

笑

xiào

laugh;
smile

笑话	xiào huà	joke
笑剧	xiào jù	farce
笑脸	xiào liǎn	smiling face
笑料	xiào liào	laughing-stock
笑骂	xiào mà	deride and taunt
笑容	xiào róng	smiling expression

笑：“笑”字的由来十分有趣。声旁“夭”描绘的是一个低头（一）大笑的人（大），表示笑得浑身颤动。“夭夭”象征仿佛发笑般地在风中摇摆的竹子。笑同时也是一种重要的商业手段，如俗语中所说的：“和气生财。”

笑 has an amusing origin. The phonetic element: 夭 depicts a man (大) inclining his head (一) to laugh more easily, suggesting rocking or shaking. The radical component: 夭夭 likens such laughter to the swaying of bamboo(夭夭) in the breeze. But laughing or smiling is serious business, as implied in the proverb: "A man without a smiling face should not open a shop."

ノ	ㄣ	夭	夭	夭	夭	笑	笑	笑											
1	2	3	4	5	6	7	8	9	10										

東 增

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 2013 issue

The Tung Jung Association of New Zealand Committee 2012—2013

President	Brian Gee	566 2324	Membership	Kirsten Wong	971 2626
Vice President	Gordon Wu	388 3560	Property	Joe Chang	388 9135
Immediate past president	Willie Wong	386 3099	Newsletter	Brian Gee	566 2324
Secretaries-	Sam Kwok	027 8110551	Website	Gordon Wu	388 3560
English	Peter Wong	388 5828	Consultant	Gordon Wu	389 8819
Chinese	Robert Ting	478 6253	Public relations	Peter Moon	389 8819
Treasurer	Virginia Ng	232 9971		Anne Chong	388 4805
Assistant treasurer	Elaine Chang	388 9135		Gordon Wu	388 3560
Social	Willie Wong	386 3099			
	Valerie Ting	565 4421			

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

President's report.....

Welcome and Happy New Year to you all. May the year of the Snake bring you good health and good fortune

In 2012, I attended 3 book launches

1/ *Sons of the Soil : Chinese Market Gardeners in N.Z.* by Lily Lee & Ruth Lam

2/ *Wooden Man Stone Heart* by Paul Wah (Paul's life history)

3/ *N.Z.China Experience* : Edited by Chris Elder (former NZ Ambassador in China.)

Senior's Yum Char 5th Dec. 2012

About fifty people attended the Yum Cha at Dragon Restaurant this year The restaurant provided a set menu and it worked fine -all tables received the same amount of food and every table won a lucky prize- a good afternoon was had by all.

Christmas Spirit Alive and Well

It was two weeks before Christmas and Gordon had a brainwave.' Why don't we visit some of our senior members in particular those we haven't seen for a while. ' Yvonne Wu made some Chinese cakes and Gordon packed these up with some fruit so we had a small parcel for everyone. We had a party of six and a volunteer Mr Peter Chik who offered to be the photographer. He was good value as he kept us on the move and to the timetable. I don't know how many cups of tea we turned down but we were certainly made very welcome by all those we visited. Thanks again for making the cakes Yvonne.

Chinese New Year 10th February 2013

The year of the snake was celebrated at Dragon Restaurant and a total of 24 tables were sold. A really good effort thank you everybody.

Full credit to our Social Team Elaine Chang ,Valerie Ting and all committee members for helping out. Gordon Wu acted as M.C - he sang a song and kept the people entertained. An enjoyable evening and many of the guests commenting they would be back next year.

Trip to Bendigo Australia 8th April – 14th April 2013

Peter Moon and Gordon Wu have got this tour under way. At this stage I believe they have 10 bookings confirmed and paid for .However there is more room if anybody wants to join us - you will be most welcome.

Newsletter

Members will now have an option if they want to receive their copy of the newsletter electronically (email) or in hard form (mail). Reason for the change: Cost of printing plus the cost of postage. We wish to continue publishing the newsletter. Gordon Wu puts a great deal of time and effort into it and we do recognise it as our best means of communication with our members. If we can reduce the number of hard copies that we send out with electronic transfers it will be more cost effective .

Ching Ming 7th April 2013

Ching Ming will be observed at the Tung Jung Memorial at Karori Cemetery Karori, 12noon Sunday 7th April 2013. An evening meal will be arranged on the day.

Come and join us on this day of remembrance. Everybody is welcome

Brian Gee

President.

Tung Jung Victorian goldfields tour.....

Those who are still contemplating to go to the Australian Chinese goldfields trip can still join the group but please do not leave it too late.

The tour cost is in our Summer issue (www.tungjung.org.nz) newsletter pages 9 and 10 and the confirmed itinerary is on page 18 of this newsletter. Please contact Gordon Wu on 027 4875314 or email if interested by 16 March 2013.

會長報告

大家,新年好.我希望蛇年能帶給大家健康和財富.

在2012年我致力於這3本書.

1. <土地的兒子>是Lily Lee & Ruth Lam寫的,是關於紐西蘭中國華人的農貿市場.
2. <鐵心腸的木匠>是Paul Wah寫的,是關於Paul的生活故事.
3. <中國人在紐西蘭的經歷>是由前任中國大使館大使Chris Elder 編輯.

在2012年12月5日資深會員飲茶活動.

今年,大概有40人參加這次在Dragon Restaurant舉行的飲茶活動.這次茶樓提供一款套餐.這個不錯,能使所有餐桌都有相同數量的食物.每桌都能贏得幸運獎.那天下午我們都過得好愉快.

好的耶誕節精神.

在耶誕節前的2個星期,Gordon機靈一動: 為什麼我們不去探望老會員呢?特別是我們好久不見的那些. Yvonne Wu做了些中式糕餅. Gordon把糕餅和水果包成小包送給每個人. 我們6個人開了個聚會, Mr Peter Chik志願當攝影師,他使我們都很活躍.我們都不知道喝了多少杯茶,但我們肯定是很受歡迎.再次感謝提供中式糕餅的Yvonne Wu.

