

Beijing's essential international family resource

beijingkids

April 2015

Now You're Cooking

Talking food and nutrition with Marc Fosh and Daniel Urdaneta

Strawberry Fields Forever

Have your pick of farms around Beijing

Plus: Sushi classes at the Westin, first aid and CPR training, the city's best blooms, and more

We Are Family

Evolutions in the theory of relativity



The Role of Parents in Children's Education

The role of parents in children's education is very important. All parents love their children and are always proud of them. However, many choose to fulfill their parental obligations by fully devoting themselves to their work, neglecting the importance of personal interaction and involvement with their children and their children's education. Both mothers and fathers play indispensable roles in their children's lives and especially their children's education. With that said, the question of "what role should parents play in their children's education?" will be subsequently answered.

Be Active Participants

Play with your child. Children naturally love play, which can benefit them both physically and psychologically. Parents who love interacting and reading stories with their children will make a positive impact on their children's growth in terms of cognitive, emotional, and character development. There are various activities parents can do with their children during the different seasons, both indoors and outdoors, in order to promote their children's growth across multiple domains. The opportunities for parental engagement in children's lives are virtually endless and as far as one's imagination can extend.

Be Good Examples

The role of parents profoundly influences

their children's character development. Children tend to be good at modeling, or following examples set by the adults in their lives, and especially love to learn from their parents. Being role models for their children, parents' actions and words are almost always absorbed by their children. Parents need to remember to mind their emotions, attitudes, and even each action since children are sensitive to whatever is said and will unconsciously imitate it in the future.

Benefits of Etonkids Parents Academy

Etonkids Parents Academy was founded in September of 2013. It is the first international and professional training school to serve all parents in Beijing. Moreover, it is committed to bringing the most advanced domestic and overseas parenting knowledge and theories to Chinese parents.

Through curricula geared to international standards, which emphasizes the appropriate development of young children, Etonkids Parents Academy pays great attention to relations and interactions between parents and children. It promotes happiness and achievability of parents based on a solid theoretical foundation, practical methods, and parent-child interaction skills. Etonkids Parents Academy believes that each child is the seed of independence; problems for



children are actually problems for parents. Everyone can become better parents, and all children deserve the best future. Following this mission, Etonkids Parents Academy offers professional services and guidance to all parents of young children, leading the international development of Chinese parental education.

Positive Discipline for You Workshop

What: Etonkids Parents Academy has invited two professional lecturers of Positive Discipline to lead three levels of workshops for parents.

When: First Level: 28th April, 2015 9:00 am-16:00 pm; 6-hour workshop

Targeted Participants: Parents/Expectant parents/Grandparents with children between 0-8

Price: Please contact Belinda at heyings@etonkids.com

Phone: : (010) 56812522, 153-300-98368



A love of learning starts at Etonkids ...
爱上学习，从伊顿开始...



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ON THE COVER:



Bettina Janz is a family medicine doctor at International SOS Beijing Clinic. She moved to Beijing from Frankfurt, Germany last November with her 5-year-old son, Timon, whom she raises by herself. This is their first posting overseas. Timon is of half-Korean descent and currently attends the German Embassy Kindergarten. He enjoys riding his bike, building Lego towers, and playing with toy cars. We shot this month's cover in and around Bettina and Timon's home in Seasons Park, just as the first magnolias were starting to bloom.

Photography by Dave PIXSTUDIO

WOMEN OF CHINA



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The *beijingkids* Board



Jennifer Parrott

The proud mother of a daughter who attends WAB, Jennifer hails from Boston. She loves shopping and discovering new restaurants. Jennifer is an active member of the International Newcomers' Network (INN). Contact her at jparrott@me.com.



Danna Mattas-Applerot

Danna Mattas-Applerot is the mother of four kids (at BSB Sanlitun and YCIS), a Parent Effectiveness Training instructor, and an advisory board member of IsCham. Originally from Israel, she has lived in Beijing for eight years and now has a relocation consultancy, though her true passion is art. Contact her at dannama@gmail.com.



AJ Warner

When AJ Warner is not with his two sons, he's coaching Chinese students on how to get admitted to the top 30 US universities. He also guides Chinese families through the process of sending their child to the US for high school and related homestays. Contact him at ajwarner@touchdown.org.cn.



Mike Signorelli

Mike arrived in Beijing in 1994 as a student and has called China home ever since. He has held several senior management roles over the past 20+ years, including his last corporate job with NBA China. Mike is the founder of Signature Wine, China's first independent subscription wine club. Contact him at mike@sigwine.com.



Sara Wramner-Wang

Over the past 20 years, Sara Wramner-Wang has worked in various senior management positions at companies like Ericsson, Ikea, and Oriflame. She is currently the director of sales and marketing and head of admissions for EF Academy International Boarding Schools' Asia operations. Contact her at sarawramner@hotmail.com.



Christopher Lay

Christopher Lay hails from scenic Ashland, Oregon and has lived in Beijing for six years. When not chasing after Reina (age 7) and twins Bryson and Ryder (2), he does freelance architectural and portrait photography. View his work at chrislay.com



Eyee Hsu

When CCTV talk show host and mom-preneur Eyee Hsu is not chasing after her two kids or the family dog, you might catch her at a Pilates studio, one of the Counting Sheep boutiques, or on TV. Find out more about the baby and maternity retailer she co-founded at www.countingsheeboutique.com.



Caroline Nath

Caroline Nath moved to Beijing as a teenager after having grown up in the US, Canada, France, and India. She is a filmmaker, radio host, Parent Effectiveness Training teacher, founder of Bonne Nani Jams, and an organic food promoter. She has two multi-ethnic and multi-lingual children. Contact her at kulfidoll@gmail.com.

Want to Join?

If you think you'd make a valuable contribution to the *beijingkids* board, email editor@beijing-kids.com.



Me (in blue, center) celebrating my 24th birthday with a multi-cultural group of friends from the Chinese language program at Renmin University



A day on the lake with my bestie Nat, a first-generation Iranian-Canadian



Outnumbered by Europeans at Wulingshan

No Such Thing as Black or White (or Beige)

There's a famous bit from Indo-Canadian comedian Russell Peters' breakout Comedy Central special in 2006, in which he talks about a not-so-distant, post-racial world: "Three hundred years from now, there's not gonna be anymore white people. There's not gonna be anymore black people. We're all just going to be beige. The whole world's mixing. There's nothing you can do about it. Eventually, we're all gonna become some sort of hybrid mix of Chinese and Indian. It's inevitable! They're the two biggest populations in the world. So you can run from us now. But sooner or later, we're gonna hump you."

My friends and I laughed until we cried the first time we saw the widely-shared video on YouTube. We found instant recognition in Peters' fine-tuned accents and observations about multicultural Canada. All jokes aside, the "beige" future also happened to be a concept I was impassioned about.

In middle school, some Asian friends started banding together under the banner of pan-ethnic "Asian pride." Instead of house parties in the suburbs, we ventured downtown to have bubble tea at Taiwanese student cafes, belt out Cantopop songs at private karaoke parlors, and play Dance Dance Revolution at arcades. For a while, we even had our own social network (here's looking at you, Asian Avenue).

However, I felt more and more uncomfortable with the mish-mash of characteristics that made up a "true" Asian: driving an imported car with a fat spoiler, listening to K-pop, wearing baggy jeans with turned-up cuffs, dating within your own race, and generally having a misplaced sense of pride.

I'm sorry, but I liked – and still like – Led Zeppelin more than BoA or Jay Chou. *Char siu* buns are delicious, but so are samosas and grilled cheese sandwiches. I did a complete 180 and collected friends from wildly different backgrounds, which is admittedly a pretty unremarkable

feat in Canada. They ranged from first-generation Iranian-Canadian to Congolese refugee, dyed-in-the-wool Québécois, Spanish-Filipina by way of the US, and everything in between. "Wouldn't it be great if our descendants were all beige?" I asked loudly and often.

Over time, I realized the naiveté of this sentiment. In my early 20s, I discovered Racialicious, a blog about "the intersection between race and pop culture." Even within people of the same ethnic group, as with colorism among African-Americans, there's widespread discrimination based on minor differences in appearance. In modern China, pale skin is a cornerstone of the *bai, fu, mei* ("white, rich, beautiful") trifecta of desirable characteristics in women. In other words, people will always find ways to draw lines in the sand – even if they are all beige.

Yet, living in Beijing for the past four and a half years has reaffirmed rather than dampened my belief in human relationships. Working at the magazine has allowed me to come into contact with families of all kinds, including the ones featured in this month's issue, who eschewed convention in favor of individuality. I still think a lot about issues of race and identity, but I can only hope that I'll be brave enough to conduct my relationships – all of my relationships – on my own terms.

Sijia Chen
Managing Editor





APRIL 11-20



Sat, Apr 11

Level 1 and 2 Screen Printing Workshop



Ages 13+. This two-part screen printing workshop starts with the basics in level 1, then moves on to more complex techniques and designs in level 2. It will be held on two different days: April 11 (level 1) and April 18 (level 2). Register at least two days in advance. RMB 1,000 per level. 11am-6pm. Atelier (6416 1614, 132 4018 4908)

1 Zarah's Grand Opening Party



For adults. Formerly known as Café Zarah, this rebranded Gulou restaurant welcomes diners to their renovated space for cocktails, food samples and music. Zarah will unveil new dishes, including a new kids' menu. Free. 8pm-midnight. Zarah (8403 9807)

Sun, Apr 12

2 Mysterious Wu Xing Art Workshops: Wood



Ages 5-12. Based on the five Chinese elements, the Wu Xing (五行) workshop series will explore the use of each element as an art medium. This session focuses on wood; kids will learn woodcarving and visit the Jintai Museum. Registration required. RMB 400. 2-5pm. Blue Bridge International Education (CBD: 5900 0270, Lido: 5947 2275)

Tue, Apr 14

Nutrition, Healthy Body Image, and Self-Esteem



For adults. Nutritionist Stella Chan Marinaro shares tips on good nutrition for both active and non-active teens, unhealthy eating

habits and disorders, and helps teens in need. Registration required. Free. 10-11.30am. International SOS Beijing Clinic (seminar@internationalsos.com)

Wed, Apr 15

YCIS Secondary Open House



Ages 12+. YCIS Beijing's vice-principal will lead an info session and Q&A on the Secondary School curriculum, school life, and more, followed by a tour. Registration required. Free. 10am-noon. Yew Chung International School of Beijing (info@bj.ycef.com)

Sat, Apr 18

3 2015 Bohai or Bust Charity Bike Festival



Ages 7+. The sixth annual Bohai or Bust Charity Bike Festival is back to raise money for the elderly of Bohai Township. The main event is a ride on one of three bike trails. Participants will have access to the Brickyard's bathrooms before and after the ride, a live band, a farmers' market, a silent auction, and a lucky draw. Transportation and bike rentals are available. Advance: RMB 176 (adults), RMB 126 (kids and students). Onsite: RMB 200 (adults), RMB 150 (kids and students), RMB 50 (bus). 7am-5pm. The Brickyard Inn and Retreat Center (bohaiorbust.org/boben.html)

Sun, Apr 19

4 2015 Harrowthon and Health and Happiness Festival



All ages. Harrow's annual charity fun run expands with a festival

PHOTOS: COURTESY OF ZARAH, BOHAI OR BUST AND HISB, TANAKA JUUYOH (FLICKR)

- Editor's Pick
- Dining
- Playing
- Learning
- Community
- Living
- Health
- Parenting



open to all. Events include a 3k, 5k, and 10k; the 5k and 10k are only open to those above 16 years of age. The festival will have stalls selling healthy products and international foods. Registration required for the race. RMB 100 (adults), RMB 50 (under 18), free (festival only). Harrow International School Beijing (www.harrowbeijing.cn/harrowthon1.aspx)

5 BSB Charity Fashion Show



All ages. BSB Shunyi students are organizing the school's first charity fashion show. The theme is "Lights Out" and the show will feature neon and glow-in-the-dark props. Proceeds will benefit the Little Adoption Shop and the Tanzania Foundation. RSVP required. VIP tickets (include champagne and a prime seat): RMB 200 (adults), RMB 150 (students). Regular tickets: RMB 150 (adults), RMB 100 (secondary students), RMB 70 (primary students). 4-7pm. The British School of Beijing, Shunyi (play@britishschool.org.cn)

Mon, Apr 20

6 HoK Open House



All ages. HoK welcomes prospective families for a chance to meet the school's education director, headmistress, faculty, and to learn more about the curriculum and language immersion programs. April 20 (Victoria Campus) and April 21 (Quanfa Campus). RSVP required. Free. 10.30am-noon. House of Knowledge (info@hokschools.com)

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APRIL 22-MAY 23



Wed, Apr 22

Understanding Risk-Taking Behavior in Teens



For adults. Family Physician Dr. Stephanie Teoh discusses risk-taking behaviors in teens – including drugs, alcohol, and sexually-risky behaviors – and advises on how to minimize harm. Registration required. Free. 10am-noon. International SOS (seminar@internationalsos.com)

Sun, Apr 26

Capital M Kids Club: Drama Games



Ages 6-12. Impresario Emma Johnston will lead kids through fun and creative drama games to sharpen improvisation, role playing, and creativity skills. Registration required. RMB 75 (includes one drink), RMB 20 (kids), free with brunch. 11am-noon. Capital M (6702 2727, reservations@capital-m-beijing.com)

Tue, Apr 28

7 PAL Workshop: Proper Bone Care for Children Actively Engaged in Sports



For adults. Dr. Nizar al Salahat, medical director of Puhua's orthopedics department, talks about preventative and therapeutic measures for active children as part of BCIS' Parents as Learners series. All visitors must have ID to enter. Registration required. Free. 8.30-10am. Beijing City International School (yisha.niu@bcis.cn)

Wed, Apr 29

8 DSS: WAB Alumni Livi and Ken Zheng



Ages 10+. This special Distinguished Speaker Series screens WAB alumni Livi Zheng's feature film *Brush with Danger*, a martial arts thriller starring Livi and her brother Ken Zheng. To learn more about the Zheng siblings, turn to Features on p64. Registration required. Free. 6-8.30pm. Western Academy of Beijing (5986 5588)

Thu, Apr 30

WAB Identify Film Festival



All ages. WAB hosts a film competition with workshops, entertainment, and screenings. Free. 4-9pm. Western Academy of Beijing (5986 5588)

Sat, May 9

9 BCIS Spring in the City Community Fair



All ages. This year marks BCIS's tenth annual Spring in the City event. Visitors can expect lots of vendors, international foods, fun activities, raffles prizes and live performances. This year, the theme is "Lights, Camera, Action" and will include the BCIS Flux Film Festival. Free. 11am-3pm. Beijing City International School (8771 7171)

PHOTOS: COURTESY OF BCIS AND LIVI ZHENG



10

**Sat, May 16****10 ISB Spring Fair**

All ages. ISB's annual Spring Fair is filled with fun games, a food bazaar, shopping opportunities, raffles and tombola prizes. Free. 10am-4pm. International School of Beijing (5149 2345)

ii Founder's Day

All ages. Now in its tenth year, DCB celebrates Founder's Day with a host of anniversary events. There are performances and mini-events showcasing art, drama, music, service, and academics. International food stalls will also be available. Free. 3-9pm. Dulwich College Beijing (6454 9000)

Sat, May 23**ii Community Yard Sale 2015**

All ages. Looking to clear some clutter? HoK is offering free yard sale tables to anyone with stuff to sell; in exchange, all participants must make something for the bake sale, with proceeds going to the Migrant Children's Foundation. Free. 10am-1pm. House of Knowledge (6538 2624, 6431 8452)

ii YCIS Beijing Global Community Day

All ages. YCIS Beijing's seventh annual Global Community Day features activities, games, performances, and shopping. International foods will also be sold. Free. 10am-2pm. Yew Chung International School of Beijing (info@bj.ycef.com)

PHOTO: COURTESY OF ISB

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MAY 23-ONGOING



11



12



13

Sat, May 23

11 **WAB Parent Link Fun Fair and Rock in the Park**

All ages. Usher in the spring with a celebration of community through food, games, shopping, activities, and performances by student and faculty bands in the evening. Free. 3-9pm. Western Academy of Beijing (5986 5588)

Sun, May 31

12 **Summer Theater Camp Auditions**

Ages 6-14. Open to actors, singers, dancers, and musicians of all levels, these auditions will determine participants for the summer camp (June 28 to July 11), which will culminate in a performance of *Pinocchio*. RMB 8,000. 9am-4pm. Harrow International School Beijing (137 1890 8922, performance@beijingplayhouse.com)

Capital M Kids Club:

The Story of the Little Girl and the Sun

Ages 6-12. Artists, architects, and authors Cruz Garcia and Nathalie Frankowski from WAI Think Tank tell the story of a little girl and her rabbit from a city where the sun never sets. Kids will create their own story using geometric shapes. Registration required. Free. 11am-noon. Capital M (6702 2727, reservations@capital-m-beijing.com)

Ongoing

A Child's History of the World

Ages 5-12. This series explores past cultures through art activities

and games, and looks at the traditions and ideas that governed children's lives. The topics are Curious Cavemen (April 4-5), Marvelous Mayans (April 12-11), Rowdy Romans (April 18-19), Glorious Greeks (April 25-26), and Eccentric Egyptians (May 9-10). Registration required. RMB 400 per workshop. Blue Bridge International Education (CBD: 5900 0270, Lido: 5947 2275)

13 **Roundabout Book Fair at DCB**

All ages. Heavily-discounted books will be available at DCB's Legend Garden campus to raise funds for Roundabout's charity programs. The book fair will be held on April 18 and 20-22. Free. 10am-3pm. Dulwich College Beijing (137 1877 7761)

Baby Massage Lessons

Ages 0-1. Every Wednesday from April 8-29, HoK's Victoria Campus will host baby massage lessons in which parents and caregivers can learn techniques for baby massage. Registration required. RMB 700 (materials included). 9.45-10.45am. House of Knowledge (annette@aobodywork.com)

Parentcraft Series

For adults. From April 9 to May 28, a mother and child specialist from International SOS will cover different topics surrounding baby and children's needs. Registration required. RMB 900 (12 classes), RMB 100 per class, free for International SOS members. 10am-noon. International SOS Beijing Clinic (seminar@internationalsos.com)



Want your family-friendly event to appear in our next issue?
Upload it at www.beijing-kids.com/events by **May 8**.



