

**RACE REVIEW**

Porsche Efficiency and Performance on Display in Zhuhai

**FIRST ENCOUNTER**

A Blessing in Disguise: A Tale of Zhao and his 911 Carrera S

**EMPOWERING THE FUTURE**

“Sowing the Seeds of the Future”

A Journal of Porsche and UNICEF’s Partnership in Sichuan Province

# PORSCHE CHINA

Christophorus 348 China February



**ON THE ROAD: SHANGHAI**

## CAFÉS AROUND THE CORNER

Some of them are truly experts in creating the right atmosphere, while others are connoisseurs specialized in offering a good cup to the pickiest palate. Today, numerous corner cafés in Shanghai are complementing the city’s elegance with their varied charisma.

**Text** Candy Chen

It’s a boiling summer day, AD 1405. Thousands of coolies are hauling crates of brick tea onto the Treasure Ships docking at the

port. Zheng He, imperial admiral of the Ming Dynasty, stands on the ship bridge commanding them. His fleet, manned by



**SHANGHAI**

Travel should be enjoyed slowly, even in such a fast-paced city as Shanghai. The hustle and bustle of the city is intoxicating as well as exhausting. Why not find a nice quiet afternoon to linger over a cup of coffee and truly experience both her glamour and demure elegance?

Credit: Photography by Keith Shillitoe



**ANTIQUÉ GARDEN**

Savour Antique Garden's offerings with your eyes, because what's unique here is the ambience. When do you get a chance to walk into a café where you can buy not only a cup of coffee but also the stools, tables and literally everything else in the house (lovely waitress excluded, of course)?

A tiny two-story Western-style house plus a courtyard are filled with all kinds of antique furniture and handicrafts. There's even a western antique furniture exhibition on the second floor. Surrounded by gorgeous collectibles, you may well want to sip a nice cup of Macchiato.

You can still catch a glimpse of an era that once nurtured this great city and all its glories.

Address: No.44-1, Si'nan Road

Special Recommendation:  
Macchiato



**VIENNA CAFE**

The café is composed of a ground floor room and a courtyard housed in old Western-style building. The glass roof keeps the winter cold out while letting the warm sunshine in. On a clear November afternoon, it's definitely a pleasure to take a nap in the courtyard. You may even dream of Vienna.

A nostalgic expat, Peter, the café owner, has made every effort to copy the details of his hometown café to this Shanghai clone, including a native Austrian chef. And the coffee itself has proved it's worth the effort. Their house coffee, "Vienna", is a jewel made of cream, chocolate and coffee. This trio is best appreciated without blending.

Home-made dessert based on traditional Austrian recipes are another blessing. Nice companions to coffee, tea, or perfect indulgences on their own. Brownie and black plum cake are the hostess' recommendation while the chocolate banana cake is undoubtedly the favorite among local customers.

Address: No. 2, Lane 25,  
Shaoxing Road

Special Recommendation:  
"Vienna" House Coffee, Brownie,  
Chocolate Banana Cake

an enormous crew of 27,800, is about to embark on a two-year expedition. Understandably, such a long voyage needs refreshment, i.e., tea. A lot of tea.

Admiral Zheng couldn't have predicted that 28 years after his expedition, tea would be the refreshment of choice in regions around the Red Sea. Neither would he have known that the Ming Dynasty would

later shut down all of China's trading ports and totally abolish foreign trade, which in turn, would lead to Arabs developing a substitute for tea: coffee.

It's coffee that brewed the modernisation of Europe. Without coffee, Balzac and Sartre would have been gulping down stouts. Robespierre would have planned the French Revolution half-drunk in bars





and Voltaire would have discussed the concept of natural rights with fellow alcoholics. What would the world's civilisations be like without coffee?

Coffee's presence on this side of the globe is just as noteworthy. Coffee was a genuine foreign beverage in China. The colonial years of Shanghai, however, made the aroma of coffee a part of the city's history of modernisation.

In the 1930s, Shanghai had few high-rise buildings but boasted a large number of cafés. Here are some old cordial names: Sullivan's, Katherine's, East Sea, Romance Café, among many others. Most of the old cafés along with their old, jazzy and splendid halo are long gone and replaced by international franchise coffee shops such as Starbucks and Coffee Bean & Tea Leaf.



As coffee becomes readily available throughout the city, some of the most charming cafés hide deep inside old neighborhoods, under the graceful chinar trees. For the unguided, they may be hard to find; but somewhere in small alleys behind the busy streets, you will find a cozy haven, ready to serve you and your friends with one hour of serene winter sunshine.

