

A look at....



萬錦市加華聯會

Federation of Chinese Canadians in Markham

.... throughout the year

Events

Interest Classes

... and more!



Table of Contents

Who are we?	6
Our Divisions	
○ The Seniors Division	7
○ The Business Division	8
Our Objectives	10
Meet Our Members	11
Events - Summer	
○ Taste of Asia	14
○ Markham Global Fest - China - Asia Day	20
Events - Autumn	
○ Destination Thai Festival at Yonge & Dundas Square	21
○ Chinese National Day Flag Raising at Richmond Hill	23
○ Mid Autumn Festival Celebration at Pacific Mall	25
Events - Winter	
○ 2016 Chinese New Year Celebrations Kicked off With a Press Conference	27
○ MP Jowhari- Richmond Hill Meet & Greet	29
○ Spectacular Lunar New Year Celebration to Bring Forth the Year of the Dazzling Monkey	32
○ TD Bank, FCCM and City of Markham Celebrate the Year of the Monkey	34

Table of Contents

Events - Spring

- An Educational Afternoon at the FCCM Diabetes Seminar with Dr. Ken Ng 38
- 14th Annual TD Taste of Asia Festival kicks off on Parliament Hill 39

Interest Classes

- Arts and Crafts 43
 - Origami Class
 - Beads Craft Class
 - Cross Stitch Class
 - Knitting/Crochet Class
- Arts 48
 - Drawing for Children
 - Sketching
 - Oil Painting
 - Chinese Watercolour/ Chinese Calligraphy
 - Chinese Calligraphy
- Musical Instruments 53
 - Guzheng Music Class
 - Er- Hu
 - Harmonica
 - Er - Hu and Guzheng Class
 - Guzheng Class
 - Adult's Singing Techniques

Table of Contents

Interest Classes

- Martial Arts & Healthy Education 57
 - Tae Kwon Do
 - Praying Mantis Kung Fu / Lion Dance
 - Yang's Style Tai Chi Class
 - Simplified Tai Chi
 - Wu Style Tai Chi
 - Ng's Tai Chi Sword
 - Ng's Tai Chi
 - Ving Tsun Martial Arts
 - Shaolin Kung Fu
 - Bagua Zhang Class
 - Hatha Yoga & Raja Yoga
 - Children's Kung Fu / Lion Dance
 - Fall / Winter Skincare Class
 - Dancercise
 - Qi Gong for Eye Health
 - Aerobics Class

- Dance 70
 - Line Dance Class
 - Chinese Dance for Children
 - Hip Hop
 - Health Fitness Belly Dance
 - Dancercise (Zumba)
 - Latin Fitness Dance

Table of Contents

Interest Classes

- Chess 72
 - International Chess
- Language 72
 - Mandarin (Taught in English)
 - Mandarin (Taught in Cantonese)
- Meet Our Interest Class Instructors 77



Who Are We?

The Federation of Chinese Canadians in Markham (F.C.C.M.)

is a not-for-profit organization dedicated to the provision of services to the Chinese community and the integration of Chinese Canadians into the mainstream of Canada. Established in 1989, F.C.C.M. was formally incorporated on May 22, 1992. It is managed by a volunteer Board of Directors.



Since its establishment, F.C.C.M. has been actively working towards its goals through a variety of social, cultural, and business activities, not only to assist the Chinese, but also to promote a better understanding between the Chinese people and the many ethnic groups of the Canadian society. To facilitate the planning of the many aspects of its work, the F.C.C.M. network is divided into four main divisions, namely the **Markham Chinese Seniors Association**, the **Chinese Canadian Sports and Recreation Club of Markham**, the **Chinese Chamber of Commerce in Markham**, and the **Markham Chinese Cultural Centre**.

Our Divisions

The Seniors Division

The seniors division operates the Markham Chinese Seniors Centre and organizes programs to meet the needs of the seniors through activities such as mah-jong games, birthday parties, exercise classes, excursions, karaoke - particularly Chinese Opera , Chinese calligraphy, instrument playing (Er-Hu, GuZheng, etc), and many other traditional Chinese activities for the seniors. On Sundays, they even get together and teach kids how to draw and write. The seniors division gets together every day, Monday to Sunday, and gives local seniors the opportunity to meet one another. They promote a more healthy style of living by enabling the elderly to go out more often as an extracurricular and a chance to build strong friendships with other members in the senior division. Through this branch of FCCM, many elderly Chinese immigrants are given a means to feel more at home by immersing themselves in the Chinese culture.



Our Divisions

The Business Division

The business division concentrates on networking, disseminating information and organizing educational seminars for the business people. The Cultural Division is engaged in fostering cultural exchanges, and operates the Markham Chinese Cultural Centre occupying 4500



square feet of space on the 2nd floor of Market Village Shopping Centre to provide various cultural programs in addition to the teaching of English and Chinese languages.

F.C.C.M. is also very much involved with the community it is in, and welcomes the opportunity to work for its benefit through cooperation and coordination with charitable institutions such as United Way of York Region, Sunnybrook and Women's College Health Sciences Centre, Markham-Stouffville Hospital, and the Canadian Red Cross.

Chinese Chamber of Commerce in Markham (CCCM) is the business division of the Federation of Chinese Canadians in Markham (FCCM).

Chinese Chamber of Commerce in Markham Business Membership

The Chinese Chamber of Commerce in Markham (CCCM) is now offering a business membership which gives your local business a cheaper alternative to get in some of your own advertisements at a largely discounted price. In this package deal, we offer many different methods in which you can advertise your own business in order to cater to your various needs.

Our Divisions

The Business Division

Some examples of what we offer in our business membership deal are discounted business card advertisement on our Taste of Asia program book, a business webpage or flyer design for you at a discounted price, seasonal business networking seminars to meet other businesses and/or politicians and much more. Linked below is an information package with all our other inclusive benefits as well as additional information on the benefits listed above. If interested, please fill out the application form (the last page of the CCCM Business Membership Package) and hand it in at our FCCM Markham Chinese Cultural Centre located on the second floor of Market Village.

Business Objectives Operating out of the Markham Chinese Cultural Centre located at the second floor of Market Village, the main objectives of the Chinese Chamber of Commerce in Markham are the following:

- To establish and operate a business association for the purposes of promoting fellowship among people in the Town of Markham
- To promote and encourage effective and ethical business practices
- To develop and foster the business community spirit
- To communicate and cooperate with other business associations and organizations within and outside Ontario
- To serve as a voice on matters of concern to the Chinese Canadian Business Community
- To bring together and unite Chinese Canadian business people of diverse background in Markham and the whole of York Region

Our Objectives



1. To promote, foster, and protect the human rights of Chinese Canadians in Markham.
2. To serve as a voice on matters of concern of Chinese Canadian in Markham.
3. To bring together and unite Chinese Canadians of Diverse backgrounds in Markham.
4. To promote an understanding of the role of Chinese Canadians in the Canadian mosaic.
5. To promote the dissemination of information on Chinese culture.
6. To identify the social service requirements of the Chinese Canadians within Markham and to promote the provision of these services.
7. To assist first generation Chinese Canadians within Markham in adapting to Canadian society, while maintaining their cultural identity by informing them of the various educational, social and governmental assistance programs available and to encourage their integration into the mainstream of Canadian society.
8. To encourage first generation Chinese Canadians to become politically, socially, and culturally involved in Markham.
9. To establish a volunteer, community based umbrella organization for the Chinese Canadian residents, and to create a business, professional, social and cultural association within Markham for the purpose of pursuing the objects described herein.

Meet Our Members



Chairman of the Board: Dr. Ken Ng



**Vice President of Special Projects & Public
Relations: Emily Ng**

Vice Chairman: Wilfred Lam

Vice Chairman: Alex Leung

Vice Chairman: Fung Lim

Vice Chairman: Roberto Wu

Vice Chairman: Nancy Chen

Secretary: Carolyn Wong

Treasurer: Harriet Ho

Vice President, Public Relations: Thomas Tao Qu

Meet Our Members

Our Staff :

Doris Lai, Juliana Liu, Tonia Hung, Rebecca Chee, Elaine Lau, Joanna Yeung, Adrienne Chang, Joan Chang



Meet Our Members

Our Volunteers:



EVENTS

Summer 

Taste of Asia

June

About Taste of Asia

Each summer, Markham sees the coming together of dazzling cultural performances, culinary artists, iconic celebrities, dignitaries, sports fans, artisans and food connoisseurs. This year's event will fill the streets with two days of non-stop multicultural performances for families and friends. Taste of Asia, organized by the City of Markham, F.C.C.M, and APMC, is an exciting, high-energy event that has been celebrating harmony, cuisine and culture for the past thirteen years. We pledge to bring even more culturally diverse activities to the GTA- both flavourful and fun!



History of Taste of Asia

Taste of Asia was first introduced in 2003 during the SARS outbreak with a mandate of boosting the local economy. The first Taste of Asia festival also provided a platform for the community to promote the multicultural mosaic of Canada and create harmony between various cultural groups through an event that fostered mutual respect and co-operation. The annual multicultural event is hosted by the Federation of Chinese Canadians in Markham (FCCM), the Association of Progressive Muslims of Canada (APMC) and the City of Markham. Markham Mayor, Frank Scarpitti, not only endorses the festival, he is also the co-chair of Taste of Asia.

Attractions

Each year, Taste of Asia features a new theme and introduces new attractions! As guests look forward to enjoying food from their favourite vendors that join us year after year, they also anticipate what new surprises we have prepared! One year, we have collaborated with the Indigenous



community of Ontario to launch a East Meets West celebration of multiculturalism! It featured Indigenous teepees, marketplace of art displays, Indigenous chefs, and a Pow Wow

performance to open our exciting evening show.



Food From Taste of Asia!

Raindrop Cake



Portobello Mushroom



Hot Pot Skewers



Deep Fried Onigiri



Pineapple Juice



Hong Kong Rolled Egg Waffles



Taste of Asia offers hundreds of delicious food to try from an abundance of different cultures, all provided by vendors who hand prepare the snacks right in front of you!

Events

Summer

MORE FROM TASTE OF ASIA



Day 1

Events

Summer



MORE FROM TASTE OF ASIA

Day 2

Program of Taste of Asia 2016

An abundance of events are included in Taste of Asia including performances and famous guest speakers! Here is an example of the program during the 2016 Taste of Asia festival.