"Think, Paint and Create" Summer Art Camp

Ages 3-6. This two-week July camp focuses on different art forms such as dance, painting, and more through short- and long-term projects. Those who register before May 22 are eligible for a 15 percent early bird discount (20 percent for Ivy students). RMB 7,200. 9am-3pm. Ivy Academy (8451 1380)

Changemaker World Issue Camps

Ages 7-18. These two-week camps throughout June, July, and August explore social issues and their impact. Working in teams, kids design and implement solutions to different issues. Humanity Camp focuses on urbanization and cultural diversity in English while Science Camp focuses on sustainability in Chinese. Application deadlines are May 31 (Humanity Camp) and June 15 (Science Camp). RMB 8,800 (Science Camp), RMB 9,800 (Humanities Camp). 9am-3pm. One Education (136 9333 8455)

14 Chinese Summer Camp 2015

Ages 7+. That's Mandarin offers six types of Chinese summer camp: morning, day, family, full-time with hotel accommodation, full-time with homestay accommodation, and tailor-made programs. All camps include cultural activities and language classes. The camps start on June 9, with varying prices and registration deadlines. 9am-5pm. That's Mandarin (5218 6432)

For our 20th birthday we asked our community, 'What does WAB mean to you?'



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Photo: WAB Career Fair

— Melissa Polglase, High School Assistant Principal

SAY HELLO TO BEIJING'S SMALLEST

Want to share your new arrival with our readers? Email a photo (at least 1MB in size) of your little one with their full name, nationality, birth date, hospital, and parents' names to editor@beijing-kids.com. Due to space constraints, we will only publish photos of babies born in Beijing after September 1, 2014.



Emily Mei Bolton

British. Born on Dec 15 to Eleanor and Colin Bolton at Beijing United Family Hospital.



Armaan Ryan Thomas

American. Born on Nov 1 to Smita Chandra and George Thomas at Beijing United Family Hospital.



William Knox Kawaja

Canadian. Born on Feb 26 to Flora Geng and Billy Kawaja at Oasis International Hospital.



Shao Dong

Chinese. Born on Oct 1 to Pengpeng Han and Bing Dong at New Century Women's and Children's Hospital.



Jeremy Bousselet

French. Born on Oct 6 to Le Zhou and Laurent Bousselet at Beijing United Family Hospital.

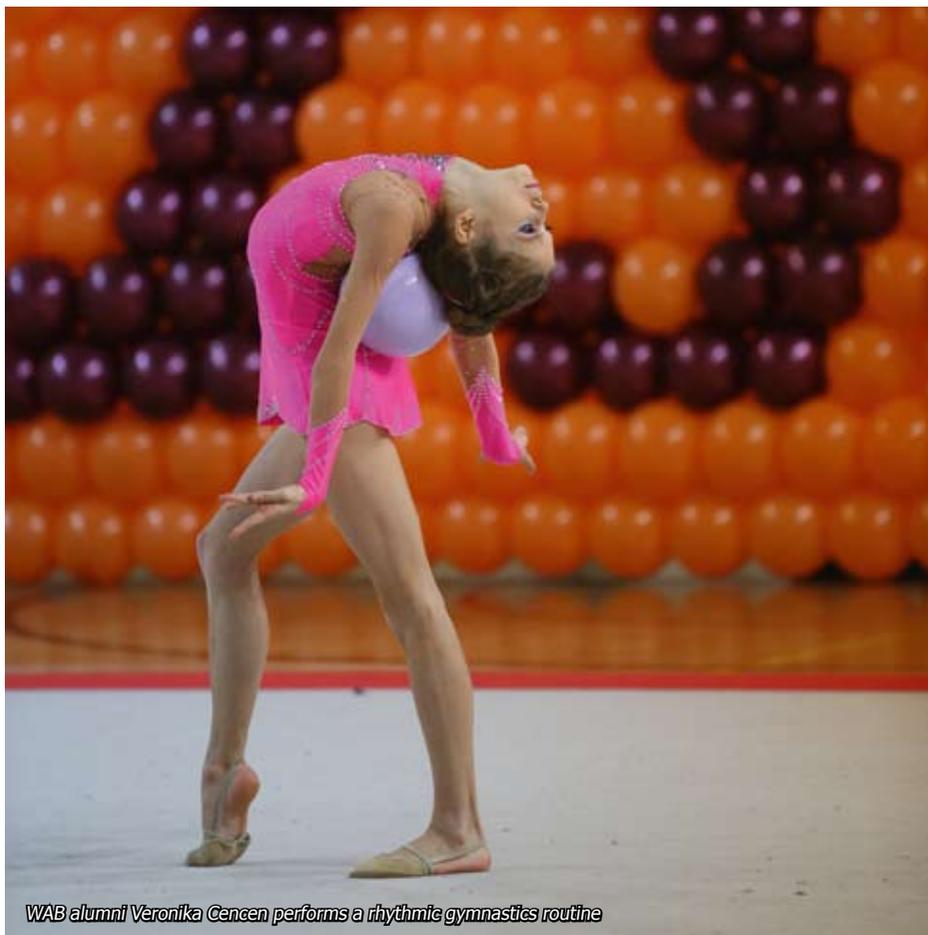


Miguel Santino Guño Cariaga

Filipino. Born on Aug 21 to Kristine Marie and Peter Magnus Cariaga at Beijing United Family Hospital.

Where Are They Now: WAB Alumnus Veronika Cencen

by Yvette Ferrari



WAB alumni Veronika Cencen performs a rhythmic gymnastics routine

What have you been up to since leaving the Western Academy of Beijing?

I completed a BS in biotechnology at the University of Ljubljana. I continued doing rhythmic gymnastics and competed at the 2013 Summer Universiade in Kazan, Russia. In my final year of university, I went on a semester-long Erasmus exchange in Kaunas, Lithuania. After completing my undergraduate degree, I was accepted into the University of Ottawa for a M.Sc. in biomedical engineering with a teaching assistantship in physics and a research project in interdisciplinary nanotechnology and biophysics. Also, I've always found interesting and beneficial opportunities on the side. I've done facilitation in a retirement home, joined groups called Ecologists without Borders and Let's Talk Science, participated in the Regional Biocamp 2014 and training camps, coached gymnastics, and more.

What has been your greatest lesson?

It is important to gain experience and help those in need as best as you can, but never allow yourself to be exploited or forced into doing what you do not feel is right.

What do you miss most about WAB?

The diversity of the teaching methods and learning activities. It was in those years that our personalities were shaped by our environment, particularly at school. I consider myself very privileged to have been introduced to so many opportunities, both in class as well as through extracurricular activities, school trips, and on-campus events and fairs.

Do you keep in touch with old friends?

Social media has made it much simpler to stay in touch. Yet to strengthen the friendships I value most, I try to keep in touch through

other means like Skype, "regular" mail, and, when possible, visiting in person. I used the study exchange, family trips, and high school reunions to catch up with old friends, even if just for a coffee. When I found out I would be going to Canada, I immediately tried to re-establish contacts with fellow alumni and was very excited to be able to meet them again after so many years. While I'm always looking for ways to grow and make a difference, I'm becoming increasingly aware of the value of reconnecting to past experiences and friends. As one way to keep this balance, I've decided to take up the role of alumni representative in my region.

What advice would you give to current high school students?

Find out what interests you and take advantage of the opportunities offered by your school to engage in activities in that field. This is a great time to "experiment" by trying out different extracurricular activities or seeing how well you can do in the activity of your choice, as you will have plenty of support and guidance from your friends and school staff. Hopefully, this will enable you to keep motivated as you become more independent and face new challenges.

What influence has your experience as an international student in Beijing had on your choices?

Being an international school student in Beijing was perhaps the best possible way to grow up! I became somewhat spoiled by the magic of such a culturally-diverse educational environment, and being able to experience the fascinating medley of tradition and accelerated modernization taking place here. Much like WAB, Beijing was a very active and inspiring city with many opportunities; I am now able to bring this energy wherever I go.

The Where Are They Now blog series looks at the lives of Beijing international school alumni after the last school bell has tolled. Originally from Slovenia, Veronika Cencen graduated from the Western Academy of Beijing in 2011 and now attends university in Canada.

Farm to Neighbors Farmers' Market Comes to Shunyi

by Aisling O'Brien

Erica Huang of Farm to Neighbors (F2N) just won Best Food Entrepreneur in the *Beijinger's Restaurant Awards* (along with Andy Horowitz of Andy's Sausages). Huang says she was delighted and surprised to be nominated in the first place, and grateful but dumbfounded by the win.

Despite Huang's humility, it's easy to see why F2N is being recognized by the community. Eight months after starting the F2N Farmers' Market in the Gulou neighborhood as a passion project, she has seen the market become a regular Sunday go-to place for both expats and local dwellers eagerly searching for safe, fresh ingredients. The market is also a place to discover locally-made, international

artisanal foods, which serve as an alternative to more expensive but often poorer quality imported goods.

While continuing to serve the Gulou community on Sundays, F2N is bringing the market to Shunyi every Saturday starting from April 4. Every week will see a slightly different range of products on offer. Shunyi dwellers can look forward to a wide range of products such as organically-grown vegetables, fruits, grass-fed milk, yogurt and beef, free-range pork, chicken and eggs (from hens fed farm-grown whole grains, grass and some vegetables rather than commercial feeds), French artisanal cheese, sourdough breads, fresh fruit preserves, traditional rice wine, natural skincare, and even

homemade dog food.

The market will open at Pinotage in Chuangyi Yuan, 3A Shunhuang Lu, Sunhe Township, near the Beidong Flower Market all through April, every Saturday from 11am to 4 pm. Starting in May, the market will move outdoors to the open space behind Starbucks in Pinnacle Plaza.

Alongside the farmers' market, each week F2N will also present workshops and fun activities related to food, cooking, gardening, and the environment. To learn more about their educational programs, follow farm2neighbors on WeChat.



A recent Farm to Neighbors event in Gulou

PHOTO: COURTESY OF F2N

Let's Get Artsy: Atelier Opens in Shunyi

by Kyle Mullin



A screenprinting workshop at Atelier Sanlitun

From its hutong origins to its current Sanlitun branch, Atelier's journey has covered much ground in Beijing and inspired many young minds along the way. The arts school is now embarking on a new leg of that educational odyssey by opening a branch in Shunyi.

Marianne Daquet, Atelier's director and co-founder, tells *beijingkids* that she is "quite pleased" with the new location, adding that it will have much more space than its Sanlitun branch. The second 200sqm location will boast a darkroom and an atrium where students can exhibit their work. "We built this new location from scratch," says Daquet. "It has much better facilities and we designed it to have much more natural light."

Despite Daquet's French heritage, Atelier Shunyi's classes will mostly be held in English. "We'll have a few French classes because we have some very talented French teachers," she adds. "But the majority of the classes will be in English because that's the common language of most the parents."

Daquet founded Atelier (French for "workshop") in a hutong courtyard shortly after arriving in Beijing in 2007. At the time, her art classes were small and made up of mostly French students. She put those lessons on hold when she became a mother, but eventu-

ally became concerned that her child would not have enough exposure to art education. That prompted Daquet, along with a fellow artist and parent with similar concerns, to partner with a friend and resume Atelier's classes in Sanlitun in 2012.

Daquet says she is astounded by how far the school has come. "When I was teaching those first classes in the hutongs, I never imagined that it would one day grow into a second school like this," she says. "I was just thinking the other day, 'I arrived in China nine years ago, and I was just an aspiring artist trying to earn some money and live here. Now I'm opening a big school in Shunyi. It's crazy!'"

"I'm so happy, I don't know how to explain it," she adds. "I love teaching, but I also enjoy running the school, and shar-

ing my passion for art with these students and parents. It's really exciting."

Atelier Shunyi will start offering regular classes on April 6. Find out more about the school, its courses, and "ambassador program" (which rewards parents for referring new families to the school) at its website: www.atelier.cn.com.



WHAT'S HAPPENING IN BEIJING



BSB Shunyi Launches Charity Fashion Show

The British School of Beijing's (BSB) first-ever charity fashion show will take place at the Shunyi campus from 4-7pm on Sunday, April 19. It will showcase the school's best talents in modeling, dancing, and singing. All proceeds will go to the Little Adoption Shop (a local pet shelter in Shunyi) and the Tanzania Foundation, which helps improve living standards for impoverished local children. Year 12 IB CAS students Amy, Ella, Eduarda, and Julia have been working on this project since December. The theme will be "Lights Out." In keeping with the theme, glowsticks will be distributed to ticket holders, who are encouraged to dress in neon and glow-in-the-dark colors.

HISB Now Offering Residential Accommodation

Starting from August 2015, Harrow International School Beijing (HISB) will offer residential accommodation to students from Year 6 to 13. HISB aims to provide students with the opportunity to experience a secure and caring community in a setting where staff can further support their learning and education, encouraging them to reach the highest academic standards, fostering responsibility, and nurturing positive relationships.



BIBS Director John McBryde Awarded Chaoyang International Talent Award

Beanstalk International Bilingual School (BIBS) Director John McBryde recently received the Chaoyang International Talent Award in recognition of his outstanding contributions to international education practice and persistent service. Five years ago, Beijing's Chaoyang District launched the Phoenix Project to promote social and economic development within the district. This year, a total of 63 people were identified as "Chaoyang Talents" in different fields. Besides McBryde, only four other foreigners were awarded the title of "Chaoyang International Talent."

PHOTOS: COURTESY OF BSB, HISB AND BIBS

Want your news to appear in our next issue? Email it along with a high-res photo (at least 1MB) to webeditor@beijing-kids.com by **May 8**.

Keystone Academy’s Rising Golf Star

Jiaman (Jana) Ni, a Grade 6 student at Keystone Academy, won second place in Group C of the 2015 HSBC Junior Open Golf Championship. Keystone plans to create its own golf team by this summer with the aim of training a team of golfers to compete in the national junior golf championship.



YCIS Beijing Students Complete World Vision 30-Hour Famine

From February 6-7, 32 students in Year 12 and 13 at Yew Chung International School of Beijing (YCIS Beijing) fasted for 30 hours to raise money and awareness for World Vision, a charity that helps children from underprivileged backgrounds. The event started with a presentation from World Vision’s Megan Qiu and a gift of t-shirts and stickers for the participating students. The teens took part in teambuilding exercises and activities to strengthen their cooperative spirit. The initiative, which was student-run and -organized, raised a total of RMB 7,700 for World Vision.

Roundabout Book Fair at BCIS Raises RMB 46,000

On March 7, the Roundabout Book Fair at Beijing City International School (BCIS) raised RMB 46,000 to support the charity’s many causes.



Zhang Yimou Visits ISB

Chinese director Zhang Yimou visited the International School of Beijing (ISB) on February 24 to participate in three student-led dialogues, speaking about the importance of values at the core of ISB’s Learning21 curriculum and how they have contributed to his successful career.

PHOTOS: COURTESY OF KEYSTONE, YCIS, BCIS AND ISB

On a Roll

Turn out a perfect *uramaki* with the Westin Beijing Chaoyang

by Sally Wilson





Sushi looks simple enough, but making it is an act of fine balance. In Japan, sushi masters study for years to learn the exact method for spreading rice on the *nori* (seaweed), which when done correctly should take only six movements. The idea is to spread a tennis ball-sized amount of sushi on the *nori* and press down on it without squishing it; when looking at a roll, you should be able to see individual grains, not a solid block of rice.

When we take the Westin Chaoyang Beijing's new sushi-making class, the chef explains that sushi is 60 percent visual. From the beginning, the process must be kept as pure as possible; the more you handle the ingredients, the more you alter the natural appearance and flavor of the sushi. The three key elements are the freshness of the ingredients, how the rice is cooked, and how the sushi is rolled. If even one element is off, you might end up with a roll that falls apart or tastes rubbery.

The term "sushi" encompasses a variety of presentations, but many Westerners equate the term with *makizushi*, which consists of cooked, vinegared rice rolled by hand into a cylindrical shape. Fillings like seafood, vegetables, and meat can also be added.

During our class at Mai Japanese Restaurant, the chef begins by explaining how to cook perfect sushi rice. The process involves washing the rice six to seven times, soaking it in cold water, drying it out, then sitting the rice in water again before cooking. Once it's cooked, it must also be left in the pot for about 10 minutes without removing the lid.

We make *makizushi* and *norimaki* (smaller cylindrical rolls), which are shaped with the help of a bamboo mat known as a *makisu*. We begin with a cucumber *nori* roll to practice our technique. Once the rice is spread (in more than six movements, I must admit), we add a long strip of cucumber as our filling and begin to roll. Next up is a larger *nori* roll, which we fill with cucumber, omelet strips, mushrooms, and crab mixed with mayonnaise. This roll is trickier; the contents spill out at one end.

Our final lesson is an *uramaki* "inside-out" roll. Unlike other *makizushi*, the *nori* is hidden beneath an extra layer of rice and, optionally, an outer coating of roe or toasted sesame seeds. We lay the *nori* down, gently press down, then flip the whole thing over while holding our breath. Thankfully, mine stays in one piece. All in all, it is a fun and informative cooking class, and I know enough of the basics now to give it a go at home.

