



APRIL 2024

Monthly Bulletin of Rotary Club of Tai Po

TAL報 POST

Hey there, my fellow Rotarians!

April arrived with a spring in its step; and while we are inching closer to the close of this Rotary year, our schedule is bustling with exciting activities, service projects, and opportunities to bond.

Rotary constantly reminds us that our impact in the community is paramount, and it is through our 'Service Above Self' ethos that we truly make a difference. More hands on deck means a greater ripple effect, and that's why District Governor Andy has challenged each club to aim for a net growth of three members. Thanks to Alan He, Mac Chan, and Benjamin Wong, we have hit that mark right on the nose! But why stop there, right? We have got some fantastic potential members lining up, and I am crossing my fingers they will join our amazing Rotary family soon.



Last month, we had the pleasure of hosting an incredible speaker, Joe Ho. His talk was inspiring, but what really struck a chord with me was his journey. Joe, a Group Study Exchange member and founder of Rotaract Club of New Territories, has blossomed into a successful individual who has not forgotten his roots in humanitarian service. His wife Annie, also a Rotaract alum, shares his passion. Seeing them live out the values and vision of Rotary is simply awe-inspiring—it is testament to how Rotary can shape lives.

The Easter holidays brought us back to an old tradition—our club's group outing, which had been on pause for far too long. The excitement was palpable among the 18 of us who ventured to Fujian, Xiamen, and Quanzhou for a meticulously planned six-day trip, all thanks to PP Armstrong's thoughtful organization. Let us give him a round of applause! And a special shout-out to PDG Kenneth and PP Armstrong for generously providing the Whisky and Chinese Liquor for our '国酒洋酒大合唱'—what a blast! The 4 bottles of whisky and 2.5 bottles of 58% 高粱 were definitely the life of the party. At one of our dinners, we celebrated PDG Kenneth's wife Lucia's birthday, and in her generosity, she gave a sizeable Lai See to our Club for community service. Let's show our gratitude with a big round of applause!

In a twist of events, we experienced a strong earthquake in the last morning of our trip. Thankfully, we all came through unscathed. Stay tuned for a detailed report from PP Claire in the following pages. This trip reinforced the camaraderie within our club, and I want to thank everyone who participated. It was truly special.

And let's not forget, the next two months are jam-packed with events! I cannot wait to see all of you and dive into the exciting times ahead with Rotary!















Over the past few months, our club has organized several fellowship events, including vibrant Chinese New Year celebrations and more notably, the memorable six-day trip to Fujian during the Easter holidays. The journey took us from Xiamen to Mount Wuyi and then to 泉州, offering breathtaking landscapes and delightful culinary experiences.





These fellowship events have undeniably strengthened the camaraderie among our members and spouses, fostering closer relationships within our club. It is heartening to witness the enjoyment and connection shared during these occasions.

While fellowship events play a crucial role in binding our members together, we must not lose sight of this year's theme: Create Hope in the World. It is essential to explore additional ways in which we can actively contribute to this theme and make a positive impact beyond our club's boundaries.

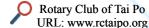
As Rotarians, one of our missions this year is to carry out service-oriented events that align with the theme of creating hope. Ideally, we collaborate with local service partners to organize and participate in community projects that address pressing issues, such as poverty, education, or environmental sustainability. By engaging in meaningful service, we not only fulfill our club's mission but also inspire hope and make a tangible difference in the lives of others. Additionally, we can initiate awareness campaigns or educational programs focused on spreading hope and positivity. This could involve reviving our Interact Club of Tai Po Schools which used to be a reliable source of manpower to address local needs and at the same time, instill social responsibility among students. Unfortunately, the recent performance of our long-term partner, the Salvation Army, leaves a lot to be desired and we shall be looking beyond them for better service ideas; otherwise, we stay hopeless in where we are! Similarly, students' response at joining Interact club appears lukewarm and we are far from getting the interact club in shape. We need to step up our efforts on these fronts.

CREATE HOPE



By balancing our fellowship events with purposeful service initiatives that uphold the theme of creating hope, we can attract new members who are passionate about making a difference and retain existing members who are dedicated to Rotary's core values. Together, we can truly embody the spirit of hope and create a lasting impact in the world.

















