



SALLY LUK

PRESIDENT'S MESSAGE



Dear Fellow Rotarians:

Hong Kong's third wave of COVID-19 infection has hit us since early July and there are few clusters of outbreaks in the community. Five Rotary Clubs in Area 6 responded quickly with a joint project of ten thousand masks donation to the vulnerable populations. The whole project was done just within two-week: from partnership with various NGOs, budgets planning, district disaster grant submission, masks ordering, logistics issue to masks delivery. Unity is really the Power!

One of the affected groups in the third wave is the elderly people living in residential care home institutions. Old age, multiple medical co-morbidities and malnutrition are all risk factors for developing complications and deaths from the infection. The living condition in old age home is generally not desirable owing to limited space and shortage of residential staff. Early infection screening and adequate supply of personal protective equipment would be important to alleviate the cross-infection among this vulnerable group. Surgical mask become a daily necessity. With the assistance from Tai Po & North District Welfare Department, we donated 18,000 masks to Residential Home Care Institutions within Tai Po District.



I was deeply touched when reading about the news which happened in the Old Age Home. The first one is about a local elderly couple, a 88-year-old man "visited" his 67-year-old wife through the institutional window every day as there was an outbreak at his wife's institution. The wife was confirmed to be infected before her husband but finally the man passed away.

Another elderly couple is from Lakeland, Florida. The 86-year-old wife lived in old age home owing to dementia and ever since the social distancing measure her 90-year-old husband could only "visit" through a distant balcony. The man then got infected from his wife as he insisted to accompany her during the last minute of her life and he told his son he has never regretted about this as he could talk to and hold the hand of his beloved one. That's the beauty of Love! A simple act of love and kindness may be all that we need in our society, especially at the time of uncertainty.



"We can do no great things, only small things with great love."
~ From Mother Teresa ~

With love,

sally



EDITOR SAYS

CLAIRE MAK

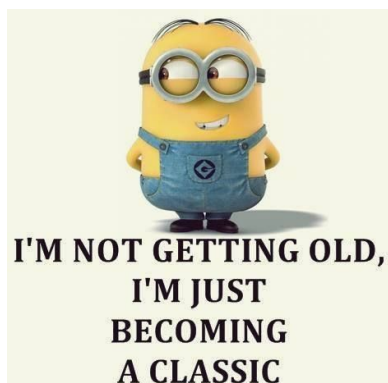


Recently, an eye-catching caption on an on-line media platform suggests that a male idol “has aged really badly” and was a far cry from

his former stylish self. My first reaction was to snigger. I then clicked into the link for the whole article and to my dismay, the look which was described as “aged badly” was simply an unshaven face which was taken not at the best angle. These photos were from his IG and apparently had not been touched up. Come on, that guy is 39. Being a little frayed is simply natural. For otherwise, it would have been the result of excessive touching-up, both actually and figuratively.



“Staying youthful” is a sort of success measurement. Each one has a duty to upkeep oneself and the target is to look younger than one’s real age. A couple of years ago, Japanese star idol Takuya Kimura appeared “aged” in a TV show and critics jeered at him rather mercilessly. Then recently, not sure if it’s due to the hairdo, or make-up or lighting, he appeared very much rejuvenated. So those who had previously blasted at him turned to lavish praises and vouched to be his die-hard fans again.



**My mind says I'm in
my twenties.. My
body says yeah,
You Wish!**



To age is inevitable. What really matters is how to age gracefully. And in turn, how you behave or how you perceive yourself will be fully reflected in your looks. Honestly, I think Edison Chen looks a lot more mellow than before in his loving fatherly photos and thus he seems to have aged positively.

RCTP has weathered 29 fruitful years, and approaching 30. This issue of Tai Post features our current members in “Who is Who in RCTP” plus another section, for a good laugh and fond reminiscence, “Who was Who in RCTP”. Hey, we all look pretty resplendent after all these years, don’t we? That’s the beauty of enjoying Service Above Self in Rotary!



Lockdown Hero Captain Sir Tom Moore receives Rotary recognition

RI news from RI in Great Britain & Ireland July 2020



Captain Sir Tom Moore, the 100-year-old war veteran whose record-breaking fundraising efforts captured the nation's hearts has received notable recognition from Rotary in Great Britain and Ireland.

PETER LAM



Captain Sir Tom has been recognised with a Paul Harris Fellowship. This honour, named after Rotary's founder, recognises those who have made substantial contributions to society, humanitarian efforts and charitable works. The recognition which has been championed by Flitwick Vale Rotary Club, who are based close to Captain Sir Tom's home in Bedfordshire, was given during a virtual ceremony held over Zoom.

On receiving the Paul Harris Fellowship, a family spokesperson said; "We've loved seeing the success and achievement of other fundraisers, young and old, who have been inspired by Captain Sir Tom's walk."

