

# PACIFIC RIM

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1998

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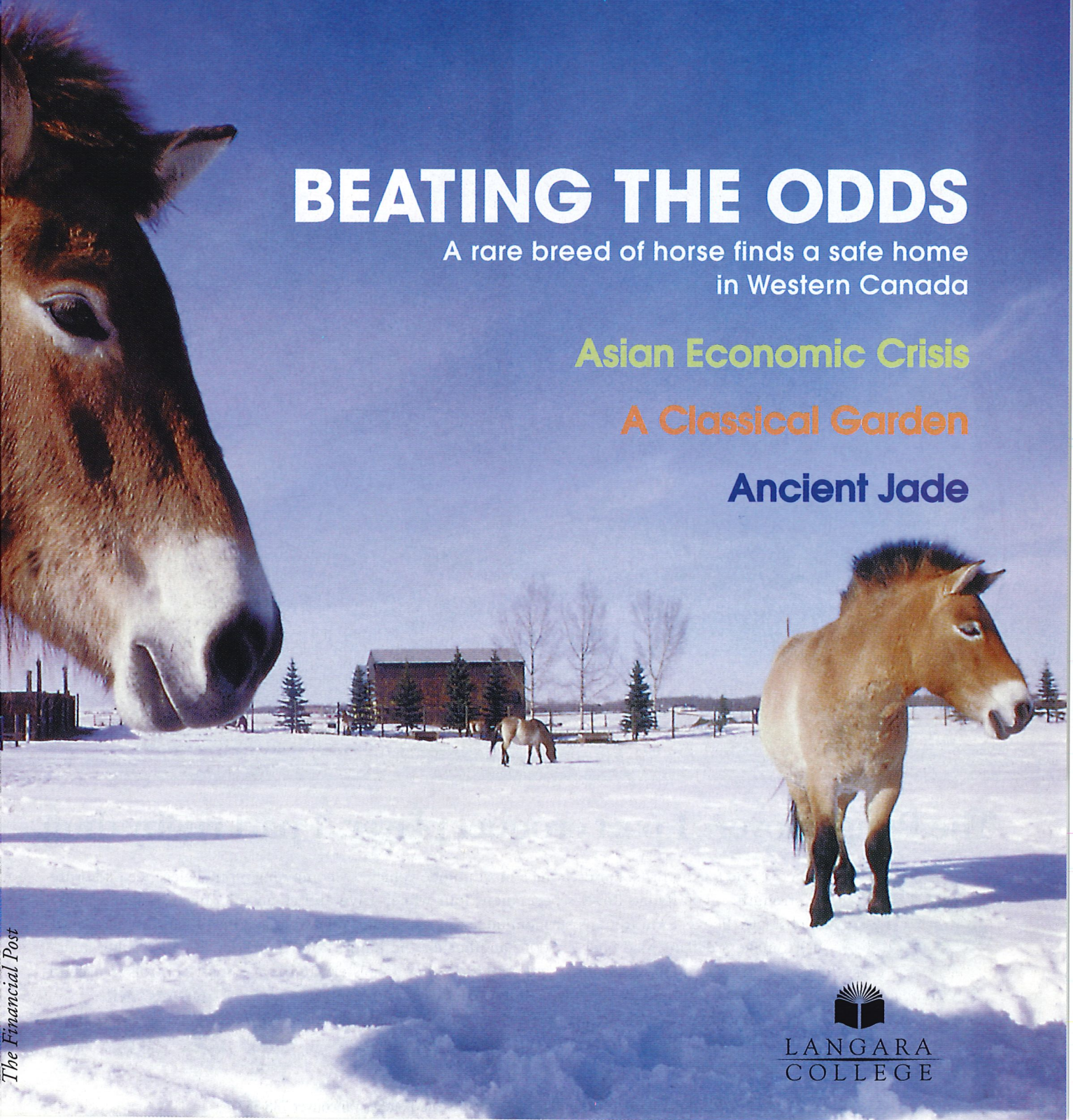
## BEATING THE ODDS

A rare breed of horse finds a safe home  
in Western Canada

Asian Economic Crisis

A Classical Garden

Ancient Jade







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# insideprmm

1998 ISSUE



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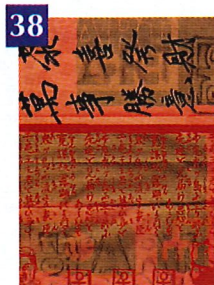
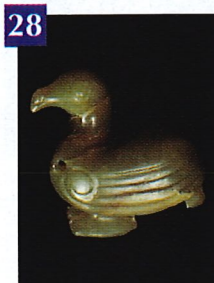
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- Visit Roosevelt's suite in **Yalta, Ukraine**
- Count the cerulean tiles in the Blue Mosque in **Istanbul, Turkey**

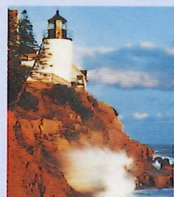


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# TO: the reader

publishers  
editors

**I**t never ceases to amaze me that students with no magazine experience can, with a few short months of skilled instruction, create a magazine that is the equal of any professional publication. And yet they do it.

This year marks the Tenth Anniversary of *Pacific Rim Magazine*. We would not have made it this far without the hard work of many instructors, volunteers and students, and for their efforts I say a heartfelt thank you.

While we celebrate the tenth anniversary of *PRM*, we regret the departure of our dedicated publisher, Richard Hopkins, who retires this year.

Richard was one of the driving forces behind the establishment of the Mac Lab, an integral part of Langara's Creative Arts Division programs. This year, the lab opened its doors to Continuing Studies, expanding Langara's involvement in the community.

New technologies present new challenges to us all. As long as there is a need for education that combines creative inspiration with technological innovation, Langara College will be proud of its association with projects like *Pacific Rim Magazine*.

Linda Holmes, *President*

**T**he publication of last year's issue was a major event in the history of *Pacific Rim Magazine*. For the first time the magazine was produced by students within Langara College's new Publishing Program.

Now we celebrate another landmark—the publication of *PRM*'s Tenth Anniversary issue. A new group of publishing students has created a lively new look for the magazine and with the same effervescent spirit as their predecessors.

On pages 10 and 11 of this issue, you will find a concise history of the magazine. I won't rehearse it here, but simply record my thanks to all those at Langara College, at the City Centre Campus of Vancouver Community College and in the Langara and VCC administrations who created the magazine and kept it going during its early struggle for survival. Their vision is amply justified in the outcome—a brand new program, talented, committed students and a flourishing magazine.

I must record with especial gratitude some names that resonate still from those early days: Ron Woodward, Tom Meikle, Michael Lee, Peter Manning, Judy Roy. All contributed immeasurably in their different ways to the development of the magazine.

There's a final event to record: my retirement. After nine magazines and one publishing program, it's time for a change. *Pacific Rim Magazine* will be in good hands. I look forward to seeing what next year's group will create and the groups to come.

Richard Hopkins, *Publisher*

**I**n the first few months of school, the difficulty of putting together a magazine of professional quality didn't hit home. Now it has. Creating the Tenth Anniversary Issue of *PRM* has been a frustrating and rewarding experience.

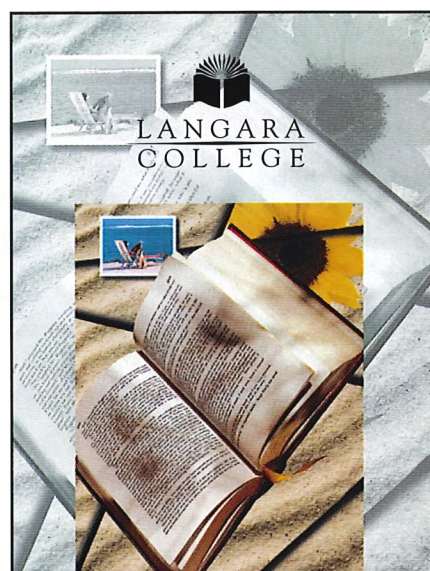
Many people were essential to the creation of the magazine. We would like to thank all of those involved, students and instructors alike, in the Professional Photography, Journalism, and Library Science departments at Langara for their continued contributions to the magazine.

This project would also have been impossible without the understanding and flexibility of the people in Instructional Media Services and our friends in Campus Security.

We reserve special thanks for our remarkable instructors. Thanks to Giselle Lemay for earnestly trying to organize chaos, to Janet Russell for teaching us about em dashes—it's these ones right?—to Odette LeBlanc for her helpful *je ne sais quoi*, to Richard Hopkins for being brave enough to tackle one last year and to Michael Lee for his inspired and inspiring enthusiasm.

But what has made this experience most rewarding is being part of the tireless efforts of our fellow Publishing students. We trust that you will agree that their hours of work have resulted in a magazine we can all be proud of.

John Demeulemeester, Marc Dinsdale, Annelise Richard, *Editors*



## Continuing Studies



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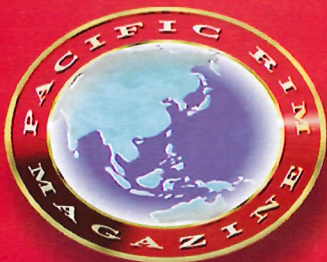
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# PACIFIC RIM

magazine

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# gold medal home

BY ALEX HAMILTON · PHOTOS BY BUT-LAU LAI

When the Canadian Home Builders Association of B.C. announced at the 1997 Georgie Awards that Goldmark Construction Co. Ltd. had won a gold medal, builder and designer Victor Lo was ecstatic.

"It was amazing," says Lo. "I'm normally very conservative, but when I heard I won, I was so excited that I rushed to the phone to call my parents and friends to share the happiness with them."

The awards, which recognize excellence in residential construction, honour home builders, developers, renovators and marketers.

Lo's gold medal award was for a \$2.3 million home he built in Vancouver. The home won in the category of Best Single Family Detached Home, 3500–4999 Square Feet.

"People love the house," says Lo. "It doesn't matter if they are Canadian, Chinese or any other nationality. Everybody loves it." Everybody—including the judges.

The Tudor style home is hard to miss. Located on a corner lot, it is huge and beautiful. People often stop their cars and come up for a closer look.

What is remarkable about the home is that although it has six bedrooms, six bathrooms, two kitchens, an in-house movie theater, a game room and a steam room, it is not grotesquely large. Lo made sure the house would blend in with the rest of the neighbourhood instead of being an eyesore.

"Many people complain about the monster houses going up in their areas," says Lo, "but people here love the look of this house. The more you look at it, the more you like it."



Lo is proud of the home that took him a year to build. His attention to detail was meticulous. The wood siding on the exterior of the house had to be perfect. A lot of workmanship went into cutting the knot-free wood to size—the flawless wood cost him three times as much as wood with knots. Lo also paid close attention to the landscape. Every tree and bush had to match the house.

Inside the home, everything that Lo added was impeccable. There are ten-foot-high ceilings, glass doors with copper piping, granite countertops, cherrywood cabinets, marble ledges, five-foot windows, state-of-the-art appliances, and bathrooms so luxurious you could live in them. All of the windows and skylights in the house are strategically placed to let in the perfect amount of light throughout the day.

It took Lo and his wife Angela two weeks

to find light fixtures for the master bedroom. The woodworkers worked for months hand-crafting the detailing in the cherrywood walls of the den.

Currently, Lo is starting another project. As vice-chair of the Taiwanese Canadian Cultural Society, he is looking for property in the Lower Mainland to build a Taiwanese cultural centre.

The purpose of the centre will be to help new immigrants settle in Canada so they can become responsible and contributing members of society. It will also help promote Taiwanese culture in Canada.

The centre will consist of a hall, classroom, office area, small kitchen and a seniors area. The new centre will not be as grand as the \$2.3 million home that won him the Georgie Award, but Lo is excited. "I want to give something back to the people of the city."



From the strategically placed skylights to the carefully crafted staircases, it is the details in Victor Lo's \$2.3 million home that make it luxurious.

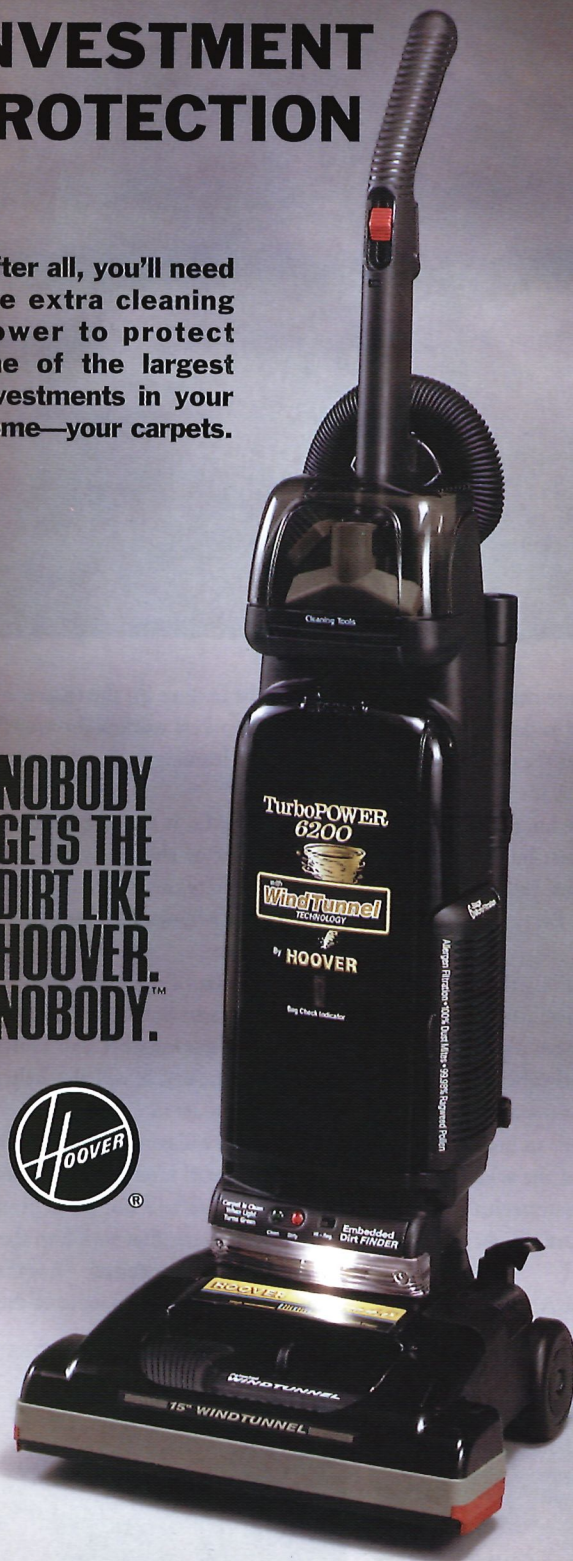
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# FUTURE SHOP

## a door opens

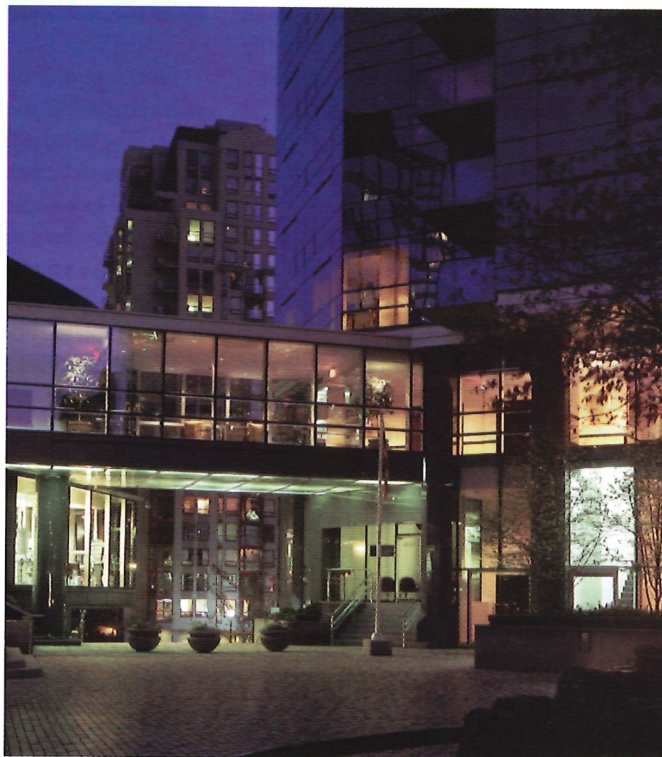
BY ALEX HAMILTON · PHOTO BY JOCELYN WILSON

Employees at the Royal Thai Consulate in Vancouver are excited about their new workplace. The smell of fresh paint lingers in the air, the carpets are unspoiled and everything from the mirrors to the desks gleams.

It took Thai officials a full year to find the new downtown site and renovations took a further three months. The total cost of the building including renovations, was approximately \$1.5 million Cdn.

"I feel very lucky to work here," said Consul Bhavivarn Naraphallop, who moved to Vancouver from Thailand last year. It's quite modern and it's such a big space compared to the old office. I'm proud to work in a building that the Thai government owns."

The Prime Minister of Thailand, General Chavalit Yongchaiyudh, officially opened the new consulate last November during



Night falls outside the new Royal Thai Consulate in downtown Vancouver.

the Asia Pacific Economic Cooperation (APEC) conference. "Vancouver is perceived as the gateway to Southeast Asia," he said. "Business in B.C. is linked to business in Asia."

The consulate can help provide information on any aspect of trade, and is equipped to certify business documents. The consulate also handles all non-immigrant visas for residents living in B.C., Alberta, the Yukon and Washington State—it's closer for Seattle residents to use the Vancouver consulate than to go to Los Angeles. Previously, visa applications had to be sent to Ottawa, which took weeks for delivery and processing. Now, the new consulate can process visas in one business day.



# art beatus: global gallery

BY CAROL POPKIN · PHOTO BY BEN SUSSEY

Vancouver is playing a central role in crossing the boundaries between Eastern and Western art. These boundaries are being eliminated as an increasing number of people from the Pacific Rim emigrate to Vancouver, bringing with them a desire to express their culture and customs visually through art.



Art Beatus specializes in showing the works of contemporary Asian artists in Vancouver.

forum for Chinese and international artists to showcase their work. When the second gallery opened in Vancouver, the idea of a cross-cultural exchange, a bridge between East and West, was securely established.

The patroness and chairwoman of Art Beatus, Ms. Annie Wong Leung Kit Wah, daughter of noted Hong Kong philanthropist Dr. Leung Kau Kui, sees the gallery as a "discussion of different art practices" and a forum to see "Chinese art recontextualized on an international basis . . . which challenges the established [Western] art world."

The gallery plays a fundamental role in creating an interest in, and accessibility to, the Asian and international art scene. Art Beatus acknowledges the need for cultural diversity and pluralism in a world of ever-increasing globalization. The gallery establishes a visual dialogue between many cultural groups.

Focusing mainly on contemporary Chinese artists, the gallery attempts to move us into the 21st century, displaying Eastern art techniques and philosophies to Western eyes. Art, and thus the gallery, is a perfect vehicle for either a deconstruction of traditional values or a simple expression of individual cultural experiences.

Art Beatus offers lecture series, tours and seminars to give clients a better understanding of Eastern art. Art Beatus is open from 10 a.m.-6 p.m. Tuesday to Saturday and by appointment. It is located at:

M-1, 888 Nelson Street  
Vancouver, B.C. V6Z 2H1  
Telephone: 604-688-2633  
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Several galleries and museums throughout Vancouver have taken on the role of representing Asian art and artists. One such gallery is the Vancouver and Hong Kong based Art Beatus.

Art Beatus is at the forefront of representing contemporary artists from Asian countries or of Asian descent living in the West. In the last few decades, there has been increased interest in the collection and study of Asian art in both the East and the West.

This interest has created unprecedented access to contemporary and traditional Asian art not seen in this city before.

Taking its name from Latin, meaning *pleasure* and *happiness*, Art Beatus's mission is to "promote cultural exchange and with it encourage healthy social development as we move into the next century." Opened in Vancouver in 1996, Art Beatus originated in Hong Kong. Founded in 1992 by Mr. Dick Chen, the first Art Beatus became a



# Ten Years On

*Pacific Rim Magazine* celebrates  
its first decade in print.

by Julie McCandless

“T here were days when I really felt like I was sinking under the weight of something I couldn’t even name. And then there were other days when it was just fabulous, when I felt really on top of the world,” Glen Isaak recalls.

Isaak, now an English instructor at Langara College, is speaking about his stint as the student editor of the first issue of *Pacific Rim Magazine*. With this latest issue, the magazine celebrates its tenth anniversary. The magazine’s continued existence is due largely to the individuals who have worked devotedly to ensure its production each year for one simple reason: *PRM* offers a unique and exceptionally rewarding learning experience for all who participate—students and instructors alike.

Sensing that working on *PRM* was a rare opportunity, Isaak postponed his transfer to Simon Fraser University and accepted the invitation of the publisher of the first issue, Alban Goulden, who also happened to be one of his English instructors.

Goulden knew that *PRM* was going to require a lot of work. He refused twice before being convinced to assume the role of publisher. What finally persuaded him was receiving negotiated release time from his regular teaching duties and his confidence in the expertise of Ron Woodward, the originator of *PRM*. “He talked a good line and I could see that he was hard-working, that he was a person who would deliver,” Goulden reminisces. And deliver he did.

To many, the idea of a magazine produced

by students may seem risky. Woodward, however, was not intimidated. He knew that it could work because he had done it before at Selkirk College, where he developed and chaired the Graphic Communications Program. A magazine would facilitate the collaboration of students from different disciplines. Not only would it serve as a valuable exercise in teamwork, it would provide students with portfolio-worthy material. “The magazine would act as a calling-card for students,” Woodward explains.

On sabbatical from Selkirk College and in Vancouver to pursue a Ph.D. in Communications at Simon Fraser University, Woodward happened to meet Bruce Maclean, then director of Instructional Media Services for the Langara campus of Vancouver Community College. Maclean, and later VCC’s administration, enthusiastically embraced the

idea of a magazine that would showcase the talents of students while offering the three VCC campuses the opportunity to work together.

From the beginning, Langara was a perfect fit and City Centre campus with its Computer Graphics and Printing Production program, made

a vital contribution. The King Edward campus was more of a challenge. So *PRM* made its permanent home at Langara, but each spring shifted its base of operations downtown to Judy Roy’s computer graphics lab at City Centre.



Ron Woodward

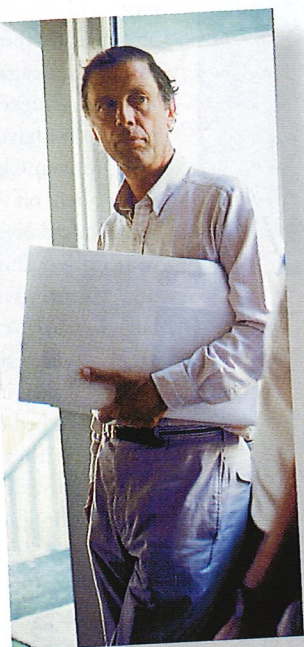


Cooperation was also emphasized among the concerned departments at Langara. Keith Murray, latterly the Chair of Langara's Business Administration Department, was invited to bring a business perspective into the academic fray, and advertising revenue into the pages of the magazine.

Like the other instructors, Murray saw the potential for a valuable learning experience for students in his sales workshop. "I was quite happy to participate because of the opportunity it presented to provide a real-life selling situation."

Just as Murray's students invariably describe the rush of a signed advertising contract, and Isaak remembers a profound and unequalled sense of satisfaction, the instructors were similarly rewarded.

