

● Rediscovering Shangri La In Style ● Lost North of Lugu Lake ● Zen and the Legends of Jizu Shan

Yunnan

WINTER 09/10 冬

云南出版集团公司
云南科技出版社

云南 冬季专题

Winter Special

Bama

In Search of the
Fountain of Youth

探寻不老之谜
——寻访长寿之乡广西巴马

● 香格里拉的颂赞林卡 ● 徒步康区——迷失在泸沽湖以北 ● 禅宗第一山——鸡足山

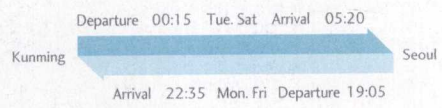




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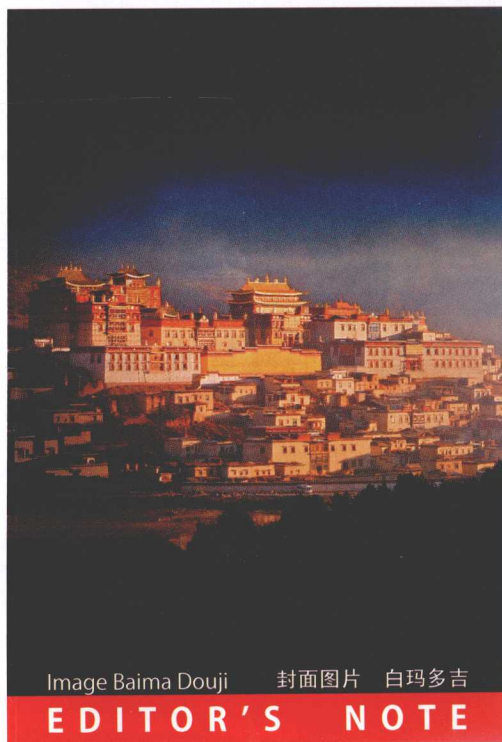


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EDITOR'S NOTE

主 编 手 记

A month in the office. One on the road. And another insane. They say that time is a cycle, a revolution, so to speak, that it is non-linear. But it may be that one of life's great quests is to embrace that ideal. We push on at a maddening rate, we dream, we devour — even as we ask ourselves where it leads. Are we foolish to ask such questions as no one can know? I'm left considering a quote that a friend of mine used to post at the end of his emails.

"A severe contest exists between intelligence, which presses forward, and an unworthy timid ignorance that obstructs our progress. Somewhere in between is idiocy, which can always be put down to experience."

花一个月呆在办公室, 一个月在路上, 另一个月则用来发疯。人们说时间是一个圈, 是来回的循环, 也就是说, 并非线性的发展。或许对这种理念的拥抱, 就是人生命中最重要的一环。我们以疯狂的速率向前, 我们做梦, 我们如饥似渴地生活——我们甚至也会自问, 到底会被引向何方。是因为我们太愚蠢, 竟然提出这样没人能回答的问题? 在此, 我想引用一位朋友写给我的e-mail中的一句话作为结束语:

“在催人向前的智慧, 与碍人前行、渺小胆怯的无知之间, 存在着一场严苛的较量。而居于两个极端之间的则是愚昧, 不过, 我们总是有积累的经验。”



Feature Article On Strolling

Poet 诗人 Yu Jian 于坚

特约撰稿 闲逛集

60

One of China's most respected contemporary poets, Yu Jian is the acclaimed author of *Old Kunming* and *Notes for the Human World*, among many others. In 2002, he was named China's poet of the year. He is a Kunming native and a regular contributor to Yunnan Magazine.



于坚, 著名当代诗人, 云游各地。20岁开始写诗, 是第三代诗歌的代表性诗人, 以世俗化、平民化的风格为自己的追求, 其诗平易却蕴含深意, 是少数能表达出自己对世界哲学认知的作家。著有《诗六十首》、《对一只乌鸦的命名》等著名诗集、散文集。与诗人韩东、丁当等创办《他们》文学杂志, 对中国现代诗歌的发展产生了积极的促进作用。曾获得“华语文学传媒大奖”2002年度诗人奖。



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特别感谢 众威拳击推广的刘刚先生, 以及三江码头的钱小姐。

Autumn Edition Corrections We apologize to Dr. Long Yongcheng, Lead Scientist for the Nature Conservancy's Golden Monkey Project, whose name was misspelled.

