

Chinese Culture Days

SATURDAY AND SUNDAY, APRIL 21-22, 2018



聖路易中華文教服務協會
Chinese Culture Education and Service



MISSOURI BOTANICAL GARDEN

Ni Hao! Hello!



Admission:

\$15 adults

\$7 children (3–12)

\$7 members

Festival level and above free

Members' children free

Join or renew today!

Get in free or apply your ticket purchase to membership price if you join the Garden as a member or renew your existing membership at Chinese Culture Days.

中華日

Chinese Culture Days

Celebrating the Year of the Dog

Dear friends,

Welcome to Chinese Culture Days (CCD) at the beautiful Missouri Botanical Garden. The theme of this year is “Ethnic Charms of China.”

CCD is organized by the Chinese Culture and Education Services in St. Louis and presented by more than 600 volunteers. On behalf of 50,000 ethnic Chinese in metropolitan St. Louis area, we thank you for joining us and hope that your visit at the 2018 Chinese Culture Days is both rejuvenating and educational.

I wish you and your family the most prosperous Year of The Dog!

Sincerely,

Yimin Zhu

Chairperson of 2018 Chinese Culture Days

Chinese Garden H

The Margaret Grigg Nanjing Friendship Garden is a private “Scholar’s Garden,” designed as a retreat to escape the distractions of everyday life. Chinese gardens, it is said, are built, not planted. Much of the space is filled with pavilions, bridges, and decorative pavements, reflecting the traditional Chinese *shan shui* (mountains and water) landscape. Stones symbolize the five sacred mountains in China around a central pool of water.

Enter a kingdom of tranquility and good health with intermittent performances inside and on the perimeter of the Chinese Garden throughout the day:

9:30 a.m. to 5 p.m.

Photo opportunity with a Chinese wedding carriage (*huajiao*)
Health and wellness
informational exhibits

10 a.m.

Shaolin Gongfu (Kung Fu demonstrations)

10:30 a.m.

Traditional Chinese music

1 p.m. and 4 p.m.

Traditional wedding ceremony demonstrations

3 p.m.

Qipao Show



Schedule of Events 2018

Time	Event	Location	
9 a.m. to 5 p.m.	Cultural Exhibits	Ridgway Visitor Center	A
	Marketplace	Spoehrer Plaza	D
9:30 a.m. to 5 p.m.	Traditional Chinese Wedding Carriage Photo Op	Chinese Garden	H
	Chinese <i>Yang Sheng</i> Theories and Practices	Beaumont Room	B
10 a.m. to 5 p.m.	Chinese Arts & Crafts for Kids Panda photos at the top of each hour Closes at 4 p.m. on Sunday	Spink Pavilion	F
	Food Court	Upper East Parking Lot	E
10 a.m.	Chinese Square Dance	Spoehrer Plaza	D
	<i>Tai Chi</i> for Health	Cohen Amphitheater	J
	<i>Shaolin Gongfu</i> (Kung Fu)	Chinese Garden	H
10:30 a.m.	Opening Extravaganza, Saturday only	Spoehrer Plaza	D
	Traditional Chinese Music	Chinese Garden	H
11 a.m.	Opening Parade and Ceremony, Saturday only	Spoehrer Plaza to Cohen Amphitheater	D
	Arts of Chinese Tea, Sunday only	Center for Home Gardening Classroom	I
	Chinese Medicine Consultation and Q&A, Sunday only	Beaumont Room	B
noon	Ethnic Charms of China	Cohen Amphitheater	J

Note: In the event of rain, some programs will be moved indoors or cancelled.

Saturday, April 21 and Sunday, April 22 | 9 a.m. to 5 p.m.

Time	Event	Location	
1 p.m.	Acrobats of China	Cohen Amphitheater	J
	Dance with the Dragon!	Central Axis Reflecting Pools	G
	Chinese Wedding Party	Chinese Garden	H
	<i>Tai Chi</i> Meditation	Beaumont Room	B
	Arts of Chinese Tea, Saturday only	Center for Home Gardening Classroom	I
1:30 p.m.	Chinese Square Dance	Spoehrer Plaza	D
2 p.m.	Grand Parade	Spoehrer Plaza to Cohen Amphitheater	D
2:45 p.m.	Chinese Medicine Consultation and Q&A	Beaumont Room	B
3 p.m.	Chinese Folklore Interactive Show	Shoenberg Theater	C
	<i>Tai Chi</i> for Health	Cohen Amphitheater	J
	Chinese <i>Qipao</i> Show	Chinese Garden	H
	Arts of Chinese Tea, Sunday only	Center for Home Gardening Classroom	I
3:30 p.m.	<i>Jianzi</i> (Shuttlecock) Demonstrations	Spoehrer Plaza	D
4 p.m.	Arts of Chinese Tea	Saturday only, Center for Home Gardening Classroom	I
	Chinese Wedding Party	Chinese Garden	H
	Acrobats of China	Cohen Amphitheater	J



Opening Extravaganza

10:30 a.m., parade at 11 a.m., Saturday only

Spoehrer Plaza to Cohen Amphitheater **D** to **J**

The celebration kicks off with a magnificent Chinese dragon dance at Spoehrer Plaza. The dragon has always been regarded as a sacred creature, symbolizing power, courage, righteousness, and dignity. As a sign of ethnic identity, the Chinese refer to themselves as “descendants of the dragon.”

