



Figure 1. Collage by Ron Miller



Dear Delegates,

From October 9, 2009 to October 19, 2009, Donna Tomky and I were privileged to lead you on the People to People (PTP) Ambassador Program to explore Diabetes Education in China. We successfully accomplished the goals of the PTP Program, founded by Dwight D. Eisenhower in the 1950s: to build relationships and to experience first hand the value of other cultures. The relationships we developed on this trip will strengthen us in our practice of diabetes education and provide us a platform for working to impact diabetes globally.

Our group represented the diabetes care team members including people with diabetes in a uniquely global way:

- **disciplines** (nurses and nurse practitioners, dietitians, physician assistants, pharmacist, professor, endocrinologists, internist, podiatrist, and surgeon);
- **geography** (United States including Hawaii & Alaska, Japan, Barbados, India, and Nigeria);
- **practice settings** (hospital, outpatient, physician office or clinic, academic, public health and community based programs).

Most of us had not met each other before the trip and the internal networking as we traveled in China was beneficial--learning about each other's practice settings, job responsibilities, organizational support, and unique practice resources. Additionally we learned about health care in the countries our delegates represented.

The delegation visited professional and cultural sites in two very different Chinese cities – Beijing and Guiyang. These cities provided us with unique views of Chinese professional life and cultures from the traditional to the contemporary; the urban to the rural; the elderly to the young.

The primary professional objective of our delegation was to seek a better understanding of the practice of diabetes education and the role of diabetes clinicians in China. The professional visits and presentations were appropriately selected to address the following areas of interest:

- Epidemiology of diabetes in China
- Diabetes education and support for diabetes and chronic diseases through both current and traditional approaches
- Behavior change interventions and provider outcomes
- Technology applications for both patients and providers
- Healthcare provider professional education for diabetes care
- Opportunities for collaboration

This journal describes our understanding and learning about these topics. While we know that our knowledge is limited by the experiences we had, we do think that we came away with a basic understanding of the Chinese diabetes education system and general diabetes care.

As we traveled through China meeting clinicians and people with diabetes, we were impressed our goals and many challenges for diabetes care were the same – improving the lives of those with the disease. In 2007, China has the world’s second largest number of people with diabetes (39.8 million). This reflects a growth in the disease rate from 0.6% of the Chinese population in 1978 to 2.4 % of the population in 2000. Overall, the complication rate in China exceeds the world’s average in all areas except cerebrovascular complications (Med Insight 2008). Interestingly, we found that many times the diagnosis of diabetes in China is made at the discovery of complications and screening with early identification being limited. The Chinese clinicians discussed this openly and talked about some of the efforts to address this problem.

In addition to the Chinese application of Western diabetes treatment approaches, we learned about the Chinese Traditional Medicine approaches for management of chronic disease. As we traveled and conversed on our bus we learned about the five Chinese elements as another way to view health. The five elements - water, wood, fire, earth and metal – compose all things and represent relationships and phenomena in the natural world. All the elements possess “Yin and Yang” characteristics that are in a constant interaction and represent opposites as part of a greater whole. Traditional Chinese medicine integrates “Yin and Yang” with a goal of achieving balance.

One of our delegates, Theresa Bejblik, summarized this discussion as follows:

I was introduced to the five traditional Chinese elements on the PTP Diabetes Education Delegation. Maintaining balance between the elements is vital to maintaining good health. No single element is powerful enough to destroy all others. The elements are often depicted as a cycle to reflect their interrelations and each element corresponds with an organ: wood-liver, fire-heart, earth-pancreas, metal-large intestine, and water-kidney. In diabetes management, a key goal is to maintain blood glucose control. Each organ, represented by its corresponding element, plays an important role in this balance:

Chinese Element & Body Organ	Chinese Element applied to Diabetes
Wood feeds fire. (Liver)	The liver builds and stores blood glucose.
Fire produces earth. (Heart)	The heart circulates blood glucose.
Earth bears metal. (Pancreas)	The Pancreas releases insulin to clear blood glucose.
Metal carries water. (Large Intestine)	The large intestine receives and discharges waste glucose.
Water nourishes wood. (Kidneys)	The kidneys maintain water & glucose balance.

As we work to support both diabetes medical management and behavior change in our patients, we need many tools to introduce the logic and worthiness of practicing the seven self-care behaviors (Healthy coping, being active, taking medication, monitoring, problem solving, healthy eating, and reducing risks). If we apply the Chinese elements and the ideas of Yin and Yang, each self-care behavior contributes to the fine balance of diabetes management¹. The five elements can offer useful metaphors and analogies for explaining the rationale behind the self-care behaviors.

Application of Chinese Elements to Behaviors in Diabetes Self-Management

Healthy coping feeds motivation for activity. (WOOD)

Being active promotes a clear mind to remember medication. (FIRE)

Medication taking yields positive blood sugars. (EARTH)

Healthy eating supports healthy blood sugar. (METAL)

Reducing risks nourishes quality of life and prevents complications. (WATER)

Monitoring tells us when we are out of balance. (Measuring YIN/YANG)

Problem solving advises us how to balance the yin and yang. (BALANCE)

Also, thanks to each of you for your contributions to this wonderful memory of our time together – a once in a lifetime experience. Enjoy the journal and many thanks to Donna and the contributors for providing us with this special remembrance.

The Chinese philosopher, Lao Tzu said it quite well for us many years ago in the 6th Century B.C.



“Learn from the people,
plan with the people...
when the task is accomplished,
the people all remark,
we have done it ourselves.”



With Gratitude,

Malinda Peeples

Malinda Peeples, RN, MS, CDE

Leader PTP Diabetes Education Delegation

Vice President Clinical Marketing, WellDoc Inc

Past President, American Association of Diabetes Educators (AADE)

Donna Tomky

Donna Tomky, RN, MSN, CNP, CDE

Leader PTP Diabetes Education Delegation

ABQ Health Partners

Department of Endocrinology

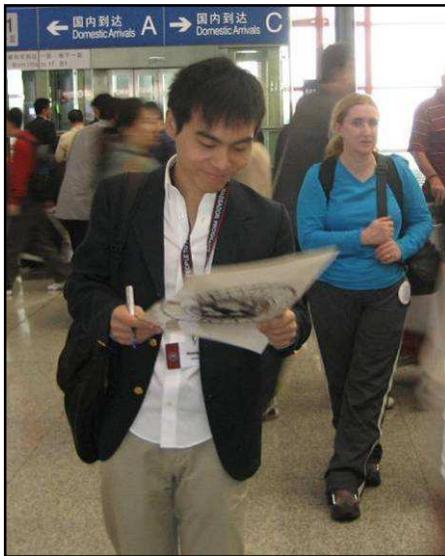
President-Elect, American Association of Diabetes Educators (AADE)

¹ Mulcahy K, et al. Diabetes Self Management Education Core Outcomes Measures: Technical Review. The Diabetes Educator 29(5) Sept/Oct 2003; AADE, The Diabetes Educator, May/June 2008.

Diabetes Education Ambassador Program in China 2009



Our adventure began in our respective homes located in the United States, Barbados, Japan and Nigeria. We soon learned how diverse our group truly was once we all met in our hotel in Beijing. Most of us arrived with jet lag from our 20+ hour flight from Los Angeles via Hong Kong while others arrived before or after us from other world cities. Our People to People (PTP) guides, Shawn and Riley, met us outside the baggage claim area in the Beijing airport. We first had to clear customs and health screens before loading up for our hotel. The Beijing airport had transformed into a premier airport following the 2008 Olympic Summer games. Population of Beijing now exceeds 17 million! Day 1 (really Day 3 of our 10 day trip) of our adventure in China (October 11, 2009) was underway...



Our guide Shawn is checking his list!



Beautiful artwork greeted us in the Beijing Airport!

Constant surveillance for H1N1 (swine flu) epidemic

We arrived in style in our Chinese tour bus to our 5 star Kunlun Hotel located on the bank of the beautiful Liangma River, a location famous for its embassies, foreign companies, exhibition centers, shopping centers and other deluxe hotels. The river front allowed for a beautiful morning strolls for those trying to keep on a daily exercise routine.

Our guides made our check-in seamless as we settled into our luxurious hotel for the next 4 days. That evening we enjoyed a lovely buffet dinner and beautiful music in our hotel's Skyline Café. All began to mingle and learn about each other while looking forward to an exciting cultural and professional exchange.



Kunlun Hotel Lobby & Skyline Café

Day 4, Monday, October 12, 2009, Professional and Cultural Day in Beijing
Notes by: Dee Davis; Edited by: Donna Tomky

We woke up to a smoggy day and started with breakfast in our hotel Skyline Café. All were mingling and getting acquainted prior to our “In-Country Briefing” by our national guide, Mr. Huang Shunqiang, AKA Shawn. Our Leaders Malinda Peeples and Donna Tomky gave us an official welcome. We learned more about each other by self-introductions and “what we were hoping to learn during our stay in China”. One important point of the Chinese culture is punctuality, something we all tried to respect throughout our stay.



Skyline Café offering American, Asian, & European selections



Our group comprised of 24 professional delegates, 7 guests and 2 leaders for a total of 33 delegation travelers.

