



THE VICTORIA CHINESE MESSENGER

Oct. 2012 (3rd Ed.)

Victoria, British Columbia

Oct 17, 2012 United Way Fundraising Chinese Banquet

The Victoria Chinatown Lioness hosted the Chinese Community's United Way Fundraiser. The event featured a live auction by Roshan Vickery, bring humour and a professional touch (he is from Kilshaws Auctions). He even auctioned a dinner prepared, cooked, and served for 8 in your own home by the Victoria Firemen, the hottest ticket item on the auction block. The numbers were not out yet at the time of this article but with a packed house and a lively auction, the result will be very favourable for the United Way.

As with each year this event is held a delicious Chinese Banquet was enjoyed.

The Victoria Chinatown Lioness took over this event and applied their wealth of fundraising and event experience to make it a fun evening for all. Watch for more events of the Lioness who support many worthy causes in the community.

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Double Nine Festival

The Double Nine Festival is celebrated on the ninth day of the ninth month of the Chinese lunar calendar. This usually falls in October of the western calendar. Traditionally, the number 9 is considered a Yang number, and on this day both the day and the month are Yang characters, which was deemed worthy of a celebration in ancient times. The word "chong" means "double," and as such this festival is also known as the Chongyang Festival. In Chinese, "double ninth" is pronounced the same as the word "forever."



Traditions of the Double Nine Festival include climbing a mountain on that day, and enjoying the chrysanthemum flower by wearing it, or drinking tea or wine made from it, and wearing the zhuyu flower. The importance of these traditions have also lead to the Double Ninth Festival being called the Height Ascending Festival, or the Chrysanthemum Festival. On this day, people may also visit the graves of their ancestors to pay their respects. In some areas, this festival has been re-dedicated as “Senior Citizens Day,” and involves appreciating the elderly.



Eating Chongyang cakes is also an important tradition during the Double Ninth Festival. Chongyang cakes are traditional cakes made of rice flour, decorated with jujube, chestnut, almond and steamed sugar, and filled with a sweet stuffing. Often the cakes will have a five-color flag on top, or the two-goat symbol for double yang.

Halloween Is Around The Corner... A Superstitious Time



As you know, China is a mix of many customs and superstitions. It is a part of life as it is with any culture. Halloween is not a Chinese event, but we will look for some interesting superstitions from China. Understanding and knowing these superstitions will help you understand and interact with the culture, particularly in business and in love.

Here are some of the ones we found on the internet for you to think about.

- (1) If one hits another person with a broom, the hitter will get bad luck and he will ruin his life.
- (2) The Chinese believe that one should keep a well-shaven face. If one wears a moustache it should be well-trimmed. If one violates this norm it will give bad luck.
- (3) Another Chinese superstition is that if a dog howls for a few hours in late night, it means someone died somewhere.
- (4) It is another superstitious belief of the Chinese that if one has a dream of teeth or snow, it indicates that his parents are dead.
- (5) If a baby cries for no reason, the Chinese believe that there are ghosts around and the child is disturbed by the ghosts.
- (6) Another superstition of the Chinese is that building a house facing the North would bring in ruin to the family.

(7) It is a superstition among the Chinese that if one marries a person who is either three or six years older or younger, it is bad and will bring bad luck to the couples.

(8) The Chinese believe that clipping toe-nails or finger-nails at night will bring ghosts to that place.

(9) Another popular Chinese superstition is that if one points at the moon with one's finger it will make one's ear-tips fall off.

(10) Another popular belief of the Chinese is that if one engages and keeps a turtle as a pet, it will ruin his business and fortune, for it will slow a person's business down.

(11) This is another popular superstition in China. The Chinese believe that the number 8 is a lucky number because the pronunciation of the number 'eight' and the pronunciation of the word for 'prosperity' in Chinese are similar. Hence, the number 8 has much value in the social life in China. So if a house number or the registration number of a car has the 8 as a number, people think it is a lucky sign. Often people pay big sum to win a number with 8 for their car.

