

帮

bāng
help;
assist

帮忙	bāng máng	help; give a hand; do a favour
帮手	bāng shou	helper; assistant
帮凶	bāng xiōng	accomplice; accessary
帮助	bāng zhù	help; assist

帮：在封建社会，帝王都是依靠贵族的支持来一统天下的。此字的篆体为“𡗗”和“𡗘”。“𡗗”意为在贵族统治下的(𡗗)土地(土)与庄稼(艹)。“𡗘”则指代的是捐献的丝绸或财物。在现在的“帮”字中，声旁“邦”是由代表木材的“丰”及代表城市的“阝”组合而成。“帮”也可作为州或国家之意。

In feudal times the emperor relied on the support of his nobles. The seal form of the character for such aid combines 𡗗 with 𡗘. 𡗗 denotes the crops (艹) and land (土) under the noble's rule (𡗗). 𡗘 signifies the silk or wealth donated. In the modern form the phonetic 邦 means state or country represented by woods (丰) and city (阝).

一	二	三	丰	邦	邦	邦	帮	帮										
1	2	3	4	5	6	7	8	9										

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 Winter 2012 issue

The Tung Jung Association of New Zealand Committee 2011—2012

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Vice Presidents	Brian Gee	566 2324	Property	Joe Chang	388 9135
Secretaries-	Joe Chang	388 9135	Newsletter	Brian Gee	566 2324
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Treasurer	Robert Ting	478 6253	Public relations	Peter Moon	389 8819
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	Valerie Ting	565 4421		Gordon Wu	388 3560

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

President's report.....

With winter coming on and the colder weather keeping many of us indoors, we just want to stay in our warm homes. In this issue, we have many interesting articles for you to read as you stay warm and cosy.

In April, the Association celebrated Ching Ming with a good size gathering at the Tung Jung memorial. The weather was good to those attending and we all met at dinner later on that night.

The George Gee Memorial golf tournament which the Association supports did not eventuate as there were not enough participants, as it coincided with Easter this year but the organisers are looking to hold it later on in the year, probably in October.

The new president of the Luen Fook Tong (equivalent to the Tung Jung Association) in Sydney, Daphne Lowe, is a Wellingtonian and we have established links with them. We can expect more news from our cousins across the ditch and maybe work in with them as far as trips are concerned. We are planning one now to see the Chinese goldfields in Victoria next May (2013) but more about it in our next Spring issue.

In this issue also is a report from Zac Young who had been picked to represent New Zealand as a Junior Tall Black in basketball. The Association had contributed in his fund raising campaign.

It is of regret to learn of the passing of one of our members Bill Hoon whose father was a founding member of the Association. His obituary is on page 18.

To while away the winter blues, the Association is holding a yum cha lunch at the Dragon's Restaurant on Wednesday 20th June. See the advertisement on page 15.

The annual general meeting (AGM) will be held in our rooms on 19 August 2012 at 2 pm. I am making a plea to all members to attend the AGM so that new blood can be elected into the committee and also members can have a say in the running of the Association. This is YOUR Association, one that your forefathers had worked hard for so that their descendants will know where their roots are. There will be an informal lunch before the meeting at 12.30pm. I hope to many of you there.

I have just returned from a personal trip to China and I will recount my adventures and opinions in our next newsletter.

My thanks go to those who have contributed to the Association in way of subscriptions and donations. In order to keep the Association going for future generations, we need your contributions. Is your subscription up to date?

Finally, this may be my last report as president of the Association. I urge you all to partake in the AGM and vote for a committee who will broaden the Association's horizon and future.

I have enjoyed my two years as president and have accomplished much of what I had set to do, but it has not been an easy task but it was a great challenge..

Willie Wong
June 2012

Ching Ming Festival.....

The Association celebrated Ching Ming on 1st April with a gathering of members at the Tung Jung memorial at Karori Cemetery. It was a beautiful day and after paying our respects to our ancestors, the group sat down to partake in the food, sharing it with the ancestors. It was pleasing to note that visitors to the members who attended, also came along to pay their respects. The group all had dinner that evening at the Dragon's Restaurant.



會長報告

隨著冬天的到來，寒冷的天氣讓我們只想停留在我們溫暖的家。在這期新聞簡訊裡，我們有很多有趣的文章讓大家在舒服和溫暖的家裡閱讀。

在四月，我們會館會員在東增紀念碑前聚會來慶祝清明節。當天的天氣很好適合聚會，當天晚上我們也一起聚餐了。

我們會館贊助的紀念GEORGE GEE高爾夫球錦標賽還沒有結果，因為舉行的時間跟今年復活節假期相同，所以沒有足夠的參賽者參加。但是組織者希望在年尾大概10月分左右能再次舉行比賽。

跟東增會館一樣的悉尼六福堂，它的新會長叫DAPHNE LOWE。他是威靈頓人。我們已經跟他建立了聯繫。我們期待在越過這鴻溝之後，能得到更多我們堂兄弟的消息。就我們而言，跟他們一起工作和旅行是被關注的。我們正計畫在2013年5月到VICTORIA參觀中國人過去淘金地區。詳細資料會在下一期新聞簡訊刊登，敬請留。

在這一期，有來自代表新西蘭少年TALL BLACK籃球隊的ZAC YOUNG的報告。我們已經捐助了他們的競選基金。

為了拋開冬天的憂鬱情緒，我們會館在6月20日即星期三，在豪苑舉行飲茶午餐活動。見廣告在本期的第15頁。

在2012年8月19日下午2點，將會在本會館舉行年度例會（AGM）。我懇請所有東增會館會員參加這次會議。目的為了推選新的血液進入我們的委員會，屆時會員們也會發表總結。這是你們的會館，是你們祖先辛苦地建立的，目的為了讓他們的子孫後代知道他們的根在那裡。到時我們將會有一頓不正式的午餐，希望能看到你們的來臨。

我剛剛從中國回來，我將會在下一期刊登我在中國的經歷和看法，與大家分享。

衷心地感謝認捐和捐獻給會館的你們，為了讓會館能為在將來繼續運作，我們需要你的捐獻。你最近捐獻了嗎？

最後，這可能是我最後的會長報告，我促請大家都能參加年度例會，來選出能為將來擴展各領域的委員會。

我很享受我這兩年會長的工作，我也能基本完成我預設的任務。這不是一項容易工作，但是是很有挑戰的任務。

黃蔭邦

2012年6月

Tung Jung profile.....

Brendan Wong

沙頭村 Shatou Village



General Physician with Cardiology Interest at Northland Health and Private Practice

“Tae Pou” Mum called. It was the command for me to go out front and serve a customer as I was unloading some cases of cauli off the back of the truck at my father’s shop at Pahiatua.. This was life for a Chinese fruit shop boy back in my time. No internet, no playstation, PSP or Nintendo. Home from school was time to unload the truck, bag up potatoes, carrots, parsnips, oranges and apples. We all stayed at the shop until closing at 6pm and then had dinner, Later on, Mum would go home earlier and get dinner ready at home. I hated rice then and struggled to eat one bowl, now I can’t get enough of Chinese dinner and regularly have two bowls.

At secondary school when we started getting homework and assignments, I had to fit this around work at the fruit shop. My physics, maths and biology usually opened out on the chest freezer and my work book on the newspaper wrapping table while I double timed homework between customers tending shop. “What do you want to do after you finish school?” Dad used to ask. “Well I like reading and writing, maybe I could be a writer or a journalist” I said. “What! There’s no money in that! You’re going to be a doctor” he said. The standard choices for a Chinese fruit shop boy then were Doctor, Dentist, Lawyer or Accountant, strictly in that order.

