



# TAI 報 POST

January 2019 ISSUE

## President's Message

Patrick Fong

Dear Fellow members,

### REGULAR MEETINGS

- Mr. Albert Lam, ex Director of Civil Aviation of HKSAR, delivered his talk on 17 December 2018 to share his background and his duties in Civil Aviation.



- Mr. Sean Lin delivered his speech on the topic 'Getting a Yes' on 7 January 2019. Thanks VP K F for introducing Sean as our honorable guest speaker.



### 2nd Theme Night and Christmas Party on 14 December 2018

- Organised by Team 2 under the leadership of PP Louis
- The venue was the iBakery Gallery Café, Tamar Park.



- We hired a live band. Many members and guests took the chance to show their singing talent.

- All of us took photos with Santa Claus and the Christmas lightings nearby.



### 2nd Club Assembly on 14 January 2019

- Club Assembly was conducted by PE Dorothy. Major issues included resignation of Caren and forthcoming induction of Lin (to be pinned on 21 January 2019) were discussed.
- Christmas marks completion of my half year term of presidency. The half term is filled with enjoyment, fun and fellowship – trips, theme nights, service projects and regular meetings. Thanks all members and their family members which make things happen.



Thank you.

Patrick Fong

President 2018-2019  
Rotary Club of Tai Po





## Editor Says

Claire Mak

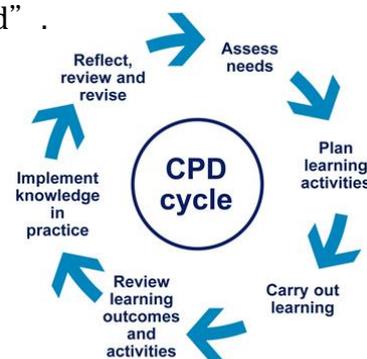


I love the phrase “stay tuned” . Basically, it means maintaining a same sound level. It is like adjusting the piano keys, so that they sound right when being played in concert. It can also mean pay special attention – do not look elsewhere. I consider “staying within the same channel” as the best way to describe it.

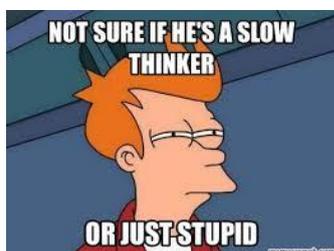
In olden days, radios or even televisions had to be tuned manually for the right station, usually by turning a switch or a knob. When tuning a radio station, you looked at the red pointer of the switch for the correct reading while listening carefully to see if the sound was clear or not. For TV station, you watch to see if the screen showed clear images or if the images were blurred with ‘snow flakes’ . These are the tuning processes and once the correct station was selected, the radio or TV is considered duly ‘tuned’ . If it continues with clear display, it “stays tuned” .



Profession-wise, we also need to stay tuned: i.e. being up to date with the latest knowledge. For instance, professional bodies have mandates for members to attend “continuing professional development” courses and accumulate sufficient CPD points in an effort to keep members up-to-date with the latest professional developments.



It is not easy to ‘stay tuned’ in daily lives because there are such a lot of available knowledge and ideas. There are also incessant flow of messages and information from friends and peers... and all sorts of trends and fads about what’s the in-thing and what not. There are such a lot of distractions that one makes an effort to stay focused.



Having to deal or work with people who are out-of-tune can be a test of one’s patience. Some are so thick and incongruent that you just do not know where or how to begin your approach. Like, when you jeered at someone of being 286; she would ask, “What 286?” Some people just lack that little bit to be able to load themselves to the right channel. They tend to go round and round at the peripheral without getting to the core. It can be really taxing, if not impossible, to keep up with them.

Similarly, admitting members to RCTP also requires proper tuning. When birds of the same feather flock together, suitable potential members will amply show that they can easily fit in our club: whether it be aptitude, service orientation or interests and hobbies. They tune in as we all get along easily. We have had those who had asked to join RCTP for what may be the wrong reasons. These people posed difficulties from the start and their admission itself already presented some controversies. Even after becoming one of us, they would not stay long. By a (short) time, these people would propose to take leave or actually asked to resign. We would easily have remarked, “See? He did not actually dance to the same RCTP tune!”

