



孔子学院

CONFUCIUS INSTITUTE
AT ALFRED UNIVERSITY

JANUARY-FEBRUARY 2017

Gates Chili School District

On Jan. 26th, CIAU faculty Juan (Rita) Xu finished the after-school Mandarin Club at Florence Brasser Elementary School. Nineteen students in 3rd grade joined this club. The children learned Chinese culture and did some traditional activities such as paper cutting, calligraphy, dough modeling, making lanterns, kicking shuttlecocks, and eating Chinese food with chopsticks.



Mandarin Club members making paper lanterns

On Feb. 6th, Ms. Xu started another Mandarin Club at Neil Armstrong Elementary School. The twelve members

will come to club every Monday after school. They learned a Chinese song named “Mom and Dad, I Love You” before Valentine’s Day. It was amazing that the kids were able to sing it in less than 20 minutes, even though they hadn’t learned any Chinese words before.



Multicultural Club members show off their paper cutting skills

On the same day, Ms. Xu also went to Gates Chili High School to teach the Multicultural Club about Chinese paper cutting. All of the teachers and students were impressed by the delicate and beautiful Chinese paper-cuts.

Geneva West Street School District

With the Spring Festival coming, Mrs. Robertson's Pre-K class at the West Street School brought in the Chinese New Year by making fun crafts with Mandarin instructor Ms. Zhu. This was the students' first time learning about the Spring Festival, and they were very curious.



Ms. Zhu told them the story of "Monster Nian" and the customs of the Spring Festival. The students each found their own phase in the Chinese zodiac and learned each different animal and element has a different meaning. 2017 is the Year of the Fire Rooster, meaning hard-working and studious. The students each drew their own big cock, and also together made New Year paper firecrackers.

Cynthia Smith, the teacher in charge of preschool classes, was very supportive of the Chinese lessons.



On January 26th, Jie Guowa campus in the North Street Primary School held a grand New Year celebration. Ms. Zhu was responsible for the calligraphy showcase. Students and parents attended to participate in writing calligraphy.

On January 19, Ms. Yuan and Ms. Zhu attended the Chinese New Year cultural activities in the Geneva Public Library. Ms. Zhu helped the students to make paper lanterns.

Geneva North Street School District

Ms. Yuan helped students at Geneva North Street School to appreciate the glamour of Chinese culture by introducing the Chinese zodiac animal signs, traditions of Chinese New Year, foods for the annual Reunion Dinner, and decorations for Chinese New Year and the Lantern Festival. Her students were thrilled to express all the topic-related words of Chinese New Year, to decorate their classroom with lanterns and to

design their own red envelopes, which are for gifts of money from their parents.



Students making red envelopes

On Jan. 26th, 2017, the celebration of Chinese New Year enjoyed great success at North Street School, thanks to the great efforts of the Mandarin teachers and the help of other teachers from GCSD. Over 400 students and parents had great fun with all the activities. Tracy Marchionda, the Director of Innovative Programming, praised all the teachers on the school faculty and said, "This is the BEST celebration of Chinese New Year here yet." Trina Newton, the superintendent of GCSD, also spoke highly of this event and praised all the Mandarin teachers.

Northstar Christian Academy

From January to February, two Chinese teachers, Wu Jing and Chen Jinxiang in the Rochester School District, carried out Chinese language teaching activities in accordance with the teaching plan.



Swan hats and other work proudly displayed

In the elective classes for middle school students, Ms. Wu covered lessons 15 to 20 in the textbook *Happy Chinese*. Students learned vocabulary and sentence patterns regarding work and hobbies.

Chen Jinxiang continued to teach Chinese to students from grades 1 to 6. Students learned words for colors, animals, and sporting goods, as well as sentences and children's songs. In addition to the traditional Chinese teaching, the two teachers led the children to do a series of manual activities.



Students enjoyed their paper hats

They also initiated the inclusion of shuttlecock, a traditional sport in China, in North Star School's physical education program. The PE teacher, Miss She, said, "Chinese shuttlecock enriched our physical education and the children love



Students playing shuttlecock

The Chinese Spring Festival fell on January 28 this year. The teachers illustrated the folklore and customs of the festival before the coming of the day. Many activities were held to celebrate the special day.



it.”





