

TAI 報 POST

PRESIDENT'S MESSAGE



DANNY LAU

Dear Fellow Rotarians,

As I pen my last presidential newsletter for the Rotary Club of Tai Po, I would like to express my deepest gratitude to each and every one of you for your unwavering support, assistance, and understanding throughout the past year. It has been a true honor to serve as your president.

On May 15th, we had the pleasure of welcoming Mac to our regular meeting, where he provided us with a fascinating and lively presentation on the Hong Kong government's blueprint for youth policies. This insightful talk helped us understand that youth programs have always been an essential goal for the Hong Kong government. I was particularly delighted to see our Rotaract members in attendance, as they had the opportunity to voice their opinions.



May 16th was a memorable evening, thanks to our Team 4 members who prepared a delicious spicy feast for us, allowing us to savor dishes with unique flavors. Adding to the charm of the night, PP William invited his German friends, who found our cuisine to be an exotic and intriguing experience.

From May 20th to 21st, we participated in the District 3450 District Conference. Over the two days, district leaders summarized the past year's achievements for all club members. I was honored to represent our club in the voting process and contribute to the development of Rotary.



On May 29th, we are grateful to IPP Wilson for arranging an introduction to Kelvin and inviting him to share intriguing stories about building construction and fire prevention facilities.

I am thrilled to announce that our Annual Party will take place on June 17th. We are looking forward to hosting our sister clubs, RCMSL and RC Taipei, who will be visiting us in Hong Kong. I hope this event will further strengthen our friendships and plant the seeds for future international service and collaboration.

Our Club installation, the changeover ceremony, will be held on July 3rd. PE William, I am confident that you will lead Rotary Club of Tai Po to greater heights and continue making a positive impact on our community. I wish you all the best in your upcoming term.

Once again, thank you all for an incredible year. It has been an unforgettable journey, and I am grateful to have shared it with such a dedicated and passionate group of Rotarians.

Cheers!

Danny

rctaipo@gmail.com

GPO Box 7142, Central, Hong Kong



EDITOR SAYS



CLAIRE MAK

It is a trite saying that “there is no cure for stupidity” 人蠢冇藥醫. What about laziness? Is there a cure? Lazy people are definitely not stupid; however, their intelligence are generally misapplied to achieve laziness: using ingenious plans just to be lazy.

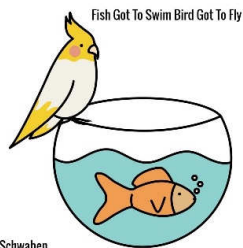
Everyone has his/her lazy moments; and laziness seems to keep pace with the changing time. In the recent decade, the term "squatting at home" appears a ubiquitous form of laziness. Squatting at

home may not necessarily equal to being lazy; you may just be relaxing/idling indoors and emptying your brain from time to time; but at the far end of the spectrum, it may actually be a physical/mental problem. If you can't lift your spirit, it means you lack willpower. Your mind might not be indolent, but your body just does not take orders to actively work.

Finding the *cure* for laziness, one needs to start from the root cause: killing the inertia and creating a need to strive and work. I remember reading an article which reported that the young generation of penguins living in a zoo where food and shelter are amply provided, loath to move around and are reluctant to even go swimming. As a result, the zoo has to specially hold a "Penguin Swimming Training Class", forcing the penguins to exercise in the water for at least 30 minutes a day. Those *delinquent* penguins who are unwilling to be trained will be pushed or jostled by the zoo attendants, forcing them to jump into the water and swim seriously. To do so tends to cure the penguins' laziness. Funny scenario isn't it?

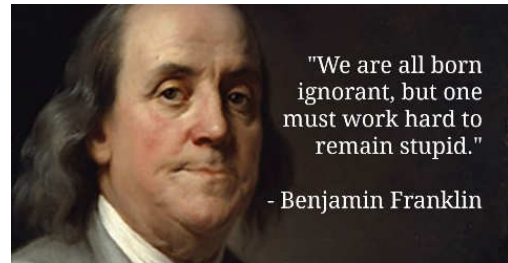


Penguins can be pushed into the water, but we can't really force humans into moving or exercising. The only way to push them is by encouragement: to find a job, to exercise and to have a regular life. Some people are too lazy or unwilling to even eat, and they mess up their life clock, resulting in either growing thin and weak, or a gain in weight and inches at the waistline. It is necessary to arouse their interest and raise their spirits, and naturally they can develop daily routine and work seriously.



