

姓

xìng
surname

姓名 xìng míng surname and name
 姓谱 xìng pǔ genealogical record;
 family register
 姓氏 xìng shì surname
 百姓 bǎi xìng common people
 贵姓 guì xìng what is your
 surname?

姓：“姓” 这个字包括“女”字 和“生”字两部分，字面意思为“女性所生”。它表示在遥远的远古时代，出生的孩子都要取母姓。所以姓名的“姓”由“女”与“生”组成。图中所示的是远古的一个以李为母姓的家族，但我们已经忘却那微不足道的父姓了。

The character 姓, comprising 女 (woman) and 生 (born), literally means: "born of woman". It suggests that in some remote, forgotten era man, born of woman, got his name from the mother. Hence 姓: "surname". We introduce here Mama Li's (李) family from the remote past, but we've forgotten Papa's insignificant surname.

1 2 3 4 5 6 7 8
 丿 女 女 如 如 姓 姓

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 Spring 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-			Website	Gordon Wu	388 3560
English	Sam Kwok	027 8110551	Public relations	Peter Moon	388 3560
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Treasurer	Robert Ting	478 6253		Gordon Wu	388 3560
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	Willie Wong	386 3099			
	Valerie Ting	565 4421		Gordon Wu	

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

President's report

Hi Tung Jung Members

Trust this newsletter finds you all well. In the past few months in Wellington, we have experienced a huge storm with wind gusts exceeding the Wahine storm and causing much damage and disruption to our city. On top of this we were hit with a number of earthquakes which really shook us up and left us wondering when the proverbial Big One would come. It was however good for the supermarkets because everyone stocked up on bottled water, candles, canned foods, batteries and torches. OK for some?

Midwinter Seniors' Yum Cha

In June the Association held a Midwinter Seniors Yum Cha at Dragon Restaurant. It was well attended by over 60 members. Elaine Chang was the organiser - the highlight being every table won a lucky prize. Elaine has been our Social Convenor for the past 7 years and has indicated she would like to give up organising the larger functions like Chinese New Year etc but would be happy to continue with the Seniors' function. Thank you Elaine for the many hours you have dedicated to this committee and your continued support.

Auckland Tung Jung Association

The Auckland Tung Jung Association is celebrating 22 years in Office and has invited two committee members and their partners to attend a function in Auckland on the 24th August. Gordon and Yvonne Wu will be attending with another couple.

Annual General Meeting

The annual general meeting (AGM) was held on Sunday 18th August at the Tung Jung Association rooms at 33 Torrens Terrace at 2 pm. All were invited to attend and have a say in the running of the Association. This was your chance to have an input into the Association's affairs. As the current committee members are ageing, we need new blood in order to keep the Association going. I am asking the older members to encourage their children to have an interest in the Association.

This will be my final President's Report as I will not be seeking re-election next term. Special thanks to Gordon Wu and the whole committee for their help and support throughout the year. I will still be around next year and will continue to help out. The good thing about this committee is we are a team, regardless of who's at the helm. I have enjoyed the experience of being President and have learnt a lot in the process. These days I have developed a terrible memory. People tell me it is all part of the ageing process.

Anyway thank you all for having me as your President and for me it has been both an honour and a privilege to have held this office.

Regards

Brian Gee

Thank you...thank you.....thank you.....謝謝你們!

The Association would like to thank the following members and friends for their generous contributions to keep the Association alive and going for future generations.....

Harry Wong – Auckland	Stephen and Zinnia Lau	Mrs. Priscilla Young	Percy and Shirley Lee
Steven and Donna Low	Christine Wong Nam	Graham and Janet Hong	Carolyn King
Cedric and Wendy Lowe	Jim and Kath Luey	Alex and Andrina Chang	Philip and Peggy Lowe
Loretta Young	Gordon and Yvonne Wu		

會長報告

東增會館會員們你們好

我通過這個新聞簡報知道大家都安好。在威靈頓過去的幾個月中，我們先經歷了許多令我們驚恐的地震，這種情況讓我們都在議論是不是會更大的一場地震將要來臨；然後我們經歷了一場比起Wahine暴風雨更厲害的特大狂風大暴雨，這場暴雨給我們的城市造成了很大的損失和毀壞。不過，超級市場就受惠了，因為我們每個人都在儲存瓶裝水，蠟燭，罐頭食品，電池和手電筒筒等等。。你們準備好應對特發事件的物品了嗎？

冬天中旬資深會員的飲茶聚會

六月冬天的中旬，Elaine Chang組織會館的資深會員在龍餐廳舉行飲茶聚會，這次聚會超過60人參加，聚會時最精彩的部分就是每桌都有一份幸運禮物。在過去7年裡，Elaine Chang擔任著會議召集人的職務，她已經暗示將不會組織像中國新年等這類聚會活動。但是她就很樂意組織資深會員的聚會。感謝Elaine Chang這麼多年對會館貢獻和支援。

奧克蘭的東增會館

奧克蘭東增會館已經建立22年了，今年的8月24號他們將在奧克蘭舉行22周年慶典，他們邀請我們兩名會員攜眷參加。屆時，Gordon & Yvonne Wu將和另外一對夫婦一起出席。

周年換屆會議

周年換屆會議（AGM）將會在8月18日星期天下午2點在33 Torrens Terrace東增會館會議室舉行。所有被邀請的會員都必須對會館的運作提出建議。現在委員會的會員逐步年老了，需要新的血液來運作會館，這是你加入會館，為會館出謀劃策的好機會。我正在探訪老會員們，希望他們鼓勵兒女加入到東增會館來。

這是我最後一次的會場報告，因為我下屆不會再參選了。特別感謝Gordon Wu和委員會的會員們，感謝你們一年來的說明和支援，雖然我下年不是會長，但我會繼續為會館服務。我們的委員會是一個和諧溫馨的團隊，在團隊中我們不分誰是領導和被領導，大家一起合作努力為會館服務。我很享受當會長的經歷，在這過程中我能夠不斷的學到很多東西。近來我的記憶力特別差，人家告訴我，我已經步入老年退化期了。

無論如何感謝大家讓我成為會長，對我來說，這是一種光榮和榮譽。

向大家致以問候

Brian Gee 呂成建

會長

2013 年八月

Breaking news

As this issue is going to press, we report that our president, Brian Gee, has passed away suddenly on Monday, September 2 from a cardiac arrest. The committee sends to his family their deepest condolences on this very sad occasion.

Also, Mrs. Evelyn Eng, widow of the late Eng Young Gee, an ex Tung Jung committee member, has passed away on August 29.

Their obituaries will be in the next issue of this newsletter.

Tung Jung profile

Dr. Rita Chi-ying Chung Ph.D 鍾賜英— Hok Hoi (Xuehai) 學海村 village

In our Spring 2010 issue, we published a profile on Rita Chi-ying Chung, daughter of the late Jack and Daphne Chung. The following is an update on this remarkable young woman.



HOUSE JOINT RESOLUTION NO. 5025

Offered April 3, 2013

Prefiled March 29, 2013

Commending Dr. Rita Chi-Ying Chung.

Patrons—Kory, Bulova, Keam, LeMunyon, and Scott, J.M.

WHEREAS, Dr. Rita Chi-Ying Chung, a professor of counselling and development at George Mason University, was honoured by the State Council of Higher Education for Virginia with a 2013 Outstanding Faculty Award; and WHEREAS, only the best of the Commonwealth's faculty at public and private colleges and universities receive the prestigious Outstanding Faculty Award, which recognizes superior accomplishments in teaching, research, and public service; and

WHEREAS, as a young woman, Rita Chung travelled the world, witnessing extreme poverty and human suffering; she realized that in order to play a role in preventing human rights violations and helping those who had been victims of human rights abuses that she would need more education; and

WHEREAS, Rita Chung persevered and obtained two bachelor's degrees, a master's degree, and a doctorate from the Victoria University of Wellington; and

WHEREAS, herself the daughter of Chinese immigrants in New Zealand, Rita Chung worked with Southeast Asian refugees from the Vietnam War during her doctoral studies and realized that many of the Western psychological theories and interventions did not work well with the Asian culture of the refugees; and

WHEREAS, Rita Chung drew upon her own growing up experience, heritage, and training in the martial arts to help these refugees and began to study and teach other professionals how more effectively to assist those from other cultures; and

WHEREAS, Dr. Chung was awarded a postdoctoral fellowship in public health and travelled to the University of California, Los Angeles, to continue her work on immigrant groups and multicultural social justice issues in psychology; and

