

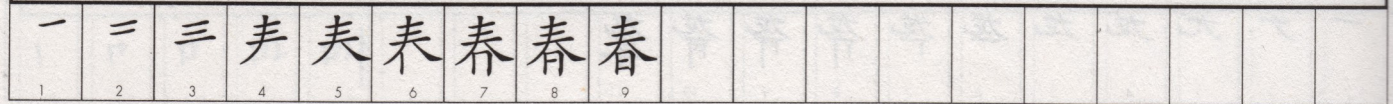
春

chūn
spring

春光 chūn guāng sights and sounds of spring
 春季 chūn jì spring; springtime
 春卷 chūn juǎn spring roll
 春天 chūn tiān spring; springtime

春：此字的篆体为“𡗗”，指代的是在阳光照耀下（日）植物的萌芽（乚）与生长。而春天是一个气候多变的季节，就同它每年到来的时间也是不固定的一样。这一点正像谚语所说：“春天就像继母的脸一样多变。”

𡗗 the seal character for spring (春) signifies the growth and outburst (乚) of vegetation (艹) under the influence of the sun (日). As unpredictable and changeable as the weather, spring comes either early or late each year. Hence the proverb: "Spring has a stepmother's face."



新西蘭東增會館
 THE TUNG JUNG ASSOCIATION OF NZ INC

PO Box 9058, Wellington, New Zealand
 www.tungjung.nz

Newsletter Spring 2022 issue

The Tung Jung Association of New Zealand Committee 2022—2023

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Secretary	Danny Goddard	027 8110551	Newsletter	Gordon Wu	388 3560
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Please visit our website at <http://www.tungjung.nz>

President's report.....

The year has been a difficult one with Covid-19 variations and infections affecting New Zealand throughout the year. Our committee has resorted to online monthly meetings via "GOOGLE MEET" which has proved challenging but necessary. However, we have still managed to hold our senior's lunch and Ching Ming plus the Christmas visits to our senior members to give them some Christmas cheer and gifts.

Our building had been deemed an earth quake risk during the year and due to some of our members negotiation skills we are no longer in that state but we will still need to bring the building to a higher WCC standard and this will take some expense, my thanks to all those involved. Progress will be conveyed to members as it is known.

We are making a concerted effort to bring in more members and in particular committee members. A dinner is to be held on the 15th August at the Grand Century Restaurant at 6.30pm to which we invite all those individuals whose families have been involved historically in the Tung Jung Association to come along and help us run it. We hold monthly meetings and some social lunch and dinners so there's not a lot of time involved. We seem to be entering a time where the threat of world war seemingly grows stronger every day, similar to the days when the Tung Jung Association was founded and even more community minded individuals are needed to join us, so come along to our dinner.

Our senior lunch was again a great success with around 10 tables booked. Many of the families bring their senior members who wouldn't normally come out to catch up with their friends. We supplied gifts and prizes and it seems a very popular occasion. Keep an eye out for the next one which is shown in our web site www.tungjung.nz or in our newsletters.

One of the many traditions we trying to retain is the respect for our ancestors such as Ching Ming and Chung Yeung, where we meet at the Tung Jung Association memorial at Karori Cemetery twice a year to honour those of our families that have passed on. We invite you and your families to join us on these occasions at noon at the Tung Jung memorial. It is an opportunity to bring the younger generation to observe and respect the their ancestors – see our website or newsletter for the dates.

The Mid-Autumn Festival or Moon Festival which we celebrate annually will this year be held at the Dragon's Restaurant in Tory Street on Sunday 18th September 2022 at 6.30 pm. We had to cancel last year's celebration due to Covid-19 regulations so this year we will make a an occasion you will remember! Tickets are available from committee members at \$45.00 per person and you are advised to make up a table of friends (10) in order not to miss out. The restaurant has a limited seating of only 200 people.

Our annual general meeting (AGM) will have been held by the time you receive this newsletter. As mentioned before, we are actively looking for Tung Jung descendants who would like to join the committee to carry on the work our forefathers started for future generations. This is your heritage and family history. Since the AGM is online (see article in newsletter), many members outside Wellington will be able to connect and have a say in the running of the Association. Members outside Wellington will be able to join the committee also and attend the meetings online.

On a brighter note, one of our younger members who we are sponsoring, has written a musical with references to the Otago gold miner's days. Keep another eye out for its opening at Bat's Theatre in the coming months, we would encourage you to see it and support her.

Stay safe,

Kevin Leong
September 2022

會長報告

今年由於新西蘭受新冠病毒不斷變化的傳染影響，我們這一年工作和生活都比較困擾。我們會館委員會的每月例會利用 Google meet 軟體進行網路線上會議。然後我們仍然組織了清明祭拜活動，正在計畫組織老會員的飲茶活動及帶聖誕禮物上門探望老會員活動。

今年我們的會館大樓被認定為有地震風險的樓宇，由於我們會館一些會員與相關部門協商後，可暫時保持現狀。但大樓需要被更高的 WCC 標準檢測，這將會花費一些金錢，感謝參與這件事的會員們，如有新的進展消息，定會傳達給大家。

我們盡最大努力把會員們帶進會館委員會，在 8 月 15 日下午 6 點在豪苑聚餐，我們邀請了我們會員家庭裏曾經加入會館委員會的會員們，大家商量一下如果更好管理會館。其實會館只是每月例會和節日聚餐，委員會不需要花很多時間參與，如果你有意願參加委員會，歡迎來參加我們的聚會。

今年的老會員聚餐非常成功，已經有 10 桌被訂了，很多家庭都帶上平時不方便探親訪友的老會員來參加這次聚會，屆時我們會安排發放禮物和抽獎的活動。請大家關注我們的網站 www.tungjung.nz 和會館季刊。

為了傳承我們的傳統節日文化像清明節和重陽節，這兩個節日都是對我們的祖先緬懷和祭拜的活動。我們委員會每年兩次到 Karori Cemetery 墓地祭拜，我們誠意地邀請你和你家人們參加這兩個節日活動，這樣能讓年輕一輩瞭解和尊重我們的祖先。活動的具體日期，請關注我們的網站 www.tungjung.nz 和會館季刊。

2022年9月18日6點半在龍餐廳，舉行慶祝中秋節聚餐活動。由於新冠病毒的原因，上一年中秋活動被迫取消。但今年我們繼續舉行，委員會會員那裏已經有票買了，45元紐幣一位。邀請你們的朋友一起參加吧，餐廳限定人數，大概是200人。

當大家收到這期季刊的時間，我們AGM的年度例會正在召開中，像我們之前所說的，我們積極尋找東增會館的後代們進入會館的委員會，希望他們能把先輩們創立東增會館傳承下去，這是我們的文化遺產和家族歷史。自從AGM在網上召開，很多身處外地委員會會員也參與了例會，他們給了我們很多有用的建議。

好消息，我們資助的一位年輕會員寫了一部音樂劇，名叫《the Otago gold miner's days》將在接著這幾個月裏在Bat's Theatre上演。請大家大力支持一下她。

保持安全！

梁永基

2022年9月

Obituary.....

