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There is a festive feeling in the air here in Taiwan, as people begin their holiday preparations. It is a time for family, friends and their respective communities to reflect on what has passed and what is current with a sense of renewed hope for the future. With this in mind, for this double issue of *Centered on Taipei* we selected the theme “Embracing Our Community Spirit.”

One of the best things about Taiwan is its active community life and collective sense of community spirit. This was reflected in the Center’s celebration of its 30th birthday and annual fundraiser auction and dinner. Members of the local and international community turned out to celebrate and show their continued support of the Center. It was an evening of fine dining, generous financial support and fun. Photos of the evening and from behind-the-scenes capture the enthusiasm and dedication of those who continue to support the Center and the work that it is doing for our community.

Please set aside Thursday morning, December 7th, for our monthly Morning Coffee topic and discussion about “Taiwan in the 70s.” On hand to share their recollections and insights will be long-time residents, Fred Voigtmann and Don Shapiro. Guiding the discussion will be Paul Meador of ICRT. This is one coffee morning not to be missed.

Enjoy this month’s article selections: Creating Community through a Tao Tatala, A Public Space for Play, Taiwan’s Indigenous People Build International Bridges, Sunshine for Everyone and the touching story behind the Lab Space’s local production of *The Diary of Anne Frank*.

As we approach 2018, we would like to wish each of you good health, and a happy, prosperous New Year.

*Sue and Richard*
EVENTS

New Year’s Eve Celebration
Taipei’s New Year’s Eve celebration is one of the most anticipated nights in Taiwan’s festive season calendar. Taking place at Taipei 101 building, when the countdown enters the final stage, the building itself lights up floor by floor from the bottom upwards for the New Year’s countdown, making Taipei 101 the biggest New Year’s Eve countdown clock in the world. On the day of the event, Taipei City Government will invite popular entertainers and famous pop stars to perform at the square in front of the government offices.
WHEN: December 31st – January 1st 2018
WHERE: Civic Plaza, 1 Shifu Road (MRT: Taipei City Hall)
INFO: https://www.facebook.com/2017taipeihigh/

Taipei Marathon
Taipei Marathon is now a grand annual event. This long-standing run, with a distance of 42.195 km, attracts large numbers of both local and expat runners, including some who come to Taiwan just to take part. It’s a great way to challenge yourself after a long practice regime.
WHEN: December 17th
WHERE: Civic Plaza, 1, Shifu Road (MRT: Taipei City Hall)
INFO: https://www.sportsnet.org.tw/

Alan Walker in Taipei – No Fear Electric Party
DJ Alan Walker, whose bestselling song, Faded, has topped 1.3 billion YouTube viewers, will be rolling out his most popular tracks in Taipei. A hot favorite at ICRT, this 20-year-old British-Norwegian DJ has enjoyed incredible success among electronic dance music fans. He will take you into the last wave of 2017, with his hit tracks like Faded, Sing Me to Sleep, Tired, and The Specter Divine Comedy scene.
WHEN: December 20th
WHERE: World Trade Center 3, 6, Songshou Road (MRT: Taipei 101)
TICKETS: KKTIX, IBON machines

Sappho LIVE
Enjoy a laid-back and cool music environment in downtown Taipei. Live music, dance floor, bar and good food. They also offer open mic/jam sessions.
Tuesday to Friday, 8pm-3am
Venue: B1, No.1, Lane 102, Anhe Road, Section 1, Taipei
Further information: sappholivetaipei@gmail.com

TEDx Unvoiced at Backstage Café
Centered around the theme of communication, this event will explore and discover the ways in which different types of communications, including plant communication, have evolved and how they affect our current state.
WHEN: December 9th, 3pm – 6pm
WHERE: Backstage Café, 2nd Floor, National Taiwan University Gymnasium, 1, Section 4, Roosevelt Road
TICKETS: KKTIX registration system
INFO: https://goo.gl/JWSJqt

Taiwan Hot Spring & Fine-Cuisine Carnival
If you are curious about hot springs in Taiwan, this is the perfect time of the year to jump into one. Hot springs are not just gifts of nature, but also offer unique healthcare and beauty benefits. Add to that gourmet cuisine, and you have the present Taiwan Hot Spring Fine-cuisine Carnival. Beside the pleasure of a hot spring soak, there are also commodity discounts and special products you can indulge in. If you have guests over for the festive period, this is one activity to enjoy together.
WHEN: December 20th
WHERE: Hot springs throughout Taiwan
TICKETS: KKTIX

French Fashion Show in Taipei
This event is organized by the French Women’s Prêt à Porter Federation. The MODE IN FRANCE is a three-day event that showcases products from the lifestyle & fashion industry. A wide range of products is on show, and the showroom allows French companies to meet Taiwanese ready-to-wear buyers and fashion accessories owners and buyers. A great opportunity for up-and-coming fashion brand owners and lovers to network and learn more about international distribution of their products and partake in international fashion fairs.
WHEN: January 14th – 16th, 2018
WHERE: Regent Hotel, Taipei
INFO: http://taipei.modeinfrance.fr/presentation/

Taiwan Chinese New Year Shopping Fair
Chinese New Year Shopping Fair is a five-day event showcasing a variety of products ranging from agriculture to apparel & clothing, business services, computer hardware & software, food & beverage, gifts & handicrafts. Over 150 exhibitors are taking part in the 2018 Fair.
WHEN: January 18th – 22nd 2018
WHERE: Taipei World Trade Center (MRT: Taipei 101)

THE CENTER NEEDS YOU!
Do you have a skill or talent that you would like to share? Or have you found some great places around Taipei that you would like to take others to see?
Then why not consider teaching a course or leading a tour for the Center in Fall/Winter 2018? If you are interested, or would like more information, please contact Rosemary at ce@communitycenter.org.tw.

December 2017 Book Club Selection
Driving Over Lemons by Chris Stewart
Morning Book Club: For meeting dates, times & location, contact: mcelroy22000@yahoo.com
Evening Book Club: For meeting dates, times & location, contact: ljtoews@hotmail.com
A WIDE-RANGING OIL PAINTING EXHIBITION BY MONIKA KEATING

Monika’s love of art began in junior high school and continues to this day. It was because of people’s encouragement that she gained much satisfaction from her work. At university, Monika majored in German, but continued to work in watercolor and Chinese ink. Upon graduation, she studied Art History in Munich and traveled throughout Europe, visiting museums and seeing, first hand, the works of 16th – 19th century masters. This trip was an important turning point for her and her art. She decided to change to oil and explains that “A good oil painting will last for centuries and can be transferred from generation to generation.” Additionally, painting in oil allows Monika to add layer upon layer, thus producing rich colors in a classic realistic style. Her subjects range from still life to the surreal. She has also illustrated several books.

PATRICIA KORTMANN

Patricia’s jewelry designs have gained international recognition and acclaim. Her work features one-of-a-kind signature pieces in gold, silver and precious gems of the highest quality.

CHERRY HILL ANTIQUES

We are pleased to display a wide range of handmade Chinese ethnic-style jewelry featuring intricate knotting combined with old and new jade, cloisonné beads, lapis, coral and other semi-precious stones. Other gifts on display include Chinese-style bags, placemats and coasters. A perfect selection for gift giving.

The Center invites you to our
December Coffee Morning

TAIWAN in the 70s

Thursday, December 7
10:30 a.m. - 12:00 p.m.

Paul Meador of ICR will moderate this panel discussion with Fred Voigtmann and Don Shapiro.

Sponsored by Santa Fe Relocation Services

2018 Center coffee mornings

January 11  |  WWII POWs in Taiwan
February 8  |  Chinese New Year Celebration
March 8  |  International Women’s Day
April 12 |  The History of ICRT
May 10  |  Building the MRT

Thursdays at 10:30 a.m. at The MRT

Coffee Mornings Sponsored by Santa Fe Relocation Services
### Fun Activities for Kiddies

*Here are some fun places to visit in and around Taipei with your kids, to ring in the festive season!*

*Text: Nomita Kavra Gupta*

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| **GONGGUAN CHRISTMAS CELEBRATIONS** | This year, the Taipei Water Park will be decorated with Christmas lights and festive art displays. To help get both visitors and locals into the holiday mood, special photo op display areas have been set up, and renowned musical groups have been invited to perform in a Christmas concert. | Address: Taipei Water Park, 1, Siyuan Street  
MRT: Gongguan  
Dates: December 1st – 31st  
http://engwaterpark.water.taipei/mp.asp?mp=114022 |
| **C. K. S. SHILIN RESIDENCE CHRYSANTHEMUM SHOW 2017** | Taipei strives to promote floral-friendly environments. This winter a special chrysanthemum exhibition is being held at the C.K.S. Shilin Residence. This is an excellent outdoor exhibition offering visitors a chance to see a wide variety of chrysanthemums in an elaborate display of variety and colorful blooms. | Address: C.K.S. Shilin Residence  
60, Fulin Road  
MRT: Shilin  
Dates: Until December 12th.  
Hours: 9:30 am – 12 pm, 1:30 pm – 5 pm  
https://www.culture.gov.taipei/frontsite/shilin/index.jsp |
| **GUANDU INTERNATIONAL OUTDOOR SCULPTURE FESTIVAL** | This is one outdoor festival not to be missed. Artists from all over the world have come together at the Guandu Nature Park to create outdoor installations, which are on display throughout the entire park. Each art sculpture expresses the artist’s message to the viewer and public of the importance of environmental conservation. Artists were asked to use only natural or recycled materials for their artwork. When the festival has finished, all the art sculptures will be taken down and recycled, to return them back to nature. | Address: Guandu Nature Park, 55, Guandu Road  
MRT: Guandu  
Dates: Until December 31st  
Phone: (02) 2858-7417  
http://gd-park.org.tw/sculpture-festival |
| **NEW YEAR’S EVE CELEBRATION** | Come December 31st, the Taipei City Hall Square area will be decorated and ready to ring in the Year of the Earth Dog. Large monitors will be set up to help crowds to see the different stage events more easily. Pop stars will also be on hand to keep things rocking, as the New Year countdown begins. | Address: Taipei City Hall Square  
MRT: Taipei City Hall  
Dates: December 31st – January 1st  
Time: 6 pm to 1 am  
Phone: (02) 2720-8889  
| **CHRISTMASLAND IN NEW TAIPEI CITY** | The Banqiao District’s Christmasland holiday tribute is a fun place to visit for the whole family. Go and experience fun-packed rides, live stage and street concerts, traditional handicrafts for purchase, vendors selling delicious snacks, one of the tallest Christmas trees you will ever see, fairs and even carnival parades. There is something for everyone! | Address: 161, Zhongshan Road, Section 1, Banqiao, New Taipei City  
MRT: Banqiao  
Dates: Until January 1st  
Phone: (02) 2960-3456  
TAS hosted the third-annual student-led NOVA entrepreneurship and innovation competition at TAS from September 29 - October 1. Over 100 upper school students from TAS, ASIJ (Tokyo), AAIA (New Taipei City), and IBSH (Hsinchu) worked in teams to develop innovative ideas, prototypes, and business models to address issues such as sustainability, education, and health. AvoTo!, a team of TAS seniors, was the overall winner for their idea and prototype for a new smart trash can that will automatically sort items to be recycled.

Also in October, six TAS Model United Nations (MUN) students and four teachers presented twelve workshops on the nature of state sovereignty, North Korea, using data in MUN resolutions, online MUN, social entrepreneurship, and effective communication at the Qatar Leadership Conference in Doha, Qatar. Additionally, the TAS team worked with small groups of UN employees in the Department of Public Information and networked with peace activists, university professors, and NGO representatives to discuss issues such as women’s empowerment, free speech, and human rights.

Later in October, TAS students participated in the 48-Hour Film Project, a contest in which teams of filmmakers draw a genre, a character, a prop, and a line of dialogue, and have 48 hours to create a short film containing all of those elements. Films from each city are later screened at a nearby theater, with one City Winner chosen and submitted to a jury that selects the ultimate winner to be honored at a ceremony called Filmapalooza. The project started in 2001 in Washington, D.C. By 2003, it expanded to New Zealand and became an international event. TAS students interested in screen and film score writing, acting, and set designing worked together to create a six-minute film. The 48-hours began the night of Friday, October 20 at 7:30 pm. The script was created overnight and filming began at 10 am the next morning. All scenes were complete by 3 am Sunday morning and the edited film was submitted by 5 pm that evening. Screening of all films created in Taipei will take place at Shin Kong Cinemas.

In November, TAS Grade 8 students took a break from the classroom to engage in hands-on community service by removing trash at three local parks. Each student will now work independently to create his or her own personally meaningful community service project with a minimum of five additional hours of service.

