

# Flow

Issue 15

February 2008



## Hi, Everyone

Welcome to our first 2008 Edition. Hope you all had a good end of 2007 and are getting ready to start the 'Year of the Rat' in China.

We wish you all a Happy Chinese New Year! 新年快乐 (Xīn nián kuài lè)!

Please let us know if you have discovered any new place in Chongqing; or simply if you'd like to express yourself please send any article to

[anarosalara@hotmail.com](mailto:anarosalara@hotmail.com)

## In this Edition

- Charity Ball Organized by IWG
- Destinations: Litang and Chengdu
- Getting to Know you: Mercedes
- New Restaurants in Town
- ... and more

## BP/YARACO - SHUI ON Christmas Charity Ball 2007



by Lom Harshni Chauhan  
**QIWG**  
(Chongqing International Women's Group) organized their 3rd Christmas Charity Ball on

the 8th December, 2007 at the Hotel Hilton. The Ball is organized annually to raise funds for the various charity projects of the group.

The event was sponsored by BP/Yaraco and Shui On Land, both company contributed RMB100,000 each. And IWG is very grateful for their donations.

Once again all tickets for the Ball were sold out before the actual event. A total of 332 people attended the ball. Of these there were companies like Duravit and Toto, who contributed 30,000 each

towards the Subsidies project, and 15 other companies who were table sponsors.

The evening was graced by the presence of the Mayor of Chongqing and the Deputy Party Secretary. There were a lot of other attendees, both Chinese and foreigners, private citizens and corporate. There were memorable performances by the famous Chen Tian Mei ( Sichuan opera), Shao Lin Gong fu and Violin by children and a belly dance. There was also an auction and goods for display and sale.

The CQIWG financed an embroidery course for the children of a special need school in CQ. The pieces of embroidery made by these children were on display for sale at the event, as were greeting cards made using drawings made by the children of the rural schools where the projects run. The attendees participated enthusiastically in all the activities.

The group is especially grateful to Ms Chen Tian Mei (Sichuan Opera), Linda Shen and Steve Keenan (who were MCs for the evening) for contributing to the event with their talent and time, free of charge and Denis Lejeune (for donating his photographs for auction and greeting cards).

A total of **RMB 417770.00** was raised. This will go towards the existing and future projects of CQIWG. The group has the following major projects running:

- 'One litre of Milk' project provides 2308 rural primary school children with free milk every school day in Qijiang county of Chongqing.

- *Teaching Training Programme* for rural teachers: is run by 'Save the Children' foundation. 65 teachers have already been trained in the learner centered approach to teaching.

- *Subsidies project*: More than 100 rural children are being given RMB200 per school year to help towards their financial expenses in Qijiang county.

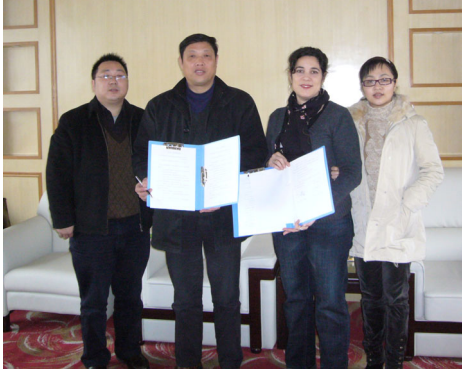
**If you are interested to buy IWG greeting cards or make any donation please contact IWG on [chongqingiwg@hotmail.com](mailto:chongqingiwg@hotmail.com) or directly Ana Rosa**

Lara. Phone: 3647674868/mail:  
[anarosalara@hotmail.com](mailto:anarosalara@hotmail.com)

Once more thank you to all of you for your support!

## Renewal of Contract with Milk Supplier by Ana Rosa

Thanks to all the money raised in the Ball we were able to renew the contract with Tian You, the company that supplies the milk for the 'One Litre of Milk Project in Qijiang County.



