



SALLY LUK

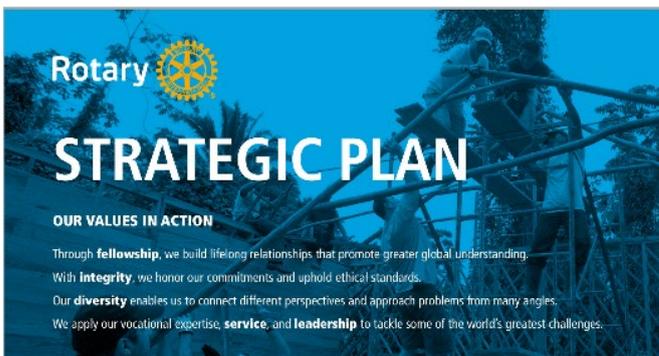
PRESIDENT'S MESSAGE



Dear Fellow Rotarians:

At the beginning of a new year, many of us would like to have a new start. So, what are your new year resolutions for 2021? Probably with the pandemic in the past one year, you may have some reflection on the things that really matter in our lives: personal health including physical and mental health, family and social connection, comfortable living (+/- working) place at home, "freedom" especially in terms of going anywhere you want, to name but a few. In Hong Kong, like other developed cities, we tend to be trapped in Rat Race culture and lose sight of those important things in our lives or we just take it for granted. In addition, it is easy for us to lose the connection with ourselves as we are always fully occupied.

It may be a good start to rethink and reprioritize all our goals in 2021. Making a small, simple achievable step at a time is the best to move on and it would be great to focus on the feelings behind our goals. So, taking physical health as an example, I often only drink coffee in the morning, could not get even a sip throughout the operation and have soft drinks when dining out. My plan is to drink adequate water (8 glasses of clear water for healthy adult) every day and I could feel myself younger! Do share with us if you have any great idea in 2021 in TaiPost! (Haha, TaiPost Editors should love me =P)



Regarding RCTP club plan in the New Year and the next two years or so, it is recommendable to have "Strategic Planning" for the club to grow healthily. Undoubtedly board members would be playing a vital role in this plan, yet it would be more efficient to have few core people in this strategic group. I am lucky to have the support from IPP KF, PE Wilson Woo and VP Danny Lau to be in this group and I strongly recommend the combination IPP+P+PE+VP (四小龍) to be passed on as the core team to formulate the plan. Our mission

statement is to build a healthy, peaceful and environmental-friendly community in Tai Po District. I am glad that we are making progress towards achieving this mission.



The New Year 2021 is starting with freezing cold weather, so keep warm all the time and hope to see you all very soon!

With loves,

sally



EDITOR SAYS

CLAIRE MAK



Many Hong Kong people used to talk about emigration as if it was a commonplace topic. When they discussed emigration, it was like the British talking about the weather: a harmless topic which no one would take very seriously.



However, in the last half year, the sentiment seems to have changed. First, the 'many Hong Kong people' has expanded in scope and covers a wide age spectrum. Those over 20 make plans to study abroad; whilst those 30 or over are keen to find out which professions or what skills may advance emigration plans. More difficult are those over 40 years old when their businesses have taken shape and are thus reluctant to just leave everything behind. Then there are those over 50 who possess some assets but which may not be sufficient for investment immigration. They turn to actively exploring long-term residence in Malaysia or Thailand or maybe other nearby countries.

Taiwan and the UK used to be HK people's hot emigration destination. Taiwan has topped the emigration destination list for a number of years already but recently, the looming uncertainty seems to be this: when local Taiwanese are worried about their own future, those hopefuls from Hong Kong would appear to be unwanted distant relatives. Taiwan could hardly take them (all) in.



What about UK then? There is a surge in the number of HK people renewing their BNO passports. It is apparent that quite a lot of HK people wish to have UK at least as a fall-back. Indeed, the number of BNO holders escalated from 300K as earlier estimated to 3M! How the post Brexit British looks at the potential influx of distant relatives is anybody's guess. It does not

look rosy whichever you look at it. Further, the recent spread of mutated COVID-19 viruses makes one think twice before heading to the UK.