PROGRAM SCHEDULE 活動節目表

TIME	SATURDAY PROGRAM
1:00PM	FCCM SENIOR KARAOKE <i>by FCCM Senior Division</i>
2:150M	CHILDREN'S CHINESE FOLK DANCE <i>by FCCM Children's Dance Class</i>
2:30PM	KUNG FU DEMONSTRATION <i>by Master Kan & students</i>
2:45PM	FILIPINO CULTURAL PERFORMANCES <i>by MFFC Youth Group</i>
3:15PM	TAEKWONDO DEMONSTRATION <i>by MTA Demo Team</i>
3:30PM	GUZHENG & ERHU MUSIC PERFORMANCES <i>by FCCM GuZheng & ErHu students</i>
3:45PM	Hip Hop Routine <i>by Zhen Liu ft. Underground Pulse</i>
5:00PM	~OPENING CEREMONY~ INDIGENOUS DANCE & QI PAO DANCE <i>by Native dance and drum performances by several Spectacular Dancers from Area nations of Pottawattomi, Haudensaumee, Anishinaabe and Chippewa</i> <i>by Sister Clubs of Qi Pao</i>
	GUEST SPEECHES RIBBON CUTTING CEREMONY
6:30PM	THAI PERFORMANCES <i>by Thai Dance Troupe</i>
8:00PM	TERENCE WONG 黃桂林 TALKSHOW INTERNATIONAL CHEFS CULINARY DEMO <i>by Oriental Culinary Arts Society of Canada</i>
9:00PM	CMG presents FUNG + CHONG in TD "Songs From The Heart"
10:00PM	FEATURED PERFORMANCE <i>by Jerald Chan 陳哲盧, KC Chui 徐繼宗, & Mystery Guest</i>
10:30PM	~END
TIME	SUNDAY PROGRAM
1:30PM	WAQAR MALIK TALKSHOW
1:45PM	INDIAN PERFORMANCES <i>by Panwar Music and Dance Group</i>
3:00PM	PHILIPINO PERFORMANCES <i>by Philippine Canadian Charitable Foundation (PCCF)</i>
3:30PM	QI PAO DANCE <i>by Chinese Traditional Culture Association</i>
3:45PM	~END

Markham Global Fest - China - Asia Day

July

In light of the 2015 Pan-Am/Para Pan-Am Games, the City of Markham held a 9 day long street festival, Markham Global Fest.

The FCCM received the honour to cooperate with the City of Markham for China-Asia Day (July 16, 2015), the evening featured a wide array of beautiful Chinese dances and singing to celebrate the beautiful Chinese

culture. The performances also included Korean Taekwondo demonstrations and Special Filipino dance and singing from Miss Philippines Canada 3rd Runner up as well.



Special headliner guests- Jennie(鍾珍妮) and Annie Chung(鍾安妮) also gave a wonderful performance with their students taking everyone back to the days of classic TVB dramas with their wonderful voices. Local Rising Star Jonas M. dazzled the guests with his soulful voice and Bosco Wong-like looks.

EVENTS

Autumn 

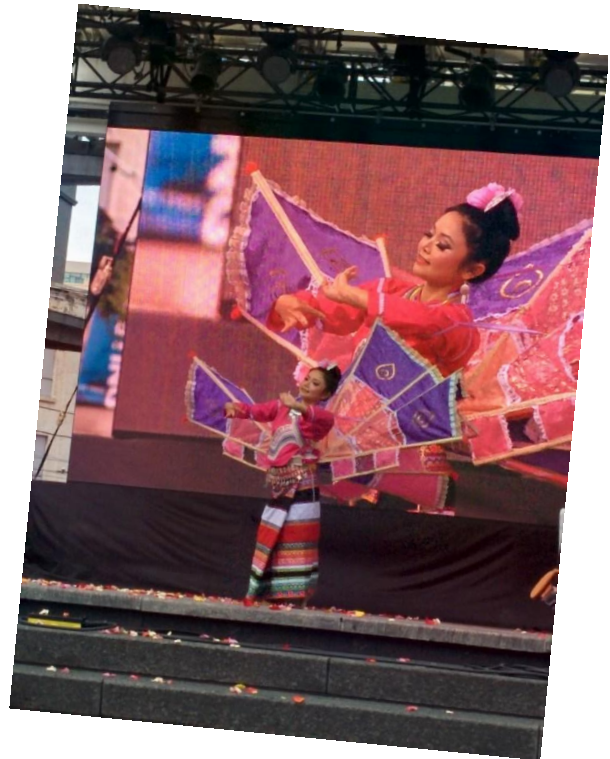
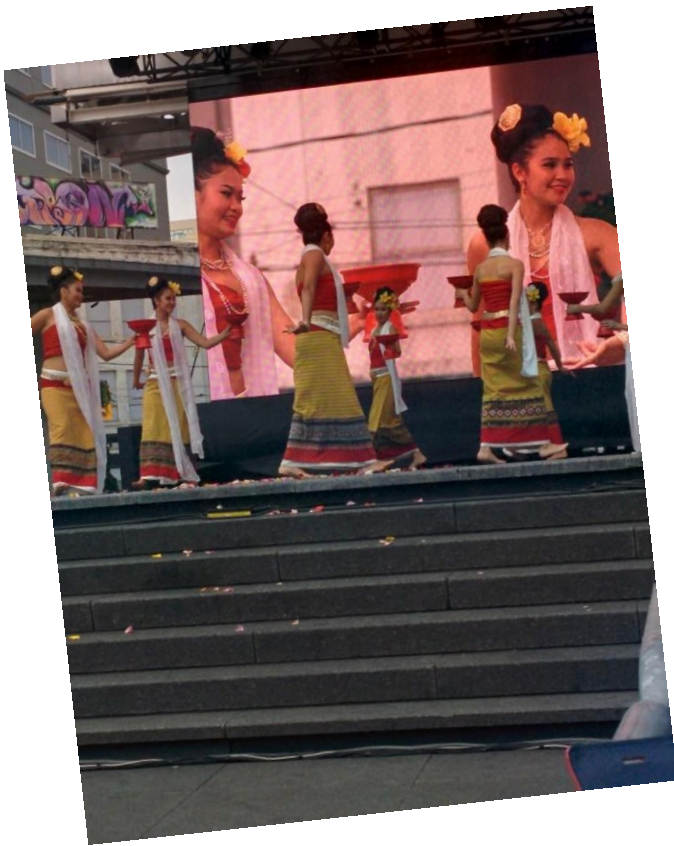
Destination Thai Festival at Yonge & Dundas Square

September

Dr. Ken Ng, Chairman of the FCCM and members of the FCCM & Taste of Asia Committee travelled to Dundas square to visit the 2nd annual Destination Thai Festival. Dr Ken Ng congratulates HE Ambassador Vijavat Isarabhakdi and members of the Royal Thai Embassy for this year's reoccurring success and thanks him for the cultural exchange and experiences from supporting the 2015 CIBC Taste of Asia festival earlier this summer.



Opening Ceremony with the members of the Royal Thai Embassy, representatives from other countries, dignitaries and the dancers. The dances originate from many different areas in Thailand; beautiful costumes and music made the afternoon all the more fun.



Chinese National Day Flag Raising at Richmond Hill

September

約克區華聯會及烈治文山市政府為中華人民共和國成立66周年舉辦升旗禮

In celebration of the upcoming Chinese National Day to occur on October 1st, the Federation of Chinese Canadians in York Region (FCCYR) and the Town of Richmond Hill together with the Consulate General of the People's Republic of China in Toronto held an official flag raising



ceremony on the morning of Saturday September 26th, 2015 to mark the 66th anniversary of the founding of the People's Republic of China. In addition, beginning September 26th to October 2nd, Richmond Hill has declared the week to be Chinese National Day Proclamation week in honour of all the Chinese citizens that have set their roots in Richmond Hill and have made contributions to the town's development and prosperity.

Guests of honour include the FCCYR Chairman, Dr. Ken Ng, Mayor of Richmond Hill Mr. Dave Barrow, the Consul General of the PRC in Toronto, Mr. Bing Xue (薛冰) and members of the Consulate office, Hon. MPP Reza Moridi, Minister of Training, Colleges and Universities,

Minister of Research and Innovation. Other honourable guests included members of the Richmond Hill council including Councillor Mr. Godwin Chan, Councillor Mr. Castro Liu, Councillor Ms. Karen Cilevitz, Councillor Mr. Tom Muench and members of the York Regional Police, Maria Ahrens, Staff Sergeant Alice Tsang, and PC S.A Jiang

The event welcomed over a hundred guests and were dazzled by performances from Sammy Cheng's Chinese Lion Dance Team and the Sunset Glow Cultural Association that performed a brilliant traditional waist drum performances. The guests sang the Canadian National Anthem and the Chinese National Anthem loud and proud as the Chinese flag was raised signifying the Chinese community that have entrenched their histories and contributions in the Town of Richmond Hill.



Mid Autumn Festival Celebration at Pacific Mall

October

FCCM holds a Chinese Mid-Autumn's Festival celebration annually in order to honor Chinese tradition and promote Chinese culture in Canada. Each year, we present many different performances such as dance, singing, guest



speakers, Chinese opera, dog shows, juggling, martial arts and more!

Additionally, we also host many activities for the audience like games, mind reading, the Pepsi challenge and even many giveaways!



Events

Autumn

Mid Autumns Festival



EVENTS

Winter 

2016 Chinese New Year Celebrations Kicked off With a Press Conference

January

The much anticipated Chinese New Year event- TD FCCM Markham Chinese New Year Celebration 2016 kicked off at the press conference at Markham Civic Centre today to announce this year's exciting lineup of shows and entertainment. Many community dignitaries including Markham Mayor Frank Scarpitti, Markham City Council, Federation of Chinese Canadians in Markham (FCCM) Chairman, Dr. Ken Ng were present at the press conference. Dr. Ken Ng, Chairman of the Federation of Chinese Canadians in Markham started by thanking all the guests for attending the press conference today. He continued with introducing and thanking the event sponsors and community partners, including presenting sponsor TD Bank, community partners City of Markham and SEAS Centre, sponsors, Remington Group, Canada Post and LEE KUM KEE.

Mayor Frank Scarpitti congratulated FCCM and SEAS Centre for a successful press conference and said he looks forward the TD FCCM Markham Chinese New Year Celebration on February 13th. He invited everyone in Markham's diverse community to join him to celebrate the prosperous Year of the Ingenious Monkey. Wayne Chan, Executive Vice President – Commercial & Residential Property Investments of Remington Group congratulated Mayor Scarpitti, FCCM and SEAS for another successful year in the celebration. Danny Kotsopoulos from Canada Post also unveiled the Year of the Monkey stamp at the press conference.

The Markham Civic Centre Chinese New Year celebration will have a lineup of entertainment including year of the monkey balloon, God of Fortune, lion dance performance, Chinese calligraphy, arts and crafts activities, Chinese dance, singing, and Chinese instrument performances.