Recently, Marco Ho left us for other pursuits and Caren Chan also resigned. At the same time, our newer member Danny Lau is taking very active role in the club. We also have delectable Christie Lin going to join and become one of us. Well, let’s just stay tuned for the improvement in membership developments. Happy New Year!



## Rotary Information

Peter Lam

### Largest ever UK-based Rotary Global Grant set to support cancer patients

News from Rotary Great Britain & Ireland Dec. 18



A Global Grant of £175,000 will be added to the £158,000 already raised by Rotary clubs in Swindon and the surrounding areas to take Rotary's contribution to the Brighter Futures Radiotherapy Appeal to one third of a million pounds. The Rotary Foundation, Rotary's own and only charity, supports around 1,000 humanitarian service projects across the globe each year in a range of areas such as health, education, sanitation and peace.

The appeal, which has now hit its £2.9 million target thanks to Rotary's support, was set up by Brighter Futures, the charity for the Great Western Hospitals NHS Foundation Trust in May 2015.

Funds will be spent on developing a radiotherapy cancer treatment unit in Swindon, a satellite unit of Oxford University Hospitals (OUH). This development of a local radiotherapy service for the people of Swindon and Wiltshire will mean over 13,000 patient journeys for treatment will be significantly shorter every year as they no longer need to travel to Oxford.



Currently, the journey can take between one and two hours, depending on the time of day, which can be physically and emotionally draining for patients and their families at an extremely challenging time. Some patients even opt not to receive radiotherapy treatment or palliative care because they cannot face the prospect of the journey on a daily basis for as many as six weeks.

Peter Wells, a member of Rotary Swindon who was closely involved with Global Grant bidding process commented, "This really is what Rotary is all about. Engaging in practical projects that provide potentially life-changing solutions to local problems.

"Rotary members and The Rotary Foundation are doing incredible things around the world, supporting around 1,000 projects like this one, every single year. "What has been so special is that all of the fundraising has been done locally, not only by Rotary clubs in the area, but small businesses and individuals as well.

"Rotary fundraising activities have included a duck race, swimathon, spring fayres, fun runs and more. Not only have these events contributed funds towards the Radiotherapy Appeal, but they've also fostered great community spirit and involvement in our area – so it's a double win!"

Commenting on the appeal, Catherine Newman, Associate Director of Fundraising at Brighter Futures, said: "We're so thankful for all the hard work our local community and the Rotary Clubs of Swindon and surrounding area put in to raising this money. "The sad reality is that cancer affects one in three of the UK population and the number of incidents is predicted to rise by 16% over the next ten years. This money will fund critically important equipment for a new radiotherapy unit that will support the 284 people who receive a cancer diagnosis

every month at the Great Western Hospitals NHS Foundation Trust. "We hope the success of this appeal shows people how important their continued support is, no matter how big or small."

The development of a satellite treatment unit is going to support people who had experiences like Fred Bassett, who was diagnosed with prostate cancer in 2006. Six months after his diagnosis, Fred began a course of radiotherapy at Oxford Hospital. Initially, Fred thought he could drive himself to his appointments but after the first few days he realised that this wasn't going to be possible.



*Disease prevention and Treatment*

Radiotherapy for a prostate cancer patients has to be delivered on a full bladder and the delicate balance of managing this and dealing with the side effects of treatment on the journey home, meant that the journey itself became extremely stressful for Fred.

Thankfully, Fred's wife and family had flexible lifestyles and work commitments meaning they could support Fred with travel, but this isn't the case for all patients. Fred returned to full health two years later. Upcoming fundraising events for the Radiotherapy Appeal will have their donations go towards supporting the wider cancer pathway at the Great Western Hospitals NHS Foundation Trust.

That additional funding will help to extend the Trust's programmes and research into the early diagnosis and detection of cancer.

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

Rotary Club of Tai Po Services

# FLASHBACK

Peter Lam

AGM (Annual General Meeting)



New team of 2013-14 President Francis at AGM Dec. 2012 under Ron's year as President and Kenneth year as DG.



PP Man reporting at the AGM Dec. 2014 during Natalie's year as President and Roger as Club Secretary.



PE Tsubaki with his new team at AGM Dec. 2010 at Royal Plaza Hotel during President Frankie's year. Do you recognize some old faces in this photo? Too bad many of them have now left our club.



Patrick Fong was congratulated by fellow members for being elected as VP in 2016-17 to serve as President 2018-19 during AGM Dec. 2015 at Royal Garden Hotel.



