



President's Message

Patrick Fong

Dear Fellow members,

REGULAR MEETINGS

- PP David Loie was our honorable speaker on 11 March 2019 and the topic was 'Love and Hate and the Shanghai Way'. PP David was ex-past president of the Club. He started to work in Shanghai many years ago and is now a frequent traveler between Hong Kong and Shanghai. It was very kind of him to share with us his experience and life in Shanghai.
- Joint Meeting with our baby club, Rotary Club of SoHo Hong Kong, was held on Monday, 18 March at KCC. Honorable speaker was Dr. Michael Chan. The topic was 'Irregular Heartbeat'. Dr Chan joins RC SoHo Hong Kong this Rotary Year. There were a lot of questions from the floor that night.
- Mr. Anthony Lau was our honorable speaker on 25 March and the topic was 'Stories as Told by Images'. Mr. Lau was Grand Prize Winner of 2016 National Geographic Travel Photographer of the year. Thanks VP K F for inviting Mr. Lau to share his winning photos with us. Anthony will become a full-time photographer in the near future and we all wish him every success in his new career.

FELLOWSHIP – 3rd Theme Night on Friday, 28 March 2019

The 3rd Theme Night was organised by Team 3 under the leadership of PP Dennis with team members PDG Kenneth, PP Vikky, PE Dorothy, Rtn Danny and me. The Theme was 'Notte Italiana 2019' and the venue was at Hong Kong Science Park Phase 2, Tai Po. There were around 40 participants, including members, spouses and guests from RC Peninsula and RC Central. The organizing committee asked questions about Italy – members and guests were very keen to answer in order to win the prizes. It was really an enjoyable evening. Thanks Team 3 for organizing this event.



DISTRICT EVENTS

1. District Rotary HK Ultramarathon 2019 on Sunday, 24 March 2019

- There was a total of six teams: RC Tai Po, RAC Tai Po, IAC Tai Po, service partner Fortress Hill Methodist Secondary School and two teams from PP William's company. Each team had to finish 50 km. RC Tai Po's team members consisted of PP Matthew (10 km), Michiko Tsubaki (6 km), Rtnn Wanda (4 km), IPP Roger (4 km), P Patrick (2 km), Noelle Fong (3 km), Nelson To (3 km) and Christopher Wang (18 km). The team achieved an amazing result of 4h54m44s and the ranking was 19 out of 55. Thanks all runners for participating as well as support from PDG Anthony, Rtnn Mary, PDG Kenneth, AG Natalie, PP Peter, PP Louis, PP Tsubaki, Rtnn Connie, PP Wilson, PP William, Rtnn Bebe, PE Dorothy, Rtn Danny and Rtnn Torrente on the day.



2. District Peace Through Mediation Seminar on Saturday, 6 April 2019

- The event was held at Hong Kong Design Institute & Hong Kong Vocational Education (Lee Wai Lee) at Tseung Kwan O. We are one of the supporting clubs. IPP Roger was one of the speakers for break-out sessions. His topic was 'Property Management/Water Seepage Mediation'.

Thank you.

Patrick Fong

President 2018-2019
Rotary Club of Tai Po





Editor Says

Claire Mak



“Have a Good Day!” When one is greeted with ‘good’ well-wishes, things seem to actually brighten up. Nice!

It seems impossible, however, that every day is a GOOD day. So, if you manage to turn a not-so-good day to a pleasant day, then it is already an achievement. Humans are pretty inconsistent. When you are enjoying a good day, you seldom ask “Why me?” But when things do not go your way, or you do not feel well, you will be incessantly asking “Why me, why me?”

Everyone experiences ups and downs as we go through fine days, rainy days, sunny days, stormy days ... Since one cannot change the weather, let’s change how we approach the (poor) weather or even enjoy the (bad) weather. Earlier on, Hong Kong experienced some pretty foul weather – dull and gloomy days plus fluctuating temperatures which had resulted in wide spread flu and other illnesses. Even as I am writing this piece, people around me are sneezing and coughing. Other parts of the world do not seem to fare any better. There had been continuous cold storms in the north, and heat waves down under. Different alarms and warnings of inclement weather were issued time and time again. It is recently forecasted that temperature in Hong Kong will reach 40 degrees this summer and there will be some 7 to 8 tropical cyclones! Experts warned that they are unsure if any of those shall be as severe as Mangkhut! Isn’t that worrying?