2013年2月10日中國新年.

在Dragon Restaurant慶祝蛇年,一共有23桌票買出去.這是個好好的成績.謝謝大家支援.要讚揚一下社交組的Elaine Chang, Valerie Ting和所有委員會的會員. Gordon擔任MC,他唱歌和娛樂大家.那晚很愉快,很多賓客說下年再來.

2013年4月8日至14日去澳大利亞本迪戈旅程.

Peter Moon和Gordon Wu已經有自己的旅遊計畫.在現在階段,已確定10項預約和付款.然而,如果誰想加入,將無任歡迎.

新聞簡訊

會員們,你們現在可以選擇新聞簡訊電子版和報紙版.這樣改變的原因是印刷的費用和郵費

我們希望繼續出版新聞簡訊.Gordon用了大量的時間和精力進去.我都認為這是和會員們最好的溝通方式.如果減少紙質版,增多電子版.這就提高經濟效益.

2013年4月7日清明節

中午12點,會在東增會館紀念墓地舉行清明節活動.

晚上,將會安排聚餐晚會.

歡迎大家參與這個紀念日.

會長

Brian Gee

Seniors Christmas lunch.....

On Wednesday 5 December at the Dragon's Restaurant, the Tung Jung Association committee hosted a yum cha lunch for the senior members. Over the past few years, the committee realised that the older members were not coming the dinner events because of age, sickness or other personal problems, so it was decided to host a yum cha lunch for them where they can at least meet their peers in an environment that was easily accessible and a time that was suitable for all.

The Dragon's Restaurant was a good venue as that it is easily accessible from the street and there are no stairs to climb. The numbers attending this time was lower than last year as some could not make it because of prior commitments or sickness but those that did, made a noisy scene in the restaurant as they chatted to friends whom they have not seen each other for some time!

The restaurant presented an excellent lunch, so much, that doggie bags were asked for to take away the food that was not eaten! A lucky draw was organised by Elaine Chang where some-one from each table would win a prize. Each guest had chocolate bars to take home and all went home with smiles on their faces. The oldest member present, Mrs. Garling Wong drew the winning number for the lucky draw – a lucky 8!



3 Nonagerians enjoying themselves— Mrs. Garling Wong, Mrs. Lowe Woo, Mrs. Doris Chung

Visiting senior and invalid members.....

As the years roll by, many of the older members of the Association are stuck at home or are in rest homes and unable to get out.

On Thursday 13 December and Tuesday 18 December, some committee members went joy riding to visit those members who are unable to come to our functions. On Thursday, the group went to Lower Hutt and visited several members in rest homes and those who are unable to get out. A small Christmas hamper was given to each person consisting of Christmas fruit mince pies, Chinese baked sponge 雞蛋糕, chocolate bars, grapes and potato chips. All those visited were very pleased to see us and didn't want us to go but we had to excuse ourselves as we had to visit others and time was getting short. As all these members do not or seldom receive visitors other than their own families, they were pleased to see someone else has remembered them and brought them a present. It was unfortunate that we didn't have much time to spend with them as we were sure that they wanted to talk so we will make more time when we next visit them.



Mrs. Molly Ting



Mrs. Dorothy Gee



Robert and Mrs. Ting



Elaine Chang and Mrs. Dolly Wong



Jim and Kath Luey



Diana and Young Chan



Mrs. Priscilla Young



Yvonne Chew Lee



Mrs. Dorothy Gee and Brian



Brian, Shirley Ng and Mrs. Doris Chung



A nativity scene knitted by Doris Chung



Brian, Gordon, Yvonne with Peter Young

On Tuesday 18 December, some members of the committee visited a few senior members who are sick or invalid in their homes and cannot get out. They all greeted us warmly and wanted us to stay for a cup of tea which we declined politely as we explained to them that we had many others to visit. It was obvious to us that "seniors" welcome visitors as they would not get their peers and friends to visit them regularly because of circumstances. However, it was a delight to see the smiles on their faces when they open their doors and we told them the reason of our visit.

Wellington Chinese Association Christmas function.....

On Sunday 2 December, the Wellington Chinese Association held a Christmas function for its members for the first time in about two years. The occasion was also used to conduct a poll of how the Association would proceed in the future. The chefs of the Dragon's Restaurant produced an excellent meal and everyone went home fully satisfied. The committee members donated some lucky draw prizes and an enjoyable evening was had by all who attended. The Tung Jung Association, being part of the Wellington Chinese Association, had a full table for its committee members.

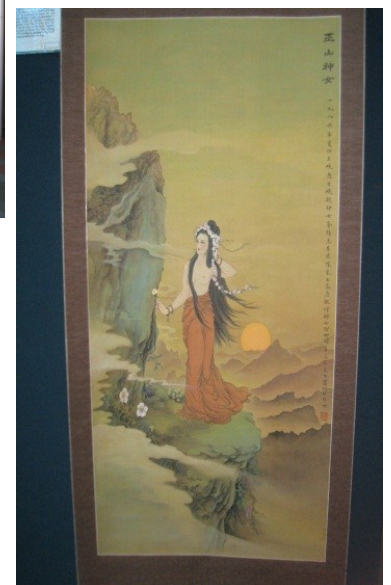


Chinese paintings by visiting Chinese artist.....



On Monday 3 December, an exhibition of Chinese paintings, organised by the Chinese Embassy and the Confucius Institute at Victoria University, by paraplegic artist Ms Qin Bailian, was held at the Te Marae at Te Papa in conjunction of celebrating the 40 years of relationship between New Zealand and China and the International Day of Persons with Disabilities.

Ms Qin is a well-known artist in China having been confined to a wheelchair since she was 18. Not letting her disability be a handicap, she studied painting by herself and has since created thousands of paintings of famous and talented Chinese women, illustrating China's colourful history and culture. A master in silk painting, her paintings are exquisite and elegant and have been exhibited in over 100 countries worldwide. Her paintings have been fetching anything from NZ\$1,000 to \$5,000.



