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CSC

From the Editors	5
February 2021 Center Gallery	6
February 2021 Activities Highlights	7
CSC Business Classified	33

COMMUNITY

A Special Gift To A Special Person	8
------------------------------------	---

POETRY

Tenby Envy	9
------------	---

CULTURE & ARTS

Women Beyond Borders	10
The Lunar New Year and Children at Play	12
The Arts - A New Dawn of Creativity and Humanity	14
The Living Art of Bonsai	16
Lo Ch'ing's Painting	17

PROFILE

Isabelle Wen	18
--------------	----

OUTLOOK

Why Crisis Management Can Be an Innovation Catalyst	20
---	----

PHOTOGRAPHY

Nick Kembel	22
-------------	----

BOOK REVIEW

<i>The Golden Khan</i>	23
<i>Never Forgotten</i>	24

FOOD

Cordon Bleu Chef Ronny Chiu - Staying Healthy During COVID	26
Made with Love - Peach Empanada	28

TRAVEL

Adventuring by Motorbike (Almost) Around Taiwan	29
Snow Mountain	32

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FROM THE EDITORS

Please send email submissions, comments, and feedback to
coteditor@communitycenter.org.tw.

Diane Baker

It is with deep sadness that the Community Services Center shares that Diane Baker, a loyal friend and supporter of the Center and dedicated member of the Center's Steering Committee passed away on January 20, 2021. As a long-time resident, Diane made significant contributions for the development of Taiwan and the Community Services Center, which held her in high esteem within the international and local communities. She will be greatly missed.

Whenever members of the international community are asked what they like about Taiwan, nearly all will immediately respond, "It's the people!" As we have mentioned before, one of the best things about Taiwan is its active community life and collective sense of community spirit.

Diane Baker was one of those active ladies. A long-time resident of Taiwan, Diane was well-known for her professional capabilities as a deputy chief copy editor and journalist for the *Taipei Times*, her love of theater and dance, particularly Taiwan's Cloud Gate Dance Theater, her wide circle of friends and her support of our Community Services Center. She was a very special lady.

For February and March 2021, Center Activity Highlights include a trip along the old Gouyinqin Trail through a bamboo forest guided by Dory Chung, an evening book binding and paper decoration workshop with Brooke Stoneman, two cooking classes with internationally renowned Taiwanese chef, Ivy Chen and a rescheduled hike with Jennifer Turek to Tiger Mountain to name a few of things that you can do before and after the Lunar New Year.

Staying healthy during COVID can be a challenge, especially with the Lunar New Year holidays coming up. Cordon Bleu Chef Ronny Chiu has some practical suggestions about how to let go of "stress eating." The Red Room is excited to announce an upcoming event in collaboration with Women Beyond Borders, a cross-cultural exhibition initiated in 1991 by artist Lorraine Serena to honor women's creativity and International Women's Day, 2021. Karen Farley's (Almost) trip around Taiwan has some humorous moments such as when they were forced to make a hearty tomato pasta dinner under the eaves of a toilet block in order to stay dry.

Remember that the Center is here for you. Stay safe and healthy.

Sue and Richard



The Community Services Center (CSC) is a non-profit foundation. CSC provides outreach and early intervention through counseling, cross-cultural education and life skills programs to meet the needs of the international community in Taipei. CSC offers the opportunity to learn, volunteer, teach and meet others. Check out our website www.communitycenter.org.tw and drop by The Center to chat with us about our programs. You can also email us at csc@communitycenter.org.tw.

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FEBRUARY

ANAHATA ARTISAN



Anahata Artisan is a platform created by Vandana Mengane to design unique handcrafted home decor, handmade Jewelry, acrylic/oil paintings, personalized gifts and souvenirs for individuals and corporate orders. Anahata Artisan gives art lovers flexibility to convert their perception and interest into personalized creations.

Her creations are available on www.anahataartisan.com.



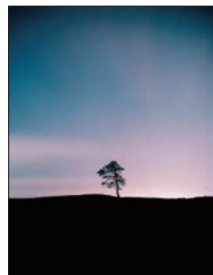
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At Vana Living we take pride in offering affordable, high quality products and design. An important part of our work is also reflected by our approach to sustainability and transparency – we value Nature! By this we mean that we place high and clear demands on our partners to minimize environmental impact and provide good working conditions at all levels.



MINIM PHOTOGRAPHIC STUDIO + GALLERY



A selection of both photographers from Minim Photographic Studio + Gallery; Naomi Goddard and Minsik Jung's photographic work will be exhibited. They will be displaying fine art prints of landscapes and scenes from Taipei.

NEW BOOKS BY LOCAL AUTHORS



Never Forgotten -
The Story of the Japanese Prisoner of War Camps in Taiwan during World War II
by Michael D. Hurst MBE
ISBN: 978-986-89430-1-8
Price: \$1200



THE GOLDEN KHAN -
The secret to absolute power
by A. H. Wang
ISBN: 9574383156,
978-9574383153
Price: \$450

SAVE THE DATE
MARCH 11



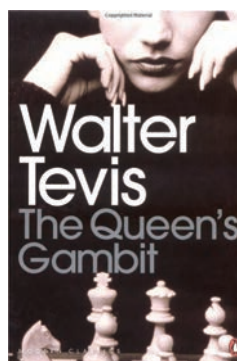
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MORNING BOOK CLUB

The Queen's Gambit by by Walter Tevis



1983. Eight-year-old orphan Beth Harmon is quiet, sullen, and by all appearances unremarkable. That is, until she plays her first game of chess. Her senses grow sharper, her thinking clearer, and for the first time in her life she feels herself fully in control. By the age of sixteen, she's competing for the U.S. Open championship. But as Beth hones her skills on the professional circuit, the stakes get higher, her isolation grows more frightening, and the thought of escape becomes all the more tempting. This book was the basis for the 2020 hit Netflix series.

For times and locations, contact Julie Hu at:
mcelroy22000@yahoo.com

FEBRUARY ACTIVITIES HIGHLIGHTS

**Taiwanese Please I:
Three Traditional Dishes****Friday, February 5;
10:00am-12noon; \$1200****Instructor: Ivy Chen**

Join Ivy for this delicious selection of three Taiwanese main courses that may convince you that eating out is no longer necessary! In this class, Ivy will prepare Glazed Glutinous Rice with Chicken and Shiitake Mushrooms (*you fan* 油飯); Stir-Fried Beef and Water Spinach with Taiwan BBQ sauce (*sha cha niu rou* 沙茶牛肉); and Braised Fish with Tofu (*hong shao doufu* 紅燒豆腐魚).

**Gouyinqin Old Trail Hike
Wednesday, February 24;****9:00am-1:30pm; \$800****Instructor: Dory Chung**

"Gouyinqin" in Taiwanese means "a sleeping dog." This trail gets its name from the landscape, which is quite flat and looks like a dog that is lying on its stomach. From the Jiantan MRT Station, we will take a bus out to the trailhead, about a 40-minute ride. The hike itself has three distinct parts. First, we will hike through a bamboo forest. There are some stairs in this section. With good lighting, the green bamboo is stunning. The second part is along a small canal. The third and last part brings us to Yangde Blvd, where we will catch a bus back to either the Jiantan or Shilin MRT Station. This is a moderate hike, about 5K with about 250M ascending and 500M descending. The trail is mostly paved, suitable for regular and less-experienced hikers. Wear proper hiking shoes. Bring your EASYCARD, water, lunch and sun/rain protection.

**Guandu Temple: Seeking
Wealth and Fortune in the Year
of the Ox****Thursday, February 25;
9:30am-12noon; \$700****Instructor: Jennifer Tong**

Guandu is one of Taiwan's oldest temples and is dedicated to Mazu, Goddess of the Sea. It is one of the Taipei area's most interesting to visit as it is built against a cliff and features two

caves; one of which extends far into the hillside and houses many deities representing the God of Wealth. Join Jennifer to learn about this fascinating temple; explore the caves; enjoy a beautiful view of the Tamsui River; and be one among the many seeking their fortune for the Year of the Ox.

**Taiwanese Please II: Roast Pork
and Crystal Dumplings****Friday, February 26;
10:00am-12noon; \$1200****Instructor: Ivy Chen**

This cooking class features some flavorful pork dishes to tease your palate and satisfy your stomach. Ivy will prepare Roast Pork Glazed with Honey (*mi zhi cha shao rou* 蜜汁叉燒肉); Steamed Crystal Dumplings with Pork and Jicama (*shui jing jiao* 水晶餃); and Spicy Eggplant (*yu xiang qie zi* 魚香茄子). Crystal dumplings differ from their better known wheat-based counterparts because they are made with sweet potato flour and potato starch, which give them a beautiful translucent "crystal" look.

