

Beijing's essential international family resource

beijingkids

June 2015

Plus: Hat-making parties with Elisabeth Koch, a special Father's Day makeover, and more

A Walk on the Wild Side
Monkeying around at Beijing Wildlife Park

**Pawsitively
Pawdorable**

Daystar students tell us why they love their pets



Party Animals

In celebration of pets, dog crusaders, and conservation efforts

Beijing's essential international family resource

beijingkids



JOIN THE CONVERSATION

Follow *beijingkids* on social media!



beijingkids



www.facebook.com/beijingkids



beijingkids



Join the BCIS Family

Develop your child's

passion

Unlock your child's

potential

文行忠信
Empowering and
Inspiring through Challenge
and Compassion



Scan the QR code to follow the
official BCIS WeChat account

· www.bcis.cn

Main Campus:

北京乐成国际学校联系方式:

Tel: +86 10 8771 7171 ext 5008. Fax: +86 10 8771 7778

Email: admissions@bcis.cn. Web: www.bcis.cn

No.77 Baizhuan Nan Er Road, Chaoyang District, Beijing 100022, P.R. China

地址: 北京市朝阳区百子湾南二路77号。100022

ECC Campus:

北京乐成国际学校幼儿园联系方式:

Tel: +86 10 6770 0766

No.11 Dongbai Street, Chaoyang District, Beijing 100022, P.R. China

地址: 北京市朝阳区东柏街11号。100022

YCE YueCheng Education
乐成教育



JUNE 2015

CONTENTS



LIVING

- 16 "Sports Are Not Only Physical, But Also Mental"**
Coach Jean-Pierre Evers gives advice on raising active kids
- 17 Coping with Departure Season**
Helping your children through tough transitions
- 18 Noticeboard**
News and announcements around town
- 20 Birthday Bash**
Fab hat-making workshops with Milliner Elisabeth Koch
- 22 Talking Shop**
Rose Fulbright's luxurious, eco-friendly loungewear collections
- 24 Indulge**
Kevin Reitz gets his mustache waxed

HEALTH

- 26 The Natural Path**
Melissa Rodriguez weighs the benefits of water and sports drinks
- 27 Doctor's Orders**
Dr. Dorothy Dexter's tips for allergy season
- 28 Vegging Out**
The skinny on switching to a meat-free diet

DINING

- 32 Dining Out**
Blue Elephant bring tastes of southeast Asia to Beijing
- 34 Food for Thought**
Irina Glushkova and her girls make Russian breakfast ricotta

PLAYING

- 36 What's Fun In**
Up close and personal with rare animals at Beijing Wildlife Park
- 40 Playing Outside**
Easy getaways for beating the summer heat
- 44 Family Travels**
The Borghetti-Acciarini family visits the Australian great outdoors

LEARNING

- 46 My Pet**
Students from Daystar Academy write about their furry companions
- 52 When I Grow Up**
CISB students flock to bird expert Terry Townshend
- 54 Blank Canvas**
Artwork from Beijing City International School students



PARENTING

- 56 Beijing Baba**
Christopher Lay's children discover Oregon fauna
- 57 Alternate Routes**
Baseball is more than just a sport to Jennifer Ambrose's family

FEATURES

- 60 Like One of the Family**
Instilling responsibility in children through pet ownership
- 64 Pet Hero**
Profiles of dog crusaders Christopher Barden and Xiangping Xu
- 68 Born to Be Wild**
It's never too early to introduce kids to nature

ESSENTIALS

- 7 Editor's Note**
- 8 June Events**
- 14 New Arrivals**
- 72 The Circuit**
Happenings in Beijing's international family scene
- 80 Family Favorites**
The Chow family

ON THE COVER:

We shot this month's models – 6-year-old Slevin Sun and his poodle-mix puppy, Marlowe (9 months) – at their family's home in Park Avenue. On the day of the shoot, Slevin received the good news that he'd been accepted to Fangcaodi International School for the next academic year. They say never to work with children and animals, but mom Coleen Sun made *beijingkids'* job much easier by showing us how to really keep Marlowe's attention – with doggy treats! *Photography by Dave PIXSTUDIO*



WOMEN OF CHINA



《中国妇女》英文刊 2015年6月(下半月)

WOMEN OF CHINA English Monthly
Sponsored and administrated by ALL-CHINA WOMEN'S FEDERATION
Published by WOMEN'S FOREIGN LANGUAGE PUBLICATIONS OF CHINA
Publishing Date: June 1, 2015

WOMEN OF CHINA English Monthly
中华全国妇女联合会主管/主办
中国妇女外文期刊社出版
本期出版时间:2015年6月1日

Adviser 顾问	彭珮云 PENG PEIYUN 全国人大常委会前副委员长 Former Vice-Chairperson of the NPC Standing Committee
Adviser 顾问	顾秀莲 GU XIULIAN 全国人大常委会前副委员长 Former Vice-Chairperson of the NPC Standing Committee
Director and Editor-in-Chief 社长·总编辑	Yun Pengju 恽鹏举
Chief Editor 主编	Wei Liang 位亮
Managing Editor	Sijia Chen
Deputy Managing Editor	Aisling O'Brien
School Editor	Yvette Ferrari
Web Editor	Nimo Wanjau
Shunyi Correspondent	Sally Wilson
Contributors	Jennifer Ambrose, Dr. Dorothy Dexter, Christopher Lay, Linda Park, Melissa Rodriguez, Helen Wong, Susan Xie, Helena Yu
Editorial Consultant 编辑顾问	ROBERT MILLER (Canadian) 罗伯特·米勒(加拿大)
Director of Sales Department 广告发行经营部主任	XIA WEI 夏巍
Tel 电话	5779 8877
Legal Adviser 法律顾问	LI XUESEN 李雪森
Advertising Agency	Immersion International Advertising (Beijing) Co., Limited
广告代理	深度体验国际广告(北京)有限公司
Advertising Hotlines 广告热线	5941 0368/0972/7778/79
Printing 印刷	TOPPAN LEEFUNG CHANGCHENG PRINTING (BEIJING) CO., LTD. 北京利丰雅高长城印刷有限公司
Address 本刊地址	WOMEN OF CHINA English Monthly 《中国妇女》英文月刊 15 Jianguomennei Dajie, Beijing 100730, China 中国北京建国门内大街15号 邮编:100730
国际标准刊号	ISSN1000 9388
国内统一刊号	CN11-1704/C

Dreams of Homeland 《梦乡》



An Art Exhibition by Lu Yongzhong
民间艺术家陆永忠鼎石画展

Date: 25 May - 5 June Location: Keystone Academy

From Monday to Friday: 5 - 7pm Weekend: 10am - 4pm

时间: 2015年5月25日至6月5日 地点: 北京市鼎石学校

展览时间: 5:00pm - 7:00pm (周一至周五) 10:00am - 4:00pm (周六和周日)



Lu Yongzhong, famous folk artist and member of the Shanghai Artists Association, brings his world-renowned art to Keystone Academy. Known for his peasant painting, he has organized exhibitions in China and around the world, such as Japan, France, India and other countries. His works are widely collected by art galleries and museums at home and abroad. His painting 'The Idyll' has been entered in the Guinness World Records as the longest painting depicting peasant life.

陆永忠, 著名农民书画家、上海美协会会员、上海市非物质文化遗产传承人。他致力于农民画创作, 曾在中国、日本、印度、法国等地举办个人画展, 作品被海内外美术馆和博物馆广为收藏。其长卷《农家乐》作为最长农民画, 被载入上海大世界吉尼斯纪录。



A new WORLD SCHOOL 真正的世界学校 A new MODEL OF EDUCATION IN CHINA 全新的教育模式

www.keystoneacademy.cn

A Publication of
True Run Media
Helping the international community get the most out of life in Beijing

True Run Media 出版制作

Advertising Agency
**Immersion International
Advertising (Beijing) Co., Limited**

广告代理
深度体验国际广告（北京）有限公司

Telephone/电话: 5779 8877

Advertising Hotlines/广告热线:
5941 0368/69/72/77/78/79

CEO and Founder Michael Wester
Owner and Co-Founder Toni Ma
Managing Editor Sijia Chen
Deputy Managing Editor Aisling O'Brien
School Editor Yvette Ferrari
Web Editor Nimo Wanjau
Shunyi Correspondent Sally Wilson
Marketing Manager Shana Zhang
Brand/Communications Manager Lareina Yang
Key Events Manager Tina Wang
Art Director Susu Luo
Production Manager Joey Guo
Principal Designer and Illustrator Micky Pan
Advertising Designer Yuki Jia
Photographers Sui, Ken, Uni You
Sales Director Ivy Wang
Sales Team Coordinator Gladys Tang
Sales Team Sheena Hu, Winter Liu, Sasha Zhang, Emma Xu, Veronica Wu, Olesya Sedysheva, Wilson Barrie
Sales Assistant Shirley Huang
IT Team Yan Wen, Arvi Lefevre
Finance Judy Zhao, Mengya Liu
HR & Admin Tobal Loyola, Laura Su, Fengjuan Zhao
Distribution Cao Zheng
General Inquiries 5779 8877
Editorial 5779 5389/90
Distribution 5941 5387

Contact:

General information: info@beijing-kids.com

Editorial: editor@beijing-kids.com

Sales: sales@truerun.com


Marketing: marketing@truerun.com


Distribution: distribution@truerun.com

Directories: listings@beijing-kids.com

www.beijing-kids.com

 weibo.com/beijingkids

 www.facebook.com/beijingkids

 WeChat: beijingkids

The *beijingkids* Board



Lana Sultan

Lana Sultan has been in Beijing with her husband, son, and daughter since 2013. Prior to that, she lived in Saudi Arabia, the US, the UK, and Spain. Lana is the author of four children's books and is currently working on her fifth. Contact her at lana.sultan@gmail.com or visit www.lanasultan.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.

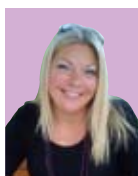


AJ Warner

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



Eye Hsu

When CCTV talk show host and mom-preneur Eye 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.countingsheepboutique.com.

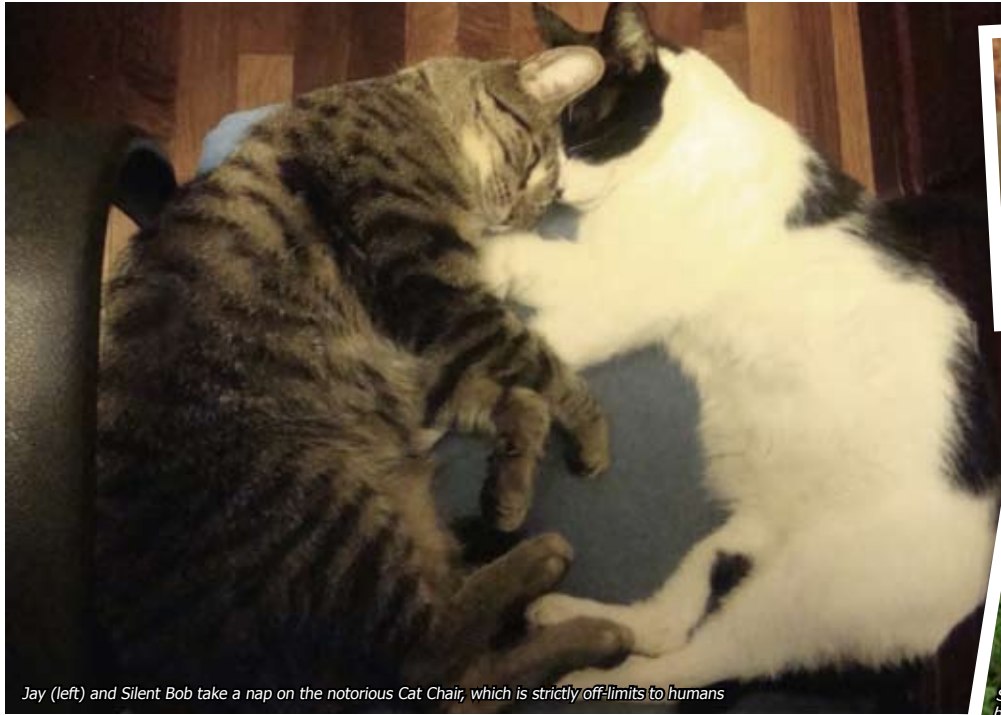
Caroline Nath

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?

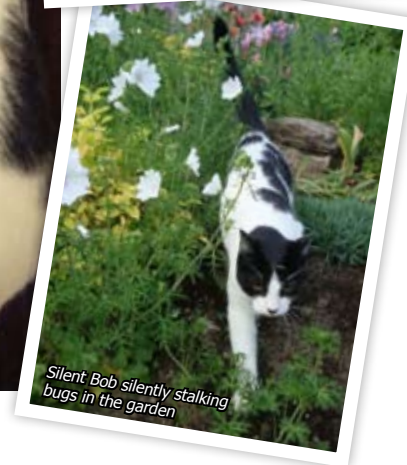
If you think you'd make a valuable contribution to the *beijingkids* board, email editor@beijing-kids.com.



Jay (left) and Silent Bob take a nap on the notorious Cat Chair, which is strictly off-limits to humans



Jay monopolizing the printer



Silent Bob silently stalking bugs in the garden

Jay and Silent Bob Forever

The Chens are without a doubt a cat family. My mother's side raised a procession of cats with colorful names like Mao Mei ("little sister cat") throughout her childhood in Chongqing.

When I was 19, Mom heard that a friend's neighbor had some kittens. We ended up taking a pair because she couldn't decide between a tabby and a spotted white kitten who bore more than a passing resemblance to our first cat.

They were known by three different sets of names – Salt and Pepper according to my sister Nancie, Jay and Silent Bob according to me, and Xiao Mayuan ("little sesame ball") and Xiao Tianbang (Sichuan slang for "little oaf") according to my parents. Their antics were a constant source of delight and alarm for my family. There was the time they dive-bombed the goldfish bowl from the top of the kitchen cupboard while we were on vacation, and also the time Pepper made some Chinese aunties shriek by interrupting a barbecue with a few bloody offerings of his own.

My sister was particularly attached to Salt and Pepper. When Pepper disappeared last August, she tirelessly handed out flyers door-to-door with friends. However, our worst fears were confirmed when a neighbor reported seeing a lifeless tabby at the playground; his body bore the marks of a fight with a larger animal. To make things worse, my sister found out that our mother had kept this knowledge from her; when she demanded to know why, Mom told her an incredible story.

When Mom was a little girl during the Cultural Revolution, my grandfather and uncle were in prison, my grandmother was forced to attend a "concentration group," and my aunt was sent to the countryside to perform hard labor. At night, Mom often felt lonely and scared in the family's two-story house. Her only comfort was Da Mahua ("big dough twist"), a large tabby named after a Chinese fried snack. He was her constant companion, batting playfully at her pen when she wrote and lying quietly next to her when she read.

One day, Da Mahua disappeared. She found out what happened to him when one of the neighbors reported seeing a couple of local kids shooting at a large tabby. The cat managed to escape despite heavy

injuries, but it was unlikely he'd survived. Mom cried for days, wishing that she'd never discovered his fate.

As a mother, one of her defining traits has been her quickness to shield my sister and I from unpleasant truths. When our first cat vanished the summer before Grade 6, she told me he'd run away; in my early 20s, I found out he'd really been hit by a car. With Pepper's death, my mother was once again trying to save her children pain. After my sister heard Da Mahua's story, all her anger evaporated; she called her in Shanghai, where Mom was visiting Dad at the time, and they cried together on the phone. For Nancie and I, our relationship with our animals has always been – and will always be – intimately linked to our relationship with our mother.

I'm glad to be able to share this, my most personal story to date, as this is my last editor's note. It has been three and a half years since I joined *beijingkids* – first as an intern, then as deputy managing editor and ultimately as managing editor. I've been lucky to meet countless families during this time, to share in their stories, successes, and failures. My colleagues have also been a deep source of inspiration and left me with life-long friendships. I am proud to leave the leadership of the magazine to my dear friend and current deputy managing editor, Aisling O'Brien.

I will remain in Beijing for the time being, so don't be a stranger. To everyone who has laughed at my horrible puns along the way, thank you; I have been truly blessed by your humor, friendship, and guidance. I don't believe in goodbyes, so I'll sign off with a simple "see you soon."

Sijia Chen

Sijia Chen
Managing Editor





June Events



Sun, Jun 21 (Father's Day)

1 **beijingkids and JingKids Father's Day Pool Party**



Ages 1-11. Once again, we host a Father's Day pool party with a five-star brunch, kiddie pools for younger kids, family portraits, pool games, water Zumba, on-site massages, and goodie bags for Dad. *beijingkids* Club members and early birds (before June 12): RMB 300 (adults), RMB 200 (ages 5-11), RMB 100 (under 5). Non-members: RMB 360 (adults), RMB 260 (ages 5-11), RMB 160 (under 5). Groups of five or more are eligible for an additional 15% discount. Advance purchase required. 9.30am-2pm. Crowne Plaza Lido (5941 5379, events@beijing-kids.com)

Father's Day Weekend Lunch



All ages. Enjoy a lunch buffet with a kids' corner to mark Father's Day. RMB 195 + 15% surcharge. 11.30am-2pm. Chapter, Conrad Beijing (6584 6270)

Father's Day at the Brickyard



All ages. Dads accompanied by their kid(s) get a free set lunch.

Free to attend. 11.30am-3pm. The Brickyard Inn and Retreat Center at Mutianyu Great Wall (6162 6506, info@brickyardat-mutianyu.com)

Ongoing Summer Camps

2 **TLC Summer Programs**



Ages 6+. TLC has classes throughout the summer on a variety of topics such as SSAT and SAT prep, academic transition programs, English, social studies, math, science, and history. Registration required. RMB 2,365 (half-day) and RMB 4,490 (full day). 9am-4pm. The Learning Center (8046 3886, usregistration@hyde-education.com)

3 **Watersports Summer Camp**



Ages 6.5-17. Imagine hosts weekly camps with sailing, rafting, kayaking, and paddle-boarding led by bilingual coaches. Campers can earn a sailing certification upon completing the full camp. Registration required. June 8-August 21. RMB 600/day, RMB

 Editor's Pick

 Dining

 Playing

 Learning

 Community

 Living

 Health

 Parenting


3,000/week. 9am-3pm. Imagine (183 1112 3237, watersports@imagine-china.com)

4 Knight School Summer Camp

Ages 7-13. Knights School camps teach kids how to wield a fake sword, fire a bow and arrow, ride a horse, build a trebuchet, design a shield, and make their own chainmail armor. They will also journey to a castle and slay a dragon. Registration required. June 15-August 21. RMB 4,000/week. 9am-4pm. Imagine (183 1112 3237, info@imagine-china.com)

5 That's Mandarin Chinese Summer Camp

Ages 7-17. Visitors and Beijing residents can choose between five different types of language and culture camps, which include highlights like field trips, variety classes, and cultural activities. Camps run from June to August over two or four weeks. Start dates are June 15, June 29, July 13, July 27, and August 10. See the website for full prices, schedules, and activities. 9am-3pm. That's Mandarin (www.summertimecampbeijing.co)

PHOTO: EVILTOMTHAI (FLICKR)



Nurturing mind and body.

Harrow International School Beijing equips students for success on their educational journey here—and in life beyond.

Our high-quality curriculum incorporates the **Leadership in Action** programme, which features a variety of activities including dance, drama, debating, sports, music, art, School magazine and service projects.