(12) In another popular Chinese superstition, the number 4 is considered as unlucky. Hence this number is unacceptable for vehicles and houses. It is so because the number 4 in Chinese has the pronunciation similar to the word for the word 'death'.

(13) The Chinese believe that the numbers 8, 18, 13 and 168 are lucky. Hence those who are on a gambling or business trip prefer these rooms. As these numbers are in great demand, often disputes and fights arise over the choice over these numbers.

(14) In another popular Chinese superstition, the Chinese do not sweep during the New Years because if one does so he will sweep away all the good fortune. Hence the sweeping on the New Year is to be done the day previous.

(15) As part of another popular superstition of the Chinese people, eating noodle will not be easy in China. This is because the popular belief is that an uncut noodle in soup will increase longevity. If the noodle is cut it will cut the longevity.

These were found at <http://popculture.knoji.com/15-top-chinese-superstitions/>

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

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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.

古代针灸高手如何扎针?

中国古代哲学认为,人是天地之子。《内经》说,“人生于地,悬命于天,天地合气,命之曰人”。既然人来自于天地之气,那人本身,当然也是气。经典中医认为,人首先是气,然后才是有血有肉的机体。气运行不畅,人就会生病,治病,要以调气为首要目的。

《灵枢》是针灸的圣经,书中说:“粗守形,上守神”。即是说,水平低的医生扎形,水平高的医生扎气。那具体怎么操作呢?

1. 先摸脉。“凡将用针,必先诊脉,视气之剧易,乃可以治也”。脉就是气的窗口。根据脉来选择穴位。
2. 选穴。
“故善用针者,从阴引阳,从阳引阴,以右治左,以左治右,以

我知彼，以表知里，以观过与不及之理，见微得过，用之不殆。”

是要根据“气”的运行规律，而不是头痛医头，脚痛医脚。

3. 得气。“刺之要，气至而有效”。就是说，患者要有“得气”的感觉，既酸麻胀痛。如果没有得气，那就要候气，催气。气至，医生要判断来的是“正气”还是“邪气”。“邪气来也紧而疾，谷气来也徐而和”。
4. 补泻。正气来则补，邪气来则泻。“迎之随之，以意和之，针道毕矣”。
5. 疗效。“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。”就是说，如果治疗得法，什么病都可以治。而且，还‘效如桴鼓’

笔者使用古典针法，第一个患者，即获神效。一个西人男子，40岁上下，腰痛，肩关节疼痛，活动受限。根据脉象，手上选取一穴。进针后，得气，患者告知，腰间如有手按摩。5分钟后，起针。患者疼痛消失，胳膊活动自由。

感叹，古人诚不吾欺也！经典就是经典，想想也是，当初古人写字，没有纸笔，写字靠竹刻字，哪里有闲空来刻假话废话？

How Top Doctors Did Acupuncture in Ancient Times?

In ancient Chinese philosophy, humans were considered to be the son of the heaven and the earth. In Inner Cannon, “Humans were borne on the earth, their lives connected to the heaven. The ‘Qi’ created by the heaven and the earth is called human.” In this sense, human beings come from the Qi from the universe, so human-beings themselves are “Qi.” For Chinese medicine, humans are considered as the “Qi” person first, then as the body with bone and flesh. If “Qi” does not circulate smoothly, it will cause illness.

For treatment, the regulation of “Qi,” of course, is the main purpose.

There is a book, the Bible of acupuncture, called “Ling Shu,” in which it stated: “Doctors who are not skillful enough focus on the body, while good doctors focus on the Qi.” How?

Feeling the pulse. “Before needling, doctors have to feel the pulse first, then do the treatment according to the Qi’s condition.” That is to say, the pulse is the window of the Qi. Acupoints are chosen according to the pulse.

