



KGC Newsletter

Issue 18, August 2003



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Students are encouraged to submit letters to our editors. The editors reserve the right to edit letters for publication.

Any comments or ideas, please email to newsletter@kgc.bc.ca

A Pizza Party to Remember!



By Vivian and Evanne

My name is Vivian, and my partner's name is Evanne. We are both EPP level 6 students at KGC. Near the end of this term, our school had a pizza party at a beautiful park right beside the seawall. All of the students, teachers and managers at KGC took part in this exciting activity. It was a great time for everyone! The park near our school offers something for everyone: soft green grass, amazing water front views, and an area where we could play frisbee. Some students said that the view of downtown Vancouver was incredible. It was like looking at a beautiful picture. In the park, we could see many interesting birds and cute ducks. All this fun out door activity made us hungry. Fortunately BCIT had provided us with plenty of free Pizza and soft drinks. One of the level six students said it was the first time he had eaten Pizza. During the party, we all took part in the graduation ceremony where Harvey, KGC's Managing Director, presented students with their certificates. Clarence, an EPP student who was graduating gave a speech. He spoke from his heart and expressed his thanks to KGC for helping him move towards his long term goals at BCIT.

Several staff members from BCIT attended the party. The international student manager introduced courses, discussed BCIT's campus, and talked about the advantages of studying at BCIT. It was very helpful for students who are



Photo by Stanley

going to graduate from KGC. She wants international students to have a good choice of schools in Vancouver. Two part-time students who study at BCIT shared their feelings and told us about their experiences at BCIT. They told us more about student activities, free time at BCIT, etc. They informed us about the gym, bookstore, library, and some popular sports that BCIT students do in their free time, such as basketball, football, swimming, bowling, and tennis. They shared their view that students at BCIT can have an excellent opportunity to find employment because of the high level of education they receive.

After the talks, it was back to more exciting activities. Teachers, students, and staff took lots of fun pictures. The school management prepared a lot of food and drinks for students including five kinds of pizza, chocolate cake, and six kinds of drinks. Some students found a comfortable place on the lawn and enjoyed the view; other students chatted with their classmates and enjoyed the wonderful sunshine. After students ate pizza, some students and teachers played Frisbee. It was a happy time for everyone.

We all had a great time at this party. We are lucky to study at KGC because we get a high quality education, and we also make many friends with other students and our teachers. Thanks to the management at BCIT and KGC for making this party possible.



Photos by Stanley



Where will you be in 2010?

Come to Vancouver to watch the Winter Olympic Games



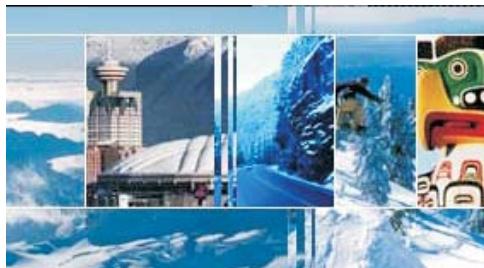
By Eric and Allen

Hello, everyone. My name is Eric. My classmate Allen and I had a very exciting time on July 2, 2003 because Vancouver was selected by the International Olympic Committee to host the 2010 Olympic and Paralympic Winter



Games. Vancouver was founded in 1886 and now has 2 million people. In 2001, Vancouver was rated as the best quality of living city in the world. In the past, Vancouver had successfully hosted many international events including Expo '86 World's Fair, 1987 Commonwealth Heads of Government Conference, 1995 Clinton-Yeltsin visit and so on. Whistler has 9000 residents, and it's the largest ski area in North America. In 1992, Snow Country Magazine voted Whistler as the Number One Ski Resort in North America. Vancouver wants to host the 2010 Winter Olympic Games because it will be Vancouver's chance to show Canada's geography and culture to the world.

Hosting the 2010 Winter Olympic Games will have many benefits in several areas such as the Economy, Housing, Transportation, Tourism, and Sports Development.



[Www.winter2010.com](http://www.winter2010.com)

Economy:

Hosting the 2010 Winter Olympic Games can bring \$10 billion in direct economic activities and create about 22800 direct and indirect jobs in BC. Also, it can take in \$ 2.5 billion in tax. Therefore, Vancouver can earn lots of money, and it's good for us because the government will have enough money to make our city even more beautiful.

Housing:

For the Winter Olympic Games, Vancouver will build two full-service Athlete Villages including cultural and entertainment facilities for athletes to stay in, so the locations will be close to Game venues.

