



THE VICTORIA CHINESE MESSENGER

维多利亚华人信息

August 2013 (1st Ed.)

Victoria, British Columbia

It's All About Food Chinatown Night Market August 14, 2013

The night markets are free to the public and is a non-profit event only made possible by sponsors. If you would like to sponsor or advertise in the programs please go to the vcca.ca website and email to VCCA.

FOUNDING SPONSORS OF THE VICTORIA CHINESE MESSENGER

Asia: It's All About Food is the theme for the August 14, 2013 Chinatown Night Market. Come enjoy the entertainment and special programs the committee has in store for you.



HOTEL
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You can also enjoy the vendors, exhibitors and ambience of the oldest Chinatown in Canada.

The 2013 Chinatown Night Markets bring fun and culture for all ages. The market is located right on 500 block Fisgard Street, where Chinatown merchants will be open. It will be a chance to wander into some of the eclectic stores in Chinatown too. The markets are open between 5 pm and 9 pm.

Come join in the fun with Victoria Chinese Commerce Association at the August and September Night Markets.

2013 Canada Dry Victoria Dragon Boat Festival

Come down to the 2013 Dragon Boat races in the inner harbour on August 16, 17 and 18.

Come for the Friday night show and other cultural and local artistic entertainment. Races start on Saturday and finish Sunday.

On Friday night don't forget to hang your lanterns with special messages during

the "Lights of Courage" campaign to help raise funds for the BC Cancer Foundation.

The festival is title sponsored by Canada Dry and presented by Fairway Markets.

For You Foodies: Vietnamese Food 101



Vietnamese cuisine encompasses the foods and beverages of Vietnam, and features a combination of five fundamental taste elements (Vietnamese: ngũ vị) in the overall meal.

Each Vietnamese dish has a distinctive flavor which reflects one or more of these elements. Common ingredients include fish sauce, shrimp paste, soy sauce, rice, fresh herbs, and fruits and vegetables. Vietnamese recipes often use lemongrass, ginger, mint, Vietnamese mint, long coriander, Saigon cinnamon, bird's eye chili, lime, and basil leaves.

Traditional Vietnamese cooking is greatly admired for its fresh ingredients, minimal use of oil, and reliance on herbs and vegetables for flavour. With the balance between fresh herbs and meats and a selective use of spices to reach a fine taste, Vietnamese food is considered one of the healthiest cuisines worldwide

A typical meal for the average Vietnamese family would include:

- Steamed white rice

- Fish/seafood, meat, tofu (grilled, boiled, steamed, stewed or stir-fried with vegetables)
- A stir-fry dish
- Raw, pickled, steamed, or fresh vegetables
- Canh (a clear broth with vegetables and often meat or seafood) or other soup
- Prepared fish sauce for dipping, to which garlic, pepper, chili, ginger, or lime juice are sometimes added according to taste
- Dipping sauces and condiments depending on the main dishes, such as pure fish sauce, ginger fish sauce, tamarind fish sauce, soy sauce, muối tiêu chanh (salt and pepper with lime juice) or muối ớt (chili and salt)
- Small dish of relishes, such as salted eggplant, pickled white cabbage, pickled papaya, pickled garlic or pickled bean sprouts
- Fresh fruits or desserts, such as chè

All dishes except individual bowls of rice are communal and are to be shared in the middle of the table. It is also customary for the younger to ask/wait for the elders to eat first and the women sit right next to the rice pot to serve rice for other people. They also pick up food for each other as an action of care.

Despite being a small country in Southeast Asia, the foods from each region in Vietnam carry their distinctive and unique characteristic that portray the geographical and living condition of the people there. The traditional southern Vietnamese meal is made up of fresh ingredients that only the fertile Mekong Delta could provide, such as cá lóc, and a wide range of tropical fruit, such as mangosteen, mango, and dragon fruit. The southern style diet is very 'green', with vegetables, fish and tropical fruits as the main ingredients. Central Vietnam is the region in which food is prepared with the strongest, boldest flavors. This region is constantly under harsh weather conditions all throughout the year, so people there do not have as many green ingredients as other residents do in the north and south of Vietnam. Instead, the coastline around the central Vietnam area is known for its salt and fish

sauce industries; these two condiments are central to this region's daily diets. Northern Vietnamese cuisine has a strong Chinese influence, and its iconic dish is phở. While rice is a staple in the southern Vietnamese diet, the north has a preference for noodles. Due to the drastic differences in climate and lifestyles throughout the three main regions of Vietnam, the foods in each region vary tremendously. Northern Vietnamese cooking is the least bold in flavor compared to the foods from central and southern Vietnam.