**Tiger Mountain to Nangang
Hike (RESCHEDULED FROM
JANUARY 19)****Tuesday, March 2;
9:00am-1:00pm; \$800****Jennifer Turek**

Join Jennifer for a hike up Tiger Mountain to enjoy some amazing views of Taipei. From the MRT, we will walk about 1K to reach the trailhead where this moderately strenuous hike begins. We will climb up a set of stairs to reach a lookout for

our first view of the city below. From there we will follow a flat stone pathway across the mountain and then go up some stone steps. Halfway up this trail, there is a small wooden village with lots of trinkets. After a brief stop, we will climb more stairs that will bring us to the well-used Sishoushan Trail. We will follow the trail and make our way over to Nangang, enjoying some wonderful views of the city along the way. At the trail's end, we will catch a bus for the short ride back to the MRT. This hike requires a reasonable level of fitness. Wear hiking shoes with a good grip. Bring your EASYCARD, water, snacks and sun/rain protection.

**Using Your DSLR or Smartphone
Camera to Photograph and
Preserve Your Family's
Everyday Moments****Tuesdays, March 2 and 9;
10:00am-12noon; \$1600****Instructors: Naomi Goddard
and Minsik Jung**

Learn to capture those tender moments in your family's everyday life, from eating breakfast to walking the dog to your child's first day at school. This two-session class will look at how to combine documentary, lifestyle, and posed images to capture family memories. In the first session we will help you to understand the importance of anticipation, what images to take, to treasure and preserve, and know when to just be in the moment and put your camera down.

EVENING CLASS!**Paper Decoration and Book
Binding Workshop****Tuesdays, March 2 and 9;
6:00pm-8:00pm; \$1600****Instructor: Brooke Stoneman**

Create your own handmade book! First we will decorate cover papers with a very free form and intuitive exploration of color, pattern and texture. This historic method of paper decoration uses wheat paste mixed with acrylic paint to create a unique finished product called "paste paper". Then we will turn our beautiful papers into simple hand-sewn books you can use as journals, sketchbooks, personalized gifts, or works of art all on their own! No previous art experience necessary. All materials are included.

SATURDAY CLASS!**Mysteries of Chinese Antiques****Saturday, March 6;
1:00pm-3:00pm; \$700****Instructor: Faye Angevine**

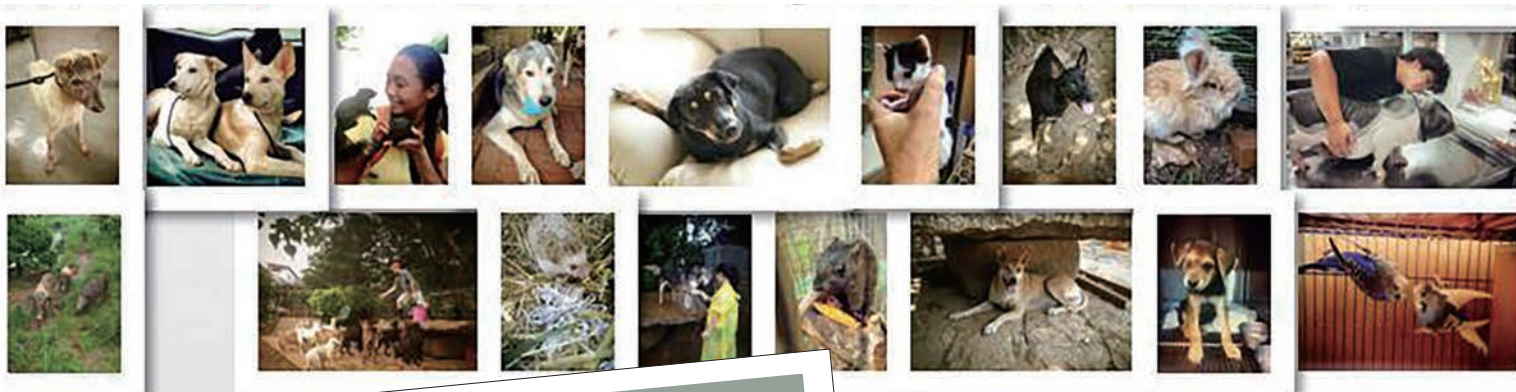
Join Faye, owner of Bai Win Antiques, for a fun afternoon to learn about some of the more unusual pieces in her collection. Through lecture, discussion and a treasure hunt around her shop you will gain lots of information about and insight into Chinese antiques. She will also help you to recognize the difference between an antique, a reconstructed piece and a reproduction. Do you know what a cricket mating cage looks like? Here's your chance to find out! To help us get in the spirit of the hunt, we will enjoy some nibbles and sip some bubbly.



A Special Gift To A Special Person

Ms. Grace Ting, Office Manager, Community Services Center

Expressing Gratitude with the Gift of Dog Sponsorship



Dog sponsorship is a perfect gift for a special friend in any occasion! If you wish to learn more about this meaningful program, please visit the PACK Sanctuary website <https://packtw.org> or scan this QR code:



Do you have a friend who you wish to say "Thank You" to, in a very special and meaningful way? We do! That person is Grace Ting. We want to thank Grace for always being there for us, receiving us with a smile every time we visited the Community Services Center. No matter how busy she is, she helps us to stay connected and involved in the community.

We know Grace is a big dog lover and has supported dog charities in the past. So, we think the gift of dog sponsorship is perfect for her. The sponsorship program supports the work of the non-profit organization the PACK Sanctuary, and helps to keep a safe place for the sponsored dog to stay until the PACK Sanctuary finds a permanent loving

home for the dog.

The PACK Sanctuary is home for hundreds of animals, many of which have special needs that require extra attention and expenses. Many dogs are blind, others have missing limbs, some are living with cancer, and a number of senior dogs are suffering from problems associated with aging.

Without the regular support of wonderful donors, PACK Sanctuary could never take care of so many special needs animals and, to the PACK, every life is precious and worthy saving.

The gift of a dog sponsorship is meaningful and gives the person a sense of pet ownership. By sponsoring a dog, you will not only be making a friend happy, but also saving a precious life.

Mayumi is an artist and creator of "Pawtraits for Charity", a project that helps raise funds to support animal welfare in Taiwan, Brazil and USA through art. She has been doing this since 2017.



Tenby Envy

A Poem by
Heather Gatley

TEXT & IMAGE: HEATHER GATLEY

Tenby (Dinbych-y-pysgod in Welsh, meaning “port of the little fishes”) is a seaside resort on the Pembrokeshire coast of West Wales. It has fine 18th Century buildings and has been a port since medieval times. It has always attracted writers and artists. There is a monastery on nearby Caldey Island which is still inhabited by monks. In Victorian times many bathing machines pulled up onto the beach, from which modest ladies could be transported into the sea to enjoy its beneficial, if rather cold, waves. It can be rainy in Wales, but my daughter says, “It is always sunny once a day in Tenby.” The air is good and legend has it that on certain days you can see a mirage of floating islands on the horizon. Although Tenby is far away and we cannot go far right now, I hope this poem allows you to at least travel for a few moments in your imagination.

Heather Gatley is a retired English Literature teacher who likes to write about her travels. You can read more of her work in the online magazine Memoirist.org. She was born in Cyprus and has lived in Singapore, Peru, El Salvador, Switzerland, Germany, Spain, The Netherlands and Wales, and now lives in Taiwan. She has four chapbooks of poetry available on Amazon.co.uk: *Indigo Sky (about Wales)*; *Tombs of Gold (England)*; *Last Boat to Brienzersee (Europe)* and *The Cliffs at Qingshui (Asia)*



When you go to Tenby in February
you are not disappointed,
even though you think you will be.
Indeed, there are too many cars in the hospital,
and wintry scaffolding is grey and rusting,
but you descend a hundred steps again
to the sunlit beach of shining waves,
encountering gorse, bright green and boldest yellow
and use it as the foreground for your latest pic.
Small groups of happy dogs chase and yap,
a lone oyster-catcher runs red-legged in the puddles.
The tempting rock is climbed by toddlers and their dads,
and groups of happy pensioners stand to chat
beneath the boats all laid up, yellow and red,
electric wires and radios blaring from the shed,
and Caldey lies stranded in the blue.
Along the street Welsh Sweets and Treats,
even a man-creche, and free beer!
A toasted tea cake, coffee in the Dennis,
beside your favourite window by the sand.
No, you cannot be disappointed by Tenby any day.
In this case, it is just as good to arrive as to travel,
through New Hedges, Red Roses and Pentle Poir,
to the port of the little fishes with its plague pit,
and Tudor merchant's house.
Even the Bretons found their way,
and the Dutch with their huge chimneys,
and stories of legless ghosts.
It's always sunny once a day in Tenby.
It's not like Ithaca. You won't be too late.
You'll see those floating islands out of reach,
the Worms Head and your own hill in reverse.
Dylan lost his manuscript here one drunk day,
George Eliot wrote *Middlemarch*,
and Augustus John and Gwen found paint,
while Emma Hamilton and Lord Nelson came to stay.
It's waiting there, whenever life is tough,
on old post cards, of rain and sun and fun:
Tenby for now. Tenby for everyone!

