

Tai Post 大報

Monthly Bulletin of Rotary Club of Tai Po (Mar 2015 Issue)

President's Message

Natalie Kwok



We are now in the Year of the Goat. The Chinese character for the common specie of goat and sheep - [羊] is the same as another Chinese character [祥] in ancient time, meaning good luck and peace. As it is still the first month in the new Lunar year, let me take this opportunity to wish you good fortune, good health and good mood throughout the whole year.

Our club has a lot of activities since the Feb issue of the Tai Post. On 15 Feb there was the ceremony of the 2014-15 Star Reaching Project, 摘星計劃2014-2015 錫晒你大行動嘉許禮. This project has provided proper gender and sex concepts to youth of the Tai Po district ranging from 13 to 24, through outreaching programmes with our service partner.



16 Feb was last regular meeting before Lunar New Year. We have our incoming AG Frankie talking about his career history and how he managed to build up from scratch a specialised business of optical technology. I must confess that I am still puzzled by the technical jargons.

On 2 Mar, we have a special theme for this first meeting after Lunar New Year, namely New Year dining and receipt of the God of Fortune (開年飯 + 接財神). I have specifically arranged some special dishes like Malaysian tossed salad (撈起). Beside meaningful and delicious dishes, we have also Deputy Director of Water Supplies Department of HKSAR as the guest speaker to share on the topic "Sustainable Water for Development". This talk has enlightened us on the challenges behind a hygienic, reliable and economic water supply system even though everyone may take it for granted to expect clean water will come out when one turns on the water tap.

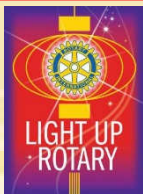


On 5 Mar we have our club visit to RC HK Harbour. 24 members and spouses visited. There was a sweet pudding class before meeting. Participants have the opportunity to learn and make sweet dumpling (湯圓). The guest speaker of the night was metaphysician Rotarian 區仲德 who gave a general view of his zodiac predictions on the Year of Goat (羊年運程).



Beside the club meetings we have also two big events in March. The first one is the Rotary Ultramarathon 2015 which is our District Rotary Day. You may refer to the article by Rtn Roger for more details. The other is the 5th service event of our Build Our Loving Village Project, where we together with our service partners arranged many performance programmes and gave out many prizes and souvenirs to the elderly villagers, hopefully they would have an enjoyable and warm afternoon. Please refer to the report by PP Dennis for the memorable snapshots.





Editor Says ...

Claire Mak



In a past Rotaract JPM, one of the topics raised in the Training Session is the importance of punctuality. The Rotaractors had even produced a video on it and posted the video on its Facebook page as one topic for 'training'! What one might think is a matter of course, now has to be ...refreshed, to put it mildly.

For some time, it was taken for granted that authors, decorators and tailors are the vocations which always 'delay' in completion. If an author, or a decorator or a tailor tells you he has finished half the job, it usually means he has not started. If he tells you he is about to finish, that means he has begun to work on the matter. If he asks you to go and see the finished product in a while, that means he has finished almost half of it. If you really go and take a look, he will still be working on it and says he is applying the finishing touches.



Nowadays, *delays* seem to have spread like germs and are not limited to those 3 vocations. So, I guess no one was really surprised with the delay in completion of the Guangzhou-Shenzhen-Hong Kong Express Rail. It is a massive project and seriously, no one would be naïve to think it could be finished on time. Still remember the time when the then new Government offices were said to have been completed and urged civil servants to move in? My civil servant friend had had a hard time wearing masks every day for fear of inhaling the dust and dirt. She had seriously considered getting herself a helmet for fear of dropping debris.

The launch of new mobile phones is another example. Smart customers would now wait a bit because they know the first batch products are likely plagued by teething problems (or "bugs") due to the rush to meet the launching deadline. They would require subsequent fixing.



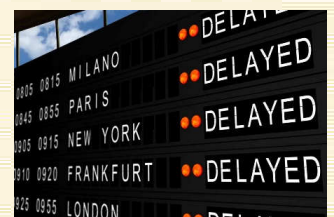
Similarly, new car models almost inevitably encounter problems soon after leaving the manufacturers. They usually need to have different parts fixed in about a year's time. Again, the result of the rush.



I wonder if you have noticed that quite a lot of road works finished before the estimated deadline stated on the Repair Notice signage. Before you praise the workers' efficiency, do compare the works commencement date with the estimate completion time and you'll likely see a huge buffer. A small segment of the road might be said to require 3 months to work on when 1 month would be more than enough!

