

TAI 報 POST

MONTHLY BULLETIN OF ROTARY CLUB OF TAI PO

JANUARY 2023

PRESIDENT'S MESSAGE



DANNY LAU

Dear Fellow Rotarians,

Happy New Year! Wishing you all a fruitful and healthy 2023!

At the beginning of the New Year, I'd like to set a few New Year resolutions for the coming months, hoping to achieve our personal goals. What are your new year's resolutions? As our new Rotary Year 2022-2023 started last July, we are already quite familiar with the theme of the year "Imagine Rotary". But do you remember the Rotary themes for recent years? In the year 2021-2022, we had "Serve to Change Lives" and "Rotary Opens Opportunities" for 2020-2021 - both relevant and timely initiatives at that time. Same for "Imagine Rotary".

The world is changing at an unimaginable speed - while there are changes that we just have to accept, there are also positive changes that we can create. It seems the COVID restrictions are being lifted gradually and we are finally opening up to the world again. It is time that we start thinking about and planning international and overseas services and connect with our friends and affiliates face-to-face again. Let's flex our creative muscles, "dream big and take actions"!



IMAGINE
ROTARY



SERVE TO CHANGE LIVES



Rotary Opens Opportunities



December is a month for Christmas and vacations but our social service initiatives continue! On 17 December, RCTP and our baby club RCC co-organised a candle-making workshop in partnership with Central Market, Spectrum to send warmth and love via candle-making to grassroots families with children with special education needs.



Shortly after on 20 December, there was a Christmas service activity for the Disabled in Tai Wo and their caregivers.

On New Year's Eve, the DEI Rotary Service Day was successfully held in Science Park where we completed our Ultramarathon Virtual Run. On that day, RCTP sponsored a booth for the local organisation Silence 龍耳 to promote their vision to help the deaf and those hard of hearing, as well as the use of sign language.

Chinese New Year is around the corner. Kung Hei Fat Choi!

Cheers!

Danny

rctaipo@gmail.com

GPO Box 7142, Central, Hong Kong



EDITOR SAYS



CLAIRE MAK

This is the first issue of Tai Post in the New Year. Let me start by wishing every reader the best of health and prosperity in 2023.

The days seemed to have passed slowly, but in fact they are fleeting. Time slips away day by day without one being aware of it. We

were still welcoming Christmas, but in the blink of an eye, we are already in 2023! Very soon, the Lunar New Year is approaching, to be followed by foggy spring, scorching summer, cool autumn, and cold winter. Day after day, year after year, without knowing it, decades quickly passed by with the never ending cycles.



This year, I feel amiss because we had a succession crisis in the Club as manifested at the club's AGM. In the coming year, the president of our Club will be a past president. After 31 years, it is finally Tai Po's turn to have a member repeat as the president. It tells loudly the present condition of our club.

That said, since the situation cannot be unwound, let's take stock and do better in the New Year. Each individual member should maintain a better self before we can go forth and entice new members. In these days when the pandemic preventive measures are more relaxed, everyone should be mindful of staying healthy. Without a healthy body, it will be futile no matter how rich you are. Who'd you rather be: a billionaire who lies sick on a luxurious hospital bed or a person who owns nothing much but is free to wander around? The answer is very obvious isn't it? But often, people just keep neglecting their health in sacrifice for wealth; and could only regret it when it is irreparable.

No matter at what age, one must take good care of one's health in order to go further. Starting today, drink lots of water every day, exercise frequently, maintain adequate sleep, and more importantly, be cheerful. When faced with difficulties, just remind oneself to think positively and maintain a good balance of physical and mental health. Stay Covid negative but mentally positive!

Best wishes for a healthy and prosperous New Year!



STAY POSITIVE



Let's take a look at a meaningful project by UK Rotary clubs for the elderly involving the youth. Perhaps our Interactors and Rotaractors can get inspired to do similar services. Our club used to support a Dementia relief project for the elderly. We can also draw some ideas and consider re-launching it with our service partners in future?