Goulden had no idea he would find the involvement of the various students so gratifying. He remembers one meeting with editor Isaak and David Chan, who worked on the photography. "I suddenly realized that these two students were going to be really helpful. In this one meeting it just became clear to me. Suddenly these marvellous photographs were sitting in front of me on the table and I was



Richard Hopkins

getting Glen's input, and I then realized that this is really what education is supposed to be. It's something more hands on and it's something in which the students do not just receive direction. It's learning something, creating something, and presenting it. That, to me, was a revelation and I've never had quite that level of satisfaction in teaching."

Woodward, who is now a member of the faculty of the Master of Publishing Program at SFU, agrees. "The highlight for me is that now, when I run into students that I worked with during those first years, they are working in the industry. So it works."

Perhaps one of the major success stories, Woodward points out, is Michael Lee, a

former student at the City Centre campus. Lee was invited to join *PRM* and eventually quit his full-time job to focus on the magazine. "I remember thinking that I had found my career in life," he confides almost in a whisper. His commitment to the magazine did not go unnoticed or unrewarded. Lee has been the production director of *PRM* for seven years and is an instructor in the Publishing: Techniques and Technologies program at Langara—a program developed in large part because of the magazine.

The magazine has also been a labour of love for Richard Hopkins, *PRM*'s current publisher. This issue marks his ninth year of involvement with *PRM*, his seventh year as publisher, his second year as coordinator of the Publishing Program, and, unfortunately, his last year at Langara—he retires this spring.

Hopkins was the major force behind Langara's Publishing Program. The idea for the program had developed naturally during the production of the magazine. "It gathered momentum and we realized that the technological changes occurring in the publishing industry offered new opportunities for the college and the students," Hopkins explains.

Retirement will not entirely sever the bond that Hopkins has with the magazine or with the Publishing Program that he helped establish; he plans to stay in touch with his colleagues and will be an interested observer as they continue their work. Such dedication is typical of all involved in the production of the magazine.

Woodward, who modestly downplays his role, describing himself merely as a catalyst, says, "the fact that *PRM* survived and is the centrepiece of the Publishing Program is a testament to the administrators, faculty, and students. This was a real group effort."

Happy Birthday *PRM*. Here's to many more issues!



Michael Lee



A few of the many people who have contributed to the success of *Pacific Rim Magazine*.



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## snow garden restaurant

BY JESSE GAITT

As a student on a budget, I have been motivated to explore the byways of Vancouver's less expensive restaurants in search of food that excites the taste buds without breaking the bank account. The Snow Garden, a Chinese restaurant located at 51st and Main, was recommended to me by a gentleman of greater means and recognized fine taste.

The Snow Garden is certainly not nouveau chic. The decor is plain with '50s style chairs and tables, a floor covered with spartan linoleum and walls adorned with two clashing patterns of wallpaper.

The menu is divided along traditional Chinese lines with a variety of soup, seafood, meat and noodle dishes. I was particularly intrigued by the Drunken Chicken appetizer and the Beggar's Chicken. At \$21.80, the Beggar's Chicken was a little beyond my means, and having taken a vow of sobriety, the Drunken Chicken was off limits.

I started off with the Tan Tan noodles (pronounced *don don*) which is a noodle soup with a rich peanut stock. At \$4.95 it is a great deal as there is more than enough for two. For the main course I had the Peppering Shrimp with Onion Sauce (\$9.95) and the Diced Chicken in Chili and Hot Garlic Sauce served on a bed of fresh spinach (\$8.25). The chicken with spinach is a winner as the spinach provides an excellent counterpoint to the hot garlic and chili sauce. The Peppering Shrimp with Onion Sauce is somewhat of a disappointment as the onion sauce is overpowering.

I was also able to sample three of the five lunch specials. At \$5.95 they are a steal. All lunch specials are served with soup and a choice of fried noodles or rice. I tried the Deep Fried Cod served with mixed vegetables, the already mentioned Chicken with Hot Garlic Sauce, and Beef with Green Onion. The fish was out of sight, the chicken great, and the beef decent.

The service is excellent and the staff friendly and willing to recommend specific dishes. I do not hesitate to recommend the Snow Garden for its fine food, reasonable prices and intriguing ambience.

Hours: 11:30 a.m. to 2:30 p.m. and 4:00 p.m. to 9:00 p.m. Tuesday to Sunday. I do recommend the Snow Garden for its fine food, reasonable prices and intriguing ambience.

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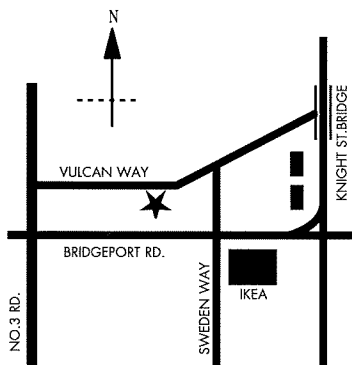
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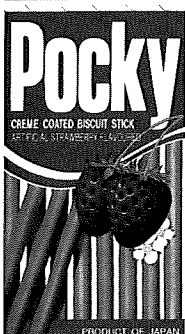


# glico candy

BY MICHAEL PIERCEY

If you feel confined by the confectionery selection in your local grocery store and need something new, look no further than Glico, the candy company that is fast becoming Japan's most famous edibles exporter.

Started in 1922 by Riichi Ezaki, Glico's first product was caramel flavoured with oyster extract, believed to have curative powers. It also spawned the company name: Glico is a derivative of the word *glicogan*, or



oyster extract. Soon after, Pocky was introduced in Japan and rocketed to stardom; it remains one of the country's best selling cookies to this day.

Pocky, a long thin cookie dipped in a sugary icing, is as famous in Japan as Coca-Cola or Pepsi. Giant Pocky vending machines litter the streets. There is a flavour of Pocky for

every taste: dark and light chocolate, strawberry and milk, Tomato Pretz, Beer Pretz and the intricately crafted Almond Crush Pocky.

Beyond the obvious appeal of the candy, it is the juxtaposition of Japanese and Western attitudes towards confectionery that makes Glico's products unique; the packaging is often a work of art. The role of candy in society differs as well; Glico claims their gum stimulates thought and enhances dental health. The influence of fads has also led to a Men's Pocky, a dark chocolate flavour renamed in response to a trend of women wearing men's clothing.

Already popular with Japan-obsessed teenagers, Pocky is gaining favour in many segments of North American society.

Photos: Pocky is nearly as famous for its packaging as it is for its flavour. Graphics courtesy of Glico Candy.

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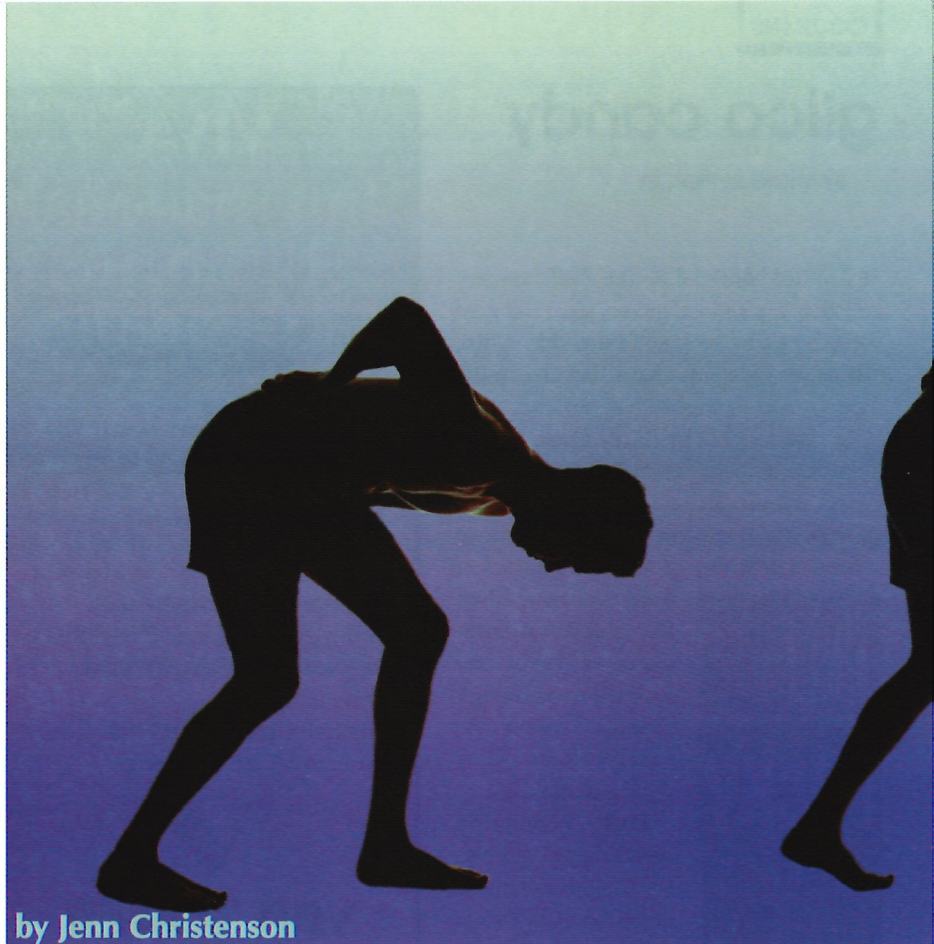
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# MIND over medicine

by Jenn Christenson



Combining  
elements of healing  
techniques from  
East and West,  
Zhi Neng could be  
the next step in the  
evolution of  
pain relief.

Practitioners of Western medicine often view alternative forms of medicine with skepticism and condescension. Because most Western doctors typically make little effort to study or understand other methods of healing, rarely will they refer a patient to a practitioner of alternative medicine. Without a complete understanding of their options, doctors are unable to recognize when a patient might be more effectively healed by an alternative treatment.

As a practitioner of both Chinese and Western medicine, Dr. Zhi Gang Sha, of Sha's Health Centre in Vancouver, recognizes the need for different forms of medicine to join together in pursuit of optimum health for patients. "I believe that modern-day physicians can better serve their patients and themselves by keeping an open mind, and by exploring and learning what other healing disciplines have to offer," says Sha, who incorporates many philosophies of medicine into his practice. Though Western medicine is superior in diagnosis and emergency medical situations, it "does not offer much relief in the way of chronic pain conditions such as arthritis, cancer, migraines, joint problems and diabetes," states Sha.

"Everywhere I go, I see wards at Western hospitals filled with people who have suffered, and who will continue to suffer, years of pain."

Determined to make a change, Dr. Sha has not only developed his own style of acupuncture—Sha's acupuncture—but he is also a Grand Master of Zhi Neng Medicine, a revolutionary new self-healing method. Although it has been practiced in China since 1975, Zhi Neng Medicine was only formally introduced to the public by its creator, Master Zhi Chen Guo, in 1992. Known in China as the "medicine-less healing science," millions of Chinese have discovered the benefits of Zhi Neng Medicine. In the fall of 1997 it was recognized by the Chinese central government as "the new medical revolution happening in China."

One of the most appealing aspects of Zhi Neng Medicine is that it is a self-healing technique. Self-healing is a facet of health-care that is largely absent in the West, and Dr. Sha notes the public's demand for more control over their health. "In general, I have found that Westerners are hungry for tools they can use to control their own healing," says Sha. "People no longer need to be passive recipients of externally provided health services; they can start taking more





responsibility for their own health and not be so dependent upon the conventional medical system.”

“Zhi Neng Medicine combines essential components of Western medicine, traditional Chinese medicine, Qi Gong and the extraordinary functions of the senses,” explains Sha. He first came across a book about Zhi Neng Medicine in 1988, and was so impressed that he subsequently went to study under Master Guo in China, becoming his first pupil. His enthusiasm for Zhi Neng Medicine increased as he learned more, and he has since devoted his life to spreading its healing techniques. In 1996 Dr. Sha established the International Institute of Zhi Neng Medicine in Vancouver, where he is passing his knowledge on to the public and training practitioners. “So convinced am I of its healing benefits,” says Sha, “that I have taught thousands of people how to use Zhi Neng Medicine for self-healing, as preventive medicine, and to improve health.”

Zhi Neng Medicine is founded on the principle that health is related to the balance of energy in our bodies. In traditional Chinese medicine, this energy is known as Qi (pronounced *Chi*). In Western scientific

terms this is the energy which results from cellular activity. According to Zhi Neng medicine, all illness results from an imbalance due to excess energy, or an energy deficiency. Chinese medicine utilizes herbal remedies, acupuncture and acupressure massage to restore the balance of Qi. One of the main therapies used in Zhi Neng Medicine is a series of exercises called Dong Yi Gong, which restore, redistribute and replenish this energy. The techniques used in these exercises incorporate elements of the ancient Chinese philosophies of Yin and Yang, the Five Elements theory, I-Ching, Tao, Te, Qi Gong, Buddhism, Confucianism, and traditional Chinese medicine, as well as the scientific disciplines of Western medicine, biology and physics.

In traditional Chinese medicine, Qi runs through the body in pathways called meridians. The main focus of traditional Chinese acupuncture is to ensure the free flow of Qi through these meridians using needles at various pressure points to clear energy blockages. Zhi Neng Medicine recognizes the existence of these meridians, but is more concerned with what are called the “five most important energy centres in the body.” Not only do the exercises of Dong Yi Gong redis-

tribute energy, they also build up energy in these areas to fight off potential illness. “Developing more energy is the key to preventive medicine,” explains Dr. Sha.

The results of Zhi Neng Medicine seem too evident to be ignored. “Health professionals who have taken the time to explore Zhi Neng Medicine have been impressed with its healing benefits and the results it generates,” states Sha. Though the government and Western medical professionals provide little to no support for non-traditional healing alternatives, Dr. Sha is hopeful. “I believe that alternative medicine and complementary medicine will soon be accepted and integrated into the Canadian medical system. Ultimately, it is the public who will implement this change as more and more people continue to search for healing solutions outside of conventional Western medicine, and as people demand to have more choices in their healthcare. I see the evolution of an integrated multi-disciplinary approach to healthcare, where various healing modalities—complementary medicine, Eastern and Western medicine, and such—will be integrated to offer a more effective healing model for the individual.”





# Understanding Tai-Chi

by Karen Mah

In the heart of Queen Elizabeth Park, they arrive during brisk early mornings. Between the old abandoned waterfalls, they elegantly strive to articulate every move.

**T**ai-Chi can increase vitality, spiritual awareness and flexibility. It is a martial art which incorporates Chi Kung—an exercise that controls the flow of energy within the body through breathing and mental tension—as well as meditation and physical movements.

Tai-Chi is known as an internal art because it exercises and heals the mind and body. It consists of a series of slow, accurate moving exercises performed with fluidity and concentration.

## THE EXERCISE

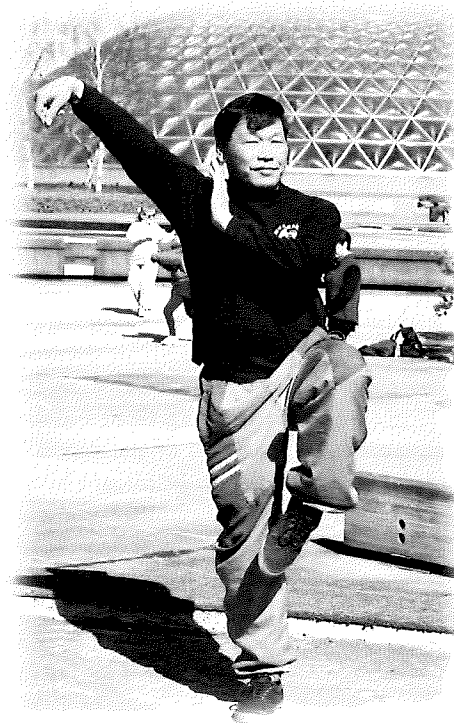
When practicing Tai-Chi, the muscles are relaxed while the mind concentrates on each precise movement. The slow, evenly paced and patterned movements focus on shifting the body's weight while keeping it upright and stable. Smooth and even breathing connects each movement. It is an exercise not meant to increase muscle mass or phys-

ical endurance, but to mobilize stiff joints, stimulate internal organs and subdue the nervous system. Graceful movements create an overall sense of well-being and peace. As the level of expertise increases, so do the general health benefits.

## THE ORIGIN OF TAI-CHI

Tai-Chi—meaning Grand Ultimate—is a name derived from Taoist beliefs about the origins of our existence.

One legend claims that the founder, a monk named Chan San Feng (1279–1368), witnessed a furious battle between a snake and a bird. As he observed the snake escape by dodging, weaving and lashing at the lunging bird, Feng was fascinated with the reptile's relaxed lightning speed. When the bird finally exhausted itself, it flew off in hope of finding easier prey. From this study, the art of Tai-Chi was born. Many of the movements mimic those of animals, and are named after them.



## YIN-YANG BALANCE

According to the ancient philosophy of Taoism, all things consist of either Yin, emptiness, or Yang, fullness. The well-known symbol of a circle divided into Yin and Yang represents the state of Tai-Chi. These two elements interact with one another in an endless succession of change. Tai-Chi encompasses the cosmic shifts of weight between the two, while inhaling Yin and exhaling Yang in a natural breathing pattern.





Victor Fu, a master at Fu's Internal Martial Arts Canada, demonstrates his expertise and form.



Peter Song and James Ho practice their familiar routine at Queen Elizabeth Park.

## DISTRIBUTION OF CHI

Chi is a vital energy, or life force, that should be abundant and flow smoothly within the body. When Chi is weak, sickness results. To correct the situation, one can resort to acupuncture, go to an herbalist, or choose to practice Tai-Chi. The combination of movements, breathing and relaxation provided by Tai-Chi is often enough to restore balance and energy.

Chi works in mysterious ways. The body is said to have 12 main channels that help to distribute Chi. All of these channels are connected to organs, and run head to toe, ending at the extremities. They nourish the organs by distributing Chi. Between major routes, smaller canals interconnect and supply Chi to the skin.

## THERAPEUTIC PURPOSES

The slow pace of Tai-Chi belies its physical demands and complex nature. It has been practiced for hundreds of years and is used for many therapeutic purposes. Studies in China have shown that it can have extraordinary effects on the body. Results indicate that regular practice of Tai-Chi improves, among other things, the nervous, circulatory and immune sys-

tems. It also has a significant effect on the body's metabolism.

Although Tai-Chi is usually stereotyped as an exercise meant for seniors, its therapeutic benefits can be enjoyed by all, regardless of age.

So the next time you see people practising Tai-Chi in the park, you might want to take a closer look. Considering its health benefits, you might even want to try it for yourself.



## Therapeutic Benefits of Tai-Chi

Tai-Chi relaxes the body, making it less vulnerable to stress-related ailments. It also benefits specific parts of the body:

### Nervous System

Harmonizing the movements of legs and arms relaxes the nervous system. Perceptions become clearer and nerve impulses to organs run more smoothly and efficiently.

### Muscular and Skeletal System

Slowness of movement and holding a correct posture allow muscles to work gently and thoroughly.

### Circulatory System

Exercising the vascular system dilates blood vessels and increases blood flow throughout the body.

### Respiratory System

Breathing from the diaphragm increases lung capacity, oxygenating the bloodstream and stimulating vitality. Most importantly, it removes unwanted toxins from the body. The respiratory and circulatory systems are enhanced by efficient oxygenation of blood.



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# The Horse That Beat The Odds

by Peter Sauberli

## As I approached the two charismatic Asian wild

horses that I had travelled four and a half hours to see, I wasn't sure if they were sizing us up or simply inquiring where we were hiding their morning food rations. The latter proved to be closer to the truth. When Kamloops Wildlife Park zookeepers Richard Maze and Brett McLeod revealed the food barrels, the rodeo began. Belgan and C12 began kicking at each other with such violence that I was surprised neither was injured during this display of aggression. According to Maze and McLeod, this kind of horseplay is the norm for wild horses. In fact, if the two were to exhibit the more placid disposition of their domesticated cousins, it would be time to call a veterinarian.

The behaviour of the Asian wild horse, more commonly known as the Przewalski Horse, is not its only defining feature. Their brush-like upright mane begins just behind the ears and extends to the top of the spine. Their disproportionately large heads and necks make





Przewalski horses enjoy their space at the Calgary Zoo.

them appear clumsy and awkward—certainly not the case as demonstrated by their antics during feeding time.

Like any species that has not been interbred, the Przewalski's colour characteristics do not vary much. The body is a sandy tan to reddish brown, with white around the eyes and muzzle, and black lower legs, mane and tail. Their long, pointed ears can be moved around to localize sounds, and are also used expressively; pressed back against the head, they signal an impending attack.

The Przewalski is one of the rarest species of animal on Earth, with a current population of around 1,200, all but a few of which were born in captivity. With their status among the most critically endangered species in the world, it is miraculous that the Przewalski Horse exists at all. In the mid-sixties, the last known survivors, 13 of them, were removed from the wild, and if not for their unique DNA structure, they would have had no chance of recovering to their current population. There are only two living species of equid that possess 66 chromosomes: Grevy's Zebra and the Przewalski Horse—domestic breeds have only 64. Without this unusual genetic advantage, the gene pool would have been too narrow and the effects of inbreeding

would have prevented successful reproduction efforts. Even with this unique genetic coding, it was still imperative that an organized effort be put in place to oversee the management of all breeding programs throughout the world. Through the efforts of international groups such as The Species Survival Program for the Przewalski Horse, based out of the Bronx Zoo in New York City, and a meticulously maintained International Studbook, the species has been saved.

The Kamloops Wildlife Park in British Columbia is one of three Canadian parks that have been granted membership into the survival program. The Calgary Zoo, and Toronto's Metropolitan Zoo are also members. As in Kamloops, the Calgary Zoo's herd of 16 horses is quite at home in the Canadian winter. The Kamloops program began in 1982 with the arrival of Belgan from the Calgary Zoo and C12 from San Diego. There have been as many as five horses in Kamloops since 1992, all of which have since been dispersed to other zoos to enhance the genetic variance of their stock. When discussing the role of the Kamloops Wildlife Park with Education Director Bill Gilroy, the first question that came to mind was why

Kamloops? According to Gilroy, Kamloops is one of the few places in the world with a climate and terrain very similar to the Przewalski's natural habitat. From casual observation, the present site does not look big enough to comfortably house any more horses. "Acceptable living conditions for the animals" says Gilroy, "is of primary importance for a Zoo to qualify for entrance into the program. The requirements demand all animals must be properly fed, kept in a large enough space, and in a clean and safe environment. Unfortunately, the budget just isn't there for more horses."

Presently, little information regarding the various Przewalski survival programs around the world is available. Three herds were released in the early nineties. Accurate



Przewalski horse sizes up photographer at the Kamloops Wildlife Park. Photo by Jeremiah Armstrong





information on the Xinjiang-Uyghur release in Chinese Mongolia has proven impossible to obtain. Officials with the Hustain Nuruu Nature Reserve in free Mongolia claim that their horse population has steadily increased since 15 were reintroduced in 1992. According to Dr. Tserendeleg of the Mongolia Association for Conservation of Nature and the Environment, there are now 48 Przewalski horses in the Mongolian park. Even more encouraging is a report that later this year, another 20 horses will be brought to Hustain Nuruu from the Netherlands.

In the wild, the horses face the same dangers as any other animal; they too can succumb to disease, predation, extreme weather and poaching. Ironically, the very factor which fostered such a remarkable comeback is also a significant threat to their existence in the wild. Due to the unique nature of their DNA, coupling with other free roaming horses may be the greatest threat of all; unless the Przewalski Horse breeds with members of its own species, the bloodline that has made it possible to bring it back from certain extinction will be diluted and eventually lost.

But talk of extra chromosomes, natural habitats and studbooks is lost on Belgan and C12. They eat, oblivious to the fact that they may well be part of one of the greatest comeback stories ever written. It will take more than dedication and even luck to ensure the continued survival of the Przewalski Horse, but with the help of the Kamloops Wildlife Park and other organizations, one of the earth's oldest inhabitants will certainly see the light of a new millenium.

