



# FRIENDSHIP

YALE GLOBAL ALUMNI LEADERSHIP EXCHANGE  
A PROGRAM OF THE ASSOCIATION OF YALE ALUMNI  
BEIJING, XI'AN, SHANGHAI, HONG KONG

JULY 17 – 31, 2011

## NEWSLETTER #2

February 2011

### TABLE OF CONTENTS

FRIENDSHIP AND THE GROUP.....	1
TABLE MANNERS AND BITS OF CULTURE.....	2
THE APPEAL OF YUNNAN - EXTENSION TO AUGUST 4.....	4
GET IN YALEGALE GEAR.....	5
APRIL 16 TRAINING AND PREPARATION DAY .....	5
PAYMENTS, FORMS AND OTHER BORING STUFF .....	6
IN REVIEW... WHAT YOU NEED TO DO NOW!.....	7
FUTURE NEWSLETTERS.....	7

你好 and Happy New Year!

### FRIENDSHIP AND THE GROUP

Can you believe that we just started the year of the Rabbit which is the symbol of...wait for it...Friendship – the theme of our program as shown in the Chinese character in our logo and also the theme for the World Alumni Leadership Conference in Beijing on July 20?! Not only that, in honor of Pres. Hu Jintao's visit in January, China's State Council Information Office has been airing a promotional piece about China with a tag line about friendship.<sup>1</sup> Great minds think alike...

Speaking of friendship, you will be traveling with many familiar and many new friends this summer in our largest YaleGALE program yet. We will see more Yale friends in Beijing – Yale Alumni Service Corps participants and members of the AYA Board of Governors joining us for Beijing only – that could be a delegation of 300 for the first few days of the program – WOW!

For the list of participants in the program, please contact Kathy Edersheim at [kathy@edersheim.net](mailto:kathy@edersheim.net).

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<sup>1</sup> Thanks to Zaw Win for the information on the theme of friendship – more about him in a later Newsletter.



## TABLE MANNERS AND BITS OF CULTURE

Most of us are familiar with the American style of Chinese food. And the food at Smoky Willow and Beijing will mostly seem familiar as well as fresh and tasty. Some of the vegetables are different and you might be a bit disappointed in the meat but you won't go hungry. You might have to be more careful of your table manners that about what you are consuming. Thanks to Glenn Murphy for spotting this very useful information<sup>2</sup>...from an article by Trista Baldwin for CNN International.

No doubt you once thought that as soon as your skills were honed, you'd become the chopstick-wielding version of Edward Scissorhands, embarking on a masterful two-pronged exploration of China's culinary culture.

Well, not quite. Chinese dining etiquette is built on tradition, not dexterity. We asked Lawrence Lo, founder of LHY Etiquette Consultancy Limited, to explain the enigmatic cultural origins of some common table manners, just in time for your Chinese New Year banquet.

Take note: this is where your chopsticks should end up.

### 1. Do not rest chopsticks vertically in rice

While it may minimize the transition time between the voracious gobbling of food and intermittent sipping of a Tsingtao or cup of cha, stowing chopsticks in this way is neither prudent nor polite.

**Meaning:** It's a harbinger of death.

Just as the number four, *si*, is considered inauspicious for its homophonous relation to the word *si*, meaning death, the sight of two upright chopsticks in a bowl is reminiscent of the incense sticks that the Chinese traditionally burn in veneration of deceased loved ones.

But you can easily avoid unwittingly displaying this dark omen.

"In restaurants there are always chopstick stands," says Lo. "So it's natural to put your chopsticks there."

If in a tiny mom and pop establishment lacking the niceties, resting your chopsticks on the edge of your bowl instead will not incense those around you.



### 2. Never turn over the fish

In Chinese restaurants, the standard is for a fish to be served whole. After working your way through the tender top side, it may seem logical to simply flip the fish and continue. Unfortunately, doing so has an unforeseen consequence.

**Meaning:** You've capsized the boat.

According to Lo, this is of more concern in regions that rely strongly on fishing or are located along the coast. "The fish symbolizes the boat," he explains. By turning it over, you're casting the hapless fishermen into Davy Jones' locker. But you don't have to resign yourself to picking and prodding.

Using your chopsticks, pick up the backbone at a point near the tail and gently pull upward until you've dislodged the bone from the meat beneath. Then simply slide the "boat" to the side of the plate, and continue eating.

