

# 想

## xiǎng

think;  
hope

想到	xiǎng dào	think of; call to mind
想来	xiǎng lái	it may be assumed that
想念	xiǎng niàn	remember with longing; miss
想起	xiǎng qǐ	recall

想: 这个字由“相”(相互之意)和“心”(心脏之意)组成。声旁表示一只眼睛(目)躲在树(木)后观察可能发生的危险情况, 象征检查或观察之意。它与表示心脏或心灵之意的“心”字合在一起就成了“想”字, 表示在心里观察, 即思考、考虑和希望的意思。

This character is composed of 相(inspect) and 心(heart). The phonetic: 相 represents an eye (目) behind a tree (木) on the lookout for possible danger, and signifies to examine or inspect. Combination with the radical: 心(heart, mind) produces 想, meaning to examine or inspect in the heart or mind, i.e., to think, ponder or hope.

一	十	才	木	木	木	相	相	相	相	相	想	想	想						
1	2	3	4	5	6	7	8	9	10	11	12	13							

新西蘭東增會館  
**東增** THE TUNG JUNG ASSOCIATION OF NZ INC  
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### The Tung Jung Association of New Zealand Committee 2011—2012

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Please visit our website at <http://www.tungjung.org.nz>

## ***President's report.....***

恭喜發財, 新年快樂! I hope you all have had a very joyous Christmas and a happy Chinese New Year of the Dragon.

Since the last newsletter, the Association has been involved in a few events.

In December 2011, we held a Christmas yum cha lunch for the senior members, many of whom are now finding it difficult to go out at night to our functions, at the Dragon's Restaurant. It was attended by approximately 70 senior members, who have been looking forward to this occasion and was enjoyed by all attending.

In celebrating the Chinese New Year, we had one of our largest functions at the Grand Century Restaurant with about 300 people attending. The function was co-hosted with the Wellington Chinese Association and was a roaring success.

Later in January, the Association, a member of the recently formed Wellington Chinese Community Group Trust, helped organise the Acrobatic Troupe from Guangdong for a one night show in Wellington at the St. James Theatre. The show was fully booked out through the magnificent efforts of the organising committee which showed that the new and old Chinese organisations in Wellington can work together.

In early February, the Association organised a trip to Dunedin to see the Chinese Garden there. We were met by two of the Chinese Garden members, Adrian Thein and Malcolm Wong, who showed us around and gave an in depth talk about the gardens from inception to completion.

The group also went to Lawrence, a small settlement where the early Chinese gold miners had lived. James Ng, our host, had bought the land where the settlement originally stood and has plans to restore the settlement as a tourist attraction. I would recommend that if you ever go down to Dunedin, to take the opportunity to visit the Chinese Gardens and take a trip to Lawrence to learn about the hardships of our gold mining forefathers.

In early March, the Association is involved in a golf tournament at Shandon Golf course in memory of the late George Gee, an ex- mayor of Petone and a Tung Jung member. The Association had donated a cup for the event in George's honour.

The present committee is concerned about the future of the Association. As president of the Association, I have spoken to old and present committee members about the future of the Association. Here are some points to note:

- The present mortgage is approximately \$300,000
- The average age of the present committee is about 70 years.
- The younger generation do not seem to be interested in joining the committee
- The subscriptions and donations are down from the previous year

The present committee would like to hear from members, ideas on which way the Association should go. This is YOUR Association, one that your forefathers had built up for their descendants. We need YOUR input to see which way the Association is heading. Do not leave it to a chosen few. Please contact me by email: [lorwong@xtra.co.nz](mailto:lorwong@xtra.co.nz) or phone me on 04 3863099. I look forward to hear from you all.

Willie Wong

March 2012

## 會長報告 .....

恭喜發財，新年快樂！我希望大家都有個愉快的耶誕節並祝大家在中國龍年裡快樂。從上次新聞簡訊以來，我們會館舉辦和參與一些活動

在 2011 年 12 月，我們舉辦了資深會員的聖誕飲茶午餐。但在 Dragon' s Restaurant 的活動中，由於有些會員在晚上比較難抽出時間去參加我們的慶祝活動，所以大概 70 位資深會員參加了。他們都很期待這次慶祝會同時也過得很愉快。

為了慶祝中國年，我們在 the Grand Century Restaurant 舉辦了最大的慶祝活動，大概有 300 人參加了這次活動。這次慶祝活動是與威靈頓華人會館聯合舉辦的，慶祝會也取得極大成功。

在 1 月底，我們新的會員組織了威靈頓華人交流團並說明來自廣東馬戲雜技團組織了在 the St. James Theatre 的一晚的表演。經過極大的努力，所有的票幾乎都訂滿了。這次活動展示了新的和老的華人委員會能結合一起工作。

在 2 月初，會館組織了去 Dunedin 參觀中國式庭院，我們受到來自庭院的工作人員 Adrian Thein 和 Malcolm Wong 的招待，他們帶我們遊覽並詳細和深入地介紹了關於庭院的動工到建成的經過。

我們這團人也參觀了 Lawrence，它是個住宅區。然而，早期的中國淘金礦工就是住在這裡。這次活動接待我們的 James Ng 已經買了早期淘金礦工最初居住過的那塊地。他並計畫把它弄成旅遊景區。我向大家推薦，如果你有機會去參觀 Dunedin 的中國花園，請你也參觀一下 Lawrence，去看看我們的淘金礦工的祖先過著怎樣艱難困苦的生活。

在三月初，會館會被捲入在 Shandon Golf 舉行高爾夫球錦標賽。它是紀念 Petone 的前市長 George Gee 和東增會館的會員。我們將會捐獻紀念 George 榮譽的獎盃。

