

NEW ZEALAND CHINESE ASSOCIATION INC (CANTERBURY BRANCH)

紐西蘭堅都布厘華聯支會

22 St Asaph Street, Central City Christchurch 8011 nzcacanterbury@nzchinese.org.nz

May 2023 Newsletter

Notice of Annual General Meeting

The Annual General Meeting of the Canterbury Branch of the New Zealand Chinese Association will be held on **Sunday 21st May at 1.00pm** at the NZCA Chinese Association Hall, 22 St Asaph Street.

Business: (Papers for items 1 and 2 will be distributed at the AGM)

- 1. To receive the Annual Reports.
- 2. To receive and consider the accounts and balance sheet for the preceding financial year.
- 3. Presentation of an Honorary Award
- 4. Election of Branch Reviewer
- 5. General Business.

We warmly welcome and invite members to attend and express any matters of interest.

Afternoon tea will be provided following the AGM & St Johns – Three Steps for Life talk.

Car parking is available at Hagley Community College, entry via Stewart Street entrance.

FREE Health Information Sessions #1

Everyone welcome to attend the following health session.

ST JOHN - THREE STEPS FOR LIFE

This "Three Steps for Life "free session teaches public awareness about basic CPR and AED and will be presented by Alice Earnshaw Morris from St John.

It gives participants the skills and confidence to take action in responding to someone in cardiac arrest by: 1) Calling 111 2) Starting CPR 3) Using AED

The talk will also be translated into Cantonese.

When: Sunday 21st May at 1.30pm,

Where: NZ Chinese Association Hall, 22 St Asaph St

Parking: Hagley Community College (Access from Stewart St)

RSVP: <u>nzcacanterbury@nzchinese.org.nz</u> or contact Emmie King 0212117441

FREE Health Information Sessions #2

Everyone welcome to attend the following health session.

HEALTH NZ - BONE HEALTH

Every year 30,000 fragility fractures occur in NZ.

One third of women and one fifth of men suffer from osteoporosis in NZ.

Cushla Parker, Clinical Nurse Specialist (Fracture Liaison Service, Canterbury) will deliver a free educational session on bone health, fragility fracture prevention and osteoporosis. The talk will be translated into Cantonese.

When: Sunday 13th August at 1.30pm

Where: NZ Chinese Association Hall, 22 St Asaph St

Parking: Hagley Community College (Access from Stewart St)

RSVP: <u>nzcacanterbury@nzchinese.org.nz</u>

REMINDER: NZCA Membership subscriptions are now overdue

Thank you to all who have renewed and paid their 2023 annual subs!

If you have not paid this year's membership subs, please pay by Sunday 21st May or make payment at the AGM to ensure continuity of your membership.

The annual subscription fee is \$15.00 for each member over 16 years old. An additional fee of \$5.00 applies to all new memberships or non current members.

Payments can be made through internet banking to the account number 03-0802-0003908-03 with reference of your Full name, Renew/New Membership and a contact phone number.

For info regarding membership, including application forms go to:

https://canterbury.nzchinese.org.nz/about-us/membership

2023 Chinese Lunar New Year Celebration "Year of the Rabbit"



With the cancellation of the 2022 Chinese New Year (CNY) lunch, it was a great pleasure to return to serving our members and friends and special guests at our Chinese New Year lunch on Sunday 29th January with a sumptuous traditional CNY



banquet for over 220 guests who attended.

A traditional performance by the Qiao Yi Lion Dance team was represented by the junior Lion dancers to welcome the Chinese New Year "Year of the Rabbit". The senior Lion dancers were unable to attend as they were performing at the Lawrence Goldmine CNY celebrations.





Entertainment from the newly formed Chinese Cultural Dance Group was well received. An impressive ribbon dance was performed by Zafira Prisco and Ysabelle Yong. There was also "Froilan", the magician who delighted everyone with hopes of easy money from his bucket as a gesture of wishing prosperity for the coming Chinese New Year.

A huge thanks to Marisa Yeung, Jane Gin, Cindy Chan, Wing Gin, Peter and Jenny Yee and the hardworking kitchen team who produced a tasty CNY feast. A big thanks also to the helpers who made traditional dumplings and glutinous Chinese New Year cakes that went down a treat.

In addition, thank you to Brendon Lee for the donation of Shanghai bok choy and courgettes towards the lunch.

Everyone enjoyed the festive afternoon, with entertainment, happy full tummies and a chance to catch up with each other while celebrating the Chinese New Year to welcome the "Year of the Rabbit"!

Special thanks to everyone for renewing 2023 memberships, along with RSVP replies to assist with the catering numbers required for future functions.











NZCA Leadership Development Conference

The New Zealand Chinese Association Leadership Development Conference (NZCA LDC) was held on 5-10th February 2023 at the Willow Park Christian Convention Centre, Eastern Beach, Howick, Auckland.

