



THE VICTORIA CHINESE MESSENGER

August 2012 (3rd Ed.)

Victoria, British Columbia

2012 Canada Dry Victoria Dragon Boat Festival Aug. 17, 18, 19

August 2012

Victoria's inner harbour was abuzz with the drums of the dragon boat races on August 18 and 19. It all started Friday Aug. 17 with the eye dotting by the Taoist priests to awaken the dragons in the afternoon to ensure good races. Then the lights of courage ceremony took place in the evening honoring the courage of cancer victims with the public writing their message of hope and love then hanging their lanterns on the Lights of Courage wall. Also a free concert for the public completed the first day of the festival with the Soul Shakers bringing the audience to their feet to dance the night away.

Saturday saw stiff race competition from the dragon boat teams with exciting photo finishes on Sunday in the finals. The results are on the website: www.victoriadragonboat.com

The festival site was complete with food vendors, merchandise and entertainment on the main stage and the cultural stage in the forbidden city courtyard. Victoria was treated to a fabulous weekend of fun, culture and celebration.

The Night of Sevens Chinatown Night Market August 22, 2012

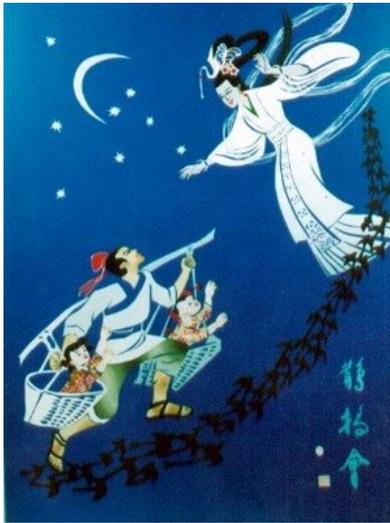
Come down to Chinatown to enjoy the festivities surrounding what is sometimes referred to as Chinese Valentines Day. While it falls on August 23 (in China), it is actually the 22nd in Canada.

Also known as the Qixi Festival, it is celebrated on the 7th day of the 7th month of the Chinese Lunar Calendar. In Chinese "Qixi" is literally translated as "The Night of Sevens." This event is also known as the Magpie Festival, and its celebration can be traced back as far as the Han Dynasty. The origins of the Qixi festival are traced back to a famous Chinese legend recorded during the Jin Dynasty and retold ever since in popular culture, poetry and opera.

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Join us at the Chinatown Night Market and learn about the folklore surrounding two lovers and their fateful life that spurns the imagination of generations in China.

The Night of Sevens traces way back in Chinese folklore in which a tragic love story has been retold ever since. Although there are several known variations, the basic story remains the same:

The 7th daughter of the Goddess of Heaven, a beautiful weaver girl named Zhinü left heaven to look for fun. While on Earth, she met a young cowherd boy named Niulang. They fell in love and got married without the knowledge of the Goddess. For a time, they lived happily and had two children.

When the [Goddess of Heaven](#) found out that Zhinü had married a mere mortal she furiously ordered Zhinü to return to heaven at once.

On Earth, Niulang was heartbroken without his wife. Suddenly, his ox began to talk, telling him that if he killed it and put on its hide, he could go up to Heaven to find his wife.

Niulang did what the ox said, carrying his two children off to Heaven to find Zhinü. When the Goddess discovered Niulang, she became so angry that she took out her hairpin and scratched a wide river in the sky to separate the two lovers forever, thus forming the [Milky Way](#) between the stars Altair and Vega.



Now, Zhinü must sit forever on one side of the river, sadly weaving on her loom, while Niulang watches her from afar while taking care of their two children. But once a year all the [magpies](#) in the world take pity on them and fly up into heaven to form a bridge across the Milky Way, so the lovers may be together for a single night. On that night – the seventh night of the seventh moon - the reunited lovers weep, causing a special rain on Earth. Some say that if you stand under grapevines on this night, you can hear Niulang and Zhinü whispering to each other.

Local Dragon Boat History



In 1993, Victoria Chinese Commerce Association (VCCA) was considering bringing dragon boat races to Victoria. As luck would have it, Victoria would be hosting the 1994 Commonwealth Games. More importantly, it would be the last time Hong Kong would be participating, as in 1997 Hong Kong would revert to China. The VCCA worked with the Commonwealth Games cultural committees to bring a demonstration race of dragon boats to the inner harbour for the first time. They were aided and encouraged by the late Lt. Gov. Dr. David

Lam and the late Milton Wong (both of whom had been instrumental in the start of dragon boat races in BC and in particular the festival in Vancouver). Together with cooperation of the Vancouver festival organizations and sponsorship by the Hong Kong Economic Commission, VCCA would bring the dream to reality.