現在的委員會關係着會館的將來。作為會長的我，我已經跟老的和現在的會員談論過會館的將來。下面有幾點要大家記錄的：

1. 現在的財產大概是 300000 紐幣。
2. 委員會成員的平均年齡是 70 歲。
3. 年輕新一代對加入會館不感興趣。
4. 在前年的贊助和捐贈物有減少的趨勢。

現在的委員會想聽取會員們對會館將來去向的建議。這是你們的會館，是你們的祖先建立後留給他們的子孫後代的。我們需要你們的加入去談論會館去向。不要等待了，請聯繫我們。電郵是：lor-wong@xtra.co.nz 或致電：04 3863099。我很期待你們的來信。

黃蔭邦

2012 年三月

## ***Tung Jung profile.....***

### **Deanna Wong 黄慧敏 Gwa Liang Village 瓜嶺村 heritage**

#### **Partner – Hogan Lovells (International Law Firm)**

Deanna was born in Wellington and raised partly in Hong Kong, partly in New Zealand. She now lives in Beijing with her husband Alexander Chin, also from Wellington. They have been in Asia permanently since 1998.

Deanna is the first child of Peter Wong and Fiona Wong. Her maternal grandparents were Raymond Wong and Betty Chang who both lived in Wellington.

Deanna spent her earlier years in Hong Kong, with yearly trips to spend time with her grandparents in Miramar and attending kindergarten for a few months every year during her holidays in New Zealand.

After 14 years of growing up in Hong Kong, she took the plunge and moved to New Zealand and attended boarding school for a few years at Samuel Marsden Collegiate.

Probably in part due to watching too much LA Law on television, after toying with the idea of going to medical school, she decided to go to Victoria University where she did a Law Degree and a Bachelor of Science degree. Thereafter, being lured by the glamorous world of business consulting, she moved to Melbourne and worked as a management consultant at Booz Allen & Hamilton. After a period of long sleep deprivation working as a consultant, she decided finally to go back to the legal profession.

With her science degree, She started working with A J Park, a boutique intellectual property firm in Wellington where she had interned and knew very well. After training for a period of time, she headed over to Hong Kong to work with their joint venture firm.

She oversaw the joint venture and worked with both New Zealand and international companies on their various intellectual property related matters for Greater China. This included obtaining, counselling and enforcing their IP rights.

Her initial secondment was for two years and thereafter it was extended to four years. At the end of four years, her boss in NZ finally said to her, "you're probably not ready to move back to NZ yet". Seeing that this was the case, Deanna moved to Lovells (now Hogan Lovells), a UK based international law firm in their Hong Kong office. Hogan Lovells is now one of the largest law firms internationally with offices worldwide.

She has been working substantially in client counselling in all areas of intellectual property, including brands, inventions, commercial exploitation and IT related types transactions.

Her key responsibilities included overseeing part of the HK practice and also develop their China practice. This has meant frequent travel within the region and internationally which Deanna would say is not great for the carbon footprint.

She is a partner of the firm and in 2011, after a few years of shuttling between Hong Kong and China, she moved to Beijing to head the Intellectual Property practice.

Her practice has grown from an initial number of 6 people when she started to now, where she oversees around 30 attorneys across the region.

She is also council member of a number of professional associations in the region including the Asian Patent Attorney Association, International Trade Mark Association and the Hong Kong Institute of Trade Mark practitioners.

Aside from teaching part time at one of the university courses, Deanna also and actively participates in a few sports events.

With her friends, she has also founded an art learning studio for kids and also started a charity foundation with a mission of improving education for children in Myanmar.

Deanna's interests includes diving, running, open water swimming and kayaking. One of her goals is to participate in a full ultra marathon for one of her clients Racingtheplanet.

Deanna is married to Alexander Chin, coincidentally also a Wellingtonian. The pair met in a chance meeting in Hong Kong and despite everyone saying that the NZ Chinese community is very small, the two never met even though they lived close to each other and attended the same university. One was probably in the library when the other spent more time in the canteen! We will not say who did what!



## **Seniors Christmas Lunch.....**

The Senior members of the Association had their Christmas yum cha lunch at the Dragon's Restaurant on Wednesday 7<sup>th</sup> December. The Association for the past few years had decided to hold a special lunch for the seniors as many of them are unable to attend our nightly functions because of age and other personal reasons. The place and time was picked because of easy access and not too busy mid-week for the restaurant.

Many of the seniors have been looking forward to this event as they like to meet their peers, many of whom have not seen each other for some time. The weather was kind that day and some 60 old souls attended. The restaurant provided a very substantial yum cha lunch, and with some free chocolate bars kindly donated by Whittakers Chocolate the seniors tucked into the food with relish! A lucky draw was organised by Elaine Chang and some surprises were in store as some of the oldest members actually won the prizes!! A really enjoyable day was had by all with comments that they are looking forward to the next one!!



## ***Two Tung Jung members receive the QSM.....***

In the annual New Zealand New Year honours list, two members of the Tung Jung community in New Zealand have been awarded the Queen's Service Medal (QSM) for services to the Chinese community.

The Tung Jung Association congratulates Robert Ting from Wellington and Arthur Loo from Auckland for their achievements.

Robert Ting is a retired accountant whose grandfather, Chan Moon Ting, was the first president of the Tung Jung Association in 1926. Robert has been actively involved in Wellington's Chinese community for many years following in the footsteps of his grandfather. He held the position of Treasurer for the Wellington Chinese Sports and Cultural Centre for 17 years as well as serving on their committee for a number of years and was the New Zealand Chinese Association treasurer for three years. He is currently the Tung Jung Association's treasurer, a position which he has held for the last 10 years, thus ensuring the legacy his grandfather set up is continuing.



He is also the current auditor for both the New Zealand Chinese Association and Wellington Chinese Association.

