

ANZA KOREA

COMMUNITY, NETWORKING, CHARITIES

MONTHLY NEWSLETTER

Issue no. 7

January 2021

ANZA Charity Support

Myongdo Welfare Foundation

Thanks to all your generous contributions toward our Virtual Giving Tree. We were fortunate to contribute to give a great Christmas to the children at Myongdo Centre this year. We raised a total of 1,162,800KRW. Special thanks to Dulwich College and Dwight School for their great financial donations, to the Australian Embassy for the soft toys donation and to Laura Herwin for the design of our Christmas Cards.

Dear Anza Committee and all ANZA members,
Thank you all for the great effort you made so as to put food on our tables and clothes on our backs this winter. What greater love could there be?
Thank you for the great gift of LOVE and CONCERN which inspired this great sense of SHARING. May God rewards all your efforts and bless you in caring for all your needs.
Wishing you good health in 2021
Ever grateful,
Sr. Geri



ANZA Korea continues to work hard behind the scenes supporting our local charities. The last 6 months and adjusting to our new social norm has certainly been challenging for businesses, charities and our community. ANZA Korea remains committed to working with our charities as best we can. We are 100% a non-profit association so we welcome any donations from our community. If you would like to donate, please click on the link below. No amount is too small to help us achieve our mission.



[Visit our website to donate](#)

Committee Member Spotlight

Meet Alexandra Busch - President



Born and raised in Sydney, Australia I have also lived on Hayman Island; Edinburgh, Newcastle Upon Tyne and London in the UK; Nagoya, Japan and now Seoul, Korea! I met my German husband, Felix, in Edinburgh and we have two daughters Ciara & Niamh. We moved to Seoul in August 2019 and I became ANZA president in June 2020 after being a member since September 2019. ANZA has been a great way to connect with a different range of people in the community and I have found the experience very rewarding so far! My family and I enjoy hiking and exploring different areas in Seoul and Korea, going to the many great coffee shops and seeing our friends when possible! Stay safe and healthy everyone!



Wellness Spotlight

Meet Jennifer Cho - Yoga instructor

Jennifer Cho is a 200 hour RYT (registered yoga teacher) with the Yoga Alliance currently located in Seoul. Jennifer offers private one on one yoga classes in Korean and English along with small group and corporate classes. She is sharing with ANZA friends and members few tips on wellness.



As we settle into a new year and come back into our routines, I invite you to take a moment of mindfulness and create some space for yourself. Often times, we find ourselves taking care of others - our partners, our families, our friends - (sometimes even at the expense of our own self care), but I believe that the best way to take care of others is to start by taking care of ourselves so that we can show up in the best way to take care of those around us. A simple way to do so, is to check in with your breath. Your breath is the best indicator of what is going on with your body. If the breath is short and shallow, you may be feeling stressed or anxious. If the breath is long and deep, you may feel a bit more relaxed. Check out this quick two minutes breathing exercise and check in with yourself! Take a comfortable seat, either in a chair or on the floor (you can do this at home or even on a bus!). Feel the seat supporting you and relax the shoulders away from the ears. Soften the gaze and take a deep breath in through the nose

and exhale, release the breath. Follow the inhale as it fills your belly, your rib cage, your chest -maybe it only fills your chest and that's ok. Just be aware of the breath. As you exhale, notice if you're breathing out through the mouth or the nose. Either way is perfect. Let all the air move out of the body. From here, start to count the seconds as you inhale and exhale. We want to find equal parts in our breath so if you inhale for a count of four, exhale for a count of four. Take about 10 deep breaths or for as long as you'd like. You may even find longer breaths, maybe to a count of six or eight. Wherever you can find an ease in your breath, take a few breaths there and then when you're done, release the count, come back to your natural breath, and slowly start to open the eyes. This breathing exercise is a great way to focus in on yourself and calm the mind. Hopefully it's a tool you can come back to as we start the new year!

For more information, Instagram (@notchoyoga) and email at hello@onesoom.com.



Don't throw away!
Give your preloved items a new life

Post Christmas many of us have a lot of clothing, electronics or children's toys we might want to give away. If you have items in good condition that you would like to donate please visit you local 아름다운가게 Beautiful Store in your neighbourhood. Or if your donation is more than three boxes they can pick up your donation items contact donation@beautifulstore.org and a Pick-up Officer will schedule a visit for collections. It takes 3 or 4 days after your applications is processed for pick up. For more details and full list of items they accept visit: <http://www.beautifulstore.org/eng/>

ANZA Member Spotlight

Meet Mariko Green

How long have you been part of ANZA?

I first attended the Bushfire Appeal Coffee Morning in February 2020 just after arriving in Seoul and then became a member.

What made you want to join ANZA?

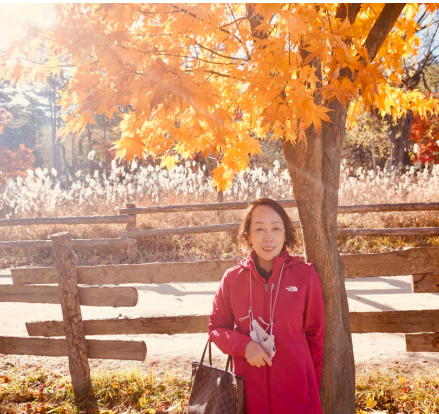
As a newly arrived foreigner in Seoul, it was a great opportunity to meet people. I am also interested in ANZA's charity activities and would like to get involved, which I haven't been able to do due to COVID. I was a volunteer for many activities in Hokkaido where we lived before coming to Seoul.

What do you enjoy the most about ANZA?

So far, I have only been able to attend only a handful of ANZA events, however I have enjoyed meeting and getting to know people. I am looking forward to catching up with all of you soon!

What time of the year do you enjoy the most and why? What are some of the activities you enjoy during this season?

I have just had one year here but autumn is my favourite. Colourful leaves and beautiful sky, and great food to enjoy! My husband and I enjoyed hiking near Seoul in 2020, and we are planning to stretch our horizons further this year.



Food discovery/favourite coffee place.

Compared to Japan, Seoul has much better coffee culture. Recently a friend of mine took me to a 'hidden' café near our house, their coffee and croiffle was so good! And The House 1932 near Seoul Station is a great place to relax.

What are your favourite places to visit in Korea and why?

Seoul, because with COVID that is all we have seen! We have much more to explore of course and will get to Jeju as our initial plans to holiday there were COVID-cancelled at the last moment. We also hope to hike more mountains as they are so scenic. I would appreciate any recommendation!



ANZA Korea Welcomes you!

Memberships

ANZA Korea welcomes all nationalities to come join our community.
Yearly membership is KRW50,000 and begins from 01 August.
Email us at registration@anzakorea.com

How to become a member in 3 steps

- STEP 01

Head to our website

www.anzakorea.com
Click the "membership" link
- STEP 02

Fill in your details

One membership (KRW50,000/year) covers one household
- STEP 03

Transfer payment

ANZA Korea Bank Account Details
Bank: Standard Chartered (SC은행)
Account Number: 100-20-954772
Account Name: ANZA (주한호주뉴질랜드협회)

We also accept cash however, bank transfer is preferred. Unfortunately, credit card is not available as a payment option.

Join us at our next event!

For any questions please email registration@anzakorea.com

Socials

Unfortunately, our events for January have been cancelled due to COVID
Our Community's safety remains our number one priority during these challenging times.
Please stay safe and please bear with us as we also navigate our way.