Lum Dai Young (née Chan) 楊陳林棣

Sungai village 新街村

25 May 1930 – 21 June 2022

Born Chan Lum Dai in Sun Gai village, Mrs Young was the middle daughter of a family of three girls and one boy. At the age of 18, she married Young Hon Kee (楊漢基) who had migrated to New Zealand in 1936 and returned to China after the Second World War [Young Hon Kee was an early member of the Tung Jung Association – *Ed.*]. Mr Young returned to New Zealand in 1949 and in 1952, Mrs Young left China to join her husband. It was to be twenty years before she was able to return.



Mrs Young epitomised the fortitude, resilience, resourcefulness and work ethic of Chinese migrant women of her generation. She lived through the Japanese occupation of China and the political upheaval following the Chinese Communist Party rise to power. As a young woman, and speaking no English, she undertook the trip to New Zealand with her two-year old son, Arnold, travelling by ship from Hong Kong to Sydney, Australia then on to Wellington, New Zealand by flying boat.

Mrs Young's early life in New Zealand was a happy time, especially with the birth of daughter Lynlee and son Bryant. During this time the family saved enough to purchase a dairy business in Vivian Street in 1957 with Mrs Young contributing to the finances by sewing handkerchiefs at home. This modest beginning led to a lifetime's enjoyment of fashion and sewing.

Happiness did not last however, with Mr Young suffering a crippling stroke that led to Mrs Young having to run the dairy, care for a disabled husband, raise three children and manage the household. After Mr Young passed away as the result of a second stroke in November 1959, Mrs Young was forced to relinquish the dairy to focus on raising her young family which had now increased to four with the birth of daughter Barbara.

As well as being talented at all aspects of sewing, including design, drafting, cutting and construction, Mrs Young was acknowledged to be an exceptional cook. By using her sewing and cooking skills to good effect, Mrs Young was able to provide for her family by working in a factory manufacturing men's suits and working in restaurants and lunch bars preparing food.

Life was not without enjoyment and throughout her life, Mrs Young was able to indulge her love of cinema and Chinese opera which she had developed at an early age. She was a regular attender of Chinese movies when they were shown and, later, an avid viewer of Chinese videos and pay TV. Her love of theatre extended to live performances including opera, such as Smetana's *The Bartered Bride* which she saw at the Sydney Opera House, and musicals such as *The Phantom of the Opera* which she saw in Melbourne.

As well as travelling to Australia Mrs Young was finally able to return to China to visit family and see her elderly mother one last time in 1974. On this occasion she was accompanied by Lynlee. She returned to China twice more; once with Barbara and grandson Christopher in 2001 and then, again, in 2005 with Barbara, daughter-in-law Jane and granddaughter Emma. This was a special trip for Mrs Young because, as well as visiting family in Guangzhou, this trip allowed her to be a tourist in her own homeland and to visit parts of China that she had only read about. Highlights were sites reminiscent of the Imperial China that featured in the films she loved watching such as the Great Wall of China, the Forbidden City and Summer Palace in Beijing and the ancient Yu Garden in Shanghai.

Mrs Young enjoyed good health and remained mobile well into her 80s. She was immensely proud of her grandchildren and when she became less active in her latter years, Mrs Young took great delight in visits from her grandchildren and great grandchildren. She remained in her own home right up to her passing and was able to do so because of the assistance of her son, Bryant, who lived with her.

Mrs Young was farewelled at a private celebration of her life on June 27 and interred alongside her husband at Karori Cemetery. She is survived by her children Arnold, Lynlee, Bryant and Barbara, five grandchildren (Louise, Christopher, Emma, Daniel and Emily) and two great grandchildren (Hugo and Bobbi).

Source: Young family

Obituary.....

Yang, Zhen Niang 楊針娘 印度尼西亚 Indonesia

20 October 1936 - 24 July 2022

Yang Zhenniang (b. 1936) was born to a Chinese traditional-medicine family who had lived for many generations in Indonesia. After 1949, Yang's older and younger brothers returned to China, where there were new opportunities and a chance to help shape the country's future. Encouraged by her father, Yang followed her brothers' path to Nanjing in 1953, where she completed her secondary school education. Her first interest was, in the family tradition, medicine, but her university placement exam scores led to the East China Technical University of Water Resources, where she studied land hydrology from 1955 to 1960. After the Cultural Revolution, Yang returned to glaciological studies and broadened her research program to include other cold region processes. In 1984 she founded a cold region hydrology program in the Qilian Shan, along the border between Qinghai and Gansu Provinces in northern China. As a founding member of the Lanzhou Institute, Yang played an important role in shaping glacier research in China. She published three books and 70 papers over her nearly 40 year career (Yang, 1982; Yang and others, 2000; Yang and Zeng, 2001). In her first book, Glacier water resources in China, Yang (1991) compiled and analyzed the prior 30 years' work on glacier hydrology in China. Written in response to a request from the National Department of Hydrology and Power, the book was the first comprehensive survey of its kind, and Yang won the National Science and Technology Progress Second Award in recognition of the accomplishment. Today she cites this as her most satisfying research project (personal communication from Yang Zhenniang, 2010). Yang also served as the Lanzhou people's representative, member of the Chinese People's Political Consultative Conference (CPPCC), and member of the CPPCC Standing Committee in the Gansu provincial government. Writing in 2003, Shi Yafeng cited Yang's dedication to research, innovative spirit and ability to overcome any challenge that stood in her way as an example for future generations (Shi, 2003).



Professor Yang Zhen Niang has been awarded a lifetime honorary membership of the International Glaciological Society (IGS) for her lifetime of achievement in glacier and cold regions hydrological research. In 2013. *Honorary Membership of the Society is awarded in recognition of outstanding contributions to the field of Glaciology at a national or regional level.*

Professor Yang climbed mountains, built research stations, wrote papers and books and minded children at the Lanzhou Institute farm. Her study of glacier-fed streams in the Tien Shan – and Qilian Shan was ground breaking as well as physically demanding for her diminutive stature.

