

KGC Newsletter

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JAPANESE FOOD

By Joanne

From web site: www.about.com



I believe that most people are familiar with Japanese food. When I first tasted it, it was wonderful. It looks small and cute, and it tastes good. If you eat it, you will want to eat it again next time. Today, there are many Japanese restaurants all around the world, and people can learn about Japanese food customs. Since I enjoy Japanese food so much, I would like to introduce different kinds of Japanese food to everybody.

1) History of Sushi:

It is said that sushi came from China in the 7th century. At the beginning, people used fresh fish to make sushi, but because there were no refrigerators, people had to make it with salt so that the sushi wouldn't spoil. Since then, sushi has been combined with fish and salt.

2) Sushi is healthful :

When we eat sushi, we can see it contains many vegetables. For example, corns and seaweed. Sushi is a healthful food, and the fish in sushi provides a lot of protein sources. If you eat sushi regularly, you will have a healthy body.

3) Japanese Tofu:

Unlike Chinese Tofu, Japanese Tofu is made of soybeans, and it looks smaller. There are 3 kinds of Tofu in Japan: Silk Tofu, Cotton Tofu and Grilled Tofu. We cannot keep Tofu for a long time because it will spoil.

4) How to cook crispy Japanese Tempura:

Japanese Tempura contains corns and seafood. If you want to make it at home, you can buy the food in any super store in Japan.

There are several ways to make crispy Japanese Tempura:

a. Using ice water:

We might use ice water to make the batter in order to absorb oil.

b. Using batter:

We cannot mix the batter together if we put too much ingredients into the batter.

c. Frying:

If you want to fry seafood and vegetables, you should fry vegetables first. Then, you can fry the seafood.

d. How to check oil temperature:

First put a little bit of batter into the oil. If the batter comes together right away, it means it is about 360 F degrees; but if the batter goes in halfway and comes together, it means it is about 340 F degrees. This is the correct

temperature for frying Tempura.

e. Using shrimp:

In order to make each shrimp stay straight, you can put a couple incisions into its stomach. Then, pick up its tail and put the body in the batter.

f. Squid:

Before you dip it in Tempura batter, you should remove the shell and flour the shrimp lightly.

5) Japanese Sweets:

Japanese sweets are called wa-gashi in Japanese, and wa-gashi contains rice flour, red beans and sugar. When you cook wa-gashi, you can put in some batter and milk. So, many people like to eat Japanese sweets because it won't make them fat.

Anko, one of the sweet red beans in wa-gashi is used for steamed cake, carp-shaped cake and so on. Furthermore, You can eat anko with rice cake as well.

Japanese people always eat cold noodles during the summertime. There are many kinds of cold noodles. Let me introduce some of them.

1) Hiyashi Chukka:

Hiyashi Chuka is made with cold ramen noodles. Many restaurants like to add hiyashi chuka to their menu during the summer in Japan. Cold ramen noodles are usually made with different ingredients and put in cold soup.

2) Somen, Hiyamugi and Hiyashi Udon:

Somen, hiyamugi and hiyashi udon are three kinds of cold noodles. They are made from wheat flour and salt. Somen and hiyamugi noodles are very similar because they are thin. When you eat these noodles, first you have to boil them and then cool them. Then, you dip them into soy sauce, which is called men-tsuyu, or you can buy a bottle of men-tsuyu or mix soy sauce, sake, mirin, water and salt together.

3) Cold Soba

Soba is made from wheat flour. It can be eaten hot or cold, but people like to eat cold soba in summer including mori soba and zaru soba.

In recent years, Japanese food has become more and more popular. Most people like to eat sushi because it tastes good. Sushi is the food I like best and is not replaceable. I hope you will try some of these great Japanese foods, especially sushi.

Winter Fun in Vancouver

By Huang Lubin

Lots of international students in Vancouver feel lonely in winter, and think there is nothing to do, so they feel bored, lonely, and confused. Actually, winter is a beautiful time to visit Vancouver; there's much to view and to do. Whether you're traveling on a family trip, a romantic journey, or a shopping weekend, Vancouver is a fantastic place to go. Let me suggest some great ways to spend your time this winter in Vancouver.

