



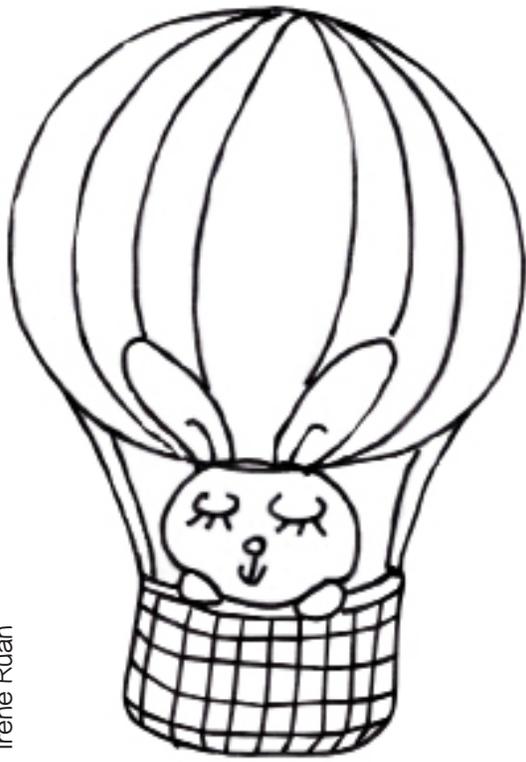
Little Lantern

小灯笼·小燈籠

★ 夏日美景：荷花、蜻蜓
Summery Scenery: Lotus & Dragonfly

★ 一起来做好吃的西米露
Let's Make Yummy Tapioca!





塗顏色

Fill in some colours!

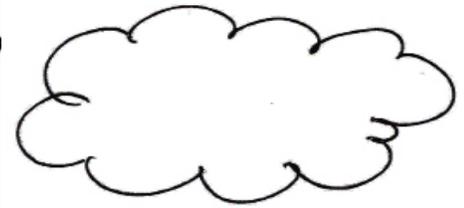
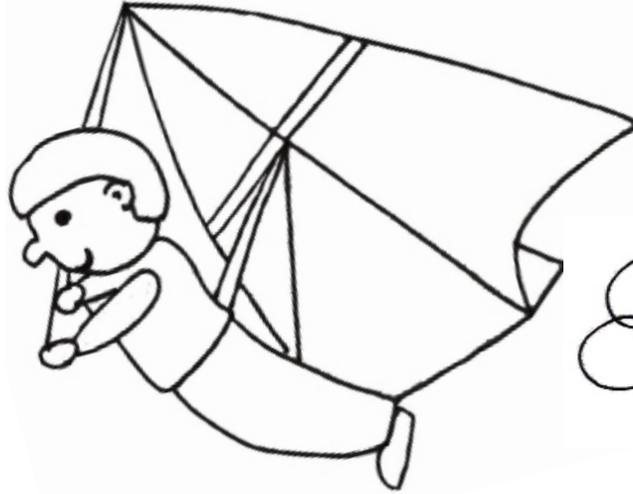


Illustration: Wendi Wu

獨特的中英雙語雜誌

This **unique bilingual magazine** is written in English and Chinese for readers from all cultural backgrounds. It is published with 3 versions of text to support the overseas Hua community (the Chinese diaspora). The Chinese text has Mandarin pronunciation aids, while we recognize the diversity of Chinese languages such as Cantonese. Some vocabulary words would vary slightly in different Chinese languages.



Traditional Characters + Pinyin

The Traditional form of the Chinese characters has deep roots in the history of Ancient China. Nowadays, this form is used mainly in Taiwan, Hong Kong, Macau and the overseas Hua-Chinese community.



Simplified Characters + Pinyin

The Simplified form of the Chinese characters is the main form used nowadays in Mainland China. This form was promoted around 1950s to increase literacy. It was created by decreasing the number of strokes. Some characters of both forms are identical.



Traditional Characters + Zhuyin

Learning to read Chinese characters would need pronunciation aids. There are two main aids for Mandarin pronunciations. Pinyin is a romanized system using Latin (English) alphabet. Zhuyin is a symbol system that is mainly used in Taiwan.

This magazine is created for Grade 1 - 3 readers, but suitable for all ages. It is an one of a kind resource for all community members, encouraging **cross-cultural and inter-generational learning**.

提倡跨文化學習、促進代際交流！

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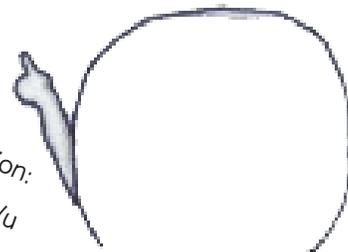
150+ 歲