January 19, 2017, witnessed the first Chinese Spring Festival Celebration at North Star with the help of CIAU teachers. Activities ranged from paper-cutting and a chopsticks competition to listening to erhu music. Students felt overwhelmed by the charm of Chinese culture. Landen, a second grader, said, “I go in for Chinese Spring Festival. I like the New Year gift. I hope I may have a chance to attend Chinese Spring Festival Celebration next year.” The director, Kier, thought much of the event and believed it was a good way to arouse students’ interest in Chinese.



The chopsticks competition



Paper-cutting fun

North Syracuse Central School District

In January and February, two Chinese festivals were celebrated in the North Syracuse Central School District.



On the 31st of January, the guzheng and erhu musicians, Ms. Wu and Ms. Lin, together with Taichi Master Liu Guifang, came for the New Year Festival celebration at Roxboro Middle School

held by the Confucius Institute at Alfred University.



Students practiced Tai chi with Master Fang

Parents and students enjoyed the music of traditional Chinese musical instruments and learned about Chinese culture through Ms. Zhang's presentation. Children from the Mandarin Enrichment Program performed the Happy New Year Song, which surprised the audience.



On the 16th of February, the Lantern Festival was celebrated at Gillette Road Middle School. Around 280 guests, including students and parents, showed up for the event. They were welcomed with a musical performance by Ms. Lin.



Kids learned how to do Tai chi by following Master Fang and Emma Wang. Parents and students learned the traditions of the Lantern Festival from Ms. Zhang, and they learned how to make lanterns from Beverly He. Samples of Chinese food normally eaten by people in China on this particular festival were provided to all the guests, and included special treats by Yuan Xuan.

Webutuck School District

It's the Spring Festival in February, and Webutuck School District organized a series of activities around this theme. The students were excited to learn about the customs of Spring Festival and its significance in Chinese culture.



The primary students held a variety of activities. Through reading, students had an opportunity to take a brief look at the country located across the ocean. Comparison of holiday customs between China and United States was intriguing to many students. Many customs, such as pasting couplets around the door and putting up firecrackers, were novel to the students, and left them longing for more of Chinese culture.

Senior students got a more challenging task, practicing calligraphy and writing couplets of their own. As no students had ever written with a brush before, they found this to be a difficult but interesting task.



Calligraphy artists

The lesson was divided into three parts. During the first part, the students were introduced to Chinese calligraphy and learned how to use a brush to make the basic strokes. Then the students learned to write some simple Chinese characters. Finally, the students had a chance to write short couplets. At the beginning, students used the brush and ink to paint patterns; however, as the lesson progressed, they learned how to write. Though it's not easy

to write in calligraphy, they reached the goal by patient practice. Moreover, the beauty of calligraphy attracted them a lot. Andi said that this lesson helped her to enjoy calligraphy. Anthony said, "It's much harder than in my imagination, and I almost gave up. But I heard that even Chinese people still need to practice it for years or decades, so I think I've done well." The beauty of Chinese culture shows its face through calligraphy, so it's reasonable to anticipate that calligraphy will spread a seed of appreciation for Chinese culture and philosophy to students.

Pine Plains Central School District

The Chinese Program at Pine Plains Central School District is regarded as a window for students to get to know China and experience Chinese culture. Students not only study the language in school, they also have fun in a variety of Chinese activities.



On January 6th, the Chinese teachers organized a field trip for more than 40 students in 7th grade to a Chinese restaurant in Albany. The students learned

to use chopsticks, ordered in Chinese, and enjoyed a wonderful meal.



On February 3rd, the Chinese teachers organized a Chinese New Year celebration in the school cafeteria. More than 60 students, parents and teachers from the local community joined in. They wrote Chinese characters such as “福”, which means good fortune, and played traditional Chinese games. On the whole, they experienced a wonderful Chinese New Year celebration.