Connections is a cure

From RI News Dec. 2022

ROTARY INFORMATION



PETER LAM



Bridging Generations, a project organized by the Rotary Club of Chichester Priory in UK, is tackling loneliness by connecting college students with older people. Every two weeks, a group of elders has coffee, cake, and a chat with students in the college canteen. Afterward, many elders stay for lunch cooked by catering students. The Rotary club pays for transport, while Chichester College provides the space and refreshments.

There are benefits for younger people too. For instance, Chichester College has invited students from across campus to take part in the Bridging Generations meetings, and the project has proved a valuable tool to build students' communication and interpersonal skills. "What has come across more than anything is the shared laughter and camaraderie, the feeling of being valued, listened to, and that you matter, whether you are 17 or 92 years old," says Rae Benn, who until recently helped facilitate the program for the college.

Bridging Generations was the brainchild of Rotarian Mike Harvey, who approached Chichester College in 2013 with the idea. He recognizes alleviating loneliness and isolation as a significant community challenge. The quest starts with identifying those who are on their own a lot of the time and willing to reach out and seek connection.

Harvey, a member of the Chichester Priory club, found participants by talking to community organizations such as Age UK and Health and Independent Living Support, which provides meals on wheels. "Others came to us through church leaders, sheltered housing, and our own contacts," he says. "When it all comes together, seeing lonely people having good times, talking to students two or three generations below them, is so stimulating."



Exacerbated by COVID-19 pandemic seclusion, loneliness has become a global public health crisis. Studies in Europe and the U.S. link chronic loneliness to poor physical health and an increased risk of dementia, coronary heart disease, and stroke. "Poor mental health can lead to difficulties connecting with others, social withdrawal, and loneliness, while loneliness can equally contribute to poor mental health. At the beginning of the COVID-19 pandemic, when in-person meetings were curtailed, Rotary members kept connecting with older and disabled people through phone calls, running errands for them, picking up prescriptions, and even walking their dogs.

Lisa Hunter, a member of the Rotary Club of Maidenhead Bridge, received a British Empire Medal in the Queen's 2022 New Year Honours List for mobilizing her club's response to families in need during the pandemic. "Through the Rotary network, we come together to use our skills and knowledge to support each other and build up our communities," she says. "Nowhere was this more apparent to me than at the beginning of the pandemic when our community went into lockdown and people were isolated and shut-in. My club formed a community response team to mobilize a network of volunteers to do what we do best: support those who need help in difficult times."

Worldwide, Rotary clubs have always worked within their communities to reach out to those who feel isolated. For instance, Rotary clubs run or otherwise support dozens of *Memory Cafes* across the UK. They are focal points for people with early-onset dementia as well as their caregivers to meet, play games, chat, watch films, and sing. Originally developed in the Netherlands in the 1990s, the concept was introduced to Rotary International in Great Britain and Ireland in 2008 by Tim Jones, a member of the Rotary Club of Wadebridge.



"The idea of Memory Cafes is to offer peer support. It's a simple philosophy about leaving people with a positive experience, bringing people together to support one another." Socializing and engaging with others creates beneficial changes in the brain. For those with memory loss, this approach aligns with the goals of cognitive stimulation therapy.



FLASHBACK

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

STAR REACHING PROJECT

摘星計劃



2019-20 「感動歷『情』」 dessert making 友你同行工作坊 14 Dec. 2019 at the Bake Your Own bakery.



2018-19 「Better Me」 group photo after activity with participants at 青少年服務處 Fu Hang Centre 19 Jan. 2019. The theme encouraged the participants to explore what LOVE is and what they look for in a relationship.



2015-16 「機不可失」 teenager workshop 7 Jan. 2016. This year theme addressed the bad habits of young mobile phone addiction and encouraged teenagers to make good use of mobile phone and promoted self-restraint and self-identity.



2020-21 「伴隨有你」 closing ceremony in Tai Po 21 Mar. 2021. Only President Sally attended due to the pandemic but some of us joined the event by zoom.



