

TZU CHI



USA Journal



**Aid During the
COVID-19 Pandemic:
Tzu Chi USA
Responds to a
Global Disaster**

**Adopting a Vegetarian Lifestyle
to Abate Disaster**

**A Healthy Diet Starts in
the Kitchen**

**Championing Animal Rights and
Environmental Protection**



CONTEMPLATIVE WISDOM

Thoughts for meditation, contemplation,
and reflection

Dharma Master Cheng Yen

Founder of the Buddhist Tzu Chi Foundation

Seeing the suffering of sentient beings,
Bodhisattvas give rise to great loving-kindness.

Seeing the illnesses
that sentient beings suffer from,
Bodhisattvas give rise to great compassion.

Bodhisattvas fulfill their vows
by putting them into action
to relieve the suffering of sentient beings.

With their precious lives,
sentient beings help Bodhisattvas
fulfill their spiritual mission.

So, as we walk the Bodhisattva Path,
we must be grateful to all sentient beings. 🌿

CONTENTS



pg 6

**AID DURING
THE COVID-19 PANDEMIC:
TZU CHI USA RESPONDS
TO A GLOBAL DISASTER**

Photo/Jonathan Van Lamsweerde

- Publisher: Jackson Chen
- Publishing Director: Ting Fan
- Editor-in-Chief: Anik Ghose
- Deputy Editors: Dilber Shatursun, Ida Eva Zielinska
- Art Director: Ling Soo
- Senior Designer: Tom Yang
- Production Coordinator: Diana Chang
- Translation: Dharma as Water team, Diana Chang
- Contributors: Jennifer Chien, Adriana DiBenedetto, Allen Freese, Catherine Lee, Shou Chuan Lee, Yiching Liao, Pheel Wang, Daphne Wu, Tzu Chi USA Volunteers

Cover: At the Mother's Day Grocery Giveaway, Tzu Chi volunteers carefully load groceries directly into the trunks of care recipients' cars to minimize interpersonal contact. *Photo/Tzu Chi USA*

The Editorial Team sincerely thanks all contributors and invites feedback and contributions. Please contact us at journal@tzuchi.us. Read the online version at tzuchi.us/journal.

© copyright 2020

Buddhist Tzu Chi Foundation

All rights reserved. All photos are the property of Tzu Chi unless otherwise noted. No part of this publication may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopy, recording, or any information storage-and-retrieval system, without permission in writing from the publisher. All articles contain the views of their authors, which do not necessarily reflect the opinions of the Buddhist Tzu Chi Foundation.

03

Contemplative Wisdom

By Dharma Master Cheng Yen

04

Editor's Note

By Anik Ghose and Ida Eva Zielinska

Dharma Stories

The Grateful Turtle

By Dharma Master Cheng Yen

06

Aid During the COVID-19 Pandemic:

Tzu Chi USA Responds to a Global Disaster

By Ida Eva Zielinska

13

More Important than Ever:

Adopting a Vegetarian Lifestyle to Abate Disaster

By Allen Freese

16

Feature Stories

Why Vegetarian or Vegan Diets are Rich in Health Benefits

By Ida Eva Zielinska

22

Vegetarianism in America:

A Healthy Diet Starts in the Kitchen

By Pheel Wang

Translated by Diana Chang

Edited by Adriana DiBenedetto

28

On the Ground with LA Animal Save:

Championing Animal Rights and Environmental Protection

By Pheel Wang, Ida Eva Zielinska

Translated by Diana Chang

40

How an Earth-Shattering Disaster Gave Birth to Tzu Chi USA's Very Veggie Movement

By Dilber Shatursun

44

Recipes

46

Words of Wisdom:

Gathering the Energy of Love to End the Pandemic

By Dharma Master Cheng Yen

47

Dharma Q & A

By Dharma Master Cheng Yen

48

A Clean Planet

Lyrics: Extracted from the words of Master Cheng Yen

Music: Shou Chuan Lee

Translation: Tzu Chi USA Volunteers

Illustrations: Catherine Lee

49

Tzu Chi USA's COVID-19 Relief Efforts

Providing Personal Protective Equipment (PPE)

Praying for Peace

Distributing Food Supplies

59

Buddhist Tzu Chi Foundation's COVID-19 Relief Efforts

64

Tzu Chi USA Directory

Jing Si Tea

is cultivated by hand in Taiwan, under optimal environmental conditions. The tea leaves are grown organically, without the use of chemical fertilizers, insecticides, or herbicides.

Jing Si Tea	Hand Picked Tea	Machine Harvested Tea	Certified Agricultural Standards (CAS) Organic
Oolong Tea Leaves			
Black Oolong Tea Leaves			
Green Tea Leaves			
Black Tea			
Black Tea with Rose Petals			
Black Tea Bag			
Oolong Tea Bag			



Available online at www.jingsi.shop
Or contact the nearest Jing Si Books & Cafe
jingsi.shop/pages/stores


JING SI BOOKS & CAFE
靜思書軒



The publication of this issue of the Tzu Chi USA Journal coincides with a most critical time in recent history, as the United States and the world face the COVID-19 pandemic. And so, it is fitting that our cover story, “Aid During the COVID-19 Pandemic: Tzu Chi USA Responds to a Global Disaster,” outlines how this crisis began and escalated, and describes the aid Tzu Chi USA is providing.

The COVID-19 health crisis was first linked to a wet market in Wuhan, China, which sold wildlife for consumption, and the novel coronavirus is currently believed to have transmitted to humans from a bat or pangolin. Given this information, perhaps we should take a broader view of the issues at hand, as this isn’t the first time a virus has transferred from an animal to humans.

Dharma Master Cheng Yen, the founder of Tzu Chi, has always advocated abstinence from eating meat. As a Buddhist, her urgency for a change in global dietary behavior is rooted in compassion for all sentient beings, including the animals we eat. But, as we can see, other reasons are increasingly valid as well.

Thus, in this publication of the Tzu Chi USA Journal, we’re also highlighting the importance of adopting a vegetarian diet. To begin, our editorial, “More Important Than Ever – Adopting a Vegetarian Lifestyle to Abate Disaster,” dives into the topic of zoonotic diseases and why vegetarianism is a valid preventive solution.

Our feature articles then look at meat-less eating through different prisms, shedding more light on the subject. “Why Vegetarian or Vegan Diets Are Rich in Health Benefits” stays true to its title, and examines how whole food, plant-

based diets can help us avoid developing and even reverse chronic diseases.

“Vegetarianism in America: A Healthy Diet Starts in the Kitchen” introduces Mark Reinfeld, the founding chef of the Vegan Fusion Culinary Academy – the first U.S. vegan school certified by the World Association of Chefs’ Societies. Mark shares his journey of breaking an addiction to meat and fast food and becoming the vegan advocate and culinary wizard he is today.

“On the Ground with LA Animal Save: Championing Animal Rights and Environmental Protection” takes us to the gates of a slaughterhouse, where activists offer comfort to pigs on the threshold of death. Aside from documenting this heartbreaking moment, the story reveals the environmental demands and damages associated with the meat industry, which exacerbate the ecological and climate change problems we face.

Our final piece, “How an Earth-Shattering Disaster Gave Birth to Tzu Chi USA’s *Very Veggie Movement*,” introduces our latest digitally-based initiative promoting vegetarianism. It invites individuals to take the *Very Veggie* pledge, committing to transform their diet. The project incorporates videos featuring vegetarian recipes and other morsels of pertinent information about a meat-free lifestyle.

The content in this issue is intended to give us pause, inviting us to reflect on the far-reaching impact of our dietary choices, which affect animal welfare, the environment, and our health. It is the hope of our team that these articles and stories will inspire you towards change. 🌱

By Anik Ghose and Ida Eva Zielinska



The Grateful Turtle

Master Cheng Yen's Teachings
Translated by the Dharma as Water Team

In nature, all beings have their own way of life. For example, birds build nests, and after the baby birds are hatched, the father and mother take turns caring for them. The parents raise them and teach them how to fly and find food; their relationships are just like human ones. Just as we wish to live in suitable conditions, we should likewise wish that all sentient beings are also able to live in suitable conditions; this is the true meaning of love. In Master Lian Chi's Essay on Liberating Life and Not Killing, there is a story that exemplifies this idea.

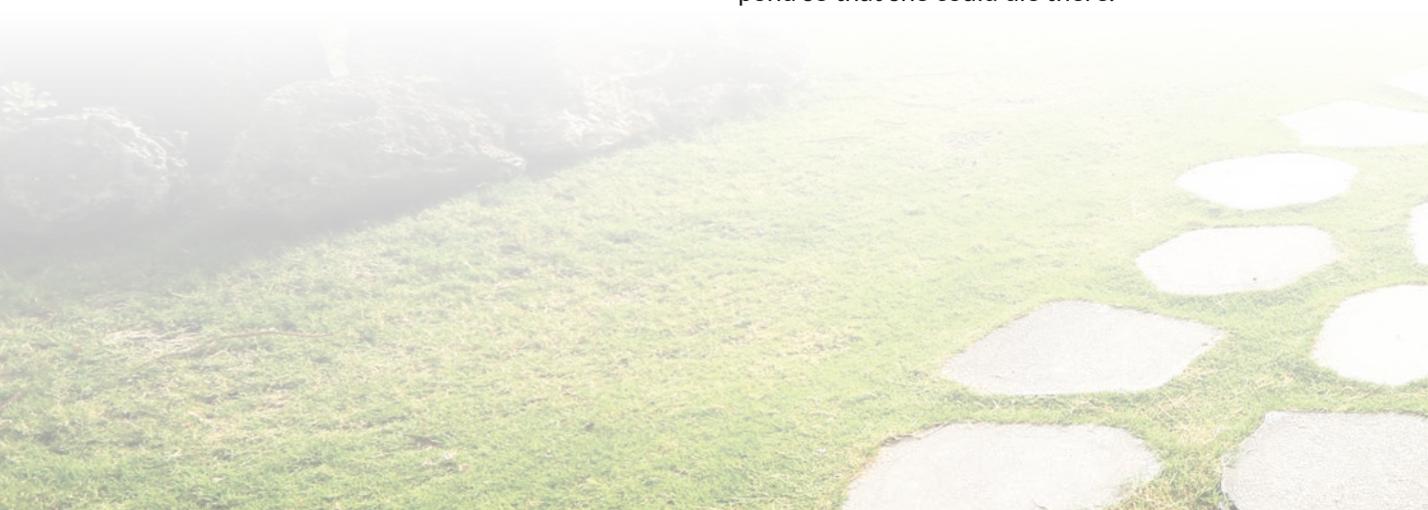
Once, there was a couple who loved to eat turtle meat. One day, the couple bought a huge turtle from the market. They brought the turtle home and ordered the kitchen servant girl to kill it and serve it for lunch.

As the servant girl looked at this huge turtle, which was alive and struggling to get away, she thought, "Can I kill this huge turtle? He seems to be suffering, and he is struggling for his life." The servant girl could not bear to see this.

She thought to herself, "I have killed many other animals in the past, but today, while my masters are out running errands, I will take this turtle to the pond and set him free. Even if my masters beat me, I will willingly endure the pain." So, the servant girl made her decision, and she was ready to accept whatever punishment her masters would give her. So, she took the turtle to the pond in the backyard and released him.

Later that day, when the couple came home, the master was startled to find that no dish of turtle meat had been prepared. He asked the servant girl what had happened. "I was careless," the servant girl explained. "The turtle escaped, and I couldn't find him." The master became so angry that he started to whip her. By the time his temper cooled down, the servant girl was covered in wounds.

A few days later, the servant girl came down with a fever. She had caught a plague that was going around the village. The couple feared keeping her indoors in the event that she died and could infect someone else. So, they asked someone to carry her to the pavilion by the pond so that she could die there.



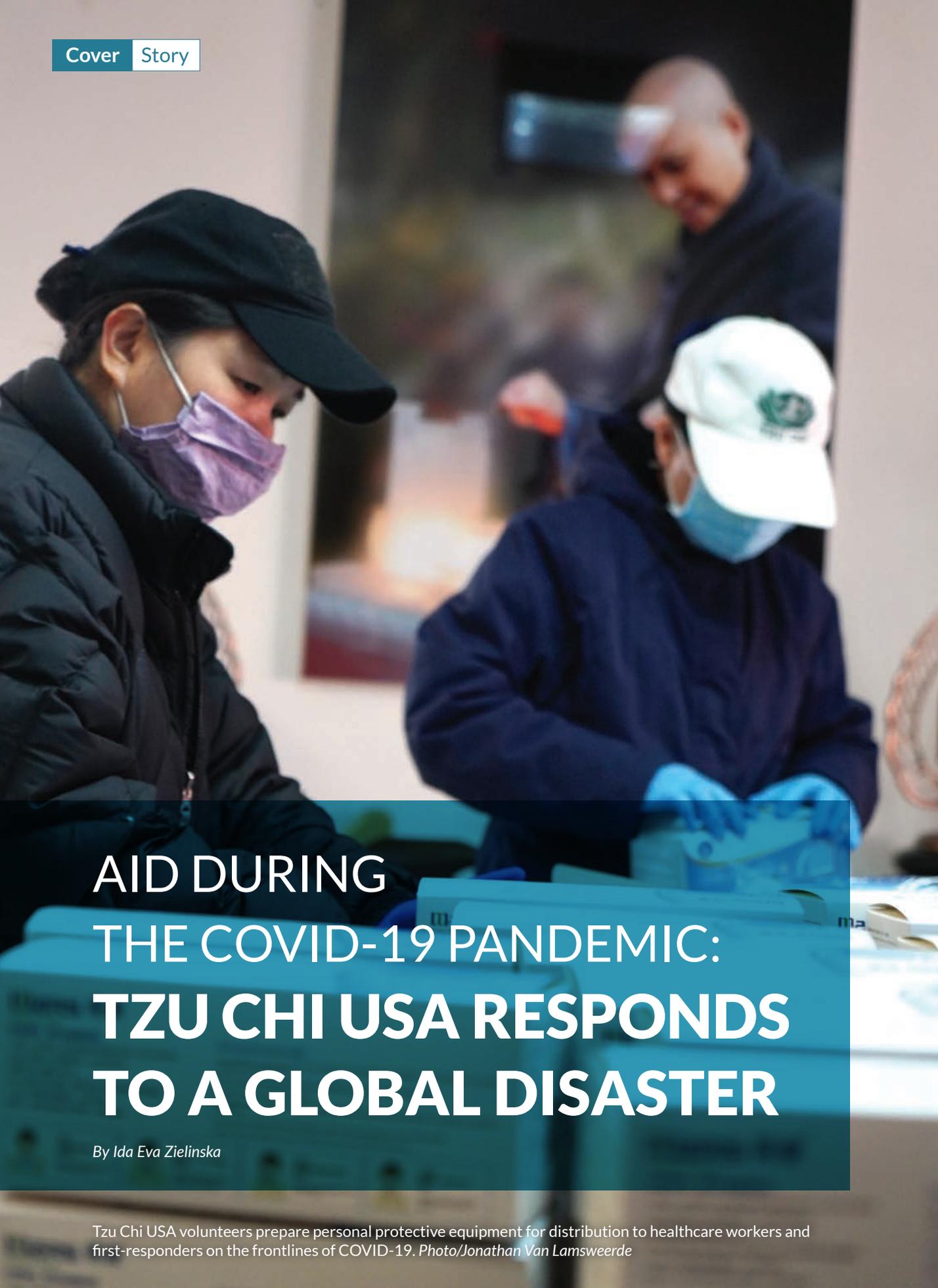


The servant girl felt that she would not survive through the night. But that night, she sensed something climbing out of the pond. The creature smeared mud on her head, face, and neck. She felt a coolness, and her entire body felt cool and comfortable. She began to recover and regained consciousness. The next day, the master sent two servants to check on her, and they found that she had actually recovered her strength. When the master came to see her, he remarked, "You were on the verge of death. How did you recover without taking any medicine?" The servant girl replied, "I don't know. Last night, it seemed as though something came out of the water and smeared mud all over my body, neck, head, and face. I felt very cool, and then I slowly recovered and woke up."

