

TAI 報 POST

PRESIDENT'S MESSAGE KIN FAI TAM



The first month of my presidency has gone faster than anything possible. We experienced many club and district events and it is my honor to lead a very well respected club on various occasions, with the support from many experienced PP's enthusiastic members as well as our PDGs. We had a very packed schedule in the past month which was a challenge for me having to prepare and facilitate; but I had a very enjoyable time.

Club Plan and Citation

In the second meeting of July, I delivered the Club and Citation plan for the coming year. I had tried to build a year of strong fellowship and services by connecting the community, members and their families. In this regard, I had introduced an additional session to the meeting by inviting the members and their families to share with us their happy experiences. We are so happy to have Alice, Scarlet and Wilson Woo to participate over the last two meetings.



First Joint Presidents' Meeting (JPM)

I had attended the first JPM last month with the Presidents all over Macau and Hong Kong, DG Wilson shared with us his plan and the upcoming events. That's the first time that I got to know more about my classmates (other club presidents) especially those from Area 6 so that we could learn from each other about organizing community services and fellowship events.

Other Clubs' Installation

It is a tradition for our club members to attend the installation ceremony of our mother and baby clubs. I was happy to see my classmates becoming club presidents one by one. It was a pity that I could not attend all because of prior business engagement. There will be more to attend in this month including those clubs of Area 6.



First Board Meeting

Special thanks to all club officers and board members for attending the first board meeting on 22 July 2019. It was a very effective and productive meeting when we discussed the club business and the upcoming activities just within an hour. A big thank you to PP Peter and Rtn. Danny who assumed the role of official photographer and Sergeant at the club meetings. They will need to work during the dinner time. Salute to you two.



Speakers for Regular Meetings

Thank you PP Natalie for lining up speakers for the regular meetings. We had invited Mary Yu and Jason Wang to share with us on the Art of fashion design and Communication over the meetings on 22 and 29 July. Their speeches were engaging and interesting and attracted a lot of follow up questions.



EDITOR SAYS



CLAIRE MAK



It was only in mid-June, nearing the close of the last Rotary year that I got to know that there is no category for Club Bulletin in the District Awards Competition. Not that it matters a lot whether Tai Post gets a prize or not, but apparently there are only a few, if any, clubs left in our District which do produce a club bulletin – as opposed to weekly circulars or random updates. These days, Rotarians may opt for the more convenient and less demanding use of Facebook page or uploading photos to website instead. That way, no one has to seriously write anything other than giving maybe photo captions or occasional remarks. That is a sad thought. Don't people write anymore? Do people not wish to express themselves or report anything memorable using appropriate words anymore?

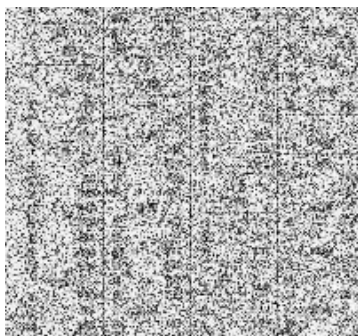
It is discouraging that the District does not support the publishing of club bulletins, but when you look who was at the helm last year, you may be able to guess why.

To write well depends on one's vocabulary and in this regard, the dictionary proves very useful. Nowadays, with the popular use of computers, smart phone and the internet, looking up a word or a phrase means typing a few keys. There may come a day when the younger generation does not know what a dictionary is. Or even if they do, they might not have physically held a hardcopy dictionary. Similarly, the Encyclopedia, which used to be an indispensable tool for doing research, now appears to be used for decoration than be put to real use.

When I was in primary school, the world made very little use of the computer. Teachers would teach us how to look up words in the dictionary. English dictionary is easy to use. All you need is to learn the order of the 26 alphabets and you can find the word you need. The dictionary lists words



and idiomatic expressions in official and informal writings; and there is information on spelling, pronunciation, grammatical use and meaning(s). More useful for our understanding are the examples showing how to use the words. A primary school student can easily master the use of an English dictionary.



