如夫 jiě fu 姐姐 jiě jie 姐妹 jiě mèi 表姐 biǎo jiě	<b>jiě</b> elder sister elder sister's husband elder sister sisters elder female cousin	姐: " <b>4</b> " 字旁表示女孩或妇女, 声旁 " <b>0</b> " 是一把放在地上( <b>一</b> ) 的有两条 档( <b>二</b> ) 的凳子( <b>□</b> ), 这里用作表示 而且的 " <b>0</b> " 字。在图中, 凳子并不 是区别姐姐和妹妹的唯一事物。	$\bigstar$ is the radical for girl or woman. $\square$ , the phonetic, is a picture of a stool ( $\square$ ) with two rungs ( $=$ ), standing on the ground ( $-$ ), now borrowed for the conjunction: $\square$ "moreover". In our picture, the stool is not the only thing that distinguishes older sister from younger sister.
L & J	刘 如 如 娟	姐	



#### 新西蘭東增會館 THE TUNG JUNG ASSOCIATION OF NZ INC

PO Box 9058, Wellington, New Zealand www.tungjung.org.nz

Newsletter Autumn 2014 issue

The	Tung Jung Asso	ociation of New	Zealand Comm	nittee 2013—2014	l.
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# President's report.....

The New Year has gone by very fast since my last report and I hope all of you have now settled down from a long quiet rest, ready to tackle all your worldly problems.

Back in December, a group of members visited some elderly members in rest homes and those who live alone or are unable to get around in the Wellington region before Christmas. Those elderly members were delighted to see us and all were given a small parcel of Christmas goodies. I would like to thank those committee members who took the time from their busy lives to cheer up those who are left alone.

On New Years Day, January 1st, we organised a picnic at Williams Park, Days Bay, for those who stayed at home with nothing exciting to do. The day turned out to be drab, windy no sun and the weather forecast said rain later! A few of the committee turned out there as we had advertised it and to our surprise half a dozen people turned up. Our activities were limited because of the weather and after lunch, the weather turned as predicted and we all made our way home. My thanks to Valerie Ting for organising the picnic but I hope that next time, the weather will be kinder to us!

As mentioned in the last newsletter, the Association had negotiated with the printer of the book "Zengcheng New Zealanders......" for a limited number of copies. This has met with a terrific response and over half has been sold. The Association is offering the reprints to the Chinese community first before going to the general public, so if you missed out on the first publication, here is your chance to procure this popular book now.

Also mentioned in our last newsletter, the top flat had been vacated after having a tenant for 10 years. Towards the end of November, a group of committee members got stuck in and refurbished the flat for a new tenant which was found just before Christmas. My thanks to Joe Chang for organising the refurbishment.

I have been invited to a couple of functions hosted by the Chinese Embassy to welcome the new counsellor Mr. Xu Chun and to welcome the new Ambassador Mr. Wang Lutong. Being unable to attend both functions, vice president Peter Wong attended in my place.

The Chinese New Year dinner had over 300 people attending and the Poon Fah Association herald in the New Year with their lion dance team. It was very well received and despite the cramped space, the lion managed to go around the all the tables.

At the last committee meeting, it was decided to call a special general meeting (SGM) to see what members would like to do with the Tung Jung Association building. With high insurance premiums and more rigid earthquake codes, the Association might be better off with a smaller premise. Do we keep it, sell it or rent it? We will have to find out what the members think. A SGM is therefore being called om Sunday 4th May 2014 at 2 pm in the Association rooms at 33 Torrens Terrace, Wellington. If you are concerned about the Association, please attend the meeting.

We are planning a tour of the North Queensland area of Cairns, Atherton and surrounding areas where there was a large Chinese population and gold diggings. We are still waiting for an itinerary and costs from the travel agent but if you are interested in participating, please register your name and contact number to me and I will keep in contact with you as things progress. If the trip goes ahead, we will be hosted by the Cairns and Districts Chinese Association. It will be good to meet other Chinese Associations around the world and compare notes.

We are always looking for new members to join the committee. If you have something to contribute to the Association, feel free to contact and discuss it with me. The Association needs new blood with new ideas to move forward into the 21st Century.

Gordon Wu March 2014

### 會長報告

時間過得很快,一眨眼新年假期就過去了。我希望大家都能從休假中的狀態調整過來,儘快恢 復到正常的工作生活中來!

回顧上年的十二月,我們會員們組成一團隊探望了在老人院的老會員們。我們還去探望獨居的 和在聖誕前不能來威靈頓的老會員們。他們見到我們都很高興。我們送給他們每人一份好吃的小禮 物,非常感謝那些百忙中抽空和我一起去探望老會員的會員們,老會員們不應該被遺忘。

在1月1日元旦那天,會館在 Williams Park, Days Bay 為那些在家沒有節目的會員們組織了一次 野餐活動。當時天氣不怎麼好,有風,沒有陽光,天氣預報還說將會下雨。雖然我們通知會員們關 於天氣的資訊,但是,我們驚喜的發現有7位會員來了Williams Park 參加活動。

由於天氣的原因,我們的活動受到限制。吃完午餐之後,天氣變得像預期一樣,我們只能各自回家了。很感謝 Valerie Ting 組織這次野餐。希望我們下次的野餐活動,能有好天氣。

在上次新聞通訊中提到的公寓上層, 住了10年的租客都搬出來了, 上年的十一月, 委員們都下 定決心重新裝修公寓的上層。在耶誕節之前, 我們又已經把公寓租出去了。衷心感謝 Joe Chang 組 織這次重新裝修。

我收到中國大使館舉辦的兩個重大聚會的邀請函,是歡迎新的顧問 Mr. Xu Chun 和新中國大使 Mr. Wang Lutong 的歡迎會。我因事無法參加這兩個聚會,只好由副會長 Peter Wong 代替我參加 了。

超過300人參加我們舉辦的中國年團年飯,在團年飯前 The Poon Fah 會館用舞獅來向大家宣告 新年的到來。雖然我們看不懂舞獅,但它被大家接受和喜愛。他們到每桌前表演,為客人送上祝 福。

在上次委員會的會議中,我們決定召開 SGM 會議。SGM 會議主要目的是討論東增會館這棟 樓的去向,在高昂的保險費和很多無情的地震下。會館選用小點的房子可能比較好。我們是保留現 在的房子呢?或者賣了它?還是租出去呢? SGM 會議時間定在2014年5月4號下午2點,地點定在 33 Torrens Terrace Wellington.如果你關注會館的話,請你參加會議。

