



THE VICTORIA CHINESE MESSENGER

Dec. 2012 (3rd Ed.)

Victoria, British Columbia

Sheng Dan Kuai Le 圣诞快乐 聖誕快樂



Celebrating a Chinese Christmas

Many Chinese Canadians celebrate Christmas in both traditional and mixed cultural ways in Canada and the Western Countries. If you speak to some of the Canadian born Chinese Canadians or the families that have been citizens for a decade or more, many if not most will celebrate the holidays with turkey and all the trimmings, exchange gifts and/or good wishes etc.

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In China, Christmas is traditionally not as important of a holiday in China as in the west due to the fact that it is a Christian-based holiday, and only about 1% of Chinese are Christian. Chinese New Year is a public holiday, and is by far the more popularly celebrated winter holiday in China. Although still not considered a public holiday, western and commercial interests have lead to Christmas becoming increasingly more celebrated in China.

It is becoming more common to find Christmas celebrations in larger cities and urban areas in China and Japan. For the most part, Christmas is celebrated as a happy time to get together with friends and family, with no religious connection. Families may come together to visit over a large meal, and may exchange small inexpensive gifts. In some areas you may find Christmas trees (which they call “Trees of Light”), paper chains and lantern decorations, and lights decorating homes,

streets and storefronts. Like their western counterparts, Chinese children may hang stockings and write letters to Santa, known as Dun Che Lao Ren, who will visit and leave gifts. You may hear people exclaiming “Sheng Dan Kuai Le,” which is Mandarin for “Merry Christmas.”

Despite its increasing popularity in urban areas, still not every home or family will participate in Christmas celebrations. Stores and restaurants remain open on Christmas day, and most people still have to attend work. It is also still uncommon to find Christmas celebrations in the countryside. However, given the power of western influence and commercial interests, we can expect the celebration of Christmas to become more popular and commercialized in China.

Happy Holidays !

**Enter to win a dinner for two by
subscribing to receive the Victoria
Chinese Messenger!**

Monthly draws!

(Prize: \$50.00 Restaurant Certificate)

To subscribe register by email at:

info@victoriachinesemessenger.com*

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.

2012 Christmas Alert

**Salvation Army Needs
Your Donations and are
down by more than 25%
from this time last year.**

<http://fillthekettle.com/>

Time-Colonist Christmas Fund

TO DONATE

To make a donation to the Times
Colonist Christmas Fund call 250-995-
4438 , or mail or drop off in person at
2621 Douglas St., Victoria.

Santa's Anonymous

**[http://www.cfaxsantas.com/index.php
?option=com_content](http://www.cfaxsantas.com/index.php?option=com_content)**

About C-FAX Santas Anonymous Society

With the love and support of the Greater Victoria community, C-FAX Santas Anonymous Society is now celebrating it's 35th season of helping children in Greater Victoria. The Christmas Program provides wishes and hampers to local children and their families in need each year. C-FAX Santas Anonymous Society endeavours to make the Christmas "spirit of giving" continue throughout the year through its Grant Program, available to projects dedicated to enhancing the lives of children in need in the Greater Victoria.

December of 2012, C-FAX Santas Anonymous will deliver over 1,200 Christmas hampers with the help of CFAX Santas Anonymous Volunteers and local Firefighters to children in need in the Greater Victoria community. The workshop volunteers will wrap over 6,500 gifts. Please consider a financial gift, purchase a gift

for a child, or volunteer and help Santas make Christmas brighter for a local child in need.

If you know of any families in our community that could use some help during this season please email the information to us or submit their information to the funds above.

An Update From This Year's Christmas Hamper Party



Christmas Hamper Party 2012

Sunday, December 16th

It wasn't just the high winds and biting cold or the stirring skirl of Josh MacDonald's bagpipes that gave us goose bumps this year as we loaded finished hampers into the Salvation Army's trucks. It was the satisfaction of contributing thousands of pounds of wholesome, fresh food to help meet an unprecedented request for food help over the holiday season.

For those of you who couldn't make it this year, as expected, it was a mad scramble the first hour or so as we ricocheted like pinballs trying to

adapt our normal system to the quirks of a heritage building. Poor James Van dam must have shifted those hampers from room to room a thousand times! Luckily, head elves Sandra Fraser, Sally Glover, Dan Doherty, Rhona McAdam, Laura, Josh & Paul MacDonald, Maryl Mckay, Lisa Pacquin, Sarah and James Van Dam, and an army of experienced and trained-on-the-spot elves pulled it all off with panache.