## Colonel Mikhaylovich Nikolay Przhevalski 1839-1888

Up until the last half of the 19th century, when the Przhevalski Horse was discovered by Russian explorer Mikhaylovich Nikolay Przhevalski, they were recognized for centuries as *Takhi*. Colonel Przhevalski, under the authority of Czar Alexander II, headed several expeditions of discovery into Siberia and East Central Asia. At some point, probably during his return to Russia, he was presented with a horse hide and skull. Curious about the existence of wild horses in

the area, Przhevalski investigated. It was later confirmed by Dr. I. S. Poliakov that the remains were indeed those of a wild horse, which was given the official name of *Equus Przhevalski Poliakov* in 1881. The name has since been popularized to Przewalski's Horse. Until his death in 1888, Przhevalski continued to study the horse at great length, and provided the backbone in the body of knowledge that biologists are using to help propagate the return of his horse to Asia.

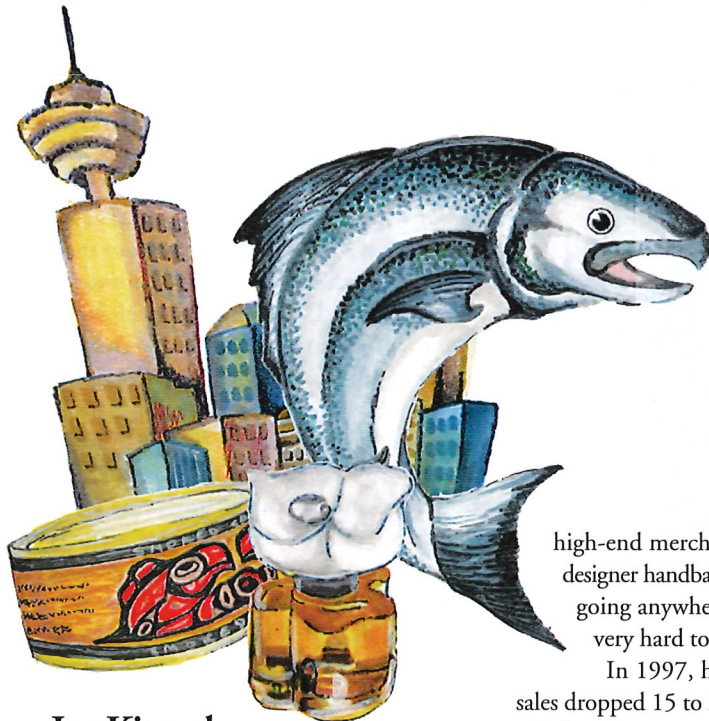




# AFTER SHOCK

The Asian economic crisis is keeping tourists at home and hurting Vancouver businesses.

by Naoko Kumagai



**Jay Kim, the manager of the OK Gift Shop on Alberni Street, is keeping things in perspective.**

"It will be worse, no doubt about it," he says. "But I don't think it will shake things up like the Kobe earthquake." He sits in his small office on the second floor of the store he has managed since 1991. His store is one of the half dozen along Alberni Street, just off Georgia Street, that cater much of their business to Asian tourists.

Kim believes the Asian crisis has yet to have a significant impact on his store, where almost all of his customers are Japanese. The OK Gift Shop offers a range of items. In one corner, Canadian-made wool sweaters, sweatshirts and T-shirts are on display, in another, jewelry, silk scarves, and fox and mink collars are for sale. Decorative bottles of maple syrup, packages of maple leaf cookies, chocolate and salmon jerky also stock the shelves. The store also sells key chains, pins and other souvenirs.

Kim says the food items are the most popular, since they sell for under \$20. It is the

high-end merchandise, such as the furs, designer handbags and perfume, that isn't going anywhere. "Expensive items are very hard to sell these days," he says.

In 1997, he estimates that overall sales dropped 15 to 20 per cent. Since 1995, which was an outstanding year for his business, sales have decreased 35 per cent. "That's a tremendous decline."

The busy season is usually between May and mid-October, when fares are cheapest. Kim has noticed a visible decrease in the number of Japanese tourists coming into his store and on top of that, he says they're just not spending as much as they used to.

Next door, Allders International Canada, one of the largest duty free retailers in Canada, is also preparing for a difficult tourist season. "If we have a very good summer, we will probably just break even," says Li Lin Hsu, store manager. "The decline of passengers, the decline of [customer] buying power—that is really affecting business."

Hsu says that approximately 70 per cent of her customers are Japanese, 20 per cent are Chinese and Taiwanese and less than 10 per cent are Korean. The Japanese, her most important customers, are not buying as many brand names as they used to. "Before, the Japanese were buying bulk and now they only

like to buy souvenirs, the small, light items and anything that is a good deal."

Hsu estimates that sales have dropped 30 per cent overall from last year. Along with a decline in Japanese tourists, there has been a recent decrease in Korean shoppers. "In the last three months or so we have seen a decline in Korean customers," she says. "But until recently, we haven't seen any Korean tourists at all. Because the Korean government is encouraging their people to spend money inside Korea—they don't want them to spend money outside their country."

To prepare for a slow summer, Hsu says Allders will not increase their hours of operation as they normally would. Winter hours of 9 a.m. to 7 p.m. will be kept for now, and if business picks up, the store will remain open until 11 p.m.

Both Kim and Hsu agree that the next few months will determine the impact that the Asian economic crisis will have on business. But if numbers are any indication, it's clear that Asian tourists are not only spending fewer dollars, they're simply not coming to Vancouver as much as they have in the past. According to the Vancouver International Airport Authority, Asian Pacific traffic, which represents 66 per cent of international travel, grew at a rate of 16.9 per cent in the



first half of 1997, but growth fell off during the second six-month period to 5.8 per cent.

Tour companies have also noticed a decline in the number of passengers coming to Vancouver. Japanese tourists make up 60 per cent of the business of TransPacific Tours Canada Ltd. Lately, the company has noticed a 12 to 15 per cent decline in the number of Japanese tourists booking tours to Vancouver.

Daniel Lau of Wingo Travel Canada says there has been a 20 per cent decrease in the number of travellers coming from Taiwan and a 30 per cent decrease in passengers coming from Hong Kong. Because there has also been a large drop off in Korean and Japanese tourists, Wingo's company has lowered fares and adopted a more aggressive marketing strategy.

Fewer Vancouverites are heading to Asia as well. In March, Asian airlines serving Vancouver, such as Cathay Pacific Airways, Malaysia Airlines and Singapore Airlines, offered discounts of at least 25 per cent due to a sharp decline in load factors. Malaysia Airlines reported load factors of only 50 to 60 per cent out of Vancouver to Malaysia.

Predictions for the tourist season as a whole are not looking rosy, either. In February, the Conference Board of Canada reported that B.C.'s \$8.3-billion tourism industry would suffer a downturn this year because Asian countries are struggling with recession and the province's economic growth is behind the rest of the country.

According to Tourism Vancouver, which represents 1,200 B.C.-based tourism businesses, 28 per cent of tourism revenue in the province in 1996 was spent by British Columbians. Other Canadians, accounted for 31 per cent of the total and spent \$2.6 billion; American visitors made up 22 per cent of the total and spent \$1.8 billion; 11 per cent of visitors were from the Pacific Rim and they spent \$916 million; Europeans accounted for the final eight per cent of revenue and spent \$628 million.

The Conference Board of Canada advises that currency devaluation across Asia and the recession in Japan, Canada's biggest overseas tourism market, will result in a downturn in tourism.

David Bond, vice president and Chief Economist of the Hongkong Bank of Canada, says he believes the downturn will continue into the year. "I think those economies are going to be in trouble for awhile," he says. "And I think it's going to take from three to five years in the short term

to get out. Some of them are going to take longer but the major ones should be coming around in two or three years."

Bond also says that while it is difficult to measure which sector has been hardest hit, the Asian economic crisis will be felt across the country. "It's fairly hard to quantify because its impact is going to be pervasive across the entire country. We export a substantial number of our products, coal, lumber and so on, and the demand for those products is falling off. So to say it's falling more in forestry than minerals, is it falling more in finished forest products than in pulp and paper, it's pretty difficult to say. It's hitting the resource sector pretty hard."

According to statistics released in February by the Conference Board of Canada, B.C. will be the province that is hardest hit by the Asian crisis. The province accounts for about 40 per cent of Canadian exports to Asia. Japan is the key export market for Canada in Asia, accounting for 47 per cent of exports, followed by China at 13 per cent, Korea at 12 per cent and Taiwan at six per cent.

In January, economists reported that exports to Japan led by coal, pulp and fish products, were off four per cent. They also predicted that the weakening performance of the Japanese housing market would pull down coastal lumber exports for the rest of the year.

Dr. Roslyn Kunin, a prominent B.C. economist, says that the tourism industry and the resource sector will continue to slump until the Asian countries begin to recover. She

says Asian countries will not be able to revive their economies easily because there will have to be some major economic and social changes to their societies. "It is very deeply ingrained. What has been happening in Asia and the source of a lot of the problems, is that a lot of business decisions were made for non-business reasons. Basically, banks lent money, businesses did deals because of 'cronyism,' which is the nicest word I can think of. And so an awful lot of deals were undertaken because you wanted to do business with the right people."

For large hotels such as Hotel Vancouver and the Hyatt Regency Hotel, the key to surviving this difficult period is having a diverse client base. Ian Powell, general manager of Hotel Vancouver and chair of the Vancouver Hotel Association, says he first noticed the decline in business last summer. "We've seen some fall off in the Asian tour business and that was to be expected—it wasn't like, oh my god, when we woke up one day—we could see the writing on the wall from as far back as last summer. We modified our blocks accordingly as perhaps we wouldn't have done before."

Powell says large hotels can cope with the downturn in the Asian market because they don't rely solely on Asian countries for their business. "People say, 'you do a lot of Japanese business,' well, yes, we do, but when you put it into relative percentages, you're not looking at huge amounts." Powell says only six per cent of their guests last year were Japanese tourists, so the downturn is not "going



David Bond: "Asian economies will be in trouble for a while"

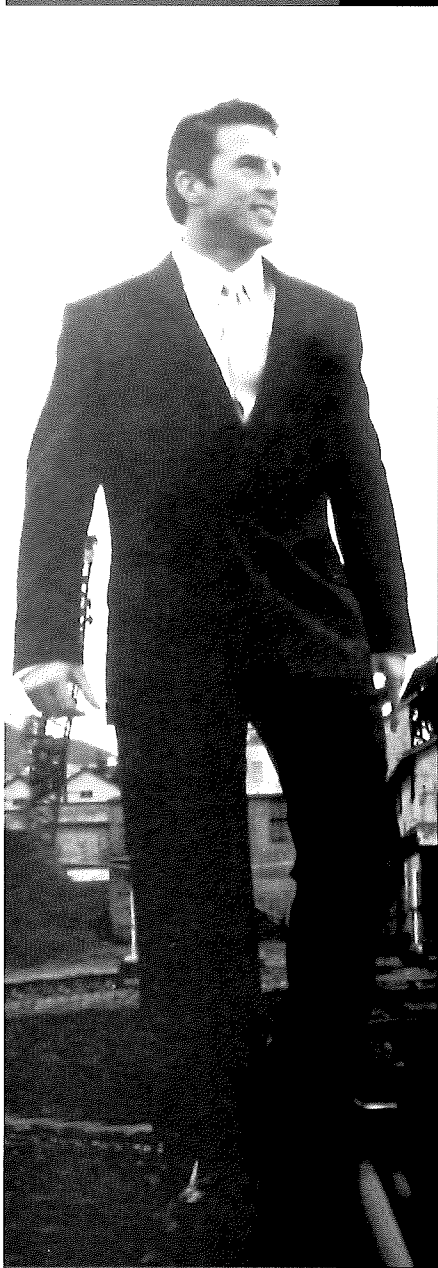


Dr. Kunin: "banks lent money, businesses did deals because of 'cronyism'"



# Paul Minichiello

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to kill business.” He adds that diversification is the key when one market is on the decline. “When you’re dealing with big markets, if Asia is off, maybe there’s more in Europe to be taken or the emerging market in South America, which means you have to change gear very quickly and hopefully you have strategical partnerships sorted out. You can’t all of a sudden start creating them, so it really is a test of your depth and how much prep work you’ve done.”

Mark Andrew, general manager of the Hyatt Regency Hotel, says it is still too early to tell what

effect the crisis will have and expects the results to be more noticeable during their peak season, which is mid-May to mid-October. But, he says, because the Hyatt has a diversified market, the Asian crisis will not likely have much of an effect on business. About 25 per cent of the guests at the Hyatt are from all over Asia, including Japan, Korea and Taiwan.

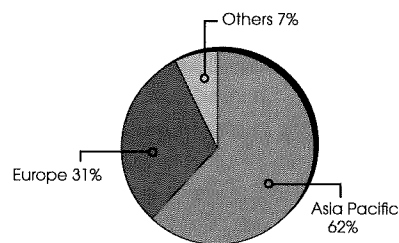
Andrew says the value of the Canadian dollar is encouraging more Canadians to vacation in Canada and the Hyatt is hoping to capitalize on that. The Canadian dollar is also drawing more American tourists to Vancouver and he also hopes to cultivate that market.

Andrew is also optimistic that the downturn in the Asian market is temporary. “It’s important with the decrease in the Asian market not to turn our backs on it. It’s a market that needs continual work and they’ll come back. Every market goes through a cycle. This is not the end of business we’ll be seeing from Asia. If we thought that was the case, Vancouver would be in serious trouble. I believe it’s just a glitch, much like Europe had a little while ago where they were trying to get the European economy going to the strength it is now. We have many guests from around the world and having said that, we’re very lucky to have the business we’ve got. And we are certainly looking forward to helping it grow from Europe and South America, as well as from Asia when it does rebound, so that we’re there to catch it.”

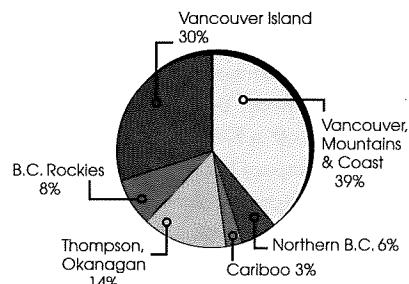
While major hotels can look to diversifying their market, large retailers like Alders offer greater discounts and put emphasis on better service. “We’ve hired an outside company who will be retraining our staff to provide better service for our customers in April,” Hsu says. “Before, our staff didn’t have to worry much about sales since the customers were buying so much and the sales took care of themselves. But now, we need to provide better service so that our sales will improve.”

At the OK Gift Shop, Kim says he’s very pleased with his sales people and has no plans to retrain them. “I don’t think any other store has better salespeople than we do,” he says with a smile.

Kim says he believes that the upcoming year will be a difficult one, but says they will make it through. “For the next two years, we’ll just have to be patient.”



International Tourists to B.C.



Distribution of Tourist Dollars



# GETTING A REEL JOB



by Bobbi Irons

Could this be  
the year that  
Asian actors  
finally see the  
same opportu-  
nities as their  
Caucasian  
counterparts?

## It seemed the door had finally opened

for Asian actors in 1994. Mina Shum's *Double Happiness* and Amy Tan's *The Joy Luck Club* were both intelligent films that enjoyed critical and box-office success. What set them apart from the usual Hollywood fare was that both featured Chinese actors in starring and supporting roles. Throughout cinema's history, ethnic cultures have faced misrepresentation and ignorance in what many still consider a white industry. While African-Americans had finally won recognition through the seventies and eighties, the absence of believable Asian roles quietly remained. As the success of the two films grew, the media began trumpeting the start of the "Asian Wave." Everyone from sitcom producers to film-making's elite was poised to jump on the bandwagon. At the same time, Vancouver was quickly gaining status as a favourite locale for filming. As the



city with the fastest growing Asian population in North America, it seemed like the place to be for an aspiring Chinese actor.

Fast-forward to the spring of 1998; somehow the hype has fallen drastically short. The "Wave" never materialized. When an all Chinese-cast network sitcom failed after one season, frightened producers quickly shelved many similar proposals. Even the highly anticipated sequel to the *The Joy Luck Club* was set aside indefinitely. Like so many trends before it, the "Asian Wave" became old news within a few short months.

Daniel Chen remembers the day he was sent home from the set of a well-known television series produced in Vancouver, the city of his birth. He was to portray a young gang member, a role he'd played more than a few times before. After several takes, the director quietly informed Daniel that he wasn't right for the part; he was just not "Chinese" enough. "They tried to be as kind as possible in telling me," says Daniel, "but when it happens to you once, you can't help but wonder how often you didn't get other parts for the same reason."

Despite such frustrating setbacks, he considers himself by current and local standards a successful Chinese actor. After three years in the business, he finds himself cast mostly in roles calling specifically for young Asian males, but they are few and far between. Since graduating from UBC's theater program, Daniel has appeared in a succession of commercials, two television series—*New York Tempest* and *The Sentinel*—and many plays. Though the number of TV and film auditions has increased this year, more diverse character roles are found in local theatre. As Daniel explains, "Race doesn't seem to matter as much in theatre. It's television and movies where you see Asians typecast as the immigrant; otherwise they want to know how good you are at karate!" Theatre is also the perfect place for an actor to learn versatility and pay his dues. Daniel proved he was up for the challenge by starring as an Italian immigrant in Arthur Miller's tragedy, *View From The Bridge*. Using an entirely Chinese cast, the production aimed to show that Asians could perform roles far

beyond the limited repertoire of gangsters, monks, and computer nerds. Playing the flamboyant Rudolfo would have been demanding for any young actor, even without having to overcome the audience's expectations of the classic play. "I think at first people didn't really know how to take a Eurocentric play using Asian actors, but the feedback we received in the end was very positive."

Last year, Daniel played it a bit closer to home in the hugely popular production of *Mom, Dad, I'm Living With A White Girl*. The story centres around a young man, his strict immigrant parents, and their struggle for compromise in a culturally ambiguous society. The theme is a common one for many of Vancouver's young Chinese: the growing contrast between the traditions of distant lands and the demands of Western culture. An underlying theme deals with concealing identities, as the lead feels he must downplay his heritage in order to gain acceptance from his girlfriend's family and friends. Daniel was especially proud to see the play attract an extremely diverse audience. Resentment toward one's identity was something he found that everyone could relate to. "I spoke to so many people who were deeply affected by the play. From Chinese kids to gays who've had to hide their lifestyle from their parents all their lives."

The same kind of identity conflict

appeared in a production of *Front Lines* earlier that year, but dealt more with the effects of clashing cultures. It looks at rising tensions in Richmond as it is transformed into a bustling Chinese suburb. Daniel appeared as an insecure teen who will do whatever he can to blend in with his new and unwelcome surroundings. Often, Asian teens do display an adamant disregard for the traditions and beliefs in which their parents were raised. The importance of choosing to work in a respectable field, and the parental pressure to succeed, is enormous in the Chinese community. The uncertain life of an actor contradicts the hopes that even the most relaxed parents have for their children. For many kids dreaming of fame, the costs of opposing their parents' expectations far outweigh the benefits. One acting hopeful (who requested anonymity) found the confrontations more than he could bear. "I took a few months off of school and picked up some extra work on shows like *Outer Limits*. My Dad was furious, I almost moved out . . . I'll be back at school this fall, for my stockbroker's certificate."

Daniel admits his parents were considerably more supportive, but it took some time before he felt comfortable informing them of his decision. "When I switched from Commerce to Acting at UBC, I think Mom and Dad thought it was just a hobby. I was afraid to tell them . . . but when I was

**"... most roles are either that of the immigrant, or the infamous Asian gang member."**



Daniel Chen considers his options backstage



starring alongside people they'd actually heard of, they began to accept it. My Mom is really excited for me."

The low profile that Asians have grown accustomed to in TV and film cannot only be attributed to family pressure. The Americanization of Asian teens is a phenomenon that shows no signs of slowing down. Corporations like Nike and Paramount know their status with teenagers around the world. Social acceptance comes a lot easier if you're wearing Tommy Hilfiger and talking about the latest *Simpsons* episode than asking if anyone has seen the latest Zhang Junzhao movie. Kids of all races, classes and backgrounds feel they must like the same music, see the same films, and look the

**"The Far East can seem as foreign to them as it is to their white acquaintances."**

same. Most Asian teens encounter this kind of peer pressure on a daily basis. Unfamiliar customs and religious holidays are no match for *Beverly Hills 90210* and other fables of the American dream. The Far East can seem as foreign to them as it is to their white acquaintances. It's no wonder so many teens deny their heritage in order to gain their own identity. Daniel speaks of friends who have suffered this type of crisis. Some went as far as refusing to eat Chinese food to express their frustration. Daniel would rather draw from both worlds. "One day, as a director or producer, I'd like to draw from my own experiences, so I won't be able to avoid the Chinese perspective, but I don't want to have the obligation of promoting it with everything I do. I'd prefer something more culturally ambiguous. The same goes for the roles I hope to play."

At this point, Daniel has not yet earned the privilege of turning down any role. For all actors, typecasting is just another occupational hazard. His resumé displays a wide range of roles, but it also shows that stereotypes are rampant. Aside from occasional inspired casting choices, like Rudolfo, most

roles are either that of the immigrant, or the infamous Asian gang member. His ideal role is one that could be portrayed by anyone, regardless of race.

Asian actors find challenging and positive roles exceptionally hard to come by. Even the most renowned Chinese film hero, Bruce Lee, was eager to leave the Kung Fu movie genre he'd helped conceive for more complex roles. Though stars Jackie Chan and John Lone break box office records with every release, the characters they play typically fall within the usual stereotype. They inhabit the same clichés that Lee had begun to tire of more than 25 years ago.

Unfortunately, Asian male leads have yet to move beyond the cold-blooded super-action heroes that have already proven their money-making potential—the romantic lead is rarely seen. Because of the rarity of Asian characters, moviegoers are still unsure of the presence of an Asian lead in a film, unless race has some significance to the story. In order to gain the viewers' acceptance, the reason for an Asian lead must be clearly outlined in the plot. For this reason, Hollywood directors are wary to cast a Chinese actor as the lead, fearing that moviegoers will instinctively look for a cultural slant, even if there isn't one. Having to overcome the narrow-mindedness of Hollywood means that it may be a little longer before Daniel is cast as the lead in the next blockbuster, but attitudes are slowly improving. "John Lone's movies are still of the super-action genre, but his characters are becoming complex. It's exciting to see someone so revered in Hong Kong become a success in North America . . . If you ask people to name Chinese stars, now they don't go blank after Jackie Chan."

Daniel and his colleagues know the vocation they have chosen is a risky one, and fame is a rare gift regardless of race. Having to work twice as hard as the competition is a challenge every actor should be so lucky to overcome. Refining his technique this way promises that one day he'll be able to prove his talent to even the most unreceptive director. In the meantime, he will reluctantly accept the parts that ask for a "more Chinese accent" while he perfects his Italian one. "I love acting, and I feel lucky enough just to be able to say I'm doing what I want . . . besides, I'm too busy to worry about it too much, and in this business, that's a good thing in itself."

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## Thousands of years old and wrapped in mystery, Neolithic jades speak a silent story of art, history, process and politics.

"One can surmise a variety of things about these pieces, there is all kinds of speculation, but there is really no way of knowing what these pieces really mean." Dr. James Caswell, professor of Fine Arts at UBC and curator of the current Chinese art exhibition at the Museum of Anthropology, is discussing only one of the many mysterious aspects of Neolithic jade artefacts. Thousands of years old, these jades remain a curiosity. How were they made, what do they mean and who were these highly skilled artists? Today, the existence of jades in private and public collections is often surrounded by controversy regarding authenticity, methods of collection and rights of ownership. Nevertheless, Neolithic jades remain truly beautiful—they speak a silent story of art, history, process and politics.