我們正在計畫去 North Queensland area of Cairns and Atherton 旅遊。我們會遊覽最多華人聚居的地區和過去華人挖金的地區。我們正在等待旅遊公司給我們的費用預算,如果你有興趣的話,請你登記你的名字或者聯繫我。如果事情有進展,我會與你保持聯絡。如果這次旅遊能出團,當地的華人會館會接待我們。能與其他華人會館交流經驗,也是不錯的選擇。

我一直都吸納新會員到我們會館委員會,如果你有什麼資源能捐贈給會館的話,請與我聯繫和 我一起討論。我們需要新血液,新主意來運轉會館,使它能在21世紀長遠發展。

吳道揚

2014年3月

#### Chinese proverbs.....in Cantonese

鬼揞眼 [gwái ám ngáahn] (a ghost covers one's eyes) 1. to fail to see something



2. to fail to find something
 3. Freudian slip

# Seniors Christmas visit.....

On Saturday 21 December, two carloads of the committee went to visit some elderly members and those who are infirmed in their homes. A small gift pack of goodies was made up to give each household. It was intended to make the visits in one day but owing to the delight and pleasure on the faces of the members when the committee knocked on their doors and the distances we had to travel, we had to extend the visits to two days. So on the Saturday, one group of committee members visited the Lower Hutt, Porirua, Tawa, and Johnsonville areas and on Sunday 22 December, another group visited the Wellington area. Many thanks to Elaine Chang, Fiona Wong and Yvonne Wu for helping to pack the little food parcels.

The committee started this practice last year when we realised that there were members who could not attend our activities because of disability, sickness and other factors so the decision was made to visit them instead. All the members visited were very pleased to see us as they seldom get visitors other than close family and all wanted us to stay and chat over a cup of tea. We had to turn down the offers and we explained to them that we had a lot of visiting to do in a short time, but we stayed longer than we had intended to as they made us so welcomed. We gave each household a small gift pack consisting of chocolate, sweets, home-baked cake and cookies, Christmas mince pie and fresh grapes. From the smiles on their faces, we could see they were very pleased to receive a visit from us and wanted to talk about their families but we reminded them we must move on to visit others and after wishing them a very merry Christmas, we had to leave. It was very touching to see some of these members on their own and not being able to get around.



Watson Kit



Lambert Gee



Jack and Marcia Chan



Rita and Hong Chang



James Luev



Frank and Mary Wong



Mrs. Woo Lowe

Mrs. Doris Chung





Mrs. Priscilla Young





Moya Ng



Shirley Tso



Mrs. Garling Wong



Joseph Gee







Keith and Linda Lowe



# Picnic on New Year's Day at Days Bay......

This year, the committee decided to have a picnic on New Year's Day at Williams Park, Days Bay, Wellington. It was thought that News Year's Day being a long holiday period and those staying at home with nothing to do, might like to meet socially and have a picnic. This was organised by Valerie Ting.

The event was advertised in the Summer newsletter and though we did not expect great numbers and it was also dependent on the vagaries of Wellington's weather, the turnout was better than expected but the weather was the deciding factor.

The day started being overcast with grey skies but not enough to put off a picnic. At the picnic site, there were many other families there also and about 12 members and friends of the Association turned up. Valerie had organised a hike up the hill, a walk along the beach and some fun games for the group but as the weather got worse, these activities was shelved and we just wandered around the park and inspected the local art gallery. At lunchtime, we all sat down and ate the food we brought and as we finished, the heavens opened up and we all rushed to pack up and get back to our cars!

We hope that if we have another picnic next year, the weather will be kinder to us! We do not blame Valerie for that!





# Welcome reception for new Chinese Ambassador......

A welcome reception for the new Chinese Ambassador Mr Wang Lutong was held on the 9th of December 2013. at the Chinese Embassy. The Tung Jung Association was invited and Peter Wong, vice president, attended the reception on behalf of the president who was unavailable to attend.

There were approximately 13 Chinese community leaders which included Tung Jung Assoc, Poon Far Assoc, Seyip Assoc, and Wellington Sports & Cultural Centre. NZCA National President and Branch representatives from around New Zealand also attended.

There was opportunity for all to mix and mingle during and after the reception and also to speak with the Ambassador. The Ambassador made the comment that he wished to continue to work together with all the Associations. Although the Embassy now has many new faces, he hopes that we will all continue to have a close relationship with China and his Embassy. He also commented that there were many more new Chinese immigrant community organisations now and they appeared to be very active throughout NZ.

Some of the Associations gave gifts whilst NZCA gave a power point presentation. On behalf of the Tung Jung Association, Peter gave the Ambassador a copy of the book, "Zengcheng New Zealanders......"

# Chinese New Year reception at Chinese Embassy.....

On the 17th of January 2014, Peter Wong attended a Chinese New Year reception hosted by the Chinese Embassy to welcome the Year of the Horse. There were about 300 people attending which included guests from the various Chinese organisations in Wellington, representatives from Government departments and the City Council.

The Ambassador made a speech emphasizing that China and NZ had a good relationship and he hoped that this will continue. He thanked the Chinese people in New Zealand for their support to the mother country and that the relationship will be ongoing in the future.

# Oral hygiene for dental health.....

#### By Dr Phillip Lowe

This is my second article of three on Dentistry. Hopefully you all receive some "pearls of wisdom" from my observations in a career of over 40+ years in the dental profession. I believe one of the most significant advances in preventive dentistry was made at the last local body elections, when all went in favour of "Fluoridation" of their public water supplies. This discussion and argument has been going on for years, but it seems to me common sense has finally prevailed. Why the government has not made a decision to regulate all local bodies to comply, I do not know. The scientific, medical and dental research on this has recommended it for many years. Fluoride significantly hardens teeth to make them much more resistant to dental decay. This greatly benefits the dental health of the children in the affected regions.

#### Children

Parents should clean their baby's teeth for them as soon as they appear at about 6 months of age. Make a play about it, using only a very small dab of toothpaste and a small toothbrush. Try to avoid using dummies with jam, honey or other sweet additives. Any sweet treats should be left till after dinner .Grandparents and friends can be the worst offenders in giving children sweet treats. Once the child is capable of cleaning their own teeth let them do it themselves, but parents should keep an eye on them. School Dental Therapists should have taught them how to clean teeth properly. The best times to clean teeth are after meals and before bed at night. A good idea is to also introduce them to having two toothbrushes as I will explain later.