Mai Japanese Restaurant 舞日本料理

RMB 380 per person (plus 15% surcharge), half-price for kids aged 4-12, free for kids under 4 (includes set menu dinner, Japanese tea, and all ingredients and materials). 3-5pm, first Saturday of every month. 2/F, The Westin Beijing Chaoyang, 7 North Dongsanhuan Beilu, Chaoyang District (5922 8880, rachel.xie@westin.com) 朝阳区东三环北路7号金茂北京威斯汀大饭店2层

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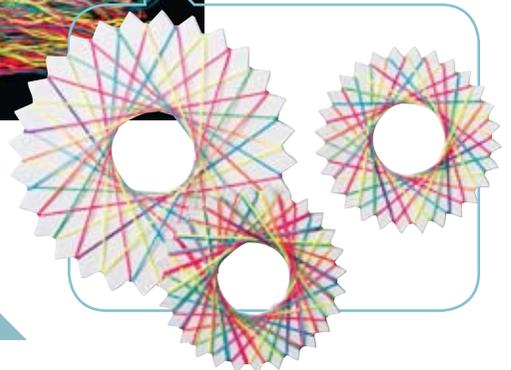
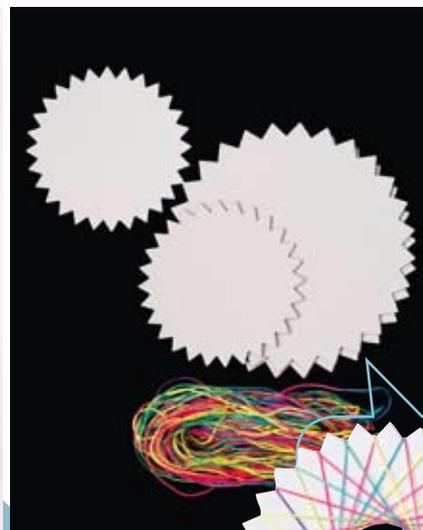
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Creation Story

Think inside the box with Craft'd

by Sijia Chen

Subscriptions may seem like an old-fashioned idea, but the model still has surprising traction. You can currently get movies (Netflix), radio shows (iTunes), audiobooks (Audible), and e-books (Oyster) across a variety of devices. Even in the "real" world, services like NatureBox and Trunk Club in the US can deliver snacks and stylist-approved clothes straight to your door.





Luckily for parents, two international school teachers from Shanghai have taken this concept and applied it to crafts. Natalie Cradick (UK) and Mae Rudillas (Philippines) are the co-founders of Craft'd, a Shanghai-based company that delivers monthly subscription boxes filled with DIY projects for 5- to 10-year-olds. The boxes cost RMB 120 for one month, RMB 330 for three months, or RMB 630 for six months. Delivery is RMB 20 anywhere within China.

Cradick and Rudillas got the idea for Craft'd after hosting regular craft meetups in Shanghai and being asked to run workshops at Christmas bazaars. "We liked the idea of children having something to look forward to working on each month," writes Cradick in an email. "We also liked the idea that children could have a time for some weekly creativity with all the resources ready-made and packaged, as we know from experience how tricky it can be to get all the things you need here!"

The teachers source their ideas from brainstorming sessions, seasonal events, activities they've done with their own students, direct feedback from kids, and websites like Pinterest and Instagram. The materials are bought on Taobao and in Shanghai's Yuyuan Market.

Craft'd sent us their February craft box, which contained six projects: a Spring Festival-themed sheep, color wheels, a DIY mini-loom, stained glass hearts, a painted clock, and 3D pop-up cards. Younger kids will need help completing some of the more elaborate crafts.

The company also offers travel kits for ages 7-10. "We brainstormed ideas of crafts that would be possible for children to complete in a small space (i.e. a plane tray table) and things that could be reused," says Cradick. "We came up with the idea of a canvas backpack and t-shirt with fabric pens so that children have something to decorate and take on each holiday." Other items include a DIY board game with a laminated, reversible template and erasable markers; a blank Top Trumps deck for kids to customize (a numerical card game in which players try to "trump" each other); blank postcards; a choice between two puzzle books; photo frames to decorate; and more.

Craft'd actively works with charities; their regular workshops fund weekly arts and crafts classes at a Shanghai migrant school and, for each craft box the company sells, a stationary pack is donated to a migrant school teacher as part of an annual charity drive run by an NGO called the Giving Tree. In the future, Craft'd plans to offer adult craft kits and specialized kids' kits (e.g. sewing and science) and open a studio in Shanghai.



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Blooming Lovely

Nisha Budhdev
blossoms for spring

by Aisling O'Brien





Nisha, pre-makeover

Two years ago, Nisha Budhdev and her husband Jignesh moved to Beijing with their sons Shanay (age 7) and Jash (3). Nisha is a stay-at-home mom and Jignesh works in marketing at consumer goods company Reckitt Benckiser. Shanay attends the British School of Beijing Sanlitun, while Jash goes to AnRic Little Montessori Room. Nisha says she enjoys Beijing far more than their previous life in London, where she worked in finance for Amazon. "I have more time for my family here, as we have great help," she says.

The Budhdevs have an unusual love story; their marriage was arranged by their parents. "My parents would have been OK if I had not chosen an arranged marriage. I told them to go ahead because I didn't have anyone in mind. I completely trusted their judgment," she explains. The couple met each other for the first time ten days before their formal engagement ceremony and were married five months later. After spending just 30 minutes together, Nisha says, "I knew then that I would spend my life with him. I wanted someone who was modern, and who would let me live my life the way I wanted to."

Nisha is currently growing out a bob and asks **Laurent Falcon**, artistic director of the eponymously-named salon, to preserve as much length as possible. Falcon outlines his strategy for color and cut: dark golden blonde highlights distributed to give a subtle sun-kissed look without harsh regrowth, and a long bob with soft layers for movement and volume.

Makeup List

- Maybelline Baby Skin Instant Pink Transformer
- Givenchy Prisme Libre Air Sensation Loose Powder Quartet in Soft White
- Etude House Drawing Eye Brow #1 Dark Brown
- Bobbi Brown Bronze Shimmer Brick Set
- Kiss Me Heavy Rotation Perfect Eyeliner in Deep Black
- Kanebo Kate Super Sharp Liner in Black
- Mac Opulash Optimum Black Mascara
- Mac Satin Lipstick in Pink Nouveau

Get the Look:



1 Falcon places the dark golden highlights first. He adds more color to the ends of every second section, resulting in more saturated color towards the tips. Afterwards, he applies an all-over base color to the roots.



2 Falcon trims and layers Nisha's hair, gradually adding more layers as he moves toward the front to give body and bounce around the face.



3 Makeup Artist Elena brushes primer on Nisha's T-zone and underneath her eyes and brows. She blends it with a sponge, then sets it with translucent powder. She combs and fills Nisha's brows, adding warm brown shadow to the lashline and crease, and a golden brown shadow to the lid. She blends black pencil into the lashes, slicking a black liquid cat-eye liner on top, and finishing with mascara. She then lines and fills Nisha's lips with a bright pink shade.



Laurent Falcon CBD

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Got a question?

Dr. Melissa Rodriguez is a mom of two and a wellness consultant. She also works as a naturopath at International Medical Center. To find out more, check out her website at www.drmelissarodriguez.com.

Demystifying Multi-Vitamins

According to conventional medical research, there's no evidence to support the indiscriminate use of multi-vitamins – and I tend to agree. That being said, there are situations in which a multi might be useful.

A multi-vitamin is a supplement composed of various vitamins and minerals, usually taken in pill form. The first consideration is the specific needs of the patient, followed by the quality of the supplement, and finally the form that the vitamins or minerals in the multi-vitamin take.

When a patient asks me about multi-vitamins, I first determine whether they have any special health concerns or are just trying to boost their overall well-being. The best way to get vitamins and minerals is through your diet; fruits and vegetables are nature's perfect multi. According to the World Health Organization (WHO), 1.7 million annual deaths worldwide can be attributed to low fruit and vegetable consumption.

Fruits and vegetables are nature's perfect multi

The current recommendation is five servings of vegetables and two servings of fruit per day but because of issues resulting from over-farming, I consider this to be the bare minimum. Over-farming leeches nutrients from the soil; any crops grown in that soil are also low in vitamins and minerals.

The reality is that some kids (and adults) don't like fruits and vegetables. In these cases I may recommend a multi-vitamin; it's like extra insurance for your health. A multi may also help protect against the harmful effects of pollution due to their antioxidant content; the only drawback is that levels are usually quite low. For this reason I usually recommend a specific antioxidant formula – one with high levels of vitamins A, C, E, and selenium.

Once you determine the need for a multi, select a high-quality supplement manufactured by a reputable company; some brands don't actually contain the substances they say they do. Lower-quality products are usually cheaper, so the levels of vitamins and minerals can be too low to have a significant effect on your health.

Finally, the specific form of the vitamin or mineral is also important. Low-quality formulations often use forms that are cheap and not as effectively absorbed. For example, avoid calcium carbonate supplements because they require lots of stomach acid to break down. A better alternative is calcium citrate, which is easier to absorb.

I don't often recommend multi-vitamins. I prescribe treatments according to individual needs and select specific vitamins and minerals in appropriate dosages. However, if you or your kids don't get enough fruits or vegetables, you may benefit from a good-quality multi.

Need more info?

Dr. George Hu is a clinical psychologist at Beijing United Family Hospital. He has worked extensively on issues such as adjustment, relationships, and stress. He can be reached at george.hu@ufh.com.cn.



Family Matters

Growing up in the United States, re-runs of *The Brady Bunch* dominated afternoon programming and introduced society to an unconventional family model – the blended family.

However, the concept of family has always encompassed a variety of household arrangements, especially here in China. In the West, the nuclear family is the norm, but in the Middle Kingdom generations of extended family members have lived together around a central courtyard. Though that arrangement is no longer as common, modern-day Beijing is still home to all kinds of households (blood-related and otherwise) who consider each other family and may be raising children together.

There are many debates about the “best” kind of arrangement. Are two parents better than one? Should single parents find a partner so that their child has a mother or father figure? Is it healthier to have the grandparents around or an *ayi*? These are all valid questions, but what I’ve found is that it’s not the way the family looks that matters, but how it behaves. Here are some guidelines for promoting happy and healthy relationships:

It’s not the way the family looks that matters, but how it behaves

Create family bonding time with intention. This means *regular* time that the family spends together, face-to-face. For many this consists of the evening meal, but nowadays even that must be set aside with purpose. Think about how to create these opportunities; when they do happen, put down your mobile phone and be *all* there.

Maintain stability. It’s very important for children to have consistent caregivers, whoever they may be. Parents traditionally fill this role, but it can also include *ayis* and grandparents. If circumstances hinder the stability of your family life, make every effort to change them.

Get on the same page. All of the adults in the household should agree on a set of house rules governing appropriate behavior and consequences. Discuss the latter with your kids and involve them as much as is appropriate in formulating rules and consequences. Try writing the rules on a large sheet of paper and putting them on the wall.

Consistency is key. All of the adults involved in raising the children (including *ayis*) must maintain consistency with consequences. Kids quickly learn how to exploit an adult they perceive as “soft.”

The buck stops here. If there are multiple caregivers, the child must understand that there is a final authority in case of disagreement on an issue. Usually, this lies with the parents.

Provide a consistent message of love and acceptance. No matter who is involved in your child’s life, make sure the message your child receives is that they are loved. This should remain the same regardless of successes, failures, misbehavior, bad grades, etc.

As always, if you are concerned about your child’s relationships or behavior, or about your family environment, consult a qualified healthcare professional. Let’s work together to promote a positive family environment!



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Safe and Sound



CPR and first aid courses in Beijing

by Steven Schwankert and Sijia Chen



For Bettina Janz – our cover mom this month – and her then 4-year-old son Timon, the morning of January 17 started out much like any other.

Though Timon hadn't been feeling well that morning, his energy levels were still high as he bounced around the apartment. However, right after Janz laid him down for a nap, he started to have a seizure.

Janz dialed International SOS' 24-hour assistance center. The latter called a city ambulance. While waiting for the ambulance to arrive, Janz was able to administer first aid measures due to her training as an International SOS doctor.

After her experience, Janz taught basic first aid and CPR to her *ayi*. She stresses the importance of learning CPR and first aid for any adult caregiver, whether they are parents, extended family members, *ayis*, or drivers. She also recommends building a support network, no matter how large, and establishing communication with at least two or three neighbors in case of emergency.

PHOTO: CLIFF JOHNSON (FLICKR)

“ The best first aid kit is one that you carry with you at all times ”

An Overview of Emergency Services

Though emergency medical infrastructure has improved significantly in recent years, Beijing is still a major city with traffic and transportation issues, and waiting for an ambulance may not always be the best option. Language can also be a barrier to clear communication with emergency operators. This is why Cardiopulmonary Resuscitation (CPR) and first aid training is important for adults, regardless of whether they have families. The best response to a crisis – be it health-related, a natural disaster, or an injury – is advance preparation and planning.

When responding to situations not involving one's family or friends, keep in mind that China does not have a Good Samaritan law, which would protect common citizens who attempt to provide emergency assistance from legal liability, regardless of the outcome. It is for this reason that many Chinese citizens avoid the scene of accidents and hurry by without offering help. For example, performing CPR on a victim is likely to cause some chest soreness or related minor injuries, for which the rescuer can be sued even if the victim is successfully revived. Though you may feel compelled to help, the best course of action may be to let emergency personnel handle the situation.

Though it may seem drastic, natural disasters should also be factored into any emergency preparations for Beijing residents. The city has experienced a number of these, including floods – torrential rain in July 2012 led to 77 deaths – and earthquakes. Although Beijing is not as seismically active as neighboring Japan or California, residents should remember that a 7.8 magnitude earthquake flattened the city of Tangshan less than 150km from here on July 28, 1976 and killed 250,000 people.



First Aid Kits

One simple measure you can take right away is to assemble an emergency first aid kit or preferably several to keep in strategic locations like your home, office, and car. All contents should satisfy the two important criteria of portability and practicality; the best first aid kit is one that you can carry with you at all times. Be sure to include the basics:

- A few pairs of surgical gloves made of vinyl or a non-latex material (many people are allergic to latex)
- At least 10 adhesive strips/plasters, also non-latex
- At least two sterile gauze pads each in 2-inch, 3-inch, and 4-inch sizes
- At least two rolls of gauze (not elastic wrap or Ace bandages, which can easily pull too tight and restrict blood flow)
- A barrier for giving rescue breaths, either a pocket mask or a one-time use face shield

This can all be kept in a large zipper bag, which can be packed into any reasonably-sized handbag or backpack. Large, heavy first aid

kits may be comprehensive but often contain items like pharmaceuticals that laypeople are not authorized to give out and equipment like syringes that the untrained should not use. Keep it simple and remember to keep your first aid kit fully stocked. Supplies should be checked every three months, as some items expire or dry out and need to be replaced. Other supplies to keep in your house in case of emergency include reserve drinking water, fire extinguishers for each floor of your home, rope ladders in case of fire on higher floors, and smoke hoods in case of fire.

Of equal or greater importance is to have a plan in case of an earthquake or fire, which could save time and potentially someone's life. Questions to consider include:

- Where will your assembly point be?
- What is your main route of the house or office?
- What is the alternate plan in case that route is blocked or unavailable?

Working parents and students should also take the time to find out more about their

office or school's emergency plan:

- Where are the emergency exits?
- Is there an alternate emergency exit?
- Where is the office or school's first aid kit?
- Who is responsible for it?
- Is it well-stocked?
- Who is trained in CPR and first aid?
- In the event of emergency, is there a chain of command?

Asking these questions may make a company or school realize that they lack planning for emergencies and lead them to undertake better preparation for such scenarios.

Training Courses

Perhaps you've paid for your *ayi* or driver to take a CPR or first aid training course. But are they with you throughout the night, on weekends, and holidays outside of China? In a crisis, will your *ayi* or driver have the presence of mind to take action rather than panic, even if they are trained?

The key to an emergency situation is to build a bridge between the incident and the arrival of trained medical personnel or the patient's arrival at a hospital or clinic. The more people are trained to handle emergencies, the more will be ready to handle them if they occur. See the Resources box on the next page for a list of CPR and first aid training providers in Beijing.

Disclosure

Steven Schwankert is the founder of SinoScuba, an Emergency First Response Instructor Trainer, and the managing editor of *the Beijinger* (sister magazine of *beijingkids*).



Resources

Beijing United Family Hospital (BJU) 北京和睦家医院

BJU offers separate first aid and CPR/AED (automated external defibrillator) courses for individuals. Each course costs RMB 1,000 per person in English or RMB 800 in Chinese, and lasts four hours. The combined first aid and CPR/AED course costs RMB 1,400 in English or RMB 1,100 in Chinese, and takes eight hours to complete. Courses usually take place once a month. Corporate training is also available. To book your place, contact Joy Yao at yao.chen@ufh.com.cn or 5927 7343.

Mon-Sat 8.30am-5.30pm, 24-hour emergency care. 2 Jiangtai Lu, Chaoyang District (400 891 9191) www.ufh.com.cn 朝阳区将台路2号

International SOS Beijing Clinic 北京国际救援中心

International SOS offers three courses: Generic First Aid Training, Paediatric First Aid Training, and First Aid Training for Aiyis and Drivers.

- Generic First Aid Training covers CPR/AED and basic first aid, and is given by an International SOS trainer. The next full-day session in English is on May 25 and costs RMB 875 per person. Each participant will receive an American Heart Association (AHA) and International SOS certification, both valid for two years.
- As of February, International SOS offers AHA Paediatric First Aid Training in English, which is specifically geared towards providing first aid to infants and children. The next open session is on May 27 (limited to nine participants); group sessions are also available. The course costs RMB 1,055 per person for the open session or RMB 9,500 for a group class.
- First Aid Training for Aiyis and Drivers is a full-day, Chinese-language course focusing on first aid, health, and hygiene. Topics include responding to choking, drowning, animal bites and stings; cuts, burns, chemical hazards; food and body hygiene; CPR; and asthma. The fee is RMB 380 per person (full day, lunch not included). Contact International SOS to find out when the next session is taking place.

