



Yuli

Drink Tea over Smoking

December 30, 2012

While most people were waiting for the New Year, Yuli Tzu Chi hospital's staff was actively promoting smoke cessation in the native tribes. On December 30, the staff of smoking cessation team coordinated with Tzu Chi Foundation Charity Development Department to host a "Tea in the Community" event in Qingshui (Saiku Tribe), Zhuoxi in the chilling afternoon. The event was to promote and educate the benefit of tea in replacement of alcohol and cigarette, and lead the entire community to vow for the cessation of alcohol and cigarette as their wishes for the upcoming New Year.

Tea for Alcohol in Rural Tribes

Zuoxi, occupying a vast land area, is the second largest administrative region in the county and fifth nationwide. It is also the hometown of native Tribes Bunun, Seediq and Truku. Under the invite of local community, Tzu Chi Foundation collaborated with local volunteers and began a series of cultural activity "Tea in the Community" starting August 2012. Yuli Tzu Chi Hospital also participated in the event to improve health in the community.



Before the event, Tzu Chi volunteers measured blood pressure for the villagers and reminded them to pay attention to their health.



In the chilling wind, Dr. Chin-San Li elaborated in detail how smoking damage health and the secrets to stop smoking.

Though it is New Year's Eve, the smoking cessation team from Yuli Tzu Chi Hospital still committed, uniting profession and mission as one, and went to Qingshui under the lead of Dr. Chin-San Li to undertake the hosting role of the event.

The temperature on December 30 was at its lowest. Tzu Chi volunteers set up several tents to shelter people from directly exposing to the harsh weather and minimizing the impact of the weather. Two big buckets of hot team were arranged to echo the theme of today's event and to warm the body and hearts of every single participant. Zuoqin's Village Head Yu-Lan

Wu was so touched and grateful for the teamwork, not only did she broadcasted the invitation across the community, but she also expressed her appreciation to the volunteers.

“Mihumisang!” The master of the ceremony’s opening remark was in local Bunun language, which made the audience felt at home immediately. Because of the coldness, Yuli Tzu Chi Hospital staff taught the audience stretching movements with their chairs. Through the warm-up exercises, everyone warmed up and became acquainted with one another. Community volunteers led everyone to exercise with “Happy Healthy Hulala,” then staged an act to demonstrate that smoking and drinking can jeopardize personal health. Villagers were encouraged to start drinking tea to replace smoking and alcohol; followed

by Dr. Chin-San Li to talk about the detrimental effects of smoking.

The senior aborigines, unbeknownst to most of the audiences, smoked what was called “mountain tobacco”, and the tobacco on the market today was brought to Taiwan in the later days. This notion took audience’s attention. Dr. Chin-San Li carefully detailed the adversities of smoking. For example, one cigarette contains more than forty carcinogenic substances, and on average, smoking one cigarette will shorten one’s lifespan by seventeen minutes. Moreover, it is an economic burden. One pack of cigarette costs \$80 TWD, one pack a day for ten years will amount the cost to 300,000 NTD.

As New Year approaches, the volunteers asked all the participating villagers to pray not only for themselves

and their family, but also for the world. Furthermore, the audiences also encouraged each other to vow a New Year Resolution of tea for alcohol, and to be free from cigarette and betel nut.



bring tea bags back home to start drinking tea instead of alcohol.