Five NZCA Canterbury members attended – Jared Chin, Victoria King, George Xian, Emily Young and Eileen Yee.

Report by Eileen Yee -

I recently returned from a six-day live-in conference to develop my leadership potential and learn more about my NZ Chinese identity and I'm so glad I did!

NZCA LDC is a bi-annual conference and after two cancellations in 2021 and 2022, it was finally able to run in 2023. The conference is a fun-filled learning experience for 18-35 year olds to practice and develop team building, self-awareness, partake in cultural activities, hear from inspirational Chinese role models and connect with other Chinese New Zealanders. It's largely funded by the Chinese Poll Tax Heritage Trust as well as NZCA

There was something powerful and special about spending six days with 46 other NZ born Chinese young people who had similar stories and shared backgrounds to my own. What I treasured the most were the instant connections that were formed with people I had never met and how strong those bonds were. I reflected a lot on not having the opportunity to make many Asian friends when I was growing up in Christchurch.

It was a memorable and life-changing week. Every single person from that conference has kept in touch and many yum cha and dinner meet ups have already taken place with more to come. I'm looking forward to participating in the NZCA Easter Sports Tournament from 7th -10th April. A couple of reflections from my time at LDC would be that most opportunities come from your connections and networks (especially in NZ) so, make a point of nurturing those; remember, own and value your unique culture and your identity – it shapes who you are and can be your "special power" or point of difference.

LDC in numbers

46 delegates from 21 cities/towns across NZ; 11 facilitators; 23 speakers/activity leaders; 1 group project team and presentations; 4 exercise activities; 3 dance practices; 2 qi gong practices; 1 lion dancing activity; 6 communication, leadership and ice-breaker activities; 1 Tetramap activity; 5 reflection activities; 1 affirmations activity; 1 awards dinner.

Get involved! - LDC takes place once every two years. Find out more about the programme here: https://ldcnzchinese.org

THE STATE OF THE S

The Easter Sports Tournament takes place

every year. This year it was held in Christchurch. Next year it will be in Wellington. Find out more here: https://www.nzchinese.org.nz/events/eastertournament/

and https://www.facebook.com/NZCACanterburyEasterTournament2022/

Or contact Eileen Yee if you have any questions on her experience at LDC <u>Eileen.Yee@ethniccommunities.govt.nz</u>

Cantonese Poll Tax Apology

This article is from the Ministry for Ethnic Communities website https://www.ethniccommunities.govt.nz/news/cantonese-poll-tax-apology/



Our Minister for Diversity, Inclusion and Ethnic Communities, Priyanca Radhakrishnan, hosted a Chinese New Year event at Parliament on 13 February at which the Government offered a Cantonese language version of its Poll Tax Apology.

The Poll Tax Apology was offered in 2002 by the then Prime Minister Helen Clark. Poll taxes were imposed by law on Chinese migrants during the 19th and early 20th centuries, and their entry into New Zealand was restricted based on the number of Chinese passengers per certain tonnage of ship cargo. These measures were highly discriminatory and had a heavy impact on Chinese migrant families.

A Mandarin translation (but not a Cantonese translation) followed the Prime Minister's Apology statement at that time.

As the Chinese migrants and families who were subjected to the Poll Tax were primarily Cantonese speakers, the New Zealand Cantonese

community have been asking since 2002 to receive a Cantonese language version of the Apology.

We acknowledge the importance to the Cantonese community of receiving the Poll Tax Apology in their own language and are pleased to have played an advisory role in helping it to occur. We hope it will foster continuing reconciliation and healing.

Following in the footsteps of the original Apology, the Cantonese version was also delivered by professional translator and Chinese New Zealander Dr Henry Liu.

Find out more about the poll tax:

Poll tax imposed on Chinese | NZHistory, New Zealand history online Looking Back, Moving On on Vimeo A taxing imposition

<u>Later settlement – Te Ara Encyclopedia of New Zealand</u>

粤語人頭稅道歉

紐西蘭多樣、包容和移民社團部長拉琵欣,2月13日於國會舉 辦了農曆新年活動向人頭税子孫後代以粵語道歉。

2002 年時任總理海倫·克拉克道歉。 人頭稅喺 19 世紀和 20 世紀初向華人徵收。根據每噸位嘅船舶貨物限制入境華人數目。 這一系列措施具有高度歧視性。而且對華人移民家庭有深厚的影響。

當時總理道歉聲明只以普通話翻譯(並無以粵語翻譯)。

由於受人頭稅影響的華人移民和家庭主要係講粵語位嘅。紐西蘭 粵語社群自 2002 年以來一直要求粵語版道歉聲明。

我哋承認用粵語向受人頭稅影響嘅粵語社群道歉位嘅重要性。並

且我哋嘟很高興能夠向粵語社群提供幫助和專業意見。我哋希望此舉能促進持續和解和癒合。

繼原版道歉之後,粵語版也由專業翻譯紐西蘭華人 Henry Liu 撰寫和宣讀。

慾瞭解有關人頭稅更多資訊:

Poll tax imposed on Chinese | NZHistory, New Zealand history online

Looking Back, Moving On on Vimeo

A taxing imposition

<u>Later settlement – Te Ara Encyclopedia of New Zealand</u>

For more information about the Chinese New Year Celebration hosted by the Minister for Ethnic Communities at Parliament in Wellington on 13 February:

• Ministry for Ethnic Communities (MEC) Facebook album CNY at Parliament https://m.facebook.com/story.php?
https://m.facebook.com/story.php?
https://m.facebook.com/story.php?
https://m.facebook.com/story.php?
https://m.facebook.com/story.php?
story_fbid=pfbid02xfphgkNS5WF36Y1dYDmyqekXEDL62VDDNgoaZyA9E71vXSyF1h5HGXZ3N1joE1i
mloadie-ministry
mloa

• The Minister's full speech

https://www.beehive.govt.nz/speech/chinese-new-year-2023-speech

2023 Culture Galore

Saturday 18 February 2023 Ray Blank Park, (Maidstone Road)

With perfect weather and a great turnout, 2023 Culture Galore held at Ray Blank Park (Ilam) was a huge success. Numerous "have a go" activity tents, ethnic performances and 40+ food stalls were on display to experience the diverse and many cultures of Otautahi.

Canterbury Branch held a food stall selling Chinese snacks to fundraise towards Hall maintenance. A big thank you to all volunteer helpers: Fran Yee, Alison Yee, Wing and Jane Gin, Peter and Jenny Yee, Emmie King, Aki Tanaka, Darett Lowe, Jenny Yee, Janice Wong, Rodney Goh, and the Lee Family (Margaret Lee and two sons from Auckland)





NZCA Canterbury President - Message

Finally, after two years of preparations and the arrival of the long-awaited big day, the NZCA Canterbury branch successfully hosted the 73rd NZCA Sports Tournament, commencing on Good Friday 7th April 2023 with an impressive Opening Ceremony show, "Our Journey, Our Story " directed by Karen Prisco. (View Easter Opening Ceremony link below – Easter report)

We are most appreciative of our energetic and youthful Canterbury Easter Tournament Committee leaders, Charlotte and Victoria King, and their team for their endless hours of dedication and effort in planning such a major gathering for the NZCA family. The event admirably fulfilled the "Spirit of the Tournament" mission and created everlasting wonderful memories!

Congratulations to the Easter Committee members for their outstanding contribution: Charlotte King, Victoria King, Angelina King, Daniel Pau'u, Matthew Klomp, Thomas Yee, Ella Cheng, Tony Ng, Jeffrey Yee, Rebecca Au, Kevin King, Leon Yee, Winston Chin, Warren Poh, Adrienne Kilduff, George Xian, Gordon Lay, Nadine King, Jenny Yee, Peter Yee, Fran Yee, Jess Nugent, Scott Nugent, Karen Prisco, Lois Yee, Nina Pau'u and to the many helpers who contributed towards an excellent action packed filled weekend!

Special acknowledgement to our major funders, the Chinese Poll Tax Heritage Trust and NZ Chinese Association Head Office, along with many sponsors who supported the tournament to make the event successfully possible.

Thank you to the following sponsors:

Auntie Dai's Dumplings, Avonhead Dental, Bakers Delight, Christchurch Casino, ChristchurchNZ, Corey's Masters Butcher, Coringa Golf Club, Dim Sim Media, Doctors on Riccarton, Edens Harvest, Harcourts Riccarton, Kidd's Cakes and Bakery, Linwood Avenue Dental, Liquorland, Madam Kwongs, Mark Kum Orthodontist, Miles Continental Volkswagen, Ray White Jeanette & Kazu Shimazaki, Russley Golf Club, Silky Otter Cinemas, Warrington Dental.

Grateful thanks to all our members for supporting Canterbury branch at the NZCA flagship event.

I look forward to meeting up at the AGM, followed by an informative talk by St Johns. Please join us for afternoon tea after the talk!

Emmie King President

Future Dragonz Canterbury Connect, Collaborate and Conversations

NZCA Canterbury is seeking interested members from ages 18-35 years to join the Future Dragonz Canterbury group.

Future Dragonz members meet socially to share interests with like-minded young adults, with also having the opportunity to connect with the wider NZCA Future Dragonz groups nationally around New Zealand.