If you are wealthy, emigration means living (well) abroad. But if you are not, emigration will mean having to make a living abroad. You will need opportunities. Yet this can easily be seen by locals as a competition for resources, resources which they consider are theirs. I do not think Rotary will be Opening much helpful Opportunities.

As we are starting a new year, let us be more positive and think of ways to make Hong Kong more attractive. I'd like to take this opportunity to wish every Tai Post reader, a much better year ahead!



Telemedicines expanding the reach of health care

RI news Dec. 2020

“Right now, I can see all my patients through my mobile phone,” says Prakash Paudyal, a pulmonologist and member of the Rotary Club of Jawalakhel, Nepal. Paudyal uses a Kubi device to turn a tablet into a “mini-robot” for remote monitoring of his COVID-19 patients who are in isolation at Nepal National Hospital. Paudyal learned about the Kubi and other telehealth practices during a vocational training team trip to the San Francisco area last year. “I do one round with all my [protective] gear on, and then I see all my patients through this mini-robot,” he says, thankful that the Kubi helps protect him from exposure to the virus.



ROTARY INFORMATION

PETER LAM



The use of telehealth has surged worldwide during the COVID-19 pandemic. In the United States, a [study by McKinsey](#) found that 46 percent of consumers are now using telehealth, up from 11 percent in 2019. Broadly defined, telehealth includes everything from virtual visits with a doctor to remote monitoring of a patient’s vitals to mobile health technologies.

The rapid increase in examining and treating patients remotely because of stay-at-home orders has not only helped in the fight against the coronavirus; it has also prompted a conversation about what the future will look like. What are the benefits of telehealth, and what controls for safety and privacy should be in place? One clear benefit is making health care more accessible to more people. For patients who lack transportation options or who live in remote areas, a virtual visit can mean the difference between being able to consult a doctor and going without care.

Telemedicine, typically defined as a virtual exam with a physician, requires access to the internet, which about 40 percent of the global population still lacks. But with the proliferation of smartphones, that’s becoming less of a barrier. Barbara Kiernan, a member of the [Rotary Club of Catalina \(Tucson\)](#), Arizona, has been working on a [global grant project](#) to bridge the distance between doctors and underserved patients in Sonora, Mexico, by supplying the equipment and technology needed for telemedicine, including solar power and internet access. They found that once community health care providers received the equipment and training, they were able to work with doctors located in bigger villages, allowing them to treat patients remotely. “Before, [rural villagers] really only got medical care during a crisis,” Kiernan says. With telemedicine available, “it’s shifted to preventive care.”



James Gude, a California physician who founded a telemedicine practice called [OffSite Care](#), says that when a doctor conducts a video consultation with the assistance of an on-site nurse and with access to a patient’s records and diagnostic test results, it can be nearly as effective as seeing a patient in person. “With a nurse there to help me examine you, I can order and look at everything I need,” he says. There are also sophisticated “robots” that allow a doctor to see a patient via videoconference and even send instrument readings, allowing the doctor to listen to a patient’s heart through a stethoscope, for example.

Gude started OffSite Care in 2007 to help rural U.S. hospitals improve their quality of care by providing virtual access to specialists, who are often concentrated in bigger urban hospitals. He expanded his vision of dismantling the geographical barriers to quality care when he teamed up with members of the [Rotary Club of Sebastopol Sunrise](#), California, to create Global OffSite Care — a nonprofit that provides educational and consultative services to hospitals around the world.

“We started by contacting Rotary clubs where Dr. Gude thought there might be an opportunity [to improve a hospital],” says Mikel Cook, a member of the Sebastopol Sunrise club. “The mission of Global OffSite Care is to promote Rotary club-sponsored telemedicine projects. We bring together Dr. Gude’s medical expertise with financing, stewardship, and advocacy among Rotarians.” Cook says Rotary clubs have sponsored the equipment needed to get a hospital started conducting telemedicine, which includes a tablet and a Kubi device that transforms the tablet into a web-controlled mini-robot that can pan and tilt, allowing the user to look around the room. Local doctors are trained on the equipment and can then participate in weekly online “Global Grand Rounds” with Gude’s team to continue their education. They can also consult with experts on difficult cases.