加拿大道明銀行、萬錦加華聯會及萬錦市政府攜手舉辦活動慶猴年

[多倫多訊]由加拿大道明銀行、萬錦加華聯會及萬錦市政府共同主辦的農曆猴年慶祝活動即將於2月13日(周六)在萬錦市政府大廳舉行。主辦單位1月27日召開新聞發佈會向公眾介紹詳情。萬錦市長薛家平、萬錦加華聯會主席吳建中醫生及首席和主要贊助商代表出席了新聞發佈會。在萬錦市政府舉辦農曆新年活動幾乎已成為萬錦市慶祝農曆春節的傳統，每年吸引大量市民前往。自去年由加拿大道明銀行及萬錦加華年會主辦後，除了保留受歡迎的傳統活動，如售賣生肖郵票等，還注入了很多新元素。

萬錦加華聯會主席吳建中醫生表示，活動的成功離不開贊助商及社區機構的大力支持。該活動很榮幸有加拿大道明銀行做首席贊助，著名建築商Remington Group、加拿大郵政局及李錦記的鼎力支持，並有萬錦市政府和社區機構協群中心的通力合作，聯同眾多朋友及義工的共同努力，才促成了這次的活動。

深受中國市民喜愛的萬錦市長薛家平肯定了吳建中醫生的努力，他表示很期待今年的慶祝活動，邀請所有市民都共同來參加，體會多元文化。Remington Group副總裁Wayne Chan代表其公司表示感謝，預祝活動成功。加拿大郵政局代表Danny Kotsopoulos表示他參加該新年活動多年，對活動非常滿意，他們將與往年一樣，活動當天在加拿大郵局的攤位等待大家來購買猴年紀念郵票！

道明銀行、萬錦加華聯會及萬錦市政府猴年慶祝活動將於2月13日（周六）上午11時至下午4時在萬錦市政府大廳舉行，精彩節目包括財神利是，舞獅表演，中國舞蹈、樂器表演，猴年汽球，書法藝術，兒童手工藝及各項家庭活動等，免費入場，歡迎市民前往參加！

MP Jowhari- Richmond Hill Meet & Greet

January

New MP Mahjib Jowhari of Richmond Hill and the Federation of Chinese Canadians in York Region held a meet and greet at the Bayview Hill Community Centre to socialize and meet the residents of Richmond Hill and leaders of the Chinese Canadian community in York Region.



MP Mahjid Jowhari thanked the tremendous support from the guests, families and friends for support during the Federal Election and the outstanding support from the Chinese community.

Provincial Minister Reza Moridi highlighted that this marks a new era for Ottawa, and the

provincial and federal governments finally have a chance to cooperate in bettering Richmond Hill's future. He applauded the leadership of Dr. Ng and the Federation for the great contribution to the Canadian society in the past decade since he became the MPP of Richmond Hill Federation of Chinese Canadians in York Region Chairman Dr. Ken Ng thanked Minister Moridi and the room-filled guests for attending. He looks forward to have the Federation and the Chinese community working with the new MP during his service in Ottawa.

Dr. Ng and MP Jowhari thanked the support of Congee Queen, Victoria Montessori School, and the Federation of Chinese Canadians in York Region, in particular Minnie Wang, who is the Federation's new coordinator for Richmond Hill.

Guests enjoyed musical performances from students of the Victoria Montessori School, including a solo performance of Ohana Mai, age 5, who sang and recited a Chinese poem.

The new MP thanked presence of Members of Council including Councillors Muench, West and Celivitz from Richmond Hill and Regional Councillor Nirmala Armstrong and Councillor Amanda Collucci from Markham.



約克區加華聯會上週日(10日)聯合烈治文山市新當選國會議員馬萬里(Majid Jowhari)假Bayview

Hill社區中心舉辦聯誼茶聚，幫助烈市華人認識新當選的聯邦國會議員，促進烈市社區建設。

馬萬里感謝華人社區在去年10月聯邦大選中的大力協助，並表示希望與華人社區繼續通力合作。安省大學培訓廳及科技創新廳廳長，烈治文山市省議員莫偉力表示這是渥太華的一個歷史性時刻，安省政府終於可以和聯邦政府一起合作把烈治文山市建設得更好。莫偉力還大力讚揚了約克區加華聯會主席吳建忠醫生在過去10年來對建設更好社區所做的重要貢獻。吳建忠醫生也表示希望約克區加華聯會與華人社區一起，聯合新當選國會議員共建美好社區。

該活動得到烈治文山市多個機構的支持，包括維多利亞蒙特梭利私立幼兒園、皇后名粥等。吳建忠醫生及國會議員馬萬里對贊助機構表示感謝，還特別介紹了約克區加華聯會在烈治文山市新的活動組織協調員Minnie Wang。

參加活動的嘉賓還包括烈市市議員Muench, West及Celivitz，以及萬錦市區議員Nirmala

Armstrong和市議員楊綺清。馬萬里選區辦公室啟用儀式定於1月17日（週日）下午2點，地址：914 0 Leslie St. Unit 407, Richmond Hill。



Spectacular Lunar New Year Celebration to Bring Forth the Year of the Dazzling Monkey

February



The much anticipated Year of the Monkey has finally arrived. TD-FCCM Markham Chinese New Year Celebrations officially commenced with the Ford Lunar New Year Festival at Markham Pan Am Centre at 12pm on February 5. The festival ran for 3 days from February 5th to 7th, attracting thousands of participants. There were over 70 booths selling food, drinks, flowers, and Chinese traditional art work.

Hundreds of citizens were joined by Federation of Chinese Canadians in Markham (FCCM) Chairman Dr. Ken Ng, Markham Deputy Mayor Jack Heath, and TD representative Yuki Cheung and Annie Ho at the countdown show featuring Mr. Lung Kee Lee (李龍基) from Hong Kong to welcome the year of the Monkey. Other honourable guests included Markham Councillor Alan Ho, Pacific Mall representative Edwin Wung. The countdown show started at 10pm with magic performances and various singing and dance performances.

Today, Chinese New Year Day, the celebrations returned to Pacific Mall to celebrate the arrival of the year of the monkey. The Pacific Mall was jammed with thousands of guests, including Ontario PC Party leader Patrick Brown, Markham-Unionville M.P. Bob Saroya and Markham City Councillor Alan Ho. Guests were dazzled by the amazing performances provided by the TD-FCCM celebration at Pacific Mall today and went home with red pockets, mandarins and pin wheels to bring forth good luck.

Dr. Ken Ng gave warm greetings to everyone and gave special thanks to TD Bank Group for being the Presenting Partner with FCCM for the event, and also thank other community partners, City of Markham and organizer, Pacific Mall. Dr. Ken Ng was delighted to see so many people come out to this event during this festive time of the year. He encouraged visitors from all backgrounds to come out to Markham Civic Centre (on HW 7 & Warden) and Pacific Mall on Saturday February 13th, for more celebration of the dazzling monkey.

TD Bank, FCCM and City of Markham Celebrate the Year of the Monkey

February

The much anticipated Chinese New Year event- TD FCCM Markham Chinese New Year Celebration 2016 has officially commenced at the Markham Civic Centre this Saturday with a full line up of entertainment from the beautiful sounds of celebratory music, to the amazing traditional Chinese dances from youth, showcasing the cultural talents in Markham, traditional martial arts performances, lion dances and the God of Fortune!



The celebration kicked off with Dr. Ken Ng, Chairman of Federation of Chinese Canadians in Markham (FCCM) and TD Taste of Asia festival welcoming everyone to the event. He continued with introducing and thanking the event sponsors and community partners, including presenting sponsor TD Bank, community partners City of Markham, Chinese Chamber of Commerce in Markham (CCCM) and SEAS Centre and corporate sponsors, Remington

Group, Canada Post and LEE KUM KEE. Dr. Ng also thank Councillor Alan Ho for teaming up with Mark Yim for this debut on performance as the event's master of ceremony. Dr. Ng was also very thankful to receive the support from other cultural communities like the Korean, Thai and Indian community.



Mayor Frank Scarpitti congratulated FCCM, CCCM and SEAS Centre for another successful celebration and said he looks forward to a very prosperous Year for the City of Markham and wished everyone a prosperous Year of the Ingenious Monkey. The event welcomed guests from all over the GTA, not limited to Markham. Dignitaries included Hon. John McCallum, Minister of Citizenship, Immigration and Refugees, Consul General Bing Xue from the Office of the Consulate General of the People's Republic of China, Deputy House Leader Arnold Chan, Mahjidd Jowhari, M.P. , Hon. Peter Kent, M.P., Senator Tobias Enverga, Hon. Michael Chan, M.P.P., Minister of Citizenship, Immigration and International Trade, Hon. Dr.



Helena Jaczek, M.P.P., Minister of Community, and Social Services, Hon. Reza Moridi, M.P.P., Minister of Training, College and Universities, TD Bank Group representative Andre Lucas, Canada Post representative Danny Kotsopolous and the artists that created the Year of the Monkey Stamp and Coin, Ms. Daovipa Leekumjohn, Director of the Thai Trade Centre, YRP Police Chief Eric Joliffe, Deputy chief Tom Carrique, Deputy Chief Andre Crawford, Superintendent Fred Moffat, Constable Mason Zhou, Executive Vice President of the Remington Group, Wayne Chan, Chair of the SEAS Board, Michelle Chu, Jeffrey Min, CEO of Galleria Supermarket and Bob Bak, President of the Korean Community Centre for Multiculturalism. The families also enjoyed a lovely afternoon of cultural bonding and activities and look forward to next year's celebrations.



[多倫多訊]由萬錦加華聯會、道明銀行萬錦亞洲文化美食節、萬錦市政府聯合舉辦，道明銀行贊助的萬錦慶華年新年活動於年初六2月13日在萬錦市政府大廳舉行。當日是入冬以來最寒冷的一天，仍有大量市民攜帶家人前往參加活動。該新年活動有中國傳統舞蹈、樂器表演，舞獅，財神派發利市，還有傳統最受歡迎項目之一是加拿大郵政局現場售賣生肖郵票和銀幣並有設計者現場簽名合影。



活動本應從上午11時間開始，但十點多已經有市民來到萬錦市政廳排隊準備購買猴年郵票和銀幣。一直到下午四時活動結束，隊伍從未斷過，很多產品已經售完，下午來的市民已經買不到。活動現場有許多攜帶孩子參加的家庭徘徊在遊戲攤位前久久不願離開。還爭相與財神合影討喜。

下午一時正萬錦慶華年開幕儀式正式開始，萬錦市加華聯會、道明萬錦亞洲文化美食節主辦單位主席吳建忠醫生表示，很感謝該活動得到道明銀行主題贊助，並繼續有萬錦市政府的繼續支持，同時有協群中心，Remington Group、加拿大郵政局及李錦記等合作夥伴的大力協助，才讓活動得以順利進行。他希望市民能在寒冷的冬天，在加拿大也能感受到春節氣氛，特別是希望華裔下一代能理解自己的文化，也讓非華裔更了解中國。

深受華裔歡迎的萬錦市市長薛家平祝賀了活動的成功，並表示很慶幸萬錦市一直以來得到來自聯邦、省政府的大力支持，同時有象吳醫生一樣的熱心社區建設的人士，讓萬錦市成為一個大家安居樂業的城市，並不斷吸引投資，對此他深表感謝。薛家平在活動現場逗留了很久，與市民們開心合影，氣氛溫馨熱烈。當日還邀請了萬錦市議員何胡景任司儀。

Events

Winter

當時活動還得到了中國駐多倫多總領館的支持，總領事薛冰及副總領事張傳兵到場，還有來自三級政府官員的支持，包括聯邦公民、移民及難民廳長麥家廉、國會副領袖陳家諾、安省公民移民難民及貿易廳廳長陳國治、安省大學、科技創新廳廳長莫偉力，以及萬錦市區域議員李國賢, Nirmala Armstrong, 市議員何胡景、楊綺清等，並有烈治文山市議員陳志輝以及約克區警察總長Eric Joliffe等。到會的還包括贊助單位的道明銀行、加拿大大郵政局、Remington group的商業代表。



EVENTS

Spring 

An Educational Afternoon at the FCCM Diabetes Seminar with Dr. Ken Ng

April

FCCM held an “Understanding and Management of Diabetes Seminar”, made possible with support from Janssen Inc. More than 40 attendees enjoyed the educational afternoon with keynote speaker Dr. Ken Ng, Family Physician and Jean Guo, Physician Assistant, discussing lifestyle and diet changes that can help prevent or manage diabetes, and new types of medical treatment available. The seminar concluded with a Q&A session where Dr. Ng was able to answer questions specific to each person’s medical circumstance. The guests all enjoyed the informative afternoon and look forward to future health seminars.