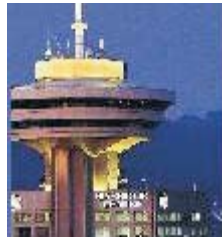
University Golf Club

The University Golf Club is the only privately owned Public Golf Course; just minutes from downtown Vancouver. There are lots of towering trees of old growth forest, and a big clubhouse with a golf shop, restaurant, banquet and meeting rooms. Although the cost is a little expensive, the university golf club is really a good place for students to visit. www.universitygolf.com



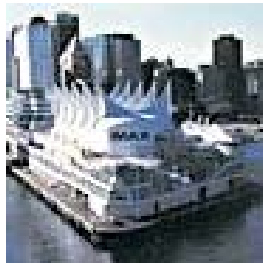
Vancouver Lookout! Harbour Center Tower

The spectacular 360° view from the Vancouver Lookout should be your first stop in Vancouver. Buy a ticket and you can use this ticket for the entire day, so you can return and see Vancouver's 360° view at night. www.vancouverlookout.com



CN IMAX Theatre at Canada Place

In this theatre, you can venture to outer space in Space Station 3D, learn about environmental issues in SOS Planet 3D, and see lots of 3D movies. The theatre is open from afternoon to evening, and each movie lasts for about 45 minutes. www.imax.com/vancouver



Grouse Mountain, The peak of Vancouver

Going there by car just takes 15 minutes from downtown; Grouse Mountain is Vancouver's most popular four-season attraction. Take the sky train to the water front station, and then take the sea bus to North Vancouver. You will ski or snowboard 3700 meters above the city of Vancouver. www.grousemountain.com



Stanley park Horse-Drawn Tours

Visit world-famous Stanley Park, Vancouver's most visited attraction.

You will have a one hour tour departing from the Horse-Drawn Tour Kiosk on Park Drive as it continues from the Georgia Street entrance to Stanley Park, Every 30 minutes, from 9:40 am to 5 pm daily. Rates are \$20.55 for Adults, \$18.65 for seniors or Students, and \$13.05 for Children. No reservations required, so just show up anytime.



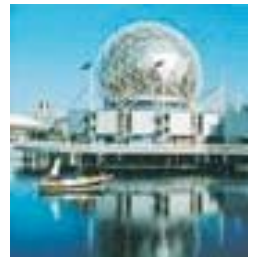
Vancouver Aquarium In Stanley Park

At the Aquarium, you will come face to face with sea lions, arapaima, seals and over 60,000 other amazing animals. Enjoy the beluga whale shows, sea otter feeds, and shark dives. For a personal visitor with the animals, be sure to ask the Aquarium about the Trainer Tours and Animal Encounters. You can find some more information at www.vanaqua.org.



Science World BC

Science World BC and Alcan OMNIMAX Theatres are great places for students to visit. The Alcan OMNIMAX Theatre opens Wed. & Sun. for double-feature films at 7:30pm. You can enjoy a hands-on exploration of exciting exhibitions, or buy some funny toys at Science World. www.scienceworld.bc.ca e World BC and Alcan OMNIMAX Theatres are great places for students to visit. The Alcan OMNIMAX Theatre opens Wed. & Sun. for double-feature films at 7:30pm. You can enjoy a hands-on exploration of exciting exhibitions, or buy some funny toys at Science World. www.scienceworld.bc.ca



Bard on the Beach Shakespeare Festival

Vancouver's professional Shakespeare Festival presents three classical productions and several special events in open-ended tents on the waterfront in Vanier Park. 2003 Season: June 11 to September 21 The Comedy of Errors, the Merchant of Venice and Pedicles, Prince of Tyre. Performances are Tuesdays through Sunday. You can get the information by phone: 604-739-0559. www.bardonthebeach.org



International students in Vancouver may feel lonely in winter; they may think there is nothing to do in winter. However, it's untrue. Actually, in Vancouver, they can visit lots of interesting places, and learn about Canadian culture. Some students may be experiencing culture shock as well. Therefore I want to list 8 places as for them to visit. If they visit these places and make more friends, they will reduce the affects of culture shock and feel as though Canada is their second home. Vancouver is one of the best cities in the world; so let's enjoy our life in Vancouver! I hope all international students in Vancouver can have a good time while they are here.

