



NEW ZEALAND CHINESE ASSOCIATION INC.
CANTERBURY BRANCH)

紐西蘭堅都布厘華聯支會

22 St Asaph Street,
Christchurch.

P O Box 31-276, Ilam
Christchurch 8444

November 2018 Newsletter

Christmas Picnic 2018

Date: Sunday 25th November 2018
Time: 11.00am – 3.00pm
Location: Groynes Picnic Reserve - Area 2B (160 Johns Road)

FREE Sausage Sizzle! FREE Fun! FREE For All!

Welcome all members along with your families and friends, to join our Committee for an end of year pre-Christmas function. A fun filled afternoon with entertainment, novelty games/races, lolly scramble, and many more activities to enjoy, ending with a special visit from Santa.

Please bring a plate for a combined shared lunch. (Free Sausage Sizzle provided)

Please supply own drinks.

Plates and utensils will be provided.

Open Day Registration for the 2019 NZCA Annual Sports Tournament in Dunedin

Official programme will commence at 1.00pm after lunch.

Directions to Area 2B at the Groynes:

Turn left from Johns Road to the grounds, continue along to the end of the road at the T-intersection, turn left, second picnic spot on the right by the playground. (Look out for the blue NZCA gazebo)

In the weather is unfavourable, the event will be held at the NZCA Canterbury Hall. (22 St Asaph Street).
Contact Emmie King (graem88@xtra.co.nz) ph 021 211 7441

The Groynes Picnic Areas



Bring along family and friends for a fun, fabulous and free outing at the Groynes.

71st Annual NZ Chinese Association Sports Tournament and Cultural Show 2019 **Recruiting Canterbury Participants for the 2019 Chinese Easter Sports Tournament!**

The 71st Annual NZCA Sports and Cultural Tournament 2019 will be hosted by OSCA Branch over Easter weekend in Dunedin from Good Friday, 19th April to Easter Monday, 22nd April 2019.

The Annual flagship event of NZCA is held each year on a rotational basis by Wellington, Otago-Southland (OSCA), Auckland and Christchurch Branches.

The objective in the spirit of the tournament is to encourage participation, promote goodwill, friendship, mutual understanding and healthy competition. Open to all ages from 5 years to Veterans.

Valuing NZCA's major gathering as a family, a great opportunity to meet up, renew old friendships and make new friends with many Chinese around New Zealand.

Canterbury branch is inviting participants to join our team to represent Canterbury. Various sports ranging from Athletics (Relays), Badminton, Basketball (5 years to Veterans), Golf, Indoor Netball, Indoor Soccer, Lawn Bowls, Outdoor Netball, Table Tennis, Tennis, Touch and Volleyball will be contended over the weekend.

Formal Opening and Closing ceremonies with social functions for the young and old held each night.

Express your interest to participate at the 71st Annual NZCA Sports Tournament in 2019 with early registrations taken at the Chinese Christmas picnic.

Canterbury Branch will create volunteering opportunities to help fundraise towards subsidising your accommodation and transport needs.

We'd love to have you represent Canterbury Branch and be part of this special weekend.

For further information or interest contact Canterbury Branch Tournament co-ordinator Victoria King email: victoria.vks.king or mobile: 021 217 0033, Assistant co-ordinator Matthew Klomp email: matt.klomp@gmail.com.

We will keep you updated with the latest information from OSCA Branch .

NZCA Easter Tournament Strategy

NZCA is in the process of reviewing the strategy of the Annual NZCA Sports Tournament and Cultural Show, branded as the Chinese Easter Tournament.

A strategy is in place for discussions from those who have had a degree of involvement with past Easter tournaments at branch level, to have your feedback on the following questions:

- Is the current strategy broken and how can we improve it?
- What should the Tournament look like in the 3, 5 and 10 years?
- Is the tournament aligned to the current objectives (see above) and are the objectives still valid?

Also, we would like to hear from participants to express their comments regarding the future of the tournament. What you enjoyed, where there is a need for improvement, is it sustainable for the future generations to continue with the tournament?

If you wish to contribute your input towards the discussion and provided feedback, please forward your comments in writing to Emmie King email: graem88@xtra.co.nz.

Mooncake Festival acknowledgement of thanks.