Maybe we should really learn from young kids on how to cope with the weather. Their approach is basically: come what may! They welcome and frolic in whatever weather. If it snows, they roll and slide on snow-covered pavement and do the snowmen and throw snowballs. If it rains, they jump in the puddles and kick up rain water. If it is scorching hot, they bask in the lovely sun and immerse in water fountains. They don’t mind drenching in rain water. They don’t mind covered in dirt. They don’t mind the occasional bump or scratch. The bad weather does not bother them a bit. Rather, it becomes god-sent ready-made games and toys.



Adults will blame the kids as naive and unaware of the hazards to play this way: poor sanitation, bad hygiene, sun burnt, catch a cold, chap lips, slip and fall and get hurt... But then, kids simply follow what nature beckons. When it is cold, they play with the snow. When it is hot, they sweat it out and enjoy coolness of the nearby water source. As simple as that. It is just that for us adults, as one grows older, one’s worries also grow bigger. You worry about mishaps or fret over accidents when they may never happen. Or, they happen under whatever weather!

I am not saying that we can go totally reckless and ignore signs of danger. But when we cannot change the circumstances, we should try to change how we approach each circumstance. If we can synchronize the two, then you will find adversity is not that worrying. Worries come from self-doubt. If you can manage it, then it is under control and not something to worry about.

Too much pressure can induce illness. So, don’t strive too hard. Take a moment and look out of the window, look at the sky, listen to the birds, sniff a flower... Just shift how you approach a problem, smile and you will be ready to face adversity. Now, get ready for some fine weather and *Cruise to Serve the World*.



Rotary Information

Peter Lam

The Rotarian's Photo Contest

From RI news



Our monthly official Rotarian magazine has many nice photos. In fact, every year there is a photo contest for Rotarians to participate. Our first contest, in 1928, asked readers for their vacation photos. In 1941, a new category was added for color photography. Some years our contest had a single theme, such as “Rotary in Action” (1974) and “Service Above Self” (2006); other years, it featured categories, such as “This Is Rotary” and “This Is My Country” (1961). The 2019 Rotarian’s Photo Contest submission deadline has already closed on 15 December 2018, the winner will be announced later, and winning photos will be featured in the June issue of Rotarian magazine. Through it all, Rotarians have turned their cameras on the world to tell Rotary’s many stories. We’ve seen breathtaking landscapes, expressive images of people, and inspiring shots of Rotary projects. As Pulitzer Prize-winning photojournalist and 2014 contest judge David Hume Kennerly put it, “There’s no more potent weapon on earth than a concerned eye behind a camera.” Let’s take a look at the **2018 contest winners** (from more than 1,100 entries).



Third place

Photographer: Maureen McGettigan
Rotary Club of Valley of the Moon (Santa Rosa), California
Location: Bagan, Myanmar



First place

Photographer:
Anthony Riggio
Rotary Club of
Westport, Connecticut
Location: Rabat,
Morocco



Second place

Photographer: Santosh Kale
Rotary Club of Shirol, India
Location: Pandharpur, India



Honorable mentions

Photographer: Salvatore Alibrio
Rotary Club of Palazzolo Acreide Valle dell’Anapo, Italy
Location: Palazzolo Acreide, Italy

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

Elderly Service

長者服務

Rotary Club of Tai Po Services

FLASHBACK

Peter Lam



2005-06 President Claire made home visit to elderly in Tai Po with our service partner Salvation Army Tai Po Elderly Service May 2006. Around 2004-07 we co-operated with Salvation Army to launch an "Emergency Relief Fund" and "Elderly Home Improvement Scheme" and our members paid visits to the elderly private homes to assess their needs and showed our care and support.



2013-14 President Francis Au led our members and students to pay home visit to elderly in Lee Cheng Uk Estate in June 2014. The service was organized by 明愛鄧承峰長者社區中心 and we received quick training before the visit at the elderly centre.



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. Our Rotaractors also joined us.



During 2015-2016, thanks to PP Pearl's coordination, we launched two large scale elderly services 「同建愛心村-鄉郊長者關愛計劃」 and 「同心獻關愛」 and provided various health check services for the elderly. We were glad that Rotarians, Rotaractors and Interactors were well involved. A day tour with our elderly to various attractions and vegetarian lunch was also organized.