Mon-Fri 9am-6pm, Sat-Sun 9am-6pm. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District (Clinic: 6462 9112, 24hr hotline: 6462 9100, china.inquiries@internationalsos.com) www.clinicsinchina.com 朝阳区新源里16号琨莎中心一座105室

SinoScuba

SinoScuba, a Beijing-based scuba diving center, offers two Emergency First Response courses with internationally-recognized certifications: Primary and Secondary Care (six hours) and Care for Children (four hours). Both courses cover CPR, first aid, shock, spinal injuries, serious bleeding, bandaging, splinting, and illness assessments, but Care for Children is tailored to caregivers of children from birth to age 9. Courses cost RMB 500 each and are available in Chinese and English. Contact Steven at steven@sinoscuba.com or 186 1113 3629.

CDC Emergency Preparedness and Response

The US-based Centers for Disease Control and Prevention (CDC) has an entire section on preparing for emergencies, including checklists for emergency supply kits and tips for putting together a family emergency plan. Visit emergency.cdc.gov/preparedness.

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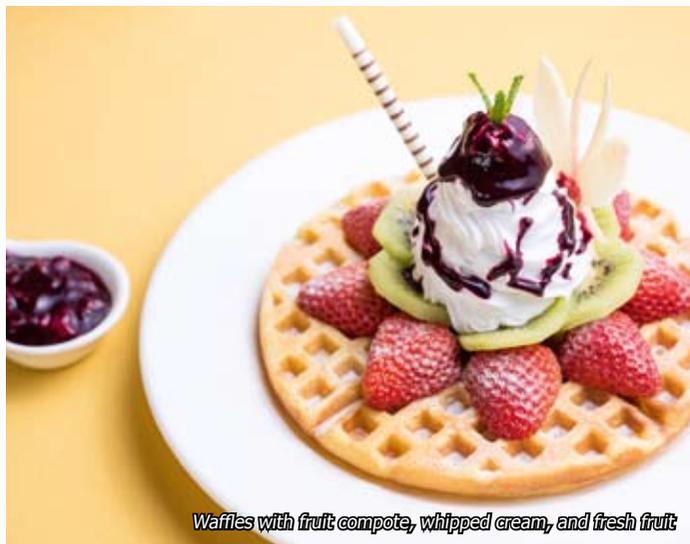
Back for More

Expat favorite Eudora Station
revamps kids' menu

by Sally Wilson



Six-year-old Jules Copeland (Dulwich College Beijing) about to make quick work of an unsuspecting waffle



Waffles with fruit compote, whipped cream, and fresh fruit

Lido's Eudora Station has been feeding hungry locals and expats alike for the past 11 years, and has built up a long list of regulars. The restaurant is especially busy between 2.30pm and 4.30pm, when many families are taking advantage of the Tea Break menu with half-price desserts and non-alcoholic drinks. The weekend brunches are also popular, with an emphasis on broadly Western and American dishes like salads, pizzas, pasta, risotto, tacos, nachos, and wings. Recently, Eudora Station re-launched with new food offerings, including a revamped kids' menu.

Our enthusiastic young diner for this shoot is 6-year-old Jules Copeland. A student at Dulwich College Beijing, Jules is British-German and has been living in Beijing since 2010. Her favorite food is pasta – especially when it's smothered in pesto sauce.

For the shoot, she tries Eudora Station's Hawaiian pizza, hamburger with fries, and American-style macaroni and cheese. Jules loves the pizza's deep and crispy dough; the burger is a hit too, with its generous beef patty, crisp greens, and toasted bun. However, her favorite dish by far is dessert: waffles with fruit compote, whipped cream, and fresh strawberries. There is plenty of food left over to take home and share with Jules' older sister, Lily.

Other dishes on the new kids' menu include seared cod with sautéed vegetables, penne pasta with tomato sauce, chicken fingers, and a grilled cheese sandwich served with tomato soup. All the kids' mains cost RMB 49 and the desserts cost RMB 35, with a la carte soft drinks and fresh juices available.

Eudora Station is a large venue spread over three floors. The first and second encompass the main dining areas, with many private rooms suitable for parties and functions. The top floor contains a large front terrace and a rear garden for outdoor dining.

Family-friendly facilities: The restaurant has both smoking and non-smoking areas. Highchairs and kids' utensils are available. There are clean, Western-style bathrooms on each floor with soap and toilet paper. Eudora Station also provides catering, take-out, and delivery.

Eudora Station 亿多瑞站
Daily 9am-2am. 6 Fangyuan Xilu (across from Lido Place),
Chaoyang District (6437 8331/8334) www.eudorastation.com
朝阳区芳园西路6号

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Tastes like a Million Dollars

The Wykes-Billingham family takes the biscuit

text by Aisling O'Brien, photos

by Dave PIXSTUDIO, Chinese translation by Patrick Li



This is the fifth year that the Wykes-Billingham family has lived in Beijing. They moved here from Kuwait for Rebecca Wykes' job as an Early Years Foundation Stage teacher at the British School of Beijing (BSB) in Shunyi where her daughters Nancy (age 14), Anna-Sophie (12), and son Dominic (10) are enrolled.

We arrive at their sunny Capital Paradise apartment on Beijing's first perfect spring day. Dominic is out with his buddies working up an appetite and collecting grass stains, so it falls to Nancy and Anna-Sophie to keep us entertained as we set up for the photo shoot and biscuit-making. Back from a sleepover, Nancy regales us with anecdotes from their game of truth-or-dare. Along with accumulating some pen graffiti on her arm, she has had to eat ketchup and cornflakes, and tell a stranger she loves them. Of the three kids, Anna-Sophie is the next generation's baker; she

informs me that she will be inheriting Wykes' handwritten recipe book, already loving inscribed with a dedication from Mom.

Today's recipe for "millionaire's shortbread" is a hand-me-down from Grandma. "When I was little my mum used to make this recipe and it's still one of my favorites," Wykes says. "She used to stand stirring the caramel endlessly on the stove but I've found a much easier recipe which allows me to make it in the microwave."

For all her baking, Wykes is a hardcore Crossfit enthusiast with a diet to match. Although she sticks to one cheat day per week, "there is always a cake or something yummy in the biscuit tin!"

As though he smells the biscuit coming out of the oven, Dominic returns home from play just in time to have his photo taken and enjoy a fresh piece of shortbread.

Millionaire's Shortbread 百万富翁酥饼 *Approximately 20 servings* 约20人份

Ingredients 成分

For the shortbread 脆饼用:

120g softened butter 120克软化黄油

60g caster sugar 60克砂糖

250g flour 250克面粉

克的炼乳

100g of butter 黄油100克

100g of soft brown sugar 100克绵红糖

For the topping 装饰用:

250g chocolate (milk, dark, or white) 250克

巧克力 (牛奶, 黑或白巧克力皆可)

For the caramel 焦糖用:

Two 400g tins of condensed milk 2罐400



3

While the shortbread is baking, put all the caramel ingredients in a microwavable bowl and microwave on high for three minutes. Remove and stir. Repeat for another three minutes. Be careful when you remove it from the microwave, as it will be very hot. Stir again. Return the mixture to the microwave for one minute, and stir again once it's done. Repeat the process and keep stirring at one-minute intervals until the caramel sets on a plate. It should be smooth, with a rich brown color like the brown sugar and the consistency of set jam. 烘烤脆饼的同时, 把所有焦糖用原料倒入一个可微波的碗内, 用微波炉高温烘烤3分钟, 取出并搅拌。取出时小心烫手。然后再加热三分钟, 取出并搅拌。再加热一分钟, 取出并搅拌, 重复直到焦糖成型。成型的焦糖应当很顺滑, 呈红糖一样的棕色, 质地似果酱。

Instructions 做法



1

Cream the butter and sugar together and add the flour. Mix all the ingredients together, then press them into a well-buttered rectangular baking tray (9 x 12 inches). 把软化黄油和糖搅拌在一起, 再倒入面粉, 混合均匀后, 将其按入涂好黄油的长方形烤盘 (9英寸x 12英寸)。



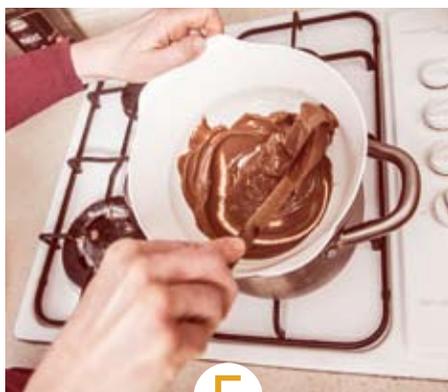
2

Bake for 20 minutes until slightly golden at 170°C. 在170度下烤20分钟至微黄色。



4

Take the shortbread out of the oven and pour the hot caramel over it. Leave the dessert to cool at room temperature, then chill in the fridge. 把烤好的脆饼拿出, 把焦糖浇在脆饼上。放在室温下冷却一会儿后放入冰箱冷藏。



5

Once the caramel is set and cool to the touch, break the chocolate into small pieces and put it in a plastic bowl that fits over a pan of boiling water. Stir the chocolate in the bowl as it melts. 当焦糖晾干之后, 把巧克力打碎成小块并且放入碗内, 把碗放在沸水中加热, 蒸发巧克力。



6

Pour the melted chocolate on the top of the chilled caramel and return the dish to the fridge until the chocolate has set. Once it's set, cut the shortbread into squares and enjoy. 把融化的巧克力倒在焦糖酥饼上, 放入冰箱, 直到巧克力冷却成型。把脆饼切成正方形小块, 然后就可以大快朵颐了。



Apricot blossoms



A tree peony



Crabapple blossoms



Peach blossoms

In Full Bloom

Beijing's finest flower festivals

by Yvette Ferrari

April and May are two of the most beautiful months in Beijing. What better way to celebrate the arrival of spring than by checking out one of the city's many flower festivals? They offer the perfect chance to pack a picnic, get some friends together, and play outdoors. Here's a rundown of eight flower festivals, the best times to go, and what to do while you're there.



Cherry blossoms



Magnolias

PHOTOS: DMYTRO KANARSKI, JK, LIZ WEST, JIMIZO, GARRY KNIGHT (FLICKR)

Apricot Blossom Festival

Did you know apricot blossoms are pink and red when they bloom and gradually turn white? Check out the sea of colors during the Apricot Blossom Festival at Fenghuangling Park. The mountain includes easier trails for families, with a small temple and occasional vendors selling snacks.

When to visit: Early to mid-April

Admission price: RMB 25

Contact: Daily 6.30am-5.30pm Nature Park, 19 Fenghuangling Lu, Sujiatuo Town, Haidian District (6245 5933) 海淀区苏家坨镇凤凰岭路19号凤凰岭自然风景公园

Crabapple Festival

Yuan Dynasty Relics Park counts more than 3,000 crabapple trees in bloom every spring. There's also a restaurant onsite in which families can take in the view of the blossoms from the outdoor courtyards.

When to visit: Early to mid-April

Admission price: Free

Contact: Daily 5am-10pm.

Yuan Dynasty Relics Park, 24 Anwai Xiaoguanjie, Chaoyang District (8464 8252) 朝阳区安外小关街24号 (近育慧南路) 元大都城垣遗址公园

Cherry Blossom Festival

In case you missed the first stage of cherry blossoms in late March, there's still time to catch the second phase at Yuyuantan Park. The park boasts over 2,000 cherry trees from more than 20 species, most of them diplomatic gifts from Japan. Other features include a lake for boating (which reaches all the way to the Summer Palace), a swimming area, and cafes.

When to visit: Early to mid-April

Admission price: RMB 10

Contact: Daily 6am-8.30pm. Yuyuantan Park, 10 Xisanhuan Zhonglu, Haidian District (8865 3800) 海淀区西三环中路10号玉渊潭公园



Peach Blossom Festival

Beijing Botanical Garden is a great destination to enjoy all kinds of greenery in spring, but the Peach Blossom Festival draws perhaps the most visitors with its thousands of red and white flowers. The Botanical Garden also includes the former home of Qing Dynasty writer Cao Xueqin and Wofo Si (the Temple of the Sleeping Buddha), which cost an extra RMB 10 and RMB 5 respectively.

When to visit: Early April to early May

Admission price: RMB 10

Contact: Daily 7am-5pm. Beijing Botanical Garden, Xiangshan Nanlu, Haidian District (8259 8771) 海淀区香山南路北京植物园



clove buds



clove flower



peony



Peony Festival

Jingshan Park boasts more than 150 kinds of peonies in a riot of colors and shapes. For the best view of the massive blooms, head north of the Palace Museum. While you're there, get a bird's eye view of the Forbidden City from the pavilion in the middle of the park.

When to visit: Mid-April to late May

Admission price: RMB 5 during peony season

Contact: Daily 6am-8.30pm. Jingshan Park, 44 Jingshan Xijie, Xicheng District (6404 4071) 西城区景山西街景山公园



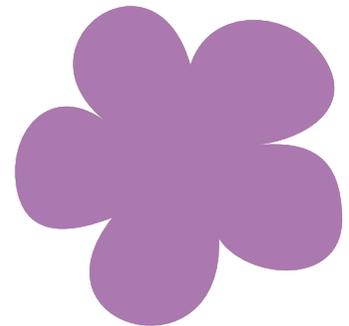
Tulip Festival

Though Zhongshan Park is noted for its rare collection of orchids, it's the tulips that take center stage every spring. The park is one of the only places to see so many in one place; you'll find them inside the greenhouse. Once you're done, take a stroll through the numerous pavilions, gardens, and temples.

When to visit: Mid-April to mid-May

Admission price: RMB 3

Contact: Daily 6am-8pm. Zhongshan Park, 4 Zhonghua Lu, Dongcheng District (6605 5431) 东城区中华路4号 (天安门西侧) 中山公园




peach flowers



Magnolia Festival

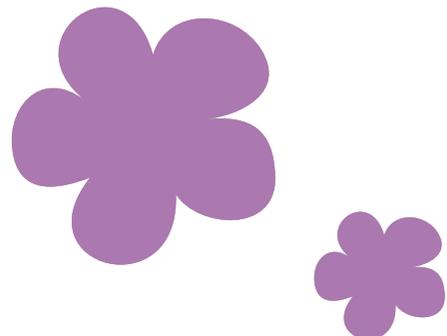
Magnolias can be spotted throughout Beijing, but usually only in small clumps of trees. Head to the International Sculpture Park in the western part of Beijing to see magnolias in huge numbers, across a variety of species and colors, and with the longest flowering periods. The kids will also have fun posing with the numerous sculptures dotting the park.

When to visit: April

Admission price: RMB 10

Contact: Daily 6.30am-9pm.

2 Shijingshan Lu, Shijingshan District
(6863 8071) 石景山区 石景山
路2号





Clove Festival

If the family is feeling adventurous, consider trekking out to Jietai Temple for the fragrant Clove Festival in Beijing's western hills. The courtyards that surround the old Buddhist temple house numerous ancient clove trees, including 20 specimens bestowed onto the temple by Emperor Qianlong during the Qing Dynasty. Be sure to also check out historical relics like the stone columns and tablets with Buddhist scriptures within the multi-yard complex.

When to visit: April or May
Admission price: RMB 35

Contact: Daily 8.30am-5pm. Jietai Park, foot of Manshan Mountain, Mentougou District (6980 5941 or 6980 2232) 门头沟区西南马鞍山脚下戒台公园内

PHOTO: LUKE PRICE



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It's the Season *(for Strawberry Picking)*

Benefit from the fruit of your labors this spring
by Nimo Wanjau, with additional research by Patrick Li

After months of self-confinement, it's time to take advantage of the warming temperatures and engage in manual labor – the fun kind, we swear – on the outskirts of Beijing. Areas like Changping, Daxing, and Huairou are hotbeds of strawberry cultivation; grown indoors in greenhouses, the many strains and varieties of fruit allow Beijing residents to pick their own strawberries as late as June. The little red fruits are a great source of vitamin C, fiber, antioxidants, minerals, and flavonoids, and can be eaten raw, baked into desserts, used as toppings, or made into preserves.

Beijing's pick-your-own-fruit farms are staffed by locals, so brush up on your Chinese or get a Chinese-speaking friend to call ahead and enquire on your behalf. Most farms charge by the jin (500g) and don't necessarily have restaurants nearby, so it's a good idea to pack a lunch, some snacks, and enough hydration. The suggestions in this article are just a starting point; even if your chosen farm isn't open on the day of your visit, just drive around the area and you'll be sure to run into another.



Changping District

The largest strawberry-producing region, Changping District, has its own website (www.changpingcaomeiwang.com) dedicated to strawberry producers. Though it's in Chinese only, it has a handy list of addresses and contact information for each farm in the area. Located close to Xiaotangshan, the area in and around Xingshou Village is the largest strawberry-growing region in Changping. There are many varieties of strawberries, the most popular being Queen Emperor (imported from Japan) and Hongyan (known for its juiciness). China Aviation Museum isn't far from here, so consider making a detour if you have kids who are into planes.



Beijing Nankou Farm 北京市南口农场

One of the more established agri-tourism centers, Nankou allows visitors to pick their own fruits, dig up herbs, buy organic products, or "adopt" a tree. This farm has its own restaurant.