14th Annual TD Taste of Asia Festival kicks off on Parliament Hill

May

The TD Taste of Asia Festival held their third national launch at Parliament Hill to celebrate Asian Heritage Month and the festival reaching its 14th milestone. The annual event is organized by the Federation of Chinese Canadians in Markham (FCCM), the City of Markham, and the Association of Progressive Muslims of Canada (APMC), with the co-operation of the Canadian Federation of Intercultural Friendship (CFIF) and expects over 180,000 visitors from all across the GTA.

Guests were cordially invited to a night of dazzling performances including traditional Chinese Qi Pao dress dance, talented Markham violinist Holly Cheng shared her talent by performing a mix of Western and Asian tunes, and Lajwanti Sethi and Rahda Arora performed two traditional Indian songs. These were only a preview of what's to come for this year's cultural performance line up and embodies the level of diversity that will merge at the festival this year.

Dr. Ken Ng, Festival Chairman and Founder, welcomed the distinguished guests. The long list of special guests attended included Hon. Dr. Carolyn Bennett, Deputy Leader of the Government in the House of Commons; many Members of Parliament from across the nation, including Senator Victor Oh, Senator Enverga, Celina Caesar- Chavannes, MP, Nicola Dilorio, MP, Ali Ehsassi, MP, Nathaniel Erskine-Smith, MP, Cheryl Gallant, MP, TJ Harvey, MP, Joyce Murray, MP, Anne Minh-Thu Quach, MP, Geng Tan, MP, Arif Virani, MP, and Salma Zahid, MP.

Many Officials from various Embassies also came to support:

Ambassador Luo of China, Ambassador Monji of Japan, High Commissioner Ahmad of Brunei, Ambassador Dung of Vietnam, Minister Nguyen Hung Son of Vietnam, Minister Bompadre of Argentina, Ahmed A Jawad, Sri Lankan High Commissioner, Deputy Chief of Mission Qayomi of



Afghanistan, First Secretary Aitmakhanov of Kazakhstan, First Secretary Ozdemir of Turkey, Acting High Commissioner Hashimi of Pakistan, Minister Counsellor Abdullah of Malaysia, Charge d’Affaires Haddad of Lebanon, Eric Tamayo, Minister and Consul General of Philippine Embassy, Delgerjargal Ganbold, Consul General of Mongolia and many others. Ambassador Isarabhakdi of Thailand, accompanied by his senior Embassy officials including Minister Counsellor Boonsatheanwong and Counsellor Sundaramani, brought along his Embassy Chef to help serve up some delicious Thai cuisine for the reception.

His Excellency Ambassador Vijavat Isarabhakdi of the Royal Thai Embassy expressed his excitement towards the festival, “I look forward to seeing everybody at the TD Taste of Asia festival to experience tastes of Thai culture in the City of Markham once again. I sincerely express my gratitude towards Dr. Ken Ng and the FCCM, Mr. Mobeen Khaja and the APMC and Frank Scarpitti, Mayor of Markham for all your efforts in making this possible. ”

Festival Chairman, Dr. Ken Ng promises to bring back another exciting year, “This year, with thanks to TD Bank Group, the Royal Thai embassy’s support as well as my partners Mayor

Frank Scarpitti and Mobeen Khaja, we will bring back all the amazing multicultural performances. In addition we will have some new sponsors that will participate in our program to spice up Taste of Asia. One of the festival highlights this year will be the Indigenous Village, where there will be teepees displays, Indigenous stage program, some of their local chefs cook some of their famous cuisine.”

MP Arnold Chan, Deputy House Leader and a co-host of the Reception said “As a proud member of the GTA community, I commend Dr. Ken Ng and his organizing committee and Mr. Khaja from the Association of Progressive Muslims in Canada for your efforts year after year in providing not just Markham, but the entire Greater Toronto Area with amazing cultural variety. I also want to thank the Royal Thai Embassy for sponsoring tonight’s cuisine, it was absolutely impeccable!”

慶亞裔文化月，第十四屆道明銀行亞洲文化美食節在國會山啓動作為亞裔文化月慶祝項目之一，道明銀行亞洲文化美食節5月18日在國會山正式啓動。第十四屆道明銀行亞洲文化美食節定於6月25、26日兩天舉行，由萬錦加華聯會、萬錦市政府及加拿大進步穆斯林共同主辦，加拿大文化交流總會協辦，屆時預計有超過18萬人參與，大家可以通過兩天的活動體驗各種亞洲文化美食。



今年的道明銀行亞洲文化美食節將包括中國旗袍表演，萬錦市年青的天才小提琴演奏者Holly Cheng 中西結合的演奏，還有南亞裔歌手Lajwanti Senth

等。這只是周六晚上持續至午夜中心舞 台節目的一小部分，6月25、26這兩天一定來活動現場，精彩節目，特色美食一定不會讓您失望！

啓動活動得到杜魯多總理、移民公民難民部長麥家廉及國會副議長陳家諾的大力支持。參議員胡子修、Joseph Day

也到場肯定了活動的成功並鼓勵大家參與。活動主席吳建忠醫生介紹了亞洲文化美食節的歷史，從2003年一個只有十幾個攤位的美食節發展到今天能吸引十幾萬人規模，並獲選安省前100個最好的街頭嘉年華獎項，這離不開多年來社區機構，熱心人士的共同努力，更離不開三級政府及贊助商的大力支持。

多個族裔大使都給予了亞洲文化美食節大力肯定，在國會山啓動儀式上表示將全力支持。如中國

大使羅照輝、泰國大使Isarabhakdi、日本大使Monji、越南大使Dung等，以及菲律賓、土耳其、巴基斯坦、馬來西亞等國駐加拿大總領事或領事，代表等都來到國會山表示支持。

泰國皇家大使Isarabhakdi表示，「我很期待今年的活動，也希望在場的每一位及家人親友都來

參加活動，來萬錦市再次體驗泰國文化及美食」。他感謝吳建忠醫生、加拿大進步穆斯林協會及負責人Mobeen Khaja及萬錦市長薛家平的共同努力促成了亞洲文化美食節這個有意義的活動。吳建忠醫生繼表示，今年的活動有道明銀行以及皇家泰國大使的大力支持，以及活動多年合作夥伴薛家平市長，加拿大進步穆斯林負責人Mobeen Khaja的共同努力，大家會看到精彩多元文化表演。今年還有新贊助商加入，也會帶來新的元素，如今年增加土著村展示，除了有帳篷，還有舞台表演以及當地廚師現場制作其特色美食。大家一定不要錯過！



促成亞洲文化美食節國會山啓動的國會副議長陳家諾大力肯定了吳建忠醫生及其團隊的努力，表示該活動雖然在萬錦市，卻影響了整個大多地區。

Interest Classes

The FCCM Markham Chinese Cultural centre holds a variety of interest classes for children, youth, adults and seniors. You can register with us today!

萬錦市加華聯會中華文化中心提供多項興趣班，適合各種年齡參加！

Arts and Crafts



手工藝

Origami Class + materials cost

立體摺紙班*材料另計

導師: 陳珍珠老師 Instructor: Ms. Kan

課程時間 Time: 六 Saturday, 9:30am - 11:00am

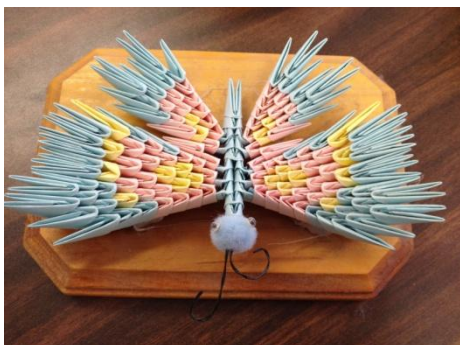
費用Fee: \$75/8堂 (Classes)

課程內容為教授各種動物，卡通人物及擺設的立體摺紙方法。材料另計，歡迎隨時插班！ The things you can create with paper are truly endless! This origami class will open your eyes to all the fun projects you can do with just paper.



Interest Classes

Arts and Crafts



Beads Craft Class* (age 8+) + materials cost

仿水晶珠製作班*材料另計

導師: 陳珍珠老師 Instructor: Ms. Kan

課程時間 Time: 六 Saturday, 9:30am - 11:00am

費用Fee: \$75/8堂 (Classes)

課程度內容為教授各種仿水晶銖飾物的製做方法。材料另計, 歡迎隨時插班!

This beading class will teach you how to create animals and ornaments with faux crystal beads. You will learn different tips and techniques, and discover the vast amount of fun projects you can do with beads!



Interest Classes

Arts and Crafts

Cross Stitch Class + materials cost

十字刺繡班*材料另計

導師: 陳珍珠老師 Instructor: Ms. Kan

課程時間 Time: 六 Saturday, 9:30am - 11:00am

費用Fee: \$75/8堂 (Classes)

課程內容為教授各種十字刺繡圖形及擺設。材料另計，歡迎隨時插班！ In this cross-stitching class, you will learn all the little tricks and techniques in creating beautiful painting-like imagery on fabric! Whether you're a beginner or experienced cross-stitcher, our instructor can help you take your work to the next level!



Knitting/Crochet*(adult only) + material cost

編鉤織班 (成人) *材料另計

導師: 陳珍珠老師 Instructor: Ms. Kan

課程時間 Time: 六 Saturday, 9:30am - 11:00am

費用Fee: \$75/8堂 (Classes)



課程內容為教授各種花式編鉤方法。材料自備，歡迎隨時插班！ This knitting and crochet class is perfect for beginners or those who know the basics and want to learn new patterns and techniques. From scarves to hats and everything in between, our teacher can assist you in accomplishing whatever knitting project you may be working on!