Women Beyond Borders

Collaborates with Taiwan's **Red Room**

TEXT: JOHN MURN IMAGES: THE RED ROOM

Red Room is excited to announce that it will once again mark International Women's Day (IWD) with an all-day celebration, and this year's activities include a first for Red Room – a collaboration with the global non-profit Women Beyond Borders (WBB), that will produce a traveling art exhibition in Taiwan. This is the first year that WBB's project (which has a goal of encouraging dialogue, collaboration, and community among women, and to honor creativity worldwide) will come to Taiwan. Red Room hopes the exhibition will represent the vibrant international community of women here in Taiwan.

Since 1991, WBB has hosted cross-cultural exhibitions in which women from around the world tell a visual story beginning with the medium of a small wooden box. From the WBB website: "Women from all continents are invited to transform the boxes. Boxes have been contributed by accomplished, nationally or internationally known artists, as well as by women with no prior artistic experience, anywhere from Afghanistan to Zambia." To date, over 10,000 artists, coordinators and curators from fifty countries have contributed their art and stories to WBB.

寶島話匣子 Formosa Tales 2021, Red Room's IWD event, will take place between 2 pm and 7 pm on March 7th, at the Art Door Gallery, and will include an exhibition of locally-contributed boxes, as well as a discussion and sharing of stories from the people who made boxes here in Taiwan. Following the opening exhibition, Red Room expects to take the project on a months-long tour of Taiwan, stopping to exhibit and share at venues around the island, possibly culminating in the publication of a book that will share the stories of the boxes made in Taiwan.



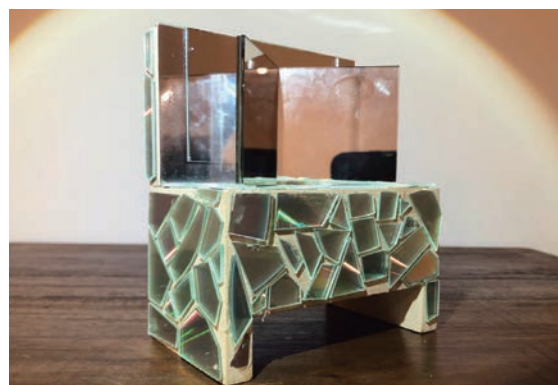
above: WBB at Red Room

left: WBB at Kaoshiung





by La Benida Hui



by Grace Wang

"This project is really about giving women the chance to share," said Roma Mehta. "The box is both a medium and a metaphor, offering people the chance to look inside themselves and find a medium of expression with which to bring their stories to life."

International Women's Day (March 8th, 2021) is a global day celebrating the social, economic, cultural and political achievements of women. The day marks a call to action for accelerating gender parity, and has been observed and celebrated for well over a century, with the first gathering in 1911 supported by over a million people. Today, International Women's Day belongs to all groups collectively, everywhere, and is not country, group or organization specific.

For this year's celebration, Red Room embraces IWD's 2021 theme of #ChooseToChallenge. The concept is a reminder that we are all responsible for our own thoughts and actions - all day, every day. It reminds us that we can choose to challenge and call out gender bias and inequity. We can choose to seek out and celebrate women's achievements. It is in this spirit that Red Room invites one and all to join 寶島話匣子 Formosa Tales 2021, a festive

occasion for everyone to celebrate women, and learn about organizations and groups that promote gender equality.

All women are encouraged to participate and tell their story by creating a unique box, and Red Room has arranged for boxes to be made available. Completed boxes must be received by February 15th for inclusion in the event. If you are interested in participating, sponsoring, or want to make an inquiry, send an email to labenidahui@gmail.com.

.....
John is a career marketer who has lived in Taiwan for more than nine years. He recently started a professional networking community that has grown into a company and a non-profit association with ties to Taipei City Government, National Development Council, AIT, several chambers of commerce, and an array of other communities. Originally from Wisconsin, John is a cat person who spends his free time reading, cycling, and being a baseball fanatic.



by Patricia Kortmann

Those who wish to follow this project online can do so via the Celebrating Women in Taipei community page on facebook.

1. Art Door Gallery - 36, Lane 164, Hulin Street, Xinyi District, Taipei city, 110 (110台北市信義區虎林街164巷36號)
2. Celebrating Women in Taipei <https://www.facebook.com/celebratingwomenintaipei>
3. Event info (Red Room website) <https://redroomtaipei.com/women-beyond-borders-at-the-red-room/#partners>



by Roma Mehta



by Tso Chi Chen



The Lunar New Year and Children at Play

TEXT: SUE BABCOCK IMAGES: WEB

Traditional children's games and toys have undergone a number of changes over the past hundred years. The simple handcrafted leaf boats of rural China have given way to sophisticated computer games. However, there is a growing trend among parents and educators to return to non-tech or traditional toys and games for children, especially during Covid restrictions. Traditional games help stimulate physical and intellectual growth and creative thinking. Plus, children and adults can play them together.

SPRINGTIME PLAY IN THE LUNAR NEW YEAR

There is something infectious about the laughter of children on a breezy, bright spring day. In rural China, spring offered children a long-awaited opportunity to shed the confines of

lingering winter doldrums, and to escape into the great outdoors.

Traditional Chinese kite flying has a long history and is one of the best-known forms of childhood entertainment. Handcrafted from silk or paper, their mythical or earthly shapes were in effect designed to attract favorable attentions from the gods-of-heaven and bring good fortune to the kite bearer. Carefully constructed lightweight wooden frames were artistically shaped into the likenesses of dragons, phoenixes, bats, insects, fish or birds. Some kites would have long tails of firecrackers attached to them. At just the right moment, onlookers would ignite the fuses and wait breathlessly for the flames to catch. Showers of glittering sparks and explosions of smoke rewarded their efforts and often brought forth cheers of celebration.



THE DOUBLE NINTH FESTIVAL

A legend from the Han (B.C. 206 – A.D. 220) dynasty presents another view of kite flying. There once was a farmer named Huan Ching who had befriended a magician named Fei Chang-fang. To repay Ching for his kindness, the magician shared a vision with him about impending danger to their village. He urged Ching to flee with his family to a high mountain, drink a special potion of wine mixed with chrysanthemum petals, and to remain in seclusion until the danger had

passed. Huan obeyed his friend's advice without questioning, and saved his family and himself.

The Double Ninth Festival, held on the ninth day of the ninth lunar month of the Chinese calendar, pays homage to this ancient tale. There is a small group of eastern ethnic Chinese called the Yueh who annually celebrate this festival. Each year, pilgrimages are made to nearby mountain tops, where special wine drinking rites are performed to ward off sickness and evil spirits. Family members spend the day picnicking, relaxing and taking advantage of cool autumn winds to fly their kites.



ANOTHER TRADITIONAL WIND TOY

Another traditional toy that relies on wind is the handheld windmill or *feng che*. Basically, it is a lightweight propeller mounted on the end of a stick. The blade, which can be ejected into the air with startling speed, resembles a large sycamore seed. A tiny hole is drilled through the center of the blade and a thin stick is inserted through the hole. When the stick is given a few accomplished turns, the propeller is set into motion.

Playing children were often seen romping around palace courtyards in springtime, waving their hand toys high above their heads as the wind carried forth the sounds of their joyous laughter.



NOISY TOYS

What child doesn't like noise? There is nothing like the sound of a child's drum to reinforce this. The Chinese hand drum is quite simple in construction. It consists of a round head covered on both sides by thin pieces of oiled leather. The leather is securely held in place with small brass tacks. Hanging from the round head are two strings with small beads tied to each end. A stick is inserted into one side of the drum head, bringing the construction to completion. The stick can either be shaken or rolled back and forth between the palms of the hands to cause the beads to tap sharply against the head of the drum. The faster the stick is spun, the louder the sound.

Another popular traditional children's noise maker is the buzzing twirler. Assembling this toy of reverberation can be done without difficulty. All that is needed is a simple cylinder of bamboo or stiff cardboard about an inch and a half in diameter and one inch long. One end of the cylinder is covered with thick



paper through which a string about 10 inches in length is pulled. This string is then attached to a stick which acts as a twirler. A loud buzzing sound occurs when the cylinder is waved in circular motions through the air over the child's head.

This toy is supposed to have originated during the Spring and Autumn Period (B.C. 770 – 476) when a grown man by the name of Lao Lai-tze earnestly tried to lift the spirits of his aging parents. He had tried just about everything that he could think of when he suddenly decided to distract them with a noise maker. Legend has it that

he hopped, jumped and danced around the old couple, whirling the toy around in the air at top speed. His parents were so captivated that they soon forgot their troubles.

The hand drum and buzzing twirler are frequently heard around temples, shrines, market places or outside homes around the Lunar New Year and the Lantern Festival. The more noise, the better, for it is better to be safe than to be sorry when warding off possible bad spirits that will give you a difficult New Year!