Joint Meeting with Rotary Club of SoHo Hong Kong

18 March 2019

Peter Lam

The joint meeting with our second baby club Rotary Club of SoHo Hong Kong was held on 18th March at our home venue KCC, only two weeks after our joint meeting with Rotary Club of Central. Although both clubs only have about 13 members each (plus spouses from RCTP) attending, attendants were full of Rotary dignitaries including AG and DRC Menza Chu and CP Chris Tsang from baby club and our two PDGs Anthony Hung and Kenneth Wong as well as AG Natalie Kwok.



Presidents Jeffery Kwok & Patrick Fong



A must for joint meeting: Final Group photo

The keynote presentation topic was “Irregular Heartbeat” by Dr. Michael Chan Pak Hei who is a specialist in Cardiology and Clinical Assistant Professor, Department of Medicine (HKU). He is now working at Gleneagles Hospital in Wong Chuk Hang. CP Chris who arranged the speaker introduced him with personal touch by informing us that he had known Dr. Chan through his good treatment of his aging mother and parent-in-laws. And eventually Dr Chan joined Rotary Club of SoHo as Rotarian by CP Chris’s invitation. Although the topic of heart disease has been covered in our club in the past by our very own Dr. CM Yu, we could tell from the active Q & A session after the talk that the topic still proves to be very popular. The talk gave us new insights and knowledge which deserve our great attention as heart disease has been so common nowadays.



Introduction of speaker by CP Chris



Keynote talk by Rotarian Dr. Michael Chan



Vote of thanks by PE Dorothy

Towards the end of the meeting, as usual, CP Chris demonstrated his big respect and support to his mother club by a generous red box donation of \$1,000. Thank you CP Chris for the support and arrangement of good speaker on the topic of “心律不正” and we look forward to hearing his sharing of his insight into “心術不正” which he claims to know well...



CP Chris rewarded with lucky draw prize (bottle of nice Champagne) from AG Natalie.



Generous Red Box donation by CP Chris.



Thanks PP Vikky entertaining our baby club many lady members including PE Renee Hue, PP Polly Yeung, PP Christina Leung and Joey Cheng.



Rotary Hong Kong Ultra-Marathon

24 March 2019

Danny Lau

Cold morning, over 1,700 participants were ready to join Rotary Hong Kong Ultra-marathon with their warm hearts. The race had been organised since 2015. WE SERVE WE RUN is the slogan of 2019. There were eight races for participants:

1. 50KM INDIVIDUAL RUN
2. 50KM OPEN GROUP
3. 6 HRS ENDURANCE RACE
4. 50KM ROTARY CLUB RELAY TEAM
5. 50KM CORPORATE RELAY TEAM
6. 50KM COMMUNITY SERVICE RELAY TEAM
7. 50KM NEW GENERATIONS RELAY TEAM
8. 50KM SISTER CLUBS RELAY TEAM

We, the Rotary Club of Tai Po, joined 50KM ROTARY CLUB RELAY TEAM; and team members include Matthew, Michiko, Wanda, Roger, President Patrick, Nelson, Noelle and Chris. We have two aces: Matthew and Chris, who enjoyed 10km and 18km in the race.

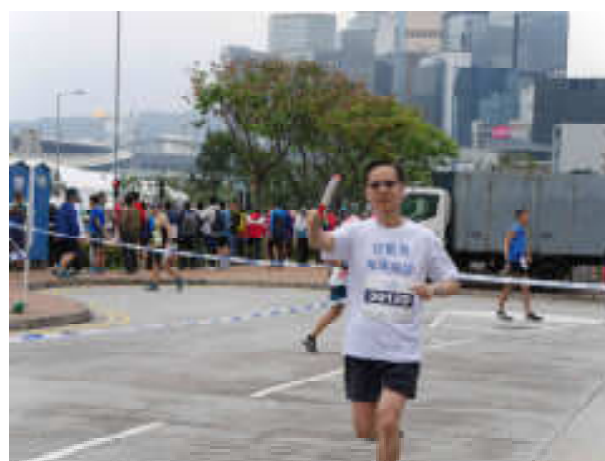


Male champion of the individual run went to 蘇志濱 who came from Taiwan (3 hrs 18 min 32 sec), and he also breaks the meet record (average 4 mins/km). Female Champion went to Badamkhatan D. who came from Mongolia (3 hrs 35 mins 4 sec). This year also added 6 HRS ENDURANCE RACE, and the male champion went to Hong Kong runner 張健明 (74.915km), and female champion went to 吳益華 (66.528). It is amazing that they both ran non-stop for 6 hours.