Using the Chinese dictionary may be more difficult. Usually it is based on the radical (meaning the dominant part) of the Chinese character and follows the order and number of strokes for writing that character. The hurdle usually is about determining the radical and how to properly write that character. One may even fail to properly count the number of strokes! As for different Chinese words with the same pronunciation, it also requires more diligent work. Admittedly, I have not fully mastered writing Chinese beautifully and efficiently. So, as I am still the Editor, Tai Post shall remain an English publication.

Use of appropriate words to candidly express oneself can be an art. I am grateful that our club members, spouses, children, Rotaractors, Interactors and teachers-in-charge...etc. continue to write for and support the publishing of Tai Post. I hope you are proud of our monthly publication.



ROTARY



INFORMATION

PETER LAM

Our club has been working with Salvation Army Elderly Service team to support our elderly with dementia in Tai Po in the past few years. Let us check out this project in the UK and see if we can get some new ideas to help?

Robotic cats are “life changing” for dementia sufferers

Rotary Great Britain & Ireland News July 2019

Dementia can be hugely traumatic for individuals living with the disease, their families and their carers. Now a “life changing” care option is touching the lives of local people thanks to Wakefield Rotary in UK.

Back in August 2018, Rotary member Sheila Wainwright shared the story of her husband John, who died eight years ago after suffering with early onset dementia. During John’s seven years of living with the disease, he became increasingly violent, with Sheila receiving little support.



After John died, Sheila, a member of Wakefield Rotary, began to visit groups to share her story. And after discovering the robotic cats at a dementia conference in Yorkshire, she began to share those too.

Sheila, found that, with one of these battery-operated cats on their lap, that meows, purrs and rolls over, those living with dementia were transformed.

They provide calm and company at a time in people’s lives where they may have little of either, but need it most.

Sheila, an ambassador for the Rotarians Easing Problems of Dementia (REPoD) action group, has been campaigning and fundraising ever since, with her own Rotary club being particularly active in helping to support the close to 5,000 people living with dementia in the town.

The impact these cats can make was summed recently up by a letter the club received from a local care home.

“I would like to say a massive thank you for the club’s donation of a robotic cat,” the letter began.

“We have a lady at our care home who is living with dementia. She has, over the past few months become so frustrated, calling out and screaming a lot of the time throughout the day.

We have tried all sorts to help with this as carers, using different activities, stimulation and reassurance. Nothing has worked. And then you brought the cat!

This lady has cuddled, named and loved him. She no longer shouts out and is happy and content. We were amazed at the change and the new life this lady now has.



A family member whose mother has Alzheimer’s witnessed this and bought a cat for her as she showed episodes of anxiety and depression. This has also stopped.

Not only have you changed the life of these ladies, but you have given our staff a knowledge of the different kind of needs people living with Dementia may have. For that we cannot thank you enough.”

Over the last year, Wakefield Rotary Club has donated over 60 robotic cats in their local area, providing calming relief from stress, anxiety and frustration to dozens of people living with the disease.

The club has an arrangement with manufacturers in the USA to obtain further supplies at reasonable cost. Rotary clubs interested in purchasing robotic cats, or finding out more about the project, can contact Wakefield Rotary Club via their website.



FLASHBACK OLD TIME PHOTOS

A look back at RCTP activities by topic in the past decade

Annual Ball



PETER LAM



2016

RCTP and RC Taipei Diamond ladies at our 25th Anniversary Ball 2016 in Intercon Hotel when Vikky was our President and William our Ball Chair.



2011

2011 20th Annual Ball Chair Tsubaki san with his family and PDG Arthur Au from mother club. The event was held at Kowloon Shangri-la Hotel. The lady next to PP Man was our former member Samantha Fan.

2013

2013 Hawaiian Night Annual Ball at Intercontinental Hotel: who else but our party man Ball Chair Francis Au who came up with such fun-filled party with most casual relaxing costume !