Guess where I ended up? I applied for Med School, but the careers advisor just shook his longhaired mustached head. The Bursary results in January were a surprise to him and even more to me. There were two weeks to go before heading off to far away Dunedin to do a medical intermediate year, when I got a letter from Med School in Auckland offering me an interview. Why should I waste money going to Auckland for an interview with only a week to go? “Bloody useless organization” I thought. But when I told Dad later that morning I was booked on a plane with a favour asked of Uncle Sherman and Auntie Dolly in Mangere to meet me and get me to Auckland Medical School. Well, only the second time I’d ever been on a plane and as soon as I got in the door, I was told I had a place in the 1980 class, did I want to accept? Hell yeah! Before you guys change your mind I thought!

Well, it’s always uphill when you’re the underdog but the long hours and hard work proved invaluable when I graduated six years later. It was during this time that I met my wife Valerie Lum of Poon Yue descent.

The first post graduate house surgeon year is to get medical council registration and Valerie was still doing her B.Com at Auckland and then she got a job at Nissan, so I rolled onto a second house surgeon year and chose training in Medicine as a Registrar. I had been placed at Middlemore Hospital for most of my jobs and the multicultural Pakeha, Polynesian, Asian and Indian mix seemed to suit my personality and background. During this time we also study for our specialist’s exams and after a couple of goes I was through and into advanced training. As part of general medical training we had to spend at least 6 months in a provincial centre. Our first born, Victoria, was only 3 months old when we packed up and moved to Napier for a year at Hawkes Bay and Napier Hospitals.

We came back to Auckland for a year, then managed to secure a position as Echocardiology Fellow at St Vincent’s Hospital in Sydney. Here I learnt the craft of imaging the heart with ultrasound at a world class institution. After only eight months, I had the call from Middlemore for me to return and take up my position as Consultant Physician with Cardiology interest. I now headed a general medical team and was busy with Coronary Care and Echocardiography duties. This was the pinnacle of my achievements!

After a few years the work at Middlemore became more General Medicine focused and my Cardiology diminished. It was too soon in my career to cut down on Cardiology and after some networking, was offered a job at Whangarei Hospital in the winterless North. We said our goodbyes to Auckland and settled into Whangarei. Simon, our second born, was two and Victoria five. The years flew by, as I established echocardiography in Northland and bolstered cardiology and general medicine at the hospital.

I am now a General Physician with a strong interest in Cardiology part time at Whangarei Base Hospital and part time in Private Practice. I am also an examiner for the Royal College of Physicians and Clinical Teacher and Examiner for the Auckland School of Medicine. I am a CORE (Certificate of Resuscitation and Emergency care) instructor for the NZ Resuscitation Council. I have two excellent children who understand the value of hard work and a caring supportive wife who I thank for where I am today.

Continued on page 15

Do You Know Your Chinese Vegetables 廣東蔬菜?

The climate in Guangdong Province is sub-tropical and with the rich fertile alluvial soil of the Pearl River, the province grows an abundance of green vegetables.

Cai-xin (菜心) Choy sum

This is typically a basic Guangdong vegetable which looks handsome and modest, and possesses a "mild" nature. It has little yellow flowers, which are normally not eaten, however Cai-xin tastes refreshing and somewhat sweet, especially the Gaojiao 高脚 type originating from Zengcheng 增城 in Guangzhou, which cost about 50% more than its peers. When you want to find this kind of "noble" vegetable in a market, pick the ones with unusually long stalks. A Gaojiao ("Long leg" in Chinese) Cai-xin normally has at least a 35-cm-long stalk, and the most extreme one ever known was nearly one metre in length! With winter coming, it is the time when Cai-xin is at its best.



Bai-cai (白菜) Bak Choy

As its name indicates, Bai-cai means "white vegetable" in Chinese, with its white stem and leaves. It originated in North China and is the most popular staple vegetable across the country.

You might be confused by the diversity of Bai-cais. There are mainly two kinds – Xiao 小 ("small" in Cantonese) Bai-cai and Da 大 ("large") Bai-cai. The former is slender, small and dainty, with leaves that spread out, and its flavour is better. It is like a girl in some way.



Comparatively the latter looks like a big fat bundle and somewhat like a housewife. It is more common in the north and easier to store for a long time. Da Bai-cai is often made into different pickles, ready to serve at any time, a favourite for Chinese northerners and Koreans. In the houses of North China big bunches of Bai-cais are usually stored as the most trustworthy vegetable reserves for people throughout the long winters, when there are few vegetables available.

Sheng-cai (生菜) Lettuce

As one of the staple vegetables in Guangdong, Sheng-cai looks beautiful and tastes crisp and sweet. It is widely used in Cantonese cuisine, combined with meat for a nice balance, in hot pot, or served as a salad. The cos variety is mainly grown here. On important days such as Spring Festival (Chinese New Year) in January or February, many families have Sheng-cais at their celebration dinners and bundle them with red strings to honour their ancestors. Why? Because Sheng-cai is pronounced the same as "making money" in Chinese. Therefore it is considered a symbol of hopeful goodwill and fortune for Chinese people.



Qin-cai (芹菜) Celery

Celery is an elegant and robust vegetable with a nice aroma that is good for the health. It is the ladies' choice since it can help improve blood circulation and beautify the skin, and is also preferred by the elderly as it can lower blood pressure. It even cools down the "hotness" in your body.



Do you know your Chinese vegetables? Contd.

Bo-cai (菠菜) Spinach

Popeye the Sailor liked his spinach, and so do the Cantonese. Spinach soup is popular here, but it is not suitable for senior citizens as it can aggravate their kidney problems. This pretty vegetable is nicknamed "Hong Zui Lue Yingge" 紅嘴綠鸚鵡 ("Red-beak green parrot") in East China for its appearance. Do you think it really looks like that?



Tong-cai (通菜) Water Spinach, Hollow Stem Spinach

With its crisp and chewable fibre. Tong-cai with fermented bean curd and pepper slices is a favourite Zengcheng delicacy.

There are two kinds of Tong-cai, which grow respectively in relatively dry fields or watery land. The "low-profile" former looks slimmer while the seemingly "better-nutritioned" latter is greener and more robust, with larger leaves.



Jie-cai (芥菜), Mustard greens

This plumpish looking vegetable in spring and summer tastes bitter and sweetish, but is very healthy. Its cooling quality is good for those who suffer from summer heat. Found all over China, it is rarely seen outside Asia. The kind originating from Shuidong in western Guangdong is the type preferred by the Cantonese

The large kind of Jie-cai can be cured with spices and sauce to be seasoned pickles while the small one is for a dish called Chun-cai 春菜 (the vegetable in spring) in Chaozhou of eastern Guangdong.



Xiyang-cai (西洋菜) Watercress

This fragrant vegetable, with its small and flowery leaves, came into China from Europe, as its name suggests – Xiyang means "the Western World" in Chinese. It can bring soothing warmth against winter chill – along with various meat or preserved eggs it makes a delicious and nutritious soup that warms the Cantonese in winter, the harvest season.

It is believed that this vegetable is good for the lungs and can ease dryness in the human body, and is thus adored by locals during the winter. In Guangdong leeches like Xiyang-cai as it is grown in the water, as much as humans do, so be careful to wash your vegetables carefully.



Two Seasoning vegetables – Cong (葱) Spring Onion and Jiu-cai (韭菜) Leek

There are two interesting vegetables widely-used for seasoning in Cantonese cuisine, Cong and Jiu-cai.

