

WORKSHOPS

Health and Well Being of Chinese Seniors in Canada

Dr. Daniel Lai, who works for the Faculty of Social Work at the University of Calgary, reported the results of his research on the health of Chinese seniors in Canada with an emphasize on the health condition of the seniors in Winnipeg. The workshop was held on Saturday, March 7, 2003. About 50 people attended the workshop.

Report on the situation of SARS in Hong Kong

WCCCC invited Rosanna Ure, the president of the Hong Kong Economic and Trade office, to report issues related to SARS in Hong Kong at 6:00 pm on Wednesday, May 21, 2003. Ms. Ure introduced the then current situation in Hong Kong and precautions and steps taken by the government of Hong Kong to prevent further deterioration of the situation. She also answered questions from the audience.

Introduction Meeting for New Immigrants

The Centre hosted a workshop facing new immigrants on July 19, 2003. Ms. Cynthia Stewart from the Manitoba Labour and Immigration was invited to the workshop to introduce information such as things-to-

do after coming to Canada, services for new immigrants offered by different organizations, and so on. She also answered questions from attendants regarding credential recognition, supportive programs from the Manitoba Labour and Immigration. The workshop also provided a lot of information about daily life ranging from how to buy a second-hand car, what should be paid attention to when renting an apartment, medical service, child day care, etc. About 50 people came to the workshop.

Workshop for New Immigrants

New immigrants were invited to the Centre on Nov. 29, 2003 and shared their experience on adapting to a new environment, adjusting concepts, finding jobs, and so on. It was an excellent chance for newcomers to get to know each other and help each other.

EVENTS

Asian Heritage Month

The centre attended the opening ceremony for the Asian Heritage Month on May 3, 2004. We set up a display table with Chinese crafts and books. We also involved in the celebration by sending volunteers to help the organizers.

12th Annual General Meeting of the National Congress of Chinese Canadian

The Winnipeg Chinese Cultural and Community Centre organized and hosted the 12th annual general meeting of the National Congress of Chinese Canadian on Sept. 12 - 14, 2003. In the afternoon on Sept. 12, delegates to the conference, representatives from three-level government, and Madam Xiaoling Chen, Consul General of the People's Republic of China in Toronto, attended the unveiling ceremony of the terra cotta warrior with horse, gift from China for the 20th anniversary of the Centre and the opening ceremony of Mr. Louis Lee's photo exhibition. Lieutenant Governor Hon. Peter M. Liba hosted a reception for delegates from across Canada at the Governor's House in the evening on Sept. 12, 2003. During the two-day conference, delegates discussed a wide range of topics including Settlement of New Immigrants and New Immigration Law, 145 Years of Chinese History in Canada, Impact of SARS, Chinese Canadian's Participation in Politics, Canadian Museum for Human Rights, Community Issues, Head Tax, and so on.

High profile speakers have been invited to the conference: Senator V. Poy, Minister G. Mar and M.P. I. Mark. As a key-note speaker, Senator V. Poy emphasized on the History of Chinese Canadians with Special Reference to Head Tax, asking young people to shoulder responsibilities and

participate in politics. She also proposed several questions for discussion, such as, Do Chinese nationals have the right to compensation when another government tried to prevent them from entering the country? If conditions had been better in China, would we be here discussing the Head Tax? In order that past mistakes are not repeated, future generations must know the truth about Canadian history. Would education not be the key to solving the problem? Since education is a provincial responsibility, is it not up to all of us to make sure that accurate history is taught in our schools and in our homes? Madam Xiaoling Chen, Consul General of the People's Republic of China in Toronto, attended the opening ceremony and brought greetings to the conference.

On the last day of the conference, the Centre, with the support from the City of Winnipeg, organized a city tour for out-of-town delegate. The conference received great attention from several media such as National Post, Winnipeg Free Press, CBC Radio, and CKY News.

Photo Exhibition of Mr. Louis Lee

The photo exhibition of Mr. Louis Lee was held at the Centre during Sept. 12 - Sept. 21, 2003 with an opening ceremony on Sept. 12, 2003. About 200 photographs depicting Winnipeg impression, exotic atmosphere, beauties of nature, wonderful flowers, fish and birds, and historical relics were

displayed. Most of Mr. Lee's photos were linked up with Chinese poems and proverbs to express and convey some aspect of Chinese cultural history. Mr. Lee likes to portray the truthfulness of nature, and nature and expression of love are the most often encountered subjects of his photos. He is a member of the Camera Guild of Sun City, Arizona, the United State of America. His photographs have won awards with the Photographer's Forum Magazine, Arizona State Fair and the Wickenburg Camera Club.