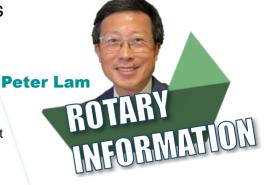




Doing Good in the World

Programs of Scale Grants

From RI Website



A significant way in which Rotary members are increasing our impact is through Programs of Scale. This multimillion-dollar initiative funds large-scale, high-impact projects that attract exceptional partners while making the most of the capacity, expertise, and enthusiasm of Rotary members. The first recipient in 2021, Partners for a Malaria-Free Zambia, has trained 2,500 community health workers and is helping people in hard-to-reach areas get faster treatment.

Programs of scale grants are competitive grants designed to respond to a need that a community has identified. They will benefit a large number of people in a significant geographic area using a sustainable, evidence-based intervention with measurable outcomes and impact. Each grant will support, for three to five years, activities that align with one or more of Rotary's areas of focus.

Key points about programs of scale grants

Programs of scale grants should:

- Address a clearly defined need that reflects community priorities and engages its leaders
- Be sponsored by a Rotary club or district and implemented with an experienced partner, such as a nongovernmental organization, private institution, or government entity, to assist with program design, implementation, and monitoring and evaluation requirements
- Use Rotarian leadership to guide the project to succeed, because these grants should not simply transfer resources to partner organizations
- Include activities that can be adapted for use by other communities with similar needs

Funding

Each year, one approved project will receive \$2 million from The Rotary Foundation's World Fund. Applicants are strongly encouraged to supplement Foundation funding with resources from multiple other sources.

2023 Programs of Scale award recipient

United to End Cervical Cancer in Egypt is a Rotary member-led program that aims to ultimately reduce the number of cervical cancer cases in the greater Cairo region by implementing a four-year campaign to increase awareness about cervical cancer and how to prevent it. The implementation experience and data collected through this program will inform an evidence-based national strategy by the Egyptian government toward eliminating cervical cancer, considered one of the most preventable cancers.



prevention and treatment

2022 Programs of Scale award recipient

The 2022 awardee, Together for Healthy Families in Nigeria, fostering the health of mothers and newborns, is working to reduce maternal and neo-natal mortality rate by improving health seeking behavior and quality care for pregnant women, mothers, and newborns in Nigeria. The partnership between Rotary Districts 1860 (Germany) and 9110, 9125, 9141, 9142 (Nigeria), the Rotary Action Group for Maternal and Child Health (RMCH), the federal and state ministries of health, and two professional medical associations are working to provide education and training for quality care, knowledge of healthy timing and spacing of pregnancies, and full adoption of the national system for death surveillance and response.



Child Health

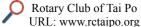
2021 Programs of Scale award recipient

The 2021 awardee, Partners for a Malaria-Free Zambia, is a malaria elimination program that aims to reduce cases of malaria – especially severe malaria and death, particularly for pregnant women and children under 5 - in ten target districts in two provinces in Zambia. Reaching 1.2 million people, this program directly contributes to the nation-wide strategy put forth by the Zambian National Malaria Elimination Centre.























Dr. Ronald Chung

Name: Ronald Chung 鍾國豪

Nicknames: Rotary Dr. CHUNG, 中國號

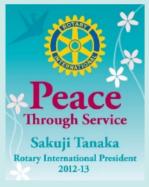
Spouse: Alice

Children: Sebastian, Graham, Wesley











Year Inducted to Rotary / RCTP: 1996 Classification: Business Education

Year As President: 2012-13 Peace Through Service

Education: St. Francis Xavier College,

Stirling University, Scotland

Passion: 乜都八吓

Hobby: sports 睇(watch)育, Formula One, Super Bowl

I am what I am... blessed!

When Chief Editor PP Claire asked me to write something about myself and the family, I started developing images of myself from day 1.

I was my father and mother's 1st born, so I get the usual 1st born pamper, but beyond. I was first blessed (spoiled) by my grandmother (from my mother's side), I had to have her hold me, otherwise, I would continue to throw a fit (she is from Macau, which means my mother had to take the ferry and took me to Macau before I decided to calm down). I was also

blessed with my grandfather (this time, it is my father's side), he had the responsibility of walking me from school back home, and I would ask him to buy "stuff" on a regular basis. Going into how blessed I am with my parents would be too long a story, so shall I just say, I am thankful.

I was also spoiled by my father-in-law, not many people can say that. I am thankful of that and for the acceptance by my mother-in-law and the aunt as well. Of course, all these would not have happened if I were not blessed with the greatest woman in my life that also spoil me too... eh, that would be, my BETTER half. That's pretty much my life, blessed.