Our **Language & Learning** department provides language support when needed to ensure the highest level of communication skills possible in our students for whom English is not the first language.

Come see our rich learning environment and state-of-the-art facilities. At Harrow Beijing, we believe in educating the whole child.

Tel: +86 10 64448900 ext. 6900
Website: www.harrowbeijing.cn

Leadership for a better world



HARROW
INTERNATIONAL SCHOOL
BEIJING



June Events



6 Artistic Summer Camps



Ages 5+. Atelier offers artistic summer camps at both its Sanlitun and Shunyi studios. Each camp lasts a week and includes thematic explorations, techniques, and art projects. Morning sessions are for ages 5-8 and afternoon sessions are for ages 9 and up. Siblings or kids taking more than one camp are eligible for a reduced rate of RMB 1,200 per week. Start dates are June 15 through July 13 weekly, and the last two weeks of August. RMB 1,500 per week. 9am-4pm. Email Atelier (contact@atelier.cn.com)

7 Beijing Playhouse Summer Camps



Ages 6-14. Beijing Playhouse, Beijing's only English-language theater troupe, is running four drama camps this summer: *Pinocchio*, *Once Upon a Time*, *Beauty and the Beast*, and *Romeo and Juliet*. Theater internships are available for older teens. All camps last two to three weeks, are limited to 30 kids, and end with a performance. Participants must audition June 27 (*Romeo and Juliet*). Camp dates: June 29-July 11 (*Pinocchio*), July 13-25

(*Once Upon a Time*), July 27-August 8 (*Beauty and the Beast*), August 10-29 (*Romeo and Juliet*). RMB 8,000 each for *Pinocchio*, *Once Upon a Time*, and *Beauty and the Beast*; RMB 12,000 for *Romeo and Juliet*. 10am-5pm. Beijing Playhouse (beijingplayhouse.com)

8 HoK Summer Camps



Ages 3-6. HoK's summer programs are open to both expat and local kids. In the first week, kids learn about the ocean's different animals, landscapes, and life forms through arts, crafts, science, and games. The second week is dinosaur-themed, with students becoming paleontologists to dig up bones and hunt for eggs. June 29-July 3 (week 1), July 6-10 (week 2). RMB 2,200 per week (full day), RMB 1,720 per week (half-day with lunch), RMB 1,350 per week (half-day without lunch), RMB 200 per week for bus transportation. 9.30am-3.30pm. House of Knowledge International School and Kindergarten (info@hokschoools.com, 400 650 7747)

PHOTO: COURTESY OF ATELIER



Editor's Pick



Dining



Playing



Learning



Community



Living



Health



Parenting



CISB Summer Camps



Ages 1.5-15. For the ninth year, CISB offers summer camps for toddlers, kids, and teens which are open to the public. This year's themes are Kindergarten Creative Camp, Summer Enrichment Camp, and Summer Enhancement Camp. Dates are from June 29 to August 7 for all camps. Registration required. Varying prices. 9am-4pm. Canadian International School of Beijing (summeradmissions@cis-beijing.com)

Roots Language Training Center Summer Day Camps



Ages 7-18. Roots is a language training center founded by Canadian teacher Jennifer Fils-Aimé. In July and August, Roots offers five summer camps with sports, movies, fairs, picnics, workshops, and more. Age groups are 4-6, 7-9, 10-12, 13-15, and 16-18. For teens, Roots also offers summer jobs as camp counselors. Limited to 10 kids per group. Registration required. Prices TBC. 9am-4pm. Roots Language Training Center (camps@rootsltc.com)

PHOTOS: COURTESY OF BEIJING PLAYHOUSE AND HOK

HEPASilent™ Air Purification Systems www.blueair.com

A small amount of pure air is not enough, here in Beijing you need a lot of it!

Chris Buckley PhD/ founder of Torana

Filter performance matters, and so does the amount of air flow. This is why Blueair purifiers have true HEPA filters optimized for removing Beijing's ultrafine PM2.5 pollution, and more than twice the airflow of ordinary purifiers.



The Blueair 503 was rated #1 for PM2.5 in a test of 22 purifiers by the Shanghai Consumer Council in 2013. A Blueair 600 series purifier was also rated #1 for PM2.5 by Consumer Reports in 2009. Blueair removes VOCs, dust, bacteria and pollen and is certified 100% ozone-free.



TORANA CLEAN AIR CENTERS

San Li Tun SOHO: ground level, near Gong Ti Bei Lu 10am-9pm daily, 010-8590 0511

Central Park, CBD: by the park 10.30am-7pm daily, 010-6597 9986

Shunyi Europlaza: basement area (near the supermarket) 10am-8.30pm daily, 010-8459 0785

www.toranacleanair.com

toranabeijing@163.com





June Events



LVMS Masterchef Camp



Ages 3-6. For the first three weeks of August, Little Village Montessori School hosts cooking camps based on *Junior Masterchef*. Kids get to make a different dish every day with their teachers and keep the recipes to replicate at home with Mom and Dad. Limited to 20 kids. Registration required by July 15. RMB 3,500 (LVMS students), RMB 4,800 (non-students). 9am-3pm. Little Village Montessori School (5876 6610, angel@lvms.cn)

9 DCP Summer Camps



All ages. DCB holds a series of sports based summer camps focusing on soccer, swimming, basketball, and tennis under the Dulwich Community Programmes (DCP), which are open to the public. Camps run from June to August. Registration required by June 17. Varying prices. 9am-4pm. Dulwich College Beijing (6454 9150, dcp@dulwich-beijing.cn)

PEC Summer Camp



Ages 6-14. Prestige Education Centre holds an English-language summer camp designed by UK-qualified teachers with themes like pirates and the seasons. Participants explore subjects like literature, art, science, music, and math using creative approaches. Early bird discount of 5% available before June 10.

Runs June 29-August 21. Registration required. RMB 3,850/week. 9.30am-3.30pm. Prestige Education Centre (8430 8674, information@pedcentre.com)

AEA Summer Camp



Ages 4-12. Since 1997, the AEA US Embassy has hosted summer day camps featuring fun, songs, games, and more. This year's themes are Star-Spangled Spirit Spectacular, Dusty Tracks in the Outback, Amazing Adventures to the Outer Limits, and Outrageous Oompapalooza. Meals provided. This year, the camp will be held at BSB Shunyi. Registration required. June 29-August 14. The American Employees Association US Embassy Summer Camp (www.aeabeijing.net/Summer-Camp)

10 Ivy Academy Summer Camps



Ages 3-6. Ivy Academy has several summer camps for younger kids featuring games, projects, field trips, and classes. The camps are the Traditional Chinese Culture Camp; Science Shenanigans Camp; Think, Paint, and Create Art Camp; DramaFit Camp; Lego Camp; and Advanced Chinese Camp. Start dates throughout July and August. RMB 7,200/camp. 9am-noon. Ivy Academy (www.ivyschools.com/Programs/Camps/summer)



Want your family-friendly event to appear in our next issue?
Upload it at www.beijing-kids.com/events by **June 12**.



11

11 Blue Bridge Summer Art Camps



Ages 4-12. Blue Bridge International Education offers four art camps with different themes this summer: Little World Explorer (exploring the world through Disney movies), Song of the Sea (Celtic culture and stories), Back to the Future (time travel), and Night at the Museum (artists and curators). July 13-17 (Little World Explorer), July 20-31 (Song of the Sea), August 3-14 (Back to the Future), August 17-21 (Night at the Museum). Registration required. RMB 3,280 (Little World Explorer and Night at the Museum), RMB 5,980 (Song of the Sea and Back to the Future). 9am-3pm. Blue Bridge International Education (www.bluebridgeedu.com)



Canadian International School of Beijing

北京加拿大国际学校



Montessori Nursery (18 months+)

IB PYP, MYP & Diploma Programs

Canadian Curriculum

Visit Our Beautiful Downtown Campus



ADMISSIONS@CIS-BEIJING.COM +86 10 64657788 www.cisb.com.cn



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 October 1, 2014.



Chen Jiashuo

Chinese. Born on Oct 8 to Wu Na and Chen Xuan at Xuanwu Hospital.



Jacob Pena-Loewenberg

American. Born on Feb 9 to Anna Sophie Loewenberg and Dennys Daniel Pena Calderon at Beijing United Family Hospital.



Eileen Yuxuan Sperlich

German. Born on Mar 26 to Zuo Peng and Frank Sperlich at Beijing United Family Hospital.



Zhao Yile

Chinese. Born on Sep 25 to Zhu Bolin and Zhao Liang at Amcare Women's and Children's Hospital.



Angelica Wu

American. Born on Aug 21 to Eva Wu at Beijing United Family Hospital.

BATTLE OF THE BUNS

thebeijinger



*the biggest burger battle
in Beijing is back for 2015!*

Come join us at the 2015 burger cup launch party!

 **Bring your appetite!**

For more information, email events@thebeijinger.com

For more detail, see thebeijinger.com or scan the QR code below



"Sports Are Not Only Physical, but Also Mental"

by Patrick Li



Dutch-born Jean-Pierre Evers and his family have been living in Beijing since 2007. He's not only a businessman, but also a hockey coach at Sports Beijing.

Both of his kids, son Pieter and daughter Juun, are involved in sports at the International School of Beijing (ISB). Pieter plays soccer, basketball, and volleyball while Juun plays hockey and is a member of the swimming team.

We visited the Evers family to hear Jean-Pierre's thoughts on fostering an active lifestyle for kids.

What's your opinion on kids playing sports?

In the Netherlands, we believe that sports are an essential part of education. It's very important that your kids know how to compete. Sports are also good to help them build confidence. Kids need to achieve not only academically, but also as sportsmen and individuals. Plus, it's easy to gain weight nowadays.

How do you define "sports education"?

Sports are not only physical, but also mental. It is important for kids to learn the mental part. We call it sports intelligence. Our organization [Sports Beijing] actually takes kids to Guo'an

games quite often. During the game, our coach explains to the kids about formation and tactics, and the kids learn how professional players pick their positions and cooperate with their teammates.

The mental part is often neglected in China, but it is very important. The Netherlands has around Beijing's population, but our soccer, hockey, and volleyball teams are world-class. It's quite remarkable considering the size of the country, and I think this proves that our focus is right.

What's the biggest difference between Chinese parents and Dutch parents when it comes to how they promote sports?

When Pieter was 11 years old, we were living in town, but we went to Riviera every weekend to play in group sports. We invited all the boys Pieter's age we could possibly find, Chinese and westerners, and we organized events every weekend. We usually assigned them to different teams, and we did 20 minutes of football, 20 minutes of rugby and 20 minutes of hockey.

Obviously, some kids were good at football, some good at hockey, and some good at rugby, but which team would win? It had

to be the team that understood "teamwork" the best. They needed to choose their best soccer player to lead the soccer game, the best hockey player to lead the hockey game, and the best rugby player to lead the rugby game. They needed to regroup every time there was another game, and they learned teamwork from it.

With regard to parents, I think Dutch parents have an overview of the importance of the team. As a consequence, we would think our kids are doing well only if their teams are doing well.

Instead, some Chinese parents only pay attention to how their kids are doing, not the team. Even for swimming, it is an individual sport but I think it's still important for my daughter to understand that she is playing with a squad. The whole squad has only one coach.

Do you think Chinese parents support their kids playing sports?

Of course. A lot of Chinese parents support their kids playing sports, but I think many of them can do it in a better way. Chinese parents think if their kids really focus on one thing, they will do well in the end. They set a path and a goal for their kids and they want their kids to achieve it.

In my opinion, the most important thing is to make sure that your kids genuinely enjoy what they are doing, be it swimming, football, or hockey, and they will develop by themselves.

Chinese parents actually focus very much on the well-being and future of their kids. Because of that, China will do very well in the future. But I would be even happier to see if some of the parents would do it with a different approach.

What's the most important thing for parents to do with regards to sports education?

The most important thing is to set role models for your kids. Both my wife and I are very active. If you claim that sports are important but just stay on the couch and watch TV, your kids won't follow your claim.

This article originally appeared in the June 2015 issue of our sister publication, JingKids

Coping with Departure Season

by Sally Wilson

"So are you staying or going?" It's a seasonal question, one that pops up each year. If you have walked the expat trail you may recognize the familiar trajectory.

As spring gives way to summer we stop initiating conversations about the air quality and traffic and become curious about who is leaving their posting. It seems this year there are moves afoot everywhere I look; friends whom I've come to rely on, those with which there's the ease of the drop-in call or last-minute plans. The unavoidable truth that friends will come and go is all part of the expat routine. This past weekend, I attended the first of the departure season leaving parties.

Departure season starts buoyantly, and the first leaving dos are always well-attended. Friends and acquaintances write cards, print off photos, compile memento albums, and give generously to the collection.

The sad fact is that later on in the summer, you find yourself emotionally depleted by too many farewells.

There is no solution to this. You have to pick yourself back up, attend that next party, and remember that one day it will be you that is leaving. It really is important, for both those

staying behind and those moving on, that a proper farewell is said.

This revolving-door scenario has always been part of expat life, but I still struggle with the whole concept. New friends of course come along, and paths will cross again with those that have left. While some goodbyes may only be temporary, experiencing the departure of friends does not get easier with repetition.

In fact, it can make it tougher. Almost all expats speak of reaching departure fatigue at some point, which can get in the way of forming bonds with new arrivals. Some of the first questions an expat will ask another are "When did you arrive?" and "How long do you think you'll be here for?" This mindset can get in the way of forming new friendships, you're always thinking about which one of you will be the first to leave.

This is my fifth year in Beijing, so I have plenty of experience in being "the expat left behind." Of course you're excited for friends who are leaving, but you also feel bereft that your life is going to be different without them. Whatever you do, don't make them feel guilty about leaving. No matter how upset you are, don't make them feel bad that they are

heading off on a new adventure. By all means, give yourself a bit of time to be upset about it, but it's better to cherish the time you had with them. No one can replace our friend's places in our lives, but there is certainly room enough to let in other great people.

The expat experience is such that people are always coming and going. The temporariness and the challenge of this situation is part of what accelerates the friendship creation and in a way make it so special. So when I'm going through yet another departure season, I try and remember that goodbyes don't have to be permanent unless you want them to be.

beijingkids Shunyi Correspondent Sally Wilson moved to Beijing in 2010 from the UK with her husband and son. Her daughter was born here in 2011 and both her kids keep her happily busy. In her spare time, Sally loves to stroll through Beijing's hutongs and parks. She is a (most of the time) keen runner and loves reading: books, magazines, news, and celeb websites – anything really. Sally is also a bit of a foodie and loves trying out new restaurants.



PHOTO: PETER KAMINSKI (FLICKR)



WHAT'S HAPPENING IN BEIJING



HISB Raises RMB 57,000 for Alenah's Home

On April 19, Harrow International School Beijing (HISB) held Harrowthon 2015, the school's annual charity fun run bringing together runners and spectators from across Beijing. This year, the event expanded beyond the 3K, 5K, and 10K races with a Health and Happiness Festival, which featured a farmers' market and over 70 stalls promoting ways to enhance health and happiness, with international foods to tempt every palate and activities like a bouncy castle, pony rides, live animals, and a picture booth for kids of all ages. HISB raised over RMB 57,000 for Alenah's Home, a foster home for Chinese orphans.

Dr. Chia Tan Speaks at BIBS

Beanstalk International Bilingual School (BIBS) welcomed world-renowned primatologist Dr. Chia Tan to its Shunyi campus as part of the BIBS Speaker Series on April 29. A senior scientist at the San Diego Zoo, "Auntie Tan" works in Madagascar, Vietnam, and China and has extended her scope of work to educate children on how and why we should protect endangered species.



HoK Welcomes Nursery Teacher Sara Simonton

House of Knowledge International School and Kindergarten (HoK) welcomed a new nursery teacher to the Quanfa Campus. American Sara Simonton has a Bachelor's degree from the University of Oregon and over five years of experience teaching in both the US and China.

International SOS Welcomes New Family Physician



International SOS recently welcomed Family Physician Dr. Sonia Jutard. She received her medical degree from Paris University and her emergency medicine training and certificate from Bordeaux University in France. During her training in Bordeaux, Dr. Jutard worked in emergency pediatrics and intensive care units, both adult and neonatal. She gained extensive medical and surgical practice from neonatal to senior care, including OB/GYN and psychiatric services in the emergency team of the Tahiti Hospital in French Polynesia. She also headed the emergency call center, which managed emergency response for all of Tahiti and the remote islands of the nearby Pacific. Dr. Jutard speaks French, English, and Spanish. To make an appointment with her, contact International SOS at 6462 9112 or visit internationalsos.com

PHOTOS: COURTESY OF HISB, BIBS, HOK, AND INTERNATIONAL SOS

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 **June 12**.

Head of Keystone Speaks at Harvard Conference

Keystone Academy Head of School Malcolm McKenzie spoke at the Harvard China Education Symposium's annual conference. Titled "Reimagine: Better Education For All," the conference focused on the changing landscape of education, especially in China. McKenzie, speaking on the international education and globalization panel, highlighted the need for students and teachers to "learn from and for the world." McKenzie said that Keystone seeks not only to prepare its graduates for the best universities worldwide, but also to apply their emotional intelligence, character, and zest for learning to help develop and improve the communities in which they live.



YICIS Beijing Hosts ACAMIS Soccer Tournament

From April 16 to 18, Yew Chung International School of Beijing (YICIS) hosted the annual Association of China and Mongolia International Schools (ACAMIS) tournament at the school's pitches in Honglingjin Park. The competition brought together six schools from across China. The YICIS Beijing Under-19 Boys team reached the final but got second place after a narrow 1-0 defeat in the last minute of the game. YICIS Beijing's Bryan Wong and David Yamamoto were included in the team of the tournament for their professional and high quality performances and Yamamoto also finished as top scorer in the competition with a total of six goals across the seven games that YICIS Beijing played.

BCIS Concert for Nepal

In the wake of the earthquake that recently hit Nepal, Beijing City International School (BCIS) held a charity concert on April 30. Both students and teachers took part in the show, which included music, dance, poetry, and a special introduction from a BCIS parent whose husband was in Katmandu when the earthquake struck. She expressed her and her family's relief that her husband made it back to Beijing safely, and shared their horror at the devastation to the lives, physical infrastructure, and cultural sites of the Nepalese. The school raised RMB 6,790, which will be donated to the Red Cross to support relief in Nepal.



Chinese National Team Volleyball Champion Joins WAB

The Western Academy of Beijing recently welcomed former Chinese national team volleyball player Bai Yun to the WABX team as program coordinator. Bai had a successful 20-year volleyball career, winning competitions as part of the No. 1 Army Volleyball team.

Heads Up!

A workshop to make the Mad Hatter green
with envy

text and photos by Dana Cosio-Mercado





Which princess, old or young, doesn't want her own one-of-a-kind crown?

If the mom or teen in your life wants to celebrate her birthday in a fun and creative environment, then Milliner Elisabeth Koch's hat-making parties could be just the ticket.

Koch, who holds dual Dutch and American citizenship, has been mad about hats since she was a little girl; she says she was always up to her elbows in sketches or making her headwear designs come to life. After training at the Wombourne School of Millinery in the UK, she lived in the US, Europe, and other parts of Asia before moving to Beijing.

The hat-making workshop starts with an invitation for participants to choose a hat or fascinator from Koch's treasure trove of creations. There are literally one hundred hats of every shape and color, which guests are free to try on. No two hats are the same; you may find yourself donning something that has topped the head of a celebrity or print model. In the past, Koch's creations have been commissioned for fashion shoots, movies, weddings, and horse races.