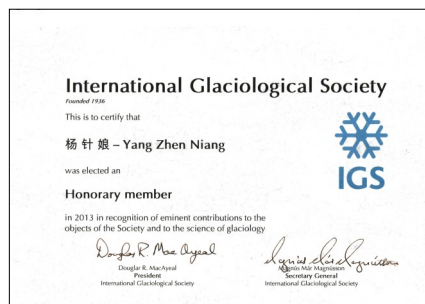
She retired from her work in China in 1996 and accompanied her husband Zeng Qun Zhu and son Kevin to New Zealand to start a new life but returned to China in 1998 and returned to New Zealand in 2011 where she has since lived. Her husband has passed away some years ago and after a recent illness, the family decided to admit her to Poneke House, in Newtown where she could be cared for as it was close to their business. It was here that she passed away on Sunday 24th July and her funeral service was held at the Johnsonville Guardian Funeral Home on 30th July 2022 and was privately cremated at the Harbour City Funeral Home in Kilbirnie afterwards.

The service was attended by the family and close friends.

She is survived by her son Kevin, daughter in law Rina and five grandchildren

Kevin Zeng is the Chinese secretary of the Tung Jung Association and editor of the Home Voice newspaper.

Kevin Zeng 曾凯六文



Obituary.....

James Luey 呂景祥 白石村 Bak Shek village

28 December 1922—29 July 2022



James or Jim as he was often called, was born in Greymouth on 28 December 1922, the second eldest of a family of 9 – 5 boys and 4 girls. His grandmother took him, brother Tom and sisters Eileen and Amy back to the Luey family home in Bak Shek Village, in Jung Seng County, near Guangzhou City, China to see his grandparents, .Jim was left with the Grandparents in China to further his Chinese education where he attended Jup Sing and Poy Jing elementary school, returning to New Zealand at the age of 12. It was a very difficult time for him as he knew very little English because of his Chinese education but it didn't take him long to pick it up as he substituted Chinese pronunciations for the English ones when working in the fruit shop.

In 1940, at the age of 18, World War two had started and he was called up for the New Zealand Army, based at Burnham Camp in Christchurch. He became Private James Luey No.448355 Nelson /Marlborough /West Coast Regiment. His regiment was due to leave and assist in the defence of Singapore, however the Japanese captured the City and the regiment was stood down.

A few points Jim talked to his family about while he was in the Army:

He didn't mind going to the army for the money because he earned in **2 shillings a week** in the fruit shop but **earned that amount each day** in the army.

When he joined the Army he had bad teeth so they had them all pulled out and got a new set of dentures. He was still using the same pair after 80+ years.

The army gave the soldiers to have 1 mug of beer each day. His army mate was a tinsmith and made him a larger mug but he learnt a life lesson about drinking and playing poker – he got taken advantage of when he played poker and got drunk losing his whole months pay in one night. – He always said that alcohol and gambling were a **NO NO**.

He was so fit that his Sergeant got him to lead the route march and even held his rifle at times so he could play his harmonica.

He was so shy. His mates would drag him to dances at night encouraging him to party with the girls but he sat outside the hall and waited for them until they were ready to go home. He never bothered to go again, His lack of English held him back and although he showed leadership skills they could not promote him to a higher rank. On one occasion he was asked to deliver the incoming mail but because he couldn't read English he delivered mail to the wrong people and felt really embarrassed.

His uncle was a market gardener in Christchurch. Jim was told he could leave the army if he wanted to join his uncle and grow vegetables to supply the US Marines. He left the army and worked with his uncle on a hilly market garden but when uncle retired he decided to buy his own garden on the flat land in the suburb of Belfast.

This is where he picked up his skills growing vegetables and gained his love of gardening. After a holiday with his brother Tom to Wellington, they bought a fruit shop in Cuba St and the family moved to Wellington. During the time in Wellington, he joined the Chinese Anglican Youth Club where he made lifelong friends and where he met his future wife, Kathleen. They got married in 1946 and took over his father-in-law's fruit shop in Petone.

Michael and Susan were born soon after. When Susan was three, the family went back to Hong Kong. At that time a friend of the family encouraged Jim to try importing embroidered tableware and gift shop items and change his business path. At this stage many of his friends including brother-in-law Jack, had changed to gift shops.

ObituaryJames Luey contd

During these years Lester and Jimmy were born and Jim travelled overseas often to further business opportunities and had endless ideas for different occupations, namely: Giftshop, Clothing Factory and even made raincoats for Chilton St. James, as well as sewing sheets, tea towels etc. Importer of Giftware like Crystal, Denby, Beswick, Carlton, Fine Bone China, Chinese Ornaments and Handicrafts. Chinese food was imported initially for his own use, He then started to sell to friends from his garage in Queen St, Petone.

Jim purchased two George & George department stores (Petone and Naenae) where they had different departments, Gardening where we weighed up manure, sold babywear, ladies wear, Manchester and kitchen and giftware. Eventually he opened Ocean Commodities in Jervois Quay, Wellington, to sell Chinese food. Jim's nephew Dennis and daughter Susan managed this store and soon chinaware, giftware and Chinese craft were added soon after.

When Dennis went overseas the shop was moved around the corner to Victoria Street where David, Susan's husband joined the business. When Ocean House was sold, Ocean Commodities relocated to Taranaki Street.

Jim was against having his grandchildren going to daycare, they came to work as well and had their own nursery in the building, they were exposed to the retail environment at a young age.

He was very keen for us to keep our Chinese culture and encouraged us to attend Chinese School in Hutt Valley and later at Tung Jung Association in Wellington. Once school finished, he bought us ice creams on the way home, I'm sure it was a bribe to make us all go back the following week.

He loved helping the Chinese Community and accompanied the Taiwanese Ambassador Sha to solicit donations for The Wellington Chinese Sports and Cultural Centre in Newtown.

Unfortunately, in 1968, tragedy struck the family and his eldest son Michael was killed in a car accident. He took a long time to resurface but being resilient he slowly carried on putting his energy into helping Rev. Loong Gon with fundraising to build a new Church. With other members of the original youth club they formed a building committee. After many church bazaars, banquets and fund raising efforts, the church and hall was finally built.

Jim has been a past president of the Tung Jung Association. He was elected president in 1967 and 1968 and re-elected in 1971, 1972 and 1973. After a break of 16 years, he was again elected as president in 1989 for another year after which he resigned from the committee but still retained his membership. During the years when Jim was president of the Association, he was also in business as an importer and he often would donate gifts to the Association to be used as prizes to raise funds. He was a very generous man of the time.