The couple did not believe her. How could such a mysterious event have occurred? So, that night, they hid behind a tree to find out whether something from the water had really saved her. In the middle of the night, they saw a turtle come out of the water; it looked just like the one they bought from the market! He seemed to be holding something in his mouth. The turtle made trip after trip, smearing something from his mouth on the servant girl's head, face, and neck. Seeing this, the master began to believe that animals are sentient; they can feel gratitude, and they know to repay the kindness of others. From then on, the couple did not dare to eat turtles or any other living being.

In the past, there were many stories like this. These stories showed that animals are just like humans, and people took these stories to heart. The lessons they learned inspired them to protect animals and set captured animals free. In this story about the grateful turtle, the servant girl worked for her master, so she had to prepare whatever animal her master gave her. However, she always felt reluctant, and her heart went out to the animals her master ate. There are many people who are kindhearted like this servant girl, yet there are also people who have no reservations about killing animals. These actions of killing create severe karma.

In life, we must always cultivate a loving heart. The more we kill, the more karma we create. The more kindness we show, the more kindness will return to us. So, at all times, we should harbor a loving heart and refrain from killing. Our wisdom grows when we give with love, and when we love people and animals, we can nurture our wisdom. If we can see all living beings no different from ourselves, we will realize the importance of cherishing all life and respecting the lives of all sentient beings. So, please always be mindful. 🌿



AID DURING THE COVID-19 PANDEMIC: TZU CHI USA RESPONDS TO A GLOBAL DISASTER

By Ida Eva Zielinska

Tzu Chi USA volunteers prepare personal protective equipment for distribution to healthcare workers and first-responders on the frontlines of COVID-19. *Photo/Jonathan Van Lamsweerde*

When Master Cheng Yen founded the Buddhist Tzu Chi Foundation in 1966, she declared compassionate relief of suffering as the charity's central mission. Offering aid in response to the ongoing hardships of poverty and illness was the starting point, joined by assistance in the aftermath of sudden, typically natural disasters.

However, most such calamities are limited to a geographic region and quickly run their course. What if a disaster were to have a far wider physical reach, its impact escalating from day to day rather than abating? This is precisely the circumstance that has emerged, presenting unprecedented aid challenges internationally and in the United States.

❁ The Birth of a Pandemic

It all began at the tail end of 2019, when a deadly storm was brewing, one that would soon engulf the globe. Its first rumbling was heard on December 31, when the Wuhan Municipal Health Commission reported a cluster of cases of pneumonia in Wuhan, Hubei Province, China. Not long after, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), a novel form of coronavirus, was identified.

SARS-CoV-2 is one of seven types of coronaviruses that are known today. Some of these crown, or corona, shaped viruses have caused grave diseases such as sudden acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). Infection by others leads to most colds that, for generally healthy individuals, aren't a worrisome threat. SARS-CoV-2, however, can cause a dangerous respiratory tract infection whose complications are potentially deadly.

Just two weeks after SARS-CoV-2 came to global attention, the outbreak had spread beyond its country of origin, with a first recorded case outside China confirmed on January 13, in Thailand. By January 30, with cases now in 18 countries aside from China, the World Health Organization (WHO) declared the novel coro-

navirus outbreak (2019-nCoV) a Public Health Emergency of International Concern.

The disease caused by the virus was named COVID-19 on February 11, while it continued to appear in different countries, sickening more and more people, revealing an alarming speed of spread and level of severity. Finally, on March 11, the WHO officially declared COVID-19 a pandemic, pointing to the number of cases outside China having increased 13-fold in two weeks, the count of countries affected tripling.

❁ A World Transformed

On the day the outbreak of COVID-19 was pronounced to be a pandemic, there were 118,000 confirmed cases in 114 countries, 4,291 people had died, and thousands more were in hospitals, fighting for their lives. The World Health Organization called for nations to take urgent and aggressive preventive action, which they began to do across the globe. Still, just one month later, on April 11, there were over 1.7 million cases of COVID-19 globally, with a steepening curve of steady escalation.

In country after country, governments imposed lockdowns of varying degrees, ordering people to stay at home, closing non-essential businesses, banning gatherings, demanding social distancing and the wearing of face coverings when in public or outdoors, and so on. In a matter of days, daily life for billions of people around the world would become unrecognizable.



A deserted street in Wuhan, China, after the lockdown that began on January 23, 2020. Photo/ Eric Li



Photo Credit/US Navy Mass Communication Specialist 2nd Class Sara Eshleman

❁ On the Frontlines of COVID-19

The lockdown measures have had a drastically detrimental effect on the economy worldwide. People are struggling to survive as many have lost jobs or sources of income, are unable to pay rent or mortgages, and can't even afford necessities in some cases. Beyond the financial fallout, the emotional strain of living through a pandemic is also taking its toll. Most are anxious and afraid, fearing for their health, as well as the future.

Yet on the frontlines of the pandemic, where healthcare workers must cope with an avalanche of COVID-19 patients filling hospitals, another layer of tragedy is unfolding. On May 19, the total number of COVID-19 deaths globally was 323,285, with 91,921 of the deceased in the United States. These are grim statistics, behind which there is the suffering of those left to mourn.

The healthcare workers who are tirelessly doing their utmost to save lives are among those grieving and feeling pain as they come to grips with so many individuals lost during a single shift. In emergency rooms and intensive care units, efforts to save lives now coexist with a heartbreaking regularity of comforting the dying, who can't be with their loved ones in their final moments due to the severity of contagion.

And, the patients keep coming: On May 19, there were 4,897,492 confirmed cases of COVID-19 globally, with 1,528,568 in the United States. Moreover, there is another grave factor at play on the frontlines of COVID-19 in the United States: Healthcare workers are risking their own lives as there is a severe shortage of personal protective equipment (PPE) at medical facilities across the country. This dearth became the point of entry for Tzu Chi USA's aid during this global crisis.

❁ Tzu Chi USA Responds With Targeted Aid

Volunteers in all nine chapters of Tzu Chi USA have mobilized a response to the alarming lack of PPE and other medical supplies for healthcare workers and first-responders in their regions. They are sourcing and purchasing such vital goods for donation to a variety of institutions, making sure to also distribute the supplies in the safest way possible.



Tzu Chi Central volunteers donate surgical masks and bottles of disinfectant to the City of Dickinson, Texas. Photo/Roger Lin

Donning face masks and maintaining a safe social distance, teams of Tzu Chi volunteers set out to personally deliver essential PPE and other supplies. Their targeted destinations are hospitals and healthcare centers; police and fire departments; city and county government; homeless service centers and shelters; nursing and senior homes; and community churches.

Thanks to the efforts of 3,956 volunteers shifts, by May 19, Tzu Chi USA's donations had reached 984 institutions across the country.

We are not first-responders, but we are second responders, trying to safeguard the life [of people] who are working so hard and risking their own lives: the doctors, nurses, and health professionals.

Dr. Kenneth Liao

*Deputy Director, Tzu Chi International
Medical Association*

Healthcare workers are now widely considered as “frontline heroes” in the fight against COVID-19. To protect them in their service to the public, as of May 19, Tzu Chi USA had donated 1,247,798 surgical masks, 64,212 pairs of gloves, 72,361 N95 masks, 19,132 protective goggles, 14,134 face shields, 6,507 antiviral coveralls, and 694 isolation gowns. Sanitizing supplies were also provided, including 7,665 disinfectant spray bottles, as well as bottles of hand sanitizer and isopropyl alcohol, and disinfectant wipes.

Volunteers Producing Handmade Masks Join In

While these distributions were taking place, many cities and states recommended that people wear face coverings when in public, especially in situations where social distancing isn't possible, or when shopping, as numerous grocery stores and other essential businesses also began requiring them.

This new demand gave birth to a cottage industry manned by Tzu Chi volunteers producing handmade cloth masks for donation. As of May 19, a total of 7,751 had been distributed within local communities, as well as to nurses at hospitals and other healthcare facilities, and first-responders at police and fire stations who can utilize them when not serving the public.

Some volunteers on the sewing team are elderly; others are parents with their children eagerly joining the effort, all grateful to be of service in helping to obstruct the spread of COVID-19.



Volunteers of Tzu Chi Northwest with sewing machines begin making cloth masks for donation to essential workers and local community members. Photo/Tzu Chi Northwest volunteers

And, some have brought ingenuity to the cloth masks' design, introducing an inner pocket into which one can insert a surgical mask, thus enhancing the protection afforded and prolonging the life of the fabric. Another bonus is that the design inhibits the allergic reactions to medical-grade materials observed after prolonged contact.

Charity to Combat Food Insecurity

Given the gravity of the medical emergency resulting from the rapid and extensive spread of COVID-19, and its taxing impact on healthcare workers and institutions, Tzu Chi USA determined aid to this sector a priority. However, assistance for the most vulnerable populations in our communities, such as the homeless, elderly, or undocumented, never lags on Tzu Chi's charity agenda, which is the case during this global disaster as well.

Tzu Chi volunteers initiated community distributions of food without delay. However, this time the grocery bags provided are not only designated for those considered vulnerable or underprivileged: Tzu Chi USA is giving them out more widely since the pandemic has critically impacted many who might not otherwise need aid.



Tzu Chi New York volunteers deliver groceries to elderly, ill, and low-income residents in New York City's Chinatown. Photo/Garson Ormiston

At a single distribution on Mother's Day, May 10, held in Walnut, CA, volunteers gave away 1,016 grocery bags, benefiting 1,016 families comprising 3,802 individuals. By May 19, Tzu Chi USA had distributed over 5,537 bags filled with nutritious food – all part of a long-term giveaway plan to meet increasing food insecurity in many communities.

The food Tzu Chi USA is providing also happens to be vegetarian, and with good reason, especially at this moment in time, when COVID-19, which can be considered a zoonotic disease – one that spread from animals to people – has wreaked havoc worldwide. Rethinking our approach towards animals and blatant disregard for their lives and wellbeing is called for, and points directly to the rampant global consumption of meat.

❁ Promoting a Vegetarian Diet

The scientific community has established that diseases can pass from animals to humans, outbreaks potentially leading to widespread transmission. Some recent examples are SARS, MERS, Ebola, avian and swine flu, and bovine spongiform encephalitis (mad cow disease). The probable source of SARS-CoV, which causes COVID-19, has been identified as a wet market selling wildlife for consumption in Wuhan, China, where the virus was transmitted to humans from a bat as the reservoir host and pangolin as an intermediary.

Raising or selling domestic or wild animals for food certainly creates enhanced opportunities for the transmission of zoonotic diseases. Yet the roots of Tzu Chi's advocacy for the abandonment of meat consumption go deeper than efforts to protect public health. They equally extend beyond merely endorsing the personal health benefits associated with a plant-based diet or reducing the harmful environmental and climate change impact of industrial livestock production.

At heart, Tzu Chi's promotion of a vegetarian diet stems from a core tenet of Buddhism: Compassion for all sentient beings. At this critical point in history, one of direct relevance to the

topic at hand, Dharma Master Cheng Yen and other Buddhist teachers are urgently calling on us to consider that diseases such as COVID-19 may actually be the karmic result of humanity's cruelty towards animals – karma being a phenomenon of cause and effect.

The life-threatening working conditions in meat-processing plants across the United States that have manifested during the outbreak of COVID-19 can further give us pause – while exposing the hellish end-of-life experience these places represent for millions of animals daily. The situation could be serendipitous, in the way that it's forcing us to confront humanity's persistent meat-based dietary preferences, and their vividly disturbing consequences right now. In this and other ways, the pandemic at hand may have a silver lining: Placing us face-to-face with our value systems, and asking us to question them.



Iyrl Tan, from Tzu Chi's Collegiate Youth Group at the University of Texas at Austin, encourages visitors of their vegetarian food fair booth to pose for photos. Photo/Tzu Ching at the University of Texas at Austin



Tzu Chi volunteers spread a spirit of positivity at the Mother's Day Grocery Giveaway held at Tzu Chi Education Foundation's Campus in Walnut, CA. Photo/Mandy Lo

❁ Rediscovering Gratitude, Respect, and Love

Striving to uphold gratitude, respect, and love in their lives and activities is central for all Tzu Chi volunteers, for whom service is more than a humanitarian practice, being part of a Buddhist path of spiritual cultivation as well. However, the pandemic has kindled and reawakened these timeless values in society at large, as we're now beginning to witness in many countries.

While people are under lockdowns or urged to stay at home, instead of focusing on limitations and freedoms lost, some are noticing and feeling increasingly grateful for what they do have instead, and how others play a part. Becoming more appreciative of the simple joys of time with family or among nature, or remembering friendships left behind and reconnecting electronically, are part of it.

Yet this awareness has also given rise to outpourings of gratitude towards healthcare workers and first-responders, as people acknowledge the risks they face and sacrifices they're making. In the Tzu Chi community, children affiliated with Tzu Shao - Tzu Chi's Youth Association - are drawing thank you cards with well-wishes for frontline healthcare workers. Tzu Chi volunteers are then distributing them in medical and care facilities along with donations of vital PPE for staff.

At a community level, rounds of cheering and clapping erupt daily in New York City, the U.S. epicenter of the COVID-19 outbreak, infamous home to the highest number of cases and deaths in America. Such expressions of recognition, appreciation, and thanks are becoming commonplace in many cities across the country, and planet.

The pandemic has also given rise to the opportunity to be thankful for the workers without whom essential businesses such as grocery stores, gas stations, shipping facilities, public transportation, postal services, and so on, couldn't operate. We may be realizing how interdependent we truly are, relying on so many others as we go about our daily lives. Noticing the people we depend on, we can do well by persistently recognizing and respecting their contributions to society, even beyond the duration of this crisis.



Tzu Chi USA hosts its annual Buddha Bathing Ceremony on May 9, honoring Buddha Day, Tzu Chi Day, and Mother's Day, yet the event proceeds with some distinct changes this year. Photo/Tzu Chi USA



Tzu Chi volunteers maintain a safe social distance as they welcome care recipients at the Mother's Day Grocery Giveaway in Walnut, CA. Photo/Tzu Chi USA

Respect is another value that has moved to the forefront and become part of the collective conversation during the pandemic. Wearing face coverings or masks, mandatory in many situations and places, is as much about protecting others and respecting their right to health, as it is about shielding oneself from the virus. And in assuming the responsibility of safeguarding others, we are, in fact, expressing love for our fellows.

And so, in the current social climate, when gratitude, respect, and love are flourishing – as if rediscovered – Tzu Chi USA is encouraging people to address the critical needs of frontline heroes and others at this challenging time, through the act of charity. Moreover, since one can also express love and goodwill through sincere prayer, Tzu Chi has been offering online prayer gatherings and videos to inspire the heart and sustain the spirit.

❁ An Evolving Aid Strategy

No one can truly predict how and when the COVID-19 pandemic will wind down, as the world is in uncharted territory. What we do know is that cases of the disease are continually confirmed, people are dying, and frontline health-care workers are struggling to save lives while facing terrifying shortages of PPE and other essential medical supplies.



Tzu Chi New York volunteers pack PPE to send to local institutions. Photo/Jonathan Van Lamsweerde



At our Mother's Day Grocery Giveaway, Tzu Chi volunteers load groceries directly into the trunks of care recipients' cars to minimize interpersonal contact. Photo/Tzu Chi USA

Tzu Chi USA's efforts to patch the gap in supplies of PPE at healthcare facilities are ongoing. We have already purchased 3,500,000 surgical masks, 65,000 gloves, 462,270 N95 masks, 100,000 goggles, and 30,000 coveralls to be donated to institutions, groups, and individuals across the country. But, the plan will evolve as we all continue to march towards the unknown, hoping for the best while preparing to bear the hardships of various possible outcomes. 🌱



MORE IMPORTANT THAN EVER — ADOPTING A VEGETARIAN LIFESTYLE TO ABATE DISASTER

By Allen Freese

Photo/Pexels

Few events have the power to unite all of humankind in a common experience, yet the COVID-19 pandemic has managed to do just that. Currently, millions of people around the globe are experiencing life from the confinement of their homes, practicing social distancing in public spaces, and enduring a massive disruption to their daily routines. Millions are without work as places like schools, gyms, and shopping malls have closed, while restaurants and other enterprises grapple with a transition

to new business models. But despite these major disruptions, we also find ourselves united by the common goal of slowing the spread of COVID-19 and protecting the most vulnerable among us. People all around the world are doing their utmost to abide by the rules and guidelines laid out for us at this time. However, in addition to abating the current pandemic, we must also learn what we can do to prevent similar disasters from happening in the future.