Cong, slim and refreshingly fragrant, can enrich and balance the flavours of a dish. It is also synonymous with "smartness ('Cong Ming' 聰明 in mandarin)". Many traditional-minded parents let their babies have a bite of Cong in the hopes that the plant will help their beloved kids become smarter in the future.

Jiu-cai is nutritious, but "hot". It has been served on Chinese menus for over 3,000 years and is found all over China, including the Tibetan highlands. The Jiu-cai harvested in February of the Chinese lunar calendar (about March) is the finest. The plant has been honoured in Chinese poems since ancient times, lovable for its loveliness and importance in daily life.



There is something "exciting" about these two vegetables – both are known to boost sexual desire and ability, especially Jiu-cai, which is nicknamed the "Viagra Vegetable" in the province. It has therefore been a "luring" taboo food for vegetarian monks and nuns in China for centuries. How about you?



Do you know your Chinese vegetables? Contd.

Other Vegetables

Youmai-cai (油麦菜) *Lactuca Sativa, Chinese lettuce, celtuce.*

This vegetable has big long leaves and contains abundant minerals. It tastes and appears a bit like Sheng-cai (lettuce) when it is cooked. It is from the lettuce family



Shan-cai (潺菜) *Ceylon Spinach*

This is a summer specialty, smooth and gluey on the palate, functions to "cool" the inside of the human body. It is not for the weak.



Jie-lan (芥蘭) *Chinese kale, Chinese broccoli*

This vegetable is a crisp local plant in South China and looks somewhat like Cai-xin 菜心. When you have a cold or respiration sickness such as a sore throat or asthma, Jie-lan will help. The flower heads before they open, look like broccoli and can be eaten. They are very popular with oyster sauce.



Bao-cai (包菜) *Cabbage*

The cabbage is a very popular vegetable though not as sweet and tender like that grown in New Zealand. Small dices of meat and beans wrapped in its big leaves are adored by Cantonese gourmets.

Compared with the northerners of China, Cantonese seem to have a milder "vegetarian" character and conduct. Maybe their obsession with vegetables in their diet makes it.

They rely much more on freshly grown vegetables than the meat-loving and strong northerners and pepper-adoring westerners on a daily basis. Their diet is more balanced, relatively not "overwhelmed" by three vicious things in meat that can lead to aggressive and unstable traits -- large quantities of animal protein and saturated fat (which causes hypertension) and small percentage of calcium -- according to some studies.

It is interesting to have the relatively "hot-tempered" people in the "cool north" and the "cool-natured" gentle persons in the "hot south" in the vast country of China.



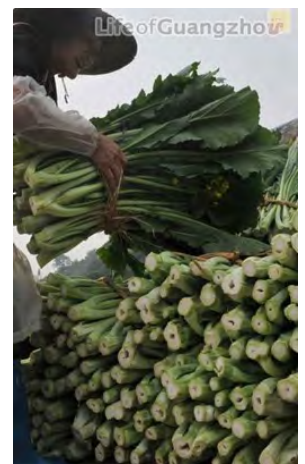
Choy Sum Festival in Zengcheng

The Choy Sum Food Festival, Zengcheng City's annual event, fed and entertained thousands of visitors from Dec. 24 to 26 in Xiaolou Town. Visitors were offered opportunities to taste the village's most famous local product - the Chinese vegetable, choy sum (菜心).

Last year's festival is the seventh since its 2004 inauguration and is now considered by many to be Zengcheng's hallmark event. Promoting more than just the prized local vegetable, the festival highlights customs within the region, with choy sum recipes, shows, a photography competition, sales exhibitions and local tours all included in the fun. Zengcheng choy sum, a flowering cabbage, has long been crowned "king of choy sum" for its sweetness. In October of last year, its status had grown to be included as a national geographical indication product, which is reserved for genuine regionally produced items.

Zengcheng choy sum is said to taste especially delicious because local farmers use organic fertilizer in its cultivation. No chemical fertilizers or pesticides are allowed during production.

The selected gift-wrapped choy sum sold at the festival reached 60~80 yuan (NZD 12—16) per kilo and when in season, it is common for shoppers to drive to Xiaolou to buy the vegetable to guarantee freshness.

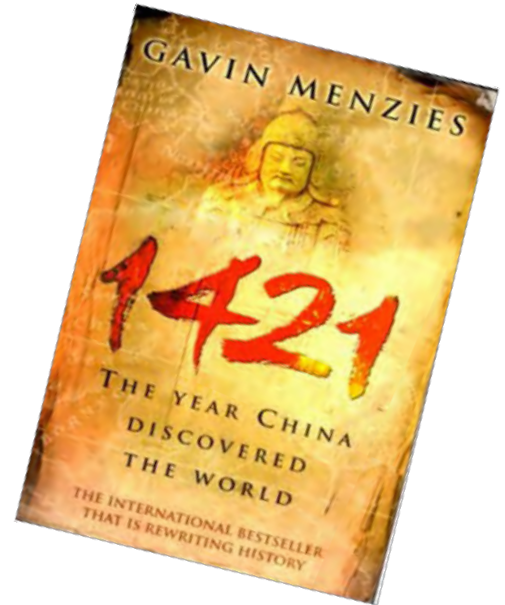


Did the Chinese discover America or Australia or New Zealand before the Europeans?

On 8 March 1421, the largest fleet the world had ever seen, set sail from China.....their orders were to proceed all the way to the end of the earth! This gigantic fleet of flat bottomed wooden junks, some as long as 500 feet, was to take two years to traverse the world under the command of the Emperor Zhu Di's loyal eunuch admirals. When the fleet left China, the country was prosperous with expanding trade routes along the Asian coastline towards Africa. By the time the remains of the fleet returned home, China had closed its doors to the rest of the world and the ships were left to rot and all their records destroyed.

After fifteen years of research, Gavin Menzies, a retired Royal Navy Submarine Commanding Officer, born in China, writes this enthralling and compelling account of this remarkable journey, supported by persuasive evidence, ancient maps, astronomy, navigational knowledge, surviving accounts of Chinese explorers and traces of evidence left behind by the fleet around the world.

Read the book yourself and discover the tantalising discoveries that the book describes and form your own opinion. If your opinion is like mine, then the history books will have to be re-written!



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

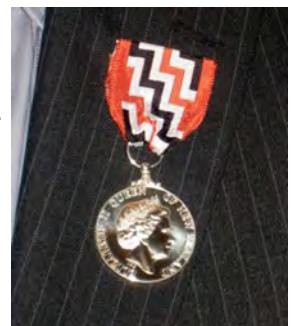
The Tung Jung Association would like to thank the following for their contributions. Your contributions are vital to the Association in order to move forward to help future generations.....

Eileen Chan	Keith and Linda Lowe	Jack and Marcia Chan	Alison Phua	
Spencer and Robyn Ting	Stephen and Zinnia Lau	Ricky and Angela Gee	Barbara Tims	
Darren and Eileen Chan	Barry and Anita Williams	Mary and Peter Ming-Wong	Betty Lai	
Fiona and Peter Wong	Stan Wong	Harry Wong	Michael Wong	Loretta Young
Mary Chong	Frank and Nanette Kwok	Helene Wong (Auckland)	Colin Lowe (Auckland)	
Jennifer Young	Chris and Sally Bing	Donald and Mary Young	Joe and Elaine Chang	

Snippets



Robert Ting, treasurer to the Tung Jung Association, recently celebrated his acknowledgement of receiving the QSM in conjunction with acquiring a new grand-daughter and another grandchild's 5th birthday at a dinner at the Grand Century restaurant attended by family and close friends. A very enjoyable time was had by all there as Robert proudly wore his distinguished medal for all to see.



