



President's Message

Patrick Fong

Dear Fellow members,

REUNION DINNER AND INDUCTION OF NEW MEMBER on 21 January 2019

- Due to Lunar New Year, there was only one function to be reported in this bulletin.
- Regular meeting held on 21 January 2019 served 2 purposes, i.e. Reunion dinner held before Chinese New Year and Induction Ceremony of Lin, our new member.
- Our original plan was to hold this regular meeting at KCC and we tried to limit the number of participants (guests). However, members and guests continued to register and finally exceeded the maximum capacity of the function room at KCC. Therefore, we decided to change our venue in a very short period of time. With the kind assistance of Creamy, we succeeded in getting a private room at Sportful Garden Restaurant, 24/F iSquare, TST.
- Board members held a Board Meeting at 6.30 pm. Members and guests started to come at around 7 pm. There were 6 tables and almost 80 participants, including RCTP members & spouses, Rotaractors (Rotaract Clubs of Tai Po & WYS College), Interactors & teachers (Interact Club of Tai Po Schools & TTCA), ex PP (Francis) and guests invited by our members. It was a really big family reunion dinner.



- I started by giving a brief report, followed by the induction ceremony. Membership Chair, PP Frankie, led our new member Lin to the stage and PP William gave a short introduction of Lin. CP Donald pinned Lin with the Rotary International pin and I pinned Lin with Rotary Year pin. After the oath, Lin became a formal member of RCTP. Lin invited some of her best friends to witness the ceremony and they took photos together on the stage.



- After that, KF and Wilson began the games session. They prepared some interesting questions about our Club. Winners were given 'Golden Coin Trees' and some pretty small pigs for decoration.
- The last part was group photo and the party ended at 11 pm.



- I would like to take this chance to wish all of you and your families a healthy, happy and prosperous Year of Pig!

Thank you.

Patrick Fong

President 2018-2019
Rotary Club of Tai Po



Editor Says

Claire Mak



As the Year of the Pig trotted in, here is to wish all readers of Tai Post a most constructive and inspired New Year!

I trust you are all recharged after the holidays, particularly those who have returned from trips abroad. I recently returned from two trips, to Bangkok and Myanmar respectively, and am still basking in the warmth of the tropics.

Bangkok



Hong Kong people love to travel. Some will seize hold of long weekends and go unwind in somewhere within two to three hours flight. In the past, when one was abroad, it was genuinely a time to put aside work to really relax in somewhere one could not be reached. Today, thanks to the internet which allows one to *stay connected*, no matter where or when, one cannot really escape being located. Rather, you continue to reply messages and discharge duties on your lap top or smart phone and your client or colleague might not even know you were abroad. More often than not, you keep everyone (friends or foes alike) posted where you were, what you eat or what you did during your trip – instantly. PDG Anthony said he followed every of my posts on Facebook about the Myanmar trip and knew exactly what I shall be writing for Tai Post!



Spending a few days to a couple of weeks abroad will let you see the best there is to be seen. This is especially so during leisure trips. You pick the best places to stay, the best eateries for meals and the best places to visit. To live there, however, is an entirely different matter. We may like a place so much that we visited it time and again but we would not like to emigrate there. That said, when you see the niceties in other people's places, you will start comparing whether we have similar good qualities in Hong Kong.

In the past, we often heard foreigners praising Hong Kong. Those who had not been to Hong Kong were eager to plan a visit here. Hong Kong was once a shopping and eating paradise. These have obviously changed now. At least when foreigners talk about Hong Kong, there is less of an admiration but more queries about the land and residential prices in Hong Kong. The sky-high prices let people think that it raises the prices of everything else. It is no longer a shopping paradise; and there seem better choices of food and leisure activities in the nearby Taiwan or even Macau.



If Hong Kong people want to eat well, they go to Taiwan, Japan, Singapore, Thailand and even Malaysia. For shopping, they look to Japan, Korea or Thailand ... Even a trip to Europe, after tax rebate, the commodities cost less than in Hong Kong. Further, the sales service also seem more pleasant and thus improve the shopping experience. Hong Kong does have a lot of catching up to do.



Rotary Information

Peter Lam

Peace fellow plants seeds of opportunity and peace for small farmers

In 2011, Hong Kong native Spencer Leung moved to Thailand to launch the organic operation of a Thai agricultural seed company. He believed that demand for organic food would continue to expand, but he didn't simply want to make money. He wanted to do something good.

So, Leung applied to become a Rotary Peace Fellow. He became the first peace fellow to be sponsored by District 3450 (Hong Kong, Macao, Mongolia, and China), attending the Rotary Peace Center at Chulalongkorn University in Bangkok in 2013. The Chulalongkorn fellowship is a three-month certificate program for professionals who are already working in their field.