The Mooncake Festival, also traditionally known as the Mid-Autumn Festival, because in China it falls on full moon day, the 15th day of the 8th lunar month, in the middle of autumn to celebrate bountiful harvest season. This date is usually about the beginning of Spring in New Zealand, 24 September this year, is also a wonderful time to gather for celebrating with friends and family. NZ Chinese Association - Canterbury Branch invited all to celebrate with friends and family at our Hall on Sunday 16 September. Preparations began the preceding weekend with freshly made mooncakes for celebrating the occasion.





Sunday 9 September was a hive of early morning activity in the Kitchen with Cindy Chan and Jane Gin supervising the manufacture of over 400 moon cakes. Marisa Yeung was our very busy coordinator on bake day and would also later pack and label each of the mooncakes ready for distribution of the pre-orders.

The usual core group of mooncake experts shared their knowledge with many new apprentices keen to enhance their skills in the fine art of making mooncakes in supportive community spirit. Production crew included Linda Yee, Yolande Mak, Yet Hoy Gin, Helena Gin, Winnie Lee, Suzanna Ng, both Jenny Yees, Janice Wong, Darette Lowe, Lois Yee, Karley Christensen and her son Thomas.

Mooncake Celebration lunch Sunday 16 September

Vice President Rhonda Ding welcomed all the guests and spoke about the recent acquisition of an AED Defibrillator for the Hall, partially funded by proceeds handed back to the Association from the disbanded Senior Group. Fran Yee provided Cantonese translation. Joe Chan spoke about the history and activities of the Senior Group. His talented young granddaughter Chloe entertained with a violin solo.



Kitchen crew : Jane and Wing Gin, Peter and Jenny Yee, Jenny and Nicole Yee, Aki Tanaka and friend, Tim Ng, Katie Yee, Yolande Mak, Stan Yee, Cindy Chan, Marisa Yeung.

Hall prep crew: Rhonda Ding, Fran Yee, Darette Lowe, Lois Yee, Ian Chan, Stephanie Yee

Unveiling of AED (Automated External Defibrillator)

NZCA Canterbury has recently installed an AED unit in the Association Hall. Thanks to the ex-Senior Group's contribution towards its purchase. This was unveiled at the recent Moon Cake Festival lunch.

(Photo of senior group with Jo Chan holding the AED unit)

The AED is stored in an alarmed cabinet in the Hall and is for use in a medical emergency to restart the heart, eg heart attack. It is specifically designed for use by people with no prior medical knowledge or experience.



How to use the AED?

Visit www.stjohn.org.nz and look under FIRST AID and then look under AEDS – DEFIBRILLATORS then look at AED USER GUIDE <https://www.stjohn.org.nz/First-Aid/AED/AED---Operation-Guide/>

Walking Group

China Trip September 2018 by Tim Ng

Recently 6 members of our Friday walk/lifestyle group plus another 5 with connections to the Chinese Association bringing the total to 11 from Christchurch toured China for 13 days.

The weather was splendid and our English speaking guides knowledgeable and professional.

Our China trip began in Beijing which included visiting the historic Tiananmen Square one of the largest squares in the world before walking into



Jim Nicol, Margaret Newdick, Jann Lay, Stella Ng, Marisa Yeung, Tim Ng, Michael Yeung, Nelson Sue, Jeff Lay, Mrs Yee, Jane Gin

the Forbidden City. Although we had around 2 hours to explore the Forbidden City we could only cover a tiny fraction of it as it contains a staggering 9,999 rooms. Also on our itinerary was the Temple of Heaven and the Summer Palace also equally impressive. The following day was another highlight driving to and walking on the magnificent Juyongguan section of the Great Wall of China, a spectacular site and truly a marvel of engineering.

After Beijing we travelled by high speed bullet train reaching speeds in excess of 300 kph to the ancient capital X'ian and the amazing Terracotta Army and it's 8,000 warriors. Next was a bullet train to Wuhan, a city on the Yangtze River bank before another high speed train to Mt Huangshan (Yellow Mountain) where after a breathtaking 8 minutes cable car ride up the mountain before many from our group took up the challenge to climb up the many and often steep steps to the summit lookout offering spectacular views in all directions as seen in famous Chinese paintings. It has been said that China has 5 famous mountains but after seeing Mt Huangshan there is no need to see the other 4.

