



Welcome!

Dear members and friends:

This edition of ACCEPA newsletter focuses on various community activities that our association has been involved in during 2008 and 2009. These activities include those that our association organised such as Chinese Art in Canberra Exhibition and Canberra Literati book launch, and those that our association participated in such as National Multicultural Festivals, Chinese New Year Celebrations, Commonwealth Day Celebrations, Multicultural Harmony Day and Lantern Festivals.

We also included a few articles that were written by our members to express their feelings, views and life experiences in

Canberra. After all, it is one of our main goals to cultivate and promote understanding and goodwill among ethnic Chinese people, fellow Australians and people who are interested in Chinese culture.

I hope you enjoy this edition of our newsletter and find it interesting.

Should you also have some views or stories that you would like to share, you are most welcome to contribute them to the future editions of our newsletter.

Finally, on behalf of the Australian Chinese Culture Exchange and Promotion Association, I would like to acknowledge that the publication of this newsletter has

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been made possible by the support of the ACT Government's Multicultural Grants Program 2008-09.

We endeavor to continue our contribution to the information dissemination within the Canberra community through this newsletter.

Happy reading!

Hsing Chou
President ACCEPA

Eight Years of History (2001-09)

Overview

The Australian Chinese Culture Exchange and Promotion Association (ACCEPA), formerly known as Zhong Hua Wen Hua Association, was formed in year 2000 and officially registered on 15 May 2001 as an association under the Association Incorporation Act 1991. It was established by a group of people who live in Canberra and share our common aims and objectives. Since its establishment, the ACCEPA

- has been organizing art exhibitions as part of National Multicultural Festi-

val Canberra;

- has been publishing issues of Canberra Literati, which covers a variety of topics including important events of cultural, social, educational and medical nature that are relevant to the Chinese Community in the ACT and other States;
- has organised a number of times of the Chinese Essay Competition for all Canberra Primary and High School Students who are interested in learning and writing Chinese essays;
- has been participating in

all major annual Canberra festival events by contributing programs such as dancing, singing and music instrument performances and impromptu demonstrations of calligraphy and painting;

- has organised in conjunction with ACT Public Library and Dickson Library a few story-telling workshops;
- has been maintaining a website <http://aucca.com/> to publish works/articles by our member writers and images of art works by our artists.



Above: At Commonwealth Day Celebration



Above: ACCEPA's Art Show

From Editors

This is the newsletter published by the ACCEPA. Canberra is a multicultural community with more than 95 community organisations and associations. ACCEPA recognizes that in order to stay in

touch with these organisations and associations, a newsletter would be an informal and friendly way to reach out across space and to communicate and share culture diversities. Therefore, we

bring to you this edition of the newsletter to summarise the activities, events and achievements of the ACCEPA up to May 2009.

Editors: Rachel Li
Xiangping Zeng

ACCEPA Goals

To cultivate and promote understanding and goodwill among ethnic Chinese people, fellow Australians and people who are interested in Chinese culture regardless of their ethnic origin and background;

To promote and encourage understanding of the Chinese culture by organizing relevant activities for the benefit and welfare of the Association members, their families and friends, Communities and general public;

To promote and encourage understanding of the Chinese culture by editing, compiling and issuing Chinese culture related publications for the benefit and welfare of the Association members, their families and friends, Communities and general public;

To co-operate with other groups, organisations and associations that have similar aims and objectives and contribute together towards a harmonic community life in Canberra.

牛 Year Resolution: learning more Chinese idioms - Lucy Ma

At the beginning of a new year, many of us like to set a New Year resolution or two for ourselves. Some may like to scale up their exercise levels to get fit; others may like to achieve a certain career goal. My daughter's New Year resolution is something I am very pleased to hear about. She pulled out the Chinese learning books and decided to spend more time on learning the Chinese language in the new year: not just learn more from reading and writing, but also learn more about Chinese culture and Chinese historical stories. She thinks that Chinese idioms are quite fun to learn and they contain many interesting stories behind their origin. As this year is the Chinese Year of the Ox (牛), she asked me to help in her search for four-words Chinese

idioms (cheng-yu) containing the Chinese word ox (牛). I was delighted to join her for this task. A few days later, we came up with the following list:

牛角挂书
对牛弹琴
老牛舐犊
汗牛充栋
牛溲马勃
牛刀小试
庖丁解牛
九牛一毛
吴牛喘月
鲸吸牛饮
目无全牛
牛头马面
牛鼎烹鸡
稳执牛耳

She started to work on the first one, "牛角挂书". The direct translation of this cheng-yu would be "To hang books on the OX's horn". She found out the fascinating story behind this idiom and it was as follows:

"In ancient times, there lived a boy named Li Mi, who loved to read. He never wasted a single minute of time and spent all of his spare time every day reading. One day, Li Mi had to go to a faraway place to take care of some business. Not wanting to waste any time on the way there, he took all of the books that he wanted to read and hung them on one of the horns of his ox. He then climbed onto his ox's back, and with a book in one hand and the reins in the other, began his journey."

