

TAI 報 POST

PRESIDENT'S MESSAGE



MAC CHAN

Dear fellow Rotarians,

This is a fruitful month for our club and our members. Our club has organized various service projects, e.g. International Youth Climate Summit on 1 March 2025, Service for Elderly friends in Tuen Mun district on 8 March 2025, Circles of Care Service Events on 2 and 9 March 2025. Our club has also sponsored the "Star Reaching" Project of which closing ceremony has been successfully held on 1 March 2025.



Our members have supported and attended various district's initiatives, including PPE Fish Farm Visit on 22 February 2025, District Mahjong competition on 22 February 2025, as well as District Blind Bowling event on 23 February 2025.



District Conference will take place on 24 and 25 May 2025 at Galaxy International Convention Center in Macau. Many of us have registered for it, and I now invite and strongly recommend our Club members and spouse as well as members from our Satellite Club.

Enjoy the coming month and our Rotary life.

Yours in Rotary,

Mac Chan



CLAIRE MAK

EDITOR SAYS



In recent years, the phrase "completion progressing" has become a common refrain among young people, reflecting a shift in how tasks are approached. Unlike my generation, which viewed homework as a binary state—either completed or not—today's youth often embrace a more interesting perspective: that tends to reflect that the journey towards completion is as vital as the end result itself.

COMPLETION PROGRESS

► NOW



Unit 1
Completed ✓

Everybody has a different journey.
Everybody has a different path, and
you don't really know what to expect.
All you know is to just keep plugging
away, and you hope something will
come through and something will
happen.

In the past, my belief was that persistence would lead to success. Lengthy essays could be tackled through sheer determination – simply continue writing. However, modern homework seems to require deeper engagement and personal investment rather than simply fulfill a requirement. And this is not limited to youth. For instance, a member who promised to contribute to Tai Post, shared how a piece of homework (that's how I describe a piece of Tai Post Write-up) demanded not just thorough understanding of the background mechanisms but also firsthand experience, merging knowledge with authenticity to create impactful content.



TODAY I CHOOSE TO GROWTH MINDSET

Embrace Imperfection

Practice Gratitude

Set Boundaries

Connect with Your
Community

Live in the Moment

As the editor of Tai Post, I recognize that good intentions alone do not guarantee success. The process of creating something valuable is complex, influenced by timing, audience, and context. This evolving landscape encourages (well, "forces" is more apt) me to embrace imperfection and prioritize growth over mere completion. As we enter a *new* year, let's focus on supporting one another in our efforts to innovate and engage, stepping beyond the confines of perfectionism to foster genuine progress. The bottom line is: I hope you enjoy reading Tai Post, our monthly bulletin, and find it truly recording what happened at RCTP.

Nowadays, Rotary clubs operate around the globe and online, in a variety of formats, with various emphasis. In our Jun 2023 TaiPost, I have introduced a new “Caused-based” Rotary club model featuring the Rotary club of Mental Health & Wellness in Los Angeles, USA. Besides from other caused based club like Rotarians for Environmental Action, and Rotarians in Service for Equality, which focuses on LGBTQ+ concerns, here is another one which RI has been eagerly promoting recent years with the formation of the District DEI (Diversity, Equity & Inclusion) committee around the globe.

ROTARY INFORMATION



Rotary Club of World Disability Advocacy
from RI & RCWDA website

This caused-based club since 2021 main goal is advocacy. With International members, this Club focuses on coordinating Human Rights needs for people with disabilities in countries around the world. The Club has set up international committees in many countries to identify needs. One of its two meetings each month is devoted to speakers who share some of their work or experience in this area. The club posts videos of the talks to its Facebook page. Recent presenters have included Grace Ndegwa, of Kenya, who shared her personal journey with spina bifida (脊柱裂) and Daniel Lubiner, founder and director of the TouchPad Pro Foundation, who explained a new device that is making it easier to teach Braille (盲人點字法).

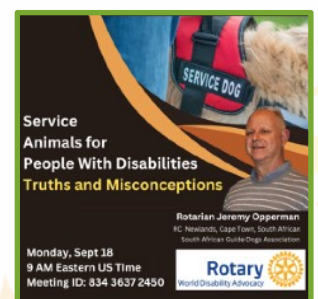
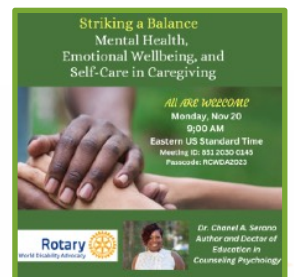


Occasionally, the club organizes a larger event, such as an online summit in October that brought together educators, parents, and students from around the world to talk about the successes and challenges of inclusive education. Because members are spread around the globe, the club began dividing into smaller clusters that meet by time zone and language. Members support each other on a wide range of conditions, including some that are less recognized as disabilities. Members support each other on a wide range of conditions, including some that are less recognized as disabilities. One of those is *postpolio syndrome*. Club member Mona Arsenault leads Polio Quebec, an association for polio survivors. In 1984, Arsenault, who contracted polio as a child, discovered her muscles suddenly weakening again. After many medical appointments, her doctor diagnosed her with postpolio syndrome.

