



【WCSA News】2023.05.25

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Federal and Provincial Governments

Support WCSA Community Services

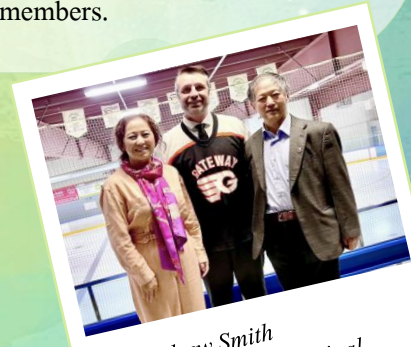
WCSA recently received funding from both the federal and provincial governments, including the federal NHSP for serving seniors, the provincial BSC to raise diabetes awareness, NCIS for assisting new immigrants, and ACSC to promote traditional cultural practices.

In collaboration with the federal Ministry of Seniors, WCSA will continue organizing a series of fitness activities, health seminars, and cultural lectures to enhance the physical and mental well-being of the elderly. Recognizing Asians as a high-risk group for type II diabetes, WCSA will partner with the municipal department of Manitoba to educate the community about diabetes risks and prevention through campaigns and blood sugar testing. Additionally, in collaboration with the provincial Ministry of Immigration, WCSA will offer settlement counseling services such as language and cultural adaptation support to help new immigrant members integrate into the community. With support from the provincial Ministry of Sports, Culture, and Heritage, WCSA will also host entertaining events including singing, games, and traditional festival celebrations.

WCSA is dedicated to advocating for the welfare and development of the community. With the government funding, WCSA aims to create a healthy, joyful, and harmonious community environment for its members.



Kamal Khera  
Minister of  
Seniors  
of Canada



Andrew Smith  
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Minister of Manitoba  
Liquor and Lotteries  
Corporation



Jon Reyes  
Minister of Labour  
and Immigration



Obby Khan  
Minister of Sport,  
Culture and Heritage



【WCSA News】2023.06.13

### WCSA Offers Suggestions and Proposals for the Elderly Community



On June 13th, President Yan Jiang and Executive Vice President Songyan Liu were invited to the Provincial Parliament Building to meet with Honorable Scott Johnston, the Minister of Seniors and Long-Term Care in Manitoba, to discuss the development trends of the Chinese community and elderly groups.

The two presidents introduced the activities and services of the WCSA, including various free fitness programs, interest classes such as vocal, painting, and photography, intermediate English classes, culinary and gardening clubs, various knowledge lectures on health, literature, entertainment, and popular science, as well as traditional festival celebrations. Especially noteworthy is the big upcoming event that WCSA currently organizing a large-scale community celebration and national drumming event for the July 1st Canada Day in Bridgwater.

The minister appreciated the work that the WCSA has done for the elderly group in the community over the past few years. He pledged to take practical actions to support the continued development plans of the WCSA and encouraged them to provide more social services for the community and the senior group.

### Participate The Pros Know 55+ Active Living & Resource Expos

Songyan Liu



The purpose of this expo is to gather senior organizations and businesses catering to the elderly in the community, providing a convenient venue for the elderly to access the services and assistance they require, all in one place.

In 2021, WCSA was invited by the organizers to participate in this event for the first time. It happened to align with the government's vaccination campaign. During the event, WCSA distributed T-shirts promoting vaccination and discount cards for North Garden Restaurant to over 100 elderly individuals in attendance.

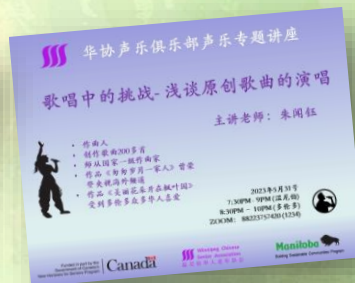
After a year of suspension, the expo is returning to normal. This year, WCSA is focusing on introducing and recommending the National Day events in Bridgwater. Many community residents have expressed great interest, and there are also many WCSA members who went to the venue to show their support. At the same time, WCSA has established connections with many businesses at the event. 211 Manitoba will put WCSA into Community Elderly Service list.





WCSA News

- 2023.05 24 Participation in IGM Pan-Asian Heritage Month
- 2023 05 27 Face painting Art Training(5)
- 2023 05 28 Participation in Asian Heritage Month
- 2023 05 31 Vocal Club Training Lectures
- 2023 06 02 Participation in The Pros Know 55+ Active Living & Resource Expos
- 2023 06 03 Face painting Art Training(6)
- 2023 06 04 Partnering with Gaia Living on the Butterfly Garden Project workshop
- 2023 06 10 Face painting Art Training(7)
- 2023 06 13 WCSA meet with the Honorable Scott Johnston (Minister of SLTC)
- 2023 06 17 Face painting team participate SWCC summer carnival
- 2023 06 17 Press Conference of Canada Day Celebrations in Bridgwater
- 2023 06 18 Participation in Manitoba Marathon



Upcoming Events

- 2023.07 01 Hosting Canada Day Celebration in Bridgwater Lakes Park
- 2023.07 01 Hosting National Canada Day Drumming (Winnipeg)
- 2023.07 15 Canada Day Volunteer Appreciation Party



### Asian Heritage Festival

-Eva



May is Asian Heritage Month in Canada, a time to reflect on and recognize the many contributions that people of Asian origin have made and continue to make to Canada. Asian Heritage Month has been celebrated since the 1990s.