Presenting a painting to Te Papa

New Zealand China Experience.....

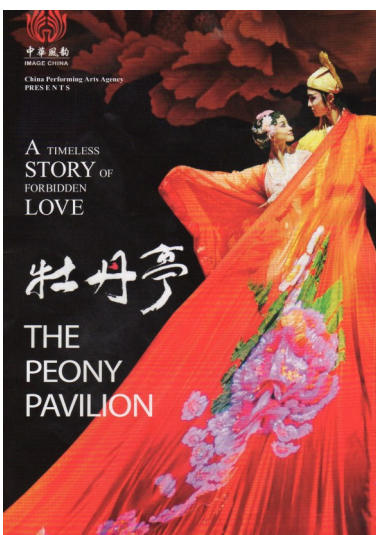
On 3rd December 2012, Brian Gee and Gordon Wu attended the launch of the book *New Zealand's China Experience* edited by Chris Elder, a former New Zealand ambassador to Beijing, at the Banquet Hall in Parliament Buildings, Wellington.

The book is a collection of anecdotes, fiction, poetry, personal accounts, newspaper articles, historical episodes and others, all more or less connected in one way or another on New Zealand perceptions of China and the Chinese. The book is richly illustrated with photographs, paintings, cartoons, posters and more with the book cover designed by Kerry Ann-Lee of Wellington.

At the launch, drinks and nibbles were served as our representatives mingled with politicians, authors, members of the Chinese community and other well-known identities. Among those attending was the Chinese Ambassador H.E. Mr. Xu Jianguo.

The book was published with the assistance of the Ministry of Foreign Affairs and Trade to mark the 40th anniversary of the establishment of diplomatic relations between New Zealand and China.

It is published by the Victoria University Press and may be purchased at leading book resellers.



The Peony Pavilion

Several members took advantage of a special offer from one of the promoters of the show *The Peony Pavilion* performed at the Opera House in Wellington on the 22 and 23 February. Many thought it is a Chinese opera with singing in Mandarin as the story is an age old love story going back thousands of years.

The show performed by the China Jinling Dance Company was a delight to see. The choreography was almost perfect as was the costumes of the dancers and the special stage effects to bring the story to life!

To those who thought that it was opera singing, one can only say that they missed a spectacular dance and music show. There was no singing at all in the show which lasted for two hours.

The dancing was superb with all the dancers performing moves with remarkable agility and poise.

The dance company has performed in many countries around the world in Asia, Europe, South America and the USA and now New Zealand and has made wonderful contributions to the international cultural exchange and the development of Chinese folk dance

Thank you...thank you.....thank you.....

The Association would like to thank the following for their substantial contributions to the Tung Jung Association to enable it to move forward for future generations.....

Yvonne Chew Lee

Robyn and Spencer Ting

Kevin and Gelaine Luey

Ho and Maria Young

News from Sydney.....

Chinese New Year is a very busy time in Sydney as there are many events and activities. Families and organisations celebrate and there are many homecomings and banquets as well as travel to and from Australia. The City of Sydney's Chinese New Festival has become one of the largest celebrations outside mainland China. This year has been especially busy for me as I have been involved with organising and participating in a wide range of activities ranging from banquets to talks, exhibitions and a new play.

Among the many Chinese organisations holding Chinese New Year Banquets to welcome the Year of the Snake, I was involved in helping organise a very large banquet for the Australian Chinese Community Association of NSW and one for the members and families of the Jung Seng Luen Fook Tong Association. The special guest of honour at the former was the Premier of NSW, the Hon Barry O'Farrell MP, together with many politicians from both sides of the political spectrum, while the latter was more a large family affair with great food.

Sydney's Chinese New Year Festival also embraces the cultures of Korea, Vietnam and other countries that observe the lunar calendar. In recent years a Chinese city or province has been invited as special guests to participate in the Festival and this year's delegation is from Shenzhen, one of China's major economic centres, located in Guangdong Province. They will be involved in several events including having participants and floats in the Twilight Parade, one of the major highlights of the Festival.

On the creative performance side, Australasian Art & Stageworks is presenting a new play *Life's A Stage*, with performances at the Zenith Theatre in the Sydney suburb of Chatswood. This Cantonese and English bilingual play tells the story of a famous Hong Kong opera star whose success has not come without major sacrifices. Subtitled in English and Chinese, this play is interwoven with Cantonese Opera and traditional Chinese music. Yours truly was persuaded to play a couple of minor roles.

Following the Chinese New Year celebrations, the City of Sydney's *Living in Harmony Festival 2013*, which celebrates the City's cultural diversity, takes place in March and April. My involvement with this is Chinese Cultural Days, a two-day event about Chinese culture and Chinese-Australians, that is held in the beautiful surroundings of the Chinese Garden of Friendship at Darling Harbour, on the 10th and 11th of April 2013.

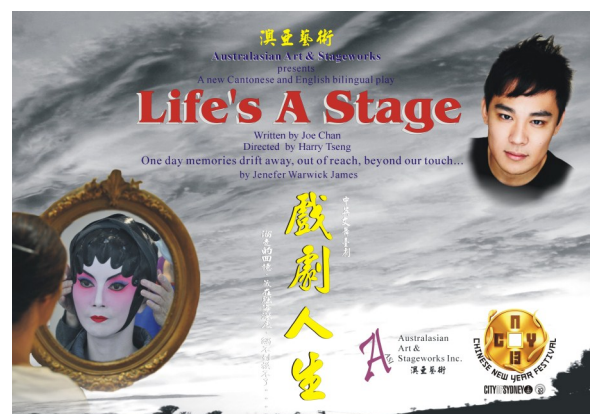
I'll sign off now with best wishes for good health, peace and prosperity in the Year of the Water Snake and a reminder we welcome those of Jung Seng ancestry now living in Sydney to join Luen Fook Tong.