Guests get to play dress-up, admire themselves of the mirror, and pose for photos. The banter at Koch's hat-making parties is light and easy; even the shyest of the women gets caught up in trying on hat after hat. Koch herself makes a charming model and regales participants with the stories behind each piece.

Once the workshop begins in earnest, materials are spread on the table for participants to choose from. Mainstays include ribbons, baubles, and *sinamay*, a tropical fabric that resembles a starchy

organza. The women must decide on a color scheme and come up with an idea for a design, then get busy with needle and thread to make their own fascinator.

Don't worry if you're all thumbs and are prone to making a pin cushion out of your own fingers; the initial assembly can be done with fabric glue, and Koch and her assistant are around to help out less dexterous sewers. Between chatting and working on your project, time flies and before long it's time to show off your finished fascinator. A second round of photos is mandatory as each guest models her own creation.

Koch's workshops are best-suited to moms and girls (and fabulous boys) 11 and up. She can take groups of six to 12 people (six minimum). Though knowledge of sewing isn't essential, basic needle-work skills will help you finish the work faster. The workshop costs RMB 500 and lasts three hours, all materials included. Pre-booking is essential. For a more authentic tea party feel, Koch can provide nibbles from *Comptoirs de France* for an additional RMB 50 per person. Alternatively, speak to her about bringing your own food and what kind of snacks would be most appropriate for the hat-making workshop.

Elisabeth Koch Millinery

Rm 204, Bldg D Clubhouse, Gloria Gardens, Xingfucun Zhonglu, Chaoyang District (English: 139 1043 1832, contact@elisabethkoch.net) 朝阳区幸福村中路锦绣公园寓D座204

Mindful by Design

Rose Fulbright is luxury loungewear with a conscience

by Sijia Chen





Rose Fulbright-Vickers comes from a long line of enterprising, creative women. Her maternal grandmother, Susan Williams-Ellis, was the prominent British artist and designer who founded Portmeirion, a pottery company based in Stoke-on-Trent in the UK. Fulbright-Vickers remembers her as a larger-than-life personality with “hilarious, multi-colored 80s shell suits and big earrings” who delighted in sharing simple things like her love of British fauna and flora with her grandchildren.

Fulbright-Vickers’ mother, Anwyl Cooper-Willis, holds a doctorate in marine biology and worked as a scientist before starting to design for Portmeirion in the 1980s. She nurtured her three daughters’ creativity by teaching them how to sew, taking them to charity shops, and enrolling them in life drawing classes – though Fulbright-Vickers was the only one who stuck with them.

“At the age of 11, I knew that I wanted to have my own brand and be a fashion designer. It must’ve been just before that my mum and I started reading *Vogue* together. She really taught me to think critically about design,” she says.

Fulbright-Vickers went on to study design and fashion in Paris and London, gravitating to lingerie and loungewear for their dramatic shapes and sensuous materials. She moved to Beijing last August with her husband, having established her eponymous brand Rose Fulbright just six months earlier.

Her latest loungewear collection, the Tropical Collection, features a pattern based on her grandmother’s colorful oil paintings of fish from numerous scuba diving and snorkeling trips to the Pacific, Caribbean, Indian, and Atlantic Oceans. The shapes and sleeve details in some the pieces also recall traditional wide-sleeved Chinese robes – an influence that Fulbright-Vickers is eager to expand on in her next collection.

“The colors you get here are very different to the colors you see together in the West as a palette, particularly in the temples,” she says. “You see a lot of blues and turquoises with whites, as well as terra cotta reds and mustardy yellows – very bold colors.”

A fundamental part of Rose Fulbright’s identity is the brand’s ethical and ecological approach to design. All garments are produced in the UK to ensure superior quality and fair working conditions. All elastics, packaging, and labels are sourced from the UK to minimize carbon footprint, while most materials are sourced from Europe. Many of the silks come from Suzhou, where Fulbright-Vickers also employs a printer with ecologically-certified inks. The website includes detailed care instructions for silks and links to GreenEarth Cleaning, a US-based eco-friendly dry cleaning business with affiliates all over the world (but unfortunately none in Beijing for the moment).

“I believe we should buy things that are made to last and we should care for them properly, ensuring you don’t get huge numbers of clothing items going to waste and landfills,” says Fulbright-Vickers.

To honor her grandmother’s lifelong passion for marine life, five percent of all proceeds from sales of the Tropical Collection will be donated to Oceana, an ocean conservation group based in the US.

Rose Fulbright

In Shunyi, Rose Fulbright designs are available at Clicia’s Boutique in Dragon Bay Villa. In the city, Fulbright-Vickers welcomes private appointments at her home studio in the CBD. Contact her at 159 1087 5373, info@rosefulbright.com, or RoseVickers on WeChat.

Travel Medication Kit for Child

We also offer customized travel kits to cater to your family's special needs.

VISTA MEDICAL CENTER
维世达诊所

Tel: 85296618
www.vista-china.net
Lvl 3 Kerry Centre Shopping Mall, 1 Guanghua Rd., Chaoyang District

General Practice • 全科
Internal Medicine • 内科
Obstetrics & Gynecology • 妇产科
Pediatrics • 儿科
Surgery • 外科
Dermatology • 皮肤科
Ophthalmology • 眼科
ENT • 耳鼻喉科
Dental Clinic • 口腔科
Traditional Chinese Medicine • 中医疗

24 Hour Medical Service Hotline

(8610) 6553 2288 ext. 2345/6/7
(8610) 6553 9752

北京港国际医务诊所
Hong Kong International Medical Clinic, Beijing

8F-9F Office Tower, Swissôtel Beijing, Hong Kong Macau Center
No.2 Chaoyangmenbeidajie, Beijing, China 100027
北京市东城区安定门内大街2号港国际中心办公楼8-9层 邮编 100027

UWC EDUCATION LIKE NO OTHER

Are you looking for an education with a difference?
Then UWC is for you.

www.uwcchina.org

visit beijing-kids.com/events to find out what's happening

Beijing's essential international family resource

beijingkids

A man with a mustache, wearing a grey suit, is sitting at a wooden table outdoors. He is looking down at a young boy who is sitting across from him. The boy is wearing a white shirt and blue jeans. The man is holding a small object in his hands, and the boy is looking at it with interest. In the background, there is a red and white checkered basket on the table and some greenery.

The Reitz Stuff

Kevin and Jordan Reitz smarten up for Father's Day

text by Aisling O'Brien,
photos by Adrian Xuan at Neverland Studio

Kevin and Jordan Reitz (age 2) make a dapper duo



Kevin, pre-makeover

Jordan, pre-makeover

For Father's Day, we wanted to give one of Beijing's dads a new look, and Kevin Reitz, marketing director for Great Leap Brewing Company, was happy to accept the challenge. Reitz, who has been in China since 2008, met his wife Esther Wang-Reitz through their shared love of Ultimate Frisbee, a sport he has been playing for almost two decades. They met at a tournament in Shanghai, married in 2012, and now have two kids: Jordan (age 2) and Kaila (10 months).

Reitz has a super no-frills approach to grooming. He tells *beijingkids* that he normally has his hair cut for RMB 30 at the cheapest place in the neighborhood, and that he cuts son Jordan's hair in his kitchen over a garbage can, just hacking at it until he deems it short enough.

Anais De Castro Lemos, team leader at **Catherine de France**, is unimpressed with Reitz's last cut. "They thinned his hair a lot," she says. "It's quite bad. If a Chinese hairdresser hasn't had training for western hair, they generally use the wrong techniques." She suggests a color update, which Reitz enthusiastically consents to. "This will really bring out his blue eyes," she says. De Castro Lemos explains that the finished cut can be worn conservatively or with more product for a "cool dad" look.

After the cut and color, Reitz and I head off to **Bottle, Boot and Cigar** for the final part of the makeover: a straight-razor shave (which includes a glass of house pour whiskey) from Yazhu Li, a barber from Truefitt and Hill. Shaves at the bar are available by appointment only on Tuesday and Friday afternoons. Meanwhile back at Catherine de France, Jordan received a fresh look of his own, before joining dad for the after photo shoot at Great Leap No.12 Brewpub.

Product List

- Truefitt and Hill Ultimate Comfort Pre-Shave Oil
- Taylor of Old Bond Street Sandalwood Shaving Cream
- Truefitt and Hill Sandalwood Aftershave Balm
- Truefitt and Hill West Indian Limes Aftershave
- Taylor of Old Bond Street Moustache Wax

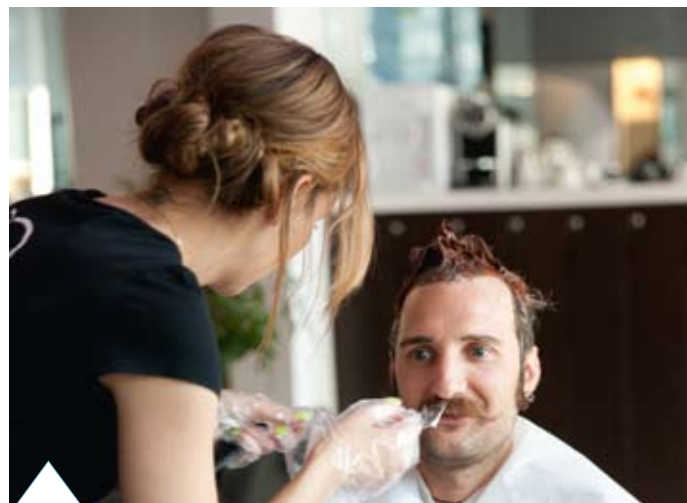
Catherine de France 法式美容美发沙龙

Tue-Sat 10am-8pm, Sun-Mon 11am-6pm. 1/F, East Avenue Building, 10 Xindong Lu, Chaoyang District (8442 5120, 135 2147 3492)
www.catherinedefrance.com 朝阳区新东路10号逸盛阁首层

Bottle, Boot and Cigar (BBC)

Daily 6pm-late. Shaves every Tue and Fri, 4-5pm. 168 Taipingzhuang Nanli off Xinfucun (opposite The Big Smoke), Chaoyang District (186 1405 7407) 朝阳区太平庄南里1号

Get the Look:



1 De Castro Lemos starts by darkening the back and sides of Reitz's head and his eyebrows, then adds coppery tones to the crown of his head and mustache.

2 De Castro Lemos uses clippers to undercut the back and sides, gradually leaving more length toward the top of the head.



3 Before the shave, Yazhu Li primes Reitz's face with a combination of hot towels and a citrusy pre-shave oil. She then lathers him up and applies shaving cream before setting to work with a straight-edged razor. Li shaves Reitz's face twice. Afterwards she applies aftershave balm, aftershave, and mustache wax.



Experience a Private Cooking Lesson at Home With a Professional Sushi Chef.

We can cater for your family event or cocktail party.
和您的家人朋友一起学习怎么制作日式寿司，度过一个愉快的时光，我们将为您上门服务。



Haru Shunyi / 顺义店
Pinnacle Plaza 902, Shunyi District
Tel>80465112 80465102

Haru Sanlitun / 三里屯店
N4-30, Taikoo Li Sanlitun,
Chaoyang District
Tel>64152112 64165102



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.

Drink It In, The Water's Fine!

Do sports drinks that contain electrolytes hydrate better than water? As summer approaches, more parents are concerned about ensuring proper hydration for their family.

Sports drinks are best for elite athletes and those performing high-intensity exercise for a prolonged period of time. During intense sessions exceeding one hour, the body begins to lose essential nutrients through sweat, such as sodium and potassium. Sports drinks are designed to replace these minerals and provide carbohydrates, a required source of fuel. For example, having a sports drink instead of water before a marathon may improve performance because it provides a quick burst of energy that allows the athlete to keep pushing. Studies show that, thanks to their electrolyte content, sports drinks cause fluids to be absorbed more quickly by the body. The added sodium (salt) also helps fluid retention, so the short answer is yes, sports drinks do hydrate better.

But here's another question to consider: Should you give your child sports drinks? For most kids, this isn't necessary. Sports drink companies target kids and teens through flashy ads and celebrity endorsements, but they contain sugar, which isn't required for performance. The consumption of sweetened beverages, including sports drinks, has been linked with childhood obesity and a higher risk of developing diabetes.

Sports drinks contain added sugar, which isn't required for kids to perform

Sugar can show up on nutritional labels as high-fructose corn syrup, glucose-fructose, dextrose, maltose, maltodextrin, malt syrup, honey, molasses, and other names. Though honey and molasses are natural sources of simple carbs, their effect on blood sugar is essentially the same as sugar. The amount of sweeteners in sports drinks are far too high. Some contain artificial sweeteners, which should be avoided by children and adults alike. They also often contain artificial colors like yellow 5 or red 40 – definitely not something that kids need. Water is enough to satisfy most kids' hydration needs.

However, not all children like drinking plain water. In this case, try infusing water with fruits, like berries or orange slices. For more a refreshing drink, combine lemon and mint. Flower teas like rose and chrysanthemum can also add flavor to water; these taste great chilled. When kids are exercising, I'm also not opposed to adding a tiny bit of honey – just enough to give the tea a hint of sweetness. It's better than any iced tea you can buy in the store. Another option is chilled coconut water. My kids love it and lately it's been easy to find in Beijing. Coconut water is naturally sweet and contains electrolytes; just be sure not to overdo it.

For children, the main source of hydration should be water. If they need extra encouragement to hydrate during sports or when running around outside, consider the natural, healthy alternatives listed above.

Need more info?

Dr. Dorothy Dexter is a family medicine physician at Beijing United Family Hospital. She has several years of clinical experience, and speaks English and Spanish. Contact her at dorothy.dexter@ufh.com.cn.



The Great Outdoors: Friend or Foe?

If you're worried about allergies, consider this: the single factor that most protects a child from the development of allergies is exposure to bacteria early in life. On the other hand, excessive hygiene and liberal use of antibiotics in early childhood actually increase the risk of having allergies later in life.

A study carried out in Finland shows that forests and agricultural land around homes protects children from developing asthma and allergies. An Austrian study echoes this finding, revealing that children between the ages of 0 and 5 who have been exposed to stables and farms are more likely to be protected against the onset of asthma, hay fever, and other allergies. It is never too late to start spending more time in nature, but it is particularly important if you have children under 5.

If your child is over 2 and has sneezing fits, teary eyes, and gets a stuffy and runny nose every time they come into contact with pollen from trees or grasses, they most likely have seasonal allergies. The doctor may recommend a blood test to check for the presence of antibodies to common allergens.

The single factor that most protects a child from the development of allergies is exposure to bacteria early in life

If your child is diagnosed with seasonal allergies, the best treatment is to minimize exposure to triggering agents. Some tips:

- Make sure your child wears a mask when spending time outdoors during the blooming season.
- Have them change and take a shower as soon as they get home to remove pollen from their skin and clothes.
- Use a saline nasal spray at least once a day to remove pollen from their nostrils.
- Administer an antihistamine daily during the blooming season.
- Use an air purifier in your child's bedroom and play area.
- Inform their teacher to make sure they wear a mask during outdoor activities at school and wash their hands and face when re-entering the classroom.

In some cases, moving to Beijing may help rather than exacerbate seasonal allergies. This is because there are lower levels of airborne mould resulting from the city's dry climate and more contact with non-sterile environments.

To increase your child's exposure to bacteria, let them get dirty by starting your own little vegetable or herb garden at home. Buy seed packets and have them help you plant them in pots or planters. This exposure will decrease the future risk of developing allergies.

OASIS
INTERNATIONAL HOSPITAL
北京明德医院

400 UR OASIS (400 87 62747)

24 Hour Emergency 010 5985 0333

Better Medical Environment,
Better Choice!
Right Here at
OASIS



OASIS International Hospital is a high-end international full-service hospital built up based on JCI standard. We are located on the north of 798 Art Area, with an area of 15000 sq.m. We have an international professional team of doctors and about 50 clinics and research centers of Internal Medicine, Surgery, Gynecology, Obstetrics, Pediatrics, Dental, TCM etc. We have 24/7 Emergency service all year round.



- ⊕ FAMILY MEDICINE 全科
- ⊕ OB/GYN 妇产科
- ⊕ PEDIATRICS 儿科
- ⊕ SURGERY 外科
- ⊕ DENTAL 口腔科
- ⊕ TCM 中医科
- ⊕ PHYSIOTHERAPY 理疗康复科
- ⊕ ER 急诊科
- ⊕ OPHTHALMOLOGY 眼科
- ⊕ ENT 耳鼻喉科
- ⊕ PHARMACY 药剂科
- ⊕ LAB 医学检验科

We have various health talks and classes on the weekends
Please call 5985 0459 to register for participation.

400 UR OASIS

www.oasishealth.cn

24 Hour Emergency 010 5985 0333

朝阳区酒仙桥北路9号



Vegging Out

Nutritionist Stella Chan
Marinero discusses
going meat-free

by Aisling O'Brien,
translation by Patrick Li

Meat-free diets are gaining in popularity worldwide. In particular, the Meatless Monday movement has taken off in countries like the US, UK and Australia. Many people are motivated by the purported health benefits of a plant-based diet; although there is plenty of research to show that they can lead to a lowered risk of developing heart disease, type 2 diabetes and many cancers, a badly planned meat-free diet has the potential to cause vitamin, mineral, and macronutrient deficiencies.

Hong Kong-born Stella Chan Marinero holds a Master's degree from Columbia University in Nutrition and Applied Physiology and works at **International SOS Beijing Clinic** as a nutritionist. She offers both one-to-one and group counseling, providing clients with balanced meal plans and teaching them how to make healthier nutritional choices. We asked Marinero about cutting back on meat the healthy way.

Types of Meat-Free Diets

Pescetarians: Consume plant foods, dairy, eggs, and other types of seafood.



Lacto-ovo vegetarians: Consume plant foods, dairy, and eggs.



Lacto-vegetarians: Consume plant foods and dairy products.



Vegans: Consume only plant foods.



Is cutting down on red meat a good idea?

Avoiding red meats high in saturated fat and bad cholesterol is linked with cardiovascular benefits. As such, red meat should be consumed in moderation, and lean cuts are recommended.

What are the health benefits of a vegetarian diet?

The benefits of a healthy vegetarian diet (one rich in vegetables, fruits, whole grains, non-animal sources of protein, calcium, and which limits processed foods) include lower risks for obesity and high blood pressure, with a potential longer life expectancy.

Is it safe for kids to become a vegetarian or vegan? Is it safe for pregnant women?

With careful meal planning it is possible for all vegetarians and vegans to consume sufficient calories and nutrients.

Is it easier to get complete and balanced nutrition on a pescetarian diet versus a vegan or vegetarian diet?

Fish, as a lean protein source rich in calcium and omega-3 fatty acids, is a healthy option. However there are other sources of protein, calcium, and omega-3 fatty acids for those who choose not to include fish in their diet.

Do vegetarians and vegans need vitamin supplements?

Without careful meal planning, eliminating meat could result in an inadequate intake of protein, and calcium, iron, zinc, and vitamins D or

B-12 deficiencies. For children this could also negatively affect normal growth and weight gain. Vitamin D and B12 deficiencies may lead to anemia, while insufficient protein compromises proper functioning of muscle tissue, organs, bones, and immune functions, and can cause decreased energy levels. For those who eliminate dairy and eggs, special care must be taken to get adequate amounts of calcium and vitamin D. Calcium is necessary for strong bone health. Those concerned about deficiencies should talk to their doctor about taking multivitamins, vitamin B-12, vitamin D, calcium, and iron supplements.

