

COMPASSION & RELIEF

# TZU CHI USA JOURNAL

## Remembering Katrina



*Ten Years after the Storm* p. 8

Disaster Relief in Nepal & Sierra Leone p. 28

How to Sleep Better at Night p. 61

Tzu Chi Kids: Comics & Games p. 63





**DHARMA MASTER CHENG YEN**  
**FOUNDER OF**  
**TZU CHI FOUNDATION**

**CONTEMPLATIVE WISDOM**

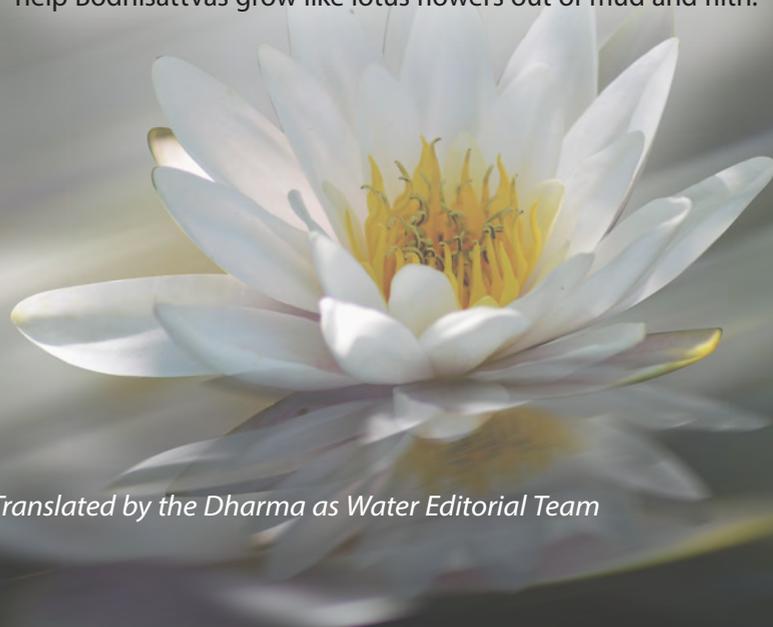
thoughts for meditation, contemplation, and reflection from Master Cheng Yen

**The Lotus of Our Hearts Blooms from the Mud**

The complicated habitual tendencies of sentient beings serve as a mirror to Bodhisattvas, reminding them to be vigilant and not develop the same habitual tendencies.

People whose hearts have been contaminated provide Bodhisattvas with nourishment to grow on their spiritual path.

Lotus flowers can beautify a pool of mud, as the mud and filth provide the nutrients for lotus seeds and roots to grow. Complicated habitual tendencies and contaminated minds help Bodhisattvas grow like lotus flowers out of mud and filth.



Translated by the Dharma as Water Editorial Team



Cover Photo: One decade ago, New Orleans was devastated by Hurricane Katrina.

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# Letter after Hurricane Katrina

Dear volunteers and staff of Tzu Chi chapters around the world,

Life is impermanent and the world is fragile. On August 29, Hurricane Katrina caused the most devastating disaster in the last 105 years of U.S. history. Fierce wind and rain pelted the Gulf Coast like a ton of bricks, ravaging Mississippi, Louisiana, and Alabama.

The city of New Orleans received the hardest blow. When the levees collapsed, over 80 percent of the city, including two airports, became submerged in water. With gas leakages leading to outbreaks of fire, power outages, a water shortage, the collapse of infrastructure, and corpses floating through its waterlogged streets, the city was forced to shut down and declare a state of emergency. The Governor of Mississippi even compared the hurricane aftermath to Hiroshima after the atom bomb. The unimaginable scale of the disaster has paralyzed U.S. emergency services. They are unable to rescue the survivors even as the number of casualties continues to climb.

Listening to all this, I feel an indescribable sense of pain and sorrow. In the world we live in, everything is interconnected. Any minor changes to the environment can ripple out to affect the whole. Where does a hurricane of such magnitude come from? The role of global warming cannot be denied, as scientific studies tell us. The disasters nowadays are increasingly more severe, and in the future, given human beings' wayward activities, the disasters will become even more devastating. The small acts here and there may seem minor, but very quickly we find upon us a calamity that tears apart families and destroys cities. As a member of this global village, how can we remain apart and take no action?

Tzu Chi volunteers in the U.S. have already been mobilized. Since the disaster area was shut off, they have begun providing assistance to hurricane evacuees who fled to Texas, especially to the elderly, the disabled, and low-income families. They plan to distribute US\$200 emergency gift vouchers to the victims in lieu of cash and offer other forms of assistance, so the evacuees can immediately receive emotional and physical support. Furthermore, TIMA (Tzu Chi International Medical Association) members across the U.S. are preparing to provide medical assistance at the refugee centers, while others prepare to kick off a nationwide fundraising drive. Tzu Chi volunteers in Canada have already donated US\$1 million to the relief efforts.

I earnestly hope that all of you will bring forth your love and further inspire others to share the same compassion—that you will contribute but also draw others to join this global fundraising effort. At this time, we need to unite everyone behind this campaign—to rally everyone's love and inspire acts of kindness. The positive force created from this goodness is the force of positive karma. It is a force that can turn the tide of negative karma.

Just as Hurricane Katrina was forming over the Atlantic, Typhoon Talim was forming over the Pacific. While Hurricane Katrina swept through three states of the United States, Typhoon Talim landed in Taiwan. Thankfully, the Central Mountain Range helped to weaken the winds of the typhoon

so that Taiwan was able to escape heavy damages. Having safely weathered the storm, we in Taiwan are filled with gratitude, and are humbled to realize how unconquerable the forces of nature truly are.

Indeed, those of us who are safe should reach out to those who are suffering. The South Asia disaster passed only eight months ago. Just when we were finally beginning to see the victims settled down, with the groundbreaking of the Tzu Chi communities in Sri Lanka and Aceh, Indonesia, suddenly another catastrophic disaster struck. Deeply saddened as we are, it is not enough just to feel sympathy. We should take action to do what we can to offer help.

Faced with such a horrific disaster, we must all awaken to its lessons. We must come to realizations and adjust our own hearts, to pray for and reach out to disaster victims with a heart humbled, sincere, and disciplined. At the same time, we must recognize how human activities have a hand in natural disasters and do what we can to protect our environment and be more eco-friendly in our day to day living. While things may be safe and well for us, we must always remain aware of potential crises and live in a way that can help prevent them.

We must quickly do good deeds; doing good isn't something to be put off for another time. Doing good deeds creates positive karma and sows blessings, bringing about good fortune and averting disaster. So, we should encourage everyone to exercise their compassion and carry out acts of kindness. Disasters, both natural and man-made, are happening because there is a lack of goodness and love in our world today. Karma—the law of cause and effect—is a law of nature. As unrelated as things may seem, a cause and effect relationship nevertheless exists.

Everyone's actions, both positive and negative, affect the state of the world. If people are moral and ethical, then naturally the world will be safe and peaceful. When there are disasters, it is the concern of each and every one of us. We all have a responsibility to help. I hope you all will do your part in motivating those around you to contribute to humanity in a positive way.

We all live under the same sky, on the same earth. We should treat everyone in the world as part of our family and embrace their suffering as our own. Our mission now is to inspire everyone to dedicate their love and wisdom to helping the victims of the hurricane and easing their suffering. Let us fully embrace this mission.

I sincerely hope that every day you will think good thoughts, speak kind words, and do good deeds, so we can help to purify people's hearts, bring peace to society, and eliminate disasters from the world. I'm grateful to you all, and I sincerely wish you happiness and wisdom.

*Shih Cheng Yen*  
**Buddhist Tzu Chi Foundation**  
September 3, 2005

# TZU CHI'S BAMBOO BANK SPIRIT

When Dharma Master Cheng Yen founded Tzu Chi in 1966, she fashioned coin banks from bamboo and asked her lay followers—thirty housewives—to save NT\$0.50 (about US\$0.02) from their grocery money every day to help the poor.

One follower asked, “Can’t I just donate NT\$15 each month?” But Master refused. She explained that though the amount was the same, it was important to give rise to a kind thought each and every day.

From these humble beginnings forty-nine years ago, Tzu Chi has grown into a global NGO with ten million volunteers and donors in over fifty countries, because it collects not only donations, but also kind hearts.



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## CEO'S NOTE

### *Lessons Learned*

It's hard to believe that it's already been ten years since Hurricane Katrina. I still remember driving out from Houston each day for two weeks to hold distributions at a small shelter a couple of hours away. Disaster relief was more difficult then—people didn't know who we were yet, and we didn't have so much experience. But we learned a lot because of Katrina, and it's helped us ever since.

As I think back, there are three lessons from the Hurricane Katrina disaster relief effort that really stick in my mind. First was the development of our debit cards. In those days, we wrote checks to survivors for emergency funds. But there are problems with checks—your account number is right there and they're easy to fake. Then we started distributing Walmart gift cards so that recipients could easily purchase what they needed, but then people thought that the cards were gifts from Walmart, not Tzu Chi. So, finally we came up with our own debit cards, and we've used them ever since.

Second was the value of partnerships. At first we had to drive two hours each way to help evacuees in a small shelter, even though there were many more who needed our help right there in Houston, because Tzu Chi was largely unknown and we couldn't gain access to the major shelters. We didn't have a memorandum of understanding signed with the Red Cross yet. We weren't a member of the UN, InterAction, or National VOAD. But we made the connections to work in the Houston area, and that led other organizations to know Tzu Chi.

Finally, because the scope was so large and relief lasted so long, volunteers had to come from all over and take turns to serve. We had to coordinate, and that led us to learn and

accumulate experiences. It was good practice, and it prepared us for other major disasters to follow, like Hurricane Sandy and the Haiti earthquake. Those were the positive things that came out of Katrina—partnerships with mainstream organizations, practice and experience for volunteers, and our own Tzu Chi debit cards.

I remember returning to New Orleans one year after Hurricane Katrina. There were so many places that were still not repaired, and so many of the families that we had helped were still struggling—a whole year later, so much had not changed. It led me to think, when such a disaster strikes, what can we do to help? What can we do in time?

It's a question we always have to face, and it's one we're facing right now. Here in California, the governor has announced that we're facing an historic water shortage, while over on the East Coast, Boston and New York were covered in snow last winter. Why is there so much there while none reaches the Sierra Nevada? I believe that global warming is behind all of these disasters, and behind global warming is our own lifestyle. When disaster strikes, it's not easy. Sometimes, it's even chaotic. But, after disaster, have we really learned a lesson? Or are we just repeating the same actions and waiting for the next disaster to strike?

Looking back on where we've come since Hurricane Katrina, I want to thank all of the Tzu Chi volunteers and all of our partners who accomplished this disaster relief ten years ago. And I hope we'll all take this opportunity to look at our own lifestyles and start taking better care of this Earth. 🌱

*Han Huang*



# New Orleans Rising

## *Remembering the Lessons of Katrina*

*A decade since one of the deadliest and most damaging disasters in U.S. history, what have we learned? How have we grown?*

*The costliest disaster in United States history, Hurricane Katrina also made a deep and lasting impact on Tzu Chi's medical and disaster relief.*



# The Path Paved since Katrina

Tzu Chi Volunteers | Compiled & Translated  
by Tzu Chi USA Journal Editorial Team

In May 2015, National Voluntary Organizations Active in Disaster (NVOAD) held its annual conference in New Orleans, bringing together active volunteers and disaster relief participants from a variety of international, national, and regional organizations to exchange knowledge and experiences. The choice of New Orleans was not without its deeper meaning. One decade earlier, when Hurricane Katrina struck New Orleans and became the costliest disaster in United States history, it was these same organizations, large and small, that extended their helping hands to survivors of the storm.

When Hurricane Katrina made landfall on August 29, 2005, it quickly became the deadliest U.S. hurricane in nearly eighty years. Katrina's historic storm surge breached fifty-three levees and submerged 80 percent of the city. More than eighteen hundred were killed in the aftermath, while hundreds of thousands evacuated to hundreds of shelters spread across the country.

Deeply concerned for storm survivors, Dharma Master Cheng Yen immediately called on Tzu Chi volunteers worldwide to start fundraising drives to help New Orleans, while Tzu Chi Southern Region established a disaster relief coordination center in Houston, Texas, where tens of thousands of evacuees had been relocated.

In a rush to evacuate their homes, many storm survivors did not have time to gather many belongings. From September 4, Tzu Chi began holding distributions at both small and large evacuation centers,

including the Astrodome and George R. Brown Convention Center. They distributed letters of blessing from Dharma Master Cheng Yen, phone cards for calling friends and family, as well as checks and later Walmart gift cards with which to purchase daily necessities. One man took his gift card and bought some clothes, laundry detergent, and a set of nail-clippers. The following day he returned to thank the Tzu Chi volunteers. Even though the shelter had some used clothes available, he hadn't been able to find his size, and even simple things like nail-clippers were simply unavailable there. He said that Tzu Chi's gift card was the most precious gift he had received since evacuating to Texas.

Many Tzu Chi volunteers from all corners of the country paid their own way to travel to Texas to assist with translations, distributions, and comforting survivors. Tzu Chi Canada CEO Gary Ho even brought volunteers and one million dollars in donations across the border

to provide support. Tzu Chi headquarters in Hualien sent not only funds, but also thirteen thousand personal medical kits.

In addition to several large shelters in Houston, many evacuees were sheltered in Dallas. After much hard work and perseverance, Tzu Chi volunteers there were able to enter one of the major shelters, Dallas Convention Center, on September 9. Federal Emergency Management Agency (FEMA) representatives helped evacuees register at the shelter, and Tzu Chi volunteers distributed gift cards. On September 21, volunteers held a distribution at the Will Rogers Memorial Center in Fort Worth, serving more than two thousand households—the largest single distribution Tzu Chi held for Katrina survivors.

As volunteers were helping victims of Hurricane Katrina in Texas, they too became victims of Hurricane Rita, which struck

Houston, Beaumont, and surroundings on September 21. Following this second major storm, local police and firefighters worked tirelessly to help their community recover, even as they felt its impact themselves. Moved by their dedication, Tzu Chi volunteers reached out to these first responders, distributing debit cards and medical kits to 1,393 families of police and firefighters.