The in-country briefing by Shawn began with information about China. It is the third largest country in size just behind Russia and Canada with 2/3 of its land not cultivatable. China's population is 1.3 billion, with 16 million newborns annually and 7.5% of the population is over 65 years



old, perhaps a reason for rising rates of diabetes in China. The Han nationality is the majority (92% of the nation's total population) with 55 other ethnic minority groups sharing the remainder, all boasting no discrimination among these groups. People enjoy freedom of religious beliefs with Buddhism, Daoism, Christianity and Muslim being most practiced in China. Nationwide time is observed with Beijing time is universal throughout China, so at least for the next 7 days we were on one time zone during our stay in China.

The Chinese language is standardized all over the country with both pictographic square characters and Romanized spelling in "Pinyin". Mandarin is the official language with over 150 dialects. Traditions are changing with increased globalization. Family size is minimized to 1 (sometimes 2) children per couple; marriages are no longer arranged by elders; more open economy and government with dramatic changes occurring in people's daily life by following "the truth" instead of elders and leaders dictums. We learned the RMB currency exchange rate as shopping became high on almost everyone's list. With the global economic recession, the US dollar exchange rate was ~6.78 RMB to \$1. We soon learned quickly to convert RMB to our respective currencies.

货币名称	单位	现汇买入价	现钞买入价
Currency Name	Unit	Buying Rate	Cash Buying Rate
英镑 GBP	100	1077.84	1044.56
港币 HKD	100	87.89	87.19
美元 USD	100	681.17	675.71
瑞士法郎 CHF	100	659.50	639.14
新加坡元 SGD	100	487.28	472.24
挪威克朗 NOK	100	97.30	94.29
丹麦克朗 DKK	100	134.58	130.42
挪威克朗 NOK	100	120.73	117.00



Beijing that greeted us with many walks/travels of life...

We ended our briefing, and then sorted delegates' gifts from our respective homes and national associations to give to our hosts as an expression of our gratitude for their gracious hospitality. Following a short break we loaded onto our tour bus for **Guolin Local Food Restaurant** for our first Chinese lunch with round-table seating around an over-sized lazy-Susan. Multiple

The group was introduced to standard Chinese phrases, zodiac chart, historical facts, the meaning of "Yin and Yang", and modern historical firsts in Sino-US relations. The group soon felt the hustle and bustle of



dishes served in succession included pork, beef, shrimp, jelly fish, bok Choy, beans, rice, water, soda and Chinese beer. All enjoyed the festive feast! After another new experience of managing the “Eastern” bathroom, the professional delegates and guests went their separate ways.



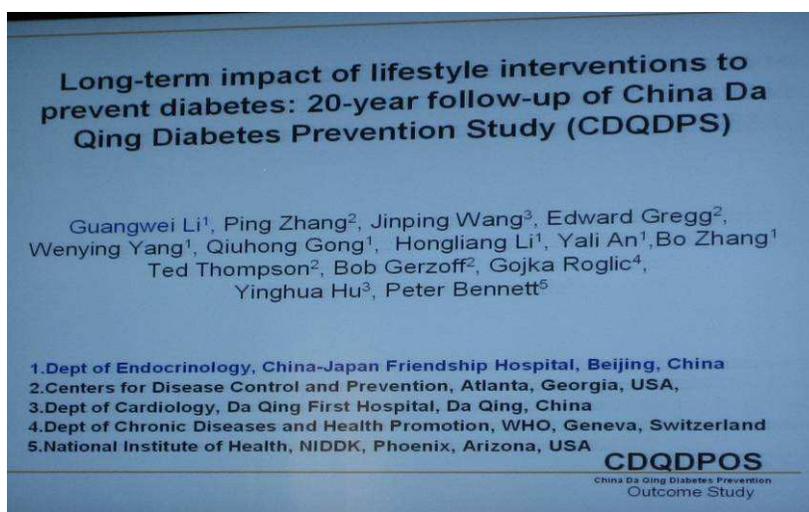
The professional delegates departed for the **China-Japan Friendship** hospital. The China-Japan Friendship Hospital is one of the largest general hospitals in Beijing. It is one of the two national hospitals and is directly affiliated to China’s Ministry of Health. A total of 1,315 beds and 58 departments make up the hospital, which includes an Institute of Clinical Medicine Research and a Teaching Center. China-Japan

Friendship Hospital is well known for its general medicine, emergency care and its integrative medicine which combines Western and Traditional Chinese Medicine. The hospital is the teaching hospital of Beijing University Medical School, Beijing University of Traditional Chinese Medicine, China Medical University and Tianjin Medical University, etc. The hospital carries out the function of medical care, education, scientific research, preventative medicine and rehabilitation. It is equipped with many advanced equipments of MRI, Spiral CT, ECT, DSA, MLA, Color Doppler, operation pilot system and automatic biochemistry analyzer, etc. The hospital was also the primary medical facility serving athletes for the 2008 Beijing Summer Olympics.



We were greeted by the Endocrinology Department including Drs. Li, and Xiaoping, department heads. It is estimated that 40 million people with diabetes are in the Beijing area. Patients typically received diabetes education from physicians. The paradigm for diabetes education is changing from the medical model to a nursing model. A recent study showed that patients taught by nurses had much better outcomes than those educated by physicians. They have adopted a similar diabetes education model as the US by offering both individual and group sessions. The diabetes team consists of 2 physicians, 1 dietitian and 5 nurses. Patients usually visit the entire team at each visit.

We enjoyed presentations from our Chinese professionals including “Long-term impact of lifestyle interventions to prevent diabetes: 20-year follow-up of China Da Qing Diabetes Prevention Study (CDQDPS)” by Dr. Li.



Our leader, Malinda Peeples, presented on Diabetes Education in the United States, including education models, certification of diabetes educators, accreditation of diabetes education programs, and available educational resources. Following the presentations, the group exchanged a series of questions and answers in the spirit of exchanging information amongst our countries. We closed by presenting gifts of appreciation to our hosts for their wonderful hospitality!





After our meeting, we were given the opportunity to visit the diabetes floor, patient rooms, and walk through parts of the hospital. The floor had diabetes information and teaching aids. Prior to leaving our hosts exchanged gifts and photos to show the spirit of professional friendship.



Our counter group comprised of 7 guests and a wonderful local guide, Riley, were delighting themselves with a tour of the Summer Palace, so named because it served as one of the summer residences of the imperial households. Longevity Hill is one of the main focal points, with a panoramic view from its summit. It is from here that you can see the 17-Arch Bridge, the Jade Belt Bridge and the Stone Pagoda. Pictures from Ron Miller captured their afternoon of fun and excitement.



Andrea, Marcia, and Riley



The entire gang with Ron behind the camera





Ron Miller, the man behind the camera...



Marcia Jordan graciously shared her journal with us including...My best memories of Beijing were observing and meeting local people.

While visiting the Summer Palace, I was taken aback at the spectacle of large crowds of retired and elderly people, under tall shady trees, joining in ballroom dancing, tai chi exercises and rhythmic dance with large colorful ribbons. **The Summer Palace's** Long Corridor (and it was really long!) was built for the Empress Dowager Cixi and her court to have all-weather outdoor entertainment area under its beautifully decorated roofs. Stretched along its complete length were dozens of small groups playing stringed & wind instruments, others concentrated on card games, chess, checkers, unaccompanied solo opera singers had their small audiences transfixed, various crafts were being worked on, and a general atmosphere of 'participation and enjoyment' pervaded. Finally there was a large choir assembled under towering trees, with wind, brass, percussion & keyboard support, plus a (serious) conductor and they sang strongly in beautiful harmony from their choir books – the music sounded like 'old favorites' and I was frustrated that I could not join in !

By comparison with the rich terra cotta walls and vividly colored decorative wooden trimmings of Chinese Royal architecture, the **Hutongs** of the common people are dreary grey mainly brick residences with traditional "beaded" sloping roof lines for directing rainwater efficiently. We visited such a community via 2 seater pedi-cabs, weaving our way through narrow alleys and along a dreamy tree-lined waterway.



Mrs. Wong welcomed us to their home. Mr. Wu, retired from the

Archeology Research Institute, joined us later. Their 3 room home of kitchen, living room and bed room (bathroom shared next door) was clean, comfortable and full of interesting family detail. We saw photos of former illustrious visitor Henry Kissinger and others. Their adjoining courtyard, enjoyed from inside the house through many lightly curtained windows, was filled with pot plants, bicycles, herb gardens, bonsai, a fish tank and the grandchildren's 3 turtles. Mrs. Wong told us that during the Cultural Revolution, Mr. Wu was sent 1000 km into the country for "re-education". She had to work in a local rubber factory. During the 3 years Mr. Wu was away, they were able to meet for 10 days each year. Meanwhile Mrs. Wong had to share their family space with 5 other families.





Five Things re Beijing That I Expected

1. Prevailing smoggy atmosphere / traffic congestion
2. Men all smoke a lot!
3. Fierce patriotic pride at China's economic progress
4. People serious re their jobs / market precarious
5. Grandparents love Mao, parents respect Mao, youth bemused

Five Things re Beijing That Surprised Me

1. Clear sunny days – views everywhere
2. SO MANY trees, parks, gardens abound
3. EXTRA WIDE streets
4. Chinese attention to detail e.g. hotel rooms, staff, shops
5. High proportion? >95% of Chinese visitors everywhere we went

After returning to our hotel, freshening up, and eating dinner, most of the group went to the theatrical performance ---“The history of Kung Fu”. It is a story of a young boy who aspires to enlightenment as the life of a monk, yet faces the challenges of adolescence and young adulthood on his journey to self discovery, which is told through dance, acrobatics and martial arts.

