

Tai Post 大報

Monthly Bulletin of Rotary Club of Tai Po (Aug 2013 Issue)

President's Message

Francis Au



July 2013 has gone faster than anything possible. Take a look at what we've done in Rotary. It is quite amazing!



Installation Night

We had an amazing installation night on 8 Jul 2013. My salute to all of you - especially all our Rotaryannes. With great support from our Mother Club, 2 Baby Clubs, and Sister Club, we have 75 people attending our Installation party. Thank you so much for your participation. This marks a memorable beginning of my journey as President of Rotary Club of Tai Po. THANK YOU!!

Regular Meetings

Thanks to our VP Vikky's leadership and arrangement our speaker program was so interesting and enjoyable in July.



Vivek Mahbubani

The speech by Vivek was so engaging. Everyone focused intensely on his speech without the need for any visual aid. Thank you Vivek.



Mr Edmund Leung

Our first joint meeting ever with RC LKF. My first absence as President as well. Please accept my sincere

apology. Another BIG THANK YOU to CP, all PPs, and especially VP Vikky. Thank you for helping me to run and organise the regular meeting so well; and

making sure our speaker is being taken care of. Thank you so much. This is another great example of the RCTP spirit and ability. We all are always making a difference



PP Man

Our first in the "PP Speaker Series": PP Man!! Congratulations on your retirement.

You have accomplished a lot: especially in golfing with us. It is our great pleasure having you to share your thoughts with us. We all love you very much!! Thanks!



Joint Presidents Meeting

There is this monthly meeting that Presidents all over Macau and Hong Kong get together. They call this Joint Presidents Meeting (JPM). I was elected as Convenor for this meeting.

Oh Well!!! BUSY!!!



What a month!! I wish you all enjoy Rotary as much as I do. Engage Rotary! Change Lives! It happens to me. It is happening to you all too.

Let's enjoy!!!



Editor Says ...

Claire Mak



Come the new Rotary year and President Francis has announced his plans to continue with our worthwhile services plus some new ideas like Introductory training on computer/Apps programming. The common target seems to be *Youth*. Service Chair William has already conducted a planning meeting for the *Step-up Infinity* and mapping out some new ideas for the project!



Throughout the years, the youth projects undertaken by RCTP, like the Star Reaching Project; the Sunshine Teens; Strive for the Summit etc. all geared towards upgrading the young people of Tai Po, to give them more exposure and to provide them with that little encouragement to increase their self esteem and opportunities. These undertakings echo the new Rotary Theme: Engage Rotary, Change Lives. Hopefully, by our deeds, some young people's lives change for the better.

While we are on the topic of life-changing experiences of young people, my mind is brought back to a much talked-about event which happened not long ago. When a 9A top student decided to forgo his high-flyer accountancy job to take up bus driving, the incident easily hit the headlines. He also attracted quite a few fans to queue at the bus stop to take his photo or get his autograph. The young driver smiled widely and displayed the satisfaction of one who has realized his dream. His happiness is contagious.



Dreams coming true are definitely happy. More so if he knows well that when there comes a time he decides to take his hands off the steering wheel and change to yet another vocation to accomplish another dream, he still has the means and power to go through with it: no strings attached, no hindrance... A free choice to fulfill a dream! The not so blissful other side of the coin, however, is: a dream fulfilled at the expense of freedom of other choices – it may in fact be a near nightmare.

Just think about it. Amongst all the bus-drivers, some of them must have had the childhood dream of becoming a bus captain. They might even have written a few essays on it in school days.