To this end, the scientific community has been working hard to investigate the source of this serious outbreak. Drawing on evidence surrounding past outbreaks, like SARS, research suggests that the growing encroachment of farmland into wildlife habitats is one of the primary contributing factors to major pandemics.¹ More specifically, as farmland used for raising animals expands into formerly wild spaces, contact between livestock and wild species increases, creating more opportunities for the transmission of disease. In China, this kind of situation was exacerbated by the practice of “wildlife farming,” which is now officially banned in light of the current outbreak. This entails raising wild species in captivity to be sold at high prices to wealthy people who eat their meat as a show of status.

Although bats have largely been blamed for the current outbreak of SARS-CoV-2 (the virus which causes coronavirus disease, or COVID-19), other research indicates that one or more intermediate host species played a role in the virus’ jump from animals to humans. This research suggests that the pangolin, an animal often referred to as the scaly anteater, served as one of the intermediate hosts from which the virus passed to humans.² These endangered creatures are among those commonly raised on wildlife farms and sold at wet markets, both for their meat and for their scales, which are ground into a paste and applied as a folk-remedy.

While pangolins may not be familiar to many people around the world, diseases that spread from animals to humans, like SARS-CoV-2, have affected millions and have been reported globally. Diseases that spread from wild species include Ebola, MERS, and SARS, while those which spread from domesticated animals and livestock include anthrax, avian flu, bovine spongiform encephalitis (BSE, or “mad cow disease”), and swine flu. Over the last two decades, many of these diseases have caused large-scale epidemics, disrupting economies across the globe and costing thousands of lives. Yet, despite the many complex problems that these diseases create, the simple cause at the root of most outbreaks is human beings’ practice of raising animals for food.

As the global human population continues to rise, so does its demand for meat. This results in the implementation of more cruel and intensive farming practices in order to keep pace. As a result, the chain of actions required to produce even one plate of meat perpetuates the suffering of countless living beings. This intensifies the collective karma created by the process of producing and consuming meat, a series of actions which constantly increases the potential for earth-shattering disasters. As shown by the

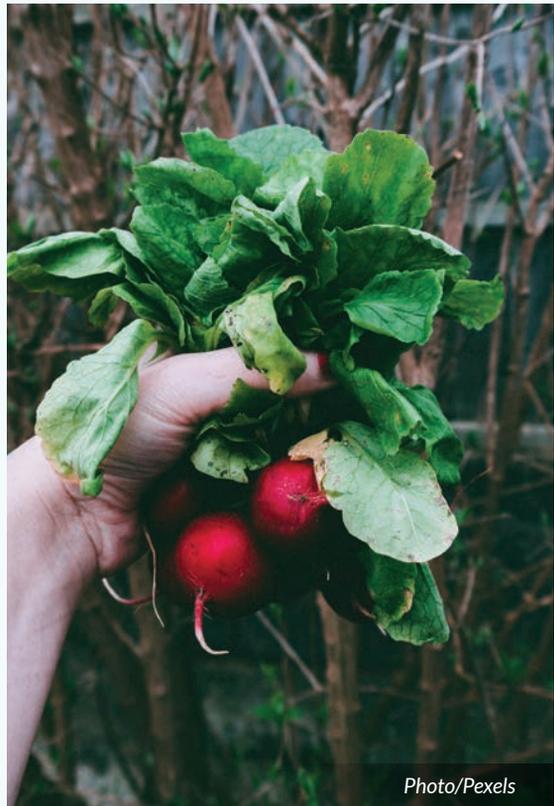


available data, farming animals for food has been identified as a major contributing factor to widespread outbreaks of disease,³ like many of the epidemics we have seen over the last two decades. This means that the devastating consequences of outbreaks such as COVID-19 are deeply entangled with the very consumption of meat products.

So, as rational people interested in a safer future, there must come a time for us to weigh the costs and benefits of this collective practice. Are the lives lost with every epidemic worth the luxury of having bacon with breakfast, a turkey sandwich for lunch, and a beefsteak for dinner? Is satisfying one's taste buds worth the cost of global catastrophe? Indeed, those who have lost family and friends to such outbreaks would never think of trading even the most expensive dish of wild fare for a chance to be with their loved ones again. And of course, this is not to mention the devastating economic impacts of this pandemic that have left millions of people without work, struggling to make ends meet and wondering where their next meal will come from.

In spite of the despair that this pandemic has caused, we can also find great hope in the cooperative efforts of our fellow human beings around the globe. In an age of individualism, one of the greatest lessons we have learned from this outbreak is that we all have the power to do our part in making the world a safer place—even if it means a massive disruption to our daily routines. And if we are to thwart similar epidemics in the future, research makes it clear that

eating meat is just one more routine that we must disrupt. Now that we have identified this major contributing factor to the spread of disease, we can be confident in our ability to take action to mitigate its effects. If our sincere desire is to build a world where the lives and livelihoods of our global community are not threatened by disease, then it stands to reason that doing our best to adopt a vegetarian lifestyle is now more important than ever. 🌱



Photo/Pexels

- 1 Johnson et al., "Global shifts in mammalian population trends reveal key predictors of virus spillover risk," *Proceedings of the Royal Society B: Biological Sciences* Vol. 287, Issue 1924. <https://royalsocietypublishing.org/doi/10.1098/rspb.2019.2736>
- 2 Zhang et al., "Protein Structure and Sequence Reanalysis of 2019-nCoV Genome Refutes Snakes as Its Intermediate Host and the Unique Similarity between Its Spike Protein Insertions and HIV-1," *Journal of Proteome Research* Vol. 19, Issue 4: 1351-1360. <https://pubs.acs.org/doi/10.1021/acs.jproteome.0c00129#>
- 3 Graham et al., "The Animal-Human Interface and Infectious Disease in Industrial Food Animal Production: Rethinking Biosecurity and Biocontainment," *Public Health Reports* Vol. 123, Issue 3: 282-299. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2289982/>



Photo/Pixabay

WHY VEGETARIAN OR VEGAN DIETS ARE RICH IN HEALTH BENEFITS

By Ida Eva Zielinska

Switching to a vegetarian or vegan diet – or merely increasing our consumption of plant-based whole foods while reducing the amount of animal products we eat – can lead to many long-term health benefits. It can also help us avoid developing and even reverse chronic diseases. And, making such a lifestyle change may be more critical than we realize.

“Today in Western civilization we have this absolute crescendo of disease; heart disease, cancer, diabetes, obesity, it’s like a tsunami overcoming these nations. And yet the interesting thing is that all experts would agree that the cause of this tsunami really is our lifestyle. And the fascinating thing is that the major driving force within that lifestyle creating these illnesses is our dependence on animal nutrition.

*Dr. Caldwell B. Esselstyn, Jr.
Director, Cardiovascular Disease Prevention
and Reversal Program
Cleveland Clinic Wellness Institute*

The status quo in terms of public health in the U.S. is grim. According to the National Center for Chronic Disease Prevention and Health Promotion of the Centers for Disease Control (CDC), chronic diseases such as heart disease, cancer, and diabetes “are the leading causes of death and disability in the United States,” and “are responsible for 7 in 10 deaths each year.”



CDC data indicates that “six in ten Americans live with at least one chronic disease,” although most chronic diseases can be prevented through healthy lifestyle choices. Dr. David L. Katz, of the Yale-Griffin Prevention Research Center, part of the CDC’s Prevention Research Centers network, summarizes that scientific literature in the field has revealed that we need pay more attention to three “Fs” in our lifestyle, our feet, forks, and fingers:

***“We’ve known what it takes to prevent roughly 80% of all premature death, and the chronic diseases that precede it, for well over 20 years. The message that better use of just feet (physical activity), forks (dietary pattern), and fingers (not holding cigarettes) could slash global rates of premature mortality and chronic morbidity is among the more stunningly consistent drumbeats in the peer-reviewed scientific literature.*”**

Dr. David L. Katz

Founding Director, Yale-Griffin Prevention Research Center

In terms of our dietary pattern, Dr. T. Colin Campbell, an expert in Nutritional Biochemistry who has devoted his life to the science of human health and the impact of nutrition, urges us to recognize that “a good diet is the most powerful weapon we have against disease and sickness,” and asserts that “the more you substitute plant foods for animal foods, the healthier you are likely to be.”

***“The data shows that we do not need animal protein, period. And the closer we get to zero, the healthier we become. It’s that simple.*”**

Dr. T. Colin Campbell

Founder, T. Colin Campbell Center for Nutrition Studies

Reducing our consumption of animal protein is well worth considering, especially since meat can be damaging to our health. In 2014, the Swiss Federal Commission for Nutrition reviewed research about the health risks associated with eating meat, and stated that recent evidence “indicates that long-term consumption of increasing amounts of red meat and particularly of processed meat may result in a certain increase in the risk of mortality, cardiovascular disease, certain forms of cancer such as colon cancer and type 2 diabetes.”

In 2014, the World Health Organization’s International Agency for Research on Cancer (IARC) also brought together experts from 10 countries, who reviewed over 800 different studies on cancer in humans, with the aim of “providing authoritative scientific evidence on the cancer risks associated with eating red meat and processed meat.”

As a result of their review, in 2015, IARC classified processed meat as a carcinogen, indicating that “eating processed meat causes colorectal cancer.” There also found some evidence of an association with stomach cancer. Simultaneously, IARC classified red meat as a probable

carcinogen, finding some evidence of “associations between eating red meat and developing colorectal cancer,” and “links with pancreatic cancer and prostate cancer.”

In light of such evidence, ascertaining if a vegetarian diet is a healthy dietary choice was warranted. And, a scientific report of the 2015 Dietary Guidelines Advisory Committee, prepared for the U.S. Department of Agriculture and Department of Health and Human Services, determined that a balanced vegetarian diet can be a healthy eating pattern for people above age two.

The major findings regarding sustainable diets were that a diet higher in plant-based foods, such as vegetables, fruits, whole grains, legumes, nuts, and seeds, and lower in calories and animal-based foods is more health promoting and is associated with less environmental impact than is the current U.S. diet.

*Scientific Report of the 2015 Dietary Guidelines
Advisory Committee
U.S. Department of Agriculture;
U.S. Department of Health and Human Services*

More recently, the EAT-Lancet Commission on Food, Planet, Health brought together 37 world-leading researchers to conduct the first full scientific review of what constitutes a healthy diet from a sustainable food system.

Food systems have the potential to nurture human health and support environmental sustainability; however, they are currently threatening both.

*Food in the Anthropocene
EAT-Lancet Commission on Healthy Diets from
Sustainable Food Systems*

Their report, published in 2019, echoed the health benefits of diets free from or low in animal-based foods. It cited studies showing that vegetarian diets are associated with lower mortality and quality plant-based diets are associated with a substantially lower risk of developing type 2 diabetes or coronary heart disease. These findings were found to “suggest that a shift towards a dietary pattern emphasizing whole grains, fruits, vegetables, nuts, and legumes without necessarily becoming a strict vegan, will be beneficial.”



Photo/Unsplash

There are numerous reasons why a predominantly plant-based diet is beneficial. According to the Physicians Committee for Responsible Medicine, a nonprofit promoting preventive medicine and good nutrition, such foods are packed with fiber, vitamins, and minerals, while being low in cholesterol, calories, and saturated fats. All combined, this helps lower one's "risk for heart disease, type 2 diabetes, obesity, and other health conditions."

Reducing the risk of heart disease is of paramount importance, given how according to the CDC, "heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States." However, Dr. Caldwell B. Esselstyn, director of the Cardiovascular Disease Prevention and Reversal Program, asserts that "coronary artery heart disease, in truth, need never, ever exist. And if it does exist, it need never, ever progress. This is a completely benign, foodborne illness."

And, research to support the heart health benefits of predominantly plant-based diets continues to surface. For instance, a study published in the Journal of the American Heart Association in 2019, found that "diets higher in plant foods and lower in animal foods were associated with a lower risk of cardiovascular morbidity and mortality in a general population."



A vegetarian or highly plant-based diet can also help reduce high blood pressure, a key risk factor for heart disease. To support that claim, a meta-analysis of 39 studies analyzing the dietary choices and blood pressures of adults, published in JAMA (Journal of the American Medical Association) Internal Medicine in 2014, concluded that "consumption of vegetarian diets is associated with lower blood pressure."

The University of Texas MD Anderson Cancer Center backs additional benefits of plant-based diets that can help prevent cancer and improve overall health. Such foods support and boost the immune system since plants have essential nutrients that help protect against germs and microorganisms and fight off infection. The phytochemicals and antioxidants in plants work to reduce inflammation, which is significant as "prolonged inflammation can damage your body's cells and tissue and has been linked to cancer and other inflammatory diseases like arthritis."

Predominantly plant-based diets can also lead to weight loss and help maintain a healthy weight, which is vital when taking into account CDC statistics showing that "more than one-third of adults in the United States are obese." At the same time, "obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer that are some of the leading causes of preventable, premature death."



Photo/Unsplash

One of the ways plant-based foods help with managing weight is that they increase the amount of fiber in one's diet, which has additional health benefits as well:

“High fiber foods fill you up without any calories so people who eat more fiber rich foods slim down. But fiber does more. High fiber foods escort all the intestinal contents along much quicker. So if there happens to be a carcinogen in what you've eaten, the fiber helps carry it away quicker. The second thing is that fiber changes the bacteria in your digestive tract. The more healthy fiber you have, the healthier the bacteria are, and if you don't have a high fiber diet, you have maladjusted bacteria that then turn your digestive juices into carcinogenic compounds. So fiber is healthy in all of those ways.

Dr. T. Colin Campbell

*Founder, T. Colin Campbell Center for
Nutrition Studies*

Regarding diabetes, the CDC states that people “may be able to manage type 2 diabetes with healthy eating and being active,” without taking insulin or other medications. And, the Physicians Committee for Responsible Medicine advises that “a plant-based diet is a powerful tool for preventing, managing, and even reversing type 2 diabetes.” It can “lower body weight, improve insulin function, and increase beta-cells’ ability to regulate blood sugar, which helps reverse symptoms associated with type 2 diabetes.”

For living proof, we can look to Dr. Cyrus Khambatta, who was an athletic college student when he unexpectedly developed type 1 diabetes at age 22. After several years of personal experimentation and study about his condition seeking better ways of managing it, he changed his eating habits completely, became a vegetarian, then vegan, and the results were remarkable:

“In a short period of time, positive change was apparent. Instead of feeling lethargic, mentally groggy, dehydrated and physically fatigued, eating a truly healthy diet made me feel alert, fully rested, full of energy, and eager to exercise hard. I felt limber, energetic, and excited to be alive.”

Dr. Cyrus Khambatta

Founder, Mangoman Nutrition and Fitness

Today, as an author and educator with a Ph.D. in Nutritional Biochemistry, he strives to impart the principles of a truly healthy lifestyle, and teaches people with pre, type 1, and type 2 diabetes “how to measure, track, and reverse insulin resistance through plant-based nutrition.”

Although the evidence for why a vegetarian or vegan diet is rich in health benefits is available, for many, eating meat is a stubborn and cherished habit that has been ingrained by family, culture, and even society at large. And yet, perhaps this is one habit that we should break not only for our wellbeing but that of the planet as well, given the environmental damage caused by the meat production industry. Change can happen, and it can begin one day at a time. Isn't it worth trying? 🌱



Photo/Unsplash



Award-winning chef, Mark Reinfeld, founder of America's first Vegan cooking school drives the next wave of food revolution across the food industry.
Photo/Lifted Film Music

VEGETARIANISM IN AMERICA: A HEALTHY DIET STARTS IN THE KITCHEN

*By Pheel Wang
Translated by Diana Chang
Edited by Adriana DiBenedetto*

What's the deal with vegetarianism, and why is it on the rise?

We as individuals each have a relationship with food, and are called to not only acknowledge, but empower a deeper understanding of this relationship, fostering gratitude as we consume our meals while being mindful of all that contributed to it.

Eating mindfully recognizes the importance of these individual actions — recognizing the ways our societies raise, buy, and consume food — and the direct effects this creates for Mother Earth, for plants and animals, and for human beings.

