



THE VICTORIA CHINESE MESSENGER

Nov. 2012 (2nd Ed.)

Victoria, British Columbia

Remembrance Day - Honouring Chinese Veterans

On Sunday, November 11th, Canadians honoured the courage and sacrifice that our veterans have made for our country through Remembrance Day celebrations. For the Chinese community, this day was not only about honouring veterans, but also the special significance Chinese veterans played in paving the road for many rights and privileges for the Chinese living in Canada today.



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At the outbreak of World War II, the reality for the Chinese living in Canada was much different than it was today. At that time, there were approximately 41,000 Chinese people living in Canada, the majority of which were living in British Columbia. Despite the fact that there were already many Chinese living in Canada, the prevailing government attitude towards the Chinese was that they were “not wanted here.” Canada’s immigration policies aimed to restrict the immigration of Chinese people into our country. In 1923, Canada passed the *Chinese Immigration Act*, which almost completely ceased the immigration of Chinese to Canada for the next 25 years. Chinese Canadians, even those born in Canada, faced discrimination, and were

denied the right to vote and to enter into many professions.

Despite being denied many basic rights by our country, shockingly, many Chinese Canadians volunteered to risk their lives to defend our country in World War II. They saw this as an opportunity to prove their loyalty and worth as citizens to Canada. At first, Canada did not allow the Chinese to enlist for service, fearing that their service could eventually be used to lobby the government to give them the vote. However, once South East Asia became occupied by the enemy, the British Government recognized the need for soldiers who could easily blend into these areas. Canada, the country with the largest population of young Chinese men, was eventually persuaded to change their minds about letting the Chinese enlist. All Chinese men over the age of 18 were sent enlistment letters in September of 1944, and 600 Chinese Canadians were sent overseas to Europe and Asia (an impressive amount given the population size at that time).

Chinese Veteran Victor Wong fondly remembers the experience of heading overseas to Asia, with a first stop in London. As a group of them looked around London during the day, they were stopped by an English gentleman, who had noticed their Canadian badges. Confused, the gentleman asked Victor “Which tribe are you from?” Victor played along, answering “Iroquois.” He remembers that the first order of business after arriving in Poona, India for intensive training was to climb a 2,000 foot mountain to get to the training camp, after which they were rewarded with a hard boiled egg and cup of tea. Although it wasn’t much, the cup of tea was much appreciated as he remembers “it was cold climbing up that mountain!” Victor remembers many of his friends leaving on very dangerous missions, and some of them never returned.



Veterans Daniel Li and Victor Wong

The sacrifices of the Chinese veterans in World War II paved the way for many changes, leading to equal rights for Chinese Canadians. Due in great part to the service of Chinese Canadians in the war effort, the Chinese were given the vote not long after the war. Finally, in 1947, Chinese Canadians were officially recognized as citizens by the Canadian Government. Today, Chinese Canadians enjoy the same rights and privileges as every other Canadian. So far, we have had two Chinese Lieutenant Governors, and Adrienne Clarkson was Canada’s first Chinese Governor General. In Victor Wong’s words, today “[Chinese Canadians] have a lot of freedom. You can be whatever you want to be;...do whatever you want to do; ...[and] go wherever you want to go.”

Although there were many Chinese Canadians fighting in World War II, every year there are fewer and fewer left to tell their stories. It is important that the memories of what the Chinese veterans have accomplished for the Chinese Community is not forgotten with the loss of these veterans. For this reason, it is important to honour these veterans every year, to pause and remember, to be thankful for their efforts, to tell their stories, and keep these stories alive for future generations to hear.

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P. Battles, L. McArthur, P. Hannah, B. Hung for certificates
to Ming's Restaurant, Forum Restaurant, Jonathan's
Restaurant or Dynasty Restaurant.

言不可治者，未得其术也

从学中医开始，就反复读到内经的一段话：“稟今夫五脏之有疾也，譬犹刺也，犹污也，犹结也，犹闭也。刺虽久犹可拔也，污虽久犹可雪也，结虽久犹可解也，闭虽久犹可决也。或言久疾之不可取者，非其说也。夫善用针者，取其疾也，犹拔刺也，犹雪污也，犹解结也，犹决闭也。疾虽久，犹可毕也。言不可治者，未得其术也。”用现代的话来说，就是人生病了，就像扎了个刺，虽然时间久了，也可以拔掉。说时间长了就拔不了了，那是不对的。说疾病不能治，那就没找到办法。也就是说，只要找到合适的方法，什么病都能治好。十几年前读这个段落，心里就有疑惑，这话也说得太大了吧？根据现代医学常识，很多疾病就是治不好的。就是维持，也要终身服药，当然，副作用一定是避免不了的。

在加拿大做中医，和在中国做中医的最大一个不同，就是这里的中医，不可以用西药。结果，反而看到了纯中医的疗效。刚开始，对一些疑难杂症，信心不大。在患者的要求下，试着治疗。结果，这么多年

下来，原来以为不能治好的疾病，越来越多的患者得到了临床治愈。所谓临床治愈，就是在不吃药的情况下，患者没有自觉症状，实验室诊断指标在正常范围之内。配合改善生活方式，而达到稳定状态。