Patricia Merryweather-Arges, a member of the Rotary Club of Naperville, Illinois, predicts that telehealth will continue to expand. “There are lessons we can learn from this,” says Merryweather-Arges, who runs an organization called [Project Patient Care](#) and recently secured a Rotary Foundation global grant to distribute more than 200 tablets to residents of Chicago-area nursing homes. The tablets will allow physicians to assess patients via telemedicine, and families to visit with their loved ones via videoconferencing.

Gude thinks this presents an opportunity to increase the capacity of underresourced hospitals around the world: “I want Rotary clubs to know that wherever they are, if they want to help a local hospital, if they have \$5,000 or if we can raise it from elsewhere, it’s done. We are at a point in the curve where we can go straight up.”



FLASHBACK

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



PETER LAM

Regular Club meetings with foreign guests/speakers



2018

It was rather rare for our club to have a visiting Rotarian from Japan. Ryuzo Kometani & wife from Sapporo East Rotary Club (Japan) visited us on 16 Apr. 2018 at KCC. It was very nice of our guests to give us a box of 白色戀人 Hokkaido chocolate!



2019

Consulate General of North Korea Jang Song Chol was our keynote speaker at the meeting on 23 Sep. 2019 in Choi Fook Restaurant Tsimshatsui East. Thanks to PP William and PP Wilson for arranging and inviting SME guests to join.



2014

2011-12 President Tsubaki exchanged banner with Group Study Exchange (GSE) team from D3010 India during their visit to our meeting 21 May, 2012.



Delegates from RC Makati San Lorenzo first visit to our club meeting at Royal Garden Hotel on 14 Jul. 2014.

2012



2007

Rotary Ambassadorial scholar Ayumi Yamashita who was studying at CU then was our keynote speaker on 15 Jan. 2007 at our first meeting venue at Royal Park Hotel in Shatin.



2010



Representative from Japan Consulate and Ms. Mina Hayashi, winner of 2010 Ms. Japan Grand Prize Award and goodwill ambassador for Japan Fine Food Promotion Campaign, were our speakers on 12 Jul. 2010. During this meeting, 09-10 District Foundation Chair PP Kenneth Chow recognized our club for attaining the 100% Paul Harris Club status.



Hello, this is Tiffany

Tiffany Wong

Some of you may already know, I've spent almost 10 years working with a group of actuarial people in the Event Management and Executive Assistant before joining the Rotary Club of Tai Po. It was really fun to work with those amazing people but my body seems not happy with it at all. The long and intensive working hours made me tired and tired every day and I started to have different kinds of inflammatory problems that compromise my immune system. Besides my health problem, my family member was also seriously ill at the same time. Therefore, I decided to take a break to taking care of myself as well as my family member.



Besides taking care of myself and my family member, I love to spend my time with my doggy buddies during this break. They cheer me up easily and also give me no excuse to stay at home. Besides, I also love various kind of crafting to make me more relaxed. I started with crocheting since I had seen my mother did it when I studied in kindergarten. Now I find there are many advantages of doing handmade stuff.



To me, crafting can actually function as a natural antidepressant. It makes me more relaxed and slowed down my pace of life. I recall that I read a study which measured the stress levels of the women during different activities by actively monitoring their heart rates, skin temperature and blood pressure. The activities included playing cards, sewing a project, painting, playing a video game and reading a newspaper. The results of the study showed that sewing was the most relaxing of the activities followed by painting. Sewing produced a drop in

blood pressure, drop in heart-rate and drop in perspiration levels. Crafting makes you focus and distracts you from everyday pressures and problems.

Crafting is not just the action of gluing things together or painting some used product to make it nice again. It encompasses many interests. Crafting encompasses the enjoyment of creating things from basic materials. I love to do various kinds of sewing project, crocheting and knitting, creating a terrarium and much more. Crafters like to share and explore ideas from other artists and it helps me make friends with the people worldwide. I love to visit websites from the artists worldwide for all their tutorials about their handmade things and learn from each other. This interest also helps me make some earnings by selling the handmade crafts and teaching people to DIY as well.