As well as being involved in the Chinese Community, Robert was also involved in his local community, serving as a member of the Lions Club of Newlands for 22 years which included him being elected President of his Club in 1981/82 and serving as Zone Chairman of Lions in 1984/85.

Since Robert was born in New Zealand as were both his parents, he sees it as important to keep his Chinese heritage alive for following generations for without it, New Zealand would not be such a diversely populated country. As you can see, Robert's services to Wellington's Chinese community will keep the community's awareness to the general public for many years to come.

Arthur Loo is a practising solicitor in the law firm of Loo and Koo in Auckland. Arthur has been involved in the Auckland Chinese community since his teenage years, initially with sports clubs activities which included chairing the organising committee for the New Zealand Chinese Association Easter Sports Tournament on three occasions. He joined the committee of the Auckland Chinese Community Centre Inc. in 1978 and was variously a committee member, secretary, deputy chairman and then chairman over a period of 33 years until the present.



He was also a past secretary of the New Zealand Chinese Association, Auckland Branch, for about 16 years and was also a president of the Auckland Tung Jung Clan Association for about 5-6 years.

Arthur has also been involved with a number of other Chinese community initiatives and is proud of his Chinese heritage.

He wanted to make a contribution not only to the Chinese community but to the community at large and therefore he has been involved with a number of charitable organisations and sporting clubs which serve the public at large as he wanted to show that Chinese migrants can and have made a valuable contribution to the New Zealand way of life.

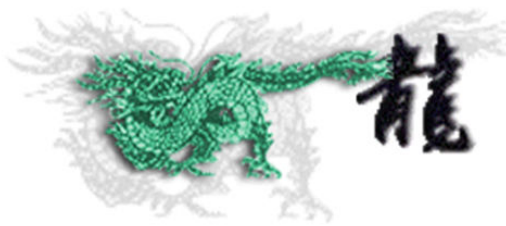
It was this passion which led him to form the law firm of Loo and Koo with his then partner Ken Koo, who has now retired, to help the increasing needs for new Chinese migrants arriving in Auckland. Today, his business has expanded with clients from all over South East Asia as far as Korea.

## **Chinese New Year – the Year of the Dragon .....**

This year 2012 is the year of the Water Dragon on the Chinese horoscope.

Though the Year of the Dragon comes once every 12 years, when coupled with the five elements, metal, wood, fire, water and earth, the Year of the Water Dragon occurs every sixty years.

The Dragon is fifth on the list of the twelve animals of the Chinese calendar and is the only one that is not a true animal but is of myth and legend. The Oriental dragon is regarded as a divine beast, a symbol of good fortune and a sign of intense power, not like the evil winged dragon of western culture. . During the Sung Dynasty, the Dragon was described as having the head of an ox, a muzzle of a donkey, eyes of a shrimp, horns of a deer, body of a serpent covered with fish scales and the feet of a phoenix. There are three, four and five toed dragons and depending on your status, the improper use of the toed dragons is considered treason and punishable by execution.



The number **nine** is special in **China** as it is the largest possible single digit, and Chinese dragons are frequently connected with it. For example, a Chinese dragon is normally described in terms of nine attributes and usually has 117 (9x13) scales - 81 (9x9) Yang and 36 (9x4) Yin. This is also why there are nine forms of the dragon and the dragon has nine offspring. The "Nine Dragon Wall" is a screen wall with images of nine different dragons, and is found in imperial Chinese palaces and gardens. As nine was considered the number of the emperor, only the most senior officials were allowed to wear nine dragons on their robes - and then only with the robe completely covered with **surcoats**. There are a number of places in **China** called "Nine Dragons", the most famous being **Kowloon** 九龍(in Cantonese) in **Hong Kong**.



Some characteristics of people born in Dragon years are enterprising, flexible, self- assured, passionate, brave, conceited, tactless, quick tempered and innovative. Those born in the Water years of 1952 and 2012, will have their temperament quelled as water has a calming effect and therefore makes them more perceptive to others. They will also understand the art of patience and therefore will make smart decisions and see eye to eye with other people. Their actions can misfire if research is not adequate or if they have unfinished projects before starting another.

Occupations that Dragons excel in are: computer analysts, inventors, architects, lawyers, brokers, salespeople, advertising agents, politicians, officers in armed forces, engineers and managers.

Being hard-working, Dragons usually put off having families until later on in life but when they do, they are proud parents and tend to boast about their family.

In celebrating the arrival of the Year of the Dragon, the Tung Jung Association in conjunction with the Wellington Chinese Association held a dinner at the Grand Century Restaurant on Sunday 22<sup>nd</sup> January. Almost 300 happy people enjoyed the sumptuous meal prepared by the restaurant's chefs. Representatives of the Chinese Embassy, Ethnic Affairs also attended and a good time was had by all. The usual lucky draws and a raffle of excellent donated prizes were also held. The Association is fortunate to have such people to support them.

As astrology is an integral part of Chinese life, many people are looking forward to the Chinese zodiac year of 2012 which began on 23 January.

# Tung Jung and Wellington Chinese Associations Chinese New Year Dinner Photos



Willie Wong TJ Assn



Steven Young WCA



Looking down on the diners



Elaine Chang with raffle prizes



Drawing the raffles



Happy prize winners





## Chinese Acrobatic show.....

In conjunction with the Chinese New Year, the Chinese Government sent a well renowned acrobatic troupe to Wellington on the 31 January for a one night show. It was held at the St. James Theatre in Courtenay Place and the show had a full house of 1500 people. Some forty performers, many of them in the 16 to 20 year age group and mainly from Guangdong province, performed with amazing skill and agility to the appreciative audience. There were tumblers, balancing acts, dancers, uni-cyclists, aerialists, contortionists and other acts that received a rousing ovation from the audience. The show, organised by the Guangdong Chinese Overseas Affairs Office, also sent the troupe to the Pacific Islands, Auckland, Christchurch and Australia.

