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Introducing some of our contributors, writers and editors

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特约编辑 Ken Ellingwood 之前是《洛杉矶时报》的国内外通讯记者，同时也是“死亡地带”的作者：描述美国与墨西哥边境的生存与死亡。他目前在南京大学教写作。

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从管道、阀门、烟草到灌装行业，从跨国公司到他自己的生意，Simon Northcott 在制造业有着25年的丰富经验，近12年来，他在亚洲地区可谓是业界一流水平的制造顾问。与此同时，他还是克兰菲尔的工商管理硕士，并在石油行业10年之久。现在他居住在南京。

Jochen Schultz has more than 10 years' proven management experiences at international training and universities. He has a deep knowledge in professional trainings, personnel and organizational Development and developing relationships with clients from all over the world. He is now the Managing Director in China for a German Training & Consultancy Company.

Jochen Schultz 在国际培训和大学教育方面有着10年以上的管理经验。同时在专业培训、个人与公司发展以及如何与世界各地的客户建立良好关系方面具备相当深厚的专业知识。现今，供职于一家德国培训咨询公司，任中国区总经理一职。

Rick Staff is from the UK and has 20 years cumulative experience as a wine trader, taster, and writer and was editor of 'Superplonk', the UK's popular wine guide, prior to moving to Nanjing in 2008.

Rick Staff 来自英国，有着二十年丰富经验的葡萄酒商人、品酒师、作家，并且是《Superplonk》的撰写者，英国很受欢迎的葡萄酒鉴赏家，于2008年移居南京。

Rachel Skeels is qualified in the field of interior textile design and previously worked as childrenswear designer for major UK retailers such as Marks & Spencers, C&A and Mothercare.

梁蕊蕊是室内纺织品设计领域设计师。曾担任英国主要的零售品牌如M&S玛莎百货，C & A 和 Mothercare 的童装品牌设计师。

Ronald Paredes is the personification of his motto "mediocrity is a disease we fight every day". The multi talented designer's work appears in the design industry's annual definitive overview of the state of art in web design, "Web Design Index by Content - Volume 5"

泉源本人即是他的座右铭“平庸是一种疾病，我们每天都要与之抗争”的现实化身。作为一位优秀的设计师，他才能丰富创意无限。其网页设计作品还被收入在了代表网页设计艺术成就的权威性行业年鉴内。《网页设计艺术指南—第五册》

Our Editor and Music Critic, Frank Hossack, has been a radio host and producer for the past 28 years, in the process winning four New York Festivals awards for his work, in the categories Best Top 40 Format, Best Editing, Best Director and Best Culture & The Arts.

贺福是我们杂志的编辑和音乐评论员，在过去的28年里一直从事电台主持和电台制片的工作。工作期间他曾获得过四次纽约传媒艺术节大奖，分别是世界前40强节目，最佳编辑，最佳导演以及最佳文化艺术大奖。

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Editorial 辑语

In this issue of *The Nanjinger* we welcome Misha Maruma as our sports columnist for "Bats, Balls and Bails". Such coverage of the active life is long overdue; consider Mr. Maruma consigned to the dugout, to stay.

Food and hygiene are never far from the headlines in China; recently more so with the re-emergence of so called bird flu. Whether it be that or horse meat making its way into burgers, near the top of the suspect list will always be the supply chain.

So it is that we turn our attention this month to stories of how China moves stuff around its gargantuan area. In the Sui Dynasty, canals dug over hundreds of years were linked together, joining all parts of the country; now containers are fast tracked from the Bohai Rim to Xi'an as servants to our retail whims. Nanjing's very own Zhongshan Wharf (see cover) was inescapably intertwined with the trade of opium; now it is the cold storage of our pork or milk that grabs the headlines.

All this and much more herein. Welcome to logistics from *The Nanjinger*.

Message in a Bottle

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AGING WITH BEAUTY

Modern Grandma's Glamorous Life

By Valerie Zhang

We have heard it before; sixty is the new fifty, or even the new thirty. We live in an age that glorifies the beauty of youth, and the boom in cosmetic surgery is Exhibit A of society's insecurity over aging. Yet as women crowd cosmetic counters at the first sign of crow's feet, a special group of "silver-haired" beauties thinks nothing of displaying their wrinkles to the public. Iris Apfel, a 90 year old fashion darling, has become a kind of fashion muse in the United States, inspiring everyone from designers to the editors of glossy magazines, while western modeling legend China Machado remains in hot demand on the catwalk, a picture of grace and beauty at age 82.

China is starting to catch this wave of celebrating beauty with age. One of these pioneers is Zhao Zhenhua, an 85 year old model in Nanjing, who still performs on stage and has led or served as fashion adviser for several modeling teams made up of elderly women. Even in street clothes and casual conversation, she exudes elegance. Her hair, silver and curly, gracefully frames a face with wrinkles, yes, but also with eyes that glimmer confidently and a smile that warms. Her poise is impeccable; Grandma Zhao kept her back ramrod straight during a two-hour interview.

When asked about the anxiety over aging, she lets loose that smile. "I do not share this worry," she says. "I don't know why, but people always say that I am increasingly delightful to the eyes as I age."

Before injuring her leg during a fall last year, Grandma Zhao wore nothing but high heels; the higher the better. Every pair she owned had heels close to 10 centimeters; "I was so accustomed to them that flats make me uncomfortable". Grandma Zhao walked in these shoes for two hours every day to lose weight.

Whenever she walks down the street, Grandma Zhao is noticed for her beauty; strangers greet her with a smile or approach to chat. When she visited her son in Vancouver five years ago, at age 80, she

showed up at the airport sporting a navy-blue windbreaker with shiny scarlet collar and swallowtail, leather boots and black beret decorated with a gold petrel. She recalls fellow passengers offering enthusiastic praise. "Beautiful!" they said. Grandma Zhao smiled back. "You do not look like a Chinese lady at all!" one Westerner commented. "But I am 100 percent Chinese," she answered, "Never stepped out of China before."

Despite her youthful spirit, Grandma has weathered numerous difficulties.





As an 8 year old, she survived the Nanjing Massacre, narrowly escaping the cruel excesses of the invading Japanese soldiers by shaving her head bald to make her look like a boy.

She was also sickly in her youth, plagued by stomach troubles. “My face looked like wax,” she recalls, but jokes that her pallor may have had an upside; in those days, fair skin was associated with society’s upper crust. By the time she was 40, a bone spur in her spine forced her to walk with a stick. When she was 51, she collapsed under heavy work load as a government employee and a gastrectomy left her with only a fifth of her stomach intact. At age 80, with a role in the movie “Nanjing, Nanjing” (a Nanjing Massacre based flick directed by Lu Chuan) she carried a cardiac pacemaker but kept it a secret from the director. “I was not defeated. I never allow myself to be defeated,” she says. “I always regard a serious illness as an ailment and an ailment as a breeze. After all, health is not only the basis of beauty; it is beauty itself, and I need to fight for it.”

Grandma Zhao can track the twists and turns of China’s modern history through fashion. She recalls the heady, early days of the founding of a new, revolutionary China, a time of close relations with Soviet Union. As leader of the Women’s Federation, she took the initiative in wearing the Soviet-style platye, a one-piece dress that featured round-collars, loose short sleeves, pleated hemlines and belt. However, in the Era of Confinement (1950-1976) termed by Hou Hongbin in New Weekly, the author mentions “waves after waves of political movement finally got the better of modern girls, who gave in to Lenin coat.” The Chinese leaders held out the slogan that “time is different,

and man and woman are equal.” As a result, Hou says that “man and woman all dressed the same, looked the same and worked the same.”

Grandma Zhao well remembers the Lenin coat, featuring double lines of buttons, slanting pockets and belt,



with varying collars spelling the only difference between the men’s and women’s version. Blue, grey and black were the only colors of choice. Whenever a meeting took place, she recalls, the room was a drab sea of grey. “It is an era when we wanted to pursue beauty but couldn’t. It was even worse during the two decades of Cultural Revolution, when everyone tried their best to stay plain, because beauty was a crime,” Grandma Zhao recalls. Though free of any “titles” or ties to those deemed “reactionaries,” her beauty thrust her into the public eye and she was paraded on the street wearing a dunce cap for fabricated “crimes.” People shouted insults and, with sarcasm, called her “Xi Shi” (one of the four most famous beauties in Chinese history), accusing her of using beauty for anti-communist purposes. “Our minds were confined, and it’s normal for people to take their personal revenge in the time of crisis,” she says, showing remarkable calm.

She picked up modeling as a hobby in her later years, after retiring from her government job. She was enthusiastic about learning different styles of dress and taught herself to catwalk. Besides being an icon of beauty in Nanjing, she spread the joys of modeling to Canada during a six-month

visit, becoming the idol of elderly women in the Chinese community soon after arriving.

“I took part in their gatherings and they really liked my way of dressing,” she says. “They are not unlike Chinese elderly ladies, shelving their shiny clothing in the closet and never daring to wear them in public.” She had a suggestion; “why don’t we form a team and model?” The other grandmas cheered like little girls and rushed to bring their beautiful dresses into the daylight. Grandma Zhao taught them to coordinate colors; “Never exceed three colours in a single outfit. The bigger the colour contrast, the better. Never be ashamed of wearing dazzling colors.” Some of the women were shy about being on stage, and their nervousness made them walk awkwardly. Grandma Zhao taught them how to walk with ease; “Just like when you are walking on the ground, arms swinging close to your body,” she remembers telling them. “And remember; always smile.” Only ten days later, the grandma models stepped onto the stage in colourful traditional Chinese dresses such as the qipao (cheongsam) and performed in the inaugural meeting of the Chinese community in Vancouver. Encouraged by the surprising popularity, the modeling team practiced with greater zeal and continued even Grandma Zhao went back to China six months later, becoming more famous in the process.

On the fashion of today, the grandma who has witnessed so many changes in the standards of what is beauty, is nostalgic, one could say obstinate, in favouring traditional, less “gaudy” clothing. “Why bother baring so much of your body and dressing like a colorful peacock?” she says, showing a teenager’s pout. “We Chinese always learn just the skin-deep beauty of Westerners without really getting the essence.” The essence to which she refers is to show one’s individuality; “To be yourself”, she insists, no matter whether one has the “phoenix eyes” that are esteemed in Chinese tradition or the more marble-shaped eyes of westerners with long lashes.

As for Grandma Zhao’s beauty regime, “A glass of water and an apple every morning when you get up,” she says. “Simple exercise before sleep. No drinking water after 9 p.m. More alkaline water, less tap water. Stick to these, and you will be as beautiful as I am!”

She winks and lets loose that smile again. **N**

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RISKS OF COSMETIC SURGERY IN CHINA

Today's social aesthetic values have led to a craze for plastic surgery, resulting in the number of clinics providing the service increasing at a stellar rate. About three million people had plastic surgery on the mainland in 2010 in an industry worth an annual ¥15 billion yuan, as newly rich Chinese began to tend to their appearance. However, the results can be devastating, especially when beauty seekers make hasty decisions or choose risky options in an under-regulated market. Loose industry statutes has led to a surging number of botched operations and legal disputes.

BLACK HOSPITALS AND THE NON-QUALIFIED

Despite the existence of rules and regulations, the industry has become so lucrative that some beauty salons perform cosmetic procedures without the proper certification. A recent raid by health authorities on 11 cosmetic surgery clinics across China found that less than half met national standards. Many feel China's obsession with plastic surgery has gone badly awry, as more and more unlicensed, unskilled and unscrupulous practitioners jump into an increasingly lucrative, yet largely unregulated industry. While government-run hospitals adhere to stricter standards with more experienced doctors, the same cannot be said of so-called "black hospitals" and other private facilities that perform operations secretly, attended over by surgeons who lack ethics and with no loftier aim than to make money.

Wang Bei, a 24-year-old former talent show contestant, died in the operating room in November during a routine plastic surgery procedure in Wuhan, capital of Hubei province. Later, investigations showed that her surgeon, Wang Liangming, never fully qualified as a practitioner.

LACK OF PARTICULAR PRACTICAL LAW

Despite the fact that there are some applicable laws and regulations, such as the General Principles of Civil Law, the Consumer Protection Law, and the Regulation on the Handling of Medical Accidents, there is no particular practical law to regulate the beauty treatment and hairdressing industries. Furthermore, the Regulation on the Handling of Medical Accidents is only employed in the event of a customer disfigured by botched operations by qualified hospitals or facilities. Should the salon be unqualified, the victim defaults to the Consumer Protection Law as a reference to obtain double compensation on grounds of defraud conduct, a situation that in practice is not good for the protection of consumer interests.

UNIQUE RULING IN COURTS OF LAW

One Chinese man divorced his wife and received a ¥750,000 settlement for "lost opportunities" after his wife gave birth to an "amazingly ugly" baby and it was revealed that the wife had hidden her own "ugliness" with cosmetic surgery. Common sense would lead a reasonable person to believe that the judge would toss such a ridiculous sounding lawsuit off the docket, but that is not what happened.

To better protect the rights of patients, the government should take immediate legal measures to control the market and regulate the plastic surgery industry. Efforts should also be strengthened in raising standards for beauty salons and plastic surgeons.

Meanwhile, it is conceivable that some patients develop mental problems, such as addiction to cosmetic surgery. Surgeons need to be sensitive to this issue, and communicate with patients thoroughly before agreeing to carry out any cosmetic procedures. 📌

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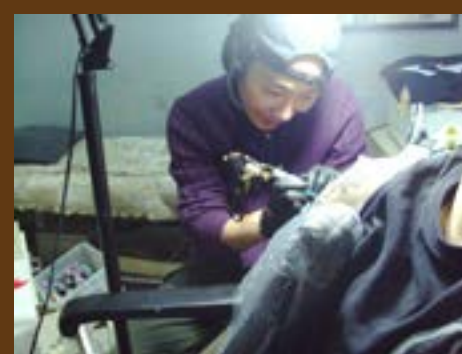
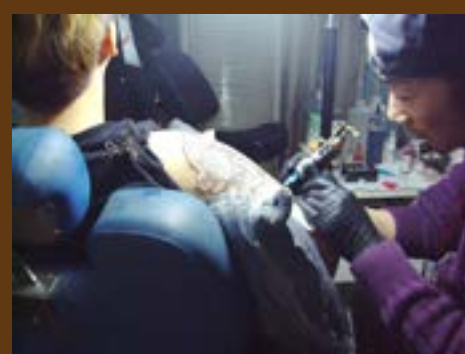
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Dreams Of Ink

By Daniel Otero
With special thanks to Rita Wei



From mixer to skin, he looked so happy, painting away like an angel. Wang Haoran was at peace with sketching his art, placing paint on flesh eternal. The magical beauty of a full rainbow of colour came to life as he held the machine and painted away. The skin was taut, and now red with extending lines of black elegantly becoming a skull.

On the creation of living art, with great thought and philosophical perception Master Wang observed, “Do you know that art has a connection. Once you learn something, you can teach yourself... And if you love it, you can easily learn it!”


Master Wang’s wife, Qi Shiyong chimed in with her own principles, as she proudly showed off her husband’s work, “Tattoo is a belief. For many it’s fashion! It’s to express a kind of emotion, without words. People often use tattoos to say what they cannot express in words!”

In Wang Haoran, Nanjing has transformed a painter of classical Chinese art into a connoisseur of tattoos. After watching Chinese traditional masters of body art do it in the old-fashioned way, he finally realised there was the potential for him to become part of this life. In reality, Wang’s studies were also not helping to make ends meet. His radical thought at the time was that one day tattoos in China could become a source of income, while in this alternative world he could also become a part thereof and feel happiness. It was an excuse to do what he loved; to spend more time with art. Over the following 15 years, Wang would perfect this art, becoming Master in the process.

Tattoos have never been particularly popular, not even in western culture but that did change with liberalism. The same openness is now engulfing China and Nanjing, where tattoos have grown into a popular and respectable form of cultural art over the last two decades. Known prior as the “Kiss of Death”, a tattoo, especially a noticeable one, would shun one from jobs and career opportunities. The so called “Scarlett Letter” in the past carried a negative connotation with an underworld of criminal activity. In ancient times tattoos were only found on warriors, slaves or deserters; the only “semi-legal” profession that could sport a tattoo (based on stereotype) came to be the military.

Now it is an altogether different China; those adorned with tattoos are far removed from the typical stereotypes. While young people are needless to say more open to the idea, one still needs to be over 18 before stepping into the Master’s parlor. Wang comments that the bulk of his clients are typically under 30, while females now account for approximately 60%. The young women may still be going for traditional butterflies and flowers on the ankle or back of the shoulder, but the intent is often to show off their elegant bodies when wearing dresses or high-heeled shoes. On the other hand, the gents often continue to request the characters and symbols of China through, for example, the proud showing of a dragon.