As individuals started to leave these evacuation shelters, Tzu Chi continued to deliver debit cards and medical kits. And as many departed to stay with friends and relatives in other states, volunteers across the country took on the responsibility of continuing Tzu Chi's care and support. Throughout the emergency relief period of September 4, 2005, to February 9, 2006, Tzu Chi volunteers in fifteen states helped more than twenty thousand families and distributed more than four million dollars of relief.

Even though the major shelters provided medical treatment for evacuees, dental services were lacking. In the early morning hours of September 6, the Tzu Chi Mobile Dental Clinic began the forty-hour drive from Los Angeles across more than fifteen hundred miles to Houston, Texas. As Tzu Chi International Medical Association (TIMA) dentist Dr. Shirley Chen explained, "There were many patients who could not get the service they needed at the Red Cross medical station, so they were referred to us. You could see that what the shelter lacked was dental care. There was one man who only had twenty-five dollars with him when he fled New Orleans. He was pacing the streets of Beaumont, unsure of whether to use the money to buy food or gas, or see the dentist. He was exhausted both physically and mentally,

The experience after the storm also made an enormous impact on the development of Tzu Chi's Missions of Charity and Medicine in the United States.

and every hour, right on schedule, he suffered a sharp pain in his teeth. You can just imagine his suffering!"

As evacuees gradually left the shelters, Tzu Chi's care shifted to those

residents who had returned home to New Orleans. Many local hospitals and clinics were damaged in the storm, and many of the city's doctors had left to make a living elsewhere. Since many locals had no jobs to return to and could not afford health insurance, simply seeing the doctor became a major obstacle. From February 6 through 12, 2006, the New Orleans Health Department organized New Orleans Health Recovery Week in conjunction with Remote Area Medical (RAM), which prior to Katrina had only provided such clinics overseas. Participating organizations included Mission of Mercy, Louisiana nursing and dental schools, American Red Cross, Salvation Army, and others. TIMA also sent thirty-three medical and dental volunteers from locations including New York, Los Angeles, Northern California, and Seattle.

One year later, in April 2007, TIMA volunteers returned to New Orleans to serve a need that still had not subsided. Residents started lining up the night before the first day; by dawn the name list was already full. Alongside physical aches and pains, many could not cast off the nightmares that Katrina brought. Others had sunk into depression in the face of new economic pressures. To ease their suffering, Tzu Chi supported counseling services at FEMA's "Welcome Home Centers" in New Orleans for a full year beginning in March 2007.

The deep scars left by Hurricane Katrina led the World Meteorological Organization to retire the name from its list of hurricane names and pushed the federal government to



Tzu Chi volunteers from across the country serve at a Texas shelter. Photo courtesy of Rhythms Monthly

reconsider its approach to disaster mitigation. Many nongovernmental organizations (NGOs) that had previously only served in developing countries started to serve domestically as well due to the unprecedented need.

The experience after the storm also made an enormous impact on the development of Tzu Chi's Missions of Charity and Medicine in the United States. In 2006, Tzu Chi's national headquarters and all regional offices established emergency disaster response groups. Since then, whenever disaster strikes, Tzu Chi has the mechanisms in place to respond immediately. California wildfires in 2007, Midwest flooding in 2008, and similar widespread disasters quickly helped volunteers accumulate deep experience in disaster assessment and response. When an earthquake devastated Haiti in 2010, U.S. Tzu Chi volunteers not only carried out immediate relief distributions and medical clinics, but also rebuilt schools and inspired teams of local volunteers as Tzu Chi's disaster relief capacity matured.

By 2005, Tzu Chi had already been active in the United States for more than fifteen years, but had rarely had significant interactions with other major organizations. Because of this unfamiliarity, volunteers encountered countless difficulties in the first days after Hurricane Katrina. But they persevered and were ultimately accepted. Tzu Chi was recognized as a disaster relief organization in Houston and Dallas, allowing volunteers to be among the first to receive information on disaster conditions and giving Tzu Chi access to government public security services and survivor name lists for relief distributions. Thanks to these connections, Dallas Tzu Chi volunteers have been able to quickly extend a helping hand after ice storms, tornadoes, and more. In 2014, when the first U.S. Ebola case was confirmed in Dallas, Dallas County VOAD asked Tzu Chi for support, and volunteers provided daily necessities to those in quarantine after contact with the patient.

In 2006, Tzu Chi became a member of National VOAD. In 2013, Tzu Chi's post-Hurricane Sandy relief efforts led it to be nominated by FEMA as National VOAD's Member of the Year, an award it was presented during the annual convention. Collaborations with the American Red Cross in the aftermath of Katrina also led to a memorandum of understanding signed by both organizations in June 2008 to affirm that the two would fully collaborate in disaster mitigation, response, relief, and rebuilding.

As the U.S. sank into recession in 2008, the number of people unable to afford health insurance or medical fees drastically increased. Tzu Chi and RAM built on their experience holding free clinics together in New Orleans to begin four years of collaboration in 2009. In Northern California, they held eight-day-long free clinic events, serving over ten thousand patient encounters each time. Such fruitful collaboration both developed Tzu Chi's ability to hold major health clinics and greatly increased their number of partnerships. Tzu Chi volunteers now hold major multiday clinics throughout California each year, both as a primary organizer and as a supporting partner, including CareHarbor LA, Care for a Healthy I.E., and Healthy Fresno.

Cash relief (checks, gift cards, debit cards)	\$4 million+
White rice	35,000 pounds
Instant rice	150 boxes
Family medical kits	303
Mattresses & sheets	37 sets
Blankets	37
Microwave ovens	3
Can openers	10

Perhaps the greatest gift to volunteers in the aftermath of Katrina was the opportunity to see storm survivors who had lost everything pull themselves back up after the storm. For two years after Katrina, Northern California volunteers provided financial support to several evacuees who had settled locally, in order to ease their burdens as they sought employment. Three years later, one of these recipients, Kenneth, shared at a Tzu Chi gathering, "I have always told myself that I need to diligently move forward, otherwise I am letting down the Tzu Chi volunteers who have loved and cared for me." His hard work paid off, as he was finally rewarded with steady employment.

David, who resettled in Los Angeles, lost so much in the storm—his wife, his daughter, and his job. This devastating emotional blow also brought with it physical ailments that left him

unable to work. Buddhist Tzu Chi Free Clinic (now Buddhist Tzu Chi Medical Center) treated his illness and helped him regain his confidence. After finding steady work, he began employing his chef training to prepare Italian food for Tzu Chi volunteers on the second Tuesday of each month. He told them, "You have moved me so deeply. I can only cook these few things to express my gratitude."

Looking back at the path paved over ten years since Hurricane Katrina, Tzu Chi volunteers too are deeply moved and deeply grateful. 🌿

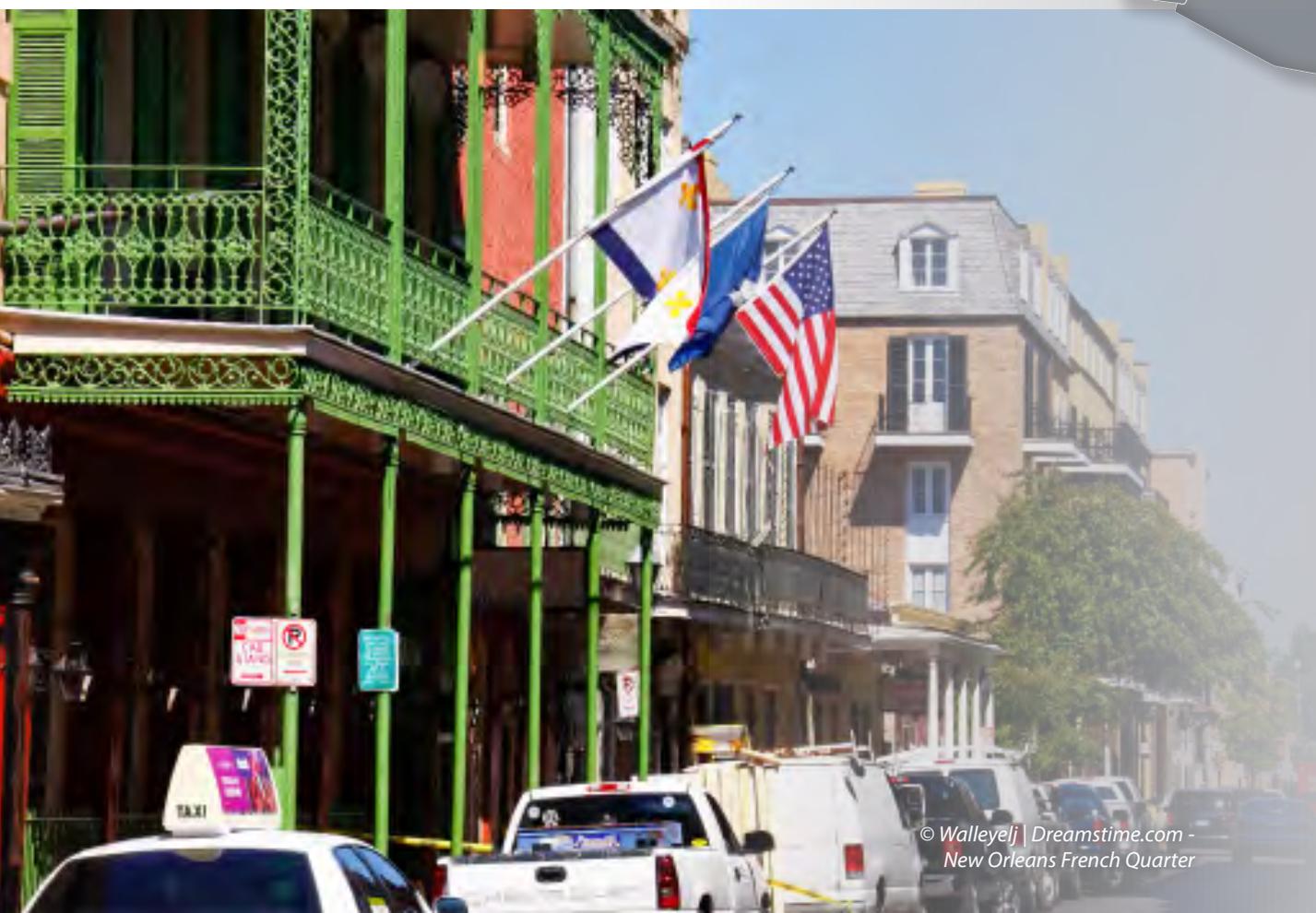


Photo: Allen Yeh

# Distributions & Clinics



- 8/29/2005 Hurricane Katrina makes landfall. As 53 levees are breached, 85% of New Orleans is flooded.
- 9/3/2005 Tzu Chi's fundraising drive begins. In total, 1,500 volunteers raise funds in 230 locations.
- 9/4/2005 - 2/9/2006 Volunteers serve 58,553 people at 73 locations in 15 states, distributing over \$4 million in relief cash, 35,000 pounds of rice, and more.
- 9/6/2005 - 10/23/2005 Tzu Chi Mobile Clinic hosts 13 medical outreaches for evacuees in Texas.
- 2/6/2006 - 2/11/2006 Tzu Chi International Medical Association (TIMA) holds a weeklong clinic in New Orleans.
- 1/28/2007 - 2/3/2007 TIMA holds a second weeklong clinic in New Orleans.



© Walleyelj | Dreamstime.com - New Orleans French Quarter



Photos provided by Tzu Chi Foundation



# Free Dentures *Lead* to Deep Friendship

*In the wake of the storm, a friendship was forged through service*



Shirley Tseng | Translated by Mei-li Hamilton

Mrs. Frave's home in New Orleans is filled with beautiful memories. Her husband bought it when they were married, and they raised their children there. Even after her husband passed away, she chose to remain. However, in 2005, her home was destroyed by Hurricane Katrina, just like the homes of so many others in New Orleans.

After eighty-year-old Mrs. Frave's home was destroyed, her Catholic church helped her move to Los Angeles, California, nearly two thousand miles away. Although she continued to receive help from her church, she didn't have a stable place to live for several months, which made

it hard for her to obtain medicine to control her blood sugar. Her diet suffered because she was eating too many sugar-rich, unhealthy foods in her unstable situation, and her health deteriorated dangerously.

Catholic Charities, an organization "working to reduce poverty in America," reached out on her behalf to more than a dozen social welfare agencies in search of medical treatment, but with no success. Finally, she arrived at Tzu Chi's free clinic, where the doctor gave her medication to get her blood sugar under control.

In addition to her blood sugar problem, Mrs. Frave needed a set of dentures; she was eating without teeth, which threatened her already delicate health. Normally, the clinic does not provide dentures because of the time and effort it takes to properly produce and fit them. However, dentist Shirley Chen took on Mrs. Frave's case and, over the course of six office visits, fitted her with free dentures.

Dr. Chen said, "She lives here alone, and although the church provides assistance, she has few friends to talk to. My colleague Huiping Wang and I spent a lot of time talking with Mrs. Frave during her visits. For doctors and dentists, treating patients is our job. However, just as important is for us to talk with our patients, comfort them, and make them feel at home. This combination of medicine and conversation leads to better results."

The day Mrs. Frave received her new dentures, she thanked the volunteers for this wonderful gift and then shared some great news: the city of New Orleans had approved her application to move into a new mobile home, and she would be returning there in just a few days.

Before Christmas 2006, her first holiday back home in New Orleans, Mrs. Frave mailed a Christmas card to the clinic to express her gratitude and best wishes to the Tzu Chi volunteers. She wrote, "I hope you have the chance to come to New Orleans and visit this old friend." After she read the card, volunteer Huiping Wang asked Allen Chuang, a Tzu Chi volunteer in New Orleans, to keep an eye on Mrs. Frave and make sure she was doing well.

