assume the role. Since then, he handles cooking and preparing every single kebab that's made. While they have spent much time training new chefs to simply cut the meat and prepare the servings, the bulk of the meat is always overseen by the head chef. This attention to detail and going out of their way to source quality spices has put them on the map for expats who can taste the care that goes into the meals. From sitting down with the owners, you can tell it's something which they're extremely passionate about.

They're always brainstorming new meals for guests but hope to release the new products over time in a slow fashion to make sure that there's always a new appealing meal on the menu and people aren't barraged with too much at once. Starting simply with just beef and chicken döner and durum; they've since grown to include falafel, fries, empanadas, fried cheese dumplings, and the quite popular kebab box. Keeping the prices low and the ingredients of high quality, Döner Kebab has yet to see a single month where they've gone negative in profits in their first year. After such a triumphant stride into the scene, the duo don't plan to stop here. With plans already in the work for a second and larger location to be opened before the Spring Festival the goals are set high. Along with the new location will come an introduction of more products that will certainly bring in the expats from around Tianjin while also giving the locals a much healthier foreign meal to eat.

### A Brave New World

While KFC and McDonalds are very popular for their Western fast food, it's nice to

see small businesses like this picking up where these fast food giants lack in quality and health. I'm not entirely sure just how healthy kebabs are but it must be substantially better than the fake and hormone-ridden food of the fast food giants. For now, Döner Kebab is the best alternative to fast food. The unique Western tastes draw in a new crowd of locals who enjoy the quality taste for a rather low price, while the expats are simply happy to have something familiar. While kebabs are known all over the world and have many different incarnations, Döner Kebab sticks to making German influenced kebabs which have their own variation on the flavor versus other countries.

Both of the owners are extremely kind people and if you're active on any Tianjin WeChat groups, chances are that you've already met Mr. Davranov who used his connections on WeChat to really get the word out about the launch of Döner Kebab last year. Döner Kebab does provide delivery

services to a 3 kilometer range around the shop which could extend a bit further if you call their hotline directly. The availability of Döner Kebab is certain to see expansion in the coming year with the new shop and as business continues to boom.

Many of the foreigners I've spoken with are infatuated with the products that Döner Kebab offers and it's more than common to see foreigners picking up food each time that you pass by their shop. It's an impressive start to a market that has gone severely under noticed. Small businesses like this not only provide us expats with familiar food from home, but they new cultural experiences to locals from around the world, which allows the Chinese people expand their tastes.

## 为中东美食找到新家

一个巨大的肉串在加热灯的照射下缓慢旋转，散发出诱人的香味，这样的土耳其烤肉在天津并不多见。中东大饼卷肉、烤肉卷和烤肉串在天津并非随处可见，想吃到恐怕要大费一番周折。市场的空白就是致富的机会，来自美国的 John 就抓住了这个机会，他在百脑汇底商的一个小窗口开了一家烤肉店，一年多来生意节节攀升。

John 本是乌兹别克斯坦人，在美国生活过多年，2012年来到天津。在美国的时候，他从事过很多行业，积累了丰富的经验，但是到中国后，他却一时很难适应，每天把自己关在家里。当他逐渐了解了天津人的个性，就慢慢走出了封闭的外壳，并决定与天津小伙儿 Daniel 合作，把他最熟悉和喜爱的烤肉带到天津。

Daniel 曾经在德国学习过多年，非常喜欢德式烤肉，在两人的合作中，他负责经营，John 则负责菜品和厨师培训。做贸易出身的 Daniel 看到店里的生意那么好，索性辞了职专心打理店面。

对于小店的选址，John 和 Daniel 想法一致。百脑汇的位置离周边大学的距离不近不远，所以他们能知道人们是否真的是因为喜欢他们的食物才会专程来买。虽然 John 不是职业厨师出身，但这种烤肉是他从小到大的家常饭，所以厨师这一职位他责无旁贷。John 对餐食每一个细节都严格把控，为了找到口味正宗的调味料，他们也要大费周折。这些努力换来了顾客信任，很多老外都把这个小店加到了日常活动的地图中。

这两位合伙人经常讨论新菜品的开发，目前菜单上已经有蔬菜三明治、炸薯条、肉馅卷饼、炸芝士饺子以及最受欢迎的烤肉盒。坚持低价位高品质让小店自开业以来从未遭遇亏损，很快，第二家店也要开业了，届时会让更多老外享受到这些熟悉的烤肉美食。

很多老外在来到中国以后都经常与洋快餐为伴，但同时我们都知道洋快餐都是不健康的垃圾食品。能有这么一家小店能解你的思乡之苦又能吃得健康，也是一件令人拍手称赞的事。也许你还没有尝过他们的烤肉，但可能已经在某个老外微信群里和他们打过招呼了。小店在宣传上并没有大张旗鼓，但却通过口耳相传成了老外圈里的名店。而对于天津人来说，也多了一个体验异国饮食文化的机会。



Mr. Davranov is preparing the food.



Anytime you pick up on the possibility of being replaced like with a real alarm, don't panic.

# REPLACEMENT REALIZATION by Carmen King

**“**I'm sorry Joe. We are going to have to let you go.” So says the boss to an utterly shocked Joe. As the reality of it all sinks in, Joe blurts back: “Why? I just don't understand.” The boss pauses a moment to arrange his thoughts. In such a situation less is more. Society is far too litigious to go spouting off all the factors that might have resulted in such a decision. The truth is Joe's been replaced. He leaves feeling like he just got blindsided. He keeps asking himself what happened.

The “replacement” story plays out countless times in countless companies. The reality is that Joe in the scenario above was a bit aloof as the decision to replace him was probably in the works for some time. Barring a totally egregious error, most employees do not get replaced due to a knee jerk reaction. Rather, there likely was an underlying issue that existed for an extended period of time. Had the employee had their head in the game, they quite possibly could

have seen the replacement coming. Best case scenario, with enough insight, they could have caught the indicators early enough to even change the outcome. The question becomes then, what are the early signs of replacement?

## The First Sign of Replacement

Sign one, the new employee. Yes, that's right the new person in your company or department might just be your replacement. Each time a new employee is hired which is close enough to you and your world that you know about it, the plan may be to replace you. It

**NOBODY'S STAMP OF APPROVAL  
MAY BE HARDER TO GET THAN THE  
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GOING TO TAKE YOUR JOB.**

would behoove you to get to know the new person. Understand a little bit about their background. Perhaps you will pick up on characteristics they have, that you don't. These in fact could be the “unspoken” deficiencies the boss sees in you and hopes to make up for with the new person.

This isn't to say you should view every new hire as a threat. Albeit the boss, the new recruit, or even everyone around you might be waiting for you to go head to head with the new face in the office, try throwing a curb ball instead and do just the opposite. How? Get to know the new colleague in a genuine way. This may take time, but consistency and sincerity is the key. You see, more than any “one” person can solve the company's problems, a team of good workers can. A good team is always more valuable and more powerful than any one superstar.

At the moment you may be trending toward replacement. However, if in a reasonable amount of time you can win



the support of the individual who was hired with the intent of replacing you it isn't entirely out of the question that you may regain your "value" within the company. Why? Nobody's stamp of approval may be harder to get than the person who thinks they are going to take your job. Yet, if they are new to the company or department, in actuality they are vulnerable themselves. How? They are new, as such they inherently don't know as much about the internal workings of the firm as you do. They may have talent, but they lack experience in the exact environment which you have already navigated for some time. This is your strength when compared to them.

Typically though, they will try to hide their weaknesses, and you yours. Plus the insider information you possess, such as how systems, processes, and protocols work or even having a pulse on office politics (including how to manage all the different personalities) may be exactly what you are inclined to keep secret. Thinking doing so better your chance of survival. Consider though that a good offense may be the best defense. Instead of holding back for fear that sharing these valuable pieces of information with your new workmate means all the sooner you will be replaced, think the opposite. The more you share, the more valuable you may become to them. As you gain their trust, instead of wanting to replace you, they may actually end up campaigning to keep you.

This is where catching replacement trends early can be super effective at warding off unwanted terminations. Never forget teams are stronger than individuals. No matter how wonderful one person is, even if they can walk on water, they need support! They need teammates or else

they can't get anything done either! Among the abilities that need to be cultivated, team spirit is paramount. Be sure to view a new employee as an ally more than an enemy. Help them to see that you are embracing them, not fighting them. The goal is to keep your spot on the team while helping them find theirs. This type of win-win can happen if both parties have the right attitude. A key to this occurring may be you proactively reaching out to them by proclaiming peace versus war.

### The Second Sign of Replacement

Sign two, workload change. Another sign replacement may be looming is a steady, gradual shift in the amount or type of work you are being given. This is where keeping a personal work log of some sort is very valuable. Logging major work projects (even some minor ones) along with the start date can do wonders for early identification of replacement trends. Each time you begin a new project or are given a specific assignment, make a note of it and the date. As time passes a snapshot of what you mean to the company will get clearer. Routinely look at this work log. Then look for trends. Over the past week, month or quarter are you getting more, less, or about the same amount of job assignments? A consistent decrease is a red flag. Other than your personal log sounding the replacement alarm, there may be no other sign! Everyone else, especially your boss might be "business as usual" despite the fact your replacement is pending.

Two basic but rather reliable signs you might be on the chopping block are someone new being hired and a noticeable change in workload. Work changes could come in the form of "reassignments". That is suddenly being taken off one project and put on another. Especially if the "new" project represents far less revenue to the company, or seems dramatically "less busy" than the previous project, the proverbial "replacement alarm" should sound.

Anytime you pick up on the possibility of being replaced like with a real alarm, don't panic. Stay calm and have a survival plan. Some replacements are inevitable. An example is when the entire

company is going under. So as you assess replacement threats, identify if it is personal or companywide. Large scale replacement threats mean you may need to jump ship in a calculated fashion as the company itself is in trouble. Personal threats however can be assessed and possibly dealt with using the tactics mentioned above as in general companies need good team players and positive personalities. These qualities foster success long-term despite short-term challenges. Are you set to be replaced? Start tracking your workload and who's being hired. It might give you a replacement realization!

## 如何应对解雇危机

很多时候,当老板解雇员工的时候,我们都不明白为什么,甚至直到员工离开,我们可能都不知道究竟发生了什么。“替换”的故事每天都在上演,而解雇的危机也可能早在我们工作的间隙就给出了预警。解雇,通常源于一个长期存在的潜在症结,比如,员工如果总是在上班的时间玩游戏,那么他就应该意识到他该有解雇危机。同样,如果我们足够敏锐的洞察力,我们就可以及早的发现一些预示,从而改变状况。那么,什么才是早期迹象呢?

迹象一:新员工。注意公司的新人,因为他们很可能就是你的接任者。当他们接近你的时候,你应该有意识地认识到危机的到来,而此时你需要做的就是尽量多的了解他们,发现他们的特点。这些特点很可能就是你老板所期望的,而你又欠缺的。新人并不意味着威胁,也不代表着你要和所有人作对,试着用真心去和他们接触,你会发现顺其自然要比针锋相对有用的多,团队的力量和价值永远大于个人的力量和价值。这个时候你可能会想到解聘,但倘若你能在合理的时间内赢得那个即将取代你位置的员工的支持,那么你就有恢复自身价值的机会。那个接替你职位的员工的支持要比任何人的支持都有效果,实际上,如果他是公司新人,那么他的处境要明显比你艰难得多。一个新人,很可能会掩饰自己的缺点,但一个有经验的人却永远懂得“最好的防守就是进攻”的道理。在这样的情况下,如果你能将你知道的大小事物全部与对手分享,那你不仅能赢得对手的信任,还会让自己变得更有价值。

迹象二:工作量变化。注意你的工作负荷变动,详细记录你的工作日志。每开始一项新任务或工作的时候,都记录好它的数据和内容,随着时间的推移,日志会清晰的反映出你对公司的贡献。随时翻看日志,横向纵向逐一对比你的工作趋势,当你注意到工作曲线开始往下滑的时候,你就应该对自己拉响警报。

当工作危机来临的时候,不要恐慌,不要害怕,保持冷静并制定出你的生存计划。仔细思考你的危机是源于整个公司,还是源于你自己。如果源于公司,那么该是你考虑跳槽的时机,但如果是源于你个人的问题,那么不妨考虑我们上述提到过的方法,从而帮助自己度过危机。



No actor wants to be pigeonholed

# 2015 Jin Magazine Caring For Autistic Children Charity Ball & Awarding Ceremony

On December 8th more than 200 guests from Tianjin foreign enterprises, international schools and chambers of commerce gathered at the Westin Tianjin to celebrate the 2015 Jin Magazine Caring for Autistic Children Charity Ball & Awards Ceremony. It was wonderful to witness so many people donating their time to show their support for the autistic children of the JHF Autism Rehabilitation Center.

Jin Magazine is an English-language publication sponsored by the Jinwan Media Group. Jin Magazine aims to promote and assist the development of Tianjin using the expat community to help build a platform for cultural exchange and provide information about living in our great city. Since it was founded in 2002, Jin Magazine has focused on many charitable institutions including the JHF Autism Rehabilitation Center. Over the past 13 years, we have witnessed the development of the center and

watched the children's progress. With the leadership of Jin Magazine, many local international schools, five-star hotels and foreign service firms have donated auction items to help raise money for autistic children.

At the party, children from the JHF Autism Rehabilitation Center performed a rhythmic gymnastic piece entitled "Mom and Dad's Love". The sincere and truly moving performance affected every audience member. The teachers from the Jian Hua foundation also contributed, along with the children, to an auction with all revenue donated to the JHF Autism Rehabilitation Center.

On the evening of the activity, Jin Magazine also announced this year's awards for the most popular hotels and restaurants in the expat community. Also, the new App JIN ADVISOR English version developed by Jin Magazine, was unveiled. The App will be a great help for all expatriates in Tianjin.



Networking during cocktail time



Martin Winchell from Amcham



"Mom and Dad's Love" performed by the autism children from JHF



Christoph Schrempp from European Chamber



Acrobatic Show



Richard Zhang, GM of Rex Group



Miao Qiyuan from Jin Wan Group



The teacher from IST is singing



MC





Silent auction



Silent auction



Auction winners and donors



Auction winners and donors



Richard Zhang with VIP guests



Lucky draw winners



Representatives of award-winning hotels



Children from Youcai Children Creative Painting Factory

## Past Events

### AmCham China, Tianjin Annual General Meeting and 2015 Appreciation Dinner December 3 – The Astor Hotel

AmCham China, Tianjin held its 2015 Annual General Meeting on December 3 to announce the winners of the Tianjin Chapter 2015 Awards; the Chairman of our 2016 Executive Committee and gave our members a chance to become involved in the Tianjin professional community. In addition, the chair of the Executive Committee, Martin Winchell, also reviewed the signature events and membership status of 2015 and made an introduction for future plan for 2016.

Followed the meeting, a cocktail reception was held at the Victorian Lounge of the Astor Hotel. Members and friends enjoyed the tree lighting ceremony as well as the choir from the Wellington College Students.



### Tianjin Chapter 2015 Awards

- SPECIAL AWARD FOR ACHIEVEMENT 2015: All TEDA Members
- SPONSORSHIP AWARD 2015: Boeing Tianjin Composites Co., Ltd.
- COMMITTEE AWARD 2015: Women's Professional Committee (WPC)
- THE LEGEND: Hank Martin

### Thank you to our sponsors:



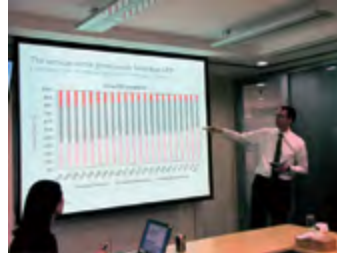


## Past Events

### 2015 Tianjin Property Market Review

November 17 – The Exchange Tower 1

On November 17th, Michael Hart, Managing Director and Chelsea Cai, Head of Research for Jones Lang LaSalle in Tianjin provided a summary of the local real estate market activity in 2015 and an outlook for 2016 for AmCham Tianjin members. The review also covered China economic environment update from JLL house view and took a look at the new projects being developed in the city.



### AmCham China, Tianjin Environmental and Sustainability Committee Event Kick-off of the Tianjin Recycling Challenge (TReC)

November 20 – The Westin Tianjin

The launch of AmCham Tianjin Environmental & Sustainability Committees newest initiative, The Tianjin Recycling Challenge (TReC), took place Nov. 20th. At the event participants IST, TIS, and the Westin presented on their ongoing environmental programs. Also in attendance were the TReC sponsor companies, Tianjin's own Fresh Farm Plus, Golden Windmill Trading, and Zhongyi Steel Corp.

The TReC program is a competition that the committee is developing with Tianjin's leading international schools, Tianjin International School (TIS), and the International School of Tianjin (IST). TReC will be taking place in the upcoming spring semester, culminating in an Earth Day event. The competition will be in two parts. The first being a traditional recycle material collection drive, where the schools will compete to see who can divert the most recoverable resources out of the waste stream. The second part will be the creative contest, where students will be able to showcase their ideas for increasing recycling and environmental awareness.

Following the presentation, attendees enjoyed organic produce supplied by Fresh Farm Plus, and good times were had at the Westin.



## Upcoming Events

### Monthly Executive Breakfast Briefing

January 21 - The Ritz-Carlton Tianjin

### 2016 AmCham China Business Climate Survey Release Breakfast

January 29 – Hyatt Regency Tianjin East



Scan the QR code; learn updated events and information of AmCham China, Tianjin  
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Website: [www.amchamchina.org](http://www.amchamchina.org)

# THE THIRD SESSION MEETING OF THE PRIVATE BOARD OF DIRECTORS ON HUMAN RESOURCES

## EXECUTIVES DISCUSS THE BUSINESS INNOVATION AND DEVELOPMENT WHICH IS SUNDERED THE NEW NORMAL



**O**n November 25, The third session Meeting of the Private Board of Directors on Human Resource was hosted by the Human Resources Manager Club (HR CLUB), and the management and economics department of Tianjin University. The theme of this meeting was "the business innovation of supply chain under the new normal economy". Senior executives from more than 30 enterprises like Vishay general semiconductor company in China, Hosa International Limited and Tianjin thrown co., and scholars of Tianjin University and other colleges and universities participated in this conference.

They discussed business innovation under the era of the Internet +, searched for the win-win situation for up and down parties of supply chain.

The president of the Private Board of Directors on Human Resources, Mr. Liu Yuanzheng addressed the birth and development of the board. He said: "there is no

other top private board in Tianjin which focus on human resources but our board. Depend on professional platform and preponderant resources of the HR CLUB, we plan to make a think tank which consist of senior executives, industry elites, and specialists and scholars. At this meeting, our theme targeting on the pain points of business running, and try to offer advise and suggestions for development of participated enterprises."

With the China's economy ushering the new normal, enterprises' survival environment has a great change. How can the enterprises taking the Internet thinking and innovative thinking into their mind? How to deal with the era of Internet + and Industry 4.0? At this session of meeting, Professor Zhao Daozhi, the director of EMBA Program and head of the department of logistics and supply chain management, shared his opinions on these subjects on the theme talk. He said, as a example, with development and utilization of cloud platform, Internet+business innovation

can be achieved. And it can building the sharing platform of "Readability and Visualization Resources" and "Convenience and Availability of Resources". He emphasized that: "Enterprises can't forget the purpose of innovation, which is to improve customer value and create social wealth. Their own pursuits and the goodness of humanity can not be bewildered by the uproariousness and bustle of society."

During the meeting, members of the board played a little game by team. Every team member had to work together to make a portrait. They got to know about each other by interaction.

"Private Board of Directors on Human Resources is sponsored by the Human Resources Manager Club (HR CLUB), it is the first communication platform for entrepreneurial elite in Tianjin. By holding top forum and management salon regularly, it becomes a social network which offers a place for all the members to share their management experience. At this moment, members of the board is more than 100, including top executives from Fortune 500 and other well-known foreign companies, chief executives of listed companies, general manager of large central enterprises, state-owned enterprises and private companies, experts on human resources and professors, and deans of business school through out the country.

HR Club was founded in 1994, which is the first non-governmental organization on the region of human resources in Tianjin. Uphold the spirit of non-governmental, professional and non-profitable, the board aims to provide human resource management information by sharing management experience, which offers a platform to new ideas on human resources management and discussion place for new policies, also it forms a bridge which connects the government.



Hotline: 2423-9638 / 2423-9636  
157-607-15692  
HRCLUB website:  
<http://www.tj-hrclub.org>





## Past events

### German Chamber Christmas Dinner

04.12.2015

On Friday, December 4, 2015, the German Chamber of Commerce in Tianjin invited its members together with their families to a special Christmas Dinner at the Paulaner Beer House in Tianjin. All guests enjoyed German delicacies like Viennese Schnitzel, pork knuckle, Sauerkraut and a variety of German beers in a pleasant atmosphere. In addition, a special Christmas quiz was waiting for all participants. After 24 questions and two tie-breaker questions, the best team among all seven teams received a keg of beer as prize. This members' evening provided the perfect opportunity to welcome the advent season, review the year with business partners or just meet with friends for dinner and drinks.



### German Chamber Christmas Market

13.12.2015

The Sino-German community came together on Sunday, December 13, for this year's German Chamber Christmas Market at The Astor Hotel in Tianjin. In a festive ambience all guests had the chance to meet with friends and colleagues to celebrate this beautiful season of the year. A special buffet with lots of Christmas delicacies like roast turkey, honey baked ham, red cabbage, baked apple pie, Christmas Stollen and more was prepared by the hotel. On the outside terrace, guests enjoyed BBQ with German grilled sausages and warming Glühwein (mulled wine), thus following the tradition of an original German Christmas market. Children played at the kid's corner organized by Ready Steady Go Kids and had fun with creating and painting Christmas cards. Santa Claus was also around to give sweets and little presents to the kids. Several vendors gathered inside and outside with beautiful decorated stalls selling German breads, cakes, pastries, craftworks, chocolates, coffee, honey, wine and more. The revenues through the selling of handmade products of the Charity Bazaar Beijing will be donated to support the charity projects Little Flower and Stars & Rain, which help disabled children and children with autism and incurable diseases. Finally, all guests had the opportunity to win one of numerous prizes at the lucky draw. The German Chamber would like to thank all supporters who made this special day happen and wishes everyone a Merry Christmas and a Happy New Year 2016!





JimO with his team.

**FOOD IS INTERLINKED.  
IT KEEPS IT AUTHENTIC.**

# THE DARK CUISINE

by **Daniel McCool**

**"F**ood is interlinked. It keeps it authentic." So goes the 25-year-seasoned approach The St. Regis Tianjin's new 3<sup>rd</sup> generation Malaysian-Chinese

Executive Chef JimO brings to the hotel's palates. And how could one describe his creations? "Black," a China Daily reporter had once remarked, inspiring the recently-released **Dark Cuisine** set meal. The Dark Cuisine features elements of the hotel's history, Tianjin's own culture, and the Mediterranean components of the hotel's Riviera (restaurant). How so? Well, let me take you through the various elements of the 5-course set meal's experience and you see how a seasoned chef transcends 'fine dining'.

Before the adventure of the meal begins, savor **The St. Regis Tianjin's Signature Black Bread**. Being a 'share' bread, it is a perfect way to start off the meal's incorporation of local tradition with the history of the hotel. The bread is shaped in the form of the hotel itself: a hollow cube doorway, the "gateway to the North." The theme of the meal is, of course, the color *black*. The color of which comes from the element of squid ink, enhanced by the aromatic presence of fennel seeds.

Now that the table has been set, let's *really* get tucked in.

1. Inspired by Tianjin's very own *Jianbing Guozi*, the **Amuse Bouche** squirts off with sago squid-ink crackers topped with lobster risotto croquettes and salmon mouse. (Tianjiners love Jianbing Guozi, and so this appetizer crackles a familiar sound.) The squid ink – mixed with sago and spread on a

non-slip pan – is air-dried before being deep-fried. In its crispiness, it is 倍儿天津!

2. Then, what better to *wet* your appetite than The St. Regis Tianjin's signature-cocktail-inspired **Bloody Mary Platter**?! Cradled in a fusion Chinese soup spoon manger, the Bloody Mary Sphere holds its gelatin form as a result of reverse-cooking. Laid under five types of blanched and seasoned plum tomatoes, the carrot puree with bread crumb sets us up for the very Tianjinesque soup...

