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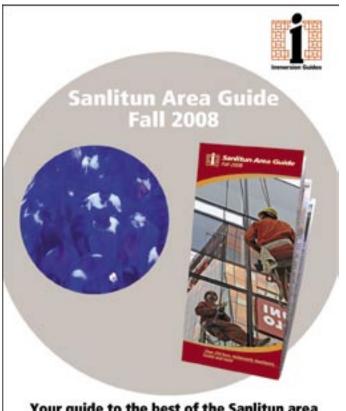
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# theBeijinger

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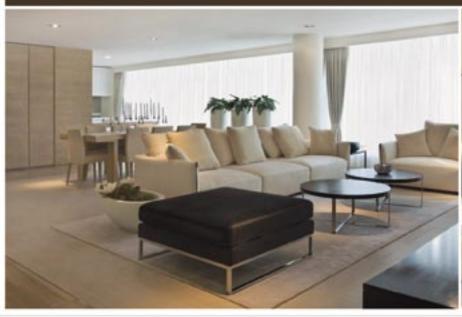
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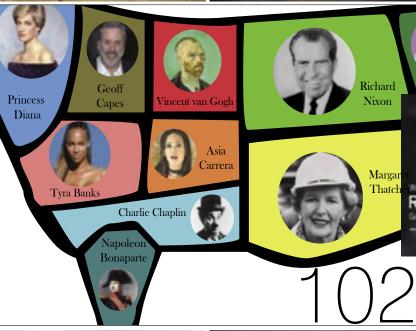




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Tales of the tour bus

### Letters

### EDITOR'S LETTER

Dear 2008,

First of all, let me say that I will always cherish the time we spent together. I just feel blessed, and so, so lucky for every moment we shared. You were really there for me, at a time in my life when it seemed everyone I was close to was leaving. That really bummed me out.

But you saw how I was feeling and cheered me up with DJ Shadow and Cut Chemist and Air. Kanye and Kylie were pretty cool, too.

And August. Phew, August. I have to say that August with you was one of the greatest times of my life. You opened up a world I never knew – showing me how cool things like field hockey and taekwondo can be. Heck, I even think power walking is awesome now. And the fact you knew how much I wanted to see USA basketball and you made that happen for me ... I was really touched. You were really listening.

There were so many ups and downs. There was a lot of building, on both our parts. Especially you. In fact, you definitely took on the burden of trying to change yourself for me.

But, let's face it. We both know that this just isn't going to work.

We used to do things, you know? I mean, we used to spend time together. We used to go to 798 and the Egg – or just hop on the subway, pick a stop, get off and go wandering. These days, though, it feels like we've each gone our separate ways.

Look, it's not you. It's me. I've changed. I'm a different person now. But I also feel like you've got this guard up all the time. I used to like taking the subway with you, but ever since you got those new security checks, you've gotten really high-maintenance.

Honestly, okay – there is someone else. And I'm not going to go into details 'cause I don't want to hurt you. I just hope you understand that I can't keep living in the past.

We had our good times, we had some bad times ... but I need to move on with my life. You will, however, always hold a special place in my heart.

Thanks for the memories,



### GIVETH AWAY

Be the first person to spot this month's **Bogus Ad** and win a **RMB** 600 voucher for **Oriental Taipan!** 



E-mail your answer to marketing@thebeijinger.com

**DJ Vadim** and **MC Yarah Bravo** bring the international hip-hop to Club China Doll on January 30. Read all about it in Club House (p63).

Win tickets to see the Ninja Tunes duo by correctly answering all the questions to Trivia Travails (p12).

Send your answers to editor@thebeijinger.com by January 10.



The talented design and visual duo of Susu Luo and Joey Guo together created the first of many eye-catching *thj* covers to come in 2009.

Corrections and clarifications:

In our December 2008 "Grape Press" column, we incorrectly listed the number for the California-Asia Wine Exchange. The correct number is 6297 3910.

### FROM THE MAILBOX

A comment about this's December 2008 "Ich Bin Ein Beijinger" column:

I don't feel good after read your article about "the hard lesson," especially the picture, it makes people feel like Ayi is a gift you can send to anybody, also in your article look down of Ayi. Ayi is the same person like us, they work, they get paid. For the city cleaners, Ayi, maintainers, etc, they all play a role in the society, they do what they can do to make their own life more valuable. we can not live without them, we should be respect them not to make them like a gift. Thanks.

It is just my feeling about your article and the picture, i wrote to you to express my feeling, and i also let my colleague read your article, they have the same feeling.

> Best, Jeanie

A response from the Beijinger:

Dear Jeanie,

Thank you for taking the time to point out that yes, *ayis* are people too. It is a well-known fact that very few of us would be able to afford our Beijing luxuries if we lived elsewhere in the world – including someone to help us keep our rooms tidy. Unless you still live with Mom. In which case, for shame! But anyway, I think we all know the moral of this tale: Respect your *ayi*, 'cause it's not easy cleaning up after the likes of you!

Sincerely, the Beijinger

PS: As a thank you for sending us your thoughtful opinion, we're giving you a **RMB 200** voucher to **1001 Nights Restaurant** in **Solana Mall**. Congratulations, Jeanie!

### BEIJING BABBLE

Big words and small talk on the Beijinger forum

"Facial Yoga? Thats the funniest thing I've heard in a while!"

- from the thread "Botox – do you know a good, clean place?"

"If I were back in the States, I wouldn't dare get a female pregnant much less a fing on her finger."

- from the thread "Rich man, poor man, beggar man, thief"

"I don't **run** from E-thugs"

- from the thread "forum gathering"

"When a man cheats on a woman, it's usually the woman's fault"

- from the thread "Question for the ladies"

"In the US they call them gold diggers. You can find them at Suzie Wong's or ChinaDoll"

- from the thread "Vampires"

"TheBeijinger.com is my life"

- from the thread "TheBeijinger.com has ruined my life"

"Canadians are weird."

- from the thread "Chance encounters with others from the same country"

"Tell them you're a TEFL teacher"

- from the thread "How to avoid sexual harassment"

For more nonsensical narrative, check out www. The Berginger.com

# What's Happening

Sun Mon Tue Wed Thu



6

New Year's Eve Parties Around Town

Brain Failure, Demerit, Carsick Cars, Joyside, Hedgehog, The Gar, Queen Sea Big Shark, Subs, Ziyo, Girl Kill Girl, Yen, Acupuncture ... See Nightlife (p59) for more ways to party than you can countdown.

### Rhythm of the Dance

Irish dancing gets your toes tapping. RMB 180-1,080. 7.30pm. Great Hall of the People (6309 6156)



### we are Enfant Terrible

Parisans bring the electro pop. More at www.juefestival.com. RMB 40. 9pm. 2 Kolegas (6436 8998)

### Super 8 Festival

Short films that wowed last year's film festivals. 3pm. Free. Space for Imagination (6279 1280)



### Bye Bye Bush

Say farewell to the Dubya. Party continues until close on Jan 20. Free.

Free. Midday. Saddle Cantina (5208 6005)



### Trainspotting

A cult classic about Edinburgh's seedy underbelly. In English with Chinese subtitles. Free popcorn. Free. 8pm. Club Obiwan (6617 3231)

### SambAsia

Beijing's hometown *bateria* bangs it up. RMB 40. 9pm. MAO Livehouse (6402 5080)

### 8

### Basically Beethoven

Bring your own instrument for an open mic jam session. Free. 7.30pm. The Bookworm (6586 9507)

12

5 Cinco de Drinko

Half price drinks all day.

Saddle Cantina (5208 6005)

Bueno. Free. Midday.

### 13 Sleeping Beauty

State Ballet Theatre of Russia performs until Jan 28, accompanied by the Russian Philharmonic Orchestra. Tickets at 6417 7845. 7.30pm. Poly Theatre (6500 1188 ext 5126/5127)

Journey to the West

stage. Runs from Jan 14-31.

A Chinese classic hits the

RMB 100-880. 7.30pm.

(6835 4455)

Beijing Exhibition Theatre

### 14

### Hong Kong Philharmonic

The HK Phil comes to Beijing for a two-day session. RMB 180-880. 7.30pm. NCPA (6655 0000)



15

Wine

**Tasting** 

at Amigo

Top Cellar Petit

Chateaux from

Bordeaux, Free.