Another member, Danilo Souza, the director of digital accessibility and inclusive communication for São Paulo's municipal office for people with disabilities. He advises the club and other Rotary clubs in Brazil on increasing their impact through technological accessibility. Souza consults with academic institutions on how to understand disabled students' needs. He says digital accessibility has become more important after the pandemic because people conduct more of life's business virtually, from remote work to online degree programs. The goal should no longer be to get special equipment for a few employees or students, but to ensure equal opportunities for everyone.



One other member, Jagwe Muzafaru, created the *Blind Football Uganda league* in 2021 to give visually impaired or blind players a sense of independence, raise their profile, and provide them new opportunities. The most recent example of this was a player who was offered an internship at a TV station through his role setting up media for a match. Below are some of their activity and talks which served well their advocacy cause:





A look back of our club's events of the month in the past 3, 6, 9 & 12 years

March 2013



PP Jacky & Claire and social workers at our潮看Teen 空 youth project post camp sharing session at HYKTPDS on 2 March.



Area 6 Spring Dinner at Royal Plaza Hotel on 11 March under Ron's Presidency and when Kenneth was our District Governor.



Those were the days when Area 6 still comprised of "新界八社"... with only 8 clubs (compared to 11 clubs now!)



Joint meeting with RC NT, Tolo Harbour, Kowloon Tong & Kai Tak on 25 March at Regal Kowloon Hotel. Nursing officer from Hospital Authority (PP Bonnie Wong) spoke to us about Organ Donation.



President Ron, Alice, DS Peter and our Rotaractors at district event 扶輪青年唱好和平音樂會在 Kowloon Bay KITEC music hall on 23 March.



March birthday stars at our 18 March regular meeting in Royal Plaza Hotel. Our Rotaract club Pres. Iki Chan spoke to us about her experience representing our District to attend the Rotary Peace Forum in Honolulu.



March 2016



Star Reaching project 「機不可失」 Closing Ceremony at youth centre in Tai Po on 13 Mar.



Ultramarathon on 6 March in Central. We were proud of PP Frankie Wu being event committee chair; and aside from our strong Rotarian team, we also have one team from our Tai Po schools Interactors.



At "Youth Music Chill" with our Interactors from Tai Po schools in West Kowloon Cultural Park 6 March. This outdoor music festival was organized by our 2015-16 DRC PP Francis Au to celebrate the 48th birthday of Rotaract.



Our RCTP new generations (Rotaract Club of Tai Po, Rotaract Club of CU WYS College, Interact Club of TTCA, Interact Club of Tai Po Schools) joint meeting at CU WYS campus on 20 March.



Wilson Woo was our keynote speaker and he shared with us his fire officer job.

March 2016



With baby club RC SoHo members at Intercity Meeting in honour of Rotary Foundation Trustee Chair PRIP Ray Klingensmith in Regal HK Hotel on 14 Mar.



At the 7 March meeting when then new member Wilson Woo was our keynote speaker on topic "The Joy & Tears of Fire Fighter." Wilson's wife Joanna, sister-in-law Rebecca, cousin Ada, Alex Tsang (RC Central) and Alex Fan (RAC Taipo) came to support. Did Claire give red box to welcome guests or was that a penalty for something else?



March 2019



Joint meeting with baby club RC Central at KCC on 4 Mar. with speaker Deputy Consul-General of Vietnam who shared with us "Foreign Investment Opportunities in Vietnam".



We had a rather unique closing ceremony of our Star Reaching Project 「Better Me」 at WWF historic heritage Island House Conservation Studies Centre in Taipo on 9 March.



At our joint meeting with baby club RC SoHo on 18 March, CP Chris Tsang won the raffle draw gift of a bottle of champagne from Natalie!



Our PP David Loie visited us on 25 Mar. meeting and led us sing our RCTP club song which he wrote . . . "Rotary Rotary Ro-tary we are very happy . . ."

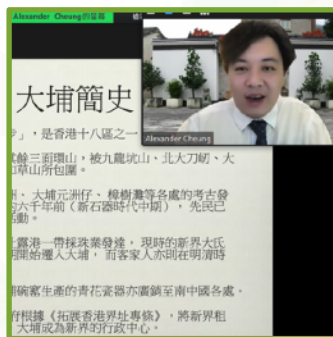


"Notte Italiana" theme night at Meraviglia Bar & Ristorante at Science Park on 29 March.

March 2022



3 Mar. Zoom meeting featuring talk by PP William on the timely topic "Covid 19 Rapid Antigen Tests: what everyone should know". Glad to have RC SoHo CP Chris Tsang joining the virtual meeting!