3. Carrying on the theme of blending Tianjin tastes with the meal's Mediterranean flare, the **String Bean Puree** (Chinese Long Bean soup) is poured into a wide, flat bowl, submerging an overlaid and reduced-to-jelly balsamic oil strip. Cut off a bit of jelly with the spoon before you enjoy each spoonful – but *do* save room for what is coming next:

4. True to delivering a unique dining experience, the **Slow-Cooked Iberico-Pork main** – packed inside a charcoal bamboo cut – is lit aflame with whisky and hammer-cracked as it blazes in front of you. What is revealed is beautiful, oven-roasted pork wrapped in wine leaves imported from Turkey and sided with mashed, sweet potato and grilled vegetables. Unwrap. Pour upon with the pork reduction gravy. Enjoy. Oh, how the wild flavor has been captured!

5. Finish off your fine-dining with the **Choclure** dessert: dark butter chocolate cake with orange jelly, black parmesan crisp, and salty caramel. Note how the meal begins with the black ink of the squid and so does end.

Aside from the hotel's à la carte menu,

Chef JimO hopes to serve something different whilst serving a slice of The St. Regis Tianjin's culture. I am convinced you will agree that he has succeeded here with his Black Cuisine set meal. Occasionally, the set will change slightly to preserve its freshness: changes refer to its presentation, recipes, and ingredients, but will continue to focus on its dark element.

A first-tier hotel in the Starwood Hotels range, The St. Regis Tianjin is lucky to have the seasoned Chef JimO added to their regiment. A humorous and out-going personality, the Executive Chef is energetic and passionate, as one must be to lead a 60-membered team. But not only has he a warm personality, but is wise to accept and be open to feedback as this helps him improve his craft and deliver to expectations. Order his new Dark Cuisine and he will exit the kitchen to personally explain the details of the meal to you. This new addition to the hotel's menu will surely give you something to talk about!

## 创意“黑暗料理”

“食物都是相互关联的，它让美味变得更加正宗。” —JimO。

JimO，马来西亚华人，就职喜达屋集团 25 年。如今，他带着他的团队来到了天津瑞吉金融街酒店并担任行政总厨一职。尽管来天津的时间并不是很长，但 JimO 对各个地方的饮食习惯却十分了解。每到一地方，他都会仔细钻研当地的特色与口味，并研发出专属于这个城市的独有味道。在新一季到来之际，JimO 用他的热情和创意为天津食客带来了一套别具匠心的菜品——“黑暗料理”。他将时下最流行的餐饮元素“墨鱼汁”与天津人喜欢“饼”的特点结合起来，将充满创意的美食呈现在我们眼前。亲自过来品尝吧，我们相信大厨幽默风趣的性格一定会为你留下深刻的用餐回忆，当然，还有他独一无二的“黑暗料理”。



# WINTER WEEKEND AT JIXIAN MARRIOTT HOTEL



It can be tough to find a warm escape from Tianjin's cold winter. Sanya of Hainan province is too far for a weekend trip. For a warm and quiet location nearby, Choose Charming Spa of Jixian Marriott Hotel and enjoy the unique experience of hot spring with medical stones might be the best option.

Spring water in Charming Spa is infused with Chinese medical stones to create a relaxing and soothing treatment. The Chinese medical stones which is an international therapeutic metasilicic acid Chinese medical stones hot spring. The water quality index is excellent. Besides satisfying with the normal curative efficacy, Chinese medical stones contains rich silicon, potassium, sodium, calcium, magnesium, manganese, iron, and



other trace elements, which increase the significant physical therapy efficacy.

The Jixian Marriott Hotel is the county's first international hotel. It is also the first Marriott International hotel featuring the new Goji Kitchen and Bar catering concept. Its five-star service and facilities provide a comfortable experience for guests.

As China's first hotel promoting a Low Carbon Emission Lifestyle, Jixian Marriott Hotel uses environmentally friendly décor, energy-saving lamps and a Fresh Air System. In its Indoor Garden, swimming pool and hot spring area, high-powered security glass film on the glass ceiling keep out ultraviolet and shield the room from outdoor heat.

The Carbon Bill is another distinct feature of the hotel. When guests check out they are given a Carbon Footprint Card that record show much carbon dioxide they emitted during their stay. Guests who are willing to compensate for their carbon emissions can donate money to the Roots and Shoots Environment Protection Agency, which purchases and plants trees in the growing desert of Inner Mongolia.

Apart from advanced hardware facilities and better services, the hotel's location is its main draw. Jixian is known as the backyard

garden of Beijing and Tianjin. Convenient transportation makes it easy for people from Tianjin to enjoy a happy weekend at the luxurious Jixian Marriott Hotel.

The Jixian Marriott Hotel is close to Yulong Ski Resort, Panshan International Ski Resort and Yinxiang Ski Resort. It offers an unmatched rest after a full day of sightseeing.

## 冬日度假好去处 ——京蓟圣光万豪酒店

京蓟圣光万豪酒店位于素有“北京与天津后花园”之称的蓟县，自开业以来便以其突出的绿色酒店定位而广受欢迎。去年冬季又隆重推出畅游园温泉——国内独一无二的麦饭石温泉 Spa。畅游园温泉以专业精湛的东南亚风情按摩护理，配合近 2,000 平方米的热带植物阳光屋以及按摩池舒缓紧绷神经，辅以麦饭石净化身体，滋养心灵，为北方严酷冬季增添一抹新鲜绿色。

除温泉之外，酒店还拥有 1000 平米的自然采光室内花园。配合上酒店的特色餐厅，适合各年龄段的娱乐项目，以及丰富的当地特色产品采购——到圣光万豪，体验足不出户的食、住、游、购、娱全方位度假享受！

酒店紧邻玉龙滑雪场、盘山国际滑雪场、毛家峪印象滑雪场，可以称之为完美的冬日度假目的地。酒店为每一位客人提供不亚于旅游胜地三亚的精彩旅行体验，是津城周末出游的不二选择。



children from different countries to participate in an art festival  
Photo by Wang Jin

# RACE AWARENESS by Carmen King

**T**he US television station A&E on November 20, 2015 aired a concert entitled "Shining a Light". It was meant to shine a light on the issue of race. Tragically even in recent times there have been atrocities with strong ties to racial prejudice. Racism certainly isn't limited to the United States. Countless examples indicate that tension between races ultimately end up in massive tragedy.

Amongst the many definitions provided by Merriam-Webster for the word "race", two of them are quite interesting as it relates to this discussion. One definition is: "a family, tribe, people, or nation belonging to the same stock". From this perspective we see the emphasis being placed on "stock". Another definition reads as follows: "a class or kind of people unified by shared interests, habits, or characteristics". Here the focus shifts to "interests, habits, or characteristics".

Especially the latter definition might help to make a solid argument for stating all humans belong to the same race. How so?

When considering the big picture, all "people" are "unified" by sharing quite a number of "interests, habits, or characteristics". Which ones? Eating, drinking, and sleeping would be some of the most basic. The links continue with things like language and communication. The bond grows stronger when one realizes that everywhere in the world life is pretty much the same. Namely, be born, be educated, get a job, find a mate, and raise a family. While the way in which we may do these things varies greatly depending on geographical location, they really are only branches of the same tree. This "tree of humanity" or "race" is easily identifiable in comparison to any other animal or creature. Humans stand unique in how we live, and what we know "life" to be.

With so many interlocking "interests", human "habits", and common "characteristics" it could be asked where's the basis for claiming we all belong to different races? The evidence presented typically revolves around a so-called difference in skin color, or place of birth. In

actuality though, even these "characteristics" seemed to be "shared". They link us all to the same race, not a different one. That race is the human race. Those different shades of skin, aren't so different after all, as they all would still be classified as "human skin". That place of birth is no different, as everywhere is ultimately located on the same earth. That's really the point. We are all one family, belonging to one race, sharing one home. With that as our starting point a whole lot of conflict can cease.

## Origin of Race

Somehow though, things just aren't that simple these days. Originally what was one big family has become super segregated. Issues with segregation trace back to very early on. The catalyst is typically envy, hate and other ugly characteristics. Like a cancer that starts small and grows, underlying feelings of superiority can eventually consume an individual. Like Hitler who attempted to annihilate others. Why? He saw them as belonging to a different race. Odd though how



he would come to such a conclusion as the earlier you go in human history the more obvious it becomes that we all originate from common ancestors. So rather than exterminating an "inferior" race as many so called racist claim, they are doing little more it appears than killing "kin".

With the roots of racism going so far back in human history, we might try to analyze it at a more modern level. That's what A&E network was trying to do with their "Shining a Light" concert. They were tracking down real incidents of racism in our current society. It showed how issues with race are hardly a thing of the past, but rather the all too real present. In fact during the broadcast they went onsite to a community center for children. This center was meant to be a haven away from all the trouble with race outside. It was incredible how conscious and aware the young children were of the issue. This proves a crucial point. The seeds of racism are planted very young. It can be very subtle. Perhaps it is a joke, a comment or some other event that starts the process. However little by little infants become adolescents and adolescents become adults. By the time it is realized that the adult is a racist, it is like finding cancer. Most likely the problem started long ago.

Organizations like the United Nations present the concept of global unity. Yet the very existence of it speaks to how disunited the world is. If all national groups were truly united than why would there be a need for an organization to "unite" them? These national divisions frequently line up with so-called "racial" divisions, whereby one predominant race makes up a nation. An example is how accordingly to Baidu the Han nationality or race (汉族) makes up an estimated 92% of the "Chinese" living in China. Notice, one race

makes up one nation. Of course this continues with other examples, e.g. Mexicans making up Mexico and so on and so forth. The result, these racial divisions have become national divisions. National divisions spawn global division.

### Modern Race

Long ago, issues with race (the unreality that humans somehow are not of the same family and subsequently not equal in all respects) would manifest itself locally. After all humans weren't traveling the global. Rather many times living and dying all within one general area. With travel and technology more people went more places. As they did they brought with them the concept they were somehow different than the people they were "discovering" in a so-called "foreign" land. Ironically, any "local" traveling to another land instantly becomes a so-called "foreigner". The fact that such a change in identity from local to foreigner happens so fluidly speaks to its psychological nature rather than physiological, as the individual in reality experienced zero physical change.

What does all this mean? Race is far more psychological than physiological. The physical reality of divided nations is nothing more than an outward manifestation of an inward mental reality. Namely, that the human family is more divided than united. If racism, both in its content and application were truly eliminated globally there would be no need for countless countries. Instead we would exist as one harmonious human society wherein all humans were treated equally. Sadly as the "Shining a Light" concert highlighted, we aren't there yet. Why?

Especially when it comes to education, there needs to be movement towards unity

versus division. Instead of children growing up being taught they belong to a certain "national race" they will be taught a "human identity". Instead of seeing someone different and instantly yelling "waiguoren" (外国人) they would simply say "ren" (人). After all when is the last time a little kid saw a dog and then yelled out the specific breed? On the contrary since likely no concept of animal "race" has been taught at such a tender age, they simply call out the term "dog". Will humans from young to old ever be educated to see each other in such a simple, pure, equal and non-racial way?

## 种族意识

社会发展到今天，我们依然能从时而发生的暴力事件中感受到种族问题的存在。当然，种族主义不只存在于美国，无数的案例都能表明，种族之间如果关系紧张，那么结局毫无疑问将会是一场巨大的悲剧。

翻开字典，我们可以看到关于“种族”一词，它最常见的两个解释，一是“种族”，二是“人种”。当我们考虑它的第二个解释的时候，其实不难发现，人类从本质上讲都是一样的。我们有相似的生活作息、语言，甚至是沟通方式。我们受教育，找工作，成家立业，这一系列的成长和生活方式也许会因为地理位置的不同而有所差异，但无论怎样变化，它们的属性都是相同的。我们有别于其它动物，是因为我们比它们更加了解生存的方式以及生命的意义。

在人类最初形成的时候，我们都是生活在一个家庭里的成员，但随着各种嫉妒、厌恶的产生，这个家庭开始出现分裂。希特勒，二战发动者，他对犹太人的屠杀，显然是受了种族歧视思想的影响。但奇怪的是，当你越深入了解人类历史的时候，你就越会发现“本是同根生”的道理。当你铲除那些所谓“下等”人群的时候，你同时也在伤害着自己的亲人。

歧视的种子很容易在人类的小时候就被种下。开始的时候可能只是些细小行为，比如一玩笑，一个评价，甚至一件小事。但随着我们成长，所有这些小事都会潜移默化的养成我们的歧视思想。

联合国等国际组织经常提出全球统一的概念，这样的提议恰恰反映了世界不统一的状况。当你百度搜索“汉族”的时候，就会发现它几乎占到中国人口的92%，一个种族就代表了一个国家。由此可想，如果种族分裂，它势必会带来国家分裂，而国家分裂又一定会影响到全球的分裂。

很久以前，在那个我们还不能随心所欲旅行的年代，我们所有的生老病死全都在一个地方。后来，当我们可以四处游走的时候，只要我们踏上陌生的土地，我们就会被贴上“外人”的标签。种族不仅影响着我们的心理，它同样也影响着我们的生理。

所以，当我们谈儿童教育的时候，我们应该关注的是如何教育他们有关人类认同性的思想，而非非告诉他们一个固定的“种族身份”。对于孩子正确的教育应该是在他们看到不一样的人群时，脱口而出的只是简单的“人”，而非“外国人”。这正如你看到一只狗一样，当你看到它的时候，你会简单的称它为“狗”，而非非某一品种的狗。究竟我们的教育有没有这样的简单、纯粹、平等且不带种族特点呢？时间可以证明一切。



Instead of children growing up being taught they belong to a certain "national race" they will be taught a "human identity".



## TEACHING KIDS ABOUT CHINESE NEW YEAR TRADITIONS

by Charlotte Edwards

As soon as Yuan Dan (the January first New Year) is over, and the new calendar year rolls in, the atmosphere starts to get more re nao (festive and lively) as preparations for the Lunar New Year get in to full swing for Chinese families. But as a foreigner, you may feel a bit out of place. If you're not traveling, you may find this a great time to plan some dinners and activities with fellow expat friends. Today I've got some practical tips on how to get through the holiday, as well as how to introduce the holiday to your kids.

My first year in China the New Year was rather uneventful. I traveled before the holiday, and arrived home on the eve of the new year. My Chinese friend returned to her home to celebrate with her family, leaving my teaching partner and I in our shared apartment. What I didn't know, and didn't really understand until a few years later, is that the eve (chu xi) is full of celebrations--namely a big family meal, lots of firecrackers and a televised gala that lasts all evening-- and is very important Chinese families. Needless to say, that first year we were shocked that our market had hardly any vendors open, stores were locked and just a handful of restaurants were still open.

Ten years later, the importance of Chu Xi hasn't changed but retailers are keen on earning cash so they tend to stay open until noon on that day and open up a day later, on the second day of the new year. But just to err on the safe side, you'll want to make sure that you are fully set with food, water and parenting essentials like diapers, tissues and snacks, too. I always stock up on meat and veggies, too, as prices steadily increase as the holiday approaches. Also make sure to check that you have plenty of water, electricity and gas to get you through; there's usually someone on call, but they may be at home and not available to help you get your lights back on when you need them most. Yes, I write from experience!

It's not just brick and mortar stores that close up shop; online ones do too. I made the mistake of waiting to order gifts online. It was two weeks before the holiday, plenty of time for delivery. Nope. The seller was starting his holiday early and there wasn't enough time for the package to get here before he returned to his hometown.

This is a great time to introduce your kids to various traditions like making dumplings which are quite easy and reasonably quick if you use purchased

wrappers. One of our favorite recipes uses minced pork and cabbage and are very kid-friendly.

Red envelopes, hong bao, are just what they sound like but even better when you realize they're filled with crisp bank notes. These are given to children by parents, grandparents, other relatives and close friends. When I was a student teacher in the USA I had the kids make small red envelopes and we stuffed them with coins and each child gave it to someone special.

Unless you live somewhere with a ban, you can get some fireworks and add to the noise that starts days before the holidays and lasts well past them. My kids watch their dad set off the obligatory good luck ones on set days of the holiday and last year they tried out sparklers for the first time.

Finally, books are always a great way to introduce the Lunar New Year to your kids. A favorite English-language one that we read this past year is Mao Mao and The Nian Monster by Anna Zech (available on Kindle). Websites are also a great resource to find information on traditions, both current and long-forgotten.

### 在中国过新年

农历新年对外国朋友来说，并不像西方节日一样那么重要。但倘若你也没有什么别的旅行计划，我会建议你不妨借这个时机，找些朋友小聚一番，或许这样的新年也就不会让人觉得太过孤单。

我在中国的第一个春节过得相当平凡。当时我们什么都不懂，只知道那天晚上鞭炮声不停，晚会不断，街道上想找个买东西的地方都很困难。后来，在这里生活久了，我们才知道除夕夜对中国家庭有着特殊意义，因为它代表着相聚与团圆。在中国生活了十年，我渐渐了解了中国家庭的过年传统。过年的时候，物价会稍有上涨，所以我会早早的囤积食物以及日用品，以备不时之需。

春节，是向孩子们介绍有关中国传统习俗的绝佳时机。我会带着孩子们学习如何包饺子，拌馅料等，如果你也能买到现成的饺子皮，那包饺子这门艺术将不再是个难题。关于拿红包，这是一件得到比见到更叫人幸福的事。我在美国教书的时候，也会带着孩子们做些面值较小的红包来让他们送给自己喜欢的人，但在中国，红包都是由长辈发给晚辈的。我想，这其中也一定是带有某些美好祝愿的。

如果你想了解更多有关中国新年故事，不妨找些书籍来看，或是上网搜索，它们能告诉你的，远比我知道的还要多得多。



## Blessing of love

At 2 PM on December 12, 2015, the annual Christmas program of the Tianjin Jian Hua Autism Rehabilitation Center was held at the Cathay Future theater as scheduled. This year is the 15th anniversary of the Jian Hua Special Education program as well. With cheerful music, wonderful performances, the laughter of the children and happiness of their parents, teachers, students, volunteers, and warm-hearted people all had a very pleasant and memorable afternoon.

The program began with the melody of "Jesus' little treasures.". The program started off with the excellent rhythmic dance performances by the children of the day care class . Then, the children of the day care class performed a Christmas skit called "The Gift of Love". It was a story about Santa Claus helping a child give Christmas gifts to his parents, teachers, and all the warm-hearted people that have helped, to thank everyone for their

help over the years. The children and parents from the Parent-child class performed a bright and cheerful dance. While watching the parents and the children performing together, there was a sense of the parents accompanying their children in their daily growth as they progress each day and night. One of the highlights of this year's program was the Parent-child fashion show. The members of the families walked across the stage accompanied by the music, each family showing off their best, showing us the deep love and affection of their families.

In this year's program, the past and present teachers of the Jian Hua Autism Rehabilitation Center also brought wonderful performances with singing the song "Completely turn to you", and performing a dance to the song "Flowers Open with Spring's Warmth". The beautiful melody and dance were visual and auditory delights for the audience, showcasing the teachers' love and ability. Finally, the program ended with the song "We Can Always Have a Little More Love". The annual Christmas program as well as the children's growth and the teaching results display a year at the center, and it



gave the children an important opportunity for social interactions. Believing in the atmosphere of love, in the blessings of love, these children of the stars will grow in love, and gain a harvest of love.

2015年12月12日下午两点,天津建华自闭症康复服务中心一年一度的圣诞联欢会在华夏未来小剧场如期举行。今年恰逢建华特殊教育项目创办第15周年。在欢快的音乐中,在精彩的表演中,在孩子们和家长们愉快的笑声中,师生们、志愿者们以及社会各界的爱心人士欢聚一堂,度过了一个愉快而难忘的下午。

## Teda International School 2015 Fall Festival

On Saturday November 27th, TIS held its annual Fall Festival. We offered 20 games and activities, offering prizes to those who could master the games! The PFA ran the Craft Fair in the cafeteria where we had over 20 vendors, parents, and student organizations offering a variety of products for sale. This year we had a record number of attendees. We hope everyone had a fun time!



## PROMOTION

# The TIS Robotics Team scored another victory at The VEX Formosa "Nothing But Net" Robotics Challenge held in Taipei December 3-5.

TIS was undefeated in all the matches, earning them the coveted "TOURNAMENT CHAMPIONS" title. In total, they walked away with five trophies including the Judge's "DESIGN" Award and "EXCELLENCE" for the most valuable robot.

Madison Headrick, a senior on the team, said: "At first we were a little taken aback, knowing we were up against the strongest teams in Asia, but you forget about all that once the matches start. It really is a lot of fun!" (Madison Headrick and Tom Park's robot won the "PROGRAMMING SKILLS" challenge at the event.)

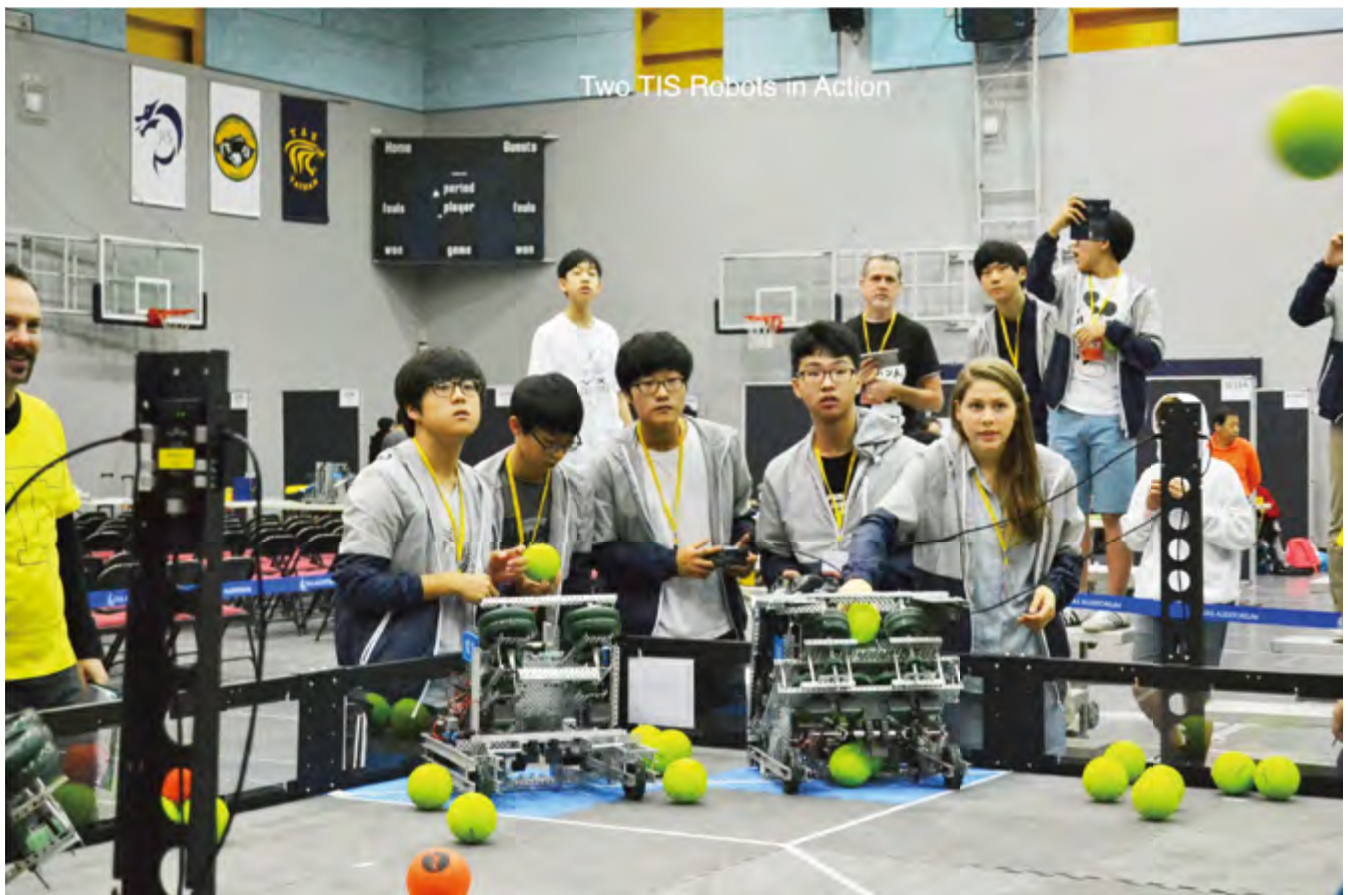
**Trophies Won:**

- 82M walked away with the Judge's coveted EXCELLENCE Award (Most Valuable Robot)
- 82M & 82W partnered together and won the TOURNAMENT CHAMPIONS title
- 82M captured the PROGRAMMING SKILLS Challenge Award
- 82B earned the Judge's DESIGN award

**Schools Participating at VEX Formosa**

**"Nothing But Net" Robotics Challenge included:**

- Tianjin International School (中国 China)
- Taipei American School (台湾 Taiwan)
- International School of Manila (菲律宾 Philippines)
- International School of Bangkok (泰国 Thailand)
- Singapore American School (新加坡 Singapore)
- Korean American International School (韩国 Korea)
- International School of Kuala Lumpur (马来西亚 Malaysia)
- Hsinchu International School (台湾 Taiwan)







Finals Match 2			
DIVISION 1			
Team #	Rank	Name	
38108	5	ISManisa Manisa, Singapore	157
48130		Multi School G Tampere, Finland	
38180		International School Manila Manila, Philippines	
Team #	Rank	Name	
82M	2	T-Raptors II Tampere, Finland	169
82W		T-Raptors IV Tampere, Finland	
38180		International School Manila Manila, Philippines	

Blue wins the tournament!