They may be cozy hangouts like estaminets in the Europe. They may be as hospitable as American coffee shops. Some of them are truly experts in creating the right atmosphere, while some others are connoisseurs specialised in offering a good cup to the pickiest palate.



#### LE PETIT FRANCK

Behold, Faema's classic E61 Legend! Disregarding the high freight cost, Franck brought this retroesque baby from Milan all the way to Shanghai. Born in 1961, it was the world's first pump-pressured semi-automatic coffee machine serving Espresso. Fifty years after release it is still in production and can be found in 85% of cafés in Milan, thanks to its eminent quality.

Most coffees are made with Lavazza beans except its Espresso, which is made with Italy's most expensive Danesi beans. With the help of E61 Legend, the café provides a true top quality Espresso to its customers.

As the name of its owner indicates, Le Petit Franck boasts of a genuine French lifestyle. The large round counter in the café makes it look more like a bar. But who cares? As Franck puts it, "Drink an Espresso by the bar counter. That's what people in Europe will do."

**Address:** Ferguson Lane, No. 376, Wukang Road

**Special Recommendation:** Espresso, Brownie



#### CITIZEN CAFE & BAR

You may think you are in Manhattan. A cozy two-story house, French windows, cream-colored walls, walnut dining chairs and couches in red velvet. Expats compose the majority of the customers.

And the coffee, too, is American style. Without decorative laces atop, the coffee has simple, pure and genuine flavor. Carefully chosen beans from Rome have been served since opening day. A hot apple pie pairs perfectly with your regular coffee, or a carrot and walnut cake matches a rounder, richer latte.

A beautiful terrace is perched above the building. Be reminded, however, that Citizen is not the quiet type of café. For most of the time, you won't be short of companions.

Address: No.222, Jinxian Road

Special Recommendation: Carrot and Walnut Cake, Apple Pie with Vanilla Ice Cream



They try to evade the uproar of crowds, and distinguish themselves from some of the average and bland coffee chains. The positioning is clear: they are built for customers who really appreciate the soul of coffee.

These corner cafés in Shanghai complement the city's elegance with their varied charisma. However, unlike their European counterparts, they are fairly new, and have little historic anecdotes of claim. There is no armchair frequented by Ernest Hemingway. No small vignette featured in Van Gogh's masterpiece. No army cap left by Napoleon to pay for his coffee. But culture and history are not the sole reasons to patronise a café.

One can feel the dedication and vision of the owners in creating a perfect café, just as a driver appreciates the passion for speed and perfection in a Porsche.

In this bustling metropolis, these corner cafés offer a small oasis to daydream and relax.

Even in a hurry, you can always order a refreshing takeout for the road. The trip will be more pleasant with the warm, lingering coffee aroma lingering around you. ●