“Chinese Language Wall” at Geneva West Street School

At the beginning of the new semester, Geneva West Street School added a new decoration - the Chinese Wall. The Chinese Wall is a special bulletin board used to exhibit the teaching achievements of the teachers and the work of the students, and also serves as a window on the Chinese language program and on Chinese culture.



The lanterns on the wall were made by the first grade students

The whole wall is very festive and has uniquely Chinese characteristics. The upper part of the wall is a long "Chinese dragon", which symbolizes the family of all the teachers and students of the West Street School. The scales of the dragon are made with cards with the names of the Chinese teachers and students, representing how everyone here is learning and making progress together. The students personally produced their own name cards. They were excited at the joint efforts to complete this "Chinese dragon".



The first graders and their teacher

The rest of the wall exhibits the students' recent assignments and handicrafts. The students are very happy for the opportunity to see their work shown on

the wall. They excitedly say, each time they pass the wall: "See! That is my homework!" The Spanish language teacher, Mrs. Sarratori, added her praise: "This wall is really beautiful and this dragon is lifelike. The children are very interested."

Sara Beth Stachura, the first-grade teacher, said: "The students will be more serious about their homework when they know that it will be exhibited."

Tricia Budgar, the principal of West Street School, is very supportive of the Chinese projects. She quickly approved the Chinese teachers' application for a new publicity window, and offered the first wall as the Chinese Wall. "I really like the design of the Chinese dragon," she said, "and it is very characteristic of the Chinese Wall."

Chinese New Year Gala in Geneva School District

Geneva School District and CIAU held a Chinese New Year Gala on January 26th. Students, parents, teachers and local residents celebrated Chinese New Year at Geneva North Street Elementary School with all kinds of cultural activities.



Students singing a Chinese song, "Yong E"

Students in Mandarin classes from both North Street and West Street Schools gave many fun performances in the auditorium, including a Chinese zodiac dance, Gongxi Gongxi, "Yong E" ("Geese"), and "Xin Nian Hao" ("Happy New Year"). CIAU faculty presented guzheng and erhu music performances and Tai Chi Sword.



Practicing with chopsticks



Rooster Race



Kicking the shuttlecock

There were some interesting stations in the gymnasium that attracted many students and parents: paper-cutting, twelve zodiac animals, chopsticks competition, lantern-making, a shuttlecock game, and a rooster race.



Lantern making

Many guests waited in a long queue in the cafeteria for some delicious Chinese food. The dumpling-making station was very popular as many young cooks learned how to make dumplings.



Students and parents eating Chinese food

This was the fifth annual Chinese New Year Celebration hosted by the Confucius Institute at Alfred University and the Geneva School District. "I love Chinese New Year and Chinese calligraphy!" Nicole Hunsberger, a student at a Geneva

elementary school, said excitedly after the event.

Master Fang Receives the 2017 Alfred Community Spirit of Service Award

On January 26th, Tai Chi Instructor Guifang Lui (Master Fang) received the 2017 Alfred Community Spirit of Service Award. Several years ago, Guifang Liu began offering a class in Tai Chi, at no charge, to meet each weekday morning on the Village Green in Alfred, or during wet or cold weather, at the Joyce Walton Center for Health and Wellness on the AU campus. The group, which has since grown to more than 60 people, includes people from Alfred and the surrounding communities. She has also provided a bridge and an opportunity for the local community to meet and befriend many Chinese members of the Confucius Institute, thereby exposing the community to another culture.



2017 Spirit of Service Award recipients and nominees

The Spirit of Service Award recognizes Alfred students, faculty, staff, and community members who demonstrate a strong commitment to serving others. This award honors members of the Alfred campus and village communities who are actively living out the principles for

which Dr. Martin Luther King, Jr. stood, including equality, social justice, community, and service. It is awarded annually during a community gathering at the Village Hall.

CIAU faculty joins Lunar New Year Celebration at Clinton Elementary School

On February 1, 2017, CIAU was invited by BOCES to hold a New Year Celebration at Clinton Elementary School. Students from six different schools, which set up Chinese language classes through BOCES, participated in this gala.



