

Australia China Friendship Society ACT Branch Inc



澳中友好协会

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Bulletin

2018/8 August 2018

Coming events

Conversation evening

9 September

Talk on Art Deco Department stores of Shanghai

19 September

ANU Chinese Classical Music Ensemble concert

7 October

Trash and Treasure stall

11 November



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Promoting friendship and understanding between the Australian and Chinese people

For your diary

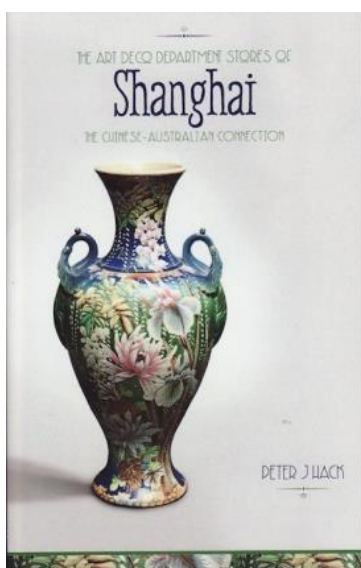
Chinese – English conversation evening: 9 Sept

One Sunday each month there is a Chinese-English conversation evening from 7.30-9.30pm at the home of Shirley Johns. One hour is spent speaking Chinese (for English speakers who would like to practise their Chinese) and one hour is spent speaking English (for Chinese speakers who would like to improve their English).

If you would like to attend the conversation evening, please phone Shirley on 6254 4305 (after hours).

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### Art Deco department stores of Shanghai



On 19 September we will be treated to a talk on the art deco department stores of Shanghai by Peter Hack, author of a book on the subject.

Shanghai's Nanjing Road is internationally famous for its iconic art deco department stores. These stores are not just about shopping. They are not just about selling modern goods from around the world. They are about entertainment and they are about pleasure!

But if you were to ask who established these stores, there would be very few people who would know

the answer. Even fewer would know the names of the Chinese–Australian merchants who were key-players. It is no exaggeration to say that the department stores of China and Hong Kong were built on the back of Sydney's Haymarket banana trade. Peter will have copies of his book with him.

The talk will be at 7.30pm at the Southern Cross Club, Jamison. Those who wish to may meet for dinner in the bistro at 6.00pm. Please book by emailing [acfsevent@gmail.com](mailto:acfsevent@gmail.com) by 14 September.

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ANU Chinese Classical Music Ensemble

The **ANU Chinese Classical Music Ensemble** will present a concert from 2.00–4.00pm on 7 October in the Larry Sitsky Room, Canberra School of Music. The title of the concert is 'Spring thoughts'.

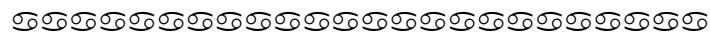
Tickets: Adult \$20, Concession/member \$15, Student/ child \$10, Family \$35. On-line booking details available next month.

Fast facts from the Beijing Review, August 2018

- Chinese police have pledged a continuous crackdown on gambling in a bid to safeguard social and economic security. In recent months a number of cases of online gaming platforms being used for gambling purposes have been found and hundreds of million yuan frozen.
- The Chinese Space Station is expected to be launched in 2019 and be completed and operating by 2022 it will orbit about 400 km above the earth. China has announced that all UN member states are welcome to utilise the space station. It will be open to both public and private organisations with scientific purposes.
- The Ministry of Education will recruit another 10,000 college graduates to teach in primary and middle school in rural areas this year. Generally, there are not enough teachers in rural areas and the proportions of different kinds of teachers is not appropriate. It will also make efforts to ensure the average income of teachers does not fall below that of civil servants in the same area.
- China has released official standards for sign language and braille that went into effect on 1 July. Until now, due to regional and cultural differences both sign language and braille have not been the same across China. China has more than 34 million people with hearing, vision and speech impairments.
- Chinese researchers have developed a nano material that can remove Hexavalent chromium, a major cause of heavy metal pollution in China, from water. They used high temperatures and pressure to create the nano material from waste cartons; it is then coated with nano-scale iron.

