

William Yim

**P**resident's Message



### Friendly Clubs' Installation

In addition to drafting my Year Plan, it seems to be an unwritten job duty of the President to attend numerous friendly clubs' installation ceremonies at the beginning of Rotary Year, e.g. Rotary Club of Peninsula, HK Sunrise, Queensway, Hong Kong North East, Channel Island, Wanchai, Central, SoHo, Tolo Harbour, E-club of D3450, Hong Kong Bayview. I was happy to see my classmates to become a club president one by one. Besides, the Rotaract Club of the Student Union of Wu Yee Sun College 2016-17, namely Sunwise, was installed on 18 July which I had to be excused because I was on my flight back to Hong Kong and unfortunately I couldn't make it. There were more to attend, however I missed the installation of RC Tsuen Wan because of our first meeting; and I missed RC Kowloon North East's installation. My apologies.



### First Joint Presidents' Meeting (JPM)

It was the First Joint Presidents' Meeting on 19 July. DG Eric couldn't wait to share his great plan with us. Several key projects of District 3450 were ready to be launched, such as the Rotary Foundation Centennial District 3450 PPE Hong Kong Chordophonia Concert, Cardiopulmonary Resuscitation (CPR) Education Project, and 2017 Rookie Stars Dance Contest. This year, Zone (6B, 7A, 10B) Institute would be held in Bangkok on 1-4 December; He vigorously reminded us to pencil mark on our calendar and not to miss it.



### Visit to the Rotary Club of Makati San Lorenzo

Our sister club held the 24th Induction Ceremony on 15 August. The theme was "An evening under the Mediterranean stars". VP Patrick, PP Peter Lam, PP Pearl Dang, Caren, Shenzhen friend Xie Jun and I enjoyed a wonderful night with our beloved Rotarians in Manila. The "Dream to Dance" team, 20 kids who aged from 6 to 14, performed an amazing dance performance at the ceremony. Such warm hospitality from our sister club should never be forgotten.



Claire Mak



Editor Says

Martial art novels would have us believe that in ancient times, people would not leave home without their swords or weapons. These days, when people go out, they not only bring along their indispensable mobile phones, very often, they have to bring (extra) battery, or else they may still fear being left stranded.



For most Hong Kong people, work already takes up more than 8 hours of the day and that means consumption of more than one phone battery. When your phone shows just one slot on the battery indicator, it is about to go out of power, and your phone needs to have a quick re-charge immediately. If you are not at home or workplace, you may ask a friend to lend you a charger (if there is one nearby) or if you are in a user-friendly mall, ask at the service counter to use one upon paying a small refundable deposit. Most modern airports (HK International Airport included of course) are fitted out with recharging desk / seats where you only need plug in the usb slot with your phone cord and there is no need to worry about the battery going out.



It is easier if you happen to be in someone's office, then seek assistance from a friendly staff and get your phone quickly recharged. Otherwise, maybe ask the owner of the cha charrn teng or a friendly waiter of a restaurant to have you seated near a suitable socket and *feed* your phone while you feed yourself.

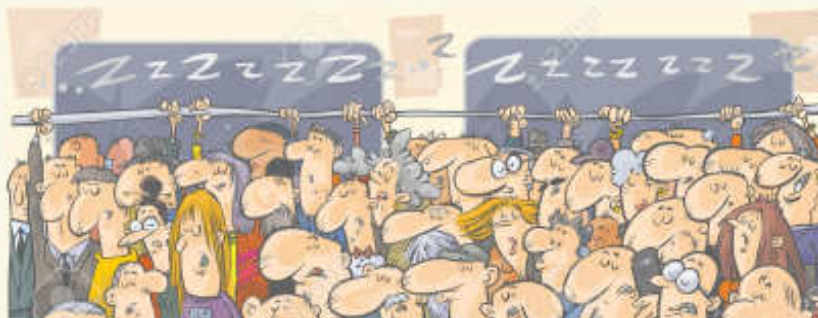
But to ensure uninterrupted supply of power, the only way is to bring an additional *portable* battery.

