

Australia China Friendship Society
ACT Branch Inc



澳中友好协会

PO Box 530, Civic Sq, ACT 2608

ABN: 51 554 404 306
acfsact@gmail.com
www.acfs.org.au

Bulletin

2023/1 January 2023

Coming events

| | |
|--|-------------------|
| Lunar New Year Celebration in Dickson | 21 January |
| Chinese New Year dinner | 23 January |
| Lantern-making workshop | 29 January |
| Lantern Festival | 4 February |
| Annual General Meeting | March |



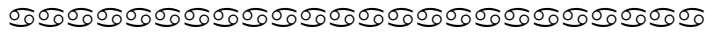
Committee

| | | |
|--------------------------|----------------|--|
| President | Carol Keil | 6247 8231 cjkeil@proforte.com.au |
| Secretary | Tanja Naeher | 6259 5539 |
| Treasurer | Neil Birch | 6287 4602 |
| Bulletin editor | Jean Norman | 0405 617 222 jjnorman46@grapevine.com.au |
| Committee members | John Wong | 6294 0068 |
| | Alex Olah | 0490 660 738 |
| | Amanda Andrews | 0452 323 520 |
| | Corinne Zhang | |

Promoting friendship and understanding between the Australian and Chinese people

Chinese New Year dinner

Members and friends are invited to a dinner to celebrate Chinese New Year, which will be held at the China Tea Club in North Lyneham on Monday 23 January at 7.00pm. A banquet at a cost of \$35 per person has been arranged. Please book by emailing acfsevent@gmail.com by 19 January.



Lantern Festival and Lantern-making workshop

After all the disruption of the past two years, the Lantern-making Workshop and the Lantern Festival are returning in January and February. Please come, and bring friends, children and grandchildren to make these the joyous occasions they have been in the past.

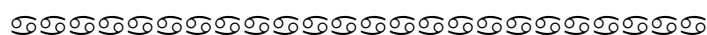
The **Lantern-making workshop** will be held on Sunday 29 January from 1.00 to 4.00pm in the Community Hall at Cook. All materials provided, gold coin donation, bookings to acfsevent@gmail.com by 27 January. If you would like to come and help, please do!

The **Lantern Festival** for 2022 will be held on Saturday 4 February in the Beijing Garden, on the lake. This is our major event for the year and has proved very popular.

Help with setting up and lantern sales

We will be needing help with the setting up of the park for the festival. There are lanterns and lights to hang, tables to set up, lanterns to be prepared. We will begin at about 1.00pm with a view to having everything done by 5.30 or so.

There is also a great need for help with sales of lanterns. Tasks include handing out lanterns with LED lights and sticks, and taking payments. There is always a huge rush just before the lantern parade begins, so at least six people would be good. The more we have the more we can organise shifts so some volunteers can see some of the performances. Please let us know if you are coming by emailing acfsevent@gmail.com.



Lunar New Year Celebration in Dickson

The ACT City Renewal Authority is arranging an afternoon/evening of celebrations for Lunar New Year on 21 January in Woolley St Dickson. We will have a stall to promote the Society and sell lanterns and Chinese decorations, so hope to see you on the day.

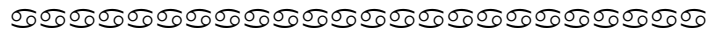
Fast facts from the *Beijing Review*, January 2023

- By 2025 a Traditional Chinese Medicine (TCM) information system will be implemented. It will enable the establishment of smart TCM hospitals and online TCM pharmacies and medical services.
- Fifty intelligent infrared cameras that can capture and transmit images of animals in real-time have been near Chengdu in the Giant Panda National Park. The cameras have solar powered batteries.
- The third phase of a wet waste recycling project in Shanghai is due to be completed by May 2025. It will handle 2,000 tons of wet waste per day and is expected to be able to produce more than 3,600 tons of crude oil, 20,000 tons of organic fertiliser and 80,000 tons of compressed natural gas annually.
- Shanghai Port remained the world's busiest container port for the 13th straight year in 2022. Container through-put exceeded 47.3 million 20-foot equivalent units. In July it handled 4.3 million, a monthly record.

Thanks to Neil Birch for compiling these.

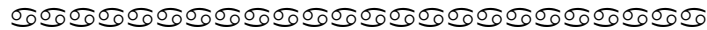
Memberships due

All memberships fall due on 1 January. Details of prices and bank transfer information is on the back page of this Bulletin.



Annual General Meeting

The Society's Annual General Meeting will be held in March. There will be a short formal meeting followed by a meal. Date and venue to be advised, but please consider attending and standing for the Committee. New people always needed!



