

Free

Honouring Vancouver Cantonese Seniors

History, Language, and Culture

一團和氣





Lay-Ho Dinner



Dr. Sun Yat - Sen Classical Chinese Garden

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Right to food Zine Winter 2016

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The Right to Food Zine

Downtown Eastside Neighbourhood House
573 East Hastings St. Vancouver, BC V6A 1P9

Publisher and Editor • Stan Shaffer

Guest Editor • David Beattie

Assistant Editor, IT Consultant & Photos • Mike DuBelko

Cover Art • Jeremy Kwong

Illustrations • Janice "Jujube" Jancinto

Layout Designer and Editor • Ainsley Klassen

Contributors

Stan Shaffer, Hendrik Beune, Janice Jacinto, Lance Lim, Shannon Hecker, Carol White, Simin Sun, Godfrey Tang, Christine Schroeder, Mike DuBelko, Ludvik Skalicky, Miguel Araiza

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FROM “HI” TO “LAYHO”

By Carol White

In response to the challenges expressed through a disappearing Cantonese language and culture, Seniors from the Downtown Eastside came together to create an innovative program called “From Hi to Lay Ho”. Hi is our greeting in English and Lay Ho is the same greeting in Cantonese.

The program was designed by local Cantonese speaking seniors to share their language and culture. While the original core group grew out of a need for better understanding of cultural conflicts highlighted by service providers when they are coordinating food line ups, the current group is much more diverse, exploring and expanding the program beyond what was originally imagined.

Groups of seniors in the community came together to help teach service providers key Chinese phrases. Later, they created the project that we call from Hi to Lay Ho in an effort to deepen our understanding of one of our communities’ founding groups.

More than a century has passed since the first group of Chinese labourers came to build the Canadian Pacific Railway. In spite of huge structural obstacles as well as racism and social exclusion, these Cantonese immigrants made significant contributions to the prosperity of Vancouver that we all enjoy today.

The Cantonese language, history and richness of culture are gifts to our neighbourhood and need to be remembered and shared. Launching this program in part sought to promote this disappearing language and culture in the DTES but has become more about our coming together as a community with many and varied perspectives.

The Downtown Eastside Neighbourhood House was honoured to work with this

outstanding group of neighbours and to help host this new, advanced leadership and cultural program created by local seniors. The project was funded by New Horizons for Seniors and ran in partnership with UBC Learning Exchange.

Five different tours and workshops designed and given by seven seniors took place throughout the summer and fall of 2015. The term tour is used to describe both workshops and walking tours. Tour topics included: Architecture, Food, Chinese calligraphy, Herbal Medicine, Cantonese Opera, Chinese gardens, and Benevolent Associations. Participants learned much about the Cantonese, language and culture while building new friendships. Food was central to our experience; each tour concluded by sharing a meal.

Subsequent to these initial tours, seniors hosted tours for the Heart of the City Festival, the Sustenance Festival and the House’s Kids Kitchen program. As we move forward to provide a legacy for the project, we have captured some of the essence of the project on film. We now invite other seniors and volunteers to capture the legacy through writing. The leadership for this legacy is now in the hands of the RTF Zine volunteers. Their hard work, reflection and interest in the project are captured in this publication.

Being a part of the “Hi” to “Layho” project has been a remarkable experience for all of us at the Neighbourhood House. We cherish the friendships we have made. Our gratitude goes to all of the seniors and community members who made this possible. ●

THE YIN AND YANG OF CANTONESE FOOD AND MEDICINE

By Godfrey Tang & Yolanda Li

A PRESENTATION

No project shining a spotlight on the Cantonese seniors of Chinatown and the Downtown Eastside would be complete without a good look at Cantonese herbal medicine. After all, it seems a third of all the stores in the neighbourhood are full of weird and wonderful creatures and roots with mysterious powers. As noted elsewhere in this special issue, this presentation first looked at the concepts of Yin and Yang, and the Five Elements. Yin and Yang are opposites but interrelated and best when in balance. This is a core concept in all of Chinese culture

According to the Chinese belief, using food for health maintenance is more efficient than medicine consumption.

中國人的觀念認為用食物來預防疾病比用藥物更為安全。

-please see diagrams on inside back cover

Being hot and humid compared to the rest of China, southern China, where the Cantonese are based, must pay heed to the climate. For this reason, Cantonese regard the following three as treasures: ginger, tangerine peel and straw.

Ginger is good for boosting the strength of the Yang and is very commonly used in Cantonese cuisine. It should only be consumed before noon (like coffee perhaps?), mostly in summer, less in autumn and least of all in winter. It is best with the skin

on, unless you really want to give your Yang an extra boost. Tangerine peel helps digestion, while lowly straw has a practical use to tie pieces of meat together so they

do not break down into even smaller pieces.

The Cantonese do three things differently from the rest of the Chinese: having soup, congee and herbal tea as absolute staples. In the southern provinces there are specialty shops for all three, with some open around the clock. The Cantonese always have soup before a more solid meal.

Congee is easily digested, and thus makes for an important breakfast item. It is healthy food for the sick, weak and old. Both soups and congees, depending on the ingredients, can be a good dietetic therapy in clearing heat, nourishing beauty, strengthening physical health, preventing and curing diseases, and nourishing vital organs of the human body.

Every so often the Cantonese like to drink herbal tea to restore Yin Yang balance. In addition to mere talk, for the purpose of this workshop, Yolanda Li prepared a soup and a herbal tea for people to sample. She also displayed each ingredient, one by one, and stated its role.

The beans in five different colours, common to Cantonese, were also talked about. Before going our separate ways, we had another round of learning a few important words of Cantonese vocabulary. I thoroughly enjoyed the chance to tell Canadians about Cantonese culture because it was the Cantonese Chinese that suffered and withstood discrimination, which in turn encouraged us to develop a very inclusive, tolerant, multicultural society. I feel privileged to have had the chance to introduce the Yin Yang theory, an important theory for us Chinese, which may help more people. ●

A SHORT HISTORY OF THE FIVE TOURS

Tour 1 History



Date: July 11, 2015
10am to 12pm

Tour facilitators: Benny Eng and Xia Ru Wu
Interpreter: Godfrey Tang

Purpose/Theme: Our first tour started with history; the very beginning of when and why the first group of Cantonese people came to Vancouver. Collaborating with the Ing Suey Sun Tong Association, we had the opportunity to unveil the history of Chinese labourers building the Canadian Pacific Railway in Vancouver. Visiting the benevolent association was unique, as not many associations are willing to open to the public. It was a very informative and educational tour which told people when and how the Cantonese community started their journey in Vancouver.

