



**NEW ZEALAND CHINESE ASSOCIATION INC**  
**(CANTERBURY BRANCH)**  
紐西蘭堅都布厘華聯支會

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P O Box 31-276, Ilam  
Christchurch 8444

## April 2020 Newsletter



Dear Members, families and friends,

Hope you are all keeping safe and well during these past weeks coping in your respective bubbles!

As we are all in this together, WE WILL get through this unsettling time with your patience, by following strict guidelines, being kind and staying home! We have never experienced a global pandemic quite like this one before, to be faced with unique challenges and sacrifices to protect others as we transition through lockdown to lowered alert levels and beyond.

We all have had to adjust daily routines, but ensure we stay healthy and connected with friends and family while working remotely from home where possible. This has given us time to reflect on things that are most important such as quality time with family. Meanwhile continue to phone friends, eat well, enjoy the fresh air, keep exercising, maintain good sleep habits, and stay positive.

New Zealand will transition out of Alert Level 4 lockdown to Level 3 on Tuesday 28 April, to be reviewed after two weeks. All of us will need to unite against COVID-19 by sticking to the rules as outlined.

<https://covid19.govt.nz/alert-system/alert-level-3/>

A huge thank you to our heroes, the many essential workers who put their lives out into the community to keep New Zealand functioning as normal as possible, in keeping us safe in order to contain and stamp out the spread. My sincere thoughts to those whose lives have been disrupted at this unprecedented time of such uncertainty.

Should you feel distressed or anxious, it is important to seek help and professional support. Your family doctor is a good starting point. For support with grief, anxiety, hardship, distress or mental wellbeing, there are helplines and agencies you can **call or text such as the “Need to talk?” service on 1737.**

This is a free service available 24 hours a day, 7 days a week, for anyone in need of support with a trained counsellor.

Please check email correspondence from [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com) sent on 21 April with information on further support services, subject headed **“Welfare contact card for distribution - booklet with phone numbers of help and support services”**. For latest Covid-19 information always refer to <https://covid19.govt.nz/>

Be strong, be patient, and be kind to one another!

**Emmie King**

President NZCA Canterbury

## *Happy beginnings reflecting on welcoming Chinese New Year 2020!*

### **Celebrating Chinese New Year 2020!** **“Year of the Rat”**

This auspicious occasion was festively celebrated with members, families and friends and our special guests including Deputy Chinese Consul General Mr Zhai Xingfu, his Secretary Ms Yang Lu and Mr Chris Goodwin, President of the NZ China Friendship Society (Canterbury).



The traditional Qiao Yi Lion Dance Team welcomed in the Chinese New Year, “Year of the Rat!”. Entertainment items included Chinese New Year songs in Cantonese and Mandarin from two talented groups.



### **Thank you to the NZCA Canterbury Catering Team and Volunteer Helpers**

Marisa Yeung, Jane Gin and Cindy Chan coordinated many kitchen helpers to produce a sumptuous feast for supportive members, families and friends.

The lunch was provided free for members and was a memorable occasion celebrated by all who attended.

**A huge thank you to the catering team and the kitchen support team for giving their time and energy to prepare the delicious Chinese New Year banquet of traditional Chinese food. We also gratefully thank the team of ladies who made the yummy dumplings and the special occasion Chinese New Year glutinous cakes that went down a treat.**



our



## **“NZCA Scholarship Academic Awards”**

Deputy Consul General Mr Zhai Xingfu, presented the 2019 NZCA Academic Award to successful Canterbury candidates Grant Wong and Keegan Chin in NCEA Level 3. Congratulations to both Grant and Keegan on their successful achievement acknowledged by NZCA.



## **“Rewi Alley Memorial Prize Giving Ceremony 2019”**

Mr Chris Goodwin, President of the NZ China Friendship Society (NZCFS Canterbury), presented Conor Cocks with the “2019 Rewi Alley Memorial Prize”, awarded for the most conscientious student from the NZCA Canterbury Chinese Language School.

We convey our warmest congratulations to all our academic achievers, who were successful recipients for 2019. We wish all our students every success with their continuing studies in the love of learning.



## **NZCA Academic Awards 2020**

**CLOSING DATE FOR APPLICATIONS DUE BY – Friday 15 May 2020**

**All applications for NZCA Academic Awards must be received by the Canterbury Branch Secretary by Friday 15 May 2020.**

Selection of Academic Award winners will be made by the Education/Cultural Sub-Committee of the New Zealand Chinese Association. Applications for the following awards are based on 2019 examination results.