"The support and togetherness that communities are showing across the country, including by Rotary clubs and volunteers, in such challenging circumstances is really heart-warming."

Captain Sir Tom, who aimed to raise £1,000 in aid of NHS Charities Together in the weeks leading up to his 100th birthday by walking laps of his garden, ended up raising more than £32 million. His positive spirit and determination during the challenging times of the COVID-19 pandemic, have been an inspiration for so many across the country and around the world.

As part of the virtual ceremony, Captain Sir Tom revealed he had been a part of a Rotary earlier in his life and had in fact been a member of March Rotary Club in Cambridgeshire.

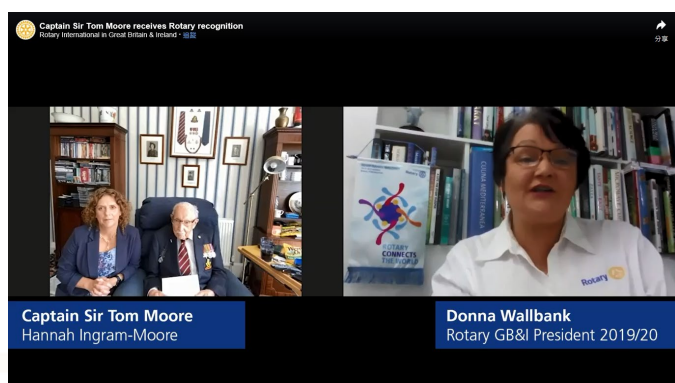
David Straughan, President of Flitwick Vale Rotary Club commented; "Rotary's values are all about going above and beyond to support those who need it most. Our motto is 'Service Above Self' and no one has personified that quite like Captain Sir Tom. As his local club we were extremely keen to recognise his achievements."

His efforts have led to a knighthood, two Guinness World Records and a number-one charity single.

Donna Wallbank, President of Rotary in Great Britain and Ireland, who helped present the recognition over video call, added; "On behalf of Rotary volunteers across the country, I want to say an enormous congratulations to Captain Sir Tom for everything he has achieved!"

"At Rotary we pride ourselves on making a difference and are proud to acknowledge people who do the same."

Rotary clubs around the country have been involved in hundreds of projects to support their local communities during the COVID-19 pandemic. This has ranged from providing local foodbanks with donations, engaging local school pupils with online competitions, to offering essential items and support to key workers.





PETER LAM

FLASHBACK

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

Club Change-Over



It was at our Installation Night on 8 July, 2019 when KF took over the Presidency. As usual, our full house event was well attended by the outgoing and incoming DGs and many district officers. Henry did a fine job collecting sizable "happy red-box" from various parties.

2019



What a happy moment for CP Donald to induct Danny as our member at the change-over night at KCC on 9 July, 2018. The ceremony was well witnessed by newly installed President Patrick Fong, 2018-19 DG YC Ho and proposer PP William Yim.

2018



Our youth committee with Rotaractors from our two clubs at our change-over night on 3 July, 2017 at KCC when Roger So was installed as our 2017-18 President. Former ambassadorial scholar Heidi Luk (behind Jodhy) also joined us too!

2017



Newly installed 2016-17 President William Yim with his team at the change-over dinner on 4 July, 2016 at Royal Garden Hotel. We were honoured to have both 2015-16 DG Peter Pang and 2016-17 DG Eric Chin present to witness Vikky passing the President sash over to William.

2016



Natalie has completed her duty and Vikky Tam was installed as our 2015-16 President witnessed by 2015-16 DG Peter Pan and 2014-15 DG Belinda Yeung on 6 July, 2015 at Royal Garden Hotel.

2015



Our ladies turned up in big numbers at the change-over night in former Langham Hotel in Mongkok on 25 June, 2012 when Ron Chung took over the 2012-13 Presidency from Tsubaki san.

