



Be a gift to the world

Tai 大報 Post

Rotary
Club of Tai Po

November 2015 Issue

Monthly Bulletin of Rotary Club of Tai Po

President's Message



What a tremendous wedding banquet for Kelly & Kingston! It was like a fairytale - everything was so beautiful! The story from here would be: The Princess & Prince Live Happily Ever After. Congratulations to the newlyweds and congratulations to the mother-in-law, Sincere.



I have just experienced a busy but fulfilling schedule for Rotary activities in the last few weeks. A better sense of belonging with more participation!

Meeting with DG & DG Visit cum Area-6 Joint Meeting - 19 Oct 2015

Thank you to the officers who attended the meeting with DG Peter Pang and District Leaders, and for sharing the club plans and updates.

Congratulations to the members who have joined Rotary for 10 years or more. DG Peter presented a certificate to them during the dinner. It is a valuable moment for an important milestone.

The dinner meeting was so smooth and so under control, there was a great MC leading the whole night! Jason, well done!



Club Officers

Public Image Committee Chair PP Claire - PP Claire deserves our big round of applause! Tai Post has been awarded Gold for several consecutive years. Number one monthly club newsletter in the District! I am one of the die-hard fans. It attracted me as soon as I just joined the club. Tai Post has inspired some other clubs to establish their own club newsletter. So Wonderful!



Tai 大報 Post
Monthly Bulletin of Rotary Club of Tai Po

Youth Advisors: RAC Tai Po - PP Ronald; RAC WYS - PP Claire; IAC Tai Po Schools-PDG Anthony; IAC TTCA-PP Jacky, we have a super strong team to guide, to lead, and to advise our Rotaract Clubs and Interact Clubs. Our Rotaractors & Interactors have actively joined mother club's functions, as well as hosted big events themselves. Thank you Youth Advisors!



CP Donald Birthday Party - 13 Nov 2015



The party was a filled to the rim with members and family members and fellow Rotarians. Full house! A creative program and new performances ideas made for a warm, fun, and enjoyable evening. Thanks VP Roger for all the good work! It was a marvelous arrangement! CP Donald, Happy Birthday!

CP Donald, Happy Birthday!

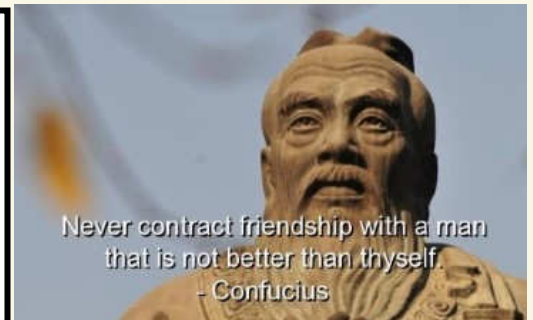




Have you ever wondered like I do: why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all? I think that each friend helps to bring out a "different" part of me. With one of them I am polite. With another I joke. With yet another I can be a bit naughty. I can sit down and talk about serious matters with one. With another I laugh a lot. I listen to one friend's problems and give advice or comfort. Then I listen to another one's advice for me.

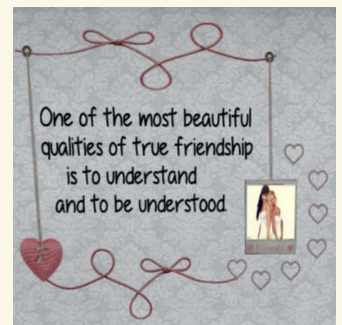
There are all sorts of friends. As people possess so many different characters, friendship also takes different degrees: some friendship are superficial. Some other friends can be bosom buddies.

Superficial friends meet occasionally, eat, drink and be merry. With such people, you tend to laugh the hours away and speak on topics which do not impact much, like the weather or the latest gossips; seldom touching on work or family: things that really matter.



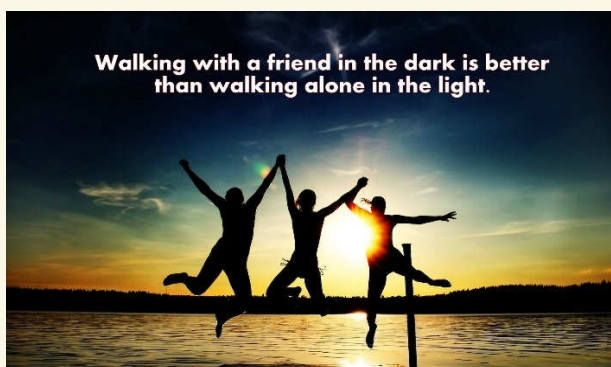
Human beings are by nature difficult to understand. There are mood changes, hidden desires, unspoken agenda... To venture beyond the top layer and get to know others *deeply* can be difficult or sometimes wishful. I cannot confidently tell I understand myself, let alone to understand others. More so when the faces do not show the feelings and the mouths do not speak the hearts. Humans can be difficult to read.

Of course, there are friends who know you better than you do yourself. You may be in different places or you don't really talk a lot; but before you open your mouth, your true friends know exactly what you want. They're friends who support you through good days and bad. These are good friends, old chums, who are the most valuable assets you can get and must treasure.



