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the NEWS

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NATION'S TRUST

in China has fallen to its  
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veals a Lowy Institute poll  
on Australian attitudes to  
international events.

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Beijing recently  
HOSTED THE TALIBAN

in the run-up to the G-20  
summit, a move that ana-  
lysts believe was intended  
to intimidate Western  
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trade sanctions on China.

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BEIJING

has announced a social  
policy to relocate 'talent'  
to poor rural areas in a  
move reminiscent of the  
Cultural Revolution cam-  
paign that forced millions  
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U.S. President  
DONALD TRUMP

says the U.S. economy  
is booming with "one of  
the best months of June  
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THOMAS PETER/AFP/GETTY IMAGES



U.S. President Donald Trump (R) speaks to Chinese Leader Xi Jinping during a state dinner in the Great Hall of the People in Beijing on Nov. 9, 2017.

CHINA

## Xi's Remarks to Politburo Signal No Major Trade Concessions at G-20

Analysts say Xi's remarks point to internal instability and factions in communist party that oppose working with the US

NICOLE HAO

O n the eve of the G-20 summit, Chinese leader Xi Jinping spoke about challenges within the Chinese Communist Party (CCP) during a meeting with senior cadres in the Politburo. Meanwhile, the state-run, Beijing-friendly Tsinghua University released a report concluding that the U.S.-China trade dispute would have minimal impact on the Chinese economy.

Both moves suggest that Xi would not make major concessions when he meets with U.S. President Donald Trump at the upcoming summit in Japan, China observers said.

Trump and Xi are expected to meet on June 29, on the second day of the summit. It will be their first face-to-face meeting after U.S.-China trade talks broke down in early May. U.S.

officials alleged that Beijing had backtracked on agreements that both parties made during previous talks.

Meanwhile, Reuters quoted a senior U.S. official on June 25 as saying that Trump will treat the meeting with Xi as a chance to see Beijing's opinion, and is "comfortable with any outcome."

Trump has said he would make a final decision on whether to impose new tariffs on \$300 billion worth of Chinese goods after meeting with Xi.

**Party Instability**

The Party's Politburo, a 25-member body, organized a group study session on June 24, where Xi gave remarks.

He called on all Party members to fully trust the senior officials, do

*Continued on A5*

My understanding  
is that the infighting  
between different  
factions right now is  
very intense.

Tang Jingyuan,  
China commentator

DREW ANGERER/GETTY IMAGES



The Google logo outside its office building in New York on June 3, 2019.

GOOGLE

## Insiders: Google Stealthily Infuses Political Agenda Into Products

PETR SVAB

Google is surreptitiously pushing its political agenda onto its users through its products in an effort that one employee described as "preventing the next Trump situation."

The company has cloaked its political agenda in the veneer of "fairness," but in reality, it means promoting the company's political worldview at the expense of others'. It also is raising voices of those aligned with its worldview at the expense of those that oppose it, or that just aren't aligned with it enough, according to internal documents obtained and employees

speaking out or being caught on hidden camera by Project Veritas.

"They are a highly biased political machine that is bent on never letting somebody like Donald Trump come to power again," said one Google employee, who wished to remain anonymous and spoke on camera with his likeness not shown and his voice disguised.

Google, the world's largest internet company with some 100,000 employees and more than \$130 billion in annual revenue, has long been accused of channeling the politics of its mostly left-leaning workforce into its prod-

*Continued on A6*

HONG KONG

## Over \$10 Billion Capital Outflow, Huge Exodus of Elites Over Hong Kong's Controversial Extradition Bill

OLIVIA LI

Although Hong Kong Chief Executive Carrie Lam announced suspension of the extradition bill, the move hasn't restored public confidence. A senior banker revealed that Hong Kong's wealthy families transferred about \$10 billion in funds to offshore accounts earlier this month. Tellingly, the number of emigration inquiries has increased multiple times recently, and surpassed the inquiry hike that occurred five years ago during the "Umbrella Movement."

The Hong Kong government's proposed amendments to its extradition laws would allow any country, including mainland China, to seek extradition of fugitives or criminal suspects. The proposed extradition bill has sparked widespread fear and anxiety given China's disregard for the rule of law. More than one million Hong Kong residents participated in a mass parade on June 9 to protest the controversial bill, and police used violence to disperse demonstrators on the following days. Outraged Hongkongers organized another mass parade on June 16, with more than 2 million participants, to protest the

AFRICA

## Concern About Chinese Media Grows in Africa

DARREN TAYLOR

JOHANNESBURG—During the past decade, China has cemented its position as the biggest economic and political partner of many African countries, and is now following that up with rapid expansion of its media presence to promote its influence on the continent.

Radio China International and the StarTimes multichannel TV service now carry "good news" stories about China and Africa to potentially millions of people. The Chinese state-owned TV broadcaster China Global Television Network, or CGTN, has a production center in Nairobi, Kenya, *Continued on A3*

NATION

## 8 Orphans Will Soon Arrive in Australia After Parents Killed in Syria Fighting for ISIS

Eight Australian offspring of two slain ISIS terrorists had been removed from Syria in Australia's first organized repatriation from the conflict zone, Australia's prime minister said on June 24.

Prime Minister Scott Morrison said the eight children being repatriated were in the care of Australian government officials. He would not

*Continued on A2*

CAMERON SPENCER/GETTY IMAGES



Prime Minister Scott Morrison speaks during a press conference on Nov. 22, 2018 in Sydney, Australia.

extradition bill and previous police brutality.

Lam later announced that the bill would be suspended indefinitely. But Hongkongers are not satisfied and seek full withdrawal of the bill.

**Outflow of At Least \$10 Billion Funds in June**

Hong Kong has always ranked in the top ten globally in billionaire residents. According to the most recent report released by Wealth-X, a market research firm focusing on ultra-high net worth individuals, Hong Kong, with 87 billionaires, is ranked as the second most populous billionaire city after New York, which has 105 billionaires.

*Continued on A4*

Accuracy  
& Integrity

The Epoch Times was founded in 2000 to provide honest and uncensored news coverage of China. Based in New York City, our newsroom is dedicated to restoring accuracy and integrity in media. We stand outside political interests and the pursuit of profit. And we stand against the systematic destruction of traditional culture by destructive ideologies such as communism.



# 8 Orphans Will Soon Arrive in Australia After Parents Killed in Syria Fighting for ISIS

CONTINUED FROM A1

identify the children or say when they would reach Australia.

Media reported that they include five children and grandchildren of Sydney-born convicted terrorist Khaled Sharrouf and three children of ISIS terrorist Yasin Rizvic, from Melbourne. Both men and their wives died in the conflict zone.

The children had been taken by an aid agency working in secret with government officials on Sunday from Syria to Iraq, The Australian reported.

“The opportunity now is for these young children who are coming back to Australia, they can’t be held responsible for the crimes of their parents,” Morrison told reporters.

The children would be provided with support services so that “they can fully integrate into a happy life in Australia,” Morrison said.

“They’ve got off to a horrible start in life as a result of the appalling decisions of their parents and they’ll find their home in Australia and I’m sure they’ll be embraced by Australians and as a result of that embrace, I’m sure they’ll live positive and happy lives,” Morrison added.

Morrison had been saying publicly for months that he would not risk any Australian official to rescue Australians from ISIS territory.

Not aware of the highly secret operations, critics had argued that he had not been prepared to take the political risk of repatriating families of Islamic extremists until he won a narrow election victory on May 18.

Morrison said on Monday he had kept his government’s efforts “very low-key” in the interests of the safety of everyone involved, including the aid agencies that were working with the government.

Sharrouf’s Sydney-based mother-in-law Karen Nettleton has launched several attempts to rescue the children from Syria and has led the campaign for Australian government intervention.

Her lawyer Robert Van Aalst said he hoped Nettleton was with the children in Iraq, but had no direct communication with her due to security concerns.

The eldest child, Zaynab, turned 18 last week and has been expecting her third child. Australian Broadcasting Corp. reported she’d yet to give birth. Zaynab would return to Australia



DELIL SOULEIMAN/AFP/GETTY IMAGES

Fully veiled women linked to ISIS walk in a northern Syrian city as they are handed over to diplomats for repatriation on May 29, 2019.

The children had been taken by an aid agency working in secret with government officials on Sunday from Syria to Iraq.

with the newborn, her two children—Ayesha, 3, and Fatima, 2—her 16-year-old sister Hoda, and her 8-year-old brother, Humzeh.

“There will be medical examinations and various other support provided by the government which they have told us about to help the children acclimatize,” Van Aalst told ABC.

“There are also some wounds that may need to be attended to. Young Hoda was wounded in the leg. Zaynab, I believe, had shrapnel wounds. It is not just physical wounds that have to be looked into but there is some other psychological issues, no doubt, that will have to be looked into,” he added.

The Rizvic children are two boys and a girl aged between 6 and 12, The Australian reported.

Clarke Jones, an Australian National University criminologist who specializes in radicalization, said the children would need treatment for trauma and could be radicalized. They could also be threatened by elements of the Australian community.

“There are a lot of people who don’t

want them back at all,” Jones said. “Because of that, they would also be under threat.”

Australian National University counterterrorism researcher Jacinta Carroll wrote in a research paper last week that Zaynab had become both a victim and supporter of terrorism in a case that was legally and morally complex.

Zaynab became a prominent ISIS propagandist making social media posts supporting atrocities and the activities of her father and her husband Mohamed Elomar, an Australian ISIS terrorist who was killed while she was pregnant in 2015, Carroll said.

She had lived a relatively privileged life under the ISIS regime in Syria in a house with slaves, posting photographs of herself with other veiled women with assault rifles and a luxury BMW sedan. She boasted a “luxury jihad” life in Syria, Carroll said,

Carroll said disengagement services, also known as deradicalization programs, were available in Australia to help the children integrate into the mainstream Australian community.

“I think that will be very challenging for the Sharroufs,” Carroll said. “The profile and the publicity around this family will also make it quite problematic for them to just integrate back into normal life in Australia.”

Mat Tinkler, director of the Save the Children Fund charity, said there were at least 50 Australian women and children in Syrian refugee camps and all should be repatriated.

Khaled Sharrouf horrified the world in 2014 when he posted a photograph on social media of his young son clutching the severed head of a Syrian soldier.

Sharrouf’s wife, Tara Nettleton, brought their five children from Sydney to Syria in 2014. She died in a hospital a year later of a perforated intestine. Her husband and two eldest sons later died in an airstrike.

According to The Australian, there are an estimated 70 Australians who remain in a limbo situation in refugee camps or detention centres in northern Syria, with the majority of them being women and children.

From The Associated Press

## Australians Losing Trust in China: Lowy Institute Poll

The nation’s trust in China has fallen to its lowest level in 15 years, the Lowy Institute report on Australian attitudes to international events reveals.

Australians are losing trust in China due to its communist government’s military intentions, infrastructure ambitions in the region, and displays of influence.

The latest poll from the Lowy Institute think tank on Australian attitudes to international events, released on June 26, reveals local sentiment towards China has taken a negative turn.

Australians’ trust in China is at its lowest level in the 15 years of the poll, with only 32 percent saying they trust the Asian power either a “great deal” or “somewhat” to act responsibly in the world.

This result is a 20 percent fall from last year, and is 15 percent lower than the previous low of 47 percent in 2008.

A similar number of Australians—30 percent—have confidence in Chinese leader Xi Jinping to do the right thing in world affairs, a 13 percent drop from last year.

Nearly three-quarters of Australians believe the nation is too economically dependent on China, while 68 percent say the federal government is allowing too much Chinese investment.

Nearly three-quarters of Australians also did not believe the Australian government has been doing



FABRICE COFFRINI/TORSTEN BLACKWOOD/AFP/GETTY IMAGES

enough to address human rights concerns with China.

When asked if they would support the Australian military going to “stop a government from committing genocide and killing large numbers of its own people,” 80 percent replied in the affirmative.

A little fewer Australians—77 percent—said they would support the government doing more against China’s military activities in the Pacific region, even if it hurts the

Chinese communist flag during the opening ceremony of the 2008 Beijing Olympic Games (top) and Australia’s Parliament House in Canberra on Sept. 7, 2010 (bottom).

economic relationship.

When it comes to perceptions of the United States, almost half agree it’s in decline relative to China.

Close to 70 percent of Australians think the alliance with the United States makes it more likely for Australia to be drawn into any potential war with China.

However, more than half of those surveyed think Australia’s alliance with the United States makes Australia safer from attack or pressure

Nearly three-quarters of Australians believe the nation is too economically dependent on China, while 68 percent say the federal government is allowing too much Chinese investment.

from China.

Two-thirds say U.S. President Donald Trump has weakened Australia’s alliance with the United States. However, the United States still ranks second—behind New Zealand—in being considered Australia’s best friend in the world, with the United Kingdom coming in third.

Close to half of Australians also think foreign interference in politics is a critical threat—an eight percent increase from last year.

And it appears the public supports the federal government’s decision to ban Huawei from the 5G network, with more Australians wanting protection from foreign state intrusions prioritised over keeping prices down or having the best technology.

By Rebecca Gredley, Epoch Times staff contributed to this article. From AAP



# Concern About Chinese Media Grows in Africa

CONTINUED FROM A1

to bolster this objective. But Beijing’s expanding media footprint in Africa isn’t as benign as it appears, international press freedom watchdog Reporters Sans Frontières (RSF) warns.

### A Friendly Face

The Chinese regime often jails its critics, including journalists, and Chinese media are severely restricted in terms of what they can report on. RSF stated that Beijing is now trying to export its repressive media model globally, with the aim of stopping journalism that would investigate its activities abroad. “It is also to create a new world media order, in which journalism would be replaced by state propaganda,” said RSF researcher Cedric Alviani, who authored a recent report on China’s attempts to legally and illegally influence how it is portrayed by international media. His report, the product of information gathered from RSF sources worldwide, including 150 correspondents, states that the Chinese regime is investing in foreign news organizations and buying vast amounts of advertising in international media to prevent negative coverage of it.

Alviani said Africa is on the “frontline” of this strategy, as Beijing sees huge potential for development, and thus profits, on the continent.

According to RSF, the Chinese Communist Party needs “friendly” media in Africa to present a good image of it and its projects to the public, which would, in turn, give it easier access to continental resources.

Alviani said the Chinese regime doesn’t want journalists to probe anything negative associated with its pursuits in Africa, such as pollution of local environments caused by its industrial activity.

### Taking Over Media

In line with its massive investments in infrastructure projects in Africa, China is building radio and TV stations across the continent, and funding African media. “It is not impossible that in one or two decades, China would actually be the major owner of African media and African broadcasting networks,” Alviani said. Many African journalists have



Pang Xinhua (L), managing editor of China Central Television Africa, talks to local journalists in Nairobi, Kenya, as he shows them how the organisation has expanded in different parts of Africa, on June 12, 2012.

gone to China for state media training, where they’re encouraged to tell positive stories about the Chinese in Africa. Alviani said the growth of CGTN on the continent, with headquarters in Nairobi and bureaus in Cairo, Johannesburg, and Lagos employing hundreds of African journalists and many more freelancers, is “particularly worrying.”

“CGTN has the flavor of Africa; it looks like it is made for the good of Africa. But actually, it is a propaganda channel that obeys the Chinese [regime’s] interests. You will never hear any voices opposing anything the Chinese are doing in Africa on CGTN. Everything that viewers see on the network puts China in a good light,” he said.

### Resistance and Control

Professor Herman Wasserman, of the University of Cape Town’s media studies department, said Beijing’s media model is “clearly not well-suited to Africa, where democracies are in many parts of the continent very fragile.” Wasserman, a former visiting professor at Tsinghua University in

Beijing, has published extensively on how China and its activities are reported in Africa. He said the Chinese media presence in Africa is big, “and getting bigger,” but its products aren’t popular, at least for the moment. “In some countries like South Africa and Kenya and other places where there is a more vibrant media industry, there’s also quite a strong, ingrained bias against Chinese media,” Wasserman said.

Wasserman is watching Beijing’s expansion of its media interests in Africa closely. “It’s maybe not in the first instance directed at stamping out press freedom in Africa, but it is aimed at trying to create a more positive picture of itself, and, yes, trying to limit criticism of itself in Africa,” he said. “As it embarks on greater economic and political influence on the continent, it seeks to promote a positive image of that influence through a greater presence in the media sphere.”

But RSF stated this greater presence includes financial support for African media, who obviously won’t bite the hand that feeds them. The watchdog uses the example of South African writer Azad Essa, whose column for the Independent Online was ended in 2018 shortly after he criticized Beijing’s treatment of the Uyghur Muslim community in China. A Chinese group has a 20 percent stake in the Independent. Wasserman said China’s influence could be subtle. He explained that African media owners funded by China would practice self-censorship, cutting anything they think might offend Beijing. RSF stated that more overt attempts by Chinese authorities to repress African journalists include training local officials to spy on them and providing equipment for surveillance of the internet and cellphones. Wasserman said, however, that the role of African media and civil society shouldn’t be ignored in the resistance of attempts to influence media on the continent. “I think there’s a great deal of resistance in Africa against any attempts to stamp out press freedom, whether those attempts come from Beijing or wherever,” he said.

It is ... to create a new world media order, in which journalism would be replaced by state propaganda.

Cedric Alviani, Reporters Sans Frontières researcher

## G-20 Summit: Key Meetings and Themes to Watch

EMEL AKAN

WASHINGTON—The leaders of the world’s top economies are gearing up for the G-20 summit this week in Osaka, Japan, where they will discuss a host of issues, including the current slow down in economic growth and possible reforms to the global trading system.

In addition, bilateral talks on the sidelines will likely draw as much attention as the formal discussions around the table.

There are plenty of problems to discuss at the summit but the central theme will be the core mission of G-20, which is to support “strong, sustainable, balanced and inclusive growth.”

International Monetary Fund (IMF) chief Christine Lagarde has repeatedly warned that the global economy is at a “delicate moment.” According to her, 70 percent of the world is now seeing a “synchronized deceleration of growth.” Only two years ago, however, 75 percent of the global economy was experiencing an upswing.

The current U.S.–China trade dispute could shave 0.5 percent off the global economy, according to IMF estimates. The major concern for the IMF is that the policymakers are left with little space to manoeuvre with respect to both monetary and fiscal stimulus. World leaders will be meeting at a time of uncertainty in global growth to address these issues.

As with last year, there will be sub-



World leaders pose for a group photo at the Colon Theatre during the G-20 Summit in Buenos Aires, Argentina, on Nov. 30, 2018.

stantial discussions at the summit on trade, including reform of the World Trade Organisation (WTO). At the last G-20 summit, the leaders agreed for the first time to reform the more than 20-year-old WTO, backing President Donald Trump, who has repeatedly called the organisation a “disaster.” They called on “the necessary reform of the WTO to improve its functioning,” and also stated in the communiqué that they would review progress at the next summit. “Osaka would mark a step forward if it identified specific priorities for reform,” according to Matthew Goodman, senior vice president at the Centre for Strategic and International Studies (CSIS). “They should include fixing the

dispute-settlement mechanism and requiring greater transparency around trade-distorting policies such as subsidies,” he wrote in an article. On the sidelines of this year’s summit, Trump will hold bilateral meetings with the leaders of Russia, Turkey, and China, which are expected to draw a lot of attention.

### Trump–Putin Meeting

Trump said last week that he would meet with Russian President Vladimir Putin at the summit. “I want to get along with Russia, and I think we will. I want to get along with China, and I think we will,” Trump told Fox News on June 19. At the last G-20 summit, Trump refused to meet with Putin because of the fresh incident in which Moscow held captive Ukrainian ships and 23 sailors near Crimea, according to Heather Conley, senior vice president at CSIS. “Fast forward, those 23 Ukrainian sailors are still in jail. There’s been no movement on that front,” she told reporters, adding there has been no sign of progress on the issue. At the meeting, the two leaders may discuss an arms control framework, according to Conley. Russia ended the Cold War-era Intermediate-Range Nuclear Forces Treaty (INF) in March. Putin’s action came after the Trump administration accused Russia of violating the Reagan-era accord and announced it would abandon the deal.

I want to get along with Russia, and I think we will. I want to get along with China, and I think we will.

President Donald Trump

The United States will formally withdraw from the agreement by August. “There is a massive space here to think about arms control, yet there is no process that we are aware of,” Conley said. In addition, Iran could potentially be a very important topic of discussion between Trump and Putin, she said. Trump’s potential meeting with President Recep Tayyip Erdogan of Turkey involves another complicated bilateral relationship. Turkey is determined to go ahead with the purchase of an advanced Russian S-400 air defense system, despite U.S. warnings that it would remove Turkey from the F-35 fighter jet programme. The world’s eyes will be on the meeting between Trump and Chinese leader Xi Jinping during the summit, as both leaders try to get the trade talks back on track. While the outcome of the talks is hard to predict, any consensus over trade can bring a huge relief to investors.