2008



Baby club RC Central's advisor Claire Mak and CP Fonia Wong were recognized by AG Sam Sio for the formation of our baby club during our 2008 Annual Ball in Shatin Jockey Club. Armstrong was our President and Dennis was the Ball Chair. The theme of the event was "Let's Stand Tall" where we raised fund for our StandTall project to support 512 Sichuan earthquake victims.

2006



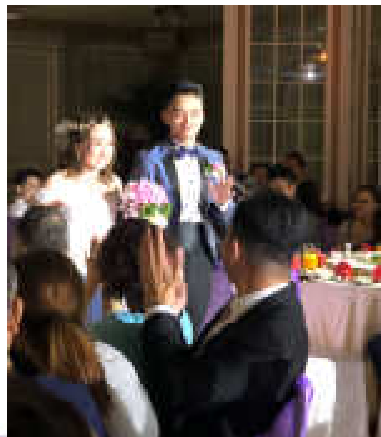
With sister club RC Alabang's guests at 2006 Annual Dinner in Shatin Jockey Club. Claire was our President and Ping was our Ball Chair. 06-07 President of RC Alabang was Edwin Afzelius who became their DG in 2017-18 and his wife Carmen is now a member of RCMSL, our new sister club since 2015.



Wedding of *Jodhy & Gary*

24 JULY 2019

*Wishing our 2 RAC Taipo Past Presidents
a lifetime of love and happiness!!*





City Hunt 2018/19

Organized by TTCA Interact Club & sponsored by Rotary Club of Tai Po

9 July 2019

Ruth Law, President, Interact Club of Tsung Tsin Christian Academy (TTCA)

(Edited by Miss Kwok NC, Teacher Advisor)

One of the traditions in TTCA Interact Club, City Hunt 2018/19, was successfully held on July 9, 2019. The game started off with nice weather for our participants, who were mainly TTCA senior-form students. Our board members, the 12 interactors in TTCA, helped out the game with the aim of encouraging local young people to explore your beautiful city, Hong Kong. City Hunt participants were expected to reinvent interesting facts of different areas in Hong Kong as well as create precious memories with their friends and schoolmates through the game.

All participants and our interactors all had to run across the areas, which were TTCA Central, Causeway Bay, Kowloon City and East Tsim Sha Tsui, set by the core board members who designed the game. The weather was mild and a bit cloudy when the game started and everyone thought they could win without breaking a sweat. Soon such thought was put aside after experiencing sudden heavy shower in their first check-point in Central. Most of them were getting ready to leave for their second location after getting all the correct answers and completing the road-block task. Luckily many of them did follow our instructions given in the briefing session and prepared well to avoid getting soaked in the rain while a few of them had to run in the rain for a few minutes.



What our participants did not expect was the sun shining up high after the rain and all of them had to compete under the heat. Anyway, it was a summer day! Shouldn't we enjoy playing in the sun? The heat and sweat did not stop the participants and our interactors from enjoying the interesting and meaningful game. Unfortunately, two participants in a group fell ill before the last check-point and they had no choice but to go home. The 2 remaining participants in the group did not give up but insisted on completing the game. And of course, our interactors made sure they were treated fairly by accompanying them on the way to the last check-point and the group even won the 2nd place of our City Hunt! We appreciated their efforts and their spirit. All of the winners brought home not only the prizes but their smiles and sweat.





Our interactors had been preparing for the City Hunt since last January as it was originally held in early April but was delayed due to the adverse weather. We were worried that the weather would affect the game again. With God's help, things turned out to be more than just great and all of the preparation work done including visiting different areas for the game tasks on weekends worth millions. Our participants showed their enthusiasms when they visited locations where they did not have ideas much, such as PMQ Central and Kowloon City. They expressed that it was interesting to find out more about those places and explored outside the textbook while their awareness towards their home, Hong Kong, could be raised.