p. 23

Canada, 150+ years old



Illustration:
William Wu





花果山

Mount HuaGuo

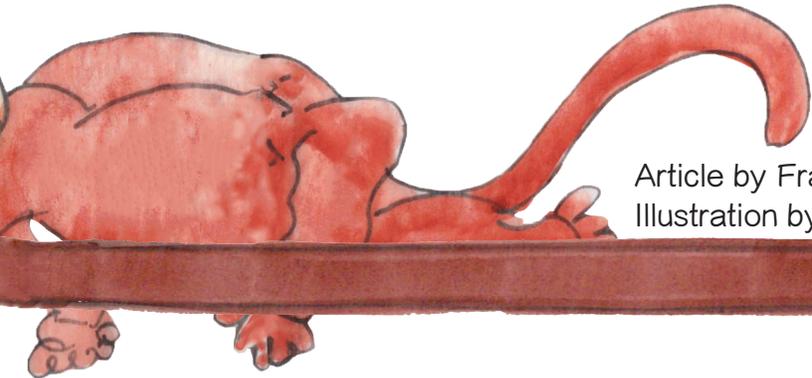


你聽說過《西遊記》嗎？
 故事中有孫悟空，
 也就是美猴王！

孫悟空在花果山上出生，
 你知道中國真的有一座
 花果山嗎？在江蘇有一座
 花果山，風景秀麗迷人，
 吸引了很多人參觀。

花果山上最有名的就是
 水簾洞。站在洞內，你會
 感到十分的清爽和快樂。
 花果山上也有許多可愛的
 獼猴，就像《西遊記》中
 所描寫的一樣！





Article by Frank Bao
Illustration by Wendi Wu

Have you heard of the story, “The Journey to the West”?

It is story is about ***Sun WuKong***, also known as the
“***Monkey King***.”

Monkey King was born on Mount HuaGuo (Mountain of Flowers and Fruits). Do you know there really is a place in China called Mount HuaGuo? It is a beautiful and famous mountain located in JiangSu province, attracting many people to visit.

The most famous scenery is the Water Curtain Cave. When standing inside the cave, you will feel refreshed and joyful. There are also many cute monkeys on Mount HuaGuo, just like in the story, “The Journey to the West”!





你知不知道北溫

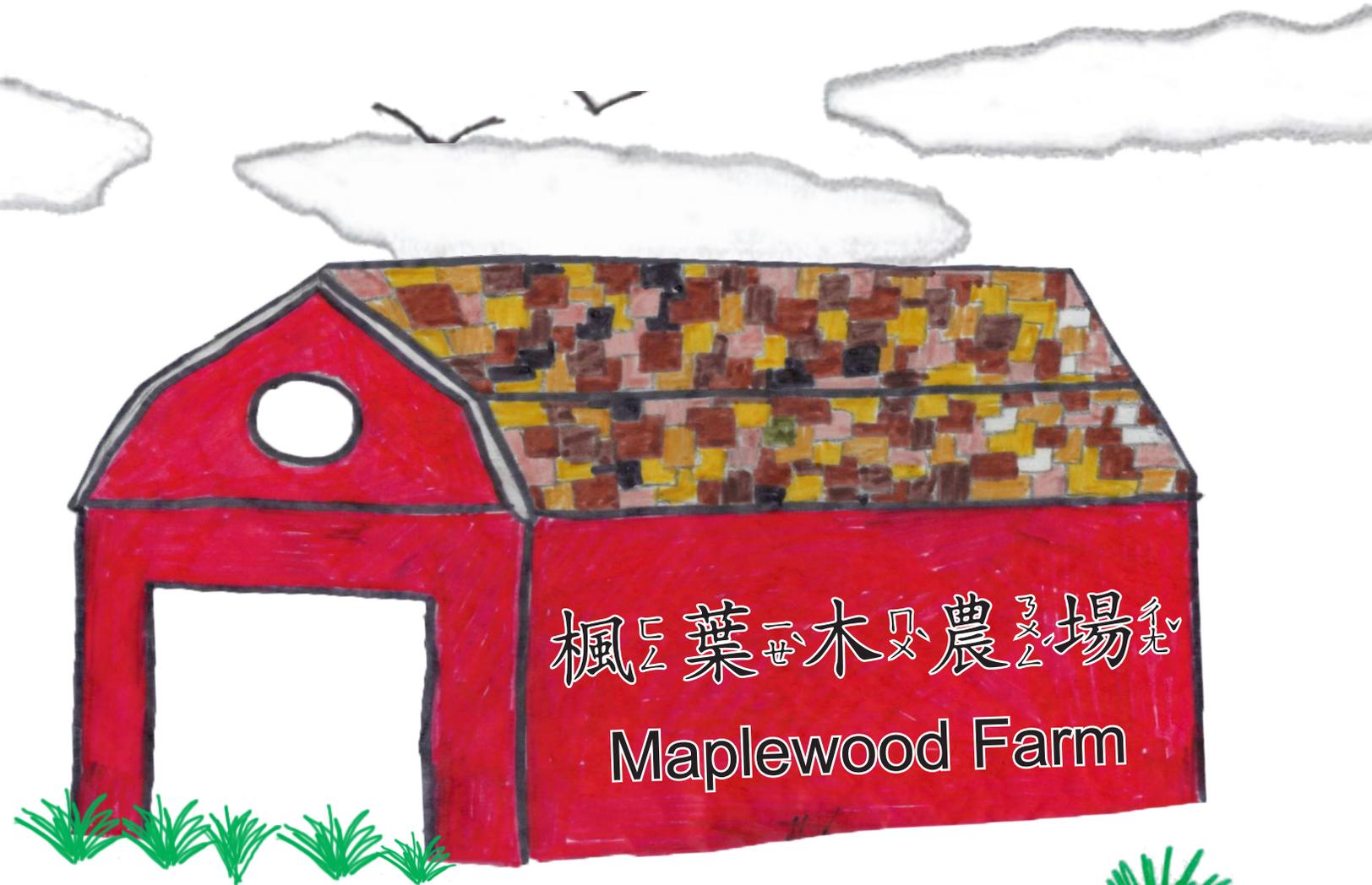
有沒有一座農場嗎？



建於1975年，「楓樹木農場」是溫哥華最值得參觀的地方之一。在這裡，你可以看到可愛的小兔子、牛、豬、羊、鳥、山羊和馬！

這裡是學習農夫們如何生活的好地方。你可以在這裡體驗真正的農莊生活。你還可以在這裡開生日會、騎馬！你想跟小兔子玩，沒問題！這個地方不遠，從溫哥華市中心出發，只需10分鐘車程。現在就出發吧！