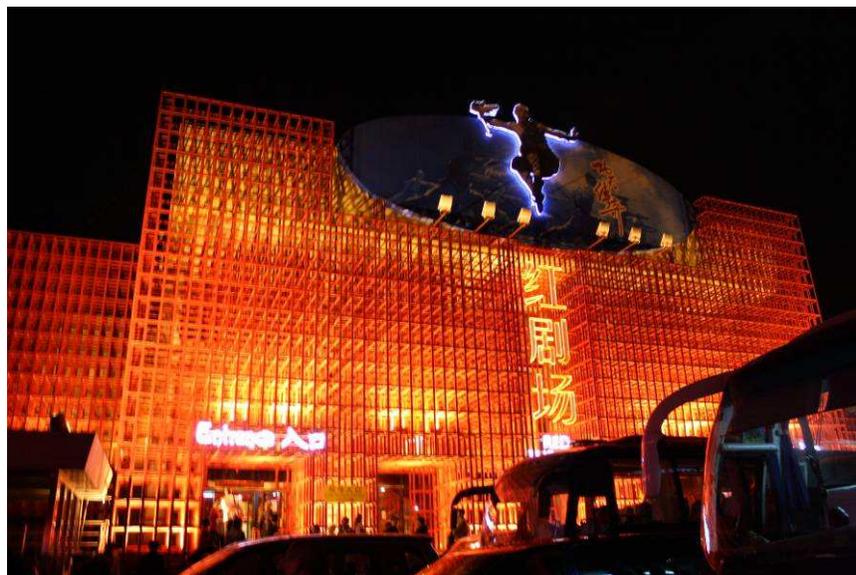
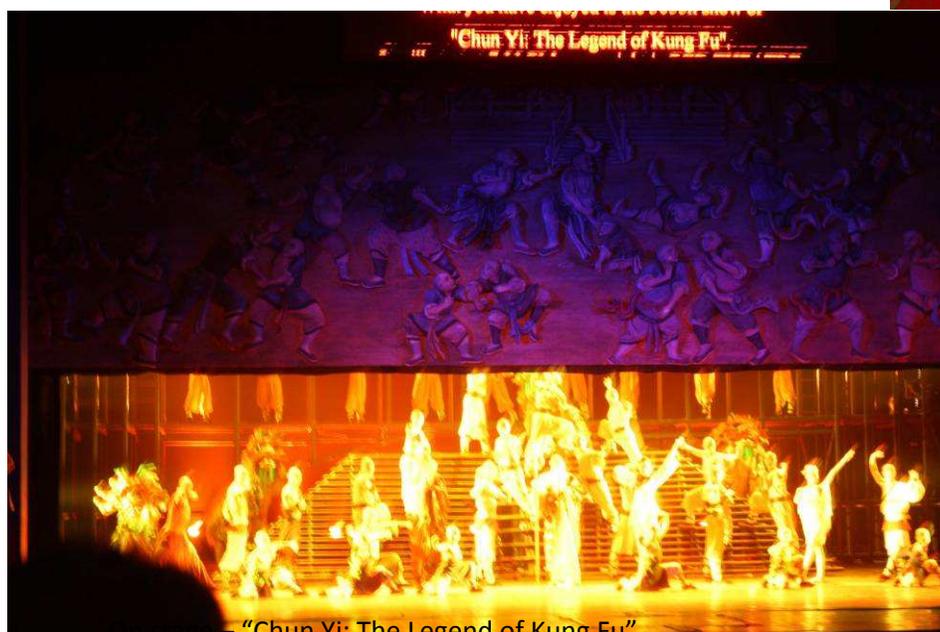
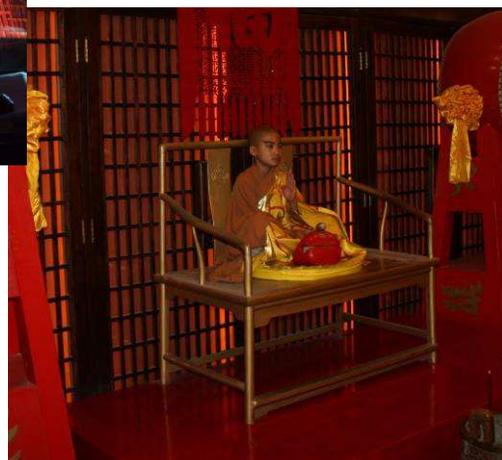


Figure 2 Theatre for Kung Fu Production



On stage - “Chun Yi: The Legend of Kung Fu”

Day 5, Tuesday, October 13, 2009, Professional Day in Beijing

Notes by: Cheryl O'Donnell, Sue Palumbo, & Vidya Gaitonde; Edited by: Donna Tomky

We departed early for Tang An Health Center located about an hour from our hotel on the outskirts of Beijing. Our drive took us by the 2008 Summer Olympics stadium and venues. The weather was picture perfect with sunshine and moderate fall temperatures. Like any large city, traffic was a challenge, but fortunately our bus driver flawlessly executed his driving skills through the maze of cars.



Delegates received a warm welcome by Dr. Nancy Cheng, and the **Tang An Health Center** staff, and patients. Dr. Cheng apologized for the fewer number of patients than she hoped for as the Ministry of Health restricted large gatherings because of the Swine Flu epidemic. The Center was established in 1997 under the support of the Ministry of Public Health and the China Center of Disease Control and Prevention. We visited a satellite center in the suburbs that doubles as a private senior residence center.



Under the leadership of its Director, Dr. Cheng Nanzheng (Western pronunciation is “Dr. Nancy Cheng”), diabetes educators from the Center travel all over the country to promote diabetes education and to introduce the advanced modes of diabetic management and control.

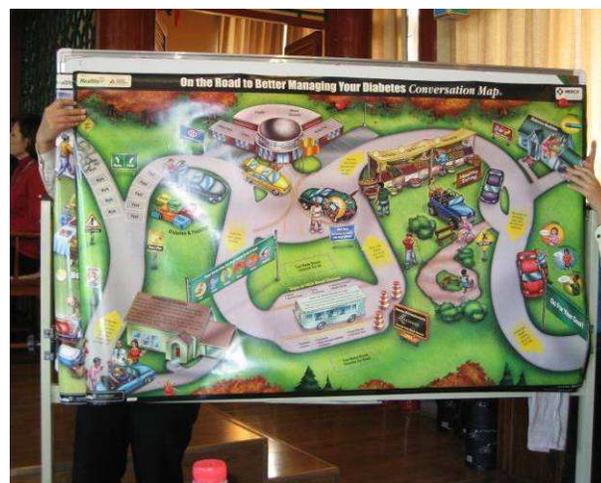
Diabetes education at the Tang An Health Center is often conducted on a large scale and in a long series. Since its establishment, the Center has organized nearly 1,000 lectures in over 110 cities in China, involving over 500,000 people. Tang An’s priority is social welfare rather than its own profits; and within the past 10 years, Tang An has provided over 40,000 magnetic tapes and hundreds of thousands of diabetes educational materials, all for free, in addition to offering free blood-sugar tests to over 200,000 diabetics. Annual training is also provided for physicians, nurses, and dietitians.



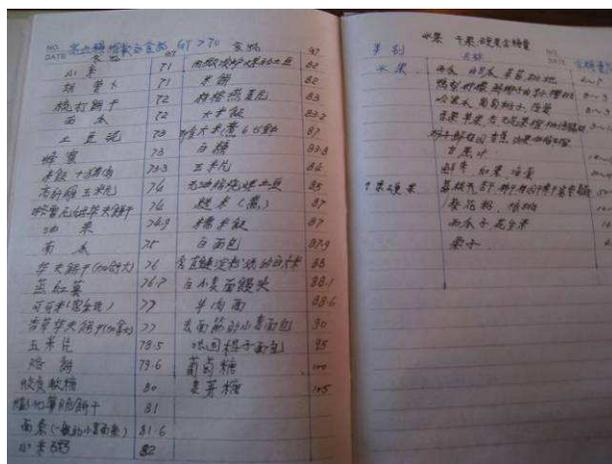
The morning program was organized, informative and presented with style and grace to greet our professional delegation. After being seated we were introduced individually and then given a warm welcome by our host, Dr Cheng Nan Zheng, who took the opportunity to acknowledge the assistance she had received from People to People and AADE in the development of their diabetes program.

Dr. Yang Yuman from Tang An started the morning presentations with “The Effect of Education on Glucose Control in China” showing improved education and clinical outcomes.

The next professional presentation was given by one of our PTP delegates, Professor Anne Miller. She gave an interesting expose on Conversation used at her institution for teaching nursing students and individuals with diabetes. *Conversation Map* programs are designed to engage participants in a group setting to facilitate learning through their own experiences while giving participants the information and peer support they need to help them achieve personal health. She stated that the “Maps” are becoming quite popular as a teaching tool in the United States. Using Power Point presentation, she demonstrated and explained the basis of the program. Our hosts and other delegates expressed a great interest in the concept and requested more information about the tools.



Other highlighted presentations included a husband and wife singing a beautiful & poignant song “Teacher I Miss You”; and Mr. Shu, an energetic 72 year old man with diabetes of many years, proudly displaying “all” of his diabetes logbooks while boasting of an A1C of 6.2%. The delegates, staff, students, and patients engaged in a Q&A period that led to a healthy exchange of information.