Following Mt Huangshan it was off to Hangzhou for an night's stay and a walk around part of the famous West Lake before journeying to Shanghai our last stop before home. While in Shanghai we took a night ferry cruise to appreciate the vibrant city and even managed to go for a round trip ride the next morning on the super hi-tech magnetic levitation or MagLev train. It floats on a magnetic field so has no need for wheels eliminating friction, traveling the 30 kilometers one way trip to Shanghai Pudong Airport in 7 minutes with our train reaching 431 kph the only such train in regular commercial service I believe and the fastest.



Mt Huangshan

On arriving back home to NZ we realised how extremely lucky our group was but also sad to learn that the tour company that we used, Sinorama NZ went into liquidation that very same day.

Thank you to all on the trip for the great company, it was truly an enjoyable trip and one with fond memories.

DEMENTIA PRESENTATION

Lee Andrews, an educator, from Dementia Canterbury gave an excellent presentation about 'Dementia' to Members at the Association Hall on Saturday morning 27th October. Fran Yee did a very profession job in assisting Lee in translating her talk into Cantonese, thanks Fran. The audience gained a broad understanding and appreciation about Dementia.

NZCA Canterbury convey special thanks and appreciation to Marina & Colin Chin of Doctors on Riccarton and staff who assisted our Association, with the translation of a Dementia Care Pamphlet into Chinese language, for Dementia Canterbury. Outlined below is a summary about Dementia from Lee Andrew's presentation.



How Common is Dementia?

Dementia is more common in advancing age.
An estimated 62,000 New Zealanders have Dementia (2016)
1 in 100 for people in their 60s
1 in 3 for people over the age of 90
An estimated 170,000 of New Zealanders will have dementia by 2050.

Dealing with Dementia

Currently the effects of dementia cannot be reversed and there is no known cure.

The mainstay of dementia care is in the social realm.

Medications deliver only modest results for some people.

Non-pharmacological interventions DO improve wellbeing and function.

The emphasis is on; engagement, keeping active and involved, remaining optimistic and building confidence, knowing life still holds meaning.

Research shows that exercise, cognitive stimulation programmes, activity and social programmes DO make a difference.

How to look after ourselves to reduce the risk of Dementia:

- Look after your heart
- Be physically active
- Follow a healthy diet
- Challenge your brain-continue to learn new things
- Be socially active

Global Basketball Tournament

The Philippine Culture and Migrants Services invited the Canterbury Branch to enter a team in the "Global Basketball Tournament", held over the weekend of the 22-23 of September at Cowles Stadium. "Team China", pictured below, comprised a combination of NZCA members and friends.

The team played 8 games over the 2 days, against other ethnic teams such as "Team Taiwan" and "Team Philippines". The games were competitive and enjoyable to watch.

The team played their way into the finals, but were unable to come out on top against "Team Europe". The team is pictured below receiving their silver medals.

"Team China" would like to thank the Canterbury Branch for their support, particularly those members



that came down to watch. On behalf of Canterbury branch of NZCA, our grateful thanks to Matthew Klomp who at very short notice assembled "Team China". Representing China at the Global Basketball multi-cultural tournament, the team successfully achieved a tremendous result gaining 2nd place, each player received a silver medal for a hard fought basketball tournament competed over the weekend.



Thanks. Emmie

Congratulation on a Milestone celebrating 75 years of Marriage Stan & Ivy Lay (nee Kwok)

Stan Lay born in Wellington on February 5th, 1922 & Ivy Kwok in Napier on September 11th, 1925, recently celebrated their 75th Wedding Anniversary.

They were married in the St Michaels And All Angels Church, located in Durham Street Christchurch on September 25th 1943.

After their marriage they moved to Temuka, then in 1947 to Greymouth, finally settling in Christchurch in 1955. They purchased a Fruit & Vegetable Shop in New Brighton during an era where Saturday trading in New Zealand only existed in New Brighton and Paraparaumu.

Stan & Ivy have 4 children, 9 Grandchildren and to date 9 Great Grandchildren.

They have resided in Bickerton St for the past 58 years and recently retired to the Parkstone Rest Care centre.

In this case there is truth in the saying "BEHIND EVERY GREAT MAN THERE IS A GREAT WOMAN."



We convey our warmest congratulations to Mr Stan and Mrs Ivy Lay on their astonishing 75th diamond anniversary to the happy couple. Stan has contributed immensely towards the Canterbury Branch of the NZCA. Stan was made an honorary member in 2009 for his outstanding services to our NZCA Chinese community.

