



THE VICTORIA CHINESE MESSENGER

SPECIAL ANNIVERSARY EDITION

February 2013 (2nd Ed.)

Victoria, British Columbia

VCM Celebrates Anniversary

Victoria Chinese Messenger is celebrating its anniversary with this special anniversary edition to coincide with the Chinese New Year 2013, the year of the snake. We have grown in our readership and friends online and have provided our free community service promoting our non-profit groups and their events. This has been made possible by your sponsors and advertisers and we wish to specially thank the Hotel Grand Pacific for their continuing support as founding sponsor. Some of our readers share their favourite Chinese New Year traditions and memories in this edition.

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Year of the Snake



Gong Xi Fa Cai
Gong Hey Fat Choy

恭禧發財

Chinese New Year, also known as the Spring Festival or the Lunar New Year, is celebrated world-wide. It marks the first day of the New Year in the Chinese calendar.

This year, Chinese New Year's Day falls on February 10, 2013, marking the beginning of the Year of the Snake.

The characteristic of the Snake are tempered by one of the five Chinese elements (Metal, Water, Wood, Fire and Earth). According to the Chinese Five Element Astrology Calendar, 2013 is the **Year of the Water Snake**.

During the Year of the Water Snake, saving money and being thrifty should be your top

priorities. Delusion and deception are common in the Year of the Water Snake, so stay alert! To gain the greatest benefits from this year, you must control spending and use your talents wisely. If you are planning to get married or to begin a business partnership, be sure to thoroughly investigate the other person's finances and background before you legalize the alliance.

In 2013, we are likely to see significant developments in the area of science and technology. It will be a special year for scientists and scholars, and so research and development are apt to flourish.

People born in the Year of the Water Snake are keen and cunning, and quite intelligent and wise. The Snake is the intuitive, introspective, refined and collected of the Animal Signs. They are attractive people who take distress with ease and do not become flustered easily. Water snakes are influential and insightful. They manage others well and tend to be good for organizations to utilize as staff. They are quite motivated and intellectual, and very determined and resolute about success. They will always have what they desire because it is worth it to them to not only be recognized for their efforts, but to be rewarded as well. They are affectionate with their families and friends, but do not show this side of their personality to colleagues or business partners.

Ancient Chinese wisdom says a snake in the house is a good omen because it means your family will not starve. This is interpreted from the Snake's character of being a great mediator and good at business, and its willingness to sacrifice its own possessions. The Snake is a great, positive sign, with energy that can help us face all of the challenges ahead. Let us take advantage of this vibrant influence to improve our lives and the world!

Celebrating New Years

Traditional New Year's Food

Probably more food is consumed during the New Year celebrations than any other time of the year. A vast amount of traditional food is

prepared for family and friends, as well as those close to us who have died.

The tremendous amount of food prepared at this time was meant to symbolize abundance and wealth for the household.

On New Year's Day, the Chinese family will eat a vegetarian dish called jai. Although the various ingredients in jai are root vegetables or fibrous vegetables, many people attribute various superstitious aspects to them. For example, dried bean curd is a homonym for fulfillment of wealth and happiness, and the lotus seed signifies having many male offspring.

Other foods include a whole fish, to represent togetherness and abundance, and a chicken for prosperity. The chicken must be presented with a head, tail and feet to symbolize completeness. Noodles should be uncut, as they represent long life.

In south China, the favorite and most typical dishes are nian gao, sweet steamed glutinous rice pudding and zong zi (glutinous rice wrapped up in reed leaves), another popular delicacy. In the north, steamed-wheat bread (man tou) and small meat dumplings is the preferred food.

New Year's Decorations

Prior to New Year's Day, Chinese families decorate their living rooms with vases of pretty blossoms, platters of oranges and tangerines and a candy tray with eight varieties of dried sweet fruit. On walls and doors are poetic couplets and happy wishes written on red paper.