Lü Biao lectures Architecture at Yunnan Science & Technology University, he is not a professor yet.

更正 上一期中老君山滇金丝猴的图片是由大自然保护协会的龙勇诚提供。

木玉明郑重申明 著名建筑师吕彪老师为昆明理工大学讲师。另外, 旗下的建筑公司实为建筑工作室, 特此道歉!

Dedication The staff at Yunnan Magazine would like to express our sincere condolences to the family of Arun Veembur, who tragically lost his life in the mountains above Dali in early November. He will be deeply missed.

特别吊唁 云南杂志全体员工对11月上旬在大理爬山中不幸失去生命的印度籍记者阿伦·Veembur和他的家庭表示诚挚的哀悼! 我们将深深地怀念您!





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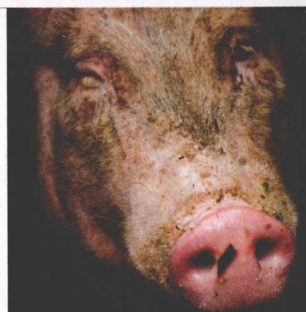
9 p.m.

1-3

葫芦节 Gourd Festival

拉祜语称为“阿朋阿龙尼”。每年这天拉祜族人民，穿着灿烂的民族服饰，载歌载舞，带着自酿的美酒与糯米做的粑粑，杀猪宰鸡，集中在每个村子的广场上，开始一年一度的庆祝活动。表达着对“葫芦”这种带给他们生命的圣灵的景仰。

Known in the Lahu language as “A Peng A Long Ni”. On this day, Lahu people dress in bright costumes and celebrate by singing and dancing. Locals gather in village squares to drink home-brewed rice wine, and slaughter pigs and chickens to celebrate the annual event. The ceremony is called “Expressing the Gourd”, by which Lahu people show their admiration for holy spirits.



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圣诞节 Christmas

圣诞节实际上是一个12天的节日，纪念在拿撒勒的耶稣诞生。本来只是个人内心的宗教仪式，然而圣诞节已成为一个世界性1亿多人庆祝的活动。圣诞前夜24日，通常都是与家人庆祝。虽然圣诞节的特色是送礼，但往往变成满地奢侈挥霍的大派对。

Celebrated on the 25th of December, Christmas is actually a twelve-day festival commemorating the symbolic birth of Jesus of Nazareth. While a religious ceremony at heart, Christmas has become a worldwide phenomenon celebrated by more than a billion people of all faiths. Christmas Eve, the 24th, is usually celebrated with family. While Christmas day is marked by gift-giving and extravagant parties.



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歌堂节 Singing Festival

歌堂，是瑶族青年男女谈情说爱、唱歌求偶的节日。节日之夜，男女青年围着篝火，对唱情歌，以歌传情，歌长情深，通宵达旦才罢休。节日期间，人们穿着新衣裳，戴上新头巾，插上锦鸡毛；街头巷尾，熙熙攘攘、好不热闹。“耍歌堂”开始，即把祖公的牌位从庙中抬出来巡游、拜祭。后面伴随有锣鼓队和腰鼓队，燃放土铜炮。

Song Hall is a Yao festival dedicated to young men and women falling in love; it celebrates courtship through singing. Festival of the Night: young men and women gather around the campfire to sing love songs, tease each other with antiphonal tunes and party through the night. During the festival people dress in new clothing, don new head scarves and attach feathers to their caps. Friends usually get together to carouse in the late-night streets and play. Spiritual songs mark the commencement of the festivities. The tablets of the villagers' ancestors are then carried out from the temple to be paraded through the streets and worshiped by the locals. At the end of the procession, the tablets are accompanied by gongs and drum teams, while others discharge locally-made copper cannons.