.....
Suzan Babcock is a long-time resident of Taiwan. During her stay here, she has managed four successful careers in education, cross-cultural relations and counseling, although being a mother has been her favorite.

XĪN NIÁN KUÀI LÈ
新年快樂



**TAIPEI AMERICAN SCHOOL
WISHES YOU AN ABUNDANCE OF
LOVE, PEACE, AND PROSPERITY
IN THE YEAR OF THE OX**

THE ARTS

A New Dawn of Creativity and Humanity

TEXT: RYAN MARIO ART IMAGES: NIDHI SAMANI

The consensus on art has long grown stale and much less passionate than the ones calling it out with a passion. We know it, and we know it only too well: "Your art will only be sellable after your death."

Dejection comes at almost every avenue of the art world. Even so, ask any of the key stakeholders and you will get a resounding assurance that the art industry is, in fact, far from obsolete and even more relevant than ever before. To death with the notion that art is a dead man's dream. It stands before us very much alive and well in every possible setting one could bring to mind. Bars, restaurants, hotels, the home, the home's bathroom; a space devoid of aesthetics only deserves art to dwell within it even more.

Our initiation into the contemporary era of art has proven to be a spectacle on the conceptual front. Now, aesthetic value as its once dominant feature has slightly taken a backseat to the concepts artworks embody. Art has become a vessel of information or a paint-smearing placard that addresses real-world social and political issues. It reveals and conceals obscure and obvious



aspects of the human condition. In an ever-increasingly literate world, art is the visual that complements and completes the bombardment of texts, sieving through and compartmentalising every idea for all individuals to better understand themselves and the world around them.

Resilience is key in this endeavour of every creative. All the "Nos," the "get-

a-real-jobs," the "how-is-this-arts?" will somehow have to fall on deaf ears, then to the ground before they nestle under the feet where they belong before one may step on and up and rise above to be even closer to the stars. 2020 has been yet another massive hurdle for the art industry, yet there is never a lack of talents who continue to push the envelope in their creative journeys.



.....
 Ryan Mario is a Singaporean writer of contemporary arts. He has developed a keen conceptual sense towards the analysis of artworks and artistic paradigms in the market. Mario's primary research trajectory is on the economic and cultural balance in the art business and his works mostly delve into the social and cultural impacts in local contexts.



Are you a practicing artist in Taiwan, Singapore, UK, Australia, Indonesia, India, Vietnam, Korea, Japan, Kenya, UAE, Israel, or any other country on the globe? Here is a welcoming chance to participate in an international art competition. The winner gets a one year representation on Studio-ID Art gallery and exclusive coverage on *Trigger Hearth SG* art publication.

Perhaps many of your artist friends and followers could take the opportunity to raise their profiles and gain valuable international credentials.

Do share it with your artist friends around the globe! Check out fb <https://m.facebook.com/studioidsg/> or Instagram *Studio-ID Art Gallery*.

<https://www.triggerhearth.com/thecollectorsaward>



In celebration of all artists who have attempted to overcome the odds to continue empowering the world with their art, we hereby present The Collector's Global Art Award 2021. Hosted by Singapore-based art publication *Art Herald* and Taiwan online gallery Studio-ID, the duo welcomes all artists around the world who have remained active in 2020 and 2021 to participate in this art competition. Strategically positioned in Asia, the two art strongholds are pivotal to any artist who wishes to take their creative careers to greater heights. Emerging artists may consider participating under the "Young Artist" category dedicated to those who are between the ages of 16 to 35, while any other artists who require a portfolio buff could take part in the "Open" category, which has no age restriction.

With the prominence of these establishments on board, the prizes up for grabs are fantastic. Coming in first in each of the categories will secure the top three winners a one-year gallery representation contract with Studio-ID, and public space representations on their online magazine/blog. *Art Herald* magazine proffers its pages to the top three positions of each category. The winners will have their artworks, concepts, and artist bios featured within the online and printed platforms of the magazine. Says Co-Founder of Studio-ID Ketan Samani, "We look for diamonds in the rough," and Editor-in-Chief of *Art Herald*, Ryan Mario, underscores the brand's efforts in aiding artists in their creative pursuits to the best of its ability. With these in mind, all participants of the contest will receive a certificate of recognition, two printed copies of the *Art Herald* magazine bearing the names of the participants, and social media features of the artists and their works.

Let us allow the arts to carry us forward into a new dawn of creativity and humanity!

The names and countries of all participating artists will be mentioned in the magazine. Find out more about Studio-ID Gallery @ <https://studio-id.sg>

All Participants will receive:

- 2 copies of the magazine
- An E-certificate of recognition
- Social media shout outs and features of the artists and works

Judging Parameters:

- Visual presentation
- Execution of techniques
- Unique employment of mediums
- Artwork concept and message
- * Judges will be introduced at a later date.

Accepted Art Forms:

- Painting
- Photography
- 2-D mixed media
- Sculpture
- Installation

Participation Fees:

- Early Bird (Ends 17th January): US\$57
- Regular: US\$65

Competition entry closes on 1st March 2021.

More information can be found at www.triggerhearth.com/thecollectorsaward
 Participants can send enquiries to contact@studio-id.sg
 Insta/fb @studioidsg



The Living Art of Bonsai

TEXT: JENNY CHANG IMAGES: THE AMY LIANG BONSAI MUSEUM

Bonsai is a traditional, ingenious Chinese art form, and one that has a long history. The cultivation and specific techniques for creating bonsai designs is a time-honored discipline, culture and craft that uses materials from nature such as rocks and plants that are artistically arranged in pots to emulate natural scenes on a miniature scale.

TRADITION

Bonsai arrangements follow specific principles for creating traditional styles. Common features of a bonsai arrangement can vary depending on geographic location, plants and stones found in these locations, and climate. However, these differences show the art of bonsai arrangements.

ASPECTS

Three important aspects for bonsai creations are aesthetics, literary references and science.

Aesthetics are the visual appearance of bonsai arrangements, which show an appreciation of natural beauty and simple elegance. This is especially so during the four seasons of a bonsai arrangement, when they bloom, their leaves fall and the bare tree stands alone in all its natural beauty.

A literary aspect may be based on a famous poem or painting. Each angle of this bonsai scene brings new aspects that relate to the poem or painting which inspired it.

Bonsai arrangements are based on science, knowledge of horticulture, and artistic bonsai maintenance management techniques. Understanding that plants are the base of all bonsai arrangements and that each plant has specific growth and development characteristics is vital for maintaining the life and health of bonsai.

THE BOUGAINVILLEA AND WINDSWEPT STYLE OF BONSAI

The bougainvillea belongs to the Nyctaginaceae family and is extremely popular with bonsai enthusiasts.

Bougainvillea flowers may be red, white, purple, orange or yellow, and bloom from November to March. It grows best in dry soil with a lot of sunshine.

中文摘要

什麼是盆景？在你還不懂什麼是盆景之前，可以先學著欣賞盆景。

三大重要欣賞盆景觀點

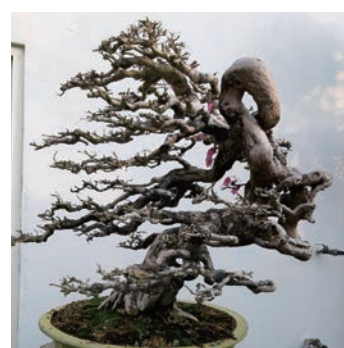
美學：盆景的製作要給人以美的欣賞，古雅秀美，神韻生動，耐人尋味。

文學：盆景造型構思，有詩情畫意，有高低層次，有抑揚頓挫，起承轉合，反映出較高的文采水準。

科學：盆景的主要造型材料為植物，具有生命的特徵及生長發育的規律，這就決定了製作它必須掌握園藝科學的知識和進行長期的藝術加工以及養護管理工作，只有如此，才能保證它的生存和優美姿態。

右圖這棵九重葛約30多年，是一棵風飄型樹型。風飄型的特色就是樹枝和樹幹都長到同一側，好像風一直在向同一個方向吹來。這種風格就像是在高山的樹木長期在強風中，為了生存而奮鬥的典範。這顆樹的特色就是在逆風（右邊）做出大迴轉的銳角再給予培養長大，樹在迴轉處所產生的力感，就像是在象徵人生在逆境中依舊不改其志努力奮鬥。花果盆景在有花的時候欣賞花，當開滿花時，整棵樹都是紫色的花朵看不到葉子。沒有花的時候，則就欣賞綠葉與樹型、樹幹。

Bougainvillea (Windswept Style Bonsai)



This bonsai tree is a thirty-year-old windswept-style bougainvillea. The branches grow outward on all sides of the trunk and eventually will become bent to one side, as if the wind has been blowing the tree constantly in one direction.

Turn this bonsai exhibit to the right and see how the tree has exhibited strength against the wind, giving it a sense of growing strength. This bonsai tree struggles to grow, symbolizing that life continues, despite adversities.