I am blessed with three kids, Sebastian (he is quite achieved, he can be googled). Graham can also be googled! UC Berkeley's School of Optometry touted him being their #1 graduate at their Centennial. Wesley, he's at NYU Dentistry and we are proud of that.



















My latest blessing I can share with happened in 2023. With our youngest son made it to being admitted to the medical community and we were invited to attend his white coat ceremony, we were in NYC in April. And being jet lagged and staying around Central Park, I decided to do a run one morning (I've actually never been a runner. I was a swimmer, and swimmers are not very good on land. However, I started doing some running because our second son gave me a Fitbit for Christmas a few years back, and I got started playing with it doing 1-2K runs within the bounded walls in our house.) So, I did a run around Central Park 6 AM (yes, Central Park is actually safe with plenty of people running and walking dogs.) That was fun!







So, when we attended our second son's Centennial Graduation at UC Berkeley's School of Optometry in May, I did a run. Since then, in 2023:

- I did a run around the Gyeongbokgung Palace in Seoul.
- I did a run in old town Macau
- I did a run in Shanghai, Suzhou, Taipei when I was on business
- I did a 7K run around the Imperial Palace when Alice arranged a birthday trip for me to Tokyo.
- In November, I had an overnight trip in Singapore, and I squeezed in a 7K around Marina Bay

In December, to close out the year, we happened to be in London, so I did a 10K around Buckingham Palace and

the Westminster.



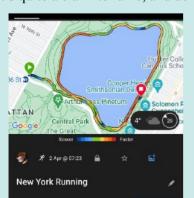




A lot of people can run, a lot of people have travelled around the world, but being able to claim to have run in

- key financial centres (sorry, vocational pride): Hong Kong, London, NY, Shanghai, Singapore and Tokyo! AND
- major palaces: Buckingham, Japan's Imperial and Korea's Imperial!

That's quite a claim to fame, and definitely a blessing.













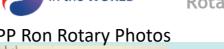














PP Ron inducted as our member together with Dennis Lo at the joint meeting with RC Queensway in 1996 during PP Man's year.



In Cheung Chau in 1996 as member of RCTP boat race team.



Ron with principals from Tai Po primary schools at our "New immigrant English enhancement Programme" in 1995-96.



Ron was recognized as Paul Harris Fellow by CP Donald during PP Charles's Presidency in 1997-98.



As VP at our Dec. 2010 AGM while Tsubaki was confirmed as incoming President 2011-12.



Ron was auction winner at our 21st Annual Ball at Kowloon Shangri-la Hotel in June 2012. Was that necklace for Alice?



At NT 8 clubs Career Expo 2012 with Headmaster CS Lee from NT Heung Yee Kuk Tai Po District Sec. School.



With speaker Marriage Consultant Mei Ling and our ladies at our meeting in May 2012.



With Group Study Exchange (GSE) team from India District 3010 at our meeting in May 2012.



At 「潮看Teen空」 project Hair Salon Visit in Feb. 2012.



Chatting with our youths at Star Reaching Project Closing Ceremony in Feb. 2013.



Giving remarks as our President at the Sunshine Teens closing ceremony in Apr 2013.



At StandTall Chengdu trip listening to Doctor's comments in Aug. 2009.



Performing at RC Taipei Diamond's Annual Party in Oct. 2019.



At sister club RC Makati San Lorenzo's home party in Aug. 2019.

















RC Tai Po Fujian Fellowship Trip 29 Mar to 3 Apr 2024

Claire Mak

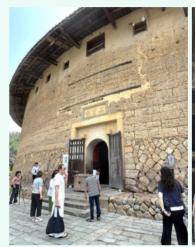
How do I begin to write about this very enjoyable 6-day trip to Fujian which took place during the Easter holidays? Ask the 18 of us: Armstrong & Rita, William & Bebe, Anthony & Mary, Kenneth & Lucia, Jules & Dara, Sincere, Trix and her friend Candy; Elsie and her parents Daddy Gung & Mummy Gung, and also my brother Keith and I... and each will have different experiences and anecdotes to share. Well, let me recount the amazing sceneries, brush with Fujian culture, tasty cuisine, boozy drinks and celebrations ... and you judge for yourself.

Spectacular Sceneries

We travelled literally the north and south of Fujian and took in a lot of remarkable natural sceneries and cultural heritage along the way.