2012



Meeting at 7PM every Monday
@ Kowloon Cricket Club

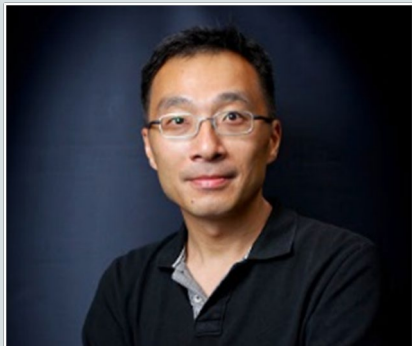


Rotary Club of Tai Po
URL: www.rctaipo.org



#rctaipo

Who is Who in RCTP



Sasha Chu

Induction: 2009

Classification: Fabric Elastic



Ronald Chung

Induction: 1996

Classification: Education
President: 2012-2013



Anthony Hung

Induction: 1986

Classification: Law Practice
President: 1992-1993



Natalie Kwok

Induction: 2009

Classification: Insurance
President: 2014-2015



Peter Lam

Induction: 1991

Classification: Clothing Tailoring
President: 1998-1999



Wilson Lam

Induction: 1996

Classification: Metal Products &
Electroplate
President: 2002-2003



Danny Lau

Induction: 2018

Classification: Display Technology
President: 2022-2023



Dennis Lo

Induction: 1996

Classification: Pool & Water Features
President: 2009-2010



Sally Luk

Induction: 2013

Classification: Surgery
President: 2020-2021



Claire Mak
Induction: 1999
Classification: Law Practice (Litigation)
President: 2005-2006



Armstrong Shea
Induction: 2001
Classification: Knit Wear Manufacturing
President: 2008-2009



Vikky Tam
Induction: 2011
Classification: Manufacturing Metallic-
Household Goods
President: 2015-2016



K.F. Tam
Induction: 2012
Classification: Civil Engineering
President: 2019-2020



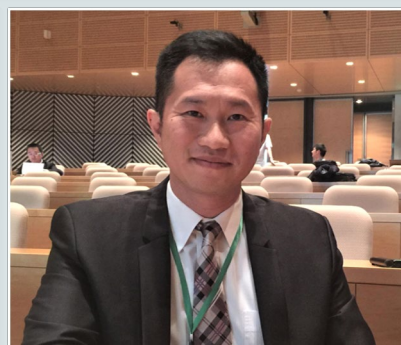
Louis Tang
Induction: 2000
Classification: Commodities Trading
President: 2004-2005



Masayuki Tsubaki
Induction: 2006
Classification: Fur Manufacturing
President: 2011-2012



Kenneth Wong
Induction: 1991
Classification: Fabric Dyeing
President: 1996-1997



Wilson Woo
Induction: 2015
Classification: Fire Services
President: 2021-2022



Henry Wang
Induction: 2017
Classification: Chemical
Engineering



Sincere Yip
Induction: 2001
Classification: Music Education



William Yim
Induction: 2012
Classification: Manufacturing
Technology
President: 2016-2017



Frankie Wu
Induction: 2006
Classification: Optical Media
President: 2010-2011



C.M. Yu
Induction: 2014
Classification: Cardiology



Tiffany Wong
Since: 2020
Executive Secretary

Honorary Members



CHAN Kai Ming
Induction: 1991
Classification: Orthopedic Surgeon
President: 1993-1994



Charles Chan
Induction: 1991
Classification: Investment
President: 1997-1998



Donald Yap
Induction: 1991
Classification: Law Practice
Charter President: 1991-1992



Matthew Yum
Induction: 1991
Classification: Packaging Printing
President: 1999-2000



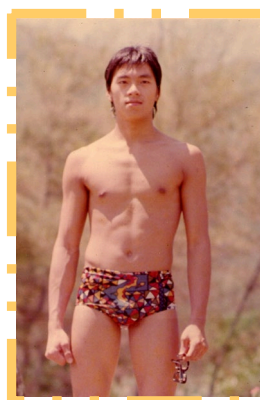
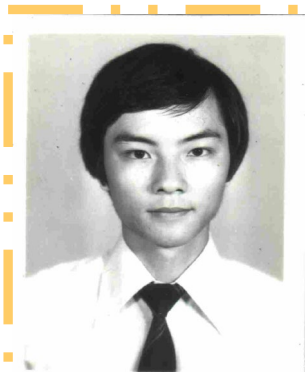
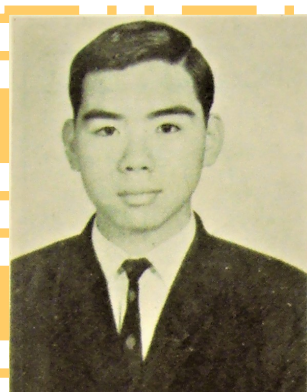
Jacky Sung
Induction: 1991
Classification: Surface Finishing
President: 2003-2004

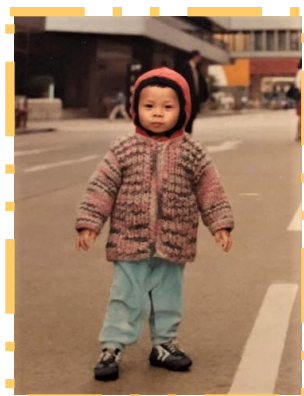
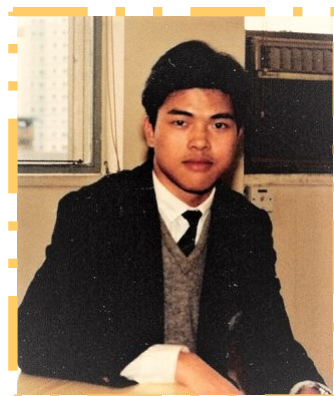
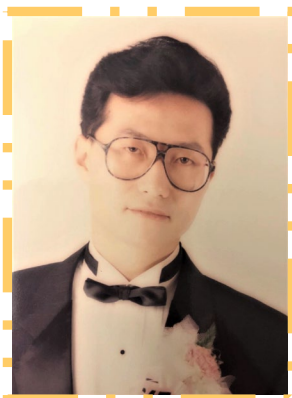


Ping Leung
Induction: 1999
Classification: Tax Consultancy
President: 2006-2007

Who Was Who in RCTP?