First opened in 1975, the Maplewood Farm is now one of the best places to visit in Vancouver. Here, you can see cute rabbits, cows, pigs, sheeps, birds, goats, and horses!

This is a great place to learn about what farmers do. Here, you have an opportunity to experience living on a farm. You can also have birthday parties or ride horses here! If you want to play with the rabbits, you can! This place is not far, only 10 minutes drive from downtown Vancouver! Let's go and visit today!

*Do you know
there is a farm
in North Vancouver?*





Little Pond

Southern Song Dynasty Written by Yang WanLi

Interpretation & text by Lucy Luo

Illustration by Irene Ruan

泉_{クワン}水_{スイ}安_{アン}靜_{ジヤウ}地_ヂ、 細_{サイ}細_{サイ}地_ヂ流_{カウ}著_{シヤウ}，
Spring water trickles out quietly and gently,

樹_{ジュ}的_デ倒_{ダウ}影_{イヤウ}照_{シヤウ}在_{ザイ}水_{スイ}面_{ミヤウ}上_{シヤウ}， 享_{シヤウ}受_{シヤウ}著_{シヤウ}暖_{ヌヤウ}暖_{ヌヤウ}的_デ陽_{ヤウ}光_{グヤウ}。
Shadows of the trees reflect on the pond water, enjoying the warm sunshine.

剛_{グヤウ}剛_{グヤウ}才_{サイ}長_{チヤウ}出_{チウ}水_{スイ}面_{ミヤウ}的_デ荷_ハ花_{フヤウ}包_{パウ}，
Lotus bulbs just sprouted and the tips just peeked out of the water,

已_イ經_{ジヤウ}有_ユ蜻_{チン}蜓_{チン}飛_{フイ}來_{ライ}休_{ヒウ}息_{シヤウ}著_{シヤウ}。
The dragonflies have already landed above, resting.



楊_{ヤウ}萬_{マン}里_リ (1127 年_{ニヤウ} - 1206 年_{ニヤウ}) 是_シ南_{ナン}宋_{ソウ}「四_シ大_{ダイ}詩_シ人_{ジン}」之_ノ一_{イチ}。他_タ喜_シ歡_{カン}描_{ビヤウ}寫_{シヤウ}大_{ダイ}自_ジ然_{ニヤウ}，寫_{シヤウ}出_{チウ}對_{ダイ}生_{シヤウ}活_{カツ}的_デ喜_シ悅_{ユエ}和_ハ熱_{ニヤウ}愛_{アイ}。
《小_{シヤウ}池_チ》這_ノ首_{シュ}詩_シ好_{ニヤウ}像_{シヤウ}一_{イチ}幅_フ夏_ハ日_{ニヤウ}的_デ風_フ景_{キヤウ}圖_ト。

《小池》

南宋 楊萬里

泉眼無聲惜細流，

樹陰照水愛晴柔。

小荷才露尖尖角，

早有蜻蜓立上頭。

Yang WanLi lived from 1127 to 1206, he was one of the “Four Masters” of the Southern Song Dynasty poetry. He liked to write about nature and describe the joy and love he feels for life. The poem “Little Pond” is like a painted scenery of a summer day.



望 メ、尤

三國時期，將軍曹操帶領著士兵打仗。天氣非常熱，又找不到水，大家拖著腳步，走得很慢。

梅 メ

曹操想要士兵們走得快點，所以對大家說：『士兵們！前面的山坡上有一大片梅子林，每顆樹上都有很多梅子！』士兵們想到了梅子，口水流了出來，暫時解了渴。想著梅子，士兵們加快腳步，終於找到了別的水源。

止 メ

渴 メ、メ



An illustration of a man in a blue robe and a tall black hat with a white tassel, riding a white horse. He is pointing his right hand towards a large, stylized tree with a thick brown trunk and a green canopy with red spots. The background is a yellow desert landscape with a large yellow sun in the top right corner and several red spots scattered around it. The text 'Article by Lucy Luo & Illustration by William Wu' is written in a curved path across the top right of the illustration.

Article by Lucy Luo & Illustration by William Wu

Quenching Thirst by Drooling over Plums

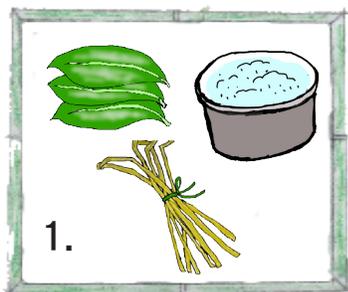
In ancient China, during the time of the Three Kingdoms, General CaoCao was leading a troop of soldiers to battle. The weather was extremely hot and they couldn't find water anywhere. The soldiers were dragging their feet and moving very slowly.