The hard work of our board members could not be missed. Without any of us, the game would not have had success. It was an easy task but we all stayed together for this and learned a lot from organizing this event. We have grown closer than before. It was a great experience for all of us and it is surely one of our best memories of our secondary school life.

We would like to take this chance to thank our mother club, Rotary Club of Tai Po, who supported us by not only sponsoring our event but attending our prize presentation held near the Clock Tower in Tsim Sha Tsui. Thank you, PP Peter Lam and our Youth Chair, Mr. Wilson Woo, for making time to join us in the prize presentation together with our Vice-principal, Ms. Ng Wing-chee. TTCA Interact Club will keep working towards the goals of leading our fellow schoolmates to get to know more about our lovely city and serve others.



2019 District Installation

13 July 2019

Claire Mak

The 2019 District Installation was held in the Grand Hall of HKCEC on 13th July 2019. This day of every year marks a memorable one for all incoming and outgoing Presidents and Rotary leaders as we celebrate their achievements for the past year and look forward with hope and excitement to the future. We had been "the Inspiration" and from now on, Rotary shall "Connect the World".



Guest of Honour Professor Sophia Chan JP gave the keynote speech and Outgoing Governor Y C Ho, aided by slide show with clear subtitles, reviewed the year just past. Then came the important moment: The Governors' changeover and the Presidents' changeover. We cheered and congratulated as Patrick handed over of the president sash to K F.



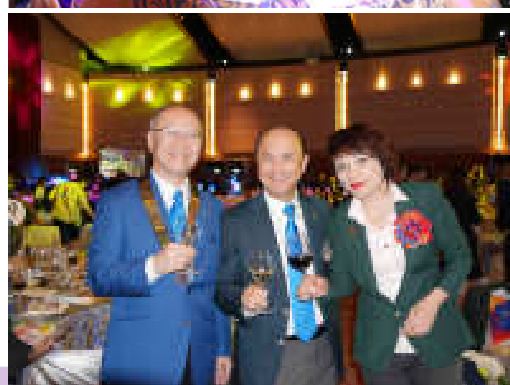
After Incoming Governor Wilson Cheng gave a speech on what he plans to do, the party turned a lighter mood. Indeed, it started off with a special acapella performance by DBroS and everyone was mesmerized by the singing and the vocal music. But what really cheered us up was Natalie being awarded Assistant Governor of the Year! Congratulations Natalie! You did Tai Po proud.



The evening then proceeded with a number of delightful entertainment, more notably the singing by Eddie Ng 吳國敬 was upbeat and lively. When he was joined by Governor Wilson, their performances were simply breath-taking.



Rotary Club of Tai Po filled out 2 tables. We thanked Patrick for being president of the past year and welcomed on board KF to the helm.



District Membership Connect Forum

3 August 2019

Kenneth Wong

Venue: The Hong Kong Productivity Center

Rotary International designates August as the month for Membership, the purpose of which is to remind Rotary clubs the importance of effecting membership strategies early in the Rotary year. Over 260 Rotarians participated in this forum that lasted four hours. For the time and effort they spent on a Saturday afternoon each participant was awarded a set of shiny Rotary buttons and a Membership Connect lapel pin, proudly designed and manufactured by our PP Wilson Lam.



The district is pivoting our membership drive on this membership connect pins as it serves to provide identity and empowering Rotarians to make positive contributions to strengthening their club membership.

Proposers of one new member will be given a golden pin and platinum plated pins will be given to Rotarians who successfully induct two or more new members. Let us all strive for gold or platinum.



What is unique about the Membership Connect Forum?

- Key note speech by PDG Y K Cheng on "What attracts you to Rotary"
- This forum served as a platform to connect clubs and to enable the sharing and learning of good practices and strategies on membership related matters.
- Facilitated discussion, the highlight of the forum was Best practices sharing by clubs which are successful examples of dynamic membership growth. A breakout session followed for deeper discussions with speakers in smaller groups.