When Tzu Chi International Medical

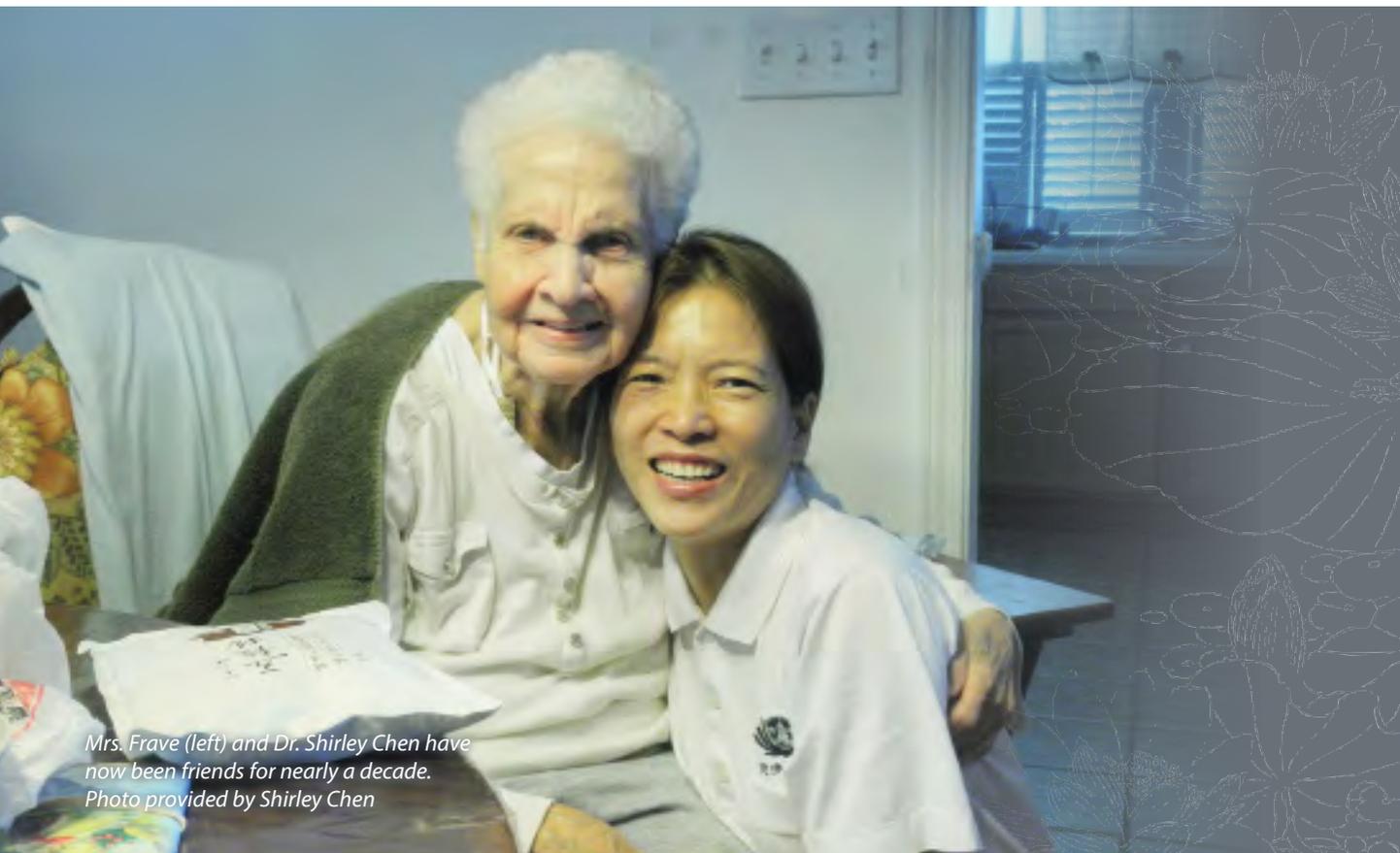
Association held a free clinic in New Orleans in February 2007—Tzu Chi's second consecutive year offering a free clinic—Dr. Chen and Huiping Wang served at the clinic and also brought Mrs. Frave's records with them. They were able to locate her mobile home and paid her a visit. When they arrived, a little nervous and excited, they were greeted warmly with the embrace of a tearful Mrs. Frave: "I thought I would never be able to see you again. I sent a Christmas card to the center with my thanks and blessings. It is such a wonderful surprise to see you!" Dr. Chen couldn't hold back her tears.

Mrs. Frave invited Dr. Chen to visit her damaged house. She explained, "My husband bought this house hoping that I would always have a shelter whether he was by my side or not. This house is filled with memories; this is where my children grew up and where my husband passed away." She pointed to the roof, which had been underwater for many days after Katrina. She said, sadly, "This will be hard to repair."

Although she was living in a mobile home for the indefinite future as repairs to her home would take a long time, she was comfortable with her life. Her children called on her every day and took care of her, and the visit from Tzu Chi made that day a bright and happy one.

Tzu Chi's clinic still receives a Christmas card from Mrs. Frave every year, and it's clear that she misses the Tzu Chi volunteers deeply. In the spring of 2013, Dr. Chen arranged a family vacation to New Orleans, and, of course, they visited their old friend, Mrs. Frave. She had moved into her "new" old house by then, and she was happy to be home.

*Treating patients is our job. However, just as important is for us to talk with our patients, comfort them, and make them feel at home.*



Mrs. Frave (left) and Dr. Shirley Chen have now been friends for nearly a decade. Photo provided by Shirley Chen

# Working Hand in Hand

*Through partnerships like those forged in National VOAD, we accomplish so much more together.*

Colin Legerton

Walking down Bourbon and Canal for the first time in 2015, I can hardly fathom the horror of ten years earlier. Scenes of desperation flood my mind—choppers hovering over the city as residents cling to roof-tile islands in the sea that was New Orleans. But these images seem no more a part of this place than of my own experience, simply flickers on a television screen long ago. The French Quarter today is vivid and vibrant—just as it was, just as it should be.

Across the canal in the Lower Ninth Ward, such images are not so remote. Newly-built, solar-paneled, elevated homes raise hopes that residents will not be flooded or powerless when the next disaster inevitably strikes. But beside the new and rebuilt homes sit others that still remain gutted ten years later, and the area is dotted with abandoned lots that have ceded to the trees, reclaimed by the wild. In the Upper Ninth, the colorful homes of the Musicians' Village stand strong and vibrant, but others nearby still bear the distinctive X of first responders. Many lessons were learned in 2005, but in 2015 more still remain.

Alone we can do so little;  
together we can do so much.

Recovery has not been complete, but it has been significant, and it could not have been at all without the dedicated service of millions of volunteers who served throughout the Gulf Coast in the days, weeks, months, and years after the storm. From May 11 to 14, 2015, many of these volunteers' organizations gathered together on Canal St. for the National Voluntary Organizations Active in Disaster (NVOAD) annual conference, an opportunity to remember survivors and victims of the storm that struck a decade before, and to share experiences and discuss strategies to respond better in the future while avoiding the mistakes of the past.

Two words resonated throughout the discussions of lessons to be learned: collaboration and preparation. Relief takes the collaborative efforts of many individuals and

*Even a decade later, this house still bears the mark of search and rescue. Top: Visited on 9/1/2005. Left: 1st Battalion of the 162nd Infantry, Oregon National Guard. Right: No Entry (Interpreted thanks to Louisiana State Museum) Photo: Jenda Yang*



*Left to right: New Orleans volunteer Allen Chuang, Dr. Chen's daughter, Mrs. Frave, Dr. Chen, and Dr. Chen's husband at Mrs. Frave's home in New Orleans in 2013. Photo provided by Shirley Chen*

While touring her house, Dr. Chen was surprised to find two tombstones in the backyard. Mrs. Frave explained that the government's financial help was minimal, and she didn't have much money to rebuild her house, but several college students and volunteers from the local church helped her rebuild. They worked on the foundation, rebuilt the floors and ceilings, and painted the walls. Bit by bit, her home was restored thanks to their hard work.

Two of the students tragically died in an accident after Mrs. Frave moved into her new home, and she agreed to bury their ashes in her backyard. She said, "These students helped me. I couldn't do anything when the accident happened, but I accepted them as members of my family."

From New Orleans to Los Angeles, from old home to new, Mrs. Frave suffered a great deal as a result of Katrina, but the hurricane also brought her new teeth, lifelong friends, and great blessings.



*From the ashes of a student volunteer, new life grows. Photo provided by Shirley Chen*

We are connected like one big family. Therefore, love each other during peaceful times and help each other when calamities strike.

Jing Si Aphorism by Dharma Master Cheng Yen



organizations, and it is infinitely more successful when adequate preparation eases the burden. The old saying is that an ounce of prevention is worth a pound of cure. A study cited in one presentation found the monetary equivalent: each dollar spent on mitigation is worth four dollars of relief.

The fact that collaboration was vital to Tzu Chi's Katrina response became abundantly clear during a dinner gathering held for reunion and remembrance. Representatives of Red Cross, NVOAD, and other partners gathered together with Tzu Chi volunteers and former aid recipients at Ho Shun restaurant, whose owners were recipients as well. Among the stories shared, Robin, a long-time first responder, reflected on her first visit back to the city that had made such a deep impact on her ten years earlier. On her tour bus earlier that day, she was overwhelmed with emotion remembering "how many hands I was able to touch" in the days after the storm, including some that would never touch again.

The restaurant's owner, Alice, recalled the forty fraught days of uncertainty she spent in Dallas, filled with anxiety about the state of her

restaurant, concerned about the challenge of rebuilding and the weeks that passed without income. She expressed her embarrassment at having to accept aid, and how that embarrassment was magnified by accepting such aid from an organization that was Buddhist when she herself was not. She took the aid because she truly needed it, and even ten years later was effusive in her gratitude.

When this same Buddhist organization held a brief Buddha Bathing Ceremony in the conference reflection room two days later, it shared a space with the Qur'an, the Torah, and the Gospels. Participants from various faiths joined in spirit with more than three hundred thousand kindred souls all around the world by taking a moment on Buddha Day to calm their minds, cleanse their hearts, and provide a shining example of the value of spiritual practice, and the power of interfaith collaboration. As former Mississippi Governor Haley Barbour expressed to all assembled later that morning, when faith-based groups come together to serve survivors of disaster, "their theologies may be different, but their spirit is the same."

Collaboration is not only for major projects, and preparation is not always intentional. During NVOAD's 2014 conference in Indianapolis, Tzu Chi Foundation Executive Vice President Debra Boudreaux happened to meet Jim Caesar, Campus Emergency Manager at University of California, Santa Barbara (UCSB). Just two weeks later, Jim found himself unexpectedly guiding the UCSB community through an unspeakable tragedy—the death of six UCSB students struck down by an assailant on May 23, 2014. As he and his team planned a memorial service for twenty-two thousand community members just four days after the loss, he received an unexpected call. "What do you need?" Debra asked. He

needed black ribbons for the mourners and had already exhausted all resources in Santa Barbara County. Tzu Chi delivered.

Sharing this story in one of the week's final sessions, Jim emphasized the need for organizations to support one another, and he stressed the value of connections you might never expect to need, but that will come through precisely when you do. In the end, he closed with the words of Helen Keller: "Alone we can do so little; together we can do so much."

*Please see Issue 39 for more on Tzu Chi's partnerships, Issues 38-39 for stories from Musicians' Village, and Issue 37 for Tzu Chi's recognition as NVOAD's 2013 Member of the Year.*



People of all faiths joined together for Buddha Day. Photo: Jenda Yang



In May 2015, FEMA and NVOAD signed an historic memorandum recognizing the vital impact that volunteers make in disaster relief. Photo: Steve Chiu



Tzu Chi and Red Cross wish a happy birthday to a Hurricane Katrina evacuee in Houston, Texas, in September 2005. Photo: Allen Yeh

## TZU CHI EMERGENCY CASH DEBIT CARDS



In the wake of disaster, survivors face a variety of immediate needs. In 2005, Tzu Chi developed debit cards to help meet these needs.

A decade later, volunteers continue to distribute these cards after disasters both big and small. The design has changed, but the cards remain "a gift of love from Tzu Chi."

# Did Climate Change Cause Katrina?

*The devastating effects of natural disasters are not just natural. We too are to blame.*

Colin Legerton

In the midst of a hurricane, dangers strike from all directions. Rain falls from above, winds gust from the sides, the sea surges from below. The impacts of a hurricane are complex and varied, and the causes are even more so. For a hurricane to form requires warm water, low pressure, and an existing weather disturbance. Whether the storm causes damage depends on if it makes landfall, how long it takes to dissipate, and whether it brings a powerful surge. Hurricane Katrina was a “perfect storm”—a convergence of these factors and many others, including socioeconomic disparities, insufficient defenses, and delayed responses.

The death, damage, and destruction caused by Katrina made a profound and permanent impact on the United States. It was the costliest natural disaster in U.S. history and the deadliest hurricane in nearly eighty years. Hundreds of thousands were displaced, and the region took years to recover. Katrina was the most destructive storm in the three hundred year history of a city that is brushed by hurricanes roughly once every four years and hit head on every thirteen.

But what caused Katrina to become so much more powerful and destructive than any of its predecessors? On August 29, 2005—the very day Katrina made landfall—Time Magazine speculated, “Is Global Warming Fueling Katrina?” Scholars





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In the record-breaking hurricane season of 2005, Hurricane Rita again devastated the Gulf Coast just three weeks after Katrina. Image credit: NASA

have been studying the question ever since, but the answer is proving to be no less complex than the interconnecting causes of any single hurricane. Attempting to explain why recent hurricanes have been noticeably increasing in frequency, intensity, and damage caused, their studies point to several contributing factors, including the following:

1) Natural variability: Tropical cyclones, including hurricanes, follow decades-long cycles, and part of the recent uptick is a natural peak following a lengthy trough.

2) Development: As the U.S. population grew rapidly during a period when hurricanes were relatively infrequent, coastal areas were developed extensively, putting many more lives and much more property at risk. Once hurricanes again began to strike more frequently, the cost in lives and property damage increased accordingly.

*Climate change sets the stage for more frequent, more powerful storms.*

3) Climate change: While the precise impact of long-term warming on any individual storm, including Katrina, is hard to pin down, scientists have employed a number of models and simulations to predict the impact on long-term trends. Several studies conclude that the total number of hurricanes will not significantly increase in the future, and may in fact slightly decrease, but that higher-intensity storms (Categories 4 and 5) will increase significantly both in absolute numbers and as a proportion of total storms. In fact, the authors of one study published by the National Academy of Sciences anticipate that storms of Katrina's magnitude will double in frequency within the twenty-first century.

