

# TAI 報 POST

## PRESIDENT'S MESSAGE



KIN FAI TAM

December represents the half way mark for the Rotary year 2019 -2020. The club has had a busy 6 months with a lot of great news and exciting events.

It will be a very important day for our club on 16 December 2019. The 2020-2021 Directors and Officers of RCTP will be nominated in AGM proceeding. The future leaders will be formally endorsed and I am sure all of you are aware of who will be the new leaders: CP announced in his birthday celebration. The new board will carry out the important leadership role for the continuous improvement of our club. Thank you VP Wilson for arranging the AGM.

On 8 December we completed a very meaningful community service project 'Wish Wagon'. Under the leadership of PP Natalie, PP William and Danny we arranged 8 cars from the members to pick up 8 families to visit Kowloon Peak (Fei Ngo Shan) and Science Park. The weather was excellent and the participants appreciated very much as many of them did not have the chance to see such a beautiful scenery ever. Salute to PP William and Danny for the detailed planning of the journey.



Over these several months our activities and meeting had also been affected due to the social event and chaotic traffic situation. Area 6 joint meeting was postponed from 11 Nov to 13 Jan, our regular meeting on 18 Nov was cancelled. Our community services 'Wish Wagon' was postponed from 24 Nov to 8 Dec.



Needless to say, the Sunshine Teens is one of our successful projects for the youth. This year is the 10th year that our club sponsors this project and works together with the Salvation Army. That was the first time I participated in the project and the Abseiling event was held on 28 November. I appreciated the braveness of the students. The debriefing session with the family members was also very impactful to express their feelings and connect the families members together. It is a very meaningful project that needs to be supported.

Joint meeting with RC SoHo Hong Kong took place on 25 November at Sportful Garden restaurant of Olympian City I which was selected as a convenient and safe venue. Thank you club administration team who meticulously planned the details including the rundown, speaker arrangement and the menu to make the event so successful.



On 9 December, I attended at the Installation Ceremony of the Interact Club of TTCA together with the Youth Committee. The event was well attended by the Principal, Mr. Hugo Cheung and the teacher advisors. Most of the club officers including President Ruth Law were so enthusiastic to continue their services in the new year term. We look forward to working closely and connecting with TTCA on involving more community services.

Christmas is approaching, Rotary Club of Tai Po wishes you a Merry Christmas and a Happy New Year!





# EDITOR SAYS



CLAIRE MAK

This year's Rotary Ultramarathon has been changing its date and venue time and again. The latest is that it will be held on 16 February 2020 at Tai Po Pak Shek Kok Promenade. See you next time Lung Wo Road!



Distance running seems to have taken root in Hong Kong in recent years and it looks like the hip thing to do, especially during the months of Jan-March when people flocked to join the various races like going to carnivals or parties. It is encouraging to see people taking to sports and exercise.

World Health Organization has recommended that an adult should do some 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic physical activity each week. Moderate intensity activities are those that get you moving fast enough or strenuously enough to burn off 3 to 6 times as much energy per minutes as you do when you are sitting quietly. Examples of Moderate exercise includes brisk walking, water aerobics, tennis (doubles), ballroom dancing, general gardening. Vigorous-intensity exercise is a physical activity done with a large amount of effort. It is the intensity at which you have a substantially higher heart rate and rapid breathing. You are only able to speak in short phrases due to the rapid breathing and effort. Vigorous exercise includes running, swimming laps, carrying heavy loads, bicycling fast, basketball game, soccer game or playing tennis (singles).

Moderate-intensity Physical Activity (Approximately 3-6 METs)	Vigorous-intensity Physical Activity (Approximately >6 METs)
Requires a moderate amount of effort and noticeably accelerates the heart rate.	Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate.
Examples of moderate-intensity exercise include:	Examples of vigorous-intensity exercise include:
<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Dancing</li> <li>• Gardening</li> <li>• Housework and domestic chores</li> <li>• Traditional hunting and gathering</li> <li>• Active involvement in games and sports with children / walking domestic animals</li> <li>• General building tasks (e.g. roofing, thatching, painting)</li> <li>• Carrying / moving moderate loads (&lt;20kg)</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Walking / climbing briskly up a hill</li> <li>• Fast cycling</li> <li>• Aerobics</li> <li>• Fast swimming</li> <li>• Competitive sports and games (e.g. Traditional Games, Football, Volleyball, Hockey, Basketball)</li> <li>• Heavy shovelling or digging ditches</li> <li>• Carrying / moving heavy loads (&gt;20kg)</li> </ul>



Let's stick to talking about running. On the basis that the average person runs at moderate speed, a 50-minute run each time means that person has to run at least 3 times a week. This time commitment may not be easy for those who has to attend work daily, not to mention having to work OT at times.

