



THE VICTORIA CHINESE MESSENGER

July 2012 (2nd Ed.)

Victoria, British Columbia

STARS FOUND AT FESTIVAL OF KARAOKE STARS



July 2012 Victoria

From 10 finalists, 3 emerged in First, Second and Third Place, on July 18, 2012.

Scoring the highest was Jim Yi, who brought down the crowd with his rocking tune both during the competition and his encore.

Second Place went to Oliver Wu whose classic training showed the judges that he had to place in the top three.

Third Place went to Hilary Beckett who got the crowd going with her song "Heard it Through the Grapevine".

In addition to winning the trophies, the three winners took home \$500, \$300, \$100 respectively. Not bad for a one song each.

All of the contestants stepped it up from their auditions and put on a fabulous karaoke competition. The audience was stuck to their "seats" so to speak.

Jim Yi also took the Best Chinese Song award (sponsored by the Victoria Chinese Messenger) plus an additional \$50.00.

A panel of judges, Mayor Dean Fortin, Stephanie Greaves (Vocalist and Entertainer), Sarina Hoi (Composer and Pianist) and Xiao Song Zhu (Music Director) selected the winners of the competition.

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The second Chinatown Night Market Wed. July 18, 2012 - drew fans of the contestants of the Karaoke Contest where the top ten competed for the coveted trophy and prizes. Others enjoyed the sun, vendors and entertainment. The food vendors were lined up to hungry visitors to Chinatown and local restaurants also opened their sidewalks and doors to many.



Don't miss the next one on August 22, 2012 - come down to Chinatown and see the exhibits and entertainment and food.



Enter the Second Annual Rub a Tub Dub 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"



Look For More – Chinatown Night Markets on August 22 and September 12, 2012

<http://www.chinatownnightmarket.ca/>

The Canada Dry Victoria Dragon Boat Festival is around the corner (August 17, 18, and 19), The Gala Dinner is on July 11, 2012, if you want to support attend this fun banquet and auction go to http://victoriadragonboat.com/EN/main/about_festival/6011.html

Check regularly online at www.victoriachinesemessenger.com

for updates on articles and information

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.

怎样读懂身体不适的信号

两前多年以前，中国古代医家就提出，“上医治未病，中医治欲病，下医治已病”。为了达到治未病的目的，“内经”中运气七篇中的运气学说，为中医提供了一整套预测人体发病的理论，即根据出生时间，推论气候变化规律及机体时间节律对人体健康和疾病的影响，来确定人体的薄弱环节极大概发病时间。

中医的运气学说是中医的皇冠，现在的中医师，可以运用的已是不多，那常人，就更是难窥其貌了。那么，有没有办法，可以知道自己的健康状况呢？人体在得病之前，会发出一些信号，引起人的注意，以避免严重的疾病发生。所以，常人要知道身体出了问题，就可以根据这些信号，来判断是不是要去看中医。下面三个项，就是通常为人们所忽视的轻微症状：

足凉：是阳气虚的表现，阳气虚则循环不好，不能温暖下肢，如果时间长了，还可以引起膝痛，腰痛，尿频等症状。

失眠：是阳不入阴，阴阳失调的表现。通常伴有潮热，耳鸣，思虑过度等症状。

大便不调，或溏泻，或便秘，腹胀，大便不爽等，是脾虚的表现。经常和乏力，肌肉酸痛，嗜甜，体重增加等症状。

针对以上情况，首先主要保暖，经常热水泡脚，多吃生姜，尽量早睡，最好不要超过11点。如果经过以上自我调整不能改善者，则应马上去找中医师咨询，以免小不适发展为大疾病。

UNDERSTANDING SIGNALS FROM YOUR BODY

“Best doctors treat diseases that have not happened; good doctors treat diseases that just happened; bad doctors treat diseases that became serious.” This is from “Inner Canon”, a book written around two thousand years ago. Also in

this book, there were discussions on theories and method to predict the possible timing of symptoms that will happen to a person according to the birth date and the weather at the time.

This theory is called “Yun Qi”, literally means “Circulating of Qi over the heaven” which is considered to be the “crown” of Chinese Medicine. Nowadays, not many Chinese doctors use this theory for preventing diseases because of its complexity. On the other hand, it is virtually impossible for people without education in Chinese medicine to use it for health prediction.

So is there any other simple way to tell the health condition? Yes, the body sends signals when it doesn't feel happy. If you understand the signals, you can fix the problems before it's too late. Here are 3 symptoms which are sometimes ignored or misunderstood:

Cold Feet.

If you have cold feet, it is due to a Yang deficiency. This means “there is not enough heat in your house”. The “heat” is not circulating in the body and results in a failure to warm the lower extremity. This symptom may also lead to pain in the knees and low back, frequent urination, etc.

Insomina

If you have insomnia, it is due to Yin and Yang being out of balance. Concurrent symptoms can include hot flushes, ringing in the ear and worrying.