Guifang Liu performs Tai Chi Sword, accompanied by Daisy Wu on guzheng

Daisy Wu and Chenchen Lin played the traditional Chinese musical instruments, guzheng and erhu, respectively. Master Fang performed Taichi Sword accompanied by the guzheng.



Chenchen Lin plays erhu

Later, Merry Zeng introduced Five Steps Boxing to the audience, and many students volunteered to learn the basic steps on the stage. In the end, the students gave CIAU faculty members very delicate New Year gifts and roses and expressed their thanks to them in Chinese.

AU Chinese Corner Resumes

On February 2, Chinese Corner began for the 2017 Spring Semester at the Confucius House. More than ten people participated in the Chinese Corner and learned how to greet one another and to express thanks. The Confucius House was decorated with auspicious Chinese knots and paper-cuttings, and a variety of Chinese desserts was offered.



Lanfang Gao teaching Chinese greetings

Chinese Corner meets every Wednesday or Thursday from 10:30-noon at the Confucius House at 10 Park Street. Students in Chinese classes, as well as anyone else who is interested in learning the language and culture of China, is welcome to attend. The session includes language practice, cultural discussions, a video show, and games.

CIAU Chinese Teaching Experience Exchange Conference

February 11 to 12, CIAU successfully held its 2017 Chinese Teaching Experience Conference. Twenty-one teachers attended the meeting.



Speech by Director Huang

CIAU Director Wilfred Huang greeted teachers returning to Alfred University to attend the meeting and encouraged communication between CIAU and the school districts.



Instructor Juan Xu giving a report

The conference was divided into two parts: reports from the various school districts and the exchange of Chinese teaching ideas. In the latter session, instructors shared ideas from their own practice and experience regarding the teaching environment, course content arrangement and organization, teaching methods including immersion class teaching methods, and classroom management. Some instructors also shared how to build good relationships among colleagues, how to carry out new projects to promote the work, and more.



Prof. Jijun Yu giving a summary speech

Finally, Prof. Jijun Yu, Chinese director of CIAU, analyzed the present situation of the teaching work of CIAU, and proposed that "We should better meet the needs of the people of New York to learn Chinese and to understand the needs of Chinese culture."

Chinese New Year Gala at AU

On February 12th, the Confucius Institute at Alfred University sponsored its annual Chinese New Year Gala in the Knight Club in Powell Campus Center. More than 200 people from Alfred University

and surrounding communities attended the gala and celebrated a traditional Chinese New Year with a festive and joyful atmosphere. First, guests watched a video of Spring Festival celebrations held in different CIAU school districts.



Guests watching the video

Then a special performance of the Dragon Dance and Lion Dance was presented by AU students.



Dragon Dance



Lion Dance

After that, Prof. John Buckwalter, retired

Professor of Biology at Alfred State College, and Brian Oglesbee, photographer, shared their experiences traveling in China with all the guests. The Buckwalters spent several months teaching in China, and Brian Oglesbee had exhibitions of his photographs there.



Brian Oglesbee shared his experience in China

Next, Tai Chi performances of Swimming Dragon, Taichi Fans, and Taiyi Sword were well received.



Taichi Fans

Finally, delicious Chinese dishes were enjoyed by all.



Taichi performance

The 2017 Chinese New Year Gala turned out to be a successful gathering thanks to the cooperation of teachers and students from the Confucius Institute at Alfred University.

Visit from Chinese Consulate-General in New York City

On February 15th, Education Counsellor Yongji Xu of the Chinese Consulate-General in New York City, Consul Quansheng Chang, and Zhe Qiao visited the Confucius House in Alfred.



Mark Zupan meeting with Yongji Xu

Alfred University's President Mark Zupan and Provost Rick Stephens received them and had a friendly conversation with them.



Directors Huang and Yu introducing CIAU

At the Confucius House, CIAU faculty and Director Jijun Yu introduced both the development and prospects of CIAU, especially the achievements in language teaching and cultural communication, such as the Chinese programs in cooperative school districts, the Immersion Program in Geneva, and the Tai Chi classes.