Price: RMB 50 per jin

Contact: South Nankou, Changping District (6075 5064, Mr. Liu: 139 1077 6779, Mr. Wang Pengfei: 139 1031 5570, bjnknfruit@163.com) www.chppg.com 昌平区南口镇南

Juanzi Strawberry Farm 娟子草莓农场

Covering an area of over 50 acres, Juanzi Strawberry Farm offers both organic and non-organic strawberries. The latter cost less but are hardier; the former are grown naturally but must be picked with care, as they bruise more easily.

Price: Varies according to variety. For example, Hongyan strawberries cost RMB 60 per jin while Queen Emperor costs RMB 80 per jin.

Contact: Changjin Lu, Xiyong Village, Xingshou Town, Changping District (6172 2828) 昌平兴寿镇西营村 昌金路

Tianyi Strawberry Ecology 天翼草莓园

Founded in 2001, Tianyi is one of the longest-running strawberry producers and covers a whopping 5,930 acres.

Price: RMB 100 per jin (Hongyan), RMB 25-80 per jin for other varieties.

Contact: West Gate of China Aviation Museum, Xiaotangshan, Changping District (6172 1718/9) www.tianyi-caomei.cn 昌平区小汤山镇中国航空博物馆正门西侧



Huairou District

Hongmei Garden 红梅园

Hongmei has 30 greenhouses with organically-grown strawberries. There's also another farm called Zhongtian Hanhai nearby where visitors can pick their own pears and prunes.

Price: RMB 100 per *jin*

Contact: North Chawu Village, East Qiaozi Town, Huairou District (6967 6392, 134 5685 5878) 怀柔区桥梓镇东茶坞村北 (水长城方向)

Yuqing Garden 清寓庄园

The pick-your-own fruit section of Yuqing Garden is part of a team building location with areas designated for paintball, fishing, and dining. There's also a picnic and barbecue area where you will find families setting up tents and grills.

Prices: RMB 30 per *jin*

Contact: 100m North of Hongjun village, Huairou Town, Huairou District (6067 1510, 137 1685 9115) 怀柔区怀柔镇红军庄村北100米

Red Sun Fruit Picking Garden 北京怀柔红日采摘园

While this farm is perhaps better known for its pears, they also have a tasty selection of strawberries. Be sure to ask the for the locals' help for finding the strawberries section.

Prices: RMB 30 per *jin*

Contact: Dashuiyu Village, Huaibei Town, Huairou District (137 1659 1895) www.hrhongtaiyang.com 怀柔区怀北镇大水峪村

Daxing District

Beijing Royal Garden 北京御景园草莓种植基地

This farm has nearly 50 acres worth of crops and dozens of organic greenhouses, and specializes in growing huge, juicy strawberries that can weigh up to 100g each.

Visitors can also pick other produce, such as Dutch cucumbers, small pumpkins, tomatoes, bell peppers, and more.

Price: RMB 100 per *jin*

Contact: Chilou Village, Changziying Town, Daxing District (400 007 5757 ext 58084, 130 5179 8777) 大兴区长子营镇赤鲁村

Chidaofeng Strawberry and Cherry Farm 赤道风草莓樱桃采摘园

Covering around 33 acres, Chidaofeng has 30 strawberry greenhouses, six of which are cultivated using organic methods. There are many varieties, including Hongyan. The farm can accommodate anywhere from 500 to 1,000 visitors at any given time. There is also a small zoo nearby.

Price: Prices tend to be higher during high season (Chinese New Year and spring) – RMB 100 per *jin* on average – but might tail off to around RMB 10 per *jin* by the end of May. Most of the time, they average RMB 30-50 per *jin*.

Contact: Zhanggongfa Village, Panggezhuang Township, Daxing District (8925 3968, Mr. Li: 133 2116 4068) 大兴区庞各庄镇张公堡村



Break Away

Useful phrases and vocabulary for day trippers with limited Mandarin

by Aisling O'Brien, translation by Patrick Li



GETTING THERE

Say:

We would like to go to...

Wo men xiang qu ...

我们想去...

How much does it cost?

Duo shao qian?

多少钱?

Where do I get the bus to...?

Na li cheng qu ... de gongjiao che?

哪里乘去...的公交车?

Where is...?

... zai na'er?

...在哪儿?

Can you show me on the map?

Keyi bang wo zhi yixia di tu ma?

可以帮我指一下地图吗?

Where can I get a taxi?

Nali keyi da dao che?

哪里可以打到车?

Does this bus stop at...?

Zhe ge gong jiao che qu ... ma?

这个公交车去...吗?

I'm lost.

Wo mi lu le.

我迷路了。

I need help.

Wo xu yao bangzhu.

我需要帮助。

China Aviation Museum

Hangtian Bowuguan

航天博物馆

Zoo

Dongwuyuan

动物园

Listen for:

It's this way

Zhe me zou

这么走

Turn right at the first intersection

Di yi ge lu kou you zhuan

第一个路口右转

Turn left at the second traffic light

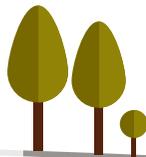
Di er ge hong lv deng zuo zhuan

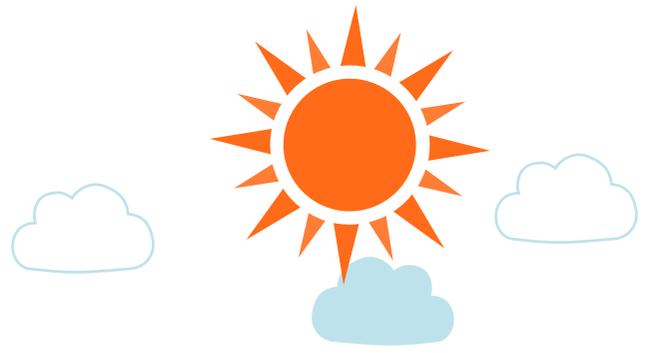
第二个红绿灯左转

I'm sorry, I don't know

Dui bu qi, wo bu zhidao

对不起, 我不知道





PICKING FRUIT

Say:

How much does this cost?

Duo shao qian?

多少钱?

How much for 500g?

Yijin duo shao qian?

一斤多少钱?

What produce can I pick?

Wo keyi zhai shen me?

我可以摘什么?

Are these organic?

Shi youji de ma?

是有机的吗?

Listen for:

Strawberries

Caomei

草莓

Apricots

Xing or xingzi

杏, 杏子

Peaches

Tao or taozi

桃, 桃子

Cherries

Yingtao

樱桃

Cucumbers

Huanggua

黄瓜

Pumpkins

Nangua

南瓜

Tomatoes

Xihongshi or fanqie

西红柿, 番茄

Bell peppers

Qingjiao

青椒

Apples

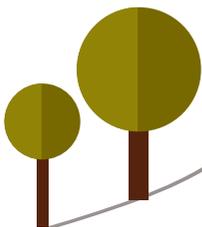
Pingguo

苹果

Pears

Lizi

梨子



FACILITIES AND SERVICES:

Say:

Where is the restroom?

Xishou jian zai na'er?

洗手间在哪儿?

Where is the nearest restaurant?

Zui jin de can ting zai na'er?

最近的餐厅在哪儿?

Where can I get something to eat?

Na'er you mai shi pin de?

哪儿有卖食品的?

Where can I buy some water?

Na'er you mai shui de?

哪儿有卖水的?

Can I pay by card?

Keyi shua ka ma?

可以刷卡吗?





Lex in La Sagrada Familia



Left to right: Cici Zhang, Lex (age 5), and Alex Lau at Casa Batlló



La Boqueria Market just off La Rambla

It's Spain Fun!

The Lau family rambles through Barcelona, Madrid, and Segovia

by Alex Lau

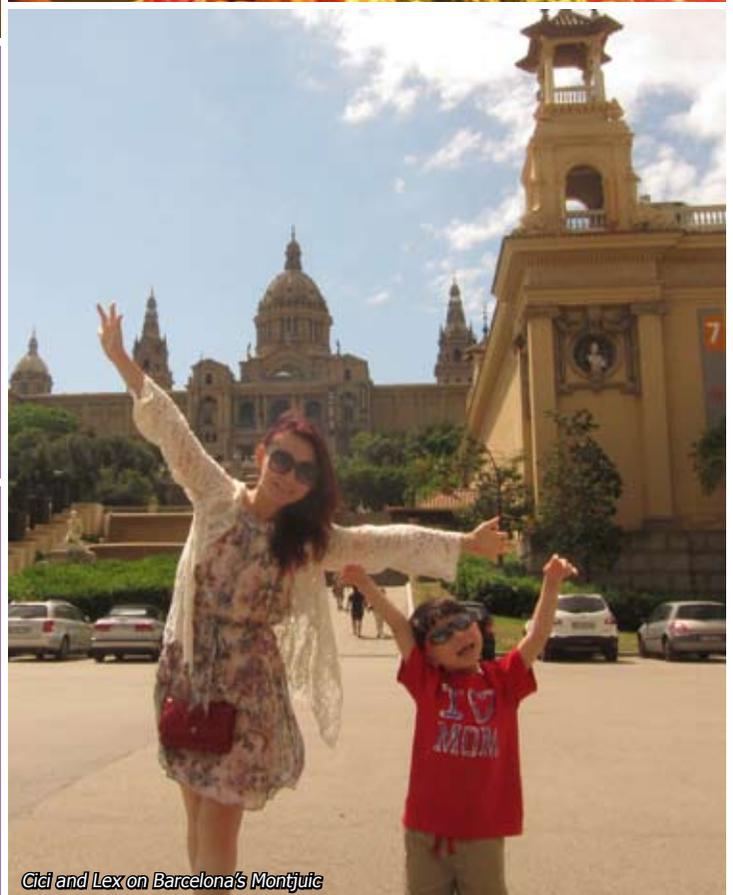
Travelers: Alex Lau, his wife Cici Zhang, and their son Lex Lau (age 5), who attends Yew Chung International School of Beijing

Destination: Barcelona, Madrid, and Segovia in Spain

Travel dates: June-July 2014

Travel plans: The Laus flew from Beijing to Barcelona with Air China.

Cost: Roundtrip airfare came to approximately RMB 5,000 per person. Accommodations at the Arai were approximately RMB 5,200. Admissions to the various museums and attractions came to around RMB 1,300 for three people. The "hop on, hop off" sightseeing bus was RMB 170 per person.



Cici and Lex on Barcelona's Montjuïc

PHOTOS: COURTESY OF ALEX LAU

Two longtime friends invited us to their wedding in Barcelona and there was no chance we would miss their special day. This provided the motivation for our adventure to the heart of Catalonia. We stayed in the central Old Quarter just off La Rambla, which allowed us to enjoy the city's quaint charm and lively modern edge.

Barcelona's architecture packs a punch, with cathedrals, historic ruins, and eccentric buildings within easy walking distance. No other city celebrates the influence of renowned artist Gaudi like Barcelona, so my wife Cici – who is a big fan – was in heaven.

Our hotel was in La Rambla, a busy area at virtually all hours, with street artists, musicians, flower merchants, tarot readers, a huge fresh fruit and seafood market, convents and monasteries scattered along its wide tree-shaded street. Given its proximity to the university, simple eats as well as fine dining options were available.

Casa Batllo, one of Gaudi's most famous works on the prestigious Passeig de Gracia (Barcelona's Fifth Avenue), was among our first stops. Casa Batllo is a UNESCO World Heritage Site comprising a block of family apartments. Symbolizing a dragon, the building showcased economical and "green" architectural touches long before sustainability became a trend. Lex was too young to appreciate the artistry of the dragon but was inspired by its playful imagery, fantasy, and mystique.

The Catalans are proud of their regional cuisine; we were overwhelmed by the tapas on offer. Our favorite was *jamon*, a type of dry-cured ham that we often ate for breakfast, lunch and dinner. I was tempted to smuggle a whole leg into our luggage while Cici pondered how to transport a tub of *gelato*.

Park Guell, an old private housing estate reminiscent of fairytales, was our son's favorite. Gaudi was once again behind this miniature garden-city with treasures like a kid-friendly cave, striking city views, and the unique tiles and mosaics that make Barcelona what it is.

La Pedrera (also known as Casa Mila after the family that had owned

it) was truly memorable. This huge building without a single straight wall was one of Gaudi's last projects. He totally departed from the conventional idea of what an apartment and its surroundings should be.

By chance, we decided to walk by La Pedrera after dinner one evening. We were surprised to learn that the evening tour – limited to just 30 visitors – had two spots left and we could take Lex too. We avoided the daytime crowds, enjoyed wine and *hors d'oeuvres* as part of the tour, and took home some amazing photos.

We also made a short trip to Madrid. An acquaintance drove us to Segovia, a UNESCO World Heritage City located an hour away. We managed to catch the king's coronation, with the royal couple's horse and carriage passing by us on the way to the palace.

Barcelona is great for kids who are at an energetic age. The sun sets as late as 8pm in the summer, keeping crowds on the streets. But before you know it, the afternoon slips into evening and you realize you haven't had dinner while filling up on *gelato*.

Travel Tips

- Barcelona has two large sight-seeing bus services with a "hop on, hop off" system. They are a convenient option for families on-the-go.
- Admission to museums and hot attractions sometimes mean long lineups, often on a scale many of us are accustomed to in Beijing. To avoid having to wait underneath the sweltering Barcelona sun, book tickets online in advance. Many attractions have a will-call window, or allow you to print tickets so you can simply waltz up to the door. Book early, since popular destinations sell out quickly.
- It's helpful to learn a few simple words and phrases in Spanish. I struggled to recall my Spanish lessons from elementary school, but even Lex managed to retain some common phrases to get us from one destination to another with taxi drivers!

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Whatcha Cookin'?

Eat real food, say Michelin-starred
Chef Marc Fosh and Mosto
Executive Chef Daniel Urdaneta

by Yvette Ferrari, photo by Dave PiXSTUDIO



Marc Fosh signs autographs and poses for photos with DCB students

“Relying on supermarket chains to feed you processed foods is never going to be the solution”

“What’s the first dish you ever made?” asks a Dulwich College Beijing (DCB) student to Michelin-starred Chef Marc Fosh. It is mid-March and the British food personality is in town for a cooking demonstration and Q&A with DCB’s Junior School students.

“I think the first meal I ever made was probably a simple roast chicken and it still is my favorite dish today,” he says. “I love to flavor a roast chicken with some garlic, thyme, and some lemon and put it in the oven.”

This simplicity remains at the heart of Fosh’s food philosophy today, with a focus on fresh ingredients and ease of preparation. Fosh describes himself as “an ambassador for good food.” As the father of three teenagers, he firmly believes that nutritious food and a love of cooking are essential for good health.

Beijing is the internationally-renowned chef’s first stop in Asia as part of his tour of Dulwich College International (DCI) schools. By the time this article comes out, Fosh will have completed two weeks’ worth of cooking classes, talks with students and staff about nutrition, and collaboration with caterers at Dulwich campuses to develop “Fosh Tuesdays,” a set of recipes to be included in the schools’ weekly menus. To complement the tour, DCI also created a recipe box containing original Fosh recipes as well as 30 recipes submitted by members of the Dulwich community and hand-picked by Fosh.

Fosh is one of Europe’s most celebrated culinary experts. Though classically-trained in French cuisine in London, it was in Spain that

Fosh developed his signature passion for Mediterranean cuisine and became the only British chef to be awarded a Michelin star in the country. He has lived in Spain for over 20 years and opened Simply Fosh restaurant in Palma de Mallorca in 2009, earning another Michelin star along the way. Additionally, Fosh writes weekly recipe and food columns for various newspapers and produces his own Mediterranean food magazine called Fosh Food.

With food scandals rife in China, it’s more important than ever to choose unprocessed, quality ingredients from trusted sources like organic farms and farmer’s markets. With springtime finally here, now is the perfect time to re-examine your family’s buying and eating habits.

To gain further perspective, we also speak with Beijing-based Daniel Urdaneta, father of a 6-year-old boy and executive chef for Mosto Restaurant Group. The Venezuelan native has won Chef of the Year awards in multiple publications since the 2008 opening of Mosto, the group’s first restaurant. The group also includes Modo Urban Deli and Moka Bros, the latter of which is particularly known for its commitment to fresh ingredients and healthy dishes.

Fosh and Urdaneta may not necessarily see eye-to-eye about the specifics of meal planning at home, but they do agree on two fundamental principles: making tasty, wholesome meals is easy and igniting your child’s love for food starts with a simple invitation. The two chefs chat with us about nutrition and cooking with your kids, as well as offer a few practical tips to make mealtime more fun. Happy cooking!



Fosh demonstrates how to make an avocado dip

Nosh with Fosh

What's your cooking philosophy?

For me it's all about fresh, local ingredients. I look for textures, colors, variety, and strip it down to the basic flavor of what things should taste like. For example, you want a carrot to taste like a carrot. Once you focus on the most important thing – the ingredients on a plate and you aren't clouding them with anything else like heavy cream and butter – the byproduct is that it becomes really healthy.

What are the main takeaways from your cooking classes?

Simplicity. If you're using fresh ingredients and you're not over-complicating things, you can create something in a short space of time that's very nutritious. It's about inspiring people to cook, to have fun in the kitchen, and maybe ignite a little bit of a love for food. I like to make dishes people can prepare at home because if it seems too hard, then it's not really inspiring. There's not much point in me coming here and doing our Michelin dishes.

You have your hands full with three teenagers. Do they cook?

They all cook a bit. It's important to try and get everyone involved and let them know what good food and bad food is. I'm trying to inspire my son to become a chef and go into the business and he's resisting at the moment. I would be really happy if he went down this road because it is a great job if you're dedicated. But it has to come from your heart.

Why is learning to cook so important?

As you get older, cooking for yourself is a very important part of your life – or it should be. Unfortunately, people who don't cook for themselves don't generally have great diets because they're always ordering from a restaurant or ordering takeaway. It shouldn't be a chore to go into the kitchen and cook; it should be something you're doing because you want to nourish your family and the people you love.

