

桑榆之光 Newsletter



2023.05.20
第5期 总25期



温尼伯华人老年协会
Winnipeg Chinese Senior Association

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Review & Outlook of Recent Activities

In May, With the weather warming up and the end of the pandemic , the natural scenery undergoes constant changes, and WCSA also enters its busy season.

It is not difficult to notice that between late April and the end of May, WCSA organized more than 20 activities. These activities can be categorized into three types: knowledge lectures, training courses, and festive entertainment events organized directly or in collaboration with other departments. In addition to regular programs, there were also seasonal activities tailored to specific needs. These included knowledge lectures on topics like gardening and video editing, face painting art training, events like New Immigrant Service Day, Multicultural Festival, and Asian Cultural Heritage Month celebration.

Recently, in order to live up to the expectations of the public, the WCSA board of directors has been discussing how to broaden their perspectives, expand their service areas, and strengthen their service teams to adapt to future, larger-scale service activities.

At present, WCSA is focusing on the preparation of the celebration for Canada's 152nd National Day on July 1st. At the same time, WCSA would like to take this opportunity to celebrate her own 6th anniversary. With the "Two Celebrations" combined into one, WCSA requires a large number of volunteers. We sincerely welcome friends to join our team!

Lastly, let us wish for the successful completion of the "Two Celebrations" event and extend our wishes to the future: May WCSA organizes more diverse and enriching activities, allowing people benefit from the association's informative lectures and training! (WCSA Publicity Team)

Activity Bulletin

- 2023 04 22 Newcomers Service Day
- 2023 04 26 Planting Knowledge Lecture (3)
- 2023 04 28 Video Editing Lecture (3)
- 2023 04 29 Soil and Organic Planting/Face Painting Art Training (1)
- 2023 04 30 Participation in Celebration of Cultural Diversity
- 2023 05 04 Fluid Painting Experience Class
- 2023 05 06 Planting Knowledge Lecture (4) / Face Painting Art Training (2)
- 2023 05 13 Face Painting Art Training (3)
- 2023 05 19 Video Editing Lecture (4)
- 2023 05 20 Face Painting Art Training (4)

Upcoming Events

- 2023 05 24-25 Participation in IGM Pan-Asian Heritage Month
- 2023 05 27 Face Painting Art Training (5)
- 2023 05 28 Participation in Asian Heritage Month
- 2023 06 03 Face Painting Art Training (6)
- 2023 06 10 Face Painting Art Training (7)
- 2023 06 17 Face Painting Art Training (8)
- 2023 07 01 Organizing Canada Day Celebration

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The Sound of Music

List of singers and songs:

Yumeng-Girl by the Bridge	白狐
Sunny-Plum Blossoms	张三的歌
Qingqing-Love Between Leaves	昨夜星辰
Yingfei-The Cooking Smoke Is	贝加尔湖畔
Wuxian-Paint You	Don't Cry For Me Argentina
Amy- A Thousand Years	走过我自己
Weiyiing- Squad Leader Told Me	推开世界的门
Lijuan Zhang-I Made a Wish in	我的快乐就是想你
Jianwei-Walk by Myself	
Jun Tang-Starry Night	
Feige-White Fox	
Suping-My Happiness is Thin	
Qibao-Lake Baikal	
Lena-Song of Another Somebody	
Latté-Open the Door to the World	
Nan-Don't Cry For Me Argentina	
Mysterious Guest: Yan Jiang-Dream Chaser	



Did you know?
Singing is good for your health.

Serendipity & Joyful Moments of Music

On the evening of April 26th, the WCSA Vocal Club successfully held a gathering called "Serendipity of Music". The event was characterized by its fun and interactive nature, attracted the participation of many vocal music enthusiasts. The event was planned and hosted by Ms. Hei Bing, and led by team captains Yu Meng and Liu Jianwei. A total of 16 team members from two teams participated in different games.

In the "Song Dedication and Guessing Game", participants brought their favorite songs and tried to guess the recommender of other songs. Faced with a variety of songs with different styles, the song requesters needed to analyze the preferences, habits, and talents of the fellow participants to speculate the recommender, testing not only their own musical taste but also adding fun to the game.