#### Adults

The cleaning of teeth for adults should just be an extension of good childhood habits. I always recommend at least two toothbrushes be available so that you can rotate using them, you can use more if you wish. The idea behind this is that you should always start with a dry toothbrush as it will be much more effective in cleaning as the bristles will be firmer. If you suffer an infection of some kind, especially of the mouth, stomach, lungs or have had bouts of vomiting, throw all your toothbrushes away when you recover and buy new ones. Toothbrushes can carry many bacteria and viruses and cause serious infections to linger. You should never use someone else's toothbrush unless you want their bacteria and infections. Dental floss is also a must when it comes to good oral health. This is much better than using tooth picks, unless you use soft tooth sticks. Many toothbrushes have a rough surface on the back for cleaning the tongue looks black or coated brown with plaque, it is a good idea to clean it, using the tongue cleaning side of the toothbrush and an oral mouth wash. Smokers are especially prone to get black "hairy" tongues.

Other dental problems for adults are sensitivity and periodontal disease. Sensitivity especially around the neck of the tooth may be improved using one of the special toothpastes like "Sensodyne"," Colgate Sensitive" or "Colgate Pro-Relief."However if it persists you should consult your dentist. Periodontal [gum] disease is more difficult to self treat without professional help. Mouthwashes may help but you need to read the instructions carefully. Some you use before brushing and some after brushing.

Electric or battery toothbrushes are very good for patients that have disability problems with arms and or hands. Able bodied people should only use them once a day and a manual toothbrush at other times. If you can only use an automatic tooth brush I strongly suggest two of them, using one in the one morning and the other at night. Also keep spare brush heads available and change them regularly when the bristles look tired and worn out, otherwise 3 monthly. Small multifill toothbrushes are best. Manual toothbrushes should have an even layer of bristles

People who have bridges, implants or crowns should consult with their dentist or dental hygienist about the best way to have good oral hygiene with these prostheses. As these are expensive items of dentistry, you must maintain regular dental maintenance and so see your dentist regularly.

Denture wearers must also clean dentures regularly, otherwise you may get denture stomatitis [severe inflammation of the tissue under the denture]. This can be very sore and could also lead to pre- cancerous lesions. Dentures do not last forever and I think you should see a professional at least once every 2 years. I strongly suggest you do not sleep with full or partial dentures in your mouth overnight. Give the oral tissues time to breathe and recuperate. Soak your dentures in a denture cleaning solution overnight. I know some female patients say they would never be seen without their dentures. If that is so, you should take your dentures out for a few hours in the day time when no one will see you. Clinical Dental Technicians are now legal in New Zealand to make and repair dentures. If you have any growths in your mouth, I strongly suggest you see a dentist who may need to do a biopsy.

I know people are now going overseas to have implants and other forms of expensive dentistry done because it is cheaper. If you have let your dental state get to a stage where you have many teeth to repair, what is going to stop you not repeating the situation in a few years time? I have seen many cases of overtreatment by overseas dentists together with extremely poor treatment.

This will have many detrimental effects in years to come. You only need one overseas treated tooth to give problems and all you're so called cheap dentistry is undone. I think you need to think very carefully before you embark on an overseas dental trip. There is a pamphlet produced by the New Zealand Dental Association on overseas dentistry and you should read this before embarking on an overseas dental treatment programme. Your local dentist or the local Dental association should have one.

Remember no dental treatment lasts forever, and dental maintenance is essential. There are no guarantees in dental treatment. It is far better to have a little dental treatment often, than let it build up and become a dental disaster case being very expensive to treat. If a dentist gives you a treatment plan or costs that you think is exorbitant or over the top, seek another opinion.

Good management and treatment will allow you to enjoy good teeth and the fruits of life much longer.

### Moishe Plotnik's Laundry (A true story!)

Walking through San Francisco 's Chinatown, a tourist from the Midwest was enjoying the artistry of all the Chinese restaurants, shops, signs and banners..... .

When he turned a corner and saw a building with the sign

'Moishe Plotnik's Laundry.'

'Moishe Plotnik?' he wondered. 'How does that belong in Chinatown ?'

He walked into the shop and saw a fairly standard looking dry cleaner, although he could see that the proprietors were clearly aware of the uniqueness of the store name as there were baseball hats, T-shirts and coffee mugs emblazoned with the logo' Moishe Plotnik's Chinese Laundry.' The tourist selected a coffee cup as a conversation piece to take back to his office. Behind the counter was a smiling old Chinese gentleman who thanked him for his purchase.

The tourist asked, 'Can you explain how this place got a name like 'Moishe Plotnik's Laundry?" The old man answered, 'Ah..Evleebody ask me dat. It name of owner.'

Looking around, the tourist asked, 'Is he here now?'

'It me, Me him!' replied the old man.

'Really? You're Chinese.

How did you ever get a Jewish name like Moishe Plotnik?'

'It simple' said the old man. 'Many, many year ago I come to this country. I, standing in line at ' Document Center of Immiglation.'

Man in front of me was man from Poland ..'

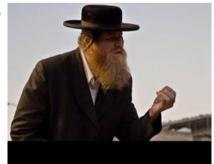
'Lady at counter look at him and say to him, 'What your name?'

He (Polish man) say to her, 'Moishe Plotnik.'

Then she look at me and say, 'What your name?'

I say, 'Sam Ting.'







# News from Sydney.....

Since I wrote my last piece, life has been full on with family and community activities and events. On the family front there has been sad and happy times whilst on the community scene lots of celebrations to welcome the Year of the Horse and a multitude of Chinese New Year Festival events. Despite my thoughts on cutting back on community activities, note that my diary is still quite full for the first six months of this year.

The sad news first - after an extended period of health problems, operations and hospital stays, I lost my husband Bill two days after Christmas. My thanks and appreciation to those near and far who sent messages of sympathy and condolences. On a happier note I recently made two quick visits to Auckland, the first to attend the wedding of nephew Malcolm Lowe to Jacqueline Smales and a week later for my brother Phillip's 70<sup>th</sup> birthday – great to catch up with friends and family.

Unfortunately, the rain did not hold off for the launch of the City of Sydney's Chinese New Year Festival at Belmore Park but the show went on with guests given plastic ponchos to keep dry. This was followed by an indoor reception at The Star. The extensive two-week program of events and activities included both local talent and a large contingent from China organised by the PRC's Ministry of Culture.

