



**BUILDING COMMUNITIES
BRIDGING CONTINENTS**

Tai Post 大報



Club Bulletin of Rotary Club of Tai Po (February 2011 Issue)

President's Message

Frankie Wu



Kung Hey Fat Choy!



I wish everyone a healthy and prosperous Year of the Rabbit.

It is a Chinese custom to give Lai See during the spring festival. I guess it meant good to share our luck and fortune with others. Spring is also a season to plan. Among my Club Plans, I still need to emphasize on service and am still looking for a project with which we can celebrate our 20th anniversary.

It is difficult to find a good project which can involve all members. We need something meaningful and can easily be done together!!

How about *A Service A Day*? I think it is very easy for each member to do one small service a day (of course you can do something BIG also). It can be helping an elderly to cross the road, taking used newspaper for recycle, not using the car for one day or even donate 10 dollar to the RI Foundation. 30 members can add up to 1000 cases a month and we can easily come up with 10,000 service items a year. Can we do this as our 20th year anniversary project? Do you think we can do it together?

Editor Says...

Claire Mak



A Hong Kong person is blessed with at least two chances of making New Year

resolutions. If one is lax at the New Year under the Gregorian calendar, there is always another chance at the Lunar New Year, that is assuming you do not also celebrate the Hindu new year in June or the Muslim new year in December ...etc. as well. So what have you promised yourselves to achieve?

I hope your resolutions include doing more for Rotary and our Club because looking ahead, club activities will be busier than ever. Apart from all the celebrations and gatherings, service events have started the



turbo and most crucial activities are underway.

Looking even further ahead, PE Tsubaki has already set the 20th Anniversary Ball preparation in motion. You should have reserved 11 June for this joyous occasion.



As everyone is racking their brains to do congratulatory messages for our 20th Anniversary Year Book, all Past Presidents have the additional task of jogging



down the memory lane for a recount of the more important moments in their year as president. In fact, it is fun looking at old photos

and going through past records and reliving outstanding achievements. It brings back fond memories of the unique brother/sisterhood within the club. I really cannot wait to read the 20th Anniversary Year Book!

But not so far-off for the time being. PP Armstrong advises you on about food and exercise while PE Tsubaki brings you knowledge about furs. All meant to keep you healthy and warm!

There are also quite a number of Talks on Fung Shui in the pipeline. Let's see what sort of wisdom we shall gain in the New Year, if not some good wealth as well! Enjoy a superb Year!



Rotary Information by Peter Lam

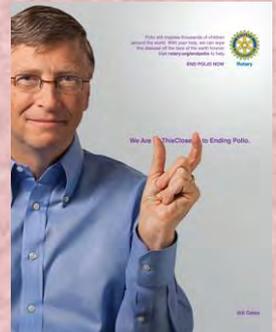


Rotary launches new announcement campaign focused on polio eradication

Bill Gates leads list of international public figures on 'This Close' to ending polio

EVANSTON, Ill., U.S.A. (Jan. 31, 2011) – After more than 25 years of hard work, Rotary and its partners are now “This Close” to eradicating polio, and a wide array of **public figures and celebrities** have signed on to help Rotary spread the word.

Headlined by Microsoft Corp. Chairman Bill Gates, this diverse lineup of influential leaders and personalities includes Archbishop Emeritus Desmond Tutu, action movie star Jackie Chan, conservationist Jane Goodall, premier violinist Itzhak Perlman, Grammy Award winners A.R. Rahman, Angelique Kidjo and Ziggy Marley, golfing great Jack Nicklaus, and peace advocate Queen Noor of Jordan. In a series of print, broadcast and outdoor public service advertisements each uses a simple hand gesture to show Rotary is “This Close” to wiping out polio worldwide. Nicklaus, Perlman and Tutu are themselves survivors of this crippling disease.



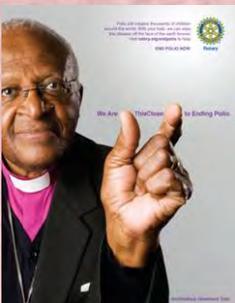
“Polio eradication has benefited immensely from having Rotary’s support,” Bill Gates said today in his annual letter. “Rotary had the vision to get involved in 1985 and has kept polio eradication as its top priority.” The Bill & Melinda Gates Foundation has been a major supporter of the global campaign to wipe out polio.