<sup>2</sup> If you are planning to throw a party in China.



Forget cake, let them eat noodles instead.



### 3. Birthday noodles

Chinese tradition calls for a birthday girl or boy to slurp a bowl of noodles as a celebration of the many years ahead. And as “Lady and the Tramp” so aptly demonstrated, that one long noodle can be a great thing.

**Meaning:** It symbolizes longevity.

In this case, that long strip of noodle is a metaphor for the long walk of life. Yet this tradition comes with an addendum: do not cut the noodles.

“That symbolizes cutting your life off,” says Lo. It’s not a very positive message on the day of one’s birth. Thankfully, cutting applies mainly to severing with a knife or with chopsticks. Biting is a practical and, Lo says, acceptable way of

ensuring you don’t look like a hamster with filled cheek pouches.

“You should slurp your noodles,” Lo adds. “That means it tastes good. It’s like swishing wine in your mouth so that it mixes with oxygen -- it’s the same idea.”

### 4. Tea tapping is a must

A tea cup should never be allowed to run dry. Your host, or members of your dinner party, will regularly refill the cups of those around them, who tap the table in response. Go ahead and follow suit.

**Meaning:** It’s a show of thanks.

According to legend, there was once an emperor who regularly impersonated a commoner in order to get acquainted with his people. One night, while at a teahouse, the emperor poured tea for his accompanying servant. “Traditionally, the servant would have kneeled down to show respect, but that would have betrayed the emperor’s identity,” explains Lo. “So he tapped the table instead.”

Two fingers, two knees.

“There’s a stronger tea-drinking culture in southeast China,” says Lo, adding that the habit may be more prevalent in Guangzhou and Hong Kong. Regardless, saying “thank you” is just as permissible, so don’t fret if this custom isn’t second nature to you.



For the first round, play it safe and opt for even.

### 5. Always order an even number of dishes

When out with a sizable crowd, you want to ensure you order enough food. A rule of thumb is to order dishes equivalent to the number of people in your party, plus one. But if you’re an even-numbered crowd, this will put you at odds -- in numbers and in fortune.

**Meaning:** Odd number of dishes symbolizes death (again).

“For regular meals, you’d always order an even number of dishes, because an odd number is usually only ordered at a funeral meal,” says Lo. This has nothing to do with homonyms, but rather with qi. According to Chinese belief, odd numbers are associated with yin qi rather than yang. In the yin-yang equation of balance, yin is cold, yang is hot -- dark and light, death and life, respectively.

Lo adds a qualifier: “This applies more to banquets and formal events, and is mostly related to the first-round order. You can add dishes as you need them afterward.” Thankfully, Lo assures us that in informal settings among friends, no one’s likely to be counting



And recommended by Kathy Murphy - the article in Friday, Feb. 4's New York Times about "The Emperor's Private Paradise" and the exhibit it describes. We saw it at the Peabody Essex and were fascinated.

Toby Richards recommends Lost on Planet China by J. Maarten Troost.

## THE APPEAL OF YUNNAN - EXTENSION TO AUGUST 4

Yunnan is China's most beautiful province. Located far from the coasts where so much tumultuous change took place in the 20th century, it quietly preserved China's richest accumulation of ethnic minority groups with distinct local cultures. The best restored and protected old cities in China are in Yunnan, including not only the cities of Dali, Lijiang, and Shangrila, but also smaller towns such as Weishan and Xizhou. Traveling in Yunnan you have a unique chance to experience life in old Chinese houses and historical towns.

The mountainous north is carved into deep canyons by three of the world's mightiest rivers, the Mekhong, the Yangtse, and the Irrawaddy. The views are spectacular, especially at Tiger Leaping Gorge, where the flow of the entire Yangtse river funnels through a towering rock gorge just a few tens of meters wide. Yunnan is especially pleasant in the summer when the cool air of the high altitudes contrasts with the hot cities of the plains.



Yunnan area

The rich tapestry of ethnic groups results in a variety of languages, costumes, and cuisine that makes travel in Yunnan a daily adventure. There are many opportunities to experience local dance and music, from small programs in restored houses and traditional theaters in Dali and Lijiang, to the vast "Impressions Lijiang," China's most dramatic ethnic show, choreographed by the man who later produced the Beijing Olympics, with a cast of hundreds. Apart from what you see and hear, there are also good things to taste and eat, including local specialties such as the old-style "brick tea" which once traveled the silk road from southern Yunnan to Mongolia and Tibet, to Yunnan hams, yak and goat cheese, and super-hot "Crossing the Bridge" noodles.