The three big weekend events were the Chinese New Year Markets, Twilight Parade and the Dragon Boat Races. Over 100,000 people line the streets to see the Twilight Parade with its wonderful floats, community organisation entries, school children and several hundred performers from China. The Dragon Boat Races at Darling Harbour have become very popular with teams from not only the Chinese community but the wider Australian community competing.

Something a little different this year was the Chinese Market Garden Planting Day in the forecourt of the Museum of Sydney. Chinese market gardeners in association with the NSW Farmers Association constructed raised gardens and planted a range of Chinese vegetables and herbs. *Celestial City*, a major exhibition about the Chinese in Sydney, will open at the end of March and continue to October in the Museum.

There were a number of art exhibitions ranging from *Crossing Boundaries – A celebration of contemporary Asian Australian Art* held in the Lower Town Hall to exhibitions by solo artists such as Nancy Ma's *Woman-Horse* ceramics and Lilian Lai's *Australia Through Chinese Windows*. Lilian's contemporary Chinese paintings on rice paper reflect her experiences as a Chinese migrant who has lived in Sydney since 1988.

Many restaurants took part in the Lunar Feasts program with special offerings during the Festival period which ranged from special dishes to sumptuous banquets. As most Chinese organisations also held special Chinese New Year banquets for members and their friends, I certainly did a lot of eating. The banquet for Jung Seng members was a lavish affair that included lobster and abalone. I was very pleased that there were four former Jung Seng New Zealanders who now live and work in Sydney, who joined my table: Christine Wong from Masterton, Katharine Lowe from Auckland, Karen Wu and Lucy Chang from Wellington.

I will be attending a conference *Northern Links: Chinese Networks and Nation* to be held in Cairns the weekend of 22-23 February. As the theme of the conference suggests, the focus will be on the Chinese in northern Australia, past and present.

This year Young (a locality) is holding a *Lambing Flat Chinese Festival* in April – commencing Friday evening 11 April, followed by a full day and evening program on Saturday 12 April. Young (formerly known as Lambing Flat) was the site of the infamous Lambing Flat riots of 1861. Am assisting with the programme and looking forward to bringing some Chinese culture and entertainment to Young.

#### Daphne Lowe Kelley lowekelley@bigpond.com



Giant horse on parade



Market gardeners on display



Daphne Lowe-Kelley, Karen Wu Christine Wong, Lucy Chang, Katharine Lowe

# Celebrating Chinese New Year .....

It is a good omen to start the Chinese New Year off with exceptionally good weather – at least for Wellington!

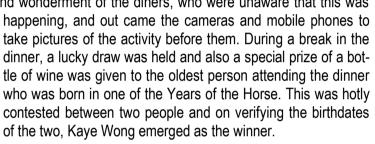
On Sunday 2 February, the day started with a slightly overcast sky which cleared to brilliant sunshine with a very slight

breeze. An ideal day for the celebration to herald in the Chinese New Year of the Horse.

The Asian Events Trust in conjunction with the Wellington City Council, organised a festival day at the Michael Fowler Centre with Chinese food stalls and other cultural activities followed by a parade of some 12 floats through the Courtenay Place precinct ending up at the Michael Fowler Centre.

In the evening, the Tung Jung Association hosted a dinner at the Grand Century Restaurant to celebrate the Chinese New Year. Over 300 people attended the occasion, which of course packed the restaurant, and made the evening a time of joy and laughter. The lion dancing team of the Poon Fah Association started the evening off with a clash of cymbals and the thumping of the big drum to herald in the lion dancing team. The lions, there were two

of them, danced around the tables, much to the joy and wonderment of the diners, who were unaware that this was



The food cooked by the restaurant chefs was fresh, delicious and ample to satisfy the palates of the diners. A raffle was also held, with many prizes to be won and each winning ticket holder was able to pick the prize of their choice of the prizes remaining. An enjoyable evening was had by all attending with many looking forward to attend our next function.

**BE EXIT** 

The crowded restaurant

### Meeting the new Chinese counsellor .....

The president was invited by the Peaceful Reunification of China Association to attend a function at the Shanghai Restaurant on Friday 3 January 2014 with other Wellington Chinese groups to a welcome for the new counsellor at the Chinese Embassy, Mr. Xu Chun 徐

春 and to farewell the present counsellor Mr. Fu Yaumen 扶佈文. Mr. Fu's term at the Embassy has ended and he is being transferred to Bombay, India, where he will take a post there.

The new counsellor has already invited some committee members to attend the Chinese New Year function usually held at the Embassy.

The Shanghai Restaurant put on a very delicious dinner for the 40 plus people who attended. Speeches were given by the organising group, the old counsellor and the new counsellor before the dinner.



The crowd at the Michael Fowler Centre

# Har Gee 下基(Xiaji) village reunion......

The Chan family from Har Gee held a very successful reunion, at Mangere, Auckland, on January 27 2013. At this second reunion, organised by Ruth Lam, Maggie Chan, Vincent Chan and Helen Wong, the Chan family celebrated the 75<sup>th</sup> year of arrival of their women folk and children, in 1939.

Since 1939 the Chan's have gone from strength to strength, contributing in every aspect of New Zealand's society – from business men, artists, scientists, academia, medicine, sports.

In attendance were descendants from 9 out of 10 distinct family lines in New Zealand. Family travelled from as far away as Perth and Sydney; and from all around the upper North Island.

A panel of speakers included Dan Chan Lee, Percy Kai Fong, Mu Jung Wong, and Shirley Lee. They covered the period from 1900s to 2000s. Of great assistance was May Chan with the ability to link the old village families with the current families left in Har Gee.

As a result of the reunion, the Har Gee Chan's in New Zealand book will be published soon, as well as a NZ Har Gee Chan jia pu for the families



Auckland branch of Tung Jung Association is currently proposing a visit back to Zengcheng at the end of June 2014. Any Har Gee villagers or other Zengcheng villages with a yearning to visit, please contact <u>helenwong888@gmail.com</u>.

