



COLORADO SPRINGS
CHINESE CULTURAL INSTITUTE
科泉市中華文化協會

茶葉香談

春 SPRING



TEA LEAVES

Spring 2014

Colorado Springs Chinese Cultural Institute

www.cscii.org



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Chinese Proverb

"Tell me and I'll forget; show me and I may remember; involve me and I'll understand."

不聞不若聞之，聞之不若見之，見之不若知之，知之不若行之；學至於行之而止矣

CSCCI 2014

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Heartbeat of the New Year Festival

By Eric Woods

The sound of taiko drums is more than sound. It's feeling your body, your soul, vibrate to the mighty beats. It's the surreal experience of being enveloped by music that captivates your primal nature yet wows your conscious mind. It's a truly unforgettable experience.

The Chinese New Year Festival presented by CSCCI shared this taiko experience as well as so much more memorable immersion in Chinese culture. There were activities for everyone: martial arts performances, traditional Chinese clothes and souvenirs, soothing tea and live musical performances in the tea house, delicate and graceful traditional dances, fun crafts at the Kid's Zone, and even an ornate Lion Dance. All the while, you can enjoy handmade dumplings, noodles, and stir-fry as you browse through the dozens of cultural and community organizations with booths at the festival. One of everybody's favorite booths is the Chinese Folk Art Studio where you can get your name painted in a one of a kind way. Using a foam brush, watercolors, and a gentle touch, they form letters out of detailed sea creatures, lush plants, and so much more. It's a perfect mix of creativity, individuality, and aesthetics into one memorable souvenir.

The taiko drumming was captivating with its power and force, yet the New Year Festival had a unique balance that allowed elegance to compliment excitement. One performance that particularly drew attention was the traditional Tibetan dance, Sky Road, interpreted by XiaoMei Xu. Her long sleeves that twirled and swayed around her during the elaborate and agile dance gave it a unique flair that dazzled the audience. XiaoMei's young dance students from the Chinese Language School also gave a performance, an entertaining way to actively teach children about an interesting aspect of Chinese culture.

If you would like to join in the fun and immersion with us next year, come to the City Auditorium on February 7, 2015 to continue your Chinese experience into the Year of the Sheep!



Mother's Day Dinner

By Eric Woods

Make sure to join CSCCI for our Celebration of Mother's Day Dinner on May 9th. Our dinners are the best way to experience a wide selection of handmade, traditional Chinese cuisine such as Shredded Duck, Sweet & Sour Fish Filet, and Pork with Chives Dumplings. We will also be featuring a performance by local musician Liping Woods playing the erhu (Chinese violin). The Lazy Susan style meal is a perfect time to make connections and new friends who share a common interest in culture and community. If the entree list to the right entices you, please see the Dinner Events section at www.cscCI.org or contact us at 719-287-7624. The price is \$30 per person or \$27 for CSCCI members. We hope to see you there!

Dinner Entrees

- | | |
|--------|------------------------------------|
| 涼拌海蜇 | Chinese Cold Cut Platter |
| 韭菜鮮肉水餃 | Chinese Chives with Pork Dumplings |
| 牛肉捲餅 | Chinese Beef Burrito |
| 鮮蝦扒豆腐 | Shrimp with Tofu Dish |
| 蟹肉餛飩 | Crabmeat / Cream Cheese Wonton |
| 豬肉掛包 | Pork Wrapped in Bread Pouch |
| 醋溜魚片 | Sweet & Sour Fish Filet |
| 冬菇佛手瓜 | Chinese Chayote / Black Mushroom |
| 燒餅包鴨絲 | Shredded Duck In Chinese Biscuits |
| 茶水 | Hot Tea |

The Art of Taiko

By The Taiko Society

Blending ancient and modern influences, Colorado Springs' Taiko Society brings the art of Japanese drumming to the Pikes Peak Region. Formed three years ago by Jesse and Carla Maddox of Monument, Taiko Society has grown from a core of six performers to nearly twenty students and performers engaged in teaching and presenting Taiko drum technique and "songs" to a growing audience.

Taiko - literally "fat drum" - traces its origins to village and religious ceremonies in Japan as early as 4,000 years ago. Taiko ensembles including wind instruments and gongs along with the drums, also occupied an important place in Imperial Palace activities as well as Noh and Kabuki performances. In the mid-Twentieth Century, a trend to combine different types of drums into an ensemble reflecting the structure of a contemporary drum set provided the impetus for a worldwide growth of interest in Taiko.

A featured favorite at the CSCCI Chinese New Year celebrations, the Taiko Society offers weekly classes in basic and advanced Taiko technique and songs. Members also perform for schools and community groups, with a growing schedule of upcoming performances. For more information about classes and availabilities, go to www.taikosociety.com, or phone 719-297-1171.

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.