The principles, feelings, beliefs and passions of tattoos that last forever aside, everything still has a price. These days a small tattoo perhaps 3 cm in size may set one back ¥500 or more at Master Wang’s Kuangren Tattoo (南京狂人馆), located at 107 Zhongshan Nan Lu. Yet, one pays for quality; noted for the design, beauty and quality of his work, Wang is now regarded as not only the best in Nanjing, but also Jiangsu province. Clients are people from all walks of life, with nowadays more and more foreigners coming in to get “inked”. Note that it is advised to make a reservation two days ahead if the desired tattoo is small, while for something over 30 cm, best to make an appointment two weeks in advance; work on a tattoo of this size usually takes five hours.

In the days of old, many called Wang Haoran a crazy dreamer. Yet, our modern world is made out of craziness and dreams; new ideas that transform society. Never a fad, and always the symbolism that identifies a person forever, the once hitherto underworld of the tattoo is now very much above ground. Now it is the urban professional that comes through the parlors’ doors. And they are not going to hide their tattoos anymore. 

“education is a right,
not a privilege”



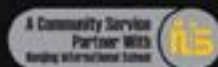
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CHINESE CORNER 汉语角 Hànyǔ jiǎo

I think one of the biggest culture shock moments for me was my Chinese friends discussing the benefits of sheep placenta to keep you looking young. That's what you call broadening your horizons...

我曾遇到过最大的文化冲击是听见我的中国朋友在谈羊胎素对青春常驻的好处，这可真长了见识。

Wǒ céng yùdào guò zuì dà de wénhuà chōngjī shì tīngjiàn wǒ de Zhōngguó péngyǒu zài tán yángtāisù duì qīngchūnchángzhù de hǎochù, zhè kě zhǎng le jiànshi.

Sometimes I feel jealous of all those beautiful models out there, but then I think at least I won't feel so depressed when I get old...

有时候我真的很羡慕很漂亮的模特，可是后来每次想我变老了最起码不会那么郁闷。

Yǒu shíhòu wǒ zhēn de hīn xiànmù hīn piáoliàng de mótiè, kěshì hòulái měi cì xiǎng wǒ biàn lǎo le zuì qīmǎ bú huì nàme yùmèn.

One thing my Chinese friends have taught me is that beauty is beyond doubt in the eye of the beholder. Every time a girl walks by I feel should be on the cover of a magazine, my friend just looks at me in a confused way. But when she points out a girl considered pretty by Chinese standards it is my turn to be confused.

我的中国朋友教我的是“萝卜白菜，各有所爱”。我每次在杂志封面上看到一个我认为的美女的时候，我中国朋友就糊涂地盯着我。她每次给我看一个对中国人来说算漂亮的美女的时候，我就有点不解了。

Wǒ de Zhōngguó péngyǒu jiāo wǒ de shì “luobo báicài, gè yǒu suǒ ài”. Wǒ mǐ cì zài zázhi fēngmiàn shàng kàndào yí gè wǒ rénwéi de měinǚ de shíhòu, wǒ Zhōngguó péngyǒu jiù hūtu de dīngzhe wǒ. Tā mǐ cì giv wǒ kàn yí gè duì Zhōngguó rén lái shuō suàn piáoliàng de měinǚ de shíhòu, wǒ jiù yǒudiǎn bù lǐjiě le.

The Chinese character tattoo trend not only brought Chinese culture to the West but also made for a couple of good laughs, when people realise that their “profound Chinese quote” really reads “chicken noodle soup”.

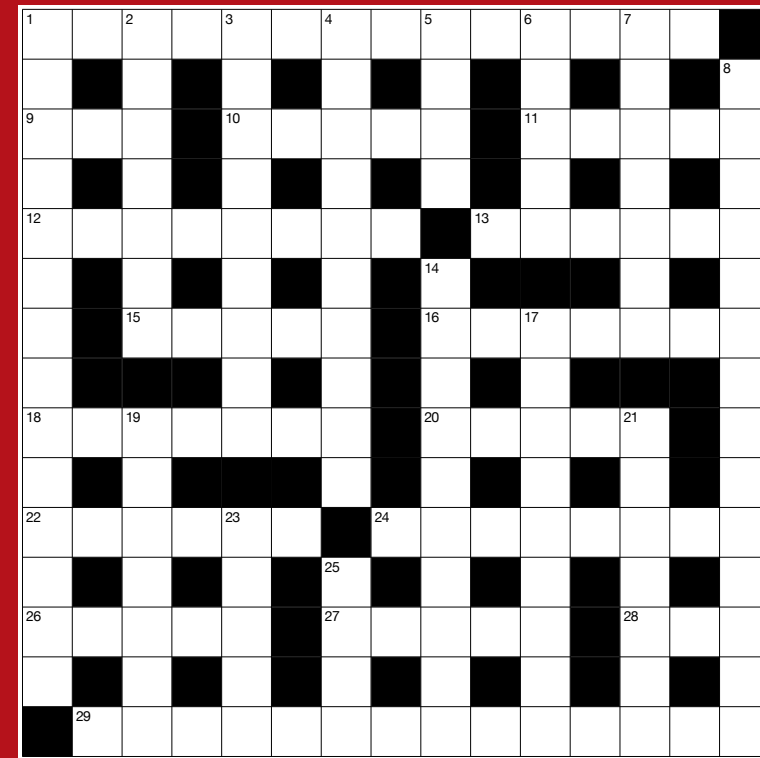
流行纹中文，这不仅将中国文化带到了西方，可也带来了一些很搞笑的状况。比如当有人后来才意识到他们那些深刻的谚语纹身的正确意思是鸡汤面的时候。

Liúxíngwén Zhōngwén, zhè bù jīn jiāng Zhōngguó wénhuà dài dào le Xīfāng, kěshì yǐ rú dāng yǒu rén hòulái cái yìshí dào tāmen nà xiē shēnkè de yányǔ wénshēn de zhèngquè yìshì jītāngmiàn de shíhòu.

The Nanjinger Cryptic Crossword

By Adam Wilkie

Solutions revealed
in our closing pages



Across

- 1 Old ones in pages get confused and probably qualify for these (3,3,8)
- 9 Twitch sounds correct (3)
- 10 Sound like hens or strata but are dens (5)
- 11 Owned by them the heirs she dropped (5)
- 12 Lovable insects, these sweetmeats (8)
- 13 A Royal Marine allowed to wear identifying feature (6)
- 15 He takes a risk with energy on the slopes (5)
- 16 American lawyers, Royal Marine and motoring organisation get together for fleets (7)
- 18 Miserable loch results in misery (7)
- 20 Two companies with a hot drink (5)
- 22 Speaks alternatively at Easter Sunday initially (6)
- 24 This maiden could also be on the cricket pitch (8)
- 26 The French ogre loses nothing and alters to make this size (5)
- 27 If I'd a house in the US, it would be here (5)
- 28 Sadly observe the water (3)
- 29 Tending to be non professional (14)

- 1 Excellence not encountered on this planet (3,2,4,5)
- 2 Pours out disorganised dances with time (7)
- 3 Shock and provide protection (9)
- 4 Also provide protection for the foxes tail to get the applicator (10)
- 5 Characteristic of wine, no other smells exist initially (4)
- 6 Bury some in terrible condition (5)
- 7 Irritated. By a sharp remark? (7)
- 8 Transport company could be an Englishman's windpipe (7,7)
- 14 Last resting places set in stone (10)
- 17 A waterproof clan (9)
- 19 Sketch American soldier trapped in drama (7)
- 21 A performer treats one in this shambles (7)
- 23 Throw out eastern jet containing cold (5)
- 25 A French place (4)

Down

Useful little oddities from an English/Mandarin world: Beauty By Laura Helen Schmitt

Guessing at people's ages is a sensitive and tricky subject that I tend to steer clear from as much as humanly possible. However, finding out the real age of some of my Chinese friends can be truly mind blowing. I will never forget the day when I found out that my Chinese professor's teaching assistant was not an 18 year old college student, but a 31 year old English professor from Shanghai. Even after giving birth to her beautiful and incredibly large baby girl (she attributes it all to ingesting American milk), she still managed to look a mere 18. Not that I'm jealous or anything like that, but it did have me pondering over how Chinese women maintain that youthful look for so long?

Sexy and They Know It Keeping Beautiful China Style

By Melissa Morgernstern



Ideals: It's What They Look For

According to Marie Claire Magazine, as well as a huge number of my Chinese female acquaintances, that the ideal image of beauty includes pale skin is a huge factor. However, this is where it gets a bit confusing. I have heard some people say that a pronounced nose is a thing of beauty, while a small nose is really the standard. A soft jaw line is also something that Chinese women seem to hold in high regard. In fact, small features in general tend to be the ideal; at a wedding once, the bride remarked three times about how small my facial features were and how envious she was. Chinese women tend to also keep their hair longer than Western counterparts. Unfortunately, curly hair seems to be more desirable these days than the genetically provided strong and straight locks, making that old saying about the grass being greener on the other side as true a statement as ever. While it is not so surprising that thin is in; what is surprising however, is how women maintain their skinny beauty. Heavy work outs and gym culture have yet to make a deep impact on Chinese culture, thus women tend to focus more on what goes on inside than out by focusing more on restricting food intake or ingesting certain foods and teas that are meant to help one lose weight.

Some Yummy and Not So Yummy Treatments


Chinese traditional medicine is known to use natural methods to primarily prevent disease and cure pre-existing conditions. However, acupuncture, as a beauty treatment, is not only prevalent in China but has also been catching on abroad for some years now. Acupuncture is said to increase blood flow to the face (which enhances healthy colouring) and increase elastin and collagen to the face by stimulating certain facial points, thereby creating a more youthful look. Herbal remedies are used to enhance complexion and keep skin healthy. Fruits such as dried persimmon

(taken once or twice daily) can keep skin glowing, while other concoctions can be found at shen-nong.com, a valuable English language resource for information, facts, and remedies from the world of Traditional Chinese Medicine. For clear skin, try some detoxifying drinks such as oolong tea, which can also help with weight loss. According to Chinese doctors, if the liver is functioning properly, your blood will be kept at its cleanest and your skin at its finest. So avoid tempting treats such as alcohol or junk food that might compromise your liver. Other skin treatments known to keep skin glowing and youthful are pearl powder, fresh ground mint paste (also applied to the skin), and rice water made with dry organic rice soaked in clean water which can remove oil and impurities from the skin.

Get That Sunshine Away From Me

Watching the girls walk around with sun parasols, or seeing both men and women wearing their coats backwards to avoid the sun can seem a bit odd or extreme. However, avoiding a tan is one of the best ways to maintain youthful, bright looking skin. For women, wearing make up with a bit of sunscreen mixed in is an innovative and more practical way of protecting one's complexion. However, if you are willing to go more extreme, try the "face-kini"; similar to a ski mask but made from swimwear fabric. Different styles and colors are available, but the concept remains the same; keep the sun away and your fair complexion will stay.

Will Beauty Remain True?

While traditional methods may provide youth from the inside out, modern trends and western influences are causing many to turn away from their traditional roots and become lazier in their physical routines and diet. Genetics may be able to determine China's youthful trend, however environment and routine are determinants of how well those genes will be expressed. With the growth and popularity of fast food, cars, and electronic personal devices, natural beauty is becoming harder and harder to maintain. Only time will tell if the Chinese will retain their beauty for so long or if modernization will take its toll on their hitherto graceful, youthful appearance. 



Rick Staff
with a remit to sniff, taste,
and spit his way around Nanjing
and disseminate the drinkable.

POINT SYSTEM
0-10 A WARNING
11-14 A Feasible Party Prop
15-17 Heartily Recommended
17-19 Exceptionally Good
20 The Apogee Of
WINE EXPRESSION



The subtle assassin

If you buy enough wine to store some then an insidious danger may be lurking in a corner of your apartment; you will know nothing about this uninvited, invisible and silent guest until it is too late. 2,4,6-Trichloroanisole (a.k.a. "Duff Cork") taint can be very faint, or very palpable, but whatever the degree of contamination it is killing the wine in your bottle. The wet cardboard effects of a contaminated cork are annoying enough when discovered at home, and worse when you must address a restaurant sommelier with your suspicions and sufficient élan to have the bottle replaced; excruciating work even when successful. This tyranny of cork closures is estimated to affect between three and five percent of all bottles; surely an unacceptable risk for such a pricey consumable as wine.

Enter the screw cap?

Some still believe that corks are entwined with the tradition and mystery of wine, bottle variation and rituals involving a steel spiral to "do the honours"; essential to the aesthetics of the whole experience. Good luck to them but I remember I used to get a similarly perverse thrill from kick-starting my first motorbike, and on the third (or fifteenth) stroke she, usually, rumbled into life. With a smear of oil across the cheeks I was finally off, man and machine now melded through the blood seeping from a scuffed and ringingly painful lower tibia. However, pulling myself on board a more muscular and sophisticated two-wheeled beast some years later, the simple press of a button was always met with an instantaneous purr. This was progress and is exactly my feeling about screw caps on wine bottles; better technology simply eliminating unnecessary hassle and risk.

Corks are not just the bastion of hopeless romantics to be fair. Breathing, at a micro level, is a much cited argument in favour of cork closures for wines headed to the cellar for some years, but there is now strong science to suggest that oxygen is a spoiler of wine maturation in the bottle that the screw cap eliminates most efficiently. Truly time will tell with long aged wines under a screw cap, but the market is already speaking volumes with an emphatic rise from an estimated 100 million bottles ten or so years ago to approximately three billion now, from the seven billion or so sealed worldwide each year. Here are two to take for a spin, sure in the knowledge that you will be drinking the wine its maker intended.

The Stump Jump 2008 (¥149, BHG) hails from Australia's Adelaide hills; one of the white "Stumps" from producers d'Arenberg, comprising Riesling, Sauvignon, Marsanne and Roussanne grapes that makes for a zippy, vivacious, completeness of all component parts. Herbaceously appetizing on the nose and delivering vibrant and refreshing fruit across the mouth where lemon, melon and a trace of lime, along with firm acidity, lead an invigorating attack on the taste buds. A lot going on in the glass but it is not Byzantine by any means and will make genial shellfish company. Serve well-chilled, but not frozen, on a hot day and put the spring back in your soporific step (17 points).

Marius Grenache/Syrah 2010 (¥98, Metro) is jammy, in an evocatively wild and brambly way, with a toothsome licorice edge. A lightish red from the warmth of southern France; engaging and supple, yielding a sliver of sweetness over time with a more strawberry definition to the fruit, courtesy of Grenache's gentle touch. After slightly chilling in the cooler, serve with fresh fruit, yoghurt and lightly buttered toast. The breakfast of champions (16.5 points). **NU**

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OVERSEAS ICE CREAM CAKE



INGREDIENTS

- 1 box ice-cream in your favorite flavor
- 1 box ice-cream in another flavor
- 1-2 packages chocolate cookies
- 1 cup coconut flakes
- 5 chocolate bars
- 5 tablespoons cocoa
- 1 tablespoon cream
- Sweet bakers chocolate
- 1 cup butter

DIRECTIONS

1. Grease a springform baking pan. Set out ice-cream to come to room temperature.
2. Crush the cookies. Melt butter and add cocoa to form a watery paste. Remove from heat and add crushed cookies and coconut flakes. Press into the bottom of the pan ensuring good coverage.
3. Cut chocolate bars into pieces and add to the first ice-cream flavor. Press into the springform pan. Place in refrigerator.
4. Melt the remaining chocolate and cream together over a double boiler. Remove pan from refrigerator and pour melted chocolate over ice-cream layer. It should turn solid almost immediately. Return to refrigerator to harden.
5. Remove from refrigerator and make sure chocolate layer is hard. Add last layer of ice-cream. Return to refrigerator. Just as the top is starting to firm up, decorate the top with candies or fruit. Don't use anything with gelatin in—it freezes hard as rock and is impossible to chew. Put the cake into the freezer.
6. To serve: remove from freezer 20 minutes before serving. Remove the sides of the springform pan. Using hot water to warm a sharp knife, cut into slices. Must remain in freezer!

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Every recipe is written in both English and Chinese. With over 190 recipes of international cuisine you could be dining in a different country every night!



(see next page) ➡

海外冰淇淋蛋糕



配料

- 1 盒你喜爱口味的冰淇淋
- 1 盒其它口味的冰淇淋
- 1-2包巧克力饼干
- 1 杯椰蓉
- 5 块巧克力
- 5 汤匙可可粉
- 1 汤匙奶油
- 甜面包碎巧克力
- 1 杯黄油

制作方法

1. 在有扣环的圆形蛋糕烤盘上抹一层油。将冰淇淋放置室温。
2. 将饼干、融化黄油、加入椰蓉、搅拌均匀成糊状。均匀压入烤盘底部。
3. 切碎巧克力,加入第一种口味的冰淇淋。压入烤盘。放置冰箱冷藏。
4. 将奶油和剩余的巧克力一起放入双层煮锅融化。把烤盘从冰箱取出,将融化的巧克力混合物倒入其中。应该可以立即凝固。再放回冰箱冷藏使之变硬。
5. 确定巧克力层已经变硬,即从冰箱拿出。抹上另外一种口味的冰淇淋。再放回冰箱冷藏。
6. 在最上面一层即将变硬时,用糖果或水果装饰。不要使用含有凝胶的产品,因为会导致过硬无法咀嚼。放入冰箱冷冻室。
7. 食用前20分钟从冷冻室拿出来。拿掉烤盘的侧面。把锋利的刀子在热水里加热,然后把蛋糕切成小块。必须放入冷冻室保存。

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PAR EXCELLENCE

BY SIMON NORTHCOTT

World Class Manufacturing 7: EHS

DISASTERS!