# Over \$10 Billion Capital Outflow and Huge Exodus of Elites, Over Hong Kong’s Controversial Extradition Bill

CONTINUED FROM A1

Citibank’s April report this year stated that roughly 7 out of 100 Hongkongers have a net worth of \$10 million, which means, in a city of 7 million people, there are about 490,000 residents whose assets exceed \$10 million.

Dr. Victor Ming Tak Ng, a Hong Kong senior banker and visiting professor at the Baptist University in Hong Kong, revealed to The Epoch Times that Hong Kong tycoons have recently accelerated asset transfers to foreign countries. He learned from a friend in the financial circle that between the two mass parades on June 9 and 16, at least \$10 billion was transferred to offshore accounts.

He added that customers of a well-known bank with branches all over the world could transfer the money in their accounts from Hong Kong to other countries using a one-button operation. The recent transfers all involved wealthy individuals.”

Dr. Ng anticipated that Lam will likely be replaced, as Beijing is unhappy with her handling of the extradition bill; but Beijing’s control of Hong Kong is anticipated to increase. If the United States imposes stricter sanctions on China or revokes Hong Kong’s position as a special trade zone, it will be a crushing blow to Hong Kong’s economic and business environment.

“If Hong Kong’s special trade status is revoked, Hong Kong will lose at least 50 percent multi-millionaires,” said Ng.

Previously, a June 14 report by Reuters quoted a financial advisor saying that a Hong Kong resident who considers himself potentially politically exposed “has started shifting more than \$100 million from a local Citibank account to a Citibank account in Singapore.”

### Richest People Leave Hong Kong for Singapore

Chen Ping, a descendent of Communist Party elders and a billionaire who has lived in Hong Kong for many years, told The Epoch Times that after proposed amendments to the Fugitive Offenders Ordinance, many wealthy people he knows sold their homes in Hong Kong and transferred their assets to other countries such as Singapore. “When human rights and the rule of law cannot be guaranteed, they definitely want to leave,” Chen said.

He recently gave a speech in Singapore at a seminar, hosted by billionaires from mainland China, where he met with many former and current business owners in China. Most of them were top executives or owners of listed companies.



The Star Ferry crosses Hong Kong Harbour on May 31, 2013.

When human rights and the rule of law cannot be guaranteed, they definitely want to leave.

Chen Ping, a descendent of Communist Party elders and a billionaire who has lived in Hong Kong for many years.

Chen revealed that all of them have a net worth of over \$100 million who originally lived in Hong Kong but have moved to Singapore. According to Chen, about 2 million mainland Chinese have moved to Singapore in recent years. The sudden influx of expatriates has skyrocketed home prices in Singapore.

### Immigration Firm: Inquiries Noticeably Increased

Many Hong Kong residents say they plan to immigrate to other countries. According to an immigration consultant, immigration enquiries have increased dramatically, including foreigners living in Hong Kong.

Mary Chan, an adviser at Rothe International Canada, Hong Kong Immigration Consultancy Service Company, told The Epoch Times that after the vast parade on June 9, immigration inquiries “increased two to three times,” with about ten email inquiries every day. “Even some foreigners who have lived in Hong Kong for a long time wrote to us to seek immigration consultation,” she said.

The “Umbrella Movement five years ago caused a spike in immigration as well, but Chen said the number of people intending to emigrate is a lot higher than five years ago. Among her current clients there are high-income professionals, middle-class, and even government officials.

Chen explained that these people feel that Hong Kong is not as comfortable as it used to be. “Although

(Beijing) promised that Hong Kong’s autonomous status would remain unchanged for 50 years, it has already started to change. Moreover, many people are tired of the living conditions here, jam-packed buses and subways, more social conflicts. Anyway, society is not as harmonious as before.”

In addition, there are about 300,000 Hongkongers holding Canadian citizenship who are able to go to Canada anytime.

According to Chen, those who are in the process of emigration are also selling the properties they own in Hong Kong and transferring money to their target countries.

Mr. Joseph Yau, an immigration consultant at JR Marriott Migration Consultancy Limited, also told The Epoch Times that recently, inquiries have doubled. “It’s mainly because they have lost confidence in the future of Hong Kong,” he said.

According to Yau, many young people, including singles, are applying for immigration, which is a prominent feature during this wave of applications.

“The extradition bill is a catalyst,” he said. “In addition, some people want to emigrate to other countries because they want their children to receive a better education or live a better life.”

In addition to the most popular destinations like the United Kingdom, the United States, Australia and Canada, some inquired about opportunities in European countries such as Ireland

and Portugal, where there is no minimum residency requirement and this enables emigrants to these countries to obtain residency status quickly.

“Even if Carrie Lam eventually withdraws the extradition bill, it is hard to say whether the emigration wave would be reversed,” Yau said. “Because it is a matter related to confidence. It remains a test for the current Hong Kong government as to what it would do to restore Hong Kong citizens’ confidence in Hong Kong.”

### Hong Kong Issue Has Become A Key Issue In U.S.-China Trade Relations

Kevin Tsui, an associate professor of economics at Clemson University in the United States and a member of the Economic Research Center at Hong Kong Institute of Asia-Pacific Studies, believes the emigration and capital outflow will only continue given the current political and economic conditions.

Tsui pointed out that Hong Kong has become one of the key issues in U.S.-China trade talks. Although Beijing claims it won’t allow Hong Kong protests to be brought up at the upcoming G20 Summit, Tsui believes the U.S. State Department will definitely continue to discuss the situation in Hong Kong, including considering revocation of Hong Kong’s special trade zone.

*Epoch Times reporter Liang Zhen contributed to this article.*

# Beijing Says It Hosted Taliban Delegation Ahead of G-20

OLIVIA LI

In the run-up to the G-20 summit, China acknowledged that it recently hosted a Taliban delegation, a move that analysts believe was intended to intimidate Western countries into being afraid of imposing sanctions on China.

Chinese Foreign Ministry spokesperson Lu Kang told a press briefing on June 20 that Mullah Abdul Ghani Baradar, head of Taliban’s “political office” in Qatar, along with several of his assistants, recently visited China. During their stay in China, Chinese officials exchanged views with them on issues including the peace and reconciliation process in Afghanistan and counter-terrorism, Lu said.

This is the first time the Chinese communist regime has confirmed a Taliban delegation’s visit to China.

According to a report from British newspaper The Financial Times in August 2018, figures in the Pakistan

government revealed that previously, Chinese authorities had invited Taliban leaders to visit several times, but Beijing always kept it secret.

After the Sept. 11, 2001, terrorist attacks, Taliban-controlled Afghanistan rejected the request from the United States to extradite Osama bin Laden. Subsequently, the United States invaded Afghanistan and overthrew the Taliban regime. Taliban leader Mullah Mohammed Omar fled into the mountains and continued to lead the Taliban to resist the U.S. military.

The Taliban is designated as a terrorist organization by the U.N. After the fall of the Taliban regime, its members continued to launch terrorist attacks and plotted numerous kidnappings to fight against the current Afghan government, the United States, and its allies. For instance, on July 19, 2007, the Taliban kidnapped 23 Koreans and held them hostage, killing two, be-



Taliban co-founder Mullah Abdul Ghani Baradar attends talks with Afghan political figures in Moscow, on May 30, 2019.

fore a deal was reached between the Taliban and the South Korean government.

The spokesperson of the Chinese Ministry of Foreign Affairs explicitly confirmed the recent visit, and many Chinese state-run media reported on it.

Chinese leader Xi Jinping also visited Russia, Kyrgyzstan, Tajikistan, and North Korea in June ahead of the G-20 summit.

Hu Ping, a U.S.-based political commentator and honorary editor of pro-democracy magazine Beijing Spring, pointed out that Xi’s recent visits to these countries and the interaction with the Taliban are all intended to increase its bargaining power in U.S.-China trade negotiations. U.S. President Donald Trump is set to meet with Xi on the sidelines of the summit.

In a recent interview with The Epoch Times, Hu said that Taliban leaders must know about the Chinese Communist Party’s (CCP) persecution of Uyghur Muslims and other Muslim minorities in Xinjiang. But it, as a group that promotes violence in the name of Islam, has chosen to remain silent.

“The two sides are using each other for its own ends in their interactions. The CCP uses its association with the Taliban as a card it can play in the U.S.-China negotiations, while the Taliban also uses the CCP as a card it can play, when negotiating with the Afghan government and the U.S. government.”

Hu said, “But between the CCP and the Taliban, there won’t be any sincere friendship or allied relationship.”

*Epoch Times reporters Luo Ya and Zhang Dun contributed to this report.*



# Organiser of Taiwanese Rally Against Beijing Infiltration Calls Out Regime’s Intimidation Tactics

EVA FU

An organizer of a recent mass rally in Taiwan protesting Beijing’s infiltration of local media said the Chinese regime attempted to intimidate him into dropping the protest efforts.

On June 23, tens of thousands of people took to the streets of Taipei, Taiwan, and braved pouring rain to call for a ban on “red media”—local news outlets that have close ties to the Chinese communist regime and push Beijing’s agenda.

Holger Chen, a rally organizer and internet personality, speaking at the rally, said the communist regime had tried to silence him through financial pressure since he and Huang Kuo-chang, a lawmaker from Taiwan’s New Power Party, announced the rally on June 12.

The Chinese regime, which views the self-ruled island as a renegade province, has stepped up efforts in recent years to infiltrate local media, political parties, and other facets of Taiwan society in an effort to persuade Taiwanese citizens to accept a future in which the island is “unified” with the mainland.

### Intimidation

Chen, who is also an owner of a fitness chain in Taiwan, is known for his live-streamed videos on YouTube and other video platforms commenting on fitness and political affairs. His YouTube channel has over 639,000 subscribers.

In a live-streamed video on June 21, Chen described the challenges he faced for being a “patriotic businessman.” He said he lost ad endorsement deals from several companies with

business interests in China, while other companies have also threatened to cancel contracts with his companies.

Chen added that record companies refused to lend music copyright for the rally, and his videos were also recently blocked on mainland Chinese platforms. He said the mounting pressure could soon drive him out of the live-broadcasting business.

During the June 23 rally, Chen told the cheering crowd that the turnout was a tremendous encouragement and that he was willing to make sacrifices for a greater cause.

“I want to tell the Chinese Communist Party: Money can buy certain things, but not everyone is willing to put a price tag on their dignity,” he said during the rally.

Chen said he hoped fellow Taiwanese will come to see the extent to which the communist regime has infiltrated the democratic island.

He then called on people in Taiwan to “resolutely oppose red media.”

“In terms of rallies in Taiwan, we have just sketched out a new page in history, and everyone present here is really writing your own history,” Chen said.

### Legislative Push

In a conference on the same day, Taiwan President Tsai Ing-wen expressed support for the protest.

“I believe the rally can awaken Taiwan society,” Tsai said.

“With a more solid legal foundation and enhanced legal enforcement, plus international cooperation, we can remove fake and false information from Taiwan society,” she said in a Facebook post on June 23.



The co-organisers, Huang Kuo-chang (L) and Holger Chen (R) being interviewed by reporters after the mass rally in Taipei, Taiwan, on June 23, 2019.

I want to tell the Chinese Communist Party: Money can buy certain things, but not everyone is willing to put a price tag on their dignity.

Holger Chen, internet personality and rally organizer

Tsai also indicated that she will continue pushing for legislative reform to counter Beijing’s infiltration.

Her party, the Democratic Progressive Party, is planning on introducing legislation that would require entities that have connections with a government outside of Taiwan to disclose their funding sources—similar to “foreign agent registration” laws in the United States.

Huang, during the rally, urged legislators to pass the act.

He condemned the red media for ignoring the important political affairs and “feeding poison” to the Taiwanese people.

“The red media take subsidies from the CCP with one hand, then turn around and create fake information in Taiwan with the other to sabotage Taiwan’s democracy,” Huang said.

## China Issues New Wave of Maoist Propaganda Campaigns

EVA FU

The Chinese communist regime has dug into its Maoist past for two new social and propaganda initiatives, which analysts say show signs of deepening economic problems.

In a recently announced social policy, the Chinese Communist Party (CCP) wants to see more “talents” move to poor rural areas, reminiscent of a campaign during the Cultural Revolution that forced millions of urban young people to work in the fields with farmers to “re-educate” themselves.

### ‘Down to the Countryside’

On June 19, the General Office of the CCP’s Central Committee announced a policy encouraging “talents” to move to poor, rural areas, according to a notice published by state-run media Xinhua.

The announcement also asked that local governments “carefully follow through, based on reality,” adding that the policy is consistent with the principle that the “Party guides the flow of talents.”

Critics said that the move was a throwback to the Cultural Revolution decades ago, during which roughly 17 million Chinese “bourgeois” youths—about 10 percent of China’s urban population—were sent to the countryside under the directive of then-leader Mao Zedong, to “reeducate” themselves by working in the fields with farmers.

The June 19 announcement was the CCP’s second attempt in the last few months to migrate labor forces from urban centers to revitalize rural areas.

Earlier in April, the Chinese Communist Youth League, an organization for cadre hopefuls, announced a three-year plan to arrange at least 10 million Chinese college graduates to be volunteers “to build the culture, technology, and health care fields in the countryside before 2022.”

The stated goal of the plan, according to the League, was to promote the development of villages and eliminate poverty.

### ‘Long March’ Movement

Over the past few weeks, many articles have popped up on online Chinese

media portals, with reporters recounting their experiences traversing the path of the Long March, a massive retreat of CCP armed forces from its southern territory in the 1930s that has since been portrayed by the Party as a heroic journey.

Since June 11, some 500 state media reporters have joined the journey overseen by the CCP’s publicity department, the governmental agency in charge of propaganda dissemination, as the Party marks its 70th year of authoritarian rule.

The reports touted the event as a “special Party education” course, describing the experience as a pilgrimage that reminded reporters of the tenacity of the communist soldiers.

Tang Jingyuan, a U.S.-based political commentator, told the Chinese edition of The Epoch Times that the campaign reveals that cracks are starting to appear in the CCP’s grip on power.

“From top to bottom in the CCP, there is a shared sense that the Party is reaching its doom, so hyping up the campaign to ‘revisit Long March’ is simply an attempt to find some self-assurance—lift the spirits within the Party and among the masses,” Tang said.

### Economic Turbulence

Analysts said the two seemingly disparate incidents could both also be signs that the regime is trying to cope with a struggling economy, which has suffered further losses from the trade war with the United States.

China’s monthly industrial output growth in May fell to a 17-year low, and retail sales have been sluggish.

According to Tang, the trade dispute with the U.S., along with the ongoing protests in Hong Kong, has put the Chinese regime in hot water, and its most pressing concern is how to sustain its economy.

“If the U.S. really takes action to cut off the blood supply [trade], the CCP will not be able to hold much longer.

“Once the economy goes down, the CCP will lose its legitimacy, and it knows this point well itself, so it will try with all its might to cover up the true picture of the sluggish economy, however much falsehood it takes.”

The move was a throwback to the Cultural Revolution decades ago, during which roughly 17 million Chinese “bourgeois” youths were sent down to the countryside.

## Xi’s Remarks to Politburo May Signal No Major Trade Concessions at G-20, Analysts Say

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whatever the Party asks, and to report anybody who doesn’t follow the rules.

“Factors that may weaken the Party exist at every minute ... the risks that can shake the foundation of the Party are everywhere,” Xi said.

Xi didn’t make any allusions to external threats such as the current trade dispute; he continually emphasized that problems exist from within.

In a June 25 report, Taiwan’s official news agency Central News Agency interpreted Xi’s words as meaning “the risks that can shake the CCP’s foundation are everywhere inside the party.” “My understanding is that the infighting between different factions right now is very intense,” U.S.-based China commentator Tang Jingyuan told the Epoch Times.

Tang’s observation is that the Party has two groups of senior cadres who are against making any compromises in the U.S.–China trade dispute.

One group believes that the CCP doesn’t need to cooperate with the United States. Another group, comprised of those associated with officials who have been sacked amid Xi’s anti-corruption campaign, are opposed to Xi’s leadership. This faction believes that fruitful cooperation between the United States and China would benefit Xi, and hence, don’t support a resolution to the trade war.

In this context, Xi’s remarks indicate that he needs to satisfy these groups in order to maintain his leadership position, Tang said.

As the Party’s annual secretive conclave for senior officials at Beidaihe is approaching, Xi is also keen on preventing internal attacks on his leadership as they prepare to discuss key policy decisions, Tang said.

### Tsinghua Think Tank Report

Meanwhile, the Academic Center for China’s Economic Practice and Thinking (ACCEPT), a think tank founded by Tsinghua University’s School of Economics and Management, released its “Macroeconomic Analysis and Forecast Report” on June 23.

In the report, ACCEPT argues that China’s economy has been performing

Not only this report, but most of the CCP’s reports have said that China’s economy is doing well. Xi may believe it and thus, won’t give in when he talks to Trump.

Li Muyang, NTD Television host commenting on a Tsinghua University think tank report forecasting China’s macroeconomics

well, and projects that the middle-class population will double in size from the current 400 million within 15 years, according to the South China Morning Post.

David Li Daokui, the think tank’s chairman, also told a seminar in Beijing on June 23 that China’s gross domestic product will grow 6.3 percent this year. “The direct impact of the trade war is very limited and controllable,” he said.

On June 5, the International Monetary Fund cut its 2019 GDP growth forecast for China from 6.3 percent to 6.2 percent, due to heightened uncertainty around trade frictions.

Li Muyang, news analyst for the U.S.-based broadcaster NTD, told the Chinese-language Epoch Times that the Tsinghua report was meant to paint a rosy picture of the economy to fool Xi, “making him unable to see the real situation.”

“Not only this report, but most of the CCP’s reports have said that China’s economy is doing well. Xi may believe it and thus, won’t give in when he talks to Trump,” Li said.



Chinese leader Xi Jinping and President Donald Trump during the G-20 Summit in Hamburg, Germany, on July 7, 2017.



# Insiders: Google Stealthily Infuses Political Agenda Into Products, Documents Say

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ucts, which the company has repeatedly denied.

The latest revelations, however, depict a company that has expended substantial effort in putting its thumb on the political scales after the 2016 election.

Blaming Trump’s success on “hate and misogyny and racism,” the company decided to “fix” it, the insider said.

“They’re like ... ‘We need to start policing our users, because we don’t want to have an outcome like that, we don’t want to have an outcome like that to happen again.’”

A similar sentiment was expressed by Jen Gennai, head of Google’s Responsible Innovation, who was caught on hidden camera by a Project Veritas reporter several weeks ago.

“We all got screwed over in 2016, again it wasn’t just us, it was, the people got screwed over, the news media got screwed over, like, everybody got screwed over so we’ve rapidly been like, ‘What happened there and how do we prevent it from happening again?’” she said.

None of this has been disclosed by Google to its users, many of whom still consider it an objective source of information, the insider said.

**‘Fairness’**

Google believes that by filtering, ranking, aggregating, or generating media through its products, its users are “programmed” to certain worldviews, an internal document suggests.

As it turned out, however, these worldviews are not always those preferred by the company. For example, when one searches on Google for “CEOs” the results would likely show a lot of pictures of men, because most CEOs are men. But that would be “algorithmic unfairness” according to an internal document, because “it would reinforce a stereotype about the role of women in leadership positions.”

In some such cases, “it may be desirable to consider how we might help society reach a more fair and equitable state, via either product intervention or broader corporate responsibility efforts,” the document states.

On paper, “algorithmic unfairness” was defined by the company as “unjust or prejudicial treatment that is related to sensitive characteristics such as race, income, sexual orientation, or gender, through algorithmic systems or algorithmically aided decision-making.”

Since every person shares in such characteristics, the definition could make one believe that Google is simply trying to make sure it treats everybody



People walk past Google’s UK headquarters in London on Nov. 1, 2018.

What they’re really saying about fairness is that they have to manipulate their search results so it gives them their political agenda that they want.

Google employee

fairly. But Gennai made clear her job was to bring “fairness” only to certain people, based on whether they belong to a group Google deems sufficiently “marginalised.”

“My definition of fairness and bias specifically talks about historically marginalised communities. And that’s who I care about. Communities who are in power and have traditionally been in power are not who I’m solving fairness for,” she was recorded as saying.

**‘Re-bias’**

The insider described a Google initiative called “ML Fairness,” the “ML” stands for machine learning. It was set up to develop an artificial intelligence (AI) algorithm that would put in place Google’s idea of “fairness” at scale.

“What they’re really saying about fairness is that they have to manipulate their search results so it gives them the political agenda that they want,” he said. “And so they have to re-bias their algorithms.”

For instance, when one types in the Google search bar “men can” and makes a space, the search engine suggests phrases like: “men can have babies,” “men can get pregnant,” and “men can have periods.”