Acknowledgements and Donations

Thank you to the following for your continuing support and generosity with contributions towards NZCA Canterbury Branch:

- Beijing Exercise Group donation of \$377.20
- Tai Chi Group donation of \$110.90
- NZCA Saturday Line Dance Group donation of \$139.00

Fundraisers

FESTA - FEASTA 2018

Festival of Transitional Architecture (FESTA) 2018 - Themed "FEASTA"

A free public festival of Architecture, Design and Food with Asian flavours, Chinese talented performers and Chinese themed culture!

A special thank you to Fran Yee for coordinating a hardworking team fundraising at the successful food stall. Much appreciated and thank you to everyone involved.



Hellers Pegasus Family Fun Run 2018 - Marshalling Duties

Canterbury branch organised an opportunity for participants to fundraise towards subsidising accommodation and transport for the 2019 Easter Tournament held in Dunedin next year.

Sixteen early morning volunteers took a drive out to Pegasus township and enjoyed a fun morning with marshalling duties to help direct runners around Pegasus Lake.



Social Activities

Regular weekly activities held at the NZ Chinese Association Hall, 22 St Asaph Street (Hagley Park end) unless specified. For interest contact the following:

Beijing Health Promoting Exercise Group Beijing style exercise sessions. Saturday mornings from 10:00 -11:00am. Members \$2, non-members \$3. Contact Mrs Jane Gin (ph 021 175 5866)

Chinese Language Classes - Cantonese, New Beginners Mandarin, Intermediate Mandarin & Advanced Mandarin Sunday mornings. \$25 student fee per school term. School terms and holidays correspond with the public primary school timetable. (**Term 4 ends Sunday 16th December 2018**) Contact Fran Yee (ph 021 138 3663, fannিয়ে@yahoo.co.nz)

Line Dance Group Saturday mornings 8:45-9:45am. Cost \$3. Contact Emmie King (ph 021 211 7441, graem88@xtra.co.nz)

New Vogue and Ballroom Dance Classes Sundays 7:30-8:30pm. Held at Silhouette Studio Ltd, 23 Livingstone Street. Linwood (Fitzgerald Street end). \$8 per dancer. Contact Emmie King (ph 021 211 7441, graem88@xtra.co.nz)

NZCA Canterbury Multi-Sports Programme - Open to all ages

Venue: Graham Condon Recreation and Sports Centre - 3 Sisson Drive, Papanui. Resumes Sunday 19th February 2019 from 11.30am – 12.30pm. Cost \$3 per session.
Contact Emmie King (ph 021 2117441, graem88@xtra.co.nz)

NZCA Future Dragonz Canterbury Social adult group aged between 20-35 years who meet up and network with other young Chinese and other like minded young adults.

Contact Melissa Wong (m.carley.wong@gmail.com) or Tony Ng (toneohsix@gmail.com)

Visit: www.futuredragonz.org.nz Email: christchurch@futuredragonz.org.nz

Qiao Yi Lion Dance Team Christchurch Saturday trainings at the Chinese Association Hall from 3:30 – 4:30pm. Contact George Chan (ph 021 188 6096, gwhchan71@yahoo.co.nz)

Lifestyle Walking Group Social walking group. Friday mornings from 10.00am. Contact Tim Ng (ph 339 0188, ng.tim@hotmail.com) or Marisa Yeung (ph 021 112 6265, hopyick@xtra.co.nz)

Tai Chi Class Sunday from 9-10am. Gold coin donation. Contact Marisa Yeung (hopyick@xtra.co.nz)

We warmly welcome your attendance at our activities and look forward to meeting up.

End of Year Report

Another busy year has past so quickly! I hope you have achieved all that you wished for in 2018.

Firstly, I am most grateful for the huge dedication and commitment from the 2018 NZCA Canterbury Branch Executive Committee members: Cindy Chan, Ian Chan, Jennifer Chin, Rhonda Ding, Jane Gin, Angelina King, Graham King, Ronald Lee, Daret Lowe, Tim Ng, Fran Yee, Lois Yee, Stan Yee and Marisa Yeung, who have put in their immense time and energy to be the anchors in building our very stable Chinese community.

