

# TAI 報 POST

WILLIAM YIM

## PRESIDENT'S MESSAGE

Hello dear Rotarians,

Happy Chinese New Year, and Kung Hei Fat Choi! 🎉 As we welcome the Year of the Loong 🐲, I am filled with warm wishes for each of you. May you enjoy vibrant health, abundant luck, and a year rich with prosperity.

The term "Loong" has sparked some debate as a preferred translation over "Dragon," reflecting a shift to embrace the unique qualities of this revered symbol in Chinese culture. This effort seeks to differentiate the Chinese dragon from its Western counterparts, often depicted as fearsome beasts. The loong is an awe-inspiring blend of various animals, with the body of a snake, the head of a horse, the mouth of an ox, the eyes of a rabbit, the scales of a fish, eagle talons, and deer antlers. It is commonly seen soaring amid clouds, sans wings, unlike the dragons of European lore. In Chinese, the word "dragon" or "loong" (龍) is woven into many idioms, often symbolizing excellence, authority, nobility, and fortune. It is my hope that we all embody these attributes throughout the Year of the Loong.

Beyond the festive celebrations, prayers, feasts, and reunions, we have enjoyed a brief respite from our bustling lives during the holiday season.

Last month at the Rotary Club of Tai Po, we hosted several fantastic events, including the Mural Painting at Tai Po Lam Chuen Wong Fook Luen Memorial School. This mural, which features our club's name, faces the iconic Lam Chuen River 林村河 and is a testament to over 250 man-days of collective effort. We celebrated this artistic achievement with a cocktail reception at the school and a convivial seafood dinner. Special thanks to PP Vikky for her dedication to the mural project, and to PP Armstrong and PP Wilson Woo for arranging the wonderful dinner, as well as all volunteers who made this possible.



Our final meeting before the holiday was delightful, complete with "Fai Chun" calligraphy, a presentation on Chinese liquor traditions by PP Wilson Lam, and a joyful photo session. It was a pleasure to celebrate our February birthdays and reconnect with our longtime member, Francis.



Additionally, I have participated in numerous enriching events, such as new member Mac's talk on Hong Kong's Coastal Parks development, a Peace Forum, the Sunshine Teens Project, meetings with RC Mid-level and RC Central, and planning sessions for ongoing service projects. We are also looking forward to the RC Tai Po Spring dinner, Area 6 Spring Dinner, and a joint spring dinner with four generations of clubs. Additionally, our club has donated over 70,000 COVID19 rapid antigen test to over 24 NGOs.

Cheers!

WILLIAM



Meeting at 7PM every other Monday @ Regal Kowloon Hotel

Rotary Club of Tai Po URL: www.rctai.org

#rctai

rctai@gmail.com GPO Box 7142, Central, Hong Kong



CLAIRE MAK

## EDITOR SAYS



**H**appy Year of the Dragon! Let me wish all readers of Tai Post good luck the best of health!

When I collated information for the "Hello There" article for the last issue of Tai Post, I had a good time reminiscing the good old days through the old photos and the past events. One of my nicknames is "Cinderella" not because I wear glass slippers and not because I dressed like Cinderella at the

District Conference in Disney when I was the Conference Chair. It is all because I belong to those who need to sleep early (and believe in the good of sleeping early) and so must return home before midnight – as if under the 'curfew' spell imposed by Cinderella's fairy godmother.



In the not-too-distant past, a friend sent me an interview article of a Chinese doctor (of some fame I think), who challenged the popular belief that "getting to sleep before 11 in the evening nourishes the liver" as *complete nonsense*. That doctor professed that he stays up all night and drinks alcohol, but his liver function was still strong, and so on ... and so on. "Late-sleepers" use such medical authority to back their habit and laugh at others as being too sensitive and wasting precious night time.



The other camp, with whom yours truly side with, says that the idea about nourishing the liver is based on the yin-yang and five-element theories of Chinese culture. You must first agree with this hypothesis before you can practise it. Of course, the intangible yin-yang and five-element do not sit well with the empirical logic of Western science. That doctor used logic as the criterion to assert that the theory of 'nourishing the liver' is unsustainable.

To me, a person's health is affected by too many factors, including genes, environment, external forces, mutations ... to determine whether liver can be nourished. Using just one person's experience as the yardstick is by itself unscientific. Just like Comrade Deng Xiaoping. He smoked and drank until he was over 90 years old; yet it does not mean that smoking and drinking are good for health or not harmful to health.