西双版纳曼听佛塔寺 短期出家及止观禅修

千百年来，“短期出家”的风俗已俨然成为东南亚佛化国家及我国边疆地区不可缺少的民族文化特色。

网上报名: www.chinancfj.cn

报名时间: 2009年7月26日至2010年元月6日

Xishuangbanna Man Pagoda Temple Zhiguan – Short-term monastic stay

For thousands of years the custom of “short-term asceticism” has existed in southeast Asia and Buddhist regions. The tradition is believed to purify people, promote national harmony and support social stability. This is the time of year when children typically perform their religious duty.

Online registration: www.chinancfj.cn

Registration Time: July 26, 2009 - January 6, 2010



矮人帝国



DWARF KINGDOM

10

卡雀哇 Ka Que Wa

“卡雀哇”是云南独龙族的年节,是独龙族一年中唯一的节日。其中最隆重的活动是“剽牛祭天”,祭天的牛或是一家人献祭,或是大家凑起来集体献出。主持年祭的家族长或祭师先把牛拴在场子中央的木桩上,牛角上挂满晶莹的珠子,牛背上盖上灿若云霞的独龙毯。等祭品一一摆好后,祭师点燃松明和青松毛,面向东方祭祀山神。

“Ka Que Wa” is the New Year celebration for the Dulong ethnic group, it is their only major festival of the year. One of the grandest events of the festival is the “Sacrifice of the Cow”, where a family or an entire community offers an animal as a sacrament to the Heavens. The sacrifice is presided over by a priest or village chief, who leads the cow to a pasture. The cow is tied to stakes and crystal beads are hung on its horns, then a colorful Dulong blanket is placed over its back. Gracefully the offerings are bestowed, then the priest lights a torch of pine needles, faces the mountain god and invokes a prayer.

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大年节 New Year's Festival

据方志记载,布依族皆“以十一月为岁首”。其实应在这月过大年,但现在已统一并入春节,每到年底,家家户户忙着酿酒,打糯米粑,腌制腊肉,做血豆腐;或缝制新衣。过节期间还举行赛马、铜鼓、唢呐、歌舞、篮球、掷石头等等比赛,参加者多达数万人。

According to ancient chronicles, the Buyi people traditionally celebrated their New Year in November. Nowadays, the Buyi have become unified and celebrate during Spring Festival. At each year's end every household busies itself brewing wine, making sticky rice, curing meats, preparing blood bean curd and mending clothes. The festivities include horse races, drumming, dances, basketball games and stone throwing competitions. Tens of thousands of people sometimes participate.

15-23

怒族年节 New Year's Festival

怒族年节,怒族叫“炉瑟”,意为“新年”或“岁首”,在农历正月里过。旧年腊月二十九日,家家清扫庭院,扫除火塘里的火灰,把陈垢倒在远离家门的地方,表示送旧。然后,采来青松枝插在大梁和中柱上,地下铺松毛,象征四季常青,月月吉祥。初一凌晨,鸡叫头遍,各家小孩就背着水桶,打着火把,去抢舀全寨各个水井里的水。他们从每口井里舀一瓢水,背回家中。

The New Year of the Nu people is called “Lu Se”, and is celebrated as the first lunar month approaches. On the 29th of the twelfth lunar month, every household sweeps their courtyard, cleans out the old ash inside the fireplace and carries it far from the house in an expression of purification. Afterwards, they stuff pine branches in between the beams and columns of their homes and lay beds of pine needles on the floor. This act is used to symbolize the four seasons and meant to bring good luck. The following morning, at the first call of the rooster, children carry buckets all over the village trying to steal scoops of water from various wells. After they've scooped enough water into the buckets, they proudly return home.