A recent Australian research shows that running 50 minutes each week will already significantly lower the mortality rate; whereas extending the exercise beyond that 50 minutes does not seem to be adding much. This research was done by analyzing the data collected from 232,149 participants about their sport activities vis-à-vis health performance. This survey covers 14 different types of sports; amongst which about 10% did running. The analysis time frame spanned 5.5 to 35 years during which 26,951 participants had died.

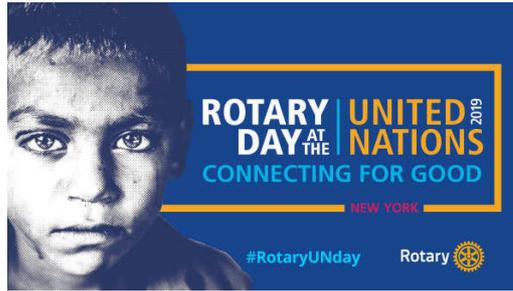
The result shows that those who did running generally has 27% lower mortality rate than those who did not run. Those who died as a result of heart problems is 30% less; those who died as a result of cancer diseases is 23% less. And all these results showed up in the group who ran roughly 50 minutes each week! On the other hand, those groups whose targets ran more than 50 minutes per week did not show improvement in the mortality figures. Even those who ran up to 270 minutes a week did not fare a lot better either. The report recommends running is better than not running; but at the same time I think it does not mean that running longer period of time is useless. It is simply that running longer does not seem to present significant improvement or constructive results in terms of such data analysis.



December is the "Disease Prevention and Treatment Month". Let's take on some health tips and EXERCISE! Whether you are preparing for Rotary Ultramarathon, the Standard Chartered Race, or simply go enjoy running for running's sake, keep up the exercise!

# Rotary Day at United Nations

Rotary Day at the United Nations celebrates two organizations' shared vision for peace and highlights the critical humanitarian activities that Rotary and the UN lead around the world. This year event was held on 9 November at the Grand Hyatt in New York. The event was well attended by nearly 500 people which include Rotary International president and Board of Directors, Rotary Foundation Trustees, other Rotary leaders and club members, leaders from the United Nations, experts from other nongovernmental agencies, renowned humanitarians, and young leaders who attend to exchange ideas, learn about the UN, and meet international leader.



# ROTARY INFORMATION



PETER LAM

This year's events focus on community-based solutions to the global refugee crisis and honored six members of the Rotary family as Rotary People of Action. The six honorees — five Rotary members and a Rotary Peace Fellow — are all people of action who have found community-based solutions to the refugee crisis.

Today, the number of refugees worldwide is the highest since World War II. Throughout Rotary's 75-year history with the United Nations – and beyond – Rotarians have helped people displaced by war, famine, and climate. However, Refugees are not just beneficiaries of international assistance; many have under- or un-utilized– skills to be a resource in the communities in which they settle.

Through a series of flash talks and plenary speeches, Rotary Day at the United Nations offered expansive opportunities for the public to learn about and support projects in refugee settlements and beyond. The diverse audience from 23 countries heard first-hand experiences of resettled refugees, humanitarian actors and individuals creating community-based solutions that empower refugees, leverage their talents, and connect them to opportunities.