Chinese medicine tells you  
why you should sleep before 11pm?



I think that when you reach a certain age, you will inevitably tend to err on the side of caution that you "would rather believe than not." So long as you think one practice is of no harm, then give it a try. Even if it is useless, it will not be harmful. The key word here is "just in case". What if it is effective?

Seriously, other people's opinions and experiences belong to "others". You understand your own needs best. If the belief is that going to bed early can help nourish the liver, then go to bed early. It is not a big deal. A good night wasted? If you do not go to bed early, you won't be able to get up early.

If you don't get up early, you will also miss the peace and comfort of the early morning, which is also a waste. Choose one or the other. Life is always a matter of trading off, isn't it?

If I am not in bed past midnight ... no, I won't turn to wearing rags like Cinderella, but my eyes will reduce to slits as I could easily doze off anytime. So, even if it is debatable whether going to bed before 11 pm does nourish the liver, I shall stick to sleeping early and that's the pattern I shall adhere to in the Year of the Dragon.



Meeting at 7PM every other Monday  
@ Regal Kowloon Hotel



Rotary Club of Tai Po  
URL: [www.rctaipo.org](http://www.rctaipo.org)

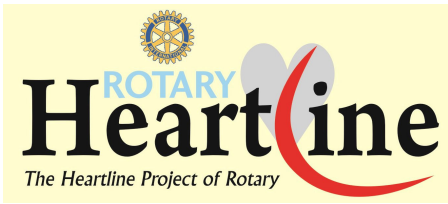
f #rctaipo



rctaipo@gmail.com  
GPO Box 7142, Central, Hong Kong

## Mending hearts: 777 lives saved and counting

From Rotary Voices in RI Website Jan. 2024



It all began with the tragic death of a young man awaiting surgery for a congenital heart issue. Our Rotary Club of Chandigarh, India, and our Inner Wheel friends had been raising money for the young man. Determined that no other person in need of corrective surgery would die from lack of money, we were moved to act, and our initiative, a part of Gift of Life International, came to be. That was May 1998. We received a grant from The Rotary Foundation in 2000 and combined that with funds from District 3080 (India), District 2630 (Japan), our club, and the Rotary club of Ebinger, Japan.

Today, we have saved 777 lives and counting. During a ceremony for the 100th surgery in 2004, the father of a young man from Pakistan who had received a surgery said, "Pakistan gave him birth, but India gave him life." Realizing the impact of the project in saving the lives of children suffering from congenital heart disease who could not afford surgery, our club rechristened our efforts as the Heartline Project, signed a memorandum of understanding with Fortis Hospital, Mohali, and continued to help children. The team of surgeons handled everything from a hole in the heart, to a faulty heart valve, to other congenital heart problems.

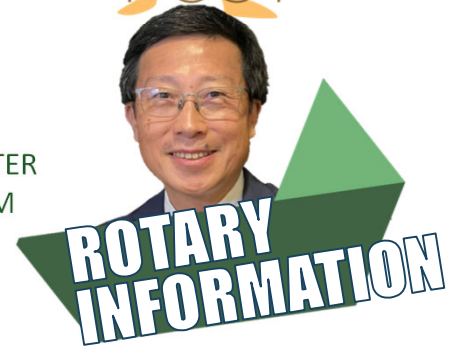
## Signature project



This became our club's signature project, funded by Rotary members, Rotary clubs, friends of Rotary and – most importantly – grants from The Rotary Foundation. We never faced a shortage of funds because we were in the business of saving lives. The project has been running for 24 years and going strong. We passed milestones, reaching out to children from across borders and continents. We started getting requests from neighboring countries in the Indian subcontinent. Our club responded, and the Heartline Project has helped 34 children from Pakistan, 3 from Afghanistan, 8 from Mongolia, and 18 from Nepal.

Past RI President Rajendra K. Saboo, a member of our club, received numerous requests from even further away. Always eager to help, he would accept and assemble a team of doctors for another medical mission. We have had the opportunity to help 22 children from Malawi, 7 from Uganda, 6 from Nigeria, 50 from Rwanda, and 10 from Zimbabwe. One child from Iraq was also operated on. These add to the more than 600 children belonging to very poor Indian families who have benefited from the project.