Thanks to Neil Birch for compiling these.

The ensemble will also be performing at the High Court on Sunday 2 September at 1.30pm, and at Floriade.



Trash and Treasure Stall, 11 November

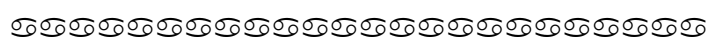
The next ACFS trash and treasure at the Fyshwick Markets will be on Sunday 11 November. As you know this is a major fundraising effort for Project Hope. Christmas will be coming and items suitable for gifts would be really welcome. It would be good if we could sell jams and preserves, as well as possible gift items along with our usual baked goodies and quality preloved items. If any members could make jams or other preserves for our stall, we would be very grateful. Home-made items are usually great fundraisers. We also accept quality bric a brac but no electricals or clothes please. And I know it is early days but November will be upon us before we know it, so mark the date in your diaries, bring your friends to shop and if you can come and help on the day that would also be really great. Please contact me if you want more information. Angela awydeveld@hotmail.com or 62888949

ANU China in the World events

Date	Time & location	Title & presenter
16 Jul -30 Aug	9:00am-5:00pm Gallery, China in the World Building (188), Fellows Lane, ANU	CIW Exhibition Newly discovered photographs of Beijing, 1900–1902
30 Aug	3:30pm-5:30pm Seminar Room A, China in the World Building (188), Fellows Lane, ANU	ANU China Seminar Series CANCELLED — Learning to Fight a Modern War: Armed Forces in Nationalist China, 1928–1937 Presenter(s): Kwong Chi Man
19 Sep	7:00pm-8:30pm Palace Electric Cinema, NewActon Nishi, 2 Philip Law Street, Acton, Canberra	Film screening China Love
20 Sep	3:30pm-5:30pm Seminar Room A, China in the World Building (188), Fellows Lane, ANU	ANU China Seminar Series New perspectives on Neolithic cloth production in the Yangzi Valley, 7000 BP Presenter(s): Judith Cameron

Talk on Chinese Culture

On Wednesday 15 August Alex Olah entertained and informed some 25 members and friends with his observations on China, Chinese culture and Chinese student life. Alex and his wife Vera spent several years teaching English in Shandong Province and his keen interest and enthusiasm infused his talk, which could have gone on much longer.



China International Poverty-Alleviation Conference, Xing County, Shanxi Province

In early June the ACT and NSW Branches of the Society received an invitation from the Chinese People's Association for Friendship with Foreign Countries (CPAFFC) to attend the China (Xingxian) International Poverty-Alleviation Conference to be held in Xing County, Shanxi Province on 27 and 28 June 2018. Carol and Brian Keil and John Wong were the ACT representatives, with Margaret Kelly, Peng Tow and Lesley Heath being the NSW representatives.

This was the first such conference organized by CPAFFC who have been supporting the poverty-alleviation efforts of Xing county since 2015. President Xi Jinping visited the County in June last year and China aims to wipe out absolute poverty by 2020.

Upon our arrival in Beijing I discovered that I had locked Brian's suitcase and thoughtfully left the key at home. The hotel staff were unable to unlock it, so next morning, Doris, from CPAFFC, who was looking after us, engaged a locksmith and in a mere 5 minutes managed to open it! We were to travel to Xing County in the afternoon and Mr Xu Fenghua, from CPAFFC, hosted us for an excellent lunch before we journeyed to the airport for our flight to Luliang, a relatively new city of some 3.87m.

The descent in to Luliang was spectacular as the airport was created by removing the tops of 2 very high loess formations. Xing County was a 2 hour trip from the airport along an elevated 2 lane divided freeway through numerous tunnels of lengths varying from ~200m to 6 kms. We travelled in a motorcade of 12 minibuses with a police escort and all buses operating their hazard lights. There was very little traffic on the roads and little evidence of human habitation or activity.