A welcoming dinner and the concert in Wellington was organised by a newly formed group of Wellington Chinese organisations called the Wellington Chinese Community Group Trust of which the Tung Jung Association is one of the organisations. This is the second time that the old established Chinese organisations and the new Chinese migrant organisations have worked together for mutual benefit.

The show was such a great success that the Chinese Ambassador, who was an invited guest, was so pleased that he had invited the Group's committee to his residence for a dinner to show his appreciation



Organising committee



Young performers



Perfection in control



Balancing and spinning



Poised balancing



Don't fall off!

## ***The Tung Jung Trip to Dunedin.....***

Tuesday 7<sup>th</sup> to Thursday 9<sup>th</sup> February 2012.

A group of 18 members and friends met at Wellington Airport on the Tuesday morning to catch a flight to Dunedin at 9am. The flight, in good weather conditions took about one hour and thirty five minutes to touch down at Dunedin Airport. We picked up two rental mini-buses, nine in each mini-bus, to take us all to the 858 George Street Motel run by Michael and Sally Young.

After settling in and had lunch, we went to the Dunedin Chinese Garden, which is near the railway station, where we were met by Malcolm Wong and Adrian Thein, two of the core committee members of the Chinese Garden, who showed and explained the workings and construction of the Gardens after splitting into two groups.

The Chinese Garden, designed and built with expertise from Shanghai, is set in three thousand square metres of land donated by the Dunedin City Council. We were told that everything except the soil, water and plants were all imported in over one hundred containers from Shanghai – even all the rocks that is a major feature of a Chinese garden! It was a monumental task for the person who had to put all the rocks together and cement them in place so that they all looked like large natural boulders! When asked if they had any left over after finishing, the reply was –yes!!

As New Zealand regulations would not permit imported plants, a team worked with the Dunedin City Council park and reserves department to source and grow the plants required for the garden. They have done a wonderful job as the trees and plants are all thriving and look very healthy in Dunedin's weather. There is even a banana tree growing there!!

Construction of the walls, arches, windows, passageways and all woodwork are done in the typical Chinese fashion of jointing and glueing. Apparently, no nails were used in joining two pieces of timber together!

The wooden structures were built around the perimeter of the site and the centre was taken up by a large pond interlaced with zigzagged granite paths, arched bridges and with ducks and fish swimming in the pond. There is a small courtyard where one can sit and contemplate in the serene surroundings and also a Chinese teahouse where one can sip Chinese tea in original clay cups. A souvenir shop where one can buy Chinese souvenirs is situated on the way out.

After visiting the Chinese Gardens, the group went to St. Clairs beach but it was very windy and the sea was rough, so we headed to a café for a cup of coffee before going to a Chinese restaurant for dinner later.

The next day was a tour of Cadbury's chocolate factory in the morning. These are conducted tours that have to be booked in advance. We were not allowed to take any photos on the tour. The guide showed us different aspects in the manufacturing of Cadbury's chocolate and distributed free samples to all of us. The highlight of the Cadbury's tour was when the guide took us into an old disused silo and dimmed the lights. She pressed a button and everyone jumped back as hundreds of litres of liquid chocolate came pouring down the middle of the silo!! The factory was meticulously clean for an old building and all staff and visitors (even us) had to wear paper hair bonnets. If you go to Dunedin, you must pay a visit to the Cadbury's factory.

After lunch, we drove to Lawrence, about an hour's drive south from Dunedin, to visit the old Chinese gold-miners settlement. We were met by James Ng, who had purchased the land with the intention to restore the old settlement as it was in its heydays as a tourist attraction. All that is now standing is the original hotel. James showed us some slides of the original settlement with its wooden houses where the Chinese miners, who came mainly from Guangdong province to work in the once gold rich areas around Lawrence so they could send money back to China. There is about five hectares of land there, all flat, and when Jim fulfils his ambition, should be a great tourist attraction.

**The Tung Jung Trip to Dunedin contd....**

That night, we went to another Chinese restaurant and invited Adrian Thein, Malcolm Wong and Jim and Eva Ng for dinner but Malcolm Wong was not able to attend.

On our third and final day we split into two groups. One group went to the South Otago peninsula to see the native wild life and the other stayed in the city to visit the Botanic Gardens, museum and the Railway Station and did some shopping. The two groups met at Dunedin Airport at 4pm for the flight back to Wellington.

In all, the trip was very successful and everyone enjoyed themselves and learnt a lot also.

On behalf of the group, I would like to express our thanks to Willie Wong and Gordon Wu for taking great care in driving all of us around in the mini-buses. They both did a good job and no-one got car sick!

Elaine Chang



A—Gateway to Chinese Garden  
 B—Inside the Garden  
 C—Tung Jung group outside the entrance  
 D—Waterfall  
 E—Place for tranquillity  
 F—Weeping willow  
 G—James Ng at Lawrence  
 H—Description of hotel at Lawrence  
 I—Larnach Castle  
 J—Thousands of Crunchie bars

## **Obituary.....**

**Howard Chung— 鐘振揚**

**Tai Chuen Village 泰村, 增城**

**4 July 1940 – 16 November 2011**

Howard Chung was born in Wellington on 4<sup>th</sup> July 1940.

He was the second of nine children from the late Chun Ying Chung and Doris (nee Chun) Chung.



He attended St Marks Church School and Wellington College. Howard's interests in these years were music and sport, including soccer, basketball and tennis.

Howard then went to Victoria University, studying accountancy for two years. But before completing his degree, Howard decided to start his own business, a fruit shop in Hataitai. This fruit shop, *Zodiac Fruit Centre*, was where Howard was to spend a good part of the next 38 years of his life.