It may not necessarily be laziness which produces undesirable results. An industrious person may also fail no matter how hard s/her works. Sometimes, it is the wrong use of talent: like asking a bird to swim or a fish to fly. So in addition to working hard, one must also get a grasp of what strength one possess; and then work hard to exploit what one likes and good at.

Why am I saying all these? It simply occurred to me that I used to share such ideas with students of past Star Reaching or Strive for The Summit Project around these times years ago. It is sad that there are lesser of such opportunities for similar discussions recently. It seems like our club is getting lazier each year.



Called by a cause: Rotary Club of Mental Health & Wellness

From Rotary Magazine April 2023 and club website

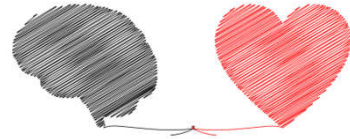
ROTARY INFORMATION



PETER LAM

The recent tragic news in town relating to mental health patients have once again drawn our attention and concern to this important social issue of mental health which might have become worst after the pandemic. Let us look at a new Rotary club in the US, which is one of the first caused-based Rotary clubs to focus on mental health and wellness.

The Rotary Club of Mental Health & Wellness (RCMHW) was chartered in May 2022 in District 5280 in Los Angeles County in California, USA. The club meets online twice a month and welcomes members to join from anywhere in the world. Its current members include professionals in the mental health field and others who hold the issue close to their hearts. The 2022-23 President is a medical doctor - Maribel Khoury-Shaar, M.D



Rotary Club of Mental Health & Wellness D5280

Mental health has been a huge crisis during the pandemic. People were isolated, and many turned to alcohol and drugs to cope. Mental health and especially the issues of depression, anxiety, and suicide have caught the attention of Rotarians worldwide. In addition to the new club, there is a Rotary Action Group on Mental Health Initiatives as well as a partnership between Rotary International in Great Britain and Ireland and the nonprofit Bipolar UK.



While the RCMHW club is relatively new, members have launched notable initiatives, including an effort to award US\$5,000 in scholarships annually to students pursuing graduate-level work on mental health. Members assembled and distributed coping kits containing stuffed animals, supportive cards, and other items to children with burn injuries. And they promoted mental health and wellness among school-age children through the Inspiring Kindness initiative, a collaboration with other clubs, schools, and the Alex Montoya Foundation.

Another priority is serving military veterans, including by helping refurbish an American Legion post in Glendale, California. In fact, many members of the club was drawn to join because of the club's focus, some of them had dealt with mental health issues and wanted to create resources for others. Club member Mariso Chianello, an attorney whose husband is a Gulf War veteran and experienced mental health. Club President-elect Judith Verduzco, a therapist has a Rotarian husband who encouraged her to become a member. Judith's focus will be on suicide prevention and partnering with organizations that provide mental health services and promote awareness of the issue.

In fact, the District 5280, which the club belong, had been promoting this new "Cause-based" Club Model such as having a club - Rotarians for Environmental Action, and Rotarians in Service for Equality, which focuses on LGBTQ+ concerns.

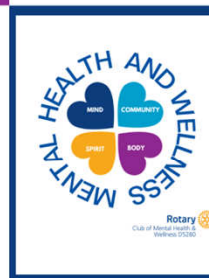
Now Accepting Applicants!

"Be Kind" Scholarship

"Be Kind" Scholarships are awarded to undergraduate students pursuing graduate-level studies and/or current graduate-level students passionate about providing mental health support within their respective fields of work (i.e., clinical, medical, film, science, etc.)

