



Tai Post 大報

Monthly Bulletin of Rotary Club of Tai Po (Apr 2014 Issue)

President's Message Francis Au



Dear fellow RCTP members,

March is another eventful month fully packed with fellowship and service projects. Most important of all, we have the support from all the members and spouses. We are always the biggest group turn-out in all the events. Thank you for supporting your club. Thank you for being there for Tai Po.

** We Can Code **

This is definitely the highlight of March 2014. It was merely a dream back then which has now become a reality. When I saw the students explaining the code in front of all the guests who attended the Closing Ceremony, I know we are doing something right. Coding is nothing fancy, but an excellent way to train oneself logic and reasoning skill. Coders can express their creativity with this ability.



Lots of appreciation to all of you and of course our fellow Rotarian, Dr Ray Cheung of our baby club, Rotary Club of Central. You all make this happen. Let's do this together and promote "We Can Code" to more students, more communities, and to more clubs as well.

** Regular meetings **

We had a dream March to have such a good line-up of speakers. Our Patrick Yung followed by our PP Claire, then Mr. K.S. Tang and ending with Mr. Joe Lam. Our average attendance in March is around 70%. Best of all, we had all our honorary members joining us in the first regular meeting in March. The very nice group pictures we took are surely a nice present for all Tai Po members. And we had 100% female members attending that meeting. I am honoured to have a picture taken with all of them.



** Annual Ball all around **

March is the season of annual ball as well. I've attended Annual Balls of Kowloon Golden Mile, Tsuen Wan and Hong Kong Harbour. They are all happy and joyful occasions. What makes them better is I've won a few prizes in these parties. :-)



** Welcome to Tai Po **

Topping it all, we have inducted a new member on 7 Apr 2014. Please join me again to welcome Professor C.M. Yu, the latest addition to the Tai Po family. We have 74% attendance on his induction day. It shows how excited we all are to welcome a member to the Tai Po family. CM — we are all waiting to have some drinks with you shortly.



We are pretty much packed from now till the end of this Rotary year. Thank you all! It is my pleasure as always to have you all being part of my Rotary journey.

With love,
Francis =]

Editor Says ...

Claire Mak



Raise up mobile phone and ... Snap! Snap! Snap! Taking photos with one's mobile phone, entirely oblivious of anyone around, has become almost a common trend. This is especially so during music concerts or shows. Audience, either sitting alert and upright in pitch dark or perching on the railings, turn on their mobile phones to take the best shots of their idols. Together, they often conjure up a spectacular picture of starry mobile sea.



Another trend is to take self-portraits. Stretching your hand and clicking your mobile phone at a right angle away from your face removes the limit to taking photos and enables loners to take own shots. Some even have a gadget to widen the angle - ask VP Vikky to show you. No matter whether the person is the Pope, or any rich and famous; or just any Tom, Dick or Harry, everyone seems to bask in this trendy way of taking Selfies. Look at this year's Oscars. Nobody seemed bothered at all.



And nobody worries about the occasion either: be it a solemn changeover ceremony; or just a road side performance; mobile phones are held up and pictures captured. Remember how Danish Prime Minister Helle Thorning-Schmidt did it with US President Obama and British Prime Minister David Cameron at the memorial service for Nelson Mandela in South Africa? They made instant headlines.



The earliest form of Selfies catered mostly for passport photos. There are these small self-service photo cubicles which could only fit in one person. You swirled the seat to a suitable height (or so you thought) placed a coin into the slot and, not knowing really where to look and without much forewarning, you would be greeted with shafts of light, twice. Then you stood outside the cubicle and waited patiently for what most of us call, a set of 4 "inmate" photos. These photos usually showed you at your worst, with a dazed pair of eyes focusing on an apparently wrong direction.

Later on, as people somehow formed the strange habit of squeezing into the photo cubicles to take instant photos, smart businessmen *improved* these cubicles into cute photo booths with gimmicks for decorating the photos. A sweet couple or a small group of friends who manage to squeeze themselves into the booth can take romantic / cheeky photos as a pastime. Some shopping malls actually set aside a corner or even a floor for such photo booths and, for some time they have commanded much business.



Taking self-portraits changes the scheme of things. In the past, the photographer usually did not appear and remained out of sight. With the heat of taking selfies, the photographer now steps to the forefront and is part of the photo! Admittedly, it takes a lot of practice to catch the suitable angle for taking your own photo - decently. I think our VP Vikky has mastered the skill pretty well.

What do you think about the photos in Tai Post? Due to lay-out and size limit, not all photos can be prominently displayed, and yes, at times you have to squint your eyes to figure out who is who in the photos. But we must give PP Peter Lam a big hand for volunteering as our club photographer.