Election of Club officers - vote counting by CP Donald and PDG Anthony at AGM Dec. 2017. Our annual election always runs smoothly with the presence of these two gentlemen who are obviously very familiar with the law and procedure.

## District Golf Tournament

13 December 2018

Peter Lam



Our District Golf Tournament this Rotary year took a different format with the involvement of JCI (Junior Chamber International) Alumni Club and became the Grand Team "J & R" Cup between our two organizations. The event was held on 13th December at the Kau Sai Chau Public Golf Course (South Course). About 39 Rotarians and 24 JCI members participated. Our 2017-18 Area 6 AG Abraham Chan was the OC Chair so our club gave big support with 4 of our members participated: PP Peter Lam, PP Jacky Sung, PP Frankie Wu and PP Tsubaki. Each flight mostly consisted of 3 Rotarians and one JCI member. PP Peter was paired with PP Frankie while PP Jacky with PP Tsubaki in another flight. Unlike our 2018 January district tournament, the weather this time was quite good, not cold not hot just mild and suitable for a good day of golfing!



The best 20 players with best net scores from each team were counted for the battle of the Grand Team Cup and Rotary emerged the winner! I am glad to report that PP Peter, PP Jacky and PP Tsubaki all contributed to winning the Team Cup as all three players ranked in the top 20 net scores (Peter 4th, Jacky 17th and Tsubaki 20th) Too bad none of our players won any individual gross or net scores prizes but Peter played well and rank 4th with Gross Score of 86 while Jacky T9 with Gross Score of 95. The tournament ended with early buffet dinner at the club house followed by award presentation by DG YC Ho and JCI Alumni Club Chair Andy Ma. Due to limited players, the tournament was not in "shot gun" format; so many players who started early morning and finished much earlier around 2-3 pm did not stay for the dinner . . . even the Gross and Net Score individual winners from Rotary Club of Kwai Chung and The Peak was not there to receive the prizes which was a bit disappointing . . .



## CHRISTMAS IN THE HARBOUR 2018

14 December 2018

Louis Tang



Team 2 members

Our Christmas party for 2018 was held on 14 December 2018 night at iBakery Gallery Café which is run by the Charity arm of Tung Wah Hospital Group and is operated mainly by underprivileged people. However you may not notice that because the quality of service is quite at par with a normal restaurant. The venue is situated at Tamar Park facing the Victoria Harbour and thus we could easily take beautiful photographs with Victoria Harbour as the backdrop.

The party was organized by Team 2, members of which are in the picture below and was attended by obviously our members and their spouse, some District Officers, integrators, Retractors and friends of RCTP, totaling more than 60. It was a memorable and enjoyable evening as can be seen from pictures below.



DGN Eric and his wife Rachel and PP Simon and his wife Yvette had great fun with our members and their spouses.



Interactors and Rotaractors joined us on this festive occasion. We happily shared a great buffet dinner.



Mazel, RCTP's favourite singer, jammed a lot of songs with PP Simon, Interactors, Rotaractors, and our President Patrick and members.



Wilson, our VP for 2020/21 and also known as "Prince Bingo" and the game winners.



Santa Claus also joined our party and had photographs with all the party participants.

## Installation Ceremony of Interact Club of Tai Po Schools

11 December 2018

Sandy Cheung,  
President, IAC Taipo Schools

The installation ceremony was held on 11th December in Carmel Holy Word Secondary School. As the first and one of the most significant events of the year for our interact club, over 60 interactors from 7 participating schools participated in this meaningful event. Both new and old members got together to review the previous fruitful year and opened a new page for our club. Apart from the interactors, we were very honoured to have the great support from Rotarians from our mother Club teacher advisers as well as Rotary 3540 youth committee. We were excited in this big family.

The ceremony kicked off with a short yet intriguing video which recapped what we've done last year. Behind the photos were the friendship among our interactors and the bonding with other Rotary families. From the installation ceremony, committee meetings to "Plastic and You" and the Interact Carnival... we've been through memorable moments. The ceremony did not stop there. It came with the encouraging speeches by three honourable guests including Mr. Gabriel Li, the Youth Chair of Rotary International District 3450, Anthony Hung, our respectable and beloved Interact advisor and Mr. KF Tam, the Vice President of our mother club.