"The more I looked into it, the more I believed organic agriculture could be a powerful peacebuilding platform," Leung says. "So, I finished the course, quit my job, and used my own savings to start Go Organics." Go Organics aims to improve productivity and sustainability for farmers who cultivate less than 2 hectares (about 5 acres) of crops, based on the belief that creating economic stability for small farmers will help cultivate peace.



Leung knew that in many parts of the world, small farmers lack the technical knowledge to connect with the global market for organics. So, the team at Go Organics is working on initiatives to improve the marketplace for small farmers and to provide simple and cost-effective technologies that will help them improve operations, such as labels with digitally encoded data including production and expiration dates. The labels will make the supply chain more transparent, Leung says; consumers will be able to scan them with their phones to receive detailed information about the food that they are buying and the farmers who grew it.

"We want to bring customers closer to the producer," Leung says. "We want them to know and appreciate where the food comes from and to support the hard work of the farmers." Go Organics also offers farmers an affordable cold storage unit that will keep crops fresh up to 10 days longer, opening up more market opportunities. The farmers can use microfinancing to purchase the unit, and Go Organics guarantees the sale of a certain amount of produce.

Go Organics has been working with the University of California, Davis, to introduce technologies for dry produce, such as a chimney solar dryer that is constructed from locally available items. A table covered in black cloth and a chimney wrapped in plastic create an air tunnel that can be used to dry agricultural products including fruits, vegetables, meat, fish, and coffee beans.

Another innovation is an inexpensive test called a DryCard that farmers can use to check moisture levels in their products. Knowing those levels can help the farmers prevent the growth of mold. "Right now, there's a big issue with food safety and food security, and reports say up to one-third of food produced is wasted," says Anthony Phan, a project analyst at the Horticulture Innovation Lab at UC Davis. At the same time, global food production needs to increase dramatically to feed a growing population. Go Organics' projects are supporting the "dry chain," ensuring that foods can be dried properly and packaged safely.



Rotary Peace
Fellowship



"What Spencer is doing is really important, because these farmers don't have the support, education, or even awareness of this problem," Phan says. "Go Organics provides the expertise, technologies, and supplies needed to support that process."

The DryCards are credit card-size laminated papers with cobalt chloride humidity indicator strips to measure moisture in products. The farmer puts the card, along with the produce, in a sealed storage container such as a jar or plastic bag; an hour later, the indicator strip will have changed color to indicate the moisture level. Pink means the product is too wet, while blue means it is safe to package. "Right now, the way most farmers test for dryness is to either bite their product or squeeze it in their hands and listen to it," Phan says. "And that's not an accurate way to determine whether your foods are safe enough to store."

The traditional alternative to the DryCard is a digital moisture meter, but that requires electricity or batteries, which are not always available to small farmers. The cards can be manufactured for 10 to 25 cents, Phan says, and can be reused many times. In addition to testing produce and other foods, they can also be used to monitor the moisture level of seeds in storage to ensure healthy germination, improving yields.

To manufacture the cards, Go Organics is working with St. James' Settlement, a Hong Kong nonprofit organisation for people with disabilities. "I could make the card in China or have a factory make it for a lower cost," Leung says. "But this is not the mission of Go Organics. Our job is to channel the work to those who are in need and to bring these people into the workforce. This is a win-win situation." It's a challenging effort, he notes, made more challenging by larger competitors with more resources. "But we want to do something different. We want a distribution network that lets local people eat local food that they can get directly from the farms nearby." Small farms produce around 80 percent of the world's food and make up 90 percent of the world's 570 million farms. "If we can raise this group of people's standard of living — sustainably — we're going to make a lot of changes to the whole world," Leung says. "It's going to be amazing."

A look back at our club's activities by topic in the past decade

團年飯 / 開年飯

Rotary Club of Tai Po Services

FLASHBACK

Peter Lam



年夜飯Theme Night at Tung's House 董家菜 in Central 23 Jan. 2006 during Claire's year as President.



PP Frankie with our ladies at 5 Feb. 2018 meeting featuring talk on Imperial Cuisine 滿漢全席.



4 Feb. 2012 元宵theme night pool side party at PP Man's home in Tai Hang Village, Tai Po during Tsubaki's year.



16 Jan. 2017 regular meeting at KCC where many 揮春 were distributed



6 Feb. 2017 開年飯 at Chiu Chow Club in Sheung Wan.



Star Reaching Project 2018-19 Activity Day on 20.1.2019

Better Me

Claire Mak

“Star Reaching” 摘星計劃 is a long-standing project RCTP has been doing with the Tai Po District Youth Outreach Social Work Team of the Hong Kong Children & Youth Services. The Project serves selected delinquent youths by hosting useful programs to steer them clear from known vices.