How can vegetarians and vegans get enough iron?

Vegetarian and vegan-friendly iron sources include tofu, cooked soybeans such as edamame, pumpkin seeds, quinoa, tomato paste, white beans, spinach, dried apricots and peaches, lentils, and peas.

How can vegetarians and vegans get enough calcium?

Lacto vegetarians are able to consume enough calcium through dairy products such as milk, yogurt, and cheese. Sources of well-absorbed calcium for vegans include calcium-fortified soymilk and almond milk, soybeans and soynuts, bok choy, broccoli, collard greens, Chinese cabbage, kale, and tofu.

How can vegetarians and vegans get enough vitamin B12?

Many breakfast cereals and non-dairy milks (Almond Breeze and Silk Soymilk) are fortified with vitamin B12. Read labels and plan meals carefully to ensure adequate daily vitamin B12 intake.

What are good meat-free sources of omega-3 fatty acids?

Vegan-friendly omega-3 fatty acid sources include flax, chia, and hemp seeds, mustard oil, seaweed, beans, leafy greens, cabbage, and berries. Pescetarians can add fish such as sardines, salmon, and tuna.

What are good sources of protein for people following meat-free diets?

Good sources of protein for vegans include legumes (beans and green peas), quinoa, nuts and nut butter, chickpeas (hummus), tofu, edamame, leafy greens, sesame and sunflower seeds, almond milk, and soymilk. Lacto-ovo vegetarians can add eggs and dairy; pescetarians can add fish.

There are many vegetarian and vegan-friendly protein options. With planning it is achievable for vegans and vegetarians to have sufficient protein in their diets.

Do active meat-free kids need a special diet?

Active children, whether they are vegan, vegetarian, or non-vegetarian need to eat enough healthy foods to meet their physical needs (about 200-400 extra calories per day, depending on their size and activity levels), including whole wheat and whole grains, vegetables, fruits, calcium rich foods, and lean protein.

What advice would you give to parents of a newly vegan or vegetarian child?

To ensure your vegetarian or vegan child is receiving enough nutrients, vitamins and calories, provide a variety of nutrient-dense foods at every meal and snack. To prevent vitamin deficiencies talk to your doctor about giving your vegetarian or vegan child multivitamins, vitamin B-12, vitamin D, calcium, and iron supplements.

When planning balanced vegan and vegetarian meals for a child, include the following:

- Colorful vegetables (1 cup raw or ½ cup cooked)
- 1 cup or a piece of fruit
- whole grains (such as 1 cup brown rice)
- A serving of protein (such as 1/4 cup cooked dry beans or tofu, 1 tablespoon nut butter, 15g nuts or seeds, and 1 egg or 2 egg whites for lacto-vegetarians)
- Calcium-rich foods and beverages (including 1 cup soy milk, and for lacto-vegetarians 1 cup milk or yogurt, or 20g cheese)

Sample Meat-Free Meal Plan:

Breakfast: 1 slice of whole grain toast with nut butter spread, 1 piece or 1 cup of fresh fruit, 1 bowl of fortified whole grain dried cereal, 1 cup of calcium-fortified non-dairy milk (Almond Breeze and Silk Soymilk are available in Beijing). Vegetarians can also consume cows' milk, and eggs.

Lunch: Bean burrito with lots of fresh vegetables (lettuce, carrots, corn, peppers, onions, etc. wrapped in a whole wheat tortilla), salsa and guacamole. Fruit. Vegetarians can add cheese and sour cream to their burrito.

Snacks: Trail mix of nuts and dried fruit, fresh fruit, vegetable sticks and hummus, calcium fortified non-dairy milk such as Almond Breeze or Silk Soymilk. Vegetarians can consume cheese, yogurt, or a hardboiled egg.

Dinner: Stir-fried vegetables (kale, red peppers, onions, and broccoli) and tofu served with brown rice, with fruit sorbet for dessert. Vegetarians can substitute ice cream instead of sorbet. Pescetarians can add fish.

Useful Language for Eating Meat-Free

I am vegan/vegetarian

Wo chi su

我吃素

I am pescetarian

Wo chi su, dan chi yu

我吃素，但吃鱼

I only eat only plant-based foods

Wo zhi chi zhiwu xing shipin

我只吃植物型食品

I do not eat meat/fish/dairy products/eggs

Wo bu chi rou/yu/ nai zhi pin/ji dan

我不吃肉/鱼/奶制品/鸡蛋

I am allergic to meat/fish/dairy/eggs

Wo dui rou/yu/nai zhi pin/ji dan guo min

我对肉/鱼/奶制品/鸡蛋 过敏

Meat/fish/dairy/eggs make me ill

Rou/yu/nai zhi pin/ji dan hui rang wo bu shu fu

肉/鱼/奶制品/鸡蛋 会让我不舒服

Does this contain meat/fish/dairy/eggs?

Zhe li bao han rou/yu/nai zhi pin/ji dan ma?

这里包含肉/鱼/奶制品/鸡蛋吗?

**Resources****Nutritionists and Dieticians**

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

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

Mon-Fri 8am-8pm, Sat-Sun 9am-6pm. Suite 105, Wing 1, Kunsha Building, 16 Xinyuanli, Chaoyang District (Clinic: 6462 9112, 24hr Assistance Center: 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

Vegetarian Grocery Stores

Lohao 乐活城

One of Beijing's biggest organic and health food chains, with five stores across Chaoyang and Shunyi. The flagship store near Jintai Lu is conveniently located.

1/F, 5 Vanke Park, Tianshui Xiyuan, Chaoyang District (6599 6287) 朝阳区甜水西园万科公园5号一层

Zheng Long Zhai Vegetarian Goods 正隆斋全素食品西单店

Just south of Xidan, this little shop sells a wide range of mock meat products, including far-fetched items such as whole lobsters. With a good range of vegan sauces, seasonings and textured vegetable proteins (TVP).

3 Xinwenhua Jie, Xicheng District (6603 1051) 西城区新文化街3号

Helpful Websites

www.vegetarian-china.info

www.happycow.net/asia/china/beijing

Daddy You're My Hero

Beijing's essential international family resource
beijingkids



2015 Father's Day Pool Party

Activities:

- Splash into summer with a 500sqm swimming pool and kiddie pools for younger kids
- Feast on a five-star hotel brunch featuring organic ingredients, seafood, desserts, and more
- Gorgeous framed family portraits
- Water Zumba, pool games, and other cool competitions
- Walk away with a big goodie bag for Dad including a bottle of wine, a mug, RMB 100 Tube Station vouchers, and more

beijingkids and JingKids Club members and early birds (before June 15):

● Adults: RMB 300 ● Children 5-11 years: RMB 200 ● Children under 5: RMB 100

Non-members:

● Adults: RMB 360 ● Children 5-11 years: RMB 260 ● Children under 5: RMB 160

Groups of 5 or more get an additional 15% off!

Advance ticket reservation required. Contact events@beijing-kids.com or 5941 5379

Sunday, June 21

9:30am - 2pm

Crowne Plaza Beijing Lido

Venue Sponsor:



Gift Sponsor:



Activity Sponsor:



Thairiffic

Family-friendly dining
at Blue Elephant

by Sally Wilson



PHOTOS: KEN

Sami Kamal (age 6) digs into a vegetarian spread at Blue Elephant



Vegetable yellow curry (RMB 42)



Chiang Rai veggie spring rolls (RMB 32)



Coconut sago pudding (RMB 32)

Blue Elephant Thai Restaurant in Shunyi has been serving authentic Thai cuisine and a few Vietnamese favorites since the start of 2014. The food is fresh and the flavors vibrant. The main menu has chili ratings so you know which dishes are milder and more suited to younger diners. Appetizers include prawn cakes, spring rolls, chicken wrapped in pandan leaf, and their specialty dish, tom yum soup. The restaurant is popular with the Shunyi lunch-time crowd, offering a great value set menu.

Mains include traditional Thai curries, lime and sesame chicken, sweet and sour shrimp with pineapple, and pad thai noodles. With a great range of traditional desserts, Thai teas, fresh juices and shakes, there's something for all the family to enjoy. A separate kids' menu features pineapple fried rice with seasonal vegetables, yellow curry chicken with rice and baguette, mango chicken with vegetable and rice, or chicken satay with fries and fruit salad. Kid's meals cost RMB 48-58 and include a glass of juice.

Our enthusiastic young diner, Sami Kamal (age 6), is a student at Dulwich College Beijing. Living in Beijing since the summer of 2014, Sami is vegetarian and her favorite foods are the Persian dishes her dad cooks. Sami is excited to try a few of Blue Elephant's dishes, including vegetable yellow curry with steamed rice (RMB 42), Chiang Rai vegetable spring rolls (RMB 32), coconut sago pudding (RMB 32),

and a fresh orange juice (RMB 25). Sami thought the curry was "delicious," packed with broccoli, cauliflower, and other vegetables, with a hint of spice. The spring rolls were a big hit – nice and crispy on the outside. Dessert was sweet, light, and very refreshing.

Blue Elephant is spread over three floors. The main restaurant on the ground floor has seating for 70 diners, with a lovely outdoor dining patio. The second floor has two private dining rooms and the third floor is taking up by a large rooftop terrace. Thai artifacts, traditional furniture and plenty of plants give the restaurant an authentic and relaxed atmosphere. The main restaurant is non-smoking, but smoking is allowed in the private dining rooms and outside areas. Highchairs and kid's plastic utensils are available. The toilets are western-style and very clean, with soap and paper provided. Blue Elephant also provides catering, take-out, and delivery services.

Blue Elephant Thai Restaurant

Daily 10am-10pm. 883 Pinnacle Plaza, Tianzhu Town, Shunyi District (8046 0862, 186 1171 8030) 顺义区天竺镇荣祥广场 883号

Ricotta Make This

The Glushkova-Fan family says “cheese”

by Aisling O'Brien, translation by Patrick Li



Russian-born Irina Glushkova has lived in Beijing for the past 15 years with her Chinese husband Hong Weifan. Their daughters Liza (age 14) and Liya (5) attend the Russian Embassy School and Teremok Russian Kindergarten respectively. Glushkova uses Ayurvedic theory to offer natural, organic skin and hair care products tailored to customers' specific needs. A consultation takes around 20 minutes and all products are handmade from raw, unrefined ingredients sourced from all over the world. Because the ingredients are fresh and the products contain no additional stabilizers or preservatives, they have a shelf life of only three months and must be refrigerated.

On the afternoon we visit the family home at Dongzhimen MOMA, the Glushkova-Fan girls are preparing a traditional Russian breakfast dish. "This dish is so typical that every Russian family has its version," says Glushkova. She was taught to make breakfast ricotta by her mother in her teens, and is in her turn passing the recipe onto her oldest daughter. Liza has just started cooking by herself, and in addition to making healthy foods like baked vegetables and salads, loves to bake. "Both girls get enthusiastic about making cookies, but often lose interest in the middle. Liya plays with the dough a little, and then leaves me to finish up," says Glushkova. This recipe can also be served for breakfast, or as a dessert, and can be made in advance the night before.

PHOTOS: UNIT YOU

From left: Liya (age 5), Irina Glushkova, and Liza (age 14) with their family's ricotta dish

Russian Breakfast Ricotta Makes approximately 8 servings 约8人份

Ingredients 成分

600g ricotta cheese 600克意大利里考塔乳清干酪
130g brown sugar 130克红糖

100g semolina flour 100克粗粒小麦粉
100ml natural yogurt 100毫升天然酸奶
50ml sour cream 50毫升酸奶油
Pinch of salt 少许盐
35g raisins 35克葡萄干

Irina Glushkova

For a free skincare consultation, call 139 1180 9671 or email irina_bj@yahoo.com.

Instructions 做法



1

1. Put the ricotta in a large mixing bowl and break it up with a wooden spoon. Add and mix in each ingredient in order; sugar, semolina flour, natural yogurt, sour cream, salt, and raisins. 把乳清干酪放在一个大碗里并用勺搅开。按顺序添加并搅拌以下配料，白糖，粗粒小麦粉，天然酸奶，酸奶油，盐和葡萄干。



2

2. Grease a dish with butter or oil. 把碟子上涂一层油或黄油。



3

3. Pour in the ricotta mix and level off with the wooden spoon. 把刚搅拌好的奶酪倒在碟子上，并用勺子涂平。



4

4. Bake for 40 minutes at 220°C until slightly golden. Serve with sour cream and jam. 在220度下烤40分钟至微黄色。配上酸奶油和果酱。

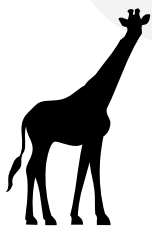
WILD AT HEART

On safari at Beijing Wildlife Park

text and photos by Sally Wilson

Beijing Wildlife Park in Daxing District is a large ecological park that specializes in animal protection, wildlife training, and reproduction. The park covers an area of 3,600 acres and has 10,000 rare wild animals, including golden monkeys, brown-tailed monals, and bustards. Many of the birds on display are facing extinction. Driving there takes just over one hour from the center of Beijing, and first impressions are of how vast the park is. There are so many areas to the park and so many animals to see; you could easily spend an entire day here.

The main entrance of Beijing Wildlife Park





The golden monkey house

Split into two halves, one side houses larger wild animals such as lions, tigers, elephants, and bears while the other side has smaller animals and birds. To get to the smaller animals, you first walk around a huge lake, where you can see black geese, swans, and a variety of ducks. The petting zoo is well-designed, and kids and adults can have the chance to feed goats, rabbits, pigs, horses, and an ancient looking yak. Beyond the petting zoo, you can watch raccoons and lemurs at play, peacocks strutting, and meerkat poking their heads out momentarily from their burrows. There is a rare bird aviary, nocturnal animal house, an emu and ostrich park, and a golden monkey house.

The giraffe enclosure



The park has a few safari options, where you can observe animals up close. The caged truck safari takes you through various open areas of the park. You can see brown and black bears, zebra, and antelope, as they surround the truck, hoping for some offerings of food. The lions and tigers can be watched and photographed sprawled out in the shade, largely oblivious to the groups of excited onlookers. The animals have plenty of shelter and space for roaming, with lots of greenery and watering holes.

One of the park's many animal-themed toy stalls



The self-drive safari allows you to steer yourself around certain parts of the park in two-seater electric mini-cars. They're open-sided, so can only be driven to those areas with the more friendly herbivores. Trundling along at a sedate pace, you can pull over and stop as you wish, feed the animals, and take plenty of photos. Along the way you'll meet lama, alpaca, deer, goat, and kangaroo. There are plenty of opportunities to buy buckets of animal feed for RMB 20. It's an enjoyable way for kids to get up close to a wide variety of animals in a nice park environment. The cost to hire a mini-car for one hour is RMB 100, and you can drive around this area of the park as many times as you like.



The covered walkway that leads into the Park





The unique self-drive safari



Above: A llama having lunch, Below: A friendly ostrich

There are plenty of cafes throughout, selling mainly Chinese food, but a few serve burgers and fries. Ice cream and drink stalls are plentiful. The best option is to bring along a picnic. There are benches and grassy areas where you can stop and enjoy your lunch, and the cafes are happy for you to use their tables too. Alternatively, you could enjoy your picnic on the boating lake – but beware of the hungry swans and ducks! Toy stalls sell soft animal toys, plus the usual bubble wands, fairy wings, and bouncy balls. There are several blocks of clean toilets, with western and squat cubicles. The whole park is stroller friendly, making it perfect for families with young children. Younger kids can also enjoy the children's playground rides and horseback riding area.



Beijing Wildlife Park 北京野生动物园
RMB 130, RMB 80 (kids, students), free (kids under 1.2m) Ticket price includes caged safari tour. Self-drive safari: RMB 100 per car per hour. Daily 8.30am-5pm, last admission 3.30pm. Donghulin, Daxing Yufa, Daxing District (8921 6666, 8921 5159, webmaster@bjwildlifepark.com) 大兴区大兴榆堡东湖林



A Hop, Skip, and Jump Away

Daytrips near Beijing for every
age, taste, and budget

by Elizabeth Wu and Sijia Chen

The steep climbs at Huanghuacheng are not for the faint of heart

Huanghuacheng 黄花城

If your idea of relaxation is losing yourself in the mountains, far away from the madding crowd on a crumbling rampart covered with flowers in bloom, then Huanghuacheng is for you. Huanghuacheng literally means "yellow flower city" after the swath of yellow flowers that blankets the site in summer. The hike starts at Jintang Lake and the crescent-shaped Huanghuacheng Reservoir, which breaks the Great Wall into three sections. The hiking trail is accessible from a raised walkway, but keep an eye out for the giant carp flopping around near the sides. Huanghuacheng is also known as Shuichangcheng ("Water Great Wall") because part of the wall is underwater. After paying the RMB 3 "entry fee" levied by farmers, walk up the trail until you get to a ladder; climb up to start your exploration of the Great Wall. Proceed with caution; some sections require negotiating nearly 45° inclines, loose bricks, and plunging descents. On a clear day, you'll be rewarded with soaring views, shadows playing over the mountains, and invigorating winds. Huanghuacheng is about 11km in total; at the eighth guard tower or so, there's a little path that leads to the base of the mountain. Walk 1km along the side of the road until you get to a village; you can catch a bus back to Huairou Bus Station. Leave by 3.30pm to avoid missing the last bus.

Recommended ages: 14+ (or active younger kids aged 10+)

To do: Hike along an unrestored section of the Great Wall

Good to know: Be very careful. Parts of Huanghuacheng are quite steep and don't have any walls or battlements to hold on to. Scattered watchtowers provide temporary relief from the sun, but a high-SPF sunscreen, hats, sunglasses, hiking shoes, and layered clothing are essential. There are no washrooms on the Great Wall, so take care of "business" before heading up. Though it's possible to get there by bus, hire a private car to get the most out of your day. The ride can get quite bumpy, so those prone to carsickness should go with a driver to have the option of stopping.

Admission and opening hours: The only "admission" price is a RMB 3 fee levied by farmers at the entrance to the hiking trail. Similarly, there are no opening hours to speak of.

Address and contact: Xishuiyu, Jiuduhe Township, Huairou District (6165 1111/1818) 怀柔区九渡河镇西水峪

Distance: 60km (3 hours by bus, 1 hour and 45 minutes by car)

Getting there

Bus: Take the 916 express bus (916快) from Dongzhimen; tickets cost RMB 12. Get off at the last station, Huairou Bus Station (怀柔汽车站). You'll be beset by drivers clamoring to take you to the Great Wall; hire a car or walk 600m southwest to another bus stop (cross Fuqianjie Dongjie 府前街东街 to get there). Look for unmarked buses going to Shuichangcheng (水长城), then get off at Huanghuacheng Reservoir station (黄花城水库). Tickets cost RMB 8. You'll find the entrance to Huanghuacheng about 100m in front of you, which says ironically enough, "This section of the Great Wall is closed to visitors."

Car: From Fourth Ring Road, catch the Jingzang Expressway (京藏高速). At Xiguan Roundabout (西关环岛), take the third exit to the Jingyin Expressway (京银高速). Turn right at Changchi Lu (昌赤路), drive for 7km, then turn right again at Huaichang Lu (怀长路). After 16km, turn left on Anxi Lu (安西路) and follow the road until you see Huanghuacheng on your right.