Ana and Lulu from IWG with Tian You Management showing renewed contract for first term of 2008

## Our Journey to Chengdu By Anicia Rivera and Cheryl Sandahl

(Staying at Bao Monastery)

The journey started from the Chongqing Railway at 7: 50 am on the new bullet train. The ride north took 3 hours there and approximately 3 and a half back, advanced reservations for the train ride are recommended for the trip. The train ride was very pleasant and the people very accommodating as a couple of our seats were not together. While on the train they serve hot tea continually but you must bring your own mug or thermos. They also have soup, water bottles and other drinks for sale. We thoroughly enjoyed the ride through the mountains, the terrain was very beautiful. The mountains and hillside are very colorful with the variation of crops that have been planted.

Our 3 day adventure was arranged by Peng Ching Tour Co. Their phone number is 02867331711. Upon our arrival in Chengdu on day one they picked us up and took us immediately to the monastery for check in (room 40 for dbl/person) and a vegetarian lunch at the monk restaurant (cost 20RMB per person). The food was very good which included four vegetable dishes, a gluten meat and desert all served with tea.

After lunch we were given a tour of the monastery seeing all sections and the garden in The Bao Monastery. It was very peaceful and quiet on the grounds, there is a sacred garden in the monastery where there are two lacey delicate looking Gingko

trees along with miniature bright yellow plum rose trees.



Inside Bao Monastery



Sacred garden in the Bao Monastery



The lobby inside the hotel at the Bao Monastery

Upon finishing the tour we headed for the Xindu Cinnamon Lake (a private garden, Guili).

The garden is very quiet and occupied mostly by retired individuals having their daily exercise by either walking or doing their Tai chi. Located in one section of the garden there is a tea house where Osmathum tea is served (very nice flavor) and very welcomed on a cool day. While walking back to the tea garden you may notice bird cages hanging from some of the trees surrounding the tea garden. The local people will bring their birds from home in their cages and hang them from the trees for fresh air while they have their afternoon tea. Then we headed back to the monastery for dinner at a local vegetarian restaurant close by.



Feeding the fish in the lake is a must



*XinDu Cinnamon Lake*

Day two we headed off to The Ancient Town of LuoDai (with lunch on our own)

Then off to a section of the Great Wall. The ancient town is similar to Chiqikoo in Chongqing; however there are more everyday stores included in the market besides just crafts. The streets are wider and you will see the native people carting their wears and sitting on the sides of the streets enjoying a nice conversation with a friend or family.



*In the streets of the Ancient town of LuoDai*

One of the crafts commonly seen throughout the market is batik, several shops sell unique batik clothing. There are many snack food places with local food to try for lunch. The street through the town is nice and wide. After walking around the village we left for the Great Wall.

If any of you have visited Badaling (a section of the Great Wall) in Beijing it can be very crowded. This section of the wall is not quite so busy and was very beautiful. There is a monastery at the top of this section which would require a little more time to

hike to. Our tour guides completed it in two hours approximately. If you are in for a Mongolian horse back ride there are locals there with beautiful horses just waiting to take you for a nice ride.

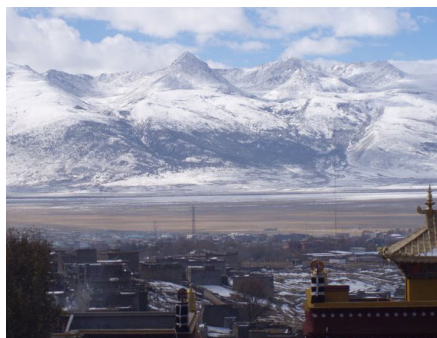


*The Great Wall*

On day three we were up early and headed for the Panda reserve, then to the train station back to Chongqing. We had seen many baby pandas and adult pandas. Please be advised to allow time to get back to the train station as it is very busy and traffic can be hectic. We were short of time and had planned to pick up KFC for lunch on the train.

The Peng Ching Tour Co. was very helpful and accommodating we would use them again. We had an English tour guide for 100 RMB a day and a car for 200RMB for all three days. The total cost for the tour and accommodations were 452 RMB (included guides and car) and the train Tickets were 92 RMB each way. It was a very nice and enjoyable trip. The Bao Monastery is on the edge of town and not in the busy area of Chengdu. However one change I would make would be to arrange for the drive to Leshan to see the largest Buda in China ....we are told it is about a three hour drive from Chengdu.