A living art

Bonsai is a living art. It adds beauty to our lives and a physical and mental sense of well-being. This improved sense of balance and harmony in our lives reduces stress, bringing with it renewed energy, an appreciation of nature and our environment, and joy.

.....
Shih-Pei Chang (Jenny) is a Taiwanese financial consultant, who is a passionate bonsai artist, and certified in Taiwanese Horticulture Therapy. She is the Chairperson of the Taipei Bonsai Association and CEO of the Amy Liang Bonsai Museum.



Lo Ch'ing

Painter,
Calligrapher
and Poet

IMAGE: LO CH'ING

Lo Ch'ing is an internationally acclaimed artist of Chinese painting and calligraphy, and a poet renowned for his modern approach and integration of traditional Chinese art forms with contemporary societal issues.



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Isabelle Wen

Where Memories Become Fashionable Traditions

TEXT: EMILY TSAY IMAGES: ISABELLE WEN



For Designer Isabelle Wen, the approach of the Lunar New Year is closely associated with childhood memories. Her mother, Mrs. Yi Au Wen had a love for fashion and would design and sew her own patterns producing exquisite outfits. Watching her talented and creative mother inspired Isabelle Wen to create fashion designs of her own.

Before each Lunar New Year, Mrs. Wen would take her daughters to see a tailor and place a special order for stylish traditional Chinese silk jackets so that they would have something elegant and new to wear when celebrating the Lunar New Year with family.

For Isabelle Wen, this childhood memory continues to evoke old-fashioned feelings of nostalgia. Each year, before the Lunar New Year, Isabelle unveils her latest limited collection of chic traditional Chinese designer winter jackets.

This season's limited collection features new lines and patterns that have been integrated into the silhouette of the long coat in combination with fur, feathers and velvet. The elegant stand-up collar design, the raw edge decoration and soft fashionable chic emphasize a younger, fresher look to this traditional Oriental garment. Multiple elements of delicate flower and bird embroidery enhance the Jacquard fabric's woven patterns, decorated with colorful embroidery specialty thread, sequins combined into rich stylish patterns and other fashionable techniques and accessories.

Isabelle Wen's early years of encouragement from her mother to try new things have manifested in a lucrative career in the fashion industry. Her passion and her brand Isabelle Wen is recognized internationally as one of Taiwan's cutting-edge fashion designer brands.

設

計師ISABELLE從小的記憶，每逢農曆年前夕，母親必會帶著她和姊姊特意訂做精緻棉襖穿上，與家人共度農曆春節！這樣的兒時記憶，帶給她莫大影響，長大後，即便個性不羈帶有洋派作風，有著男孩子灑脫性格的她，卻仍保有思古念舊的老中情懷，每年農曆年前必定推出令人期盼的限定棉襖系列。這也成為品牌約定成俗的傳統，不論是歡愉的喜氣、或是靜謐的相守，在這濃郁的中國年氣氛中，伊莎貝棉襖絕對是品牌愛好者送舊迎新圓滿的最佳選擇，賦予棉襖極具時髦感的新表現，帶領東方美學的新風潮

一向注重精細的藝術手法和工藝表現的ISABELLE WEN將棉襖體現了與眾不同的層次，本季混合了多重元素：大量精緻刺繡花鳥刺繡，緹花面料表達豐富的想像，漸層色系的繡線與亮片結合新穎圖案和其他裝飾手法，或是可拆式斗篷帽子，體現休閒運動風穿搭，鑲飾的華麗點綴局部，演繹東方意象與個性化的西式風格，將東方襖表現更為年輕突破傳統化！

無一不講究的細節，復古的門襟手工盤扣恰如其分的古典韻味彰顯女性婉約又帶有風華的新時尚，以新式線條和版型融入長版大衣的輪廓，結合皮革、羽毛、絲絨，中式優雅的立領設計，高雅的毛邊裝飾兼具輕柔保暖的貴氣，時髦以及別緻俐落的簡約線條，在浪漫主義情調中和當代時裝內達到現實主義的效果，看見品牌眼中獨特的美學韻味。

在歲末之時慰勞了一年辛苦，蓄養了來年的祝福之際，在年節之際穿上ISABELLE WEN的新式東方襖帶來時髦靚麗新春氣象。





ISABELLE WEN 溫慶珠

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IsabelleWen-溫慶珠



This message was shared in the Institute of Cultural Affairs Taiwan (ICA) Trends Newsletter. It seems to be even more relevant today as we face conflict, chaos and confusion across the globe, and within our communities and selves.

— Gail West, Director



Why Crisis Management Can Be an Innovation Catalyst

TEXT: BARRY O'REILLY IMAGE: WEB

“I think we need to scale back, or maybe even stop...” Our instinctive reaction when faced with uncertainty is to hit the brakes. Most large organizations have a vast array of processes in place designed specifically to stop activity at the first sign of any unknown, risk, or uncertainty. Stopping is the safest approach — or so we’re told. But playing it safe is actually risky, especially at times when the world around us is experiencing massive, rapid change. Stopping activities, saying no, and shutting down is NOT the way to succeed in an uncertain environment. It’s the way to struggle, stagnate, and fall even further behind the tide of change.

So how *do* you make progress and push through when all your senses are telling you to stop and wait to see what happens? Here are my top recommendations for an effective plan to embrace uncertainty (while still creating safety), get comfortable with being uncomfortable, and unearth extraordinary opportunities to succeed.

TAKING EFFECTIVE ACTION IN A CRISIS

Rather than stop, now is the time to act. By taking action, we create results, and results are what we learn from to inform decisions, course-correct, and take *better* action in the new future. It’s a counterintuitive approach, because the nature of uncertainty means we don’t actually know what to do. But paradoxically, the only way to get the information we need is through action — taking your best guess, starting small, and learning your way through the chaos. The only way to get the data you need is to take action, test and validate (or invalidate) those assumptions, and learn what is truly fact or fiction. Stopping means you’re not learning. You’re stagnating, creating even *more* uncertainty, even fear.

Starting small lets you learn fast what works by making it safe to fail. Stop stopping and start learning what will work.

SEIZE THE OPPORTUNITY TO SHAKE THINGS UP

In normal times, it’s easy for organiza-

tions to let bad habits settle in. Too many initiatives in progress, poor prioritization, and frequent context switching are hidden costs that take a toll.

Senior leaders or key contributors might have as many as ten or twenty initiatives they’re concurrently assigned to. The consequence? Each initiative takes more time to complete, more time to get to results, and generally ends up with lower quality outputs. It is often in times of crisis, high stakes, and urgency that people tend to exhibit better behaviors that are focused on clear objectives that really count. The objectives and measures of success couldn’t be clearer. There’s a high motivation to deliver, which drives prioritization to fully dedicate teams to the mission, limit work in progress, and get a result to save customers. Once businesses have alignment, context switching goes down, focus goes up, and people start finishing work. Leading organizations own their results — good and bad — and respond with better systems. Losers point fingers and blame others. Take note so you know who to avoid!

為什麼危機管理 可能是創新的催化劑

作者：BARRY O'REILLY

我想我們可能必須縮編，甚至停下... 面對不確定因素時，我們的直覺反應就是踩剎車。許多組織也內建機制，在面對未知、風險或不確定因素時，透過特定流程延緩動作。停止是最安全的做法——至少很多人都這樣告訴我們。但是「打安全牌」其實很冒險，特別是我們周遭這個世界面對很大的改變時。此時停下來，閉關絕對不是在不確定環境中成功的方式，反而會讓我們辛苦、停滯、甚至被那變革的巨浪所吞噬。

那麼，當你的所有感知都跟你說該停下來、等一等時，該如何向前邁進，有所作為？以下的建議，可以用來制定有效果的計畫以接納不確定(同時營造安全感)、對不自在感到可以接受、並找出卓越的機會邁向成功。

在危機中採取有成效的行動

與其停下來，現在才是採取行動的時候。因為有所作為，就會有成果，我們就是要從這些結果中學習，才能做出有依據的決策、走向正確的方向，也在未來能夠採取更好的決定。這是一個延續性的過程，因為不確定的本質正是如此，我們其實並不知道該做什麼。不過弔詭的是，唯一能夠收集到資訊的方式，就是行動——盡可能做出最正確的評估，從小處開始，慢慢從這些混亂中學習.... 唯一能夠收集到資料的方法，就是行動一測試並佐證(或是證明無效)這些假設——從中學習這些是真還是假。停下來就表示你沒有學習。你的停滯創造出更多的不確定，甚至恐懼。

從小處開始讓你快速學習，也可以安全地失敗。所以，別再停滯，開始學習什麼是有效可行的。

掌握先機，推動改變

在正常的情況下，在一個組織養成壞習慣很容易——同時進行太多提案、無法決定輕重緩急、常常改變遊戲規則，都是一些影響組織的隱性成本。

資深領導者或貢獻者可能同時手上有10-20項計畫在進行。後果呢？每一個計畫都要花更多的時間才能完成、更多時間才能有結果，最後品質往往不如預期。通常在危機、高風險、迫切的時機中，人們會展現比較好的行為模式，更能聚焦在真正重要的目標.... 目標與成功的作法就會再清楚不過了。大家有了把事情做好的動力，就會驅動他們好好規劃優先順序，全力完成任務，克制正在進行的項目，創造出可以滿足顧客的成果。當業務整合好了，遊戲規則就不容易變動，大家更能聚焦，人們開始把事情做好。讓組織對自己的成果負責——好壞都一樣——用更好的制度來回應。失敗者彼此指責卸責。此時更該注意哪些人需要躲開！



Taiwan 101: Essential Sights, Hikes and Experiences on Ilha Formosa

by Richard Saunders



Taiwan is a perfect illustration of the saying that good things come in small packages. In comparison with more popular tourist destinations in the Far East, Taiwan is very modest in size, but despite its diminutive scale, the island has an astonishing amount to offer the curious explorer.