Major recent headlines, from the fertiliser plant explosion in Texas, reinforce the need for a wider share of responsibility and implementation of Environment, Health and Safety (EHS) in the planning and development of urban areas, in addition to better practices on and off site. Environmental issues such as dead livestock in rivers and H9n7 are also the wrong headlines for any business.

The practice of EHS encompasses a wide variety of activities, and in more mature businesses, it is split into E and H&S, separating the aspects which impact the Environment in which the business operates, from those which impact the Health and Safety of the humans employed. It is widely accepted that one's work should not affect one's health, or that of the community in which the business operates.

KEY FACTORS NEEDED

Leadership

Whilst it is imperative that leadership adopts a strategic approach; ie this is a long term initiative that along with vision, commitment and practice without apology; it is one whereby the responsibility must be shared at all levels. Driving this down into the business separates the winners from the also-rans.

Objectives & Measures

Clear, measurable goals at all levels are needed, reflecting the responsibility sharing, so that all understand what is required of them. These must also be preventive in nature; leading not lagging. It is too late to report that you have killed or hurt someone that month. The measures should report safety briefings, inspections or near misses, for example, which should generate greater awareness and the ability to reduce known risks.

Training & Re-training

Persistence is key; once people know their responsibilities, then continuous training and refreshers are needed to ensure the correct practices are embedded in the organisation's culture.

FUTURE THINKING

To move from a traditional setup to a safety culture requires behavioural changes, in which a balance between the following major areas is required:

1. Compliance This gives the business a Licence to Operate. Often the responsibility of the EHS function, this needs transferring to the relevant level.

2. Risk Elimination Usually businesses will place business disruption analysis at a senior level. Hazards and risks also need evaluating regularly. As this is anticipative not reactive, it must involve experts in the subject.

3. Incident Investigation A mature organisation learns from its mistakes so all the underlying causes of any incident should be thoroughly evaluated. Once a stable situation is reached with few or zero incidents, then potential risks need adding to the process.

4. Business Planning processes All short and long term planning of change, large or small, should include a risk or EHS analysis. Change control should be established as a culture so that the impact of any change is assessed.

5. Contractor involvement As more business processes are outsourced, it is tempting to feel that the contractor takes over the responsibility for their EHS, but this never leaves the business. It is up to those involved to include the contractors in the EHS activities of the business as partners and fully fledged team members.

BENEFITS

With the reduction of cost, through lower absenteeism and claims, possibly lower insurance premiums, and improved morale among a looked-after workforce, productivity rises which more than covers the costs of good EHS.

There are those who have been forced to change, sometimes derived from disasters experienced in the past. Some of these were too big for the company to survive. In managing your businesses, are you learning from others sufficiently to avoid being the next headline? **NUX**

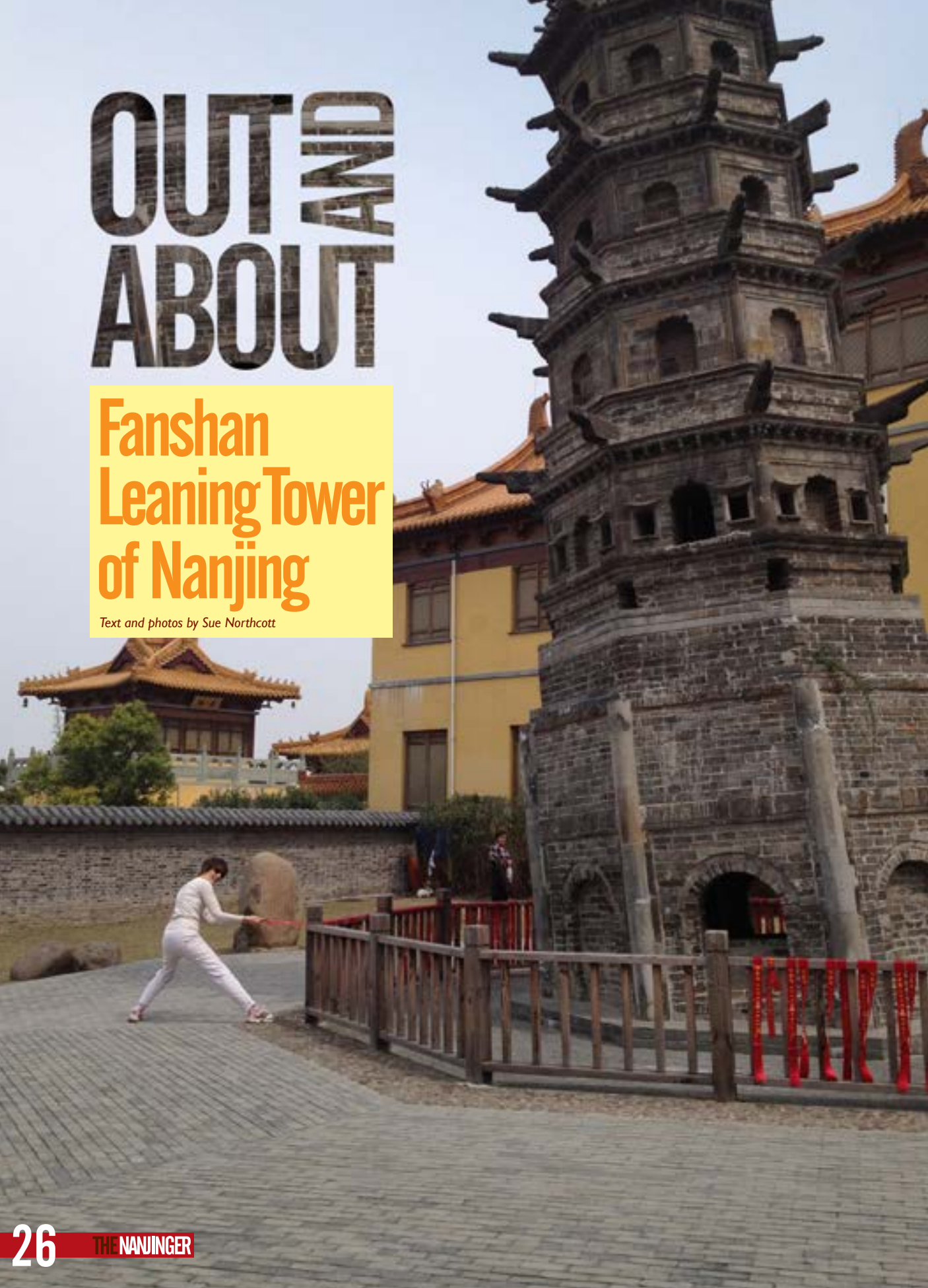
Simon Northcott is a manufacturing consultant based in Nanjing, specialising in change leadership and empowerment.

Contact him via simon3northcott@gmail.com.

OUT ABOUT

Fanshan Leaning Tower of Nanjing

Text and photos by Sue Northcott



We left Nanjing's Xianlin University Town mid morning and as we hit the Express Way heading south a distinctive flat topped range of hills appeared on our left confirming its ancient name "Heavenly Seal Mountain"; it being akin to a giant square seal or "chop", as they are called here in China.

After a 30 minute drive south of Nanjing city in the direction of Lukou airport, we discovered the access to the Dinglin Temple complex is at present rather chaotic indicating expansion and some improvement work in progress. After an interesting manoeuvre by our expert driver we drove in and out of the car park with a single flick of the steering wheel and up through the main gates towards the impressive saffron coloured temple with expectations running high of sighting our first Chinese leaning tower.

Pisa has had all the press and hype to date but initial research indicated that Suzhou claims to have China's most impressive slanting tower with very little mention of our Nanjing monument. We were out to prove them wrong and assert Nanjing's very own slanting pagoda as the "acutest" of its kind.

The temple itself is nestled half way up Fangshan Mountain and we ascended through a pleasant wooded area where the spring blossom made the even the duller area a feast of colour and joy. Locals had pitched a few of their day tents, kites were flying and a cohort of secondary school children with flags, jaunty red caps and matching face paint were coming down as we headed up towards the entrance. Good timing!

Unsure as to exactly where the slanting pagoda was located, but as entrance to the area was free, we ventured inside to the familiar smell of incense and towering halls with strange and vividly painted male monsters and benevolent Buddhas sitting and standing alongside each other in uneasy truce. As we moved towards the next pavilion a disconcerting image appeared through a glass room to our right of a quaint tilting tower cleverly displayed through rectangular panes of glass exacerbating its incongruous angles and drawing us to our goal!



We were not disappointed; a petite but charming tower 12.5 metres in height built in the 12th century with seven floors of octahedral design constitutes Fanshan Leaning Tower. The human psyche remains fascinated by these weird gravity defying constructions that survive in spite of themselves, making Pisa a place of pilgrimage for young and old for centuries. Unlike Pisa however, the angle of tilt here in Fangshan is even more acute at 7.30 degrees.

Ten years ago a severe storm in the area caused the tower to shift precariously and the angle of tilt to increase. Architects and technical experts were summoned to see what could be done to keep the tower from imminent collapse. Concrete and steel cables were used to stabilize the base and preserve it for future generations of pilgrims and visitors.

A surreal China moment followed after the predictable photo shoot came to an end when a large white Californian Rabbit just like the one I had as a pet as a child hopped past us. Well it was Easter Weekend. Forget Pisa; we have our very own leading pagoda here in Nanjing, and next time you may get Santa thrown in for free too! **NU**



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SECTION HEAD

LEADERSHIP LEADING TO SELF RESPONSIBILITY *Part 2 of 2*

MORE ABOUT THE LEADER'S ROAD TO SELF RESPONSIBILITY, CONTINUED FROM LAST MONTH

With Jochen Schultz

Leadership has proven to be essential, especially in times of crises and change. Short span change cycles, conflicting targets, incomprehensible technical and economic processes, upheaval of traditional orientation patterns can only be addressed when, at all levels of responsibility, trust in the innate potential, courage to take on calculated risks and the determination to act resolutely are givens.

High external pressure in business environments leads to greater inner insecurity and feelings of loss of control. Therein, the leader's task is to strengthen the performance potential of their team by making sure that:

- Team members deal with challenges in a constructive way and work out a form of orientation by themselves
- Every individual takes on responsibility for their own role in the process
- Enduring and stable trust-based relationships are formed
- Potential and competencies of the team members are continually improved and developed

Leadership has always been about handling difficult situations, hence all leaders look for orientation and support. Yet, its very concept implies that every leader will need, to a large degree, to provide a purpose, orientation and means to address the situation, as well as the necessary support.

Requirement Profile for Leadership

Seven main attributes emerge as prerequisites for successful leadership behaviour in today's business world.

Responsibility and ownership Set oneself challenging goals, realize business objectives in a sustainable way, set priorities, communicate clearly and consistently, find solutions and implement thereof, define realities, act vigorously and with discipline.

Self-orientation Be aware of oneself, occupy and hold one's ground, take up a position even for sensitive or unpopular topics, deal with the new and the unknown confidently, display a broad and flexible spectrum of behaviour according to varying situations

along with a clearly defined personal set of values.


Entrepreneurial spirit Able to develop and advance business, be highly driven to succeed, be sensitive to market signals and perceive business opportunities; envisage and design products, processes and behaviour from the point of view of the customer; have the ability and courage to strike new paths when necessary while consistently enforcing quality control.

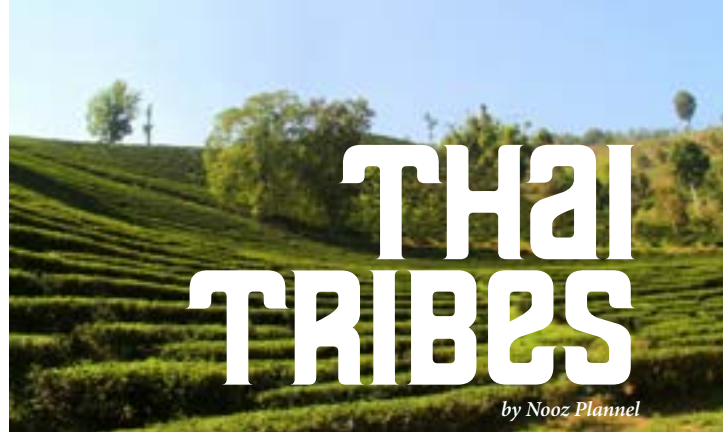
Ability to provide purpose and to prompt certain behaviour Provide purpose and understanding, communicate in authentic and credible ways, mobilize energy and strong work performance, encourage others, sense powers at play within the organization and recognize key leverage points for success, provide clear accountability and a transparent task structure to enable others' success.

Successful relationship management Display a convincing and confident manner while proactively engaging with others, facilitate relationships based on partnership and cooperation, build and maintain networks with people of diverse backgrounds.

Emotional stability Have trust in one's own abilities and strengths, remain calm and reliable under pressure, understand one's own and others' feelings, tolerate frustration, be able to deal with disappointments while remaining ready to act at the same time, display appropriate and target-oriented conflict-resolution behaviour.

Eagerness to learn and develop Learn from experience, thereby broadening the range of response; grasp challenging situations and opportunities therein; collect feedback of one's own effect on others, take a long-term view and acting accordingly; develop a pioneering spirit by nourishing talent, developing team members and providing support in difficult situations; act resolutely on a lack of willingness to perform.

The leadership challenge of today consists of continuously working on these leadership qualities. 



Thailand. Darting tuk tuks. Elephant rides. Night markets. Exotic street foods. Oil massages. Full moon parties. Island charms. But there is more to this beautiful country than most people envisage. It certainly is a treasure chest brimming with overlooked gems..



Bangkok is an infuriating place at times but there are refreshing options away from the tenacious pace of the Koah San Road tourist mecca. I do enjoy a brief wander around backstreet stalls and some of the street food is among the best to have ever graced my humble palate. A plethora of temples and galleries away from the crowds are worth a browse if energy can be summoned but to the North of this Land is where my travel companion and I wished to head.



A “luxury” night coach to Chiang Mai is the option we chose at a fair price however sleeper trains are also available. Both offer an average nights sleep but this is all part of the travelling experience. Arriving in a slightly disorientated state we hopped on a tuk tuk to the Moonmuang Road area which is located close to the Old City Wall. This intricate network of alleyways is awash with vendors, hawkers and guesthouses jostling for your business. We decided to spend a few days in Chiang Mai before journeying farther north. A pleasant wander around a night market was followed by splendid Shish Kebabs and domestic beers. The next day we found a trustworthy looking tuk tuk driver who also offered “tours” of the city, meaning that he could look after our needs for the day for a slightly inflated price. We agreed to his demands and had an interesting day sprinkled with mixed emotions. Firstly, we ventured to a monkey “training” school. I had certain reservations about such a place but the monkeys seemed well looked after and looked healthy and performed an entertaining show including bicycle tricks and solving simple mathematical riddles. But the second part of our day trip to the local tourist-ridden villages was a more sinister affair. A variety of minority families reside and trade at this location about 30km out of the main town. The famed ‘Long Neck’ women were the main attraction and posed for pictures and smiled for passersby but we later learned of the difficulties faced by them when attempting to leave these tourist hubs

while the term “human zoo” has been coined by concerned activist groups to describe such scenarios. We left happy to have interacted with these wonderful people but felt a pang of pity for their plight. Therefore after an additional day of wandering around a labyrinth of street stalls and food vendors we decided to head to another vicinity for an experience a touch more authentic and less touristy. We were not to be disappointed.

We were curious of the borderlands with Laos and Myanmar which are home to the infamous Golden Triangle, an integral zone for opium-based trading. But time permitted a trip to only Pai or Chiang Rai. We chose the latter which ultimately proved to be a sound choice. Arriving in Chiang Rai on a Sunday afternoon, the streets were fairly deserted and a tumbleweed rolling across our path would have been apt. This sleepy town had closed down early for the day and



aside from a few local marketplaces there was little to captivate the roaming eye. Only after arriving at a travel guide recommended hostel did our adventure begin. Therefore I would suggest a stay at the Chat House to be an absolute necessity if ever visiting Chiang Rai. Almost all visiting foreign faces descended here and the main reason seemed to be the variety of enticing trips on offer. One such trip led to the highlight of any visit I have ever taken to Thailand and this was my fourth. We decided to embark on a two day trek visiting authentic minority villages sprawled across the local hill-sides. We were joined by two other friendly couples and the jovial tour guide Kai, followed loyally by Dodo, his canny canine companion. A dynamic duo they would turn out to be.

On day one we journeyed through winding forest pathways regularly resting to witness the breathtaking panoramic scenery of lush green pastures and azure skies. After arriving for an overnight stay with a local village family shortly before night fall, they prepared an outstanding Thai yellow curry accompanied by complimentary home-brewed whiskey. We talked deeply around a fire under a thousand stars and felt totally at ease. We retired for the night to bamboo huts on stilts with wicker mat beds and mosquito canopies.

