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Junior Police Officers visit Tzu Chi NZ

On 8th April, 28 junior police officers from Counties Manukau Police District visited Tzu Chi NZ. Covid-19 SOP was completed properly before the visitors entered Jing Si Hall.

Tzu Chi volunteers welcomed the guests by demonstrating Jing Si styled tea ceremony. After serving the guests with tea, the presenter of the day, volunteer Teng introduced the history and the philosophy of Tzu Chi Foundation; and this was followed by a video on Tzu Chi NZ footprints in Aotearoa.

Tzu Chi volunteers also showed the visitors our unique sign language performance. Other activities of the day included making DIY bamboo bank, visiting the vegetable garden and the recycling station. In Jing Si Book Store Tzu Chi volunteer introduced eco-friendly products from DA.AI Technology. In Jing Si Hall the officers were each given a four-language version of Jing Si Aphorism. A delicious vegetarian lunch was served before the completion of the visit..

Tzu Chi Youth Volunteer Zero Waste Orientation

The increased environmental awareness in our society means more young people are aware of the global burden of plastic waste, hence many have adopted zero-waste or zero-plastic life style. In New Zealand students marched in the street demanding government attention to climate change. Tzu Chi has promoted environmental protection for many years. This year Tzu Chi NZ ran a zero-waste picnic orientation for new youth volunteers. Apart from using byo tableware and reusable napkin, Tzu Chi also provided eco-friendly vegetarian lunch. Although it was a raining day, the event was moved indoor, 18 new students interacted well and became familiar with each other through playing games. On top of team building and leadership training, new students also learnt about Tzu Chi humanistic culture and voluntary works.



Community Flu Vaccination Program

On 24 April morning, Vicky Chan from Unichem Pakuranga Pharmacy came to Tzu Chi NZ to deliver free influenza vaccination for people over 65 years old. Individuals aged between 13 to 65 was scheduled for vaccination on 22 May for 20 dollars per person. Vicky thanked Tzu Chi NZ volunteers for their assistance and cooperation over the years. This year there were 28 persons received vaccination. Many people took the chance to asked Vicky about COVID-19 vaccination. The COVID-19 vaccine is free and is available for everyone aged 16 and over. Frontline workers, and people in high-risk setting will get vaccine priority. The rest of the population will get vaccination from the second half of 2021.





Jing Si Seminar: Staying healthy

On 26 June Sanny Tan, a dietitian from Auckland District Health Board spoke on the above topic at Tzu Chi. Sanny started the talk by explaining the various forms of vegetarian diets, as well as two flexible vegetarian diets such as the Pescatarian diet with the inclusion of seafood. There are various reasons for becoming vegetarian, common reasons include health, religion, love of animals and aversion to the taste of meat.

Although a vegetarian diet has many health benefits, however, vegetarian diet alone cannot ensure optimal health, we need to eat a balanced diet and maintain a healthy lifestyle at the same time. What is a balanced diet? Sanny said there is no absolute good or bad food, while some foods have higher nutritional value than other foods, this does not mean the food lower in nutrition is bad. A balanced diet means eating a wide variety of foods that fulfils all of a person's nutritional needs such as carbohydrates, fatty acids, protein, vitamins, and minerals. Choose healthy food options; read food labels, and pay attention to food safety in preparing and cooking are important in staying healthy.

There are six principles for a healthy vegetarian diet: five grains; fruits and vegetables; dairy and dairy substitutes; protein; use unsaturated fat and low fat; limit high fat, high salt, and high sugar food. As a vegetarian, you need to make sure you have enough protein, iron, vitamin B12, and calcium from the foods you eat. Sanny showed the attendee how to read food labels. Healthier food options contain less than 10g per serve of sugar and fat, fibre content must be higher than 5g per serve, and not more than 400mg of sodium.

Before the completion of the event, volunteer gave an introduction on the food production history of The Tzu Chi Foundation in Taiwan. This was followed by food tasting. The attendee tried the delicious noodles and five-grain drinks and purchased Jing Si foods. Audrey who attended the seminar said, "I learned so much today!"