10:00am – 10:30am

People were welcomed with traditional Chinese hot tea followed by a visit of the Ing Suey Sun Tong Association building. The historic building was unveiled in front of our participants, who were surprised by the living environment of the Cantonese labourers a century ago, as well as by many cultural artifacts.

10:30am -11:00am

Suey Sun Tong Association gave us an informative presentation of several historical pieces that told the history of the family and the Canadian Pacific Railway.

11:00am – 11:30am

"Let's learn Cantonese together!" It was our first Cantonese lesson for the public. We taught people useful words of greeting in Cantonese.

11:30am – 12:00pm

We took people for a walk in Chinatown, while we pointed out and introduced the historical buildings to people.

12:00pm

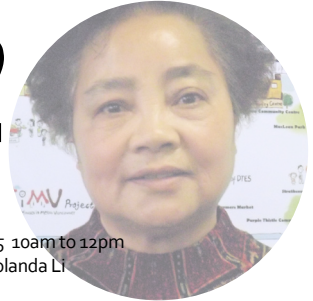
It's time for lunch. The tour concluded at an authentic Cantonese restaurant where everyone practiced Cantonese while they were enjoying food!



By Simin Sun

Coordinator, DTES NH Seniors Program

Tour 2 Food



Date: July 24, 2015 10am to 12pm
Tour facilitator: Yolanda Li

Purpose/Theme: It is said that food is the most important thing to Chinese people. Yolanda loves food and cooking. We believed that her passion would best represent the love of food by Cantonese people, and the interactive learning format was enjoyed by everyone. To help people better practice their Cantonese, we invented a game that participants had to use what they learned from the tour to order their lunch in Cantonese. People had fun while they learned the culture and language.

10:00am – 11:00am

We started the tour with a brief presentation on dumplings, and then Yolanda showed people how to make dough and dumplings. After everyone cleaned their hands, participants learned how to make dumplings themselves by following our facilitator step-by-step.

11:00am – 11:30am

In this session, participants learned how to order food in Cantonese. We told people to remember the Cantonese words, as they were soon going to line up for food, and to order only in Cantonese.

11:30am – 12:00pm

People were excited about tasting the self-made dumplings. They were so DELICIOUS! But now they were even more excited to line up for more traditional Cantonese food and to test their Cantonese. There was so much fun and laughter in the queue--maybe the happiest line-up that I've ever seen.



Tour 3 Cantonese Language

Date: August 8, 2015 10am to 12pm
Tour facilitator: Godfrey Tang

Purpose/Theme: When Godfrey came to me and said he wanted to talk about why we should preserve Cantonese language nowadays, and why Cantonese is so special in Vancouver, I thought this would be a great tour idea. This tour focused on helping people understand the history of the Cantonese language and the local Cantonese community in Vancouver.

10:00am - 10:30am

The tour started with a presentation of the Cantonese language, followed by a Cantonese opera live performance. The language has been sung in Opera since ancient times and it sounded so beautiful. The performer also taught us how to breathe when singing.

10:30am - 11:00am

With different formats, we always kept the thirty-minute Cantonese lesson in our tour. In the third lesson, we taught people more Cantonese words that could be useful for them.

11:00am - 12:00pm

The Chinatown walking tour started from the Downtown Eastside Neighbourhood House, turned left onto Gore avenue, and walked along Pender street. We then made a U-turn at Dr. Sun Yat-Sen Classical Chinese Garden, ending at one of the most authentic Cantonese restaurants in Chinatown. Each salient building told us a story about the Cantonese community in Vancouver.

Tour 4 Chinese Gardens

Date: August 22, 2015 10am to 12pm
Tour facilitator: Vincent Chan & Lynne Lee

Purpose/Theme: We did not want to miss such a beautiful, classical Chinese garden in this community. Actually, the classical Chinese Garden comes from Suzhou, not from the Canton Province, so we made lots of changes and added many Cantonese cultural elements into the garden tour. It was a unique tour designed and created only for our program. We would like to thank Dr. Sun Yat-Sen Classical Chinese Garden for their collaboration and support.

10:00am - 10:15am

There was a brief introduction of Dr. Sun Yat-Sen and the garden in front of the statue of Dr. Sun Yat-Sen before entering the garden.

10:15am - 11:15am

It was a combined garden tour with a Cantonese lesson plan for an hour. We followed the facilitators to walk around the garden. Lynne introduced us to the philosophy and the design of the garden and Vincent taught us Cantonese words related to the garden such as tree, water, stone etc. People enjoyed picking up the language along with the garden tour.

11:15am - 11:45am

In this session, everyone got an opportunity to learn and practice Chinese calligraphy in the beautiful tearoom. Vincent showed us the evolution of Chinese characters, then he showed us how to write Chinese calligraphy step by step. Also, the Cantonese words that we had just learned during the garden tour were repeated. By both speaking and writing the Cantonese words, people found it easier to remember Cantonese.

11:45am - 12:00pm

It was one of our participant's birthday that day, and it was her third time joining our tours. We ordered a cake for her and had a small celebration at the end of the tour. Everyone sang "Happy Birthday" in Cantonese and we shared the cake together. It was so lovely to see a group of strangers become friends by repeatedly coming on our tours.



Tour 5 Cantonese Herbal Medicine

Date: September 12, 2015 10am to 12pm
Facilitator: Yolanda Li & Godfrey Tang

Purpose/Theme: From the tour feedback surveys, we knew that people wanted to know more about Cantonese herbal medicine. Based on people's interest, the last tour was dedicated to Cantonese herbal medicine. The co-facilitation worked out very well because of Yolanda's passion for cooking, her energy in teaching along with Godfrey's English skills and knowledge.

10:00am - 10:30am

Godfrey started the tour with a general introduction of Cantonese herbal medicine, then Yolanda shared her experience of growing honeysuckle. Also, people tasted Cantonese herbal tea made from honeysuckle and learned how to make it themselves.