To get his soldiers to speed up, CaoCao said to his troop, "Soldiers! On top of that hill ahead, there is a huge forest of plum trees with lots of ripen plums!" The soldiers thought of the plums and their mouth started to water. For the time being, they didn't feel thirsty anymore. Imagining the plums in front of them, the soldiers picked up their feet and walked faster. Eventually, they found another source of water.



包粽子 Wrapping Sticky Rice Triangle (Zongzi)

五月五、慶端午。農曆五月初五是端午節。
 華人保留了祖先的傳統，把粽子送給親朋好友，
 一來表示祝福，二來紀念屈原。



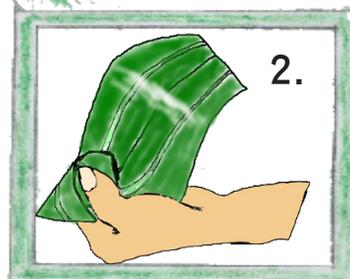
1.

準備一些粽葉、生糯米、
 個人喜愛的餡料、用來固定
 粽子的線。

Prepare some large flat leaves (dried), uncooked sticky rice, your favourite fillings and strings for tying up the zongzi.

拿一些粽葉，做成一個圓錐型的底部，
 來裝餡料。

Take some leaves and make a cone shape at one end to hold the fillings.



2.

3.



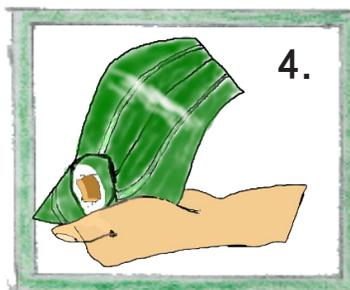
在生糯米放入圓錐形底部裡，
 裝三分之滿。

Put uncooked sticky rice into the cone shape end, filling one third full.

把餡料放入粽子的中心。

鹹粽的餡料可以是肉，或
 甜粽可以放紅豆。

Put in your favourite fillings, placing them at the centre of the zongzi. Fillings can be meat for a savoury zongzi or red beans for a dessert zongzi.



4.

Dragon Boat Festival is on the fifth day of May in the Chinese Calendar.

Hua-Chinese people kept the ancestors' tradition and give Zongzi, also called Sticky Rice Triangles or Rice Dumplings, to families and friends.

Reason #1: To express good wishes

#2: To remember Qu-Yuan



屈原^{ㄑㄩˊ ㄩㄢˊ} Qu-Yuan (340 BC - 278 BC): 楚^{ㄅㄩˋ}國^{ㄍㄨㄛˊ}著^{ㄓù}名^{ㄇㄧㄥˊ}的^{ㄉㄜˊ}愛^{ㄞˋ}國^{ㄍㄨㄛˊ}詩^{ㄕㄨˊ}人^{ㄖㄨㄥˊ}
A well-respected poet who was patriotic to the Chu State that he served.

5.



繼^{ㄐㄧˋ}續^{ㄊㄩˊ}放^{ㄈㄤˋ}入^{ㄖㄨˋ}生^{ㄕㄨㄥˊ}糯^{ㄋㄨㄛˋ}米^{ㄇㄧˊ}， 蓋^{ㄍㄞˋ}住^{ㄓù}

餡^{ㄉㄢˋ}料^{ㄌㄢˋ}， 裝^{ㄓㄨㄤ}滿^{ㄇㄢˋ}錐^{ㄓㄨㄟ}形^{ㄒㄩㄥˊ}底^{ㄉㄩˊ}部^{ㄅㄨˋ}。

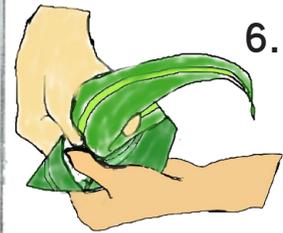
Continue to put in more uncooked sticky rice, to cover up the fillings and fill up the cone shape end.

將^{ㄐㄩㄥˊ}粽^{ㄓㄨㄥˊ}葉^{ㄩㄝˋ}包^{ㄆㄠˋ}成^{ㄔㄩㄥˊ}三^{ㄙㄢ}角^{ㄐㄩㄥˊ}形^{ㄒㄩㄥˊ}的^{ㄉㄜˊ}金^{ㄐㄩㄥˊ}

字^{ㄓㄨˊ}塔^{ㄊㄚˊ}形^{ㄒㄩㄥˊ}狀^{ㄓㄨㄤˋ}。

Wrap leaves into a triangular pyramid shape.

6.



完^{ㄨㄢˊ}成^{ㄔㄩㄥˊ}了^{ㄌㄜˊ}！ 可^{ㄎㄜˊ}以^{ㄩˊ}用^{ㄩㄥˋ}蒸^{ㄓㄨㄥ}的^{ㄉㄜˊ}或^ㄟ是^{ㄕㄨˊ}在^{ㄓㄨㄟ}水^{ㄨㄟ}裡^{ㄌㄩˊ}煮^{ㄓㄨㄟ}。 好^{ㄏㄞˋ}好^{ㄏㄞˋ}享^{ㄒㄩㄥˊ}受^{ㄕㄨˊ}粽^{ㄓㄨㄥˊ}子^{ㄓㄩˊ}的^{ㄉㄜˊ}美^{ㄞˋ}味^{ㄨㄟ}吧^{ㄅㄚˊ}

Done! Steam or cook in water. Enjoy your delicious zongzi!