7pm. Amigo

(6533 6521)

### / 6X/A

### Schlumberger Wine Dinner

French wines and Chinese cuisines. 7pm. Horizon (6561 8833 ext. 41)

### 18 Reggae Sunday

Fill up on rastaman vibrations and barbecue. Free. 8pm. Obiwan (6617 3231)



### 26

### **Ditan Temple Fair**

Lively festival atmosphere amidst the grounds of the ancient altar of the earth. Ditan Park, Dongcheng District

### **Dongyue Temple Fair**

Local customs on display, and live performances from local troupes.

Dongyue Temple, Chaoyang District



### Saw

28

Carmen

(8315 6300)

Bizet's masterpiece per-

formed in the styles of

flamenco, modern dance

7.30pm. Tiangiao Theater

and ballet. RMB 180-1,280.

This thriller will change the way you look at power tools. In English with Chinese subtitles. Free popcorn. Free. 8 pm. Club Obiwan (6617 3231)



### Changdian Temple Fair

Traditional

handcrafts on sale, with local performances to accompany them. Nanxinhua Jie (from Hepingmen to Huguang Guild Hall), Xuanwu District

### Spring Valley Loop Hike and Chinese New Year Lunch

There's nothing like a walk in the country to celebrate Chinese New Year. RMB 300 (includes lunch). 8.30am. Beijing Hikers Club (139 1002 5516)







# January

### Fri

### Sat

### Robots in Disguise

Transform the way you look at electronica. RMB 30 (includes a drink). 9.30pm. What Bar (159 0123 6743)





Joe Hisaishi's Soundtracks

The epic scores of this anime composer are performed live accompanied by excerpts from the films. RMB 100-880. 7.30pm. Beijing Concert Hall (6605 7006)



9

### Tango Welcomes D'Julz

Paris rave's golden boy returns to the capital. RMB 60. 9pm. Tango (6428 2288)



10

### Redbull Nanshan Open

Pro snowboarders shred up the slopes. 11am. Quiksilver Nanshan Mellow Park. www.mellowparks.cn

### Lisa Ono

The Japanese bossa nova queen. RMB 180-1,580. 7.30pm. Olympic Sports Center Gymnasium (6491 2233)

16

### Supermarket

Modern Sky electronica enthusiasts come back to Beijing, with Zigzag as special guest. RMB 60, RMB 50 (advance). 9pm. MAO Livehouse (6402 5080)

### Wu Fei

The Beijingborn guzheng experimentalist improvises on the Boat.

RMB 60 (includes a drink). 9pm. Stone Boat Cafe (6501 9986)

23

### **Chinese Poetry** in Song

A collaboration of various musicians for a performance dedicated to poetry from the Song dynasty to the present. RMB 100-1,080. 7.30pm. Beijing Concert Hall (6605 7006)

24

### **Bubble** Lounge

Live it up with some fine deals on finer champagne. Free. 9pm. Domus (8511 8015)



30

### **DJ Vadim**

The Russian percussionist brings Ninja Tunes with the mighty MC Yarah Bravo. RMB 50. 9pm. Club China Doll (6417 4699)



31

### Daguanyuan **Honglou Temple Fair**

Song and dance duos from northeast China, an

acrobatics show from Cangzhou, and pangu drumming from Henan. Daguanyuan Park, Xuanwu District





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# ILLUSTRATION: LI XING

# State



Number of non-Beijingers who were tricked out of RMB 1.3 million by a guy named Zhang, who promised to arrange for Beijing *hukou* (registered permanent residence)

500,000 Number of single women living in Beijing



1.6mil

Number of families who signed up for a cockroach-killing project that started Nov 15



20mil

Number of Olympic-related items auctioned Beijing Olympic organizers, including Yao Ming's 2.6-meter bed

— 2 The lowest temperature in Celsius recorded in Beijing in the past six years



237

The Nov 2008 rank of Beijing Guoan in the International Federation of Football History & Statistics' Club World Ranking

Compiled by Wang Ge, illustrations by OliverRaw.com Sources: Beijing Evening News, Beijing News, IFFHS, Qianlong.com, Renters, Sohu.com

### MISCELLANEOUS

### The anti-Big Underpants movement, rental bikes and enlightened traffic compiled by Ashley Eldridge



### Underpants vs. Wisdom Window

The time has come to christen the new **CCTV Building** — and like any proud parents, Beijingers are full of name ideas. To the chagrin of CCTV (and likely Rem Koolhaas), "**Big Underpants**" (*da kucha* 大裤衩) has taken hold, and seems likely to stick. The broadcaster, desperate to establish an official name to eradicate references to large undergarments, has launched an online promotion drive in which netizens are encouraged to send in name proposals. Submissions include "Magic Cube," "New

Angle," and "Peak of the Ages." Online news sites are reporting that thus far, zhichuang (智窗), or "Wisdom Window," has emerged as a popular alternative to the abhorred "Underpants." Unfortunately for CCTV, zhichuang is also a homophone for hemorrhoids (痔疮).



### Borrow a Ride

Rental bicycles are gaining momentum on the streets of Beijing these days. With the arrival of a new program sponsored by **IBike Media**, residents of the Maizidian community can now commute to work hassle-free. By the end of the year, 40,000-50,000 bikes will be available

for free rental at the swipe of an ID card or passport, and starting next year, rental stations will be set up at supermarkets and transportation hubs all over the city, so those leery of purchasing yet another bike just to have it stolen again can pedal around town worry-free. Thanks to GPS tracking devices, as long as the bikes are parked in designated areas, renters won't be held responsible for theft. Even the most **determined thieves** will find peddling their loot tricky, as the bikes are specially designed to stand out.

### **Traffic Violation Amnesty**

There's good news for those who still insist on firing up the engine every morning. Beijing traffic authorities have finally put a cap on late fees for traffic violations, which previously accrued at a rate that rapidly outpaced the actual fines. The decision comes three years too



late for the unfortunate migrant worker who inadvertently racked up 105 traffic violations to the tune of RMB 10,000, but savings could be substantial for other drivers in the capital city. The Ministry of Public Security is currently collecting opinions on other aspects of the traffic violation laws, particularly regarding the placement of surveillance cameras. Make your voice heard to save yourself a few *kuai*, and possibly a dent or two on your rear bumper. Send your suggestions to english@mail.gov.cn.

### **Animating Figure**

### Dong Xu: Samurai soul in a cartoonist's time

Dong Xu is not the kind of guy many people connect with quickly. He's quiet, speaks at a turtle's pace, and takes in the world through a pair of suspicion-casting eyes. His shoulder-length hair and neatly cut beard look as perfectly natural on him as on a sword-wielding samurai.



On the other hand, one tends to expect – or forgive – a certain amount of awkwardness in artists. One year out of university, the Shandong-born animator is pursuing his dream: to become an animation director.

Wang Ge ventured into Mr. Dong's lair.

### the Beijinger: How long have you been in Beijing, and what have you done?

Dong Xu: I came here in 2003 to study animation at the Communication University of China (中国传媒大学). After finishing college last year, I found a job at an animation company. I never gave up on my dream of becoming an animation director, and I'll work hard to make the dream come true.

### tbj: What's the most exciting thing that happened to you in 2008?

**DX:** The company I work for started an original animation project in 2008, which provided the right conditions for us to make our own animated series. To be honest, the animation market here is pretty bad, but that's exactly why this project means so much to me. Although there's no guarantee for huge success, at least we are doing something. It is a start.

### tbj: Any low points in 2008?

**DX:** As a Playstation enthusiast, I bought a Playstation 3 in 2008. It was all right, but what really put me off was that Playstation didn't do anything impressive this year – it totally got crushed by Nintendo and Xbox. It shouldn't be this way, as Playstation has always been the big shot in the industry.

### tbj: Did the Olympics affect your life at all?

**DX:** Well, I went to work as usual. What really pissed me off was that we didn't get a single day off during the Games. I mean, come on, it's the Olympics on our doorstep! Actually, our company is quite close to those Olympic venues, but I didn't feel any difference. Anyway, that time is already ancient history to me now. I can hardly remember any details.

### tbj: Any plans for 2009?

**DX:** I will continue working on our project. According to our schedule, the first trailer cut will be out by the beginning of the year. In other words, the pre-production stage will be almost finished. By then, there will be plenty of free time for me to squander. Or I could be getting fired. That's just the way it is – if the company is not getting any money from the market, people get sacked. But I've got other plans to deal with that – I've started my own manga book. The story is already in my head, and the script is written. Now it's time to visualize it on paper.





he newest addition to the National Library of China is a superb example of what Eastern and Western minds can produce when they work together. The design team started with a few communist architectural preferences (for the massive and blocky) and twisted them into a steel and brick structure said to resemble a stack of books. The result is a modern structure that is still unmistakably Chinese. But unlike the branch next door, this is a monolith with movement - a property that can be attributed to the collective creative brainpower of the East China Architectural Design Institute and Germany's KSP Engel und Zimmermann. Large windows stretch the height of the building, allowing light to filter inside. The cool grays of the zigzagging beams are balanced by warm wood accents and walls full of brightly-colored files.