Other notable figures star in regionalized versions of the “This Close” campaign around the world, such as South Korean ballerina Sue Jin Kang, Nigerian soccer star Nwankwo Kanu, and Indian movie star Amitabh Bachchan. The campaign also has a grassroots component in which local Rotary members recruit participants who are well-known at the community level, thus connecting the campaign at every level: local, national and international.

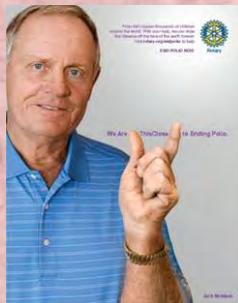
Polio eradication has been Rotary’s top priority for more than two decades. The international humanitarian service organization is a spearheading partner in the Global Polio Eradication Initiative, along with the World Health Organization, the U.S. Centers for Disease Control and Prevention, and UNICEF.

Rotary club members worldwide have contributed more than \$1 billion and countless volunteer hours to the polio eradication effort, and have recently pledged to raise an additional US\$200 million to match \$355 million in challenge grants from the Bill & Melinda Gates Foundation. All of the resulting \$555 million will be spent in support of eradication activities.

Great progress has been made, and the incidence of polio infection has plunged from about 350,000 cases in 1988 to fewer than 1,000 reported cases in 2010. More than two billion children have been immunized in 122 countries, preventing five million cases of paralysis and 250,000 pediatric deaths.



Archbishop Emeritus
Desmond Tutu
(Nobel peace prize winner
& polio survivor)



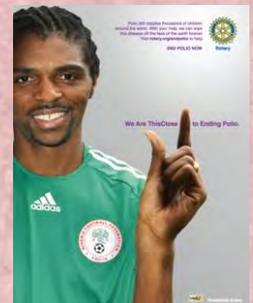
Jack Nicklaus
(polio survivor)



Queen Noor of Jordan
(Humanitarian & Peace
advocate)



Amitabh Bachchan
(Famous Actor & National
Film Award winner in
India)



Nwankwo Kanu
(Nigerian soccer star)

Update about Gorman Ngai

If you are wondering what our former member Gorman Ngai is up to, let him share with you the happy news:

“This is my baby girl Yee Shun when just born!!! Doesn't she look a bit like a Korean??! She is now more than three months old.”



"First Bowling Tournament For All"

Peter Lam

This event on 16th January at the HK Bowling City in Kowloon Bay was co-organized by our District 3450 with the HK Blind Sports Association & sponsored by Labour & Welfare Bureau & Equal Opportunities Commission to serve the purposes of raising the self-confidence of people with visual impairment and facilitate them to integrate into society through sports training & activities; to promote equal participation and sports for all and bringing a more colourful life to people with visual impairment. Each team consists of 4 people: one visually impaired person, one young generation member (Rotaractor, Interactor or student from Rotary Adopt A School Programme), one Rotarian and one friends of Rotary who are mostly "semi-pro" bowling players.

Our club sponsored two teams to participate at \$1,600 each. PP Jacky Sung teamed up with Rotaractor VP Jodhy Mak while Francis Au teamed with Rotaractor Gloria Cheung to represent our two teams. Even though only two players from our club joined the game, we had a strong supporting "cheering" team led by President Frankie and included PDG Anthony, DGN Kenneth, AG Wilson, IPP Dennis, PP Peter, Rotaryanne Cynthia, Mary and Rotaract Club President Goldi.

It looked like all our players had a good time themselves and felt good to add some fun and help raised self-confidence of the visually impaired. Our players also got a taste of how it is like for the visually impaired to play by blind-folding themselves at the first try. The event has also generated great publicity for Rotary as many VIPs including CY Leung of the Executive Council, Dr. Leung Chi Hung, Lam Woon Kwong of the Equal Opportunity Commission served as officiating guests.



RYLA

Rotary Youth Leadership Awards (RYLA) is an intensive training program organized and fully sponsored by Rotary International District 3450 Hong Kong / Macao / Mongolia. It aims to foster the development of character and leadership skills of youth and young adults

RYLA 2010-2011 celebrated its 40th anniversary on 10 to 13 February 2011 in Breakthrough Youth Village, Shatin. The theme this year is **Build the Future, Bridge the Cultures**. Rotarians participated in some of their activities:

- Opening Ceremony on 10 February 2011
- RYLA Night Show on 12 February 2011
- Closing Ceremony on 13 February 2011