Bus-Size Dinosaurs, as Fuzzy as Chicks

Fossils discovered in north-eastern China of a giant, previously unrecognized dinosaur, show that it is the largest known feathered animal, living or extinct, scientists report.

Although several species of dinosaurs with feathers have already been uncovered in the rich fossil beds of Liaoning Province, the three largely complete 125-million-year-old specimens are by far the largest. The adult was at least 30 feet long and weighed a ton and a half, about 40 times the heft of *Beipiaosaurus*, the largest previously known feathered dinosaur. The two juveniles were a mere half ton each.



The new species was a distant relative of *Tyrannosaurus rex*, the mighty predator that lived 60 million years later, at the end of the dinosaur era. The scaly *T. rex* apparently did not go in for feathers.

In an article in the journal, *Nature*, published online, Chinese and Canadian paleontologists said the discovery provided the first “direct evidence for the presence of extensively feathered gigantic dinosaurs” and offered “new insights into early feather evolution.”



Dr. Xing Xu of the Institute of Vertebrate Paleontology and Paleoanthropology in Beijing, who was the lead author of the paper, said in a statement that it was “possible that feathers were much more widespread, at least among meat-eating dinosaurs, than most scientists would have guessed even a few years ago.”

Dr. Xu said the feathers were simple filaments, more like the fuzzy down of a modern baby chick than the stiff plumes of an adult bird. Such insubstantial feathers, not to mention the animal’s huge size, would have made flight impossible. The feathers’ most important function was probably as insulation.

The species has been named *Yutyranus huali*, which means “beautiful feathered tyrant” in a combination of Latin and Mandarin.

Mark A. Norell, a curator of paleontology at the American Museum of Natural History in Manhattan, who had no part in the research, said the findings were significant because they swept aside a longstanding argument that perhaps dinosaurs had feathers only when they were small and shed them as they grew.

Corwin Sullivan, a Canadian paleontologist affiliated with the Beijing institute and an author of the report, noted that the idea of primitive feathers for insulation was not new.

“However, large-bodied animals typically can retain heat quite easily, and actually have more of a potential problem with overheating,” Dr. Sullivan said. “That makes *Yutyranus*, which is large and downright shaggy, a bit of a surprise.”

The researchers suggested that the climate might have been cooler when this feathered giant lived than it was when *T. rex* roamed in the late Cretaceous period. Not necessarily, said Dr. Norell, who pointed out that large, hairy mammals like giraffes and wildebeest, perhaps analogous to feathered dinosaurs, live today in hot latitudes.

Another possible explanation, offered by the authors of the journal article, is that the feathers were not widely distributed over the dinosaurs’ bodies, and so their function as display plumage cannot be ruled out. Yet the researchers noted several times that the feather covering was extensive and “densely packed,” resembling some recent discoveries of fossil birds “that undoubtedly had plumage covering most of the body.”

“This is a great time to be a dinosaur paleontologist,” said Dr. Norell, whose research concentrates on fossils from China and the Gobi Desert of Mongolia. “The feathered dinosaurs show how the whole conception of dinosaurs has really changed in the last 15 years.”



China also has plenty of interesting historical factoids. For example, according to the Guinness Book of World Records, the world’s smallest dinosaur, *Microraptor zhaoianus*, was also discovered in Liaoning Province. It was just under 39 centimetres long (24 cm of which was its tail) and lived about 110 million years ago. China also had some giant dinosaurs—the world’s largest duck-billed dinosaur bones were found here. The *Shantungosaurus* probably weighed about 13,600 kilos and is 16 metres long!

Papers Past.....excerpts of news from the past

CHINAMAN'S INTESTACY.

THE RIGHTS OF WIFE AND CONCUBINE

A PROBLEM FOR THE NEW ZEALAND COURTS

DISTRIBUTION OF A £5000 ESTATE. CASE HEARD IN THE SUPREME COURT. An interesting action was heard in the Supreme Court to-day, before His Honour the Chief Justice, to determine the distribution of the assets of a deceased China.-man (Ah Chong), who was a shopkeeper in Greytown. The Public Trustee, as administrator of the deceased's intestate estate, was the plaintiff, and **Ng Kwok Shi** (widow of deceased), of **Ah Yew** Village District of Tsang Sheng, in the province of Kwang Tung, China, Kwai Yee, of the same address, married woman (daughter of the deceased) and Ting Ka and **Sui Wai**, of the same address (grandchildren of the deceased) were the defendants. Deceased recently died in Greytown, intestate, and the Public Trustee became administrator of his estate, which was worth almost £3000. Deceased, who was 57 years of age, was born in **Ah Yew** village, and lived there till he left for New Zealand at the age of 34. On the 19th February, 1875, he married a Chinese woman named **Ng Kwok Shi**, and he had one concubine whom he was stated never to have seen. All his seven children predeceased him, with the exception of his daughter, Kwai Yee. One son left twin children— a male, Ting Ka, and a female, **Sui Wai**. Among the evidence submitted was an affidavit of Sir Kai Ho Kai, K.C.M.G., barrister, and a member of the Legislative Council of Hong Kong, representing the Chinese community. He stated that, according to Chinese law, all deceased's property in China would descend to the grandson, Ting Ka, subject to the following qualifications: (a) During the minority of the said Ting Ka the property would be handed over to the widow to control and manage, unless for some good and sufficient reasons she should be deemed unsuitable by the Court, in which case the control and management of the estate would be left in the hands of the senior agnate in the present case, the elder brother of the deceased, named **Ng Kwai Kai**. (b.) Out of the rents, profits, and income of the said estate the following payments would have to be made:— 1. Maintenance, and a personal allowance for the widow of the intestate during her life. 2. Maintenance and a personal allowance for the concubine of the deceased during her life, at the sole discretion of the widow. 3. Maintenance and personal allowance during her life for the mother of the grandson Ting Ka if she should still be living. 4. Maintenance and education of the granddaughter **Sui Wai** until her death or marriage, whichever should first happen, with suitable provision for her marriage dowry. 5. Maintenance of all daughters-in-law (if any) of the intestate. 6. Maintenance and education of all lawfully adopted sons (if any) of the intestate deceased's sons. The main question the Court had to decide was whether deceased, had lost his domicile of origin (China) and assumed a domicile of choice in New Zealand. If he acquired a domicile of choice in New Zealand, all his estate would go according to New Zealand law. If he still retained his domicile of origin, his estates (except freeholds and leaseholds) would go according to Chinese law, while his leasehold and freehold estates would go according to the law of its situation, viz., New Zealand law. The question also arose as to how the Public Trustee would give effect to the Chinese law. Mr. J. W. Jamieson, His Majesty's Consul-General at Canton, in an affidavit, stated that Chinese law recognises one wife only, and a concubine is not legally recognised unless she has a son. All the children born to a man, whether by his wife or by his concubine, are deemed to be the children of his wife, and are deemed to be legitimate. Mr. J. W. Macdonald (solicitor to the Public Trust Office) and Mr. F. E. Kelly appeared for the Public Trustee, and Mr. H. E. Evans for the widow. After hearing arguments, his Honour reserved judgment.

Hawera & Normanby Star, Volume LXV, 3 December 1913

Snippets.....

On 27 April, Kaye Wong celebrated her 70th birthday with a bash at the Pines in Houghton Bay, Wellington.