Committee News – December 2022 meeting

Happy 2023!

Although we are into January, we are reporting on your committee's final meeting for 2022 held in late December at the 'Lemongrass' restaurant in Woden. A decision was made to do this rather than to juggle a meeting early January 2023, with a number of committee members travelling during the festive season and into the start of the year.

A large amount of the meeting was used to plan the many tasks for the 2023 Lantern Festival and workshop, which will be upon us before we know – with the workshop on the 29 January and the festival on 4 February 2023. Details are in the bulletin, however, would like to impress we are always looking for volunteers to help at both events, so please let one of the Committee know if you are able to do so.

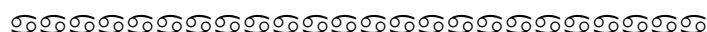
We also discussed the plan to have a promotional stand at the Lunar New Year celebrations being held in Dickson on 21 January 2023. The event is timely for us to promote the society, as well as the Lantern festival events and of course the Hope Project.

Other items of business during the meeting included thanking John for making the IT purchases using the funds from the Technology grant. We debriefed on the Christmas dinner held at 'Jimmy's Kitchen' where the cultural office generously gifted t-shirts celebrating the 50th anniversary of diplomatic relations between China and Australia.

Our next function is to celebrate the Lunar New Year of the Rabbit, with a dinner at the 'China Tea Club' restaurant in North Lyneham on Monday 23 January 2023. Please see the bulletin for more details.

Wishing you all a very happy, healthy and prosperous start to both 2023 and for the pending new Lunar Year.

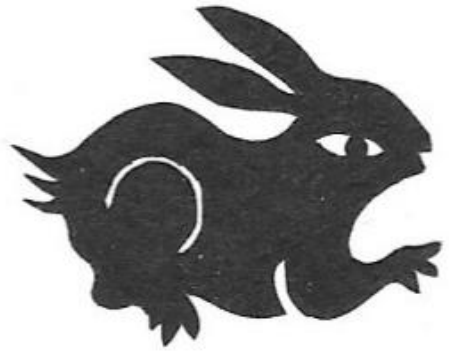
Your Secretary, Tanja



Year of the Rabbit

By Fefe Ho & Chloe Chiao

The Rabbit is the fourth of all zodiac animals. Legend has it the Rabbit was proud—arrogant even—of its speed. He was neighbours with Ox and always made fun of how slow Ox was. One day, the Jade Emperor said the zodiac order would be decided by the order in which the animals arrived at his party. Rabbit set off at daybreak. But when he got there, no other animals were in sight. Thinking that he would obviously be first, he went off to the side and napped. However, when he woke up, three other animals had already arrived. One of them was the Ox he had always looked down upon.



The Rabbit is also associated with the Earthly Branch (地支 / dì zhī) mǎo (卯) and the hours 5—7 in the morning. In the terms of yin and yang (阴阳—yīn yáng), the Rabbit is yin.

Rabbits are earnest with everything they do; they just ask that others treat them the same way.

In Chinese culture, rabbits represent the moon. Some say it is because the shadows of the moon resemble a rabbit. Others say it is because of the rabbit's pure characteristics.

Paired with the Celestial Stems (天干 / Tiān gān), there is a 60-year calendrical cycle. Although mǎo is associated with metal, the years also cycle through the five elements of nature (五行 / wǔ xíng).

Personality and Characteristics. To outsiders, the Rabbit's kindness may make them seem soft and weak. In truth, the Rabbit's quiet personality hides their confidence and strength. They are steadily moving towards their goal, no matter what negativity the others give them.

With their good reasoning skills and attention to detail, they make great scholars. They are socializers with an attractive aura. However, they find it hard to open up to others and often turn to escapism.

A plain and routine life is not their style. Though conservative and careful in their actions, they need surprises every so often to spice things up.

Men born in the Rabbit year are extraordinarily polite and do whatever they can to avoid conflicts. They have control over themselves and are sometimes conservative. They may seem to be a yes-man, but they have a bottom line that they won't cross.

These men like organizing and decorating, and often help their wives with chores. But that doesn't mean they actually like being responsible for the home. Though a great friend, they don't like becoming too close to someone.

Women born in the Rabbit year love being social. They are thoughtful and treat everyone politely. They are very conscious of their public image and hate violence and arguments.

In love, they are very extreme. There's a clear difference between who they love and who they don't. And they rarely pass that line. But if they love someone, they'll put

everything into the relationship. But the deeper they go, the more hurt they can get. These Rabbits are more insecure than other zodiacs and need to be reassured often.