**RACE REVIEW**

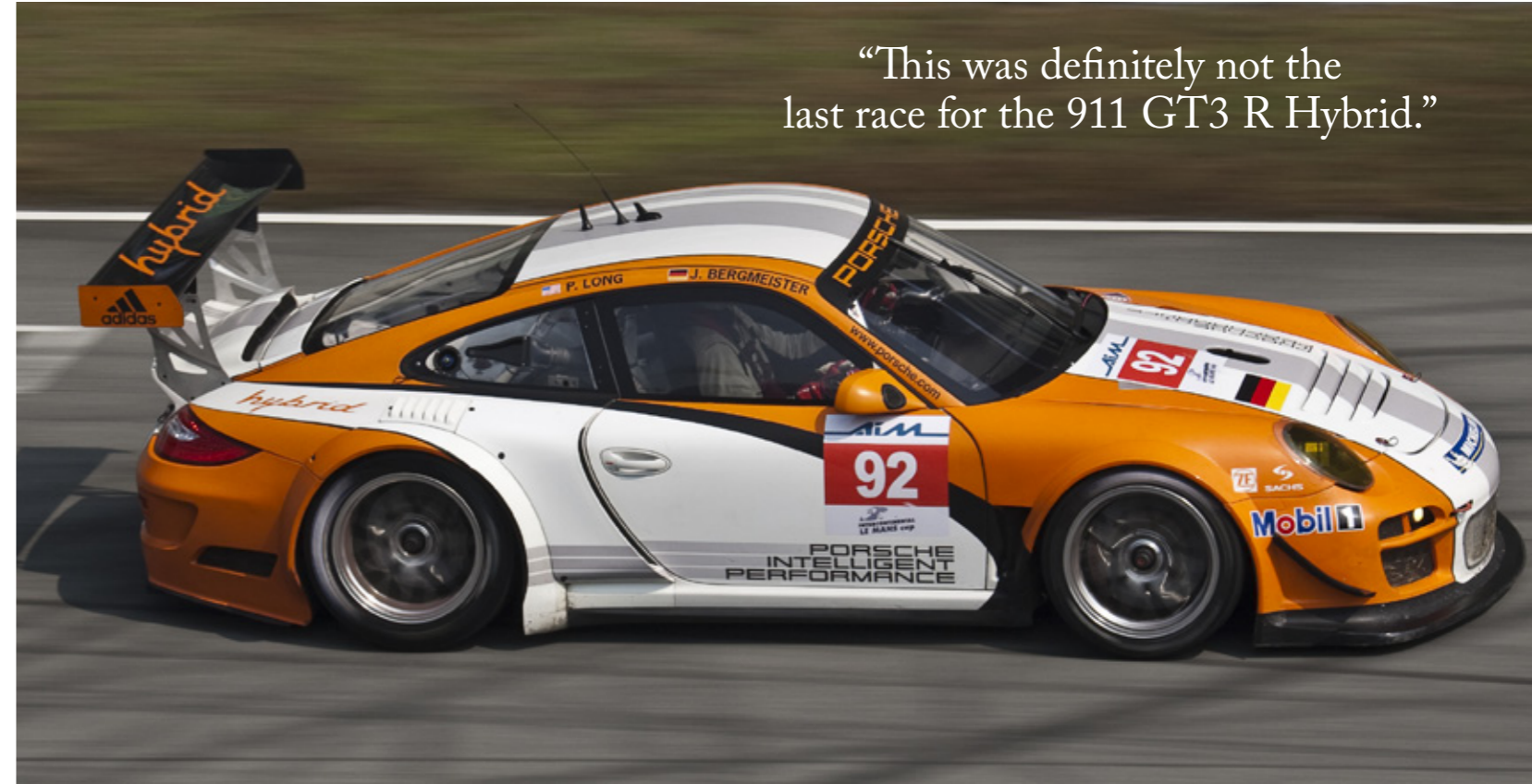
## PORSCHE EFFICIENCY AND PERFORMANCE ON DISPLAY IN ZHUHAI

Local Fans Impressed with 911 GT3 R Hybrid at China Track Debut

**Text** Peter Holland

As China becomes the world's largest, fastest-growing and most important car market, local and central authorities are justifiably concerned with rising carbon emissions from the automotive sector. To its credit, China is adopting the European Union's stringent "Euro 4" standards on automobile production to ensure that inevitable increases in car ownership don't exacerbate current air quality issues. And China's leadership has very publicly shown its support of hybrid vehicle production. All well and good, but surely this is bad news for China's growing legion of Porsche enthusiasts? Wrong.

Leave it to the engineering and design experts in Stuttgart to deliver the goods once again. The 911 GT3 R Hybrid has excited Chinese sports car fans since it was unveiled in the 24 Hours Nuerburgring race in Germany earlier this year. In addition to the conventional combustion engine in the rear, the Hybrid features an additional front-axle drive via two electric motors which draw power from the recovery of kinetic energy and are stored in a flywheel. This stored energy may be used to boost either performance or efficiency without increasing emissions.



“This was definitely not the last race for the 911 GT3 R Hybrid.”

**Top Left: A young Porsche fan enjoys a day of motorsport.**

**Top Right: Special guests received an exclusive glimpse of the 911 GT3 R Hybrid behind the scenes in pit lane.**

**Right: Joerg Bergmeister prepares himself for a stint behind the steering wheel of the latest ground-breaking Porsche motorsport creation.**

**Opposite Top: The 911 GT3 R Hybrid in full flight.**



At the 2010 International Le Mans Cup race at the Zhuhai International Circuit on November 7, Porsche paid tribute to the growth of China with an incredible exhibition of Porsche Intelligent Performance up close – and in thrilling fashion – as the Hybrid amazingly dominated all its competitors. Chinese guests of Porsche had the exclusive opportunity to visit the GT3 Hybrid team in the pit, and got to admire the trademark clean lines of the car, and actually got a chance to visualise the interior from the drivers’ seat. Ms Xie, visiting from Jinhua was delighted, and though she wasn’t quite prepared to hop in the driver’s seat and race, she noted that she’d “love a closer look at the Cayenne S Hybrid now.”