LANDSCAPE NEAR LULIANG



XING COUNTY LANDSCAPE

Xing County has the largest land area of any county in Shanxi and a population of 306,800. It has 17 towns, 376 villages and 19% of the land is forests. It was one of the main battlefields of the 120 Division of the Eighth-Route Army. In 2017 the County was designated as being extremely poverty stricken with an impoverished population of 37,513. The County has rich resources with an estimated reserve of coal of 46.1 billion tons. It is a new development zone with

new large scale projects related to

coal, electricity and aluminium as well as agricultural industries. Per capita disposable income is Y20,148 (\$A4,030) for urban residents and Y4,471 (\$A890) for rural residents.

Our hotel was on the edge of town and each time our buses left police were stationed at all intersections to give us complete right of way even though traffic was virtually non-existent.

The conference began with a spectacular video on Shanxi province and was followed by short speeches by the President of CPAFFC Mme Li Xiaolin, The Jamaican Ambassador to China, the Vice-Governor of Shanxi Province, the National Secretary of Secours Populaire Français (SPF) and the Vice-Chairman of the International Committee for the Promotion of Chinese Industrial Cooperatives (Gung Ho). There were 160 attendees including representatives from 16 countries. From these speeches we learned that CPAFFC has links with 500 organizations in 150 countries; Shanxi Province has the most Photo Voltaic power stations in China; challenges are that as poverty rates fall those still in poverty are the most difficult to remedy; SPF (which was created after WWII to reduce poverty) has been working in China for 11 years and works in 80 countries.



ACT, NSW AND CPAFFC DELEGATES

The speeches were followed by the signing of a number of agreements between Xing County and various organizations and then presentation of donations by a number of corporations. A tea break enabled us to mix with presenters and other delegates and we then had another 7 keynote speeches by both government officials and corporate representatives. Some of the issues raised were:

- There are 3,350 villages in Shanxi where the local environment can't support them
- Those unable to work need to be properly housed and supported
- there are still 900,000 poor in Shanxi
- 379,000 people, some living in shanties, are to be re-located from poor villages
- 175 villages are being re-located in Xing County
- Xing County has 91 PV power stations and 290 are under construction
- 950 m people in China have a problem with their vision of whom 450m have not been helped
- Essilor trained 42 teachers, 4 doctors and 7 nurses and tested all children in targeted schools and found 8000 with myopia. They plan to establish a vision centre in the hospital for all children in the County.



From Essilor's China website:

- *Up to 80% of young people aged 16 to 18 living in urban areas and 78% of 15 years old are myopic.*
- *About 650m Chinese children have vision problems that can be corrected with glasses, however, only 300m of them wear glasses*

The afternoon was devoted to a number of visits and inspections. Unfortunately we were a very large group making it very difficult to hear the explanations even though we had individual earpieces providing English translations.

Our first stop was the Zhangjialiang area in the loess hills where there is a farmland-to-forest project for 3 villages whereby poor farmers are re-located and the area vacated is rehabilitated and planted with walnut trees that bear fruit in 2 years. Barren hills and slopes are being planted with pines, bamboo, willows, robinia, wild peach and apricot trees. The farmers receive rent for the

vacated land and ~Y3800 (\$A760) for fruit from the trees. 31 poor villagers will be employed with an average income of Y4,000+ (\$A800+) and 3 poor villagers will work as forest rangers with salaries up to Y6,000 (\$A1200). We did not see any of the villages nor any signs of human habitation or activity but were taken to a lookout which provided a magnificent view of the surrounding area

Next was an e-commerce centre which had a room of people in little cubbyholes at computers next door to a warehousing a distribution section. They are part of Taobao and 2 other e-commerce platforms. We continued on through a training room but could not hear how often or who they trained. Upstairs was a beautifully laid out showroom of Xing County products – handicrafts, dates, millet, etc – with tasting of dried, smoked, and smoked, dried and sliced.