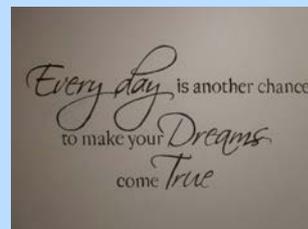
They had not scored 9As in secondary school when they sat for school certificate examinations; nor had they obtained a professional accountancy qualification in university. Even then, they got seated to steer the bus wheels – and their dreams came true! That's happiness, isn't it? Then comes a time when one wants to leave this job, reality demands that he thinks twice before taking the leap. With not a lot of bargaining chips, he will have to stay on and be a contented bus driver. There will not be fans lining up to take photos or reporters asking to do a special coverage. Well, 30 odd years later, he might receive a small memento flag in appreciation for his long service and that's all that hangs on the wall of his 400 sq meters flat. The wisdom of the story is – Only when there is a viable backdoor can the change be said to be satisfying. There's got to be a fall-back.

So whenever you hear a celebrity says "I took the bus here!" or "I dined at a tai pai dong!" Your envy should double.



This is because, first, his freedom of choice is unfettered. Secondly, he has the power and financial backup to choose. If he likes, he can return to his Rolls Royce and have his meals at the Peninsula Hotel. Also, since he knows he has the free and genuine choice, his bus trip will be merrier and his meal at dai pai dong will be tastier.

Enough chit chat. The service we provide to the target youths (mainly in Tai Po) will be life enhancing. We offer not a lot: maybe just a chance for them to widen their outlook; or a wild cheer when they do their funky dance score; or an appreciation of the cookies they bake - but if it turns out to change their entire outlook to life, the gain is priceless and the experience life-changing. We have the genuine choice and we hope to equip the youths with the genuine chance.





Rotary Information

Peter Lam



Those of us who attended our recent meeting on 5th August have heard our Rotarian Roger sharing his interesting experience about attending the Rotary Club of Kensington in UK. Indeed, Rotary clubs in UK not only have very different tradition and customs, it is quite unique as it does not only belong to a district like all clubs in the world but is under a so called “Rotary International in Great Britain and Ireland (RIBI) which is a unique form of administrative structure of Rotary. Let’s take a look at some info about this RIBI so that next time you won’t wonder why there is no RI, Rotary clubs but this term “RIBI” in Rotary world.



Rotary International in Great Britain and Ireland (RIBI), as the name suggests, is the association of Rotary clubs within England, Ireland, Wales and Scotland, comprising 53,000 members - men and women of all ages and backgrounds - in 1,850 clubs. The structure of RIBI forms an interesting chapter in our history. In 1914, after Rotary expanded across the Atlantic to Great Britain and Ireland, the British Association of Rotary Clubs was established as part of the International Association of Rotary Clubs. Following the World War I, a new Rotary International Constitution was adopted in 1922 that established the principal that whenever a country had 25 Rotary clubs it could become a “territorial unit” and thus have a representative on the RI Board and receive other specific powers. The clubs in Great Britain and Ireland immediately petitioned for and received the status of a territorial unit. No other group in the world made such a request or received that status.

But in 1927, RI terminated the territorial unit concept and organized Rotary clubs by “areas” of the world. However, all of “the rights, privileges, and powers of existing territorial units” were forever protected and perpetuated. Thus, RIBI has continued to function as an independent unit of Rotary International, subject to certain approval by the RI Constitution. Because of this historic relationship, RIBI maintains a slightly different administrative structure from all the other Rotary clubs and districts in the world, even though it is a full member of Rotary International.

RIBI recently has one big news in the Rotary world. In yet another sign of Rotary’s growing diversity, RIBI has inaugurated its first woman president. Nan McCreadie, a member since 1997 of the Rotary Club of Feltham, Greater London, England, was inaugurated on 6 July at an event in Twickenham Stoop Stadium. McCreadie has served as vice president of RIBI, chair of its Constitution Committee, president’s representative, and district governor. She is a Bequest Society member.



RIBI has a very well designed website: www.ribi.org If you take a quick look at their youth service, you will find out not only Rotaract, Interact that we are quite familiar with but a very interesting new youth project known as *RotaKids* and below are some information: *RotaKids* is a great way for youngsters aged between 7 and 12 years old to get together and enjoy working on a fun project. Rotary clubs will work with schools to help *RotaKids* get the most fun and enjoyment from whatever they are working on. The school will benefit from motivated youngsters who are eager to use their Maths and English skills to help others, whilst having a great time in the process.