Porsche Works Drivers Patrick Long and Joerg Bergmeister were also available to chat and answer questions, giving these

lucky fans a chance to understand what a thrill it is to take a Porsche to its outer limits. Long was pleased with the chance to chat with local Porsche lovers and explained that the Zhuhai race is a “super test of the hybrid system under race conditions.” And it definitely did not disappoint. On the 4.319 kilometre circuit, the 911 GT3 R Hybrid was not only the fastest, but also the most economical GT vehicle. A Porsche fan arriving from Beijing, Mr. Wu raved: “It’s an impressive display of the potential of hybrid technology, proving that alternative drive systems can go hand in hand with performance racing.” Thanks to its ground-breaking drive concept, the Hybrid made one less pit stop and completed three more laps than the next GT opponent.

The Porsche GT3 R Hybrid was not the only Porsche model to thrill the fans in

southern China – several Porsche teams also arrived from overseas. Hong Kong driver and Porsche Carrera Cup Asia competitor and former champion Darryl O’Young also enjoyed an experience behind the wheel of a standard fuel combustion model of the 911 – but found the racing no less exhilarating. “It was a fabulous experience to drive on this track with the 911 GT3 RSR and to be cheered by so many fans,” he commented.

But the moment truly belonged to the future. Looking ahead to the 2011 season, Hartmut Kristen, Head of Porsche Motorsport promised fans that the car would be back on the track in China: “This was definitely not the last race for the 911 GT3 R Hybrid.” Once again, Porsche finished in the winner’s circle. ●

Credit: Photography by Lei Gong

## FIRST ENCOUNTER

## A BLESSING IN DISGUISE: A TALE OF ZHAO AND HIS 911 CARRERA S

Zhao's tale of Porsche seemed to be punctuated with disappointments and frustrations, but a closer look reveals that it might have been a blessing in disguise.

**Text** Candy Chen

**Zhao Xiaobing's affair with Porsche**, no matter how you look at it, bears a striking resemblance to those love sagas staged every night on TV: a secret crush harbored for more than 20 years, a pang of pain when the hero is robbed of his beloved, an unexpected turn from loss of love to success in business, and finally, the happy ending of a loving marriage. It's a story full of ups and downs, thorns and roses.

It dates back 32 years. A school boy had his first first-sight love when he saw the image of a Porsche brought back from abroad by his relative. In his innocent child heart, a fire of passion was lighted. "When I grow up and get rich, I will have a Porsche for sure!" Little Zhao vowed to himself.

The drama of twists and turns began in 2005, when Porsche Centre Chengdu was opened. In its early days, Zhao ordered a 911. His decision was not only driven by his childhood dream, but also by his 2004 driving tour of Germany, where he caught the sight of 911 for the first time in reality. "I couldn't take my eyes off it. My cravings for a 911 peaked at that very instant." Yet, it was not meant to be on this occasion, and eventually he missed the long coveted beauty.

The second time he set foot into Porsche Centre Chengdu, it was already nearing the end of 2005. A silver 911 was up for sale. Instantly in love, Zhao made an oral appointment to pick up the car the following Tuesday.

But the hand of fate played with Zhao again. He was delayed by work for just one day, and his darling was gone. It happened that he hadn't dropped a deposit and on that very day, another Porsche enthusiast "swooped in" on his dream car, leaving him full of regret.

"Why is it so hard for me to have a 911?" Brooding over his unlucky experience, Zhao determined he would no longer sit and wait for the elusive dream to materialise. He was going to make it come true by having a 911 customised exclusively for himself. True, it's God who disposes, but it's up to man to propose.

In October 2006, a silver 911 Carrera S, painted and equipped as Zhao's fancy dictated, came to him. A wish that had obsessed him for 28 years was thus fulfilled.

Zhao's tale seemed to be punctuated with disappointments and frustrations, but a closer look reveals that it might have been a blessing in disguise.

Having missed the much desired 911 the first time, he spent the money on a villa in Chengdu instead. This unintentional investment earned him a great return as housing market soared. The second time, when he failed to take the car with him, Zhao put aside RMB 100,000 for deposit and threw the rest into the stock market. Half a year later, when Zhao finally laid hands on his own 911 Carrera S, his stocks had quadrupled in value.

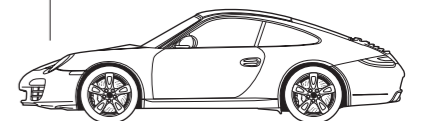


**Zhao Xiaobing**

**Occupation:** Advertising, Catering  
**Place of Residence:** Nanchong, Sichuan Province

**Hobbies:** Photography, Music, Travel

**Porsche Model owned:**  
911 Carrera S





“Porsche is my lucky star,” says Zhao, now a successful entrepreneur in advertising and catering.