Ethnic Food Cooking Competition



Kenneth, RYLArian Terence, O/C member Stanley and Peter



Rtmm Mary, PDG Anthony and DGN Kenneth supporting RYLA



Terrence (2nd Back Row) completed the training

Everyone at RYLA Closing Ceremony



Jacky's Trip to Harbin 26 to 30 December 2010

Jacky Sung

The famous "Ice City" in Northeastern China, Harbin is the place every Chinese should visit at least once in during lifetime, and my dream finally came true in Christmas last year. Jasper, Jeremy, Cynthia and I joined tour for Harbin of Heilongjiang province; Changchun of Jilin province and Shenyang of Liaoning province. We were told the weather there would be extremely cold, and we needed to wear as many warm clothes as possible, such as long down jacket, cotton boots, wool sweater, scarf, glove and hat. Thanks to Anne and Donald, we borrowed two sets of jacket and boots from them. Those really help.

Our journey in Harbin started from Harbin Central Street, a long pedestrian street with many European style shops and buildings. All of them are well preserved and continuously play an important role in people's daily life.

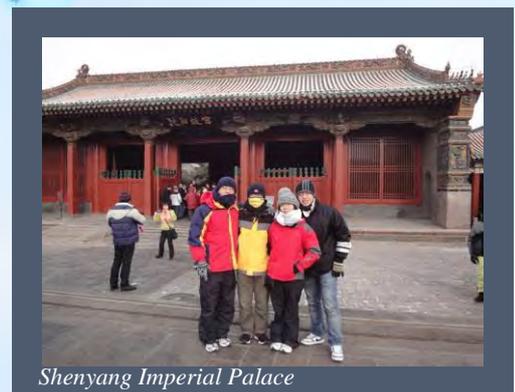
One highlight of this trip was to visit the ice carvings at the Harbin Ice and Snow World. Even though the temperature was about 27°C,

we were amazed by the magnificent ice buildings, ice maze, ice bar and ice slide, etc.

We had a very good time in a place called "Sun Island". The Harbin International Snow Sculpture Art Expo held there exhibited enthralling snow sculptures and architectures.

The last city we visited during this trip was Shenyang, capital of Liaoning province. We toured Shenyang Imperial Palace, a Manchu version of the Forbidden City. The first two Kings of Qing Dynasty used to live and work there.

Other than the time when we were forced to go shopping in each city we visited, and the half day we got stuck in a lousy ski resort in Changchun, the trip was basically very enjoyable and memorable.



Wishing Everyone a Healthy Body!

Armstrong Shea

It is not surprising that you must be concerned about the flu impact hitting our town recently. It is so serious that the H1N1 virus had again killed few of our citizens. What I am curious is why the virus is still causing death when our government had already provided the correct vaccine? Is it because the vaccination has not been properly taken? Furthermore, the media has not reported on the related cases about the victims who had received vaccination. I personally think it is important that the public should be told whether the victims have taken the proper vaccination. However, what is more important is that everyone should pay more attention on how to naturally avoid diseases before anything happens, and to stay healthy is a must on this chapter.



There is no question that science and the medical field nowadays are well developed. Very often we see reports on which substance or which types of food are harmful to health, or even causing death or diseases. Here I am not trying, and indeed do not want, to mention what kind of substance will cause what kind of disease. What I try to emphasize is that many processed products nowadays contain chemical

components that are fatal to human health. The cause of the above situation comes from capitalism which concerns only with beneficial results but neglects issues of consumers' health. Social modernization more often than not provides satisfying and comforting environment. As the old Chinese saying goes: "A Closed Mouth Catches No Flies". It is evident that nowadays people are taking in too heavy and excessive nutrients.



It is really hard to figure out the official definition of good health, or what is required for real health. In my opinion, the standard of good health is defined by healthy eating habits and quality rest and sleeping hour. Moreover, a cheerful living is also a must in our life. What is cheerful living? This includes the level of family, relatives, friends, the society, the country and the international status. Similarly, we hear discussions or even arguments on human rights, freedom, democracy, and privacy etc. How do we set a good position on these matters? If we do not have a good setting, these topics may affect people's emotion or even their

health.



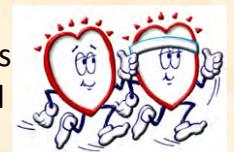
Another condition for good health is to do exercise. However, not all kinds of exercise can maintain our health; only healthy exercise can.

How do we define healthy



exercise? My point of view is first to understand

your own body structure which is most practical and most effective. We are all living in a fast-paced city. To find a way to factor in a daily exercise regime is the most effective way to find your health. It is because daily exercise allows you to gradually figure out your actual body status. There is no question that your body status is the best way to define your health status, which also means that you will eventually learn how to rely on exercise instead of supplements to address the fear of chronic ailment. It is not who we are underneath, but what we do that defines our health and happiness! Keep Smiling!!