Each year, they select a different theme to address specific topics of interest. This year, the chosen theme is “Better Me” and aims to encourage the young participants to explore what LOVE is and what they look for in a relationship. The service targets include 5 ladies and 3 young couples. Before the Activity day on 20 January 2019 which we are invited to participate, these youths have already gone through a camp and some training courses to experience and learn about relationships. Additionally, the 5 young ladies were given lessons on making bridal gowns; while the young couples were given chances to learn about relationships.



On 20th January, President Patrick and Torrente, PP Peter, PP Claire, PP William and Bebe and also little Argus attended the office of the Hong Kong Children & Youth Services at Fu Hang Estate and met not only the social workers of the Hong Kong Children & Youth Services and the service targets but also social work students of a couple of universities.

We started by brain-storming what we consider are the elements of “love”. Whatever that sprang to mind were input to a web-link through our phones and were instantly displayed on the screen for reference. After we reflected on different perceptions of love, we were divided into two groups for discussion on the effective means to show love and care.



Lastly, we all went hands-on to do a little intimate gift of a ‘hand cream’ by mixing cold-press grapeseed oil, mineral water, coagulant and essence together and filling the product into little tubes.

The Activity day ended with all of us each leaving the venue with some lubricating hand cream and a strong feel of love and care.



Spring Sowers Organ Donation Promotion Walk

13 January 2019
Charles Chan

This was the third Spring Sowers Organ Donation Promotion Walk organized by the Hong Kong Medical Association and the Hong Kong Society of Transplantation. The event is meant to promote general awareness of the need of organ donors in Hong Kong and to recruit donors. Each walker has pledged to sign up five new donors to the Hong Kong Transplant registry in the coming 12 months. Although individual Rotary clubs and Rotarian members including close to twenty from RcTaiPo members had participated in the previous events, this was the first time it was sponsored by our District.

The weather was perfect and over 400 walkers participated in the walk. Rotary District 3450 had by far the largest group of walkers as just over 100 signed up for the event with 35% of the walkers coming from RcTaiPo and its friends. Particularly impressive for the RcTaiPo team was the participation of many of our second generation. Special thanks to the Yims (Alaric, Alvis, and Argus), the Fongs (Noelle and son-in-law Nelson), Vikky's daughter Grace, and of course Wilson Lam's daughter Chloe. For this year, DG YC kindly made available T shirts to all our walkers from the District. The "Sea of Blue" was really impressive and received very good publicity from the many media that were present. Indeed, RTHK made a special 4 plus minutes video for its "原來係咁" program. I have forwarded a copy to our group chat and its worth to take a look.

「春耕行動」
Spring Sowers
器官捐贈推廣步行
Organ Donation Promotion Walk

日期	2019年1月13日 (星期日)
時間	上午10時開幕禮 上午10時30分至1時 步行
主禮嘉賓	食物及衛生局局長
地點	東涌東薈城戶外噴泉
費用	免費
參加要求	每位參加者承諾一年內動員 五位朋友登記中央器官捐贈名冊 參加者完成全程可獲頒證書
名額	500 (先到先得)
截止日期	2018年12月20日 (星期四)
查詢及報名	香港醫學會 2527 8285

報名表

主辦機構: 香港醫學會 香港移植學會
協辦機構: 香港浸信會醫院 香港腎臟基金會
香港路跑協會 香港移居運動協會
國際獅子總會中環港澳303區
國際獅子會醫療教育中心及研究基金會
國際扶輪第3450地區 香港肝壽基金會



The walk was a little bit over an hour and covers three main attractions along the way. Dr. CP Ho who is the current President of the Hong Kong Medical Association is an enthusiastic hiker and he picked the trail for the walk. He also gave a lively talk about each of these attractions where we stopped for a short rest before moving on to the next one.

The first stop was the 天后廟 at Tung Chung. The temple is located in the 赤立角村 and it is one of the oldest 天后 temple in the area. This one is now pretty much surrounded by residential buildings as it is quite close to the Tung Chung MTR station.



Dr. Ho was the one facing us in the picture at our first stop, the 天后廟 at Tung Chung.