Even then, I have a friend who is too lazy or too forgetful to get her phone fully recharged before she goes out. She actually bought and brings along an extra phone to ensure she is always reachable. This is because even with a spare portable re-charger at hand, she finds it awkward and quite inconvenient to use the phone while it has one end stuck with a bulky portable re-charger.



It strikes me as absurd that if it can actually be compared, a person is sometimes *worse off* than a mobile phone. When a mobile phone runs out of power, its owner will try all means to get it recharged as soon as possible so that the gadget functions well. However, when a person loses power, where and how to get properly re-charged?

Well, maybe a short 'nap' on the MTR when you are on the way to work early in the morning? Or if you can afford it, get in a taxi and doze off right away until you reach the destination. These are quick charges day in and day out.



If you need a break for a decent and full recharge, most Hong Kong people will go abroad to really relax and enjoy a holiday. This is so much the trend that *Tai Post* features members' travel logs every now and then so that you know where your fellow members have gone to and how they had spent a good time. I always enjoy these articles, because even as a reader, you will feel freshened! In this issue you shall read about how Roger's wife May spent her time in Bulgaria to do a course in aromatherapy. And I myself recently travelled around Switzerland with my parents and fully embraced the tranquil Swiss environment. As I adapted to the relaxed and refreshing pace – at least for the short time while I am out of town, I have almost genuinely left office work behind. Similarly, Wilson and Wanda, Kenneth and Luccia went on the Silk Road; while Frankie and Creamy, Man and Jackie went over to Bangkok after a long trip to Portugal. I shall try to get some travel logs written up for the next issue of *Tai Post*.



Come to think of it, maybe there is certain wisdom in the limited volume of the mobile phone battery. A mobile phone, fully charged to its capacity, is good for optimal use both as regards the phone and as regards the one who uses the phone. Anything past the optimal is, as its name suggests, sub-optimal and thus not as desirable. The moral is that there is no actual need to bring spare power. Once power is used up, it signals time to rest. Don't stretch yourself and work anymore or you risk exhaustion. Once the day's work is finished, it is finished. Rest and start another good day!

Peter Lam



August is Rotary Membership & Extension Month and we are encouraged to strengthen our membership by promoting Rotary to potential members. Rotarian Magazine recently publishes an article giving us “Reasons to love Rotary now” and I have selected three big points here to make us feel proud to be Rotarians and help us promote membership to others.

## Reasons to love Rotary right now



### 1. Because we are about to eradicate a disease, and you can be a part of it.

We are 99.9 percent of the way towards ending polio. As of early June, there were only 16 cases of wild poliovirus in the world, and many think this could be the year we see the last naturally occurring case of polio. As Rotary and our partners work to eradicate the poliovirus in Afghanistan and Pakistan, the remaining endemic countries, we also continue immunization campaigns in other high-risk countries to ensure that the disease remains gone for good. You can participate on the ground. Email [polioplus@rotary.org](mailto:polioplus@rotary.org) to connect with Rotarians leading upcoming trips.



Also consider using your network to spread the word and make sure polio stays on the global agenda. Provide a link to [endpolio.org](http://endpolio.org) in your email signature. Follow End Polio Now on Facebook and Twitter and share the story of polio eradication with your social networks. When your legislators speak at club meetings, make sure you bring up polio funding. “The fact we are grassroots enables us to have a tremendous amount of influence,” says International PolioPlus Chair Michael McGovern. Host a community event to celebrate World Polio Day on 24 October; register your event and download resources at [endpolio.org](http://endpolio.org).

Donate now and your contribution will be matched 2-to-1 by the Bill & Melinda Gates Foundation. Go to [www.endpolio.org](http://www.endpolio.org).

### 2. Because we know all about social networking

In 1905, a lonely Paul Harris was looking for camaraderie and a way to build a professional network. Today, that network is 1.2 million members strong who are connected to other leaders in their own communities and around the world. Keep up with those connections in the My Rotary online community, where you can join a discussion group or start a new one. Share your interests and activities at [www.myrotary.org/exchange-ideas](http://www.myrotary.org/exchange-ideas). Expand your Rotary network by attending a Rotary International Convention (the next one is in Atlanta in June; visit [riconvention.org](http://riconvention.org) for details) and keep up with your connections near and far on social media: Check out Rotary’s pages on Facebook, Twitter, LinkedIn, and Instagram.