The longer the time you spend with or the more attention you pay to a person, the better you may understand that person. You will find it easier to understand your family and closed ones - people you have been living with all your life - than casual friends. Indeed, there will be family and people around you who need you to understand them; but more often than not, we tend to be better to *others* than to family.

Family has higher expectations of you and so can be harder to please than friends. When it becomes difficult to attain their standards, you tend to give up pleasing them altogether. But family is always family. There is a certain understanding that family will always be there for you. You may close up on your family; you may shut the door; you may move away, but there is no real getting away. Deep down, you know that if you jump, your family also jumps.



Friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. I'm so happy that I have a stock of good friends in Rotary! And who says it's not in the family?

I have read somewhere that there had been researches conducted which show that people in strong social circles have less risk of depression and terminal strokes. If you enjoy friendship constantly you can be up to 30 years younger than your real age. The warmth of friendship stops stress even in your most intense moments, and decreases the chances of strokes - maybe Dr. CM can help verify if this is true.





Six women recognized at United Nations for leadership, humanitarian service

The six Rotary Global Women of Action for 2015 were recognized during Rotary Day at the United Nations on 7 November in New York City for their dedication and service, which have improved the lives of thousands around the world.



"The women we are honoring here today are leaders in Rotary," said Rotary President K.R. Ravindran. "They are pushing the boundaries of Rotary service, pushing us all to do more, be more, and achieve more."

Lakshmi Puri, assistant secretary-general of the United Nations and deputy executive director of UN Women, praised Rotary for its acknowledgment of the crucial role women play.

"I'm very pleased you have picked this team of gender equality and women empowerment," she said.

The six women, who were selected by Rotary senior leaders and staff from more than 100 nominees from around the world, are:



Dr. Hashrat A. Begum, of the Rotary Club of Dhaka North West, in Bangladesh, who has implemented several large-scale projects to deliver health care to poor and underserved communities.

Stella S. Dongo, of the Rotary Club of Highlands, in Zimbabwe, who leads the Community Empowerment Project in the city of Harare. The project provides basic business and computer training to more than 6,000 women and youths affected by HIV/AIDS.

Lucy C. Hobgood-Brown, of the Rotary E-Club of Greater Sydney, in New South Wales, Australia, who co-founded HandUp Congo, a nonprofit that promotes and facilitates sustainable community-driven business, educational, social, and health initiatives in underprivileged communities in the Democratic Republic of Congo.

Razia Jan, of the Rotary Club of Duxbury, in Massachusetts, USA, who has spent decades fighting for girls' educational rights in Afghanistan. An Afghan native, she is the founder and director of the Zabuli Education Center, a school that provides free education to more than 480 girls in Deh'Subz, outside Kabul, Afghanistan. She was also recognized as a CNN Hero in 2012.

Kerstin Jeska-Thorwart, of the Rotary Club of Nürnberg-Sigena, in Germany, who launched the Babyhospital Galle project after surviving the 2004 tsunami in Sri Lanka. With a budget of \$1.8 million and the support of 200 Rotary clubs, the project rebuilt and equipped the Mahamodara Teaching Hospital, in Galle, Sri Lanka. The hospital has served more than 150,000 children and more than 2.2 million women.

Dr. Deborah K.W. Walters, of the Rotary Club of Unity, in Maine, USA, a neuroscientist who has served as director of Safe Passage (Camino Seguro), a nonprofit that provides educational and social services to families who live in the Guatemala City garbage dump.

Each of the women addressed attendees and led discussions on topics related to her work.

More than 1,000 Rotary members, UN officials, Rotary youth program participants, and guests gathered at this year's annual event, which celebrated 70 years of partnership between Rotary and the UN. A morning youth session was open to high school students, including members of Rotary's Interact and Youth Exchange programs.

Guest speakers included Fabia Yazaki, acting chief for evaluation and communications in the UN's department of public information; Karin Ryan, senior project adviser for the human rights program at the Carter Center; Ambassador at-Large Susan Coppedge Amato, director of the Office to Monitor and Combat Trafficking in Persons for the U.S. Department of State; Melissa Russell, vice president of strategic partnerships for the International Justice Mission; Jeffrey Kluger, Time magazine editor at-large; and Archie Panjabi, Emmy Award-winning actress and Rotary polio ambassador.

As we are approaching our 25th Anniversary next year, let's look back at some old photos and learn about our history. Our club recently kicked off our "Tender Our Loving Care" elderly services (同心獻關愛長者計劃) on 17th Oct. and on 22nd this month we have the outing with elderly. Let's look back at some of the elderly services we participated in the past.



Visit to elderly home in Tai Po in January 1997 under President Kenneth Wong's year.



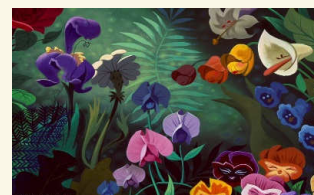
Elderly private home visit in March 2006 during President Claire's year. Around 2004-07 we cooperated with Salvation Army Tai Po elderly services team and launched an "Emergency Relief Fund" and "Elderly Home Improvement Scheme". Our members paid visits to the elderly private homes to assess their needs and showed our care and support.