As a result, in 1994 during the Commonwealth Games, VCCA was able to bring the first dragon boat races to Victoria as a demonstration race. The demonstration was viewed by half a billion people worldwide and showcased Victoria's jewel "the inner harbour."

Commencing in 1995, the first dragon boat "festival," with 20 teams (all from out of town), were racing in Victoria's jewel. The first dragon boat races held in a working harbour in Canada were born. It remains today the only Dragon Boat races in a working harbour in Canada. The dragon boat festival project was again supported by the organizers of the Vancouver Dragon Boat Festival, and Vancouver Dragon Boat event management. Their assistance was instrumental in growing the festival for the first three years. With three years under its belt, it was felt that the festival was growing and would be best served by a separate non-profit festival society. That festival society was started in August 1997 and today the Victoria Dragon Boat Festival has grown into a three-day event and is one of the premiere festivals in Victoria, as well as a sought-after destination for dragon boaters to compete. From its inception, as with many dragon boat festivals, it had a strong affiliation with breast cancer survivors and continues such affiliations today. The Victoria Dragon Boat Festival Society, as a volunteer organization, has presented the festival annually since 1997 and will celebrate 18 years of Victoria dragon boating in 2012. The current festival brings economic benefits to the local economy with the 80 plus teams it brings into downtown each year. About 1/2 are from out of town and the inner harbour teams with upwards of 60,000-70,000 plus people over the weekend.

Today the festival is governed by a volunteer board of directors. They are a very dedicated and passionate team. Two of the originators from 1994 remain active on the board, Paul Chow and Sinclair Mar. Another originator, our BC Minister Ida Chong, has not only been a long time supporter but has volunteered on the

festival site yearly since 1995. The festival boasts over 400 volunteers and even has some dedicated volunteers from Vancouver and other parts who take time off from their summer to volunteer for the races.



The second Chinatown Night Market on Wed. July 18, 2012 drew fans of the contestants of the Karaoke Contest where the top ten competed for the coveted trophy and prizes. Others enjoyed the sun, vendors and entertainment. The food vendors were lined up to hungry visitors to Chinatown and local restaurants also opened their sidewalks and doors to many.



Don't miss the next one on August 22, 2012 - come down to Chinatown and see the exhibits, entertainment and food.



*Enter the Second Annual Rub
a Dub Tub Duck Races - you
can enter at the Chinatown
Night Market by buying a duck
and finding pledges to help you
win the "2012 Slippy Duck
Trophy"*



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Please include your name and email

**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 for certificates
to Ming's Restaurant, Forum Restaurant, Jonathan's
Restaurant or Dynasty Restaurant.

神奇的脉诊

笔者连续参加了两次国际脉诊会议，各派脉诊高手云集，第一次见识了脉诊的神奇。脉诊方法虽然很多，归纳起来，大概可以归为三类：

1. 微观脉诊，可以做到摸脉就是摸脉人，依据全息学原理，把整个人体，微缩在三寸脉上。对疾病能够基本做到定性、定位、定量诊断，是既不同于传统中医，又不同于现代西医的一门新的无损伤诊断理论。大到肿瘤，小到胆结石，都可以诊断清楚。代表人物为山东的金伟和安徽的许跃远。

1998年，在德国举行的中西医学学术研讨会上，美国生物医学工程学会主席、国际流变学学会副主席Y.C.Hung教授对“摸摸手脖子就能看病”，表示轻蔑。金伟没说什么，给他把了脉，提醒他去医院作检查，因为他的左肾上有个2cm x3cm的纤维瘤。这是该专家之前自己都不知道的信息，经验证确凿，引起他的巨大震惊。随后他在会上宣布：“中国的脉象是世界无损伤诊断的巅峰，如何让大家都去认识它，因认识而信任，因信任而使用，不仅是中国医生的责任，也是国际医生的责任！”

2. 心理脉诊，可以判定人们的个性、心理经历、心理状态、情志过激的种类及预测心理疾病的易患性。代表人物为北京的寿小云教授，中医心理脉象的诊断自古就有，在临床是可信可行的，人类的心理活动通过脉象可知、可识、可读。中医心理脉象就是把古代心理脉象方面的研究系统化、条理化，再应用到医疗实践中去的一门中医心理诊断技术。

