

# NEW ZEALAND CHINESE ASSOCIATION AUCKLAND INC

紐西蘭屋崙華聯會

PO.BOX 484 Shortland St, Akld.1140 --www.nzchinese-akld.org.nz -- Summer Newsletter 2010









For more info - <a href="https://www.futuredragonz.org.nz/events">www.futuredragonz.org.nz/events</a>



# On John's Mind

John Kum – Editor



The festive season is upon us. Be prepared!
Replenish your cupboard with long---lasting UVA /UVB protection against sunburn and long term skin damage!
Suntan lotions –

30+,50+,60+ and the multitude of Brand on offer. Choices ?

I can only say that common sense prevails. Cover up!. **No!** What - of all those beautiful. sun tanned curvaceous bodies in flimsy bikinis that I use to see on the beaches in the 60's and 70's.? They are still there – only more curvaceous! ooh - to be young again!

I still can watch in the comfort of a sunless environment at home – women's beach volleyball!

Since the last issue yours truly has been quite busy with the weeds around the home, and I did promise the wife that I would get a few of her 'wish list' jobbies finished by Christmas 2010.

The dreaded and beautiful bamboo grove that adorned the side of our section from the front of the section has **Gone. gone, gone.!** Is she happy? You betcha! After 30 years – **no bamboo??** sorry to see it go but – sometimes you got to concede - even if it is to your wife!

Trees and bushes around the home have been given No.2 'trims! Beans, parsley, silver beet, tomatoes and cucumbers have been

planted. Now hopefully I will be rewarded for my meager efforts.

This year I have also been busy with community activities –( sucker ) though it would be more rewarding and more challenging if there was more members involved ! **How about some volunteers** ? What can we do to create a more friendlier organization ? How about some letters to the Editor ? What are your ( or family ) needs ? Do your friends or rellies know about the NZCA ? are they members ?

So much for the Community thing-a-ma-jig but would you agree that 2010 has been **CHINA's Year?** Celebrating 60<sup>th</sup> Anniversary of the founding of PRC and the Shanghai Exposition 2010! What next? man on the moon? Proud to be Chinese or associated with Chinese? Yeah right!

**TIGER year** has had its fair share of Births, Weddings and Deaths amongst our members.!!

Again my advice is to **keep busy**, regardless of age, keep your mind and body systems circulating even if you are assisted with a genfle help of a medicinal tipple!

#### MERRY CHRISTMAS ALL!

The Editorial Team





Raymond Kwok

Alistair Kwun

#### Disclaimer:

Neither NZCA Auckland nor any person or persons associated with it accepts any liability whatsoever for the contents of this newsletter which has been prepared in good faith without material reward and to the best of our knowledge is true and correct in all aspects.

# \* Reminder - - Membership renewal 2011

Your continued support is an important factor to our NZCA organisation, funding for activities for you as members and publishing the newsletters. Show your support in renewing your membership fees for 2011. Visit our website <a href="http://www.nzchinese-akld.org.nz">http://www.nzchinese-akld.org.nz</a> to download our latest membership form.





# CHAIRMAN'S MESSAGE

Welcome to our NZCA Auckland 2010 Summer Newsletter. Despite the rather flat economy and rather mixed efforts by our national sports teams, I trust that everyone will enjoy the

traditional festive season and the warm summer holidays.

With the local body elections now finalised, we are all looking forward to a new unified regional approach by Mayor Len Brown and the new Auckland Super City Council instead of the previous situation with four city councils and three district councils constantly trying to outdo each other with grandiose schemes and petty disputes.

Since the last newsletter in September, we have had the day trip to the Kowhai Festival and Tawharanui Regional Park on 9 October, the inaugural NZCA Auckland mini ball tournament at Diocesan School for Girls, the Annual Volleyball Tournament on 16 - 17 October, and the NZCA Social Golf Tournament at the Grange Golf Club on 7 November. All these events were well supported by our members and the general Chinese community, and are separately reported elsewhere in this newsletter.

The Future Dragonz Group has been organising regular activities for young 20's & 30's professionals since the launch in April 2010, and the Women's Group, the Chinese Bi-lingual School and the Senior Lifestyle Group are other regular activities which are still going very strongly.

Upcoming events being held over the next few months by NZCA Auckland and our sister organization, ACCC, are as follows:-

- NZCA Xmas BBQ at Mangere Hall on Saturday, 4 December 2010 for our traditional celebration with Santa Claus in attendance, free admission for members.
- Nominations close for the annual 2010 Youth Achievement Award and Achievement Award on 31 December 2010.
- ACCC Chinese New Year Festival &
   Market Day to welcome the Year of the
   Rabbit at Halls 3 & 4, ASB Showgrounds
   on Saturday, 22 January 2011 from 9.30am
   to 4.00pm.

Free admission for all, extensive entertainment and over 200 market & food stalls.

- Selection trials will be held in January / February 2011 for the NZCA Auckland teams going to the Easter Tournament in Dunedin next year.
- NZCA Chinese New Year Dinner at Imperial Garden Restaurant on Saturday, 5 February 2011 at 6.30pm to raise funds for the Auckland Easter contingent, \$35 BYO
- NZCA Leadership & Development
   Conference on 6 11 February 2011 at the
   Willow Park Conference Centre, Eastern
   Beach at which 48 Chinese youths aged 18
   to 30 from throughout NZ will participate
   in a six day live in fun and learning
   experience

Please refer to our website <a href="www.nzchinese-akld.org.nz">www.nzchinese-akld.org.nz</a> for the latest and constantly updated information on NZCA Auckland activities, and provide your email address (if you have one) to John & Connie, so that they can send you important information as soon as it is received.

Kai Luey Chairman 9 November 2010



## NZCA Auckland Inc 2010 Inaugural Basketball Tournament

(Primary and Intermediate grade)
Held at The Dawn Jones Sports Centre, Diocesan School for Girls, Epsom
10<sup>th</sup> October 2010

**Teams** – 4 invitational groups (ACCCSC, Shelley Park Primary, Cockle Bay Primary and Auckland Development Under 13).

Shelley Park Primary won the Primary School grade cup Auckland Development U13 won the Intermediate grade cup

**Awards** – We have two Cups which we keep for presentation purposes only – branded with NZCA Auckland – to give the children something to aspire to.

