



東風

Rotary
Club of
Hong Kong Island East
TUNG FENG



Vol.65 No.15

Oct 18 2017

LAST WEEK'S PROCEEDINGS - OCTOBER 11TH, 2017

Hm. Not a huge turnout this week it seems, just 6 members including: PP George, PP Stephen Liu PP Andy, PP Rudy, HS Gilbert, Rtn Teresa and P Stacy. Add to this welcome returnee, visiting Rotarian PP Pedro from RC HK City North, as well as guest speaker Dr Thomas Wong, himself a former Rotarian. P Stacy kicked off proceedings at 1pm, welcoming all. After the announcements she invited PP George to introduce the speaker. Dr. Thomas Wong spoke to us with regards to the origins of Chiropractor practice, and gave a very informative session on related matters such as: Ergonomics at the work place – how to sit, where to place your keyboard; Different types of exercises we can do (swimming is great!); Different Vitamins and Minerals to consume. It was all a very good pep talk about back health, and afterwards PP Rudy was invited to thank the speaker. P Stacy then asked all to rise, give a toast to RC HK City North, RI and HKIE. Meeting adjourned.



RED BOX: \$600

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

ANNOUNCEMENTS

Club Announcements

Dinner Fellowship: October 20th 2017, Friday, 7:00pm – onwards

We are having a hairy crab dinner! (crab optional!) Using her CCC Membership, Rtn. Teresa booked us a private room at CCC. We will enjoy delicious Chinese food including the seasonal...hairy crab! Location: Craigengower Cricket Club. Room: TBC. Time: 7:00pm onwards. Dinner Fee: 280HKD, Optional: 150HKD/hairy crab ordered. Please contact Rtn. Teresa to RSVP as she is ordering the crabs for us!

Swimming Above Self – October 21st 2017, Saturday, 830am – 1230pm

Our signature project "Swimming Above Self" inter-school swimming gala competition will be held on October 21st 2017 at the Ma On Shan Swimming pool. Members, please come and cheer around 200 Special Needs children participate! We have the honour of the prize presentations to all the students. It is really wholehearted family fun. Please also bring your family. This service project will be followed by a fellowship lunch!

DG Visit – October 25th 2017 DG HW Fung will be having his official visit to our club on October 25th 2017. Members please mark your calendar and also please wear your district tie/scarf. Date: Wednesday, October 25th 2017 Time: 12:45p.m. – 2:00p.m. Luncheon Fee: 330HKD

Golf Learning Fellowship

Our club's Golf Fellowship is strong, we have avid golfers and spending time together on the golf course really does strengthen fellowship. Currently we have around 18 members who participate in Golf Fellowships. Fellowship Director PP Jonathan, Fellowship Chair Kevin and PP Rudy came up with a brilliant idea for fellowship – golf lesson for our members who would like to learn golf! This will all be arranged by Fellowship Chair Kevin Leung. Members who are interested please kindly contact Kevin.

District Announcements

1. The 4th Ultramarathon will be held on March 4th 2018. Last year IPDG Eric and Teresa both participated in the 3rd Ultramarathon 2017, with this upcoming marathon... Would any of you like to sign up to form a team?

THIS WEEK'S SPEAKER: Andrew Tsui, Co-Founder, Rooftop Republic

Andrew describes himself as a '3rd Cultural Kid' (Hong Kong, Singapore and China). He spent nearly a decade serving in Military Supply Chain, Leadership Development, Business Operations and Development and Assets Management, and is now an Entrepreneur and Social Innovation Practitioner.

NEXT WEEK: DG HW Fung

Two aerials meet on a roof - fall in love - get married.

The ceremony was rubbish but the reception was brilliant.



OFFICERS

President
Stacy Ho

President Elect
TBC

Secretary
Gilbert Fung

Treasurer
Rudy Law

DIRECTORS
Club Administration
Andy Wong

Fellowship
Jonathan Lamport

International Service
William Wong

Membership
George Leung

Service Projects
Leo Yu

Youth Service
Laurence Chan

CHAIRS
Rotary Foundation
David Li

Service Projects
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Membership
Eddy Wong

Fellowship
Kevin Leung

IT
Angus Leung

Vocational & PPE
Stacy Ho

Sergeant-at-Arms
John Poon

PP COUNCIL REP.
George Leung

EX-OFFICIO
Chris Kyme

CLUB ADVISORS
Eric Chin, YK Cheng,
Andrew Chen, John Kwok
Henry Chan, Hubert Chan

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 Wednesday at 12:30 pm
Website : <http://hkie.rotary3450.org/>
Facebook : <https://www.facebook.com/RotaryClubHKIslandEast>