Irregular Bowel Movement

This would include loose stool or constipation, or a bloating sensation. This symptom may be also be compounded by fatigue, aching muscles, a craving for sweet and weight gain may happen.

If you have any symptom from the above, you can try to fix them by changing your life style. These changes not complicated. You try to keep warm at all times, take hot baths for your fee regularly, add more ginger in your diet, go to bed earlier (not later than 11 o'clock at the latest). If there is no improvement, then a visit to a doctor of Chinese medicine will be beneficial and helpful in affecting that life style change.

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



Harbourview of Hotel Grand Pacific

When the Church Marks 120th Anniversary

submitted by the Rev. Gwendolin S.L. Lam,
on behalf of the Chinese Presbyterian Church,
Victoria, BC

Call it an adventure, call it a project. No matter how you put it, it is truly a dream come true. A calling responded, a mission completed! The name Chinese Presbyterian Church might seem so surreal and yet exciting, when Rev. A.B. Winchester officiated the very first Sabbath service inside a rental flat in Victoria, B.C. on June 25, 1892.

But the combination of Gospel calling and care for Chinese people in the community of Victoria, B.C. was perfectly natural. There was an obvious need and growing concern about “Christian influence and teaching” to the eager group of 6000 Chinese workers in B.C. back in 1882.

Today we're celebrating the 120th anniversary of our church, with the same calling and hope that made us connect with people and community from the very start.

The more blessed outcome is that our mission and ministries are not just limited to the Chinese population, but also extended to the many different areas in our western society and to the partnership with charitable and Christian groups all over the world.

Besides regular Bible Study, Women's Group, Gym Night, Sunday School, fellowships, visitation and worship services, the Chinese Presbyterian Church also actively responds to the needs of community and emergency relief work

through prayers, financial support, and projects. It is truly a blessing when we reach out to the community and the less fortunate.

Throughout these 120 years, over twenty ministers have served in this community of faith. With the tireless help of numerous interim moderators, deaconesses, elders, board managers and faithful Christian brothers and sisters, the Gospel torch is being passed from generation to generation. It is also a humble experience for me as the very first female minister of the church.

Our goal is to bring people to God and His church family through evangelism in our community, to build them up by instruction and fellowship for ministry in the church in order to magnify God. This is our ongoing prayer and encouragement throughout our faith journey. We are a small congregation, and by God's grace and mercy, we stand firm on our belief, to strive on in the face of today's economic downturn, social instability and spiritual lethargy.

We are also praying for a vision for our near future. As Presbyterians, we are constantly reforming. We are asking ourselves questions such as, what other programs can our church be involved in? Which neighborhood will be the ideal place for us to reach out? Are we growing spiritually and ready for changes? There are and will be a lot of questions and challenges laid before us, but we trust God that He will continue to bless us as we faithfully do His ministries and shine His light throughout the city of Victoria, the whole province and every corner of the world! To God be the glory!

We extend our sincere invitation to you for this special occasion.

(See Happenings Below for details on Celebration)

教會一百廿週年堂慶
域多利中華基督教長老會林牧師
代筆

是勇敢嘗試,
或是事工計劃;不管你怎樣形容,

這確實是夢境成真。呼召得回應，
差傳得完成。當 A.B.Winchester
牧師於一八九二年六月廿五日，
域多利市一所租用的樓宇內舉行第一次主
日崇拜開始；中華基督教長老會這名稱，
起來仍不太真實似的，
卻又是十分令人興奮。

在當時而言，
音的信息及對市內中國人士的關顧；
兩者是自然的組合。遠在一八八二年，
已有明顯的需要，及得到不斷的關注；
是要為那大約六千名在卑詩省工作的中國
華工提供「基督化的教導」。

今天我們慶祝教會一百廿週年紀念，
我們懷著同一個呼召及盼望，
與當初建堂時一樣，要教會與社區相接連。
過去的差傳及事工，帶來了蒙福的果效，
超越了中國文化，
延伸到本市西方社會不同的角落，
並與世界各慈善及基督教群體同工，成為
伙伴。

除恆常的查經班、婦女會、運動夜、主日學
、團契、探訪及崇拜聚會，
中華基督教長老會也積極地響應參與社區
需要，及各種緊急救援工作。藉著祈禱、經
濟上支持和各種事工，將工作
拓展到社區及有需要人士當中，
這真是我們的祝福。

過去一百廿年來，
有廿多位牧者先後牧會。又藉著暫會證、
女傳道、長老、執事、各部門同工和忠心的
弟兄姊妹，
福音的火炬得以接代相傳。能作為本教會
第一位女牧師，這給我一個謙遜的經歷。

我們教會的目標是傳福音，愛護社群，
領人歸主，加入教會；藉教導和相交扶持
建立他們，讓他們投入教會事奉，榮耀上
帝。這也是我們在信仰歷程上不斷的祈求
及勉勵。我們雖是細小的屬靈團體，但藉
著上帝的恩典及憐憫；我們堅守信仰，
努力以赴；正視今日經濟的低落，
社會的不安及靈性的衰微。

同時我們亦為教會未來方向祈禱，尋求異
象。作為長老會宗派成員，我們要不斷更
新改善。我們時刻反思：教會要參與那些
活動項目呢？那個社區是我們理想的向外
傳福音的工場？我們是否在屬靈上有成長
，作好準備去迎接更新改變？我們知道前
面仍有很多問題和挑戰。但我們信靠上帝
，祂會繼續賜福我們；只要我們忠心為祂
作工，在域多利市，在全省及全球每一角
落散發祂的恩光！願榮耀歸於真神！

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.