### 3. Because membership just became a lot more flexible

Rotary clubs now have more options for attracting members and keeping them involved. In April, representatives from Rotary districts around the world met to revise Rotary’s policies, approving changes that give clubs greater flexibility in when, where, and how they meet and the types of membership they offer. For example, clubs may now:

- Structure their meetings however they like, as long as they meet at least twice a month. Want your service events and monthly socials to count as meetings? No problem. Prefer to offer both online and in-person meeting options? Go for it.
- Amend their bylaws to reflect their attendance requirements. Reporting attendance to the district is still expected, but clubs are free to relax or tighten their policies.
- Change bylaws to offer additional membership types such as associate, corporate, or family. Want to invite colleagues of the same company to join as corporate members who alternate attendance at meetings? Do it.
- Invite a Rotaract member or younger professional to join at a lower financial and time commitment. Rotaractors who meet the qualifications of membership can now join a Rotary club without giving up their Rotaract status. Relatively few Rotaract members make the jump to Rotary when they turn 30. This change may facilitate Rotaractors’ transition to Rotary clubs.

These changes were made after Rotary carried out several years of pilot programs to explore innovations in membership, classification, and the club experience. Consistently, the research found that when clubs have more freedom to determine how they meet, whom they invite to join, and what defines engagement, the club is more vibrant and able to grow.

## Rotary Foundation Centennial Information Page

# Rotary



PP Peter Lam

### Rotary Foundation Milestones

**1917** At the Rotary Convention in Atlanta, Georgia, USA, Rotary President Arch Klumph proposed the establishment of an endowment "for the purpose of doing good in the world".



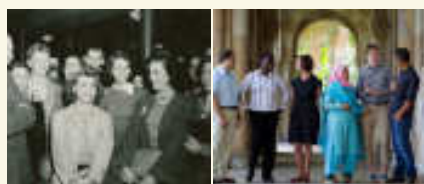
**1917** The endowment receives its first donation: \$26.50 from The Rotary Club of Kansas City, Missouri, USA.

**1928** The Rotary Foundation is formally named, and the first Trustees are appointed.

**1930** The Foundation awards its first grant: \$500 to the International Society for Crippled Children.

**1947** Rotary founder Paul Harris dies. Rotarians will contribute more than \$1 million to the Foundation in the 18 months following.

**1947** The Rotary Foundation launches its first program: scholarships for the International graduate study.



**1951** Arch Klumph dies as the Foundation is approaching \$3 million mark.

**1957** Paul Harris recognition is instituted.



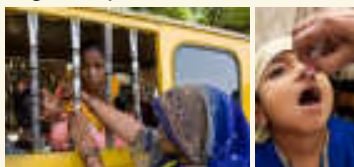
**1965** For the first time, a single Year's contributions to the Foundation exceed \$1 Million.

**1965** The Group Study Exchange (GSE), Matching Grants, and Awards for Technical Training programs launched.



**1978** The Health, Hunger, and Humanity (3-H) Program is created.

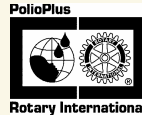
**1979** For its first 3-H project, Rotary begins to immunize more than six million children in the Philippines against polio.



**1980** The 3-H committee recommends 2005 as the target for eradicating polio worldwide. The Council on Legislation endorses a proposal to "eliminate polio through immunization."

**1981** The Rotary Foundation Endowment for World Understanding and Peace is established.

**1985** The PolioPlus and Grants for University Teachers program are launched.



**1988** At the Rotary Convention in Philadelphia, USA, Rotary announces that the PolioPlus campaign, which aimed to raise \$120 million, had in fact raised almost \$220 million.

**1988** The Foundation holds the first Rotary Peace Forum in Evanston, Illinois, USA.

**1995** The PolioPlus Partners program is created to support National Immunization Days.

**1999** The Rotary Peace Centers are founded. The inaugural class of Rotary Peace Fellows will begin studies in the fall of 2002.