If the project or the works require minimal skill or expertise, one's toleration threshold is pretty low. But if the matter hinges on precise quality or safety, I guess most people will have a lot more patience.

Also, some delays are understandable. For instance, if there is snow storm or severe thunderstorm, or an airplane safety is in issue, I'd rather be late than never! I will not blame the Airlines for taking the time to ensure safety. Life is far more important than any rush. After all, if safely arrived, you can pursue a claim about the delay anytime.



Time is a strange creature. Depending on the situation, delay may cause catastrophe; but it may also heal anger / wounds.

*You may delay,
but time will not.*

- Benjamin Franklin

*The cure for
anger is delay.*

Seneca

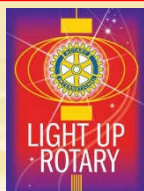
*"There is
danger
in delay."*

Proverb

*"Delayed is preferable
to never."*

Desiderius Erasmus

The importance of punctuality! Well, it is never too late to get reminded!



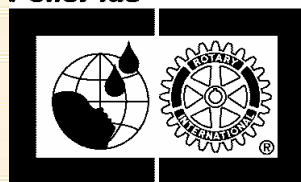
Rotary celebrates three decades of PolioPlus

This year marks the 30th year since Rotary launched PolioPlus, its campaign to rid the world of polio. Beginning on Rotary's anniversary, 23 February, Rotary members worldwide will be holding events to celebrate three decades of polio eradication progress.

During a speech to Rotary leaders in February 1985, then Rotary President Dr. Carlos Canseco announced what he considered "the biggest news in Rotary" — the commitment to help control polio worldwide. Since that day, Rotary's dedication to the global eradication of polio has remained constant. 2015 marks the 30th anniversary of PolioPlus and three decades of progress and challenges the program has faced.



PolioPlus



Rotary International

Though the PolioPlus program started in 1985, Rotary began the fight against polio much earlier. In 1979 Rotary members began a multiyear program that immunized more than 6 million children in the Philippines against polio. Polio eradication became a top priority to Rotary after urging by Canseco, Dr. John Sever and Dr. Albert Sabin. Sever, a Rotary club leader, was the head of the infectious diseases branch of the National Institute of Neurological and Communicative Diseases and Stroke at the National Institutes of Health. As the developer of the oral polio vaccine, Sabin gave the program a globally respected figure.

With their medical backgrounds, the three became crucial spokespeople for the program. Sabin argued against the traditional country-by-country approach advocated by the World Health Organization and others in the public health community. He called it "charity," saying that "what's needed are annual, well-organized — I repeat, the key is well-organized — community campaigns for mass vaccination of all children under four or five years of age." Sever, Canseco and others joined Sabin in advocating for mass immunization.

Sever believed his fellow Rotary members meet the challenge of polio eradication, calling them a "big international army of volunteers." He also helped Rotary secure a special designation as a nongovernmental organization affiliated with WHO in order to shape the PolioPlus program.

In its early years, PolioPlus was dedicated to fundraising for immunization efforts. In May 1988 Rotary announced that the campaign, which aimed to raise \$120 million, had raised nearly \$220 million in contributions and pledges. That same year, the World Health Assembly set a goal of worldwide polio eradication and launched the **Global Polio Eradication Initiative (GPEI)** with Rotary as one of its partners. At the time, polio paralyzed more than 1,000 children worldwide every day and 125 countries were polio-endemic.

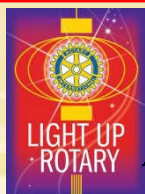
The GPEI partners, which also included WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention, were able to boost world immunization levels from less than 50 percent in 1985 to over 80 percent in 1992. Just five years after the GPEI was founded, the 500 millionth child was immunized against polio. To further efforts, Rotary started the PolioPlus Partners program in 1995, to fund and support National Immunization Days in polio-endemic countries.

In 2007 Rotary entered into a partnership with the Bill & Melinda Gates Foundation, which issued Rotary a \$100 million challenge grant to raise funds for polio eradication. This partnership continued to grow, and in 2013 the Gates Foundation offered to match Rotary's contributions for polio eradication 2-to-1 for five years (up to \$35 million per year).

Rotary Today: Since the launch of the GPEI, the global incidence of polio cases has decreased by 99 percent. In March 2014 India, once deemed the most difficult place to end polio, was declared polio-free, making the entire Southeast Region polio-free.

