

Hamilton East

Local Lives

by Jane Landman

Shuyin Wong

Shuyin usually arrives to see legal clients on his bright yellow 250cc Honda street bike. He has had the same bike for the last 12 years but yearns for a 750cc or even a Hog. He says it is easy to travel on a bike, especially around town.

A smiling, warm, unassuming man, Shuyin has lived in New Zealand with his wife and son since 1997, although he had been here before. He visited first in the early 80s for a month sightseeing and was captivated by our people and scenery. A further visit in 1997, travelling around the North and South Island confirmed his desire to emigrate. The Wongs have lived in Hamilton since moving to New Zealand permanently. Shuyin says it is central and within travelling distance to visit friends in Auckland. He is happy here but misses his peers in Hong Kong.

Born in Hong Kong, Shuyin spent 25 years as a Health Inspector helping businesses come up to scratch. He moved into a management role with job rotation every two years to another office. In New Zealand, Shuyin worked part-time at the District Court House in the Registry Office. He started thinking about law and completed a law degree at Waikato University in 2004. About 30 percent of students were mature like him. He enjoyed the studies saying they helped him to have a more in-depth understanding of society.

He practiced for two years but his practicing certificate has now lapsed. He would like to work as an in-house lawyer for a Government Department or small firm. He has volunteered at the Community Law Centre which he also found enjoyable – working with all sorts of people. Consumer

cases, employment cases, dodgy car dealings and issues of injustice were the mainstay of the work.

It becomes clear after a while that Shuyin is a 'people person'. He has been volunteering at Waimarie as a legal advisor for the past year, as well as doing voluntary work for other organizations such as Volunteering Waikato and as a home tutor for English Language Partners Waikato (formerly Waikato ESOL Home Tutor Scheme). In Hong Kong he did some community work in high schools, which was promoted by Government schemes but mainly he was too busy working to be very involved. In New Zealand, there is more time.

Shuyin's wife (name?) is a volunteer with the Citizen's Advice Bureau. She used to be an interpreter. Their son is now 22 and in his final year at Massey University, studying fashion design. He is also studying Italian with the idea of going to Milan.

A keen sportsman, Shuyin enjoyed swimming, soccer, tramping, kayaking and sailing in Hong Kong. He also walked a 100km Oxfam walk five times. He is keen to repeat the experience and enjoys being part of a team. In New Zealand, he has walked in Queen Charlotte sounds and would like to walk the Milford Track. At uni he played badminton. He has been a tennis coach for friends and acquaintances. Shuyin and his wife do lots of day tramps to places like Pirongia and Tongariro. They have been to the South Island five times including Akaroa and Queenstown.

A discussion of the differences between Hong Kong and New Zealand, reveals that the Hong Kong education



system is very academic and the society quite stratified. Here, there is more leisure time for sports and socializing. There is a continuous pressure in Asian cities that people have to cope with. In the Wong's case, they literally gave up their careers to move here for their children but have no regrets about the move. The move was for a change of lifestyle. Here they own their own house with a vegetable garden, rather than a small apartment, one hundred feet in the sky. "We can mow our own lawns and look after our own trees. There are nice gardens in our street with space to move."

The only down side is that friends made here are not as close as those back in Hong Kong. There are good kiwi

friends but not as many. Once every two years, Shuyin returns to Hong Kong to meet up with his friends.

He feels there is a need to look after our young people, particularly our troubled youth. "More laws just penalise people." He would like to see mentoring programmes expanded with more resources being put into our youth. He thinks communities need to learn how to live in harmony and that often parents are too busy to look after their children properly or have inadequate resources. The lesson is not to repeat our mistakes. Now semi-retired his advice for a happy life is to, "Take it easy, enjoy life and be friendly." Sounds like good advice to me.

Regular Services and Activities

- Photocopying @ 13c per A4 page and 25c per A3. Over 10 copies 10c and 20c
- Rooms for meetings and seminars
- Veggie co-operative \$10 a box of veg (includes some fruit. Ring with your order and pay by Tuesday lunchtime. Collect from lunchtime Wednesday.
- Gardening group on Friday mornings.
- Free legal advice on alternate Tuesdays and Fridays - by appointment only. Phone for times and appointments. Provided and sponsored by McCawLewisChapman, Clyde Law and Shuyin Wong.
- Cuppa and a bit of a chinwag
- Referrals
- Budgeting Service. This free service is on Tuesdays from 9.00am. Phone for an appointment with Julie Elmer.
- Benefit Advocacy. Phone Craig Wills on 8504013 for an appointment.