The annual TAS Lower School Extreme STEAM Family Days also took place in November. Extreme STEAM is a celebrative event where family members collaborate with each other while exploring science, technology, engineering, art, and mathematics challenges. This year, TAS families participated in various STEAM activities intentionally designed with new and experienced engineers and programmers in mind. The Grade 5 Family Design and Build Night was specifically focused on the engineering design process. Families chose from two functional and intriguing design challenges. They had two hours to ask, imagine, plan, create, and improve on a cardboard design to meet specific criteria and constraints.
THE COMMUNITY SERVICES CENTER AUCTION DINNER
Celebrating 30 Years of Service at the Grand Hyatt Taipei
October 20, 2017
Photos by Morgan Loosli, Angelina Lin and Sue Babcock

Supporters of the Community Services Center raise their glasses to toast the Center's 30 years of community service.

Dr. Doris Brougham, left, receives the Center's Individual Community Leadership Award from Fred Vogtmann, Chairman of the Center's Steering Committee.

Director Adam McMillan, Rosemary Susa and Undine Urbach.

Mr. Rami Batieh, Carrefour Taiwan, right, receives the Center’s Community Corporate Service Award from Fred Vogtmann, Chairman of the Center’s Steering Committee.

The Community Services Center Director, Staff and Volunteers at the Center’s 30th Birthday Celebration and Auction Dinner, October 20, 2017, held at the Grand Hyatt.
Supporters of the Community Services Center raise their glasses to toast the Center’s 30 years of community service.

Patrick Lee and Louie Silveira raise a glass during the Auction. Elias Ek and Steve Parker.

Julian Thornbury, left, and Faye Angevine, right, celebrate with Anna Chang during the live auction.

Cindy Teeters and Brenda Lin share a laugh during the live auction. Richard Saunders, Co-editor of COT and Zee Dlamini, COT Fashion Columnist.

Gloria Peng, Recipient of the Center’s Longest-serving Volunteer Award and Sue Babcock, Editor of COT.

Mr. Rami Batieh, Carrefour Taiwan, right, receives the Center’s Community Corporate Service Award from Fred Voigtmann, Chairman of the Center’s Steering Committee.

Morgan Locasti, Lee Ming Yeh, and Shan Lee, staffers from the Community Services Center set up at the Auction.

Left to right: Roma Mehta, Mayumi Hu, Sahar Shaikh, Desta Selasie.

Representing the Center, Monica Cheng, Daniel Chan, Joanne Chua and Gloria Peng.
Left to right: Belinda and Andy Beck with Meredith and Joey Lee.

Attendees having fun at the Auction.

Left to right, back row: Kevin Mulroy, Mike Brennand, Michaela Stevens, Annie Neill, and Jeff Neill, front: Betty Sun, Tara Simeonidis, Nick Simeonidis, Rick Rabon, and Bridget Hall.

Left to right: Taipei American School students Alina Lee, Nakiah Pannell and Josephine Sit perform at the Auction.

Randy Chen, left, bids in the live auction while friends Brenda Lin and Billy Betts and auctioneer Julian Thornbury look on.

Kathy Limmer bids in the live auction while Rona Mehta looks on encouragingly.

Center counselors and colleagues enjoying themselves.

Julian Thornbury, auctioneer, and Terry Lagerquist, MC, before getting on stage for the evening’s program.

Auction attendees raise their paddles to donate to the Center.

Left to right: Julie and Steve Panta, and Gerry and Catriona Moran share a laugh at the Auction.
The Anestos enjoying themselves at the Auction.

Ross and Carrie Childs with friends Catriona and Gerry Moran enjoying their evening at the Auction.

Al and Rita Chuang enjoying their dinner at the Auction.

Monica Cheng and Ann Lu are strong Center supporters

Monica and John McQuade are always the first to arrive to help out

J.L. Duu and Amy Chang

The Anestos enjoying themselves at the Auction.

Monica Cheng and Vj Chiu

Joe Liao

Jacqueline Cheng and Vj Chiu

Mrs. Lee and Kati Lin

Grand Hyatt Taipei personnel

Leslie House McFarlane

Helen Wood-Magghero Soderberg

Daniel Chan and Jon Highsmith

Gisela Melo and Jennifer Chang
Public Space is for Play

TEXT: DANIEL CUNNINGHAM      IMAGES: DOG TAIPEI

Walking down the narrow streets of Taipei, with pedestrian arcade and plentiful greenery, you feel welcome, no matter where you are from. Impromptu queries from lost tourists are, more often than not, met with overwhelming friendliness from the city’s residents.

Despite its immediate charm, however, the poor planning of public space which impacts the city image and leaves its residents at a loss, is lamentable. Tin houses stand on public land, earning rent for some landlord who has no right to the property. Directly opposite the Chiang Kai-shek Memorial Hall, on the corner of Hangzhou South Road and Aiguo East Road, acres of public space have been left dormant for years since the occupants (who once lived in tin houses on the site) were evicted.

Thankfully, Taiwan is blessed with an empowered and conscientious youth that seems willing to fight for change. Taiwan’s vibrant civil society has received international acclaim following recent events such as the Sunflower and gay rights movements. Those students who camped and protested in the streets of Taipei are now graduating and forming civil groups.

One such organization is Plan b, a collaboration of young designers based in Taipei, focused on reclaiming and renovating unused public space. They received the 2017 Design Mark from the Golden Pin Design Award for an urban regeneration project in Guting – ParkUp.

The design team’s basic idea was to split this hundred square meters of public space into three independent yet integrated areas. Shaded by trees, the front area is a playground for children, while the rear area could function as an event space. Plan b envisions a public space like this could be used by the community to hold events including workshops, lectures and outdoor cinema screenings.

On the rear wall, the designers painted “5.32 m²” inside a square a message that draws attention to the lack of open public space in Taipei.

In front of the wall, they erected nine white steel frames to inspire playfulness. “The frames are highly flexible in any outdoor event, since they can act as hangers, poles, or frames, serving not only for exercise, but also for practical usage such as a swing, a drying rack, or a hammock,” says Plan b.

According to Plan b’s statistics, there are more than fourteen-thousand instances of public space left idle in Taipei. In comparison to residents of Vienna, who enjoy 120m² of well-planned public space per capita, and New Yorkers, who share 30m² per capita, the people of Taipei only have 5.32m². This small space in Guting is the first in a series of ParkUp projects.

ParkUp Guting:
6, Lane 104, Heping East Road, Section 1, Da’an District
(台北市大安區和平東路一段104巷6號)
In Linkou District, west of Taipei city, the New Taipei City government commissioned IMO Creations to design a community center for Hongfugong temple. Xiafu Activity Center reimagines 26 individual colors from the ornate Taoist temple, as striking verticals that leap out from its industrial surroundings.

Since the building was unveiled in July 2017, it has completely reinvigorated the local community’s relationship with the temple next door. Lain Satrustegui, Partner Architect at IMO Creations, says adapting from local culture, local conditions and local ways of thinking, was key to the success of this project.

"In the temple roof we have all these colors, but they’re very far away and very difficult for people to experience, so we actually recreated this color selection to be experienced by people," explains Satrustegui.

The objective was simply to construct a building beside the temple where the local community could gather for events, celebrations, and festivals, but IMO’s design concept had an unprecedented effect. It became a landmark that attracts people from far beyond the local area.

This is iconoclastic design for Taiwanese millennials. Taiwan has retained its traditional religious practices alongside new trends, however, Taoism and Buddhism are gradually losing their edge. Now, the colorful Xiafu Activity Center attracts a different variety of worshipper, making a pilgrimage to snap Instagram selfies.

Xiafu Activity Center received a 2017 Design Mark from Taiwan’s Golden Pin Design Award, an international competition focused on design for huaren (Chinese-speaking) communities, as confirmation that the project attained its goal of connecting with the local community.

“For me, this project stands out because there is a playful element to it. People come in and want to interact with the building, which isn’t something that you would see from the other activity center they had before. People did interact with that one, but this one is in a playful way where they feel connected to it somehow,” Satrustegui concludes.

Initially, the client was reluctant to change the original layout of the former activity center. For Satrustegui and his design team at IMO, the place to begin was not at the pre-existing layout, but instead the location itself. From there, they looked to the old temple for ideas and found inspiration in its color.

Xiafu Activity Center, Linkou District, New Taipei City
(新北市林口區下福里11鄰下福139-13號)

Daniel Cunningham is International Project PR & Marketing Manager at DDG Taipei. He is the International Media Liaison of the 2017 Golden Pin Design Award and the Golden Pin Concept Design Award.

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

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

Together, Taiwan 101 Volumes 1 and 2 present Taiwan’s finest attractions to anyone who wishes to get to know this island of kaleidoscopic charms, and comes with detailed information on getting around by public transport, and accurate GPS coordinates of nearly 800 fascinating places.
He could have chosen any old tourist, but I was primed to meet him. I had become a member of Amnesty International at the behest of my parents at age 12, and suddenly became very interested in human rights and the systematic violation of the same. I was doing Primo Levi book reports in high school and had a profound reaction to his survival stories. That said, I was not really ready for that day... I do not think anyone really can be.

I will back up a bit. I found myself at the gates of the Dachau Concentration Camp outside Munich, Germany, in 1996. I had spent time as a student abroad in Spain, where I was studying flamenco and Spanish art and language. Following my eye-opening semester abroad, I bought a train pass and made my way around Europe. I had scheduled the trip to Dachau a week earlier, but I "chickened" out, opting instead to go camping.

I had walked about ten meters inside the famous "work makes freedom" gates when a gentleman in his late seventies with white hair, a chiseled complexion, and soft voice spoke. Is this your first time here? I had already picked up the maps and tourist literature, and was ready for an afternoon of "sightseeing," if it can be called that. He then proceeded to blow my mind.

You see, he was a survivor of that very camp. As he described it, he was a Polish political prisoner and received better treatment than the gay prisoners or Jews. If the point of the museums and memorials is to educate about the absolute horror in the constant refrain of “never forget,” he took it one step further. He had decided to visit every day and find a tourist to give first-hand accounts of the atrocity and terror. Upon hearing his stories, I was both deeply conflicted and touched. He cried several times. I cried with him. He chose to re-live the worst moments of his (anyone’s) existence day after day. He saw it as catharsis. I was both grateful and horrified. By the end of the day, I had to escape back to the camp ground and to nature. In fact, I do not think I spoke with another person for about a week.

Last year, when the news went national that during a parade in a Hsinchu high school, students mistakenly dressing up as Nazi soldiers, I was back in the U.S. on holiday. I decided then and there that I was going to produce The Diary of Anne Frank at my small theater. Nearly ten months later, we are in the final stages of rehearsal, set building, and costume preparation. The show goes up in early December, but in the rush to prepare, another amazing thing has also happened. The Israel trade and culture office has decided that this show is meaningful and necessary in the service of greater Holocaust education initiatives, and has signed on as a co-sponsor. In fact, we will re-stage the show downtown in April next year, and then take it around Taiwan on tour. I love this part...creating entertainment, but I also have the great feeling of knowing I am carrying a torch — I would like to think he would be proud.

Brook Hall is a 16-year resident of Taiwan. With a focus on the performing arts, he loves to get involved in all manner of creative projects. He also finds joy in helping others discover and nourish their creative voices.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Day(s)</th>
<th>Dates</th>
<th>Instructor</th>
<th># of Sessions</th>
<th>Time</th>
<th>$$$</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>What's Cooking</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49 Indian Vegetarian: Savory</td>
<td>Fri</td>
<td>Mar 02</td>
<td>10:00am-12noon</td>
<td>Nomita Kavra</td>
<td>1</td>
<td>1200</td>
<td>Join Nomita for this fun, hands-on class where you will learn how to make two types of Samosas: Vegetable-filled and Soy-filled (this recipe is also great with meat). She will also prepare Tamarind Chutney and Coriander Chutney to serve with your Samosas. These delicious appetizers will be a hit with your family at home or served at any party.</td>
</tr>
<tr>
<td>50 Oodles of Chinese Noodles!</td>
<td>Fri</td>
<td>Mar 09</td>
<td>10:00am-12noon</td>
<td>Ivy Chen</td>
<td>1</td>
<td>1200</td>
<td>Noodles form a basic component of Chinese/Taiwanese cuisine and there are so many types available for you to enjoy. In this class, Ivy will teach you how to make three dishes using three different types of noodles: Hand-made Noodles known as Mao Erduo or Cat's Ears, served with a Sesame Sauce; Taiwanese Beef and Tomato Noodle Soup made with Thick Rice Noodles; and, Stir-Fried Glass Noodles with Shrimp and Vegetables.</td>
</tr>
<tr>
<td>51 From Market to Table</td>
<td>Wed</td>
<td>Apr 11</td>
<td>9:00am-1:30pm</td>
<td>Ivy Chen</td>
<td>1</td>
<td>1600</td>
<td>This cooking class begins at the Shi Dong Market where Ivy will show you how to purchase the freshest ingredients to prepare and cook a selection of four delicious Chinese/Taiwanese dishes of the group's choosing: one fish, one chicken or meat, and two vegetables. After making your purchases, stroll over to Ivy's house to create this wonderful lunch to enjoy together. Space is limited, so register (and pay!) early for this special class.</td>
</tr>
<tr>
<td>52 Pakistani Cooking: Delicious Paratha Wraps and Rolls</td>
<td>Fri</td>
<td>Apr 20</td>
<td>10:00am-12noon</td>
<td>Asma Ahmed</td>
<td>1</td>
<td>1200</td>
<td>Do you often find yourself wondering what to make for a simple, but tasty dinner? Join Asma for a Pakistani wrap and roll class using paratha bread, local scallion pancakes and pita, all easily available at the market. Learn to make three delicious fillings: Chicken Tikka, Chicken Malai and Spicy Potato Masala, served with Mint Yoghurt Sauce, Tamarind Sauce, Garlic Dip and Kachumber Salad. So easy and so delicious!</td>
</tr>
<tr>
<td>53 Very Vietnamese: Specialties from Hanoi</td>
<td>Fri</td>
<td>Apr 27</td>
<td>10:00am-12noon</td>
<td>Khanh Phan</td>
<td>1</td>
<td>1200</td>
<td>Join Khanh on a cooking trip to Hanoi and learn how to prepare a delicious Vietnamese meal suitable for the warm weather. The main dish will be Bun Cha, a dish made internationally famous by Barack Obama and Anthony Bourdain who both fell in love with it during a visit to Hanoi. The main ingredients of Bun cha are grilled pork and rice vermicelli noodles, which are served with a delicious broth and tasty fresh greens. Paired with our Bun Cha and perfect for summer will be fresh Vietnamese-style Spring Rolls with Shrimp and Pork.</td>
</tr>
</tbody>
</table>
Dear Friends,

Welcome to the 2018 Spring-Summer Semester of Center Activities. We are pleased to be able to offer you a diverse and interesting array of activities to enrich your stay in Taiwan.