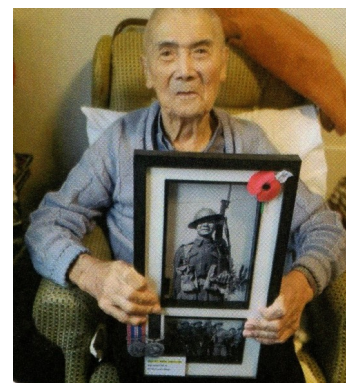
Jim loved gardening and even dug the soil by hand shovel even up to his 80's. and his seedlings and bonsai would be at Church and Tung Jung functions to assist with their fund raising for which he would not accept any payment but happily donated these items. As he got older, he began reading a lot more and cut out interesting articles to keep and read. He loved soups and his favourite food was ice cream and jelly for dessert, right up till he got sick, he requested the ice-cream option for lunch.

Jim was at the Shona McFarlane Rest Home in Lower Hutt for 22 months where he was treated with respect and care.

His funeral was held at the Wellington Chinese Anglican Church in Glenmore Street, Wellington on 5th August 2022 and was attended by many relatives and friends from all over the country.. He is buried alongside his wife Kathleen at Makara Cemetery in the Tung Jung Association plot.

He is survived by his daughter Susan, sons Lester, Jim and their respective families.

Adapted from eulogy by Susan Foon.



Obituary.....

John Kaan 簡

沙頭村 Shatou village

18 February 1940 – 15 May 2022

John's father Joseph Yow On Kaan 簡有安, arrived in Dunedin in 1894 where he set up a market garden and sold vegetables. In 1904 he moved to Sawyers Flat and set up a garden also selling and buying vegetables and fruit for a shop called Hop Lee in Port Chalmers which he later brought and ran with members of the family for many years. He went back home to China in 1923 to marry Yi Tai Kawn, coming back to Sawyers Bay to earn the £100 poll tax and money for her voyage to New Zealand. Yi Tai arrive 26th February 1926. The first of their 8 children were born in 1927 with John being number six.



John went to school in Sawyers Bay and later to technical school in Dunedin but he much preferred working and gardening, trying out several jobs, including delivery boy for a car parts to use his love of trucks and anything with wheels that went fast. Next was welding then the ministry of works and petrol tanker driving (one which he managed to roll down a bank!)

John married Coral Middleditch in August 1962 when they brought a corner dairy together and later building a house and shop in Dunedin they moved back to Sawyers Bay where they built a house and John went to work in the family shop in Port Chalmers, buying from the market and running the market garden. John set up a washing plant and packing shed for the vegetables, giving many a local lad and his own 3 children employment.

Ever the entrepreneur John next built a factory and takeaway shop in Sawyers Bay. The factory was making great chips and supplying many Dunedin shops. The shop was run by John's eldest daughter Glenda and youngest son Geoffrey, the eldest son Lindsay helped run the factory. Later the chip factory was sold to Mr Chips and Coral and Lindsay moved to town (Dunedin) to sell Mr Chips, Chip's and Arano Juice as well as other food products. Glenda ran Arano Juice and Geoffrey helping as well.

John continued at the shop and factory trying out many new ideas such as pie making, cheese rolls and any thing to do with food. Later he sold JK Pies and returned to the family business to which is now known as Kaan's Catering Supplies.

This business expanded over the lower South Island over the next 25+ years with John & Coral retiring leaving the family to continue.

Two years ago, John's boys moved the business into a larger building with much more space which John loved to wander around and admire how far they had all come over the years. He was a very proud man who was very pleased to see the progression.

Right up until his very sudden death John maintained an interest and spent many happy hours trying out new ideas.

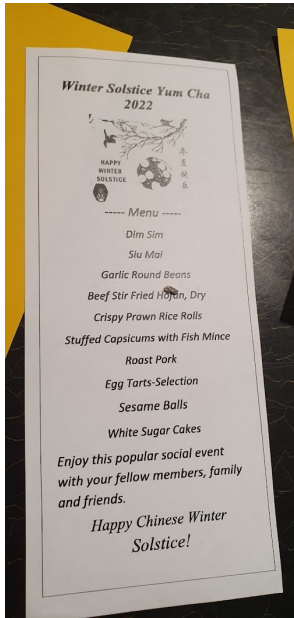
He is survived by his wife Coral, daughter Glenda and sons Lindsay and Geoffrey and their respective families.

His funeral was held on 21 May 2022 at Hope and Sons in Anderson Bay Road and was attended by numerous friends and relatives.



Mid-winter yum-cha lunch.....

Again this year, the Association held another mid-winter yum cha lunch after having to cancel it last year because of Covid-19 restrictions. The purpose of having a mid-winter yum cha lunch is to allow the older generation to get out and meet their peers, many of whom would not have met for some time. The weather that day was fine and mild after some cold nights and rain that would deter many to not come out. Over 80 people turned up and all enjoyed the yum cha lunch prepared for them by the Dragon Restaurant. This year we had some thermo-chemical resin lychees to give away as lucky draw prizes, courtesy of the Zengcheng Overseas Chinese Affairs Office. Everyone had a good time and met old friends whom they haven't seen for some time.



More photos: <https://photos.app.goo.gl/kwQZU3RNJxvLxB3E7>

Chinese history 中國歷史..

The reign of Liu He...

Liu He 劉賀 (93-59 BCE), was for a short time emperor of the FORMER HAN DYNASTY 前漢 (206 BCE-8 CE). He was a grandson of EMPEROR WU 漢武帝 (r. 141-87 BCE) and son of Liu Bo 劉卬, Prince Ai of Changyi 昌邑哀王.

In 86 BCE he succeeded his father as Prince of Changyi. When EMPEROR ZHAO 漢昭帝 (r. 87-74 BCE) died in 74 BCE. There was no direct heir, so that the REGENT, General-in-chief (*da jiangjun* 大將軍) HUO GUANG 霍光, consulted the Empress Dowager who suggested enthroning Liu He. Liu He was known for his inclination to pleasures like music and playing chess, yet in his position as emperor he exhibited an intolerable behaviour and did not know how to rule, so that Huo Guang deposed him after only 27 days of reign and transferred him to the distant commandery (*jun* 郡) of Fangling 房陵 (modern Fangxian 房縣, Hubei). His domain of Changyi was transformed into the commandery of Shanyang 山陽. EMPEROR XUAN 漢宣帝 (r. 74-49 BCE), Liu He's successor, regularly sent out officials to inspect his mental state. He was, in spite of being rated as mad, given the title of MARQUIS of Haihun 海昏侯 and died five years later.