Transportation:

The bid corporation will make an effective multi-modal transportation plan for these games, and many big transportation companies such as Translink, the Ministry of Transportation, BC Transit, and BC Rail will work together for this plan; therefore, it will be very convenient for the athletes. We also can get benefits because after the games, we can use these methods of transportation to go to work or study.

Tourism:

Recent numbers show that more than two billion people watched the 2002 Salt Lake Games on television. The BC government predicts the number of people watching the 2010 Winter Olympic Games on television won't be lower than that number. That means at least one third of the world's people will see the games, and the government said: "We'll invite the world to Vancouver in the years leading up to the 2010 Games, and for years after the Games have come to a close." In addition, many people from other countries will come to Vancouver to watch the games. So we can see many kinds of people from the world and learn about other cultures. If we are lucky, we can make friends with some of the tourists.

Sports Development:



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Now Vancouver is developing athletes who have the performance level to join the games and is helping young people discover their joy. The games will cause more people to like sports and will be helpful for Vancouver's sports development. Even though I have never tried to go skiing, I really want to go to Whistler to try to learn to ski and to watch the Winter Olympic Games.

Although holding the 2010 Winter Olympic Games will bring many advantages, we believe there are some disadvantages that we should think about. There will also be some effects on international students such as rising tuition fees, rising housing rents, and debasing educational quality.

Financial risk

Vancouver will receive federal and provincial funding for the Games. However, this additional spending will decrease funding

support in other essential services such as health care, education, social welfare, and the conservation of environment. These will be big problems for Vancouver. We think people need essential services more than the Games. If the education budget decreases, international students might pay higher tuition fees, so the quality of international education may suffer.

Cost overruns

The operation budget proposal of the Vancouver 2010 Bid Corporation did not consider inflation. As time goes by, the budget allowed will not be enough due to inflation, and the Bid Corporation will need extra money. In addition, the cost of available public land for the Games, treating of sewage and solid wastes related to the Games, and the security for the Games are expensive problems. Funding from federal and provincial governments does not include these extra costs.

Impacts on the environment

The Bid Corporation and its member partners have made many environmental commitments. If those commitments are kept, environmental impacts may be minimized. However, the government does not have the budget to keep the commitments; thus, the negative environmental impacts of the development and expansion of the Games will increase. For this reason, our environment will suffer.

Community and social impacts

The Games also bring social risks such as rising housing costs. Low-income individuals will be negatively impacted. Also, international students might have to pay higher rents. Although some proponents argue that the Games are much-needed for social infrastructure, we believe social housing may suffer.

The 2010 Winter Olympic Games will bring some benefits for Vancouver. However, some disadvantages will also arise. How to maximize the advantages and decrease the disadvantages is the most important issue for Vancouver. We believe that the Bid Corporation and the government should think about these problems. We hope Vancouver can hold the Games successfully; we anticipate Vancouver will have a great future.



[Www.winter2010.com](http://www.winter2010.com)

Tired of Drinking Coffee?

try HERB TEA!

By Helen and Faye



Do you enjoy drinking tea? There are thousands of kinds of tea all over the world, for example, oolong, green tea, and black tea.

Nowadays, one kind of beverage that has become popular is called herb tea.

Although it is named "Herb tea", it is not tea. Both of us are interested in drinking tea. When we first tried herb tea, we were deeply impressed by its scent and flavor; therefore, we'd like to introduce herb tea to KGC students.

What is Herb tea?

Herbs are the fragrant leaves, roots, flowers, barks, or seeds of plants grown mainly in temperate climates. After they are completely dried, people infuse or steep them in the



same way as making black tea. This is the reason why we call this kind of beverage "Herb tea". And also, Herb tea is different from traditional tea because it is caffeine-free. In addition, Herb tea has been proved to have some medical benefits, and it also works as a sole treatment for any ailment.

The history of Herb Tea:

During the middle of the 16th century, herb tea reached Europe earlier than Chinese tea. But, this tea was so expensive that only a few aristocrats were able to enjoy it. It wasn't until 1662 when Charles II of England married the Portuguese Princess Catherine of Braganza that Herb Tea gained popularity. Catherine brought a large chest of tea as part of her dowry and introduced the beverage at court. Then, it quickly became the rage.



Now, let's see some common herb tea:

Rose (Rosa spp).....

.Faye's favorite

I recommend the rose tea because it's my

favorite. Its fragrance and beauty have inspired much poetry. It contains high Vitamin C and is helpful in preventing dysmenorrhea. It is also important in aromatherapy and skin care; its petals were historically valued for jam, vinegar and pies.

Matircaria (German Chamomile)

Matircaria is Helen's favorite choice. When I first tried it, it tasted a little bitter; however, when I added some honey, the taste was great!