Application Deadline: **March 15, 2023**

For more information



www.rotary4mhw.org

Be Kind Scholarship

Scholar Sigmund Werndorf

School Pacific Oaks College

Major Marriage & Family Therapy

Rotary Club of Mental Health & Wellness D5280



Meeting at 7PM every other Monday @ Kowloon Cricket Club



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



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FLASHBACK

A look back of our club's past activities by topic

SUNSHINE TEENS YOUTH PROJECT



PETER LAM



陽光少年計劃
SUNSHINE TEENS



2022

15 Jun. 2022 PDG Anthony & Danny participated in this "Maker+ Workshop" held at the Heung Yee Kuk Tai Po District Secondary School which aims to encourage students to learn from building eco-friendly wooden furniture for the school and in turn foster their "maker" spirits, such as persistence.



2020

2019-20 President KF, PP William, Danny and parents of the students attended the abseiling activity 沿繩下降 at the school to show support to our Sunshine Teens. After the event, there was also a sharing session with the parents to learn of the students' feeling and school life.



2019

At 4 May, 2019 Joint Closing Ceremony of Sunshine Teens & 潮看Teen空計劃, students performed African Drum, modern dance, stage magic show...etc.



2017

Wilson Woo at the sharing session with parents and students after the abseiling activity in Oct. 2017.



2017

2016-17 President William and members showed up in good numbers at Sunshine Teens Closing Ceremony on 31 May, 2017. We were glad to get recap with video shows of the various activities including 團隊合作訓練, 野外日營, 火鍋同樂日, 興趣培育小組.



2012

We experienced a special closing ceremony on 2 Mar. 2012 which started off with a football game at the school playground with the students. Dr. Patrick Yung, Timmy Kwong, PP Matthew and PP Peter well participated.

Team 4 邪惡的誘惑 Fellowship Dinner

16 May 2023

Henry K. H. Wang

The Rotary Club of Tai Po Team Four organised a very enjoyable fellowship dinner on 16 May 2023. The Team 4 members included PDG Kenneth, PP Louis, PP Ron, PP Armstrong and PP Henry. Our honorary adviser is CP Donald.

PDG Kenneth, CP Donald and PP Henry first had a nice tasting dinner at the restaurant in early May. After the successful tasting they arranged a special fellowship dinner at the King's Bistro in MOKO, i.e. 小皇府 (旺角MOKO新世紀廣場2樓205號舖) on 16 May 2023.

The special theme for the fellowship dinner was 邪惡的誘惑 越邪惡越快樂!

In line with the theme, the team arranged a special exotic gourmet menu with many special dishes which are not commonly available in other restaurants in Hong Kong.



Over twenty Rotarians, spouses and friends joined the fun filled gourmet evening. They enjoyed the good food, fine wine and excellent fellowship.



PP William invited two special guests from Germany to join us too. They were Professor Thomas Otto, the deputy director of the Fraunhofer Institute ENAS from Chemnitz Germany, and Thomas Otto's wife Patricia Otto. William shared with us the special story that Prof Otto's senior researcher suffered some heart problems when he visited Hong Kong a few years ago. The good news is that our Prof CM Yu has successfully cured him and he recovered fully plus is now happily married. Prof Otto enjoyed meeting Prof CM Yu at the dinner and thanked him. They also took a nice photo for the memorable occasion.





63rd District Conference

20-21 May 2023

Peter Lam

Rotary District 3450



DISTRICT CONFERENCE



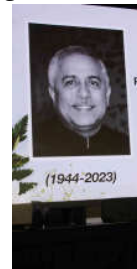
It has been three years since we last held a full scale District Conference in Macau in 2019 so Rotarians were pleased to return to the normal 2 days District Conference with full program and big delegations from Macau and Mongolia. This year the event was held at a new venue – Regala Skycity Hotel near the airport on 20-21 May with high turnout about 560 registered.

Our club did attend in good numbers but partly because we have several District dignity and officials, namely PDG Anthony & Mary, PDG Kenneth Wong & Lucia, CDS Natalie, DT Louis Tang attended in addition to President Danny, PP/PE William, PP KF and PP Peter. IPP Wilson Woo did attend the first session and Jules dropped by the venue before event had started but left early. It was too bad that none of our younger Satellite club members participated. Let me recap the two days event here with photos.