I think, nowadays, everyone should be clever with hands and handmade stuff is a perfect way to practise. I felt skillful and very happy after I have completed every project. In addition, handmade stuff connects myself to friends and family. They are always significant gifts because they're made with love and attempts. I usually make them to give my friends on Christmas, birthdays or weddings. It is also cheap. You just need some money to buy materials and all you have to do is spend time on it. The last but important thing is that handmade stuff is tailor made and unique. Everyone should give it a try to make something for yourself and your loved ones.

A Meaningful Reminiscence for the Future

12 January 2021
Armstrong Shea

To fellow Rotarians and your families, I wish you all a Happy and Healthy 2021! Let's live on hopefully and joyfully with open minds and open hearts

The arrival of 2021 is perhaps the brightest dawn to billions of global citizens as biopharmaceutical companies and governments successively announced the advent of effective Covid-19 vaccines. In fact, getting myself vaccinated has never seemed so imperative in decades, as being in the hope that China will exempt vaccinated visitors from compulsory quarantine.



Very much unlike our diligent PP Wilson Lam who has already completed few business travels to Guangdong, I have chosen to stay in Hong Kong over the last 365+ days to avoid the compulsory 21-day quarantine at designated location in Quanzhou Fujian. Quite implausible really, as travelling back and forth Hong Kong and Quanzhou had been a once-a-month routine of mine for four decades before last year, yet nothing is impossible after all.



Now that effective Covid-19 vaccines are being debuted, my enthusiasm for business travels has revived. And while I await the coming of quarantine-free travels with anticipation, I would like to reminisce and tell some ordinary yet "golden" bits from my former journeys to Quanzhou. These little stories are fairly meaningful and shall stretch positivity into the year ahead.

My travels would always start off with a pleasant and economical ride with Mr. Yuan to the HK Airport. I love driving and believe one's driving manner defines a personality. Mr. Yuan possesses what I call "the driving etiquette", given that his driving is patient, stable and above all, disciplined. Here are some examples. Notwithstanding tight schedules, he cares to avoid speeding and pay attention to the speed limits for the road to prevent accidents and fines. He always keeps a generous distance from the car ahead to keep safe and to achieve tactical overtaking. In addition, he always keeps left on the highway and only occupies the right lane to overtake. These may look elementary but are often disregarded by a whole lot of drivers. I therefore feel pleasurable to see Mr. Yuan drive with an overall consideration for personal, passengers', and road users' safety despite the agile and skilful driving. What makes it more pleasurable is the remarkably uncommon discipline I find in him as a taxi driver.

Upon arrival at the HK airport, I would head straight to the Xiamen Airlines check-in desk. This probably sounds an unfamiliar airline to you, in comparison to the renowned Cathay Pacific Airways and the likes. Leaving aside its participation in a less dominant loyalty program, nonetheless, this airline is quite an option for its cost-efficiency (considering its competitive ticket fares that could be equivalent to the first-class ticket fares of the high-speed rail), dependability (considering the verbal boarding notice given in its lounge), hospitality (considering its in-flight and general customer service) and punctuality (considering its on-time arrivals). After decades of consistent patronage, the privileges (the front row seat and priority luggage arrangements as well as the extra baggage allowance which allows me to bring along numerous business samples for instance) received as a frequent flyer make my flying experiences favourably smooth and consequentially eliminate extra burdens from my business travels.



Regardless of my business schedule, there are several things I would do in my spare time in Quanzhou. First things first, above all, my exercise routine would be ever sustained even overseas. Apart from this, in contrast, habits would be consciously adjusted as I adapt to the local culture. I would eat food that I don't eat in HK. Obsessed with the authentic flavours of their beef soup and lamb skewers, I would pay repetitive visits to the beef canteen, 牛肉文, and the lamb restaurant, 西贝莜面村.

I would also visit electronics branches and home appliances retail stores, e.g. Xiaomi / Huawei / Vivo / Oppo / Gome, to check out their latest products and inventions. With the rapid improvement in Chinese quality of living as well as People's quest for "Smart Home" living, I would come upon electronics and home appliances that are extraordinarily high-tech but rare in HK, such as washing machines with electromagnetic-suspended drums, professional karaoke sets and 100" 4K laser TVs etc.