You now have a good idea of Who is Who in Rotary Club of Tai Po, see if you recognize Who was Who then in the following photos which were taken 30 or more years ago. Do not cheat by looking up the answers on the back page before you have made your attempt.





When the World Standstill... Adapt to a Beautiful Tomorrow

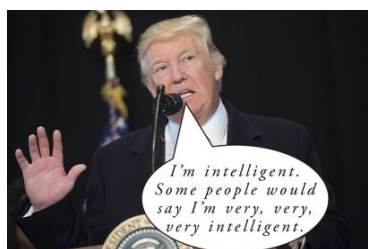
Ronald Chung

2020 is the year that the world comes to a standstill.

Utterly unimaginable! One key lesson I've learned in the past year: EXPECT THE UNEXPECTED.



We all experienced it by now. Everyone has a story on how the COVID-19 has changed lives (except for US President, DT, DUMB TWERP, if the editor allows my use of language, who still doesn't call it by the official name to cause further harm to the world.)



衣食住行 which, according to Baidu Encyclopaedia, are indispensable for human survival and reproduction, 3 has gone down? 衣... no retail, 食... yes we can eat at home, but quite a number of restaurants are going down, 行... MTR cut their services domestically (yes, you have, and will have to, wait longer for train services), and when it comes to international travel, we all know the stories. CX is operating 1% of

their capacity and needed a government bailout, and CX is not alone. Hey, if anyone wants to count hotels as 住 (like my prior life), we have a 4 for 4?

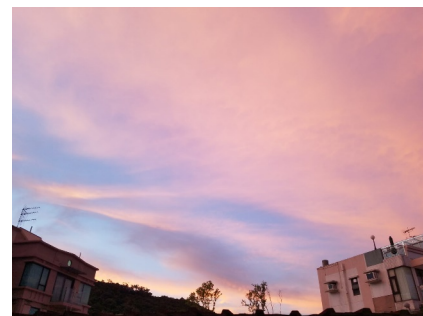
三師 getting unemployed. Accountants struggling with a weak business environment, not surprisingly, lawyers with no cases and courts not always in session, and medical doctors are laid off in US hospitals (do you know that US hospitals are mostly private (for profit), some owned by private equity, as PP Charles are well aware of, making money via elective cases (a similar case in HK is the Sanatorium. Medical doctors in their own private clinics are no better, trying translating this for a fun Chinese saying "AM 3, PM 4" [I bet Wanda can do it], meaning a total of 7 patients a day.) Actually, in the modern days, there is another 師: pilots, also has no jobs. Based on the above, how bad will be the economy going forward?

PP Claire asked me to write this obviously not to write about things that everyone knows, or are experiencing, but something personal. So, here it comes...

For those who know me, you know that I do quite a bit of travel. I don't really know how many flights I typically take a year, but, for whatever it's worth, a fun definition by the *International Council on Clean Transportation* in the U.S. defines "frequent flyers" as adults who take more than six trips by plane each year (I guess that does qualify someone as a "frequent" traveller as that does mean flying once every two months.) For me, I have been grounded since February. That's over half a year with me on the ground in Hong Kong. Here's a sad, but true, standing joke with my wife. This period has been the most consecutive nights I have slept in the same bed (not just my own bed) since moving back to HK in year 2000 (and I think the streak will go pass 2020 into 2021.)

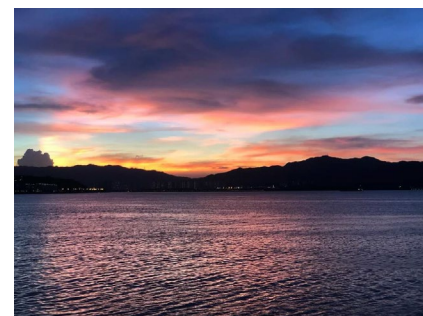
Perhaps there's a silver lining in this whole episode. We, human beings, have stretched it way too far in our rat race and we cannot/do not want to slow down, so, nature decided to take over. That silver lining, apparently, can be experienced.