Lanfang Gao introducing Chinese language classes at AU

The significant influence of CIAU and the hard work of CIAU faculty members were recognized by Education Counsellor Yongji Xu. He discussed the future work of CIAU faculty.

CIAU Faculty share at the Cultural Bowl Luncheon

On February 24th, CIAU faculty participated in the Cultural Bowl sponsored by Asians in America and the Institute for Cultural Unity in the Knight

Club in Powell Campus Center.



CIAU faculty and students preparing dumplings

The Cultural Bowl is an annual community-based charity event. The gathering features handmade ceramic bowls from Alfred University artists along with donated family-style meals from community members to help benefit such local charities as the Hornell Animal Shelter and Alfred Housing Assistance.



CIAU faculty cooking dumplings

CIAU faculty gathered at the Confucius House to make dumplings the day before the event. Students from Chinese language classes and ICU came to help with the work, as well. Three hundred dumplings were served at the Culture

Bowl and were well received by participants.

Confucianism Lecture at Alfred University

CIAU's Haley Gao was invited by Chris Yarnal to give a lecture on Confucianism for his AU class, Introduction to Religions of the World, on February 27th.



CIAU faculty Haley Gao explaining Confucianism

Ms. Gao introduced the doctrines of Confucius, who is the representative figure of Confucianism, which is sometimes termed a religion, but is more accurately considered to be an ethical system, or a system of norms. Ms. Gao not only presented the core ideas of the system, which advocates an ideal of "sageliness within and kingliness without," but also answered students' questions afterwards. They discussed the effect of the central ideologies on Chinese culture and society.

Chinese New Year Gala in Rochester

On February 28th, CIAU faculty accepted an invitation to hold a Chinese New Year Gala to share Chinese culture at Paul Road Elementary School in Rochester,

NY.



Students trying Guzheng



Students learned how to make paper-cuttings

They facilitated four stations featuring the stringed instruments guzheng and erhu, paper-cutting, Tai Chi, and chopsticks. Students rotated to each station to watch and try.



Using chopsticks to catch marshmallows



Five Animals Exercise

CIAU faculty first explained and demonstrated how to get involved in each cultural experience. The children were all excited to take part.

At the end, they expressed their thanks to the entire CIAU faculty in Chinese: “Xie Xie!”

Learn Chinese Word and Know Its Culture:

Tea (茶: Chá) is the **national drink** in China. In addition to its prominence in Chinese culture, tea also claims many health benefits, making it a popular drink worldwide. There are several types of Chinese tea, which vary in degree of fermentation and processing.



Picking tea leaves

The main classes of Chinese tea discussed below are green tea, yellow tea, white tea, oolong tea, black tea, dark tea or fermented tea and Pu'er tea.

1. Green Tea (绿茶: Lǜ Chá)

Chinese green tea is the **oldest and most popular** type of tea; it has been enjoyed in China for several thousand years. Green tea is made from the new shoots of the tea plant, and the tea leaves are dried and processed according to the type of tea desired.



Green Tea

The techniques for processing green tea are sub-divided into three categories: water removing, rolling, and drying. Traditional green tea has a pale color and a sharp, astringent flavor. The most famous green tea is *West Lake Dragon Well Tea* (西湖龙井: Xīhú Lóngjǐng), which is produced in Hangzhou.

2. Yellow Tea (黄茶: Huáng Chá)

Yellow tea is produced by allowing damp tea leaves to dry naturally. It has a **distinctive aroma**, similar to red tea, but its flavor is closer to green and white teas. Yellow tea is also used to describe the high-quality tea that was served to the

emperors, as yellow was the traditional imperial color.



Yellow Tea

Junshan Yinzen (君山银针: Jūnshān Yīnzhēn) is produced in China's Hunan Province and is the country's most popular yellow tea.

3. White Tea (白茶: Bái Chá)

White tea is **unfermented, uncured green tea** that has been quickly dried. It is indigenous to Fujian Province, and is lighter in color than other types of tea with a subtle, delicate flavor.