**2004** (EREY) Every Rotarian, Every Year initiative established. Arch Klumph Society created to recognize contribution of \$250,000 or more to TRF.

**2007** The Bill & Melinda Gates Foundation issues Rotary a \$100 million challenge grant to raise funds for Polio eradication.



**2009** The Gates Foundation gives Rotary an additional \$255 million for polio eradication work and increases the challenge to \$200 million, matching every \$1 Rotary raises with \$3.55.

**2009** Rotary partners with USAID to launch the International H2O Collaboration to improve drinking water, sanitation and hygiene.

**2012** India goes full year without a new polio case and is removed from the list of countries in which polio is endemic.

**2013** The Gates Foundation offers to match Rotary's contributions for polio eradication 2-to-1 up to \$35 million per year for five years. Rotary takes the challenge under the banner of End Polio Now.

**2013** The Future Vision pilot concludes and the Foundation adopts a new grant model comprising of District and Global grants worldwide.

**2015** The number of polio-endemic countries drops to two.

**2017** Rotarians return to Atlanta to celebrate a century of success.

# Aromatherapy Study Trip in Bulgaria

May Cheung

## Day 1

After about 17-hour flight with the transit in Doha, I finally arrived at Sofia, the capital of Bulgaria, to commence my aromatherapy study trip.



Sofia Airport



Statues to signify the Freedom of Bulgaria



With Tour Guide and Owner of Cucovata House (Nikolay)

Bulgaria is a real paradise for roses for its scenic landscape, mild climate and unpolluted air. No wonder Bulgaria is also called the "Country of Roses". Since most of the Rose Otto essential oil produced in the world comes from the Valley of the Roses in Bulgaria, it deserves 2 hours to go there from the airport and I had accommodation in the Cucovata House. Nikolay, the owner, was also my tour guide. He took me to tour around and told me the history of the Bulgaria. In the evening, he served the welcome home-made dinner which was very yummy!

## Day 2

Early in the next morning, Nikolay led me to harvest the roses in his field. I have to be cautious to avoid getting hurt by the rose spikes. Then I learnt how to use the harvested roses to make the wreath. His mother also taught me how to make jam and syrup with roses.



Home-made Rose Jam and Rose Syrup



Rose Otto



Rose field

Afterwards, I attended the Continuing Professional Development (CPD) Workshop about the Bulgarian essential oils, with the clinical aromatherapist, Susan, as the instructor. Although France is famous for its Lavender, I find Bulgarian Lavender sweeter.



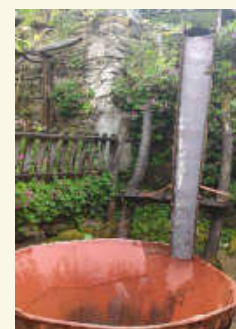
With Aromatherapist Susan



Making wreath

## Day 3

After visiting a nearby museum, I knew more about the life of the Bulgarian in the past, such as their cooking and schooling, etc. Nikolay then took me uphill to see the traditional laundry and his other rose field where the types of roses can blossom for the whole year. In contrast, the Rose Otto can only blossom for 20 days in a year. This explains why Rose Otto essential oil is so precious and expensive. During my visit to the women's monastery, the bell was ringing outside the morning and evening, meaning someone had died. It was no surprise that when I walked down the hill, I met the funeral procession.



Traditional Laundry



old Bulgarian classroom



Female Monastery

In the afternoon, I had a traditional Bulgarian lunch. It was very yummy and value for money. I then tried some Turkish coffee nearby. Afterwards, I returned to the Cucovata House to attend another CPD workshop about the Indian head massage which was different from the style I had learnt in the college of professional aromatherapy before.



with the chef of the restaurant



Turkish coffee

## Day 4

Each year around May and June, Bulgaria hosts the Rose Festival. Each village will elect a Queen Rose based on the diligence (by harvesting the greatest number of roses) and the beauty. Such Queen Rose will represent her village to join the Queen Rose Competition for the whole country in June. In the morning, Nikolay drove me to the village to watch the election and parade of the Queen Rose. Locals dressed up in colourful traditional costumes and performed live music and folk dances. I also could not resist their invitation to dance with them. Besides, unexpectedly there I became acquainted with two tourists from Korea and several Chinese who had gone to Bulgaria as volunteers to teach Mandarin for one year.