On day two, we reconvened at daybreak and devoured a healthy serving of locally sourced fruit and headed for our next stop; a Chinese tea plantation, home to migrant settlers from Yunnan Province. Before a hearty lunch we briefly bathed beneath a cascading waterfall as our guide Kai was fashioning cooking implements from freshly hacked bamboo. We were witnessing a man of incredible skill and endeavour in his natural habitat. We dined on giant leaves alongside a natural spring and life felt grand. After this fine feast, we meandered out of the hills past more ethnic minority settlements and finished our fulfilling trip in soothing hot springs. It truly was a phenomenal experience.

The following day we visited one of the only tourist attractions worth seeing in Chiang Rai town. The imaginatively named Cabbages and Condoms is a vegetarian restaurant aimed at promoting HIV/AIDS awareness in the region. This quirky establishment is juxtaposed with a Minorities Museum which explains the vibrant history behind local traditional ethnic clothing and culture, while also featuring a superb snapshot into the Opium Wars and Trade that includes interviews with foreigners past and present.

We then bid farewell to our humble yet incredibly talented hosts and set off for a night coach to Bangkok via Chiang Mai. The North of Thailand is geographically characterized by sprawling hills and tropical river valleys. The sumptuous cuisine and cultural excursions leave one largely satisfied and there is so much to do here in so little time. However, this is also a place where time and dates can simply drift away into the calm, refreshing breeze. Above all it is the people of Thailand which enable the traveller to feel welcomed and accommodated at almost every juncture. Due to their unremitting friendliness and carefree attitudes to everyday life, a return voyage to this land is impossible for one to rule out. **NU**

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Linking China with the world since 2003



By Misha Maruma

What of Ducks and Cricket?

Just who are the Nanjing Disco Ducks and how are they involved in sport in Nanjing? To find out the answer to this question I went to join them for an afternoon of playing the original gentleman's sport, cricket.

A conglomeration of two teams, the Nanjing Disco Ducks comprise the Nongmin and the Bogans. The two teams play cricket against each other every Sunday at Nanjing Normal University. The participants are a diverse range of nationalities ranging from cricket playing nations to countries more associated with winter sports. It is also fair to say that this is a ramshackle lot.

The day I went to meet the teams and join in for my first experience of cricket in China the sun was shining brightly; it is a perfect day for cricket. I arrive at Nanjing Normal University's main gate and make my way through the university following what I hope is a fellow player. As we arrive at the playing field I discover that he luckily plays for the team I will be representing; the Bogans.

The Nanjing Disco Ducks have an increasing presence in the Nanjing sports scene. Nanjing cricket stalwart, Hamish Stevens, regales me with tales of back in 2008 when the Nongmin Cricket Club would play on a tennis court. What is certain is that serious cricket began in Nanjing in June 2009 with the advent of the first Nanjing 6's tournament.

A tournament where teams of six players compete in two innings of five overs, the Nanjing 6's began as a tour for the Shanghai Bashers Cricket Club. They wanted to play cricket outside of Shanghai and assisted with getting cricket in Nanjing organised. The Bashers helped arrange the cricket

gear (pads, bats etc.) and showed some of the Nanjing originals how to organise tournaments. Craig Haines, Tony Herbert and Azam Chattha were instrumental in setting up the Nongmin Cricket Club and Hamish, Jimmy Bice, Daz Major and Craig Berry were the brains and brawn behind the Bogans Cricket club.

After the first Nanjing 6's tournament, things began to snowball. The Nongmin and the Bogans starting to play each other on a regular basis, meeting every Sunday. As the Nanjing Disco Ducks' profile was raised so interest was sparked from outside organisations. The Nanjing International School (NIS) started to host the cricket at their ground and put it on the roster at their annual charity sports tournament. The Pfrang Association, an charity that raises money to provide education to underprivileged children in Jiangsu province, backs the tournament



every August. Organised by Andy Kay from NIS, this has helped to boost the profile of cricket in Nanjing.

As well as the Nanjing 6's tournament, the Ducks play in the Shanghai 6's and Xiamen 6's tournaments; chances for the club to take their members on tour and celebrate their love of cricket. The Xiamen tournament is an end of year party for the club where they can spend some time on the beach before the cold, dark winter sets in and the cricket gear is packed away for another year. **NU**

Jiangsu Sainty-2, Thailand Buriram-0

Jiangsu Sainty recorded their first win in the AFC Champions League with a resounding 2-0 over Buriram of Thailand on 2nd April. On a largely dull night the game sparked to life just before half time.

With a crowd of 35,700, almost ten thousand less than the first game against Vegalta Sendai of Japan, the home support was less fervent. However, as half time approached Sainty's dominance finally broke the Buriram resistance.

The home fans went wild in the 42nd minute as captain Lu Bofei drilled the ball into the bottom corner of the net. As the stadium was basking in the first ever goal scored by Jiangsu at home in the Asian Champions League, a flowing move was finished with a brilliant headed goal by Sun Ke, sparking scenes of wild rapture. Those two minutes were worth the 80RMB entrance fee alone.

The contest petered out in the second half as Sainty controlled the game and Buriram failed to assert themselves on the match; the half time procession of soldiers entering the stadium and posting themselves around the pitch at one metre intervals providing more entertainment than the second half could muster.

Hardcore fans were coaxed into sporadic chants in support of Jaingsu goaded by megaphone wielding MCs while drums banged a repetitive beat as the game played out in midfield. In the end, jubilant and proud supporters cheered as Sainty registered their first home win in the Asian Champions League. **NU**

The Shanghai Lu Hustlers

Pool has become increasingly popular over the years partially due to Hollywood movies such as *The Hustler* and *The Colour of Money*. These movies depicted pool as a game where the unknown were able to cultivate a reputation among their peers by using skill to entertain and frustrate in equal measure.

As well as being a game of great skill, pool also draws on a player's mental capabilities. When the tension is high can you make that simple pot? Pool crosses the divide of age too. It is a sport

that pits young against old, negating athleticism and therefore relying on a player's skill with a cue and tactical nous.

There are many and varied pool venues in Nanjing; one standout worthy of mention being Tony's Bar that offers a full size table in a dedicated upstairs area. Yet if it is competition you seek then Bluesky should be your venue of choice. Every Wednesday evening is "Killer Pool" that a one shot fight to the death; a hustler's dream, while there is also the Pool Championship for those who

think they are the next Eddie Felson or Vincent Lauria.

If you are a fan of the green baize then this monthly tournament takes place on the last Saturday of the month, the next being on 25th May. Put your name down, pay your fee and you have a chance to see your name on the pool wall, becoming in the process a part of Nanjing history.

In preparation for the next event, The Nanjinger will bring you an exclusive report of the Bluesky Pool Championship from April. **NU**



"Students in Years 8 and 9 at The British School visited Sabah in Malaysia as part of their cultural studies in which they worked with a local community building a kindergarten, visited an orang-utan rehabilitation centre, camped with local people in the jungle and enjoyed a jungle cruise."



Trailing Spouse

That's Like Hand Moisturiser in a Shell!

By Rachel Skeels

Nanjing, a city filled with fake products and famous for its automobile trade, does not usually focus on the concept of traditional home-made cosmetics. However, it seems before the whole generation of counterfeit goods came along a few secret beauty products were created that since then have stood the test of time surprisingly well in the very fickle world of cosmetics.

In recent years we have seen more crazed news stories hit the headlines regarding highly dangerous chemicals that were found to be the main ingredients in some of our trusted cosmetics and skincare products; even more disturbingly it recently emerged that a lethal cocktail of potentially harmful ingredients ranging from high doses of lead, copper and mercury to arsenic and cadmium had been found therein, all of which can lead to severe skin allergies and in some cases permanent body and brain damage. Worryingly, the source of these products is not so far away. Even overseas scam artists had been buying these lethal potions and selling them on the likes of eBay as legitimate cosmetic brands, so living right here in China it is no wonder that most of us consciously make an effort to carefully check the ingredients and spend tons of cash

on supposedly safe products.

One local skincare fanatic and soap designer decided over four years ago that she too was sick of damaging skin care products filled with unnecessary additives and so decided to venture out on her own pursuing a career in creating hand-made products produced using natural ingredients and with the sole purpose of helping better the skin.



Rong Yu carefully and selectively designs and makes each individual bar of soap in her small Nanjing based studio using mud essence, olive oil, natural plant extract and almost any other natural ingredients she can get her hands on, but the most important and special ingredient is the mineral water from the hot springs which can be found nearby in Tangshan, to the east of Nanjing. There the hot springs are not only rich in minerals, but the water can effectively cure disease, reduce fatigue and reward skin with vitality and youth, which say no-more is reason enough to pay regular visits and use as a key ingredient in our skincare regime.



When asked what advantage does her soap have over some cheaper more attractive looking brands she provided me with the simple and scary realisation that I had wanted to brush aside.

"Mass produced soaps use so many harmful chemicals that are only used to reduce price and make the products look and seem more appealing. For example, they add foaming agents to give it more lather, hardening chemicals to make it durable and harder to break, and extra preservatives to put a three to five year shelf life on the products. Such synthetic soaps will not only make your skin conditions worsen but will also leave your skin with no protection".

I may start to re-think my shower workout.

Rong Yu is working full time on her creations and besides helping the Tangshan tourism board, together with a friend she has created her own brand under the newly formed company Nanjing Tangshan Hot-Spring Bath Products Co. Ltd.

So with my 100% organic soap now purchased, I decided to look deeper into Nanjing's alternative hidden beauty secrets and surprisingly found a protective balm still in high demand especially with the older more beauty conscious generation. This moisturiser was created in the 1950's - 60's, and holds a less glamorous story with its sole purpose for being: to prevent cracked skin from bleeding and ultimately becoming infected. The substance made from oil and mixed with various spices is translucent like a Vaseline jelly perfect for dry elbows, knees and the bottom of cracked feet. The name "Wai Wai You" comes from the very novel idea of putting the cream in a clam shell, which is said to give the cream a longer shelf life. Back in the 1950s this popular cream could be found on any major shopping street around Nanjing: including Xinjiekou, SanShan Jie, ZhongHua Lu and Changle Lu. Today it can only be bought in small local markets, so it was not the easiest of products to find. Although I loved the idea of a clam shell being used, once opened it wasn't easy to close again and the scent was also not too inviting. However I found it fascinating to learn that in the '60s poor Jiangning farmers had no money to buy the Wai Wai cream and so created their own using refined fat oil, pond sludge and wood cuttings, which proved equally effective as the original. After learning this I was desperate to find a substitute, which I came across in your local Watsons store; one that was first made in 1931, just down the road in Shanghai.



Pehchaolin meaning a hundred sparrows' cream was originally formulated on a German creation and is said to be the first generation of modern cosmetics in China. The trend and only option at that time was to take your own bottle, tin or cup to give shop keepers, whom in return would fill the tin to your desired weight and charge accordingly, which in comparison to today's world seems like a very economical and environmentally protective idea. This concept was also applied to many other luxury goods at that time, including soy sauce and oil. There is no denying that today's whimsical designed tin catches your eye and would definitely give the likes of L'Occitane and other major skincare brands a run for their money; not only is the design stylish but the contents are rather impressive too. The scent is surprisingly addictive and the smooth solid cream blends gently into the skin. It does have a rather excessively greasy feel, but since it is made from oil, we can forgive them, especially after the first two minutes upon application when my hands felt baby soft and as though they had been gifted with a whole new lease of life. They were however, disturbingly white, but I guess that's why it remains popular amongst both old and young in China. The best part about this product is the price tag - ¥30. Who can grumble?

When I asked a local friend about this product and gave her the tin, she was instantly overwhelmed with nostalgic emotions and has since ditched her expensive hand creams and returned to her Grandmothers old beauty regime, one that I am now considering to use myself. **NU**



Think Healthy Think Beautiful

French philosopher and physician Albert Schweitzer (1875 – 1965) once said: “Happiness is nothing more than good health and bad memory”.

Happiness and beauty depends a lot on how healthy lifestyle we lead.

50 percent of our health is determined by how a healthy lifestyle we lead, 20 percent by genetics and family history, another 20 percent our living environment (ecology, climate, location) while 10 percent is decided by health care.

Scientific studies have shown that if everyone followed the ten rules for a healthy life, then we would live for at least 100 years; rules developed by an international team of psychologists, physicians and nutritionists.

Try to sleep at least 7-8 hours per day.

A lack of sleep over a long period can make you gain weight! Sleep before midnight after a warm bath in a ventilated room on a bed that is neither too soft or too hard. Eat at least two or three hours before bedtime; sleeping on a full stomach can invoke bad nightmares and indigestion. Avoid watching horror films before bed that can lead to unpleasant dreams. Drink mint or chamomile tea to assist with insomnia.

Loose extra weight

Excess weight and a healthy lifestyle do not go together. Excess weight leads to complex diseases including cardiovascular, respiratory, circulatory, gastro-intestinal tract and curvature of the spine. Excess fat is not only under our skin, but also on the internal organs! Check on regular basis your index of cholesterol and blood pressure.

Morning physical exercise

A healthy lifestyle can not be imagined without morning exercise, which also eliminates lethargy during the day, cheers us up and provides lots of energy.

Follow healthy diet

If you choose to live a healthy lifestyle, eat healthy. This will make you feel good and strong and will also affect your looks. The basic rules of good nutrition state to never miss breakfast; it starts up your metabolism at the beginning of the day, providing you energy and preventing indulgence during the day, eat three to four meals per day (at roughly the same times) at intervals of 3-4 hours, try to buy organic food and avoid strict diets that have the potential to damage your health.

Drink Water

Drink at least two litres of water per day, not including sodas, juice, tea, and coffee that one is better to avoid at all.

Give up bad habits

Smoking and alcohol have negative ef-

fects on one's work, other creative human activities and your looks.

Follow the rules of personal hygiene

Personal hygiene and a healthy lifestyle are inseparable; an added benefit is making you believe you are clean and healthy.

Fix your daily routine

If you decide to live a healthy lifestyle, plan a daily routine that is both rational and appropriate for you. Then just stick with the plan!

Sports key to beauty and health

Active movement is also inseparable from a healthy lifestyle, helping to rid one of those bad moods and emotions. Choose a sport that is right for you, not only physically, but also mentally.

Know how to manage your emotions and cope with stress

Many people approach life believing that circumstances dictate how they live and feel. This is not exactly true, since we can all rule our minds. Remember the events that happen to us are in direct reaction to other events. Negative emotions will lead to disease at some point.

Trying to follow these simple rules can make you look healthy and beautiful. As this new column develops, we will endeavour to help you feel beautiful inside and out. Remember, the way you look inside your self is the way the world sees you from outside; beautiful!



Meet Mark

This precious little butterfly is very sick. Brain scans indicate severe brain damage. Due to this damage, Mark's nerves are over sensitive. Even the lightest touch can cause him pain. Therefore, Mark's Aji's gently care for him, bathing him daily in warm soothing water. He rests in a crib that is decorated with hand-made quilts. Gentle music is played to comfort him as staff lovingly keep watch over him. We do not know how long this little one will live for, but he will be comforted and surrounded with love every day he is with us.

Opening in 2013, Butterfly Home, Nanjing, will work in cooperation with the Chinese government to bring loving care to children with life threatening illnesses or life limiting conditions.



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previews & reviews

Movie Review Django Unchained

By Laura Helen Schmitt

“I grew up with Tarantino movies” is probably a statement that sounds very wrong to any parent, but the creator of the Quarter Pounder debacle has been with me for over 10 years now. Therefore it was just a matter of time until I had to watch Django.

Starring a mix of Tarantino old timers such as Samuel L. Jackson and new golden boy Christoph Waltz, Django is a classic Tarantino, but then again it is not. I spent the first hour or so wondering where all the shooting and the blood was – for the director who used the most amount of fake blood in one movie in the history of cinema, Django seemed oddly peaceful... until it didn't.

This setup was not to its detriment though, as scaling down the shooting left time for an elaborate backstory (I was surprised too). The result is a story of black empowerment and the typical Tarantino paradox where the mass murderer is somehow the good guy because of those obnoxious opponents so hateable they make every Tarantino movie such a passionate affair to watch. You can't help but cheer along when they finally meet their well-deserved end.

Waltz and Jackson are a great fit with Tarantino, movies such as Inglorious Basterds and Pulp Fiction are all the proof needed. Therefore I was pleasantly surprised by two rather new faces to the Tarantino game: former slave turned head-hunter Django aka Jamie Foxx and the eccentric Monsieur Candie, good old Leo DiCaprio, who has progressively stepped up his acting game since the days of his trip to the bottom of the ocean. Jamie Foxx, who henceforth shall be known as 'the most badass black cowboy in the history of anything' created a constant urge to revert to my Backstreet Boy days and decorate my walls with his face, because he was so, so cool. Leo DiCaprio proved that he can speak in the most ridiculous accent known to mankind (no offence) and taught us a valuable lesson at the same time: Never underestimate a German's pride. (You'll get it, when you get there.)