Please contact Emmie King at graem88@xtra.co.nz

2023 NZCA Easter Sports Tournament Report Charlotte & Victoria King

Thank you to NZCA Head Office for the opportunity to host the 73rd NZCA Easter Sports Tournament and Cultural Show in 2023 on home ground Otautahi (Christchurch), after having to postpone in 2022 due to the unpredictability of COVID.

After a successful four days of reunions, making new friends and having a fantastic time socializing and eating in the tournament canteen, the competition was predictably hard fought!

An acknowledgement to the enthusiastic Canterbury Easter Committee for successfully achieving a weekend of wonderful memories and, of course, tired bodies!

Below is a summary on the overall tournament results and do visit the links for more exciting events held over the weekend.

Tournament souvenir magazines are still available at \$10 per copy. To request copies contact Emmie King at: nzcacanterbury@nzchinese.org.nz

Relay: Women's – Wellington, Men's – Auckland Men's Mile – Canterbury

Badminton – Men's Double – Wellington, Men's & Women's Singles – Wellington, Mixed Doubles – Wellington

Basketball: 20 teams entered. Men's U21 – Auckland, Women's Open – Canterbury, Men's Open – Canterbury

Indoor Football: Mixed - Wellington

Indoor Netball: Mixed - Wellington

Golf: 41 players - Canterbury

Outdoor Netball: 5 teams. Women's - Wellington

Tennis: Mens Doubles – Wellington, Women's Doubles – Canterbury, Mixed Doubles – Canterbury

Touch Rugby: Men's Touch – Auckland, Mixed Touch - Auckland

Volleyball: 30 teams entered. Men's – Auckland, Women's – Auckland,

Ultimate Frisbee: Exhibition sport this year.

Friendship Cup – Otago Southland Chinese Association (OSCA) Overall Tournament Trophy – Wellington

Invitation: Welcome to 74th NZCA Sports and Cultural event in Wellington 2024

YouTube Link to Opening Ceremony Cultural Show https://www.youtube.com/watch?v=iceZBskblxk&t=2330s

https://www.youtube.com/watch?v=iceZBskblxk&t=2330s

Instagram: @nzcaeaster2023

Facebook:https://m.facebook.com/NZCACanterburyEasterTournament2022/

NZCA SPORTS TOURNAMENT and CULTURAL SHOW 2023 www.youtube.com This the Opening Ceremony and



Photos from the 73rd NZCA Sports and Cultural event in Christchurch 2023













VIPs Attendees at Easter





Sports





Social events







Jung Festival Celebration Lunch

Sunday 18th June 2023

On behalf of NZCA Canterbury Branch we wish to invite you, your family and friends to attend our Jung Festival Celebration Lunch.

When: Sunday 18th June at 12 noon

Where: NZCA Canterbury Chinese Hall, 22 St Asaph Street, Christchurch

Please RSVP: by Sunday 11th June 2023

To assist with catering purposes, email us with your name, numbers attending and a contact number to nzcacanterbury@nzchinese.org.nz or phone Marisa 0211126265.

Members - \$10
Non-members - \$20
Students 12-15 years - \$8
Under 12 years - No charge but Gold coin donation will be much appreciated.
(Donations will be kindly accepted)

Pre-Ordering of Jungs

The Jung Festival is celebrated on the fifth day of the fifth month of the Lunar year, which this year falls on Tuesday 22^{nd} June. The popular food for this celebration is traditionally glutinous rice with different fillings wrapped in bamboo leaves. We will be making jungs to order at the Hall for you to celebrate with your family and friends.

PLEASE PLACE ORDERS by Sunday 4th June 2023

- Sweet \$3.50 each (glutinous rice, red bean paste)
- Savoury \$5.00 each (glutinous rice, mushroom, mung bean, peanut, pork, mini shrimps, Chinese sausage)



Contact Marisa phone 021 112 6265 or email nzcacanterbury@nzchinese.org.nz With subject heading - *ATTENTION MARISA* – 2023 JUNG ORDER

PAYMENT OPTIONS:

- 1. Online payment to NZCA Canterbury Branch bank a/c **03-0802-0003908-00** In reference fields state your *Full name*, *JUNG x quantity & Phone number*
- 2. Cash payment when picking up.

PICK UP at the NZCA Chinese Hall 22 St Asaph Street: Sunday 11th June from 9am – 5pm.

Acknowledgements

2023 Weet-Bix Kids TRYathlon Fundraiser

A big thank you to Weet-Bix Kids TRYathlon volunteers below for supporting the Easter Sports tournament fundraiser on the following days:







Thursday 23rd February 2023

Geoff Barnett, Cindy Chan, Shirley Dowson, Gary/Robin Lay, Karina Louis, Margaret Nicol, Jim Nicol, Rosie Pingyin, Lily Siow, Lois Yee.

Friday 24th February 2023

Rhonda Ding, Shirley Dowson, Jess Ling, Karina Louis, Margaret Nicol, Edmund Poh, Sandra Poh, Janice Wong, Leanne Yee Curtin, Lois Yee.