The topics discussed were:

- 360 Degree Membership (RC of Star Avenue)
- Recruiting Members to form New Clubs (RC of Neoteric Hong Kong)
- How to maintain a steady membership Growth (RC of HK Island West)



- Turning Rotaractors to Rotarians (RC of Macau)
- Building membership strategies with the District Governor.



- Signing ceremony of Memorandum of Understanding on a Connected Clubs.

- The connected club initiative encourages clubs to connect and complement one and other through sharing resources, infusing fresh ideas, increasing membership strength, diversity and strengthening group dynamics, the initiative aims to enrich their members' Rotary experience. The MOU was signed that day between RC of Peninsula Sunrise and RC of Kwun Tong. The two clubs will jointly organize club meetings, service projects and fellowship activities within the next 6 months. The MOU can be renewed subject to clubs' consensus. The district would like to see more clubs come together to mutually support one another for better development.



- Subsequent to the forum, number of Rotary Clubs are making enquiry on details of this MOU, a newly chartered Rotary Club with no sponsoring club is actively discussing with a well-established Rotary club as they see the "Connected club MOU" a fast track in acquiring Rotary knowledge and experience on how a proper Rotary club should be run.

- For the first time simultaneous translation was available in a district event. We received positive feedbacks so such service shall be made available in future district occasions.

- **This Rotary membership forum is only the first wave of a series of events and incentives to boost membership growth. Members of the district membership committee shall spare not efforts in helping clubs achieving their membership goals.**



Rotaract Club of Tai Po International Service Cambodia Medical Service Trip

19-23 May 2019
Jodhy Mak, PPRAC Tai Po



Do you know much about Cambodia?



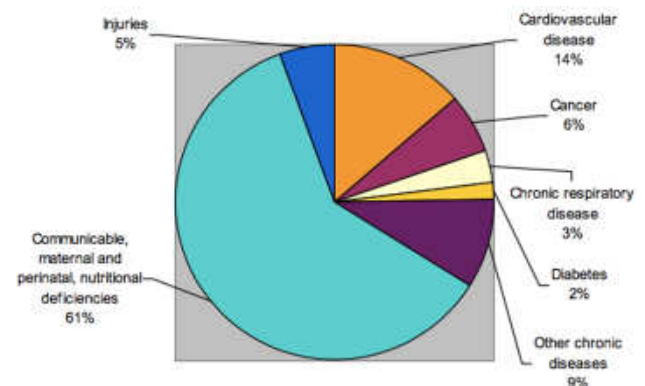
Cambodia is a developing country left with wounds and broken hearts after humanitarian crisis from 1969 to 1993. It has undergone civil war, and then the rule of the Khmer Rouge with about ¼ of the 8 million Cambodian being murdered or starved, and lastly the guerrilla war.

It is hard to imagine the place with current poverty and chronic diseases, and water and sanitation crisis was once the glorious Khmer Empire which had left the world with the majestic monuments of Angkor.



Facts From World Health Organization

| | |
|---|-------------------------|
| Total population (2016) | 15,762,000 |
| Gross national income per capita (PPP international \$, 2013) | 2890 |
| Life expectancy at birth M/F (years, 2016) | 67/71 |
| Probability of dying under 5 (2017) | 29 per 1000 live births |
| Probability of dying between 15-60 M/F (2016) | 205/140 per 1000 |
| Total expenditure on health (2014) | 5.7% of GDP |



There are approximately 4 million people who lack access to safe water; 6 million lack access to improved sanitation. Approximately 80% of the Cambodians are living in rural area with poor access to safe water and sanitation which in turn adversely affects its rural communities. Such poverty, lack of clean water and sanitation, and lack of education inevitably lead to sickness and chronic diseases and accounted for 34% of all deaths in 2002 (55,000/161,000).

We don't have a magic wand to take away the sorrow in a blink. It needs concerted effort to make change in people's living.