Dr. Cheng arranged a very special luncheon to introduce Chinese food delicacies such as fried frog legs, jelly fish, and other rare dishes. We then exchanged gifts and gathered for group photos, leaving with fond memories of the Tang An Health Center!





Group photo of PTP delegates, hosts and patients at the Tang An Health Center



This photo is a compilation of 2 separate photos providing an entire group photo.

That afternoon, we drove back into Beijing for another wonderful, yet another different diabetes education experience hosted by the **Johnson & Johnson Diabetes Institute (JJDI)**. The JJDI has a global presence providing healthcare professionals with education, training and a space for collaboration with the aim of enhancing the understanding of diabetes and helping to improve patient outcomes. The China facility is located in Beijing and reflects the country's hospital-driven health care system with the focus on establishing and utilizing blood glucose management practices and guidelines. Other institutes around the world are in Tokyo, Silicon Valley, and Paris.



The professional program focused on development of diabetes education; diabetes prevalence and care; and training, education and certification for diabetes educators in China. After a tour of the premises during which the director demonstrated the available teaching aids, Shen Li, RN Vice-group leader of the Diabetes Education and Nursing Group in China Diabetes Society, gave an overview of their diabetes education program and pointed out that nurses in China possess different clinical backgrounds and training similar to the United States. Her Power Point presentation illustrated the potential of their system to collect and collate data, and use the data as a public health exercise. The session ended with group photographs and exchange of gifts emphasizing the good-will aspect of the tour.



Group photo with JJDI staff and PTP delegates



On the drive back to our hotel, the group was ready for retail therapy and another cultural event. Our guides linked up the professional and guest delegates at a local silk factory and retail store. We engaged in an informative tour of the making of silk from

cocoon to finished products in various forms. Everyone enjoyed the opportunity to shop for souvenirs to take back home.



Educational and retail therapy in the local silk factory and store front



Our evening cultural event joined delegates and guests for taking in the sights of the **Front Gate Street** shopping district. Front Gate Street is a renowned traditional commercial street in Beijing. It was the imperial road for emperors to Temple of Heaven before the construction of the outer city in 1550 in Ming Dynasty.

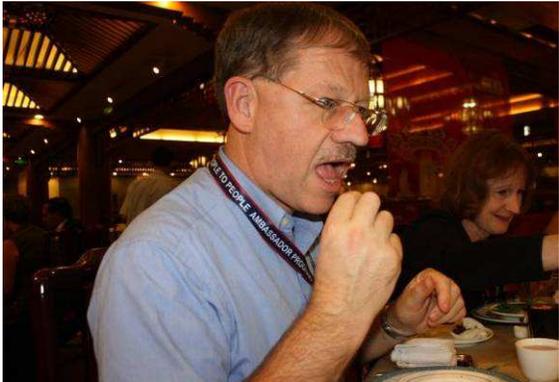
Front Gate Street was reconstructed for more than one year and opened in Aug. 2008. The unique busy area features in many time-honored shops giving an elegant reflection of Beijing. We enjoyed a very colorful, animated street of people walking the street going in and out of the beautiful shops.



We proceeded down the street to the **Quanjude Roast Duck Restaurant** for a delicious and unique Peking Duck dining experience. The menu included “sautéed prawn ball in Sichuan style, beef fillet with vegetable, lemon chicken, stir-fried fresh vegetable, fried vegetable, roast duck, duck bone soup” with the biggest surprise of the evening “Fried Duck Neat with Scorpions”! Some people ate the fried crisp scorpions, liking the taste and consistency to that of fried fish tail, while others just couldn't do it! Chinese beer and “fire water” helped those in doubt conquer the delicacy with added confidence! The meal added to our high sodium Chinese diet, while pleasing our palates.



Only the adventurous and brave ate the Chinese delicacy of fried scorpions! A few were caught in action...



Day 6, Wednesday, October 14, 2009, Cultural Day in Beijing

Notes by: Theresa Bejblik, Becky Stubbs, & Merilee Crammer; Edited by: Donna Tomky

Most of us had anticipated this day. Hearing stories about all these places filled us with curiosity, and now we experienced them first hand! We started our stroll through **Tiananmen Square**, the **Gate of Heavenly Peace**, symbolically declaring China's openness to the world and to the future. This is the largest public square in the world and has been the site of major student demonstrations in 1989 ending with the government's crackdown.



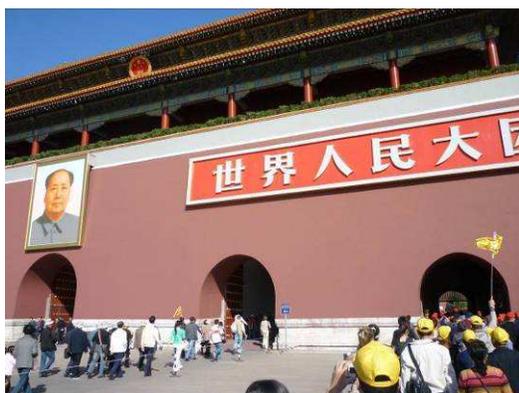
We just missed the 60th National Day in China holiday celebration that occurred the week of October 1st. The city was full of beautiful flowers and decorations left over from China's anniversary of the founding of the People's Republic of China (PRC) in 1949. Riley and Shaun enlightened us with an overview of this important occasion, the holiday celebrated by all of the PRC.



In the square all 56 ethnic groups in China were represented by 56 pillars, all red and gold, each decorated with a different costume painted on them to represent each ethnicity. After



gathering for a group photo, we proceeded with our walking tour to the Forbidden City via an underground tunnel connecting the famous sites. The Gate of Heavenly Peace takes us into the **Forbidden City**, a maze of seven entries into seven courtyards.



Background information tells us during the Mongol times it was the “Great Within”. Under the Ming and Qing dynasties, Beijing was divided into walled sections or cities. The Forbidden City was the innermost and the most important, because it was the residence of the emperor, the focal point of the empire and the middle of China. Entry was forbidden to all but those on imperial business until 1911, when the last emperor, Puyi, was overthrown.



The main structure is made up of two groups of three palaces, mostly 18th –century, situated one after the other on a central axis called the Meridian Line. Behind them, at the north end, is the Imperial Garden. Alongside the palaces to the northwest are the former apartments of the concubines; to the northeast are the palaces of Emperor Qianlong and Empress Cixi.



The first group is the outer court hosted official functions; the inner courts were for private ones. As we entered there were the five bridges standing for justice, loyalty and

fidelity. We first entered through the Meridian Gate once reserved for the Emperor and so-named because it was here that the new lunar calendars were distributed. The Forbidden City is dominated by the imperial yellow roofs and vermilion walls. On the massive red doors there were nine rows of nails signifying power. The Chinese would touch the nails and believed that the more nails they touched the more children they would bear. We are told that the Emperor's quarters has 9999 ½ rooms, one-half room short of 10,000, as the Emperor does not want to compete or offend the God of Heaven. In 1925, the Gate of Heavenly Peace was first open for local tourism, then in 1980 open to foreign tourism.

Our guide, Riley, entertained us the entire bus ride to our next destination with comical phrases such as "KFC" stands for "kung fu chicken". He also attempted to improve our Chinese language and courtesy skills. He said the correct way to ask a person's age is by asking them "what is your zodiac sign?" Based on their answer and "appearance of age" you can generally figure out what year they were born. Definitely a clever way to figure out each other's age as we traveled together for next 4 days!



On way to the Great Wall of China, we drove by Beijing 2008 Summer Olympics venues including the famous architectural wonder " Bird's Nest" that hosted the opening and closing ceremonies; and the "Water Cube" that hosted the water sports. We also saw a McDonald's Restaurant located inside the Olympic Park which might explain the rise of diabetes in China?!