When one types in “women can” and makes a space, the suggestions would show phrases like: “women can vote,” “Women can do anything,” and “women can be drafted.”

This is not because these phrases are so popular among users, but because the “fairness” algorithm pulled them

from so-called “sources of truth”—as it was intentionally “trained” to do, the insider said.

“They are feeding the information and training the AI so that it will return results like this,” he said.

Gennai appeared to confirm that Google is going even further, looking to its algorithms for a specific political outcome.

“We’re also training our algorithms, like, if 2016 happened again, would we have, would the outcome be different?” she said.

**‘Fairness’ on YouTube**

The “fairness” algorithm is used to promote Google’s agenda in multiple products, according to the insider, including Google News and video sharing platform YouTube, which Google owns.

He said that Google assigns categories to YouTube videos based on words uttered in the videos. The “fairness” algorithm then elevates or buries the content based on its alignment with Google’s political agenda.

People who Google labels as “right-wing news commentators,” regardless of whether they self-identify as such, have their videos disadvantaged, the insider said, specifically mentioning talk show host Dave Rubin, who identifies as classical liberal, pro-Trump satirical channel Carpe Diem, centre-left commentator and journalist Tim Pool, and conservative comedian and commentator Steven Crowder.

“They don’t want these opinions to have wide appeal and so they’re

coming in and they’re putting their thumb down, and they’re deciding which content the users are allowed to see,” the insider said.

**‘Fairness’ in Google News**

Google’s preference for left-leaning sources in its Google News function has been repeatedly pointed out by various media and even by the president.

The Epoch Times on multiple dates tested the function by browsing Google News search results for the word “trump.” Every time, only about 3 to 5 percent of the articles featured on the first 10 pages of the results came from traditionally conservative-leaning media.

Google has maintained that it simply gives preference to more “credible” sources.

“We’re choosing what we define as credible news sources and those news sources don’t necessarily overlap with conservative sources,” Gennai said.

The insider said, however, that Google actually has an editorial agenda. It puts the news sources through the “fairness” algorithm and if one aligns with Google’s agenda, “it pops the top,” he said. “If it doesn’t, then it gets buried.”

**Refusing to Change**

Google has been accused by Republican lawmakers of political bias in its products, but Gennai said the company is unresponsive to Congress’s criticism.

“They can pressure us, but we’re not changing,” she said.

And it’s not that the company is unaware that its “fairness” doctrine is far from universal.

“The same people who voted for the current president do not agree with our definition of fairness,” Gennai said.

In addition, Gennai appeared to consider Google’s political agenda as a justification to oppose the call from Sen. Elizabeth Warren (D-Mass.) to regulate Google along antitrust lines.

“Elizabeth Warren is saying we should break up Google. And like, I love her but she’s very misguided,” Gennai said. “Like, that will not make it better it will make it worse, because all these smaller companies who don’t have the same resources that we do will be charged with preventing the next Trump situation, it’s like a small company cannot do that.”

Google didn’t respond to a request for comment, but its spokesperson previously said that “Google has never manipulated or modified the search results or content in any of its products to promote a particular political ideology.”

## Pompeo Says US Hoping for Afghan Peace Pact Before September 1

KABUL, Afghanistan—U.S. Secretary of State Mike Pompeo said June 25 that Washington is hopeful a peace agreement to bring an end to the 17-year war in Afghanistan can be reached before Sept. 1.

Pompeo, in a brief visit to Afghanistan, spoke just days before the start of a fresh round of talks between Washington’s peace envoy, Zalmay Khalilzad, and the Taliban in the Middle Eastern State of Qatar, where the religious militia maintains a political office.

So far, the Taliban have refused to hold direct talks with the Afghan government and Afghan-to-Afghan talks planned for earlier this year in Doha were scuttled after both sides disagreed over participants.

“I hope we have a peace deal before Sept. 1, that’s certainly our mission set,” Pompeo told reporters in Kabul. He stopped in the Afghan capital on his way to Delhi on a tour of the Middle East and Asia aimed at building a broad, global coalition to pressure Iran.

Khalilzad accompanied Pompeo as he met with Afghan President Ashraf Ghani and his partner in power, Abdullah Abdullah, the country’s chief executive. He also met with several opposition politicians as well as former President Hamid Karzai.

Pompeo underscored Khalilzad’s strategy in the talks, which involves four interconnected issues: counter-terrorism, foreign troop presence, inter-Afghan dialogue, and a permanent cease-fire.

In what has become America’s longest war, U.S. troops invaded Afghanistan in October 2001 following the Sept. 11 attacks. Since then, the United States has lost more than 2,400 soldiers and spent more than \$800 billion. The United States and NATO formally concluded their combat mission in 2014, but U.S. and allied troops remain, conducting strikes on the Islamic State terrorist group and the Taliban and working to train and build the Afghan military. Taliban insurgents, however, control nearly half of Afghanistan



Secretary of State Mike Pompeo listens to a question during a news conference during an announced visit to Kabul, Afghanistan, at U.S. Embassy Kabul, on June 25, 2019.

and are more powerful than at any time since the 2001 U.S.-led invasion. They carry out near-daily attacks, mainly targeting security forces and government officials.

Talks between Khalilzad and the Taliban have focused on U.S. and NATO troop withdrawal and guarantees from the Taliban that Afghanistan would not again become a safe haven for terrorists to plan global attack like the airborne

assaults on the United States in 2001. Pompeo said the United States and Taliban were close to a deal on countering terrorism.

“We’ve made real progress and are nearly ready to conclude a draft text outlining the Taliban commitments to join fellow Afghans in ensuring that Afghan soil never again becomes a safe haven for terrorists,” Pompeo said. He added that discussions with the Taliban have also begun on U.S. troop withdrawal.

“While we’ve made clear to the Taliban that we prepared to remove our forces, I want to be clear we’ve not yet agreed on a timeline to do so,” Pompeo said.

Pompeo said neighbour Pakistan has an important role to play and progress there has been made. Pakistan and Afghanistan have an uneasy relationship, with both countries accusing the other of harboring their terrorist enemies.

Ghani was to make his first visit to Pakistan on June 27 in an attempt to forge a fresh relationship with Prime Minister Imran Khan’s government. Last week, more than a dozen Afghan opposition politicians, many of whom met Pompeo on June 25, were in Pakistan to discuss peace in the region.

By Kathy Gannon & Rahim Faiez  
From The Associated Press



# Trump Says US Economy Booming Even Though Fed ‘Blew It’

IVAN PENTCHOUKOV

President Donald Trump on June 24 renewed his criticism of the Federal Reserve, saying that the economy—which just had “one of the best months of June in US history”—could perform even better if the central bank didn’t increase borrowing rates.

“Despite a Federal Reserve that doesn’t know what it is doing - raised rates far too fast (very low inflation, other parts of world slowing, lowering & easing) & did large scale tightening, \$50 Billion/month, we are on course to have one of the best Months of June in US history,” Trump wrote on Twitter.

“Think of what it could have been if the Fed had gotten it right. Thousands of points higher on the Dow, and GDP in the 4’s or even 5’s. Now they stick, like a stubborn child, when we need rates cuts, & easing, to make up for what other countries are doing against us. Blew it!” he added.

The president has repeatedly blamed the Fed for undermining his efforts to boost the economy and demanded that the central bank undo a series of rate hikes.

The Federal Reserve signaled June 19 that it may cut interest rates as early as July to address growing global and domestic economic risks as it took stock of rising trade tensions and growing concerns about weak inflation. That indication came one day before Iran downed a U.S. drone in the Strait of Hormuz, adding to simmering tensions between Washington and Tehran.

Fed Chairman Jerome Powell said on June 19 that even policymakers who didn’t envision a rate cut this year now believe “that the case for a somewhat more accommodative policy has strengthened.” The baseline outlook remains “favorable,” he said, and “there was not much support for cutting rates now at this meeting.”

The Fed raised rates several times after Trump took office after keeping them at virtually zero throughout the presidency of Barack Obama. The president began criticising the central bank in July last year. He has since referred to the Fed as the



SAUL LOEB/AFP/GETTY IMAGES

US President Donald Trump speaks to the media prior to departing on Marine One from the South Lawn of the White House in Washington, D.C., June 22, 2019.

**The Fed raised rates several times after Trump took office after keeping them at virtually zero throughout the presidency of Barack Obama.**

biggest factor working against the U.S. economy and “a much bigger problem than China.”

“The only problem our economy has is the Fed. They don’t have a feel for the Market, they don’t understand necessary Trade Wars or Strong Dollars or even Democrat Shutdowns over Borders. The Fed is like a powerful golfer who can’t score because he has no touch - he can’t putt!” Trump wrote late last year.

Powell has refused to comment on the president’s criticism and regularly reasserts the independence of the Fed.

“My duty is one that Congress has given us, which is to use our tools to achieve maximum employment

and stable prices and to supervise and regulate banks so that they treat their customers fairly and so that they’re strong, well-capitalised, and can perform their critical function in good times and bad,” Powell told CBS’s “60 Minutes” in March. “That’s my job.”

Trump appointees hold the majority on the Federal Reserve’s board of governors. Trump appointed the chairman, Jerome Powell, and three other members: Michelle Bowman, Randal Quarles, and Richard Clarida. Only one current member of the board, Lael Brainard, is an Obama appointee.

Two slots of the board of governors remain vacant after two of Trump’s

appointees, Herman Cain and Stephen Moore, withdrew from the nomination process. Moore, Cain, and Trump have all voiced support for moving away from the Fed’s fiat currency monetary system. All three have said that the gold standard—where the value of the dollar is backed by gold reserves—is a superior system.

Congress created the Federal Reserve in 1913 with the goal of preventing the “boom and bust” economic cycle. In the decades since its creation, the central bank has failed to fulfill the goal and instead contributed to the boom and bust cycle it was established to prevent.

*Reuters contributed to this report.*

# Over 600 US Companies Support Trump’s Tariffs on China: Letter

CATHY HE

More than 600 U.S. companies signed a letter on June 21 in support of President Donald Trump’s tariffs imposed on China, backing the U.S. administration clamping down on the regime’s unfair trade practices.

The letter, signed by hundreds of U.S. producers as well as trade groups, said the administration needs to stay firm on the Chinese regime, given that the U.S. manufacturing sector is at stake. It also expressed concern about human rights abuses in China.

“If you want to get a sense of how the American people really feel about President Trump’s tariffs, take a look at today’s letter,” said Dan DiMicco, chair of the Coalition for a Prosperous America in a June 21 statement.

“Small and mid-sized companies from all over the country signed the letter—everything from apple growers, truckers, and lumber producers to steel, glass, and tyre makers.

“China has been taking advantage of America’s openness for many years, and this has cost us millions of middle-class jobs. The American people are tired of it, and they support the president’s approach.”

According to the Daily Caller, the letter was presented to the Office of the United States Trade Representative (USTR) on June 21 during a hearing regarding proposed tariffs on approximately \$300 billion of Chinese goods.

It was submitted to counter another letter signed by hundreds of companies last week that opposed the tariffs. The signatories of that letter include multinationals like Walmart and Target who sell products manufactured in China.



LISA FAN/EPOCH TIMES

The sign of support comes amid heightened trade tensions between the two countries. In early May, Trump increased tariffs on \$200 billion worth of Chinese goods after accusing the regime of reneging on commitments negotiated over months of trade talks. The Chinese regime retaliated with tariff hikes on \$60 billion of U.S. imports.

Trump has since threatened to impose tariffs on an additional \$325 billion list of Chinese goods and said he would decide on whether to go ahead with these after meeting with Chinese Leader Xi Jinping at the G20 Summit in Japan later this month.

The letter countered claims made in the media and by companies with interests in China that the American people are bearing the cost of the tariffs, noting that inflation remained

Yin Liping, a Falun Gong practitioner, testifies before the US Congressional-Executive Commission on China on April 14 about “China’s Pervasive Use of Torture” and her experience in forced labour camps.

**The letter also expressed support for the president’s “steadfastness to stand up to large multinationals who have sold-out the American worker for low-cost labour from China.”**

low in spite of the tariffs.

“China is bearing the burden of these tariffs. China has had to lower its prices, and they are experiencing fewer exports, lower profits, and lower tax revenue as a result of the tariffs,” the letter read.

“Additionally, we will see the Chinese economy experience a slower rate of growth and employment in the future,” it added.

The letter also expressed support for the president’s “steadfastness to stand up to large multinationals who have sold-out the American worker for low-cost labour from China.”

This tough stance was important, the letter continued, because of the need to maintain a strong manufacturing sector to boost jobs and also for national security reasons.

The signatories also highlighted

that the Chinese regime is among the “world’s worst abusers of human rights,” and urged that human rights issues be raised during talks with Beijing.

The U.S.-China trade dispute began last March after the Trump administration said it would impose punitive tariffs on Chinese goods due to a range of long-standing unfair trade practices by the Chinese regime, including theft of U.S. intellectual property, forced technology transfer, industrial subsidies, and currency manipulation.

“The global integration project with China, through liberalised trade, has failed. The Communist Party of China has used its access to U.S. consumer and capital markets for a predatory economic strategy to grow its state-owned enterprises, finance its military build up, imprison its citizens in modern day concentration camps and challenge America’s geopolitical power,” said Michael Stumo, CEO, Coalition for a Prosperous America, The Daily Caller reported.

“Our American companies and workers have been weakened by this failed experiment. We want it to stop,” Stumo added.

According to the Daily Caller, the president of the Automotive Parts Remanufacturing Association Joe Kripli said, “for years now the Chinese ‘knock-off’ of starters and alternators that have been entering the country at ridiculously low cost and have been hurting the small [U.S.] remanufacturer that is located in every state and has been in our communities since WWII.”

Trump has repeatedly said he hoped the tariffs would convince companies to move their production of U.S.-bound goods away from China, including to the United States.



# Why Hongkongers Are So Great

HENG HE

Commentary

Hongkongers took to the streets again on June 16 after millions of people protested on June 9. But this time, even more protesters joined in, roughly 2 million, according to the organizers’ estimate.

Under normal circumstances, it is very difficult to mobilize people to express opinions on a certain topic. On one hand, the opinions of the public are inconsistent; on the other hand, most people are indifferent. Even in the mature Western democracies with high political participation rate, the voter turnout rate has not been high, much less protesting on the streets.

However, Hong Kong seems to be an exception. In 1989, after the Tiananmen Square massacre, 1.5 million people in Hong Kong gathered to protest. In 2003, half a million people took to the streets to protest against the 23rd Article of the Basic Law. In the 30 years since the the violent crackdown of the 1989 student movement, Hong Kong is the only place in the world where mass rallies and vigils are held each year to commemorate the victims.

In the eyes of many people, Hong Kong is a place where people only care about money but not politics. Before the handover of Hong Kong to China in 1997, I thought that Hong Kong would soon become “one system,” just like Tibet. Looking back now, the wrong prediction at that time did not take into account several factors unique to Hong Kong. First, the CCP still needs Hong Kong’s “one country, two systems” as an example to rein in Taiwan. Second, the Chinese Communist Party’s (CCP) elites need Hong Kong as an independent international financial center to guarantee their interests. Third, Hongkongers have a unique courage and sense of determination to pursue democracy and defend freedom.

This time, Hong Kong’s two large-scale demonstrations showed the world the quality of its people—such examples include the young people cleaning up the streets after the protests and a huge crowd giving way for an ambulance to pass through. Some praised these actions and give credit to British colonial rule. It is a fact that Hongkongers accept modern civilization, but it is certainly not the only reason. The performance of this protest parade is very rare even in mature democratic countries. Hong Kong is an immigrant city, and most of its population comes from the tide of refugees from mainland China after the end of World War II to the early 1980s. Especially from 1945 to 1950, the population surged nearly four-fold in just five years. In any country, any region, and any community, a sudden influx of new immigrants that exceeds the number of native residents will completely change the local culture and customs. In other words, the probability of Hong Kong becoming more like mainland China is higher than new immigrants assimilating to Hongkongers. So, what are the other reasons that make Hong Kong people today so different from mainland Chinese?

Thanks to Chinese Army general Xu Yan’s speech, which was circulated on the Internet, I finally figured out at least some of the answers. In his speech, Xu divided the people of Hong Kong into three one-third groups—the natives who were educated by Hong Kong and Britain; those who fled mainland China around 1949 and 1950; and those who left during the Great Famine and the Cultural Revolution. Xu believes that the latter two groups of people and their descendants hate the CCP the most, thus the Hongkongers are the worst, and even worse than the Taiwanese.



ANTHONY KWAN/GETTY IMAGES

Protesters occupy a street in Hong Kong to demand the resignation of the city’s chief executive, Carrie Lam, over a controversial extradition bill, on June 17, 2019.

Xu was speaking from his own observations. He and other leaders of the People’s Liberation Army (PLA) Hong Kong garrison participated in a demographic study after the handover in 1997. This should be the internal figures and conclusions of the CCP. From the point of view of numbers alone, it can also be confirmed from the demographic changes in Hong Kong. Hong Kong’s population in 1945 was 600,000. By 1950, it had soared to 2.2 million, which was exactly the first wave of mainland Chinese leaving China. The number of people escaping from the mainland from 1950 to 1980 should be 2.5 million—the new

campaigns targeted landowners and counter-revolutionaries.

China had long been an agricultural society. For a thousand years, the government ruled the county level, and the rural areas below the county level were governed by an upper class group who looked after the affairs of the countryside. The wealthy landowners were the carriers of the traditional culture. They mediated the neighbor disputes, handled charity, and organized post-disaster reconstruction. Because of this, they are also the primary targets of the CCP’s agrarian revolution (land reform).

As for another campaign, the goal of the Suppressing Counter-Revolutionaries, which began in 1950, was to eliminate the Kuomintang’s people who were left behind and stayed in the mainland, that is, the military and government personnel of the Republic of China. Most of these two groups of people were eliminated by the CCP, and those who survived, including their children, continued to be threatened, criticized or killed during later political campaigns. The fathers of Jin Yong (Louis Cha Leung-yung GBM OBE, Hong Kong’s most famous writer) and Liang Yusheng (Chen Wentong, another famous writer) were killed by the CCP at that time.

In other words, the people eliminated during the campaigns of Land Reform and Suppressing of Counter-Revolutionaries were the elites of the traditional and modern society of China. When millions of elites were wiped out, Chinese society was basically ruled by the ruffians, who were the main force of the CCP revolution. Thanks to Hong Kong, a small number of these elites escaped and found refuge in the city. Actually, people who followed the Kuomintang to Taiwan and those who escaped to Hong Kong were basically the same type of people. The difference was that the latter had witnessed or experienced the CCP’s brutal persecution and had a deeper understanding of the nature of the CCP as a whole.

The third group is actually divided into two parts—three years of famine and the Cultural Revolution. The three-year famine was dominated by hungry refugees,

**This time, Hong Kong’s two large-scale demonstrations showed the world the quality of its people—such examples include the young people cleaning up the streets after the protests and a huge crowd giving way for an ambulance to pass through.**

while the Cultural Revolution included economic and political refugees. From the perspective of social class, this group is different from the first group of refugees. Many people from this group were originally at the bottom of society. However, they have their own characteristics. Unlike most farmers during the Great Famine, who were forced to stay at home and starved to death by local CCP officials with guns, those people would rather be shot or drowned upon escaping rather than stay home and starve to death.

Those two groups of the Hong Kong people have something in common. They all resisted the persecution of the CCP and were not influenced by the CCP culture. Or even those who were influenced by the CCP culture instinctively tried to resist it. They brought Chinese traditional culture to Hong Kong and immediately accepted the freedom and the rule of law of Western civilization in Hong Kong. This also proves that Chinese traditional culture is compatible with Western modern universal values, and there is no fundamental conflict. What is incompatible with the world is the Party culture or communist ideologies of the CCP.

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*



HECTOR RETAMAL/AFP/GETTY IMAGES

Thousands of protesters make way for an ambulance during a rally against the Hong Kong government’s controversial extradition bill on June 16, 2019.

mainland immigrants discussed in this article mainly refer to those people.

Who are the first wave of escapees that Xu Yan spoke of? Some people say that they were businessmen that fled the mainland to Hong Kong. In fact, it is not necessarily true. The entrepreneurs mainly fled on the eve of the establishment of the People’s Republic of China (PRC) in October, and the “sweeping out” that remained in the mainland was three years later during the “Three Great Remoldings,” which referred to the nationalization of private property and businesses. From 1949 to 1950, the tide of people escaping to Hong Kong can only be the targets of the two major political campaigns, namely, land reform and suppressing counter-revolutionaries. In other words, the political





President Donald Trump waves to military personnel at Joint Base Andrews, Md., on June 18, 2019.

# Trump, the Big Winner in Iran

BRAD JOHNSON



Commentary

In a surprise move not recognised by many, President Donald Trump has turned a corner in his presidency.