7.



農^{ㄋㄨㄥˊ}曆^{ㄌㄩˊ} Chinese Calendar: 華^{ㄏㄨㄚˊ}人^{ㄖㄨㄥˊ}使^{ㄕㄨㄟ}用^{ㄩㄥˋ}陰^{ㄩㄢ}陽^{ㄩㄥˊ}曆^{ㄌㄩˊ}許^{ㄒㄩˊ}久^{ㄐㄩˊ}， 用^{ㄩㄥˋ}月^{ㄩㄝˋ}球^{ㄑㄩㄟ}和^ㄟ太^{ㄊㄞˋ}陽^{ㄩㄥˊ}的^{ㄉㄜˊ}位^{ㄨㄟ}子^{ㄓㄩˊ}來^{ㄌㄞˊ}計^{ㄐㄩˊ}算^{ㄙㄨㄢˋ}日^{ㄇㄧˊ}期^{ㄑㄩˊ}。 農^{ㄋㄨㄥˊ}曆^{ㄌㄩˊ}在^{ㄓㄨㄟ}中^{ㄓㄨㄟ}華^{ㄏㄨㄚˊ}文^{ㄨㄟ}化^{ㄑㄩㄟ}中^{ㄓㄨㄟ}還^{ㄕㄨㄟ}是^{ㄕㄨˊ}非^{ㄈㄟ}常^{ㄔㄨㄥˊ}重^{ㄓㄨㄟ}要^{ㄩㄝˋ}。

For a long time, Hua-Chinese people have been using the lunisolar calendar for, which uses the moon and the sun's positions to calculate the dates. This calendar is still very important in the Hua-Chinese culture.



臭豆腐是一種中國傳統小吃，非常有特色，經常能在夜市的的小吃攤發現它的的身影，在有些餐廳也可以吃到喔！

各地的臭豆腐製作方式、食用方法都不同。雖然它有一種特別的氣味，外表也不漂亮，不過它吃起來非常好吃！

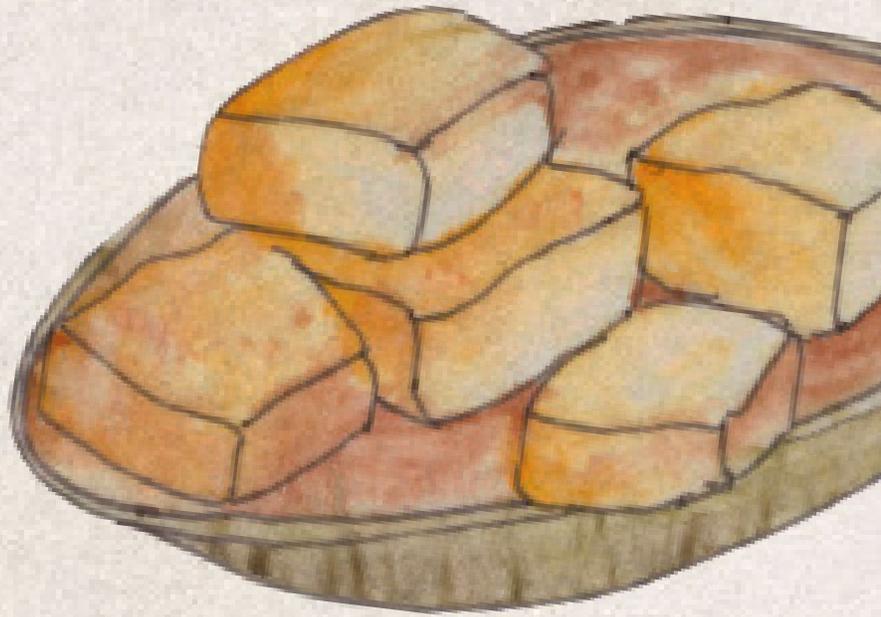
最常見的臭豆腐是用炸的。它有著金黃色的外表，又香又脆！挑開皮，裡面的豆腐還是白白嫩嫩的。蘸著辣椒醬、甜麵醬、各式醬料，香香脆脆的吃著。一旦愛上它，一口接一口，根本停不下來哦！