Vegetarianism is one such way of recognizing these choices, and shifting one's lifestyle as a means of taking action that aligns with one's values and concerns. These span from concerns

regarding human health, to the fair treatment of food and farm workers, to the humane treatment of animals, to preserving the health of the environment, and beyond. Changes in climate are intertwined with our way of life as well, and therefore, this interconnection must likewise be taken profoundly to heart.

Initially, one might think that many food-related decisions will require making sacrifices, however, thanks to the recent surge in vegetarian options making it into the mainstream, enjoying a climate-conscious diet is easier than ever — supermarket chains are certainly stocking more vegetarian and vegan options to keep up with consumers' food choices. A wide range of reasons lies behind the rise of vegetarianism and its increased presence in spaces like fast-food chains and supermarkets. And each of the reasons individuals are opting to follow a vegan or vegetarian lifestyle carries a common thread at the very core of the matter which unites us all: *compassion*.

Let's explore one such story about a chef who has woven this thread of mindful compassion throughout his life.

The Fast Food Revolution

"I used to spend almost all of my time at McDonald's, with my friends, and in the 1980s, dating girls," Chef Mark Reinfeld described how he'd been a loyal customer to the food chain as a youth. These childhood memories of eating at McDonald's as the chain expanded to countries around the globe are indeed common ones shared by many.

Hamburger University, a training facility of McDonald's, situated in Chicago, Illinois, was designed to instruct personnel employed by McDonald's in the various aspects of restaurant management. The introduction of such a university thus sped up the formation of the fast-food industry; people learned to mechanize production and standardize all production procedures.

McDonald's, KFC, Burger King, and more restaurant chains grew quickly, and set a distinct trend in food preferences. This rise in popularity also generated a shift in industrial livestock production, and in turn, rising concerns regarding the humane treatment of animals as the demand for feed increased.

Concentrated animal feeding operations (CAFOs), for example, are the result of this mass demand for meat, wherein animals are subject to intensive confinement and abuse. All this distress, while a burger was only 15 cents in the 1950s; 30% cheaper than a burger made at a family-owned restaurant at 30 cents.

"At the age of 23, I started working in the restaurant kitchen. After I learned the various ingredients and understood their production process, I made a choice... Since that year, I no longer go to McDonald's and broke my addiction to meat." Mark couldn't believe everything that the fast-food industry advertised, and decided it was about time for a change.



Photo/Pexels

“Food should be an important element that can elevate your perspective, whether it is the body or the mind, and it also needs to maintain a balance in the external environment.”

Mark Reinfeld, Vegan Chef



In the pursuit of creating multisensory flavors, Mark also focuses on the satisfaction of the body and soul. His cuisine is highly respected by celebrities around the world. *Photo/Lifted Film Music*

Mark's Vegan Food

In addition to being the founding chef of the Vegan Fusion Culinary Academy, Chef Mark has written eight award-winning books, led vegan and raw cooking workshops and chef trainings around the globe, was inducted into the Vegetarian Hall of Fame in 2017, and that's not all — Chef Mark's footprint of compassion and mindfulness across the culinary world is far-reaching to be sure.

His supporters range from ordinary housewives who are vegetarians to Hollywood stars, zoologists, singers, meditation masters and so forth.

“Mark's creations of vegan food are innovative treasures!”

Cher, Musician

Chef Mark's original combinations of flavors, resulting in bold and unique creations, are a delight for all who taste them. Yet, what delights him, is being on the forefront of a culinary revolution. As he explains, “Twenty years ago, there were very few vegetarians, and restaurants had no vegan choice.” That's hardly the case anymore, and his efforts are part of that wave of change.

“I want to accelerate another wave of food revolution by training the next generation of chefs.”

Mark Reinfeld, Vegan Chef



Chef Mark's creative Italian style 'Ravioli.'
Photo/Vegan Fusion Culinary Academy

Changing Direction

In 2004, Mark planned to open a vegan cuisine academy in Hawaii, however, the time wasn't right, and the market had yet to mature, which it has since. According to a survey by the Global Plant-Based Food Association (PBFA) for the U.S. market, in 2019, the consumption of vegetarian products in the retail industry increased by 11.2% in one year, compared with the consumption in the meat market, only 2.7%.



Comparison of food product sales in the U.S. retail industry in 2019.

The market response has led many food companies and top chefs in the world to go green. For example, Gordon Ramsay's Hell's Kitchen, as guests can now find vegan options at most of the Gordon Ramsay restaurants.

The Push-Button of Revolution

Mark and his team decided to try again, and the Vegan Fusion Culinary Academy – the first vegan school in the United States certified by the World Association of Chefs' Societies – will soon open in Colorado. Among the academy's students, Chef Mark expects aspiring chefs, passionate home cooks, culinary professionals, as well as health practitioners. Currently, this plant-based culinary pioneer offers consulting services, and his school opens in the Fall of 2020.

Chef Mark believes that taking on a vegan lifestyle can help many of the problems that arise from one's diet, as many of the things that are consumed by society today have the potential to negatively impact human health.



For example, when comparing the diets of vegans and non-vegans, vegans tend to consume less saturated fat and cholesterol than non-vegans, and vegans likewise consume diets with more vitamins C and E, dietary fiber, folic acid, potassium, magnesium, and phytochemicals, such as carotenoids and flavonoids. Therefore, vegans and vegetarians are more likely to have lower total and LDL cholesterol, lower blood pressure, and a lower body mass index (BMI). A wide range of studies furthermore suggests that eating lots of fruits and vegetables can reduce the risk of developing certain cancers, and a predominantly plant-based diet can reduce one's risk for type 2 diabetes.

This gourmet feast, which Mother Nature grows for us each day, chock full of health benefits, is being increasingly recognized, gradually creating more vegans, and accelerating a shift within the food industry.

The Vegan Fusion Culinary Academy will be very different from a traditional cooking school. The teachers at this school will also include doctors and nutritionists, so that students can gain a more in-depth understanding of how vegan cuisine can provide the nutrients required for good health. required for good human health.

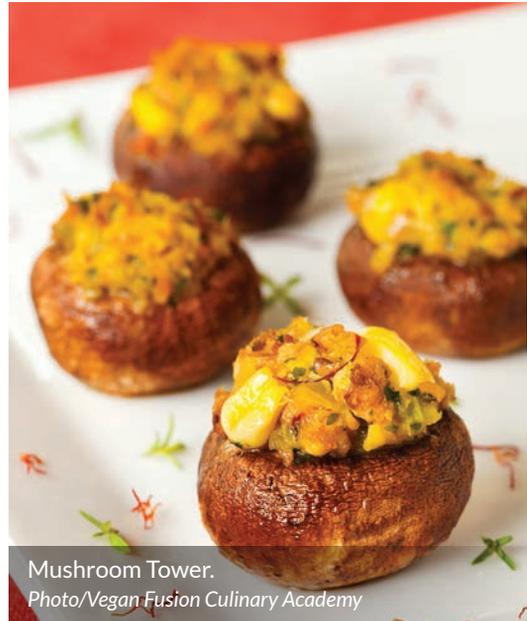
“What we eat shapes our body and soul (We are what we eat). We not only need to teach chefs to make good food, but also the values of compassion and always think about what we eat. What are we serving.

Mark Reinfeld, Vegan Chef

Behind the Scenes

Mark believes that a chef's greatest mission is to know how to satisfy the taste buds, and here are some focal points from the chef, himself:

- A) The Key to Delicious
- B) Gratification
- C) Brilliant Purchase
- D) Transition period



Mushroom Tower.
Photo/Vegan Fusion Culinary Academy



With tens of millions of edible plants on earth, chefs certainly have room for creativity. Pictured is Chef Mark's coconut milk curry. Photo/Vegan Fusion Culinary Academy

COMPARISON SHOPPING GUIDE FOR FRUITS AND VEGETABLES

The Clean 15 list includes:

These are okay to buy conventional (not organic)

-  Asparagus
-  Avocado
-  Cabbage
-  Cantaloupe
-  Eggplant
-  Grapefruit
-  Kiwi fruit
-  Mango
-  Onions
-  Pineapples
-  Sweet corn
-  Sweet onions
-  Sweet peas
-  Sweet potatoes
-  Watermelon

The Dirty Dozen list includes:

Buy these organic whenever possible

-  Apple
-  Celery
-  Cherries
-  Domestic Blueberries
-  Imported Grapes
-  Lettuce
-  Nectarines
-  Peaches
-  Potatoes
-  Spinach, Kale and Collard greens
-  Strawberries
-  Sweet Bell peppers

The chef reminds everyone to favor fresh produce over processed foods to stay healthy. 



ON THE GROUND WITH LA ANIMAL SAVE: CHAMPIONING ANIMAL RIGHTS AND ENVIRONMENTAL PROTECTION

*By Pheel Wang, Ida Eva Zielinska
Translated by Diana Chang*

Over a hundred pigs jam-packed inside a truck await transport to another location. It's hard to tell if the tracks on the metal are from their droppings or tears. *Photo/Bobby Sud*

It was after nightfall in the industrial town of Vernon, California, just south of downtown Los Angeles, where a group of people waited quietly under a streetlight. When they saw a truck pull up in front of the entrance to Farmer John Clougherty Packing Company, a slaughterhouse and processing plant, they swarmed towards it.

As the driver waited for factory personnel to open the gate, he didn't stop the group from spraying water into the truck's double-decker livestock trailer through the vents along its sides.

Two minutes later, the gates swung open, and the 18-wheeler drove through. Without exchanging a word, the group returned to the sidewalk to wait for the next truck.

A Vigil for Pigs Before Slaughter

Every Sunday night, activists from LA Animal Save hold this silent protest in the same location, bringing a drink of water and a moment of love and comfort to pigs on the threshold of death and processing into Farmer John bacon, sausage, ham, and other meat products.

The organization is the Los Angeles extension of the international Animal Save Movement – also referred to as The Save Movement – one of whose missions is organizing vigils at slaughterhouses, so people can bear witness to animal exploitation.

“We share their faces and stories and show the truth behind animal agriculture. We inspire people to stop eating animals and become activists for the most vulnerable, innocent victims on the planet. What's done in the dark will be brought to the light.

LA Animal Save - "Who We Are"



Activists spray water from the buckets they carry directly into the mouths of pigs as they extend their snouts through the vents in the metal walls of the truck. *Photo/Pheel Wang*



Thirsty pigs, cramped inside the truck's trailer, eagerly guzzle the water the activists offer. *Photo/Bobby Sud*

Juvel Ingal first participated in a vigil three years ago. The young activist recalls looking in the mirror when she returned home and finding brown sticky stuff in her hair: “I thought it was mud, but later found out it was pig feces and urine.” Undaunted, she kept coming back.



Although it's a clear night, the water flowing from the activists' sprayers makes it appear as if there's rain drizzling from the sky. *Photo/Ronell Gachalian*

Today, after several years of experience, Juvel wears a raincoat to shield from the constant drizzle of water close to the truck and uses a longer sprayer so she can reach the pigs on the upper floor of the livestock trailer.

“**People say pigs are smart and they outperform three-year-olds.**

Juvel Ingal
Animal Rights Activist



The activists' concern about the wellbeing of the animals locked in the truck is obvious. *Photo/Bobby Sud*

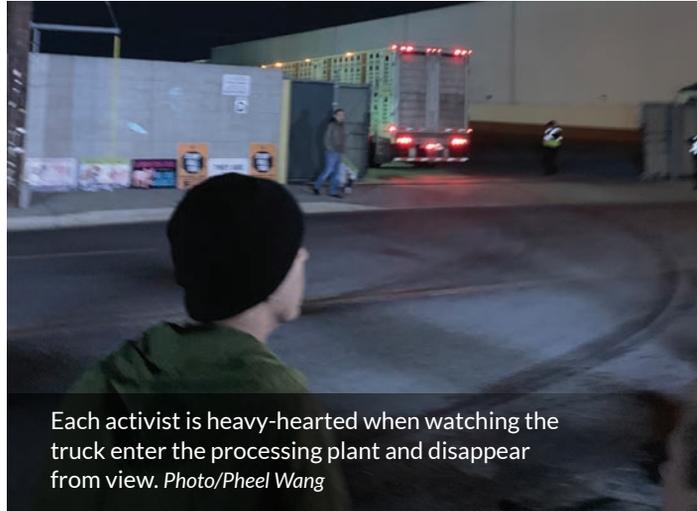
Suddenly, the herd riots, the pigs stomping their hooves on the soiled flooring beneath their feet, and squealing as if asking for help.

Juvel isn't the only one talking to the pigs with soothing words that aim to comfort, "good pig... you're not alone." She isn't the only activist with tears in her eyes at that moment, either.

Yet everyone in the group withholds their sobs until the truck has driven off, not wanting to add negative emotions to those of the helpless creatures already gripped with inconsolable terror.



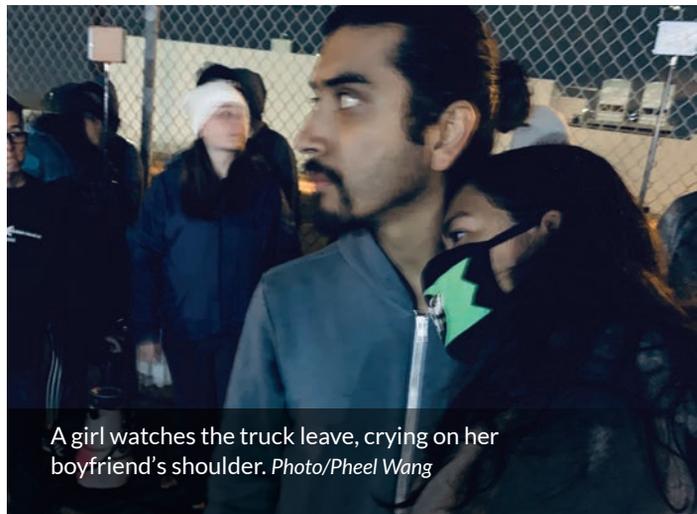
A young man wearing a hat with "vegan" embroidered on it talks to a pig softly, doing his best to provide solace. *Photo/Ronell Gachalian*



Each activist is heavy-hearted when watching the truck enter the processing plant and disappear from view. *Photo/Pheel Wang*

“**When you know you can no longer give water to the pigs, give them comfort, but watch them being carried away, this is the hardest thing.**

Juvel Ingal
Animal Rights Activist



A girl watches the truck leave, crying on her boyfriend's shoulder. *Photo/Pheel Wang*

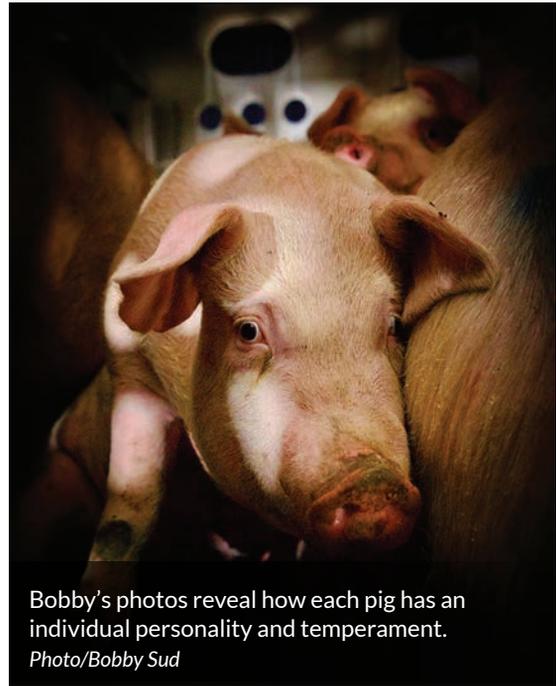
Bearing Witness to Humanity's Cruelty Towards Animals

"In just two minutes per truck, we witness it," says Bobby, the organizer of LA Animal Save's vigils, who's also a professional photographer. While everyone is giving water to the pigs, he's responsible for documenting the moment to help spread awareness.