The price for the extension is \$1,750 per person (double occupancy - based on 20 people participating) including the flight from Hong Kong to Lijiang (via Kunming), all ground transport within Yunnan, lodging in Lijiang (2 nights) and Linden Centre in Xizhou (2 nights), all meals, guides throughout, the special activities and programming arranged by Linden crew as described above, and the flight from Dali to Kunming.<sup>3</sup>

<sup>3</sup> Here is a ridiculously long footnote about return flights for those going on the extension. There are only two options for flying from Dali to Kunming (included in the price) and the times may change slightly after the new schedule is announced March 27. Depending on what time you want to fly out of Kunming, we could potentially book some people on each of these, so that those with later flights out could have a more leisurely morning at the Linden center...

<p><b>China Eastern Airlines</b> 5984 <b>9:00 am</b> Depart Dali Arrive Kunming (KMG) <b>9:40 am</b></p>	<p><b>China Southern Airlines</b> 3482 <b>12:40 pm</b> Depart Dali Arrive Kunming (KMG) <b>1:15 pm</b></p>
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Note that we are pricing in US\$ here, although our costs are in Chinese currency. If the current trend of the strengthening yuan continues, we might have to adjust the price accordingly. There is more information about this on the website [www.yalegale.org/china.htm](http://www.yalegale.org/china.htm).

Please email Kathy at [kathy@edersheim.net](mailto:kathy@edersheim.net) by Feb. 25 if you want to join the extension.

## GET IN YALEGALE GEAR

Of course we want to make a good impression on everyone we meet in China – so order some clothing with our logo on it from Land’s End. You can order polo shirts, hats, bags or anything else at Lands’ End with our spectacular logo by visiting our store at: [ces.landsend.com/YaleGALE](http://ces.landsend.com/YaleGALE) And for those of you who are new to YaleGALE, yes, people really do wear the shirts (hats, jackets, etc.) on the trip!



As you know, it might be hot in China so you might want to prepare yourself with a neck cooling band<sup>4</sup> available at: [http://blubandoo.com/store/product\\_info.php?cPath=1&products\\_id=2](http://blubandoo.com/store/product_info.php?cPath=1&products_id=2) or <http://www.gemplers.com/product/165505/Evaporative-Cooling-Neck-Band>. This is not a logo item but you can’t have everything – at least it comes in blue!

## APRIL 16 TRAINING AND PREPARATION DAY

Have you done any research? Are you prepared to share your expertise about Yale? Here is another short quiz:

- 🐉 What is the structure of the AYA Board of Governors?
- 🐉 Approximately how many Yale Clubs are there in the U.S.? Globally?
- 🐉 What would be considered the first type of Shared Interest Groups?
- 🐉 What are some of the initiatives being supported by the Yale Tomorrow fundraising campaign?
- 🐉 How many students are there at Yale – undergraduate and graduate?



Many thanks to Mike Pettee for the preliminary research provided here about flights from Kunming to Shanghai and Hong Kong which you must book yourself. He notes: Research tells me that China Eastern has more positive evaluations than China Southern. The latter has been panned in most reviews.

China Eastern Flights KMG to PEK **ONE WAY PRICE....\$292.20**

2MU 5711 F9 P0 A5 Y9\*KMGPEK 1200N 320P  
 3MU 5705 F8 P0 A2 Y9\*KMGPEK 200P 525P  
 4MU 5713 F8 P0 A2 Y9\*KMGPEK 945A 1255P  
 5MU 5707 F9 P0 A5 Y9\*KMGPEK 400P 725P  
 6MU 5703 F8 P0 A2 Y9\*KMGPEK 120P 600P

China Eastern Flights KMG to HKG **ONE WAY PRICE \$344.10**

1 MU 733Y 10MAR Q KMGHKG SS1 910A 1115A

<sup>4</sup> Thanks to Susan Porter Rose for this wonderful find.



And, the most basic question of all, why do Yale alumni give back so much to Yale and to their communities?

We (you!) need to be prepared to answer these questions and many more when we make presentations, facilitate small group discussions, meet Chinese alumni over dinner, and host the World Alumni Leadership Conference.