You always see him, camera in hand, running here and there to capture district and club events. How would you like to read an issue of Tai Post with nil photos? Not very appealing, right? Truth be told, I bet most of readers of Tai Post will just glimpse through the photos (well, and the headings perhaps) in Tai Post and the copy is treated as read. If you do otherwise and actually read the full texts (I know you do if you are reading this Editorial) do let me know discreetly and I can take a tally of how many die-hard fans Tai Post has actually gathered. Well, this is a secret survey entirely unrelated to the one Natalie made you all fill out last month.



In any case, I hope Tai Post has proven an enjoyable read, and that you do look forward to receiving and reading the next issue: yes, even if you just go for the photos - because we have reliable PP Peter taking them!



Rotary Information

Peter Lam



SOUTHEAST ASIA DECLARED POLIO FREE

Rotary News 28-MAR-2014



School children participated in a rally organized by Rotary members in Ghaziabad, Uttar Pradesh, India, celebrating the country's achievement of polio eradication

The World Health Organization certified on 27 March its 11-country Southeast Asia region has eradicated polio, a long-awaited declaration given that five years ago India represented nearly half of all polio cases worldwide. The region's last wild polio case was reported in West Bengal, India, on 13 January 2011. *School children participated in a rally organized by Rotary members in Ghaziabad, Uttar Pradesh, India, celebrating the country's achievement of polio eradication*

"This achievement is an important milestone for the Global Polio Eradication Initiative [GPEI]," said Rotary Foundation Trustee chair Dong Kurn Lee at the WHO's South-East Asia Regional Certification Commission for Polio Eradication meeting in New Delhi, India, on 27 March. "We have beaten polio in Southeast Asia, and now we must do the same in the rest of Asia and Africa."

The region includes Bangladesh, Bhutan, Democratic People's Republic of Korea, India, Indonesia, Maldives, Myanmar, Nepal, Sri Lanka, Thailand, and Timor-Leste. Its more than 1.8 billion people represent over 25 percent of the world's population.

Southeast Asia joins WHO's Region of the Americas (1994), Western Pacific Region (2000), and European Region (2002) in eradicating polio, marking another vital step toward a polio-free world by 2018.

Densely crowded cities, migrant populations, and poor sanitation posed daunting challenges to eliminating the disease from Southeast Asia.

India PolioPlus Committee Chair Deepak Kapur called eradicating polio in his country "a monumental task, demanding an extraordinary effort by all levels of government and partners involved. Backed by more than 100,000 Rotarians across the country, we helped to ensure maximum support for everything from National Immunization Days (NIDs) to mop-up immunization rounds."

Also crucial were "the extensive efforts we made to build goodwill and acceptance of polio immunization in the Muslim community and among religious leaders," said former Rotary Foundation Trustee Ashok Mahajan. Rotary clubs created additional support by conducting free health camps to meet basic needs such as measles immunization, free checkups, medicines, vitamin A supplements, and eyeglasses.

In Sri Lanka, ceasefires during the country's civil war were pivotal to carrying out NIDs in the 1990s. As a first step, Rotary leaders and UNICEF established contact with the Liberation Tigers of Tamil Eelam.

"Our war is not with the children," replied the group's leader, stating that if Rotary and UNICEF could persuade the government to stop the war for two days, they would be willing to lay down their arms too. Subsequent NIDs became known as Days of Tranquility.

In Bangladesh, Rotary, WHO, and UNICEF boosted public awareness of the need to eradicate polio, motivating parents to have their children vaccinated during NIDs. In Nepal, Rotary, the national government, WHO, and UNICEF worked hand in hand to make the country polio free. Nepal held its first NIDs in 1996 and recorded its last indigenous wild polio case just four years later.

More than 1,500 Rotary members will be celebrating India's and the region's achievement at the Polio Free Conclave in New Delhi 29-30 March. The event also focused on strengthening the commitment of the GPEI partners to ending polio globally, including sharing lessons learned in India with other polio-infected countries.

The GPEI's challenge now is to eradicate polio in the three countries where the disease has never been stopped: Afghanistan, Pakistan, and Nigeria. And recent outbreaks in the Middle East and Horn of Africa are stark reminders that polio anywhere is a threat everywhere.

"It is India's responsibility now to share our lessons and best practices with our colleagues in the countries still fighting polio in order to protect their children, and ours as well," said former Rotary International President Rajendra Saboo. "We already are doing this, assisting in any way we can... India's victory over polio and the certification of Southeast Asia occur at just the right moment to provide a resounding rallying cry for the final push needed to wipe polio from the face of the earth."