# IST Elementary Winter Show

**Well well well!** What a fabulous show - the elementary students of International School of Tianjin (IST) were an absolute delight to watch on the evening of December 09, 2015. A full house was treated to a wonderful range of songs and dances, and the students skipped along to just the right beat.

It was such a delightful evening of entertainment for the whole IST community!





# ANYWHERE ANYTIME

enjoy JIN advisor

JINAdvisor is an APP about local life and services jointly produced by Tianjin's JIN Magazine English and Japanese versions. The APP focuses on providing information about local hotels, restaurants, entertainment, community services and other business services to help expats. It is the first service APP for expatriates in Tianjin.

Supported by the resources of Jin Magazine and Tianjin Today, JINAdvisor is totally independent of traditional paper media. JINAdvisor provides a convenient life tool for expats in Tianjin.

JINAdvisor also provides an English and Japanese language interface with content that includes local business information, consumer reviews, promotions and other information. In the future, the APP will also be able to take restaurant reservations, provide vouchers, give access to networked communities, offline activities and other trading services. At the same time, it will also provide online consulting services for any expat who has questions about living in Tianjin.

JINAdvisor will launch in English and Japanese first. Soon there will be German, French and Italian versions. JIN Advisor is the first step in providing services for local expats in Tianjin but we plan to expand to other second and third tier cities and explore the potential of the Chinese service market for expats. We want to be an ever expanding influence in all of China.

JIN Advisor provides services for business such as accurate consumer information, direct product marketing and an effective display platform for its featured products. It will be an essential marketing tool for all our business partners.



presented by JIN MAGAZNE





# LIVING WITH A FOREIGNER

by Robert Watt, photo by Vincent Du



A couple in Greenwich Park.

**W**hen James asked his fiancée, Liu, to live with him, he was surprised at her reaction. After all, they had missed each other all week and living together would have many practical advantages. Later, when the arguing and anger had subsided, he found out she had misheard him, thinking he had asked her to leave him. They laugh about it now, but such simple misunderstandings can be a common problem for couples who don't share the same language. It's an additional complication in the relationships of around 50,000 Chinese nationals who marry a foreigner each year. Having several close friends and colleagues who have tied the knot in China I wondered what other problems they face and how they manage to cope with living with a foreigner.

## My speaking no good

Not sharing the same language is the

most obvious hurdle that couples from different countries face. Like James and Liu's story, it can be the subtle difference in the sound of the two words 'live' and 'leave,' or it can be a confusion over whether the right answer to a negatively framed question such as, 'you don't like it do you?' Is yes or no.

Over time, couples learn where these traps lie and adapt their speaking and understanding to avoid them. But a more difficult issue to overcome is the limit of language itself. Liu, who majored in English and has been married to James, originally from Canada, for 8 years said, "I still sometimes struggle to explain my thoughts and feelings." She finds this frustrating because discussions of complex topics and abstract ideas can't always be truly explored.

More troublesome, can be communicating with the spouses family. Older members in particular may have no foreign language ability. Marco, originally from a large family in Italy, told me. 'Not being able

to join in conversations with my wife's relatives leaves me feeling like an outsider at family gatherings and meals.'

Communication can be an obstacle, but it doesn't need to be a barrier. It's also not a problem unique to mixed couples. Marco's wife, Jie, revealed with a laugh, that she broke off a previous relationship with a Chinese boyfriend, "because we didn't speak the same language". There are plenty of couples, who start a relationship, with very little ability to communicate through speaking and manage. It can be fun finding other means of interacting, but as most misunderstandings occur when you don't expect them, knowing your partner doesn't have a clue what you're saying can mean making less assumptions.

## Soup is a starter not a drink!

Another potential source of friction is the difference in customs and traditions. Every expat in China has a story about an experience with the clash of cultures. That



experience is part of the excitement that draws many expats to live and work abroad. But when you crave the familiar and the normal you can always take refuge in your home, closing the door on that strange foreign world. Living with a foreigner removes that safe haven, suddenly you need to accommodate living with weird, often incomprehensible new practices in your private life as well at work and in the street; it can be overwhelming. My Australian friend Marty, who has a traditional marriage (he works and his Chinese wife Fang looks after the house) complains about eating Chinese food every mealtime.

Even where food cooking is shared, differences in beliefs can be unexpectedly

## RANDOM RULES ARE KNOWN AND MAYBE IGNORED IN THE SAME WAY THAT SOMEONE IN THE WEST MAY KNOW AND IGNORE THAT THE COLOUR OF THE WINE SHOULD MATCH THE MEAT.

problematic. The ancient Chinese philosophy of therapeutic eating known as SanYin and SanYang divides ingredients into hot and cold depending on things like their growing season and colour. The result is, restrictions over what can be eaten at different times of the year, or day, or what can be eaten together. While few people strictly follow this ancient diet, it still resonates in varying degrees in the unconscious psyche of many Chinese people today. Random rules are known and maybe ignored in the same way that someone in the west may know and ignore that the colour of the wine should match the meat.

### Three chairs is bad luck?

It's not just food and drink. There are a surprising amount of the ancient and modern beliefs that subtly affect everyday lives. Fang commented on the amount of waste generated by her western husband. "Bits of food, junk mail, newspapers and worn clothes are just thrown away" she said. But the most popular topic about western habits relates to

the difference in cleanliness; sitting on the bed in outdoor clothes, walking about in stockinged feet, drying dishes with tea towels are all means of spreading dust. It seems that along with sleeping near a mobile phone, and sitting on the grass, the westerner is oblivious to the invisible dangers of dust, damp and radiation.

Equally, Chinese medicine and Feng Shui might not be as strictly adhered to as it once was, but it's ingrained enough into Chinese culture that it can unexpectedly surface in a sudden taboo or portent of bad luck. The position of mirrors, the location of Chinese knots and 1 armed waving cats, can be surprisingly important. One couple told me that they nearly split up over having an odd number of chairs arranged around the dining table.

### Meet the family...again

Most problems are trivial and are easily accommodated. But when it comes to how best to raise a child, small differences can become important points of principal. Traditional views during pregnancy and particularly in the first month following birth can add to the anxieties of adapting to a new family. When Marco first became a father, he told me over a couple of beers, about having his mother in law living with them for a month. It was clear that her constant presence and her beliefs in the dangers of fresh air and showers were severely testing his patience.

The closeness of Chinese families can also be a point of friction. "In Canada," said James. "The extended family isn't all that significant. I see some of my family members maybe once a year. Here, family is more important. My wife's parents, grandparents, aunts, uncles, cousins and their in-laws are a fairly tight-knit bunch. Sometimes, I find this rather exhausting."

### Coping and growing

While cultural issues may lead to arguments, conflicts and, in the worst case, a bitter divorce, an intercultural marriage also offers the potential for personal growth. Mark, who met his Chinese wife on line before moving to China says "It sounds corny, but in my three years of intercultural marriage, I haven't just learned a lot about my wife, but also about myself. It took some time and patience, but after a while I've learned to be more aware and considerate of her culture."

Making an effort to learn the others

language is an important success factor. Ms Liu a relationship counsellor in Shanghai says, "even if you never come close to fluency, the effort demonstrates respect and because language is deeply linked to cultural heritage, it helps in greater understanding".

Most disagreements aren't deal-breakers. Like every relationship, the basis of an intercultural marriage should be based on respect, openness, and sincerity. Along the way you may grow to love the funny foods and folk music. You will at least become more tolerant, and more open to difference; an emotionally richer person.

## 相爱容易相处难

当James提出让未婚妻刘小姐搬来与他同住，未婚妻的反应令他匪夷所思。他本来觉得，每周只见一次太煎熬，同居就方便了很多。大吵大闹过后他们才搞明白，原来刘小姐把同居“live”这个词听成了分手“leave”。误会解除后，两人相视大笑。

这样的误会在异国情侣之间习以为常，而在中国，每年大约有5万人与外国人登记结婚。我周围也有一些这样的朋友，我把他们向我吐的槽归为以下几类。

首先自然是语言障碍。前面故事里的女主角刘小姐是英语专业毕业的，和James结婚已经8年了。她说：“我有时候非常纠结，因为我无法充分表达自己的想法，尤其是一些复杂、抽象的问题。”意大利人Marco觉得和妻子的家人沟通最困难，因为老一辈人基本不会讲外语，所以每次家庭聚会，Marco都觉得自己是被孤立的外人。但很多异国情侣在相爱之初靠的并不是语言，他们能找出很多有趣的方法来沟通。

在生活习惯上，每对情侣也都会遇到各种文化差异。一个澳大利亚朋友Marty娶了一位中国太太，他抱怨每天吃中餐简直是一种折磨。我们都知道中国人吃饭不仅是为了填饱肚子，还要讲究养生。中医把食材分为“三阴”和“三阳”，根据季节、时令选择不同的食材以及哪些食物不能放在一起吃，都很有讲究。严格按照这些讲究去做岂不是太麻烦？

中国人还讲风水，屋里的陈设摆放都和风水有关。在Marty看来都是无所谓的小事，而在妻子眼里却无比重要。我甚至听说一对异国情侣因为餐桌周围该摆几把椅子而分手。

中国大家庭的凝聚力也让很多老外不适应。与中国丈母娘同住是对外国丈夫耐心的极大考验。在国外，非直系亲属之间可能一年只见上一次，但在中国，七大姑八大姨都是很亲近的，经常应酬这些亲戚让人感到很疲惫。

文化的差异有可能引发争执，甚至离婚，但这也是帮助个人成长的机会。Mark和中国太太结婚三年了，他说虽然这很需要时间和耐心，但我变得更加了解和尊重她的文化。学习语言是第一步，即便你不能做到流利交流，但至少表明你对配偶的尊重。在磨合的过程中，你会逐渐变得开放、包容，也会成为感情更加丰富的人。

# MOTHERS ARE NOT EXPOSING THEMSELVES!

by Paula Taylor



How should moms protect their right of nature.

## EMBARRASSMENT KNOWS NO BOUNDARIES

China is as different from England as, well East and West, pardon the pun. However, a very interesting development is occurring

that shows that the differences are really only on the surface. Something that is dividing the opinions of the public in China is also dividing the opinions of people here, and reactions are pretty much the same, which just goes to show that people are people wherever they

may come from.

It is the issue of breastfeeding in public places. This is a very emotive issue and your opinion will surely be influenced by whether you are a parent or not, and particularly whether you are a mother or not. The reason this issue has raised its head is that in Beijing as you have probably heard, a mother breastfed her child on the subway, much to the disgust of some fellow passengers, one of whom took a picture and posted it online, with a scathing message for the mother "Let me remind you this is a Beijing subway - not a bus running through your village." A volunteer organisation who makes itself responsible for cleaning up flyers in the subway added its voice to the clamour, criticising the woman for "exposing her sexual organs in public". Cue a furious backlash from many mothers to the tune of "Breasts are for babies, they are not sexual organs".

## HOW DARE YOU HAVE YOUR OWN OPINION!

In England this is an argument that has been raging for a long time. A famous DJ was suspended from his job when he said that he found it embarrassing to sit next to a breastfeeding mother on the bus. He also said that it was unnatural for mothers to do this in public. A regulatory organisation said that he had been allowed to broadcast "highly offensive" comments and steps should be taken to make sure that he gets appropriate compliance training, so that there would be no repeat of this kind of misogynistic attitude. He was forced to issue an apology and was suspended after 6,000 people, yes that's 6,000,



## WOMEN EVERYWHERE, BOTH MOTHERS AND THOSE WITH NO CHILDREN OBJECTED TO THEIR BREASTS BEING DESCRIBED AS SEXUAL ORGANS, AND OF COURSE THEY POINTED OUT THAT THAT WAS WHAT BREASTS WERE DESIGNED FOR IN THE FIRST PLACE.

signed an online petition against him. His own bosses found him guilty of seriously breaching their rules on harm and offence. All I can say is, if I disagreed with his opinion on anything, I would not sign a petition screaming for his head.

Actually, in many countries the same issue is inciting people to action. In Georgia America in 2011, 200 nursing mothers staged a protest at City Hall against a new law that forbade them to breastfeed children over two, in a clampdown on public nudity. The headline then was “March of the Lactivists”. They were protesting because they said it is their right to decide at what age they wean their children and if they wanted to breastfeed children older than two in public, why should anybody be offended by that. I am not even going to enter this particular debate so let's get back to the original point.

Actually I think this raises a far bigger issue than what's at stake here. It seems that we are becoming less tolerant of others. Regarding the DJ mentioned above, I do not agree with his view that mothers breastfeeding their children in public is unnatural. I do not know if he is a parent, but even though I don't have any experience in this field, I know that when babies are hungry, they have to be fed. That is not unnatural. However, I do not agree that he does not have a right to express his opinion. I don't think that he was particularly offensive, what I am offended by is the fact that he was made the subject of a witch hunt, with so many people calling for his dismissal. Does someone need to have their livelihood taken away because he expressed an opinion? Is his opinion so harmful to society that he needs to be shut down and have his life ruined?

### COUNTRYSIDE –v– CITY

The person in Beijing who posted the picture with the caption referring to the mother being a backward villager was offensive. That person was obviously outraged by the mother's actions, ok fair enough, that is their prerogative, however there was no need to be so judgmental, the comments could simply have been something like “please be more discreet”. And why publish her picture exposing her to Global shame? The organisation who accused the mother of “exposing her sexual organs” was also extremely offensive. Both they and the original poster of the picture had to delete their comments after a furious backlash from the public ensued. Women everywhere, both mothers and those with no children objected to their breasts being described as sexual organs, and of course they pointed out that that was what breasts were designed for in the first place.

If you ask Chinese women about this, they will probably tell you that it is very unlikely that a woman from the city would do this. When I was in Tianjin, I did often see mothers from the countryside sitting by the roadside and on the bus breastfeeding without using any kind of cover up. I asked Yiling about this subject and she was mortified that the story had become so huge. She said she had never seen a woman from the city breastfeed in public. I asked an Indian colleague if this happened in India, and she was quite vehement in her reply, she said “No, no, it would be highly unlikely for a woman to do this in public, it is not acceptable. Indian society is very conservative”. I am guessing that in Japan it would be unacceptable too. Perhaps our Korean readers could enlighten us about their country.

### IS THERE A BETTER WAY?

Unfortunately there is a very tiny minority of men who get enjoyment out of watching these mothers. In fact one man said “If a woman is exposing her breasts, I get excited – I am a man after all”. Thankfully men like this are surely few and far between, but if the breastfeeding mothers knew that watching them possibly was a man with a lascivious eye, might they not feel uncomfortable? This man at least was very honest, and in his favour, he felt that he did not want to see women breastfeeding as it

evoked feelings in him which he wished to avoid.

Women didn't always breastfeed in public in sight of everyone – my mum's generation never did. What did they do when their babies were hungry? They must have had some discreet way of dealing with it.

It is a great pity that people insist on having their “rights” upheld to the detriment of everybody else. Wouldn't the world be a much better place if instead of insisting on things their way, they actually put themselves in the place of the other person and considered their feelings to be just as important as their own. At the same time, why make mothers feel that what they are doing is disgusting. As usual, when in doubt, applying the golden rule never fails to resolve the issue.

## 哺乳妈妈的无奈

虽然东西方之间有很多差异，但很多时候我们发现这些只是表面的差异。对于一些本源的问题，不论我们来自哪里，我们的感受都是相同的。

近来，社会上引发了一场有关在公共场合哺乳的争论。在北京，一个农村妇女在地铁上给孩子喂奶而且毫无遮挡。有人觉得不舒服，甚至拍下照片发到网上，配文称“这里是北京的地铁之上，不是你们村的公交车”。更有转发此微博的一个民间组织官微指责该妇女“暴露性器官”。这样的言论激怒了很多母亲，因为乳房是用来喂养孩子的，而非性器官。

在英国，是否可以在公共场合哺乳也是一个颇具争议的话题。有一位知名 DJ 因为其不当言论而被停职，他在节目里说：“在公交车上，旁边的妇女在哺乳，这让我颇感尴尬。”他还说，公共场合哺乳是件不自然的事，结果有 6000 多人在网上请愿，反对他的不当言论，而这名 DJ 也被迫发表致歉声明。

我自然不能同意这个 DJ 的观点，孩子饿了就要喂，这是再自然不过的事了。但是我也不认为仅仅因为他这一句话就应该被要求停职，因为每个人都有发表自己言论的自由，而他的言论虽然偏激，但其危害还没有达到被叫停职业生涯的地步。

我们回到中国。在网上曝光哺乳照的人把这名妇女称为“农村人”显然是不妥的，你可以不喜欢这种做法，但随意给人贴标签并放到公共平台就不对了。如果你问一个中国女性关于此事的看法，她可能会说城市里的女人不会这么做。确实，我在天津生活的几年里经常能看到农村的妇女坐在路边或在公交车上哺乳，而且没有进行任何遮挡。我问一个印度女同事，她的反应也很激烈：“不可能。印度是个非常保守的国家，女人肯定不会在公共场合哺乳！”我猜，大部分亚洲国家都是如此吧。

也有少数男性承认，看到这样的场面可能令他们感到兴奋，所以他们希望避免碰到这样的场面，如果哺乳的女性知道有男人带着色情的眼光看她们，心里也不会舒服吧。到底有没有更好的方式能让母亲们行使自己的正常权利，又不会影响到其他人呢？一定有的，因为我母亲那一代从来没遇到过这样的问题，她们一定有更好的方式。总之，每个人都可以有自己的感受，我们反对道德绑架！

# ZHANG YU AND CLAY FIGURINE ZHANG by Jane Liu



The founder and inheritors of Clay Figurine Zhang



Zhang Yu and his work Zhong Kui



Play with cat after work



Wash mud, filtering impurities

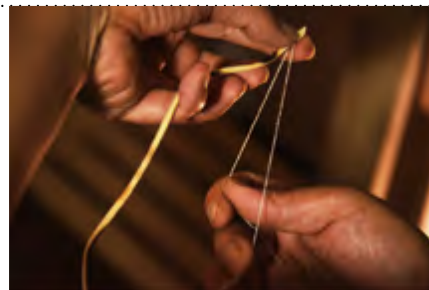


In the creation



**C**lay Figure Zhang, which was founded 200 years ago by clay sculpture master Zhang Mingshan, is a local art which is the pride of most Tianjin locals. Now the art has been taken over by a sixth generation descendant - Mr. Zhang Yu. His "Family Workshop" is a base where all workers gather together to create the famous Clay Figure Zhang. The Workshop, upholds the spirit of the figures and combines images and characters, while at the same time integrating the beauty of nature and human feelings. It takes advantage of the rich subject matter available and their distinctive realistic features to display the undoubted charm of Chinese painted sculptures.

Zhang Yu was born in 1978. Under the influence of his parents, he began to learn clay sculpture when he was 6 years old. As the inheritor of an art which is a National Intangible Cultural Heritage, he also injects innovation and new vitality into the famous Clay Figure Zhang Family Workshop. The head office of the Clay



making process of the work *Mulan Joins the Army*

Figure Zhang Family Workshop is at No.11 Gongbei in Ancient Culture Street, while the Clay Figure Zhang Arts Museum is at Tong Qing Li. These two cultural sites receive many tourists everyday. The indefatigable Zhang Yu has also established a clay sculpture study room at the Xinghua School, as well as often going to Tianjin universities and orphanages to share his knowledge regarding clay figurine art. A Clay Figurine Zhang Family gallery, located in the Beijing 798 art zone is also about to open.

Zhang Yu once said: "My family, six generations, have the means of imparting the skills and sprits, I hope it can grow freely... Just like a raft."

## 张宇和他的“泥人张世家”

天津人引以为豪的“泥人张”的“张”，源自两百多年前在泥塑方面堪称一绝的张明山先生，如今已传至第六代掌门人张宇。坊，工者汇聚之地，“泥人张世家”作坊，秉承将“形灵”、“性灵”融于一体，将自然的本色之美与人文情怀不巧妙结合的一贯宗旨，纯手工精制。“泥人张”以丰富的题材、匠心独运的敷彩和鲜明的现实主义特色，在中国彩塑中显示出独特的魅力。

出生于1978年的张宇，从6、7岁起在父辈的影响下接触泥塑艺术，也肩负起传承世家精神的重任。如今，他作为“国家级非物质文化遗产传承人”，在继承传统的基础上不断创新，希望为泥人张世家的品牌注入新的活力。位于古文化街官北11号的泥人张世家总店和通庆里的泥人张美术馆每日游客络绎不绝；张宇在兴华小学建立泥人张泥塑传习班，还经常走进大学、孤儿院等地传播泥人张艺术；近期，泥人张世家位于北京798艺术区的展览馆即将开馆。

张宇说：“我的家庭，六代人，以传授心印的方式，传递着属于我们的技艺，希望它可以自由生长……如筏。”



Classic work *Mulan Joins the Army*



Zhang Yu is teaching skills at the Xinghua School





Tai Chi is a form of martial arts that can be traced back to the Chen Village

In the early morning in many parks, you will usually see a group of elders moving in unison in slow motion. They are likely practicing Taijiquan 太极拳 which is referred to as Tai Chi, although this later name is incorrect, this is usually the common name used.

Tai Chi is a form of martial arts that can be traced back to the Chen Village 陈家沟 in Henan province 河南 back to the 1500's. There are many forms of Tai Chi that range from 36 movements to over 100 movements. However all have the same base and can be recognized by the fluid movements that seem to flow from one step to next.

#### Advantages of Tai Chi

The Chinese have always maintained that inactivity is the major cause of illness. Thus, they have developed numerous

systems of medical gymnastics both to cure as well as prevent disease. Of the many exercises they have devised, they consider the martial art of Taijiquan to be the best. Tai chi has many distinct advantages over other types of exercise. The biggest shortcoming of most systems of physical fitness is that they service only part of the body. They concentrate on certain muscles or muscle groups, while neglecting others entirely.

For example, isometric exercises tense one set of muscles against another set or an

**ACCORDING TO TRADITIONAL CHINESE MEDICINE, AS LONG AS THIS FLOW IS UNINHIBITED, A PERSON WILL REMAIN HEALTHY.**

immovable object. Because this is a one-dimensional exercise, the benefits are minimal. Another problem with isometrics is there is really no way to measure the correct amount of exercise. Unlike calisthenics or weightlifting, you cannot simply increase the number of repetitions and expect results. Recent evidence has also found that isometric exercises render joints more vulnerable to injuries.

Calisthenics produce a wide range of motion and give the muscles more staying power than isometrics. Unfortunately, calisthenics also concentrate on only individual muscles and thus have little benefit on overall health. This is also true with weightlifting. Tai chi, on the other hand, brings into play every part of the body and benefits all body parts.

Scientific research conducted at the Medical Academy of Shanghai, the Tangshan



Medical Center and Bellevue Hospital in New York City has shown that Tai Chi stimulates the central nervous system, lowers blood pressure, and relieves stress and gently tones muscles without strain. It also enhances digestion, elimination of wastes and the circulation of blood. Moreover, Tai Chi's rhythmic movements massage the internal organs and improve their functionality.

### Other Benefits of Tai Chi

Perhaps Tai Chi's greatest attribute, however, is the fact it channels the flow of chi "Qi" 气 (intrinsic energy) through the body's meridians. According to traditional Chinese medicine, as long as this flow is uninhibited, a person will remain healthy. If the flow of qi becomes obstructed or unbalanced, illness will result. The correct practice of Taijiquan guides the individual's qi through the meridians and restores its balance throughout the body. None of the aforementioned exercises offers any of these benefits.