When archaeologists opened the tomb of Liu He, Lord of Haihun of the Han Dynasty, they found a pile of money. This includes 5,330,000 ancient copper coins, weighing about 10 tons, and 358 gold cakes.

According to a report from the magazine *Archaeology*, a bamboo book unearthed from the Haihunhou tomb titled *Wu Se Shi Sheng* (Five-coloured Food Treasure) is a book about the art of necromancy with five colors representing five kinds of food, that represents the Chinese *wuxing* (five phases of wood, fire, earth, metal and water) theory.



However, according to experts from Fudan University, "green" and "white" are only words about colours discovered in the book, which refer to black and white. As there was a chessboard found in the tomb before, experts guess the book is about Liubo, a popular chess game from the Han Dynasty (206 BC-AD 220). After comparing with other chess-related books, the experts are more certain about the conclusion, who said that the *Wu Se Shi Sheng* should change its name to *Liubo Chess Manual*, which will be the first discovered book about Liubo chess.

Liubo (Chinese: 六博 or 陸博; lit. 'six sticks') was an ancient Chinese board game played by two players. The rules have largely been lost, but it is believed that each player had six game

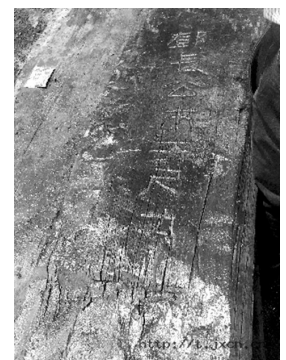


pieces that were moved around the points of a square game board that had a distinctive, symmetrical pattern. Moves were determined by the throw of six sticks, which performed the same function as dice in other race games.

The game was invented no later than the middle of the 1st millennium BCE, and was popular during the Han dynasty (202 BCE – 220 CE). However, af

ter the Han Dynasty it rapidly declined in popularity, possibly due to the rise in popularity of the game of Go, and it became totally forgotten.

Knowledge of the game has increased in recent years with archeological discoveries of Liubo game boards and game equipment in ancient tombs, as well as discoveries of Han dynasty picture stones and picture bricks depicting Liubo players.



Handwriting etched on Liu He's coffin

Ancient Chinese Traditional Foods

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This article has put together 10 of the most popular traditional foods of ancient China. Let's explore these foods one by one:

Vegetables (Soybeans and Cucumber) - There were not many varieties of vegetables in ancient China, but nonetheless, vegetables were an essential part of people's diets. When they could afford it, they ate vegetables with their food staple, rice. The major vegetables during that period were soybeans and cucumbers, and the consumption of soybeans can be traced back to 1000 BC when the soybean became the staple grain in ancient China. The character *shu*, meaning soybean, started appearing on bronze vessels from the early Zhou period. Soybeans were also mentioned in the fifth century BC in the *Analects of Confucius* or the *Lunyu*.

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Ancient Chinese Traditional Foodscontd

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Chinese doctors discovered that meat was an essential food because it was a rich source of protein, but only the wealthy could afford to eat it. To fix this, a law was made that every week, every person living in China would get a free cup of tofu, which was a mixture of soybean and other things like rice to give them the same amount of nutrients as meat would. In China at that time it was difficult to cook on a large scale, so people would break their food into small pieces to cook it. Tofu has also become a popular ingredient in Western vegetarian dishes as well.



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We can see that China has been rich in food culture ever since ancient times. We can also note that there is a diversity between farming and food production in the south of China and the north, which gives rise to the regional differences in cuisines. Agriculture seems to have played an important role in China's history, and the agricultural practices of the ancient times played a central role in the political, economic, social and ideological advances of China.

The Fukang meteorite.....

The **Fukang meteorite** is a meteorite that was found in the mountains near Fukang, China in 2000. It is a pallasite—a type of stony–iron meteorite with olivine crystals. Pallasites are a rare type of meteorite. Only 61 are known to date. It is estimated to be 4.5 billion years old.

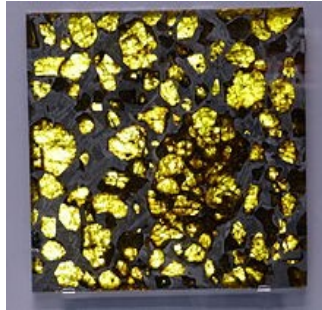
In 2000, near Fukang, China, a Chinese dealer obtained a mass from Xinjiang Province, China, with a weight of 1,003 kilograms (2,211 lb). He removed about 20 kilograms (44 lb) from the main mass, and in February 2005, the meteorite was taken to the Tucson Gem and Mineral Show, where it was seen by Dr. Dante Lauretta, a professor of Planetary Science and Cosmochemistry at the University of Arizona.

Subsequently, the mass was investigated at the Southwest Meteorite Center, Lunar and Planetary Laboratory, University of Arizona in Tucson, Arizona by Dr. Lauretta and a team of research scientists including Dolores Hill, Marvin Killgore, Daniella DellaGiustina, and Dr. Yulia Goreva, and joined by Dr. Ian Franchi of Open University.^[1] The Fukang pallasite contains large, gem quality olivine, or peridot, in a nickel-iron matrix. The olivines vary in shape from rounded to angular, many are fractured and they range in size from less than five millimetres to several centimetres. The main mass contains several regions of massive olivine clusters up to eleven centimetres (4.3 inches) in diameter with thin metal veins. Fo_{86.4} with molar Fe/Mg = 0.1367, Fe/Mn = 40.37, and Ni = 0.03 wt%. The metal matrix is mostly kamacite with an average nickel content of 6.98 wt%. Vermicular sulfide (troilite) is present in some olivine.

Oxygen isotopes: δ^{18O} 2.569 ‰, δ^{17O} 1.179 ‰, $\Delta 17O = -0.157$ ‰.^[2]

A section weighing 31 kilograms (68 lb; 4.9 st) of type specimen is on deposit at the University of Arizona. Marvin Killgore holds an additional section weighing the same amount, as well as the balance of the main mass.^[1]

In April 2008, Bonhams offered the main mass for auction at their Manhattan auction. Bonhams expected to fetch US\$2,000,000, but the lot remained unsold. A "window" area of 19 by 36 inches (480 mm × 910 mm) was cut and polished to provide a view into the gem areas of the meteorite



Baby escort.....

