



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

茶葉香談

秋 AUTUMN



# TEA LEAVES

AUTUMN 2013

COLORADO SPRINGS CHINESE CULTURAL INSTITUTE

WWW.CSCCI.ORG



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## CHINESE PROVERB

If you want happiness for a lifetime;  
help someone else.

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## My Dragon Boat Festival Experience

By Eric Woods

This past July, CSCCI took our first group excursion to the 2013 Dragon Boat Festival in Denver. As this was my first time going to the festival, I was pleasantly surprised at both the grand size of the event and the amount of cultural immersion that was around me. The excitement began with a parade headed by a magnificent and ornate 75-foot long dragon that danced and swayed accompanied by drums and gongs. This set the atmosphere of unending excitement that permeated throughout the day. Following the dragon, the boat racing teams enthusiastically paraded through the crowd with banners and flags celebrating their teams.

During the opening ceremony, speeches were given from city council woman Susan Shepherd, congresswoman Diana DeGette, and Denver Mayor Michael Hancock. The main themes of cultural diversity and unity resonated throughout the day, as activities for all tastes could be found. Multiple tents focused on cultural sharing with events such as martial arts, Buddhist traditions, Chinese calligraphy, and even a showcase of traditional Thailand artifacts. To add to our cultural learning, our CSCCI group was given an in depth tour by the festival's co-founder, Ding Wen Hsu.

The variety that embodied the day was showcased by the traditional musical performances and dances performed on the main stage and the hip-hop breakdancing competitions that took place a couple minutes' walk away. There were plenty of fun activities for kids as well such as magic shows, coloring games, and lion dances. The festival was a perfect place to try out a wide variety of Asian foods. The kabobs and pot stickers I had were delicious and there were countless options from several vendors to choose from. Along with all these exciting events, the main focus of the day, the Dragon Boat races, proved to be just as intense and nail biting as promised. It was exhilarating to see the rowers pull with all their strength to the beat of a drum while spectators cheered along with me. Seeing the athletes stretch out over the dragon headed boats to snag the finishing flag was a memorable experience. Finally, whenever I needed a pause between all of the excitement, there were many vendors selling Chinese clothing, crafts, and cultural items.

Overall, the day was enjoyable, adventure filled, immersing, and stress-free. Taking the bus with CSCCI eliminated the worries of driving to Denver and allowed us to pull right up to the festival, saving time and hassle compared to parking miles away and taking a shuttle to the lake like other attendees. Also, on the ride up to Denver and back, CSCCI provided water and snacks like almond cookies to make the travel time fly by. We would love to share this experience with the Colorado Springs community, so if you are interested in joining us next year on our trip up to the Dragon Boat Festival please look for more information in the coming newsletters or find our registration area during the CSCCI Chinese New Year Festival. If you would like to see more pictures of our excursion, please check out our Facebook page or visit our website at [www.CSCCI.org](http://www.CSCCI.org).

## It's the Year of the Horse!

By Eric Woods

On January 31st the new year of the Horse begins. If you were born in 1930, 1942, 1954, 1966, 1978, 1990, or 2002, your Chinese Zodiac is the horse. You are probably energetic and love to be part of the crowd; cunning and strong, you are firm in your beliefs. People born in the year of the horse are often stubborn, but extremely hard working and pleasant people. You are very compatible with Tigers, Dogs, and Rams, but you should avoid Rats. This year you can look forward to success in finances and relationships. I hope everybody enjoys their 2014 year of the Horse!

## 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  
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#### Membership Benefits:

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- \_\_\_\_\_ Gold Patron \$250
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## Festival Celebrates the Year of the Horse on Saturday, January 25th 2014

