



COLORADO SPRINGS
CHINESE CULTURAL INSTITUTE

科泉市中華文化協會

茶葉香談

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TEA LEAVES

winter 2013

colorado springs chinese cultural institute

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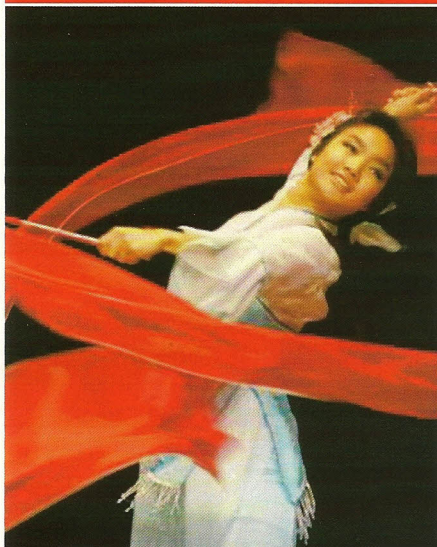


Photo provided by Gazette

Happy New Year

By Mali Hsu

Chinese New Year is the longest and most important festivity in the Chinese calendar. On February 10, 2013 is Chinese New Year, the year of the Snake.

Again, we will have our 12th Annual Festival on Saturday, Feb. 9th, from 10am to 4pm at the Colorado Springs City Auditorium. With vendors offering food, traditional gifts and crafts, you're sure to find something unique to enjoy or take home. With non-stop entertainment, demonstrations and craft workshops, it's a wonderful way to experience Chinese culture and celebrate the Year of the Snake.

We would like to take this opportunity to say thank you for your support and wish you the very best for the New Year. We wish you every happiness this holiday season and look forward to seeing you in the festival.

in this issue

- 2 Chinese arts and authors
- 3 Nawei Jiang
- 3 Colorado Dragon Boat Festival
- 4 New year rice cakes
- 4 Feng Shui

chinese proverb

The Discourses and Saying of Confucius

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Chinese New Year Food

By Mali Hsu

The diet culture in China has the delicate form and the rich contents for every festival, especially the Lunar New Year. There are various styles and flavors of the New Year Food such as the New Year Rice Cakes(年糕), the cured meat (臘味) and New Year vegetables like leaf mustard, spinach, mushrooms, Chinese cabbage and so on. Before the Lunar New Year Eve, all kinds of New Year food will be sold in many New Year Markets(年貨大街). Shopping and preparing for the New Year food has become the busiest task for the homemakers before the Lunar New Year.

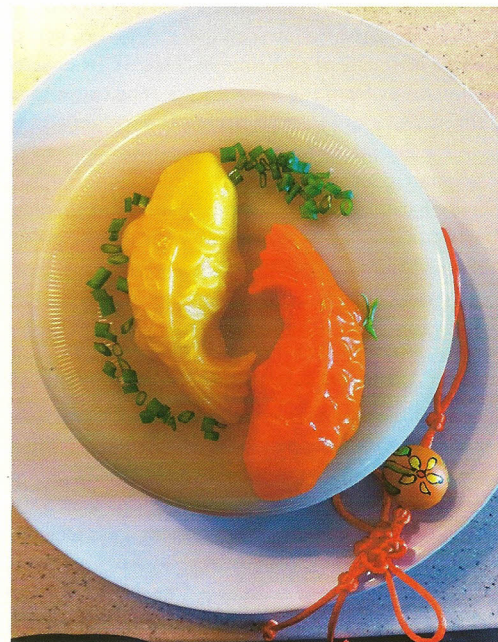


Photo provided by Students at The Hong Kong Polytechnic University

Confucius remarked,

"It is indeed a pleasure to acquire knowledge and as you go on acquiring, to put into practice what you have acquired. A greater pleasure still it is when friends of congenial minds come from afar to seek you because of your attainments. But he is truly a wise good man who feels no discompsure even when he is not noticed of men."

子曰：「學而時習之不亦說乎？有朋自遠方來，不亦樂乎？人不知而不蘊，不亦君子乎？」

Mission Statement

The CSCCI is committed to fostering understanding of Chinese culture by promoting opportunities for events, networking, travel, education and services available to the people of Colorado Springs.



Chinese Arts and Authors Movie Review: Mao's Last Dancer By Jerry Hsu

The story of "Mao's Last Dancer" is one of dichotomy: exception with commonality, bliss and pain, boundaries and possibility, and guilt with honor. This is the story of a young and flexible Chinese man who comes to America, where he's seduced by disco, creative freedom and a honey-haired Houston virgin, and decides to stay. It's also about ballet and the modern history of China, as embodied in the true story of the dancer Li Cunxin, whose autobiography (from which the film takes its title) was a major best seller in Australia. But grands jetés and the Cultural Revolution are just the exotic window dressings in "Mao's Last Dancer," which is, at heart, a true testament to the powers and wonders of the human spirit. The film beautifully captures the distinct warmth and sting of the key human experiences one man embodies upon his journey of love, fear, and loyalty. The film's director, Bruce Beresford, an Australian, had his first American hits — "Tender Mercies" and "Crimes of the Heart" — during roughly the same early-1980s period when Mr. Li (played as an adult by the dancer Chi Cao) was allowed to travel to the United States to study at the Houston Ballet. The film excites the audience's yearning for some nostalgia of that time in "Mao's Last Dancer": much fun in the film comes from the leisure suits, long hair and libidinous disco nights that audiences can both deride at and reminisce with.