First, some of you may have noticed, HK has been very very hot this year, but not the typical type of muggy humid hot (悶熱), but burning hot (刺熱) on the skin. Well, that's because we have cleaner air! In the pre COVID-19 days, the polluted skies of HK blocked out the direct sun and, hence, we have muggy heat. With the COVID-19 bringing the world to its knees, we have significantly reduced pollution, and the sun can now shine through, and let us feel it. Oh, if you have also noticed, the air cools down very quickly once the sun started setting, and so many of you have also received/shared pictures of most beautiful, picturesque sunsets from neighbourhoods in around Hong Kong. The world is beautiful.



Sunset in our neighbourhood.

Once in a while, while you enjoy the view with the clean air, you may also be blessed with a bit of breeze in your face, yes... air moves when they are not trapped (I have always wondered how we, when we were in primary school, survived in classrooms of 40+ with no air-conditioning, now I remembered). Our driving less as a result of WFH (here's a possible new term to be added to Oxford Dictionaries), and with my air-travels have, for all practical purposes, stopped result in the same report in Nature suggesting a drastic reduction in carbon emissions to the extent of 17% daily globally.



This view is from a friend in Sai Kung.



THE plant I watered.

Life without running around town, or running around the globe (like Henry) is different. I don't have to get up early anymore. In the first few weeks, I set an alarm to 8.45 to attend 9.00 AM zoom meetings, rather than getting up at 6 and get ready to drive into town (Oh, I am back to getting up around 6.30 AM these days, I think I am caught up with the sleep that I have been missing over the last, however many, years when I was on the road). With more time in the world, I now have a part time job taking care of the plants in the house. Have this image of an old man holding a water hose early in the morning and very meticulously making sure that water reaches each corner of the pots, and gosh, we have this (not entirely my credit, of course). Having said that, we still have to face economic reality.

As Rotarians, economically, we are blessed with buffers. This is certainly not the case for a lot of families. So, we should be looking out for opportunities to serve (that is sad), but having the ability to serve is a blessing.

The world has definitely changed, there will be a new normal. Remember the line from The Sound of Music? Maria said, "When the Lord closes a door, somewhere he opens a window." So, hopefully, the guy above will continue to take care of mankind. The only challenge from then on, rests on what mankind do. Right now, mankind is destructive at the social level and combative at the national level. If we lose peace, all bets are off.

Rotary International has that insight just about 10 years back with the motto, Peace Through Services, and PDG Kenneth can provide us a lot of insight with that.

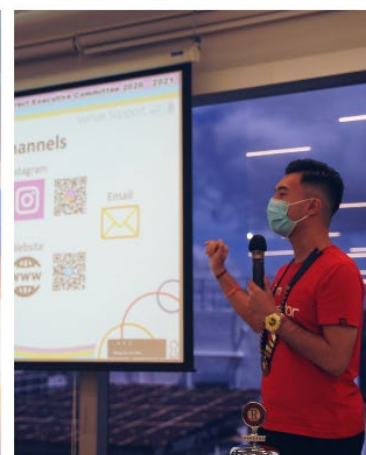
Remember to wash hands (and remember not to continuously let the water run over that 20 seconds.) Stay safe and healthy. We'll be out of this soon, hopefully, and in a, definitely, more beautiful world. PEACE!



District Rotaract 2020-21 1st Joint Presidents' Meeting

11 July 2020
District Rotaract Representative
Alan YIP Tsz-chung

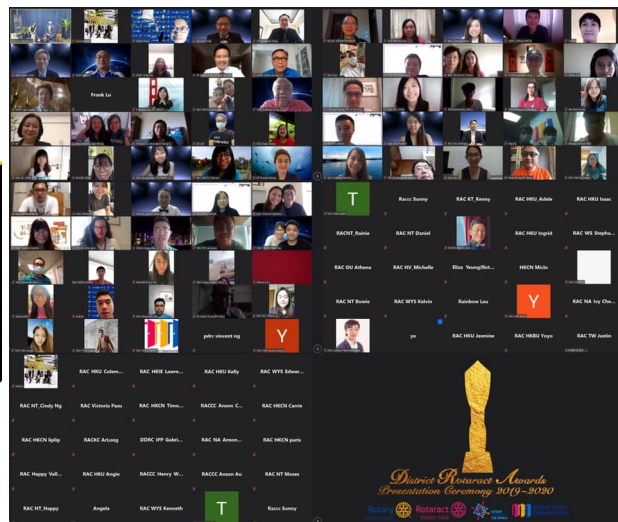
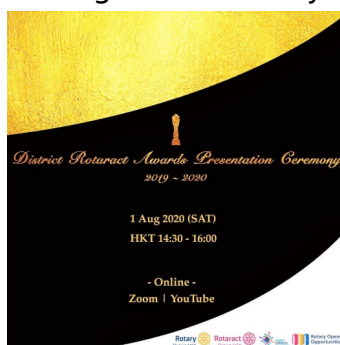
The 1st JPM was successfully held on 11 July 2020 (Sat). It was a great time for us to meet some new faces in person and listen to clubs' sharing and future plans. We hope you enjoyed the 1st JPM of the new Rotary Year. This year, we strive to bring new elements into this monthly event, including a tailor-made topic for each month, RotarFun (fun facts) and special themes featuring different board positions. The exclusive chit-chatting session at this JPM not only allowed us to get to know the rarely known sides of our clubs, but also to let everyone have fun and laughter during the 3-hour meeting. Owing to the epidemic, we could only host a limited number of you at the physical meeting. However, we highly appreciate your understanding and unwavering support. It is our greatest pleasure to see each of you attending the 1st JPM, either in person or via Zoom.