The six honorees were:

Name	Rotary connection	Project
<b>Bernd Fischer</b>	Rotary Club of Berlin, Germany	Integration of refugee women into German society
<b>Lucienne Heyworth</b>	Rotary Peace Fellow (Uppsala University, 2015-17)	Education curriculum in times of emergency, focused on the Middle East
<b>Ilge Karancak-Splane</b>	Rotary Club of Monterey Cannery Row, California, USA	Education and integration project in Turkey for Syrian refugee children
<b>Hasina Rahman</b>	Rotary Club of Dhaka Mavericks, Bangladesh	Nutrition services for Rohingya children in Bangladesh
<b>Ace Robin</b>	Rotary Club of Mataram Lombok, Mataram, Indonesia	Disaster relief and housing for people displaced by earthquakes
<b>Vanderlei Lima Santana</b>	Rotary Club of Boa Vista-Caçari, Roraima, Brazil	Humanitarian aid to Venezuelan refugees



FLASHBACK  
**OLD TIME PHOTOS**



PETER LAM

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



2016

A great fun party in 2016: UnSilent Night at New Life Social Enterprise Restaurant in Wanchai. Lots of wine, lots of dancing and lots of laughter and glad to have many Rotaractors and Interactors joining.



2014



2014 Xmas party at Al Pasha restaurant in K11 featured Xinjiang food, Belly Dance . . . what a cultural mix!

2011



2011 Xmas party at Yau Yat Chuen Country Club. It was the only Xmas party where induction ceremony was carried out for new member – former member David Chan. Recognize the Santa?

2006



Rotaractors joined us at our 2006 party at Hong Lok Yuen Country Club bar. Here we can see Wilson Woo our past Rotaract club President with some familiar faces like Sheena Cheng, Alan Yip, Alex Fan and ambassadorial scholar Andy Stoll from Iowa USA.

1998



1998 Xmas party at Jockey Club Happy Valley Racing stand: Other than carol singing by members, talent show by our kids used to be popular but with many of our kids now grown up, it seems difficult to resume this tradition . . . maybe utilize our grand-kids some day?

## Joint Meeting: Rotary Clubs of Tai Po / SoHo

25 Nov 2019  
Claire Mak

The joint meeting with our baby club Rotary Club of SoHo Hong Kong was held on 25 November at Sportful Garden Restaurant in Olympian Phase 1, a sensible change of venue away from our usual venue at KCC which is quite near the eye of the recent riotous events. Members of SoHo and Tai Po, led by President Renee and President KF, together with Tai Po spouses and Rotaractors from RAC Wu Yee Sun College and RAC Tai Po's IPP Scarlet and VP Louie plus PP Gilbert Kwok of RC Peninsula together filled 3 tables. In particular, RAC WYS' President Leo leading his Vice President Selina and incoming President Edward and Vice President Lincoln were received by us with mixed feelings ... these Chinese University students were greeted like survivors of Armageddon.



The keynote presentation topic was "the Sugar Book" (講[糖]書) by one of SoHo's members, Dr. Michele Yuen who is a specialist in Endocrinology, Diabetes and Metabolism at Gleneagles Hospital. CP Chris Tsang gave an introduction of the speaker with a personal touch as Dr. Yuen looks after his parents who are over 90 years old. Dr. Yuen's speech captured the attention of the audience because it deals with diabetes, its symptoms, causes and cure. It also touches on metabolism and slimming. Very useful and comprehensive indeed.



After her speech, our IPP Patrick delivered a vote of thanks and shared his own experience on slimming and weight control. Then PDG Kenneth spoke on the topical subject of changes in DG Nomination and alerted us to the current consultation. Then came the raffle draw session on the gift of antique wine set replica given out by PDG Kenneth and was won by our Speaker Dr. Michele Yuen!



Before the joint meeting ends, a group photo was taken as usual. Where had CP Chris gone? Oh, there he was. See from the group photo? That's why he held onto the red box!



# Wine Trip in France

Law So Ping



Chateau Haut-Brion, one of the 1st Growth. It is located in Pessac just outside the city of Bordeaux. Best vintage is the undoubtly 1989. The Haut Brion Blanc is also the kind of white wine in Bordeaux.



Inside Chateau La mission Haut-Brion tasting room. Cheers!

Chateau La mission Haut-Brion, now same owner of Chateau Haut Brion. It has even more 100pts wine than Chateau Haut Brion!



Château Cos d'Estournel, Best chateau in St Estephe and also one of the super second. Very oriental style. Their second wine is one of the very best among it's class.



Château Pichon Longueville Comtesse de Lalande, One of the best super-second growth of Bordeaux. Nice Château and just next to Château Latour!



Château Pichon Longueville Baron, Another great Chateau Pichon . Wine have more power and concentration. Gorgeous Chateau.