Helen Wong, Auckland





# Ching Ming Festival 青明節......

The Tung Jung Association will observe the Ching Ming Festival, as it has done for the past 88 years. The Ching Ming Festival is a traditional festival held in China to honour the ancestors. It is usually held on 4th or 5th April every year and families go to the graves of their ancestors to pay respect. Offerings in the form of paper images of material things and food are are usually placed on the graves and the families will then partake the food with their ancestors. In the past, members of the Tung Jung Association usually congregate at the Tung Jung memorial at Karori Cemetery to pay their respects during the day then in the evening, a public dinner would be held in the Association's premises or as in latter years in a Chinese restaurant. Owing to the lack of interest in participating at the dinners because of the close proximity of the Easter holidays, the Association has decided not to have a public dinner but still observe the tradition of paying their respects to their ancestors at Karori Cemetery followed by an informal dinner in the evening for those wishing to attend. The Association will observe Ching Ming on Sunday 6th April 2014 at 12 noon at the Tung Jung Memorial at Karori Cemetery, Wellington. All are welcome to attend but please contact Gordon Wu 027 4875314 for catering purposes. See you all there!

### Obituary.....

#### Frank William Kwok - Bak Shek village 白石村

#### Born 25 March 1929 Died 3 February 2014

BSc 1948, MB ChB (NZ) 1954, DLO RCP (Lond) RCS (Eng) 1957, FRCS (Eng) 1960 Eye and ENT Registrar, Wellington Hospital 1956 SHO, later Registrar, Royal National ENT Hospital, London 1957 - 1959 Senior Registrar, Metropolitan ENT Hospital, London 1960 Visiting ENT Surgeon, Wellington Hospital 1961 - 1983 Retired from private practice in 2003



Frank Kwok, only son of long standing ex-president of the Tung Jung Association Kwok Kee Yee 郭期頤 and Joon Foon Kwok passed away on Monday 3rd February at Wellington Hospital, after a short illness. His wife, Nanette, had passed away four months before him.

Frank, born in Wellington, the only boy in a family of ten, was educated at Mt. Cook School and Wellington College. He made up his mind at an early age to have a career in medicine, which his parents did not entirely approve however.. He attended Otago University, where he first graduated with a BSc degree before applying to attend medical school in 1948. In those days, medical school was for "British subjects only" and his application was turned down. It was finally accepted after much objection and in 1955, after completing his medical studies, he was appointed as a registrar—one of the first New Zealand born Chinese to work as a registrar in a New Zealand hospital.

In the late 1950's, Frank went to London where he completed his studies to become a Fellow of the Royal College of Surgeons and it was here that he met his wife Nanette Wallis, who was completing her nursing studies.

Their courtship was a long and trying time for both of them as in those days, mixed marriages were frowned upon but love won in the end and in 1965, they were married at Wellington Cathedral in Molesworth Street.

Frank later became head of the ENT (Ear, Nose, Throat) unit at Wellington Hospital and went on to establish a private practice in Wellington.

He was a Rotarian but always wanted to work in a Chinese environment and when an opportunity arose for him to work for the Hong Kong Government as an ENT consultant, he took it, as it also gave him an opportunity to visit his ancestral village of Bak Shek near Guangzhou on several occasions.

He returned to Wellington with his wife and two sons in 1989 and re-established his practice in Roxburgh Street in Mt. Victoria until his retirement in 2003.

Frank never fully recovered from the death of his wife and he paid tribute to her at her funeral that she was more Chinese than the Chinese themselves and that his sisters treated her as an older sister.

A respected doctor, surgeon, friend and patron to Wakefield, Bowen and Wellington Hospitals, and esteemed Director for the Hong Kong ENT Department in the 1980's.

He is survived by his two sons, Warren and Martin and their families.

His funeral was held at The Cathedral of St Paul, 45 Molesworth Street, Thorndon, Wellington on Monday 10 February, 2014 at 1pm, followed by a private family burial at Karori Cemetery. The tributes collected at Frank's funeral were donated to the Ronald McDonald House.



Crown Studio photograph 1946—Frank Kwok and sisters

Adapted from Dominion Post and other sources.

# China's farmland too polluted to grow food......

More than 8 million acres of farmland in China is so highly polluted that it is too contaminated to grow crops! This was just reported by Wang Shiyuan, deputy minister of the Ministry of Land and Resources. Even higher pollution estimates — up to 60 million acres — are speculated by some scientists.

Farmers have been using heavy metals (lead and cadmium) and other chemicals to grow food, a Cabinet official said. Also, there has been a heavy use of farm chemicals along with very lax environmental enforcement by the country. Why the toxicity went unnoticed, is partly because officials have had their hands full with smog and water contamination problems.

The government would not release the results of a nationwide survey of soil pollution, stating the information was a state secret.

A dangerous level of cadmium was found by inspectors in the rice grown in Henan, a major heavy metal-producing region. Cadmium is a carcinogenic metal that can cause kidney damage and other health problems.

China, wanting to grow as much food as possible from its land, has put thousands of farms close to chemical plants, mines and other heavy metal industries. This, of course, has increased contamination.

Farmers across China are now prohibited from growing food for human consumption in areas considered highly polluted. Wang said the government was determined to prevent toxic metals entering the food chain.

The Communist Party has a five-year plan, promising to reduce heavy metal pollution and clean up contaminated areas.

The government is working on a long-range plan and expects to spend several tens of billions of yuan (several billion dollars) a year on the effort according to Wang.

Scientists say one approach could be to plant trees and other vegetation to absorb heavy metals.

Apparently this has been going on a very long time as a land survey revealed traces of toxic metals dating back a century. Researchers say that as much as 70 percent of China's soil could have problems.

# China gets tough on smoking......

In the latest stage of China's anti-corruption drive, Communist Party officials have been issued instructions asking them to "lead by example" and refrain from smoking in public places and to speak out against those who do. The new regulations forbid the use of public funds to buy cigarettes and bans tobacco companies from sponsoring state events. Those who flout the rule will face "party discipline". Xinhua, the state news agency, says "a clean Government begins with fresh air". China is the worlds biggest consumer of cigarettes and people just light up anywhere and it is estimated that twice as many people are exposed to second-hand smoke.

Dominion Post January 2014

# Did you know.....?

Ice cream was invented in China around 2,000 BC when the Chinese placed a milk and rice mixture in the snow. The most common surname in Beijing is Wang.

China's consumption of Coca-Cola is not trivial, in fact, they are the world's largest imbiber. China's number of listed dialects totals approximately 206.







### Investing in China ......

A Frenchman has discovered that a million-dollar apartment he bought seven years ago was built illegally, and he is now unable to sell it.

The South China Morning Post reported that Didier Boissiere paid seven million yuan (approximately \$1 million) for a 200 square-metre Beijing apartment that came with luxury amenities, including a fitness centre and a roof deck. When he attempted to sell the property this year, he discovered his property had been built illegally by the developer, who had also failed to provide him a certificate of ownership.