北京科技报的记者的一次采访，初次见面后，双方并没有太多的语言交流，寿小云便开始为记者号脉。记者发现，寿小云在号脉的时候要求环境非常安静，他先摸右手脉，再摸左手脉，整个过程大约用了三分钟左右的时间，看起来与我们平时去看中医时候的号脉似乎没有什么区别。寿小云在号脉的过程中没有与记者进行任何交流，始终不发一言，但是在号脉结束后，会立即与记者展开交流，当记者向他咨询一些比较具体的心理问题，他还会时不时地继续摸一下脉。

寿小云告诉记者：“你比较本分，稍微有点怯懦，在单位中属于‘乖孩子’的那种类型。在工作上尽职尽责，不管交给你什么工作，都会认认真真做好。你的处事心态是不管自己在哪一个领域，做哪一份工作都会踏踏实实做好，不是那种朝三暮四，应付了事的人。但是对于你本人来说，缺少拼搏的动力，

在你的内心世界上最缺乏的就是‘我要超过别人’的想法。如果你有了这种理念，加上你现在的的基本素质，今后很可能会在自己喜欢的行业中做出成绩。但是如果你不能实现这种心理突破，那在任何行业都只能是个标准而普通的白领，尽职尽责地把工作完成而已，到此为止。你现在要逐步锻炼自己和外界的交往能力，提高自己的自信心，树立‘我要比别人做的好’的信念。你的内心比较柔弱，比较善良，这种性格不容易与父母发生逆反心理，能够踏踏实实地静下心来学习一些东西，甚至可以进行比较深入的研究。在情感方面，目前你的心态比较积极，没有什么强烈的创伤让你痛苦煎熬。”听了寿小云的现场分析，记者的确感觉有很多特征与自己的现状比较吻合。尤其是关于“本分、踏实、柔弱、平静”这些关键词，与自己对自己的评价非常接近。只有关于“缺少拼搏动力”这一点，可能是在某些情况下才体现出的特质，比如发生无谓的利益纷争时。

笔者参加会议的时候，学会了一种脉，称之为“心痛刃”，代表曾经有过刻骨铭心的失恋经历。临床当中，每次发现这种脉，都会验证一下，患者一般都会惊奇得目瞪口呆。

3. 一气周流脉诊。

这是笔者发明的名词，就是摸脉查气之运动的方法。因为这种诊法，比较传统，门派也多，叫法也多，所以暂时称之一气周流脉法。其理念是“无症、唯脉”，即只靠摸脉，就可以确定治疗的方药及穴位。治疗的过程，就是调脉的过程，脉调好了，症状就会消失。【灵枢】中的针法，就要求针前摸脉，针后也要摸脉来判断效果。当代有河南的韦刃，云南的黄帝医圈传人黄传贵等代表人物。笔者特别参加了这种脉法的工作坊。有一小插曲，在讲“水脉”的时候，大家要摸样板，教师便让一个学员喝水，然后，水脉就出现了。

脉诊为什么这么神奇呢？笔者对脉诊的机制曾经做过探讨，结果发现，脉诊基于天文学的，特别是和太阳照到地球的南北回归线相关。其实，中医的很多概念，是有其物质基础的，其大的背景，就是天文学。所谓“仰则观象于天，俯则观法于地”，通过易经，把天文学的原理，整理运用于医学，就是经典中医了。

Magic Pulse Diagnosis (Translated from the Chinese Article)

I have attended the international conference on pulse twice and seen many top doctors in pulse diagnosis. It was a real “magical” experience for me. I will try to summarize the many ideas in pulse diagnosis into 3 styles.

1. Micro Pulse Diagnosis

According to holography theory, the human body can be minimized to the 3 inch pulse on the wrist. To search the pulse is to search the body. This is a diagnosis without damage on property, location and amount which is different from both TCM and Modern medicine. From big tumors to small stones, all can be tested by pulse. Dr. Jin, Wei (Shandong) and Dr. Xu, Yun Yuan (Anhui) are recognized as the top doctors in this field.

At one international conference of integrative medicine in Germany in 1998, Prof. Y.C. Hung, chair of the Medical Engineering Association of America and vice chair of the International Association of Reology, didn't have much respect for the idea of “diagnosis by touching the wrist.” Dr. Jin didn't say anything, just suggested he have a try. He told Prof. Hung to go to the hospital for a lab test for a fibril tumor on his left kidney by the dimension of 2cm ×3cm, which was unknown to Prof. Hung. When the tumor was confirmed by a lab test, Prof. Hung was shocked. He made an announcement that “Chinese pulse diagnosis is the top technique in non-injury diagnosis. It is the responsibility not only of doctors from China but also doctors from the whole world to make it known to the public, and trust it and to use it.”