#### WELL DONE to All PARTICIPANTS and the Organising Team Helpers



**ACCCSC Intermediate A** 

**Auckland Under 13 Development Team** 



**ACCCSC Primary Miniball Team** 



**Shelley Park School** 



# Impressions of Ireland

Ireland is a beautiful country, very green and lush. We went there for the first time in August of this year, to help out our son and daughter in law who had just had their second baby girl in Dublin. We carried out our grandparent duties of nanny and chef for about 8 weeks, during which we were able to have some "time off" and take a few short trips around the green Emerald Isles. One of these trips was to Northern Ireland's number one tourist spot - the Giant's Causeway. This is a world heritage site and is comprised of 37,000 hexagonal basalt columns anchored along the coast. They say that red hot lava erupted from an underground fissure and crystallised some 60 million years ago forming them. They look guite spectacular and you are able to climb all over them if you are young and agile. They cover quite a large area but our young legs did not walk round them all.



Giant's Causeway (above)

To get to the Giant Causeway, we based ourselves in Belfast and took a tourist bus via the Antrim Coast Road and through the nine Glens of Antrim. This coastal route is lovely – spectacular sea views and picturesque scenery of the Glens. On a good clear day you can even see the Scottish coast – or so we were told! On route we stopped at Carrick-a-Rede Island which has a 20 metre rope bridge connecting it to the mainland. So yes, we walked the 1.25km to the rope bridge and walked across to it- which needless to say, was scary. The swaying of the bridge with people walking in front and behind, and seeing the long 25m drop to the sea below - was not a pleasant sensation!! Once on the island, you admire the sea view, take a few pictures, and

then do an about turn and walk back across the swing bridge!! Won't be doing that in a hurry!!



Swinging Bridge on Carrick-a-Rede Island( above )

Belfast we found busy, bustling and very pleasant. Belfast is in Northern Ireland which is still under British Rule. There are still troubles between Catholics and Protestants, but these are mainly around the Shankill area, which we were taken to by one of the black taxi cabs (they are used to taking tourists to this area). What I found interesting was that there is a 20 metre fence separating the Protestants and the Catholics that spans about 10 kms and it is all painted with murals. Obviously there is a clear division between people living there, although it is an interesting place to visit.

Below: 20 metre high Fence - Shankill area



There are lots of fascinating and picturesque places to go to in Ireland –Giant's Causeway was just one of them.

**Meilin Chong** 

### FOR ALL THE WORDSMITHS OUT THERE!

Those who jump off a bridge in Paris are in Seine. A man's home is his castle, in a manor of speaking. Dijon vu - the same mustard as before.

Practice safe eating - always use condiments.

Shotgun wedding - A case of wife or death.

A man needs a mistress just to break the monogamy.

A hangover is the wrath of grapes.

Dancing cheek-to-cheek is really a form of floor play.

Does the name Pavlov ring a bell?

Condoms should be used on every conceivable occasion.

Reading while sunbathing makes you well red.
When two egotists meet, it's an I for an I.
A bicycle can't stand on its own because it is two tired.
What's the definition of a will? (It's a dead giveaway.)
Time flies like an arrow. Fruit flies like a banana.
In democracy your vote counts. In feudalism your count votes.

She was engaged to a boyfriend with a wooden leg but broke it off.

A chicken crossing the road is poultry in motion. If you don't pay your exorcist, you get repossessed. With her marriage, she got a new name and a dress. The man who fell into an upholstery machine is fully recovered.

You feel stuck with your debt if you can't budge it. Local Area Network in Australia - the LAN down under. Every calendar's days are numbered..

A lot of money is tainted - It taint yours and it taint mine. A boiled egg in the morning is hard to beat.

He had a photographic memory that was never developed.

Once you've seen one shopping center, you've seen a mall.

Bakers trade bread recipes on a knead-to-know basis. Santa's helpers are subordinate clauses. Acupuncture is a jab well done

# NZCA Auckland Inc. Chinese New Year Dinner Saturday 5 February 2011 from 6.30pm

Imperial Garden Seafood Restaurant, 12 - 26 Swanson St, Auckland Central Welcome in the Year of the Rabbit

There will be a special New Year dinner menu which will please everyone's palates!

**Price**: Adults \$35; Children 12 and under \$25. BYO.

# WANTED \* LION DANCE \* WANTED

- Urgently wanted for training (Sat)! We need 5 / 6 persons to learn!
  - Must be passionate about Chinese Culture
  - Intense training for Santa Parade Sun. 28 Nov 2010
  - Contact Connie Kum :P 625 8611 or E: cojay@xtra.co.nz



Here's an old fashioned cake which is possibly healthy, definitely delicious. It's very straight forward to make but there's a bit of work in preparing the parsnips, so I keep it for a special occasion. It has a subtle lemon flavour with a moist, firm texture that gets better and better if it's kept for a few days. The icing is creamy lemon luxury. It will have you smacking stray fingers that can't resist dipping into it. The decadence is the naughty amount of butter. Therefore, I wouldn't recommend eating it just before your annual cholesterol check. But hey, four cups of parsnip? ... It's gotta be good for you.

## Parsnip Cake

2 cups flour 2
cups sugar

2 level tsp baking soda ½
tsp salt

4 eggs
 Juice & grated rind of 2 lemons

1 cup oil 4 cups grated parsnip (about 2-3)

1 tsp vanilla

In a big bowl, sift together flour, sugar, salt and baking soda. Mix the grated parnsip into the dry ingredients. Beat eggs and oil together. Add, vanilla, lemon juice and grated rind. Stir the wet ingredients into the dry. Transfer the mixture into a lined and well greased, deep 8" cake tin. Bake at 170 deg C. for about one and a quarter hours. Cover the top with brown paper if it looks as if it is starting to brown too much. The cake is done if

it is firm, and a knife inserted in the centre comes out clean. Leave it to cool in the tin for 10 minutes before turning out.

#### Lemon Cheese Icing

250gms cream cheese 175 gms softened butter

2 cups icing sugar grated rind and juice of one lemon

½ tsp vanilla ess

Have the cream cheese at room temperature. Blend it with the soft butter, vanilla and lemon rind, then beat in one cup of the sifted icing sugar. Add some lemon juice and the rest of the icing sugar, then add more lemon juice to get a firm but easily spreadable consistency. Spread the icing in a thick layer on top of the cooled cake, or spread half on top and the other half down the sides. Enjoy.

Contributed by Sue Gee

# 華人網路社區 Chinese Digital Community

The Chinese Digital Library contains Historical and contemporary information, articles, images, videos, documents and web links about New Zealand community. www.chinesecommunity.org.nz



# NZCA AKLD – Volley Ball Tournament 2010



#### Winner of the women's tournament - Howick Ladies 1

From left to right: Li Chen, Lily Cheng, (Kai Luey), Cindy Cheng, Rebecca Ho, Mary Lei, Li Yu

Another year brought about another instalment of the NZCA Auckland Volleyball Tournament, and this year's tournament is the biggest and most successful yet, with over twenty teams competing in the men's, women's and mixed divisions.