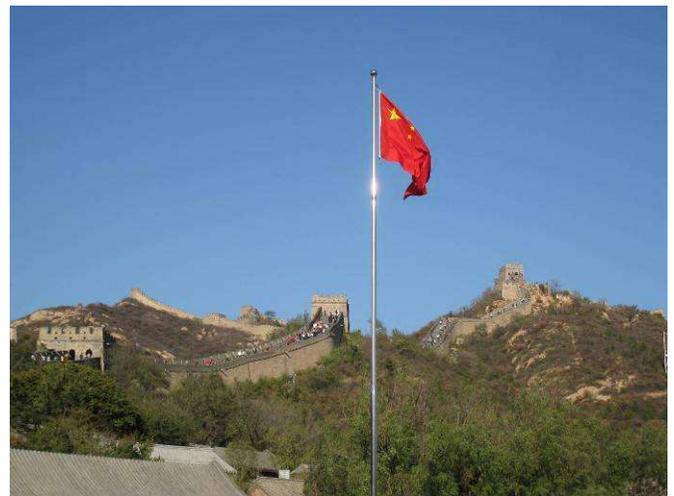
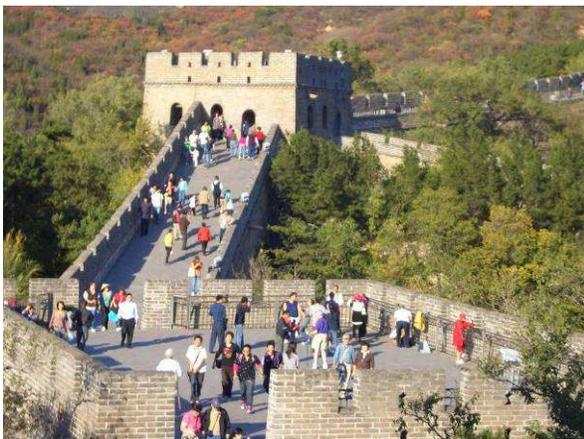
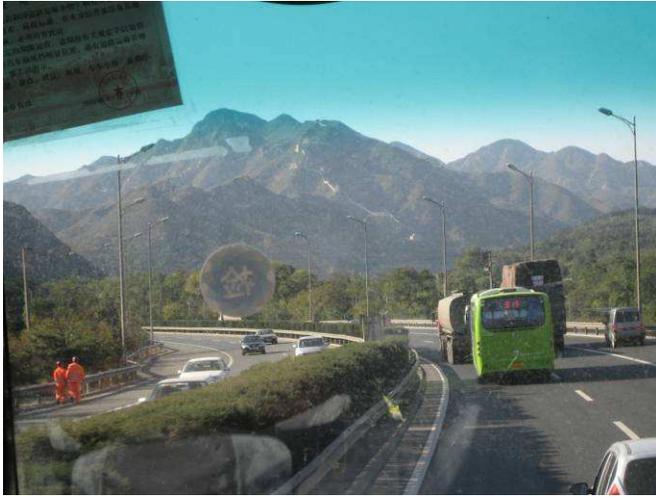


After an hour bus ride and laughter, we arrived at the Dayi Restaurant and Friendship Store for another scrumptious lunch, a quick Cloisonné tour, and retail therapy before heading off to the **Great Wall of China**.

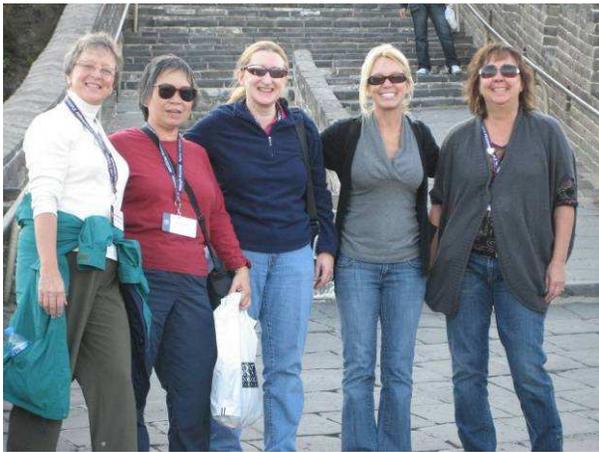
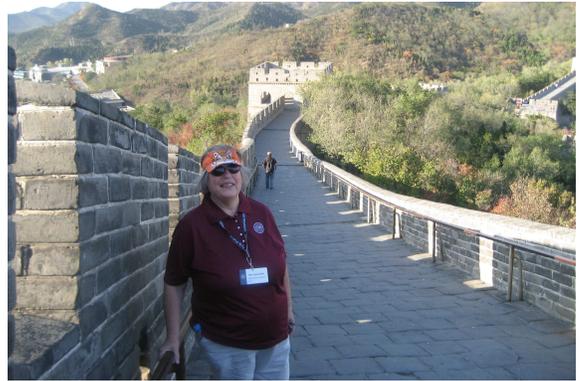


As the bus drove closer, we became spellbound with “one of seven wonders of the world”. And a *wonder* it was! For 2 hours we trekked the wall, enjoyed the distant views and fall colors. Most climbed as far as we could and then retreated to the Friendship Store for more retail therapy. Our efforts were recognized with an authenticated “People to People Ambassador Program” certificate of

climbing the Great Wall of China. What a day...



Photos of some of the delegates on the Great Wall, however, some went charging ahead or lingered behind and didn't make it in my camera's eye.





Some elected not to climb, but enjoyed the time resting and shopping in the Badling Hotel Coffee shop.

Following all of that...a true surreal day of visiting awesome historical sites that one would only expect to see in textbooks, a weary eight-some delegates ventured out of the hotel to find supper. One of the recommended restaurants in a nearby hotel was having Oktoberfest. The thought of eating different cuisine sounded really good. Tucked behind a nearby luxurious hotel was a tent centered on the lawn with loads of music and laughter filling the air.

We found a table near a group of European gentlemen. The entire wait staff was Chinese, the menu was in both Chinese and English that offered German dishes and traditional Oktoberfest (tall) beer steins.



Our mood really changed when the band brought out the Elvis Presley impersonator and started singing John Denver songs...we could not stop giggling! The Europeans asked if we knew these songs?! About the time we were ready to call it a night, we instead decided to liven up the place by making our presence known on the dance floor. We started forming a dance line doing the "bunny hop" and showed everyone the way around the dance floor a few times. We then hopped our way outside the tent doors only to find other Oktoberfest enthusiasts joining us. Who would believe a group of Americans enjoying Oktoberfest in Beijing, China? We didn't care because we had a great time (and giggled for at least another day).



Day 7, Thursday, October 15, 2009, Travel Day to Guiyong

Notes by: Marya Mei Bolyanatz and Sondra O'Callaghan

Edited by: Donna Tomky

Journal...Travel to Guiyang 10-15-09

The day began with our last breakfast at the Kunlun Hotel in Beijing. The breakfast bar was wonderful with a mix of Asian and Western foods. Marya and Teresa were up early touring around the hotel and snapped pictures of local residence fishing in the river.



We traveled by bus to the municipal airport and checked in as a group.

After a short flight, we arrived in Guiyang, which means “expensive sunshine”. Apparently it is usually overcast there. We met our local guide, Chen Guanglun, AKA “Chen”, who gave us a different view of China.



A little background about Guiyang from Wikipedia helps us appreciate a different part of China we are about to experience. Unlike the counter city from the north, Beijing, we had just come from, Guiyang has a moderate and humid climate, very diverse culture, and industrial and agricultural economy. Guiyang City, capital of Guizhou Province, is located in the southwest of China, on the eastern side of the Yungui Plateau. It is said that in ancient times, Guiyang was surrounded by dense bamboo groves and was famous for producing a musical instrument known as a Zhu. Hence the city is known also as Zhu.



Guiyang is the economic and commercial hub of Guizhou Province. The GDP per capita was ¥19,564 (US\$2,817) in 2008, ranked no. 206 among 659 Chinese cities.

Coal is mined in the locality of Guiyang and Anshun, and there are large thermal generating plants at Guiyang and Duyun, supplying electricity for the city's industry.

A large iron and steel plant came into production in Guiyang in 1960, supplying the local machinery-manufacturing industry.

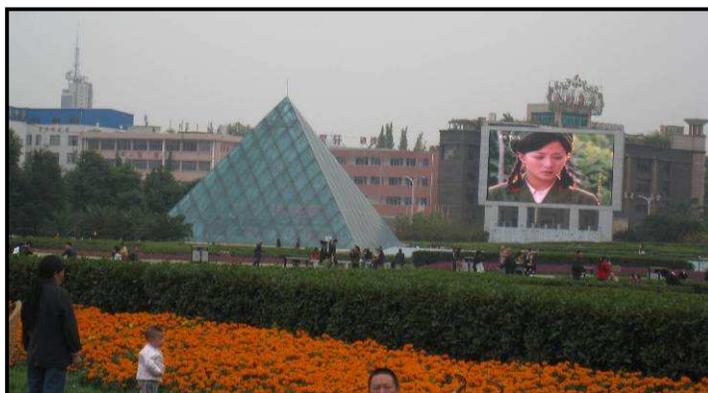
Large deposits of bauxite have been discovered to the north, and by the 1970s Guiyang had become a major producer of aluminum. Guiyang also manufactures industrial and mining equipment, as well as railway vehicles and equipment. It has a large chemical industry, producing fertilizers, and a rubber industry, manufacturing automobile tires. Guiyang also has textile plants and makes glass, paper, and other consumer goods.



Guiyang is populated by 23 different minorities, the most populous of which is the Miao people, in addition to the ethnic Han. As of 2003, the total population of Guiyang municipality was 3.45 million, among which 1.65 million are urban residents.



The bus ride was uneventful, but checking in proved a challenge as several had their luggage inspected and items removed (lighters not allowed on flight in checked or carry-on not even if they sport a picture of Mao).



From the airport, we went directly to The Peoples' Square. In the evenings, the townspeople gather there to socialize, play games, and dance. It seemed that many of them had not seen foreigners very often. Some enjoyed seeing us, smiling spontaneously and greeting us, while others looked at us skeptically. There was a massive large screen TV in the public square for all to see. It appeared to have been programmed with State Television.

Guiyang is very different from Beijing; more rural (even though they have the densest population in the world); it is much greener here with many trees. Guiyang is known for its mild climate; not too cold or too hot. But very wet (it rained most days of our stay). It's a popular place for Chinese tourists, but not on the usual western tourist hot spots. As a result few people speak English.

Our first stop was the People's Square, a popular place for locals to gather. Westernization is in full force here with a Wal-Mart superstore underground. Across the street is a statue of Chairman Mao, as if blessing the commercial mega-giant. China is like that all over; Communism next to capitalism. As Shawn explained, the government is communism, but the financial sector is all about capitalism. And Chairman Mao presides over it all...