Chinatown Banner Design

WCCCC and the Downtown Winnipeg BIZ conducted a competition for the 2004 Chinatown banner design. The activity took for 2 months. The best design was chosen on December 16, 2003.

Golden Dragon Citizen of the Year Award Dinner 2003

Every two years the Winnipeg Chinese Cultural and Community Centre hosts a Golden Dragon Citizen of the Year Award Dinner to award two Winnipeggers who have made great contribution to the local communities. In year 2003, the event took place at the Winnipeg Convention Centre on November 5, 2003. The honoreés are two outstanding Manitobans, Dr. Emóke Száthmary, President of the University of Manitoba, and Dr. Hermann Lee, prominent Orthodontist, who have

demonstrated outstanding leadership in the field of education. Both of them gave wonderful speeches and received a lot of applaud from the over 500 attendants.

The success of the event depends not only on the hard work of all the committee members and the staff members of the Centre, but also on the contribution from several worth-mentioned volunteers: Mr. Frank Tsang, who spent a lot of time and several nights on arranging and preparing table tags; Ms. Anita Lee, who involved herself in the preparation and organizing from the very beginning; Ms. Lan Doan, Ms. Tina Chen, and Ms. Shirley Chang, who acted as receptionists for guiding guests...

Chinese New Year Banquet 2004

On January 22, 2004, over 600 guests gathered at the Kum Koon Garden to celebrate the Chinese New Year - Year of the Monkey. The banquet was combined with two other programs: Canada Post presented the stamp of the Year of the Monkey to the Centre; Downtown Biz unveiled the banner of the winner from Red River College. Mr. Xiaonan Wang presented two pieces of flute solo. Mrs. Amy Lee and Mrs. Anita Lee took in charge of lucky draw for which the gifts were donated by numerous companies and individuals.

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Chinese New Year Performance 2004

With the support from the Manitoba Arts Council, Winnipeg Arts Council, Canada-China Friendship Association, and several companies in Winnipeg, the Manitoba Great Wall Performing Arts Inc. (MGPA) and the Winnipeg Chinese Cultural and

Community Centre successfully hosted the 2004 Chinese New Year Performance at the Burton Cummings Theatre on January 24, 2004.

The celebration started with greetings from representatives from the provincial government and the city of Winnipeg. Traditional lion dance and folk dance "The Good Days" with happy and brisk rhythm brought out atmosphere of happiness and cheerfulness for New Year celebration. The three-hour performance with over 1000 audience was full of surprisingly high quality presentations. Charming naïve children in the children's dance "Returning from the Country Fair" received a lot of applaud from the audience; Traditional instrumental music "Happy Holidays" from young and talented performer Ms. Yi Zhang brought people into a joyful world of celebration; Flute solo from the established artist Mr. Xiaonan Wang kept people on the seat edge; folkloric dances from the MGPA dance group showed a different world of ancient China and the beauty of the culture from minorities in China; Chinese ethnic dress show guided the audience a colorful and charming tour to different ethnic groups in China; Wu Dang & Tai Chi Sword from Mr. Lei Shao presented the spirit of Chinese culture: harmony, tranquility and balance... The performance ended with a performance song "Come Home Often for a Visit", expressing a dedicated dearness within

family members and best wishes to every one.

There were more than 60 performers attending the show. Among them there are well-established artists from China, young generation who were born or grew up in Canada, and enthusiastic amateurs. The Chinese New Year celebration 2004 was an excellent opportunity for these dedicated people to refine their skills and demonstrate their uncommon brilliance. We are happy to see a lot of youth taking part in the event and having the chance to perform on a much bigger stage. An inspiring phenomenon after the performance is that more and more youth are attracted to the Chinese performing arts. Furthermore, the success of the performance encourages and motivates all performers to continue their journey of maintaining Chinese culture and arts as well as contributing to the diversified cultural world of Winnipeg. The performance has also caught enormous attention from local newspaper, radio station and TV channels. Winnipeg Free Press, CBC radio, CTV and A Channel reported the event around Chinese New Year time.

A big Thank You to our supporters!

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Ms. Eva Luk

Mr. Gary Liu/Mrs. Yan Zhang

Appreciation Party for Performers and Volunteers of the Chinese New Year Performance

The Centre and the Manitoba Great Wall Performing Arts Inc. co-hosted an appreciation party for performers and volunteers of the Chinese New Year performance on February 14, 2004. Food was provided at the party.