This latest branch of the library, with 23 open-stack reading rooms, is designed to cater to the needs of the general reader, whereas the other sites are more suitable for researchers and scholars seeking academic texts and rare books. The new library can accommodate as many as 8,000 readers on any given day, and patrons show up in droves to take advantage of the free Wi-Fi and relax in the light-filled central reading area. At ten minutes to closing

time, the strains of "Auld Lang Syne" begin trickling out of the speakers, culminating in a crescendo and the announcement that the library will be closing soon. Thousands of readers dutifully switch off their laptops, mark their pages, and head for the escalators with admirable decorum.

The three buildings of the National Library of China originated with the Metropolitan Library, the Qing-style original branch built just northwest of the Forbidden City (outside the west wall of Beihai Park)

in 1909. After the founding of the People's Republic, its name was changed to Beijing (Capital) Library. The library system was officially christened the National Library of China in 1998.

When former Premier Zhou Enlai selected a site for the second branch, he chose the area just north of Purple Bamboo Park (Zizhuyuan), a location with ample space for a future addition, predicting that the collection would soon outgrow the building completed in 1987. His prescient considerations paved the way for the establishment of the third branch, which was proposed in early 2000 and approved by the Ministry of Culture later that year. Construction began in 2003 and concluded in September last year, a year ahead of the library's centennial. The addition of the 80,538-square-meter building elevates

China's National Library to the third largest in the world.

The library reportedly possesses a copy of every book printed in China, and most, if not all, of the doctoral theses produced in Chinese universities. Nearly half of the book collection is comprised of foreign texts in 115 languages, though a foreign reader with minimal Chinese skills will be hardpressed to locate a specific book on the premises.



Visitors can view some of the most impressive holdings, including one of the four copies of the Siku Quanshu (四库全书), the Qianlong emperor's comprehensive collection of Chinese manuscripts, in a special underground exhibition room in the new building. The library's other treasures include 35,000 oracle bones from the Shang dynasty and the most complete surviving copy of the Ming dynasty's Yongle Encyclopedia.

The bulk of the library's more than 26 million volumes and artifacts are still housed in the dual towers south of the new addition. However, considering the library's current growth rate – 700,000 items per year – a fourth branch may be in the works before you can settle on a dissertation topic. Ashley Eldridge

### **National Library of China**

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### **TALK ABOUT TOWN**

### The Great of '08

Wang Ge strolls around the Dongsi neighborhood and asks, "What was your most memorable moment of 2008?"

It could be when a customer gave me a big tip, or when an old customer came back! No, I'm just kidding ... it was the earthquake, also the Olympics, because they are important to our country.





It was when the Olympics Opening Ceremony kicked off! It was super *niu B*! As always, the talented Zhang Yimou put up an outstanding show for the whole world! I was really excited!

Geng Yanning, 25

My mother was diagnosed with cancer this year, and that has changed many of my perceptions of life. Even last year, all I knew was drinking and having fun. Now I'm already in my 30s, and I've got the older generation to look after, and kids to take care of.



Xu Qiang, 34



Alan Rappeport, 29 Journalist

When Obama won the election!
He is kind of a pop culture figure
and promised a lot of changes to
our country, which is something
we really need at the moment.
But that doesn't mean he only got
young people's votes. Half of the
country voted for him!

Earlier this year I did a
Zen practice in a temple
with a Buddhist master. It
was really impressive, and
quite interesting too. Apart
from seeing something
new, you can actually apply
those philosophies to your
daily life.



Myrianne Joly, 29
Biologist





### PEKING PIC



### I see Paris, I see France ...

Photographer Anders Johansson sneaks a peek at the new CCTV Headquarters.

Got a Peking Pic? Send it to editor@thebeijinger.com for a chance to win a bottle of Cabernet Sauvignon.



### Bogus Ad

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E-mail your answer to marketing@thebeijinger.com

### Answers to last month's Trivia Travails:

1) a. Modern dance 2) b. Depot 3) a. Jordi Vallegas Serra 4) c. *The Good, The Bad and The Ugly* 5) d. Chinese, Korean and German 6) b. Art Ingels 7) a. Cava 8) b. Tom Carter 9) c. Impossible is nothing 10) a. Dust, traffic, highways and noodles

Last month's lucky winner of The Click Five tickets was Tay Kian Guan.

### **TRIVIA TRAVAILS**

Each month we run a series of questions based on the content of the issue. Answer them all correctly, and win free stuff! This month's prize is a pair of tickets to see DI Vadim and MC Yarah Bravo at Club China Doll on January 30 (see Club House, p63).



E-mail your answers to editor@thebeijinger.com by Jan 10.

### 1) What style of music does Lisa Ono sing?

- a. J-Pop
- b. Samba
- c. Bossa nova
- d. Reggaeton

### 2) When was Sun Yaoting, China's last eunuch, castrated?

- a. December 14, 1911
- b. One month after Emperor Puyi's abdication
- c. On the morning of his 10th birthday
- d. A week after his mother left

### 3) What is something that artist Huang Rui will never do?

- a. Eat at McDonald's
- b. Scream
- c. Destroy a piece of art
- d. Spit on the street

### 4) Which Shakespearean story is being staged by the Birmingham Royal Ballet this month?

- a. Romeo and Juliet
- b. Taming of the Shrew
- c. Titus Andronicus
- d. A Midsummer Night's Dream

### 5) What famous cross-dressing performer has just been immortalized in film?

- a. Jin Xing
- b. Mei Lanfang
- c. RuPaul
- d. FooFoo LaMarr

### 6) Which of the following is a new wine bar that recently opened at The Place?

- a. Enoteca
- b. Wine United
- c. Stop Wining
- d. Cold Cellars

### 7) Which city is Chef Guillaume Comparat from?

- a. Paris
- b. Nice
- c. Calais
- d. Lyon

### 8) What kind of tree forms part of the Tree House?

- a. Jujube
- b. Ginkgo
- c. Lenga
- d. Jenga

### 9) What supplement does the World Health Store specialize in?

- a. Creatine
- b. Anabolic steroids
- c. Protein shakes
- d. Nandrolone

### 10) What is the total value of prize money at the Redbull Nanshan Open?

- a. USD 25,000
- b. RMB 25,000
- c. GBP 25,000
- d. HKD 25,000





### **SCENE & HEARD**















Dior celebrated the "Christian Dior and Chinese Artists" exhibition opening at UCCA on Nov 15. Celebrity attendees included John Galliano, Charlize Theron, Marion Cotillard, Eva Green, Maggie Cheung, Michelle Yeoh, Hidetoshi Nakata, Zhao Wei, Chen Kun, Li Bing Bing, Lin Chi-ling, Tang Wei, Tan Yuanyuan, Du Juan and 20 Chinese commissioned artists. Photo courtesy of Dior









































### **SCENE & HEARD**



### **SCENE & HEARD**























"Come Fly With Us" was the theme of the European Chamber's first Annual Gala Ball on Nov 22. Photos courtesy of European Chamber



Belvedere Martini Night at Domus on Nov 27. Photos by Judy Zhou





Puma Ocean Racing Show at Bling on Nov 29. Photo courtesy of APNC





Ethiopian supermodel Liya Kebede visited Beijing Maternal Hospital and Beijing Paediatric Research Centre during her Beijing trip as WHO goodwill ambassador. Photos by Song Yang





Former Prime Minister of France Dominique de Villepin stayed at the Marco Polo Parkside Beijing Hotel on Dec 9. Photo courtesy of Marco Polo Parkside Beijing Hotel



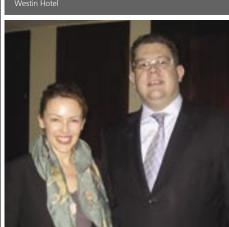
Traders Upper East Hotel, Beijing hosted Jackie Chan during his appearance at a charity press conference on Dec 2. Photo courtesy of Traders Upper East Hotel



Shangri-La's Kerry Centre Hotel Beijing brought Christmas to the children of Beijing Sun Village on Dec 6; Executive Pastry Chef Jean-Luc Vasseur made gingerbread. Photos courtesy of Shangri-La's Kerry Centre Hotel