Zhao’s first passenger was his son. “I don’t know whether he was aware of all the attention and admiration,” recalls Zhao. “I just knew I was feeling great. The purring of the engine was so pleasant to the ears, and the driving was simply remarkable.”

Zhao’s 911 Carrera S is a knockout on the street not only because of its brilliance in appearance, but also for the boldness of its license plate: 4444. This number, homophonic to “death” in Chinese, is as deep-rooted a taboo as 13 is in western culture, but Zhao, an uninhibited daredevil fittingly born on April 4th, decided to throw the forbiddance to the wind.

Undoubtedly, the best place for an adventurous man like Zhao is on the road. He has been to Tibet twice, toured Germany by car, visited France and Dubai as part of the Porsche Travel Club, and was among the first few Chinese to be invited to test drive a Panamera.

It’s been four years since Zhao first ignited the engine of his 911 Carrera S, but his passion still glows, fresh as ever. “Every time I drive it, I feel the car and my body are in perfect harmony. It’s like a natural extension of my physical being,” Zhao marvels, “it’s ineffable.” One midnight, charged up by exciting music, Zhao jot down a note to his family and took off driving in his 911 all the way from Nan-chong to Chengdu, a 200-plus kilometres

journey, on the highway where he likes best to indulge his desire for speed.

Did Zhao ever considered another Porsche model or even another brand of sports car when he found himself eluded by 911 time and again? Never. “911 is the only love that I’ve hungered for since childhood.” Zhao explains, “First of all, it’s so beautiful, incomparably beautiful, that I was under its spell at first glance. Secondly, a car is judged by the maturity of the technology that goes into it. The longer a model sells, the more mature it is. Finally, its performance is just as excellent as I imagined. In fact, there were quite a few sports cars on the same price level before I made the order for 911, but none of them were good enough for me.”

**911 is the only love that I’ve hungered for since childhood. First of all, it’s so beautiful, incomparably beautiful, that I was under its spell at first glance.**

Among all the 911 models, the 911 Sport Classic released in 2009 excites Zhao most. It reincarnates the ducktail of the 1972 911 Carrera RS 2.7 and is widely regarded as an outstanding paragon of the modern rendering of automobile classics. It’s a shame that 911 Sport Classic has a limited production of only 250 and hasn’t been introduced into Chinese market.

“I won’t mind if it’s a second-hand one,” says Zhao, serious about owning one.

He will have his chance. Sophisticated design and production have ensured every piece of Porsche a longer lifespan, which promises those who have the patience to wait, or the determination to quest, that some day or other, they shall get what they want. Perhaps that’s one merit of Porsche: it stays as young as your heart can remain. ●







## EMPOWERING THE FUTURE

## “SOWING THE SEEDS OF THE FUTURE” A JOURNAL OF PORSCHE AND UNICEF’S PARTNERSHIP IN QINGCHUAN

Black, white, and silver Cayenne cars speed up the Chengdu-Mianyang Expressway. No challenging terrain or bad weather to put their superior performance to the test – this trip is not your typical Porsche performance drive. Joining the group are representatives of UNICEF China. Their destination: the once earthquake-stricken county of Qingchuan.

**Text** Candy Chen

One may not often hear Porsche and UNICEF, or Qingchuan and Cangxi under the same breath; however, as early as December 2009, Porsche announced its support for UNICEF and the Ministry of Education in their efforts to rebuild the severely damaged education system in Sichuan and Gansu. Within the following three years, Porsche will donate a total of ¥10,200,000 as well as provide four specially-modified Cayenne cars to assist official programme work. Today, Porsche and its partners are conducting a site visit to assess programme developments.

Sichuan and Gansu’s regional customs may be unfamiliar to Porsche’s first time visitors, but the children are quite familiar with the white Cayenne, also known as the “Mobile Educational Training and Resource Unit”. In April 2010, the four Cayenne cars officially began their daily routes through rough natural terrain, delivering educational resources (including learning materials, book bags, sporting goods, and more) as well as special training instructors to supervise and support local personnel.

Compared to other donations, this programme’s results are not as immediately visible. The site visitors inspected three of Qingchuan County’s schools, and observed positive progress – a new and bright school, a new plastic track field. One almost forgets the disaster and poverty of the region. This programme, however, offers something other than new walls or a new track field.