Climate change is anticipated to have such a major impact for several key reasons. First, because warm water contributes to the development of hurricanes, as ocean temperatures increase, many areas will become

more susceptible to hurricanes. Second, as glaciers melt, sea levels rise. Higher sea levels mean higher storm surges and lower thresholds for flooding, which make each storm that much more hazardous for low-lying coastal communities. Finally, as climatic conditions steadily change in a complex ecosystem, effects become less predictable and preparations based on past experience become less effective.

All of these factors can be seen in Hurricane Katrina. A major reason why the damage was so extensive is that the storm surge overwhelmed levees assumed to be sufficient protection for the city. Katrina's twenty-seven-foot surge is a North American record, and Hurricane Sandy's thirteen-foot surge in 2012 was nearly as damaging in a region unaccustomed to hurricanes. According to a study published by the National Academy of Sciences in 2013, a storm surge the height of Katrina's only occurred once every ten to thirty years in the past. But with each global temperature increase of just one degree Celsius, such surges become two to seven times more likely.

These scientific studies of Hurricane Katrina's connection to climate change all point to the same conclusion: although the severity of each individual storm depends on many factors

and cannot be directly blamed on climate change, climate change sets the stage for more frequent, more powerful storms by exacerbating these factors. And for reasons both related to climate change (e.g., higher sea level and warmer water) and completely independent from it (e.g., increased development in low-lying coastal areas), these powerful storms are becoming more destructive than ever before.

A 2013 study that looked at more than four thousand peer-reviewed articles published between 1991 and 2011 found that more than 97 percent of those studies supported the theory that human activity contributes to climate change, while less than 2 percent refuted this widely-accepted theory. Clearly, the overwhelming majority of scientists agree that the climate is changing due to human actions. In turn, they are finding that such changes lead to more intense storms. In effect, we are bringing these disasters on ourselves. But just as we are part of the cause, so too can we be part of the cure. 🌱

To have a pure heart, we need to protect both our inner and outer environment. Cherish the resources on our planet and take good care of the resources in our own life.

Jing Si Aphorism by Dharma Master Cheng Yen

# Delivering Love to Nepal Earthquake Survivors

First to arrive and last to leave, Tzu Chi volunteers serve in Nepal with compassion and love.

Tzu Chi Foundation

When a 7.8-magnitude earthquake struck Nepal on April 25, 2015, more than eight thousand people were killed, twenty thousand more were injured, and countless homes and historic relics toppled to the ground. Tzu Chi volunteers were already familiar with the country after building eighteen hundred homes for flood victims in 1995, and they moved quickly to provide relief again. Under the leadership of Taichung Tzu Chi General Hospital Superintendent Sou-hsin Chen, the first relief group departed for the disaster area on April 27 to distribute goods and provide medical care mere days after the quake.

As of June 9, 2015, eight volunteer teams have already served in the country—a total of 240 volunteers from nine countries. They have already provided 68,390 people with relief goods—including dehydrated rice, lentils, oil, and sugar—given medical aid to 9,238 patients, delivered 3,352 pounds of medical supplies, and erected tent shelters for 5,500 people. These efforts have been supported by donation drives in thirty-four countries spread across six continents. Tzu Chi volunteers will continue to support Nepal through mid- and long-term relief efforts as long as there is a need.



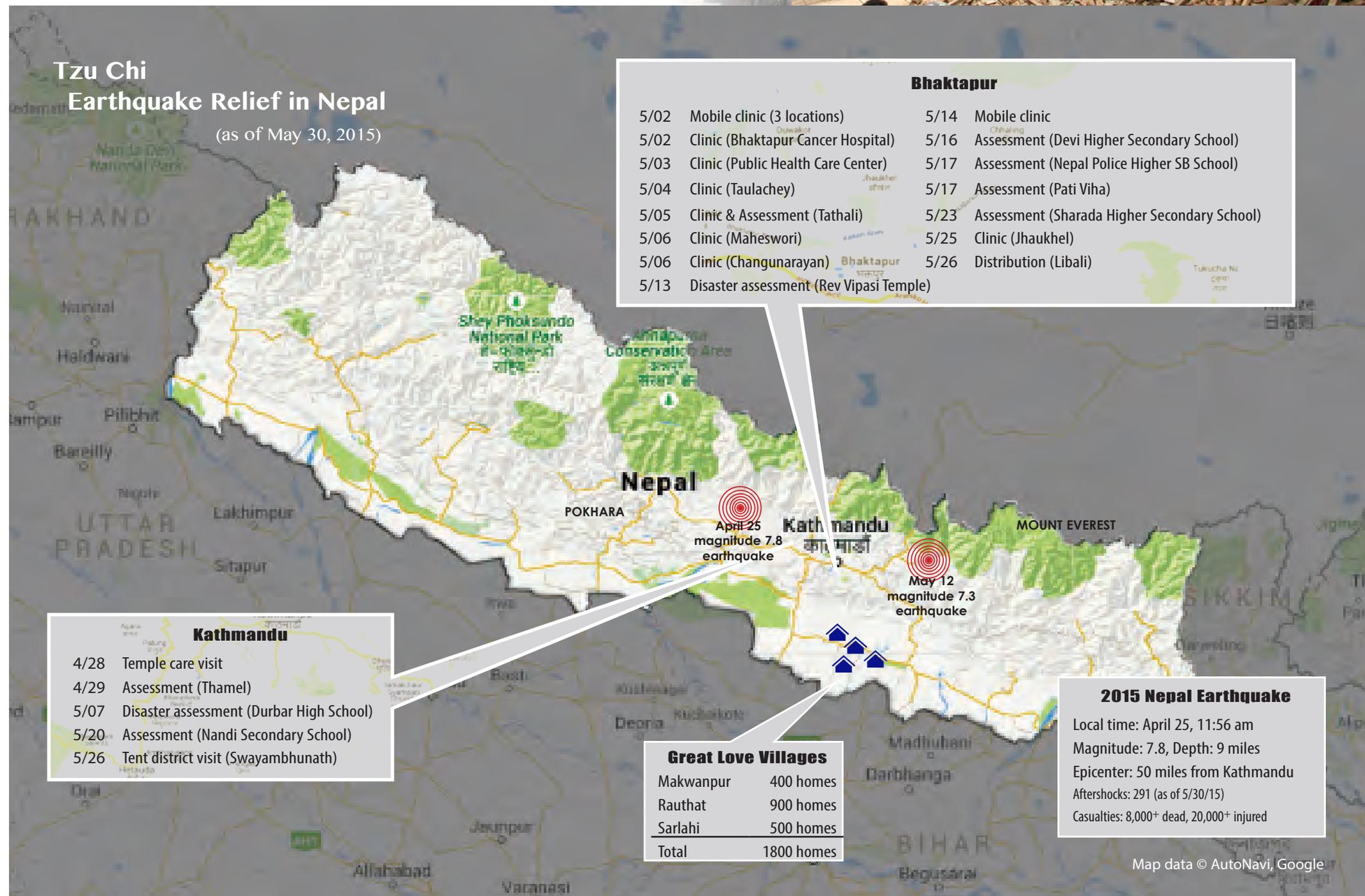
An earthquake survivor awaits Tzu Chi's distribution.



Nepal

Disaster Relief around the World

Many historic cultural sites were leveled in the quake.





Through a partnership with the military, Tzu Chi Indonesia was able to reach Nepal quickly with volunteers and relief goods. Photo: Yanlong Lin



All photos provided by Tzu Chi Foundation



On May 18, 2015, volunteers visited one of the Great Love Villages built twenty years earlier and found that all the homes stood firm through the earthquake and aftershocks. Photo: Qingwen Zhang



Volunteers provide medical care to earthquake survivors. Photo: Luca Ye



Disaster Relief around the World

# A Benevolent Partnership to End Ebola in Sierra Leone

In March 2015, Tzu Chi delivered hope to Ebola-stricken West Africa.

Stephen Fomba

The West Africa Ebola outbreak that began in late 2013 has already killed over eleven thousand people in the three most affected countries: Guinea, Liberia, and Sierra Leone. The unprecedented tragedy has not only claimed thousands of lives, it has also left thousands of children without parents. As a communicable disease transmitted easily via bodily fluids, Ebola has wiped out entire families who shared the same home or provided care for one another.

*Ebola may have devastated the people of Sierra Leone, but Tzu Chi restored hope.*

Ebola victims, providing in-home care instead of contacting health personnel, and relying on traditional healers over modern medicine have all accelerated the spread of the disease.

To help end Ebola and restore hope to the people of West Africa, Buddhist Tzu Chi Foundation, through the compassion of Master Cheng Yen, decided to provide much needed relief to the region, focusing on Sierra Leone, which has had the most Ebola cases of any country.

As a native Sierra Leonean, I was thrilled when Tzu Chi USA Executive Vice President Debra Boudreaux recruited me to serve. It has been

According to the World Health Organization, the West Africa Ebola outbreak is the deadliest and most difficult to contain since the first known outbreak in 1976. Although research is still being conducted to find out how the outbreak started, WHO has reported that the deadly hemorrhagic fever was transmitted from animals to humans in West Africa, and then passed on from human to human.

Over eleven thousand people have died because of dysfunctional healthcare systems; the inability to trace, identify, isolate, and treat suspected and infected cases; limited knowledge of the disease and how to treat infected patients; lack of a cure; widespread poverty; and lack of education. Widespread corruption has hindered regional cooperation with governments and nongovernmental organizations, while undermining public trust. Cultural practices such as bathing corpses of



One of Sierra Leone's major papers highlights the partners in relief.

my lifelong dream to serve my people through a nonprofit organization that understands the suffering of the poor and sick and has the compassion to help with tangible relief. Never in a million years did I imagine I would have the opportunity to return home from the United States carrying donations and hope to benefit thousands.

I first encountered Tzu Chi in 2013 through the San Gabriel Valley Consortium on Homelessness, where I worked as a program manager. Learning in late 2014 of Tzu Chi's interest in helping my people recover from Ebola, I quickly committed to volunteering, to learning Master Cheng Yen's vision, and to working to expand Tzu Chi's mission of caring to West Africa. I contacted Dr. Kandeh K. Yumkella—fellow Sierra Leonean, United Nations Under-Secretary-General, and CEO of the Sustainable Energy for All Initiative—and informed him of Tzu Chi's plan for Sierra Leone. Dr. Yumkella strongly recommended a partnership with the Healey International Relief Foundation (HIRF) and Caritas Freetown, two organizations that provide much needed medical and material support throughout Sierra Leone.

In order to better understand Tzu Chi and prepare myself to effectively distribute donations in Sierra Leone, I visited Haiti in January 2015 alongside several other Tzu Chi volunteers. It was a memorable experience to

visit a country that seemed to have the same social challenges as Sierra Leone, and I was inspired by everything Tzu Chi has done in Haiti. In March 2015, I traveled to Hualien to meet Master Cheng Yen. Every moment of the experience changed my life for the better.

My trip to Sierra Leone was my first in over seven years—my third return since the brutal civil war forced me out of my home village. I migrated to California with my grandmother in 1996 after first seeking refuge in neighboring Guinea and then in our capital city, Freetown. When I first returned home in 2006 and 2007, my feelings were a mix of joy and sadness, but this time happiness consumed me, even though I mourned. Ebola not only devastated my country, but also directly struck my family. My uncle was infected when he gave first aid to a motorbike accident victim. He did not know that the bleeding victim was infected, and he too became infected and died. The relatives who cared for my uncle were also infected, and the disease spread throughout my mother's village. In total, twelve of my relatives were infected with Ebola. Seven died.

As I returned, I was happy in the midst of sorrow because of the relief that Tzu Chi was contributing. When HIRF Executive Director Benjamin Parra and I arrived in Freetown, we were warmly welcomed by Caritas Freetown Executive Director Father Peter Konteh and



Together with HIRF and Caritas Freetown, Tzu Chi served the people of Sierra Leone. Photo provided by Stephen Fomba

staff, who took great care of us throughout our stay. With their help, Tzu Chi contributed a total of 1,512 multifunction portable beds, 2,094 blankets, 15,700 kilograms of instant rice meals, and 667 covered bowls with spoons. The distribution was well organized by the Caritas Freetown and HIRF staffs, and the community volunteers did very well in their endeavors. After inspecting donations and figuring out the logistics, we started our long distribution week with a press conference. The press conference was attended by fifteen journalists, representing newspapers, radio, and television. I seized the moment to inform Sierra Leoneans of Master Cheng Yen and Buddhist Tzu Chi Foundation. The press coverage for the press conference and every distribution thereafter was remarkable.

We successfully distributed donations to amputees and their families, Ebola orphans, government hospitals and clinics, the Ministry of Social Welfare, Gender, and Children Affairs (SWGCA), the National Ebola Response Center (NERC), and nonprofit clinics. We were also

fortunate to meet with the Honorable Deputy Minister of SWGCA, Mustapha B. Atilla, to discuss how Tzu Chi could help the government care for Ebola orphans, as SWGCA is leading the initiative to identify and find homes for them. Mr. Atilla is a renowned musician and social activist in Sierra Leone (we once worked together on music in Maryland), and although he has been blind since birth, his physical defect has never stopped him from serving his people.

In order to help Sierra Leone improve its healthcare, we contributed 1,095 beds and 1,200 blankets to fourteen government hospitals and one government clinic. All the hospital superintendents who received the donations thanked us and assured us that every donation would be used for the patients. As we visited one government hospital after another, we quickly learned how severely Ebola had affected them, as their equipment was taken away to Ebola treatment and holding centers and all health resources were redirected to the Ebola fight. In addition, eight nonprofit health



Healey, Caritas, and Tzu Chi celebrate the forming of their partnership in Hualien. Photo courtesy of Da Ai TV

facilities received donations of 186 beds, 372 blankets, and 372 bowls and spoons.

Tzu Chi donations also went to serve the amputees of Newton, who had suffered gruesome amputations at the hands of rebels during the 1991-2002 Sierra Leone Civil War, which left over fifty thousand people dead. The rebels chopped off hands and legs of thousands of unfortunate people as a scare tactic and political message to keep people from participating in politics, especially from voting. Victims were asked to choose "long sleeve" (amputation at the wrist) or "short sleeve" (amputation at the elbow). While many victims lost one arm or leg, some lost both hands or both legs. Though the war ended in 2002, war amputees still experience tremendous difficulty in completing basic daily activities. We supplied 20 beds, 40 blankets, 100 bowls and spoons, and 5,000 kilograms of instant rice meals to the amputee community, enough to feed 100 amputees for three months.