Check out the new Asia Pulse
online at
www.victoriachinesemessenger.com

Happenings

Happenings are regularly updated
online at
www.victoriachinesemessenger.com

Our Public Service and Community Service Happenings column is published under our sole discretion and is published information as a free service.

Chinatown Night Market

August 14, 2013

500 Block Fisgard Street,
Victoria BC.

2013 Canada Dry Victoria Dragon Boat Festival

August 16, 17 and 18

Inner Harbour and Ship's Point
Downtown

Annual United Way Chinese Banquet

Hosted again this year by the Victoria Chinatown Lioness Club on Wednesday, September 25, 2013.

A sumptuous banquet at

Golden City Restaurant, 721 Fisgard St.

5:30pm.

Tickets are available for \$ 55 per person/table for \$ 550 (tax receipt of \$ 25pp). Raffle prizes and auction items. All proceeds will go to United Way of Greater Victoria.

The MC will be CBC's JoAnn Roberts and the Auctioneer will be Kilshaw's, Roshan Vickery.

Tickets can be obtained from Amanda Mills - [250-727-0222](tel:250-727-0222)/amandamills@shaw.ca or Pei Mei Chia - 250-514-1928.

Tradition in Felicities at the Royal BC Museum

There's a new exhibit at the Royal BC Museum running until September. With the help of members of the Chinese community "Tradition in Felicities: Celebrating 155 Years of Victoria's Chinatown at the Royal BC Museum" is open to the public.

It's full of history and artifacts from Victoria's Chinatown, including a special lantern with an internal moving carousel, originally constructed by the Chinese Free Masons and restored by the museum.

Check regularly online at
www.victoriachinesemessenger.com
for updates on articles and
information



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**The British Columbia
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The British Columbia Provincial Nominee Program (BC PNP) accelerates the Permanent Resident application process for skilled and/or experienced workers, experienced business persons and their family members who want to settle in BC permanently. It allows nominees to apply for Permanent Resident status through Citizenship and Immigration Canada (CIC) under the fast-tracked Provincial Nominee stream – which can be faster than applying through many federal immigration streams.

The program is administered on behalf of the Province of BC by the Ministry of Jobs, Tourism and Skills Training in collaboration



with Citizenship and Immigration Canada (CIC) - the federal government department responsible for Canadian immigration.

If you choose to immigrate to British Columbia as a provincial nominee, the requirements you must meet and the application forms you use vary according to which component of the BC PNP you are applying under: Strategic Occupations or Business Immigrants.

Strategic Occupations

The Strategic Occupations component of the Provincial Nominee Program helps BC employers recruit or retain qualified foreign workers to help meet current and future labour needs. Nominee applicants under the Strategic Occupations component must either have a job offer of indeterminate length from a BC employer or have completed a masters or doctorate degree at a BC post-secondary institution in either the natural, applied or health sciences.

For applications where a job offer is required, the employer and the nominee applicant (potential employee) submit a joint application to the BC PNP. The need to employ foreign workers in an occupation is assessed based upon current and projected labour market conditions and economic benefit to the province.

The Strategic Occupations component has five areas of focus:

- skilled workers
- recent international graduates from eligible Canadian post-secondary institutions
- recent masters and doctorate graduates from a BC post-secondary institution in the natural, applied or health sciences (for this category only no job offer is required)
- designated health professionals
- entry-level or semi-skilled workers in select occupations

Business Immigration

The Business Immigrants component of BC's PNP considers applications from experienced business entrepreneurs who plan to invest in and actively manage an eligible business in BC

Business Immigrants fall into one of three categories:

- Business Skills
- Regional Business
- Strategic Projects

Each of these categories has different requirements for the minimum personal net worth of the applicant, the amount of investment, the geographic location within BC and the number of Canadian employees in the proposed business.

Super Visas

More than 20,000 Parent and Grandparent Super Visas have been issued since the program's launch in December 2011. That is more than 1,000 a month, making Super Visas one of Citizenship and Immigration Canada's most popular programs.

The approval rate remains high at 85 percent. The government is committed to family reunification and the Super Visa provides families with the flexibility to spend longer periods of time with loved ones. Super Visas are an innovative way of giving parents and grandparents the freedom to travel back and forth between Canada and their home country, helping them stay connected with families and friends both in Canada and at home, without the hassle of having to reapply every year.

The Super Visa is a multiple entry visa that is valid for up to ten years, while offering holders the option of staying in Canada for up to two years at a time. This reduces the need for frequent visitors to renew their status during an extended family visit.