2. Psychology Pulse Diagnosis

In this style of pulse diagnosis, personality, psychological experiences, state of mind, agitation and susceptibility are all testable and predictable. Dr. Shou, Xiao Yun is recognized as the top doctor in this field.

The psychological activities are considered recognizable through feeling the pulse. Although this kind of pulse diagnosis did exist in ancient times, it has now been developed into a psychological diagnostic technique.

Dr. Shou was once interviewed by a reporter from the Beijing News of Science and Technology. After a short conversation, Dr. Shou started his feeling the reporter's pulse. It takes 3 minutes, and the procedure doesn't look much different from a when a doctor takes your pulse. Then he began to make a reading of the reporter's pulse:

"You are a nice, conservative boy. You are serious about your work and reliable. But you sometimes lack motivation. You have no intention to be the best in your field. Due to this, until now, you have been fairly average in your work. If you raise your confidence and improve your communicating ability, you will become more successful. You are nice, mild mannered, and won't cause trouble for your parents. You are a strong person, and you won't be hurt in love."

From a workshop I learned that it is possible to detect a "broken heart" pulse, which happens to people who have had their heart broken in love matters. I tried to verify this with the patients when I found the "broken heart" pulse, and they were always shocked.

3. Pulse of Qi Circulation

This is a newly invented term. To feel the Qi's movement in the pulse is a traditional technique. There are so many terms for this that I have given a general term for it. The idea behind this is "pulse only, no symptoms." Herbal formulas and points are all chosen according to the pulse. The purpose of the treatment is to regulate the pulse. When the pulse becomes normal, the symptoms will disappear. Classical acupuncture requires the acupuncturist to feel the pulse before treatment and judge the result by taking pulse again. Dr. Wei. Ren and Dr. Huang, Chuan Gui are considered

the top doctors in this field. I remember an interesting event in a workshop. When we were learning a pulse called "water pulse," we had to find an example. The instructor let a student drink a cup of water, then, sure enough, it happened!

Why is pulse diagnosis so magical? I tried to find the secret. I believe the answer is in Yi Jing (I-Ching), which is based on astrology. Actually, many concepts in TCM have an astrological basis. Classical Chinese Medicine is the application of the rules from heaven to the human body.

(by Dr. Xiaochuan Pan, Doctor of Traditional Chinese Medicine, who can be contacted at his clinic located at 1620 Government Street, Victoria, BC.)



Harbour view of Hotel Grand Pacific

Happenings: (Happenings are regularly updated online at [w.ww.victoriachinesemessenger.com](http://www.victoriachinesemessenger.com))

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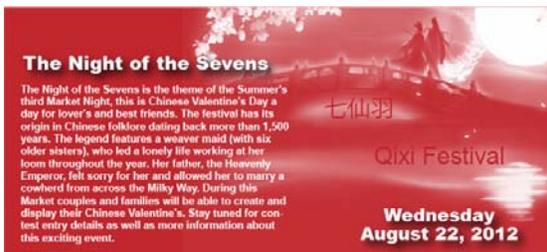
August 17, 18, 19

Canada Dry Victoria Dragon Boat Festival – will feature 80 teams beating drums and paddling to win their divisions – on the festival site you will find free entertainment, food and other interesting

vendors – children’s tent. Join us in feeling ambience of a dragon boat festival. 2012 will be the 18th year of the festival.

August 22, 2012

Victoria Chinese Commerce Association: Chinatown Night Market – located on the 500 block of Fisgard Street. Join in the festivities and entertainment



CITY OF VICTORIA IS CELEBRATING ITS 150TH IN 2012 - WATCH FOR MANY EVENTS TO COME AT

<http://www.victoria.ca/EN/main/departments/parks-rec-culture/recreation-culture/art-culture/victoria-150/victoria-150-community-events.html>

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for updates on articles and information

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Sham vs. Real Marriages

One of the issues in spousal sponsorships is whether the marriage is a real marriage as opposed to a “sham” marriage. In the latter case the applicants have married with the sole intention of applying under the spousal category, but not intending to be a real husband and wife relationship. This would be fraud on the Canadian Immigration system and CIC is vigilant to catch this type of abuse.

For spousal applications it is good to provide proof and to demonstrate that there is a real and true relationship and marriage. The following types of documentation are good:

1. Photographs taken during courtship (with particulars of time and place),
2. Courtship letters, emails etc., predating marriage as far back as you have them,
3. Photographs of both with others, such as relatives and friends who can verify the time, place and event,
4. Letters from and contact information from relatives and friends confirming they met your spouse (either before or after marriage), in particular close family and close friends,
5. Documentation of the wedding, reception etc, in particular photographs,
6. Any evidence of joint bank accounts, rental agreements or other joint bills sent to the couple’s home,
7. If stamped, copies of common travel times and destinations in your passports,
8. A history of the relationship, from courtship to marriage and after,
9. Any evidence of joint activities from courtship to marriage and after.