Jing Si Seminar: New Zealand custom-traveller information

Jing Si Book Store presented the above seminar on 17th April at 10 am. The speaker, Nancy who works at Auckland Airport, is also a Tzu Chi volunteer. The other speaker, Jeff from the Ministry of Primary Industry, used to participate in Tzu Chi youth activities when he was a student. The speaker explained that the customs declaration form must be completed accurately and honestly, and always be honest with a custom official when going through the checkpoint. They talked about declaring cash over \$10,000, excessive personal use goods or gifts, medicine and other prohibited items.

Honesty

The speaker explained that the custom declaration form must be completed accurately and honestly, always be honest with custom officials when going through checkpoint, and be sure to declare all goods. Let the custom officials decide if you are not sure whether your item is allowed or prohibited. If the item is prohibited it will only be confiscated. On the other hand, if one fails to declare a prohibited item, one will be fined NZ\$400. For more serious offences one may be blacklisted by the custom, and be searched and interrogated every time one goes through the custom checkpoint.

Cash

It is not illegal to arrive or depart New Zealand with more than NZ\$10,000 or its foreign equivalent, however, it must be declared. Due to money laundering reasons, carrying too much cash with you when going overseas can be problematic. Travelling internationally with more than NZ\$10,000 or its foreign equivalent in undeclared cash can result in prosecution and the money be confiscated.

Gift

If one brings in excessive personal use goods or gift items, the value must be under NZ\$700. Full duty and sale tax applicable on any excess over NZ\$700. Keeping the receipts can save one from extra cost incurred should the custom official were to search for the cost of the goods. Children under 18 are not to import tobacco, alcohol or valuable coins.

Medicine and supplements

All medicine and supplements must-have ingredients and a full description. Medicine that are considered controlled drugs must not exceed a one-month supply. The quantity allowed for prescriptive medicine is three-months supply. There is no limit for over-the-counter medicine but the declaration is necessary. Any traditional medicine which contains endangered animal product will be confiscated and destroyed. The speaker explained the harm brought to New Zealand by the prohibited goods and how Asians could help in protecting our beautiful New Zealand as well as protecting Asian's law-abiding image.



Christchurch Delta Community Centre

Auckland went into lockdown in February due to covid-19, as a result Tzu Chi NZ had to cancel the Chinese New Year celebration for Christchurch Tzu Chi volunteers. In May, all of New Zealand returned to Alert Level 1,

Tzu Chi NZ volunteer, Wang Pin from Auckland made a trip to Christchurch to visit Tzu Chi volunteers, and to deliver Master Cheng Yen's red envelopes of blessing and wisdom. It was a hot food distribution day, Christchurch volunteers greeted Wang Pin at the airport, they then went to the fruit and vegetable market to shop for raw materials for the hot food distribution.

After the shopping, they went to visit volunteer Wong, a senior volunteer who appears in Tzu Chi social media every day. Volunteer Wong had to stop her Tzu Chi voluntary job when she was no longer able to drive due to aged related eyesight problem.

They also visited Christchurch volunteers Ralph who was hospitalized recently due to a medical condition. Ralph and his wife have been important helpers for the Christchurch hot food distribution programme for many years. The hot food distribution programme has started since Christchurch earthquake in 2011.

Back to Delta community Centre, the experienced Tzu Chi volunteers worked smoothly creating delicious hot meals for 35 residents. Volunteer Wang Pin thanked Bob, the person in charge of Delta Community Centre for taking care of Tzu Chi volunteers, and introduced Tzu Chi Foundation to Bob and gifted him a Tzu Chi eco-friendly pen, a Tzu Chi towel, a Master Cheng Yen's red envelop of blessing and wisdom, and the four-language Jing-Si Aphorism.