PETER LAM



## Presidential visit



Rotary International President R. Gordon R. McNally and his wife, Heather, visited Fortis Hospital on 17 January. They met with Saboo and our district governor, Arun Mongia. They also met Anu, an 8½-year-old girl from Mohali, who had undergone a successful operation a day earlier. They also met 16-year-old Daphne from Zimbabwe, who arrived a day earlier with her mother for her corrective surgery. She had received a previous surgery in 2016 at the age of 9 but was informed then that she would need another corrective surgery at a later date. Our club assured her and her mother that this would be done. On 22 January, she received her surgery and is recovering well. The Rotary Club of Chitungwiza, Zimbabwe, provided funds for Daphne's travel to India.

McNally also met the team of cardiac surgeons and expressed his gratitude for their service in saving children's lives. He presented a citation to Fortis Hospital Mohali on behalf of our Rotary club. Later he visited six children who were operated upon in the last few months.

This is Rotary in action. Together we create hope for children across borders to have normal, healthy lives.





# THIS IS : **Armstrong Shea**



Nicknames: 五哥  
 Spouse: Rita Shum  
 Children: Aaron, Sara, Sharon  
 Daughter-in-law: Teri Ng  
 Grandchildren: Adrian, Addison

Year Inducted to Rotary: 2001  
 Year as President:  
 2008-2009, Make Dreams Real



Current Post in Club: Fellowship Chair  
 Classification: Knitwear



Social Titles:  
 福建省泉州市政協委員會 (第八至十屆) 委員  
 香港泉州同鄉聯合總會永遠榮譽會長  
 國際扶輪社3450區大埔扶輪社前任社長

Rotary Posts: Fellowship Chair 2022-2024

Passions and Hobbies: Swimming, Finding Balance (尋找平衡點)



Meeting at 7PM every other Monday  
 @ Regal Kowloon Hotel

Rotary Club of Tai Po  
 URL: [www.rctaipo.org](http://www.rctaipo.org)

#rctaipo



rctaipo@gmail.com  
 GPO Box 7142, Central, Hong Kong

**PP Armstrong Rotary photos**



At 勇闖高峰 youth project BBQ at NT Heung Yee Kuk Tai Po Secondary School in 2007.



Attended 2008 District Conference as Club President.



As team leader of Theme Night Teppan Reunion Dinner 團年鐵板燒 in TST Feb. 2018.



At May 2008 club meeting as Club President. Armstrong took over his 2008-09 President's post before July as 2007-08 Pres. Eric Mok resigned in the middle of his term.



With sister club RC Taipei 2008-09 President Ming Wen (Rtn. Bio), Mandarin (Chris) and Thomas Chiu at our Annual Dinner in 2008.



Led RCTP delegates to attend RC Taipei's 60th Anniversary celebration in Oct. 2008.



Participated in our Star Reaching Project in Jan. 2009 with RCTP & Tai Po Fight Crime committee members.



At StandTall project Rehab Centre Opening Ceremony in Sichuan on 1 Aug. 2009. It was during Armstrong's Presidency that we supported the StandTall medical group and obtained District Disaster Relief fund and planned a Matching Grant project.



Received from RC Taipei PP Braces (Dr. William Choi) their club's donation to our StandTall Sichuan earthquake relief project in Mar. 2009.



With Rita at RI Convention in Bangkok in May 2012.



At beer drinking contest at 2010 Area 6 NT 8 Clubs Spring Dinner.



At Fellowship lunch with sister club RC Makati San Lorenzo in Manila in Aug. 2019. Thanks for the big support from Armstrong who brought his spouse as well as two daughters to join the trip.



Meeting at 7PM every other Monday @ Regal Kowloon Hotel



Rotary Club of Tai Po  
URL: www.rctaipo.org

#rctaipo



rctaipo@gmail.com  
GPO Box 7142, Central, Hong Kong

## Heartwarming Creation of the Tai Po Mural

### 心繫大埔壁畫創作 20.01.2024

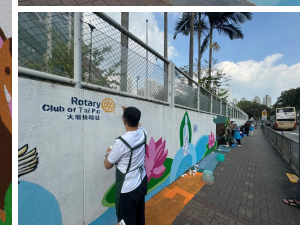
Jules Jiu

On Saturday, January 20, 2024, a special event "Heartwarming Creation of the Tai Po Mural" took place at the Tai Po Lam Tsuen Public Wong Fook Luen Memorial School. The event was organized by the school, Rotary Club of Tai Po and the Paint Beautiful Hong Kong.