Here comes a conclusion to my "storytelling". An occasion as ordinary as my business travel implies three principles that we shall always uphold, especially after such challenging times. They are discipline (to avoid undesirable circumstances), consistency (to attain rewarding circumstances) and adaptability (to broaden horizon and gain wisdom). Last year shall remain an enlightening history in spite of all the restrictions and discomforts. For all of us who have overcome, let's stay disciplined, bring along the good new norms developed, and carry on our future journeys. And no matter where we are or in what situation we are, be open-minded and always live in the pursuit of positivity.



Hisense 伟业电器专营店

进店

分享

3/5

海信 (Hisense) 100L7 激光电视机 100英寸4K 人工智能影院巨幕

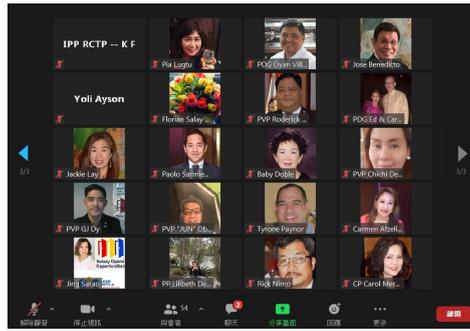
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Induction Ceremony of Sister Club, Rotary Club of Makati San Lorenzo

21 November 2020
Claire Mak

The Pandemic has brought about changes and it was a delight to witness/participate in our sister club, Rotary Club of Makati San Lorenzo's Induction Ceremony – virtually. This year is of more significance because PP Cha Cha is their serving DG. It would of course be a lot better to be able to attend on site to share the fun, but at times like these, the on-line ceremony, complete with lovely singing and dancing, was suitably enjoyable and celebratory. Well done IPP Carol and Congratulations Pres. GJ!

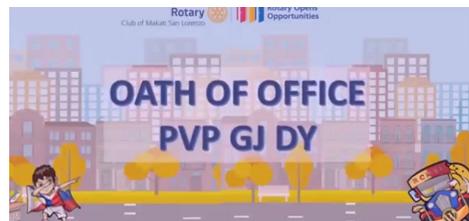
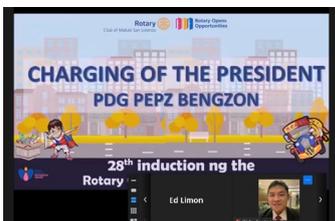


There were participation from both RCMSL and sister clubs members to witness GJ Dy being inducted as president.

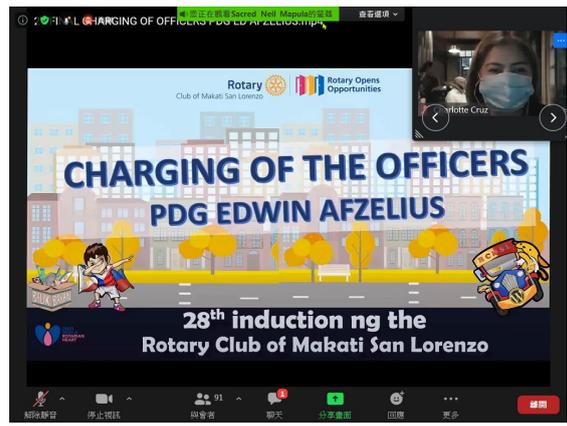


Sister club presidents gave their congratulatory messages including that from our very own President Sally and also the president of Rotary Club of Taipei Capital.

The MCs managed a good flow of the ceremony. IPP Carol gave her remarks about the last Rotary year and she duly presented President GJ with the Rotary Bell to signify passing on of the presidency.



Then there was the charging of the president by PDG Pepz when GJ formally took the oath in the presence of DG Cha Cha.



It was followed by charging of the club officers in the presence of PDG Edwin.



Then CP Rennie presented IPP Carol with a memento.

To let everyone know more about the incumbent president, President GJ's parents and his sister were invited to speak about GJ; before GJ himself gave the story of his journey to becoming the President of RCMSL.



Towards the end of the ceremony, there were lively dancing shows, charging of new members by PDG Sonny followed by DG Cha Cha's Closing remarks. Congratulations RCMSL!