These are just some examples of evidence to support the application. Each case is different and the history and evidence supporting (or explaining the circumstances) will vary. Also, for common-law relationships the same type of information will be good (with exception of the formal marriage ceremony).

If you have more questions please contact a lawyer or immigration consultant.

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

Call for Volunteers:

Victoria Chinese Commerce Association's Chinatown Night Market 2012

Now the news is out, the VCCA's Night Markets for 2012 are expanded to include Festival Themes in celebration of the City of Victoria's 150 Anniversary!

In addition to the usual Vendor Stalls these Markets will have Cultural Entertainment, Contests and Activities for the public and visual decorations that reflect the Festival Theme of the event. Each of these Events will require volunteers and committee members to plan and execute the evening's activities and make sure that the event happens as planned.

To assist us in making these events a great experience for Victorians and Tourists attending the Markets we will need the participation of many Volunteers in many facets of the Markets. If you or anyone you know would like to help please submit the names to

volunteers@ChinatownNightMarket.ca

VICTORIA CHINATOWN CARE FOUNDATION ANNOUNCEMENT



“Rub a Dub Tub” Celebrity Duck Racers

Mayor Dean Fortin (Victoria), Mayor Frank Leonard (Saanich), Councillor Charlayne Thornton-Joe and our favorite weatherman Ed Bain have committed to enter a duck to race on Sept. 26, 2012.

You can pledge to support their ducks at the Chinatown Night Market at the VCCF booth. The more you pledge the closer we get to the goal of funding the recumbent tub and tracking for the residents of the care centre.

Join the races - all proceeds will be donated to support the VCCF drive to raise funds for a newly renovated tub room with new recumbent tub and lift.

ROVING REPORTERS

Do you want to try your hand at being a Roving Reporter?

Tell us about yourself and the topic that you think would be of interest for you to report on.

If we accept your write-ups for publication we will give you credit as a freelance VCM Roving Reporter. All write-ups must be verifiable and accurate. VCM has sole discretion on publication.



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”

“... best salt & pepper squid.... Forum Seafood Restaurant at 612 Fisgard..”

“... looking for a nice atmosphere with excellent sushi?.... try Shima Sushi on Wharf Street..”

“...how about some BBQ duck?...give Ming's on Quadra a try....”

“...try Dynasty on Fisgard for some good lunch combo deals....”

“...looking for authentic Thai...try My Thai on Cook Street near Rockland...”

“... good casual food at casual prices... at JJ Morgan's... well satisfied before a movie at University Heights....”

Victoria Chinese Messenger Advisory Board and Panel

VCM Community Affairs Advisory Board: These are appointments to provide advice and suggestions on community affairs and of interest to the Chinese/Asian communities in Victoria and Vancouver Island. We are pleased to announce the inaugural members are:

Alan Lowe, Former and longest serving Mayor of the City of Victoria, Architect, and a very long public service record

Tony Joe, Former President of Victoria Real Estate Board, Realtor, Consummate Community Volunteer

Wayne Lee, Chartered Accountant and CGA, Community Volunteer for over 25 years

Charlayne Thornton-Joe, City of Victoria Councillor, Lioness and Consummate Community Volunteer.

Cultural and Historical Advisory Panel: These are appointments to provide advice and suggest information to VCM on cultural and historical matters of community interest. All appointees are volunteers.

Tzu-i Chung, Ph.D., Curator RBCM

David C. Lai, Ph. D., Professor Emeritus UVic.

Hua Lin, Ph. D., Professor UVic.

Charlayne Thornton-Joe, Councilor City of Victoria

About the Victoria Chinese Messenger:

We bring and report on happenings in the community. Our focus is on public and community service within the context of your social networks. We are not a community newspaper, but we may report newsworthy happenings. We are not a tabloid, but we may report juicy tidbits. We are not a magazine, but we may bring you articles that are interesting.

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 help 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.



FACEBOOK

Please join us and invite your friends to be friends with "Victoria Chinese Messenger" to help grow our friends and checkout our facebook page to support our efforts to bring community to you. We are always looking for more fans. Becoming a fan of VCM facebook page automatically enters for the monthly draw for dinner for two.



Hotel Grand Pacific

Founding Sponsors:

Founding sponsors are visionary sponsors who commit their support and 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 in and support of our community services.