WHEREAS, in 2000, Dr. Chung joined the faculty of George Mason University and provided strong leadership in the transformation of the Counselling and Development Program into a program that has been recognized as one of the top three innovative counselling programs in the country by the American Counselling Association; and

WHEREAS, Dr. Chung has provided post disaster counsellor training; given workshops to such organizations as the United States Department of State and the World Bank; presented at major international conferences; and spoken twice at the United Nations at its invitation; and

WHEREAS, Dr. Chung's ground-breaking scholarship in culturally responsive prevention and intervention strategies resulted in her co-developing and publishing two culturally sensitive models of psychotherapy and has had a direct impact in theory, training, and practice in her field; and

WHEREAS, a renowned scholar, counsellor, and educator, Dr. Chung is the recipient of numerous awards and accolades, including the 2012 Kitty Cole Human Rights Award from the American Counselling Association; and

WHEREAS, Dr. Chung has not only made substantial and lasting contributions to her field but strongly influenced its rising leaders; now, therefore, be it

RESOLVED by the House of Delegates, the Senate concurring, That the General Assembly hereby commend Dr. Rita Chi-Ying Chung on her selection as a 2013 State Council of Higher Education for Virginia Outstanding Faculty Award recipient; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Dr. Rita Chi-Ying Chung as an expression of the General Assembly's congratulations and respect and admiration for her significant contributions to her profession and service to those in need.

Report from Sydney.....

After three years of a hung parliament, Australia seems to have been in an election mode for a long time. However, once the election date of September 7 was set it's been all systems go between the two main contenders Prime Minister Kevin Rudd and the Coalition's Tony Abbott. Mandarin speaking Kevin Rudd use to be popular with the Chinese but can he regain their support? I caught up with the Finance Minister Senator Penny Wong at a Chinese Community dinner for Kevin Rudd in Sydney (photo). By the time this newsletter is printed and distributed, the result will be known.

I'll also be watching with interest to see how Jason Yat-Sen Li does in the electorate of Bennelong. In the 2007 election, Maxine McKew ousted Prime Minister John Howard from the seat of Bennelong. In 2010, she was beaten by the tennis player John Alexander. Jason Li is one our bright, intelligent Australian born Chinese who has spent the last eight years in China so is now a fluent Chinese speaker. Having been jetted in to replace a former Labor candidate who resigned, his difficulty will be the short amount of time for the electorate to get to know him.

One of the issues, a small dedicated group known as Project 1855, have been working on is to get an apology or statement of regret from the Australian Government for the racially discriminating legislation against the Chinese from 1855 to 1973, similar to that already given by the New Zealand Government in 2002, the Canadian Government in 2006 and the United States Government in 2011-2012.

In the last sitting week of Parliament, we were really pleased that Michelle Rowland MP and Chris Hayes MP both gave speeches related to this issue. Michelle's speech was made on the 24 June 2013 and this was followed by Chris Hayes speech on 25 June 2013. <http://www.michellerowland.com.au/speeches/grievance-debate---chinese-acknowledgement/> It's fingers crossed for Michelle (Member for Greenway) and Chris (Member for Fowler) as their fortunes could change if there is a swing against them in these Western Sydney seats.

In July I attended and presented a paper *Chinese Australian Organisation Tales* at the third *Dragon Tails Conference*, held at Wollongong University. The conference had over 25 speakers, on a wide range of topics, looking at the diverse ways in which the forces of tradition and modernity have played out in cultural maintenance and evolution amongst overseas Chinese in the 19th and 20th centuries.

There was a special pre-conference workshop on *The Heritage of Chinese Temples in Australasia* as well as a master class on writing histories of the Chinese diaspora. The closing presentation was by keynote speaker Professor Henry Yu from the University of British Columbia, Canada, who spoke on *The Cantonese Pacific and the Making and Un-Making of White Settler Nations*.

Talking about conferences, in early August, I met up with Kai and Rose Luey who were visiting family in Sydney. Kai and I had a catch up session and then discussed the next New Zealand Banana Conference, *Diverse Bananas, Global Dragons*, to be held next year in Auckland over the NZ Queen's Birthday weekend. Having organised a national conference last August, I know the amount of work involved.

For some years now I have been involved in a fight to save the heritage-listed Chinese market gardens at Phillip Bay, La Perouse, from the neighbouring Eastern Suburbs Cemetery that wanted to grab this land for graves. This David and Goliath battle for these seven hectares of Crown land has been through several rounds already but fortunately, with the support of local residents, the market gardens are still producing fresh vegetables and herbs. To assist the Chinese gardeners, I arranged for Robert Teng to become a member of the NSW Farmers Association and board members visited the gardens recently (see photo).

Been a lot of colds and flu this winter so am looking forward to Spring.

Daphne Lowe
lowekelley@bigpond.com



from left) Daphne Lowe, Senator Penny Wong, Minister for Finance and Deregulation, and Erin Chew at the Chinese Community Dinner in Sydney

Where did they stay???

Today, travelling from country to country is easy with international air travel. You can get from one country to another without any hassle—but what did our grandfathers and parents had to go through to reach New Zealand?

First of all, they had to get to Hong Kong from their respective villages in plenty of time in order to catch the ship to bring them to Sydney to tranship to New Zealand. There was no air service in those days! They would have to stay in Hong Kong somewhere, usually arranged by the shipping company before embarking. The voyage to Australia would have taken about one month and they had to stay somewhere in Sydney before catching the boat to Wellington. Where did they stay in a strange land where they knew no-one and couldn't speak the language?



King Nam Jang – 79 George Street, The Rocks, Sydney, Unwin's Stores – 1870

The Chinese were in Australia looking for gold long before coming to New Zealand and some had established themselves in Sydney in business. Down by The Rocks, near Circular Quay where the ships used to dock, is a three storey sandstone building, built in 1843 called Unwin's Stores at 77—85 George Street. This building in its heydays had dwellings, shops and kitchens and numerous tenants came and went. The first Chinese tenants leased the property in 1861 and after a succession of Chinese tenants, it wasn't until 1913 that a young 26 year old Chinese Lo King Nam, took a lease and opened a grocer shop called King Nam Jang. He adopted an English name Young Cumines which is still used by his descendants today. Apart from supplying the ships berthed at the wharves, he also established a guesthouse above the shops. He raised 7 children and the business was very much of a family concern. Lo King Nam returned to China and died there in 1939 but the business was still run by his family and provided temporary accommodation to "*anybody who had nowhere to go or were drunk or otherwise*". Owing to the numbers coming and going, King Nam Jang had outbuildings built at the rear of the shops and the price then was only "*a shilling a night*".

The Cumines family also had interaction with the Australian government in that they were asked to act as interpreters by the Dept of Immigration but they were also suspected of harbouring stowaways and deserters.

King Nam Jang was in business for nearly 90 years when it first began in 1913. Lo King Nam's descendants are involved and well known within the Australian Chinese community. Henry Cumines, Lo King Nam's grandson, was born in 85 George Street in 1921 and would help out in the store. He went on to become a successful businessman and ran an export company in the Pacific Islands. Henry died in 2002.

When the ships bringing our forefathers arrived in Sydney, the staff at King Nam Jang would be at the wharves to meet them personally, helped them with their paperwork and take them to their boarding house where they were given a bed and fed until their ship left for New Zealand.

Today, the Rocks area is always an interesting place to explore, with many narrow lanes lined with colonial houses, shops and warehouses, some of which have been converted into delightful cafes, restaurants and specialty shops. Take a day to wander around this charming historic precinct and, on your way, you will discover Unwin's Stores in George Street, now a quaint row of specialty shops. This row of 1843 sandstone commercial buildings, with residences above, help to illustrate the layout and nature of the early commercial area and a great deal of the original 1840s fabric survives. The building also demonstrates the 'realities of inner-city working class life in the 19th century'.

The Red Turban rebellion : 紅巾起義

During the late twelfth and early thirteenth centuries, Genghis Khan (1167–1227) unified the Mongol tribes into a massive conquering force which spread out across Central Asia, destroying any city that did not immediately surrender. In 1209, he began the conquest of Xi Xia on China's northern border, and in 1215, Beijing fell to the Mongols.