2023-24 District Governor-nominee

15 December 2020

Dear Club Presidents,



At the close of business on 11 December 2020, the last date of the period for the captioned nomination, I have received one nomination from Rotary Club of Kwai Chung suggesting PP Andy Li to be a candidate for the governor-nominee election. Article 12.040 of RI Bylaws stipulates that "if only one candidate is suggested by the clubs, no ballot is required and the governor shall declare the candidate to be the governor-nominee". Accordingly, I hereby declare that PP Andy Li to be the governor-nominee for Rotary Year 2023-24.

With this announcement, the governor-nominee election process for this year is concluded. Please join me in congratulating PP Andy Li for being elected to lead our district in 2023-24. His personal details are attached for your information.

Yours in Rotary,

DG Eric Chak

Rotary International District 3450

PP Andy Li (Rotary Club of Kwai Chung) Executive Summary (Extract)

PP Andy is an entrepreneur with 20 Years of experience in the Security Industry. He is a Rotarian since 2008 and was President of the Rotary Club of Kwai Chung in 2010-11.

During his presidency, he has been bestowed The Most Versatile President Award, Presidential Citation with Distinction and his Club has made a net gain of 6 new members. He has been a very active Rotarian and serving Rotary International District 3450 in many different capacities. He is a faculty member of The Rotary Leadership Institute and member of District Strategic Committee.

During the past 13 years, he has participated in or helped organizing many key District Events.

He also supports The Rotary Foundation and is a Level 2 Major Donor. He has personally donated USD15,000 to End Polio Fund and USD10,000 to support our District's Giving Masks Campaign in 2020.

With his 26 years of marketing and management experiences, PP Andy is supporting the District Strategic Planning Committee to strengthen clubs, organize new clubs and nurture future leaders.

PP Andy is a person who knows how to keep the right balance between work and life as he believes in the philosophy of work hard and play hard. He loves Golfing, Hiking, Travelling and Horse Racing. He is also an ardent Art Collector. As a result, he has been District Fellowship Committee Chairs 3 times already, because he wants to bring more joy to District 3450 through a series of fun packed fellowship programs.

He believes lifelong learning is one of the best ways to succeed. He is a graduate of three world class business schools in 2016-2019 viz. China Europe International Business School, Tsinghua University and Harvard Business School in Senior Executive and Own/President Management Programs. Now he is a Lifetime Member of Harvard Club of Hong Kong.

PP Andy has a very supportive wife, Jane, and two daughters, Kelly and Kandice.

He will continue with his passion to contribute to our community and is fully committed to do his best to lead the District 3450 to new height.



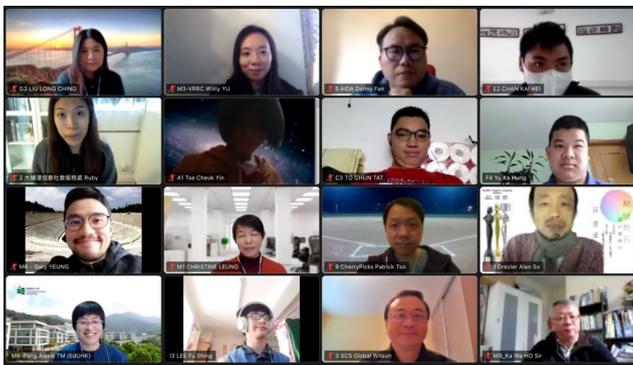
Workplace Matching & Orientation Day

19 December 2020

Gary Yeung, Rotary Satellite Club of Tai Po Companion

On 19 December 2020, together with our satellite club (Tai Po Companion) and other Rotary Clubs in the 3450 district, we held the Workplace Matching & Orientation Day of the Joint Rotary Community Service Project - Open Opportunities for “Youth of Differences”. The project aimed at matching employers and “YoDs” (also known as Special Education Need (SEN) Students) so they will have placement opportunities in their desired companies. The event was held via Zoom Online with more than a hundred participants - including employers from 40 companies from different industries.

The event began with President Sally, as the Host of the event, giving opening remarks, followed by legal experts’ presentation on practical legal framework and tips for engagement with people with disabilities. Afterwards, 50 “YoDs” are split into 9 Zoom break-out rooms to have interview sessions with all the employers group by group. Our satellite club members also took part as moderators to facilitate communication within each group.