Howard, with the help of his sister Marie, built Zodiac Fruit into a successful and popular store, with Howard working extremely long hours in the shop. Zodiac Fruit was known not only for its excellent service but also as a social meeting point – Howard and Marie (and later Howard's wife, Dot) being so hospitable to customers and people in the neighbourhood.

In 1966, Howard married Dot (Dorothy) Young. They went on to have five children – Richard, Mike, Rob, Janine and Campbell, who, in turn, gave Howard and Dot eight grandchildren.

After Howard closed Zodiac Fruit around 1999, Howard and Dot were able to spend more time with the family, particularly the grandchildren which they really enjoyed.

Howard and Dot also played a lot of table tennis, attending the Empire midweek club twice a week, where many of their friends played and socialised. And Howard and Dot even started hosting their own table tennis sessions at the Newtown table tennis stadium every Friday night, with these proving to be very popular.

Howard also continued his interest in handyman work, always doing odd jobs at each of his children's homes at every opportunity.

Howard served on the Tung Jung Association committee for two years, helping out with the building maintenance.

In his latter years, Howard loved watching sport on TV, particularly rugby and tennis.

Howard's funeral was at the Holy Cross Church in Miramar on Tuesday 22 November 2011. His funeral was attended by a large number of people, which was testament to Howard's great personality and generous nature. He was laid to rest next to his wife, Dot, in the Tung Jung section of Makara cemetery. All of Howard's and Dot's children and families currently live in Wellington

## Snippets.....

Gordon Wu attended a reception at the New Zealand Police headquarters to celebrate Chinese New Year. At the top floor of the Police headquarters building in Molesworth Street, with a magnificent view of Wellington, he hobnobbed with the Chinese Ambassador, the Commissioner of Police and other dignitaries and Chinese representatives from various organisations. After some short speeches, they all tucked into an array of Chinese food prepared for the occasion. It was interesting to note the number of Chinese staff working at Police headquarters and also that the Police Commissioner, in his speech, made comment that New Zealand police are looking for more Asian personnel to combat the rise in immigration. Being the Year of the Dragon, the Police Commissioner and the Chinese Ambassador were asked to “dot” the eyes of a paper dragon “to bring it to life” for the coming year.



Police Commissioner and Chinese Ambassador dotting the eye of the dragon

Some of the Association's committee received personal invitations to attend the Chinese New Year celebrations at the Beehive hosted by the minister of Ethnic Affairs. As the Association's mail box is not cleared regularly and the invitations arrived late for response, no one from the committee attended as most of the invitees were on the Association's Dunedin trip on the day of the function.

Willie Wong and Gordon Wu, representing the Tung Jung Association in the Wellington Chinese Community Group Trust, attended a lavish dinner party at the Chinese Ambassador's residence in Wai-iti Crescent, Lower Hutt, on Tuesday 21<sup>st</sup> February hosted by the Ambassador. This dinner was given by the Ambassador in appreciation for the excellent hard work by the organising committee for the recent Chinese acrobatic show in Wellington. He said that it was a great success as the Chinese Embassy was also involved and called on the Trust to help in future events. There was an array of delectable northern Chinese cuisine and the evening concluded with an informal karaoke singing with all concerned. For many, it was the first time to be invited to the official Chinese Ambassador's residence, a splendid home from the Riddiford era set in 4000 square metres of spacious grounds complete with a tennis court and out of sight from the public eye.



Ambassador addressing the organising committee



The array of delicious food



Willie Wong playing table tennis with the Ambassador

## Ching Ming Festival 清明節 .....

The Ching Ming Festival 清明節 , falls on the 4th April this year being a leap year and the Association will observe the festival with a gathering at the Tung Jung memorial at Karori Cemetery. It is a time for family to reflect on their ancestors by attending their graves to keep it clean and tidy and to spend some time with them with offerings and partaking of food. For the overseas Chinese community, the Ching Ming festival is very much a family celebration and, at the same time, a family obligation. They see this festival as a time of reflection and to honour and give thanks to their forefathers. Overseas Chinese normally visit the graves of their recently deceased relatives on the nearest weekend to the actual date. According to the ancient custom, grave site veneration is only feasible ten days before and after the Ching Ming Festival. If the visit is not on the actual date, normally veneration before Ching Ming is encouraged.



Members at Karori Cemetery 2011

Traditionally, the family will burn paper money and paper replicas of material goods such as cars, homes, phones and paper servants. In Chinese culture, it is believed that people still need all of those things in the afterlife. Then family members start take turns to kowtow three to nine times (depending on the family adherence to traditional values) before the tomb of the ancestors. The kowtowing ritual in front of the grave is performed in the order of patriarchal seniority within the family. After the ancestor worship at the grave site, the whole family or the whole clan feast on the food and drink they brought for the worship either at the site or in nearby gardens in the memorial park, signifying family reunion with the ancestors.

This tradition has been observed since the Association was incorporated by our forefathers and has always been followed by an official public dinner .

Since Ching Ming festival has been practised by the Chinese for thousands of years, it is frequently mentioned in Chinese literature. The most famous one is probably by the famous poet Du Mu simply titled Ching Ming (Qingming).

清明時節雨紛紛 ;	A drizzling rain falls like tears on the Mourning Day;
路上行人欲斷魂.	The mourner's heart is breaking on his way.
借問酒家何處有 ?	Where can an inn be found to drown his sadness?
牧童遙指杏花村 .	A cowherd points to Almond Flower Village in the distance.

Though the Association is still observing the traditions of our forefathers for Ching Ming by going to the cemetery, the committee has decided to not to have an official dinner to celebrate the festival. Instead, the committee will ask any members who attend the observance at Karori Cemetery to join the committee at dinner at a Chinese restaurant. The reason for this decision is that over the past years, the significance of the occasion has been lost at the attendance of the dinners by the general public. The number of members attending have dropped significantly over the past years. We would like to hear from members of the committee's decision and if there are considerable objections, re-instating the public dinner would be considered. As attendance at Karori Cemetery has also dropped over the years, the significance of the Ching Ming festival to the New Zealand born Chinese seem to have lost its meaning.