With a beautiful day, no southerly wind and magnificent views towards the South Island, Kaye entertained her friends and relatives on her relationship with each individual guest! Sounds like you had to have an unblemished record to be invited! Her invitation, mentioned that no one was to wear black so there were some colourful attire and head wear to be seen that day. The buffet lunch supplied by the Pines was excellent and ample as always and the 120 or so guests went home happy with well filled stomachs.



Ginseng 人蔘.....

Ginseng is any one of eleven species of slow-growing perennial plants with fleshy roots, belonging to the genus *Panax* of the family *Araliaceae*.

Ginseng is found only in the Northern Hemisphere, in North America and in eastern Asia (mostly Korea, northern China (Manchuria), and eastern Siberia), typically in cooler climates. 人蔘. *Rén* means "man" and *shēn* means a kind of herb; this refers to the root's characteristic forked shape, which resembles the legs of a man

It is believed that ginseng was discovered in the mountains of Northern China (Manchuria) over 5000 years ago. It was probably first used as a food. Records, however, show that ginseng was used for medicinal purposes over 3,000 years ago. The old Chinese Canon of Medicine states that ginseng strengthens the soul, brightens the eyes, opens the heart, expels evil, benefits understanding and if taken for prolonged periods of time will invigorate the body and prolong life. There was also a belief that the ginseng root resembled the human body!

Because Chinese emperors revered ginseng and were more than willing to pay for ginseng with its weight in gold, a flourishing industry sprung up centuries ago, attracting diggers, traders and robbers. China's demand for the wild root afforded Korea the opportunity to maintain a thriving export business that dates back to the 3rd century AD. Unfortunately, this lucrative trade practically wiped out wild ginseng in Asia and eventually came to a halt. In the sixteenth century Korea started began experimenting and cultivated the world's first farmed root.



The aromatic root resembles a small parsnip that forks as it matures. The plant grows 6 to 18 inches tall, usually bearing three leaves, each with three to five leaflets two to five inches long.

Both American ginseng (*Panax quinquefolius*) and Asian ginseng (*Panax ginseng*) roots are taken orally as adaptogens, aphrodisiacs, nourishing stimulants and in the treatment of type II diabetes, as well as for sexual dysfunction in men. The root is most often available in dried form, either whole or sliced. Ginseng leaf, although not as highly prized, is sometimes also used; as with the root, it is most often available in dried form.

This ingredient may also be found in some energy drinks, often the "tea" varieties; in these products, ginseng is usually present in subclinical doses and does not have measurable medicinal effects. It can be found in cosmetic preparations as well, but has not been shown to have clinically effective results.

Ginseng is a mild herb and is considered to be extremely safe. Negative side-effects are virtually non-existent. It is not a stimulant and does not cause feelings of over excitement, agitation or insomnia, when taken responsibly. However, it has been reported that large doses of ginseng can cause nausea, high blood pressure, sleeplessness, restlessness and sexual arousal. The recommended daily dose is small and large doses of ginseng are not recommended or necessary.

Naturally, there has been a great deal of research done in Asia on ginseng and its many components. Quality research teams in China, Japan and Korea suggests that ginseng reduces fatigue and increases stamina. They have found that ginseng helps the formation of red blood cells and helps to eliminate anaemia. Like the Russians, they learned about mental improvement but they also believe that ginseng helps prevent neuroses, increases the secretion of body fluids and helps prevent diabetes. They say it normalizes pulmonary functions, prevents coughs, tuberculosis and asthma. Ginseng properties were studied to conclude that the root strengthens the gastrointestinal system, helps facilitate liver regeneration, detoxifies poisons, enhances blood alcohol clearance, reduces the effect of alcohol intoxication and even helps eliminate hangovers!

A recent study at the University of Hong Kong has identified ginseng to have anti-inflammatory effects. The study found of the nine ginsenosides they identified, seven could selectively inhibit expression of the inflammatory gene CXCL-10

Ginseng has been listed by some as useful in the treatment of diabetes, anaemia, cancer, depression, insomnia, shock, fatigue, hypertension, effects of radiation, environmental, physical and mental stress, and chronic illness. It has been said to act as a stimulant promote endurance, increase life expectancy, relax the nervous system, improve mental awareness, encourage proper hormonal functions, improve lipid levels, lower cholesterol, improve nerve growth and increase resistance to disease. It is said to act as an antioxidant, autoimmune stimulant, psychotropic and have anti-tumour actions. Chinese Ginseng contains Heat properties, therefore it should not be taken in excess or by those who have Heat signs.

News from Sydney

New Zealand has the Tung Jung Association, while in Sydney, it is a little more complicated as there are three organisations: Luen Fook Tong Inc. (Jung Sing/Zengcheng) (LFT), Goon Yee Tong Inc. (Dongguan) (GYT) and a joint association Loong Yee Tong Society Inc. (LYT) These three organisations have been in existence for over 100 years and in 1995, each registered as an incorporated association in New South Wales.

The Jung Sing and Dongguan groups operate separately and hold their own activities and functions. Each has its clubhouse and committee and functions such as Chinese New Year celebrations, Ching Ming etc are organised for its own members. As to numbers, Dongguan has more people than Jung Sing.

What does the joint association LYT do? In earlier times there was more collaboration and the two groups joined together for strength. In 1916 land was purchased in Dixon Street (in the heart of Sydney's Chinatown) and a row of three buildings constructed, known today as 50, 52 and 54 Dixon Street. The original titles were in the names of two trustees from GYT and two from LFT. Shortly after they were completed in 1917, there was a change of trustees for 54 when an additional GYT trustee replaced the two LFT trustees. This left 50 and 52 still being owned and managed by the joint LYT association.

As the owners of 50 and 52 Dixon Street, LYT leases one building to GYT (currently 50) and one to LFT (currently 52) and each group then subleases the ground and first floors to businesses, thus deriving operating income, while the second floor is used as each association's office and clubhouse.

The LYT Committee comprises equal numbers from each group and the president of LYT alternates every 2 years between the president of GYT and LFT. Justin Chan is the current president of GYT and I am the current president of LFT and LYT. The LFT committee meets monthly and the LYT committee meets every two months.

Over the years the management of these organisations has ranged from good to poor, with a number of office bearers and/or committees not always practising open and accountable governance. Recent problems at LFT necessitated legal action and a ruling by the Supreme Court as to the association's legitimate management committee. I am the president of the new committee elected at the association's AGM in December 2011 and this committee is committed to proper governance.

As a New Zealand-born Chinese, who has resided in Sydney since January 1964, good wishes are extended across the Tasman to our brethren in New Zealand. I grew up in Wellington, went to Kilbirnie School, Wellington East Girls' College, Victoria University and Wellington Teachers College. Now retired, I am busier than ever with my involvement with a number of Chinese Australian organisations, including president of the Chinese Heritage Association of Australia and national secretary of the Chinese Community Council of Australia.

I spoke to Gordon Wu when I was recently in Wellington and would be pleased to submit a regular column on what's happening on this side of the ditch. Meanwhile, if any of you have family members who are now permanently living in New South Wales, they are most welcome to apply for membership.

Best wishes to all.

Daphne Lowe
President
Luen Fook Tong Inc
P O Box K1230
Haymarket NSW 1240
Australia

www.lowekelley@bigpond.com



The Jung Sing Luen Fook Tong Committee elected December 2011



Daphne Lowe Kelley accepting the 2011 NSW Premier's Chinese Community Service Jack Wong Sue Award for Voluntary Service Beyond the Chinese Community from Premier Kristina Keneally.