NCEA Level 1 or Cambridge International Examination (IGCSE) (three awards of \$500 each)

NCEA Level 2 (three awards of \$500 each)

NCEA Chinese Academic Award Level 3 or 4 (one award of \$500)

NCEA Level 4 Tertiary Scholarship Awards (three awards of \$1000 each)

ILB Award (one award of \$500)

Cambridge Award (one award of \$500)

Encourage your children to apply for the special NZCA scholarship awards to acknowledge their success as a member of the New Zealand Chinese Association. One of the criteria to be eligible to apply requires the applicant or their parent or guardian be a current financial NZCA member for at least 24 months.

For further information and application forms, contact Canterbury Branch Secretary, Rhonda Ding at [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com)

## **Parliamentary Chinese New Year Celebration 2020 - Rhonda Ding**

On Wednesday 19<sup>th</sup> February 2020 The Minister for Ethnic Communities, the Honourable Jenny Salesa, invited Chinese of many ethnic groups to an event at Parliament Buildings, Banquet Hall, Wellington, to celebrate 2020 Chinese New Year.

Emmie King (NZCA Canterbury President) and myself (NZCA Canterbury Secretary) were invited and attended the event on this auspicious occasion.

This special occasion was held to celebrate 2020 Chinese New Year and also to commemorate the 76<sup>th</sup> Anniversary of the abolition of the Chinese Poll Tax in New Zealand.

Personally, I felt very privileged to be present as my Dad was one of the many early immigrants who were required to pay 100 pounds of money for entry fee into New Zealand.

During the formalities, we were welcomed at Parliament with the introduction of light entertainment from the Wellington Cultural Centre Lion Dance Team, Tai Chi and children singing happy Chinese New Year songs. Following on, were official speeches given by the Minister for Ethnic Communities, Jenny Salesa, the Prime Minister, Jacinda Ardern, the Ambassador of the Peoples Republic of China, Madam Wu Xi, and the national NZCA President, Richard Leung (Auckland). (Dignitaries as shown in the photo).



### ***“Thank you Fundraising Volunteers” - Always a great fun day out!***

NZCA Canterbury Branch participate in a range of volunteer ventures to fundraise for the association. Examples include the Weetbix Kids TRYathlon and Culture Galore. Not only do the funds raised benefit our members, but it also provides a bonding experience and is a good way to give back to the community. Please forward your names if you are interested in participating in future fundraising events.

***We acknowledge members and friends for their support in donating their generous time and energy in the “spirit of volunteering” at the local community fundraisers, Weet-Bix Kids TRYathlon and Culture Galore!***

### ***Weet-Bix Kids TRYathlon Fundraiser – Friday 21<sup>st</sup> February & Sunday 23<sup>rd</sup> February 2020***



The Sanitarium Weet-Bix Kids TRYathlon encourages children to stay active and healthy through a programme of participation, getting out there, giving it a TRY, achieving a personal best, improving confidence and self-esteem. Held over many cities in New Zealand, with the Christchurch event held at Jellie Park has become so successful that two sessions were held, one in the morning and another in the afternoon. Volunteering duties on Friday involved distribution of children’s packs before the event, again on Sunday to supervise the village tents and general marshalling duties.



## 2020 Culture Galore Fundraiser – Saturday 22<sup>nd</sup> February 2020



The successful cultural event began with an early start for 5 strong men setting up the large marquee. The team of Aki Tanaka, Roger King, Brian Ngan, Eamon Joe and Ashton King broke a previous record in good time to hoist up the huge marquee in less than an hour. Apparently, previous groups usually take one and a half hours! The NZCA Canterbury catering team participated with a Chinese food stall fundraiser alongside a variety of other ethnic food stalls selling traditional culinary delicacies. Also, our volunteers helped supervise the bouncy castles as part of the fun and excitement involved with Culture Galore. A huge thank you to Eamon Joe, to whom we are most grateful for his support for the use of his van to transport food and equipment to and from the multi-cultural event. A funfilled afternoon enjoyed by all!

### ***THANK YOU FOR RENEWING YOUR 2020 ANNUAL MEMBERSHIPS - Membership Privileges***

Your continued support as a member is an important factor in our organisation. Reasons for joining up to make new friends with a common interest or sharing the enjoyment to learn new things, we provide many activities catering for senior citizen members, men, women, young professional adults, youth and children.

- Learn traditional Chinese languages and culture (Cantonese & Mandarin classes, celebrating traditional Chinese festivals).
- NZCA Academic Awards scholarships.
- Participate in the annual “NZCA Sports and Cultural Tournaments”. Chinese Easter Sports tournament to compete & socialise to meet up with many Chinese nationally over New Zealand.
- Sporting programmes – organised opportunities to try various sports with experienced sports coaches.
- Health and wellbeing seminars.
- Create friendships by learning and taking up a new hobby (Karaoke, cooking lessons, dancing etc)
- To be part of and share in the cultures involving the wider Chinese and local diverse ethnic community groups.
- Become a leader to assist in the decision making with the Future Dragonz young adults group.
- NZCA leadership programmes - Youth Leadership Camp (YLC), Leader Development Conference (LDC).
- Involvement with fundraising opportunities at local community level in giving your “Spirit of Volunteering.”
- Join in community and family outings with membership discounts (annual Chinese Picnic, parties etc.)
- Connect to learn Chinese history and culture by sharing stories of the past.
- Organised technology sessions learning to keep up and exploring new methods with modern devices.
- Keeping members informed to be aware of issues implemented by local body and Government level.
- Encourage your friends to become a member, to receive the many benefits with regular newsletters or follow our Facebook and website pages to learn more about our community and what we can offer.....