During President Dennis' year 2009-10, we worked with United Christian Nethersole Community Health Service (基督教聯合那打素社康服務) to launch a health check service to elderly in a remote island in Tai Po in March 2010.

Congratulations Sincere!

Kelly and Kingston's Wedding Celebration on 15 November 2015



MY HOLIDAYS IN CAUCASUS

Louis Tang

Many people know that I always travel to Japan for holidays. However I did something different during 19 Sep to 1 Oct. Margie and I travelled to Caucasus which is not a familiar place to many people. Caucasus is a region at the border of Europe and Asia, situated between the Black and the Caspian seas. It is at the North of the railway under the "one region one road" to be built joining PRC and East Europe. and East Europe.

It is home to the Caucasus Mountains, which contains Europe's highest mountain, Mount Elbrus. Politically, the Caucasus region is separated between northern and southern parts. The southern parts consist of independent sovereign states, and the northern parts are under the jurisdiction of the Russian Federation. The region is known for its linguistic diversity: aside from Indo-European and Turkic languages, the Kartvelian, Northwest Caucasian, and Northeast Caucasian families are indigenous to the area. Basically my trip covered Azerbaijan, Georgia and Armenia which proclaimed their independence in 1990/1991.



Azerbaijan



After gaining independence in 1991, Azerbaijan became a member of the International Monetary Fund, the World Bank, the European Bank for Reconstruction and Development, the Islamic Development Bank and the Asian Development Bank. The banking system of Azerbaijan consists of the Central Bank of Azerbaijan, commercial banks and non-banking credit organizations. Azerbaijan is also ranked 57th in the Global Competitiveness Report for 2010-2011, which is above other CIS countries. By 2012 the GDP of Azerbaijan increased 20-fold relative to its 1995 level. Coupled with the prosperous industrial developments, particularly in aluminum sector, Azerbaijan has wonderful commercial developments as evidenced in the city view in the picture.

Georgia

Archaeological research demonstrates that Georgia has been involved in commerce with many lands and empires since ancient times, largely due to its location on the Black Sea and later on the historical Silk Road. Gold, silver, copper and iron have been mined in the Caucasus Mountains. Georgian wine making is a very old tradition and a key branch of the country's economy. The country has sizable hydropower resources. Throughout Georgia's modern history, agriculture and tourism have been principal economic sectors, because of the country's climate and topography. For much of the 20th century, Georgia's economy was within the Soviet model of command economy. Since the fall of the USSR in 1991, Georgia embarked on a major structural reform designed to transit to a free market economy. It is said that Georgians were so named because they revered Saint George



Svetitskhoveli, known as the burial site of Christ's mantle, has long been the principal Georgian church and remains one of the most venerated places of worship to this day. It presently functions as the seat of the archbishop of Mtskheta and Tbilisi, who is at the same time Catholicos-Patriarch of All Georgia.

Armenia

Armenia was the first nation to adopt Christianity as a state religion, an event traditionally dated to AD 301. The predominant religion in Armenia is Christianity. The roots of the Armenian Church go back to the 1st century. According to tradition, the Armenian Church was founded by two of Jesus' twelve apostles – Thaddaeus and Bartholomew – who preached Christianity in Armenia between AD 40–60. Because of these two founding apostles, the official name of the Armenian Church is Armenian Apostolic Church. The key activity in Armenia is to pay visit to many churches. One famous church we went to was the monastery Echmiadzin, which is the center of the Armenian Church.



FOOD



Azerbaijan

The traditional cuisine of Azerbaijan is famous for an abundance of vegetables and greens used seasonally in the dishes. Fresh herbs, including mint, cilantro (coriander), dill, basil, parsley, tarragon, leeks, chives, thyme, marjoram, green onion, and watercress, are very popular and often accompany main dishes on the table. Popular traditional dishes include bozbash (lamb soup that exists in several regional varieties with the addition of different vegetables), qutab (fried turnover with a filling of greens or minced meat) and dushbara (sort of dumplings of dough filled with ground meat and flavor).

Georgia

The Georgian cuisine is specific to the country, but also contains some influences from the European and Middle Eastern culinary traditions, as well as those of the surrounding Western Asia. The cuisine offers a variety of dishes with various herbs and spices.



Armenia

Armenian cuisine is as ancient as the history of Armenia, a combination of different tastes and aromas. The food often has quite a distinct aroma. Closely related to eastern and Mediterranean cuisine, various spices, vegetables, fish, and fruits combine to present unique dishes. The main characteristics of Armenian cuisine are a reliance on the quality of the ingredients rather than heavily spicing food, the use of herbs, the use of wheat in a variety of forms, of legumes, nuts, and fruit (as a main ingredient as well as to sour food), and the stuffing of a wide variety of leaves.



I was learning how to make vodka in a home factory in Armenia.



Margie and I enjoyed XO tasting in ARARAT, the number one XO in Armenia.