Our walk continued across the street. Crossing streets in China is an adventure in itself. Some intersections require one to take one's life in hand and battle cars, cabs, buses, bicycles and pedestrians as they all battle for the same space. The other option is going below the streets to a maze of tunnels and vendors. On this occasion we used a tunnel; luckily Chen, our local guide knew where he was going.



The park is a community gathering place for the local people.



The Sheraton **Guiyang Hotel**, another 5 star hotel, is where we stayed for the remainder of our trip. We walked there from our tour of the **Peoples' Square**. After checking into the Guiyang Sheraton Hotel, we had an hour to rest then off to dinner. The hotel manager greeted us personally and gave us a synopsis of Guiyang's history and economy. We were graciously welcomed by the personalized signage in the beautiful hotel lobby.



We ate our first dinner in Guiyang at the **Tiantian Haiyang Restaurant**, a traditional Tian restaurant. Rice and schezuan peppers make up many of the Guizhou Province cuisine. The meal was good, but certainly more of a challenge to the taste buds than prior meals in Beijing.



After dinner, we enjoyed the rest of the evening at the Jiaxiu Pavillion of the Ming Dynasty. It is a beautiful wooden structure built on the Fuyu Bridge over the Nanming River. We enjoyed stretching our legs by walking around the gardens and taking in the lights shining on the river.





Others, Sally, Teresa, and Marya, decided to stretch their legs further by walking back to the hotel from the pagoda and enjoying the night. So ends another exciting day in China...



Day 8, Friday, October 16, 2009, Professional Day

Notes by: Sally Pinkstaff, Ron & Anna Miller

Edited by: Donna Tomky

We woke up to a rainy morning with no commitments until noon. Most of us delayed breakfast and morning walks or jogs. Our hotel served a delightful breakfast buffet offering traditional Western style breakfast food, as well as, cuisine of Southwestern China consisting of more noodle and congee selections and dim sum served in bamboo baskets. Prior to breakfast several memorable events occurred worth reporting.

A few of the women delegates swimming at the hotel that morning found a Chinese woman lying on the slippery shower room floor. She had fallen and now in obvious knee pain. Fortunately, she was attended to by capable health care professionals from our delegation that summoned help and attended to her needs until Chinese EMTs arrived. She received an injection for alignment of the knee without a diagnostic x-ray, and then taken to a nearby hospital.

While some were administering emergency care, another couple took a taxi to a shopping center that led to a few anxious moments. They discovered on returning that the taxi driver didn't recognize the name of their hotel. Fortunately the cab driver could read the Chinese script on their hotel room key and drove them to the right hotel.



Another delegate experienced a snafu with travel from Boston to LA and arrived a day later without a suitcase in need of clean clothes. So Raymond (the unfortunate traveler) and Sally made a trip to a nearby Wal-Mart Super Center to purchase clothes for the remaining trip. Others shopping in Wal-Mart were surprised at the selection of turtles, frogs, and other small animals for sale there.

The entire delegation was transported to **DaQianna Restaurant** for lunch. After a short slippery walk down an incline through construction and row of shops, we feasted on another Chinese meal. The favorite and unusual dish consisted of scrambled eggs on hot rocks – with some of the rocks being hard mushrooms. Another favorite was the delicious pumpkin cakes. Not so favorite was the carp with head et al!



Figure 3. Scrambled eggs on hot rocks





That afternoon, the professional delegation visited the Guiyang Traditional Chinese Medicine (TCM) College Hospital founded in 1956, which provides comprehensive services as medical treatment, teaching, and scientific research. Upon arrival, we were greeted by a number of nursing students all dressed in white uniforms with Chinese characters written on their bright red sashes. We felt welcomed by their smiling faces and gentle voices eager to practice their English with us.



We toured the museum which housed many “stuffed” animals, jars of dried plants, and framed displays of pressed plants - all used for making TCM medicines and herbs. During our tour, the director of nursing for the college explained methods for assessing a person's state of health. "A healthy person is one who eats well, gets adequate sleep, walks briskly, and is spiritually balanced." The physical exam includes how the face looks, how the patient smells, the reading of the pulse and observation of the tongue. A history is also taken. The role of the RN in TCM per the director is the psychology of the patient.

After the tour, we engaged in a face to face meeting seated around an oblong conference table with welcoming baskets of fruit fresh and flower arrangements. Members of our delegation were introduced to the nurses, doctors, and students from the TCM endocrinology department. We were told the division was very famous in China. There are over 800 faculty and 10,000 students with 9 different majors to choose from at the TCM College. Nursing and medical students live in dorms, while the faculty lives in apartments on campus.



The dialog was lively and interactive with Shawn as our interpreter. We asked numerous questions including:



- 1) **What is TCM?** It was explained by TCM group – It focuses on the human being as being whole and an entity of nature. The key to health is the balance of the yin-yang or the hot-cold. Disturbance in this balance leads to illness. In contrast, western medicine focuses on the “MICRO to treat a disease”. In TCM, multiple organs need to be treated to achieve balance because parts of the whole system are involved in the imbalance.
- 2) **What is the diagnosis of diabetes?** It is the same as western medicine. Hyperglycemia requires western medicine while TCM is most often used to treat diabetic complications. Also TCM medications treatment attempts to prevent progression from pre-diabetes to diabetes At the College, which is considered distinct in this regard, medical approaches to diabetes include both TCM and western medicine.
- 3) **Use of diet to treat DM?** Diet serves only to assist the TCM medications and treatments.
- 4) **What is the typical RN program like?** 12 yrs to finish high school, 2 years to study English, 2.5 years of nursing school and 1.5 yrs of practicum.
- 5) **Obesity** represents an imbalance of yin and yang
- 6) **Use of insulin** is the same as US
- 7) Not much **screening**. Most patients are diagnosed when they present to the hospital with an illness or DM complication. The China press broadcast TV and news articles about diabetes.
- 8) **Cigarette smoking** is a big problem. Patients are told to stop but like elsewhere find it difficult.
- 9) No **medic alert** bracelets.
- 10) China is faced with a rising prevalence of **T2DM in children** the same as the US.
- 11) **Research** is being done and is focused on vascular problems.
- 12) **Foot care** brochures are available. Joe (podiatrist and pedorthist) demonstrated a diabetic shoe and explained the specific characteristics of the shoe.
- 13) **Pharmacists** are primarily used in large hospitals only - not as front line educators in diabetes. Bigger drugstores may have a pharmacist.
- 14) **Acupuncture** is used mostly in treating diabetic neuropathy.
- 15) The Oil industry in North China has developed a role model for health and diabetes care. Nationwide **standards of care** have been published by the Minister of Health.
- 16) New medications have three stages of clinical trials before approval.

Questions from our Chinese hosts included:

- 1) **What is diabetes education certification?** Discussed the CDE certification and process.
- 2) Explained that **diabetes practice** in the US is predominantly outpatient
- 3) How do the new and expensive drugs **Byetta and Januvia** work? Explained GLP1 agonist drugs
- 4) The diabetes delegation asked how **changing behavior** is discussed with the patient. The host team indicated that patients who come to the hospital for treatment are believed to be motivated.

We felt that our face to face meeting was friendly, cordial, somewhat informative, although too much focus on western medicine. As we realized they know far more about what we do, than we know about what they do. Some of us have more homework to do in learning more about TCM in order to ask better questions. Some felt that a demonstration of TCM diagnosis would have been helpful to better understand TCM. Overall the many of the delegates were impressed with their dedication to patients including those with diabetes and the non-disease-centric TCM approach to patient care. Following our meeting, we convened for a group photograph of the delegation and host team. Reluctantly the delegation said their good-byes.



Dinner was a delightful experience at the Dongjia Restaurant featuring traditional musical entertainment and dress of the Dong minority. A wedding party provided further photo opportunities. Our guides arranged for a beautifully decorated cake in celebration of our youngest delegate's birthday, Theresa Bejblik. We were joined my local Chinese patrons from other tables in singing *Happy Birthday*. Generous slices of decorated sponge cake were enjoyed by all.



Day 9, Saturday, October 17, 2009, Cultural Day

*Notes by: Barbara McDanolds and Kim Stoakes
Edited by: Donna Tomky*

Following an early breakfast, we all loaded our bus for a two hour ride in the countryside to **Changjiao Village Primary School**. It was good to get outside of the city limits and see the farms where the land was worked with water buffalo pulling one-spade plows. Wealthier families utilized a roto-tiller to work the ground.

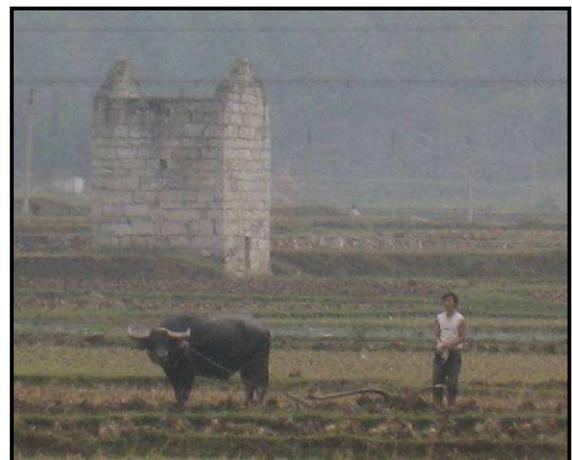


We saw our first rice patties and people working in the fields with water buffalos or farmers tilling the soil by hand. Usually, two families share a water buffalo because of the poor economy and expense of the animal. One water-buffalo calf costs ~ 600 to 700 RMB (\$100 with a life expectancy of 15 years). The domesticated water buffalo is often referred to as “the living tractor of the East” as it is relied upon for

plowing and transportation. Farmers treat and respect their water buffalo because of the tremendous amount of work they do. In fact, when the water buffalo dies the family buries them. However, people in China living in the cities are cremated at death because of lack of real estate for graves. The farmers are given an exception to bury their own on the hillside burial plots. Incidentally, the government owns all of the land in China.