Source from Telus SuperPages

Food in Chinese culture

By Li Qing

Chinese Eating Customs

Table manners

The main difference between Chinese and English eating habits is that unlike the west where everyone has their own plate of food, in China the dishes are placed on the table and everybody shares. If a Chinese host is treating you, be prepared for a ton of food. Chinese are very proud of their culture and food. They will do their best to give you a taste of many different types of cuisine. Generally speaking, if hosts ask someone for dinner at a restaurant, they will usually order one more dish than the number of guests. If it is a business dinner or a very formal occasion, there is likely to be a huge amount of food that will be impossible to finish. One thing to be aware of is that when eating with a Chinese host, you may find that the person is using their chopsticks to put food in your bowl or plate. This is a sign of politeness. The appropriate thing to do would be to eat whatever it is, and say how yummy it is. If you feel uncomfortable with this, you can just say a polite thank you and leave the food there and maybe cover it up with a little rice when they are not looking. There is a certain amount of leniency involved when dealing with westerners, so you will not be chastised.

Eat local

Starch staples:

millet, rice, kaoliang, wheat, maize, buckwheat, yam, sweet potato.

Legumes:

soybean, broad bean peanut, mung bean.

Vegetable:

malva, amaranth, chi-nese cabbage, mustard green, turnip, radish, mushroom.

Fruits:

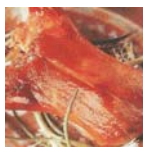
peach, apricot, plum, apple, jujube date, pear, crab apple, mountain haw, logan, litchi, orange.

Meat:

pork, beef, mutton, venison, chicken, duck, goose, pheasant, many fishes.(www.nicemeal.com)



Dishes



Generally speaking, there are 8 kinds of main dishes in China. In different areas, people eat different styles of Chinese food. For example, in Sichuan province, people like eating spicy food. As Chinese people's main food, they usually eat rice and noodles; Chinese people often eat noodles in soup, especially in winter, because they will feel warmer. Chinese people also enjoy eating dumplings which are a Chinese traditional food during New Year .

History of chopsticks:

Here is a story about the inventor of chopsticks. Many thousands of years ago, people did not have any tools to pick up their food, so they always picked up the food by using their hands.

One day, two Chinese fishermen went fishing together. After a long time of fishing, they felt very hungry. So they sat beside the lake and cooked some congee. One of the fishermen said, "Let us see who can finish the congee first." The other fisherman said, "ok." So they quickly began to eat. One fisherman picked up the congee using his hand. However, the other fisherman was smarter, and he looked around and picked up two short branches, and then used them to deliver the congee into his mouth. At last, the fisherman who used the branches was the winner. Since then, chopsticks have become well known . People can now eat much faster and more conveniently.



Social Drinking



Www.china-in-site.com

Visitors to China will find the food is most enjoyable when accompanied with white spirits. For some people drinking means more than

enjoyment. When you suggest a toast, you need to say "ganbei" (the Chinese expression for "cheers").

But this will really mean, "empty the cup", and you are the one who is supposed to finish your glass first. Your glass should be filled to the brim because



Chinese consider it a matter of hospitality and sincerity. Once your first glass is empty, you will be forced to suggest the second and the third toasts in many places in China. Three is considered a lucky number, at least at the drinking table. Three toasts in a row can best show your good-will to your new



friends. You may be more accustomed back home to sipping wine from a half-filled glass while chatting with friends. If you drink, do not sip in China. You have to finish each toast in

a single gulp. If others are too far away from you, you can clink the glass on the table lightly instead of clinking other's glasses. Sometimes, when good friends get together, they play a kind of game in which the loser should drink an extra glass of wine as punishment. It is really fun.