The theme for Asian Heritage Month 2023 is “Stories of Determination.” This “represents the strides made and the challenges overcome by Asian communities to thrive in Canada over the last two centuries and beyond. The history of the communities here in our country is filled with hardships and setbacks, but ultimately, it is a story of triumph over adversity.” - *Statement by Minister Hussen.*

The city of Winnipeg in Canada is renowned for its multiculturalism and inclusivity, with diverse communities shaping the city's cultural fabric. One of the most exciting celebrations that showcases the rich Asian heritage and promotes unity among various Asian communities is the Winnipeg Asian Heritage Festival.



From Chinese and Indian to Filipino, Japanese, Korean, Vietnamese, and more, the festival paints a vivid tapestry of Asian cultures. Participants adorned in traditional attire showcase the beauty and diversity of their respective cultures, with traditional dances, martial arts demonstrations, and music performances. For example, we have our traditional Qipao, Waist Drum dance, Tai-chi, to the newly emerging national sport, Tai-chi Softball (Rouli Ball), and Line Dance. These are becoming very popular exercise routines.

This year, the performances main stage was at the CN Stage at The Forks on May 29th. WCSA's Tai Chi, Tai Chi Rouli Ball and Line Dance Groups participated in the festival.



Led by Lynn Tran, the group performed a line dance routine in tango steps to the song 'I'll Live as a Woman', sang in Korean. The audience thoroughly enjoyed the dazzling costumes and beautifully executed dance.



Next up is the WCSA Tai Chi Softball group. They performed the “Flying Dragon” routine using Ribbon Ball. The ribbon of the ball flies thru the air, although it was really windy that day, the performers did their routine effortlessly. The audience enjoyed it and gave them a roaring applause at the end.

The final group is the WCSA Tai Chi group led by Master Peng Jiwei. The fast-fighting Tai Chi routine is set to the music and lyrics of the song “So Many People in This World”, the Tai Chi moves were integrated with the music and performed gracefully.

All in all, the festival is a stunning success with everyone thoroughly enjoying the shows and food. This festival is fast becoming one of the main attractions of Winnipeg's Festivals scene.



# Challenges in Singing

## —Discussion on Performing Original Songs

- Heibing

华协声乐俱乐部声乐专题讲座

歌唱中的挑战- 浅谈原创歌曲的演唱

主讲老师: 朱闻钰



- 作曲家 创作歌曲300多首
- 师从阿炳- 独作曲家
- 曾任《中国好声音》- 评委
- 曾受邀海外演出
- 作品《五瓣花》在央视播出
- 受到多位知名音乐人喜爱

2023年5月31日  
7:30PM - 10PM (北京时间)  
8:30PM - 10PM (多伦多)  
Zoom: 8823575481 (1234)



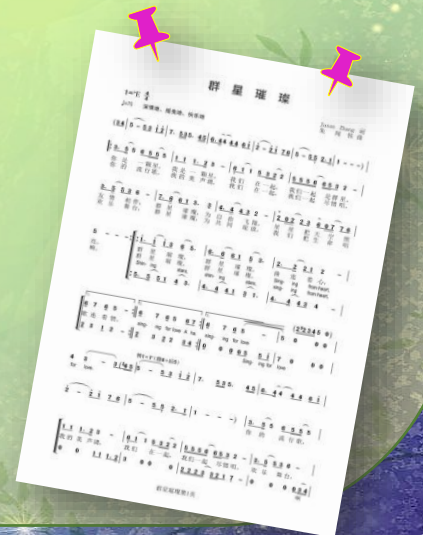
On May 31st, WCSA's Vocal Music Club organized a fantastic online lecture featuring renowned Toronto composer, Ms. Zhu Wenyu. She shared her insights on the singing techniques and challenges of performing original songs. With her training under a national-level composer, Ms. Zhu has composed over 200 songs to date. Her works, including "Fleeting Years with Family" broadcasted on the overseas channel of CCTV and "Beautiful Flowers Blossom in Maple Country" have gained popularity within the Toronto Chinese community.