Running a marathon is a good way to train our will power. It is because we have to face the conflict between our first order desire and higher order desire. First order desire is a desire for anything other than a desire. Yet, higher order desire is a desire for a desire. So, for instance, you might have a first-order desire telling you to give up running once you feel serious runner pain, yet stop running in a race is not a situation you wish to see. You might talk to yourself that I **“want”** to be a person that I want to keep running. The bold-typed **“want”** represents your higher desire.



On the one hand, your first order desire wants you to stop running, but on the other hand, your higher order desire determines that you should keep running till you finish the race. Creatures like human beings can generate higher-order desire to guide our actions. As we reflect what we should or should not do, this is the source of free will and volitions.



Marathon gives a chance for every runner to face the inner temptation of giving up in the middle; at the same time it gives a chance for a runner to hold his volitions. That is why marathon is a great track game.

Rotary Club of Tai Po – 3rd Theme Night

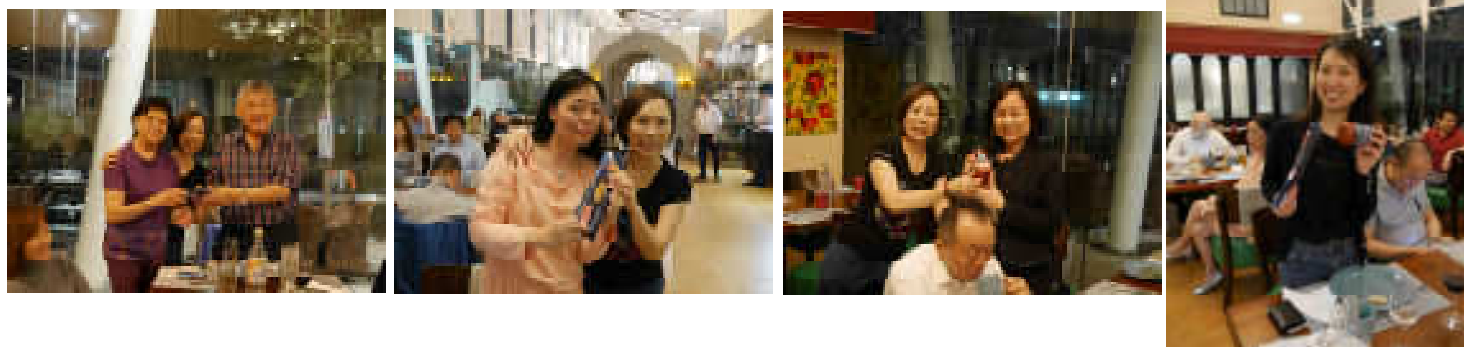
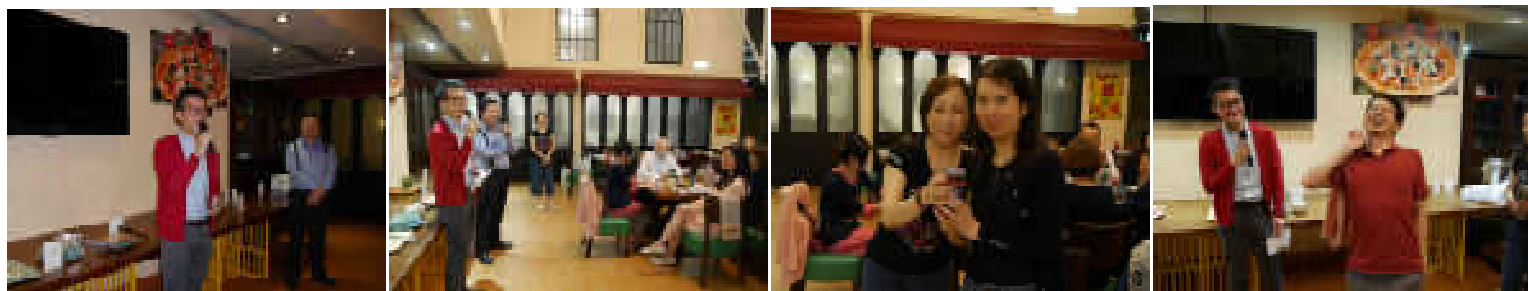
29 March 2019
Dennis Lo

Theme	: Notte Italiana
Date	: 29 March 2019
Venue	: Meraviglia Bar & Ristorante at Science Park
Team Members	: P. Patrick, PDG Kenneth, VP Dorothy, PP Dennis, PP Vikky, Rtn Danny

Semi buffet with choices of main courses per individual preference.