Conclusion

Chinese eating culture is very traditional and interesting. Although I come from China, I still feel confused with a lot of things about it. Anyway, Chinese food is really good. If you have Chinese friends, you can talk with them about Chinese food, and perhaps they will prepare some for you.



(Photos from www.nicemeal.com)

FAMOUS KOREAN SNACKS

By June Hwa Lee

Korean foods are famous for not only hot spices but also for low calories because they contain a lot of red peppers, garlic, and onions. At first, foreigners are usually surprised by the hot and spicy foods in Korea, and they hesitate to try them. However, most foreigners enjoy Korean foods if they start eating them. Now, I'd like to introduce to you a special Korean food. It's called 'DDUCK BOK GI', which is a representative food of the young generation. Just as western boys and girls enjoy eating pizza or hamburgers, 'DDUCK BOK GI' is the favorite food of young people, especially girls in Korea. Basically, 'DDUCK BOK GI' is made from bar rice cakes and 'Go-Choo-Jang', which is a Korean traditional hot sauce, and we can add various vegetables to the meal.

DDUCK BOK GI



Www.foodsarang.com

The history of 'DDUCK BOK GI' goes back 47 years. When a young lady, named BOK-RIM, MA went to a Chinese restaurant with her husband, she ate a bar rice cake and thought that it tasted too plain. She thought, 'How would it taste if I mixed it with 'Go-Choo-Jang'', and she tried to do this as soon as she arrived back home. It tasted very good! She was satisfied with her new food, and then she started selling 'DDUCK BOK GI' in Sin-Dang-Dong. It was really popular with young boys and girls. Because of its success, many other people began selling 'DDUCK BOK GI', but BOK-RIM, MA's restaurant remains the best. Other people who sold 'DDUCK BOK GI' hired Disk Jockies to compete with her restaurant in the mid 1980's. It was an awesome idea. Many girls went to the restaurants to see the Disk Jockies, and the restaurants which sold 'DDUCK BOK GI' increased by geometric progression. Also, Sin-Dang-Dong became a mecca for 'DDUCK BOK GI'. Unfortunately, we can't find Disk Jockies in 'DDUCK BOK GI' restaurants any more these days, but 'DDUCK BOK GI' restaurants are still crowded with people who like 'DDUCK BOK GI'. Every 'DDUCK BOK GI' restaurant has its own recipe for 'DDUCK BOK GI', and 'DDUCK BOK GI' has developed as people's tastes changed over time.

Koreans usually garnish a particular food with 'DDUCK BOK GI', and this dish is called 'O-Deng'. 'O-Deng', which is made

from fish flesh, came from Japan in the early 1920's, and 'O-Deng' generally means hot soup which is cooked with 'O-Deng' and anchovies.. 'O-Deng' is very popular in winter. When it is cold, there are a lot of 'O-Deng' booths on streets, and they usually sell 'O-Deng' with 'DDUCK BOK GI'. 'O-Deng' is a good appetizer with not only 'DDUCK BOK GI' but also with drinks, especially 'So-Ju', which is a Korean traditional liquor. There is an interesting feature of 'O-Deng'. Most advertising signs say 'Busan O-Deng'. Busan is the biggest port city in Korea, but there is no special recipe for 'O-Deng' in Busan! I think 'O-Deng' sellers use the word 'Busan' to make people more familiar with 'O-Deng' because Busan is close to Japan, and some tourists may think there is a special taste to 'Busan O-Deng'. One of my friends who lived in Busan said, "I first learned of 'Busan O-Deng' when I visited Seoul." Still, 'DDUCK BOK GI' and 'O-Deng' remain the most popular snacks in Korea. I'm also a big fan of them, and I'd like to let you know my own recipe for 'DDUCK BOK GI' and 'O-Deng'.

