

Australia China Friendship Society
ACT Branch Inc



澳中友好协会

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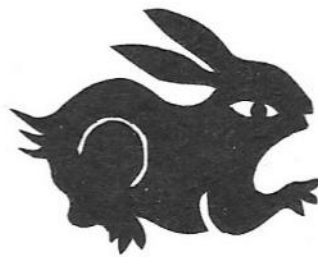
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Bulletin

2023/8 August 2023

Coming events

Talk on holistic Traditional Chinese Medicine	30 August
Schools award presentation	10 September
Talk by Jocelyn Chey	27 September
ANU Classical Chinese Music Ensemble concert	1 October



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Promoting friendship and understanding between the Australian and Chinese people

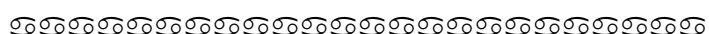
Talk on holistic Traditional Chinese Medicine

The Society's function for August will be a talk on 'Holistic Chinese Traditional Medicine' at the Jamison Southern Cross Club, from 7.30 – 9pm on Wednesday 30 August. Doctors Xue Song Liu and Yang Xu from the Song & Yang Clinic will give an illustrated talk on this fascinating topic.

As usual, members and friends are invited to meet for dinner in the bistro from 6.00pm. The talk will begin at 7.30pm. A gold coin (or more) donation will go towards our Project Hope students. Please book by emailing acfsevent@gmail.com by 28 August.

Doctor Xue Song LIU (TCM) BMed MMed (China), AACMA
Dr. Xue Song LIU graduated from the famous Chengdu University of Traditional Chinese Medicine in China with both a Bachelor and Masters of Medicine. Song is a registered acupuncturist, Chinese Medicine practitioner and remedial massage therapist in Australia. He has more than 30 years of medical experience and has been part of the Song & Yang Clinic providing holistic services to the Canberra people since 2000. Prior to coming to Australia, Song was a clinician, senior lecturer and university researcher at Chengdu University of TCM. He has also published numerous medical books and research articles in China.

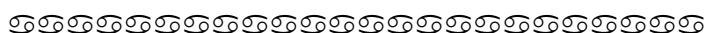
Doctor Yang XU (TCM) BMed (China), AACMA
Dr. Yang XU obtained a Bachelor degree in Medicine from the famous Chengdu University of Traditional Chinese Medicine (TCM) in China. Yang has been part of the Song & Yang Clinic providing her high standards services and holistic treatment in Canberra since 2000. She provides national registered services of Acupuncture, Chinese Herbal Medicine and Remedial Massage. Prior to coming to Australia, Yang was a physician, senior lecturer, and university researcher at Chengdu University of TCM. She has also published numerous medical books and research articles.



School awards

Awards for the best and most improved students of mandarin at most of Canberra's high school and Colleges that teach mandarin will be presented at the Cook Community Hub on Sunday 10 September at 2pm. The ceremony will commence with a lion dance by Kingsford Smith School's lion dance troupe and Minister-Counsellor Song will present the awards. Afternoon tea will be provided at the conclusion of the event.

Members are most welcome to attend and please register at acfsevent@gmail.com for catering purposes.



Fast facts from the *Beijing Review*, August 2023

- More than 1.77 billion passenger trips were made on China's railways in the first half of 2023 that is up 125% year on year. In the same period the railways transported about 2.5 billions tons of cargo up 0.6%. China's fixed asset investment in railways increased 6.9% year on year to 305 billion yuan.
- China's total imports and exports expanded 0.4% year on year to 23.55 trillion yuan in the first 7 months of 2023, exports grew 1.5% and imports declined by 1.1%. ASEAN remained China's largest trading partner with bilateral trade rising by 2.8%, accounting for 15.3% of China's total trade by value. China's trade with the European Union dropped 0.1% and that with the USA by 9.6%. Trade with nations along the Belt and Road routes increased by 7.4%.
- China's foreign exchange reserves stood at \$US3.2 trillion in late July, they were about \$US3.19 trillion in late June.
- Nearly 90% of China's expressway service areas had installed charging piles by late June. 18,590 charging piles had been built in 5,931 expressway service areas covering 29,000 parking spaces for passenger cars.

Thanks to Neil Birch for compiling these.

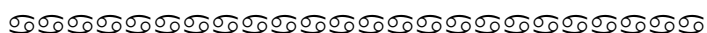
Talk by Jocelyn Chey

Professor Jocelyn Chey AM has kindly agreed to once again come and give a talk at 7.30pm on Wednesday 27 September 2023 in the Catchpole Room of the Southern Cross Club, Jamison.