We also brought relief to some of the thousands of orphans who lost their parents and relatives to the deadly virus. It was unbearably sad to see children as young as two years old without parents, hope, or understanding of how quickly their lives had changed. Some had no shoes, while some had only one outfit to wear. Despite all this suffering, they sang songs and even danced to welcome us. We distributed 195 beds, 400 blankets, 195 bowls and spoons, and 10,000 kilograms of instant rice meals to feed over 200 orphans for three months, and we also delivered a message of hope and courage to these parentless children. As we left each home, the children waved goodbye and asked us to return soon.

In all, our distribution in Sierra Leone was very successful. The Tzu Chi flag flew high and proud in Sierra Leone, making my country the ninety-first to receive compassionate relief from Master Cheng Yen and Tzu Chi volunteers. Ebola may

have devastated the people of Sierra Leone, but Tzu Chi restored hope to many people by supporting government hospitals, nonprofit clinics, amputees, and orphans. As I waved goodbye to my country and its beautiful people and returned to California, I was confident that Tzu Chi had made an historic impact in a country that is running out of hope. Our partners, HIRF and Caritas Freetown, were exceptional in coordinating the successful distributions. Our new collaborative network in Sierra Leone is truly a benevolent partnership that has not only made significant contributions to end Ebola, but will change the lives of many Sierra Leoneans for the better. I look forward to my return to Sierra Leone to serve more people. 🌿



The author (right) shows off Tzu Chi's eco-friendly blanket and multi-purpose beds. Photo provided by Stephen Fomba



Beneficiary	No.	Beds	Blankets	Bowls & spoons	Rice (kg)
Amputee Community	1	20	40	100	5,000
Government Hospitals	15	1,095	1,200	0	0
NERC – Ebola Center	1	16	32	0	500
Nonprofit Clinics	8	186	372	372	0
Orphanages	4	195	400	195	10,000
Ministry of SWGCA	1	0	50	0	200
<b>TOTAL</b>	<b>30</b>	<b>1,512</b>	<b>2,094</b>	<b>667</b>	<b>15,700</b>



Photos provided by Stephen Fomba



Buddhist Tzu Chi Foundation

www.tzuchi.us

## The 80/20 Lifestyle

**Be healthy: Reduce your meal portions to 80%**

**Be generous: Use your 20% savings to help the poor**

Improve your health by reducing meal portions to 80% of your normal consumption. With the 20% you save on food, you can help the needy.



# Tacloban Rises Again

Speech delivered during Tzu Chi's 2015 New Year Blessing Ceremony.

Harry del Pilar

Hello, everyone. My name is Harry del Pilar. It is an honor to be here with all of you to celebrate this memorable event.

I'm sure many of you are wondering who I am and why I'm here. Last month, my wife and I visited the Tzu Chi clinic in Alhambra for her medical checkup. While in the waiting area, I was wondering whether the clinic was affiliated with the Tzu Chi Foundation that has been giving material aid and clinical and surgical assistance to the poor and needy in the Philippines, and especially to the victims of Typhoon Yolanda (Haiyan). When I asked the receptionist, I was happy to know that it is the same organization, and I gladly accepted her invitation to be here today.

As we all know, Typhoon Yolanda devastated my hometown in the Philippines, killing thousands of people and leaving half a million or more homeless. It was a very sad day for everyone. The whole world mourns for all the lives lost and for the survivors who have lost everything they had.

As I recall watching the news after the storm, my fears and worries grew each day for my family and friends. We could not contact them by phone or any other means of communication. We felt helpless and the only thing we could do was pray.

After a few days, it was a relief to know that my immediate family members were all alive, though still facing the terrible aftermath brought by Yolanda. They told me that the roadways were not clear, as they were piled up with debris. There was no clean water to drink and not enough food. It was even hard to send money to help them since all money remittance centers were closed for business. When I was finally able to speak to my family, I learned about the Tzu Chi Foundation. You were the first among the many organizations that helped and shared your true heart with the victims.

*Tzu Chi's work inspires all of us to be kind and selfless to others, too.*



The author delivers his speech in El Monte, California, on February 15, 2015. Photo: Fon Yuen Lin

As the people started to rebuild their lives, there was so much work to be done. They needed to go back to work, start earning money, and go on living. One day I called my friend to ask how things were. He said, "It's a lot better now." He told me that he was making five hundred pesos (about eleven dollars) a day cleaning streets. When I asked him how that was possible, he said that it was through the Tzu Chi Foundation, which had implemented a Cash-for-Relief program that not only helped them make money, but also helped make Tacloban and other communities a lot cleaner.

We can only imagine the dirt and piles of debris brought by Typhoon Yolanda. Yes, the program made a big difference to all the beneficiaries who received Tzu Chi's assistance!

It is a great privilege for me to speak today on behalf of my friends and family, as well as all of the Filipino people who have benefited from Tzu Chi's selfless and sacrificing deeds!

That is why I am here today to express my deep gratitude. No words can express my many thanks to the organization and to all volunteers who make a difference in the lives of many

people. Your sincere kindness and compassion keep hopes alive and uplift people's spirits so they can survive even in the darkest and worst conditions.

Tzu Chi's work inspires all of us to be kind and selfless to others, too.

Henry Wadsworth Longfellow said, "The life of man consists not in seeing visions, and in dreaming dreams, but in active charity and willing service." And that is what Tzu Chi volunteers do. I salute your compassion and willingness to serve others. May you continue

to provide generous support to all, and may all of you who unselfishly provide your time and effort continue to support the local and worldwide programs. Thank you! Thank you!



In the weeks and months after Typhoon Haiyan, Tzu Chi provided relief distributions, medical care, and a Cash-for-Relief project that cleaned the disaster area. Photos provided by Tzu Chi Philippines

# Dealing with Dementia

The right attitude and knowledge can improve quality of life for both patient and caregiver.

Liyu You / Hualien Tzu Chi General Hospital

The Japanese film *Pecoross' Mother and Her Days* tells the story of a man and his mother who is suffering from dementia. She is gradually forgetting everything around her, which turns her son's life upside down. When she wanders away one day, her son realizes that he cannot continue to both work and take care of her. He struggles with the idea, but eventually decides to move her into a nursing home. Facing his mother's dementia, his emotions flow from anger at himself to hopelessness for his mother, and finally, thanks to others' support, gradually to acceptance.

Senile dementia can develop in elderly individuals who are otherwise healthy. As dementia is a gradual process, it may first consist of only short-term memory loss, but gradually cognitive function becomes impaired and the individual may lose the ability to take care of him or herself. Patients may also experience changes in behavior. Caring for a dementia patient is different than caring for

What's most important is to maintain daily functionality to improve quality of life.

other elderly individuals, and dementia cannot be cured. What's most important is to maintain daily functionality to improve quality of life.

## Things to Remember:

1. The caregiver must first take good care of him or herself. Carefully schedule the entire day, including time set aside for rest, to avoid feeling pressured by time.
2. Help increase the patient's abilities and independence. Let the patient do what he or she is able. Only step in when the patient is unable to complete a task.
3. Recognize that the patient may have decreased cognitive functions. Anger, frustration, and sadness are all natural emotional responses for the caregiver to feel.

Primary obstacles to communication include short-term memory loss, difficulty paying attention, and decreased ability to think and reason. Those in caring roles should recognize and adapt to these difficulties. Talking about the past is advisable as a way of nurturing the patient's memory.

## Daily Skills

**Eating:** Patients suffering from dementia may often forget mealtimes and have difficulty remembering whether they have already eaten, which can lead to malnutrition. Patients may also forget to drink water, leading to electrolyte imbalances or urinary tract infections. Patients given to wandering may fail to take in sufficient calories. For these reasons, caregivers should record daily food and water intake, ideally in quantifiable amounts.

**Oral hygiene:** Some patients may forget how to brush their teeth and thus be unable to care for their own oral hygiene. Caregivers should not complete these actions for them, but rather

gently remind them of the steps one by one.

**Bathroom:** Caregivers should help develop steady bathroom schedules and record bathroom usage daily. Fibrous foods should be provided.

**Bathing:** First, help find a comfortable water temperature for the patient. I recommend that a familiar or experienced caregiver should accompany and help the patient bathe, but it is important that the patient be allowed to do what he or she is able. Only when the patient is unable to complete a task should the caregiver provide assistance.

**Sleep:** The patient should engage in regular exercise during the day, and a set time should be established for sleeping at night. Daytime napping should be avoided. Limit fluids after dinner to avoid nighttime urination. If the patient has difficulty sleeping, medication can be provided.

**Environment:** (1) Falling—Do not casually change room furnishings or allow items to pile up. The bathroom environment should be kept clean. If necessary, railings and non-slip flooring can be installed. (2) Environment—Store dangerous items safely. Do not keep expired foods in the refrigerator as they may be accidentally eaten. Pay special attention to potentially hazardous objects in the home, including oven, water heater, lighters, knives, scissors, and so on. Medications should be carefully organized by when they will be taken to avoid taking the wrong medication or dosage. (3) Getting lost—Locks can be added to the front door to prevent the patient from mistakenly walking out and getting lost. The patient should always have company when venturing outside. The patient can also be given an identification card or bracelet if necessary. In addition, neighbors and the local police station may be given the patient's photograph in advance, just in case.

## Dealing with Difficult Behaviors

**Sundown syndrome:** When patients become confused and agitated, you may need to remind

them where they are and what has happened. Increasing light during the day and decreasing it at night may help reduce these symptoms.

**Wandering:** When dementia patients become confused, sometimes they may wander. Help the patient stick to a regulated daily schedule and make sure the patient always carries an identification card, bracelet, or clothing tag with name, address, and phone number.

**Memory loss:** The caregiver should help nurture the dementia patient's memory. The patient's room should have a clock with large markings, as well as large photos of family members. Frequently remind the patient who is who. Mark the external door clearly with a special color. Keep frequently used items in designated locations and remember not to move them casually.

**Suspicion:** Many dementia patients often say that they have lost items. Do not argue with them. First, distract focus to something else until anger subsides, and then look for the item together.

**Agitation:** When the dementia patient is in a bad mood, do not directly confront him or her. If you try to restrain the patient, the situation might become more out of control. The caregiver should first control his own emotions and then coolly and calmly address the situation. Turning the patient's attention to something else may help to leave behind the situation that caused the anger.

At the end of *Pecoross' Mother and Her Days*, the man tells his mother, "It doesn't matter if you don't remember me. As long as you're happy, it's OK." If the caregiver can let go, accept that dementia is a natural change brought by old age, and focus instead on how to improve quality of life, I believe this will be a win-win for both patient and caregiver. 🌿

Filial piety is making our parents happy and giving them peace of mind.

Jing Si Aphorism by Dharma Master Cheng Yen





# My Rookie Year as a Character Education Volunteer

A volunteer in Tzu Chi's Character Education Program reflects on the experience.

Tony Koo

Not long ago, my wife and I retired after more than thirty years of nine-to-five corporate jobs (which more often seemed like five-to-nine, as my wife points out). Though we had no problems filling our retirement days with leisure activities, we were both looking to do something more meaningful. A friend suggested that we volunteer with Tzu Chi's Character Education Program, and after a brief introduction we signed on. Now, nearly one year later, we would like to share some thoughts from our rookie experience.

*We also learned to celebrate the small victories, like being greeted with "Good morning, Mr. Tony" on campus.*

Looking back, we raised our family in a somewhat sheltered community where many of the tenets of character education—compassion, thankfulness, responsibility, and so on—were taken for granted. After joining Tzu Chi's program, we had the sobering realization that in many other communities these values are not emphasized in the home and are certainly not a part of the school curriculum. Tzu Chi's Character Education Program fills this void.

Now we wish we had known about the program sooner so that we could have been involved even earlier.

Through our involvement, we grew to truly appreciate the tremendous amount of work that goes on behind the scenes to make the program a success. From meticulously prepared lesson plans and boxes full of class materials to constant coordination with teachers and administration, the dedicated staff and experienced volunteers of the Character Education Program made the classes much less intimidating for us newcomers.

We also learned to celebrate the small victories, like being greeted with "Good morning, Mr. Tony" on campus. During my time at the public elementary schools that Tzu Chi serves, I have seen disruptive, disinterested kids turn into engaged, attentive students. After the lesson on compassion, for instance, one student even asked his parents if they could buy a meal for a homeless person. These are the small victories that will keep us coming back.

My wife and I have had a lively discussion on whether it is best to focus character education on younger grades when the students are more impressionable or on higher grades

to provide a final reminder before the students head off to middle school. We have not been able to decide which is more important, but we both agree that doing both is best. We know there are hurdles to overcome in order to expand the program from its current scope—especially recruiting more volunteers who can serve during weekday school hours—but we both hope that the program will expand to more classes, and we will definitely be there. 🌱

Teach with propriety, educate with virtue,  
instruct with the truth, and guide with principles.

Jing Si Aphorism by Dharma Master Cheng Yen



The author (left) mentors a first grader at Ekstrand Elementary in San Dimas. Photo: Beth Koo



The author's wife, Beth, helps Lytle Creek students prepare a group presentation. Photo: Sophia Chen

# A Delicious Way to Prepare for Disaster



# Jing Si Instant Rice

A Healthy, Delicious, Nutritious Alternative

Have you ever thought about the hours and days after a natural disaster? When there's no electricity or gas at home, how will you feed your family? Jing Si Instant Rice cooks in cold or room temperature water in 50 minutes, or just 20 minutes in hot water. On any day, you can use it as a base for delicious meals. When disaster strikes, you can keep your family fed, or donate it to a neighbor in even greater need. One bag of rice, so many possibilities.



Sushi



Spring Rolls



### Instant meal by simply adding water (hot or cold)

Transform Jing Si Instant Rice into many delicious dishes without cooking



- 1. Pour 120 cc of boiling water into a bowl.
- 2. Add the seasoning powder and stir.
- 3. Add content of the vegetable pack and dried rice, stir and mix well.
- 4. Cover the bowl and wait for 20 minutes (50 minutes if using cold water). It is ready to eat.