O-Deng



Www.koreaweddingnews.com

' DDUCK BOK GI '

- 1) Put beef (100g) into water (300cc), and boil them.
- 2) When the beef is done, put rice cakes (300g), 'Go-Choo-Jang' (3 spoons), sugar (1 spoon), and boil them.
- 3) When rice cakes become soft, put green onion (20g) and a little black pepper.

' O-Deng '

- 1) Put anchovies (100g) into water (500cc), and boil them about 15 mins.
- 2) Take them out of water, and put one radish into water, and boil it about 15 mins.
- 3) Put 'O-Deng' (300g) into water, and boil it.
- 4) When 'O-Deng' are soft, put green onion (30g) and salt (1 spoon).

It is very easy to cook 'DDUCK BOK GI' and 'O-Deng', and I hope you enjoy cooking and eating these famous Korean snacks!

The differences between Chinese School and Canadian Schools

Different countries have different cultures, and different schools have differences, too. As an international student, I would like to see all schools benefit their local communities.

By Fangwen

As we all know, there are many differences between the west and the east. As an international student, I find that there are big differences between western schools and eastern schools. Some of the differences are quite interesting. For example, let's take a look at the differences between Chinese schools and Canadian schools.

Campus



In China, almost all the schools have enclosing walls, and there are two or three gates at each school. During class time, students are not allowed to leave their schools, except for when they have the teachers' permission. In addition, not everyone is allowed to enter the school campuses, so it is very safe especially for elementary school students. Another intention is to stop students from cutting school easily. Furthermore, in Canada, I see many yellow school buses everyday, and I never saw this kind of school bus in China. And here, schools don't have enclosing walls; they are open to the public.



[Www.bcit.ca](http://www.bcit.ca)

Dormitories are different, too. In China, most college and university students like living in dormitories.

The difference is that girls and boys are separated from each other in Chinese schools; they live in different buildings, but in many western countries, girls and boys may live in the same building, or they have a choice of all-male, all-female, or co-ed suites.



[Www.fudan.com](http://www.fudan.com)

Teaching



[Www.beijiao.com](http://www.beijiao.com)

The methods of teaching in Chinese schools and Canadian schools are also quite different. In China, students learn knowledge mainly through listening to the teachers. In class, teachers teach them how things go and why things happen. However, in Canadian schools, students usually research a lot of information by themselves. Teachers encourage students to watch TV, go to the library, and search from the Internet. Furthermore, in Canadian schools, students do much group work, but in China, few

schools require group work from students. There is a lot of work in Chinese secondary schools and high schools, not only homework but also many extra exercises. But in Canadian secondary and high schools, students don't have so much homework, and they have much free time.

Rules

Different schools have different rules. Some rules are similar, and others are quite different. In China, most schools require all students to wear school uniforms every Monday and on some special school days. Teachers in some schools also wear uniforms, but not everyday. In addition, almost all students have school emblems, and they are all different for each school, so people can easily tell which school a student comes from if he/she wears an emblem. Some classes even have their own emblems, and I am so glad to show the wonderful emblem of my high school class. When I attended school in China, we did morning exercises everyday, except the rainy days. In some schools, teachers do morning exercises with students. Furthermore, it is true that every Chinese school requires students to do "eye exercises" everyday. From the time I started school until I graduated from high school, I had to do eye exercises everyday. Amazing! But whether it really works or not? Who knows? In Canadian schools, they don't have this kind of exercise.

Another difference is in Chinese schools students should clean their classroom everyday in turn. All elementary, secondary, and high schools have this rule. We call this "school duty". Every day, there are two to six students who clean the classroom after school. Generally, each student does school duty at least once a month. Besides that, every Friday afternoon, half of the class should do a through cleaning, not only the classroom, but also some parts of the school campus. However, in Canadian schools students never do this. Schools have their own workers to do the clearing.

Holidays

Normally, Canadian schools have three long

holidays: spring holidays, summer holidays, and winter holidays. However, Chinese schools only have summer holidays and winter holidays. During the winter holidays, there is a Chinese New Year's holiday. As Canadian school students come from many different countries, they have different religions, and different religions have different holidays, so Canadian school students can enjoy their own holidays. For example, Canadians celebrate Christmas and Chinese celebrate the Chinese New Year's holiday. Furthermore, there is a special "holiday" in some Canadian schools that Chinese schools don't have. It is called Professional Day. Teachers often have meetings or discussions on Profession Day, so students don't need to go to school on that day.