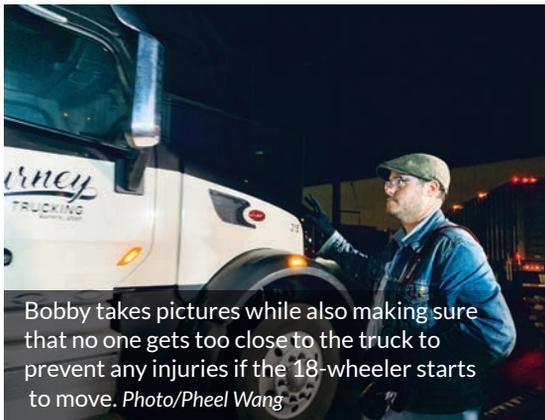
**“It's not only humane for pigs,
but also a message for humans.”**

Bobby Sud

LA Animal Save Vigil Organizer & Photographer



Bobby's photos reveal how each pig has an individual personality and temperament.
Photo/Bobby Sud



Bobby takes pictures while also making sure that no one gets too close to the truck to prevent any injuries if the 18-wheeler starts to move. *Photo/Pheel Wang*

"People can keep a distance from all the problems in the world, choose to forget or not think, and continue to live as before," says Bobby, yet his photos force the viewer to confront the hell we've created for animals – all for the sake of our appetite. Attending vigils allows people to feel animal suffering more intensely, juxtaposing compassion and empathy against the cruel indifference behind what's unfolding before their eyes.

Shattering the Illusion of a Happy Farm

Despite the frolicking pigs on the murals that adorn the walls surrounding the grounds of Farmer John Clougherty Packing Company, life for animals incarcerated on factory farms is horrific rather than happy.

Let's start with the astounding death rate, which Bobby shares: "In one day, nearly 200 million or 73 billion farm animals are killed due to the demand for human consumption of meat per year. If you add fish, that number will be two trillion!"

When people are "insensitive" to numbers too large to grasp, he will elaborate: "We can imagine that the number of people on earth for thousands of years was only 108 million. If we use the same speed in slaughtering animals to kill humans, humans will become extinct within 19 days."



From birth, factory-farmed pigs bear crowded and unsanitary living and transportation spaces, hunger, and – ultimately – the terror of slaughter. *Photo/Pheel Wang*

We can also look at the suffering of animal mothers. In the case of pigs, factory farms keep sows in narrow gestation crates that provide no freedom to move. Piglets are taken away at three weeks since their mother must conceive again. When the sow can no longer give birth, she is sent to the slaughterhouse.

And yet, as Bobby Sud knows well, exposing these and other heartless practices is challenging.

***“In the United States, all products can have public monitoring to increase the accountability and management of the manufacturing process, but not the livestock industry. If someone goes in, they’ll be arrested and prosecuted by law for exposing illegal acts on farms or factories.*”**

Bobby Sud

LA Animal Save Vigil Organizer & Photographer

For Bobby, such anti-whistleblower legislature in the sector, commonly referred to as “ag-gag” laws, reveals the extent of the problem – “This really emphasizes that there are many secrets behind the agriculture industry.”

Because the number of animals slaughtered is astronomical, the methods of torture are unimaginable, and the walls shielding the industry are so thick, “vigil operations became necessary means,” he says, while adding that “nobody will get hurt from this.” On the contrary: The awareness that ensues is beneficial and transformative.

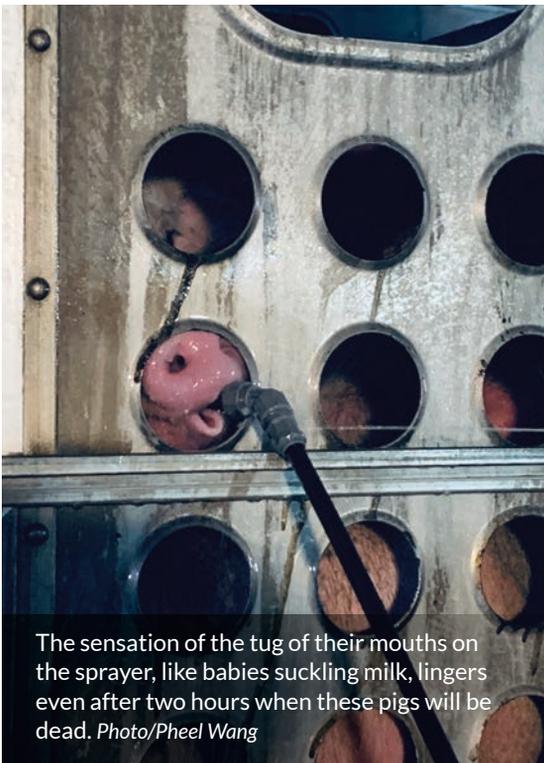
Although, in the end, these pigs won’t escape the slaughter, during that short window of connection, while their water sprayers offer nourishment, people change. Having witnessed how all beings yearn not to suffer, and given these doomed animals love – something they had never received from humans before – many decide to go vegan.



Ironically, near the site of the vigil, a mural of a happy pig decorates the exterior of the Farmer John plant, while real pigs are slaughtered inside. *Photo/Pheel Wang*



It takes courage to come face to face with the pigs and see the suffering they're experiencing first hand.
Photo/Pheel Wang



The sensation of the tug of their mouths on the sprayer, like babies suckling milk, lingers even after two hours when these pigs will be dead. *Photo/Pheel Wang*

“When you're feeding the pigs, they're looking you in the eyes. You can see that they're not food, but individuals with souls. When you have a connection with these pigs, you cannot go back (to eating meat).”

*Juvel Ingal
Animal Rights Activist*

However, veganism and vegetarianism are not only about expressing compassion for animals, because if we take a broader view, they also benefit humans.

The Save Movement, of which LA Animal Save is a part, has three components: Animal Save, Climate Save, and Health Save. It is rooted in a vision that we can reverse climate change by ending animal agriculture, and beyond vigils at slaughterhouses, it promotes a plant-based diet to help save animals and the environment, and save human health by solving the epidemic of preventable diseases.

Compassion With Far-Reaching Environmental Vision

Choosing to follow a plant-based diet not only protects the lives of animals but also helps combat the escalating crisis of hunger and food insecurity as the global population grows. The Department of Economic and Social Affairs of the United Nations expects that the world's population will increase by two billion in the next 30 years, reaching 9.7 billion in 2050.

Our appetite for meat may be unsustainable. According to the food security and environmental advocacy organization Well-Fed World, it is undisputed that “farmed animals consume more food than they produce.” If we look at main-stream Feed Conversion Ratios, which measure the amount of feed/crops needed to produce a unit of meat, they are 6x-25x for beef, 4x-9x for pork, and 2x-5x for chicken.

“**Satisfying the expected food and feed demand will require a substantial increase of global food production of 70% by 2050.**
Food and Agriculture Organization of the United Nations

“**With the population skyrocketing, a vegetarian diet is the only way to support the global population, and the only way to maintain a sustainable environment.**
Bobby Sud
LA Animal Save Vigil Organizer & Photographer

To understand why plant-based foods have a lesser environmental footprint than meat, we can compare the water consumption and CO₂ emissions (which account for 76% of total greenhouse gas emissions) associated with their production:

FOOD TYPE (PER KILOGRAM)	WATER CONSUMPTION (LITRES)*	CO ₂ EMISSIONS (KILOGRAMS)**
 BEEF	15,415.0	27.0
 PORK	5,988.0	12.1
 CHICKEN	4,325.0	6.9
 LENTILS	84.4	0.9
 TOFU	36.2	2.0

* Source: Water Footprint Network

** Source: Environmental Working Group

The environmental demands and damages associated with the meat industry are also exacerbating other ecological and climate change problems we face.

“ Ecological and climate breakdown share many of the same drivers: notably, the destruction of forests and other natural ecosystems by industrial agriculture. Animal agriculture – livestock and animal feed – is a significant driver of deforestation, and is also responsible for approximately 60% of direct global greenhouse gas (GHG) emissions from agriculture.

Greenpeace International

Forests purify water and air, and also soak up carbon dioxide – which plays a critical role in mitigating climate change. They’re home to 80% of the planet’s land-based species. And yet, according to the World Wildlife Fund, we’re losing 18.7 million acres of forests annually – equivalent to 27 soccer fields every minute.

Nature is declining at an unprecedented rate due to human activity. A 2019 report from the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services concluded as follows:

“ Human actions threaten more species with global extinction now than ever before. An average of around 25% of species in assessed animal and plant groups are threatened, suggesting that around 1 million species already face extinction, many within decades, unless action is taken to reduce the intensity of drivers of biodiversity loss.

Global Assessment Report on Biodiversity and Ecosystem Services

Habitat loss as a result of land-use and unsustainable agriculture are among the anthropogenic drivers of biodiversity loss that the report identified.

These are some of the issues that drive Bobby Sud towards activism.

“ We have so many resources that can be effectively used to achieve the goal of sustainability, but we’re doing the opposite. We’re destroying the earth and feeding ourselves by killing animals. As a result, we’re slowly killing humans.

Bobby Sud

LA Animal Save Vigil Organizer & Photographer

And he’s not the only one to feel a sense of urgency about the state of our world.

“ When other species become extinct, humans will too, as the food chain is intertwined, and the domino effect will come but it’s just a matter of time.

Joaquin Phoenix

Animal Rights Activist & Hollywood Actor

Doing Their Part to Raise Awareness and Lead Change

Within the two-hour span of the vigil, a livestock truck arrived at the gates of Farmer John Clougherty Packing Company every five to ten minutes, while 4,000 to 6,000 pigs were slaughtered on the other side of the wall.

As the silent protest draws to an end, no matter how painful to attend, many will return next Sunday, Juvel Ingal, among them. But at this point, she has something else on her mind as she eyes a man standing a short distance away. She wants to approach and tell him, “Thank you for everything you do for the animals. Thank you for influencing more people to join,” but she can’t find the courage.

It turns out that this man is a famous Hollywood actor – Joaquin Phoenix, who in 2020, won the Best Actor Academy Award and Screen Actors Guild (SAG) Award for his performance in *Joker*. Although he played the role of a raging cold-blooded killer on the big screen, in real life, Joaquin is gentle and reserved, and a hero in the fight for animal rights.

“**Eating animals is ridiculous and barbaric.**

Joaquin Phoenix

Animal Rights Activist & Hollywood Actor

Bobby shares that Joaquin has participated in countless vigils in Los Angeles, “This operation has been in operation for three or four years, and Joaquin has almost never been absent.” The actor has also been a vegan for over 40 years and carries significant influence, which he uses for the cause.

On the Sunday night that he won the Best Actor SAG Award for *Joker*, Joaquin went directly to a pig vigil after the ceremony to show his support.



Still wearing his tuxedo, Joaquin Phoenix attends an LA pig vigil after the 2020 SAG Awards.
Photo/Bobby Sud



Instead of celebrating with the other 2020 SAG Award winners, Joaquin chose to take a stand for animal rights by attending an LA Animal Save vigil. *Photo/Bobby Sud*

Bobby remembers how, “like all of us, he brought his own sprayer and bucket of water, stood at a corner by the truck, feeding the pigs water.” He didn’t care about the splashes of water or spray of pig droppings emanating from the livestock trailer staining his tuxedo either.

Initially, only a dozen people attended La Animal Save vigils, but following Joaquin’s recent acclaim and actions, which garnered extensive public attention, it’s become a different story.

Bobby’s photos of Joaquin at the vigil on the night of the SAG Awards also played their part in getting the word out, as they were published in *Vanity Fair* and *People Magazine* and appeared on *Entertainment Tonight*.

“ ***These photos suddenly went viral in the mainstream media and gained a million views. Since SAG, the number of people attending vigil operations has exceeded 100 every week for the past few months.*** ”

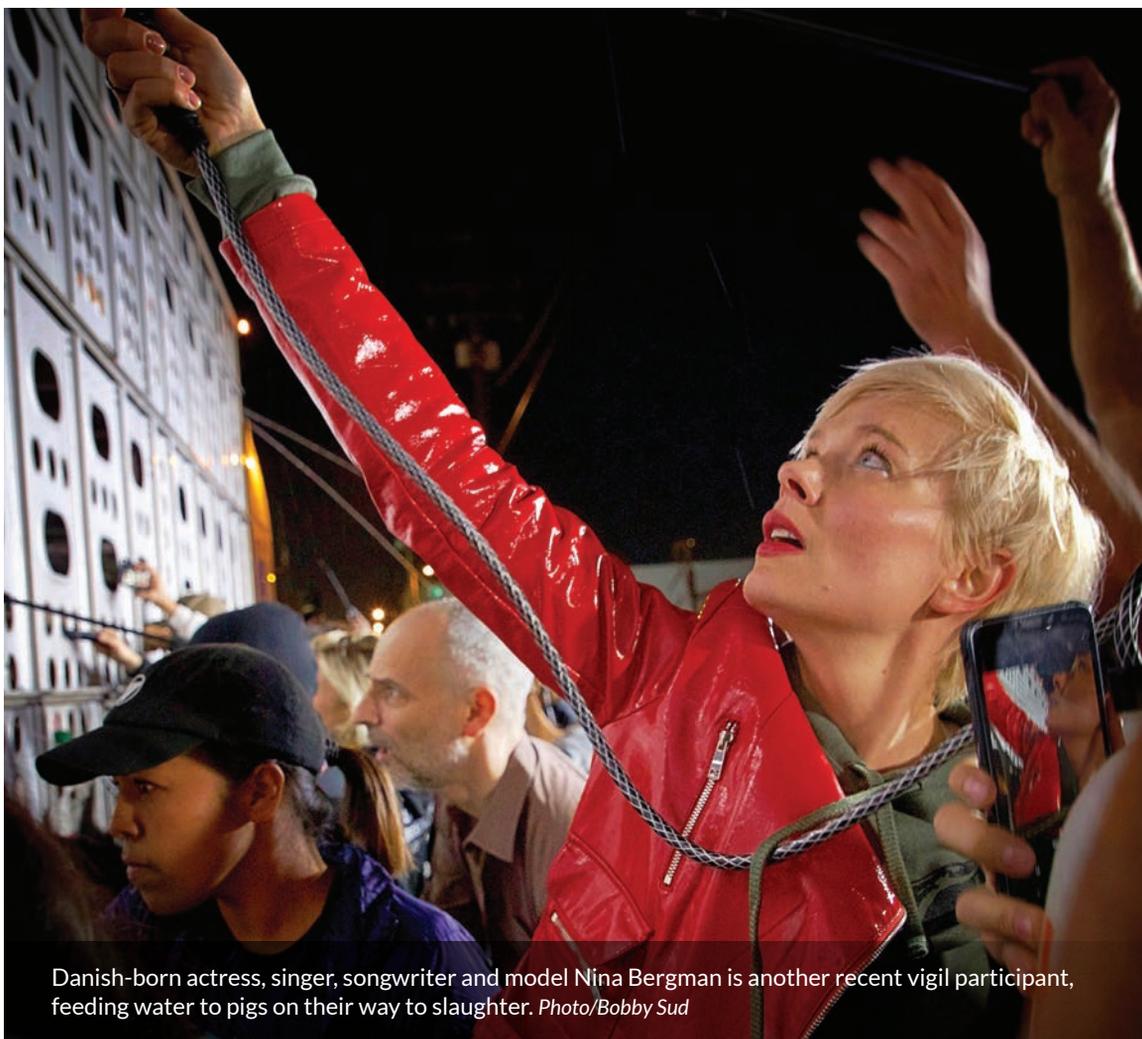
Bobby Sud

LA Animal Save Vigil Organizer & Photographer



Award-winning American musician, songwriter, singer, producer Richard Melville Hall, better known as Moby, who has been vegan since 1987 and is an animal rights activist, attends a vigil. *Photo/Bobby Sud*

Today, people from all walks of life come to the vigils, celebrities among them. The high-profile participants attract higher attendance, which helps the movement grow, and that's the ultimate goal – raising awareness that leads to change.