15

日环食 Total Solar Eclipse

本次日环食是从非洲中部开始,经过印度洋、斯里兰卡、印度、缅甸,从中缅边境进入我国,最后在山东半岛结束。这也是新世纪首次在我国出现的日环食,上次在我国发生的日环食是在1987年9月23日。这次日环食的特点是环食时间持续较长,最长时间在8分钟以上,比较理想的观测地点在云南一带,食甚时太阳地平高度在20度以上。

大理

食甚: 16时44分42秒 太阳高度23度
全食持续时间: 492秒

丽江

食甚: 16时45分04秒 太阳高度22度
全食持续时间: 385秒

The path of the eclipse begins in Central Africa, then travels over the Indian Ocean, Sri Lanka, India and Myanmar before passing over Yunnan and finally tailing off above the Shandong Peninsula. This is the first time this century that China has experienced a total solar eclipse. The last time this occurred was September 23, 1987. This year's solar eclipse is also significant because of the length of time. Scientists predict the black out will last for 8 minutes. Yunnan will be one of the most ideal places in the world to observe the event, as the sun will disappear 20 degrees above the horizon.

Dali

Total Eclipse: 16:44:42
Angle of the sun: 23 degrees
Duration: 8 mins 12 secs

Lijiang

Total Eclipse: 16:45:04
Angle of the sun: 22 degrees
Duration: 6 mins 25 secs



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春节 Spring Festival

13-28

春节是华夏民间最隆重最富特色的传统节日，也是最热闹的一个古老节日。一般指除夕守岁到正月初一，是一年的第一天，“年”是一个怪兽，需要用鞭炮送走，俗称“过年”。但在民间，传统意义上的春节是指从腊月初八的腊祭或腊月二十三或二十四的祭灶，一直到正月十五，其中以除夕和正月初一为高潮。在春节期间，汉族和很多少数民族都要举行各种活动以示庆祝。这些活动均以祭祀神佛、祭奠祖先、除旧布新、迎禧接福、祈求丰年为主要内容。活动丰富多彩，带有浓郁的地方特色。

Spring Festival is the most solemn and distinctive folk tradition of all Chinese festivals, as well as the most lively. "Spring Festival" generally refers to New Year's Eve and the first day of the first lunar month, and is commonly known as "Chinese New Year". However, in village society, the traditional significance of Spring Festival is celebrated from the eighth day of the waxing moon on the twelfth lunar month until 15th of the following month. New Year's Eve and the first day of the first lunar month also mark the climax of the festival. During this occasion, a variety of activities are held by the Han as well as most other nationalities. Generally ceremonies entail the worship of deities, paying homage to ancestors, welcoming good fortune, bidding "out to the old and in to the new" and praying for good harvests. Over the years, the rich variety of activities have also been imbued with strong ethnic characteristics.

澡堂会 Bathing Festival

15

每当春天到来的时候，生活在云南怒江峡谷的傈僳族群众，都要到有温泉的地方去洗浴。洗“春浴”时，个个穿上节日盛装。小伙子姑娘们更是打扮得漂漂亮亮。他们一大早就带上干粮菜肴，背上行李，到野外食宿。他们把“春浴”看作是一种文明、卫生、圣洁的行为。因此，连久居山寨的老人也不顾年老体弱、道路崎岖，让儿孙们搀扶前往。洗浴的人们，十分讲究文明礼貌，男女之间彼此尊重。通常是长辈先洗，青年后洗。男的洗浴时，妇女们相约去备饭菜；妇女洗浴时，小伙子又背上背篓，钻进深山密林去拾柴打猎。

When spring arrives in the Nu River Valley, Lisu people gather together in festive costumes and travel to bathe in the area's abundant hot springs. Young boys and girls are typically the most ornately dressed. Early in the morning they prepare dry food dishes and hike into the wilderness. They take their "Spring Bath" as a civilized, healthy and holy endeavor. Therefore, everyone makes the journey over the rugged road, regardless of whether they are frail and old, even if it's on the arm of their children and grandchildren. While bathing in the hot springs, the Nu are very particular about civility, politeness and mutual respect between men and women. Usually, the elders wash first while the young people wait their turn. While the men bathe, the women gather to prepare meals. And when the women bathe, the men take saddlebags into the mountain forests to gather firewood and hunt.