As of February 11, Africa had no new cases of wild poliovirus in six months, though the continent must mark three full years without a new case to be officially declared polio-free by WHO. Until polio is stopped in the remaining endemic areas, all countries must maintain high levels of surveillance and immunization rates to rapidly detect any importation of the poliovirus and minimize its impact. Now that 99 percent of the world's population lives in regions certified polio-free, the goal of eradication is closer than ever.





Star Reaching Project 2014-15 Closing Ceremony

"Kissing You"

Vikky Tam



A joyful, full of energy event, the Closing Ceremony was held at the Tai Yuen Covered Plaza on 15 February 2015. Held in a public area, with an easily visible stage, our event attracted nearby residents who stayed to enjoy the program.



Led by President Natalie, ten of our members witnessed the growth of the Project Students. The *"Kissing You"* project was designed to improve youngsters' understanding of how to make careful choices in sexual relationships.



Through games and various activities, the participants were able to gain better insight and develop deeper thinking about how to build strong relationships.



Following the awards presentation, we enjoyed performances by two of our talented students. It was absolutely amazing - professional level of singing with a live band, a really wonderful show! The Girls Dancing performance was fantastic, and really enjoyable! It was like "Star Reaching's Got Talent".

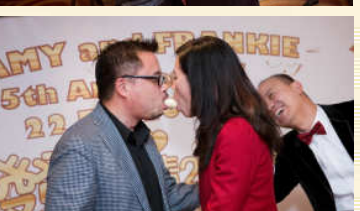


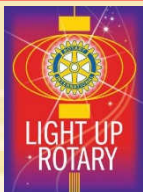


Frankie and Creamy – Silver Jubilee!!



Congratulations Frankie and Creamy on your 25th Anniversary.
May you enjoy many many more loving 25 years.





Build Our Loving Villages Chinese New Year Celebration

7 March 2015, Ta Ku Ling Community Hall
Dennis Lo



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Money God Experience

Recommended by PP Pearl, I had chances to act as a Money God during the first Club meeting after Chinese New Year and in Building Our Loving Village Chinese New Year Service Project at Ta Ku Ling on 7 March 2015.

Different from being a Santa which is mostly welcomed by children, Money God is welcomed by everybody. The happy faces from everyone after receiving my red packets make me joyful, although the costumes from top to bottom are not very well ventilated. The add-on belly by a soft pillow enhanced the image of a lively Money God.

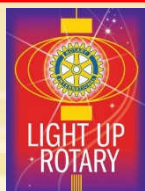
My dream is to have someone sponsor me as an Eating God someday!

Hope all of you have a very good year of the Ram.



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A Tale of Two Debuts

Roger So

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In the morning of 1 Mar, a lot of people mostly dressed in white T-shirt with blue pictures, albeit without blue-ribbons, clustered along Lung Wo Road. There were prefects around with loud hailer for commands and orders, in addition to surveillance by uniformed disciplinary force. Media was also present to report this event. Was it the return of the "Occupy Central" campaign? No worry, it was our District 3450 Rotary Day, comprising the first Rotary Hong Kong Ultramarathon and our Rotary Carnival at Lung Wo Road.

The Ultramarathon is a marathon race jointly organised by Rotary District 3450 and the Hong Kong Amateur Athletic Association. The race is one for 50km, being 25 laps to-and-fro Lung Wo Road. There are two categories of races: individual and group relay.

Our club formed a well balanced team to compete for the group relay race, comprising Matthew, Eric, Jason, Sally, Ming-hay, Francis, Kenneth and myself. We managed to complete the relay race in 4hr 44 min, well ahead of the cut-off time of 5 hrs. We rank 15 out of a total 25 teams of Rotarians and Rotaractors, which is pretty good.



Locations of the Ultramarathon and the Rotary Carnival.



Matthew ready for the first lap.



Ming-hay, Jason, Roger and Sally all determined to run!



President Natalie and Eric all excited.



Kenneth feeling confident to compete.

Alongside the Ultramarathon race there was a Rotary Carnival presenting the service projects of individual clubs or areas with their service partners. We held the ground breaking ceremony of our Area 6 water project collaborated with 滴水之源. At the same time Area 6 also promoted the District signatory project of Organ Donation.

Other than the runners for our club relay team, I would like to take this opportunity to thank a number of club members for their contribution. PDG Kenneth has not only run the Ultramarathon, but has also sung two songs at the singing performance and helped man the Organ Donation Project Booth together with Eric, who also ran the relay race and donated many cakes and egg-rolls for fund-raising. President Natalie served as the Master of Ceremony for the Rotary Carnival. PP Wilson has contributed the production of the shining race medals. PP Peter has taken a lot of good photographs. Some other members, e.g. PDG Anthony, Mary, PE Vikky and some other family members also came to cheer for the runners and other voluntary workers. Forgive me if I have missed anyone.