Today, we can say that a person who is so diligent in his studies that he finds a way to make use of every minute to do so is "Hanging Books on the Ox's Horn."

I certainly remembered there were times in my life that I had the spirit

and attitude of "Hanging Books on the Ox's Horn". I have to say that I do not really expect my daughter would have to study as hard as "Hanging Books on the Ox's Horn". However, if a person really does have such an attitude towards learning a language, I am sure he or she will achieve much within a short time.

Well, it is a good start for the 牛 year. I am happy with my daughter's progress so far and will wait to see how she fares over the year.

If you found more interesting stories behind these idioms containing the word 牛, we would like to hear from you during the 牛 year.

Dance Group

Young dancers of ACCEPA Dance Group performed "Good Luck Charm" at the Multi-faith Commonwealth Day Celebration held at the Australian Centre of Christianity and Culture on 9 March 2009. Their graceful dance won applause and their lovely photograph appeared on the Canberra Times that highlighted one of their achievements for the last few years.

These achievements do not come easy. The young dancers not only have talents but also have perseverance to go through hours after hours of training and practices.



From left, Rena Li, Victoria Birch, Renee Wu, Lisa Zhu, Jessica Zhang, Jamie Jin and Cathy Gao performed "Good Luck Charm" at the Multi-faith Commonwealth Day celebration 2009



From left, Daisy Wang, Cathy Gao, Rena Li and Rosa Wang performed "Roses" at the Lantern Festival 2009.

It all started when the two sisters Rosa and Daisy Wang under their mother Yuqin He's choreography performed at the Chinese Mid-Autumn Festival Celebration at the Dickson Library on Saturday 2 October 2004. Since then, other young dancers joined and formed the ACCEPA Dance Group to perform at almost every festival occasion in Canberra for the

last few years, such as National Multicultural Festival, Chinese New Year Celebration, Lantern Festival, Harmony Day Celebration, Commonwealth Day Celebration, Moon Festival and Opening Ceremonies and so on. Attached photos show some of their performances during the last few years.



Commonwealth Day Celebration 2008



Moon Festival 2007

ACCEPA Image Archive



National Multicultural Festival 2009



Living in Harmony Day 2008



(From left) Cathy Gao, Rena Li, Rosa Wang, Monica Li, Lisa Zhu, Kathleen Tong, and Daisy Wang at Expo for Australian Muslims.



ACCEPA would like to acknowledge that the excellent performances of the ACCEPA Dance Group in festival celebrations have been made possible by the support of the ACT Government's Multicultural Grants Program.

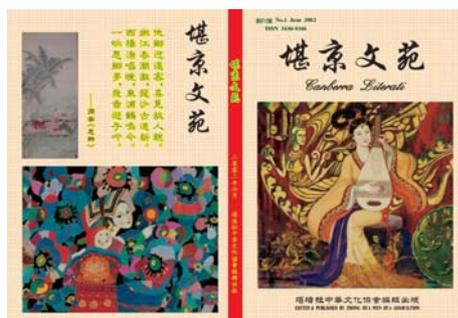
We have published - *Canberra Literati*

Canberra Literati has been an important publication of ACCEPA to cultivate and promote understanding and goodwill among people of ethnic Chinese and Fellow Australian.

It not only enhances harmonic community relations but also contributes intangibly to the stability of the Australian society and to the harmonic relations between the Chinese language countries and Australia.

It is for ethnic Chinese and fellow Australian to express and depict their experiences and feelings through their articles and paintings. It benefits the new and emerging multicultural communities to fully participate in Canberra's community life. It covers timely topics including current issue awareness, for example, articles on personal experience on immigration and settlement, important events of cultural, social, educational and medical nature that are relevant to the Chinese communities in the ACT and other states.

Since the establishment of our association in 2001, we have compiled and published five issues of the *Canberra Literati*. Each issue collected literature and images of art works from writers and artists of our association.



Canberra
Literati
Issue No.1

The first issue of "*Canberra Literati*" was published in June 2002. It was a collection of 13 poems, two proses, four memoirs, five novels and 14 images of art works by 10 local artists. It reflected the innovative appearances of writers and artists of Chinese literature and art in Canberra.