Green Goodies

Laundry Powder

1 dsp Lux flakes
2 Tbsp washing soda (Next to Lux on top shelf at Hillcrest New World)
½ cup white vinegar (Optional – for whiteness)

You can vary the amounts as you like but this is a basic guide. Dissolve ingredients in very hot water (about a litre or more). Put in plastic/glass container. Use ½ small cup per load.

When cooled, will form a jelly like substance. I tend to use a warm/cold wash to dissolve the cleaner thoroughly. Excellent for anyone with allergies or sensitive skin as there are no harsh chemicals, detergents, perfumes or colours.

Parabens and Toothpaste

Did you know that most commercial toothpaste, shampoos, conditioners, many cosmetics and soaps have carcinogenic compounds called parabens (also known as methylparaben, propylparaben, ethylparaben and butylparaben) in them? Synthetic preservatives are frequently used in cosmetics and personal care products for adults and children. These chemicals are absorbed through the skin or swallowed. Parabens are considered unclassifiable carcinogens by the World Health Organisation. They may interfere with, mimic or block hormones, cause skin irritation, rash or dermatitis, or allergic skin reactions. Processed foods may also contain parabens. The long term effects are unknown.

The danger may be in cumulative effects of such chemicals. If we are ingesting them in our food as well as absorbing them every time we brush our teeth take a shower, wash our hair and put makeup on our faces, we are ingesting a lot of them!

Don't panic as there are many products available to buy or that you can make that do not contain them. Red Seal toothpaste does not contain parabens, is available at supermarkets and is about the same price as other toothpaste. Look for it on the bottom shelf in the toothpaste section of your supermarket. Remember that supermarket exposure is determined by advertising and not health benefits.

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Strong focus on activities for youth

Kia ora whanau,

He mihi nui ki a koutou.

Hope you are all good.

What's happening for youth in our community?

The "Cool Things For Youth To Do" Project is proud to present the launch of a new website for Hamilton's youth. The htwnyouth.co.nz website will soon be blasting its way onto the vibrant youth scene of Hamilton. This site will bring together; social networking, current events, blogs, discussions and much more. htwnyouth.co.nz is for youth aged 12-18 years, in the city of Hamilton.

The next Hamilton Youth Sector Networking Meeting 'Hui Whakapiri' is scheduled for Friday 25th September. These meetings aim to bring together those people and groups working with local youth to share information and build positive relationships in this sector. The meetings are being held this year at Fairfield hall on Clarkin Rd Hamilton, and all are welcome. The next meetings are scheduled for Friday 25th September and Friday 27th November. Meetings begin at 10am and finish at midday. For more information contact Mike Rarere on 07-8556497.

School Term 3 begins on Monday 20th July. Remember to keep a watchful eye on the roads and keep your speed down, around our local schools.

"Waikato Youth-Week 2009" was again a great success. A big thanks to all those who

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helped produce lots of fun events and projects for the young people in our community. Special thanks to the crew from Te Ahurei a Rangatahi, for the success of "So You Think You Can Graff" Urban Art competition, and the Whaimarama Youth Connex Krew for their "Rangatahi's Got Talent" Youth Talent Competition. "O" for awesome to you all, and thanks for helping out at Beatstreet09.

Here in Hamilton we have some excellent youth focussed organisations including Te Ahurei a Rangatahi Ph.07-8383013, Whaimarama Youth Connex Ph.07-8382558 and The Hub Community Youth Trust Frankton Ph .07-8478555. These organisations provide a variety of youth friendly services including support groups, youth advocates and advisors, counselling, camps, events and fun programs.

For more information about these services, contact the organizations on the phone numbers provided.

Hillcrest Chapel is located at the corner of Masters Ave and Morris Rd. During the year they run many programmes and activities for the community. These include regular weekly activities for Children and Youth of varying ages, and special events and camps. Contact 07-8564222 for more information or visit www.hillcrestchapel.org.nz.

At Fairfield Hall, we have some regular free youth programs. These include Martial Arts and Self Defence for Youth (12-24yrs), 4pm every Monday and Wednesday during the school term; Fairfield Young Mens Club 9am Tuesday mornings, and the "Get Off Your Butt" Hip Hop Dance Classes 4pm on Thursdays. Contact Mike on 07-8556497 for more information.

Capoeira for Youth is a free programme held weekly at Studio46, Te Ahurei a Rangatahi Youth Agency @ 46 Bryce St, on Wednesdays from 6.30pm. Capoeira is an exotic Brazilian Martial Art that combines music and self-defence. For more information contact Mike 07-8556497.

If you are a local youthworker or want to be involved in youthwork you can contact the Waikato Youthworkers Collective for information and advice. This collective is currently strengthening its membership to provide support, information and training for those who work with young people. Contact Mike on 07-8556497 or 021-315469 for more information.

Kia ora.