Humour is a universal human attribute, but is there something special or unique about humour in Chinese life or literature? The author is the co-author and co-editor of two books that have attempted to answer this question. In this illustrated talk, she will give a brief introduction to how humour has been recorded in Chinese writing over the centuries and how it is being expressed in the present digital age. The special qualities of Chinese humour relate to the written and spoken language, but there are also universal qualities that are shared with Australians and others around the world.

Jocelyn Chey AM is Visiting Professor at the University of Sydney and Adjunct Professor at Western Sydney University and UTS Sydney. She is retired from the diplomatic service. She and Jessica Milner Davis have published two books, *Humour in Chinese Life and Letters*, and *Humour in Chinese Life and Culture*, as well as several articles on the same subject.

As usual, members and friends can enjoy dinner in the bistro from 6.00pm before the talk. Please book by emailing acfsevent@gmail.com by 25 September.



ANU Chinese Classical Music Ensemble

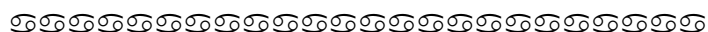
A concert of Traditional Chinese music 'Travelling with Clouds' will be presented by the ANU Chinese Classical Music Ensemble on Sunday 1 October from 2-4.30pm at the Cook Community Hub, Templeton St, Cook. The Society has been co-operating with the Ensemble for many years and any profits from the performance are shared between the Ensemble, for their instrument purchase fund, and the Society, to contribute towards the support of the 7 Project Hope students we sponsor to stay at school in the remote mountainous area of Beijing.

Unfortunately the China in the World Centre was not available as a venue due to renovation work so it will be at Cook Community Hub in Templeton St on Sunday 1 October from 2 – 4.30pm. Afternoon tea will be served.

Tickets are Adult \$20, Society members and concessions \$15, Students and children 10 and over are \$10 and children under 10 are \$5.

We have a QR code for the event or you can book via <https://trybooking.com/CKQOO>

Do come and support the Society and the Ensemble and if you have anywhere you could put the flier (at the end of this Bulletin) up it would be most helpful.



Committee News – July 2023 meeting

Your committee met at the 'Lemongrass Thai' restaurant in Woden on a somewhat wet evening for its August meeting. It was our first meeting since June, as we had a few people away on overseas trips and mid-Winter is never a good time to be heading out!

We debriefed on the last event – a movie night showing the film 'Song of the Phoenix'. This was the second attempt at showing the movie, and it was met with a good response of almost 30 attendees.

There are quite a few future events which we needed to talk through, including the two upcoming talks – first one about holistic traditional Chinese medicine in August and then one in September by Jocelyn Chey with the theme of Chinese Humour. We hope that you can make it to one or both – please see the bulletin for details.

It's that time of year again when we are planning the final logistics for our annual school events. First will be the School Awards – this year the venue is the Cook Hub on 10 September, with the ANU's China in the World building currently undergoing renovation.

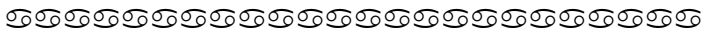
Another function we are planning for is the annual ANU Chinese Classical Music Ensemble concert on 1 October again at the Cook Hub. The title of the concert is 'Yun You – Travelling with Clouds'.

We have submitted the acquittal for the ACT Government's Technology Grant and the Multicultural Grant and Carol has submitted an application for the Southern Cross Club's Community Grant to assist in the purchase of prizes for the Panda Competition.

Also, we have nominated our President, Carol Keil, for an ACT Multicultural Award, for Carol's long-term service to the community. The awards night will be on 24 August 2023, and we wish Carol all the best – it is very much deserved.

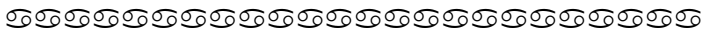
I had to run off to the theatre – to see John Cleese – so couldn't stay for dinner, however, am certain it was tasty. Hope you are enjoying the Spring flowers popping up around Canberra – somewhat early, but a sign that warmer days are awaiting us.

Your Secretary, Tanja



Film evening.

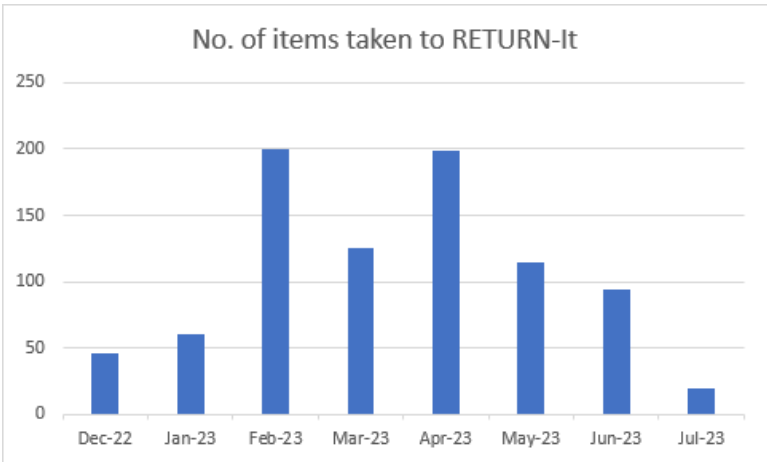
The Society's function for July was a film screening at the Southern Cross Club at Jamison on Wednesday 26 July of the film *The Song of the Phoenix*. Some 28 people attended, members and non members alike, and enjoyed an excellent film.