Ground breaking ceremony of the Area 6 water project.



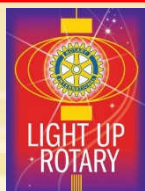
Rotarians and family members came to cheer for our runners.



President Natalie as the MC



Each runner of our relay team received a shiny medal upon completion.



Club Visit to Rotary Club of Hong Kong Harbour

5 March 2015, Regal Hong Kong Hotel
Claire Mak

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An overwhelming total of 25 of our members and spouses visited Rotary Club of Hong Kong Harbour at their regular meeting on 5th March 2015. We were joined not only by members and spouses of RC HK Harbour, but Rotaractors of their two Rotaract Clubs as well.



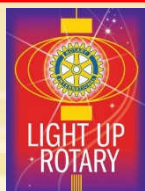
As the day falls on the 15th day of the Lunar New Year and coincides with the Chinese Valentine's Day, the meeting actually preceded with chef's lesson on sweet dumpling making. Their Rotarian Au Chung Tak gave a few tips to our Rotaryannes before the dinner meeting and he proceeded to tell the fortunes of the coming year when he was speaker of the evening. District Conference chairman, PP Wilson, also seized hold of the opportunity to promote the District Conference.



To mark this special occasion, an auspicious lantern game was played and modern technology has evolved the game from decoding lantern riddles to deciphering emoticons to the joys and laughter of many.

The evening ended in the midst of laughter, new year greetings and of course, the grand group photo.





Rotary Club of Peninsula 3 Generations Joint Meeting

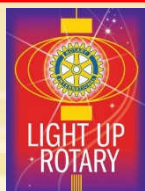
Peter Lam

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On 11th March at Royal Garden Hotel, we have our annual joint dinner meeting with our mother club, baby clubs and clubs from the Rotary Club of Peninsula's family, namely Rotary Club of Peninsula, Peninsula South, Peninsula Sunrise, Central, SoHo Hong Kong, and Kowloon Central. We have a full house with about 120 attendants including many Rotary dignitaries like DG Belinda Yeung, PDG Arthur Au, PDG Johnson Chu, PDG Peter Wong DGE Peter Pang, DGN HW Fung and of course our very own PDG Anthony Hung, PDG Kenneth Wong and their anns. The meeting started off with remarks from PDG Arthur and DG Belinda who briefed us some history of this Peninsula's family and encouraged us to strengthen our ties and create more baby clubs. Our club showed strong support with about 27 members and spouses attended and new member Dorothy Chan did a good job being the MC of the evening.

The highlight of the evening was the keynote speech by Prof. Poon Chung Kwong (潘宗光教授), ex-President, The Hong Kong Polytechnic University. The topic was on Buddhism佛教修心的科學觀 which was inspiring and interesting as he explained the religion from a scientific perspective which is something new to many of us. The evening's program was packed apart from the keynote talk and club reports. There were also singing performance by a guest invited by Rotary Club of Kowloon Central and also beer drinking contest. Francis and Wilson represented our club in the two beer drinking contests but we did not win . . . Francis had an easy job just drinking normally fast while Wilson must had a hard time drinking with the long straw! Thanks to new member Ming Hay for being the coordinator for the beer contest. One other attraction of the evening was the many lucky draw prizes given out. All attendants were given one lucky draw ticket for free and how lucky that five members from our club, namely Creamy, Caren, Mary, Jacky and Dorothy, were all one of the lucky winners! Caren was in fact the birthday girl on that exact evening so special thanks for her presence!





Interact Club of Tai Po Schools



Monthly Bulletin of Rotary Club of Tai Po (Mar 2015 Issue)

Regular meeting on 13 February.



Kung Hei Fat Choi! Thanks PDG Anthony and Mary for Lai See and Turnip Cakes on the 4th day of Lunar New Year (22 Feb)



Briefing Session with PDG Kenneth on 28 Feb



Promoting Organ Donation at the Rotary Carnival on 1 March



A Date with Portugal and Spain

Wanda Ngan

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My original date to Portugal and Spain was in June, 2013. Due to personal reason, I have postponed my trip to February, 2015. It took us altogether 20 hours from Hong Kong to Lisbon, Portugal.