2017-18 「打理頭家」 pizza making activity day 9 Dec. 2017 at an organic farm in Sheung Shui. The project aims to explore parent-and-child relationship.



2012-13 「你有得揀」 closing ceremony 2 Feb. 2013. Rotarians also participated in dancing and cooking activities earlier that year and enjoyed the street dance performance by participants at the closing ceremony.

Congratulations!

Happy News for Rotary Club of Tai Po. Congratulations Satellite Club of Tai Po Companion's IPP Tony Luk and Karyn on the birth of a son. Separately, cheers to our PP Frankie Wu and Creamy for the arrival of a grand-daughter Joy – in addition to their grandson Enzo.

FROM TONY AND KARYN:

We are happy to share with you that our baby boy was born on 20 Nov 2022 and he impressed us with his thick hair.

2022 is a special year as we have come to the wonderful world of parenthood. Being parents of new-born baby is a challenge. Sleepless nights are common, but it's all worth when you see him growing up every day.



FROM FRANKIE AND CREAMY:

This year has kicked off to a great beginning with the joyous arrival of a new family member, our granddaughter Joy, 胡菲. The whole family is very grateful for the birth of our grandson Enzo in late July 2022 followed shortly by Joy in December. The new members have already brought the family closer together and created many happy moments as we all partake in the upbringing of the next generation. We are very excited to see what the future will bring for our beloved Enzo and Joy.





Micro-Landscape Sphere Workshop

4 December 2022

President Katherine So, RAC Tai Po



On 4 December 2022, a cool yet sunny Sunday, the Rotaract Club of Tai Po (RACTP) held its first community service activity "Micro-Landscape Sphere Workshop".

Co-organized with the Neighbourhood Advice Action Council's TOUCH - Support Service Centre for Ethnic Minorities, this event aims to provide an opportunity for participants to learn more about the ethnic minority community in an interactive manner.

The TOUCH Centre is situated near the coast of Tung Chung, a place where one can enjoy the splendid scenery of the sea. The only downside being its remoteness. On that day, mother club president Danny and DRR Merlot were present in addition to our members and friends. I am much grateful for their attendance despite the inconvenient location of the TOUCH Centre.

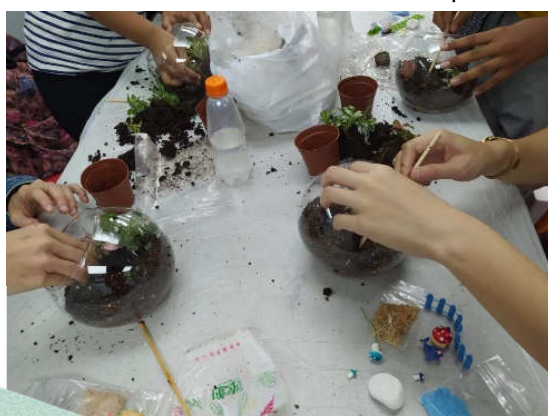


The Workshop was divided into two sessions. In the beginning, Emily, a social worker of the TOUCH Centre gave us a brief introduction on the works of the Centre. Emily explained that the service target of the TOUCH Centre includes both adults and children of a variety of ethnicities, the majority being Pakistani and Indians. She also clarified the perception that ethnic minorities are unable to communicate in Chinese is no longer correct since a dominant number of ethnic minority children attended local schools and learnt Chinese.



Thereafter, Emily led us and the ethnic minority children to play an ice-breaking game called "Fish and Fisherman". The game goes like this: when Emily says the word "fish", the participants need to try to catch the hand of another person next to him/her. Through this mini game, everyone quickly warmed up with each other.

The second part is where we learned to make our own micro-landscape sphere - a mini garden placed into a glass sphere. A micro-landscape sphere consists of multiple layers - (i) mixture of granite and stone setting the foundation; (ii) soil and hydrophobic layer in between; and (iii) various species of plants on the top. Due to the complicated instructions, some ethnic minority children encountered difficulties in following the steps, which the volunteers eagerly helped out. After forming the landscape, each participant was allocated an assortment of ornaments for decoration. This allows participants to express their creativity and realize their imagination in the form of a mini garden, which is also in line with RACTP's theme "Canvas-create unlimited possibilities".