Imagination of FUR

Masayuki Tsubaki

Hi everybody, what image do you have on "FUR"?

Status symbol of wealth? I can think of many things.

Those were the days when human fought for Fur. Fur was the origin of human wear. Dressed solely against the tough nature, it protects human bodies from the cold weather. Indeed, it could be regarded as the origin of clothing for human beings.

After thousands of years, improvements in technologies in "Breeding", "Dyeing" and "Sewing" enable us to apply fur on more fashionable products. In the past, fur coats were only to keep warm. Due to the poor designs, it did not follow the trendy fashion and thus many women did not accept it as a fashion.

However, nowadays, many famous designers in the world are making better use of fur materials on their designs and collections. The fur clothing is established as ladies fashion and attracts women around the world. Fur is established as one of the winter fashion items now and its use is expanding more widely.

Fur garments are popular around the world. In recent years, the more prominent of them are China and Russia. These countries are now getting a large proportion of world consumption. As we expect these potential countries to grow further, these markets will be attracting more attention.

The fashion garment and many other items are enhanced with fur. Fur is not only used for fur coats and jackets, but also for trimmed coats, fur lining coats, sheared fur coats, knitted fur ... etc.

New designs are released each year, together with improved making techniques and sewing skills, fur fashion will be made more impressive. Without the fur element, it is very difficult to create winter fashion. In the past, fur fashion was mainly in its original colors. With the development of new technologies, it is now possible to meet the strong demands of many fashion designers who create and introduce the color trends and new designs every year.

Fur has penetrated into many brand items requiring exceptional attention: not only in the high-end markets, but it also steadily infiltrates into our lives. Carpet, cushion, bag or charm, fur has been widely used around us. I do think fur will probably get closer to us.

With fur's natural beauty, brilliance and warmth, skilled craftsmen who pay high attention to details, hand-made fur for delivery to us and wrap us gently.

As the use of digital technology increases these days, fur has been rendered closely related to us and protects us from the cold weather.

In fact we have benefited from nature since the ancient times and it still remains unchanged.



Rotary Club of Tai Po Visit to the Elderly - 喜氣洋洋暖笠笠

Date: 29th Jan 2011 (Saturday)
Time: 3:00 pm – 5:00 pm
Venue: Hiu Kwong Elderly Care Centre in Tai Kok Tsui

14 members signed up for this service event. Coupled with family and guests, there were 22 of us from Rotary Club of Tai Po. With the support of our Rotaractors, Interactors and teachers in charge, we have more than 30 people joining this meaningful event.

Hiu Kwong Elderly Care Centre in Tai Kok Tsui is an old people's home housing elderly from the grass roots who are in need of resources and love. We met 30 of them, those who are not bed-ridden and more capable of moving around.



Creamy and Chloe prepared a Bucket of Gold bullions to give out!



Elderly put on woolen scarves



Frankie thanked by Elderly Home representative, Henry



Interactors and Teachers in charge flanked 財神.

Everyone was entertained and happy at the service with the following run down:

1. Break the Ice – RCTP members presenting gift packs and chatting with all the elderly in main hall.
2. Show some Fun – Clown magician performed a few tricks bringing laughter and cheers.
3. Keep them Warm – Showing the woolen scarves knitted by TTCA students and distributing these scarves to all the elderly in the main hall
4. Kung Hei Fat Choi – God of Wealth giving out Lai See and Golden tokens
5. Say Cheers – Memorable moments, including dancing and singing captured in group photos



Parties deserving a bigger hand and special mention for their generosity are:

1. PP Armstrong's complimentary supply of wool yarn
2. PP Ping donating all the red packets
3. Paul's help to organize magician performance
4. PP Peter getting our next generation together to knit the woolen scarves
5. PP Man's help to have 白花油 supporting us again and again
6. PP Louis who acted as God of Wealth

RCTP spirit lives on strongly and serves our community well in this season of celebration and togetherness.



Big and small 財神 giving out Lai See



Cheerful Dancing



See who gets mingled into the elderly mass

At your Service

潮看TEEN空 2010-11

Organized by: Salvation Army Tai Po Youth Services
Sponsored by: Rotary Club of Tai Po
Participating Schools:
(1) Fung Leung Kit Memorial Secondary School
(2) New Territories Heung Yee Kuk Tai Po District Secondary School

1. Overall Goal

1. To promote participant's individual ability and sense of belonging to the school.
2. To re-establish the participants' status and image in school
3. Let the participants appreciate families and teachers' support

2. Recruitment:

- 2.1 20 students in Forms 2 and 3 from the two secondary schools who are prone to playing truant or discontinuing studies (10 students from each school)
- 2.2 Students will be selected by the school authorities followed by group interviews and screening.

