



東風



TUNG FENG

香港東區扶輪社週報 THE ROTARY CLUB OF HONG KONG ISLAND EAST

What Happened at Our Meeting on 15th September, 2004

Pres. Rudy started the meeting at 1:15 pm.

Visiting Rotarians : PP Tajwar extended warm welcome to 8 members of Rotary Club of Hong Kong Bayview for their official visit, led by Pres. Stephen Chan with IPP William Chow, PP Lawrence Li, PP Witan Hung, PP Paul Chan, VP Lawrence Lam, PE Johnny Lee and Rtn K. C. Chan. Warm welcome also extended to our regular visiting Rotarian, charming AG Ada Cheng of Rotary Club of Wanchai.

Visiting Guests : PE Robert introduced his guests: Master Ma, Ms. Nicky Chan and Mr. Mark Lam. PP Stephen Liu introduced his guests, Ada and Cathay, to all members.

Birthday Boys : PP Stephen (9/9), PP John Luk (16/9) and Rtn Sam (22/9)- 3 handsome members, all 1 year stronger, were cheered with Happy Birthday Song from all members led by (being happily chosen) Rtn John V.

PP John Luk was also requested to give a few words about the HK Legislators Election on 12 Sep.2004. Although he did not win, PP John Luk spoke about the election with good sportsmanship.

Announcement :

1. Pres. Rudy announced that:- (A) Upon nomination of our Club for Area 3, approval being received for our PP Hubert to sit on the DG Nominating Committee for DG of 2006/2007 . Congratulations to PP Hubert. (B)Deadline for submission of application for DG nomination for 2006/2007 would be 30 Sep.2004. (C)President Night be postponed to Friday, 8 Oct. 2004, to enable more members to participate, details being emailed to members accordingly. Extra information is inserted in this bulletin.

2. PE Robert encouraged more members to sign up for the President Night. He also advised that special entertainment programmes being arranged, like Fortune Talk by Fong Shui Master, cosmetic make-ups session for ladies by H-2-O, and. Fun games.

3. PDG Uncle Peter informed members that Past RI Director Bill Boyd was nominated President of RI in 2006-2007 as per details in this bulletin.

Sergeant-at-Arm's Report :Treasurer Laurence reported that the Red Box Collection of the day was \$1,280-.

Speaker of the Day : Rtn John V introduced his very good friend, Dr. Chak Lu, a chiropractor by profession, to speak on "Sport injury : Preventive care for golfers", which illustrated:- Chiropractic care is to manage our body joint's normal range of motion and muscle fitness.

1. Monthly spinal semg analysis for spinal nerve compression
2. Chiropractic treatment for nerve compression, muscle & joint
3. Basic muscle training : Thera-band

- a. Lower Extremity : abdominal muscles, thigh quardiceps, hamstrings, gluteal muscles, gastro, lumbar spinal erectal m.
- b. Upper Extremity : deltoideus, biceps & triceps, brachioradialis flexor, flexor carpiradialis, extensor carpiulnaris, extensor carpiradialis.

4. Natural fruit : Papaya, banana & nuts Tissue salts : Magnesium phosphate, ferrous phoshate Water

5. Reverse action exercises & co-ordinations steps

6. For better sleeping quality : Coffee bath

7. Proper posture & clothing

8. Coaching Various diagnoses were performed during the talk, and one of our members (his name shall remain anonymous forever) was found that his neuro-muscular coordination was already over the hill!

Vote of Thanks to Speaker: Pres. Rudy presented to Dr. Lu a picture of him in action, Rtn Tony thanked the speaker for his very informative speech and asked golfers to follow Dr. Lu's advices of taking a coffee bath night before the game, after a good night sleep, before getting up from bed, to do leg joints exercises (both left and right sides), then deep knee bents, to take papaya, banana and nuts as breakfast, followed by magnesium phosphate and iron pills, making sure of good coordination and nothing was over the hill, by then it should be time to go to Rotary!