Interest Classes

Arts

美術書法

導師:張英全老師 Instructor: Mr.Cheung



Drawing for Children (for age 5 to 14)

兒童繪畫班

導師:張英全老師 Instructor: Mr.Cheung

六 Saturday, 1:00pm - 2:30pm, \$85/8堂 (Classes)

六 Saturday, 2:30pm - 4:00pm, \$85/8堂 (Classes)

導師: 張少明老師 Instructor: Jeffrey Cheung



時間Time: 六 Saturday, 1:00pm – 2:30pm 日 Sunday, 1:00 pm – 2:30 pm

費用Fee: \$120/10堂 Classes

課程內容包括：人像、事物角度、透視繪圖

Children's Drawing assists students to develop basic skills through the practicing of shapes, perspective and anatomy. Students will then further refine their skills by practicing depth, colour and lighting.

Sketching

素描

日 Sunday, 10:00am - 11:30am, \$96/8堂 (Classes)

日 Sunday, 11:30am - 1:00pm, \$96/8堂 (Classes)



Oil Painting

油畫

日 Sunday, 10:00am - 11:30am, \$118 Oil/Acrylic Painting Basic 8堂 (Classes)

日 Sunday, 11:30am - 1:00pm, \$126 Oil/Acrylic Painting Advanced 8堂 (Classes)



Art From Our Students



Chinese Watercolour/ Chinese Calligraphy (Adult/Children)

國畫班/書法班 (成人/小童)

日 Sunday, 12:30pm - 2:30pm, \$100/8堂 (Classes)

課程內容為教授基礎楷書，隸書及行書書法。費用不包括材料費，學員請自備筆，紙和墨。書法班歡迎隨時插班。



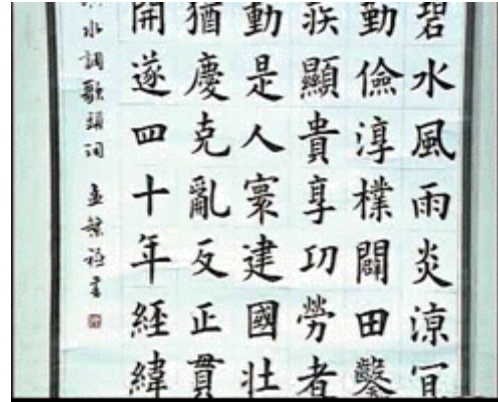
Chinese Calligraphy

成人中國書法班（朗豪坊中心）

導師: 張少明老師 Instructor: Jeffrey Cheung

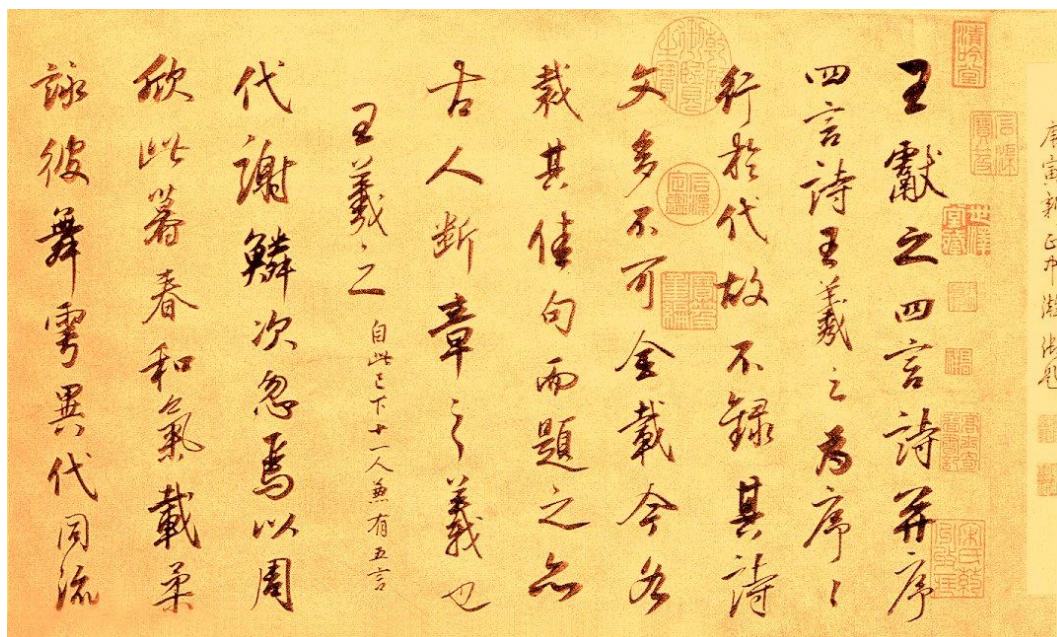
課程時間 Time: 四 Thursday, 11:00am – 12:30pm

費用Fee: \$120/10堂 (Classes)



課程教授“楷書及行書”為主，著重教授學員如何運筆裝字及欣賞。張老師崇尚道法自然，以“我手寫我書”為教學理念，將設計溶入書法內以提高觀感上之享受。

This class focuses mainly on Kai-Shu and Hang-Shu calligraphy styles, students' brush techniques, and calligraphy appreciation. Instructor Cheung advocates naturality, utilizes the “我手寫我書” teaching philosophy, and incorporates design elements into calligraphy to further enhance overall composition.



Interest Classes

Musical Instruments

樂器

導師: 鄧淑貞老師 Instructor: Jeanette Teng

Guzheng Music Class

古箏樂藝班

課程時間 Time: — Monday 10:30am-12:00pm

(初 Beginner), 9:30am-10:15am (中Intermediate) 費用 Fee:\$160/8堂 Classes (初 Beginner)

\$200/8 堂 Classes (中Intermediate)

古箏，是一項音色優美的樂器，流行至今，除了獨奏指法的不斷創新豐富，調性的增加多變化之外，合奏創作曲更是推陳出新，學習多年如果僅僅演奏獨奏曲，不但無法感受合奏的和弦美，樂曲的豐富內涵，已及樂曲的震撼，在琴藝上更無法精進。

上課方式：每班五個人，由中心提供樂器，箏架，譜架，樂譜

參加對象：具備古箏3級以上程度，不限年齡



Er-Hu – Beginner

二胡班-初班

— Monday, 1:00pm-2:00pm \$99/8堂 (Classes) , 請諮詢職員 Contact Centre for Further Detail
日 Sunday, 4:00pm-5:00pm \$99/8堂 (Classes) , 請諮詢職員 Contact Centre for Further Detail
認識樂器、樂器保養、姿勢、音準和調音、拍子視譜音樂知識；外弦演奏、內弦演奏、全弓分弓換弓練習、內外弦換弦練習、D.G調轉調練習；除了樂器基本功，再配合傳統音樂、流行音樂、民歌民謠練習 樂曲：山村初曉、田園春色、清平調、金蛇狂舞、窗音、明月流溪、掃落花、平湖秋月 etc.

Er-Hu – Intermediate /Advanced

二胡班-中、高班

— Monday, 2:00pm-3:30pm \$135/8堂 (Classes) , 請諮詢職員 Contact Centre for Further Detail
日 Sunday, 4:00pm-5:00pm \$135/8堂 (Classes) , 請諮詢職員 Contact Centre for Further Detail

課程會針對學習兒胡數年，對節奏、音準掌握欠佳滑音、換把無法正確體會，期盼能夠以相同指法詮釋出不同的樂曲，並且在合奏練習中修正節奏、弓法、曾近速度的要求。練習內容：

- 節奏練習，視譜加強練習
- 音準練習
- 重奏練習，二聲部，三聲部，四聲部
- 齊奏練習



Harmonica (Adult/Children)

口琴班 (成人/兒童)



導師: 權老師 Instructor: Henry Quan

六 Saturday, 3:30pm - 5:30pm, \$75/8堂 (Classes)

口琴是一輕便及價廉流行全球讚許世界的樂器。許多人通過學習吹口琴進入音樂世界。

Er-Hu and GuZheng Class

古箏二胡樂藝班 (鄧老師)

二 Tuesday, 10:00am -11:30am, 五 Friday, 1:00pm -2:00pm

\$17/小時hour, \$23/1.5小時hour

古箏，是一項音色優美的樂器，流行至今，除了獨奏指法的不斷創新豐富，調性的增加多變化之外，合奏創作曲更是推陳出新，學習多年如果僅僅演奏獨奏曲，不但無法感受合奏的和弦美，樂曲的豐富內涵，已及樂曲的震撼，在琴藝上更無法精進。

二胡課程會針對學習兒胡數年，對節奏、音準掌握欠佳滑音、換把無法正確體會，期盼能夠以相同指法詮釋出不同的樂曲，並且在合奏練習中修正節奏、弓法、曾近速度的要求。練習內容：

- 節奏練習，視譜加強練習
- 音準練習
- 重奏練習，二聲部，三聲部，四聲部
- 齊奏練習

GuZheng Class

古箏樂藝班 (鄧老師)

三 Wednesday, 10:30 am – 12:00 pm, 7:00 pm – 8:00 pm 六 Saturday, 10:30 am – 12:00 pm

\$17/小時hour, \$23/1.5小時hour

古箏是中國最古的樂器之一。早在三千多年已經流行于秦嶺一帶，所以又名奏箏。古箏因其音色優美，恣態典雅，深受廣眾的喜愛，五，六歲的小孩子到六十歲的成人，比比皆是。在世界各地，只要有華人的地方，就有古箏愛好者，甚至在非洲也聽到古箏的聲音。初級班，

第一期：

1) 基本樂理知識，講解，閱讀樂譜（簡譜）。2) 學習古箏基礎指法。3) 演奏簡易樂曲（如《鳳陽花鼓》，《北京的金山》等）。

第二期：

1) 鞏固熟練學可指法，學習新指法。2) 雙手彈奏技巧3) 演奏初級樂曲（如《浪淘沙》，《康定情歌》等）。

第三期：

1) 加強基本指法（著重右手）2) 增添學可左，右手的彈奏法。3) 開始彈奏初，中級樂曲（如《漁舟唱晚》，《平湖秋月》等）。

第四期：

1) 加強基本指法（著重雙手）2) 分指練習3) 彈奏中級獨奏曲（如《紡織忙》，《漢宮秋月》，《湘妃淚》等）。

Interest Classes

Adult's Singing Techniques

成人歌唱技巧

時間Time: — Monday 6:30 pm- 8:00 pm

收費Fee: \$180/10課 Classes

Musical Instruments



Martial Arts & Healthy Education

功夫武術。運動。營養

TaeKwonDo

跆拳道

— Mon, 三Wed, 5:00-6:00pm, 6:00-7:00pm, 7:00-8:00pm, 8:00-9:00pm, \$180/12堂 (Classes)

課程由初級至中級，並能幫助學員考升級試。

This course is for beginners to intermediate level students. Our instructor can help students to practise and pass the different level exams.



Praying Mantis Kung Fu + Lion Dance

導師簡華烽:太極螳螂趙竹溪宗師徒孫, 以及世界功夫武術段位制總會師範六段。

Instructor: Master Kenneth Kan is the grand student of Tai Chi Praying Mantis grandmaster Chiu Chuk Kai, and also the World Organization of Wushu Kung Fu Masters certified 6th degree master.