The Ancient Chinese Game of Go

Weiqi, 圍棋, known in English as *Go* or *Encirclement Chess*, is one of the four most refined skills that an ancient Chinese intellectual could possess. It has a history of well over 4000 years in China and remains popular to this day in China, Japan and South Korea. Culturally, this may be one activity that really is "more than just a game".

Go is a game of encirclement and capture, which takes place on a board of 361 squares. The object of *Go* is not to capture the opponent's actual pieces but rather to surround empty territory on the board. This is done by building encircling "walls" around these empty spaces. The game is played by two people, with a black and white set of pieces, just as in chess.

It's pretty certain that *Go* was invented by Chinese ancestors, yet nobody knows exactly when. The Encyclopedia Britannica records that the game originated from China in 2306 B.C. According to legend, a Chinese ruler of some 2200 years ago, Emperor Yao, invented *Go* to help enlighten his son Dan Zhu.



Only those with some degree of education can approach this game, because it's so complicated. It has too many variations of play and requires a great deal of calculation. An ancient scientist once calculated that the board positions in a single game can be a number that is 768 digits long."

The influence of the *Go* game on Chinese society is quite evident in various works of literature, which often include a scene or two featuring the *Go* board. One of China's classics, "The Romance of the Three Kingdoms," depicts the famous general Guan Yu playing *Go* while receiving surgery on this arm. Another general, Fei Wei was said to deploy his troops using a *Go* board as his visual layout.

Many people also love this ancient game for the essence of Chinese philosophy that it contains. For example, Confucianism stresses the rule of Golden Mean, that people should not go to extremes, and not reveal the edges of their personality. Similarly in *Go*, you must hide your intentions and not fully reveal them until necessary. There's also the traditional Daoist doctrine that if you want to take something from others, you first need to give up something of your own. This is equally applicable to the strategies of *Go*.

The game is played by two players who alternately place black and white stones on the vacant intersections (called "points") of a grid of 19x19 lines (beginners often play on smaller 9x9 and 13x13 boards). The object of the game is to use one's stones to surround a larger portion of the board than the opponent. Once placed on the board, stones can only be moved if they are captured. When a game concludes, the controlled points (territory) are counted along with captured stones to determine who has more points. Games may also be lost by resignation.

Hua Yigang, Secretary General of the China Go Association, elaborates on the character-building qualities of *Go*. "You have to become entirely calm, otherwise, you can't play it. In the game of *Go* you have to be very strong of mind. There's always loss and gain. You might make mistakes during a game, and then have to readjust your mentality in order to fight to the end. For the youth, it can be a failed attempt at learning something new, but for the aged, a hobby like this will greatly reduce the danger of senile dementia."

In fact, all of our minds can benefit from playing *Go*, which officially has the capacity to make you smarter. Research has shown that that children who play *Go* have the potential for greater intelligence, since it motivates both the right and left sides of the brain.

Today, China boasts a number of topnotch players, such as Ma Xiaochun and Chang Hao, who have achieved remarkable results in international contests. Meanwhile, the number of *Go* fans in China is at 36 million and rising, with support provided by a wealth of media coverage. Some universities like Beijing University are offering evening courses in *Go* to undergraduates.

Any member wishing to learn or play *Go*, or form a *Go* club, please contact Gordon Wu on 027 4875314 or email: gordon.wu@xtra.co.nz

Wedding customs in my hometown.....

Written by Winnie Lit 列穎嫻 from the village of Xiancun 仙村

For a girl, her wedding day is the happiest moment of her life. On that day, a girl becomes one of the most beautiful and sweetest person in the world. Every country have their own wedding customs and I am sure that all the women look forward to their wedding day.

I am from Xiancun 仙村, Zengcheng 增城, Guangzhou 廣洲, China. In my hometown, we also have our own wedding customs. We do not observe the old Chinese traditional wedding customs now, but we combine the Chinese wedding customs with western wedding customs. For example, the bride wears a white wedding dress during the day and changes to a traditional Chinese red wedding dress in the evening. The wedding customs in my hometown are complex and tiring but interesting to achieve the end result..

Before the wedding, the new couple and their parents have a lot of preparations to do. Firstly, the parents have to prepare a big dinner for their relatives on the wedding day. They usually hold it in a restaurant. There are usually about 50 tables. Their relatives will give some "lucky" money to the hosts. The bride's parents usually buy a lot of presents for their daughter, such as gold rings, gold bracelets, furniture and so on. They hope their daughter will live better in the new family. The bride groom's parents will give a lot of money to the bride's parents. It is usually between 10,000 and 50,000 RMB (NZD2,000 – 10,000) as a dowry and then they will discuss and select their children's wedding date according to the Chinese calendar. Secondly, the new couple will go shopping for the wedding, which includes a pair of wedding rings, dresses, smart suit and other jewellery. According to Chinese wedding customs, the bride has to buy red scissors, needlework tools, red mirror, red suitcase and red umbrella and so on. As we all know, red represents luck and happiness to the Chinese..

On the wedding day, the bride groom will hire an expensive car and decorate it with lots of fresh flowers.. We usually call it a "Flower car". The bride groom will ask some of his good friends to pick the bride up from the bride's home. The bride will hire a person to dress her up and ask 6 or 8 of her good friends to be her bridesmaids. There must always be an even number of bridesmaids. The task of the bridesmaids is to ask for "the open door lucky money". When they arrive at the bride's house, the bride maids will close the door and negotiate the lucky money with the bridegroom's retinue. If the negotiate amount has reached their expectations, they will let the boys in. The bride groom then will give his wife a bunch of flowers and they will help each other to wear the wedding rings. The husband will kiss his wife but they can't go immediately, because the bride groom have to find one of his wife's shoe. This is a special local custom. The bridesmaids will hide one of the bride's shoes and let the bridegroom look for it. If he can find it the new couple can go. Of course the bridegroom will put the shoe on for the bride. I think this is the most interesting and romantic part. When the new couple go out the door, the bridegroom has to hold a red umbrella for his wife. It means that the new couple is most important to each other except God. The new couple will leave first and they can't look back with the bridesmaids, relatives and the boys following them. The bride's relatives will take the presents that the bride's parents bought for her with them. They all will go into the cars and drive back to bridegroom's home. Before they go into the house, they must stride over a fire. This means a new life starts from now on. The bride's relatives will then give the presents to the new couple. After that, the new couple will have another task. They have to show respect to the bride groom's ancestors by burning joss sticks. That means they have told their ancestors they have a new family member. There is another important custom which is called "the Bride Tea". The couple will give cups of tea to their parents and elderly relatives by kneeling in front of them when seated. This is the highest manner to show respect to their important family members.

We also have a big lunch. After lunchtime, the new couple will be very busy. They have to go back the bride's home.

That is called "Hui men 回門". They have to then give the "bride tea" to the bride parents and elderly relatives. After that the Chinese customs are almost over. In the evening, the new couple will invite their relatives and friends to their wedding dinner. They will give money as gifts to wish the new couple well. Western wedding customs like speeches etc. are included in the dinner. Although the wedding customs in my hometown are extremely complex and tiring, they are unforgettable and meaningful. I am looking forward to my own wedding.



Luo han guo (*Siraitia grosvenorii*) 羅漢果 Monks fruit.....

Siraitia grosvenorii is an herbaceous perennial vine native to southern China and Northern Thailand and best known for its fruit, the luo han 羅漢果. It is one of four species in the genus *Siraitia*. Botanical synonyms include *Momordica grosvenorii* and *Thladiantha grosvenorii*. The fruit is one of several that have been called longevity fruit.

