



扶輪 Tung Feng



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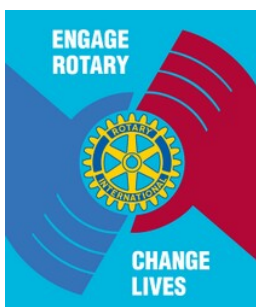
2nd October, 2013

Last Week's Proceedings – 25th September, 2013

Pres. Jonathan Lamport was calling sick and Immediate Past President (IPP) Nancy Yee was acting president for the luncheon meeting. Visiting Rotarian was none other than PP Ko Ying of Rotary Club (RC) of Hong Kong Northwest. Speaker was Ms Ocean Whitehawk and with her two friends of Ms Esther Poon and Joanna Ng. PP Hubert Chan introduced his guest of Dr. Raymond Chu. Welcome back was Rtn Jackal Lee, and PP George Leung and Rtn. William Wong from their RC Makati North visit.

IPP Nancy made her report as follows:

1. Due to the success of last year, "Happy Lunch" with Choi Jun school students will continue to be held so that more students can be benefited from this activity. Having lunch with Rotary club members, students can have a chance to talk to the professionals which will broaden their horizons. The first lunch will be tomorrow Sept 26 Thursday, from 12.30 to 2.00 PM at Fat Fat Restaurant, at 5/F, 90, Hung To Road, Kwun Tong, Kowloon., members who are interested please enroll to Hon. Secretary Carl Yau.
2. One of our meaningful project of HKIE: the "Inter-Special Education Schools Swimming Competition will be held on the coming Oct 26, 2013 from 9am to 12:30pm at Ma On Shan Public Swimming Pool. Choi Jun school which is a special education school for minor mental underdeveloped children, has been our adopt-a-school partner since 2010. Choi Jun School Principal KK Lee has invited 6 more special education schools to join in the swimming gala, members who are interested please enroll to HS Carl.
3. District Vocational Service Seminar will be held on the 22nd Oct Tue, 12:30 pm to 2:00pm at Marco Polo Hong Kong Hotel, The key note speaker is Dr. York Chow Yat Ngok, Chairman of the Equal Opportunity Commission. Through the seminar you may know why vocational service is important. All attendants only need to pay for own lunch fee \$280, members who are interested please enroll to HS Carl.



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**

- 4 Please notice that Nov 2 Saturday we will have a large scale District Event at Tseung Kwan O Sports Ground: "Sports Day For All 傷健共融運動日" We shall invite all our Adopt-A-School Partners, Rotaractors and Interactors to join. Estimate 3000 people will join the event. Track and field, mini golf game, soccer competition and game stall will be held from 9:00 to 13:00, opening ceremony will start at 15:30 and we will challenge to make a The Guinness World Records for holding hand in a longest chain from 15:00 to 17:00, members who are interested please enroll to HS Carl.

Sergeant At Arm Jonah Cheung reported the red box collection of the day was HK\$1,000.

Rtn. Stacy had a pleasure duty to introduce the speaker of the luncheon.

Ms Ocean Whitehawk was from UK and had been our speaker before, and with more than 20 years experience on self development training, one-on-one as well as insightful group study programs. Ms Whitehawk was author to a few books including Juicy Woman and The Simple Truth.

Ms Whitehawk talked about the right brain as being creative and intuitive. She then explained how to harness the innate creative power, and to change the personal life. Ms Whitehawk explained about the theory behind a book of Healing Power of Sound, by Jeffrey Thompson, and she was kind enough to bring along quite a few quartz crystal bowls to demonstrate her belief regarding the healing power of sounds, for relaxation, sound healing and other vibrational practices.

Before her demonstration of those powerful acoustic vibration, she gave a few illustrations of 'Shaping your life through your silent and spoken words' that kind words can give encouragement and with lasting effects:

- Words can comfort, inspire and heal
- Words can cut deep and leave unseen and long lasting scars.

Ms Whitehawk gave examples of the positive words (such as I can, I will, I believe etc.) that can create vibration, with more possibility, expanding, energetic and showing commitment. Ms Whitehawk also gave examples for not so positive words (such as I can't, I don't, I won't, etc.) that might bring negative connotations.

In short, Ms Whitehawk talked about the words being seeds for future, just as one person sowed so they would reap thereafter, and a person would probably get what he or she spoke about. For an exercise, Ms Whitehawk used 'How are you?' as a greeting to see how the audience would reply. There were many positive responses such as good, great, fabulous, fantastic, marvelous, excellent, etc.

Ms Whitehawk summarized her views saying each sound (word) was supposed to be creative, with a vibration potency to be either constructive or destructive, for timely and loving words to give a symphony of harmony and for the careless and cruel words to cause distress. Therefore Ms Whitehawk suggested the audience to avoid negative words from the daily speech. And also to invite new words into the vocabulary, that for the person who to speak, the speech would serve as a mirror of the soul.

Ms Whitehawk brought along a few quartz crystal bowls in different sizes and tuned to different musical notes. They ranged in size from 6-20 inches up. Generally, the smaller the bowl the higher the "pitch" and the larger the bowl the deeper the "pitch". The crystal bowls were made different colors by the inclusion of precious minerals or different types of crystals such as rose quartz, moldavite, and selenite. Some of them could be as expensive as US\$4,000 to US\$5,000. To further experiment of the sounds, Ms Whitehawk asked the audience to sit back, relax and close their eyes, to allow the sound vibration to echo into their minds.