We had lunch in the restaurant run by Cross Armenian Unity 1990. The cook, waiters/waitresses and shop keepers are handicapped or mentally retarded boys and girls. The table clothes are hand made by them. It illustrates the spirit of Rotarians in Armenian.



Rotary
Club of Tai Po



November 2015 Issue

Tai^大Post

The Balkan Peninsula

Claire Mak

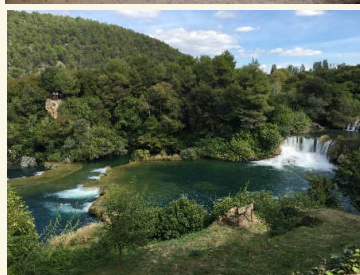
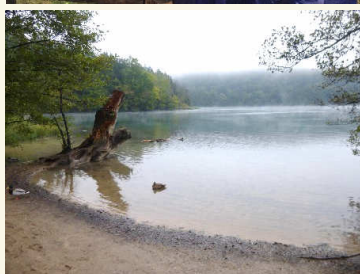
Can you say that again? Where were you going? Where on earth is that? I fielded such questions a number of times before I started on my trip to the Balkans, and, yes, after I returned. Well, it is definitely a less-travelled destination for Hong Kong people but you should have heard about it being mentioned recently as there are influx of refugees from Syria. Now, it rings a bell doesn't it?

The Balkan Peninsula is actually on south east Europe and comprises 9 (well, some say 12) countries. My 12-day trip started on Mid-autumn night. I visited 5 of those countries and learned quite a bit about their geography, history, religion and ethnicity.

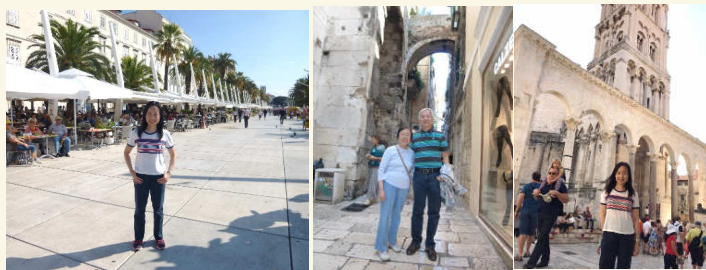
Croatia

We started with the more affluent country Croatia and visited its capital **Zagreb**, touring the city and the cathedral.

We also spent a couple of days at the more scenic and touristy parts of Croatia, like the **Plitvice Lakes National Parks** (UNESCO) – better known as the “16 Lakes” in Opatija; and **Krka National Park** which is regarded as the most beautiful place in Croatia. Trust me, the description is not a bit exaggerated: the scenes are really tranquil and breathtaking.



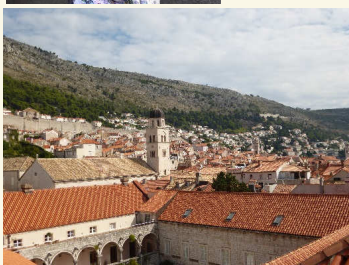
Split is a famous resort area and featured the Dioclecijanovna Palace. Of course it is no longer a palace but a harbour side Old Town where tourists enjoy the sun, the leisurely cup of coffee, the fresh seafood and the occasional art / music exhibitions.



Dubrovnik is another renowned resort where the wealthy people all around the world go by planes or pleasure boats to take advantage of the beautiful Old Town and sea breezes of



the Adriatic Sea. A stroll along the city wall of the Old Town gave us a birds-eye view of the whole town which had weathered wars and upheavals and was only reconstructed in recent years with the support from the United Nations. The junk trip allowed us to view this idyllic town from an entirely different angle.



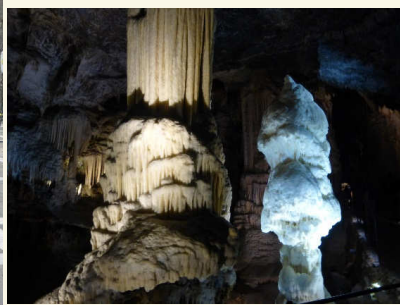
Slovenia

In Slovenia, we toured its capital and largest city, **Ljubljana** and strolled along the town center marked by the famous 3 bridges through which the Ljubljana River flows. The symbol of the city is the Ljubljana Dragon.





Taking a small train ride we also ventured into the immense stalactite caves known as **Postojna Caves**. Somehow it felt like being inside Space Mountain! One cannot help but marvel at the might of nature.

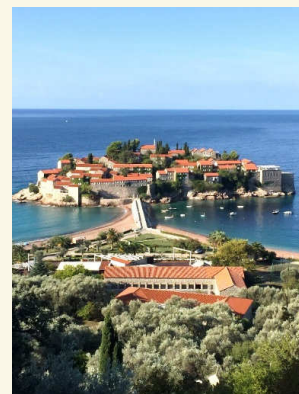


Montenegro

The old Mediterranean port of **Kotor** is located on the Bay of Kotor, one of the most indented parts of the Adriatic Sea in Montenegro. The Kotor Old Town is one of the best preserved medieval old towns in the Adriatic and a World Heritage Site. The footprints of history, religion and architecture are everywhere. Within this little coastal old town, there are the Serbian Orthodox Church, Montenegrin Orthodox Church, Church of Our Lady of Health, Cathedral of Saint Tryphon and the Kotor Cathedral. The different religions appear in harmony. The only thing which looks rather out-of-place is the 'shark' in the moat!