Followed by the dragon dance, the Lion Dance Team and Drum Team will perform briefly then lead the visitors to Cohen Amphitheater, where the St. Louis Modern Chinese School dance team will perform to formally welcome the visitors. The Opening Ceremony will begin at 11:20 a.m. when the dragon arrives and dignitaries offer brief remarks.

Dance with the Dragon!

1 p.m.

Central Axis Reflecting Pools **G**

The most auspicious being in Chinese folklore, the dragon, is a creature of incomparable strength whose 24-legged dance can dispel bad luck and ward off evil. Earliest written records place dragon dancing in the West Han Dynasty (206 B.C.–24 A.D.) when the dragon danced during a spring drought. The dragon also dances to celebrate the New Year or to open a festival. Visitors are invited to join in and learn the dance!

The dragon dance will also be performed at the opening ceremony and the grand parade.



Grand Parade

2 p.m.

Spoehrer Plaza to Cohen Amphitheater **D** to **J**

This colorful parade of dance teams, acrobats, performers in traditional costume, martial arts teams, drummers, and a traditional Chinese wedding party, along with lion and dragon dancers offers visitors the opportunity to meet the cast members of each program.

KEY

-- Parade Route



Food



Vending



ATM



Restrooms



Family Restrooms



Water Fountain



Hydration Station

*Additional parking is available
two blocks west in lots at
Shaw and Vandeventer.*

A Ridgway Visitor Center

B Beaumont Room

C Shoenberg Theater

D Spoehrer Plaza

E Upper East Parking Lot

F Spink Pavilion

G Central Axis Reflecting Pools

H Chinese Garden

I Center for Home Gardening

J Cohen Amphitheater



Chinese Culture Days





Chinese Yang Sheng Theory and Practices

9:30 a.m. to 5 p.m.

Beaumont Room **B**

Bringing ancient wisdom to the modern world, this health fair format unravels the concept of *Yang Sheng*, which means “fostering health and well-being by nurturing body, mind, and spirit in harmony with natural rhythms.” Visitors will learn the benefits of Chinese herbs, teas, and treatment methodologies and will have opportunities to gather information about alternative treatments for ailments, pains, and nourishment from healthcare and nutritional professionals. This program introduces Traditional Chinese Medicine (TCM) and its theories and applications, treatments and life-nourishing methods, the basic five elements in ancient theories, and their relations to food and eating.

1 p.m.

Tai Chi Meditation (*zhanzhuan*)

Zhanzhuan is proven to promote tranquility, energy, and circulation through standing, and is a great way to release stress and lower blood pressure. (Sitting is optional.)

11 a.m. Sunday, 2:45 p.m. Saturday and Sunday

Chinese Medicine Consultations and Q&A

Practitioners will demonstrate acupuncture, cupping, moxibustion, and more.



Chinese Arts & Crafts for Kids

10 a.m. to 5 p.m., Saturday

10 a.m. to 4 p.m., Sunday

Spink Pavilion **F**

This program is designed for children and the young-at-heart. Have your face painted with the Chinese zodiac, make your own Chinese lantern, try your hand at the shuttlecock-kicking and chopsticks games, and learn the ancient art of Chinese paper folding and cutting. Learn to write Chinese calligraphy using traditional writing brushes. There is no shortage of fun here!

Panda Mascots: top of every hour

Our cuddly pandas love to take photos with visitors to the festival! The pandas will also join the opening ceremony and the grand parade.

Chinese Square Dance

10 a.m. and 1:30 p.m.

Spoehrer Plaza **D**

Slightly different from its American counterpart, Chinese Square Dance is an exercise routine set to music. It has gained huge popularity in Chinese plazas. Join in with the experts as you learn the popular square dances of the past year, as well as a traditional simple red ribbon dance.

Tai Chi for Health

10 a.m. and 3 p.m.

Cohen Amphitheater **J**

This is a workshop for everyone! *Tai Chi* masters will lead the audience through a simple yet profound exercise that is great for your health. No prior experience required, but even experienced *Tai Chi* practitioners will benefit from this enjoyable program.