District Rotaract Awards Presentation Ceremony 2019-2020

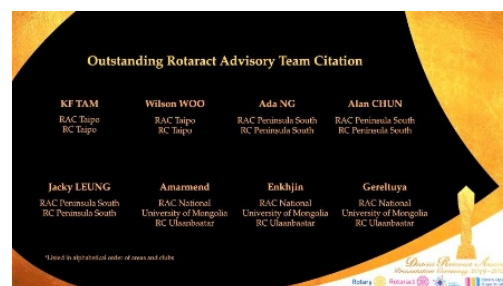
1 August 2020
Rotaract EO 2019-20 Jay To Chi-pong
Person-in-charge, District Rotaract Awards 2019-2020

Words cannot describe how thankful the members of District Rotaract Committee and Rotaract Executive Committee (DRC&REC) 2019-2020 are for the unceasing support from Rotaractors and Rotarians throughout the Rotary Year 2019-2020. The finale, District Rotaract Awards Presentation Ceremony 2019-2020, has been incredibly staged amid the epidemic on 1 August 2020 (Saturday). It is a tough decision to move it online. It is equally tough for clubs to adjust the long-awaited plans and for Rotaractors to adapt to the circumstances.



This year is way too far from perfection, but we grow. *We Grow As One, We Grow as Better Rotaractors.* No matter how far we are separated, *We Connect Rotaractors* with advanced technologies and more importantly, our hearts.

It is an utmost pleasure and honour of DRC & REC 2019-2020 to have received the enormous support from clubs despite this unprecedentedly challenging time. Proudly, we present a hand-made thank you card which was designed by our Rotaractors, with personalized encouragement calligraphy to each and every club within the Rotary International District 3450 to deliver our warmest and most profound thankfulness.



Once again, may we extend our most enormous gratitude and admiration to them for their outstanding and excellent contributions during this tough and challenging year. Please find the particulars of District Rotaract Awards 2019-2020 as follows.

[1/ List of Awardees](#)

[2/ YouTube Streaming Live Archive of District Rotaract Awards Presentation Ceremony 2019-2020](#)

[3/ Facebook Album Post](#)

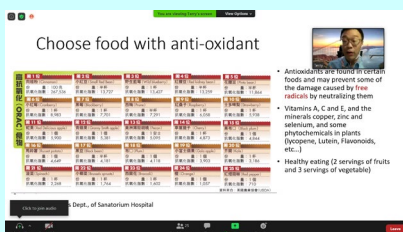
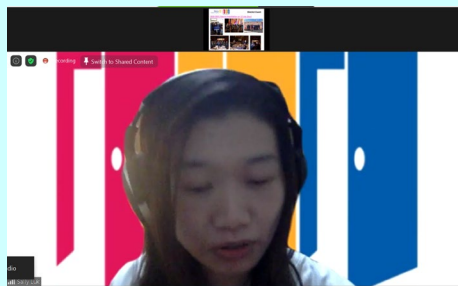
**It may come to your attention that some awards are absent this year. In addition to the circumstantial factors in the previous years, there are no suitable candidates that meet the criteria for some awards.*

"We Are Rotaractors". Having witnessed the diligence of all, the Organizing Committee of District Rotaract Awards 2019-2020 would like to keep an appreciative and thankful attitude to recognize all clubs and Rotaractors in the previous year. Again, our heartfelt gratitude goes to all Rotaract clubs and Rotaractors! All the best for the upcoming Rotary Year and Stay Healthy!