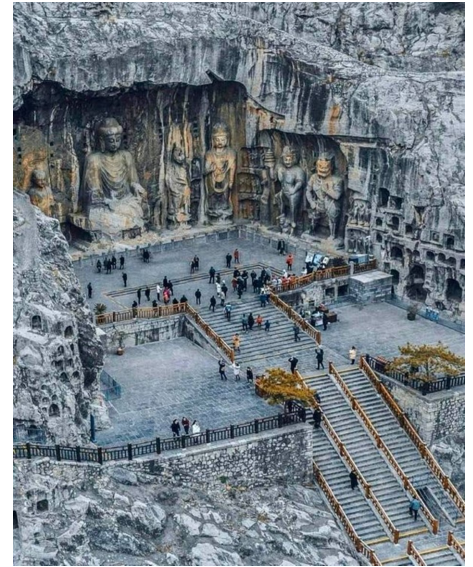
This baby panda was sent from China to Japan as an ambassador for the friendship between the two countries.

On the flight, instead of being locked in a cage under the animal compartment, the bear was instead sitting in the passenger cabin, with his caregiver, wearing a seat belt, wearing a diaper and enjoying bamboo leaves during flight.



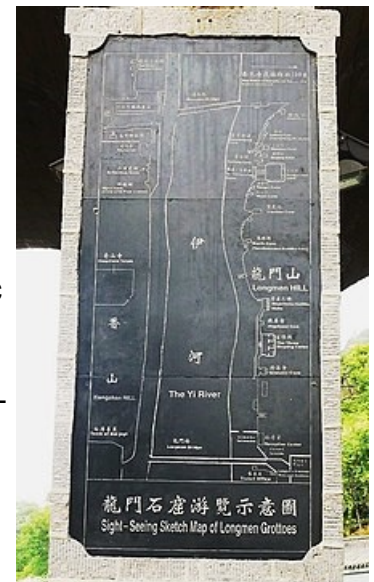
The Longmen Grottoes 龍門石窟.....

The **Longmen Grottoes** 龍門石窟; 'Dragon's Gate Grottoes') or **Longmen Caves** are some of the finest examples of Chinese Buddhist art. Housing tens of thousands of statues of Shakyamuni Buddha and his disciples, they are located 12 kilometres (7.5 mi) south of present-day Luoyang in Henan province, China. The images, many once painted, were carved as outside rock reliefs and inside artificial caves excavated from the limestone cliffs of the Xiangshan (香山) and Longmenshan, running east and west. The Yi River 伊河 flows northward between them and the area used to be called **Yique** (伊闕; 'The Gate of the Yi River'). The alternative name of "Dragon's Gate Grottoes" derives from the resemblance of the two hills that check the flow of the Yi River to the typical "Chinese gate towers" that once marked the entrance to Luoyang from the south.^[4] There are as many as 100,000 statues within the 2,345 caves, ranging from 1 inch (25 mm) to 57 feet (17 m) in height. The area also contains nearly 2,500 stelae and inscriptions, hence the name "Forest of Ancient Stelae", as well as over sixty Buddhist pagodas. Situated in a scenic natural environment, the caves were dug from a 1 kilometre (0.62 mi) stretch of cliff running along both banks of the river. 30% date from the Northern Wei and 60% from the Tang dynasty, caves from other periods accounting for less than 10% of the total.^[3] Starting with the Northern Wei Dynasty in 493 AD, patrons and donors included emperors, Wu Zetian, members of the royal family, other rich families, generals, and religious groups.



In 2000 the site was added to the UNESCO World Heritage List as "an outstanding manifestation of human artistic creativity," for its perfection of an art form, and for its encapsulation of the cultural sophistication of Tang China.

The earliest history of the creation of Longmen Grottoes is traced to the reign of Emperor Xiaowen of Northern Wei dynasty when he shifted his capital to Luoyang from Dàtóng; Luoyang's symbolic value is borne by the fact that it served as the historic capital for 13 dynasties. The grottoes were excavated and carved with Buddhist subjects over the period from 493 AD to 1127 AD, in four distinct phases. The first phase started with the Northern Wei dynasty (493–534). The second phase saw slow development of caves as there was interruption due to strife in the region, between 524 and 626, during the reign of the Sui dynasty (581–618) and the early part of the Tang dynasty (618–907). The third phase, was during the reign of the Tang dynasty when Chinese Buddhism flourished and there was a proliferation of caves and carvings from 626 to the mid 8th century. The last phase, which was the fourth, was from the later part of the Tang dynastic rule extending to the Northern Song Dynasty rule, which saw a decline in the creation of grottoes. It came to an end due to internecine war between the Jin and Yuan dynasties. During the period of 1368 to 1912, when two dynasties ruled in China, namely the Ming dynasty from 1368 to 1644, and the Qing dynasty from 1644 to 1912, there was cultural revival and the Longmen Grottoes received recognition both at the national and international level. The site was subjected to significant vandalism at several points in its history. Major artifacts were removed by Western collectors and souvenir hunters during the early 20th century. The heads of many statues were also destroyed during the Cultural Revolution. Two murals taken from the grottoes are reported to be displayed in the Metropolitan Museum of Art in New York and the Nelson-Atkins Museum of Art in Kansas City, Missouri.



Map of Longmen Grottoes



Chinese history.....

Liu He 劉賀 (93-59 BCE), was for a short time emperor of the former Han Dynasty 前漢 (206 BCE-8 CE). He was a grandson of Emperor Wu 漢武帝 (r. 141-87 BCE) and son of Liu Bo 劉髡, Prince Ai of Changyi 昌邑哀王.



In 86 BCE he succeeded his father as Prince of Changyi. When Emperor Zhao 漢昭帝 (r. 87-74 BCE) died in 74 BCE there was no direct heir, so that the Regent General-in-chief (*da jiangjun* 大將軍) Huo Guang 霍光, consulted the Empress Dowager who suggested enthroning Liu He. Liu He was known for his inclination to pleasures already as a prince, yet in his position as emperor he exhibited an intolerable behaviour, so that Huo Guang deposed him after only 27 days of reign and transferred him to the distant commandery (*jun* 郡) of Fangling 房陵 (modern Fangxian 房縣, Hubei). His domain of Changyi was transformed into the commandery of Shanyang 山陽.



Emperor Xuan 漢宣帝 (r. 74-49 BCE), Liu He's successor, regularly sent out officials to inspect his mental state. He was, in spite of being rated as mad, given the title of Marquis of Haihun 海昏侯 and died five years later.