The Arts of Chinese Tea

1 and 4 p.m., Saturday

11 a.m. and 3 p.m., Sunday

Center for Home Gardening



Tea has gained tremendous popularity in past few years, which is largely attributed to its numerous positive health effects. This popular and entertaining one-hour demonstration will educate you about the correct techniques in preparing tea, the correct temperature of the water, the kind of tea wares to use, and the benefits of tea over other popular drinks.

Ethnic Charms of China: A Splash of Colorful Traditions

noon

Cohen Amphitheater



The most authentic of ethnic dances from the Dai, the Uyghur and the Yi people are accompanied by St. Louis' best lion and dragon dancers and the jaw-dropping performances of martial arts masters. This performance is choreographed to showcase a juxtaposition of the traditional and the modern—all in all, the best of traditional Chinese performance art!

Chinese Wedding Party

1 and 4 p.m.

Chinese Garden



Traditional Chinese wedding ceremony demonstrations.

9:30 a.m. to 5 p.m. both days

**Traditional Chinese Wedding Carriage
(huajiao) Photo Opportunity**



Acrobats of China

1 and 4 p.m.

Cohen Amphitheater



Celebrate the exotic wonders of China and enjoy the dramatic interpretation of classic Chinese dance and physical performance art. The Chinese Acrobatic Show is a spectacular extravaganza of elegant dance, dazzling acrobatics, mystical music, and much more.



Chinese Folklore Interactive Show

3 p.m.

Shoenberg Theater **C**

Newly created for the 2018 Chinese Culture Days celebration, this show invites audience members to embark on a journey through the four seasons, showcasing how various forms of traditional Chinese folk art such as dances, calligraphy, and *Tai Chi* are integrated into people's everyday lives. At its core, this interactive and educational performance is the Chinese philosophy of humanity coexisting in harmony with the elements of nature.

Jianzi Demonstration

3:30 p.m.

Spoehrer Plaza **D**

Jianzi (Chinese: 毽子) is a traditional sport that can be played like badminton with your feet. It can also be played by kicking to compete for the highest volley. In the old days in China, schools even held *jianzi* competitions among students. The winner is the one that can play with the highest volley or with the most creative ways to kick and catch the shuttlecock. *Jianzi* is a sport fit for all ages. Audience participation is welcomed during the demonstration.



Shopping

See live demonstrations and exhibits of traditional Chinese arts and shop for unique merchandise and souvenirs.

Garden Gate Shop

9 a.m. to 5:30 p.m. both days

Ridgway Visitor Center

Cultural Exhibits and Marketplace

9 a.m. to 5 p.m. both days

Ridgway Visitor Center

and Spoehrer Plaza

Dining

Chinese Food Court

10 a.m. to 5 p.m. both days

Upper East Parking Lot

Special thanks to the Chinese Culture Days food court vendors for going green by supporting the Garden's all-compostable disposables requirement!

Sassafras

9 a.m. to 4 p.m. both days

Ridgway Visitor Center

Lunch served 11 a.m. to 3 p.m.

Thank you!

Since 1996, the Garden has collaborated with the Chinese Culture Education and Services Foundation to produce an event to celebrate Chinese culture. Hundreds of community volunteers work toward producing a weekend filled with colorful Chinese pageantry, art, music, dance, history and legends, and, of course, wonderful food!

Our thanks to the following individuals and organizations that have dedicated months of planning Chinese Culture Days:

Chinese Culture Education and Services (CCES)
St. Louis Modern Chinese School (SLMCS)
St. Louis Chinese Language School (SLCLS)
Yangtze Performing Arts Troupe
Chinese Service Center in St. Louis
Webster Confucius Institute
St. Louis American News
St. Louis Chinese Journal
ADVOCATE

Share your experiences on social media by tagging your posts #chineseculturedays!



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2018 Chinese Culture Days Planning Committee

Chairperson	Yimin Zhu
Program Director	Yingwen Huang
Acrobats of China	Matthew Yu
Dragon Dance/Panda Show	Ruth Miller
Square Dance	Chunsheng Xia
Chinese Medicine/Yang Sheng	Louisa Chen
Tai Chi	Tim Bruewer
Chinese Arts and Crafts	Yongmei Feng and Lucy Burns
Exhibition/Vendors	Lisa Hu
Grand Parade/Opening Ceremony	Xiaodong Zhu
Grigg Nanjing Friendship Garden	Hang Shi
Indoor Programs	Yiming Gao
Jianzi Demonstration	Lucy Burns
Teahouse	Danying Zhang
Outdoor Show	Weiwei Fu
Public Relations	Matthew Yu and Tim Bruewer

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Printed on 100% post-consumer recycled paper.
Photography by Lisa DeLorenzo Hager, Jessika Du,
John Evans, Jr., Karen Fletcher, Sheridan Henrich,
Phoebe Mussman, and Mary Lou Olson.