Taboos and Superstitions

While many Chinese people today may not believe in these do's and don'ts surrounding New Years, many traditions and customs are still practiced.

House Cleaning

The entire house should be cleaned before New Year's Day. On New Year's Eve, all

brooms, brushes, dusters, dust pans and other cleaning equipment are put away. Sweeping or dusting should not be done on New Year's Day for fear that good fortune will be swept away.

After New Year's Day, the floors may be swept. Beginning at the door, the dust and rubbish are swept to the middle of the parlor, then placed in the corners and not taken or thrown out until the fifth day. At no time should the rubbish in the corners be trampled upon. In sweeping, there is a superstition that if you sweep the dirt out over the threshold, you will sweep one of the family away. Also, to sweep the dust and dirt out of your house by the front entrance is to sweep away the good fortune of the family; it must always be swept inwards and then carried out, then no harm will follow. All dirt and rubbish must be taken out the back door.

Ringling in the New Year

Shooting off firecrackers on New Year's Eve is the Chinese way of sending out the old year and welcoming in the New Year. On the stroke of midnight on New Year's Eve, every door in the house, and even windows, have to be opened to allow the old year to go out.



All debts have to be paid before this time. Nothing should be lent on this day, as anyone who does so will be lending all year. Back when tinder and flint were used, no one would lend them on this day or give a light to others.

Everyone should refrain from using foul language and bad or unlucky words. Negative terms and the word "four", which sounds like the word for death, are not to be uttered. Death and dying are never mentioned and ghost stories are totally taboo. References to the past year are also avoided as everything should be turned toward the New Year and a new beginning.

If you cry on New Year's Day, you will cry all through the year. Therefore, children are tolerated and are not spanked, even though they are mischievous.

Appearance and Tokens

On New Year's Day, we are not supposed to wash our hair because it would mean we would have washed away good luck for the New Year. Red clothing is preferred during this festive occasion. Red is considered a bright, happy color, sure to bring the wearer a sunny and bright future. It is believed that appearance and attitude during New Year's sets the tone for the rest of the year.



Children and unmarried friends, as well as close relatives are given lai see, little red envelopes with crisp one dollar bills inserted, for good fortune.

The Fifteen Days of Chinese New Years

Chinese New Year starts with the new moon on the first day of the first lunar month and ends 15 days later with the Lantern Festival on the full moon. All of the 15 days are associated with significant meanings and customary celebrations to go along with them:

Day 1

"The Welcoming of the Gods." Many people do not eat meat to cleanse the body and promote a long and happy life. Birthday of the chicken.

Day 2

Pray to the gods and to ancestors. It is believed that this is the birthday for all dogs, so they should be fed well and treated extra kind. Married women may visit and pay respect to their parents.

Days 3 and 4

Families with a recently deceased relative will not go visiting out of respect for the dead, and may visit the grave of their relative instead. Some believe that evil spirits roam the earth this day and it would be bad luck to be

outdoors. Day 3 is the birthday of the pig, day 4 the birthday of the sheep.

Day 5

“Po Woo.” People stay at home to welcome the God of Wealth. Visiting family and friends on this day will bring bad luck. The day is considered to be connected to the 5 basic colors. Birthday of the ox and cattle.

Days 6 to 10

Visit with friends and relatives, and visit the temples to pray for health and good fortune. Birthday of the horse.

Day 7

Considered the birthday of all humans. Noodles are eaten to promote longevity, and raw fish to promote success. Farmers display their produce, and make a drink from seven kinds of vegetables.

Day 8

Fujian people have a family reunion dinner, and at midnight pray to Tian Gong, The God of Heaven.

Day 9

Birthday of the Jade Emperor; many will make offerings to him.

Days 10-12

Invite friends and relatives for dinner.

Day 13

After all the rich food at the houses of friends and relatives, you should have a simple meal of rice congee and mustard greens (choi sum) to cleanse the system.

Day 14

Preparations to celebrate the Lantern Festival.