Compatibility

Most compatible with Rabbit: [Dog](#), [Pig](#), [Goat](#)

Both Dog and Rabbit wish for a peaceful and quiet life. They'll work towards this and enjoy it together. Rabbit and Pig have similar personalities and will be attracted to each other. Goats need someone to depend on. Rabbits enjoy taking care of others and complement Goats well.

Least compatible with Rabbit: [Rooster](#), [Dragon](#), [Rat](#)

Rabbit and Rooster clash strongly and are the least compatible. Even today's weather can be the reason for an argument. Dragons have similar goals and interests with Rabbit. However, their personalities may clash. Relationships with Rats are tricky. With time, differences will appear and it'll become impossible to agree with each other.

Lucky things for Rabbits

- **Colours:** red, pink, purple, blue
- **Numbers:** 3, 4, 9
- **Directions of auspiciousness:** southeast
- **Directions of wealth:** northeast, southwest
- **Directions of love:** east

Unlucky things

- **Colours:** brown, grey, white
- **Numbers:** 5, 11

Health and Lifestyle

Health includes physical and mental health.

Physically, Rabbits have nothing to worry about. For the small problems that may occur, the symptoms are obvious. This leads most Rabbits to take things seriously and visit the hospital before it can worsen.

However, they have many bad eating habits. They don't have a balanced diet, with too little or too much of certain foods. This can lead to some problems in the urinary system.

The biggest problem is their insecurity. Rabbits can suffer from anxiety and depression. Try letting go of problems and being prepared for unexpected difficulties.

Horoscope

2023 is the Year of Rabbit, which means those who were born in previous Rabbit years will be "[Fan Tai Sui](#)", indicating a year characterized by many fluctuations in luck, when your highs are very high, but lows can be quite devastating as well.

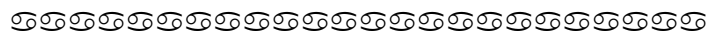
On the one hand, there are two auspicious stars – Tian De and Yue De – that will watch over Rabbits in 2023, although there will be a few less than auspicious stars at play at the same time. Health, wealth in particular expenses, and safety are areas the Rabbit needs to keep a careful eye over. Thanks to Tian De,

Rabbit's career should see a dramatic boost with the timely help of one or more fated mentors.

Even so, it's up to the Rabbit to keep an upbeat attitude to life and work, which will help them sail through difficult patches with patience and resolution, while in the good times, their positivity will attract the attention of those in positions of power to extend a hand that could prove decisive for Rabbit's fame and fortune for the next 12 years.

In any case, this should be a year full of excitement, prosperity, and surprises that run in both directions - anything but boring for dear Rabbits!

Source: <https://chinesenewyear.net/zodiac/rabbit/>



Chinese New Year Dishes

By Amanda Xi

Family is the basis of the Chinese society, which is seen through the significance placed on the New Year's Eve dinner (年夜饭 / Nián yèfàn) or Reunion dinner (团年饭 / tuán niánfàn).

This feast is extremely important to the Chinese. All family members must come back. Even if they truly can't, the rest of the family will leave their spot empty and place a spare set of utensils for them.

In the legend of the Spring Festival's origin, this was when the monster Nian would come and terrorize the villages. The people would hide in their homes, prepare a feast with offerings to the ancestors and gods, and hope for the best.



Everyone brings out their specialty dishes for the feast.

Food is one of the things that the Chinese take the most pride in. And of course, lot of care and thought is put into the menu for the most important holiday of the year.

As with Chinese New Year activities and decorations, the dishes are created to give blessings for the next year. Both the names and looks are symbols of wishes for prosperity, happiness and auspiciousness.

Though every region (even household) have different customs, there are some common dishes seen on every table.

Spring Rolls 春卷 (chūn juǎn)

Eggrolls are probably the most well-known of Chinese cuisine. However, they're actually "spring rolls." They are eaten during the Spring Festival in Southern China to celebrate the coming of spring. More specifically, they are eaten on the first day of spring (立春 / lì chūn). They can appear on the table as a dinner dish, appetizer or snack.

Because they look like bars of gold, spring rolls are a wish for prosperity and wealth.

Most are familiar with the deep fried version of spring rolls. Throughout China, they can also be steamed or baked. Size and shape vary from small rectangles to large flat circles.

During the Jin Dynasty (circa 265–420), people would arrange spring rolls and vegetables together on a plate. This was known as the Spring Platter (春盘 / chūn pán). During the Spring Festival, emperors would award officials with Spring Platters. Each platter is said to have been worth thousands.

Spring roll skins are made of flour, water and some salt. The filling depends on your personal taste. Traditionally, the filling is made of pork, Chinese cabbage, shiitake, carrots and seasoning.