Mr. Beresford and the screenwriter, Jan Sardi, also appear to emphasize an earlier era of a phenomenon that is of Chinese innocence and American experience. The juxtaposition of wide-eyed villagers and astute aphorisms with shopping malls and casual sex accurately reflect Mr. Li's book and even more artistically portrayed on screen. The tears come during certain foolproof scenes that slam into place late in the film, especially Mr. Li's reunion with his parents, who suffered humiliation and worse when he decided to defect. More tantalizing are scenes like an intriguing encounter between Mr. Li and his Texas girlfriend, Elizabeth (Amanda Schull), who declares herself a virgin and asks whether he knows what sex is. Mr. Cao does nothing to embarrass himself in his screen debut, which is probably a testament to Mr. Beresford, whose skill with actors was established in "Crimes of the Heart" and "Driving Miss Daisy." Kyle MacLachlan and Joan Chen turn in their usual solid work as Mr. Li's lawyer and mother, and Bruce Greenwood brings a nicely smarmy self-regard to his portrayal of Ben Stevenson, the Houston troupe's artistic director.

Ballet critics will weigh in on the dancing done by Mr. Cao and the other professional dancers in the cast, including Camilla Vergotis, Madeleine Eastoe and Steven Heathcote. Even to an traveled observer, the quality of their performances looked higher than usual for a film drama, while the pieces they had to dance demonstrated ability, proficiency, and beauty. For the many of us whom can relate in the endeavor of journeying into a foreign environment, and the struggles of achieving excellence while in adaptation will truly experience the emotions drawn through this film.

中国的新年

滕晓红

二零一二年十二月

作为一位在美国教了中文多年的老师，我知道中国的新年

在多大程度上代表了中国的文化和传统，所以在美国，教

授中国文化不能不对美国的学生提到中国新年的文化。

多年的海外生活让我对中国新年有了越来越多的期盼，我庆祝新年的方式也越来越简单。只有在给我的美国学生讲述新年的传统的时候，我才发现我游离我自己的传统和习俗有多么的远。

那么，现在，当我远离属于我的文化的中心，中国新年对我意味着什么呢？

很多时候，中国新年对很多海外的华人来说是一种情节，更是对自己的文化归属的一种审视，当然，这种审视在每年新年来临的时候，在与当地华人一起的庆祝的时候，在给与我的朋友分享新年的体验时尤为强烈，只有在这样的的时候，我才认清我的文化和我的传统，或者说，更加具体地让别人了解我自己。

今年将是第四年我和我的美国学生参加当地华人的新年庆祝活动，我对新年的感觉在那个时候来得更真切，看舞狮，穿红色的衣服，吃传统的中国食物，给小孩子发红包等等，都不及我从我的学生亲身感受中国的兴奋时的感触深刻，在那一刻，从别人的眼中，我看见了我自己。

在新的一年里即将来临之际，我祝愿我远在大连的家人快乐幸福每一天，我也祝科泉市中华文化协会的同仁们健康如意。

其实，中国新年从来都没有远离我们海外华人的生活，就像我们的文化从来没有远离我们一样，中国新年就像每年一次的心灵聚会，在形式上，在意识上，我们与或远或近的家人朋友，与我们的文化，与我们自己的过去一相会。

祝福每一个人：中国新年快乐！

Revitalize Your Health with Acupuncture and Nutrition

By Nawei Jiang Ph.D at Nawei's Acupuncture Clinic

Preventive medicine is defined as the part of medicine engaged with preventing disease rather than curing it. An integral part of preventative medicine, nutrition is considered the first line of defense in acupuncture and Oriental medicine as it provides the energy needed for the body to function. Good nutrition not only provides energy, it also provides the basic building blocks, vitamins, minerals, phytochemicals and antioxidants that keep the body healthy and vibrant.

A nutritional imbalance in foods consumed contributes to an imbalance in overall health. Eating an unnatural and restrictive diet can lead to yo-yo dieting and drastic ups and downs in body weight. Improper diet practices can cause malnutrition, organ damage, slow metabolic rate and other imbalances within the body. Biochemical and energetic imbalances may present themselves as pain, sleep disturbances, mood changes, abnormal digestion, headaches and menstrual irregularities.

Through the process of evaluating subtle physical signs as well as the emotional condition of a person, practitioners of acupuncture and Oriental medicine can detect health problems in their earliest stages, before a grave illness develops. Once the imbalance has been determined, a customized program can be created with a variety of treatment modalities including acupuncture, herbal therapy, tui na, qi gong in addition to food, exercise and life style suggestions.