The *Canberra Literati Issue No.2* was published in September 2003. This issue covered timely topics of current issue awareness, for exam-

Minister for Multicultural Affairs, Hon John Hargreaves MLA (right) launched the *Canberra Literati Issue No.5* (left: Mr. Hsing Chou)



ple, there were articles on personal experience during the January 2003 Canberra bush fire and art work depicting the scene after the bush fire. It also covered topics of important events of cultural, social, educational and medical nature that were relevant to the Chinese Community in the ACT and other States at that time. It collected 11 poems, seven memoirs, two on-the-spot narratives, six proses, nine novels and 20 prize-winning articles from the 2003 Primary and High School Students Chinese Writing Competition. It also collected images of 21 items of paintings, photos and calligraphies.

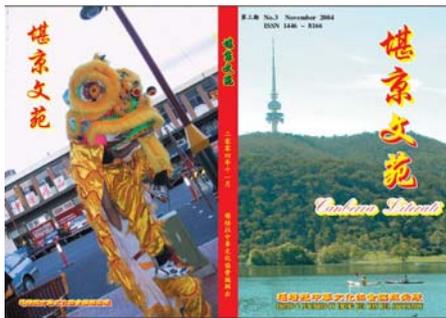
The publication of this issue was sponsored by the Multicultural Grants program 2003-04 and the book was officially launched by Mr Hans Bohlfcheid, Director of the ACT Office of Multicultural Affairs, on 6 December 2003. The book launch ceremony was organised by ACT Public Library and held at the Dickson Library followed by a Chinese story-telling workshop.

Canberra
Literati
Issue No.2



In March 2005, ACCEPA in conjunction with Dickson Library held the launch of the *Canberra Literati Issue No. 3* and a Chinese Book Fair at the Dickson Library. The Association also received grants in 2004-05 financial year from the ACT Multicultural Grants Program which assisted in the publication of this issue No. 3.

Ms Kate Scandrett, Senior Manager of the Office of Multicultural Affairs, officially launched the third issue of *Canberra Literati*. She highly acknowledged the effort and contribution of writers of the Chinese Community.



Canberra
Literati
Issue No.3

The *Canberra Literati Issue No. 3* has collected 37 poems, one English translation of Li Bai's poem, three memoirs, three reporting articles, seven proses, six essays including two in both Chinese and English and six novels. It appended a section of 10 prize-winning articles from the 2004 Chinese Essay Competition. It also collected 42 images of paintings and photos.

The book launch concluded with three lucky winners happily received their Lucky Door Prizes that were three pieces of impromptu art works by the three artists, Mr An Pan, Mr Wang Cunde and Dr Fei le, of the Association.

We started soliciting articles for the publication of the *Canberra Literati Issue No. 4* in July 2005 and artist Mr Cunde Wang designed the covers of the book. By October 2005, we had selected nine novels, 43 poems, ten proses, seven memoirs and one special topic report on the Australian Health and Medical Insurance systems. There were six articles in both Chinese and English.

The *Canberra Literati Issue No. 4* was printed on 8 March 2006 after a few months' hard work of compiling, digitising and proofreading. It also included images of paintings or art work from the Chinese Art in Canberra Exhibition and photos of the activities that were organised by the association during year 2005.

The ACCEPA in conjunction with the ACT Library and Information Services hosted a book launch ceremony

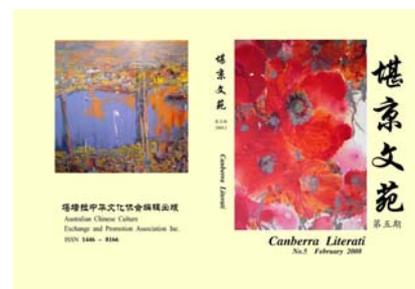
and the *Canberra Literati No 4* was officially launched by Ms Kate Scandrett, Senior Manager of the Office of Multicultural Affairs, in May 2006.

The editing, proof-reading and printing of the *Canberra Literati Issue No. 5* completed in February 2008. It collected 64 poems, two English translation of poems, three memoirs, 24 proses, including two in both Chinese and English, and four novels. All these were the latest original articles that covered a variety of topics that were relevant to the Multicultural Community in the ACT and other States.



Canberra
Literati
Issue No.4

We invited Minister for Multicultural Affairs, Hon John Hargreaves MLA, to launch this issue together with two other books, *Claw of the Dragon* (English Publication) by Patricia Bernard, and *Patches on Love* by Yuqin He, a member writer of our Association. The book launch ceremony was held as part of the celebration of "Living in Harmony Day" on 29 March 2008 organised by Canberra Multicultural Community Forum.