At the core of the programme are 91 education professionals who continue to travel along with the Cayenne in the four counties, offering training to over 3,000 local teachers at more than 500 various elementary schools, and effectively reaching 55,000 children. The programme’s goals are to improve the local educators’ teaching methods, providing much needed learning materials and laying a solid foundation for the children’s education. UNICEF China Chief of Education and Children Development, Lata Menon expressed, “You can get 50 teachers in a room for a training workshop, but doing this in their own school with 6-8 teachers – this is a ‘hands on’ learning approach and we find it to be very effective.”

Right: Mr. Patrick Pesch, Director of Marketing of Porsche China, receives an introduction to student artwork.

Below: Students enjoying reading materials provided by UNICEF.

Opposite Top: Four specially modified Cayenne models have been serving as Mobile and Educational Training and Resource since April 2010.

Opposite Bottom: Students join Mr. Helmut Broecker, CEO of Porsche China in a tug-of-war.



“I was very touched by the difference this has made compared to other schools I have seen that are not receiving the programme. UNICEF does not construct schools, we add value. And the Porsche’s partnership has been very effective,” says UNICEF China Representative, Dr. Yin Yin Nwe. “We are sowing the seeds of the future.”

One does not need to look further for proof than on the children’s face. Upon seeing the Cayenne, the children smiled excitedly. When reading the educational materials brought to them, they are extremely enthusiastic. During physical education, they showed great energy and joy. In class, they were focused and studious. The camera could not capture every moment and emotion, but visitors will remember the warm feeling in their hearts.





**EAST HEKOU VILLAGE, PRIOR TO QUAKE**

The scenic mountains became a barren cemetery within five minutes.

Within these five minutes, the earthquake tore the ground, collapsing two mountains nearby. At the epicentre, the earth's surface sunk, exploding mud and rock, and landslide washed downwards. East Hekou Village experienced all geological disasters within these fateful minutes. The entire village and its inhabitants became buried 110 metres below the surface, leaving not the slightest evidence of life.

The whole existence of East Hekou Village has been diminished to a pile of rocks, leaving no family member to mourn for the inhabitants, no buildings left to rebuild. All memories of the village and its people are gone, leaving only evidence of the ruthless disaster and some 36 craters of mud and rock.



With the help and assistance from many organizations, Qingchuan has stabilised, exhibiting new energy and hope. This feeling of happiness remained throughout the day, until the group stopped where the Redstone River meets the Bamboo River, where the entrance is marked by a large rock, engraved with "East Hekou Village, Prior to Quake".

Suddenly the mood became sombre. The earthquake has abolished every sign of the existence of this small village – no shell of a building, no sign of life. Only 184 wooden crosses put up by Mr. Yang Lin Sheng to commemorate the 184 families who perished during the earthquake. A five minute earthquake took 780 lives. The ground caving under, buildings collapsing to dust, mud and landslides... Within five minutes on May 12 (hence referred to as "5-12"), the entire town was buried 110 meters under.

On the return trip, Porsche China CEO, Mr. Broeker, said, "I've seen a lot of completed

construction, but if we reflect on the area we have just seen, there is a long way to go."

He further added, "We want to give a little back to the people of China. We want to help the children – they need our support most."

Although rebuilding efforts and time can heal the pain, nothing can diminish the sadness everyone felt from visiting the wasteland that used to be East Hekou Village. One can feel the pain, loss, and helplessness of the villagers, and wishing to reach out and help them more. Supporting this programme is only one step in the right direction, but there are many more children in China that need our help.



Credit: Photography by Lei Gong



"We want to give a little back to the people of China. We want to help the children – they need our support most."

Opposite Page: Mr. Gabor Csurgai, Director After Sales of Porsche China, enjoys some of the Cayenne-inspired artwork from children, with an example below.

Left: "We are sowing the seeds for the future" believes Dr. Yin Yin Nwe, Chief Representative of UNICEF in China.

Below: Dr. Yin Yin Nwe (left) and Mr. Helmut Broeker share the joy of children in Qingchuan.





## Henry Chan

**Occupation:** Real Estate

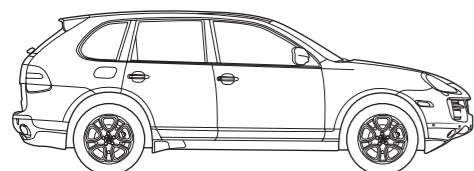
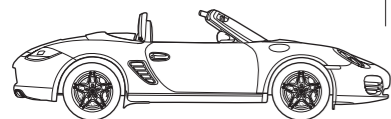
**Place of Residence:** Shanghai

**Hobbies:** Racing, Skiing,

Downhill Mountain Biking

**Porsche Models owned:**

Boxster 987; Cayenne GTS



### A DAY IN THE LIFE OF HENRY CHAN

## THE MAN WHO MARKS HIS DREAM

Born with a passion for adreneline-inducing sports, Henry finds the Cayenne fitting his urban life perfectly.