KUNG HEI FAT CHOY!



Luen Fook Tong president Daphne Lowe with NZ-born LFT members, Karen Wu (left) daughter of Gordon and Yvonne Wu of Wellington and Katharine Lowe (centre), daughter of Jeff and Janet Lowe of Auckland.

Daphne Lowe
President, Luen Fook Tong Inc
Chair, Loong Yee Tong Society Inc
P O Box K1230
Haymarket NSW 1240
Australia
lowekelley@bigpond.com
0417 655 233



演藝藝術
Australasian Art & Stageworks
presents a new Cantonese and English bilingual play

戲劇人生
Life's A Stage

Written by Joe Chan
Directed by Harry Tsang
One day memories drift away, out of reach, beyond our touch...
by Jenefer Warwick James

This play tells the story of a famous Hong Kong opera star whose success has not come without major sacrifices. Forced to give up her son, by the family of her married lover, and sworn to secrecy, what is she to do when, dying from a terminal illness, an opportunity arises to meet her adult son, now a performance art student?

Subtitled in English and Cantonese, this play is interwoven with Cantonese Opera and traditional Chinese music.

該劇，加插了戲曲選段，講述香港一位粵劇名伶的人生故事。因身份低微，未能與意中人結合，無耐放棄初生兒子，並得保守秘密。如今得復且身患絕症的她該如何抉擇與正供讀演藝學院的兒子相認。
(此劇設有中英文字幕)

www.australasianartandstageworks.com/contact-us.html
Email: contact@australasianartandstageworks.com

Cast: Jemwel Danao, Gabrielle Chan (陳金美), Daphne Lowe-Kelley (劉瑞馨), Michael Quan (關學明), Linda Liu (司徒美玲), Mona Fung (馮麗華), Austin Har, Lucia Chung (鍾杏濤), Thomas Wong (黃宗豪), Lily Chan (陳嘉欣)

Production Manager: Anelia Bozinovska
Production Designer: Emma Eldridge-Doylc
Stage Manager: Heng Tang
Make Up Artist: Wong Ka Bo 黃基實老師
Opera Instructor: Duan Siu Sah 段秋霞老師

Date/Time: Friday 22 Feb 2013 7:30pm
Saturday 23 Feb 2013 2:00pm
Sunday 24 Feb 2013 5:00pm

Venue: The Zenith Theatre
(香港酒樓花園海濱道面)
Cnr McIntosh and Railway Street, Chatswood

Tickets: \$25 Full \$20 Concession/Group
online booking: www.zeniththeatre.com.au
or call booking office 02 9777 7547

Contact: Michael 關學明
Mob: 0414 329 880 / Ph: 02 9809 1260
Email: quan_michael@hotmail.com

Daphne 劉瑞馨
Mob: 0417 655 233
Email: lowekelley@bigpond.com

Chinese New Year dinner.....

On Sunday 10 February (一月初一), the Association held their annual Chinese New Year dinner at the Dragon's Restaurant in Tory Street. The restaurant was packed to the doors with 23 tables and over 230 people attending.

The evening was fine and warm with no wind – just the right weather for an evening out. The restaurant chefs cooked a near perfect meal (according to some of those who attended) and everyone went home fully satisfied. The atmosphere at the dinner was one of gaiety and laughter as all there enjoyed themselves thoroughly. As this is the Year of the Snake, jelly snakes were placed on each table for the diners. The only incident was when the MC tried to sing a song to the wrong tune which sent everybody laughing.

This year, we dispensed with the usual lucky draws but we organised some better raffle prizes instead and to our surprise, we sold all the raffle tickets without any trouble. The prizes this year was a \$100 note, a fruit basket, a mature bonsai plant, a large bottle of chardonnay, a bottle of wine, an electric food whisk and a tray of pot plants.

Unfortunately, the restaurant can only hold so many people and though there were requests for tickets after we had sold out, we had to turn them down. We may have to seek a bigger venue next year!!

Our thanks go to the social team for their great organising skills to make this event go smoothly.



3 nonagenarians enjoying themselves

Mrs. Lowe Woo, Mrs. Doris Chung, Mrs. Garling Wong

Beijing to Guangzhou – in 8 hours.....



The world's longest high-speed rail line was officially open on the 26th December 2012. The 2,298 kilometre high-speed railway between Beijing and Guangzhou will cut the travelling time between the two cities by 12 hours! The normal travelling time of 20 hours, will be cut down to 8 hours. The one way fare is 900 yuan (NZ\$ 180.00).

The railway line is constructed to withstand speeds of over 350 km/h but initially will be operating at about 300 km/h.