Taijiquan students learn how to breathe deeply from the abdomen. "During the forms, the even movement and rhythm are predominant," Lee says. "You learn to match your breathing with the movement. [There's no need to] consciously breathe in and out; there's only a general guideline. If you want to do a lower stance or do a movement more slowly, your breathing pattern changes. But you intuitively know how to breathe." The source of this information is from Daniel Lee, born in Shanghai, he studied Western Boxing and won the welterweight division in 1948 then moved to Taiwan and was exposed to Tai Chi and eventually moved to USA and studied with Bruce Lee before he moved back to Hong Kong to start his films.

Since Taijiquan is a martial art, when you move forward and exert energy, you generally breathe out, Lee says, and when you move backward, you breathe in. "Your arm comes up, you breathe in, and your chest expands; your arm goes down, and you breathe out," he says. Lee does not advise students to immediately match their breathing with movement, because the movements themselves are already challenging enough to learn. Beginners often complain that when they move one arm, they forget the other arm, and when they master the arms, they forget the legs or their balance, he says. "There's really a lot of

training. Do it slowly so you can maintain that total control and awareness."

Once a Tai Chi student masters the movement, he can think about matching the breathing more closely. But in the beginning, Lee advises: "Just breathe; let the wisdom of your body tell you when to breathe. When you run, you don't tell yourself, "Now I'm running, so I must breathe faster". The body picks it up anyway. When the body needs to breathe in, just inhale. When it needs to breathe out, just exhale."

Tai Chi practice should calm the mind, but it should not empty it. "The mind is always involved," Lee says. "The mind moves the qi, and the qi leads the movement. At the first stages, you have to learn to move your left foot, right foot, arms, etc., but eventually you become very fluid. You begin to express the movement. But you don't do it totally in a state of 'no mind'. Lee claims the "no mind" state applies only to fighting-when you should avoid focusing your mind on a certain technique. "You come in with total openness and you respond spontaneously," he says. "That's what Bruce Lee used to talk about-using no way as way."

Later in a student's training, usually during the second year, breathing and movement start to work with chi or "Qi" 气 (internal energy) and the mind, Lee says. "It all focuses together like a magnifying glass concentrating nice, warm sunlight into enough heat to burn paper. You can generate tremendous power."

Does Tai Chi breathing practice have any direct application to other parts of life? "Abdominal breathing is basically a relaxed breathing," Lee says. "The basic movement of Tai Chi is raising and lowering the arm; it's called breathing in and breathing out. When [students] get stressed during the day, they should do some deep breathing to settle down. Immediately they can regain their calmness. Even three minutes of breathing can renew the strength. Tai Chi, even without the movements, can immediately be applied to daily life.

### After 500 years, Tai Chi is still popular

The famous Chinese movie director, Ang Lee 李安 featured Tai Chi in his first Western movie Pushing Hands in 1992, and later Academy Award winning movie Crouching Tiger, Hidden Dragon in 2000. As recent as 2013, the movie Man of Tai Chi

directed by and starring Keanu Reeves was about his friend who was a Tai Chi master. Action film director, John Woo 吴宇森 praised this film.

Two of my friends in Vancouver practice Tai Chi daily; one is over 80 and the other 70. Both regard this as both exercise and meditation. One had a stroke a number years ago and attributes his recovery to Tai Chi. But it is not only for the elderly, one of my 30+ Beijing friends finds Tai Chi enjoyable and states that because it is a slow movement, you must concentrate and because mistakes are more noticeable. So if you are looking for a healthy pastime, try Tai Chi.

## 常练太极，强身健体

清晨的公园里，我们随处可见做着缓慢动作的老人，没错，他们练的正是太极拳。太极拳是武术的一种形式，最早可追溯到16世纪的河南省陈家沟。传统的太极拳门派众多，各派间既相互借鉴，又各有特色。

中国人好动，他们常挂在嘴边的一句话就是：不运动是一切疾病的根源。于是，老百姓开发总结各种健身运动来保证自己的身体健康。在尝试了众多运动之后，人们普遍认为太极拳是最有利于身心健康的锻炼方式。它不像其它的运动方式一样，只专注于身体的某一部分或是某一肌肉，太极拳能达到的是一种全面的身体锻炼。

等长训练，又称静力练习，是肌肉以等长收缩的形式使人体保持某一特定位置或对抗固定不动的阻力的练习方式。这种练习方法使肌肉在原来静止长度上做紧张用力，从而达到增强肌肉力量和耐力的效果。但遗憾的是，这样的锻炼方式好处并没有多少，一方面，人们没法估算出正确的运动量，另一方面，静力练习还会加重我们的关节负担，让其受到伤害。健美操或许可以产生大范围的运动，甚至比等长训练更能有效的锻炼肌肉，但不好意思，健美操也仅能服务于独立肌肉，而非全身范围。

科学研究表明，太极拳不仅可以刺激我们的中枢神经系统，降低血压，它还可以有节奏的按摩我们的内脏，并改善其机能。

太极拳的最大特点在于一个“气”字，它通过身体的经络，蔓延到身体的各个部位。中医讲究，如果这个“气”贯穿流畅，那么人的身体就是健康的，相反，一旦这个“气”有任何的阻塞，那就说明人是处在非健康的状态。正确操练太极拳的方式应该是引导一个人，将这股“气”蔓延全身，重塑平衡。

经过了几个世纪的流传，太极拳依然深受人们的欢迎。李安指导的电影《推手》(1992年)以及《卧虎藏龙》(2000年)中，就都有太极拳元素的出现。2013年，由基努·里维斯指导并主演的电影《太极侠》也向我们讲述了一个有关太极拳大师的故事。

我的两个朋友，现在住在温哥华，今年一个70岁，一个超过80岁。其中一个曾在多年前中风，但通过练习太极，他的情况已经明显好转。现在，他们仍然每天坚持打太极，强身健体。太极，是一项不分年龄不分性别的运动，所以，如果你正在寻找一种健康的休闲方式，不妨尝试一下太极，也许会发现一些不一样的乐趣。

# THE MAN BEHIND THE MEAL

by Carmen King



Liu Min, owner of Mighty Source.

Eating is a favorite pastime of many expats. Unfortunately sometimes living abroad takes a bite out of the pleasure found in enjoying one's favorite food. Why? Put simply, local cuisine varies greatly by country. Especially expats coming from Western countries will notice a big difference in core ingredients and subsequent flavors of popular dishes in Tianjin.

As expats try to settle into their new home in Tianjin, nothing may make them feel comfortable faster than getting access to some "comfort food". Namely, the dishes they love the most. The only trouble is that getting that coveted tasty treat may be harder than imagined. As Tianjin's expat community has grown, the demand for imported food has as well.

Where there is a need, there often is a business opportunity. This is what one enterprising Tianjin man found true. His name is Liu Min (刘敏 liú mǐn), a.k.a. John. Born and raised in Tianjin, about twenty some years ago in 1995, John started his career like so many young graduates by getting an entry level job at a local hotel. This one choice ended up changing his whole life.

John was one of about 50 graduates who started working at the Tianjin Sheraton. As

would be expected, at first he got the tough jobs like working at the front desk, cleaning the rooms and helping the kitchen staff. At the time, expats didn't have a lot of choices for 5 star hotels in Tianjin. Therefore a number of early expats have stayed at the Tianjin Sheraton. Down to today, it is still frequented by international guests. Even expats who didn't stay there came to know the Sheraton well because of a little "import store" it opened which was stocked with the precious goods from afar that many visitors from abroad sought desperately.

For John the Sheraton was a huge stepping stone. For one it gave him an opportunity to see and interact with international guests at a time when not many were here in Tianjin. He learned about other countries, customs and especially the eating habits of expats. In short order he came to find a dramatic difference in the diet of foreign guests in comparison to locals. When kept in context of imported foods being precious commodities at the time, fulfilling the requests for international foods was far from easy.

During the 5 years that John worked at the Sheraton from 1995 to 2000 he came to know intimately the painful task of trekking back and forth to Beijing for the sole purpose of

acquiring imported goods for guests! As John tells it, a team of three from the Sheraton were sent routinely on import food runs. These trips to Beijing were a real expense in every imaginable way. Regardless of how it was calculated the process of getting imported products to Tianjin at that time was high. John saw a huge opportunity before his eyes and decided to go for it!

Instead of sitting back and relaxing at this Sheraton job, John chose the path that relatively few do here in Tianjin, that is, having the guts to quit and start his own company! His proposal was simple, instead of the Sheraton

**THAT MEANS, BE IT A MEAL MADE AT HOME USING IMPORTS FROM THE DELI OR TOP-NOTCH INTERNATIONAL CUISINE ENJOYED AT A RESTAURANT WITHIN ONE OF THE HIGH-END HOTELS, JOHN REMAINS THE MAN BEHIND THE MEAL.**



sending three employees to Beijing to bring back imported goods he would take to the road himself! This reduction in labor created a reduction in cost which was music to the ears of Sheraton management. With his first customer secure, in the year 2000, John set sail as the captain of his own ship.

As is so with startups, this wasn't for the faint of heart. John's schedule included routinely getting up around 4 am and hitting the road by no later than 5 am. His goal was to be in Beijing by 8 am, spending the day driving around tracking down the imported goods as requested by his customers. He would then turn around and drive back to Tianjin that very night. These marathon days were standard issue for the next several years. When making Beijing runs, other than the space for him to sit in the driver's seat, every other inch of his car was packed full of precious imported cargo. In the early days, the man behind all those scrumptious "imported" meals was none other than John!

Fortunately, in time the operation grew. Solo runs in a little sedan turned into a cargo van traveling to and fro. Later this became a team effort as employees were added and John could finally stay back in Tianjin to manage things. The business was growing fast as more expats were arriving and more 5 Star Hotels were opening in Tianjin. John's Mighty Enterprise (美琪企业) became the choice in getting imported goods in Tianjin.

The Tianjin imported food business saw another first when in 2008 it hosted some of the Olympic Games. This made sourcing specialized imported items on the top of every visiting athletes list. Who was to be the man behind all these meals? Ensuring that the athletes got exactly what they wanted? You guessed it, John. He said it all begin months in advance as teams from around the world started sending him their custom menus. After getting all the goods to Tianjin, the food had to be stored in a 24-hour Police guarded facility separate from everything else! The security detail even had to monitor the delivery of the food to the hotels where the athletes were staying.

Looking back on over 20 years of importing food into Tianjin, John himself can't believe how much things have changed. Not so long ago, getting imported goods in Tianjin was primarily due to the blood, sweat and tears of a lone Tianjin entrepreneur. The scale of John's operation has grown dramatically over the years. John's Mighty Source (originally Mighty Deli) is now at Tianjin's new



International Trade Mall. Plus he is the principal imported foods supplier for the various 5-Star Hotels throughout the city. That means, be it a meal made at home using imports from the deli or top-notch international cuisine enjoyed at a restaurant within one of the high-end hotels, John remains the man behind the meal.

Expats appreciate greatly what John did to get imported foods to Tianjin in the early days along with what he is still doing to keep delicious overseas delights available locally! Expats can learn a lot about what it takes to succeed as entrepreneurs in Tianjin from John. Instead of constantly complaining about what we don't have, or what services are lacking in Tianjin compared to abroad, view these as opportunities. Like John who turned his little car stuffed full of imported goods into a major enterprise, so too there still remain many market opportunities waiting for expats to seize. Especially is this true when opening a WOFE (Wholly Owned Foreign Enterprise) in the Tianjin Free Trade Zone has never been easier or faster. As expat entrepreneurs discuss the next great business idea with buds over a good German Beer, imported cheese, chips, chocolate or any other imported item, let's not forget the man behind the meal.

## 美食背后的男人

很多老外都是好“吃”之徒。但是生活在外国总会遇到“缺嘴”的时候。毕竟东西方饮食差异巨大，

想在天津找到所有西餐食材并不是容易的事。适应在天津的新家需要承受巨大精神压力，这时候如果能吃上自己最爱的食物可以大大缓解紧张情绪。但这恐怕要比想象的困难。随着天津外籍社区的扩大，对进口食品的需求也在增长。

有需求就有商机，一位天津人就看到了其中的机遇并牢牢抓住了它。刘敏是地道的天津人，20多年前从学校毕业后就在天津喜来登酒店工作。当时天津并没有太多五星级酒店，所以大部分外国人都住在喜来登。那时候，即便不是酒店住客的老外也知道喜来登，因为那里有一家进口食品超市，里面的货品都是市面上很难找到的稀罕货。

在酒店工作的刘敏有很多和外国人交流的机会，他了解了很多外国人的文化尤其是饮食习惯。刘敏介绍说，当时有三个员工专门为这个进口超市跑货源，频繁来往于京津之间，这其中的成本是相当高的，刘敏当时就发现了其中潜在的商机，决定放手一搏。刘敏放弃了酒店的安逸工作，选择了创业，喜来登成为他的第一个客户。把采购业务包给刘敏对酒店来说减少了成本，所以双方一拍即合。那时，刘敏每天4点起床，在8点之前赶到北京，然后开始一天的采购。这样的马拉松式采购维持了若干年，成为每天的日常，他的小汽车除了他自己驾驶员的位子，全都堆满了货品。随着生意的扩大，刘敏的小汽车换成了小货车，他也不再有孤军作战了，有了自己的员工团队，他终于可以坐镇后方专注企业管理了。随着越来越多的五星级酒店纷纷开业，刘敏的美琪企业也借着这一东风，成为客户首选。

在2008年北京奥运会期间，天津作为协办城市也迎来了各国运动员。如何能满足外籍运动员不同的用餐需求？刘敏的神通又派上了用场。比赛开始前的几个月，刘敏就已经忙上了，各国运动队的需求纷纷发来。货物运到天津之后，甚至有民警24小时把守仓库，运往酒店的全程也都有安保监控。

回顾20年来天津进口食品市场的变化，刘敏自己也有些难以置信。几年之前，刘敏还单枪匹马靠自己的辛勤汗水采购货物。但也只有几年的时间，公司的规模迅速扩大，不久前又在凯悦酒店开了新店。刘敏目前仍然是天津各大星级酒店的主要供货商，所以无论你在家用进口食材烹饪美食还是去高档酒店用餐，有可能都是通过刘敏把这些地道食材送到你餐桌上的。

# THE BURGER KINGS OF TIANJIN

by Bryce Cristiano



Finding some authentic cuisine from our home countries can be quite a chore. From dishes that aren't prepared well or unnecessarily added ingredients like corn pizza; for us in Tianjin it's a bit harder to get a fix for Western cuisine. When it comes to hamburgers though, the market is incredibly varied from the 5 RMB morning breakfast chicken hamburgers to the more legitimate establishments like Blue Frog Grill. While it certainly isn't as varied as Beijing may be, isn't the only thing that really matters at the end of the day is getting a quality burger?

## Taking a Risk

What's the cheapest that you can spend for a hamburger here in China? About 3 - 6 RMB if you're feeling extra adventurous, the same price to take a subway line from end-to-end. At the bottommost rung of the hamburger quality list would have to be the store bought pre-packed hamburgers with the street vendors coming in second. The store bought hamburgers have always been some of the most grotesque things that I've allowed

myself to eat. From hamburgers that contain a "chicken patty" the size of a thumb in a middle of the bread, to hamburgers made of a mysterious mixture of vegetables and mayonnaise that tastes of blood; you're never going to know what you'll get into with these. While the spicy chicken hamburgers that are sold in yellow boxes are typically pretty good, you're better off just finding a street vendor making hamburgers.

Often times on the streets around the universities especially you'll find both window stores and individual stalls selling fresh cooked

hamburgers. There's no beef here though, as they'll only serve up chicken sandwiches. The chicken is normally fried in strips and served over the bread nice and warm. While I've never gotten sick from these locations, I have been served raw chicken on one occasion, luckily the frying process killed off the bacteria that would have been on the outside. There's nothing wrong with having some street food from time to time, but keep a keen eye on the quality of the product.

## Graduated Tastes

If you're looking to get a bit fancy and switch things up from the mystery meat chicken burgers and probably carcinogenic ingredients of store shelf hamburgers, Tianjin has many well priced bars around the universities. These locations like La Bambas, Helen's, Ali Baba's, etc. have well made hamburgers at a small price. Typically ranging from 15-25 RMB, these locations usually serve large beef burgers with a side of fries. The convenience of being a bar means that you can get a cheap drink to wash down the meal. The beef may not be of the highest quality but

**MANY OF THESE BARS WHILE ALREADY BEING QUITE INEXPENSIVE DO HAVE DEALS THROUGHOUT THE WEEK, SOME OF WHICH INCLUDE DISCOUNTED HAMBURGERS, WHICH MEANS MORE MONEY FOR BEERS.**





for the size of the meal and the price, you can't go wrong here. It's best to find a good student bar along Weijin Road just across from Tianjin University and Nankai University. Many of these bars while already being quite inexpensive do have deals throughout the week, some of which include discounted hamburgers, which means more money for beers.

In the same price range and more so available than the bars are the hamburgers of the fast food establishments like McDonalds, KFC, and Burger King. Many of you may pass judgment upon these locations since it's fast food that's produced with harmful additives and while I personally never ate too much at McDonald's while in the States, it does make one feel a bit at home to step into a familiar fast food joint. One of the greatest aspects of chain restaurants is that it provides a recognizable location and food even across the entire world. If you're a fan of these fast food establishments, the chance to try new seasonal items while in China is always a big appeal. Many of the selections offered by Burger King are honestly quite delicious and almost certainly worth the inflated price that generally runs over that of McDonalds.

### Burger Kings

For those looking to drop a little more money on some quality food, Tianjin



surprisingly does not disappoint. If you're looking for something that breaks the mold with style, Blue Frog Grill is the go to hamburger location. Located just on the third floor of the picturesque Riverside 66 mall (恒隆广场) Blue Frog Grill has a great range of unique burgers at a price range from 80-100 RMB. Mondays are particularly special as it's buy one get one free with the burgers. The succulent beef patties and towering fresh ingredients make for the perfect burger when the cancerous box-burgers are getting tiresome. They even offer some decent service as well, for those of you who haven't acclimated to China. Besides the Blue Frog Grill, Texas BBQ at AoCheng plaza is a well-known restaurant which hosts a wide array of Texas inspired food, including some great burgers.

Locations like these are typically located in malls and have great atmospheres. With Texas BBQ, you always have a game on and plenty of other foreigners to mingle with at the bar. With Blue Frog, you get a beautiful deck patio overlooking the entrance of the mall. Other locations within the malls are worth trying as well and very from place to place. In a lot of the new malls you'd be hard pressed to not find a burger joint that is of good quality. If you're looking for great burgers, you generally don't need to break the bank as you'd spend 100 RMB at the most for the meal.

With such a huge variety in the city though, it's hard to really put a finger on which location is the best. Tastes vary from each person so significantly that a 3RMB burger might appeal to a person more than a 100 RMB artisan burger. While I'd be inclined to consider that person a monster, they're entitled to their tastes, however wrong they may be. The best way to get a burger in Tianjin is to go

out knowing which price range you'd like to eat from. If you're a student, you're probably going to find yourself over at locations which pander to your group. If you're a business person living and working around certain offices, you're going to have opportunities to have the more quality products like Blue Frog. As always for expats here in Tianjin, be adventurous and live a little. Don't hole yourself up at one location, try to branch out and try new things to get a real taste for the interesting burger culture here in Tianjin. While Beijing takes the cake as far as the amount of restaurants and quality is concerned, Tianjin does have its own great gems.



## 谁是天津的汉堡之王？

老外们想在天津找到家乡美食总是要费些周折，不是味道不对就是被加入一些奇怪的原材料。仅以汉堡举例，你可以买到5块钱一个的早餐堡，也可以到高级餐厅里找到一些口味更加正宗的汉堡。

在天津买一个汉堡要多少钱呢？小卖部和路边小贩会卖一些3-6元钱的汉堡，这相当于地铁全程的票价。恐怕只有具有冒险精神的人才敢尝试，因为里面的配料吃起来都有种奇怪的味道，可能你都不想知道里面到底是什么。一般学校周边会有这样的便宜汉堡卖，鉴于我从没有因为吃这样的汉堡而生病，我还是建议你偶尔尝试一下。

比这种神秘口味汉堡更高档一点，同时又不会让你破费的汉堡可以在小酒吧里找到。在La Bamba、Helen's这样的酒吧，汉堡的价格在15-25元左右，有美式的牛肉大汉堡并配有炸薯条。酒吧里还有很多便宜的酒水，搭配汉堡最为合适。虽然制作汉堡的牛肉不是顶级牛肉，但是考虑到汉堡的尺寸和价格，还是物有所值的。

在同样的价格区间内，你能找到的其他选择恐怕就是那些连锁餐厅了。虽然很多人会说，那些都是垃圾食品而我本人在美国的时候也不常吃，但是身在异乡，这些“垃圾食品”总能稍微安慰一下想家的心。

想吃到最顶级的汉堡自然不能心疼银子，恒隆广场的蓝蛙餐厅是很多老外的最爱，这里的汉堡价格在80-100元之间，每逢周一还有买一赠一的活动。多汁鲜嫩的牛肉饼和丰富的配料秒杀一切廉价的同类。

总而言之，如果你是个汉堡爱好者，你的选择还是比较多的，主要还是看个人的口味和消费能力。学生们能在校园周边找到便宜汉堡，上班族能选择在写字楼周边的高档餐厅品尝高品质汉堡。你也可以走出自己习惯的区域，多尝试不同的种类，也是不错的体验。

# CRAFT BEER EXPLODES IN TIANJIN

by Bryce Cristiano



Craft beer fans Andrew is brewing his own beer with the help of Mr. Li.

**Y** Beer House is no stranger to our publication given the tremendous growth they've had over the past year with their newly opened craft brewery as well as the community of craft brewers that they've built in Tianjin. Ahead of the curve for Tianjin and trailblazing, Li Wenzhong, the owner of YY Beer House has worked diligently to create a stable image for the business of not only making the best Thai food in the city but also starting a trend of craft beer breweries in the city. Already flourishing in the SanLiTun area of Beijing, it has taken Tianjin a long time to catch up but it appears the years of waiting are over. Li WenZhong has been pleased with the warm reception of the first year with the new YY Beer House 2 opened just outside of the Starbucks in WuDaDao on Hunan Road. The warm reception that they've had not only comes in the form of patrons but from the many locals and foreigners who are engaged in brewing their own craft beer. For them, YY Beer House has become the go to spot for not only getting craft beer but having chances to

work with the owners to brew their own beers.

With the help of multi-award winning craft brewer, Mike from Shanghai who has regularly visited their new location over the year to work with the owner, they've grown much faster than expected. Despite not wishing to grow too quickly since the consistency of quality is a paramount concern for Mr. Li, they have been experimenting with new types of brews throughout the year, even working on a new winter lineup of beers. With ideas of their own and the opportunities to work with many other brewers around China, YY Beer House dominates Tianjin with its' beautiful location in the historic Five Avenues Concession, which is known for hosting a variety of unique restaurants and cafes.

## A Fresh New Start

Despite the success of the new location, their old location just up the street at AoMen Road still gets a stable amount of customers, not too surprising given how packed the place can be in the evenings and weekends.

While the foreigner community rejoices at the opening of a craft brewery in Tianjin and locals have started to pick up the taste for the style of beer, some people remain a bit skeptical. Given the location in the historic area of WuDaDao, many Chinese tourists may be compelled to think that YY Beer House is a tourist trap, not understanding the value of the well prepared food and the interesting array of craft beers. To remedy this, the owners keep doing honest business and present well prepared products consistently. To draw in the more frugal of customers, they've even introduced daily specials on select craft beers, which not only makes it a bargain but also gives the less adventurous an excuse to partake in craft beers for the first time.

The drive for honest business and quality products has certainly paid off though, making YY Beer House the go-to spot for people visiting in Tianjin. Some patrons from Beijing even regularly travel to Tianjin for the day to eat and drink at their location (quite the opposite from what we're used to). To keep ahead of the game and put Tianjin on the map for craft beer, YY Beer House has been hard at work to establish a good identity as well as helping out budding breweries from Beijing to Shanghai. With the 2nd annual China Craft Beer Expo and Awards having taken place just last month in Beijing's SanLiTun area it has already been decided that YY Beer House could very well be the location

**TO DRAW IN THE MORE FRUGAL OF CUSTOMERS, THEY'VE EVEN INTRODUCED DAILY SPECIALS ON SELECT CRAFT BEERS, WHICH NOT ONLY MAKES IT A BARGAIN BUT ALSO GIVES THE LESS ADVENTUROUS AN EXCUSE TO PARTAKE IN CRAFT BEERS FOR THE FIRST TIME.**





Mr. Li Wenzhong and his friends

to host the expo in 2017.