Chateau Pape-Clement. Excellent in both red and white wine. It is the oldest wine estate in Bordeaux, harvesting its 713th vintage in 2019.





Chateau Ducru Beaucaillou. One of the best in Saint Julien. Also now a super-second growth chateau. Still a family owned Chateau. Wine is very muscular but very fine with silky tannin.



Chateau Pavie Macquin, 1er Grand Cru Classe B in Saint Emilion. Their vineyard is exceptional and the winemaking just keeps getting better and better for every vintage.



Chateau La Fleur de Gay, one of the very underrated Pomerol Chateau. Still have some old vintages and if they are impressed by your knowledge they might consider to sell you a few bottles! Guess which vintage I bought from them.... Hei hei....



Chateau La Conseillante, mostly known as the burgundy of Pomerol. Extra fine silky tannin but with lots of depth. Just next to Petrus and La Fleur!



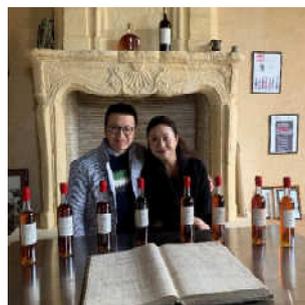
Gujan-Mestras, oyster farm of Arcachon. It is so fresh that you can feel it. We take at least 12 per person in just one lunch!



Armagnac Delord, a truly special Amargnac in Bas-Armagnac. We have the chance to taste from the white Armagnac to those of over 50 years. The boss pour and sign for every bottle for us.



Armagnac Castarede, once being considered as the best Armagnac. Owner Florence received us and gave us a culture visit which we travel back to hundred years ago of the chateau. Then she invited us to taste from 1928. What an experience!



## Sunshine Teens - HYKTPSS Abseiling Event

29 Nov 2019  
Danny Lau

For over 10 years, Tai Po Club has been co-operating with HYKTPSS and the Salvation Army on the *Sunshine Teens* Project. The recent 7 years have seen the abseiling program organized for Form 1 students. On 29 Nov 2019, President K.F., William and Danny joined the program.

The program composed of three main sections. The first is for students, the second is for parents, and the third is for both students and parents. In section one, a professional team of climbing and abseiling instructors guided students to abseil down the building from the 5th floor to the 1st floor. It is a very unique experience for the F1 students. They have to learn how to overcome the emotion of fright. Although the students were terrified, schoolmates and parents encouraged them on different floors. Parents could look at their children abseiling down the building.



After the students have come down and get back into the building on the 1st floor, social workers of the Salvation Army conducted a sharing and debriefing section. To encourage participants to express their feelings, social workers had prepared some artistic and beautiful photos. Participants of the sharing section are invited to pick one photo to represent the feelings they had during the abseiling.



Both students and their parents have learned a lot. Parents had learned to let go for growth, and to trust that their children have the enormous ability and power to overcome difficulties in their life. Students had to boost up their confidence and have better self-esteem.

In the past, before the program, the truancy rate and drop-out rate were pretty high in HYKTPSS. The lack of confidence and the lack of comfort are the two main causes. It is a challenge for a teenager to adapt to a new environment, from primary school to secondary school, getting senior enough to be a junior again. It is, however, a good chance to have self-understanding under the tremendous change. I hope this program can let them have the experience to cope with the pressure. After all, when students are brave enough to face the problem of abseiling, they are more confident in facing other difficulties in their life.

# Wish Wagon

8 December 2019  
Danny Lau

On 8th Dec 2019, we organized "**Wish Wagon**" with the Social Welfare Department for the first time. The service aims to have Rotarians volunteers drive vulnerable families to sightseeing in Hong Kong, discover a different perspective of Hong Kong and bring wishes and hopes to family members.



Volunteering Rotarian drivers picked up individual target families from their homes and drove to Kowloon Peak, also known as Fei Ngo Shan. The reason for choosing Kowloon Peak as the first stop is that one can hardly go there by public transportation. So, it can bring a new experience to all of us. Half of the Rotarians haven't visited Kowloon Peak before. On Kowloon Peak, we found that we can see Kowloon Peninsula. The weather was good and the temperature was not as cold as we had thought. We all have taken a lot of photos of the spectacular view.