#### **Tournament History**

The NZCA Auckland Volleyball Tournament was first held in October 2007, featuring men's and mixed volleyball competition, contested by a number of Auckland Chinese teams.

The tournament has since grown significantly and quickly moved to its current home at the Tamaki Recreation Centre in Glenn Innes in 2008. The tournament has seen increasing participation from other NZ regional centres, including contingents from Wellington (since 2008) and Hawkes Bay (since 2010).

#### **Tournament milestones**

2007 - First NZCA Auckland Volleyball Tournament, featuring men's and mixed competition

2008 - Tournament moved to its current home in the Tamaki Rec Centre (Glen Innes)

- First regional participation from Wellington
- 2009 Women's competition introduced as an exhibition tournament

2010 - Official women's competition

- Second regional participation from Hawkes Bay

#### 2010 Tournament Results

This year's tournament, held on 16-17 October at the Tamaki Recreation Centre, brought together teams from Auckland, Wellington, and for the first time in the history of the tournament, Hawkes Bay.

This year, the competition is as fierce as ever. The tournament was contested by a number of relatively even teams, forcing tournament organisers to rely on point count-back in many cases to determine the semi-finalists, something which they have never had to do in previous years. The tournament was also notable for the length of matches, with many matches going down to the wire into deciding sets.

This year's tournament saw the official introduction of the women's competition. The women's competition was contested by six Auckland teams, and was won by "Howick Ladies 1".

The mixed competition was also fiercely contested, and was finally won by "Wellington Dragons".

The men's competition saw many high quality volleyball and long rallies, with Wellington Dragons and Wan Fang fighting it out to the bitter end into the fifth set. The men's competition was ultimately won by "Wan Fang". This is the fourth year running that Wan Fang has won the men's



#### Winner of the men's tournament - Wan Fang

From left to right: (Kai Luey), Johnson Liu, Hong Guo, Henry Huang, Hong Jiang, Jet Gao, Ziguang Liu

tournament, which is quite an achievement!

Overall, great time was had by all teams and players, and we look forward for next year's instalment of the tournament, which promises to be greater and most successful year



# The year is going so quickly - November already! The Women's Group enjoys regular monthly meetings, including 2 bus trips each year.

In September, 2 of our regular members, Anne Lai & Brenda Tsun, gave floral art demonstrations. Anne made an artistic and colourful posy bowl while Brenda made beautiful corsages. They then helped us make our own floral arrangements. It was interesting to see the results of our first attempts at making these arrangements. Large floral arrangements made by Anne were awarded to the participants whose floral art was judged best by everyone who attended the meeting. We had a lot of fun that afternoon

Our October meeting was cancelled as the date clashed with the biennial Garage sale and Fair of the Auckland Chinese Community centre at the Mangere hall. That was the first time, since Women's group started 11 years ago, that we needed to cancel a meeting and it was for a very good cause.

This month, on <u>20<sup>th</sup> November</u>, we will be going on a day trip by bus to East and South Auckland. We will meet at Meadowbank Community centre, 29 St Johns Rd, Meadowbank, near the Meadowbank shopping centre at 8.30am to board the bus to visit 3 properties:

- (1) 'Tangmere Garden', 13A Gracechurch Drive, East Tamaki.
- (2) 'Huntingwood Garden', 346 Clifton Rd, Whitford.



## **WOMEN'S GROUP NEWS**



(3) Awaawaroa Alpaca Farm', 66 Jericho Rd, Pukekohe.

Costs: NZCA members \$40 ---- Non members \$45

Includes return bus transport, entry fees to the 3 properties and lunch at the Alpaca farm. Bring extra money for personal spending. Shop at Alpaca farm.

Men and women welcome. If you wish to join us on this trip please contact Gillian or Florence as soon as possible. Bus trips are very popular so seats fill up very quickly!

Gillian Young phone 528 9008,email youngz@ihug.co.nz

Florence Hing phone 528 6920,email bfng@xtra.co.nz

There are no definite plans for next year's meetings yet, but there will probably be a casual walk around an area of Auckland in February, then another bus trip in March.

From April until October, we meet at Meadowbank Community Centre, 29 St Johns Rd, Meadowbank at 1.30pm. Meetings are held on the 3<sup>rd</sup> Saturday of each month, so please keep these dates free if you wish to come along.

Wishing you all a very happy Christmas and a wonderful New Year to follow. Looking forward to seeing you at our meetings soon.

# Postcard from America



#### by Melissa Wong

I arrived in the United States a week ago. Currently, I am staying with my best friend from undergrad university days in Berkeley, California. The surrounding area is very quaint and cute. The suburb is filled with two level Victorian villas complete with triangle roofs, hand carved wooden lace, steeples, and porches. Although some have been handsomely renovated by families, others are occupied by students and remind me of flats one sees in Dunedin. At night, they look eerily like haunted houses especially if the occupants display carved out pumpkins on their porches.

I've been sightseeing according to Lonely Planet recommendations. Within the vicinity of the Berkeley campus, I've visited Sather Tower, the famous paleontology museum, football stadium, Elmwood, Telegraph Avenue (where you can find students, weed, op shops, cafes, homeless people), Oakland Museum (to celebrate Day of the Dead

and visit the famous Disney Pixar exhibit — extraordinary!), Berkeley Bowl (full of organic fruit and vegetables — purple, orange, or green cauliflower, anyone?). One of the highlights was visiting the botanical gardens. After navigating my way around the rare plants, I later joined Jessica's teaching tour. Another highlight was the annual Berkeley food festival. It represented Berkeley in a nutshell. Think medicinal weed, arts and crafts, yoga, new age, recycling, and divine international cuisine (French/ Asian/ Spanish/ Mexican).

This week, I plan to spend more time sightseeing in San Francisco. So far, I have toured Russian Hill/Nob Hill – a suburb known for its pricey villas. I've had plenty of exercise walking up and down steep hills (I should have read my guide book in greater detail!), taken tram rides, explored Lombard Street (the curliest street in the world), Ghirardelli Square and Pier 39 (sea lions). Cultural highlights have been: Asian Arts Museum (awesome works from India, Iran, China, Korea, Japan, Cambodia), Opera Plaza (an operatic version of Cyrano de Bergerac – totally awesome that I cried at the end!). I have also visited Chinatown. Lonely Planet said it was "super woah!" Unfortunately, I did not appreciate the outing as much as I would've liked. I was a bit perplexed and have finally come to the conclusion that the lack of appeal is due to my recent trips to Taiwan and Hong Kong. San Francisco's Chinatown, which is the biggest in the world, doesn't quite compare to the real deal. It lacked the durian/tofu aromas, intense bustle of people, street beggars, and foreign languages. Still it was a fun experience, and I got to practise my Cantonese and Mandarin. On second thoughts, I may need to revisit the area during the day. I missed photo opportunities near some major buildings and want to revisit the Asian museums and temples.