Kylie Minogue stayed at the Westin Beijing Financial Street during her Beijing concert stop on Dec 6. Photo courtesy of Westin Hotel



### **COMMUNITY EVENTS**

### Jan 5, 7, 12, 14

### Course: Foot Reflexology

Small group classes instructed by a licensed traditional Chinese physical therapist. In Chinese with English translation. RMB 600/four sessions. 7.30-9.30pm. CCC Learning Center (6432 9341) www.chinaculturecenter.org

### **Patchwork Pictures**

Try your hand at making the popular Shaanxi buduihua – traditional patchwork pictures made of rags and embroidered with patterns. RMB 150. 9.30am-12.30pm. CCC Learning Center (6432 9341) www.chinaculturecenter.org

### Jan 8, 15, 22

### Zen Talk and Meditation

Discover your Buddha nature through meditation, music, art, rituals and martial arts. RMB 120. 7.30-9.30pm. CCC Learning Center (6432 9341)

www.chinaculturecenter.org

#### Jan 10

### **Modern Meditation**

Jean-Paul from the Netherlands leads a full day of meditation techniques for beginners and the advanced. RMB 380 (includes vegetarian lunch). 9.30am-6.30pm. CCC Learning Center (6432 9341) www.chinaculturecenter.org

#### Jan 10, 17, 31

Introduction to Digital Photography Instructed by Jim Fidler. Price TBD. 1-3pm. The Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

### Jan 11

### Mahjong Workshop

Try your hand at the most popular game in China. CCC boasts they game in China. CCC boasts tney can teach you to play in just one hour. 2.30-4.20pm. RMB 70, RMB 50 (previous attendees). CCC Learning Center (6432 9341) www.chinaculturecenter.org

### INSPIRED Seminar: How to Improve Your Public Speaking Skills

Learn how to overcome nervous-ness, organize your ideas and get your message across through this seminar with Stephannie Tebow. RMB 200 (includes breakfast). 10am-noon. Le Petit Gourmand, Sanlitun (136 2113 2201) www.inspiredbeijing.com

### Jan 13, 17

### Traditional Chinese Medicine Wellness

Learn how to achieve a healthy and Chinese medicine. RMB 180. Jan 13, 1-3pm; Jan 17, 2-4pm. The Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

### Jan 14

### **INN Big Brekkie**

The International Newcom ers' Network hosts this casual morning get-together every second Wednesday of each month. Socialize with friends and fellow newcomers in a relaxed setting. RMB 60. 10am-noon. Schindler's Anlegestelle, Sanlitun (6463 1108). www.innbeijing.org

### **Introduction to TCM Lecture Series**

Dr. Sylvie Hu discusses the human body's energetic structure – the assimilation, production and distribution of energy in the body. RMB 100. 9.30-11.30am. The Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

### **Make Chinese Longevity Knots**

Get entangled in a traditional craft, as taught by a folk artist. RMB 120. 9.30am-noon CCC Learning Center (6432 9341) www.chinaculturecenter.org

### **Tea Appreciation**

Learn to appreciate *pu'er* tea. RMB 180. 1-3pm. The Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.com)

#### Jan 15

### **Basic Principles of Healthy Eating**

After listening to nutrition cons ant Carlynn Sze review the healthy components of a healthy diet and lifestyle, you get your chance to ask questions. RMB 150. 1-2.30pm. The Yin Yang Community Center (6431 2108, yinyangbeijing@yahoo.

#### INN Neighborhood Coffee Morning: Shunyi

The International Newcomers' Network hosts this monthly social that allows you to meet people who live close by and pick up a few tips on Beijing living. 10am-noon. O'Brien's, Shunyi (6450 8588) www.innbeijing.org

### INSPIRED Workshop: Kick Start the **New Year**

Join life and career coach Sherri Lassila for this workshop on how to clear out any baggage from 2008 and create an inspired action plan for 2009. RMB 1,100 (includes lunch and handbook). 9am-3pm. Landmark Business Center (6590 6663, 136 2113 2201) www.inspiredbeijing.com

INN Monthly Meeting Get to know the traditions of Chinese New Year with the Interna-tional Newcomers' Network, with guest speakers from the Chinese Culture Center. RMB 40 (includes coffee and tea). 10am-noon. The Capital Club Athletic Center (8486 2225 ext 136) www.innbeijing.org

### Zen Talk and Meditation

See Jan 8 listing. 10am-noon. RMB 120. CCC Learning Center (6432 9341) www.chinaculturecenter.org

### Jan 20

#### **INN Neighborhood Coffee Morning:** Sanlitun Get to know people in your

neighborhood with this monthly International Newcomers' Network event; newcomers can hear from old-timers about living in Beijing 10am-noon. The Bookworm (6586 9507) www.innbeijing.org

### Jan 21

Talk: Spring Festival Learn all about Chinese New Year (or Spring Festival). You'll also discover the meanings behind chunlian (spring couplets) and get the chance to write your own! RMB 120. 10am-noon. CCC Learning Center (6432 9341) www.chinaculturecenter.org

### INSPIRED Workshop: MBTI

What's your personality type? The Myers-Briggs Type Indicator is the world's leading personality indicator, and understanding your type can help you make better decisions. RMB 1,100 (includes materials and questionnaire). 8.45am-12.45pm. Landmark Business Center (6590 6663, 136 2113 2201) www.inspiredbeijing.com

### **ALUMNI ORGANIZATIONS**

Alumni of the University of Technology, **Sydney** (utsalumnibeijing@gmail.com) http://groups.google.com/group/utsbj

#### Amicale de Sciences Po en Chine (chine@sciences-po.asso.fr)

### **Australia China Alumni Association**

(ACAA) Open to all Australian university alumni living in China, the ACAA holds monthly networking and professional development seminars. (8586 1101, info@AustChinaAlumni.org) www. AustChinaAlumni.org

**Brown Club of China Contact Michael** Keefrider (mck@alumni.brown.edu)

Canadian Alumni Network (CAN) Alumni from all Canadian universities, colleges and institutions in China, with over 1000 alumni in Beijing. (info@clubcanada.net)

Colorado State University Alumni Meets periodically with visitors from Fort Collins. (paulgillis@yahoo.com)

**Columbia Alumni Association of Beijing** Contact Alex Whitworth (134 3932 0595, columbia\_beijing@hotmail.com, beijing@alumniclubs.columbia.edu)

Cornell Club of Beijing Contact Gary (grc3@cornell.edu)

Dartmouth Club of China (dartmouthchina club@gmail.com)

Duke Alumni Club of Beijing groups.google.com/group/duke-alumni-beijing

**Georgetown University Alumni Club** Contact Barbara (bchen715@gmail.com) groups.yahoo.com/group/hoyasinbeijing

**GGSB Grenoble Graduate School of** Business Alumni (6512 1740 ext 46 cjheyer@ars-mc.com) www.mti-brothers.

Harvard Alumni Club of Beijing Contact Charles Krabek (mgchina@public.bta.

Johns Hopkins Alumni Club of Beijing (nick. sheets@gmail.com) groups.yahoo.com/ aroup/hopkinsbi

London School of Economics Alumni of Beijing Contact Zuyu Tan (ztan@vip.sina.com)

MIT/Sloan Alumni Club of Beijing Contact Stephen Terry (stephenterry@alum.mit. edu)

The Oxford and Cambridge Club www.

Rutgers Alumni of Beijing (8526 2528/29, rutgers@rutgers.cn)

Stanford Business School Alumni Association Contact Fred Yang (139 1029 5300, yangfred@mail.com)

Stanford University Alumni (beijingstanfor dalumni@yahoogroups.com)

**UC Berkeley Alumni Association of Beijing** Contact Rocky T. Lee (139 1188 4761, rockylee@gmail.com)

UCLA Beijing Club Contact David Wang '95 (david\_dw\_wang@yahoo.com)

UCL (University College London) Alumni Organizes networking events and dinners. Contact Hiu Ng (uclchina@gmail.com) www.ucl.ac.uk/alumni/get-involved/worldmap/asia/China

UNC Alumni Club - China (chinesetarheels@gmail.com)

University of Maryland/Robert H. Smith School of Business Alumni As-sociation Contact Kelly Liu (6510 2600, kliu@rhsmith.umd.edu) www.rhsmithumd.cn (China), www.rhsmith.umd.edu

University of Notre Dame Alumni Alums, friends, families, and fans of the Fighting Irish all welcome. Contact Jenn Hinkle '00 at jennifer.hinkle.2000@alumni.nd.edu.

