



扶輪 Tung Feng



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14th September 2011

Last Week's Proceedings – 7th September, 2011

Pres. Eric welcomed everyone to our 10th meeting of this year. He also introduced today's speaker Master Tam Kam Chi and spouse Fiona Ng, followed with HS Jonathan introduced his guest Dr. Lam from Hong Kong Shue Yan University, Guest Johnson Luk son of PP John Luk. Pres. Eric then welcome back PP Tim Lui, PP George Leung, PP John Luk and Rtn Dr. Ng Fook Hing who has joined our District event of membership Workshop during his hectic schedule, Rtn Kishu Narain also has been welcome back throughout the luncheon.

Pres. Eric introduced the three birthday boys, and they are our esteemed PDG Uncle Peter, PP Stephen and MC William Wong, our birthday boys have chosen birthday song leader, PDG Uncle Peter has invited our newest Rotarian Jonah, PP Stephen has invited PP George Leung and MC William Wong has invited SAA William Leung, PP George lead the song and all members raise their voice and sing together celebrating with the birthday boys, on top of that, Uncle Peter has cut the birthday cake together with other two birthday boys, Pres. Eric then presented the birthday gift to them.

Sergeant-at-arms William Leung reported the Red Box collection was HK\$1,300 which contributed by PDG Uncle Peter, Pres. Eric, PP Stephen, MC William, HS Jonathan, PP Tim, Rtn. Jonah, PP Uncle John, PP Eddy and IPP Heman.

Pres. Eric made his announcements as follows:

During the nomination of PE/VP candidate 2012-2013 in the board meeting held on Sept 5 2011 evening, HS Jonathan was proposed to be President Elect/VP Nominee for year 2012-13, to be proposed for election during our AGM on Nov 16, 2011 elected as President Elect for year 2012-2013. Please join me to congratulate our future club leader HS Jonathan. Pres. Eric invited HS Jonathan to say a few words. HS Jonathan said he is delighted and honored to be nominated as the President of our club of the Rotary year of 2013-14, furthermore, he thank you for all the support from members and will do his best to contribute to further benefit of our club.

1. September Club Program

1.1 Uncle Peter Golf Cup will be held on Sept 9 in Fanling Golf Course follow with a Birthday Dinner. Membership Chair William Wong reported the update progress.

1.2 Mid Autumn Festival Home Visit to 30 Elderly Singleton in Tai Hang Tung and Tai Hang Sai Estate will be held on Sept 10 (SAT), 44 Volunteers enrolled as from the Project in charge Anthony Kwong



THE ROTARY CLUB OF HONG KONG ISLAND EAST LTD.
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

1.3 Another Outing for elderly will be held on Sept 17(SAT) 10 am – 4 pm. 10 Volunteers is required Pres. Eric, PE Nancy, William Wong, Jonan, PE Nancy members enrolled, 1 Rotaractor George, 5 Holy Carpenter Secondary School students.

1.4 Vocational Visit of WEEE Eco-Garden on Sept 24, 2011. PIC William Wong also reported the arrangement

2. District Events:

2.1 Rotary Foundation Seminar, 3 Sept., 2011 Sat., 9 – 4:30 pm, Holiday Inn Golden Mile Nathan Road, Kowloon. P Eric, PE Nancy, MC William Wong, Rtn. Jonan attended

2.2 DG Visit to Mongolia 11- 15 Sept 2011. P Eric, Mem. Chair William Wong and Rtn Jonah will join. PE Nancy will act for the chair of the meeting on Sept 14.

2.3 Forum for Presidents and Rotaract Advisors “How To Make An Effective Rotaract Club” which will be held on 10 September 2011 Saturday at City University from 2:30 p.m. to 5:00 p.m. P Eric is invited to share their experiences.

2.4 District PR Workshop Sept 17, 2011 Sat
Venue: Hong Kong Management Association
Pico Tower, 2ndFloor, Room 201
66 Gloucester Road
Wanchai, Hong Kong
Time: 2:30pm to 4:30pm Free of charge

Please enroll to PIC: PR Chair Teresa. Our Project Visit WEE Eco-Garden will be quoted as a case in the workshop to generate PR activities. PIC William will provide info to District PR Committee.