Income Tax Return Service and Seminar

On March 23, 25 and April 15 2004 we had and will have Income Tax Return services for low-income people. People with annual income under \$25,000 for single individual and under \$30,000 for family with simple income (i.e. no self-employment, no small business, and no overseas income) are welcomed to be served for no charge. All

services are done by volunteers and our office staffs. Also on March 13, 2004 and March 27, 2004 we had and will have a class to teach people how to fill out simple Income Tax Return. The purpose for this class is to let people understand the Canadian tax rule. The class also teaches new immigrants, students, and seniors to do the tax by their own. The speaker of this seminar is Spencer Leung.

Guided tour

The Centre provided guided tour at the Centre to 10 groups. Visitors are elementary students, high school students and seniors. The staff of the WCCCC introduced the history of the Chinese communities in Winnipeg, the displays at the Centre, such as the Terracotta Warrior with Horse, the statue of Confucius, and Chinese traditional customs. The staff members also demonstrate calligraphy for the visitors.

INTEREST CLASSES

Mandarin Class

The Centre organized three terms of Mandarin Classes for beginners in June, August, 2003 and February 2004. Each term has 10 classes. Ann H. Chang, one of the staff members of the Centre, is the teacher, who focuses her teaching on Pin Yin system that enables students to pronounce Chinese characters. She also

teaches students basic and useful sentences in Chinese. Students came from different background. Some of them are Caucasians who are interested in Chinese culture and language; some are Chinese Canadians who want to learn their parents' mother language. The classes were well received.

English Conversation Class

Starting November 8, 2003, the Winnipeg Chinese Cultural and Community Centre and the International Centre have been providing an English Conversation Class on Saturday mornings from 11:00 am to 1:00 pm. Arlene, a volunteer from the International Centre, was the first teacher for the class. Nancy and Greg took over the class after Arlene left. Greg is the principal of the École Belmont School, and his wife Nancy is a teacher, too. The class is both educational and recreational. The contents range from learning geographic knowledge of Canada, Festivals and history of Canada (such as spoon music originated from early voyageurs more than a hundred of years ago), to filling out job application forms.

Seniors English Class

This program started early November 2003 on every Thursday afternoon for 2 hours. The program was specifically for senior Chinese to learn Basic English especially English conversation. At the same time some young beginners also joined this class.

Wu Shu Class for Youth

Wu Shu class for youth is one of the new interest classes organized by the Centre in 2003. The coach, Mr. Lei Shao, was a highest - level adjudicator in China. He won the 5th place at a National Wu Shu Championship in China, and he also won a champion at a Competition in Northeast China.

Tai Chi Class

Mr. John Liu and Mr. Tat Lui have been teaching Tai Chi Class with the Centre for many years. Mr. John Liu has been teaching Wu's Tai Chi Chuan, and Mr. Tat Lui 42 posture Tai Chi Sword. Both of them have a lot of experience in teaching Tai Chi.

PRESENTATIONS

Dragon Boat Festival

On August 7, 2003, Ann H. Chang was invited to present the history of dragon boat competition for the Youth Manitoba Dragon Boat Festival organized by Canadian Cancer Society. She talked with the leaders of different communities about the history of "Duan Wu Jie", Chinese great poet Qu Yuan, and the origin of the Dragon Boat Festival by using PowerPoint slide show.

Presentation for École Belmont School

Ann H. Chang and Yi Feng were invited by École Belmont School to have a presentation about Chinese traditional culture for Grade 3 students on February 10, 2004. They presented information about Chinese New Year celebration and Chinese Characters by using PowerPoint slide show, and they also showed the students Chinese Zodiac and taught the students Simple Chinese words like "How are you?", "Thank You" and "Bye-bye". Children were very excited and happy about having such an extra chance to learn about China.

Presentation for Crane School

Ann H. Chang was invited by Crane School for a presentation of Chinese traditional culture on March 10, 2004. Ann played the DVD of Chinese New Year Celebration 2004 that contains lion dance and folk dance for Grade 2 students. She also told them some Chinese legends and taught the students a few Chinese words.

Presentation for Mennonite Brethren Collegiate Institute

On February 24 2004 Spencer Leung was invited to have a presentation on Chinese culture at Mennonite Brethren Collegiate Institute (M.B.C.I.). The audience are students from grade 5 to grade 12. The main work to show the students are abacus and calligraphy as well as Chinese culture.

The length of the presentation was approximately three hours.