If we can reduce our desires, there is nothing really worth getting upset about.  
Jing Si Aphorism by Dharma Master Cheng Yen



Tzu Chi volunteers are active in fifty countries and regions worldwide, and have delivered relief in more than ninety countries across the globe. With Tzu Chi volunteers widely spread across every continent and time zone, there is always a volunteer somewhere serving with respect, gratitude, and love.



After Typhoon Haiyan devastated Leyte Province in the Philippines in November 2013, Tzu Chi volunteers were immediately on the scene providing compassionate relief. After immediate relief efforts concluded, Tzu Chi volunteers remained to provide long-term care, including temporary homes that give safe shelter to residents of Palo. Here, residents farm on February 13, 2015, near the homes that Tzu Chi provided. Photo: Xiaozhe Huang



▲ On March 7, 2015, Tzu Chi volunteers traveled to Cotia, on the outskirts of São Paulo, Brazil, to provide loving care and eyeglasses to impoverished locals. Photo: Shuhua Chen



▲ Tzu Chi Indonesia supported the construction of a local kindergarten in Jakarta so that children can learn safely with their minds at ease. During the opening ceremony on March 10, 2015, soldiers and students brought their bamboo banks "back home" to share their donations to help others. Photo: Metta Wulandari

▶ On March 1, 2015, Tzu Chi volunteers held a free medical clinic event in Bangkok, Thailand, to serve international refugees fleeing difficult situations in several different countries. Photo: Lek



▲ Lee Sih Chong Soo association organized the Penangites' Chinese New Year Celebration 2015 in Penang, Malaysia, on February 27 and 28. Tzu Chi volunteers were invited to attend and share Tzu Chi's humanistic culture with attendees. Photo: Rongli Hong



▲ On February 24, 2015, Tzu Chi volunteers visited Hogar Santa Teresa Jornet in Buenos Aires, Argentina, to share a warm and happy afternoon with the elderly residents. Here, a volunteer lovingly cuts a resident's hair. Photo: Guiman Zhong



◀ On February 14, 2015, Tzu Chi volunteers went out on the streets of London, England, to provide warmth and care to homeless individuals sleeping out in the cold. Photo provided by Tzu Chi United Kingdom Service Center

▶ On April 3, 2015, Tzu Chi volunteers visited Wadi Abdoun in Amman, Jordan, to distribute daily necessities to the local Bedouin community. Photo: Chiou Hwa Chen



Tzu Chi Singapore hosted medical professionals from eleven countries at the Tzu Chi International Medical Association (TIMA) Conference from March 6 to 8, 2015. Following the theme, "Towards Humanistic Medicine," participants discussed humanistic practices in the healthcare industry. Photo: Zheyang Huang



On February 8, 2015, Tzu Chi volunteers held a scholarship presentation and school supplies distribution in the town of Di An, just outside Ho Chi Minh City, Vietnam, in order to support underprivileged local students in their studies. Photo: Yung Chung Chiu



▲ Tzu Ching collegiate volunteers from Auckland, New Zealand, delivered joy and blessings to the elderly residents of Bucklands Beach Rest Home on March 28, 2015. Photo: Oscar Chu



▲ Tzu Chi volunteers from Melbourne, Australia, held a free dental clinic at North Richmond Community Health on April 11, 2015, in order to serve refugees and local low-income seniors. Photo: Yueyun Cao

# Kung Pao Tofu

Recipe provided by Vegetarian Cooking Team / Tzu Chi University Continuing Education Center  
Instructor: Jimmy Chiu

## Ingredients

- 1 14 oz. box firm tofu
- 6-10 pieces dried chili pepper
- 1/4 cup celery
- 1/4 cup each red & green bell peppers
- 1/4 cup water chestnuts
- 1/4 cup chopped roasted peanuts
- 1/2 tsp sesame oil
- Cornstarch
- Optional ginger, bamboo shoots

## Kung Pao Seasoning

- 1 tbsp soy sauce
- 1/2 tbsp dark soy sauce
- 1 tsp vegetarian oyster sauce
- 1/2 tsp ketchup
- 1/8 tsp mushroom essence
- 1 tbsp sugar
- 1 tbsp vinegar

**Serves 4-6**

## Directions

1. Remove tofu from package, drain water, and pat dry. Cut tofu, celery, bell peppers, and water chestnuts into cubes. Cut chili peppers diagonally. Mince the ginger.
2. In a bowl or plate, evenly coat tofu cubes with cornstarch.
3. Heat cooking oil in pan. When hot, add tofu. Cook until tofu is golden brown, then remove tofu from pan and drain oil.
4. Bring a pot of water to boil. Add in celery, bell peppers, bamboo shoots, and water chestnuts. As soon as pot returns to boil, remove from heat, drain, and set aside.
5. Put Kung Pao Seasoning ingredients together in a large bowl. Mix thoroughly, then set aside.
6. Add a dash of oil to a pan. Sauté the minced ginger and dried chili peppers until the peppers turn dark red.
7. Pour in Kung Pao Seasoning and bring to boil. Add celery, bell peppers, bamboo shoots, water chestnuts, and tofu. Stir well until the sauce evenly coats the ingredients.
8. Dissolve 1 tbsp cornstarch in water. Slowly add mixture and stir until sauce reaches desired consistency. Turn off heat.
9. Sprinkle peanuts and sesame oil on top before serving. Enjoy!



Photo: Steven Chiu

# Teaching By Example

Dharma Master Cheng Yen

Translated by the Dharma as Water Editorial Team

[This sutra] enables those who are miserly and greedy  
to give rise to a mind of giving;  
it enables those who are arrogant  
to give rise to a mind of upholding precepts.

—Sutra of Infinite Meanings

Storytelling by the Master



In the society of the Buddha's lifetime, there was a great disparity between the rich and poor. Those who were rich were extremely wealthy, while those who were poor were very poor. There was a Brahmin who was intelligent and meticulous, and whose wealth rivaled that of some kingdoms. His whole life, he had greatly detested people who begged instead of working hard to make a living. He thought that poor people were impoverished because they were unwilling to work to earn a living. He also did not respect the monastics who went out to ask for alms. One of the Buddha's disciples, Sariputra, who was considered the foremost in wisdom, often heard people talking about this Brahmin's habits, and he felt he had to transform him and help him develop wisdom.

One day, the Brahmin went out to collect rent with his servants. On his route, he stopped to rest and prepared to take a meal. At that moment, Sariputra appeared before him, holding his empty alms bowl with both hands. This Brahmin was very displeased when he saw Sariputra. At first he thought of hurling insults at the monk, but he changed

his mind and simply did not speak. He just ate his meal and pretended not to see him, hoping that Sariputra would leave. But Sariputra did not move.

After the Brahmin finished his meal, his servants placed a basin of water in front of him for him to wash his hands and rinse his mouth. Afterwards, he took that basin of dirty water, poured it into Sariputra's bowl, and said, "This is what I sincerely want to give you." Unexpectedly, Sariputra did not get angry, but smiled and blessed him, "I hope your sincere giving today will bring you infinite blessings in your future lives." After Sariputra spoke, he turned and left.

As the Brahmin watched Sariputra leave in a dignified manner, he thought of how Sariputra was unaffected by the insult and calmly gave his blessings. He worried that his reputation would be damaged because so many of his servants had witnessed this event, so he quickly sent servants after the monk, hoping to invite Sariputra to his home so he could apologize face to face.

Sariputra walked lightly and swiftly, and he quickly returned to the abode. As soon

as he returned to the abode, he combined the bowl of dirty water with sand and soil and used it to even out the path the Buddha would walk every day. The Buddha saw him doing this and asked Sariputra, "What are you doing?" Sariputra truthfully described what he experienced when asking for alms from the Brahmin and said, "I hope this Brahmin can change his miserly ways and eliminate his arrogance so he can benefit others and receive blessings."

Hearing this, the Buddha praised Sariputra's ability to interact with people with impartial wisdom and generously give the Dharma to all. The Brahmin's servants arrived just in time to see what Sariputra had done after returning to the abode, and they heard his conversation with the Buddha. They were deeply touched and promptly went home to tell the Brahmin exactly what they had seen and heard.

After the Brahmin heard what had happened, a sense of remorse arose in him. He quickly prepared many offerings and went to the Buddha's abode to reverently pay his

respects. He sincerely repented his behavior toward Sariputra. Therefore, the Buddha carefully explained the Five Precepts and Ten Good Deeds to this Brahmin. The Brahmin realized that the Buddha's teachings were unrivaled and asked to take refuge with Him.

Actually, before Sariputra took refuge with the Buddha, he himself had been very arrogant, because he knew that he had great wisdom. After he entered the Sangha as the Buddha's disciple, through mastering the precepts and cultivating patience, he learned to tame his arrogance and developed impartial wisdom. This is how he was later able to teach the Brahmin elder and help others to develop the will to uphold precepts. So, if we are always mindful, we can learn the Buddha-Dharma from everyone around us, as the ability to give and to uphold precepts is part of everyone's innate wisdom. 🌿

*(Excerpted from The Essence of Infinite Meanings, to be published later this year)*

# New Books by Dharma Master Cheng Yen

Several new books of Dharma Master Cheng Yen's teachings are now available in English from Jing Si Publications.

**From Austerity to Prosperity**

**The Power of the Heart**

**Life Economics**

**Dharma as Water (Vols. 1 & 2)**

**The Essence of Filial Piety**

**Jing Si Aphorisms (Vol. 1)**

**Jing Si Aphorisms: The Fundamentals of Virtue**

**The Path to Truth**

Selected titles also available for Amazon Kindle



Find these and more at [jingsi.us.tzuchi.org](http://jingsi.us.tzuchi.org) or your local **Jing Si Books & Café**.  
(Directory on pp. 72-74)



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With offices, clinics, schools, academies, and bookstores spread across twenty-seven states, Tzu Chi volunteers serve their local communities each and every day. When their neighbors are in need—whether in the next town, state, or country over—they reach out with love and compassion to relieve their suffering.



▲ In preparation for Tzu Chi's relief effort to Ebola-stricken Sierra Leone, Tzu Chi volunteers packed medical supplies and daily necessities in Arcadia, California, on March 12, 2015.  
Photo: Kevin Chang

◀ On April 25, 2015, the 39<sup>th</sup> Annual San Dimas Festival of Arts, focused on "California Images & History," visited Tzu Chi USA Headquarters in San Dimas, California. Nearly twenty artists captured the beautiful architecture and scenery of the historic campus, which dates back to 1927, while as many as two hundred community members looked on. Photo: Hui Ching Su



On February 14, 2015, members of the Arizona State University Chapter of Tzu Chi Collegiate Association (Tzu Ching) went out and cleaned the streets of Tempe, Arizona. Photo: Yuwen Huang



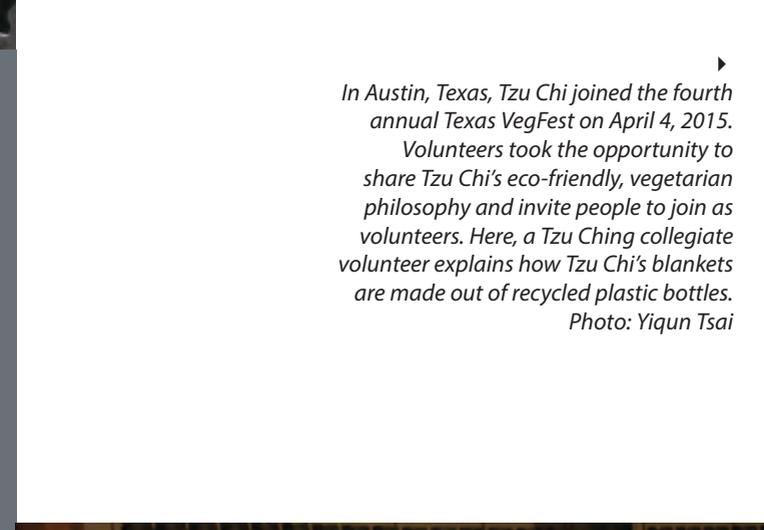
On March 11, 2015, Tzu Chi hosted a parallel event during the annual meeting of the United Nations Commission on the Status of Women (CSW) for the sixth consecutive year. Tzu Chi USA CEO Han Huang (pictured), Rio+20 Executive Coordinator Elizabeth Thompson, and Bengé-Molaing Community Development Organization Coordinator Rachel Agoro spoke on eradicating hunger, empowering women, and promoting sustainability. Photo: Hanford Lin



A March 26 explosion in New York City's East Village destroyed two buildings and damaged two others, while injuring at least nineteen people. On April 4, Tzu Chi volunteers distributed emergency cash and blankets to displaced residents at Tzu Chi Manhattan Service Center. Photo: Peter Chu



On April 18-19, 2015, more than two hundred Tzu Chi volunteers and community partners treated nearly five hundred patients at the annual Healthy Fresno clinic in Fresno, California. Patients were provided with vision, dental, medical, chiropractic, acupuncture, and other treatments, and provided access to various community organizations and services. Photo: Colin Legerton



In Austin, Texas, Tzu Chi joined the fourth annual Texas VegFest on April 4, 2015. Volunteers took the opportunity to share Tzu Chi's eco-friendly, vegetarian philosophy and invite people to join as volunteers. Here, a Tzu Ching collegiate volunteer explains how Tzu Chi's blankets are made out of recycled plastic bottles. Photo: Yiqun Tsai



On March 1, 2015, Tzu Chi volunteers participated in a Chinese New Year festival in Stockton, California. When Alex (left) learned about Jing Si Instant Rice, he was so impressed and inspired that he immediately purchased several Jing Si products and six books of Dharma Master Cheng Yen's teachings so that he could learn more about Tzu Chi. Photo: Zhihui Wu



▲ On March 8, 2015, Tzu Chi and TIMA (Tzu Chi International Medical Association) volunteers held a free clinic event in San Bernardino, California, to serve uninsured, low-income locals. Photo: Kevin Chang



▲ Tzu Chi collegiate volunteers (Tzu Ching) at University of California, San Diego, joined with A3M (Asians for Miracle Marrow Matches) to hold a bone marrow donor drive on campus. On April 20 and 21, 2015, they inspired sixty-nine people to join the registry and help save lives. Photo: Liting Lin



▶ In the low-income Bayview-Hunters Point district of San Francisco, California, Tzu Chi volunteers actively support young children's education through the Happy Campus Program. On February 14, 2015, volunteers gave out awards to recognize students for perfect attendance throughout the fall semester. Photo: Binyi Bai

▲ On March 29, 2015, Tzu Chi volunteers held a free medical clinic at Herbert Ibarra Elementary School in San Diego, California, to provide compassionate care to those in need. Photo: Bin Li

THE  
PATH  
TO  
TRUTH  
For the Modern-day  
Bodhisattva Practitioner



# THE PATH TO TRUTH

For the Modern-day Bodhisattva Practitioner

Dharma Master Cheng Yen

*From Chapter Four, "Relieve the Suffering of Sentient Beings"*

## Transcending Nationality, Race, and Religion

Everything in the world has a pure and beautiful intrinsic nature. This includes humanity. Regardless of race or skin color, all humans have the same color blood, and we all have loving-kindness in our hearts. Although there are barriers between countries, languages, and cultures, we all live on the same Earth, rest beneath the same sky, and breathe the same air. All life deserves respect, so why discriminate?