The preparation we are doing on Saturday, April 16 in New Haven 9:00 a.m. – 4:30 p.m. will be critical to the success of our mission in China. If you are a Yalie, please plan on attending or using skype (add Kathy Edersheim as a contact) so that you will be ready for the Conference and the university exchanges. Plus, it will be fun as we start to get to know each other and learn about China. Please let us know by email to [kathy@edersheim.net](mailto:kathy@edersheim.net) if you think you will join us for this orientation and planning session so we can plan the spaces.

You are also welcome to join us for dinner the evening of the 16th with the participants of the Yale Alumni Service Corps program in Xiuning, who will be having their orientation and planning session on April 17.

## PAYMENTS, FORMS AND OTHER BORING STUFF

It is almost time to make the second payment for the program. Thanks to Dave DeMichele at AYA, we continue to improve the system and you can make the payment by credit card directly from the website by clicking on the link. Or you can go to <https://alumni.yale.edu/registration/yalegale/china11/payment2.php> anytime between now and March 1 to make the payment. Please note that all deposits and payments for the YGALE program are nonrefundable. We recommend the purchase of trip cancellation insurance, which would cover expenses in the event of an unforeseen cancellation.

There is no escape... There are three forms attached to this email – each participant must submit two of the three depending on age<sup>5</sup> – please make sure you complete the appropriate forms for each traveler in your party and return to AYA by April 1 (but right now is fine too). We will also need a copy of the first (information page) of your passport. Please send the papers to

Cherie Gargano  
YaleGALE  
AYA  
1201 Chapel Street  
New Haven, CT 06511

Reminders: You are responsible for making your own flight reservations to and from China. It is most important that you arrive in Beijing by the evening of July 18 to attend our Welcome Dinner. The YaleGALE program ends in Hong Kong with our Farewell Dinner on July 30 - you can arrange a flight home at any time on July 31 OR you can plan on joining the extension to Yunnan which returns to Kunming on August 4.

We will provide information about getting your visa for China in another Newsletter. If you are going on the extension, you must get a multi-entry visa as going from Hong Kong to Mainland China is considered a second entry. (Remember that your passport should be good for at least 6 months after the trip.)






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<sup>5</sup> This is a test of our collective ability to deal with the reality of paperwork. Minors are those 18 and under.










## IN REVIEW...WHAT YOU NEED TO DO NOW!

Here's what you have to do now:

-  Put the April 16<sup>th</sup> planning and orientation day on your calendar. (And email Kathy if you are planning to join us.) Or make Kathy a contact on skype.
-  Send a photo of each person in your group via email to Cherie Gargano ([cheralyn.gargano@yale.edu](mailto:cheralyn.gargano@yale.edu))
-  Make your second payment of \$1,000 per person online at <https://alumni.yale.edu/registration/yalegale/china11/payment2.php>. Or go to the website [www.yalegale.org/china.htm](http://www.yalegale.org/china.htm)
-  Complete the Release Forms and send them with a copy of your passport to Cherie Gargano by April 1
-  Make your plane reservations NOW!

## FUTURE NEWSLETTERS

What can you look forward to reading about in the Newsletters over the next few months?

-  About Beijing
-  About the World Alumni Leadership Conference
-  About Xi'an, Shanghai, and Hong Kong
-  About our university partners – Peking, Tsing Hua, Fudan, New Asia (tentative list)
-  What to pack
-  Visa Information (details) but it is still too early
-  Hotel information for arrival in Beijing
-  Learn some Mandarin

...and much, much more.

As always, feel free to get in touch with us if you have any questions or concerns – [kathy@edersheim.net](mailto:kathy@edersheim.net) or [mark.dollhopf@yale.edu](mailto:mark.dollhopf@yale.edu).

再见... for now

Kathy Edersheim '87  
Mark Dollhopf '77

And the Yale Global Alumni Leadership Exchange Committee

Paula Armbruster '64 MA	Ilona Emmerth '98	Kathy Murphy '71
Marv Berenblum '56	Chris Hill '99	Ray Kimsey '73
David Bodney '76	Mehmet Kahya '73	John Scales '54
Bob Catapano-Friedman '73	Gordy Meyers '49	Barbara Wagner '73
Otto Chu '76	Glenn Murphy '71	