Do parents need to like cooking in order to inspire their children?

I think we sometimes lack that drive and inspiration because we're busy, and times have obviously changed from when my grandmother would spend all her time in the kitchen cooking for the family. But there are also ways to cook very simple, healthy food very quickly. So if you have a love of cooking yourself, you can inspire your own children.

How can parents get kids interested in cooking?

It's about tiny steps. Make sure it's something they're going to enjoy eating. It's getting them on a ladder to where they think they can do something and then trying to get them more involved. Kids' attention spans can be very limited, but if you start off with something they're excited about, it's a good in. Unfortunately, normally it is dessert. But at least they get a feel for food; they get to touch it and see there is a process involved, and realize that everything doesn't come pre-packed.

What suggestions about diet do you have for teens going off to college?

Fresh fruits and vegetables are actually cheaper than protein. It's about buying sensibly and buying every day that you're going to cook. The weekly shop is an idea I think is totally wrong. Spend that time in a market, look at what you want, the prices you're paying, and then cook what you buy so you're not wasting. In certain ways, teens are easier because most of them realize that cooking is a fairly basic essential in life. When they want to become independent they might realize that, my God, they might actually have to make a *spaghetti bolognese* themselves.

What are your main concerns about nutrition as both a chef and a parent?

One facet of being a chef that we don't consider enough is that our job is actually to nourish people and make people feel good through food. You obviously want the food to taste great but it should be healthy so hopefully the customer is going to live long enough to come back to your restaurant. If you overload food with heavy sauces, customers aren't going to feel invigorated. From a parent's standpoint, you want your kids to have a well-balanced diet and understand that everything they eat has an effect on what they do.

Speaking of food with an effect, sugar is the latest controversial food item. What's your opinion?

Sugar is a massive problem because a lot of people are eating lot of processed foods that contains high levels of it and they don't even

know they're eating it. Of course, labeling is a problem with a lot of other "healthy foods" like breakfast cereal and orange juice as well. The shocker for a lot of people is when you analyze them and realize they're packed with sugar. Again, this goes back to the basic premise that if you're cooking for yourself and buying fresh ingredients, you don't have to worry about these things. Relying on supermarket chains to feed you processed foods is never going to be the solution.

What's your advice on preparing meals that don't require a lot of planning?

People tend to want to do too much. One of the things people say when they look at a complex dish is that it looks difficult to make, but once you strip down the components of it, it's all quite simple. A lot of great recipes start with onion, garlic, and tomatoes. Rosemary and thyme can perk up any dish. I love coriander, though basil is my favorite herb in the summer.

Good olive oil and salt are essentials for me. A lot of people don't realize that olive oil deteriorates very quickly; many people will buy olive oil, use a little bit, put it away in the cupboard for two years, and get it out now and again. After a year, it'll be totally useless. It's important to invest in a good salt. There's a lot out there and in Spain we use *flor de sal* [hand-harvested sea salt]. It's got a purer flavor so you can use less in your cooking. It's basically the first layer on top of the salt marsh and it isn't processed. It's the processing that takes away all the natural elements and minerals so you're only left with sodium and chloride.



A DCB student asks Fosh a question during the Q&A session



Mosto Restaurant Group Executive Chef Daniel Urdaneta with his 6-year-old son, Andrés

Ask a Bro

Daniel, why does Moka Bros focus on going back to the basics?

It mostly comes from my childhood in Venezuela. My mom or someone was always home cooking; there was always something fresh. Of course, times have changed and people are busier, so it's not that easy. But I think people are now going back to those roots and are starting to be healthier about what they eat every day, which is why we decided to create the concept.

Tell us a bit about Moka Bros' cooking classes for kids at Solana.

Now that we have Moka Bros in Solana, we have a lot of families and thought "Why don't we start involving kids and families?" We decided to teach kids how to make a recipe, eat it, talk a little about what healthy food is, and how fun it can be to eat healthy. Kids are really good because they observe a lot and like to have fun. We did classes twice with small groups of nine or ten and they were successful. Timing is a little complicated right now, but we're looking to do more.

Does your son cook with you at home?

Yes, he does. He got interested based on the fact that I'm a chef but he really enjoys it. Of course he can't really help too much yet but he helps me a little and pretend cooks by playing with toys.

How can parents get their kids interested in cooking from an early age?

My best advice is to just invite them and to make something that can be fun for them. Kids usually follow by example. For them, cooking is a game, especially if they're young. Plus, it's a good way to spend time together. Don't make anything too complicated or have them cut, necessarily. You can have them assemble a sandwich or make dough. Just explain what you're doing so they understand it. For sure, they're going to have fun and ask you to do it again.

How can parents instill a love of cooking in their kids?

The first part is you need to cook; kids aren't going to come by themselves. Even if you have an *ayi* and you ask her to cook with the



kids, it's never going to be the same. Parents are parents. You can always send them to a cooking class but if you want to make it fun, do it at home.

What are your main health concerns in Beijing, as both a parent and chef?

Like everybody else, my main worries are pollution and food sourcing. Nowadays, people are waking up to knowing where their food comes from and trying to follow the chain, but this is still very new. In the US, a lot of people are tracking where their food comes from but a lot of people don't even stop to think whether to care about this or not. On the other hand, it's complicated in a place like China to have whole control over where exactly everything comes from. We try to assure we do everything in the best way. Things will start changing and one day, China will be on top of it like many other places.

Do you have tips for parents and other caregivers on how to prepare simple, wholesome meals that don't require a lot of work?

First, do research. You can plan your week. Go to the supermarket and buy what you can use up during the week. Have fresh produce in your fridge. There are meals you can cook in 20 minutes if you have produce in your fridge. Have vegetables, fruits, things like dried pasta, and rice, and whatever you do, try to do it fresh.

Pasta is good, especially for kids. Don't use a sauce, use tomatoes instead. Cut them up, use a little garlic, and sauté it for 10 minutes. It tastes even better and it's fresh. You can just cut up broccoli, boil it in water, blend it, and you have a soup. You can add any vegetable that your kid doesn't usually like to eat raw, like spinach, and either add it to something or make a soup. It's easier for them to eat it if it's blended and they don't see the whole, weird vegetable on their plate. If you want to be a little healthier, cook brown rice the day before and you can add to it for dinner. If you want to serve [food] fresh, you don't need to do too much. It's fast and it's better than ordering pizza.

What items are stocked in your fridge at home at all times?

There's always seasonal fruit, vegetables, and pasta. I always go for regular pasta because I'm a chef so I don't usually go for the low-carb option. There's always plenty of tomato and onion, and there's always cheese. I try not to use too much but it's always in my fridge. It doesn't matter what people say about cheese, I love it.

Resources

Moka Bros

1) Sun-Thu 11am-10.30pm, Fri-Sat 11am-11.30pm. 1/F, Nali Patio, 81 Sanlitun Lu, Chaoyang District (5208 6079, nihao@mokabros.com), www.mokabros.com 朝阳区三里屯路81号那里花园1层; 2) Daily 10.30am-10.30pm. Lakeside Dining Street (east of Element Fresh), Solana, 6 Chaoyang Gongyuan Lu, Chaoyang District (5905 6259) 朝阳区朝阳公园路6号蓝色港湾商业区湖边美食街

Farmers' Markets

The following is a partial list of local farmers' markets:

Farm to Neighbor (F2N)

This weekly Sunday market in Gulou will expand to Shunyi on Saturdays starting from this month. In addition to the usual selection of fresh foods, F2N will present workshops and fun activities related to food, cooking, gardening, and the environment. To learn more about their educational programs, follow username "farm2neighbors" on WeChat. Starting in May, the market will move outdoors to the open space behind Starbucks in Pinnacle Plaza.

Beijing Organic Farmers Market (Country Fair)

This farmers' market takes place two to three times per week and is held in different locations. To join the mailing list, email farmersmarketbj@gmail.com.

Veg*n Bash

This monthly market held at the Canadian International School of Beijing brings together farmers, restaurants, small business owners, and designers to sell vegan and vegetarian products, fresh produce, green clothes and accessories, and more. For more information, email theveganbash@hotmail.com.

Other

Beijing Organic Consumers Association (BOCA)

This Yahoo group allows Beijing residents to exchange information about nutrition, health, and organic resources. health.groups.yahoo.com/group/beijing_organic_consumers

ROLE CALL

BWYA students debate the true meaning of family

by Yvette Ferrari

Fifty years ago, the ideal family was considered to be Mom, Dad, a couple of kids, and a Golden Retriever. However, as times have changed, so has the definition of family. If we've learned anything from the modern families in this month's issue, it's that families come in all shapes and sizes. To get the next generation's take, we chatted with four Beijing World Youth Academy (BWYA) students.

How does where you come from shape your idea of family?

Jessica: I was brought up in an American-Taiwanese family. My mom taught me more traditional Chinese ideas while my dad taught

me to be more open-minded. Sometimes my teachings clash.

Kevin: We come from Finland, but both of my parents are Chinese and we are quite open-minded and modern.

It's different from a Chinese family, where the kids have a lot of activities and rules to obey.

Sophie: Being raised in China, I don't know the concept of having a sister or brother. To me, a brother or sister is a normal friend you can talk to.

Maxim: Both of my parents are Russian and maintain tradition as much as possible. As someone who grew up outside of Russia, I notice I value Russia more than some people who actually live there.

What is family?

Maxim: People who are biologically related to you. Extended family like a brother-in-law or stepparents should be considered family too, because they impact how you develop.

Kevin: One definition is a community with biological relations and another would be [one] with shared goals who care about each other. I see my class as a big family.

Jessica: I have lots of "aunties" who are my parent's friends. I think they count as family because they impact your life greatly.

Sophie: I define family as a group of people who trust each other and put their relationship above things like money.

How has the idea of the traditional family changed over time?

Jessica: In old days, families were way larger than they are now.

Maxim: Maybe the size has changed, but the concept hasn't.

Kevin: How can you determine whether it's changed when the word itself is vague?

Maxim: I wouldn't say it's very abstract. It's easy to tell who is in your family and who is not.

Kevin: Maybe it's easy to you because you see family as only people who are biologically-related. But I [consider] my good friends as part of my family. They're my brothers and sisters.

Maxim: Still, aren't they friends and not family?

Kevin: In a wider definition, you can also classify them as family.



PHOTO: SUJ

"I define family as a group of people who trust each other and put their relationship above things like money"

What are some examples of modern families?

Kevin: Kids in orphanages see each other as brothers and sisters and the people who take care of them as moms and dads.

Sophie: There are gay and lesbian families and they live perfectly fine, just like anyone else.

Maxim: Don't you think that children who grow up in a same-sex family would not receive a full education or all the traditions they would if they were in a family with one male and one female?

Jessica: There are general ways that men and women tend to think, and a family with both genders might be more influential than same-sex families.

Kevin: Same-sex families might have less influence from the other gender, but if they have the guts to be together, they probably see the world with a different perspective and have different values.

How does the media shape your perception of family?

Maxim: I grew up seeing American, Russian, and some Korean media, and it's interesting how they're different even if some shows have similar storylines. Korean dramas, for example, seem so fake but I realize it's probably just my feelings, as someone who hasn't encountered the culture.

Sophie: When you watch TV commercials showing a perfect family, it's like seeing a painting; it's above the standard of what is actually possible.

Is there such a thing as an ideal family?

Jessica: A two-parent family is better than one.

Sophie: Single-parent families are fine because the child won't have favoritism for the other parent.

Maxim: One parent can do a great job raising children, but you learn more if you see two people interacting. It gives [the child] an example of how to communicate with others.

How do different cultures define family?

Sophie: Religion affects the value of family. In China for example, Taoists believe you should worship the generation before you. But no one is perfect, so it doesn't make sense.

Maxim: All religions though, [whether it's] Islam or Christianity, basically say you shouldn't disagree with your parents.

Kevin: In Muslim culture, a man is allowed to marry up to four women and that can heavily influence people's views about family as well as gender.

How do you envision your future family?

Kevin: With someone of the same culture, because it would be easier to live with a person if you eat the same kinds of food and there wouldn't be too many disagreements.

Maxim: I wouldn't necessarily need to be with someone of the same nationality, but someone close in terms of culture.

Jessica: Someone with the same nationality and culture. I would like to stay in China or close to Asia. I want to be close to my Taiwanese family.

Sophie: It depends on the pollution and whether the problems in China get better, because I don't want to face unknown danger. If it gets better, I would stay in China because it's my homeland.



Students from **Side by Side** fill April's **Blank Canvas**



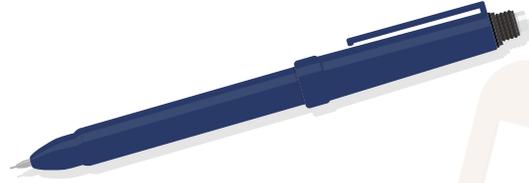
Dominic, 15, UK/Canada
My flower has eight petals.



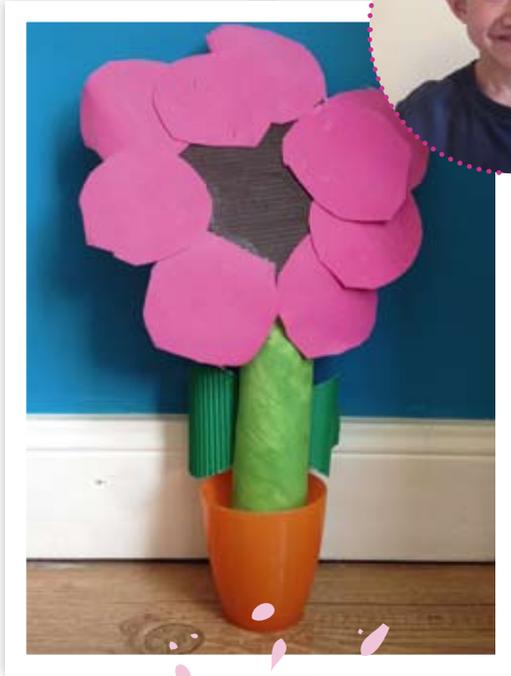
Eli, 9, US
I traced a cup to make the petals and the leaves.



Eric, 15, Denmark
My flower is in an orange pot.



Ian, 6, US
My flower is orange.



Kester, 8, Singapore/Malaysia
My flower is pink.



Max, 14, New Zealand
My flower has yellow petals.



The Story of My Wife

Some families are made, not inherited

by Christopher Lay



About the Illustrator

Seventeen-year-old Mike Li is an A-Level art student at Harrow International School Beijing. His illustration is a free sketch in charcoal based on an image of a war orphan he had in his head, with elements of a Cambodian fresco in the background.

When you see a child begging on the street, what do you think? Perhaps you ponder their plight or wonder if someone is making them beg – or maybe you simply look away. But when I see a kid begging, I'm reminded of my wife.

Savvy wasn't born into a life of ease and comfort, where she could count on two parents to watch over her as she grew up. Her life started in a rural village in Cambodia. Had she been born a generation sooner, she probably would have stayed there, but the life of a subsistence farmer's wife was not to be her fate. Savvy was orphaned in the Cambodian Civil War.

Despite the lack of a family and her extreme youth (she was 4 or 5 at the time), Savvy found her way to a refugee camp on the border with Thailand. In order to survive, she started begging for food outside a makeshift restaurant. It was her eloquence and demeanor that caught the attention of a young newlywed refugee couple. Using formal language, she told them that if they could spare a little food or money, she would pray for them at the temple. Touched by her words, the couple decided to "adopt" her. Once again, Savvy's fate took a drastic turn.

Savvy found herself thrown into a family that had suffered nearly as much loss as she had. The new bride had lost her own parents and five of her siblings. Against all odds, somehow she and her remaining four brothers and sisters had managed to stay together. Since Savvy was around the same age as the youngest brother, her new guardians treated her like a little sister than a child. When the family received refugee status in the USA, Savvy went with them and once again her fate was forever altered.

In America, Savvy overcame a host of challenges: a new language, a new culture, and new rules. When her guardian gave birth to a daughter and then a son, she called upon Savvy to help care for them

even though Savvy was but a child herself. There was no choice, since their mother had to work two jobs to make ends meet. Denied the chance of any social life, Savvy excelled at school and earned scholarships for both her undergraduate and graduate studies.

When I met Savvy as an undergraduate at Portland State University, I had no idea about her past and I knew nothing of Cambodia. The more I learned about her, the more I admired her spirit and determination. I had never met a person with their life so planned out; she had so much she wanted to accomplish and she knew what she needed to do to make it happen. Somehow, she found a way to alter the plan to include me.

This June, it will be 20 years, six countries, 12 moves, and three kids since we threw in our lot together. So many unexpected things have happened that it is difficult for me to predict what the next three years will look like – let alone the next 20 – but that will not stop us from planning.

Even now, it always gives me pause to see a child begging for handouts. I cannot help but wonder what the future holds for these children – the most vulnerable in society. What will be their fate? Who will they grow up to become, to love, and to nurture? I can only pray that they are half as fortunate as my beloved.



About the Writer

Christopher Lay hails from scenic Ashland, Oregon and has lived in Beijing for six years. When not chasing after Reina (age 7) and twins Bryson and Ryder (2), he does freelance architectural and portrait photography. View his work at chrislay.com.

ILLUSTRATION: MIKE LI

Reality Check

Redefining the modern Chinese family, one televised appearance at a time

by Ember Swift



About the Illustrator

Sixteen-year-old Xiaoqing Zhao is a Year 12 student at Harrow International School Beijing from China. She is currently taking A-Level Art. Her illustration is based on combining personal elements from Ember's family and Chinese culture.



Last year, I found myself ushered through the doors of Chinese TV. With a career in entertainment, the world of television is not one that I'm unfamiliar with, but since having our daughter in 2012 and our son shortly after in 2013, I have been living on the fringes of the performance world. What's more, this was my first experience on *Chinese TV*.