If you have family or friends of 16 years and over, would like to join up as a member to receive the benefits. Contact NZCA Canterbury Secretary - Rhonda Ding. (021 259 0745 or email: [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com))

Due to the uncertainty of COVID-19, all activities will be postponed until further notice for the safety of our members.

- **NZCA CANTERBURY ANNUAL GENERAL MEETING**  
The Annual AGM is postponed until further notice.
- **JUNG FESTIVAL AND FAMILY DAY 2020 – EVENT CANCELLED**  
We are sorry to announce under these uncertain times, this event will not be held this year.

### *NZCA Canterbury Social Activities*

#### **ALL ACTIVITIES POSTPONED UNTIL FURTHER NOTICE**

Notification to resume regular activities will be sent out as soon as alert levels are lifted in return ing to normal.

*Thank you for your patience and understanding under these unusual circumstances. For further information, please contact the appropriate activity coordinators if wish to attend the following:*

**Ballroom & Modern Dance** - Contact Emmie King (ph 021 211 7441, [graem88@xtra.co.nz](mailto:graem88@xtra.co.nz))

**Beijing Health Promoting Exercise Group** - Contact Jane Gin (ph 021 175 5866)

**Chinese Language Classes – Cantonese, Advanced, Intermediate & Beginners Mandarin and ESOL** - Contact Fran Yee (ph 021 138 3663 or [fran.yee@yahoo.com](mailto:fran.yee@yahoo.com))

**Karaoke Sing-A-Long** - Contact Jane Gin (ph 021 175 5866)

**Line Dancing** - Contact Rhonda Ding (ph 021 259 0745)

**Lifestyle Walking Group** - Contact Tim Ng (ph 339 0188, [ng.tim@xtra.co.nz](mailto:ng.tim@xtra.co.nz)) or Marisa Yeung (ph 021 112 6265, [hopyick@xtra.co.nz](mailto:hopyick@xtra.co.nz))

**NZCA Annual Sports and Cultural Tournament** - Contact Emmie King (ph 021 211 7441, [graem88@xtra.co.nz](mailto:graem88@xtra.co.nz))

**NZCA Future Dragonz Canterbury – (NZCA Young Adults Social Group)**  
Contact Tony Ng ([toneohsix@gmail.com](mailto:toneohsix@gmail.com) or Visit: [www.futuredragonz.org.nz](http://www.futuredragonz.org.nz))

**NZCA Canterbury Multi-Sports Training Programme** - Contact Emmie King (ph 021 211 7441, [graem88@xtra.co.nz](mailto:graem88@xtra.co.nz))

**Qiao Yi Lion Dance Team Christchurch** - Contact George Chan (ph 021 188 6096, [gwchan71@yahoo.nz](mailto:gwchan71@yahoo.nz))

**Tai Chi Class** - Contact Marisa Yeung (ph 021 112 6265, [hopyick@xtra.co.nz](mailto:hopyick@xtra.co.nz))

*We warmly welcome your attendance at our activities and look forward to meeting up soon!*

### *NZCA Canterbury Website: [canterbury.nzchinese.org.nz](http://canterbury.nzchinese.org.nz)*

- Visit the website for latest updates, general notices, activities and up-to-date events.
- Follow the NZCA National Branch website links for information, updates and resources.
- Our website has a photo gallery and access to past newsletters and events.
- Applications for NZCA membership subscription can be downloaded off the website for existing and new members.

Members are invited to submit articles or matters of interest through our newsletters and social media platforms for publishing. Contact the editor/Canterbury webmaster Ronald Lee ([ronald18@orcon.net.nz](mailto:ronald18@orcon.net.nz)).

Visit NZCA Canterbury website for further information: [canterbury.nzchinese.org.nz](http://canterbury.nzchinese.org.nz)  
Facebook page: <https://www.facebook.com/CanterburyBranchNZCA/>

## **Acknowledgements and Donations**

Thank you to our members and friends for your continuing support and generosity by contributing towards NZCA Canterbury Branch.