In 1279, Kublai Khan, son of Genghis Khan, completed the Mongol conquest of the Southern Song Dynasty and established the Yuan Dynasty. Kublai Khan gave the top administrative positions in the government to Mongols, allowing large numbers of Han Chinese to occupy the less important posts. Chinese were not allowed to possess arms, and the penal code was imposed more severely on them than on Mongols for the same offenses. Inter-marriage among the three groups of Mongols, Chinese, and other ethnicities was forbidden. After Kublai Khan died in 1294, internal dissension under less capable leaders caused the efficiency of the government to deteriorate rapidly. Between 1320 and 1329, there were four emperors. Opposition to Mongol rule increased among the Chinese, especially among groups such as the salt workers, who were particularly oppressed. The Yuan Dynasty required considerable military expenditure to maintain its vast empire, and the burden of additional taxation fell mostly on the Han Chinese, who constituted the lower two of the four groups in the Yuan social structure. Inflation was rampant. At the same time, natural disasters such as famines and the constant flooding of the Yellow River caused extreme hardship for the peasants.



The Red Turbans, or Red Scarves 紅巾軍, was a secret society of peasants whose aim was to overthrow the Mongols and re-establish the Song Dynasty. Their ideology included elements from White Lotus, a Buddhist sect from the late Southern Song which believed in the imminent advent of the Buddha Maitreya; Manichaeism, which originated in Babylon in the third century and adapted to Buddhism when it reached China; traditional Confucianism; and Daoism. The name "Red Turban" came from their tradition of using red banners and wearing red turbans to distinguish themselves.



The second advance of the Red Turban rebels from 1362 to 1366

These rebellions began on a sporadic basis, firstly on the coast of Zhejiang, when Fang Guozhen (a Han Chinese) and his men assaulted a group of Yuan officials. After that, the White Lotus society led by Han Shantong in the north of the Yellow River became the centre of anti-Mongol sentiment.

In 1351, the society plotted an armed rebellion, but the plan was disclosed and Han Shantong was arrested and executed by the Yuan Government. After his death, Liu Futong (劉福通), a prominent member of the White Lotus, assisted Han's son, Han Lin'er (韓林兒), to succeed his father and establish the Red Turban Army. After that, several other Han rebels in the south of the Yangtze River revolted under the name of the Southern Red Turbans.

In 1352, a Buddhist mendicant named Zhu Yuanzhang joined a rebel band led by Guo Zixing (Kuo Tzu-hsing), one of Han Lin'er's followers. Zhu married Kuo's adopted daughter, the princess Ma. In 1353, Zhu captured Ch'u-chou (now Ch'u district in Anhwei Province, an area west of Nanking). When Kuo Tzu-hsing died in 1355, Zhu became leader of the rebel army.

In 1356, Zhu took the city of Nanjing, and made it his military base. In 1361, he gave himself the title of Duke of Wu, demonstrating his intention to found his own dynasty. At first, he nominally supported Han Lin'er in order to stabilize his northern frontier. In 1363, he defeated his rival Chen Youliang (Ch'en Yuliang; 1320–1363) at the Battle of Lake Poyang, in Jianxi Province, in 1363, one of the largest naval battles in world history. Chen had been the leader of the southern Red Turban Army, controlling the middle Yangtze region. Zhu then conquered all of west Yangtze, and defeated his most powerful rivals, Zhang Shicheng, who had a base at Suzhou and committed suicide when captured and brought to Nanking; and Fang Guozhen, who submitted to his authority. In 1367, the Sung pretender Han Lin'er drowned under mysterious circumstances while being escorted to safety at Zhu's headquarters in Nanking.

Zhu abandoned his Buddhist upbringing and emerged as a national leader against the collapsing Yuan Dynasty, calling for a racial revolution to overthrow the Mongols and restore the Han Chinese. Zhu gained popular support and his charisma attracted talented supporters from all over China. On January 23, 1368, Zhu Yuanzhang proclaimed the Ming ("Bright" or "Radiance") dynasty in Yintian, with himself as the emperor Taizu (T'ai-tsu, Grand Ancestor), posthumously known as the Hongwu Emperor.

In August, 1368, Ming troops entered Peking (Dadu). The Yuan emperor Shun Ti fled to Inner Mongolia, and the rule of the Yuan dynasty came to an end. The Mongols were pushed north of the Great Wall. By 1382, China was unified again under the Ming.

The Dragon Boat festival.....

The Dragon Boat Festival or Duanwu Festival, 端午節, Double Fifth, Tuen Ng Jit is a traditional holiday that commemorates the life and death of the famous Chinese scholar and poet, Qu Yuan (Chu Yuan 屈原;). The festival occurs on the fifth day of the fifth month on the Chinese lunar calendar. This year it fell on Wednesday 12 June. It has been held annually for more than 2,000 years and is notable for its educational influence.

The festival commemorates the life and death of the famous Chinese scholar Qu Yuan, who was a loyal minister of the King of Chu in the third century BC. Qu Yuan's wisdom and intellectual ways antagonized other court officials, thus they accused him of false charges of conspiracy and was exiled by the king. During his exile, Qu Yuan composed many poems to express his anger and sorrow towards his sovereign and people.

Qu Yuan drowned himself by attaching a heavy stone to his chest and jumping into the Miluo River in 278 BC at the age of 61. The people of Chu tried to save him believing that Qu Yuan was an honourable man; they searched desperately in their boats looking for Qu Yuan but were unable to save him. Every year the Dragon Boat Festival is celebrated to commemorate this attempt at rescuing Qu Yuan.



The local people began the tradition of throwing sacrificial cooked rice into the river for Qu Yuan, while others believed that the rice would prevent the fishes in the river from eating Qu Yuan's body. At first, the locals decided to make zongzi 粽 in hopes that it would sink into the river and reach Qu Yuan's body. However, the tradition of wrapping the rice in bamboo leaves to make zongzi 粽 began the following year.



The zongzi is a glutinous rice ball with a filling and wrapped in bamboo or corn leaves. The fillings can be egg, beans, dates, fruits, sweet potato, walnuts, mushrooms, meat, or a combination of them. They are generally steamed.

The Dragon Boat Festival is a celebration where many eat rice dumplings (zongzi), drink realgar wine (xionghuangjiu), and race dragon boats. Other activities include hanging icons of Zhong Kui (a mythic guardian figure), hanging mugwort and calamus, taking long walks, writing spells and wearing perfumed medicine bags.

All of these activities and games such as making an egg stand at noon were regarded by the ancients as an effective way of preventing disease, evil, while promoting good health and well-being. People sometimes wear talismans to fend off evil spirits or they may hang the picture of Zhong Kui, a guardian against evil spirits, on the door of their homes. It is said that if you can balance a raw egg on its end at exactly noon on Double Fifth Day, the rest of the year will be lucky

A dragon boat is a human-powered boat or paddle boat that is traditionally made of teak wood to various designs and sizes. They usually have brightly decorated designs that range anywhere from 40 to 100 feet in length, with the front end shaped like open-mouthed dragons, and the back end with a scaly tail. The boat can have up to 80 rowers to power the boat, depending on the length. A sacred ceremony is performed before any competition in order to "bring the boat to life" by painting the eyes. The first team to grab a flag at the end of the course wins the race.



Another custom is to tie five-colour silk thread to a child's wrists, ankles, and around their neck. Five-colour thread holds special significance in that it is thought to contain magical and healing properties. Children are not permitted to speak while their parents tie the five-colour thread for them, neither are they allowed to remove it until the specified time. Only after the first summer rainfall can the children throw the thread into the river. This is thought to protect the children from plague and diseases.

Transportation in China

It is said that a picture is worth a thousand words..... Cheap, reliable and getting it done!



New Chinese Friendship Association turns 20.....

On Saturday 8 June, the Association was invited to attend a concert to commemorate the 20th anniversary of the New Chinese Friendship Association. The concert was held at the Wellington Chinese Anglican Church Hall in Glenmore Street, Wellington and was attended by many members of their association.

Among the official guests attending were the Chinese Ambassador's wife Madame Ni Li, Mr. Cheng and Olga Wang from the Chinese Embassy and representatives from the local Chinese community.

There was a wealth and diversity of talent in the New Chinese Friendship Association as was shown in the concert. Solo singers, musicians playing traditional Chinese musical instruments, choreographed traditional Chinese dancing with dazzling coloured costumes and of course, the young lion dancing troupe of the Chinese Anglican Mission Church.

A wide variety of Chinese food was available for those who chose to partake and a great time was had by all.

Gordon Wu attended on behalf of the Tung Jung Association.



Dancing troupe



Senior choir



Heralding the 20th anniversary

THE TUNG JUNG ASSOCIATION OF NZ INC.