Ironically, it was my motherhood and not my music that got me the gig. *Mama Mia* (妈妈咪呀) is a reality TV talent competition designed for mothers; in the end, I progressed to the final round to "win" third place nationally. I had to laugh when I examined my "prize" backstage and noticed the following characters engraved on the slick glass trophy: "Third Place Chinese Mother."

Of course, I'm not Chinese; I'm Canadian. I have a Chinese husband and two bi-racial kids (and the very strong presence of my mother-in-law), but my blonde hair and green eyes set me apart. Coupled with this intercultural love story and my ability to speak Mandarin, the network had their bait for ratings held tightly in hand. That begs the question: Was my position in the top three connected in any way to my talent?

My husband balked at this question. In that moment when his face was poised in reaction, the words having yet to fall from his lips, I expected a pat answer of reassurance. "The real question is," he said, lowering his gaze, "Is it really a competition?"

We both laughed. And, shiny glass trophy aside, my real prize was this: to have become a symbolic part of China's national movement towards a modern definition of family. The ensuing barrage of requests to be on other television shows confirmed this perspective. And while that may seem like a good thing, the "reality" of reality shows is that each appearance requires at least a week's time as well as the full participation of my husband, in-laws, and children (whose needs are irrelevant to filming schedules), and each performance is entirely (or quite nearly) unpaid. The latter is particularly frustrating when you're required to take time off from paying jobs. Is the symbolic role worth

it? Do I now have a responsibility to this movement?

"If you come on our show, your celebrity status will rise!" the directors say via recorded WeChat messages, incorrectly assuming my ultimate goal. Typically, they are also implying that gratitude ought to be directed at the network, not the participant.

The truth is, what I *really* hope for China's future is that people like me – foreigners married to nationals who are integrated into the culture, speak the language, celebrate the holidays, feast on *jianbing* – may one day no longer be newsworthy. Will mixed marriages one day be seen as normal, common, boring even? Perhaps this is an imposition of my Canadian ideals, but I still dream of a more racially-inclusive China.

For now, watching the video memory of it all, all I see is the camera zooming in on my kids while the hosts circle my husband and mother-in-law in search of either comical or heartwarming cultural differences. You can almost hear the rushing swoop of their collective hope to prey on possible conflicts between us. Oh right, and the afterthought: a conciliatory song.

Honestly, I think Chinese television – not unlike Chinese fashion – makes a habit of being "over-the-top." It's a little much for my taste. But perhaps accepting the odd TV performance request will be the very trick to enabling that ultimate dream. With more visibility comes less novelty – or so say the history books.

About the Writer

Ember Swift is a Canadian musician and writer who has been living in Beijing since late 2008. She and her husband Guo Jian (国团), who is also a musician, have a daughter called Echo (国如一) and a newborn son called Topaz.



Modern Families

photo by Dave PiXSTUDIO

b *eijingkids* magazine has been around since 2007, but perhaps no issue has left us quite as humbled as this month's. To celebrate the diversity of the expat community, we went in search of families that don't fit into the typical nuclear mold. Some are headed by single, adoptive, or LGBT parents while others don't involve parents at all. These families trusted us with their stories, and for that we're extremely grateful. We hope you'll be similarly affected by their journeys.



Magic Number Three

Craig Watts has a full house

by Yvette Ferrari



Long-term expat Craig Watts first came to Asia in 1989 as a university student in Taiwan. Though his heart was set on China, the Utah native lived in Japan for several years before moving to Shanghai and then Beijing in 2001. Watts is a single gay dad with three biological sons (including a pair of twins), all under the age of 3 and all born through in-vitro fertilization (IVF) in Thailand. In addition to being a busy dad, Watts has a full-time job working for advertising giant Group M. During our visit to the family's hutong home, the twins were just getting over a cold. The smallest of the brood, Gary (16 months), clung to Dad while big brother Ezra (age 2) was all smiles. With both a full-time and a part-time *ayi* there to help, we were able to chat with Watts about what it's like to be a single gay dad living in Beijing.

Tell us a bit about the process of finding an egg donor and a surrogate.

I worked with one agency for all three kids. I found agencies through online research and met with four or five that made sense and were willing to work with gay people. We used a separate Thai egg donor and surrogate, but genetically [the boys] are full brothers. The agency gives you a basic profile [for each egg donor]: height, weight, education background, a couple of pictures, and from

there you choose. The donor wanted to be anonymous but the agency says when the kids are 18, the mother is open to meeting if the kids want to.

Getting the egg donor, the embryos, the egg retrieval, and the fertilization in the test tube is the first step. Once that's done, they prepare the surrogate's body to accept the embryos and hope she gets pregnant. They freeze the embryos for the second or third try in case the first time doesn't work or if [they] have a miscarriage.



Were you surprised to find out you'd be having twins?

When they told me it was two boys, I thought, "I can't believe this!" I thought two was going to be a handful. All of a sudden I'm going to have three and I'm on my own in China?

What has been the biggest challenge so far?

[The twins] were born two months premature so their lungs aren't too good and it's easy for them to get pneumonia. It happened to Joe already and he had to stay in the hospital, so we try to keep them from being exposed to too many germs.

What kind of support network do you have in Beijing?

My network is gay men who don't have kids and don't really understand what I'm going through, Chinese mothers who have one child and are kind of awkward about coming over here and talk more to the nannies than to me, and that's it – that's my network. I should try to make bridges with Western mothers, but I don't know how to make that initial contact and I'd have to ask them to come over here. If we were in the same complex, it would be a lot easier. I'd be interested to know if there are other gay men who are like me in Beijing. When you're a gay parent, it's like you're in a different category. Maybe they don't exist here.

My parents have been amazing. They wish they could be here more and help out, but they're a little older now. During the births, they flew over and were here for three or four months.

As a gay parent, what has been the general attitude of local Chinese people toward you?

They wouldn't know I'm gay and I don't bring it up. In China, I feel like it's sort of "don't ask, don't tell." If I were to hire a nanny and tell her I'm a gay guy with kids, she wouldn't come work for me. I think it can create some disadvantages because of prejudice in people's minds about being gay. I would love to be really open – and I think at some point I will because some of my nannies are really cool – but part of it is that I have to protect my friends because most of my [Chinese] friends who come over are all gay too. If the nanny knows I'm gay and thinks they might be gay, they won't come over because they feel they've been "outed." It's a big deal to them if it's another Chinese person knows they're gay – it's a threat.

The thing that's great about China is if I'm asked where the kids' mom is, I can say that she's overseas and they don't ask more, because it's quite common for Chinese couples to be in separate places because of work or economic necessity. It doesn't seem strange to them.

What kinds of reactions do you get from other expats?

My circle of friends has gradually evolved towards Chinese because expats come and go. But I've got three or four close expat friends who know everything and they're totally fine. To the cool people, it doesn't even matter. It's more like, "Three kids, how are you going to do this?" They come and change diapers and help keep me sane so I have someone to talk to.

What do you think it would be like to raise the kids in the US compared to China?

Just things like having space, grass, family nearby, a house with a yard, and more kids around. If I were in the US, I might be a more attractive partner and the fact that I have kids might not be a big problem. But here, it's hard to explain.

The main thing here is pollution. When you're a parent, you start making decisions for other people. When they have a cough, you just start

thinking ... you know, you might be hurting someone else. On the other hand, while I might have relatives nearby and a partner, the thing I wouldn't have [in the US] are cheap nannies. I'm always kind of weighing the trade-off – especially when it's 3am and I can't sleep – but I feel like I'm still making the right decision [at least] until they're a little bit older.

Can you offer advice to other single LGBT parents?

Get a partner – seriously! Don't get a partner just to do this, of course; you want to be with someone that you get along with. But if you're on your own, you really need to think twice if it's more than one child. Don't overestimate your power to handle this, because it's nothing like a challenge in your career or moving to a new city – forget it, it's not even the same category. I think gay people tend to think we can do anything because we've been on our own a lot.

For me, it's also really important to work near where I live because my job is busy, I don't have much time, and I'm always hurrying back home to be with them. A lot of times during lunch break, I have to choose whether I'm going to work out or get a nap, depending on what happened the night before. You have to find ways to [do] what needs to get done and I have to sleep sometimes at lunch because I've got to stay healthy. It's not even about luxury; it's that I have to keep from getting sick. As my friends will remind me, "I'm all [the boys] have."



Sibling Revelry

From Beijing to Hollywood, Livi and Ken Zheng stick together

by Sijia Chen



For siblings Livi and Ken Zheng, overachievement runs in the family. At the tender age of 16, Livi moved from Jakarta to Beijing on her own to attend the Western Academy of Beijing (WAB). Ken followed a year later at age 10. Both accomplished martial artists, they followed a strict training regimen throughout their time at school. After graduating from WAB, Livi received her Bachelor's degree in Economics at the the University of Washington and was inducted into the International Economics Honor Society. At 16, Ken became the youngest Indonesian national kickboxing champion. Last year, Livi and Ken (now 26 and 20 respectively) released their first film, *Brush with Danger*, with Livi directing and both siblings starring. They're currently working on a second film as well as pursuing degrees in film – Livi at the University of Southern California and Ken at the University of Austin-Texas.

Livi, how did you broach the subject of moving to Beijing with your parents?

I went to Beijing one summer when I was still in elementary school and fell in love with the city. My parents were always fond of the idea of us studying in Beijing and US; my dad always said that China was the dragon of the East and the US was the dragon of the West. He thought that living in both countries would help us have a more international perspective. I visited a lot of schools in Beijing and talked to people at each one. It wasn't until I sat in a class at WAB that I realized that's where I wanted to be. When I visited, I could feel warmth and a family feeling. My parents accepted my choice because I'd done my research.

Ken, what made you want to move to Beijing with Livi?

My sister always made the suggestion, but she wanted me to make the decision. One of the things that attracted me [to WAB] was the colorful walls. I thought that the way a school presents itself reflects how the people think there; if a school dares to be different, that's a school worth going to. My dad knew the importance of learning Mandarin; he also realized

Beijing would give me a lot of opportunities for training [in martial arts]. However, I think he ultimately [let me move there] because of the trust he had in my sister in being able to take care of me.

What went through your head before moving to China?

Livi: I was one of the first students in my school in Indonesia to go abroad. A bunch of friends took me to the airport. I was happy and excited; I thought to myself, "This is a dream come true." Reality started to hit when my aircraft called for boarding, and I realized I wouldn't see my parents or friends more than once or twice a year – if not less.

Ken: I didn't worry too much about leaving Indonesia. I was very excited at the prospect of going to China for many reasons; one of them was going back to my roots. I also really missed my sister. In spite of all this, to this day I still remember the moment when my parents hugged me at the airport before I left.

What was the initial period of adjustment like?

Livi: There were a lot of things I had to learn that seemed simple but



weren't. For example, to pay the electricity bill for my apartment you had to go to the bank, deposit your money, go to a special machine in the bank, then return to the [electricity meter] in my apartment.

In Indonesia you can pay all your bills through an ATM, so my mom would go once a month at pay everything at once. I had to learn the hard way;

once, they turned off my electricity because I forgot to pay!

Ken: At first it was hard. My Mandarin was not that good and it was really hard to get around the city. Luckily, my sister was in Beijing a year before me and could really show me the ropes. She showed me nice places to visit, how to get around the city, and of course where to find one of my favorite dishes: *yangrou chuanr* [lamb skewers].

In the absence of your parents, who became your support network?

Livi: My brother and I always got along; we have very similar hobbies and we understand each other's way of thinking. When I found WAB, I also found a family. The teachers were very supportive and warm; they would visit me when I got sick. When I had to go to the emergency room, they took me to the hospital and waited for me there.

Ken: My main support was my sister. I also trained with various coaches who offered me their own guidance and advice. However, the luckiest for me was attending WAB and getting to know some really good friends, whom I now consider my extended family.

How did you combat homesickness?

Livi: I didn't get homesick that much. I talk to my parents every day, even now. Even though we live far apart, we are very, very close.

Ken: I was definitely homesick the first couple of months, but Beijing was never the problem; I immediately saw it as my second home when I arrived. The thing that made me really sad was not being able to spend time with my mom or dad. I realized I was only a kid going to elementary school, so I called them for guidance in my everyday life.

I read that you both followed a strict regimen that included waking up every day at 5am, training for a couple of hours before going to school at 8am, training another three to four hours after school ended at 3pm, and doing homework from 7-10pm after dinner. Where did you learn such unusual self-discipline?

Livi: We've been used to a hard training regimen from a young age. As a kid, you sometimes resent this because once in a while, you just want a day off to hang out with friends or just not train. But you can't; there's a certain responsibility to being a national athlete. Now, looking back, I'm glad I went through this because the real world is so much tougher than me being disciplined enough to train every day.

Ken: It was definitely hard at times, even more so in the first couple of years when you can't really see the results of what you're putting in. It could be demotivating, but patience and discipline are key. If you're consistent, the results of your work will reflect what you put into it.

How did you deal with the more practical aspects of life in Beijing, like chores?

Livi: One time, my parents came to visit us; when they entered the apartment, they were surprised by how clean and organized

it was – until they figured out that we dumped everything in one room! We had a good laugh.

Ken: I wasn't that great at chores but I wasn't that bad either. My room ranged from moderately messy to pretty clean. Only when our parents came to visit did my room look like it was just renovated.

How would you describe your relationship before and after Beijing?

Livi: Ken and I have always been very close, but we definitely got closer. When Ken's appendix got infected, he had to stay out of school for a few weeks and I took care of him. We learned how to communicate by discussing things like adults; we only had each other, so arguing wouldn't solve anything.

Ken: My sister was always there for me. She took over responsibility for both my mom and dad, and I will always be grateful for that. Being the younger brother, I will always try to listen to her because she always has my best intentions at heart.

How has this period in your life shaped you?

Livi: It was a lot of sacrifice for my parents to have both of their kids away. They said when we both left that the house was very quiet and lonely. But moving to China and living by ourselves was probably one of the best things to happen to me. I was "forced by nature" to take care of things and be the tough one.

What advice do you have for teens who are considering a move like yours?

Livi: Make sure it's what you want. Don't move for the wrong reasons, like making a statement or wanting to have more freedom to party. Only make the move if you think it will advance your career or education. Sometimes, teenagers feel living with their parents is tough and they want to control them. But really, having parents gives balance to your life.

Ken: It's important to know why you are moving away from home; have a clear goal so you don't get easily distracted. Second, you must realize that some days you'll face harder challenges and it's important to have people who believe in you or care for you (e.g. siblings, teachers, coaches, friends).

What was it like to work together on *Brush with Danger*?

Livi: Working with Ken was amazing. He totally supported me in my work and vision, yet he brought me back to reality when he thought I wasn't doing something right. Ken and I are like *ying* and *yang*; we have different strengths and weaknesses, and together we are stronger.

Ken: Being directed by my sister was really great. She is someone I aspire to and trust, so it definitely made it a lot easier being on set. *Brush With Danger* was my acting debut, and my sister was there to support me and be honest about how I was doing.

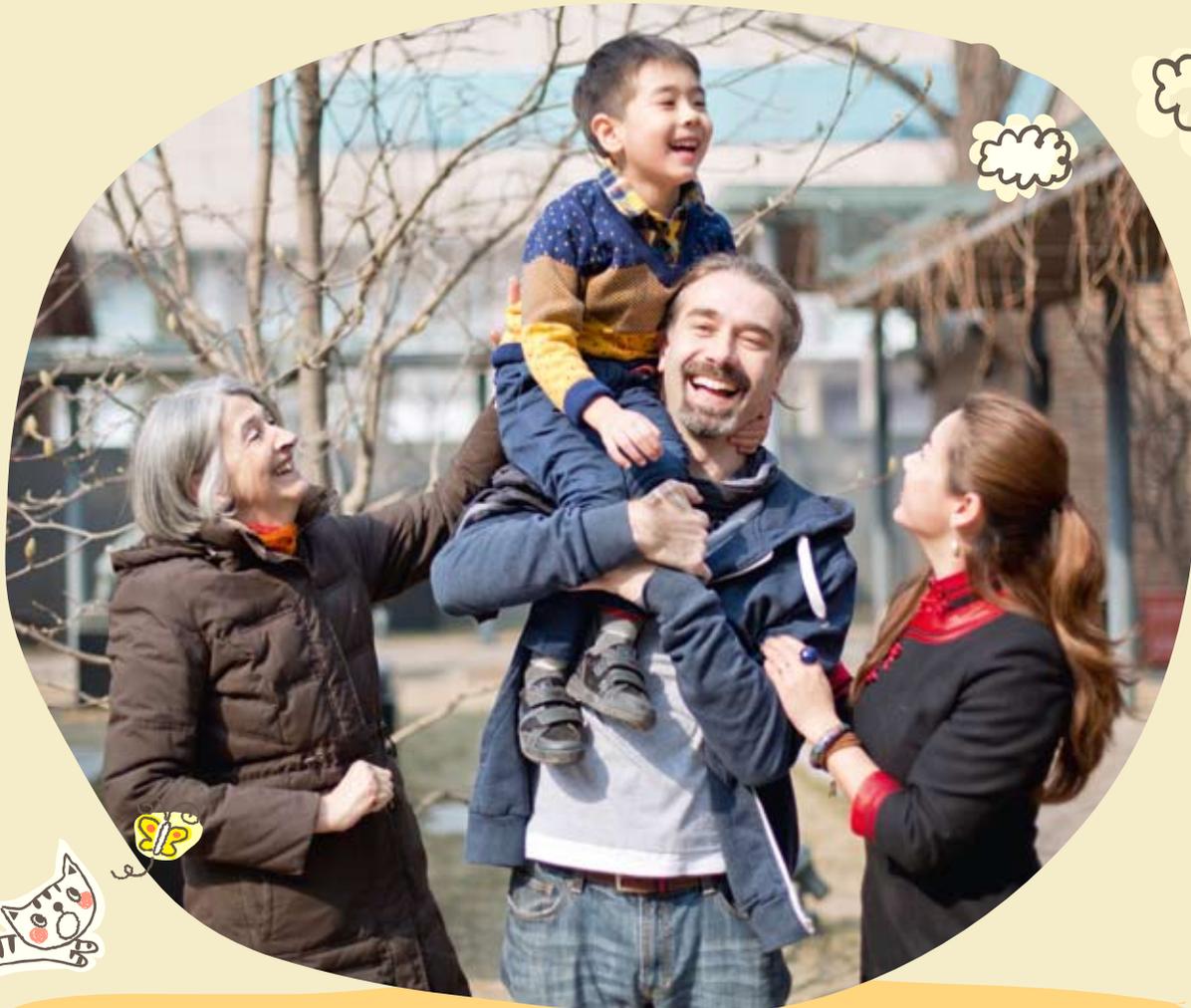
WAB is screening Brush with Danger as part of its Distinguished Speaker Series on Wednesday, April 29 from 6.30-8pm at the Founder's Theater. The event is free and open to the wider community. Register online at www.wab.edu/dss.