Tokyo Nostalgic Trip 東京懷舊之旅

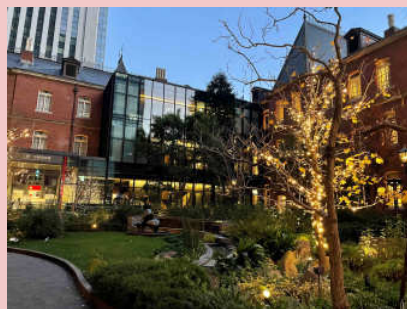
Peter Lam



W

ow, the last time I wrote a travel log to Tokyo for Tai Post was in Feb. 2014! In fact since I got married in end of 1990, I visit Tokyo almost every year, usually during Chinese New Year holidays for obvious reason. . . both for fun and to accompany my Japanese wife Tomomi to visit her parents. The past 3 years were the exceptions for reason we all know (Covid) so this year I was most excited to be able to travel to Tokyo for my Christmas break. Indeed Tokyo is my familiar destination with lots of nostalgia as I did live there as a student for about 2 years in 1986-1987.

I started my 10 days trip on Christmas day 25 Dec. 2022 and returned to Hong Kong on 3 Jan. 2023. I shall use this photos / captions format to recap my journey which mostly covered places where I have visited before; so it was more than just sightseeing and good food 吃喝玩樂 but rather, a journey down memory lane 懷舊之旅.



When I visited Tokyo with my wife Tomomi, of course I stayed at her parent's home in Ikebukuro 池袋. This time I purposely travelled alone to Tokyo a few days before my wife arrived and stayed at this historical hotel "The Tokyo Station Hotel" (est. 1915) situated in the area known as Marunouchi (丸之内) near the Imperial Palace. This commercial district has many attractions and historical buildings like 明治生命館, 三菱美術館, Palace Hotel; and on Sundays many streets turned pedestrians only (步行者天國) with outdoor café, mobile food stand, street performances and the Christmas lightings and the atmosphere was fantastic.



I was glad to visit the new fish market Toyosu (豐州) for the first time since it moved from Tsukiji (築地) in 2018. My friend and I were really lucky to have sushi at around 9:30 am in a good restaurant known as 鮭文 without having to wait too long (I saw many tourists waiting in long lines for 1-2 hours in popular places like 寿司大, 大和寿司...!) I am a big fan of tempura and this time I finally managed to book one month ago and tried this acclaimed restaurant known as Mikawa Zekankyo (みかわは山居). The 76 years old chef 早乙女哲哉 is known as God of Tempura (天婦羅之神-江戸前三大料理巨匠之一). Meal charges are very expensive by the Japanese standard but it is all worth 大滿足!



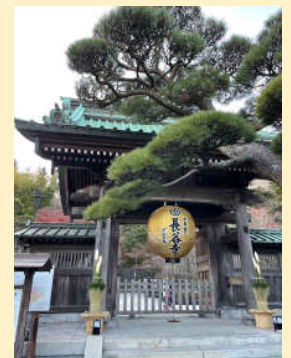
I have been to Asakusa 浅草 many times but it is still my favourite spot to visit as I love the old city culture (下町情懷) and always enjoyed going to the shrine 浅草寺 for prayer. So glad to see many tourists . . . it seems that Tokyo is getting

back to normal. I went on 31 Dec. so many popular restaurants 老舖 were already closed for New Year holidays but I was lucky to find a good one where I lined up for only 30 min. to try 鰻魚飯 (鰻重). So good!