This latest confrontation with Iran has slowly been building with the United States over the past few weeks, culminating in the shooting down of a U.S. drone over international waters.

According to all reports, the United States was within minutes of striking back at a handful of Iranian military targets when the president made the decision not to give the final order of approval.

The president said there were two factors in his decision not to move forward. First, since no one was killed in the attack on the U.S. drone, the president thought a counterattack in which around 150 Iranians would be killed wasn't a balanced response. The president also noted that he believed the decision to attack the U.S. drone wasn't made by the central Iranian government. This has been confirmed in separate news reports.

Interestingly, there are also many reports that the president was receiving advice to approve the attack from the military and from national security adviser John Bolton, and perhaps others. Bolton has often publicly urged stronger pushback against Iran, with a goal of regime change; and everybody knows the military doesn't like its aircraft shot out of the sky.

Instead, the president chose to increase sanctions against Iran. Iran destroyed U.S. property worth a great deal of money but didn't kill any Americans. The sanctions are going to end up costing Iran a lot of money and not take any lives along the way. A perfectly balanced response, but one with teeth.

The president used the opportunity to draw a red line. He was perfectly clear that this carefully controlled response by the United States was predicated on the fact that no Americans were hurt. The president was most specific that his response would have been much different if an American had been killed. We all know he means it, and let's face it—he looks very presidential, and the U.S. public is going to agree.

ISNA/AFP/GETTY IMAGES



Fire and smoke billows from Norwegian-owned Front Altair tanker that was attacked in the waters of the Gulf of Oman on June 13, 2019.

The sanctions are going to end up costing Iran a lot of money and not take any lives along the way.

A Cool Head

When Trump made the decision not to make the military strike, he accomplished a combination of other important things. He has been relentlessly criticised by the left for being a loose cannon and always needing the supervision of advisers with cooler heads. In this case, the president has shown himself to be the cooler head and fully capable of calm consideration of the right way to respond to a difficult situation and act appropriately.

The left will find a reason to criticise this turn of events, but they are just simply incapable of judging the president fairly, so their opinion is really of no importance or much interest.

Where this is going to have an important effect is with the people of the United States. They have heard the steady drumbeat from the mainstream media about how the president is guilty of collusion with the Russians and obstruction of justice, which both turned out to be false. In fact, the whole collusion stunt is probably going to end up putting some senior left-wing government officials in jail. Under the current circumstances, the public sees Trump being cool, calm, and collected when they have been told for years that it's not possible.

An intelligent foreign policy strategy is taking place behind the scenes, and we are catching a glimpse of it here.

Trump is going to get a solid positive bump in the polls that come out over the next few weeks and will, for the first time, move into higher positive numbers than negative numbers. I think he will never look back, particularly with the strong economy. He has turned the corner from Trump, the man, to Trump, the president of the United States. It will take a minor miracle for the Democrats to stop him in 2020 now.

The Real Problem

That's only the surface story, though. There is more going on here than meets the eye, and more important than what we have discussed so far. It's clear that the president gets it. Iran is a symptom of the problem, not the problem itself. The real problem is the power behind Iran, which is China.

All the talking heads on the news programs wonder why Iran is acting up so much. The answer is China. They are looking for ways to pressure the United States because the tariffs are working and they are running out of options.

An intelligent foreign policy strategy is taking place behind the scenes, and we are catching a glimpse of it here.

The administration's focus is on the real problem, China, and not the surrogates in Iran. The limited response against Iran, which includes a red line that will be enforced if broken, has checked Iran at least for the moment. Iran is already on the ropes from the sanctions imposed on it, so hitting them with more sanctions is masterful.

Trump understands the situation and is winning on the world stage, and I, for one, am not getting tired of it yet.

Brad Johnson is a retired CIA senior operations officer and a former chief of station. He is president of Americans for Intelligence Reform.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.



# Democracy Against the Family: Part 1

WILLIAM GAIRDNER



The idea that democracy, the political organization we know and love, might be incompatible with—or worse, might gradually be undermining—the most intimate human organization we know and love, called “the family,” strikes most people as something close to heresy.

But is it?

When I presented this possibility to the World Congress of Families in Geneva in 1999, an awkward silence fell upon the room. No one moved or knew what to say. But 20 years later, I am persuaded more than ever of the Geneva argument, and I refresh it here for Epoch Times readers.

### The Geneva Argument

Most of the disturbing changes in Western family life have to do with easily visible negative trends such as delayed marriage, falling birth rates, fatherless homes, poor single mothers, high divorce and abortion rates, and more. But research for my book “The War Against the Family” made it manifestly clear that, not far beneath the surface, there are invisible ideological forces rooted in the theory of democracy itself that are inimical to the formation and preservation of family life. That seems a little bizarre, so allow me to explain.

Every major modern democracy took root in the context of a protective faith culture where the good of all was foremost. They were “we” cultures in which the family was a near-sacramental institution rooted in privacy and freedom where natural human differences were expected to flourish. Equality before the law, and in the eyes of God, promised a fair starting line in the race of life, let the chips fall where they may. That was the dominant ideal, if not always met.

Accordingly, some families produced bright kids, some not so bright; some hard-working, some lazy; some rich, and some poor. As time passed, freedom and equality of opportunity produced a lot of successes. But a lot of distressing failures, too.

So the democracies of the West soon found themselves fretting over the possibility that by its very nature, a democracy will produce a permanent underclass. Freedom is not enough. Equality will have to be forced by the state. This meant the private family—proudly nourishing freedom, personal thriving, and natural differences—and the democratic state—nourishing forced equality—were on a collision course. They would be ideological enemies competing for citizen loyalty. Thus began the mutation of the Western democracies from their original equal start-line foundation to their present equal finish-line foundation.

It’s no secret that throughout history, states that seek to grow by way of forced equality do so by regulating, controlling, and weakening—sometimes by outlawing entirely—the various subordinate powers and rights of the free social groupings that constitute their own civil societies. They don’t want interference with the will of the state. Their objective—explicit in totalitarian systems, and subtly implicit in the softer forms of pervasive political regulation under which most of us now live—is to create a “national family” of equal citizens. Almost every national leader in the last century has used that expression.

The easiest way to understand how that is achieved is to think of the typical political ordering of a free people as having more to do with types of control than with degrees of freedom. Political reality may then be understood as a threefold structure:

- 1) At the top is the state, which relies on control of power and coercion through a monopoly of force exercised by law, police, courts, jails, and weapons. All citizens of the modern world are members of coercive political states when born. There is no escape, for there is no stateless state.
- 2) In the middle is civil society made up of countless groupings we call free civil “associations” (and which Edmund Burke called “little platoons”), which rely for control not of power, but of moral authority and persuasion (from parents, employers, clergy, teachers, coaches, officers of organizations, and so on). We are members by birth in some of these associations, such as our family and our religious group, and others we choose to join or to leave at will. Other than for things illegal, the coercion of power is never part of the daily life of a free civil society.
- 3) At the bottom are millions of autonomous individuals who rely on self control.



Just try to imagine Mom and Dad with three or more children holding a vote on whether the children should attend school, or obey community moral standards, or be allowed to burp at the table, or—how subversive—whether Mom and Dad should have pocket money!

Historically, this is the milieu for religious faith, moral dualism (that familiar internal struggle between our personal angels and our devils), and the lifelong inner dialogue of freedom from, or slavery to, our own appetites and ambitions.

Moral authority, at least once we are adults, demands our consent as subjects and agents, while state power demands our surrender as political objects. The recent course of Western political history has been the attempt—overtly and very aggressively by totalitarian states, but covertly and more gently by democratic ones—to weaken if not wholly dissolve the traditional moral authorities and bonds of the middle layer of this political structure, leaving power at the top and, as the institution of the family in particular weakens, millions of increasingly autonomous individuals at the bottom. A bleak symbol of this baleful trend is the number of individuals now living alone—from 50 to 75 percent of the residents of many big cities of the West.

**The democracies of the West soon found themselves fretting over the possibility that by its very nature, a democracy will produce a permanent underclass. Freedom is not enough. Equality will have to be forced by the state.**

### Atomization

The atomization of the social molecules of civil society in democratic states is achieved in two principal ways. First, by the state marketing the ideology of equal individual rights as prior in importance to the traditional privileging and exclusive social rights (and duties) of private civil associations. The primary target for any egalitarian is the destruction of privilege. But every civil association binds its membership with privileges. That’s why democracy and civil society have been on a collision course for such a long time.

Secondly, the state atomizes by deciding to supply, or massively subsidize and market directly to, individuals at the bottom a myriad of actual goods and services that formerly were created by the free organizations of civil society. In the process, the state does an end-run around the middle layer altogether, thereby converting citizens from free moral agents and subjects beholden to each other to autonomous individuals who will now switch their allegiance to the state.

At this point, the free and equal start-line ideology with which we began may still get some lip-service as a historical ideal, but it’s progressively smothered by the equal finish-line ideology that replaces it. This process is a work of strategic disorganization, an intentional disempowering and weakening of traditional society so that individuals dis-membered, so to speak, are by the same strategy exposed to the appealing order of rational state power as their newly dependable “family.”

True conservatives (I use the terms

“conservative” and “liberal” here in their historical and philosophical, rather than party sense) have always resisted this movement by preference for strengthening the traditional bonds of a free civil society (that is, free from an overly grasping state) and the natural obligations of moral, social, and family life that produce not liberty, but rather, ordered liberty. They will generally give priority to defending civil society (the “we” culture) over the wants of mere individuals (the “me” culture).

The key distinction is that the modern liberal-progressive goes in the opposite direction, making the claims of the autonomous individual (me) prior to those of civil society (we), and all the modern democracies have done this to different degrees and at different rates.

For those of us who saw the breakdown coming in Canada, the judicial war cry uttered by the late Chief Justice Antonio Lamer in 1992—when he held forth, rather inelegantly during a newspaper interview—was ominous: “You know, I don’t think society is an end in itself. I think a person is the most important thing. Anything else is there to assist the person to fulfill one’s [sic] life ... everything else is subordinate. Even collectivities.” Atomization starts at the top.

In this respect, the modern liberal now believes the immediacy and free revocability of every personal choice—because it’s sourced in personal will—is a mark of its sincerity and authenticity. That’s why “choice” is today the mainstream mantra of democratic freedom, and the clearest signal pointing to the modern triumph of individual will even over biological nature (as so visible in the transgender movement).

The conservative, in contrast, takes the longer temporal view, concentrating on the binding power of human duty and obligation, even if this limits personal freedom and choice. And that’s why G.K. Chesterton spoke of a “democracy of the dead,” by which he meant that “the people” is rightly the whole civilization and moral tradition in which we are embedded, and not merely the heated gathering of the moment we happen to be in. It’s why Burke defined civil society as a compact between the living, the dead, and those yet to be born. Real democracy is more about gratitude and obligation than personal will.

But the globalizing trend of what I have described elsewhere as “hyper-democracy”—whereby sovereignty, once deemed to reside in God, then royalty, then We the People, is now considered resident like some kind of secular soul in the autonomous individual—continues apace. One of the first and most striking—and strikingly absurd—examples of this tactic will do.

### UN Egalitarianism

In 1994, the ambition to weaken the traditional family through the logic of egalitarian democracy was announced to the entire world by the General Assembly of the United Nations, which began a worldwide promotion of “The International Year of the Family”

For a year and more, the U.N. threw its

considerable battery of slogans, banners, and conferences behind the truly dumfounding idea that the family is “the smallest democracy at the heart of society.”

Well now, that was pure drivel and bureaucratic meddling, because nowhere in the entire history of the world—except for a while by Plato, and then again for a while in the failed Kibbutz experiment of Israel—has the family ever been considered a democracy, nor should it be. I don’t mean we shouldn’t teach our children a wary respect for democratic ideals. But the family a democracy? Just try to imagine Mom and Dad with three or more children holding a vote on whether the children should attend school, or obey community moral standards, or be allowed to burp at the table, or—how subversive—whether Mom and Dad should have pocket money! Yet here was a bizarre, globalizing trumpet call from on high for the enforcement of the democratic “rights,” “choice,” and “freedom” of children. The subliminal theme was “the U.N. and ‘democracy’ will set you free.”

But that could only mean the enforcement of children’s rights as interpreted and supervised by government officials—usually against their own parents and their long-held family traditions. The civil societies of the West are presently having great difficulty—are actually ideologically quite disarmed—when it comes to resisting these statist intrusions, precisely because they are carried out in the radical language of a me-democracy that is our only political and moral language now, and we have not yet developed a higher pro-family, and pro-civil-society, language to fight back. This tells us we are in the presence of a political creed—or rather, of a political religion—that has reached an advanced stage of confusion.

As an example, I personally sat at a meeting of dignitaries, politicians, and social scientists in Calgary, Canada, addressed by one of the hundreds of emissaries who were being flown around the world by the U.N. during its Year of the Family to preach and avidly promote the idea that the family is a democracy. I listened with patient incredulity, then asked her how she would define “the family.”

As if by rote, she quickly trotted out the idea that the family is “any group of people who associate with each other, work together, and care for and support each other.”

So I asked her, “Would the 20 people in this room qualify?”

She paused for a second or two, hand on chin, as if thinking deeply.

And then said: “Yes. We should be called a family.”

All jaws dropped at once.

Democracy, indeed.

*William Gairdner is an author who lives near Toronto. His latest book is “The Great Divide: Why Liberals and Conservatives Will Never, Ever Agree” (2015). His website is WilliamGairdner.ca*

*Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.*



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SPECIAL SERIES

# How the Specter of Communism Is Ruling Our World

## Infiltrating the West (Part I)

The Epoch Times here serializes a translation from the Chinese of a new book, “How the Specter of Communism Is Ruling Our World,” by the editorial team of the “Nine Commentaries on the Communist Party.”

Chapter Five (Cont.)

### 2. War of Espionage and Disinformation

Communism holds the nation to be an oppressive construction of class society, and it aims to abolish nationality. In “The Communist Manifesto,” Marx and Engels proclaim that “working men have no country.” The manifesto ends on the note, “Workers of all countries, unite!”

Under Lenin’s leadership, the Bolsheviks founded the first socialist country in Russia and immediately established the Communist International (Comintern) to instigate and spread socialist revolution around the globe. The goal of the Soviet Union and the Comintern was to overthrow the legitimate regimes of every nation on earth and establish a socialist world dictatorship of the proletariat. In 1921, the Comintern’s Far East branch set up the CCP, which would take over China in 1949.

**At least 300 Soviet spies were working in the U.S. government, including high-ranking officials in the Roosevelt administration who used their positions to influence American policymaking and statecraft.**

Apart from the CCP, communist parties around the world sought guidance from the Comintern and accepted its funds and training. With the resources of a vast empire at its disposal, the Communist Party of the Soviet Union (CPSU) recruited activists around the world and trained them to carry out subversive operations in their own countries.

Founded in 1919, the Communist Party USA (CPUSA) was one such organization that followed the Comintern and the CPSU. Though the CPUSA itself never became a major political force, its influence on the United States was nevertheless significant. The CPUSA colluded with activists and activist organizations to infiltrate workers’ and student movements, the church, and the government.

Dr. Fred Schwartz, a pioneer of American anti-communist thought, said in 1961: “Any attempt to judge the influence of Communists by their numbers is like trying to determine the validity of the hull of a boat by relating the area of the holes to the area which is sound. One hole can sink the ship. Communism is the theory of the disciplined few controlling and directing the rest. One person in a sensitive position can control and manipulate thousands of others.”

It is now known that Soviet operatives were active within the U.S. government during World War II. Despite this and the anti-communist efforts of Sen. Joseph McCarthy, the facts were hidden or obscured from the public by leftist politicians, academics, and the left-wing media.

In the 1990s, the U.S. government declassified the “Venona Files” decoded by American intelligence during the 1940s up to the end of World War II. These documents show that at least 300 Soviet spies were working in the U.S. government, including high-ranking officials in the Roosevelt administration who had access to top-secret information. Other agents used their positions to influence American policymaking and statecraft.

Among those found to be Soviet spies were U.S. Treasury official Harry Dexter White, State Department official Alger Hiss, and Julius and Ethel Rosenberg, the couple who were executed by electric chair for transmitting military secrets and

atomic technologies to the Soviet Union.

The communications intercepted and decrypted by the Venona Project are just the tip of the iceberg; the full extent of Soviet infiltration in the U.S. government remains unknown. As high-ranking American officials, some of the Soviet operatives had opportunities to influence important political decisions.

Alger Hiss, the Soviet spy in the State Department, played a key role as President Franklin D. Roosevelt’s adviser during the Yalta Conference at the end of World War II. He helped determine postwar territorial arrangements, draft the United Nations Charter, decide prisoner exchanges, and the like.

Harry Dexter White, a trusted aide to Secretary of the Treasury Henry Morgenthau Jr., helped create the Bretton Woods international financial agreement and was one of the major personalities behind the establishment of the International Monetary Fund and the World Bank. White encouraged the Chinese Nationalist Party (Kuomintang) to enlist underground CCP member Yi Zhaoding in the Chinese Ministry of Finance. Taking up the post in 1941, Yi was the architect of disastrous currency reforms that damaged the Kuomintang’s reputation and benefited the CCP’s rise.

Some historians argue that the influence of Soviet spies and their left-wing sympathizers in American foreign policy led the United States to end military aid to the Kuomintang during the Chinese Civil War after World War II. Mainland China was consequently lost to the CCP.

Some scholars, such as M. Stanton Evans, argue that Soviet spies were most successful at influencing policy. Whitaker Chambers, a Soviet informant and CPUSA associate who later defected and testified against other spies, said: “The agents of an enemy power were in a position to do much more than purloin documents. They were in a position to influence the nation’s foreign policy in the interest of the nation’s chief enemy, and not only on exceptional occasions, ... but in what must have been the staggering sum of day to day decisions.”

**Alger Hiss, the Soviet spy in the State Department, played a key role as Roosevelt’s adviser during the Yalta Conference at the end of World War II. He helped determine postwar territorial arrangements, draft the United Nations Charter, decide prisoner exchanges, and the like.**

Yuri Bezmenov, a KGB agent who defected to the West, discussed Soviet methods of subversion in his writings and interviews. According to Bezmenov, the James Bond-style spies of popular culture who blow up bridges or sneak around stealing secret documents couldn’t be further from the reality of espionage. Only 10 to 15 percent of the KGB’s personnel and resources were allocated to traditional spy operations, with the rest going to ideological subversion.

Bezmenov said that subversion comes in four stages: The first step is to foster the cultural decadence and demoralization of the enemy country; the second is to create social chaos; and the third to instigate a crisis that would lead to either civil war, revolution, or invasion from another

country, culminating in the fourth and final stage of bringing the country under the control of the Communist Party. This is called normalization.

Bezmenov, alias Thomas Schumann, listed three fields of subversion: thought, power, and social life. Thought covers religion, education, the media, and culture. Power includes government administration, the legal system, law enforcement, the armed forces, and diplomacy. Social life encompasses families and communities, health, and relations between people of different races and social classes.

As an example, Bezmenov explained how the concept of equality was manipulated to create unrest. Agents would promote the cause of egalitarianism, making people feel discontent with their political and economic circumstances. Activism and civil unrest would be accompanied by economic deadlock, further exacerbating labor and capital relations in a worsening cycle of destabilization. This would culminate in revolution or invasion by communist forces.

Ion Mihai Pacepa, the highest-ranking intelligence official in communist Romania, defected to the United States in 1978. He further exposed how the former Soviet Union and communist regimes of Eastern Europe adopted strategies of psychological warfare and disinformation against Western countries. According to Pacepa, the purpose of disinformation was to alter people’s frame of reference. With their ideological values manipulated, people would be unable to understand or accept the truth even when presented with direct evidence.

Bezmenov said the first stage of ideological subversion usually took 15 to 20 years—that is, the time needed for the education of a new generation—the second stage two to five years, and the third stage only three to six months. In a speech he gave in 1984, Bezmenov said the first stage had been accomplished to a greater extent than the Soviet authorities had originally expected.

The accounts of many Soviet spies and intelligence officials and declassified documents from the Cold War suggest that infiltration tactics were the driving force behind the counterculture movement of the 1960s.

In 1950, McCarthy began to expose the extent of communist infiltration across the U.S. government and society. But four years later, the Senate voted for his condemnation, and the government’s initiative to rid itself of communist influence was brought to a halt. This is one of the main reasons for the decline of the United States.

The threat of communist infiltration has not lessened since the collapse of the Soviet Union and the end of Cold War. As an example, McCarthy has been demonized by left-wing politicians and the media for ages. Today, McCarthyism is synonymous with political persecution—an indication that the left wing has successfully established dominance in the ideological struggle.

The decades of suppression and defamation meted out to U.S. anti-communist heroes like McCarthy indicate a general trend. As one conservative American political commentator observed, anti-Americanism is a natural component of the global left-wing movement. The left wing fights tooth and nail to protect adulterers, abortionists, criminals, and communists, while supporting anarchy and opposing civilization.