When archaeologists opened the tomb of Liu He, Lord of Haihun of the Han Dynasty, they found a pile of money. This includes 5,330,000 ancient copper coins, weighing about 10 tons, and 358 gold cakes.



However, he couldn't do the job. He liked music and chess, but didn't really know how to become an emperor.

Unsurprisingly, he was quickly overthrown, and transferred south with his treasures. He died in his 30s from eating too much cantaloupe.

Can you remember.....?

In our younger days, when we were kids, cheeky children would often call us

“ching chong Chinaman” How many of us know where that expression came from? There has been much speculation on how it was derived. Some say it was a twist on the Chinese name for Chongqing (重慶 aka 重庆 aka Chungking).

The expression came into existence when the Chinese first came to New Zealand and other “white” countries who resented the Chinese into their countries. Here is an uptake of what the expression could mean.....ching chong 清倉 “clear out the warehouse”



Traditional Ancient Chinese Foods

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Researchers may have ‘found’ many of China’s 30 million missing girls...

Academics often talk about between 30 and 60 million “missing girls” in China, apparently killed in the womb or just after birth, thanks to a combination of preference for sons and the country’s decades under a repressive one-child policy.

Now researchers in the United States and China think they might have found many — or even most — of them, and argue they might not have been killed after all.

John Kennedy of the University of Kansas and Shi Yaojiang of Shaanxi Normal University have released a study claiming that the births of many of the girls may, in fact, simply not have been registered.

“People think 30 million girls are missing from the population. That’s the population of California, and they think they’re just gone,” said Kennedy, an associate professor of political science, according to the university website.

“Most people are using a demographic explanation to say that abortion or infanticide are the reasons they don’t show up in the census and that they don’t exist. But we find there is a political explanation.”

Local officials, they argue, were complicit in the concealment to retain support from villagers, and maintain social stability.

“There is no coordination between cadres saying ‘we’re all in agreement,’” Kennedy said. “Actually it’s just very local. The people who are implementing these policies work for the government in a sense. They are officials, but they are also villagers, and they have to live in the village where they are implementing policies.”

China finally abandoned the one-child policy this year after more than three decades, allowing everyone to have two children. But there is still widespread concern about the lagged effects of a seriously skewed gender ratio on society, with young males said to vastly outnumber women. These findings could also allay some of these concerns.

“If 30 million women are truly missing, then there’s going to be more males than females of marriageable age as they start looking for wives,” Kennedy said. “There is nothing more socially unstable than a bunch of testosterone with nowhere to go.”

China drops one-child policy, but ‘exhausted’ tiger moms say one is plenty

The pair apparently stumbled on their theory when interviewing a villager in China’s northern Shaanxi province in 1996. The man had two daughters and a son and referred to the younger daughter as “the nonexistent one.”

Since the mid-1980s, villagers could legally have a second child if the firstborn was a girl.

After more interviews showed the practice to be widespread, the researchers then compared the number of the number of children born in 1990 with the number of 20-year-old Chinese men and women in 2010.

They discovered 4 million additional people, and of those there were approximately 1 million more women than men.

“If we go over a course of 25 years, it’s possible there are about 25 million women in the statistics that weren’t there at birth,” Kennedy said.

For many moms, the end of China’s one-child rule came too late

The 2010 Chinese census found the sex ratio at birth was 118 males for every 100 females. Globally the average is about 105 males for every 100 females.

Kennedy said the findings also question the idea that Chinese villagers were willing to kill their daughters on a massive scale. But even if the report might be seen as positive for China, Kennedy said it was until recently too politically sensitive to publish, especially for his Chinese co-researcher.

The findings are published this month in the journal *China Quarterly*. by Simon Denyer.

Simon Denyer was The Washington Post’s bureau chief in Tokyo and left The Post in September 2021. He previously worked as The Post’s bureau chief in Beijing and New Delhi; as a Reuters bureau chief in Washington, New Delhi and Islamabad; and a Reuters correspondent in Nairobi, New York and London



Footbinding.....

It's hard to even conceive how painful this might be—especially as you age and develop arthritis—which is common in women.

It is from foot-binding, which was a popular cultural practice in China. It was eventually outlawed in the early 20th century but still practiced by some women. It was initially done to get the favour of the emperor, in order to become one of his concubines.

Women were forced to wear the same size shoe, starting when they were between 4 and 9 years old. But the start of the process involved breaking the toes and tightly folding them under a girl's foot.

It was extremely painful and there was a saying, "Every bound foot is soaked in a tub full of tears."

Women with bound feet had severe mobility problems and suffered greatly as a result. They had to walk on their heels mainly and risked rebreaking their toes if they didn't.

Eventually, people campaigned to put an end to the practice, and it wasn't formally stopped until 1912.

It's estimated that, at one point, as many as 50% of Chinese women had bound feet.

The sad twist in this story is that the act of campaigning against the bound feet made them less socially desirable. And women who had done so were often abandoned by their husbands.

The entire history of foot binding is utterly sad.



Chinese customs.....

This is Huangluo, a village deep in the heart of Guangxi province in China. The women in this village only cut their hair once in their lives at 18 as a rite of passage.

The women of Huangluo can only cut their hair once in their lives, on their 18th birthday. They grow their jet black hair up to 2.1 meters (6.8 feet) long, and manage to keep it looking strong and healthy (and free of greys) well into their old age. Their secret? They wash with fermented rice water. You know, that milky-coloured liquid left over from rinsing or boiling rice. It's been the secret to beautiful hair for these village women as well as imperial princesses in the East since ancient times.

But the chopped hair isn't sold off to find its way into a packet of Kardashian brand hair extensions. It's given to the girl's grandmother and made into an ornamental headpiece. It's ironically at this time, with an ear-length haircut that the young woman is supposed to begin looking for a lover. When she marries, the hair is gifted to the groom, and later becomes a part of her everyday hairdo.



I went for a Chinese last night and got chatting to the waiter. He told me he lived in Japan during the war and was a kamikaze pilot and his Code Name was 'Chow Mein'. I said, "Correct me if I'm wrong, but didn't kamikaze pilots sacrifice their own lives?" To which he replied, "Yes, but I was Chicken Chow Mein." ...

More information. [The Chinese Village of Long-Haired Rapunzels](#)

Monosodium glutamate — the special ingredient that makes food addictively tasty — won't actually hurt you

Despite what some of its opponents have long claimed, Monosodium Glutamate (MSG) may have nothing to do with those headaches you get after eating Chinese food, and may not be bad for you at all.