MID AUTUMN FESTIVAL

中
秋
節



Dragon's Restaurant

25 Tory Street

Sunday 15 September 2013

6.30 pm

\$35 per person

Lucky draws

Raffles

In tables of 10

Tickets available from committee members

Bring family and friends and make a table.....

Goodbye Olga Wang.....

The Tung Jung Association along with other community groups had a dinner at the Grand Century restaurant to farewell The First Secretary and Cultural Attache, Olga Wang of the Chinese Embassy here in Wellington and to be introduced to her successor M/s Yuan Yuan, who had come over from her last post in Sydney.

Olga has been very popular among the Wellington Chinese community groups for her friendliness and willing to help and mix with the community. Her command of English is excellent as was her attitude “to be one of us”. Olga has been in New Zealand for 5 years and in that time she has made a lot of friends right around the country. She has visited many places in New Zealand during her stay and finds New Zealand a paradise to live in.

She said that she will miss the fresh local food that prevails in New Zealand and will be on her guard when she goes back to Shanghai buying and eating local food. She said that she will miss everybody here but hopes to come back someday as her daughter is staying in Auckland studying at university.



Top picture—Olga’s husband, Stephanie Tims, Olga Wang, Steven Young
Bottom picture—new Cultural attaché M/s Yuan Yuan

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Sleep.....

1. We expect to sleep for eight solid hours, but that’s actually not normal compared with global populations and our own evolutionary history. People naturally wake up two or three times a night. Worrying about is the problem.
2. Digital clocks blare time at you. If you look at the time when you wake during the night, it’s likely to increase your anxiety about not being asleep. If you need a clock to wake you in the morning, turn its face to the wall behind your bed. You’ll hear it just as well.
3. If you’re not sleeping well, you may have acid reflux, even if you don’t feel heartburn. Try elevating your head by putting blocks under the top of the bed and sleeping on your left side.
4. If you like a firmer mattress and she likes a softer one, you don’t have to compromise. Get two singles, push them together, and use king sheets. You can also buy a strap that attaches the mattresses to each other. Couples should each have a sheet and blanket. One of the biggest disrupters of sleep is the pulling and tugging of sheets and blankets. If you pull a big comforter or duvet over the top when you make the bed, you really can’t tell whether it is a double or two single beds.
5. Memory foam is very temperature dependent. The foam can get a little hard in a cold bedroom. And if you’re a hot sleeper, it may make you hotter.
- 6 Research has found that any new smell, even one associated with relaxation, like lavender, can make you more alert and vigilant. You’re better off with a scent that makes you feel safe and comfortable.
7. Watching TV at night may seem relaxing, but it beams light into your eyes, which is an “alert” signal for the brain. Read a book before bed instead.
8. Give yourself an hour – the one right before bed. You need it to wind down and make the transition from the person-who-can-do-everything to the person-who-can-sleep.

CONTINUED ON PAGE 13

Hokianga and the "Ventnor"

LADEN WITH CHINESE BODIES.
SHE STRIKES ON THE COAST AND
FOUNDERS.
ALL HANDS SAFE.

[BY TELEGRAPH—PRESS ASSOCIATION.]
AUCKLAND, This Day.
The steamer Ventnor, bound from Wellington to Hongkong, loaded with bodies of exhumed Chinese, struck off Cape Egmont on Sunday night, and has since foundered off Hokianga.
Two boats landed, with the officers and part of the crew. The rest of the crew have been seen in two boats seven miles out, and the steamer Energy has been sent to their assistance.

FURTHER PARTICULARS.
AUCKLAND, This Day.
A special telegram received by the Star states that on Monday at 12.30 a.m. the vessel struck against a rock southward of Cape Egmont. After a short time she got off, and proceeded on her voyage, but the water gauge in No. 1 hold fell Tuesday, when the ballast-tanks were found to be full of water, and the steamer was going down by the head.
On Tuesday evening she became unmanageable, and it was found that she was gradually sinking. About 9 p.m. she was going down, and all hands were ordered into the boats. There was barely time to get clear before the steamer sank. The Hokianga Head light was seen at a distance of about ten miles.
Two boats containing the chief officer (Mr. Cameron), the second and third engineers, and fourteen of the crew, were landed on the Omarepe beach at daylight this morning. Another boat is also reported safe.

THE VESSEL AND HER CREW.
HEAVY INSURANCE ON THE COFFINS.

The Ventnor was a vessel of 2681 tons net register and 6500 tons gross, belonging to Messrs. Gow, Harrison and Co., of Glasgow. She was a new ship, having only been built in 1899, and was valued at 100A1 at Lloyd's. She had a crew of thirty-one, including the captain, and nine Chinese body attendants by the weather. Her cargo consisted of 5347 tons of coal consigned to the Admiralty at Hongkong, 499 Chinese coffins, 144 sacks and 22 bales of fungus, 1 bale of tea, and 1 bale of fax. Of the coffins 489 are insured in the Alliance Company for £2450, and the fungus is insured for about £250 in various offices in Wellington.

The Ventnor was four inches light of her marks, as not sufficient coal had arrived from Westport, and as she was on time charter she agents despatched her without waiting for more.
She was in charge of Captain H. Perry, who has been for seventeen years in the employ of the same company. This was his first visit to New Zealand. She was under charter to Messrs. W. Scott, Bell, and Co., of Sydney, contractors to the Admiralty, and Messrs. John Mill and Co., Featherston-street, are the Wellington agents.

Of the coffins 489 were shipped by the Cheong Sing Tong Society, which is a branch of a big society in China called the Tai Chuen. The other ten coffins were shipped by Yee Sang, of Featherston-street, and did not belong to any society.

News of the foundering has been cabled to the owners by the Wellington agents. The 6507 tons of Westport coal on board was valued at £4500.

Following is a list of the officers and crew—Commander, Charles Fraser, first officer, J. Cameron; second, W. E. Lawson; third, W. S. Ore; chief engineer, J. Cash; second, D. Baillie; third, J. H. Muir; fourth, R. Taylor; carpenter, W. Slego; boatswain, F. De Mille; seaman, firemen, etc., F. Fischer, F. De Grot, W. Stembek, J. M'Dougal, A. Fraser, Y. Janski, G. V. Poppo, P. W. Wray, C. Shirai, M. Kagajuchi, N. Yeterain, A. Tulson, I. Erickson, C. Johann, J. A. Barnes, A. Karlsen, H. Mohr, Ah Chay.

The body servants and attendants of the dead were old or decrepit Chinamen who were sent home by the Cheong Sing Tong Society, and given a sum of money sufficient to keep them from work for the remainder of their lives. Their names are—Kam Poo, Long Hung, Kam Young, Goo Him, Lee Choo, Ah Chay, Chow Hing, Yu Lung, and Chou Chev. A considerable number of the remains of Chinese on board were deposited at the Karori Cemetery and shipped at Wellington. Those Chinese who were concerned in the shipment here are reported to be very greatly affected at the fate which has overtaken the remains of their friends.

[BY TELEGRAPH—PRESS ASSOCIATION.]
DUNEDIN, This Day.
The Alliance Assurance Company had a risk of £4650 on the bodies on the Ventnor, which numbered 490, and of this amount £1850 was returned with the South British.

CHINESE IDEAS AS TO BURIAL.
THE MOTIVE FOR THE REMOVAL OF THE BODIES.

Like the Romans, the Greeks, and other nations of antiquity, including the Jews, the Chinese regard the rites of sepulture as of the highest importance. The loss of these rites, while their forms vary in different parts of the country, is held by all Chinese to be a terrible calamity to the dead and to their living kinsfolk. The dead are supposed to be restrained by their animal nature in the tombs where their bodies lie, and to be drawn by their spiritual nature to their children and to the old scenes of their past life. If their bodies are unburied, or do not receive full rites of sepulture, their ghosts are thought to be unhappy, to wander from the places where they lie to their former haunts, and to bring misfortune to their descendants and former companions. So great is the importance attached to funeral ceremonies that a native custom, dating back to the beginning of the Christian era, provides for a fictitious funeral, in which an edgy plays the part of a corpse, when the body of a person who has been lost by drowning, or for some other reason cannot be found.

Tombs in foreign lands—or even in China if distant from the family home and graveyard—are usually regarded as but temporary resting-places, and the bodies have later to be exhumed and buried properly if the souls of the dead are to be satisfied, and to refrain from troubling the living. The peculiar reverence the Chinese feel for the dead, and the religious obligation upon Chinese children to see that their ancestors receive due rites of sepulture and customary worship at their tombs, will indicate the feelings of those who had sent away the remains of relatives by the ill-fated Ventnor.