At our 14 March zoom meeting, 2012-22 DG Keith joined to promote the upcoming District Conference while keynote speaker Archeologist DS Alexander talked about 大埔古蹟遊. We had good attendance and the interesting talk generated lively sharing by veteran CP Donald who gave us his first-hand information about the history of Tai Po.



I must extend a hearty congratulations to the club presidents of Area 6 for orchestrating a truly delightful Spring Dinner on 17th February (Day 20th of CNY).

This year's event was not just cheerful and enjoyable; it was refreshingly *different*!



Gone are the days of lengthy formalities!

The Area 6 扶輪好聲音 Spring Dinner kicked off with the familiar Rotary Song and an inspiring opening speech from DG Nigel, followed by the God of Fortune showering us with good luck blessings.



But after that, we discarded tradition and dove straight into the vibrant Chinese New Year celebrations! The feast started with the playful yet auspicious “撈起” dish where we all tucked in and tossed the ingredients aiming to do big and good in the coming year. We were also treated to zodiac predictions delivered with flair by our AI DG and Presidents, and there were mesmerizing singing performances from representatives of various clubs. President Mac truly stole the show, earning well-deserved praises and flowers from admiring members and spouse.



No gathering is complete without a flurry of photos and lucky lai see! And let's not forget the lively tongue-twister game, where our very own Sim Sim showcased her extraordinary talent with a crisp and flawless delivery.



This Area 6 Spring Dinner was joyful and cheerful. I am sure it sets an auspicious tone for our club this year. Here's to more memorable moments ahead! Cheers!



Mahjong is indeed a cherished part of Chinese culture, often regarded as a traditional treasure. It is not just a game but a social activity that brings people together, fostering camaraderie and strategic thinking. District 3450 holds a Mahjong event annually, as it helps preserve and promote this cultural heritage. Such events not only keep the tradition alive but also provide a platform for community bonding and cultural exchange. This year the event had been held in a fabulous restaurant in Hung Hom on 22 Feb 2025.



As informed by the organizing committee, we had over 40 players competing for the prestigious titles of Mahjong King and Queen. Representing our club, Rotaryannes - Mary & Creamy, and I, had participated in the Mahjong competition. We were assigned to different tables, each paired with experienced master players. The experience promises to be both challenging and enriching.

After more than two hours of intense competition, the 2025 Mahjong King has been crowned: PP Ronnie from the Rotary Club of Kwai Chung. I also had the wonderful opportunity to learn advanced techniques and strategies from seasoned players like PDG Keith, PP Wendy, and PP Alexis. It was an enriching experience that truly elevated my understanding of the game.



After the competition, all the participants gathered for a fellowship dinner and prize presentation. PP Frankie joined us for the evening, adding to the lively atmosphere and cheering on all the Mahjong masters. If you missed the one this year and would like to experience the excitement and camaraderie firsthand, be sure to sign up and join us next year!



The 4 of us from RC Tai Po – PDG Anthony, PP Peter, PP K F and PP Claire who joined the visit to Smart Farming HK (愉富農科) in Sha Tau Kok on 22 February (Saturday) can vouch that this District PPE Committee-organised visit fully achieved the following aims:

- Get up close with the world's most expensive freshwater fish - "Unforgettable" 忘不了
- Learn how technology enhances local high-tech sustainable fisheries development
- Witness how waste is turned to treasure – processing kitchen waste to pet snack
- Enjoy a green feast - savour a specialty lunch made with local ingredients
- Explore how to integrate sustainable wisdom into life and community services

Additionally, we also gained RCTP 10 points for the Rotary Green Club Award.



Sustainability: ESG Tech Solution

Upon arrival at the Smart Farm in Sha Tau Kok, we were given an interesting talk by the Chief Technical Officer Mr. Gary Wong. He shared with us that aiming to create an eco-friendly and high-tech aquaculture system based on ESG principles, Smart Farming integrates the use of food waste recycling machines and the addition of effective microorganisms in the process to transform the waste into recycled fish feed. This approach enables the reintegration of food waste into the food chain, simultaneously reducing waste and accomplishing the objective of carbon cycling.

Food Waste to Fish Feed

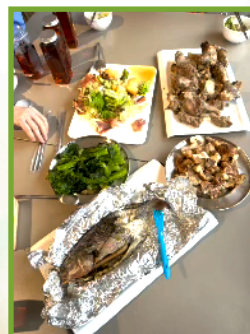
Following the lecture, it was time for some active demonstration. Gary and colleagues placed in front of us 2 fish which has fallen out-of-tank: one Empurau 忘不了 and one Jade Perch 寶石魚. He started slicing the Empurau and members also tried their knifing. The fish slices were then placed in an oven for drying ready to be made into pet feed. It begs the inevitable question: why breed/feed pets with the expensive Empurau? You guess. And, no, we did not get to taste the Empurau; they are food for the pets! Huh!