**Melissa Wong** is NZCA Committee member and Team Motivator at Future Dragonz.

# NEW ZEALAND WUSHU TEAM WIN GOLD MEDALS

David Wong now knows the great feeling his grandfather must have had when he struck gold in Gum Sarn. David himself struck gold recently - winning a Gold medal and also two Silver medals at the 1<sup>st</sup> Australasian Wushu Championships held in Sydney last Labour Day weekend.

David was a member of the New Zealand Wushu Team and competed in the Tai Chi events at the Championships. There were two other ethnic Chinese in the six member team - Diana Lau who won two Gold medals in the Tai Chi events and Harris Thien who won a Gold and a Silver medal respectively in the Changquan and Qiangshu events. The Australian teams were from all the states of Australia and it was significant their members were predominantly ethnic Chinese.

Just days before the Championships in Sydney, fellow New Zealand Wushu Team member Dave Thew competed at the 4<sup>th</sup> World Traditional Wushu Championships held in Shiyan City, China

(near Wudang Mountain the spiritual home of Tai Chi). Over 2,000 athletes from 83 countries and regions participated and, with no surprise, China made a sweep of 361 of the Gold medals. But Dave Thew also took one of the Gold medals and a Silver as well in the Tai Chi events. He then flew direct from Shiyan City to compete in Sydney and was to add two more Golds to his medal tally.

Dave Thew's success in China could not have happened at a better time for the New Zealanders. To have a fellow team member who is world class was very special and that must have inspired their own performances.

The New Zealand Wushu Team was the most successful ever fielded, bringing home a total of 13 medals – 8 Golds, 4 Silvers and 1 Bronze.

Medals were won in all the events entered in Tai

Chi Chuan (Shadow Boxing), Tai Chi Sword, Tai Chi Other Weapons (Fan and Short Staff), Changquan (Northern Long Fist), Qiangshu (Spear) and last but not least in Sanda (Full contact fighting). Deja Finn won Gold in his <70 Kg Sanda event and then went on to fight in the <75 Kg Sanda and won that as well. The Australasian Wushu Championships event was devised as part of Sydney's build-up to host the World Wushu Championships in 2013.

David Wong has been practising Tai Chi for over thirty years. He currently teaches six classes a week and has programmes to cater for all levels of Tai Chi practice from beginners to advance. His other activities include training a competition team for regional and national competitions and a Cultural Performance Group for demonstrations. With possible future participation in the World Junior Wushu Championships in mind, he would now like to see our school age children take up the challenge of Tai Chi as a sport - Tai Chi need not be just for the older folk any more. Further information and David's contact details are available at <a href="https://www.yangtaichi.co.nz">www.yangtaichi.co.nz</a>



#### **New Zealand Wushu Team:**

Dave Thew, Diana Lau, Mercedes Godinez, David Wong.

Absent: Deja Finn and Harris Thien.





# Saturday 4th December 2010

Welcome all members and families to join with the committee for a exciting and happy pre-christmas function!

Food - Fun-and Friendship!! Lollie scramble - entertainment - gamesand a visit by Santa Claus for the children!

# Chinese Community Centre. 99 Taylors Road Mangere







\* Members free ( bring your ID card )

\* non-members \$5

# **Adrienne Wing - Barrister**

Over 16 years experience in the law

• commercial disputes • private legal disputes and dispute resolution I can assist you with: employment advice immigration advice criminal & traffic Personal service at reasonable rates guaranteed. No charge for an initial meeting at a time convenient to you.

Please feel free to contact me anytime at Adrienne Wing, Southern Cross Chambers, High Street, Auckland

Ph 550 5660 • Mob 021 192 9511 • Email adriennew@southernxchambers.co.nz

Auckland Barristers: Lawyers Providing Legal Expertise for Individuals and Businesses

SOUTHERN CROSS CHAMBERS

When Experience Counts





# The NZCA Easter Tournament is in Dunedin 22<sup>nd</sup> - 25<sup>th</sup> April 2011

Register immediately if you would like to participate in the NZCA Auckland team. This enables us to contact you regarding trials for teams, practices etc.

REGISTRATION FOR THE NZCA AUCKLAND TEAM CLOSES ON 17 DECEMBER 2010 Please follow the attached link to register your interest. http://www.nzchinese-akld.org.nz/

Note that to participate in the NZCA Easter Tournament you need to meet the following criteria.

- You need to be a financial member of NZCA Auckland for 2011 to participate in the trials and the Tournament. Note that memberships align to the calendar year. 2011 memberships begin 01/01/2011.- Membership forms can be downloaded from <a href="http://www.nzchinese-akld.org.nz/news.php?nid=42">http://www.nzchinese-akld.org.nz/news.php?nid=42</a>
- There will be a \$5 levy per person for each sport that you participate in. Payable to NZCA
   Auckland at the time of acceptance into a team. This levy is to help defray expenses in sending
   the Auckland team to Dunedin.
   Note that Lawn Bowls, tennis and golf attract separate fees for participation which are set by the
   host centre.
- 3. Attendance at trials is compulsory to be considered for selection for a team.
- All NZCA Auckland Easter team members will be required to by registering read and accept the principles of the NZCA Auckland Easter Code of Conduct and will abide by those principles.
- 5. Accommodation and transport costs in Dunedin are to be charged based on user pay basis.

Confirmation and payment in full of accommodation and transport requirements will be required by Monday 21 February 2011. Note that there will be a limited amount of accommodation and transport so it will be on a first paid first in basis.

Trials will be held on the weekends of 15/16 and 22/23 January 2011 with teams finalized by 6 February 2011. Trial venues and times to be confirmed once we have all registrations of interest.

All sports levy's are to be paid in full by Sunday 13 February.

REGISTRATION FOR THE NZCA AUCKLAND TEAM CLOSES ON 17 DECEMBER 2010.

