



東風

Rotary 
Club of
Hong Kong Island East
TUNG FENG

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This Meeting: A Year's Recap

Last Meeting's Speaker Speaker: Mofiz Chan Hiking Tips



Mofiz has been hiking for the past 7 years in total he has accumulated 2,515 KM of hiking distance in Hong Kong. 2,515 km hiking experience. He has completed long trails such as:

MacLehose Trail 麥理浩徑 (100 km); Wilson Trail 衛奕信徑 (78km);
Hong Kong Trail 港島徑 (50km); Lantau Trail 鳳凰徑(70km).

By doing so, he has slimmed down from 120kgs to 90kgs and lost 6 inches off his waist.

Mofiz gave us a thorough overview about hiking tips. As follows: Hiking Basics:

- Walk with the entire soles of your boots touching the ground, to spread the load evenly across your feet.
- Your hands should be free. Alternatively, hold a stick(s) to assist balance.
- Maintain a steady and natural pace, and one that suits you.
- Breathe smoothly, steadily and in rhythm with your pace.
- Avoid running or jogging.
- Avoid excessive conversation, which may affect your breathing rhythm and concentration. Never have heated words - which will destroy enjoyment, spoil team spirit and leave you easy to accidents.
- Concentrate and always look where you tread. Be observant and caution to what is lying ahead - every step of the way. To avoid accidents, always stop walking when you read your map.

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

(Last Meeting's Speaker Cont.)

What is Naismith Law?

According to this law, a fit adult can cover 1 km for 12 mins and an extra hour should be added for every 600 m of uphill hiking. But, for Hong Kong Chinese people cannot (in Mofiz opinion) hit this target. Thus his amendment is: 1km for 20 minutes. And add an extra hour for every 400m of uphill hiking. Please note that these estimated rates do not include short breaks or lunch break, you should add 30 to 60 mins.

Personal Hiking Skills

Hiking Programme

- Plan to end your hike two hours before sunset.
- Select a gentle slope to go uphill. Avoid challenging yourself with a very steep or treacherous route right at the beginning
- The party's entire load should be distributed among all members of the group, taking into account the strength of each member.

Mofiz's Hiking Blog:

- 消耗五百食翻一千---香港行山記 😊 Hiking n Eat 500 1000--- Hong Kong hiking journal
<https://hikingneat5001000.blogspot.com/2019/01/route-index.html>



THE OBSERVER: LAST MEETING'S PROCEEDINGS

1. Meeting was called to order at 13:04.
2. Members attending were: President Gilbert, PDG YK, PP Tim, PP Rudy, PP Stephen, PP Andy, PP Eddy, Rtn. Tony, Rtn. Kevin, IPP Stacy. 10 members in total + 1 speaker.
3. IPP Stacy presented club updates of all the festivities we have been participating in the past 3 weeks since our last meeting. When she invited different members to the podium to talk about the activities, e.g. our PDG Uncle Peter Golf tournament - the standard answer was, "It's in the Bulletin" (because the previous bulletin was very detailed!)
4. PP Rudy introduced the speaker.
5. PP Eddy thanked the speaker in our usual Rotarian manner.
6. Red Box: 900 HKD
7. Meeting was adjourned at 14:00.

ROTARY INFORMATION

RI Past Director John Smarge Speech at the 2011 International Assembly - Who is Rotary?

Rotary and the world around it is forever changing. Over the last 105 years, Rotary has aged and adapted to its new surroundings and taken on a new complexion, very different from when it was created. Neither Rotary nor the world is the same that they were in 1905, 1955, or even 2005. In such a changing environment, the questions today are: Has Rotary reached its prime? Is it at risk of dying? Declining membership in our existing Rotary clubs and, more specifically, falling retention rates are problems we must address both locally and as a global organization. These

We have heard the statistics. Our worldwide membership numbers are stagnant. In those areas where we are increasing, we are doing so most often through the chartering of new clubs. We talk about attrition, yet we don't really consider its effects on our organization. On 30 June 2003, we had approximately 1.2 million members in 31,551 clubs. As of 30 June 2010, we had approximately 1.2 million members in 34,103 clubs. Since 2003, we have added 2,552 Rotary clubs yet only increased our overall membership by 226 members. Shocking? Even more disturbing is that in this seven-year period, we inducted into our Rotary clubs more than 1.1 million members.

We have looked at recruiting and retention for years yet have not reversed the trends. We teach our club presidents recruiting techniques, challenge them with membership contests, and yet see no long-term results. Where is the innovation? Where is the tie-in to our strategic plan? In a changed world, has our century-old model become irrelevant? Perhaps we fail to realize that declining retention rates are not the cause but a symptom of something else.

What if we stop thinking of Rotary solely as a nonprofit service organization and begin to think of it as a business with members as our customers. Members join our clubs to receive benefits in exchange for their precious time and financial support. In the world of business, an unsatisfied customer leaves and takes his or her business elsewhere.

I think that we could say that within our clubs, we are faced with an identity crisis. Ask any Rotarian "What is Rotary?" and after the usual pause, you will get a wide variety of answers. This apparent lack of common focus highlights the core dilemma and represents a huge conundrum. Consider our own members' perceptions of what we think we are. Are we the services we offer, such as PolioPlus? Or is Rotary defined by our human capital — the sum total of our members?

Though Rotary's worldwide brand must be the same, each of our 34,000 Rotary clubs should develop its own identity within that brand. And while we hold true to the same corporate mission and core values, each club should be free to enjoy their own style. Due to demographics, financial resources, and the specific community, vocational, or international services it provides, each club is unique.

Rather than seeking to recruit and retain members as an objective in itself, the key is understanding who we are. Once we recognize our unique club services and benefits, we can seek those men and women in our communities who share similar characteristics.

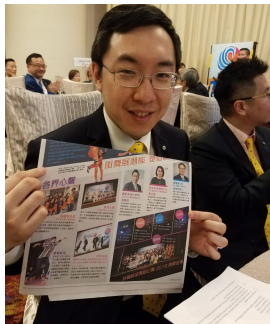
Our Rotary clubs provide unparalleled community and vocational service. Our weekly meetings offer a respite, a comforting place for friends to remain connected. Our classification system and Object of Rotary provide a superior networking platform and first-class business and personal development opportunities. And thanks to those who have come before us, we can all proudly proclaim that Rotary is the single greatest humanitarian organization that this world has ever seen.

So the question is not "What is Rotary?" The question is "Who is Rotary?"

Announcements

1. District Installation Ceremony - July 13th 2019 - Hong Kong Convention and Exhibition Centre
President Gilbert booked a table with the early bird discount. The cost per ticket is 1,590HKD. To register please enroll via P Gilbert.
2. Saikung Dinner Fellowship - June 29th 2019

Out & About



P Gilbert and IPP Stacy attended the last JPM. P Gilbert was awarded the Outstanding President Award and IPP Stacy received a Club Secretary Award!
Congratulations to them both!



June 10th was our last Board Meeting of the Year! A Vote of thanks to P Gilbert and all board members for a wonderful Rotary Year!

Laugh of the Week

An old guy in his Volvo is driving home from work when his wife rings him on his cell phone.

"Honey," she says in a worried voice, "please be careful. There was a bit on the news just now, some lunatic is driving the wrong way down the highway."

"Oh it's worse than that," he replies, "there are hundreds of them!"



"I certainly don't get tailgated anymore!"



June Birthdays: Happy Birthday to our Splendid June Birthday Boys!

June 2nd - Director Bernard

June 24th - Rtn. Freddie Wu

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 1st and 3rd Wednesday at 12:30 pm
Website : <http://hkie.rotary3450.org/>