We were then brought to see how food waste was dehydrated and the flaky dried *product* mixed with various natural nutrition before turning into fish feed particles. At the various fish tanks, we not only saw how the fishes were bred, we also attempted fish feeding with the fish feed particles. That is how food waste is utilized for aquaculture contributing to sustainable fisheries development and addresses one of Hong Kong's food waste challenges.



Lunch was a green, healthy and tasty Feast comprising: Provençal Grilled Vegetable Salad, Fig and Prosciutto Salad, Thai-style Grilled Local Organic Fish, Moroccan-style Roasted Lamb Leg, Herb Roasted Local Chicken, Organic Local Vegetables, Colourful Fried Rice Noodles and Vegetarian Fried Rice. We thoroughly enjoyed the hearty meal and have privately asked for the chef's contact.



Organizing Sustainable Development Activities

Soon after lunch, Project Director Mr. Kenji Yuen shared his experiences with us about organizing SDGs educational activities, addressing practical considerations for implementation by different corporations and non-profit organizations, and discussed how to effectively achieve sustainable development goals. Before ending, he left us with 3 questions to think about:

1. Is there any ecological impact?
2. Have you considered the real needs of the target recipients?
3. Are resources allocated efficiently?

These are good food for thoughts for our club or indeed any organisation when planning Sustainable Development Goals (SDGs).

I am grateful to have joined this eye-opening tour. It is an enjoyable half-Saturday well spent.



15th Hong Kong Bowling Tournament cum 14th Hong Kong Blind Bowling Tournament

23 February 2025 . K F Tam

Rotary
Club of Tai Po



The Rotary annual bowling tournament was held on Sunday, February 23, at 10:00 AM, at the South China Athletic Association this year. The main objective is to raise the self-confidence of people with visual impairment through equal participation in sports tournaments and to arouse public awareness of their abilities.



Our Rotary Club of Tai Po also participated, forming a team that included leader Wilson, Sim Sim, Bong Goh (Sim Sim's husband) and one visually impaired participant. I served as a substituted player. A total of 46 teams competed, mainly consisting of Rotary clubs, Rotaract clubs, and a few corporate teams.



The event was very spectacular, with each participant geared up in their bowling shoes, and choosing the right bowling ball. After the opening speech by District Governor Nigel, the ceremony began. Each representative bowled the first ball while blindfolded. Each team had to play three rounds, and the total scores were added up to determine the final results.

Our Tai Po team, which included three teammates and one visually impaired person, had a great experience. At the start, everyone warmed up, but during the competition, each participant performed exceptionally well, especially Bong Goh (Sim Sim's husband), who had impressive bowling skills. He scored many strikes and spares, significantly boosting our team's score. Wilson Woo consistently performed at his usual high level, leading our team to a commendable score after three rounds. Although our score wasn't the highest, it was still very good.

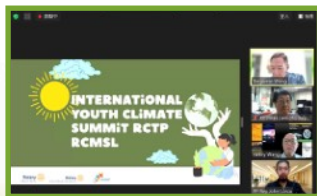
This was a great experience, playing alongside with visually impaired player. We shared, bonded, and learned about their life experiences, which were invaluable takeaways for us.



Finally, during the awards ceremony, prizes were given to the winning teams and outstanding players, along with the corporate team championship. What left a last surprise on me was that my company, Gammon Construction Limited also sent a team that won the overall championship. Although I did not participate in the team, I felt proud and took a photo to commemorate the moment.



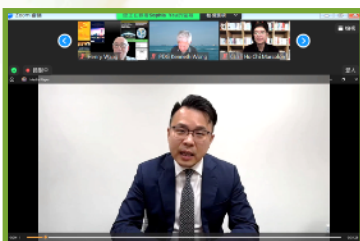
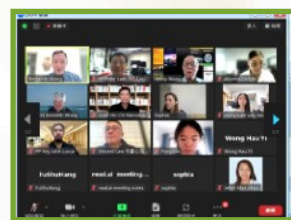
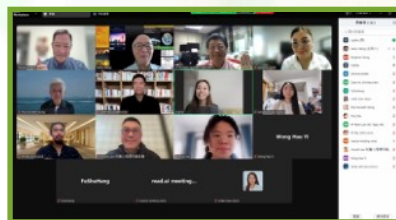
This was a meaningful event, and I hope that in the coming year, more club members would enthusiastically support forming one or more teams to participate with the visually impaired individuals, embodying the spirit of Rotary.



The Fourth International Youth Climate Summit in 2025 was successfully held on 1 March 2025 virtually via zoom. Continuing the momentum from last 3 years, the Summit gathered Rotary leaders, renowned environmentalists and climate enthusiasts in Hong Kong and Philippines. There were good discussions on international climate practices, green buildings and ecological preservation. We believe that the Summit has helped to raise environmental awareness and promote joint climate actions.