During this 12-day trip, we have travelled through 10 cities. The first city was Lisbon where we saw the Discovery Monument, Belem Tower which shows the golden age of Portuguese navigation industry. We also strolled through Jeronimos Monastery which was built in the 15th century.



Coimbra was the ancient capital of Portugal where we can find the oldest university in Europe. Mateo Ricci graduated from University of Coimbra.



Port wine is the famous wine from Porto. We also cruised along River Douro and saw different buildings on both sides.



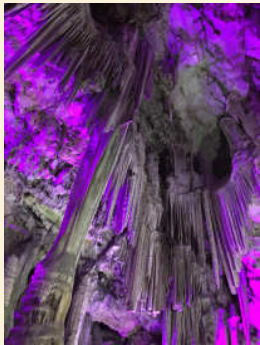
After visiting Porto, we went to Fatima. It was said that the Blessed Virgin Mary, the mother of God, appeared six times to the three shepherd children near Fatima between May 13 and October 13, 1917.



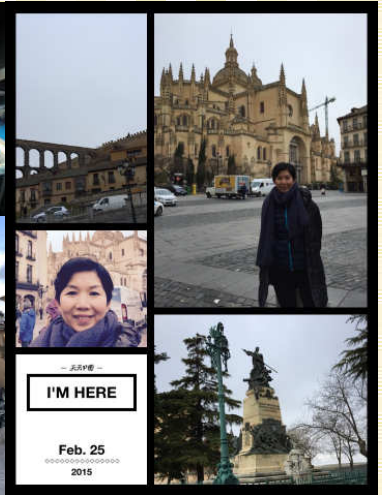
Before visiting Obidos, we went to the western most extent of mainland Portugal, Cabo da Roca. There is a lighthouse overlooking the promontory towards the Atlantic Ocean. Obidos was said to be the wedding gift to the queen and is the most classic walled settlement in Portugal. Similar to Obidos, Evora is still partially enclosed by medieval walls, and there are large numbers of monuments dating from various historical period, including a Roman Temple. Evora is a UNESCO World Heritage Site.



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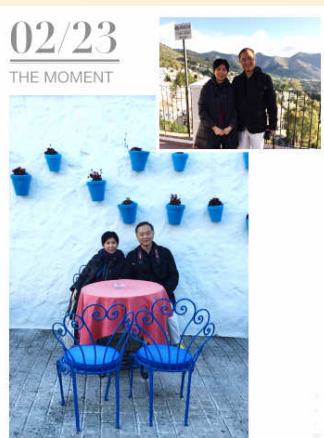
Leaving Evora, we entered Spain through Seville. It is the origin of "Flamingo Dance". After passing through Seville, we entered Gibraltar which is last piece of British colony. We can still see British influence. It is a windy city too. A lot of monkeys live up the hill. Gibraltar is made of limestone and we saw beautiful limestone caves.



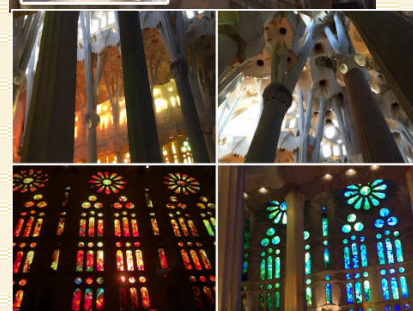
The Last two days were the highlight of this trip. We stayed at Barcelona. We visited Sagrada Familia, the church that should be completed in 2016 since it started construction in the 19th century. It is the masterpiece of Gaudi. Gaudi is also the designer of Casa Batllo and Quall Park. His work was influenced by his passion in life, architecture, nature and religion.



From Gibraltar, we travelled to Mijas which is also known as the white city. We were attracted by the craft shops locating on its narrow cobbled streets. Departing the white city, we visited the Alhambra Palace. Alhambra means red in Arabian language. Alhambra is a palace and fortress located in Granada. Consuegra is famous for its windmills. They usually consisted of two rooms or levels. Toledo was the second Unesco Heritage Site that we visited in this trip.



Before entering Madrid, we visited Segovia. The Roman aqueduct is the symbol of this city. We have a chance to visit the stadium of Real Madrid Football Club. Valencia was our next stop. It was the third largest city in Spain. We can see modern constructions in this ancient city.



CONTINUE

Besides enjoying the scenery, blue sky and fresh air, we also had Spanish cuisine which was less tasty than Chinese food.