Article & illustration by Wendi Wu

「聞^ミ著^シ臭^ク，
吃^イ著^シ香^ク。」

猜^カ一^ハ種^シ美^シ食^シ小^シ吃^イ！

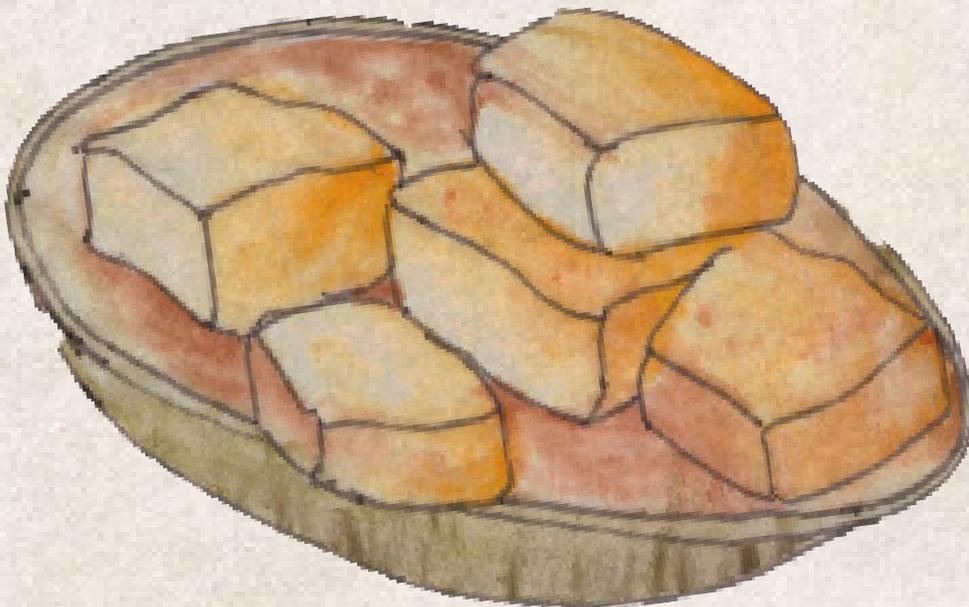


Stinky Tofu is a Hua-Chinese traditional snack. It's very unique.

We can always find it in the snack stalls at night markets. Sometimes we can even order it in the restaurants!

In different areas, stinky tofu is made (fermented) differently and can be eaten in different ways. Although it has a special smell and does not look pretty, it tastes quite delicious!

Most commonly, stinky tofu is deep fried. It has a golden coating, a strong smell and it is very crispy. Pick open the coating, you will find the inside of the tofu is still white and soft. Dip the tofu in chili sauce, sweet bean sauce or any kinds of sauces and start munching on the crunchy deliciousness. Once you fall in love with it, bite after bite, you won't be able to stop!



“Smells Smelly,
Tastes Tasty.”

Guess for a delicious snack!



夏日甜點：

椰汁西米露

Summer Dessert:

Coconut Tapioca

Article by Allan Lung

Illustration by Linda Zhang

小西米 Small Tapioca Pearls 60克 grams

椰漿 Coconut Milk 100克 grams

白糖 White Sugar 40克 grams

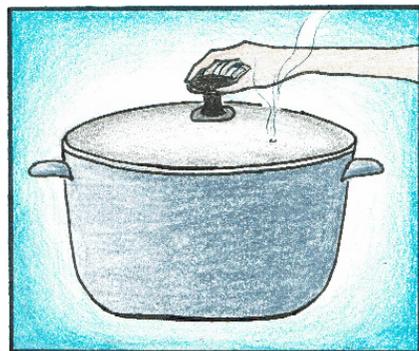
牛奶 Milk (可以不用 optional)

西瓜 Watermelon (個人喜好 personal preference)

1.

鍋子加水蓋過西米，燒開。轉小火煮20分鐘左右，一邊煮一邊攪拌。

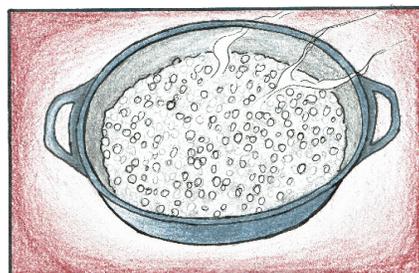
Fill pot with water covering over tapioca pearls, bring to boil. Turn to low heat and simmer for about 20 minutes, stir often.



2.

當西米變成半透明時關火。把煮好的西米用涼水沖過。倒掉多餘的水。

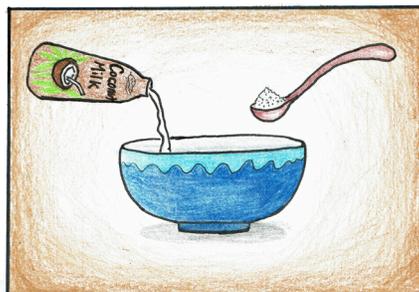
When the pearls become translucent, turn off heat. Rinse the pearls with cold water. Drain all excess water.



3.

鍋裡加一點水，燒開轉小火，倒入椰漿、白糖、牛奶繼續煮。

Fill pot with a little water, bring to boil then turn to low heat and add coconut milk, sugar, milk and continue to simmer.



4.

煮好的西米放涼，放入冰箱冷卻。食用前，根據個人喜好，擺上西瓜或者其它水果。請慢用！

Cool down the pearls, then refrigerate to chill. Before serving, add watermelon or any other fruits according to personal preference. Enjoy!





阮景文 6岁

“When I grow up, I hope to be an excellent chef!”

	wǒ	hěn	ài	chī		zuì	ài
	我	很	爱	吃		最	爱
chī	de	shì	xiǎo	lǎng	bāo	yú	hàn
吃	的	是	小	笼	包	鱼	和
三	dàn	zuì	bù	xǐ	huān	chī	de
美	蛋	最	不	喜	欢	吃	的
是	kǔ	guā	yīn	wèi	tā	de	wèi
苦	瓜	因	为	它	的	味	
dào	hěn	kǔ	wǒ	xī	wàng	zhǎng	dà
道	很	苦	我	希	望	长	大
hòu	kě	yǐ	zuò	yí	ge	chū	sè
后	可	以	做	一	个	出	色
de	chū	shī					
的	厨	师	!				

陳祈蕙 5岁

Making dumplings with mom!