Ethical, Fair and Sustainable Organ Donation in China

IPDG Kenneth Wong

China is realizing an ethical, fair and sustainable organ donation and transplantation system in accordance with international norms. Rotarians of D3450 are helping.

In October 2012, the former deputy minister of Health of China, Prof. Huang Jiefu (黃潔夫) visited Hong Kong when I was district governor. During the meeting, Prof. Huang shared with us that the organ donation and transplantation in China would soon turn a new page and there would be new legislation governing a fair and open allocation of organs for transplantation in China.



He added that the Chinese administration is determined to phase out the use of organs from executed prisoners and that it was imperative for China to promote the concept on voluntary organ donation so that more human organs would be available for saving the lives of Chinese that are suffering from organ failure.

Minister Huang asked if D3450 would like to help promote organ donation in China.

To make a long story short, I signed on behalf of our Rotary district a letter of Intent with the HK, Macau and Taiwan office of the Ministry of Health in Guangzhou on the 26th December 2012. This letter of intent mandates D3450 to help promote organ donation in China through publicity and advocacy programs and to promote international understanding, cooperation and exchange in the field of organ donation for a period of three years.



Signing letter of intent on 26th December 2012

To ensure a fair, transparent and traceable allocation of human organs that meets International norms, relevant laws in China have been enacted on the 1 September 2013, requiring all donated human organs to be allocated through one system, which is called China Organ Transplant Response System COTRS (中國人體器官分配與共享計算機系統).

This electronic organ allocation system in China "COTRS" was developed by the COTRS Research Centre of the University of Hong Kong under the directorship of Professor Wang Haibo (王海波) who is also a Rotarian.

The launching of an organ donation website and the first ever organ donor registry of China was the first strategic step of D3450 to help educate the 1.3 billion people in the Mainland about the greatness of organ donation for it saves lives of those

who are suffering from organ failure. Organ donation also carries the much needed community spirit on caring and sharing.

The launching ceremony in Guangzhou was held on the 19th March 2014 and was witnessed by some more than 40 Rotarians from Hong Kong and Macau.



Lovely T-shirt designed by Pres. Francis Au.



The website, www.safelife.org.cn, was constructed by Rotarians of D3450 and serves as portal the first online donor registry in China. This ingeniously designed website contains heart-warming stories about recipients whose lives were saved because of organs donated by someone they never knew, and provides information about why organ donation is important, how the donated organs can be traced and allocated through the new allocation system and then used to save the lives of those in need of organ transplantation. And most importantly, through the website, people could register online as organ donors directly and be awarded certificate of appreciation for their registration. The donor registry allows people to withdraw their registration should they wish to, thus assuring people that they could freely exercise their personal choice and decision which are always fully respected.



The website, www.safelife.org.cn





It is equally important to change the mindset of many in the international community about China's position and practices on organ donation. To show staunch support from the international community, the launching of the website was witnessed by Prof. Jose Nurves, representatives from the WHO, Prof. Francis Delmonico, President of the Transplantation Society and also world renowned experts in the areas of organ donation, allocation and transplantation from other countries. Supporters of organ donation including medical doctors, nurses, celebrities and volunteer helpers also share their experiences and views on organ donation in the website. It is hoped that everyone who lands on the website will be touched and encouraged to register as a donor and supporter.

Mr. Eric Tsang Chi-Wai 曾志偉, a well-known entertainer from Hong Kong has been appointed by the Hong Kong, Macau and Taiwan Office of the National Health and Family Planning Commission as the Ambassador for Organ Donation in the Guangdong Province. Further work will be pursued by D3450 in promoting the organ donation website and organ donor registry in the Mainland by securing the support of celebrities in both the government and business sectors, and also through the social media such as the Weibo and WeChat platforms. Special campaigns and competitions engaging registered and potential donors, especially the younger generation in China, will be launched.



Dr. Zhou Jun, Deputy Director, Medical Policy, of the National Health and Family Planning Commission ; Mr. Eugene Fong, District Governor of Rotary International District 3450; Professor Jose Nunez, Representative of WHO and Professor Francis Delmonico, President of The Transplant Society, addressed the audience at the ceremony for launching the Rotary Organ Donation Website and Organ Donor Registry for China on 19th March 2014



Eric Tsang Chi Wai at the ceremony for launching the Rotary Organ Donation Website and Organ Donor Registry for China, 19th March 2014



Two weeks after the inception of the website, more than 10,000 Chinese have registered as organ donors and the number is increasing rapidly each passing day.