The reverence for *yu* (jade) was born over 9,000 years ago in the Neolithic cultures of China. The mineral nephrite, more commonly known as jade, is a plentiful stone that was found, as it is today, as boulders in the beds of the Liao and the Yangtze rivers. Nephrite consists of interlocking fibrous crystals of either tremolite or actinolite, which give the stone its strength. Predominantly dark green in colour with white marbling, nephrite can also have inclusions of iron ore which present themselves as rusty orange veins. With time and exposure to the elements, the exterior of the stone turns a reddish brown that can be carved away to reveal dark green insides.

Entombed in gravesites for centuries, even the purest nephrite was destined to discolouration. The mottled rusty brown surfaces were once a bright yellow green, but years of nestling in the cradle of the earth, subject to heat and

moisture, has changed these stones from fresh young sculptures to old grandfatherly icons.

Gyula Mayer, a private jade collector, speaks about Neolithic jade with an appreciation born from an interest in modern art and sculpture. He has been studying and collecting Neolithic heirloom jades for over 30 years and admires the highly advanced technical skills of the ancient artists.

Neolithic jade was not actually carved, but rubbed. Mayer adds that "They used some abrasives to remove excess material from the product, and of course it was very time consuming." Creating the incised lines and buttery smooth surfaces of some of these works would have taken years. To cut a slab, a rope had to be used to slowly slice a stone in two. Bamboo tubes were also used to drill holes through both sides of the jade, as evidenced by ridges that are often found on the interiors of tubes. In terms of technical construction, Neolithic pieces are a feat of endurance and skill. Even today, with the use of electric grinders and diamond drills, jade is a strong material that takes time and patience to shape.

From recently excavated burial sites, it is apparent that only a few people had the wealth of jade objects. One excavation from the Liangzhu culture revealed a tomb that was literally lined with jade. Who were these ancient people? Did they trade their riches to acquire these pieces? Were they leaders who were given jades out of respect or were they feudal masters who demanded that these pieces be created? These are the questions asked by Dr. Caswell, who is currently on sabbatical to



**Above:** Cylindrical tool. Milk white nephrite. Liangzhu culture, Neolithic period. Height: 6.9 cm.

**Right:** Cong. Yellow green jade. Liangzhu culture, Neolithic period, ca. 2000 B.C. Height: 5.8 cm.





# speaking in stones

by Kathleen Moynahan



**Top:** Bi disc. Yellow green nephrite with beige spots. Neolithic period. Diameter: 19.8 cm.

**Middle:** Bird. Yellow green jade. Hongshan culture, Neolithic period, ca. 3000 B.C. Height: 5.8 cm.

**Left:** Sphere. White nephrite. Neolithic period. Diameter: 1.5 cm.

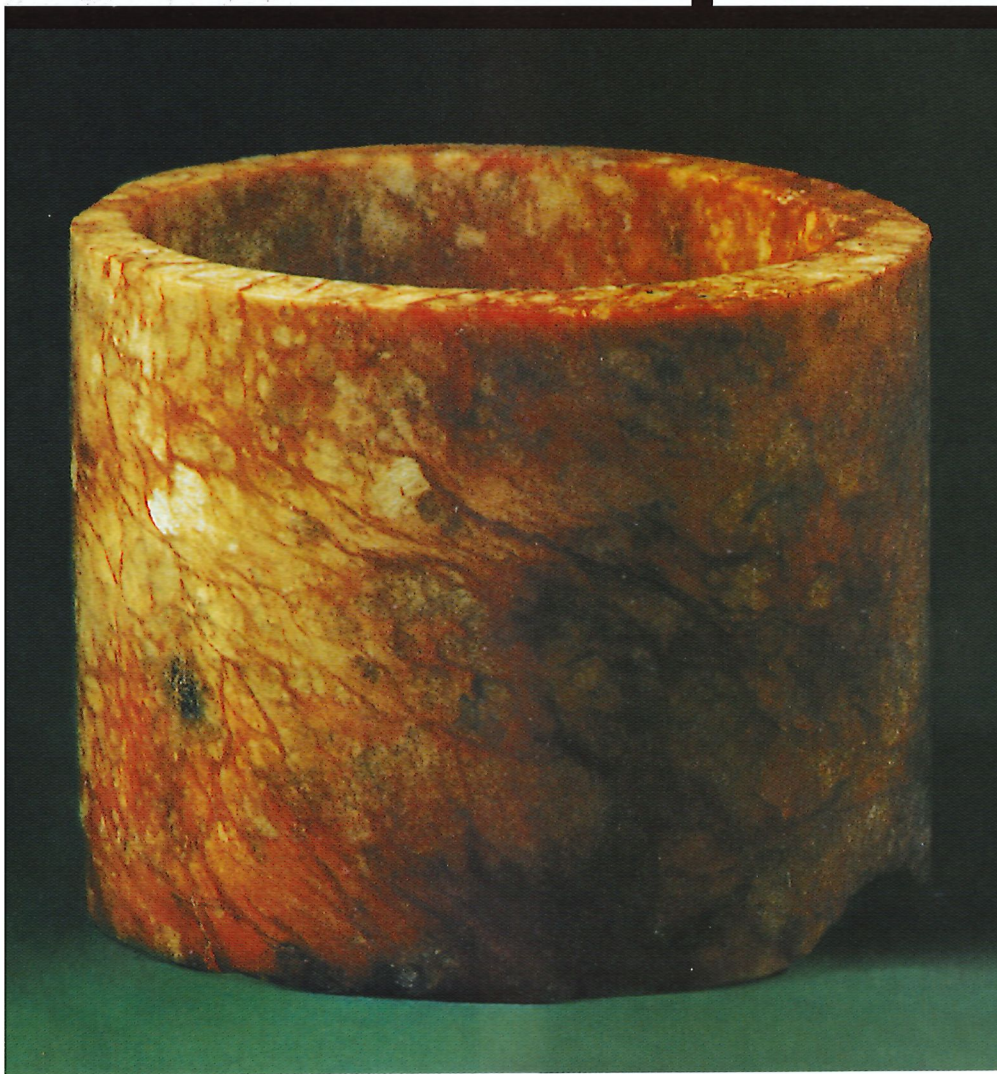
Photos courtesy of *Liangzhu Wen Hua Yu Qi*  
(Beijing: Wen Wu Chu Ban She, 1989)  
and Bill McLennan (Vancouver: The MOA, 1998)





Above: Cong. Milk white nephrite. Liangzhu culture, Neolithic period. Height: 4.5cm. Diameter: 7.9 cm.

Below: Cylinder. Yellow green nephrite with burgundy veins. Height: 5.8-6.2 cm. Diameter: 7.3-7.5 cm.



study the most recently excavated tomb from the Liangzhu era.

Valued for its beauty and prized for its strength, jade was used for many types of objects. The three most common pieces found in Neolithic tombs are the bi disc, the cong tube and animal figurines. The cong, or *ts'ung* tube, is a cylindrical carving with a square cross-section, often showing fine incised carvings. The bi, or pi disc, is a flat disc with a round or square perforation in the middle. Most often it does not have incised carvings.

Some experts write that the bi disc represents the sun, or "the round heaven" (*t'ien-yuan*), and in turn, the cong is meant to represent "the square earth" (*ti-fang*). These representations and symbols are the language of the Liangzhu, but unfortunately their meaning is largely lost to us. In one tomb, up to 30 cong tubes were found placed around a body with the larger ends pointing toward the head. Two pieces were placed on the chest and abdomen, and as many as 24 pi discs were found underneath the body. It is obvious from the excavations that these pieces were used to protect and accompany the body in transit to the afterworld.

Translucent and lustrous, jade has been described as the flesh of the earth. Some strains of archaeological discourse have constructed a complex mysticism around these jade objects. Many commentaries emphasize the mystical properties of the stone. For example, scholars write that the demonic masks on the *ts'ung* tubes could be the iconography of a trinity: heavenly deity, ancestral spirits and sacred animals. Each entity is linked to the life force, the earth, and to each other. Therefore, any of the three entities could transform into the other as they



## Who were these highly skilled artists? Can we imagine the spaces in which long hours were passed shaping these stones?

wished. The ancient concept of *kan-ying*—empathy between things of like kinds—suggests that the Neolithic cultures may have believed that the jade insignias paralleled the qualities of the objects they were carved to mimic. The Chinese word for “ritual” actually translates as “to serve the gods with jade” which implies that, even in Neolithic times, jade pieces were considered a medium of communication between humans and supernatural beings, between heaven and man.

Both Mayer and Caswell raise questions regarding authenticity and the impact that the pieces have had on the cultural history of China. During the cultural revolution, the Chinese government had little interest in the significance of jade. The government believed that veneration of these objects reflected a traditionalist faith that challenged the political thought of the time. Mayer remembers a time when many Neolithic pieces were destroyed because of such beliefs. As a result, many of these cultural treasures were smuggled out of China, and are now in the hands of private collectors around the world. However, the question remains: who should have ownership of these pieces? Comparative analysis must be used to determine the authenticity of particular pieces. Because there are so many artefacts circulating in private and public collections, it will be some time before a definitive method for authentication can be applied to all collections.

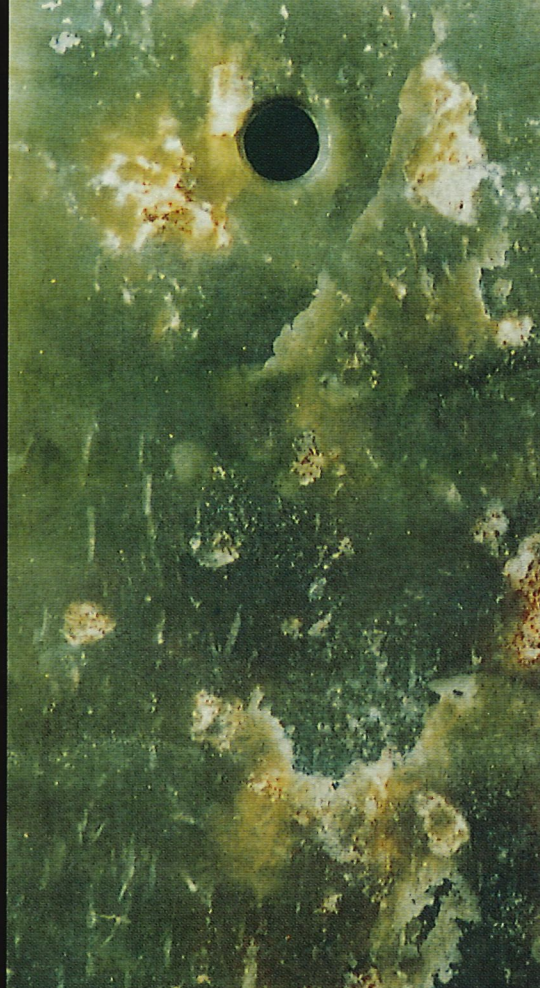
Who were these highly skilled artists? Can we imagine the spaces in which long hours were passed shaping the stones? As an artist, I am curious about the methods of production and the social atmosphere in which these works were constructed. How were these techniques learned and shared among the masters? Were they families who passed insignias

and symbols from ancestor to descendant and strove to perfect aspects of technique? Did they have workshops, like we do today, where experts come to teach many willing to learn? Did women and men work side by side to create these masterpieces, or was this artistic practice segregated along gender lines?

On the cusp of this debate is the differentiation between artefact and art object. I look at these pieces from a Modernist perspective, with appreciation of formal and technical innovation, quality of aesthetic power and expression of intense feeling through abstract form. The bold shapes and abstract representations of Neolithic art objects prompt appreciation for a perfectly formed circle, a flawlessly smooth surface and colours that reach my psyche on an indescribable level.

My Western eyes have been trained to see art this way, yet I am hesitant. This perspective has traditionally ignored social and historical issues around art and art making, not to mention the problems inherent in trying to understand an ancient culture through the filter of modern experience. But, through this dangerous distance, I wonder if these are feelings that I, as an artist, share with these ancient masters.

*Pacific Rim Magazine and the author gratefully acknowledge the assistance received in the preparation of this article. Special thanks to Gyula Mayer for sharing his in-depth knowledge of Neolithic jades and cultures, to the Museum of Anthropology for providing the photographs for this article, and particularly to Mr. Victor Shaw, collector of Chinese antiquities, Dr. James Caswell, professor of Chinese art at UBC, and Jennifer Webb, Director of Communications at the MOA. The jades of Shaw's collection featured in this article are currently on exhibition at the MOA, and it is possible that the entire jade collection will be sent to the Museum, to be exhibited at a later date.*



Top: Ax blade. Green translucent nephrite.

Neolithic period. Height 18.9 cm. Width: 12.7 cm.

Middle: Cong. Yellow white nephrite with black spots.

Liangzhu culture, Neolithic period. Height: 7.2 cm.

Diameter: 8.3-8.5 cm.

Left: Tool. Light green nephrite with beige veins.

Length: 6 cm. Thickness: 1.2 cm.







Joe Wai: consulting architect for the Dr. Sun Yat-Sen Classical Chinese Garden.

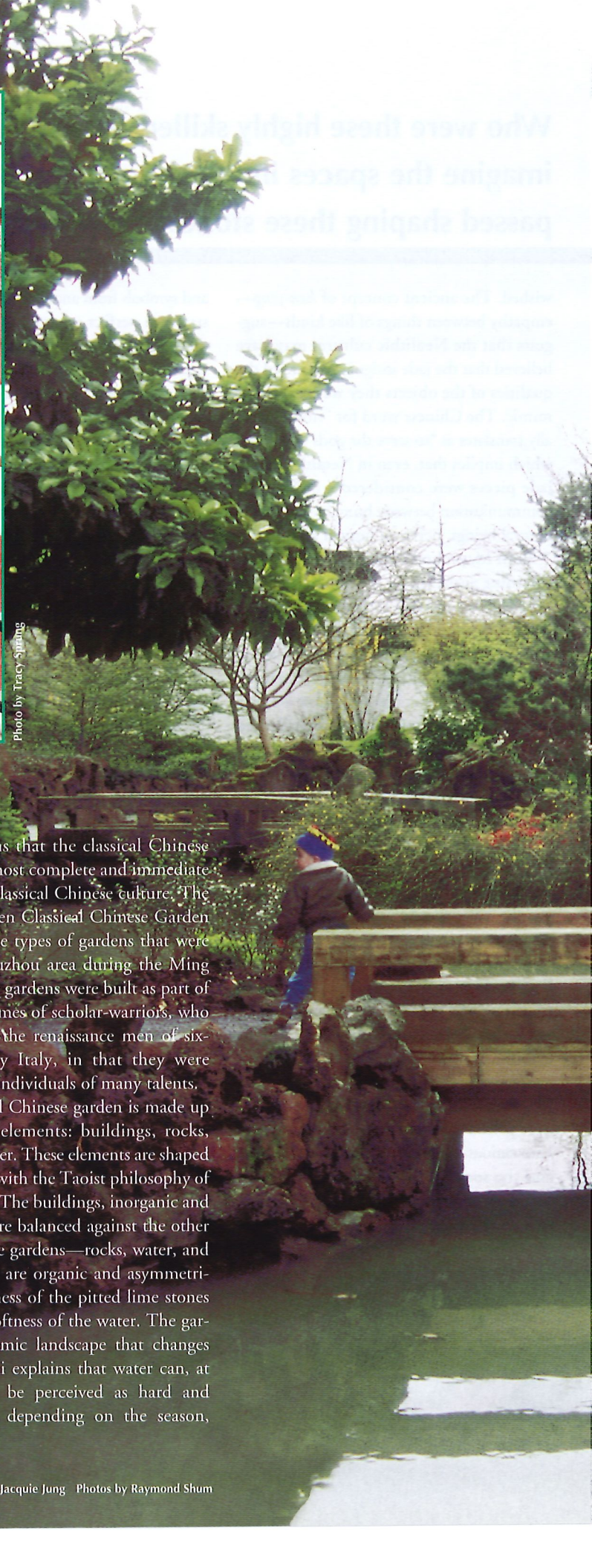
Photo by Tracy Spang

**V**ancouver is a city of gardens, parks and green spaces. Perhaps more than any other North American city, Vancouver comes closest to attaining the ideal of the garden city, the harmonized balance of urban and natural landscapes. The instinct to green the city came early to Vancouverites. Stanley Park with its scented cedars, expanse of green grass, waterways and clusters of many coloured flowers is almost as old as the city itself. A more recent example of the greening of the city is the Dr. Sun Yat-Sen Classical Chinese Garden which opened for EXPO 86, the first garden of its kind built outside of China.

Joe Wai was part of the team that brought the garden to Vancouver and, as the project's consulting architect, has intimate knowledge of the garden and how it came into being. Born in Hong Kong, Wai immigrated to Canada in 1952. He received his training as an architect at UBC, and after working in some of Vancouver's most prestigious architectural firms, started his own office in 1978.

Wai explains that the classical Chinese garden is the most complete and immediate expression of classical Chinese culture. The Dr. Sun Yat-Sen Classical Chinese Garden is typical of the types of gardens that were built in the Suzhou area during the Ming dynasty. These gardens were built as part of the palatial homes of scholar-warriors, who Wai likens to the renaissance men of sixteenth century Italy, in that they were accomplished individuals of many talents.

The classical Chinese garden is made up of four basic elements: buildings, rocks, plants, and water. These elements are shaped in accordance with the Taoist philosophy of Yin and Yang. The buildings, inorganic and symmetrical, are balanced against the other elements of the gardens—rocks, water, and plants—which are organic and asymmetrical. The hardness of the pitted lime stones balances the softness of the water. The garden is a dynamic landscape that changes over time. Wai explains that water can, at certain times, be perceived as hard and rocks as soft, depending on the season,

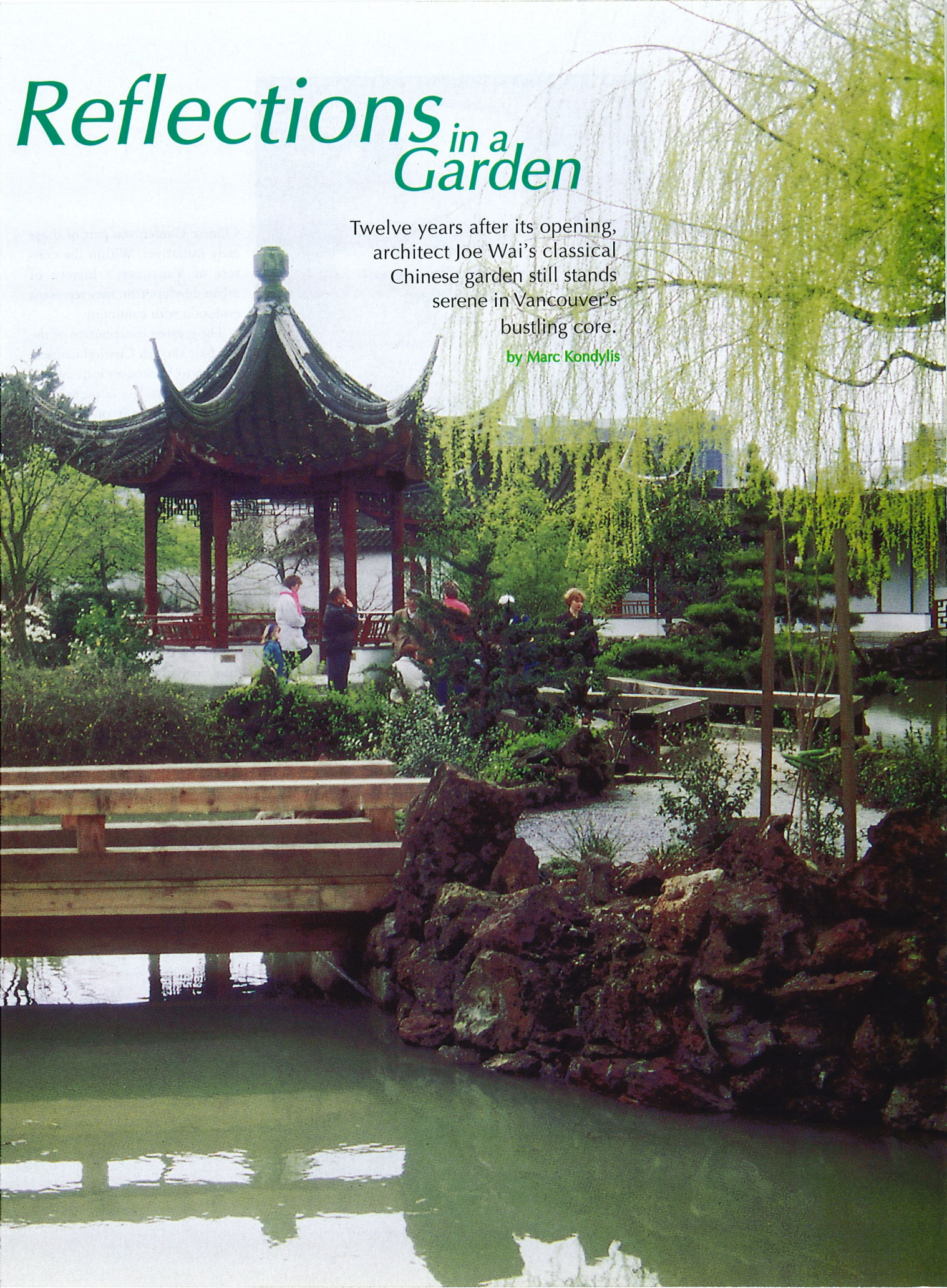




# Reflections in a Garden

Twelve years after its opening, architect Joe Wai's classical Chinese garden still stands serene in Vancouver's bustling core.

by Marc Kondylis





weather and perspective in which the elements are being viewed.

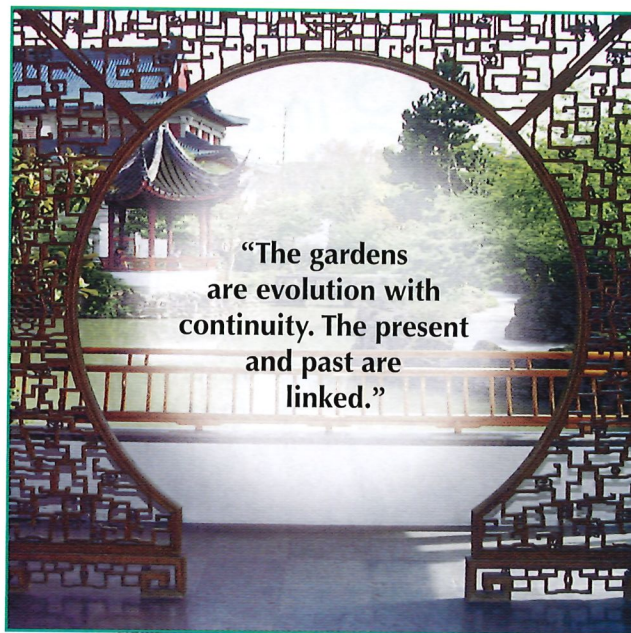
The classical Chinese garden is, Wai suggests, more contemplative than Western gardens. The Taoist philosophy that shapes these gardens is embedded in them; they are a symbolic landscape that invites reflection and interpretation.

In Taoist philosophy, man is integrated with nature—a small part of the whole. This holism is reflected in the way the gardens are constructed. The natural elements of the gardens, rocks, water and plants are integrated with the living areas. The scholar's study, the pagodas for viewing and relaxation, the courtyard for listening and performing music, and the main hall are not segregated from, but built in and around the gardens.

Though never a strong tenet of Western belief, holism—expanding the moral community beyond human society—has recently gained attention via the environmental movement. Environmentalists view the crises in the natural environment as rooted in the common modern attitude that nature is a resource to be exploited.