Badachu 八大处

Badachu ("Eight Great Sites") takes its name from the eight Buddhist temples that make up the area's main attraction. Though most of the temples' names and embodiments date from the Ming and Qing Dynasties, Badachu's history as a site of worship can be traced all the way back to the Tang Dynasty (618-907 AD). The first of the eight temples, Chang'an Si (长安寺) is actually located right outside the park. The second temple,

Lingguang Si (灵光寺), is Badachu's main attraction and the only one that still has monks-in-residence. Lingguang Si features the 13-storey Buddha Tooth Pagoda, which the faithful circle at least three times for good luck. Take the nearby chairlift (RMB 30) or continue exploring the temples on foot: Sanshan'an (三山庵), Dabei Si (大悲寺), Longwang Tang (龙王堂), Xiangjie Si (香界寺), Baozhu Dong (宝珠洞), and Zhengguo Si (证果寺). There is another chairlift and a slide (RMB 40) near Baozhu Dong. For many, however, Badachu's temples are an afterthought; the area's hiking trails, spectacular views, and craggy peaks are distraction enough.

Recommended ages: 3+

To do: Visit Buddhist temples

Good to know: Of the eight temples, five have teahouses where you can refresh yourself with a quick drink. Two of the temples have adjacent lodgings.

Admission and opening hours: RMB 10. Daily 5am-7.30pm (summer), daily 6am-6pm (winter).

Address and contact: Badachu Lu, Shijingshan District (8896 4661)

Distance: 19km (1.5 hours by bus, 40 minutes by car)

Getting there

Bus: Take bus 972 from Pingguoyuan subway station, bus 347 from Xijiekou, bus 389 from Yuquan Lu, or bus 958 from Shijingshan Amusement Park.

Car: From West Fourth Ring Road, exit at Dinghui Beiqiao (定慧北桥). Go west on Tiancun Lu (田村路) past West Fifth Ring Road and turn north on Badachu Lu (八大处路).



Pagoda at Badachu



The covered escalator at Longqing Gorge

Shengquan Mountain 圣泉山

Located 6km from the town of Huairou, Shengquan ("Holy Spring") Mountain is sandwiched between Hongluo Temple and Mutianyu Great Wall. Highlights include an active Buddhist temple, vendors selling local products, a petting zoo with rabbits, deer, sheep, and goats, and several easy hiking trails around the mountain. Non-hikers can catch a bus ride to the top (RMB 15 one way, RMB 30 roundtrip). You'll see waterfalls, shrines, temples, caves, a suspension bridge, gourds on the vine, and – once you reach the top – a sea of clouds weaving between the mountains.

Recommended ages: All ages

To do: Experience an active Buddhist temple

Good to know: The best way to reach Shengquan Mountain is by car. Hiking trails are one of the park's main attractions, but families with younger children can spend the day ambling along Shengquan's stroller-friendly paved walkways.

Admission and opening hours: RMB 26, RMB 13 (students), free for kids under 1.2m. Daily 6.30am-8.30pm.

Address and contact: Koutou Village, Qiaozhi Township, Huairou District (6063 7288/9, shengquanshan@126.com) www.bjshengqs.com 怀柔区桥梓镇口头村

Distance: 70km (5 hours by bus, 1 hour by car)

Getting there

Bus: Take bus 916 or 936 from the Dongzhimen long-distance bus station to Huairou Beidajie (怀柔北大街). Then, switch to a mini-bus bound for

Shengquan Mountain.

Car: Take the Jingcheng Expressway (京承高速) until you reach Huairou Qiao (怀柔桥). Switch to Jingmi Lu (京密路) and drive north for about 1.3km. Turn left at Huaichang Lianlu (怀昌联络路), then right on Nanhua Dajie (南华大街). After 1.3km, turn left on Qingchun Lu (青春路) and drive until you reach a roundabout. At the roundabout, take exit 3 to Huaihuang Lu (怀黄路) and drive for 6.4km until you reach the destination. Shengquan Mountain will be on your right.

Longqing Gorge 龙庆峡

Longqing Gorge is known for the Longqing Gorge Ice Sculpture Festival in the winter and peaceful mountain vistas in the summer. Often compared to the Yangtze River's famous Three Gorges, Longqing Gorge also ranks favorably with Guilin's mountain and water vistas. Visitors can ride the world's longest chain of escalators (surrounded by a bright yellow dragon-shaped shell, no less). The five-minute ride takes you to the reservoir behind the dam; from there, you can catch a 30-minute boat ride down the river (longer tours can be arranged). Besides sightseeing, tourists can bungee jump, zip line, kayak, rock climb, go horseback riding, and go-karting. Hundred Flowers Cave or Baihua Dong (百花洞) is best avoided, as the only sign of "flowers" are dusty plastic replicas. For those with plenty of energy to spare, combine this day trip with a morning visit to neighboring Badaling Great Wall.

Recommended ages: 5+

To do: Take the world's longest chain of escalators

Distance: 85km (8 hours by bus, 1.5 hours by car)

Good to know: This is not a stroller-friendly day trip. Longqing Gorge is usually a few degrees cooler than Beijing, so pack extra layers of clothing. Small restaurants by the Longqing Gorge parking lot serve cheap and filling home-style dishes. Longqing Gorge is reachable by bus, but the trip is very long; save yourself the trouble and hire a driver instead.

Admission and opening hours: RMB 40 (park admission), RMB 40 (all access), RMB 20/50 (students). Daily 8am-9pm. Address and contact: Longqing Xia, Yanqing County (6919 1020) 延庆县龙庆峡

Getting there

Bus: From Deshengmen subway station, take bus 919 to Yanqing Station (延庆站). Catch a cab to the gate of Longqing Gorge (RMB 20, about 15 minutes).

Car: Take the Badaling Expressway (八达岭高速公路), get off at the Yangqing Exit (延庆出口), and follow the signs for Longqing Gorge.

Ancient Cliff Dwellings (Guyaju) 古崖居

About 90km north of Beijing, there's a network of cave dwellings carved into the side of stone hills. It's generally believed that the Xiyi ethnic minority built the caves during the Tang Dynasty (AD 618-907), but not much is known about why or how they did this – or what made them leave. Although access to the 147 caves is mostly restricted to the lower dwellings, the largest cover more than 20sqm and are made up of multiple rooms. Kids will enjoy wiggling into the smallest ones, which have just enough room to lie down in. At the peak, there is a great view of the lake and surrounding valley. Guyaju only takes one or two hours to tour, so this day trip can be combined with a visit to nearby Longqing Gorge.

Recommended ages: 4+

To do: Climb through a mysterious network of caves

Good to know: There aren't any restaurants or vendors nearby, so pack a picnic and bring lots of water. Though Guyaju is reachable by bus, we recommend hiring a driver. Ample parking is available.



Prepare Your Child for a Happy Camp

Attend Vista "Summer Camp Physicals" for a check-up to ensure the health and safety of your child for the summer camp.

Package Price: RMB **880**

For more details: please call **85296618**

www.vista-china.net
Lvl 3 Kerry Centre Shopping Mall, 1 Guanghua Rd., Chaoyang District

VISTA
MEDICAL CENTER
维世达诊所

Admission and opening hours: RMB 40, RMB 20 (students), free for kids under 1.2m. Daily 8am-4pm.

Address and contact: Dongmenying Village, Zhangshanying Town, Yanqing County (6911 0333) 延庆县张山营镇东门营村

Distance: 90km (8 hours by bus, 2 hours by car)

Getting there

Bus: On weekdays, take bus 919 from Deshengmen station to Yanqing Dacaiyuan (延庆大菜园), switch to bus 920 towards Xiaying (下营), and get off at Guyaju Lukou (古崖居路口). On weekends, express bus 919 (919快) goes directly to Guyaju.

Car: From Madian Qiao (马甸桥) on North Third Ring Road, take the Badaling Expressway (八达岭高速公路) to Yanqing (延庆), take Jingzhang Lu (金盏路) to Dongmenying Village (东门营村), then follow signs for Guyaju for about 2km.



Cliff-dwellings at Guyaju



Massimo and Matilde (age 5) at a crocodile farm



Matilde meets a wallaby



Laura and Matilde avoid being stung by jellyfish in Queensland

An Aus-some Trip

The Borghetti-Acciarini family goes to a land down under

by Massimo Acciarini

Travelers: Massimo Acciarini, his wife Laura Borghetti, and their daughter Matilde (age 5), who attends Yew Chung International School of Beijing.

Destination: Australia

Travel dates: December 2014-January 2015

Travel plans: The Borghetti-Acciarini family flew from Beijing to Australia through Hong Kong with Cathay, flying into Melbourne and returning from Sydney. They flew from Melbourne to Hamilton Island and from Hamilton Island to Cairns with Virgin Australia, and from Cairns to Sydney with Jetstar.

Cost: The trip cost approximately RMB 80,000 in total. Roundtrip airfare from Beijing came to approximately RMB 8,500 per adult and RMB 6,500 per child ticket, including taxes. Flights within Australia came to around RMB 13,000 for the whole family. Car rental came to around RMB 3,500. Hotel accommodations were approximately RMB 18,000. Day trips in the Whitsundays, Daintree Forest, and the Great Barrier Reef totaled around RMB 7,000. Food costs added up to around RMB 14,000.

Australia was vast and alive. Space took on a new dimension, the sky was somehow bigger, and wildlife and the natural world were closer and more present.

On arriving in Melbourne, we rented an SUV and immediately drove to Philipp Island. We saw plenty of local wildlife, including seals, pelicans, and penguins. The Penguin Parade, which took place every day as a huge colony of penguins returned home at sunset, was a highlight.

Our first stop along the famous Great Ocean Road was Tower Hill. Although the nature reserve was quite wild, our short hike was easy enough for Mathilde and we encountered emus and small wallabies. Views along the Great Ocean Road were breathtaking, with several spots where you could stop and walk down to the cliff edge. The Twelve Apostles in particular were spectacular. Rarely have I felt the might of nature to such an extent; here, you could really feel that humanity has existed for just a tiny fraction of the life of our planet.

PHOTOS: COURTESY OF MASSIMO ACCIARINI



Massimo, Laura, and Matilde at the Twelve Apostles

In Melbourne, we explored the city on foot. The weather was excellent. With so much architecture, street performers, and parks, it was relaxing to enjoy the city without a plan or guidebook. It was easy to lose track of time in Queen Market, which sold everything from souvenirs to trays of steak! Sunset on the Yarra River was beautiful, and it was easy to find a good restaurant on the Bund where we could enjoy a nice barbecue.

We flew onwards from Melbourne to Hamilton Island, the largest of the Whitsunday Islands on the southern part of the Great Barrier Reef. The island was pleasant and exclusive, without crowds or cars – electric golf carts were the sole form of transportation. It was expensive but worth it. We hiked to the top of the hill for a fantastic view of the area. Hamilton Island had nice beaches, but the most famous in the Whitsundays was Whitehaven Beach.

We transferred to Cairns and spent several days there. On our first day, we took a boat trip with Reef Magic to a huge pontoon in the middle of the Great Barrier Reef. From there, you could do several activities, including diving, which I recommend over diving at Hamilton Island. The pontoon was busy and chaotic, so on the way back we felt exhausted though satisfied. Another highlight in Cairns was Hartley's Crocodile Adventures. Their numerous animals were treated properly and their staff was wonderful.

In Sydney, we stayed in an apartment in the Randwick area. It gave us a feeling of living in the city, which we really enjoyed. We visited downtown and by chance joined up with a free walking tour (www.imfree.com.au). Though free, it's customary to tip the guide generously at the end. Sydney highlights included climbing the Harbor Bridge at dawn and the guided tour of the Sydney Opera House.

From Sydney, we took a trip out to Manly – one of the best beaches in the city – then rented a car and drove out to the Blue Mountains to visit the National Pass, Three Sisters, and Scenic World.

Travel Tips

- Get your Australian visa online, as processing is free for a lot of nationalities.
- Pay attention when booking flights with budget airlines, as you may have to pay extra for checked-in luggage.
- If you plan on moving around, rent a car. Even if you only plan on staying in a location for two or three days, it may still work out cheaper than local transportation options. Although car rental costs are relatively low, insurance costs are massive! Expect decent insurance coverage to be twice the cost of car rentals.
- Hotel breakfasts can be quite expensive. It's better to buy your own breakfast foods and eat in your room.
- Due to bad weather on Phillip Island, we were unable to visit the nearby seal colony. If you spend two days on the island, plan your cruise on the very first day; in case of bad weather, you can have a second chance on the second day.
- Tickets to the Phillip Island Penguin Parade can be bought in advance at www.penguins.org.au/attractions/penguin-parade. Although more expensive tickets are available, after a while you can see penguins everywhere so I recommend buying a normal ticket. It can get quite cold, so bring extra layers and warm blankets.
- Book tours to the Whitsunday Islands early, as they're very popular and fill up fast. We took a half-day trip because the full-day trips were already fully booked one month in advance.
- Dive the Great Barrier Reef from Cairns rather than Hamilton Island if you have the choice. I took a cruise from Hamilton Island out to the Great Barrier Reef for a half-day trip with two dives. Although the dives aren't bad, considering the expense it's better to dive from Cairns.
- In Sydney, try to stay at an apartment rather than a hotel. We rented through stayz.com and saved 50 percent on the cost of accommodation.

My Pet

Daystar students write about animal friends, both real and imagined

by Yvette Ferrari

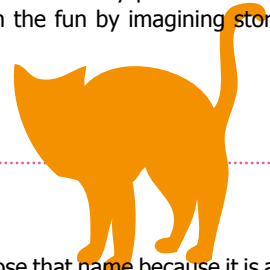


PHOTOS: COURTESY OF DAYSTAR ACADEMY

Yin the cat and Finn Lei Thomczyk's baby brother

"Mom, can we get a pet?" This is a question most parents have probably heard at least once. Many agree that having a pet during childhood is a special experience; animals both big and small offer a unique kind of companionship to kids. According to the American Academy of Child and Adolescent Psychiatry, keeping pets can aid a child's development

as they learn invaluable life skills such as patience, responsibility, and empathy. For our animal-themed issue, we asked Grade 3 students at Daystar Academy to write about their family pets. Students without pets were also able to get in on the fun by imagining stories about fictitious pets of their own.



My Pet Dog

by Diane Asiedu

I have a pet dog named Podi. Podi is 8 years old; that's 56 in dog years. Podi is a police dog. I named him Podi because police dogs' names often start with letter "P." I was 2 when my grandma gave us Podi. I chose him from the 21 dogs my grandma has in Ghana. Podi likes to play and he is always excited to meet new people. When he is frustrated, he chases his tail. Podi likes to eat meat, just like me. I like that Podi is a police dog because he helps others; once, he ran to the other end of his street to help a blind man. These days, I'm learning to be more like Podi. If Podi could talk, he would encourage me to be brave when I am feeling weak or scared. It's important to take care of animals because they are actually like humans. They deserve to be cared for, especially Podi. If I were Podi for a day, I would respect my owner.

Yin the Cat

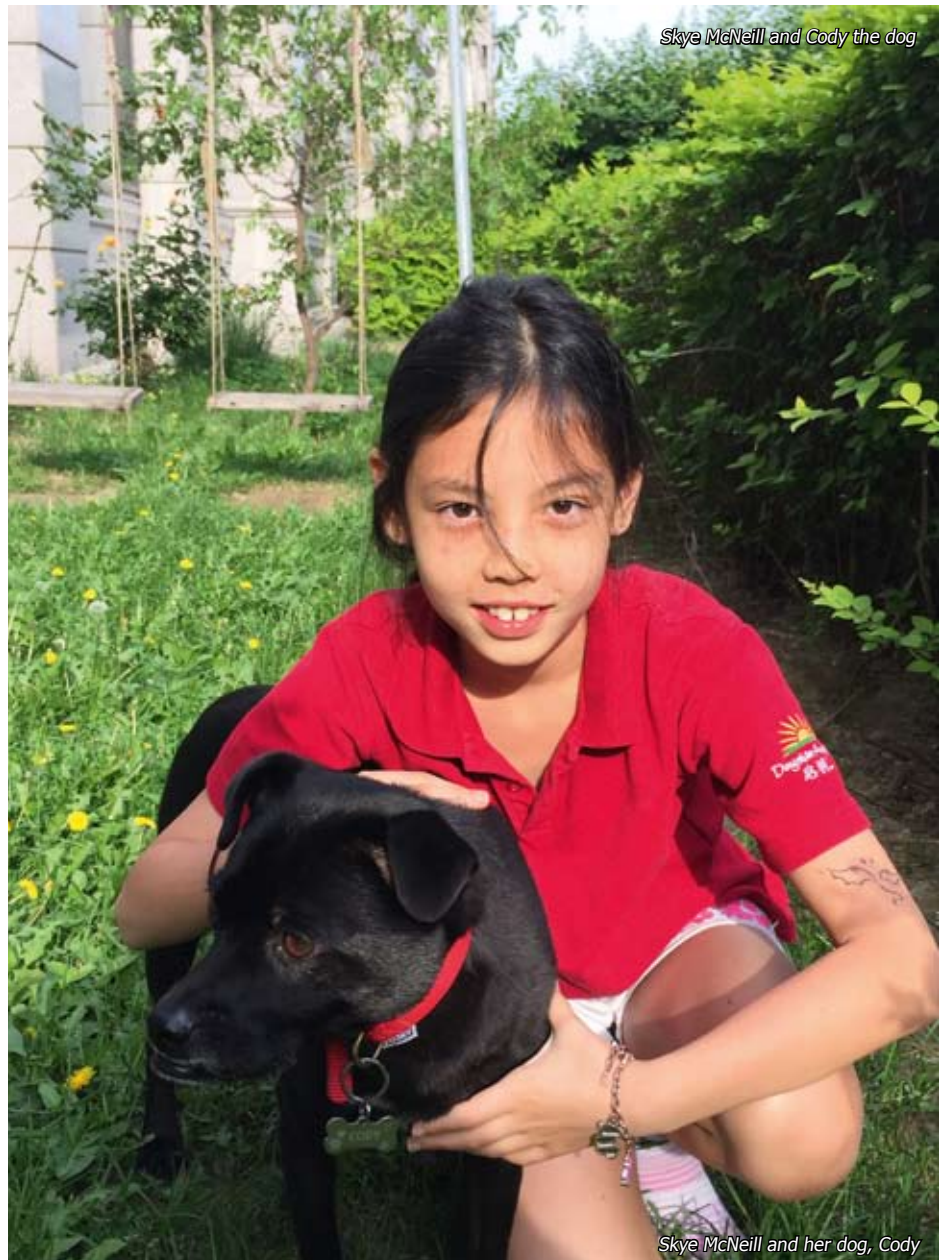
by Finn Lei Thomczyk

I have a pet cat. Her name is Yin; my mom and dad chose that name because it is a good name. I was 4 years old when we found her in the cellar of our home. Yin is white and she likes to eat and sleep. She likes to eat beef jerky. Once she stole my friend's beef jerky. I like her because she is cute. If I were a pet, I would eat and sleep the whole day. I think I will get a dog when I grow up. It's important to take care of pets because if you don't, they will not be happy.

Cody the Dog

by Skye McNeill

I have a pet named Cody. I don't know what type of dog he is, except that he is a cross between a racing dog and a hunting dog. Cody is 6 years old, and he is black and skinny. We adopted him from an Australian family who gave him to us because they were going back to Australia and could not bring Cody with them. I was 7 when we got Cody. His two front teeth stick out and he is scared of Chinese men for some reason. He likes to chase cats because we have lots of wild cats in our compound. Cody likes meat and his dog gravy, but we usually give him dog food for his breakfast with some meat on top. I like everything about Cody. Even if time is tight, I still have to care for Cody and take him for walks. If Cody could talk, he would say, "I am happy in this house and compound, but why do you have to go away every morning?" If I could be a pet for a day, I would chase cats and climb trees to get them.