上課時間Time:日 Sunday, 11:00 am -12pm (功夫 Kung Fu), 11:00am-12:30pm (功夫及獅藝 Kung Fu & Lion Dance)費用Fee: \$85/10堂 Classes (1 hour一小時), \$120/10 堂Classes (1.5 hour一小時)

螳螂拳是一種象形拳術。為清代武術家王朗觀螳螂捕獵動作, 再配以猿猴步法而創。是中國北方有名拳之一。課程內容包括基本功, 八大馬步, 崩步拳等。

Praying Mantis style is a type of imitation kung fu. It was founded in the Ching Dynasty by a martial artist, Wong Long, who observed mantis' hunting movements, and combined them with nimble steps of monkeys. It is one of the famous northern kung fu styles of China. This course teaches the Eight Fundamental Stances, Bung Bo Chuan, and more.



Yang's Style Tai Chi Class

楊家太極班

導師: 簡翰師傅(楊式太極拳第六代傳人,首屆國際多元武藝運動會太極拳銀牌)

Instructor: Master William Kan (6th generation Yang's style Tai Chi Chuan, 1st International Martial Arts Games Tai Chi Chuan Silver Medalist)

課程時間Time: 六Sat, 10:30am - 11:30am 日 Sunday, 10:30 am – 11:30 pm

日期Period: 2016 年 7 月 9日至8 月 27日July 9 to August 27, 2016

費用Fee: \$50/8堂 Classes (會員Members)

課程內用:教授八十七式楊家太極拳。課程由淺入深, 從基本步法開始將太極拳作有系統地介紹和訓練。

Course Content: 87 Stances of Yang's Style Tai Chi Chuan. Introducing and training of Tai Chi Chuan in a systematic way, starting from basic footwork and simple movements, to more advanced stances.

第三堂後不收新生 No admission after the 3rd session



Simplified Tai Chi

簡化太極班

導師: 簡翰師傅(楊式太極拳第六代傳人,首屆國際多元武藝運動會太極拳銀牌)

Instructor: Master William Kan (6th generation Yang's style Tai Chi Chuan, 1st International Martial Arts Games Tai Chi Chuan Silver Medalist)

課程時間Time: 六Sat, 9:30am - 10:30am

日期Period: 2016 年 5 月 14日至8 月 6日May 14 to August 6, 2016 (No class on June 25th)

費用Fee: \$72/12堂 Classes (會員Members)

課程內用:教授二十四式簡化太極拳

Course Content: 24 Stances Simplified Tai Chi Chuan

第三堂後不收新生 No admission after the 3rd session

Wu Style Tai Chi (Master Desmond Hung)

吳家太極拳 (熊餘敏師傅)

導師熊餘敏師傅，精通楊家太極及吳家太極。曾學楊家太極，師傅大師楊澄甫的長子楊守中。後在隨吳家太極第五代傳人吳宇師傅（現為香港吳家太極掌門人）學習超過十年吳家太極拳。

Master Desmond Hung began his studies in Tai-Chi from the Yang Family. He then followed Master Wu Guang Yu and continued his interest in Tai-Chi with Wu style Tai-Chi for over ten years.

課程時間 Time: 日 Sunday, 9:30am - 11:00am

學費 Fee: \$60/10堂 (Classes)

課程內容包括吳家太極108式，練習內容包括基礎練習，步驟，固定式，基本要求。

Course content includes 108 forms of Wu-style Tai-chi, fundamental stances and exercise, steps and stationary forms.

Ng's Tai Chi Sword – Adult Beginner (Master Chan Kwai Hung)

吳家太極劍 – 成人初班 (陳桂雄師傅)

三 Wednesday, 9:30am - 10:30am, \$47/10堂 (Classes)

太極是一種良好運動，功能增進人體健康。而運動使心靈定靜，情緒安舒，理智因而提高，個人更富修養與進取精神。近年來太極拳發展至全世界，深受各國人士歡迎於接受。揆其原因是太極拳有哲理之根據，科學上的證明，以及對身心的良好效應。本課程包括吳家太極拳一式至三十七式。

Tai-chi is a great exercise that is able to enhance one's health. This exercise calms the mind, soothes your mood, and as such improves your rational thinking and energy level. In recent years, Tai-chi has made its way throughout the world and gained popularity and acceptance by many. This is because Tai-chi has its roots in philosophy, with scientific proof of its efficacy, and tangible results in overall improvement of one's health and mood.

Ng's Tai Chi – Adult Beginner (Master Chan Kwai Hung) Will conduct in Chinese only

吳家太極拳 – 成人初班 (陳桂雄師傅)

二 Tuesday, 9:30am - 10:30am, \$47/10堂 (Classes) 五 Friday, 9:30am - 10:30am,
\$47/10堂 (Classes)

太極是一種良好運動，功能增進人體健康。而運動使心靈定靜，情緒安舒，理智因而提高，個人更富修養與進取精神。近年來太極拳發展至全世界，深受各國人士歡迎於接受。揆其原因是太極拳有哲理之根據，科學上的證明，以及對身心的良好效應。本課程包括吳家太極拳一式至三十七式。

Tai-chi is a great exercise that is able to enhance one's health. This exercise calms the mind, soothes your mood, and as such improves your rational thinking and energy level. In recent years, Tai-chi has made its way throughout the world and gained popularity and acceptance by many. This is because Tai-chi has its roots in philosophy, with scientific proof of its efficacy, and tangible results in overall improvement of one's health and mood.



Ving Tsun Martial Arts

詠春拳國術班

五Friday, 7:00pm - 8:30pm, \$85/8堂 (Classes)

詠春始源於清末伍梅师太，由鶴狐爭鬥領悟出詠春拳術。嚴詠春乃伍梅师太首徒，當時在廣州以女流之輩徒手力敵二十多名硬漢，嚴詠春打傷數名敵人，其餘是數人不敵逃去。一時嚴詠春三娘聲名大噪，其拳術因此名為詠春拳。

詠春嫡徒葉問在四零年代從廣州來到香港，後來並在九龍深水埔石硤尾授徒，當時門下甚眾，桃李滿門，為詠春一代倥師。武星李小龍也拜葉問為師，李小龍在精武門所有演出的功夫，拳法收放，步法走位，乃取自詠春（小念頭）及（表指手）。詠春拳術以迅速敏捷，守攻並用，出奇制勝，選集少林拳術之精華。

本課程分為初，中，高三級。詠春是一項可強身健體運動，並可增加個人自信，鍛練個人忍耐力，靈活性，敏捷，從而增加個人力量及自衛能力，男女皆適合學習。

History: Ving Tsun Martial Arts originated from Shaolin Master Ng Mui during the end of Ching Dynasty. The idea came from a brawl between a crane and a fox observed by Master Ng. Madam Yim Ving Tsun was his first student. There was an incident in the City of Canton, where Madam Yim fought hand to hand with more than twenty strong men. She injured several of them while the remaining fled. The news of a woman bare handedly defeating more than twenty men overwhelmed the city, and Madam Yim was famous overnight. This martial art was then born, her name: Ving Tsun. Towards the early nineteen fifties, Ving Tsun top student Mr. Yip Mun settled down in Hong Kong from Canton. There in Shek Kip Mei Village, he taught many students and became Grand Master of Ving Tsun. Bruce Lee was one of his students too. Most of his students have now spread all over the world. This system of exercise contains essence of Shaolin Kungfu. It aims at diverting opponent attacks at the equal instant delivery swift and radial counter-attacks where the opponents are unaware of. The kungfu move demonstrated by Bruce Lee in his films were derived from Ving Tsun martial art system.

Interest Classes

Martial Arts & Healthy Education

Course Contents: Classes are divided into 3 levels (beginners, intermediate, and advance) Ving Tsun Kuen is one of the Chinese martial arts which promotes health, physical fitness and self confidence. It helps to develop muscular strength, endurance, flexibility and co-ordination. The introductory program is designed to provide adults with basic skills of self-defense. It is suitable for both men and women.

Shaolin Kung Fu

少林陳斗功夫班



Instructor: Sammy Cheng

四 Thursday, 4:45pm – 6:15pm, \$204/12堂 (Classes)

日 Sunday, 1:30pm - 3:00pm, \$204/12堂 (Classes)

日 Sunday, 3:00pm - 4:30pm, \$204/12堂 (Classes)

Bagua Zhang Class

八卦掌班

導師:

鄭永彪師傅是加拿大中國國術總會副主席，香港八掛掌認可教練，四十多年研究內家拳經驗。

Instructor: Master Andrew Cheng is the Vice Chairman of the Canadian Chinese Kuo Shu (Martial Arts) Federation, Hong Kong certified Ba Gua Zhang instructor, over 40 years of experience in studying internal kungfu style.

上課時間Time: 二 Tuesday, 7:00pm - 8:30pm

費用Fee: \$100/8堂 Classes(會員Members), 非會員+\$12 (Non-members)

八卦掌為內家三大拳種之一，拳理出自易經。其功效可養生卻病，紓緩減壓，強身健體，自衛防身。運動特點是沿圓走動，勢勢相連，隨走隨變。內外相和，外重手眼身法步，內修心神意氣力。

Bagua Zhang (Eight Trigram Palms) is one of the three main internal kungfu styles of China. Bagua theory is developed from I-Ching. Practicing Bagua can condition the body, reduce stress, improve longevity and also train self-defense techniques. Its movements are characterized by: walking in a circle continuously, a flexible body, and its footwork. The internal (mind, spirit, intention and strength) and external (hand, eyes, body, and feet) movements are harmonious. This course teaches Pre-Heaven 8 Palms (walking circle & practising evasive skills).



Hatha Yoga & Raja Yoga

美體健身瑜伽

導師 Instructor : Hong Mei Lei

課程時間 Time: 四Thursday, 六Saturday, 日Sunday, 9:45am - 11:00am, 二 Tuesday, 9:30am - 10:45am, \$80/10課 classes 四 Thursday, 7:30pm - 8:45pm, \$80/10課 classes 五 Friday, 10:00am - 11:15am, \$80/10課 classes

費用 Fee : \$80/10堂Classes (如報四堂或以下每一節收費\$10.00 If register for less than 4 classes, each class will cost \$10.00)

課程內容以印度哈達(Hatha)瑜珈為主和(Raja)賴達瑜珈, 教授基本呼吸, 鬆弛, 姿態, 曼查頌唱和冥想。修練瑜珈最佳驅走疲勞, 舒緩緊張的運動。促進健康並能防病治病, 使心身愉快。

This course teaches relaxing exercises based on Hatha and Raja Yoga. Yoga is the best way to arrest fatigue, sooth stress and tension, and enhance your health both body and mind.



