



東風

Rotary Club of Hong Kong Island East  
**TUNG FENG**



Vol.66 No.7

24th October, 2018

**OFFICERS**

**President**

Gilbert Fung

**Secretary**

Stacy Ho

**Treasurer**

PP Rudy Law

**DIRECTORS**

**Club Administration**

PP Andy Wong

**Fellowship**

PP Jonathan Lamport

**International Service**

PP William Wong

**Membership**

PP George Leung

**Service Projects**

Rtn. Stephen Leung

**Youth Service**

Rtn. Bernard Lee

**PP COUNCIL REP.**

PP George Leung

**EX-OFFICIO**

IPP Stacy Ho

**CLUB ADVISORS**

PDG Eric Chin,

PDG YK Cheng,

PP Andrew Chen,

PP John Kwok

PP Henry Chan,

PP Hubert Chan

**Last Meeting**

The Eye of the Tiger: Patrick Chan

Patrick shared a very detailed account of how he transitioned from a shy demure boy to a professional Muay Thai fighter. As a high school student he was often bullied. When he moved to Australia to study Criminology from the University of New South Wales...life had it that he would meet his first teacher in a small daft gym in the back alleys of Sydney.

As the prize money from fighting matches is minimal (approximately 2,000HKD per match), Patrick supplements his income by being a Personal Trainer and also a Muay Thai coach. Patrick made a big leap from being an English tutor to a full time Personal Trainer/Muay Thai Teacher/Athlete. He chose to follow his passion and that opened the doors to many opportunities.

Patrick shared how his experience with preparing for matches helps him with his life. There are 'weigh ins' before matches. In order to meet the weight classification, many fighters will drain the water weight from their bodies. To do this, they will wear a sauna suit to sweat out anywhere between 2kgs - 5kgs of water in one day! After the weigh in is finished, fighters quickly hydrate. So on the fighting day, fighters are in fact heavier than the initial weigh in!



Patrick also shared how through becoming a professional fighter he really stepped into total commitment. In order to be a winning champion, one must never give up.

Our Rotarian Peter thanked Patrick in our usual Rotarian manner.

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

## THE OBSERVER: LAST WEEK'S PROCEEDINGS

Meeting was called to order at 1PM. It was such a great gathering, so much chatter and everyone was so happy to see each other again! An absolute Full House!

P Gilbert gave information about the Intercity Meeting, which will be held on November 9th 2018. Rotary International Foundation Trustee Past RI President Ron Burton will be the special guest. P Gilbert announced our Happy Lunch Service Project will be on October 19th 2018.



Our Annual Inter-School Swimming Competition for Special Need Students will be held on October 27th 2018. Members please come and enjoy this very heart warming and inspiring competition! Your presence is greatly welcomed.

Save the Date: Our 65th Anniversary Dinner will be held on April 6th 2019.

We had a hearty Birthday Celebration for ...our PP Jonathan! PP Jonathan invited PP George to be his song leader. After celebrating

his birthday song, PP Jonathan gave us all a wonderful gift of the announcement of his baby girl! He will be a proud father of a Baby girl later in 2019. Congratulations to PP Jonathan!

IPP Stacy delivered Rotary Information on the essence of being a Rotarian. She read a speech written by a Past RI President.

PP William, our International Service Director, welcomed members to join a visit to the Taipei Sister Club on November 16th to attend their Anniversary Celebration. Tentatively, it is a 3 day 2 night trip.



## Rotary Information: ABCs of Rotary

### ROTARY MOTTOES

The first motto of Rotary International, "He Profits Most Who Serves Best," was approved at the second Rotary Convention, held in Portland, Oregon, in August 1911. The phrase was first stated by a Chicago Rotarian, Art Sheldon, who made a speech in 1910, which included the remark, "He profits most who serves his fellows best." At about the same time, Ben Collins, president of the Rotary Club of Minneapolis, Minnesota, commented that the proper way to organize a Rotary club was through the principle his club had adopted--"Service, Not Self." These two slogans, slightly modified, were formally approved to be the official mottoes of Rotary at the 1950 Convention in Detroit--"He Profits Most Who Serves Best" and "Service Above Self." The 1989 Council on Legislation established "Service Above Self" as the principal motto of Rotary, since it best explains the philosophy of

## Happy Lunch Report by IPP Stacy

On October 19th 2018, our club had its first service project of the year: Happy Lunch with our Adopt a School Partner - Choi Jun School. Organised by our splendid Rotarian John Poon. Our lunch was held at Spaghetti House.

Members in attendance were: P Gilbert, PP George, PP Rudy, Rtn. Jason, IPP Stacy



We had a splendid time with 6 students. The age range of the students was quite wide, we had students from Grade 3 (so cute!) and students from Form 4. We all ordered our set meals individually. Which means that...our Choi Jun students ordered for themselves! They were very sweet and shy. Changed their minds alot about their orders, and when the food came...for some of the students they forgot what they initially ordered so we had a smorgasbord of food. The whole lunch meeting was filled



with lots of laughter. As the students were very engrossed in their delicious meals (imagine big smiles and laughter as they were eating) we didn't play any games this time. We had great conversation with the students...what are their favorite foods? What are their favourite subjects? What do they love? What songs do they listen to?

At the end of the lunch, the students gifted us with handmade flowers. Very beautiful. We look forward to our next luncheon!

PS. The purpose of the project is to encourage social inclusion with special needs



## FELLOWSHIP DINNER - OCTOBER 23RD 2018



### Announcements

- Choi Jun Swimming Gala - October 27th 2018 - 8:45am - 12:30pm at Ma On Shan Swimming Pool
- Intercity Meeting - November 9th 2018
- Save the Date: Our 65th Anniversary Party! April 6th 2019



**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://hk.ie.rotary3450.org/>