Become a Member

Colorado Springs Chinese Cultural Institute

To become a member, please complete the information below and send the form with your check or money order to:

Colorado Springs Chinese Cultural Institute
PO Box 2625
Colorado Springs, CO 80901-2625

Membership Benefits:

- Discount ticket pricing for all events and activities
- Free Quarterly Newsletter
- E-mail reminders to all our future events
- and More....

Membership Application

Name _____

Mailing Address _____

City _____

State _____ Zip _____

Phone _____ (H/W/C) _____ (H/W/C)

Fax _____

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Annual Membership

- _____ Student/Senior/Military \$15
- _____ Individual \$20
- _____ Family \$35
- _____ Business (up to 5 members) \$150
- _____ Business (up to 20 members) \$500
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- _____ Non-profit organization (up to 20 members) \$450
- _____ Silver Patron \$150
- _____ Gold Patron \$250
- _____ Platinum Patron \$500



The Other San Francisco Chinatown

By June Chan

As I was walking down Irving St., in the Inner Sunset area of San Francisco, I overheard a young man comment, "The Chinese are everywhere, you cannot go anywhere without running into a Chinese." That is not far from the truth if you live in the San Francisco Bay Area. In fact, according to the 2012 Census, the San Francisco-Oakland and San Jose combined Chinese population numbers 629,243! – out-numbering the entire population of Colorado Springs! In 2010, the San Francisco Asians represented 33.3% of the population, with 21.4% being Chinese or 172,181 in number. This does not include the multinational Chinese (married to Caucasians) that adds another 14, 286 or 1.8% to the total Chinese population of San Francisco. Whew...all this started in 1848 when 2 Chinese men and a woman immigrated to San Francisco on the American brig, Eagle.

Chinese steadily immigrated to San Francisco during the century from 1850 to 1950 when Cantonese-speaking Taishanese from the Guangdong Province of Southern China immigrated to San Francisco. In the 1960's and later, immigrants came from Mainland China and Taiwan where the spoken language is Mandarin or Taiwanese. Others also came from Hong Kong, Macau, and Guangdong Province who are primarily Cantonese speaking. Offspring of these emigrants, referred to as the first generation (born in the United States), have become fully Americanized.

When visitors arrive in San Francisco, one of their first destinations is Chinatown, the largest and oldest Chinatown in North America. Peppered with touristy gift shops and restaurants, it is also the place where local Chinese conduct their daily meal shopping at meat, vegetable and fish markets and bakeries. Clearly a sightseer destination, Chinatown is an experience not to be missed. However, for those that want a more laid back community experience, visitors should wander to what is often referred to as the Other San Francisco Chinatown. The Inner Sunset Chinatown is located just south of Golden Gate Park and has a funky ethnic mix of people including multigenerational Chinese and Irish people and students and faculty from the University of California San Francisco. This accounts for the fact that 35% of the locals have a graduate degree or higher (another 35% have their bachelors degree). The Inner Sunset businesses are locally owned restaurants, coffee

houses, produce markets, shops and drinking establishments where one can watch the SF Giants on screen with locals. There is a wide selection of Chinese restaurants to choose from: Nan King Road Bistro for Asian fusion dishes; San Tung which is famous for its steamy bowls of homemade noodles and shrimp-leek dumplings; South Sea Seafood Village, a Hong Kong-style restaurant with waitresses in Cheongsam attire serving ginger-encrusted crab and Peking duck; Sunset Star, for take-out; and King of Noodles for you know what. The largest grocery store is the Sunset Supermarket or the Man Hing Market with aisles stocked with fresh produce, dried and canned foods or prepared foods of all Asian types. Being eco-friendly, San Francisco enforces a 10 cents per grocery bag or 25 cents per box fee.

By the way, while you are in the Inner Sunset neighborhood, don't miss two of SF's hidden gems – The 16th Avenue Tiled Steps Projects where two steep steps are adorned by handmade mosaics.





Dragon Boat Festival Excursion-July 19, 2014

By Eric Woods

Last year saw CSCCI's first excursion to the Denver Dragon Boat Festival, and this year we are excited to continue the journey. This is your chance to join in the fun of cheering on the intense athletes, enjoying delicious Asian Cuisine, and learning about Asian culture through dozens of exciting demonstrations and displays. In addition to the wonderful experience of the festival, taking the journey with CSCCI gives you many benefits. We provided a spacious and relaxing bus trip both to and from Denver, as well as snacks and drinks for your comfort. All of our guests will also get an in depth exploration of the Festival's history with a special behind the scenes tour given by one of the Festival's cofounders. If you would like to join us, check out our website, www.cscCI.org, for more details and registration. We hope to see you there!

P.S. For more about the traditional history of the Festival and to get a better picture of what the Denver Dragon Boat Festival is like, please read the 2013 Spring and Fall editions of the CSCCI Tea Leaves Newsletter.