A special mention to thanks to my Secretaries, Rhonda Ding and Marisa Yeung for their endless effort who regularly keeps our members informed and connected, and to Mr Roy Chin who has worked above and beyond his duties to ensure our building is safe and sound by maintaining the tedious repairs around the Hall. Roy, your generosity for giving your time is much appreciated.

I wish to take this opportunity to thank our Activity Group Leaders, Chinese School teachers, and especially the generous support from our members who contributed towards the success of Canterbury Branch in 2018. Your support strengthens to grow our community as a family.

For those in 2018, that have lost their dearly loved ones, I hope you find comfort among friends and help from our community. To those who are unwell, we wish you strength and hope for 2019.

Finally, to all our members who have passed on our name and brought along friends to join in our organisation, a big thank you in contributing towards the next chapter in 2019 of NZCA Canterbury.

***I wish you all a joyous festive season and may we look forward to a happy and prosperous 2019.
“Year of the Rat!”***

Seasons Greeting to you all!

Emmie King
President
NZCA Canterbury

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

Membership

Your continued support as a member is an important factor in our organisation. We provide funding for events, membership discounts to attend functions, activities for members and regular publishing of newsletters. If you have family or friends over the age of 16 years and would like to join up as a member to receive the benefits. Contact The Canterbury Secretary - Rhonda Ding. (021 259 0745 or email : nzcacanterbury@gmail.com).

Receiving Newsletters by Email or Change of Address

Please advise of any change of address in writing or email to The Secretary, NZCA (Canterbury Branch), PO Box 31-276, Ilam, Christchurch 8444

We are encouraging members to receive Newsletters by email. Please forward your email address to Rhonda Ding (021 2590 745 or email to nzcacanterbury@gmail.com)

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 on all aspects.

2018 年 11 月 通訊

***聖誕節野餐 2018(請留意地点)11.00AM 至 3.00PM**

今年的聖誕節野餐於 2018 年 11 月 25 日在 Groyne Area 2B (160 Johns Road) 舉行,在上午 11:00 開放。(請參考地圖在英文版內) 進場是沿著到 T 路口左轉, 右手邊第二個場地 2B, 野餐桌在操場旁。由於該區在建築新房屋, 道路有所更改, 請提早出門。請與家人及好友齊來參加, 有聖誕老人來蒞, 小童及成人有趣遊戲比賽, 糖果爭奪戰, 本會提供燒烤香腸及麵包。

*請你們也帶一盤食物(如沙拉, 甜品, 薯仔等) 共同分享。

*大會將提供碟及餐具。

*請自備飲料

*節目約下午 1:00 開始

*請留意藍色的帳篷。便是集中地方

如果天氣不好, 節目在會所舉行 (22 St.Asaph St).

聯絡人: Emmie king ph:021 211 7441 或(graem88@xtra.co.nz)

***第 71 屆復活節運動大會 2019**

明年由 4 月 19 日至 4 月 22 日在歐他咭修付崙舉行第 71 屆復活節運動大會, 運動會每年由四個城市輪流舉辦, 惠靈頓, 歐他咭修付崙, 奧克蘭, 基督城, 體育比

賽致在參與, 促進友誼, 互相理解, 良性競爭為本, 歡迎由五歲至老手參加, 華聯會籍此聯繫在紐西蘭的中國人互相結交, 誠邀請你們積極參與以下各種運動, 如田徑, 羽毛球, 籃球, 高爾夫球, 室內投球, 室內足球, 草地球, 戶外投球, 乒乓球, 網球, Touch, 排球, 並每晚有社交活動, 老朋友叙會及結交新的朋友, 本支會為此活動舉辦籌款活動, 以支助補貼參賽者的住宿及交通費用.

本支會運動協調人: Victoria King email: victoria.vks.king or mobile: 021 217 0033,

副協調人: Matthew Klomp email: matt.klomp@gmail.com.

***復活節運動會的策略**

華聯會現正審查全國華聯會復活節運動及文化比賽的對策, 被稱為華人復活節錦標賽.

在過去曾參加比賽或有一定程度上參與運動會事務人事請一同來討論, 反應意見, 問題如下:

1. 目前的策略是否陳舊, 如何改進.
2. 在 3, 5, 和 10 年後運動會應該是什麼樣?
3. 目前運動會的目的是否保持了原意(運動及文化), 目標仍然有效嗎?