We headed to Science Park for lunch near the sea and walked along the seashore after lunch. Science Park is in between Tai Po and Fotan. Every Saturday and Sunday, a lot of people visit Science Park by riding a bicycle or jogging. It is good for picnic and doing experiments.



We walked along the spine road of Science Park, visited buildings with green technology, and also a convenience store which operated without staff and was run by computer. Customer self-serve to buy snacks and drinks.



There is an artificial lake in Science Park, not only for good views but functionally it serves as a heat sink for the nearby buildings by absorbing the heat produced by air-conditioners.



We all love ice-cream. In Science Park, there is a robot ice-cream maker and we buy ice-cream from it. After we paid, it will put different dressing and sugar sprinkles on the ice-cream cup. Children are excited to see the process.



Before going back, we take a photo in front of our car teams and families gave us a gift of their drawing, and then we drove them back home.

# Installation of Interact Club of Tsung Tsin Christian Academy

9 December 2019  
Claire Mak

One of our youth clubs, Interact Club of Tsung Tsin Christian Academy (基督教崇真中學扶輪少年團) ("TTCA") held their 2019/20 installation ceremony on Monday 9th December 2019 after a one-week deferment due to postponement of the students' exam week as a result of the recent social unrest.

The event was well attended by the Principal of TTCA, Mr. Hugo Cheung Man Wai, Vice Principal Ms. Andra Ng, teacher advisors Ms. Leigh Kwok and Ms. Mabel Chu. From our club, we have President KF Tam leading IAC TTCA Advisor PP Peter Lam, PDG Kenneth Wong, PP Louis Tang and PP Claire Mak.

The ceremony kicked off with remarks by Principal Mr. Cheung who commended this collaboration between the school and our club. He also encouraged students to leverage on the professional and vocational knowledge of Rotarians to further their horizons. Then President K F was invited to speak. He praised the good work of our Interactors in the past year and urged for more of their active and innovative participation this year.



After the *adults* have spoken, PDG Kenneth was invited to present certificates of appreciation to the club officers of the 2018/19 team led by President Ruth Law in recognition of their efforts in the past year.



Then came the highlight of the ceremony: induction of the new Board. It turns out that most of the current board members will remain on the new cabinet and Ruth will stay on as the club president. President K F dutifully installed Ruth as the new President with the President Belt and the new board members were each given their Interact pins.



It was then President Ruth's turn to review the past events and also preview her plans for the coming year. Thus, we got to reminisce their past activities like City Hunt, Food Bank, joining RCTP joint youth meeting... etc. as well as getting a glimpse of the planned Sham Shui Po Guided Tour, City Focus, Food Bank (愛·心·菜)...etc.

After group photos, we stayed behind for refreshment and connect with the students and faculty members. Here is to wish the new team all the best, and above all, stay connected with the Rotary family!



## Interact Club of Tsung Tsin Christian Academy Board Members



### List of Board Members

	2018/2019	2019/2020
<b>President</b>	Law Chi Yau, Ruth	Law Chi Yau, Ruth
<b>Internal Vice President</b>	Chan Sung Hei, Jasmine	Chan Sung Hei, Jasmine
<b>External Vice President</b>	Kwan Ching Hin, Matthew	Kwan Ching Hin, Matthew
<b>Secretary</b>	Lau Tsz Fun, Alvin Yau Chun Hei, Chris	Poon Ching Tung, Athena
<b>Treasurer</b>	Tam Ho Sang, Jason	
<b>Welfare Director</b>	Yuen Man Lok, Matthew	
<b>Service Committee</b>	Chung Kwong Ki, Keon Ip Chun Yu, Ethan Lam Tin Chung, Caleb Poon Ching Tung, Athena Tam Yan Lam, Joan Yeung Chak Lam, Jacky	Tam Yan Lam, Joan Hui Huen Chi Jasmine Chan Cheuk Nam, Nathan
<b>Promotion</b>		Lam Tin Chung, Caleb Chan Lok Hin, Kyle
<b>External member</b>		Tam Ho Sang, Jason
<b>General member</b>		Chan Sin Pui Lilian



## 2 December 2019

### REGULAR MEETINGS



Sergeant At Arms **Danny Wish** promoted the **Wish Wagon** project.