We learn from the previous Cambodia service trip that simply care and love is not enough. There are Cambodians who are sick and unable to attend doctor for help in rural areas. This inspired me to make good use of my professional skills to continue to be the inspiration of others, no matter to the participants or Cambodians.



We collaborated with 3 HK doctors, 1 nurse, Happy Tree Service and 3 local village schools for this medical service trip. Through the service, we made friends with the locals and were able to know more about each other's life.

To lead a team of volunteers is challenging, one should utilize each one's talents and maximize our power to serve.

1) Medical service and education

We set up 3 clinics in 3 village schools and provided basic medication for their sickness and gave proper referral to hospital for further management. We had served more than 150 patients.



Even though we cannot cure all problems, we listened, counseled and advised. Their eyes were full of gratefulness.

The poor Cambodians do not have knowledge on basic wound management and protection. We dressed the wounds and taught them how to continue managing the wounds.

2) Education

We also educated the kids and adults on hygiene e.g. when do we need to wash hands? Why we need to brush teeth? We also taught them how to manage drowning, nose bleeding, burnt wounds ...



We even taught them how to exercise, and how to choose food for meal.

The teachers from different village schools were taught how to dress wounds. So they can continue to help the needy.



3) Love and Care

We showed our support with words and action.

While we were visiting the villagers and distributing gift packs, we met an unfortunate family with a young man who suffered from major brain insult in childhood. Without proper medical attention, the insult resulted in growth deformity and mental retardation. He could not move his limbs with ease and is confined to bed. He could not take care of himself, no matter eating or going to toilet. He was so blessed to have a very loving mother who does not abandon him but is looking after him well. We chatted, prayed and checked his physical condition.



We also visited village schools, taught and played with kids. They were grateful for our presence.



4) Donation

On behalf of the Cambodians, Happy Tree Service and our club, we would like to thank mother club's generosity for donating HKD 4,000. The donation was used to buy gift packs, water filters and games materials. The gift packs, which were distributed to the poor villagers, included soya sauce, noodles, soap, oil, etc.

In view of the water crisis in Cambodia, water filters were bought and are now on their way to Cambodia. It is hoped that there will be less illness with more people reaching out to clean water.

Also we would like to thank PP Peter's generous support on donating new school uniforms to the village kids. They were dancing with joy!



I am confident that with more and more volunteers reaching out to these rural villagers from all around the world, the poor Cambodians shall live a better life in the future.



22 July 2019

Regular Meetings



Our **Rotaryannes** elegantly dressed in cheongsam for the occasion.



Speaker **Ms. Mary Yu** is a distinguished and acclaimed fashion designer. On this occasion, about the topic **The Art of Qi Pao** she educated us on the various styles, materials and designs of these very feminine dresses.



PP Louis offered a lovely set of **sake cups** for raffle draw and **PP Dennis** emerged the winner.

29 July 2019



Current and potential members of Rotaract Club of Tai Po graced our meeting led by Outgoing President Scarlet and incoming President Henry.



Rtn Danny had a busy evening: He was not only **sergeant-at-arms**; he also delivered a **Vote of Thanks**.



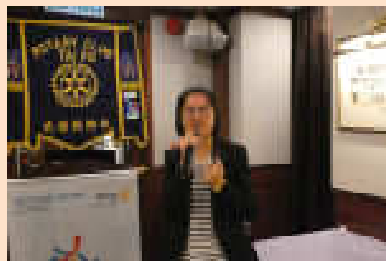
At the **Happy Sharing** session, **Rtnn. Alice Chung** recounted one evening in her teen days when she fretted over the possibility of a phone scam. She later on found out the caller was her then suitor and now husband Ron!



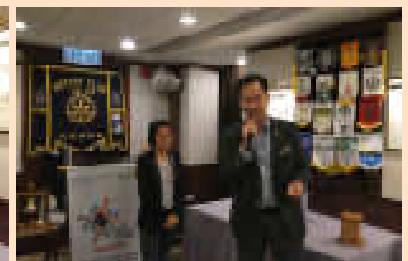
VP Wilson Woo won the bottle of **Whiskey** brought specifically by Dr. C M Yu all the way from Scotland.