**Text** Candy Chen

A piercing mark can be spotted on Henry Chan's left earlobe. Most people would see it as the sign of a rebellious teenage boy, but looks can be deceiving. "It's a token that I made in high school to remind myself of my dream," Chan smiles. He made a pledge that every time he stood before a mirror, the stud would whisper into his ear: University of Toronto. Talk about determination.

On admissions day, Henry took off the ear stud. In return, he received a congratulation gift from his father, his very first Porsche: a white Boxster 987.

It's a pity that he does not have much time to drive it now. After graduation, Henry

moved back to Shanghai to assist his father in a 1.5-million-square-metre commercial and residential housing business. His two-seater sports car, a symbol of freedom and speed, was replaced by a more suitable Cayenne GTS. But it's still a Porsche, and still in pure white.

At an age when impulse can be indulged with impunity, Henry gives you an impression of being powerfully modest and earnestly optimistic. Though he lives a privileged life, he also believes that pains make the gains sweeter. That's why he chose Boxster over 911 when he could easily get the latter. "911 is my dream, and I would rather have it through my own effort."

Credit: Photography by Keith Shillitoe

As most Porsche enthusiasts Henry has an undying passion for life, which manifests itself in alpine skiing, kite skiing, downhill mountain biking. He even obtained a license for Formula racing in Toronto. Shanghai does not have many outdoor sports to offer, but Henry knows how to make do with limited resources: weekend driving on the race track, midnight jogging and riding in the neighboring green belt...

**You have driven a Porsche Boxster for four years in Canada, why not try another brand in China?** For me, Porsche represents a lifestyle full of passions, which is not to be substituted through any other brands. And because it offers customized service, I can have a car unique to me.

**Speaking of Porsche, what is your first thought?** It's the sound of the engine starting. It's like I am being wired and there's a sudden energy flowing through me.

**Which Porsche model do you like most?**

The 993 in the Porsche 911 series used to be my favorite. But now, it's 911 GT3 that I want most.

**What's your most memorable driving experience?** My friend once let me drive his old 911 from the 70s. I was in the driver's seat for only 15 minutes. But that's the first time that I ever laid my hands on the wheel of a Porsche. It's so exciting that I fell in love with it right away.

**Among your many hobbies, what's your favourite?** Things with wheels, from bicycles to sports cars. I also have a great time when selecting parts for my customised Porsche and assembling a bicycle by myself.

**What is your ultimate dream?** If I had enough money, I'd like to build my own racing team.

**How do you usually spend your day?**

Eat, sleep, work out, work, work, work. I get a great deal of enjoyment from my daily work.

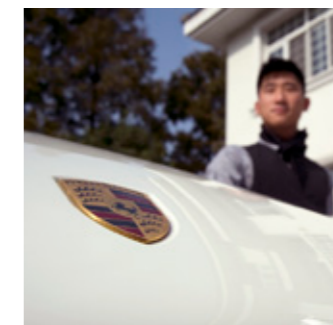


### 7:30 A.M.

Wake up naturally. Wash up before going to the gym. An hour of light strength training and jogging, enough to energise my body for the new day.

### 9:00 A.M.

Scheduled to meet important clients tonight. I definitely need my Cayenne for the occasion. Enjoy jazz music on the way. The traffic is light, but I need to be careful still. Too many cars making dangerous lane changes...



### 9:30 A.M.

Tune myself to work mode with the help of a cup of coffee. A new phase of our development is being launched the next day, so all the details have to be reviewed carefully again.

### 11:30 A.M.

Have lunch with colleagues in the cafeteria. In the beautiful noon sunshine, I take an after-lunch walk in the garden.

### 1:00 P.M.

Call up sales, marketing, legal and security teams to carry out drills for tomorrow's launch.



### 7:00 P.M.

Dinner with Japanese clients at Jin Jiang Hotel. Afterwards, we move to another place to hang out. Three of them plus a colleague and I all fit into the Cayenne just fine.



### 9:30 P.M.

The open-air café at Bund 27 proved to be too cold. Moved down to a red wine bar on the second floor. Before we realise, it's midnight.

### 11:30 P.M.

Back home at last. Make my usual walk-around the Cayenne to make sure there's no scratch or dirt on it. A little paranoid I guess, but I enjoy it.

### 12:00 P.M.

The last 5 minutes before falling asleep is the best time for meditation and emptying the mind. Time for a sound sleep.