Ready for this year's final hamper count? An impressive **137** hampers (4 of them vegetarian and 21 of them gluten-free), **plus** 3 cartons of bulk oranges, 2 of bulk apples, 2 of green veggies, 2 of onions, 2 of potatoes, 2 of gluten-free goodies, over 40 cans of cranberry sauce, a box of extras like baby food--and **\$360 cash** for the Salvation Army to use for more hampers!

Last year we made 158 hampers. We didn't finish that many hampers this year, but with our cash donation and the massive amounts of bulk food we donated this year, we contributed almost exactly the same dollar value.

Added to the challenges of a new venue, an unprecedented number of people contributed last minute cash instead of food items so our runners found that when sent to buy turkeys they were either unable to find enough smaller turkeys, or unable to take advantage of lower priced "one per purchase" specials. This slowed down our ability to complete hampers but boy did we learn a lot! Plans are now afoot to place a bulk turkey order in advance and have the birds delivered for next year's party. Suggestions are welcome...

Victoria College of Art wasn't as intimate as a private home, but how delicious to have a real parking lot, so much space, and big work tables. No more aching backs from hunching over to bag produce on the floor! Best of all, there was room for live musicians. Thanks so much to the Dream-A-Littles trio for spoiling us with a beautiful concert. That serene break in the hectic workday contributed so much to the festivities. Hopefully, live music will become a permanent party addition.

This was a real paparazzi party, with CHEK TV coming out to cover the event and our long time party shutterbugs Richard Hum and Gary McKinstry photo-documenting every aspect of the event. Gary was photographing the party for

Boulevard magazine so they can run a pre-Christmas article next year to inspire others to have their own parties.

Even as we were busily packing *our* hampers, parties we've inspired were simultaneously doing the same in other cities. We haven't heard back yet from the Mississauga party, but near the end of the day the San Diego party texted that they'd hit 62 hampers, their all-time record, and Patricia Hansell, who came to last year's party and was utterly hooked, emailed us the day before:

Just wanted to let you know that the inaugural Oak Bay party was a huge success. We not only made our goal of 5 hampers, we doubled it! We delivered 10 overflowing hampers to the Salvation Army this evening. Everyone had a blast, loved the idea. A few even suggested they might have their own party next year!

We're not sure if we'll make it by tomorrow, so if we don't see you good luck and Happy Holidays. Thank you so much for your support! The Hamper Party is close to being a yearly tradition in Victoria :)

Now it's post-party and quiet here in the dining room where so many hampers have been packed over the years. Thanks to everyone for providing healthy, wholesome fresh food to so many families in need. We couldn't have done it without the overwhelming generosity of:

Victoria College of Art
Morning Fresh Eggs on Blenkinsop
Thrifty Foods Hillside
Belfry Theatre
Rotary Anns
Arctic Bear Productions Inc.
Oak Bay Pharmasave
Oak Bay Fairway Market
Sweet Delights Candy Boutique

Now sit back and enjoy all the blessings of the holiday season. You deserve it!

See you next year,

Joyce Kline & Peter Such
Earle Clarke House Bed & Breakfast
1461 Pembroke Street
Victoria, B.C. V8R 1V7

不知易不足以言大医

中医经典《内经》对中医有什么样的要求呢?“上知天文，下知地理，中傍人事，方可以为医”。因为中医就是将古人仰观天文，俯察地理，进取于身，远取于物而总结出的天地间的普遍规律，用于人体健康的实践的产物。那怎么才能做到上知天文，下知地理呢？就是要学习易经。“易之为书也，广大悉备，有天道也，有人道也，有地道也，兼三才而两之，故六。六者非它也，三才之道也”，《周易说卦传》。

“夫医教者，源自伏羲，流于神农，注于黄帝，行于万世，合于无穷，本乎大道，法乎自然之理。”

大约在6500年前，中国第一个皇帝伏羲画开天地，画八卦，制九针，中医从此形成系统。而在此之前，中国的先民们已经使用草药和针刺近60万年。此后，神农尝百草，创制山易；黄帝成内经，创制藏易。这个时代称为三皇时代，三皇的著作称上古三坟，即《伏羲八卦》、《神农本草经》、《黄帝内经》，为中医建立了理论框架，而三皇都与易经有不解之缘，易经成为经典中医的哲学基础。神农以后，张仲景著《伤寒论》，将其发展到极致，形成经方学派；黄帝以后，扁鹊把脉发展到极致，华佗把针灸发展到极致，形成经方学派。从三皇到汉唐时期为中医的正法时代，中医发展到顶峰，称为经典中医。