See next week’s edition for the next installment.





Terrorists of the New People’s Army, the armed wing of the Communist Party of the Philippines, in the Sierra Madre mountain range, located east of Manila, Philippines, on July 30, 2017.

# How Many Countries Are Part of the World Communist Movement?

TREVOR LOUDON



We are often told there are only six “communist” countries left—that is, nations ruled by an openly communist party. They are China, Cuba, Laos, Nepal, Vietnam, and North Korea. If you define “communist” in the traditional Marxist-Leninist “command economy” way, there is really only one left—North Korea.

However, this approach is deceptive. It totally underestimates world communist power. It misunderstands what modern communism has become.

The real question is this: How do you accurately define the “World Communist Movement”?

### The Path to Communism

Clearly, under the old definition—a Marxist-Leninist one-party police state, incessant communist rhetoric, and a centralized command economy—communism is almost dead. But this definition ignores basic Marxism and fails to take into account the subtleties of Leninist strategy. It also ignores modern realities and the global balance of power.

According to classic Marxism, society evolves through several stages:

- 1. Primitive communism:** A hunting party goes out to kill a mammoth. If they are successful and don’t get crushed, they share the meat with their tribe.
- 2. Feudalism:** With the birth of agriculture comes a primitive form of private property. Peasant farmers till small plots of land. They need protection from marauders from other tribes, so strongmen gather up small armies to protect certain areas and are paid tribute to do so. In other words, they form a political protection racket.
- 3. Capitalism:** With the birth of industry, private property is extended to factories, patents, transportation systems, and the like. Huge amounts of wealth are produced, but according to Marxist theory, this wealth is concentrated in a few hands while the working masses receive only a tiny fraction of their due.
- 4. Socialism:** The workers overwhelm the bosses and seize control of the state through a combination of political action and armed insurrection. They expropriate the capitalist’s wealth and proceed to redistribute it.
- 5. Communism:** All wealth is held in common. The state withers away. Capitalism and competition is completely abolished, and everybody works happily

The temporary return to some form of capitalism to build up sufficient wealth for socialism is an acknowledgment of the ‘correctness’ of Marxist theory—not a repudiation of it.

Views expressed in this article are the opinions of the author and do not necessarily reflect the views of The Epoch Times.

together for the common good. And fairies will live in every garden.

None of the old “communist” countries were actually communist. They all had revolutions, led by representatives of the workers, but guess what? When it came time to divide up the capitalist’s wealth, the new ruling class kept most of it for themselves.

Most Westerners look at the booming pro-business economies of China or Vietnam and assume that these countries have abandoned the communist goal. They are dead wrong.

It’s true that China, Vietnam, some of the “former” communist nations of Africa, and even Russia have acknowledged that their massive economic problems arise from a failure to follow Marxism “correctly.” They all tried to jump directly from feudalism to socialism, bypassing capitalism. This attempt to cut Marx’s stages short led to economic disaster, they say. The temporary return to some form of capitalism to build up sufficient wealth for socialism is an acknowledgment of the “correctness” of Marxist theory—not a repudiation of it.

Shortly after assuming control in 2012, Chinese leader Xi Jinping told Communist Party leadership:

“The eventual demise of capitalism and the ultimate victory of socialism must be a long historical process. ... We must profoundly understand the self-regulating ability of capitalist society, fully appraise the objective reality of the long-term advantage of Western developed countries in the economic, scientific and military spheres and conscientiously prepare for all aspects of long-term cooperation and struggle between the two social systems.”

Right now, most of the World Communist Movement is using “capitalist” methods to build up enough wealth and military might to challenge the West. Their main impediment to world domination is the United States, and to a lesser degree, some of the NATO countries, Israel, Taiwan, and until recently, South Korea. Since far-left President Moon Jae-in took over, our important ally South Korea has hung in the balance.

**Who’s in the World Communist Movement?**

If you define the World Communist Movement as those “former” or semi-communist countries allied to or working with the world communist leadership to undermine or overthrow the U.S.-led Western Alliance, the picture changes dramatically.

This brings Russia completely into the mix. Still run by the communist-trained KGB (now FSB), Moscow is allied politically, economically, and militarily with China, Vietnam, Cuba, and North Korea. Russia also supports many of its old Latin American allies, all still led by communists and socialists: Nicaragua, Venezuela, Bolivia, and Ecuador. Mexico now has a Marxist president, Andrés Manuel López Obrador, who is close to Cuba. Argentina, Chile, Colombia, Peru, El Salvador, Honduras, and Guatemala have all had Marxist-leaning governments or strong communist insurrections inside their borders. Only Brazil and Colombia are truly holding the line for freedom in Latin America.

In Africa, communists or “ex-communists” still control Mozambique, Angola, Namibia, the Democratic Republic of the Congo, and, of course, Zimbabwe and South Africa. With all its strategic importance and mineral wealth, South Africa withstood Soviet-backed aggression and terrorism for decades, until Nelson Mandela and his communist-controlled African National Congress took over in 1994. Now South Africa is friendly to Cuba and works closely with China.

Further north, most of Africa is heavily under Chinese economic and political influence. Tanzania is practically a Chinese client state and even hosts a Chinese-run communist training institution for aspiring African leaders—the Julius Nyerere Political Education School of Excellence—on its territory.

In the Middle East, Iran and Syria are closely allied to Russia. Lebanon and Iraq are now part of the Russian-Iranian axis. Afghanistan, too, will probably fall when the U.S.-led forces eventually pull out.

In East Asia, Mongolia and Cambodia are led by “ex-communists” and are economically tied to their communist neighbors. India and Sri Lanka have strong communist parties and are to some degree tied to China and Russia through the Shanghai Cooperation Organization (SCO)—a military, economic, and political pact. “Formerly” communist Kyrgyzstan, Uzbekistan, and Tajikistan are also SCO members, as are the Islamic nations of Pakistan, Afghanistan, Iran, and Turkey—which is still

nominally a NATO member.

In the Pacific, the Chinese have a huge influence in most of the micro-states, plus Fiji and Tonga. The Philippines still has an active communist insurgency and has ties to both China and North Korea.

On the edge of Europe, Moldova and Belorussia are pro-Russian semi-communist states. Russian networks still operate in most of former Eastern Europe, much of which, including Bulgaria and Romania, is still led by “ex-communists.” Italy, Spain, Portugal, and Greece all have strong communist movements, as does Belgium, France, Denmark, and Norway. Russia also has strong ties to the Czech Republic and Hungary through both leftist and so-called “right-wing” parties. Even Germany under “conservative” Angela Merkel (once an ideological leader of the East German communist youth) has veered strongly toward Russia.

=====

**As long as you hate America, you’re part of today’s communist movement—whether you know it or not.**

Then there is the United Nations and its subsidiaries, which generally reflect the will of Russia and China. Also to be reckoned with are leftist NGOs, such as the World Council of Churches and several still-active international communist front organizations, including the World Peace Council, Women’s International Democratic Federation, and the World Federation of Trade Unions.

In October 2017, 20,000 young communists from all over the world gathered at the World Federation of Democratic Youth festival in Sochi, Russia, to celebrate the 100th anniversary of the Bolshevik Revolution. Keynote speaker was Russian President Vladimir Putin, who, by the way, also secured the venue for the young communists.

**Anti-Americanism**

The World Communist Movement today is amorphous and ideologically diverse. While still led by Russia and China, “communism” now includes almost any country or movement willing to confront the United States.

Communists all over the world excuse the obvious failures of socialism by saying, “Well, America sabotaged it.” Cuba is poor because of the U.S. blockade. Venezuela is a disaster because of U.S. economic sanctions. The Soviet Union collapsed because the United States bankrupted Moscow with an arms race.

Their answer: “To ever have real socialism or communism, we must first destroy America.” Anti-Americanism, not some far-off utopia, is now the major motivator of the World Communist Movement. Anyone can join in. You can be an environmentalist, a gay-rights activist, a feminist, a “Christian,” a Buddhist, a Hindu, an Islamist, a socialist, or even a fascist.

You can be a young communist in Moscow, an environmental activist in Germany, an Antifa member in Spain, a New Democratic Party activist in Canada, a guerrilla in the Philippines, a cocaine producer in Colombia, a marijuana activist in Minnesota, a soldier in Iran, a businessman in Vietnam, an ISIS fighter in Libya, or serve Boko Haram in Nigeria. As long as you hate America, you’re part of today’s communist movement—whether you know it or not.

Most communists today never discuss the complexities of Marxism. That’s boring. That’s for the future. Let’s destroy America first. That’s the rallying cry.

Right now, the World Communist Movement mainly works covertly. It has not quite yet achieved the power it needs to ensure a swift military victory. The United States is still fairly strong. The United States still has allies, including Britain, Canada, Australia, Taiwan, and Israel. If the United States falters, has an economic collapse, or elects another military-cutting left-wing president, the communists will move in for the kill.

The World Communist Movement is not just six countries. It is Russia, China, Iran, and all of their allies and puppet organizations. It controls more than half the world. If the United States ever fails, the World Communist Movement will rule us all.

Their form may have changed, but their goal never will.

*Trevor Loudon is an author, filmmaker, and public speaker from New Zealand. For more than 30 years, he has researched radical left, Marxist, and terrorist movements and their covert influence on mainstream politics.*



Are You Burned Out From Work?

What to do when stress becomes ever-present, you're exhausted, and you start to hate your job.

See B8

FIZKES/SHUTTERSTOCK



Lucerne: A Picture-Perfect Swiss Town

The fascination with Lucerne goes back to the 1800s, when William Turner made it famous with a series of watercolors.

See B11

JUNE 27-JULY 3, 2019

LIFE

THE EPOCH TIMES

RACHAEL MCKENNA

CRAFTSMANSHIP

THE CENTURIES-  
OLD FRENCH  
TRADITION OF

Making  
Pots  
With Clay,  
Rope, and  
Wood



An interview with ‘The French Potter’ in New Zealand

LORRAINE FERRIER

The photographs show an almost quintessential French landscape, where a vast expanse of green grass disappears into a distant mountain range. In the foreground, rows and rows of grapevines are all neatly covered in an ocean of white netting. There are even olive trees and what appears to be a traditional French country house, its brown-

gray stone softened by roses, lavender, and bay trees, some of which are in pots.

This is the home of Yannick Fourbet, his Kiwi wife Philippa, and their 3-year-old twins, Augustin and Mortimer. They live not in France, but in the foothills of the Pisa mountain range on the South Island of New Zealand, at their Domaine Rewa biodynamic vineyard and olive orchard. Biodynamic

farming is an organic method that also takes into account environmental factors such as the rhythms and phases of the sun and moon.

Incidentally, the French-style house was already there when Philippa bought the property. Maybe it was waiting for Fourbet. Fourbet first met Philippa in 2012 in the South of France, at his pottery studio Le Chêne Vert (The Green Oak), in Anduze. It was love at first

sight: “Philippa fell in love with the pots before she fell in love with me, the potter,” Fourbet said on the phone.

Philippa and Fourbet met again in 2013, this time in London, when Fourbet invited her to the Royal Horticultural Society Chelsea Flower Show, where he was exhibiting his pots.

Continued on B2

(Above)

‘The French Potter,’ Yannick Fourbet, with a selection of his horticultural pots at his home in the Domaine Rewa vineyard on New Zealand’s South Island.



CRAFTSMANSHIP

THE CENTURIES –  
OLD FRENCH  
TRADITION OF

Making  
Pots  
With Clay,  
Rope, and  
Wood

Continued from B1

From then on, they began a long-distance romance, traveling between France and the UK, where Philippa was working in investment banking. And then when Philippa moved to Domaine Rewa, both traveled between France and New Zealand. In 2016, Philippa joined Fourbet in France.

Fourbet says he fell in love with Philippa first, and then he instantly fell in love with New Zealand when he visited Domaine Rewa for the first time.

In 2018, the family settled in New Zealand. The primary reason for the move, Fourbet said, was for a good life for the twins: “We want them to grow up in a rural environment with people with good values, and we think New Zealand is a wonderful country for that.”

“We’re both Catholic, and we really believe in achieving something on earth and something positive,” he said.

Fourbet is starting afresh in New Zealand. His sister has recently bought his share of Le Chêne Vert. Now, he will import traditional Anduze pots from Le Chêne Vert, into New Zealand.

Le Chêne Vert specializes in Anduze pots, a pot design that dates from 1610 and that was inspired by Italy’s Medici vase. Anduze pots are traditionally made from a mold and decorated by the maker’s medallion and a garland.

Fourbet also makes pots by using an age-old traditional technique that uses clay, rope, and wood. The technique allows him to make huge pots; the largest he’s made has been 772 pounds. Fourbet is limited only by the size of his kiln.

At Le Chêne Vert, Fourbet worked with customers such as Christian Dior and the city of Montpellier, to name a couple. The pottery workshop also supplied Anduze pots for the Trianon garden at the Palace of Versailles. In the 17th century, King Louis XIV’s landscape architect, André Le Nôtre,

at Versailles was believed to have commissioned Anduze potters to make pots for the Trianon garden, according to Fourbet.

Here, Fourbet tells us how he began making pottery with clay, rope, and wood and what’s in store for his new pottery venture in New Zealand: The French Potter.

**THE EPOCH TIMES:** How did you learn the rope technique of making pottery?

**YANNICK FOURBET:** I learned to make pots with most of my employees at first, and then slowly but surely, I learned from a man I got to meet who actually showed me how to use the rope technique to make pots. Unfortunately, he is dead now, but his name was Dilbert Serrs.

I met him at a ceramic arts festival in a town near where we were making pots in our workshop in Anduze. It was summertime and it was really hot. He was demonstrating how to make his pots. Everybody was willing to watch, but they never really bothered to find out if he was thirsty or not, so I went and got him some water. He was really touched by that.

I started talking to him, because I was physically closer to him. At the time, I had nine employees in France. I said, “I would like to train my staff in this technique that you’re preserving, which is obviously ancestral. Would you be amenable to do that?” And he said, “Yes, definitely.”

This is traditionally how our skills were transmitted from one generation to another. In the past, oftentimes people took on the jobs that their friends were doing, or that their grandfathers were doing, and this is how you get a generational buildup of techniques.

I would like to be able to do that here in New Zealand if I can. In years to come, if I can share what Serrs has shared with me, with a young man or young woman who is interested, I will gladly do it.

One of the things that I have noticed

The traditional use for these Biot pots was to store grain; the teardrop design protects the grain from vermin.



Yannick Fourbet’s pottery studio at Le Chêne Vert, in Anduze in the South of France.



Yannick Fourbet carefully wraps sisal rope around the plywood frame.



Clay is applied directly to the rope in order to shape the pot.



RACHAEL MCKENNA



RACHAEL MCKENNA



Fourbet's 3-year-old twins, Mortimer (L) and Augustin, hide behind one of his olive jars.

RACHAEL MCKENNA



Yannick Fourbet with his family—wife Philippa and 3-year-old twins, Mortimer (L) and Augustin—in their Domaine Rewa vineyard on New Zealand's South Island.

from living here now for 18 months or so is that there's one thing that is missing when looking at New Zealand-made crafts: The country has got wonderful natural resources, but they do not add value to their resources because they do not transform them.

I think what is very important to me is this idea of being able to transform a raw material into a finished product and having an opportunity here to sort of participate in a change and a shift in the New Zealand economy at my level, which is only a small business. I can get clay here in New Zealand, and I can transform it with my skills, thanks to Le Chêne Vert, to actually make a Kiwi pot with rope and plywood.

**THE EPOCH TIMES:** How long has the rope technique for making pots been around?

**MR. FOURBET:** This technique may have existed in the Neolithic era, but it's not proven.

I asked the man who taught me where the technique might have come from. He said there used to be a cabinetmaker in a village called Biot in Provence, who showed an interest in making pottery. He used plywood and ropes to shape the pots by coiling the rope around a plywood frame and then by applying clay onto the rope.

Most people think that these pots were used to store oil due to its water-drop shape. I found out recently that this is not true; they were originally made to store grain, and the reason they have this water-drop shape was to prevent mice, rats, and all kinds of pests from getting into the grain.

This is the way the ancestors used to make things. Everything they made had a function as well as an aesthetic purpose. If I had to define my work today, I would say it's halfway between art and craftsmanship.

**THE EPOCH TIMES:** It sounds like being a traditional craftsman holds a certain responsibility.

**MR. FOURBET:** Definitely. It's some kind of a talent. You've got to have a little bit of courage as well because in this day and age, where everything is geared toward technology, you may be led into thinking that doing something with your hands is not necessarily interesting from a financial perspective. The only interest seems to be going toward making more and more money, and we still never learn: The money in itself is not an end.

I don't want to sound presumptuous, but it's such a satisfaction to realize five or six pots a day and just to clean up my workshop—and this is probably my favorite part: when I look at what I've accomplished at the end of the day, and it has materialized as a pot.

**THE EPOCH TIMES:** How do you make a pot using this rope technique?

**MR. FOURBET:** I start by drawing the pot on several sheets of paper so I have the basic shape and an idea of what it's going to look like in real life.

Then, I cut a whole set of 12 to 25 pieces of plywood that I fix between two discs, along a vertical axis, with one disc on the top and one disc on the bottom, which basically makes a wheel.

I then coil several lengths of sisal rope around this plywood structure, which gives it rigidity, and on the side of the structure I fix a movable board which adjusts the thickness of the pot against the rope.

Then I shape the pot: I apply clay onto the rope itself and slowly turn the plywood and rope frame, scrubbing off any surplus clay and putting it back on the rope as I go.

I then slowly take out the wooden structure and the ropes during the drying process; it usually takes a week to remove all the ropes. If the rope is taken out too early, the pot will collapse. So that's an interesting part of my work, and one that allows for reflection and meditation as well.

Then, the pot has to dry for about month to a month and a half. And then I apply either a patina or a glaze. The pot then goes under fire for 72 hours, up to 2,012 degrees Fahrenheit, but in several phases; you can't go to 2,012 degrees Fahrenheit straight away.

Here, I have to be really careful and make that temperature transition very slow because, otherwise, everything breaks down and explodes in the kiln.

**THE EPOCH TIMES:** What would you like people to know about your work?

**MR. FOURBET:** We have our own brand of biodynamic wine, and there are wonderful opportunities for my trade in the wine industry, or so it seems, and that is to be able to make amphoras, clay vessels, in which the Georgians have been making wine for 2,000 years. Where it ticks the box for us is that we're on a biodynamic vineyard and we will be using clay from the vineyard to make the amphoras for our wine.

A lot of vintners have approached me, since they know that I'm settling here, and they've asked me if I will be available to make amphoras for them.

I would like to keep The French Potter a one-man workshop, maybe two people, but I don't want to grow big. I'm not here to make millions. I'm here to maybe transmit something that I know and also make a good living, sufficient enough so I can provide for my family, and that's all really.

To find out more, visit:  
[TheFrenchPotter.co.nz](http://TheFrenchPotter.co.nz)

This interview has been edited for clarity and brevity.

(Left)  
The Roman god Bacchus, hand-sculpted by Fourbet on one of his Anduze pots.



Fourbet embellishes each pot by hand.



An Anduze cup being prepared in Fourbet's workshop in France; it can take a week to slowly remove all the rope.



An Anduze cup by Yannick Fourbet, at the 2013 Royal Horticultural Society Chelsea Flower Show in London.





# Learn to Age Well

## From the Real ‘Experts’

Want to know how to live a great life? Ask someone who has already done it

TATIANA DENNING

As a family physician, I’ve often been inspired by those in their 80s and 90s who are aging well, and wondered what they were doing differently. Upon looking deeper, I found certain commonalities, yet each person’s path was uniquely their own.

This older generation is different from today’s. It’s steeped in traditions and values; they knew their neighbors and thought of others first. They grew up in a kinder, gentler time, and have great insight, if only we take the time to listen.

At 87 years old, Monique Reeves belies her age. She needs no cane. That would interfere with playing tennis. She takes no medication, except the occasional Tylenol for an ache after a match.

Her life story is too amazing for one article. Her insights on life and wellness are just as rich, and a testament to the wisdom of our elders. Her understandings on how to live well are being echoed by researchers, who are finally catching up to what human beings once knew for generations.

Her Story

She was born in 1933 in the port city of La Rochelle, France, to parents who always had a positive outlook and loved each other.

“They never fought or yelled at each other. I was very lucky. I had a wonderful family,” she told me one afternoon.

Life was not always easy, she said. Monique was a child during the Nazi occupation of France, and lived through times most of us couldn’t imagine.

“It was very scary, the things you saw and

“**Socializing is important for health, because you can talk to your friends and forget about your problems.**”  
*Monique Reeves*

heard. I remember behind our apartment building in Nice, there was a big hotel that had been taken by the Germans and they would take prisoners there and torture them. People knew what was happening and they would hear them there—hear them screaming. So these stories were ugly things. The worst was the fear, the fear that you had. You just never knew.”