Day 15

Celebration of the Lantern Festival. A reunion dinner is held and sweet dumplings are eaten.

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 religious experience and beliefs. This “religious” procedure is relevant to the modern psychological consultation. The results were quick due to the patients having deep belief in it. From the Chinese medicine aspect, this is the treatment at spiritual level.

As 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 the 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 human society was jumping rapidly forward, 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 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 treatments also have good results in scientific research. In turn, it shows that science is limited because the spiritual factor is not considered. If a 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.

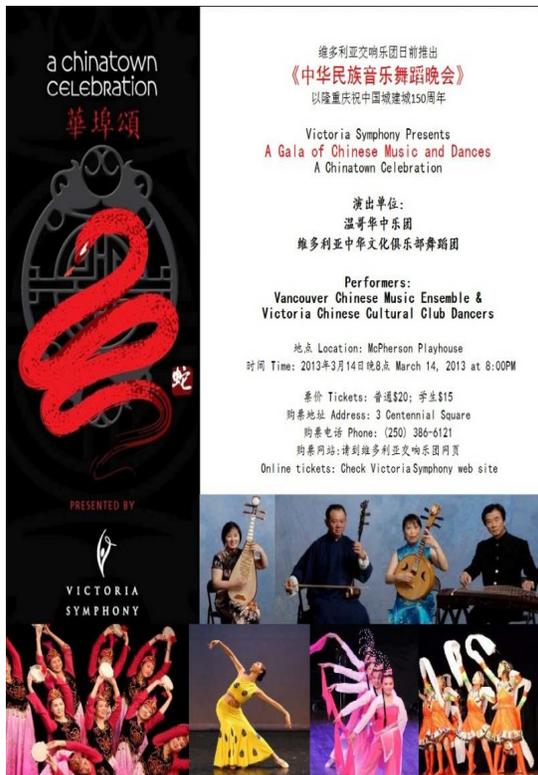
In the end, a traditional Chinese doctor will try to bring the treatment back to a Qi or spiritual level. This is the spirit of classical Chinese medicine. “When the mind is empty, the genuine Qi follows. If the spirit is calm inside, where do the illness comes from?”

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

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 Symphony Presents
A Gala of Chinese Music and Dances
A Chinatown Celebration

演出单位:
温哥华中乐团
维多利亚中华文化俱乐部舞蹈团

Performers:
Vancouver Chinese Music Ensemble &
Victoria Chinese Cultural Club Dancers

地点 Location: McPherson Playhouse
时间 Time: 2013年3月14日晚8点 March 14, 2013 at 8:00PM

票价 Tickets: 普通\$20; 学生\$15
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维多利亚交响乐团2013年音乐会系列
网页

本音乐舞蹈晚会在该页下半部分

Victoria Symphony 2013 Concert Series

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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for updates on articles and
information

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Federal Skilled Trades Program Now Accepting Applications

The new Federal Skilled Trades Program began accepting applications on January 2, 2013. The new program hopes to address serious labour shortages that are occurring in some areas of the country, and to help fuel the economy.

This year, Citizenship and Immigration Canada (CIC) will accept 3,000 applications from people in specific trades, expected to be processed within 12 months. Within the 3,000 applications being accepted, 26 in-demand occupations will have no limit to the number of applications accepted, while the other 17 will have limits of 100 applications each. To see a list of specific trades being accepted, visit

<http://www.cic.gc.ca/english/immigrate/trades/applications.asp>.

In addition to being qualified for an eligible occupation, applicants must meet a number of other criteria. First, they must demonstrate basic English or French language proficiency - Canadian Language Benchmark (CLB) level 5 for speaking and listening, and CLB level 4 for reading and writing. Other criteria include having a valid offer of employment in Canada or certificate of qualification from a province or territory in their skilled trade, a minimum of 2 years work experience in their occupation in the last 5 years, and meeting employment requirements set out in the National Occupational Classification system.