*With the villagers and musicians*

*Parade of Queen of Rose in village*

In the afternoon, I went to the famous rose distillery which has over 100 years of history. To make 1 KG of Rose Otto essential oil, it needs 3.5 tons of the petals of Rose Otto. For Rose Alba essential oil, since the fragrance is comparatively light, it even needs 5 tons of the petals of such flower to make 1 KG of essential oil. How precious and condensed they are! Then, I visited the Ethnographic Complex Damascena in which not only could I follow the whole process of the rose essential oil production, I also enjoyed the picturesque view of roses. So wonderful and beautiful they were!



*traditional rose distiller*



*modern rose distiller*



*Rose Alba*



*Ethnographic Complex Damascena*

## Day 5

I crossed the Shipka Pass and visited the Russian Church of St Nikolai and Architectural-Ethnographic Complex like an open-air museum which presents the Bulgarian customs, culture and craftsmanship. I then went to the Research Institute for Rose Aromatic and Medicinal Plants in which roses are cultivated with various methods and experiments so as to find out the best kind of roses. Nearby is the

Museum of Roses. Other than the photos of the past Queens Rose, I could also find a lot of antiques and information about the Bulgarian roses. Now I realise why the Rose Otto essential oil can be preserved for life - there is still the scent of the roses from the 17th century rose distiller and the big bottle of 17th century Rose Otto essential oil is still well preserved in the museum.



*Russian Church of St Nikolai*



*Architectural-Ethnographic Complex*



*Research Institute for Rose Aromatic and Medicinal Plants*



*17th century rose distiller*

## Day 6

I went to the old city Plovdiv which is declared an architectural museum reserve with over 150 monuments of culture-houses from the National Revival period. Its magnificent houses are turned into museum, galleries, workshops and restaurants, etc. There are also parlours and studios of painters and woodcarvers. One of the distinguished examples is the House of Koiumjioglu which is now a Regional Ethnographical Museum. The United Nations Educational, Scientific and Cultural Organization (UNESCO) awarded Plovdiv a gold medal for architecture in 1979.



*Regional Ethnographical Museum*



*Plovdiv - the old city*

After visiting the Sacred Dionysos Temple which is situated on a mountain near the Starosel village, the tour bus was suddenly out of order. I needed to wait for over one hour before I could go to the "Starosel Winery" nearby. As there were idealistic conditions for wine cultivation in Bulgaria,



*Rose Wine*

wines were world famous in ancient times. "Starosel Winery" is not only a place for wine production, it is also a hotel that you can have hospitality and wine tasting.

There is the "Rose Wine" produced with the combination of red wine and white wine.



*Starosel Winery*

**Day 7**

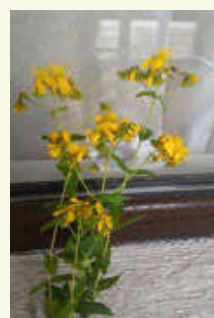
Even if it was raining, I still hiked along the Biala Reka eco-path which is situated in one of the biggest national parks in Europe. The scenery was very amazing. There were a lot of wild animals such as bears, foxes and horses, etc. After going to the men's monastery, I saw a lot of St John's Worts on the hill nearby and so I picked up some. St John's Wort is anti-inflammatory and effective on sprains, burns and bruises. It is excellent for the skin as it is soothing and antiseptic. Then, I visited the sheep farm where I learnt to make the bio cheese and milk the sheep. It was found that the texture of the bio cheese was very similar to the beancurd and the taste was very good as well!



*Biala Reka eco-path*



*bio cheese*



*St John's Wort*



*Sheep Milking*



*Cooking Bulgarian Food*

After returning to the Cucovata House, Nikolay's mother taught me how to cook Bulgarian food. It was very delicious! Then I attended the CPD workshop regarding the theme of "Ayurvedic Dietary Principles" which was quite interesting!