Our next stop is at the Tung Chung Fort. It was built in 1832 to stop opium trade and to protect the residents from pirates. The original six canons are still there and became the main attraction. They were produced in 1805, 1809 and 1843 as evident from the markings on the body. After New Territory was leased to Britain in 1898, the Fort was decommissioned. It was rebuilt during Japanese occupation. After 1945, it had been used as a police station and later as part of the public school in Tung Chung. On August 24, 1979, it was declared a historical monument and put under statutory protection. It went through a complete renovation in 1988. At present it is used as an office of the Hong Kong Rural Committee.



PDG Kenneth with the Fort in the background.



RcTaipo group picture taken from the wall of the Fort.

The last stop was the Tung Chung 侯王廟. There are many 侯王廟 in Hong Kong. This one was built in 1765. It is enshrined with 楊亮節, a general and minister of the South Sung Dynasty. It is a declared second class historical building.

楊 was originally enshrined in the Kowloon City 侯王廟. When a plaque broke out years ago in Tung Chung, 楊 was moved from Kowloon City to the present location to help contain the plaque. The water front site was chosen because 楊 was involved in a sea battle with the 元 navy at the Tung Chung bay.

The site is quite big with large open area in the front of the temple facing the sea. In the old days it was used by the military for training purposes. A lot of the original artefacts are still inside the temple. It is interesting to note that on the right and left side walls of the main hall, there are two plaques from 1910. “東源堂碑志” 及 “西源堂碑志” indicating there were actually two 涌 in those days, a 東涌 as we know it today and a 西涌 as well. There is also a tablet dated back to 1777 “公立大奚山東西涌姜山主佃兩相好永遠照立碑”, a further indication of the existing of two 涌.

We had a good time enjoying the perfect weather and learning a bit of the history of Tung Chung along the way. And most important of all, we are able to make a contribution to an important initiative that could benefit some pending recipients in Hong Kong.



9th Hong Kong Bowling Tournament for all cum the 8th Hong Kong Blind Bowling

20 January 2019
Danny Lau

It was a very nice and warm Sunday morning. I was ready to blind myself intentionally. Please don't get me wrong. I was not having any cynical nor depressive mood; but just had joined a friendly bowling tournament at the South China Athletic Association, Causeway Bay.

Bowling is a popular sport and has been popular for centuries. It is liked by a wide variety of people, even people who are blind! Sponsored by the Labour & Welfare Bureau, this event is organized by the Hong Kong Blind Sports Federation (HKBSF) and co-organized by Rotary International District 3450 (Hong Kong, Macao & Mongolia). The main objectives are to raise the self-confidence of people with visual impairment through equal participation in sports training and sports tournament and to arouse the public awareness on their abilities. Over 45 teams and 180 people had joined the game. In teams of three covering those with normal vision and the visually challenged, and covered eye-sight for the first frame, it was an interesting experience and a good chance to understand the world of the visually challenged.



Bowling by persons who are blind is not only possible but is also highly competitive. Blind and visually impaired athletes competed in bowling tournament through sighted guidance. When using sighted guidance, a sighted assistant aligns the blind bowler on the approach before the delivery. The bowler is aligned on the spot from which he or she executed the delivery.



Every bowler wants to score 300 points in ten frames, but it is almost impossible. It is not easy even for normal people, not to say for the blind. What should a bowler do if the ball falls into the gutter? Give up on this? Complain about yourself? Blame Others? I see that my blind team-mate would concentrate on the spirit and continued to work hard to play the game. It inspires me to continue to work hard to enjoy our life. If a ball is not good enough, you have to adjust yourself, keep your spirits and start again. In fact, the characteristics of bowling are to do yourself well, and each frame is a new beginning.

A perfect 300 is a goal. But 300 points do not necessarily make us enjoy a wonderful game. As long as we play our best with every ball, no matter how many points we get, we are the champion!



Reunion Dinner 團年飯

21 January 2019
Ronald Chung

Rotary Club of Tai Po is having another good year as it approaches the end of the year of the dog. There was so much energy, so much joy, and it makes so much sense! (I am not superstitious, but it does make so much sense.) As everyone knows, the dog is a very sincere, loyal animal that are not are not afraid of difficulties in daily life, that's definitely how our presidents over the past year has served the club. Thank you to both Roger and Patrick. Ah... when it comes towards the end of the year... I am sure you will agree with me that we definitely felt the energy from the wagging tail of the dog. Thank you to the team who put the reunion dinner together.



The reunion was indeed a very busy-waggy event this year loaded with energy with a 60 plus strong attendance. Being a re-union, of course, we had old members getting back visiting us... PP Francis brought back a lot of his energy and enthusiasm.

We had a new member, Lin, being inducted, who instantly injected a lot of new energy to the club by bringing in a whole host of community dignitaries to the club.