Choosing acupoints. “Doctors who are good at acupuncture should treat Yin from Yang, Yang from Yin, treat the left by needling the right, the right by needling the left, to know the other side from this side, from the surface to the internal organs, to see the hyper or hypo activity, to know the development of an illness, and then to never fail in treatment”. So, it is said, do not treat the head when there is pain on the head nor the foot when there is pain on the foot. Treatment should be based on the Qi’s movement.

Qi feelings. “The importance of needling is to gain Qi feelings to get the result.” So called ‘Qi feelings,’ are the feelings of sore, numb, distention and pain experienced of the patients. If there are no such feelings, then wait, and push ‘Qi’ to come. When “Qi” comes, doctors have to tell if it is a bad “Qi” or a good ‘Qi.’ “A bad ‘Qi’ will feel tight and rapid, while a good ‘Qi’ feels smooth and slow”.

Tonification or discharge. Good ‘Qi’ can be made stronger by tonification and bad ‘Qi’ can be released by discharge. “Acupuncture is all about the meeting and following of the ‘Qi,’ and harmonizing it.”

Effect. “To say an illness has been around too long to be treated is not true. Doctors that are good at acupuncture will treat the illness just as if they are removing a sting, cleaning a dirty spot, loosening a knot, or opening a blockage. Even if the illness has been

around for a long time, it still it could be cured. An illness is not incurable, just because you have not found the way. In other words, all illnesses are curable if you are willing to find the way. In addition, the results come as quick as the sound from a beaten drum.

The first patient to be treated by this classical acupuncture was a male in his 40's. He had pain on his lower back and shoulder, with limited movement. According to his pulse, one point was selected on his hand. The patient felt a hand massage on his lower back during the needling. 5 minutes later, out of the needles, the pain was gone and the arm was able to move freely.

Ancient people have told me the truth in the classics! Give it a thought. There was no paper or pens when these people recorded their knowledge in ancient times. They had to carve all the characters on a piece of bamboo. How come they had time and energy to spend on nonsense?

(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.

**Oct 17, 2012 United Way
Fundraising Chinese Banquet
Hosted by the Victoria Chinatown
Lioness**

Reception: 5:30 PM
Dinner: 6:00 PM
At Don Mee Seafood Restaurant on Fisgard
(Heart of Chinatown)

Tickets: \$50 (with a \$23 tax receipt)

For tickets: millsappraisals@shaw.ca or chiapm@shaw.ca.

**CITY OF VICTORIA IS CELEBRATING ITS
150TH IN 2012 - WATCH FOR MANY
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<http://www.victoria.ca/EN/main/departments/parks-rec-culture/recreation-culture/art-culture/victoria-150/victoria-150-community-events.html>

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

**for updates on articles and
information**



Harbour view of Hotel Grand Pacific

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Don't Take Canadian Citizenship For Granted

For those who were born in Canada, citizenship is a given. For those who apply having come from another country, they will know that Canadian Citizenship is a highly prized status.

For newcomers to Canada you must meet eligibility requirements first. To become a Canadian citizen the requirements are:

- you must be at least 18 years old
- if you are under 18, your parent, adoptive parent or legal guardian must apply for you
- you must have permanent residence status in Canada and that status must not be in doubt
- if you are an adult, you must have lived in Canada for at least 3 years (1095 days) in the past four years before applying.
- you must have adequate knowledge of English or French
- you must not have been convicted of an indictable offence (criminal) or an offence under the Citizenship Act in the 3 years before application
- you cannot be in prison, on parole or on probation
- you cannot be under a removal order
- you cannot be under investigation for or charged with or having been convicted of a war crime or crime against humanity
- you cannot have had your Canadian Citizenship taken away in the past five years
- you must have knowledge of Canada i.e. understanding the rights and responsibilities of citizenship and have an understanding of Canada's history, values, institutions and symbols.

From the above you can see that obtaining Canadian citizenship is not easy and should be valued for what it is. Namely, that Canadian citizenship is citizenship in one of the best countries in the world. For me I would dare to say Canada is the “best country in the world”.

(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”

“... 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....”

“... 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...”

“...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....”

“... 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



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.

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.



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.