### **Destination by Brian Hennessy**



**Litang** is the heart of Khamba culture in this eastern part of the Tibetan Plateau. The centre of the old kingdom of Kham. The inhabitants, although Tibetan, have their own character and history. They are a wild, proud lot.

Noted for their independence and warrior spirit, they have fought both Western Tibetans and the Chinese in the past. The men revel in their masculinity. Past warrior glory is celebrated every

time one of them mounts a horse. Small and short legged steeds, but quick off the mark, and easy to manoeuvre. To watch a galloping Khampa man leaning sideways to pick up a white silken scarf from the valley turf, or shoot an arrow or musket at a target, is to see courage and skill. To see a horde of them thundering past is to see history.

The ladies are elegant. Tall, straight, and handsome in their long sleeveless gowns pleated at the back. Well defined dark caucasian faces, aqueline noses, and oriental eyes. Married ladies wearing fetching hats, fashionable shoes, and a beautiful multicoloured apron. Unmarried ladies looking slim and attractive despite the layers of heavy clothing. Not a centimetre of flesh to be seen. Nomad ladies dressed similarly, but without the blend of eastern and western style. Traditional felt hats, sensible shoes, and a weight of silver jewelry and precious stones. Looking beautiful, mysterious, and sunburned. As tall and elegant as their town sisters.

Mud and stone houses. Simple yet stylish in that unique Tibetan way. Litang, looking like the frontier town that it is, sitting with its back to high rolling hills, and facing the green valley grasslands to the front. In the western distance, a forbidding stone massif, Mount Genie rises in defiance, as if to say, 'come no further'. It's long bulk defining the western edge of the grasslands and guarding the approach to Tibet. Tradition has it that this mountain protects Litang. I think it protects Tibet. In the middle distance, the road to Lhasa turns north, searching for a way around this giant grey sentry.

A Tibetan monastery overlooks the town. A splendour of red, white, and yellow, this holy place is the beating heart of Litang. The secular authorities might look after temporal matters, but the real leadership of this community is vested in the Lama. You can't separate the town from the monastery. It is one, a spiritual whole. A community bound together in belief. No separation between church and state here. You can't walk around the town of Litang without tripping over a monk. Clothed in red and gold, they are integrated in society. Their cheery sunburned faces ever ready to utter, a welcome 'tashidelek' to a visitor like me. Friendly fellows, they look like they have found the secret to life, the universe, and everything. Maybe they have. Must look into this one day... My visit to Litang coincides with early summer, and the nomad people are stocking up, buying supplies and loading them onto their articulated diesel driven tractor-trailers. These vehicles would give a mountain goat

a run for their money. Slow, chugging monstrosities, they are a cheap, reliable, and efficient means of transport if you are a nomad from the hills. A classic example of mechanical adaptation to a hostile environment. They are so ugly, they are beautiful. I want one.

Supplies? You can buy anything here. The main street is a collection of small independent enterprises. Clothing, shoes, hats, artifacts, it is all here. And you can watch a blacksmith forging tools, or admire a craftsman making jewelry. You can get your boots fixed on the street (I did), and eat in a myriad of small restaurants. Tibetan Yak and tsampa dishes; Chinese pork, vegetables and noodles; or cloned western food in Mr Zhou's backpacker cafe (his yak steak and eggs are a specialty).

Litang is a contradiction, however. Its mood is changeable. Bi-polar if you like, just like the countryside. Underneath the atmosphere of genuine piety, and the observable blending of the secular and the spiritual dimensions, lies an uncomfortable truth. Khamba men can be hot-headed and violent. They can be dangerous.