It is said, "All living beings have the same Buddha-nature." As all beings are equal, we must certainly not discriminate against fellow human beings simply because they look different from us.

All true religions emphasize altruistic love, or Great Love. The Buddha's compassion is the essence of love. Compassionate love is exquisite. When we have compassionate love, we show loving-kindness to all and feel others' pain as our own. We respect all life and wish all beings to be happy and free from afflictions. This is Great Love. With Great Love, we see neither barriers nor differences. Only when we make no distinctions between countries and ethnicities can we truly "transform and save all beings" as described in the sutras.

Being disciples of the Buddha, it is our responsibility to shoulder the Buddha's great vow. In order to relieve the suffering of all beings, we should extend our love to encompass everything. "Broadening your heart to encompass the universe" is having Great Love; our love must fill the entire universe. Wherever disaster strikes on Earth, those who are able to help must take action as quickly as possible.

When Tzu Chi started its mission of international disaster relief in 1991, we received much criticism and pressure from the public. However, since we have been able to provide those determined to walk the Bodhisattva-path with the chance to bring forth their love to help the suffering, all those pressures seem too trivial to mention now.

Tzu Chi is like a big family that transcends borders to reach out internationally, and I hope it will become a big global family. Tzu Chi volunteers overseas should develop a sense of brotherhood with the locals wherever they live. Since they rely on local labor and resources for their work and business, they should give back to their communities as much as they can. Giving back to society is a way to bring out our Great Love. When we give our love to others, we will in turn receive love from others.

This kind of love is not limited personal love. Rather, it is a universal love that embraces all people. With everyone's loving-kindness and combined strength, love transcends all barriers.

We are fortunate to be living in an era of advanced technology and convenient transportation. Traveling around the world is not a problem. Therefore, we must seize the opportunity and try our best to help those in need as long as we can reach them. For example, Tzu Chi volunteers have been to places such as Ethiopia, Rwanda, Cambodia, Nepal, Chechnya, and Azerbaijan to provide humanitarian aid to relieve people of their suffering.

Tzu Chi volunteers also actively serve their local communities. In addition to giving aid to the poor and educating the rich to help the poor in their own areas, overseas volunteers also travel to neighboring countries to provide timely aid whenever disaster strikes or where there is much poverty and sickness.

One person cannot do all the things in the world. It is necessary to call on everyone to accomplish things together. For this reason, we must first start with ourselves, then motivate those around us to bring forth unified strength to help others in the community.

Great Love transcends not only nationality and race, but also religion. All religions should respect one another. After the South Asia Tsunami in 2004, Tzu Chi built Great Love Villages in Banda Aceh, Indonesia, for the local homeless population, which included people who lost their homes in the disaster and those who were already in poverty prior to the disaster. These people needed help. Tzu Chi not only provided them shelter but also spiritual support. Therefore, in areas where the majority of the residents were Muslim, we also built mosques for them. Many of these people had lost their loved ones, and they still had a difficult road ahead; faith is an important source of comfort and solace.

When Tzu Chi volunteers engage in humanitarian relief efforts, they neither promote their own religion nor try to influence others to change their faith. They respect the religious beliefs of other people. At relief distribution sites, for instance, care recipients often say to Tzu Chi volunteers, "I'm grateful that God has sent you here. God bless you!"

Some Tzu Chi volunteers would follow their lead by saying, "Thank the Lord!" Yet, although these volunteers demonstrate the philosophy of Great Love, they did not completely fulfill our mission of working "for Buddha's teachings, for sentient beings." We do not actively preach our religion, but we do hope to let others know that the source of our pure Great Love comes from the Buddha's teachings.

On the other hand, there are Tzu Chi volunteers who can truly fulfill the mission of working "for Buddha's teachings, for sentient beings." Tzu Chi volunteers in South Africa are a good example. They respect the Christian and Catholic faiths of the local people. Therefore, Catholic priests and Christian pastors also participate in local Tzu Chi activities. They get along well with one another, and their pastors tell their congregations during sermons: "We should emulate Tzu Chi volunteers. These Buddhists from Taiwan love us and help us tremendously!"

There is even a group of Zulu women who are Tzu Chi volunteers. For many years, they have been visiting AIDS patients in local villages, traveling over mountains and rivers to bring care to people suffering in remote areas. When patients pass away, these Zulu volunteers, who are of a non-Buddhist faith, chant the name of the Buddha for them.

The Dharma is like water. Whether it is in rivers, brooks, or springs, all water eventually flows into the ocean. Just like water, selfless love, or "Dharma-essence," nurtures everything on Earth. When we have love, we must express it courageously. To relieve others' suffering and give them joy is to work "for sentient beings"; it is also truly working "for Buddha's teachings" when we propagate the Dharma.

People's lives are closely connected. There should be no distinction between nationality, race, or religion. Tzu Chi's spirit of Great Love means treating all people like family. Whether or not we know one another, we must love and help one another, extend our love to all human beings in the world, and diligently walk the Bodhisattva-path. Then there will be enlightened love in many places around the world. 🌿



*Excerpted from The Path to Truth: For the Modern-day Bodhisattva Practitioner by Shih Cheng Yen (Jing Si Publications, 2014). For more information, please visit Jing Si Books & Café (directory on pp. 72-74) or [jingsi.us.tzuchi.org](http://jingsi.us.tzuchi.org).*

# Please pray for a world free from disaster



Ten years have passed since Hurricane Katrina, but natural and man-made disasters are happening more and more frequently all around the world. Whether they suffer from hurricane, drought, earthquake, disease, tornado, flood, or poverty, all survivors need love and compassion. Please pray according to your beliefs and consider how you can help someone in need each and every day.



TZU CHI

# Sleep Better *at* Night

*Simple changes to your lifestyle and daily habits can help you sleep better at night.*

Lina Lee, LMFT / Buddhist Tzu Chi Medical Foundation

**A**s a licensed psychotherapist, I often treat patients with depression, anxiety, and excessive stress. Many of these patients also tend to have chronic sleep problems. I often hear about their struggles to get to sleep, even when they are close to exhaustion. Many complain about their poor quality of sleep being the cause of their stress, anxious thoughts, and depression, which also lead to their poor health and physical stress, especially aches and pains.

If you are suffering from insomnia, you are not alone. According to the Centers for Disease Control, "Nationwide, 70% of adults report that they obtain insufficient sleep or rest at least once each month, and 11% report insufficient sleep or rest every day of the month."\* Insomnia is more common in women, but quality of sleep tends to decrease equally in both women and men as we age.

The following are ten recommendations I give to my patients. Hopefully, these simple changes to your lifestyle and daily habits can help you sleep better at night too.

## 1. Have a comfortable bed and pillow

If your mattress or pillow is too soft, too hard, or too old, it might keep you tossing and turning

at night, or you might wake up feeling stiff or sore in the morning.

## 2. Cut down on caffeine

Stimulants such as caffeine in tea, coffee, and soda interfere with the process of falling asleep and prevent deep sleep. I usually encourage patients who are suffering from insomnia to avoid all caffeinated beverages after noon.

## 3. Keep regular hours

Try to go to bed and get up at the same time every day—even on the weekends. This will help program your biological clock so that you can sleep better. Choose a time when you are most likely to feel sleepy to go to sleep.

## 4. Create a restful sleeping environment

Your bedroom should be kept for rest and sleep. Make sure it is as quiet and dark as possible. It is recommended

that the temperature of the bedroom should be kept at a comfortable level between 65 and 72 degrees Fahrenheit. Block out noise with earplugs and try a sleep mask to eliminate light in your bedroom.

*If you are suffering from insomnia, you are not alone.*

### 5. Exercise regularly

Patients who exercise several times a week usually report better sleep than those who do not exercise. Exercises like swimming or walking on a regular basis can help relieve some of the tension built up over the day. Do not engage in vigorous exercise too close to bedtime as it may keep you awake.

### 6. Get adequate light/dark contrast

Your body's built-in sleep cycle (circadian rhythm) is largely controlled by the amount of light and darkness you are exposed to during the day. By taking in adequate sunlight during the day and keeping your bedroom dark at night, you will fall asleep faster and sleep better.

### 7. Relax before going to bed

Take a warm bath, soak your feet in warm water, or listen to quiet music so that you can relax your mind and body.

### 8. Don't bring worries to bed

If you cannot sleep, do not just lie there worrying about it. Try to get up and do something relaxing like progressive muscle relaxation (tensing and relaxing each muscle group one by one) and deep breathing until you feel sleepy again, and then go back to bed.

### 9. Wear socks to sleep

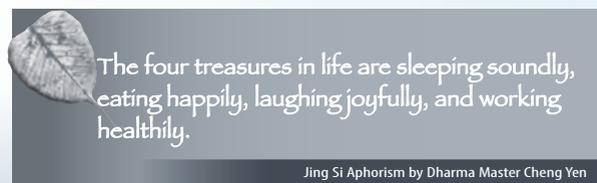
Try putting socks on your feet, as cold feet can be particularly disruptive to sleep.

### 10. Make the bedroom an "electronic-free" zone

Electronics have the potential to disrupt sleep, because the light given off by electronics such as TV, computers, and cell phones has been shown to delay the release of melatonin, the natural hormone that helps regulate sleep and wake cycles. Electronics should be turned off at least an hour before sleep to avoid feeling charged past bedtime.

Try following these few simple sleep hygiene tips. If your sleep problems persist, please address them with your personal physician. 🌿

### Have a good night's sleep!



# The Children's Beloved Forest El Bosque Amado de los Niños

By Victoria Lee



From *Protecting Mother Earth*, a collection of stories about loving our Earth by kids for kids.

Collection Editor: Ralph Boyer

Collection Designer: Chinghui Chen

Spanish Translations: David Hoy & Emma Ong

Academy Teacher & Coordinator: Yali Li

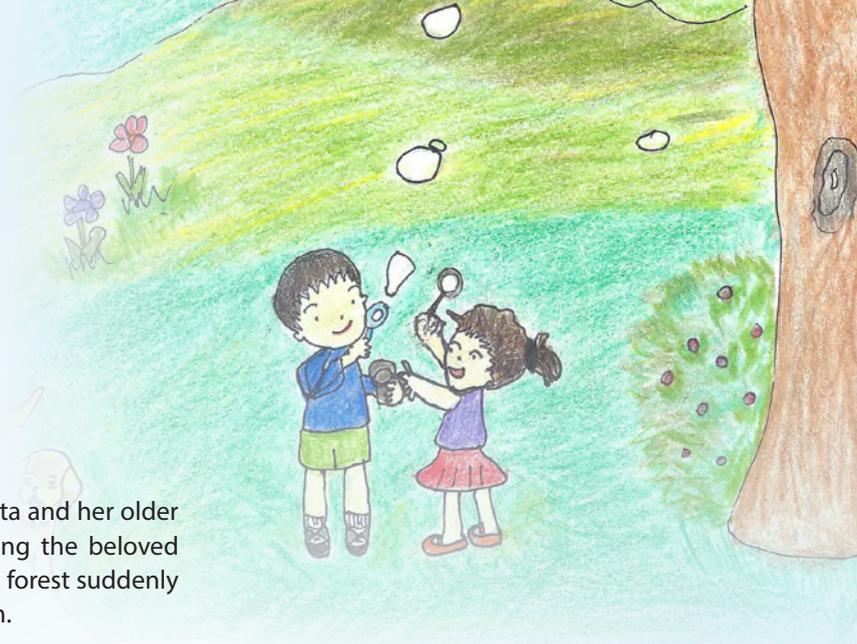
Writers & Artists: Irvine Tzu Chi Academy Students

\* Centers for Disease Control. "Perceived Insufficient Rest or Sleep among Adults—United States, 2008." *Morbidity and Mortality Weekly Report* 58:1179.

Disclaimer: The information above is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider prior to starting any new treatment.

Ever since they were little children, Keita and her older brother Tiger loved playing and visiting the beloved forest next to their home. One day, the forest suddenly caught on fire during a lightning storm.

Desde que eran niños, a Keita y su hermano mayor Tiger les encantaban jugar e ir a visitar el bosque amado cerca de su casa. Un día, de repente el bosque se incendió durante una tormenta eléctrica.



The day after the storm, Keita and her brother went to check on the aftermath of the wildfire. They discovered that over half of the forest had been destroyed, and the animals had run away to safety. The majority of the land was now covered in layers of dark black ash.

El día después de la tormenta, Keita y su hermano se fueron a investigar los resultados del incendio. Ellos descubrieron que más de mitad del bosque se había destruido, y que los animales habían huido a donde estuvieran a salvo. La mayoría de la tierra estaba cubierta con capas de ceniza negra.