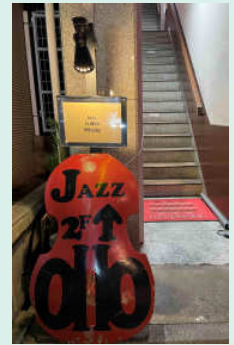




Another favourite area I like to re-visit near Tokyo is Yokohama 横濱 (Japan's first foreign trading port since 1859): lots of attraction like the Minatomirai waterfront area (developed from old dockyard), Landmark Tower, Queens Square, Red Brick Warehouses, Yamashita Park. I was glad to visit the New Grand Hotel which is another historic venue since 1927 made famous for hosting US General MacArthur's stay soon after the end of WWII.



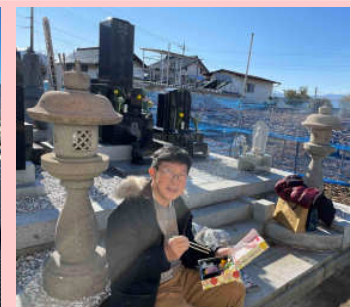
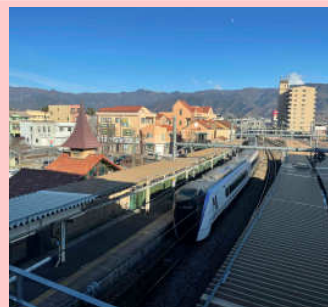
In Yokohama, how could I not visit the original foreign residence and cemetery area (元外國人居住區及墓地) with many stylish cafés and Victorian style old houses of well known westerners who lived there in the end of 19th century? I also went to Chinatown 中華街 near Motomachi (元町). Before returning to Tokyo from Yokohama, I made short trip to Kamakura 鎌倉大佛, 八幡宮 and I took the 江ノ電 train to 長谷寺. While I like Japanese food, I now begin to appreciate the rather unique 中華料理 in Japan . . . dishes like the 麻婆豆腐, 担担麵 and 生煎包 are in fact quite good and all tourists (including me) enjoyed so much eating the 肉饅, 小籠包 and many Chinese snack in the street in 中華街! This Yokohama trip brought back lots of good memories when I visited as a foreign student (Japanese language school) way back in 1986-87. How time flies!



I am crazy about going to Japanese cafés and bars. I was so excited to return to my favourite 60-80s rock music whisky bar in Ikebukuro (池袋) and had tried a new jazz café! I also enjoyed this acclaimed classical music cafe in Shibuya 渋谷 (名曲喫茶Lion: since 1926) where all seats face the big speaker like in a concert hall and customers are not allowed to talk (会話禁止). Of course trying Japanese curry in Kichijoji 吉祥寺 (interesting café in basement like inside a cave), Jimbocho 神保町 and Ramen was another MUST do in Tokyo (I have been to so many popular ramen places in Tokyo but I am glad to discover a new good one known as Hayashida (はやし田) in Shinjuku & Ikebukuro).



I spent my New Year day in Tokyo so I followed the custom of many Japanese to pay first visit to the Shrine (初詣) at a small 赤城神社 in Kagurazaka 神楽坂. There was a long line and I had waited for about 30 min.! This area has less foreign tourists with many unique French & Japanese restaurants (料亭) in quiet narrow streets. Very good feel.



This trip also has special meaning and importance as I had set up reunion lunch with my old Japanese boss at Mandarin Oriental Hotel Chinese restaurant. I also made a trip to my wife Tomomi's father's hometown Yamanashi 山梨市 to pay respect to my late father-in-law. The last time I met my father in-law was in Feb. 2020 right before the Covid pandemic and he passed away in Dec. 2020. Japanese likes to buy lunch boxes at train station (駅弁 Ekiben) during trips to hometown, so Tomomi and I followed this custom; but instead of eating on the train we enjoyed the bento when we visited my father-in-law's grave (墓参り) located next to some wine farm in Yamanashi.

Regular Meeting cum Annual General Meeting

19 December 2022

Board Meeting preceded the Regular meeting and board members seriously discussed the crisis RCTP faced.



Congratulations **Creamy** and **Frankie** on becoming paternal grandparents on the day.