Sunday 26th February 2023

Geoff Barnett, Anson Chiu, Shirley Dowson, Charlotte King, Emmie King, Victoria King, Daniel Pau'u, Sonya Kum, Gary Lay, Robin Lay, Elaine Leung, Sandra Leung, Margaret Nicol, Jim Nicol, Edmund Poh, Sandra Poh, Amadea Prisco, Karen Prisco, Leo Prisco, Lily Siow, James Styler, May Wong, Jenny Yee, Jared Chin, Keegan Chin, Roger King, Lois Yee, Marisa Yeung.

Duties involved packing/distribution of children's triathlon packs, serving breakfast to 2100 children in the Breakfast Tent, Registration Tent and Watties Promotion Tent (Baked bean and Spaghetti toasties) and rubbish removal (thanks to Jared and Keegan Chin)

It was a great team bonding experience with much appreciation to those who helped out!

Future Dragonz Canterbury - Thank you

George Xian has stepped down from the Future Dragonz Canterbury leadership role to pursue his other interests and career.

Canterbury branch acknowledges and thanks George for his time and commitment during 2022 and wish him well for his future endeavours.

Obituaries

Mr Harry (Hee Hong) King - (04.03.2023) – Loved and cherished husband of San Choy, loved and respected father and father-in-law of Bruce and Glenys, Graham and Emmie (NZCA Canterbury Executive members), Robin and Alison, Stephen and Deborah and Angelina. Adored Yah Yah of his nine grandchildren.

Mrs Fung Nor (Nor) Yee - (14.3.2023) – Dearly loved wife of Leo (deceased), much loved mother-in-law of Grace, Wendy, and Bevan and Jenny. Cherished grandmother to her three grandchildren.

Mr Yep Yen Ng - (25.3.2023) - Loved husband of Linda. Much loved father and father-in-law of Sonya and Mark, and Lawrence. Beloved Goong-Goong of Zoe and Zac.

Our deepest condolences to the families on their sad loss.



NEW ZEALAND CHINESE ASSOCIATION INC. (CANTERBURY BRANCH)

紐西蘭堅都布厘華聯支會

For more information on any of the following activities, please contact the activity leader.

Activity 活動小組	Details 時間	Contact person 聯絡人			
Ballroom & Modern Dance	Sunday evening	Emmie King: 021 211 7441 graem88@xtra.co.nz			
舞蹈班(時尚及交際舞)					
Beijing Health Promoting Exercise Group	Saturday	Jane Gin: 021 175 5866			
北京医療保健操	10:30am – 11:30am				
Chinese Language Classes –	Sunday	Fran Yee: 021 138 3663			
Cantonese; Advanced, Intermediate & Beginners Mandarin	9:30am – 11am	fran.yee@yahoo.com			
廣東話, 國語班					
Cooking Classes 烹飪班	To be advised	Rhonda Ding: 021 259 0745			
Karaoke Sing-A-Long	Monthly Sunday	Jane Gin: 021 175 5866			
卡拉 OK(一邊唱歌, 一邊跳舞)	2pm				
Line Dancing 排舞	Saturday morning	Rhonda Ding: 021 259 0745			
NZCA Canterbury Multi-Sports Programme	Sunday	Emmie King: 021 211 7441 graem88@xtra.co.nz			
綜合運動訓練	11:00am – 12:00 noon	5 · · · · · · · · · · · · · · · · · · ·			
Lifestyle Walking Group 步行組	Friday	Tim Ng: 021 263 0218, ng.tim@hotmail.com			
	10am	Marisa Yeung: 021 112 6265			
Qiao Yi Lion Dance Team Christchurch	Saturday	George Chan: 021 188 6096 gwchan71@yahoo.nz			
僑藝舞獅隊	3:30pm – 4:30pm				

MEMBERSHIP & CORRESPONDENCE 會員資格通信聯繫, 請聯絡本會秘書

Please contact the Secretary NZCA (Canterbury Branch)

Email: nzcacanterbury@nzchinese.org.nz

Postal address: 22 St Asaph Street, Christchurch Central, Christchurch 8011

Further information 或到網站,書面查詢

Website: canterbury.nzchinese.org.nz Membership forms, newsletters, updates are found here.

Facebook: facebook.com/CanterburyBranchNZCA

Hato Hone St John Health Shuttle





This Shuttle service is available throughout Christchurch to assist members of the community in getting to their medical appointments in the Christchurch Area. This includes all hospital and doctors' appointments as well as midwife, dental and rehabilitation appointments.

The service is free. However, any donation is gratefully accepted to assist with running costs.

To make a booking please call **0800 103 046**.

Volunteer drivers are required. If anyone is interested, please get in touch.

