



September Issue 2019



## The Auspicious Lunar July Celebration

Buddhists consider Lunar July as an auspicious month and the month for thanksgiving, filial piety and joy. This year we decorated the Jingsi Hall with plantain banana leaves which have an implication of feeling refreshed and enlightened after listening to the dharma.

11 August , 302 attendees arrived at Tzu Chi NZ for the auspicious Luna July celebration. Invited guests included the Deputy Head of the Taipei Economic and Cultural Office in Auckland and staffs, representative from the Global Federation of Chinese Business Women, Sharon Stewart from the Emergency Management Auckland Council, Ravi Rudra from Interfaith friendship group, Yongrahn from the Korean Society, Barapa from Flat Bush Primary School, Janferie Bryce Chapman, the manager of Communicare Auckland, Rosa from Asian Council on Reducing Crime, Mr and Mrs Singh and Ms Nevidita Sharma, the Director of Muskaan Care Trust, as well as individuals from the community.





A very touching sign language interpretation of “The kneeling lamb” was presented by the Jingsi Chinese class children and Tzu Chi volunteers. Children growing up in the western culture have no concept of filial piety which is a central value in traditional Chinese culture. The mother of a young performer thankfully said that her son gained a basic concept about filial piety by participating in The Kneeling Lamb performance.

Tzu Chi volunteers Steve Hsieh and Julie Kuo hosted the ceremony in English and Chinese. The ceremony commenced with 24 offering team that walked solemnly to the front and made offerings of flowers with reverence. This is followed by a video of Master Cheng Yen’s dharma lecture.

The sharing of a video clip on the torrential rain which led to the old Westland District Council dump beside the river to erode on March 26 reminded the audience to save the earth by banning the single-use plastic bags.

The ceremony finished by noon. Attendees were invited to a healthy vegetarian lunch.



09 August - A presentation of Tzu Chi to the North Island Civil Defense.



Tzu Chi volunteers show cased the products produced out of recycled products used for disaster relief.



21 September, Jing Si Book Store Seminar: How to get along with depression



The seminar explains depression using real patient cases



### **Jing Si Book Store Seminar: -Common Diseases of the Urinary System-**

3 August Dr Du gave a lecture on the common diseases of the urinary system at the Jingsi Book Store. Dr Du explained the factors that may increase the occurrence of urinary system diseases such as kidney stones, prostate problem, prostate cancer and blood in the urine.

Prevention is better than cure; Dr Du gave advice on diet and lifestyle for maintaining a healthy urinary system. Keeping hydration by drinking at least 2.5 litre of water a day is very important, low salt diet, plenty of fresh vegetable and fruits, maintaining a healthy weight and sufficient calcium intake are the general advice, for someone who has the problem, controlling intake of food high in oxalic acids such as chocolate, spinach and certain nuts may help.

A routine exercise of 4-5 days per week for at least 30 minutes each time can help the heart health as well as prostate health. Dr Du also encouraged people doing routine PSA check.



### **Jing Si Book Store Seminar: -A guide on Local Election-**

7 September 2019, Yongjie Li, Specialist Advisor of the Community Empowerment Unit gave a talk on voting in the local election, in which he encouraged the Asian community to take part in the 2019 local election. He explained the reason for participating in the local election and gave a briefing on how to vote.

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## 2019 Tzu Chi Youth Camp

Tzu Chi New Zealand held its Youth Camp in a different way this year. The camp was run in three consecutive Saturdays from 31 August to 14 September, this arrangement seemed to be welcomed by parents, and the number of participants increased to 53 this year as compared to 11 last year.

The activities during the camp were carefully and specially tailored for the young participants which included learning to cook, making microfilm, making crafts and playing games. The purpose was to attract the interest of young people to do something meaningful other than indulging in cell phone, with the hope that they will participate in Tzu Chi weekly classes in the future. The themes of the camp were self-care and caring for others, self-discipline and environmental protection. Tzu Chi camp volunteers incorporated Tzu Chi's core values throughout the programme.

Tzu Chi took the opportunity to guide the young participants and inspire their innate goodness. During the camp, Tzu Chi etiquette shows the youth the proper way of eating, walking, and behaving; proper etiquette cultivates their spirit into appreciating goodness and beauty. The teamwork in creating a microfilm about self-discipline provided a chance for the participants to practise collaboration and at the same time gained a more concrete idea about proper and improper behaviours.

Through playing games, the participants learnt about empathy and caring for the others. They also learnt about stress management. New Zealand has the highest suicidal rate in the world therefore it is essential to teach these young migrants in identifying and dealing with psychological stress. At the conclusion of the camp, each participant was given some gifts made of recycled materials and a book of Tzu Chi Jing Si Aphorisms.



## East Tamaki park tree planting

The New Zealand Government launched a Programme in 2018 to increase the current rate of tree planting to reach one billion trees over the next decade. The benefits of planting trees include soil improvement, erosion prevention, improvement of water quality, providing important habitats for a range of native species and reducing the effects of climate change by absorbing carbon dioxide.

New Zealand has a commitment under the Paris Agreement to reduce greenhouse gas emissions. The three greenhouse gas emission reduction targets are set in 2020, 2030 and 2050. According to the Agreement the 2030 greenhouse gas emission reduction is 30% lower than the level in 2005.

July 20, a group of 30 Tzu Chi volunteers arrived at the East Tamaki Park for tree planting event, five hundred smaller trees and twenty big trees were planted. Participants' ages ranged from 4 to 70. The task was completed within two hours through the collective efforts of everyone.



## **Asian youth life skills seminar**

New Zealand has the highest rate of youth suicide in the Organization for Economic Cooperation and Development (OECD) according to a report. Among them psychiatric stigma is prevalent in Asian culture and causes delay in seeking treatment.

In order to help the Asian community, The Waitemata District Health Board invited Tzu Chi New Zealand to co-host the Asian Life Skills workshop on 3 September 2019 at the Raye Freeman Art Centre. 70 students, 52 parents and 43 volunteers attended the seminar.

The seminar has a focus on a common issue faced by immigrants such as the conflicts between parents and their children due to the different cultural values and environment. Patrick Au, a registered psychiatric nurse and counsellor talked about the pressure for the youth and the parents when facing the cultural differences. While Hyeun Kim, a lecturer of Laidlaw College and registered counsellor with NZAC, explained about the physical development and brain development of adolescent.

The talks were followed by group discussion which encouraged interaction among participants. In the process of breaking the ice, sharing their views and talked about problems which allowed participants to feel supported and encouraged by other members of the group, helping them to feel less alone or isolated.

After the seminar, many participants approached Tzu Chi's booth with interest, many signed up to join as volunteers. The event satisfactory concluded.



### Home visit - Sarah

June 27, Rosa, the social worker informed Tzu Chi about the urgent need of food for the family. Three Tzu Chi volunteers visited the family and brought with them milk, bread, vegetables, fruits, eggs and canned food. The volunteers noticed that one of the beds in the children's room was damaged and there were not enough blankets.

A follow up trip was made to the family on July 3 when Tzu Chi volunteers delivered a double bed and some blankets. Sarah has four children and does not work as her children are young, Her husband's income is barely enough for feeding the family. Social worker Rosa plans to organize a meeting with the Works & Income for her with the hope that they can get more financial assistance until her husband finds a regular job.



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