2.5 RI Convention enrolled to IPP Heman and AG Andy for hotel reservation. Enrol online in RI web site too.

Pres. Eric invited MC William Wong to update the enrolment of Uncle Peter’s birthday party and Golf event, there are 26 participants for the golf game and similar participants for the dinner, MC William thank you for the opportunity to be PIC and encouraged him to take further responsibility on Rotary’s work, he also introduced the coming event of Vocational visit to WEEE Eco-Garden held on the 24th of Sep and invite members to participate.

Then, Pres Eric invited IPP Heman to report on the RI Convention, IPP Heman reported there are 12 rooms reserved and members please register through RI website by themselves ASAP if they are interested to join this meaning convention held in Asia, IPP Heman welcome members to contact him directly for further information.

Rtn. Jonah has invited to officially introduce the speaker Master Tam Kam Chi, Master Tam Kam Chi loves Chinese Wushu very much when he was a child. He seized the chance to have Master Weng Zhiyuan (王志遠), the inheritor of “Tai Chi” Master (傅鐘文), as his “Tai Chi” teacher. Years by years under the guidance of Master Weng, Master Tam has made great progress in Wushu. He won many prizes in different competitions.

He had also represented the Hong Kong Wushu Union to participate in competitions and won the gold medals of both Yang style Tai Chi Quan (楊式太極拳) and apparatus (器械). In 2010, he was the champion of Yang style Tai Chi Quan in the 4th World Traditional Wushu Championship.

In recent years, Master Tam started to develop Tai Chi teaching work. Apart from teaching *Quan She* fellow brothers and sisters regularly, he and his wife have found *Dance and Martial Arts Centre* (舞與武藝術中心) which is committed to promote traditional Chinese art and culture, teaching Chinese dance and Tai Chi.

After years of efforts in the promotion of Yang style Tai Chi Quan, it has resulted in great success. Through continuous practice, Master Tam’s students were not only become healthier, but also won the group champion in *Hong Kong Nei Jia Chuan Championship* (全港內家拳錦標賽).

Mr. Tam now is the chief director of *Dance and Martial Arts Centre* (舞與武藝術中心), vice-president and coach of *Hong Yong Nian Taiji Quan She* (香港永年太極拳社) and *duanwei level 6 in Chinese Wushu Association* (中國武術協會) 段位制 “中國武術六段”.

Master Tam introduced the background of Tai Chi Quan which is focus in health maintenance. The ancient art of tai chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. If you are looking for another way to reduce stress, you may consider tai chi. Tai chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body. Originally developed in ancient China for self-defense, tai chi evolved into a graceful form of exercise that's now used for stress reduction and to help with a variety of other health conditions.

Master Tam revealed that Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Despite its long history, tai chi has been studied scientifically only in recent years. And although more research is needed, preliminary evidence suggests that tai chi may offer numerous benefits beyond stress reduction, including:

- Reducing anxiety and depression
- Improving balance, flexibility and muscle strength
- Reducing falls in older adults
- Improving sleep quality

After the speech, Master Tam speech performed a set of modified Yang style Tai Chi Quan. Our members were impressed with his performance. Many questions were raised from the floor fro members. Finally, HS Jonathan officially thanked the speaker.

For next week program, we have pleasure to have invited Dr. Ben Tay and his topic of “Pain Management”.

Finally, at 2:05pm, Pres. Eric declared the closure of the meeting with a toast to RI and Hong Kong Island East and he also invited all members and guests to take a group photo.

Rotary Potpourri

"Peter Hall Golf Tournament cum Birthday Celebration.

On 9th September 2011, a Peter Hall Golf Tournament was held at the Fanling Golf Club with all together seven flights teeing off at the Old Course. The result was computered by IPP Heman Lam as follows:

Gross Scores : (1) Kevin Leung
(2) Hubert Chan
(3) Tajwar Shadikhan

Nett Scores : (1) Andre Chen
(2) David Li
(3) George Leung

Longest Drive: Kevin Leung
Gordon Lee

Closest to Pin : Gordon Lee
William Cheng

Prize Presentation will be held at one of the clubs regular luncheon meetings.

A lunch gathering was held at the Golf Club premises after the golf competition with all the players.