Rtn. Sharon formally thanked our speaker in the usual Rotary manners, grateful for her taking the time and effort to show us her work of humanity.

For the next week meeting, it would be the first club assembly for the directors and project chairpersons to report on the progress of club project activities. IPP Nancy proposed a toast to RI coupled with RC of Hong Kong Northwest. The meeting was adjourned in time and the guests and members were invited to stay for a group photo.

Q. What is the most common form of birth control

A. Most people prevent contraception by wearing a condominium (That would work)

Q. Give the meaning of the term 'Caesarean section'

A. The caesarean section is a district in Rome

Q. What is a seizure?

A. A Roman Emperor. (Julius Seizure. I came, I saw, I had a fit)

Q. What is a terminal illness

A. When you are sick at the airport. (Irrefutable)

Q. What does the word 'benign' mean?

A. Benign is what you will be after you be eight. (brilliant)



YEAR 2013-2014

<i>President</i>	<i>Secretary</i>	<i>Treasurer</i>	<i>Ex-Officio</i>	<i>Club Advisor</i>		
Jonathan Lamport	Carl Yau	Rudy Law	Nancy Yee	Peter Hall Henry Chan	YK Cheng Hubert Chan	
<i>Directors:</i>						<i>PP Council Rep</i>
John Kwok	Eric Chin	Stacy Ho	Heman Lam	Norman Lee	William Wong	Andrew Chen
<i>Service Chairs:</i>						
Anthony Kwong	Kevin Leung	Dr. Freddie Wu Teresa Ho	Sharon Lamport	Laurence Chan		

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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.
at Regal Hong Kong Hotel, Causeway Bay, Hong Kong.**

25 September 2013 - Luncheon Meeting
Rotary Club of Hong Kong Island East



PP Uncle John Kwok, Guest Speaker - Ms Ocean WhiteHawk & Acting President IPP Nancy Yee



SAA Jonah Cheung & Rtn. Jackal Lee



PP Norman Lee & PP Ko Ying



Visiting Guests - Esther & Joanna



PP Hubert Chan & visiting guest - Dr. Chu Chor Lup



PP George Leung & PP Stephen Liu



Acting President IPP Nancy Yee chaired the meeting



Rtn. Miranda Chin & PP Andy Wong



PP Heman Lam & PP Norman Lee



Dir. William Wong & Rtn. Kishu Narain



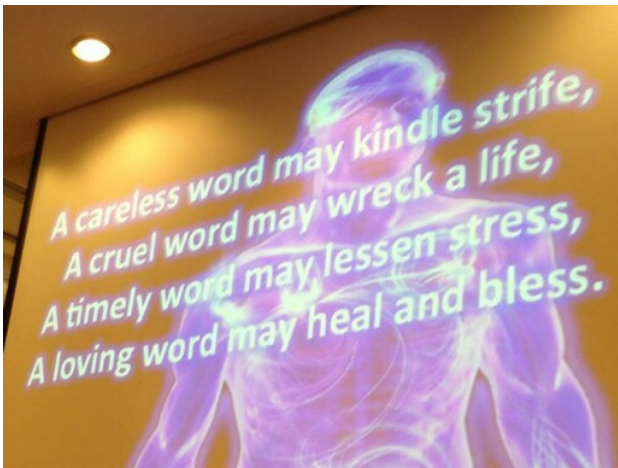
Dir. Stacy Ho & Rtn. Sharon Lamport



Dir. Stacy Ho introduced the Speaker



Ms Ocean WhiteHawk briefly shared how to attain Self-Love, Inner Mastery, and relaxation.



Some meaningful wordings from the presentation.



Acting President IPP Nancy Yee presented Ms Ocean a photo in action to thank her interesting talk

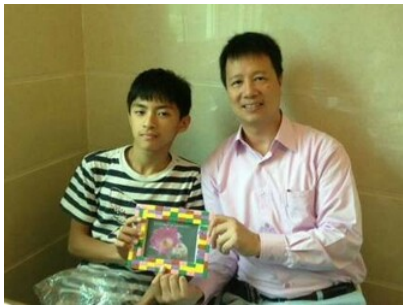


Rtn. Sharon Lamport gave a vote of thanks to Ms Ocean WhiteHawk on behalf of the Club



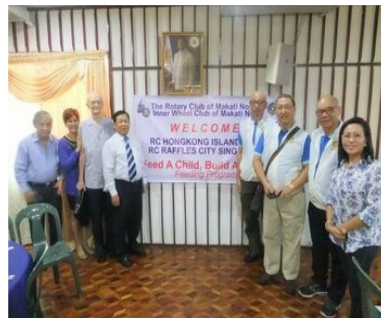
Group photo with guest speaker, visiting guests and members of HK Island East

Choi Jun School - Happy Lunch Program
26 September 2013 in Kwun Tong



Lunch at Fat Fat Restaurant

Visiting Sister Club Rotary Club of Makati North, Manila, Philippines
Sept 12 to 15, 2013
FEED A CHILD, BUILD A NATION
FEEDING PROGRAM





FELLOWSHIP, GOLFING AND 40TH ANNIVERSARY “LE CABARET” NIGHT