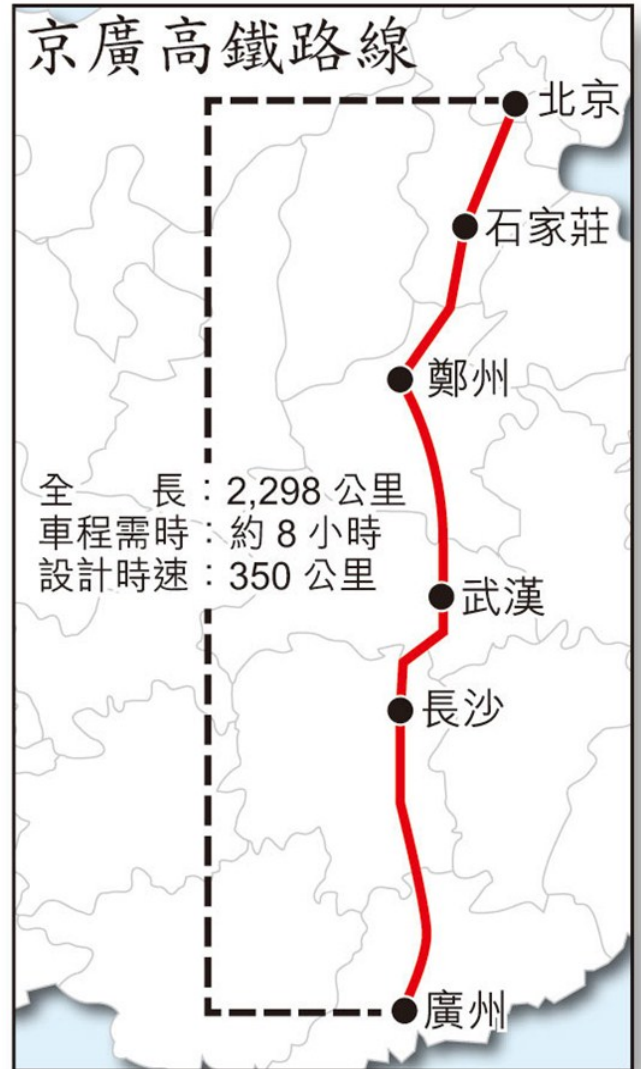
There are 35 stations from Beijing to Guangzhou and the train passes through 28 cities. There will be three trains daily from Guangzhou to Beijing. The express train will stop at only 4 cities, Wuhan, Zhengzhou, Shijiazhuang and Changsha and will take just seven hours and fifty nine minutes to reach Beijing. By stopping at more stations, it is estimated that the trip will take about nine and a half hours.

The Ministry of Railways officials said that by opening the railway before the Chinese New Year, will relieve the pressure of the railway system during the busiest time of the year.

The railway passes through the major economic zones of the country and it is proposed to link it to Shenzhen and Hong Kong by 2015.

While the journey by train is longer than by air, it is more punctual and will stop at cities on its route that has no airport.

It is anticipated that under the pressure of competition, internal airline fares may drop



Tung Jung Association newsletters.....

With the rising costs of postage and printing, the committee decided to go with modern technology and from the next (Winter) issue of the newsletter, notice will be emailed to all email users advising them that the newsletter is now in the Association's website – www.tungjung.org.nz – and can be read or printed from there. To members who do not have email, we will still send you the newsletter. To members who have email but would like a hard copy, please send an email back to gordon.wu@xtra.co.nz with "Tung Jung newsletter" on the subject line. Deadline for hard copy is 18 May 2013.

The website allows you to read the newsletter at your leisure and has the advantages that all the photos are in glorious colour which gives the newsletter a new dimension.

We hope that this method will reduce the cost of distributing and printing of the newsletter.

We welcome articles and stories from members who would like to share their experiences with others. Please contact Gordon Wu phone 027 4875314 or email as above if you have something to share or contribute.

3,000 Ancient Buddhas Unearthed in China

The head of a Buddha statue peeks above the dirt in Handan south of Beijing, China, where archaeologists have reportedly unearthed nearly 3,000 Buddha statues, which could be up to 1,500 years old.

The discovery is believed to be the largest of its kind since the founding of the People's Republic of China in 1949, an archaeologist with the Chinese Academy of Social Sciences told reporters in late March, according to the Associated Press.

The Buddha statues—most of which are made of white marble and limestone and many of which are broken—could date back to the Eastern Wei and Northern Qi dynasties (A.D. 534 to 577), experts say.

The statues—discovered during a dig outside of Ye, the ancient capital of the Eastern Wei and Northern Qi dynasties—may have been rounded up and buried after the fall of the Northern Qi dynasty by later emperors in an attempt to purge the country of Buddhism.

"It may have been that some of the ruins and broken sculptures from the past were gathered from old temple sites and buried in a pit," said Katherine Tsiang, director of the Centre for the Art of East Asia at the University of Chicago.

In some cases, the Buddhist statues may have been buried by the faithful themselves in times of danger.

"In other sites, there are inscriptions that suggest that old damaged sculptures were not just dumped in a pit, but respectfully buried in an orderly way," Tsiang said.

National Geographic



Chinese New Year at Parliament.....

Several members of the committee were invited to attend the Chinese New Year reception at the Beehive, Wellington, hosted by the Minister of Ethnic Affairs, the Hon. Judith Collins on Wednesday 13 February.

There were about two hundred people seated in the Banquet Hall and were entertained by a Chinese lady singer from Auckland, Ding Man, a Chinese martial art demonstration by Peisi Zhao and Kevin Zhang from the martial arts school Guoshu Fanghua, and of course the lion dance at the beginning performed by the Wellington Chinese Anglican Church with a mother lion and two baby lions. Speeches were made by the Minister of Ethnic Affairs, the Prime Minister John Key, the Chinese Ambassador His Excellency Xu Jiangu and the president of the NZ Chinese Association, Virginia Chong. After formal proceedings ended, the public were offered drinks and finger food and on leaving, all received a present in the form of a metal visiting card holder. Among the guests were members of the Diplomatic Corps, Members of Parliament, representatives of the Chinese organisations around New Zealand and Wellington and news media.

Purple yam

Guangzhou latest scientific research breeding is the purple yam. Its appearance is coarse and long, about 100 cm in length with a diameter of about 6 cm. The succulent purple, nutrient-rich, containing starch, polysaccharides, proteins, saponins amylase, choline, amino acids, vitamins, calcium, iron, zinc, etc. has more than 20 kinds of nutrients, according to the analysis and testing of fruit and vegetables by the Ministry of Agriculture in Guangzhou, .Purple yam anthocyanins content is 60 times that of white yam, a health effect on people's eyes, and also contains the main ingredient of ginseng saponin. .