Skye McNeill and Cody the dog

Skye McNeill and her dog, Cody



Buster the cat at 7 months

If I Had a Pet

by Zimo Zhuang

If I had a pet, I would get a parrot because she could sing and talk to me. If I had a parrot, we would go to the park every day. We would look up at the sky, see the kites flying, and imagine that we are flying in the sky. My pet parrot would teach me how to copy other people's sounds. It is very important to take care of animals because they need to live, like us.

My Pet Cat

by Allen Yu

I have a pet cat called Bubble. Bubble is 1 and a half years old. My friend gave him to me and named him so I don't know why he is called Bubble, but I like the name. I was 8 years old when I got him. His upper body is orange and his belly is white. He is really fat. He likes to eat cat food and lie in the sun while people pet him. Sometimes Bubble is really bad. Once a friend came to my house and when Bubble saw she was playing by herself, he started to scare her with his cold-blooded eyes. I am responsible for feeding and playing with Bubble. If you don't care for animals, they will not like us. I think I will have a pet when I grow up because they are good friends. I wish Bubble could say, "I'm Puss in Boots!" If I were Bubble for a day, I would go outside and hunt.

My Imaginary Pet

by Tado Ouyang

If I had a pet, I would want a dog because dogs have very good memories. If I forgot something, she would help me remember very quickly. If I had a dog, I would take her for walks around my compound, I would play catch with her and I would take her to the park or to the beach in the summertime. My pet might say: "Thank you, Tado. This is such a good home for me. I love it!" If I were a pet, I would want my owner to give me a big hug and take me outside all day. A pet teaches you to be patient. It is important to take care of animals because they are living creatures. I think I will have a pet when I grow up. There are a lot of dogs that need a nice home, but right now we are kids and we cannot be that responsible.



Allen Yu's cat, Bubble

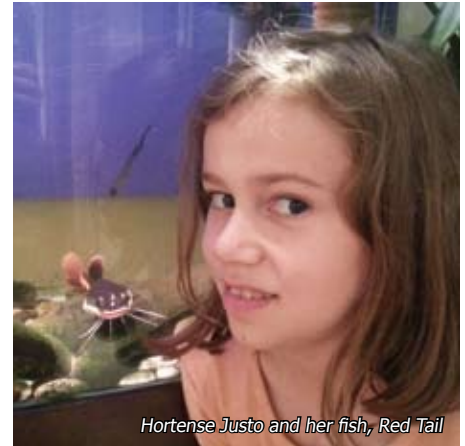
"If we don't take care of animals, there will be no animals left on Earth and we will be so lonely"



My Pet Fish

by Hortense Justo

I have a pet fish. He is 3 years old and called Red Tail. I gave him this name because his body is black and he has a red tail. He is about 8cm long. Red Tail likes to hide and doesn't like to let people see him. Sometimes he jumps out of the water. He likes to eat crumbs and little fish. It is very important to take care of your pet, because if you don't they might die or run away. If my pet could talk he would say, "I didn't have my breakfast yet!" If I could be Red Tail for a day, I would make a big mess of water of water in my bedroom. Once, Red Tail jumped out of the water with a big splash. Good thing I heard it, because if I didn't he would be dead.



Hortense Justo and her fish, Red Tail



Susu Zhao and Bobby the dog

Bobby

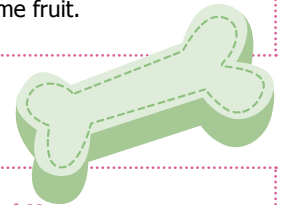
by Susu Zhao

I have a dog, a turtle, and two birds. My dog is 2 years old. His name is Bobby. My parents and I named him Bobby because there is a legend in Scotland that there was a dog whose owner died and his dog called Bobby stayed with him until he died too. I was 6 when we got Bobby from one of my dad's colleagues. Bobby barks a lot and he always wants to eat human food. Bobby loves our birds! He has liked to admire them since the first day we brought them home. I like to snuggle with Bobby in bed. He teaches me to be happy all the time. If I were Bobby for a day, I'd dance on my owner's bed. It's important to take care of animals because if we don't take care of them, there will not be any animals left. I want to have a big pet when I'm grown-up to keep me company. I think if my birds could talk, they would say, "Hey buddy, help me get out of this cage!"

My Pet Hamsters

by Yufei Huang

I don't have pets anymore but I used to have two hamsters. One was only half a year old and the other one was 1 year old. I didn't give them names because I was only had them for a short time. I got my pet hamsters in 2013 from my grandma's sister. Both of my hamsters were white and pink. They were fat and round like hamburgers. They liked to sleep and sometimes they played on the wheel. I fed them hamster food and sometimes some fruit.



Dog, Bird, and Hamster

by Kylie Chen

If I had a pet, I would want a dog, a bird, and a hamster because they are all so cute and fun. I would play catch with the dog, let the bird fly in the sky and come back, and pet the hamster very slowly and carefully. Taking care of animals is important because they teach us how they grow little by little and because they are living creatures. I think I will have a pet when I grow up because I really like pets. If my pets could talk, they would say, "Hi Kylie! I'm hungry now. Can you feed me? Can we play outside? Can you pet me and put me to sleep?" If I were a pet, I would sit on my owner's lap and ask her to pet me.



Eva Chirnside and Buster the cat

Buster the Cat

by Eva Chirnside

I have a cat called Buster. My mum named him; we chose the name Buster because he is always scratching the couch and sitting on the dinner table. Buster is 2 and half months old and he is an American Shorthair tabby cat. We got Buster in Beijing from a place called Cat Queen. He is kind, playful, and likes to be cheeky and nice at the same time. Buster likes to eat tuna and beef. If you cuddle him, he will purr and purr. I like his soft fur and the funny things he does, like sleep in my sister's bed or when Mum dings the can of tuna with a fork and Buster comes running in and looks like he thinks he is such a handsome cat. My cat has taught me to be a nice person. It's important to look after pets because if we don't, they won't look after us either. I will definitely have a tabby kitten when I grow up because I need a cat to be a witch. If Buster could talk, he would say, "I didn't scratch the couch!" If I could be a tabby cat, I would sneak around all day.

My Pet Dog

by Angel Zhang

I have a dog named Mi Li'er. She doesn't have an English name. Mi Li'er is a teddy dog and she is 4 months old. I got her from a pet shop in Beijing. She loves to play. If you don't play with her, she will bark until you do. When she is very happy, she will run all around the table. I like her because she is cute and funny. I take care of Mi Li'er by feeding her and cleaning up after her when she makes a mess. Sometimes getting a pet is good because there are some people who kill animals. I would like a pet when I'm grown up because if I am sad, my pet can come and play with me. If Mi Li'er could talk, she would say, "I have lots of things to say to you. When I was sick, you took me to the nurse and when I was very hungry, you made food for me. When I was cold, you hugged me and kept me warm." If I were a pet for a day, I would play all day.

My Pet Jaguar

by Barry Zhang

I don't have a pet but if I could have a one, I would have a jaguar because they can run very fast. I would sit on my jaguar's back and just take a ride. If I were my pet jaguar, I would play with other jaguars. If my pet jaguar could talk, he would say, "Give me some meat!" If we don't take care of animals, there will be no animals left on Earth and we will be so lonely.





Cody the beagle

My Beagle

by Annette Berganth

I used to have a beagle named Cody. He was 15 when I was 5. My parents named him Cody because it suited him well. He was always calm. Cody loved to eat pizza and salmon too. He knew how to relax. My favorite memory was his soft, cuddly ears. We should protect animals so that they won't go extinct. I don't have a pet, so it would be nice to have a new one. If I don't think Cody would have spoken even if he had been able to because he hardly ever barked. He was a quiet dog. If I could be Cody for a day, I would play!



Annette Berganth and Cody



A man with short brown hair, wearing a light blue button-down shirt and blue jeans, stands in a lush green garden. He is holding black binoculars to his eyes with both hands. The background features a brick wall on the left, a wooden planter box with red flowers, and various green trees and bushes. The lighting is bright and natural, suggesting a sunny day.

I Want to Be a Birdwatcher

Terry Townshend talks turkey at
the Canadian International
School of Beijing

by Yvette Ferrari

UK native Terry Townshend moved to Beijing in 2010 and is the founder of **Birding Beijing** (www.birdingbeijing.com), a website that celebrates birds found in and around the capital.

Townshend is a regular contributor to the Beijing Birdwatching Society lecture series and delivered the keynote lecture earlier this year at the National Zoological Museum in celebration of China's National Bird Day. A passionate conservationist, Townshend spearheads efforts to save some of China's most endangered birds, dedicating time to educating children and visitors about birds and learning about and caring for the environment. Students from **Canadian International School (CISB)** asked him their most pressing ornithological questions.

"I love the combination of a lot of birds and the spectacle of the migration that happens here. It's phenomenal and much bigger than anything I've seen in Europe"



Vivian, 11, Canada
How does bird watching impact your life?

I try to go bird watching at least once a week, sometimes twice if I can. I do less fun stuff such as going to the cinema or meeting up with friends for a pizza. Most of my reading is about birds too, so you could say I'm obsessed [laughs].



Sophie, 12, Australia
What bird is treated most poorly in China?

A good example is the yellow-breasted bunting. In southern China, people love to eat it so many people try to catch them to sell for food. This bird used to be very common in parks in northern China, but they're classified as endangered now because the population has gone down significantly.



Richard, 12, Hong Kong
If owls are nocturnal, why do they also appear during the daylight?

Owls are famous for being nocturnal but many are actually crepuscular, meaning they're active at dawn and dusk. Also when they have young, they're hungry all the time so the owls must catch food 24 hours a day during breeding season. It's quite usual to see them during the daytime.



Jonathon, 11, Canada
What are the differences between birds in Beijing and in England?

There are probably 100 or so bird types in common between Britain and China, such as the magpie and great spotted woodpecker. However, the diversity of birds in China is much richer and the migration much bigger as well. Since the UK is an island, we just have sea to the north with few birds, whereas in Beijing we have this great land mass to the north with millions of birds.



Claudia, 12, Hong Kong
What's your favorite bird?

The robin is special for me because it was one of the first birds I saw in my parent's garden. They have a big orange breast, they hop around, and they're known in Britain for being a gardener's friend. If you're digging in the garden, they'll often come follow you because they're looking for worms. They will even sit on your shoulder or head sometimes if they get really used to you.



Ken, 12, US
Do you keep birds yourself at home?

I am passionate about birds because of their freedom to fly wherever and whenever they like. To put one in a cage takes away the very thing that is great about birds, so I would never keep birds myself.



Eric, 11, Singapore
How does the environment affect birds?

In Beijing, most of the rivers and lakes are polluted and this is especially bad for water birds. If they cannot find food in polluted water, it means flying is harder for them. Air pollution is an issue as well because many migrating birds rely on being able to see landmarks or follow the coast. If they get lost or delay their migration until the air is clearer, it may effect when they arrive at breeding grounds and negatively impact their breeding. Miyun Reservoir for example, which provides most of Beijing's drinking water, has very high-quality water and as a result there are many birds there. Elsewhere in Beijing, you're unlikely to see as many birds because the water is often polluted. You can easily see the difference between a clean water source and a polluted water source in terms of the number of birds it attracts.



Dallin, 12, Australia
Do you reckon that Beijing is the best place for birds in the world?

Beijing is the best place I've experienced so far for bird watching, but I haven't been to many places in South America and I suspect it's better in terms of diversity. I love the combination of a lot of birds and the spectacle of the migration that happens here. It's phenomenal and much bigger than anything I've seen in Europe.



Helena, 11, Czech Republic
Can threats to birds affect them mentally?

Threats to birds in Beijing are mostly man-made, such as trapping with nets. Unless the bird is retrieved quickly, it's struggling to escape – the more it struggles, the more caught up it gets. When they're in cages, you'll often see their feathers have come out, which is another sign of stress. I don't know whether there have been scientific studies to show the mental effects, but there's clearly stress on the bird in those situations.



Bella, 12, Australia
How do man-made and natural threats to birds affect people's lifestyles?

If threats to birds continue and reduce the populations, ultimately we won't be able to see birds anymore. If there are no birds, other things will happen, for example, the insect population will increase dramatically, which is what happened in China when they experimented with pest control and killed the sparrows. Suddenly, more insects were eating the crops. If you take birds away from the environment, you have some very bad impacts on humans – not just on food supply but also on quality of life.

Students from Beijing City International School (BCIS) fill June's Blank Canvas

"The topic of this assignment was expressive self-portraits. The students began by looking at traditional and non-traditional self-portrait painting styles throughout history while also conducting research on their favorite master painter. The idea was for students to create an expressive self-portrait which incorporated the traditional style and techniques used by their master painter but also to explore other modern techniques the students developed through experiments and practice. Their final piece was the end result of this project."

- BCIS Middle School Visual Arts Teacher Brooke Vogel



David Li, 14, China

Some of my favorite materials to make art with are propylene, markers, and pencils. I focus a lot on expressing emotion. The main colors I used for the background of my portrait were dark blue and white, which express the idea of loneliness. My biggest inspiration is my mom because she is really good at painting. My favorite artists are Vincent Van Gogh and Andy Warhol.



**Ella Li, 14, China**

My parents really like western culture, especially the arts. I started art school when I was 6 years old and enjoy playing around with materials and colors. I was inspired to make art when I traveled to Italy and France with my family; we went to art museums to take in the amazing artwork. My favorite artists are Pierre-Auguste Renoir and Edgar Degas.



Where the Wild Things Are

Developing an appreciation for everything that hops, slithers, and crawls

by Christopher Lay



About the Illustrator

Helen Wong (age 18) is in Year 12 at Yew Chung International School of Beijing. Originally from Hong Kong, she is currently taking higher level IB visual art. She enjoys painting and graphic design. Helen wants to be an illustrator in the future.

Since we live over 5,500 miles from our homeland, an annual pilgrimage is in order if for no other reason than to give the grandparents some quality time with their grandkids. Beyond the appeal of spending time with family and friends, another reason we continue to return to Oregon for “holidays” is to allow the kids to establish a stronger connection with nature – or at least with animals.

In my parents’ backyard, we can practically watch the entire cast of *Bambi* go by. There are numerous birds, but also squirrels, skunks, raccoons, and deer. Lots of deer. They wander down from the mountains in the summer and are enough of a nuisance that great thought is given to which plants the deer won’t eat.

Despite the deer’s affinity for foraging in my dad’s flowerbeds and upsetting the dog, we delight in watching them. We get a kick out of watching Grandpa try to scare them away with all kinds of noisemakers; his latest contraption is a plastic milk carton full of ball bearings. Send it spinning through the air and the deer are startled enough to at least stay on the edge of the property.

Another treat is being able to spend time along the 300 miles of pristine Oregon coastline. It’s not unusual to walk down to a beach and find that we have miles of shoreline to ourselves. Nestled in the rainforest along the coast outside of Bandon, there is an unlikely wildlife refuge and breeding facility where families can walk freely among peacocks, goats, rams, deer, and llamas while watching bears, tigers, giraffes, moose, and other large mammals in their enclosures. It’s an interesting experience, especially for the kids. Still, all of that is trumped whenever the staff brings out the baby panthers, tigers, and bear cubs for a few lucky individuals to feed and play with. Last summer, we got to interact with a pair of Bengal tiger cubs and bottle-feed a black panther cub.

Yet, as special as these “wild” encounters are, I know that the ani-

mals our kids enjoy the most are the cats, dogs, and other pets that belong to our friends and family. No matter who we visit, there always seems to be at least a dog or a cat under foot. The kids will spend hours chasing after my folk’s dog, Flurry, a bichon frisé who rarely lets their little hands actually come into contact with his snow-white fur. Even though he manages to remain just out of reach, Flurry is equally curious about the kids and what they are up to. He marches around the house like a sentry keeping tabs on each of them. We suspect that in another life, Flurry must have been a nanny.

No pet is safe from my children’s curiosity. Last summer, one of the neighborhood ladies took her small dog and pet ferret out for regular walks past my folks’ house. The kids asked if they could pet her dog and play with her ferret. Ryder went so far as to place his head on the grass to try and coax the ferret into giving him a kiss, but he only managed to get sniffed.

All of these experiences give our children a greater appreciation for animals and lead to many interesting discussions about wildlife and our responsibility as custodians of the Earth. Well, that’s how I usually try to steer the conversations; most of the time, they result in the kids asking why we can’t get a dog. Maybe this year, we should just stick to the science museums and skip the animals.



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.

The Boys and Girls of Summer

Keeping the love of baseball alive in China

by Jennifer Ambrose



About the Illustrator

Linda Park (South Korea) is an IB higher level art student in Grade 11 at the Western Academy of Beijing. Now in her third year at the school, she's particularly interested in using watercolor materials with pen and ink. Linda's inspirations for this month's illustration include personal experiences and images she found on the Internet.

I did not expect how much we would miss baseball the first summer we lived in China.

When I was packing my suitcases that winter, I didn't even bother to include baseball gear. Myles was then only 3 years old, a little young for organized ball – not that I was aware of any to be had in Shenzhen anyway. Besides, I wasn't sure what it might signal about us if I clung to seemingly extraneous bits of our American culture. It would soon become apparent how much we really needed to keep some baseball with us.

One afternoon, Myles and I were dawdling in Jusco, enjoying the air-conditioning more than the merchandise. We wandered into the sporting goods department, where we found a rack of baseball mitts of all sizes, as well as balls and bats. Myles was immediately excited; we could have baseball in China!

That was when I realized that, yes, he and I both missed baseball. We longed for afternoons at Pittsburgh's baseball park, even though the Pirates were more likely to lose than win at that time. We yearned to watch my nephew's Little League tournaments. It was our first summer without baseball, and yet we felt the absence more acutely than I would have ever anticipated.

That day, we bought some baseball equipment and spent all summer seeking out space in neighborhood playgrounds where we could toss the ball and even try a little hitting. I learned some of my first words in Mandarin, if only to explain what we were doing with a little white ball, a long dangerous stick, and a large glove on one hand. We were practicing *bangqiu*, we would say, and this funny-looking thing on my left hand was *bangqiu shoutao*. But even then, it was a largely lonely pursuit.

After our family's move to Beijing, we were fortunate to find Sports Beijing, which provided plenty of opportunities for our children to participate in organized sports (which I wrote about in the August 2011 issue of *beijingkids*). Both Myles and Brigid joined baseball.

It was wonderful to be around other families, expat and local, who were interested enough in baseball to ensure the game could be played the way it was meant to be. We even had access to a proper baseball diamond thanks to ISB. My *bangqiu* Chinese grew beyond those first



few words as we interacted more with Chinese-speaking players on the Shunyi-based team.

Living in Changping, we make do when practicing on our own; often, a corner of a dusty public soccer pitch serves our purposes. We discovered that we aren't the only people in the area playing baseball. Down the street from our apartment is the Chinese University of Political Science and Law (CUPL), which fields an intercollegiate baseball team, albeit without actual baseball fields. The school allocated a small area to the team, enough for a batting cage and something like a base path for drilling defensive plays. A few times, we have practiced alongside CUPL players, our common enthusiasm for this sport crossing cultural, linguistic, and even age gaps. Like us, the CUPL team practices in whatever kind of space they can create and travels to other parts of Beijing for their actual games.

