



東風

Rotary
Club of
Hong Kong Island East
TUNG FENG



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11 Feb 2015

LAST WEEK'S PROCEEDINGS - 04 FEBRUARY



This meeting was a dinner affair and on a chilly February evening we gathered on the 31st floor of the Regal Hotel for some tasty Italian cuisine served up amidst a warm atmosphere of friendship, as we looked forward to some insights into health and happiness from our guest speaker, Ms Monita Wong.



welcomed PP Tajwar (nice to see you!) before PP Eddy was invited to introduce this week's speakers, Monita Wong and David Au, who were here to enlighten us on the subject of 'Healthier & Happier Life through Internal Bodily Harmony'. A topic we could all use more of!

PP Hubert was in the Chair this week and at 7.30pm he declared the meeting open, welcoming our guest speaker and her assistant Mr AU Kwok Yin who is a qualified Chinese Medicine Practitioner.



A special mention and welcome was given to Uncle John, who was nursing a bandaged hand due to some medical treatment he was undergoing, and braved the discomfort to attend the meeting. We wish him a speedy recovery and it's times like this that we should be grateful for the example that Uncle John sets for us all in being a truly devoted Rotarian. Not to mention the never-ending supply of jokes he supplies!



PP Hubert then made the announcements, observed that there was no birthday boy...(or girl for that matter!) and then SAA PE William reported that the Red Box takings for the evening was \$800. PP Hubert then also

After the fascinating presentation, within which we all experienced a few of the topic's breathing exercises, Club Treasurer Jason was invited to formally thank our guest speakers, and the meeting was declared finished by 9pm, as we all rose to give a toast and join together for a group photo.



THE ROTARY CLUB OF HONG KONG ISLAND EAST

香港東區扶輪社週報

Club 16340 District 3450 Chartered on 06 April, 1954 by Charter President

PDG (Uncle) John Yuen

SPOTLIGHT ON: Healthier & Happier Life through Internal Bodily Harmony

MS Monita WONG King-fong, has been a long-time registered social worker, (allied health professional) has been working in the Hospital Authority in management and professional services for over 20 years.



Her recent role focuses on designing, coordinating and conducting the piloted integrated (East and West) health programs for patients and as a trainer to junior young designated

Chinese Medicine professionals.

In community participation, in order to serve the community with passion and desire, she joined Junior Chamber of Commerce in 1986, and having been awarded Senatorship of Junior Chamber International in 1991. She has also been given a chance to undertake an internship program in the White House in 1995 and this experience has inspired her to understand the importance of serving with humanity is eminent. Her life motto is "Serving the Community is the Best Way of Life."



As the key trainer, Monita also mentors / partners with suitable Assistant Trainers who are young Chinese Medicine Practitioners; and David Au is one of them whom impressed Monita so much.

David graduated from the University of HONG KONG in Chinese Medicine Bachelor Degrees and Master Degree. Currently, with his over 6 years of professional experience in Chinese Medicine, he is undertaking his PhD in key research in Cancer from Chinese Medicine on a part time basis. He joins me in piloting the helpful programs in Aberdeen Chinese Medicine Clinic under the auspice of HA tripartite collaborative NGO, HONG KONG Tuberculosis, Chest, Heart Disease Association. Monita and David wish to share with more people about practicing modality in order to keep themselves "**Happier and Healthier in a Harmonious State of Mind**"

Ms Wong began by introducing the background to her programme, which incorporates the concepts of traditional Chinese medicine, Chinese philosophies and positive psychology, and adopts an integrative approach for patient wellness. It has proven to be effective in reducing anxiety and

depression; enhancing sleep quality and improving patient overall wellness ultimately. She spoke of the 7 types of emotion associated with our lives and wellbeing.

The World Health Organization (WHO) states that by 2020, depression will rank as the 2nd top disease concern after heart disease. Holistic Health Practices through EAST and WEST can Interface for attaining a harmonious, dynamic equilibrium within our body. Interlocking relations between body (physiological health) AND mind (negative emotions such as anger, grief, anxiety & depression, panic etc) particularly affect our health.

Modern city dwellers have lots of stress and the aforementioned emotions resulting from issues to do with finance, relationship, health risks and/or personality, when body the equilibrium becomes imbalanced. Sometimes, these symptoms when present are not identified early enough and personally managed by the individual. The objective of our talk is to enhance an understanding on how we can reduce our negative emotions, increase positivity and enhance our blood circulation at our own pace, flexibly (self-healing) to keep us healthier and happier.

Key components of this self healing techniques are adapted from the University Of HONG Kong Centre of Behavioral Health with advice from Professor Cecilia CHAN Lai-wan to Ms Monita WONG King-fong which comprise of the following:

- 1) Mindful breathing for 10-15 minutes each day
- 2) 6 words qigong practice (Xu, Ha, Hu, Si, Chui, Hee) for 3 times a day or equivalent
- 3) 1 min acupressure focuses on meridian and acupuncture theory (e.g. from head to feet especially in *Baihui; Yintang; Fengchi; Neiguan; Shenmen; Tanzhong; Zusanli; Sanyinjiao; Taichong and Yongquan*)
- 4) Positive Appreciation, Self-Acceptance (Self Loving, Let go and forgiveness; and Straddling through 8 suffers in Life) & Compassion (Self Transformation through contribution) derived from Buddhism and Daoism Philosophy and Metaphors
- 5) Lastly, a with connection of body mind and spirit, we can keep ourselves happier, healthier AND more relaxing and harmonious of our body.