Belated November **birthday celebration** for **CP Donald and PE Sally**.



Rotarian **Henry Wang** stepped in last minute to give a talk on his pet topic: **Climate Change and Clean Energy Management**.



**PP Roger** gave some remarks after Henry's talk.



The Wilsons have it! **VP Wilson Woo** promoted his **raffle draw** prize of a digital book which was won by **PP Wilson Lam**.



## 9 December 2019



Speaker Mr. **Andrew T W Leung**, grandson of the late Leung Sing-por MBE, spoke about **Our Uncle Por** (我們的波叔). He recounted interesting anecdotes of the late TV Grand Master about his eagerness to learning new things, his compassion for young people to receive education, his passion for blending western hip with local performances and the meticulous attitude he had for his profession.



**PP Vikky** gave a brief (as compared with his lengthy credentials) **introduction** of her good friend and speaker of the night, Mr. Andrew Leung.



Audiences who **correctly answered questions** about Uncle Por got **prizes** from Mr. Andrew Leung.



Speaker Mr. Andrew Leung initiated **red box** collection upon a rather thoughtless question being asked.



**PP Pearl** gave out a set of **porcelain dishes** bought from Japan for **raffle draw** and **lucky Louis** claimed his prize.



Long time no see **PP Ron** (accompanied by Rtnn. Alice) collected his belated birthday gift.



**壹 Club 笑匠 PP Dennis** gave a tongue-in-cheek **Vote of Thanks** to our speaker.



Thanks for donating **Happy Box**: **President KF** for hmm... all that had happened, and **acting Sergeant Louis** for lengthy remarks.



**Welcome back PP Pearl** and a belated birthday greeting. Thanks **Alan** for donating happy box!



**Visiting Rotarians** from **Rotary Club of Star Avenue** and Satellite Club of Star Avenue joined us at our meeting and exchanged club memento with our **President KF**.

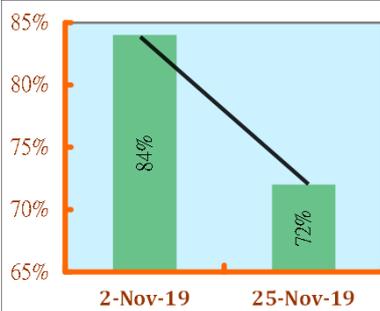


The speaker attracted a good turn-out from both our own members and visitors from other clubs.



## Upcoming Events

Average attendance: 78 %



Date	Time	Event	Venue
20 DEC (FRI)	6:30 p.m.	2 <sup>nd</sup> Theme Night (X'Mas Party) 	Tom Bar & Grill, G/F, Harbour View 2, 16E Science Park East Avenue
6 JAN (MON)	7:00 p.m.	Club Assembly	Fincher Room, KCC, 10 Cox's Road, Jordan
12 JAN (SUN)	10:00 a.m.	10 <sup>th</sup> Hong Kong Bowling For All	South China Athletic Association Bowling Centre, 88 Caroline Hill Rd, Causeway Bay
13 JAN (MON)	7:00 p.m.	Area 6 Joint Clubs Meeting Speaker: Mr. Wong Kam Sing, GBS, JP, Secretary for the Environment, Topic: 香港如何落實巴黎氣候協議	Harbour Grand Kowloon, 20 Tak Fung Street, Whampoa Garden, Hunghom
17 JAN (FRI)	8:00 a.m.	District Golf Tournament	Hong Kong Golf Club (Fanling, Eden Course), Lot No. 1 Fan Kam Road, Sheung Shui

## On Leave

CHRISTIE LIN ZHENG



SASHA CHU  
RONALD CHUNG  
PEARL DANG



## November 2019

Perfect Attendance

PATRICK FONG, ANTHONY HUNG, NATALIE KWOK, PETER LAM, WILSON LAM, DANNY LAU, SALLY LUK, CLAIRE MAK, ARMSTRONG SHEA, ROGER SO, KF TAM, HENRY WANG, KENNETH WONG, WILSON WOO, FRANKIE WU, WILLIAM YIM

To all our Readers,

Have a blissful, awesome magnificent, cheerful & rocking year ahead.

HAPPY NEW YEAR!

Tai Post

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The editorial board  
Claire Mak  
Peter Lam

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