Currently, the city attaches great importance to the external promotion of the Purple yam, has organized the city's agricultural sector, the tourism sector, agricultural sales enterprises, tourism and catering enterprises responsible person meeting. In early April this year, the four-day 2012 Guangzhou International Food Fair held in Guangzhou Jin Han Exhibition Center, Vice Mayor of Guangzhou, Zengcheng party secretary, Zengcheng Economic and Technological Development Zone, the Party Working Committee, the CMC director Cao Kam Liao the leadership of his party rate the city exhibiting companies, the participating enterprises around "Eating in Guangzhou and taste in Zengcheng" theme, which aim to promote Zengcheng s 10 (Zengcheng Lychee Mew rice Zengcheng, Zengcheng late flowering cabbage, immortal preserved meat, huangtang The first dish, the Zengcheng Ukraine Lam, small building melon, grass jelly paitan, dense stone tomatoes, white kiosk sweet potato), Purple yam as Feng brand series. The first day, the city sold 300 kg Purple yam, yellow Tangtou 50 kg of vegetables, Zengcheng Mew rice, 50 packets, Purple yam by the audience, exhibitors connoisseur favorable. Small building Heung River in sight wild the freshwater fishes Restaurant Wu boss introduced small building a Purple yam planting base, because Purple yam both medicinal properties, but also for food raw materials, in the main push to purple Jade yam dishes based materials. During the interview, the boss also received the Shunde peer telephone call specifically asked to matters relating to the acquisition of Purple yam Purple yam gradually cognoscenti, Gourmet's favorite.

In addition, the city Purple yam cultivation, processing finished as the three northern town of to help poor Zhukun effective way. For example, Liu Village, Tung Chung Town, Panyu District, helping to send Tanzhen established - "yam the horizontal planting demonstration base" project. Tung Chung Town, Panyu District, in cooperation with the faction Tanzhen 40 acres of yam horizontal planting base in Liu Village, after a year, Liu Village 8 poor households per capita income rose from 4,007 yuan to 8,436 yuan, all 5000 more than \$ village collective income soared from 18,000 yuan before helping to 36.7 million, both exceeding the poverty reduction goals, Liu Village to catch the fast train Poverty. Last month, where the the yam bases in the of faction Tanzhen Liu Village, everywhere a bustling scene, farmers were busy mining yam. "Last year, we planted 40 acres, is expected to bring the collective income of 130,000 yuan for Liu Village." The village cadres Su Binghui uncontrollable pride and joy. He told reporters that the village planted varieties Purple yam after harvest by agricultural products company purchase and sale, most of them are exported, 10 kilograms Gift Box wholesale price can be sold for 90 yuan a box.

Yam is the common name for some species in the genus [Dioscorea](#) (family [Dioscoreaceae](#)). These are [perennial herbaceous vines](#) cultivated for the consumption of their [starchy tubers](#) in [Africa](#), [Asia](#), [Latin America](#), the [Caribbean](#) and [Oceania](#). There are many [cultivars](#) of yam.

Yam is a versatile vegetable. It can be [barbecued](#); [roasted](#); [fried](#); [grilled](#); [boiled](#); [baked](#); [smoked](#) and when [grated](#) it is processed into a dessert recipe

Yam tubers can grow up to 1.5 meters (4.9 feet) in length^[2] and weigh up to 70 kilograms (154 lb) and 3 to 6 inches high. The vegetable has a rough skin which is difficult to peel, but which softens after heating. The skins vary in color from dark brown to light pink. The majority of the vegetable is composed of a much softer substance known as the "meat". This substance ranges in color from white or yellow to purple or pink in mature yams.

Zengcheng Daily News zcwin.com



Obituary.....

Winnie Young (nee Kwok) 白石村 Bak Shek Village

10 October 1924 - 6 November 2012

Winnie was born on 10th October 1924 and was 88 when she died peacefully surrounded by family on Tuesday 6th November at Village at the Park, Wellington.

Her parents William Kwok Kee Yee and Chung Fung Kwai emigrated from their ancestral village Bak Shek, China to New Zealand in the late 19th and early 20th Century. Arriving in Otago, they eventually set up a fruiterer and shipping providore business in Cuba St Wellington next to the National Bank (now Logan Brown Restaurant), another shop in Abel Smith Street, and finally at 30-32 Webb Street where there was sufficient space for the expanding business and accommodation for their family of 10 children. Hilda & Sadie were born in China, the remaining 7 girls and Frank were born in Wellington.



Like the 8 NZ born children, Winnie went to Mt.Cook Primary School. Her secondary education was at Wellington East Girls College where she was a very able student. After that she studied at Gilbey's Business College where she excelled.

Winnie entered the work force as a secretary and her standards and diligence made her sought after by many employers. Her last job was as law clerk to Barrister & Solicitor Bill Gazley where she joined sister Sadie and Percy Leong who also worked there.

Winnie married Peter Young on 18 May 1949 and their wedding was attended by some 500 members of the Chinese community and European friends.

Winnie, like all her sisters and brother enjoyed their teenage years establishing the Chinese Progress Club (CPC) , the first in New Zealand to be established by Chinese youth themselves. The club was the forerunner of all the Chinese sports clubs in Wellington today. The CPC also initiated the first Inter- City Chinese Tournaments which continue today as the annual Chinese Easter Tournament.

The CPC played a great part in their lives.

Winnie and Peter also held certificates in Western Floral Art. Their shop windows in Island Bay and later in Webb St. were always decorated with attractive floral arrangements.

Throughout their lives, Winnie and Peter were deeply involved with the Wellington Operatic Society and at one stage recruited many of her nieces and nephews to perform in productions such as "The King and I" which was a huge success. They were dedicated committee members and later were made Life Members of the Society.

Winnie was also a remarkable dressmaker including the production of many sets of wedding gowns for some of her sisters weddings. Her sewing skills were patiently taught to her many nieces , an appreciation that was strongly expressed by them at the celebration of her life.

Winnie & Peter lived in a hillside house in Eden Street, Island Bay where Winnie did the interior decorating, carefully selecting every detail, while Peter tended the attractive garden outside.

They remained there until 2006 when they moved to an apartment at Rita Angus Retirement Village where they lived for many years before moving to Village at the Park where they were able to join Sadie.