At the start of the Summit, Benjamin Wong from Rotary Club of Tai Po who kindly agreed to be the MC, welcomed all the participants and introduced the program. Executive Secretary Sophia then helped to take some nice group photos of all the speakers and participants.

D3450 Governor Nigel Lo gave a good speech at the Summit. He said he was glad to speak at this Fourth International Youth Climate Summit together with his fellow DG Prescy. He noted that RC Tai Po & RC Makati San Lorenzo have jointly organized the International Youth Climate Summits successfully since 2021. This is an important international PPE & Climate cooperation between the two Rotary districts and the two Rotary clubs. He said PPE is one of RI's key international focus areas and he is happy that Rotarians are actively contributing to these important areas. Looking ahead he said that Rotarians, Rotaractors and youths in HK, Philippines should work together more on new joint PPE projects.



D3830 DG Prescy Yulo said that the Summit is a good shining example of the international cooperation between the two districts. She is happy that the RC Tai Po & RC Makati San Lorenzo are cooperating well on this flagship project and have jointly organized the Summit successfully since 2021. Looking ahead she also hopes that Rotarians and youths in HK and Philippines should work together more on new joint climate projects.

RCTP President Mac Chan said that RC Tai Po & RC Makati San Lorenzo have jointly organized the International Youth Climate Summits successfully for 4 years since 2021. The First Summit was held virtually in 2021, during Covid, with 200 participants. The Second Summit was held successfully in May 2023 with 400 participants. The Third International Climate Youth Summit was held in November 2023. There were some very motivating speeches by RIP Gordon plus both DGs and Club Presidents. He stressed that this is an important international PPE cooperation between the two Rotary Clubs. He is happy that RCTP Rotarians are actively contributing to PPE as part of their Service Above Self. He mentioned that a good example was PDG Kenneth inviting Henry Wang to give a speech on Climate and PPE at an international Rotary VVE meeting to Rotarians from HK, Australia, UK and Africa recently. Looking ahead he also said that Rotarians and youths in HK, Philippines should work together more on new joint projects to help to mitigate climate change.



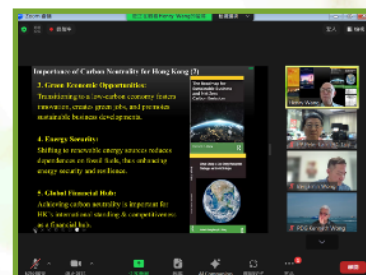
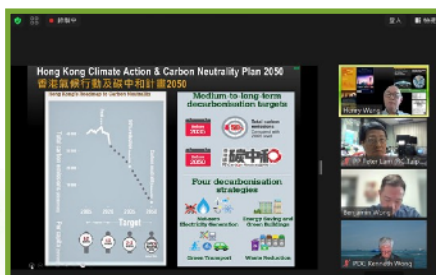
RCMSL President Ellie Gatmaitan said that she is happy that RC Makati San Lorenzo and RC Taipo have been jointly organizing the Summit successfully since 2021. She said this is an important international cooperation project between the two Sister clubs. Looking ahead she also hopes that Rotarians and youths in HK and Philippines should work together more on new joint Climate projects.

RCMSL Rey Lorca gave a good speech on Rotary PPE and climate. He mentioned the importance of green buildings and smart city designs.

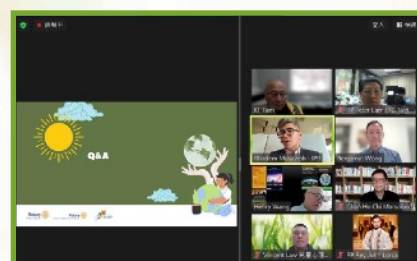
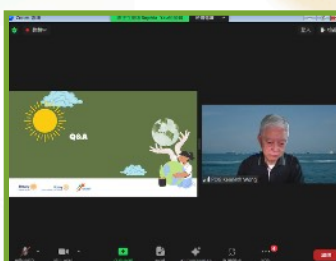


Rhadam Musawah gave a good speech on 'Ocean Conservation and Plastic Pollution'. He mentioned the importances of preserving our oceans plus the need to stop single use plastics so as to reduce plastic pollutions globally.

RCTP Henry Wang gave a good presentation on 'International Climate and Sustainability Developments'. He mentioned the high international focuses on clean energy transitions, green finance, ESG and international climate cooperations.



There were good questions from the participants and youths on climate advocacy, AI, PPE, VVE and the Paris Climate Agreement.



At the end of the Summit, the RCTP and RCMSL organizers thanked the organizing teams for their hard work in organizing the successful Summit. They also thanked both the DGs and both the Club Presidents for their important speeches plus the three speakers for their interesting speeches. They also thanked all the Rotarians, Rotaractors and youths for their good questions and active participation in the successful Summit.