所谓经典中医，特指以中国古天文学为背景，以易经为哲学基础，以象数思维为特点，治疗上以调“气”为核心，以脉诊为重要诊断手段，汉唐时代发展到顶峰的独特医疗体系。

经典中医可谓是大道至简，效如桴鼓。

“医学盛于上古，而衰于后世。自黄岐立法，定经脉，和药石，以治民疾，天下遵守，莫之或二。自唐以降，其道日衰，渐变古制，以易新创，蔑视古经，倾义前哲，攻击同异，辩说是非。门户既分，歧途错出，纷纷扰乱，以至于今，而古法茫然矣”。

到了近代，西学东渐，为了政治的需要，把政治的哲学拿到医学的文化哲学研究上面。唯物主义，辩证法取代了易经，政治哲学的延伸把中国人的思想熏陶成两极，一分为二，非白即黑，对哲学的判断是，唯物主义就是好的，唯心主义就是坏的。另外，“科学”两个字几乎成了“真理”的代名词。科学只是认识真理的一种方法，不是唯一的方法。而中医却在科学的借口之下被肢解了。理论混乱，疗效降低，美

其名曰中医现代化，现代中医成了当今世界的主流，而真正的中医，却几乎成了绝技。有资料统计，汉唐时代的中医，懂易经的占85%，到了清代，只有25%，如果再统计一下今天的中医，恐怕就更不乐观了。

如果按内经提出的要求，当今世界，能称得上太医的，恐怕是凤毛麟角了。

To be a Good Chinese Medicine Doctor You Must Know Yi Jing

Classical Chinese Medicine is a special medical system based on ancient astrology, taking Yi Jing as its philosophy. It is characterized by the use of image and numerology, treating illnesses by first regulating Qi, and using pulse an important diagnosis technique. Classical Chinese medicine follows the greatest and simplest Dao and has quick and effective results. It reached its peak during the Han and Tang dynasties.

What is the History of classical Chinese Medicine? “[Classical Chinese] Medicine began with Emperor Fuxi and was further developed by Emperor Shennong and Huangdi. It has been spreading over thousands of years and will last forever. It is based on Dao and follows nature.” Ancient Chinese had been using herbs and acupuncture for close to 600,000 years. Around 6500 years ago, the first emperor in China drew the first line of Bagua, which is considered the start of the Chinese culture. He also made nine kinds of needles. Later, Shennong tasted hundreds of herbs and created Mountain Yi Jing, and Huangdi finished Inner Cannon, creating Earth Yi Jing. This is considered the famous time of the three emperors. The 3 works of the 3 emperors, Fuxi Bagua, Shennong's Materia Medica and Huangdi's Inner Cannon became the foundation of Chinese medicine. Each of the 3 emperors finished one part of Yi Jing. Yi Jing became the philosophy of Chinese medicine. Zhang, Zhongjing, developed Shennong's work further, creating “Shang Han Lun” (Bible of Formulae). The study of “Shang Han Lun” is now known as “classical formula school.” Huangdi's work was continued by Bianque, who further developed pulse diagnosis; and Huatuo further developed acupuncture. The study of acupuncture now is known as “classical medicine school.” In this period of time, Chinese medicine reached its top, known as classical Chinese medicine.

What were the requirements in Inner Cannon for Chinese medicine doctors? “To be a doctor, one must know the heaven above, the earth below and the human in the middle.” The reason for this is that Chinese medicine applies the laws of the universe to the human body. The ancient people knew those laws by observing the sky, earth, and comparing human beings to all other things in the world.

How can a person know so much about the heaven and the earth? It has to be through learning Yi Jing. “Yi Jing covers everything, the laws of heaven, the earth and the human. Three divided into six becomes a hexagram which symbolizes the three Dao of heaven, earth and the human.”

A famous doctor said 200 years ago that “[classical Chinese] medicine was prosperous in early ancient time, but has gone downhill nowadays. Huangdi set the rules of meridians and herbs for the treatment of diseases, and the rules were followed by all the doctors under the heaven at that time... Since the Tang dynasty, Chinese medicine has been changed by so called ‘modernization’. The old rules have been ignored, arguing with the ancient saints, schools have attacked each other, and mistakes have caused confusion. The old rules have been disappearing, and Chinese medicine has gone downhill.”

For the past 50 years, due to political reasons, ancient philosophy has been replaced by political philosophy. Materialism and dialectics took the place of Yi Jing, moving thinking into black and white patterns. Materialism has replaced Idealism. In addition, the word ‘science’ has become synonymous with ‘truth,’ while in reality science is only a way to seek the truth. Under the name of ‘science,’ Chinese medicine was modified. The modernized Chinese medicine has become main stream, causing chaos in the theory and reducing its effects. Real classical Chinese medicine is seldom known to the public nowadays.