Richard Leung
Chair
NZCA Auckland Easter Team Committee 2011

# **NEW ZEALAND CHINESE ASSOCIATION (INC.)**

# 纽西蘭華聯總會

## NATIONAL CERTIFICATE OF EDUCATION

## **ACHIEVEMENT AWARDS**

NCEA (Level 1) or
Cambridge International Examination (IGCSE)
(2011 AWARDS BASED ON 2010 EXAMINATION RESULTS)
INFORMATION FOR APPLICANTS

- 1. Each Award for the above will have a value of \$250. Up to five awards will be given out annually, one award to each of five students provided each student has attained a satisfactory standard of NCEA Level 1 or IGCSE examinations in the previous year.
- 2. Applicants of the award will:
  - a) Have studied in a New Zealand secondary school for at least three years.
  - b) Be of Chinese descent.
  - c) Be a permanent resident of New Zealand.
  - d) Be under the age of 17 years at the time of application.
  - e) Have been a member of, or the daughter or son of a person who has been a member of a branch of the New Zealand Chinese Association for more than twelve months at the time of application closing date (local branch Secretary, please check and confirm this).
- 3. Applications must be made on the official form obtainable from your local Branch of the New Zealand Chinese Association.
- 4. Candidates must complete and fill in all the details as requested in the form.
- 5. Candidates must submit certified hard copies by the Senior Dean, Principal or the Justice of the Peace the following: the NCEA Result Notification (qualification and achievement summary, standards achieved) sheets showing results and credits of subjects and standards achieved or the IGCSE examination results showing grades and numerical results of subjects.
- 6. The application must be accompanied by a testimonial from your school Principal or a Senior Dean, who has access to your academic record.
- 7. Your completed application form and the necessary documentation must reach your local branch by 15 April 2011, who will forward them after verification, to the New Zealand Chinese Association by 20 April 2011 (local branch Secretary, please insert date of receipt).
- 8. Selection of winners of the awards will be made by the Education/Cultural Sub-Committee of NZCA. This Committee will base their decision on the applicant's academic achievements as shown by the examination results. However, in the event of a close tie between applicants, consideration will be given to attainment of school performance during the year.
- 9. Successful applicants will be notified via the Branches. Any queries should be made to the Secretary of your local branch.

Application forms; www.nzchinese-akld.org.nz



# NEW ZEALAND CHINESE ASSOCIATION (INC.) 纽西蘭華聯總會

# NCEA (Level 3 or 4) CHINESE AWARD

(2011 Award based on 2010 Examination Results)

## INFORMATION FOR APPLICANTS

- 1. The main objective of the National Certificate of Education Achievement (NCEA Level 3 or 4) Chinese award is to promote the Chinese language.
- 2. This Chinese Award has a value of \$250 and is awarded annually to a student who sat the NCEA, Level 3 or 4 Examination in Chinese in the previous year and obtained the highest Level, grade and number of credits, if any.
- 3. Applicants of the award will:
  - a) Have studied in a New Zealand secondary school for at least three years.
  - b) Be of Chinese descent.
  - c) Be a permanent resident of New Zealand.
  - d) Be under the age of 20 years at the time of application
  - e) Have been a member of, or the daughter or son of a person who has been a member of, a branch of the New Zealand Chinese Association for more than twelve months at application closing date (local branch Secretary, please confirm this).
- 4. Applications must be made on the official form obtainable from your local Branch of the New Zealand Chinese Association.
- 5. Candidates must submit a certified **hard copy** by the Senior Dean, Principal or the Justice of the Peace of the Record of Learning showing the results (e.g.Level attained, grade and number of units if Level 3) of the Chinese Examination sat.
- 6. The application must be accompanied by a testimonial from your school Principal or the Senior Dean who has access to your academic record.
- 7. Your completed application form and the necessary documentation must reach your local branch by 15 April 2011, who will forward them, after verification, to the New Zealand Chinese Association by 20 April 2011 (local branch Secretary, please insert date of receipt).
- 8. Selection of winner of the award will be made by the Education/Cultural Sub- Committee of NZCA. This Committee will base their decision on the applicant's academic achievement as shown by the NCEA (Level 3 or 4) examination results. However, in the event of a tie between applicants, consideration will be given to school performance during the year.
- 9. The successful applicant will be notified via the Branches. Any queries should be made to the Secretary of your local branch.

Application forms: www.nzchinese-akld.org.nz

# NEW ZEALAND CHINESE ASSOCIATION (INC.) 纽西蘭華聯總會

# **NZCA TERTIARY SCHOLARSHIP**

(2011 Awards Based on 2010 Examination Results)

## **Information for Applicants**

There will be up to three NZCA (NCEA Level 4) Tertiary scholarships awarded annually, each having a value of \$750, to students who have completed their secondary education to the University Entrance level, in order to assist with their tertiary education.

Selection is made by the Education/Cultural Sub-Committee of the New Zealand Chinese Association. You will be advised of the results by your local Branch Association when these are received from the New Zealand Chinese Association.

Criteria considered in awarding the scholarships are:

- a) Academic excellence
- b) Leadership qualities
- c) Outstanding sporting achievements
- d) Cultural achievements
- e) Community involvement.

Any enquiries should be made to the Secretary of your local Branch Association.

#### Rules Governing the Tertiary Scholarship

Applications are to be made on the official application forms (photocopies are acceptable) which may be obtained from any Branch of the New Zealand Chinese Association. Applicants will:-

- a) Have studied in an New Zealand secondary school for the last three years.
- b) Be of Chinese descent
- c) Be a permanent resident of New Zealand.
- d) Be under 20 years of age on 1 January of the year following the completion of their secondary school education
- e) Have been a member of, or be the daughter or son of a person who has been member of a branch of the New Zealand Chinese Association for more than twelve months at application closing date (local branch Secretary, please confirm this).

Completed forms must be accompanied by a school testimonial from your Principal or a Senior Dean who has access to your school results.

You must also send in certified **hard copies** by the Senior Dean, Principal or the Justice of the Peace of all relevant documents of Examination results (e.g. Record of Learning showing scholarship results with attained, not attained or outstanding performance and any relevant completed certificate and examination results of subjects sat.

#### Applicants will have sat any or all of the following examinations:-

NCEA (Level 4) Scholarship examinations (Note: NCEA Level 3 papers do not qualify for this award).

#### **Cambridge International Examinations**

#### International Baccalaureate Examinations

Two referee reports to support your application are to be submitted. Enter your name and address on the two referee forms and give one to each referee. These referee reports and your completed application form must be sent directly to the Secretary of your local Branch Association by 15 April 2011 which will verify and forward them to the New Zealand Chinese Association by 20 April 2011 (local branch Secretary, please insert date of receipt).