We have added some new courses and instructors this semester and, of course, included some of our regular favorites for those of you who are newly arrived this year. Please take a look inside and we are sure you will find something fun to do. Why not take a tour to a place you’ve never been or join a class to learn a new skill?

Please also be sure to mark your calendar and plan to attend our monthly topic coffee mornings (sponsored by Santa Fe Relocation) usually held on the second Thursday of each month. No need to register, just join us on the day. Here is this spring’s schedule:

Spring 2018 Coffee Morning Schedule:

January 11 WWII POWs in Taiwan
February 8 Chinese New Year Celebration
March 8 International Women’s Day
April 12 The History of ICRT
May 10 Building the MRT

The Center has been serving the international community for over 30 years. We are here if you need us—whether it be for our counseling services, to gain information about living in Taiwan, attend our coffee mornings or even just to be greeted with a warm welcoming smile—we encourage you to come on in and take advantage of what the Center has to offer. You will be glad you did!

We look forward to seeing you at the Center.

Grace Ting
Office Manager

Rosemary Susa
Programs Coordinator

Undine Urbach
Programs Assistant

Advance registration and payment is required for all Center activities. Registration may be done by phone, email, online or in person. For online registration please go to the Center’s website: http://www.communitycenter.org.tw

Payment for most activities is due at least one week prior to the start or actual date. Some classes requiring special arrangements may require earlier payment. Should a class become fully subscribed and a wait list created, payment will be due upon request.

Please note that we cannot guarantee your place until full payment is made. Non-payment when requested will result in the cancellation of your registration.

Center office hours are Monday - Friday, 9:00 am - 5:00 pm.

Cancellations
The Center reserves the right to cancel any activity or program that does not have sufficient enrollment. We make every effort to notify registered participants promptly.

Refund and Credit Policy
Activities cancelled by the Center:
• Full refund will be issued. Refunds may be collected until the last day of the semester. Cancellations due to Taipei city/government closures, i.e. typhoon days, are exempt from this policy.

When a participant cancels a tour or activity registration, no refund will be issued. However, credit is available on the following terms:
• A full credit will be issued if you cancel your registration at least one week prior to the first meeting. After that time, we are unable to give credits.
• Credit may be applied to other Center activities within the current term or to the term that immediately follows.

Tel: 02-2836-8134   E-mail: ce@communitycenter.org.tw
http://www.communitycenter.org.tw
<table>
<thead>
<tr>
<th>Dates</th>
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<th>Course #</th>
<th>$$$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 10 to Feb 07</td>
<td>Mom and Baby Yoga</td>
<td>16</td>
<td>$3250</td>
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<tr>
<td>Jan 10 to Feb 07</td>
<td>Prenatal Yoga</td>
<td>17</td>
<td>$3250</td>
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<tr>
<td>Jan 15 to Mar 19</td>
<td>Tai Qi Zen Session 1</td>
<td>18</td>
<td>$4400</td>
</tr>
<tr>
<td>Jan 15 to Mar 21</td>
<td>Survival Chinese I Session 1</td>
<td>34</td>
<td>$7200</td>
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<tr>
<td>Jan 15 to Mar 21</td>
<td>Survival Chinese II Session 1</td>
<td>35</td>
<td>$7200</td>
</tr>
<tr>
<td>Jan 15 to Mar 21</td>
<td>Survival Chinese III Session 1</td>
<td>36</td>
<td>$7200</td>
</tr>
<tr>
<td>Jan 15 to Mar 21</td>
<td>Evening Survival Chinese 1</td>
<td>37</td>
<td>$7200</td>
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<tr>
<td>Jan 16 to Mar 20</td>
<td>Beginning Yoga Session 1</td>
<td>19</td>
<td>$4400</td>
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<tr>
<td>Jan 16 to May 22</td>
<td>Beginner Chinese Study Group: Reading and Writing Characters</td>
<td>38</td>
<td>$12600</td>
</tr>
<tr>
<td>Jan 17 to Mar 21</td>
<td>Yoga for Wellness Session I</td>
<td>20</td>
<td>$4400</td>
</tr>
<tr>
<td>Jan 18</td>
<td>Shihlin to Neihu Ridge Hike</td>
<td>1</td>
<td>$800</td>
</tr>
<tr>
<td>Jan 19</td>
<td>Delectable Dumplings</td>
<td>46</td>
<td>$1200</td>
</tr>
<tr>
<td>Jan 23</td>
<td>Addiction Aquatic Development: More Than Just a Fish Market</td>
<td>2</td>
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<tr>
<td>Jan 25 to Feb 01</td>
<td>Beginning Knitting Workshop</td>
<td>27</td>
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<tr>
<td>Jan 26</td>
<td>British Tea Party: Scones and Clotted Cream</td>
<td>47</td>
<td>$1200</td>
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<tr>
<td>Jan 30</td>
<td>Essential Oils for Skin and Body Care</td>
<td>28</td>
<td>$1200</td>
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<tr>
<td>Jan 31</td>
<td>Longshan Temple and Wanhua Herb Street Tour</td>
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<tr>
<td>Feb 2</td>
<td>Healthy and Delicious: Cooking with a Bamboo Steamer</td>
<td>48</td>
<td>$1200</td>
</tr>
<tr>
<td>Feb 7</td>
<td>Celebrating Chinese New Year: Di Hua Street Holiday Market Tour</td>
<td>4</td>
<td>$600</td>
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<tr>
<td>Feb 22</td>
<td>Personal Development Workshop for the Expatriate Spouse</td>
<td>21</td>
<td>$800</td>
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<tr>
<td>Feb 27</td>
<td>Essential Oils for Healthy, Happy Kids</td>
<td>29</td>
<td>$1100</td>
</tr>
<tr>
<td>Mar 1</td>
<td>Taiwanese Tea: How to Select, Brew, and Drink</td>
<td>5</td>
<td>$700</td>
</tr>
<tr>
<td>Mar 2</td>
<td>Indian Vegetarian: Savory Samosas</td>
<td>49</td>
<td>$1200</td>
</tr>
<tr>
<td>Mar 7</td>
<td>Sanxia Old Street and Indigo Dye Center Tour</td>
<td>6</td>
<td>$800</td>
</tr>
<tr>
<td>Mar 9</td>
<td>Oodles of Chinese Noodles!</td>
<td>50</td>
<td>$1200</td>
</tr>
<tr>
<td>Mar 10</td>
<td><strong>Saturday Tour!</strong> From Xiangshan to Xinyi: Mountain Meets the City</td>
<td>7</td>
<td>$700</td>
</tr>
</tbody>
</table>

**Spring/Summer Activities at a Glance...**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Activity</th>
<th>Course #</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Jan 10 to Feb 07</td>
<td>Tianmu to Yangmingshan and Back: A Scenic Hike</td>
<td>8</td>
<td>$700</td>
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<tr>
<td>Mar 13</td>
<td>Understanding Chinese Medicine: Nutrition and the Five Elements</td>
<td>22</td>
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<tr>
<td>Mar 15 to Mar 22</td>
<td>Beginning Crochet Workshop</td>
<td>30</td>
<td>$1400</td>
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<tr>
<td>Apr 09 to May 23</td>
<td>Survival Chinese I Session 2</td>
<td>40</td>
<td>$6300</td>
</tr>
<tr>
<td>Apr 09 to May 23</td>
<td>Survival Chinese II Session 2</td>
<td>41</td>
<td>$6300</td>
</tr>
<tr>
<td>Apr 09 to May 23</td>
<td>Survival Chinese III Session 2</td>
<td>42</td>
<td>$6300</td>
</tr>
<tr>
<td>Apr 10 to May 22</td>
<td>Evening Survival Chinese II</td>
<td>43</td>
<td>$6300</td>
</tr>
<tr>
<td>Apr 11</td>
<td>Beginning Yoga Session 2</td>
<td>24</td>
<td>$3300</td>
</tr>
<tr>
<td>Apr 12 to May 10</td>
<td>Yoga for Wellness Session 2</td>
<td>25</td>
<td>$3300</td>
</tr>
<tr>
<td>Apr 14</td>
<td>From Market to Table</td>
<td>51</td>
<td>$1600</td>
</tr>
<tr>
<td>Apr 18 to May 09</td>
<td>Mosaic Workshop</td>
<td>31</td>
<td>$3800</td>
</tr>
<tr>
<td>Apr 19</td>
<td><strong>Saturday Tour!</strong> Ecologically Grown: Farm Tour and Vegetarian Lunch</td>
<td>10</td>
<td>$1600</td>
</tr>
<tr>
<td>Apr 20</td>
<td>Writer’s Workshop: The Trouble with the Truth: How to Write Our Nonfiction Stories</td>
<td>32</td>
<td>$2400</td>
</tr>
<tr>
<td>Apr 24</td>
<td>Taoyuan County: Daxi Old Street, Lake Cihu and the Garden of Generalissimos</td>
<td>11</td>
<td>$1400</td>
</tr>
<tr>
<td>Apr 26</td>
<td>Pakistani Cooking: Delicious Paratha Wraps and Rolls</td>
<td>52</td>
<td>$1200</td>
</tr>
<tr>
<td>Apr 27</td>
<td>Beyond Di Hua Street: An Insider’s Tour of the Dadaocheng Area</td>
<td>12</td>
<td>$700</td>
</tr>
<tr>
<td>May 3</td>
<td>Cracking the Code: The Hidden Meanings Behind Chinese Symbols</td>
<td>13</td>
<td>$600</td>
</tr>
<tr>
<td>May 4</td>
<td>Very Vietnamese: Specialties from Hanoi</td>
<td>53</td>
<td>$1200</td>
</tr>
<tr>
<td>May 04 to May 18</td>
<td>Farewell Taiwan: A Workshop to Help You Relocate or Repatriate</td>
<td>26</td>
<td>$800</td>
</tr>
<tr>
<td>May 8</td>
<td>Magnificent and Scenic: Silver Stream Cave Hike</td>
<td>14</td>
<td>$800</td>
</tr>
<tr>
<td>May 14</td>
<td>Chinese Brush Painting Workshop</td>
<td>33</td>
<td>$3000</td>
</tr>
<tr>
<td>Jun 06 to Jul 25</td>
<td>Cracking the Code: A Tour of The National Palace Museum</td>
<td>15</td>
<td>$800</td>
</tr>
<tr>
<td>Jun 06 to Jul 25</td>
<td>Summer Survival Chinese I</td>
<td>44</td>
<td>$6300</td>
</tr>
<tr>
<td>Jun 06 to Jul 25</td>
<td>Summer Survival Chinese II</td>
<td>45</td>
<td>$6300</td>
</tr>
</tbody>
</table>

**Spring/Summer Activities at a Glance...**

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<td>Day(s)</td>
<td>Dates</td>
<td># of Sessions</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>--------</td>
<td>-------------</td>
<td>---------------</td>
</tr>
<tr>
<td>Shilin to Neihu Ridge Hike</td>
<td>Thu</td>
<td>Jan 18</td>
<td>1</td>
</tr>
<tr>
<td>Addiction Aquatic Development: More Than Just a Fish Market</td>
<td>Tue</td>
<td>Jan 23</td>
<td>1</td>
</tr>
<tr>
<td>Longshan Temple and Wanhua Herb Street Tour</td>
<td>Wed</td>
<td>Jan 31</td>
<td>1</td>
</tr>
<tr>
<td>Celebrating Chinese New Year: Di Hua Street Holiday Market Tour</td>
<td>Wed</td>
<td>Feb 07</td>
<td>1</td>
</tr>
</tbody>
</table>