Oriental holism extends not only between nature and man but also between the past and the present. The Dr. Sun Yat-Sen Classical Chinese Garden is representative of an ancient history of development, “building on the capabilities, talents and experimentation of many people throughout the centuries. The

**“The gardens  
are evolution with  
continuity. The present  
and past are  
linked.”**



gardens are evolution with continuity,” says Wai. The present and past are linked.

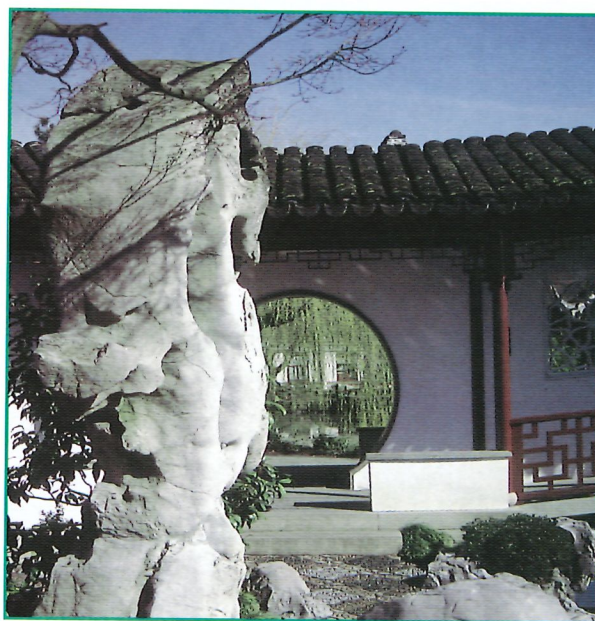
Contemporary culture often seems at war with the past. Newness and difference are merited in themselves. It is fitting that the garden came into being as part of a reaction against an attempted bulldozing of the past. The site the garden presently occupies was originally planned as an elaborate freeway connector system through historic Chinatown. This proposal met with stiff opposition from those who wanted to preserve the city's character and livability. The Freeway Debates, won in favour of preserving Chinatown, were soon followed by proposals to restore and enhance the area. The Dr. Sun Yat-Sen Classical

Chinese Garden was part of those early initiatives. Within the context of Vancouver's history of urban development, they represent evolution with continuity.

The greatest contribution of the Dr. Sun Yat-Sen Classical Chinese Garden to Vancouver is its austere beauty, where less is more. Wai recalls that he not only had to learn the Taoist principles that shape the garden, but had to apply them more subtly than his modern

sensibilities and training were accustomed to. The paradox that less is more counters modern intuitions about how to enhance life. Modern cultures are cultures of excess. Life for the modern is enhanced by increased wealth, increased possessions, increased status, increased influence and so on. For the modern, if some is good, more is better. The garden, to the contrary, suggests that experience can be heightened by a paring down of one's environment.

An example of ancient Chinese tradition and Taoist philosophy, the garden seems incompatible with modern culture. Wai disagrees. The Dr. Sun Yat-Sen Classical Chinese Garden is not an aesthetic or ideology out of place and time, but an addition to the city's landscape that exemplifies thoughtful balance. There is a time for austerity and a time for revelry, for new and old, for urban and natural. The challenge is to create a harmonious interplay between the contrasting elements of life.



Rare Tai Hu limestone rocks, imported from China.







## thailand



Visa not required for tourist visits of less than 30 days, provided visitors have an onward, confirmed ticket. Business travellers require a 90 day non-immigrant visa regardless of length of stay.



Vaccinations not required, but it is recommended to have up-to-date tetanus, diphtheria and polio boosters. Immunizations for Typhoid, Hepatitis A and B, and Japanese Encephalitis are also required.



Tipping is not customary. Upscale restaurants often charge a 10-15% service charge. If there is no service charge leave a 3-5% tip. Do not tip maids or service staff but valets and luggage carriers should be given about 20 baht.



Bangkok, Nakhon Ratchas, Ubon Ratchathani, Khon kaen, Udon Thani, Phitsanulok, Chiang Mai, Nakhon Si Thammarat.



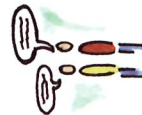
95% Buddhist, 4% Muslim. Remaining 1% are Christian, Confucian, Brahmin, Hindu and Sikh.



Canadian Airlines: Van-Hong Kong-Bangkok Tu, W, Th, Sa, Su; Air Canada: Van-Seoul-Bangkok daily; Cathay Pacific: Van-HK-Bangkok daily; also, flights from Van. to Bangkok by Malaysia Airlines, Singapore Airlines, Japan Airlines.



Good bus and train transport. Buses are fast and air-conditioned. Trains, though slow, are comfortable, frequent, punctual and moderately priced. Cars, jeeps or vans can be rented in Bangkok. Local transport includes taxis—mostly metered in Bangkok. Drive on the left.



Thai (official); Chinese and Malay; English is mandatory in public schools and is widely spoken in Bangkok and other major cities.



Climate mostly tropical; wet season May-October and dry season November-May. The temperature is an average 24-29°C, with a greater variation in the North where it averages 16°C in the cool season.

## china

All foreigners need an entry visa. The passport must be valid for six months after the expiration of the entry visa.

Risk of Malaria and Japanese encephalitis, Typhoid and Dengue fevers in rural areas (Dengue in Southern China). Risk of Hepatitis A and B. Immunizations recommended. Drink boiled/bottled water; avoid raw, uncooked or partially cooked food, including salads.

Tipping is frowned upon in China, although attitudes are changing.

Beijing (capital), Guangzhou, Shanghai, Tianjin.

Officially atheist but Buddhism, Taoism, Islam, and Christianity are practiced.

Canadian: Vancouver to Beijing daily; Air China: Vancouver to Beijing and Shanghai every M.; United Airlines: Vancouver to Beijing daily; Korean Airlines: Vancouver to Beijing, Tu and F and W and Sa on Air Canada/Korean.

Taxis are cheap and available in most cities; buses are slow; minibuses along commercial and tourist areas; rental cars in major cities (but not at airports); subways with announcements made in Chinese and English; trains overcrowded, restrooms often unsanitary.

Mandarin, Cantonese (Yue), Wu (Shanghaiese), Minbei (Fuzhou), Minnan (Hookien-Taiwanese), Xiang, Gan, and Hakka.

Northeast has hot, dry summers and long, cold winters; South has hot, humid summers with high rainfall and short winters; North/central has long, hot, humid summers and high rainfall, and short but cold winters.

## hong kong

Canadians do not require a visa for stays of up to three months; required for work or permanent residence; valid passport and onward or return ticket required; visa applications available at Hong Kong Immigration Department in Hong Kong and Chinese Consulate in Vancouver.

Immunizations not needed; Hepatitis A and B, tetanus and influenza (during winter) vaccinations recommended.

Historically not done, but introduced by westerners; 10% service charge added by many restaurants and hotels. Bellhops and service staff often expect an additional 10%. Small tips for taxi drivers.

Hong Kong Island, New Territories, Kowloon; principal business district is Central on Hong Kong Island.

Buddhism, Confucianism, Taoism, Christianity, Islam, Hinduism.

Air Canada, Canadian, Cathay Pacific: daily direct from Vancouver; return airport tax HK\$100 for adults. The old Kai Tak Airport is being replaced by Chek Lap Kok, which will open July 6, 1998.

Excellent bus service, ferries, rail (KCR) and rapid transit (MTR, LRT); taxis plentiful, trams inexpensive.

Chinese and English (official languages); Cantonese most widely used Chinese dialect, but Mandarin use increasing. English used in hotels, restaurants, shops; most public signs in Chinese and English.

Subtropical; humidity 72-85%. Winter low of 14°C. Summer high of 33°C. Will need warm clothes and coat Jan.-Mar.; lighter clothes Oct.-Dec. and Apr.-June. July-Sept. is hot and humid, air conditioning widely used. Annual rainfall: 87" (2,214.3mm.).

## taiwan

Visa not required for stays of up to 14 days, starting midnight of arrival day, provided holder has valid passport, no criminal record, and a confirmed return ticket. Visas extendable to a max. of 60 days, some to 180 days. Single entry visitor visa fee C\$48. Defined arrival points.

No vaccinations required, but recommended for Hepatitis A, Typhoid (if staying more than 3 wks. or visiting rural areas), Japanese B encephalitis (if visiting rural areas). AIDS test required for stays over 3 mos. (if results positive, must leave); drink boiled or purified water.

NT\$50 per piece of luggage; all other tipping optional; 10% service charge automatically added to room rates and meals.

Taipei (capital), Kaohsiung, Taichung, Tainan.

Buddhism, Taoism, Folk Religion, Confucianism, Christianity, Islam.

Direct flights from Vancouver to Taipei available from Canadian and Mandarin Airlines.

Buses run frequently, taxis have controlled rates; must have destination written in Chinese as most drivers do not speak English. Public railway, rental cars with chauffeurs; 4 international seaports, domestic air service.

Mandarin (official language); Taiwanese; Southern Fokienese and Hakka dialects of Chinese — spoken by 70% of population; English and Japanese also taught and spoken.

Subtropical in the North; tropical in the South; high rainfall; summers long with high humidity; winters short and mild.



60 million	Jan. 1: New Year's Day; Jan. 21-Feb. 1: Chinese New Year; Feb. 11: Magha Puja; April 12-14: Songkran Festival; May 1: Labour Day; May 5: Coronation Day; May 8: Royal Ploughing Ceremony; May 10: Viskha Puja; July 8: Asalha Puja; July 9: Khao Phansa; Aug. 12: H.M. the Queen's Birthday; Oct. 23: King Chulalongkorn Day; Dec. 5: H.M. the King's Birthday; Dec. 10: Constitution Day; December 31: New Year's Eve	Baht; B27.49 = C\$1 (17 April 1998)	The traditional greeting is called the "wai", performed by placing the palms of the hands together, fingers extended at chest level, bowing slightly; women curtsy. The younger person greets first, the other responds with a "wai" in a lower position; can also mean "thank you", "good-bye", or "I am sorry". Foreigners not expected to initiate the "wai". Don't touch anyone's head (most sacred part of body); bottom of feet are least sacred part—never point them at anyone. It's offensive to cross legs. Always remove footwear when entering temples/private homes. Always show respect for Buddha (don't climb on statues) and the Thai Royal Family.	PST +15 hours	<b>Canadian Embassy</b> Boonmitre Building, 11th Floor, 138 Silom Road, Bangkok, 10500, Thailand. Tel:(662) 237-4125 Fax:(662) 236-6463 Mail: PO Box 2090, Bangkok, 10500, Thailand. <b>Royal Thai Embassy</b> 180 Island Park Drive, Ottawa, Ontario, K1Y 0A2 Tel:(613) 722-4444 Fax:(613) 722-6624. <b>Consulate General of Thailand</b> 1040 Burrard St., Vancouver, B.C., V6Z 2R9 Tel:(604) 687-1143 Fax:(604) 687-4434. <b>Thai Trade Centre</b> 1180-888 Dunsmuir Street, Vancouver, B.C., V6C 3K4 Tel:(604) 687-6400 Fax:(604) 683-6775. <b>Enterprise Thailand</b> Canada Suite 700-1111 West Hastings St., Vancouver, B.C., V6E 2J3 Tel:(604) 661-5706 Fax:(604) 661-5770. <b>Thai Chamber of Commerce</b> 150 Thanon Rajabpiti, Bangkok 10200, Thailand. Tel:(662) 225-0086 Fax:(662) 225-3372. <b>Board of Trade of Thailand</b> 150 Thanon Rajabpiti, Bangkok 10200, Thailand. Tel:(662) 221-0555 Fax:(662) 225-3995. <b>Thai-Canadian Chamber of Commerce</b> 19th Floor, C.P. Tower, 313 Silom Road, Bangkok, 10500, Thailand. Tel:(62) 231-0891 Fax:(662) 231-0893. <b>Canadian Banks:</b> Hongkong Bank of Canada, Bank of Nova Scotia.	PST +16 hours	
2.2 billion	Jan. 1: New Year's Day; Jan. 28-31: Lunar New Year; May 1: Labour Day; May 2: May Day; October 1-2: National Day	Renminbi: 1 Rmb5.79 = C\$1 (17 April 1998)	Family names come first; use with Mr., Mrs., Ms. Handshakes are now common, followed by ceremonial exchange of business cards (have one side printed in Chinese). Use discretion when taking photos and ask someone's permission before taking their picture. Credit cards not used in smaller cities and rural areas. Electricity: 220 Volts, 50 cycles AC (110V and 220V available in some top quality hotels).	PST +16 hours	<b>Canadian Embassy</b> 19 Dongzhimenwai Street, Chaoyang District, Beijing, 100600, P.R.C. Tel:(86-10) 6532-3536 Fax:(86-10) 6532-4311. <b>Canadian Consulate General</b> American International Centre at Shanghai Centre, West Tower, Suite 604, 1376 Nanjing Xi Lu, Shanghai, 200040, P.R.C. Tel:(86-21) 6279-8400 Fax:(86-21) 6279-8401. <b>Embassy of the People's Republic of China</b> 515 St. Patrick Street, Ottawa, Ontario, K1N 5H3 Tel:(613) 789-3434 Fax:(613) 789-1911. <b>People's Republic of China Consulate General</b> 3380 Granville Street, Vancouver, B.C., V6H 3K3 Tel:(604) 734-7492 Fax:(604) 737-0154. <b>Canada China Business Council</b> Ste. 18-2 CITIC Bldg., 19 Jian Guo Men Wai Da Jie Avenue, Beijing 100004, P.R.C. Tel:(86-10) 6512-6120 Fax:(86-10) 6512-6125; in Vancouver: 2600-515 West Hastings St., Simon Fraser University at Harbour Centre, Vancouver, B.C., V6B 5K3 Tel:(604) 291-5190 Fax:(604) 291-5039. <b>Canadian Banks:</b> Bank of Montreal, National Bank of Canada, Bank of Nova Scotia (Beijing and Guangzhou), Royal Bank of Canada (Beijing, Shanghai, and Guangzhou).	PST +16 hours	
6.5 million	Jan. 1: New Year's Day; Jan. 28-30: Lunar New Year; Apr. 6: the day following Ching Ming Festival; Apr. 10: Good Friday; Apr. 11: The day following Good Friday; Apr. 13: Easter Monday; May 30: Tuen Ng Festival; July 1: Hong Kong Special Administrative Region Establishment Day; Aug. 17: Sino-Japanese War Victory Day; Oct. 1: National Day; Oct. 2: The day following National Day; Oct. 6: The day following Mid-Autumn Festival; Oct. 28: Chung Yeung Festival; Dec. 25: Christmas Day; Dec. 26: first day after Christmas	Hong Kong dollar: HK\$5.42 = C\$1 (17 April 1998)	Make sure to address people using Mr., Mrs., Ms. followed by family name. Always make prior appointments and be punctual. When being introduced or when leaving a meeting, handshakes are common. Business cards are essential (have one side printed in Chinese) and always present cards with both hands. It is recommended to dress conservatively. It is a good idea to present small gifts when first meeting business people, but be sure to present them with both hands, avoid blue or white wrapping paper, and don't give clocks. Invitations to lunch or dinner should be accepted and reciprocated. Most often, business takes place at restaurants or private clubs. Avoid causing loss of face. Electrical outlets are 200V, 50 cycles AC.	PST +16 hours	<b>Canadian Chamber of Commerce</b> 1602, Sin Hua, Bank Bldg., 2-8 Wellington St., Central, Hong Kong. Mail: GPO Box 1587, or 10106 (for big parcels) Hong Kong Tel:(852-2) 526-3207 Fax:(852-2) 845-1654. <b>Hong Kong Trade Development Council</b> 39th Fl., Office Tower, Convention Plaza, 1 Harbour Rd., Wanchai, Hong Kong. Tel:(852-2) 584-4333 Fax:(852-2) 824-0249. <b>Consulate General of Canada</b> 11th-14th Fl., One Exchange Sq., 8 Connaught Pl., Hong Kong. Mail: GPO Box 11142, Hong Kong Tel:(852-2) 810-4321 Fax:(852-2) 810-6736. <b>Department of Foreign Affairs and International Trade</b> Charter Division, Lester B. Pearson Bldg., 125 Sussex Dr., Ottawa, Ont., K1A 0G2 Tel:(613) 995-8606 Fax:(613) 943-1068. For travel information: Tel:1-800-267-6788 Toll-Free Fax:1-800-575-2500. <b>Hong Kong Trade Development Council</b> 904A-938 Howe St., Vancouver, B.C., V6Z 1N9 Tel:(604) 685-0883 Fax:(604) 331-4418. <b>Canadian Banks:</b> Bank of Montreal, Scotiabank: CIBC; Hongkong Bank of Canada, National Bank of Canada, Royal Bank of Canada, Toronto-Dominion Bank.	PST +16 hours	
21.7 million	Jan. 1-2: Founding of the Republic of China, New Year's Day; Jan. 27-30: Chinese Lunar New Year; Mar. 29: Youth Day; April 4: Children's Day; April 5: Tomb-Sweeping Day; May 30: Dragon Boat Festival; Sept. (precise date N/A) Mid-autumn Festival; Sept. (precise date N/A) Birthday of Confucius; Oct. 10: Double Tenth National Day; Oct. 25: Taiwan Retrocession Day; Oct. 31: Late President Chiang Kai-shek's Birthday; Nov. 12: Birthday of President Sun-Yat-Sen, National Father; Dec. 25: Constitution Day	New Taiwan \$; NT\$23.10 = C\$1 (17 April 1998)	Always use titles and family names rather than given names. Family surname precedes both the given name and formal title. The most senior person leads a business discussion. The only appropriate physical contact is handshaking. Business cards are important (have one side printed in Chinese). Present and receive them with both hands and read them before putting them away. Remove your shoes if invited to a home and bring a wrapped gift (preferably from Canada). Don't wrap the gift in white; use both hands to present it. Don't open a gift in front of the giver. "Yes" indicates understanding but not necessarily agreement.	PST +16 hours	<b>Canadian Trade Office in Taipei</b> 365 Fu Hsing North Road, 13th Floor, Taipei 10483, Taiwan Tel: (886-2) 547-9462 Fax (886-2) 712-7244. <b>B.C. Trade Representative Office Taipei</b> WTC Exhibition Hall, 7th Floor No. 5, Sec. 5, Hsin-Yi Road, Taipei, Taiwan. Mail: PO Box 109-857, Taipei, Taiwan. <b>Taipei Economic and Cultural Office</b> Suite 1202, 151 Yonge St., Toronto, Ontario M5C 2W7 Tel:1-416-369-9030. <b>Taipei Economic and Cultural Office</b> 45 O'Connor St., Suite 1960, Ottawa, Ontario K1P 1A4 Tel:(613) 231-5080. <b>Taipei Economic and Cultural Office</b> #2008-Cathedral Place, 925 West Georgia St., Vancouver, B.C., V6C 3L2 Tel:(604) 689-4111. <b>Novada Banks:</b> Bank of Montreal, Bank of Nova Scotia, Canadian Imperial Bank of Commerce, Hongkong Bank of Canada, National Bank of Canada, Royal Bank of Canada.	PST +16 hours	





by John Demeulemeester

# THE ART OF POOH



Demure, naive and pantless—  
is Winnie the Pooh really management material?

## If you're looking for an advantage

in today's competitive economy, then Winnie the Pooh has some advice for you. Or perhaps you would prefer the business wisdom of an ancient Chinese soldier? Before you dismiss these suggestions as

far fetched, consider the fact that several recent books draw analogies between business, Eastern mysticism, childhood stories and military strategy.

In *Winnie the Pooh on Management*, Roger E. Allen writes that books such as his are needed because the formal teaching of business skills is only a recent development. Allen shows, using extensive excerpts from the original Winnie the Pooh stories, that Pooh and his friends use management techniques in their adventures. For example, the tale of Pooh and Piglet's plan to steal Roo from his mother Kanga, shows how Pooh and the other animals determine an objective and organize individuals to carry out specific tasks. In an unhurried style, Allen discusses the six major tasks of managers: establishing objectives, organizing, motivating, developing people, communicating and measuring progress.

Allen argues that these skills cannot be learned in school but are developed over time and through experience. Of all the animals in the Hundred Acre Wood, Pooh is the most humble, practical and devoid of eccentricity. Being a good manager, Allen seems to say, is a matter of being a sociable, flexible and ultimately, practical person.

Another author who sees success in business as a matter of attitude and behaviour rather than book-learning is Deepak Chopra. *The Seven Spiritual Laws of Success* mix simple Buddhist maxims with Western psychological insights and business advice.

Chopra advises meditation, discusses the relationship between ego and self and asks the reader to discover his true purpose in life. His most important laws are those of karma, least effort, and dharma (purpose in life).

Though much of this book is interesting, it is at times frustratingly vague and simplistic. Rather than give specific business advice, Chopra's laws boil down to the idea that you should do what you are. Every individual has a calling and if one engages in this calling according to the dictates of conscience and intuition, then one cannot help but be successful in one's own fashion. Chopra sees business as an expression of the individual's world view and as a powerful form of spiritual fulfillment.

While Chopra's work is unsatisfying, it does ask an important question. What is a business and what is business success? He argues that success does not necessarily entail making a lot of money but rather is the ability to make a living doing what one wants to do. Allen and Chopra generally agree that the successful business person frequently works without consciously thinking and solves problems not with specific strategies but simply by being himself. Pooh does not manage an enterprise, he relates to people with an attitude that expresses his personality. For Allen and Chopra, Pooh's plodding optimism may be the model managerial attitude.

Opposed to the somewhat relaxed and imprecise works of Allen



# 財 登 喜 來 意 勝 事 萬

東グ島ハ流ルカ家臣  
 土亀王主君ト慕ヒ身ト  
 先途ト見届ケ忠心ト  
 寛謀叛露頭ハ  
 東グ島ハ流ルカ家臣  
 土亀王主君ト慕ヒ身ト  
 先途ト見届ケ忠心ト  
 寛謀叛露頭ハ



予孫師大學判



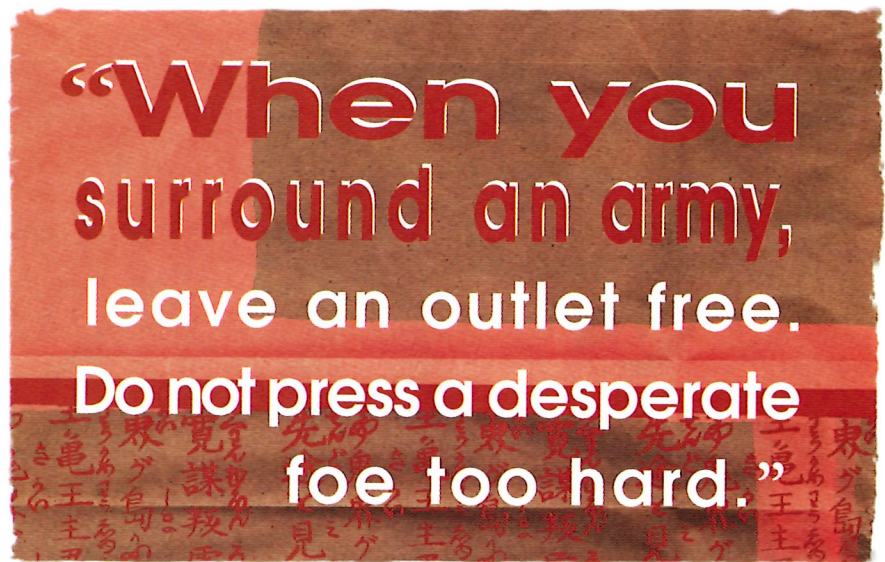


and Chopra is Tom Johnson's *Sun Tzu and the Art of Business*, which offers business strategies derived from the penetrating military writings of the ancient Chinese General. Sun Tzu's principles of warfare can be reduced to six main ideas: win all without fighting, avoid the enemy's strength and attack weakness, use deception, shape your opponent, be prepared and fast at all times, and be a leader of character. Sun Tzu himself writes in a straightforward, aphoristic style. Of pursuing an opponent, he writes: "When you surround an army, leave an outlet free. Do not press a desperate foe too hard." Johnson translates this into the maxim that one should not openly try to completely destroy another company, for this will evoke a resolute defensive action. He argues rather for indirect attacks and a posture which allows the defeated company some role in the new organization.