After the speeches was the certificate presentation in which certificates were given to our devoted committee members. After that, we took a short break and members got to know one another during this period of time.

Soon after the break, the ceremony came to the most exciting part of the day: election of our new committee members. The election went smoothly with the help of our past president Cala Chow and helpful members. Some interactors were very bold to voluntarily take the first step to become the committee members.

Congratulations to the new president of our Interact club and all the committee members. Let's continue our good work and serve more people in the coming year!



## 2018-2019第6屆大埔聯校扶輪少年服務團幹事名單

<b>團長 President</b>	靈糧堂劉梅軒中學 張有嫻	<b>公共關係主任 Public Relations officer</b>	港九街坊婦女會孫方中書院 俞若詩 蔡紫芸 徐芷欣 新界鄉議局大埔區中學 張凱淇 戴雅琪
<b>副團長 Vice-president</b>	中華聖潔會靈風中學 盧凱昭 羅定邦中學 張浩輝 港九街坊婦女會孫方中書院 黎康嫻 迦密聖道中學 梁暉杰 靈糧堂劉梅軒中學 黎俊文 新界鄉議局大埔區中學 孫東唯	<b>財政 Treasurer</b>	靈糧堂劉梅軒中學 朱淖瑩 港九街坊婦女會孫方中書院 張鏐淳
<b>會務行政主任 Club Administration officer</b>	港九街坊婦女會孫方中書院 林芊悅 靈糧堂劉梅軒中學 李繼明	<b>文書 Secretary</b>	靈糧堂劉梅軒中學 姚思琪
<b>宣傳主任 Promotion officer</b>	靈糧堂劉梅軒中學 黃榮祺 羅興業	<b>攝影 Photographer</b>	靈糧堂劉梅軒中學 黎俊文
<b>網頁管理 Webmaster</b>	港九街坊婦女會孫方中書院 葉珮盈 麥琦淇 呂敬諺	<b>美術指導 及設計 Artistic Design officer</b>	靈糧堂劉梅軒中學 李焯琳 迦密聖道中學 鄭穎濤 迦密聖道中學 梁瑞峰 港九街坊婦女會孫方中書院 張翰文 羅定邦中學 王宗萑



## Finland and Norway

21 - 31 December 2018  
Rtnn. Torrente Kam

Since it is the first time for us to visit this cold place, Patrick did a lot of studies and watched many videos to learn about the climate, the culture, the scenic spots and most importantly the way to wear clothes in order to protect ourselves from the chilly weather. The conclusion is we need to put on clothes in layers:

- the base layer (woolen or heat-tech underwear),
- the mid layer (such as thick fleece and, if it is very cold, add another layer of down jacket on top),
- the top layer (shell which can stop wind and rain from getting into the mid and base layers)

Other things we must bring are: a pair of reliable and warm boots suitable for snowy weather, trousers which can stop wind and rain (and a pair of inner trousers), thick scarf, a pair of thick gloves, warm woolen hat and ear mask.

### Day 1 – 21 December (HK to Helsinki to Rovaniemi, Finland)

We took a midnight flight to Helsinki (the capital of Finland), arriving there early in the morning the same day. Then, we transferred to Rovaniemi. Having dropped our luggage, we headed to the Santa Claus Village. It was a rather open area and the temperature was -10C. We had to line up for 30 minutes before we could take photo with Santa Claus. We must confess that it was rather commercial since we had to pay Euro.10 for one photo. Then, we took photos along the line which marks the Arctic Circle – we reached the North Pole!

After dinner, we joined a local tour to visit a more remote area to see the Northern Light. The local agent provided us with an “overall” (a one-piece thick jacket plus trousers) in order to keep us warm. However, since it was a full-moon night, we did not have the luck to see Northern Light. It was a freezing night and we all sat close to the campfire, got some hot drinks and ate some BBQ sausages in order to keep ourselves warm.

### Day 2 – 22 December (Rovaniemi to Ice-breaker at Sweden, then returned to Rovaniemi)

It was an exciting day to start our ice-breaking journey. A coach picked us up at the hotel and drove 2 hours to reach a pier in Sweden where we boarded the ice-breaker “Polar Explorer”. We went up to the upper deck to see how the thick layer of ice was crushed by the boat. After an hour, the boat stopped



and we took turn to put on a so-called “lobster outfit” (floatation survival suit) which allowed us to float on the icy water. It was really a memorable life-time experience to float on icy water with a mixture of fear and excitement. But, everyone who jumped into the water would come up with a smiling face. Then, we had a hot meal in a lovely restaurant nearby (Patrick took a lot of beautiful photos there) before we returned to Finland in the evening.