Games with Q&A about Italy. The prizes were spaghetti and spaghetti sauce.



Visiting Rotarians from baby clubs of SoHo and Central attended.



The party ended with our beloved CP Donald singing "Now or Never" in Italian with voice as Luciano Pavarotti.



District 3450 Peace Through Mediation Seminar

6 April 2019
Claire Mak

District 3450 organized a 4-hour **Peace through Mediation Seminar** in the morning of 6th April 2019 at Hong Kong Design Institute & Hong Kong Institute of Vocational Education (Lee Wai Lee), Tseung Kwan O. Its objective is to promote peace through the use of mediation to resolve different types of disputes.



The program started with a short Opening Ceremony and Welcome Remarks by Governor YC Ho. After program Chair Past District Governor Jason Chan has given an Introduction of Keynote Speaker Professor Norris Yang, we listened to Mr. Yang's lively overview of the benefits of Mediation against a comparison with Rotary's Four Way Test. DGN Wilson Cheng thanked the speaker before we hear Ms Ada Chan from the Department of Justice about what the Government has been doing to promote mediation as a means to resolving disputes; and PP Mitzi Leung, on behalf of UNESCO, spoke about Hong Kong as a Global Peace Centre.



After a photo session and a brief coffee break, member dispersed into break-out sessions. I attended the one on "Family Mediation" and found Family Mediator Supervisor and Counsellor Clara Yip a very persuasive speaker. She really knows her stuff as she recounted experiences on how she derives satisfaction in reducing, if not resolving, disputes among highly-emotionally charged parties in the rather taxing exercise of family mediation. A huge amount of empathy and understanding into each party's underlying needs through their subtle expressions are required. I believe our IPP Roger also gave some useful insights to those listening to him when he spoke on "Property Management/Water Seepage Mediation".

This was a useful seminar which I am glad to have attended.



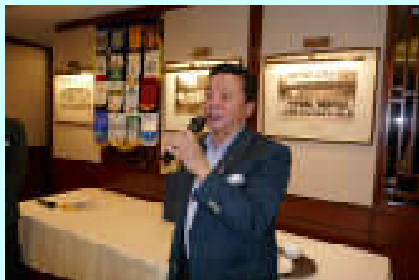


Regular Meetings

25 March 2019



Mr. Anthony Lau, Grand Prize Winner of 2016 National Geographic Travel Photographer of the Year Contest, shared with us **"Stories as told by Images"** as he showed us the amazing photos with equally amazing behind-the-lens experiences. His passion originated in his tender years when his elder brother taught him how to take photos by manually adjusting the lenses and brought him along to photo exhibitions. He re-picked up the hobby when his own child was born and further enhanced his skills by continuous trial and errors and a lot of in depth preparation before each photo shoot.



When **PP Dennis** gave the **Vote of Thanks**, he raked up fond memories of the good old days when he went wooing girls under the pretext of taking photos for them.



Ms. Viola Chow of Fortress Hill Methodist Secondary School, **Rotaractor Gary Yeung** and **Rtn. Danny Lau** updated us on the **'Unlock Untapped Potential. Unleash Unlimited Opportunities' for SEN Youth**, with particular focus on the impending Opening Ceremony, SEN Forum cum Photo Exhibition on 11 May. Special thanks to Rtn. Danny for sponsoring the necessary equipment.



Fukien native **PP Armstrong** selected a special box of **Golden Buddha tea** for raffle draw and tea connoisseur **PP Frankie** was the deserved winner.



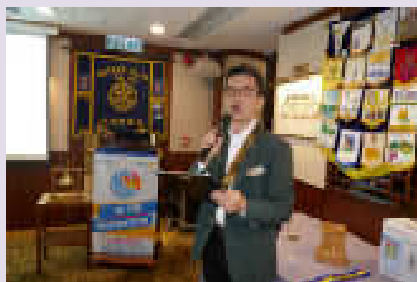
Belated **birthday celebration** for **PP Tsubaki**. Cheers!