We had a great turn out by the Rotaractors as well as the Interactors. What more energy can you get than from youngsters and we had four groups of them?





This particular reunion also brought back a lot of memories, thanks to KF, our future leader of the club for his hard work preparing all the trivia questions... imagines of PDG Anthony, PP Peter... Lots of winners here, bringing back lots of lucky charms home.





Another memory. PDG Kenneth started out “Presents for Presence” in his year as Rotary President. This time, the present was a lady’s handbag brought by PP Pearl on her return to the club (her returning is the club’s luck to start with), and the process of PP Pearl getting the lady’s handbag is a story of luck by itself. And the winner is... a person who probably got her 1st lucky draw prize ever... (I shall keep that a mystery, you can check out the pictures by PP Peter.)



Last, but definitely, definitely not the least, this re-union will be remembered as the 51st anniversary of our CP Donald and Rotaryanne Anne... what a “re-union” and how lucky we were, able to have the special couple spending their special night with us.



Myanmar

Claire Mak

Were it not for my fellow *Service Above Self* president David Ting (formerly of Rotary Club of City Northwest HK) chartering a new Rotary Club in Yangon, I would not have thought of going to Myanmar. Now that I had been there, with President Patrick and Torrente amongst others, I would vouch that Myanmar is very much up-and-coming and had afforded me a very pleasant journey.

Day 1 and 2 – 26 and 27 January (Saturday and Sunday)

Our delegation of 17 left Hong Kong late Saturday evening of 26 January, arriving Yangon past one o'clock mid night. Even in such wee hours, we were greeted at the airport by Charter President David Ting and his members of Rotary Club of Greater Yangon. *Mingalaba!* (Myanmese greeting meaning blessings) We were then quickly driven to and checked into Hotel Melia Yangon; and caught some sleep.



The day started with a visit to Lake Kandawgyi which is pretty tranquil. The elaborately decorated barge on one of its banks used to be a wedding venue but the divorce rate of couples getting married there was so high (as much as 85%) that it changed to being a cultural/dining venue for tourism instead. We also got a glimpse of the top of the iconic Shwedagon Pagoda.



Our next stop was Scott Market: a sort of Stanley Market with plenty of artifacts and jewelry items. We also changed a bit of its local currency, Burmese Kyat, for use.



As it was a Sunday, we made our way to the St. Mary's Cathedral for some to do their prayers.

Later, we enjoyed a pretty special lunch at Sofaer. Look at the total sum we paid: \$306,450!!!! That's in Kyat of course which translates to just HK\$98 per person.



We then strolled around the city and took in quite a bit of colonial history, including The Strand Hotel and the Yangon Central Railway Station. The latter was built by the British in 1877 and upgraded in 1943 by the local government. It is still being heavily used.

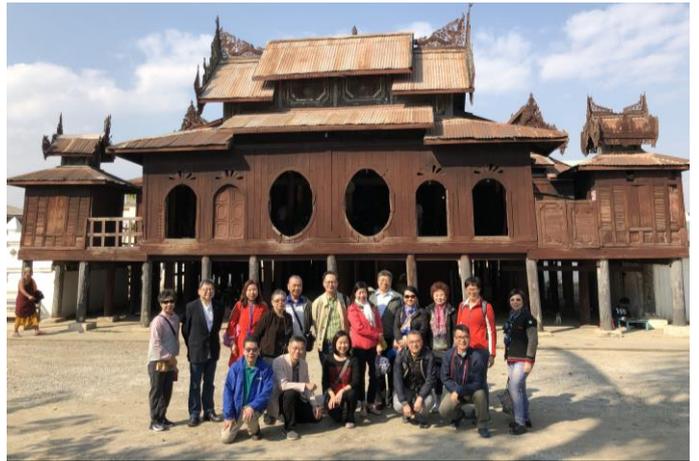




Upon landing Heho, the first stop was to The Buddha Scripture Shweyanbye Monastery and the Shan Pagoda. Their construction dates back to the 1890s!



We then proceeded to a showroom compound of Peninsula Residences and got a detailed introduction by Rotarian Gabriel Cheng (of RC Greater Yangon) about the development potential in Myanmar and of course, got shown around the model show flat. One of our fellow presidents did sign up for purchasing one flat. Jokingly, we scheduled another visit to Yangon 3 years later for his house warming.



Later that evening comes the *purpose* of the trip - the Charter Ceremony of Rotary Club of Greater Yangon which was held at the serene (David says "must-go") restaurant Le Planteur. Past RI President Gary Huang was there to do the honor and we of course, heartily congratulated Charter President David Ting and District 3350.