I think it is fair to say that this 3 hour movie, which flies by like

a gunshot, shows how Tarantino has grown over the years. He has perfected his splatter style into something so much more and I for one am looking forward to the new and improved works of the king of cameos. Speaking of which, “Spot the Tarantino” is a game I have perfected over the years, and he never lets me down. You should play it too some time.

Restaurant Review Tribeca

By Maryan Escarfullet



I've been to Tribeca a few times, and I love the atmosphere. However, every time I go there, or hear feedback from friends that have been too, or even check online reviews it is always a mixed bag. In terms of the food, the selection is great; I love being able to buy American food in Nanjing, and every time I step in Tribeca I feel like I'm at home at an Applebee's or TGIFs (places I spent a lot of time as an undergraduate and still go to with my friends.)

However, there is a lot of food at Tribeca that feels like American food with Chinese characteristics; Mozzarella sticks that taste like tempura served up with tarter sauce instead of marinara sauce, or the Caesar Salad not actually coming with or having any caesar dressing. Those small details really change the quality of the food, and how it tastes, especially for the price.

At Tribeca, interaction between the waiters and tables is a complicated affair. Different people set down utensils, take drink and food orders, and deliver the food; the result being miscommunication and forgotten items while the customer does not know with whom to interact and the staff have no personal responsibility for their satisfaction.

All that said, the integration of the uniforms with the atmosphere is amazing. It looks really great, and it's a comfortable environment. It is also clear the staff can speak some English, so that is a bonus, while the beer selection and the desserts appeal to me the most. If only the food could be a little more authentic, the staff more effective through the creation of a relationship between table and waiter, and with possibly more activities planned to keep people coming in, then Tribeca would be on to a real winner.

NUX THE INDEX

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南京世茂滨江希尔顿酒店
1 Huaibin Lu (cross of Qinhuai and Yangtze Rivers)
下关区淮滨路1号(近秦淮河和扬子江交汇处)
83158888
nanjingriverside.hilton.com
nanjingriverside.info@hilton.com
Modern in-room technology plus extensive meeting, conference and recreation facilities. Many rooms have balconies overlooking the Yangtze.

Nanjing Sunflower International Youth Hostel

南京瞻园国际青年旅社
80 Zhanyuan Lu (Fuzimiao west gate)
瞻园路80号, 在夫子庙西门的附近
52266858 / 66850566
www.nanjingyha.com
A popular youth hostel that includes free pool, DVDs, cable TV, foosball, wifi, travel info, English menu and English speaking staff.

Resorts

Kayumanis Private Villas & Spa

南京香樟华莘温泉度假别墅
Xiangzhang Hua Ping, Sizhuang Village, Tangshan
江宁区汤山镇寺庄村
84107777
www.kayumanis.com
nanjing@kayumanis.com
High end private villa with refreshing natural hot spring and mountain view.

Regalia Resort & Spa (Qinhuai River)

御庭精品酒店 (秦淮河)
E5, No 388, Yingtian Jie (inside Chenguang 1865 Technology Park)
应天大街388号 (晨光1865科技创意产业园) 第E5幢
51885688
www.regalia.com.cn
A Thai style spa offering a holistic approach to rejuvenation and relaxation, exuding serenity, peace and solitude.

Tangshan Easpring Hot Spring Resort

汤山颐尚温泉度假村
8 Wenquan Lu, Tangshan, Jiangning
汤山镇温泉路8号
51190666
A leisure hotel in Tangshan offering different types of bathing.

Museums

Nanjing Massacre Museum

侵华日军南京大屠杀遇难同胞纪念馆
418 Shuiximen Jie
水西门大街428号
86612230 / 86610931
Hours: Tue - Sun from 8:30 to 16:30
Located on a former execution ground and mass burial place of the Nanjing Massacre. Admission is free.

Rabe House 拉贝故居

1 Xiaofenqiao, Guangzhou Lu
小粉桥1号
Tuesday – Sunday from 8:30 to 16:30
The former home of the German Industrialist who saved thousands of Nanjing people in 1937 during which time the house served as a refugee shelter.

Nanjing Brocade Museum

南京云锦博物馆
240 Chating Dong Jie 茶亭东街240号
86518580 Hours: 8:30am - 5:00pm
Visitors can observe professionals working on wooden looms making the finest brocade on earth. Hand made and machine made fabric plus finished items also available for purchase.

City Wall Museum 南京明城垣史博物馆

8 Jiefang Men 解放门8号
83608359
Long-gone city gates, maps and a full-scale model of the walled city. Captions in Chinese.

Nanjing Municipal Museum (Chaotian Palace)

南京市博物馆
Mochou Lu 南京市白下区莫愁路朝天宫内
World class museum presenting ancient pottery and earthenware, calligraphy, clothing, jade, golden buddahs and so on.

Nanjing Science Museum 南京科技馆

9 Zijinghua Lu, Yuhua District
雨花台区紫荆花路9号
58076158
Hands-on fun and learning for kids. IMAX Cinema.

Parks

Qingliangshan Park 清凉山公园

Guangzhou Lu, near Huju Lu
广州路西端
A quiet park, once home to Chinese artists, that offers calligraphy and stone museums, as well as an art gallery and pottery studio open to the public.

Zixia Lake 紫霞湖

A mountain fed lake in which you can swim. Exercise with care; a number of deaths occur each year as a result of cramp brought on by cold currents flowing into the lake from deep inside the mountain.

Mochou Lake Park 莫愁湖公园

35 Hanzhongmen Da Jie
汉中门大街35号
Home to the annual Dragon Boat Race, and great for boating or a walk in a peaceful environment.

Jiuhuashan Park 九华山公园

Beijing Dong Lu 北京东路
Climb to the top of the park to visit the temple and pagoda. A great way to get on the city wall for a scenic spot with gorgeous views of the city.

Xuanwu Lake Park 玄武湖公园

Xuanwu Xiang 玄武巷1号
Trails for walking, biking and running, with playgrounds, gardens, restaurants plus boats and tandem bikes for rent.

Pearl Spring Resort 南京珍珠泉风景区

Zhenzhu Lu, Pukou district
浦口区珍珠路
A 8.9 sq.km scenic area making for a family day out that includes a zoo, circus, dodgems and a cable-car/ski-lift taking you up for walk on the so called 10 km Great Wall that follows the mountain ridge.

Gulin Park 古林公园

21 Huju Bei Lu 虎踞北路21号

Gardens, paintball and BBQ plus a view of the city from atop the TV tower.

Zhongshan Botanical Garden

中山植物园
Covers over 186 hectares and home to more than 3000 plant species.

Underwater World 海底世界

South side of Purple Mountain
中山陵四方城8号
8.30am-5pm

Nanjing Hongshan Forest Zoo

红山森林动物园
101 Heyan Lu 和燕路101号

Business & Education

International Education

British School of Nanjing

南京英国学校
Building 2, Jinling Resort, Baijiahu Dong Lu
佳湖东路湖滨金陵饭店2号楼
52108987

Nanjing International School

南京国际学校
8 Xueheng Lu, Xianlin College
and University Town
仙林大学城学衡路8号
85899111

EtonHouse Nanjing

伊顿国际教育集团
6 West Songhua Jiang Jie,
Jianyue District (near Olympic Stadium)
南京市松花江西街6号, 建邺区, 靠奥体北门
(中华紫鑫广场北面) 金陵中学实验小学内
86696778

Dulwich College Suzhou

苏州德威英国国际学校
360 Gang Tian Road, Suzhou Industrial Park,
Suzhou
江苏省苏州市工业园区港田路360号
(0512) 6295 9500

The Overseas

海外国际
Novas International Business Consulting Co. Ltd,
2405, Building A, New World Centre, 88 Zhujiang
Lu
珠江路88号新世界中心A座2405室
68858565 68858575
www.the-overseas.com

Foreign Trade & Economic Development Agencies

European Union Chamber of Commerce

中欧联盟商会(南京)
30F, 1 Zhujiang Lu 珠江路1号30层
83627330

China-Britain Business Council, Nanjing

英中贸易协会南京代表处
Rm 2514-2515, 50 Zhonghua Lu
中华路50号2514-2515室
52311740

Netherlands Business Support Office

荷兰贸易促进委员会南京代表处
Suite 2316, Building B, 23/F, Phoenix Plaza,
1 Hunan Lu
湖南路1号凤凰国际广场B楼23层2316室
84703707

Baden-Württemberg International

德国巴登符腾堡州国际经济科技合作协会
7-3 Dabei Xiang Meiyuan Xin Cun
梅园新村大悲巷7-3号
84728895

Australian Trade Commission

澳大利亚贸易委员会南京代表处
1163, World Trade Center, 2 Hanzhong Lu
汉中路2号金陵饭店世界贸易中心11层1163室
84711888 -1163

Canadian Trade Office Nanjing

加拿大驻南京商务代表处
1261, World Trade Center, 2 Hanzhong Lu
汉中路2号金陵饭店世界贸易中心1261房
84704574

Language Training

New Concept Mandarin

新概念汉语
3302, Block A, New Century Plaza, 288 Zhong-
shan Dong Lu
白下区中山东路288号, 新世纪广场A座3302
84872361
www.newconceptmandarin.com
nanjing@newconceptmandarin.com
Local branch of the Hong Kong based Mandarin
tutoring specialist with 20 years of experience in
applied linguistic research and teaching.

Alliance Française de Nanjing

南京法语联盟
4F, Qun Lou, 73 Beijing Xi Lu
北京西路73号裙楼四楼
83598762
www.afnanjing.org
info.nanjing@afchine.org
Offers a large selection of French-Chinese lan-
guage and educational programs.

JESIE - Goethe-Language Centre

JESIE - 歌德语言中心
Jiangsu College for International Education, 3rd
Floor, 205 Shanghai Lu
上海路205号教育学院3楼苏教国际
83335690
www.goethe-slz.js.cn

Jack's Mandarin Team-Times New Language

Jack汉语-时代新语
5F, Jiangsu Culture Mansion, 89 Zhongshan Nan Lu
中山南路89号江苏文化大厦5楼
13851864492
smartcousin@hotmail.com
Extensive experience in teaching Chinese to lo-
cally-based foreigners employed in international
companies.

Nanjing Bozhan Consultancy Co.,Ltd

南京博湛教育咨询有限公司
13813944415
bozhan.consultancy@gmail.com
Language training & Mandarin tutoring; from surviv-
al to HSK Chinese and enhancment of conversa-
tional confidence in English to ESL & IELTS testing.

Clubs & Charities

Nanjing International Club

南京国际俱乐部
www.nanjinginternationalclub.com
A club 500 plus strong in membership and with
events take place weekly, monthly and annually.

Nanjing Toastmasters

南京第一家英语演讲会俱乐部
www.nanjingtoastmasters.com
Weekly meetings at Hohai University.

Hopeful Hearts

www.hopefulhearts.info
Raises funds for medical treatment of children with
heart conditions.

Pfrang Association

普方基金会
7-3 Dabei Xiang Meiyuan Xin Cun
梅园新村大悲巷7-3号
84729068
www.pfrang-association.org
Helps sponsor the education of children in poor
regions of Jiangsu province.

Shopping

For the Home

JIaren

香港嘉仁控股集团有限公司
1617, New Century Plaza, Block B, 2 South Taip-
ing Lu
南京市白下区太平南路1号 (科巷菜场斜对面) 新世纪
广场B座1617室
84651389 / 15380981389
Quality silk and linen bedding plus decorative hang-
ings for tables, windowsills and tissue boxes plus
products for weddings.

Working House

生活工场
4F, Zifeng Tower, Zhongshan Bei Lu
中山北路紫峰大厦购物广场4F
52360109
Stylish kitchenware in dark tones, candles and co-
lourful vases or even camera cases; just a few of
the fascinating products that await in every corner
of this shop with two other branches in Nanjing.

Hongxing Furniture

红星国际家具广场
224 Zhongyang Lu 中央路224号
83118005
Large furniture mall with many shops. Large range
of prices, styles, etc.

Jinsheng Market 金盛百货大市场

2 Jianning Lu
下关区建宁路2号 (南京南厦对面)
9 Wangjinshi (off Changjiang Lu)
玄武区长江路网中市9号
Daqiao Bei Lu (beside North bus station)
江苏省南京市浦口区大桥北路 (长途北站旁)
58507000
Large indoor market with everything from home
décor to wires, Christmas trinkets and electronics.
Cheap but be prepared to bargain.

Jinling Decoration Market

金陵装饰城
88 Jiangdong Zhong Lu
江东中路88号
86511888
Everything needed for a new home.

Longjiang Flower Market

龙江花卉市场
78 Qingliangmen Da Jie
清凉门大街78号
Huge selection of plants, cut flowers, fish tanks
and fish, plus gardening tools.

B&Q 百安居

90 Kazimen Da Jie (beside Metro)
南京卡子门大街90号麦德龙旁
52450077

IKEA 宜家家居

99 Mingchi Lu (East side of Kazimen Plaza)
南京市秦淮区明匙路99号 (卡子门广场东侧)
4008002345

Art

Jiangsu Art Gallery 江苏省美术馆

266 Changjiang Lu 长江路266号
84506789
Local artists' work, changed frequently.

ART 国艺堂

D-1 Shuimuqinhuai, 99 Shitoucheng Lu 石头城路99
号水木秦淮D-1号
84506789
Picture framing and art related supplies.

Stone City Modern Art Creation Gallery

石头城现代艺术创意园
72 Beijing Xi Lu 北京西路72号
Exhibition of modern Chinese art.
55583708

Shenghua Art Center

南京圣划艺术中心
2 Zhoutai Lu, on Jiangxin Zhou (Grape Island)
江心洲民俗街洲泰路2号 (原乡土乐园)
86333097 86333100
Exhibition of Chinese contemporary art.

Electronics & Photography

Professional Photography Equipment Market

照相器材专业市场
3F, Binjiang Friendship Shopping Center, 301 Ji-
angdong Bei Lu
江东北路301号滨江友好商城三楼
Specialists in wedding photography with equip-
ment including lighting, flash etc.

Camera & photography Equipment Market

东鼎照相市场
Dongding Plaza, 699 Zhujiang Lu
珠江路699号东鼎照相市场
Widely regarded as the best camera and equip-
ment market in Nanjing.

Mobile phone shops on Danfeng Jie

丹凤街-手机
Indoor markets specialized in new and second-
hand mobile phones and repairs.

IT products on Zhujiang Lu

珠江路-IT产品
A multitude of stores that selling everything you
can imagine and more; computers, cameras, MP3
and MP4 players, iPad, webcams, hard drives,
and portable flash drives.

Video games on Zhongyang Lu

中央路-电子游戏
Any type of video game for all game systems. Also
do minor repairs.

International Groceries

Fields

www.fieldschina.com
Shanghai's premier online grocery store for safe, high
quality, delicious food delivered to your door. Frequent
deliveries to Nanjing.

Nanjing Bakery

www.nanjingbakery.com
Home made cakes, ready to bake pizzas, lasagna
etc. plus a range of items such as pasta, butter,
cheese, sauces and spices.

Metro 麦德龙

288 Ningli Lu 宁溧路288号
300 Jianning Lu 下关区建宁路300号
Wide selection of foreign foods.

Carrefour 家乐福

235 Zhongshan Dong Lu

中山东路235号
84658588
Hypermarket with five stores in Nanjing.

Times Grocery

泰晤士
48 Yunnan Lu 云南路48号
83685530
Compact yet its location breeds popularity; wide
selection of imported but sometimes pricy food.

Auchan 欧尚

151 Hanzhongmen Da Jie
汉中门大街151号 (近纪念馆东路)
86555568
Another French hypermarché with three stores in
Nanjing.

BHG Market

B2, Aqua City, 1 Jiankang Lu
健康路1号水游城地下2层
66985066 / 66985068
B1, Deji Plaza, Zhongshan Lu
德基二期地下1层
91 Matai Jie
马台街91号
68675666 / 68675699
Features a very large stock of imported goods
plus fresh organic fruit and veg.

RT Mart 金润发

39 Danfeng Jie
玄武区丹凤街39号 (近北京东路)
83358788 / 83356077
Chinese supermarket with a decent foreign food
section and three outlets in Nanjing.

Yaohan City Market

南京八佰伴
Phoenix International Bookmall, 1 Hunan Lu
湖南路1号凤凰国际
Foreign food supermarket.

GSAB 新源宝

6-1C16 Block 6 Taiwan Product City, Hexi Dajie
河西大街台湾名品城6馆6-1C16号
52360050
Limited selection of imported items from Taiwan
difficult to find elsewhere.

Organic Food 有机食品

Available in many supermarkets and big Chinese
food markets, but need to ask staff. Organic foods
can be ordered online from http://shop.njaf.gov.cn.

Sports

Decathlon 迪卡依

866 Yingtian Xi Lu (same building as Auchan)
应天西路866号
84218420
286 Ningli Lu (next to Metro)
宁溧路286号 (麦德龙对面)
52401018
French sports megastore chain that also stocks
informal-wear shoes in sizes up to 48.