我和妈妈做饺子。
我和妈妈吃饺子。
饺子里有菜和肉。
饺子很好吃，很好吃。

陈祈蕙



樓梯棋

Snakes & Ladders



勇士們！巨蛇保護著幾千年的寶藏，終於被發現了！

Warriors! The several thousands-year-old treasure protected by the Giant Snake has finally been discovered!

趕快一起

來尋寶吧！

Hurry and join the treasure hunt!

如果你停在這兩個圖案上，請照 → 方向走。

If you stop at these two symbols, follow the direction of the →

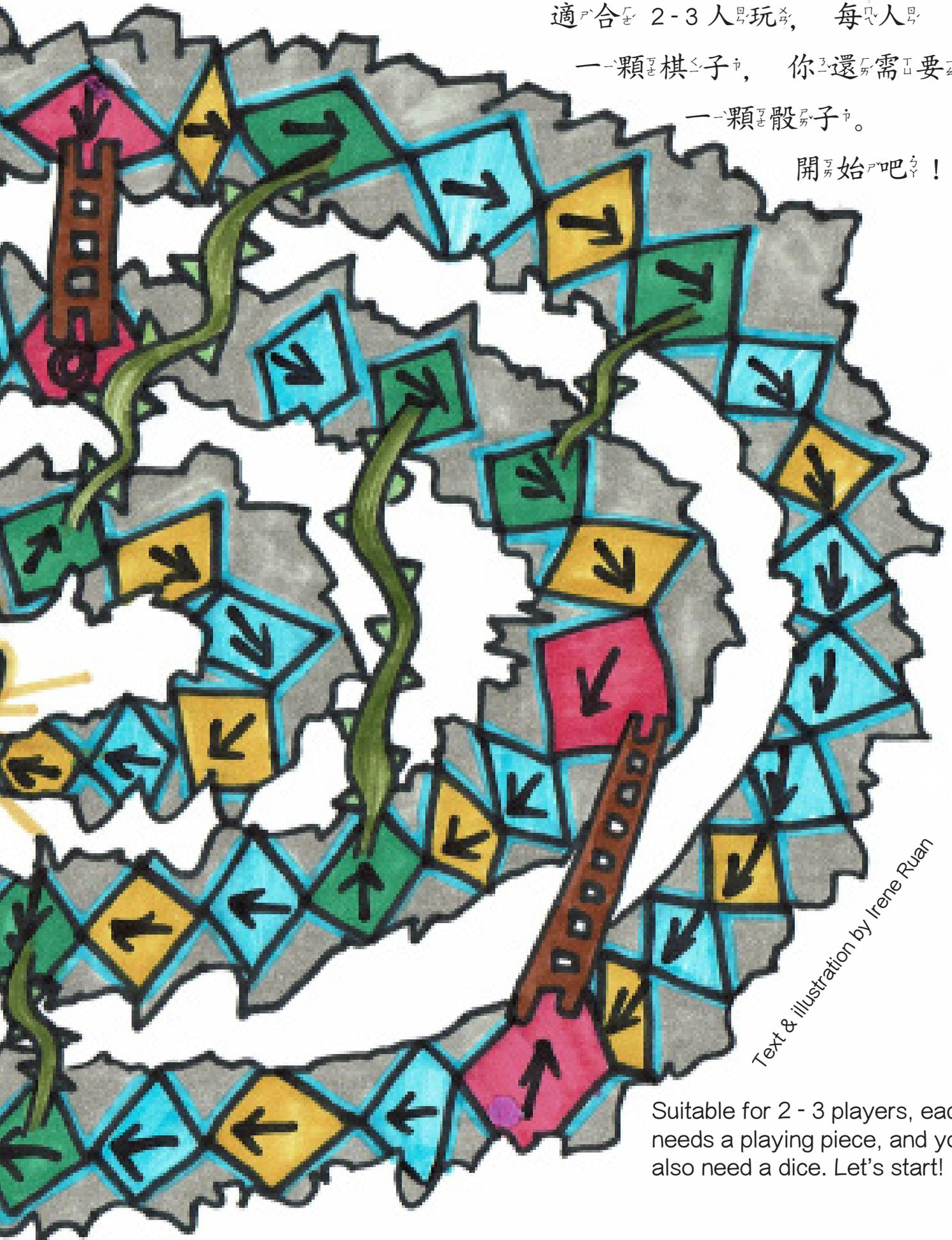


適合 2-3 人玩，每人

一顆棋子，你還需

一顆骰子。

開始吧！



Text & illustration by Irene Ruan

Suitable for 2 - 3 players, each needs a playing piece, and you also need a dice. Let's start!



Publishers

Traditional characters:
風車圖書出版有限公司
(ISBN: 9789862233351)

English: Windmill Group
(ISBN: 9789862233368)



Simplified characters:
北京联合出版公司
(ISBN: 9787550289307)

Miya

"Focus is when the teacher is talking, your eyes are on her."



Jonathan

"Focus is when you read, you don't look to the left and right."



作者 / 繪者: 廖樹清
Author / Illustrator: Eric Liao

Eric Liao 來自台灣，現在跟他的太太 Tina 和女兒 Grace 住在上海。Eric 在美國住了很多年，他會說流利的中文和英文。Eric 喜歡講故事、分享自己的生活、幫助其他人學習。

Eric Liao is from Taiwan and he now lives in Shanghai, China with his wife, Tina, and daughter, Grace. Eric lived in America for many years, he can speak fluent Mandarin and English. Eric likes to telling stories, sharing about his life and helping others learn.