SPORTS

Golden Dragon Cup basketball Tournament

WCCCC co-organized with the Institute of Chinese Language, Culture and Arts (ICLCA) the first Golden Dragon Cup Basketball Tournament at the Centre. The tournament ran for two days from April 26 to April 27, 2003. Eight teams took part in the tournament: Chinese Universal Enterprise, John Duong's Team, Skillmatics, Indo - China Association, The Gimp Team, Top Gun, Wolfpac, Institute of Chinese Language, Culture and Arts. Chinese Universal Enterprise won the Champion, Top Gun the second place, and Skillmatics won the third place. Some excellent players received awards. Tai Bei Economic and Culture Office and Parmalat Company sponsored this event.

Excellent players:

MVP: Blaic Chan - Kent

(Chinese Universal Enterprise)

ALL - Stars:

Ryan Capina (Top Gun)

Romel Marquez (Top Gun)

Jordan Kuo

(Chinese Universal Enterprise),

Ryan Decastco

(John Duong's Team)

Anthony Quanka (Skillmatics)

Badminton Tournament

The WCCCC and The Institute of Chinese Language Culture & Arts (ICLCA) hosted mix double badminton tournament on January 10, 2004 and January 17, 2004. The tournament was the 1st year tournament since 1994. All players participating this tournament enjoyed this wonderful time and they promised to come back next year. Dr. Du, the president of the WCCCC, and Mr. Albert Li, the president of ICLCA, presented trophies to the players. The result of the tournament was as follows:

Champion: Simon Liew & Michael Tran

1st Runner-up: Simon Le & Peter Cheung

3rd Runner-up: Carissa Koh & K. Hung Tran

4th Runner-up: Billy Chan & C.T. Leung

5th Runner-up: Ricky Wong & Hong Tian Ja

SERVICES

The Centre provides several kinds of drop-in services to the community members. We provide health identification for seniors, and driver licence and diploma translation for new immigrants. We also help senior members to apply for permanent resident card, fill out income tax return and all kinds of application forms. Besides, we offer interpretation service both in English and Chinese.

WOMEN'S PROGRAM 2003-2004

The women's program has been established since 1998. Our goal is to focus on health promotion and improve quality of life through health education and activities. It is my pleasure to report our program activities held in the year of 2003-2004.

1. May 8/03---A workshop about **Healthy Diet and Nutrition** was held followed by pot-luck party.
2. Aug 29/03---A **Group picnic** at Assiniboine Park—Leo Mo Garden, English Garden and Conservatory Garden, was joined by 35 people followed with a Dim-Sum lunch at Grand Garden Restaurant.
3. Sept 27/03---Robin Alsop was invited to be our guest speaker for a presentation of understanding **Alzheimer Disease** and the community resource. It turned out very successful and there were over 30 attendants. (The speech was translated by Maria)
4. Nov 16/03---In order to prevent **Gambling Addiction** and understand more about problems caused by uncontrolled gambling, AFM and WCCCC women's group co-hosted a presentation about how the video game lottery machine works. A video about a real story of a gambler and how to get help from AFM counselling was shown. It was well appreciated by the attendants.
5. Dec 07/0---Since **Liver cancer and Hepatitis** are quite common in Asian community, a presentation about Liver diseases and prevention of contracting Hepatitis and possibly leading to Liver Cancer was given by Maria. In addition, we had fun games and draws followed by two big tables

of set dinner at Kum Koon Garden in the evening.

6. Feb 22/04---A talk about **Mental Health** was presented by Maria. The purpose is to let people understand causes, signs and symptoms of Depression, Anxiety; early detection and how to cope with stress. During group discussion, self expression of experience of depression was overwhelmed.
7. Mar 13/04---To celebrate **International Women's Day**, 25 group members and spouses joined lunch at Grand Garden Restaurant. This function encouraged socialization, communication and understanding among the group members.
8. Mar 19/04---Maria was invited to attend a **Conference at AFM** for education and prevention of addiction to gambling.

Other functions:

For fundraising in order to support our functions, "Show and Save" were sold in March and Sept. Random blood sugar tests and Blood pressure checks were performed for the attendants as request at the end of each workshop. This allowed early detection of diabetes and hypertension. Health teaching was given as needed.

We had over 300 people attendance for the presentations, workshops and outdoor functions throughout the year. We collaborated with other community based organisations to improve the quality of life in Chinese Community. Thanks to WCCCC directors and staffs for your support and resource. Thanks to the dedicated volunteers Lien Tran, Margaret Chan, May Leung, Lai Lai for

their time and help in organizing the workshops.

**Respectfully submitted by Maria Lip
RN BN**

Women's program Co-ordinator

Date: March

20/04