**Relationships**

Despite the hardships, Monique stayed positive and has had a great life. As a young woman, she enjoyed her work in the travel industry, eventually settling in Pittsburgh. It was there that she met and married Jack Reeves, her husband of 55 years.

“Jack was so nice and we got along so well. We never screamed at each other. If there was something we didn’t like, we’d say it in a civilized manner. We respected each other. I think that is key in a marriage. We never said ugly things to each other—never swore.”

Couples who’ve had long marriages have told me similar things: kindness and mutual respect are what they’ve considered to be the foundation of their relationships.

**Socializing Promotes Good Health**

Monique says she and Jack loved to travel and spend time with friends and family. Social connections were a vital part of their lives.

“Jack was very social and he loved people, and I do, too,” she says.

They entertained often and were either invited out or hosted friends every Saturday.

“Socializing is important for health, because you can talk to your friends and forget about your problems.”

The importance of social contact and relationships has been demonstrated in a number of studies. John Robbins, in his book “Healthy at 100,” recounts one study published in the American Journal of Epidemiology.

“People who were disconnected from others were roughly three times more likely to die during the nine-year study than people with strong social ties,” Robbins wrote.

“Those with close social ties and unhealthy lifestyles (such as smoking, obesity, and lack of exercise) actually lived longer than those with poor social ties but more healthful living habits. Needless to say, people with both healthful lifestyles and close social ties lived the longest of all.”

**Mind-Body Connection**

A person’s mental state has also been shown to play a critical role in their health.

Monique remembers a difficult time when her children were young.

“I got nervous and my doctor gave me some medicine. I only took it for about a month. I thought, I need to take care of myself and take a walk every day, so I did. And I got myself better without medication.”

Monique walked daily and played tennis. She told herself that she had made herself sick and then she quickly healed herself.

Had Monique not changed her mental state, she may have suffered worse, according to several stud-

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# homemakers

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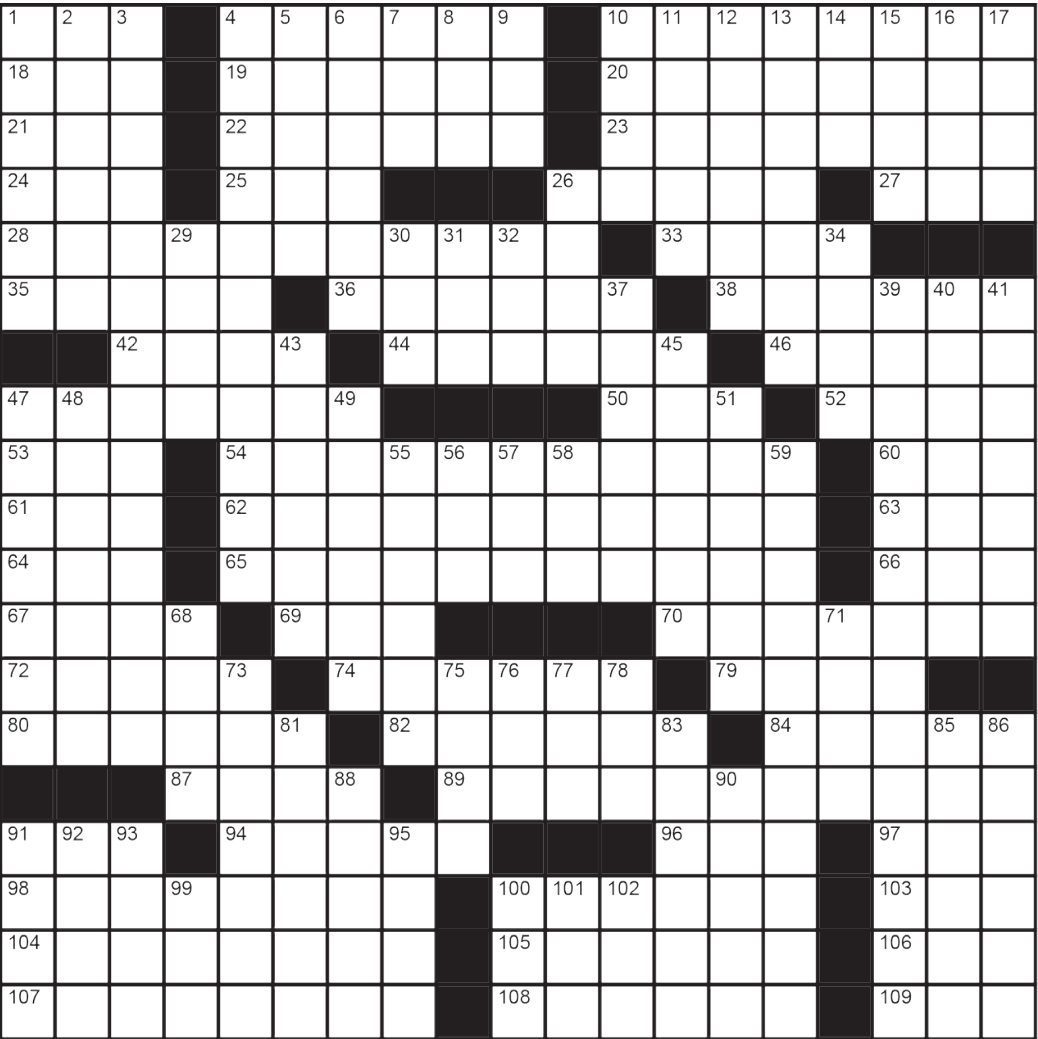




\* Use American spelling to enjoy these puzzles made by our parent company in New York.

CROSSWORD

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF



Across

- 1. Music genre
- 4. Bad atmosphere
- 10. Fashion industry, slangily
- 18. Actress Olivia d'\_\_\_\_, of 'The Wonder Years'
- 19. David, "the sweet psalmist of \_\_\_\_"
- 20. Bad spirits
- 21. Neighbor of Mo.
- 22. Heavy hammer
- 23. Grieving
- 24. Ft. Worth neighbor
- 25. Palpatine or Amidalala's title in "Star Wars" (Abbr.)
- 26. Former capital of Japan

- 27. Hi-\_\_\_\_ graphics
- 28. Function over form
- 33. Clash of clans
- 35. Specialty of some Beijing restaurants
- 36. In a way
- 38. "FoxTrot" pet
- 42. Shocked reaction
- 44. Gong
- 46. Aspirations
- 47. "The \_\_\_\_\_," Handel opus
- 50. Bit
- 52. Toothy tools
- 53. Old hat
- 54. Fates
- 60. Manhattan ingredient

- 61. Hidden means of support?
- 62. Conservator of little teeth
- 63. How many little Indians?
- 64. Garfield, for one
- 65. Aesthetically excellent
- 66. "One more set of boots on your welcome \_\_\_\_\_" (Elton John lyric)
- 67. Three oceans touch it
- 69. Newsman Koppel
- 70. Vacillates
- 72. Reverent
- 74. Accompanied to the airport
- 79. Panache

- 80. Palmetto State river
- 82. Showy bloom
- 84. "\_\_\_\_ go!"
- 87. Eye amorously
- 89. Bluffer
- 91. Cleo's undoing
- 94. Swindle
- 96. V - I
- 97. Sweep
- 98. "Alley Oop" setting
- 100. Swear
- 103. Treat shabbily
- 104. Cornmeal dishes
- 105. Spanish dish
- 106. Yellow \_\_\_\_\_
- 107. Army gunners' "eyes"
- 108. Wall Street figure
- 109. Mistake

Down

- 1. Members in good standing's dues
- 2. Flattened at the poles
- 3. Where civic-minded people assemble
- 4. "By Valor and Arms" state
- 5. Cay
- 6. Game sites
- 7. Blue
- 8. Ryan of "When Harry Met Sally"
- 9. Public order
- 10. Frosted
- 11. Distant
- 12. Sitting muscles
- 13. All finished
- 14. "Cats" had a long one
- 15. "The Kite Runner" boy
- 16. Completed
- 17. Work units
- 26. Bow
- 29. Actress Thompson et al
- 30. "Baloney!"
- 31. Bank offering, for short
- 32. Money machine

- 34. Pairs
- 37. Tex-Mex treat
- 39. Residential high-rise
- 40. January 1st
- 41. Acceptances
- 43. Bring up
- 45. Believer in unified reality
- 47. Bonnets for Colonial Williamsburg reenactors
- 48. Earth's largest land-mass
- 49. Beats around the bush
- 51. Blue book filler
- 55. Thingamabob
- 56. Samurai's home
- 57. Outfield surface
- 58. Big bang maker
- 59. Danielle's favorite instrument?
- 68. One for the road
- 71. New Mexico art community
- 73. Division
- 75. Drift
- 76. "So that's it!"
- 77. Kind of shot
- 78. Wreath material
- 81. Certain chemical solution
- 83. Off course
- 85. Movie preview
- 86. Unpaid debt
- 88. Knighted composer
- 90. Stocking stuff
- 91. "... the cruel venom of \_\_\_\_\_": Deut. 32
- 92. "Quit it!"
- 93. "Marco \_\_\_\_\_"
- 95. Irish luck
- 99. "Nothing but \_\_\_\_\_!"
- 100. Quick on the uptake
- 101. Toni Morrison's "\_\_\_\_ Baby"
- 102. Wonderland drink

4NUMBERS

CONSTRUCTED BY C. CHANG  
AT 4NUMS.COM

Use the four numbers in the corners, and the operands (+, -, X, and ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7X3) +1 =28 and 1+ (7X3) +6 =28

634

81

221

+

-

X

÷

Hard 1 - 1 Solution

2436

94

1024

+

-

X

÷

Hard 2 - 1 Solution

910

93

39

+

-

X

÷

Easy 1 - 2 Solutions

25

17

24

+

-

X

÷

Easy 2 - 1 Solution

WORDSEARCH

CONSTRUCTED BY TOM HOUSTON  
EPOCH TIMES STAFF

Help with Today's Crossword Puzzle?

G M Q U T I L I T A R I A N Y  
L O U D A H L I A A O W T A E  
U B T L O A T E S T E E R T L  
T C E T C A F I E L D A A T U  
E A A I A T A O Y I E L D E A  
I P S S O I S L E T B O E S T  
S S E R S E T K Y O T O R T E  
A W R A N M I A S M A F O F J  
N A R E N A S T H R O U G H I  
T U P L S E G M E N T C U U G  
E P A E L L A A R R E A R L U  
E P P W K A S S E N T S J R A  
M O U R N I N G S L E D G E N  
H E D G E S T E E T E R S V A  
O B Z N P I O U S T A M T A M

ARENAS  
ARREAR  
ATTEST  
DAHLIA  
ELUATE  
EURASIA  
GLUTEI  
GOTTA  
HEDGES  
HOPES  
IGUANA  
ISLET

ISRAEL  
KYOTO  
LISLE  
MIASMA  
MOBCAPS  
MULCT  
OBLATE  
PAELLA  
PENES  
PIOUS  
SANTEE  
TEASER

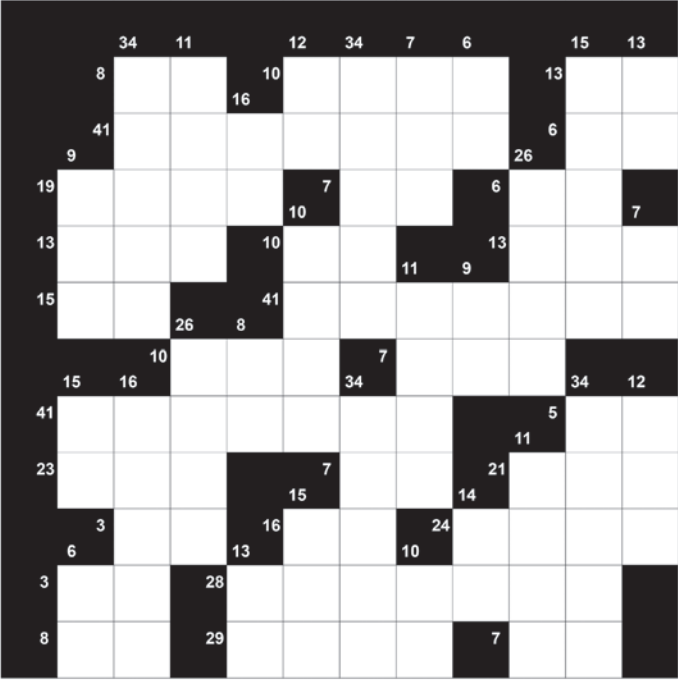
TEETERS  
TESTEE  
THROUGH  
TRADER  
UTILITARIAN  
AFIELD  
ALOOF  
ASSENTS  
MOURNING  
SEGMENT  
SLEDGE  
TAM-TAM

KAKURO

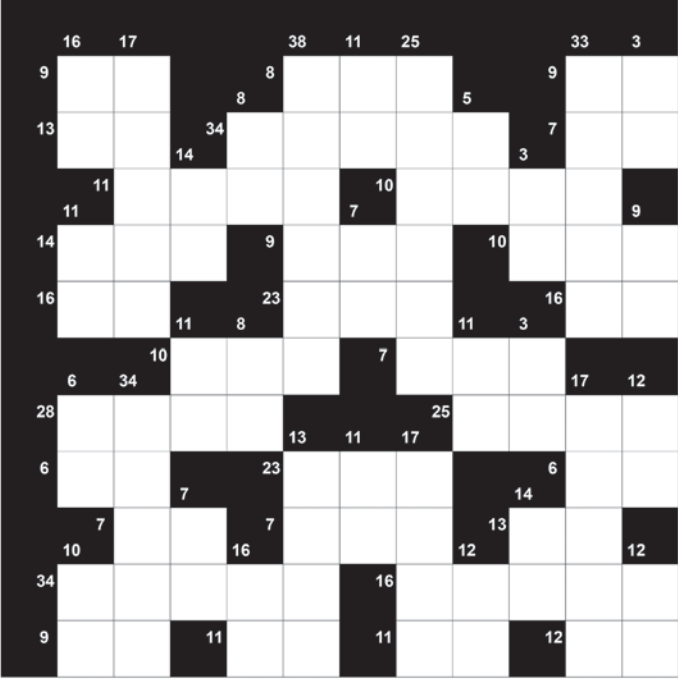
CONSTRUCTED BY EPOCH TIMES STAFF

Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a "run") with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle is complete.

Large: Hard



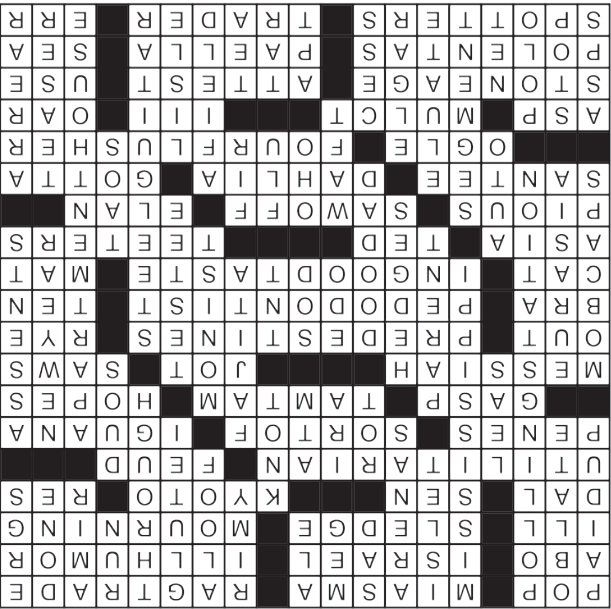
Large: Easy



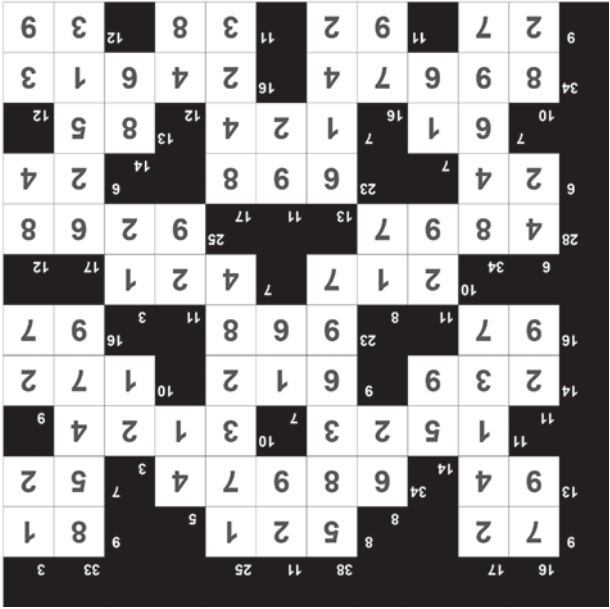
WORK SPACE

SOLUTIONS

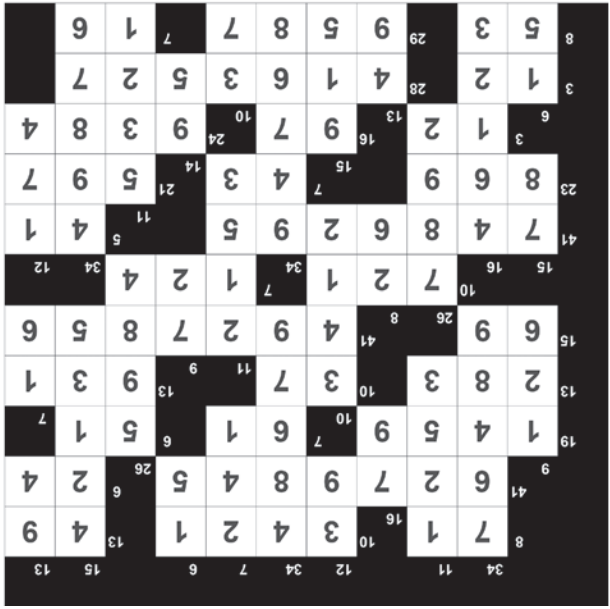
CROSSWORD



KAKURO LARGE: EASY



KAKURO LARGE: HARD



4 NUMBERS

- HARD 1  
34 - 2 - 2 = 21
- HARD 2  
36 + 24 + 24 + 96 + 101 = 28
- EASY 1  
(3 ÷ 6) + (01 + 6 ÷ 3) = 10
- EASY 2  
(4 + 2) × 2 + 5 = 28



SUPERSUDOKU

Fill in the boxes using numbers from 0 to 9 and letters from A to F so that each column, each row, and each 4x4 square contain all ten numbers and six letters only once.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B |   |   | A | C |   | 4 |   | F |   |   | 6 |   | 7 | 5 |
| 8 |   |   | D |   | 1 | F |   | 6 | 7 | A | 4 |   |   |   |
|   | 1 |   |   |   | 3 | 7 | A | 0 |   | B | C |   |   |   |
| F | 5 |   |   |   | 0 |   | D | 4 |   | 8 |   |   | C | 2 |
|   | 3 | 1 | B | 7 |   | 6 |   |   | E | 5 |   |   |   | F |
|   | 4 | 8 |   | F |   | E |   | 7 |   |   |   | A | 5 |   |
|   |   |   | F |   |   | A |   | 4 | 8 | 3 |   | D | 7 | C |
| D |   | 9 | 2 |   | 5 | 3 |   |   |   |   | B | 8 | 1 |   |
|   | 8 | 3 |   | A |   |   |   | 0 | 7 |   | 2 | 9 |   | E |
| 9 |   | 6 | 4 |   | 0 | C | 1 |   | 5 |   | 8 |   |   |   |
|   | B | E |   |   |   |   | 8 |   | 2 |   | A |   | C | F |
| 2 |   |   |   | 3 | E |   |   | C |   |   | 1 | 0 | 6 | A |
| 6 | 0 |   |   | 8 |   | F | C |   | E |   |   |   | 9 | D |
|   |   |   |   | E | 2 |   | 3 | 8 | 7 | D |   |   |   | B |
|   |   |   | B | 8 | D | 9 |   | 1 |   | 0 |   | 7 |   | A |
| 1 | 2 |   | E |   |   |   | B |   | A |   | F | C |   | 3 |

SUDOKU

Fill in the boxes using numbers between 1 and 9 so that each column, each row, and each 3x3 square contain all nine numbers only once.

|   |   |   |   |   |   |   |  |   |   |   |   |  |   |  |
|---|---|---|---|---|---|---|--|---|---|---|---|--|---|--|
|   |   | 5 |   |   | 2 | 4 |  |   | 9 | 7 |   |  |   |  |
| 7 |   |   |   |   |   |   |  | 1 |   |   |   |  | 5 |  |
| 8 |   |   | 2 |   |   |   |  | 9 | 6 |   |   |  |   |  |
|   | 8 | 1 |   |   |   |   |  |   |   |   |   |  | 9 |  |
| 3 |   |   |   |   |   |   |  |   |   |   |   |  | 4 |  |
| 5 |   |   |   |   |   |   |  |   | 8 | 6 |   |  |   |  |
|   |   |   | 8 | 9 |   |   |  | 5 |   |   | 7 |  |   |  |
| 9 |   |   |   | 4 |   |   |  |   |   |   |   |  | 6 |  |
|   | 7 | 6 |   |   | 1 | 8 |  |   | 9 |   |   |  |   |  |

Easy

|   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|--|--|
|   |   | 8 | 4 |   |   |   |   | 2 | 9 |   |   |   |  |  |
| 2 | 9 |   |   |   |   |   |   |   | 1 | 3 |   |   |  |  |
| 5 |   |   |   | 7 |   | 2 |   |   |   |   |   | 4 |  |  |
|   |   |   | 6 | 8 | 2 | 5 | 7 |   |   |   |   |   |  |  |
|   |   |   |   | 9 | 6 | 7 |   |   |   |   |   |   |  |  |
|   |   |   | 5 | 4 | 3 | 1 | 8 |   |   |   |   |   |  |  |
| 7 |   |   |   | 3 |   | 9 |   |   |   |   |   | 8 |  |  |
| 1 | 6 |   |   |   |   |   |   |   |   | 4 | 5 |   |  |  |
|   | 5 | 8 |   |   |   |   |   | 9 | 7 |   |   |   |  |  |

KAKURO

CONSTRUCTED BY EPOCHTIMES STAFF

Kakuro puzzles are like crosswords that use numbers instead of words. The goal is to fill the blank squares associated with a clue (called a “run”) with the numbers 1-9 so that the numbers add up to the corresponding clues. Like Sudoku, digits in a run cannot repeat. When the grid is filled, the puzzle is complete.