Having visited the expo with the owners of YY Beer House, I was amazed at just how well established that craft beer societies are around China. I got the chance to meet many of the high-end retailers that provide product to YY Beer House as well as the many different organizations around China. With places as strange as Inner Mongolia having their own association, it's kind of embarrassing that Tianjin has yet to create their own. It's just another instance of the proximity to Beijing being a kind of cultural curse on Tianjin as all the talent is magnetized to Beijing, rather than staying here to establish. Luckily though, an association is already in the works and Mr. Li has decided to take up the role as acting president of the association. It's something that Mr. Li treads on lightly though, since while he holds true to quality over quantity many don't quite agree. If they'd like to go about business in this manner, that's of no problem to him except that it could potentially create a bad first time experience for the Tianjin residence if they have an underwhelming craft beer. Right now is a

pivotal time for Tianjin as many new cultures introduce products to the city so any missteps could spell disaster for the future.

### The Future of Tianjin Craft Beer

It was a fantastic experience to be among the different organizations of craft beer in China and to see Mr. Li reaching out to everyone around him. There's certainly a comradery in the craft brewing scene which YY Beer House has embraced whole-heartedly. At any of the events hosted by YY Beer House, you're bound to feel at home and the odds are great that Mr. Li would be interested in helping those who are just as enthused with craft brewing as he is. Being at the expo in Beijing was like being with a kid in a candy shop who is excited to show his passion for brewing and knowledge to those around him. With a family feel from Mr. Li, YY Beer House makes for a warm evening with friends.

For those of you interested in craft beers, delicious Thai cuisine, or getting into brewing yourself; the doors are always open for guests at YY Beer House. With the momentum of the

brewery, we're bound to see tremendous growth and progress over the next year. With six taps available right now, they hope to expand this to twelve soon as well as constantly introducing new beers to guests. A lot of these new beers will be done in collaboration with the master craft brewer in Shanghai, meaning that they'll be worth keeping an eye on for all you craft beer enthusiasts. With a drive towards introducing the art of craft brewing to locals, they're also attempting to try to create new brews that appeal to Chinese tastes and infuse Chinese flavors with their beers. It's an exciting time to own a brewery in China and to have opportunities like this to engage with these artisans.

## 让精酿啤酒火爆津城

粤园泰餐厅对于我们的读者来说是再熟悉不过的了，过去 21 年中大家一起见证了餐厅的成长，尤其是去年新开业的粤园精酿啤酒坊。粤园的老板李文中多年来潜心经营，不但为食客们奉献最美味的泰餐，还最先把精酿啤酒引入天津。粤园精酿啤酒坊刚刚庆祝了一周岁生日，过去一年里，不但本地和外国老顾客一如既往地捧场，一些酿酒爱好者更是来和李文中一起交流和酿造自己的啤酒。

来自上海的 Mike 是精酿啤酒的专家，在过去一年多里他见证和帮助了粤园精酿啤酒的成长，在他看来，粤园的进步比他想象的要快。但李文中并不想跑得太快，因为保证品质才是最重要的。一年里，他们通过自己的灵感以及和全国各地酿酒高手的合作交流试验了很多啤酒口味，为新店打响了名声。

一个有意思的现象是，由于精酿啤酒坊位于五大景区，很多外地游客在粤园用餐的时候小心翼翼，生怕落入景区常见的陷阱。虽然感到哭笑不得，李先生还是坚持以诚信经营和不变的品质面对各式各样的客人。为了向更多人推广精酿啤酒，李先生想了很多办法，包括推出每日特价精酿啤酒，这让那些缺少冒险精神的人在优惠的驱动下尝试新鲜事物。

在诚实的经营和高质量的出品双重作用下，粤园不但在天津的餐饮市场独占鳌头，还吸引了北京等地的食客专门过来品尝美食美酒。为了追赶全国高水平并让天津的精酿啤酒推向全国，粤园还参加了上月在北京举办的第二届全国精酿啤酒博览会。如果不是亲自参与了这次展会，我们不会想到即使在内蒙古这样的地方也有精酿啤酒协会，这对天津这个大城市来说有些尴尬。在众多圈内好友的鼓励下，天津精酿啤酒协会已经成立，由李文中担任主席。

在中国的精酿啤酒圈里，不论你来自天南地北，大家都有一种同志情谊，在粤园举办的任何活动里，你都会感受到一种家庭的温暖。明年，我们还会看到粤园有更多的发展。目前的 6 个酒头将扩展到 12 个，也就是说还会有新的啤酒口味问世。他们还会和上海的酿酒大师们合作，带来国内最顶尖的产品。精酿啤酒是一门充满智慧和创意的艺术，李先生和他的酿酒团队还会在未来加入更多中国元素。他也希望有更多志趣相投的精酿啤酒爱好者来粤园实践各种疯狂的想法。



Why not try a craft beer

## AMO BISTRO



A young lady, along with some of her friends, has just opened a new restaurant. Amo Bistro is located in the Tianjin People's Stadium and, though it is not big on space, it is pretty classy about its food.

The owner Miss Yan has many years of experience working in five-star hotels and is a gourmet herself. Her background in the hotel industry has helped her establish a high standard in both food preparation and management. Her specially chosen chefs have also worked in five-star hotels in both Beijing and Tianjin.

The various pastas in Amo are highly recommended: the lasagna, rigatoni, spaghetti, lumaconi, bianconi and tagliatelle nido are among

the best offerings of any restaurant I've seen in Tianjin. We sampled Sous-Vide Beef Square Rib Steak with Lumaconi (RMB 79). For this dish the beef has been simmered for two days and explains why it is so tasty and soft.

Amo also sells wines from France, Italy, Australia and the United States, all at an attractive price of only RMB 99. If you want to have a more casual experience you can order a salad or pizza and have a wonderful evening with your friends, while chatting and drinking.

The desserts are also something not to be missed. The healthy yoghurt (RMB29) is made in the restaurant with rich and nutritious ingredients such as nuts, oatmeal and fruits. In my opinion, there is no better way to wrap up your meal.

**A special offer for our readers: come to dinner at Amo with a copy of Jin Magazine and you'll get a yoghurt on the house!**

Amo Bistro位于人民体育馆，老板对选材的严谨和主厨的高端技艺把五星级用餐体验带到Amo。在Amo你能吃到很多种类的意大利面，不但形状不同，口味也各有千秋。其中黑啤慢炖牛肋条配贝壳面很值得推荐，牛肉经过两日慢炖后极为鲜嫩。持《今日天津》杂志前去就餐可免费获得一份健康酸奶！

### Amo Bistro 餐厅

📍 Northwest gate, Tianjin People's Stadium, at the crossing of Guizhou Lu and Yueyang Dao, Heping District

和平区贵州路与岳阳道交口人民体育馆西北门

📞 23310655 🕒 RMB 80 🕒 11:30-14:30; 18:00-22:00

## GOYA RESTAURANT FRANCAIS



Many expats seek high quality steak and you hear many complaints about the difficulty in finding a big juicy steak in Tianjin. Although some high-end hotels promote quality steaks from time to time, the demands of the carnivorous expats is still not adequately met. Fortunately, that is about to change, as recently a new restaurant - GOYA - has opened at Riverside 66. Its specialty is French cuisine, particularly Wagyu beef.

For those that aren't familiar with Wagyu beef, it has a beautiful fat texture which is layered through the meat and the most succulent taste. It is one of the prime types of beef.

GOYA's chief chef Ken Tsoi used to work in a Michelin 3 star restaurant in Hong Kong. Besides selecting the meat as to whether it is from the rib or pieces that are known as eye, filet, T bone and sirloin, he chooses the beef tendon and shoulder as well as cuts from the belly and chest. These cuts are extremely tasty and are highly recommended by many French chefs. The Grilled Australian Beef Tendon and Top-class Australian Rib Eye are dishes you must try during your visit to GOYA.

As for those on a budget, well there is no need to make an appointment to see your bank manager. GOYA offers steak set meals with prices ranging from RMB 200 to 800, so you are sure to find something that not only tickles your palate but won't hit your wallet too hard either.

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\*A notebook for 2016, the Year of Monkey



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## REDUCING YOUR RISK FROM AIR POLLUTION?

by Robert Watt

**A**t the time of writing, China's social media and the world's news are filled with images of smog obscured cityscapes. The images dramatically illustrating the announcement of Beijing's first Red alert.

The air looks grim, maybe you can taste or smell the fumes and dust. But how dangerous is it? Gases are invisible and the most dangerous particles are well below the size that can be seen by the eye, so the level of visibility isn't necessarily a good indicator of the risk to health. It is the fine particles (defined as less than 2.5 micrometers in diameter) that are considered the most dangerous and it is the concentration of these that is monitored and reported in Air Quality Indexes (AQI).

The World Health Organisation considers an AQI of 10 as healthy. There are few cities in the world that continuously meet this level, no wonder that air pollution has been estimated to cause a massive 7 million premature deaths each year. Premature means, for a healthy person breathing the poisoned air over a lifetime, a reduction in life expectancy of 2 years. As a comparison Dr Arden Pope, of Brigham Young University, calculated the

recent high levels of pollution to be equivalent to smoking 2 cigarettes a day. Put this way, the risk doesn't sound so serious for an adult, but not a habit anyone would want for young children. Of course, air pollution aggravates other conditions such as asthma and causes coughs and sore throats too. It effects the quality of life as well as its length.

Reducing your exposure to the harmful atmosphere is the only solution. If you can't move to a city with a better AQI then by reducing your daily intake of the pollutants. Being active increases your respiration and therefore your intake of air. Exercise is important, but avoid a vigorous workout on the worst days. The most common way of reducing exposure is to wear a mask to filter out the particles. To be any benefit to health, it must remove the tiny 2.5µm particles. Covering the nose and mouth with a scarf has no effect and some face masks are almost as useless. There's a handy table of the best buys in Dr Richard Saint Cyr's Beijing Health Blog <http://www.myhealthbeijing.com/children/awesome-trio-of-pollution-mask-tests-the-winners-and-losers/>

Masks are only effective if they fit correctly. There should be no gaps around the edge, so that all the air you breathe

### THE MOST EFFECTIVE WAY OF REDUCING EXPOSURE IS INVESTING IN AN AIR PURIFIER TO FILTER OUT THE PARTICLES AND IMPROVE THE AIR QUALITY TO A SAFER LEVEL.

comes through the mask material. Facial hair reduces the seal and moisture reduces effectiveness. Most masks are intended to be disposable, so they should be renewed regularly.

Face masks are fine for short periods, but difficult to live in 24/7. Staying indoors with the windows and doors closed doesn't provide protection; the insides of your home, restaurant, office or car all share the same air.

The most effective way of reducing exposure is investing in an air purifier to filter out the particles and improve the air quality to a safer level. Air purifiers can be expensive, so you might want to use one in a specific room such as a child's bedroom. Buy one with a certified HEPA (High-efficiency Particulate Arrestance) Filter and a fan large enough to change the air in the room around 5 times per hour.

For peace of mind it's worth getting an air quality monitor. A portable device with an alarm can be used to measure all the places you spend your time. But unless you have an air purifier or a mask with you, there is little you can do other than accept the risk as part of city life.

### 如何应对雾霾问题?

写这篇文章的时候，中国正经历着一场雾霾的战争。如此，北京也迎来了它的首个红色预警。雾霾袭来的时候，整个世界都处在灰蒙蒙的状态中，又因为人的肉眼根本无法辨别空气的质量以及细小颗粒，所以这样的天气究竟对我们造成了多少伤害，我们谁都无法估量。世界卫生组织认为空气健康的标准是空气质量指数达到10的时候，但遗憾的是，世界上很少有国家能达到这一标准。更令人震惊的是，全球每年有将近700万的人口因为空气污染而过早死亡。空气污染还会加剧其它疾病的发展，并导致一系列呼吸道疾病的产生。为了有效应对恶劣天气的污染问题，我们除了积极锻炼身体之外，还可以通过佩戴口罩的方法来抵御雾霾侵袭。对于家庭里的空气问题，我们可以通过选购空气净化器来保证我们的室内健康。



**MANY OF THESE LOCATIONS CAN BE SCATTERED ALL OVER THE CITY, BUT IF YOU'RE HAVING A HARD TIME FINDING ONE IN YOUR AREA, YOU CAN ALWAYS HIT UP 大胡同 DÀ HÚTÒNG**

**W**hile the Christmas season may have just ended, there's a new opportunity for festivities with the Spring Festival quickly coming up. The festive decorations and atmosphere are a big appeal for anyone who wants to get into the holiday spirit. While many foreigners staying here might not have families to celebrate the Spring Festival with, they are welcome to partake in the holiday with our own rituals. It's hard to resist the allure of red and gold decorations which certainly create a warm atmosphere to ring in the end of the winter. During this season, many banks and companies give out free decorations to customers which means a lot of the decorations might not have to be bought.

In particular are the door couplets or (对联 *duì lián*), the red papers hung on the side of and over a door which contain couplets either welcoming in the end of winter or displaying wishes for the new year. While many people choose to make their own, often times companies will give these out to people for free since it's free advertising on their front door. Door couplets can be bought but many people choose to make their own, so you're best just buying some red paper and painting some wishes for yourself. Door couplets, can easily be created but what of the other decorations? Unless you're well versed in the art of paper cutting and creating lanterns, it might be best



Street vendor to sell new year decorations

## NEW YEAR DECORATIONS by Bryce Cristiano

to through in a little coin for those.

Starting generally around late November, many retailers begin to sell products for the Spring Festival. These shops are an explosion of red lights and fake firecracker noises which can be either a great deal for fun or evocative of hell, depending on your perspective. Many of these locations can be scattered all over the city, but if you're having a hard time finding one in your area, you can always hit up 大胡同 Dà Hútòng. From floors filled with office supplies to the largest display of cheap plastic toys around, DaHuTong is famous for the sheer amount of stuff that you can buy. When it comes to decorations, it only seems natural that this is the place you'd visit first. Many of the shops specializing in Spring Festival and even Christmas decorations are found along the Northern end of DaHuTong along the WanLong HuTong road.

From a vast array of lanterns from the cheap paper ones all the way up to lanterns made out of plastic that light up and spin around; there's always a good deal of selection. The beautiful paper cuts range from window sized up to some which are more like giant wall banners than anything else. With just 200-300RMB you can make out with a generous amount of Spring Festival decorations to prepare your home for the season. Just be sure to pick up some fireworks when you can as government regulations are attempting to cut down on the amount of firework retailers around the city.

### 选购春节装饰品

圣诞刚刚过去，节日的余温还没消散，我们就迎来了另一个喜庆的节日——春节。中国人喜欢在庆祝的节日里，用红色或金色的装饰品来烘托氛围，所以不少商家和银行都打出了免费派送装饰品的活动。对联又称春联，是一种对偶文学，书写上讲究言简意深，对仗工整，平仄协调，字数相同，结构相同，是中文语言的独特艺术形式。现在很多公司都会免费发放对联，当然如果愿意，你也可以自己试着书写一副，贴在门边，渲染气氛。商户一般在11月下旬的时候就开始售卖节日商品，如果你想购买一些装饰品，大胡同或许就是你最好的选择。大胡同售卖的东西种类繁多，一应俱全，大概花个200-300元人民币，你就可以为家里带去喜庆的氛围。当然，如果你所在的地区允许燃放烟花的话，也千万不要忘记带些烟花再回去。



The door couplets



People choose to make their own decorations

# STAY AT THE BUSIEST ROAD OF TIANJIN

by David Wong



In this issue we will start a series of Mini Guidebooks, meant to help the short-term visitor to Tianjin who is looking for some interesting sites within walking distance of their stay. The location we have chosen for this month's article is the center of Tianjin, Nanjing Road. Along the road, there are three high-end hotels: Tangla Tianjin 天津唐拉雅秀酒店, Nikko Hotel Tianjin 天津日航酒店 and The Westin, Tianjin 天津君隆威斯汀酒店.

## Sites to Visit

Tianjin has welcomed foreigners since the establishment of the walled city in the 1400's and after the 1860 Port Treaty that allowed the formation of several Concession areas. The area is called the "Five Main Avenues" 五大道 "Wu Da Dao". The French Concession and others located near Nanjing Road were established in 1860. After more than 100 years, almost every prominent building in the original concession is still

intact, including the French Consulate, the Municipal Council, the French Club, the Catholic Cathedral, the French Garden and many others. Many of the bank buildings along the financial street (currently Jiefang Lu, formerly the Rue de France) are still in existence today. The villas around the Garden Road are beautiful and diverse. The Five Main Avenues are: Chengdu Dao (成都道), Munan Dao (睦南道), Machang Dao (马场道), Dali Dao (大理道), and Chongqing Dao (重庆道)。

The Catholic Cathedral or Saint Joseph's Cathedral is also called "Xikai Jiao Tang" 西开教堂 and is located at the Xining Road just south of Nanjing Road. The church was built in 1916 and is about 1900 square meters large and can hold over 1500 people. It is the largest Roman style church in Northern China and the interior is breathtaking with colored murals and very high ceilings. Father Joseph Loftus started the English-speaking parish in 2007 and English mass is celebrated every Sunday morning.

Tianjin Wude Dian 天津武德殿 228 Nanjing Road (南京路228号) is also called Takenori Hall was the site of the headquarters of the Japanese imperialist invasion of Tianjin.

## Shopping

There are several Shopping areas that will peak your interest. Quanyechang Shopping Mall (Heping Road) 劝业场商场(和平路) is an older shopping area and not as crowded as the main street of Nanjing Road. There are many small shops and plenty of eating options ranging from food stalls to restaurants. Try fried squid on a stick for less than 5 Yuan on the food street on Liaoning Road.

Isetan Department Store 伊势丹百货(现代城) 108 Nanjing Road (南京路108号) is a Japanese department store considered one of the most influential department stores in Japan. This centrally located store is high end



and you may want to visit their supermarket in the basement, which has an excellent selection of fresh fruits and imported snacks.

Ole Town Plaza “欧乐欢乐时尚广场” 300 Binjiang Dao ( 滨江道300号), which is located not far from Isetan, targets on young people with some fast fashion brand and low-budget restaurants and cafes.

### Eating

Aside from the food courts in the above-mentioned department stores, there are many eating-places representing local, Western and International cuisines.

“Five Main Avenues” 五大道 “WuDaDao” mentioned earlier as a site to visit for European architecture, this area also has many restaurants. Try the Smoki & Co., 23 Chongqing Dao (重庆道23号) It is listed as a steakhouse but has a variety of foods and an excellent selection of imported beers. For a spot with fusion cuisine, just down the street is Qing Wang Fu on 55 Chongqing Dao historically it was a palace of the eunuch, Zhang De Xiao. It has recently been restored and if you want to experience the elegance of this mansion as it was in the British concession, it has Western and Chinese cuisine, at an elegant price. During the spring and summer, Bistro Thonet is at the same location and offers afternoon tea. The location also offers rooms but only 18 suites are available.

Prague Restaurant 布拉格餐厅, 83Chongqing Road (重庆道83号) serves Czech food and have their own microbrewery.



Nan Jing Road

YY Craft Beer 粤园精酿啤酒, Xiannong Court (先农大院店), which is one of the most popular restaurants in the expats community in Tianjin, is the first restaurant in Tianjin that provides craft beer. It also has a good reputation for its Thai food.

There are also numerous coffee shops where you can find your favorite brew and a snack to tide you over, the usual Starbucks. But one deserves special mention is the Wu Hao Yuan Starbucks 五号院店, 18 TaiAn Avenue (泰安道18号) it has got to be the best decorated franchise and since it is on a smaller street, there is seldom a crowd so makes for a very quiet hideaway.

This was our first issue using this format to help short term visitors to Tianjin and hopefully provide some helpful tips for spending time in our wonderful city. We appreciate your visit, as tourism is one of our thriving industries and Jin Magazine is proud

of our role in this vibrant sector. We would love to hear from you regarding this new feature and any suggestions that you may have, please send them to [editorial@jinmagazine.com.cn](mailto:editorial@jinmagazine.com.cn) Thank you.

## 你的酒店周边有什么? (南京路篇)

随着天津经济的发展,越来越多的海外游客和商旅人士来到天津工作或度假。具有国际水准的星级酒店和服务设施也日渐增多和完善。从本期杂志开始,我们希望为这些游客提供一个小向导,寻找酒店周边那些好吃的、好玩的或者值得一去的历史文化景点,希望你多了解天津一些,也让你在天津的时光更加充实、有意义。

作为该栏目的开篇,我们先从天津最繁华的街道——南京路开始。在市中心这条马路上,有天津唐拉雅秀酒店、天津日航酒店和天津君隆威斯汀酒店这三家星级酒店。

### 观光

天津早在1404年建卫之初就有了外国人的痕迹,1860年之后更是建立起九大外国租界,租界集中区域现在被称为“五大道”。100多年之后,当年租界里的建筑依然保存完好,其中包括前法国领事馆、法国俱乐部、天主教堂等;解放北路还保留着许多银行机构的建筑,雄伟肃立;花园路两边的小别墅小巧且别具一格。

西开教堂位于西宁路,紧邻南京路,建于1916年,能容纳1500人。这是中国北方最大的罗马式教堂建筑,内部的装饰更是精美绝伦。2007年起教堂开始了英语礼拜服务。

### 购物

天津的老牌购物街滨江道和和平路近在咫尺。劝业场位于滨江道和和平路交口,有近百年的历史。位于南京路的伊势丹百货是天津的高端百货商场之一,地下一层的进口商品超市在老外圈里非常有名。

### 餐饮

除了这些商场里的餐厅,五大道地区也有许多特色餐饮,尤其是西餐。新民园广场有很多不同国家口味的西餐厅,比如主打牛排的Smoki和捷克风格餐厅布拉格餐厅。粤园精酿啤酒坊也是天津第一家提供精酿啤酒的餐厅,它的泰餐厅也在外籍圈享有盛誉。



Xiannong Courtyard in Wu Da Dao  
Photo by Jane Liu



Temple Street Night Market



Ho Hung Kee

# HONG KONG SNACKS

by **David Wong** and **Bryce Cristiano**

Eating in Hong Kong is quite an adventure, with a fusion of Cantonese and International and where you can find the high end expensive and the lower end commoner cuisine. The population density of Hong Kong is one of the highest in the world so everything is crammed into a small area. With a very modern transportation system, you can reach all parts by the MTR Subway, busses, taxis and trams and the other plus is almost everyone speaks some English.

## Food Stalls “Da Pai Dang” 大排档

Hong Kong street food is a must, day or night. The accessibility to food at night almost trumps what you'll find in most Chinese neighborhoods if you want a quick snack. Being a city with such a high population density, it's easy to walk anywhere and find new locations to eat. The two areas of Hong Kong are Kowloon on the mainland and Hong Kong Island all connected by the MTR Mass Transit Railway and don't miss taking the Star Ferry for only 2HKD about 40cents.

On Kowloon side, try the Temple Street night market 庙街夜市 while it may be a bit of a tourist trap, the areas around the Temple Street night market are a great place to get

into the street food scene of Hong Kong. These outdoor street food locations are extremely plentiful and are preferable for just having a quick bite. Also on this side is the famous shopping area Tsim Sha Tsui 尖沙咀 (Cantonese Pronunciation) that supports all kinds on Food Stalls “Da Pai Dang” on its fringes and is the terminal to Hong Kong Island to Central of Wan Chai Districts.

These food stalls are inexpensive, fast and have a variety of unique foods. It is a great way to end an evening of bar hopping. Just make sure you have a strong constitution, as they are outdoor venues and not the most hygienic

**ON KOWLOON SIDE, TRY THE TEMPLE STREET NIGHT MARKET 庙街夜市 WHILE IT MAY BE A BIT OF A TOURIST TRAP, THE AREAS AROUND THE TEMPLE STREET NIGHT MARKET ARE A GREAT PLACE TO GET INTO THE STREET FOOD SCENE OF HONG KONG.**

establishments. Most do not have refrigeration to store their food ingredients.