通常哪些常见病在人们的观念中属于治不好，或者机率特别小的呢？这里包括皮肤病，高血压，糖尿病，癌症等。

为什么所有疾病，都有临床治愈的机会呢？那是因为，人体本身，就有这种自愈能力。中医把它叫做“正气”，所谓“正气在内，邪不可干”。正气在治愈疾病过程中至关重要。能不能治好，多长时间治好，都和这个正气相关。自愈能力强，痊愈的机会就大，疗效就快。所以，一般来说，年轻人的疗效，一般都比老年人要好，要快。

中医有一个重要的治疗原则，就是扶正驱邪。而重中之重，是要扶正。驱邪的方法，就像一场战争，肯定有损失，对人体也有一定的伤害。而目前大家所知的方法，一般是以驱邪为主的。中医侧重扶正，就是先把身体变得强壮些，那自身的正气，就可以把疾病给驱除走。这样的治疗方法，不伤身体，还消除了疾病产生的原因，就是所说的“中医治本”，达到临床治愈。

比如癌症，通常人们认为，肿瘤就是敌人，要消灭。所以，才要手术，化疗，放疗。但是，如果仔细想一下，手术了，肿瘤是割除了，那产生肿瘤的原因，割除了么？放疗化疗是可以杀死肿瘤细胞，那正常的免疫细胞就能活么？如果肿瘤产生的原因还在，肿瘤复发就是迟早的事，免疫细胞是控制肿瘤细胞生成的警察系统。如果这个系统不工作了，那肿瘤是不是长得比从前更快呢？

中医从另外一个角度入手，就是提高正气，先把自己保护好。让正气当警察，把邪气关进监狱或者消灭。就是不能完全把肿瘤消灭，至少，也不会让它对身体造成大规模损害。也避免了一场你死我活的残酷战争。这就是中医治疗肿瘤的思路，而且

，配合适当的治疗手段，临床治愈就不是空想。

当笔者看到中医对肿瘤，高血压，糖尿病等常见疾病的疗效时，把曾经深深怀疑的“言不可治者，未得其术也”这句名言，变成了自己的信条。禁不住再叹，古人不吾欺也！

Saying an illness is incurable is the same as saying the way to cure it has not yet been found.

Since I began learning about Chinese medicine, there has been one passage from Inner Cannon that I have read repeatedly. The passage states that “the illnesses in the internal organs act like a prick, stain, knot or blockage. They are removable even if they have been there for a long time. It is not correct to state that an illness that has existed for a long time is incurable. For those who are good at and understand acupuncture, all problems are removable. Illnesses are curable despite their existing length in time. Saying an illness is incurable is the same as saying the way to cure it has not yet been found.” In short, every illness is curable if the treatment for it has been found. Even I doubted this too, until sometime around 10 years ago, believing it to be just an exaggeration. From what I had learned at university, most diseases are never curable according to biological medicine, and patients need to take medication for the rest of their lives in order to maintain a condition. Side-effects, of course are part of that.

The main difference between practicing Chinese medicine in Canada compared to in

China is that the TCM practitioners in Canada cannot use drugs in treatment. This provides a good chance to see how only Chinese medicine works for patients. For doctors who use both Chinese medicine and western medicine in China, it is a challenge to only use Chinese medicine in the beginning. For that reason, it is normal to feel a lack of confidence when treating serious diseases. For many year of my practice, I have helped a lot of patients who have failed to receive help from regular medicine and are willing to try alternative ways. As I began to treat more and more serious conditions, for which I too thought there may not be any positive effects, results turned out to be very good. More and more patients began receiving clinical cures, having no more symptoms and having lab results come back within normal ranges. Combining the results with the improvement of life-style, patients are able to maintain a good condition.

What are the diseases most commonly thought to be incurable in people’s minds? Skin diseases, hypertension, diabetes and cancer etc. are all examples.

How is there a chance for all illnesses to find clinical cures? That is because the human body has self-healing power. In Chinese medicine, this is called “Zheng Qi.” When Zheng Qi is strong, illness does not happen. Zheng Qi is the most important factor for healing as it relates with whether an illness is curable or how long it will take to heal. The stronger the self-healing power, there is a better chance for a cure and quicker the results. Generally speaking, young people have a better opportunity than seniors in this sense.

There is one important treating principal in Chinese medicine to support Zheng Qi and expel pathogens. Supporting Zheng Qi is of the utmost importance. To expel pathogens is like starting a war, there will be loss and costs, as damage to the body is inevitable. The regular treatments familiar to the public are killing methods. The Chinese medicine

way of treatment is to make the body stronger, allowing the Zheng Qi to expel the pathogens away for the body. Such a method not only has no side-effects, but also removes the causes of the illness. This is where the famous saying comes from that “Chinese medicine treats the cause rather than treats the symptoms” to gain a clinical cure. Take cancer for example. Here, the tumor is the enemy. What should we do to it? Kill it. Here, surgery, chemo therapy and radiation therapy all come to mind. But wait a minute, once the tumor is removed, what about the factors that had caused the tumor? If tumor cells were killed by chemo or radiation therapy, can the cells for immunity survive? If the causes are still there, the tumor may come back sooner or later. If the immune cells, which act like the police inside the body, stop working, is it possible for tumors to now grow faster than before? Why not implement the idea from Chinese medicine and raise Zheng Qi and protect the body first. Let Zheng Qi do its work as police and put the pathogen into prison or remove it entirely. If the tumor was not removed completely through Chinese medicine, at least there was no serious “war” that could cause huge damage to the body. This is the strategy for treating cancer in Chinese medicine. Combining with proper treating methods, a clinical cure is not just a saying.