Recycling of cans and bottles

Many thanks to those members who have taken their cans and bottles to the RETURN-IT recycling centres and chosen to donate the refund to ACFS.

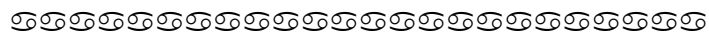
Individual donations have varied from 12 to 200 and every \$ counts when our fund-raising activities are so limited.



To date 857 items have been returned for refunds to the Society of \$85.70

Instructions on how to credit deposits to our account are now on our website www.acfs.org.au under the tab 'Contribute to the Society'.

Instructions on how to credit deposits to our account were in previous *Bulletins*.



Letter from Zhanjiang – Roger Arnold

A few classic bicycles in Guangzhou

For many years I've held great affection for Guangzhou's older neighbourhoods and alluring backstreets (see 'Guangzhou – a city of little-known delights' – ACFS Newsletter December 2012). So, back in 2020 during the early days of the covid-19 pandemic when we were largely restricted to the confines of our local environs in Beihai, through one of the expat social media groups I follow, I was delighted to discover (online) a small outfit in Guangzhou, *Cycle Canton*, offering leisurely, short cycle tours of such neighbourhoods.

Exploration of Guangzhou's older, historic parts by bicycle, led by a knowledgeable guide, seemed to me like a perfect way to discover more of this fascinating and storied city. Guangzhou is a city that rewards those who take time to discover its fusion of past and present; it offers stunning architecture, diverse cuisine, rich cultural heritage and incredibly vibrant but gentle energy. And, what better way to spend time immersed in old Guangzhou than cycling around its lesser-known back streets.

Another aspect of *Cycle Canton* that I found instantly appealing, was the bikes they provide for their tour participants: classic Chinese Fenghuang ('Phoenix') bicycles. These are the typical old-style bike referred to in the song "*Nine million bicycles in Beijing*" and that travellers visiting China in the 1980s and early 1990s would see flowing as rivers of cyclists on the streets of Beijing and other large Chinese cities. But whilst these bikes have a famous, distinctive look, nowadays they are unfortunately becoming increasingly rare sights on China's city streets.



So, whilst planning our first visit to Guangzhou after the lifting of covid-19 travel restrictions here in China, we eagerly signed up a *Cycle Canton* adventure. And, we were blessed with superb, mild spring weather the Saturday afternoon of our tour back in April this year.

The sojourn we opted for was called 'Old to New – Hidden Gems', which we were informed would only involve leisurely cycling, to cover a total distance of a mere 13 km. I had to double check this: could it really just be 13 km? We wondered how a cycling tour of such distance could possibly occupy an entire afternoon – I estimated one could walk such a distance at a leisurely pace in significantly less than the tour's advertised duration. Even so, over the afternoon we found ourselves totally absorbed, losing track of time as we wandered around on our classical steeds led by an enthusiastic guide who had a real passion for the city's history and backstreets.

The designated meeting and starting place for our tour was a café called 'The Happy Monk' hidden away in a side-street near the Guangzhou's well known *Garden Hotel*. With an appealing menu and a daily afternoon happy hour that can be enjoyed on their peaceful, leafy terrace, it's a place we'll be really keen to return to anytime we find ourselves in Guangzhou. And, on that Saturday afternoon their terrace provided an ideal meeting place where we were introduced to the rest of our small group and also, importantly, to our classic, trusty bikes.

Soon we were astride our bikes venturing deep into the city's old traditional and historic neighbourhoods. Our route was almost entirely away from traffic as it weaved in and out of narrow backstreets, little laneways and byways, many of which I would have ordinarily assumed were most likely cul de sacs with no through passage. But our knowledgeable guide knew the route better than the back of his hand, and took us through secluded passages and laneways that surreptitiously turned such cul de sacs into discrete thruways.

Along the way we halted frequently, not only for taking photos but also for our guide to share insights to some of the old buildings including a phenomenal ancestral hall for the Ou Clan. This hall was remarkable for its scale and that it was secluded and wonderfully peaceful, quite a refreshing contrast to the rather ostentatious Chen Clan ancestral hall (also known as the Chen Clan Academy) located just a few km away.