According to Winnie's wishes , a Private Service was held at the Harbour City Funeral Home in their Cockburn St. Chapel in Kilbirnie on 12 November 2012 attended by all family members.

Frank Kwok

Fangshan Cuisine 仿膳.....

Imperial food from the Ming and pre-Ming dynasties have mostly disappeared today. What has been preserved is the Qing Dynasty imperial cuisine because its cooks passed down their knowledge and skills, and because the palace had kept dietetic records. General Feng Yuxiang (1882 - 1948) drove Puyi (1906 - 1967), the last Qing emperor, out of the Forbidden City in 1924 and disbanded the imperial garden, which was opened to the public in 1925. Former cooks of the Qing imperial kitchen then opened a tea-house in Beihai Park with help from Zhao Renzhai, former chief of the palace vegetable storehouse. Their teahouse was named Fangshan, which means imitation imperial food. They specialized in making and selling the orthodox pastries of the Qing Palace. From making and selling tea, pastries, and refreshments, Fangshan gradually evolved into serving the traditional dishes of the Qing Palace. Many literati and tourists dined at the restaurant out of admiration for their imperial dishes. The restaurant soon became famous throughout the city because of its fresh raw materials, excellent cooking, and unique flavours.

The Fangshan Restaurant is located in Yilantang Hall on the north side of the Jade Isle, where Empress Dowager Cixi (1835 - 1908) used to take her meals after sight-seeing in the park. The food made in the Qing Palace for the emperors was called imperial food, so a restaurant operating outside the palace making and selling imperial food was only an imitation.

The restaurant's staple food was cooked wheaten products, such as baked sesame seed cakes with fried minced-meat filling and pastries shaped like apple, peach, fingered citron, and lucky rolls. Whatever wheaten food you ate, you received a good luck message: apple – all is well; peach – longevity, you will live a long life; lucky rolls – everything is fine.

The pastries included steamed corn-flour cake, rolls of kidney bean flour, and mashed pea cake, which were all favourites of Empress Dowager Cixi. The most sumptuous food at Fangshan Restaurant was their Manchu and Han banquet. These dishes have the flavours of the Beijing cuisine palace dishes.

There is another Fangshan Restaurant at Dongdan, and a Tinglguan (Listening to the Oriole) restaurant at the Summer Palace. Although imperial food originated with the common people, imperial food uses different raw materials. The rice, flour, meat, vegetables, melon, fruit, poultry, fish, and delicacies from land and sea

were carefully chosen tributes from local officials throughout the country. They were unmatched in quality and purity.

The rice used in the imperial kitchen was only grown at Jade Spring Hill and Tang Spring in the Haidian District, west of Beijing. It was known as Jingxi Rice (west of Beijing) or Haidian Rice. Because of its low yield and excellent taste, only the emperors could eat it. Top quality rice tributes from other parts of the country were also eaten only in the palace.

The mutton eaten in the palace came from the Qingfeng Department (Department of Celebrating Good Harvests). The Qing Dynasty Imperial Kitchen did not serve beef, but it did use cow's milk, which came from the same department. All kinds of melon and fruit, and delicacies from land and sea were tributes from different parts of the country. The palace cooking water was brought every morning from the Jade Spring, which Emperor Qianlong named the "Number One Spring in the world." Poultry and seasonal vegetables were bought at the market. Carefully chosen raw materials were a pre-requisite for preparing imperial food.



Fangshan cuisine.....contd

All cooks in the imperial kitchen were famous. They cooked their dishes to emphasise taste, colour, and shape. Besides tasting good, every dish must look as good as a work of art. Many cooks specialised in making one or several dishes during their lives. The more their labour was divided, the better the dishes were. What they created was not so much a dish as a valuable work of art. Their excellent cooking skills were the key to the making of palace delicacies. Ingredients in the imperial dishes were strictly blended, and the auxiliary ingredients could not be modified. In public restaurants cooks can adjust the ingredients according to whatever ingredients are available as long as they make dishes with appealing colour, aroma, and taste. But in the palace, not a single auxiliary ingredient could be replaced. If a cook wished to create a new dish, he had to assume a risk. If the emperor liked his new dish, his bonus would be impressive, but if the emperor disliked it, the cook would be punished or beaten.

Imperial cuisine stresses the original stock and taste of the dishes. Between shape and taste, taste is emphasised. For example, if the main ingredient is chicken, the dish should taste of chicken. Regardless of what auxiliary ingredients and seasonings are used, they should not affect the taste of the chicken. This was also true of venison, aquatic products, seafood, and of hot and cold dishes. Imperial food requires the presence of colour, fragrance, and taste. A dish that looks good but does not taste good is not good, and vice versa.

Cold dishes could not be combined on one plate. A plate of boiled chicken should just be boiled chicken and nothing else. A plate of jellyfish salad should be nothing but jellyfish salad, and the same for smoked fish, preserved eggs, and pork cooked in soy sauce. They should all be served on separate plates. There was nothing similar to the assorted cold dishes of today, which are modelled like a work of modern art.

The dragon and phoenix designs were not used in the palace. The dragon and phoenix were the symbols of the emperor and empress, so they could not be eaten. Special dishes were created for display, such as the snow-white bird's nest, which was put in four big bowls with four big Chinese characters that meant, "a long life." Other display dishes had characters like "Moon Festival greetings," "many happy returns of the day," "good luck to you for life," and "New Year's Day greetings." The display dishes were prepared especially to flatter the emperors, but they also were delicious in case the emperor wanted to taste them.