Imagine: Tiny snowflakes fall around you as you stand, skin bare, in the middle of rising steam at the bottom of a valley. Raise your head and gems light up the northern sky. The noise of the city seems light-years away. The only sound you can hear is from the flowing hot spring that possesses and caresses you, washing all the weariness and stresses away.

Hot springs can effectively relax your mood, active your meridian, cleanse your

body and balance your yin and yang. Why not take your family to a hot spring amid melting snow?

For hundreds of years, we have known of the benefits of hot spring bathing. An inscription on a Northern Wei dynasty stele has described hot spring bathing as “the ultimate treatment between earth and heaven.” Li Shizhen, the Chinese medical sage, wrote in his Compendium of Materia Medica that “hot spring can cure all diseases...” And the famous poem on

Princess Yang Kwei-Fei by Tang dynasty poet, Bai Juyi, had depicted the cosmetic effect of hot spring in a lively way.

Modern science has also touted hot springs for their proven curative effects. Hot springs can stimulate blood circulation, massage and supply the body with a series of trace elements such as calcium, potassium and radon, providing support to the treatment of cardio and cerebro diseases, diabetes, gout, nerve pains, and arthritis.

#### HEALTH & CULTURAL HIGHLIGHTS

## ENJOY A HOT SPRING AMID MELTING SNOW

When the year-end feast frenzy bores you, and the irksome journey to the warm South wearies you, a healthy tour to a hot spring is the perfect get-away.

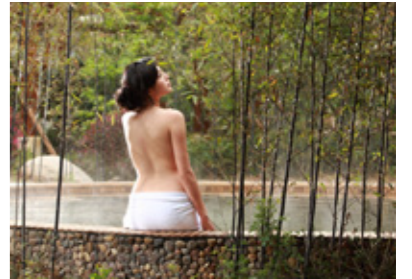
**Text** Candy Chen

Each spring is unique in its temperature, pH value, fluid volume, mineral composition, terrain and climate—providing distinct benefits.

For example, sulfur springs can exfoliate dead skin and cure scabies. Salt springs can improve the metabolism of arthritis patients. Carbonated springs with sodium can whiten and soften skin. Different spring temperature also has varied effects and should be chosen accordingly.

While hot springs are not the gates to eternal longevity, they offer a great relaxing environment to stretch out your body, spend precious time with your loved ones, and enjoy a serene retreat from your daily routine.

Once you rest your head and look up into the starry night sky, the weariness of your body and mind will be dissolved, opening up a tranquil moment with endless positive energy, ready for the brand new year. ●



#### SPRING BATHING HINTS:

- 1 Not everyone is suitable for hot spring bathing. Consult your doctor if you feel frail or suffer from any heart condition and hypertension.
- 2 Remember to remove all metal jewelry as they will vulcanized into char black.
- 3 Don't skip the “warm-up”. Test the temperature first with you hand or foot. Then soak part of your body into the spring.
- 4 Bathe at least one hour after dinner to ensure digestion is unaffected. Avoid spring bathing on an empty stomach or after excessive drinking.
- 5 Drink plenty of water during and afterwards to avoid dehydration.
- 6 Do not spring bathe more than three times a day, each less than 20 minutes. If you feel tightness of chest, dizziness or thirst, the spring may be too hot for you. Take a break. Quit bathing if the discomfort doesn't wear off.
- 7 Get up slowly and don't leave the spring until you feel grounded and balanced.
- 8 Your metabolism will accelerate after bathing, so avoid alcohol consumption, overeating or any strenuous exercise that will increase your body's workload. Have a good rest for your body to recuperate.



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## EVENING LIGHTS UP WITH GRAND OPENING IN TAIYUAN

A cold air blankets Taiyuan, but little can dampen the anticipation on November 8: Porsche Centre Taiyuan celebrated its opening as the first Porsche Centre in Shaanxi Province, providing world-class service to Porsche owners.

Mr. Helmut Broeker, Chief Executive Officer of Porsche China, expressed his excitement, "The opening of Porsche Centre Taiyuan marks a vital step in the growth of our presence in Central China."

Over 130 guests gathered for an evening of fine cuisine, entertainment and the local unveiling of an exclusive 911 Carrera S Porsche Carrera Cup Asia – one of the 30 limited editions produced exclusively for China. This new member of the 911 family embodies the performance and innovations that are to be expected from Porsche. Not only is it a tribute to the famed Porsche Carrera Cup Asia racing series, it is also a toast to the opening celebrations of Porsche Centre Taiyuan. ●



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