Beijing Exercise Group donation \$84.00

Tai Chi Class donation \$70.00

Mrs. Ivy Lay \$250.00 for Hall Kitchen Renovations

### **Obituaries:**

**Mrs Lai Kum Ming Wah** (13.2.20) - We convey our deepest and heartfelt sympathy to members of the Wah family, her extended families, grandchildren, and great-grandchildren. Mrs Lai Kum Ming Wah's husband was the late Percy Kay Wah, who was an influential NZCA Committee member during the 1960's. Her daughter Winnie and son-in-law Dennis Lay have been active members of NZCA Canterbury.

*"You left us beautiful memories, Your love is still our guide, Although we cannot see you, You're always at our side"*

**Mr Arthur Leslie Chang** (04.04.20) - We convey our deepest condolences to Mrs Lola Chang, Eamon and Bich Yee Joe and the Chang family on the sad loss of their husband, father and grandfather. Remembered as a kind, generous, loving and funny father and friend who loved a chat, a sweet, hot chips and a cuppa. We extend our deep and heartfelt sympathy to the Chang family.

**Mrs Ying Luen Wong** (13.04.20) - It is with much sadness that we report the passing of Mrs Ying Luen Wong, wife of the late Mr Ivan Wong You Too, mother of Emmie, President of NZCA Canterbury and mother-in-law of Graham King, a current Committee member. Mrs Wong is a much loved and treasured mother and mother-in-law of her 8 children, an adored and proud grandmother (Poh Poh) and a cherished great-grandma of Samuel. We convey our deepest sympathy for the Wong family on their sad loss at this unprecedented time.

*"On your passing leaves a heartache, no one can heal, love leaves a memory no one can steal!"*

Lai Kum Ming Wah and Ying Luen Wong who passed away within exactly two months of each other, were two strong extraordinary women with many parallels in life, as both lived through hardship, sacrifices and successes. We saw them as respected best friends looking out for each other over the many years.

*"Now, forever in a circle of friendship together!"*

## **NZCA Canterbury Association Hall Kitchen Renovations – Pledge for Donations**

Thank you to the NZCA Canterbury Committee for initiating the refurbishment to upgrade the Hall kitchen to bring it up to regulated standards. We intend to keep members informed with the progress on the exciting developments.

In order for a successful outcome, we do however request and will appreciate any donations or sponsorship towards funding to support this major Kitchen Renovation Project. With a more modern and updated kitchen, this will benefit our community and allow us to expand our activities such as cooking classes, better working conditions and improve the facilities when hiring of the Hall.



**If you wish to contribute with any donations please contact Fran Yee (ph 021 138 3663, [fannিয়ে@yahoo.co.nz](mailto:fannিয়ে@yahoo.co.nz)) or [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com)**

### **Receiving correspondence by Email or Change of Address**

In order to communicate efficiently, we encourage our members to connect with our association through the internet (via email or Facebook) to receive regular up-to-date and latest information. Please advise of any change to your address or contact details by emailing [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com)) or contact Rhonda Ding.

The Secretary, NZCA (Canterbury Branch),

PO Box 31-276, Ilam, Christchurch 8444

#### **Disclaimer.**

Neither the association 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.



# 紐西蘭堅都布厘華聯支會

## THE NEW ZEALAND CHINESE ASSOCIATION INC. (CANTERBURY BRANCH)

PO Box 31-276, Ilam, CHCH

### 二零二零年四月份通告

親愛的會員及朋友

這幾個星期的居家令想必大家各人都安全及健康, 請耐心留在家中隔離, 嚴格遵循指令, 團結一致, 共度難關, 世人從未面對此嚴重病毒的挑戰, 希望由這個封鎖能減到最低的傳染, 早日降低警戒級別返回正常生活, 雖然打斷日常生活習慣, 如工作帶回家中做, 但是重要的保持健康, 享受與家人相聚美好時光, 打電話同朋友閒談, 注意飲食, 多做運動, 享受新鮮空氣, 有規律睡眠習慣, 放鬆心境凡事向前看. 由4月28日開始由最高第四級警戒級別轉為第三級, 兩星期後再檢討. 我們一定要團結來對抗這個新冠肺炎, 遵守健康手冊.

<https://covid19.govt.nz/alert-system/alert-level-3/>

非常感謝前線的醫療人員和多數的基本工人的工作, 使全紐西蘭可以運作如常, 保衛我們所需, 遏制疫情蔓延, 而他們的生活方式都跟以往不一樣, 戰戰兢兢和擔心. 如感覺有壓力, 焦慮的情況是要找專業人士的支持及輔導, 請跟家庭醫生聯絡.

悲傷, 焦慮, 困難, 壓力或精神健康可打熱線或短信

“Need to talk?” service on 1737. 服務. 這個服務是24小時全天候免費, 有輔導員解答問題.

請查看我們在4月21日發出的電郵, 有關福利分類聯絡冊子, 和支援服務電話.

請大家保持安全, 身體健康.

伍黃間容主席.