Transportation included  Snacks, lunch or meal included

Please check www.communitycenter.org.tw for the most recent updates.
<table>
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<tr>
<th>#</th>
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<th>Day(s)</th>
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<th># of Sessions</th>
<th>Time</th>
<th>$$$</th>
<th>Meet@</th>
<th>Instructor</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Taiwanese Tea: How to Select, Brew, and Drink</td>
<td>Thu</td>
<td>Mar 01</td>
<td>1</td>
<td>9:30am - 12noon</td>
<td>$700</td>
<td>Daqiootou MRT Sta. Exit 1</td>
<td>Yasuko Hondo</td>
<td>Drinking tea in Taiwan goes beyond just quenching one’s thirst—it is a social and cultural activity, which can be traced back to ancient China and is embedded into the culture of the country. For the Taiwanese, tea culture includes tea production, tea arts and wares, traditional tea ceremonies and the social aspects of consuming tea. For those of us living in Taiwan, tea is often chosen as a great local gift to bring home to family and friends. But do you know what type of tea to buy or how to prepare it? If not, then join Yasuko, a Taiwan Tea Master, to visit a local teashop and learn the proper way to select, brew, serve and drink Taiwanese tea.</td>
</tr>
<tr>
<td>6</td>
<td>Sanxia Old Street and Indigo Dye Center Tour</td>
<td>Wed</td>
<td>Mar 07</td>
<td>1</td>
<td>9:30am - 3:30pm</td>
<td>$800</td>
<td>Yongning MRT Sta. Exit 4</td>
<td>Jennifer Tong</td>
<td>Join Jennifer for an adventure out to Sanxia, with its endearing Old Street and beautiful Zhushii Taoist Temple. Included in this tour is the option of creating a hand-dyed item of your choosing (cost not included). Explore Taiwan the way the locals do—using MRT and public bus. Bring your Easy Card and a packed lunch. Tasty local snacks are also available to purchase on the Old Street.</td>
</tr>
<tr>
<td>7</td>
<td>Saturday Tour!</td>
<td>Sat</td>
<td>Mar 10</td>
<td>1</td>
<td>9:00am - 12noon</td>
<td>$700</td>
<td>Yongchun MRT Sta. Exit 4</td>
<td>Eddie Lai</td>
<td>Taipei offers its residents a most amazing mix of busy downtown city streets to wander as well as many beautiful mountain trails to hike along and explore. Even more amazing is that there are places where you can do both in one morning! This hiking/walking tour begins with a short hike up Elephant Mountain (Xiangshan) to enjoy a panoramic view of Taipei City below. Then, Eddie will guide you down into the Xinyi District area to explore this bustling commercial area of Taipei where you will find many department stores, bookstores, restaurants, nightclubs and of course, Taipei 101. This is a moderate hike on a well-maintained trail, but with many steps, some steep. This tour ends at the Taipei 101 MRT Station (Red Line). Wear proper footwear; bring water and rain/sun protection.</td>
</tr>
<tr>
<td>8</td>
<td>Tianmu to Yangmingshan and Back: A Scenic Hike</td>
<td>Tue</td>
<td>Mar 13</td>
<td>1</td>
<td>9:00am - 12noon</td>
<td>$700</td>
<td>Zhong Shan N. Rd., Sec 7, Bus Circle at the OK Mart</td>
<td>Richard Saunders</td>
<td>Among expats, the Tianmu Steps may be one of the best-known hiking routes in Taipei but nearby lie another two routes which are less well-known but perhaps more scenic. On this hike we will climb to Yangmingshan Park by the Banling Trail, then return by the Tianmu Old Trail, which runs parallel to the more familiar stepped route. En route we will pass a pair of waterfalls and an expanse of unspoiled woodland. This trail is suitable for most walkers who can hike the Tianmu Steps, however, there are stretches of dirt and stone pathways which are narrow in some places. Footwear with a good grip is essential. Bring water, snacks and rain/sun protection, as needed.</td>
</tr>
</tbody>
</table>

Transportation included | Snacks, lunch or meal included | Teas included | Please check www.communitycenter.org.tw for the most recent updates. | 2018 Spring & Summer Activities [vi]
<table>
<thead>
<tr>
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<th>Instructor</th>
<th>Description</th>
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<tbody>
<tr>
<td>9</td>
<td>POW Tour: In the Steps of the Men of Kinkaseki</td>
<td>Wed</td>
<td>Mar 21</td>
<td>1</td>
<td>8:30am - 3:30pm</td>
<td>$1500</td>
<td>Corner of Zhongshan N. Rd., Sec. 6 &amp; Lane 290</td>
<td>Michael Hurst</td>
<td>It is not a well-known fact, but in 1942, the Japanese began bringing Allied POWs to Taiwan from Southeast Asia and held them under horrendous conditions until Japan surrendered in 1945. The largest of the six camps in Taiwan was in Kinkaseki, today’s Jinguashi. This fascinating, full-day tour will take us from Ruifang to Jinguashi via Jiufen along the route taken by the POWs and will include stops at the Gold Mining Museum (admission fee included) and the POW Memorial Park on the site of the camp. Bring water, a packed lunch and rain/sun protection as needed.</td>
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<tr>
<td>10</td>
<td>Saturday Tour! Ecologically Grown: Farm Tour and Vegetarian Lunch</td>
<td>Sat</td>
<td>Apr 14</td>
<td>1</td>
<td>8:45am - 2:30pm</td>
<td>$1600</td>
<td>Corner of Zhongshan N. Rd., Sec. 6 &amp; Lane 290</td>
<td>Ivy Chen</td>
<td>Are you ready to get out of the big city and into the countryside to see life on the farm? Do you like healthy and delicious food? Then join Ivy on a visit to an ecologically friendly farm and learn all about the techniques used to grow pesticide-free fruits and vegetables. A local doctor initially established Happiness Farm back in 2001 to provide his family with safe and chemical-free food. Today, the farm offers educational visits and serves as a model to other farmers. We will tour the farm, help to pick some fresh vegetables and enjoy a delicious vegetarian lunch. Comfortable clothing and sturdy shoes suitable for walking around the (possibly muddy) farm are a must. Transportation, farm activity and lunch included. This is a great outing for families!</td>
</tr>
<tr>
<td>11</td>
<td>Taoyuan County: Daxi Old Street, Lake Cihu and the Garden of Generalissimos</td>
<td>Thu</td>
<td>Apr 19</td>
<td>1</td>
<td>8:30am - 3:30pm</td>
<td>$1400</td>
<td>Corner of Zhongshan N. Rd., Sec. 6 &amp; Lane 290</td>
<td>Richard Saunders</td>
<td>Daxi was once an important hub for trading indigo and tea, but is now best known for several very fine old streets and as the final resting place of former ROC President Chiang Kai-shek. We start this tour at Lake Cihu, where Kai-shek and his son Chiang Ching-kuo lay in state in a pair of impressive mausoleums connected by a 1.8 km walkway. Next we will visit the unusual Garden of Generalissimos, a grassy park studded with several hundred busts and statues of the late CKS. (This is a photo op not to be missed!) We will finish with a stroll around historic Daxi town. Time permitting there are little shops and small cafes where we can take a short break before returning back to Taipei. Wear comfortable shoes; bring a packed lunch, and sun/rain protection as required.</td>
</tr>
<tr>
<td>12</td>
<td>Beyond Di Hua Street: An Insider’s Tour of the Dadaocheng Area</td>
<td>Tue</td>
<td>Apr 24</td>
<td>1</td>
<td>10:00am - 1:30pm</td>
<td>$700</td>
<td>Daqiaotou MRT Sta. Exit 1</td>
<td>Jennifer Tong</td>
<td>Join Jennifer, a lifetime resident of the Dadaocheng area of Taipei, for a fun insider’s tour that takes you beyond the fabric market and usual Di Hua Street area stalls. We will begin at the neighborhood’s bustling open-air market, then carry on with stops at some of the many fascinating local area shops. Sip tea at a little teashop; shop for lanterns, bamboo baskets, and baking supplies; explore a Chinese herb medicine store; and hunt for great gifts at some of the area’s trendy new stores. There will be time for a short break at either a local rice noodle restaurant or at one of the lovely little cafes (not included).</td>
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<tr>
<td>13</td>
<td>Cracking the Code: The Hidden Meanings Behind Chinese Symbols</td>
<td>Thu</td>
<td>Apr 26</td>
<td>1</td>
<td>9:30am - 11:00am</td>
<td>$ 600</td>
<td>The Center</td>
<td>Bridget Chi</td>
<td>Can you imagine that, once upon a time in China, wearing a robe with a five-clawed dragon motif would have meant certain death by execution? Or that a vase painted with flying bats on it would be considered an auspicious birthday gift? Chinese motifs and symbols can be seen everywhere in Taiwan and, in this course, Bridget will use her art history background to explain how to “read” their hidden messages. And for those of you who have wondered about the various rituals you’ve stumbled across in the streets and temples of Taiwan, Bridget will also touch upon the meanings associated with the most popular Taiwanese deities, customs and foods. Handouts will be provided so that you can continue to decipher the true meaning of images, whether you are touring the National Palace Museum or simply noticing the designs on your next bowl of beef noodle soup. Be prepared for lots of eye-opening stories and a host of beautiful images to enjoy together!</td>
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<tr>
<td>14</td>
<td>Magnificent and Scenic: Silver Stream Cave Hike</td>
<td>Fri</td>
<td>May 04</td>
<td>1</td>
<td>9:00am - 1:30pm</td>
<td>$ 800</td>
<td>Xindian MRT Sta.</td>
<td>Richard Saunders</td>
<td>Silver Stream Cave is a tiny temple built into a cliff face behind a tall waterfall in the hills around Xindian. This hike starts by climbing up to the temple, passes right behind the waterfall (offering magnificent views through the water and out over the hills below); then continues deeper into the wooded hills, climbs over a ridge, and descends to reach the terminal station of the Maokong Gondola. Here, one may pause to enjoy a cup of tea, or take the Gondola straight back down to Muzha Zoo MRT station. This hike is largely on dirt trails, with steps at the beginning and end. There’s one short, moderately steep climb, but the hike is suitable for walkers who regularly hike in Yangmingshan and are confident on dirt trails. Walking shoes with a good grip are essential. Bring water, snacks and rain/sun protection, as needed.</td>
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<td>15</td>
<td>Cracking the Code: A Tour of the National Palace Museum</td>
<td>Tue</td>
<td>May 08</td>
<td>1</td>
<td>10:00am - 12noon</td>
<td>$ 800</td>
<td>The National Palace Museum</td>
<td>Bridget Chi</td>
<td>Have you ever felt daunted by the thought of spending a day at the National Palace Museum? Do you find the myriad of objects and crowds at the museum bewildering? Join Bridget, who has a background in art history and is keen to share her passion, to unravel the mysteries of the NPM and help you to become an “old hand” when guests come into town asking for a tour. This will be an interactive visit to view some of the quintessential objects that define the museum. Bridget will also set the objects in their historical context, delve into the hidden symbolism of Chinese art objects and share some fun trivia about the NPM’s collections. Cost of museum admission and headsets included.</td>
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<td>#</td>
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<td>16</td>
<td>Mom and Baby Yoga (Ages Six Weeks to Crawling)</td>
<td>Wed</td>
<td>Jan 10 to Feb 07</td>
<td>5</td>
<td>9:30am - 10:30am</td>
<td>$3250</td>
<td>YogArt Studio Tianmu</td>
<td>Kayla Hardin</td>
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<td>Mom and Baby Yoga classes can help you to regain strength and flexibility, bond with your baby in an enjoyable activity, and make friends with other moms. The focus of this class will be on movement and breathing. The babies benefit from the bonding time with mom, baby massages and the stimulating environment of new baby friends! In this class expect: healthy stretches for baby; baby massage; soothing and stimulating songs; mom yoga time including Meditation and Pranayama; mom and baby yoga time; and quality interaction with other moms and babies. Please bring a blanket for baby to lie on and a quiet toy or two. Class meets on January 10, 17, 24, 31; February 7.</td>
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<tr>
<td>17</td>
<td>Prenatal Yoga</td>
<td>Wed</td>
<td>Jan 10 to Feb 07</td>
<td>5</td>
<td>10:45am - 11:50am</td>
<td>$3250</td>
<td>YogArt Studio Tianmu</td>
<td>Kayla Hardin</td>
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<td>This class offers a safe and effective yoga asana to soothe physical and emotional changes, strengthen the body and utilizes specialized techniques such as pranayama, sound healing, deep relaxation and meditation for a more focused and calming birthing and pregnancy experience, connecting mama to baby and herself. It’s also a wonderful way to connect with other mothers-to-be! The classes are appropriate for both new and experienced students, of all trimesters. Your doctor’s written permission required. Class meets on January 10, 17, 24, 31; February 7.</td>
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<tr>
<td>18</td>
<td>Tai Qi Zen Session 1</td>
<td>Mon</td>
<td>Jan 15 to Mar 19</td>
<td>8</td>
<td>9:30am - 11:00am</td>
<td>$4400</td>
<td>Farès Academy Dojo</td>
<td>Liang, Chung-Neng and Anita Tsui</td>
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<td>Mindfulness Tai Qi Zen, also called Mindfulness Tai Qi or Tai Qi Zen, is an effective technique that is a combination of Tai Qi and Zen meditation. Practitioners combine the spiral turning body movements of the Tai Qi forms with the mindfulness, awareness and protective ability of Zen Meditation, enabling their mind to maintain concentration on their bodily movements, and in this way they achieve a state of balance of body and mind, and develop mindfulness, authenticity, and wisdom. This course will cover Standing meditation; Twining silk meditation: Basic turns; Moving meditation: Twenty-four forms; and Sitting meditation. This course is suitable for all fitness levels. Please wear loose clothing and bring a soft cushion to sit on.</td>
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<tr>
<td>19</td>
<td>Beginning Yoga Session 1</td>
<td>Tue</td>
<td>Jan 16 to Mar 20</td>
<td>8</td>
<td>9:30am - 11:00am</td>
<td>$4400</td>
<td>Farès Academy Dojo</td>
<td>Winnie Huang</td>
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<td>This beginner class weaves a variety of yoga types in a non-competitive environment. Whether you’re looking for improved flexibility, strength, and balance; clarity of mind; or a deeper spiritual practice, this yoga practice may help you facilitate better overall wellness. Students can expect to learn how to coordinate movement and breath and to observe alignment cues. The instructor will offer modifications to assist you in finding effort and ease in the poses.</td>
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## Family, Fitness & Health

