



東風

Rotary
Club of
Hong Kong Island East
TUNG FENG



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LAST WEEK'S PROCEEDINGS - 18 July, 2018

CLUB INSTALLATION



Last meeting was our Club Installation. We were able to fill 4 round tables of members and guest. Thank you everyone for attending. A total of 19 of our members attended the Club Installation: PDG Eric, PP George, PP Henry, PP Tim, PP Rudy, PP Andy, PP William, Rtn. Peter, Rtn. Jason, Rtn. Freddie, Rtn. Kevin, Rtn. Angus, Rtn. Leo, Rtn. Raymond, Rtn. Stephen, Rtn. Walter and Rtn. Bernard, PE Stacy and P. Gilbert. Our Rotary Dignatory guests were: DG YC Ho, IPDG HW Fung, DS Ron Chan, Past AG/DS WT Wong, AG of Area 3 Thomas Yeung, and DDS Angela Chan. Other guests were: "Be the Inspiration" Presidents: P Sunny Chen, P Sunny Wu, P Stella Law, P Francis Shum and IPP Brian.

The meeting was called to order at 13:01. Rtn. Bernard was our officiating MC.

Speeches by IPP Stacy and IPDG HW

Rtn. Bernard invited IPP Stacy to deliver her departing speech. IPP Stacy thanked everyone for such a wonderful year and she is very happy the club is now strong and united again. IPP Stacy presented P Gilbert with a gift – a baby book about raising a 'dream baby' – (a baby that sleeps well at night!)

Then Rtn. Bernard invited IPDG HW Fung to deliver his speech. IPDG HW thanked RC HKIE for all its contributions to HK and Rotary District 3450. IPDG HW happily informed everyone that RC HKIE achieved the Rotary International Club Citation for the Rotary Year 2017-2018! Congratulations everyone!

IPP Stacy then invited IPDG HW to officially present the Paul Harris Pins to our Rotary Foundation donors of 2017-2018 – Rtn. Jason and Rtn. Raymond. A huge thank you and recognition to Rtn. Jason for being a 5-Star Paul Harris Fellow (which means he has donated over 6,000USD to the Rotary Foundation) and to Rtn. Raymond for being a 1-Star Paul Harris Fellow (which means he has donated over 2,000USD to the Rotary Foundation)

The Official Ceremony:

MC Bernard invited IPP Stacy, IPDG HW, P Gilbert, DG YC, Past AG WT Wong and Current AG Thomas Yeung to the stage to participate in the Installation Ceremony.

IPP Stacy passed the sash to IPDG HW, IPDG HW passed the sash to DG YC, and DG YC presented the sash to P Gilbert and pinned the President Pin on P Gilbert. Now P Gilbert is officially installed as our Club President! Speeches by P Gilbert and DG YC. MC Bernard invited P Gilbert to chair the rest of the meeting.

Red Box: HK\$3,500

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

CLUB INSTALLATION

Speeches by P Gilbert and DG YC

MC Bernard invited P Gilbert to chair the rest of the meeting. P Gilbert gave a very touching and insightful speech. The entire speech is printed in this bulletin. Please see next page.

DG YC gave a speech about his goals for his year of “Be the Inspiration!” DGYC would like to strengthen membership and he says that its important to do this by creating Rotary as “Family outside Family”. DG YC then asked P Gilbert how many members will P Gilbert induct in this year, and P Gilbert said the target is 1 female member. DG YC also would like to emphasize the importance of building up the Image and Brand Recognition of Rotary in Hong Kong. Also, DG YC is very passionate about uplifting the homeless youth in HK. P Gilbert informed DG YC that our club will support the Homeless Youth Project.

Installation of Board of Directors

P Gilbert installed his Board of Directors and presented each with a pin. This year the Board of Directors are:

IPP And Hon. Secretary: IPP Stacy

Hon. Treasurer: PP Rudy

Membership - Director PP George

Club Administration – Director PP Andy

Community Ser vice – Director Stephen Leung

Youth Service – Director Bernard

International Service – Director PP William

Fellowship – Director PP Jonathan

The Board of Directors took a group photo.