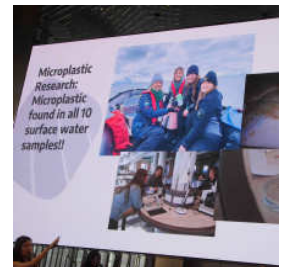
Day 1 Saturday - Opening Ceremony, 1st Plenary Session & Breakout Session



Thanks again to Pres. Danny who lent his few Billboard Digital Signage for House of Friendship which our club also has a promotional page to show; but the setup needs improvement as the display was not scheduled by club and each club's pages were not displayed automatically in a loop and so the screen was blank. Users had to select club from screen to display. In short, it is not effective for promotion club. It ended up mostly club members selecting their own club page to view!



After the Opening Ceremony by Conference Chair DS Frank Chan (RC Kwai Chung), DG Norman Lee, RI President's Personal Representative TRF Trustee Larry Lunsford and Guest of Honour Dr. Y.K. Pang, GBS, JP, Chairman of the HK Tourism Board, Dr. Pang delivered a speech on the topic "Striding Forward in a Steady Recovery." DG Norman then followed with his District Report and before he started he paid tribute to well known Rotarians of our District who passed away recently, namely PDG Dipo Sani of RC Kowloon Golden Mile, PP Solomon Lee of RC Kowloon East, PP Edwin Tsang of RC NT and PP Frederick Ng of RC Mandarin HK. In terms of membership net growth achievement, we were glad to learn that there is net growth since last July from total members of 2667 to 2866 with 84 clubs in Hong Kong.



After address by RIPP Larry and coffee break, our members moved to different Breakout Sessions: Diversity, Equity & Inclusion (William), Membership (Danny & KF) and PPE (Peter). I was particularly excited to meet my session panelist Natalie Chung who was our 2016 Rotaractor from CU Wu Yee Sun College. Natalie Chung went to Oxford after CU and was selected to join National Geographic's Antarctic Climate Expedition 2023 and she formed the social enterprise V'air Hong Kong promoting climate action. Yes, she remembered Claire well as her Rotaract advisor as well as DGS "si-che" and I was glad of this reconnection and would liaise with Claire to invite her to our future meeting to give talk on her adventure and PPE subject to inspire our youth!



Day 1 Saturday - Governor's Banquet (Theme: Imagine 2050)



How nice to have big party again (47 tables some 560 attendants!) without any restriction just like the good old days! The DG Banquet started off with very energetic upbeat dance performance by DG and his team including our very own CDS Natalie! The mix Chinese, Western fusion dinner menu was quite good. We were glad to meet our baby club RC Central members and I was also happy to meet our former Rotaract Club of Taipo President (2004-05) Joanne Ho who is now a Rotarian from some young new club. Perhaps our IPP Wilson Woo will remember her too?



Wow, singing performance by Rotarians like DG Banquet Chair PP Thomas Yeung and others were fantastic but the appearance of 中年好歌星star Rtn. Bill Ng (吳大強 RC Kowloon West) brought the stage to another climax! The big group from Mongolia also showed off their traditional Mongolian dance in full costume. The party ended with DG Norman and his 2022-23 Presidents and district officers team's performance, first doing some play dressed in student look and then group singing and dancing with dance music by DJ promoting the theme to achieve 2050 Carbon Zero . . . Our Natalie was in more action again . . . but President Danny seems relatively quiet and low profile, or had I miss him on the stage?





Day 2 Sunday - 2nd & 3rd Plenary Session



RD 3450 analysis of balance sheet as at 30-6-22		30/6/22	30/6/21
Assets		762,922	1,319,624
Liabilities		8,303,986	8,850,241
Surplus		(7,541,064)	(7,530,617)
Reserves		(7,782,272)	(7,678,344)
Current Liabilities		(2,284,633)	(2,291,516)
Reserves and other liabilities			3

Many Rotarians including PDG Kenneth and CDS Natalie stayed at the venue hotel so the lobby restaurant was full of Rotarians for buffet breakfast which I also went. The Conference Resolutions section and voting (which Pres. Danny represented our club) ran smoothly as there were no controversial issues to discuss. Our DT Louis Tang then presented the District Financial Statement for Rotary year 2021-22 which was also duly adopted.



Rotary People of Action (POA) Photo & Video Competition Award was presented to top 3 winners.