Chinese law requires property developers to provide ownership certificates to buyers no more than a year after a transaction, but Mr Boissiere has yet to receive one.

As a result, Mr Boissiere has been "somewhat taken hostage in China", according to the paper.

Beijing authorities said the developer had constructed 19 illegal penthouses, one of which Mr Boissiere owns, and had refused to demolish them. This meant the property company had been unable to apply for ownership certificates from the housing commission.

Mr Boissiere is now asking the developer to compensate him for the delay in issuing the certificate, or to buy back his property at the market price, which has doubled since he bought it.

Yin Xuefeng, Mr Boissiere's lawyer, told the *South China Morning Post* the development was one of many "dead projects" in Beijing, whereby both the government and the developer have reached an impasse. The developer, Beijing Zhengxujingdian Real Estate Development, has not responded to the request, with their sales office now closed.

Mr Boissiere is now planning to bring the case to court following similar unsuccessful attempts by other owners.

Dominion Post Nov.2013

# China praised for landmark destruction of illegal ivory......

If you bought ivory carvings in China, you had better hang on to them.

China has carried out its first large scale destruction of illegal stockpiled ivory in southern Guangdong where much of China's ivory trade is carried out. The ivory from Africa was intercepted by customs officers as well as from carving factories and shops.in China. China is the world's biggest market in illegal ivory. By destroying the illegal ivory, it is hoped that will save 35,000 elephants in Africa every year.

lvory has been prized as a safe investment by China's growing middle class and is often exchanged when business deals are struck. Much of the ivory on the market is legal, bought from African governments but the high demand has resulted a trade in illicit ivory that has fake provenance certificates.

China's leadership in curtailing the illegal ivory trade is a great shift in recent years from its previous refusal to discuss the matter.

The director of "Save the Elephants" praised China in taking this symbolic step towards saving Africa's elephants.

Dominion Post January 2014

# Zengcheng City 增城市......

As from 12 February 2014, the Chinese Government upgraded Zengcheng City, previously a county level city, to become a district under the jurisdiction of Guangzhou. Does this mean that this is another step toward the proposed super city of Guangzhou? All mail should be addressed as Zengcheng District, Guangzhou, China. 增城区,廣州市,中國.

# SPECIAL GENERAL MEETING (SGM)

A Special General Meeting is being called on Sunday 4 May 2014 at 33 Torrens Terrace, Mt. Cook, beginning at 2 pm.

Business to be discussed is whether the Tung Jung Association should sell the present premises and buy a smaller building or retain the present one.

If you are concerned about the future of the Association, please attend this SGM to voice your concerns. If you cannot attend but would like to voice your concerns, please use a proxy or write to the Secretary, Tung Jung Association, P.O. Box 9058, Wellington, before 1st May 2014.



# Proposed trip to North Queensland.....

At the time of publication of this newsletter, we are still waiting for the itinerary and arrangements from the travel agent for the proposed trip to be confirmed.

Briefly, it is proposed to travel to Cairns, where we will meet the Cairns and Districts Chinese Association who will host us and show us around and have lunch or dinner with them. This will be a good opportunity to meet other overseas Chinese groups and see what they do.

Over a 7 day period, it is proposed to visit Atherton, Chinatown, Cookstown, sugar cane fields and pineapple plantations as well as seeing local sites of interest as there was a strong Chinese influence in the area which once had goldfields

The proposed trip will be in the vicinity of \$2500 to \$3000 and will take place after Easter in late April.

If you are interested in this trip, please register your interest to Gordon Wu by email: gordon.wu@xtra.co.nz or telephone 027 4875314 and we will keep you posted.

# 

The Association thanks the following for their generous contributions to enable the Association to keep moving for future generations.....

Edmund Lowe (Christchurch)	Keith Lowe	Frank Kwok	Philip and Virginia Chong
Spencer and Robyn Ting	Fred and Yvonne Wong	Mrs. Garling Wo	ong Mary Chong
Anne and Jeannie Wong			

# Wellington New Chinese Friendship Association.,....

On Saturday 16 February, the president was invited to a Chinese New Year celebration organised by the Wellington New Chinese Friendship Association at the Newtown Community Hall in Colombo Street.

Among those attending were staff from the Chinese Embassy and representatives of other Chinese organisations in Wellington. The hall was packed with New Chinese Association members and the one and half hour programme was lively and amusing. The programme was all performed by the New Chinese Association members and judging by the variety of items performed, there is a lot of talent in their ranks. Items performed included singing, both male and female singers, group dancing in colourful costumes, violin playing by a young girl (about 10 years old), guitar playing and a comedian who entertained the audience. The only problem that the president found, even though he enjoyed it, was that the whole programme was all in Mandarin and he didn't understand any of it!!

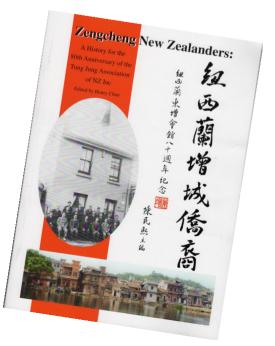


# Zengcheng New Zealanders.....

We still have a few copies of this popular book left. If you haven't got your copy yet or know of friends who would like one, this is your chance to get it now before it goes to the general public in April.

The price is \$48.00 including packing and postage.

Please send your name, address and cheque to: Tung Jung Association, P.O. Box 9058, Wellington 6011



# The ethnic tribes of China......

This is a series of articles briefly describing the ethnic tribes of China who make up the population of China.