 **Day 3 – 23 December (Rovaniemi, Finland)**

Patrick and I visited Ranua Zoo while Ken and his girlfriend went to Backcountry Skiing Adventure. The temperature dropped to -30C due to the arrival of polar air from the Arctic. Even though we had put on the thick overall, we could feel the freezing air outside. We had to walk up and down the small hill to visit the polar bears, the wolves, the lovely snow owls and many different kinds of owls.



Since most, if not all, of the shops and restaurants were closed on Christmas Eve, we prepared dinner (Norway salmon fillets with vegetables) to celebrate Christmas.



 **Day 4 – 24 December (Rovaniemi to Helsinki)**

We flew back to Helsinki on the day and took a long city walk to the Parliament, the White Cathedral and the Museum etc.

 **Day 5 – 25 December (Helsinki)**

We visited the famous Jean Sibelius (a famous musical composer in Finland) statue, the Lake area and museum on foot. Very tired day!



**Day 6 – 26 December (Helsinki to Oslo, Norway)**

We enjoyed a free morning, then flew to Oslo (the capital of Norway) and arrived there in the evening.



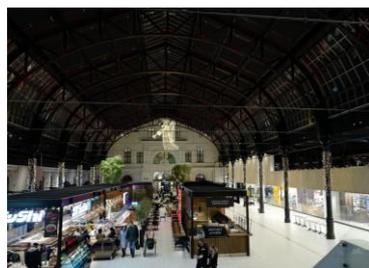
**Day 8 – 28 December (Fjordtours, Oslo to Bergen, Norway)**

Instead of flying to Bergen (the second large city of Norway), we took a train and fjord journey from Oslo to Bergen. The train started from Oslo and stopped at Myrdal. Then, we changed to an antique train which runs from Myrdal to Flam. During this short 1-hour journey, we could see some small beautiful villages (slightly covered by snow) on both sides of the train. The train stopped in the middle of the journey and the captain allowed us to get down from the train and take photos in front of a frozen waterfall. Then, we continued with our journey and went through some wooden tunnels built between mountains. You could imagine how hard these wooden tunnels were built some 100 years ago! The train stopped at Flam which is a small town where the fjord tour starts. We got onto the modern carbon fibre boat for a 2-hour fjord tour. Before it got too dark, we went up to the deck and took some wonderful photos of the surrounding areas to capture the beauty of nature. When we departed from the boat, it was already evening and we hurried to catch the bus to go to the down town of Bergen. When we reached Bergen city centre, it was already 8 pm.



**Day 7 – 27 December (Oslo)**

We had a long walk round the city and visited the National Museum, the Palace (Slottet), the Nobel Peace Centre, the Opera House and the residential area near the water front.





**Day 10 – 30 December (Bergen to Helsinki to HK)**

We woke up early to pack things before heading to the bus station to go to the airport, flying from Bergen to Helsinki. We stopped at Helsinki for 2 hours before taking the flight back to Hong Kong.



**Day 9 – 29 December (Bergen, Norway)**

We went to the hilltop by tram to get a full view of Bergen. Then, we walked to the small lake area on the hill and then down the hill to the city centre. It was amazing to see that some local people (even aged people) climbed up the rather steep shortcuts instead of taking the zigzag walkway. Bergen was a busy city and is crowded with tourists.



 **Day 11 – 31 December (HK)**

Arrived Hong Kong early in the morning, coming back to the warm part of the world!

Some notes after the trip:

- People in Finland and Norway are very friendly and most of them speak good English. There is no problem communicating with them.
- Living standard in Norway is very high (highest in all European countries). In HK, we could buy a bottle of coca-cola at say a few HKD, but in Norway a bottle of coke is HKD38 (supermarket price).
- We could not find salmon on the menus of restaurants as salmon is so common and easy to cook in Finland and Norway. We believe that local people won't bother to order salmon when they eat out. Luckily, we enjoyed salmon on Christmas Eve when most restaurants were closed on the day.
- At least 60% of the tourists are from China, in particular when we travelled from Oslo to Bergen by train and during the fjord tour.
- Weather changes a lot in these countries. Also, the sky is only bright between 11 am to 2.30 pm. You will probably over-sleep if you do not set the alarm clock as it is still very dark after 9 am.