**The Association will meet on Sunday 1st April 2012 at the Tung Jung Memorial at Karori Cemetery at 12 noon to observe the tradition. All members are welcome to come and join us. Please let us know if you are coming for catering purposes.**

**Please let us know of your opinion on this matter which also refers to the Chung Yeung festival on the ninth day of the ninth month of the lunar calendar (late September or early October). Address all correspondence to: The Secretary, Tung Jung Association Inc., P.O. Box 9058, Wellington or email: [skwok@xtra.co.nz](mailto:skwok@xtra.co.nz)**

# Spring Festival in XianCun 仙村, 增城, China.....

Written by Winnie Lit



Hi, my name is Wing Han Lit 列穎嫻. My English name is Winnie. I am from XianCun 仙村, 增城, Zengcheng, Guangdong, China. XianCun is a small town near Ngar Yiew 雅瑶. I am an English teacher in the local middle school and my students are about 13-16 years old. I am so glad that I can tell you some cultures and customs in my village.

The Spring Festival 春節 is very important to the Chinese. It is usually called "Chinese New Year". All the people have public holidays, but at different times because some people have to work in the public services, such as public transport and shops. Before the New Year, we usually clean the house thoroughly including every corner, windows and walls. Also we will buy flowers and new decorations to decorate our houses. So you will see many flower markets around our small town. As you know, families in western countries usually have a Christmas tree to decorate their house on Christmas day. Here we usually have mandarin trees where we put red envelopes on. It means "lucky" in the coming years.

According to the Chinese calendar, This year is a dragon year. We can see a lot of dragon decorations everywhere.



All children love this festival because their parents will buy them new clothes and give them "lucky" money which is in a red envelope. However, we have a special custom. All the married people should give "lucky" money to the young, the old and the single. They usually give 5, 10 RMB to their friends' child, 20, 50, or 100 RMB to their own child, above 100RMB to their grandparents. I am very lucky as being single, I received a lot of money.

There are many customs in Chinese New Year. At Chinese New Year's eve, almost all Chinese will go back to their ancestral home and have a big dinner with the whole family. It means "All together". We usually have chicken, fish, pork, goose, mushrooms, vegetables and Chinese soup. There are usually more than 10 dishes.

On the first day, the whole family will get together. Some are talking, some are playing "Mahjong" which is a popular game in my village, some are eating snacks, some are lighting fireworks and others are making dumplings. We are not allowed to clean the floor on this day as it means "Keeping the Wealth".

On the second day, we usually visit our grandparents or parents in law. Also we have a big dinner together.

On the third day, we can't go out to visit relatives or friends. According to the Chinese calendar, it is a bad day. It will bring bad luck to others.

On the fourth day, people usually visit their brothers and sisters. They usually take some presents with them, such as candy, fruit, chicken meat, and cookies.



On the seventh day, it is a birthday for everyone. So we have rice cakes. After the seventh day, some people usually take their family to parks or temples. Most of our villagers believe in the Buddha. They go to the temple to pray. Some people wish to earn more money, the others wish to be healthy and so on.

On the fifteenth day, it is "Yuan Xiao Festival" 元宵節. It is also a Chinese Valentines' Day. We eat a special food called "Tang Yuan" 湯圓. It means all

the lovers can get together.

We usually celebrate the Chinese New Year for 15 days. After that, all the days become normal days again.



## ***The magical effect of honey with cinnamon.....***

A mixture of honey and cinnamon can cure most diseases. For centuries medicine has used honey as an important medical research. Today, scientists also accept honey can cure a variety of diseases. Honey can be used in curing diseases without any side effects. Today's science also points out that although honey is sweet, it does not harm patients with diabetes when appropriate dosage is taken. A well-known publication says that honey and cinnamon can cure the following diseases:

**Arthritis:** - Mix 2 tablespoons of lukewarm water with 1 teaspoon of honey and 1 teaspoon of cinnamon powder. By applying the solution to the aching part of the body and massaging, most pain can recede within 15 minutes. Add 2 tablespoons of honey and 1 teaspoon of cinnamon to a cup of hot water to make a drink. If an arthritis patient drinks this daily on a regular basis, chronic arthritis can be cured. In a recent research done at Copenhagen University, Danish doctors tried to give a mixture of honey and cinnamon to their patients to take before breakfast. Of the 200 patients who participated, 73 patients significantly reduced the pain within a month. Most of the patients who have difficulty in walking, found after the trial that their pain decreased and some even improved in walking.

**Hair loss:** - apply hot olive oil with 1 teaspoon of honey and 1 tablespoon of cinnamon on the skull for 5 to 15 minutes before shampooing.

**Bladder infection:** - drinking hot water with 2 tablespoons of cinnamon powder and 1 tablespoon of honey can kill the bacteria inside the bladder.

**Toothache:** - Mix 1 tablespoon of cinnamon powder with 5 teaspoons of honey to make a paste. Spread the paste on the aching area 3 times a day until pain goes away.

**Colds:** - If you catch cold, warm a tablespoon of honey and 1/4 spoon of cinnamon powder and take 3 times a day. This can cure chronic cough, colds and clear sinus.

**Infertility:** - honey has been used for years to strengthen the semen of men. If impotent men regularly take two tablespoons of honey before going to bed, their problem can be resolved. For centuries, people in China, Japan and the Far East, have used cinnamon to strengthen the uterus of women who cannot get pregnant. Add a small amount of cinnamon to 1/2 tablespoon of honey, then coated the mixture on the gum and slowly swallow it. It is said that this treatment can help infertility. In Maryland of the United States a couple could not have children after they had married for 14 years. When the couple heard the method, they began to try and gradually increased consumption of honey and cinnamon. A few months later, the wife got pregnant and eventually gave birth to twins.