CDS Natalie gave a specially selected bottle of red wine for raffle draw and **PP Dennis** claimed the prize.

Members were relieved when **William** said "I do" to being nominated as president elect. **Rtnn. Bebe** was all smiles as this might be the second time she listened to this declaration since her wedding.



Accounts for the year ended 30 June 2022 tabled before the Meeting was reviewed by Auditor **DT Louis** and approved unanimously.



Rtn. Jules Jiu was elected as Vice President of 2022-23 and President-Elect of 2023-24.

It was unanimously confirmed that **PP KF Tam** be the 2023-24 Club Secretary and that Members unanimously authorise **President-Elect William Yim** to select and appoint members to be Directors of his Board for Rotary Year 2023-24.



It was agreed unanimously that **PP Louis Tang** be the 2023-24 Club Treasurer, and **Rtn. Gabriel Kwan** will be auditor.

Service for the Disabled at Tai Wo

20 December 2022
Wilson Woo

December is always full of joy and celebration. A very special and cheerful Christmas party was held on 20 Dec 2022. Through the introduction of CDS Natalie with contacts from North District, we lined up with Yan Chai Hospital District Support Centre (Tai Po) to share the holiday vibes with some disabled individuals in Tai Po who need our care and show of concern. Giving and receiving makes all of us feel good during this festive season.



You may wish to know more about Yan Chai Hospital District Support Centre (Tai Po) – YCHDSC (TP). They provide one stop community service and supports to any disabled persons and their families who are living in Tai Po. They focus on providing training for their target clients to integrate into the community and strengthening their abilities to take care of themselves, which in return helps build up their confidence to interact with others and relieve their stress.



Before the fun time began, District Social Welfare Officer, Ms. FUNG Man-yu May, gave us a welcome speech. She expressed that the visit and care from RC Tai Po could help to fill up the gap and be the bridge between the disabled persons and the community. Our visits and services with YCHDSC (TP) are most welcomed.

P Danny, CDS Natalie and PP William played the ice breaking guessing game with the participants. They had to act out the phrase without speaking, while the participants tried to guess what the phrase was. Guess what! They were so good and got all the correct answers to the 40 questions in less than 5 minutes. We had had some hilarious laughable moments!



And how could a Christmas party go without uplifting Christmas songs? It's the heart-warming time to celebrate with friends and family.

Last but not least, Santa Claus is coming to town! This jolly man in red brought gifts to all our good attendees to wrap up our service in this wonderful and hopeful season.





1st Travel Post Covid

Dr. Ronald Chung

Hong Kong as international financial centre suffered in late 2022 as the government was slow to open up in comparison to the rest of her neighbours. Since the summer, the hottest topic in my professional circle was about Hong Kong staying with its Covid policy, multinationals could not really continue to carry on with its normal business. Indeed, quite a number of them are looking at leaving Hong Kong, partially or completely. PP Charles and many actually have first-hand stories to share. And I have passed over opportunities in Singapore myself due to the uncertainty with traveling restrictions. As a result, my streak of consecutive nights in the same bed continues.

People asked me how I feel not being able to travel. My honest answer is, if it bothers me, I would have stopped a long time ago. Does that mean I liked it? Well, my answer to that would be, I did not miss traveling and even with the gradually relaxing travel policies in Hong Kong, planning a get-away for Japan or Thailand was not even on my radar screen.

Then came an opportunity for THE 1st family get together over 3 years in Taiwan over Christmas. Alice was thrilled at the opportunity, while I was lukewarm at the idea. There were just too many uncertainties.

First, Hong Kong was still in moderate lock down model, so do we want to come back to Hong Kong quarantined? Do we have to do tests before flying to Taiwan, was it RAT or PCR? In the meantime, Taiwan has this rule which people from Hong Kong cannot individually travel to Taiwan, but what about non-Hong Kong passport holders from Hong Kong? Again, do we have to do test before flying back from Taiwan, was it RAT or PCR? Having said that, those are still questions that need to be answered as of today before you travel. Technically, we could get that information from travel agents or the internet, but no one was quite sure as policies change on a daily basis. Oh, and this one was in effect when we made the decision to fly to Taiwan... arrival passengers should be quarantined in hotel rooms and each person should only occupy one room!!! Having said that, we were affirmed by multiple non-official parties that it would not be enforced!