University of Pennsylvania Club of Beijing (penn@cross-search.net)

**University of Texas McCombs Business** School Alumni Association Contact Al Warner (warner88@gmail.com)

University of Toronto Alumni Group (vincci. ching@utoronto.com.hk.)

University of Virginia Club Holds meetings on a somewhat monthly basis. Contact Max Quillen (135 2073 4030, max. quillen@alumni.virginia.edu)

University of Washington Alumni "Huskies" are encouraged to get in touch regarding upcoming activities. Contact Su Cheng Harris-Simpson (137 0100 9271, sucheng@asia.com)

University of Wisconsin Club of Beijing (UWClubofBeijing@yahoogroups.com) http://groups.yahoo.com/group/UW-ClubofBeijing

Wellesley College Alumni Association Contact Saeri Yuk Ziebart (saeri@ziebart.org)

Yale Club of Beijing www.yaleclubbeijing.

### **COMMUNITY GROUPS**

Beijing International Forum A nonprofit group of young professionals and students from all over the world. They meet once a week to discuss current affairs and socialize. Contact Frank Yu (frankyu@gmail.com)

Beijing International Society (BIS) A forum for the foreign community to explore and understand different aspects of Chinese culture. www.bisociety.com

The Capital Club Private club for the senior business community. 50/F, Capital Mansion, 6 Xinyuan Nanlu, Chaoyang District. (8486 2225 ext 260, fax 8486 3909, member@thecapitalclub.com) www.thecapitalclub.com

Chang An Club Premier downtown dining and athletics club. Members enjoy a global network of over 250 premium clubs. 10 Chang'an Dong Dajie, Dongcheng District. (6522 9988, fax 6522 7045, info@changanclub.com) www.changanclub.com

China Capital Toastmasters Club A club that helps members develop public speaking and leadership skills. Meets every Thursday evening from 7-9pm in the Zhao Long Hotel Training Room (behind the hotel in the Admin Building) at the intersection of the East Third Ring Road and Gongti Beilu, next to Nirvana Gym. Contact Christopher Drumgoole for more information. (139 1181 1654, cdrum@cdrum.com) www.cctmc.org

China Club Beijing The China Club holds business and social events in a courtyard setting. Monthly activities such as theme dinners, wine tastings, cocktail receptions and family gatherings are organized for members to get together for business and social networking. 51 Xirongxian Hutong, Xidan, Xicheng District. Contact Laura Lu (6603 8855 ext 115, tccbmem@public.

China Culture Center (CCC) Chinese Culture Center is a non-governmental and non-profit organization dedicated to promoting Chinese culture all over the world. Kent Center, 29 Anjialou, Liangmaqiao Lu, Chaoyang District. (6432 9341/1041, info@chinaculturecenter.org) www.chinaculturecenter.org 朝阳区亮马桥路29号安家 楼肯特中心院内

#### China Environment and Sustainable Development Reference and Research Center (CESDRRC) China's largest public-sector

library and information center dedicated to environmental and sustainable development. The center's mission is to make environmental knowledge accessible to the general public. They organize regular talks and movie screenings. 7/F, Rm 701, China-Japan Friendship Environmen-tal Protection Center, 1 Yuhui Nanlu, Chaoyang District. (8463 6353) www. chinaeol.net/cesdrrc 中国环境与可持续发展资料研究中心,朝阳区育慧南路1号中日友好 环境保护中心701室

The Hutong Offers a variety of meetings, clubs and workshops focused on intercultural friendship and learning. 1 Jiudaowan Zhongxiang Hutong, south of Dongzhimennei Dajie, Dongcheng District. (8915 3613, info@the-hutong.com)

www.the-hutong.com 东城区九道湾中巷胡 同1号. 在东直门内大街的南边

**INSPIRED** A learning and inspirational platform to support the professional and personal development needs of expat accompanying spouses in Beijing The group offers support and practi-cal advice through regular seminars, workshops, one-to-one coaching, and networking opportunities, (136 2113 2201, events@inspiredbeijing.com) www. inspired beijing.com

**International Newcomers' Network** Meetings are held on the last Monday of each month except December. Function Rm, 3/F, Athletic Center, Capital Mansion, 6 Xinyuan Nanlu, Chaoyang District. (8486 2225 ext 110, innbeijing@hotmail.com) www.innbeijing.org 朝阳区新源南路6号京 城大厦康乐中心3层

Korean Cultural Service 1 Guanghua Xili, Guanghua Lu, Chaoyang District. (6501 6566) 韩国文化院,朝阳区光华路光华西

Neighborhood Chinese Club Offers a variety of activities including culture, entertainment, art, fashion, and more. (5135 7993) www.chineseneighbor.com

The Yin Yang Community Center First Courtvard, Hegezhuang Village, Chaoyang District (6431 2108, contact@yinyangbeijing.com) www.yinyangbeijing.com

### CULTURAL AND NATIONAL GROUPS

American Community Club Social, educational and charitable events for Americans in Beijing. (8519 2363, acc@amcham-china.

Australia and New Zealand Association (ANZA) (anzabeijing@hotmail.com) www. anzabeijing.com

Beijing American Club Private club for international business executives and their families. Business, social and recreational facilities and activities. (8519 2888) www. americanclubbeijing.com

**British Club of Beijing** Expat spouses meet for coffee and to hear interesting speakers on alternate Tuesdays from 10am-noon. All foreign passport holders welcome. Membership RMB 100, meeting fees RMB 30 for members, RMB 50 nonmembers. Meetings held at the Capital Club, 50/F, Capital Mansions where a dress code of no jeans or sneakers is enforced. (britclubbj@yahoo.com)

Canadians in China Network for Canadians and friends of Canada. (promote@canadia nsinchina.com) www.canadiansinchina.com

Caribbean Association in China This nonprofit group provides a support network for the Caribbean community in China. Through island-flavored social events that are open to anyone with an interest in the Caribbean, the Association fosters a stronger understanding and appreciation of the region's culture. (caribbean.association.china@gmail.com)

Commonwealth Society of Beijing (CWS) A charitable and non-profit organization that meets every second Tuesday of the month. Membership fees are RMB 100. All the money collected goes towards charity. (136 4114 1242, charchalr@mailbox.co.za)

French Cultural Centre 16 Gonati Xilu. Chaoyang District. (6553 2627) www. ccfpekin.org 法国文化中心,朝阳区工体

Goethe Institute 17/F, Bldg B, Shuma Tower, 2 Zhongguancun Nandajie, Haidian District. (8251 2909, info@peking.goethe. org) www.goethe.de/peking 歌德学院北 京分院,海淀区中关村南大街2号数码大厦 B座17层

**GRILA** The Group of Ibero-Latin American Residents (known by its Spanish acronym) is the place to be in Beijing for any and all intersections of Chinese and Latino culture. The group meets monthly for talks by visiting experts on assorted topics. It also organizes events, cultural tours and gatherings throughout the year. www. grilaweb.net

Indonesians in China (indonesian\_in\_beijing-subscribe@yahoogroups.com)

Instituto Cervantes 1A Gongti Nanlu. Chaoyang District. (5879 9666) http://pe kin.cervantes.es 北京塞万提斯学院,朝阳区 工体南路甲1号

Irish Beijing News and events for the Irish in Beijing and for those with an interest in all things Irish. (mark.godfrey@sinomedia. net) www.irishnetworkchina.com

Italian Women's Association A non-profit, non-denominational, non-political association open to Italian women and all other women with an interest in Italian and Italy. The group meets on the second and fourth Thursday of every month at 10am at the Cultural Institute of the Italian Embassy. Contact Daniela (137 1814 6622, pechinodonne@yahoo.it)

Nederlandse Vereniging Peking Dutchspeaking community group that meets on the second Saturday of every month at Browns. Includes free Bitterballen. www. dragondancers.com.cn/nvp.html

Overseas Chinese Network Whether you were born or raised outside of the Chinese mainland, are related to or romantically linked to someone who is, all are "150% welcome" to join the Overseas Chinese Network. (beijing@ocnetwork. org) www.ocnetwork.org

Polish Community Contact Renata and Iwona (139 0116 8244, 133 4103 0967, renatainokomis@yahoo.com; wir\_3@ya-

St. David's Society Beijing Network for the Welsh and friends of Wales. Meets every last Friday of the month at The Pavillion, Gongti Xilu. (stdavidssocietybj@yahoo. com) www.stdavidschina.org