Matircaria has an apple-scent and contains calming compounds with sedative properties. The best medical use of Matircaria is in reducing headaches, treating upset stomachs, fever and indigestion.



Lavender (Lavandula officinalis)

When it comes to Herb Tea, you can't miss Lavender! The most interesting thing about Lavender is that it can change its color. When first steeped, the tea's color shows purple; when you add a piece of Lemon, the tea's color turns to light yellow. It's quite exiting!



Lavender can release tension, dizziness, and timpanists. Therefore, we would like to recommend this tea, especially for students.

How to make herb tea?

Each kind of herb has its own method of preparation. For example, some herbs can help people fall asleep; some herbs can treat flu, and some herbs can increase your appetite. It's better for us not to mix any kinds of herbs without a doctor's advice..

Now, let's take a look how to make herb tea:

1. Use approximately two or three teaspoons of fresh or frozen leaves or flowers, or one teaspoon of dried leaves or flowers (six-ounce serving).
2. Put the herbs into a teapot; pour boiling water over them, and steep the mixture for four to ten minutes. (Don't use water that has reached a rolling boil.)
3. Strain the tea into a cup.
4. If you like it sweeter, you may add some honey after brewing.

Recipes:

Both of us would like to introduce some recipes so that you can have fun making tea with your friends.

Spring Garden Herbal Tea

The following recipe is recommended by one of the Pacific Northwest's most renowned herbalists, Patti Chambers, for the days of spring when plants are just coming to life.

INGREDIENTS:

10 fresh purple sage leaves
16 fresh lemon balm leaves
12 small mint leaves
Petals of 1 red rose
2 rose-scented geraniums
Leaves (optional)
6 cups freshly boiling water

Rosemary cookie

INGREDIENTS:

Flour 200g,
Baking power $\frac{1}{2}$ tsp., Butter 100g,
Sugar 80g, Egg
one, Milk 300cc,
Rosemary 5 tsp.



STEPS:

1. Preheat oven to 350F
2. Mix flour and baking power
3. Mix butter with sugar and blend ,then add an egg and blend again
4. Add Rosemary into step 2 and mix
5. Add step1 into step 3 slowly
6. Scoop the dough with a spoon and place it on a cookie tray (1 $\frac{1}{2}$) inches apart.
7. Bake for 25 minutes

Where can we buy herb tea?

135 Glacier street, Coquitlam, BC, V3K 5Z1 Tel: 604-942-6022

Horizon Distributors

8335 Winston street, Burnaby, BC, V5A 2H3 Tel: 604-420-6751

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<http://www.seasonalchef.com/perry.htm>
<http://www.geocities.com/ladyfacqs/gardening/herbs/tea.html>
http://www.theahl.com/LifewisePlantGardenMatter/man00_tea.html
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<http://www.veseyes.com/store.cfm?product=597>
<http://www.bluckart.com/rosebud.htm>
http://www.hat.net/album/south_america/peru/03_amantani_island/detail010.htm

The Quintessence of China

--- The Beijing Opera



By Jasper and Jason

Hi, I am Jasper, a level-six student at KGC. Do you like opera? Many people like the Beijing Opera because it is the quintessence of China. I also like the Beijing Opera because my grandfather used to take me to watch it. I've learned a lot about the Beijing Opera by watching some Beijing Opera movies. I would like to introduce the history of the Beijing Opera and the differences between the Beijing Opera and other operas

The Beijing Opera has a history of over 200 years. It has generally been accepted that the Beijing Opera gradually came into being after 1790 when the famous four Anhui opera troupes came to Beijing. The Beijing Opera underwent fast development during the reign of Emperor Qianlong and eventually became more accessible to the common people.

The Beijing Opera is different from western operas because of four different characteristics. The Beijing Opera focuses more on the actors' dress, face, actions and singing. First of all, the Beijing Opera actors need to wear special clothes which have a variety of patterns. For example, there will be a dragon shown on the officer's clothes and maybe some flowers will be shown on the female's clothes, etc. Secondly, the



Beijing Opera actors need to put really thick makeup on their faces such as dark eye-shadow, red lipstick, and white powder. In addition, the actors not only sing but also act.

My name is Jason, and I'm also an EPP 6 student at KGC. I would like to share my personal experiences with other KGC students. There are many styles of the Beijing Opera. The different styles were started by different Beijing Opera actors and actresses. Mei, Shang, Cheng, and Xun are four of the most famous styles of the female character types that are popular in the Beijing Opera. Ma, Tan, Xi, and Yang are four of the most famous male character styles seen in the Beijing Opera. An interesting fact about the Beijing Opera is that men sometimes perform the female roles. This practice began many years ago because there were no female students who studied the Beijing Opera of China at that time.