For more information about the service https://www.stjohn.org.nz/what-we-do/community-programmes/health-shuttles-stjohn

Membership:

Your continued support as a member is an important factor in our organisation. We provide funding for events, membership discounts, activities for members and regular publishing of update local information. If you have family or friends (16 years and over) wishing to join in receive the benefits, please contact NZCA Canterbury Secretary, Rhonda Ding ph: 021 259 0745, or email: nzcacanterbury@nzchinese.org.nz

Any members wishing to publish articles or stories relating to Chinese activities or events, please address articles to NZCA Canterbury the Editor, by emailing to: nzcacanterbury@nzchinese.org.nz

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 an all aspects.



紐西蘭堅都布厘華聯支會

THE NEW ZEALAND CHINESE ASSOCIATION INC. (CANTERBURY BRANCH)

2023 年週年大會

一年一度的週年大會於5月21日,星期日下午一點在本會所舉行.

議題:議題第一項及第二項文件資料均在週年大會議程時派發.

- 1. 週年匯報
- 2. 上年度財務報告
- 3. 頒發榮譽獎
- 4. 選舉委員名單
- 5. 一般業務

歡迎各位參加並表達任何有關事項.

多謝 Hagley Community College 供應停車位, 入口 Stewart Street. 週年大會,健康講座,後茶點供應.

免費健康講座

*緊急情況下的三步驟

免費健康講座由聖約翰緊急醫療隊講解,緊急情況下的三步驟,免費課程,聖約翰緊急醫療隊的 Alice Earnshaw Morris 介紹,有廣東話旁述,教授公眾對基本的心肺復甦術和對自動體外除顫器使用,如遇到心臟驟停的人如何應付.

1/撥打 111 求救 2/用心肺復甦術 3/使用自動體外除顫器

時間:5月21日星期日1.30 pm

地點:本會所

停車位:請由 Stewart Street 入口, Hagley Community College

回覆人數:RSVP nzcacanterbury@nzchinese.org.nz

Emmie King:0212117441

*紐西蘭健康的骨骼

紐西蘭每年有三萬例脆性骨折,三分之一是女性和五分之一是男性,還有骨質疏鬆症臨床專業護士講解,如何有健康的骨骼,預防脆性骨折和骨質疏鬆症,免費課程,有廣東話的翻譯.

時間:8 月 13 日星期日 1.30pm 地址: 本會所

停車: 請由 Stewart Street 入口, Hagley Community College

回覆人數:RSVP <u>nzcacanterbury@nzchinese.org.nz</u>

*温馨提示逾期繳付會費

2023年度會費(由1月1日至12月31日), 請在週年大會5月21日前繳交,每位會員收費\$15.00,(16歲或以上),新加入會員,或已經不是會員再續約都另加\$5.00手續費. 請通過網上銀行支付,帳戶03-0802-0003908-03 無論是新,舊會員,請登記你的全名,及聯絡電話。會員申請表可查閱

https://canterbury.nzchinese.org.nz/about-us/membership

*農曆新年午餐1月29日

由於 2022 年的農曆新年午餐取消,在今年的 1 月 29 日新年午餐上很多會員及 朋友們都踴躍參加, 共有超過 220 人參加, 分享傳統的春節食物,舞獅表演,今年 由幼獅隊代表演出迎接兔年來臨,因為舞獅隊要為南島的 Lawrence Goldmine 慶祝農曆新年表演.

接著由新成立的絲帶舞 (Zafira Prisco 和 Ysabelle Yong) 表演. "Froilan", 魔術師的金幣表演.

多謝由 Marisa Yeung, Jane Gin, Cindy Chan, Wing Gin, Peter 和 Jenny Yee 廚房的團隊製作傳統的新年美食,一班義工們做鹹雞籠和年糕, 眾人都很享受新春節日.

當然感謝各付費會員的支持,日後的餐食會採用 RSVP 制度,請報名通知人數以便準備食物,敬請留意.

多謝 Brendon Lee 捐出數箱上海白菜及瓜仔.

*紐西蘭華聯會青年領袖會議於2月5日至10日

在屋崙 Willow Park Christian Convention Centre 舉行,本會有六名參加者,Jared Chin, Victoria King, George Xian, Emily Young, Eileen Yee. Eileen Yee 是其中一名參加此次活動,體會團結活動和見識心得,請閱個人英文版有關她的個人心得及經驗此行.

聯絡:Eileen.Yee@ethniccommunities.govt.nz

*LDC 青年領袖會議活動

今年共有 46 名參加者,來自 21 個城市,11 名主持人,23 名演講者/活動負責人,一隊專案隊伍,四組運動活動,三種舞蹈練習,兩組氣功練習,一隊舞獅活動,六隊交流,領導和破冰活動,一項 Tetramap 活動,五項反思活動,一個肯定活動,一場頒獎晚宴.