SWEA Beijing Organizes social activities for Swedish-speaking women in China. (beijing@swea.org)

Swiss Society Beijing Aims to bring together the Swiss community in Beijing and foster positive Swiss-China relations. www.ssbj.org

**Zhong Breizh** A not-for-profit group of Bretons and friends of Brittany in Beijing. (zhongbreizh@hotmail.com) http://spaces. msn.com/members/zhongbreizh

### **DENTISTS**

Arrail Dental Clinic 1) Mon-Thu 9am-8pm, Fri-Sun 9am-5pm. Rm 201, The Exchange-Beijing, B118 Jianguo Lu, Chaoyang District. (6567 5670); 2) Mon-Thu 9am-5.30pm, Fri-Sun 9am-5pm. 1/F, Somerset Fortune Garden, 46 Liangmaqiao Lu, Chaoyang District. (8440 1926/7/8); 3) Mon-Thu 9am-6pm, Fri-Sun 9am-5pm. Rm 308, Raycom Infotech Park, Tower A, Kexuevuan Nanlu, Haidian District. (8286 1956, 24hr: 139 1100 1367); 4) Mon-Thu 9am-8pm, Fri-Sun 9am-5pm. Rm 208, CITIC Bldg, 19 Jianguomenwai Dajie, Chaoyang District. (6500 6472/3) www.arrail-dental com 瑞尔齿科, 1) 朝阳区建国路乙118号京 汇大厦201室; 2) 朝阳区亮马桥路46号盛捷 福景苑1层; 3) 海淀区科学院南路2号融科资 讯中心A座308室; 4) 朝阳区建国门外大街 19号国际大厦208

Beijing International SOS Dental, Orthodontics Clinic Provides comprehensive dental services for the whole family, including routine cleaning, X-rays, fillings, whitening, crowns, bridges and cosmetic makeovers. Mon-Fri 9am-5pm. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District. (6462 0333) 北京国际 SOS齿科,畸齿矫正诊所, 朝阳区新源里16号 琨莎中心一座105室

Beijing United Family Dental, Orthodontics and Implant Center 2 Jiangtai Lu, Chaovang District, (6433 3960, 8532 1221, 6433 2345 Emergency) 朝阳区将台路2号

Elite Dental Clinic Mon-Sat 9am-5pm. Rm 206, Bldg 2, New Start Garden, 5 Changchungiao Lu, Haidian District, (8256 2566) 136 9149 0559) www.bjelitedental.com 精致口腔,海淀区长椿桥路5号新起点家园 2号楼206室

Joinway Dental Clinic Daily 8am-6pm, 11D. Bldg D, Oriental Kenzo Plaza, 48 Dongzhimenwai Dajie, Dongcheng District. (8447 6092/93, 132 6181 6708 English, joinway@dentalcn.com) www.dentalcn com 久汇齿科,东城区东直门外大街48号银

King's Dental Daily 9am-9pm. Shop 118, 1/F, Beijing Towercrest Plaza, 3 Maizidian Xilu, Chaoyang District. (8458 0388, fax: 8458 0603) www.kingsdental.com 京典 朝阳区麦子店西路3号新恒基大厦

SDM Dental Daily 9am-8pm. 1) NB 210, B1/F, China World Shopping Mall, 1 Jianguomenwai Dajie, Chaoyang District. (6505 9439); 2) Rm 106, Bldg 11, 22 Yuanda lu (near Golden Resources Department Store), Haidian District. (8859 6912/13); 3) FC222, 21st Century Hotel, 40 Liangmaqiao Lu, Chaoyang District. (6466 4814, 6461 2745); 4) F-D186B, Sunshine Plaza, 68 Anli Lu, Chaoyang District. (6497 2173, 6498 2173) www.sdmdental.com 固 瑞齿科, 1) 朝阳区建国门外大街1号国贸商 场地下1层NB210, 2) 海淀区远大路22号11号 楼106室(金源时代购物中心斜对面); 3) 朝阳区亮马桥路40号二十一世纪饭店FC222; 4) 朝阳区安立路68号阳光大厦F-D186B

Mon-Fri 9am-8pm, Rm 102/215, Lido Place 6 Jiangtai Lu, Chaoyang District. (6437 6898, 136 9921 5851) www.hmmp.com.hk, www.smarthealth.cn 北京维健医疗中心 朝阳区将台路6号丽都广场102/215室

#### HEALTH/MEDICAL SERVICES

Amcare Women's & Children's Hospita Offers high-quality medical services with a focus on maternity care, women's health and pediatrics. Foreign language support program available on request. 8am-4.30pm. 9 Fangyuan Xilu, Chaoyang District. (6434 2388 24hr hotline, 800 610 6200) www.amcare.com.cn 北京美中宜和妇 儿医院, 朝阳区芳园西路9号

**Bayley & Jackson Medical Center Provides** comprehensive medical and dental services with English-speaking staff. Onsite radiology, laboratory and pharmacy service. Mon-Fri 9am-6pm, Sat 9am-4pm. 7 Ritan Donglu, Chaoyang District. (8562 9998, after-hours emergencies 8562 9990) www.bjhealthcare.com 庇利积臣医疗中心 朝阳区日坛东路7号

**Beijing Children's Hospital** Daily 6.30am-10.30pm. 56 Nanlishi Lu, Xicheng District. (6802 8401) 北京儿童医院,西城区南礼士

**Beijing Emergency Medical Center 103** Qianmen Xidajie, Chaoyang District. (6609 8114) 北京市急救中心, 朝阳区大街103号

Beijing Friendship Hospital Mon-Fri 8-11.30am, 1.30-4pm, 24hr emergency care 95 Yong'an Lu, Xuanwu District. (6301 4411 ext 3482) www.bfh.com.cn 北京友谊 医院,宣武区永安路95号

Beijing Intech Eye Hospital Daily 8.30am-4.30pm. 1,4,5/F Panjiayuan Plaza, 12 Panjiayuan Nanli, Chaoyang District. (6771 5558, eye@intecheye.com) www.intecheye.com 英智眼科医院,朝阳区潘家园南里 12号潘家园大厦1, 4, 5层

**Beijing International SOS Clinic Medical** services for the whole family. Daily 24hrs. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District. (6462 9112, 24hr: 6462 9100, china.inquiries@internat ionalsos.com) www.internationalsos.com 北京国际救援中心,朝阳区新源里16号琨莎 中心一座105室

Beijing Massage Hospital Specializes in tui na therapy (about half of the massage doctors are blind) for necks, shoulders, backs and arthritis. Also performs acupuncture, cupping, scraping, moxibustion, physiotherapy and X-rays. 7 Baochan Hutong, Xicheng District. (6616 8880, mas sage@2911.net) www.massage-hospital.com 北京按摩医院,西城区宝产胡同7号

Beijing Maternity Hospital 17 Qihelou, Dongcheng District. 北京妇产医院,东城 区骑河楼17号

Beijing Stomatological Hospital 4 Tiantan Xili, Chongwen District. 北京口腔医院, 文区天坛西里4号

Beijing Tiantan Puhua Hospital A joint-

venture hospital specializing in neuroscience including stem cell treatment, they also focus on podiatry, rehabilitation, and traditional Chinese medicine. Their second location is a health screening center. 1) 8.30am-5.30pm, 12 Tiantan Nanli Chongwen District. (6703 5566 ext 840, puhuachina@gmail.com); 2) Huatengyuan 13-7, Chaoyang District. (8773 5522/ 8066 0578, puhuachina@gmail.com) www. puhuachina.com, www.puhuachina.cn 北 京天坛普华医院,北京天坛普华体检中心, 1)崇文区天坛南里12号;2)朝阳区劲松华 滕园乙7号

**Beijing United Family Clinic Services** now available include family medicine, pediatric clinic, women's health services, travel medicine, family counseling, physiotherapy and pediatric physiotherapy. Mon-Thu 9.30am-7.30pm, Fri 9.30am-4.30pm, Sat 9am-4pm. Unit 818, Pinnacle Plaza, Tianzhu Real Estate Development Zone, Shunyi District. (8046 5432, fax 8046 4383) www.unitedfamilyhospitals.com 京和睦家医院诊所,顺义区天竺开发区日祥 广场818单元

**Beijing United Family Health & Wellness** Center Services now available include family medicine, counseling services, stress management, health screening, dental clinic, radiology, laboratory and cosmetic services. Mon-Fri 8.30am-5.30pm. B1/F, the St. Regis Residence, the St. Regis Hotel, 21 Jianguomenwai Dajie, Chaoyang District. (8532 1221, ER 6433 2345) www.united-familyhospitals.com 北京和睦家健康中心 朝阳区建国门外大街21号北京国际俱乐部饭 店公寓楼地下一层