Danish-born actress, singer, songwriter and model Nina Bergman is another recent vigil participant, feeding water to pigs on their way to slaughter. *Photo/Bobby Sud*

“ **We need more activists, no matter if they come to see the celebrities or if they're curious, I don't care.**

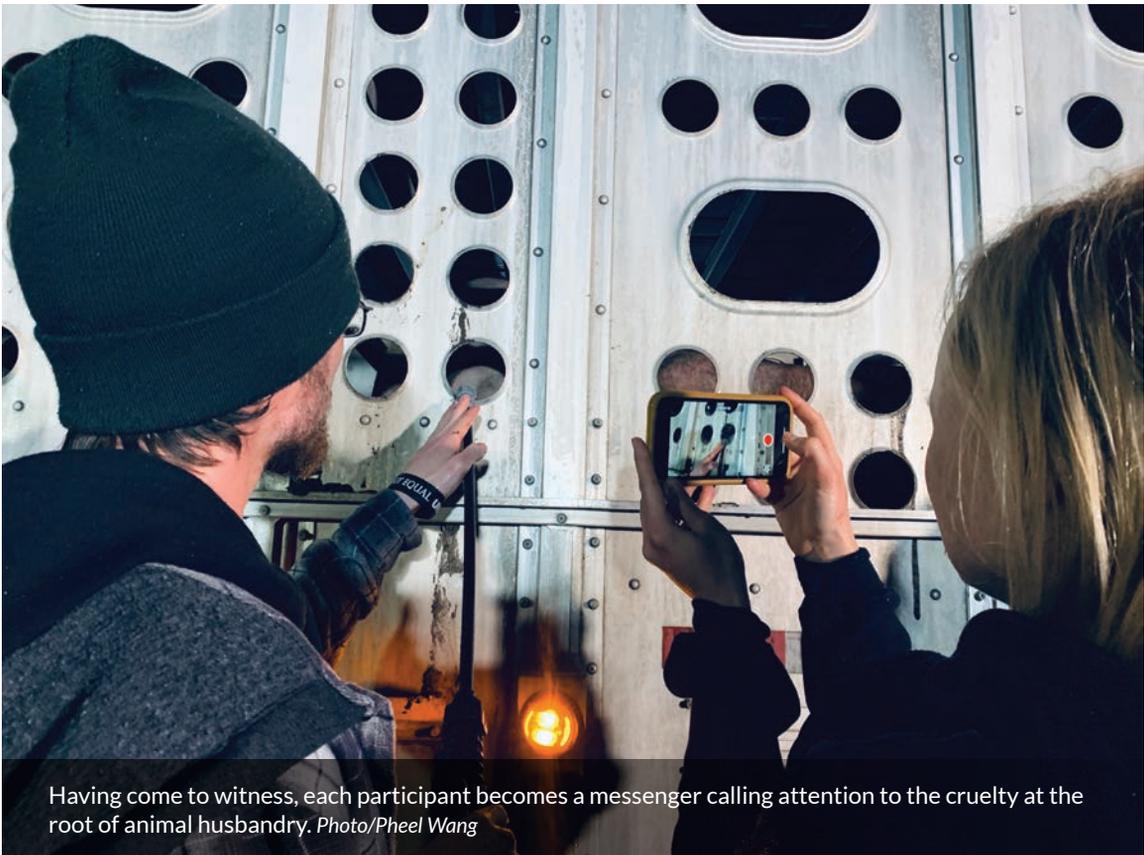
Bobby Sud

LA Animal Save Vigil Organizer & Photographer

In addition to pigs, Los Angeles Animal Save also holds vigils for chickens, dairy cows, and beef cattle. Everyone involved in The Save Movement hopes you'll join in. At the very least, do find a vigil near you and witness what's happening for yourself. 🌱



Many find out about the vigils by word of mouth, and once they come, they put waterproof covers on their cameras and film what they're seeing. *Photo/Pheel Wang*



Having come to witness, each participant becomes a messenger calling attention to the cruelty at the root of animal husbandry. *Photo/Pheel Wang*

HOW AN EARTH-SHATTERING
DISASTER GAVE BIRTH TO

TZU CHI USA'S

Very Veggie Movement

By Dilber Shatursun



Ratatouille. Photo/Borja Campillo

In the plainest of words, Dharma Master Cheng Yen has said over and over again: do not eat meat. It aligns with one of the five fundamental precepts, or rules of ethical and moral conduct in Buddhism, that says “do not kill.” Though an ever-present message, its adherence (given the likely zoonotic nature of the new coronavirus) has never been more urgent. In March 2020, Tzu Chi USA brainstormed a new initiative to encourage omnivores worldwide to finally make the leap into vegetarianism.

The challenges of the approach were many. What methods would be used to share information? How could it appeal to life-long meat-eaters? How could discreet obstacles, those which often cause failure to stay the course, be addressed? With many people beginning to eat out less, how could recipes be presented in a format for experts and novice cooks alike? With all this in mind and more, Tzu Chi launched the *Very Veggie Movement* (or VVM).

The digitally-based initiative allows individuals to take the *Very Veggie* pledge, in which they commit to transform their diet into a vegetarian one. Upon registration, the pledger would begin to receive specially curated articles, recipes, and tips as part of the VVM Starter Kit to guide them through their first month. Topics include how to eat as the sole vegetarian at home, maintaining nutritional balance, and even a seasonal fruit and vegetable guide.



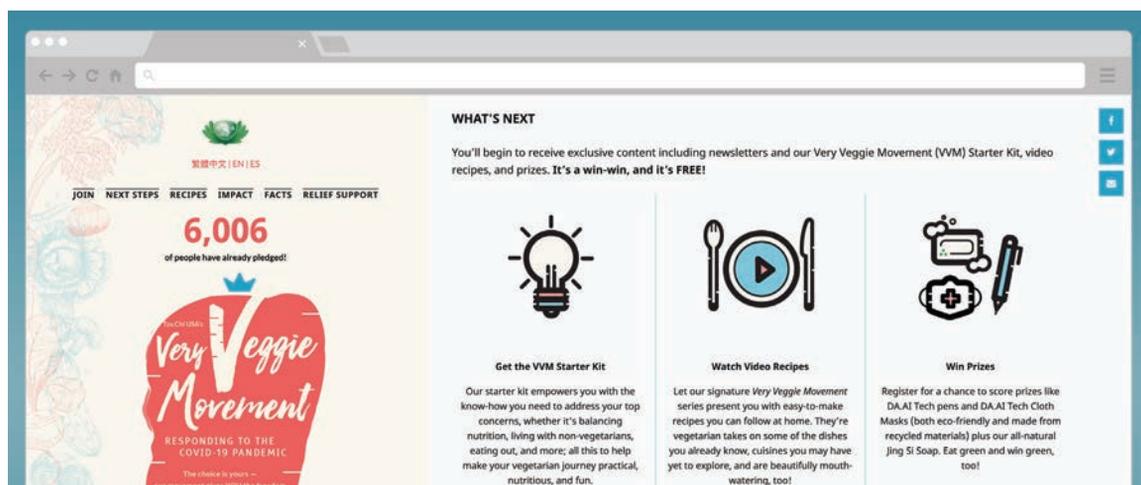
Hector Muniente, a Tzu Chi USA Media Production Center video director, tries his gazpacho recipe.
Photo/Borja Campillo

The VVM homepage also features a map showing how many and from where participants have pledged. There are also facts about vegetarianism and animal farming to help give a broad view of the impacts of meat consumption – in terms of how many animals are slaughtered each year, what it does to the environment, and what it does to human health. A quick scroll also reveals teachings from Master Cheng Yen related to vegetarianism, offering some grounding guidance.

“Because this disease was introduced from people’s mouths, upholding a vegetarian diet is the most basic way to prevent the disease.

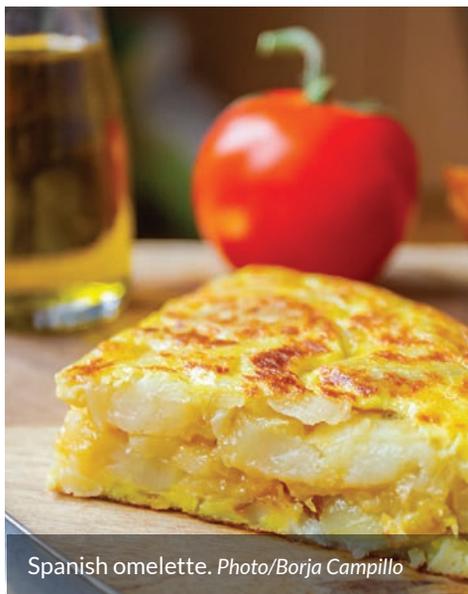
Master’s Teachings

“Earth Shattering Disasters Require World Awakening Realizations”



At the same time, plans were also made to release VVM video recipes. But, this all changed when, in March, stay-home orders went into place in New York, forcing the creatives at Tzu Chi USA's Media Production Center to take things into their own hands – quite literally. Video directors, camera operators, and editors in New York City began cooking their own vegetarian meals, documenting their process and recipes.

Their resulting videos show carrot ribbons and chopped red peppers so beautifully vibrant, olive oil so sizzling, and spices so fragrant you'll smell them through your device. As an extra treat, we even see the quarantined cook enjoying their meal at the end of each video, showing us that we can eat well, be content, and make the best of a pandemic, even. Truly, 2020 will be an age of culinary renaissance; one where we spend more time nourishing our bodies, minds, and spirits – and those of who we love.



Spanish omelette. Photo/Borja Campillo



Asparagus Salad with Roasted Chickpeas. Photo/Borja Campillo



Citrus cake with berries. Photo/Borja Campillo



Vegan Mapo tofu. Photo/Borja Campillo



Gazpacho. Photo/Borja Campillo

Someone who has been doing this for some time now is Danny Torres from Brooklyn, New York. He is a YouTube Content Creator and skateboarder who became vegan at the age of 18. Teaming up with Tzu Chi USA, Danny helped create special VVM videos that shared his personal journey into veganism and his tips and tricks for navigating dietary change. With his youthful candour and self-confidence, watching his videos feels like chatting with an encouraging, but chill friend.

You'll see this relatability as Danny takes you grocery shopping as a vegan (and as a vegan during a pandemic), shows the best first meal for a new vegetarian (read: spaghetti & vegan meatballs), and even his go-to lunch for when he is injured. But, what makes his voice most compelling is when he shares his own revelations on ethical eating, the stereotypes of meat-eating and of vegans, and how each of us can be a force for change in our world.

“Being a man in today's society, you have to play this role of just being this tough guy and you're just strong and you eat all this meat. I realized that a true man is somebody who really cares about the future of the Earth that his children are going to be on.

*“Danny's Vegan Skatepark”
Tzu Chi USA Video*



Dharma Master Cheng Yen, too, acknowledges that Rome was not built in a day, and that changing the way the world eats, and even thinks about food, is a long road. But, she tells us that “at least we can start with ourselves.” VVM is where we begin, but it is up to you to decide whether you wish to reap the blessings of the journey of a lifetime. 🌱

Visit www.tzuchi.us/vvm to take the Very Veggie pledge. Available in Spanish and Chinese.

At-Ease Cold Noodles with Peanut Sauce

This cold noodle dish is a popular summer meal in Shanghai. It is delicious and easy to make.

INGREDIENTS

- wide noodles
- olive oil
- bean sprouts
- chili
- hot pickled mustard tuber

SEASONING

peanut butter
soy sauce
rice vinegar
chili oil

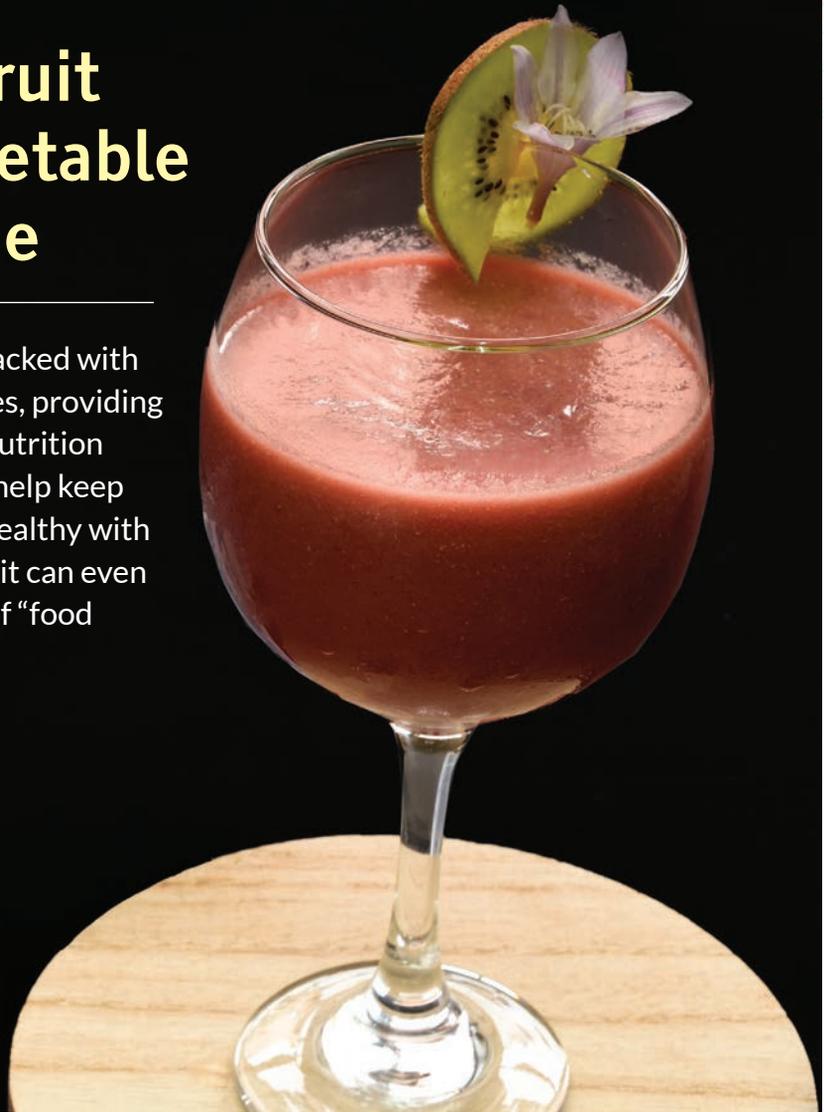
DIRECTIONS

1. Steam the noodles.
2. Use the water used for steaming to cook the noodles.
3. Mix in olive oil, and let noodles cool. Then, add in other ingredients.



Mixed Fruit and Vegetable Smoothie

This smoothie is packed with fruit and vegetables, providing a great source of nutrition and fiber. You can help keep the whole family healthy with this beverage, and it can even be used as a type of “food medicine”



INGREDIENTS

- ½ tomato
- 1 banana
- ¼ carrot
- 3 slices red cabbage
- ½ stalk celery
- 5 pieces pineapple
- ½ beetroot
- 1 apple
- 1 tbsp Jing-Si multi-grain instant mix
- 500cc cold water

DIRECTIONS

1. Cut tomato, carrot, celery, apple, and pineapple into small pieces, then mix with other ingredients in a juicer for 1 minute. Drink within 30 minutes for maximum freshness.

GATHERING THE ENERGY OF LOVE TO END THE PANDEMIC

“Only when love and kindness fill our hearts will the world be free of disasters.”

Master Cheng Yen's Teachings

Translated and Compiled by the Dharma as Water Team

In life, time passes so quickly. As this pandemic continues to spread, it moves unpredictably and invisibly. Yet, it has shaken the world and brought about disorder around the globe. In the United States and Italy, the epidemic is growing increasingly worse. Various countries have closed cities, towns, and villages. Even the Pope is comforting his followers differently. Now, he speaks before a camera from inside his office and makes announcements to Catholics around the world through his computer screen, reminding people that we must love each other, diligently follow the rules and guidelines laid out for us during this time, and not give up hope.

I don't know why, but this time, I keep wondering what will happen. I feel an indescribable worry. How long will this pandemic last? We truly cannot tell. However, based on what we know now, there are 198 countries and regions with confirmed cases. I could never have imagined that among over 200 countries and regions on Earth, at this time, 198 countries and regions could be affected. This is very worrying; it is truly unprecedented.

But in the midst of this truly earth-shattering disaster, has humankind reached a world-changing awakening? It seems that sometimes it is very hard to reach people so that they realize the gravity of this situation. Even if they understand, will they take their realizations to heart and practice precautionary measures? It is truly saddening to see that there are so many disasters in the world. The only way to put an end to them is to inspire love deep in people's hearts.