By Herman Tiemens II

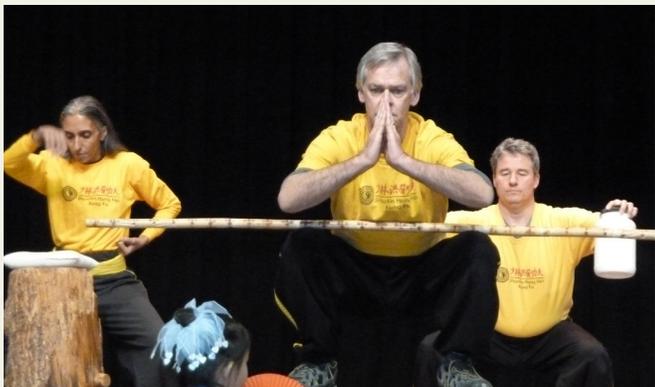
The Colorado Springs Chinese Cultural Institute is delighted to announce the continuation of its flagship annual event. The Chinese New Year Festival will be held downtown at the historic City Auditorium - located at 221 East Kiowa - on Saturday, January 25th from 10am-4pm.

The Main Arena will feature local organizations linked to Chinese culture, vendors with items from throughout Asia, representation from several community organizations and culinary selections from local Asian restaurants. The Chinese Language School will host a kids-zone as they have done in the past. Feature performances will be announced on the main stage every 30 minutes and attendees can get up close to watch the martial arts demonstrations taking place on the main floor throughout the day.

The Tea House will provide a quieter place to get away from the excitement of the Main Arena to enjoy a cup of tea and a snack. Smaller, more intimate cultural performances will take place in the Tea House throughout the day.

Local businesses with links to Asian cultures are encouraged to participate and sponsorship opportunities are also available. Those wishing to participate, sponsor, volunteer or simply learn more should contact Mali Hsu at mali.csccl@gmail.com or (719) 287-7624.

CSCCI is grateful to the Bee Vradenburg Foundation, Wells Fargo Advisors, Klite 106.3, KKTV 11 and The Gazette for their generous support of this year's Festival.



## Chinese Hot Pot

By Eric Woods

More than a thousand years ago, Mongolian warriors roamed through the vastness of Asia, a fearsome and imposing force even before the Mongolian Yuan Dynasty. These mighty soldiers rarely bothered to drag along domestic goods such as cooking utensils but still craved hot, cooked meat after exhilarating engagements. Their solution was the epitome of practical ingenuity. Shields, filled with water and sustenance, were slung over the fire, with helmets used as individual bowls. This simple supper was the first version of the Chinese hot pot, and soon began a sensation that quickly spread throughout China.

Today, hot pot has moved far beyond its humble beginnings with many unique variations developing throughout the various region of China. Growing up exposed to Chinese culture I have had the pleasure of experiencing one of the most popular types, Szechuan hot pot, many times. This hot pot consists of a central simmering bowl of broth, often divided in the middle into mild and spicy hemispheres, which serves as a community cooking pot for all the participants of the meal. Around the cooking pot lay dozens of different types of food, ranging from mushrooms and leafy greens to delicately thin sliced meat, tofu, tasty shrimp, fish, and so much more.

The style of eating hot pot is similar to Western fondue. Each person at the table chooses his or her favorite cuisine and dips it in the boiling, tasty broth using a pair of chopsticks (or a ladle if you haven't fully mastered the chopstick grip). After giving the food ample time to cook, just pluck the food back out of the hotpot and your meal is about to begin. These hot, savory, and flavor infused bites are then added with rice to give a perfect mixture of zest, texture, and pleasant warmth.

Hot pot dinners are truly social events as waiting for food to cook and cool gives plenty of time for enjoyable conversation. Dinners easily last for hours with several rounds of food filling everybody as they try every tasty food on the table. On chilly fall and winter days, the hot pot is a perfect meal with its soul-warming heat; if you are a spicy enthusiast, the Szechuan specialty is a spicy version of hot pot, bringing even more warmth to the blustery chill (though if you are spicy-phobic like I am, be assured that there will be non-fiery broth as well).



## T'ai Chi 太极

By Li-Lan

Also known as t'aichi, tai chi, and taiji. Much consensus points to tai chi chuan's development between the 13th and 17th centuries by a Taoist monk named Chan San Feng. He emphasized exercising the body to achieve balance between Yin and Yang. From its beginning, Tai-Chi evolved into five main styles named after the surnames of its founders. They are Chen, Hu, Sun, Wu, and Yang styles.