Later, two Chinese tables of Chinese dinner were arranged at the CCC club to celebrate the Birthday of Peter Hall at 7.00 p.m. was held with the golfers and spouses with children and friends.

During the evening, President Eric Chin reported his presidency with delight. To add more fun at the dinner, President Eric invited David Li to perform his magical trick of the silver chain and ring which amused the audience. Kevin Leung and the kids practiced the trick the whole evening with no success.

Without forgetting the club fund, a small game of miniature golf putting "hole-in-one" was introduced. Many members and guest participated and the Red Box was healthier with a small sum.

Uncle Peter was invited to say a few words by Pres. Eric. Peter expressed whole heartedly that the dinner was so nicely arranged and the many gifts he received, especially the global fish on the table. Thank you all. The party was ended at around 10.30 p.m."


JOKE FOR THE WEEK

Subject: Married Men

At a wedding party recently someone yelled, "All the married men please stand next to the one person who has made your life worth living."

The bartender was nearly crushed to death.



YEAR 2011-2012						
<i>President</i>	<i>Vice President / President Elect</i>	<i>Secretary</i>	<i>Treasurer</i>	<i>Ex-Officio</i>	<i>Advisor</i>	
Dr. Eric Chin	Nancy Yee	Jonathan Lamport	Dr. Rudy Law	Heman Lam	Peter Hall	
<i>Directors:</i>						<i>PP Council Rep</i>
Laurence Chan	John Kwok	Sharon Lamport	Norman Lee	Kevin Leung	Andy Wong	Andrew Chen
<i>Service Chairs:</i>						
Paul Chan	Colin Chau	Teresa Ho	Anthony Kwong	William Leung	Eddy Wong	William Wong Dr. Freddie Wu

Club postal address: P.O. Box 47064, Morrison Hill Post Office, Hong Kong

Club website: <http://hkie.rotary3450.org>

Make-up cards to Club Secretary: Ms Anne Ng

c/o Li, Tang, Chen & Co., 10/F, Sun Hung Kai Centre, 30 Harbour Road, Wanchai, Hong Kong
Tel : (852) 2827 8663 (ext.176) Fax : (852) 2827 5086

ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.



Our four birthday boys and their singers ,
Pres Eric



They congratulate each others



Cutting of the birthday cake



Pres. Eric give them their birthday presents



(L to R) Drs Tony, David, PP George and PP
Stephen.



(L to R) Johnson Luk,(PP JL's son), PP Tim,
& PP J.L.



(L to R) PP Eddy, Rtn Jonah, Dir. William and Mrs. Tam (Fiona Ng).



(L to R) Dr. Tam, IPP Heman, SAA William & Dir Teresa



Uncle Peter sitting with Master Tam Kam Chi



Pres. Eric seated next to PN HS Jonathan



Master Tam speaking to us about Tai Chi



Master Tam demonstrated his Tai Chi Chuen



Graceful postures





(L to R) Mrs. Tam (Fiona Ng), Master Tam and Pres Eric



The group photo of our meeting on 7th September, 2011



All gofers assembled in front of the club house



The first group led by Gordon Lee



The second group was led by Kinsen Fok



The third group was led by PP Desmond



The fourth group was led by PP Tajwar



The fifth group was led by Uncle Peter



The sixth group was led by PP Andrew



The seventh group was led by PP John



Uncle Peter's birthday cake



Pres. Eric presenting a gift to Uncle Peter



Uncle Peter blowing the candle



Uncle Peter cutting the cake



Opening the present



Another gift of a golfing doll



A gift from his family



A 3-D photograph of Isa and Norman



A happy group photo of the Rotary family and friends



A family group photo of his family and presents and the birthday cake.



A Group photo of all present.



Pres. Eric leading off on the fun part



Table no. 1 celebrating



Pres Eric proposing the toast



Toasting a drink to the birthday boy "Cheers"



PP David's amusing magic trick



We even had a putting game



We raised a few bucks at that



Uncle Peter made the lucky draw for the prizes and Emmy won



Another winner IPP Heman



Also Pres Eric won



And PP Stephen



Uncle Peter made a few words of thanks



Thanks for the gift



A Humble thanks



The organizer of the evening was PE Nancy.
Thanks for an enjoyable evening