The main objective of the event was to create an 80-meter-long mural on the exterior wall of the school. The mural aimed to promote peace, environmental conservation, and showcase the unique features of Tai Po, such as the Wishing Tree, wild boar, bicycles and more.

The mural creation process spanned across two consecutive Saturdays, January 13th and 20th, with over a hundred participants including volunteers from the school, various organisations and members of the Rotary Club of Tai Po.



Meeting at 7PM every other Monday  
 @ Regal Kowloon Hotel



Rotary Club of Tai Po  
 URL: [www.rctaipo.org](http://www.rctaipo.org)

 #rctaipo

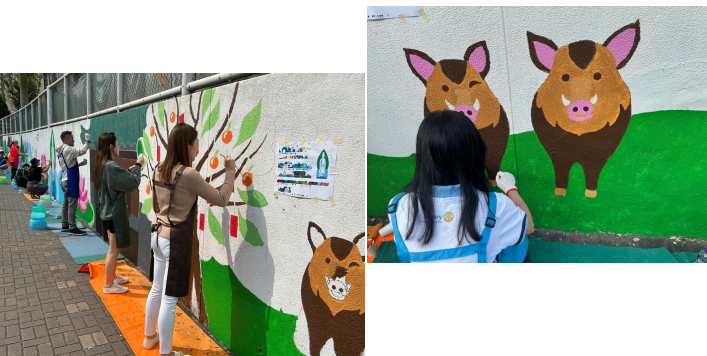


[rctaipo@gmail.com](mailto:rctaipo@gmail.com)  
 GPO Box 7142, Central, Hong Kong

On January 20th, the volunteers from Rotary Club of Tai Po began their day early, fully dedicated to adding vibrant colors to different sections of the mural. Some meticulously painted the winking wild boar, some painted the Wishing Tree, and others focused on the Rotary Club's logo.



Everyone was extremely satisfied with the outcome of their collective efforts.



Meeting at 7PM every other Monday @ Regal Kowloon Hotel

Rotary Club of Tai Po URL: www.rctaipo.org

#rctaipo

rctaipo@gmail.com GPO Box 7142, Central, Hong Kong

After completing the mural, an opening ceremony was held to celebrate the culmination of the event. Participants enjoyed some refreshments and shared their experiences and joy.





Following the ceremony, members of the Club walked together to a nearby restaurant, 新鹿鳴居, to enjoy a well-deserved dinner.



Over fine food and wine, they shared stories and cherished the moments spent during the event, creating a cheerful and fulfilling atmosphere.

This event holds great significance. Firstly, the mural contributes to the beautification of Hong Kong, bringing a sense of comfort to the locals and establishing a new landmark in the community.



The inclusion of various distinctive Tai Po landmarks fosters a stronger sense of unity among the community. Additionally, the mural conveys messages of peace and environmental awareness.

The "Heartwarming Creation of the Tai Po Mural" event exemplified the power of collaboration and community spirit. It not only enhanced the visual appeal of the area but also served as a reminder of the importance of peace and environmental preservation.

The event will undoubtedly leave a lasting positive impact on the community, creating a sense of pride and belonging for all those involved.



Meeting at 7PM every other Monday @ Regal Kowloon Hotel

# M Regular Meeting

## 2024.01.15



We welcomed PP Wilson Chan (RC GDHKM GBA) to our meeting and he promoted the District Ultramarathon.



PP Armstrong updated us on the progress on the long-awaited trip to Xiamen.



Rtn. Henry promoted the CNY event on 19 Feb 2024



PP K F introduced the Speaker but left us to find out more from the actual Speech.



PP Claire greeted PDG John Wan when he popped in to say hi to our club before the meeting started.



We welcomed former member Benjamin to joining us.

Meeting at 7PM every other Monday @ Regal Kowloon Hotel

Rotary Club of Tai Po URL: [www.rctaipo.org](http://www.rctaipo.org)

#rctaipo

rctaipo@gmail.com GPO Box 7142, Central, Hong Kong



Speaker Mr. Amen Lee spoke to us on the rather philosophical topic of 善經濟來臨，邁向精神文明。 He discussed the need for advancing from GDP to GNH (gross national happiness) starting with individuals to corporations to nations. He quoted from his mentor Tso Wai Tak to the effect that: how we foresee the world to be means how we shall shape the world today. The seeds sown today will bear corresponding fruits in the future. So, every idea or every choice we take as of today will impact on our future. Marketing and human resources have now advanced to what he describes as Stage 5.0 where customers/staff/corporate work in close partnership instead of as opposing parties.