我們希望聽取各人的意見, 表達對未來比賽的看法, 那兒雖要改進? 下一代是否可持續參加比賽嗎? 歡迎反應及提供意見, 請以書寫形式轉發到 Emmie King 電子郵件 graem88@xtra.co.nz .

***中秋節 (照片提供 Lois Yee)**

農曆八月十五是中秋節, 西曆是 9 月 24 日, 而在紐西蘭則是春天的開始, 華聯會於 9 月 16 日邀請會員及朋友們齊來參加聯歡聚餐.

在 9 月 9 日由陳簫麗華及甄甌彩貞帶領下, 一班女士們花了一天時間製造超過 400 個月餅呢! 隔天包裝及標籤, 準備向會員出售已訂購的月餅. 今年月餅製作, 除了師傅們外還有一班熱衷於中華文化傳統及支援的義工 Linda Yee, Yet Hoy Gin, Helena Gin 及學徒: Yolande Mak, Winnie Lee, Suzanna Ng, 兩個 Jenny Yees, Janice Wong, Darett Lowe, Lois Yee, Karley Christensen 和她的兒子 Thomas.

午餐:

廚房工作人員: Jane and Wing Gin, Peter and Jenny Yee, Jenny and Nicole Yee, Aki Tanaka and friend,
Tim Ng, Katie Yee, Yolande Mak, Stan Yee, Cindy Chan, Marisa Yeung.

大堂工作人員: Rhonda Ding, Fran Yee, Darett Lowe, Lois Yee, Ian Chan, Stephanie Yee

***中秋節聚餐**

由副主席顏鄧少仙主持, 余陳翠芬翻譯廣東話.

展示(AED) (自動外部除顫器) 由前成人組解散後所捐贈資金購買儀器,用於醫療緊急下的心臟病突發, 用途非常簡單專為沒有醫學知識或沒有經驗者而設計, 在緊急關頭可救人一命. 現此 AED 安裝在大堂中, 如何使用, 可溜覽

www.stjohn.org.nz 先查閱緊急護理, 再查看 AED 的使用手冊.

Joe Chan 前成人組成員講述此組的歷史及活動, 還有他的小孫女小提琴獨奏助興.

***步行組 2018 年 9 月中國之旅 (伍新添)**

我們步行組有六個成員再加上華聯會五個會員, 一行十一人從基督城出發去中國 13 天旅遊, 天氣和暖, 英語導遊專業.

第一天由北京開始, 遊覽天安門, 紫禁城, 2 小時在紫禁城時間真不夠用, 沒有機會遊覽它的 9999 個房間呢! 天壇, 頤和園. 登上長城(居庸關), 有天下第一雄關之稱. 毛澤東說不上長城非好漢., 都是中國偉大建築物. 離開北京後坐上高鉄到西安, 時速超過 300 公里/小時, 參觀秦始皇的兵馬俑(8000 個戰士), 再乘高鉄到武漢, 後到黃山, 在黃山乘坐吊車上山後步行很多梯級, 向自己體能挑戰, 當日天晴, 沿途欣賞風景, 有如一幅中國的山水畫在眼前, 怪不得黃山是中國五大山之首, 上過黃山後也不雖要上其他四個山之說. 黃山後到杭州, 在西湖邊散步, 風景怡人. 最後一站是上海, 乘坐渡輪遊黃埔江, 兩岸夜景表達上海的繁榮. 次日, 我們要求導遊帶我們乘坐最高科技磁懸浮列車往返到上海浦東機場, 單程只得 30 公里, 只需 7 分鐘一程, 火車時速達到 431 公里/小時, 我相信列車在最快正規商業服務中. 當回到紐西蘭後得知我們的團隊有多幸運, 但也很傷心得知我們使用的旅行社在當天清盤. 感謝大家相伴同遊, 有一個愉快旅程和美好回憶.

***失智者講座 (俗稱老人癡呆症)**

10 月 27 日由癡呆症協會派出 Lee Andrews 在本會介紹有關此病症, 由余陳翠芬一旁翻譯, 因此聽眾對此病症有了廣泛的理解. 同時本會也特別多謝 Marina & Colin Chin 的 Doctors on Riccarton 派出員工翻譯癡呆症護理摺頁冊子成中文版本.