請踴躍參加每兩年一次舉辦,詳情 https://ldcnzchinese.org

*豐富文化節日2月18日

Ray Blank Park (Maidstone Road)

當天在 Ray Blank Park 舉行是一個多元化的節日,通過食物,手工藝,音樂,舞蹈表演,來自 40 多個不同文化種族背景,慶祝我們的多樣化城市,基督城為"家",本會有幸參加這個活動,擺設食物攤位推廣文化和廣東美點,特別多謝由 Jenny Yee 捐出蛋捲,Janic 及 Kevin Wong 捐出新鮮的蔬菜,有粟米,青瓜,白菜,白蘿蔔,芫茜.同時感謝各位義工.: Fran Yee, Alison Yee, Wing ,Jane Gin, Peter and Jenny Yee, Emmie King, Aki Tanaka, Darett Lowe, Jenny Yee, Janice Wong, Rodney Goh, 和 Lee Family (Margaret Lee 的兩個兒子,她們一家人來自 Auckland)

籌款所得用作本會所維修用途.

Weet-Bix Tryathlon 兒童鐵人三項比賽

Weet-Bix Tryathlon 兒童鐵人三項比賽,三日籌款活動作為復活節運動大會經費.

2月23日有Geoff Barnett, Cindy Chan, Shirley Dowson, Gary/Robin Lay, Karina Louis, Margaret Nicol, Jim Nicol, Rosie Pingyin, Lily Siow, Lois Yee.

2月24日有 Rhonda Ding, Shirley Dowson, Jess Ling, Karina Louis, Margaret Nicol, Edmund Poh, Sandra Poh, Janice Wong, Leanne Yee Curtin, Lois Yee

2月26日星期日, Geoff Barnett, Anson Chiu, Shirley Dowson, Charlotte King, Emmie King, Victoria King, Daniel Pauu, Sonya Kum, Gary Lay, Robin Lay, Elaine Leung, Sandra Leung, Margaret Nicol, Jim Nicol, Edmund Poh, Sandra Poh, Amadea Prisco, Karen Prisco, Leo Prisco, Lily Siow, James Styler, May Wong, Jenny Yee, Jared Chin, Keegan Chin, Roger King, Lois Yee, Marisa Yeung.

義工職責是包括包裝及分發給比賽健兒,為 2100 參賽小童和其家庭支持群眾服務,工作包括早餐攤位,登記處,Watties 的黄豆和意大利烤麵包,和清理垃圾 (Jared Chin, Keegan Chin,)多謝.

多謝義工們於 23 日及 24 日為比賽前預備工作及 26 日比賽日的各種不同工作安排.

*主席致詞(伍黃間容)

經過兩年來的準備在 4 月 7 日本會成功的舉辦第七十三屆復活節運動大會, 開幕儀式由 Karen Prisco 執導"我們的歷程""我們的故事"的表演, 令人深刻的印象. 話劇表演錄影可在復活節運動大會開幕儀式觀看. 我們非常感謝復活節運動會的執行委員, Charlotte 及 Victoria King,帶領一班年輕滿活力的團隊無私奉獻和努力, 為這個華聯會各地的華僑聚集一起, 為此次活動安排事項發揮運動精神,創造美麗的回憶.

祝賀以下的復活節運動大會的執行委員:

Charlotte King, Victoria King, Angelina King, Daniel Pau'u, Matthew Klomp, Thomas Yee, Ella Cheng, Tony Ng, Jeffrey Yee, Rebecca Au, Kevin King, Leon Yee, Winston Chin, Warren Poh, Adrienne Kilduff, George Xian, Gordon Lay, Nadine King, Jenny Yee, Peter Yee, Fran Yee, Jess Nugent, Scott Nugent, Karen Prisco, Lois Yee, Nina Pau'u 以及其他義工們的幫助使此次活動成功.

同時感謝主要的資助機構:

華人人頭稅歷史遺產信託委員會和華聯總會

及以下各資助贊助商:

Auntie Dai's Dumplings, Avonhead Dental, Bakers Delight, Christchurch

Casino, ChristchurchNZ, Corey's Masters Butcher, Coringa Golf Club, Dim Sim Media, Doctors on Riccarton, Edens Harvest, Harcouts Riccarton, Kidd's Cakes and Bakery, Linwood Avenue Dental, Liquorland, Madam Kwongs, Mark Kum Orthodontist, Miles Continental Volkswagen, Ray White Jeanette & Kazu Shimazaki, Russley Golf Club, Silky Otter Cinemas, Warrington Dental.

感謝各位會員支持本會大型活動,請來參加一年一度的週年大會, 和聖約翰的健康講座.茶點供應. 請早報名.