The lecture began with Ms. Zhu leading everyone in neck and shoulder stretching exercises. She explained that these movements not only serve as warm-ups to invigorate the spirit but also help to grasp the rhythmic patterns commonly found in song composition. Following the warm-up, Ms. Zhu, from the perspective of a composer, guided the audience in discussing various singing techniques. These included dealing with dotted note values, understanding the melodies of main and chorus sections, and learning the art of singing high notes lightly. Using her own composition, "Enchanting Wu Gong Mountain" as an example, she explained how the technique of singing high notes lightly can convey a sense of ethereal beauty that distinguishes it from the impassioned singing style often found in popular music.



During the lecture, Ms. Zhu shared her insights and experiences regarding song writing and singing with the audience. She emphasized the importance of communication between composers and singers, as well as the convenience and challenges presented by AI-assisted song creation.

The online lecture organized by WCSA's Vocal Music Club provided a valuable platform for music enthusiasts to learn and exchange ideas. Ms. Zhu's sharing and guidance greatly benefited the attendees, inspiring their passion for music composition and performance. In their testimonials, the audience expressed how this lecture has shown them the possibilities of song creation and has given them more confidence in expressing emotions through their own compositions.





### Wildflower Gardening for Monarchs and Pollinators

Location: Southlands Community Church Free 免费讲座  
Time: June 4, 2023 2:00-4:00pm



**打造蝴蝶花园 保护帝王蝶**

时间: 6月4日(周日)下午 2:00 - 4:00  
地点: Southlands Community Church  
原生态打造原生花园, 为帝王蝶和传粉昆虫提供栖息地  
Wildflower Gardening for Monarchs and Pollinators

Supported by the  
Government of Manitoba  
New Horizons for Eastern Winnipeg

Partnered by  
Canada

花开蝶自来, 生态靠大家:  
打造原生花园, 守护帝王蝶和传粉昆虫

On the afternoon of June 4th, Gaia Living and WCSA jointly organized a lecture titled "Wildflower Gardening for Monarchs and Pollinators" at the Southlands Community Church. These two non profit organizations are dedicated to promoting environmental protection and sustainable lifestyles. Through this lecture event, they aimed to encourage people to take practical actions to improve the environment.

The keynote speaker, Ms. Cong Yan, introduced the remarkable migratory habits of hu and shared her nine years of experience in butterfly cultivation and conservation. She also provided knowledge on protecting endangered Monarchs, selecting flowers suitable for local climate conditions, and creating ideal habitats for butterflies and insects. The goal was to inspire individuals to establish an ecologically friendly butterfly garden in their own yards and contribute to local biodiversity.

The event offered refreshments, raffle draws, and giveaways of plant seedlings, creating a relaxed and enjoyable atmosphere. A total of 65 people attended the lecture, and they expressed that they not only gained knowledge about butterfly gardens but also established connections with like-minded individuals. This facilitated communication and encouragement during future practical endeavors, providing momentum for the project's continuous development.





温尼伯华人老年协会

Winnipeg Chinese Senior Association

# 桑榆之光 Newsletter

## WCSA preparing for

## Canada Day celebration



After successfully hosting the 7.1 celebration last year and attracting nearly 7,000 participants, the Winnipeg Chinese Senior Association (WCSA) is once again organizing a vibrant and diverse Canada Day celebration for the community.

Since being invited to host this year's 7.1 event, WCSA promptly established an event committee and embarked on outreach, sponsorship acquisition, publicity, and training efforts. With the support of City Councillor Janice Lukes, MLA Jon Reyes, and MP Terry Duguid, as well as the assistance of dedicated businesses such as Save on Foods, Deveraux, and Paragon, the committee has obtained approval for the venue and road usage. Logistics support, including free shuttle buses, performance stages, safety barriers, temporary (including accessible) restrooms, and handwashing stations, has been arranged. A diverse range of cultural performances and entertainment, including lion and dragon dances, bouncy castles, petting zoo, qipao show, traditional dances, and hula hoops, have been selected. The highlight of the celebration is the nationwide drumming, which will feature over a hundred association members, community leaders, and government officials, with live broadcasting arrangements already confirmed.

In addition, WCSA has recruited over 200 volunteers and organized training sessions for portrait and video skills, children's face painting, and kite coloring. Efforts to recruit event sponsors and set up small merchandise booths are currently ongoing. The association and all volunteers are actively preparing and striving to deliver a grand celebration that showcases the essence of Chinese traditional culture and Canada's multiculturalism.



温尼伯华人老年协会

Winnipeg Chinese Senior Association

桑榆之光

Newsletter

## 2023 Canada Day Celebration in Bridgwater Lakes Park & National Canada Day Drumming (Winnipeg)

# Thank You !



### Platinum Sponsors



### Gold Sponsors



### Silver Sponsors



NORTH GARDEN RESTAURANT



### Bronze Sponsors



LDON Technologies LTD