On Day 2, we visited **Huaàn Earth Buildings** 華安大地土樓 群. As we entered and looked around its 二宜樓、東陽樓、南 陽樓, this UNESCO heritage impresses with its unique architecture and historic wisdom.













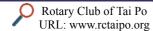
























On Day 3 we took the ferry to another UNESCO site, the Garden on the Sea 鼓浪嶼. This charming island used to house different Consulates and now, known also as the Piano Island, boasts the highest piano ownership per capita.















The morning of Day 4 was spent bamboo-punting along Jiuqu River in Mount Wuyi 武夷山 九曲溪竹筏漂流, an entirely exhilarating experience! When the punter described to us what the different rocks















In the same afternoon, we hiked up 天遊峰. Not the easiest climb with all the twists and turns along the narrow paths and steep steps; but those of us who persisted were rewarded with the breath-taking views of Mount Wuyi.

































On Day 5, we strolled **Da Hong Pao** 大紅袍景區. We passed by the growth of different types of tea shrubs and eventually got to look at the 3 大紅袍 prototype shrubs up in the hills. Wow!







After that, we made our way to another scenic spot via a long hike up the hills. When we finally made it, we looked in awe at the spectacular waterfall at Water Curtain Cave 水廉洞 where water gushed 80M down like a curtain. The birds eye view of Mount Wuyi made the hike worthwhile.













Cultural Experiences

Day 2 afternoon was spent strolling 廈門中山路步行街 which is rather like the Ladies' Market cum Wet Market and we got a feel of what and how locals like to eat and their pass-times. In particular, we learned of some popular snacks like 土笋凍 which is sea slug in jelly form; 滿煎糕which is like chewy pancake; 扁食are small size wantons; 海蠣煎 are oyster omelette and 面線糊 finely shredded noodles in soup made akin to porridge. Eye opening. After that, we walked along the seaside (marathon path) 環島路 and, squinting our eyes to try to see 金門 the fog, we were reminded of China's unequivocal stance by the prominent "One Country Two System" slogan there.















On Day 4 soon after we alighted from the bamboo rafts, we strolled the Sung-dynasty themed walkway 宋街. This vicinity is more touristy but the 春秋館 which followed is a historic school and housed two Osmanthus trees 桂樹 which are almost 900 years old. After that, we left by taking the small tourist train.

Day 6 let us immerse more in the Fujian culture when we spent the morning at 晉江梧林古村落 featuring buildings from different eras starting with the ones from Ming dynasty. We also watched a very entertaining sock-puppet show 布袋戲表演.





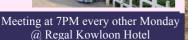


Similarly, in the afternoon, we visited 泉州開元寺 and were briefed about the Indian-influenced Buddha temple. More enjoyable, allow me to say so, was the stroll at the temple's surrounds 泉州西街. Stalls lined up both sides of the walkway selling food stuff, snacks, drinks, lucky charms, headgear, costume-rentals, costume hair-dos, make-up services... Also, there was this hit place for photoshoot called 小西埕. At least we took photos at a trendy place even if none of us tried dressing up with

the flower band head gear.























Cuisines

Upon arriving Xiamen on Day 1 by afternoon flight, it was rather late yet we managed to grab some tasty burnt night 夜宵 of mostly seafood (deep-fried baby eel, pan-fried oyster omelette, salt-baked baby razor clams ...) and featured other local specialities. This meal was courtesy of leader Armstrong who treated us this supper to welcome the party to his home city Fujian.











Lunch on Day 2 featured 土樓「農家宴」. The display already elicited praises.







题 知花生物的

As we walked along 廈門中山路步行街 we tried the 扁食 (wanton) and 海蠣煎 (oyster omelette). Additionally, there is this signature peanut soup 百年老號黃則和「花生湯」which we sat down and tried. Frankly I do not find it too impressive.



Lunch at Garden on the Sea is called 鼓浪嶼小島風情午餐. Nice lunch.









When we took the High-Speed Rail from 廈門北站 to 南平站 (武夷山) we were given a pack of snacks (beef jerky, soda biscuits, dried peach, peanuts) and thus we had something to munch on during the 2.5-hour train journey.

















Dinner that evening was taken at the hotel in Mount Wuyi「武夷山溫德姆花園酒店」。The 18 of us sat at the same round table. I have forgotten how many dishes were served but some are pretty special like文公豬, 水魚... and we found new meaning to 花膠





The lunch which followed the punting experience was「菌菇養生宴」featuring all sorts of mushroom, fungi, shiitake, enoki etc. Interesting.