Upcoming Asian Cultural Events

CSCCI Dinner Event*

Jade Dragon Chinese Restaurant, Colorado Springs
May 9, 2014

42st Annual Cherry Blossom Festival

Sakura Square, Denver
June 28-29, 2014

Colorado Dragon Boat Festival*

Sloan's Lake Park, Denver
July 19-20, 2014

CSCCI Chinese New Year Festival

City Auditorium, Colorado Springs
February 7, 2015

*Register online at www.cscCI.org

Upcoming Asian Cultural Holidays

Quin Ming (Pure and Bright) Festival 清明節

April 25, 2014

Mid-Autumn Festival 中秋節

September 9, 2014

SPECIAL THANKS TO:

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有機蔬菜的迷思

作家 - 曉食世界

回到臺灣，好像每個朋友，都在吃有機蔬果，而每個朋友，也都勸我要轉變飲食習慣。

說也奇怪，陌生人聽了我這個專家的意見，會多少聽一點。反而老朋友，從不去想我是專家，而把我這個專家的意見，當作耳邊風，寧可去聽信一個電視上陌生名嘴的言論。怪哉！

有多少人了解什麼是有機耕作？不想用太多的理論，打個貼切的比喻，就像八九十年前的農夫，耕作的方式，那時沒有農藥，沒有人工化學肥料，農地沒受過人工的污染，一切天然！讓我和您討論下面的要點，這些都是有科學基礎的，但是略過科學不談，不然這會是一部長篇論文集。

有機蔬菜沒有比較營養，白菜就是白菜，蕃茄就是蕃茄，不管怎麼種的，裡面的營養成份是相同的，如有人真要雞蛋裡挑骨頭，我會告訴您，有機蔬菜營養會差一些，因為人工肥料將農地的化學元素調到最好的比例，而有機肥料則是天然的，天然的在此不是"最好"的代名詞。

有機蔬菜比較安全嗎？這點需要討論，一般農耕，用農藥殺蟲殺草，用化學肥料提升蔬菜品質，所以收成時，一定有農藥附著其上，因而產生安全疑慮。所以政府有訂定農藥的最大容許檢出量，而農夫在接近收成之時，必須停止農藥的使用，而且在收成之後，也必須適當處理，讓最大容許檢出量符合政府的規定。如果農夫能作到，送到市場販售的蔬菜是安全的。臺灣現在食品安全方面的問題是，政府的公權力和公信力蕩然無存，而黑心商人處處皆是，這才應該是重點。

有機農耕有兩大目的，第一，為後世子孫，留下一片淨土，不受化學物質污染。第二，讓消費者免於農藥殘留的風險。這是正確的思維與作法，但是這種耕作方式，不是沒有副作用的！沒有殺蟲藥，蔬菜培育期間，會受到各種蟲類的侵蝕，收成之後，如果不適當處理，寄生蟲和蟲卵的污染，會給消費者帶來一定風險。所以一般而言，絕對不建議生食有機蔬菜。除非您有把握把它們處理的乾乾淨淨。處理不當而生食，將有不小的風險。和一般蔬菜一樣，販售有機蔬菜的商人必須遵守政府為有機蔬菜所採取的管制措施。

所以不論是一般蔬菜或有機蔬菜，如果清洗不當，一般蔬菜，您冒的是慢性病的風險，而有機蔬菜，您冒的多半是急性病的風險。

有機蔬菜為什麼貴？主要原因是供需不平衡，消費者為求養身及環保，近年選擇有機蔬菜的愈來愈多，但真正從事有機耕作的商家不多，價格自然較高。同時，有機土地的準備，有一定的初期成本，再加上有機耕作，沒有除草劑，所以容易長雜草，需花費人工去除，如果除不淨，雜草會和蔬菜爭食土地的養分，而使蔬菜長得不好，造成一定損失。同時有機耕作，蔬菜因為蟲的侵蝕，損失率較高。人工和種菜的損失，這些成本都轉嫁到消費者身上。

另外一點，正常狀況下，有機蔬菜的賣相，因為蟲食的關係，應該會比一般蔬菜差。如果您看到一顆有機白菜比一般白菜好看，原因不外兩點，商家耕作及處理的投資較高，或者最不好的原因，就是有機其實非有機。消費者必須詢問清楚，以保權益。

不論有機或一般蔬菜都得經過一樣的清洗程序和烹煮，一般蔬菜，如果您有十足把握清洗乾淨，煮熟，您可放心食用，同時，又省了不少錢！有機蔬菜，如果您覺得值得花多一點錢去買，沒問題，但是千萬不要生食！除非您有十足把握清洗乾淨。

以上簡要資訊，謹供參考，不想作任何結論，至於我本人，只買一般蔬菜，省了不少錢，讓我去逛街！

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Sr. Designer: Justin Abshire Creative Director: John Chlebus
Editor: Eric Woods