I couldn't foresee how we would need baseball going into that first summer in China. In the beginning, it was just about keeping homesickness at bay. Now, however, baseball has grown to represent what sport can be – an experience shared across any kind of difference.

About the Writer

Jennifer Ambrose hails from Western Pennsylvania and misses it terribly. She still maintains an intense devotion to the Pittsburgh Steelers. She has lived in China since 2006 and is currently an at-home mother. With her husband Randy and children Myles and Brigid, she resides outside Sixth Ring Road in Changping. Her blog can be found at jenambrose.blogspot.com.



Man's Beast Friends 🐾

photo by Dave PiXSTUDIO



Humans have a special place in the animal kingdom, with a unique relationship to all other organisms. No living thing makes use of its environment as thoroughly and relentlessly as we do. Animals provide us with food to eat; clothe us with their silk, wool, feathers, fur, and skins; plough our fields, protect our homes, shepherd our livestock, and carry us on their backs; adorn us with pearls, coral, and tortoiseshell; and provide us with raw materials for dyes, glues, and medicines. Besides their practical uses, we share an emotional and spiritual bond with them. Animals delight, inspire, entertain us, and lift our spirits with their love and companionship. Our skill in exploiting nature has given rise to endless breed varieties in some species, and distressingly, the extinction of many others. In truth, we are interdependent with every other species on the planet and must rely on healthy, vibrant ecosystems for our survival. This month, *beijingkids* encourages readers to develop a greater awareness of our connection to animals, whether in our own homes or in the natural world around us.







Like One of the FAMILY

Factors to consider before getting a pet

by Nimo Wanjau

A pet is for life, so it's important to take time before making a decision to get one. A dog or cat can have a lifespan of more than 12 years, and they will become an integral part of your family. Pets require work and commitment; they are living creatures that need love, food, training, and more.

It's easy to find any kind of pet you want in Beijing. Warm- or cold-blooded, common or exotic, there's a pet market or shop that will sell you whatever you desire, no questions asked. Because of this, pet owners are often ill-equipped to handle the latest addition to their family. Mary Peng, co-founder and CEO of the International Center for Veterinary Services (ICVS), says this need not be the case.

Peng is a long-time expat and staunch animal activist. She first visited China in the 1980s, dividing her time between the US and China until 1991 before settling in Beijing in 2003. During this time, her adopted cat Boo Boo moved with her. In China, Peng was unable to find proper veterinary care, and resorted to taking Boo Boo to livestock clinics for treatment. The experience motivated her to co-found China's first foreign-owned animal hospital in 2006, offering other pet owners international-standard veterinary services.

Today, the clinic focuses on educating the public

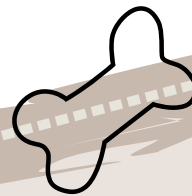
about pet care and increasing awareness within the community about responsible pet ownership. In addition, ICVS offers services such as obedience training, advises on importing and exporting animals, and although not an animal shelter, facilitates pet adoptions. Determining a potential pet owner's suitability is a crucial part of the ICVS adoption process. Peng shares factors to consider before getting a pet and warns that parents will have to shoulder most of the responsibility. She stresses that when it comes to pets, it's OK to say no.

Lifetime Commitment

Your family might move several times over your pet's lifetime. Is this a globe-trotting pet who is going to see the world with you? If the answer is no, then let the kids know that your family can't commit to the responsibility.

Lifestyle

All pets have their own unique needs; for example, dogs have to be walked frequently or they will become high-strung and restless. Before getting a pet, look at your family's lifestyle. Do you travel a lot? Do you prefer the outdoors or indoors? Your pet should be a good fit for your way of life or you may become resentful about the adjustments you need to make.



Housing

If you live within the Fifth Ring Road, it's illegal to own a dog taller than 35cm from floor to shoulder. For all of those living in apartments, regardless of their location in Beijing, Peng recommends having a cat or small dog. Medium to larger dogs need space, so a house with a garden is best.

Species and Breeds

If you're interested in adopting a pure-bred animal, research is necessary before settling on a pet. Cute and cuddly shouldn't be the only factors; investigate the temperament, size, and exercise needs of different pets. Bear in mind that different species and breeds will have specific health issues and/or special housing needs.

Cost

Pet maintenance isn't cheap. Animal companions need quality nourishment two to three times a day. Beware of fake pet food and buy only from reputable sources. Trips to the vet, vaccinations, toys, export expenses, housing, bedding, and more will need to be factored into the family budget. Break

down your pet's requirements and cost estimates in advance.

Babies vs. Adults

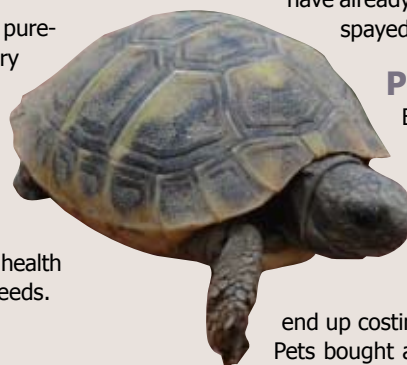
Puppies and kittens may be cute, but all fur babies grow up. Young pets require more attention and take work to housebreak, as well as requiring training and vaccinations; whereas most adult pets have already been trained, vaccinated, and spayed or neutered.

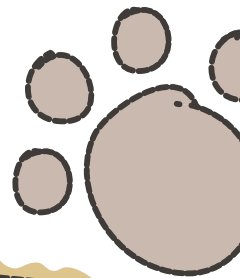
Pet Markets

Buyer's beware: there is a high probability that there will be little to no health history available on animals for sale at markets. Their medical expenses may be unpredictable, and they might end up costing you more than anticipated. Pets bought at a market should undergo a full veterinary examination to determine if they're healthy, or better yet, avoid this option completely and adopt from a shelter instead.

Rules and Regulations

Apart from restrictions on bigger dogs within the





city, dog owners have to register their dogs at their local police station. The dog's ID card has to be carried on you while they're being walked the dog or you could face a fine of up to RMB 2,000. The ID card has information about both the dog and the owner, expires on April 30 each year, and must be renewed by the end of May. Only one dog is allowed per household, and first-time registration requires that the dog to accompanies the owner to the police station, a passport-sized (front head shot) of the dog, the owner's passport, temporary residency permit and rental agreement, written permission from your neighborhood watch committee, and cash for the registration fee.

Relocation

If you know your family's next destination after Beijing, research the requirements for relocating your pet there. Each region around the world has different requirements regarding microchipping, rabies vaccinations, Rabies Neutralizing Antibody Titre Testing (RNATT), and others. Pet relocation companies and ICVS can help ship pets and inform owners about meeting requirements. However, be aware that some countries in the Middle East don't allow dogs to be brought in, and only cats and dogs can be exported from China.



Pet Responsibilities by Age

Babies

Getting a new pet after the birth of a baby is ill-advised. Taking care of a new pet only adds to the pressures of taking care of a newborn. If the pet predates the baby, it may still be tricky, as the pet will naturally get much less of your attention. Introduce them early and take the necessary precautions such as not leaving them alone until the pet becomes familiar with the baby, and not letting the baby grab the pet's fur.

Toddlers

With a lot more energy to burn, toddlers may end up treating a pet badly as they have little awareness of the dangers pets can pose. According to the American Association of Pet Dog Trainers, larger dog breeds and breeds with patient temperaments are safer as they can tolerate toddlers' rambunctious ways. Smaller dogs tend to be anxious around toddlers and are more likely to snap. The American Academy of Child and Adolescent Psychiatry warns that because toddlers can't control their aggressive impulses, they may lash out at a pet and should be watched closely at all times.

Grade Schoolers

Kids aged 5 to 10 may be ready for a pet, but parents shouldn't think they can take care of one independently. According to the American Society for the Prevention of Animal Cruelty, kids at this age do best with a small animal that doesn't require a lot of care, such as a goldfish or rabbit. Parents need to oversee activities such as cleaning and feeding the fish, or else the family may find that Nemo died in the tank from starvation. If older children are rough or abusive toward animals, this indicates emotional problems.

Middle Schoolers and Older

Kids this age can take on more responsibility for caring for a pet and even keep one in their room. They should be involved in researching which pet to adopt, factoring costs and upkeep, planning how to care for the pet, and perhaps even signing an agreement with their parents covering their roles and responsibilities.





THE
NORTH
FACE



Pet Hero

Chris Barden is a man on a mission

by Sally Wilson

"We're at capacity right now. A more efficient system is needed to manage the process from rescue through adoption"

Christopher Barden is the founder and owner of Little Adoption Shop in Shunyi. Hailing from sunny California, he has lived in Beijing for almost 20 years. He first came here as a writer, working for *Beijing Scene*, one of the city's original expat magazines. In 2000, Barden found himself picking up a few stray cats and dogs; with no real plans for what to do with them, he felt the need to help them in some way. His experiences fueled an interest in animal rights, and in 2006 Barden became involved with Chinese animal protection groups. Over time, he has earned a reputation as "the foreigner who saves strays."

In 2007, Barden got involved in more formal animal activist groups and set up the Vegan Social Club of Beijing, through which he met a variety of people interested in animal protection. In 2010, the idea of setting up an adoption shop came about. "While there were many small animal rescue yards around, most were out in the middle of nowhere," says Barden. "Yes, they provided shelter for the animals, but then what?"

He read about an adoption shelter in the US, which was located in a shopping mall. The high footfall, where shoppers could see the animals, led to high rates of successful adoptions. Barden wanted to recreate this model in Beijing. He wanted not to be a dog rescuer, but rather to provide an adoption system that would relieve pressure on animal shelters. He started writing about his efforts on Weibo, which led Barden to receive many requests for help.

In 2011, the animal activist was involved in the large-scale rescue of around 500 dogs from a truck bound for the meat markets. Barden himself took on 89 of the dogs, many of which were suffering from infectious diseases. Most went to a friend's animal hospital for treatment; Barden's plan was to adopt them all out.

"Not all of them made it, and by the time those that survived were fit and healthy, it was harder to have them adopted because they were bigger dogs," he says. It was at this point that Barden started fundraising and renting a yard close to the airport, which housed 45 dogs during its first year. In 2012, he opened Little Adoption Shop in Shunyi and now has a new, much bigger shelter nearby.

Though there are around 20 cats at the

shelter and the shop, the majority of Barden's charges are dogs. He is currently looking after 320 dogs in four locations: 230 at his shelter (which is at capacity), 38 at the shop, some in-hospital, and the remainder in third-party foster yards. Although friends and family are very supportive of what he does, Barden jokes that "some Beijing friends are nervous that one day I'll head back to the States, leaving them to look after all the dogs!"

Veterinary care – including spaying, neutering, shots, and other treatments – is outsourced. Barden takes in dogs that are often badly injured or very sick, and much of the care is provided by the veterinary chain Doctors Beck and Stone. Medical costs make up around 60 percent of Barden's expenditure; the rest is spent on rent, animal food, and staffing. There are currently four kennel keepers, two of whom – Uncle Gao and Auntie Chou – have been with Barden "since day one." More staff is needed to help the Little Adoption Shop's efforts.

All of Barden's funding comes from fundraising and donations through Weibo, WeChat, and Facebook. Throughout the years, he has built up a reputation as the guy who makes difficult rescues. He splits his time between building up the adoption side of his operation and rescuing dogs from yet another meat truck, which can tie him up for several months at a time. "Because we're not a registered charity, it can be difficult to get donations from businesses and schools. It's on my to-do list, but I first need to find a model that fits with what our charity is trying to achieve," explains Barden.

A number of international schools in Shunyi support Little Adoption Shop; often, students

volunteer as part of their IB Creativity, Action, Service (CAS) work. "We would love more volunteers, but you have to manage that process properly," says Barden. "It's more beneficial to have regular, committed volunteers rather than people doing a few hours here and there."

Dog adoption is still a very new phenomenon in China, but the number of adoptive families is increasing exponentially. Barden usually meets with potential adopters to discuss their experience looking after animals and their reasons for adopting, as well as to get a feel for whether it's right for both them and the dogs. The adoption process is free.

Animal welfare issues continue to be a major concern in Beijing. Barden says there need to be more TNR (trap neuter release) programs to deal with stray cats. In addition, the dog meat industry is completely unregulated in China and is culturally acceptable in certain parts of the country. Outlawing the eating of dog and cat meat isn't a priority for the government, he says.

In addition, restrictions on the size of dogs permitted in apartments also impacts the numbers of abandoned and stray dogs. "The smaller dogs are easier to adopt out. Those we save from trucks tend to be bigger, especially by the time we've gotten them healthy again," says Barden. His biggest challenges are funding, the shelter's legal status, and implementing a more efficient adoption system. "We're at capacity right now. A more efficient system is needed to manage the process from rescue through adoption. That's the challenge."



Contact

Follow Barden on WeChat: openeverycage

Little Adoption Shop 领养小铺

Daily 12-8pm, Shunyi Villas and Pinnacle Plaza area, west of the New Exhibition Center, Tianzhu, Shunyi District (136 8360 2305, chris@lingyangxiaopu.com) www.lingyangxiaopu.com
顺义南, 顺义区天竺地区天房市政工程管理中心门外



Dog's Best Friend

Xiangping Xu's dogged tale of animal activism

by Yvette Ferrari, with translation and additional reporting by Patrick Li

Photos by Dave PIXSTUDIO



Though Xiangping Xu works for an investment group by day, animals are his true passion. "I grew up with cats and dogs. When I see poor, helpless creatures on the street, I just want to help," says the 32-year-old Beijing native. Xu volunteered for seven years at dog shelters around the city before opening two centers of his own

in Shunyi less than a year ago. When we meet Xu at one of them – the Loyal Dog Adoption Center – for the interview, we're greeted by scores of happy, wagging pups. Xu shares the story of his involvement in Beijing's fledgling animal activism scene as well as his hopes for the future of animal rights in China.



How did the shelters begin?

They started because of an incident last August. There was a truck full of dogs going from Beijing to Changchun [the capital of Jinlin Province] for the annual Dog-Eating Festival. I found out about it after seeing posts on WeChat and Weibo, and banded with a group of volunteers to stop the truck. There were more than 400 dogs in total. Other people took the purebreds; there were 223 dogs left and I took them all. I couldn't just let them die. The same day, I rented this space.

Afterwards, many dogs got sick. We took them to the animal hospital and got them medication, but around 40 died. These remaining dogs are the survivors. Since then, we've brought in about 40 to 50 more strays and abandoned dogs. People know us now; they've left dogs at our gate when they couldn't take care of them anymore. Sometimes, people spot strays on the street and bring them here.

What kind of services do you provide?

We provide all shots, vaccines, tick treatments, and spaying and neutering through licensed veterinarians. The other thing we do is adoption services. Aside from the official documents, the veterinarians must sign off on adoptees to get the dog licensed. We also have our own terms that new owners must agree to, which include having sufficient indoor space and pledging to have the dog on a leash every time they go for a walk. The owner must also promise not to abandon the dog for reasons like marriage or childbirth. The whole family must agree to these terms.

What are some of the challenges of running a dog shelter?

Since this is a private shelter, we don't receive funds from any governmental organization and our budget is limited. In the beginning, it was just a friend and I running and financially supporting both shelters. Then, three more volunteers came on and in the end we all became financial supporters.

It's expensive, however, and we're in debt. We have four full-time employees at each shelter. We have to cover salary, rent, and utilities. Dog food is our biggest expense. We make our own food, which consists of a mix

"China doesn't have animal protection laws, which means you can't prosecute offenders. There are many people abusing and killing animals and these acts are not considered criminal"

of corn powder, meat that changes daily, eggs, and carrots. We also have snacks for the dogs. Overall, monthly expenses total between RMB 25,000 and RMB 30,000.

Every now and then, the dogs need medical attention or medication. Sometimes, they fight each other. Right now, we have 160 dogs at Loyal Dog Adoption Center and about 130 dogs at the second shelter. Capacity is about 100 per shelter, so we are far over. Many are big dogs and need to have their space. We're currently looking for larger accommodations, but it's hard because either the rent is very high, or the landlord or owner doesn't want to have a dog enclosure on their property.

We want to continue finding homes for the dogs to let new dogs in, otherwise our model doesn't work. So far we've found homes for just under 20 dogs. We want to start a trend in our society where people adopt from shelters instead of buying from pet shops. I post about this a lot on my WeChat and Weibo accounts.

What has the overall response been like to your posts?

The thing is, Chinese people care a lot about the dog breed. Most don't want a *tu gou* [mutt]. To them, a mutt's duty is to guard the gate and it's really hard to change that perception. I try to convey that all lives are equal.

What I really appreciate about foreigners is that they aren't as selective about breeds. Some dogs have been adopted by international families; when they go home, they bring the dogs with them. We have even sent dogs to foreign adopters in other countries.

What are the biggest issues concerning animal welfare in Beijing?

The biggest issues are the number of stray animals and people abandoning their dogs. Not long ago, a dog came to the shelter abandoned by a couple that had broken up. Fortunately, that story has a happy ending because he was adopted by a family. I found another dog in March on Third Ring Road on a rainy day. When I found him, he couldn't walk because he had been hit; he was lying there, stuck in a pit. I brought him here and took him to get surgery, and now he's learning to walk again. In moments like this, you have this flash of thought about whether to save the dog or just leave him there. If you decide to save the dog, he lives. Many people would leave without doing anything.

Another big concern is animal abuse. China doesn't have animal protection laws, which means you can't prosecute offenders. There are many people abusing and killing animals and these acts are not considered criminal.

What kind of reactions do you get about the work you do?

My family isn't very supportive because nearly all of my earnings are spent on the shelters. In the beginning, many people didn't understand why I was doing this. Their arguments were that there are so many homeless people out there, why not help them instead? But actually, there are many foundations in China for children, women, homeless people, the elderly, etc. They get media coverage and donations from many sources, but animals don't receive the same attention and I'm hoping to change that. All I can do is keep doing what I'm doing and hope I can change people's opinions.

How can people be more responsible with their animals?

You must accept the idea that the dog will be part of your family. If you plan to have dogs, think carefully before making a decision. For those who already have dogs, don't abandon them. My hope is that more people will pay attention to stray animals and help them. We welcome people for visits, especially if they're interested in adopting.



Contact

To enquire about adoptions or make a donation, contact Xu at xxp190 (WeChat and Weibo) and xxp1911@163.com (email), or 185 1369 9018. He speaks Chinese only.

Loyal Dog Adoption Center

忠犬救助之家
Daily 9am-5pm. Beilangzhong, Changjin Lu, Shunyi District 顺义区昌金路北郎中村

Homeless Dogs' Home

爱犬有家流浪动物保护协会
Daily 9am-5pm. Gaoliying, Shunsha Lu, Shunyi District
顺义区顺沙路高丽营镇



Born to Be Wild

The value of bonding with nature and animals from an early age

by Sijia Chen



Parents, especially in the age of tablets and smartphones, are anxious for their children to “go outside and play.” But beyond its many physical and social benefits, play also provides a means through which kids can establish meaningful relationships with the world around them.

According to the book *Young Children and Nature: Outdoor Play and Development, Experiences Fostering Environmental Consciousness, and the Implications on Playground Design* (2011) by Ashley Parsons, a child’s environmental identity is largely shaped during the “developmental window of opportunity” between the ages of 3 and 12. The book, which is based on the author’s thesis paper in landscape architecture for Virginia Polytechnic Institute and State University, posits that meaningful contact with natural (as opposed to constructed) “playscapes” can inform a child’s morals and values, and influence their environmental actions later in life.