10:30am - 11:00am

The tour was followed by a presentation on the making of Cantonese herbal soup. Yolanda shared a true story about Cantonese herbal soup along with the soup recipe. In fact, she had already prepared a herbal soup for everyone to taste. She had cooked for more than two hours early that morning. It was time to enjoy a healthy and delicious soup!

11:15am - 11:45am

In this Cantonese lesson, we focused on teaching Cantonese words pertaining to Cantonese herbal medicine, so that people could go to herbal stores and buy items using Cantonese words later on.

11:45am - 12:00pm

We took people to one of the authentic Cantonese herbal stores in Chinatown, ending the tour there.

TRANQUILITY OF MIND

By *Hendrik Beune*

SUN YAT-SEN CLASSICAL GARDEN TOUR

It was the 22nd of August on a beautiful sunny day that a group of 30 or so of us assembled at the statue of Dr. Sun Yat-Sen in front of the entrance to Dr. Sun Yat-Sen Park. We had come there on the invitation of Simin, the coordinator of the seniors program at the DTES Neighbourhood House, to enjoy a full tour of the garden, followed by a half hour Cantonese language lesson including Chinese calligraphy practice.

At 10 am, Simin welcomed us and explained how the tour would progress. The actual classical Chinese garden, she explained, was next to Sun Yat-Sen park and accessible by a separate entrance. The park is freely accessible to the public, but the gardens are the real treasure and require an admission fee. A tour with a professional guide is recommended.

Lynne Lee, a professional tour guide, who wore an outstanding and beautiful red dress, had volunteered her time to be our guide through the garden. The tour we got that day was a special one and longer than the standard one hour tour usually offered and would incorporate some Cantonese language lessons. A very special feature was a Chinese calligraphy practice at the end of the tour and Vincent Chan was introduced to us as the expert on that. Vincent and Lynne would co-facilitate the tour and together they would answer

any questions we might have throughout the tour.

Today's tour, Simin continued, was very special for several reasons. As she looked around us, she identified people

who had contributed to the success of the tours in one way or another. Several people had come on all or most of the tours and had become obvious enthusiasts. Sylvia was a very enthusiastic lady who was celebrating her birthday that day. She had come to the last three tours and surprised Simin by signing up for the tour today and had brought



Dr. Sun Yat - Sen Classical Chinese Gardens

along her husband too! Judging by how long we were talking a lot of people knew each other already. Although they had been strangers before, they had become friends who had connected and come to know each other on the tour. The crowd burst out with a "Happy Birthday" as Simin pointed out the celebratory couple.

Thus feeling united, the tour began with an explanation of the significance of Dr. Sun

Yat-Sen in Chinese history and why the gardens were named after him. Dr. Sun-Yat Sen, we found out, had visited the site when he travelled the world as a Chinese revolutionary. He had stayed in a rooming house or simple hotel that stood nearby on what was then the beginning of Vancouver's Chinatown. Dr. Sun Yat-Sen eventually became known as the founder of modern China and was its first democratic leader.

Although the gardens we were about to see were modeled on the concept of a "philosopher's garden", originally created for and enjoyed by the elite, these gardens are now accessible to the public throughout China. The Sun Yat-Sen classical Chinese garden celebrates the splendour and

philosophy behind the classical Chinese gardens that exist in many urban enclaves in Canton and throughout China, and it also honours the important role in Canadian history of the Chinese railway workers, most of whom came from the region known as Canton.

I have no room here to describe the entire tour that followed, or even do justice to the many significant details and facets of importance that went into the thought before the construction even began. Joe Wai, who still lives in this area, was the mayor local consulting architect. The construction took place over a period of several years and was accomplished by artisans and craftsmen specially brought over for this purpose from the region near Shanghai, where also many of the materials featured in the construction came from. It's a philosopher's garden where balance with the natural elements can be

found in all aspects and thus bring tranquility of mind to any person looking for that in the middle of the bustle of a busy city.

I wish I had time to explain some of the details that we learned on the tour: how Yin and Yang coexist even within each other, or how the natural elements of wood, forest, water and sky relate. How the exceptional sandstone sculptures were created and the rocks formed by nature, which were genuine

In Canton and the rest of China, gardens are used to celebrate and mirror the splendour and philosophy of Chinese tradition. Yay-Sen Classical Chinese Garden, in particular, honours the important role of most Chinese workers who came from Canton and had made a great contribution to Canada according to the history.

a. 在廣東省和中國其他地方，庭園都能反映出中華文化的輝煌和理念。逸仙花園更是在表揚那些來自廣東省亦曾經在曆史上對加拿大作出重大貢獻的中國勞工。

Tai Hu rocks from the famous lake near Suzhou. Why the reflection of the sky in the pool is so important and how the mud and the Koi fish relate? Why would the bridge not be straight and why is the entrance way round? These were all questions answered by our guides on the tour as they pointed out the many facets of the gardens.

Some of the other important features we learned about is that light is let in in a filtered way, through which are known as 'leak windows', keeping out disturbances from the outside. The stepping stones along the way look like a turtle's back, providing safe passage from one room to another, which connects with the turtle's longevity. The garden and pond, which in a Chinese classical garden are typically at the centre with the buildings around it, resembles the world in a microcosm and is carefully laid out so that the chi, or life energy, is always

...Continued on page 18

SANDWICHED BETWEEN CULTURES

By Lance Lim

HERITAGE, TRADITION AND IDENTITY

I was joking with my Zine colleagues about the upcoming issue about Chinese seniors. More seriously though, was the question of what writing contribution

I would make. I grew up in Chinatown and have lived here for more than 50 years. Chinatown is my stomping ground. The Cantonese who first immigrated to Canada did so for a variety of reasons, and in my parents' case it was to escape the war and the communists under Mao Zedong. Many immigrants at the time came from the province of Kwangtung, in Southern China. My mother came from a farming background and my dad came over to find a better life. They brought their traditions and faced a steep adjustment to life in Vancouver.

