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.

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 (腊味) 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 (年货大街). Shopping and preparing for the New Year food has become the busiest task for the homemakers before the Lunar New Year.

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 discomposure even when he is not noticed of men.”
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 is 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 grand jetés and the Cultural Revolution are just the exotic window dressing 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.
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 lifestyle 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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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!
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 style, Suchou style, Ningpo 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), which symbolizes the prosperity, the sweet rice cakes, which symbolizes the good fortune, and the white radish rice cakes which symbolizes the good omens.

Feng Shui

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 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.