#### \*2020 新年敘餐

新春聚餐邀請特別嘉賓有中國駐基督城副總領事 Mr.Zhai Xingfu 翟興付先生, 秘書 Ms Yang Lu 楊璐女士, 新中友好協會(Canterbury) 主席 Mr. Chris Goodwin, 僑藝舞獅隊傳統舞獅表演助慶, 表演節目還有粵語和國語唱的新年歌曲.

Marisa Yeung, Jane Gin, Cindy Chan 及多位在廚房工作人員合作下弄出傳統新年午餐, 這頓免費午餐給會員有個愉快難忘的節日. 還多謝一班女士們做了很多咸水角, 及年糕.

#### \*紐西蘭聯合總會獎學金頒獎

2019 年度 NZCA level 3 學術獎, 由駐本地中華人民共和國副領事翟興付先生頒發給 Grant Wong 和 Keegan Chin 同學們. 恭賀他們努力奮鬥的成果.



**\*路易·艾黎紀念獎頒獎典禮 2019 年度**

由 Mr.Chris Goodwin(新中友好協會) 頒發給我們中文班學生 Conor Cocks 以表揚他對中文學術的勤力認真。

祝賀以上三位同學的成就, 繼續努力奮鬥, 百尺竿頭, 更進一步。

**\*紐西蘭聯合總會獎學金**

設有六項獎學金頒發, 評審是基於 2019 的各項考試的優秀成績來決定(詳情參照英文版)。截止日期 5 月 15 日, 請向校方取得申請人的證明書, 申請人必須父母一方有 24 月以上會員付費資格。逾期不接受申請, 請多加鼓勵

子女申請各項獎學金為本會增光。

聯絡人 Rhonda Ding [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com)

**\*在紐西蘭國會慶祝 2020 年新春-(Rhonda Ding)**

在 2 月 19 日紐西蘭民族社區部長 Jenny Salesa 女士邀請多個不同民族的華人到惠靈頓國會宴會廳參加 2020 年度新春活動, 而我(本會秘書)和 Emmie King (本會主席) 均被邀請參加此盛會。這次的活動除了慶祝農曆新年, 同時也是紀念取消華人人頭稅 76 週年, 對我個人來說也感到榮幸能參加此宴會, 因為我的父親也是曾付出 100 英鎊才能入境紐西蘭的其中一人。

在國會宴會廳上有惠靈頓文化中心的舞獅隊, 太極, 小朋友唱出新年歌助慶。

紐西蘭民族社區部長 Jenny Salesa 女士, 我們的總理阿德恩女士, 中華人民共和國駐新西蘭大使吳玺女士, 及華聯總會主席 Richard Leung (屋崙) 均上台演講。

**\*籌款義工團隊**

本會有幸常得到可籌款機會的工作, 如 Weet-Bix 兒童鐵人三項比賽, Culture Galore 的機會, 義工同時與不同文族團體有交流, 享受團隊精神及樂趣。如果你們有興趣加入未來的籌款活動, 請將你的名字報上來。

Weet-Bix 兒童鐵人三項比賽 2 月 21 日(星期五), 2 月 23 日 (星期日)

每年都有全國舉辦, 本市在 Jellie Park 舉行。此節目致在將孩子們保持活躍, 健康運動, 嘗試各人全力以赴, 做到最好的一面, 提高各人自信心和自尊。

2 月 21 日的一組義工是包裝包裹, 以分發給比賽孩子們用。

2 月 23 日的一組義工如付責健兒不同飲食, 或維持場地職責。

**\*豐富文化節日 2 月 22 日**

往年的大帳篷要個半小時才可以打開, 今年我五個大男仕不用一個小時就將它打開了。

Aki Tanaka, Roger King, Brian Ngan, Eamon Joe and Ashton King, 他們真利害。

本會也參加食品攤位, 同時也有多個不同國家美食參加這個活動, 今年的活動非常受歡迎。

我們的義工也幫助監督彈性城堡工作, 小孩子們非常開心呢, 因為是免費啊。

在此多謝 Eaman Joe 的支持借出貨車供我們運送食品 及設備到場地。

感謝各位參加這兩個籌款活動的義工們, 身體力行和團隊精神。

\*感謝繼續成為本會的會員, 因為大家的支持才可以提供為不同年齡階層男女老少學習新事物, 結交往來. 如以下活動:

\*學習中華文化, 語言(廣東話, 國語, 中國傳統節日)

\*NZCA 學術獎助學金.

\*健康座談會

\*一年一度全紐西蘭復活節運動大會

\*體育節目, 多種運動由有經驗教練指導.

\*新的嗜好, 如卡拉 OK, 烹飪班, 跳舞等, 可結交新朋友及學習不同的嗜好.

\*參與不同種族和廣泛華人社區團體事務.

\*參加未來龍的傳人, 成為領導, 協助決策.