Sun Tzu's most important principle is his first—a business should never engage in open conflict unless absolutely necessary. Markets can often be opened or captured without conflict and this action is always easier and more productive, though perhaps less glamorous, than a battle.

Johnson offers a different ethic than Chopra and Allen. Chopra's work implies that in business, the most important thing to do is follow your true nature. Allen's Pooh, though not as serene and self-assured as Chopra's Buddhist, does not see the world in an explicitly competitive way. Even when he is manipulative, he is not self-conscious or detached, but is simply doing what is necessary to satisfy his moderate needs. On the other side, Johnson and Sun Tzu advise us not to follow ourselves, but to do what we need to do to survive. Business is not a struggle for self-expression in a world where the main hindrance is one's own lack of confidence, but simply a hard job that can be made easier with a few rules.

The confusion that the reader might feel after finishing these books results from the fact that business is not easily definable, but is a mixture of many different activities. It is not a single skill like that of a musician or athlete, or even a definable profession like law or medicine; rather it requires a combination of skills that are primarily social. The abilities of a good business person to promote, sell, conciliate, organize and react to circumstances are people skills. This makes them difficult to observe, measure or even discuss. Nonetheless,



these books attempt to distill the basic skills of business from their contexts and provide advice that is equally useful to corporate executives, retail managers and small sole proprietors. No wonder there seems to be little agreement even on the basic nature of the topic.

Chopra offers the most idealistic vision of business. So secure is he in the assumption that if the business person does what is in him, he will succeed, that he does not even mention the word competition. At least he is clear that his book is not for those who want only to make money, but rather for those who have a passion to supply a particular commodity to the market. His central metaphor is that a successful business person works the same way that the human body does. Just as individual cells carry out tasks necessary for the survival of the larger organism and unself-consciously obey the laws of nature, so the business person must strive to express his innate vision, obeying the rules of the world in a realistic way, but never ceasing to follow his chosen path. This metaphor is interesting but reaches too far for human beings who, unlike cells, are self-conscious and uncertain, both of the world around them and the vision within them.

Answering Chopra, Johnson implores the reader to recognize that the cruel forces of business can snuff out even the most innovative and passionately pursued entrepreneurial dream. His book is for those who see work as a job and want to know how to succeed. While this calculated approach is refreshing after Chopra's sentimentality, Johnson does not acknowledge that those who have a passion or natural affinity for their jobs do have a greater chance of success—even if

it is only through perseverance—than those who simply crave the goal of success and do not enjoy the process of work. Johnson focuses on the competitive nature of business for those who already have a basic business competency. His rules are strategic and not concerned with day-to-day operations. He focuses not on the social and human aspects of business but on the intellectual rules of the game.

The character who might understand both points of view is Allen's Pooh. Pooh, like many good managers, is not following his own vision to self-fulfillment; he is reacting to circumstances that are rarely of his own choosing. He makes strategies to get what he wants but is too realistic to focus on an ultimate goal. Helpful to others, he is also not shy about providing for himself. Allen has chosen a deceptively simple model for managers. By turns, Pooh is conciliatory and understanding of the foibles of the other animals, unashamed of his own needs and wants, and able to think critically about what is necessary to achieve his goals.

The Hundred Acre Wood of the Pooh stories is a place somewhere between a serene paradise and an unforgiving jungle. While sometimes contented, the animals are often preoccupied with a particular problem; they are not strangers to fear and sadness, and they frequently have to work to survive. At the same time, Pooh never forgets to think and worry about the emotional relationships that make up his world. In the end, perhaps Pooh is the most human of bears—he strives for basic survival and for his personal vision, without forgetting how hard both are to achieve. ■





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The British Columbia Lions Society  
For Children with Disabilities



# First Class

by Kirsten Weisenburger  
and Marc Dinsdale

## Warrior Empress

*Handsome and jaunty in appearance as either of her sisters, with their raking masts and clipper bows, she was the beautiful child in a family of three beautiful daughters. She never went aside from the path laid down. No war sinister has marred her escutcheon. No scarlet letter has dimmed her reputation. No wayward current ever influenced her to her sorrow, and no harem-owning kinglet ever won her eye or attention.*

*The Sunday Province, Vancouver, July 4, 1926*

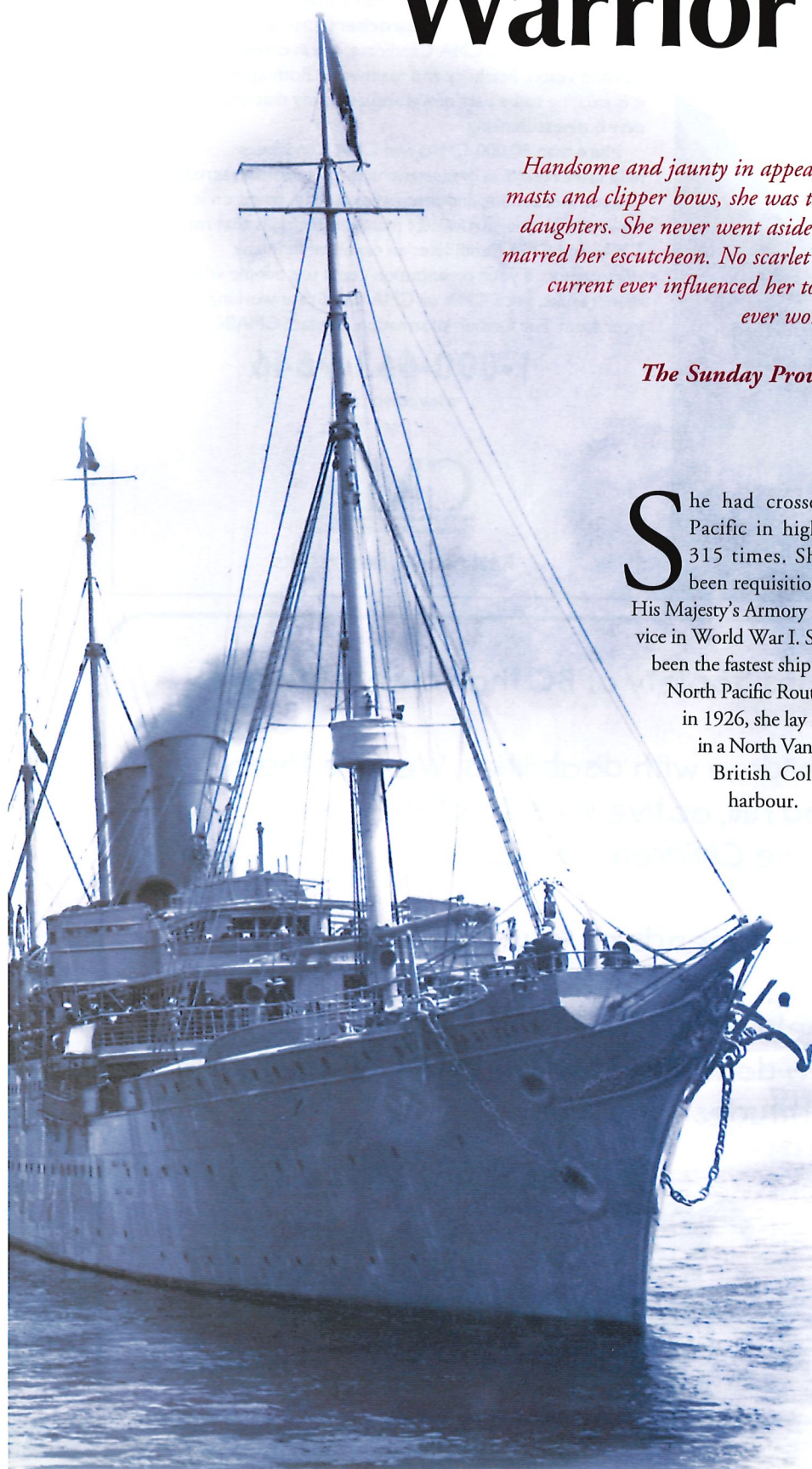
She had crossed the Pacific in high style 315 times. She had been requisitioned by His Majesty's Armory for service in World War I. She had been the fastest ship on the North Pacific Route. And in 1926, she lay rusting in a North Vancouver, British Columbia harbour.

The *Empress of Japan* was described with near-biblical awe during her charmed 31-year career. She and her sister ships, the *Empress of China* and the *Empress of India*, carried passengers and cargo across the Pacific Ocean, linking Yokohama and Hong Kong to European trading routes from Vancouver. Commissioned in 1889 by Canadian Pacific Railway, the new steamers were symbolic of changing times. Equipped with both a steam engine and full masts and rigging, the ships appeared both modern and classic, caught in the transition between sail and steam.

The *Empress of Japan* functioned like a small floating city, offering trans-Pacific passengers accommodations in the style of the great passenger liners of the era. The 160 first-class passengers enjoyed luxuries consistent with those offered at CP hotels at the time. Housed mostly on the upper deck, they were privileged with a covered promenade, a smoking room, and the first-class dining room. A smaller dining room and lounge above the upper deck were also open to first-class passengers.

On the main deck were the remainder of the first-class cabins, the second-class accommodations and dining hall, rooms for steerage passengers and crew, and storage space for cargo.

The lower deck of the *Empress of Japan* housed most of the potential 700 steerage passengers, the bread and butter trade of







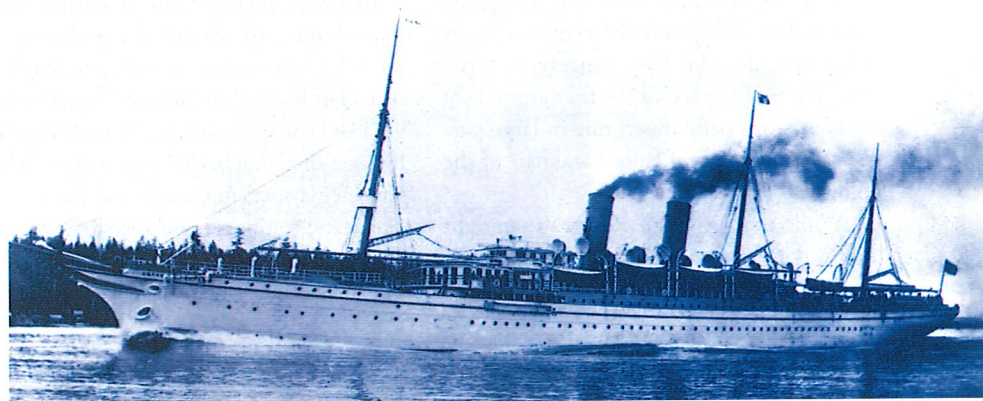
Left: Watching her old home port, a replica of the dragon bowsprit of the retired *Empress* rests in Stanley Park. The original resides at Vancouver's Maritime Museum.

Below: The *Empress of Japan* leaving Vancouver, circa 1921.

ocean liners of the time, and the remainder of the crew quarters. Storage space was also ample on this level, and in the holds below.

The *Empress of Japan's* route consisted of travel between Vancouver and Hong Kong, with calls in Victoria, Yokohama, Kobe, Nagasaki, and Shanghai. Due to rail delays in Canada, the June 7, 1897 crossing of the Pacific was rushed, and completed in ten days, three hours and 39 minutes, making the *Empress of Japan* the fastest ship on the North Pacific Route. This efficiency of travel made the once daunting journey from England to Asia seamless, and helped establish the budding port of Vancouver as a destination for East-West travel. As a CPR advertising poster from the early 1900's reads: "Today whole fleets of palatial steamers of immensely heavy tonnage ply these waters, linking east and west and promising to make Vancouver another Liverpool."

In 1885, the British Columbia government transferred more than 6,000 acres of crown land near English Bay to CPR, and the Vancouver we now recognize began to take form. The CP railway was extended to Granville, at that time a small town near Coal Harbour. West of Granville, Canadian Pacific built a train station, dock, warehouse, and hotel. A bank and post office followed, and in 1901 a long pier was built in Coal Harbour. The hub of Vancouver's business district was in place.



After more than a decade of service as a luxury ocean liner, the *Empress of Japan* was pressed into a new role. A clause in the agreement of commission between Canadian Pacific Railway, the Canadian Federal Government and the British Parliament stated that in the event of war, the *Empress of Japan* would be fitted to meet Admiralty requirements and sail as a merchant ship. Two days before the *Empress* arrived in Yokohama on a routine trip to Asia, World War I broke out in Europe. The call from His Majesty's Admiralty was made.

The *Empress of Japan* unloaded her passengers at Hong Kong—many of her crew were called into service—and was outfitted for battle. She turned from luxury liner to utilitarian war ship; her lounges were emptied and her holds were filled with ammunition. She was fitted with eight guns

capable of shooting five miles. Most of her patrol consisted of escorting and inspecting vessels in South Asia and the Red Sea. She did, however, repatriate the *S.S. Exford*, a British ship that had been captured and pressed into service for Germany. Following World War I, the *Empress of Japan* returned to civilian duty.

The end of the war also signalled the end of the *Empress of Japan's* reign over the North Pacific Route. Outclassed by a new generation of Empresses, she was retired in 1922, left at harbour in Vancouver, and gradually dismantled.

Her name may not be remembered by most, but her legacy will always be greater than the sum of her achievements. More than an ocean liner, more than a link to Asia, the *Empress of Japan* is one of the few remaining ties to Vancouver's origins. And though her place in history is secure, she is forgotten, as the city that she helped build passes her by.



# Western Canada's first Master of Journalism Program opens its doors at UBC this September.

Sawdust remains on the floors, the rooms are still unfurnished, and the paint on the walls is barely dry, but the University of British Columbia is almost ready to welcome the first class of students to its newest Masters program—the Sing Tao School of Journalism.

The idea of creating such a program had been tossed around campus since 1976. The concept was easily accepted but faced one major obstacle—funding. Twenty-two years after the idea was first conceived, UBC readies itself to receive the first journalism students this September, due in large part to the generosity of Sally Aw, chair of the Sing Tao Foundation.

While UBC is not disclosing the amount of the donation, Langara College's *Journalism Review* reported last year that it totalled ten

million dollars—three million for the new building and seven million for initial setup and operating costs.

Sing Tao, the largest Chinese-language newspaper in Canada, publishes newspapers in Vancouver, Toronto and Calgary. The Hong Kong based company also has papers in the United States, Great Britain and Australia.

By giving such a sizable donation, Sally Aw is hoping to advance the profession of journalism everywhere, according to Sing Tao School of Journalism director Donna Logan.

"[Aw] comes from a family tradition that believes in giving back," Logan says. "They have newspapers in Canada and the United States and so this is her choice to give back. They are also very concerned with improving journalistic standards."



Donna Logan, director of the new Sing Tao School of Journalism. Photo by Alison Burdett



In accepting the donation, then UBC president David Strangway agreed to name the school after the Sing Tao Foundation. The decision sparked controversy at UBC regarding the ethics of naming a program after a corporate sponsor. Several senators believed that the decision set a dangerous precedent and might lead to the further commercialization of academia, but the university refused to reverse its decision.

Logan defends the decision and downplays concerns that the credibility of the school might be hurt. "I think that would be grossly unfair," says Logan. "The university has





# Mastering Journalism

by David Weir

wanted to start a school of journalism for fifteen years now and with declining public money they have not been able to do it, so this represented a way to achieve the goal. And frankly this has been set up in such a way that it is independent—it's as if the money was coming from a public source."

She continues, "In the United States it's quite common for journalism schools to bear the name of newspaper donors—Scripps Howard for example. There's a Scripps Howard School of Journalism that's reputed to be one of the top schools in the United States, and the fact that it's named

after the newspaper chain doesn't seem to have hampered its reputation."

The Sing Tao School of Journalism will be housed in its own state-of-the-art, three-storey, 1,080-square-metre building which will provide both teaching and office facilities for students, faculty and staff members. The building includes a classroom large enough to accommodate 40 students, a seminar room, a working newsroom lab and additional layout facilities and darkroom space.

The aim of the two-year program is to develop journalists capable of achieving the

highest professional standards by being better prepared and well informed. This will be done by combining advanced journalism practice and theory with academic studies at the graduate level. It will be the only school in Canada that will emphasize this combination. The goal is to create working journalists with a specialty.

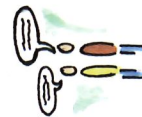
The focus of the program seems to have caught the attention of prospective students as some 175 applications have been received for the 15 positions available in the first year.

In August of 1997 Logan was named as the school's first director. She has the advantage

*continued on page 48*



# japan philippines malaysia singapore



Visa not required by Canadian tourists for visits up to 90 days. Required for visits involving employment, paid activities or study.

No vaccinations required; however tetanus, diphtheria, polio recommended. Japanese encephalitis vaccine recommended for travellers in rural areas during rainy season (June–Sept.). No risk for yellow fever or contaminated water.

Tipping not expected, and could be misconstrued (except taxi drivers carrying heavy bags). Airport and railway porters charge 200–300 yen per piece of luggage.

Tokyo (capital), Yokohama, Osaka, Nagoya, Sapporo and Kyoto.

Most Japanese observe both Shinto and Buddhist rites, and are tolerant of different faiths. Other religions are practiced, including Christianity, which is followed by 1% of the population.

Canadian Airlines: daily direct to Tokyo and Nagoya. JAL: daily direct to Tokyo, except M, Th. Air Canada: daily direct to Osaka.

Extensive systems of subways and trains are efficient and quick. Bullet trains or Shinkansen provide rapid transportation between cities. Buses more difficult to use due to language barrier and complex routes. Traffic in larger cities is often slow; drive on the left.

Japanese. English is taught in secondary schools, and is often used in business.

Tropical climate in the South, otherwise temperate, with warm humid summers and mild winters. The wettest month is June. Weather in Tokyo ranges from 5.2°C in Jan. to 27.1°C in Aug. The Western side of the islands is usually cooler than the Eastern. Typhoons possible in Sept.

Canadian passport holders permitted to enter without a visa for a stay of up to 21 days. However, visitors must have a round trip or onward ticket. Temporary visas may be issued for stays of up to 59 days.

Immunizations not needed for travellers to urban centres. A certificate of vaccination against yellow fever is required for travellers coming from infected areas. Children under one year of age are subject to isolation when necessary.

Tipping is expected for most services. Standard is 10% of bill total. Most hotels and restaurants include 10% service charge, so extra gratuities optional.

Manila (capital) and Cebu.

83% Roman Catholic. Remaining population is Protestant, Muslim, Buddhist.

Canadian Airlines: daily direct, except W, Su. Philippine Airlines: direct Tu, Th, Sa. Japan Airlines: daily layover in Tokyo. Singapore Airlines: M, Th, Sa, layover in Seoul. Korean Air: Tu, F, layover in Seoul.

Inter-island ships connect Manila to major ports. Jeepneys and buses inexpensive. Metered taxis available. Light Rail Transit (LRT) provides efficient service in Manila. Inter-island ferry system also available.

Tagalog (official). English is widely spoken. Spanish also spoken.

March to May is hot and dry with temperatures ranging from 23–32°C. June to October is rainy (monsoons). November to February is cool, temperatures range from 22–28°C. Average year-round humidity 77%.

Visa not required for Canadian citizens for visits up to 3 months; more than 3 months, apply for visa outside Malaysia; passport valid for 6 months beyond stay and sufficient funds required.

Update vaccinations for diphtheria, polio, tetanus and Hepatitis A. In rural areas, Japanese encephalitis vaccine and malaria prophylaxis recommended. Take precautions to avoid insect bites. Drink only boiled, purified or bottled water. Avoid ice cubes and local dairy products.

Tipping unnecessary. 10% service charge and 5% government tax are added to hotel and restaurant bills; discretionary tipping to porters and taxi drivers.

Kuala Lumpur (capital), Port Klang, Georgetown, Ipoh, Malacca, Kota Kinabalu and Kuching.

Islam (official). Buddhism, Hinduism, Christianity, tribal religions.

Malaysia Airlines/Canadian Airlines: Kuala Lumpur W, F; Cathay Pacific Airlines: Kuala Lumpur daily; Singapore Airlines: Kuala Lumpur M, Th, Sa.

Reasonable, reliable taxi service in major towns; car rental widely available (drive on the left); good air and rail service; light-rail system in Kuala Lumpur under construction (scheduled for completion Sept. 98).

Malay (official language); English widely spoken; Tamil, Chinese and Punjabi.

Tropical; temperature 22–33°C year round. Rain throughout the year; monsoons affect East coast of peninsular Malaysia from October–February and West coast from April–October.

Visa unnecessary if from Commonwealth countries or USA; granted upon entry for 2 weeks (visits up to a month sometimes allowed). Passports must be valid for min. 6 mos. beyond expected date of return. Confirmed onward or return ticket and sufficient funds also required.

Vaccinations unnecessary unless traveller comes from, or has just been in transit through a country with incidence of smallpox, cholera or yellow fever. Tap water is safe. If taking prescription medication, bring a physician's written prescription as proof it is a medical necessity.

Tipping officially discouraged; prohibited at the airport and discouraged in hotels and restaurants where there is a 10% service charge.

Singapore City (capital), Jurong (port), and Changi (airport).

Buddhism, Islam, Hinduism, Christianity, Taoism.

Cathay Pacific: Van.-Hong Kong-Singapore, daily departures; Singapore Airlines: Van.-Seoul-Singapore, M, Th and Sa. Changi Airport departure tax: \$15, Singapore dollars.

Taxis cheap, plentiful, and rates are standard. Mass Rapid Transit (MRT) trains are inexpensive, freq. 0600–2400; bus service inexpensive, 1-day and 3-day passes available from hotels. Car rentals available with valid driver's license; drive on the left. Traffic laws strictly enforced.

English, Mandarin, Malay and Tamil are all official languages. English is the dominant language of business and education.

Equatorial; hot, humid and rainy year round. Average daily temperature is 26.7°C.



125.8 million

72 million

21.2 million

3 million

Jan. 1: New Year's Day; Jan. 15: Coming of Age Day; Feb. 11: National Founding Day; Mar. 21 (var.): Vernal Equinox Day; Apr. 29: Greenery Day; May 3: Constitution Day; May 4: National People's Day; May 5: Children's Day; Jul. 20: Marine Day; Sept. 15: Respect for the Aged Day; Sept. 23 (var.): Autumnal Equinox Day; Oct. 10: Health and Sports Day; Nov. 3: Culture Day; Nov. 23: Labour Thanksgiving Day; Dec. 23: Emperor's Birthday

Jan. 1: New Year's Day; Apr. 9: Maundy Thursday; Apr. 10: Good Friday; Apr. 9: Bataan and Corregidor Day; May 1: Labour Day; June 12: Independence Day; June 24: Manila Day; Aug. 31: National Heroes Day; Nov. 1: All Saints Day; Nov. 30: Bonifacio Day; Dec. 25: Christmas Day; Dec. 30: Rizal Day; Dec. 31: New Year's Eve

Jan. 1: New Year's Day; Jan. 28-29 Chinese New Year; Jan. 30-31: Hari Raya Puasa; April 7 or 8: Hari Raya Haji; April 28: Muharram; May 1: Labour Day; May 10: Wesak Day; June 6: Official birthday of HM the Yang di-Pertuan Agong; July 6 or 7: Mouloud; Aug. 31: National Day; Oct. 19: Deepavali; Dec. 25: Christmas Day; Special Event: **Kuala Lumpur will host the XVI Commonwealth Games, September 11-21, 1998**

Jan. 1: New Year's Day; Jan. 28-29 (var.): Chinese New Year; Jan. 28 (var.): Hari Raya Puasa; Apr. 7 (var.): Hari Raya Haji; Apr. 10 (var.): Good Friday; May 1: Labour Day; May 10 (var.): Wesak Day; Aug. 9: National Day; Oct. 19 (var.): Deepavali; Dec. 25: Christmas Day

Yen: ¥92.17 = C\$1 (17 April 1998)

Giving of small gifts common. All gifts should be wrapped. Exchanging business cards done with formality and respect. Business cards should have the reverse in Japanese. Offer your card with both hands, and take time to read cards received. Bowing is the traditional greeting, but most Japanese expect to shake hands with a Westerner. Punctuality is very important. Remove shoes before entering a private home, inn, temple or restaurant. In polite conversation, the suffix san is added to the surname in place of Mr., Mrs. or Miss. Electricity in Eastern Japan is 100V, 50Hz, but in Western Japan it is 100V, 60 Hz; two-prong plugs most common.