White tea got its name from the tradition of poor Chinese people offering plain boiled water to guests, if they had no tea, and calling it "white tea".

Popular brands of white tea are White Peony and Silver Needle.

4. Oolong Tea (乌龙茶: Wūlóng Chá)

Oolong tea, also known as blue tea, is unfermented tea with unique characteristics. Made from a blend of green and red teas, oolong tea boasts the best flavors and aromatic qualities of both. Sometimes called "green leaves with a red edge", oolong tea is thought to aid in fat decomposition and is widely regarded as a weight loss aid and a beauty

enhancer.

Wenshan Baozhong Tea and Dongding Oolong Tea are two exemplary brands of this popular tea.



Black Tea

5. Black Tea (红茶: Hēi Chá)

Black tea is the **second largest category** of Chinese tea. It is made from the new shoots of tea leaves, which are wilted, rolled, fermented, and dried. The resulting infusion yields a lovely red color and a subtle aromatic fragrance. Keemun is the most popular brand of black tea.

6. Dark Tea (黑茶: Hēi Chá)

Dark tea is a kind of **post-fermented tea**, which undergoes an actual fermentation process aided by bacteria. The whole process comprises six steps: water removing, first-time rolling, heaping, second rolling, baking, and drying.

It is generally acknowledged that dark tea originated in the 16th century in Anhua City, Hunan Province.



Dark Tea

The most common dark tea brands are Anhua Dark Tea, Hubei Laobian Tea, Sichuan Tibetan tea, and Guangxi Liubao Tea. Dark tea is very popular in Hong Kong, Macao, Southeast Asia and Japan.

7. Pu'er Tea (普洱茶: Pǔ'ěr Chá)

Pu'er tea is actually a dark tea, but deserves a category on its own because of its distinguishing features.

Pu'er tea, originating from Yunnan Province, has ***an ancient history*** over of 2,000 years. According to Yunnan government's definition, Pu'er tea must be tea that is made from a large-leaf variety of a plant growing in a defined area, which is then processed into compressed tea or brick tea with a specified technology.



Pu'er Tea

Tea is taken as a beverage to quench

thirst. Tasting tea: The quality of the tea is judged by the **color** (色 : Sè) , **fragrance** (香 : Xiāng) and **flavor** (味: Wèi) of the tea, the water quality and even the tea set. When tasting tea, the taster should be able to savor the tea thoroughly.

Drinking tea offers numerous benefits. It refreshes the mind, clears heat within the human body and helps people lose weight. As you add a cup of tea to your daily routine, please check the following tips which help you reap the maximum health benefits.



Tea performance in Chengdu

1. Drink it hot. Tea oxidizes quickly after brewing, and its nutrients diminish overtime. It is suggested that you drink it hot to get the best out of tea.
2. Do not drink too much strong tea. It is likely to upset your stomach and cause insomnia if you make the tea too strong.
3. The best time to drink is in between

meals. Do not drink tea soon after or before meals. Otherwise it may quench appetite when your stomach is empty, or cause indigestion when your stomach is full.

4. Do not drink with medication. Tea contains large amount of Tannin, which will react with certain elements in the medicine, thus reduce medical effects. You can drink tea a couple of hours after you take medicine.

5. Green tea is the best option for office workers. Green tea contains catechins that help prevent computer radiation and supplement moisture content of the human body.

(Reference:

<http://www.chinahighlights.com/travelguide/chinese-tea/tea-classification.htm>)

Upcoming Events:

April 1st: Singles Table Tennis Tournament, 10:30 a.m. - 5:30 p.m. AU Health and Wellness Center Annex. Everyone is welcome. Free admission. Free pizza and soda will be offered at noon. Register before March 27 in Olin 211.

April 3rd: Learning Chinese through Song” Workshop, 7:20p.m. - 9:00p.m. Kenyon Allen Room, Powell Campus Center.

April 12th-14th: Tai Chi and Health Week, 9:00a.m.-4:30p.m. Nevins Theater, Powell Campus Center & Health and Wellness Center

April 22nd: HSK Test, 9:00a.m begins. Pelman Buidling.

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