\*年輕人可加入:

紐西蘭華聯會少年領袖營 (年齡由 11-13 班)

紐西蘭華聯會青年領袖營歡迎 18 至 30 歲人仕參加

\*本地的社區活動服務社群, 展示團體精神.

\*加入本會可有會員折扣(如節日聚餐等.)

\*分享以往的故事, 認識先華人的歷史及文化.

\*學習新科技, 開班教導新時代設備.

\*成員會多瞭解到地方機構和政府實施形式.

\*請早日成為會員, 收到定期的通訊得益良多, 或跟進本會的臉書和網站.

如你的家人或朋友滿 16 歲歡迎加入為會員. 請聯絡本會秘書

Rhonda Ding. (021 259 0745 or email: [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com))

由於 COVID-19 新冠肺炎, 以下節目或活動將會取消或另行通告.

\*週年大會 AGM 日期另行通知

\*端午節會取消.

### 鳴謝捐款

本會非常多謝由以下組織捐出款項:

北京醫療保健操的捐款共\$84.00

太極班\$70.00

一旦回復正常, 各活動也立刻通知. 聯絡資料如下:

- 社交舞 Ballroom & Modern Dance - 聯絡人 Emmie King (ph 021 211 7441,

graem88@xtra.co.nz)

- 北京健康操 Beijing Health Promoting Exercise Group 聯絡人 Jane Gin (ph 021 175 5866)
- 中文班.Chinese Language Classes — \*廣東話, 國語班有初, 中, 高三級班
  
- 聯絡人 Fran Yee (ph 021 138 3663 or fran.yee@yahoo.com)
- 卡拉 OK Karaoke Sing-A-Long -(一邊唱歌, 一邊跳舞) 聯絡人 Jane Gin (ph 021 175 5866)
- 排舞 Line Dancing - 聯絡人 Rhonda Ding (ph 021 259 0745)
- 紐西蘭復活節運動大會 NZCA Annual Sports and Cultural Tournament 聯絡人 Emmie King (ph 021 211 7441, graem88@xtra.co.nz)
- 未來龍的傳人會 NZCA Future Dragonz Canterbury – (*NZCA Young Adults Social Group*) 聯絡人 Tony Ng (toneohsix@gmail.com or Visit: www.futuredragonz.org.nz)
- NZCA Canterbury Multi-Sports Programme - 聯絡人 Emmie King (ph 021 211 7441, graem88@xtra.co.nz)
- 走行組 Lifestyle Walking Group 聯絡人 Tim Ng (ph 339 0188, ng.tim@xtra.co.nz) 或 Marisa Yeung (ph 021 112 6265, hopyick@xtra.co.nz)
- 綜合運動訓練 Multi-Sports Training Programme 聯絡人 Emmie King (ph 021 211 7441, graem88@xtra.co.nz)
- 僑藝舞獅隊 Qiao Yi Lion Dance Team Christchurch 聯絡人 George Chan (ph 021 188 6096, gwchan71@yahoo.nz)
- 太極班 Tai Chi Class - 聯絡人 Marisa Yeung (ph 021 112 6265, hopyick@xtra.co.nz)

我們期待消除居家令後歡迎大家齊回參加各種活動。

本支會網站是 [canterbury.nzchinese.org.nz](http://canterbury.nzchinese.org.nz)

溜覽本會網站取得最新活動資訊, 同時跟總會網站連結獲得資訊和更新資料

新/舊會員申請表也可從網站下載. 網頁的內容包括所有活動圖片及每期通訊.

請留意臉書正在運作, 邀請各成員發佈任何有關 NZCA(華聯會) 任何資訊.

事項及故事請聯絡本會編輯: Ronald Lee at ronald18@orcon.net.nz

臉書 Facebook page: <https://www.facebook.com/CanterburyBranchNZCA/>



## 訃聞

\*吳黎錦明女士於 2 月 13 日去世, 她已去世的丈夫是吳啓華, 他是本會六十年代時的執行委員之一. 她的女兒 Winnie 及女婿 Dennis Lay 也是本會活躍分子, 堅都布厘華聯支會向吳家人轉達深切的同情及慰問.

(妳留給我們美好回憶, 妳的愛仍是我們的指引, 雖然我們看不到你, 但是妳仍然在我們左右)

\*陳樵煦先生於 4 月 4 日去世, 堅都布厘華聯支會向陳余留穩夫人, Eamon, BichYee Joe 及其家人表示以深感的慰問. 陳先生為人友善, 慷慨, 風趣和有愛心的父親, 喜愛和朋友閒談.

\*黃陳影鸞女士(黃耀桃夫人) 於 4 月 13 日去世, 她是 Emmie (本會主席) 的媽媽, Graham King (本會行委員) 的外母. 她有八個子女, 為人和藹可親的母親, 祖母, 曾祖母. 堅都布厘華聯支會特此向黃家表示深切的慰問.( 死亡帶給人心痛, 沒有人能夠康復, 但愛的回憶是無人能夠偷走.)