謝謝 John Norquay 小學的翁老師和她三年級的學生分享這本好書!
Thanks to Ms. Weng and her Grade 3 class from John Norquay Elementary School for sharing this great book!



解救冰店！ Rescue the Ice Shop!

有一個緊急任務要交給你！這家冰店被壞人破壞了！老闆娘非常著急，你能幫她重建冰店嗎？

There is an urgent mission for you! Some villains had damaged this ice shop. The owner is very worried. Can you help her rebuild the ice shop?

Text & illustration by Irene Ruan

剪下拼圖片！ Cut out the puzzle pieces!



Ask an adult if you need help to cut out the puzzle pieces. 如果有需要，請大人幫忙剪下拼圖片。

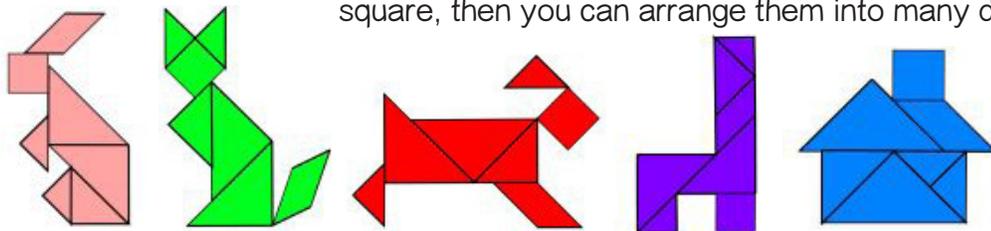


七巧板

Tangram

七巧板是中國古老的智力遊戲。從一個正方形中剪出七塊幾何形狀，可以拼出許多不同的圖形喔！

Tangram is an ancient Chinese puzzle. Cut out 7 geometric shapes from a square, then you can arrange them into many different patterns!



* Tangram templates found on the internet
* 網路找到的七巧板模板。



Ask an adult if you need help to cut out the tangram pieces. 如果有需要，請大人幫忙剪下七巧板塊。



今年加拿大慶祝 150 建國週年。

紀念、慶祝這片土地更長久的歷史是非常重要的！

This year, Canada is celebrating 150 years anniversary of the Confederation. This land has much older histories. It is important to remember and celebrate them.

慶祝加拿大 Celebrating Canada:

National Aboriginal Day

Saint-Jean-Baptiste Day
Fête nationale du Québec et de la Francophonie canadienne

Canadian Multiculturalism Day

Canada Day

June 21
六月二十一日

June 24
六月二十四日

June 27
六月二十七日

July 1
七月一日

慶祝原住民文化和遺產。認知、慶祝不同原住民、Inuit、Métis 民族獨特的遺產與貢獻。

慶祝加拿大法語社區的文化、遺產。在魁北克省為國訂假日。

慶祝加拿大的多元文化。感謝不同文化團體、社區對加拿大社會的貢獻。

慶祝加拿大! 建國周年。

Celebrate indigenous culture and heritage.

Celebrate culture and heritage of Canada's Francophone community.

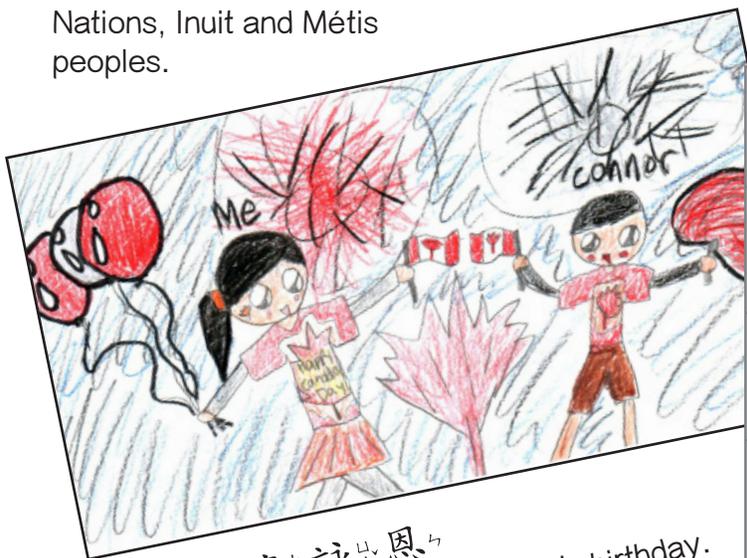
Celebrate Canada's diversity.

Celebrate Canada!

Recognize and celebrate the unique heritage, diverse cultures and contributions of First Nations, Inuit and Métis peoples.

Appreciate various multicultural groups and communities' contributions to the Canadian Society.

Anniversary of forming Canada.



蔡詠恩

"Today is Canada's birthday. I am Canadian."

今	天	是	七	月	一
日	。	今	天	是	加
拿	大	的	生	日	。
我	是	加	拿	大	人
。		蔡	詠	恩	



Magazine
Youth
Leaders

Little Lantern Magazine is a bilingual (Chinese & English) seasonal publication written, illustrated and designed by high school Hua-Chinese youth, especially newcomer youth.

This creation model empowers young people to express their potentials creatively, stay connected to their cultural roots and contribute meaningfully to the communities.



Little Lantern

Cultural and Heritage Society

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