## What to eat?

The dishes are endless but some of the favorites are Dim Sum 点心 (Pinyin is Dian Xin but the Cantonese pronunciation is more common and in fact if you want to be more traditional, it is “Yum Cha” which literal means “Tasting Tea”). This is a style of Cantonese cuisine prepared as small bite-sized portions of food traditionally served in small steamer baskets or on small plates. Dim sum is also well known for the unique way it is served in some restaurants, whereby fully cooked and ready-to-serve dim sum dishes are carted around the restaurant for customers to choose their orders while seated at their tables.

You can also enjoy these dishes at the food stalls or small restaurants that serve dishes within a few minutes if not seconds of ordering. Top of the list is Wonton Noodles “YunTun Mian” 云吞面. You will not find wontons this size and as fresh in Tianjin, a meal in itself with some “Bok Choy” 白菜 and “Cha Shao” 叉烧 barbeque pork. In fact you may find the taste of Hong Kong food bland and sweet compared to the savory and spicy flavors of the street food in Tianjin.



Another popular dish are "Hot Pots" noticeable clay pots filled with curry fish dumplings or rice cooked with Chinese sausages and fat pork. "Cheong Fun" 肠粉 (translated to Intestine Noodles) are another great thing to grab. Basically a large rice noodle rolled into itself and with fillings ranging from shrimps, beef, barbeque pork or sweet fillings.

Another staple of Hong Kong snacks are the egg waffles, an obvious influence from the British, which you'll find in huge abundance across the city. Normally just eaten plain, the egg waffles occasionally will include fruit, chocolate, and peanut butter. One other favorite is the "Egg Tart" 蛋挞 "Dan Ta" which originated from Portugal Pastel de nata as their local pastry made of egg custard via Macau. There is nothing more decadent than an egg tart still hot fresh from the oven.

### More Traditional Fare

Two of the largest fast food chains in Hong Kong are Café de Coral 大家乐 and Fairwood 大快活 each have over 100 outlets in Hong Kong and feature Western and Chinese dishes. Some fusion dishes include Baked Pork Chop over Rice, Baked Macaroni with Ham, Char Siu or Roast Duck over Rice and the standard Hong Kong drink of Milk Tea. These dishes cost 25 – 40 HKD (about 20-32 RMB).

There are so many outlets in this small enclave, if you check out a search on the Phone App, Trip Advisor, there are close to 6,000 restaurants listed for Hong Kong and about half of this number for Tianjin.

The great thing about Hong Kong is almost everywhere is wired. You won't find many areas without Wi-Fi. In fact I recall that the biggest feature on the original MTR

Subway and the cross-harbor tunnel openings was the fact that cell phone signals were available. Most of these small restaurants and outlets will have websites and show their menu offerings.

One small outlet "Ho Hung Kee Congee & Noodle WanTun Shop" was awarded a Michelin Star in 2012, their Wonton Noodles are mouthwatering, and each dumpling has a full prawn. It's located on the island in Causeway Bay. [www.tasty.com.hk](http://www.tasty.com.hk)

"Chuk Yuen Seafood Restaurant" is renowned for their "Dim Sum". Located on both sides of the harbor [www.chukyuen.com.hk](http://www.chukyuen.com.hk) and reservations are advised, especially on weekends when it is a tradition for family lunches. For a step back in time, try 添仔记 Sum Tsai Kee "WonTonTon" on Ground Flr 5-9 Hart Ave. TsimShaTsuiTel:2366 7778. The place has not changed since the '60s.

More upscale is Maxim's was founded in 1956 and has a number of food businesses including a chain of bakeries and restaurants throughout Hong Kong. If you want to try a traditional Chinese Dim Sum treat, try the City Hall location in Central District but you better make a reservation. If you want to just grab a pastry or snack on the run, try their numerable locations, usually at a MTR Subway location. Local favorites are the "Wife Cake" Laopo Bing 老婆饼. [www.maxims.com.hk](http://www.maxims.com.hk)

This is just a small sampling of possibilities of Hong Kong snacks. The other sure bet is just find a MTR Station with a Department Store or visa versa and no doubt there will be food court, usually in the Basement Level. One new one in Times Square at Causeway bay featured a new concept. Pick a food stand with any of the specialties

mentioned above, take the order slip to the cashier, find a seat (this may be the hard part depending upon the rush hour, so don't be shy, just pick an empty seat and share the table with a stranger or wait beside someone who looks like they will finish soon) then you will be given a pager which will flash when your order is done and you can pick it up.

If you are in the mood for Western flavor, there are many choices and the pinnacle is Afternoon Tea at the Peninsula Hotel or a great prime rib lunch or dinner, try "Morton's Grill" at the Sheraton Towers Hotel or "Lawry's" [www.lawrys.com.hk](http://www.lawrys.com.hk) Just be prepared to pay accordingly, substantially more than your meal at your favorite Da Pai Dang.

## 香港美食探索之旅

去香港旅行，最重要的一件事就是品尝美食，香港的美食兼具地方和国际特色，让人们在享受高端餐饮文化的同时也能领略低端的平民小吃。来香港旅行，你永远不会为找不到方向而担心，因为这里发达的交通系统可以为游人提供一切便捷条件。

香港的街头小吃从来不会逊色于大陆的其它小吃，随便走在香港的街道上，几乎每两三步就能找到一个可以吃饭的地方。香港岛和九龙岛是香港的两大区域，当然，美食也会在这里体现的淋漓尽致。

庙街位于九龙的油麻地，是香港最有名的露天市场，也是香港龙蛇混杂之地，因此游庙街时需要格外注意那些冒牌的摊档。尖沙咀是九龙半岛的明珠。白天，弥敦道两旁的美食餐厅、国际精品店里游客络绎不绝；夜里，坐拥维多利亚港的星光大道开启七彩灯火，成为香江最引人注目的焦点。弥敦道两旁的大街小巷暗藏很多特色店铺，是游客游览观光的绝佳地方。

香港的小吃品种众多，但最值得一提的当属它的点心，香港人习惯将这样的文化称作“饮茶”。点心，源于广东菜系，通常以小份的食量被装在蒸笼或碟子里，随着餐车的游走，食客可以自由拿取喜爱的食物。当然，如果你不愿意花费过多的时间排队等候，那么街头小馆也会是不错的选择，比如云吞面、煲仔饭和肠粉。和天津小吃的辛辣味道相比，香港的小吃会更加清甜，当然，食材也是绝对的新鲜。

大家乐和大快活是香港最大的两家快餐连锁店，这些连锁店融汇了东方和西式的各种美食，比如盖饭、通心粉、叉烧、烤鸭以及地道的奶茶等。所有的这些菜品物美价廉，几乎不到 40 港币，人们就能吃的非常满足。香港的餐饮业非常发达，餐馆数量也几乎是天津的一倍之多，且几乎每一家有名的店铺都会有自己独到的历史。

何洪记，香港老字号粥面专家，曾在 2012 年荣获米其林一星评价。何洪记至今仍采用传统的方法炮制云吞面，面由自家打制，汤底以虾仔熬制，自始至终做到，云吞粒粒饱满、颗颗虾仁、口口留汁，是你来香港一定不可错过的美食之一。

更多的香港美食还在等着你去一一发现，随便在一个周围有商场的地铁站下车，你就能轻易的找到各种美味小吃。当然，如果等位的人太多，那么也千万不要不好意思，因为拼桌才是打开你美食探索之旅的正确方式。



The night scene in Hong Kong



**THE RIDERS CAN GET THERE FIX OF FUN WHILE THE FRONT SEAT DRIVER STAYS RELATIVELY FOCUSED ON THE ROAD AHEAD.**

# ONBOARD ENTERTAINMENT

by Carmen King

Seen any good shows lately? Well before you think parking yourself in front of the TV is the only way to catch up on your favorite entertainment, think again. The solution might just be to catch a cab in Tianjin. That's right. Expats in Tianjin may have found that some cabs are coming complete with onboard entertainment. Granted, at current this may be few and far between. Still, it is an experience worth mentioning as with so many other things, it is a two edged sword. How so?

First, let's discuss the positives. All too often travel is a real bore. From trains, planes to automobiles, the problem is time onboard seems like time wasted. For busy expats living abroad the faster they can get from point A to point B the better. Or is it? A novel way it seems that some Tianjin cabbies are dealing with the daily drudge of driving is to install some form of onboard entertainment.

A few onboard cab entertainment options encountered include an in-dash display, a dash-mounted iPad and a

headrest mounted TV. Of these the best by far from a pure entertainment experience is the dash-mounted iPad. Why? The screen was the largest, and the sound was linked into the car audio system. Thus it was easy to see and easy to hear. As for content, the cabbie had downloaded a collection of episodes of his preferred TV show.

This actually resulted in discovering another great feature. That is many media or TV related apps such as YouKu enable users to download shows for offline viewing. Taxi talk revealed the best way to avoid using up precious wireless data allotments (such as those typical with cell phone and pre-paid internet plans) is to before bed start downloading a bunch of episodes or multiple movies at home using WiFi. By the time you wake up in the morning, the iPad will be loaded up with plenty of media ready for play even without internet access.

Second, let's look at the negatives. Putting all the distracting fun of onboard entertainment aside, probably the biggest

problem is "safety". In many countries there are laws prohibiting cell phone use while driving. Especially texting has been shown to be extremely distracting. In fact some claim that texting while driving is on par with driving drunk! How much more so might onboard entertainment potentially distract the driver?

From a passenger perspective no doubt onboard entertainment can go a long way at making that long trip seem shorter. In this respect the backseat headrest TV's may be a happy medium. The riders can get there fix of fun while the front seat driver stays relatively focused on the road ahead. Of course, cab drivers might complain that this negates the very reason why they installed the system in the first place, for their own entertainment! After all, the fact is no matter where the system is located in the cab chances are the content is controlled by the cabbie.

## 车载视频

在天津乘坐出租车，你会发现有些车座的后面会配有车载视频。尽管这样的车辆还不是很多，但它仍然是值得我们讨论的一个问题。经常旅行的人都知道，路上的时间绝对是既漫长又无聊的。对于那些日程紧张的人来说，人人都希望自己越快到达目的地越好，但事实往往就是事与愿违。最近发现的带有车载视频的出租车，装备内嵌在头枕位置的座椅里，音频直接连接汽车的音响系统，司机提前下载好视频内容，然后供乘客观看。不可否认，这样的配备的确可以为乘客的无聊旅途带来乐趣，但同时，它也为司机的驾驶带来了安全隐患。很多实例都已表明，开车时接打电话或收发短信都会影响司机的驾驶，所以，车载视频也或多或少的影响着司机们的注意力。车载视频是个双刃剑，司机应当在满足乘客娱乐性的同时，正确规范自己的驾驶行为，为别人也为自己提供安全的驾驶旅途。



## THE REASONING IS THAT IF THERE WERE LARGER DENOMINATIONS, COUNTERFEITING WOULD BECOME A GREATER PROBLEM.

On November 12, the government issued the new 100-Yuan banknote that is harder to copy and foil counterfeiting. In preparation to writing this article, we tried in vain to get an actual new note. There are few in circulation, a trip to several banks was in vain and none were seen in stores and supermarkets. Finally one turned up at a 5-star hotel. The irony is this new note cannot be currently recognized by the automatic note counters, so we are not sure if the one we have is real.

The history of the Chinese paper notes date back to 1948 and were so poorly manufactured and easily copied that China asked their trusted ally, the Soviet Union to print the notes until 1964 when the relationship soured. During this period, there was a 3rmb note circulated which is probably worth a lot today.

The paper currency is called the “Yuan” 元 and officially called “Renminbi” RMB 人民币 meaning “the people’s currency” and most people will refer to it as “Kuai” 块 which causes a lot of confusion to newcomers to China. This later reference is similar to North Americans referring to the dollar as a “Buck”.

This current new note is the 5th series of RMB notes. The overall design and color remains unchanged with the photo of Chairman Mao on one side and the Great Hall of the People on the other side. There are 7 new safety features incorporated on the new note.

There is a security thread on the right side of the Chairman’s portrait. On the same side, the number 100 is printed in gold and changes to green when tilted towards the light. There is an invisible watermark of Chairman Mao on this same side towards the left. Just below this watermark is a see-through “100”. There are two identical serial numbers on the right and left comprised of starting with 2 letters followed by 8 numbers. The right serial number is



## THE NEW 100 YUAN NOTE

by David Wong, photo by Wang XiaoMing

printed vertically and is all blue, the left one is horizontal and the first 2 letters and first 2 numbers are red and the remaining 6 numbers are black.

There is an invisible watermark 100 under the right side vertical serial number that becomes visible from either side of the note when held up to the light. Finally, there are several raised lettering like braille, the National Emblem, PBOC (Peoples’ Bank of China) 中国人民银行, Chairman Mao’s right collar, the 100 next to him and the bottom right corner as well as the Great Hall of the people on the other side.

100rmb note is the largest denomination of Chinese notes, which is only \$16usd. The reasoning is that if there were larger denominations, counterfeiting would become a greater problem. However with many rural citizens earning a few 100rmb a month, having larger denominations in circulation would make the difference very noticeable. Still it is quite a site to see someone depositing or withdrawing over a

100,000rmb at a bank, not an uncommon occurrence and quite a nuisance to be in that line up.

### 新版百元大钞有何不同？

11月12日，新版100元人民币正式发行。听到这个消息，我迫不及待想要寻得一张新版钞票，但是很多银行也没有新钞储备。最后我在一家五星级酒店里兑换到一张新钞，有意思的是酒店的验钞机还没有升级，并不能检验这张钞票的真伪。

新版百元大钞整体设计和颜色并没有变化，仍然是正面为毛泽东头像，背面是人民大会堂。但是新版人民币采用了7个新的防伪特征。

在钞票正面的主席头像右侧有一条安全线，同侧的数字“100”为金色，倾斜一定角度观察会变为绿色。在左侧有一个主席头像的水印，水印正下方是一个透明的数字“100”。正面左右两侧均有该钞票的序列号，以两个字母开头，后面有8位数字。右侧的序列号垂直印刷成蓝色，左边的序列号水平印刷，头两个字母和数字为红色，其余六位为黑色。

右侧的序列号下面有一个数字“100”的水印，在光线下无论从哪边观察，都能看到这个水印。除此之外，钞票上的盲文、国徽、“中国人民银行”字样以及另一面的人民大会堂都有凸起效果。



## MOVIE: Triumph in the Skies 冲上云霄

Chōng Shàng Yún Xiāo



This is a film adaptation of a successful Hong Kong TV series that was released on Valentines Day February 14 this year as part of the Spring Festival celebrations. It features a star-studded cast.

Director: Matt Chow 邹凯光 "Zou Kai Guang" and Wilson Ip 叶伟信 "Ye Wei Xin"

Stars: Louis Koo 古天乐 "Gu Tian Le" age 45 is a well known Hong Kong actor, starting on TV and won TVB's best actor award in 1999 and 2001. You will also see him on Pepsi, Samsung and Tag Heuer commercials. He is the highest earning actor in Hong Kong. Sammi Cheng 郑秀文 "Zheng Xiu Wen" age 43 is

one of the most prominent singers in Hong Kong (she sings a wonderful rendition of "Somewhere Over the Rainbow"). Francis Ng 吴镇宇 "Wu Zhen Yu" is 53 and was one of the original stars on this original TV series and has a string of successful movie roles, winning the Golden Horse award for best actor. He also holds a helicopter-flying license for China.

Julian Cheung 张智霖 "Zhang Zhi Lin", Amber Kuo 郭采洁 "Guo Cai Jie", Charmaine Sheh 佘诗曼 "She Shi Man", Oceane Zhu 朱璇 "Zhu Xuan"

The cast make up five couples and jumps from several locations such as England, Asia and Europe following how their relationships develop. The sets in the jetliners and private jets are very authentic and the cast must have enjoyed dressing in the sharp airline uniforms. However the plot is quite complicated with so many people and seems like they tried to fit the whole series in this one movie. If you are a fan of TV Soaps, this will be your cup of tea.

《冲上云霄》由叶伟信、邹凯光执导，梁家树监制，古天乐、郑秀文、吴镇宇、张智霖、余诗曼、郭采洁等领衔主演。影片以航空为题材，改编自香港电视广播有限公司同名电视剧，讲述了三位机长在各自工作生活中对于爱情的态度和理解，在曲折里勇敢追求，在梦想中奋力翱翔的爱情故事。



## TV SERIES: The Legend of Mi Yue 芈月传

Mǐ Yuè Zhuàn



This TV series has taken over the airwaves and becoming the most popular series capturing the majority of viewers at it's 7:30pm slot.

The series is based upon a fictional novel set in the Warring States period about 200BC of China's history regarding the Queen Mother of the Qin Emperor. The cast is endless and you need to follow carefully as each episode builds on the previous.

The costuming and settings are extravagant. In some scenes there are hundreds of stand-ins in the military scenes and each are

dressed in authentic costumes and hairstyles. During the close up shots, pay attention the make up and detail of the hairdressing; they must spend an incredible time in preparation.

Liu Chutian is the 6 year old star of the series representing the young Queen Mother who is played by Betty Sun 孙俪 "Sun Li" the 33 actress born in Shanghai and received her first break when she was a participant in the 2001 TV contest, Star Search when she received attentive remarks from judge Andy Lau even though she did not make the finals. Ma Si Chun 马思纯 is also known as Sandra Ma, a 27-year-old actress from Anhui province, plays Wei Yi in the series. Liu Tao 刘涛 is from Jiangxi and 34-year-old Ma Su 马苏 is from Harbin in Northeast China.

Director is 63 year old Zheng Xiao Long 郑晓龙 who must be commended run such complicated series and obviously must have been scheduled carefully as there are 81 episodes. Not likely that an expat will be able to follow this, but your Chinese friends will be impressed that you are aware of this production as everyone seems to be watching it.

《芈月传》改编自蒋胜男同名小说《芈月传》，该剧由著名导演郑晓龙执导，孙俪、刘涛、马苏、方中信、黄轩、高云翔等人领衔主演，讲述了中国历史上被称为“太后”的女人，秦昭王母亲芈八子波澜起伏的传奇一生。宣太后芈月一生波澜壮阔、纵情恣意，在至高处把持朝政、呼风唤雨，太后专权自她而始，太后称谓亦始见于她，诚为千古太后第一人。





## TIANJIN MALLS — Aegean Mall 爱琴海



Being somewhat isolated from the mass transit due to the lack of a metro station in the area, Wanda Mall on JinBin Avenue has long conquered the mall scene of the area. Seeking to topple the local Wanda Mall from its throne is the newly established Aegean Mall; located just across the avenue from Wanda Mall. Having opened its doors just a couple months prior, this new establishment seeks to draw in members of the surrounding communities while also tapping into the youthful market that a new studio apartment community just next to Aegean is reeling in.

While Wanda Mall has been recently refurbishing its mall amenities and creating a commercial street behind the complex with a wide array of cafes and small restaurants; it's arguable if the advancements are enough to keep up with Aegean Mall. I was

actually surprised by the diversity of the of restaurants and shops in Aegean during my visit. There's a huge emphasis on Korean food and various locations that you'd rarely see elsewhere like Hong Kong snacks and fusion food. With these vibrant new restaurants, an ice skating rink, and seldom seen clothing stores; it's looking like a powerful start for the new mall. Besides the premiere establishments for shopping and dining; the mall also includes many education centers for children on the 3rd floor. With the studio apartments being sold to young couples around Aegean Mall, it's looking like they're getting ready for a potential influx of children.

Like many of the new community malls that we see cropping up, this location seeks to establish itself as the community jewel for the youthful couples who will hopefully buy property in the area and start their families. While the location has many typical clothing locations, there's a great selection of sportswear and some nice retailers on the ground floor. If you're seeking out a good place to eat in the area, you couldn't go wrong with the many Korean restaurants on the top floor. Besides the many locations for shopping, you also have a movie theater, a unique furniture store, a Sunning Electronics outlet, and an arcade. Aegean certainly has the market cornered with this location.

天津爱琴海购物公园坐落于河东商务区，是津城唯一地中海风格的商场。公园内含各类餐饮品牌、精品店铺等娱乐设施，是集“商、旅、娱”于一体的新兴休闲购物中心。

## TIANJIN METRO — Line 2 JingJiangLu Stop



jīng jiāng lù zhàn  
靖江路站

Attempting to keep up with the trend of featuring malls and metro stations that are in close proximity to each other; this month we're looking at the closest subway station to Aegean Mall, JingJiangLu 靖江路. Right on Line 2 and just three stops East of Tianjin Railway station, JingJiangLu is a fantastic area to explore given how much more local it feels than downtown. Having been the area that I've lived in for the past two years, I've grown quite attached to the location. Exiting from both Exit A and Exit C will put you out on WeiGuo Road which leads East to the airport. Initially coming out of the station, there's not really much going on. Heading South via a bus can easily take you to Wanda Mall and Aegean Mall, while heading North past the construction of the new metro line will lead into a labyrinth of local communities

which are full of great restaurants and many shops.

From Exit A, there's always a great selection of breakfast good and after work snacks for the commuters. The most notable feature of this area has to be massive food street of JiangDuLu which rests just north up the street from Exit A. Both ChangZhouDao and JiangDuLu host a wonderful display of places to eat that are typically open as late as 2-3am. Then in the morning, the street becomes an unnavigatable array of breakfast stalls. If you're looking for great local food in an immersive community; this is the place to be.

Besides the plentiful communities north of the station, just south of the exits are buses which can take you all over the city. If you're looking for an accessible and very local area to live that isn't too far from downtown and is quite cheaper than downtown, I'd highly recommend this area. With the new buildings which feature lofts overlooking downtown or the smaller 5-6 floor communities, there's a diversity in the types of places you can live.

靖江路站位于天津市河东区卫国道与靖江路交口，是地铁二号线的车站之一。相对于市中心的繁华，靖江路的周围更有生活气息。从出口A或C出站可直达卫国道，由此向东走，便可通往机场。除此之外，出口A的附近常有卖零食的小贩，极大方便了上班族的吃饭问题。如果你正在寻找房源，手头又不宽裕的话，靖江路周边就是你最好的选择。



  
**hotel nikko tianjin**  
 天津日航酒店

## Spectrum Lunch Set Menu

Monday-Friday  
 RMB 48 net/set  
 Western & Japanese set menu for your selection!  
 Reservation: 8319-8888 Ext. 3570  
 Venue: 7F Spectrum, Hotel Nikko Tianjin



  
**PAN PACIFIC**  
 TIANJIN  
 天津泛太平洋酒店

## Spring Festival Set Menu

Plan ahead this Chinese New Year for an intimate family gathering in our Hai Tien Lo Chinese restaurant with our variety of reunion dinner menus. Seasonal favorites such as chicken soup with wild mushrooms, braised prawns in tomato sauce and fried cod fish.

Lunch: 11:30 - 14:30    Dinner: 17:30 - 21:00  
 RMB 428+ per person  
 From RMB 2388+ for 6  
 From RMB 3888+ for 10

Menu is good for 1-4 persons reservation  
 Valid from 7 to 10 February 2016  
 7 February 2016 Dinner serving Spring Festival Set Menu only  
 To make your reservation today, please call +86 22 5863 8888.



  
**RENAISSANCE**  
 TIANJIN LAKEVIEW HOTEL  
 万丽天津宾馆

## Sweeten Up Your Chinese New Year

Renaissance Tianjin Lakeview Hotel is offering traditional goodies & holiday gifts for this festive season available at New Dynasty. Take delight in our wonderful array of seasonal goodies to add that decorative touch to your festive table, or to give as joyous gifts. A string of favorite's delights for your picking include traditional Poon Choi and local pastry Xiao Ba Jian and exquisite Chinese Bread. Celebrate your special moments with all the delicious!

Ji Xiang Poon Choi RMB 2,038, 8-10 persons/box  
 Ru Yi Poon Choi RMB 1,080, 4-6 persons/box  
 Pickup date: 29 January to 7 February 2016

Xiao Ba Jian RMB 148, 8 pieces/box  
 Chinese Bread RMB 168, 3 kg/box  
 Pickup date: 23 January to 7 February 2016  
 (Chinese bread needs to be kept in frozen storage)

Pick up Location: New Dynasty, hotel level 2.  
 For more information and reservation, please contact New Dynasty at 5822 3110/3111.  
 Club Marriott Member enjoys 15% off.