- 1. The Mongols 蒙古族 (měng gǔ zú) are people with a long and varied history and lead a no-madic life. Most of China's grasslands are the homes of Mongolian herdsman, thus known as "prairie pride". In modern times, tradition festivals, such as the "Nadam Convention", held annually in July or August is a sporting venue to celebrate the harvest. The festival is thrilling and moving and features sports like bare back horse racing, wrestling, Chinese chess, and spectacular local dance and songs show the unique characteristics of these people.
- 2 Hui 回族 (huí zú) In the 13th Century, a large number of Muslims from Central Asia moved into China and integrated with the local population like the Han, Urygur and Mongols through marriage and introducing their customs, art, craft, and over the years formed the tribe of the Hui. The Hui festival of ID al-Fitr, also called Iftar, is in the Islamic calendar every year for Ramadan. In this festival, children, girls over 9 years and boys over 12 years, in good health, should begin Fasting. After the liberation, the State made this festival a holiday.
- 3 **Miao** 苗族 (miáo zú) The Miao people can trace their ancestors back to the primitive Chi period in China's history from the Central plains tribes. They believe that everything has a past spirit and worship nature. Apart the traditional festivals, the Miao have special eating related festivals. The Miao people have a long history in dance and song and are skilled in the arts and crafts like embroidery, brocades, batiks and jewellery which are internationally famous.
- Dai 傣族 (dǎi zú) The Dai people have a long history dating back to the 1st century AD. The Dai have a strong belief in Buddhism which is incorporated in their many festivals and activities. Each year in the Dai calendar, the Songkran festival is the biggest, which is usually held in June. At that time, the people offer donations to temples and have banquets for relatives, friends and the monks.. It is at this time that they congratulate each other with flattery and best wishes.
- 5 **Lisu** 傑傑族 (lì sù zú) In the Tang Dynasty, the Lisu people lived along the Jinsha River at the junction of Sichuan and Yunnan province but due to war and other reasons, they migrated to the Nujiang River area in western Yunnan to settle and in June, 1985, the Government establish the area where they lived as Weixi County in Yunnan Province. They have eight festivals every year beginning in February.
- 6 **Tibetan** 藏族 (zàng zú) The Tibetan language is known as "Bo 博". "Bo Ba 博巴" roof of the world, as Tibet is called, is beautiful and amazing. The present population of more than 1.3 million people, of which 95% are Tibetans is one of China's most ancient peoples. Tibetans gener ally believe in Buddhism and Lamaism. In the past, many of their activities were associated with religion. Nowadays, they have the Tibetan New Year, bathing festival, and butter festival.
- 7 **Zhuang** 壮族 (zhuàng zú) The Zhuang people is China's most populous and are indigenous in the south of the five ridges. They are famous for their brocades of which there are 20 different types. Brocades from this area, along with brocades from Nanjing, Chengdu and Suzhou are China's four most famous brocades. The Zhuang original beliefs was worshipping ancestors but Now, many are Catholics and Protestants. Their most popular festivals are the annual March Song festival and Chinese New Year. Other festivals include Zhoingyuan Ghost festival, qinming, August Moon festival and the Dragon Boat festival as well as Chung Yeung.
- 8 **Korean** 朝鲜族 (cháo xiǎn zú) Korean are found mainly in Jilin, Heilongjiang and Liaoning prov inces. Korean ancestors were moved from the Korean Peninsula to China's Northeast There are five Korean folk festivals, they still celebrate. The festivals are: Mongol (Chinese New Year), Lan tern (Lantern), Hanshi (Qingming), Dragon Boat Festival, Chuseok. Korean traditional respect for the elderly has a long history, as early as in Lee Korea (1392-1910) period, September 9 will be.

















### The Ethnic Tribes of China contd......

determined annually to pay respect to the elderly.

- Gaoshan 高山族 (gāo shān zú) Gaoshan are collectively referred to as the territory of Taiwan Province of minorities, including more than a dozen ethnic groups. "Gaoshan" The name was given after 1945 to Taiwan. Gaoshan forest cover large areas, known as "forest treasure" in the world. There are many Gaoshan festivals. Many of their traditional festivals have strong religious overtones. The Harvest Festival, the equivalent of Han Chinese Spring Festival is the biggest festival in Gaoshan.
- 10 Naxi 纳西族 (nà xī zú) The original Naxi nomadic people lived by the Yellow River in Qinghai Province, HuangShui valley of the ancient Qiang people. Later they moved to South West and Northwest areas, and differentiate into different ethnic groups, which included the Naxi. In Lijiang, the Naxi Mosuo people believe in gods, worship nature and believe all things chosen by the gods to dominate. Every year on July 25 is "Mt Festival" Lion worship, when people worship nature of the entity.
- 11 *B1ang 布朗族 (bù 1ǎng zú)* Blang people are descendants of the ancient Pu. After the founding of new China, they were collectively known as the Brown family. In the past, Blang people worshipped multiple gods, believe in Theravada Buddhism in general, and have many traditional festivals and religious activities. One of the most distinctive festival galas are: New Year, offering Walled God, cow and foot washing. The Blang Mountain Sport Festival is the big gest festival, held annually in mid-June which usually lasts three days.
- 12 Achang 阿昌族 (ā chāng zú) Achang people live mostly in Yunnan Province. They are one of China's oldest ethnic minorities. The people scattered throughout the province were known collectively after the Liberation as Achang. Wui Street, is a traditional gathering of Achang people, held in mid-September which is celebrated more than the annual Lunar New Year. Achang religion is Theravada Buddhism. In addition to religious festivals, there are other traditional festivals unique to the Achang, such as the Torch Festival, Waterloo Luo Festival, Spring Festival and Watering plants festival
- Nu 怒族 (nù zú) The Nu is one of the ancient peoples of Yunnan, where several other tribes live together . Nu traditional festivals are New Year, Flower festivals and sacrifices to Ceres, Mountain festival. The Chinese New Year festival atmosphere which is the most popular, is both grand and simple. The Fairy Folk Festival is a traditional festival of the people of Yunnan. Local Flower Festival, also known is held on March 15.
- 14 Ewenki 鄂温克族 (è wēn kè zú) The Evenki people live mainly in the Heilongjiang Province in Northeast China and Inner Mongolia. Evenki means "living in the mountain forests of the people.". At 52 degrees north latitude in Daxinganling primeval forest, there are still footprints of the original Evenki people who smoked, and their settlements there is Aoluguya Evenki hunters village "North Pole Village". Obo Day is an Ewenki religious holiday but they also hold a number of cultural and sport activities, and thus has a wide following. In addition to the Spring Festival there are other festivals and holidays, but also in late May, the Ewenki has a "meter-wide ground" 米阔勤"节 sport festival.













To be continued.....

# Gua sha -刮痧 - scrape away pain

*Gua sha* (Chinese: 刮痧; pinyin: *guā shā*), meaning "scraping sha-bruises", is a traditional Chinese medical treatment in which the skin is scraped to produce light bruising. Practitioners believe *gua sha* releases unhealthy elements from injured areas and stimulates blood flow and healing. *Gua sha* is sometimes referred to as "spooning" or "coining" by English speakers, it has also been given the descriptive French name, *tribo-effleurage*.

Gua sha is a common practice in Traditional Chinese Medicine (TCM), and an invaluable technique in an acupuncturist's armamentarium.

