



東風

Rotary Club of Hong Kong Island East
TUNG FENG



Vol.66 No.4

15 Aug 2018

LAST WEEK'S PROCEEDINGS - 01 AUG, 2018



Meeting started at 13:05 We had a fantastic turn out! In total we had all two tables filled saved for 1 seat! 19 people in total: 14 members, 1 Visiting Rotarian and 3 guests. Members attending were: PP Andrew, PP George, PP Tim, PP Hubert, PP Rudy with guest daughter Jacqueline, PP Andy, PP Jonathan, Rtn. Peter, Rtn. Tony, Rtn. John Yao, Rtn. John Poon, Rtn. Bernard with guest Matthew Hum. The guest speaker Wesley Fung had a guest Susanna.

P Gilbert welcomed everyone back. It's been 14 days since we last saw each other, so welcome back to everyone! P Gilbert made two short announcements and then opened the meeting to fellowship time. PP Jonathan, our fellowship director, announced that we will have a dinner fellowship at August 17th.

On another note, the menu in B/2 is quite good! We had "Baked Herb's Garlic Canadian Seabass" and Strawberry Vanilla Cream Cake! Things are getting better! :)

Speaker: CrossFit Wesley is the head coach of fitness academy. He started CrossFit in 2008 in Vancouver and 2 years after he started to coach CrossFit. The CrossFit gym is outfitted differently, a lot of gym apparatus. CrossFit has a lot of variation, instead of the same repetitive exercise each session has a different workout routine (lifting routine). Wesley went into detail about the foundation of CrossFit.

Unique to CrossFit gym is that there are no mirrors; the rationale behind that is that the training is to help empower and translate the activities to daily activities (lifting heavy objects) hence CrossFitters can rely on the FEELING of muscles rather the look (mirror) of the movement. CrossFit is a franchise business. CrossFit gym owners pay a yearly licence fee to the HeadQuarters and collect all revenues. CrossFit is a community - everyone knows each other by name, coaches go that extra mile to interact and get to know their clients. The environment is very friendly, this creates the stickiness. The CrossFit hosts fellowship events like Annual Town Hall talks, Annual Dinners. Wesley gave really touching examples of collective charitable actions with CrossFit.

Wesley fully believes in 'What we do is fun for you' He fully instills that his gym has to be fun and welcoming. Sometimes when people are starting out they may feel overweight...weak....and gyms are incredible intimidating. Hence, Wesley creates an environment that everyone is treated equal. His goal is to get people to get stronger fitter and healthier.

In summary, Wesley is very passionate about not only positively affecting someone's physical condition but also positively affecting overall lifestyle. It was a very informative session. PP Jonathan officially thanked the speaker in our usual Rotary fashion.



Red Box: HK\$1,100

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

GRANT MANAGEMENT SEMINAR

The District Grant Management Seminar was held on August 11th 2018, 9:00 a.m. to 1:00 p.m. Both President Gilbert and IPP Stacy attended. The GMS was different than previous GMS in that it was interactive and provided participants with hands-on information.

What are Rotary Grants? Well there are District Level Grants and there are Global Level Grants. District Grants are excellent ways to fund service projects. District Grants support 50% or up to 5,000USD for a service project. Our club has successfully filed and used District Grants for our projects.

Through membership to Rotary, our a portion of our fees that we pay both to District and Rotary International get allocated to Rotary Foundations. Hence we all play a part in making a positive impact in the world! (yay!)

Here is a case study of successful Rotary Global Grant:

Improving literacy in Guatemala

Area of focus: Supporting education

Host sponsor: Rotary Club of Guatemala Vista Hermosa, Guatemala

International sponsor: Rotary Club of Summit County (Frisco), Colorado, USA

Total budget: \$339,191

Background: The Guatemala Literacy Project is a 20-year partnership between Rotary clubs and districts and the nonprofit Cooperative for Education.

Scope: This global grant provided textbooks, computer labs, teacher training, and scholarships to impoverished schools. The sustainable model requires families to pay a fee to rent the donated textbooks; schools use the money to buy new books when the old ones wear out.

Impact: This grant served 5,880 students and trained 337 teachers. First-graders in the program scored 71 percent higher than the national average in letter naming.

Fun fact: More than 500 Rotary clubs have participated in the Guatemala Literacy Project over the past 20 years.



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

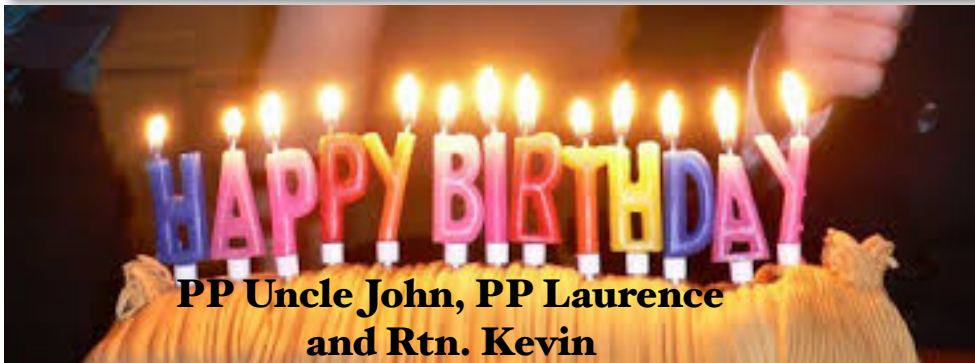
Sergeant-at-Arms
John Poon

PP COUNCIL REP.
George Leung

EX-OFFICIO
Chris Kyme

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

HAPPY BIRTHDAY



**PP Uncle John, PP Laurence
and Rtn. Kevin**

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://hkierotary3450.org/>
Facebook : <https://www.facebook.com/RotaryClubHKIslandEast>