[BY TELEGRAPH—PRESS ASSOCIATION.]
GREYMOUTH, This Day.
There were 177 Chinese bodies—or bones, the remains of the same—shipped at Greymouth. Some had been in the cemetery for twenty years, while others had never been interred. The Chinese community here is in a great state of excitement over the foundering of the Ventnor with the bodies on board.

It's been 111 years since the Chinese-chartered freight ship SS Ventnor sank off the Hokianga coast, spilling over 499 coffin "boxes" and two full-sized coffins into the sea.

About 100 Chinese people from around New Zealand and Australia gathered in the Waipoua Forest and Mitimiti to ensure their ancestors - mostly goldminers from the 1800s - received the "good afterlife" at an unveiling, blessing and dedication to the Te Roroa and Te Rarawa iwi who found their calico-encased bones along their shoreline and buried them in their own urupa (burial grounds). April 4 and 6 were chosen to coincide with the Ching Ming Festival when the Chinese honour their dead and visit their graves.

In 1882, the Cheong Sing Tong Association down in Otago, was set up by Chinese men from the Poon Yu and Fah Yuen counties of Guangdong province. One of its aims was to send the remains of men from those two counties back to their villages in China for reburial. The founding leader of the association was wealthy Otago businessman Choie Sew Hoy.

The bodies were disinterred from 40 formal and "informal" cemeteries. Also on board were the remains of Choie Sew Hoy who died before the ship set sail, in one of the full-sized coffins. The coffins from Otago were transferred to the SS Ventnor in Wellington where 10 more Jungsen remains were located, organised by Chan Fook On in Wellington.

On October 27, a day after the ship left Wellington, the Ventnor struck a reef off the coast of Tara-naki, eventually foundering off the Hokianga coast on the evening of October 28, 1902. Apart from the ones that drifted ashore and were buried by local iwi, the others - and the wreck - were never located.

Te Roroa Commercial Development director Alex Nathan says the project had its origins back in the 80s when there was an archaeological project in the forest.

"We were recording and locating these sites and wahi tapu [places of traditional and historical significance]."

Wong Liu Shueng picked up the story when she moved to Rawene and wanted to make a documentary.

"It has been deeply gratifying to fulfil our cultural obligations and to see so many Chinese coming together from different village affiliations and help expose this extraordinary piece of New Zealand, Maori and Chinese history," she says.

Te Roroa's kaumatua Fraser Toi says the event will go down in the annals of history, about a very special people who came to this country to work and make a living and who lived in poverty and were buried here.

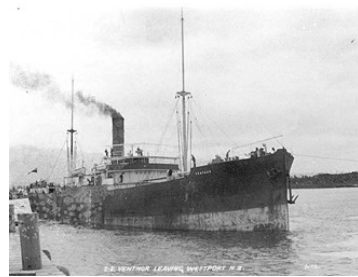
Among those who attended the ceremony were members of the Otago-Southland Chinese Association, the Chinese Consul General Niu Qingbao, members of the Poon Fah Association from Wellington, 35 members of the Sew Hoy family, Jungsen members from Wellington, friends and followers of the Ventnor story and of course the local iwi.

Auckland businessman and Choie Sew Hoy descendant Donald Sew Hoy says he has been waiting for "this moment" since his great-great grandfather arrived in Lake Wakatipu and Queenstown to seek his fortune in 1869.

The coming together of both cultures in the tiny Northland community of Waipoua can finally lay the Ventnor ghosts to rest and pave a way forward for the Chinese to remember their own.

<http://www.stuff.co.nz/auckland/local-news/northland/8531916/Laid-to-rest-111-years-later>

The incident as reported in the Evening Post 29th October 1902



The SS Ventnor



The brass plaque donated by the Poon Fah Association, the NZ Chinese Association and the Otago-Southland Branch of the NZ Chinese Association marking the locality of the sinking of the SS Ventnor.



The memorial and plaque with members of the Chinese community who attended the ceremony.

<http://nzchinese.proboards.com/thread/976>

<http://www.kamirawhanau.com/?p=1069>

<http://www.northernadvocate.co.nz/news/peace-last-northlands-hungry-ghosts/1828958/>

http://news.xinhuanet.com/english/indepth/2013-05/10/c_132372215.htm

Fairfax Media, David Fung, Papers Past

Continued from page 11

9. To keep your room dark, use blackout curtains or shades – not blinds, because they never completely block out light. Install the shades as close to the glass as possible. If you don't have the depth for an interior mount, extend the fabric several inches past the width of the window.
10. A hot bath will increase your skin temperature, which eventually decreases your core body temperature, and that's helpful for sleep. Do the same thing for yourself that you'd do for a young child – make sure you take a bath half an hour or so before bedtime.
11. There's no solid explanation for it, but studies have found that wearing socks to bed helps you sleep. It may be that warming your feet and legs allows your internal body temperature to drop.
12. A lot of people take bedtime pain relievers that contain caffeine and don't even realize it. Check the label: Caffeine is always listed as an active ingredient. It may keep you awake.
13. If you're a back sleeper and sleep with two pillows, it will makes your upper back curve and strains the neck and back. If you need to sleep up high for medical reasons, get a wedge and put your pillow on it.

Zengcheng holds women Rugby sevens grand opening.....

On October 27, 2012, Guangzhou international women's rugby tournament held a grand opening ceremony at the Conway Stadium in Zengcheng 增城. Hundreds of performers all lined up to perform for the opening ceremony in which about 1700 players will play with flair and movement before the colourful crowd and music.

Renown Beijing singer 馬丁 sang songs from the United States, France and Uganda with accompaniment from a rock band from Wuzhou. The mayor of Guangzhou Chen Jianhua 陳建華 and the State General Administration of Sport Deputy secretary Duan Shijie 段世杰 in their opening speeches said that the success of this event will allow China to promote the women's rugby sevens in Zengcheng.

The final playoffs came from China, United States, Thailand, Kazakhstan, Netherlands South Africa and the Philippines, (funny, no New Zealand teams) with the United States team winning against South Africa and Kazakhstan third.

In December 2012, Zengcheng has promoted rugby to primary and middle schools in Conway Stadium. This competition has attracted 31 schools in both junior and senior levels both men's and women's. Although rugby has only been introduced less than a year ago, players have shown a good level of technique and tactics. It sounds like China is gearing to host the world Rugby Sevens one day!!

Lychee's Hometown magazine Dec 2012



Zengcheng news.....

Workers' strike prompts call for better protection

Legal experts have called for better protection of sanitation workers' rights after a number of them went on strike over low wages in Guangzhou, the capital city of Guangdong province.

Xie Linglin, a lawyer with the Guangzhou-based ETR Law Firm, attributed the strike to a lack of social responsibility from sanitation companies and less investment from government authorities.

"Like many labour disputes, the rising number of strikes where workers are demanding a pay rise is because companies did not fulfil their social responsibility and government authorities have not had proper measures in place to protect workers' rights," Xie said.

Xie called for the government to introduce more supervision measures to ensure a pay rise for sanitation workers.

"Most sanitation workers come from rural areas, but they are doing a decent job in cities. They need protection and legal services from government authorities," Xie said.

More than 200 sanitation workers from three companies in the city's Liwan district went on strike on Thursday, demanding a pay rise.

Workers also asked for delayed overtime pay of 1,000 yuan (\$160) for time worked over the Guangzhou Asian Games more than two years ago.

Currently, most sanitation workers in the district earn less than 1,300 yuan a month, the city's minimum wage, according to People's Daily.

Who was Bill McWong??

At the Dunedin Arts Festival in October 2012, the painting of a mural with prominent people from Otago was commissioned by the Dunedin City Council. Malcolm Wong from the Dunedin Chinese community was asked to name a prominent Chinese person to be in the mural. That person was William Wong of Dunedin and the artist who painted it was Dan Mills of Wellington. The following is the story of William Wong as told by his daughter Carolyn King:

Our dad was very proud of the fact that he was one of the two Chinese commission officers of the NZ Armed Forces in World War two. During these years, he made many lifelong friends, and was the start of his family's true "Kiwi" values and lifestyle.

Mr Mills had already had already researched dad's background and wanted to use the photo of dad beside the airplane that was featured in an Otago Daily Times newspaper article a few years back. The mural which features others also eg. Janet Frame, author, has brightened up the walkway and is there for the Dunedin residents and tourists to view.

The following caption was written with the painting.

William Chui Wai Wong, 218221 Pte 1 Otago, 431870 P/O RNZAF.