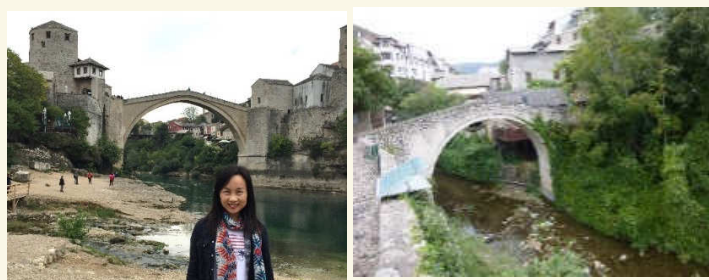


Still in Montenegro and on the way to the sea side old town **Budva**, we passed by the **Sveti Stefan** (or St. Stephen Island) and noted the properties and holiday houses of some of the world's wealthiest people. Former Thai prime minister, the wealthy fugitive Taksin, has a house there.



Bosnia and Herzegovina

Bosnia and Herzegovina is home to three main ethnic groups: the Bosniaks are the largest, the Serbs second, and Croats third. This country shoulders pivotal importance in both World Wars and numerous other battles and does not seem to have recovered even in this day and age. While the old town **Mostar** features some of the more prominent touristy spots like the Old Bridge and the Crooked Bridge (both damaged and rebuilt), its capital, **Sarajevo**, looks worn and torn and peppered with the relics of war and damage.



As the country is cash-strapped and war-worn, there are obvious social and economic problems. Notably, there are quite a lot of gypsies loitering around.



Rotary
Club of Tai Po



November 2015 Issue

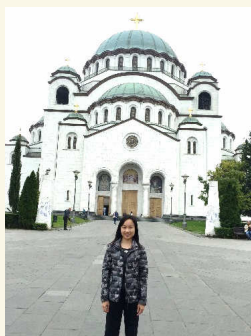
Tai^大Post

Serbia

The last country on this trip is Serbia. **Novi Sad**, its second largest city and capital of the Vojvodina province, is known affectionately as the Serbian Athens. The 200 odd steps climb up its **Petrovaradin Fortress** was well worth it as we took a birds-eye view of the whole city.



Serbia's capital **Belgrade**, by comparison, is a pretty forlorn capital. I am not particularly impressed by the new grand Orthodox Cathedral even though there are quite a collection of paintings of the saints inside the smaller old one. What might have saved the day was when we were atop the **Belgrade Fortress** and took in the beautiful confluence of the River Sava into the River Danube.



That's the Balkans

The home-bound plane had to transit via Munich, so I had had the benefit of a full 4 hours in the airport to go over bits and pieces of the trip in my mind. Food-wise, they have Arabian and Turkish influence and lean towards serving seafood.



Their languages (Slavic, Roman, Turkish, Greek ...) are definitely foreign to me and English is not really useful there. In Croatia (where we spent the bulk of the journey), the currency used is Kuna (denoted as 'kn') rather than Euro. In Bosnia and Herzegovina, their currency is 'Marka' and is denoted by a confusingly similar 'km'. I had not bothered to exchange for the Serbian Dinar ('RSD') and so had not been able to buy anything in Serbia, not that I had something in mind anyway.



The most prominent scenes / descriptions used, indeed time and again in this write-up, are "Old Town". This trip is really about historic sites and natural sceneries. As we walk through old towns one after another, we learnt about their history and witnessed the traces of wars that they had weathered, mostly sparked off either because of religious conflicts or trade advantages.

And yes, I did come across the refugees; but it was on the last day and soon before we left Belgrade. The Syrian refugees were actually camping (I was told the tents were supplied by the UN) in a park in the city centre. They looked orderly and not too much of an eye-sore. Looking at them and the surroundings, I have a strange feeling that with the flux of time, we are actually painting the future historic scenes. Decades and centuries later, tourists will be commenting or reminiscing on what took place today.



You are still wondering ... alright, here you go: the Balkan countries cover Croatia, Montenegro, Slovenia, Bosnia and Herzegovina and Serbia, the 5 countries where I had been to; together with the other four which may be for next trip: Albania, Romania, Bulgaria and the Republic of Macedonia. Some say Greece, Kosovo and the Europe part of Turkey also belong to the Balkans, but that's not really for me to clarify.

Governors' Visit to Area 6

19 October 2015, Royal Plaza Hotel

Claire Mak

Every year, the incumbent Governor pays visits all clubs in the District. This year is no different and DG Peter Pang met with all members of the Area 6 clubs at the dinner meeting on 19 October. The only difference is that in addition to sitting comfortably for photos or delivering the rather standard speech, he was the busiest person the whole day. Having held 8 meetings with the board members of each of the Area 6 clubs starting in the early afternoon, DG Peter had stood on the stage most part of the evening meeting, delivering the Governor's speech with a well-researched power point display; handing out appreciation certificates to each and every attending member who have been in Rotary for over 10 years; presenting lucky draw prizes and of course, posing for the inevitable photo shoots. It is not easy to be a real gift to the World. RC Tai Po, which took up two tables, also played a significant part. President Vikky as part of the OC, led the singing of Rotary Song; AG Frankie in the co-ordination role, Rtn. Jason being the commanding MC; DDS Natalie as the "courtesy girl" and PDG Anthony overseeing all proper protocols.