  
**WandaVista**  
 TIANJIN  
 天津万达文华酒店



## Wanda Vista Tianjin Launches Value Packed Year-end Festive Hampers

Wanda Vista Tianjin is offering various year-end festive hampers for guests to take and celebrate with family/friends. The Year-end Festive Seafood Hamper including sea crabs, Scallops, Oyster, large prawns, sea bass, Salmon Fillet and paired with refreshing and fruity white wine, is at RMB 888 nett/set. The Year-end Festive Deluxe Seafood Hamper including Boston lobster, Bread Crab, large prawns, Scallops, North Pole Clams, Salmon Fillet, Grouper and paired with sparkling wine, is at RMB 1,688 nett/set. The Year-end Festive Wine Hamper including 1 bottle of wine that valued of RMB 488, a picnic basket, mini decanter, wine opener set, 1 box of home-made chocolate, 1 gingerbread house, 1 Christmas bread, 1 baguette and tableware, is at RMB 888 nett/set.

For inquiry or reservation, please contact the hotel at +86-022-2462 6888.

  
**天津泰达国际酒店**  
 TEDA INTERNATIONAL HOTEL  
 ★ ★ ★ ★ ★



## The Garden International Cuisine

The Garden International Cuisine showcases an international buffet, served on Friday night @ RMB158 per person. The abundant dinner buffets offer Chinese, Western and Japanese dishes, as well as delectable, handcrafted desserts. A mouthwatering selection of jet-fresh seafood with signature fresh Salmon and fresh shrimp is a testament to quality. From seafood and roasted duck, to fine fillet, home stew and rich assortment of ham, it's your right to choose.

Date: 6:00pm-9:00pm, every Friday, January (8-29)  
 Venue: 1st Floor, The Garden International Cuisine of Teda International Hotel, 8 on 2nd Avenue, Binhai new area  
 Reservation: 25325555-8105

  
**天津香格里拉大酒店**  
**Shangri-La hotel**  
 TIANJIN



## Shangri-La Hotel, Tianjin Celebrates New Year With the Afternoon Tea of Togetherness

In celebration of Chinese New Year, we invite guests to enjoy what has become an annual tradition at Shangri-La Hotel, Tianjin during the Chinese New Year – the "Afternoon Tea of Togetherness" and say hello to the year of the monkey.

Enjoy each set for ¥ 198 for two people, including a cup of coffee or tea per person. The price is subject to 15% service charge. Available from the 6th of January, 2016 to the 8th of February, 2016 from 2 pm to 5 pm daily.

For more information or reservations, please dial (86 22) 8418 8111 or email fbreservation.sl@shangri.com





### Time for Fondue @ Café Majestic

You are sincerely invited to taste traditional fondue in cold winter. Fondue Bourguignonne is suitable for friends' gathering. Guests could promote the relationship by seating around one table and enjoying delicious foods. The main ingredients for chocolate fondue are fresh fruits. Lovers are fond of having chocolate fondue in winter since they can create romantic sense as well as replenish energy. Cheese fondue derives from the region of Alps and is rich in nutrition and capable of keeping out cold. The warm and fragrance of bread tastes refreshing and pleasant. Taking with Linderman's premier selection wine, it will be absolutely a pure enjoyment of Swiss foods.

- Price: Fondue Bourguignonne RMB288/2 persons
- Chocolate Fondue RMB238/2 persons
- Cheese Fondue RMB198/2 persons
- All price are subject to 15% service charge

Time: 18:00-21:00  
 Date: From now to 29th February, 2016  
 Venue: Café Majestic, Haihe River Wing, 1F  
 33, Taier Zhuang Road, Heping District,  
 The Astor Hotel, a Luxury Collection Hotel, Tianjin  
 For more information or reservations, please call 022-5852 6888



### Wedding @ Renaissance Tianjin Downtown Hotel

You are entitled to a special offer, pricing from RMB2699 + 15% service charge for the wedding at Renaissance Tianjin Downtown Hotel until December 31, 2016. For details, please call 022-23026888-6175/6153.

"The One" Valentine's Day  
 Renaissance café offers you "The One" dinner buffet pricing at RMB218/pax and set dinner at RMB458/2 pax on the coming Valentine's Day. By paying another RMB300, you could get one-night stay at the deluxe room with breakfast for two. Dining with the performance, you will get one fully-prepared present and join the lucky draw to get complimentary stay.



### TGI FRIDAYS Winter Menu

Fashion, warm and delicious! Try TGI Fridays new dishes in winter.  
 Reservation: 58695555-8456  
 Address: 7+2, Fukang Lu Nankai District



### Family Reunion

From RMB 2588\* per table  
 Spend unforgettable moments with your families and friends with us for Spring Festival family reunion by enjoy the free soft drinks, local beers and wines.  
 Offer period: Feb 7-Feb 22, 2016  
 \*Subject to 15% service charge. \*Terms and conditions apply.  
 Venue: Tian Cheng Hotel Tianjin  
 For more information or reservation, please call +86 22 2457 8888 ext. 3260 daily between 10:30-20:00



### Annual Party @ Feast

Feast at the Sheraton Tianjin Binhai has prepared delightful annual party, give your employees, guests and friends a more decent and more luxurious party! Elegant environment, facilities, unlimited supply of glutinous delicacy, excellent team, provides you a unique experience.  
 Price: Lunch RMB 160/ person, Dinner RMB 200/ person  
 Venue: Feast  
 Date: 1st, Jan-31st, Jan



### The Lakeview All-Day-Dining Restaurant

Net CNY 198/person  
 Our waterfront The Lakeview all-day-dining restaurant presents guests with an extensive array of Asian and Western delights from a tasty buffet, or A la Carte menu, in a chic, yet casual setting, overlooking the lake.  
 Opening Hours : 6:00 – 23:00  
 Tel : 022 5857 6666 – 6650



### All American Dinner Buffet

ZEST's global gourmet journey continues offering you an opportunity to taste a range of American foods. Enjoy a wide selection of burgers, fries, potatoes and corn prepared in an American style and experience all the flavor of authentic BBQ. RMB388 net per person  
 Date: 5:30pm – 9:30pm, Every Wednesday, January 1 - 31  
 Venue: 1st Level, ZEST Restaurant of The Ritz-Carlton, Tianjin  
 Tel: 86-22-5857-8888

# LISTING

咖啡 COFFEE  
红酒 WINE  
餐厅 RESTAURANT  
酒吧 BAR  
购物 SHOPPING

**E** =English Menu 有英文菜单  
**CC** =Credit Card 可信用卡付账  
**¥** =Cost per person 人均消费  
**★** =Editor's pic 编辑推介  
**P** =Parking 有停车位

## ☐ Coffee 咖啡

Tianjin Downtown

**Renaissance Cafe**  
万丽咖啡厅 **E5 E P**  
Renaissance Café celebrates the best of Western and Asian cuisine.  
2F, Renaissance Tianjin Hotel, 105 Jianshe Rd, Heping.  
和平区建设路105号滨江万丽酒店二层  
Tel: 2302 6888 Ext.6410  
Hrs: 06:00am-10:00am / 11:00-14:00 / 17:00-21:00

**Victorian Lounge**  
大堂吧 **E6 E P**  
Offers a relaxed atmosphere and nice food.  
The Astor Hotel, A Luxury Collection Hotel, Tianjin33 Taier Zhuang Road, Heping  
和平区台儿庄路33号  
天津利顺德大饭店豪华精选酒店  
Tel: 2331 1688  
Hrs: 08:30am-10:30pm

## TEDA&Tanggu

**Starbucks Coffee**  
星巴克咖啡 **P E ¥40**  
C102, Juchuan Jin hai'an Building, No.453, JiefangLu, Tanggu  
塘沽区解放路453号巨川金海岸商界C102  
Tel: 2589 3409  
Hrs: 9:00-22:00(Mon-Fri)  
08:30-22:30(Sat-Sun)

1F, Tianjin Friendship Mingdu Store, No.19, Huanghai Road, TEDA  
开发区黄海路19号天津友谊商贸名都点一层  
Tel: 6620 1781

## ☐ Wine 红酒

Tianjin Downtown

**Montrose Wine House**  
名特公司进口葡萄酒  
Imported wines.  
2nd floor YY Beer House, Montrose(Tianjin) Office  
粤园餐厅二楼名特(天津)办事处  
Tel: 139 200 21679  
Hrs: 09:00am-18:00pm

## ☐ RESTAURANT

[ Western 西餐厅 ]

### Tianjin Downtown

**Café BLD**  
餐廊西餐厅 **★ P E D3**  
Offers buffets with open kitchen.  
1F, Renaissance Tianjin Lakeview Hotel, 16 Binshui Road, Hexi  
河西滨水道16号万丽天津宾馆1层  
Tel: 5822 3388  
Hrs: 06:00am-10:30am  
11:30am-14:00pm  
17:30pm-22:00pm

**Pacifica- All-day Dining**  
帕西非嘉西餐厅  
Address: Pan Pacific Tianjin 1F1 Zhang Zhihong Road, Hongqiao District  
Tianjin, China 300091  
天津泛太平洋大酒店 1楼  
Telephone: +86 22 5863 8888 Ext. 8718

**Hank's Sports Bar & Grill**  
**★ ¥80 P E B4**  
Special dishes each week. A real western bar for watching sports and eating steaks.  
Vanke Jin Ao International Square, Zhong Shi You Bridge, Wei Jin South Road, He Xi District, Tianjin, Chian 300221  
天津市河西区卫津南路中石油立交桥东南侧万科金奥国际广场6号楼333室  
Tel: 13821611049 / 13920614814  
Email: theupperdecktj@yahoo.com  
Hrs: 11:00am-23:00pm

**Lobkowicz**  
洛克维茨自酿啤酒坊  
Tianjin's first Czech style restaurant.  
101-104, West Building, Min Yuan Stadium, Heping  
和平区民园体育场西楼101-104  
Tel: 8312-2718  
Hrs: 11:00-23:00

**Promenade Italian Restaurant**  
河岸意大利餐厅 **¥200 P E C7**  
Cuisines are showcased in a sumptuous à la carte menu. International favorites comprising fresh produce are prepared by a dedicated team of savvy chefs.  
1F, St. Regis Tianjin, No. 158 Zhang Zi Zhong Road, Heping  
和平区张自忠路158号天津瑞吉金融街酒店一层  
Tel: 5830 9959  
Hrs: 05:30am-10:00am / 17:30pm-21:30pm

**Cholito**  
西班牙餐厅  
Offers elegant, comfortable afternoon lunch and evening dining, featuring Spanish music and interior design.  
Address: at the crossing of Hebei Lu and Luoyang Dao, Heping District  
地址: 和平区五大道河北路和洛阳道交口  
Tel: 58352833  
Hrs: 11:30am-15:30pm / 17:00pm-22:00pm

**Terrace Café**  
燕园咖啡厅 **C4**  
Offers both buffet and à la carte service. Western and Asian specialties featured at the buffet and theme nights are offered nightly.  
1F, Sheraton Hotel Tianjin, Zi Jin Shan Lu, Hexi  
河西区紫金山路天津喜来登大酒店1层  
Tel: 27313388  
Hrs: 06:00am-23:00pm

**Drei Kronen-1308 Brauhaus**  
路德维格1308 德餐啤酒坊 **★ P E D7**  
Good sausages, awesome pork knuckle and nice beers.  
1F, BLKS, Jinwan Plaza Jiefangbei Road, Heping  
和平区解放北路津湾广场5号楼1层  
Tel: 23219199  
www.ldwg1308.com  
Hrs: 11:0am-24:00pm

**TGI FRIDAYS**  
星期五餐厅 **P E B4**  
Great place to have tasty burgers, french fries, chicken and steak.  
No.7-2, Fukang Lu, Nankai  
南开区复康路7-2号  
Tel: 23005555  
Hrs: 11:30am-22:00pm

**YY CRAFT BEER HOUSE**  
Xianrong Courtyard, No.1, Hunan Lu, Heping District, Tianjin  
022-58352835 185-2225-5354 (En)  
11:00-24:00

**YY BEER HOUSE**  
150RMB/person  
The Monthly WINE Tasting Party Is Waiting For You To Join!  
the 3rd Wednesday of every month  
No. 3 Ao Men Road, (behind the International Building), Heping.  
2339 9634  
13821118292 (En / JAP)  
11:00-24:00

**PAULANER Tianjin**  
普拉纳啤酒坊 **D7**  
A unique journey experiencing authentic Bavarian food, flair and coziness.  
Venice Square, Italian Territory, No.429-431, Shengli Lu, Hebei  
河北区胜利路429-431号意大利风情威尼斯广场  
Tel: 24468192  
Hrs: 10:30am-01:30am

**Seasonal Tastes**  
“知味”全日餐厅 **P E D6**  
Offers Asian and international dishes.  
1F, The Westin Tianjin No.101 Nanjing Road, Heping  
和平区南京路101号天津君悦威斯汀酒店1层  
Tel: 2389 0088  
Hrs: 06:00am-10:00am / 11:30am-14:30pm  
17:30pm-21:30pm

**Wood Restaurant & Bar**  
木餐厅  
Wood Restaurant & Bar offers authentic western food at a reasonable price.  
5F, The Centro, 18 Wu Jia Yao Da Jie, Hexi District  
河西区吴家窑大街19号中央公馆5层  
Tel: 6095-5550  
Hrs: 16:00-01:00

**The Pressroom 26th**  
Specializes in Southeast Asian cuisines.  
New Minyuan Stadium, at the crossing of Changde Dao and Hengyang Lu, Heping  
和平区常德道与衡阳路交口新民园  
Tel: 2722-7888

**Pizza Matta**  
Pizza Matta features traditional Italian pizza, with a particular focus on the Napoli styled pizza.  
No.4001, 4F, Riverview Place, 238 Liu Wei Lu, Hedong District  
河东区六纬路238号嘉里汇4层4001  
Tel: 24268326  
Hrs: 10:00-22:00

**TEDA & Tanggu**  
**Dublin Irish Pub**  
督柏林爱尔兰西餐吧 **P E**  
Great place, nice food. One of the best places to have a relax.  
No.137, 3rd Avenue, TEDA  
开发区第三大街137号  
Tel: 6629 2963  
Hrs: 10:30am-01:30am

[ Thai&Malay 泰国&马来西亚 ]  
Tianjin Downtown  
**YY Beer House**  
粤园泰餐厅 **★ ¥100 P E D6**  
The best Thai Restaurant in Tianjin offers the fantastic Thai food and beer.  
3 Ao Men Lu, (behind the International Building), Heping.  
和平区澳门路3号(国际大厦后)  
Tel: 2339 9634 13821118292(English)  
Hrs: 11:00am-24:00pm  
If need be, we have a designated driver to take you to your next destination.



**YY Craft Beer House (NEW OPEN)**

粤园泰餐厅 ★ ¥100 P E D6  
Xiannong Courtyard, No.1, Hunan Lu, Heping District, Tianjin  
天津市和平区五大道先农大院  
湖南路1号粤园餐厅  
TEL: 58352835  
185-2225-5354 (En)  
Hrs: 11:00-24:00  
If need be, we have a designated driver to take you to your next destination.  
Happy hour: Monday~Sunday, 2:00pm~6:00pm, YY craft beers, Buy 1 get 1 free (for 1 person)

## [ Chinese 中餐 ]

## Tianjin Downtown

**Hai Tien Lou**

海天楼中餐厅  
Address: Pan Pacific Tianjin 2F1 Zhang Zizhong Road, Hongqiao District  
Tianjin, China 300091  
天津泛太平洋大酒店2楼  
Telephone: +86 22 5863 8888 Ext. 8728

**Noodle Bar**

面馆  
Address: Pan Pacific Tianjin 1F1 Zhang Zizhong Road, Hongqiao District  
Tianjin, China 300091  
天津泛太平洋大酒店1楼  
Telephone: +86 22 5863 8888 Ext. 8716

**Din Tai Fung**

鼎泰丰 ★ ¥150 P E  
Steamed Bread made of choice ingredients are the main attraction. The Special desserts, steamed glutinous rice pudding and almond togu, will melt in your mouth.  
18 Binshui Dao, Hexi.  
河西区滨水道18号  
(滨水道与紫金山路交口)  
Tel: 2813 8138 Ext 8001  
Hrs: 11:00am-14:30pm  
17:00pm-21:30pm

**Tian Tai Xuan**

天泰轩  
Savor dishes from the renowned Cantonese tradition in concert with innovative creations exploring seasonal local ingredients, together forming a culinary experience which is not only extraordinary but quite possibly the most unique in the entire world.  
The Ritz-Carlton, Tianjin, 1st and 2nd floor, No. 167 Dagubei Road, Heping District (opposite Parkson Department Store)  
和平区禄安大街大都会21号底商 (百盛商场对面)  
Tel: 60931116  
Hrs: 11:30am-14:00pm  
17:30pm-21:30pm  
Tel: 5857-8888  
Seats:160

## [ FRENCH 法餐厅 ]

## Tianjin Downtown

**Nice To Meet You**

很高兴认识你  
Specializes in French style seafood, serves around 15 types of oysters including Gillardeque and Greay from France, Tasmanian oysters from Australia as well as oysters from South Africa, Canada and Japan.  
278 Hebei Lu, Heping District (near Chengdu Dao)  
和平区河北路278号 (近成都道)  
Tel: 2339-0409  
Hrs: 11:30-22:00

**FLO**

福楼 ★ ¥350 P E D7  
The best French Restaurant in Tianjin offers the most authentic French cuisine. Brasserie FLO is the first restaurant in Tianjin to offer fresh oysters from France.  
河北区意大利风情区光复道37号  
No.37 Guangfu Road, Italy Style Town, Hebei  
Tel: 2662 6688  
Fax: 2445 2625  
Hrs: 11:00am-23:00pm

## [ Italian 意大利餐厅 ]

## Tianjin Downtown

**Prego**

意大利餐厅 ¥400 P E D6  
Prego's cuisine is rustic yet refined, rooted in tradition while producing innovative creations using only the finest and freshest ingredients available.  
3F, The Westin Tianjin, No.101, Nanjing Lu, Heping  
和平区南京路101号  
天津君隆威斯汀酒店3层  
Tel:23890088  
Hrs: 11:30am-14:30pm  
18:00pm-22:00pm

**Idea Restaurant & Lounge**

埃迪亚意式餐厅酒吧  
Idea Restaurant & Lounge specializes in providing authentic Italian food at a reasonable price.  
215 Xiao Cheng Du Dao, Heping District (opposite No.90 Middle School)  
和平区小成都道215号 (九十中学对面)  
Tel: 23374869  
Hrs: 11:30-14:00  
18:00-21:30

## [ Japanese 日料 ]

**Hong Japanese Restaurant**

鸿右卫门  
Hong Japanese Restaurant is a newly opened eatery that serves both formal Japanese dishes and snacks to have while you're drinking sake.  
1F, 21 Metropolis, Lu An Da Jie, Heping District (opposite Parkson Department Store)  
和平区禄安大街大都会21号底商 (百盛商场对面)  
Tel: 60931116  
Hrs: 17:00-23:00

## [ Vietnamese 越南餐厅 ]

**YULU Vietnamese restaurant**

鱼露越南餐厅  
Beside TAPAS, A3, Magnetic Capital Business Area, Nankai District  
南开区时代奥城A3区美滋味旁边  
Tel: 2385-5317

## [ BAR ]

## Tianjin Downtown

**Qba**

Q吧 P E D6  
Qba's Latin-inspired décor creates an authentic ambience where delicious tapas and Latin-style snacks are shared among friends.  
The Westin Tianjin, No. 101 Nan Jing Road, Heping  
和平区南京路101号天津君隆威斯汀酒店  
Tel: 2389 0088  
Hrs: Tue-Sat 6:30pm-01:00am

**River Lounge**

瑞吉畔吧 ¥100 P E D7  
One of Tianjin's premiere destinations, you can enjoy High Tea or artisan cocktails at the gleaming bar or in conversation areas furnished with rich leather seating overlooking the sparkling Hai River. The signature cocktail features a blend of unique Chinese flavors and seasonings, including Fujian lapsang souchong tea, Sichuan pepper, and soy sauce with fine vodka.  
1F, St. Regis Tianjin, No.158 Zhang Zi Zhong Road, Heping (Next to Jin Tower, the opposite side of Ha Mi Road)  
和平区张自忠路158号, 津塔旁, 哈密道正对面, 天津瑞吉金融街酒店一层  
Tel: 5830 9958  
Hrs: 10:00am-01:00am

**O'Hara's-authentic British lounge**

海维尔酒吧 - 经典英式酒吧 E6  
Offers the intimacy of an English gentleman's lounge with regal Winchester styled sofas and an oversized bar counter.  
1st floor Astor Wing, A Luxury Collection Hotel, Tianjin, 33 Taier Zhuang Road, Heping  
和平区台儿庄路33号  
天津利顺德大饭店豪华精选酒店, 酒店一层  
Tel: 58526888 ext. 8919  
Hrs: 06:30pm-01:00am

**FION bar**

菲昂酒吧  
Offers beers, cocktails, imported wines and snacks.  
192 An Shan Xi Dao, Nankai District  
南开区鞍山西道192号  
Tel: 152-1159-5016  
Hrs: 20:30-02:30

**Flair**

★ P E E5  
East Asian cuisine, the menu combines playful snack-style dishes with richly flavorful entrées, designer desserts and the freshest of seafood.  
The Ritz-Carlton, Tianjin, 1st floor, No. 167 Dagubei Road, Heping District, Tianjin China  
和平区大沽北路167号天津丽思卡尔顿酒店一层  
Tel: 5857-8888  
Mon-Fri 17:00-24:00, Sat-Sun 17:00-01:00  
Seats:118

## [ SHOPPING ]

## [ Department Store 百货 ]

## Tianjin Downtown

**Galaxy Mall**

银河国际购物中心  
Featuring the most famous luxury brands in the world.  
No.9, Le Yuan Road, Hexi  
河西区乐园道9号  
Tel: 8388 9577  
Fax: 8388 9733  
Web: www.galaxy-mall.com.cn  
Hrs: 10:00-22:00

**plaza66**

天津恒隆广场  
The mega department store in Tianjin, customer can enjoy the forefront of fashion here.  
160 Zhangzizhong Lu, Heping District  
和平区张自忠路160号

**Tianjin Joy city**

大悦城  
Stocks a number of popular brands including Sephora, H&M, supermarket and plenty of restaurants.  
No.2, Nanmen Wai Da Jie, Nankai  
河西区南门外大街2号  
Tel: 5861 8888  
Web: tjjoycity.com

**Tianjin Aeon Mall**

天津永旺购物中心  
Aeon Mall is a specialist shopping mall developer.  
Zhongshanbei Store 中山北路 (10:00-22:00)  
No.1, Fushan Dao, Zhongbei Industrial Park, Xiqing  
西青区中北工业园区阜盛道1号  
Tel: 8719 5700  
TEDA Store 泰达店 (10:00-22:00)  
No.29, Shishangdong Lu, Development Zone  
开发区时尚东路29号  
Tel: 5985 7000

**International Trade Centre Mall**

天津国贸购物中心  
Stocks various items from clothing to household necessities.  
39 Nanjing Lu, Hexi District  
河西区南京路39号  
Tel: 87136868

**Riverview Place**

天津嘉里中心嘉里汇  
A newly opened huge shopping mall stocks many different items.  
Riverview Place, 238 Liu Wei Lu, Hedong District  
河东区六纬路238号嘉里汇  
Tel: 24230101

**Mighty Source**

美琪·源  
B1-13, ITC Mall, 39 Nanjing Road, Hexi District  
天津市河西区南京路39号天津国贸购物中心 B1-13  
Tel: 022-59006108

## [ Grocery 超市 ]

## Tianjin Downtown

**Hisense Supermarket**

海信超市  
-1F, Hisense Plaza, No.188, Jiefang Bei Lu, Heping  
和平区解放北路188号海信广场负1层  
Tel: 2373 1998  
Hrs: 10:00-21:30 (Mon-Fri)  
10:00-22:00 (Sat-Sun)



Happy Soho Live Music & Dance Bar  
欢乐苏荷酒吧  
Live Filipino band with hot Russian dance girls.  
(Opposite of Central Hotel)  
No.16, Fortune Plaza, 3rd Avenue, TEDA  
开发区第三大街财富里16号 (中心酒店对面)  
Tel: +86 22 2532 2078  
Hrs: 20:00-02:00