Known as Private Bill McWong served in the 2nd Scottish and 1st Otago Regiments.

Then transferred to the RNZAF and graduated to Pilot Officer, flying Harvard and Kitty Hawk planes.

The resulting lifelong friendships were the start of his family's assimilation and acceptance of being a Kiwi. Through his Fruit and Greengrocery business and many community interests Bill was a well respected gentleman.

Bill married Ivy Lowe in 1948 and they have four children, He and his brother were typical of a generation for whom hopes of higher education were dashed by Depression and war; they took great pride in the achievements of their children and grandchildren. In their retirement, both men have also made good use of their talents and their Chinese education.

They taught the Chinese language to local Chinese children in after-school classes, sponsored by the Chinese Association. When James Ng published Alexander Don's catalogue of Chinese in New Zealand from 1883 to 1913 (as *Windows on a Chinese Past, Vol 4, 1993*), Bill and George transcribed the names of people, families and villages from Chinese into English. George's interest in the history of Chinese in New Zealand, and especially his careful documentation of those from Gualing led one grateful historian to label him the "Rev Don of our later times".

George is a keen supporter of the Chinese Association, and was also a trustee for the Dunedin Chinese Garden. In 2007 George was awarded the Queen's Service Medal.

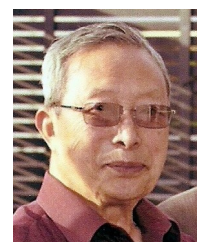
The more outgoing Bill was amused to gain a role in a 1988 Disney film, *The Rescue*, playing a North Korean pilot, and has also appeared in TV advertisements. Always energetic, Bill has helped organise Chinese sports tournaments, given assistance to writers on Chinese subjects and helped with the restoration of Chinese gravestones in Otago. He also put great energy into the development of the Otago Settlers Museum's display of local Chinese history.

Anzac Day is a good time for recalling not just our military heroes but also those who simply served their country. Anzac Day is also Bill's birthday who has since passed away. Their families will be honouring these two men and their achievements over the years.

Otago Daily Times.



Mural at the walkway from the car park building to the Octogon. Dunedin



Bill McWong

Chung Yeung Festival 重陽節.....14 October 2013

九月九日憶山東兄弟
獨在異鄉為異客
每逢佳節倍思親
遙知兄弟登高處，
遍插茱萸少一人。

On the ninth day of the ninth month, I remember my brothers from Shan Dong.
As a lonely stranger in a foreign land,
At every holiday my homesickness increases
Far away, I know my brothers have reached the peak;
They are planting flowers, but one is not present.

"Double Ninth, Missing My Shandong Brothers" — Wang Wei (王維), Tang Dynasty

Every year, the Chung Yeung festival falls on the ninth day of the ninth month of the Chinese lunar calendar hence it is called the Double Ninth festival. This year it falls on the 14 October in the western calendar. It is one of the two festivals of the year (the other one being Ching Ming, which falls on the 5 April) that the Chinese honour their ancestors. Traditionally, families go to the cemeteries where their ancestors are buried and tidy up the graves and spend some time with their ancestors and usually partake in a small meal with them. Incense are burnt (usually nine sticks) and fresh flowers placed on the grave, and in some instances, crackers are let off to drive away evil spirits.

The Tung Jung Association carries on the tradition every year that our forefathers had practiced for centuries by going to the Tung Jung memorial at Karori Cemetery at Karori, Wellington, and observe the age old traditions—short of letting off crackers! Here, we congregate at the memorial, usually on the nearest Sunday closest to the actual date of the Chung Yeung festival which happens to fall on the 14th October. Therefore, the Association will go to the Karori Cemetery on the 13th October at 12 noon and observe the festival. In past years, we usually have a public dinner at a local Chinese restaurant but in latter times, we have found numbers dwindling so now the Association has an informal dinner by those who wish to attend.



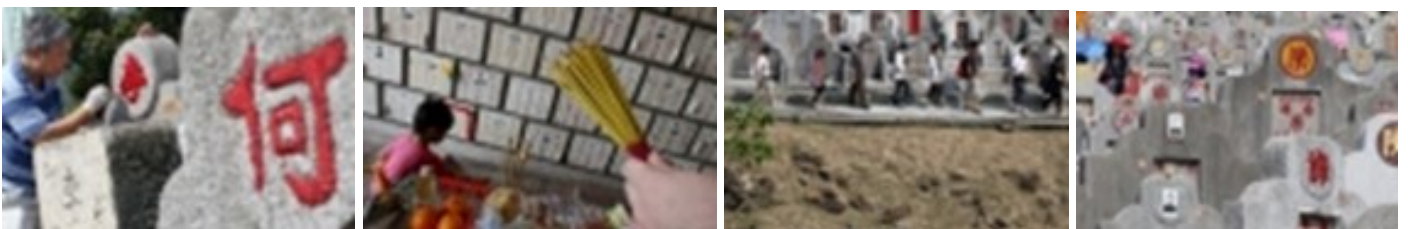
Members at Tung Jung memorial
Karori Cemetery 2011

The Tung Jung memorial was erected in 1965 by the then committee as a central point for the congregation of members attending the Ching Ming and Chung Yeung festivals instead of going round to all the individual graves which would take considerable time and resources. There is no-one buried under the memorial. The memorial has been maintained by the present committee to its original condition for future generations.

An invitation is open to those who wish to pay homage to their ancestors to join the committee and members at Karori Cemetery on Sunday 13th October at 12 noon. You are also welcome to join us for dinner in the evening, the venue to be decided on the day. You are encouraged to bring the younger generation to come along so they can learn about the age old traditions of their forefathers. Please ring Gordon Wu 027 4875314 or Elaine Chang 3889135 if you wish to attend so we can cater for the numbers going.



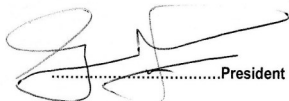
The Tung Jung Memorial




People sweep the graves of their ancestors and burn incense and paper offerings on Chung Yeung Festival at Diamond Hill Cemetery in Hong Kong

Tung Jung Association of New Zealand (Incorporated)
Statement of Financial Position
As at 31 March 2013

Last Year		Note	This Year
	Current Assets		
18,631	Bank Account - ANZ		26,080
102	Bank Account - NBNZ		103
5,000	ANZ Term deposit	2	5,000
10,000	JTH Chung Deposit Account	2	10,000
-	Accounts Receivable		-
2,099	Prepayments and Other Debtors		3,759
35,832	Total Current Assets		44,942
561,267	Fixed Assets	3	542,699
597,099	TOTAL ASSETS		587,641
	Current Liabilities		
-	Accounts Payable		-
1,586	Christchurch Earthquake Appeal Income		-
(1,586)	Christchurch Earthquake Appeal Payment		-
23,226	Term Liabilities due within 12 months	5	24,572
23,226	Total Current Liabilities		24,572
	Non-Current Liabilities		
338,922	Term Loan - secured	5	316,088
(23,226)	Less Term Liabilities due within 12 months		(24,572)
315,696	Total Non Current Liabilities		291,516
338,922	TOTAL LIABILITIES		316,088
258,177	NET ASSETS		271,553
	Represented by		
	EQUITY		
251,413	Opening Balance		258,177
6,764	Net Income for Year		13,376
258,177	Closing Balance		271,553


.....President


.....Treasurer

The attached Notes form part of and are to be read in conjunction with these financial statements

Tung Jung Association of New Zealand (Incorporated)
Statement of Financial Performance
For the Year Ended 31 March 2013

Last Year		Note	This Year
	Income		
409	Interest Received		391
500	Interest Received - JTH Chung Deposit account		418
62,905	Rent		68,200
14,385	Social Activities		20,775
2,565	Special Donations		-
635	Subscriptions and Donations		3,315
81,399	Total Income		93,099
	Expenses		
5	Bank Fees		-
3,878	Building Maintenance		3,412
18,422	Depreciation		18,568
450	Donation - Zach Young		-
558	Electricity		688
20,204	Interest Paid	5	19,242
135	Legal Fees		51
1,636	Programmed Painting Costs		-
4,179	Property Insurance		6,809
5,583	Property Managers Fees		6,036
4,182	Rates		4,285
12,802	Social Activities		18,454
2,095	Stationery, Newsletter and Postage		1,902
276	Web Site Design Costs		276
230	Wreaths and Donations		-
74,635	Total Expenses		79,723
6,764	Net Income for Year		13,376

Annual General Meeting.....