Our third stop was the 120 Division School whose name derives from the 120 Division of the Eighth Route Army. It provides 9 years of compulsory education, is exceedingly well-resourced and would be the envy of many an Australian school-teacher. It had 120 classrooms as well as a gym, laboratories, computer lab, library, etc. and dormitories accommodating up to 1300 students. Lessons are conducted both face-to-face and on-line. The school currently has 163 teaching staff and 2245 students. 591 students are from registered poor families and 155 are 'left-behind children' whose parents are migrant workers in cities. Poor and left-behind students are admitted unconditionally and receive free tuition and fees, 2 school uniforms each year and a living allowance and subsidized meals if boarders. There was a large wall sculpture inside of Norman Bethune with another westerner.



WALL SCULPTURE IN THE SCHOOL

Our last stop was the QIngquan vinegar industry corporation. The vinegar is very famous and has been made by the same family for more than 300 years. We could only see the process after the bottles were filled and this was mainly manual – inserting stoppers, sealing the bottle, packing into cartons and sealing. They also make a jujube vinegar which was very refreshing and pleasant to drink – not at all acidic.



The final component of the conference was a dinner party. An excellent variety of local dishes - eight cold and at least eight hot - were served and I had been asked to give a 3 minute speech. As the speech had to be interpreted I only needed to speak for 1 and a half minutes which I did (unlike other speakers who spoke for much longer!) Many officials came around to each table for toasts and photos and there was much co-mingling of delegates.



AT THE DINNER PARTY

The next morning was an industry promotion event with presentations and displays of products by local companies and we sampled, dates, walnuts, honey (from date and acacia flowers), mushrooms, buckthorn(a health drink), dried beef and pork. Brian came away with a goodly quantity of samples. After lunch at our hotel it was back to Luliang airport along the excellent freeway with again hardly any traffic, to find a state of bedlam at check-in with boarding pass names being shouted out and mad scrambles but we made the flight on time – just!



EMPTY TOWER BLOCKS NEAR OUR HOTEL

The conference was most interesting and informative. our accommodation was good and the food in the hotel was traditional – not westernised as happens so many times when foreigners are guests. we had never been to Shanxi and the scenery was amazing. we were somewhat perplexed at the large number of empty 27 storey apartment blocks but very impressed with the highways and tunnels. we greatly appreciated the opportunity provided by CPAFFC to attend this conference.



JOHN, BRIAN, LOU XIAOYAN, CAROL

Once back in Beijing we visited Beijing PAFFC and met with Zhi Jianjun, who I have known for many years, and his colleague Chen Yi. We discussed possible projects for the forthcoming year and will provide more details when we have done some investigation. We also had lunch with Mme Lou Xiaoyan, a former Cultural Counsellor who has slowed down a little due to a hip operation but is otherwise well.

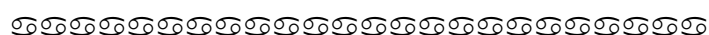


DAVID, ISABEL AND CARL CROOK WITH CAROL

Brian and I visited Isabel and Michael Crook, also for lunch. Isabelle is now 103 and much frailer than when I last saw her but she still managed a 40 minute walk around the lake next to the restaurant. We had interesting discussions about the Gung ho movement which Michael and Isabel have been involved with for many years and it was at a Gung ho conference in 1994 that I first met them both. We also discussed Australia's attitude to China of recent times of which they were very well-informed.

Carol Keil

John Wong's report on the Conference will appear in next month's Bulletin.