Then, there was the cost of the flights, I was able to fly to Taiwan at typically less than \$2,000 HKD round trip on CX. When we asked, CX was \$7,000 HKD, so we looked at Eva Air at the steep discount of \$5,000 HKD, and then, there is tax. Oh, and our travel days were Dec. 24th outbound and Dec. 26th back to Hong Kong.

I still have not talked about why we were looking into going to Taiwan for just one day (Alice said it was 3 days). Well, remember that there is a saying that people are being brought together by weddings and funerals. This is, happily, a wedding. The wedding was held at Tam Sui, a place famous for its sunset, so we just stayed at the wedding venue, accepting the idea that there is going to be nothing around us. Well, it's supposed to be Silent Night.

We took the plunge. We went to the airport early, just in case there were unexpected Covid administrative hoops to jump. There was not much and the check in process, the leave Hong Kong process was easy.





Then, after immigration, we looked for breakfast at the food court. The usual breakfast place is different, only 2 were operating, one was Chinese dim sum etc., the other one was Gordon Ramsey, both were bad and expensive, just a matter of which one was worse (Hint, even the coffee was not good.) A better choice we found out was going through to the various gates and look for food there.

The flight was smooth, entering Taiwan was easy. The airport was kind of quiet and slow, but we were there on Dec 24 at around 2 pm. Transportation to the hotel was smooth. Check in was 4 pm, definitely not user friendly, but we learned of that over the web from comments by the others, so, no bad surprises there.

Hotel facility was sufficient, but the view was very nice.

Apparently, Tam Sui was quite nice. Being close to water, it's a very local touristy place with lots of small restaurants serving different cuisines. Historically, it has Spanish influence from the 17th Century, then the Dutch, then the Japanese, so if you have time and explore carefully, it's a pretty cool place. With the limited time, Alice and I explored a little bit, but definitely talking about coming back.



Otherwise, it's Christmas with the family.

And attending the beautiful wedding



And simply hangout with food.



The whole trip was worth it. Can't beat family get together over Christmas, especially after a Covid induced period of absence.

We flew back to Hong Kong under 0+3. Getting back was smooth, but we have to go community PCR tests. That's now history. Wish everyone and Hong Kong happy, healthy for years to come.



Rotary Service Day cum Rotary HK Ultramarathon

31 December 2022

Bernice Yim, daughter of PP William Yim

Held on a bright and chilly day, the Rotary Hong Kong Ultramarathon was the perfect event to end the year 2022. On the 31st December, our lively participants, President Danny, PP Tsubaki, PP Claire, PDG Anthony and Mary, PP William and Bebe all gathered at the Tai Po Market MTR Station.

We travelled to Tai Po Waterfront Park via taxi, and were joined by PP Armstrong and Rita there. After taking some pictures at the Anniversary Tower, the group started walking towards Science Park. William's son, Alaric, and his girlfriend, Flora, joined the group just outside the Waterfront Park, and from then on it was a calm and relaxing journey.



Everyone was in great spirits, chatting and laughing filled the air, and some participants were even seen holding hands! The view gradually changed from trees and the highway to buildings, kiosks and sitting areas.

The walk ended at around 10:30am, and our participants visited the stalls that were sponsored by our very own Rotary Club, where they taught sign language to visitors. Everyone was fascinated, and some even tried out the activities designed by the service partner, or went exploring around the fair.

After having visited the booths, all the participants had a delicious lunch at Happiness Cuisine where we were also joined by PP KF and PP Vikky. Everyone enjoyed their time eating and talking with the newcomers, and most of the plates were cleared by the time we left.

A calmatime event like this is just what we need after yet another year of the pandemic. Let us ring in the New Year, and hope for the best!