The Beijing Opera consists of four basic character types: "Sheng, Dan, Jing, Chou." "Sheng" is the positive male role; "Dan" is the positive female role; "Jing" is a supporting male role with striking character, and "Chou" is the clown. Every type has its unique facial makeup and decoration.

In China, there are many Chinese Opera

schools. The Chinese Beijing Opera School is in Beijing. The school started from 1/28/1950, and during its 53 years of operation, many famous Beijing Opera actors and actresses have graduated from the school.

I studied at the Beijing Opera School when I was a child. I majored in the Wu Sheng character, which is a difficult one. When I was in Opera school, I got up at 5:40 every day and practiced the skills of the character for one and a half hours. After 8:00am, I started classes. All the students of my school usually have a two-hour break time at noon, and the afternoon classes usually start at 2:00pm. At night, students always review new skills that they learned during the day. The students of the Beijing Opera are often in danger because they practice difficult actions in class, but they rarely get killed. It is because of the constant practice that students perform so well on stage. There is an idiom from China that expresses the reason why the Beijing Opera students, actors and actresses need to work so hard: "One minute on stage equals ten years of hard work."

The Beijing Opera is the quintessence of China. Becoming a successful Beijing Opera actor/actress is quite difficult. We hope this opera will be around for many years, so people can enjoy the magic of the show.



How to Enjoy Bangkok!

By Wilson & Cherry



www.bangkok.com

I'm Wilson, a level 6 student. About five years ago, I went to Thailand. I think Bangkok is one of the most interesting cities in South-East Asia. The city has famous temples, active markets and shopping malls, and exotic foods. I really like eating Thai sea food. Whether you are interested in its history, the nightlife, or finding special goods, Bangkok has it.

Unlike many cities, Bangkok doesn't have a city centre. It began near the great Chao Phraya River and has been expanding ever since. Getting around the city depends on where you stay. Down by the river there are taxis; the river taxis will get you around fairly easily. A new form of transit is the sky train which goes to many popular travel places and shopping malls, for example, Siam Square and the weekend market.

I think the first place you should see is the Grand Palace. It is Bangkok's most popular cultural attraction. It was built in 1782 by King Rama and consists of several gilded buildings, and it is famous for its wide murals.

The second largest Buddha image in Thailand is housed in the oldest and largest wat in Bangkok. Although the wat was built in it was destroyed in the 16th century during the Ayutthaya period, it has been rebuilt several times. The 46 meter long Buddha image was created in the 19th century. Built around a brick core, it is covered with plaster that is finished with gold leaf. Wat Pho is also the resting place for numerous gilded Buddha images that were brought from temples destroyed during conflicts with the Burmese. The wat has always concerned itself with traditional medicine, including Thai massage.



www.info-asia.com

The third place that you should go that is National Museum. For those seeking an introduction to Thai art, culture and history, this is the best place to start. Located near the Grand Palace, the museum's buildings date from 1782 and are as much a part of the display as the objects contained within them. Popular items in the museum include an early Buddha image from India with obvious signs of influence from classical Greek sculptures; a display of traditional musical instruments from Thailand, Laos, Cambodia and Indonesia; and the collection of royal funerary carriages, including the massive and still used Vajayant Rajarot that requires 300 men to pull.



www.bangkok.com

Hi! I'm Cherry, Wilson's partner. I want to tell you about some of Bangkok's festivals. There are many festivals in Bangkok such as the Thai beer festival, the Queen's birthday, and the Songkran festival.

1: Thai beer festival:

The Thai beer festival lasts for a long time. When finally the rain stops and the weather becomes cool, Thai breweries get together to set up beer gardens and events around Bangkok to celebrate the festival. Various types of Thai food including snake are served on Friday and Saturday nights, you need to spend a long time finding a place to join in the festival. Although the price of the food is not cheaper than average, there are many people who still love to spend lot of money celebrating the day.

2: The Queen's Birthday:

Her Majesty (H. M) the Queen's Birthday is on August 12 and is a public holiday. People celebrate it as National Mother Day. The queen was born in 1932. Everyone respects her very much because of her devotion to improving social welfare and reviving the field of arts and crafts.

3: The Songkran festival:

The Songkran festival is from April 13 to April 15. The Songkran festival is the traditional Thai New Year which is celebrated throughout the country. On that day, Thai people pour water onto each other, and everyone thinks the water brings "Good luck".

Nowadays, many people choose Bangkok as a travel destination because of its scenery and traditional festivals. From our point of view, there are few places in the world which can offer the beauty and excitement of Thailand.