These men carry long knives in their belts and they will use them in an argument. I know, I have seen the results. My friend Hero sports two knife wounds...one on his shoulder, the other on his stomach. Another man I was introduced to has had his face disfigured. A third, has a recent knife-slash on one hand. Predictable behaviour from a frustrated warrior culture. And this is the key to understanding their violence towards each other. They can't beat their enemy. He is too powerful. So they live in the past and call it culture. Their courage is unquestioned. Crazy-brave, if you like. But it is sad to see these warriors reduced to frustrated, showy impotence.

The real men are the fellows up there in the hills herding their yaks. They don't drink or smoke, and they take their religion seriously. They live their belief. They and their families, out there in the wild, living in their black tents on the green valley floors and the lush summer slopes of Eastern Tibet. The more fertile one third of greater Tibet. The real Tibetan people.

## New Restaurants in Town by Ana Rosa



The end of 2007 saw a slight flourishing of restaurants in Chongqing. Some has stayed up to 2008, but some quickly

vanished like the **Why Not** rotisserie in Shaping Ba. A very welcomed restaurant is the **Indian** in Jiefangbei just next to the alley where Melody karaoke is. The restaurant is on 2<sup>nd</sup> floor above a hair dresser. It offers a tasty variety of Indian dishes. New also is **Vegetarian Life**, with very pleasant ambience, located in Long Hu, in the ground floor of the Ferrari dealer building. There I had a delicious caramelized aubergine. Same building also on ground floor has **Aussino Cellar**, a quiet place to enjoy a glass of wine, there you can browse through the shelves and buy a bottle of well known brands. **Frisco Cafe** opposite the Ferrari building, same building where Get the Health Massage place is. A bit less glamorous is the new **Drive-Through McDonalds** in Jiang Bei close to the new train station.

## Ice Festival sourced from Internet by Ana Rosa



The Harbin Ice Festival, established in 1985, is held annually from January 5 and lasts for over one month. Harbin is the capital city of Heilongjiang Province.

This original ice artwork festival attracts visitors from all over the world. The Ice Lantern Festival was the forerunner of the current festival and is still the best part of the overall event in the opinion of all who come to Harbin each year. The first Ice lanterns were a winter-time tradition in northeast China. During the Qing Dynasty (1644 - 1911), the local peasants and fishermen often made and used ice lanterns as jack-lights during the winter months. At that time these were made simply by pouring water into a bucket that was then put out in the open to freeze. It was then gently warmed before the water froze completely so that the bucket-shaped ice could be pulled out. A hole was chiselled in the top and the water remaining inside poured out creating a hollow vessel. A candle was then placed inside resulting in a windproof lantern that gained great popularity in the region around Harbin. From then on, people made ice lanterns and put them outside their houses or gave them to children to play with during some of the traditional festivals. Thus the ice lantern began its long history of development. With novel changes and immense advancement in techniques, today we

can marvel at the various delicate and artistic ice lanterns on display. Nowadays, ice lantern in broad sense refers to a series of plastic arts using ice and snow as raw material combining ice artworks with colored lights and splendid music. The specific patterns of ice lantern include ice and snow sculptures, ice flowers, ice architectures and so on. The best collections of ice artworks are exhibited in three main places: the Sun Island Park, Harbin Ice and Snow World, and Zhaolin Park. The Sun Island Park is the site of the Snow Sculpture Exposition displaying a wonderful snow world. It has the world's largest indoor ice and snow art museum and it opens to the public from November every year. Harbin Ice and Snow World came into being in 1999 and is one of the world's largest ice architecture parks. The inspiration for the ice and snow sculptures there usually is derived from traditional Chinese fairy tales or world famous architectures such as the Great Wall, the Egyptian Pyramids, etc. Every year, there are many ice sculpture experts, artists and fans from America, Canada, Japan, Singapore, Russia, China, etc. gathering in Harbin to participate ice sculpting competitions and to communicate with each other in the ice and snow world. For more than 40 years, Harbin's natural resource of ice and snow has been fully explored to provide joy and fun for visitors to the city. Now during the festival, many sporting competitions are also popular including ice-skating, sledding and so on. Weddings, parties and other entertainments are now very much a feature of this ice world, adding their own contribution to the celebrations of this great festival of art, culture, sports and tourism.