The process for getting a Parent and Grandparent Super Visa is simple and straightforward. Applicants for the Super Visa must provide proof that the host child or grandchild meets a minimum income level, demonstrate that they have purchased comprehensive Canadian medical insurance and undergo the immigration medical examination.

(This information is partly reproduced from information on the CIC or BC PNP website and is provided by Sarina Hoi, BA, MA, RCIC, of Ocean Pacific Immigration Associates Ltd. additional information may be found on the website)

Foodies

Our online version is regularly updated with a “Foodie” comments section. Look forward to more online content and “news” as we grow our service to community events. Here are some snippets for your “digestion”

"...another new try will be Izushi Japanese Restaurant at 980 Blanshard... new recipes and the best halibut cheeks tempura..."

.for some of the best home style noodle soup try out Shanghai Noodle on Quadra Street, just across from Crystal Pool"

"... La Tea Ah on 700 block Fort, just tried their crepe and beef noodle dishes, both were excellent and well priced. For a casual Taiwanese Noodle experience... this is the place in Victoria..."

"... new owners of Forum Seafood Restaurant at 612 Fisgard...try it out and report to us what you think....they do their own Sichuan hot sause...try their Sichuan Menu...hot stuff"



Hotel Grand Pacific

Founding Sponsors:

Founding sponsors are visionary sponsors who commit their support to us, to the Chinese/Asian community in Victoria and to the Oldtowne districts of the Chinatown, Oldtowne and Design areas in Victoria. They have committed as longer term sponsors to support the sustainability of the community service provided by Victoria Chinese Messenger. We thank them for their faith and support of our community services.

2013 VOLUNTEER COMMUNITY INVOLVEMENT

Please note that the listed organizations are not limited to persons of Chinese descent.

Victoria Chinese Commerce Association

New projects on the go including the need for volunteers for the 2014 Chinatown Night Market. Find out more:

Check website www.vcca.ca for more information on that and the regular meetings.

Victoria Chinatown Lions Club

If you wish to serve the community, the Victoria Chinatown Lions Club meets every second and fourth Wednesday at Golden City Restaurant. Contact Art Quon at art.quon@rbc.com or Alan Yuen at yuenfam@shaw.ca

Victoria Chinatown Lioness Club

Meetings are second Monday of the month at Golden City Restaurant. Will need to contact their president for more info (to follow). This a very active club which has won awards for its philanthropy.

Victoria Chinatown Care Foundation

Mandate is to support and fundraise for the needs of the Victoria Chinatown Care Centre located in Chinatown. Volunteers for fundraising events. For information on the foundation go to

www.chinatowncarefoundation.com

Victoria Chinese Messenger

You can also volunteer by submitting foodie tips, articles and photos of Victoria things, places and events for posting on our facebook or online publications.

Victoria Chinese Messenger Advisory Board and Panel

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We bring and report on happenings in the community. Our focus is on public and community service within the context of your social networks. Our goal is to bring the community closer and to pass on social happenings and community service events. Join us as we work with you to make our community a better place. Help us use social media to make for better communities, grow our community, help others, and bring people together for common purposes.

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Happenings: Submit your events, news, or interesting facts. Our Public Service and Community Service column may publish information as a free service to non-profit groups. Again, any publication of information provided is in our sole discretion

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**If you are the winner of the dinner for
two, additional information will be
required to arrange for delivery of the
prize. Information is subject to our
privacy policy.**

Previous Winners: D. Bratzer, A. Blainey, J. Ngai, R. Fong, P. Battles, L. McArthur, P. Hannah, B. Hung, L. MacDonald, R. Archibald, B. Cornborough, R. Eng, B. Yan, S. Scott, L. Wong, R. Lalev, for certificates to Ming's Restaurant, Forum Restaurant, Jonathan's Restaurant, Shima Sushi Japanese Restaurant or Dynasty Restaurant.

Support British Columbia's Knowledge Network:



<http://www.knowledge.ca/>

Editor's note: Knowledge Network is BC's Public Educational Broadcaster. Some people have the honest belief that PBS or some of the public TV stations from Washington are related, but Knowledge is your TV broadcaster belonging to the people of BC. Knowledge relies on support and endowments from viewers and if you wish to donate or contribute to support your own local commercial free and safe programming go to its website and donate.



Please join us and invite your friends to be friends with "Victoria Chinese Messenger"

We have 1000 friends and would love you to join the VCM Facebook Community. Liking our page will help our growth as well.

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