As Rotarians, we are very excited to have the opportunity on saving lives through Rotary service.



Rotary Club of Tai Po & City U Apps Lab Workshop "We Can Code" Graduation Ceremony and Launch of New Apps Developed by CAL

Francis Au

Rotary club of Tai Po collaborated with the City University Apps Lab (CAL) to launch the "We Can Code" workshop for secondary school students. The graduation ceremony was held on 29th April at the City University of HK to showcase the efforts and work of the graduating students.

"We Can Code" is an 8-week smartphone app development class for people with no computer programming knowledge. **"We Can Code" aims to nurture creativity, to raise confidence, and to enhance the problem solving skills of the students.** By learning how to program codes, students are equipped with a very useful tool. I hope to promote "We Can Code" as a school adopted program, a company employee program, and also a community based program for people who can't be reached easily. It's a life-changing experience for all participants. Coding opens many doors for me all these years. I hope it does the same to our next generation, the future of Hong Kong.



The youngest student, Yim Tai Him, aged 13 (right) and his brother Yim Tai Hang created the "Shake Alarm"

The approach we did with the class is a "Top-down reverse engineering" method. It makes learners gain satisfaction faster, and easier to engage them for longer term. It works very well!

The thirty F4 and F5 secondary school students who completed the course had designed various versions of the "Shake Alarm" app that were showcased at the ceremony. This app is different from a normal mobile phone alarm as it requires users to shake the phone vigorously in order to stop the alarm. Students created different versions of the "Shake Alarm" app by using their ideas and creativity to create different ringtones, adding images, and varying the vibration intensity of the alarm.



"We Can Code" graduates and their tutor, Director of CAL, Dr. Ray Cheung (first row, left 3) and President Francis Au (First row, right 2)



Students shared their achievements and feelings after completing the 8-week course.



Tai Po's cheque presented by Pres. Francis and received by Dr. Ray Cheung

At the ceremony, Rotary Club of Tai Po presented a cheque in the sum of \$10,000 for City U Apps Lab to fund the further development of Apps application. The sum would be matched in half by Government fund under Youth.gov.hk.

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Everyone at the "We Can Code" Closing Ceremony.

Also introduced at the ceremony was the newly developed mobile applications of the lab – the "Kung Fu Master", which provides a convenient way for the public to learn Kung Fu, the "Robot Controller", which is a touch sparring game, and "City Walk", which encourages City U students and teachers to lead a healthy life.



Vikky, Claire and William trying out the "Robot Controller", a touch sparring game designed by the CAL



The kung fu robot was the focus of attention.

For members of RCTP and our good friends, YOU CAN ALL PARTICIPATE AND HELP!!!

1. You can participate in our next "We Can Code" sessions.
2. Tell people about "We Can Code" as much as you can. Hopefully more clubs will adopt this program for their own. We already have 2 clubs confirming to do so next year.
3. Ultimately if more companies or hospitals or any organisation adopt this for their members or employees, "We Can Code" will make a cultural influential impact!!!

Thank you so much for all your great support!! Especially for those come to the closing ceremony!! Please help to spread the words. Help to get more people to code!!!



Food for thoughts after attending "We can Code!"

Charles Chan

28 March 2014

Dear All:

Greeting from Beijing! It is getting warmer in the afternoon, however the much needed southerly wind has not come yet and the sky is still grey! Not good for golf for the time being.

I attended all the originally scheduled classes with the exception of one due to the arrival of Connor, our grandchild #5. I took the class trying to understand a bit more about this very hot subject matter and to get a feel on how it may complement our existing youth programs involving Interactors and Rotaractors. As I have been away most of the time and not able to attend too many of the RC Tai Po regular meetings, some of the things that I wrote in this text might had already been discussed and I hope you will just bear with me.

What intrigues me about this program at the beginning?

1. This is such a hot topic which forms the base for all APPS development. I am sure we all have been using some form of social media as well as many other applications through our smart phones, note pads etc... Specific APPS development are major contributors to allow these application to work.



2. When I visited my oldest granddaughter Karina's school (Springside Chestnut Hill Academy) last year in Philadelphia, I was quite impressed by their computer lab and what they were teaching including basic "coding". I felt quite inadequate talking to the kids in the lab as I hardly understand what they were talking about. The kids all seemed to have a good time and showing off their new ideas on the ipad provided by the school. The impression I got from the teachers were that this is important for the future and hence they want to start early. Apparently, the concept and the application cannot be too difficult if it can be introduced to grade six and junior high students. I thought I better get myself into 21st century when I am back in HK.



What did I learn?