**Day 8**

As an aromatherapist, I have already learnt how to make skin-care products such as soaps and creams with essential oils, etc. However, I still enjoyed during the visit of the Rose Factory where they had demonstration of making two of their products - facial cream and soap. Its rose aromatic candle is so big and creative that I also bought one as a souvenir. Afterwards, I went for a lunch in a restaurant where surprisingly I got acquainted with a Hong Konger who had migrated to Belgium for a long time. Since his wife likes roses very much, he had gone everywhere in the world such as Morocco, Turkey, etc. to search the best for her. As his wife loves the Rose Otto the best and he decided to buy land in Bulgaria to cultivate organic Rose Otto and started the business of essential oils production. Oh! How romantic he was! Later, Nikolay invited two gypsies to have live music performance in the restaurant.



*Making cream*



*rose candle*

Then I attended the last CPD workshop with the topic of the "PH Level of the Body", Basically, I learned that we would be sick if the PH level in our body was not in balance. After my last dinner in Cucovata House, Nikolay invited a boy to teach me how to play the traditional Bulgarian musical instrument which is primarily made of the skin of sheep. Not only did he need to blow it, he also needed to simultaneously press the air out with his arms to make the sound. Such a wonderful musical instrument!



*Traditional Bulgarian Musical Instrument*

**Day 9**

The Rose Otto must be harvested before sunrise (about 5 am to 7 am) as the essential oil of the roses will go down to the stalk when there is sunlight. Thus, before dawn, I went to Nikolay's rose field again. The roses were extremely beautiful with dews. I saw the workers harvesting while the birds were singing. The air was very fresh!

Before departing to Sofia, I went to the fresh market nearby after breakfast in the morning. Although most of hawkers speak in Bulgarian, I still could feel the kindness and enthusiasm of the Bulgarian through their body language. After saying goodbye to Nikolay's family, I once again took about 2 hours to Sofia and had a city tour including the National Theatre, Art Gallery and many churches such as Aleksanda Nevski Memorial Church, St Nikolai Russian Church and St George Church. The Sofia Monument signifies the old Bulgarian history while the Monument to the Liberators represents their liberation from the Ottoman Empire in 1878. The over-2-hour city tour finally ended my trip in Bulgaria.

In nutshell, not only was it an aromatherapy study trip, it was also a cultural and historical trip. It was really very fruitful! Would you also like to visit Bulgaria?



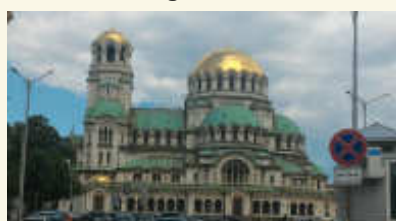
*Monument to the Liberators*



*National Museum*



*Art Gallery*



*Aleksanda Nevski Memorial Church*



*Sofia Monument*

## Rotaract Club of the Student Union of Wu Yee Sun College, CUHK 2016-17 Sunwise Installation Ceremony

Claire Mak

Attending a club installation always prompts the question – has it been another year already? And this same question arose on 18 July when RAC WYS held their Installation. To commemorate the occasion and to witness the changeover, RCTP moved its regular meeting on 18 July 2016 to the College and the following members showed up: Caren Chan, Dorothy Chan, Ronald Chung, Peter Lam, Wilson Lam, Claire Mak, Roger So, Louis Tang, Ada Wu and Rotaryanne May Cheung. Of course, RAC Taipo's Gabriel, Tony and Jodhy were there to support their 'sister club'. It is also a delight to see the successive presidents of the club, Charter President Sunny Liu, out-going P Kevin and incoming P Louie and also the founding force - Professor Nicole Cheung and administrator Zalon Wong among others all attended in support. Rotaractors and all guest helped themselves to some refreshments and of course lots of photos/selfies before proceeding to the main event.



Speeches from DRC Garrick Tang, Associate Dean Professor Wong Kam Fai (who turned out to be Louis' classmate!) and our PE Roger were all encouraging and inspiring. Roger even challenged our young people to a 'cut the biggest hole' task to make his point of reaching your well-set goals while being aware environmental friendliness and thinking out of the box. A review

of the past year by President (2015-16) Kevin shows that the club undertook a lot of activities in all avenues of service. It is not a matter of luck that the club gets the Presidential Citation.