Speaker **Mr. Jason Wang Wei**, himself a stage actor, presenter and voice ambassador, dissected and examined with us a number of voice-over of commercials when he spoke on **"Hearing is Believing 信由聲生"**. To be impactful, he said, one needs to find the necessary support to the message being conveyed and enhance it with suitable pauses, highlights and background music etc.



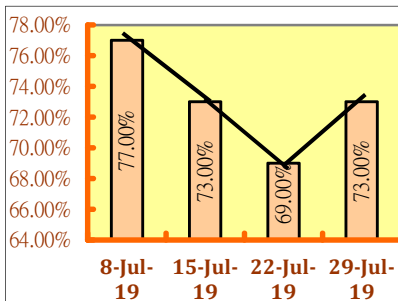
RAC Tai Po president **Scarlet Li** gave her **Happy Sharing** about the anxious moments she had during presentation of the Service projects of RAC Tai Po intended to vie for district awards. She thanked Youth Committee Chair **Wilson Woo** for showing up to give support on the day and Wilson also spoke to congratulate our Rotaractors.



Upcoming Events

SASHA CHU,
PEARL DANG,
SINCERE YIP,
CHRISTIE LIN ZHENG

Average attendance: 73%



| Date | Time | Event | Venue |
|--------------|----------|--|--|
| 14 AUG (WED) | 7:30p.m. | Baby Club RC Central Installation | The Chinese General Chamber of Commerce, 24-25 Connaught Road, Central |
| 26 AUG (MON) | 7:00p.m. | Regular Meeting Speaker: Mr. Anthony Mok Topic: Wing Chun and You – Training for Quick Reactions and Applications 詠春與你- 快速反應及應對訓練 | Fincher Room, KCC, 10 Cox's Road, Jordan |
| 30 AUG (FRI) | 7:00p.m. | 1 ST Theme Night Theme: Spicy or Not? 有辣有唔辣 | Chili Party 麻辣派對, 1/F, Soravit, Granville Hotel, 29A Granville Road, Tsim Sha Tsui |
| 2 SEP (MON) | 7:00p.m. | Regular Meeting Speaker: Mr. Jacky Luk 陸振球 | Fincher Room, KCC, 10 Cox's Road, Jordan |
| 9 SEP (MON) | 5:50p.m. | District Governor's Visit & Joint Area 6 Meeting | Royal Plaza Hotel, 193 Prince Edward Road West, Mongkok |
| 16 SEP (MON) | 7:00p.m. | Regular Meeting Speaker: DGE Eric Chak Topic: My Career and Rotary | Fincher Room, KCC, 10 Cox's Road, Jordan |

August



10th WILSON WOO **15th HENRY WANG**
14th LOUIS TANG **23rd KF TAM**

July 2019

Perfect Attendance

PATRICK FONG, ANTHONY HUNG, NATALIE KWOK, PETER LAM, WILSON LAM, DANNY LAU, SALLY LUK, CLAIRE MAK, ROGER SO, KF TAM, VIKKY TAM, HENRY WANG, KENNETH WONG, WILSON WOO, FRANKIE WU, WILLIAM YIM

Got Something to say?

Tai Post wants to hear from you.
Write in to clairerctp@gmail.com

The editorial board
Claire Mak
Peter Lam

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



大埔扶輪社
Rotary
Club of Tai Po

1ST THEME NIGHT

有辣有唔辣

SPICY OR NOT?

30TH AUGUST 2019
19:00- LATE | 400HKD

CHILI PARTY 麻辣派對
尖沙咀加連威老道29A號瑞生酒店1樓
1/F, SORAVIT ON GRANVILLE HOTEL,
29A GRANVILLE ROAD, TSIM SHA TSUI

RSVP: RCTAIPO@gmail.com