For an application form to the Federal Skilled

Trades Program, visit the CIC website at <http://www.cic.gc.ca/english/immigrate/trades/apply-how.asp>.

(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

For our Anniversary Edition we asked some local residents to share their favorite Chinese New Year's traditions or memories. Hear is what they said:

Dr. David Chuenyan Lai
Professor Emeritus UVic.

“My favourite Chinese New Year traditions are:

a) During the New Year Days, children and grandchildren and their families will return to the home of their parents and grandparents and kow tow (head bow) to their seniors. This helps maintain the Chinese tradition of filial piety.

b) Another favourite tradition is that on New Year's Day, the elderly people have a meal together with their children, grandchildren and even great grandchildren and their families; a very happy gathering.

My fondest memory of Chinese New Year?

Chinese New Year is a family get-together. Always remember to return home and kow tow to my mother, father-in-law and mother-in-law. [I] like to see my children follow my example and show their love and respect to their grand-parents.”

Dr. Hua Lin
Professor University of Victoria

My favourite Chinese New Year traditions:

“As a youngster I loved going around to visit extended family and friends on the morning of the Chinese New Year’s Day. Where I come from, in Northern China, this was the time when members of the younger generation would go around paying visits to as many households of family and friends as time allowed. The idea was to send New Year’s greetings from the visitor or the visitors’ family to the households visited. Usually, the older generation would “hold fort” at home to receive New Year’s greetings from visitors. I enjoyed the visits because it was always a very happy occasion at every household. Everyone on that day was in great spirit, and they all wore new clothes, which was special since, for many people, that was the time of the year to replace their old clothes with new ones. Also, every household would greet the visitors with all kinds of goodies. I remember there would sometimes be “crashers” among the visitors. They were people who just wanted to be fed with all the goodies. They were always happily accommodated.”

My fondest memory of Chinese New Year:

“My fondest memory has to be the time I spent with my mom, dad and siblings at New Year’s Eve dinners. The main course of the dinner was always Jiao Zi, or Chinese dumplings, and there were other delicious dishes as well. We would sit and eat and drink spirits made of grains while watching the Chinese New Year Gala from the Central Television Station of China. (Yes, us youngsters were also drinking; there was no age limit for drinking, and strangely we seldom knew of any drinking problems in the city.) The Gala would run for four hours from eight to midnight. Outside in the neighborhood, fire crackers would go off non-stop for the whole evening. Our family would also join in and set off strings of fire crackers on a few occasions throughout the night. Oh, how I miss those evenings!”

Dr. Tzu-I Chung,
Curator Royal British Columbia Museum

My favourite Chinese New Year traditions?

“Receiving red envelopes was definitely a wonderful tradition for me in childhood. I also

really like the festivities in cold winter – enjoying the end-of-the-year feast with family, wearing new clothes, hanging artistic paper cutting on the windows, and having flowers and the variety of sweet treats around were all indispensable parts of a good Chinese New Year!”

My fondest memory of Chinese New Year?

“I loved it when the weather became nice in the cold winter during the Chinese New Year when we had days off; it was the best time to go to the park, see the blue sky, and enjoy treats like cotton candy with family.”

Daniel Low
Mercedes-Benz Sales Consultant

“My fondest Chinese New Year would have been going down to Chinatown in the 80’s as a young child and watching the lion dance. The smell of the gunpowder from the freshly lit firecrackers, the deafening ring of the gong and the thunderous Drum. And now, after some 20 odd years later I am part of the Lion Dance and wish that other youngster get the same feeling as I did.”

Joanne Lum
VCM Facebook Friend and Reader

“Chinese New Year is always about the food and the family gatherings for me. My favourite tradition of Chinese New Year is helping my mom make the dumplings. She would always make an enormous meal and that is what we love - to see all of us together as kids digging into the food and having as much vermicelli as we wanted.