The talk was comprehensive and thus enlisted only one question from Henry.



The philosopher among us, IPP Danny, gave a Vote of Thanks.



We celebrated the birthdays of PDG Anthony and Mary. Anthony also claimed his birthday present of RCTP – a hip flask.



Lucky PP Wilson took home the raffle gift of two bottles of red wine given out by PDG Kenneth.



CP Donald won the raffle gifts of a pair of Chinese Cup and Saucer, souvenirs from RC Taipei.

# 2024.01.29 Youth Night Meeting



The attractive speaker and of course the attractive topic had attracted a large turnout.



PP Peter and PP Claire led the contribution of **Red Box** in support of Natalie's designated cause, the WWF. The act was followed by little Isaac.



When **PP Claire** gave the **introduction of the Speaker**, she was armed with a long and compact list of the Speaker's credentials.

Meeting at 7PM every other Monday @ Regal Kowloon Hotel

**Natalie Chung** gave a lively and inspiring talk on the far-reaching topic **“From Antarctica to Asia - Reimagining a Sustainable Blue Economy for Carbon Neutrality”**, showing us her experience, among others, of venturing the Antarctica and raising our awareness on the dire situations of global warming and other ocean / environmental issues. Before ending, she left us with 3 achievable ways we can help support the climate movement and preserve the Antarctica: Boycott Krill Oil, Refuse Single-use Plastics and Make a Donation to WWF.



Birthday celebration for January birthday boys and girls: Angel, Mac, Anthony and Mary.



Wu Yee Sun College students, past and present, came to support and hear out Natalie Chung, the former EVP of RAC WYS.



Natalie’s talk elicited questions from Pres. William, PP KF and PE Jules.



Equally concerned with the environment, Rtn. Henry delivered a Vote of Thanks, thanking our speaker for an inspiring speech.



The lovely Japanese items specially hand-picked by PP Peter for raffle draw were won by former but now potential member Benjamin, WYS Rotaractor Jasmine and PP KF respectively.

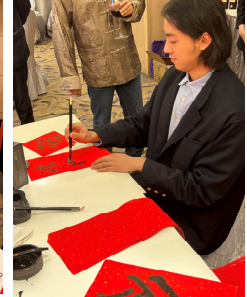
# 2024.02.05 Regular Meeting



As this meeting was 中國酒團年夜 it attracted all those who like or who would like to try out Chinese Maotai, inclusive of long time no see PP Jacky, Wanda and Wilson, CP Donad and Anne, PP Francis: guests and friends like Sim Sim, PP May Tang, PP WH Fok, Teddy Tsui, Ben Ma, Dr. Mansan Ho...



Members and guests showed their Chinese calligraphy skills with writing (some painting, some copying) Fai Chun.



Quite a bit of red box collected by reason of Pres. William making mistakes, and welcoming back old friends like PP Jacky, PP Francis, Rtnn. Creamy etc. Happy Box!

PP Wilson Lam briefed us on his latest passion with regards to Chinese Wines (developed during the COVID time when he was detained in the PRC) and introduced us his partner in wines Mr. Yao to give us more in-depth information about Maotai.



February birthday celebration for Pres. William and PP Frankie, accompanied by Bebe and Creamy; plus, January birthday greetings to PP Francis and Rtnn. Mary.

Meeting at 7PM every other Monday @ Regal Kowloon Hotel



Don't be deceived by his youthful outlook, Speaker **Mr. Yao Hao Yan (姚豪焱)** was very knowledgeable about Chinese wines with particular focus on Maotai. Members listened attentively to his talk when he expounded on how to **尋回美好的中國白酒文化**. He showed us how pouring the wine from height can help decant the wines. He further led us to taste the Maotai 醬香酒 of his company 肆拾玖坊 first with our tongue tip over a small drop for the sweetness and then a bigger sip for the other tastes.



More impressive was when Hao showed us the **courteous way to toast** respectively by male and female. A very passionate talk by someone who truly loves the wine culture.



IPP Danny was duly recognized by CP Donald presenting him with the 5-star **Paul Harris Fellow** pin.

In line with the Chinese Wines Theme of the evening, **PP Frankie** thoughtfully selected a bottle of Chinese brand **Roland Margo Red Wine** as raffle prize and the lucky winner was **Rtnn. Wanda**.