## International Service Trip to Yunnan

26 December 2018 to 1 st January 2019

Vanessa Yu, I S Director RAC WYS

Through the end of 2018 and the beginning of 2019, instead of counting down at the Victoria Harbour, we went to Xishuangbanna in the Yunnan Province to visit an ethnic minority called Dai (傣族) for a once-in-a-lifetime journey. With the name of our trip, “A Thousand Miles Apart”, we expected to carry out our services for the “left-behind” children and help out their families. But as time went on, we discovered not only that we were able to do much more, we have also gained a lot more too. The 10 days mainly divide into 3 parts: experiencing the Dai culture in Menghai (勐海), doing service in a traditional Dai Village in MengjingLai (勐景來), and visiting the Gao Zhuang Night Market. After returning to Hong Kong, the aftertaste of pure happiness and love never leaves. Given that we had been living in MengjingLai for 7 days, we have been able to experience the Dai culture in day-to-day lives. Getting along with the kids and villagers have made us rethink our lives and the true essentials to happiness. Needless to say, for organisers, it was hard and tiresome to manage such a service trip overseas. But we made sure it was worth the while.



### Xishuangbanna Daizu Garden



For the first 2 nights, we settled in the Daizu Garden near the city so that we could get ready for the long ride to the rural areas. It is a fairly touristic area as it was originally a Dai village renovated to accommodate tourists for the exploration of the Dai culture. Although some of the traditional Dai characteristics were gone, we could still have the first taste of the lives of the Dai people. We have learnt that they are very friendly and welcoming to outsiders like us. So it was very reassuring for us being insecure and uncertain for the beginning of our trip. On the other hand, there is a Buddhist Temple which we went to visit in the Garden. We were delighted to be able to learn engraving leaves of pattra palm trees, which sutra is usually engraved on (貝葉經). It is one of the most symbolic representation of the Dai culture. Even though we could not write any Dai words, it was greatly appreciated that the monks were very patient to teach us how to write them.

### Menghai (勐海)

On the second morning, we set off for Menghai to learn how to make tea. We rode for 4 hours to high-altitude mountains, where Pu' er (普洱) tea is best suited to grow. We arrived at one of our guide Binan (big brother in Dai)' s wife' s family house. This is a family who makes tea leaves for a living. After telling us different procedures of processing tea leaves, we went to their farmland to help out with the farming. We were taught to distinguish between tea leaves and weed and help remove any unnecessary plants. This was the first time many of us actually farm with heavy equipment. Exhausted as we were, it was a rewarding and new experience to look back to our hard work of an afternoon.



## MengJingLai (勳景來)



After experiencing the tea making culture of Dai, we set off for MengJingLai on the same day for another 4 hours. Even though it was bumpy and uncomfortable, it was worth it considering the amazing time we were going to have in Longlicun (龍利村), the village we were staying at. The local organization which received us was called BeiYeXin (貝葉心), which, in general, aimed to improve the livelihood of the Dai people while preserving the Dai culture at the same time. It is made up of 2 couples, one of the wife's house was the one we went to in Menghai. We felt exceptionally close to the 4 guides as they were with us every day. They accommodated us into several families, who happily welcomed us as well.

## Learning the history of Dai and Longlicun



On the next day, we went to the activity centre of the village to learn more about the history of Dai and Longlicun. The kids who we were supposed to serve may have special circumstances in the family, which we need to pay close attention to while interacting with them. Therefore, it was crucial that we get to know more about their background. We realized that it was usual for this place to have parents working far away from home and kids were left behind for the grandparents to take care of. Some parents would stay in the village, but some other problems arise, unfortunately. Since the village is right beside the border of China, just a river away from Myanmar, drug trading was prominent around the area. Some of the adults, even young teens would fall for the doom of drugs. We have come to understand that the reason for this issue is that the living conditions of the village were not satisfactory. Even for us, we were staying in wooden houses and bathing without hot water. Without sufficient education, people simply do not have any other way to make money. But now, things are getting better slowly. This village is slightly modified for tourists to visit, but the Dai architecture is still being kept. For the 7 days that we stayed there, we could see for ourselves how this village was crowded with tourists, especially the Chinese ones. During our first encounter with the kids, they guided us around the village to introduce their culture to us. Even in such a young age, they were able to have their own opinion about their home being gradually transformed into a touristic area. But annoying as it may be, it undoubtedly boosted the economy around the area. A mixed blessing it was indeed.