Star Reaching Closing Ceremony - Blossoming Witness on Youthful Transformation

1 March 2025 . Danny Lau

Rotary
Club of Tai Po



A Ceremony Beyond Formality

On March 1, 2025, I represented the Rotary Club of Tai Po at the Star Reaching Project Appreciation Ceremony, hosted by Hong Kong Children and Youth Services. Accompanied by President Mac and Past President K.F., I felt immediately that this gathering was more than a routine event. The atmosphere brimmed with anticipation and pride, hinting at a celebration of the determined efforts that had flourished over the past year.

Before the ceremony began, we were invited to explore various displays and demonstrations, revealing how this project had subtly transformed lives.

Transformations Beyond Appearance

One exhibit caught my eye: a personal styling initiative designed to boost the confidence of young participants. Professional stylists volunteered to guide each individual through a tailored makeover. The walls featured striking before-and-after photos. It wasn't just the hairstyles or outfits that stood out; it was the newfound confidence reflected in the faces of the participants. They carried themselves differently, as if a hidden part of themselves had emerged. This transformation illustrated how even small changes can unveil inner strength and beauty.

Shaping Emotions into Art

In another area, creativity became an outlet for unexpressed feelings. A ceramics workshop encouraged youths to sculpt objects representing their emotions. One piece, crafted by a participant mourning a beloved pet, conveyed deep love and longing. The act of shaping clay allowed this teenager to express grief in a tangible way. Watching these creations, I realized each artwork was a gentle embodiment of healing, connecting the maker to cherished memories.

Mirrors of Self-Worth

The journey of self-discovery continued with a simple yet profound activity: mirror-making. Participants decorated plain mirror frames and wrote personal affirmations on them. Later, I saw youths reading their affirmations: "I am strong," and "I deserve to be happy." This thoughtful exercise, designed by social workers, was more than arts and crafts; it taught self-compassion. By inscribing affirmations, they learned to recognize their own worth, countering a society that often emphasizes what they lack.



The Simple Yearning to Connect

Self-actualization thrives on connection, and the program emphasized this through a "life checklist." Participants reflected on their relationships with family, friends, and community, discussing meaningful experiences like resolving misunderstandings or expressing gratitude. Many expressed hopes centered on strengthening bonds and finding their place in the world. A teenager shared a desire for family dinners without phones—simple yet profound wishes for connection and understanding.

Stepping into the Spotlight

When the formal ceremony began, the participants shone. They demonstrated skills they had cultivated, showcasing makeup artistry and catwalk modeling in a mini fashion show. Each performance was a testament to their dedication. What moved me most was a young participant, once shy, confidently co-hosting the event. This transformation highlighted the project's essence: with encouragement, young people can discover their inner poise and assurance.



A Living Symbol of Growth

Amid the celebrations, a large mechanical flower stood off to the side, symbolizing participants' growth. Its petals opened and closed rhythmically, mirroring the ebb and flow of personal development. Each moment of triumph was echoed by the flower blooming; during reflective pauses, it curled inward. This powerful metaphor reminded me that growth is not linear but a continuous process of expansion and introspection.

Gifts of Gratitude and Hope

As the ceremony concluded, participants expressed their thanks by giving handmade gifts. I received a jar of hand cream, crafted with care, and a cheerful knitted sunflower. The sunflower, like its namesake, symbolized optimism and resilience. These tokens, though modest, carried immense sentiment, representing the youths' journeys and gratitude.



Beyond the Ceremony

Stepping out into the evening air, my heart swelled with reflections on the day. Witnessing the teenagers' growth reinforced my belief in the quiet power of transformation. With guidance and nurturing, individuals can indeed change their narratives. I felt inspired to continue the collaboration between the Rotary Club of Tai Po and Hong Kong Children and Youth Services, eager to see more lives touched in similar ways.



Before heading home, I explored the Tai Po Arts Centre, a space transformed from an old industrial building into a vibrant arts hub. Each floor revealed creativity—bookstores, rehearsal spaces, and dance studios, all alive with expression. This center exemplified how art allows us to transform intangible experiences into something tangible.

In that soft evening light, I recognized a common truth: we flourish when given space to grow and support from others. Whether through young people gaining confidence or an old factory becoming an arts haven, the underlying principle remains: with care, we can nurture the human spirit. I left feeling grateful, carrying a knitted sunflower and a renewed conviction that nurturing hope and transformation is among the most meaningful work of all.

It was a busy day on 3rd March as we had Regular Meeting, followed by Club Assembly and Board Meeting combined. Gladly, members turned up in good number.



KF reported on his winnings at the Centenary Challenge Cup where he was the sole attendant from our club; while Henry spoke on what he called a 'successful' Youth Climate Summit held on 1st March and thanked those who had helped.



President Mac efficiently chaired the 'long' meeting and reported on the Star Reaching Closing event.