Easy

|    |    |   |    |    |    |    |  |   |    |    |    |  |    |  |
|----|----|---|----|----|----|----|--|---|----|----|----|--|----|--|
|    |    |   |    | 17 |    | 7  |  | 9 |    |    |    |  |    |  |
|    |    |   |    | 11 |    |    |  |   |    |    |    |  |    |  |
|    | 3  |   | 34 |    |    |    |  |   | 15 |    | 11 |  |    |  |
| 41 |    |   |    |    |    |    |  |   |    |    |    |  |    |  |
|    | 5  |   |    |    |    |    |  |   |    |    |    |  |    |  |
|    |    |   |    |    | 16 |    |  |   |    | 10 |    |  |    |  |
|    |    | 7 |    |    |    |    |  | 4 |    |    |    |  |    |  |
|    | 3  |   |    |    |    | 24 |  |   |    |    |    |  | 14 |  |
| 41 |    |   |    |    |    |    |  |   |    |    |    |  |    |  |
|    | 28 |   |    |    |    |    |  |   |    |    |    |  |    |  |
|    |    |   |    |    |    |    |  |   |    |    |    |  |    |  |
|    |    |   |    |    | 7  |    |  |   |    |    |    |  |    |  |
|    | 7  |   | 16 |    |    |    |  |   |    |    | 3  |  | 8  |  |
| 37 |    |   |    |    |    |    |  |   |    |    |    |  |    |  |
|    | 8  |   |    |    |    |    |  |   |    |    |    |  |    |  |

Hard

|    |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
|----|----|--|----|----|--|----|----|---|----|---|----|----|----|--|
|    |    |  |    | 34 |  | 5  |    |   | 38 |   | 10 |    |    |  |
|    | 7  |  |    |    |  |    |    | 5 |    |   |    |    |    |  |
| 17 |    |  |    |    |  |    | 29 |   |    |   |    |    | 14 |  |
| 34 |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
|    | 11 |  |    |    |  |    | 29 |   |    |   |    |    |    |  |
|    |    |  |    |    |  | 38 |    |   |    |   |    |    |    |  |
| 16 |    |  |    |    |  |    |    |   |    |   |    | 34 | 10 |  |
|    |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
| 36 |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
|    |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
|    |    |  |    |    |  | 34 |    |   |    |   |    |    |    |  |
|    | 3  |  | 11 |    |  |    |    |   |    |   |    |    |    |  |
| 26 |    |  |    |    |  |    |    |   |    | 8 |    |    |    |  |
|    |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
| 29 |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
|    |    |  |    |    |  |    |    |   |    |   |    |    |    |  |
|    | 9  |  |    |    |  |    |    | 5 |    |   |    |    |    |  |

OUTSIDEThe BOX PUZZLES.CA

Guess the hidden saying, phrase or word(s) suggested by the picture!

SOLUTION BELOW



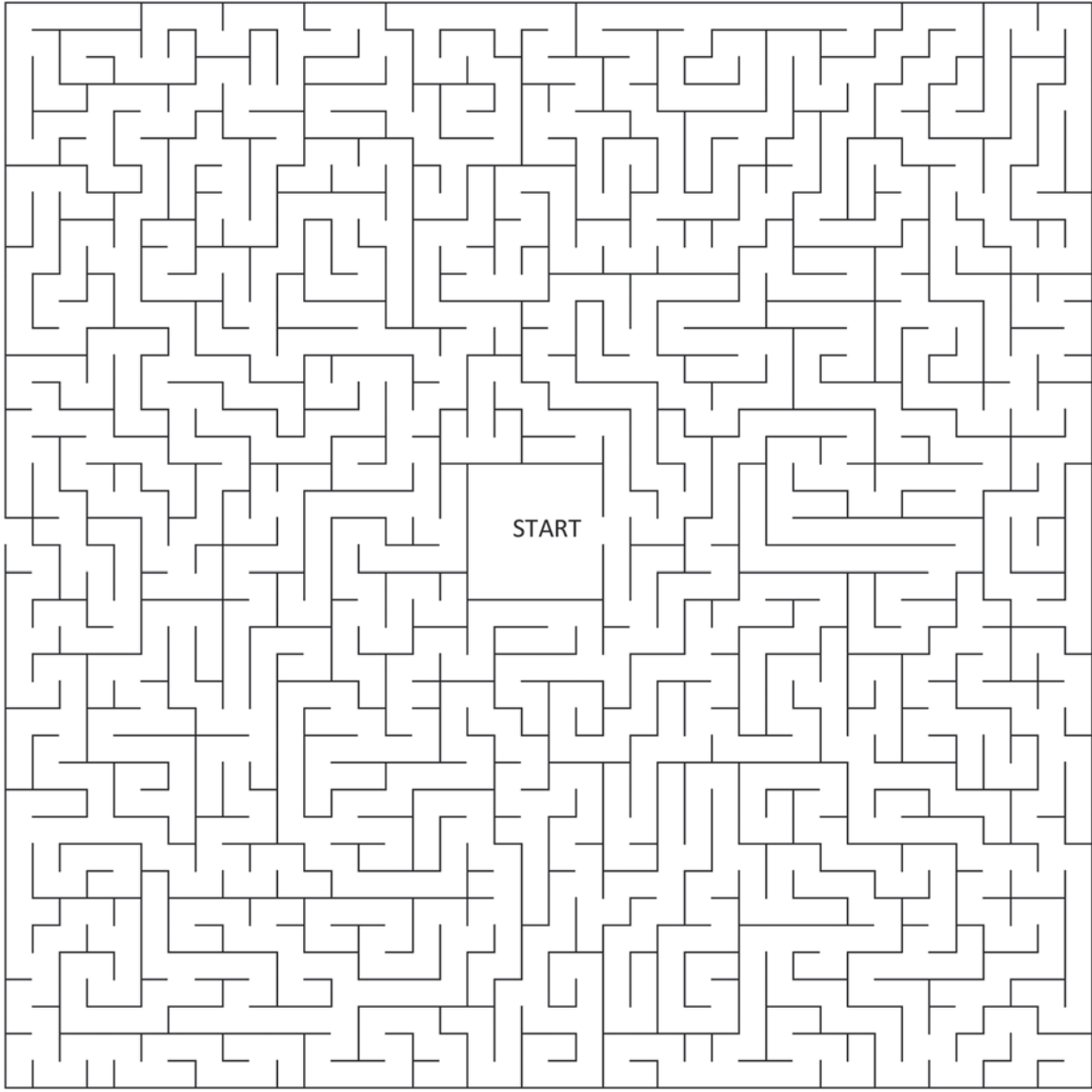
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Presented By

FREE THE CHILDREN children helping children through education

EPOCH ESCAPE MAZE



CRYPTIC QUOTE

Quote by: Helen Keller

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
|   |   |   |   | C |   |   |   |   |   |   |   |   | X | R |   |   | D | N |   |   |   |   |   |   |   |

ENEOES  
GT CX GC AR ETC WC NE ET PE GC  
N, ENER NO  
K P X GC XC Q C D J X R G GT PE UB DP KY C  
S RO NO R E, OR  
B N G DR L H T E B X R L D Y B Z C R D  
N E EO NO ER  
B X E T C Y B Z C R Z P X R E T C D

WORK SPACE

EPOCH DOKU

CONSTRUCTED BY EPOCHTIMES STAFF

|     |     |      |     |     |     |     |     |
|-----|-----|------|-----|-----|-----|-----|-----|
| 3/- |     | 16*  |     | 48* |     | 2-  |     |
| 1-  |     | 24*  |     |     | 4-  | 56* |     |
|     |     |      |     |     |     |     |     |
| 3/- | 2/- |      | 2/- |     | 4-  | 3-  |     |
|     |     | 24*  |     | 35* |     |     |     |
|     |     |      |     |     |     |     |     |
| 14+ |     | 49*  |     | 80* |     | 13+ |     |
|     | 3+  |      | 1-  |     |     | 4-  |     |
|     |     |      |     |     |     |     |     |
| 1-  |     | 105* | 11+ | 4-  | 10+ |     | 2/- |
|     |     |      |     |     |     |     |     |

WORK SPACE

KEN 算 KEN

1. Each row and each column must contain the numbers 1 through 6 without repeating. 2. The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners. 3. Freebies: Fill in single-box cages with the number in the top-left corner.

|     |     |   |     |     |    |
|-----|-----|---|-----|-----|----|
| 5-  |     | 4 | 3-  | 4-  | 3÷ |
| 30x | 1-  |   |     |     |    |
|     | 2÷  |   | 4   | 15x |    |
| 4   | 11+ |   | 24x |     |    |
| 6x  | 2-  |   | 5-  | 1-  |    |
|     | 10x |   |     | 6   |    |

SOLUTIONS

SUPERSUDOKU

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | A | B | C | D | E | F |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | A | B | C | D | E | F |   |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 | A | B | C | D | E | F |   |   |
| 4 | 5 | 6 | 7 | 8 | 9 | 0 | A | B | C | D | E | F |   |   |   |
| 5 | 6 | 7 | 8 | 9 | 0 | A | B | C | D | E | F |   |   |   |   |
| 6 | 7 | 8 | 9 | 0 | A | B | C | D | E | F |   |   |   |   |   |
| 7 | 8 | 9 | 0 | A | B | C | D | E | F |   |   |   |   |   |   |
| 8 | 9 | 0 | A | B | C | D | E | F |   |   |   |   |   |   |   |
| 9 | 0 | A | B | C | D | E | F |   |   |   |   |   |   |   |   |
| 0 | A | B | C | D | E | F |   |   |   |   |   |   |   |   |   |
| A | B | C | D | E | F |   |   |   |   |   |   |   |   |   |   |
| B | C | D | E | F |   |   |   |   |   |   |   |   |   |   |   |
| C | D | E | F |   |   |   |   |   |   |   |   |   |   |   |   |
| D | E | F |   |   |   |   |   |   |   |   |   |   |   |   |   |
| E | F |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| F |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

SUDOKU: EASY

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |   |
| 4 | 5 | 6 | 7 | 8 | 9 |   |   |   |
| 5 | 6 | 7 | 8 | 9 |   |   |   |   |
| 6 | 7 | 8 | 9 |   |   |   |   |   |
| 7 | 8 | 9 |   |   |   |   |   |   |
| 8 | 9 |   |   |   |   |   |   |   |
| 9 |   |   |   |   |   |   |   |   |

KENKEN

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |   |
| 4 | 5 | 6 | 7 | 8 | 9 |   |   |   |
| 5 | 6 | 7 | 8 | 9 |   |   |   |   |
| 6 | 7 | 8 | 9 |   |   |   |   |   |
| 7 | 8 | 9 |   |   |   |   |   |   |
| 8 | 9 |   |   |   |   |   |   |   |
| 9 |   |   |   |   |   |   |   |   |

EASY KAKURO

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |   |
| 4 | 5 | 6 | 7 | 8 | 9 |   |   |   |
| 5 | 6 | 7 | 8 | 9 |   |   |   |   |
| 6 | 7 | 8 | 9 |   |   |   |   |   |
| 7 | 8 | 9 |   |   |   |   |   |   |
| 8 | 9 |   |   |   |   |   |   |   |
| 9 |   |   |   |   |   |   |   |   |

HARD KAKURO

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |   |   |
| 4 | 5 | 6 | 7 | 8 | 9 |   |   |   |
| 5 | 6 | 7 | 8 | 9 |   |   |   |   |
| 6 | 7 | 8 | 9 |   |   |   |   |   |
| 7 | 8 | 9 |   |   |   |   |   |   |
| 8 | 9 |   |   |   |   |   |   |   |
| 9 |   |   |   |   |   |   |   |   |

WORK SPACE



WISE HABITS

# Buying Too Much Stuff Is Driven by Uncertainty

LEO BABAUTA

Why do people have so much stuff? Even though my family and I have relatively little compared to most, we've still managed to accumulate too much: from getting gifts from other people to buying necessities (and non-necessities) along the way. Stuff just piles up over time—that's the nature of stuff. But most of it is not necessary. We often buy excess stuff because of the feeling of uncertainty. This is the underlying groundlessness, shakiness, insecurity we feel about the future and the present moment. It's the uncertainty we feel every day, to varying degrees. It can cause us to feel fear, stress, anxiety, worry, and even anger. It can also cause us to procrastinate and put off our healthy and productive habits. Here are some examples of how uncertainty can lead to buying too much stuff.

- You are going on a trip, and feel nervous about it so you do research and buy extra stuff to feel more secure and prepared.
- You feel anxious about attending a conference so you buy gear feel more ready.
- You start a new hobby and spend days researching and buying everything you can think of to be fully prepared.
- You are stressed about hosting a social gathering so you buy things to make sure the party goes well.
- You feel a lot of disruption and uncertainty in your life, so you procrastinate while doing online shopping.
- You feel uncertain about your looks or clothing so you buy new clothes or products to feel more confident.

There are endless examples. Uncertainty brings with it an urge to gain certainty, control, preparedness, or security. And so we buy stuff to try to get that feeling.

**The Futility of Shopping for Certainty**  
We don't like the feeling of uncertainty and insecurity so we try to get rid of it, get away from it, or push it away—as quickly as possible. We develop habitual patterns over our lifetime to do this and buying things is perhaps the second most common after procrastination. In fact, it can sometimes be that buying stuff is just a costly form of procrastination. Here's the thing: buying stuff doesn't give us certainty or security. We buy things but we're not really more prepared, in control, or secure. Of course, there are some limited exceptions to this, but often the feelings of uncertainty and insecurity are still there. Now we just have the uncertainty that comes with more debt, less money, and more stuff to crowd our homes. We're looking for a magical answer to give us control and security, but it doesn't exist. Life is uncertain. Always. It's a defining feature of life. As Pema Chodron once said, "If you are invested in security and certainty, you are on the wrong planet." In fact, this is the real answer to satisfying our feelings of uncertainty—acceptance. If we lean into the uncertainty, embrace it, and learn to become comfortable with it, we can stop buying so much unnecessary stuff. If fact, if we can learn to live with little, we might even find ourselves a little more secure with our own purchasing decisions.



**Uncertainty brings with it an urge to gain certainty, control, preparedness, or security.**

**Opening to Uncertainty and Living With Less**  
Imagine owning very little, living in a spare room, eating simple whole food, not being involved in social media, and just working, reading, walking, and spending time with loved ones. Maybe you start meditating and drinking tea instead of fancy coffees. It's a life of very little and is beautiful in its simplicity. But then uncertainty comes up, as it inevitably does. You have a trip, you have to go to a party, or you are starting a new venture. You feel insecure and uncertain. Here's how to practice with it instead of buying something:

1. Notice you have the urge to buy something (or procrastinate, or gain control, etc.).
2. Notice that underlying the urge is an unwanted feeling of uncertainty.
3. Instead of rushing to buy something, sit with the uncertainty for a minute or two.
4. Turn your attention to the physical

feeling of uncertainty in your body. Where is it located? What does it feel like?

5. Stay with the feeling and get really curious about it.
6. Relax around the feeling. Be generous with it. Give it compassion, openness, gratitude, and love.
7. Notice that this is just a sensation, nothing you need to run from, or push away. You can be with it and open up to it.

Sometimes we buy things to satisfy an unease about our looks or our ability to fulfill a role.

With this practice, you don't need to fill your life with more stuff. This is my practice right now, as I see the effects of having too much stuff come into my family's life. I sit with the uncertainty, embrace it, and fall in love with the groundlessness of my life.

*Leo Babauta is the author of six books, the writer of "Zen Habits," a blog with over 2 million subscribers, and the creator of several online programs to help you master your habits. Visit Zen Habits.*



If you answer 'yes' to the four questions below, you might need to take action

MICHAEL MUSKER

It's normal to feel stressed at work from time to time. But for some people, the stress becomes all-consuming, leading to exhaustion, cynicism, and hatred towards your job. This is known as burnout. Burnout used to be classified as a problem related to life management, but last week the World Health Organisation re-labeled the syndrome as an "occupational phenomenon" to better reflect that burnout is a work-based syndrome caused by chronic stress. The newly listed dimensions of burnout are:

- feelings of energy depletion or exhaustion
  - increased mental distance from one's job, or feelings of negativism or cynicism related to one's job
  - reduced professional efficacy (work performance).
- In the era of smartphones and 24/7 emails, it's becoming increasingly difficult to switch off from the workplace and from those who have power over us. The new definition of burnout should be a wake-up call for employers to treat chronic stress, which has not been successfully managed as a work health and safety issue.
- How Do You Know If You're Burned Out?**  
If you think you might be suffering burnout, ask yourself the following questions:
1. Has anyone close to you asked you to cut down on your work?

2. In recent months have you become angry or resentful about your work, colleagues, clients or patients?
  3. Do you feel guilty that you are not spending enough time with your friends, family, or even yourself?
  4. Do you find yourself increasingly emotional, for example crying or shouting, for no obvious reason?
- If you answered yes to any of these questions, it might be time for a change. These questions were devised for the United Kingdom Practitioner Health Programme and are a good starting point for all workers to identify if you are at risk of burning out. You can also complete the British Medical Association's online burnout questionnaire, although it's tailored for doctors so the drop-down menu will ask you to select a medical specialty. If you think you're suffering burnout, the first step is to talk to your line manager or workplace counselor. Many workplaces now also have confidential external psychologists as part of their employee assistance program.
- What Causes Burnout?**  
We all have different levels of capacity to cope with emotional and physical strains. When we exceed our ability to cope, something has to give; the body becomes stressed if you push yourself either mentally or physically beyond your capacity. People who burn out often feel a sense of emotional exhaustion or indifference, and may treat colleagues,

clients or patients in a detached or dehumanized way. They become distant from their job and lose the zeal for their chosen career. They might become cynical, less effective at work, and lack the desire for personal achievement. In the long term, this is not helpful for the person or the organization. While burnout isn't a mental health disorder, it can lead to more serious issues such as family breakdowns, chronic fatigue syndrome, anxiety, depression, insomnia, and alcohol and drug abuse.

**Who Is Most at Risk?**  
Any worker who deals with people has the potential to suffer from burnout. This might include teachers, care workers, prison officers or retail staff. Emergency service workers—such as police, paramedics, nurses, and doctors—are at even higher risk because they continually work in high-stress conditions. A recent survey of 15,000 U.S. doctors found 44 percent were experiencing symptoms of burnout. As one neurologist explained, "I dread coming to work. I find myself being short when dealing with staff and patients." French research on hospital emergency department staff found one in three (34 percent) were burned out because of excessive workloads and high demands for care. Lawyers are another profession vulnerable to burnout. In a survey of 1,000 employees of a renowned

London law firm, 73 percent of lawyers expressed feelings of burnout and 58 percent put this down to the need for a better work-life balance. No matter what job you do, if you are pushed beyond your ability to cope for long periods of time, you're likely to suffer burnout.