## Lessons/Games

On the following days, we carried out the activities which we prepared for them. We had some learning activities such as revision on personal hygiene and introduction to Hong Kong. The kids were so enthusiastic that we were barely able to control the situation. But through the process, we have learnt several techniques to grab children's attention when they were too energized. Luckily, the kids were very obedient and attentive most of the time. This process has also made us respect the work of BeiYeXin even more, as they deal with these kids every day.



Other than the lessons, we also had some physical activities with them. When they were bored listening to us, we would take them outside to play in the playground. We introduced a lot of our childhood games to them. Here we were able to appreciate how older kids would take up the responsibility to take care of the younger ones, which demonstrated the culture of mutual aid of Dai. We have had so much fun running around with them. They seemed to enjoy it as well.

## Home visits

In between the times of interacting with the kids, BeiYeXin also arranged several home visits for us to teach the elderly the correct way to take medicine and help them take blood pressure. With half of the participants from the faculty of medicine, the elders were happy to know more about healthy lifestyles. We felt fulfilled to know that we were able to help in this way. Other than that, some of the kids really liked us that they took us to their houses. We were able to communicate with their family and know about them more deeply. This shows how the kids have opened up to us these days.



## Welcoming Party/celebrating new year' s eve

On New Year' s Eve, the kids and BeiYeXin held a welcoming party to celebrate our arrival. They sang a song and danced for us while we demonstrated campfire dances for them. It happened to be our guide Binan' s daughter' s birthday around that time. So we celebrated it all together. Almost all the kids of the entire village went to the activity centre to celebrate!

After the party, we went to Binan' s house and saw that he and his friends were having dinner and going to sing and dance through the end of 2018. They earnestly invited us to join. We were amazed how many Cantonese songs they were able to sing and happy to find a way to connect with one another.



## Releasing sky lanterns/ Farewell party



The next night, we went to the Buddhist Temple to release some sky lanterns. We gathered the kids we played with to write some wishes and aspiration to wish for dreams coming true. The following night, we had a farewell party. After a few days of playing together and chatting, we have developed a strong bond with the kids. They cried knowing that we were going to leave soon. Many of us cried as well because we felt truly happy during the time in the village.

## Gao Zhuang Night Market

After we left the village, we had 4 hours of car ride again to return to the city. We went to the Gao Zhuang Night Market for the spectacular night view. We have had a great time relaxing after days of service.



## Conclusion

This has been a rewarding journey for all of us. Through reflections and sharing of participants every night, we could clearly see our spiritual growth throughout the trip. We have met new people and listened to stories we would never have otherwise heard. We have grown to be more compassionate and caring. I hope this trip serves as a reminder to all of us that even in our own country, many social problems exist. So we should never turn a blind eye to those in need. Once again, I would like to express our sincerest gratitude towards our Mother Club, for sponsoring us, so that these unforgettable experiences become a reality.

17 December 2018



Principal **Mr. Shum Lap Ping**, **Ms. Viola Chow** and **Ms. Hau** promoted and updated us on the joint SEN project RCTP has with Fortress Hill Methodist Secondary School: **“Empowering SEN students to Excel • Connecting for an Inclusive Workplace.”**



It is not every day that you get a directorate grade official to speak to you and we were grateful to have former Director General of Civil Aviation **Mr. Albert Lam** to tell us **“What does Director General of Civil Aviation do?”** In gist, it is all about Safety and Service but in between, there were quite some interesting anecdotes.

**Rtn. Danny Lau** emerged winner of the short quiz Viola conducted about SEN and got himself a cute little prize.

A lovely **sparkling brooch** given out by PP Frankie Wu was won by **Rtnn. Torrente** and presented to her by Rtnn. Creamy.

7 January 2019



**Welcome Back Pearl Dang** on rejoining the RCTP family.



**VP KF Tam** gave an **introduction of Speaker** and long-time friend **Mr. Sean Lin**.

Speaker **Mr. Sean Lin** kept us all alert with his most interesting and informative speech **‘Getting a “YES”**. Creating empathy is the first step to getting someone to listen to you. Always ask the question “what’s in it for me?” and look at it from the other person’s perspective. The point to take home is **“You cannot motivate; you can only give a reason for him/her to self-motivate.”**





Mr. Sean Lin demonstrated his talk by getting us into a problem-solving role play. PPs Claire and Frankie attempted the challenge.