The last spot was the Columbus Monument. His right hand points to the new world which resembles pointing us to our home, Hong Kong. So, we took a long haul flight back home.....



Regular Meeting

16 February 2015



Mel and Vienna recapped with us briefly the activities of Step Up Infinity and introduced the new plans about dancing trainers, band training and hip-hop dancing.



PP Frankie Wu's speech about "My Business" took us from the 60s when HK economy took-off and his early-day ventures in China all the way to the super high-tech modern times. We not only experienced his adventures and explorations, we also learned of the importance of his dog, family and friends including in particular, the Rotary influence on him.



Frankie's talk was so interesting that PDG Kenneth could not resist but to volunteer a sincere vote of thanks and commended Frankie on his 'giving' attitude.



The well-stuffed hamper prepared by Dorothy was won by the youngest guest of the evening, Elizabeth.

2 March 2015

Monthly Bulletin of Rotary Club of Tai Po (Mar 2015 Issue)



Auspicious "Lo Hey!" and God of Fortune giving out lai sees at our first meeting in the Chinese New Year.



PP Jacky Sung won the raffle prize of a "Peace Through Service" ornament from PDG Kenneth.



Mr. Bobby Ng, Deputy Director of Water Supplies Department, spoke on "Sustainable Water for Development", a subject which is also one of Rotary emphasis.



Mr. Daniel Leung of YWCA reported on past events and the financial position about the "Build Our Loving Villages" Project and prepared members about the 7th March CNY event for the Elderly.



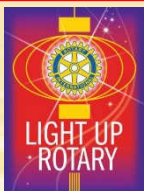
March birthday boys and girl: Jimmy (with Annie), Ping (with Angela) and Caren celebrated their birthdays amidst members' birthday songs.



Tai Po Rotaractors Gabriel, Yuky and Tony promoted their Professional Development event on 29 March.



As PDG Kenneth gave a vote of thanks, he highlighted the similarities of Rotary's emphasis on sustainable water supply with Mr. Bobby Ng's water development ideas.



Upcoming Events

February Winners (100% attendance):



FRANCIS AU,
DOROTHY CHAN,
ERIC CHIANG,
ANTHONY HUNG,
NATALIE KWOK,
PETER LAM,
WILSON LAM,
PING LEUNG,
JASON LO,
SALLY LUK,
CLAIRE MAK,
MAN MO LEUNG,
JACKY SUNG,
KF TAM,
KENNETH WONG,
FRANKIE WU,
MINGHAY YU

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
23 MAR (MON)	7:00 p.m.	Area 6 Spring Dinner	Royal Plaza Hotel, Prince Edward Road, Mongkok
29 MAR (SUN)	1:00 p.m.	Rotaract Club of Tai Po General Meeting and Professional Development sharing Speaker: Dominic Chu Topic: Soul of Music	TC2 café & workshop, G/F 23 Cedar Street, Prince Edward
30 MAR (MON)	7:00 p.m.	Speaker: Mr. Kenny Chow, Chairman of University Sports Federation of Hong Kong Topic: The Role of International University Sports Federation in development of University Sports	Royal Garden Hotel, Mody Road, TST
12 APR (SUN) to 14 APR (TUE)	7:00 p.m.	Visit Rotary Club of Makati San Lorenzo - Fellowship Dinner - Tuloy Project Site Visit	Makati, Philippines

% of attendance of regular meetings (inclusive of make ups)

Average attendance: 68.75%

2nd February 80.6%

9th February 57.1%

16th February 68.6%

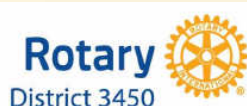
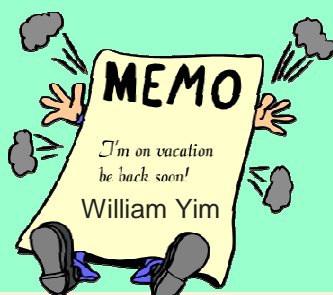
In February

Caren Chan

Sasha Chu

Jimmy Wai

Patrick Yung



Education Bureau

Event: Teachers' Camp on "More"

Objectives: Support Teachers to enhance students' whole-person development and life-long learning capabilities - it will be a great opportunity for all secondary school teachers to explore, share, experience and grow together.

Date: April 11 & 12, 2015

Venue: Two days One night residential program @ Regal Riverside Hotel

Participation Fee: HK\$2,800 / participant

Organizer: Rotary District 3450

Co-organizer: EDB (Education Bureau)

Experience the Program with
interactive activities, discussions & speaker sessions!