“Tender Our Loving Care” – Kick Off Ceremony and Elderly Health Check

Dorothy Chan

17th October 2015 was a big day (amongst others) for Rotary Club of Tai Po. Following the success of the elderly caring programme from last year, PP Pearl has planned a similar programme targeting the elderly in the Tsing Yi area for this year - 「同心獻關愛」長者計劃 and the inauguration ceremony and the first service was held that day.



We had over 20 Rotarians, Rotaract and friends joining us that day serving almost 100 lovely elderly. I have to say, as the Programme In-Charge for that day, it was amazing. One of the elderly was over 100 years old and she didn't even need a walking cane. If I could be half as healthy and bright as she is when I turn 50 years, I would count myself the luckiest person in the world. I have to say I did try to lead a healthier lifestyle after that meaningful service day...



So what did we do that day?

We helped the elderly with blood pressure test, osteoporosis test, fall assessment and with the great help from some very professional Chinese doctors of 明月堂專業中醫診所 free consultation.



We were glad that our DG Peter Pang came for the opening speech and his warm encouraging words really lifted our spirit.

The whole team for this year's "Tender Our Loving Care" 同心獻關愛 led by PP Pearl is very committed to doing a good job in serving the elderly on this programme.



Next activity is an outing with the elderly to 大埔海濱公園 回歸塔, 蓬瀛仙館 (big thank you to Rotarian Jason for organising), 香港文化博物館 (沙田) and 車公廟 and it will take place on 22nd November 2015. Stay tuned for more fun things to share!



Roger So

13 Nov 2015 was a special day. We held a big party to celebrate the 77th birthday of our Chartered President Donald. This year we want to make it a truly memorable event, so we designed a special theme – Sing Sing Rap Rap 賀 Donald, i.e. congratulating Donald with songs and music.



To make it a fun party for everyone, we held a singing contest within the birthday party, in the form of Red Team vs Green Team competition. The Red Team was led by PP Francis with members of AG Frankie, Rtn Jason and PP Menza. The Green Team comprises leader P Vikky and members Rtnn Creamy, PP Pearl and Rtn Sally.



After the first round and second round contests, we invited a mystery singer to perform. Dressed as an elegant blonde lady, she sang two nice songs: "This My Song" and "Santa Lucia". Who is the mystery singer? You may find the answer from the photos below.

Next we have the final round with Francis singing 獅子山下 and a duo with Vikky singing 南屏晚鐘. Guess which team won? Since all contestants gave of their best, each is a winner and so each won a certificate of award from the judge PDG Kenneth. At the end, the Red Team won the Award of Courage whereas the Green Team accomplished the Award of Sincerity, granted by CP Donald.



This year our club has prepared a very meaningful birthday gift for CP Donald. It is a poem composed by VP Roger and written by P Vikky in Chinese calligraphy. Can you spot the hidden message? (Hint: read the 1st character of each line).



葉氏瀚墨書香盛
天下公理紙上評
養兒育女堪典範
壽比南山共歡慶



The birthday-cake cutting was another high time, representing heart-felt well wishes from all the participants to CP Donald.



Be a gift to the world

There were also special performances from our members and guests. Our Rotaractors performed a rock song 頭髮亂了 with dancing. Their superb performance boosted the atmosphere! Following that VP Roger sang "You Raise Me Up", in which 'you' and 'me' refer to CP Donald and Rotary Club of Tai Po respectively. Then CP himself also sang two songs and he specifically asked us to appreciate the title of the 2nd song – "You are Smiling".



I believe all participants did enjoy this event, which would not have successfully completed without the help of many people. May I take this opportunity to express my heart-felt gratitude to members/spouses for their special contribution.

And last but not least, I wish to thank each of you again for your kind support to this event regardless of whether you are physically present in the party or not.

Here are some snapshots of the joyful memories.



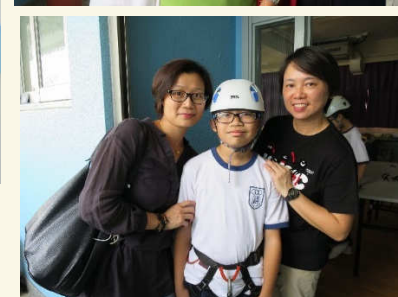
“Sunshine Teens” Project - Abseiling Event and PTA

William Yim

As freshmen, Form 1 students can be easily induced and they are vulnerable to peer's influence. When they are under the stress from adversities, like peer's instigation, boredom, academic pressure, grieved romance, etc., they tend to use radical approaches in problem solving and stress reducing.