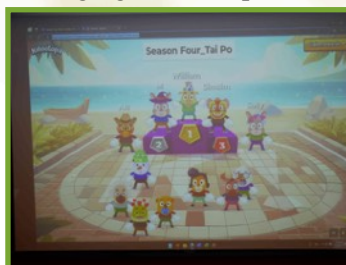
Busy Sim Sim reported on District Blind Bowling on 23 February and the heart-warming 'Circle of Care' Service on 2 March.



PP Peter gave a progress report of the Joint Project with RC Taipei for "Train-the-Trainer Lip-Cleft Dental Project" in Cambodia.



We finished Session 4 of the PPE Kahoot Game with PP William emerging the champion this time.



Car will henceforth be dust and dirt free as PDG Anthony won the hand-held vacuum cleaner given by PDG Kenneth for raffle draw.



Many happy returns to Tsubaki and Sim Sim who have birthdays in March.



Treasurer Louis discussed the current Club financial situation and proposed how to address the imminent concerns.



PDG Kenneth explained and proposed for adoption contribution to the Endowment Fund in the name of RC Tai Po with 'seed money' coming from his donation of members' monetary gifts for Amy's Wedding.



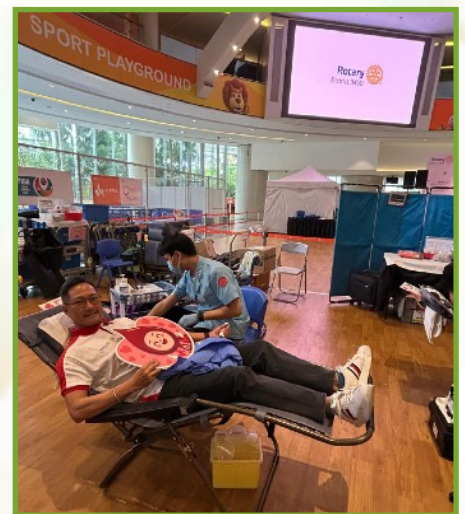
On 9th March 2025, the Rotary Club of Tai Po organized a small team to support the District's "Blood and Organ Donation Day," held at the Atrium of D•Park, Tsuen Wan. Despite challenges in recruitment as in the past, this year, our dedicated representatives—Wilson, Claire, Benjamin, William and our lovely secretary Sophia — stood out as the stalwart donors of our club.



Due to our commitment to the service project "Circle of Care," in the same afternoon, we had to leave before the Opening Ceremony. Nevertheless, the vital message about the significance of blood donation was not lost upon us. Each donation is a selfless act that can save up to three lives, providing essential support to accident victims, surgical patients, and those with blood disorders.



In addition to its life-saving impact, donating blood offers donors a health assessment, screening for conditions like anemia and infectious diseases, thus ensuring personal well-being. The act also stimulates the production of new blood cells, thus promoting cardiovascular health. Beyond health benefits, blood donation fosters a sense of community, uniting people for a noble cause.



Most of us have already pledged to support organ donation, reinforcing RCTP's commitment to the District's initiatives. While participation this year was commendable, I hope more from our club could be inspired and be involved in similar events in the future, further solidifying our role in this critical community effort. With this small token effort, we can make a lasting difference in the lives of others.

In recent years, the Rotary Club of Tai Po has primarily focused on serving youth, children with special educational needs (SEN), and families in poverty. It has been several years since RCTP last hosted a service for the elderly, making the recent collaboration with the Rotary Satellite Club of Taipo Companion (RSCTP) a welcomed change. Together, we organized a delightful outing for 30 elders aged 60 and above, providing them with a much-needed opportunity for engagement and enjoyment.



President Mac leveraged his connections within the Tuen Mun community to arrange this special event. The chosen destination was the Chi Lin Nunnery (志蓮淨院) in Diamond Hill, Kowloon, a tranquil oasis known for its beautiful gardens and traditional architecture. The nunnery, founded in 1934, combines Buddhist culture with exquisite landscaping, featuring serene ponds, lotus flowers, and meticulously designed rock gardens. The elders, many of whom seldom travel beyond Tuen Mun, were thrilled to experience this cultural gem.



The event also marked a significant collaboration between the Rotary Club of Tai Po and the RSCTP, with notable attendees including President Mac, Past Presidents Peter, Claire, William, and Bebe, along with Vice President Sim Sim and satellite members Janet and Sharon. The group gathered at 9:45 a.m. at the Nunnery's entrance, where they were guided through the site, learning about its history and significance.





Following the tour, participants enjoyed a delicious vegetarian lunch at Chi Lin Vegetarian Restaurant (志瀆素齋), where they savored a delightful array of dishes, much to everyone's satisfaction. To commemorate the day, a group photo was taken, capturing the smiles and joy of the elders. As the event concluded, the participants were assisted onto the bus for their return to Tuen Mun, marking the end of a warm, cheerful, and fruitful day.



