



東風



TUNG FENG

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

Last week's Proceedings -

15th October, 2008

Last Week's Proceedings - 15th October, 2008 The 16th Rotary Meeting of the Club started with President Andy in the chair. Fourteen members and guest, including the speaker, attended. The hotel gave us a Chinese luncheon this time, and all enjoyed it.

There was no visiting Rotarian. President Andy introduced his guest, Paul Kan, ex-Rotarian and PP. We welcomed back PP John Luk, who turned out to be also our birthday boy (belated, should be in September) and PP John the Long was the leader of his birthday song.

SAA Jackal reported the day's red box collection at \$700 with PP John Kwok topped it to \$800.

Announcements made by President Andy included:

CLUB NEWS:-

During the recent Board Meeting PE Norman proposed to select World Trade Centre Club in Causeway Bay as our 55th anniversary party venue. It was seconded by Dir. Eric. There being no objection, the motion was carried unanimously.

Pres. Andy confirmed the Joint Meeting with RC of HK Harbour will be arranged on 6th November, and speaker will be Dr Lui, PP Tim Lui's brother who has been working on voluntary medical projects in Sichuan, details are yet to confirm, Pres. Andy will follow up.

This year's AGM is scheduled on Nov. 26th, 2008. Hon. Sec. Heman will send notice to all members at least 21 days prior to the AGM.

The Choi Jun School will arrange a check presentation ceremony on Oct. 25th 2008 for the swimming project. Pres. Andy will request the school to prepare a big sample check for photo taking purpose. Pres. Andy will provide the detail of the sponsorship amount to Tres. Rudy for the payment preparation in due course. Pres. Andy will send email to all members to invite them to participate in this ceremony.

DISTRICT NEWS:-

Our District's Rotary Information Centre has employed 2 new administration assistants & 1 administration manager.

Nomination Committee for DG 2011 - 2012

For Areas 3 & 7, more than one nomination received, it will be necessary for clubs in these areas to vote among the nominees.

New Member Orientation program

Date: 15 November

Time: 1230-1700 hrs

Venue: The Chinese General Chamber of Commerce

Cost: HK\$100

Rotary Leadership Institute Will be run on 15 Nov.

Vocation Seminar

Speakers are DGN Jason and the President of the Law Society, Mr. Lester Huang as Guest Speaker with speech topic "Money Laundering". Detailed information is as below:

Date: 21st October 2008 (Tuesday)

Time: 12:30 - 2 p.m.

Venue: Ground Floor, Centenary Room, The Marco Polo Hongkong Hotel, 3 Canton Road, Tsimshatsui, Kowloon.

Fee: \$280 (pay as you enter)

This concluded Pres. Andy's report.

The speaker for the day was Rotarian Tony, who spoke on the topic of "Liu Xiong's Right Tendo Achelles" from an orthopaedic surgeon's view point. He began by showing a couple of pictures where Liu Xiong was sitting on the track clutching his right heel in obvious pain, after he failed to go on in the preliminary heat.

A Disclaimer was announced as no inside information was privileged to him. Achelles was the greatest of the Greek heroes, and the central figure of Homer's Iliad and the Trojan War. He was the son of King Peleus and sea nymph Thetis. His mother dipped him in the River Styx as a babe, making him invincible.

However, she held him by the ankles and the heels were not wetted. Eventually he was killed in battle by Paris with an arrow to his vulnerable point, the heel. This was the story behind the "Achelles' Heel".

Anatomically, the heel consisted of the heel bone and the lining, the tendon which was attached to the bone, and a bursa between for reduction of friction. The tendo Achelles is the biggest and strongest tendon of the body and is powered by the triceps suri muscle in the calf. The muscle contracts to allow us to stand, walk, run, jump and getting up from a chair etc.

Hurdling involved jumping with the right leg (for most athletes) to clear the hurdle and is therefore the muscle that bears the most wear and tear. Repeated micro-tears will cause scarring, inflammation, pain and swelling.

Liu Xiong's injury was probably at the insertion of the tendon to the heel bone. It could be treated by medicines, physical therapy, steroid injection or operation. Apparently he had already received injection to the site but it did not enable him to perform at the Olympics.

He was currently in the US for further treatment. "To be or not to be, that is the question." said Hamlet. It was thought to be before the heat, but turned out not to be. Man proposes and God disposes. Athletes win or lose, great leaders come, go and die. Two verses were quoted for our contemplation:

Just as man is destined to die once, and after that to face judgement. Epistle to the Hebrews 9:27.