## Getting To Know You



### Mercedes Rubio

1. *Where did you live before coming to Chongqing?*

In Valencia, Spain

2. *What did you do before coming to CQ?*

I was a beautician.

3. *What's the best thing about living in this city?*

The good prices of things, the safety regarding children.

4. *What do you miss most about your home country?*

The sun

5. *Tell us about your favorite holiday.*

It was in Egypt, I really enjoyed that. The landscape and the culture are great.

6. Tell us about the last book you read.

'Married to Buda' by Shanghai Baby

7. What sound do you love hearing?

Salsa music

8. What are your interests?

I enjoy working in my field.

9. What's the best decision you've ever made?

To have my children

10. What's your favorite childhood memory?

Summer days at my grandma's beach house.

11. What are you looking forward to in your life?

I'd like to have time to travel, to bring up my children well.

12. What have been your overall experience while in CQ?

At the beginning was difficult, but now I enjoy living here.

13. What do you recommend to people who just arrived?

Need time to settle, to get to know the place, don't judge the place from the first impression, and just give time to the place.



## Recipe of the Month

by Mercedes Rubio

### 'Solomillo'

#### Ingredients

- Half a kilo filet
- A tin of black olives
- 10 cherry tomatoes
- Oregano
- Garlic
- Pepper and salt to taste
- 1 egg white
- Olive oil

Marinate the meat for a few hours with the oregano, salt, pepper and garlic. Add olive oil to a frying pan and fry the meat for 15 minutes. Add the cherry tomatoes and the olives with its own liquid. Cook in low fire for 25 minutes.

Make dough as for bread: 500g of flour, a pack of yeast (two tbl spoons) and 2 tbl spoons of olive oil. Mix all very well and knead. Let the dough rest for 30 min.

Roll out the dough and placed the cooked meat inside together with the olives and cherry tomatoes. Close the dough around the meat and brush it with the egg white. Dust a tray with flour and place the meat and into the oven (180 degrees). Bake for 30 minutes and eat. Bon Appetite!

## For the Children and Adults

Zigong Dinosaur Museum, 9 km northeast of the center of Zigong, Sichuan, is a large museum which has been built at the world-famous Dashanpu dinosaur fauna. It is also the first professional dinosaur museum in china and one of the three largest dinosaur museums. Zigong Dinosaur Park is about 3 hours away by car from Chongqing . For further information visit:

<http://www.zdm.cn/en/index.html>

## Chinese Painting Lesson



Every Tuesday at Hefu Hotel in Jiangbei there are two Chinese painting lessons. One starts at 10am and the second at 1:00pm.

Classes are in the 2<sup>nd</sup> floor gallery.

If you already have materials bring

them along otherwise the teacher can arrange them all for you for a small fee. Address: 2 HongJin Road, Jianbei. Tel.: 67533333.

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

## Chinese Language

洗 Xǐ : to wash , bath, clean. 洗发 Xǐ fà (wash hair), 洗手 xǐ shǒu (wash hands)

Phrase: 洗耳恭听 xǐ er gōng tīng means listen intently and carefully (as in "clean your ears so that you can listen clearly!")



## Finally a Place of English Books by Ana Rosa

Rosa

Bridge Book House has opened two stores, one in

Jiang Bei Paradise Walk, on 3004-05 Northern Star Building (above the ladies market in Jiang Bei) and the second in the ground floor of the Ferrari dealer building in Long Hu. This place has books for sale and to lend in English. There is a reading section for children and you can also have a nice cup of fresh coffee. They have a scheme for either individual or family cards for the loans. Opening Hours are from 10am to 7pm every day. Check it out is worth it! [www.Bridge2u.cn](http://www.Bridge2u.cn)

## What's On in Chongqing

- Latin-American Band at Sofitel's Bar Fidel: Great music and good margaritas!