Peso: P26.47 = C\$1 (17 April 1998)

A handshake is the common everyday greeting. English is widely used. Filipinos are very hospitable. When offered refreshments, it may be deemed rude to refuse. Avoid direct, prolonged eye contact.

Ringgit: R2.65 = C\$1 (17 April 1998)

Handshakes (light palm touch only) are common between men; do not shake hands with opposite sex unless they initiate it. Exchange business cards after being introduced. When handing or receiving anything, especially when eating, use the right hand — never just the left hand. It is impolite to cross your legs at the knee, to point with 1 finger or a foot, or to extend the hand palm-up. Pointing is done using a loosely-closed fist with thumb perched on top as a pointer. Remove shoes before entering a home. Avoid critical, boisterous or aggressive behaviour and public displays of affection. Do not touch anyone's head or hair. Address Malay men as "Enik", Malay women as "Puan" (married) or "Cik" (unmarried). Non-Malays should be addressed as Mr., Mrs., etc. Always focus your attention on the highest ranking individual in a meeting.

Singapore dollar: S\$1.12 = C\$1 (17 April 1998)

Handshakes common, wait for Singaporean to initiate. Exchange business cards using both hands with Chinese Singaporeans and Indian hand with others. Address Chinese and Indian persons by Mr., Mrs., or Miss followed by family name; and Malays by given names preceded by Mr., Mrs., or Miss. Never beckon with one finger, palm up. Do not point with your forefinger. If you must point use your thumb or an open right hand, palm up. Do not point your feet at people or expose the soles of your feet. Never use your left hand to give or receive anything. Show great respect of the elderly and awareness of status. Never begin eating before someone older or of higher status. Littering heavily fined. Smoking in most public places is against the law and heavily fined. Chewing gum is also against the law. Possession of illegal drugs harshly penalized; death penalty for trafficking.

PST + 17 hours

**Canadian Embassy** 7-38 Akasaka, Minato-ku, Tokyo 107, Japan. Tel:(81-3) 3408-2101 Fax:(81-3) 3479-5320. **Canadian Consulate General** 12th Fl., Daisan Shoho Bldg. 2-2-3 Nishi, Shinjibashi, Chuo-ku, Osaka 542, Japan Tel:(81-3) 212-4910 Fax:(81-6) 212-4914. **Japanese Embassy** 255 Sussex Dr., Ottawa, Ont., K1N 9E6 Tel:(613) 241-8541 Fax:(613) 241-7415. **Japanese Consulate General** 900-1177 W. Hastings St., Vancouver, B.C. V6E 2K9 Tel:(604) 684-5868 Fax: (604) 684-6939. **Japan External Trade Organization (JETRO)** 660-999 Canada Pl., Vancouver, B.C. V6C 3E1 Tel:(604) 684-4174 Fax: (604) 684-8877 URL <http://www.canadex.com/jetrovan/>. **Japan Chamber of Commerce and Industry** 3-2-2, Marunouchi, Chiyoda-ku, Tokyo 100, Japan Tel:(81-3) 3283-7851 Fax:(81-3) 3211-4859. **Japan External Trade Organization (JETRO)** 2-2-5, Toranomon, Minato-ku, Tokyo 105, Japan Tel:(81-3) 3582-5511 Fax:(81-3) 3587-0219 URL <http://www.jetro.go.jp/>. **Canadian Banks** Tokyo: Bank of Montreal, Scotiabank, CIBC, Hongkong Bank of Canada, Royal Bank of Canada, Royal Trust, Toronto Dominion. Osaka: Scotiabank.

PST + 16 hours

**Canadian Embassy** Allied Bank Centre, 9th and 11th floors, 6754 Avaya Ave., Makati, Manila, Republic of the Philippines. Tel:(63-2) 810-8861 Fax:(62-2) 810-1699. **Canadian Chamber of Commerce** The Penthouse, Y-L Holdings Bldg., Herrera corner Salcedo Streets, Legaspi Village, Makati City, Metro Manila 1229, Republic of the Philippines. Tel:(63-2) 812-8568 (69) Fax:(63-2) 833-8895. **Embassy of the Republic of the Philippines** 606-130 Albert Street, Ottawa, Ont., K1P 5C4 Tel:(613) 233-1211 Fax:(613) 233-4165. **Philippine Consulate General** 310-470 Granville Street, Vancouver, B.C. V6C 1V5 Tel:(604) 685-7645 Fax:(604) 685-9945. **Philippine-Canada Trade Council** 700-686 W. Broadway, Vancouver, B.C. V5Z 1G1 Tel:(604) 874-0204 Fax:(604) 874-0820. **Philippine International Trading Corporation** National Development Co. Bldg., 116 Tordesillas Street, Salcedo Village, Makati, Metro Manila 1227, Republic of the Philippines Tel:(63-2) 818-9801(01-24) Fax:(63-2) 819-0562. **Canadian Banks:** Hongkong Bank of Canada, Bank of Nova Scotia (affiliate).

PST + 16 hours

**Canadian High Commission** Plaza MBF 172 Jalan Ampang, 7th Fl., Kuala Lumpur, 50450, Malaysia. Tel:(60-3) 261-2000 Fax:(60-3) 261-3428. **Mail:** PO Box 10990 Kuala Lumpur, 50732, Malaysia. **Tourism Malaysia** 830 Burrard St., Vancouver, B.C. V6Z 2K4 Tel:(604) 689-8899 Fax:(604) 689-8804. **Malaysian High Commission** 60 Borel St., Ottawa, Ontario, K1N 8Y7 Tel:(613) 241-5182 Fax:(613) 241-5214. **Malaysian Consulate General** 1900-925 West Georgia St., Vancouver, B.C. V6C 3L2 Tel:(604) 685-9550 Fax:(604) 685-9520. **Canadian Banks:** Bank of Nova Scotia.

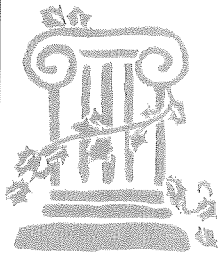
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**Canadian High Commission** IBM Towers, 14th Fl., 80 Anson Rd., Singapore, 079907, Singapore **Mail:** Robinson Rd., PO Box 845 Singapore, 901645, Singapore. Tel:(65) 325-3200 Fax:(65) 325-3294. **Canada-ASEAN Centre** 40 Bukit Pasoh, Singapore, 089854, Singapore. Tel:(65) 325-2300. **Honorary Consulate General for the Republic of Singapore** 1305-999 W. Hastings St., Vancouver, B.C. V6C 2W2 Tel:(604) 669-5115 Fax:(604) 669-5153. **Department of Foreign Affairs and International Trade, Singapore Desk, Southeast Asia Division** Lester B. Pearson Bldg., 125 Sussex Dr., Ottawa, Ont., K1A 0G2 Tel:(613) 996-5824 Fax:(613) 994-1604. **B.C. Trade Representative Office** c/o Asiaconsult Marketing, 126 Joo Seng Rd., #02-14, Gold Pine Industrial Bldg., Singapore, 1336, Singapore. Tel:(65) 289-6536 Fax:(65) 286-6562. **Canadian Banks:** Bank of Montreal, Bank of Nova Scotia, Canadian Imperial Bank of Commerce, National Bank of Canada, Toronto Dominion Bank, Hongkong Bank of Canada.



fact sheet





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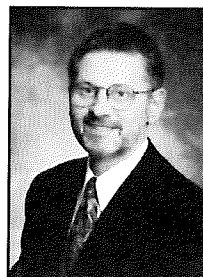
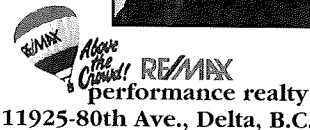
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## Mastering Journalism

*continued from page 45*

of extensive experience in both print and broadcast media, including senior positions at the *Montreal Star* and the CBC.

Logan has been quick to defend the program against critics who claim there is no need for a Masters program in Western Canada. "It's my belief from many years in the business that journalism should be offered at the graduate level rather than the undergraduate level simply because what you need to be a good journalist is a broad education. It's therefore my preference that someone take a science degree, an arts degree or almost any degree before getting into journalism because it gives them a solid base on which to build a career."

With this in mind, Logan set out to design the program for people with extensive journalistic experience and those with undergraduate degrees who can demonstrate writing and research abilities comparable to working journalists. The school plans to take a practical rather than theoretical approach to training its students. Students will examine ethics and the law, research and writing, newsroom practices, and standards and issues in contemporary journalism. One third of the credits taken towards the degree will be in a non-journalistic area of the student's choice, thereby creating a specialization.

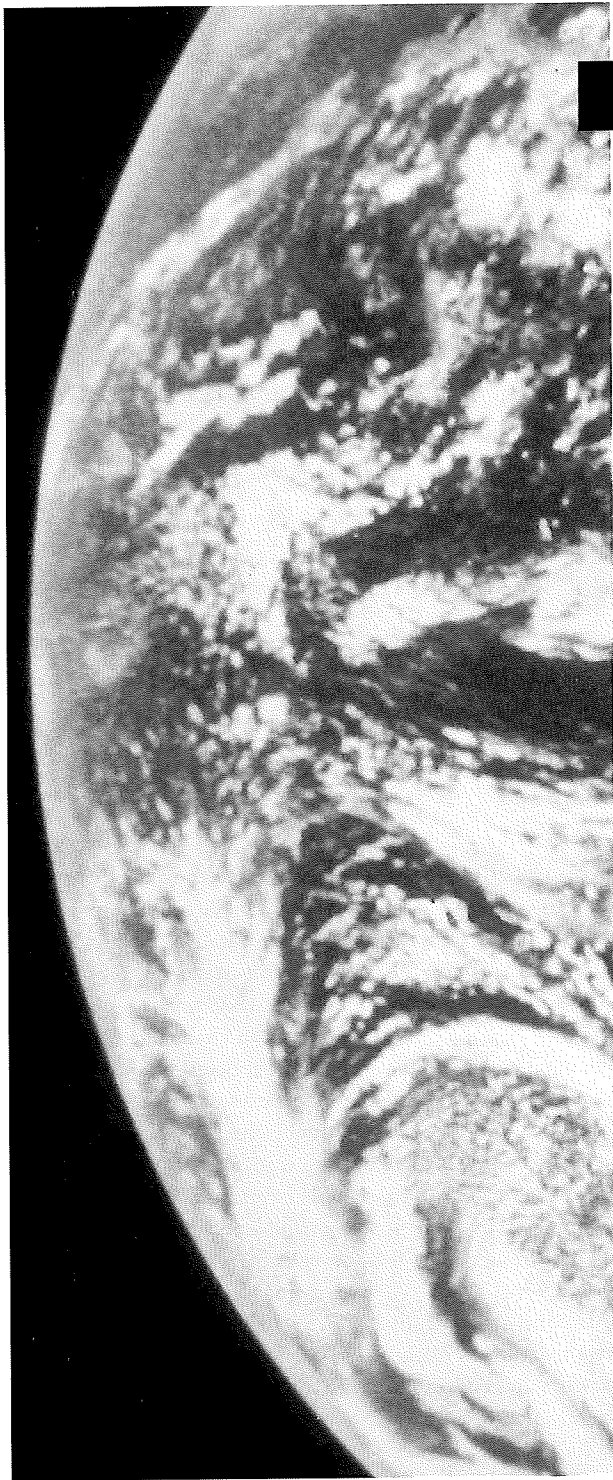
"It is focused on writing for all media and also on developing a specialty. They can come out of here as medical or financial journalists, for example. Economics, Asia Pacific studies or any of the specific programs here at UBC can constitute that specialty."

The idea of specialization is one of the biggest differences between UBC's program and the other two journalism Masters programs in Canada, located at Carleton University and the University of Western Ontario. "What I've tried to do is take advantage of our location and also concentrate on the things I think are really important in journalism. It is important to have specialists because we have too few of them in the profession these days and that's where there may be jobs. Even the mass publications are going to need specialists to write about technology or aging or what have you."

Not all are convinced that the type of specialization that UBC is offering is the best solution. "I think specialization is a good thing philosophically," said Tom Arnold,

*continued on page 52*





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# Ice wine

by Stephanie MacDonald

## Will frosty vines outdo maple trees as the source of Canada's most distinguished golden harvest?

*It* is difficult to imagine any product surpassing something as sacred to Canadians as maple syrup to become Canada's most recognizable export, yet comparisons are being made between our revered maple syrup and icewines or late harvest wines—sweet dessert wines harvested after the first freeze.

And more than 60 per cent of Canadian icewine is going straight to Asia. This sudden demand is surprising, considering that historically the wisdom of wine merchants declared that there was a fundamental difference between Eastern and Western psyches and tastebuds that precluded an Oriental interest in wines. As far as wine producers and sellers were concerned, Asians were left to drink their tea and sake, and forgotten.

Consider the tradition that surrounds the consumption of wine in the West. The bottle is carefully displayed to the head of the table to ensure that the label and vintage are correct. After being cautiously drawn, the cork is passed on to be examined and sniffed with considerable interest and solemnity. A tentative splash is deposited into the glass, where it is then peered at through various lights, swirled around and inhaled until the bouquet, consistency and colour have been

examined, discussed, and finally deemed acceptable for the table to consume. This ritual is more than faintly reminiscent of the Far East, where tea has been treated with the same reverence and similar ceremony for centuries.

Perhaps this has something to do with the enormous rise in popularity of wine in Asia, especially in Japan, Thailand and China. The new demand, for whatever reason, has been a blessing to British Columbia wineries, which have recently become world famous for light white wines such as Chardonnay and the sweet, rare and precious icewines.

While French red wine, specifically Bordeaux, has been the predominant choice of Asian wine connoisseurs and collectors, Japanese women have become one of the most thriving markets for light white wines such as Gewurtztraminer, Riesling and Chardonnay. British Columbia wineries have traditionally excelled at growing and producing wines from these varieties, and sales are up as much as 40 per cent to China, Japan and Thailand. But it is the precious and rare icewines that are really giving Canada international recognition, and which are especially popular with Asian consumers.

The qualities that distinguish icewine from other varieties of white wine are an intense

sweetness and powerful fruity aroma. The Mission Hill Grand Reserve Riesling Icewine 1996 is described in the press release from distributor Mark Anthony Group Inc. as "A luscious dessert wine, golden coloured and honeyed in character. An intense nectar of peaches, apricots, plump raisins, lemons and oranges explodes from the bottle in mouth-filling richness. Extremely long finish." It is no wonder that such an exotic and delectable beverage is becoming so sought after by wine lovers from all over, but why is it so valuable? And why is it so appealing to Asian buyers?

Icewine originated, probably by accident, in Germany around 1790, when an early frost hit the vineyards in Franconia before the last harvest of green grapes was picked. Vintners were surprised when the frozen crop yielded a sweet and delicate, yet intensely aromatic wine they called *eiswein*.

British Columbia's Okanagan Valley has a climate that is very favorable for the creation of icewine, as the required freezing temperatures can be counted on almost every year. In fact, British Columbia and Ontario icewines have been rivaling their German counterparts in quantity, and many would say quality, since they were introduced commercially in 1994.



Icewine is very uncommon and expensive compared to other types of B.C. wine, averaging about \$50 for a half litre, though it is primarily extracted from varieties of grapes commonly grown in the Okanagan, such as white Riesling. This varietal's vines in particular are durable enough to harbour fruit late into the fall, and the wine matures elegantly with prolonged cellar aging. For this reason, it is the primary grape used in the production of icewine in the Okanagan, although Gewürztraminer, Traminer, Ehrenfelser and Vidal have also been used with success. The rarity of icewine stems from the fact that the grapes from which it is made are picked after they have been frozen on the vine, usually in late November or early December. It is difficult to keep the fruit away from birds and bears late into the season, and some growers have lost up to 80 per cent of their late harvest to predators. The remaining crop must be harvested at a very specific temperature; optimally between -8°C and -14°C for quality. At this temperature the grapes are frozen nearly solid, and after pressing, yield sweet, concentrated grape juice while the water is left behind in the form of ice crystals. The frozen grapes render only one fifth the amount of juice normally extracted for wine, and this rules out mass production and ensures the exclusivity of icewine, as well as justifying the premium price.

It is easy to recognize icewine in the store, as it is most often sold in slender, elegant bottles of half-litre capacity. The labels are distinctly decorative, and often the wine is packaged in a box, making it a precious and attractive gift. Most icewine is bought by tourists—particularly Asian tourists—because it makes a charming and delicious souvenir



to take back home with them from Canada. This partly explains the strong and growing demand.

But exports to Japan, China, Hong Kong and Singapore have risen by more than 50 per cent over the last two years. This is primarily a result of the new fashion of wine drinking and collecting that has swept Asian cities including Hong Kong, Taipei, Singapore and Tokyo. At annual wine auctions, Christie's reports that 40 per cent by value of sales in its London auction went to Asian bidders, and this figure does not take into account the sales to British brokers working for Asian clients.

Jancis Robinson, a writer for *The Financial Times*, believes that this trend will only continue to penetrate Oriental cultures, and that "the number of serious wine collectors in the East will increase, attracted not just by fashion, and the appealingly ceremonial

nature of wine drinking, but also by the financial attractions of a commodity rather less volatile than the stock market."

Certainly the fact that icewine is so rare and expensive contributes to its appeal as an investment, and this is compounded by the fact that it becomes better, and hence more valuable, with age.

As well, icewine from British Columbia has become increasingly popular as a result of numerous international awards received by such vintners as Cedar Creek and Lynn Bremmer.

For most of us though, wine is for drinking, not exporting or investing in. To thoroughly enjoy icewine, it is usually recommended that it be served on its own, slightly chilled, because the flavours and aromas are so spectacular. However, certain desserts can complement the intensity and complexity of a good icewine. Sandra Hainle, whose family was the first to make icewine in the Okanagan in 1973, recommends the conservative approach. "We try to steer people away from having it with really sweet desserts. I usually suggest desserts that are based on pastry, fruit, cheese and nuts as the best bet to show the wine really well. If you get into chocolate or added sugar, you will alter the character of the wine and your experience of the wine." One important point that winemakers all agree upon is that the majority of icewines are being consumed far too young. Quail's Gate vintner Jeff Martin explains, "If people would buy them and set them aside for five years, the wines will be better . . . there is so much potential there."

So whether you are a wine connoisseur, or simply enjoy a glass now and then, it is great to know that some world-class wines from B.C. are gaining recognition all around the globe.



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## Mastering Journalism

*continued from page 48*

president of the Canadian Association of Journalists. "People having a better understanding and some specialization is a good thing, though I'm not sure the kind of specialization they're talking about is going to mean more and better jobs for people."

Arnold's main concern is that there simply aren't jobs available for graduates today, and he does not think that the jobs will exist down the road. "There are fewer medical reporting jobs, fewer scientific reporting jobs and fewer environmental reporting jobs than there are general reporting jobs. By having more specialization you could be limiting yourself."

He does agree that it is necessary to have as many skills as possible. "By having better research skills, computer-assisted reporting, knowing graphic design or layout you have much more to offer an employer. I think that is the wave of the future. The problem with journalism schools right now is there are so many of them and not enough jobs, so there are hundreds and hundreds of students graduating each year . . . schools have to give students the kind of skills that other educational institutions are not," says Arnold.

Logan, however, firmly believes in the direction of the new program. "What I've tried to do is tailor the program to where I think the jobs are, and take advantage of what UBC has to offer and what we have on the West Coast," says Logan. "I see that as a current niche in the market and a developing one too. There's an increasing need for people who have specialized abilities."

Soon the doors of the Sing Tao School of Journalism will be open and, with any luck, the work of the students will be fit to print. The new school will be able to call itself a success when the debate over the need for specialization is resolved, not in the classroom, but in the newsroom.

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**Right:**  
Ifugao tribeswoman, whose  
brown-stained teeth show  
signs of chewing the betel nut,  
a common natural stimulant.

**Far right:**  
Wild poinsettia trees grow at  
the top of the Batad rice terraces

---



**It was hard to imagine a place more damp.  
Mist hovered languorously in the air.  
The surrounding jungle was lush and green,  
save for the odd scarlet poinsettia tree.**

We were 4,000 feet above sea level in Banaue, a small market village in Ifugao province. Located north of Manila in the Philippines, Ifugao province is famous for the handiwork of its people, who increased cultivable lands by carving gigantic rice terraces from the sides of mountains. Taking an estimated 2,000 years to build, the still-productive rice terraces rise from the valley floor to heights of up to 3,000 feet, a feat of engineering so substantial that some call them the eighth wonder of the world.