As well as the built environment, we were also fortunate to be able to interact with the locals on our tour. One of the more memorable that we met was a famous Kungfu master, who invited us into her humble studio and enthusiastically introduced some simpler classic Kung Fu moves, though many of us found ourselves giggling along with her as we fumbled through our attempts to follow her routines.

After a stop at a local wet market to procure some fruit and other snacks whilst bravely declining discount offers from other vendors on all manner live fish and small

poultry, we pedalled on to nearby Guangzhou People's Park. This is a fascinating park in the heart of old Guangzhou – not surprisingly also known colloquially as Central Park – that was established in 1921. It was built on the site previously occupied by a succession of regional governments going as far back to the Sui Dynasty (around 581–618 AD). I was a little dumbfounded by this wonderful park; how was it that we had never heard about it before? Maybe it really is a very well-kept local secret.

On that fine Saturday afternoon, Central Park was being enjoyed by numerous locals and whilst enjoying our fruit and other snacks we found ourselves coaxed into



enjoying an impromptu game of hacky-sack with a few local players. Even though the locals were way more skilful than any of our small band, at least we didn't disgrace ourselves and together we managed to enjoy much laughter and mutual delight at successful shots and a few spectacular saves.

Pedalling on from People's Park, our route soon led us out to the wonderful, leafy and peaceful promenade along the downtown side of Pearl River. Heading downstream leaving the city's alluring older neighbourhoods behind us, we were afforded panoramic vistas of Guangzhou's the stunning modern skyscraper architecture and other newer marvels of its built environment. As we rolled on into an area known as Zhujiang New Town, we passed along side Guangzhou's remarkable new Opera House (designed by the famous architect Iraqi-British architect Zaha Hadid), which like many buildings looks far more beautiful during hours of darkness thanks to well considered, intriguing lighting.

A short distance later, we rolled into one of the leafy side-streets of Zhujiang New Town and pulled up at one local bar cum café that was the terminal point for our little tour. We were, of course, eager to quench our thirsts and I once again on this tour, I was pleasantly dumbfounded; they had on offer a choice of no less than 10 local craft beers, as well as a local cider, on tap! Wow, that little café revealed a totally different dimension to Guangzhou though I'm not sure if those local craft brews fall into the old, new or partway in between aspect of the city's character. Even so, we were delighted to be introduced to such thoroughly different "Hidden Gem" of Guangzhou, and we were soon imbibing local refreshments as we relaxed and reminisced on the afternoon's highlights with our guide and fellow tour participants.

To anyone contemplating a visit to Guangzhou, we would thoroughly recommend a sojourn with *Cycle Canton*. Given their fascinating routes and relatively short distances, cyclists and non-cyclists alike would be sure to thoroughly enjoy an afternoon or day tour with them: <https://www.cyclecanton.com/en>

Living Heritage: Duanwu

chinadaily.com.cn | Updated: 2023-06-21 15:10



Beating drums, synchronous strokes and an exhilarated crowd. Such spectacles of excitement are no rare scene across China on Duanwu, or Dragon Boat Festival, which falls on the fifth day of the fifth lunar month.

Although tales of its origin differ, the two-millennia-old festival is widely celebrated in memory of Qu Yuan, a patriotic poet during the Warring States Period (475-221 BC). When Qu realized his country's decline was beyond recovery, his remorse grew so strong that he committed suicide, on the fifth day of the fifth lunar month. Legend has it that locals rowed boats to save the poet and threw *zongzi*, or sticky rice dumplings, into the river to keep fish from devouring his body. This tradition was passed down in China, even travelling across borders, carrying China's respect for a patriot to all parts of the world.

A host of other practices are also associated with Duanwu. The fifth day of the fifth month is considered unlucky and poisonous. To rid themselves of the misfortune, many people, especially those in South China, take herbal baths, hang moxa and calamus plants over their doors and wear sachets stuffed with Chinese herbs, all with strong scents, to do away with venomous insects. Realgar wine, a common antidote against venom, is often enjoyed along with meals. Five-colored thread bracelets are also worn to obviate evil spirits.

Duanwu began as a day to remember a poet steeped with love for his country. His patriotism is still celebrated today, with rich and fun customs that unite hearts across the globe, in methods that hail to the harmony between nature and man.

云游 Yun You Travelling with Clouds

An annual fundraising performance
by the ANU Chinese Classical Music Ensemble

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Sunday 1 October 2023
2-4.30pm
Cook Community Hub
Templeton St, Cook



Child under 10 - \$5
Child/student - \$10
Concession/ACFS - \$15
Adult - \$20

Australia China Friendship Society ACT Branch Inc



For tickets please visit:

<https://trybooking.com/CKQOO>



Proudly presented by
the ANU Chinese Classical Music Ensemble In association
with the Australia China Friendship Society , ACT Branch

Australia China Friendship Society ACT Branch — membership application form

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