**Beijing United Family Hospital** International-standard hospital with inpatient and outpatient services. Wide range of medical and surgical specialties provided, emergency room and ICU open 24 hours. Mon-Sat 8.30am-5.30pm. 24-hour emergency care. 2 Jiangtai Lu (in the Lido area), Chaoyang District. (5927 7000, 5927 7120 (ER), fax 5927 7200) www.unitedfamilyhospitals.com 北京和睦家医院,朝阳 区将台路2号

Beijing Vista Clinic Medical services including family and internal medicine, OB/GYN, pediatrics, dentistry, ophthalmology, der-matology, ENT, Chinese Traditional Medicine, physiotherapy, psychiatry, imaging laboratory and pharmacy service. Urgent care with English-speaking staff on site 24 hours a day. Daily 24hrs. B29 Kerry Centre, 1 Guanghúa Lu, Chaoyang District. (8529 6618, fax 8529 6615, vista@vista-china.net) www.vista-china.net 维世达诊所,朝阳区光 华路1号嘉里中心B29

**Bioscor Beijing Clinic** International clinic for cosmetic medicine, specializing in cosmetic surgery, skincare, hair regrowth and anti-ageing techniques. Appointments with an Australian surgeon and physician available. Rm 1008, e-Tower, 12 Guanghua Lu, Chaoyang District. (6503 5706/7, beijng@bioscor.com.cn) www. bioscor.com.cn 朝阳区光华路12号数码01大 厦1008室 (嘉里中心对面)

Cancer Institute and Hospital 17 Panjiayuan Nanli, Chaoyang District. (6778 1331) 中国医学科学院肿瘤医院, 朝阳区潘家园

China-Japan Friendship Hospital Yinghua Donglu, Heping Jie, Chaoyang District. (6422 1122) 北京中日友好医院, 朝阳区和

**China TCM Research and Study Institute** Acupuncture Hospital Mon-Sat 24hrs. 18 Beixincang (south of Dongzhimennei), Dongcheng District. (6403 5769) 中国中医 科学院针灸医院, 东城区东直门北新仓18号

Confidant Medical Services Confidant Medical Services provides bilingual and discreet American cosmetic medical services for expatriates and Chinese nationals. Services emphasize cosmetic laser skin treatments, mini-invasive procedures (Botox, etc.), plastic surgery, and anti-aging therapeutics. The clinic also provides men's health medical services. Free cosmetic consultation. Beijing Tower (Chang'an Club Bldg) 7/F, Suite 701, 10 East Chang'an Avenue, Dongcheng District (6559 6769) www.confidantmedical com 东城区东长安街10号长安俱乐部7层

Dr. Guo Therapeutic Center Daily noon-midnight. Rm 606, Bldg 1, East area of Wanda Plaza, 93 Jianguo Lu, Chaoyang District. (5820 3826) 郭氏杏林经络推拿,朝阳区建国路93号万达广场东区一号楼006室

Hong Kong International Medical Clinic Beijing's first joint-venture medical organization operates according to international standards, has a high-quality international administration system and highly trained medical staff. Daily 9am-9pm (after 9pm minimal staff on duty). 9/F, office tower of the Swissotel, 2 Chaoyangmen Beidajie, Dongcheng District. (6501 4260, 6553 2288 ext 2345/6/7) www.hkclinic.com 北京香港国际医务诊所,东城区朝阳门北大街2号港澳中心瑞士酒店办公楼9层



IO Air Air pollution is a major environmental concern for everyone. The air we breathe will affect our health and well-being. While there is little we can do about outdoor air pollution, we can certainly have an impact on the air we breathe inside our homes and offices. IQAir has been providing air-cleaning solutions for more than 45 years. Swiss precision and technology go into every unit, creating an excellent price-to-performance ratio. 1) C233-234, COFCO Plaza, 8 Jianguomennei Dajie, Dongcheng District. (400 650 1266); 2) 2LY1-05, Solana Lifestyle Shopping Center, 6 Chaoyanggongyuan Lu, Chaoyang District. (5905 6768); 3) 4/F, Euro Plaza, 99 Yuxiang Lu, Tianzhu, Shunyi District. (6457 1922); 4) Rm 2201-02, Air China Plaza, 36 XiaoYun Lu, Chaoyang District. (8447 5800/5488); 5) 4/F, Seasons Place, 417 Financial Street, 2 Jincheng Fang Jie, Xicheng District. (6622 0179) info@theiqairstore.com, www. theiqairstore.com 1) 东城区建国门内大街 8号中粮广场C233-234; 2) 朝阳区朝阳公园 路6号蓝色港湾购物中心2LY1-05; 3) 顺义区 天竺镇裕翔路99号欧陆广场四层; 4) 朝阳区 霄云路36号国航大厦2201-02室; 5) 西城区 金城坊街金融街417号四层

Liuzheng Massage Clinic Daily 10am-12pm. 1/F, Bldg 7, Jiqingli, Chaoyangmenwai Dajie (opposite the Industrial and Commercial Bank at the west gate of Julong Garden), Chaoyang District. (6552 9282) 刘正诊疗所,朝阳区朝外吉庆里七号楼一层

Medical Laser and Esthetic Surgery Center of the Air Force PLA Hospital Daily 8am-noon, 2-5pm. 30 Fucheng Lu, Haidian District. (6848 9948) www.unilaser.net 空军总医院激光整形美容中心,海淀 区阜城路30号

Middle Way Chinese Medicine Clinic Offers traditional Chinese Medicine consultation and treatment. A23 Yangfang Hutong (by Houhai Lake), Xicheng District. (6613 8885) 中道堂谦益讲堂,西城区羊坊胡同甲23号

New Century International Children's Hospital An American-managed Chinese hospital that provides affordable pediatric care. Its modern, clean facilities meet international standards and the staff speak English. Mon-Fri 8am-5pm. 56 Nanlishi Lu (next to the East Gate of the Beijing Children's Hospital), Xicheng District. (6802 5588 ext 8000, 8804 6000) www.ncich.com.cn 北京新世纪国际儿童医院,西城区西城区南礼士路56号(北京儿童医院东江南侧)

Peking Union Medical College Hospital Mon-Fri 8am5pm. 1 Shuaifuyuan, Wangfujing (the foreigners' wing is located behind and to the left of the main hospital entrance), Dongcheng District. (6529 5284), 24hr em, 6529 5269) www.pumch.ac.cn. 京协和医院,东城区王府井帅府园1号(接待 外国人的区域在主楼的左后方)

**Peking University First Hospital** 8 Xishiku Dajie, Xicheng District. (6529 6114) 北京医 科大学第一医院,西城区西什库大街8号

People's Hospital of Peking University 11 Xizhimen Nandajie, Xicheng District. (6831 4422) 北京大学人民医院,西城区西直门南 大街11号

Ping Xin Tang Clinic One of Beijing's best TCM clinics in terms of quality of medicine and service. Specializes in a range of chronic problems, including cancer, brain tumors, diabetes, neck problems and a range of dental services. Mon-Sat 8am-5pm, Sun 8.30am-noon. 3,4/F, 218-2 Wangfujing Dajie, Dongcheng District. (6523 5566) 平心堂诊所,东城区王府井大街218—2号3—4层

TCM Training Learn more about traditional Chinese medicine from professionals at the training center of the China Academy of Traditional Chinese Medicine, the top authoritative institute in China. Lectures and training for foreigners of all levels available. In Chinese, English and French. (training@china5000yrs.org)

**Tongren Hospital** 2 Chongnei Dajie, Dongcheng District. 北京同仁医院,东城区 崇内大街2号

Viv International Medical Beauty Clinic Offers cosmetic surgery, professional skin care, dentistry and Chinese health and beauty treatments. 2/F, Bldg D, Global Trade Mansion, 9 Guanghua Lu, Chaoyang District. (6530 2348, fax 6586 9965) www. vivbeauty.com 名会红国际医疗美容诊所,朝阳区光华路9号世贸国际公寓D座2层

Yanhuang Taditional Chinese Medicine Clinic Daily 8.30am-6pm. 1 Dayabao Hutong, Dongcheng District. (6513 3046/49) www.yanhuang. com.cn 北京炎黄 国医馆,东城区金宝街1号