Next Week's programme : Our own PP Andrew would address a very specialized topic "A (Fairy) Tale of the Present Day Drybulk Freight Market".

!Special announcement!
Rescheduled Event Now :

Pres. Rudy announced that the President's Night would be on

*Friday, 8th Oct. 2004, at Craiengower Cricket Club (CCC),
Happy Valley, Hong Kong,*

free to our members and their spouse/or partner. 3 tables of Chinese cuisine have been arranged, members were encouraged to come and enjoy the fellowship. *There will be fortune telling, games, & raffle draw.*

Please contact PE Robert or PP John for details

Rotary Information

Special Rotary News

From reliable source, the nominating committee for RI President for the Rotary year 2006-2007 had met in USA and decided to nominate the following Past RI Director as the successful candidate :

William B. Boyd of Auckland, N.Z.

Nomination for District Governor 2006-07

This is an extract from DG Alex's notice which is reproduced here under for general information :

The office of District Governor-Nominee for the year 2006-07 is now open for application.

Pursuant to 15.070 of the RI By-laws, the nominated Rotarian must have the following qualifications at the time of selection:

1. Membership, other than honorary, in good standing of a club in the district from which he/she is nominated;
2. Full qualification for such membership in the strict application of the provisions therefor, and the integrity of the Rotarian's classification must be without question;
3. Membership in a functioning club in good standing, which has no outstanding indebtedness to RI or to the district as of the close of the fiscal year preceding that in which the Rotarian is proposed as a candidate for nomination for governor;
4. Served as president of a club for a full term or be a charter president of a club having served the full term from the date of charter to 30 June provided that this period is for at least six months.
5. Must demonstrate willingness, commitment and ability, physically and otherwise, to fulfill the duties and responsibilities of the office of governor as provided in section 15.090 of the RI By-laws;
6. The ability and commitment to meet additional qualifications called for on taking office; and
7. The candidate, at the time of taking office, must have completed seven years of membership in one or more Rotary clubs.

Please further note that it is a fundamental principle in Rotary that the best qualified candidates should be selected for service in Rotary's elective offices. Therefore, any effort to influence the selection process by campaigning, canvassing, electioneering, or otherwise under the RI by-laws.

The guideline set down by RI are as follows:

1. Rotarians should at all times conform to the prohibitions of the RI by-laws concerning campaigning, canvassing or electioneering. All Rotarians should observe both the letter and the spirit of the by-laws and refrain from any activity whose purpose or effect is to influence others by promoting or soliciting support for a candidate's or another Rotarian's candidacy. Such activity is repugnant to the spirit of the by-laws and the principles of Rotary and will be grounds for disqualification of a candidate.
2. Campaigning, canvassing or electioneering is an action seeking votes, requesting support in a forthcoming election, distribution of literature or promotional materials or other overt actions intended to promote one's candidacy for an elected Rotary office.
3. The periods of candidacy for elective office begin when individual Rotarians begin to give serious consideration to

submitting their names for a position covered by the RI rules for nominations and elections. Commencing at that time, candidates should be particularly careful to avoid any actions designed to publicize their names or achievements, to call attention to the applicable nominations or elections, or to give candidates an unfair advantage over other candidates for the same position.

4. The normal performance of duly-assigned Rotary activities would not be considered to be a violation of the policies related to campaigning, canvassing, or electioneering.

5. Should a candidate become aware of any campaigning or electioneering activities which are undertaken on the candidate's behalf, the candidate shall immediately and in writing express disapproval to all concerned and instruct them to terminate such activity.

Should any club wish to propose a Rotarian to be the candidate, please contact the District-Governor direct for the application form.

The completed application form must be submitted to the District Governor on or before 5 p.m. on 30th September, 2004 at 16 floor, Weswick Commercial Building, 147-149 Queen's Road East, Hong Kong.

On submission of this form, any office held by the candidate concerned in the district shall be suspended forthwith until such time as the DGN for 2006-2007 is elected.