Donation Ceremony of Tzu Chi to St Johns Ambulance

30 April, seven members of St John Northern Region Trust Board visited Tzu Chi NZ at 2 o'clock. The purpose of the visit was to express St Johns' appreciation for Tzu Chi's donation of NZ\$30,000 to the ambulance fund raising event. St Johns is a charitable organization which provides medical and healthcare to the general public. Their works include ambulance service and healthcare service. They started to provide emergency health services since 1885, and has been voted again this year as the most trusted charitable organization.

During the ceremony, Tzu Chi youth volunteers introduced Tzu Chi Foundation's philosophy and voluntary activities to the visitors. Di Senior, St Johns Fundraising and Marketing Manager and the team were impressed by the great love of Tzu Chi for the past 55 years; and were anticipating for future cooperation with Tzu Chi.

The Great Barrier 100km Challenge

On 23 March, five swimmers joined forces in a 25 hours swimming relay from Great Barrier Island to Takapuna Beach to help St John Ambulance raise fund. The money raised went towards a fleet of new Volkswagen First Responder van with 4 wheels drive, allowing lifesaving services to become more accessible in rural communities and harder to reach remote locations. Tzu Chi NZ donated \$30,000 NZD to the charitable event.

St John is a charitable organization, providing emergency ambulance services and other healthcare services. On 25 May, Tzu Chi volunteers participated in the new ambulance ceremony as a donor. Souella Cumming from St John Trust Board said that this is the first time New Zealand uses four-wheel-drive ambulance, which is more suitable for remote and difficult area.



Promoting Vegetarian Diet

Tzu Chi NZ invited 120 elderlies from six community centres separately from 16 June to 1 July to attend their vegetarianism events at the Jing Si Hall. The schedule are as follows:

- 16/6 Glendowie Communicare;
- 17/6 North Shore Stroke Club;
- 22/6 Mangere Communicare;
- 24/6 Highland Park/Howick Stroke Club;
- 28/6 Pakuranga Communicare;
- 1/7 Hillsborough Communicare.

On 17 June, 33 elderlies from The North Shore Stroke Association came to Tzu Chi by chartered coach. They were very pleased to meet Tzu Chi volunteers. The event commenced with a tea ceremony demonstration. The elderlies completely enjoyed the graceful tea ceremony and were interested in the arts of preparing and drinking tea. Next, volunteer showed the elderlies how to make Tzu Chi instant rice and use the rice to make sushi. This was followed by broadcasting video footage on the South Island flood in May, and the film on fighting coronavirus with a vegetarian diet. After the video, volunteer explained the global warming effects on the earth, and how this is connected to our daily life.

The elderlies were most excited when it came to the fruits and vegetables-guessing game, and were happy to share their knowledge in cooking. After the game, Tzu Chi volunteer demonstrated a DIY flower arrangement by using yogurt containers, this activity instilled a recycling culture in the elderlies. A delicious vegetarian meal is the best way to promoting vegetarianism. The highest rated dish for the day was the pumpkin soup. Volunteer encouraged everyone to join the campaign of one meal a day without meat. 83 of the 120 participants signed the petition to support the campaign.





Support case – Laura/Fiona

On the morning of Monday, June 21st, volunteers visited Fiona and Laura referred by the social workers of Dawson School. The two families are at the same address, one lives in the main house and other lives in a built-up house. The situation of the two families is similar. Under the arrangement of the government, they have been living in an emergency house. The child has changed several schools and is now finally assigned to a house.

Laura is a single mother who lives in a built-up house at this address with three children, with two bedrooms and one living room. The 7-year-old boy is attending Dawson School. Due to the government subsidy, She currently has no other difficulties in need of help except for the school uniform.

Fiona and her husband who live in the main house have four children. The 9 and 7 year old children attend Dawson School and need uniforms. Fiona's husband has just found a new job and has no problem raising the family.

The volunteers backed to the families with three sets of school uniforms to the children at 3:30 in the afternoon.



台灣佛教慈濟慈善事業基金會紐西蘭分會

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