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<tr>
<th>#</th>
<th>Activity</th>
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<th>Instructor</th>
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<tbody>
<tr>
<td>20</td>
<td>Yoga for Wellness Session 1</td>
<td>Wed</td>
<td>Jan 17 to Mar 21</td>
<td>8</td>
<td>12noon - 1:30pm</td>
<td>$4400</td>
<td>Farès Academy Dojo</td>
<td>Malabika Das</td>
<td>Come share in a yoga journey for body-mind-spirit wellness. This course brings together yoga’s yin and yang approach with the eightfold pathway to holistic wellbeing, enriched morality and internal / external connectedness. Each 90-minute session provides discussion of one of the eight limbs of yoga, bridging yoga philosophy into contemporary and relatable self-improvement and wellbeing concepts. Breath work, meditation and asana (posture) practice will follow. Yang yoga focuses on active vinyasa flow and strength-building asanas. Yin yoga focuses on passive longer-held, restorative and fascia-lengthening asanas. Emphasis is placed on safety, proper alignment, and connection of breath to movement, sensations and stress reduction. Please bring a yoga mat, large towel, small towel, two foam blocks and an open heart. All levels welcome.</td>
</tr>
<tr>
<td>21</td>
<td>Personal Development Workshop for the Expatriate Spouse</td>
<td>Thu</td>
<td>Feb 22</td>
<td>1</td>
<td>9:30am - 12:30pm</td>
<td>$800</td>
<td>The Center</td>
<td>Anne Jacquet</td>
<td>As an accompanying expat spouse you may find yourself faced with some unique challenges in your role as the pillar and constant in your mobile family. Balancing everyone’s needs and perspectives, including your own, is no easy feat. Specially designed for expat spouses, this productive workshop will encourage you to think about and explore how you can make your stay in Taiwan an enriching experience and how your journey abroad can contribute meaningfully to your future personal and professional life.</td>
</tr>
<tr>
<td>22</td>
<td>Understanding Chinese Medicine: Nutrition and the Five Elements</td>
<td>Thu</td>
<td>Mar 15 to Mar 22</td>
<td>2</td>
<td>9:30am - 11:30am</td>
<td>$1200</td>
<td>The Center</td>
<td>David Edsall</td>
<td>Chinese medicine is a fascinating and ancient medicine that has evolved to the modern day. In this two-part course, David will introduce the five-element system and the basics of nutrition, from a Chinese medical perspective. In the first class, you will learn which element you correspond to and how that relates to your body’s health and functions. The second class will focus on nutrition, where you will learn how to determine your constitution, according to Chinese medicine, and which foods are best for you. Through this informative course, you will gain a better understanding of Chinese medicine and how to use it in your life to stay healthy.</td>
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<tr>
<td>23</td>
<td>Tai Qi Zen Session 2</td>
<td>Mon</td>
<td>Apr 09 to May 14</td>
<td>6</td>
<td>9:30am - 11:00am</td>
<td>$3300</td>
<td>Farès Academy Dojo</td>
<td>Liang, Chung-Neng and Anita Tsui</td>
<td>Please refer to Activity #18 for course description.</td>
</tr>
<tr>
<td>24</td>
<td>Beginning Yoga Session 2</td>
<td>Tue</td>
<td>Apr 10 to May 22</td>
<td>6</td>
<td>9:30am - 11:00am</td>
<td>$3300</td>
<td>Farès Academy Dojo</td>
<td>Winnie Huang</td>
<td>Please refer to Activity #19 for course description.</td>
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## Family, Fitness & Health/Hobbies & Skills

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<th>#</th>
<th>Activity</th>
<th>Day(s)</th>
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<th>Instructor</th>
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<tr>
<td>25</td>
<td>Yoga for Wellness Session 2</td>
<td>Wed</td>
<td>Apr 11 to May 16</td>
<td>6</td>
<td>12noon - 1:30pm</td>
<td>$3300</td>
<td>Farès Academy Dojo</td>
<td>Malabika Das</td>
<td>Please refer to Activity #20 for course description.</td>
</tr>
<tr>
<td>26</td>
<td>Farewell Taiwan: A Workshop to Help You Relocate or Repatriate</td>
<td>Thu</td>
<td>May 03</td>
<td>1</td>
<td>9:30am - 12:30pm</td>
<td>$800</td>
<td>The Center</td>
<td>Anne Jacquet</td>
<td>Your time in Taiwan is coming to an end; whether you are heading home or to a new overseas posting, it is important that you prepare yourself and your family for this new chapter in your lives. It is so easy to become busy and only focused on the tasks at hand—packing, selling unwanted goods, farewell gatherings, etc. However, a successful relocation often rests with properly saying goodbye to your current country as well as being prepared for how you will greet your new country (or home country) upon arrival. During this interactive workshop you will have the chance to assess how things are going for you right now, properly bid farewell to Taiwan, and develop a strategy to help you transition to your new home and life. Refreshments included.</td>
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## Hobbies & Skills

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<tbody>
<tr>
<td>27</td>
<td>Beginning Knitting Workshop</td>
<td>Thu</td>
<td>Jan 25 to Feb 01</td>
<td>2</td>
<td>10:00am - 12noon</td>
<td>$1800</td>
<td>The Center</td>
<td>Maria Correia</td>
<td>Have you ever wanted to learn how to knit? If yes, then don’t miss this fun hands-on knitting workshop where the final product will be a lovely scarf to wear or give as a gift. Maria will teach you how to cast on, make a slip knot, the knit stitch, and how to fasten off. This two-session class is designed for beginners. All materials included.</td>
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<tr>
<td>28</td>
<td>Essential Oils for Skin and Body Care</td>
<td>Tue</td>
<td>Jan 30</td>
<td>1</td>
<td>12:30pm - 2:00pm</td>
<td>$1200</td>
<td>The Center</td>
<td>Cindi Anderson</td>
<td>More sponge than barrier, the skin is our largest organ. Many products on the market contain ingredients that pollute our bodies and the environment. Essential oils improve skin issues safely, without preservatives, chemicals, or harsh ingredients. Join us as we make simple essential oil infused products to soothe and pamper your skin. Cost of all materials to create your take-home products included.</td>
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<tr>
<td>29</td>
<td>Essential Oils for Healthy, Happy Kids</td>
<td>Tue</td>
<td>Feb 27</td>
<td>1</td>
<td>12:30pm - 2:00pm</td>
<td>$1100</td>
<td>The Center</td>
<td>Cindi Anderson</td>
<td>Empower yourself with the healing properties of plants right at your fingertips. Essential oils provide gentle, effective, natural solutions to caring for your little ones’ everyday health needs right in your own home. Join us as we make kid’s roller remedies and super sprays to use as a natural solution for your family. Cost of all materials to create your take-home products included.</td>
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<tr>
<td>30</td>
<td>Beginning Crochet Workshop</td>
<td>Thu</td>
<td>Mar 15 to Mar 22</td>
<td>2</td>
<td>12noon - 2:00pm</td>
<td>$1400</td>
<td>The Center</td>
<td>Maria Correia</td>
<td>Have you ever wanted to learn how to crochet? Well, then join Maria for this introductory workshop where she will teach you the basics of crocheting. In this beginner class you will learn how to make “granny squares,” which can be stitched together to create any number of items from simple scarves to small blankets and afghans. Take this class and you will be on your way to creating a lovely item made by your own hands. Cost of materials to make approximately six granny squares included.</td>
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- Transportation included
- Snacks, lunch or meal included

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<td><strong>Hobbies &amp; Skills/Learn Chinese</strong></td>
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<tr>
<td>31 Mosaic Workshop</td>
<td>Thu</td>
<td>Apr 12 to May 10</td>
<td>5</td>
<td>12noon - 2:00pm</td>
<td>$3800</td>
<td>The Center</td>
<td>Iris Howorka</td>
<td>In this creative and relaxing workshop you will learn how to design your own piece of art made of small glass tiles. You can choose to create a bowl, a square lamp or a square vase in all kinds of colors. There are no artistic skills required. If you like being creative or doing puzzles this is the right class for you. All materials are included. Please come to the Center before the class begins to see and choose one of the options – bowl, lamp or vase.</td>
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<tr>
<td>32 Writer’s Workshop: The Trouble with the Truth: How to Write Our Nonfiction Stories</td>
<td>Wed</td>
<td>Apr 18 to May 09</td>
<td>4</td>
<td>9:30am - 11:30am</td>
<td>$2400</td>
<td>The Center</td>
<td>Doreen Wang</td>
<td>From “fake news” to reality television, we live in an age where the truth is, perhaps, more hotly contested than ever. What is truth, what is fiction, and what lies in between? And how do those of us who want to tell our own true stories glean lessons from this time? This workshop will examine the problematic nature of telling the truth in creative nonfiction storytelling. Using the short personal essay as our primary medium, we will explore ways to faithfully and artfully recount our stories as honestly as we can, with the knowledge that truth is always blended with our memories, opinions, and perceptions. Students will receive exercises to spark new writing and generate new work. We will look at established and emerging authors (such as James Frey and Catherine Kapphahn), and take turns reading and constructively providing feedback for each other’s writing. The course aims to support students in generating new writing, with the goal of completing one short personal essay by the end of four weeks.</td>
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<tr>
<td>33 Chinese Brush Painting Workshop</td>
<td>Fri</td>
<td>May 04 to May 18</td>
<td>3</td>
<td>12:30pm - 2:15pm</td>
<td>$3000</td>
<td>The Center</td>
<td>Jennifer Tong</td>
<td>Bring out your creative talents in this beginning brush painting class where the emphasis will be on holding the brush correctly, producing proper brush strokes, and applying the proper amount of ink to the paper. Even if you are not artistic, you will be surprised at the end results. By the end of this class you will have produced two beautifully painted pieces: a decorative panel to display and a paper fan. Cost of all materials (brushes, ink, paper, fan and panel) included.</td>
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<td><strong>Learn Chinese With Gloria Gwo</strong></td>
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<td>34 Survival Chinese I Session 1</td>
<td>Mon &amp; Wed</td>
<td>Jan 15 to Mar 21</td>
<td>16</td>
<td>9:10am - 10:30am</td>
<td>$7200</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Would you like to be able to communicate with shopkeepers, taxi drivers and co-workers? Whether you’ve just arrived in Taiwan or have been here awhile, this is the class for you. Learn spoken Mandarin in a relaxed and informal environment right here at The Center. Course materials included.</td>
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Transportation included  Snacks, lunch or meal included  Please check www.communitycenter.org.tw for the most recent updates.
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<tr>
<td>35</td>
<td>Survival Chinese II</td>
<td>Mon &amp; Wed</td>
<td>Jan 15 to Mar 21</td>
<td>16</td>
<td>10:40am - 12noon</td>
<td>$ 7200</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>This course builds upon the skills learned in Survival Chinese I and offers approximately 20 hours of language instruction for people who would like to upgrade their basic skills and go one step further with Mandarin. This class is also suitable for anyone who has taken some basic Chinese lessons and would like to continue with his or her studies. Course materials included.</td>
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<tr>
<td>36</td>
<td>Survival Chinese III</td>
<td>Mon &amp; Wed</td>
<td>Jan 15 to Mar 21</td>
<td>16</td>
<td>12:10pm - 1:30pm</td>
<td>$ 7200</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>This course completes our Survival Chinese series and covers advanced vocabulary and sentence patterns as well as conversational practice. Prerequisites: Survival Chinese I and II or completed approximately 40 hours of language instruction.</td>
</tr>
<tr>
<td>37</td>
<td>Evening Survival Chinese I</td>
<td>Mon &amp; Wed</td>
<td>Jan 15 to Mar 21</td>
<td>16</td>
<td>6:30pm - 7:50pm</td>
<td>$ 7200</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #34 for course description.</td>
</tr>
<tr>
<td>38</td>
<td>Beginner Chinese Study Group: Reading and Writing Characters</td>
<td>Tue &amp; Fri</td>
<td>Jan 16 to May 22</td>
<td>23</td>
<td>9:10am - 10:30am</td>
<td>$12600</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Most people think that learning to read and write Chinese is either not necessary for their short time in Taiwan or just too difficult to attempt. However, in this course, Gloria proves both of these misconceptions wrong. By teaching you about the root of each character and how the characters are built, you will discover that learning Chinese characters actually helps you to improve your understanding of the spoken language. So, don't be afraid, sign up for this full-semester reading and writing class. Prerequisites: completion of our Survival Chinese series or at least 40-60 hours of Chinese language instruction. Course books to be purchased at an additional cost.</td>
</tr>
<tr>
<td>39</td>
<td>Chinese Conversation</td>
<td>Tue &amp; Fri</td>
<td>Jan 16 to May 22</td>
<td>23</td>
<td>10:40am - 12noon</td>
<td>$12600</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>This full-semester class will focus on using and practicing what you have already learned in Survival I, II and III to help you advance in your study of spoken Chinese. The class will also improve your listening skills through the use of recorded materials. New topics such as ordering food in restaurants, going to the doctor or dentist, and many other daily life activities will be introduced. Classroom time will be supplemented with occasional outings to local shops, restaurants and businesses. Sound like fun? Then sign up and join this practical, task-based class. Prerequisites: Survival Chinese I, II and III or completed approximately 40-60 hours of language instruction.</td>
</tr>
<tr>
<td>40</td>
<td>Survival Chinese I</td>
<td>Mon &amp; Wed</td>
<td>Apr 09 to May 23</td>
<td>14</td>
<td>9:10am - 10:30am</td>
<td>$ 6300</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #34 for course description.</td>
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<tr>
<td>#</td>
<td>Activity</td>
<td>Day(s)</td>
<td>Dates</td>
<td># of Sessions</td>
<td>Time</td>
<td>$$$</td>
<td>Meet@</td>
<td>Instructor</td>
<td>Description</td>
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</tr>
<tr>
<td>41</td>
<td>Survival Chinese II Session 2</td>
<td>Mon &amp; Wed</td>
<td>Apr 09 to May 23</td>
<td>14</td>
<td>10:40am - 12noon</td>
<td>$6300</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #35 for course description.</td>
</tr>
<tr>
<td>42</td>
<td>Survival Chinese III Session 2</td>
<td>Mon &amp; Wed</td>
<td>Apr 09 to May 23</td>
<td>14</td>
<td>12:10pm - 1:30pm</td>
<td>$6300</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #36 for course description.</td>
</tr>
<tr>
<td>43</td>
<td>Evening Survival Chinese II</td>
<td>Mon &amp; Wed</td>
<td>Apr 09 to May 23</td>
<td>14</td>
<td>6:30pm - 7:30pm</td>
<td>$6300</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #35 for course description.</td>
</tr>
<tr>
<td>44</td>
<td>Summer Survival Chinese I</td>
<td>Mon &amp; Wed</td>
<td>Jun 06 to Jul 25</td>
<td>14</td>
<td>9:10am - 10:30am</td>
<td>$6300</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #34 for course description.</td>
</tr>
<tr>
<td>45</td>
<td>Summer Survival Chinese II</td>
<td>Mon &amp; Wed</td>
<td>Jun 06 to Jul 25</td>
<td>14</td>
<td>10:40am - 12noon</td>
<td>$6300</td>
<td>The Center</td>
<td>Gloria Gwo</td>
<td>Please refer to Activity #35 for course description.</td>
</tr>
</tbody>
</table>