Her assistant, David Au Kwok Yin, who is a qualified Chinese Medicine Practitioner, then demonstrated some of the breathing exercises associated with the programme, and outlined the benefits of each.



OUT & ABOUT

Joint RAC Vocational Talk, Feb 5th, West Kowloon Campus, HKCC

DG Belinda attended to deliver the opening remarks for this evening session, with eager Rotaractors in good attendance to listen and learn from our experienced Rotarians. Key speakers from HKIE included Rotarian Sharon and PP David.



Care Visit

PE William and Director Kevin led a team of eager volunteers to deliver much-welcomed food and goodie bags and electrical appliances to the needy last Saturday. The team included volunteers from RACHKCC - Ken, Kenny, Chi Ming, Neo and the son of Avis, Matthew. Good work all!



AXA Streetathon, Sunday Feb 8th



HKIE Took an active leading role for D3450 serving as sole Community Partner in the 2nd Streetathon serving 8,000 runners. IPDG Eugene Fong and DGN Eric co-ordinated 120 Helpers from Rotary Secondary School, Holy Carpenter Secondary School and Rotarcr Club of Hong Kong Island East on Feb 8m 2015, a Sunny Sunday in East Kowloon. They were deployed in serving the luggage storage area, Game booth and Cheering and Runner Guiding Team



enroute. A good occasion to enable our youth to experience a big event management for 8000 people.

After representing District for Kick off ceremony the 21K runners race with Financial Secretary John Tsang JP, Chin's family: DGN Eric and his son Ivan completed 10K whilst Cherry completed 21 K in good shape within standard time allowed.



ANNOUNCEMENTS

1. District Rotary Day is scheduled on Mar. 1, 2015. It is going to be an Ultra-Marathon of 50km run. We have registered for 1 booth and 2 running team. PP Heman is the PIC of this event for HKIE.
2. The regular meeting for Feb. 18, 2015 is canceled since it is the last day of the Chinese calendar.
3. An EGM notice has been served. The meeting date is Feb. 25, 2015. We shall vote for the change of meeting schedule. PDG Uncle Peter may join this meeting and present his golf tournament prizes to the winners.
4. Our sister clubs in Japan, Kawasaki South and Niigata will celebrate their 55th and 75th anniversary in April 7th and 14th respectively. The board is planning for both visits and shall announce more detail including the travel package to all members. Please plan to attend either one or both.
5. There will be a joint Area 3 luncheon meeting on Feb. 23rd in World Trade Centre Club. Since we will also have our regular meeting on Feb. 25th as our Chinese New Year celebration, members can join the Area 3 joint meeting on voluntary basis. You are encouraged to join both meetings on Feb. 23rd and 25th if you are available. If you cannot make both, please give priority to our Feb. 25th meeting at Regal Hong Kong Hotel. The speaker for Feb. 23rd is Jasper Tsang (曾玉成).
6. The Joint JPM for this Rotary year has rescheduled to June 30th, 2015 due to the conflict of schedule with the ONE Gala dinner. Please mark your calendar if you plan to join the final JPM.
7. We have scheduled another service project on Feb. 14, 2015 morning in Tin Shui Wai. We shall offer a party to the low income family to celebrate. If you are interested to join this service, please enroll with Dir. Kevin Leung.

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THE LAST LAUGH

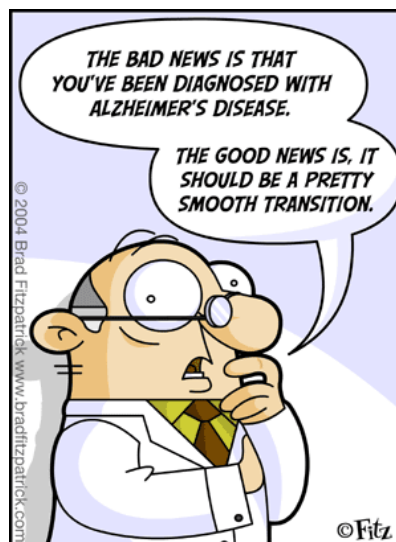
TEST FOR ALZHEIMERS

It takes less than 15 seconds..

...OK GET READY!!!
If you are over 55 yrs old, you SHOULD takethis Alzheimer's Test

How fast can you guess these words and fill-in the blanks?

1. _ _ _ N D O M
2. F _ _ K
3. P _ N _ S
4. P U _ S _
5. S _ X _
6. B O O _ S



Answers:

1. RANDOM
2. FORK
3. PANTS
4. PULSE
5. SIX
6. BOOKS

You got all 6 wrong...didn't you?

You do NOT have Alzheimer's.
You are a Pervert !!!!!

Club postal address : P.O.Box 47064, Morrison Hill Post Office, Hong Kong
Meeting Venue : Regal HK Hotel, Causeway Bay, Hong Kong
Meeting Schedules : Every Wed. 1st week at 7:30 pm. Other weeks at 12:30 pm
Website : <http://hkie.rotary3450.org/>
Facebook : <https://www.facebook.com/RotaryClubHKIslandEast>