Jinxianghe Rd 进香河路

The outdoor store street in Nanjing; shops for bik-
ing, hiking, backpacks, equipment and apparel for
outdoors.

Wine Outlets

Aussino Cellar 富隆酒窖

Room 109, 198 Zhongshan Dong Lu
南京市中山东路198号109室
86646068
www.aussino.net

Eminence Cellar

香松酒窖
Inside Wutaishan (opposite to Jin Inn)
Guangzhou Lu 广州路, 五台山体育场
66012088

Newold Wine World 纽澳酒世界

Area B, F1, New City Mall, 99 Caochangmen Da Jie
草场门大街99号新城市购物中心负一楼B区
86265959

Foreign Language Bookstores

Foreign Language Bookstore

外文书店
218 Zhongshan Dong Lu (Beside Taiping Nan Lu)
中山东路218号长安国际 (太平南路口)
57713287

Xinhua Bookstores

新华书店
56 Zhongshan Dong Lu (near Hongwu Lu)
新街口店白下区中山东路56号 (近洪武路)
86645151
54 Hunan Lu (near Matai Jie)
鼓楼区湖南路54号 (马台街口)
83374645

Phoenix International Book Mall

凤凰国际书城
1 Hunan Lu
鼓楼区湖南路1号八佰伴旁 (近中央路)
83657000 / 83657111

Services

Healthcare

Flossy Care

福乐氏齿科诊所
#105, 1 Huaneng Garden, Taiping Bei Lu
南京太平北路108号华能城市花园1幢105
13951994471 / 84069389
www.025ya.com
Offers all kinds of oral treatments including dental
implants, crowns or bridges, dental whitening,
cosmetic dentistry, root canal therapy, orthodon-
tics and more. 100% bilingual staff with another
branch in Suzhou.

Global Doctor

环球医生
6 Mochou Hu Dong Lu (next to Shuiximen Da Jie)
建邺区莫愁湖东路6号左邻风度花园01幢1楼
86519991
Emergency Number: 13805174397
www.globaldoctor.com.au
Australian medical company offering primary and
occupational healthcare plus emergency assis-
tance. Multilingual staff: EN/IT/JP/PT/ES/KO/CN.

Nanjing International SOS Clinic

南京国际(SOS)紧急救援诊所
1F, Grand Metropark Hotel Nanjing,
319 East Zhongshan Lu
中山东路319号维景国际酒店1楼
84802842 (by appt.)
Mon-Fri 9am-6pm, Sat 9am-12noon / 24hr Alarm
Center: 010 6462 9100
www.internationalsos.com
Western doctors and public pharmacy. Service
listed in English & Chinese. Multilingual staff: EN/
CN/JP/DE.

Health Examination Center

江苏省国医馆
2F, Outpatient dept. of NJUTCM,
282 Hanzhong Lu
汉中路282号南京中医药大学门诊部二楼
86646068
www.joinmi.com

English speaking staff, diagnosis by imported advanced medical technology and treatment by Traditional Chinese Medicine. 100% non-invasive.

**Nanjing Entrance and Exit
Inspection and Quarantine Bureau**

江苏出入境检验检疫局

1 Baixia Lu 白下路1号

52345328 / 84456805

Health checks for work permit / visa applications.

Gulou Hospital 鼓楼医院

321 Zhongshan Lu 中山路321号

83304616

The major trauma hospital (24 hr).

Nanjing Children's Hospital

南京市儿童医院

72 Guangzhou Lu 广州路72号

83117500

Jiangsu People's Hospital 江苏省人民医院

300 Guangzhou Lu 广州路300号

83718836

The major western medicine hospital.

Yifeng Super Drugstore 益丰大药房

159 Hanzhong Lu (west of JS hopsital of TCM)

汉中路159号 (省中医院往西30米)

86795111-825 8am-9pm

English speaking staff.

Jiangsu Provincial Hospital of TCM

江苏省中医院

155 Hanzhong Lu 汉中路155号

86617141

The major Chinese medicine hospital.

Nanjing Maternity and Child Healthcare Hospital

南京市妇幼保健院

123 Tianfei Xiang 天妃巷123号

84460777

The major maternity hospital in Nanjing.

BEN-Q Hospital 明基医院

71 Hexi Da Jie 河西大街71号

58807810

Another popular choice for expats, BENQ is staffed by local specialists, with occasional visits from Taiwanese doctors.

Nanjing Union Dental Clinic

南京友联齿科

1F, Grand Metropark Hotel Nanjing,

319 Zhongshan Dong Lu

中山东路319号维景国际酒店一层

84818891 / 84808888-6555

dentist@uniondental.cn

Travel

D.T. Travel

大唐国际(香港)商旅服务管理有限公司

22E, Jinlun Building, 108 Hanzhong Lu

汉中路108号金轮大厦22E

400 886 1212

Professional English service incl. air ticket, visas, hotels, individual travel and Corporate Business Plus.

Lufthansa German Airlines

德国汉莎航空公司

Reservation Service:

4008 868 868 (CH,EN)

Sales Office: Room 951, World Trade Center, 2 Hanzhong Lu

汉中路2号金陵饭店世贸中心951室

Fax: 84722624

nanjing_lufthansa@dlh.de

Lukou Airport Int'l Check-in Service - Rm 417

Transportation

Airport Shuttle Bus

机场大巴

¥20

1. East square, Nanjing Railway Station, 221 Longpan Zhong Lu 南京火车站 龙蟠中路221号 6am-8.30pm, every 30 mins.

2. Nanjing Zhonghua Men Station, 508 Yingtian Da Jie 南京中华门车站 应天大街508号 6am-9.00pm, every 20 mins.

Nanjing Train Station

南京火车站

141 Longpan Lu

新庄龙蟠路141号

85822222 (enquiry)

85824224 (tickets)

Nanjing South Train Station

南京南站

Shuanglong Dadao / Yunan Lu

雨花台区双龙大道玉兰路

52414183

Principal stop on the Shanghai to Beijing high speed train line.

Nanjing Lukou International Airport

南京禄口机场

Lukou Town, Jiangning District

江宁区禄口镇

968890 / 52480499

Nanjing Coach

Terminals

南京长途汽车站

Coach timetable/ticket enquiry 96196.

Nanjing Zhonghuamen Coach Terminal

南京中华门长途汽车总站

508 Yingtian Da Jie

应天大街508号

52418504

Nanjing North-Central Coach Terminal

南京中北长途客运中心

160 Huahongcun

秦淮区红花村160号

Nanjing Zhongyangmen Coach Terminal

南京中央门长途汽车总站

1 Jianning Lu

建宁路1号

85531288

Property Services

Nanjing Houses

15150698134

www.nanjinghouses.com

info@nanjinghouses.com

Provides a unique to the industry process of pre-screening options in order to save time and energy while looking for an apartment or villa.

Sun Homes Real Estate

南京中涛房产经纪咨询有限公司

Room 1901, Xinghan Mansion, 180 Hanzhong Lu

南京市汉中路180号星汉大厦1901室

51860592 / 5186 0590

www.shre.com.cn

sunhome@shre.com.cn

Pre-move consulting home search service, orientation and settling-in programs plus vehicle leasing.

Crown Relocations

嘉柏 (中国) 国际货运代理有限公司

Rm 1908, Block B, New Century Plaza,

1 Taiping Nan Lu

太平南路1号新世纪广场B栋1908室

84541017

Provides moving services, school search, intercultural services plus departure and destination services.

Apex International Logistics Co., Ltd

上海正流国际运输代理有限公司

58702129

www.apex15.com

nanjing@apex15.com

Domestic and local moves, office relocation, storage and warehousing, pet relocation, insurance/risk management plus immigration services.

CMR Corporate Property & Relocation

南京浩麦房地产咨询

12C1, Jinlun Mansion, 108 Hanzhong Lu

汉中路108号金轮大厦12C1座

84701658

www.cmrchina.com

Supplies multinationals, with additional services including driver's license and import/export of pets.

Training, Coaching & Consulting

MTI Nanjing

#1402, Building 1, World Times Square, 8 Dongbao Lu

东宝路8号时代天地广场1幢1402室

84714552

www.mticonsulting.com

Provides HR coaching and training solutions, combining international standards with local market needs. The MTI team supports companies of all sizes and braches from a new office in Nanjing.

Dan Clarke

www.lets-get-happy.com

Nanjing based lifecoach offering advice on how to become happier and less stressed, plus ways to improve your life.

Simon Northcott

simon3northcott@gmail.com

A manufacturing consultant based in Nanjing, specialising in change leadership, problem solving and empowerment.

Faith Houses

Nanjing International Christian Fellowship

Ramada Hotel, 45 Zhongshan Bei Lu

南京中山路45号 南京华美达怡华酒店

Sundays 9:30am to 11:30am

Foreign passport holders only. English service with translation available in Chinese, French and Spanish.

KuanEumHui Korean Buddhist Club

观音会南京韩人佛教会

1703, Building 2, Fuli Shanzhuang

富丽山庄3栋1703室

13222018582

Service: 11:00am

Shigulu Catholic Church

石鼓路天主教堂

112 Shigu Lu 石鼓路112号

84706863

Korean service: Sat 4.30pm

English/Chinese Service: Sun 4.30pm

The Church of Jesus Christ

of Latter Day Saints

Yuhua Jingli Hotel, 8 Xiaohang Yaojiaao

雨花区小行尤家凹8号南京雨花晶丽酒店

Mormon service on Sundays at 10am. Foreign passport holders only.

Pets

Amy Hao Hao Pet Care

爱咪好好

18 Nantai Xiang Xi (off Wang Fu Da Jie)

王府大街南台巷西18号

84203097 / 13952034351

Professional cat and dog grooming service run by a local Nanjing girl who speaks fluent English.

Tom Dog Pet Center

汤姆狗宠物中心

1 Shanghai Lu 上海路1号

86662858

Pet stayover and dog walking service, retail outlet and English speaking staff.

Nanjing Veterinary Station

南京畜牧兽医站宠物总医院

448 Longpan Zhong Lu

龙蟠中路448号

84484781

Major centre for vet services and vaccinations.

Legal

Picozzi & Morigi Law Firm

意大利弼高基莫里吉律师事务所

A4, 21F, Golden Eagle, 69 Hanzhong Lu

南京市白下区汉中路89号金鹰国际商城21楼A4

86556731

nanjing@picozzimorigi.it

www.picozzimorigi.cn

www.picozzimorigi.com

Italian law firm operating in China since 1991 and licensed by the Ministry of the Justice with two representative offices in Nanjing and Shanghai. Provides legal services in English, French, Chinese, Spanish, Italian and German with special regard to investing in China, M&A, labour law, IPR protection and cross border dispute.

Dacheng Law Offices

大成律师事务所

2F, 72 Beijing Xi Lu

北京西路72号2楼

83755108

nanjing.dachenglaw.com

Hongliang.Hu@dachenglaw.com

Ranked #1 in Asia by size, with branches in 26 countries and all over China. Nanjing branch is ranked #1 in Jiangsu Province (EN/CH/ES/JP/KO).

Jeffrey Wang

中银 (南京) 律师事务所

8F, Jincheng Tower, 216 Longpan Zhong Lu

南京市龙蟠中路216号8楼

13605182614 / 58785588 / 58788688

wyz_jeff@163.com

Business lawyer with more than ten years legal practice in Nanjing plus fluent English and knowledge in both legal and business areas.

Media Production - Design - Photography

SinoConnexion

南京贺福文化传媒有限公司

14F, Building 1, World Times Square, 8 Dongbao Lu

鼓楼区东宝路8号时代天地广场1幢1417室

84718617 / 13851522275

www.sinoconnexion.com

info@sinoconnexion.com

International award winning professional foreign owned video and media production company with 30 years experience, and 20 years of work in China. Advertising agency and publishing services also available.

VOZ Design

嗓音设计

Office 3318, Tianzhidu, 33 Hubu Jie

新街口户部街33号天空之都3318室

85520158 / 18061685196 / 15950575174

www.vozdesign.com

contact@vozdesign.com

Professional marketing oriented graphic design and brand development. No copies, no templates,

only creativity and lots of brain juice. Mediocrity is a decease we fight everyday.

Nicolas Harter Photography

13770761603

www.nicolasharter.com

A French photographer specialising in wedding, commercial and event photography, and author of photo-book "Africa Square", a profile of African artists at the 2010 Shanghai Expo.

Phrejphotos Photography

13770999175

www.phrejphotos.com

Photographic services offered. Product shots, portraiture and more.

Miscellaneous

Wow-Super A Translation Service

南京领域翻译有限公司

Rm 4004, F40, Tian'an International Building

南京市新街口天安国际40楼4004室

4006969469

www.wowtran.com

service@notary-trans.com

Satellite TV Installation Service

13770323459

nanjingstv@gmail.com

Bottled Water Delivery Service

By Coca-Cola Nanjing

4008282288 (Free)

Mineral water, pure water, water machine cleaning.

Lustre Cobbler 莱斯特皮鞋修饰

Golden Eagle Shopping Center, 89 Hanzhong Lu

汉中路89号金鹰国际

Central Department Store, 79 Zhongshan Nan Lu

中山南路79号中央商场

Hong Bang Tailor

红邦裁缝

18 Nanxiu Cun, Shanghai Lu 上海路南秀村18号

The tailor of choice for many a Nanjing expat.

Leisure & Sports

Sports

Century Star Ice Skating Club

世纪星滑冰俱乐部

222 Jiangdong Zhong Lu (Inside Olympic Center)

江东中路222号奥体中心内

86690465 / 86690467

4F, Wonder City, 619 Yingtian Street

应天大街619号虹悦城4楼

52275768 ext. 8001/8002

Ninth City Billiards

9城花式撞球

1912 District, 52 Taiping Bei Lu

太平北路52号1912街区

84504303

1pm till late. ¥15/hr in the afternoon.

Klein Bill

Theatre

Nanjing Art and Cultural Center

南京文化艺术中心
101 Changjiang Lu 长江路101号
84797920
Regular large-scale shows by professional Chi-
nese and foreign performers.

Jiangnan 631 Niuda Theatre

江南631牛达剧场
5 Yanling Xiang 延龄巷5号
84419786
Weekend Chinese modern small theater shows.

Nanjing Art Academy Concert Hall

南京艺术学院音乐厅
15 Huju Lu 虎踞北路15号
83498249
Irregular performances by Chinese and overseas
students and faculty.

Jiangsu Kunqu Theater 兰苑剧场

4 Chaotian Gong 朝天宫4号
84469284
Live performance of Kunqu opera.

Beauty

Franck Provost Hair Salon

梵珀巴黎法式发艺
F322 Deji Plaza Phase 2
中山路18号德基广场二期F322店铺
86777366

Wan Yan Shi Beauty Salon

完颜氏美容沙龙
Room 108, Building 2, 9 Wenfan Lu
文苑路9号2幢108室
85791042

Nail Bar 指爱你美甲

44 Wangfu Da Jie
王府大街44号
84209596

Sweet Love in Nails 指间密语

89 Shanghai Lu
上海路89号

Food & Drinks

Asian Cuisine

Taiwan Teppan Corner

南京市建邺区三铁餐厅
LB148, Jinyuan Hexi Commercial Plaza, 341
Jiangdong Zhong Lu
南京市建邺区江东中路341号南京金源河西商业广
场LB148
13770325443
Quality and affordable Teppanyaki experience
aimed at office workers for lunch and dinner.

Keziguli Muslim Restaurant

克兹古丽餐厅
53 Wangfu Da Jie
王府大街53号
85981468
Xinjiang restaurant popular with expats; spicy
noodles, potatoes, vegetable, chicken and lamb
dishes accompanied by dance performances.

Silk Road Moslem Restaurant

丝绸之路穆斯林餐厅
260 Guangzhou Lu
广州路260号
83705680
Some stay away, since it is not obvious that Silk Road
has an English menu, with photos to boot. Signature
dish boiled lamb chop and homemade yoghurt with

raisins are among the must-trys in a colourfully
decorated environment accompanied by Uigur music.

Istanbul Turkish Cafe

食正坊咖啡店
209 Shanghai Lu
上海路209号
83309030
A range of Turkish and Vietnamese food, including
Turkish "pizza", kebabs, wraps, freshly made
yoghurt, and some desserts. All food is halal. No
smoking section available.

Pho Saigon

金禾泰餐厅
2F, Huanya Plaza, 33 Shigu Lu
白下区石鼓路33号环亚广场2楼
84465722
Popular fare includes Vietnamese style noodles
(pho) and others such as vegetarian dishes and
seafood as well as the standard beef, pork, chicken
and duck selections. Mains range from ¥26-50.

Indian Cuisine

Nanjing Ganesh Indian Restaurant

南京甘尼仕印度餐厅
3 Kunlun Lu
南京玄武区昆仑路3号
85860955
www.ganeshchina.com
The unlikely combination of Indian food and jazz
music that nevertheless has stood the test of time
in both Suzhou and Wuxi. Fabulous decoration in
a great location by the city wall at Xuanwu Lake.