Joke

Re: Miscommunication

A young man comes home one night, and his wife throws her arms around his neck: Darling I have great news I'm a month overdue. I think we are going to have a baby! The doctor gave me a test today, but until we find out for sure, we can't tell anybody.

The next day, a guy from the electricity company rings the door-bell, because the young couple has not paid their last bill:

Are you Mrs. Smith? You are a month overdue, you know!

How do you know? Stammers the young woman.

Well, ma'am, it's in our files! says the man from the electricity company.

What are you saying? It's in your files??

Absolutely

Well, let me talk to my husband about this tonight.

That night, she tells her husband about the visit, and he, mad as a bull, rushes to the electricity company office the first thing the next morning.

What's going on here? You have it on file that my wife is a month overdue? What business is that of yours? the husband shouts.

Just calm down, says the clerk, It's nothing serious. All you have to do is pay us.

Pay you? and if I refuse.

Well, in that case, sir, we have no option but to cut yours off.

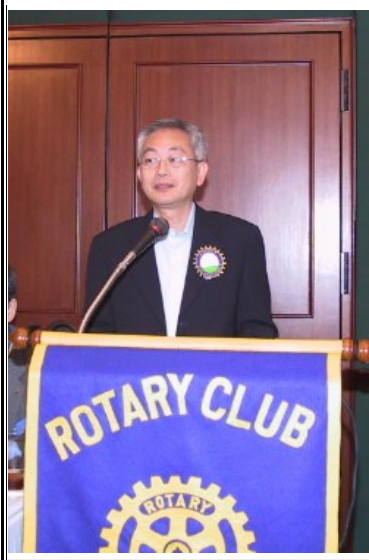
And what would my wife do then? the husband asks.

I dont know. I guess she'd have to use a candle.

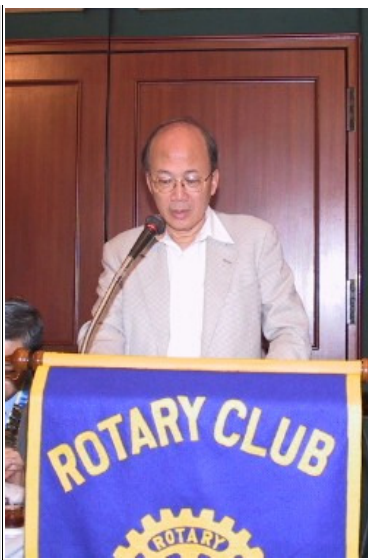
Photographs of Our Meeting on

15th September, 2004

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Dr Chak Lu, Chiropractor talking to us about Sports injuries.



PP J.L. reporting on the outcome of his election.



Pres. Stephen (Hong Kong Bayview) speaking to us about their visit.



(L to R) PDG Uncle Peter, Dr. Chak Lu, & Pres. Rudy.



(L to R) Hon Sec. John, Pres. Stephen Chan (HK Bayview) & PP Taiwar.



Rtn. John V & Pres. Rudy leading the birthday songs for PP.J.L., PP Stephen & Rtn Sam Wong (all holding their birthday present).



AG Ada paid us a visit. Here sitting with our Dir Eddy & visiting Rotarians from Hong Kong Bayview.



(L to R) PP Tim, two mentees of PP Stephen, PP Stephen the mentor, Rtn Heron & Dr. Tony.



(L to R) Rtn Sam, three visiting Rotarians from HK Bayview, IPP Henry, & PP J.L.



(L to R) PE Robert, visiting Rotarian, AG Ada Cheng (Wanchai) & Dir. Eddy.



Our guest speaker Dr. Chak Lu demonstrating on a "dummy" where the sacroiliacs are located.



The speaker demonstrating how our bodies are balanced while we are walking normally.



However, here showing us how not to walk by Dir Eddy. Notice how his arms are swinging out of rhythm



Pres. Rudy presenting a photograph of the speaker to him.



Group Photo of our visiting Rotarians & guests with PDG Uncle Peter, Pres. Rudy on 15th September, 2004

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