REGULAR MEETINGS

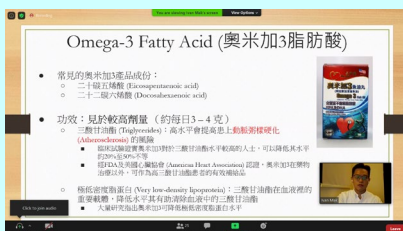
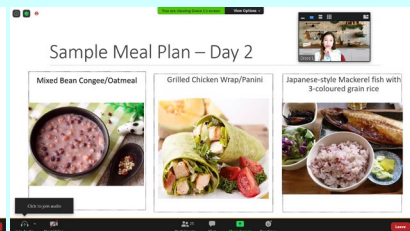
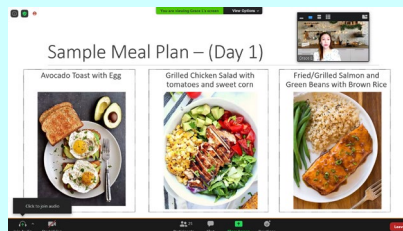
20 July 2020

President Sally invited her 3 youthful and convincing teammates from the Nutrition Support Team to speak to us about a subject which everyone needs to know: **Nutrition for Anti-aging.**

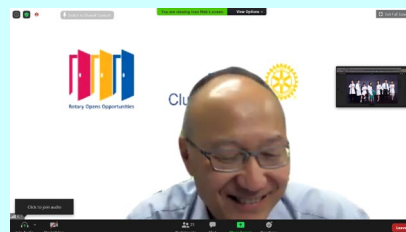


Dietitian Dr. Terry Ting spoke about what food to choose from and the importance of exercise.

Dietitian Ms. Grace Lui introduced the MIND diet and actually offered 2 days Sample meal plans.

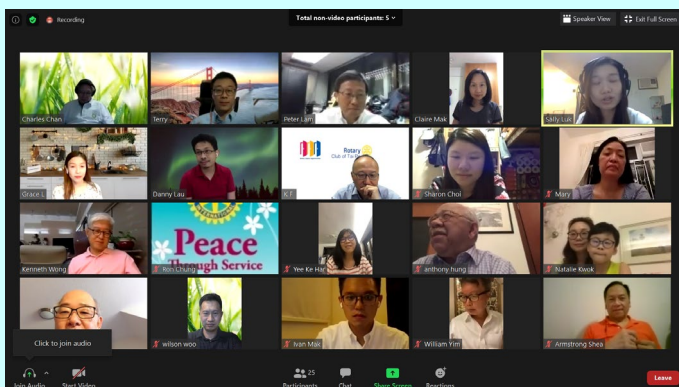


Pharmacist Mr. Ivan Mak focused his speech on Health Supplements.



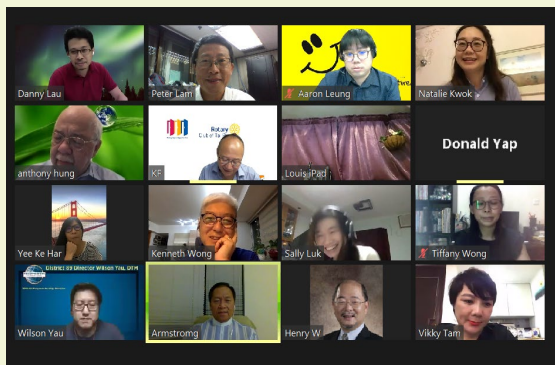
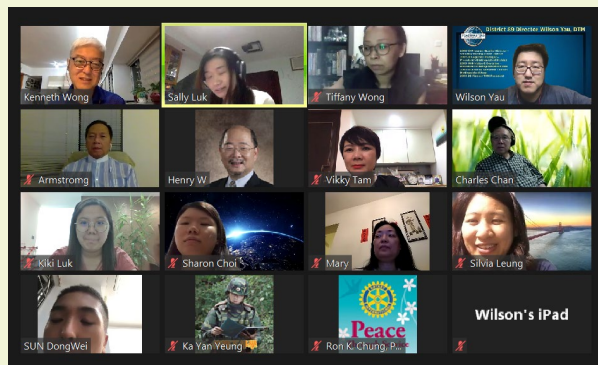
The informative speeches raised quite a few questions from PP Natalie and PDG Kenneth.

IPP K. F. gave a light-hearted Vote of Thanks to our 3 speakers.

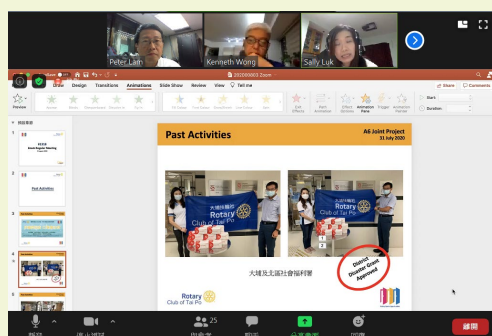


President Sally offered for raffle draw a useful teapot set which was won by PDG Anthony and Mary.