Application forms: www.nzchinese-akld.org.nz



### The Other Side of the Mirror

Sarah was a quiet girl, she was average at academics, average at sports, wasn't really interested in much at all. This all changed one day. November the 1st to be exact. You see, this was Sarah's birthday. Usually in Sarah's household, not having enough money for such celebrations, birthdays were not acknowledged, and if they were, it was with a pat on the back, not lavish gifts. It's not that Sarah had mean parents, but they were definitely in the category of "working class joes", with no money for luxuries such as birthdays.

When Sarah woke up that morning, she didn't even care it was her birthday. She woke up like normal, got dressed like normal, and went to school like normal. It was only when she got home that things started getting weird. She got to the door, kicking her clunky, awkward-to-walk-in school-shoes into the hall. Walking at a pace a sloth could beat, Sarah finally got to her room. Throwing her backpack to one side, she crawled on her bed, trying to hide from the pile of schoolwork waiting for her. Deciding brushing hair would be the best current excuse to not do homework, she moves towards the one thing in her room she was proud to own, her mirror. Ivory frame carved into intricate dragons, dating back to who-knows-how-long-ago and imported from China. Sarah had always for some reason felt a connection to it, almost spiritual, there just seemed to be something magical about it.

She looked deep into it, which she hadn't done for a very long time, and noticed something very odd indeed. The room reflected in the mirror wasn't her own. In fact, it was much more beautiful than her own drab, different-shades-of-grey room. It had a huge bed coloured a beautiful red and other intricate furniture, much in the same style of her mirror. Sarah was shocked at this, she was sure it wasn't like that last time she checked. She didn't have much time to ponder these things, however, because someone had entered the other room. A girl that looked about her age was staring back. They stared at each other for a while before the girl in the mirror started talking, but it was all gibberish. It sounded like Chinese but, even though Sarah took Chinese at school, she had never bothered to actually try learning it well. That's why when the girl through the mirror started speaking, Sarah couldn't help but only have a confused look on her face. "Sorry, I can't understand what you're saying" Sarah said helplessly. The other girl seemed to understand her and started speaking English instead. "We seem to be in a bit of a predicament don't we? It seems something's happened that has caused your mirror to connect with mine so that we can see into each other's rooms rather than see a reflection of our own." She seemed to have it pretty sorted out. "So what do we do?" I asked. "I don't think there's anything we can do, it started by itself, I guess the problem will eventually go away. Meanwhile, what's your name?"

Sarah and the girl through the mirror talked for a while, and Sarah found out that the other girl's name was Chi Xi and she was from the Qing Dinasty. Sarah looked Chi Xi up to see if she became famous later on in life and found a few sites, but in fear of changing the future by telling it to the people involved, she kept her mouth shut.

As the seasons changed and the friendship between the two girls grew, so did the feeling of dread for when they had to part, which they both could tell was fast approaching. As Chi Xi taught Sarah more and more about China, she became more and more interested in her Chinese class at school and started getting better and better grades until one day when a her teacher approached her to say that he nominated her for a scholarship to go and study in China for a year and she had made it into the final group of nominees. All she needed to do was take two tests, one on history and one on the language, and if she got the best score, she would be the one to go.

Sarah was so excited at this news that she rushed home to tell Chi Xi immediately, but when Sarah reached home, Chi Xi wasn't there. All that was in the mirror was a reflection of her own room. For two days straight, Sarah cried and cried. Her parents didn't know what to do with her. At the end of the second day, Sarah realized something; crying wasn't going to bring her friend back, but honoring her memory would keep Chi Xi alive forever. From that point on Sarah didn't stop studying for the scholarship exams all the way up to the day of the test. She achieved far better than any of the other students and left for China on November 1st, exactly one year after she first met Chi Xi. She was 16 years old now, creating her own destiny.

The goodbye to her parents was tearful but she didn't forget to say goodbye to the one that had helped her the most. Sarah walked into her room, it was almost comical how little it had changed since that first meeting. She walked towards the mirror, said goodbye and thank you, conscious that her parents were staring at her, wondering why she was thanking a mirror. She smiled at her parents, a little embarrassed, and walked out of that room, out of that house that had been so good to her across the years.

Sarah flew to her studies in China later that day. After that one year, she decided to stay and move on to a Chinese university instead of going back to New Zealand as planned. After university, she decided to get a job instead of going back to New Zealand as planned. She started a family there, China became her home.

The years wore on and Sarah began to yearn to go back to New Zealand. She had just hit 75 and her husband, the love of her life, had died a few years ago. All her children were fully-grown and didn't need her anymore; they had children of their own to take care of. She decided to take a one-way plane ride back to New Zealand, to return to her homeland and birthplace.

When Sarah got back, New Zealand was just as she remembered, there were the green hills and beautiful forests teeming with life, and on the other, there was the city, with skyscrapers and busy highways. She was home.

Sarah's parents had passed away some time ago and left the house to her. She had never sold it, but left it waiting for the time when she returned. That time was now. She looked at that old house that was badly in need of a paint job and smiled. She kicked off her shoes at the door like she used



to, and walked quickly down the hallway to her old room. When she got there she looked around; it was just like it was all those years ago. On the white sheet covering the mirror was a post-it note, the yellow paper was cracked with age. Sarah immediately recognized the handwriting as her mother's. The note simply said, "I always knew you would be back eventually." She teared up at this a bit because it was dated exactly one day after she had phoned home on her 20th birthday to say she was staying in China indefinitely.

Sarah pulled back the white cover on the mirror to reveal it to the light once more. Staring back at her was a woman that looked the same age as her, except dressed in the traditional Chinese garments. "Welcome back" Chi Xi said, smiling.

#### New Zealand Listener/New Zealand Chinese Association Short Story Competition 2009

Secondary school winner: 'The Other Side of the Mirror'' by Diana Chen (14), of Christchurch.

#### Judges comments:

- >> Diana Chen was by far the most original and imaginative of the school-age
- >> entrants with her fantasy about a young New Zealander who's bedroom
- >> mirror acts as a portal through which to talk to a girl from the Qing Dynasty.
- >> The story moves across an impressively expansive timeframe and in unexpected directions that keep
- >> you gripped to the end. The device of the mirror opens up many possibilities,
- >> not just in plot but in character development and visual richness

\* \* \* \* \* \* \* \* \*

# Cantonese Music School

### Adult Cantonese Class

By Robert Wong

It is almost the end of the year and an enjoyable one for our Adult Cantonese class led by our expert teachers Tat Ming Tsui and his wife Irene Ho.Nina, Lauren, Helen and myself have been the main students attending this year.

