



THE VICTORIA CHINESE MESSENGER

April 2013 (1st Ed.)

Victoria, British Columbia

Water Splashing Festival



The annual Water Splashing Festival of the Dai ethnic minority falls during the New Year celebrations of the Dai Calendar. This year, it is celebrated from April 13-15. The Water Splashing Festival is the most important festival observed by the Dai ethnic people of Xishuangbanna Prefecture.

The festival involves three days of celebrations that include sincere, yet light-hearted religious rituals that customarily end in merrymaking, where everyone gets splashed and sprayed with water.

The first two days of the festival are concentrated on the Lancang River, where a grand celebration marks the beginning of the festival. Here, an outdoor market is set up, where shoppers and artists gather to celebrate. The third day, the climax of the festival, is reserved for water splashing. On that day, the Dai put on their newest and best clothes and assemble at the local Buddhist temple, where monks chant Buddhist scriptures. Afterward, a symbolic water splashing ritual is enacted whereby a Buddhist statue is first coaxed out of the temple to the courtyard, then is splashed with water. This important ritual is called 'Bathing the Buddha'.

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The completion of 'Bathing the Buddha' ritual serves as the signal that encourages mortals to themselves engage in mutual

water splashing. Accordingly, people flock to the streets with pots, pans, bottles etc. to splash, spray and douse each other with water.

The Water Splashing ceremony is more than just good natured fun; it also contains an important religious element. Water is regarded by the Dai as a symbol of religious purity and goodwill among people. Therefore, splashing others with water during the festival is an expression of the desire for good luck and prosperity to that person.

Harbin Ice Festival



The Harbin Ice Festival, one of the world's four largest ice and snow festivals, impresses hundreds of thousands of visitors with a spectacular, colorful display during the month of January each year. Originating in 1985, the celebration has been held in Harbin, the capital city of Heilongjiang Province, for the past 29 years. Harbin's northern location provides the perfect arctic climate for an ice festival, as well as abundant ice and snow.



During the month the city is alive with visitors and festivities surrounding the festival. You will see colorful ice and snow sculptures all over Harbin, but the grandest displays are found at Sun Island and "Ice and Snow World," which operates nightly and displays illuminated life-sized buildings and themed music to enhance the experience.

The Harbin Ice Festival is also an international cultural event. Every year, ice sculpture experts, artists and fans from all over the world gather in Harbin to participate in ice sculpting competitions and enjoy the sights and various winter sporting events that take place during the month.



The most important and best loved event during the month is the Ice Lantern Festival. Ice lanterns originated out of resourcefulness during the Qing Dynasty, when local peasants and fisherman would freeze water in buckets, creating a hollow shell to protect candles from the elements and provide light to work outdoors at night. Over time, people recognized their beauty and began to make ice lanterns and place them outside of homes during festival times. As techniques have advanced, ice lanterns have become much more intricate and elaborate, and some of the best can be seen on display during the Ice Lantern Festival, combining intricate ice artworks with colored lights and music.



高血压可以治愈么？

高血压究竟是什么病，为什么人会有高血压，这个问题从来没有小孩解答过，大多数高血压，而是用一个‘原发性’糊弄过去就算了，什么是原发性呢？就是不知道原因。

高血压形成的原因，最常见的，是由于循环不佳。如果循环不佳，某些器官就可能供血不足，比如肾，大脑等。那这个器官就要向大脑发送信号，告诉指挥中心，这里血液不够，营养不足，需要多送点血液。那大脑就会给心脏发指令，增加工作量，提高血压。如果心脏长期处于高工作状态，那心脏就会增大，最后累得不再工作了，就是所说的心衰。所以，目前的治疗，就是强行把血压降下来，扩张血管，利尿减低血容量，而且，一辈子不能停药。这样对心脏来说，是没大问题了，但是，缺血那个器官会如何呢？当然还是缺血，如果长期缺血状态，也会引起那个器官衰弱，偶尔一天血液供应临时正常了，那里的血管也不适应了，就会出血，如果发生在大脑，那就是中风了。