目瑙纵歌 Munao Singing Festival

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目瑙纵歌是德宏景颇族的传统节日，意思是“大伙跳舞”。一般在农历正月十五日举行，持续四至五天。届时，人们穿着节日盛装，从四面八方赶来参加。这个节日非常盛大且历史悠久，相传是太阳神传授的。景颇族有个创世英雄叫宁贯娃，他父母临终前对他说：“我们去世后，你要跳起舞蹈举行送魂仪式，我们才能变成大地，你才能变成人在上面繁衍、生存”。宁贯娃正想去太阳国学舞，却看到鸟雀们在一株黄果树下举行目瑙会，原来它们已经应太阳神的邀请学回来了。他便很快向鸟雀学会了舞蹈，把舞蹈套路画在栗木柱上，并在喜马拉雅山脚划定舞场；举行了第一场目瑙纵歌，从此传到了人间。

This is a traditional festival celebrated by the Dehong Jingpo ethnicity. Meaning "everyone's dancing", the festival is generally held on the 15th day of the first lunar month and lasts 4-5 days. People from all over, dressed in their holiday best, join the party. According to the Jingpo Creation story, long ago there was a hero named Ning Guan Wa whose parents, upon their death, said to him: "Once we have passed away, you must dance at a ceremony to deliver our souls, so that we can become the Earth and you become the one who survives and reproduces." Ning Guan Wa desired nothing more than to go to the Sun world to learn to dance. But one day he saw birds singing and dancing in the Munao-style and realized they have already learned the skills from the god of the Sun. He quickly learned the dance by carving the birds' routine into a pillar of chestnut wood, and afterwards held the first Munao singing ceremony at the foot of the Himalayas. Thus, from the Sun god, the Munao ceremony has been passed down into human times.

“昆明市花·云南山茶花节” Yunnan Camellia Festival

All
Month

首届山茶花节将于2010年2月1日至28日在昆明举行，届时，市民不仅可以看茶花、买茶花，还可以更多地走近茶花文化，推动茶花产业的发展。首届茶花节的开幕式、闭幕式将在金殿公园举办，昆明市大观公园、翠湖公园、黑龙潭公园等市内各大公园景区，宜良县、嵩明县、中科院昆明植物园，以及其他适当地域场所都将成为本次活动的共同举办地。

The 2010 Camellia Festival will be held from February 1-28 in Kunming. The flowers will be on display for the public, as well as available to purchase. Opening and closing ceremonies will be held at the Golden Temple, Kunming Grand View Park, Green Lake, Black Dragon Pool, the city's major parks and other scenic areas. Yiliang and Songming counties are co-hosting the event, as well as the Chinese Academy of Sciences and Kunming Botanical Garden.

WHO SAYS GOOD FOOD IS ONLY SERVED IN BIG RESTAURANTS?

THE BOX BAR

老夫子酒吧

italian gelato

absinthe cocktails

imported wines

soft drinks

caffe

pizza

panini

lasagna

breakfasts

意大利冰激凌

苦艾鸡尾酒

进口葡萄酒

软饮

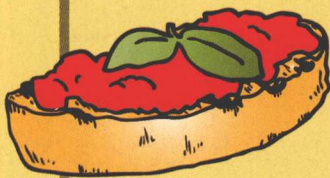
咖啡

皮萨饼

三明治

意大利千层面

早餐



Open every day
from 10:30am to 12pm



营业时间
每天早上10:30-晚上12点

the box bar wenlinjie wenhuaxians kunming

老夫子酒吧 - 昆明市-文林街-文化巷 0871-5362137

Photo Essay 图片故事

从泸古湖到亚丁 Lugu Lake to Yading

A LONG WAY TO GO! 很长的路 要走

Article Jesse Rodenbiker

Photographs Daniel Piotrowski

文 冉哲诗

图 大鸟



