



# 東風

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

Vol.66 No.8

07th November, 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

On 24th October, Dr Adrian Low was the guest speaker at our meeting. We learnt that emotions are strong feelings that affect the mind, behavior and even relationships. When emotions are strong, they can be detected in the changing pattern of our heart rhythms. On the other hand, emotions of confidence, secure, being cared for, appreciative cause smooth and sine-like heart rhythms. Towards the end of the session, we experienced a 5 minute practical experience that facilitated us to reach an optimal state through heart-focused breathing and thinking positive thoughts such as appreciation. By doing this, we can have a positive influence to the people around us. And that's the Rotarian spirit.



Rtn. Jason officially thanked the speaker. Noting that he appreciated what Adrian said about the importance of spreading love and positivity.

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 started at 1:00pm.
- President Gilbert welcomed all members back.
- President Gilbert delivered club announcements.
- To recap on our recent activities, P. Gilbert invited members to share their experiences.
- PP George spoke about our Happy Lunch Service Project that was held on October 19th with 6 Choi Jun Students. PP George encouraged more members to participate in this service project. It is a happy occasion and a service project one can participate over the course of lunch.
- Rtn. Jason shared about our Hairy Crab Fellowship. Jason was happily surprised to enjoy hairy crab this year (because of recent market restrictions on Hairy Crab) Bernard arranged for the Hairy Crab to be delivered from China to HK for us.
- IPP Stacy shared about End Polio day and read Rotary Information about Polio.
- Red box: 1,000HKD



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## Rotary Information: ABCs of Rotary

### AVENUES OF SERVICE

We channel our commitment to service through five Avenues of Service, which are the foundation of club activity. • Club Service focuses on making clubs strong. A thriving club is anchored by strong relationships and an active membership development plan.

- Vocational Service calls on all Rotarians to work with integrity and contribute their expertise to the problems and needs of society.
- Community Service encourages every Rotarian to find ways to improve the quality of life of people in their communities and to serve the public interest.
- International Service exemplifies our global reach in promoting peace and understanding. We support this avenue by sponsoring or volunteering on international projects, using local member expertise to build long-term partnerships for sustainable projects, seeking service partners abroad, and more.

## Announcements

Congratulations to our President Gilbert and his spouse Crystal! They welcomed a beautiful Baby Girl on October 28th 2018! 102818! She was born 7.2 lbs. Welcome Baby Girl to our Rotary Family!



Birthday Celebration of our PDG Eric!  
On November 2nd - PDG Eric and his spouse Christine hosted a lavish party. Here are some photos from the joyous occasion.



## District Announcements

- Intercity Meeting on November 9th 2018. Enrol via P Gilbert.



## Choi Jun Swimming Gala

On October 27th 2018, we hosted our Annual Inter School Swimming Gala with Choi Jun School. Here are photos from our event:



## NOVEMBER BIRTHDAYS

November Birthdays

Happy Birthday to our Splendid Rotarians!

November 5th PDG Eric and PP Tim

November 9th PP Paul Chan

November 20 PP Eddy Wong



**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/>