Our Sunshine Teens project aims to provide positive and proactive training activities for students who are in need of guidance, so as to improve their time management skill, to assist them in self-understanding, and to convince them to have a healthy and proactive lifestyle. Through this project, they will establish a healthy and caring campus culture under positive peer's influence. The freshmen will be accompanied by mentors and good friends, and enjoy the new beginning of secondary school life.

On the 23rd Oct 2015 at N.T. Heung Yee Kuk Tai Po District Secondary School, we had The Abseiling Event as a part of Sunshine Teens project. Abseiling is a controlled descent of a vertical drop with a rope. Climbers use this technique to descend from a high place. The participants must be brave enough to complete abseiling by themselves. On the same day it was also the Parent-Teacher Association Annual Conference cum Parents Gathering. Ms. Yeung, teacher from N.T. Heung Yee Kuk Tai Po District Secondary School, launched the abseiling event. Nearly 50 freshmen, participants of “Sunshine Teens” Project, lined up at SAC on 5th floor and awaiting to meet the great challenge. Even under the supervision of professional abseilers, teenagers struggled with their self-confidence before descending to the ground floor, which was approximately a 20-meter abseiling. It was not easy to have such determination, but all freshmen finished the event without quitting.



“ We hope to enhance their self-confidence through difficult challenges. Parents can witness the growth of their children and show their support throughout the event,” Miss Siu, the teacher in charge of Sunshine Teen project at HYKTP said.

It was indeed a lot of fun for both students, teachers and parents on that day.

After that, there was a parent sharing session. Most of the Sunshine Teen students, their parents and the officers at Parent-Teacher Association participated. I was invited to give a 30 minutes talk for "言教與身教" for the children. I shared with them some of the experience I have with my family of four kids. I also made a general introduction of Rotary International, our club and our Rotaract and Interact. I am delighted to have this chance interacting with the children, parents and teachers and I am very happy to receive great response from the audiences.



Interact Carnival: building a loving and supportive community

11 Oct 2015, Kwong Fuk Estate Platform

Organizing Committee: Interact Club of Tai Po Schools:

- Co-organizing NGO : Hong Kong Children & Youth Services (Jockey Club Tai Po Integrated Children & Youth Services Centre)
- Sponsors : Rotary Club of Tai Po, Tai Po Principals' Association, PP Dennis Lo, PP Peter Lam
- Aim : Interactors gain learning experience on the organizational skills for holding a large scale community service (Carnival), broaden their horizons as well as enhancing the awareness on serving the disadvantaged groups in our Tai Po community.
- Participants : For booth games and audiences (500 people), Interactors (around 30) and performers (15)
- Guests : Principal Kwok Wing Keung, MH (Chairman of the Association of Secondary School Heads, Tai Po District), Principal Poon Hing Fai, MH (Vice chairman of the Association of Secondary School Heads, Tai Po District), PDG Anthony Hung, P Vikky Tam, PP Peter Lam, Rotarian Jason Lo, IPP Natalie Kwok and her family



Tse Ho Lung - Vice-President of Interact Club of Tai Po Schools

I would say the first 'Interact Carnival' was a great success. We are so proud of ourselves as Interactors from the Interact Club of Tai Po Schools. First of all, it was a valuable and unforgettable experience for me to be a part of the organizing committee for holding this meaningful carnival. This carnival does not just offer me an opportunity to serve the society and our own community, but also a precious lesson that I have learnt for organizing such a big scale social activity and knowing how to cooperate effectively with other co-workers to work as a team.

Hard work pays off. Although there were various obstacles while preparing for the carnival, we finally overcame them and finished our job at the end particularly when I saw those smiling faces on the elderly and children and the people in need.

To sum up, I am looking forward to participating in the organising committee again for holding such meaningful and rewarding community service project.



Cheung Chun Ho - Interact helper

I've gained a lot of great experience and learned a lot from being part of the organising committee for this carnival.

I am one of the helpers of the game booth. There were altogether eight games booths on that day: one making handicrafts of 'Rainbow jelly bottles'; one 'Prizes redemption booth' and one Snacks booth with marshmallows and popcorns.

Although we were really busy and tired, I am really excited and happy that people can leave with a memorable moment from our booth. The Interact Carnival is great, but I think we still have room for improvement. For example, the type of the shows. As most of the residents are elders in Kwong Fuk Estate, they would rather play booth games than watching the show, because they're not interested. After all, the dancing and band shows were great performance for teenagers.



Some of our participants are on wheelchair, which means they don't have much chance to step out from their community.



All interactors of the Organizing Committee (As you can see, they worked devotedly from dawn till dusk.)

I am looking forward to taking part in the next year Interact Carnival.

The kids are so happy when they are making their self-designed Rainbow jelly bottles.



R egular meetings

26th October 2015



DGE Dr. Eric Chin tidied up his experience of using the IT platform to assist his work as District Secretary and gave us a "Sharing on the work of Chief District Secretary and the use of IT platform to enhance District Brand." The focus on the use and benefit of Facebook was fully explored.



DGE Eric gave us his thesis paper "Social Media models, technologies and applications: An academic review and case study."