**Stomach discomfort:** - According to researches done in India and Japan, consumption of honey and cinnamon powder can reduce stomach ache and intestinal gas pain.

**Indigestion:** - taking 2 tablespoons of honey mixed with cinnamon powder before meals can help digest food and reduce gastric acid.

**Heart disease:** - When eating breakfast, coat your bread with honey and cinnamon. If you do this on a regular basis, it will help to reduce cholesterol in the arteries and may prevent a heart attack. This will also reduce the symptoms of breathing difficulties and enhance the heart function. In the United States and Canada, examples of success are found in many nursing homes when honey and cinnamon are given to treat patients with venous obstruction.

**Immune system:** - daily consumption of honey and cinnamon can strengthen the immune system and protect against bacteria and viruses. Scientists found that honey has a lot of vitamins and iron. Continuous consumption of honey can enhance leukocyte in fighting against bacteria and viruses.

**Influenza:** - Spanish scientists have confirmed that honey and cinnamon can help in prevention of influenza and common cold.



## ***The magical effect of honey with cinnamon contd .....***

**Ageing:** - regular consumption of honey and cinnamon tea can slow down the aging process. Add 4 tablespoons of honey, 1 tablespoon of cinnamon powder to 3 cups of boiling water. Drink 1 cup each time, 3-4 times a day will keep you skin smooth and make you look younger!

**Pimples:** - ground 1 tablespoon of cinnamon with 3 spoons of honey into a paste. Spread paste on pimples before going to bed. Wash off paste with warm water the next morning. Pimples will disappear in 2 weeks.

**Skin infection:** - cinnamon and honey can cure eczema, psoriasis and other skin infections. Just add cinnamon to honey and put on the infected areas.

**Overweight:** - 30 minutes before breakfast and 30 minutes before bed time drink a cup of boiled water with honey and cinnamon. Regular drinking of this can help you lose weight, even if you have high-calorie food because honey and cinnamon do not allow accumulation of body fat.

**Cancer:** - according to recent studies in Japan and Australia, honey and cinnamon can be used to cure gastric cancer and bone cancer. Cancer patients eat three tablespoons of honey and 1 tablespoon of ground cinnamon together, three times a day, as an ongoing cancer treatment.

**Fatigue:** - Recent studies have shown that the sugar content in honey is of more help than harm on the human body. Consumption of honey and cinnamon makes the elderly more energetic. In an extensive research on this subject, Dr. Milton said that whenever you feel your energy level is down, you can drinking a glass of water with honey and a small amount of cinnamon in the morning after brushing your teeth and in the afternoon around 3:00 p.m. After 2 weeks, your energy level will be back.

**Bad breath:** - South Americans use hot water with 1 tablespoon of honey and cinnamon to rinse their mouth every-day. It keeps your breath fresh all day long.

**Hearing loss:** - daily consumption of honey cinnamon can restore hearing.

\*\*\*\*\*

### ***Did you know??.....***

30% of Chinese adults still live with their parents.

Approximately 200 million people in China live on less than \$1 a day.

Fish consumption in China is more than 3 times that in the United States. In China, the average person eats over 45 pounds of seafood each year.

China produces 66% of the world's garlic, 15 billion pounds in 2009. Next are South Korea 6%, India 5%, and the USA 2.5%.

There are 120 million internet users in China; but not everyone can contact all websites.

China is the source of 68% of the worlds "pirated" goods.

The hog, swine, or pig, was first domesticated almost 10,000 years ago in China.

Twenty per cent of the world's population lives in China.

Twenty per cent of China's plants are used in medicine.

There are over 400 different varieties of kiwi fruit [Yangtao] in China where they have been used for over 700 years.

According to insurance statistics: the most dangerous cars are green, and driven by the Chinese.

When KFC [Kentucky Fried Chicken] first translated its advertising slogan "finger lickin' good" into Chinese, it came out as "eat your fingers off".

Chopsticks originated in China almost 4,000 years ago, and the replacement of chopsticks for knives for eating at the table supposedly indicates the increased respect for the scholar over the warrior in Chinese society.

Ketchup [Catsup] originated in China as a pickled fish sauce called ke-tsiap 鮭汁.

The story of Cinderella may not originate with Disney, some say it originated in China around AD 860.

Thirty five children are born every minute in China.

The wheelbarrow was invented by Chinese.

About 700,000 engineers graduate annually from schools in China.

There are about 42,000 characters in the Chinese language. An average adult is only expected to know 5,000 of them.

## ***Free Radicals .....***

### **What Are Free Radicals?**

Free radicals are reactive elements that want to steal electrons from compounds that they come into contact with. Simply put, they are molecules having more electronic value with a negative oxygen atom, such as: O<sub>2</sub>, H<sub>2</sub>O<sub>2</sub>, OH. Free radicals in our body are organic molecules responsible for aging, tissue damage, and possibly some diseases. These molecules are very unstable, therefore they look to bond with other molecules, destroying their vigor and perpetuating the detrimental process.

Because of these characteristics free radicals play an important role in health care. Throughout life our body often encounters harmful bacteria and viruses. Free radicals would be produced to destroy enemies in our body. In other words, under normal circumstances, free radicals are the best army in our body. However, the annoying side of radicals is not only they kill enemies, but sometimes also attack and damage cells of our body.

### **How is Free Radical Formed?**

Free radicals are produced in most cells of the body as a byproduct of metabolism, although some cell types manufacture larger quantities for specific purposes. The most important free radicals found in aerobic cells, such as those in humans, are oxygen, super oxide, hydroxyl radical, hydrogen peroxide, and the transition metals. When free radicals are formed within cells, they can oxidize molecules used inside cells (especially lipids) and thus cause cell death and injury. However, the human body has developed various mechanisms in order to protect itself from the damaging effects of free radicals. There are enzymes which decompose peroxides and transition metals; other free radicals are sequestered by proteins and other molecules.

