



THE VICTORIA CHINESE MESSENGER

Sept. 2012 (2nd Ed.)

Victoria, British Columbia

Rub A Dub Tub Fundraising Dinner September 26, 2012

Sept 2012

The Victoria Chinatown Care Foundation will host its Rub A Dub Tub Fundraiser at the Golden City Restaurant on Sept. 16, 2012.

They are at about 20% of their goal to raise \$80,000 for a recumbent tub to help the lives of the elder patients in the Victoria Chinatown Care Centre.

These costs are not covered by any of their operating funds have to be raised from donations, fundraisers and pledges.

It will be a fun event with duck races pledge sponsored by local celebrities, Mayor Fortin, Mayor Leonard, Councillor Charlayne Thornton-Joe and our weatherman Ed Bain.

Also there will be a President's Cup race between various presidents of local organizations.

Come enjoy a Chinese Banquet starting at about 5:30 pm. Join in on the Duck races. Ticket prices are \$60 with a \$33 tax receipt. For tickets: amandamills@shaw.ca

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The Autumn Moon Lantern Festival September 12, 2012

September 2012

Victoria Chinese Commerce Association's hosted its last Chinatown Night Market Sept. 12, 2012 in the heart of Chinatown. A steady stream of locals and autumn tourists got their experience of food, fun, festivities and some entertainment.

The theme was a mixture of two festivals: the Lantern Festival and the Mid-Autumn Festival. For more information go to www.chinatownnightmarket.ca.

Mid-Autumn Festival

The Mid-Autumn Festival is held on the 15th day of the eighth month in the Chinese lunar calendar. This year, it falls on September 30th. Traditions of the Mid-Autumn Festival include eating mooncakes, lighting lanterns, burning incense, fire dragon dances, as well as making offerings to and appreciating the full moon.

The Mid-Autumn festival has a long history dating back to ancient times, when emperors followed the rite of offering sacrifices to the sun in spring and to the moon in autumn, hoping for a prosperous year. Later, aristocrats and literary figures helped expand the ceremony to common people.

There are many folk tales surrounding the Mid-Autumn Festival, and even more variations of each. Here is one common tale:

Long, long ago, there were 10 suns in the sky. The heat of all the suns was scorching the Earth, and people were suffering.

One day, a hero named Hou Yi used his bow and arrows to shoot down nine of the suns, saving everyone on Earth. In thanks for his deed, the Queen of Heaven gave Hou Yi a bottle of elixir that had the power to turn one person into an immortal. Although it was tempting, Hou Yi could not part with his beautiful, kindhearted wife, Chang'e, so rather than drink the elixir, Hou Yi gave it to his wife for safekeeping..

Now famous after he shot down the nine suns, Hou Yi was sought after as a master by many young men. Most of them were accepted by Hou Yi.

One such student, Feng Meng, had an evil soul. He schemed to one day seize the elixir so he could turn himself into an immortal. One day, when Hou Yi and his students went hunting, Feng Meng pretended to be ill and stayed at home. He then went to Hou Yi's house and tried to force Chang'e to give him the elixir. Chang'e knew she couldn't defeat Feng Meng, so she drank the elixir immediately. She turned into an immortal and flew away towards the moon.

When Hou Yi returned, the maidservants told him what had happened. Overcome with grief, Hou Yi looked up into the night sky and called his wife's name. To his surprise, he found that

the moon was especially clear and bright, and on it there was a swaying shadow that looked exactly like his wife.

Thinking of his wife day and night, Hou Yi then had an incense table arranged in the back garden. He put sweet meats and fresh fruits, which Chang'e loved most, on the table as a sort of memorial to her.



Mooncakes

Mooncakes are traditional sweet Asian delicacies enjoyed during the Mid-Autumn Festival (or August Moon Festival), which will occur on September 30th this year. Typical mooncakes are round or rectangular pastries with a thick rich filling made from red bean or lotus seed paste surrounded by a thin crust. They may contain yolks from salted duck eggs in the center, symbolizing the full moon. Traditional mooncakes have an imprint on top with the Chinese characters for “longevity” or “harmony,” as well as the name of the bakery and the filling. Usually, mooncakes are eaten in small wedges accompanied by tea. Since mooncakes are very labour-intensive, they are considered a delicacy and most people choose to purchase them from a bakery rather than make them at home. Mooncakes now play such a central part in the celebration of Mid-Autumn Festival that it is now common to call it “Mooncake Festival.”



Did you know that an ancient folk tale claims that the mooncake played an integral part in overthrowing Mongolian rule in the 14th century?

According to legend, the Mongolians ruled China in 1280 AD after defeating the Song Dynasty. Under Mongolian rule, the Chinese were treated like slaves. They resented the oppression and wanted to overthrow their Mongolian rulers. However, group gatherings were banned, making it impossible to make widespread plans for a rebellion. Liu Bowen, advisor to the Chinese Rebel leader Zhu Yuanshang came up with the idea of timing the rebellion to coincide with the Mid-Autumn Festival. With permission, he distributed thousands of mooncakes to Chinese residents of the city under the guise that they were to bless the longevity of the Mongol emperor. Upon cutting into the mooncakes, the Chinese found a special message telling them to “revolt on the fifteenth day of the eighth moon.” The Mongolians, who did not eat mooncakes, were none the wiser. On the night of the Moon Festival the rebels attack overthrew the Mongolians. Since this time, the Mid-Autumn Festival has been celebrated with mooncakes.

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"



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.

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，云南的黄家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 this Chinese Article can be found online at www.victoriachinesemessenger.com）

(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 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.

September 12, 2012

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



September 26, 2012

Victoria Chinatown Care Foundation: Rub a Dub Tub Fundraising Dinner at Golden City Restaurant on Fisgard St.



“Rub a Dub Tub” Duck Races

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.

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 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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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



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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 issued 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"

"... 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 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.



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.

Night Market 2012 Pictures

Victoria Chinese Culture Club



Victoria Tai Chi Club