After that we did a bit of wine tasting at the Red Mountain Vineyard. The Winery business is very much newly developed for just some 8 to 9 years. I am impressed by the peanuts and of course the scenery.



Day 3- 28 January (Monday)

We left the hotel at 6:30 a.m. The domestic flight by Air KBZ to Heho involved propellers air craft and hand pulled carts to deliver checked-in luggage! An entirely new experience indeed!



Then we traveled around Inle Lake and the boat trips were eye-opening: in particular, the iconic fishermen spreading their nets while controlling their boats with one leg. The scene is simply picturesque!

Lunch at Inle Heritage was very satisfying and whilst in Inle Heritage, we visited the rare Burmese cats in its Burmese Cat Village. Next door, in its Aquarium, I found one of the fishes, the Indian Glass fish, pretty unique. One can actually 'x-ray' them and see their skeleton! The Inle Heritage also grows organic vegetables and no doubt uses them at the cooking classes.



Day 4 – 29 January (Tuesday)

Very fine day Tuesday morning; but it's just 14°C so I skipped the swim in favor of a leisurely breakfast and then a brief stroll of the hotel grounds, breathing in the very fresh air.



We then left Inle Heritage by boat for the weaver Ko Than Hlaing where we learnt about silk and lotus weaving: how they can be woven and dyed to make longyi (the Burmese sarong worn by men) and other clothing /accessories.

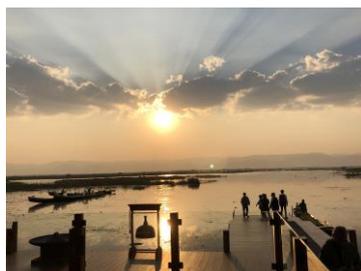
The itinerary started with a visit to the 5-Day Market. There were loads to see and buy: vegetables, lively fish, sliced chicken, nuts, spices, fruits, flowers, cooked food, utensils..... Locals also get their daily stuff here. There were the inevitable touristy stuff like silver jewelry, carved boxes, souvenirs etc. "Bargain" was the name of the game.



After that, we boarded the boat again for a visit to the Ngaphe Chuang monastery and Phuang Daw Oo Pagoda to take a look at the remains of monks which are now clothed in so much gold that they lost their shapes.



At dusk, we checked into the very charming Sofitel Hotel. As we were sort of in the middle of nowhere, we opted for buffet dinner in the hotel. The setting was very nice indeed and watching the Italian chef frying rice teppanyaki style was a joy. There was, however, not much dessert on offer. After dinner, we playfully put on the jackets we bought at the weaver and took a few cool (or so we thought) pictures like a uniformed bunch.



After shopping, we proceeded to a historic site, Indein. The Shwe Indein Pagodas were there since the 14th to 16th century and boasts some 1054 stupas or pagodas. Political instability had rendered the area being secluded and wasted until around the year 2000. Most pagodas have undergone or are now undergoing restoration.





Lunch at the Golden Moon Café Inlay costs us just US\$138 in total. The coffee is local Shan coffee and really smooth - a must try. Cheers!



On our way to the domestic airport, we stopped by an umbrella shop and were shown how an umbrella is made starting with soaking tree bark and ended with assembling the bamboo/teak for the shaft and ribs etc.



Then, tour guide Hor saw us off at the Heho Airport before we took the Yadanarpon Airlines *free-seating* Flight! We even saw our luggage being loaded to the plane as we boarded the plane.

Our hotel for the night was the Heritage Bagan Hotel, a pretty new hotel with cute design and a lush surrounding. All of us retired to bed early so as to rise very early the next morning for the hot air balloon ride.



Day 5 -30 January (Wednesday)

It was very early when we were brought to the wilderness, braving the darkness and the cool air for a briefing of the balloon ride. As the balloons inflated and we excitedly climbed in, we braced ourselves for the elevation. When we were allowed to stand up in the balloon, we were greeted by a stunning panoramic view of Bagan and its 3000 odd pagodas. It was a most exhilarating experience!!! Breathtaking sight of exotic Bagan, the pagodas and the sunrise as we floated so high above!



Pilot Mike got us safely landed on the river bank and we celebrated the experience over some champagne and fresh fruits! Cheers!



When we recovered from the excitement, we proceeded with the first stop, the magnificent Shwesandaw Pagoda, Bagan which has existed since the 11th century and having undergone major restorations.



To instill a service element to this trip, *Service Above Self* presidents visited the Shwe-Gu Orphanage For Elementary Monastic Education and gave out some colour pens. However, we did not get a chance to really interact with the orphan monks as they had to get on with their lunch, which is their second/ last meal of the day.