For death is the destiny of every man, the living should take this to heart. Ecclesiastes 7:2.

Questions and answers followed, and President Andy proposed a toast to the RI coupled with the RCHKIE and declared the meeting closed at 1:55pm for further fellowship.

Rotary Potpourri

Vocational Service Month

October is Vocational Service month as designated by Rotary International. To observe this special month, we just quote one of the RI Strategic Plans by taking Rotary back to its roots of including emphasize Rotary's unique vocational service commitments.

The plan specifically encourages Rotarians to promote ethical decision-making by taking the lead in business and vocational associations, to find new ways to help others, particularly the unemployed, developing vocational skills and to develop more vocational forums.

The RI board also encouraged Rotarians to follow the ideals outlined in the Declaration of Rotarians in businesses and professions. The following guidelines, adopted in 1989 by the Council on legislation outline the expectations that Rotarians promote high ethical standards in their chosen professions, act fairly and honestly in business relationships and advertising. And offer their vocational talents to improve their communities, among other things.

The Declaration for Rotarians in Businesses and Professions read as follows:

"As a Rotarian engaged in a business or profession, I am expected to

1. Consider my vocation to be another opportunity to serve;
2. Be faithful to the letter and to the spirit of the ethical codes of my vocation to the laws of my country and to moral standards of my community;
3. Do all in my power to dignify my vocation and to promote the highest ethical standards in my chosen vocation;
4. Be fair to my employer, employees, associates, competitors, customers, the public and all those with whom I have a business or professional relationship,
5. Recognize the honor and respect due to all occupations which are useful to society;
6. Offer my vocational talents to provide opportunities for young people, to work for the relief of the special needs of others and to improve the quality of life in my community;
7. Adhere to honesty in my advertising and in all representations to the public concerning my business or

profession;

8. Neither seek from nor grant to a fellow Rotarian a privilege or advantage not normally accorded others in a business or profession relationship."

Electronic Make-up Questions

You can submit an electronic makeup for this missed meeting by answering the following questions:

Name:

Email:

- | |
|---|
| 1. Who was our visiting guest today ?
Ans) |
| 2. How many members have attended our meeting today ?
Ans) |
| 3. Do we have any birthday boy today ?
Ans) |
| 4. We have welcomed back whom today ?
Ans) |
| 5. When will the joint meeting with RC of Hong Kong Harbour be held ?
Ans) |
| 6. When will our upcoming AGM be held ?
Ans) |
| 7. When will a cheque presentation be held at the Choi Jun School ?
Ans) |
| 8. Who was our speaker today ?
Ans) |

Joke

Instead of a joke we present you a street story for sharing:

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: 'I am blind, please help.' There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were. The boy recognized his footsteps and asked, 'Were you the one who changed my sign this morning? What did you write?'

The man said, 'I only wrote the truth. I said what you said but in a different way.' What he had written was: 'Today is a beautiful day and I cannot see it.'

Do you think the first sign and the second sign were saying the same thing?

Of course both signs told people the boy was blind. But the first sign simply said the boy was blind. The second sign told people they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

Moral of the Story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively .

Invite others towards good with wisdom. Live life with no excuse and love with no regrets. When life gives you a 100 reasons to cry, show life that you have 1000 reasons to smile. Face your past without regret. Handle your present with confidence. Prepare for the future without fear. Keep the faith and drop the fear.

Great men say, 'Life has to be an incessant process of repair and reconstruction, of discarding evil and developing goodness.... In the journey of life, if you want to travel without fear, you must have the ticket of a good conscience.'

The most beautiful thing is to see a person smiling... And even more beautiful is, knowing that you are the reason

Photographs of our meeting

on

15th October, 2008



PDG Unlce Peter, (Speaker) Rtn Tony Loy & Pres. Andy Wong



Rtn. Colin Chau, Dir Nancy Yee & PP Uncle John Kwok



(L to R) Rtn. Kevin Leung, IPP Laurence Chan, PP David Li & PP John Luk



(L to R) Visitor Paul Kan, PP Rudy Law, Rtn Jackal Lee & Rtn Kenny Chan



Pres. Andy Wong reported the last Board Meeting and District news to the members



Acting SAA Rtn. Jackal Lee reported the Red Box collection



Pres. Andy Wong presented a birthday gift to our Birthday Boy PP John Luk



Pres. Andy presented a birthday gift to PP John Luk and Uncle John Kwok led the singing of the birthday song



Rtn. Tony Loy gave a talk about Liu Xiong's right heel



Group Photo with members & visiting guest

[previous home](#)

-
-
-
-
-
-
-