Himalaya-Nepalese & Indian Restaurant

喜马拉雅尼泊尔印度餐厅
193 Shigu Lu (behind the Sheraton)
石鼓路193号
8666 1828
Himalaya is a very popular restaurant serving a
variety of Nepali and Indian foods in a setting as
authentic and inspired as the dishes themselves.

Masala Kitchen

玛莎拉印度餐厅-酒吧
A05, No 12 Xian Yin Bei Lu, Xianlin
南京市栖霞区仙隐北路12号亚东商业广场A05
84448858
masala_kitchen@live.com
Offers vegetarian and meat dishes plus savory
Tandoori oven dishes and exotic curries cooked
fresh by a chef with over 20 years of experience
in his hometown of Hyderabad. Also serves a fine
selection of imported wines and beers.

Taj Mahal

泰姬玛哈印度料理
117 Fengfu Lu
丰富路117号
84214123
189 Shanghai Lu 上海路189号
83350491
Established in 2003, the Taj Mahal Indian Restaurant
made a name for itself by offering a great variety and
exotic blend of high quality authentic Indian cuisine
that it continues to this day, making it forever popular
with the foreign community.

Kohinoor Restaurant

科伊诺尔餐厅
2F, Ramada Hotel, 45 Zhongshan Bei Lu
中山北路45号华美达怡华酒店2楼
83122522
Vegetarian and non-vegetarian curries made in
the original unimitable style of Indian and Pakistani
cuisine prepared by chefs brought especially from
the mystery lands.

Punjabi Restaurant

本杰比印度餐厅
2 Shizi Qiao, Hunan Lu
湖南路狮子桥2号
83245421
Offers traditional Kadhais, Murghs, Masalas and
Vindaloos in addition to more familiar Chinese
dishes.

Japanese Cuisine

Wadouraku

和道乐日本居酒屋
121 Shigu Lu
石鼓路121号
84465760
Patronised by many from Nanjing's Japanese
community, and largely thought of as the genuine
Japanese experience in Nanjing.

Kagetsu

嘉月
62 Taiping Bei Lu, 1912
太平南路62号 1912街区内
86625577
A lifestyle oriented dining experience with a focus on
creative cuisine. Balcony affords views over 1912.

Tairyo Teppanyaki 大渔铁板

57 Zhongshan Lu
中山路57号
84729518
All you can eat and drink special offer includes sushi,
sashimi, sake, beer, and everything on the menu. Two
more locations in 1912 and near to Xuanwu Gate.

Korean Cuisine

Fudefang 福德坊

6 Taoguxincun, Hankou Lu
汉口路陶谷新村6号
83312091

Ke Jia Fu 可家福

38 Nanyingyangying (near Ninghai Lu)
鼓楼区南阴阳营38号 (近宁海路)
83314283

Vegetarian

The Green Field – Vegetarian Restaurant

绿野香踪素食馆
1F Zhengyang Building, 56 Yudao Jie
御道街56号正阳大厦一楼
6661 9222
A wide selection of creative dishes and plenty of
fresh vegetables along with special drinks and teas.

Pure Lotus 静心莲

1 Section C, Shuimuqinhuai, 99 Shitoucheng Lu
石头城路99号水木秦淮C区1号
83752306

Lvliuju (Living by Green Willow)

绿柳居素食馆
248 Taiping Nan Lu (near Changfu Jie)
太平南路248号1-2楼 (近常府街)
86643644

Western Bars & Restaurants

Studio 21 Grill Restaurant

藤美
193 Shigu Lu (behind the Sheraton)
石鼓路193号 (石鼓湾美食休闲街区)
86795269 / 13072525212
Genuine European flavours, grilled meat, seafood
specialties and well renowned home made
desserts; all in an elegant and relaxing atmosphere.
Special Set Lunch Menu with prices from ¥40 and
specials for students and teachers, plus live music

every Friday and Saturday during dinner.

Jimmy's

吉米来吧
193 Shigu Road (inside Sunglow Bay
near the Sheraton)
石鼓路193号
86792599
www.jimmysnj.com
The place to be for live and recorded sports,
while enjoying American style pizza, BBQ steaks,
burgers, hotdogs, tacos and more, accompanied
by a large selection of draft and bottled beers and
more than 50 different kinds of single malt whisky
and bourbon.

Secco Restaurant and Bar

喜客西餐厅
132 Changhong Lu
长虹路132号
83370679
In its reincarnation, Secco is back in a new
location sited in a former warehouse.

Jack's Place

杰克地方西餐厅
422, Dongcheng Hui Shopping Mall, Xianlin
文苑路与学思路交叉口东城汇4楼422
85807866
35 Wang Fu Da Jie
王府大街35号
84206485
160 Shanghai Lu
南京上海路160号
83323616
Humble yet honest, Jack's Place has tellingly been
around Nanjing for around 15 years, serving up
Italian favourites popular with expats and locals alike.

Tribeca New York Bar & Grill

翠贝卡
1 Zhonghua Lu
中华路1号
400-891-9998
Taking two years to decorate, now the good times are
rolling with true American dining amid an impressive
array of sport, movie and music memorabilia.

Les 5 Sens

乐尚西餐厅
52-1 Hankou Lu
汉口路52-1, 靠近南京大学
83595859
A surprisingly inexpensive French restaurant
serving homemade traditional French dishes
(set menu and à la carte available) for lunch and
dinner in a friendly atmosphere. Many dishes cost
less than ¥50.

Behind the Wall

答案墨西哥餐厅
150 Shanghai Road (in Nanxiu Cun)
上海路150号, 在南秀村
83915630
One of the oldest bars in Nanjing serving drinks
and food in a relaxed atmosphere, with perhaps the
finest terrace in the city. Live musical performances
go well with strong sangria and beer.

Florentina

2-107, 83 Shanghai Lu
(near the Wutaishan North bus station, at the entrance of
the alley leading to Jasmine Youth Hostel)
上海路83号2栋107 (靠近五台山东站汽车站, 青年
旅社的巷子口)
3-101, 22 Nanyinyangying (in the lane opposite
Behind the Wall on the other side of Shanghai Lu)
南阴阳营22号3栋101 (答案西餐厅&酒吧对面的巷子, 在上海路另一边)

18602560788
Over 100 craft beers waiting for you to try!

Medi Mediterranean Bar & Food

地中海餐厅酒吧
Jinyin Jie, 158 Shanghai Lu
上海路58号一金银街
13584006102
Outdoor seating and signature cocktails, made
utilizing specially imported ingredients. Small
bar inside makes for a good location for a
"rendezvous".

Henry's Home

亨利之家
220-1 Jiangdong Bei Lu (beside New City Mall)
江东北路220-1号 (龙江新城市广场南门对面)
86654099
20 years experience in serving up western meals;
specialties include steaks, fajitas, ribs and organic
salads.

Selección Española

57 Zhongshan Dong Lu (Exit 7 from Xinjiekou
metro station)
中山东路57号
Serves up home-made classic Spanish dishes
such as Tortilla de patata con alioli, Pisto con
huevo frito and Paellas. When not hosting
Spanish themed birthday parties the second floor
shows four days a week a selection of films and
documentaries. Closed on Mondays.

Danny's Irish Restaurant & Pub

丹尼’爱尔兰餐厅&酒吧
4F, Sheraton Nanjing,
169 Hangzhong Lu
汉中路169号金丝利酒店4楼
86668888 Ext. 7775
Quality hotel dinners plus the usual selection of
beer and liquor in addition to being a good place
to sit and chat. Live music performances and TV
sport. Open from 6 pm.

Blue Sky Expat Bar & Grill

蓝澳西餐厅
77 Shanghai Lu
上海路77号
86639197
www.the-bluesky.com
bluesky.aussie@gmail.com
One of the original expat bars to open in Nanjing,
serving burgers, pizzas, Aussie meat pies and
Bundaburg Rum (Bundy). There are also weekly
and monthly pool competitions and weekend
openings at 10.30am.

La Cantina

南京米凯列酒业有限公司
#2-7 East Nantai Xiang (off Wangfu Da Jie)
南台巷东2-7号
58787665 / 13813842543
Italian wine complimented by snacks, antipasti, pasta
and pizza that create a great place to unwind after a
day in the city.

Tony Music Bar

南京托尼酒吧
6 Jinxianghe Lu
进香河路6号
84068176
Hangout that captures an elusive quality in the
often indefinable persona that makes one feel
immediately at home amid new surroundings and
completely as one with total strangers.

Nail Jazz Bar

钉子吧
10 Luolang Xiang (200m south of the Sheraton)

罗廊巷10号, 离金丝利酒店200米
8653 2244
A relaxed bar that offers a wide variety of imported
beers, stage and foosball table.

Ellens Bar

艾伦酒吧
132-3 Guangzhou Lu
广州路132-3号
83641119
75 Dingjia Qiao
丁家桥75号
58825052
37 Hunan Lu
湖南路37号
83641118
Laid back and relaxed atmosphere plus food &
drinks at great value prices make this a favourite
amongst the student crowd.

Swede and Kraut

云中西餐厅
12 Nanxiucun 南秀村12号
86638798
German and Belgian beers alongside a menu of
traditional European foods and desserts. Take out
and special holiday dinners are available.

Eminence Cellar

香松酒窖
Inside Wutaishan (oposite to Jin Inn),
Guanzhou Lu 广州路, 五台山体育场
66012088
High quality western restaurant offering organic
food, breads baked on-site; a full cigar bar, private
meeting rooms and a huge wine cellar.

Finnegan's Wake

芬尼根爱尔兰酒吧餐厅
6 Cinnalane
中山南路升州路(原中北汽车站)熙南里街区6号
52207362 / 52207372
www.finneganswake.com.cn
Guinness and Kilkenny on tap, a selection of
classic Irish and Scotch malt whiskies plus a
carefully prepared selection of traditional Irish
dishes.

61 House

陆拾壹号餐厅
61 Hankou Xi Lu
汉口路61号
83205979 / 13851434386
Former bomb shelter that is now a significant stop
on the live music circuit in China for international
unsigned bands.

La Table de Mr. Eiffel

巴黎盛宴
83 Guangzhou Lu, near Qingliangshan Park
广州路83号, 靠近清凉山公园
83711900
Authentic French cuisine and an extensive list
of French wines by the glass. Located in an old
Chinese garden house with an outside terrace.

Potato Bistro

马铃薯
5*301 Kangqiao Sheng Fei, 9 Wenfan Road,
Xianlin University Area
仙林大学城文苑路9号
85791293
A bistro based on green, organic, fresh foods and
authentic tastes within a quiet environment. A 150
square metre outdoor BBQ balcony is also available.

Vanilla Sky

香草天空
4-4 Taoguxincun, off Shanghai Road

上海路陶谷新村4-4号
83202884

Serves up a variety of Western foods, including pizzas, pastas, steaks and salads. Prices are reasonable, and a cozy atmosphere keeps many customers coming back.

NU Bellini Italian Bar & Restaurant 贝丽妮意式餐厅

1-106, 9 Wenfan Lu, Xianlin
仙林大学城文范路9号1-106室
85791577

Stylish and elegant yet easy in which to relax. Utilising ingredients specially sourced, many dishes and drinks are unique in Nanjing. Reservations are advised.

Boston Chips

波士顿炸薯条
New City Mall, Hexi
河西新城广场
An array of boardwalk food, such as hotdogs, tater tots, mashed potatoes, onion rings, and chicken fillets, including BBQ and Cajun styles. Two other locations in Nanjing.

NU Myth Bar 谜吧

60-6 Jiangsu Lu
江苏路60-6
83307877
Up-scale drinking and entertainment centre. Featuring live music, an Italian DJ, pool table and draught beers, Myth also features regular parties that draw large numbers of foreign patrons.

NU Blue Marlin 蓝枪鱼音乐餐厅

8 Changjiang Hou Jie, 1912
南京市玄武区长江后街8号1912酒吧街 84537376
Liyuan Zhong Lu, Jiangning (near Baijia Lake)
利源中路(百家湖附近)
523932890
Yadong Plaza, 12 Xianyin Bei Lu
仙隐北路12号 亚东广场
One of the more established hangouts in Nanjing that with new locations make it still popular with expats. Offers quality drinks plus German and European dishes. Happy hour from 4-7pm.

1850
法越年代
7F, Nanjing International Center, 201
Zhongyang Lu
中央路201号南京国际广场7楼
87785177
Nanjing's French-Vietnamese restaurant offers exquisitely presented dishes amid somewhat garish decor, prepared by a local chef with many years of experience abroad. Worth visiting for the lemongrass noodles alone.

NU Cosima
可西玛
120 Shanghai Lu (near to Hankou Lu)
上海路120号
83337576
Famous for being the smallest restaurant in the city, serving Spanish items that include tapas, pizza and a nice variety of wine. Outdoor seating expands the capacity of the restaurant considerably!

NU Talking, Talking 2, Talking 3, Talking 5
对话西餐厅
Room 101, 9 Pei De Li,
Ninghai Lu
宁海路培德里9号栋101室
83200844
Jinyin Street

金银街
83323969
Offers a surprisingly large variety of beers and liquors, as well as a good selection of food. Very popular with the student crowd, both Chinese and foreign.

Don Quixote
堂吉珂德餐厅&酒吧
39 Chengxian Street,
off Zhujiang Lu
珠江路成贤街39号
83359517
This pub doubles as a Spanish restaurant offering a variety of cuisine. After the kitchen closes, a live band comes on upstairs. Downstairs, there is a large screen plasma TV and video games.

NU Sancho Panza
到堂吉珂德
173 Guangzhou Lu, Wutaishan Stadium North gate (take the stairs to the right)
广州路173号, 五台山体育场北大门内(无为高尔夫球场西侧台阶上)
A two floor bar featuring live music, pool, food and quality eats plus a fully-stocked bar.

NU Ciao Italia
你好意大利
193-2 Shigu Lu (outside Sunglow Bay near the Sheraton) 石鼓路193-2号
Ciao Italia's master chef Giuseppe serves over 140 authentic Italian specialties, including 30 varieties of pizza that are considered some of Nanjing's best.

NU Pisa Pizza
比萨斜塔意式西餐厅
81-8 Shanghai Road
上海路81-8号
15805177575
Pisa Pizza has a reputation for offering up the finest pizza in the city, straight from the wood fired oven.

Gourmet Village
81-2 Shanghai Lu
上海路81-2号
87776422
Serving up a decent slab of sophistication, Gourmet Village is also a deli with a reasonable range of imported spices and herbs, mustard and pasta plus jams, marmalades, cheeses, sausages and much more.

NU Friends
老友记意式西餐酒吧
6 Taoguxincun, Hankou Lu
汉口路陶谷新村4-2号
86617101
The extension of your own dining room (if you live in a chic Greek style tavern) that serves up pizza, pasta plus various snacks and appetizers.

NU Country Road
约翰·丹佛
20-1 Nanxiucun
南秀村20-1号
87776422
With pasta, pizza, steak, coffee, wine, music and books, Country Road is both popular and elegant.

Nightclubs

MAZZO
玛索国际俱乐部
1912 Nightlife district
南京市1912时尚休闲街区
84631912
One of the preferred clubs for the foreign community in Nanjing that plays contemporary electronica.

Club TNT
潮人会所
2-1 Changjiang Hou Jie
南京市长江后街2-1号
84401199
A big name in the Chinese nightclub industry, with clubs in Nanjing, Chongqing and Hefei. Expect to see big name DJs from abroad on a regular basis, at no expense spared!

Enzo
8-3 Changjiang Hou Jie
南京市长江后街8-3号
3789898
With more of the latest in over-the-top nightclub entertainment, Enzo also has access to many of the big names in entertainment, for example Paul Oakenfold playing on 9th May, 2013.

Bakery & Café

NU Skyways
云中食品店
160 Shanghai Road 上海路160号
83317103
A18, Yadong Commercial Plaza, 12 Xianyin Bei Lu
仙隐北路12号 亚东广场A18室
85791391
Breads, made-to-order sandwiches, cakes, chocolates, desserts, plus a fair selection of imported deli items such as cheese and salami.

NU Sculpting in Time Café
雕刻时光咖啡馆
2F, 47 Hankou Lu 汉口路47号2楼
83597180
32 Dashiba Jie (Confucius Temple East Gate)
秦淮区大石坝街32号(夫子庙东门)
A pleasant coffee house atmosphere, along with brunch, cocktail hours, film screenings, a variety of Western food, plus widely known brownies. Balcony at the Confucious temple branch offers romantic night time views over the Qinhuai.

NU 3 Coffee
3号咖啡馆
82-1 Shanghai Lu
上海路82-1号
83244617 / 83311505
Upper floor library has art, design and photography books and magazines. Balcony affords a nice view of Shanghai Lu.

NU Fish Tank Coffee
鱼缸咖啡小馆
Cinna Lane, 400 Zhongshan Nan Lu
中山南路400号 熙南里街区
52204469
High-quality coffee beans, freshly sterilized milk, as well as a variety of delicately created special drinks.

Maan Coffee
漫咖啡
1 Qingjiang Lu (Beside Tianshui Binjinag Graden)
清江路1号天水滨江花园
85872858
Koren chain serving waffles, salads and a variety of all day breakfast options that go down well amid decor in which cement and glass walls are juxtaposed with antique armchairs and lanterns dangling from tree branches.