The world of computer programming and source coding have come a long way since my days as an electrical engineering student using Basic, Fortran, PL/1 programming language etc... To encourage APPS development, the likes of Google, Apple, Android, Java etc. now have most things modulized. As long as there are no syntax errors (just like we have to follow the grammar in writing English), one can create a functional APPS quite easily. Naturally, commercial APPS will have much refinement built into it to attract users. However, for the students, as long as they master some basic skill, they can write some simple APPS and do a lot of neat things on their own devices (smartphones, ipad etc....). This got to be cool amongst the peers and best of all you don't need to be a grade A or B student to be good at it!



Dr. Ray Cheung, the instructor and program director mentioned more than once in the class about the acute shortage of APPS writer in Hong Kong and the salary they are able to command. I read a lot about the shortage of dish washers and site workers in HK and their salary. It just dawn on me that there is actually another option for young man who wants to be paid well. The parallel I can draw on is that when I graduated as an engineering student, the salary aspiration for the engineers then were to see how long it would take to make the same salary as a plumber or a truck driver!

The few students that I talked to in the class gave me the distinct impression that they are self-learners with little if any official support from the schools they are attending. To start, none of them attended a school with a computer lab. As those I talked to are from local schools, that also highlights the existence of disparity between local and International schools in HK as I know most if not all International Schools in HK have

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such labs. A few of them have been able to get some assistance from their teacher after class but most of them basically fumble their ways around to get answers. Googling and 百度 these days certainly helps! God knows we may have a Hong Kong Steve Jobs in the making! They really enjoy and appreciate the opportunity to attend the "We Can Code" program as it gives them a more structured view on how they may go further.



Language is a barrier for most of the students in the class. You do need to have some reasonable understanding of English as most of the teaching material are in English. Ray was very good in using his chinglish and with the help of the few "teaching assistance" he brought along, I am sure the students were not missing out any of the subject matter. I just don't know how it works outside of this class for them.

Food for thoughts.

1. This type of programs should be good for HK if we can help incubate more young people into this trade. Hong Kong has lost most of its industrial base, it is enlightening to learn that there is something that perhaps HK can sink its teeth into besides being a financial centre. We are fortunate that we have the likes of President Francis and Ray who are in the trade, understand the potential and spend time on promoting and championing the programs. Our club has involved in many youth programs and I can see it is now getting traction in securing support from the school principals and administrators after struggling in the early days. Perhaps we can talk to some of these schools and see whether such kind of program could be introduced and how we can be of assistance.

2. As the barrier to entry is not too high, perhaps we can integrate this into some of our perennial program such as the "Star Reaching Projects". I attended the last closing ceremony on 離賭行動. Most of the young people in the program mentioned the key reason for going to the video game parlours is because they are "bored"! Perhaps giving them some exposure

on how these video games are being created may be more useful and relevant compare with the suggestion at the ceremony that the bored young person should try horseback riding or snowboarding!

3. A little over a year ago, I attended our regular meeting when Jason Ho Ka-Leung of the Hong Kong Blind Union gave a talk about the visually impaired community in Hong Kong. It was really sad to learn how much the government spent each year on educating, training and looking after this group of unfortunate citizens. Yet so few of them are able to apply what they learn and earn a respectable living. I don't believe this need to be the case. There must be possibilities where win/win situations can be created. With the advent of computer hardware and software available to the visually impaired. I wonder if there is a match here?

A word of thanks to President Francis and Ray for making this program possible. Moving forward, I am happy to help during my times in HK or anything that can be handled long distance.

I am sorry that I am not able to join the closing ceremony tomorrow, but I hope those who have time to attend as you may be pleasantly surprised by what these young people can do with what they learn.

A final note on the class was that I was dumbfounded when Dr. Peter Staecker (2013 President and CEO) of IEEE (Institute of Electrical and Electronic Engineers) showed up last Saturday to give a talk to the class. IEEE has a world-wide membership of close to



500,000. I just don't know how Ray swung this one. When I was elected to ETA Kappa NU of the IEEE 44 years ago, it was unthinkable that the President of IEEE

would show up at the induction ceremony! And yet he had the President coming to the "We can Code" class! Ray, great job!