The Annual General Meeting of the Association was held on Sunday 18th August 2013 at the Association's rooms at 2 pm. Attendance was poor this year and the present committee was duly re-instated for another year. The election of officers will not be decided until the next committee meeting due after this publication has gone to press.

Attached are the Association's financial position and performance for the past financial year as audited by Michael Chan, chartered accountant.

President's report.....

Hello Tung Jung Members. I have enjoyed my year in office – thanks to a hard-working committee and constant prompting from Gordon Wu. Thanks Gordon. Our team consists of: Sam Kwok - Secretary; Robert Ting - Treasurer; Peter Wong - Chinese Secretary; Virginia Ng - Assistant Treasurer; Elaine Chang, Valerie Ting & Willie Wong - Social Committee; Joe Chang - Building and Maintenance; Kirsten Wong and Gordon Wu - Membership; Peter Moon - IT Consultant and Travel Organiser. The team effort has been great and I thank you one and all for your commitment. I would also like to invite any Tung Jung people to join our committee. Last year we were most fortunate that Kirsten Wong joined us and she has proved a real asset.

Visit to Senior Members' houses

Towards the end of last year, just before Christmas 2012, two carloads of committee members went visiting Senior members in the Hutt Valley, Whitby, Tawa and Wellington areas. We were very well received. Mr Peter Chik accompanied us and acted as our photographer. We should repeat this again this year.

Trip to Bendigo, Australia

Peter Moon and Gordon Wu organized a 7 day trip to Melbourne, Australia and then on to Bendigo. Why Bendigo? This was where the most gold was discovered in Australia and was the destination of many Chinese gold miners in the early 1800's. The hardships they endured at the hands of the Australian authorities at that time was criminal and many died without ever reaching the goldfields. The tour was both enjoyable and enlightening.

The Building

The Tung Jung building is in need of refurbishment. It is some years now since it was last done and in some cases a coat of paint would make a lot of difference. A new roof was put on last year that WAS a step in the right direction. There is a thought that perhaps we should sell this building and move to a more modest building and reduce the mortgage. Either way I would be inclined to refurbish first and maximize the value of the present building, so it makes it easier to sell if that is the preferred option. I believe Tung Jung is in good health and wish the new President and Committee success in the New Year.

Regards
Brian Gee

Obituary.....

Yvonne Chew Lee nee Lowe. 塘美村 Tong-mei village

1 December 1927 – 13 August 2013

After a minor and routine operation, Yvonne passed away at Wellington Hospital suddenly on the 13 August 2013.

Born in Auckland where she had her education, she moved to Wellington after marrying Frank Chew Lee, and brought up her family in Karori. After the children left the family home, she worked in the accounts department of Charles Haine advertising until her retirement in 1998. When her husband Frank passed away, she moved into a townhouse in Karori, Wellington where she lived on her own.

On her retirement, she immersed herself into helping the Wellington Chinese Sport and Cultural Centre organise activities for the senior members where she was appreciated, particularly among the senior line dancing group.

Yvonne was also a stalwart of the Tung Jung Association and often attended all the functions and festivals held by the Association and was a regular contributor. She will be sadly missed by all who know her.

Her funeral was held at Old St.Paul's, Wellington on Friday 16th August and was attended by hundreds of friends and relatives. She is survived by her sons, Adrian and his family, Owen and his family and her daughter Robyn and her children and grandchild.



Peter Young 楊德培 Pingdi village 平地村

As this newsletter is going to press, the Association learned of the death of Peter Young 楊德培, who was a prominent Tung Jung committee member in its heyday. His obituary will be in the next issue of this newsletter.

Auckland Tung Jung Association.....

The Auckland Tung Jung Association held their 22nd anniversary on the 24 August 2013 at the Seafood King Restaurant in Remuera, Auckland. An invitation was issued to our Association and Gordon Wu and his wife went to attend on behalf of the Association.

On arrival at the restaurant, we were welcomed by the committee who thanked us for coming up to Auckland to join in their celebration. We were seated at the main table with the new president, Peter Ho and other local VIP's and the Chinese Consul in Auckland. Gordon was asked to make a speech and also presented the president a DVD of the Tung Jung Association's 80th anniversary in Wellington in 2006.

During the evening, there was entertainment by local members in singing and tai chi demonstrations in which the public was asked to participate. Each table had a lucky draw prize in which Yvonne Wu won the one on her table. There was also a surprise to the over 70's members in which a red envelope containing \$20 was given to them, including Gordon Wu!

The Seafood King Restaurant produced an excellent dinner which included crayfish and Clevedon oysters and sweet sesame dumplings for dessert.

A crowd of about 300 people attended the function and a good time was had by all including Yvonne and Gordon.



Gordon Wu presenting the DVD to Peter Ho

Sleep.....

The amount of sleep one gets is vital for good health and well-being. Here are some tips that will help you sleep well.

1. We expect to sleep for eight solid hours, but that's actually not normal compared with global populations and our own evolutionary history. People naturally wake up two or three times a night. Worrying about it is the problem.
2. Digital clocks glare time at you. If you look at the time when you wake during the night, it's likely to increase your anxiety about not being asleep. If you need a clock to wake you in the morning, turn its face to the wall behind your bed. You'll hear it just as well.
3. If you're not sleeping well, you may have acid reflux, even if you don't feel heartburn. Try elevating your head by putting blocks under the top of the bed and sleeping on your left side.
4. If you like a firmer mattress and she likes a softer one, you don't have to compromise. Get two singles, push them together, and use king sheets. You can also buy a strap that attaches the mattresses to each other. Each person should have a sheet and blanket. One of the biggest disrupters of sleep is the pulling and tugging of sheets and blankets. If you pull a big comforter or duvet over the top when you make the bed, you really can't tell there are two single beds underneath.
5. Mattress foam is very temperature dependent. The foam can get a little hard in a cold bedroom. And if you're a hot sleeper, it may make you hotter.
6. Research has found that any new smell, even one associated with relaxation, like lavender, can make you more alert and vigilant. You're better off with a scent that makes you feel safe and comfortable.
7. Watching TV at night may seem relaxing, but it beams light into your eyes, which is an "alert" signal for the brain. Read a book before bed instead.
8. Give yourself an hour – just before bedtime. You need it to wind down and make the transition from the person-who-can-do-everything to the person-who-can-sleep.
9. To keep your room dark, use blackout curtains or shades – not blinds, because they never completely block out light. Install the shades as close to the glass as possible. If you don't have the depth for an interior mount, extend the fabric several inches past the width of the window.
10. A hot bath will increase your skin temperature, which eventually decreases your core body temperature, and that's helpful for sleep. Do the same thing for yourself that you'd do for a young child – make sure you take a bath half an hour or so before bedtime.
11. There's no solid explanation for it, but studies have found that wearing socks to bed helps you sleep. It may be that warming your feet and legs allows your internal body temperature to drop.
12. A lot of people take bedtime pain relievers that contain caffeine and don't even realize it. Check the label: Caffeine is always listed as an active ingredient and will probably keep you awake.
13. If you're a back sleeper and like sleeping with two pillows, it will make your upper back curve and strain the neck and back. If you need to sleep up high for medical reasons, get a wedge and put your pillow on it.
14. Avoid alcohol before going to sleep. Drinking excessively may make you drowsy and sleep quicker but it is short term and you may wake up suddenly and experience nightmares and restlessness.
15. Stick to a routine of sleeping and waking hours even when on holiday. This will help you sleep better.

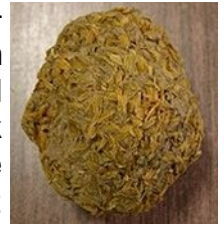
Century old egg 皮蛋 pei daan.....

Century egg 皮蛋; also known as preserved egg, hundred-year egg, thousand-year egg, thousand-year-old egg and millennium egg, is a Chinese cuisine ingredient made by preserving duck, chicken or quail eggs in a mixture of clay, ash, salt, quicklime, and rice hulls for several weeks to several months, depending on the method of processing. Through the process, the yolk becomes a dark green to grey colour, with a creamy consistency and an odour of sulphur and ammonia, while the white becomes a dark brown, translucent jelly with salty or little flavour. The transforming agent in the century egg is its alkaline material, which gradually raises the pH of the egg to around 9 - 12, or more during the curing process. This chemical process breaks down some of the complex, flavourless proteins and fats, which produces a variety of smaller flavourful compounds .