### What's Cooking

#### 46 Delectable Dumplings
- Fri Jan 19
- Time: 10:00am - 12noon
- $$$: $1200
- Meet@: The Center
- Instructor: Ivy Chen

At least once every year, Ivy shares some of her very popular Chinese dumpling *(jiǎozǐ)* recipes at the Center. This semester join her for this fun hands-on class where she will demonstrate two different types of dumplings. On the menu are the very traditional boiled Pork with Cabbage Dumplings *(shuǐjiǎo)* and pan-fried Vegetable Dumplings *(guōtī). Both will be served with her favorite dipping sauces and a tasty seasonal vegetable. With Ivy as your cooking guide you will be well on your way to making these tasty local treats for your family at home. Hǎo chī!

#### 47 British Tea Party: Scones and Clotted Cream
- Fri Jan 26
- Time: 10:00am - 12noon
- $$$: $1200
- Meet@: The Center
- Instructor: Karen Farley

Karen will begin this delicious baking class by preparing traditional, round British Scones with Raisins, served with her homemade "clotted cream." Next she will demonstrate Orange and Cranberry Scones with Glacé icing, an American-style wedge scone. Then, to offer a balance of flavors to the morning, she will conclude the class with Savory Cheddar and Apple Scones. We'll put on a pot of tea and have a party!

#### 48 Healthy and Delicious: Cooking with a Bamboo Steamer
- Fri Feb 02
- Time: 10:00am - 12noon
- $$$: $1200
- Meet@: The Center
- Instructor: Ivy Chen

In this class Ivy will teach you how to use and properly maintain a bamboo steamer. If you’ve never used one before, here’s your chance to discover a whole new method for preparing healthy and delicious meals. On the menu will be Steamed Beef and Pumpkin; a steamed seasonal fish dish; and Chicken Shao Mai, a healthy version of a classic dim sum dumpling.
<table>
<thead>
<tr>
<th>#</th>
<th>Activity</th>
<th>Day(s)</th>
<th>Dates</th>
<th># of Sessions</th>
<th>Time</th>
<th>$$$</th>
<th>Meet®</th>
<th>Instructor</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>49</td>
<td>Indian Vegetarian: Savory Samosas</td>
<td>Fri</td>
<td>Mar 02</td>
<td>1</td>
<td>10:00am-12noon</td>
<td>$1200</td>
<td>The Center</td>
<td>Nomita Kavra</td>
<td>Join Nomita for this fun, hands-on class where you will learn how to make two types of Samosas: Vegetable-filled and Soy-filled (this recipe is also great with meat). She will also prepare Tamarind Chutney and Coriander Chutney to serve with your Samosas. These delicious appetizers will be a hit with your family at home or served at any party.</td>
</tr>
<tr>
<td>50</td>
<td>Oodles of Chinese Noodles!</td>
<td>Fri</td>
<td>Mar 09</td>
<td>1</td>
<td>10:00am-12noon</td>
<td>$1200</td>
<td>The Center</td>
<td>Ivy Chen</td>
<td>Noodles form a basic component of Chinese/Taiwanese cuisine and there are so many types available for you to enjoy. In this class, Ivy will teach you how to make three dishes using three different types of noodles: Hand-made Noodles known as Māo ěrduǒ or Cat’s Ears, served with a Sesame Sauce; Taiwanese Beef and Tomato Noodle Soup made with Thick Rice Noodles; and, Stir-Fried Glass Noodles with Shrimp and Vegetables.</td>
</tr>
<tr>
<td>51</td>
<td>From Market to Table</td>
<td>Wed</td>
<td>Apr 11</td>
<td>1</td>
<td>9:00am-1:30pm</td>
<td>$1600</td>
<td>Shi Dong Market Entrance #2</td>
<td>Ivy Chen</td>
<td>This cooking class begins at the Shi Dong Market where Ivy will show you how to purchase the freshest ingredients to prepare and cook a selection of four delicious Chinese/Taiwanese dishes of the group’s choosing: one fish, one chicken or meat, and two vegetables. After making your purchases, stroll over to Ivy’s house to create this wonderful lunch to enjoy together. Space is limited, so register (and pay!) early for this special class.</td>
</tr>
<tr>
<td>52</td>
<td>Pakistani Cooking: Delicious Paratha Wraps and Rolls</td>
<td>Fri</td>
<td>Apr 20</td>
<td>1</td>
<td>10:00am-12noon</td>
<td>$1200</td>
<td>The Center</td>
<td>Asma Ahmed</td>
<td>Do you often find yourself wondering what to make for a simple, but tasty dinner? Join Asma for a Pakistani wrap and roll class using paratha bread, local scallion pancakes and pita, all easily available at the market. Learn to make three delicious fillings: Chicken Tikka, Chicken Malai and Spicy Potato Masala, served with Mint Yoghurt Sauce, Tamarind Sauce, Garlic Dip and Kachumer Salad. So easy and so delicious!</td>
</tr>
<tr>
<td>53</td>
<td>Very Vietnamese: Specialties from Hanoi</td>
<td>Fri</td>
<td>Apr 27</td>
<td>1</td>
<td>10:00am-12noon</td>
<td>$1200</td>
<td>The Center</td>
<td>Khanh Phan</td>
<td>Join Khanh on a cooking trip to Hanoi and learn how to prepare a delicious Vietnamese meal suitable for the warm weather. The main dish will be Bun Cha, a dish made internationally famous by Barack Obama and Anthony Bourdain who both fell in love with it during a visit to Hanoi. The main ingredients of Bun cha are grilled pork and rice vermicelli noodles, which are served with a delicious broth and tasty fresh greens. Paired with our Bun Cha and perfect for summer will be fresh Vietnamese-style Spring Rolls with Shrimp and Pork. Ngon Qua!</td>
</tr>
</tbody>
</table>

Transportation included Snacks, lunch or meal included

Please check www.communitycenter.org.tw for the most recent updates.
Shin Kong Orthopedic Sports Medicine Institute

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Assistant Clinical Professor of Orthopedic Surgery, UCLA
Board Certified, American Board of Orthopedic Surgery
Fellow, American Academy of Orthopedic Surgeons

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National Therapeutic Use Exemption Committee
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Taiwan Orthopedic Sports Medicine Research Foundation
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SPECIALIZING IN
- Degenerative arthritis
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Effectively treated top professional athletes (Kobe Bryant, Alex Rodriguez, Fred Couples) and celebrities (Oliver Stone, Javier Bardem, late Pope John Paul II)

“It made a huge difference for me. It is about 95%, if not to say 100%.”  
— Kobe Bryant, LA Lakers

“I had the Orthokine treatment, and after just a few weeks I was able to resume my regular playing schedule and I feel fantastic!”  
— Fred Couples, 2012 Senior Open Champion

“Rodriguez is 100% right now and that there are ‘no red flags’ going into spring training!”  
— A-Rod, NY Yankees

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1. Use your own protective immune protein to halt cartilage destruction
2. Reduces joint pain, stiffness, and improves your quality of life
3. Your own regenerative growth factors for treatment of
   - Shoulder tendinitis, Achilles tendinitis, Plantar fasciitis
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www.orthokine.com.tw  
Email: skosmi@gmail.com
My bag was packed and I was all set to go to Taitung. I was excited about seeing my old friends, Uwe and MaDonna Maurer, again. We had met through our sons, who were attending the same international school in Taipei and played on the same basketball team. But that was several years ago and our lives had changed significantly since then.

As my train sped along, I thought about Uwe and MaDonna, their children, and the work that they had been doing in China before moving to Taiwan. Uwe and MaDonna have three children, and one, Megan, was born with special needs. She was born premature and with LeJeune’s Syndrome (a rare bone condition) and would be mentally and physically disabled for the rest of her life.

Concerned and wanting the best medical care for their daughter, they decided to move back to Taiwan, where Uwe was raised. They did not know it at the time, but they would become beacons of hope for other parents whose children also had special needs.

A MAJOR DECISION IS MADE

Once back in Taiwan, the Maurers began to meet and network with other families with similar challenges. As they reached out to more and more families, it became clear to Uwe and MaDonna that they were being led in a new life direction. They realized that there was a tremendous amount of work to be done to support and encourage these families. As Uwe said, “Our dream is that all families in Taiwan who have children with special needs will be able to receive love, support and the encouragement that they need.” So, they took a huge leap of faith, started Taiwan Sunshine in 2009, and subsequently moved to Taitung.

DEVELOPING EDUCATION AND COMMUNITY NETWORKS

During my visit, I was updated by Uwe on what their organization is currently doing. One major accomplishment is to work in partnership with the Special Education Network in Taiwan (SENITA). Uwe explained that they provide seminars and resources to parents and teachers in the international school. They also host community and church workshops to raise awareness, and to create ways to support families that

TEXT: MARTA SUZUKI  IMAGES: UWE MAURER
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Let ACC be your home away from home for the genuine care and comfort of our Members where you can develop international relationships and lifelong friends.

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have children with special needs.

Another successful step has been to create a new partnership with the Galilee Social Welfare Family Foundation in Taitung. They are going to create a community center for families that have children with special needs. It will be a center that is friendly, safe and filled with developmental resources such as a toy library, a space for music and art, and sports activities.