On our first evening in Banaue, we met in the hotel lobby to watch a traditional Ifugao dance. A group of tribesmen, dressed

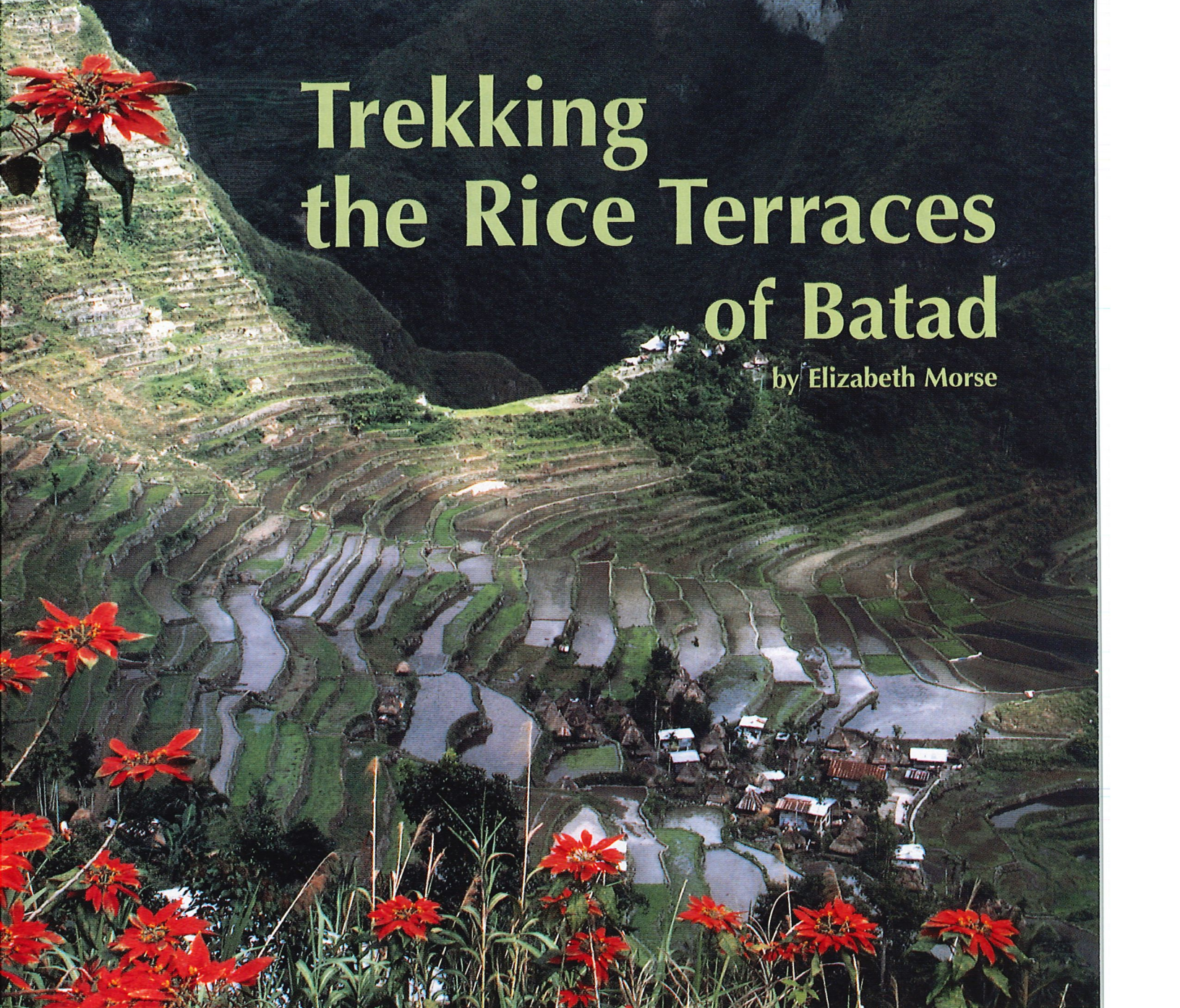
in the traditional garb of woven g-strings and feathered headdresses, shuffled slowly in a circle, looking embarrassed, while staging the mock-sacrifice of a small wooden pig. One Ifugao, unable to conceal a giggle, and doing his best to sound like a dying pig, let out a high-pitched squeal to indicate the kill was complete. We recognized some of the dancers who, then dressed in their Western attire, had waited on our table in the hotel restaurant less than an hour earlier.

The next morning, the rest of the group decided to view Banaue's nearby rice terraces from the safety of the tour bus, while three of us elected to trek to Batad, a small village

reputed to have spectacular terraces. We were matched with a local guide, an Ifugao native of indeterminate age named Mani. Wearing nylon jogging shorts, a white T-shirt, and a pink bandanna—but no shoes—he made us appear comically overdressed in our layers of clothing and heavy hiking boots.

We were driven to the trailhead by jeepney, those ubiquitous army vehicles left by the American forces after the liberation in 1945. In Ifugao province, local legend has it that if you run over a chicken, you must compensate its owner twelve fold. It is no wonder that our driver abruptly swerved to avoid chickens on the side of the road, but





# Trekking the Rice Terraces of Batad

by Elizabeth Morse

paid no attention to pedestrians, who deftly scrambled for safety.

Cut crudely into the sloping mountain-side, the road narrowed and was passable only by single vehicles. Its edge was visibly eroding and, in parts, abruptly dropped off into a deep gorge. Rocks lay in piles where land had recently slid from the side of the mountain. "There is money set aside for the roads," Mani explained in slightly accented missionary-school English, adding with noticeable sarcasm, "We have never seen it, but we are told there is money set aside."

We finally reached the footpath leading to the top of Batad's rice terraces. It was

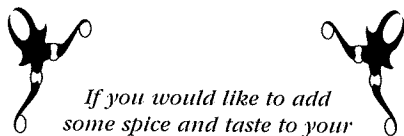
impossibly steep and slick. Our hiking boots were nearly useless. We might as well have been wearing plastic slippers. As we slid along, we were passed by groups of Ifugao women and children heading for Banaue. The women's grins betrayed brown-stained teeth, the result of regularly chewing the betel nut, a natural stimulant. Most carried bags of rice on their heads for selling in the market. The bags were massive, but the women carried them effortlessly. Like our guide, many were barefoot, revealing remarkably wide, sinewy feet. As they climbed the smooth inclines, their splayed toes curled into the mud, easily pulling them forward.

To help us gain a foothold, Mani used his own powerful toes to dig grooves in the dirt.

The path ended and we were overlooking the Batad rice terraces. Shaped like an immense amphitheatre, these terraces are over 2,000 feet high—the height of a twenty-storey building. In the valley below, we could see the palm-covered roofs of small huts and the steeple of the village church.

This was supposed to be the end of our trek, but we convinced Mani to take us to the village below. We began descending the small steps built into the rock walls, which allow the Ifugao people to climb the terraces to plant rice and do battle against soil





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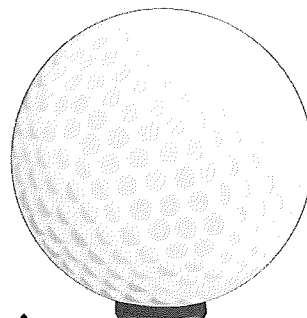
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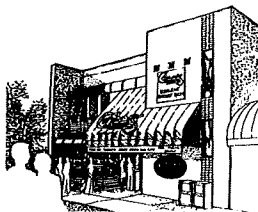
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erosion and pests, such as the evocatively named army worms that periodically infest the paddies. The ancient walls, with sheer drops on either side, were built by hand using primitive tools. Most were moss-covered, and many were coming loose. We struggled to maintain our balance, clinging to each other to keep from falling.

In earlier times, when Ifugao men were warriors, Mani might have strutted along the boundary walls during a *bangiban* or war dance, wielding a spear and shield. Instead, our guide, whose lung capacity seemed unaffected by his chain-smoking, began to saunter easily down the narrow, slimy walls, cigarette in hand.

As we neared the village, we could see the small huts we had gazed at from above. Most were built in traditional Ifugao fashion—on piles with pyramid-shaped roofs of dried palm leaves and no windows—but a few sported more modern corrugated tin roofs. Wooden rice-pounding equipment, large mortars and pestles, lay unused beneath some houses. It was late December—the rice would not be harvested until July. After drying, it would be pounded by hand and stored.

“There is money set aside for the roads,” Mani explained in slightly accented missionary-school English, adding with noticeable sarcasm, “We have never seen it, but we are told there is money set aside.”

The path wound its way around and in some cases directly beneath, the small huts. Ifugao men, wearing their traditional g-strings and headdresses, lay dozing on the hut floors. Small groups of children dressed in T-shirts and shorts giggled as we scrambled to stay upright in the mud. Turkeys swaggered around us, scattered by the barking of a pack of plump, imperious dogs.

Once on the valley floor, Mani led us to a tiny restaurant consisting of two crudely built wooden tables in a small house. We ate lunch—a dish of fragrant, local rice stir-fried with eggs and vegetables. Over lunch, Mani showed us a photo of his wife, who was working as a nanny in Hong Kong, leaving their two children in Mani's care. He had only visited her twice in five years. We asked if she earned much money. “Not enough,”



he replied, shaking his head in resignation.

After lunch, we began to retrace our steps, climbing the terrace walls to reach the path. To scale the wet rock, we had to fall on all fours and grip it with our bare hands, like overgrown children learning how to crawl. We quickly became breathless, while Mani, lighting yet another cigarette, scampered up the steps ahead of us.

We reached the trailhead, where the jeepney driver stood waiting. As we drove back to Banaue, we noticed the road had become worse. More rocks lay in heaps, evidence of recent landslides. We looked at each other apprehensively as the jeepney came to a stop before a large boulder blocking our way. We were only about halfway to Banaue. Just then a large rock landed on the roof of the jeepney. Mani tilted his head toward the side of the mountain, warily watching for more falling rock. Out of desperation, we got out to help Mani and the driver slowly roll the massive boulder out of the way.

Finally, we arrived back in Banaue. It was dusk. Because of our detour into Batad, we were late. The tour operator was visibly angry—she had heard reports of several people dying in nearby landslides, and was worried about us. The rest of the group was already back at the hotel, looking disappointed. Apparently, their view of the Banaue rice terraces had been obscured by low cloud. One of them asked us, "Was it worth all the effort?" We were utterly drenched. Our clothes were streaked with mud. Our muscles had stiffened. We were limping.

"Absolutely," we said.

#### If You Go

##### Air

Aerolift has one hour flight from Manila to Bagabag. Banaue is a two hour shuttle bus ride from Bagabag.

##### Bus


Dangwa Tranco and Prantranco North bus lines both travel to Banaue, a nine-hour trip from Manila. Tour packages, which include transportation and accommodation, are also available by contacting a travel agency.

##### Trekking

Mani B. Tuguinay Jr. can arrange treks from 1-7 days.

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# A Taste for Thai

## Cooking in a Thai Kitchen

by Kristina Borys

The complexity of Thai food distinguishes it from other Asian cuisines. Thai cooks strive to whet the appetite with a balance of salty, sweet, sour tang and fiery heat. These rich flavours complement wholesome ingredients such as vegetables, seafood, chicken, lean beef, noodles and rice, all cooked quickly to preserve colour, crunch and flavour, making Thai fare a healthy choice.

If you don't know the ingredients, Thai cooking can be a little intimidating. Lime leaves, lemongrass, fish sauce, shrimp paste, tamarind paste, galangal, and coconut milk are just a few of the items Thai recipes will ask for. These and other strange and enticing flavours are integral to Thai cuisine.

In the following glossary, the ingredients found in every Thai pantry are de-mystified. We'll also suggest a few places in Vancouver for purchasing these staples. So select your menu, make your shopping list and soon you will be able to impress your friends with steaming classics such as Gaeng Keow Wan Gai (chicken in an aromatic green curry sauce), or Satay with Nam Jim Tua (grilled skewered meat served with a sweet, velvety peanut sauce), and the famous Tom Yam Goong (spicy prawn soup). If you come off as pretentious, no one will care after the first bite.

Clockwise from top left:

Thai basil, lemongrass, fresh chili peppers, galangal, yellow and red curry paste, lime leaves, tamarind paste, straw mushrooms, Thai eggplants, coconut milk, garlic, cilantro, dried chili peppers, ginger, Thai rice, rice noodles

Layout and design by Kelly MacLeod  
Photos by Ben Susser



# The Thai Pantry

## Basil, Thai

Although there are several varieties of Thai basil, North American basil makes a fine substitute. Easy to grow at home, basil mellows and unifies the many flavours of Thai food. Basil must be handled gently to avoid bruising. Chop when dry otherwise, it will turn mushy.

## Chili Peppers

People say chili peppers are addictive; the more you eat, the more you want *and* the hotter you want them. The colours of fresh chilies (red, green and yellow) have no bearing on taste, just aesthetics. Select smaller peppers for heat and larger ones for a milder flavour. Dried chilies are widely available and can be soaked in water for ten minutes before use. To prepare, cut the pepper in half lengthwise and scrape out the seeds and membrane; this is where most of the heat is concentrated. Mince the peppers as finely as possible. When finished, wash chopping board, knives and especially your hands before you accidentally rub chili juice in your eye.

## Cilantro

Sometimes called coriander or Chinese parsley, fresh cilantro is widely available. In Thai cuisine, cilantro leaves flavour stir-fries, sauces and curries, while the roots are pounded for marinades and curry pastes.

## Coconut Milk

A very important ingredient, coconut milk is used in curries, soups, sauces and desserts. Choose a brand that is free of preservatives. If you are concerned about cholesterol, you may prefer to try a light brand of coconut milk. If you require coconut cream, it can be skimmed from the top of refrigerated coconut milk.

## Curry Paste

Although the flavours are essentially the same, curry paste comes in three different colours. Typical curry paste combinations are: red for beef, green for seafood and chicken, yellow for fish. Ready-made curry pastes are a combination of chilies, garlic, lemongrass, galangal, cilantro, shallot, salt, kaffir lime leaves, shrimp paste and spices. To make this paste at home, grind the ingredients together with a mortar and pestle.

## Curry Powder

Many brands of this combination of spices are available. Fresh is best, so if your curry powder has been sitting in a cupboard for a long time, you may want to replace it. If you can't smell it, you won't taste it (this is true for all spices).

## Dried Shrimp

Dried shrimp smells terrible, but like fish sauce, the flavour is salty and rich. Select shrimp that are still slightly soft and pink. Store in a bag in the refrigerator to reduce odour.

## Fish Sauce

You will never see a salt shaker on a Thai table. Fish sauce is used to salt flavour food, much the same way soy sauce is used in Chinese cooking. Fish sauce is made from anchovies and though the smell may seem strange, the flavour is rich and essential to Thai cooking.

## Eggplants, Thai

Eggplants grown in Thailand are available in many sizes and colours such as yellow (pictured), white, green and purple. If you cannot find Thai eggplants, they can be substituted with any eggplant your local grocer has in stock.

## Galangal

Galangal looks like pale yellow ginger root, but its sour tang makes it quite different. Galangal can be purchased dried or fresh. If you buy dried, soak it in hot water an hour before using.

## Garlic, Thai

Thai garlic is smaller and more tender than what North Americans are used to. Regular garlic can easily be substituted if you are unable to find Thai garlic. If it has started to sprout, throw it out. Sprouted garlic has lost most of its flavour.

## Ginger

Commonly used in many cuisines, this root is readily available and frequently used in Thai cuisine.

## Kaffir Lime Leaves

These forest green leaves give off a rich lime perfume. They are sold on long branches and the leaves can be plucked and frozen. Each leaf is shaped like a figure eight, so don't tear off the top half thinking it is one leaf. To use in recipes, cut each leaf into thin strips, then mince finely. If you are unable to find lime leaves, grated lime rind can be substituted.

## Lemongrass

These tall, slender stalks smell like lemons. Dry and woody, the outer layers of each stalk must be peeled away to reveal softer flesh. The base half of the stalk is best for cooking. Chop it finely. The flavour of lemongrass infuses soups and sauces, but remember to pick it out before serving because it is not meant to be eaten.





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## Lime Juice

Nothing compares to the clean, citrus scent of lime. Don't buy the bottled stuff! Limes are cheap and you will have much better results if you take the time to squeeze the fresh juice.

## Palm Sugar

By the time this sugar arrives in North America, it is rock hard and requires pounding or grating to break it up. Brown sugar is a good substitute and will save a lot of unnecessary trouble.

## Rice, Thai

Thai rice is also called Jasmine rice. Because its fragrance is subtle, Thai rice does not require salt. Before cooking, rinse the rice several times to ensure that it turns out fluffy. The easiest way to get perfect rice is to make it in a rice cooker.

## Rice Noodles

Rice noodles vary in thickness. When making spring rolls you will want to use a very thin noodle (vermicelli) and a thicker one for dishes such as Pad Thai (see recipe at right). Before using, soak the noodles in hot tap water for twenty minutes, then drain.

## Straw Mushrooms

Available only in cans on this side of the Pacific, straw mushrooms are yummy and their slippery, slightly crunchy texture enhances any dish. If preferred, fresh button mushrooms can also be used.

## Tamarind Paste

This paste comes from the seed pod of a tamarind and has a tart, fruity flavour. The paste, usually too hard to work with, softens when soaked in hot water. This is also how you make tamarind juice—just strain off the pulp.

## Where will I find it?

In Vancouver, ingredients for Thai food are widely available in local stores and supermarkets. There are many Asian food markets that carry much of what has been described here. One popular place to buy these ingredients is the South China Seas Co. in the Granville Island Public Market, 1689 Johnston Street; this is also a good place to find Thai cookbooks, although these are available at most bookstores. A less expensive one-stop shopping venue is Produce City, located at 3277 Cambie Street. Or try Bonanza Market, situated at 265 Hastings Street in Chinatown. Bonanza carries all the staples of a Thai pantry and produce such as lemongrass, Thai basil, kaffir lime leaves and fresh galangal.

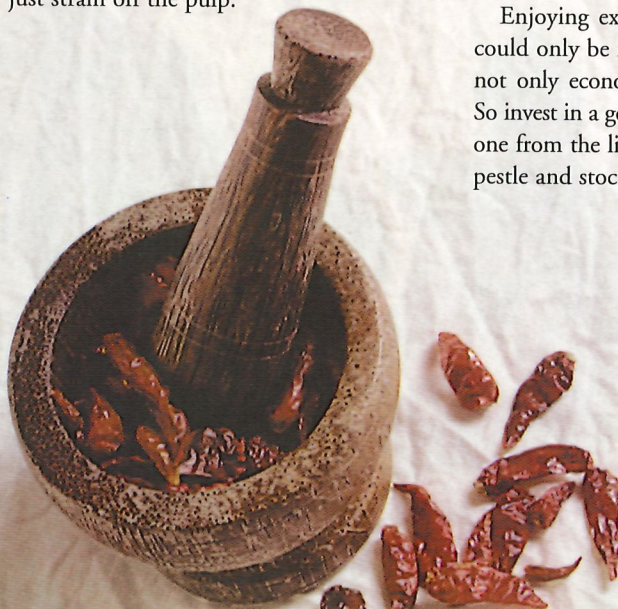
## What should I make?

A traditional Thai meal consists of soup, a curry dish, a fried meat dish, rice and a salad. In Thailand, satays and noodle dishes are popular snack foods, but Westerners enjoy them as delicious appetizers and side dishes.

Thais eat their food with a spoon and a fork—no chopsticks in Thailand. Knives are not used, which means food is always served bite sized. Skewered food, such as satay, are eaten right off the skewer. Fresh fruit or fried banana served with coconut ice-cream finish off a meal nicely.

As you experiment with recipes, you will discover what your favourite ingredients are and start varying proportions to your taste. Thai cooking is not an exact science and substitutions are easily made.

Enjoying exotic food you once believed could only be found in a Thai restaurant is not only economical, but deeply satisfying. So invest in a good Thai cookbook or borrow one from the library, purchase a mortar and pestle and stock up your pantry.





**Chicken in Green Curry**  
(Gaeng Keow Wan Gai)

2 tablespoons vegetable oil  
1 1/2 tablespoons of green curry paste  
4 kaffir lime leaves, minced finely  
3 cups coconut milk  
2 tablespoons fish sauce  
2 teaspoons sugar (or to taste)  
500 grams chicken, cut into small pieces  
10 fresh basil leaves, chopped finely

In a wok or a large saucepan, briefly fry the vegetable oil, curry paste and the lime leaves. Add the coconut milk, fish sauce and sugar. Bring to boil. Add chicken and reduce to simmer for at least twenty minutes. When the chicken is cooked and the sauce has reached desired consistency, stir in basil leaves.

Serve with rice. Serves 4

**Pad Thai Noodles**

4 tablespoons vegetable oil  
2 cloves garlic  
150 grams raw pork, sliced  
6 large shrimp, shelled  
1 tablespoon dried shrimp, soaked and chopped  
2 tablespoons tofu, diced  
3 tablespoons fish sauce  
3 tablespoons sugar  
150 grams rice vermicelli, soaked 15 minutes in warm water  
2 eggs, beaten  
2 cups bean sprouts  
2 tablespoons peanuts, chopped and roasted lightly  
2 green onions, finely diced

Heat oil in a wok or large frying skillet. Fry garlic until golden. Add pork and fry until cooked. Add prawns, dried shrimp, tofu, fish sauce and sugar and fry. Reduce heat.

Thoroughly drain the rice vermicelli and add to the wok. Stir through the mixture just enough to incorporate the vermicelli. Push the mixture to one side of the pan. In the available space, quickly add the beaten eggs and scramble them until they are firm. Top eggs with the vermicelli mixture, bean sprouts, crushed peanuts and green onions. Stir everything gently and thoroughly.

Garnish with peanuts and bean sprouts. Serves 4



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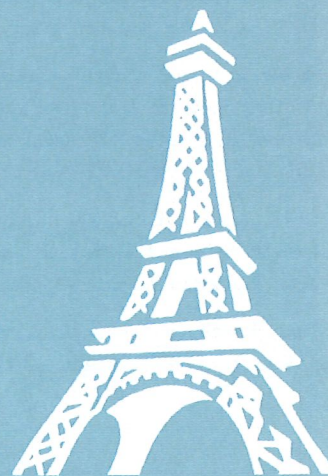
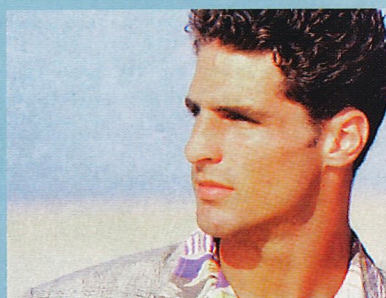
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Ross Lowe, former volunteer at *Pacific Rim Magazine*, updates us on his life as a computer graphic designer in provincial China.

Hi Michael:

Each day is a new challenge for me. To run a company here requires a completely different set of rules from what we are used to. Education is in short supply. 75 per cent of the population are farmers. Many have no more than a grade three education, so to manage them requires constant supervision. You can imagine what it is like for me, nice guy Ross, to supervise a bunch of rowdy kids. It is not uncommon to see four people riding on a motorcycle. How about in the dark with no headlights on! There are not too many street lights out here, oooh doubly exciting.

I bought a twenty-one speed mountain bike while on a trip to Xiamen. A mountain bike is unheard of in these parts. The one-speed, semi-durable local make is the standard. When I pass other cyclists on my ride to town there is often panic. Who is that foreigner in shorts wearing that odd thing on his head, wrap around glasses, gloves, and no flip flops? Fortunately, when I'm not on my bike I can blend in with the locals and wander about without eyes following me. When my boss and our production manager walk through town (they are two big white guys with beards) the crowds just gather and gawk. When our production manager starts talking in Mandarin an even more stunned look comes over their faces because he speaks so well!

The majority of the population does not yet have hot running water, toilets that flush, refrigerators, or TVs. From what I have heard, the interior provinces are in major poverty. It is normal to see several generations of one family living in the same house. I met a great grandmother of one of my co-workers. She is 108 years old. She was wearing those small shoes you've heard so many stories about. From what I observed, the shoe forces the person to make short, gentle steps. Also on my visit, I met my co-worker's grandparents. They, like many Chinese, sleep on a hard wooden bed with a matching pillow. A typical home is made of brick with tile roof and floors. Glass windows are an option. Mosquitoes, black flies, rats and geckos are regular house guests here. Villagers often share a common fresh water well. A typical family will have a cow, a couple of pigs, chickens, turkeys and ducks wandering around their front yard. Yes, that sniff, sniff mmm ... fresh country air.

People are now travelling about the country in search of work. If they move to another city or province to work they have to leave the police their ID and pay them five Renminbi (#1 Cdn) a month. The government here does not serve the people as much as they claim. They all operate as small profitable entities. They readily accept bribes. The political and legal system here is still in its infancy, it's like the "Wild East."

If it were not for my radio I would be completely isolated from the outside world. Currently my only entertainment is pirated movies. We get first run Western movies that are usually copied directly by video camera in the theaters, then put up for sale here for #4 Cdn.

I won't tell you to work hard because I know you are. I am too. Get some exercise and have a cup of instant coffee because that is what I am going to do!

your friend,

Ross





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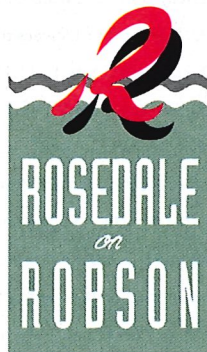
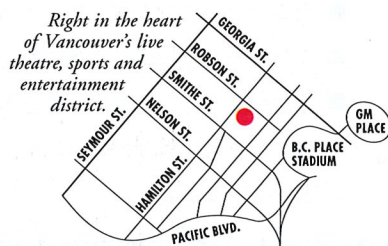
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