The century egg has over five centuries of history behind its production. Its discovery, though not verifiable, was said to have occurred around 600 years ago in Hunan during the Ming Dynasty, when a homeowner discovered duck eggs in a shallow pool of slaked lime that was used for mortar during construction of his home two months before. Upon tasting the eggs, he set out to produce more -- this time with the addition of salt to improve their flavour -- resulting in the present recipe of the century egg. The traditional method for producing century eggs is an improvement from the primitive process. Instead of using just clay, a mixture of wood ash, quicklime, salt is included in the plastering mixture, thereby increasing its pH and sodium content. This addition of natural alkaline compounds improved the odds of creating century eggs instead of spoilage and also increased the speed of the primitive process. Even though the traditional method is still widely practiced, modern understanding of the chemistry behind the formation of century eggs has led to many simplifications in the recipe. For instance, soaking the eggs in a brine of salt, calcium hydroxide, and sodium carbonate for 10 days followed by several weeks of aging while wrapped in plastic is said to achieve the same effect as the traditional method. This is because egg-curing in both the new and traditional methods is accomplished by introducing hydroxide ions and sodium into the egg.

Century eggs when ready, can be eaten without further preparation, on their own or as a side dish. As an *hors d'oeuvre*, the Cantonese wrap chunks of this egg with slices of pickled ginger root (sometimes sold on a stick as street food). A Shanghainese recipe mixes chopped century eggs with chilled tofu. In Taiwan, it is popular to eat century eggs by slicing them, and placed on top of cold tofu with soy sauce and sesame oil. Century eggs may also be cut into chunks and stir fried with vegetables, which is most commonly found in Taiwanese cuisine.

Chinese households cut them up into small chunks and cook them with rice porridge to create "century egg and lean pork congee: 皮蛋瘦肉粥. At special events like wedding banquets or birthday parties, a first course platter of sliced barbecued pork, pickled baby leeks, sliced abalone, pickled julienned carrots, pickled julienned daikon radish, seasoned julienned jellyfish, sliced pork, brawn and the quartered century eggs is served. This is called a *lahng-poon* 冷盤 in Cantonese, which simply means "cold dish".



Before curing



After curing

Traditional recipe....

Ingredients

3-4 cups very strong black tea + strained tea leaves
2/3 cups sea salt
3 cups wood ash
3 cups charcoal ash

1 3/4 cups quicklime
18 fresh duck/chicken/quail eggs
2-3 cups chaff or similar
Rubber gloves to work with



In congee



As hor d'oeuvres

Brew tea. 1 cup tea leaves to 8 cups boiling water. Leave for about an hour

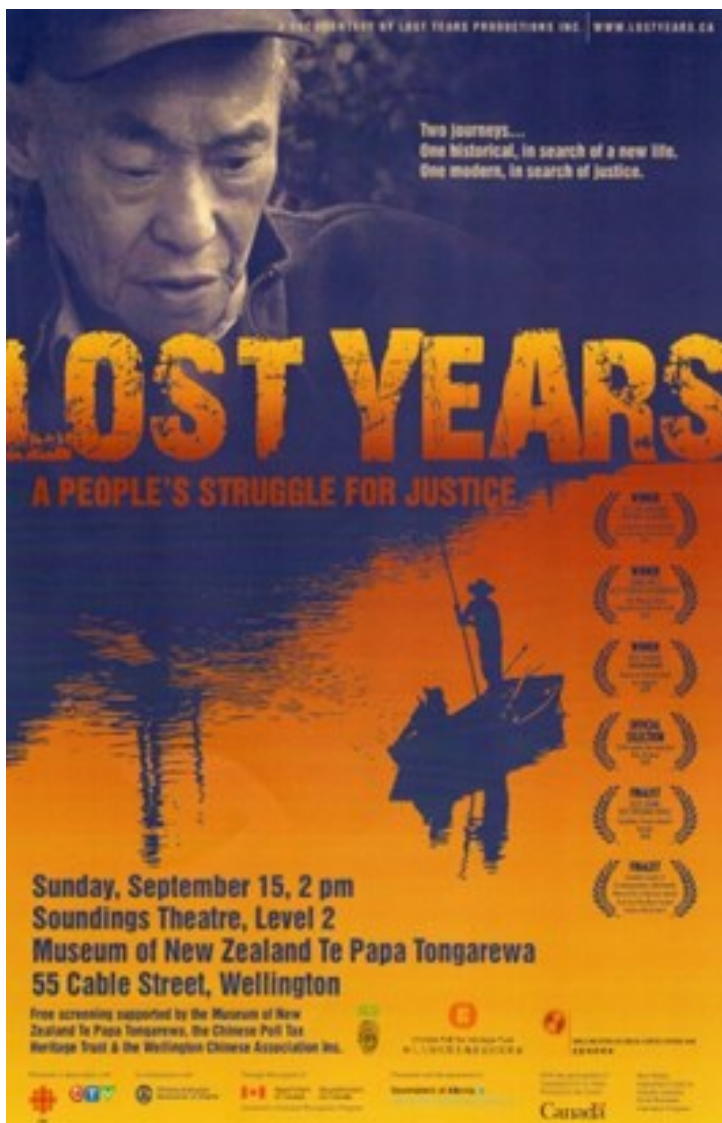
In a large non-reactive bowl (plastic, glass, crockery NOT metal) put salt, ashes and quicklime and add 3 cups of the cold tea. Stir well.

Strain tea, keeping both tea leaves and tea and add tea leaves to muddy mixture until thick creamy consistency. If too dry, add more cold tea.

Wearing rubber or plastic gloves, place eggs into mixture and coat well and let stand for 15 minutes. In another large bowl, place chaff and coat the muddied eggs with chaff to form a crust around egg, pressing firmly but gently to ensure chaff stays on mud. When all the eggs are coated, place in a container and leave for approximately 100 days. When

ready, the eggs can then be eaten cold or cooked with other food. Try the traditional and modern methods to suit you.

Enjoy!!!!



The Lost Years.....

A film about a people's struggle for justice.

Two Journeys....

One historical, in search of a new life.

One modern, in search of justice.

Produced and Directed by Kenda Gee and Tom Radford.

The Wellington Chinese Association is pleased to be able to host the showing of this multiple award winning documentary (see below). The film continues to gather recognition with current showings in North America.

A screening of this film to members and friends, has been arranged to be shown 15th September in Soundings Theatre, Te Papa.

The film will be shown in Auckland and Australia

Below is a short description of the film.

In February 2002, New Zealand Prime Minister Helen Clark formally apologized: "to those Chinese people who paid the poll tax and suffered other discrimination imposed on them by statute and to their descendants".

In June 2006, Prime Minister of Canada Stephen Harper made a "full apology to Chinese Canadians for the Head Tax"....."For over six decades, these malicious measures aimed solely at the Chinese were implemented with deliberation by the Canadian state" said Mr Harper.

Although there has been the time difference in these two apologies, it was the Canadian Chinese communities' activities in seeking redress on these injustices that raised the awareness of the New Zealand Chinese community that a similar tax had been imposed on their ancestors too. The story of the Canadian community resonates very strongly with our own.

The reconciliation package for New Zealanders resulted in the establishment of the Chinese Poll Tax Heritage Trust while the Canadian 'historical recognition program' provided grants and contribution funding for community projects.

"*Lost Years* is an epic documentary touching upon 150 years of the Chinese diaspora in Canada, USA, New Zealand and Australia, covering four generations of racism as revealed through the journey and family story of Kenda Gee. Kenda, a Chinese Canadian, travels with his father to China to retrace the steps of his great-grandfather, a century ago, and grandfather who sailed to Canada in 1921". Both men paid the Head Tax and Canada, like New Zealand at the time was not a land of dreams for the likes of these men, there were extreme hardships and racism.

The film begins with the return to the home county of Taishan in China, a county from which many Chinese in New Zealand originated, then we are taken back in time with scenes showing the building of the famed Canadian Pacific Railway and the lot of the early settlers. Chinese Canadians who have achieved prominence in sport, the professions, politics and who have served in Canada's military during the Second World War have contributed to the film and participated in the striving for justice.

Along with this, Kenda considers the question of the effect of the apology and the impact of the redress on the community in Canada and abroad. His quest takes him to the USA, New Zealand and Australia.

Pictures of early life in New Zealand, the apology from Prime Minister Helen Clark are included and he talks to members of the community in Auckland and Wellington.

There is no charge for this film but a gold coin would be appreciated.

Wellington Chinese Association

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THE TUNG JUNG ASSOCIATION OF NZ INC

Established 1926

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www.tungjung.org.nz

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