One way to inspire this love is by praying reverently. For a long time, Tzu Chi has been encouraging people to “share the spirit of love.” Whether at a big community event or a small tea gathering, we always encourage people to calm their minds and pray with reverence. Prayers are like sound waves that resonate with sincerity and reverence. When we all reverently pray together, we will be able to inspire each other and mutually bring forth love and goodwill. This is very powerful. The “sound of love” is loud and clear. It can reverberate throughout the universe, bolster our faith and strength, and eliminate turbidities and disasters in the world.

It is said, “One good thought can eliminate a thousand disasters.” This “one good thought” does not refer to the good thoughts of just a single person. On a societal scale, it is only by inspiring good thoughts in everyone and gathering all these good thoughts together that we can eliminate disasters in the world. Regardless of our beliefs, the only hope for all of us is to share the same aspiration, broaden our minds, and spread selfless, sincere love. With love for humanity, all people can live stable, healthy lives. Yet even further, we must love and cherish all living beings to ensure that they can be safe.

The Buddha said, “The mind, the Buddha, and sentient beings are no different in their nature.” The Buddha did not come to this world just to save human beings, but to save and protect all beings. He worked to benefit all beings in the world. The spirit and ideal of the Buddha's teachings are the Bodhisattva Way, which we must put into practice in sentient beings' time of need. We are all connected, so from this point on, we should avoid creating conflicts with people, and even further, we should avoid creating conflicts with animals. We know that the coronavirus originated in animals. How it is passed on to humans remains unclear at this time; however, we already have a direction to follow. We should let animals live their lives while we live our lives, and respect all life with harmony and reverence.

Everyone, as bodhisattva practitioners, we must gather the energy of our love. At this time, we can do this by promoting a vegetarian diet, and of course, we should also become vegetarian ourselves. While healthy, we should do things to benefit the world. Time passes by very quickly. So, everyone, let us seize the time we have. Let us pray together and encourage everyone to reverently pray together, uphold the precepts, and adopt a vegetarian diet. This is the only method we can use to create a wondrous medicine for our times. There is no effective medicine yet that will counter the threat of this virus, but there is one wondrous method, which is to promote goodness, awaken ourselves, and practice repentance. At the same time, we do hope that the researchers can quickly develop a way to treat this disease. I send my gratitude and blessings to everyone, with the wish for you all to be safe. Everyone, please care for and encourage one another. 🙏



Dharma Q & A

Dharma Master Cheng Yen responds to questions from visitors, volunteers, staff, and disciples.

Fulfilling Life

Q: *A businessman reflected, "My career is pretty successful; I have everything I want, but sometimes I still feel that life is empty. Why is that?"*

A: Master responded, "Ordinary people focus too much on themselves. They never stop striving to acquire more, and they never feel satisfied. Once they can satisfy their basic needs, they strive to acquire more comforts. Once they have made ten million dollars, they want twenty million. Nothing is ever enough. The Buddha said, 'Peace and stability bring the greatest benefits; contentment brings a sense of great wealth.' You will be happier and more fulfilled if you share the fruits of your harvest with others. Do not forget that you are a member of society and that you cannot accomplish anything without the support of other people. So, giving back to society is the right thing to do. Besides, you cannot take any of these material things with you when you leave this life!"

The Two Kinds of Desire

Q: *"Buddhist teachings tell us to 'reduce desires and be content,' yet Tzu Chi takes on more and more projects. Doesn't that mean we are actually giving rise to more desires?"*

A: "There are two different types of desire. The first kind is aspirational, like the desire to improve ourselves by following the footsteps of noble beings and sages. The second kind is base, like the desire to satisfy our greed for wealth, sensual pleasures, personal recognition, food, and sleep."

We Are All Interconnected

Q: *"It's very hard to make money! I am not so foolish as to spend the money I earned on other people."*

A: "We all depend on each other, so since we take from the world, we should give back to the world. We should sow the seeds of goodness today while we have the ability; by relinquishing one thing, we get ten thousand in return. Which is more foolish, to help others while we can, or to hoard every penny until we die, creating bad karma in the process? The biggest mistake we can make is to assume that we are clever by doing bad things instead of doing good."

A Clean Planet

Lyrics: Extracted from the words of Master Cheng Yen
Music: Shou Chuan Lee
Translation: Tzu Chi USA Volunteers
Illustrations: Catherine Lee

Let's leave for our children
A planet clean and pure
Let's leave for our children
A river crystal clear
Let's leave for our children
A blue sky shining bright
Let's leave for our children
A meadow lush with life

May love's Great Compassion
Comfort all the weary souls
May love's Great Compassion
Make the world a brighter place
May this Great Compassion
Make a stream of pure Great Love
Flowing round the planet
Changing hearts forever more



Reflection:

"Let's leave for our children a planet clean and pure." In these days of runaway climate change, pandemics, and frequent natural disasters, this may seem like an unattainable ideal. Still, there is one thing that can heal this world: Love. If we can inspire compassion in ourselves and those around us, we will gradually create a stream of Great Love that can sweep away disasters and change hearts. Together, we can make this world a brighter place for future generations!

Illustrator intro:

Catherine Lee is a Tzu Ching alumnus from Ohio State University and is currently based in New York City. She is a children's book designer by day and illustrator and animator by night.



PROVIDING PERSONAL PROTECTIVE EQUIPMENT (PPE)

Tzu Chi USA has been sending medical supplies to hospitals, medical centers, and community institutions across the country in an attempt to help flatten the curve.

San Francisco Fire Department

Tzu Chi San Francisco volunteers prepare 240 N95 respirators, 1,000 surgical masks, and 100 boxes of Jing Si biscuits for the San Francisco Fire Department on April 1. Lt. Jonathan Baxter says the gift is a “generous donation of love and care for our first responders.”



Los Angeles Airport Police

With airports still running, Tzu Chi USA volunteers bring 2,500 surgical masks, 2,500 pairs of gloves, and 300 bottles of hand sanitizer to the Los Angeles Airport Police Division on April 4. Lt. Sonny Chow explains that “these face masks will keep officers safe while on duty, so when they go home after work, they don’t need to worry about infecting their families.”



Memorial Hospital Pembroke

Infection Specialist Dr. Gary Smith and his fellow nurses greet Tzu Chi Miami volunteers with smiles when they bring a donation of 1,000 surgical masks to Memorial Hospital Pembroke in Pembroke Pines, FL.



Beaumont Hospital

To help Michigan healthcare workers combat their curve of infection, Tzu Chi volunteers deliver 34,000 surgical masks, 500 face shields, and 50 goggles to Beaumont Hospitals in Royal Oak and Troy, MI.



Chandler Police Department

Seeing police officers in the street without protective equipment, Tzu Chi Phoenix volunteers donate 4,000 surgical masks and Jing Si gifts to the Chandler Police Department in Chandler, AZ. Mayor Kevin Hartke, Chief of Police Sean Duggan, and Maricopa County Supervisor Jack Sellers give them a warm welcome.

Making Cloth Masks at Tzu Chi

After governments across the U.S. advise residents to wear masks or facial coverings when out, Tzu Chi Greater Washington DC Area volunteers begin sewing cloth masks for distribution. They learn to make patterns using YouTube tutorials, source fabric, and practice making the designs comfortable.





Donating Masks at Tzu Chi Dallas

Upon receipt of PPE in early April, Tzu Chi Central volunteers in Richardson, TX, pack surgical masks for distribution to parents from the Tzu Chi Academy Sunday School. They maintain social distancing protocols by using a drive-thru format.



Partnering with Senator Connie M. Leyva

Tzu Chi USA CEO Jackson Chen and Executive Vice President Dr. Han Huang deliver PPE to longtime community partner, California State Senator Connie M. Leyva, to redistribute to a local homeless shelter. The donation includes 2,000 surgical masks, 220 Clorox wipes, 150 disinfectant sprays, and more.



Elmhurst Hospital

On its second distribution here, Tzu Chi donates 2,300 surgical masks (including levels 1 & 2) and 75 N95 respirators to Elmhurst Hospital in Queens, New York. With so many COVID-19 patients and deaths at this hospital, it is unofficially called the “epicenter of the epicenter.”



Bronxcare Health System

For the second time in April, Tzu Chi New York volunteers donate 2,000 surgical masks to a Bronxcare Health System hospital. Dr. David Wong, the son of a fellow Tzu Chi volunteer, explains that New Yorkers in the Bronx are particularly vulnerable “because there is a high incidence of immunocompromised patients.”

PRAYING FOR PEACE

Every year in May, Tzu Chi USA hosts a Buddha Bathing Ceremony in each region to honor Buddha Day, Tzu Chi Day, and Mother's Day. The celebration usually gathers participants and their families together to pray, but the event in 2020 had a few significant changes.



Tzu Chi USA Headquarters

At Tzu Chi USA's national headquarters in San Dimas, CA, participants of our annual Buddha Bathing Ceremony offer sincere prayers with some modifications, including social distancing and face masks. Here, Debra Boudreaux looks to a presentation being made before offering a bow to the Buddha.

Tzu Chi Northwest

At Tzu Chi Northwest in San Jose, CA, Buddha Bathing Ceremony participants stand in procession, with Executive Director Minjhing Hsieh up front, to offer their blessings.



Tzu Chi Chico

From Tzu Chi Chico's office in Chico, CA, staff participate in the Buddha Bathing Ceremony, including a walking meditation and offering blessings. It is the first such ceremony to take place there since its opening in 2019.



Tzu Chi Seattle

From the safety of home, a Tzu Chi volunteer in Seattle, WA, follows the Buddha Bathing Ceremony with his family, ready to offer their sincere prayers from a distance.

Tzu Chi Southern

Thanks to the spaciousness of Tzu Chi Southern's main hall near Houston, TX, participants have abundant space for social distancing as they practice piety during this auspicious occasion.





Tzu Chi Austin

The Buddha Bathing Ceremony is a family affair. Here, a family from Tzu Chi Austin in Texas celebrates and follows the ceremony from home.

Tzu Chi Central

In Richardson, TX, light fills a hall where participants from Tzu Chi Central safely gather to offer their blessings to the Buddha.



Tzu Chi Midwest

At Tzu Chi Midwest in Darien, IL, participants offer a bow of respect and humility to florally adorned glass statues of the Buddha, an essential portion of the Buddha Bathing Ceremony.



Tzu Chi Washington DC

Led by Executive Director Frank Chen, Tzu Chi Washington volunteers offer candles, a symbol of light and awakening, during their Buddha Bathing Ceremony.



Tzu Chi Northeast

Tzu Chi Northeast hosts its Buddha Bathing Ceremony indoors at its Flushing, NY, headquarters, where participants, including Executive Director Freeman Su and Tzu Chi International Medical Association Deputy Director Dr. Kenneth Liao, gather while social distancing.



Tzu Chi Pacific

In Honolulu, HI, participants at Tzu Chi Pacific gather to partake in the Buddha Bathing Ceremony, practicing caution alongside piety.



DISTRIBUTING FOOD SUPPLIES

In addition to providing PPE, Tzu Chi volunteers began providing charity to low-income households, seniors, and the immunocompromised by distributing groceries for pickup or door-to-door delivery.

Earth Day Sushi

On Earth Day 2020, Tzu Chi volunteers in California prepare vegetarian sushi as a gift for staff at Los Angeles County Supervisor Hilda Solis's office, San Dimas City Hall, Bonita Unified School District, Duarte City Hall, and other government offices.



HQ Senior Grocery Pick Up

On April 16, volunteers from Tzu Chi USA's HQ in San Dimas, CA, set up a food distribution site where seniors could pick up supplies. Foods include a selection of fresh produce and pantry staples as pictured.



Seattle Food Donation

In Seattle, WA, Tzu Chi volunteers team up with local volunteer Steven Simmons to donate groceries to families of the formerly incarcerated on April 6 & 18. Steven's friends helped bag many of the groceries for final delivery to families across Seattle & Tacoma.

NY Food Delivery

In mid-April, Tzu Chi NY volunteers prepare grocery packs (with fresh produce and dry goods) to deliver to seniors and the immunocompromised across NYC. Here, they smile for the camera as they finish another home drop-off.





San Diego Groceries

Tzu Chi volunteers Mark & Lorrie drive two hours from San Diego to pick up groceries from Tzu Chi USA's HQ for distribution in their own communities. In total, they provided bags of food for six families and 27 seniors, altogether feeding 53 individuals.



Long Island Love

During the pandemic, small business owners have stepped up too: Richard Tan & Jessica Lim, for instance, the owners of Tous Les Jours in Flushing, Queens. Being Tzu Chi volunteers as well, they decide to donate 440 mini loaves of bread to essential workers on Long Island. Here, the distribution team, including Richard & Jessica, makes another delivery.

BUDDHIST TZU CHI FOUNDATION

COVID-19 RELIEF EFFORTS

The COVID-19 crisis is the third major shock to the global system in the 21st century, following the 2001 terrorist attacks and the 2008 financial crisis. As of May 20, there are nearly 5 million confirmed cases and over 320,000 fatalities. The Buddhist Tzu Chi Foundation's global headquarters is continuously monitoring the pandemic, aiming to help 82 countries and regions.



Brazil

Environmental Protection is one of Tzu Chi's global missions, and volunteers in Brazil are busy on that front. Aside from encouraging waste reduction and recycling, they are actively promoting a vegetarian diet: By reducing our consumption of meat, we can lessen the risk of diseases originating from animals, decrease carbon emissions, alleviate animal suffering, and more. Photo/courtesy of Tzu Chi Brazil

Mexico

On May 4, Tzu Chi Mexico volunteers dedicate themselves to donating masks and face shields for healthcare workers on the frontlines in the fight against COVID-19. They deliver the medical supplies to the General Hospital of Jojutla; Puente De Ixtla Community Hospital, Morelos; Xoxocotla Health Center (Centro de Salud Xoxocotla); Tehuixtla Morelos Rural Health Center; and the Morelos Institute. They also bring along a poster with an inspiring Jing Si Aphorism of Master Cheng Yen: "A person who is generous and compassionate to all sentient beings leads a blissful life." Photo/courtesy of Tzu Chi Mexico





Ecuador

Thanks to Master Cheng Yen's compassionate vision and the generosity of millions of Tzu Chi volunteers from around the world, between April 23 and 25, Tzu Chi Canoa volunteers can provide 320 bags filled with food staples to vulnerable families in this coastal town. Photo/courtesy of Tzu Chi Ecuador

Paraguay

On May 8, Hospital Regional San Juan Bautista, in Paraguay, thanks the Buddhist Tzu Chi Foundation of Ciudad Del Este for the donation of 500 masks. They will be used by medical professionals at the hospital as well as at USFs (family health units) in the district, all providing vital healthcare services on the frontlines in the fight against COVID-19. Photo/courtesy of Tzu Chi Paraguay



Chile

The COVID-19 pandemic is affecting Chile, with over 10,000 confirmed cases. Many people became unemployed, which makes bringing food to the table close to impossible. Answering a call for help, on May 2, Tzu Chi Chile volunteers deliver daily essentials to the residents of La Florida, a suburban commune in Santiago. Photo/Santiago Service Center

Haiti

Tzu Chi volunteer Johnson Chang delivers 2,000 medical masks and 200 protective coveralls to Foyer Saint Camille Hospital. Father Robert Daudier accepts the personal protective equipment on behalf of the hospital, expressing his gratitude to Master Cheng Yen and Tzu Chi for the urgent aid to frontline medical workers. Photo/courtesy of Johnson Chang



Philippines

The spread of COVID-19 is creating an economic crisis alongside the healthcare emergency in the Philippines. On April 27 and 28, students sponsored by Tzu Chi distribute rice vouchers from house to house in and around Pulpogan, a village in Consolacion, part of Metro Cebu.