Solar Terms: Nine things about Start of Autumn



Start of Autumn, the 13th solar term of the year, begins this year on Aug 7 and ends on Aug 22. [Photo by Lin Dihuan/provided to China Daily]

The traditional Chinese lunar calendar divides the year into 24 solar terms. Start of Autumn, (Chinese: 立秋), the 13th solar term of the year, begins this year on Aug 7 and ends on Aug 22. Start of Autumn reflects the end of summer and the beginning of autumn. The fruitful season is approaching.

In China, the 24 solar terms were created thousands of years ago to guide agricultural production. But solar term culture is still useful today to guide people's lives through special foods, cultural ceremonies and even healthy living tips that correspond with each term.

The following are 9 things you should know about Start of Autumn.

1. 'Autumn Tiger'. Although Start of Autumn indicates the beginning of autumn, hot weather will not come to an end. The period of hot days after Start of Autumn, usually lasting for 30 days, is called "Autumn Tiger" or "Indian Summer." Because of decreasing precipitation, it is even more sweltering during this period than during Major Heat.

2. Fleshing out in autumn

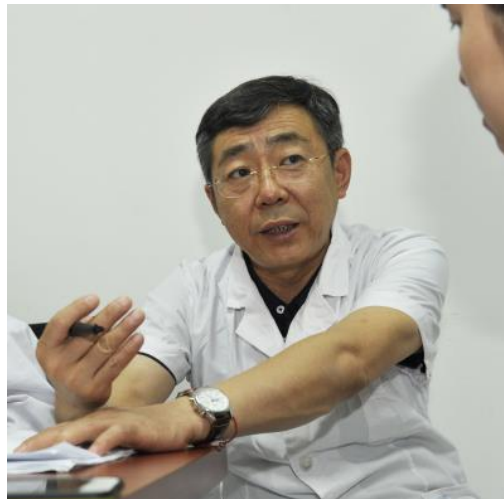
On the first day of the Start of Autumn, usually people will weigh themselves and compare their weight to what it was at the Start of Summer. If one has lost weight during the summer, then at the beginning of autumn, he or she needs to flesh out by eating many different kinds of delicious food, especially meat.

works until 9 p.m. every workday, and even uses his lunch break to see patients.

Such a busy schedule has long since become his normal pattern. By alluding to cases he has successfully treated in the past, Zhang tries to allay his patients' concerns and offer them encouragement. "I enjoy my work. Many patients coming into my office look worried, but they leave looking relieved. Nothing can compare with that sense of satisfaction," Zhang told *Beijing Review*.

Revolutionary therapy

Zhang has been involved with traditional Chinese medicine (TCM) since he was a child. "During my childhood, a TCM doctor often visited my home to treat me when I was sick. Every time I would recover quickly. I fell in love with the smell of Chinese medicinal herbs," he said.



Zhang Xiaojun talks to a patient at Xiyuan Hospital in Beijing on May 17 (SHI GANG)

He was fascinated by the history and lore of TCM and began to learn from the doctor during his second year at middle school. He later entered the School of TCM at the Capital Medical University and after graduating, worked in the Surgery Department of Xiyuan Hospital. Zhang explained to *Beijing Review* why he chose to work in the Surgery Department. "There were few men studying TCM at that time, and during our internship the female students were too scared to sew up incisions following surgery. I had to assist my teacher during every procedure," Zhang recalled. "After practicing for a long time, I realized that doctors had to grasp authentic skills to perform surgery. Upon my graduation, there was a vacancy for surgeons at Xiyuan Hospital, so I applied." Although Zhang became a surgeon, he did not totally shelve his knowledge and fascination with TCM. Instead, he combined the two while treating patients. "I gave acupuncture treatment and offered digital acupoint pressure and other TCM remedies to patients. These forms of therapy turned out to be effective and won patients' acknowledgment." Since then, Zhang has integrated TCM with Western medicine to specialize in the treatment of breast cancer.