Seeing firsthand the results of Chinese medicine for the most commonly seen diseases, the famous words “saying an illness is incurable is the same as saying the way to cure it has not yet been found,” which I deeply doubted for years, has not become my doctrine. I cannot help but saying again; Ancient people have told me the truth in the classics!

(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.

VICTORIA CHINESE STUDENTS AND SCHOLARS ASSOCIATION

Flea Market is coming!

Worried about too much stuff in your room? Some items not being used for a long time but don't know how to get rid of them?

Don't want to waste them by throwing away? Sell them in flea market on Nov. 21-22 from 12-4pm! Things you don't feel needed might be what others are looking for!

Anything is acceptable! Your textbooks, clothes, makeups, accessories, electronic devices...

To register as a seller please send photos and prices of items to:
Ivy 250-813-2919 ivy.alpha@hotmail.com
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学期就要结束了，花大钱买来的教科书马上就要变成闲置了，

下学期的教科书还没着落？快放假打包回家了，衣服小家具小首饰零零碎碎都带不走，扔掉了又可惜？

囤了好多护肤品，化妆品一直没用，用过一两次的东西感觉不对味放着又觉得浪费了？

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Victoria Chinese Commerce Association

2012-13 AGM Meeting

Date: Wednesday November 21, 2011

Place: Royal Bank, Hudson Branch,
Douglas & Fisgard

Doors Open: 5:45 pm

Meeting Time: 6:00 pm Sharp

Dinner Time: 6:30 pm

**Pre-Registered \$25 or at the Door
\$35**

Appetizers will be served during the meeting followed by Dinner at a restaurant location to be announced at the meeting.

Special Guest Speaker: Mike
Hamel, TourZo Information Systems

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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



Harbour view of Hotel Grand Pacific

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New Rules Crack Down on Marriage Fraud

Marriage fraud, or entering into a “marriage of convenience” in order to obtain permanent resident status, has become an increasing problem in Canada in recent

years. Some fraudsters target unsuspecting victims, eventually leaving them devastated, while others enter into a commercial transaction with a Canadian resident, tricking the government into giving them permanent resident status. Canada’s “soft” laws surrounding marriage and permanent residence compared to that of other countries, including the United States, Australia and the United Kingdom, make us a target for abuse. However, new regulations implemented on October 25, 2012 aim to cut down on this growing problem and bring our rules more in line with those of many other countries.

Citizenship and Immigration Canada’s (CIC) new regulation states that spouses and partners are now required to live in a legitimate relationship for two years from the date they receive their permanent resident status in Canada. The new regulation applies to spouses who, at the time of submitting their sponsorship application, have been in a relationship for 2 or less years, and have no children together. If the spouse or partner fails to remain in a legitimate relationship with the sponsor for the two-year conditional period, their permanent resident status may be revoked. The regulation closes a loophole that allowed fraudsters to abuse the system by marrying a sponsor, then leaving them as soon as permanent resident status is obtained. These regulations are currently being applied to any permanent resident applications received on or after October 25, 2012. This new regulation follows in line with one passed in March of this year, preventing sponsored spouses from sponsoring a new spouse in the five year period following their permanent resident date.

To prevent sponsored spouses from potentially becoming trapped in an abusive relationship, there are of course exceptions to the new rule. If the sponsored spouse is suffering abuse or neglect, or if the sponsor fails to protect the sponsored spouse from abuse or neglect being perpetrated by

another person, either living in or outside the household, the conditional period will cease to apply. In the event of the death of the sponsor, the conditional period will also cease to apply.

CIC's continued efforts in cracking down on marriage fraud includes a new multilingual advertising campaign aimed at preventing people from falling victim to the scam. For more information, visit CIC's antifraud webpage at www.immigration.gc.ca/antifraud, and watch their short video at <http://www.youtube.com/watch?v=nkDP9cCd6nU>.

(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....."

"... some new flavors and twists on southeast Asian cuisine at Viet Tiene Rest...at the Gateway Village plaza ... worth a try..."

".... Newer location for Ban Thai... same good food...nice quiet location for those that live in Broadmead and Royal Oak..."

"... 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...."

"... 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 can be found at Jonathan's Restaurant in the Royal Scot Hotel...a pleasant more quiet environment.."

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 Councilor,
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.

Our pledge is to be socially responsible and support local community projects. We rely on Sponsors, Advertisers and Supporters to provide our publications. To Sponsor, Advertise or Support us, please email: **info@victoriachinesemessenger.com**

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.



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.