8 April 2019



President **Patrick** doubled up as acting Sergeant and did all reporting, playing two roles.



VP K F led the discussion at the Club Assembly.




Welcome back **Hon. Member PP Ping Leung** and a belated happy birthday to you. **RCTP fans** attended the Club Assembly.





Date	Time	Event	Venue
30 APR (TUE)	7:00p.m.	4th Theme Night – Voices Soar on 430 Dress Code: Smart Casual	Monet Room, B1 Floor, Intercontinental Grand Stanford Hotel, 70 Mody Road, Tsim Sha Tsui East
4 MAY (SAT)	2:30p.m.	潮看TEEN空 Closing Ceremony	New Territories Heung Yee Kuk Tai Po District Secondary School, 10 Ting Kok Road, Tai Po
4 MAY (SAT)	6:30p.m.	Baby Club RC Central 10th Anniversary Charity Ball Dress Code: Black Tie	Hyatt Regency Hong Kong, 18 Hanoi Road, Tsim Sha Tsui
6 MAY (MON)	7:00p.m.	Regular Meeting Speaker: Ms. Annie Luk Topic: Better Self Better World (education for kids)	Fincher Room, KCC, 10 Cox's Road, Jordan
11 MAY (SAT)	9:00a.m.	District Training Assembly Dress Code: Theme Suit/Business	Hong Kong Institute of Vocational Education, 21 Yuen Wo Road, Shatin
11 MAY (SAT)	3:00p.m.	'Unlock Untapped Potential, Unleash Unlimited Opportunities' for SEN Youth - Opening Ceremony, SEN Forum cum Photo Exhibition	iBakery Gallery Café, Tamar Café at Tamar Park, Admiralty
18-19 MAY (SAT-SUN)	12 noon	59th District Conference	Galaxy Macau, Cotai, Macau
20 MAY (MON)	7:00p.m.	Regular Meeting Speaker: Magic Wilson	Fincher Room, KCC, 10 Cox's Road, Jordan



Attendance  **100%**

March 2019

PEARL DANG, CLAUDE MAK,
PATRICK FONG, ROGER SO,
ANTHONY HUNG, KF TAM,
NATALIE KWOK, WILSON WOO,
PETER LAM, FRANKIE WU,
DENNIS LO, WILLIAM YIM

 **April**

9th CM Yu
28th Matthew Yum

4th THEME NIGHT · PRESENTED BY TEAM 4
VOICES SOAR ON
歌聲穿梭 430

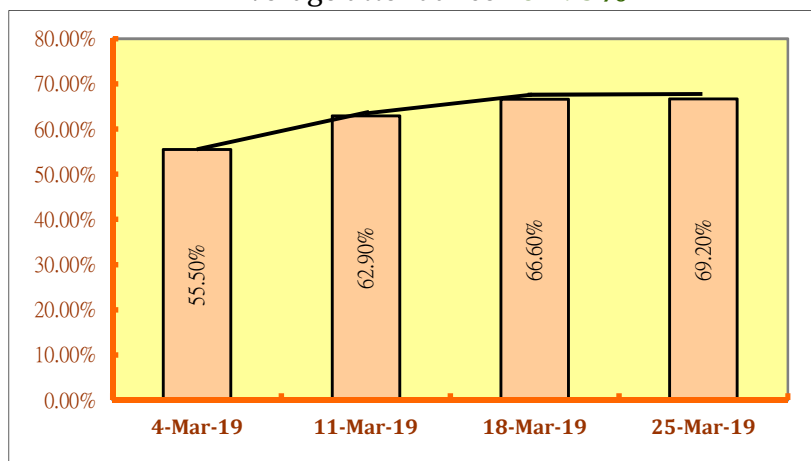
APRIL 30
TUESDAY

INTERCONTINENTAL GRAND HOTEL
STANDFORD
MONET ROOM, BASEMENT 1,
70 MODY ROAD TST EAST

SMART CASUAL
CHINESE CUISINE
GUEST CHARGES : \$680

Rotary Club of Tai Po

Average attendance: 62.93%



We miss you

Sasha Chu,
Ronald Chung,
Wilson Lam,
Henry Wang,
CM Yu,
Christie Zheng



Got Something to say?

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

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

The editorial board
Claire Mak
Peter Lam