Tai-Chi is a Chinese martial arts isometric exercise practiced for health benefits as well as the martial arts defensive style training. The movements of Tai-Chi are designed to promote the free flow of chi/energy within the body to promote balance and wellness through flowing movements, regulated breathing, and mental focus. The results are improved circulation, flexibility, coordination, internal strength, and mental acuity. Many studies contribute Tai-Chi to stress reduction and a general sense of wellbeing, making it a popular martial arts choice in China and worldwide.

The Mayo Clinic wrote an article on how Tai-Chi reduces stress, and anxiety, and helps to increase flexibility and balance for individuals. You can read the article by going to the following Mayo Clinic web page <http://www.mayoclinic.com/health/tai-chi/SA00087/METHOD=print>.

There are more medical research studies on the benefits of Tai-Chi Chuan for one's health. The studies have been encouraging on the therapeutic benefits of Tai-Chi and further studies continue on its heal merits. I have worked consistently with Tai-Chi since 2002. It helped me manage stress levels during crisis and life changes, and provided me peace of mind while strengthening my body. I have improved balance and coordination, flexibility, posture, and strength as a result of practicing tai chi consistently. I strongly encourage you to give Tai-Chi a try and gift yourself the gift of unity, wholeness, and complete health.





## About the Editor

By Eric Woods

I've been privileged this past year to be the newsletter editor for CSCCI. Over the last four years, I've been involved with CSCCI, helping with the New Years Festival and other volunteer opportunities. I'm honored to have this direct opportunity to help my community and share Chinese culture. As a 17-year-old junior at Air Academy High School, along with schoolwork I spend my time playing soccer, tennis, and piano.

Having a Chinese mother and an American father, I've had a unique perspective on Chinese culture. By seeing both the eastern and western worlds in one house, I strive to mesh the best of both cultures and in the process have found a deep interest in Chinese traditions. Undoubtedly, some of my most memorable life experiences have been my four trips to China.

Traveling around the country and spending time with my relatives, I began to see the world through different eyes that showed me how interesting the Chinese culture is. I hope through these newsletters I can spread my appreciation of Chinese culture and help the wonderful group of CSCCI members achieve their goal of cultural diffusion.

### UPCOMING CSCCI EVENTS

**January 2014:** Uta Gassen/Singing Competition- Tri-State/ Denver Buddhist Temple.

**January 25, 2014:** CSCCI Chinese New Year Festival, City Auditorium, Co. Springs

**June 2014:** 42nd Annual Cherry Blossom Festival Sakura Square, Denver

**July 2014:** Colorado Dragon Boat Festival, Sloan's Lake Park, Denver.

**February 14, 2014:** Yuanxiao (Lantern) Festival

**April 25, 2014:** Quin Ming (Pure and Bright) Festival

**September 9, 2014:** Mid-Autumn Festival

#### SPECIAL THANKS TO:



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Newsletter Writer  
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## 泡麵

作家 - 曉食世界

知曉美食心情，知曉美食故事。美食由心而起，美食由知而成。愛吃的夫婦，與您分享吃的世界。

泡麵，美食？

向來就是另類思維的人，翻翻美食書，查查部落格，幾乎沒有人提到泡麵。英文有一句話 "Guilty Pleasure"，意譯是 "一個不好意思讓任何人知道的秘密喜好"，或許泡麵是很多人的 Guilty Pleasure!

兒童時代，颱風夜，外面狂風暴雨，那管是不是要淹水了，只想著，家裡安全得很，期待溫馨的和爸媽享受一碗打了蛋的生力麵。當看衛星實況轉播，棒球小將為國爭光的時候，那管當時什麼劃時代的 "衛星科技"，我在意的是，母親不要忘了煮碗生力麵來吃。有一陣子，國中流行起將沒有泡煮的生力麵，拿來當零食吃，咔嚓咔嚓的聲音，以及胡椒的香味，常引起老師的注意，但就是抵抗不了它的誘惑。就算下課了，都還捨不得放手呢！

出國留學，異鄉遊子，疲憊的上完一個星期的課，在周末的夜晚，不想吃美國食物，好想犒賞自己一碗臺灣泡麵，就算什麼料都不加，都是一個美夢成真，然而尋遍小城的東方店，一無所獲，只有韓國泡麵，失落得很！之後，拿到學位，在美國闖蕩，臺灣的食品在美國愈來愈普遍了，偶爾，回憶故鄉，自己下廚做家常菜，或好好煮碗泡麵，都能解解鄉愁。