NU Godot's Home
戈多的店咖啡馆
23 Nanxiucun, off Shanghai Lu
南秀村23号
86637484
A beautifully designed, relaxed café serving a great range of coffee, tea and food in a cozy atmosphere. Opening hours/days are somewhat haphazard.

NU THE NANJINGER CLASSIFIEDS

For detailed information about these and many other classified ads and events please visit www.nanjingexpat.com
Advertisements are edited for the purposes of format and length only. Errors in spelling, grammar or punctuation are the responsibility of the author

Jobs - Positions Vacant

■ Part time teachers for Corporate Training

Who are we?
We are specialized in corporate training, our services range from teaching basic English to teaching soft skills.
What are we looking for?
We are looking for part time teachers with following traits.
• Dedicated, punctual and responsible.
• Flexible and willing to follow a teaching system
• At least two year teaching experience with adults.(a teaching certificate is preferable).
• Teachers can work in evenings and late afternoons.
What are we not looking for?
• Bag packers and drifters.
• Teachers with casual attitude towards teaching.
• Teachers who are not willing to follow a system.
What do we offer?
We offer at least 150 yuan per hour.
Email: kimzee612@yahoo.com / cameron@grandedu.com.cn
Phone: 15951994628
For full advertisement text, visit: www.nanjingexpat.com

■ Looking for English Teacher (Native Speakers Only)

Hi,everyone.We are New Channel School,we are looking for a Native English Teacher now.We offer one year contract,9500RMB per month.Work Permit,80 teaching hours per month,you will get 120-130rmb per hour if you work more than 80 hours.there is no office hour,you can leave the school whenever you finish your classes.the air allowance is offered,6000rmb. Our school is nearby the subway station DA XING GONG.
Phone: 13605162255
For full advertisement text, visit: www.nanjingexpat.com

■ Work place close to Shanghai: Kunshan city needs U

Salary: 8000 yuan per month
Welfare: 3000 yuan for airfare for half a year; 2000 yuan for housing
Students: 10-50 years old
Work time: 25 hours per week ; 15 office hours; two-day weekend
Working city: Kunshan city, Jiangsu province
Start time: Apr, 2013 and Working visa covered
Requirement: native english speaker with BA, 2 years experience
Email: chinesejob001@163.com
Phone: 027-87415963
For full advertisement text, visit: www.nanjingexpat.com

■ Wanted: Actors for Sitcom

Are you an expat living in Nanjing? Do you have something to say about it? We are filming an independent TV series that portrays the lives of expats in Nanjing and makes you laugh.The series is a sitcom that focuses on the lives of a few lead characters living in Nanjing and is seen through the expats' eyes.
The show will be released on IPTV Jiangsu, longhoo.net, and Youku. Do you have a passion for acting? Please join us! No professional experience required—just talent.
Email: intheoffing@hotmail.com
Phone: 18952049773
For full advertisement text, visit: www.nanjingexpat.com

■ Leaving Nanjing? Your Ayee needs a steady new job?

Full time Ayee needed 5.5 days per week for British/Chinese family of 2 people and 2 cats, in Xianlin Area. No childcare duties. Cleaning, tidying, laundry in one apartment and one office in an adjoining compound.We are permanently located in Nanjing so this is a long term prospect for a suitably thorough and efficient Ayee with a sunny disposition.
Email: ghayden@searchassociates.com
For full advertisement text, visit: www.nanjingexpat.com

■ It's Nanjing now that needs European or American

Salary: 8000-10000 yuan per month; if you have experience, that will be 10000-12000 yuan / Students: 3-14 years old / Work time: 20 hours per week ; office hour; two days off / Working city: Nanjing city, Jiangsu province / Start time: ASAP and Working visa covered / Requirement: native english speaker with BA and Teaching certificate
Email: chinesejob001@163.com
Phone: 027-87415963
For full advertisement text, visit: www.nanjingexpat.com

Jobseekers

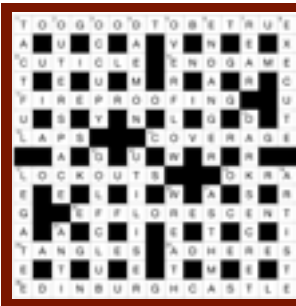
■ Psychological Couselling/Testing

I will be in NJ for a couple of weeks, and have a few session times available for private consultancy available for anyone wishing to talk with me. Specialising in child psychology, intelligence, and/or adult mid-life crisis/adaptation management. Professional testing also available. Discret and confidential, retired British professor resident in NJ/HK. English speaking clients accepted only.
For full advertisement text, visit: www.nanjingexpat.com

For Sale

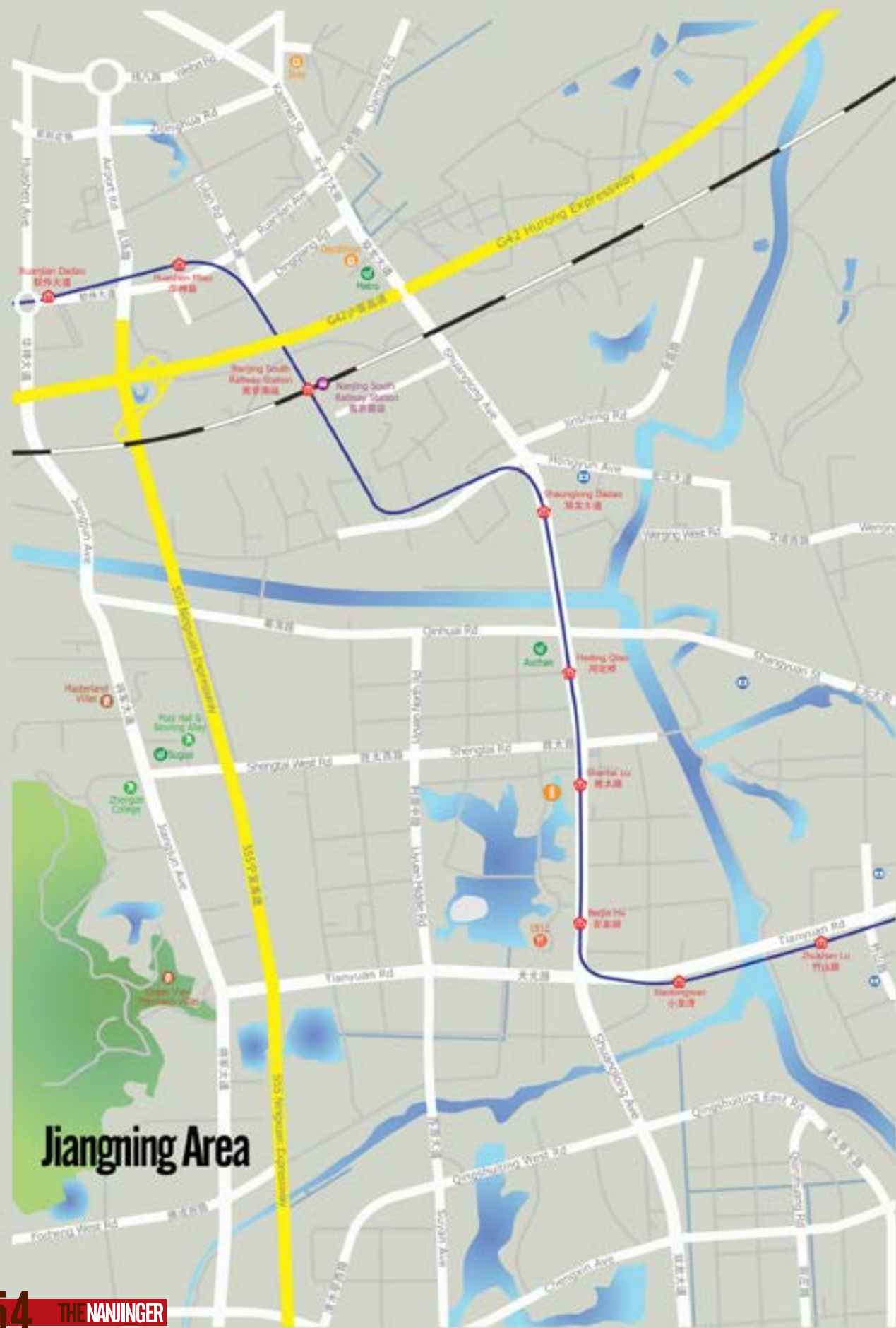
■ 78 km/hr E-Bike For Sale

I have a three month old E-bike which is the Ferrari of E-bikes in China.With a speed of over 78 km/hr and the pick-up of a 30 cc gas powered bike, you will rule the streets of Nanjing! This bike comes with three power settings: 500W/800W/1200W. With its 60 volt power supply you will be able to ride anywhere in Nanjing, all day on just one overnight charge. Easily go with the flow of car traffic or burn up the bike lanes with the sports car of E-bikes. I can meet you somewhere for a test drive. Sorry, no payment plans, cash only. New this bike costs 4200 rmb, I will sacrifice it for 3600 rmb or OBO. I finally got a plate for my motorcycle and now I do not need the E-bike.
Phone: 15261467212
For full advertisement text, visit: www.nanjingexpat.com



The Nanjinger Cryptic Crossword Answers





Jiangning Area

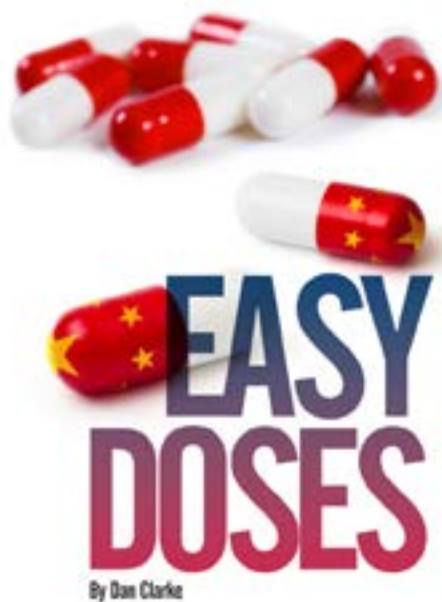


Xianlin Area



Olympic Area





Surviving that Long Distance Relationship

Long distance relationships are tough; you have to talk to a screen or into a phone, you do not have a shoulder to cry on, you cannot hold their hand, even ruffle their hair, plus you do not know how they are really doing, or even what they are doing. This is why long distance romances often end in tears. However, it does not have to; there are things you can do to make your relationship last, even if you are on opposite sides of the world.

Movie Nights

Get together on Skype, and watch a movie or TV show together. It is easier if you both watch online, but you can also sit back on your couch and watch TV while your boyfriend or girlfriend watches the same thing at their place. This will make you seem closer to each other, and you can talk about it as the action unfolds or after. Just make sure if you watch a TV

show, you are both on the one channel, so that the commercials are on at the same time!

Don't Call Every Minute

If you are constantly calling each other, one or both of you will get bored, and you will run out of things to talk about. Instead call every second or third day. This will do two things. Firstly, you will always have something to talk about; trying to come up with something to talk about when you call five times a day will become pretty hard pretty quickly, and you will end up only talking about how much you miss each other. Secondly, the enforced separation will make the phone calls much more special. Of course if something important happens, then you can call immediately, but remember it should be important.

Send Presents


Very few things make a person feel better than a thoughtful present, so send each other presents sometimes. These can be flowers, a love poem, your favourite shirt, their favourite food, anything at all. Send one every few weeks, once a month, or when you miss them; it is a physical demonstration of you thinking about them.

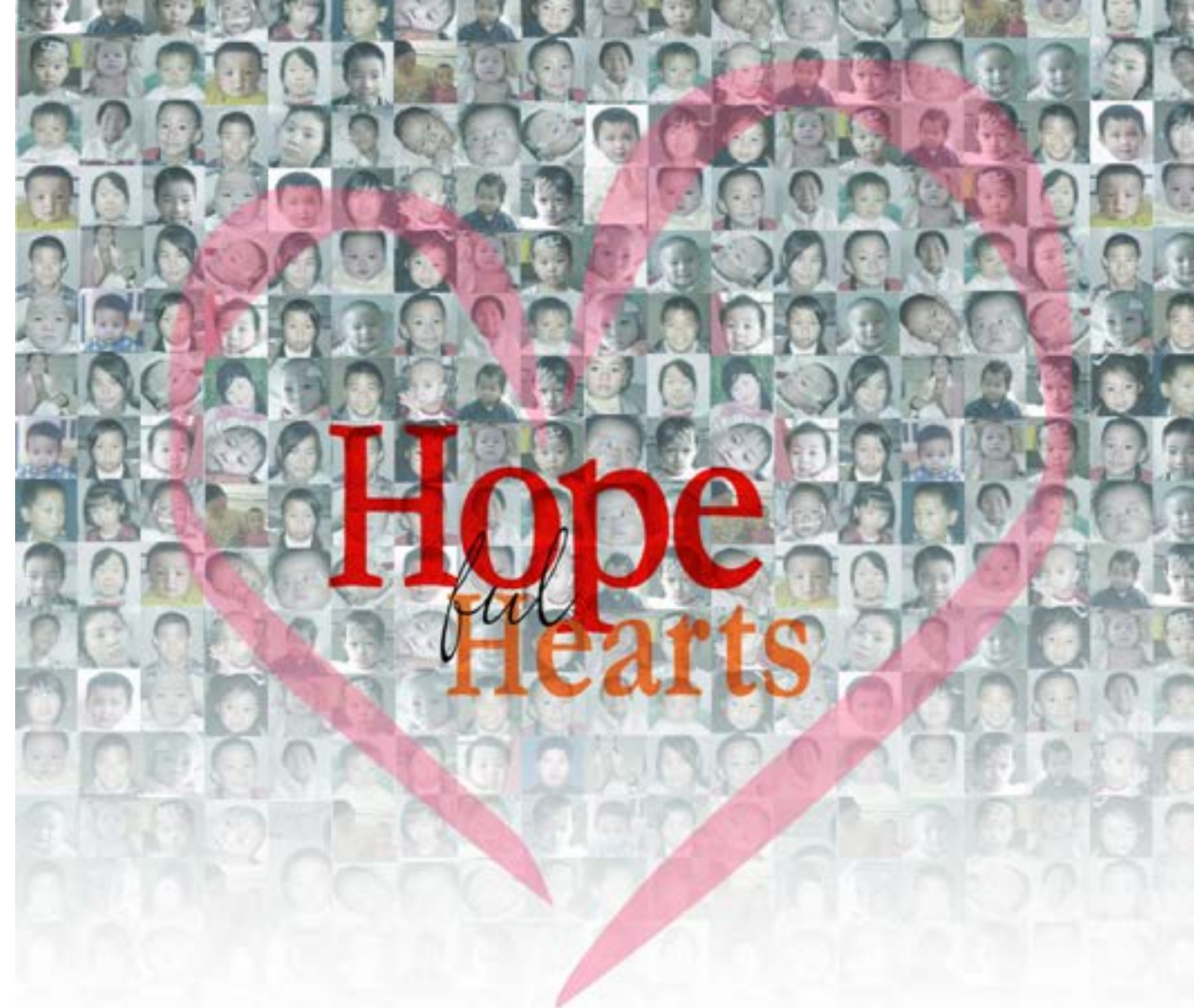
Visit Them

The only thing better than presents is you. If you have the time and money, try to visit your lover every few weeks or months. If they are really far away, or you do not have enough money, try to visit once a year. Don't just surprise them; let them have at least two weeks notice so that they can rearrange their schedule and prepare things for you.

Trust Them

The biggest problem with long distance relationships, is trust. You do not know what your partner is doing, they do not know if you are meeting someone else and suspicion poisons relationships. Before they leave, have a long talk about your fears and concerns, and if you have any, ask. Do not accuse, just bring it up as a question, and trust their answer.

Distance can make the heart grow fonder, but you have to be careful that you keep the flames of love burning. 



Help keep the young hearts beating...

The reality is, these children may not have survived if it weren't for the generosity of people like you.
97% of all money raised goes directly to paying for heart operations.
Hopeful Hearts assists in funding life-saving heart operations for local children.
These children have often been abandoned because of their condition, or come from a farming community where their family may have an annual income of about 1,200RMB.

Your time, talents and donations would be greatly appreciated in helping save the lives of more children like these.
For more information on how you can help, please email: hopefulhearts10@yahoo.com

www.hopefulhearts.info

BSN SUMMER FAIR

OPEN TO
ALL
FAMILIES

Special Thanks to Our
Preferred Vendor
Studio 21

LIVE MUSIC,
GAMES, PRIZES &
BOUNCY CASTLE

FREE ADMISSION

BBQ Corner, Pizza Station,
Fish & Chips Stand,
Indian Curry Kiosk
and More

Fathers & Sons
Wii and PS3
Competition Wall

Mums & Daughters
Manicure and Massage
on the Sun Deck

Saturday, May 25th 11:00 - 4:00 PM

at

The British School of Nanjing

Celebrating the Summer
with all the Trappings of a
Family Fair

025-5210-8987



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