Many early Cantonese immigrants settled in an area known as "old Chinatown." In the 1990's there was another wave of immigrants; mostly Mandarin speakers who were often more modern and better educated--a different social class. Many of this second wave were entrepreneurs and investors and this time, Richmond was the choice of area for them to settle. They came in such numbers that the slang word "Hongcouver" was heard more and more frequently.

In the first wave of immigration, family clans formed what is known as "family associations". Much like a neighbourhood house, they were communities that helped immigrants adapt to life in Vancouver. Because many of the immigrants didn't speak English as a first language, the associations were a link between their family last names or in reference to their hometown and Canada.

As a first generation Chinese Canadian,

I am often referred to as a "banana"--yellow on the outside and white on the inside. The truth is more complicated. Like my parents, I grew up with English

as a second language as my parents could not speak English. I was often interpreting and attempting to reconcile the values of my parents with those of western culture, and more often than not, these two competing sets of values were from entirely different worlds. I was sandwiched between cultures, which both confused and refined the identity I have today.

My earliest memories around the dinner table would be my mom having cooked a steamed fish and yelling out, "Who's going to eat the fish eyeball first?" I remember my siblings and I all fighting to grab the eyeball in our mangled fingers, squishing it into a cooked gel and stuffing it down our mouths like our lives depended on it.

When we went to Chinese weddings, soup was always served as the first course--unlike the western tradition. What is normal in one culture is different in the other. Part of navigating both cultures is not picking one over the other but realizing the differences and learning to live in both worlds. Which brings me to the meat of this article.

At what point does a traditional practice stop being valued and new ones appropriated? My example is the issue of traditional cultural practices and their role in contemporary culture. Back in the 1970's there was a controversy in Chinatown about Chinese cooked barbeque pork and how it didn't meet Western health standards; specifically, the heat at which the pork is maintained for display was

said to be too low. A local butcher in Chinatown called a press conference and explained that their traditional method of barbecuing meat had been done for generations with no health-related illnesses from eating it. This led to a compromise: using traditional cooking methods but employing new technology to monitor the temperature to ensure its safety, per Western health standards. This compromise turned out to be a “win win” in many ways. It preserved tradition while maintaining health standards. Now I want to point out a new controversy which doesn’t really share the same win-win.

Shark fin soup is a delicacy served

to some restaurants advertising proudly that they don’t serve the soup.

By the same token, one can look at some of the most expensive Chinese traditional aphrodisiacs, such as rhino horn powder, where on the black market poachers are paid over \$2500 a horn. I cannot attest to the effectiveness of the powder, but I can surely say one can buy a whole lot of Western potency pills such Viagra or Cialis for \$2500.

Other forms of traditional potions for virility such as snake’s blood, along with the live heart still beating in a shot glass, may sound mythical and while maybe true, they don’t seem to

excite me as much as some of my Zine colleagues. Speaking of which, here is a challenge I’m issuing to the male writers and editors of the Zine over 50 years old: let’s each choose one Chinese aphrodisiac from a local herbal shop

I no longer want to be sandwiched between modern and traditional medicines and methods, or modern and traditional anything.

我再不想夾雜在傳統和近代的藥物和治療當中，甚至是除了以上兩種以外的其他東西。

at Chinese weddings and family celebrations. The fins themselves don’t have that much flavour, but due to tradition, the soup is served at banquets and at a premium price, which start from \$150 to \$200 per bowl. This has been served for generations but with current knowledge of fishing practices, it is cruel to harvest a shark just for its fins. Throwing the finless shark back into the wild, where its remaining life is short because it cannot maintain direction, is clearly cruel. However, because of protests, and more specifically customers being educated and having to rethink values, this cultural practice has given rise

and take that magic substance for a while. If it works, when we come to have the group photo taken for this issue, those men for whom the potion worked give a thumbs up, while the others just look glum as usual.

But seriously folks, given my long list of health challenges I would forsake all pills if I could only achieve natural results and desire once more. I no longer want to be sandwiched between modern and traditional medicines and methods, or modern and traditional anything. In fact, labels are just labels. We might identify with a particular label but we don’t need to wear it front and centre full-time. ●

FOOD IS MEDICINE

By Shannon Hecker

As a firm believer that food is medicine, I was elated to attend the Cantonese herbal medicine

workshop that was part of the special project honouring Cantonese seniors in Chinatown and the Downtown Eastside. The workshop was offered by Godfrey Tang and Yolanda Li. By way of introduction, Godfrey explained how Yin and Yang exist within each other. Some foods are considered "hot" and others "cold," while the five basic elements of wood, fire, earth, metal and water are attributed to different foods. These in turn help with different

- Expels pathogenic "wind-heat."
- For common cold with fever, sore throat and headache, also

used in treating summer heat.

- Expels "damp-heat."
- For diarrhea, dysentery痢, intestinal abscesses脓肿, or painful urination.
- Herb contraindications禁忌 & Caution: do not use in cases of diarrhea resulting from cold in the spleen and stomach. Also not recommended for skin conditions with clear exudate渗出液.

Yolanda showed us how to make her

favourite soup, explaining the properties of each ingredient. It uses watercress, fruit called Grosvenor Momordica in English or Luo Han Guo in Cantonese, and pork shank soup 西洋菜罗汉果猪月展汤 (recipe included at bottom of this article).

Eager to learn of new ways to use Cantonese recipes to improve my health, I asked Yolanda if I could interview her after the workshop. She accepted and we met a week later at the DTES Neighbourhood House.

Yolanda came to Canada in 1993 and discovered the Neighbourhood House



parts of the body.

We drank herbal tea made from honeysuckle (Jin Yin Hua). This tea has many healing properties such as:

- Clears heat and reduces toxins
- Eases fever and any type of hot boils, sores or swellings, especially in the breast, eyes and throat.

while attending the UBC Learning Exchange, where she was part of the Cantonese program. Making the transition from teaching in Cantonese to English was extremely intimidating for her at first, but after lots of work it has been very empowering, building her confidence greatly.

In spite of the language barrier our common love for food and home cooking enabled Yolanda and I to understand each other. Although she has little space for growing food, Yolanda lit up as she told me how she grows zucchini, kale, Swiss chard, green onions, celery, peppers and honeysuckle vine all in pots.