要搭越洋長途飛機，會因為特定的航空公司有提供杯麵，而傾向買那家航空公司的票。畢竟在高度商業競爭的環境裡，座椅的舒適度、服務態度、娛樂設備和飛機餐點，都不會相差太遠，而唯一不同的，可能就是當別人在入睡時，在黑暗之中，您卻要擾人清夢的那份杯麵吧！

到國外旅遊，總會碰到吃不對口味的時候，而在累癱了的晚上，偶爾也會想來一碗泡麵充飢。其實已經有很多人在旅遊時，準備了泡麵當乾糧，是真正的當乾糧嗎？還是潛意識裡，預知了將會懷念這個美食！上個月的挪威行，太太就帶了幾杯泡麵，用北極的水泡出來的麵還挺好吃的呢！

吃五星餐廳的宴席，常常只顧著講話，而回家了，肚子還是餓的。有時，明明要睡覺了，但睡著睡著，肚子叫了起來。這些時候，您的第一個想法，很可能就是泡麵！更別說上班族了，除了叫便當之外，泡麵也是不錯的選擇，再營養一點，可以加入自己準備好的炒菜或滷蛋，炎夏或寒冬，待在辦公室吃午餐，不是更舒適些嗎！

人生一路走來，泡麵似乎都如影隨行，卻從來沒有成為一個主要角色，愈來愈注重養生的社會，提倡少吃泡麵的聲音不少，有責任感的食品公司，也能與時俱進的不斷改良，好讓消費者吃的安心。由食品統計數據來看，它的產銷量仍是居高不下的。

早年，泡麵在亞洲引領了廣大的消費市場，如今，遊遍世界各國，它似乎滲入了世界各個角落，當然，每個國家的人民，都有自己偏愛的品牌，而且在調味上會有些差異，但是大致擺脫不了那一份及時行樂、方便處理的原則。

香港是吃泡麵的天堂，連餐廳都賣，公仔麵是香港本土品牌，是泡麵的代名詞，而出前一丁是在香港頗受歡迎的日本品牌，比較貴，所以在餐廳，如果指定要出前一丁的麵，通常要加錢的。沙嗲牛肉及雪菜肉絲是典型早餐，在公仔湯麵上加炒牛肉或雪菜肉絲和一個荷包蛋，從臺灣人的角度來看，或許會覺得一大早這種吃法，口味太重了些，但它就是傳統。下午茶的花樣更多，有各式各樣的炒公仔乾麵，豬扒、鷄扒、海鮮、叉燒肉、香腸加上各種青菜，隨意搭配隨意炒，還真令人垂涎欲滴呢！來香港旅遊的朋友，一定要找機會試試看這種泡麵文化。臺灣這兩年也有幫您煮泡麵的餐廳了，能否受歡迎，還有待觀察。

當然，不論在那個國家，喜歡自己在家做飯吃的朋友，都有自己料理泡麵的一套方式，偶爾，我和太太會很正經的煮個泡麵吃，我們稱之為 The Whole Nine-Yard 麵，在此意譯是 "什麼葷素都加的什錦麵"。一個荷包蛋或打蛋花，幾片青菜，魚丸，貢丸，少量的鷄鴨魚或肉，甚至前一天晚餐的剩菜，都可以組合成一份很棒的午餐。母親每天晚上都要吃半包來一客鮮蝦口味的泡麵當宵夜，她再年輕一點時，我會因為健康因素而勸她少吃，但上了年紀之後，她喜歡怎樣就怎樣，活得快活最重要，而泡麵居然是她的最愛！或許她有她的泡麵故事，或許她最懷念是我小時候吃她煮的泡麵，一臉幸福滿足的樣子吧！

朋友，泡麵是美食嗎？您我或許有不同的定義和不同的角度，來看這件事，但對我而言，它是的！我不會妄自菲薄，因為我知道，美食就在我身邊，隨手可得，隨時可吃，一杯熱水就搞定！