My fondest memory was in 2011. That was the last Chinese New Year that I got to help my mom with the dumplings because later that year, I got married and my mom wouldn’t let me come to the house on Chinese New Year in 2012. She is extremely strict with rules and traditions. I remember taking time off of work and helping her early in the morning and getting everything ready. It was just the two of us that year for dinner, but just sharing that time with her made it more special.”

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”



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.

What Are Chinese Lucky Numbers?

The Chinese believe some numbers are auspicious (吉利) or inauspicious (不利).

Usually this is related to whether the number sounds similar to positive or negative words. For example, 6, 8 and 9 are believed to be auspicious because the sound similar to words that have positive meanings. Also, a number's relationship to concepts will have affect on its “luckiness”.

The number 2 (二 èr or liǎng) is considered a good number. There is a Chinese saying that “good things come in pairs” (interestingly enough a saying that is found in other cultures too). Also, it is common to repeat characters, such as double happy 囍.

The number 3 (三 sān) sounds similar to the word for “birth” and is considered a lucky number.

The number 5 (五 wǔ) is associated with the five elements, water, fire, earth, wood and metal and was historically associated with the Emperor of China. The main gate to the Forbidden City has five arches.

The number 6 (六) in Cantonese represents wealth, as it is homophone for 祿. In Mandarin, it is pronounced similar to “fluid” (流 liú) and is considered good for business.

The number 7 (七 qī) is a lucky number for relationships and symbolizes “togetherness”. Interestingly it is also a lucky number in the western societies.

The number 8 (八 bā) is the best known, as it sounds similar to the word that means “prosper” or “wealth” (發 fā). This same sounding word is found in Cantonese as well.

It is viewed as one of the main auspicious numbers, hence you will see Chinese wishing to get several 8's in their numbers. Just look at some licence plates or house number etc.

Remember the Beijing summer olympics started on 8/8/08.

The number 9 (九 jiǔ) has historical association with the Emperor of China. It is also the homophone of the word for “long lasting” (久), which is good for representing long life or for a weddings.

Now those are the lucky numbers. There are also numbers to avoid and would be considered unlucky.

The number 4 (四 sì) is unlucky because it sounds like the word for “death” (死 sǐ). Commercially, many products will avoid or not use it in its product lines. Many buildings in Asia do not have a 4th floor. In Hong Kong many buildings do not have any floors ending in the number 4.

As strange as it may seem, numbers 5, 6, 7 also can have negative meanings depending on how they are used. So you should keep with the positive uses above, at all times.

For those of you looking for lucky combinations, perhaps for lottery or other gaming luck consider numbers like 28, 38, 88, 388, 888 or 768 etc.

Of course VCM wishes the best of luck to all our readers and subscribers. For you Canadians “Bon Chance” to all!

Earthquakes and the West Coast

Earthquakes are the shaking, rolling or sudden shock of the earth’s surface. Earthquakes occur when two blocks (or plates) of the earth suddenly slip past one another. When the plates squeeze or stretch, huge rocks form at their edges and the rocks shift with great force, causing an earthquake.

There are about 20 plates along the surface of the earth that move continuously and slowly past each other. Plate boundaries are made up of many faults. A fault is an area of stress in the earth where broken rocks slide past each

other causing a crack in the Earth’s surface. Earthquake size is proportional to the size of the fault area, and the type of fault that exists.

Just off the Pacific (West) Coast, four plates meet and interact, making offshore B.C. the most active earthquake zone in Canada. This region is called the Cascadia Subduction Zone. The Cascadia Subduction Zone (Cascadia fault) is a convergent plate boundary that stretches from northern Vancouver Island to northern California. It is a very long sloping fault that separates the Juan de Fuca and North America plates.

Here, the eastward-moving Juan de Fuca plate is sliding (subducting) beneath the continent (about 45 km beneath Victoria and about 70 km beneath Vancouver). The result is strain built up in the earth’s crust, compressing, squeezing and uplifting the rocks along the edge. It is this squeezing of the crust that causes the 300 or so small earthquakes that are located in southwestern British Columbia each year.