The Changeover was executed in a rather military manner – precise and formal. The important message is that the board

pledged to give of their best in service. President Louie explained the theme "We rise by lifting others" that they believe it is through bringing hope and love to others that they can fulfill the purpose of our own lives. She also introduced her plans for the coming year.



Then we reached the more light-hearted entertainment part of the evening – performances. Kevin and Venus sang a meaningful song to signify steadfastness in achieving goals despite ups and downs. Then the ladies performed a delightful dance to wrap up the evening on a high note. I am sure everyone is well impressed with WYS Rotaractors' commitment and ability to serve.





# Board Members



**President**  
LOUIE Yan, Louie  
SOCL / 1



**Internal Vice President**  
CHAN Wai-tung, Carol  
BSCI / 1



**External Vice President**  
CHUNG Sum-yue, Natalie  
GRMD / 1



**Secretary**  
CHOI Pui-ka, Kelly  
BSCI / 1



**Treasurer**  
Huang Qi-wen, Blair  
PACC / 1



**Promotion and Publication Director**  
CHEUNG Tsz-yin, Kevin  
BERG / 1



**Club Service Director**  
LIU Ting-fong, Celia  
IBBA / 1



**Community Service Director**  
LAU Cheuk-yan, Venus  
ELED / 1



**International Service Director**  
TSANG Pui-yan, Mandy  
SOWK / 1



**International Service Director**  
LAU Tsz-lee, Lily  
NURS / 1



**Professional Development Director**  
LEE Chun-pong, Samuel  
PACC / 1

## District Rotaract Awards Presentation Ceremony 2015-2016 cum District Rotaract Installation 2016-2017

Claire Mak

Upon the entry of a new Rotary year the District Rotaract Awards Presentation Ceremony 2015-2016 cum District Rotaract Installation 2016-2017 was held in the afternoon of 31st July (Sunday) in Lecture Hall 1, Yasumoto International Academic Park, CUHK to review, congratulate and appreciate the efforts of those Rotaractors and clubs with outstanding projects in the past year and to welcome all incoming board members of District Rotaract Committee and Rotaract Executive Committee 2016-2017 and Rotaract clubs. Well attended by our RAC Tai Po and WYS Rotaractors, this is the occasion when we witnessed our own PP Francis, who has completed an outstanding and memorable year as District Rotaract Committee Chairman, stepped down and formally becomes ... .. IPDRC.



### 12:00 Registration and Refreshment



### 13:30 Speeches and Addresses



### 14:10 District Rotaract Awards Presentation Ceremony 2015-2016



### 16:00 Handover Ceremony



# Regular meetings

25th July 2016



*New tryout of a Board Meeting cum fellowship Night held at Mariner's Club. A relaxed evening with good buffet dinner and good chat.*

*"Rotarian of the Year" Frankie was the winner of the lovely small bag given out by VP Patrick.*



## 8th August 2016



*Rotarian Wilson Woo kept members apprised of "Fire Safety Tips".*



*Happy birthday August birthday boys KF, Wilson and Louis.*



*RC HKNE President Dr. John Wong briefed us on the "D3450 Cardiopulmonary Resuscitation (CPR) Education Project" which promotes the awareness of CPR/AED and subsidizes those who need to acquire the skills.*



## 15th August 2016

*Rotaractors Mandy and Lily shared with us the meaningful International Service Trip "Sunshine Milestone" in Bali Indonesia. They made new friends with Indonesian Rotaractors, touched the lives of orphans, enhanced mangrove growth and most of all, they reached a milestone in life.*



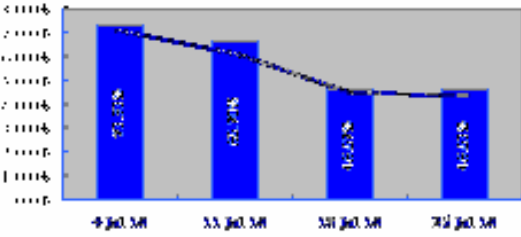
*Claire gave out a Victorinox compact utility SwissCard Classic for raffle draw and Louis was the lucky winner.*