Palace dishes were named simply, usually for their cooking methods, main ingredients, or for the major and minor ingredients so the emperors knew what was in the dish as soon as they saw it. For example, quick – fried chicken with fresh mushrooms; balls of pork; shrimp and sea cucumber; stir – fried fish slices; and quick – fried mutton with onion. Looking through more than 200 years of files from the Qing Palace Imperial Diets, no dishes were found with showy names. Maybe this was because the emperors wanted their ministers to think and act consistently. While the imperial dishes were named differently from those in restaurants, they were very similar to dishes eaten by the common people. Palace cuisine can be regarded as a collection of the best examples of Chinese food. The imperial cooks who started the Fangshan Restaurant in 1925 passed along their cooking skills so that today we can taste imitations of the imperial palace dishes.



田七 *Panax notoginseng*

Several centuries ago in China some Good Samaritan discovered a herb which he named "San Qi" or 3-7 due to its peculiar structure of leaves and branches. It is also known as "Tian Qi". Its botanical name is *Panax Notoginseng* or simply *Notoginseng*. Though this herb was initially used to stop bleeding, its other benefits have been studied over centuries. "San Qi" was first recorded in 1578 in the Compendium of Materia Medica by Li Shizen, and was described as more valuable than gold. , People confuse Notoginseng with other forms of Ginseng. It is important to understand that *Notoginseng* belongs to the same species "Panax" as the ginseng family and offers more benefits besides the benefits of other types of Ginseng. That is why, *Notoginseng* is known as the *King of the Ginseng*.



Panax notoginseng is a Chinese herb often known by its common name, *Tienchi ginseng* 田七. *Tienchi ginseng* has been used in China for centuries and was used during the war by American pilots to stop bleeding. Its properties are mainly anti-haemorrhagic (stops bleeding), and a circulatory stimulant.

It is grown in the following provinces: Yunnan 雲南, Guangxi 廣西, Sichuan 四川, Guizhou 貴州, Jiangxi 江西 and Guangdong 廣東.

Notoginseng grows naturally in China and Japan. The herb is a perennial with dark green leaves branching from a stem with a red cluster of berries in the middle. It is both cultivated and gathered from wild forests, with wild plants being the most valuable. The Chinese refer to it as "three-seven root" because the plant has three branches with seven leaves each. It is also said that the root should be harvested between three and seven years after planting it.

It is classified in [Chinese medicine](#) as warm in nature, sweet and slightly bitter in taste, and nontoxic. The dose in decoction for clinical use is 5-10 g. It can be ground to powder for swallowing directly or taking mixed with water: the dose in that case is usually is 1-3 grams.

Notoginseng is a herb that has been used in China quite extensively since the end of the 19th century. It has acquired a very favourable reputation for treatment of blood disorders, including [blood stasis](#), bleeding, and blood deficiency. It is the largest ingredient in 雲南白藥 ([Yunnan Bai Yao](#)), a famous haemostatic proprietary herbal remedy that was notably carried by the [Viet Cong](#) to deal with wounds during the [Vietnam war](#).



Ginseng is a family of herbs which has following varieties,

Panax Ginseng (also known as Chinese Ginseng, Korean Ginseng,

Oriental Ginseng),

American Ginseng,

Panax Notoginseng (also known as San Qi, Tian Qi, Pseudo

ginseng)

Siberian Ginseng

Traditional Chinese medicine regards this herb as a very safe anti-haemorrhagic agent because it can stop bleeding without causing "congealed" blood. Some studies have verified this herb as effective in shortening coagulation time, reducing the effects of shock from severe blood loss while somehow preventing platelets from clumping. *Notoginseng* has been used to relieve the symptoms of nosebleed, trauma, This herb is also traditionally prescribed for excessive menstrual bleeding, or menorrhagia but it is NOT to be used in pregnancy. Do NOT use this herb in conjunction with aspirin.

Recipe.....

Hong Kong Pineapple buns...

Ingredients for topping

- 80 grams sugar
- 50 grams softened butter (room temperature)
- 2 large egg yolks
- 2 teaspoons milk
- 3 teaspoons honey
- 140 grams sifted flour
- 2 teaspoons baking powder

- 1 large egg yolk
- 1 teaspoon salt
- 3 teaspoons dry yeast



Method

- 1) Combine all dry ingredients: flour, salt, sugar and yeast in a bowl. Make a well in the centre.
- 2) Whisk and combine all wet ingredients, then add into the well of the dry ingredients.
- 3) When all ingredients get together, knead in the softened butter. Keep kneading until the dough is smooth, not sticky and elastic.
- 4) Shape dough into a ball. Place in a greased bowl and cover with a wet towel or cling wrap. Let the dough sit for about 40 minutes.
- 5) Preheat oven to 356 degrees.
- 6) Transfer the dough to a clean floured surface. Deflate and divide into 12 equal portions. Cover with cling wrap, let rest for 15 minutes. Knead each little dough portion into ball shapes and let them sit for about 35 minutes to proof and double.
- 7) In the meantime, make the topping. Cream softened butter until smooth. Add sugar and continue to beat until fluffy.
- 8) Add the egg yolks, milk, honey and baking powder and combine well.
- 9) Sift in the flour and mix well.
- 10) Use some plastic wrap to roll the mixture into a log and chill it for 30 minutes.
- 11) Once the mixture has hardened, cut into 12 equal portions and roll in balls. Cover by a film wrap and press each portion into a flat disc.
- 12) Place the topping on each of the dough balls.
- 13) Mix together the ingredients to make the egg wash and brush the top of the dough balls with it.
- 14) Bake in the preheated oven for 20 minutes.
- 15) Remove the buns from the oven and let them rest for a few minutes.

Food trivia.....

During the Tang Dynasty (around 900 A.D.) the Chinese were 'farming' fish exclusively for the emperor's consumption. Some sources date the beginnings of Chinese fish farming as far back as 3,500 years ago. Today China farms more freshwater fish than any other country.

- There are over 400 different varieties of kiwifruit (Yangtao) in China where they have been used for over 700 years.
- Did you know that eating apricots, cherries and prunes will slow the "aging process"?

Fragrant meat.....

-If you are offered 'fragrant meat' in China, be aware that this is their way of referring to dog meat!



新西蘭東增會館

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