Children Kung Fu/Lion Dance

兒童功夫及獅藝班

導師:簡翰旻師傅加拿大中國國術總會會長 Instructor: Master William Kan (President of the Canadian Chinese Kuo Shu (Martial Arts) Federation)

Time 上課時間: 五Friday 5:30pm - 6:30pm (Kung Fu 功夫), 5:30pm-7:00pm (Kung Fu & Lion Dance 功夫及獅藝) 日 Sunday, 11:30 am – 12:30 pm

費用Fee: \$80/10堂 Classes (一小時 1 hour), \$110/10堂 (一小時半 1.5 hour)

課程內容包括教授少林功夫 –

潭腿, 功力拳, 練步拳, 大羅漢拳等。功夫訓練能強身健體, 增強自信心及守紀律。本課適合六歲至十四歲兒童。

This course teaches Shaolin Kungfu – Tam Tui, Gongli Chuan, Lian Bu Chuan, Da Lo Han Chuan, etc. Kungfu training helps to improve health and develop confidence and self-discipline.

This class is suitable for children age 6 to 14.



Fall/Winter Skincare Class

秋冬美容護膚三部曲



五Friday, 上午或下午 Morning or Afternoon TBD, \$25/3堂 (Classes)

第一堂：日常護膚正確步驟 Daily Skincare Routine

第二堂：防曬秘笈 Sun protection tips and tricks

第三堂：日間化裝技巧 Day-time makeup techniques

導師：Ms.Haddy Wan Beauty 資深美容顧問 Consultant

Dancercise

養生舞

四 Thursday, 7:00pm-8:00pm, \$50/10堂 (Classes)

六 Saturday, 3:00pm-4:00pm, \$50/10堂 (Classes)

Qi Gong for Eye Health

護眼氣功班

三 Wednesday, 6:30pm – 7:15 pm, \$126/3課classes (Family Package- Up to 5 persons)

We are currently organizing a Chi Gong for the Eyes course with Master Teresa, scheduled for Tuesdays at our Langham Centre location. She has been teaching Chi Gong for more than 20 years and founded The Seventh Happiness School of Chi Gong in Canada. She has taught all around the world including Philadelphia, California, New York, Phoenix, Vancouver, and more. Master Teresa has won numerous awards for developing this effective Chi Gong which targets the improvement of eye sight including Canton Province Education Award in 1991, 1992, and Canton Province Children Health Research Award in 1992. This new course at our centre will teach children and parents daily exercises and Chi Gong practices that will protect and improve the health condition of the eyes.

Aerobics Class

健美操

一 Monday, 1:00pm-2:00 pm, \$80/10課 classes

六 Saturday, 5:00pm – 6:00pm, \$80/10課 classes



Interest Classes

Dance

舞蹈



Line Dance Class (Adult-Beginner)

排舞班 (成人-初班)

六 Saturday, 11:00am - 12:30pm, \$85/10堂 (Classes)

Line Dance Class (Adult-Intermediate)

排舞班 (成人-中班)

二 Tuesday, 12:30am - 2:00pm, \$85/10堂 (Classes)

六 Saturday, 12:30am - 2:00pm, \$85/10堂 (Classes)



Chinese Dance for Children

兒童中國舞蹈

六 Saturday, 2:45pm - 4:00pm, \$120/10堂 (Classes)

六 Saturday, 4:00pm - 5:30pm, \$120/10堂 (Classes)



Interest Classes

Children/Adult Hip-hop

兒童/成人 **Hip-hop**

六 Saturday, 1:00pm - 2:15pm, \$80/10 堂 (Classes)

Health Fitness Belly Dance

健美肚皮舞

四 Thursday, 11:30am - 12:30pm, \$85/10 堂 (Classes)

一 Monday, 11:30 am – 12:30 pm, \$80/10 課 classes

三 Wednesday, 1:00 pm – 2:00 pm, \$80/10 課 classes

Dancercise (Zumba)

養生舞 (成人/小童)

四 Thursday, 7:00pm-8:00pm, \$50/10 堂 (Classes)

六 Saturday, 3:00pm-4:00pm, \$50/10 堂 (Classes)

Latin Fitness Dance

拉丁健身舞 (有氧舞)

五 Friday, 7:15pm – 8:15pm, \$80/10 課 classes

Dance



Interest Classes

Chess

國際象棋

International Chess

二Tuesday, 7:00pm - 9:00pm, \$388/10堂 (Classes)

六Saturday, 1:30pm-3:30pm, \$388/10堂 (Classes)



Language

語言教學

Mandarin Class (Adult-Beginner) (Taught in English)

國語班 (英語教學) (成人-初班)

日 Sunday, 9:30am - 11:00pm, \$100/10堂 (Classes)

- This class will teach the PinYin pronunciations: consonants, vowels, and 4 tones
- Basic daily words and conversations

Mandarin Class (Adult-Beginner) (Taught in Cantonese)

國語班（粵語教學）（成人-初班）

日 Sunday, 11:30am - 1:00pm, \$100/10堂 (Classes) 國語初班(一)

- 本課程將教授漢語拼音，聲母，韻母，四聲及輕聲
- 日常生活基本詞彙及簡單會話
- 漢語拼音的拼寫規則與調號 國語初班(二)
- 本課程將教授各類變調，兒法音，聲母與韻母陪合的規則
- 聲母容易讀錯的字
- 各類詞彙
- 簡短日常生活會話



Interest Class Summary

Interest Class Summary

Market Village Location



MARKHAM CHINESE CULTURE CENTRE

萬錦市加華聯會文化中心

4350 Steeles Avenue East Unit 207-215 Box 150, Markham, ON L3R 9V4 Tel: 905-946-1137

課程表 COURSE OUTLINE

參加者必須為本會會員。會員年費\$12.00

歡迎查詢及登記

All courses require annual membership fee of \$12.00

Please Contact Centre for Further Details

課程名稱 Course Name	星期 Day	時間 Time	學費 (包稅) Tuition Fee (HST included)
手工藝 Handicraft			
編織班 (成人) *材料另計 Knitting/Crochet*(adult only) + material cost	六 Sat	9:30am – 11:00am	\$75 8 堂 (Classes)
仿水晶珠製作班*材料另計 Beads Craft Class* (age 8+) + materials cost	六 Sat	9:30am – 11:00am	
十字刺繡班*材料另計 Cross Stitch Class + materials cost	六 Sat	9:30am – 11:00am	
立體摺紙班*材料另計 3D Paper Handicraft + materials cost	六 Sat	9:30am – 11:00am	
舞蹈 Dance			
排舞班 (成人-初班) Line Dance Class (Adult-Beg)	六 Sat	11:00am – 12:30pm	\$85 10 堂 (Classes)
排舞班 (成人-中班) Line Dance Class (Adult-Inter)	二 Tue 六 Sat	11:00am – 12:30pm 12:30am – 2:00pm	
兒童中國舞蹈 Chinese Dance for Children	六 Sat 六 Sat	2:45pm – 4:00pm 4:00pm – 5:30pm	\$120 10 堂 (Classes)
兒童/成人 Hip-hop Children/Adult Hip-hop	六 Sat	1:00pm – 2:15pm	\$80 10 堂 (Classes)
健美肚皮舞 Health Fitness Belly Dance	四 Thu	11:30am – 12:30pm	\$85 10 堂 (Classes)
養生舞 (成人/小童) Dancercise (Zumba)	四 Thu 六 Sat	7:00pm-8:00pm 3:00pm-4:00pm	\$50 10 堂 (Classes)

Interest Class Summary

Market Village Location

美術書法 Arts			
兒童繪畫班 Drawing for Children (for age 5 to 14) 素描 Sketching 油畫 Oil Painting	六 Sat	1:00pm – 2:30pm 2:30pm – 4:00pm	\$85 Basic 8 堂 (Classes) \$96 Sketch 8 堂 (Classes)
	日 Sun	10:00am – 11:30am	\$118 Oil/Acrylic Painting Basic 8 堂 (Classes) \$126 Oil/Acrylic Painting Advanced 8 堂 (Classes)
國畫班/書法班 (成人/小童) (Adult/Children)	日 Sun	12:30pm – 2:30pm	\$100 8 堂 (Classes)
樂器 Musical Instrument			
古箏樂藝班 Guzhen Music Class	一 Mon	請諮詢職員 Contact Centre for Further Detail	\$200 10 堂 (Classes)
二胡班-初班 Er-Hu - Beg.	一 Mon 日 Sun	請諮詢職員 Contact Centre for Further Detail	\$99 8 堂 (Classes)
二胡班-中、高班 Er-Hu – Inter/Adv.	一 Mon 日 Sun	請諮詢職員 Contact Centre for Further Detail	\$135 8 堂 (Classes)
口琴班 (成人/兒童) Harmonica (Adult/Children)	六 Sat	5:00pm – 6:00pm	\$75 8 堂 (Classes)
功夫武術。運動 Martial Arts & Health Education			
吳家太極班 (成人) Wu Style Tai Chi (Adult only)	日 Sun	10:00am – 11:00am	\$60 10 堂 (Classes)
吳家太極劍 (成人初班) Ng' s Tai Chi Sword (Adult-Beg.) Will conduct in Chinese only	三 Wed	9:30am – 10:30am	\$47 10 堂 (Classes)
吳家太極拳 (成人初班) Ng' s Tai Chi (Adult-Beg.) Will conduct in Chinese only	二 Tue 五 Fri	9:30am – 10:30am	\$47 10 堂 (Classes)
詠春拳國術班 Ving Tsun Martial Arts	五 Fri	7:00pm – 8:30pm	\$85 8 堂 (Classes)
少林陳斗功夫班 Shaolin Kung Fu	日 Sun	1:30pm – 3:00pm	\$204 12 堂 (Classes)
兒童功夫及獅藝班 Children Kung Fu/Lion Dance	五 Fri	5:30pm – 6:30pm/7:00pm	\$80/\$110 10 堂 (Classes)
跆拳道 TaekwonDo	一 Mon, 三 Wed	5:00-6:00pm 6:00-7:00pm 7:00-8:00pm 8:00-9:00pm	\$180/12 12 堂 (Classes)
螳螂拳及獅藝班 Praying Mantis Kung Fu + Lion Dance	日 Sun	11:00 am - 12pm/12:30pm	\$80/\$120 10 堂 (Classes)
八卦掌班 Bagua Zhang Class	二 Tue	7:00pm – 8:30pm	\$100 8 堂 (Classes)
楊式簡化太極班 Simplified Tai Chi	六 Sat	9:30am – 10:30am	\$72 12 堂 (Classes)
養生舞 Dancercise	四 Thu	7:00pm-8:00pm	\$50 10 堂 (Classes)
	六 Sat	3:00pm-4:00pm	
美體健身瑜伽 Hatha Yoga & Raja Yoga	四 Thu, 六 Sat, 日 Sun	9:45am – 11:00am	\$80 10 堂 (Classes)
其他 Others			
國際將棋 International Chess	二 Tue	7:00pm - 9:00 pm	\$388 10 堂 (Classes)
	六 Sat	1:30pm - 3:30 pm	\$288 10 堂 (Classes)