The two volumes that make up *Taiwan 101* are the perfect guide for exploring the very best of Taiwan: not only the island's finest hikes, but also its best historic towns and cities, brightest traditional festivals, unique Chinese and aboriginal cultural riches, and its little-known natural wonders such as eternal flames, mud volcanoes and badlands.

Together, *Taiwan 101 Volumes 1 and 2* present Taiwan's finest attractions to anyone who wishes to get to know this island of kaleidoscopic charms, and comes with detailed information on getting around by public transport, and accurate GPS coordinates of nearly 800 fascinating places.

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Like many children across Taiwan, our daughter Lavender loves playing with sparklers to celebrate the Lunar New Year.

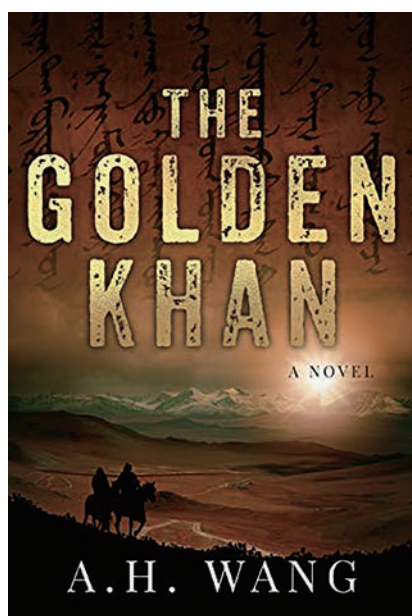


Nick Kembel

Nick Kembel has lived in Taiwan for over a decade and loves exploring the country with his wife and two kids. You can read his Taiwan travel guides at nickkembel.com.



Creative modern lanterns take the Lantern Festival to a whole new level in Taipei.



Bibliographic information

Title	<i>The Golden Khan</i>
Author	A. H. Wang
Publisher	A. H. Wang
ISBN	9574383156
	978-9574383153
Length	436 pages

The Golden Khan

TEXT: MARK BLACKBURN IMAGES: WEB

Having just re-read *The Imperial Alchemist* in anticipation of its sequel, the latest archaeological adventure by A. H. Wang, I was eagerly awaiting the launch of *The Golden Khan*.

And boy was I not disappointed!

As the second novel in the Georgia Lee series, *The Golden Khan* takes us on an adventure spanning contemporary Australia, China, Russia, and Mongolia. From the lecture halls of Sydney University, we join Professor Georgia Lee on a journey through hundreds of years of Mongolian history and culture, and we learn about the mighty Mongol Empire, and (most of all) the infamous, legendary conqueror: Genghis Khan.

In the novel a traumatic experience propels Georgia on a desperate race across the vast steppes of Mongolia to search for the long-lost tomb of Genghis Khan. She finds herself entangled with the USA Defense Intelligence Agency and another Russian organization, both fighting to gain secrets that were buried with the Mongol conqueror, long believed to be the key to a terrifying weapon that can obliterate any foe.

Everything about this book is better. The writing and execution, the character development, the plot, the twists and turns, and of course, the adventure. And what an adventure this one was! The details of the setting are so vivid, I feel like I am right there with Georgia, racing across the infinite landscapes of Mongolia to solve one of the greatest archaeological mysteries of the last century.

Although intended as a sequel to *The Imperial Alchemist*, I feel like *The Golden Khan* can easily be read as a standalone novel, because there is enough background information given throughout the book. That said, the reader will have a much more rewarding experience if the books are read in order.

All in all, this is a well-researched, enthralling, fast-paced read with an intelligent, fascinating female protagonist. I had real difficulty putting it down and I highly recommend it to all who are interested in Asian history and culture.

Mark Blackburn is the founder of Wraptie™ and One Brown Planet, sustainable enterprises that aim to raise environmental awareness and reduce waste in our world. He has lived in Taiwan for almost four years with his wife.

Never Forgotten

TEXT & IMAGES: MICHAEL HURST



Bibliographic information

Title	<i>Never Forgotten - The story of the Japanese Prisoner of War Camps in Taiwan during World War II</i>
Author	Michael D. Hurst MBE
ISBN	978-986-89430-1-8
Price	NT\$1200

NEVER FORGOTTEN

is available by ordering directly from the Society through the website, <http://www.powtaiwan.org/The%20Society/index.php>

This book is also available at the Taipei Community Services Center

The Taiwan POWs' Story. . .

At last - after 24 years of research and more than three years in production, we are happy to introduce the long-awaited book on the story of the Taiwan POWs by Society director, Michael Hurst MBE.



POWs at Kinkaseki assembled having a prayer service - a propaganda stunt by the Japanese.

NEVER FORGOTTEN tells the story of the Japanese prisoner of war camps on the island of Taiwan (Formosa) in the Second World War. It is the only book ever written that provides the complete story of all the Taiwan camps and the men who were interned in them.

Finished on Remembrance Day - November 11th 2020 - 75 years after the end of the world's most devastating war, this book traces the story of the allied soldiers, sailors and airmen - primarily British, American, Australian and Dutch - who were taken captive by the Japanese in Hong Kong, Malaya, Singapore, the Dutch East Indies and the Philippines and sent to Taiwan to do forced labor for their war effort.

What you will read is the result of numerous interviews with the former Taiwan prisoners of war, the collection of materials supplied by them and their families, and thousands of hours spent poring over their diaries and letters, as well as other material from war records, regimental diaries and

archives. It is their story, told in their words from what they have shared with the author, and which was discovered during 24 years of research. In addition, the author has visited all of the Asian countries involved in this story, seeking and collecting information on the camps in those areas and what took place there relevant to the Taiwan POWs.

At 620 pages, it covers that little-known story in detail - beginning with the battles that led up to their capture; their transportation to Taiwan in filthy, overcrowded 'hell ships' and their struggles to exist in the fourteen Japanese-run prison camps on the island from 1942-1945. There is a chapter devoted to every camp and the story also follows those who moved on to camps in Japan and Manchuria. The relief and evacuation of the POWs by allied forces following the Japanese surrender is also documented, along with their care and treatment in Manila, their subsequent transport home and finally, their lives after the war. There are also appendices that

provide information on the capture, indictment and trials of the Japanese and Taiwanese war criminals following the war.

Over 675 photos - many in color, on the book's high-quality glossy paper - visually enhance this epic saga. With more than 170 drawings and artifacts, also mostly in color, the book is lavishly illustrated with historical material which accompanies the text. There are photos of the POWs and the camps, all of the 'hell ships' that took them to and from Taiwan, the allied aircraft that brought them relief when the war ended and the ships that rescued them and took them to freedom and home. There are also many photos that show how the former camps and related places appear today.

Drawings made by the POWs are often the only records existing of the life and conditions in the camps and many augment the pages of this book, making it come alive for the reader. Much of this material was provided by the POWs and their families and has never before been published.

We wanted to produce the finest quality book possible using a high-gloss paper that would enhance the photos, drawings and ephemera in a way most books are unable to do. Hence, with the higher density paper, the book weighs a bit more, resulting in the higher cost for shipping, but we are certain that you will appreciate the high quality of this special once-in-a-lifetime book.

The cover features the sculpture



Men leaving the camp in Dachih after release at the end of the war

of the two emaciated POW figures standing before the memorial wall in the Taiwan Prisoner of War Memorial Park at Jinguashi, Taiwan. It seeks to evoke an understanding of the suffering that the prisoners endured and how mateship meant so much to the men - all of whose more than 4,350 names are engraved on the wall.

Twenty-four years of meticulous, exhaustive research and more than three years of writing have produced

this different kind of war story. It is heart-warming and humorous in places, giving insights into the men and how they stood by their mates and helped them survive. It also tells about the Taiwanese people who had sympathy for the POWs and how they tried to help them.

It is quite likely that due to the lateness in writing, this could very well be one of - if not the last books - if not the last, on the Taiwan POWs ever compiled with the direct contribution of those men who lived the events described herein.