It



was fascinating to learn about rice as it is an annual plant and grows about three feet tall with the seeds (grain) at the top. Farmers in this part of the world, harvest rice by using sickles to cut the rice seeds from the straw. The straw is heaped into mounds for an extended period to dry and then burned for nourishing the soil. We saw only the post harvested mounds of straw burning.

On the way to the school, our guide told us many stories about China and educated us about the shape of the mountains, known as Karst formation. **Karst formation** is a landscape shaped by the ground pushing against the mountain and forcing the limestone into tall formations.

The **Changjiao Village Primary School** was built in 2007, funded by the People to People Ambassador Program. There are approximately 120 students from kindergarten to grade six studying in their new school building which was made of bricks and concrete.



Most of the students are from Changjiaocun Village, the others are from the neighboring villages. Students from grades one and two study in the old one-floor building made of wood and tiles, previously the storehouses of the village, but renovated at the same time as the construction of the new school building.

The children at the primary school welcomed both the PTP Diabetes Education and Agronomy Delegations with fanfare and dancing. We were captivated by the children as they sat with us on benches. The older children asked our names and they were eager to tell us their names.



Small groups of children danced for us to surprising modern music from the US as some expected them to perform traditional dances. The people were gracious and exceeded our expectations with a warm welcoming ceremony. The children expected us to reciprocate with a song, dance or whatever, so our creative juices formed a circle by joining hands and attempted to sing "We love you..."



The school was three stories high with a few windows, doors and cement floors. The small desk and stools and benches were very rudimentary. A tiny room served as the library and we wondered how the textbooks were allocated to the children. Our interaction with the children and the village people enriched our appreciation of rural China, as they the tour guides told us this is “real China” a part most tourist miss when visiting the usual cities and sites.





Gifts from the delegates' home cities or towns were presented to the Children's principal from the delegation. Later the children displayed their delight by proudly wearing their gifts.

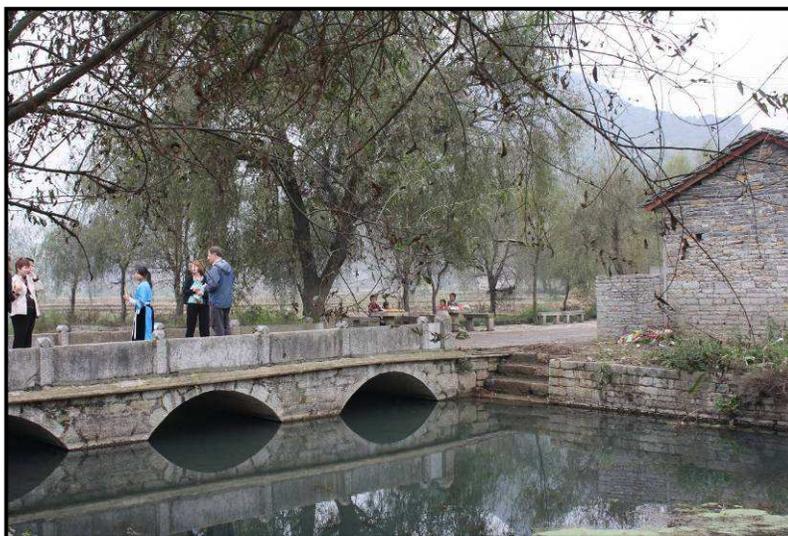


We then bused to the restaurant in the **Yunfeng Tunpu village** for lunch followed by a tour of the nearby Fortress Village of Ben.



Scenic Area, located in Qiyangqiao in Xixiu District, 15 kilometers east of the city of Anshun. There are over 40 villages preserved inside this scenic area dating from the Ming Dynasty 600 years ago. It was amazing to realize there are residents living this ancient village. The tunpu (village fortress) in Anshun, Guizhou, was built in the Ming Dynasty for military use. Today, it retains its original style and pace of life.

Originally constructed in the Ming Dynasty (1368-1644) as fortresses, tunpus, echo a certain military function. When the first Ming emperor, Zhu Yuanzhang, came to power, the army and locals in Anshun constructed villages as military sites. Each village included forts, sentries and toll gates. In those days, soldiers spent most of their days working as farmers. It was only in times of war that they were called to unify and repel an enemy.



People living in the tunpu were forbidden to marry people of other ancestries. Even after the passage of hundreds of years, residents of the tunpu retain their traditional Ming lifestyles, clothing and hair styles.

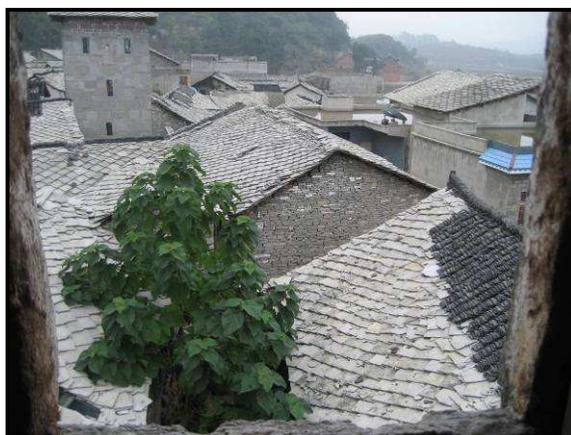
Yunfeng tunpu is the most complete military defense post, built with stone gates and towers.



Yunshan tun is one of the spots. It is located in the canyons of the Yunjiu Mountain. The only way into the village is a twisting, stony stairway. Long walls were built besides the gate to connect it into the cliffs of the mountain.

A stony main street crosses the village from east to west. There are drama stages, a temple to the God of Wealth, ancestral temples and traditional Chinese medicine stores.

Residences and blockhouses are connected by twisting lanes and built into the mountain. The tunpu is built to be an ironclad defense.



Interestingly, running water had been retro-fitted into the stone structures. There was a small clinic in the village where a resident was getting her medication. Delegate and guests, alike, were surprised by the infant and toddler clothing that slightly resembled the old "union suit." We only observed small infants that had a diaper under the clothing.

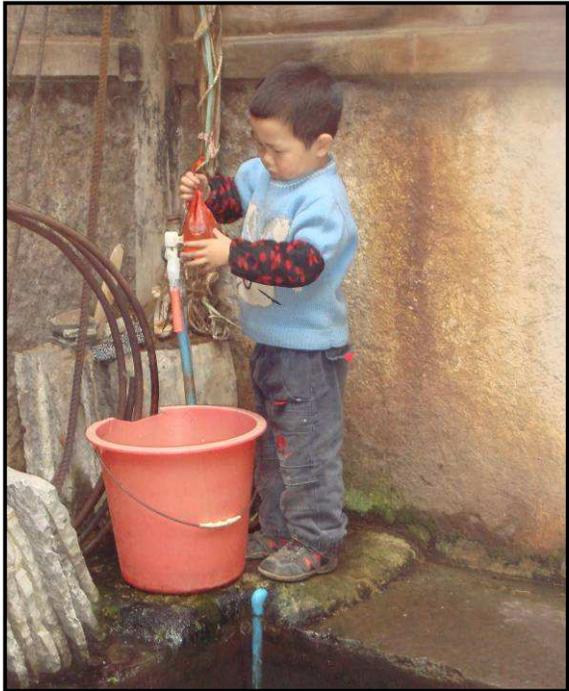


Figure 5. Stone walk way along the canal

Next the group toured the museum and the Ground Opera near the village. The museum demonstrated the village was a living fossil of the Ming Dynasty. After the tour, the group loaded back into the bus and traveled 2 hours back to the hotel in Guiyang.



That evening several of the delegates had dinner in our hotel and shared with each other the state of diabetes in the different countries we represented including USA, Barbados, Nigeria, Japan and India.



Day 10, Sunday, October 18, 2009, Professional and Cultural Day

Notes by: Donna Tomky

We woke up to rain and shuttled out to **Xinglong City Garden Community**. A surprising contrast of scenery compared to the previous day. The community is a lovely gated upper middle class condominium complex with all the amenities close to home. We were greeted by the retirement center's welcoming committee playing drums and waving flags. The residents



were surrounded by lush foliage, safe walking paths, grocery stores, as well as an on-site medical clinic. We gathered around a large table for the local residents to share their stories and ask questions about their diabetes. Since it was an open forum, many of the questions were individual focused making it quite interesting to answer questions in a group format. However, no different than a community group back home wanting curb side individual consults in a group setting.



While the professional delegation was giving consultations, the guests were



being entertained in one of the local family's residence. They observed how a family prepares a feast in tight, but modern living quarters. As usual, they were having a fabulous time!