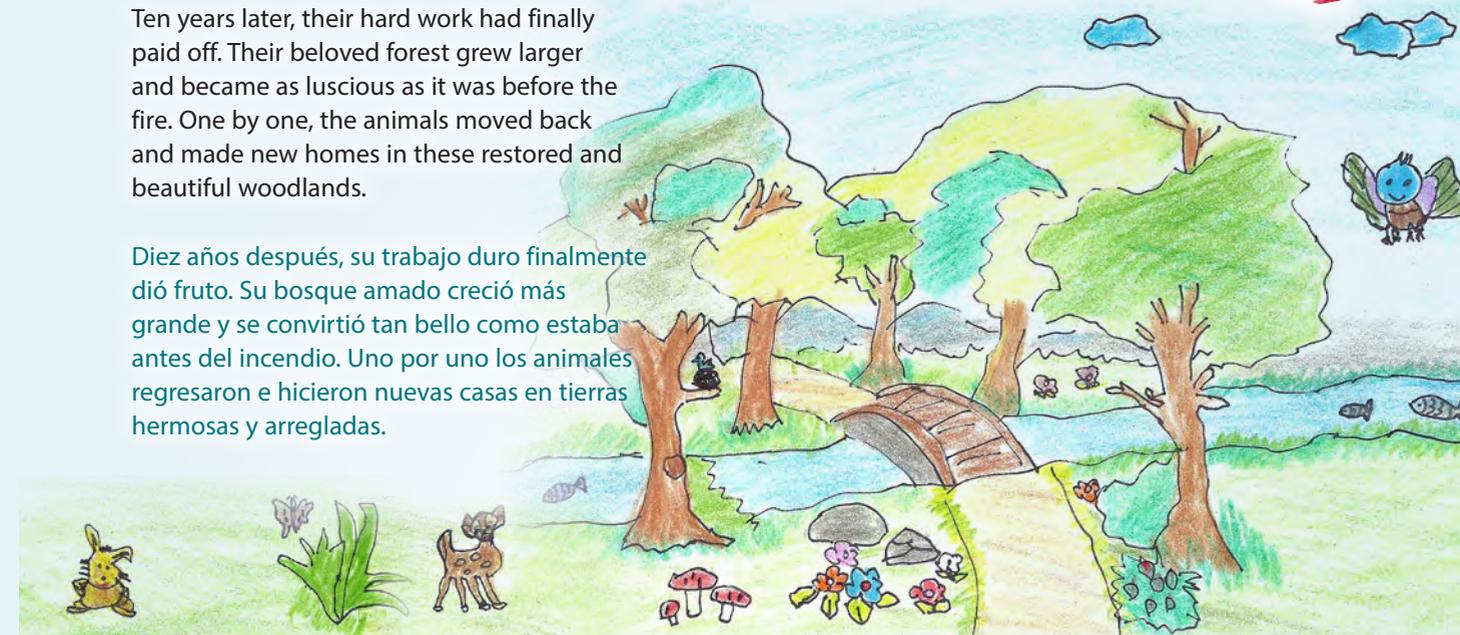
The two children felt depressed that their childhood playground was destroyed. They wanted to help their animal friends find new homes in the forest. Keita and Tiger thought all day, looking for a solution. They finally came up with a great idea. They were going to help their forest friends by planting trees, so that they would have a place to call home!

Los dos niños se sentían deprimidos que su lugar de juego de niños estaba destruido. Ellos querían ayudar a sus amigos animales a encontrar nuevas casas por el bosque. Keita y Tiger pensaron en todo el día para una solución. Finalmente se les ocurrió una idea grandiosa. Iban a ayudar a sus amigos del bosque a plantar árboles para que tuvieran un lugar que llamar hogar!



Ten years later, their hard work had finally paid off. Their beloved forest grew larger and became as lush as it was before the fire. One by one, the animals moved back and made new homes in these restored and beautiful woodlands.

Diez años después, su trabajo duro finalmente dió fruto. Su bosque amado creció más grande y se convirtió tan bello como estaba antes del incendio. Uno por uno los animales regresaron e hicieron nuevas casas en tierras hermosas y arregladas.



They would go to the burnt parts of the forest and plant baby trees one sapling at a time. Keita and Tiger went back each day and watered the trees. Day by day, the trees gradually became greener and taller, and the forest grew larger.

Ellos iban a ir a las partes quemadas del bosque y plantar arbolitos, uno por uno. Keita y Tiger regresaron todos los días para echar agua en los arboles. Día tras día, los arboles se hacían más verdes y altos, mientras que el bosque crecía mucho más.



After a few years, Keita and Tiger grew up. Whenever they have free time, they now bring their children to their cherished forest to play with their animal friends. The forest is now flourishing again and is filled with healthy green plants. It has attracted many little chirping birds, squirming bugs, and crawling grasshoppers to come and live there. The animals now live happily in the forest, and people are able to enjoy nature alongside their animal friends.

Pasaron los años y Keita y Tiger crecieron. Cuando tienen tiempo libre, ellos ahora traen a sus hijos al bosque para jugar con sus amigos animales. El bosque está floreciendo de nuevo, y está lleno de plantas verdes y saludables. Ha atraído muchos pajaritos cantadores, bichos ruidosos, y chapulines a vivir ahí. Los animales ahora viven felices en el bosque, y la gente puede disfrutar de la naturaleza junto con sus amigos, los animales.



# The Poor Penguin El Pobre Pingüino

P S E N L Z A H G O T N E  
 A V S U N L I G H T R A R  
 Q S A H A R T F A W S T L  
 R A L O M B S O B I T U L  
 A P V M O N C R C L L R I  
 N L B E L O V E D D N E U  
 I I E R S B A S G F E A Z  
 M N P L I G H T N I N G E  
 A G Z Q U R R N L R Z P B  
 L A P L A N T T R E E S S  
 S A E Q S G A E L T G A X  
 E V J K H O O W A T E R N

### Word Search: Beloved Forest

Circle the following words and phrase from the story.

(Words are written down and across, not diagonal or backwards.)

- |           |             |          |
|-----------|-------------|----------|
| BELOVED   | ASH         | WATER    |
| FOREST    | ANIMALS     | SUNLIGHT |
| LIGHTNING | PLANT TREES | NATURE   |
| WILDFIRE  | HOME        | SAPLING  |

Answer key and more games in Issue 46!

## Issue 44 Answer Key



By Cassie Chang



From *Protecting Mother Earth*, a collection of stories about loving our Earth by kids for kids.

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One Sunday morning, an injured penguin was washed onto the sand by the ocean water. The penguin was miserably lying on the sand, badly hurt.

Un domingo por la mañana, un pingüino herido estaba adolorido y herido, tirado en la arena.

A young man was walking by and saw the penguin. As he walked closer, he realized right away that the poor animal was injured badly. The penguin had a very helpless facial expression as it looked at the young man.

Un hombre joven iba caminando por ahí y encontró al pingüino. Mientras se acercaba, se dio cuenta de que el pobre animal estaba gravemente herido. El pingüino tenía una expresión indefensa mientras miraba al joven.

The young man took the injured penguin to a veterinary hospital. The veterinarian took care of the penguin's injuries and found out that it had swallowed pieces of plastic bag and wrapping paper. It was also covered with black, dirty oil and had received some cuts.

El joven llevó al pingüino herido a un hospital veterinario. El veterinario cuidó las heridas del pingüino y se dio cuenta de que se había comido pedazos de bolsas de plástico y papel. También estaba cubierto con aceite negro y sucio y tenía algunas cortadas.

While the veterinarian carefully cleansed the penguin's injuries, he told the young man that the injuries had been caused by careless human behavior.

Mientras que el veterinario limpiaba las heridas del pingüino con cuidado, le dijo al joven que las heridas eran causadas por el comportamiento descuidado de los humanos.



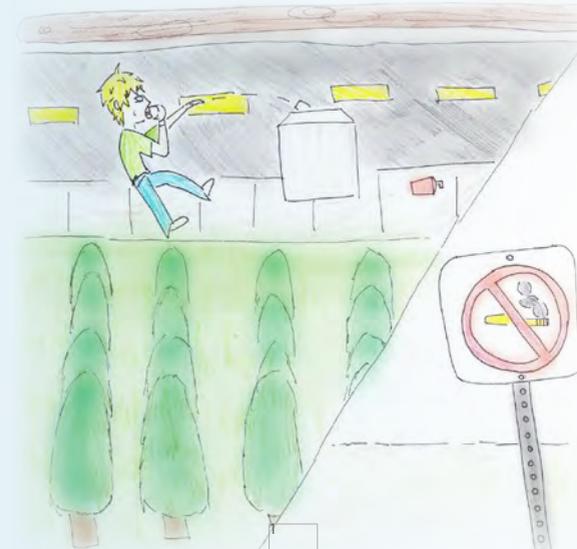
Many people throw their trash everywhere on the beach, and it then floats into the ocean and the sea animals swallow it. In addition, oil spills from boats and pollutes the ocean.

Mucha gente tira su basura por todos lados en la playa, la cual flota en el océano y los animales del mar se la comen. Además de eso, el derrame de petróleo de los barcos contamina el océano.



Therefore, we must take good care of our environment. We don't want any more animals to get injured because of us.

Por eso, debemos cuidar nuestro ambiente. No queremos causar que más animales se lastimen.



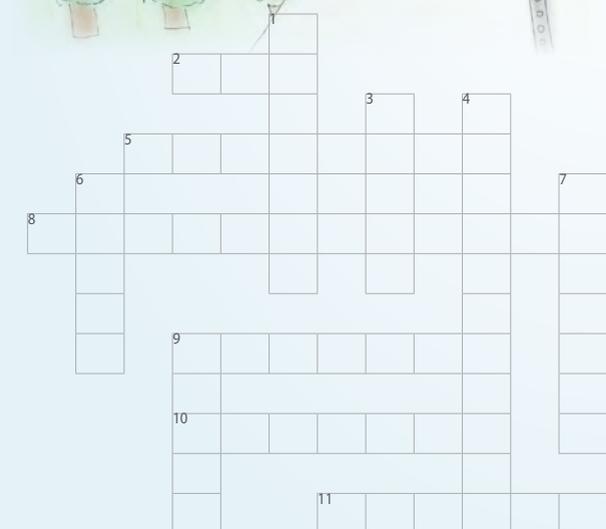
**Crossword: Don't Litter!**

**Across**

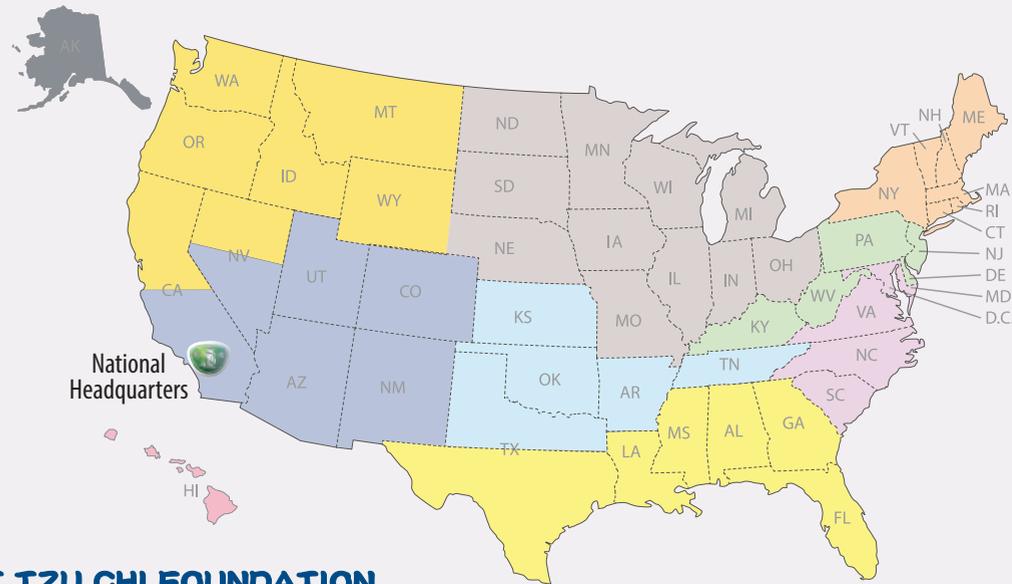
- 2. Some covered the penguin. It may have spilled from a boat.
- 5. Instead of littering, put garbage here.
- 8. A kind of doctor who helps animals.
- 9. This poor animal was badly hurt.
- 10. By littering, we \_\_\_ land and water.
- 11. When we leave our trash where it doesn't belong, it becomes this.

**Down**

- 1. The penguin swallowed bits of \_\_\_ bags.
- 3. The penguin was washed out of this onto the sandy beach.
- 4. We must take good care of this. It's the only one we have.
- 6. Here's where the penguin was found.
- 7. The penguin was \_\_\_ badly.
- 9. The penguin swallowed wrapping \_\_\_.



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# TZU CHI

## A BRIEF HISTORY...

In 1966, Dharma Master Cheng Yen founded the Tzu Chi Merits Society in Hualien with the support of thirty housewives who each put aside a couple cents of their grocery money every day to establish a charity fund. In the first year, they helped a total of thirty-one elderly, ill, and poor people from fifteen families. As word spread, more people participated and the program gathered strength. It spread beyond Hualien: first across the island and then around the world.

Today, Tzu Chi is a nonprofit charitable organization with ten million volunteers and donors in fifty countries worldwide. Over the past forty-nine years, Tzu Chi's four missions—Charity, Medicine, Education, and Humanistic Culture—have grown from the seeds of gratitude, respect, and love, and Tzu Chi's activities have expanded to include international disaster relief, bone marrow donation, community volunteerism, and environmental conservation.

In the United States, Tzu Chi operates nine regional service areas with more than eighty offices and facilities nationwide. Volunteers give back to their local communities through family services, emergency disaster relief, homeless services, school support programs, college scholarships, income tax reporting assistance, relief distributions, holiday care packs, free and low-cost medical clinics and outreaches, preventive health education, cancer support groups, character education curricula, community education classes, and production of positive, inspiring media.

Whenever disaster strikes at home or abroad, Tzu Chi volunteers deliver cash aid, hot meals, and emergency relief supplies directly into the hands of disaster survivors. Over the years, US Tzu Chi volunteers have actively provided relief after such major disasters as 9/11, Hurricanes Katrina and Sandy, and earthquakes in Haiti, Japan, and Nepal.

In recent years, Tzu Chi volunteers' charitable work has been increasingly recognized by the global community. Tzu Chi was granted special consultative status with the United Nations Economic and Social Council in 2010 and honored as a White House Champion of Change in 2013. Dharma Master Cheng Yen was presented with the Roosevelt Institute's FDR Distinguished Public Service Award and named to the TIME 100 list of the world's most influential people in 2011, and honored with the Rotary International Award of Honor in 2014.





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*If everyone  
contributes their love,  
a crisis can be turned  
into an opportunity,  
and a disaster  
into a blessing.*

*Jing Si Aphorism by  
Dharma Master  
Cheng Yen*