In the "Guess the Song Title" game, the host played the introductions of several songs, and participants had to quickly guess the names of the songs. The carefully selected classic old songs took the participants back to the vibrant Mandarin music scene of the 90s, allowing them to experience a journey through the music of that era. In the "Who's the Undercover Agent" game, the undercover agents and their team captains communicated through secret codes to regroup with their respective teams.

The whole evening was filled with laughter, joy, and a relaxed atmosphere. Participants actively showcased their singing talents and styles, achieving not only the purpose of practicing singing but also enjoying different musical works.
(Correspondent of WCSA)



the Game Rules of WCSA Vocal Club Music Evening

On the evening of April 26th, WCSA Vocal Club held a unique music game evening. Although this was not their first attempt, the unspoken rules were still very hazy. There was a veil of mystery, and everyone involved seemed to be kept in the dark.

The competition was roughly conducted as follows: The participating singers were divided into two teams, with Yu Meng and Liu Jianwei as the team captains. Under each team name, the song titles that the team members were going to perform were listed. Through the listing of songs, the team members knew their affiliation but did not know which song would be performed by whom. Before singing, the team members would first choose a song from the other team's list and then guess who would be the performer. A correct guess would earn them 1 point.

To add to the mystery and fun of the singing competition, two "spies" were secretly placed. These two "spies" knew their own affiliations, but the team captains and their respective teammates were unaware of their identities. The "spies" could only rely on their clever minds and clever secret language to help their team captains obtain the correct answers. Sometimes they would also deceive others and provide false information.

In addition, there was another fun group activity called "Listen to Songs and Guess the Song Title." What's intriguing about this activity is that you don't get to listen to the entire song; instead, you only hear a small portion of the intro. However, some people were able to guess the song with just a few lines.

And there was also a mysterious guest and a scorekeeper throughout the entire event. The scorekeeper was responsible for keeping track of the points earned by each individual in both teams and summarizing the total scores for each team.

In the joyful atmosphere, time always flies by quickly. Despite the planned time has already passed, everyone still felt a sense of lingering enjoyment. We still don't know who the inventor of this game is, how it came to be, and so on. It seems that further investigation is needed. (Sophia 789)



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Fluid
Painting Art

Mixed disorder, flowing with
wonders.
—05.04 WCSA Fluid
Painting Demo



Haha, fluid
painting is so
much fun!

On May 4th, WCSA organized a fluid painting demonstration at Southlands Community Church. Fluid painting, also known as pour painting, is a contemporary abstract art form. It utilizes the basic principle of immiscibility between water and oil to mix different acrylic paints with various pouring mediums. These mixtures are then poured onto a canvas, allowing them to flow freely. Through the collision and coincidence of different colors, mesmerizing and imaginative images are formed, creating a sense of magical beauty. The demonstration was hosted by Dani, the leader of WCSA's handmade decorative items group. Through this demo, WCSA introduced a new painting skill to the participants. (Sophia789)



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A Comprehensive View of Home-made Fermented Foods



On April 22nd, WCSA organized an engaging online lecture on fermented foods for Earth Day. Ms. Cong Yan, a board member and vegetable gardening group leader, hosted the event with guest speaker Ms. Sun Shan from Ottawa. Ms. Sun graduated from the Department of Ecology at Peking University and later obtained a Master's degree in Environmental Science and Policy from George Mason University in the United States. With her academic background and practical experience, she delivered a brilliant popular science lecture on fermented foods.

The lecture discussed fermented foods, including their definition, cultural history, and dietary habits across different ethnic groups. Ms. Sun also explained the importance of consuming fermented foods, different types available, and safe methods for making them at home.

One of the highlights of the lecture was the interaction with the participants. Ms. Sun provided abundant information during the lecture and answered questions raised by the audience.