Rotary EREY Clubs	
EREY CLUBS 2020-2023 as of 14 April 2023	
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100	100



After coffee break, there was keynote speech by Ir Eric Ma, GBS, JP, VP of the HK Institution of Engineers on the topic of “Our Most Precious Natural Resources – Water” which was followed by State of Rotary Worldwide update by RIPR Larry and then Foundation Lunch. President Danny represented our club to receive the EREY clubs recognition and he himself also was recognized for new Paul Harris Fellow (PHF) as well as new PHF Society member. PP Charles Chan was also on the list of recognition for new Major Donor Level 1 (for contribution up to US10,000).

Day 2 Sunday - 4th & 5th Plenary Session & Closing



For the afternoon session of Youth & New Generation, this year, other than the usual report on Rotaract, Interact and RYLA, we have something new which is the HK Outstanding Student Service Ambassadors Award 香港傑出學生服務大使獎勵計劃 and students from four winning secondary schools, (St. Paul's Convent, Marymount, PHC Wing Kwong and St. Mary's Canossian College) gave presentation of their respective categories like Care for Environment, Fight Disease, Care for Elderly.



Finally, our PDG Kenneth spoke about new Virtual Vocational Exchange followed by panelist discussion. Then there was Snapshot of Spouse (Family) Program which Mary Hung was actively involved, Future Leaders Chatroom and promotion of RI Convention in Melbourne by DGE Andy Li and 2024 RI Convention in Singapore by DGN Nigel Lo. I did manage to stay behind until roll call but not the Closing Remarks by DG and RIPR Larry. This would be my 30+ time attending DC since 1991!



M Regular Meeting

15 May 2023

Was it the Speaker's charisma, or was the topic of high interest? The meeting attracted high attendance by Members, Satellite club members, visiting Rotarians, Wu Yee Sun Rotaractors and friends.



Happy Red Box from long-time-no-see PP Jacky Sung and Visiting PP Menza.



PP Claire took a bit of time to give an **introduction** of her former colleague and good friend, Speaker Mr. Mac Chan as he has a lengthy list of credentials under his belt.



Speaker **Mr. Mac Chan** gave a very thorough exposition of the topic **“Youth Development Blueprint”** starting with the historic background of embryonic Youth service in the 1973 under the 5-year Social Welfare Development, scattered and sporadic NGO services like the JPC and other organisation, leading to calls for long term plans with the establishment of Commission on Youth in 1990 and its Charter for Youth in 1993. In 2018 Youth Development Commission was established and later on, with better consolidated effort, we saw the 2022 formulation of Youth Development Blueprint which aims to make youth development work more systematic and universal; to promote more targeted and diversified youth development work and to ensure that future youth work is inclusive and fair. Mac cited interesting examples like Thematic Youth Internship programs for Youths in Mainland; cross-bureau and cross-sectorial co-ordination plans for young people...etc.





The very thorough and insightful Speech attracted diversified questions from the old and the young, ranging from PP Louis (who gave red box for giving his own little speech). Satellite Rtn. Gary, VP Jules, Rtn. Henry, WYS IVP Elodie and PP Sally.



PDG Kenneth delivered an encouraging Vote of Thanks and shared his own insights on Youth development.



The raffle prize of a set of **Shiseido Face Cleanser** which **PP Tsubaki** donated for the draw was won by **PP Wilson Woo** and presented to him by **President Danny**.



29 May 2023



Sergeant-at-Arms Jules wittily reminded members to get seated for the meeting to start.



PP Wilson Woo introduced his long-time friend, speaker of the evening, Engineer Mr. Kelvin Wong.



When speaking on his topic “**Fire Safety Design in Hong Kong and Mainland China**”, **Mr. Kelvin Wong** brought us to different types of buildings in locations all over the world including Hong Kong, Shenzhen, Beijing, Shanghai, Tianjin, Kunming, Dalian, Taipei, Macau, Abu Dhabi... and the more noteworthy buildings are the Nest type National Stadium in Beijing and Beijing Water Cube Aquatic Centre. Kelvin dissected and analysed with us their specially designed safety measures. Behind the eye-opening discussion, we see Kelvin and his team striving to shape a better and safer world.