RotaKids will also learn about the importance of citizenship and respecting others, as well as themselves. *RotaKids* could work on an environmental project by cleaning up a park or planting trees. They could help raise funds for a local cause by doing a sponsored event or even putting on a show. All it takes is an idea and lots of enthusiasm. At the end of the project, *RotaKids* could get a special badge, certificate or even a t-shirt.

RotaKids pledge

As a *RotaKid*, I promise,
To be fair to all,
To serve my community,
To show respect for others.





Trip to Fukuoka

Noelle Fong

Fukuoka is located at Kyushu Island, the island on the southern part of Japan. It is slightly warmer than Tokyo with much less people! This time I was traveling with my family for 6 days from 12th to 17th July 2013.

Upon landing at Fukuoka Airport, we collected a car at the domestic airport. Then, we drove straight to the Best Western Fukuoka Nakasu Inn. The hotel was very close to the airport - just 20 minutes away by car. Starting to get hungry, we dropped our luggage and walked round. We found a traditional ramen shop – “Ichiran” (一蘭拉麵) just around the corner of the hotel! This shop opened its branch in Hong Kong one day before we arrived at Fukuoka and we learnt from newspaper that customers had to queue up for 4 hours to get in. We couldn't lose the chance to try this out! Ramen tickets were bought via the vendor machine. We ordered its famous Classic Tonkotsu Ramen. It was one of the best ramen I have ever had and it's definitely worth trying!

Next day was a shopping day and we spent 6 hours in Tosu. The outlet had large varieties of designer brands and other casual wear brands. After this tiring “work out”, we headed to our next destination – Beppu. Beppu Bay Hotel has a 180 degrees sea view with a chapel. What a relaxing place after shopping!



The next day we went to the hot spring area in Kumamoto. We enjoyed a very romantic outdoor hot spring bath. The hot spring was along a small river with trees growing around shedding shades on us. It will be more romantic in Autumn when leaves turn red. It was a pity that we could not take

photos as customers had to leave all belongings in the locker at the main entrance.

Then, we visited Mount Aso. It is the largest active volcano in Japan, with one of the largest calderas in the world. After 30 mins of driving, we arrived at Aso Farm Village. The dome-shaped room (at the background of the photo) could accommodate 4 of us and it was quite spacious. We spent half day walking around the village and enjoying its 16 indoor baths.



The other place that is worth going is the grape vines in Kurume. We collected grapes on our own under the supervision on the vine owner. As the vine owner was a short Japanese farmer, we almost had to knee down in order to cut the grapes. We took a photo with him – see!



It was an unforgettable trip as I could spend my time with my family and experience the rural side of Japan. I would definitely recommend those who would like to get away from this busy city.



Re-districting of D3450

*From: Kenneth Wong
Sent: Wednesday, June 26, 2013 6:23 PM
Subject: Re-districting of D3450*

Dear Presidents and President Elects,

*I have pleasure to inform you that the Board of Directors of the Rotary International, at its June meeting in Lisbon, has reached a decision regarding redistricting of D3450 which places Guangdong Province of People's Republic of China within Rotary District 3450 and accordingly the boundary description of D3450 is revised as:
District 3450*

HONG KONG, MACAU, MONGOLIA, and The PEOPLE'S REPUBLIC OF CHINA— Guangdong Province

Any clubs in D3450 that wish to object to the decision should send their objection to RI within 30 days from the day on which they receive this message. Objections should be in writing (email or post) and sent to david.peterson@rotary.org by 26th July.