中医没有高血压，那高血压的患者，从经典中医的角度看是什么呢？那还是要看症状。大部分的高血压患者，症状有上热下寒，耳鸣，健忘，失眠，头痛，面红等。这些症状，中医称之为‘虚阳上浮’。“阳气者，若天与日，失其所，则折寿而不彰。故天运当以日光明，是故阳因而上，卫外者也。”

人体内的阳气，就像太阳一样，白天上升，黑天下降，就象有一个开关，白天开，晚间关闭。如果这个开关不灵了，那白天开得不够，晚间关不上，白天能量不够，一般是下肢发凉，晚间热气太多，头脑发热，把血带到头上，血压就升高了。不但如此，阳气也是推动血液正常运行的动力，阳气不足，则循环受阻，心脏功能也会减低。所以，中医治疗高血压，就是要调节阳气的运行，该升则升，该降则降，但是有一个条件，就是阳气必须要实，阳虚则浮，阳实则降，升降正常，血压就正常了。所以，中医治疗高血压最佳的方法，就是让阳气实，然后降下来，就是通常说的‘潜阳’。

现代中医的教科书，通常认为高血压是因为‘肝阳上亢’，就是说，肝的阳气太盛了，所以要把阳气消灭掉。这个治疗方法，是典型受到

了西医治疗原则的影响。如果一个房间太热，是应当把暖气开小一点呢？还是再开一个冷气空调？用凉药治疗高血压，就相当于暖气开得太大，房间太热，结果又开一个冷气。凉快是凉快了，浪费了能源。人体的能源是有限的，人活一口气，活的就是这一口阳气，结果，就这样消耗掉了，那代价，就是少活几年。

针灸治疗高血压，道理是一样的，是要促进气血循环，让身体自己来调节血压，而不是靠药物。如果人体阳气足，气血循环正常，哪里还有高血压呢？那这个病，就是临床治愈了。所谓的临床治愈，就是不依靠任何药物，血压平稳，症状消失。尽管相应环节还是薄弱，但如果调养适当，还是可以保持血压平稳的。这在中国临床上，是屡见不鲜的。

思想决定实践，还是那句话，当今世界缺的不是技术，缺的是正确的思想。

Is Hypertension Curable?

What is hypertension? Why does it happen? There is no definitive answer. Most cases of hypertension are called “primary,” meaning we do not know the cause, and there is no further explanation given.

The most commonly seen cause for hypertension is poor circulation. Organs like the brain or kidneys may not receive a sufficient supply of blood. Then the organ will send a message to the brain asking for more blood because it is not getting enough nutrition. Then the brain will instruct the heart to work harder to raise the blood pressure.

If the heart works at high pressure, then the heart will become enlarged. If the pressure is too much, the heart will stop working properly, causing heart failure. The regular treatment for hypertension is to force blood pressure to go down by dilating blood vessels and reducing the blood volume using diuretics. While this is a good idea for the heart, the organs that are lacking blood will become weaker and weaker. One day when the blood supply to the organs increases for some reason, it will be too much for the organ’s weakened blood vessels, leading to internal

bleeding. If this happens in the brain, it is known as a stroke.

So what is wrong with people with hypertension? It all depends on the symptoms. For most patients, the symptoms include: feeling hot in the upper part of the body and cold in the lower part of the body, tinnitus, poor memory, headache and red face. In Chinese medicine there is no word for hypertension. Hypertension is called “floating Yang due to Yang deficiency.” “Yang is like the sun in the sky to the human body. If it is not in the right spot, then it affects humans and shortens life. The sky should be bright with the sun as Yang should go up and protect the body.” This is to say that Yang inside the body is the sun in the sky. Yang goes up in the daytime and down at nighttime. As if there is a switch, on in daytime and off in nighttime. If this switch does not work well, it does not turn on enough, and at nighttime it does not turn off. So in the day there is not enough energy, leading to a cold feeling in the lower limbs, and at night there is too much heat causing a hot flush over the head, bringing blood up to the head and increasing blood pressure. Yang is also the power for blood circulation, Yang deficiency leads to slow circulation, and heart function is also lowered.