Though it was only the beginning of a series of upcoming activities, this event was already a huge success in a number of ways. First, employers were extremely positive in hiring our “YoDs”. Second, there were not only companies in the traditional sectors, we also managed to attract new economy companies - such as digital media coordinator, digital customer service, data analyst and online emcee. Third, through a series of interview sessions, it built up “YoDs” confidence and sharpened their communication skills. From employers’ perspective, it also gave them a more profound understanding towards “YoDs”.

Let's look forward to the upcoming events of this meaningful service project!

28 December 2020

The last meeting in 2020 was conducted via zoom and members looked festive with some Zoom graphic gimmick or festive virtual background.



IPP K F had a hard time **introducing** seasoned speaker **Sean Lin** who had a lot of laurels under his belt. By the time **VP Danny** gave a **Vote of Thanks**, his speech was also full of praises.

Members learned a great deal about speaking under different circumstances when **Mr. Sean Lin** introduced to us "**Impromptu Speaking and Elevator Pitch**". As he shared with us on what to say and how to say it, Sean gave a few effective structures of speaking: (1) Pro & Cons analysis; (2) Past, Present & Future and (3) **Point-Reason-Example-Point**. His winning tip is to select random topics and does repeated practices with the 3 structures. On the other hand, a successful elevator speech comprises the following: a brief yet interesting talk, arousing immediate crave to know more and paves way for further acquaintance.



令您即席能講的好方法

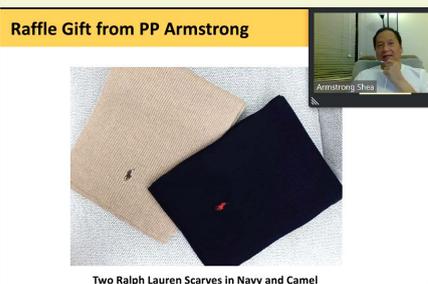
- 正反論點法
- 過去現在將來法
- PREP 結構

成功 電梯銷售 Elevator Pitch

- 一兩分鐘精彩演講
- 激發慾望點到即止
- 成天約定簡報日期
- 機動靈活預備即席



PE Wilson, Rtnn. Mary, PP Claire and PP Peter were invited to do a **try-out** using the various structures and Sean gave useful comments for improvement.



After the meeting members stayed on to chat with **PP Wilson Lam** who was still in China and learnt a bit about the anti-COVID measures and the prospects about vaccination and travels.



The matching **pair of woolen scarves** given out by **PP Armstrong** shall keep Speaker **Sean Lin** warm this winter as he had won it at the raffle draw.

4 January 2021



President Sally briefly recounted what happened in the past weeks and previewed what is in store.



IPP **K F** had the unenviable task of **introducing our Speaker** who has lengthy credentials.



While waiting to start the First meeting in the year 2021, IPP **KF** introduced members and spouses to speaker and guests.



Our **Speaker Dr. Peter Chiu** gave a short presentation about giving up a possible lawyer vocation to exploit his out-going personality in favour of more lively pursuits, before delving substantively into his speech, "**Jews and I (猶太與我)**". He pointed out the special characteristics of the Jewish race including their natural charisma, their persuasive eloquence and their shared virtue of honouring time as integrity. His interaction and dealings

with the Jews made him very aware of the way Jews gain the upper hand in doing business: the 5 Ws and 1 H demands (Where, Which, Why, When, What and How). He sees these as essential traits of a successful salesperson. Through his business dealings, he became more adaptable and tough in resolving crisis, at the same time always seizing and seeking opportunities.

PP Louis shared his **personal experience** and observations of having worked under a Jewish boss; while **PP Peter** asked about the **general impression** of the Jews being miserly. Speaker Dr. Chiu dispelled the latter misconception and agreed with PP Louis that Jews can be generous if you are able to meet their standard.