Gua sha is an ancient healing technique used by many clinicians of TCM. In this procedure, a lubricating medium, such as massage oil, is applied to the skin of the area to be treated. A smooth-edged instrument is used by the acupuncturist to apply short or long strokes on the skin, typically in the area of pain or on the back parallel to the spine. This stroking motion creates raised redness (*petechiae*) or bruising (*ecchymosis*).

*Gua sha* involves repeated pressured strokes over lubricated skin with a smooth edge. Commonly a ceramic Chinese soup spoon was used, or a well worn coin, even honed animal bones, water buffalo horn, or jade. A simple metal cap with a rounded edge is commonly used.

In cases of fatigue from heavy work, a piece of ginger root soaked in rice wine is sometimes used to rub down the spine from head to feet.

The smooth edge is placed against the oiled skin surface, pressed down firmly, and then moved down the muscles—hence the term *tribo-effleurage* (i.e., friction-stroking)—or along the pathway of the acupuncture meridians, along the surface of the skin, with each stroke being about 4–6 inches long.

This causes extravasation of blood from the peripheral capillaries and may result in sub-cutaneous blemishing (*ecchymosis*), which usually takes 2–4 days to fade. *Sha* rash does not represent capillary rupture (*petechiae*) as in bruising, as is evidenced by the immediate fading of the markings to echymosis, and the rapid resolution of sha as compared to bruising. Practitioners tend to follow the tradition they were taught to obtain *sha*: typically using either *gua sha* or *fire cupping*. The techniques are sometimes used together.

While gua sha is most commonly used to treat pain, it can also be utilized by TCM clinicians to address conditions such as asthma, bronchitis, colds, flu, fever, heatstroke, fibromyalgia, strains, sprains, and muscle spasms. Some view gua sha as folk medicine, but the scientific research community may beg to differ! Researchers from institutions like Harvard and Beth Israel Medical Centre are demonstrating both efficacy as well as offering insight on why gua sha works. A study published in a 2011 edition of *Pain Medicine* demonstrated that gua sha decreased pain for chronic neck pain sufferers, noting that "neck pain severity after 1 week improved significantly better in the gua sha group compared with the control group (heat therapy)."



Back of patient after gua sha



Tools for gua sha



Back of patient after "firecupping"

Researchers have used various techniques, including Doppler images, to show that microcirculation is indeed increased in the treated area, therefore decreasing both local and distal areas of pain. In the mice model, gua sha was shown to influence an enzyme (Heme Oxygenase-1) that has a protective antioxidative effect in the cells. An interesting case study showed gua sha decreases inflammatory markers of a patient with liver injury due to Hepatitis B, suggesting gua sha may even have a protective effect on the liver. As is the case for most healing modalities in Eastern Medicine, modern science has yet again validated the effectiveness of this ancient technique.

If you are interested in gua sha therapy, seek out a licensed acupuncturist in your area. The acupuncturist will first perform a thorough evaluation during the initial consultation to be sure you are a good candidate for this type of treatment.

### Inspirational stories......

On the outskirts of Beijing, is a small village of red-bricked farms flanked by rows of fields, called Mawu village, lives an unlikely inventor. Wu Yulu, a 51-year-old repairman, builds robots of his own designs, using nothing but scrap and a fifth-grade education. He spends more than two-thirds of his monthly 1,000-rmb salary on an obsession that keeps him up at night and has plunged his family into debt. Such single-minded dedication to invention is rare, and rarer still in China's farming communities, where life usually centres around the family and the harvest. Though he has never

sold a single robot, Wu won't stop. He's been building robots for years, he said, starting with nothing but a compulsion to see how things worked. A

In the late 1970s, Wu got a job at a farm machinery factory, and the small income helped him turn used sewing machine parts and some steel wire into his first robot. "Until now, I don't know the theory of physics, but I knew that electricity can drive motors and power can be transferred to the robot's hands and legs with levers and wires," Wu said. After his first robot turned out to be "disabled," Wu continued to experiment. In 1982, the first movable robot, Wu Laoda (the first son of the Wu), was born. Wu's robots' given names indicate the order they are created, and they are all given his own family name (Wu). His most famous robot is named Wu . He has built robots capable of climbing walls, serving water, lighting cigarettes, playing musical instruments and writing calligraphy.

His wife, Dong Shuyan, standing in a yard littered with scraps and rusted skeletons of neglected inventions as her two teen-age sons help their father, said she hoped that this time Wu would find a way to start repaying the family's debt, a figure that has risen past 20,000 yuan. They had to borrow money from their neighbours and the local government to build the walker. That loan was added to the money they'd had to borrow after an electrical fire that started with one of Wu's inventions burned down their house and almost everything in it.

So far, all the mechanical units Yulu constructed are designed to help around the yard, and he says that his latest model, a tall robot designed to pull rickshaws, is a very useful thing to have around the house on a rainy day, when you don't want to get your feet wet on account of puddles. In addition, the robot has a weird-sounding voice, as well as flapping years, and pulls his burden saying "I'm a rickshaw-pulling robot. Wu Yulu is my Dad, I take him out about town."

"When we got married, everyone warned me he would care more about his robots than about me, but on the other hand, at least he doesn't drink or chase other women," said Dong Shuyan, Yulu's wife, who was warned about the man she was going to marry. She added that her husband behaves "child-like" when around robots, with great enthusiasm and commitment.

He started making robots at about 11 years of age. With a different upbringing or education perhaps, Wu might have become an engineer. But his teachers were no good when he was school-aged, she said, so he stopped going. He learned to make robots by making mistakes.

Wu Yulu's perseverance has paid off. He had been invited to display more than 30 of his robots during the Shanghai World Expo 2010, where he promoted the practical uses of his robots.

The inventor has already received a string of prizes and contracts with universities.

"I never expected to become famous," he told reporters. "I never pictured myself playing with my robots in a large museum in Shanghai,

surrounded by so many people. Making my robots is just a hobby -- I don't think it will end up being a big business, with mass production and marketing. It is just a personal thing."

Personal thing or not, Wu is now in demand for his ingenuity and has become famous internationally with firms and organisations clamouring for his services.

See some of Wu's robots in action on: http://vimeo.com/2322883.







# 新西蘭東增會館

# THE TUNG JUNG ASSOCIATION OF NZ INC



Established 1926

33 Torrens Terrace, Wellington, N.Z. PO Box 9058, Wellington, N.Z. www.tungjung.org.nz

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