I would like to take this opportunity to thank Leaders of D3450 who have spent a great deal of effort in the past years on the establishment of a full-fledged Rotary Club in Guangdong. The adding of Guangdong Province to our District is an important milestone in extending Rotary into China. District China Extension Committee Chair PDG Peter Wong, RI president Representative on Rotary extension in South China PDG Peter Wan, incoming Governor Eugene and I are most happy to update you on the status quo of our effort in establishing Rotary clubs within Guangdong of China.

*Yours in Rotary,
Kenneth Wong
District Governor 2012-13
D3450 Hong Kong, Macau and Mongolia*

Re-Districting of D3450 by Rotary International

09/08/2013

Dear Rotarians,

Further to an e-mail issued by Immediate Past District Governor Kenneth Wong to all Clubs on 26 June regarding the captioned, following a resolution passed by the RI Board of Directors permitting the re-districting of D3450 to include the Guangdong province of The People's Republic of China, I am glad to report that confirmation was received from RI, and since no objection had been received by them by the close of 26 July 2013, the re-districting resolution has thus become effective.

Kindly note that the description of D3450 has been changed, with immediate effect, to **District 3450 HONG KONG, MACAU, MONGOLIA, and The PEOPLE'S REPUBLIC OF CHINA-Guangdong Province**

Yours in Rotary,

Eugene

CHANGE

Medical Service trip in Uganda 19 June – 1 July

Jody Mak

WATOTO CHURCH

It was founded in 1982 by 2 Canadian Christians, Gary Skinner and Marilyn Skinner in Kampala.

“Watoto is a holistic care programme that was initiated in response to the overwhelming number of orphaned Children and vulnerable women in Uganda. It is positioned to rescue an individual, raise each one as a leader in their chosen sphere of life so that they in turn will rebuild their nation.”



It's me again! WHAT WAS I DOING?

This trip is an I-Care Service Programme, “CUHK joint college Medical Team to Watoto, Uganda”, administered by S.H. Ho College.

Our host is Watoto, a Christian based programme in Uganda. I will talk about it later.

The team comprises of 18 medical students and Professor mainly providing medical consultation service and health talk to orphans and HIV women in Uganda. We set up clinic and did health checks, giving out medication and educating them on hepatitis, reproductive health and emergency medicine.

I was totally inspired by this trip, even though I went to Zanzibar for 1 month of clinical attachment not long ago. I am so grateful I had the chance to participate!



The Watoto model involves physical care, medical intervention including HIV/AIDS treatment, education – formal and technical, trauma counseling and spiritual discipleship.

We exist to raise the next generation of African leaders, by pursuing excellence in academic and practical skills, integrity in conduct and moral values, so that each one becomes a responsible Christian and a productive citizen.

We aim to care for 10,000 children in Uganda by 2023 and to replicate the model in other countries across the continent so as to fast-track the rescue of orphaned children and vulnerable women in Africa.”

UGANDA FACTS (UNICEF 2013)



1mil become orphans due to AIDs; Total orphans: 3.5mil in 2010

25,000 was abducted as children soldiers since 1986

90% children died by 5th birthday in 2011

28% neonates (w/i 28 days after birth) died in 2011



Watoto built villages for orphans and Watoto babies home for abandoned newborns. Apart from providing shelter, food and education, Watoto also provides LOVE & CARE which have been taken away from them.



Prof. Joseph Sung visiting Watoto Uganda in 2011



Continue →

A day in clinic



I have always dreamed of becoming a medical volunteer in developing countries.

By Small & Simple things
are Great Things brought to pass

Before the trip, I set goals for myself.

As a personal interest, I want to know how this successful Watoto project could be implemented and developed as a “Watoto model” that can be replicated in other developing communities. The main focus would be 1) how to initiate the project and overcome obstacles (finance, government policy, cultures, etc.); 2) maintain sustainability (both the project itself and the beneficiaries).

As a medical health care worker in the near future, I am eager to broaden my knowledge on ill-health prevention, medical intervention and rehabilitation. Prevention is better than cure. Different countries and communities have their own haunting issues. A comprehensive health related project couldn't be planned and implemented without a global sense of knowledge.