**Group photo** of everyone to commemorate 團年夜.

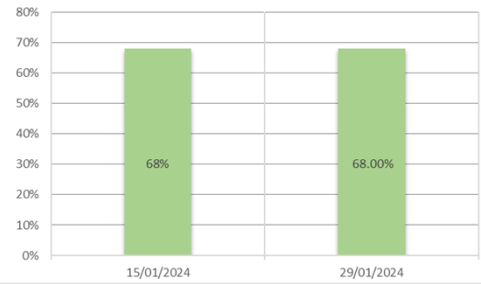




## UPCOMING EVENTS

Date	Time	Event	Venue
23 Feb Sat	7:30pm	4-Generation Chinese New Year Joint Meeting	Ho Choi Seafood Restaurant 3/F, IN's Point, 532-538 Nathan Rd, Yau Ma Tei
25 Feb Sun	10:00am	District Blind Bowling Tournament	South China Athletic Association Bowling Centre
25 Feb Sun	3:30pm	3450區麻雀王大賽	煌府酒樓 九龍尖沙咀廣東道 30號新港中心3樓 307號舖
26 Feb Mon	6:30 pm	Area 6 Spring Dinner	Royal Plaza hotel, Mong Kok
4 March Mon	7:00pm	Regular Meeting Speaker: Sim Sim Topic: Noon Disco: What Creative Health is and the Importance of Aging Actively.	Regal Kowloon Hotel

## JAN 2024



Average attendance: 68 %

## Perfect Attendance January 2024

- |       |                |
|-------|----------------|
| PDG   | Anthony HUNG   |
| PE    | Jules JIU      |
| PP    | Natalie KWOK   |
| PP    | Peter LAM      |
| IPP   | Danny LAU      |
| PP    | Claire MAK     |
| PP    | Armstrong SHEA |
| PP    | KF TAM         |
| PP    | Vikky TAM      |
| RTN   | Henry WANG     |
| PP    | Wilson WOO     |
| Pres. | William YIM    |



## February

- PP Frankie Wu (3rd)  
P William Yim (26th)



- |     |              |
|-----|--------------|
| PP  | Ronald CHUNG |
| PP  | Frankie WU   |
| RTN | Sincere YIP  |
| RTN | CM YU        |



## Got something to say?

Tai Post wants to hear from you.  
Write in to : [clairemak.rctp@gmail.com](mailto:clairemak.rctp@gmail.com)

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

The editorial board  
Claire Mak  
Peter Lam



PLEASE JOIN US TO CELEBRATE

### 4 Generation Chinese New Year Joint Meeting

FRIDAY  
23 FEBRUARY 2024  
7:30 PM

FEE: HKD 350  
FELLOWSHIP & MAHJONG:  
6:00-7:30 PM

VENUE: HO CHOI SEAFOOD RESTAURANT  
3/F, IN'S POINT,  
532-538 NATHAN ROAD  
YAU MA TEI

DRESSCODE: CHINESE NEW YEAR / RED  
MAXIMUM: 154 PAX  
GUEST SPEAKER:  
GF TK WONG  
ROTARY CLUB OF FAIRVIEW

TOPIC: NEW YEAR FORTUNES  
FREE CORKAGE  
RSVP TO SECRETARY IRIS 96282863

國際扶輪3450地區第六地域  
ROTARY DISTRICT 3450 AREA 6

### Springs Dinner

February 26th, 2024 (Mon)  
6:30pm-10:00pm  
Royal Plaza Hotel, Mongkok

Dinner cost \$800 per person

RSVP before Jan 31st, 2024 by  
returning our club email:  
[rckwaichunghk@gmail.com](mailto:rckwaichunghk@gmail.com)

speaker  
賴閃芳 @ 小市山設計

topic  
Noon Disco: What creative health is and the importance of aging actively

Regular Meeting #1432  
4 Mar 2024 (Mon)  
Regal Kowloon Hotel, TST East  
7:00pm Reception | 7:30 pm Meeting

Rotary Club of Tai Po

Dinner Fee:  
\$500 Visiting Rotarian / Guest  
\$350 Honorary Member / Spouse  
Sign up at BAND or Salina 66900929



Meeting at 7PM every other Monday  
@ Regal Kowloon Hotel



Rotary Club of Tai Po  
URL: [www.rctaipo.org](http://www.rctaipo.org)

#rctaipo



[rctaipo@gmail.com](mailto:rctaipo@gmail.com)  
GPO Box 7142, Central, Hong Kong