The vine grows to 3 to 5 m long, climbing over other plants by means of tendrils which twine round anything they touch. The narrow, heart-shaped leaves are 10–20 cm long. The fruit is globose, 5–7 cm in diameter, and contains a sweet, fleshy, edible pulp and numerous seeds.

The fruit extract is nearly 300 times sweeter than sugar and has been used as a natural sweetener in China for nearly a millennium due to its flavour and lack of food energy, only 2.3 kcal/g (9.6 kJ/g). It has also been used in traditional Chinese medicine.

It is grown primarily in the southwestern Chinese province of Guangxi (mostly in the mountains of Guilin), as well as in Guangdong, Guizhou, Hunan, and Jiangxi. These mountains lend the plants shadows and often are surrounded by mists; because of this the plants are protected from the worst of the sun. Nonetheless, the climate in this southern province is warm. The plant is rarely found in the wild and has hence been cultivated for hundreds of years.

Records as early as 1813, mention the cultivation of this plant in the Guangxi province. At present, the Guilin mountains harbour a plantation of 16 square kilometres with a yearly output of about 10,000 fruits. Most of the plantations are located in Yongfu County and Lingui County, which in China are renowned for the extraordinary number of centenarians. This is usually attributed to the consumption of this fruit and the unspoiled nature. The inhabitants themselves, however, are of the opinion that the reason lies in their calm lifestyle and simple nutrition.

Longjiang town ('Dragon River') in Yongfu County has acquired the name 'home of the Chinese luohanguo fruit'; a number of companies specialised in making luohanguo extracts and finished products have been set up in the area. The Yongfu Pharmaceutical Factory is the oldest of these.

The plant is most prized for its sweet fruits, which are used for medicinal purposes, and as a natural sweetener. The fruits are generally sold in dried form, and traditionally used in herbal tea or soup. They are used for respiratory ailments, sore throats and reputed to aid longevity.

The best way to describe the medicinal use of luohan guo in southern China during the 20th century can be found in the book written by Dai and Liu. It was written in Chinese in 1982 and translated into English in 1986. Here is their description:

The dried fruit may be bought in a market. The surface of the fruit is round and smooth. It has a yellow-brownish or green-brownish colour, and is covered by fine hairs. The fruit has a hard but thin shell. Inside, one finds a partially dried, soft substance which contains the juice and a large quantity of seeds. All components are very sweet. Their nature is cool and not toxic. The fruit can act as a remedy for sun stroke, wet the lungs, remove phlegm, stop cough and aid defecation.

For heat stroke and thirst, take a fruit, break it open and pour hot water on it to make an infusion. Drink the infusion in place of tea.

For acute or chronic infection of the larynx (aphonia). Take the halves of a fruit and 3 to 5 sterculia seeds, cover this with water and leave it to boil. Swallow very slowly.

For chronic cough. Take a piece of the fruit, cover it with water and leave it to boil. Drink the resulting liquid twice daily.

For constipation due to old age. Take two fruits and, using only the soft parts and seeds, divide it into pieces. Cover these pieces with water, boil it, and drink the liquid before going to bed.



Continued on page 19

WINTER GET-TOGETHER

DRAGON'S RESTAURANT

Wednesday 20 June 2012

Yum char lunch—12.30pm

\$16 per person

Bring your friends to make a table of 10

******** lucky draws ********

to reserve your place contact before 17 June:

Elaine Chang 3889135 or Gordon Wu 027 4875314

Annual General Meeting.....

Notice is hereby given that the Annual General Meeting of the Tung Jung Association of NZ Inc. will be held in the Association's rooms at 33 Torrens Terrace, Mount Cook, on Sunday 19 August 2012 at 2 pm. The meeting will begin with a lunch at 12.30pm. All members are invited to come (please bring a plate) and attend the meeting. Members are urged to attend the meeting to present their views on how the Association should be run and to elect a new committee. Nominations for the committee can be sent to: The Secretary, Tung Jung Association, P.O. Box 9058, Wellington, or email: skwok@xtra.co.nz before 15 August 2012. Please ensure that the nominee has consented first.

The Association needs new blood in its committee as the older members retire. This is your chance to have a say in the affairs of the Association. Your grandfathers have worked hard in this Association for you so that you may pass it on to your children. Come along to the Annual General Meeting in August. Make a note in your diary NOW!! We look forward to seeing you there.

Tung Jung profile.....Brendan Wong continued

I am the eldest son of Stan and Yun Tai Wong of Pahiatua and was born in Masterton.

I am married to Valerie and we have two children, Victoria and Simon. Victoria is in her first year of a Bachelor of Design degree at Massey University in Wellington and Simon is in Year 11.

Adapted and written by Brendan Wong



ZACH YOUNG - NZ JNR TALL BLACKS BASKETBALL TOUR APRIL 2012

GERMANY: Albert Schweitzer Tournament

Team Neuseeland		
Name	Jahrgang	Größe
Zachary Young	18.05.1994	160 cm
Mathew Lacey	06.10.1994	178 cm
Derone Raukawa	24.07.1994	180 cm
Tai Webster	29.05.1995	183 cm
Joshua Young	20.01.1994	190 cm
Michael Done	07.01.1994	183 cm
Anamata Haku	27.04.1994	188 cm
Detrol Heu	11.07.1995	189 cm
Thomas Vodanovich	28.07.1994	197 cm
Rayben Te Rongi	14.10.1994	198 cm
Alexander Talava	05.07.1994	196 cm
Jerrod Sorensen	19.06.1994	203 cm
Mark Faily	09.06.1995	203 cm



I was really excited to embark on these two tours; it was my first time venturing into Europe and Asia!

Our first trip was to Germany (03-16 April) to the city of Mannheim. Here we competed in the prestigious Albert Schweitzer tournament, where 16 teams competed, mainly from Europe but also featured teams from the USA, Australia and China.

The competition was really tough as half of these players play professional basketball in Europe. This was a good learning curve for me to see where I stood amongst the best players in the world. We didn't manage a win, but we took away a lot from the tournament and the experience was invaluable. We had some close games and never lost by more than 15 points with all games ending with 5-10 point deficits.

My favorite games were probably the opener against Germany (who finished 4th) because of the crowd and their local support; and our game against Turkey (who finished 3rd) because of the competitive 76-68 loss.

Other than the basketball, my personal highlight was going to Heidelberg where a castle overlooked an old town and moat. I saw decorated churches and battle-worn castles which was very impressive.

I found Germany was very insightful in terms of basketball and the people we met and the places we visited. The things I will take from Germany are the amazing memories and a few words such as "danke" - thank you, and "du bist schön" - you are beautiful!

After a 20 hour return flight to Auckland for 1 night, China was next (19-30 April). This was the trip I was most excited about because it was a chance to see my roots. We landed in Guangzhou (Canton) - this is where us "Young's" are from, but unfortunately we weren't there for long. By this stage my limited Cantonese was coping well as we were in the southern part of China and I was quite stoked with myself.

We then left Guangzhou and flew up north where we were to play in a 4-Nations tournament vs China, Slovenia and the USA (different teams altogether from the German tournament). We went to places such as Urumqi and at one stage we were on the border of Turkey; Yining in the Xinjiang Province; and Xinjiang in the Hubei province, which is bordered by India, Pakistan, Kazakhstan and Mongolia!