3. Method

- 3.1 Strive for the Summit (勇闖高峰) for boys and Shining Face (閃爍計劃) for girls
- 3.2 Skill training and performances (beautician class /band music training/ dance training)
- 3.3 Visitation (different professions and rehabilitation organization lined up by Rotary)
- 3.4 Team building
- 3.5 Vocational training / real work experience (lined up by Rotary)
- 3.6 Showing appreciation and exchanges with parents and Rotary mentors

4. Assessment

- 4.1 Assessment before and after the activities by questionnaire:
comparing the participants' self-image, the sense of self-respect, self-confidence, communication skills and overall ability to overcome difficulties
- 4.2 Observation by the social workers
- 4.3 70% or above attendance and the school authorities' observation on their manners

Shining Face Opening Ceremony on 26 January 2011 at Fung Leung Kit Memorial Secondary School



Everyone at the Opening Ceremony



Students were attentive when the Principal spoke.



Shining Face students getting some training on nail painting from instructor



Lawyer Claire with Lawyer-potential student and Salvation Army's Wendy



Kennis of the Salvation Army shared her observations and experience of past programs.



Timmy seized hold of the opportunity to get all his fingers colourfully painted

President Frankie told the students about Rotary and the Project Objectives..



Camp Visit on 12 February 2011 (Jockey Club Sai Kung Outdoor Training Camp)

As part of the program, Shining Face students underwent a camp where they learned independence and mutual support through tough physical trainings like hiking, canoeing, backwoods cooking ... etc. which require stamina and team work. In their own words, they got to know each other much better, appreciated family support which they had taken for granted and had gained a lot both physically and mentally.



Pearl, Claire, Frankie and Peter visited the Shining Face students at the training camp



Rotarians spent a nice afternoon with the tired but fully spiked up students.



Can you imagine how Peter, Frankie, Claire and Pearl got themselves into this mess with the Shining Face students and what it took to get disentangled?



Shining Face students debriefing about their training camp: the newly acquired physical skills and the mental improvement on their well-being

Youth Corner

RAC Tai Po Bakery Class on 22.1.2011

At the invitation of Pres. Goldi, PP Claire, Rtn Ada Wu and Rtn Samantha (chaperoned by Vincent of course) shared a sweet Saturday afternoon in At Home Pastry (家·工房) with young friends of Rotaract Club of Tai Po on 22 January when they learned and successfully baked Truffle cakes decorated with self-made macaroon. Yummy treat!



Goldi and friend concentrated intently



Everyone focusing on making a suitable crust



Rotarians are not exactly more experienced



Stanley was momentarily distracted



Iris and Karen's cakes look as pretty as them!



The demonstration looks easy



Everyone shared a busy but sweet afternoon

Regular Meetings

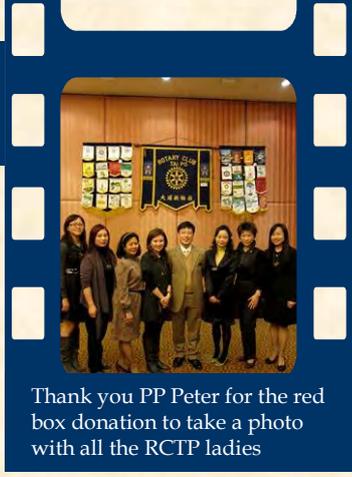
on 24 Jan 2011



It is not everyday that all RCTP lady members gathered together!



All the capable ladies under leadership of Pres. Frankie



Thank you PP Peter for the red box donation to take a photo with all the RCTP ladies

on 7 Feb 2011



Happy Chinese New Year Everyone! Cheers!!