One day in 2008, Zhang received a phone call from another breast oncologist, telling him of a patient who had been diagnosed with plasma cell mastitis and had relapsed three times. Various Western methods had been used to treat the patient, but all had failed. By this point Zhang's background as a specialist in both TCM and Western medicine was well known, and so the doctor on the phone believed that he was the man to turn to. The causes of plasma cell mastitis are still unknown, but its incident rate has been increasing in recent years. Its clinical manifestations include swelling, redness, ulceration and purulence, which can lead to changes in the shape of the breast. The irregular range of lesions means that it is difficult to completely remove. Patients not only suffer from physical pain, but also face enormous psychological pressure.

After receiving the call, Zhang devoted himself to studying the pathology of plasma cell mastitis from the perspective of TCM. He finally discovered a treatment using a few Chinese medicinal herbs which had miraculous effects, was non-invasive and also kept patients' breasts intact. His therapy also proved effective in the postoperative healing of wounds.

Zhang's pioneering TCM therapy spread by word of mouth among patients and now he receives nearly 10,000 patient visits every year, with some patients even coming from abroad for his services. "Many people did not believe that a

TCM therapy could cure plasma cell mastitis, but now more and more hospitals and patients are recognizing this therapy," he said.

Herbal values

President Xi Jinping, also General Secretary of the Central Committee of the Communist Party of China (CPC), said in his report to the 19th CPC National Congress in 2017, "We will support both TCM and Western medicine, and ensure the preservation and development of TCM." One year previously at a national conference on health, Xi also stressed the importance of developing both Chinese and Western medicine and promoting the complementary and coordinated development of the two systems, as both have significant advantages for China's health undertakings.

Xi's observations resonated deeply with Zhang. "TCM and Western medicine are not contradictory," he said. "Western medicine is indispensable in emergency treatments and surgery, but TCM also has its own advantages. For example, it can be used to treat some diseases that Western medicine cannot cure, and is effective in preemptive healthcare, keeping fit and postoperative rehabilitation." Zhang was at pains to note that he does not object to surgery, but believes that TCM and Western medicine can be integrated. According to Zhang, doctors can use TCM to reduce swelling before performing surgery, which could help to reduce the potential for harm.

Yet although TCM and Western medicine are complementary in some areas, the reality is that the benefits of TCM remain poorly acknowledged in the West. In Zhang's opinion, TCM should use internationally accepted methods and authentic data to justify itself, and employ evidence-based research to win recognition in Western minds. "Right now I am trying to make TCM better recognized in Western medicine, and promote Chinese medicine to the world," Zhang said.

Entwined destiny

Zhang has worked at Xiyuan Hospital since 1989, and has witnessed the changes and development of the hospital over nearly 30 years. "When I started working at Xiyuan Hospital, its facilities were outdated and insufficient, not much better than most township hospitals." But with the development and growing prosperity of the country, more and more emphasis has been placed on its modernization. Later, Xiyuan Hospital opened new outpatient buildings and upgraded its instruments and equipment

With the evolution of society and the economy, China's national strength has improved along with living standards. People's awareness of their own health has also increased, which has made the public more skeptical of those with no real knowledge of and skills in TCM. Moreover, the government has issued strict rules on the research and development of medical science as well as clinical trials. All this has helped TCM to win acceptance from people and the support of the government. TCM has not only brought benefits to the Chinese people, but is gradually becoming popular elsewhere in the world. Xiyuan Hospital, as a champion of TCM, organizes training and exchange activities about TCM with foreign hospitals every year. It also dispatches Chinese medicine experts to other countries. In recent years, the research and development of TCM to treat hypoglycemia, hypolipidemia and heart disease has been certified by developed countries such as Germany and New Zealand. TCM is gradually spreading from China to the rest of the world.

"As a TCM doctor, my primary aspiration is to serve people's health," said Zhang. "After retiring, I would like to use my knowledge and skills in TCM to volunteer at a not-for-profit nursing home."

Thanks to Teck Lee for the link to this item.

Australia China Friendship Society ACT Branch — membership application form

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