



Club Highlight

- 1/07 – 3/25, New Beginning Tai Chi Class @ Bldg. 28 Atrium
- Thursday, 2/03 -- Chinese New Year Luncheon @ Seven Seas Restaurant

Community Information

- 2/15 – Taipei Chinese Orchestra and pipa player Wu Man will perform at Strathmore Music Center @ 7:30 P.M.
- 3/10 – Korea-Born violinist Hahn-Bin will perform music by de Falla, Ravel, Debussy, Chopin and Cage at Strathmore Mansion @ 7:30 P.M.



Better Balance with Tai Chi

Provided by: Jianping Mao

Dr. Mao is the instructor for Tai Chi Class. You may read the following featured article about his Tai Chi teaching :

<http://columbia.patch.com/articles/tai-chi-chuan-balancing-body-mind-and-emotion>

According to new research, patients who have suffered a stroke may be able to regain some of their lost balance by practicing Tai Chi, a form of Chinese martial arts. Tai Chi involves slow, rhythmic movements that are circular, flowing, and low-impact. It is sometimes called “moving meditation,” because you do it while breathing deeply, which helps to balance your mind and body.

Scientists from the University of Illinois at Chicago found that people who learned Tai Chi after having a stroke showed significant improvements when tested on their ability to maintain balance while shifting weight, leaning in different directions, and standing on movable surfaces (as on a bus). Their progress was evident after only six weeks of training with a physical therapist in weekly Tai Chi classes and practicing by themselves at home.

Done regularly, tai chi can reduce the risk of falls and injury. It also may improve circulation, flexibility, posture, blood pressure, and heart rate, as well as ease pain, reduce stress, increase energy, and prevent osteoporosis. One study even shows benefits in people with fibromyalgia. Source: Parade.com



Provided by: Jane Liu

Birth Year: 1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011

A person born in the year of the Rabbit possesses one of the most fortunate of the twelve animal signs. The Rabbit, or Hare as he is referred to in Chinese mythology, is the emblem of longevity and is said to derive his essence from the Moon. People born in the Year of the Rabbit are articulate, talented, and ambitious. They are virtuous, reserved, and have excellent taste. Rabbit people are admired, trusted, and are often financially lucky. They are fond of gossip but are tactful and generally kind. Rabbit people seldom lose their temper. They are clever at business and being conscientious, never back out of a contract. They would make good gamblers for they have the uncanny gift of choosing the right thing. However, they seldom gamble, as they are conservative and wise. They are most compatible with those born in the years of the Sheep, Pig, and Dog.

What can you do with BEER besides drinking?

Most people know milk is good in cleaning foliage plants. In fact, use leftover beer to wipe plants is even better! Dip a cotton ball into beer, lightly wipe leaves to remove dust and keep them lustrous. Furthermore, this method also prevents ants from coming to the plant.

Submitted by: Minlin Chang

Chinese Bake Rice Cake

By Minlin Chang



Ingredients:

- 1 box Japanese mocha powder (16 oz), do not use Chinese Rice Flour to substitute.
- 1 stick of unsalted butter
- 1 cup sugar
- 1 or 1 2/1 can red bean paste
- 1 t baking powder
- 3 eggs
- 3 cups of milk
- ✓ Melt butter mix well (let it cool)
- ✓ Mix eggs, add milk, mocha powder, baking powder and mix well
- ✓ Grease pan, add 1/2 mixture and bake 10 - 12 minutes in 375 degree
- ✓ Add red bean paste (add milk and little bit mocha powder or corn starch with red bean paste for easy spreading) and BROIL few minutes (3-5 minutes)
- ✓ Add the other 1/2 mixture and BORIL for another 12 minutes
- ✓ Turn down the heat to 375 degree and continue bake for another 12 minutes or until it is golden brown done
 - ❖ Use 2 8 x 8 inches pan or 1 large pan