吳太和黃太二人相隔兩個月離世, 她們都是堅強的女人, 好朋友互相扶持, 都經歷艱難苦困的時刻, 苦盡甘來, 如今又在永遠友誼圈子裡.

## 廚房翻新工程

我們感謝廚房翻新團隊. 為求取得此項目成功, 本會希望大眾能鼎力相助, 任何捐款或贊助力求使這個廚房翻新工程做到完美, 有一個合附規格, 有高效用, 現代化廚房, 這樣有利大會日後的活動, 聚餐, 烹飪班, 和大堂出租等. 有關捐贈人, 本會將他們的名字列在牆壁上的捐款芳名錄上, 讓後人觀看. 進展情況隨時向各人報告.

任何捐款. 請聯絡 Fran Yee (ph 021 138 3663 或 [fannieyee@yahoo.co.nz](mailto:fannieyee@yahoo.co.nz))

## \*電郵收通告/喬遷通告

我們鼓勵會員用電郵或臉書溝通, 定期接收最快, 最新本會消息.

如果會員最近改了新地址, 請向本會秘書通知. New Zealand Chinese Association (Canterbury Branch), P O Box 31-276, Ilam Christchurch 8444  
Rhonda Ding, [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com)

## 齐心协力, 延缓病毒传播

团结一致, 采取一些简单的措施我们可以共同对抗疫情, 减缓病

毒传播。每个人都不能置身事外。本信息单包含您所需要的关键信息,包括可以得到哪些帮助。

信

## 什么是 COVID-19?

COVID-19 是一种会感染肺部和呼吸道的新型病毒。它是由一种冠状病毒引起的。您可以采取一些简单的措施保护自己和家人。

## 症状是什么?

- 发烧 (至少 38°C)
- 咳嗽
- 呼吸困难

出现这些症状并不意味着您一定感染了 COVID-19。这些症状跟其他一些更为普通的疾病相似,比如感冒和流感。

## 如果您有这些症状

在去看家庭医生前,先打电话给他们。如果您没有家庭医生,请拨打免费健康热线 **0800 358 5453**

## 如果生病,请留在家里

为了保护全体新西兰人的健康,如果您有以下任何症状,请留在家中/住宿处。

- 发烧
- 咳嗽
- 呼吸困难
- 打喷嚏或流鼻涕

## 勤洗手

洗手能破坏病毒的保护膜从而杀死它们。如果您的手不干净,请不要触碰眼睛、鼻子和嘴巴。

## 如何正确地洗手?

- 第一步: 用流水打湿手
- 第二步: 整个手部涂抹足量的肥皂
- 第三步: 揉搓整个手部(包括手背、指缝和指甲下)至少 20 秒
- 第四步: 用流水彻底冲洗干净

- 第五步: 用干净的毛巾、一次性毛(纸)巾或干手机擦(吹)干手。

什么时候应该洗手?

勤洗手, 尤其是:

- 在擤鼻子、咳嗽或打喷嚏之后
- 去过公共场所之后, 包括公共交通、市场和宗教场所
- 触碰家以外的物体表面之后
- 拿过钱之后
- 在照顾老弱病人之前、之中或之后
- 进餐前后

以下情形, 一定要洗手

- 如厕后
- 进餐前后
- 处理完垃圾后
- 触摸了动物和宠物后
- 换尿布或帮儿童如厕后
- 当您的手看得出很脏时

朝手肘内侧咳嗽或打喷嚏

咳嗽或打喷嚏时用手肘遮挡可以阻挡飞沫, 这样病毒无法附着到手部, 可以避免您将病毒传染给别人, 从而让他们也生病。

**COVID-19 是如何传播的?**

COVID-19 就像流感一样会人传人。科学证据证实了 COVID-19 通过飞沫传播。当被感染者咳嗽, 打喷嚏或者说话时, 都会喷出含有病毒的飞沫。这些飞沫很大, 无法长时间在空气中停留, 因此会很快地落在周围物体的表面上。

如果有人接触这些表面或物体后触碰自己的嘴巴、鼻子和眼睛, 那么他们就可能会被



病毒感染。

这就是为什么保持卫生至关重要——经常洗手并彻底擦干，朝手肘内侧咳嗽或打喷嚏。

## 照顾别人

善待他人是我们团结一致对抗 COVID-19 的无比强大的武器。您可以带来巨大的改变，如果您可以：

- 留意老年人和弱势群体
- 照顾那些需要帮助的人
- 为那些生病在家的人运送所需物品
- 与朋友、亲人和邻居谈谈，看看他们是否需要帮助
- 与本地的俱乐部和社区保持联系，提供支持