Bamboo shoots were in season, so there was a pot of Shoots, among lots of other dishes, during dinner; but the highlight was the celebration of the birthday of April star Lucia. The birthday cake specially commissioned was home-made by the tour guide's acquaintance and tasted fresh. More importantly was the occasion for joyous celebration.









After the rather strenuous exercise walking up the Da Hong Pao Tea field and hiking up to the Water Curtain, members were glad to sit down for the 農家宴. Nothing spectacular but nicely filling.

















Upon arriving 泉州 by High-Speed Rail, we were taken to 鯨宴 for a Fujian dinner. Too bad we had to be divided into two separate rooms but we ordered some dishes like wantons, spicy sea snail and pig trot in addition to the usual tour meal and had enjoyed a good time.

Lunch on the last day was a tasty affair 泉州特色菜 at 泉州航空 酒店. Maybe it was the last meal we had together, it seems to taste better than previous meals. We had Fujian signature 鹵麵.











The Drinks

All meals feature beer and softdrinks. Additionally, true to RCTP style, there are different whiskey, Kinmen Kaoliang (Sorghum) Liquor 金門高粱酒 courtesy of William, Kenneth, Jules and Armstrong.





Indeed, the booze made Burnt Night on the first day more welcoming; spiced up 農家宴on Day 2; salvaged the otherwise mundane Easter Buffet Dinner; added cheers to the first Dinner in Mount Wuyi; provided the indispensable boost to Lucia's birthday celebration; significantly improved the experience at the 'mushroom lunch'; quenched the disappointment of having to sit at separate rooms when we dined in泉州; and nicely rounded up the last day lunch of 泉州特色菜.





























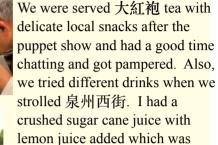
Of course, not all drinks are alcoholic. During that stormy evening in Mount Wuyi, some members gathered to learn about and tried different tea.











pretty quenching under the

scorching sun.









What Else?

Honestly, this was a very **LUCKY** trip for us. We took the afternoon CX flight instead of leaving town by early High-Speed Rail as was originally planned. With hindsight, it turned out well for us as we had avoided the huge crowd and crazy traffic typical of the first day of the long holidays.

Mount Wuyi is a rainy place. It rains 200 days a year! We were told that due to inclement weather, the operation of the rafts closed the day before we arrived and they also closed the second day when we were to leave Mount Wuyi. That means we managed to seize the only opening and had enjoyed some fine weather for the punting experience.

Most importantly, the **fellowship** was precious. Everyone let me took photos of the food before eating... and we spared no effort taking photos (knowing we need to have them for Tai Post \bigcirc). We were also glad to be able to celebrate Lucia's birthday with her together. It was so warm and joyous. True to Tai Po spirit, Lucia even paid red box!







Entirely out of expectation, we experienced (my first time) earthquake on the last day of the trip. It was breakfast time and the shake / sway lasted for almost a minute. Luckily for us it did not entail anything serious at all.

I have everything good to say about this trip. Indeed, if I must name any disappointment(s), there are 2 matters. One is that it rained when we hiked up 天遊 峰 in Mount Wuyi. We had to be extra careful navigating the slippery slope/steps; and wearing the raincoat does not look best in the photos. The thundery weather also led us to forgo the outdoor show of 「印象大紅袍」 which should be a nice musical/dance depiction of all we need to know about Mount Wuyi.

The other matter is of course we would be even happier if more members of the club had joined.

Otherwise, we had had a most enjoyable trip. I am sure the whole tour group is super thankful to PP Armstrong and Rita for all the meticulous preparation made for the trip. We were well looked after in all respects.



Meeting at 7PM every other Monday @ Regal Kowloon Hotel

I am already hearing plans for other trips! Till then...











New Member Inducted

Benjamin Wong 黃家傑

Classification: People Solution

Date of Birth: 5 May

Inducted: 18 March 2024



Benjamin Wong is the Co-Chair of International & China Committee of Hong Kong Institute of Human Resources Management. Benjamin has been a senior HR leader in broad industries such as Asset Management (Financial Service), Real Estate developers, Infrastructure industries (Rail & Commercial Vehicles, Elevators, Steel & Glass making & Automotives) covering Mainland China, Hong Kong & APAC regions.