Mamma Mia!

Jacopo Della Ragione and Adriana Neirotti speak the same language

by Sijia Chen



Jacopo Della Ragione first came to Beijing in June 2001 for travel and never left – literally. He canceled his flight back to Italy after a week. Fourteen years later, he's married to native Beijinger Pan Yanrui and they have a 5-year-old son, Sirio. In 2010, Della Ragione's mother, Adriana Neirotti, decided to move to Beijing and start a new life here. She now speaks conversational Chinese, has her own apartment near her family's, leads an active social life, and teaches at the Italian Cultural Institute. During our chat at The Local, mother and son constantly corrected and poked fun at each other, with Della Ragione translating most of Neirotti's long, measured Italian into rapid-fire English.

Adriana, what made you decide to move here?

Della Ragione: The decision was fairly easy. The big change was the birth of Sirio. [My mother] had been coming every year here for holidays since 2003 or 2004, each time for three weeks. Then she retired.

Neirotti: I had nothing to do, so I came here.

How difficult was it to adapt to life here?

Neirotti: Where can I buy bread? I don't know. I found

a group of women who [knit] called Beijing Guild. [International Newcomers Network Vice-President] Theresa [Ahdieh] told me I could join that group. I started asking the members where I can find this and that. And I walked. I walked and walked through Beijing – everything I saw, I wrote down.

Della Ragione: There was a [period] of adaptation on both sides. The first six months weren't easy. For the first two and a half, she was living at our place. Then when she got her own apartment, it was a matter of finding a way to do



things, like having a social life. Theresa was very nice, very helpful. Within six months, [my mother] started to have a social life bigger than mine. I called [one day after a group outing to the Ming Tombs] to check on her and she said "It went very well. We did rafting." I said, "What? Rafting? Maybe you don't know what that means." She said,

"No, no, we got in a boat and went down the river and everything!"

Who else is in your support network?

Neirotti: Italian women living in Beijing. We are about 30 [in the group]. We visit monuments every 15 days, and talk and talk and talk.

What made you decide to have your own apartment instead of living with Jacopo?

Neirotti: Don't you know Jacopo? Would you live with him? [Laughs]

Della Ragione: She was living by herself for 10 years. In Milan, my aunt lives very close to where my mom used to live, but still separate. [My mom] also moved *everything* from Milan – not much furniture, but a lot of things like books.

Neirotti: [I brought] 500 books. I had 2,000.

Della Ragione: Some of them I took because they were mine, but there was still a *lot*. We would've had to find a bigger apartment. So we had to find her something close enough to be really convenient, but at the same time allow us to have our own privacy and lives.

Jacopo, were you worried that your mom would spoil Sirio?

Della Ragione: No. On that side she's very helpful. Though sometimes we have disagreements, in the end this is *my* kid.

What kind of parenting disagreements do you have?

Della Ragione: Minor ones. Sometimes she thinks I'm a bit too harsh and strict. If I'm cold with [Sirio], she doesn't defend him exactly, but she tells me off, which isn't without reason. Most of the time when that happens it's because I'm tired, the patience level goes down, and I overreact. But again, nothing major.

When Sirio was very small, it must have been useful to have grandparents from both sides here.

Della Ragione: There were actually more rules to be set on how we wanted our kid to be raised on [my wife's] side. But [my in-laws] are extremely understanding and helpful. It's great to have them both. I was born and raised in Florence; my mom's parents lived in Turin while my father's parents lived near Venice. Now I know how small Italy is, but back then it seemed far. I grew up seeing my grandparents fairly rarely, so I wanted Sirio to grow up as much as possible around his.

What does your mom bring to your family life that you can't?

Della Ragione: If she weren't here, Sirio's Italian would be far from the level it is now. She also loves reading books; she passed this on to me. I really hope that I will be able to pass this onto Sirio. She's bringing books, reading to him, making him read, making him write, teaching him how to recognize words when he was 3.

She's spending more time with him than I do now.



What is a typical week like?

Della Ragione: [My mother] comes to our place to pick Sirio up because his kindergarten is in our compound. She picks him up three times a week; the other grandparents too. It's usually according to when they can drive the car and [my mother's Italian] lessons. For the past year, Friday nights he also goes to her place and sleeps over.

Adriana, do you and Sirio have your own rituals?

Della Ragione: They play games together at her place. Her apartment is 100sqm, so it's fairly big for one person. She keeps all these big boxes for Sirio to play with; he builds things up, which he cannot do at our apartment because we don't have that much space. Possibly the biggest difference is that she doesn't have him put things away when he's done playing, while we do.

How has your relationship evolved since you moved here?

Della Ragione: My parents have been divorced since I was 10. I grew up with [my mother], so we've been always fairly close. After I moved to China, we kept that relationship by talking on the phone.

Neirotti: But a *lot*. Everyone said to me, "You speak four hours with your son? I speak with mine once a month!"

Della Ragione: She's my personal therapist. Since I moved here, her biggest challenge [in Italy] was to find pre-paid telephone cards. She's not kidding; we could've had a three-hour conversation on the phone weekly. But of course, it's different being close on the phone and in person.

Do you have more appreciation for your mom now that you're a parent?

Della Ragione: It's not appreciation, it's more a kind of understanding. Mother's love is granted; they do things for you and look after you. It's just the way it is. But I discovered these things are not just given. I love food. I like to eat, and I like to eat *good* food. I found myself cutting the best piece of a steak to give to Sirio. [As a kid], I would stab [my mother's] hand if she tried to take something from my plate, so when I saw myself doing this I thought "Oh my God! This is new." Suddenly a lot of memories came back where I could see myself from the parent's side. I knew in that moment all those choices were choices made by my mother.

Disclosure: Jacopo Della Ragione is the former art director of True Run Media, Beijing-kids' parent company.



Just the Two of Us

Karen and Keria White's adoption journey

interview by Nimo Wanjau, photos by Dave PiXSTUDIO



Karen White has always known she wanted to be a mom – perhaps not the time nor place, but she knew it would definitely happen. At 47, she made the decision to adopt Keria Jaimie White (now 3) from Ethiopia. The little girl currently attends Dulwich College Beijing (DCB). Karen, who is the deputy head of Early Years at DCB, adopted Keria while living and working in Beijing. When we interviewed Karen, the Whites were still settling back into their normal routine after going to Ethiopia over Chinese New Year. As we talked, Keria greeted guards, *ayis*, and called out to friends on the playground. Karen smiled and said, “She knows everybody and everybody knows her. She is not shy, that one!”

What brought you here?

I came to Beijing in 2006 for work. I have lived all over the world and the reason I chose Beijing was because I had never been to China. The Olympics were going to be held here. My best friend in Japan at the time was Chinese; that made this easy.

Tell us about Keria's name.

Keria means “black” in Amharic [the official language of Ethiopia]. She already had [this name]. I have also always

liked the name Jaimie, which means “God protects.” I have never been religious, but I even had her confirmed in my church back home as I consider her a blessing. I decided to have both names.

Tell us about the adoption process.

I looked into adopting in China first, but the social worker I used here said that she wouldn't approve me at the time, even as the laws had changed in China enabling [single-parent] adoption. She said I wouldn't get a child unless they had

special needs.

That didn't put me off because I was quite happy taking care of a child with special needs. I am an educator, so I wanted to know what level of special needs. She said that the child would not have mild behavioral problems or a quick surgical fix; it would be special needs that had been turned down for adoption in America. Quite frankly, in an overseas posting you have to work for your visa and getting a UK citizenship would have been difficult [for the child]. This was the message I was getting at the time.

I was very upset I could not adopt from China. I called [the social worker] back and asked what the next thing to do was. She asked if I had explored inter-country adoption. I said I didn't even know what that was. That's when she told me she knew somebody who had adopted from Ethiopia and I could do that.

Given a checklist of the things I needed to prepare, I had to get a letter from the UK's Home Office saying I was allowed to adopt, bank statements from the UK and China, a medical [examination], and notarized character statements from friends and family. [The adoption] did not happen until I had a home study done and the social worker gave me the OK.

I had to follow Chinese requirements for inter-country adoption and send a dossier to the Ethiopian Embassy before sending my application form to the relevant authorities in Ethiopia.

Also, my mum and I took an online course on dealing with the prejudices of adoption, from how to answer questions to setting an example for [Keria]. The social worker gave me a list of books and other resources.

I submitted my application to Ethiopia in December 2011 and was given my referral for a baby on February 2012. I went for a visit trip straightaway and signed the paperwork in Ethiopia. Following that trip, I had to wait for a court date. I returned to Ethiopia in March 2012 and brought Keria home at the end of the month.

Why did you choose to remain in Beijing instead of raising Keria back home?

When I adopted, my work was highly supportive and I was granted maternity leave, which took me to the end of the academic year; then I had the summer holiday, so it was perfect. For me, the childcare here was so good that I could still work full-time. There was already so much change in those few months, to create another was one too many. Also, I've not lived in England for over 26 years. I thought, "I am happy here, I can earn money here, I still do my job to the best of my ability, I can raise a child." It just worked here.

Do you get pressure from your family to return home?

There's no pressure, just the desire to have [Keria] get to know her grandparents and other members of her extended family. My mum comes over every year and stays for about two to three weeks with us.

In China, what kind of reactions do you get from others?

Most [locals] just refuse to believe that she is my daughter. In some areas, they just blurt out, "She's adopted!" At this age, it's not disconcerting but when she gets older, it's going to be. Expats are more accepting.

Has Keria ever asked about your family situation?

She is too young to understand, but I do use the word "adoption" around her very much. When the time comes, I will not be introducing something new.

What kind of a support network do you have in Beijing?

I used to have a support network consisting of families who had Ethiopian adoptees. We used to have play dates and [the kids] got to know each other. The families have moved back and currently I just have my close friends for support. I keep in touch. I was told about online forums, but I tend to keep away from those. However, my friends have assured me they're a good resource.

What advice do you have for other single and/or adoptive parents?

Be secure. Do your research on the country where you are adopting; this will help when they start to ask questions about where they came from. Take online [classes] on coping strategies. Seek advice when you need it. Have a go-to person in case of emergency within your circle of friends. Take help when it's offered. Nurture your relationship with your ayi; when living here, she's your significant other. And finally, make time for you.



The Circuit is a chance to check out what's happening on the Beijing family scene. Want to see your event on these pages?



Dartmouth Aires Visit Daystar Academy

On March 20, Daystar Academy received Dartmouth College's cappella group, the Dartmouth Aires, for a special day of Q&A sessions with elementary students. All were excited and inspired by their visit and talent, asking many questions and sharing cards and gifts. After the Q&A, the Aires held a mini-workshop with a select group of students, followed by a half-hour show for the Daystar community. The day culminated with the Daystar and Ivy Bilingual Schools Charity Concert, a gala concert held at the Four Seasons Hotel Beijing. The event raised over RMB 140,000 for the arts and music programs of six migrant schools as well as one year's college tuition for eight girls from Guilin. The event was sponsored by *beijingkids*.



PHOTOS: COURTESY OF DAYSTAR

Send an email with the date of your event, a brief description, and high-resolution photos (at least 1MB each) to webeditor@beijing-kids.com by **May 8**.

BCIS Students Create Mural

Grade 7 students at Beijing City International School recently put together their joint studies of street art to create their own Secondary School mural.



PHOTOS: COURTESY OF BCIS



Olympic Swimming Champ Visits Keystone

On March 10, students, parents and staff at Keystone Academy were excited to meet Olympic swimming champion Jiao Liuyang. She is the present record holder and 2012 Olympic butterfly swimming champion. Following a brief interaction with the audience, Jiao Liuyang demonstrated her winning stroke in the secondary gymnasium swimming pool for the benefit of the Keystone swim team, and also judged a student swimming race. Jiao's visit was a big boost of inspiration for the swim team before their participation in the Association of China and Mongolian International Schools' (ACAMIS) swimming competition on March 20 and 21.



Etonkids Hosts Spring Festival Celebration

Prior to Chinese New Year, Etonkids Central Park Campus hosted its annual Spring Festival celebration to the delight of parents and children.



PHOTOS: COURTESY OF KEYSTONE AND ETONKIDS



HISB Raises Funds for the Sun Village Foster Home

Every year, each of the six houses at Harrow International School Beijing organizes a week of fundraising activities for their chosen house charity. The first week of February saw Ju Ching House put on a series of successful events that resulted in more than RMB 14,000 being raised for Sun Village Foster Home.



WAB Hosts APAC Theatre Festival

The Western Academy of Beijing hosted the annual APAC Theatre Festival from February 26-28. Students from international schools all over Asia (including Vietnam, Hong Kong, Japan, Beijing, Shanghai and the Philippines) participated in workshops, held performances, and collaborated on an original drama based on the theme of "Living Newspapers," led by actors from the UK theater company C&T.



PHOTOS: COURTESY OF WAB AND HISB



YCIS Beijing IGCSE Recital Hits the Right Note

On February 17, Yew Chung International School of Beijing (YCIS Beijing) IGCSE Music students performed the pieces they have been working on throughout the year to an audience of students and parents in the school auditorium. The show displayed the wide range of talent within the performing arts department at the school in the form of individual instrumental and collaborative performances, including original compositions.



ISB Hosts Eighth Annual Charity Fashion Show

The International School of Beijing hosted its eighth annual Charity Fashion Show on March 7. The entire show was led by ISB students, from clothing design to the runway show set-up. Through the combined efforts of the students and PTA, ISB raised RMB 45,000 for the Love & Hope Center in China.



PHOTOS: COURTESY OF YCIS AND ISB



HoK Celebrates Fasching

On February 17, students from House of Knowledge International School and Kindergarten, Quanfa campus celebrated "Fasching," a traditional German celebration to scare away winter spirits. All the students dressed-up in costumes and spent the day enjoying party games.



BIBS Celebrates Spring Festival

Beanstalk International Bilingual School celebrated Spring Festival across its two campuses on February 12 and 13 with both traditional and modern performances.





BWYA Hosts International History Bee and Bowl

Beijing World Youth Academy (BWYA) recently hosted the Beijing round of the prestigious International History Bee and Bowl competition versus Dulwich College Beijing. BWYA picked up two out of three trophies and seven medals. The standard of historical knowledge on display was very high for both teams and each round proved to be a hard-fought competition. Competitors from both schools have now qualified for the next round in Thailand.



BIBA K-1 Celebrates 100 Days of School

January 7 saw the Beijing International Bilingual Academy Kindergarten and Grade 1 students celebrating 100 days of school, with many fun activities and games.



PHOTOS: COURTESY OF BWYA AND BIBA

Chinese New Year at Eduwings Kindergarten

Eduwings kindergarten celebrated Chinese New Year on February 13. Both German and Chinese students participated in a range of fun traditional activities.



BSB Celebrates Chinese New Year

Students at the British School of Beijing (BSB) Shunyi campus showed off their musical and theatrical talents as they celebrated Chinese New Year with parents and friends of the community.



Favorite Family Restaurant
Element Fresh and Din Tai Fung. Element Fresh in particular is very child-friendly, with a children's menu and coloring pages.

Favorite Day Trips
Parkview Green in winter and the unrestored **Jiankou section of the Great Wall** in summer

Best Place to Shop
H&M for both the kids and I, usually for staple clothing items

Rainy Day Activity
We go to the school pool at **BCIS**.

Weekend Activities
Swimming, biking, and eating out. We like to cycle around the **Ritan embassy district**, especially in the spring when flowers are budding.

Family Rituals
Friday is pizza night at **Gung-Ho**.

Date Night Plans
We like to go to the **Kerry Center** for massages at **Dragonfly Therapeutic Retreat** and dinner at restaurants like **Hatsune, Element Fresh, and Bellagio**.

Favorite Dessert
The peanut butter shaved ice at **Bellagio**

Favorite Neighborhood
Shuangjing because that's where we live. It has some nice gems like **Qingfeng Park**, a little park near Guomao with a playground and a merry-go-round for kids open year-round.

Best Places to Play
Outdoors would be **Chaoyang Park** and indoors would be the **Adventure Zone** at Kerry Hotel Beijing

The Tai Family

Lizzie Tai is from Australia and her husband Yanlong is from Anhui. Lizzie has lived in Beijing since 2003; the couple met in 2005, got married one year later, and have been here ever since. They both work at **Beijing City International School (BCIS)** – Lizzie as an English Language Learner (ELL) teacher and Yanlong as a PE teacher. They have two kids at BCIS: Isaac (age 4) and Zahra (age 2). *Sijia Chen*



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