Canberra
Literati
Issue No.5

We have limited copies of the *Canberra Literati Issue No.2 to Issue No.5* available. Please contact your nearest ACCEPA Committee Members for purchasing.

North Side of Canberra:

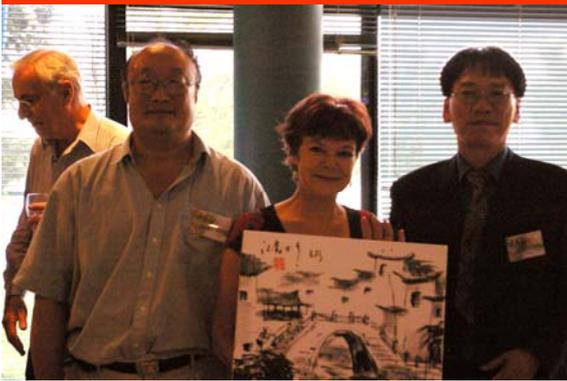
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Art Show

Chinese Art in Canberra Exhibitions



Artist An Pan, Director Evol McLeod and Hsing Chou



Mr Cunde Wang and Jason Chen's painting



Ms Kate Scandrett, lucky winner Mr Yook-tau Pang and artist Mr An Pan

Sponsored by the ACT Multicultural Grants Program as part of the National Multicultural Festival Canberra, Chinese Art in Canberra 2008 was the seventh combined art exhibition to introduce selected art works by local Canberra artists who share Chinese origins.

The exhibition was organised by the Tuggeranong Arts Centre in conjunction with the Australian Chinese Culture Exchange and Promotion Association and was successfully held at Tuggeranong Arts Centre from 8 to 24 February 2008. It presented 63 pieces of art work including traditional and modern Chinese paintings, watercolour and oil and pastel paintings by the following artists:

Billy Chan, Jason Chen, Gang Li, An Pan, Janet Twigg-Patterson, Wei Qian, Yifeng Tan, Cunde Wang, Zhi-Min WANG, Su Yuan, Alice Tinsa Yu, Tinglu Zhang and Jiong Yuan Zhong.

Director of the Tuggeranong Arts Centre, Evol McLeod, hosted the Opening Ceremony on Thursday 7 February 2008. Minister for Multicultural Affairs, Hon John Hargreaves, declared the Exhibition open. He indicated that the Chinese Art Exhibition was one of the important themes that promote good awareness and understanding of different cultures in the Canberra society. He said "Gong Xi Fa Cai" in Chinese to wish everyone a happy New Year. Chair of the Canberra Multicultural Community Forum, Sam Wong also delivered his inspiring speech. The ceremony concluded at the end of the dance performances by the young dancers of our Association.

Three artists, Mr An Pan, Mr Cunde Wang and Mr Tinglu Zhang demonstrated their artistic talents in their impromptu paintings. The painting by An Pan was accepted by the Director Evol McLeod as a token of our appreciation for the support given by the Tuggeranong Arts Centre. The other two paintings were won by the lucky draw winners.

ACCEPA Painting Archive



Artist Chunde Wang's painting



Artist An Pan's painting



Artist Gang Li's painting



This painting was presented in the Chinese Art in Canberra exhibition as part of 2006 National Multi-cultural Festival Canberra. Ten Canberra-based artists presented their art works in a variety of media including traditional Chinese painting, calligraphy, watercolour, acrylic and oil paintings.



Hot Topic

Key strategies for Property Investment

Xiao Jun Zhang

After years' of hard work, and paying significant amount of money into superannuation fund, then the share market suddenly collapsed recently. This led many people to start thinking of doing something on the property market. However, they have too many concerns:

Is it a good time to buy?

The current interest rate is almost reaching the lowest in the Australia history.

House prices in Sydney and Melbourne have dropped. The stock market is getting worse. However, since last year, in order to stimulate the economy, the Australian government announced that first-time home buyers (FHB) would be able to gain an additional grant, which allows some FHB who originally did not have enough bond to get on the express train.

Despite all of these reasons, many people who want to make real estate investment still hold a "wait-and-see" attitude. My suggestion is that to get into the real estate investment sooner rather than later.

ABS records show that in the past, the average prices of most Australian houses (not apartments) in the capital cities have been rising about 10% every year. Of course, there might be the cases where the house

prices have not been rising for a few years due to different reasons.

However, if you use your house as an example, from the date that you bought it to today, has the price of your house already gone up a lot? Do you regret that you did not think of buying several at that time? Therefore, if you buy and hold your house and do not play quick sale, any time you purchase a house should be a good time. How can you find such a good job that allows you to make \$40K-\$50K per year and you don't have to fight with the tax, but can maximise your tax benefits?