After learning the basics in Paediatrics and Public health care in the past year, I expect myself to serve as much as I can and simultaneously, grasp as much experience as I can in this Watoto project to the orphans and vulnerable women. I would like to devote my effort in clinical management and health education to the less fortunate.

As a competent doctor, spiritual care is an indispensable part in provision of holistic care to individuals. I want to learn and apply what I have been taught using a multi-disciplinary approach in a practical setting. I should also be able to observe how to incorporate the bio-psycho-social components into the physical medical care.

And after the trip, I gained much more than I gave.



Clinic work

Patients' files

For the very first time, I was integrating and practicing what I've learnt these four years in real life. I took history from patient, did appropriate physical examination, carried out investigation to assist my diagnosis and tailor-made management plan for them. It was not just merely a discussion of management with colleagues or doctors, but dealing with a patient on my own. The high level of autonomy made me feel uncomfortable for a second. I giggled.

A magic moment came.

My shoulder becomes heavier but I am so eager to take up with full strength. My mind is much clear now. I am so certain what I am pursuing, what I am studying so hard for and what kind of doctor I will be.

Suddenly my blood rose in a jet.

This feeling stunned me. I kept this very precious moment quietly in my heart.

At that moment, I was full of zeal and my heart filled with enthusiasm. I am so ready to be a doctor.



The kids outside the clinic



The clinic in Suubi

Talking to local doctors & doing medical consultation

The ignorance on general health issue of the locals needed to be addressed. Basic hygiene is remote to the islanders. The place is overwhelming with information



on HIV; however, Ugandans don't even know the importance of dental care (e.g. daily teeth brushing) or wound care (e.g. dog bite wound was left unattended).

Facts:

prevalence of HIV in both sexes: 30% in 1984 → 7.4% now



Health talk in Biira

Also, thanks to the rapid urbanization and influence of western food, more and more Ugandans are facing chronic medical issues e.g. obesity, hypertension, diabetes mellitus, etc. Regrettably, Ugandans' health is at stake in the hands of the corrupted bureaucracy, leading to a poor standard of living and health awareness.

Current healthcare system in Uganda is way below standard. Although there is free medication for HIV and malaria patients (the most haunted and common disease in the region respectively), other illness e.g. pneumonia, infection and malnutrition can't be well taken care of without an easy and accessible supplier.

Hierarchy of medical service supplier:

- 1) Village team (medical service provided by individuals)
- 2) Mid-wife & Nurse
- 3) Clinical physician assistant
- 4) Medical doctor
- 5) Regional District hospital (West, north, east and central part)

There is only one national hospital in Uganda. Overall, it is "unreachable" for the Ugandan living in distal villages to seek medical service, as they normally need 2-3 hours to travel to city.

Private sector is unreachable too, "monetarily", the prices are relatively high to average people, e.g. 8 USD per X ray film.

Vaccination programme



Free vaccinations are provided on 8 killer disease (e.g. Polio, DPT, Measles) + influenza & pneumococcal. There is adequate stock supplied by WHO but distant and remote villages are unable to benefit from it as there's storage problem.



Discussing with local doctor



Medical students and Professor Abraham from CUHK

Prevention is better than cure. Nothing is more important than having a comprehensive healthcare system in a country. Sadly there're a lot of politics, financial and ethnical issues that block the way. I feel so small in the sense that I am not able to change the situation.

It was a rewarding trip.



Rotaract Club of Tai Po Recent Activities

Junk Trip with President Francis

28 July 2013



District Rotaract Installation and Awards Presentation

4 August 2013



Regular Meeting

22 July 2013



Mr. Edmund Leung gave us insider views about the Hong Kong Railway and even branched out and talked a bit about the Airport Authority.



President Joyce of RC Lan Kwai Fong and our acting President Vikky co-chaired the meeting held at Sing Yin of W Hotel.