The principle of treating hypertension is to regulate Yang’s movement, raise Yang when the sun goes up and lead it down when the sun goes down; it needs to go down on one condition - there is enough Yang. Weak Yang floats up, strong Yang circulates down. When the Yang’s movement is normal, the blood pressure also will be normal. The best way to regulate blood pressure is to make Yang strong. In Chinese medicine term, it is called “to subdue Yang.”

Acupuncture treatment is used to promote the circulation of blood and Qi. Qi is part of the self healing power which regulates blood pressure. If Yang is strong, circulation of blood and Qi is normal. This is the clinical cure for hypertension - to maintain regular blood pressure without using drugs until symptoms are better or gone. It is possible to keep blood pressure normal simply with a good life style, and this is a common practice

in Chinese medicine. Western medicine, however, has plenty of techniques to reduce hypertension, but they are not able to cure it by fixing the underlying problems.

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

Great Wall Marathon



On May 18, 2013, the longest man-made structure in the world lends just a small portion of itself for one of the most gorgeous races in the world. The Great Wall Marathon offers participants the chance to partake in a full marathon (42km), a half marathon (21km) or a Fun Run, where anybody over the age of 12 can participate in a short run.



The race has two basic sections; one on the wall itself (in which you famously

climb 5,164 steps!) and one which has contestants running on reasonably flat terrain through picturesque villages and rice fields. Although much of the Great Wall is very uneven and treacherous in parts, the marathon route, although steep, is even and well-maintained so that no special shoes are required and injuries are minimal. There are also refreshment stations every few miles. Although the section of the wall run is amongst the hilliest of the great wall, the breathtaking scenery of the Tianjin Province will make it worthwhile, and one of the most spectacular marathons in the world.



Mother's Day in China

慈母手中线，
游子身上衣。
临行密密缝，
意恐迟迟归。
谁言寸草心，
报得三春晖。

唐代诗人孟效

In a loving mother's hand, a thread she holds,
For the son who soon will go, she sews.
As his farewell nears, she hurriedly knits,
For fear a short trip will not be this.
How can a young lad bring,
Ways to repay her love so enduring?

by Chinese poet Meng Xiao (Tang Dynasty)

Mother's Day, a holiday in honour of mothers in the world, was first celebrated in Greece on January 8th. Today it is celebrated on the second Sunday of May every year in China, America and Canada, as well as many other countries.

Mother's Day is a warm holiday where mothers usually receive cards, gifts and carnations. Carnations in many countries have been viewed as the flower for mothers, but in China, many people like to also send lilies, which in ancient times, were planted by Chinese mothers when children left home. On this day, fathers and/or children will take charge of all housework to make mothers happy. Those who cannot return home will call their mothers to say "thanks" or "I love you".

Though Mother's Day is not a traditional holiday in China, the people in China accept it with no hesitation as it goes in line with the country's traditional ethics of respecting the elderly and filial piety to parents. While China's Mother's Day distinguishes itself little from the United States', it is interesting to note that most Chinese names begin with a character signifying Mother in honor of ones maternal heritage, helping explain the cultural compatibility of such a holiday, despite it's having been imported from the West.

In 1997, Mother's Day in China was set as the day to help poor mothers and to remind people of the poor mothers in rural areas such as China's western region. In recent years, the Communist Party member Li Hanqiu began to advocate for the official adoption of Mother's Day in memory of Meng Mu, the mother of Meng Zi. Meng Zi formed a non-government organization called *Chinese Mothers' Festival Promotion Society*, with the support of 100 Confucian scholars and lecturers of ethics. Although today Mother's Day in China is not considered an official holiday, the day is celebrated in a small number of cities.