Cheers,
Charles



Professor YU Cheuk-Man

(余卓文教授)

Birth: 9 April

Wife: Dr. Joan Ng

Sons: Yannick and Ryan

Classification: Cardiologist

Date Inducted: 7 April 2014

Enjoys: traveling and cycling and many interests: e.g. hiking, drawing, badminton, table-tennis, concert, movies, etc... and making friends



Ryan, Joan, Yannick and CM during a trip in Canada

Professional Qualifications:

MBCbB (CUHK, 1990), MRCP (UK, 1993) FRACP (1997), FHKCP (1997), FHKAM (Medicine) (1998), MD (CUHK, 1999), FRCP (Edinburgh, 2002; London 2006), FACC (2012), FESC (2013)

Appointments:

Present

- Professor of Medicine and Therapeutics, CUHK
- Director (Clinical Sciences), Institute of Vascular Medicine, CUHK
- Director of HEART Centre, CUHK
- Assembly of Fellow, S.H. Ho College, CUHK
- Honorary Consultant of Hospital Authority

Previous

- Chairman of Department of Medicine & Therapeutics, Prince of Wales Hospital, CUHK
- Assistant Dean (External Affairs), Faculty of Medicine, CUHK
- Head of Division of Cardiology, Prince of Wales Hospital
- Coordinator of Clinical Service (Medicine) for New Territories East Cluster, Hospital Authority

Awards:

Obtained over 20 awards including:

- 2011 Outstanding Scientific Research Award (Science Technology) for Tertiary Institutions awarded by Ministry of Education, China – Technological Advancement First Class Award
- “Euro Echo Honorary Lecture 2010” in Euro Echo 2010 conference (largest echocardiography conference in the world), Copenhagen, Denmark, 10 December 2010

Professional Appointments

-Appointed Honorary / Visiting Professor in major academic institutions:

Peking University; Sichuan University; Nanjing Medical University; Harbin Medical University; Beijing Institute of Heart, Lung and Blood Vessel Diseases, Anzhen Hospital; Chinese Medical University, the 4th Affiliated Hospital

-Honorary Vice-Chairman, Ultrasound Panel, Cross-Straits Medicine Exchange Association

-Council Member of the Hong Kong College of Physicians
-Council Member of the Hong Kong College of Cardiology

Panel Member or Reviewer for Major Grants:

- Member of the Joint Research Schemes Panel under Biology & Medicine Panel of the Research Grants Council, HK
- Reviewer for Health and Medical Research Fund, Food and Health Bureau, HK
- Reviewer for Research Grant Council Earmark grant, HK
- Panel expert, National research grant, Ministry of Health, China



CM with extended family cycling in Tai Po



Three Generations Joint Meeting

Peter Lam

We had our three generations joint meeting on 7th April at the Royal Garden Hotel. The joint meeting involves all clubs that belong to the so called "RC Peninsula's family" namely, our mother club Rotary Club of Peninsula, Tai Po, Peninsula South, Peninsula Sunrise, Central, Soho HK and Kowloon Central. It was full house with over 120 Rotarians attending and we were honoured to have many Rotary dignitaries attending including DG Eugene Fong, PDG Arthur Au, PDG Anthony Hung, PDG Ada Cheng, IPDG Kenneth Wong, DGE Belinda Yeung, DGN Peter Pang, DGND Eric Chin, AG HW Fung (Area 2), DS Patrick Mak and many DAGs.

The meeting started off with remarks by DG Eugene & PDG Arthur and we quickly moved to our highlight of the evening which is the keynote speech by Mr. Bernard Chan (陳智思), GBS, JP. Mr Chan could not stay for dinner and had to leave soon after his speech as he claimed to have promised his wife to go home early and take a good rest after his recent heart operation! The main subject of Mr Chan's talk was on Land use in Hong Kong but he ended up covering other topics of interest to our community including lack of International Primary schools, surcharges on throwing garbage and even touched on hot topics like the recent political debate on general election and occupy Central. After the talk, we had our club photos with Mr. Chan together with Rotary dignitaries.

During dinner, there were club's reports and announcements, but another highlight of the evening, especially to our own club, was the Induction ceremony of our new member Prof. CM Yu (余卓文教授), witnessed by DG Eugene and District Membership Chairlady PDG Ada. It was indeed a great honour and big asset of both our club and Rotary to have high caliber professionals like Dr. Yu joining us to serve. Thank you IPP Ron for having proposed such new member to join us and please bring in more . . . !

Many thanks to donations of gifts by Rotary dignitaries, there were many lucky draw prizes given out at the end of the evening although our club members were not so lucky! There was also a "mini" beer-drinking contest which our President Francis and PP Wilson participated but did not win. Entertainments were given by Rotary outbound scholar Heidi Luk who performed her violin on a famous Chinese song and by Rotarian Wilson Wan from RC Peninsula Sunrise who performed a magic show.