Dating back to the 14th century, the Hti Lo Min Lo Pagoda which we then visited is a harmony of Buddhism, Animalism and Hinduism. The 4 golden buddha, all of different dispositions, demonstrated the different eras they were installed.



Lunching at the Sanon Training Restaurant made us feel constructive. Not only was the food good, it is comforting to learn that we were “Changing Lives, Building a Future for Myanmar Youth” as its slogan says.



After lunch, we went for the “must do” tourist sites: the famous Reclining Buddha with extravagant dimensions at the Chaukhtatgyi Buddha Temple and the Yangon landmark: the Shwedagon Pagoda the latter of which, unfortunately for us, was under renovation.

After lunch, we were brought to Mya Thit Sar Lacquer Ware Shop and shown the process of making lacquer products. It was pretty labour intensive but the workers seem rather oblivious to industrial safety. They work bare hands, not only with the carving part, but also the dyeing, moulding, sanding and lacquering processes.



At the Min Nan Thu Village, we experienced the daily village life of Bagan people: weaving, farming, harvesting peanuts & plums; some rather thin cows; the clinic, the tuition school and lastly a dried-out reservoir.



It’s lovely to dine in the French Training Restaurant Shwe Sa Bwe and got an Insiders’ view of their kitchen-training and the waiter/waitress-training. The food was pleasantly prepared and meticulously served. Very enjoyable indeed.



Day 6 –31 January (Thursday)

For a nice change, it’s a la carte breakfast on this last day of the trip and I enjoyed it fully in the relaxing and tranquil environment of this golf resort, Awei Metta. Very nice!



When we shopped at the Ocean Supercenter Myanmar (Hlaing TharYar Branch) we were like big spenders! I spent some 87,200 on dried prawn, cashews and avocado!



Lunch at the idyllic restaurant Seeds was most enjoyable: each course well prepared and delicately presented. Yummy!

Day 7–1 February (Friday)

Before we were sent off, CP David Ting invited us to his house where we were treated with fruits and nice bowls of the much-missed sweet soup. We then took the midnight flight and safely arrived Hong Kong at dawn.

Thus ended my exploration of Myanmar. The only complaint I have is that we have to go bare feet (yes, not even socks) around all pagodas and monasteries. I just could not get used walking bare feet on the dusty and coarse floors and then had to wipe my dirty feet afterwards. It was troublesome having to do it time and again. Otherwise, this trip presented a lot of eye-openers and we could not have selected a better season for the visit. Till next time!!!

Year of the Piggy

Ronald Chung

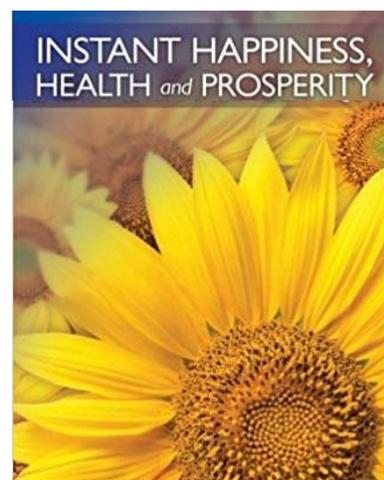


Before the beginning of this piece on Chinese New Year, let me first offer the best of well wishes to all at the Rotary Club of Tai Po for the coming year. Wish everyone best of health and prosperity.

For those who knew me for a few years, you are probably aware of my practice that each year when I send out well wishes, it is always “health and prosperity” from me. This is not because I am lazy (OK, there may be a bit of that, if you insist), but I personally genuinely think that those two are the best to offer to my closest.

Co-incidentally, “health and prosperity” are also frequently associated with the image of the pig, albeit in a traditional Chinese sense, as in the old days when materials are not abundantly available in farming communities. Pigs, with chubby face, pinkish white outlook, big but not overly masculine, signifies not having to work hard for a living. (Contrast that with the ox... yours truly, OMG, poor guys). That, in the old days, is a good enough symbol of comfy life. Given the human nature of jealousy, the “not so fortunate” of course cried foul, pointed fingers at the pigs and said that they are lazy... Oh well, who says life is fair?

Indeed, people that I know who’s born in the year of the pig do have certain traits (I am very close to one personally). They tend to let themselves enjoy life, and will frequently treat themselves... and not exercise (Isn’t that why we think pigs are associated with prosperity?). As a result, they tend to be energetic socially and have an easygoing personality. (Isn’t that why we think pigs are among the smartest in the animal kingdom?) Apparently, this energetic trait and occasional over-enthusiasm also makes the pigs gullible, and easily scammed. (Isn’t that why we think pigs are dumb?) Now you know. Maybe life is fair after all?