Photo/Cebu Service Center



Malaysia

Malaysia is also affected by the outbreak of COVID-19. A resident who reached out for help told Tzu Chi volunteers that due to stay-at-home regulations, many people had limited food supplies, some with only cassava or porridge left to eat. Even after a few industries reopened in May, shortages of essential foods persisted, which Tzu Chi Malaysia volunteers addressed by purchasing and distributing supplies. The photos show Tzu Chi Malaysia volunteers praying as they participate in an online ceremony commemorating Mother's Day, Buddha Day, and Tzu Chi Day, streaming live on May 10. Photo/courtesy of Tzu Chi Malaysia

Australia

In Southport, a suburb and the central business district of the City of Gold Coast, in Australia, Donna Cooper, a resident and several of her friends organized a small charity group to distribute hot meals to the homeless population once a week. However, with escalating needs resulting from the spread of COVID-19, the group had insufficient funds to continue its charitable efforts. Tzu Chi Australia volunteers decide to take over the project and start providing vegetarian meals for homeless individuals on April 16. Tzu Chi volunteer Hsini Wang prepares 20 vegetarian lunch boxes for distribution.

Photo/Yunhua Peng





Germany

The COVID-19 outbreak reaches across Europe in 2020. By April 19, the number of confirmed cases exceeds 1.15 million, with over 130,000 cases in Germany alone. Here, as in other European nations, a severe shortage of medical supplies follows. Tzu Chi gathers love from around the world and procures 80,000 medical masks that arrive in Frankfurt on April 20.

Tzu Chi volunteers prioritize the delivery of masks to Heinsberg – the German district worst-hit by COVID-19. They provide 20,000 masks on April 21, for distribution among three medical institutions in the area. Photo/Meifeng Lin



Vatican

Tzu Chi donates 60,000 medical masks to the Vatican. The supplies arrive at the Vatican's logistics center on April 21.

Photo/Father Thomas Binish



Mozambique

The COVID-19 outbreak spread globally, yet in Mozambique, Tzu Chi volunteers have limited resources, which impacts their capacity to offer material aid. They still find a way to be of benefit and service, producing videos that promote preventive measures. Here, Tailin Tsai demonstrates and explains the correct way of washing hands. Photo/courtesy of Tailin Tsai

DA.AI Technology

Activating an Eco-Friendly Lifestyle

At DA.AI Technology Co., we're tackling the growing plastic waste crisis by helping others live a more eco-friendly life. To do this, we use our innovative DA.AI Technology process to transform the world's single-use plastic PET bottles into fabric, from which we produce high-quality clothing and accessories. In fact, the blankets we make are the same ones that Tzu Chi distributes during its global disaster relief missions, providing comfort and warmth to those who use them. What was one person's trash turns into another's gold!

DA.AI's 5R's

- Refuse
- Reduce
- Reuse
- Repurpose
- Recycle

But, it is still important to reduce our reliance on single-use plastics. Together, we can turn that gold into love, love into a purifying stream, and envelop the planet with it.

Purity at the Source,
Refining in Recycling



Learn more at daitechnology.com

A User's Guide to Tzu Chi Connect

Just downloaded our brand new app and need a few tips? We have you covered!



Tzu Chi Connect
Small Change, Huge Difference



With **Tzu Chi Connect**, you can access the latest news and real-time updates on our missions, round up your spare change over time in our digital bamboo bank to easily donate to the causes of your choice, share your experiences with Tzu Chi, or hear from others.

Let's Get Started

Once you've gone through the short introduction, selected the causes that you'd like to support, and have taken some time to explore the app, you may wish to learn more about our "Spare Change" function. This is essentially the digital equivalent of our traditional bamboo bank.

For more information, visit TzuChi.US/APP

State	Buddhist Compassion Relief Tzu Chi Foundation	Address	Tel / Fax	State	Buddhist Compassion Relief Tzu Chi Foundation	Address	Tel / Fax	
AZ	Phoenix Service Center	2145 W. Elliot Rd. Chandler, AZ 85224	480-838-6556 F: 480-777-7665	IN	Indianapolis Service Center	2929 E. 96th St. #E Indianapolis, IN 46240	317-580-0979	
CA	Buddhist Tzu Chi Foundation, US Headquarters Area	1100 S. Valley Center Ave. San Dimas, CA 91773	909-447-7799 F: 909-447-7948	KS	Kansas Office	9508 Shannon Way Circle Wichita, KS 67206	316-323-5798	
	Jing Si Books & Café, San Dimas		909-447-7799 x 6569	LA	New Orleans Office	52 Driftwood Blvd. Kenner, LA 70065	504-782-5168 F: 504-832-2022	
	Tzu Chi Academy, San Dimas		909-447-7799 x 6551 F: 909-447-7944	MD	Montgomery County Service Center		703-707-8606 F: 301-339-8872	
	Buddhist Tzu Chi Medical Foundation	1008 S. Garfield Ave. Alhambra, CA 91801	626-427-9598 F: 626-788-2321	MA	Boston Service Center Tzu Chi Academy, Boston	15 Summer St. Newton, MA 02464	617-762-0569 617-431-4844 F: 617-431-4484	
	Tzu Chi Medical Center, Alhambra		626-281-3383 F: 626-281-5303	MI	Lansing Office	3511 West Hiawatha Dr., Okemos, MI 48864	517-505-3388	
	Tzu Chi Community Clinic, South El Monte	10414 Vacco St. South El Monte, CA 91733	626-636-8706 F: 626-671-8778		Detroit Service Center	2122 Fifteen Mile Rd. #A Sterling Heights, MI 48310	586-795-3491 F: 586-795-3491	
	Buddhist Tzu Chi Education Foundation	1920 S. Brea Canyon Cutoff Rd. Walnut, CA 91789	909-895-2125 F: 909-345-7025	MN	Minneapolis Office	1485 Arden View Dr. Arden Hills, MN 55112	617-939-6965	
	Tzu Chi Great Love Preschool & Kindergarten, Walnut		909-895-2126 F: 909-927-8336	MO	St. Louis Service Center	8515 Olive Blvd. St. Louis, MO 63132	314-994-1999 F: 314-994-1999	
	Tzu Chi Elementary, Walnut		909-895-2125 x 3200 F: 909-345-7025	NV	Reno Office	903 West Moana Lane Reno, NV 89509	775-827-6333 F: 775-770-1148	
	Tzu Chi Academy, Walnut		909-895-2280		Las Vegas Service Center/Academy	2590 Lindell Rd. Las Vegas, NV 89146	702-880-5552 F: 702-880-5552	
	Tzu Chi Elementary, Monrovia	429 E. Wildrose Ave. Monrovia, CA 91016	626-357-3286 F: 626-357-3287	NJ	Mid-Atlantic Region/Jing Si Books & Café Tzu Chi Academy, Northern New Jersey	150 Commerce Rd. Cedar Grove, NJ 07009	973-857-8666 F: 973-857-9555	
	Tzu Chi Great Love Preschool & Kindergarten, Monrovia	206 E. Palm Ave. Monrovia, CA 91016	626-305-1188 F: 626-599-8098		Tzu Chi Academy, Central New Jersey Central New Jersey Service Center	50 Woodrow Wilson Dr., Edison, NJ 08820	973-857-8666 908-420-5218	
	Tzu Chi Academy, Monrovia	220 E. Palm Ave. Monrovia, CA 91016	626-775-3675 F: 626-359-8199		NY	Northeast Region/Academy	137-77 Northern Blvd. Flushing, NY 11354	718-888-0866 F: 718-460-2068
	West Los Angeles Service Center	11701 Wilshire Blvd. #15A Los Angeles, CA 90025	310-473-5188 F: 310-477-9518	Jing Si Books & Café, New York			718-799-3000	
Torrance Service Center	1355 Broad Ave. Wilmington, CA 90744	310-684-4465 F: 310-684-4460	Brooklyn Service Center	5721 6th Ave. Brooklyn, NY 11220		917-909-0682		
Tzu Chi Community Clinic, Wilmington		310-684-4466 F: 855-651-1717	Long Island Branch/Academy	60 E Williston Ave. East Williston, NY 11596		516-873-6888 F: 516-746-0626		
Orange County Service Center	22911 Mill Creek Dr. Laguna Hills, CA 92653	949-916-4488 F: 949-916-5933	Manhattan Service Center	101 Lafayette Street, 4/F, New York, NY 10013		212-965-1151 F: 212-965-1152		
Tzu Chi Academy, Irvine	4321 Walnut Ave., Irvine, CA 92604	714-624-3026 F: 949-916-5933	East Long Island Office	4 Milburn Rd. S. Setauket, NY 11720		631-964-3393		
Cerritos Service Center	14618&14620 Carmenita Rd. Norwalk, CA 90650	562-926-6609 F: 562-926-1603	Tzu Chi Center, New York	229 E. 60th St. New York, NY 10022		212-660-9229 F: 646-864-0086		
Northridge Service Center	8963 Reseda Blvd. Northridge, CA 91324	818-727-7689 F: 818-727-9272	NC	Raleigh Service Center			919-322-8389	
San Gabriel Valley Service Center	9620 Flair Dr. El Monte, CA 91731	626-416-4527 Warehouse: 626-448-1362		Charlotte Office		4527 Dwight Evans Rd. Charlotte, NC 28217	704-281-8060 F: 704-943-1031	
Jing Si Books & Café, El Monte		626-448-1362		Cincinnati Office		11228 Brookbridge Dr. Cincinnati, OH 45249	513-469-2161 F: 513-469-2161	
San Diego Service Center	5754 Pacific Center Blvd. #202 San Diego, CA 92121	858-546-0578 F: 858-546-0573	OH	Columbus Service Center	2200 Henderson Rd. Columbus, OH 43220	614-457-9215 F: 614-457-9217		
OR	Northwest Region	2355 Oakland Rd. San Jose, CA 95131		408-457-6969 F: 408-943-8420	Dayton Service Center	1459 E Dorothy Lane Dayton, OH 45429	937-701-7111	
	Tzu Chi Academy, Tri-Valley		925-785-7413	PA	Cleveland Service Center	1076 Ford Rd. Highland Heights, OH 44143	440-646-9292 F: 440-646-9292	
	Jing Si Books & Café, San Jose		408-457-6981		Portland Service Center	3800 SW Cedar Hills Blvd #194 Beaverton, OR 97005	503-643-2130 F: 503-643-2130	
	San Francisco Branch	2901 Irving St. San Francisco, CA 94122	415-682-0566 F: 415-682-0567	Tzu Chi Academy, Portland	12250 SW Conestoga Dr., Beaverton, OR 97008	503-841-7776		
	Tzu Chi Academy, San Mateo	2675 Ralston Ave., Belmont, CA 94002	650-888-1582	TX	Philadelphia Office	107 North 9th Street Philadelphia, PA 19107	215-627-1915 F: 215-627-1916	
	Tzu Chi Academy, San Francisco	350 Girard St. San Francisco, CA 94134	415-680-5225 F: 415-682-0567		Pittsburgh Service Center/Academy	1333 Banksville Rd. #201 Pittsburgh, PA 15216	412-531-8343 F: 412-531-8341	
	Modesto Service Center	1100 Carver Rd. #J Modesto, CA 95350	209-529-2625 F: 209-529-2625	VA	Southern Region/Academy	6200 Corporate Dr. Houston, TX 77036	713-270-9988 F: 713-981-9008	
	Stockton Office	1212 W Robinhood Dr. #3D Stockton, CA 95207	209-957-7800 F: 209-957-7800		Jing Si Books & Café, Houston		713-981-8966	
	Tzu Chi Academy, Cupertino	1280 Johnson Ave San Jose, CA 95129	408-823-8799		Tzu Chi Great Love Preschool & Kindergarten, Houston		713-395-0303 F: 713-395-0305	
	Santa Rosa Office	1615 Cleveland Ave. Santa Rosa, CA 95401	707-546-1945		Austin Service Center	7221 Northeast Dr. Austin, TX 78723	512-491-0358 F: 512-926-1373	
	Sacramento Service Center	1820 Tribute Rd. # J Sacramento, CA 95815	916-568-5800		Point Comfort Office	P.O. Box 700, 201 Formosa Dr. Point Comfort, TX 77978	361-987-7130 F: 361-987-7139	
	Ukiah Office	527 S State St. #B Ukiah, CA 95482	707-462-2911 F: 707-462-2911		San Antonio Office	19179 Blanco Rd. #109-2 San Antonio, TX 78258	909-576-2387 F: 210-566-3970	
	Oakland Service Center	620 International Blvd. Oakland, CA 94606	510-879-0971 F: 510-879-0971		Central Region/Academy/Jing Si Books & Café	534 W. Belt Line Rd. Richardson, TX 75080	972-680-8869 F: 972-680-7732	
	Tzu Chi Academy, San Jose	625 Educational Park Dr. San Jose, CA 95133	408-457-6970	Tzu Chi Great Love Preschool & Kindergarten, Dallas		214-446-1776 F: 214-446-1772		
	Fresno Service Center	7421 N Maple Ave. Fresno, CA 93720	559-298-4894 F: 559-298-4894	Greater Washington D.C. Region/ Academy	1516 Moorings Dr. Reston, VA 20190	703-707-8606 F: 703-707-8607		
	FL	Orlando Service Center	5401 Alhambra Dr. #A Orlando, FL 32808	407-292-1146 F: 407-292-1146	WA	Richmond Service Center	1318 Tomahawk Creek Rd. Midlothian, VA 23114	804-306-6037 F: 804-378-3520
		Miami Service Center	8070 Pasadena Blvd. Pembroke Pines, FL 33024	954-538-1172 F: 317-645-9907		Seattle Branch/Academy	15800 SE Newport Way Bellevue WA 98006	425-643-9104 F: 425-822-6169
GA	Atlanta Branch	2000 Clearview Ave. #100 Atlanta, GA 30340	770-458-1000 F: 770-986-8669	WI	Milwaukee Office	5356 W. Silverleaf Ln, Brown Deer, WI 53223	414-357-8427	
	Tzu Chi Academy, Atlanta				Madison Office	726 W Main St. #302 Madison, WI 53715	608-268-7692	
HI	Pacific Islands Region/Academy	1238 Wilhelmina Rise Honolulu, HI 96816	808-737-8885 F: 808-737-8889	www.tzuchi.us www.tzuchi.us/offices				
	Free Clinic, Hawaii	100 N. Beretania St. Suite 122 Honolulu, HI 96817	808-550-8608 F: 808-550-8608					
IL	Midwest Region/Academy/Jing Si Books & Café	1430 Plainfield Rd. Darien, IL 60561	630-963-6601 F: 630-960-9360	www.tzuchimedical.us www.tzuchieducation.us www.tzuchi.us/academy www.jingshi.shop				
	Chicago Chinatown Service Center	215 W 23rd St., Chicago, IL 60616						



Who We Are:



The Buddhist Tzu Chi Foundation is a volunteer-based international non-governmental organization, established by Dharma Master Cheng Yen in Hualien, Taiwan, in 1966. From 30 housewives saving 50 NT cents (approx. US 2 cents) from their grocery budget every day to help the less fortunate, Tzu Chi has now brought humanitarian aid to 102 countries and regions. The Foundation is dedicated to providing community and social services, national and international disaster relief, medical and charitable aid, education, environmental protection, and a bone marrow donor registry, while promoting humanistic values and community volunteerism.

Tzu Chi USA, the first overseas chapter of the Buddhist Tzu Chi Foundation, was established in Alhambra, CA in 1989. It all began when Stephen Huang, a wealthy American businessman seeking personal guidance, visited Dharma Master Cheng Yen in Taiwan. Meeting this gentle nun, who had created a powerful organization and was able to realize one seemingly impossible dream after another, solely for the benefit of others, changed his life. Filled with awe and admiration, Huang became a disciple and vowed to bring the spirit and mission of Tzu Chi to the United States, which he did by establishing Tzu Chi USA.

Tzu Chi USA began by mobilizing volunteers, then hosting “tea parties” where they could share their thoughts, experiences, and joy of volunteering. The events drew supporters and quickly inspired the creation of additional chapters. Today, Tzu Chi USA has 62 offices and facilities throughout the U.S., with volunteers and donors working tirelessly to make a difference in their communities. This is just the beginning of our journey, serving others unconditionally and sowing seeds of love and kindness in the Americas. 





Buddhist Tzu Chi Foundation

1100 S. Valley Center Ave.

San Dimas, CA91773

Tel: 909.447.7799

Fax: 909.447.7948

NonProfit Org.
U.S. POSTAGE

PAID

San Dimas, CA
Permit No.36



Tzu Chi volunteers spread positivity at the Mother's Day Grocery Giveaway held at Tzu Chi Education Foundation's Campus in Walnut, CA. Photo/Mandy Lo