这样的彼此联系与付出关爱，能让我们长久有力地彼此扶持，度过这次 COVID-19 的难关。

## 自我隔离意味着什么？

自我隔离意味着为了预防病毒传播而居住在自己家中或住宿处。

为了保护与您住在一起的人、您的朋友和全体新西兰人，自我隔离是您可以做的最安全、最合理的事情。

关于自我隔离，如需任何协助或建议，请致电免费健康热线 **0800 358 5453**。

## 自我隔离的基本规则

留在家中，采取简单、符合常识的方法尽可能避免与他人近距离接触——就像您得了流感一样。

避免一切与他人一米之内的面对面接触，尤其是超过 15 分钟时。

须特别留意老年人和弱势群体。

新西兰警方会抽查那些自我隔离中的人士，以了解他们的身心健康和需求。

那些不遵守健康官员指示的签证持有者将面临拘捕和遣返。

如果您知道有人应当自我隔离却并未这么做，请联系：

**[nhccselfisolation@health.govt.nz](mailto:nhccselfisolation@health.govt.nz)**

## 什么是身体距离？

身体距离(有时又被称为“社交距离”)是指与其他人保持安全距离。这仅就身体距离而言。为了您的心理健康,您应当与朋友、家人通过电话和网络保持联系。避免与他人一米之内的面对面接触,尤其是超过 15 分钟时。

对于那些不需要自我隔离的人来说,保持身体距离是我们共同对抗 COVID-19 的重要方法。

## 心理健康

铺天盖地的有关 COVID-19 的媒体报道和公众讨论可能会影响到您。感到紧张和焦虑都很正常。

尽可能地花时间在让您感到安全和舒适的地方。联系您通常的支持人(如家人、朋友和同事)。保持有规律的作息,如按时吃饭、睡觉以及锻炼身体。告诉您自己您的感觉是正常反应,一切都会过去。

由于悲伤、焦虑、紧张或心理健康问题需要寻求支持,请拨打或发短信至 **1737**(“需要倾诉吗?”  
免费热线),每周 7 天每天 24 小时,这里有受过培训的咨询人员与您倾谈。

## 其他帮助与协助

如果您不确定可以向谁求助或者需要更多信息,请拨打免费的政府帮助热线 0800 779 997  
(早上 8 点到深夜 1 点,每周 7 天)。



New Zealand Chinese Association (Canterbury Branch) Inc.

# 紐西蘭堅都布厘華聯支會

22 St Asaph Street, Christchurch  
PO BOX 31-276, Ilam, Christchurch. 8444

## Membership Renewal Form

Annual 1<sup>st</sup> Jan- 31<sup>st</sup> Dec

Please Print Clearly

Please add further applicants on this form if at same address

Title Mr/Mrs/Miss Ms/Dr/Prof	Family Name 英文姓氏	First Name 英文名	Chinese Name 中文姓名	Membership Annual 會費 Fee \$15	Donations 捐款
1	Family Name	First Name	Chinese Name	\$	\$
2	Family Name	First Name	Chinese Name	\$	\$
3	Family Name	First Name	Chinese Name	\$	\$
4	Family Name	First Name	Chinese Name	\$	\$
Totals				\$	\$

Donations over \$5 have Tax Credit Claim Entitlement. Please Tick  for receipt

<b>Address</b>	Street Number	Street Name		
	Suburb	City	Post code	
<b>Contact Details</b> 聯絡	Phone 1	Phone 2		
	E-mail address 1	E-mail address 2		

### Payment Method 付款方法 Please Tick(✓)

- Cheque  Make Cheque payable to **"NZCA Canterbury"** and post to  
NZCA Canterbury, PO Box 31-276, Ilam, Christchurch 8444
- Direct Debit  Direct Credit to NZCA(Cant) bank account 03-0802-0003908-03  
with reference **Surname, First name, Phone Numbers** in particulars

Please return all forms via post to address:- **NZCA Canterbury PO Box 31-276, Ilam, Christchurch 8444**

or Email completed form to:- [nzcacanterbury@gmail.com](mailto:nzcacanterbury@gmail.com)

<b>Volunteer</b>	<i>I/We volunteer to help NZCA Canterbury in the following:</i>		
Please Tick(✓)	<input type="checkbox"/> Chinese school	<input type="checkbox"/> Social Activities/Events	<input type="checkbox"/> Fundraising
	<input type="checkbox"/> Translation	<input type="checkbox"/> Others Please Specify _____	

<b>Preference for Receiving Newsletter</b>	Please Tick(✓)	<input type="checkbox"/> E-mail	<input type="checkbox"/> Post
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**Declaration:** I/We apply to become a Member/s of the New Zealand Chinese Association Canterbury  
I/We agree to abide by the Rules of the Association on acceptance as a Member/s.

簽名 \*Signed: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_