***什麼是老人癡呆症**

此症是大腦的疾病, 特徵是最近的記憶漸進性損壞, 和推理困難(組織, 規劃, 解釋) 語言障礙, 表達不清, 注意力不能集中, 人際關係困難, 判斷力下降, 性格異常, 手腳協調出問題, 還有活動力懶散, 都是阿爾茨海默氏症 (Alzheimer) 的最常見的症狀.

***癡呆症有多常見**

老人癡呆症在老年期是最常見, 在紐西蘭(2016年) 估計有 6.2 萬人患有此症。
在 60 歲者中 100 人便有一個,
在 90 歲者中 3 人便有一個, 到 2050 年估計有 17 萬人患有此症。

***如何處理老人癡呆症**

目前此症的影響不能改變, 也沒有治療方法, 癡呆症護理維一的依靠是社交聯誼領域, 藥物只是對一些人帶來適度結果, 非藥物能改善健康及身體功能。

重點是: 保持積極參與, 樂觀心態加強信心, 認知生活仍有意義. 研究發現, 保持運動, 加強腦部思考, 活躍社交活動, 都會對此症有不同區別。

***如何照顧自己減低癡呆症風險**

要有健康的心臟, 運動, 健康飲食, 大腦活動(如學習新事物), 社交活動, 都會對此症來晚一些。

***會所出租**

本會所大堂出租, 適合生日派對, 開會等, 除星期日外. 有廚房設施, 可移動小舞臺, 會員特價優待。

請聯絡 Marisa Yeung 021 1126265 或 (hopyick@xtra.co.nz)

社交活動

***北京醫療保健操**

每星期六早上 10.00-11.00, 會員\$2.00 非會員\$3.00 .

聯絡人: Mrs Jane Gin (ph 021 175 5866)

***廣東話, 國語會話班, 國語初級班正式開課,**

每期\$25.00. 聯絡人 Fran Yee (ph 021 138 3663, fannieyee@yahoo.co.nz)

第四學期於 12 月 16 日完畢。

***排舞**

星期六 8.45-9.45am, 每位收費\$3.00. 請聯絡 Emmie King : 021 211 7441 (graem88@xtra.co.nz) 進一步的資訊。

***舞蹈班**

舞蹈班將於星期日晚上 7.30-8.30pm 開始。歡迎各位參加,每位收費\$8
Silhouette Studio City dance 23 Livingstone Street. Linwood
請聯絡 Emmie King (ph 021 211 7441, graem88@xtra.co.nz)

***多項運動節目(適用不同年齡)**

2019 年 2 月 19 日重新開始

逢星期日(公眾假期除外), 由 11.30am 至 12.30pm, 收費\$3.00 一場.

地址:Venue: **Graham Condon Recreation and Sports Centre,
3 Sisson Drive, Papanui**

請聯絡 Emmie King : 021 211 7441 graem88@xtra.co.nz)

***未來龍的傳人俱樂部**

歡迎由 20-35 歲華人參加

Melissa Wong (m.carley.wong@gmail) Tony Ng (toneohsix@gmail.com)

詳情請登入網站 Visit: www.futuredragonz.org.nz

及新電郵地址 Email: christchurch@futuredragonz.org.nz

***僑藝舞獅隊**

每星期六 3.30-4.30PM 在會所訓練, 為未來中國文化表演, 歡迎任何人有興趣參加. 聯絡人 George Chan (gwhchan71@yahoo.co.nz) 021 1886096

***步行組**

每星期五 10.00AM 步行約一小時, 步行後午餐, 不同地點, 邀請各成員參加, 如果有興趣參加此步行, 請聯絡伍新添 ph.3390188 (ng.tim@hotmail.com)

Marisa Yeung (ph 021 112 6265, hopyick@xtra.co.nz)

***太極班**

每星期日, 早上 9.00am 至 10.00am , 歡迎各位參加, 每人金幣捐款

聯絡人 Marisa Yeung (hopyick@xtra.co.nz)

***堅都布厘華聯支會網站** canterbury.nzchinese.org.nz

面書: <https://www.facebook.com/CanterburyBranchNZCA/>

***鳴謝和捐款**

本會非常多謝由:

北京醫療保健操的捐款共\$377.20

太極班\$ 110.90

排舞\$139.00

***籌款活動**

Festa2018

10月20日在市中心由一班建築師, 設計師, 亞洲美食, 中華文化表演, 舉辦一個免費節日, 多謝由 Fran Yee 主持及數位會員合作一個食品攤位, 為會所籌集資金.