**SPORTS**

The Taiwan Sunshine organization hosts the “I am a Hero” games event, where participants with special needs have an opportunity to show how sports help them to develop their muscles and coordination. It also involves parents, teachers and community members. These “I am a Hero” events are held several times a year. “One of our goals is to develop teams that can compete against each other in regular games in a special education school sports league,” explained Uwe.

During my visit, I had the opportunity to help Uwe and MaDonna with a sports activity. We went to a local school, which had set up a designated area for the special-needs children. They jumped, walked on a high beam, climbed over hurdles and through specially-designed obstacle courses. I could see that they were hesitant as they began to do these sports activities. However, they tried their best, and soon they were at ease with themselves and how they were improving. It was a joyful afternoon.

**HOPE**

Uwe and MaDonna are hopeful that through their Taiwan Sunshine organization more and more people will begin to understand that each child is a valuable gift, not only to parents and families, but to the world. They are looking forward to expanding centers throughout Taiwan, including some major cities. They depend on their volunteers, financial support from generous donors, friends and partnerships.

Taiwan Sunshine invites you to learn more about their services.

[www.taiwansunshine.org](http://www.taiwansunshine.org)
[www.facebook.com/twnsunshine](http://www.facebook.com/twnsunshine)
[info@taiwansunshine.org](mailto:info@taiwansunshine.org)

Marta Suzuki is from Rio de Janeiro and the mother of two incredible teenagers. She likes to spend her free time writing stories that can inspire others.
Community as a concept is something that I typically associate with an immediate geographic area, such as a neighborhood community, or an associated group of people such as your school. It is something that people share in common, in close proximity, or in interest. However, I want to share a story about a transnational community; one I feel is connected through time, distance, tradition, art, and a yearning to learn from the power of culture and its survival.

My wife and I first came to Taiwan in 1986 to study Chinese. Taiwan at that time was still under martial law, but also had a vibrant cultural and economic pulse. We became fond of the energy of the night markets, the street culture and the fabulous art, the beauty of the natural landscapes, and the warmth of the people. We also learned about Japanese colonial history, the various indigenous cultures, and saw the emergence of Taiwanese identity.

FAR FROM HOME

We returned to Seattle, and in order to keep some connections to Asia became involved with the Seattle Asian Art Museum. Imagine our surprise when we came across a host of Taiwanese indigenous artifacts in one of Seattle’s better-known seafood restaurants! Inside Ivar’s Salmon House, which was designed as a Native American long-house in the tradition of Pacific Northwest tribes, we saw numerous wood carvings of Paiwan origin. Hanging from the ceiling were two boats from the Tao (or Yami) people of Orchid Island (Lanyu), which were being used as light fixtures.

The restaurant’s founder, Ivar Hagelund, owned a famous Seattle landmark, the Smith Tower. In the 1970s, Mr. Hagelund travelled to Taiwan to get some furniture for the turn-of-the-century “Chinese Room” inside this building, and also bought some indigenous artifacts for his new Salmon House restaurant.

When I visited the restaurant I immediately knew the boats were significant artifacts. In 2004, I tried to get the restaurant to donate them to the Burke Museum of Natural History and Culture on the University of Washington campus in Seattle. I was unsuccessful, but continued to keep an eye on them, hoping that one day, my efforts would bear fruit.

Fast forward to 2015, when I found that the artifacts had been removed from the restaurant. I

Creating Community through a Tao tatala

TEXT & IMAGES: MICHAEL JACOBSON

Syaman Lamuran inspecting the tatala at my home

Schematic of tatala construction

(TEXT & IMAGES: MICHAEL JACOBSON)

TEXT & IMAGES: MICHAEL JACOBSON

Syaman Lamuran inspecting the tatala at my home

Schematic of tatala construction
contacted the company to see if they still owned the materials, or knew their fate. Ivar’s Salmon House had been remodeled, and since the boats weren’t Native American items, they had been removed and were being held in storage. I made the company an offer and acquired the two boats. Subsequently, I donated the one which was in better condition to the Burke Museum of National History and Culture, and retain possession of the other one.

These seagoing boats are called tatala in the Tao language. They are plank-constructed from 21 separate pieces, pin-fitted together without nails or glue. They’re used as fishing vessels and are rowed with oars. The imagery on the tatala include an eye for protection, ancestor figures, images of waves, and patterns representing the scales of the flying fish, traditionally one of the main forms of sustenance for the Tao.

These days, many Tao young people go to Taiwan’s mainland for their education and for jobs, and since the building of Tao boats is not being done by the young men, this craft of building Tao fishing boats is dying out.

In the summer of 2017, the Taiwan Atayal Organization funded several members of the Taiwan Tao tribe to come to Seattle. Included in this visit was Gary R. Smoke, the Taiwan Director of International Relations at the Atayal Organization. This visit was part of a cross-cultural exchange with Pacific Northwest Native Tribes as part of an annual canoe journey. Syaman Lamuran, current head of the Tao Foundation, knew of the two “Seattle” tatalas through a Paiwan graduate student by the name of Lenglengman Rovaniyaw (aka Hsi-Wen Chang) who was studying for her Ph.D. at the University of Washington.

The Tao tribal members from Orchid Island led a ceremony at the Burke Museum to “bless” the tatala. This ceremony offered prayers and blessings to assure the tatala that it had already enjoyed a long life and to rest easy, even though it was far away from its home. Prayers continued to let it know that it would be well taken care of at the Burke Museum. The Liouguei Choir, made up of indigenous tribal children, performed two songs in support of the blessing ceremony.

The Burke Museum has tentative plans to display the Tao boat in 2019. Syaman Lamuran also visited my home and we discussed what we might do with the other tatala in terms of repair or preservation.

I continue to learn more about the Tao people’s culture and current situation. The storage of nuclear waste on their home, Orchid Island, the impacts of tourism on the island, and the lack of local economic opportunity all have an impact on the quality of life for the residents.

I am becoming more aware of a growing global cultural renaissance based on shared awareness and strength within other indigenous communities, as they persevere against difficult conditions and bond together against challenges to their culture, identity, and existence.

I think the main aspect of this story which continues to amaze me, is how in my pursuit to rescue these tatala from obscurity, I have helped to build my own community of people that are interested in supporting the Tao people’s cultural survival and visibility. I would have never imagined that through my focus on the tatala fishing boats that I would ever host a Tao tribal member in my house and be able to discuss first-hand the issues of Tao identity, art, and cultural survival. I am also hoping that this ever-expanding community will help me find an appropriate home for the second tatala, or help in its restoration. The opportunity to continue to pursue these interests with museum curators, anthropologists, foundations, and tribal members has been a very rewarding part of this journey. Lastly, one day soon, I look forward to the time when I can go to Orchid Island and make additional connections to this awesome, creative community.

Michael Jacobson works professionally in the field of strategic planning and organizational performance management. When not at work, he spends an inordinate amount of time focused on learning about and deepening his understanding of Asian art and culture.

To support Tao cultural awareness and international cultural exchange, please consider a donation to the Tao Foundation or the Atayal Organization.

Syaman Lamuran with me and my wife, Cara, next to the tatala
Taiwan’s Indigenous People Build International Tribal Relationships

This past summer, members from the Tao tribe of Orchid Island in Taiwan traveled over 6,000 miles to the United States to attend one of the largest Native American cultural events of the year: the Pacific Northwest Tribal Canoe Journey.

The Canoe Journey event began in 1989, as part of the centennial celebration for the state of Washington. Fifteen First Nations participated in this event, signifying the importance of their intent to revitalize and raise awareness of their nations’ rich cultures and traditions. The Canoe Journey event highlights the significant transportation contributions made by First Nation people to the coastal regions of the Pacific Northwest and Puget Sound, using traditional tribal log canoes.

The Tao people are an Austronesian ethnic group native to Orchid Island, off the southeastern coast of Taiwan. The island’s population relies on fishing as its main form of income. Their fishing boats are a significant spiritual symbol of their traditions and beliefs. Great care goes into the making of a Tao tatala fishing boat.

Gary R. Smoke, a long-time resident of Taiwan, originally from Bellevue, Washington, heard about this event and was immediately intrigued. What piqued his interest even more was when he learned that indigenous people from the Philippines and New Zealand had been allowed to participate in the Canoe Journey as “guests.” This is when he decided that the Tao tribe of Orchid Island should also participate.

The Tao People
The Tao people are an Austronesian ethnic group native to Orchid Island, off the southeastern coast of Taiwan. The island’s population relies on fishing as its main form of income. Their fishing boats are a significant spiritual symbol of their traditions and beliefs. Great care goes into the making of a Tao tatala fishing boat.

The Atayal Organization
Gary presented his idea about having representatives from the Tao community to his colleague Tony Coolidge, the Executive Director of the ATAYAL Organization. ATAYAL is a non-profit organization founded...
in the U.S., whose vision is to assist with the empowerment of indigenous peoples and the preservation of their cultures, and to support the building of international relationships between indigenous nations, people and the world.

GETTING THINGS MOVING

As the Director of ATAYAL’s International Affairs, Gary quickly organized last summer’s inaugural exchange program. He was able to take Tao tribal members Syaman Lamuran and Syaman Manaralay, an Atayal tribe representative, to the U.S. to meet with counterparts associated with the Tribal Canoe Journey event. Also on hand were Will Tsang and Ciwang Teyra from Taiwan’s Truku tribe, who currently live and study in Seattle.

THE TRIBAL CANOE JOURNEY EVENT

The Tribal Canoe Journey is one of the largest Native American cultural events, where tribe members paddle their canoes in a traditional fashion along designated Pacific Northwest coastlines. Daily stops at different tribes’ reservations, enjoying their hospitality, camaraderie and Native American welcome ceremonies, are some of the joys of this annual event.

The Taiwan delegation paddled along part of the route and met many tribes during their stay. Goodwill, brotherhood and the exchange of important cultural traditions were shared. One highlight for us was the blessing of a traditional Tao fishing boat that had been donated to the Burke Museum, located on the University of Washington campus.

Tao tribal elders from our delegation performed a sacred blessing expressing to this Tao fishing boat that its spirit would be at peace in its new home. Indigenous children from the Liouguei Choir representing nine different Taiwan indigenous tribes gave an inspiring performance, with an invitation to return next year.

PLANS TO RETURN WITH MORE INDIGENOUS CANOE PADDLERS

Since this visit was such an overwhelming success, the ATAYAL organization would like to include more paddlers and members from the different tribes in Taiwan for next year’s Tribal Canoe Journey. They would like to have a canoe built during the next two years, to enter in future Tribal Canoe Journeys, representing Taiwan and its indigenous people. The canoe will then be donated to the Burke Museum and made available for our use each time we visit.

Gary comes from Bellevue, WA and has been in Taiwan since 1991. Gary’s love for Taiwan brought him to ATAYAL, a non-profit from America, which assists Taiwan’s indigenous people. As Director of International Relations his work involves arranging cultural exchanges, language exchanges, and student exchanges as well as developing economic opportunities. His Tribal Canoe Journey work will continue in 2018 with another trip to the Pacific Northwest of America.

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For many Tianmu residents, Lutetia Cafe has become an institution. Owner Cedric Guyot opened his corner coffee shop almost ten years ago on the east side of Zhongshan North Road, Section 6. Over the following years Lutetia has evolved into a type of community center. The combination of location, excellent coffee, delicious baked goods, and warm friendly atmosphere, make Lutetia an appealing hang-out for people of all ages and nationalities. The broad variety of food offerings makes it attractive for breakfast, lunch, or even a light dinner. And in the evening it takes on a cheerful bar-like atmosphere.

Cedric himself is a big part of Lutetia’s attraction. He speaks many languages fluently and spends a lot of time conversing with patrons. In fact, many people refer to Lutetia fondly as “Cedric’s.” He comes from a family of cafe owners in France and has clearly inherited that sociable entrepreneurial spirit that makes him successful. Cedric strives to make Lutetia a traditional French café, but wants everyone to feel welcome — foreigners in Taiwan as well as Taiwanese patrons.

On any given day, you’ll find a broad variety of people there: students, parents with babies, retirees, groups of friends, etc. For many in the community, this is THE place to meet. Many former residents of Tianmu who have moved away, return for a visit, and go knowing they will run into people they know at Lutetia.

Five years ago, Cedric expanded Lutetia to include a bakery, a few doors down the street. His baked goods have become so popular that both Tianmu Carrefour locations carry Lutetia breads and pastries. And very recently he opened a second Lutetia Cafe in Shilin, on Wenlin Road, across from Taipei European School in the new Taipei Traditional Theatre Center. This Lutetia Cafe is much larger than the original shop, so it’s a wonderful meeting place for people who want more space to spread out! Check out the new location at 751 Wenlin Road, next to the Fugu Bridge.

