



THE VICTORIA CHINESE MESSENGER

Jan. 2013 (1st Ed.)

Victoria, British Columbia

**HAPPY NEW
YEAR TO
EVERYONE !**

Homes are decorated with red banners with auspicious writings and hung to bring good luck.

**Gong Xi Fa Cai
Gong Hey Fat Choy
恭禧發財**

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The traditional Cantonese greeting “Gong Hey Fat Choy” and “Sun Nien Fai Lok” mean “May you become prosperous” and “Happy New year”.

In Mandarin, “Gong Xi Fa Cai or Xin Nian Kuai Le” are expressions used as greetings.

Chinese New Year is the most important festival for traditional Chinese Culture. It is celebrated on the first moon of the first month under the lunar calendar. This is a time for family reunions and sumptuous feasts. Traditionally it will last 15 days from the first to the fifteen. In China and Taiwan there is a holiday for at least a few days.

It is important to start the new year fresh and that means cleaning up the house and buying new clothes.



Hong Bao (“Red Envelopes”) are given to children and unmarried adults. They contain money and should be in new bills and the amount must be an even number (but not 4).

As part of the celebration fireworks are light and the loud noise drives away evils spirits.

Join us and your family in celebration. This year Chinese New Year's day falls on February 10, 2013.

for our fundraising event, please contact Charlayne at thorntonjoe@shaw.ca or 250-744-1985 .

Lioness Annual Chinese New Year Banquet

On Saturday, Feb 2nd at 6pm, the Victoria Chinatown Lioness Club will be having their annual Chinese New Year banquet. The location will be Golden City Restaurant (721 Fisgard Street) and the cost is \$39.99 per person. The tables will be banquet tables of 10. Besides an authentic 8 course Chinese meal, this year our guest speaker will be historian John Adams with a talk titled "Memories, Myths and Mysteries of Old Chinatown." John Adams is writing a book entitled "Chinese Victoria" and has collected the memories of many Chinese elders. He has also researched many of the myths and urban legends about Chinatown and has discovered some mysteries unsolved for over 100 years. His talk will focus on the most interesting stories he has heard about pioneer Chinese families, their work and education. He will also reveal the truth about popular topics such as Chinatown's secret tunnels, what went on behind Fan Tan Alley's barricaded doors, the role of women, the importance of the opium trade and the reason for sending bones back to China. He will present the evidence known about the assassination of a high-ranking Chinese politician on Fisgard Street in 1918 and explain why the jury is still out on this famous crime. This event will be the start of many events focusing on the history of Victoria's Chinatown that will culminate in a production by the Victoria Symphony in March. To book your seats



Top 10 Resolutions for 2013

Although the setting of New Year's resolutions is a western custom, many Chinese have also begun following this tradition. Below are the top 10 resolutions set for the year 2013 according to our internet research:

1. Lose weight sensibly
2. Improve your physical fitness
3. Quit smoking and feel fresher
4. Sort out finances
5. Secure family's financial future
6. Spend more time with family/friends
7. Try something new without fear
8. Find a better job and boost your self-esteem
9. Volunteer and make yourself and others happy
10. Have more fun with family/friends

When making New Year's resolutions for 2013, it is important to be realistic and set achievable goals. To stay motivated, draw on inner strength and determination. You will need to remain focused, positive, committed and optimistic to ensure your New Year's resolution is achieved. Good Luck and Happy New Year!!

为什么现在的病越来越难治？

人类刚刚被创造出来的时候，灵性很强，或者说很有慧根。

所以当时的人生病之后，只需要宗教祭司念几句咒语，用现代人的话就是做做心理辅导，病很快就会好。这个宗教的祭司就是以前说的祝由。疗效的关键在于信者不疑。从中医上讲，这是在神的层次上的治疗。

后来，社会发展得越来越物质化，越来越复杂，人类的心逐渐被物质上的东西所蒙蔽，原来祝由念的咒语逐渐就不够使了。因为人心被蒙蔽了，心灵接收器变得没那么敏锐了，无法接受这么高层次的信息，所以人类就只能依靠物理的治疗--针灸。针灸的作用就是疏通经络，咒语虽然不太灵，但是在身体表层的地方只需要给予适当的刺激就会很管用。这是在气的层次上治疗。

社会再度大幅飞跃发展，人类对物质享受的追求有增无减。无信仰的人越来越多。仅仅在皮肤表层经络运行处针刺也不管用了，人类的灵性越来越衰弱，心灵接收器的敏锐度下降得很厉害，于是得用内服的汤药才可以见到效果。

发展到今天，汤药已经不够了，要用有毒药的化学药。很多疾病要靠手术，伤筋动骨才能治得好病。医生干的是木匠的活。灵性完全丧失，形而上的东西全无，只有形而下，就是纯物质，无关乎精神心灵。这就是在形的层次上治疗了。

物质就是色，就是相。打坐，站桩，气功，太极等修炼方法，其实就是个把人类的物性去掉。

佛家有云，世间万物都是心创造出来的。心健康了，身体才会健康。

心诚则灵，心诚也是自愈力的一部分。这就解释了为什么科研中，安慰剂也有治疗效果。这本身也说明了科研的局限性，因为科研，是要把精神因素排除的。话说回来，如果无毒的安慰剂有效，谁还愿意去吃有毒的化学药呢？

临床上经常遇到一种情况，越是怀疑，越是问题多多，疗效越是有限。其实，善疑本身，就是一个症状。中医叫肝胆气虚。

我在临床上遇到这样的患者，少给药，多交谈。说到底，还是要回到神和气的层次上来治疗。这也是经典中医的精神所在：恬淡虚无，真气从之；精神内守，病安从来？

Why Are Illnesses More and More Difficult to Treat?