Being a finance guy, I guess when Claire asked me to write a piece on Chinese New Year... she wanted me to offer my view of the coming year a bit. While I did get my Ph.D. based on a dissertation on financial modeling, and had “sufficient success” to get the degree, let me first make my position clear.



My belief is no one can “forecast” the future, especially w.r.t. to time (we “scientists” use w.r.t. to represent “with respect to”, so novices who are really smart can ask us questions so that we can get the satisfaction of answering a question from smart people). Although, I do believe that history does repeat itself because of basic human nature. So, where we are at is you have these “guys” (scientists as well as feng shui masters) making a career out of telling fortune in a general way, but never offer exact timing of things.



OK, back to our year of the pig “forecast”. Fortunately, I have fortune tellers I can rely on... my interpretation... exactly like the traits of a pig... a good year? Not really... a bad year? Nope, doesn’t sound like anyone will get rich any time soon. I guess, the real perspective is... enjoy the process.



Date	Time	Event	Venue
20 FEB (WED)	6:30 p.m.	2019 Rotary Centenary Challenge Cup	The Millions, 3/F., Happy Valley Stand, Happy Valley Racecourse
24 FEB (SUN)	10:00 a.m.	Rookie Stars 2019 Rotary International Dance Contest Finals	PolyU Community College, PolyU Hung Hom Bay Campus
25 FEB (MON)	7:00 p.m.	Regular Meeting Speaker: Mr. Anthony Lau Topic: Stories as told by Images	Fincher Room, KCC, 10 Cox's Road, Jordan
4 MAR (MON)	7:00 p.m.	Joint Meeting with baby club Rotary Club of Central Speaker: Mr. Nguyen Duy Kien, Deputy Consul-General Topic: "Foreign Investment Opportunities in Vietnam."	Fincher Room, KCC, 10 Cox's Road, Jordan
9 MAR (SAT)	3:00 p.m.	Closing ceremony of Star Reaching Project [Better Me]	Island House Conservation Studies Centre, Island House, Tai Po
11 MAR (MON)	7:00 p.m.	Regular Meeting Speaker: PP David Loie Topic: "Love and Hate and the Shanghai Way Saga"	Fincher Room, KCC, 10 Cox's Road, Jordan
18 MAR (MON)	7:00 p.m.	Joint Meeting with baby club Rotary Club of SoHo HK Speaker: Dr. Michael Chan Topic: "Irregular Heartbeat"	Fincher Room, KCC, 10 Cox's Road, Jordan



Attendance
January 2019



DOROTHY CHAN,
PEARL DANG,
PATRICK FONG,
ANTHONY HUNG,
NATALIE KWOK,
PETER LAM,
DANNY LAU,

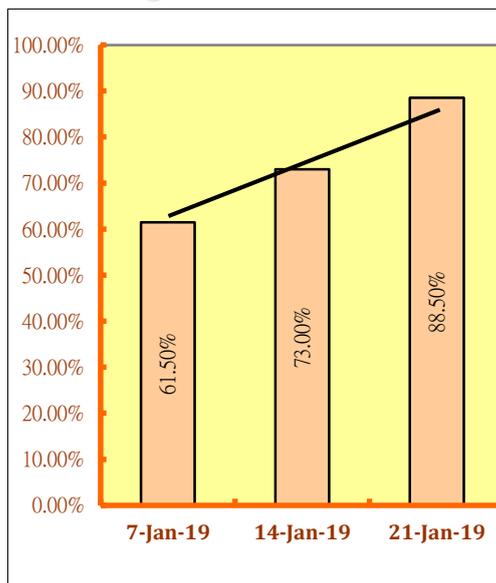
DENNIS LO,
CLAIRE MAK,
KF TAM,
LOUIS TANG,
KENNETH WONG,
WILSON WOO,
WILLIAM YIM

Rotary International District 3450 Area 6 Spring Dinner
 Rotary District 3450 扶輪3450地區第6地域
己亥年新春團拜聯歡
 18/2/2019
 新界 荃灣 沙田 葵涌 吐露港 離島 大埔 香港旭日 香港華語 深圳

WELCOME
 Admission
 Christie Lin Zheng
 21.01.2019
 Rejoin
 Pearl Dang

Happy Birthday
 February
 3rd Frankie Wu
 26th William Yim

Average attendance: 74.33%



We miss you
 Sasha Chu,

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 Tai Post reserves the right to edit articles for length and clarity.
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 Claire Mak
 Peter Lam