Yolanda is very passionate about the Cantonese cooking class she instructs because it allows her to share both her love for food and the Cantonese language. Not only does she help people learn a bit of Cantonese, useful for shopping or dining in Chinatown, but these classes in turn help Yolanda improve her English. She would love to teach and educate more people about using food as medicine in Chinese culture.

To conclude our interview, I shared my passion for growing food at home as well and offered to give Yolanda some seeds for her to sow in the spring. She enthusiastically accepted and told me that the next time I saw her she would give me honeysuckle seeds. I'm always grateful to learn how people use food as medicine and share techniques to keep ourselves well. The more we know, the more we grow!

RECIPE:

Watercress, Luo Han Guo (Grosvenor Momordica fruit) and pork shank soup
西洋菜罗汉果猪月展汤

Good for autumn. It's great for clearing heat in the body and sputum in the lungs. Sometimes the soup is steamed instead of simmered over a stove, and either way the taste is just as good.

Ingredients:

- a bunch fresh watercress (Vitamins A, C and D, fiber)
- some blanched pork shank
- ready-pitted red dates (from Chinese herbalists).
- slices of ginger
- one dried tangerine peel
- one-half small "Luo Han Guo"

Method:

1. Soak watercress for about 15 minutes in salted water to remove most of the grit and slugs, if any.
2. The stems/stalks are washed carefully under running water and kept aside.
3. Add a pot of water clean crushed Luo Han Guo, ginger, tangerine peel, bring to boil.
4. Put in the blanched pork, dates and the stems/stalks.
5. Bring it to a rolling boil for about 10 minutes and lower heat to simmer.
6. Simmer this soup for about 30 minutes.
7. Add in the watercress leaves and boil again for another 20 minutes. Some people like their watercress green/soft (adjust simmering time).
8. Add salt to taste (if at all necessary).

(Note: Luo Han Guo is 300 times sweeter than regular sugar). ●

A CLOVE A DAY KEEPS THE DOCTOR AWAY

By Christine Schroeder CNP

Garlic, otherwise known as Allium Sativum, is incredibly underrated in terms of its uniqueness and strength. It

not only makes food taste incredible, it is a powerful medicinal herb with many uses. Widely used and held very dear to Cantonese culture of cooking, garlic is used in many dishes including stir-fries and soups. As a completely essential herb used in Asian cooking, in Traditional Chinese Medicine it is considered to be a “yang” herb, which is warming and very healing to the body, especially the lymphatic system.

As you head into this cold Vancouver winter, it is important to give your immune system a little extra TLC. Garlic is an easy and affordable way to supply your body with that internal strength it needs to fight off sickness simply by itself - without relying on medication.

Aside from strengthening the immune system with its potent anti-microbial, anti-viral and anti-oxidant actions, garlic is also indicated for conditions such as high blood pressure, high cholesterol, digestive discomfort, inflammation, parasites, and

clearing out the airways. In fact, when you have garlic breath, there is a direct, antimicrobial effect on the lungs. Similarly, having

a funky smell on your sweat after eating high amounts of garlic will stimulate the immune defence systems on your skin! Tell your friends!

Garlic's volatile oils contain a high amount of sulfur, a major detoxing mineral and synthesizer of antioxidants, that is also the reason for garlic's infamous smell.

The most important piece of advice to achieve highly effective use out of your garlic is oxidation. The compound allinin is converted (by the enzyme allinase) to allicin. Allicin is considered to be the most potent, antimicrobial constituent of garlic. When it is briefly exposed to oxygen, the reaction from allinin to allicin is sped up. This is a crucial step in the process. Whenever I make a meal, I am sure to chop or mince my garlic and let it sit on the counter for few minutes before adding it to the food. The more surface area it has, the more of these powerful healing properties are cultivated and available to the body.

Let garlic sit on the counter for a few minutes once chopped. Exposing it to air will produce beneficial substances that could help in curing disease

每逢我預備餐膳時，我也會把剁好的蒜擺放到桌上幾分鐘才把它加到食物裏，便會釋放出一一些對身體有益的物质來治病

any kind of internal or external infection. Garlic is an expectorant, meaning that it has tissue specificity to the respiratory system. It will thin out and eliminate mucus,

Unfortunately, similarly to other food, some of the nutrients and benefits of plants will be lost as you cook them. For that reason, fresh and raw is always best! That being said, eating garlic raw by itself can sometimes be tricky. Although garlic is extremely beneficial for the digestive system and will stimulate digestive juices, bile production, and healthy bacteria, if it is taken on an empty stomach it has the

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FENG SHUI

By Janice Mae "Jujube" Jacinto

EXPERIENCE THE MAGIC MOMENTS OF CHANGE

In childhood, I can recall living in absolute clutter in my personal space. It was disconcerting to know that heavy, dingy luggage occupied the entire platform of my top bunk bed. There was a heavy weight over my shoulders from my disorderly collection of stuff. I deliberately possessed a "genealogy" of toys and trinkets dating back to when I was born. I attempted to clean up after myself but to no avail - the mess persisted. Scattered across the floor were colossal stacks of books, read and unread, frayed and unopened, and many other mounds of clutter throughout the house.

My family and I first emigrated from the Philippines to Brunei, and then to Vancouver, where we had somehow "sustained our roots" by hanging onto material possessions - all the way from my grandparents' personal belongings such as favourite clothes from the '50s, their best-loved hats, souvenirs and keepsakes and sentimental letters with sweet nothings. This stuff clogged our storage and rooms ... until we ran out of space.

The process of uncluttering happened suddenly, after my mother picked up a book on Feng Shui. It soon became her passionate hobby. My mother, Mimi, was usually tidy and neat anyway. In childhood she would regularly polish her bedroom floor with coconut husk and wax. She told me that "the practice of Feng Shui,

however, is not an easy task."

"You have to be disciplined, focused and willing to change ... You have to have sincerity in the art. One must understand and trust the process... your heart must be in it," she used to say. The day of change occurred when mom put her foot down. One day I was using the toilet and randomly took a glance at the ceiling and--lo and behold --there was a small circular mirror above me, which captured my face in surprise. "The mirror above the toilet," she told me, "lifts up the Chi energy from the draining motion of the toilet... from the downward pulling effect of the drain, retaining vital Chi energy in the household."