3 August 2020



Welcome Tiffany Wong, RCTP's new Executive Secretary and speaker Wilson Yau; friends from Toastmaster Aaron Leung, Kiki Luk; Interactor Sun Dong Wei and teacher advisors Ms. Silvia Leung and Ms. Joyce Yeung!



President Sally reported on the Area 6 Joint Service initiative of giving out masks to those in need in the North district on 11 July 2020.

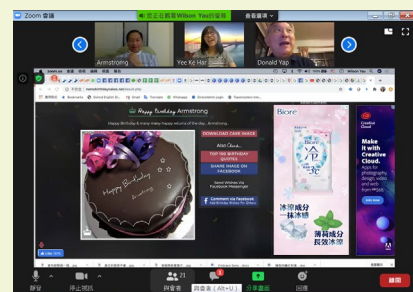


Rtnn. Mary Hung was the lucky winner of a bottle of French Bordeaux Red wine given out by PP Louis.

Speaker Mr. Wilson Yau gave examples of past activities where he "Exerts Life Impact".



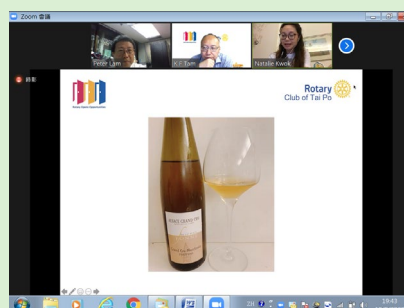
Happy Birthday PP Armstrong. Cheers!



10 August 2020

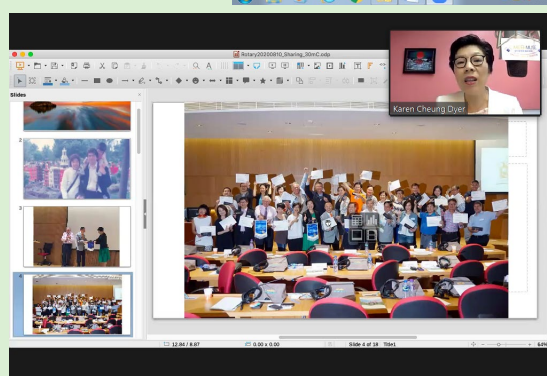


President Sally promoted the RI Convention in Taipei in June next year.



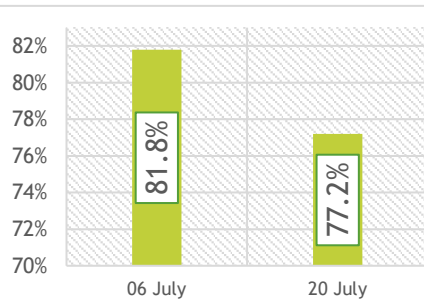
Natalie introduced in great detail her raffle gift: a nice bottle of French Grand Cru white wine which was eventually won by our speaker Ms. Karen Cheung.

Speaker Ms. Karen Cheung had been trainer for Rotary All Star Academy and she spoke to us about "A Mediator's perspective of cross-generation Impact."



UPCOMING EVENTS

JULY 2020



Average attendance: **79.5 %**

DATE	TIME	EVENT	VENUE
17 AUG	19:30	Regular Meeting Speaker: PP Wilson Lam Topic: 5-month Exile	Zoom
24 AUG	19:30	Assistant Governor's Visit Speaker: AG Frank Chan	Zoom
14 SEP	19:00	1 st Club Assembly	Fincher Room, KCC, 10 Cox's Road, Jordan

JULY 2020

Perfect Attendance

**RONALD CHUNG,
ANTHONY HUNG,
NATALIE KWOK,
PETER LAM,
DANNY LAU,
SALLY LUK,
CLAIRE MAK,
ARMSTRONG SHEA,**

**KF TAM,
LOUIS TANG,
HENRY WANG,
KENNETH WONG,
WILSON WOO,
FRANKIE WU,
WILLIAM YIM**



AUGUST

10th WILSON WOO
14th LOUIS TANG
15th HENRY WANG
23rd K.F. TAM



**SASHA CHU
SINCERE YIP**



Answers to “Who Was Who in RCTP”:

First Page

First row: Donald Yap, Anthony Hung, K M Chan
Second row: Kenneth Wong, Charles Chan, Peter Lam
Third row: Matthew Yum, Wilson Lam, Jacky Sung, Louis Tang
Fourth row: Claire Mak, Ping Leung, Armstrong Shea, Dennis Lo

Next Page

First row: Frankie Wu, Masayuki Tsubaki, Ronald Chung
Second row: Natalie Kwok, Vikky Tam, William Yim
Third row: K. F. Tam, Sally Luk, Sasha Chu, Sincere Yip,
Fourth row: Wilson Woo, Henry Wang, C. M. Yu, Danny Lau

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