This book is not only a valuable historical reference work, but, more importantly, it is also the saga of men who triumphed over great adversity and who surely deserve a place in the annals of World War II history and should not be forgotten.

We Will Remember Them!

.....
Michael Hurst MBE has lived in Taiwan over 30 years. During that period he devoted the majority of his time to discovering and researching the little-known story of the Japanese prisoner of war camps on Taiwan during World War II.



American B-29 aircraft that dropped relief supplies on the camps after the Japanese surrender.



Cordon Bleu Chef Ronny Chiu –

Staying Healthy During COVID

TEXT: PAI SU-YU IMAGES: PAI SU-YU & WEB

There's no doubt about it, stress eating has become a number one global choice for coping with worry during this pandemic. So, what is "stress eating?" It's an unhealthy eating mechanism that people choose when something triggers negative or overwhelming emotions to situations which are often beyond their control. To soothe or calm themselves, they consume unhealthy food choices.

MANAGING STRESS EATING

Curious about how to manage stress through healthy eating choices, I asked Cordon Bleu Chef Ronny Chiu his thoughts on this.

"One of the first things that I would like to share with our guests is that their relationship with food is a personal one. The other is the relationship between nutrition, health and gastronomy. Nutrition means understanding what we are eating and what each item that we put into our mouths means to our [own] health and body. By understanding the ingredients of the foods we eat, then we will have more control over how those ingredients will affect our health when we prepare our



own food, dine out or purchase ready-made or fast food.

"...understanding the nutritional value of ingredients is a big step to understanding how to create a dish or snack that is good for your health. If you understand the ingredient and how to prepare it so that most of its qualities remain intact, then you will be able to plan and prepare a healthy, balanced meal."

FINANCIAL CHALLENGES DURING THE PANDEMIC

For many of us, the cost of food plays an important part in what we

place in our shopping carts, tote bags, UberEats or FoodPanda delivery orders when looking for food items. Product quality and variety are also important factors when buying food. Many times, people end up buying poor-quality food because they think that is all that is available within their budget.

HARMFUL BUYING CHOICES

Heavily processed foods are often high in added sugar, salt and saturated fats. These foods contain less dietary fiber and fewer vitamins than whole foods.

Consuming an excess of these foods has long been linked to an increased risk of a wide variety of health problems that can lead to heart disease, obesity, high blood pressure, elevated cholesterol, cancer and depression.

HEALTHY BUYING CHOICES

Here in Taiwan, people are more aware than ever before of the importance of finding good food. Chef Ronny comments, "This is where your knowledge of ingredients comes in,



which will give you a wide range of affordable recipes to work with. And they will be healthy for your body, supportive of your new way of thinking about delicious food and finances.”

SUPPORT YOUR LOCAL FARMERS

“We are lucky to be here in Taiwan [which] has many options for purchasing local ingredients from organic farms, and local farmers that grow a wide variety of vegetables and fruits, along with free-range, organically raised chickens.

Knowing how to store meat is crucial for good food hygiene, safety, and for the texture of the meat. This is why it is important to freeze meat.

At my restaurant, I prepare new and creative complementary approaches to French cuisine dining using simple, nutritious and healthy cooking styles. Each selection is balanced and makes use of the best ingredients. This is why I gravitate towards buying local and organic items.”



CHEF RONNY CHIU'S MISSION

“People deserve to have a happy, healthy relationship with food. This is my mission as a chef to bring people together through healthy and enjoyable food experiences.”

Here is a healthy recipe suggestion from Chef Ronny Chiu, who has a Cordon Bleu Diploma in Gastronomy, Nutrition and Food Trends.

.....
Pai Su-yu is a retired educator who enjoys traveling and cooking for friends.



The lab - Selected

No. 6, lane 21, Haung Xi St., Shi Lin District, Taipei

Provence Vegetable Stew

This vegetable stew is a popular choice, and is not only delicious but easy to prepare too.



INGREDIENTS

- 1 small eggplant (200 grams) and 1 medium zucchini (200 grams), both cut into batonnets about 3 inches in length by ½ inch in width
- 1 clove garlic, sliced thinly
- 1 medium bell pepper (300 grams), cut to batonnets of about 3 inches by ¾ inch
- 1 to 1 ½ onions (400 to 500 grams), cut into ¼ inch pieces
- 1 medium tomato (200 grams), chopped (optional)
- 40 ml olive oil
- ¼ teaspoon ground black pepper
- Salt to taste
- 1 baguette-style French bread, cut into ½ inch slices

DIRECTIONS

1. Heat olive oil in a pan and sauté the bell pepper and onion over medium heat for about ten minutes.
 2. Add the eggplant, zucchini and garlic. Sauté for another ten minutes.
 3. Season with salt and pepper to taste.
- Remove pan, cover with a flat baking sheet and cook in a pre-heated oven (160 C or 280 F) for thirty minutes. Serve with baguette-style French bread.

Made with Love



TEXT: TARANA WIENRICH IMAGES: ULI WIENRICH

It all started on a road trip that my family and I went on to the south of Taiwan during Covid. We were looking for a place to eat on the way when we ended up going to a Mexican restaurant. There we ordered a delicious peach empanada for dessert, and I wanted to create my own version of it. Empanadas, which originated in Portugal, are fried or baked pastries stuffed with sweet or savory fillings. The warm, aromatic spice leaves the most powerful yet cozy feeling that reminded me of Christmas, while the sweet, luscious, golden peaches remind me of summer. This dish is absolutely heaven with caramel sauce and ice cream, which give the dish a little pizzazz.

Peach Empanada



.....
Tarana Wienrich is a student at H1, Taipei European School.



Directions

First make the dough. Place all the dry ingredients (flour, salt, sugar) in a large bowl, and the wet ingredients separately in another bowl and slowly add the wet ingredients to the dry ingredients, making sure they're mixed well. Leave the dough to the side for 20-30 minutes.

While waiting for the dough to rest, start the filling. Pour the can of peaches into a saucepan, heat gently for 3 minutes, then add the sugar, cinnamon and butter, stirring until the sugar has dissolved. Continue heating until it is simmering. Switch the gas off and set the pan to the side to cool down. Roll the dough out evenly and cut into circles 14 cms in diameter. Place a spoonful of the peach filling in the middle, fold the dough in half over the filling and seal the edges. For a glossy finish, brush the tops of the empanadas with egg white before baking at 180 degrees C for 25-30 minutes. Let the empanadas cool before serving with ice cream or caramel sauce.



Dough:

2 cups all-purpose (plain) flour
½ tsp salt
2 tbsp white sugar
2 egg yolks
3 tbsp melted butter
4 tbsp water



Filling:

1 850g can peaches
2 tbsp sugar
½ tbsp cinnamon
2 tbsp of butter

Adventuring by Motorbike (Almost) Around Taiwan

TEXT AND IMAGES: KAREN FARLEY

Taking a trip around the island is on the bucket list of many Taiwanese and foreign travelers alike. Some do it by car, others by bicycle. We always dreamed of doing it on motorbikes. Last Lunar New Year, my partner-in-adventure Patrick and I took advantage of the extended holiday to finally do our dream trip around Taiwan – almost!

Renting a couple of SYM Wild Wolf (野狼機車) motorbikes in Taipei, we took a test ride over the mountains to our home in Yilan County. What Taiwan's quintessential ride lacks in power with a 150 cc engine, it makes up in sex appeal with its curvy gas tank and rounded headlights. It is also one of the few bikes on which a short-statured rider like myself can reach the ground – although only when wearing boots. By the time we reached the Nine Turns Road above Jiaoxi, however, our romantic notions of the trip were disappearing fast with stiff backs caused by the unfamiliar posture and aching hands from changing the gears. We also needed better rain gear.

Once the motorbikes were rigged up with a makeshift system of colorful bags and straps holding minimal camp gear, clothing, and food supplies in place, we set off across the Yilan plain a day before Lunar New Year's Eve. We got a head start on the holiday traffic and as the road got curvier and



Driving through
Taroko Gorge



Setting off



Shitiping Campsite

steeper, we passed only cabbage trucks bringing their haul down the mountain. A little over a hundred kilometers later we arrived at Wuling Farm in Shei-Pa National Park. Setting up the tent with a well-earned Taiwan Beer, the temperatures quickly plummeted as the sun set early behind the surrounding mountains. That night, we settled into our sleeping bags wearing all our extra layers of clothing, and that still wasn't warm enough – it was an inauspicious start to a week or so of camping plans.



Near Yushan

We woke up cold, stiff, and more than a little grumpy. A hot cup of camp coffee seemed to solve life's little problems, along with the decision to rent an electric blanket for the second night's stay. We explored the farm with the first of the spring blossoms making an appearance and the endemic Formosan landlocked salmon swimming in the river. It all seemed perfect, until we discovered on the drive back that Patrick's Wolf had a terminal problem: the wheel had separated from the hub. We were going nowhere! A flurry of Line messages later, the rental company dispatched a truck driver from Kaohsiung to pick up the old bike and deliver a new one in a covert operation that took place in the wee hours of Lunar New Years' Eve (a big shout out to the driver who then headed all the way back to Kaohsiung!).