We started off by learning new words or refreshing ourselves with old words we already knew such as greeting each other, the titles of various relatives and words for various parts of the body such as the shoulder or feet.

We progressed on to aspects of Chinese culture related to the words we were learning. We learnt that rather than use West or East descriptions, the Chinese call their country the Middle Kingdom, the centre of the Universe. That's why we refer to China as Jung Gok, with Jung meaning middle.

We progressed on to learning calligraphy, the art of writing Chinese characters using brush strokes. We learnt to write fine points and thick strokes. We live in New Zealand, an English speaking country but learning Cantonese helps us to respect the culture of our forefathers.

I thoroughly recommend the Adult Cantonese class to those interested in improving their Cantonese and learning more about their own culture.

# Classes held at Oranga Primary School hall, corner of Maroa and Rangipawa Road, One Tree Hill.

Preschool (3-5yrs) 9.30am to 11am
Primary 1 (6-10yrs) 11.15am to 12.45pm
Primary 2 / Adult (separate) 1pm to 2.30pm

Fees: \$50 per child; \$35 per person for 2 or more per family contact; Connie, P 625 8611

Front cover: NZCA Cantonese Music Language pupils with HOD. Connie Kum and teachers Irene Ho and Tat MingTsui



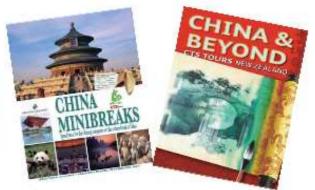
# CTS Tours 2010-2011

# The China specialist since 1928 \* Individual \* Small Group \* Family \* Business \*

Asía is the hot destination, there's no doubt about it – especially China following the success of Expo 2010 in Shanghai and the Beijing 2008 Olympics. New tour companies have been starting up to promote China but you can rest assured to entrust your travel plans with the CTS Group, the Asian specialists since 1928. Japan and Indochina are also favourites to consider for your next adventure. Just tell us where you want to go and what you want to do; our travel specialists will provide an itinerary for your consideration at no obligation.

#### Harbin Ice & Snow Festival —from \$1949 For independent traveller





We make Asia accessible and enjoyable to travellers in search of culture and history with an opportunity to experience the country and its people first-hand. CTS will arrange all internal logistics to give you a comfortable and pleasant journey.

Japan Classic Tour - \$3,265 with Air New Zealand to Tokyo, Hiroshima, Miyajima, Kyoto, Osaka

#### Japan Highlights Tour -\$5,325 with Air New Zealand to Tokyo, Mt Fuji, Hakone, Kyoto, Osaka





#### Wholesale Division of China Travel Service

Level 2, CTS House, 175 Queen Street, Auckland P.O.Box 105 516, DX CP21028 Auckland New Zealand

Tel: +64 9 3751711 Toll Free: 0800 CTS 888( 287 888)
Fax: +64 9 3096459 Email: ctstours@chinatravel.co.nz

Or visit: www.chinatravel.co.nz

# NZCA Auckland Social Golf Tournament

14 November 2010

Virginia Chong

39 keen golfers, including some from our Waikato branch, took the opportunity to play a round on a first class course at the Grange Golf Club on Sunday 7 November 2010.

Ladies Best Nett—Lena Houng Lee (below)

Following a request from an NZCA member who enjoys the challenge that golf presents, an additional tournament was organized – with all players competing on an individual basis.

Weather was superb - warm and summery umbrellas for shade and plenty of sunblock were necessities on the day, making a welcome change from the cloudy or wet days of past tournaments.

Golf, on the day, however was pretty average, according to most players – the superb condition of the course was not reflected in the results handed in.

We were delighted to welcome some new faces and hope that they enjoyed the fellowship and company of all the players, and hope that they will join us in future tournaments.

Congratulations to all prizewinners.

Men: Best Nett Aaron Lowe Best Stableford Phillip Lowe Stableford 2<sup>nd</sup> Stephen Lim Stableford 3<sup>rd</sup> Doug Lum Stableford 4<sup>th</sup> equal Philip Chong

David Lu Peter Ying

Ladies:Best Nett Lena Houng Lee Best Stableford Nancy Sue Closest to the Pin: Leanna Shum

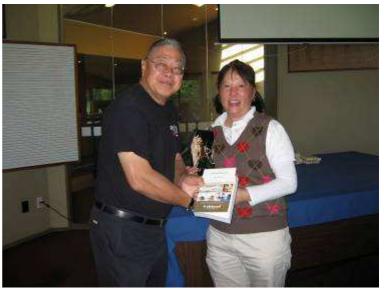
Selwyn Wong

Longest Drive: Francis Wong

The winner of the special prize generously supplied by the Grange Golf Club was Aaron Lowe.

NZCA Akld Chairman with Aaron Lowe (below)





Alkd NZCA Chairman Kai Luey with Philip Lowe (below)



Our warmest congratulations also to David Lu, who scored an eagle on No 1 hole.

NZCA Auckland gratefully acknowledges the generosity of Doug Lum, who donated a golf bag and sand wedge as prizes, Ian Gray of Barfoot & -Thompson, Mt Eden, for the donation of spot prizes, and Auckland Branch for their continuing sponsorship.

Sincere thanks to Peter Lee and Jack Chong for the wonderful job they do, checking all score cards – a thankless task but done with excellent humour.

Our thanks also to the Grange Golf Club for their hospitality and their superbly maintained course – makes a frustrating game so much more enjoyable when the course is in tip top condition.

# NZCA Auckland Achievement Awards 2010

The Executive Committee of the NZCA Auckland wishes to advise members that this branch will be making two annual awards to encourage and recognise significant achievements by any member in the sporting, academic, cultural, community, charity or political arena.

The two categories will be: **Significant Achievement Award** (for persons over 21) **Youth Achievement Award** (for persons under 21)

Members are invited to submit nominations of other NZCA Auckland members and the trophies will be presented at the annual NZCA Auckland Chinese New Year Dinner to be held at Imperial Garden Restaurant on Saturday 5 February 2011.

#### **Terms and Conditions:**

- 1. The awardees must be current financial members of NZCA Auckland either through individual or family membership.
- 2. The qualifications and achievements for the awards can be gained in virtually any field of activity.
- 3. Nominations can be made by any two NZCA members and must be received by the Secretary at PO Box 484, Shortland St, Auckland by 5pm Thursday 31 December 2009.
- 4. The judges' decision will be final and no correspondence will be entered into.

Recipes

These light and fluffy pancakes are made with rice flour instead of wheat and the addition of reduced fat coconut milk make these Gluten free and dairy free.