*Acting President Roger was fined for red box by acting Sergeant Minghay.*



*Happy birthday August birthday boy Minghay.*

## Average attendance: 58.33%



## Attendance

FRANCIS AU,  
CAREN CHAN,  
DOROTHY CHAN,  
ANTHONY HUNG,  
NATALIE KWOK,  
PETER LAM,  
CLAIRE MAK,  
ROGER SO,  
VIKKY TAM,  
LOUIS TANG,  
WILLIAM YIM



# Upcoming events

Day	Time	Event	Venue
27 AUG (SAT)	2:00 p.m.	District PI Workshop Speakers: Ms. Heidi Cheng & Mr. Chris Kyme	HKMA, 2/F, Rm 201 First Comm. Bldg., 33-35 Leighton Road, Causeway Bay, H.K.
29 AUG (MON)	7:00 p.m.	Speaker: PDG Peter Wan Topic: Briefing on China Extension	Fincher Room, KCC, 10 Cox's Road, Jordan
5 SEP (MON)	7:00 p.m.	(1) Salvation Army Presentation by Bonnie Liu, Kennis Ngai, Kei & Abe (2) Club Assembly	Fincher Room, KCC, 10 Cox's Road, Jordan
12 SEP (MON)	DG Eric Chin's Visit to Area 6 5:45 p.m. Private meeting RCTP 7:00 p.m. Dinner meeting		Royal Plaza Hotel, Mongkok
19 SEP (MON)	7:00 p.m.	Hong Kong (SME) Economic and Trade Promotional Association Installation (PP Wilson Lam)	BP. International House

## On Leave

Jason Lo

## We missed you In July

Sasha Chu  
Man Mo Leung  
Jimmy Wai  
Kenneth Wong  
Sincere Yip  
CM Yu



*Happy Birthday*

**August**

10th Wilson Woo  
14th Louis Tang  
23rd K.F. Tam  
30th MingHay Yu

## Editorial Team

Chief editor  
**Claire Mak**

### GOT SOMETHING TO SAY?

Tai Post wants to hear from you. Write in to [claire.rctaipo@gmail.com](mailto:claire.rctaipo@gmail.com)  
Tai Post reserves the right to edit articles for length and clarity.

The editorial board  
**Peter Lam**  
**Minghay Yu**



Presented by Hong Kong Chordophonia:  
The Rotary Foundation Centennial District 3450 PPE x Hong Kong Chordophonia Concert

**上天下海**  
Voyage II: To the Skies & The Seas

19:30 國際扶輪基金百週年慶典  
The Rotary Foundation Centennial Celebration  
**24/8/2016 20:00**

香港演藝學院香港喜劇會演藝劇院  
The Hong Kong Jockey Club Amphitheatre, Hong Kong Academy for Performing Arts

1330 (10-12歲) Flat price!  
2500 成人, 兒童  
\$1200 樂隊指揮人及 指揮 "Galaxy Disabled"

A Rotary Service Humanity Mark Concert @ District 3450 Promote Music Earth Day  
Supporting the Rotary Service Humanity Mark Concert and District 3450 Promote Music Earth Day  
2016年8月24日 星期二 晚上八時 演藝劇院 演藝劇院

Programme Highlights:  
Aaron Kerou 和聲四重奏  
Musica Celestia (F.K.S.)  
Johann Pils 鋼琴四重奏  
Double Concerto for Piano,  
Violin and Strings  
《鋼琴與小提琴雙重奏協奏曲》  
(Asia premiere, revised & reconstructed by Johnson Leung)  
James Cheung 鋼琴  
Reflections and Reverberations:  
Hakka Resonances  
(世界首演, 重新編排)  
(World premiere, original composition)  
指揮部華 鋼琴/鋼琴  
指揮 Leung Hok Kiu, Johnson  
小提琴獨奏 Violin Soloist  
(世界首演) Katherine Rita Kyung Lee  
(世界首演)