### HOBBIES AND INTEREST GROUPS

Beijing Actors Workshop If you can act, write, or direct, Beijing Actors Workshop wants to hear from you. They organize structured improvisation and scripted scene work in English & Chinese, method acting, exercises, theatre games, and monthly public performances. Free. Meets every Wednesday at 8.30pm at The Playground (6407 6889). Check their website for more details. (bjactorsworkshop@gmail.com) http://bjactorsworkshop.googlepages.com

Beijing Amateur Chess Club (BACC) Meets 8pm every Wed at The Stone Boat Cafe. Lakeside, southwest corner of Ritan Park, Chaoyang District. (6501 9986, mnario2004@yahoo.com) 朝阳区石舫,日 坛穴凤里湖边

Beijing Improv Not to be confused with the well-known Beijing Actors workshop, though they perform together often, Beijing Improv holds weekly workshops. www.beijingimprov.com

Beijing International Festival Chorus This group of highly talented amateur singers performs Western classical music three times a year at the Forbidden City Concert Hall. Also has a children's choir and a chamber choir. www.beijingifc.org

Beijing Linux User Group (BLUG) Meeting on the second Tuesday of every month, BLUG is an open-for-all non-profit organization promoting and supporting the Linux community in China. Meetings are free and are organized to appeal to Linux professionals, hobbyists and beginners. (info@beijinglug.org) www.beijinglug.org

Beijing Macintosh User Group Multilingual user group for users of Apple Macintosh computers. (beimac@beimac.com) www. beimac.com

Beijing Organic Consumers Association (BOCA) A Yahoo Group for Beijing residents interested in organic produce and consuming responsibly. Members share resources, ideas and information on how to shop and live responsibly in the city. Visit the Yahoo address below to join or contact Liora at lioracc@yahoo.com or 139

1030 6022 for more info. http://health.groups.yahoo.com/group/beijing\_organic\_consumers

Beijing Playhouse China's English community theater presents contemporary live semi-professional theater productions, performed in English with Chinese subtitles. Professional acting experience not necessary and nationality not important, though ability to perform in English is required. 38 Liangmaqiao Lu, Chaoyang District. (137 1890 8922, performance@beijingplayhouse.com) www.beijingplayhouse.com 北京剧场。朝阳区亮马桥路38号

**DramaQueens** Offers regular drama "therapy" courses for those creative souls looking to improve spontaneity and relieve stress. Contact Angela and River (beijing.dramaqueens@gmail.com)

Green Drinks A forum for individuals interested in the environment, sustainable development, corporate social responsibility, and social and environmental justice issues. Meets on the second Tuesday of each month to network and socialize. Contact Jenny Chu (134 2636 9618, bjgreendrinks@gmail.com) http://groups.google.com/group/bjgreendrinks

Vegan Social Club Organizes social networking events (including a regular Thursday dinner) to promote a healthy and ecologically-responsible lifestyle. vegansocialclub.com

VIVA: Beijing Professional Women's Network A career support network for professionally-minded women. Meets on the last Wed each month for networking and a seminar on professional development. (membership@vivabeijing.org) www. vivabeijing.org

The Writers' Group The coffee drinking group with a writing problem. For writers only – no language exchange. Contact Allison (joyceandproust@yahoo.com)

### **MENTAL HEALTH SERVICES**

2baware Gestalt Psychotherapy Offers consultations to people with a wide range of problems including, but not limited to, stress, frustration, anger, insomnia, phobias, family problems, shyness and lack of self-confidence. Contact Helen (139 1056 5082)

Beijing International SOS Clinic Family Counseling Center Two counselors offer services that include individual therapy, couple relations, family dynamics, parent and child relations and stress management. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District. (6462 0333, china.inquiries@internationalsos.com) www.internationalsos.com 北京国际教授中心,朝阳区新源里16号琨莎中心一座105室

Beijing United Family Counseling Center With two English-speaking clinical psychologists, a bilingual Chinese-English therapist and a Spanish-speaking social worker on staff, BJU offers a range of services that include family counseling, parenting education and stress management. They also offer personality testing and a special program for counseling company employees. RMB 1041-1096/50 min. Mon noon-7.30pm, Tue-Thu 9am-7.30pm, Fri 10.30am-9.30pm, Sat 9am-5pm. 1) Pinnacle Plaza, Unit 818, Tianzhu Real Estate Development Zone, Shunyi District. (8046 5432, fax 8046 4383, liaison@ufh.com.cn); 2) 81/F, the St. Regis Residence, the St. Regis Hotel, 21 Jianguomenwai Dajie, Chaoyang District. (8532 1221, liaison@ufh.com.cn) www.unitedfamilyhospitals.com 北京和睦家 医院诊所,1) 顺义区天竺开发区荣祥广场818单元,2)朝阳区建国门外大街21号北京国际俱乐部饭店公寓楼地下一层

Beijing Vista Clinic Dr. Mickie Xu, the mental health professional on staff at Vista, is a native Chinese speaker who is also fluent in Japanese and has strong English skills. She specializes in family counseling and adjustment issues. Medical prescriptions are also available. USD 100-120/hour. Daily 24hrs. B29 Kerry Centre, 1 Guanghua Lu, Chaoyang District. (8529 6618, fax

8529 6615, vista@vista-china.net) www. vista-china.net 维世达诊所,朝阳区光华路 1号嘉里中心B29

Expressions Within – Arts Therapy Studio Provides psychotherapy services focused on personal growth and spiritual healing through self-exploration, self-expression, awakening creativity and self-discovery for groups/individuals facing difficulties such as mental/physical illness, depression or just interested in self-discovery. Individuals and groups are welcome. (artstudio@expressionswithin.org) www.expressionswithin.org)

**International Medical Center (IMC)** 

Psychologist Dr. Mike Mehrvarz offers a wide range of services including individual and family therapy, personality/educational testing, stress management, sexual difficulties and substance abuse. He speaks English, Chinese, Farsi and Japanese. USD 115-125/45min. Daily 24hrs. \$106, 1/F, Lufthansa Center, 50 Liangmahe Lu, Chaoyang District. (6465 1561/2/3) www.imcclinics.com 北京国际医疗中心,朝阳区亮马桥路50号素莎中心写字楼 [层5106

Marriage and Family Counseling Center Provides individual, couple and family therapy. All therapists are qualified therapists, psychologists and clinical members of the American Association for Marriage and Family Therapy. Suite 2001, Bldg A, Free Town Center, 58 South Third Ring Road, Chaoyang District. (8187 0518, familytherapy&@yahoo.com) www. geicn.net 朝阳区东三环南路58号富顿中心

### **SUPPORT GROUPS**

**Alcoholics Anonymous** Contact the hotline (139 1138 9075, beijingfellows@yahoo.com) www.aabeijing.com

BetterBeing Eating Disorder Support Group Run by a medical student who has recovered from an eating disorder, this is safe space for those struggling with eating and weight issues. (xuexuekitty@yahoo.com.cn, xuekitty@gmail.com)

BICF Counseling Center The Beijing International Christian Fellowship offers professional or peer counseling to any person with a need in their life. Services are available in English, Mandarin and Cantonese. The center also offers regular counseling skills training, as well as courses and seminars focusing on: relational, psychological, emotional or spiritual issues. Golden Land Building, 13/F, Rm 32, Liangmaqiao Lu, Chaoyang District. (6467 2362 ext 12, counsel@bicf.org) www.bicf.org/counsellingcenter.cfm 朝阳区亮马桥路32号高渊大厦1325室

Eating Disorder Support Group (an\_bn@hotmail.com)

Families with Children from China Network of foreign families who have adopted or seek to adopt orphans in China. (janeliedtke@yahoo.com, jane@ocdf.org) www.fwcc.org

La Leche League Support for mothers and babies. Meets on the fourth Friday of each month at 1pm in the Beijing United Family Hospital Yurt. (8559 1237, xiaohua68847@vahoo.com)

Our Chinese Daughters Foundation OCDF is a non-profit organization servicing adoptive families and offering tours to sites around China. English-speaking tours available. (8403 4979, michael@ocdf.org) www.ocdf.org

Parent Support Group An opportunity to meet with other parents of children with special needs to share experiences and knowledge. (psg\_beijing@yahoo.co.uk)

Selective Mutism Virtual Support Network Does your child have difficulty talking in social settings or at school? Do they lack social skills? Do you consider them extremely shy? Your child may have SM anxiety disorder. (135 2199 1702, selective-mutism.sgb@gmx.net) www.selective-mutismchina.gmxhome.de