DGE Eric helped with giving out DG Peter's appreciation certificate to members of over 10 years vintage. Charter member Jimmy and Rtn. Sincere are two of the recipients.



It is a delight to have potential member, former Rotaract President Wilson Woo with us and he even helped Sergeant at Arms Dennis with the sale of raffle tickets.



IPP Natalie gave out a bottle of Whisky together with a pack of tea leaves for raffle draw and Ming-hay cheerfully claimed his prizes.



RAC WYS Incoming board members visited us and they included (starting 2nd from left) Incoming EVP Natalie Chung, Incoming IVP Carol Chan and Incoming Pres. Louie Yan led by President Kevin Yau.

2nd November 2015



Even VP Roger finds it a bit difficult giving a detailed introduction of Master Alex Zi's vast qualifications.



Members were intrigued as Feng Shui Master Alex Zi expounded on the "Royal Ultima Decoding System" and gave impromptu analysis of character, health, wealth, career, family and relation, by a review of mobile phone numbers.



PP Pearl previewed the arrangements for the "Tender Our Loving Care" Outing with the Elderly on 22 November 2015.



PP Armstrong was the star of the night. He paid red box for being welcomed back, paid red box again for DG's Recognition letter presented by AG Frankie and also did a vote of thanks to our Speaker.



PP Claire bought for raffle draw a pseudo succulent plant ensemble which can really pass off as real and was won by PP Louis.

9th November 2015



Former Deputy Director of Public Prosecution Mr. John Reading S.C. gave insights about "The Rule of Law and the Criminal Justice System in Hong Kong - a View from the other side".



PP Man gave his side of how he sees the Rule of Law as he gave a vote of thanks.



PP Jacky was the lucky winner of a race horse statue given out by PP Man.



Welcome back PDG Kenneth, DRC Francis, PP Jacky and Rtn. K.F. and thanks for giving red box.



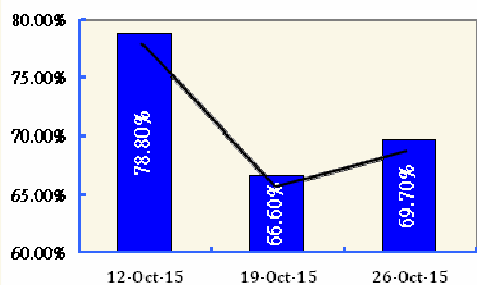
Rotary
Club of Tai Po



November 2015 Issue

Tai大報**Post**

OCTOBER 2015



Average attendance: 71.7%

A ttendance



FRANCIS AU,
CAREN CHAN,
PEARL DANG,
ANTHONY HUNG,
NATALIE KWOK,
PETER LAM,
DENNIS LO,
SALLY LUK,
CLAIRE MAK,
MAN MO LEUNG,
ROGER SO,
JACKY SUNG,
VIKKY TAM,
LOUIS TANG,
MASAYUKI TSUBAKI,
ADA WU,
FRANKIE WU,
WILLIAM YIM

W e missed you

Sasha Chu
CM Yu
Armstrong Shea
Patrick Yung



Happy Birthday

November

18th Donald Yap (Hon. Member)
25th Pearl Dang
26th Sally Luk

O n Leave
Timmy Kwong

Editorial Team

Chief editor

Claire Mak

The editorial board

Peter Lam

Jason Lo

Minghay Yu

GOT SOMETHING TO SAY?

Tai Post wants to hear from you.
Write in to

clairemak.rctaipo@gmail.com

Tai Post reserves the right to
edit articles for length and
clarity.



Up coming events

Day	Time	Event	Venue
25 NOV (WED)	7:00p.m.	Life Planning Careers Expo 2016 (Joint Area 6 project)	EDB Kowloon Tong Education Services Centre WP01, West Block, Education Bureau Kowloon Tong Education Services Centre, 19 Suffolk Road, Kowloon Tong.
30 NOV (MON)	7:00 p.m.	Speaker: Mr. Philip Yang Chartered Arbitrator, Past Chairman of the Hong Kong International Arbitration Centre Topic: International arbitration in HK and its role in Asia	Royal Garden Hotel, TSTE.
7 DEC (MON)	7:00 p.m.	Speaker: Mr. Chris Chan Topic: The Art and Beauty of Photography	Royal Garden Hotel, TSTE.
13 DEC (SUN)	6:30 p.m.	"By golly, be jolly" Christmas Party	W's Entrecote, 6/F, Holiday Inn Express, 33 Sharp Street East, Causeway Bay, H.K.
14 DEC (MON)	7:00 p.m.	RCTP Annual General Meeting	Royal Garden Hotel, TSTE.

Rotary
Club of Tai Po



13.12.15

歡樂大埔
喜迎聖誕

by
golly
be
jolly
christmas party

Venue & time

W's Entrecôte 6th Floor, Holiday Inn Express Causeway Bay,
33 Sharp Street East, Causeway Bay, Hong Kong.

FROM 18:30 TILL 23:00

Rotary Club of Tai Po URL: www.rctaipo.org FB: www.facebook.com/rctaipo
Meeting at 7:00 pm every Monday at The Royal Garden, Kowloon