### **How do they affect human health?**

Free radicals are usually present for very short periods only and react with other molecules very quickly. In recent years, it has become accepted that they play an important part in several medical conditions. DNA is particularly susceptible to oxidation by free radicals and it has been suggested that these substances may play a role in the mutations which precede the development of cancer. This may explain why some transition metals, such as nickel and chromium, are carcinogenic under certain circumstances. Free radicals have also been implicated in atherosclerosis, liver damage, lung disease, kidney damage, diabetes mellitus, and ageing. It is not always easy to tell if free radicals are the cause of a disorder or a result of some other causative agent. Of particular importance is that free radical damage accumulates with age.

### **How to avoid free radical damage?**

Antioxidants, present in many foods, are molecules that prevent free radicals from harming healthy tissues. There are numerous ways to avoid or minimize free radical damage. The following are some of the measures we can take:

- Supplement your diet with antioxidants
- Eat natural food, dark-coloured vegetables, food with vitamins A, C, E, carotene, etc.
- Cut down meat consumption, avoid fried food, and
- Drink pure, unchlorinated water (chlorine is an oxidant)
- Breathe fresh, clean air (avoid cigarette smoking and second hand smoking)
- Avoid all use of dental metals (except titanium)
- Avoid strenuous exercise,
- Stay away from the electromagnetic interference.

Enhance antioxidant functions through intake of copper, iron, zinc, manganese, selenium to increase anti-free radical enzymes.

## ***What can you do with beer besides drinking it? .....***

Most people know milk is good for cleaning the foliage of house plants. In fact, using leftover beer to wipe plants is even better! Dip a cotton ball into beer, lightly wipe leaves to remove the dust and keep their lustre. Furthermore, this method also prevents ants from attacking the plant.

Adding a little beer in the water can keep house flowers fresh for an extended period of time. This is because beer contains alcohol which is both an antiseptic and disinfectant. Beer also contains sugar and other nutrients for the leaves.

## Tofu 豆腐 - bean curd .....

Called doufu in its native China, tofu was invented over two millenniums ago by a Chinese scholar and has been a very important food in Chinese cooking until today. Obtained from the milky liquid extracted from soy beans, tofu has the appearance and texture of soft cheese, but only a faint flavour of its own and somewhat tasteless. That is why it can be easily combined with other ingredients and readily absorbs the flavours of the foods with which it is cooked with.



Tofu, a Chinese food product that is cheap and easy to prepare and of amazing versatility, can be used in an endless number of ways. Its bland taste makes it suitable for use in everything from main courses to desserts, and even in beverages. You can often combine it with meat, fish, and other sea-foods. Tofu can be boiled plain, with a little of any flavouring. It can be fried in deep oil by whole pieces so that the outer surface will become browned. Chinese often stuff seasoned ground meat inside and then re-cook or deep fry the whole thing. Tofu can even be eaten as part of an American salad. But just plain Chinese cabbage and bean curd connotes home sweet home for the Chinese.



What makes tofu even more appealing is its nutrient content. It's high in protein and low in carbohydrate; cholesterol free and full of iron. Frequently associated with vegetarians and the health conscious, the nutritious tofu is much more digestible than beans. Chinese women have always linked tofu to beautiful complexion and smooth skin.

Tofu, usually in rectangular block, is available in bulk (the ones covered in water, is best for Chinese cooking), individually wrapped (usually vacuum sealed), as well as in dried or frozen form. Fresh tofu can be kept in the refrigerator or the freezer. The tofu will keep in the fridge for about 1

week if immersed in water that is changed every two days in a tightly sealed container.

Tofu can be safely retained on hand indefinitely by the simple expedient of freezing in your home freezer, or freezer compartment of the refrigerator. You may put one or two blocks of tofu in the freezer compartment and freeze overnight or until they become hard. When you wish to use the beancurd simply pour boiling water over and pat dry. The frozen tofu develops an unusual and interesting spongy texture which facilitate slicing into thin pieces which may be used as ingredients in soups, stews, etc.

Tofu can be found in four to five different grades of firmness and consistency. The type of dish one is preparing determines whether soft or firm tofu should be used. The firmer tofu keeps its shape better and easier to slice, are used for mock meats and stir-fries, while the softer tofu is ideal for desserts, soups and sauces.

Tofu is a ready to eat food and can be served hot or cold, cooked or uncooked. However, if you plan to eat it uncooked, take the precaution of first dipping it in boiling water to destroy the germs that sometimes collect on the surface.

Freezing makes tofu thicker and firmer; it also makes it absorb sauces and flavors more readily. Drain before freezing it.

Stinky tofu is a famous delicacy from Shanghai and smells like rotten egg. One have to learn to like it. It's said that stinky tofu smells like hell but tastes like heaven and I can't agree more to it.

### **SWEET AND SOUR CRISPY TOFU**

*Ingredients:* 2 pieces tofu                      Seasoning: 1 tsp sugar  
                  2 tomatoes                              1/2 tsp rice vinegar  
                  1 slice pineapple                            pinch of salt  
                  1 tsp chopped onions  
                  1/2 green pepper

Chop tofu, tomato, pineapple and green pepper.

Dust tofu with cornflour. Deep fry until golden brown.

Mix sugar with vinegar. Blend vinegar mixture with all other ingredients, except tofu, to make the sauce.

Pour sauce onto tofu. Serve.

Tip: When deep frying tofu, the oil must be bubbling hot. If the tofu sinks, it means the oil is not hot enough

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THE TUNG JUNG ASSOCIATION OF NZ INC

Established 1926

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