2023 年度復活節運動大賽結果 Charlotte & Victoria King

由於 2022 年 Covid 延期比賽,多謝總會給予機會,本會在基督城主場舉辦第 73 屆復活節運動和文化交流會,這四天成功的為大家聚集一起,結交新朋友,在運動場的食堂上一邊吃一邊交流,每場比賽都是硬仗一場. 感謝運動會籌委會員的努力,使今次的比賽完滿結束,雖然身體疲倦,但有一個非常美好的回憶.

比賽的紀念冊仍在出售每本\$10.請聯絡 Emmie King at:

nzcacanterbury@nzchinese.org.nz

以下比賽結果及各項活動可參閱連結:

田徑接力賽: 女子組-威靈頓; 男子組-屋崙

男子英里田徑接力賽比賽: 堅都布厘

羽毛球: 男子雙打-威靈頓; 男女單打- 威靈頓; 混合雙打-威靈頓

籃球:20 隊參賽, 男子組 21 歲以下-屋崙;女子公開賽-堅都布厘;男子公開

賽-堅都布厘

室內足球: 混合-威靈頓室內投球: 混合-威靈頓

高爾夫球: 41 個參賽-堅都布厘室外投球: 五隊,女子組-威靈頓

網球: 男子雙打-威靈頓; 女子雙打-堅都布厘; 混合雙打-堅都布厘;

Touch Rugby: 男子組 -屋崙 ;混合組-屋崙 排球: 30 隊參賽,男子組-屋崙; 女子組-屋崙

飛盤競技:今年的展覽運動.

友誼盃: 歐他哠修付崙 Otago Southland Chinese Association (OSCA)

總錦標賽獎盃-威靈頓

請各位明年到威靈頓參加第74屆運動大會.

YouTube Link to Opening Ceremony Cultural Show https://www.youtube.com/watch?v=iceZBskblxk&t=2330s

Instagram: @nzcaeaster2023

Facebook:https://m.facebook.com/NZCACanterburyEasterTournament2022/

*端午節午餐

端午節活動將於 6 月 18 日中午 12:00 在本會所舉行.午餐有糉、 粥、等美食供應 請攜同家人及朋友歡聚一堂,收費在大門進口.

收费每位成人:會員\$10.00; 非會員\$20.00, 12-15 歲每位\$8.00, 12 歲以下不收費, 歡迎捐贈.

6月11日前回覆人數:RSVP

nzcacanterbury@nzchinese.org.nz

或 Marisa 0211126265 回覆人數, 以作預備餐食.

*糉出售

今年端午節在6月22日,本會有糉出售供給各位會員與家人共享佳節.

- ! 訂購糉請聯絡 Marisa Yeung 楊陳惠嫦, 手機 021 1126265, <u>nzcacanterbury@nzchinese.org.nz</u>標題: "Jung order" 聯絡人 Marisa 訂購請在 6 月 4 日前下單.
 - · 咸肉糭(糯米,豬肉,花生,冬菇,绿豆,臘腸,蝦皮) \$5.00/條 紅豆沙甜糭 (糯米,红豆沙) \$3.50/條

請在本會取糭:6月11日(星期日)9.00am-5.00pm

付款方法:

可以直接網上付款, NZCA bank a/c 03-0802-0003908-000 請註明,姓名, 糭(Jung). 或取貨時付現金.

未來龍的傳人

由於洗建宏辭去未來龍的傳人領袖一職,以追求他自己的事業和興趣,本會感謝他在 2022 年這期間,付出的時間和承擔義務, 願祝他發展順利. 現在 尋求 18 至 35 歲人士興趣加入未來龍的傳人小組,成員定時交流分享其他年輕人的興趣, 並且有機會與全紐西蘭華聯會的未來龍的傳人社交聯繫, 機會難得.

聯絡人 Emmie King graem88@xtra.co.nz

*Hato Hone St John 專線小巴服務

聖約翰巴士服務,這巴士服務是免費供給基督城市民,巴士服務於本市去見醫生,助產士,牙醫,康復治療等,請預約,都全免費的,但任何捐款非常感謝,以減輕成本經營,請電話預訂. 0800 103 046.

同時招聘志願司機請聯絡, 0800 103 046.

https://www.stjohn.org.nz/what-we-do/community-programmes/health-shuttles-stjohn

<u>*計聞</u>

我們向以下去世人仕的親屬表示衷心的哀悼及慰問

Mr Harry (Hee Hong) King 伍喜棠先生- (04.03.2023) Mrs Fung Nor (Nor) Yee 余鳳娜夫人 - (14.3.2023) Mr Yep Yen Ng 伍楫仁先生- (25.3.2023)



New Zealand Chinese Association (Canterbury Branch) Inc.

紐西蘭堅都布厘華聯支會

22 St Asaph Street, Christchurch Central, Christchurch 8011

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