You can make a difference in this world by helping people in need. Your gift can deliver polio vaccines that protect children for a lifetime, provide clean water and hand washing stations, and supply medical equipment that gives newborns a healthy start.

The Rotary Foundation will use your gift to fund the life-changing work of Rotary members who provide sustainable solutions to their communities' most pressing needs. But to take action and make these projects possible, we need help from people like you.

Please join us in making a difference by giving the gift of Rotary today.

Sincerely,
The Rotary Foundation

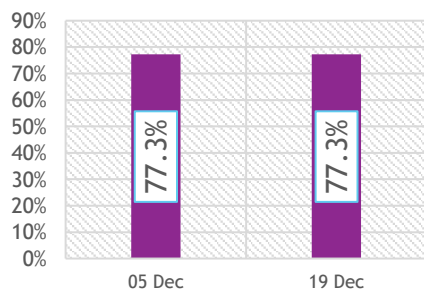
JOIN HERE

<https://my.rotary.org/en/give-gift-rotary>





DECEMBER 2022



Average attendance: 77.3%

Perfect
Attendance

DEC 2022

Anthony Hung	KF Tam
Gabriel Kwan	Vikky Tam
Natalie Kwok	Louis Tang
Peter Lam	Masayuki Tsubaki
Danny Lau	Kenneth Wong
Dennis Lo	Wilson Woo
Claire Mak	William Yim
Armstrong Shea	C. M. Yu



UPCOMING EVENTS

Date	Time	Event	Venue
16 JAN (MON)	19:00	Regular Meeting Speaker: PP WH Fok Topic: A Couple of Matters When Large Planes Land	2/F, Regal Kowloon Hotel, TST
30 JAN (MON)	18:30	"Lucky-All-Year" Fellowship Dinner by Team 2	Deng G Sichuan, 412-413, 4/F, K11 Musea, TST
6 FEB (MON)	19:00	Regular Meeting Speaker: Prof. Dennis Lo Yuk Ming, SBS, JP Topic: Creating Paradigm Shifts in Medical Diagnostics: From Dream to Reality	Tivoli, 3/F, Regal Kowloon Hotel, TST
13 FEB (MON)	18:30	Area 6 Spring Festival Dinner	Royal Plaza Hotel, 193 Prince Edward Road West, Kowloon
18 FEB (SAT)	15:30	Team 3 Fellowship "上山下海" Hiking and Seafood Dinner	Wilson Trail, Devil's Peak
19 FEB (SUN)	10:00 - 14:00	Rotary Blind Bowling Tournament	South China Athletic Association Bowling Centre, 88 Caroline Hill Road, Causeway Bay



2023

Lucky-All-Year

全年行大運

TEAM 2 FELLOWSHIP DINNER

MON, 30 JAN 2023

RECEPTION 18:00; DINNER 19:30

DRESS CODE: 靚

VENUE: DENG G SICHUAN

412-413, 4/F, K11 MUSEA, TST

DINNER FEE

RC TAI PO MEMBER @\$FREE

NON-MEMBER @\$400

SPECIAL FEATURE SYMPHONY OF LIGHT SHOW AT VICTORIA HARBOUR

RSVP SALINA 66900929 OR VIA BAND RC TAI PO

Rotary Club of Tai Po

Team 3 Presents

上山下海

18 February 2023 (Saturday)

Wilson Trail, Devil's Peak

Gather: Yau Tong MTR Station Exit A2 at 3:30 p.m.

Kong Lung Seafood Restaurant (鯉魚門) 海傍道西62號

Dinner: 6:30 p.m.

miss you

RONALD CHUNG

SALLY LUK

FRANKIE WU

SINCERE YIP

JANUARY

14th Anthony Hung

Happy Birthday

Leave of Absence

PP WILSON LAM

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

Meeting at 7PM every other Monday
@ Kowloon Cricket Club

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

#rctaipo

rctaipo@gmail.com

GPO Box 7142, Central, Hong Kong