A statistic showed that in the Han and Tang dynasties, 85% of doctors had the knowledge of Yi Jing. This number was reduced to 25% in the Qing dynasty. These changes leave us with the question of how many classical Chinese doctors could call themselves “good doctors” in accordance with the rules of Inner Cannon?

Sadly, if we were to do the research, the results would likely be very disappointing.

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

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.

Christmas Events in Victoria

November 17-December 24

DVBA Christmas Carol Contest – with \$2000 in prizes!

Find downtown's first audio-reactive tree in Centennial Square. Use the tree as a backdrop to videotape you and your friends singing your favourite Christmas carol. Upload the video to the DVBA Facebook page to enter the contest. Weekly prizes and grand prize to be won!

November 17-January 1

Interact With Claymation Story at McPherson Playhouse

Every day from 4:00 pm to midnight, bring your smart phone to McPherson Playhouse, where you can interact with a 20x16 foot claymation story projected on the back wall of the Playhouse. Two custom-created holiday characters will delight and captivate as you communicate with them via text to (250) 800-2814.

November 24-December 23

Free Downtown Trolley Tours

Weekdays from 11:00am to 3:00pm, Sunday from 12:00pm to 3:00pm

Enjoy a horse-drawn trolley tour of downtown courtesy of DVBA. Two free trolleys will be circulating on a pre-set route through downtown, with 4 stops at:

Check regularly online at www.victoriachinesemessenger.com

for updates on articles and information



Harbour view of Hotel Grand Pacific

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**New Proposed Federal
Skilled Worker Program**

In August, proposed changes were announced to the Federal Skilled Worker Program. The idea was to streamline the program to select skilled workers who could “hit the ground running” when they arrived in Canada.

After an extensive program evaluation, Citizenship and Immigration Canada (CIC) proposed changes to the FSWP as follows:

- Making language the most important selection factor by establishing new minimum official language thresholds and increasing points for language;
- Increasing the emphasis on younger immigrants, who are more likely to acquire valuable Canadian experience and remain in the workforce longer;
- Increasing points for Canadian work experience and reducing points for foreign work experience;
- Simplifying the arranged employment process to prevent fraud and abuse yet enable employers to staff positions quickly; and

- Awarding points for spousal language ability and Canadian experience.

Another proposed change is the introduction of the Educational Credential Assessment – a mandatory requirement that FSWP applicants have their education abroad assessed against Canadian education standards by designated organizations. CIC will then award points according to how an applicant’s foreign educational credential compares to a completed educational credential in Canada. It does not necessarily guarantee that they would become licensed to practice in a regulated occupation.

Minister Jason Kenney in his press release stated “This is an important step we are taking to address the problem of immigrants arriving and not being able to work in their field. This new requirement will help potential newcomers make informed choices about immigration and Canadian career paths.”

CIC will be issuing a Call for Service Proposals on August 20, 2012, inviting submissions from organizations with expertise in foreign credential assessment to conduct the reviews. The deadline for submissions is September 21, 2012.

The new FSWP points grid will likely take effect in January 2013. There is currently a pause on new applications (except for FSWP candidates with a qualifying offer of arranged employment or those applying under the PhD stream), but CIC expects to begin accepting applications again early next year.

(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)

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”

"... new owners of. Forum Seafood Restaurant at 612 Fisgard..try it out and report to us... what you think....."

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

"... have you tried the new Shaharзад Restaurant on Douglas St. just between Caledonia and Herald Street.... Some great home recipes from the middle east... great beef kabobs ...and great value..."

"... 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 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, Councillor 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. 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.



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.

Merry Christmas!



圣诞快乐
聖誕快樂

Ever wondered how to say “Merry Christmas” in Chinese? Well, the most common way is to say “**Sheng Dan Kuai Le.**”

Sheng - ‘sacred’ or ‘holy’. Also short for sheng ren, meaning ‘saint.’

Dan - ‘birth’ or ‘birthday.’

Kuai le - ‘happiness’, ‘joy’, ‘delight’ or ‘rejoicing’

Among Christians, who believe Jesus is more than a saint, the phrase “**Ye Dan Kuai Le**” may be more commonly used.

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NEW YEAR'S VOLUNTEERISM AND OPPORTUNITIES

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 is 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 informaton on the

foundation go to

www.chinatowncarefoundation.com