Outstanding MCs — our Vikky Tam & Dennis Ko from mother club



DG Eugene gave opening remarks



Introduction of speaker by CP Fonia Wong who invited the speaker



Keynote speech by Bernard Chan



P Francis drank pretty fast. . . but still not good enough to win



Rotary outbound scholar Heidi Luk



Toast by all the 3-gens Presidents



Induction ceremony of Tai Po new member Prof. Dr. CM Yu



Magic show by Rtn Wilson Wan



Group photo with RC Tai Po



Do you spot 3 CPs here?



DGE Belinda promoted District Installation Night and introduced our PP Frankie as her team member in fund raising for service projects



Well Ran, Tai Po Rotaractors!!

Claire Mak



Sunday, 23 March saw our Tai Po Rotaractors taking part in the annual Rotary 10K run. Our President Francis was also there cheering for the runners.

This year, District organised the event with Social Ventures Hong Kong 香港社會創投基金 which provided support to social enterprises in Hong Kong and has brought about concepts like Dialogue in the Dark, Green Monday etc.

The 10K Race on 23 March is a climax for the many 8-week running programs that were organized for underprivileged teenagers living in Kowloon East/Kwun Tong area. Through these programs, confidence of teenagers has been noticeably boosted as many of them found new meanings in life. Many of these teenagers ran on 23 March.



Runners and cheering teams showed up at the Kai Tak Cruise Terminal at around 0730 and joined the warm up exercises. A Rotary group photo was taken at the sports zone before the race started at 0830 and DG Eugene was in the race with everyone! The cheerleaders got all hyped up with drums, cello, saxophone...etc!



Award presentation for Rotary was held soon after the race. Rotary is the 2nd runner-up of Top Participation Organization (188 runners and 214 volunteers). RAC Tai Po did very well. All 8 members, including Rebecca Lau, Chris Lau, Keith Chan and James Cheng; Simeon Lau, Tony Luk, Tania Mak and Jodhy Mak finished the races. Tania Mak and Jodhy Mak got 3rd and 6th respectively and Tania in fact came second within the Rotary category. Congrats and well done young people!





Youth Corner



Monthly Bulletin of Rotary Club of Tai Po (Apr 2014 Issue)

Streetathon 10K Race – Runner’s view

Rotaractor Tania Mak

Since I have retired from being a professional athlete several years ago, I have not participated much in races and did a few only out of fun. In February, my Rotaract fellows invited me to join them in doing the “HK Streetathon 2014” 10k run race. The event served not only the Rotary’s annual 10k running event, but also brought special meaning as Rotary partnered with a social enterprise, Social Ventures Hong Kong (SVHK), in organizing the event. RunOurCity, the race major organizer and SVHK’s flagship project, aims to use running as a mean to help youngsters and the community to get fitter. The Group believes that through sports training, whether it’s competitive or leisure, it can build our determination and boosts our self-esteem. Surely, I opted not to miss such a meaningful event.



On the race day, the weather was perfect for running – sunny but not hot and humid. The usual “desert” Kai Tak Cruise Terminal was turned into a massive carnival. Even though it’s 7:30am on Sunday, delicious smell from the food stalls has certainly woken up many souls. Volunteers were carrying out their duties busily, runners were warming up (and queuing for the washrooms) eagerly, and their friends and families were enjoying themselves simply by supporting the runners. The DJ on the main stage has further pumped up the atmosphere with heavy beat music. It was just GREAT for working out.



It took some time for us to squeeze into the start area, as many regular racers have already taken up the starting positions at front. After a while of squeezing, we managed to get to quite a good place. The whole course was flat, winding from the Cruise Terminal into the Kwun Tong Promenade area, then back to Kowloon Bay areas and finally ended at Cruise Terminal. Thinking that’s a bit boring? Definitely not! All along the course there were cheering groups from different organizations, such as students, officials, and even DJs from local radio station, cheering for us. What really amused me was two cheering groups were saxophone and string orchestra players playing music to us! If I have brought along my camera, I certainly would stop and take photos!

In the first 5k I could keep my speed faster, however the second 5k seemed like forever. I dared not run as fast because I was still coughing from my flu two weeks ago. Due to strong headwind, the last km was quite difficult for most runners (including me) and I kept telling myself not to walk (you know, it’s so embarrassing to walk in front of the spectators!). I felt so blessed to cross the finish line with a time of 47minutes. I was pretty satisfied with my results. Race done, time for chillaxing! Performances were now on stage and we enjoyed the music and dance under the lovely sunshine.



HK Streetathon 2014, compared to other local run races, was really unique. In many run races, runners left the place after they finished and only those receiving awards remained. However, HK Streetathon has made good use of the large Cruise Terminal and organized a race cum leisure event. Not just the runners were interested in the race, but the whole community. You could see volunteers smiling everywhere, children playing and supporters laughing around different places. The event has successfully linked up different people from the community to share happiness, friendship and love.