Qingyan Ancient Town

The professional delegation drove out Qingyan Ancient Town in advance of the guests to explore and have lunch on site. We experienced open air dining under awnings to keep us dry. Our lunch was abundant with buckets of rice, platters of dumplings, veggies, assortment of stir fry, and breads. Following our lunch, we dispersed into small groups for retail therapy and exploration. We then gathered for a guided tour of the ancient town. Southern China is famous for spicy hot Szechuan peppers.



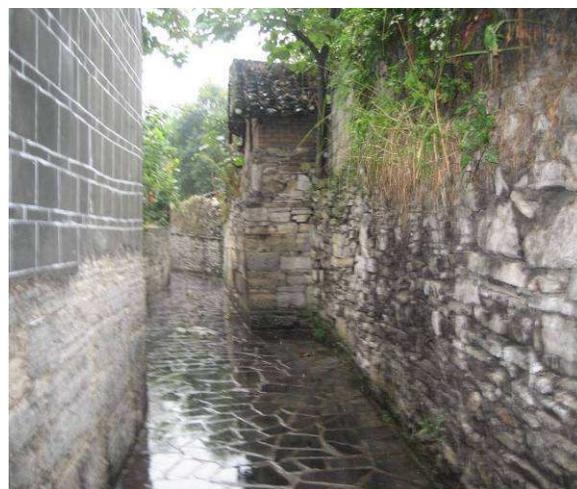
Qingyan Ancient Town is one of the most famous historical and cultural towns in Guizhou Province. It lies in a southern suburb of Guiyang. As an ancient town, covering an area of 741 acres, Qingyan Town was originally built in 1378. Because of its long history and strong cultural atmosphere, Qingyan Ancient Town has become an attractive destination for numerous domestic and foreign tourists. Dating back to the beginning of the Ming Dynasty (1368-1644), Qingyan town was built for military purposes.



Because of its geographical location, Zhu Yuanzhang, the first emperor of the Ming Dynasty, established it as a station for transferring military messages and to house a standing army. Through years of modification and repeated restoration, Qingyan Ancient Town has gradually become a distinctive ancient town with features of both the Ming and Qing Dynasties (1644-1911).



The group toured the museum, shopped, and finished with final retail therapy within the ancient town. Jewelry, crafts, and peppers were some of the popular items that Qingyan is famous for.



After a long day filled with professional and cultural activities, a farewell banquet on the final evening in China was provided for us to recap our People to People experiences. The Yayuan Restaurant was our setting for food, drink, and sharing the best and worst of our travels thus far. Becky and Earleen departed early to catch a flight to Manila to meet Becky's future daughter-in-law's family. All the rest stayed for food, drink, and fun.

Becky Stubbs and Earleen Rapozza, Hilo, HI



Dee Davis – Lititz, PA and Hideaki Jinnouchi - Kumamoto, Japan

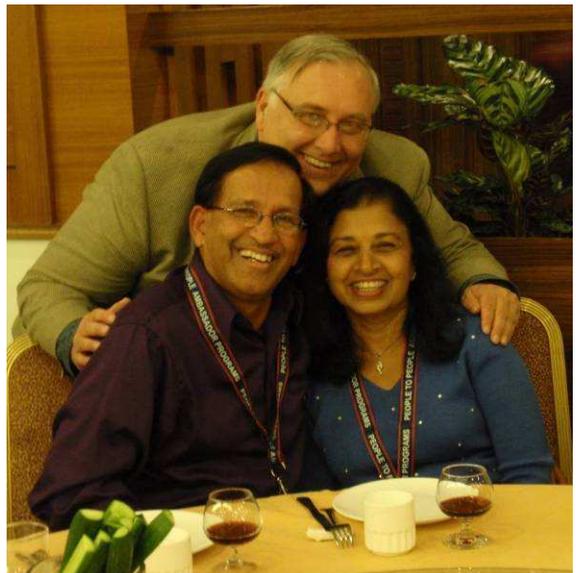


Kim Stoakes and Kayleen Kehoe – Webster City, IA



Sally Pinkstaff – Baltimore, MD and Teresa Bejblik – St Paul, MN





Anna and Ron Miller—Springfield, MO



Marilee Cramer, Sherman, IL and Anne Poy, Chicago, IL





Oscar and Marcia Jordan—Cave Hill, St. Michael, Barbados



Marya Mei Bolyanatz – San Luis Obispo, CA



Janice and Jack Wolk—Garibaldi, OR



Norman and Fay Anderson – Nebraska City, NE



Barbara McDanolds – Still Pond, MD



Raymond Mc Laughlin –North Cambridge, MA



Andrea Kessler-Helton and Sondra O'Callaghan—Jacksonville, FL



Muhammad Tukur – Mansfield, TX



Carole Bullock—Tallahassee, FL



Joe Mozena-- Portland, OR



Donna Tomky, Albuquerque, NM and Malinda Peebles, Baltimore, MD



We finished the evening at the local theatre enjoying **Wind of Colorful Guizhou**. The song and dance program the *Wind of Colorful Guizhou* showcases typical theater pieces of different Chinese ethnic groups such as Han, Miao, BuYi, Dong, Yi, GeLao, and Shui. The program was filled with its performance of traditional customs and acrobatic stunts, often thousands of years old. The costumes and music portrayed the ethnic China that often is missed. The theatrical production was a wonderful way to end a fabulous 10 day tour of China's diverse cultures, economy, and geography.



Day 11, Monday, October 19, 2009, Departing Ways

Notes by: Donna Tomky

Our final day in China included farewells to our friends going on the extension tour with excitement waiting for them in Xi'an and Kunming. Sally, Andrea, Marilee, Barbara, Sondra, and Joe said their final goodbyes to the main group at 8 AM to explore the wonders of Xi'an including the famous Qin terra cotta warriors, Wild Goose Pagoda, and Stone Forrest. Leo guided them to the airport and throughout their extended 5 day tour. Malinda and Hideaki said good-bye to us at 9:30 AM extending their time respectively in Beijing and Shanghai. Becky and Earleen said their good-byes the night before extending their tour to Manila to visit Becky's son's future in-laws. The rest of the group, 19 delegates, left later on that afternoon for the airport with Chen and Shaun only to wait another 4 hours for our flight to Hong Kong. Marya splintered off from the group for a flight to Shanghai for an extended stay with her Uncle, The group became a little unsettled during their wait by not seeing any gate information as our departure grew later and later. We finally lifted off 45 minutes late and arrived in Hong Kong 30 minutes later than expected.

Our journey became worrisome when Muhammad was denied entry into Hong Kong with his Nigeria passport. Immigration claimed that he needed a Cathay Pacific boarding pass, although the rest of the group did not (go figure...). Fortunately Janice stayed with Muhammad during this ordeal as she then conveyed the information to us at the Cathay Pacific check-in. Donna and Oscar worked with the CP supervisor to get Muhammad through immigrations. It was quite a hike from claiming our bags in immigration holding area to the departure gate. Anna and Ron Miller also had their challenges getting to the gate entailing a little extra angst as Ron waited for wheelchair transport assistance while Anna got delayed in claiming and checking in their luggage. Some got lost in last minute shopping to get rid of their RMB (sounds like a "good excuse" for more shopping) with just brief minutes to board the plane. Donna confirmed a final head count and all breathed a big sigh of relief to be on our way to the US.



After 12 hours of eating, sleeping, reading, talking, and movie watching we landed safely in LA. Although during the flight, Oscar and Donna were drawn into an in-flight medical emergency to assist a Chinese woman who had fainted in the aisle. Most of plane was sleeping so only a few witnessed yet another dramatic incident. Fortunately, entry into the US was easier than our Hong Kong experience. We fondly said our final good-byes to each other. Some of us stayed overnight in LA because no flight availability until the next day while others caught "red-eye" flights home to their final destinations. All in all we expressed our relief to be stateside with memories to last a lifetime!

Photos by Ron Miller (we were charmed with Ron's outstanding photography throughout the trip)



Professional delegation posed for a photo front row-Malinda Peeples, Shawn (our guide), Donna Tomky; 2nd row left to right-Sondra O'Callaghan, Carole Bullock, Anne Poy, Teresa Bejblik, Becky Stubbs, Kim Stoakes, Hideaki Jinnouchi, Vidya Gaitonde, Gajanan Gaitonde, Raymond McLaughlin; 3rd row left to right- Marilee Cramer, Sue Palumbo, Fay Anderson, Anna Miller, Oscar Jordan, Marya Mei Bolyanatz; 5th row left to right- Dee Davis, Janice Wolk, Joe Mozena, Barbara McDanolds, Muhammad Tukur, Cheryl O'Donnell, Sally Pinkstaff.



Another photo is depicted with same delegation members without our guide Shawn and more visible Vidya Gaitonde.

Acknowledgements from Donna—

My deepest gratitude for those who contributed with photos and text to the journal including:

1. Ron Miller
 2. Sondra O'Callahan
 3. Carole Bullock
 4. Joe Mozena
 5. Malinda Peeples
 6. Teresa Bejblik
 7. Becky Stubbs
 8. Kim Stoakes
 9. Marilee Cramer
 10. Sue Palumbo
 11. Anna Miller
 12. Oscar & Marcia Jordan
 13. Marya Mei Bolyanatz
 14. Dee Davis
 15. Barbara McDanolds
 16. Cheryl O'Donnell
 17. Sally Pinkstaff
 18. Vidya Gaitonde
-