**It's OK to Say No to More Work**  
Employers have an organizational obligation to promote staff well-being and ensure staff aren't overworked, overstressed, and headed towards burnout. There are things we can all do to reduce our own risk of burnout. One is to boost our levels of resilience. This means we're able to respond to stress in a healthy way and can bounce back after challenges and grow stronger in the process. You can build your resilience by learning to switch off, setting boundaries for your work, and thinking more about play. As much as you can, inoculate yourself against job interference and prevent it from ebbing into your personal life. No matter what your profession, don't let your job become the only way you define yourself as a person. And if your job is making you miserable, consider moving jobs or at least have a look at what else is out there. You may surprise yourself.

*Michael Musker is a senior research fellow, at the South Australian Health & Medical Research Institute. This article was first published on The Conversation.*



# Falun Gong Continues Peaceful Protest at Chinese Embassy 20 Years On

EPOCH TIMES STAFF

Falun Gong practitioners have been protesting in front of the Chinese Embassy in Canberra for 20 years, ever since the Chinese Communist Party (CCP) started its senseless persecution of the group in China on July 20, 1999.

Dr. Liu, is a senior public servant and the president of the Falun Dafa Association of Australia ACT branch, told The Epoch Times that July 20 is a sad anniversary. He is one of the many Falun Gong practitioners who has regularly joined vigils at the embassy calling for an end to the persecution over the past 20 years. He has also dedicated his weekend mornings to join the ongoing peaceful appeal across from the Chinese Embassy.

However, he says he believes that there is light at the end of what has been a very dark tunnel, thanks to the support of the community both in Canberra and all around the world. He says that an end to the crime of live organ harvesting and the persecution of Falun Gong in China is coming soon, and the CCP's days are numbered as the perpetrators will have to be brought to justice.

Falun Gong (or Falun Dafa) is a meditation practice that brings about serenity and a deeper level of awareness, while also greatly benefiting practitioners' well-being. It has five sets of simple, gentle exercises and encourages practitioners to follow the principles of truthfulness, compassion and tolerance in their daily lives. Songfa says that he and many others have benefitted from the practice in both their physical and mental health. Every Falun Gong practitioner has a story to tell, he said.

Songfa himself has been quite healthy and hasn't needed to see a doctor for the 20 years since he started to practise Falun Gong in 1999. He said he also found the principles of truthfulness, compassion and tolerance to have brought him much joy and happiness, making his life a lot smoother because he is better able to balance his relationships, particularly during any conflicts with others. One key teaching in Falun Gong is to always look within to improve oneself in any situation.

Personal experiences with the practice and news of the brutal persecution by the



Australian Falun Dafa practitioners demonstrate the fifth exercise, a sitting meditation.

CCP is why, after two decades, Songfa and other Falun Gong practitioners continue their vigil at the Chinese Embassy, he said. Songfa says they will continue to speak up for their fellow practitioners' freedom of belief in China until the persecution ends.

Every day, in over 100 countries around the world, practitioners freely and peacefully practise Falun Gong for their own well-being. Yet, in China, practitioners are branded as 'enemies of the state' and brutally persecuted.

In the 1990s, Falun Gong became widely popular across China and was endorsed by the government for its health benefits. By 1999, an estimated 100 million people were practising Falun Gong.

But that July, former Chinese Com-

munist leader Jiang Zemin launched a violent campaign to "stamp out" Falun Gong, viewing the practice's revival of traditional spiritual values as competition to the Communist Party's materialistic, atheist ideology. The practice's popularity was also seen as a threat to the regime's political control. Thereafter, Falun Gong joined Communist Party's long list of victims and millions of innocent lives were turned upside down.

As part of a global campaign, Falun Gong practitioners in Canberra will be holding another candlelight vigil in front of the Chinese Embassy early on Wednesday evening, July 17, to commemorate the 20th anniversary of the CCP's persecution of Falun Gong in China. On July 20, there will also be an appeal in Garema Place

where more voices can join the call for an end to the persecution.

Songfa added that NTD Television, a New York-based television network, has produced a movie, 'Coming for You', that tells this story of the 100 million people who took up the practice of Falun Gong in China and their subsequent persecution by the CCP, including the crime of live organ harvesting. You can watch the movie at a special screening hosted by The Epoch Times and NTD TV on July 1, 6-9 pm at the Theo Notaras Multicultural Centre. Booking is free via c4u-act.eventbrite.com.

For more information, please contact Xuan on 0410 001 212. Another screening will be held in Hurstville, Sydney on June 30.



FREE MOVIE SCREENING  
by Epoch Times & NTD TV

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A Story of 100 Million People Practising Falun Gong in China and Their Senseless Persecution by the Chinese Communist Party (CCP)

**Canberra - ACT**

**1 July 2019 Monday**  
**6:00pm – 9:30pm**  
(refreshments at 5:30pm)

**The Theo Notaras Multiculture Centre**  
180 London Circuit, Canberra, ACT 2601

<https://c4u-act.eventbrite.com>

More information please contact 0410 001 212 (Xuan)

**Hurstville - NSW**

**30 June 2019 Sunday**  
**2:00pm - 5:00pm**

**Civic Theatre - Georges River Council**  
16 Macmahon St, Hurstville NSW 2220

<https://coming-for-you-freescreening.eventbrite.com.au>

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(Top L) Steep stairs lead to the summit. (Bottom L) Cave paintings adorn the walls of Magura Cave. (Right) Belogradchik Fortress.

# Hiking to the Summit of Bulgaria’s Belogradchik Fortress

JOHN M. SMITH

One of Bulgaria’s most interesting historical monuments is the Belogradchik Fortress. It’s located on the slopes of the Balkan Mountains, and the area’s phenomenal rock formations serve not only as natural protection but also as an integral part of the fortification itself.

It’s believed that these ancient rock formations were formed over a period of more than 200 million years, and they’ve now become unique obelisks, reddish sandstone castles, and oversized stone figures that soar high into the sky.

A fortress has existed here since Roman times, and it was originally built so that the highest part, known as the Citadel, used these gigantic rock formations for

It’s believed that these ancient rock formations were formed over a period of more than 200 million years.

natural protection. To complete the fortress, thick fortified walls were added on a couple of sides, blending in with the rocks themselves. The walls are more than 6 feet thick and rise 39 feet in height. The rocks, of course, extend much higher.

The ancient Roman fortress was later expanded by the Byzantines, Bulgarians, and Turks, and several towers, gates, and walls were added. Its present appearance dates back to the 19th century, when it was added to by the Turks. Now it’s the area’s most popular tourist attraction.

As I gazed at this massive fortification, I couldn’t help but be impressed by the cleverness of its location. It would be very difficult for any enemy to scale the walls, cross the courtyards, pass the defensive bunkers, and then ascend, via a precarious climb up a series of steep, rock stairs, and wooden ladders, through the various levels of the fortification, all the way to the summit. But once I saw this layout, I knew that I wanted to be one of the tourists who actually did reach the top!

**Ascending the Fortress on Foot**

I signed up to participate in a hike, one of the optional excursions offered on my AmaWaterways luxury river cruise along the Danube, and that was certainly my intention.

I entered the fortress through the large stone gate, passing the massive outer walls, and made my way across the three courtyards, the tunnels, and the inner walls and arrived at the base of the rocks.

Here, I was faced with a series of steep rock stairs leading to a plateau. At this point, part way up the wall of rocks, I had a great view of the surrounding area. Many of the hiking tourists decided that this was

far enough to climb. But as some started their descent, others pushed on.

I was determined to climb to the summit. I eventually made it, ascending on a series of steep wooden ladders where I was rewarded with an even more spectacular view of the area, including the village nestled down below and the vast body of red rocks that stretched far into the distance. I also witnessed an up close and personal view of those massive rock structures that formed part of the fortification itself!

Several of these impressive rock formations have been given names: Adam and Eve, Monks, the Shepherd Boy, the Madonna, the Horseman, the Camel, the Lion, the Bear, and the Schoolgirl. Many have legends associated with them.

As I stood at the summit, I noticed that there weren’t many barriers or fences, so caution was necessary. I would be nervous if I had young children up here, but some had certainly made the climb. I also saw several adults taking selfies while standing very close to the edge!

**More Attractions**

The most famous of the caves nearby is the nearby Magura Cave, with its prehistoric cave paintings. Furthermore, while you’re in the area, I’d also recommend a visit to the nearby Baba Vida Fortress, a well-preserved medieval fortress located in Vidin.

Indeed, this northwestern area of Bulgaria proved to be a fascinating destination. The highlight for me was my successful hike to the summit of the Belogradchik Fortress.

*John M. Smith is a travel writer and photographer who resides in Ontario’s Prince Edward County, Canada.*

## THE CONSUMMATE TRAVELER

# The Benefits of Overnight Flights

MICHELE GONCALVES

If I had to plan my ideal voyage, it would certainly include an overnight flight. This is mostly due to the fact that flying after 10 p.m. allows me to keep my natural schedule, making it a more manageable experience overall. Once I took a 10-hour overnight flight from Sao Paulo to Chicago, which left Brazil at 11 p.m. The trip was great and I arrived home more refreshed than I typically do. To give you an idea of its advantages, below are my top three benefits for traveling overnight.

**Flying after 10 p.m. allows me to keep my natural schedule, making it a more manageable experience overall.**

**Late Hotel Check-Out**

One of the perks of having a late-night flight is that you can enjoy a relaxing

morning and afternoon in your departure city. Since hotel check-out times are usually 11 a.m. or noon, make sure to reserve a late check out the first day you arrive. I did not do this on my last trip and had to share a room with a colleague. A car-racing event was coming to town that weekend and the hotel was sold out, so always plan in advance. Hotels typically grant a two- or three-hour extension for free. However, if you are staying well into the early evening, they may charge you half a day’s rate. This is usually well worth the expense, as it allows you to shower right before leaving for the airport and lets you address any last minute packing at your leisure.

**Eating Dinner at Your Normal Time**

I find that eating dinner at my preferred hour, which is 6 p.m., is an important benefit to flying on an overnight trip. This keeps my energy levels up and gives me plenty of time to walk around the airport to help digest a heavy meal.



Flying overnight can allow you to keep to your natural schedule. VANESSA SCHMID/UNSPLASH

By the time I am in my seat, I am ready to settle in for the night. I typically reject the midnight airplane dinner and opt to wait until breakfast to eat again. Trying to sit in a cramped space for hours after consuming a heavy meal can be a bit difficult for many, so eat light if you must have something.

**Fall Asleep Naturally**

As a passenger who does not easily fall asleep on planes (and refuses to take sleeping pills), overnight flights allow me to naturally get the rest I need. On my last trip, I must have dozed off for at least a few hours, which is a record for me. The key is not to indulge in too much caffeine, alcohol, or sugar prior to getting on board. If you are a nervous flyer, I highly recommend using this approach. This is also a great time to fly with children, as they are more likely to stay asleep for a larger portion of the flight, which the entire airplane will appreciate.

As always, I wish you all the happiest of travels!





LUCERNE TOURISM



WIBKE CARTER



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LUCERNE TOURISM



SWITZERLAND TOURISM

# Lucerne: A Picture-Perfect Swiss Town

The fascination with Lucerne goes back to the 1800s

WIBKE CARTER

“Visiting Lucerne is like going to Disneyland: You can’t imagine that it is real because it looks like a movie lot,” said American novelist Brad Thor and really, he wasn’t far off the mark. Take a crystal clear lake, snow-capped mountains, and a medieval Old Town, then add the best of clocks, cheese, and chocolate, and you have the picture-perfect Swiss town. For many travelers, Lucerne is Switzerland.

The fascination with the charming town on the shores of Lake Lucerne is centuries old. William Turner made it famous with a series of watercolors in the 1830s and 1840s, and in 1863, nearby Rigi mountain was the highlight of the world’s first overseas package holiday. A Thomas Cook group tour to Switzerland included climbing to the summit to watch the sunrise.

**Queen Victoria Visits**

Already popular with British travelers, Lucerne got a further boost when Queen Victoria, still mourning the loss of her husband, Prince Albert, and a small entourage headed to central Switzerland for a five-week getaway in 1868. The Alps provided the grieving monarch with healthy mountain air, while classic sight-seeing tours, painting, and horseback riding, refreshed her soul. Within two years of her stay, a Hotel Victoria had opened in Lucerne, there was a steamer bearing her name, and today there are still more than 20 Victoria hotels in Switzerland.

Then as now, Lucerne’s major drawcard is the wooden Chapel Bridge, constructed in the first half of the 14th century. However, unlike Queen Victoria who could still enjoy the original, today’s visitors cross the Reuss River on a replica.

“Unfortunately, on a dry summer evening in August 1993, someone carelessly threw

a glimmering cigarette butt away and all but the two bridgeheads burnt down,” said city guide Rebecca Gisler. Also destroyed were 110 of the 17th-century paintings that adorned the bridge, with two-thirds either going up in smoke or suffering severe damage.

Next to Chapel Bridge stands the second landmark of Lucerne, the octagonal water tower that used to be part of the city’s fortifications but subsequently functioned as an archive, treasury, prison, and torture chamber. The ancient Musegg Wall has nine towers, out of which four are open to the public. The clock on the Zyt Tower is the town’s oldest and chimes the hours one minute early, perhaps perfectly fitting for a nation that hates to be late.

There are thousands if not 10s of thousands of timepieces ticking in Lucerne which makes it, together with Paris and Shanghai, a leading watch trading center. Swiss, American, and Chinese nationals travel to the town with the aim of purchasing a genuine Swiss watch. The main shopping street, Hertensteinstrasse, is lined with high-end retail stores, and Bucherer has, allegedly, the world’s largest selection of Rolex watches.

**Chocolate**

But watches are not the only thing that springs to mind when thinking of Switzerland. As we all know, there is chocolate and then, there is Swiss chocolate. At Max Chocolatier in Lucerne, artisan chocolate, which is meant to be savored, is handmade. In addition to basic varieties like milk, dark, hazelnut, and caramel, there are also more exotic types with ingredients such as pumpkin, chili, or even Tasmanian pepper. One truffle takes four days to make according to store manager Daniela Silva, and while not inexpensive, each bite delivers a rich, intense taste, so a small (or big)

box is well worth the money! If you can refrain from eating it all, you could keep your treats in a “chocodor.”

“The best place to store chocolate is actually in a wine cellar ideally at around 19°C (66°F), dry and dark,” explained Silva. “This handmade wooden treasure chest replicates those conditions.” For 599 Swiss francs (\$606), however, you could buy many more of those chocolate truffles.

**There are thousands if not 10s of thousands of timepieces ticking in Lucerne which makes it, together with Paris and Shanghai, a leading watch trading center.**

Another delicacy, available only in the cold months between October and March, are Heissi Marroni (hot chestnuts), which are sold at little outdoor stalls along the riverfront and in the Old Town. In the cold winter, the steaming snack warms both inside and outside just like Chäs Chüchli, the little cheese tartlets found on hot plates outside some bakeries in Lucerne.

The local cuisine is seasonal, hearty, and often served in a rustic ambience in the many traditional guesthouses of Lucerne, such as the family-run Wirtshaus Galliker Luzern, which has been open for more than 160 years, or the Zunfthausrestaurant Pfistern, the town’s only surviving guild house dating back to 1578. It also has an eye-catching fresco and is one of about 200 painted houses in Lucerne.

**Lion Monument**

A short walk from the center of town lies what might arguably be the most famous lion in the world—an animal one would not expect to find in this part of the world. The story behind the titular rock carving is a tragic one. On August 10, 1792, some 1,000 Swiss Guards in Paris, seeking to protect the life of King Louis XVI from the revolutionaries, paid the ultimate price for their unconditional loyalty.

Officer Karl Pfyffer, who was on leave at his home in Lucerne that fateful day, never forgot the loss of his comrades-in-arms. He raised the funds for the powerful memorial, once called by Mark Twain “the most mournful and moving piece of stone in the world,” and which pays homage to the selfless heroes of the Swiss Guard.

**Pilatus**

After only a 12-minute bus ride from Lucerne central station, visitors arrive at the foot of the town’s local mountain, Pilatus. At Kriens station, cable cars whisk upward to Fräkmüntegg, the largest rope park in central Switzerland complete with tree tents, toboggan runs, hiking trails, and scenic grilling spots. In winter, locals enjoy fast-paced sledding (wooden sleds are available to rent) and winter hiking trails.

But despite the vast sports entertainment options, the restaurants, and souvenir stores, most travelers come up here and surrounding peaks for the incredible views of Lake Lucerne and to enjoy the clear mountain air, just like Queen Victoria did.

*Wibke Carter is a travel writer who hails from Germany. She has lived in New Zealand and New York, and presently enjoys life in London. Her website is WibkeCarter.com*

1. The Chapel Bridge and water tower. 2. Heissi Marroni (roasted chestnuts). 3. Artisan chocolates at Max Chocolatier. 4. Chäs Chüchli. 5. A painted house façade at Hirschen Square, Old Town. 6. The Lion Monument. 7. Locals sledding on Mt. Pilatus. 8. The Reuss riverfront.



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ANCIENT CHINESE STORIES

# The Sun Melons

ANONYMOUS

There was once a beautiful mountain called Sun Mountain that was home to an old man who planted sun melons all year round. He was not only an honest man but also a compassionate man. He helped everyone, including beggars, with enthusiasm.

At the foot of the mountain lived two brothers who were poor and constantly hungry as a result. They heard about this kind old man and knew that he always took good care of the poor, so they had a wish to find him and live with him.

The brothers made a difficult journey to the top of the mountain and explained their situation to the old man, who happily took them in and arranged work for them, to look after his sun melons.

"The sun melons on Sun Mountain are magical and ripen after 49 years," the old man told the brothers. "They need to be watered with a special solution: A bucket of spring water from the foot of the mountain must be mixed with two drops of your blood. After 49 years, you will each have a melon of your own."

"As long as you work hard, you will have happiness," continued the old man. "You can go to work now," he said.

The old man then went to work himself.

### The Older Brother

The two brothers made their way down the mountain to fetch the spring water needed for the sun melons, carrying their buckets on shoulder poles.

Once his bucket was filled with spring water, the older brother bit his middle finger and dripped his blood into his bucket. But later, he thought to himself, "I will die of exhaustion if I keep fetching water and sacrificing my blood like this."

So the older brother came up with a plan: To lighten the physical labor, he would purposely dump out some water from his bucket on the climb back up the mountain. And to spare his blood, he would mix red dirt into the water.



PRESIDENT AND FELLOWS OF HARVARD COLLEGE

The sun melons on Sun Mountain are magical and ripen after 49 years. "Moon and Melon." Harvard Art Museums, Arthur M. Sackler Museum, gift of Earl Morse, Harvard Law School, class of 1930.

In addition to cutting corners, the older brother also badmouthed others, claiming that they were lazy while he worked hard.

When he saw the field where all of the sun melons were planted, he asked the old man to assign him a large melon. The old man simply chuckled and said, "Young man, if you work hard, you will definitely be happy with what you get."

### The Younger Brother

The younger brother was quite a different person from his older sibling.

When he saw the field where all of the sun melons were planted, he noticed that many had been growing for a long time already. He counted a total of 49 melons in the field. As

there were 49 people altogether who were working there to look after the melons, he realized that each person would have his own ripe melon someday.

The younger brother was humbled. While he worked, he thought about how the others had already watered their melons for many years and sacrificed a lot. In comparison, he felt unworthy of being awarded a melon.

The younger brother vowed to work hard in the field in order to truly earn his melon when the time came. While others fetched one bucket of water, he fetched two. While others added two drops of blood to each of their buckets, he added four. He worked in the field before others woke up and continued to fetch water after others went to bed.

### The Harvest

Those 49 years passed quickly, and one day the sun melons were ready for harvest. Some were big, and some were small; some were ripe, and some were not.

The old man called everyone to the melon field and announced: "Everyone has worked hard for 49 years. You can now reap the fruits of your labor."

He then spoke to the melons: "Melons, large and small, you may go find your master now."

Before he even finished speaking, all of the melons began rolling around, looking for their owners.

The older brother saw a big melon and thought, "Come to me!"

Instead, the large melon rolled slowly toward the younger brother, and it was the smallest melon that rolled toward the older brother.

### Book of Records

The old man told all of his workers that their melons would bring them food based on whatever they deserved to eat.

Sure enough, when everyone asked for food, the melons delivered food. The younger brother received the best dishes and drinks, while the older brother received only simple, unappetizing foods.

When the older brother complained that the old man wasn't fair and wanted to take revenge, the old man simply told him that everyone's deeds were clearly recorded and that he could see the record for himself.

The old man waved his hand toward the melon vine and said, "Sun melon, sun melon, please tell him yourself."

The vine instantly transformed into a book that contained a complete record of the elder brother's laziness and dishonesty. Specific details including the date and time of each incident were all recorded.

After seeing this, the older brother lowered his head in shame and admitted defeat.

Translated by Dora Li into English, this story is reprinted with permission from the book "Treasured Tales of China," Vol. 1, available on Amazon.

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