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Tradition in Felicities at the Royal BC Museum

There's a new exhibit at the Royal BC
Museum running until September. With the
help of members of the Chinese community
"Tradition in Felicities: Celebrating 155
Years of Victoria's Chinatown at the Royal
BC Museum" is open to the public.

It's full of history and artifacts from Victoria's
Chinatown, including a special lantern with
an internal moving carousel, originally
constructed by the Chinese Free Masons
and restored by the museum.

Victoria Chinese Commerce Association

Regular Meeting
April 17, 2013

RBCM Museum Tour Followed by Dinner
Meeting at Jonathan's Restaurant in the
Royal Scot Inn in James Bay

For info email VCCA via www.vcca.ca

Chinese Dance Spectacular 2013

Presented by Ocean Rain Dance
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New Business Start-Up Visa for April 1

The world's best and brightest entrepreneurs from around the world, with ideas for new business ventures and financial backing from Canadian investors, can apply for the brand-new Start-Up Visa Program as of April 1.



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From the CIC website Minister Kenney is quoted as saying “Canada is open for business to the world’s start-up entrepreneurs,” and “Innovation and entrepreneurship are essential drivers of the Canadian economy. That is why we are actively recruiting foreign entrepreneurs - those who can build companies here in Canada that will create new jobs, spur economic growth and compete on a global scale - with our new start-up visa.”

Canada’s Start-Up Visa Program is the first of its kind in the world. By providing sought-after entrepreneurs with permanent residency and access to a wide range of business partners, Canada hopes to become a destination of choice for start-up innovators which will help Canada remain competitive in the global economy.

CIC has worked with Canada’s Venture Capital and Private Equity Association and the National Angel Capital Organization to identify and designate the venture capital funds and angel investor groups that are keen to participate in the program. Immigrant entrepreneurs hoping to launch cutting-edge businesses in Canada and attain permanent resident status need the support of participating Canadian investors. A list of designated venture capital funds and angel investor groups is now available on the Citizenship and Immigration Canada website.

To apply for permanent resident status in Canada, the foreign entrepreneur must first secure a significant investment commitment

from a designated Canadian angel investor group or venture capital fund. Applicants must also demonstrate language proficiency skills at a Canadian Language Benchmark 5 in listening, speaking, reading and writing, and have at least one year of education at a post-secondary institution.

The Start-Up Visa Program is a pilot program that will run for five years. It is expected that due to the narrow focus of the program, initially, the number of applications will be limited. However, the focus of the program will be on the quality of the applicants and on establishing a track record of success.

(This information is partly reproduced from information on the BC PNP website and is provided by Sarina Hoi, BA, MA, RCIC, of Ocean Pacific Immigration Associates Ltd. additional information may be found on the website)



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”

"...La Tea Ah on 700 block Fort, just tried their crepe and beef noodle dishes, both were excellent and well priced and for a casual Taiwanese Noodle Food experience... this is the place in Victoria..."

"...if you get a chance, try Laos Vietiene a newer restaurant at Gateway Village (on Blanshard just past Vernon Ave, in Saanich...the recipes are unique and not the standard dishes found at the existing Thai or

Vietnamese restaurant's in town...it is worth the trip..."

"...just had the tonkatsu 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....try their Sichuan Menu...hot stuff"

"...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"



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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 its 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 information on the foundation go to

www.chinatowncarefoundation.com

Victoria Chinese Messenger

You can also volunteer and submit foodie tips, articles and photos of Victoria things, places and events for posting on our facebook or online publications.

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Tony Joe, Former President of Victoria Real Estate Board, Realtor, Consummate Community Volunteer

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Charlayne Thornton-Joe, City of Victoria Councilor, Lioness and Consummate Community Volunteer.

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Charlayne Thornton-Joe, Councilor City of Victoria

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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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