Regular Meeting

24 April 2014

Speaker: Mr. K.S. Tang
Topic: Hong Kong Geo Parks

We were honoured to have Mr. K.S. Tang to speak with us about HK Geo Park! It was then that we learnt there are lots of beautiful natural sceneries awaiting us to unveil in HK! Surprisingly, questions for the Speaker ventured little outside his speech topic!

President Dora Liu (HK Harbour), President Rosemary (Peninsula Sunrise) and President Cassy Cheng (E-Club of D3450) visited us; so did members of Rotary Club of Hong Kong Harbour and Rotary Club of Peninsula Sunrise.

What a great meeting!!!



Pres. Francis thanked Mr. K.S. Tang with our club memento.



4 Presidents: Dora, Francis, Rosemary and Cassy.



Rotarians of Rotary Club of Peninsula Sunrise joined us at the meeting.



IPDG Kenneth won the raffle gift of a pretty bow tie given out by VP Vikky.



CP Donald introduced speaker K. S. Tang who, in CP's own words, should require little introduction.



RAC Tai Po President Iki updated us on recent Rotaract events, especially their good results at the 10K Race.



Rtn. William gave a vote of thanks.



Welcome back Jimmy and thanks for giving red box.



Old friends meet - CP Donald, Pres. Francis, K.S. Tang, Rtn. Dr. Patrick Yung and PDG Anthony.



Claire and Ada had been tour group members with Mr. K. S. Tang in a trip to Juijiaguo.



Regular Meeting

17 March 2014



With the topic "My Nicknames and Me", PP Claire reflected on how different nicknames had chronicled different stages of her life.



Quite a number of friends and 'classmates' came to support PP Claire including, from left, former members Ada Wu and David Loie; and from right, Angela Hui (HK Harbour), KL Cheng (Kwai Chung) and Wendy Lee (Shatin).



Dai Lo PP David Loie raised a couple of questions after PP Claire spoke.

31 March 2014



CP Donald vented his thoughts about PP Claire and female leaders in our club.



PP Armstrong won the sweet bottle of Port given out by IPDG Kenneth.



Rtn. David Thomas from Rotary Club of Hong Kong South visited and briefed us on the initiatives of District Preserve Planet Earth Committee on going 'green'.



PP Claire may benefit from the use of the raffle prize of Lumiere de Vie eye cream given out by Rtn Caren and presented by VP Vikky.



Speaker Joe Lam of HK Golden.com introduced to us the rather uncharted territory of on-line forum and gave us a few clues on how 毒男 or 宅女 (social-phobic men or women) behave.



Welcome back PP Louis and thanks for giving a vote of thanks to our speaker.



Upcoming Events

<u>Day</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
25-27 Apr (Fri-Sun)	All day	Macau Visit including: RC Guia Joint Lunch RC Macau Annual Ball	Restaurant Litoral (港灣餐廳) Hotel Venetian Macao
28 Apr (Mon)	12:00 n.n.	District Joint Luncheon Meeting Topic: Public Consultation on Constitutional Development Speaker: Chief Secretary Carrie Lam	Regal Palace, 3/F, Regal Hong Kong, Causeway Bay, Hong Kong
5 May (Mon)	7:00 p.m.	District Governor's Visit	The Royal Garden, Mody Road, TSTE
12 May (Mon)	7:00 p.m.	Topic: How I overcame my depression and live a balanced life Speaker: Mr. Paul Chan	The Royal Garden, Mody Road, TSTE
23 May (Fri)	7:00 p.m.	Installation ceremony of Rotaract Club of Wu Yee Sun College, CUHK	Wu Yee Sun College, CUHK

March Winners (100% attendance):



FRANCIS AU,
CAREN CHAN,
PEARL DANG,
ANTHONY HUNG,
NATALIE KWOK,
TIMMY KWONG,
PETER LAM,
PING LEUNG,
CLAIRE MAK,
JACKY SUNG,
VIKKY TAM,
KENNETH WONG,
WILLIAM YIM

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

Average attendance: 70.97%

3/3	80.68%
10/3	71%
17/3	70.98%
24/3	74.2%
31/3	58%

In March

Sasha Chu



Happy Birthday
April

9th Professor YU Cheuk-Man
28th Matthew Yum (Hon. Member)

Chief Editor :
Claire Mak

The Editorial Board :
**Peter Lam,
Ronald Chung &
Francis Au**

Got something to say?

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

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