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Julia Ruggiere is a 9-year resident of Taipei and a supporter of the Community Services Center.
Joan created Hungry in Taipei in 2005 when she moved to Taiwan from California and couldn’t find much information online about restaurants in English. She has since blogged about over six hundred Taipei restaurants, found places to fulfill her Mexican, cupcake, BBQ and pho cravings. She has explored Taipei’s night markets, shaved ice, dumplings and fine-dining scene extensively. Hungry in Taipei has been mentioned by BuzzFeed, CNN Travel, NY Post, Lonely Planet Taiwan, Taipei Times, Bizarre Foods and the Culinary Institute of America. http://hungryintaipei.blogspot.tw/

Down a typical residential Taipei alley in Neihu is a small, bright blue sign with a kangaroo logo. Turn left and when you’re greeted by an even bigger pop of color, with cerulean blue benches and a huge sign, you’ll have discovered Antipodean. It’s a great place to grab a quiet breakfast since it opens at 9 am, or take a group of friends for lunch to share salmon avocado toast, big breakfast plates and my favorite acai bowl (of the moment) in Taipei.

The brunch menu is short and sweet, but avocado lovers will be happy to find that you can either have it mashed on toast (with smoked salmon and arugula), sliced on a breakfast plate (with baked beans, eggs, hash browns, mushrooms and a baked half tomato), or baked with spicy chorizo.

Having been to the Antipodean several times, my go-to order now is the Avocado Big Breakfast (NT$320), since it has a little bit of everything, and you can DIY your avocado toast with the slices of sourdough they give you. The scrambled eggs are fluffy and creamy, the baked beans slightly sweet, and there are roasted mushrooms and tomato to make you feel healthy. If you’re looking for meat in your morning, then the Antipodean Big Breakfast (NT$320) swaps out avocado for bacon and sausage.

I’ll always remember the Antipodean as the first place I ever tried an acai bowl, and though I’ve only tried a couple afterwards, I still like Antipodean’s (NT$380) the best. The consistency and iciness of the acai smoothie is just right, and their house-made granola gives a nice sweet crunchiness. The size is larger than the other places I’ve had it, and they do not skimp on the fruit. Deflect the cost by sharing with friends.
Can you believe this was my first acai bowl EVER? I loved the thin slivers of almonds, the caramelized granola, and the fat slices of bananas, strawberries and blackberries. Underneath the layers of crunch and fruit are creamy, icy spoonfuls of acai berry smoothie. I think I was always a bit intimidated by not knowing what it would taste like (and how do you pronounce acai anyway?!), but if you like yogurt bowls, you should enjoy this.

Founded in April 2016, the name of the Antipodean is a nod to its founder's Australian roots, and calls itself a third-wave Australian-inspired coffee shop. It does remind me a bit of Woollooomooloo (in the early days with their breakfast plates, before they raised prices and made portions smaller, and made certain menu items exclusive to weekends). The owner is quite friendly, and you might catch him behind the counter to strike up a conversation. I’ve been wanting to keep Antipodean to myself, since their space is limited, but I’ve already seen a flurry of Instagram posts with their bright blue table and carefully placed dishes since I first posted it, so I guess the secret’s already out….

The Antipodean
4, Lane 26, Gangqian Road, Neihu
(內湖區港墘路26巷4號)
(02) 8751-0027
Hours: 9 am – 6 pm
MRT: Gangqian
Know Thyself

If you fly away from yourself, your prison will run with you and will close in because of the wind of your flight; If you go deep down into yourself, it will disappear in paradise.

~ Gustave Thibon

In the field of psychotherapy, helping people to increase self-knowledge has been a common practice since time immemorial. What people come to learn about themselves in therapy can be fascinating, sometimes even shocking, as the work deepens. Personally, I never quite understand why the general public would (mis)label people who seek counseling as being “weak-willed.” For, based on my clinical experiences, it’s usually the exact opposite. Therapy can be such a daunting endeavor: really not for the faint of heart. Therapy is also such a mysterious adventure that no one can predict from the start what we may discover along the way, or where we may land in the end. Inevitably in the counseling process, after all the smoke screens of complaining and blaming are cleared, there comes a time when we have to take a hard look deep down into ourselves. And what if we don’t like or can’t comprehend what we’ve discovered? Where do we go from there?

Once, while I was guiding a client through a simple relaxation exercise, suddenly she opened her eyes and said, “I can’t relax. ‘Something’ just wouldn’t let me.” “What is it?” I wondered out loud. The client replied, with a bit of a shock on her face, “I don’t know... But it’s me, like another part of me.” Anyone who has had an internal conflict knows exactly what this client was talking about. We’ve all experienced different parts of us once in a while. We may hear a part in our mind, like the critical voice of my Perfectionistic Part that doesn’t stop commenting on anything I put down while working on this article. We may feel a part viscerally, like the gripping sensation in the chest when a Panicky Part strikes. We may also visualize a part, like seeing a Depressive Part as a shadow descending upon us, or a black hole waiting to devour us.

Naturally, we may prefer some parts over others. For example, we may value an Achieving Part that helps us stay productive and feel accomplished, and despise a Shaming Part that makes us feel worthless. But all our parts, no matter how bizarre or even scary, serve important functions and exist for good reason; if nothing else, they have helped us survive. Imagine a boy having to grow up in a violent home environment. Wouldn’t it be nice to feel protected by a Dissociative Part that can shut down his feelings, so that he does not get engulfed by the chaos and terror? Or to obtain some sense of control through a People-Pleasing Part that knows how to steer him out of harm’s way? All our parts come into existence in reaction to our needs for survival at a given time in life.

Problems arise when the parts that once helped us survive now impede us from moving forward. Imagine that same boy, who survived the chaotic past with the protection of his Dissociative Part, is now a grown-up — a husband and a father of two children. Let’s say, over the years, he has also developed strong Rational and Intellectual Parts combined with a super Workaholic Part. These parts work well together on his career front, from which he derives most of his confidence and self-esteem. Yet, being chronically cut off from his own feelings, how do you think he would react when his wife complains about their loveless marriage? Or when his children go to him for comfort or emotional support? My guess is that, when such touchy-feely stuff just doesn’t compute in his head, his default might be shutdown and withdrawal into his own world, trying to work harder, to earn more money, to be more successful in his job... until someday these coping strategies outline their usefulness.

Parts can help us survive, but not thrive. To live our lives fully, we need to live in our Self. According to Richard Schwartz, the founder of Internal Family Systems Therapy, we all have a Core Self that can observe, heal and transform all our parts. We all have it; we can all access it on demand as long as we know how to. The Core Self has eight C-qualities: curiosity, calmness, connectedness, clarity, compassion, creativity, courage and confidence. With the Core Self, we do not easily get “hijacked” or “possessed” by our parts. Instead, we can learn to help our parts work harmoniously together and function beautifully as an integrated whole.

In the beginning of therapy, clients often tell me, “I am damaged goods. It’s too late to do anything now,” or “______ (e.g., always feeling depressed) is just who I am.” Clients often ask me: “What can trauma recovery work do? What exactly will I recover?” The ultimate goal of trauma recovery is to recover our true Self from the chronic fragmentation of our parts. And come to know that “we” are never broken; it’s only “a part of us” that believes we are.

Note: It is highly recommended that individuals with severe traumatic experiences try to work through their issues with a trained health professional.

Emilie Ma is a licensed psychologist in Taiwan. She has been providing guidance/ counseling services for more than 20 years. Her professional interests are trauma recovery and personality adaptations.

TEXT: EMILIE MA    IMAGE: WEB
Wishing You a Sole-ful Festive Season

TEXT: ZEE DLAMINI   IMAGES: WEB

The Christmas vibe can be felt all around us; Christmas decorations are now up, and it seems as though the people we interact with are “happier.” The festive season is upon us. Although the weather has been very unpredictable for the past few months, festive season-inspired clothing is all around us.

With the holidays around the corner, plenty of activities – from visiting friends or taking your guests around, to endless Christmas shopping – will require durable, comfortable shoes. The holiday season is a busy one for most expats in Taipei!

The current fashion trends are not only stylish, but also very practical this season, and they may even be investment pieces that last all the way through the better part of the coming new year.

The current street style combinations include pointy-toe shoes, mules, embellished sneakers and boots, and platform brogues, which can arguably be named the “shoe of the year.” Everything about footwear at this time of the year tells a story of comfort and functionality.

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Zee Dlamini is a digital PR strategist turned fashion stylist/fashion blogger, in addition to being a full-time mommy with a zest for life and a lover of all things good.

TIP: When buying flat mules, the fabric used should be your guide. For example, although certain brands make gorgeous mules with comfortable faux fur on the inside, you need to figure out how practical they will be in your daily life, as well as durability in poor weather.

POINTY-TOE SHOES

These shoes are not exactly new; they are flat ballerina-styled shoes, but without the rounded finish in the front. No doubt, the pointed toe is much more chic, even though they will be more painful to your feet over time. The rounded-toe flat shoe is still a winner, but if you are looking at dressing up your look, then the pointed toe is your new best friend.

MULES

Whether flat, low block-heeled, sneaker mules, espadrille mules, or pointy/rounded toe mules, mules in all fabric textures and colors are enjoying a cool moment this festive season.

They play well into the “easy chic” look that most on-the-go adults crave to nail in their downtime. They are also quick to slip on!

EMBELLISHED SNEAKERS/BOOTS

Although the classic white sneaker is dearly loved, it seems as though a more fun perspective is taking center stage. It’s now more about sneakers that have a little “conversation starter” about them – be it a logo, intricate embroidery, or even traditional Chinese satin fabrics. These fall right into my “happy sneakers” list.

HIGH HEELS LOWER THAN FOUR INCHES

As more women need more functionality in their shoe closets, and their need for comfort becomes stronger, higher heels are taking a time-out. Low block or high heels at three inches or lower are back in style, and play right into the practical aspects of commuting in Taipei.

HIGH SHINE SHOES

The one positive about this finish is they will be able to stand the rainy weather in Taipei. Granted, they may not speak to everyone. However, they make an excellent style addition to the gloomy weather this season. A little shine never hurt anybody.

PLATFORM BROGUES

These come in almost all colors, heights and styles, and are the comeback kid of the year. Not only are they comfortable, but their design variety ensures that both men and women, of different ages, can safely call these their favorite shoes. The varying platform height allows you to choose a preferred platform heel size, and they also come in various fabrics and finishes.
Despite a huge modernization program that has seen much of the area change almost beyond recognition over the last decade or so, it’s hard at first glance to see anything remotely outstanding about the Taipei suburb of Zhonghe (中和), across the Xindian River from Taipei city center. Zhonghe is basically just another suburb like neighboring Xinzhong or Banqiao, but without the wonderful Lin Family Garden (鄰家花園) which makes traipsing out to the latter so worthwhile.

Zhonghe’s great salvation, however, lies in its proximity to the mountains. A long ridge of steep, densely wooded hills rises above the suburb, offering a quick and refreshing getaway from the crowded, noisy metropolis below. The easiest access point is Jingan MRT station (on the orange line), which lies just ten minutes from the nearest trailhead. Perhaps a more interesting way into the hills, though starts at Zhonghe’s second great asset: Yuantong Temple (圓通寺).

It’s sometimes hard to muster up much enthusiasm for yet another Taiwanese temple after visiting countless others, yet I never tire of visiting Yuantong Temple, one of the finest (and certainly among the most distinctive) temples in the Taipei area. Yuantong is quite unlike most other temples around Taipei, or elsewhere in Taiwan too, for that matter. Yuantong Temple dates back to Japanese colonial times, and in contrast to the wild explosion of color that leaps out of most Taoist temples in Taiwan, it’s a quiet but dignified construction content with the mellow, grey colors of the natural rock from which much of it is constructed. Rather startlingly, the building is also heavily influenced by classical Western architectural elements, in common with many other large edifices from the colonial era.

Yuantong Temple lies a short distance from the bus stop of the same name, which can be reached by a short bus ride from Nanshijiao MRT station. Simply follow the road away from the bus stop towards the wooded hills ahead, and in about five minutes an obvious, wide flight of steps leads off to the left and climbs up to the temple. It’s an interesting short walk, courtesy of mounds of pink-flowered azaleas beside the trail which produce a fine display (traditionally in March and April, although these climatically-confused days, the poor things could flower almost any time of the year). At the top, near the front gate to Yuantong Temple, a series of small stalls offer such earthly Taiwanese delicacies as stinky tofu and...
Rampant modern development now hems in the temple on three sides, yet it still stands in a small “bubble” of thick, unspoiled jungle, making the area a tiny haven of relative peace right on the edge of the city. Best of all, the temple is backed by a steep ridge of sandstone cliffs which prevent the metropolis expanding any further in this direction. Steep stepped trails scale the heights in several places, but it’s more fun to follow the base of the bluff to the right of the temple buildings, past a Buddha image cut, bas-relief style, into the vertical sandstone face, and follow a path as it disappears into a crack in the cliff. Climbing steeply through the thin, tunnel-like cleft in the solid rock, the trail emerges into daylight again at the top of the bluff. From here a network of trails along the ridge make a great opportunity for anything from a short stroll in the woods to a major hike: the trails continue all the way to the outskirts of Sanxia, twenty kilometers (and a very long day’s walk) away to the southwest.

Yuantaong Temple is described in *Taipei Escapes II* on page 165, as part of a fine walk that begins there.
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