SHOPPING 购物

BAR 酒吧

RESTAURANT 餐厅

WINE 红酒

COFFEE 咖啡

# LISTING

## Isetan Supermarket

伊势丹超市  
-1F, Isetan, No.108, Nanjing Lu, Heping  
和平区南京路108号伊势丹负1层  
Tel: 2722 1111  
Hrs: 10:00-21:00

## [ Decorations 家居装饰 ]

### Tianjin Downtown

#### IKEA

宜家家居  
No.433, Jintang Road, Dongli District  
东丽区津塘公路433号  
Tel:400-800-2345

## SPORTS

### [ Gym 健身 ]

### Tianjin Downtown

#### Pan Pacific Tianjin Fitness Centre

天津泛太平洋大酒店健身中心  
Address: Pan Pacific Tianjin 4F  
1 Zhang ZiZhong Road, Hongqiao  
District Tianjin, China 300091  
天津市红桥区张自忠路1号  
Telephone: +86 22 5863 8888 Ext. 8318

#### Westin WORKOUT®

威斯汀健身馆®  
5F The Westin Tianjin, No.101 Nanjing  
Road, Heping  
和平区南京路101号天津君隆威斯汀酒店5层  
Tel: 2389 0088  
Hrs: 06:00-22:00

## HOTEL

### [ Hotel 酒店 ]

### Tianjin Downtown

#### The Westin Tianjin

天津君隆威斯汀酒店  
No.101, Nanjing Road, Heping District  
和平区南京路101号  
Tel: 2389 0088  
Fax: 2389 0099  
Website: westin.com/Tianjin

#### Wanda Vista Tianjin

天津万达文华酒店  
No.486, Ba Hao Lu, Da Zhi Gu, Hedong  
河东区大直沽八号路486号  
Tel: 2462 6888

#### HYATT REGENCY TIANJIN EAST

天津帝旺凯悦酒店  
126 Weigu Road, Hedong District, Tianjin,  
300161, People's Republic of China  
中国天津市河东区卫国道126号 邮编300161  
Tel: + 86 22 2457 1234  
Fax: +86 22 2434 5666  
Email: tianjin.regency@hyatt.com  
tianjin.regency.hyatt.com

#### The Ritz-Carlton, Tianjin

天津丽思卡尔顿酒店  
No. 167 Dagubei Road, Heping  
和平区大沽北路167号  
Tel: 5857-8888 Fax: 5857-8899  
www.ritzcarlton.com

#### Sheraton Tianjin Hotel

天津喜来登大酒店  
Zi Jin Shan Lu, Hexi District  
河西区紫金山路  
Tel: 27313388

#### Shangri-La Hotel Tianjin

天津香格里拉大酒店  
No. 328 Haihe East Road, Hedong  
District, Tianjin, 300019, China  
天津市河东区海河东路328号  
Tel: (86 22) 8418 8888

#### Renaissance Tianjin Lakeview Hotel

万丽天津宾馆  
16 Binshui Dao, Hexi District  
河西区滨水道16号  
Tel: 58223388

#### Crowne Plaza Tianjin Meijiangan

天津梅江中心皇冠假日酒店  
East to South Youyi Road (Opposite to Tianjin  
Meijiangan Conference&Exhibition Center),  
Xiqing District, Tianjin, P.R. China 300221  
天津西青区友谊南路东侧  
(天津梅江会展中心正对面)  
Tel: (86 22) 5857 6666  
Fax: (86 22) 5857 6688  
Web:www.crowneplaza.com/tjmeijiangan

#### TEDA International Club Tianjin

泰达国际会馆  
7+2 Fu Kang Lu, Nankai.  
南开区复康路7号增2号  
Tel: 5869 5555  
Fax: 2300 5656

#### Pan Pacific Tianjin

天津泛太平洋大酒店  
Address: 1 Zhang ZiZhong Road,  
Hongqiao District Tianjin, China 300091  
天津市红桥区张自忠路1号  
Telephone: +86 22 5863 8888  
Email: info.pptsn@panpacific.com  
Website: www.panpacific.com

#### The St. Regis Tianjin

天津瑞吉金融街酒店  
1F, St. Regis Tianjin, No.158 Zhang Zi  
Zhong Road, Heping (Next to Jin Tower,  
the opposite side of Ha Mi Road)  
和平区张自忠路158号·津塔旁·哈密道正  
对面·天津瑞吉金融街酒店一层  
Tel: 5830 9999  
Web: Stregis.com/tianjin

#### Banyan Tree Tianjin Riverside

天津海河悦榕庄  
34 Haihe East Road Hebei  
河北区海河东路34号  
Tel: 5861 9999  
Fax: 5861 9998  
Web: banyantree.com

#### Holiday Inn Tianjin Aqua City

天津水游城假日酒店  
No. 6, Jiyeuan Road, Hongqiao  
红桥区芥园道6号  
Tel: 5877 6666

#### Tangla Tianjin

天津中心唐拉雅秀酒店  
No. 219, Nanjing Road, Heping  
和平区南京路219号  
Tel: 2321 5888

#### Renaissance Tianjin downtown Hotel

滨江万丽酒店  
105 Jian She Lu, Heping.  
和平区建设路105号  
Tel: 2302 6888  
Fax: 2302 8530

#### Hotel Indigo Tianjin Haihe

天津海河英迪格酒店  
No.314, South Jiefang Rd., Hexi Dist  
天津市河西区解放南路314号  
Tel:88328888  
4000380666  
Web:www.indigohotel.tianjin.com

#### Hotel Nikko Tianjin

天津日航酒店  
189 Nan Jing Lu, Heping.  
和平区南京路189号  
Tel: 8319 8888  
Fax: 8319 2266  
Web: www.nikkotianjin.com

#### The Astor Hotel, A Luxury Collection Hotel, Tianjin

天津利顺德大饭店 豪华精选酒店  
33 Taier Zhuang Road, Heping  
和平区台儿庄路33号  
Tel: 2331 1688  
Web: www.luxurycollection.com/astor

#### Holiday Inn Tianjin Riverside

天津海河假日酒店  
Phoenix Shopping Mall, East Haihe  
Road, Hebei (Nearby " Eye of Tianjin ")  
河北区海河东路凤凰商贸广场  
(“天津之眼”摩天轮旁)  
Tel: 2627 8888  
Fax: 2627 6666

### TEDA & Tanggu

#### Holiday Inn Binhai Tianjin

天津滨海假日酒店  
86 First Ave., TEDA.  
经济技术开发区第一大街86号  
Tel: 6628 3388

#### Crowne Plaza Tianjin Binhai

天津滨海圣光皇冠假日酒店  
55 Zhongxin Avenue, Airport Industrial Park.  
空港物流加工区中心大道55号  
Tel: 5867 8888  
Fax: 5867 8899  
Web: www.crowneplaza.com

#### Renaissance Tianjin TEDA Hotel & Convention Center

天津万丽泰达酒店及会议中心  
29 Second Ave., TEDA.  
经济技术开发区第二大街29号  
Tel: 6621 8888

#### Sheraton Tianjin Binhai Hotel

天津滨海喜来登酒店  
No.50, 2nd Avenue, TEDA, Binhai New Area  
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FAX: 6528 8801  
Web: www.sheraton.com/tianjinbinhai

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#### Somerset Olympic Tower Tianjin

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和平区成都道126号  
Tel: 2335 5888

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W: www.istanjin.org

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Bei Lu, Hexi District  
天津市河西区友谊北路合众大厦C座5层  
Tel: 18622496466  
Landline: 022-83860916-0  
Email: smartkidz@foxmail.com;  
934971182@qq.com  
WeChat: smartkidz-tj  
Website: www.smartkidz-tj.com

#### Green Mandarin School

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Room 705, Block B, Kang Ning Building,  
Xi Kang Lu, Heping District  
和平区西康路康宁大厦B座705室

#### 1-2-302, Cheng Ji Center, Nan Jing

Road, Heping District  
和平区南京路诚基中心1号楼2门302室

#### Chengdu road No.151

成都道151号

#### Jiue International Village, 140Wei Guo

Dao, Hedong District, Tianjin  
河东区卫国道140号九河国际村

#### 2401 Zaia Wanli Hotel & Apartment, 8

Huang Hai Lu, Teda  
滨海新区黄海路8号索亚万丽公寓2401室

#### Wellington College International Tianjin

天津惠灵顿国际学校  
NO.1 Yide Dao, Hongqiao District  
红桥区义德道1号  
Tel: 8758 7199  
187 2248 7836  
Email: admissions@wellington-tianjin.cn  
www.wellington-tianjin.cn

#### Tianjin International School

天津国际学校  
No.4-1 Sishui Road, Hexi  
河西区泗水道4号增1号  
Tel: 8371 0900  
Fax: 8731 0400  
admin@tedainternationalschool.net  
www.tedainternationalschool.net



**Tianjin Translation College**

天津翻译学院  
No.5 Pinghu Road, Anshanxi Street,  
Nankai District, Tianjin  
天津市南开区鞍山西道平湖路5号  
Tel: 2737-9758  
Email: jenny\_tj@126.com

**Hopeland International Kindergarten**

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No.5 Cuibo Road,  
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天津市梅江湾翠波道5号  
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**Hopeland International Kindergarten**

荷兰国际幼稚园 (梅江园)  
No.7 Huandao Middle Road, East Side of  
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Tel: 022-5810-7777

**Hopeland International Kindergarten**

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Tel: 2737-9758  
Email: jenny\_tj@126.com

**TEDA & Tanggu**

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72 Third Ave, TEDA,  
经济技术开发区第三大街72号  
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6622 6157  
Fax: 6200 1818  
admin@tedainternationalschool.net  
www.tedainternationalschool.net

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**Tianjin Downtown**

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天津国际大厦302室  
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Fax: 022-2331-6215

**Tianjin International SOS Clinic**

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**Tianjin TEDA International SOS Clinic**

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**CHAMBERS**

**Tianjin Downtown**

**European Union Chamber of**

**Commerce in China, Tianjin Chapter**  
中国欧盟商会天津办公室  
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Financial Center, 2 Dagubei Lu, Heping  
District, Tianjin 300020.  
天津市和平区大沽北路2号天津环球金融中心  
41层德事商务中心  
Tel: +86 (022) 58307608  
Website: www.european-chamber.com.cn  
Email: tianjin@euccc.com.cn

**The American Chamber of**

**Commerce, Greater Tianjin Branch**

美国商会天津分会  
Rm2918, the Exchange Tower 2, 189  
Nanjing Road, Heping  
和平区南京路189号津汇二期2918室  
Tel: 23185075  
Fax: 2318 5074  
Website: www.amchamtianjin.org

**German Chamber of Commerce in**

**China - North China**

中国德国商会  
Rm.1502, Global Center, No. 309  
Nanjing Road, Nankai  
南开区南京路309号环球置地广场1502室  
Tel/Fax ++86 (0)22 - 8787 9249  
Email: tianjin@bj.china.ahk.de  
Internet: www.china.ahk.de

**German Business Circle Tianjin**

**Deutscher Unternehmerkreis Tianjin,**

**DUK**

天津德国人联谊会  
Rm 803, Huake Center, 3 Kaihua Road,  
Huayuan Industrial Zone.  
华苑产业园区开华道3号华科创业中心803室.  
Tel: 8371 7855  
Fax: 837 17859

**Melbourne Office Tianjin**

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300050, P.R.China 天津市和平区南京路75号  
国际大厦1008室  
Tel: 86 22 23136003  
Fax: 86 22 23136005  
Business Hours: 8:30~17:30

**MASSAGE**

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河西区浦口道22号  
Tel: 2313 5080

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1-1-607, Cheng Ji Center, Nanjing Road, Heping  
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International Hotel, 2nd Avenue, No. 8,  
TEDA Tianjin  
天津泰达开发区第二大街8号  
泰达国际酒店暨会馆  
Email: enquiry@tedafellowship.com  
Phone: 151-2264-5704

**THEATRE**

**Tianjin Downtown**

**Tianjin Grand Theatre**

天津大剧院  
Culture Center Pingjiang Road Hexi  
河西区平江道文化中心  
Tel: 8388 2000

**Tianjin Concert Hall**

天津音乐厅  
88 Jianshe Road Heping  
和平区建设路88号  
Tel: 2332 0068

**Western Shore Art Salon**

西岸艺术馆  
3 Youyi Road North Hexi  
河西区友谊北路3号  
Tel: 2326 3505/3501

**MUSEUM**

**Tianjin Downtown**

Tianjin Museum  
天津博物馆  
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and Yuexiu Road Hexi  
河西区平江道与越秀路交口  
Tel: 8388 3000

**PARKS**

**Tianjin Downtown**

**Tianjin Water Park**

天津水上公园  
No.33, Shuishang Gongyuan Bei Lu,  
Nankai  
南开区水上公园北路33号  
Tel: 2335 0095

**Tianjin Zoo**

天津动物园  
Shuishang Gongyuan Dong Lu, Nankai  
南开区水上公园东路  
Tel: 2391 5066

**Tianjin Botanical Garden**

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西青区中北镇曹庄子外环线7号桥北  
Tel: 2794 8011

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- SPORTS 运动
- SHOPPING 购物

### Christmas tree lighting ceremony at The Astor Hotel, Tianjin

The Astor Hotel, a Luxury Collection Hotel, Tianjin welcomed the holiday season with its annual Christmas Tree Lighting Ceremony on December 3rd, 2015, with business partners, in-house guests, media specialists as well as hotel staff at the lobby.

The ceremony began with sweet carols from Wellington College International Tianjin Junior School Choir at 6PM. The Astor Hotel's general manager, Mr. Peter Nast, lit the Christmas tree and brought the entire lobby in a warm and joyful atmosphere.



### A Celebration of Christmas at Hyatt Regency Tianjin East

On 4 December 2015, as part of the hotel's Christmas festivities, Hyatt Regency Tianjin East successfully held a celebration of



Christmas. More than 200 guests were welcomed by a traditional 6 m tree with a purple and silver design, together with a burning fire to warm the winter chills away.

### Merry Christmas & Marry Me

Renaissance Tianjin Lakeview Hotel held Christmas Tree Lighting Ceremony and Christmas Wedding Show at the 3rd December, 2015. There was more than 400 guests and media friends



attended this event. Besides Christmas Tree Lighting, the hotel also brought the romantic wedding show, which presented gorgeous wedding dresses, evening dresses, and designer jewelries, which represents trend of modern wedding style.

### Le Procope Lounge



Le Procope Lounge had its Christmas Tree Lighting Ceremony on December 6th. The Santa Claus figure sculpture made of ice was a big hit that night. The Christmas carol from the choir made guests feel warm.

### 2015 Christmas Tree Lighting Ceremony At Holiday Inn Tianjin Aqua City

Holiday Inn Tianjin Aqua City celebrated its "Frozen" themed Christmas tree lighting ceremony and 4th anniversary recently. Hundreds of guests and local residents were drawn by dazzling

decorations in the hotel. The event kicked off with a host of Christmas carols performed by Wellington College International Tianjin. With the "Frozen" theme song "Let it go", a little princess lighted up the Christmas tree with her magic stick to officiate the event. The event was ended with a cake cutting ceremony by the hotel owners and the General Manager. Later, all guests were treated with a Thanks Giving dinner at the hotel Aqua Café.



### Christmas Tree Lighting Charity Night of Pan Pacific Tianjin

Pan Pacific Tianjin and Tianjin Jian Hua Autism Rehabilitation Center jointly plan "Christmas Charity Event" and Christmas Tree Lighting Charity Night was held on December 4, 2015 on the first floor of hotel lobby. The customers participated the event which from business partners, in-house guests, media specialists as well as hotel staffs at the lobby.

The hotel general manager Mr. Reinhold and hotel management team and the Jian Hua Ms. Tang, together lit up Christmas tree.





## The St. Regis Tianjin Won The Best Hotel For Luxurious Weddings Award

It is delighted to announce that The St. Regis Tianjin was rewarded as the Best Hotel for Luxurious Weddings by Jin Magazine on their annual awards ceremony which was successfully held in Tianjin on December 8th, 2015.

"The St. Regis Tianjin boasts the best possible location by the stunning Haihe, our river meandering through the beautiful downtown and creates unparalleled and memorable experience for every newlywed and invited guests. It is rewarding to be recognized for our efforts in creating an enticing and luxurious hotel where guests from near and far will savor signature," said by General Manager Mr. Martin L. Leclerc.



## A Huge Ocean Ball Pool Brings Fun to Both Children and Adults

An indoor ocean ball pool was set up at B1 of Riverview Place from December 20, 2015 to January 10, 2016. There were totally 500,000 ocean balls in the pool and the play area was as big as 400m<sup>2</sup>. Both children and parents were excited playing in the huge pool, experiencing the joy of jumping and rolling. As the reopening of Metro Line 9, it has become more convenient for customers to reach Riverview Place at Da Wang Zhuang station.



## Sheraton Tianjin Binhai Hotel Successfully hosting the Winter Wedding Fair

6th Dec.2015, Sheraton Tianjin Binhai successfully hosted Winter Wedding Fair, nearly 100 guests as requested witnessed an acme romantic wedding.

Mr. Mark Francis, General Manger from Sheraton Tianjin Binhai Hotel gave a welcome speech, thanked for all guest joining our Winter Wedding Fair, and hoped Sheraton Tianjin Binhai Hotel will be the best choice of wedding location.



## Christmas Tree Lighting Ceremony at Crowne Plaza Tianjin Meijiangan

Crowne Plaza Tianjin Meijiangan held a grand Christmas tree lighting ceremony on December 1. The choir from TIS sang some Christmas carols with their angelic voices. Uwe Lukas, General Manager of the hotel lit up the tree and delivered a speech, wishing everyone a better life in the upcoming year.



## Westin Wedding Show

On December 13, a grand wedding show was held at The Westin Tianjin. The venue was set up and decorated like a castle in a fiction, beautiful and romantic. Mr. Ugur Lee Kanbur, General Manager of The Westin Tianjin delivered a welcome speech and shared his customized Westin style wedding to all the guests.



### Photo Exhibition at Jixian Marriott Hotel

On December 22, 2015 "Marriott Cup, Jizhou Autumn" photo exhibition was held at indoor garden in the Jixian Marriott Hotel. The photo exhibition is hosted by Jixian Marriott hotel, San Sai Palacio Villa and Tianjin Daily Sports News Center and presented by Hao



Sports, HaoPhotography. At the opening ceremony, the related leader of the organizer made the opening statement and presented certificates and prizes for winners. The photo exhibition will be free to the public for a period of five days.

### Wok in the Garden Won Jin Magazine Award



**Beneath a glass ceiling,** the restaurant is set in a garden conservatory with verdant trees and flowerbeds creating a lush dining ambience. With its unique design and lively show kitchens, Wok in the Garden is a memorable venue

for authentic Chinese cuisine, including the city's finest Peking Duck prepared in a traditional wood-fired duck oven. Private rooms are also available. For more information or reservations please call +86 22 2457 1234 ext.6381

### IFC is to boost the prosperity of Tianjin's modern service industry



**The office building of Tianjin International Financial Center** has been grandly unveiled. As a new landmark in Tianjin's CBD, the project locates at the crossing of Nanjing Lu and Binjiang Dao. Designed by world-famous SOM Architectural Design Firm and built by Tianjin Modern Group, Tianjin International Financial Center is a giant commercial comprehensive body integrating finance, commerce & trade, office, and residence, including a high-end office building, a large shopping center, Four Season Hotel, classy apartment and rooftop villas.

### New Appointment of Renaissance Tianjin Lakeview Hotel

We are delighted to announce the promotion of Mr. Doo-Hyun Shim as Resident Manager for Renaissance Tianjin Lakeview Hotel and The Lakeview, Tianjin - Marriott Executive Apartments effective from the 15th of November 2015.



### Wanda Vista Tianjin Celebrated Christmas Tree Lighting Ceremony 2015

Wanda Vista Tianjin held its 3rd annual Christmas Tree Lighting Ceremony at the hotel's Lobby Lounge on 2 December 2015, together with 150 distinguished guests and media. This year's tree lighting ceremony featured the free sparring boxers performance with cold flame, the sexy Christmas showgirl from Muse Club and the local folk rock singer Mr. Liang Jie LI's singing performance.



### The first Star War themed café in Tianjin opened

With the on show of Star War 7, a café themed with the world famous movie series has opened in Nankai District. The café owner is a big fan of the movie himself as well as a father, whose son is a fan of LEGO. So he created a world of Star War with LEGO. It is a café for both children and adults as little kids can play together in the LEGO area while parents are released from watching over them and have some coffee. The owner has some precious collections, such as 10179 Millennium Falcon LEGO model. Parents can also join in the games of Star War with children by dressing up the costumes.





# ISETAN Binhai New Area Shop SPECIAL INFORMATION

# ISETAN

www.isetan-tianjin.com

Japanese Restaurant

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# ATTITUDE ADJUSTMENT

by Carmen King

If you are reading this article, it is now the year 2016. With another new year upon us, what is your outlook? Do see yourself having emerged onto the plains of opportunity with a whole year to chase down your dreams? Or do you feel like you are facing a living nightmare?

Your answer reflects your attitude, namely is it positive or negative. Yes, it is the old how do you see the glass? Is it half full or half empty? This question has been plaguing mankind for millenniums. As 2016 is upon us, for many keeping a positive attitude despite an ever changing world and personal circumstances may be more challenging than ever.

A friend said the other day they heard a report which implicated that in another decade or so, nearly 70% of humans will have some type of cancer. Now before attacking the validity of this statement, understand it is

being presented as an example only for the purpose of testing mental response. When you heard that statistic did you think positive thoughts or negative ones?

The optimist perhaps would have thought, just say the prediction is true (that is the majority of people will be cancer ridden someday) it isn't the end of the world. Why? That's because even today many are so-called "cancer survivors". Case in point the lady who told me that stat has a husband who has been fighting for years a rare tumor causing cancer. Despite the disease they don't plan on giving up, instead use each day to the full.

The pessimist however would likely have a totally different response to the cancer claim. Perhaps even instantly upon hearing such a suggestion they would think, "Cancer? Oh no! I will probably get cancer!" or even, "I might have cancer right now!" Yes, instead of finding hope they go spiraling down the well

## WE NEED TO FORCE OURSELVES TO SEE THE GOOD INSTEAD OF THE BAD, SEE THE SUN INSTEAD OF THE SMOG.

of negative thinking. Having fallen in, it is a long hard fight to get out.

No topic like the future can trigger feelings of hope or helplessness. The mere perceived possibility that this year will be worse than last year gets some down in the dumps. This in fact, is where the attitude adjustment needs to start. Like a Chiropractor attempts to adjust misaligned vertebrae, as individuals we need to adjust our attitude. We need to force ourselves to see the good instead of the bad, see the sun instead of the smog. It takes real effort. It is mental combat on a moment by moment basis.

Let each of us then try our hardest to see 2016 as a privilege instead of a problem. Frankly put, friends have already been lost to the enemy death. We the living however can do something with the time we've been given. No matter what our current state physically, mentally, or financially, with an attitude adjustment, we can use 2016 to do something meaningful. Let's not give up but rather put up with whatever this year brings. The first step in doing so is making an attitude adjustment.

## 调整心态

2016已经悄然到来，你对新的一年有何展望？其实你的答案反映出你是怎样一个人，乐观还是悲观。有个朋友说，他看到一个报道，未来十年将会有大约70%的人患上某种癌症，且不论此预测的可靠性，我们只是用它来检测一下大家的反应。乐观主义者可能会想，即便如此那又怎样？又不是世界末日。悲观的人会立刻想到，我会不会已经得了癌症？

关于未来的话题总能引出两种截然不同的反应：期待或无助。有时候，我们需要对自己的思想和情绪进行调整，就像按摩师为我们矫正脊柱一样。我们要让自己多看到好的一面，透过雾霾看到太阳。这样的思想斗争并不是件容易的事，需要时时刻刻警醒着。

让我们把2016年看成是一个恩赐之年。也许你失去了最好的朋友，但你还活着，就要充分利用自己被赋予的时间。无论你现在的身体、精神以及财务上都处于何种状态，只要有正确的态度，我们的2016年都会过得有意义。无论来年会有什么样的事情发生，我们要做的第一件事都是调整心态。





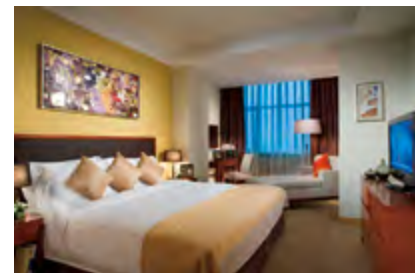
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