Rtnn. Bebe got to have a warm cozy winter, she having won a pair of Thermos Vacuum Flasks given out by Sincere Yip for raffle draw.

### 14 January 2019



President Patrick recounted the successful **Organ Donation Walk** (Sowers Action) on 13 January which received overwhelming support from RCTP.



It was befitting that wine connoisseur **AG Natalie** won a nice bottle of **sparkling wine** given out by PDG Kenneth.



PE Dorothy chaired the **Club Assembly** and started off with President Patrick giving his half-term remarks.



**Happy birthday** January birdies PDG Anthony and Mary. Cheers!



VP KF reported on what **Public Image** committee has been doing.



PP William reported on the **Service** front.



Date	Time	Event	Venue
22 JAN (TUE)	12:00 noon	District Vocational Services Seminar 2019 Speaker: Mrs. Patricia Lam, Deputy Commissioner for Efficiency Topic: Efficiency and the Innovation and Technology Bureau	G/F, Marco Polo HK Hotel, 3 Canton Road, Kowloon
13 FEB (WED)	7:00 p.m.	4-Generation Joint Spring Dinner	Yue Cuisine, 8/F, Hong Kong Scout Centre, 8 Austin Road, Jordan
18 FEB (MON)	7:00 p.m.	Area 6 Spring Dinner	Royal Plaza Hotel, Prince Edward Road West
20 FEB (WED)	6:30 p.m.	2019 Rotary Centenary Challenge Cup	Happy Valley Racecourse



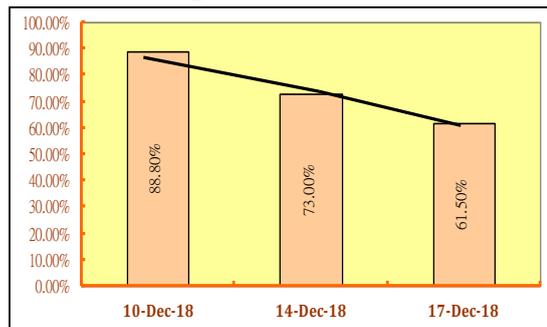
Attendance  
December 2018



PATRICK FONG,  
ANTHONY HUNG,  
NATALIE KWOK,  
PETER LAM,  
DANNY LAU,  
DENNIS LO,  
CLAIRE MAK,  
ARMSTRONG SHEA,

KF TAM,  
VIKKY TAM,  
LOUIS TANG,  
MASAYUKI  
TSUBAKI,  
WILSON WOO,  
FRANKIE WU

Average attendance: **74.43%**



HKBSF  
香港盲人體育總會  
香港盲人體育總會主辦

Rotary  
District 3450  
勞工及福利局贊助  
國際扶輪3450地區協辦

## 9<sup>th</sup> Hong Kong Bowling Tournament for All cum 8<sup>th</sup> Hong Kong Blind Bowling Tournament

To raise the self-confidence of people with visual impairment through equal participation in sports tournament and to arouse the public awareness on their abilities.

**Event Details :**  
 Date: 20 January 2019 (Sunday)  
 Time: 10:00a.m. to 2:00p.m.  
 Venue: South China Athletic Association Bowling Centre  
 88 Caroline Hill Road, Causeway Bay, Hong Kong  
 Registration Fees: HK\$2,400 per team (4 Bowlers)  
 One visually impaired bowler provided by HKBSF  
 Deadline for Enrolment: 10th January 2019  
 For enquiries: HKBSF : Ms. Wennie Wong (2789 3383)  
 Rotary : PP Andy Li (9042 8659)  
 Website: www.hkbsf.org.hk  
 Email: wennie@hkbsf.org.hk



January

11<sup>th</sup> Roger So  
14<sup>th</sup> Anthony Hung

Termination of  
Membership

Caren Chan



GOT SOMETHING  
TO SAY?

Tai Post wants to hear from you.  
Write in to [clairetaipo@gmail.com](mailto:clairetaipo@gmail.com)

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

The editorial board  
Claire Mak  
Peter Lam