#### **Coconut Pancakes with Fruit**

Ingredients: 150mls lite coconut milk
100 grms rice flour
150mls mango juice
frozen berries of choice {blueberries, raspberries etc}

Make the pancake batter by combining the coconut milk, mango juice and rice flour in a bowl
Beat well then leave batter to stand for 15minutes

Spoon batter into non stick or greased fry pan and add a few frozen berries until bubbles appear

Flip pancake and cook other side for about a **minute** 

Rice Noodle Cakes {gluten, wheat, dairy, yea andst nut free}

200 grms rice vermicelli noodles
3 eggs beaten lightly
1 medium carrot grated coarsely
1/2 cup coarsely chopped coriander or garlic chives
2 tbsps sweet chilli sauce

Mix all ingredients in a bowl Heat a little oil in a fry pan Cook 1/4 cup mixture flattening slightly with a spatula until brown both sides

use any leftover meat or fish to vary flavour

# Therapeutic Counselling 专业心理辅导 Irene Ho 何爱莲

Bachelor of Counselling Cert. Gambling & Impulse Control Disorders

Member NZAC, NLAG
Facilitator of Seasons Programme
(Children Growing through Grief)
真爱家庭协会辅导员
华人社区服务中心特约辅导员

Individual & Family therapy

I speak English, Cantonese and Mandarin

能说英、粤、国语 For further information

Please phone 手 提: 021 2979 332

Email: ireneolho@yahoo.com.au

Interview Rooms are available in
Central Auckland, Panmure and Manukau East
Consultation fees could be funded by WINZ

# Advertise Here

# Got something to promote or sell?

The NZCA Auckland newsletter reaches to over 1000 of our members!

Competitive rates available:

1 issue 4 issues Full page \$299 \$800 Half page \$199 \$500 Quarter page \$99 \$300

We'd love to hear from you! Prices exclusive of GST

Contact John Kum: phone 625 8611 cojay@xtra.co.nz





Would you like to write for us?

Got a story to share?

Identity stories, food recipes, book/film/travel/event review

Contact John Kum or Alistair Kwun

phone 625 8611 cojay@xtra.co.nz

cell 021 774 789

alistair.kwun@xtra.co.nz



レン
NEW ZEALAND CHINESE ASSOCIATION
AUCKLAND INC
紐西蘭屋崙華聯會



PO Box 484 Shortland St, Auckland 1140

www.nzchinese-akld.org.nz

# Membership Form

email completed form to <u>cojay@xtra.co.nz</u> or post to address above					
Membership Type Please tick (✓)	□New Member □Renewal Membership No:				
Applicant	Surname	First Names		Date of Birth	
Spouse/Partner	Surname	First Names		Date of Birth	
Dependent children under 18years	Surname First Names		Date of Birth		
	Surname	First Names		Date of Birth	
	Surname	First Names		Date of Birth	
Address	Street Number Street Name				
	Suburb City Postcode				
Contact Details	Home #				
	Work#				
	Mobile #				
	Email				
Annual Membership Fee Please tick (  )	☐ Family \$ 20 Includes spouse/partner and dependent children under 18years ☐ Donations \$ Are kindly accepted and contribute to funding our events and initiatives ☐ Direct 06 0287 Applican		Direct credit to National Bank account # 06 0287 0016463 00 with reference to		
Total Paid				oplicant surname and initials and date of oplication in particulars.	
	I/we can volunteer to help NZCA Auckland Inc. in the following:				
Volunteer Please tick (✓)	☐ Chinese School ☐ Social Activities/Events ☐ Fundraising ☐ Translation ☐ Other please specify				
Declaration: I apply to become an Ordinary/Family (delete one) Member of the New Zealand Chinese Association Auckland Inc. I declare that I am of Chinese descent, a spouse of a Chinese person, or child of a Chinese person, over 18 years of age and agree to abide by the Rules of the Association on acceptance as a Member.  Signed:  Date:  / /					

### **NZCA Auckland Committee**

Name	Email	Phone
Kai Luey Chairman	kailuey@xtra.co.nz	522 1840
Richard Leung Vice Chairman	richard@glacierinvestments.co.nz	634 1817
David Wong Secretary	david.wong@xtra.co.nz	375 9525
Connie Kum Treasurer	cojay@xtra.co.nz	625 8611
Alistair Kwun	alistair.kwun@xtra.co.nz	021 774 789
Danny Chen	embalmedwithlove@gmail.com	021 868 981
Donald Sew Hoy	donald@glacierinvestments.co.nz	368 9180
Edmond Yee	edmond.yee@neumegenlaw.co.nz	379 6302
Elsie Wong	emwong@slingshot.co.nz	579 0838
John Kum	cojay.ep.nz@xtra.co.nz	625 8611
Justin Yang	justinyiyang@gmail.com	021 422 987
Ken Ginn	kenginn@gmail.com	021 536 446
Lynette Wong	pharmacist@tcp.co.nz	524 5410
Meilin Chong	chongs@xtra.co.nz	633 0043
Melissa Wong	m.carley.wong@gmail.com	846 4573
Michael Ng	ngy.me.this@gmail.com	021 269 8133
Percy Kai Fong	percykf@iconz.co.nz	520 1862
Raymond Kwok	rmskwok@gmail.com	021 259 2255
Robert Wong	wongrob1@gmail.com	525 0220
Susan Wong	wongs@woosh.co.nz	985 7020
Virginia Chong	vchong@ihug.co.nz	630 6641
Vivian Chow	vchow@ihug.co.nz	521 2986

### **Savoury Pancakes** {Gluten Free}

Ingredients: 1 cup Besan {chick pea flour}; 1 egg; 1/2 cup milk; 1/2 tsp salt

3 cold boiled kumaras mashed

1 spring onion or some garlic chives finely sliced 1 fresh chilli or chilli flakes to taste {Very hot}

2 tsp cream of tartar and 1 tsp baking soda { if not available just use 1tsp BP]

**Method:** In a large bowl mix Besan flour,egg, milk to make a batter and set aside Add cold mashed kumera and any letover meat veges etc and chilli and spring onions Spoon spoonfuls of mixture into pan and cook on low to med. heat.

When bubbles appear, turn over.

Note: Besan flour is made from Chick peas {garbanzo} and is a protein so you don't need meat and is low glycaemic between 0-30.

Low G.I. foods give a slow release of glucose so therefore is excellent for anyone border line or diabetic providing long lasting energy.

## The ABC of life leads to DEFGH-

Attitudes, Behaviours & Competencies leads to
Development & Empowerment for Future Growth & Happiness.

Memories don't leave like people do.....They always stay with you.