Circles of Care – An Initiative to Support Caregivers' Mental Well-being

2nd and 9th March 2025 . Zoe (Sim Sim) Lai

The Circles of Care, held on 2nd and 9th March, aimed to provide a day of emotional healing and physical engagement for the less-well-off families. Recognizing the diverse needs of parents and children within the community, the decision was made to host separate sessions for adults and kids during the Circles of Care. This approach allows for tailored activities that cater to the unique emotional and developmental requirements of each group, ensuring a more impactful and personalized experience for all participants. Approximately 70 participants from the low-income group were welcomed, with 12 dedicated club members joining hands to ensure the event's success. This event received District Grant which covered part of the cost, our club members served as the teaching assistants during the events, ensuring the smooth running of it and discipline of the young kids.

The art therapy session, led by experienced therapist Fiona, proved to be a unique experience for the adult participants. Fiona provided a safe and inviting space for adults to explore their emotions, memories, and wishes through creative expression. She guided them through a body awareness game to warm up before delving into the therapeutic art-making process. Participants were encouraged to reflect on their emotions, memories, and wishes, leading to impactful revelations. They found solace in the reflective process, as one participant poignantly shared, "it is not easy to find time for myself, given that being a mother was very busy. However, having a stable emotion and good spirit, is crucial to the wellbeing of the family. Thanks for the session today, I should take better care of myself."



In a separate session which happened at the same time, children were immersed in the world of fencing, a rare sport for many. In contrast to the adults' activities, the fencing session for children was a dynamic and energizing experience, introducing them to a new and exciting sport. They learned about fencing techniques, sword types, etiquette and even engaged in a trial competition, igniting their passion and interest in the sport. It not only fostered physical activity but also instilled a sense of accomplishment and confidence in the young participants.





The day concluded with a tea party where all families mingled, shared stories, and forged connections, highlighting the power of community bonding in enhancing well-being.



The success of the Circles of Care event underscores the importance of holistic well-being initiatives that combine art therapy and physical activity. The event not only nurtured individual well-being but also fostered connections and community bonding, leaving a lasting impact on participants. Research emphasizes the critical role of family well-being in promoting overall health and happiness. Strong family bonds have been linked to lower stress levels, improved mental health, and enhanced social support networks. Events like Circles of Care, which focus on nurturing relationships and fostering emotional connections within families, play a vital role in enhancing family well-being and building resilient communities.





Date	Time	Event	Venue
17 Mar (Mon)	19:00	Theme Night by Team 1: Fellowship Feast	銅鑼灣景隆街舊總統戲院1樓 (五粮液酒家)
7 Apr (Mon)	19:00	#1459 Regular Meeting Speaker: Mr. Nik Petuchemia, Vice Counsel, Consulate General of the Republic of Belarus in Hong Kong Topic: Knowing Belarus	Fincher Room, Kowloon Cricket Club

Rotary Club of Tai Po
大埔扶輪社

Theme Night
Fellowship Feast

Monday, 17 March 2025
19:00 Get Together 19:30 Dinner
Guest \$850 Home Club Member \$500
香港五粮液酒家
銅鑼灣景隆街舊總統戲院1樓

KNOWING BELARUS
Regular Meeting #1459
7 April 2025 (Monday)
Kowloon Cricket Club
7.00pm Reception | 7.30pm Meeting
Mr. Nik Petruchenia, Vice Counsel, Consulate General of the Republic of Belarus in Hong Kong SAR

Rotary Club of Tai Po

HAPPY BIRTHDAY MARCH STARS

VP Simsim Lai (11 Mar)
PP Masayuki Tsubaki (19 Mar)
Wo Ping Leung (27 Mar)

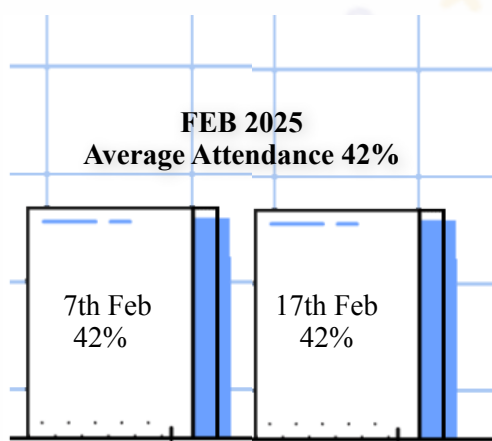
Rotary Club of Tai Po

FEB 2025

Anthony Hung
Armstrong Shea
Claire Mak
Kenneth Wong
KF Tam
Louis Tang
Mac Chan
Peter Lam
Simsim Lai
Wilson Woo

miss you

Benjamin Wong
CM Yu
Frankie Wu
Mansan Ho
Masayuki Tsubaki
Natalie Kwok
Sally Luk
Sincere Yip



Resigned

Ronald Chung (5 Mar)



Got something to say?

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