Feng Shui is a 4000-year-old Chinese philosophy which translates as "Wind and Water." Compared to traditional schools, this particular practice of Feng Shui originates from Tibet, China and India. My mother follows the teachings

of professor Thomas Lin Yun, a Feng Shui grandmaster and spiritual leader of the Black Hat Sect of Tibetan Tantric Buddhism School of Feng Shui.

The traditional Chinese practice and philosophy of Feng Shui encompasses folk religion, Taoism, Confucianism, Yin Yang philosophy, I Ching, holistic healing methods, normative Chinese Buddhism and Geomancy (a way of knowing the earth).

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For all living things, "Chi" (life breath) is the energy force that exists around us in our environment.

對於我們周圍的所有生物來說，"氣"都是能量的來源

A 100 YEAR OLD HISTORY

By Stan Shaffer

PROFILES OF BENNY, MR. WU AND THE ING SUN ASSOCIATION

Bing Chum Eng, also known as Benny or Bingo, has a warm smile. He was born in Taishan, Canton Province, and moved to Hong Kong to study English at age 22. His father moved to

Canada in 1956 and opened a restaurant in Hazelton BC. When Benny arrived in 1956, he worked in the restaurant along with his mother, sister, and brother.

The restaurant was called BC Café and was open daily from 7am to 10pm

Many slept in an attic dormitory on the third floor, paid \$2.00 or \$3.00 a month, or \$5.00 for smaller rooms on the second floor. But there only few beds and no heat. But food, water, and electricity were included in their monthly rents.

很多留宿在三樓閣樓的人都需繳付二至三元的月費。而繳付五元月費的人便可留宿在二樓的小房間內。可是，床的數量不足，屋內也沒有提供暖氣。然而，他們的月費卻供應食水和電。

seven days a week serving Chinese and Canadian food. There were three Chinese families in Hazelton at the time, two in the restaurant business and the other in a grocery business. Benny moved to Vancouver in 1970 and worked as a cook at the Hyatt Regency Hotel for 30 years, where he was known as Bingo.

He lived in Chinatown for several years, which at the time was very busy day and night with people shopping and going to restaurants. He later moved to South Vancouver. He has been an active member

of the Eng Suey Sun Benevolent Association since 2010, where he is a chairman and tour guide. Although all his family now lives in Vancouver, he visits China and Hong Kong every

three or four years.

The building at 389 ½ East Hastings at Dunlevy which houses the Benevolent Association, was built in 1901 and bought by a group of Cantonese speaking Vancouverites in 1914. The

Association celebrated its centenary last year with an open house displaying historic artefacts and documents. The Eng (or Wu, Ing, Ng) pioneers first arrived in Vancouver in 1886 after working on the Canadian Pacific Railroad.

The railroad workers were mostly young, impoverished, non-English speaking labourers who had a difficult time surviving in the new city of Vancouver. Racial discrimination was common. A group gathered money communally to help themselves, to buy the building, and to provide a community space where they could eat, sleep and support each other. Many slept in an attic dormitory on the third floor, paying \$2.00 or \$3.00 a month, or \$5.00 for smaller rooms on the second floor, which all included food and utilities. There were few beds and no heat.

At 83 years old, Mr Wu manages the

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CANTONESE OR MANDARIN

By Godfrey Tang

Looking at a Chinese poster, a westerner may ask: "Is this Mandarin or Cantonese?" In fact, Mandarin or Cantonese applies only to speech and use different terms, whereas in writing the difference is Traditional or Simplified. (That is before 1949, for thousands of years most Chinese characters were pictorial-developed from pictures. The new China wanted to make it easy for the commoners to master the language and a lot of characters were simplified.

In Chinese speech, Mandarin was made the official language (just as English and French in Canada) with no intention to mean it is superior than the others.

Language is a fascinating feature for all cultures. Cantonese should be preserved.

對所有文化來說，語言都有非同凡響的意思。廣東話

ancient poems, it rhymes much better than Mandarin. In 2008, Cantonese was rated the third most spoken language in China and was the most spoken by Chinese outside of China. The United Nations listed the leading languages in daily use as English, Mandarin, Cantonese, Russian, French, Spanish, and Arabic.

China is a unified multi-ethnic country since ancient times. In addition to the Han, there are 55 minor groups. Because of geographic separation, some groups speak more than one dialect, of which there are over 130. Cantonese has a richer content of ancient Chinese culture and when used to read

"Canton" came from the Cantonese sound of what is now Guangzhou in Mandarin; just

like Hong Kong is Cantonese and should have been Xiang Gang in Mandarin. In China, the biggest Trade Fair with foreign traders and buyers for next year still call it the Canton Fair. (Why not GuangDong Fair?)

Not only were all the early immigrants to other countries Cantonese, they have influenced foreign translations for more than one hundred years.

The same applies to Dr. Sun Yat-Sen: in Mandarin it would be Sun Yi-Xian. Beijing was Peking in Cantonese. Like YVR for Vancouver airport, PEK and CAN are still used for the airports.

Cantonese is flexible; here are some words adapted from English sounds:

To change currencies	唱钱
Coolie is	咕喱 (güly)
To park a car is	泊車
A sharp lady is	索女
Frightened becomes	发蹄騰
Smile is	四万咁口
Burglary is	爆梳
Insurance is	燕梳.

Conversely here are some English words adapted from Cantonese:

Ketchup is from	茄汁
Tea comes from	茶
Brainwashing is from	洗腦
Typhoon is from	台风
Chow comes from	炒
Wok is from	鑊
Manchu is from	滿洲。●

THE CANTONESE TEXAN

By Stan Shaffer

A PROFILE OF VINCENT KWOK-WOON CHAN

Vincent, an active Cantonese senior in Vancouver, was born near Canton, China, in 1945 and moved to Hong Kong in 1949. He came to North America in 1971 following his older brother who arrived in 1970. Vincent first lived in the San Francisco Bay area and graduated from the University of Texas in 1975 with a degree in business, marketing and management. He moved to Seattle before immigrating to Vancouver in 1987. Vincent finds Vancouver beautiful and cultured and says George Bush is “the worst Texan.”