Despite the persistent absence of any scientific evidence, some people claim to suffer from a sensitivity to the food additive, which is used in everything from Asian cuisines, to American fast food and packaged snacks. Sufferers describe symptoms such as headaches, feeling flushed, and sweating after eating food containing the additive according to a Mayo Clinic nutritionist

Any symptoms they claim to experience are mild, don't require an ambulance, and don't seem to have lasting effects. Others seem to only show symptoms when they know they are eating MSG — suggesting it's a placebo effect.

MSG stands for Monosodium Glutamate, the key compound of which is the latter, glutamate. Glutamates occur naturally in various types of seaweed and fish, and are often credited with being responsible for their "umami" flavor.

The word "umami" was coined by Japanese scientist Kikunae Ikeda in the paper where he discussed glutamates as the chemical source of the meaty, savoury flavour previously unknown to scientists.

After isolating the glutamate, he stabilized it by making it a salt by adding a sodium ion (hence the "monosodium" prefix), patented the whole thing and made a fortune through the company he founded, Ajinomoto Corporation.

In a not totally scientific experiment a scientist lied to his traveling companions in China who claimed to have MSG sensitivities, about the MSG content of their meals. He then waited to hear of their horrible reactions. But there was no outcry, even when the food contained MSG. His friends happily ate "dish after poisoned dish," and never complained of the headaches, "numbness at the back of the neck, gradually radiating to both arms and the back, general weakness and palpitation," that people attribute to consumption of MSG.

Since concerns over MSG first entered popular consciousness in the late 1960s, tons of scientists have attempted and failed to prove any real danger to the additive.

Double-blind studies of MSG's effects on the body have not turned up any of the symptoms people sometimes report, including one published in the February 1971 issue of the *Journal of Toxicology and Applied Pharmacology*.

Nevertheless, complaints of side effects abound, ranging from merely inconvenient headaches to what About.com's Danilo Alfaro, after eating at a favorite Korean restaurant, described his reaction as "head pounding, ears ringing, heart racing so fast I could see it thumping through my shirt. Also, I had a murderous thirst and had sunk into what I can only describe as a deep malaise (which, considering these other symptoms, really isn't much of a surprise)."

Danilo did what a lot of people do: He researched his symptoms on the Internet. "This wasn't my imagination and it wasn't a coincidence. A quick Google search **confirmed my suspicions**: I was in the grips of a wicked case of MSG Sensitivity Syndrome."

While there is a chance Alfaro's self-diagnosis is correct, it's more likely he was a bit too quick to blame his symptoms on MSG. That's especially true since Danilo said it was his favorite restaurant — which would mean he'd eaten there before.

Most people who have an intense reaction like this to what they think is MSG are likely suffering an allergy to another ingredient, according to Merlin Thomas, a doctor with the Baker IDI Heart and Diabetes Institute in Melbourne, Australia. People sometimes encounter MSG when they are eating foods unfamiliar or exotic to their usual diet, and misconstrue an allergy to another unusual ingredient as an MSG attack.

Allergic reactions occur when the body treats normally harmless substance as an invader or toxic substance. The immune system fights the invader, producing the reaction, which can range from mild sickness or a skin rash to severe choking or shock.

Doctors can check for allergies by looking for specific antibodies against the allergen. But, "no such antibodies or reactions are observed with MSG," Thomas told Business Insider in an email. "So **whatever people experience, it is not a food allergy**, unless they are allergic to something else in the meal that they are not normally exposed to. Typically such allergic reactions will first will occur in a foreign country or restaurant when eating food they don't normally eat at home."



Monosodium glutamatecontd

What may matter more is not if a food contains MSG, but how we are eating it.

MSG mixed thoroughly into a dish is much different from MSG sprinkled on top. Hastily dusting it onto a dish will concentrate a full portion of the additive in a few places — sort of like spicing a dish with whole chili peppers instead of spreading it throughout the dish. Some mouthfuls are going to have much more MSG in them than others.

Sprinkled on top of a dish, even a normal "dose" of MSG could be taken in in just a few bites — and could overload your system, the same way eating a spoonful of salt or sugar would.

Our stomachs contain glutamate receptors that help eventually activate the vagal nerve. The vagal nerve reports to the brain on the health of the intestine and helps us determine things like how hungry we are and whether we have eaten enough to be full.

It also oversees nausea and vomiting. An unnaturally high concentration of MSG (or, many other things) could confuse these receptors into thinking we are either eating too much or ingesting something toxic, which might cause a reaction.

But the MSG itself, in recommended doses, is not dangerous at all, and health professionals like Thomas are concerned that scapegoating individual ingredients masks what are really larger problems of poor diet and food quality. "There have been calls to ban MSG from food products or to be clearly labeled. But no one has thought to ban Parmesan cheese or Vegemite," said Thomas. "Moreover, nutritional labeling is often misconstrued. Being MSG-free is not the same thing as being healthy, much the same way that products high in processed carbohydrates can be labeled as being low in fat or salt."

MSG is often thought to be found primarily in packaged snack foods and in some Chinese food. But the additive in its natural and manufactured forms is everywhere and can be found in many different cuisines, through sauces, Parmesan cheese, bouillon cubes, and other ingredients. Even some of the world's most elite restaurants feature glutamates in their dishes.

Natural glutamates are found in all kinds of foods we eat, including asparagus, meat, tomatoes, and mushrooms, and are even abundant in breast milk. Japanese cooks have been soaking or boiling dried fish or a few leaves of kombu seaweed to make the broths used in classic dishes like ramen noodle soups, infusing the broth with glutamates and giving it its rich, savoury flavour.

The origin of the MSG scare was a "paper" published in the New England Journal of Medicine in 1968 by a scientist named Robert Ho Man Kwok, who said he felt certain symptoms after eating at Northern Chinese restaurants.

"Chinese Restaurant Syndrome" was born.

A few more sensational studies were performed, that mostly involved feeding staggering amounts of the stuff to lab mice, **but real research connecting normal, and even larger-than-normal, doses to adverse effects has yet to surface.**

"The consensus among clinicians and scientists is that MSG is safe for human health," Thomas said. "Very high doses or highly concentrated applications may affect some people for a short time."

In the end Thomas is much more worried about other parts of our diets than the MSG: ".[T]here may be far more dangerous consequences that come from overeating, and banning MSG is not the simple solution. It is far better to encourage people to eat fresh, whole, and local food instead. Tastes great and it requires no MSG."





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