Benjamin possesses a CPA, MBA from Australia. His expertise is in Hiring & Resourcing, People & Culture, Learning & Development, Engagement & Motivations, all skills of which were gained from his vast exposure working in MNCs and stationing in Hong Kong, Australia, Suzhou, Shanghai, & Tianjin. He now runs his own consulting business, SOG People Solutions Limited.

Benjamin is active in various community service and maintains good network in various commercial and charity organisations. He also championed some campus leadership programs from INSEAD. He recently shared his views with Phoenix TV about GBA talent strategy representing HKIHRM, and joined the delegation from the Labour & Welfare Bureau of Hong Kong SAR Government for the 2nd China National Human Resources Vendor Conference in 2023.

Benjamin was in the Department of Justice sharing about mediation. He had been on the judging panels of various recruitment, & HR excellence awards. He received various interviews with various HR magazines in HK & China, & some Chinese job portals.





















Regular Meeting 18 Mar 2024







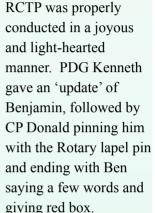
The meeting was well attended by members, spouses, fellow Rotarians, potential members and disaster relief comrades of our speaker of the evening.



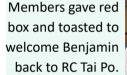








Re-Induction of Benjamin Wong to















Former Rotaractor and Group Study Exchange member Mr. Joe Ho gave a touching presentation on "Invisible Disaster, Actionable Changes" by recounting why and how he chose to spend the past Christmas in Turkey to help victims of the recent earthquake. He showed us slides on the ruins and vividly recalled the dire needs of the Post Traumatic Stress Disorder victims for mental therapy and treatment. He and his team struggled to assist them and it gave Joe a lot of satisfaction to witness the positive changes on those patients whom he had successfully treated. It makes spending time away from home and family during festive Christmas and the laborious day-today work in Turkey all worth it. Joe was especially grateful to his wife Annie for her unconditional support on his endeavour. He was also thankful to the Post Crisis Counselling Network and his teammates for making the trip possible and constructive. He ended by quoting the saying from Philippians of the Bible "I can do all things through Christ which strengthens me" which he said has spurred him on.





PP Claire won the extra raffle prize of the Chinese cup and saucer set from RC Taipei and re-donated the set for further lucky draw when Rtnn. Anne emerged the lucky winner.





PP KF asked Joe about a 'sofa' which Joe had drawn audience's attention and Joe expounded on how different perceptions of one same thing changes one's outlook; while PP Wilson asked Joe about the difficulties or red-tapes encountered to which Joe expressed complaints ranging from local security and safety issues to religious diversions and conflicts. In answer to PP Vikky's question, Joe suggested what further could be done and referred us to the Post Crisis Counselling Network.

















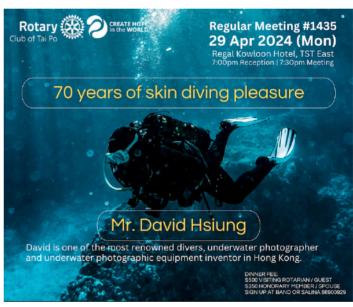


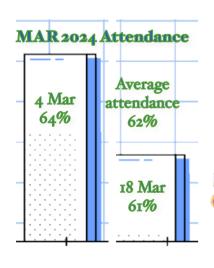


Date	Time	Event	Venue
20 Apr (Sat)	13:30 - 17:30	Rotary Cleaning Day	大嶼山石壁大浪灣
29 Apr (Mon)	19:00	#1435 Regular Meeting Speaker: Mr. David Hsiung "70 years of skin diving pleasure"	Regal Kowloon Hotel
5 May (Sun)	07:00 - 13:00	Rotary HK Ultramarathon	Cheung Kwan O Cross Bay Bridge
11 May (Sat)	18:00	Team 2 Theme Night: Theme: 大埔好聲音	福晉會 - 新蒲崗太 子道東698號









APRIL Stars

CM Yu (9th) Matthew Yum (28th)

Tai Post wants to hear from you.

Write in to

clairemak.rctp@gmail.com

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

The editorial board Claire Mak, Peter Lam

Got something to say?

Frankie Wu Masayuki Tsubaki Ronald Chung Wilson Lam

Meeting at 7PM every other Monday

@ Regal Kowloon Hotel

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