Cantonese used to be the dominant Chinese language in Vancouver, but now there are more Mandarin speakers. He wants to use Vancouver's Chinatown as a “foundation” for creating a national heritage site for Vancouver's old Chinatown and also a museum for Chinese soldiers who fought in WW II.

廣東話曾經是華人在溫哥華主要的語言。可是，現時卻有較多華人說普通話。他希望能以歷史悠久的溫哥華唐人街為“基礎”來建造一個國家遺產保護區，以及為曾經參與二次大戰的華人烈士建立一個紀念館

He worked in Vancouver as a general contractor specializing in home renovations. The company is now run by its workers and Vincent moved to south Vancouver in 2014. Vincent never married and has two older brothers and one sister in Vancouver as well as other family in the States.

Vincent belongs to the 26th generation of the Chan family which dates back to Genghis Khan and the Yuan Dynasty, 1279-1368. The Dynasty was established by Kublai Khan, Genghis's grandson,

who placed his father in the imperial records as the official founder.

Despite only 47 million Cantonese speakers in China, Vincent proudly speaks Cantonese, which he calls his “mother tongue.”

Cantonese used to be the dominant Chinese language in Vancouver, but now there are more Mandarin speakers. He wants to create a national heritage site for Vancouver's old Chinatown and a museum for Chinese soldiers who fought in World War II.

Vincent explains that Chinese who worked on the Canadian Pacific Railway (CPR) faced danger from explosions, including 600 deaths when Rogers Pass collapsed. Workers were paid \$42.00 yearly, not including food and boarding. Af-

ter the railroad was completed, they were given a choice to pay a “head tax” of \$50 if they wanted to stay in Canada or pay \$70 for a boat ticket home.

Yip Song, the superintendent of workers for the CPR, was a very successful Cantonese business man. According to Vincent, he was paid per person and later feeling guilty about this arrangement, he helped start a Benevolent Association on 120 block of East Pender. ●

A CANTONESE ELDER FOR ALL SEASONS

By Mike DuBelko

PORTRAIT OF GODFREY TANG

Godfrey Tang immigrated to Canada from Hong Kong in 1966. He has a degree in chemistry from Hong Kong with a focus on theoretical chemistry. After immigrating, he moved to St. John's Newfoundland

where he did post-doctoral research and taught at Memorial University. Godfrey moved to Vancouver in 1973 and as there was no great need for theoretical chemists, he relates that he finally landed a "real" job doing mineral assay work for a mining company here in BC. Unfortunately that company eventually folded and he moved on to something completely different--driving buses for BC Transit which was operated by BC Hydro at the time. Godfrey says that steering the buses which were then in service was very hard on his arms and elbows so he changed careers again to work in real estate with Century 21. Godfrey laughs as he says, "I was no good as a sales person, I was too honest, so I became a trainer of agents."

When Godfrey moved to the Downtown Eastside three years ago, he quickly developed a passionate interest in Vancouver's Chinatown and its Cantonese origins. As a native Cantonese speaker, he has a natural connection with the Cantonese community in the DTES through that dialect. He believes that a major factor in the current state of neglect of Chinatown is that it is primarily seen as an old slum area and the modern Mandarin speaking and wealthier recent Chinese immigrants have no attrac-

tion to live there. He believes that in order to rekindle interest in preserving the physical and cultural aspects of Chinatown, more teaching and communication about Chinatown's history should be encouraged.

He first made contact with the DTES Neighbourhood House by volunteering as a Cantonese-English translator assisting the area's Cantonese speakers with their day-to-day struggle with English. When Senior's Program Coordinator Simin Sun learned of Godfrey's skills she invited him to join the design group and help lead the cultural and educational tours which are the theme of this special issue of the RTFZine. Godfrey sees his mission after retirement to educate others about

As a native Cantonese speaker Godfrey has a deep connection with the Cantonese community in the DTES and believes strongly that we must move quickly to preserve its legacy for future Canadian generations.

作為一個土生土長的廣東人，Godfrey 與溫哥華市中心東端的華人社會有著深切的聯繫，他深信我們必須儘快為下一代的加拿大人保育華人社會的文化遺產

the importance of Chinatown's unique place in Vancouver's history, especially the critical role that the Benevolent Associations played in helping early Cantonese immigrants in their day-to-day survival. ●

in balance. One remarkable feature was the surprising fragrance of the herb growing in the cracks between the pavement of the scholar's garden near the end of the tour: rubbing it and then smelling it should be experienced. I highly recommend the tour and hope that you take it yourself. Thank you Lynne and Vincent for your explanation! If you really want to understand the intricate details, I recommend that you purchase and take home the book "In a Chinese garden", that is available in the gift-shop at the end of the tour.

The last half hour of our special tour was dedicated to Chinese calligraphy practice. This is not part of the regular tour that visitors will normally take. Special thanks belong to Vincent Chan for his guidance and the handout "The evolution of Chinese writing" which helped us shape Chinese characters with brush and water on special slate. Our mistakes evaporated before our eyes and no paper or ink was wasted on us!

It was a thrill to learn how the symbol for fish originated and was drawn starting with the head and finishing with fins and tail. The symbol still looks very much like a fish. Other symbols also resembled a drawing of what they represented originally, but we found out that through time the symbols became more stylized and the meaning and origin weren't always as obvious. Still, some concepts were easy to understand; for example a forest was represented as two trees.

The calligraphy handout showed six stages of representation of symbols from natural to modern through the history of different dynasties and is a treasure in itself! It conveys

the English meaning as well as the Cantonese and Mandarin pronunciation which I should add are quite different as one might expect, considering the vastness of China. It would be a shame if the Cantonese language and culture were lost in Vancouver with the passing of the elders who currently practice it. This is a real possibility with the influx of Mandarin speakers and the acceptance of Mandarin as the official Chinese language. There is so much to be gained by learning to understand the depth and history of cultural development. This series of tours was a delight and celebration of the Cantonese cultural survival to the present day and I hope that assimilation by Mandarin and English language speakers will not diminish and overshadow the Cantonese contribution that helped shape our contemporary Vancouver world. A unique celebration was held at the end of our special tour, which illustrates how different cultures can merge well. While tea was served, we were able to enjoy a slice of birthday cake, brought by the Downtown Eastside Neighbourhood House to honour Sylvia's birthday. This was a well kept secret and a total surprise to Sylvia and her husband. What struck me most, was the chorus that emerged singing the "Happy Birthday" song, not in English, but with Cantonese wording! Altogether, this was a very special multicultural tour indeed and I thank the Downtown Eastside Neighbourhood House for coming up with the idea and all the contributors for hosting it! ●

Canada

We wish to gratefully acknowledge the "New Horizons For Seniors Program" for their generous contribution to the "Hi to LayHo Project" and for making this issue of the RTF Zine possible.