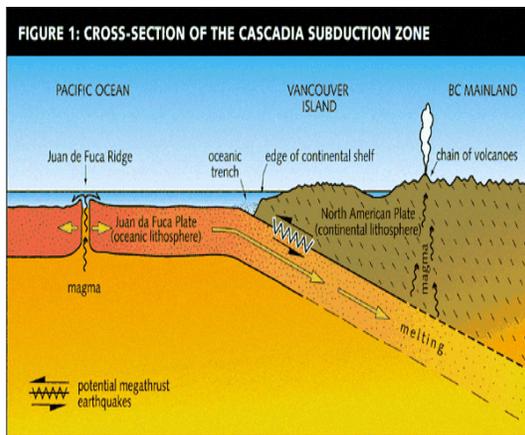
The Cascadia Subduction Zone, due to its very large fault area, can produce very large earthquakes, of magnitude 9.0 or greater, if rupture occurs over its whole area. At some time in the future, these plates will snap loose, generating a huge offshore “subduction” earthquake.

Along the Canadian west coast, earthquakes large enough to cause damage occur about every ten years. In the last 100 years, several major earthquakes have occurred in B.C. or along its coast. In addition, large earthquakes occurring near the borders with Alaska and Washington were strongly felt in B.C. Property damage from these large quakes was minimal because the affected regions had only small populations at that time. However, if one of these large earthquakes occurred near an urban centre, the results could be disastrous.

Over 60% of British Columbians live in a region where some of the largest earthquakes occur. In fact, according to the experts, there is a 30% chance of a mega thrust earthquake in the next 50 years.

Many B.C. homeowners do not have earthquake coverage, or assume that earthquake coverage is included in their house insurance, or that governments will compensate them for damage, but neither is the case. Earthquake insurance cost may be a deterrent here, as on average in B.C., it accounts for between 5-50% of a person's homeowner insurance premiums, depending on whether the home is located in an earthquake-prone area

Major cities affected by a disturbance in this subduction zone would include Vancouver and Victoria, British Columbia; Seattle, Washington; Portland, Oregon; and Sacramento, California.



Cross-Section of the Cascadia Subduction Zone

(photo from: KnowBC)

<http://knowbc.com/limited/Books/Encyclopedia-of-BC/P/Physical-Geography-of-BC>

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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 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.

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. 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.

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

Celebrate the Year of the Snake at the Hotel Grand Pacific



“As the Year of the Snake approaches us, the Pacific Restaurant at the Hotel Grand Pacific is excited to offer a Chinese New Year menu in celebration. This special menu will be offered during dinner service from February 7 – 10th in addition to our traditional menu items. Executive Chef Rick Choy has created a menu that pays homage to the exquisite and elaborate traditional banquets found at Chinese restaurants in the form of a three-course lunar feast to be enjoyed in the quietly elegant surroundings of the Pacific Restaurant. The menu includes chicken consommé, roasted duck leg, sous-vide steelhead with scallops and noodles, a mango grapefruit tapioca pudding, and many other delicious dishes, all using symbolic ingredients intended to invite good fortune, good health and abundance for the upcoming year. The Pacific’s Chinese New Year menu is offered for \$38.88 per person. It is traditional to drink Chinese tea with your meal, and we have enlisted the expertise of Daniela Cubelic, tea master and owner of Silk Road to help select

the best pairings for each dish. Tea pairings are available for \$8.88, and the sommelier-selected wine pairings for a more contemporary pairing option are available for \$28.88. For reservations or more information, call 250-380-4458, or visit www.hotelgrandpacific.com/dining/the-pacific.”

**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.



Please join us and invite your friends to be friends with "Victoria Chinese Messenger"

In one year we have 900 friends and would love you to join the VCM Facebook Community. Liking our page will help our growth as well.