For those with a sweet tooth, there are Shangainese style red bean paste spring rolls. Now, there are even ice cream fillings!

To make, create the filling of your choice. Place around 2 spoons onto the center of the spring roll skin. Tuck in the sides and roll it up, sealing the edges with egg whites. Finish by throwing them into the deep fryer until the skin is golden and crispy.

Dumplings 饺子 (jiǎo zi)

Another well-known dish, dumplings are the northern equivalent of spring rolls. They are eaten during every special occasion, but are the most significant during Chinese New Year. That's a lot of dumplings! But there's good reason. Dumplings are shaped like ancient Chinese silver and gold ingots. By wrapping dumplings, you are wrapping in the fortune. After eating them, you will live a wealthy and prosperous life.



In Chinese, dumplings 饺子 (jiǎo zi) sounds like 交子 (jiāo zi). 交 (Jiāo) means “exchange” and 子 (zi) is the midnight hour. Put together, jiāo zi is the exchange between the old and new year. All dumplings should be wrapped at this time. By eating dumplings, you are sending away the old and welcoming the new.

Dumplings are steamed but they can be pan-fried too and called pot stickers (锅贴 / guō tiē).

There are too many different types of filling to count. You can have whatever type of meat, vegetable and flavor you’d like.

Typically, they include Chinese cabbage, green onion, pork and shrimp (similar to spring rolls).

In the Suzhou province, egg fillings are a must. The dumpling symbolizes the silver ingot, while the egg is gold. Meat and bamboo strip filling is called 丝丝齐齐 (sī sī qí qí), which means that everything needed will be available.

Some people will also put a coin in a random dumpling. Whoever eats it will have great luck that year.

In addition to the joy of eating delicious food, the making process is a family bonding activity too. During New Year preparations, every member of the family participates and wraps dumplings. In certain regions, the daughter-in-law must make a dumpling to be considered part of the family.

Noodles 长面 (cháng miàn)

In some places, it’s custom to cook dumplings and noodles together. This is called gold silk and gold ingots. It’s yet another dish to express people’s wishes for prosperity.

Though the origin of noodles is heavily disputed, there’s no doubt that noodles are a staple in Chinese cuisine.

There are all types of noodles: long, short, dry, vegetarian, meat, and more. They can also be made of flour, rice or even green bean powder.

In the beginning, they were called “soup pancakes” (汤饼 / tang miàn). People would tear the dough into little pieces and throw them into the pot. It wasn’t until the Tang Dynasty when people began rolling them into the noodle shape we know today.

For Chinese New Year, people like to eat long noodles.



They are also called 长寿面 (cháng shòu miàn), which means “longevity noodles.” You aren’t allowed to cut them and should try not to chew either. The longer the noodle, the longer your life will be. This calls for a lot of slurping.

With noodles, there is great flexibility for sides and ingredients. Many vegetables and meats have symbolic meanings as well.

For example:

- **Eggs:** big and healthy family
- **Lobster:** endless money rolling in
- **Shrimp:** fortune and wealth
- **Roasted pig:** peace
- **Duck:** loyalty
- **Peaches:** longevity
- **Tofu:** happiness and fortune for the entire family
- **Fish:** surplus and wealth

Steamed Fish 蒸鱼 (zhēng yú)

Fish is a must for the Chinese New Year. Why does fish symbolize surplus and wealth? In Chinese, fish 鱼 (yú) has the same pronunciation as 余, which means "surplus" or "extra." The typical blessing is 年年有余 (Nián nián yǒuyú), wishing you to have a surplus (or fish) of food and money every year.

People will steam a whole fish for the New Year Eve's dinner.

Half of the fish is eaten for dinner, and the second half the next day. This is to prolong the surplus and make the future prosperous as well. A whole fish also represents a harmonious and whole family.



Some would cook a bigheaded carp. But only the middle would be eaten, while the head and tail are left intact. The Chinese phrase is 有头有尾 (yǒu tóu yǒu wěi)—to have both a head and tail. This is a reminder to finish everything you start and wish for positive results. During dinner, the fish head should be placed facing the guests.

In Hunan, red peppers are added after broiling the fish. Red is a festive and lucky colour and the spicy hotness expresses wishes for fiery (thriving) business in the new year.

Steamed Chicken 蒸鸡 (zhēng jī)

A whole chicken is another symbol of family. Rich in protein, one chicken is enough to feed an entire family. It represents reunion and rebirth. To express this auspicious meaning, people keep the head and claws.

After cooking, people will first offer the chicken to the ancestors. Though only a superstition now, praying to the ancestors for blessings and protection is still a significant part of the Spring Festival and Chinese culture.