The success of this lecture demonstrates the determination and ability of WCSA to provide high-quality, engaging, and practical activities for the Chinese community. We look forward to more wonderful lectures that are relevant to daily life and have guiding significance in the future. (Contributed by Cong Yan)



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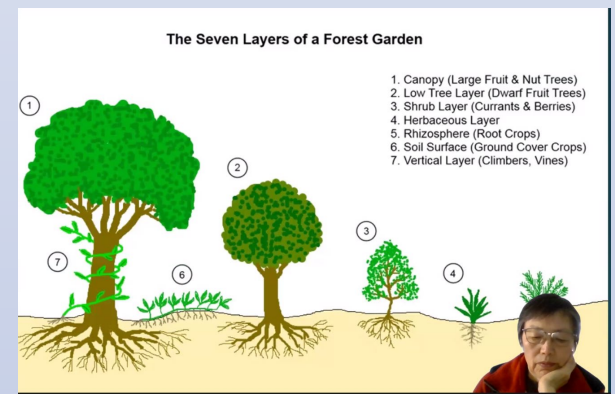
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Organic Gardening

Advocate for organic gardening
Benefit the people of Winnipeg



On April 29th, WCSA invited Mr. Xu Shilin, President of the American Agricultural Brothers Company, to give a lecture on the topic of "Soil Fertilizers and Organic Gardening," which was warmly welcomed by the gardening enthusiasts in the Chinese community of Winnipeg. Since obtaining his Ph.D. in Soil Science, Mr. Xu has dedicated his life to researching and practicing soil science and organic cultivation. He has even invented bio-organic carbon fertilizers.



有机农场图片，一片绿油油的菜地，给大家洗洗眼睛吧！



WCSA 种菜养花群

土壤肥料和有机种植

Soil Fertilizers and Organic Farming

- 农业现状 环境现状
- 超级酶肥 核心技术
- 核心团队
- 产品成就 试验成果 用户反馈
- 市场运维

美国农业兄弟公司总裁
徐仕林博士

日期: 2023-04-29周六晚
时间: Winnipeg 8:00-9:00pm
Zoom ID: 2046664321
Password: 1234

关注 <WCSA 种菜养花群>
Email wcsa.wpg@hotmail.com to register
www.winnipegchineseSeniors.ca

Manitoba Building Sustainable Communities Program
Winnipeg Chinese Senior Association
温尼伯华人老年协会

海藻精

理想的全功能海藻肥

海藻精除含海藻酸外，它还含有植物必需元素氮 (N)、磷 (P)、钾 (K)、钙 (Ca)、镁 (Mg)、硫 (S)、铁 (Fe)、锰 (Mn)、铜 (Cu)、锌 (Zn)、钼 (Mo)、硼 (B) 等；还含有植物可直接吸收利用的18种蛋白质氨基酸及对植物生理过程有显著影响的植物生长物质（生长素、细胞分裂素、赤霉素等）；还含有维生素、核苷酸、腐殖酸及植物抗逆因子等。海藻精集植物营养物质、生物活性物质、植物抗逆因子于一体，是一种理想的全功能海藻肥。

中文名	海藻精
含有元素	钾、钙、铁、锌、硼、钼、磷、硫
优势	营养全 用量小 效果好等
主要功能	促进种子萌发，提高发芽率等
适用作物	棉花、果树、蔬菜、瓜果等



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WCSA
NEWS

Highlights of Recent Activities



April 22nd, it was fantastic to have the Minister of Immigration of Manitoba and WCSA board members come to the scene to answer questions!

Did you know? On April 29th, WCSA's Face Painting training series commenced. The training consists of 8 sessions, led by teacher Dani, with the aim of preparing for the upcoming July 1st National Day celebrations. Currently, there are 10 volunteers enrolled, including several enthusiastic young children eager to learn. The training covers basic painting techniques and face painting, such as outlining simple lines and creating geometric shapes, using paints and other tools to create beautiful images, and more.



Did you go? The Multicultural Day event on April 30th was lively!



Dear friends, if you didn't attend the lecture on Early Spring Plants (Nature and Women) by Ms. Sun Shan on May 6th, you might have missed out on a valuable learning opportunity. This knowledgeable and versatile lady introduced ten edible wild plants to everyone, along with five books and three practical tools on how to identify and collect these plants!