Activities

Chinese schools often have a spring trip and an autumn trip every year. On those days, the whole school including students and teachers take buses and go to the outskirts of the city or to amusement parks. Students always bring a lot of food, and they should get to school much earlier than usual on those days.

Before Chinese students go to high schools and universities, they should have a week or more than a week's training during the hottest days of summer. Some officers and soldiers train students as though they were real soldiers. That's really tough work for us. In addition, some Chinese high schools have special activities. In my high school students in grade two have a big activity. The whole grade lives on a farm for about ten days. We work on a farm, and learn some skills about farming. Most students like this activity because they don't need to study during those days and we can live together. That's really a wonderful time for us, and it is also a good experience for us.

However, there are many parties in Canadian schools that Chinese schools do not have such as Christmas Parties and Valentine's Parties. Sometimes students go skating or go skiing, and that's quite special for Chinese students because they have few opportunities to go skiing. Canadian schools also have School Dances. Boys and girls dance together at school dance parties. Sometimes boys are very shy to ask girls to dance and sometimes teachers watch how they behave. I think School Dances must be very interesting!

[Www.ubc.bc.ca](http://www.ubc.bc.ca)

INTRODUCING FAYE WONG !

By Shuo

Faye Wong is famous for her beautiful and special voice. She is the best female singer in Hong Kong. From 1989 to 1998, more than 10 million copies of her records were sold all over the world. She was born in Beijing, and she migrated to Hong Kong with her family at the age of 18 (1987). She wasn't very happy because she couldn't speak Cantonese and had no friends. Out of boredom and loneliness, she started lessons with a well known singing teacher.

After two years of singing lessons, Faye's teacher introduced her to Cinepoly records. Her teacher thought that she could be a new pop star. He gave her a stage name, Shirley Wong, and a parcel of songs. Her first album, "Shirley Wong", was released in November 1989, and two more followed over the next 12 months. All of them were big sellers.

Then Faye took a fateful step. She went to New York City for several months. Although she intended to study music there, the real goal of her life abroad was to learn something about herself. She wandered around, visited museums and sat in cafes. She met so many strange and confident-looking people. They didn't care what other people thought of them. She felt that she wanted to be like that too. However, in Hong Kong she lost herself; she was shaped by others and became like a machine and a dress hanger, and she felt she had no personality of her own. Then she changed her mind. She didn't want to be a machine or dress hanger any longer.



From movie "Chungking Express"

In 1994, Faye released two songs, "Random thinking" and "knowing Oneself and Each Other". Faye is not only an excellent singer, but also a great actress. In 1994, she starred in Wong Karwai's film "Chungking Express", for which she won a best actress award in Sweden.

In 1996, she went to Beijing and waited to give birth to her daughter Dou Jingtong. In February 1997, baby Jingtong was born, and then Faye was back to her job again. Faye has won many music awards in Asia since she became a singer. She received an award named "Most Popular Asian Female Artist award '97". The first time I heard her name from my friends, I didn't think much about her at all, but once I saw her and heard her sing, I knew I would never forget her. She has a pretty face and looks so graceful. Since elementary school until now, I have never been able to forget her, and I continue



collecting her messages and photos. Faye has written many of her own songs. Several years ago, she wrote a song called "Tong". She had thought to write a song for her little girl for a long time, so when she finished "Tong"; she cried. She shows her mind in her songs, so I like her very deeply; I think she is her own person.

Faye's Profile

English name: Faye Wong Real Chinese name: Wong Fei
Common Chinese name: Wong Ching Mun
Birthday: Friday, August 8, 1969
Born: Beijing, China
Height: 5'7.5" (1.72 m)



I really hope that students here in Canada will start to enjoy her music as much as I do.