The adventure was back on, with Patrick now riding a slightly more conventional SYM T1 street bike. We had planned to take the Central Cross-island Highway (Provincial Highway 8) towards Puli to visit some of Taiwan's highlights on the west coast, however, with reports of rain and more icy temperatures in the higher elevations, we decided to head towards the east coast through Taroko Gorge and drive



Tropic of Cancer

south instead. Descending into the gorge from the west side was one of the most fun and beautiful parts of the journey, with hundreds of curves and very little traffic, every sweeping turn offering a jaw-dropping vista. After seeing in the Year of the Rat and exploring Taiwan's iconic gorge by bike and on foot, we heard that access to the park was about to be restricted to limit the holiday crowds, so we packed up camp again.

A quick overnight stop in Hualien was needed for a hearty meal, laundry, and more supplies, not to mention a comfortable bed. The rain stayed away until we had left the city, but we soon found ourselves putting that new rain gear to the test, counting miserable



Nantian sunset

wet kilometers along the coast in the deluge. We finally set up camp in Shitiping, a rocky coastal enclave which would have been stunning in fairer weather, and we were forced to make a hearty tomato pasta dinner under the eaves of the toilet block to stay dry.

Heading off the next day past the Tropic of Cancer marker, we had a vague plan to camp further down the coast once we reached Taitung County. While stopping for a quick snack at the intersection with Provincial Road 30, we were enticed by the call of the signs to the East Rift Valley and detoured away from the coast over yet another winding pass. Another day of motorbiking in the rain was taking its toll, so we checked into a quirky homestay with rooms made from massive construction pipes, right on the edge of Yushan National Park. With the sun peeking out in the mid-afternoon, we stretched our road-weary legs along the first few kilometers of the magnificent Walami Trail, which can be hiked without a permit. While we didn't spot any Formosan black bear in the dripping forest, it was full of bird life and we heard the distinctive bark of the elusive Reeve's muntjac (commonly known as barking deer).

Feeling refreshed after a comfortable night's sleep and buoyed by the warm sunshine, we ate up the kilometers through the abundant rice fields of

the East Rift Valley – a detour well worth taking. Back on the coastal road, we joined the long line of Taiwanese vacationers at one of the most touristy spots on our trip: the Donghe Bun Shop. One bite into the signature pork bun and I immediately wished I had ordered two.

It was easy to find a campsite just outside Dulan, as the Lunar New Year holiday was coming to an end. Hiking up the steep Dulan Mountain path, birdwatching made for a convenient excuse to take "breaks" while climbing one of Taiwan's 100 Lesser Peaks. The trail was quiet except for the characteristic call of the Taiwan Barbet (which in Chinese is called the "five-color bird"). While usually very difficult to spot, we rounded a corner to find a dozen or so flitting between the treetops.

At our last stop on the east coast, we found ourselves alone at Nantian Coast Water Park. The betel nut-chewing caretaker gave us keys to the ablution facilities housed in shipping containers painted with murals of indigenous landscapes. We cooked up a relatively elaborate camp meal using the last carefully transported eggs and a can of black beans from our supplies with pre-cooked rice from the convenience store; all enjoyed while watching the only sunset of the trip.

We crossed the island on Provincial Road 9 with a stop for a picnic lunch in Shuangliu National Forest Recreation Area, filled with day trippers from nearby towns. Popping out into Pingtung County on the west coast of Taiwan, the traffic picked up in volume and speed as we passed one after another roadside stall selling seasonal fruit, including Patrick's favorite: the atemoya, a close relative of the custard apple. We spent the last night at a random campsite packed with kids on a kung fu camp and their parents. Surrounded by the first people we had camped with in nearly a week, the sounds of the martial arts practice and the smells of smoky barbecues filled the night air.

While packing up the tent one last time, we both felt a strong pull to continue the trip but knew our time was up and we had to get back to reality. Fueled by yet more coffee, we drove the last stretch until the

pineapple fields made way for built-up towns. After 844 kilometers riding around three fifths of Taiwan, we said farewell to our mostly trusty motorbikes at the rental agency's Kaohsiung branch and shipped our gear back home through the nearest convenience store. Once on a Taiwan High Speed Rail train back to Taipei, it was pretty surreal to realize that we were hurtling around the remainder of Taiwan in less than 100 minutes, about ten times our average speed on the motorbikes.

While our Taiwan adventure may not have been the most comfortable, travelling by motorbike gave us the chance to explore new sides of Taiwan at a slower pace, and the flexibility to adjust our plans when weather or whim struck. A year later, we still dream of finishing our motorbike journey all the way around Taiwan one day.

.....
Always game for an adventure, Karen Farley can be found dreaming of her next travel destination at karenthenomad@gmail.com.



Final Day



OFF THE BEATEN TRACK

RICHARD SAUNDERS EXPLORES TAIWAN'S LESS-TRODDEN PATHS

Snow Mountain

TEXT & IMAGES: RICHARD SAUNDERS



Taiwan's second highest mountain, exceeded in height only by a couple of the Yushan (Jade Mountain) peaks, 3,886-meter-high Snow Mountain is a magnet for keen hikers throughout the year, but especially in February and March, when there's a very good chance of catching the peak draped in a thick covering of snow. Climbing the mountain via the most popular route (from the east) takes two or three days, and although it's a slightly tougher hike than Jade Mountain, it's within the range of any walker of reasonable fitness.

Formerly known to Westerners as Mount Sylvia, Snow Mountain is the highest point of the Xueshan Range, one of the four major mountain ranges in Taiwan. The mountain was first climbed by a Japanese team in 1915, which scaled it from the aboriginal village of Huanshan to the south, in order to survey the area. They called it Tsugitakayama ("second highest mountain") after finding that the summit, like Yushan, was actually higher than their beloved Mount Fuji. Today, the vast majority of hikers climb Snow Mountain via a shorter and much easier route from the east, which was created five decades later, following the development of the Wuling Farm area.



Most climbers start their ascent of Snow Mountain with a night at Wuling Farm, where there's a choice of either camping or staying in hostel or hotel accommodation. From the farm a narrow road winds up to the checkpoint and trailhead at about 2,140 meters. After a gentle climb through the woods up to the very basic Qika Hut (2,460 meters), where some hikers spend the first night, the going immediately gets steeper, with a stiff, zigzagging climb to Snow Mountain East Peak (3,201 meters), with its truly awe-inspiring 360-degree view, and then a gentler trape through the arrow bamboo

and grass to Sanliujiu (369) Hut (3,150 meters) beyond.

The following morning most hikers get a very early start on the 3 to 4-hour hike to the summit, missing the beautiful scenery as the trail zigzags up the steep grassy slopes that tower above 369 Hut, and through the magical Black Forest. Crossing the side of the huge glacial-cut cirque below the main summit of Snow Mountain, the trail finally climbs diagonally up the precipitous scree-covered slope to the summit, marked by a large stone engraved with the mountain's name in Chinese and English, and its altitude.

It's a roomier and less dramatic perch than the tiny, cliff-bound tip of Jade Mountain, but on a clear day the summit view is, if anything even more incredible, and takes the mind (if only for a few minutes!) away from the exhausting prospect of the long trek back down to Wuling Farm.



Richard Saunders is a trained classical musician and writer who lived in Taipei from 1993 to 2018. He has written several hiking and guide books (available at the Center and in bookshops around Taipei) covering the whole of Taiwan, and its offshore islands.

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COVER IMAGE:
Red lanterns are a symbol of Lunar New Year in Taiwan.
Shot in Banqiao, New Taipei City, by Nick Kembel

For more information, please go to our website at
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COLOR FESTIVAL

| Period | 1/20 - 2/17

| Venue | Taipei 101 - 4th Floor Exhibition

| Artist | Tim Budden · Michael Kalish · Lourdes Salcedo Tavira · Shirota Yuzuya ·
Chien-Hsing Lien · Ying-Chang Lu · Julie Hsieh



A colorful world dances with flowers. Yuan Ru Gallery is proud to exhibit eight colorful and rich artworks on the fourth floor of Taipei 101. These works will echo in the garden of the exhibition hall, immersing people in a romantic artistic atmosphere. Yuan Ru Gallery presents seven artists from all over the world, American artist Michael Kalish, British artist Tim Budden, Spanish artist Lourdes Salcedo Tavira, Japanese artist Shirota Yuzuya, and Taiwanese artists Chien-Hsing Lien, Ying-Chang Lu, and Julie Hsieh to gather and exhibit works of different styles. You are welcome to join in this art feast!

Artwork: Detail of "Garden of Delight" by Tim Budden



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