Interest Class Summary

Langham Square Location



MARKHAM CHINESE CULTURE CENTRE

萬錦市加華聯會文化中心

萬錦市加華聯會
Federation of Chinese Canadians in Markham
朗豪坊會址

28 South Unionville Avenue Ste. 2102-2112, Markham, ON L3R 4P9

TEL: (647) 797-3302

課程表 COURSE OUTLINE

參加者必須為本會會員。會員年費\$12.00

歡迎查詢及登記

All courses require annual membership fee of \$12.00

Please Contact Centre for Further Details

課程名稱 Course Name	星期 Day	時間 Time	學費 (包稅) Tuition Fee (HST included)
樂器 Musical Instrument			
古箏二胡樂藝班 (鄧老師) Er-Hu and GuZheng Instrument	二 Tues	1:00pm -2:00pm	1 小時 (hr) (\$17) 1.5 小時 (hr) (\$23)
	五 Fri	1:00pm -2:00pm	
中國書法班 (成人) Chinese Calligraphy	四 Thurs	11:00 am – 12:30 pm	\$120/10 課 Classes
成人歌唱技巧 Adult's Singing Techniques	一 Mon	6:30 pm- 7:30 pm	\$120/10 課 Classes
少兒繪畫班 Children's Drawing	六 Sat	1:00 pm – 2:30 pm	\$120/10 課 classes
	日 Sun		
武術 運動 氣功 Martial Arts, Exercise, Qi Gong			
楊家太極班 Yang Style Tai Chi	日 Sun	10:30 am- 11:30 am	\$50/8 課 classes
護眼氣功 Qi Gong for Eye Health	三 Wed	6:30pm – 7:15 pm	\$126/ 3 課 classes (Family Package- Up to 5 persons)
兒童功夫班 Children's Martial Arts Class	日 Sun	11:30 am – 12:30 pm/ 1:00 pm	\$80/10 課 classes/ \$105/ 10 課 classes
健美操 Aerobics	六 Sat	4:30pm - 5:30 pm	\$80/10 課 classes
減肥瘦腹肚皮舞 Fitness Belly Dance	二 Tues	1:00 pm – 2:00 pm	
養生美體瑜伽 Hatha Yoga Fitness	二 Tues	9:30 am – 10:45 am	
	四 Thurs	7:30 pm – 8:45 pm	
五 Fri	10:00 am – 11:15 am		
語言教學 Language			
國語班 (粵語教學) (成人-初班) Mandarin in Cantonese (Adult-Beginner)	日 Sun	11:30 am – 1:00 pm	\$100 10 堂 Classes
國語班 (英語教學) (成人-初班) Mandarin in English (Adult-Beginner)	日 Sun	9:30 am – 11:00 am	\$100 10 堂 Classes

Meet Our Interest Class Instructors!

Master William Kan 簡翰炘師傅

Master Kan is the 6th generation of the Yang's style Tai Chi Chuan, and the Silver Medalist of the 1st International Martial Arts Games Tai Chi Chuan! He is the instructor of our Simplified Tai Chi Class and Yang's Style Tai Chi Class.

簡翰炘師傅是楊式太極拳第六代傳人。他曾於2004年代表加拿大參加在朝鮮舉辦的第一屆國際多元武術大賽，並獲得男子組太極比賽的銀牌。他現在教授二十四式簡化太極拳和八十七式楊家太極拳。

Wanda Ho 何韞芳老師

Instructor Wanda Ho is a graduate of Beijing Capital Normal University in Chinese Language Studies. She was also a lecturer and consultant at Hong Kong Baptist University, responsible for writing course material for all levels of the Mandarin Language Courses.

何韞芳老師畢業於北京首都師範大學中國語言文學系，曾任香港浸會大學普通課程講師及顧問，負責統籌各級普通話課程及編寫教材。

Meet Our Interest Class Instructors

Jeanette Teng 鄧淑貞老師

Jeanette Teng is a graduate of National Taiwan University of Arts, with more than 30 years of teaching experience. She is the instructor of Ho Deng Music Ensemble and Taipei Chinese Orchestra. She has also taught at National Taiwan Normal University, Soochow University, Taipei National Defence University, Huafan University, Jing-Ming Chinese Orchestra, Tian-Xiang Chinese Orchestra, and Zhong-Shu Chinese Orchestra.

鄧淑貞是禾登樂集箏樂團，國樂團指導老師，（曾經多次奪得Kiwarnis Music Festival和奏獨奏第一名）台灣國立藝術傳科學校（國立台灣藝術大學）畢業，30年教學經驗，曾經任教於台灣師範大學，東吳大學，國防藝學院，華梵工學院，寶光國樂團，天祥國樂團，基礎忠恕國樂團。

Henry Quan 關業創老師

Henry Quan is an expert harmonica instructor with many years of teaching experience. He has taught music theory, trained harmonica performance groups, as well as conducted research in the field. He has also taught at Hong Kong community centres and schools!

關業創先生長期從事口琴班，樂理及口琴隊訓練及研究，具有豐富經驗。關先生曾任教於香港的社區康樂中心，街坊和學校口琴班。

Currently teaching: Harmonica Class

現在教授: 口琴班

Meet Our Interest Class Instructors

Jeffrey Cheung 張少明老師

Jeffrey Cheung is a Product Designer who graduated from Hong Kong Polytechnic University. He began teaching Chinese Calligraphy when he returned to Canada for retirement. His teaching focuses mainly on Kai-Shu and Hang-Shu calligraphy styles, students' brush techniques, and calligraphy appreciation. He advocates naturality, utilizes the “我手寫我書” teaching philosophy, and incorporates design elements into calligraphy to further enhance overall composition.

張少明畢業於香港理工學院，從事產品設計多年，數年前退休回加國，開始書法教育，以教授“楷書及行書”為主，著重教授學員如何運筆裝字及欣賞。張老師崇尚道法自然，以“我手寫我書”為教學理念，將設計溶入書法內以提高觀感上之享受。

Currently teaching: Chinese Calligraphy Class

現在教授: 中國書法班

Master Desmond Hung 熊餘敏師傅

Master Desmond Hung began his studies in Tai-Chi from the Yang Family. He then followed Master Wu Guang Yu and continued his interest in Tai-Chi with Wu style Tai-Chi for over ten years.

導師熊餘敏師傅，精通楊家太極及吳家太極。曾學楊家太極，師傅大師楊澄甫的長子楊守中。後在隨吳家太極第五代傳人吳宇師傅（現為香港吳家太極掌門人）學習超過十年吳家太極拳。

Currently teaching: Wu Style Tai-Chi Class

現在教授: 吳家太極拳班

Meet Our Interest Class Instructors

Master Kenneth Kan 簡華烽師傅

Master Kenneth Kan is the grandstudent of Tai Chi Praying Mantis grandmaster Chiu Chuk Kai, and also the World Organization of Wushu KungFu Masters certified 6th degree master.

簡華烽師傅是太極螳螂趙竹溪宗師徒孫，以及世界功夫武術段位制總會師範六段。

Currently teaching: Praying Mantis Kung Fu + Lion Dance Class

現在教授: 螳螂拳及獅藝班

Instructor Allan Hu 胡兆德老師

Instructor Allan Hu is a TaiKwonDo level 4 instructor with over twenty-four years of experience in teaching students of all ages. He has also taught TaiKwonDo at YMCA.

胡兆德老師是跆拳道四段教練，現任YMCA跆拳道導師，已有意二十八年經驗教導不同年齡學員。

Currently teaching: Tai Kwon Do Class

現在教授: 跆拳道班

Meet Our Interest Class Instructors

Master Andrew Cheng 鄭永彪師傅

Master Andrew Cheng is the Vice Chairman of the Canadian Chinese Kuo Shu (Martial Arts) Federation, Hong Kong certified Ba Gua Zhang instructor, over 40 years of experience in studying internal kungfu style.

鄭永彪師傅是加拿大中國國術總會副主席，香港八掛掌認可教練，四十多年研究內家拳經驗。

Currently teaching: Bagua Zhang Class

現在教授: 八掛掌班

Mrs. Kan 陳珍珠老師

Currently teaching: Knitting & Crochet Class, Beads Craft Class, Cross-Stitch Class, Origami & 3D Paper Art Class

現在教授: 編鉤織班, 仿水晶珠製作班, 十字刺繡班, 立體摺紙班

Mr. Cheung 張英全老師

Currently teaching: Children Drawing Class, Sketching Class, Oil Painting Class, Chinese Calligraphy and Watercolour Painting

現在教授: 兒童繪畫班, 素描班, 油畫班, 國畫班/書法班

Meet Our Interest Class Instructors

Peter Tuason

Peter Tuason has been a Singing instructor, Vocal Coach, and Violin teacher for over 10 years with substantial performance experiences and exposures at many events throughout Hong Kong, Philippines, and Canada. He received his musical training in voice, piano, and violin from the Royal Conservatory of Music, St. Paul's Convent School of Music, and University of Saint Thomas. He is well versed in many styles of singing including Pop, Theatricals, Standards, Jazz, R&B, and Ballads to name a few.

Peter's students have also been very successful in their singing career. Many have achieved first place throughout open competitions in Ontario, Vancouver, New York, and Los Angeles. His experience has also led him to take part as an adjudicator in various competitions throughout Toronto. He has been part of the judiciary panel for Fairchild Radio, as well as Dynasty Singing Competition within the Filipino community to say the least. Before coming to Canada, Peter performed professionally with various international artists like Ms. Sandra Lang, Mr. Michael Remedios, and Ms. Rowena Cortes.

Currently teaching: Adult Singing Class

Galina Dinina

Galina has been teaching music since 1982 and preparing students for Royal Conservatory exams in piano, violin, and viola since 1996. She has performed in many orchestras, quartets, trios and other ensembles in Belarus and in Canada. Galina taught the 2012 Regional Gold Medal winner for achieving the highest mark in Ontario in the G3 Violin exam at the Royal Conservatory of music.

Meet Our Interest Class Instructors

Daniel Chan 陳桂雄師傅

Currently teaching: Ng's Tai Chi, Ng's Tai Chi Sword

現在教授: 吳家太極拳, 吳家太極劍

Master Simon Leung 梁錦成師傅

Currently teaching: Ving Tsun Martial Arts

現在教授: 詠春拳國術班

Josephine Liu

Currently teaching: Line Dance Beginner Class, Line Dance Intermediate Class

現在教授: 排舞初班, 排舞中班

Hong Mei Lei

Currently teaching: Health Fitness Belly Dance and Hatha & Raja Yoga

現在教授: 健美肚皮舞班, 美體健身瑜珈班

Meet Our Interest Class Instructors

Iris Oh

Iris Oh is currently the Ariba instructor at YMCA, and is also a Certified Zumba Instructor.

現任基督青年會(YMCA) Ariba導師, 獲Zumba導師文憑。

Currently teaching: Dancercise Class

現在教授: 養生舞



萬錦市加華聯會

Federation of Chinese Canadians in Markham

Yearbook Designed By: Adrienne Chang