A *Guardian* piece entitled “Why our children need to get outside and engage with nature” echoes Parsons’ research, revealing that the greatest benefits of “green exercise” are experienced by the very young. “Children set their own challenges, assess their own risks, take their

own responsibility, have their own adventures, and learn from them. And what they learn can’t be taught,” says one interviewee.

At the end of April, Beanstalk International Bilingual School (BIBS) invited Primatologist and Conservationist Dr. Chia Tan of the San Diego Institute for Conservation Research to give a presentation about endangered monkey species in China. “If we want to conserve species of endangered animals, we need to gain an appreciation for them,” she said during the talk.

Dr. Tan, who is considered the world’s leading expert on snub-nosed monkeys and bamboo lemurs, told the students about Little Green Guards (LGG), the conservation and outreach program she started in 2011 to increase awareness of nature and wildlife in the rural, often impoverished communities bordering high biodiversity areas in China.

LGG operates on a simple premise: that fostering an appreciation for nature and wildlife in children has the potential to create the next generation of custodians and conservationists. The pilot program was introduced at two elementary schools in Guizhou, with activities like art projects and trips to nature reserves. Since then, LGG has expanded to other parts of China, Vietnam, Madagascar, and Nepal.

"We have to preserve nature and care for animals, not only for their beauty and biodiversity but also for ourselves"

Karen Lee of Beijing World Youth Academy (BWYA) and Jeff Zhang of Yew Chung International School of Beijing (YCIS Beijing) are two teens who have decided to take an active approach to conservation. Through their respective schools, both Lee and Zhang are members of Roots and Shoots, the youth branch of the Jane Goodall Institute.

Sixteen-year-old Karen Lee has lived in Beijing for over ten years. Her love of nature was shaped early on when her family was based in the rural Korean town of Anseong. "I visited my grandmother's house often because both of my parents worked and I was too young to be sent to a kindergarten," she writes in an email. "She had a little family garden at the back of the house. I loved to lie down on the ground and smell the crisp air, and breathe in the fragrance of plants and flowers."

After Lee moved to Beijing, a friend introduced her to Roots and Shoots in Grade 7. She "fell in love" with the club and continues to attend meetings three years on.

One of the longest-running Roots and Shoots campaigns is No Shark Fin, a project that aims to educate the public about the destructive effects of shark fin consumption. BWYA students solicited pledges from their peers and teachers to avoid shark fin soup and produced awareness videos for school-wide viewing.

"Especially in China, many people misunderstand shark fin soup as a symbol of wealth and sophistication," explains Lee. "However, when fishermen catch sharks, they just snatch the fins off and abandon the sharks in the ocean. Without fins, sharks can hardly survive. Since they cannot make babies quickly, this kind of rapid poaching will very likely lead to their extinction."

Lee says she was surprised to learn that a widely-held belief that shark fin soup is good for one's health was completely unfounded. "In fact, shark has very high levels of mercury and the United States Environmental Protection Agency advises women and young children to avoid it. Plus, shark fins are often treated with hydrogen peroxide in order to make their color more appealing to consumers."



"We have to preserve nature and care for animals, not only for their beauty and biodiversity but also for ourselves," she continues. "After joining Roots and Shoots, my view of animals and nature changed from seeing them as pretty elements of Earth to vital organs of Earth."

At YCIS Beijing, the Roots and Shoots chapter includes 16 students in Year 12 and is currently led by Jeff Zhang, who oversees weekly meetings, puts together minutes, and coordinates school-wide events.

In December 2014, the club organized a fundraiser to "adopt" two endangered species – the red panda and the toucan – through the World Wildlife Fund. The students had a stall selling animal-themed merchandise and hosted a "pop the balloon" game.

The YCIS group also participated in the No Shark Fin campaign with a Green Couture fashion show, a blue-themed bake sale, and a photobooth where students and teachers could take pictures with a shark mascot. At the 2014 Roots and Shoots Summit, the club was presented with the Roots and Shoots Achievement Award by Dr. Jane Goodall herself, who flew to Beijing for the summit.

When asked how Roots and Shoots has influenced his views, Zhang says it has made him feel more integrated with nature. "People after all cannot be separated or rather have to rely on nature, even though many are deeply hidden within cities."

Both students believe that their peers should get involved in conservation efforts however they can. One easy way is to help spread the word. "On days such as Earth Day and World Wildlife Day, teenagers can easily put an awareness video or a short text on social media," says Lee.

Zhang urges people to make changes to their small, day-to-day choices such as switching off the lights when they're not in use or rejecting animal fur.

"If there isn't a Roots and Shoots [chapter] available, why not start one?" he says. "There isn't much of a barrier and it's beneficial to the community. It's a place to express one's passion, but also encourages others to join the movement."



Age-Appropriate Activities

Here are a few ways to make the natural world a bigger part of your family's everyday life.

Toddlers and Preschoolers (Ages 1-4)

- **Do nature activities as a family.** A Google search turns up over 200 million hits for nature activities to do with kids. Organizations like Project Learning Tree (www.plt.org) specialize in youth outreach and education through hands-on activities and have excellent websites with free printable activity sheets.
- **Read picture books.** Titles like *The Very Hungry Caterpillar*, *Winnie the Pooh*, and *If I Ran the Zoo* provide a fun and colorful introduction to animals both real and imagined.
- **Plant a garden.** Around age 4, kids can be introduced to the life cycle of plants. Have them plant a seed into a pot, help water the seedling, and observe its growth over the next few weeks.

School-Age Kids (Ages 5-12)

- **Engage with conservation issues.** Classics such as *The Lorax* by Dr. Seuss (ages 6-9), in which a nature sprite called the Lorax tries to save his beloved Bar-ba-Loots and Truffula trees from encroaching factories, provide an opportunity to discuss issues of greed and environmental degradation.
- **Spend lots of quality time outdoors.** Beijing has lots of great parks. Outside the city, there are also a variety of nature experiences such as hiking at the wild Great Wall to camping in Baihe Valley. If you're unsure of where to go, join a group like Beijing Hikers or China Hiking.
- **Join a nature-centric group or activity.** Beijing has chapters for Girl Scouts, Boy Scouts, and Cub Scouts, which focus on developing survival skills in wilderness settings. There are also annual

summer camps like the Waldorf Camp at the Great Wall or Imagine's new Survival Summer Camps.

- **Help care for a pet.** School-age kids can take on responsibilities when it comes to pets, from doing simple chores like refilling the water bowl to walking the dog. With older children, parents can broach the ethics of animal ownership such as the implications of adopting versus buying. For more on this, turn to p63.

Teens (Ages 13-18)

- **Volunteer for a good cause.** Youth organizations like Roots and Shoots are well-established in Beijing, with chapters at various international schools and frequent awareness campaigns. Animal lovers can volunteer at a dog shelter or, if possible, foster an animal while they wait for adoption.
- **Start a fundraising or awareness campaign.** If time constraints prevent your teen from volunteering, they can also start a campaign. Fundraisers should have realistic and measurable goals, such as raising enough money to install recycling bins at school or cover a month's worth of dog food at a shelter. They can also start an awareness campaign to educate their peers about a specific issue, such as animal cruelty or pet adoption. High school students may be able to integrate these efforts with academic goals in IB or A-Levels.
- **Take up an adventure sport.** According to a nation-wide survey of youth conducted by the David Suzuki Foundation, a Canadian environmental non-profit, most respondents said they looked for "fun, adventure, and excitement" when spending time outdoors. Activities like sailing, rafting, rock climbing, and scuba diving are not only fun, but also serve as a bridge to greater awareness. When environmental destruction directly impacts the activities that teens enjoy, they're much more likely to do something about it.

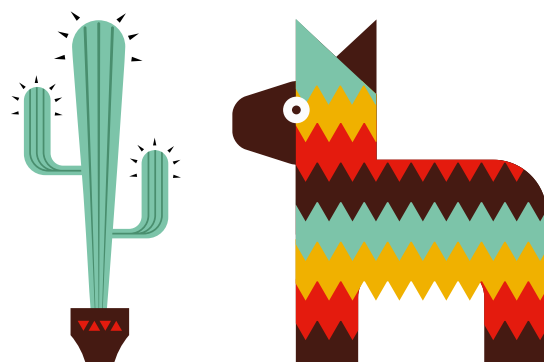
Animals of Beijing

A fun way to introduce children to the great outdoors is to familiarize them with local fauna and flora. Here are five local animals illustrated by Helena Yu and Susan Xie, two students from the art school Blue Bridge International Education.



About the Illustrators

Helena Yu (age 14) is enrolled in the Art Lab Program at Blue Bridge International Education. She is in Grade 9 at Tsinghua International School (THIS). Helena is very interested in fashion design and wants to design clothes that represent her personal style. The water-color illustration of the azure-winged magpie aims to represent the beauty of the bird's natural colors. The grey gecko is drawn to show playful movement and the hog badger image is a high-contrast, stylized representation.



Hog Badger 猪獾 (zhūhuān)

The hog badger (*Arctonyx collaris*) is native to southeast Asia and southern China, but can also be spotted around Beijing. Smaller in size than a European badger, the hog badger is active during the day and omnivorous, relying on a diet of fruits, roots, and small animals.



2

Azure-Winged Magpie 灰喜鹊 (huīxǐquè)

This bird can be spotted year-round by the bright blue of its wings and tail. Native to China, Korea, and Japan, *Cyanopica cyanus* looks for food in family groups or flocks of up to 70 birds. They subsist on acorns, pine nuts, insects, larvae, fruits, and berries. According to Wikipedia, their call consists of a metallic "kwink-kwink-kwink" preceded by a single "krarrah."



About the Illustrators

Susan Xie (age 14) is also in the Art Lab Program and in ninth grade at THIS. She loves art because it gives her the freedom to create her own memories and stories. Her illustration of the yellow weasel depicts the creature living a happy life in a nest made of discarded newspaper, and the drawing of Père David's deer creates a mysterious scene, almost as if the animal isn't there.

4



Yellow Weasel 黄鼠狼 (huángshǔláng)

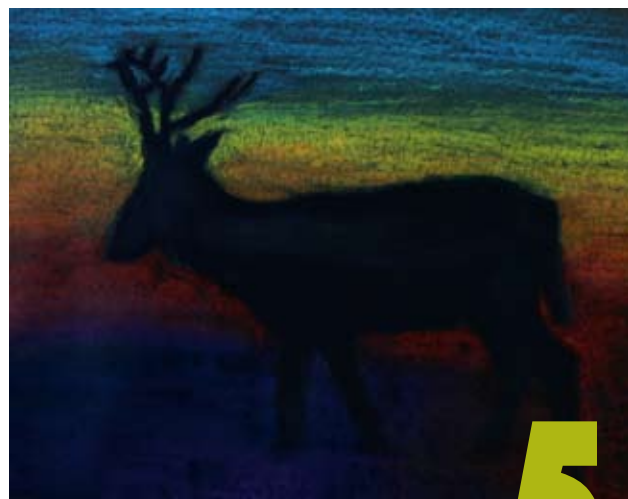
Beijing residents are well-acquainted with this svelte little creature, which can be seen scurrying along *siheyuan* walls at night. Also known as the Siberian weasel, *Mustela sibirica* hunts birds, mice, rats, voles, and other small mammals. Local superstition warns against looking a yellow weasel straight in the eyes lest it steal your soul, but we think it's quite cute as far as evil wandering spirits go.

3



Grey Gecko 壁虎 (bìhǔ)

"Grey gecko" is a generic term for any number of common gecko species found in China. In Chinese, the name literally means "wall tiger." Grey geckos thrive in cities and can be spotted hanging out in gardens, on walls, and in houses. They generally feed on insects, worms, and crickets.



Père David's Deer 麋鹿 (mílù)

Elaphurus davidianus is unusual in that it's extinct in the wild; all specimens can be found only in captivity. In the late 19th century, the only herd in the world belonged to the Tongzhi Emperor. The last of the deer were shot and eaten by troops during the Boxer Rebellion of 1900. The species was reintroduced in China in 1985 with a herd of 20 deer, followed in 1987 by a second herd of 18 deer; both groups were sourced from Woburn Abbey in the UK and sponsored by the World Wildlife Fund. These herds became the basis for the present-day Beijing Milu Park in Daxing District, which is open to the public.

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

Baobei Disco (Mother's Day Edition)

On May 10, over 150 parents and kids attended the Mother's Day edition of *beijingkids* and *JingKids*' Baobei Disco series at Renaissance Beijing Capital Hotel. With flowers for every mom, the event featured kids' activities such as a magic show, family portraits, games, and of course lots of dancing. Thank you to our sponsors Neverland, Young Eagle, Micro Scooters, CISCA, and Young Outliers as well as our readers for making this event a success.



PHOTOS: UNI YOU

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 **June 12**.

Spring in the City and Flux Film Festival at BCIS

On May 9, Beijing City International School welcomed more than 3,000 members of the Beijing community to celebrate the school's tenth annual Spring in the City fair. In addition to delicious foods, family-friendly games and activities, and a raffle, the highlight of the afternoon was the inclusion of the BCIS Flux Film Festival, which welcomed entries from international school students, teachers and amateur filmmakers from around the world. This year's festival received entries from all over the world, including Italy, Germany, Australia and China (Nanjing, Qingdao, Beijing and Shenzhen). Winners were chosen from across a range of age groups and categories, and entries were screened in a special viewing area. Winners recorded their acceptance speeches, which were played to the stage audience at Spring in the City.



Sports Days at HISB

On April 20 and 22, Harrow International School of Beijing (HISB) held Sports Days for pre-preparatory and upper school respectively. Events included the long jump, a relay race, a tower challenge with spaghetti, and long-distance running.



Keystone Stages First Theatrical Production

On April 24 and 25, Keystone Academy staged its very first theatrical production with sold-out performances of *Journey to the West*, the classic tale of the Monkey King's adventures. Director and Middle School Drama Teacher Chloe Keller chose a translation by Anthony Yu, a Chinese literature scholar at the University of Chicago with a script adapted by playwright Mary Zimmerman.



PHOTOS: COURTESY OF HISB AND KEYSTONE



BSB Shunyi's Host Beijing Round of World Scholars' Cup

On April 11 and 12, 250 students from across Beijing joined the British School of Beijing (BSB) Shunyi for the World Scholars' Cup's Beijing round. Congratulations to BSB students, who took home over 100 medals!



Environmental Week at HoK

From March 16-20, House of Knowledge International School and Kindergarten (HoK) held Environmental Week to raise awareness of environmental issues. The students set up recycling centers, planted seeds, and learned about issues affecting the Earth and how to better protect the environment.





Eduwings Turns 5

On March 22 and 23, Eduwings opened its doors to celebrate the school's fifth anniversary. The event included activities like the release of 100 balloons and the cutting of five birthday cakes for all to share.



ISB Stages *Mulan*

On May 7, middle school students from the International School of Beijing (ISB) performed a stage version of *Mulan*. They not only performed but also participated in all aspects of the production, from makeup to set design and promotion.





Spring Dance Showcase at WAB

On April 14, the Western Academy of Beijing (WAB) hosted its annual Spring Dance Showcase at the WAB Blu Theater. Students of all ages participated in the performance for a large audience.



Special Visitors Day at AnRic LMR

On March 19, children from AnRic Little Montessori Room's Early Childhood class (ages 3-6) invited their grandparents, relatives, and friends to school for Special Visitors Day. They showed the visitors around their classrooms and did crafts together.





YCIS Graduation Photos

In April, Year 13 students from Yew Chung International School of Beijing (YCIS) took some time out for a morning of graduation photos at Honglingjin Park. The graduation ceremony will take place on June 3, with students moving on to universities like Imperial College London, KAIST, the University of British Columbia and the University of California, San Diego.



Wonderland at BIBS

On March 28 and April 18, a cast of students and teachers from Beanstalk International Bilingual School (BIBS) performed *Wonderland*, a musical adaptation of Lewis Carroll's *Alice in Wonderland*. The classic tale tells the story of Alice falling through a rabbit hole into a strange world full of wonderful creatures and characters. All BIBS Upper East Side campus staff, students, and parents participated. The show was directed by Andrew Delo, dance teacher at the Upper East Side campus.



PHOTOS: COURTESY OF YCIS AND BIBS



Anthony and Cleopatra at BWYA

Grade 10 students at Beijing World Youth Academy (BWYA) held their annual Shakespeare performance at the school's Liaguangying Campus Performing Arts Centre, with three shows culminating in a public performance to a packed auditorium on April 17. This year, students performed *Anthony and Cleopatra*. The entire production, including the script, music, costume design, and backdrops were student-led. The production was directed by Kelvin Lamplough, a BWYA English and Drama teacher.



Charity Community Day at 3e

On April 25, 3e International School welcomed the community to its annual Charity Community Day, with all proceeds donated to Roundabout.



Favorite Restaurant

We like **Café Sambal** for comfort food like fried vermicelli, honey fried chicken, *sambal kangkong* [stir-fried water spinach with shrimp paste and spices] and excellent *sambal belachan* [a sauce typically made from chili peppers]. They have baby chairs as well.

Weekend Activities

Taking trips to the park, **Blue Zoo Beijing**, and KTV for a family singing session. We also take weekend trips by high-speed train or plane. So far, we've been to **Chengdu**, **Mudanjiang**, and **Xuzhou** as a family.

Best Places to Shop

Online for all of us! We like **Amazon**, **JD.com**, **Suning**, and **Taobao**.

Best Places to Play

Parks within Beijing such as **Chaoyang Park**, **Temple of Heaven**, **Jingshan Park**, or **Zhongshan Park**.

The Chow Family

Malaysian-born Stefen Chow owns his own photography company in Beijing while his Singaporean wife, Hui-Yi, heads China operations for US-based market research firm Grail Research. The couple met as university students in Singapore and moved to Beijing six years ago to pursue professional development and reconnect with their Chinese roots. The Chows recently celebrated daughter Jiahan's second birthday and shared with us how they spend their downtime together. *Yvette Ferrari*

Favorite

Neighborhood

We like **Dongcheng District** for its history, culture, hutongs, and shopping centers.

Favorite Snack

Keropok (prawn, fish, or vegetable-flavored crackers). It's great on its own fried with some *sambal belachan*.

New Discoveries

Diandianyipin (点点一品) within the **Beijing APM** shopping center for good Hong Kong-style dim sum – great dumplings, milk tea, and crispy barbecue buns. They have baby chairs too.

Date Plans

Capital M for a relaxing Sunday brunch. The food is delicious and the ambiance is lovely.

Favorite Summer Activity

Jiahan loves running around in parks, experiencing new things.

From left: Stefen Chow, 2-year-old Jiahan, and Hui-Yi in a neighborhood courtyard



Etonkids
Educational Group 伊顿国际教育集团



possible

impossible

A love of learning starts at Etonkids ...

爱上学习，从伊顿开始...

400 818 9098
www.etonkids.com



What if

in his or her most formative years,
your child's innate talents were
**discovered, protected,
cultivated,**
and brought to full
potential?



KEYSTONE ACADEMY
北京市鼎石学校

A new WORLD SCHOOL 真正的世界学校 *A new* MODEL OF EDUCATION IN CHINA 全新的教育模式

(86 10) 8049 6008 admission@keystoneacademy.cn

www.keystoneacademy.cn