Strategies of finding a good bargain property

The five criteria that I often apply for searching properties are:

1. Good seller who has high motivation to sell the property.
2. Good location close to shops, schools, public transport and other facilities.
3. Good rental income which will cover its loan repayment as well bring in some passive income for you after a period of time.
4. Good condition which can save your money for repair later.
5. Good price which is below the market value.

You can use a 1-10 scoring system for each key aspect to help you make a decision. If the property is less than 25 points, it is not worth to have it. The time that you use to do research

and calculation will save your \$\$\$\$.

In negotiation, you may think you are opposite to the seller. However, I would think differently; the best solution for both parties should be a win-win situation. It is about knowing what you want and what you are prepared to pay. Some more tips:

1. Do not show your urge when you deal with the owner or the agent.
2. Know exactly what you are looking for and what the outcome would be.
3. Understand the seller's motivation and let him/her know what your motivation is.
4. Be friendly, fair and flexible.

The above suggestions are general views for buying an investment property. You may use different criteria for purchasing your own home as you'll buy a home that you will enjoy. For instance, you may like water views, special architects or a place close to your work. However, you should logically choose an investment property. If it has good income or excellent potential for capital gain, you do not need to care its colour or design. Good investment property does not only bring in some income for you, but also build your wealth in the long term. Good rental income is just like a good vehicle that can take you to your long term goal much faster.

Health Topic

Does bed curtain reduce cancer risk?

Rachel Li

According to an unusual study that overlaid satellite images of Earth onto cancer registries, scientists have found that women who live in neighbourhoods with large amounts of night time illumination are more likely to get breast cancer than those who live in areas where nocturnal darkness prevails. This finding promoted scientists to hypothesize that exposure to too much light at night can increase the risk of breast cancer by interfering with the brain's production of a tumour-suppressing hormone.

The researchers found that women who do not sleep well at night are at a higher risk of developing breast cancer. The melatonin levels are the highest at the night time. Interrupted

sleep may not increase the risk of cancer, but women who have the brightest bedrooms and spend more time in front of computer screen do have an increased risk of cancer.

Scientists have known for years that rats raised in cages where lights are left on for much of the night have higher cancer rates than those who are allowed to sleep in darkness. Epidemiological studies of nurses, flight attendants, and others who work at night have found that the breast cancer rates are 60% higher than normal in these women, even when other factors such as differences in diet are accounted for. These findings added credence to the hypothesis that light at night may increase the risk of breast cancer by suppressing the melatonin production which lead to

an increase in estrogen release.

In the ancient time, Chinese people used a curtain surround girl's bed to block night light, this was called Gui Fang, a little house where girls live. Traditional Chinese Medicine encourages people to go to bed early (before 10pm). If the link between night light exposure and cancer risk can be confirmed, do you think our cultural heritage should be highly appreciated and well preserved?

In the modern life style, we may not have to sleep in a walk-in wardrobe to avoid night light or artificial light illumination, but "Don't spend up to 18 hours a day in front of computer screen" may be a suggestion for our daughters.

Yao Shan 药膳 One of the Chinese Cultural Treasuries

Chinese Medicated Diet (Yao Shan), an important part of Chinese culture, is not a simple combination of food and Chinese medicines, but a special highly finished diet made from Chinese herbs, food and condiments under the theoretical guidance of diet preparation based on differentiation of symptoms and signs of traditional Chinese medicine (TCM). It is not only the effective medicine, but also the delicious food, which can help us to build up our health and prolong our lives. Chinese medicated diet has a long history.

"Shennong Tastes one Hundred Herbs" (神农尝百草) is an ancient legend tells that Chinese began to explore the function of food and medicinal diets in remote antiquity.

Now because of the development of modern economy and the continuously rising of the people's living standard, medicated diet is more and more valued by the people around the world. There are some medicated diets suitable for patients suffering from diabetes, obesity, cardiac diseases, and some health care foods for children's

health and growth and prolonging lives of aged. We will introduce a series of Yao Shan in the coming issues of our newsletter.

Essential Hypertension

原发性高血压

First of all, we introduce a Decoction of Celery (芹菜) and Chinese-Date (红枣) for friends with essential hypertension.

Ingredients: Stem of fresh celery 60g, Chinese-date 30g

Process: Boil in an appropriate amount of water for 5-10 minutes

Directions: To be taken twice a day for a month.

Australian Chinese Culture Exchange
and Promotion Association Incorporated

(Former: Zhong Hua Wen Hua
Association Incorporated)

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