Most would agree that humans have a strong spiritual aspect. In fact, it has been written that when humans were created, they were very spiritual, or had "pure root of wisdom". So, they could be fixed just by spells given by "Shamans" when they got ill. This is akin to the religious experience and beliefs. This "religious" procedure is relevant to the modern psychological consultation. The results were quick due to the patients had deep belief in it. From Chinese medicine aspect, this is the treatment at spiritual level.

As the society developed, it became more and more complicated, and of course, more and more materialistic. The heart and spirit were blocked by materialization. "Spells" didn't work well any more, because humans' minds were no longer "tuned in" or sharp enough to take the information at spiritual level. As a result, human beings needed to have physical stimulation for treatment to work; that was acupuncture. This kind of surface stimulation worked well enough by promoting the Qi's circulation in the meridians as compared to the "spells". This was the treatment at the Qi's level.

As the human society was jumping forward rapidly, the human's desire for "material needs" kept increasing. More and more people lost their spiritual beliefs and their spiritual perception became dull. This would mean that acupuncture was not enough any more. Therefore, herbal formula had to be used to gain results.

Still herbal medicine is not strong enough for lots of people. Toxic chemical drugs have to be used which is represented by the modern drugs. If these modern drugs are not enough, then surgery has to be used to gain results where doctors work on muscles and bones "like carpenters", no spirit, only a pure material approach. Now, this is considered treatment at the shape level.

Practices like meditation, Qi Gong and Taiji, help to remove materialism in the heart and gain the spirit back: "Healthier spirit, healthier body".

Effects are found in beliefs. "Belief" is part of the self-healing power. It explains why placebo treatment also has good results in scientific research. In turn, it shows that science is limited because the spiritual factor was not considered. If placebo works well, who would bother to use toxic drugs?

There is one situation that also impedes self-healing powers. If the patients are too suspicious, there are too many "questions", the results are more likely not to be good. Suspiciousness itself is a symptom. In Chinese medicine terms, it is considered liver and gall bladder Qi deficiency. When I have such patients, I always talk or counsel more and prescribe fewer herbs.

In the end, a traditional Chinese doctor will try to bring the treatment back to a Qi or spiritual level. This is the spirit of classical Chinese medicine. "When the mind is empty, the genuine Qi follows. If the spirit is calm inside, where do the illness comes from?"

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

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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.

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.

Victoria Chinese Commerce Association

January 16, 2013 Meeting

Don Mee Restaurant

Cocktails - 5:30 pm Dinner 6:00 pm

\$25.00 Pre-registered or \$35.00 at the Door

Chinese Consolidated

Benevolent Association

There will be a Chinese New Year celebration right on the Chinese New Year date, Feb.10 under the Gate of Harmonious Interest. There will be Lions Dance, kung fu demonstration, mini parade, etc. This event is hosted by CCBA, and is free for everyone to attend. It will start at noon.

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**Check regularly online at
www.victoriachinesemessenger.com**

**for updates on articles and
information**



Harbour view of Hotel Grand Pacific

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New “Bridging” Open Work Permits

CIC will be making changes to enable certain economic class applicants to maintain their status and continue working in Canada while they await a final decision on their permanent residence application.

The new open work permit will provide qualifying permanent resident applicants, whose permits are due to expire, with a means to keep working and more flexibility to better integrate into the Canadian labour market.

Previously, applicants who were awaiting a decision on their permanent residence application might have their temporary work permits expire during the processing of their application. As a result, these persons would no longer be authorized to work in Canada unless their employer applied for and received a Labour Market Opinion from Human Resources and Skills Development and the applicant then applied for an extension of their status.

Qualifying foreign nationals currently in Canada who have submitted an application for permanent residence under the Federal Skilled Worker Program, Canadian Experience Class, Provincial Nominee Program or Federal Skilled Trades Program may be considered for an open work permit if their current work permit will soon expire.

To be eligible for a bridging open work permit, the applicants must:

- Currently be in Canada;
- Have valid status on a work permit that is due to expire within 4 months;
- Have received confirmation from CIC that their permanent resident application

is eligible under one of the four Economic Classes (FSWP, CEC, PNP and FSTP), and;

- Have made an application for an open work permit.

(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)

SHARE YOUR CHINESE NEW YEAR MEMORIES

Victoria Chinese Messenger has published for one year and will publish an Anniversary Edition to coincide with Chinese New Year. In preparation for our 2013 Chinese New Year edition of VCM we wish to have the views of some of our local residents as to their favorite Chinese New Year’s traditions or memories.

We would like to publish a short note from various readers. If you would like to participate please respond the following two questions. To help us quote you accurately, please email back your responses to the questions before January 31, 2013.

What are your favourite Chinese New Year traditions?

What is your fondest memory of Chinese New Year?

Please note that in responding you may be published in the hardcopy and online editions of VCM and editorial discretions by VCM may be applied to the responses due to content and length. The first received responses will have first consideration.

Email you answers and full contact information to info@victoriachinesemessenger.com.

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”

“...just had the Sushi Bento lunch at Shima Sushi on Wharf St.... a recommended try for you....Japanese Food lovers...”

“... 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....”

“... more casual food close to downtown at Jonathan's Restaurant, found in James Bay in the Royal Scot Inn...a quieter pace”

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

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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.

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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 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