We went to the markets, which was an eye opening experience for all of us. The people up north were all pale but Asian looking. At the time I thought, "This couldn't be China" because none of them looked like me. Up north was where we spent the majority of our time and Cantonese was less useful than English. I would always get approached in Mandarin and I honestly had no idea what they were yapping on about so I would just smile, nod and mix up the words between "sheh sheh" and "ni hao". We were treated like stars wherever we went and had 24/7 police and SWAT escorts, who helped us through traffic and protected us from mobs of fans. Everywhere we stayed was 4 or 5 star hotels, which was easy to tell by the large glossy interiors, marble foyers and grand staircases.

Out of all the teams I was most excited to play was China. These Chinamen were all over 6'3" and built like track athletes. They out-ran, out-jumped and out-played us. Where we got our own was physicality, we played them rough and forced them outside their comfort zone, and although we didn't win (6 point loss) we proved to ourselves we could play against physically superior teams.

One of my favorite experiences (apart from being mobbed by groupie cheerleaders) was going to a childrens' basketball training school (5-10 year olds) in Liaoning, east of North Korea, and seeing a synchronized dribbling performance of around 1000 kids. They were doing dribbling drills not too far off the ones we do ourselves - 1 ball 2 balls everything! After we were done, we signed balls and played games with them, which was a great feeling. We felt like role models to these kids and they looked up to us like we were the Chinese team.

Overall, I had an awesome experience on and off the court. I will always have these amazing memories and hope one day to go back to Germany and especially China. I now know what I need to do to improve, and I thank you so much for helping me gain the opportunity to experience these tours.

CHINA: 4-Nations Tournament



Obituary.....

Bill Hoon 沈錫耀

Jung-dai village 張大村

5 July 1943—2 May 2012

Bill Hoon was a devoted family man, keen sportsman and someone who was active in the community. He was always willing to lend a hand to help someone in need. He made friends easily because he was a happy person who was quick to laugh and smile, and accepted people for who they were.

Bill was born above the family fruit shop at 166 Lambton Quay on 5 July 1943. His father was Sum Jock Hoon and his mother was Jeung Sui Jung. Sum Jock Hoon had come to New Zealand as a teenager in 1920 and eventually settled in Wellington, working for FK Leong, who was his mother's first cousin.

Allan was 14 months older than Bill, and their brother, Stan, was born 3 years later. The family lived in Lambton Quay, until the early 1950's when they moved to Brougham Street, Mount Victoria. Then in 1953, the Hoons purchased a building in Riddiford St, Newtown and converted it into a fruit shop. When their father passed away in 1961, teenagers Bill and Allan had no option but to take over the family business to support themselves, their mother and younger brother. Bill & Allan built up the business that their father started and cleared the inherited debts through sheer hard work, not taking any wages until they were in their 20's.

Bill married Mavis Sidnam from Feilding in January 1970. They had three children – Nicola, Justin & Damien. Allan married Mavis's sister Mary in 1972, and they also had three children – Rachel, Jared & Sharon. The two families have always been very close, spending a lot of time together, especially while working in the shop.

In 1979, the Hoon's took a risk and rebuilt a bigger shop on their existing Riddiford St site. They re-opened as one of the first self-service fruit shops in Wellington. Bill was the mastermind behind this change, visiting Auckland to look at self-service fruit shops in operation and taking the best ideas and adapting them for the Newtown environment.

Despite the long hours in the shop, Bill always made time for sports. He loved being active. In his young days he loved long distance running and played competitive basketball for the Eastern Sports Club. After hanging up his basketball boots, Bill became a basketball referee. He refereed the NZ Women's National League and Second Division Mens National League. In later years, Bill enjoyed tennis, golf, table tennis and ballroom dancing.

Bill had a strong sense of community. He was a lifetime member of the Wellington Chinese Sports & Cultural Centre, and was on its General Committee for many years. He and Mavis spent many long hours helping out with fundraising activities for the Centre. Bill would organise the dishwashing crew for many of the functions, and stay until the small hours of the morning helping to put away tables & chairs – this was often after a full day at work in the shop.

By the time Bill and Mavis retired at the end of 2006, the family had expanded to include Nicola's husband Ernie Chu and Damien's wife Rochelle Carson. Bill loved to spend time with his family and looked forward to the regular Monday night dinners. When their grandchildren Riley and Madison came along, they visited them at any chance they could. This was in-between the ballroom dancing that they loved, as well as Bill's new sports - table tennis and 10 pin bowling.

Although Bill had a relatively short retirement of 5 years, he and Mavis made the most of it. They travelled extensively to the US, Canada, Hong Kong, Singapore & Japan. Bill remained as active (if not more so) as he was when he was working, exercising 5-6 times a week.

Bill was diagnosed with incurable cancer at the end of 2011. His courage and dignity during his illness was an inspiration to all who visited him. He wasn't bitter about his life being cut short, he said "you have to play the cards you've been dealt". He was very happy with the life he had lived to the full for 68 years.

Fittingly, Bill's funeral service was held at St Anne's Church in Newtown on 8 May, just around the corner from the shop where he'd worked for almost 50 years. The service was truly a celebration of his life, which is exactly what he wanted. Bill's spirit will live on in all the happy memories of those who knew him.

Nicola Chu



Hong Kong Egg Custard tarts 蛋撻

Ingredients:

Pastry:

- 1 cup icing sugar
- 3 cups all-purpose flour
- 1 cup butter
- 1 egg, beaten
- 1 dash vanilla extract

Filling:

- 2/3 cup white sugar
- 1 1/2 cups water
- 9 eggs, beaten
- 1 dash vanilla extract
- 1 cup milk



Directions

In a medium bowl, mix together the confectioners' sugar and flour. Mix in butter with a fork until it is in small crumbs.

Stir in the egg and vanilla until the mixture forms a dough. The texture should be slightly moist. Add more butter if it is too dry, or more flour, if the dough seems greasy. Shape dough into 1 1/2 inch balls, and press the balls into tart moulds so that it covers the bottom, and goes up higher than the sides. Use 2 fingers to shape the edge into an A shape.

Preheat the oven to 450 degrees F (230 degrees C). Combine the white sugar and water in a medium saucepan, and bring to a boil. Cook until the sugar is dissolved, remove from heat and cool to room temperature. Strain the eggs through a sieve, and whisk into the sugar mixture. Stir in the milk and vanilla. Strain the filling through a sieve, and fill the tart shells.

Bake for 15 to 20 minutes in the preheated oven, until golden brown, and the filling is puffed up a little bit.

Enjoy but best eaten when still hot from oven!!



Luo han guo (*Siraitia grosvenorii*) 羅漢果 Monks fruit.....contd.

Diabetes. Take an appropriate amount of fruit squash or boil it so as to get concentrated juice. Use this as a substitute for sugar in your nutrition..

Luohan guo is harvested in the form of a round green fruit, which becomes brown on drying. It is rarely used in its fresh form, as it is hard to store. Furthermore, it develops a rotten taste on fermentation, which adds to the unwanted flavours already present.

Thus the fruits are usually dried before further use and are sold in precisely this fashion in Chinese herbal shops. The fruits are slowly dried in ovens, which preserves it and removes most of the unwanted aromas. However, this technique also leads to the formation of several bitter and astringent aromas. This limits the use of the dried fruits and extracts to the preparation of diluted tea, soup, and as a sweetener for products that would usually have sugar or honey added to them

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新西蘭東增會館

THE TUNG JUNG ASSOCIATION OF NZ INC

Established 1926

33 Torrens Terrace, Wellington, N.Z. PO Box 9058, Wellington, N.Z.

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