***Hellers Pegasus 賽跑日**

有 16 位義工, 一早駛車到 Pegasus 市, 當比賽組織人員職務, 一旁幫助和監察跑步健兒在 Pegasus 湖邊比賽, 籌得款項津貼在 2019 年復活節運動會住宿和車費之用.

***會員**

各位會員的支持對本會是很重要, 捐款及會員費提供本會社團活動, 定期通訊信件. 如果你有家人和朋友 16 歲或以上, 想成為紐西蘭堅都布厘華聯支會成員, 請聯絡本會秘書 Rhonda Ding(021 259 0745)

或電子郵件 nzcacanterbury@gmail.com

***電郵收通告**

鼓勵會員用電郵方法收通訊, 可與

Rhonda Ding 手機 021 2590745 或電子郵件 nzcacanterbury@gmail.com

Marisa Yeung <021 1126265 或 hopyick@xtra.co.nz> 聯絡

***喬遷通告**

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, Ilam8444. Christchurch, 讓我們確保你收到本會的通告.

***全球籃球錦標賽 (Matthew Klomp)**

菲律賓文化和移民部邀請本會參加於 9 月 22 至 23 日在 Cowles Stadium 舉行的全球籃球錦標賽, 我們組成“中國隊”, 是由本會球員和朋友組成的一隊, 我們

在二天內共有八場比賽，對“台灣隊”，“菲律賓隊”都有精彩的競爭直得觀看，我們最後不敵“歐洲隊”只獲得銀牌。

“中國隊”很多謝華聯會的支持，特別是感謝前來觀看的會員為我們打氣。

*代表華聯會支會多謝 Matthew Klomp 在短時間通知下組織了“中國隊”出賽，並得到第二名，隊員們都是付出艱辛代價。

***黎泰來先生與夫人伉儷結婚 75 週年**

1922 年 2 月 5 日黎先生在威靈頓出生，其夫人在 1925 年 9 月 11 日在 Napier 出世。他們在 1943 年 9 月 25 日在本市教堂結婚，二人剛慶祝七十五週年結婚紀念。婚後曾經在 Temuka 及 Greymouth 生活。在 1955 年搬回本市，在 New Brighton 開了一間生果店，當時的星期六營業是全紐其中一個批准的地方，後期加入基督城東區扶輪社成員，積極參與社區活動。

在六十年代同邵岳藩重新編組紐西蘭華聯會(堅都布厘)支會，因為在四十年後期此會內部事務不能解決已停頓。他們努力吸納本市和 Ashburston 的大部份中國人，成功的有約 200 名華人加入。

他們共有四名子女，9 個孫，9 個曾孫，從住了 58 年的居屋現要搬到 Parkstone 老人中心居住。

有一個名言：每個成功的男仕背後都有一個賢內助。

我們祝賀他們鑽石結婚紀念，愉快，長青。黎先生在 2009 年獲得本會榮譽獎。

年終報告(伍黃間容主席)

很快又過了一年，我希望各人在今年實現了心中願望。

首先要感謝各位執行委員奉獻及支持，建立一個強壯的社團，團隊們的無窮工作，應得到表揚。Cindy Chan 陳簫麗華，Ian Chan, Jennifer Chin 陳惠珍，Rhonda Ding 顏鄧少仙，Jane Gin 甄歐彩貞，Angelina King 伍歡儀，Graham King 伍閏能，Ronald Lee, Daret Lowe, Tim Ng 伍新添，Fannie Yee 余陳翠芬，Lois Yee 余笑儀，Stan Yee 余匡仕，Marisa Yeung 楊陳惠嫦。

特別感謝 Rhonda 和 Marisa 不斷努力，為會員提供諮詢聯絡。

又感謝 Roy Chin 付出大量時間替本會大樓執行各種繁瑣的維修工作。

我值此機會多謝各活動小組主持人，中文學校老師，支援導師，健康操及太極班師傅，對本會的支持及貢獻。並建立穩定社團。

至於今年失去至親的人，希望在朋友中找到安慰及幫助。身體抱恙的人，早日康復。最後感謝會員介紹朋友加入華聯會成為我會的一份子。

祝各位會員新年快樂，萬事如意，身體健康，鼠年行大運，