P Gilbert prepared new Past President Pins for all 22 Past Presidents of our esteemed Club and presented all PPs with the new Past President Pin.

P Gilbert thanked all members and guest for attending and proposed a toast to all clubs, RI and RCHKIE

Meeting was adjourned at 14:00. DSC_2031.jpg



President Gilbert's Installation Speech



DG YC, IPDG HW, PDG Eric, AG Thomas, District Officers, President, Past President, Rotarians, Ladies and Gentlemen,

Good Afternoon! Thanks for coming to Rotary Club of Hong Kong Island East 65th Club Installation. It is my honor to become the 65th President of Rotary Club of Hong Kong Island East. Today, I would like to take this opportunity to share with you all what made me take up the role as President of Rotary Club of Hong Kong Island East.

I was first inducted as Rotarian in 2008, due to some business obligation, I left the club in 2010 and returned to the club in 2013. How do I know Rotary Club of Hong Kong Island East? What made me come back after leaving? I was Rotaractor from our Community Based Rotaract Club of Hong Kong Island East. And I know Rotary and this club is doing something good to the society, making a better world. That is why I came back when I became available.

You may ask why did I come back to an old club and not join new clubs. Well, there is a deep bond between me and this club, it is like a family bond. Also it is about loyalty, I was raised here, so I serve here.

To be honest, I was not an active member...things do change. Things do change when someone initiates it, to me, it is when IPP Stacy called me and asked if I could be the secretary in her year, and I said yes.

Then things changed, from inactive to become active.

Get involve in more club matters, get to know more about Rotary, as we are a well establish club, we have PDG and PP as advisors, we can always seek for help when needed. It is always good to have senior members around.

When IPP Stacy asked will I consider to be PE last year, first of all, I said "No". It will be too busy for me, I have so many things planned. I told Stacy I planned to have a baby this year as a reason. And then, I checked in with myself... baby has not come yet....I asked myself... is having a baby a reason not to be president? If yes, then I am saying that my baby is blocking me from doing something good. One day, I changed my mind, took up the role as PE, I created a win win situation. And my baby girl is coming in November this year. Good things just happen. It is a special year for me, as president and a father.

I want to echo what DG YC said in PETs, some people may not ready as Rotarian according to our standard, - so: recruit them and train them. They may not be available now, but things change and they become ready. Take myself as an example, if PP Andy did not ask me to join in 2008, I probably will not be here today.

I am glad we have new blood in our board this year, Rotarian Stephen and Bernard are taking up the roles of directors to serve the club, we should create something new this year. "Be the inspiration". We will have new service projects coming up this year, keep you all updated.

Thanks.

ANNOUNCEMENTS

Our Speaker Today:

Wesley is the Head Coach and lead of all the Programming at Fitness Academy. Coming from an athletic background, he found CrossFit in 2008 and never looked back. Competing in badminton and ice hockey from a young age, he could instantly notice the effectiveness that constantly varied workouts had on his performance when competing in his respective sports. Wesley decided to begin his career in fitness shortly thereafter, having a goal to develop a good strength and conditioning program that would help people get stronger, fitter, and healthier in a fun, community oriented setting.

Since taking up CrossFit, Wesley has dedicated his time splitting between helping individuals reach their fitness goals in the form of group and individual training and furthering his education in mixed modal training. In 2013, he decided to take the first steps into the OPEX CCP Coaching Certification, a website that he followed for his training even up to this day. This would provide the foundation of his programming to date as he believed that a strong strength and conditioning program must have a structure to provide the optimum results for each individual, something the traditional mixed modal programs lacked.

Wesley still participates in various sporting competitions in badminton and ice hockey as well as CrossFit competitions around the region. His most notable achievements include a 1st Place finish in the North Vancouver Weightlifting Competition in the -69kg Category and a 2nd place in X45 Challenge in Malaysia. He also competed in the CrossFit Regionals in 2014 and 2015 as a team competitor.

OFFICERS

President
Gilbert Fung

President Elect

Secretary
Stacy Ho

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
John Poon

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>