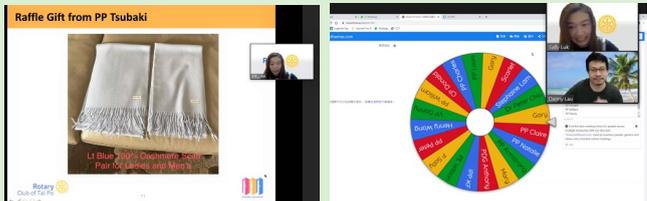


President Sally recounted her chance experience of sampling exquisite **Jewish wine** and got the promise from Dr. Chiu to bring along Jewish wines to join us at our

physical meeting; while **VP Danny** queried how Dr. Chiu can still maintain nice complexion after he had been subjected to violent attacks.



In **PE Wilson Woo's Vote of Thanks**, he recounted the factors which made Dr. Chiu a very successful salesperson.

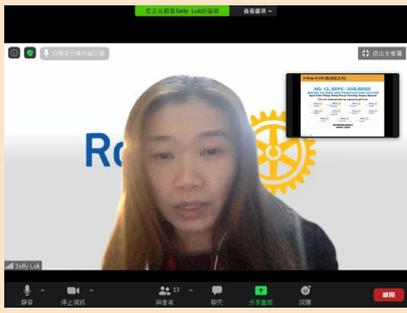


PP Tsubaki gave out a set of lovely pair set of light blue **cashmere scarf** which was won by Satellite Club member **Gary Yeung**.

A grateful and bearded Gary appeared on screen to give thanks for the prize.



11 January 2021



As always, President Sally started the meeting by reviewing past and previewing upcoming events.

IPP K F introduced to us Ms.Teresa Keung



Speaker Teresa Keung spoke on “蜜兒餐” which was about her experience of joining a trip to support a foundation to provide basic food, education and vocational (farming) training to the needy in a very poor region in Africa.



The dishes of “蜜兒餐”



“Where there’s laughter there’s hope” was a key message by Teresa.



Teresa also shared with us the volunteering work of her organization which provides IT services (zoom visit) for elderly during the pandemic.



Teresa’s speech generated quite in-depth analysis and Q & A of the project by President Sally, PP William and VP Danny . . . with a lot of suggestions and shows of concern.



Rotarian Sincere gave out 10 x \$50 Welcome coupons for raffle draw and lucky VP Danny claimed the prize.



After the meeting, members stayed behind for a good chat and we were glad to have Jodhy, Gary and baby Isaac joining us.

UPCOMING EVENTS

DECEMBER 2020



Average attendance: 65.15 %

DATE	TIME	EVENT	VENUE
25 JAN (MON)	19:30	Regular Meeting Speaker: Deputy District Rotaract Representative Dennis Ho and team Topic: A Virtual Year of New Possibilities in Rotaract	Zoom Meeting
4 FEB (THUR)	08:30	2021 District Golf Tournament	Eden Course, Hong Kong Golf Club (Fanling), Lot No. 1 Fan Kam Road, Sheung Shui, New Territories

JANUARY
14th ANTHONY HUNG

Join Tai Post to
WELCOME
Happy New Year
2021

Rotary 2021 District Golf Tournament

Eden Course (shotgun start)
Hong Kong Golf Club (Fanling)
8:30am, Feb 4, 2021 (Thur)

Entry Fee:
HKD 2000 (non-HKGC member)
HKD 1200 (HKGC Club member)
Deadline Jan 26, 2021

Great Course! Great Food! Great Drinks!
Great Fellowship and Fun!!!
An event you can't afford to miss!!!
And DG Eric Chak officiates kick off ceremony!

Goodie Bag content:
Golf ball, Polo shirt...And many more!

Fees include
1. Green Fee, Golf Cart and Water
2. Snack pack and Prize Presentation Luncheon at the Club House

Tournament format: Gross and New New Peoria
Prizes: Club team, Individual, Longest Drive, Nearest to Pin.....

Registration~RIC (Tel: 25768882, email: ric@ric3450.org)

Official Sponsors:

PP Stanley Ma DG Eric Chak

FULL

December 2020
Perfect Attendance

Anthony Hung	Claire Mak
Natalie Kwok	KF Tam
Peter Lam	Henry Wang
Danny Lau	Wilson Woo
Sally Luk	William Yim

SASHA CHU
RONALD CHUNG
DENNIS LO
SINCERE YIP

miss you

Got Something to say?

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

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

The editorial board
Claire Mak
Peter Lam