### - Salsa 100 Club- Latin music, Live band (Phillip)

Ground floor: bar, setting areas with tables and few sofas, performance stage. Outside space-great for BBQ in the summer. Drinks: severs soft drinks, snacks, fine wines, beers and whisky. 1<sup>st</sup> Floor: Chill-out Lounge-bars and sofas. Private party can be arranged. Opening Time: Mon-Sun: 6pm-mid night  
**Address:** Chongqing Image Old Street, above Wal-Mart (Nanping), Nan Ping Xi Lu, Nan Ping, Nanan District

地址 (address): 南岸区南坪西路南坪骑龙山庄-重庆映像老街, 南坪沃尔玛上行

### Car Park available

**Directions:** after across Chang Jiang Bridge stay on the right hand lane, pass the Chongqing Exhibition Centre; turn right to Hai Tong Lu, at T junction turn left, and then at first traffic light turn right. Soon after that you can see Wal-Mart superstore and keep going for 500 meters, you can see Chongqing Image.



## Keeping Fit

- Boxing: Freestyle sport karate if interested please contact Alan at [acl\\_kickboxing@yahoo.co.uk](mailto:acl_kickboxing@yahoo.co.uk)
- Belly Dancing: Monday to Friday at 7:30 at Orchard Manor. English speaking teacher. If interested call Crescent on 60976906.
- Yoga at Orchard Manor's Club house every Tuesday and Friday at 6:00pm.

## Where to Find What

- Tickets for shows in Chegdu, Shanghai and Beijing on [www.piano.com](http://www.piano.com)
- GPS in car accessories shops. You can find them with English instructions but address must be input in Chinese characters.
- DHL at Hilton's Business Center.
- Tickets on line: [www.ticket9588.com](http://www.ticket9588.com)
- Facials using natural products with Dr Yuan Zhang 65 46 22 17.
- Cheese, pumpernickel bread, cereal, pasta, cheeses, good meat at Far Easter Supermarket in Jiang Bei.
- Quick way to Chengdu by using new highway to, only takes two and a half hours.

- Good massage at Get the Health in Long Hu (25<sup>th</sup> floor of building crossing street next to Ferrari dealer)

- Ground coffee cheaper than in Metro at Frisco Coffee in Jiang Bei or Starbucks

## Classified

### For Sale

Apartment in the left of the high three towers near the place where the two rivers merge: Hai Ke Ying Zhou, Paradise by the river.

It's a 130 m<sup>2</sup> double floor apartment with Haier center aircon and German water- floor heating system running with gas. (Actually I really enjoy staying at home with warm feet.)

There are 2 bedrooms, one walk-in closet, 2 bathrooms (one guest-bathroom with shower downstairs, one bigger room with shower and bathtub upstairs), open (imported) kitchen incl. oven and big living area. Balcony, 42nd floor. It's western style decorated with high quality equipment. Took 8 month to finish decoration including change of several windows and improve isolation. Paradise by the river offers English-speaking service, there is a kids- playing (not very big) area outside, but pool outside and a really nice gym which offers dance classes, huge pool and spa downstairs. Also a small supermarket and a restaurant and cafe.

If anybody is interested or knows somebody who is looking for a new place please call Wibke 13983920703 or email

[Wibke.Diedenhofen@bmw.debke](mailto:Wibke.Diedenhofen@bmw.debke)

### For Rent

Apartment is situated in PALM SPRINGS (in Chinese Zong Lu Chuan) Ecological Park, with a huge lake, indoor and outdoor swimming pools, a club, beautifully laid out gardens and excellent 24-hour security and management services, by far the highest quality construction existing in Chong Qing at present. It has 4 bedrooms 3 bathrooms, living, dining, kitchen, a laundry room, and a maid's/store room. It has central heating and air condition. It's fully furnished with high quality furniture and equipped with refrigerator, washing machine, etc. It's a 10 minute ride to Jia Zhou (Jiang Bei) and enjoys a shuttle bus service that links the residents free of charge to the centre of the city on hourly basis. The apartment is brand new, connected to internet and land line phone and is situated in the quietest building in the compound.

Available for occupation from now.  
For further details and viewing please contact:  
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Global Doctor Psychologist: Brian Henessy: Rm 702  
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[chongqing@qsi.org](mailto:chongqing@qsi.org)