Natalie's exclusive bottle of wine found its way to raffle draw winner Francis



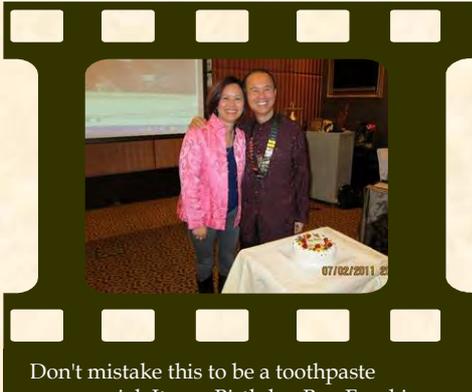
DDRR Stanley Siu updated us on District Rotaract activities



CP Donald and Anne, Armstrong and Rita, Ping and Angela in festive mood



Everyone in Chinese Traditional Apparel for the most important Chinese festival



Don't mistake this to be a toothpaste commercial. It was Birthday Boy Frankie celebrating with his better half Creamy.



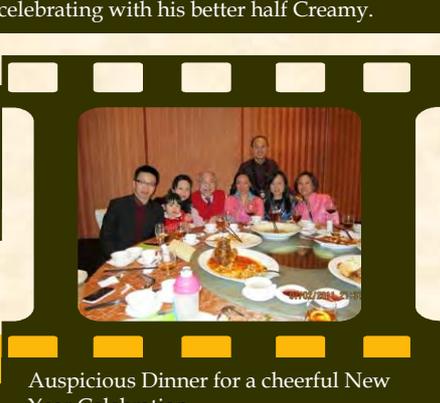
PP Armstrong contributed red box for having a good show on TV



Was it Ryushi who made Charlotte shout or Charlotte who made Ryushi smiled



Elizabeth and Charlotte actually wore their first bucket of gold

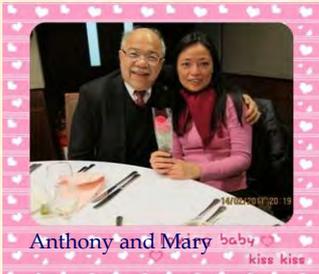


Auspicious Dinner for a cheerful New Year Celebration



Meeting at Kowloon Cricket Club 14 Feb 2011

Some Like It Sweet



Some Like It Hot



Upcoming Events

January Winners (100% attendance):



Francis Au, Caren Chan,
Pearl Dang, Thomas Hoo,
Anthony Hung, Manabu
Kiyama, Natalie Kwok,
Peter Lam, Wilson Lam,
Dennis Lo, Claire Mak,
Jacky Sung, Louis Tang,
Masayuki Tsubaki,
Kenneth Wong, Ada Wu,
Frankie Wu

Note: PDG Anthony clarified his attendance record and now confirmed his 100% attendance (with make-up) for Nov and Dec 2010.

We Miss You
in January
Patrick Yung



On Leave in Jan



Wellington Cheng

% of attendance of regular meetings (inclusive of make ups)

3rd Jan. 74%
10th Jan. 87%
14th Jan. 74.2%
24th Jan. 71%

<u>Day</u>	<u>Time</u>	<u>Topic</u>	<u>Venue</u>
28 Feb 11 (Mon)	6:30p.m.	Area 6 Spring Dinner	Royal Plaza Hotel, Prince Edward Road West, Kowloon
14 Mar 11 (Mon)	7:00p.m.	Joint Meeting with RC New Territories & RC Shatin Speaker: Mrs. Regina Ip Topic: The Case for a New Economic Strategy for Hong Kong	Function Room 1-3, 3/F, The Mira, 118 Nathan Road, TST
7 Mar 11 (Mon)	7:00p.m.	Speaker: Pearl Dang Topic: All about Pearl Dang	3/F Chinese Restaurant, Royal Plaza Hotel, Prince Edward Rd. W.
19-20 Mar 11 (Sat-Sun)		51st District Conference	Hong Kong Convention & Exhibition Centre
21 Mar 11 (Mon)	7:00p.m.	Speaker: Dr. Amy Pang Topic: Tanzania Safari (photography experience)	3/F Chinese Restaurant, Royal Plaza Hotel, Prince Edward Rd. W.
27 Mar 11 (Sun)	6:30 p.m.	Club visit by Rotaractors from District 2650 (Kyoto, Nara, Fukui & Shiga)	Function Rooms, 3/F Royal Plaza Hotel, Prince Edward Road W.

51st District Conference



**ROTARY INTERNATIONAL
DISTRICT 3450**
Hong Kong / Macao / Mongolia

19-20 Mar 2011 Hong Kong Convention & Exhibition Centre <http://dc2011.rotary3450.org>

"February"

Frankie Wu (3rd)



Got something to say?



Tai Post wants to hear from you. Write in to claire.mak@rctaipo.org

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

Chief Editor :

Claire Mak

The Editorial Board :

Peter Lam & Ronald Chung & Francis Au