Frankie and Creamy can now enjoy a few glasses of wine with the luxury of a lovely decanter given out by Pres Francis.



CP Donald gave a thorough introduction of his good friend Mr. Edmund Leung, Chief Executive of Kowloon-Canton Railway.



Lan Kwai Fong and Tai Po members plus guests from HK South and SoHo.



Tai Po members and Rotary members formed a sizable group at the Joint Meeting.

29 July 2013



PP Frankie mingled with Rotaractors Man (potential), Gloria and Vanessa



PP Jacky and PP Armstrong gave red box to congratulate PE Natalie on the birth of baby Ethan. Acting Sergeant Frankie managed quite a sizable red box collection.



Rita, Bebe, William and Mary tried out the Ginger Vinegar courtesy of PE Natalie.



PP Claire got to taste 3 different flavours of mustard after she won the raffle prize bought and brought all the way from France by Rtn. Sasha.



PP Man shared with us his (semi) retirement plans and cracked a few jokes along the way.

Regular Meeting

5 August 2013



VP Vikky, Rtnn Mary and Sergeant KF welcomed speaker Mr. King Kwok (left)



Roger reported on his make-up meeting at Rotary Club of Kensington, UK.



Many Happy Returns August birthday boys KF and Louis!



Speaker Mr. King Kwok spoke in detail about his Trip to Budapest and matters to watch out.



It was most appropriate for PP Louis to give a vote of thanks as he had been to Budapest himself.



PP Peter is the proud owner of a vase given out by VP Vikky for raffle draw.

12 August 2013 Club Assembly and AG Visit



PP Pearl reported on membership development progress and the approaching New Member Orientation on 17 August.



Service Chair Rtn William explained the service plans he had for the coming year and the new ideas for Step Up Infinity project.



AG Andy Li gave a thorough presentation of the RI Theme, District goals and history of D3450.



AG Andy dipped deep into his pocket as he bought raffle tickets sold by acting Sergeant Frankie.



IPDG Kenneth fielded a question during Club Assembly about the correlation between fellowship and service.



It's the visiting guest again! AG Andy was the lucky winner of the unique candle stand procured by Rtn Roger during his recent trip the UK.



Upcoming Events

July Winners (100% attendance):



FRANCIS AU,
CAREN CHAN,
RONALD CHUNG,
PEARL DANG,
ANTHONY HUNG
PETER LAM,
WILSON LAM,
PING LEUNG,
CLAIRE MAK,
MAN MO LEUNG,
JACKY SUNG,
VIKKY TAM,
MASAYUKI TSUBAKI,
KENNETH WONG,
FRANKIE WU,
WILLIAM YIM.

<u>Day</u>	<u>Time</u>	<u>Topic</u>	<u>Venue</u>
24 Aug 13 (SAT)	6:00p.m.	Baby Club RC Soho HK Poolside Party	Kowloon Bowling Green Club, Austin Road
26 Aug 13 (MON)	7:00 p.m.	Topic: Hermosa America del Sur (美麗的南美) Speaker: Ms. Vicky Luk	Sing Yin(星宴), W. Hotel, Kowloon
2 Sep 13 (MON)	7:00 p.m.	“PP Speaker Series” Speaker: PP Dennis Lo	Sing Yin(星宴), W. Hotel, Kowloon
9 Sep 13 (MON)	7:00 p.m.	Topic: Prison Anecdotes (監獄趣聞) Speaker: Mr. Khalid Khan	Sing Yin(星宴), W. Hotel, Kowloon
16 Sep 13 (MON)		Mid Autumn Festival celebration	

August is the Membership Extension Month



**EACH ROTARIAN:
REACH ONE, KEEP ONE**

In July
David Chan,
Sincere Yip,
Patrick Yung



We
Missed
You

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

Average attendance: 75.23%

8 July	77.8%
15 July	77.8%
22 July	66.7%
29 July	78.6%