It is almost a trend. The guest have it! **Kelvin** is the lucky winner of the nice bottle of **Macallan 12-year Whiskey** given out by **Rtn. Jules**.

5 June 2023



Sister club **Past President Gregory James Dy** of RC Makati San Lorenzo and his girlfriend **Rtn. Victoria Herrera** of RC BCG Central Manila visited us and we have an early celebration of **Victoria's birthday**.



GJ caught up with **fellow classmate** - our PP Sally. He also updated us on his new job.

The raffle prize goes to our guest again! **Victoria** was the lucky winner of the **\$1000 cash** raffle prize given out by **President Danny**.

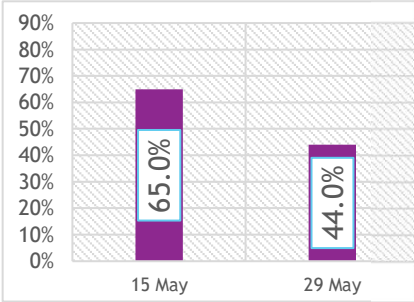


Members discussed and voiced out opinions at the **Club Assembly** which focuses on **plans** for the coming year. PP Peter gave a report on the matching grant situation.





MAY 2023



Average attendance: 54.5%

Perfect Attendance MAY 2023

- | | |
|--------------|----------------|
| Anthony Hung | Armstrong Shea |
| Jules Jiu | KF Tam |
| Natalie Kwok | Vicky Tam |
| Peter Lam | Henry Wang |
| Danny Lau | Kenneth Wong |
| Sally Luk | Wilson Woo |
| Claire Mak | William Yim |



UPCOMING EVENTS

Date	Time	Event	Venue
21 JUN (WED)	19:00 - 22:00	Rotary School	Rotary Information Centre, 14/F, Capital Commercial Building, 26 Leighton Road, Causeway Bay
26 JUN (MON)	19:00	Regular Meeting President Danny's Thank You Dinner	Regal Kowloon Hotel, 71 Mody Road, Tsim Sha Tsui
3 JUL (MON)	19:00	Rotary Club of Tai Po Club Installation	Regal Kowloon Hotel, 71 Mody Road, Tsim Sha Tsui
8 JUL (SAT)	18:00 - 00:00	District Installation	Convention Hall (Level 1 at Phase I), Hong Kong Conventional and Exhibition Centre
17 JUL (MON)	19:00	Regular Meeting Speaker: Ms. Deborah Yu Topic: Legacy Planning	Fincher Room, KCC, 10 Cox's Road, Jordan



- RONALD CHUNG
GABRIEL KWAN
WILSON LAM
DENNIS LO
MASAYUKI TSUBAKI
FRANKIE WU
SINCERE YIP



Got something to say?

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

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

The editorial board
Claire Mak
Peter Lam

ROTARY CLUB OF TAI PO CLUB INSTALLATION

MON, 3 JULY 2023
7:00 PM RECEPTION; 7:30 PM CEREMONY

VENUE: REGAL KOWLOON HOTEL

2022-23 President Danny Lau
2023-24 President William Yim

rsvp in BAND or WhatsApp Salina 66900929

DISTRICT INSTALLATION
地區就職典禮
2023-24

8 July 2023, Saturday

Convention Hall (Level 1 at Phase I)
Hong Kong Conventional and Exhibition Centre

Rehearsal Time : 13:00 to 18:00 (District Officers, Ps & PEs)
 Event Time : 18:00 to 24:00
 Banquet : Western Menu
 Capacity : 80 tables, 12 persons each table
 Standard Price : HKD1,700 (Early Bird*) / HKD1,900 (Normal Rate)
 Premium Price : HKD2,400 (Early Bird*) / HKD2,600 (Normal Rate)
 Programme : New Member Induction & Entertainment

REGISTRATION

<http://bit.ly/DI2324>

Early Bird Registration and Payment : On or before 18th April, 2023

INQUIRY
 RIC 2576-8882
 PP Elsa Wong 9029-3134 / PP Colin CHAU 9492-9884

Meeting at 7PM every other Monday @ Kowloon Cricket Club

Rotary Club of Tai Po
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