Seasonal acupuncture treatments just four times a year serve to notify the inner organ systems and correct minor annoyances before they become serious problems.

For a FREE consultation or appointment, call 719-632-7103

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Colorado Springs Chinese Cultural Institute

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Membership Benefits:

- Discount ticket pricing for all events and activities
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- and More....

membership application

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Annual Membership

- _____ Student/Senior/Military \$15
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- _____ Non-profit organization (up to 5 members) \$125
- _____ Non-profit organization (up to 20 members) \$450
- _____ Silver Patron \$150
- _____ Gold Patron \$250
- _____ Platinum Patron \$500

Save the Date for the First CSCCI Excursion!

Colorado Dragon Boat Festival: Sat, July 27th, 2013

Starting in 2013 we will connect you to one of the best Summer Festivals held in the State of Colorado! Jump on board our chartered coach at one of two convenient pick-up points in Colorado Springs for a fun and comfortable ride to the Colorado Dragon Boat Festival held at Sloan's Lake in Denver. The Festival is now in its 13th Year. Cheer on the Dragon Boat Racers, watch entertainers from throughout Asia Pacific, enjoy delicious food from the region and check out dozens of vendor booths. Tickets include transportation, snacks, entrance to the Festival and the chance to make new friends with a common love for Asian cultures!

Availability is limited. If you are interested in tickets for this excursion please add your name to our first-right-of-refusal sign-up sheet at the Chinese New Year Festival or send an e-mail to Kimberly.M.Gunderson@wellsfargo.com. Full details will be provided in the coming months.

Don't miss out!

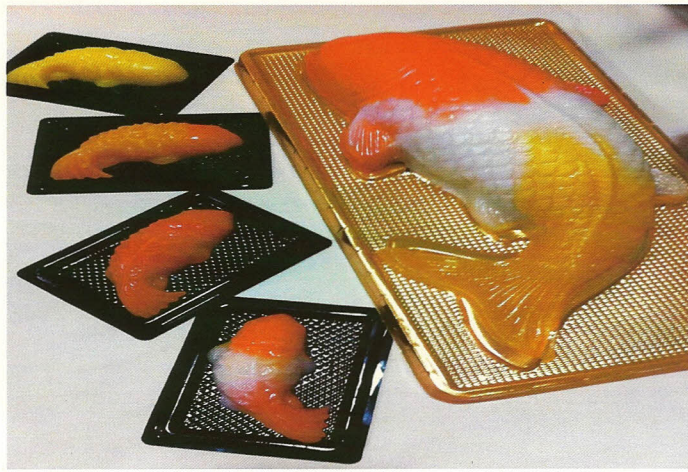
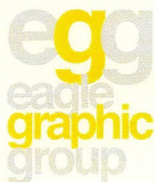


Photo provided by Students at The Hong Kong Polytechnic University

New Year Rice Cakes

The New Year Rice Cakes have various styles and auspicious implications.

The New Year Rice Cakes in Taiwan have various styles like Fukien style, Hakka style, Szechuan (四川) style, Suchou (蘇州) style, Ningpo (寧波) style and Guangdong style, which all symbolize the promotions to the higher and higher positions year after year. The most common New Year Rice Cakes are the Fa Guei (Rice Cakes Steamed with Baking Powder, (發糰), which symbolizes the prosperity, the sweet rice cakes, which symbolizes the good fortune, and the white radish rice cakes which symbolizes the good omens.



SPECIAL THANKS TO:

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Feng Shui 風水

By Suzanne Metzger

Do you feel that time is speeding up? Almost everyone I talk to believes it is and that there are other big changes happening at a planetary level.

Every indication is that we humans are on an upward spiral in consciousness. By cooperating with the flow, and incorporating the ancient art and science of Feng Shui, we can ease into whatever is next. Also even one living space that reflects good Feng Shui is contributing to lifting the vibration of the entire planet.

In Feng Shui a simple, yet powerful, way of looking at the flow of time is to adjust the Bagua 八卦 areas of Career, the Center, and Fame.

Among other things, CAREER represents you past and the beginning of your life-starting in the womb. Your past experiences activities, and memories have moved you forward on your personal path.

Unless the sequence is interrupted, you will recreate and project energy from your past in your future. Therefore, it's important to become conscious of your feelings and the decisions you've made about past events that happened in your life, so that they don't affect your future--especially unconscious or forgotten decisions.

A significant portion of the past happened either early in life or in a preverbal state. In order to retrieve important memories or decisions, intent that significant hidden portions of your life be revealed to you through your dreams, meditation, journaling, or through work with therapists and healers skilled at assisting you to reveal the past.

Read more about Feng Shui, please go to www.FengShuiConsultingServices.net. Suzanne Metzger is the owner of Feng Shui Consulting Services in Colorado Springs, She is specializing In Consultations for Home, Business & Land.