In Hunan, the chicken is steamed and, when arranging, the head should be upright.

In Hubei, chicken soup is the first meal of the new year. It is a wish for peace. The main workers of the family should eat chicken feet, also called "phoenix claws" (凤爪 / fèng zhuǎ). This is supposed to help them grasp

onto wealth. Chicken wings help you fly higher, while the bones represent outstanding achievement.

For the first meal, some also cook eggs. The egg white and yolk represent gold and silver and are simple gifts for friends and neighbours.

Nian Gao 年糕 (nián gāo)

Nian gao, also known as "rice cake" or "New Year cake" in English, are a must for Chinese New Year.

In ancient times, nian gao were used only as offerings to the ancestors and gods. Gradually, they became a traditional dish during the Spring Festival. Now they are available every day of the year, but are still a special treat for the festival.

Nian gao also has the same pronunciation as 高 (gāo, meaning tall or high). It's a wish to be successful and "higher" each year. Every year will be better than the last. Some humorous parents like to tell their children that eating this will help them grow taller too.



They are either made of sticky glutinous rice or yellow rice, giving nian gao two major colours and textures.

Depending on their shape, they can represent gold and silver bricks or bars.

Nian gao was already popular during the Wei and Jin dynasties (220-420). But after more than two thousand years of development, there is a crazy amount of variations. Nian gao from northern regions and the south almost seem like entirely different things.

They are typically are savory in the South. Store-bought nian gao are hard and must be boiled first. They are then steamed or cooked with vegetables and meat.

A common dish includes Chinese cabbage, salted vegetables and thin strips of pork. Prepared like this, nian gao are a substitute for rice or noodles.

Rather than the usual batter, sugar can be added to the glutinous rice powder to make the sweet nian gao favored by the North. The batter can also include lard, rose petals, osthmanthus, hibiscus and mint for extra flavoring. For the ones with a true sweet tooth, it's also acceptable to directly dip nian gao in white sugar.



Northern style nian gao are more like desserts and snacks.

In Beijing, the types seen are jujube nian gao (红枣年糕 / hóng zǎo nián gāo), hundred fruit nian gao (百果年糕 / bǎi guǒ nián gāo) and white nian gao (白年糕 / Bái nián gāo). Jujube (枣 / zǎo) has the same pronunciation as early (早), while hundred fruit nian gao represent a cornucopia of precious gems.

It's common to steam nian gao with jujube and red beans in Hebei. On the other hand, people of Shanxi and Inner Mongolia like to deep fry the batter and add fillings of red bean paste and mashed jujube.

Vegetable Dishes

Spring is the season to plant new seeds. Traditionally, the Spring Festival is the best time to finish all the vegetables stored and preserved from the winter.

A dish of all sorts of vegetables put together can always be seen on the table during New Years.

This dish can be called 田园素小炒 (tián yuán sù xiǎo chǎo), or countryside vegetarian stir-fry. Mushrooms, jujube and Chinese cabbage are often included, in addition to your typical greens

Some symbolic vegetables to consider are:

- **Seaweed:** symbolize wealth and fortune
- **Lotus seeds:** a blessing for many children and a healthy family
- **Bamboo shoots:** represent longevity, as well as going onward and up
- **Muskmelon and grapefruit:** symbolize family and hope. In addition, grapefruit symbolizes wealth and prosperity
- **Osmanthus flower petals:** in Chinese, osmanthus (桂 / guì) is a homophone 贵, which means noble and precious
- **Leek/chives:** leek (韭 / jiǔ) sounds similar to 久, meaning long and everlasting
- **Poria mushrooms:** another play on words, this mushroom (茯苓 / fú líng) sounds similar to 福祿 (fú lù), or blessings and fortune.

Source: <https://chinesenewyear.net/food/>

Australia China Friendship Society ACT Branch — membership application form

Annual subscriptions are due on 1 January and are current until 31 December of the same year. The monthly Bulletin is included in the subscription and is distributed by email.

Subscription rates, payable to **the Treasurer, PO Box 530, Civic Square ACT 2608** are:

Single \$20 Family \$35 Centrelink Concession Holder: Individual \$15 and Family \$25

Name(s).....

Address.....

..... Postcode

Email.....

Phone (home) (work) Mobile

Renewal New Member

Direct Credit Details:
Beyond Bank
BSB: 325-185
A/C No. 03411481
A/C Name: ACFS ACT
Branch Inc
Ref: Your name



Australia China Friendship Society
PO Box 530
CIVIC SQUARE ACT 2608 AUSTRALIA

ACT Branch Bulletin