...Feng Shui continued

Mimi mentions "Chi" as the energy force that exists around us and our environment, permeating and surrounding all living things. Another aspect is that "Feng Shui is solely based on the five elements of nature: fire, earth, metal, water and wood." So basically, every corner, space and wall of a person's space has a purposeful meaning, along with additional cures to contribute to their wellness.

According to Mom these changes, also known as "cures," can dramatically improve and benefit our health in exponential ways. Over the years, my mom basically helped save our home from drowning in clutter, in the smallest to largest ways. The most important things to practice in this ancient Chinese tradition are learning how to arrange clutter and cultivating your physical, mental, emotional and spiritual life in nine distinct areas: wealth, fame and reputation, love and relationships, family, health, children and creativity, skills and knowledge, life and career path, and lastly, helpful people and travel.

Mimi emphasises: "Feng Shui empowers changes in people's' lives". In other words, placing oneself in conducive order with nature can create a set of opportunities, for better or worse, which determines and shapes the quality and direction of your life. Feng Shui has ultimately anchored my family, especially my mother, for more than 15 years. Today, my mom Mimi is a Feng Shui consultant and has successfully helped many people improve the quality of their lives.

"You have to accept Feng Shui on a certain level. You don't have to accept a certain religion to practice Feng Shui." This is the core of Mimi's passion--to help people experience the magic moments of change. ●

...100 year old History continued

building and is there most days to welcome the mainly older population of Cantonese speakers. They drink tea, play mahjong, and chat. Wu left Guangzhou, China 20 years ago and connected with the association because everybody with the last name shared by the club knew about it.

Mr Wu is passionate about the history of immigration and collects artefacts as a hobby. He went through hundreds of files in a neglected safe to find valuable, one-of-a-kind copies of immigrant newspapers, membership records, and donations worth half a year's wages towards Dr. Sun Yat-Sen's revolution in China. In mid June 2014, he hosted a month-long exhibition of over 120 historic items to celebrate the association's 100-year anniversary which showed the contribution of early Cantonese to Canada, BC as well as Vancouver. ●

... A clove a day continued

ability to be very irritating to the gastrointestinal mucosa when consumed in high doses. Everyone's tolerance is different when it comes to garlic, but actually there is never concern of having too much! Just eat it until your friends complain about your smell. You can find a giant 5lb bag of garlic cloves at Sunrise Market for only \$3.00. It is very simple, easy and affordable and extremely beneficial! Take notes from our Asian friends and make garlic a part of your daily routine--your body will surely thank you! ●

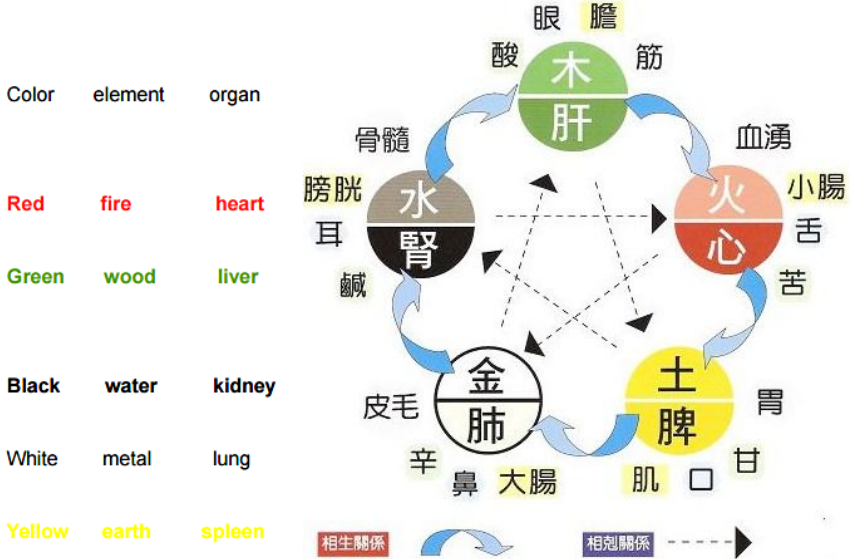


Be Part of the Zine Team

Interested in contributing ideas, articles, poems, illustrations, artwork, or photographs to the RTF Zine? As a community partner, we are deeply interested to hear from you and what you feel is important for the DTES. Find us at the DTES NH on Wednesdays 12:30pm when we're planning the next issue or online via email at zine@rtfzine.org.

The Right to Food Zine relies on generous donations from the community to produce each issue. If you like what we are doing and want to show your support by making a donation to the zine, please visit our website <http://rtfzine.org>

The five elements are the building blocks.
 Their relationship with colour and our organs is shown below-



Yin and yang is balanced in a healthy body and is affected by nature (seasons and food) as shown below-

食物的屬性 寒涼 平和 溫熱

Cold (yin)

綠豆	芹菜	冬瓜	香蕉	蛤蜊
綠茶	金針	西瓜	鵝肉	蕃茄
海帶	苦瓜	柿	鴨肉	蟹

neutral (balance)

玉米	可可	甘薯	菱角	牛肉
紅豆	牛乳	山藥	檸檬	豬肉
花生油	白菜	香菇	蘋果	海參

hot (yang)

糯米	芥末	南瓜	櫻桃	榴槤
紅麴	紅茶	韭菜	荔枝	羊肉
花椒	咖啡	薑	龍眼	蝦



Mandate

The right to food Zine's mission is to promote the human right to food that is healthy, nutritious, affordable, and presented with dignity.

Our voices reflect the diversity that is the Downtown Eastside.

Our articles, research, and recipes speak to the DTES residents, social justice groups, and beyond. We inform our readers, while fostering the desire to know more and to become more engaged. As part of the DTES community, we strive to be a tool for community-building.