**Chinese Presbyterian Church at 816 North
Park St.,
Victoria BC, Canada V8W 1T1
will celebrate its 120th anniversary on
July 8th, 2012 (Sunday)**

**2 p.m. ~ Thanksgiving Worship Service
Tea Fellowship Follows at Church Ruth
Hall**

**5:30 p.m. ~ Celebration Banquet at Golden
City Restaurant**

ticket: adult \$25; age 10 & under \$15

Come, share with us a celebration of God's blessings!

RSVP by June 30, 2012

**Vic.Chinese.Presbyterian@gmail.com
250-384-4911#**

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July 18, 2012

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

Coming Soon.....



The Night of the Sevens
The Night of the Sevens is the theme of the Summer's third Market Night, this is Chinese Valentine's Day a day for lover's and best friends. The festival has its origin in Chinese folklore dating back more than 1,500 years. The legend features a weaver maid (with six older sisters) who led a lonely life working at her loom throughout the year. Her father, the Heavenly Emperor, felt sorry for her and allowed her to marry a cowherd from across the Milky Way. During this Market couples and families will be able to create and display their Chinese Valentine's. Stay tuned for contest entry details as well as more information about this exciting event.

七仙羽
Qixi Festival
Wednesday
August 22, 2012



The Autumn Moon Lantern Festival
The theme of the Summer's final Night Market is the Autumn Moon Lantern Festival. Victoria's Chinatown will be ablaze with lanterns hung for this enchanting festival. Visit our website to get details about entering our Lantern Making Contest or just come to the market and visit the Lantern Craft table to create a Lantern to hang in the public lantern display area. Look for the ever popular Chinese Moon Cakes to be prominent at this festival.

Wednesday
September 12, 2012

HAPPENINGS AND EVENT ALERT:

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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“My Chinese Connection”

If you are in business in oldtowne or serve the greater Victoria Chinese and Asian markets you need to be listed. Are you listed yet? Check out “The Chinese Connection” tab on www.victoriachinesemessenger.com to find out if you are listed yet.

SPONSORING FAMILY MEMBERS

The Canadian government believes it is important to help families who come from other countries to re reunite in Canada. As a Canadian Citizen or a permanent resident of Canada, you can sponsor yours spouse, common-law partner, conjugal partner, dependent children (including adopted children) or other eligible relatives to become a permanent resident of Canada. CIC refers to this as the Family Class.

It should be noted that applications to sponsors or grandparents will not be accepted for processing for two years from last November 5, 2011.

As a sponsor, you would be responsible for supporting your relative financially when he or she arrives in Canada and you must make sure they do not need financial assistance from government. For a spouse you have a 3 year commitment and for dependant children you will have a 10 year commitment (or until the child turns 25 whichever comes first).

While the first step would be your sponsorship, there are eligibility criteria to comply with. Applicants for permanent residence must go through medical, criminal and background screening. For example, there are new requirements as of November 2011 which may prevent sponsoring a family member who of be convicted of violent crimes. Also, you will have basic income requirements to meet. If you are from Quebec, you will also have to meet Quebec requirements.

If they become a permanent resident, they can live, study and work in Canada.

(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)



VICTORIA CHINATOWN CARE FOUNDATION ANNOUNCEMENT



“Rub a Dub Tub” Duck Celebrity Duck Racers

Mayor Dean Fortin (Victoria), Mayor Frank Leonard (Saanich), Councillor Charlayne Thornton-Joe and our favorite weatherman Ed Bain have committed to enter a duck to race on Sept. 26, 2012.

You can pledge to support their ducks at the Chinatown Night Market at the VCCF booth. The more you pledge the closer to the goal of funding the recumbent tub and tracking for the residents of the care centre.

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.

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.

Call for Volunteers:

Victoria Chinese Commerce Association's Chinatown Night Market 2012

Now the news is out, the VCCA's Night Markets for 2012 are expanded to include Festival Themes in celebration of the City of Victoria's 150 Anniversary!

In addition to the usual Vendor Stalls these Markets will have Cultural Entertainment, Contests and Activities for the public and visual decorations that reflect the Festival Theme of the event. Each of these Events will require volunteers and committee members to plan and execute the evening's activities and make sure that the event happens as planned.

To assist us in making these events a great experience for Victorians and Tourists attending the Markets we will need the participation of many Volunteers in many facets of the Markets. If you or anyone you know would like to help please submit the names to

volunteers@ChinatownNightMarket.ca



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 and 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 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.
