



# 扶輪 Tung Feng



Vol. 61 No. 16

30<sup>th</sup> October, 2013

## Last Week's Proceedings – 23<sup>rd</sup> October, 2013

President Jonathan Lamport was presiding for the luncheon meeting again. We were delighted to have visiting Rotarian George Mills from Rotary Club of Port Macquarie Sunrise of NSW, Australia again & Past President Hubert Chan introduced his guest of Dr. Tony Chu, who was also a frequent visitor to us. Our luncheon speaker was Mr. Jerry Yeung, a kung fu master from Ving Tsun martial arts.

Pres. Jonathan reports as follows:

- 1 We will move 13th Nov luncheon to 11th Nov dinner meeting to have joint meeting with Rotary Club of Happy Valley. From 7 pm to 10pm, at Regal Hotel Causeway Bay, and there is heavy weight speaker Mr. Allan Chiang, Privacy Commissioner who will share his insight of the Privacy and Data Protection, which are very important to our management of our clubs and business. The cost is HK\$ 450 per person, members who are interested please enroll to Hon. Secretary Carl Yau.
- 2 AGM for our Club will be held on 4th Dec 2013. Nominate form will be circulate to member one month in advance.
- 3 One of our meaningful projects of Hong Kong Island East: 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.
- 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 3,000 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 Record" for holding hands in a longest chain from 15:00 to 17:00, 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**

- 5 This Friday we are going to have a BBQ dinner at the Deep Water Bay Golf Club, from 6:30PM to 10:00PM. We have over 30 participants and this function is an annual fellowship event to allow members to have more time to wine and dine in a more casual format. This party will also serve as the award presentation for Uncle Peter golf tournament. PDG Uncle Peter will come in the earlier part to chat with our members and present the prizes to the winners. The Cost is HK\$450 adult, HK\$260 kids which is 12 or under and free for baby under 3, members who are interested please enroll to HS Carl.
- 6 The 2013 District Golf Tournament which will be held at Mission Hill Dongguan (Rose-Poulter Course) on 29th Nov (Friday). The Registration Fee is HK\$1,800 for Non-Mission Hills Member and HK\$1300/player for Mission Hill Dongguan Club Member. Entry fee includes green fee, golf cart rental, flags for longest drive & closest to pins, lunch, dinner, prizes & round trip transportation (HK - Dongguan Club). Deadline for Enrolment is 10th Nov., 2013, members who are interested please enroll to HS Carl.

SAA Jonah Cheung reported the red box collection was HK\$1,400.

PP Eric had a pleasant duty to make an introduction to our luncheon speaker, Mr. Jerry Yeung who was a kung fu master of Ving Tsun Martial Arts Institute.

Jerry started practicing kung fu under the coaching of Master Wong Shun Leung in 1989. Jerry represented HK and participated in the 7th World Wushu Championships, and also winning in more than 10 contests of 'sanda', kick-boxing and various kinds of ring games 2004 - 2010. Jerry acquired the advanced (level 2) instructor recognition awarded by the Hong Kong Wing Chun Union in 2010. Jerry was also a co-host of Kung Fu Quest II of RTHK programme in 2012.

Jerry was happy to share his view about Ving Tsun (VT) martial arts that was originally started in the South China and now spread and well known internationally. There were quite a few distinct characteristics of VT kung fu, that it was mainly designed for self-defense (not solely for performance), and being human oriented (interactive, not focus on kicking wood or brick, not imitating from creature movement exercises).

Jerry introduced the VT concepts of practice makes perfect, that they had only 3 sets of routine training, yet it took 2-3 years regular practicing to be extremely versatile, and to internalize the kung fu movements (with relaxation, becoming a natural instinct and being interactive).

Jerry explained the simple VT martial arts principle that the learner attempted to be active, rather than reactive in self-defense, to tackle the possible multiple threats in conflict situation.

Jerry said VT kung fu had a self-defensive objective, therefore it was primarily focusing on the central line of the human body, as the organs of eyes, nose, mouth, heart, stomach etc which were all vulnerable to attacks.

- 1) Being aggressive and straight forward, in the right timing to take the right position of central line first, before any attacks to happen. 「搶中」
- 2) Stay control of the central line to better manipulate the self-defense situation, to nullify the attacks. 「守中」
- 3) Because all self-defense start from central line, so stay tuned in the position. 「留中」

Jerry praised Bruce Lee in the 1970s-1980s to help kung fu spread to the western world, and who had absorbed the essence of VT skills and added his personal observation, to create his own brand name.

The guests and members were greatly impressed by the demonstration of Jerry and PP Hubert. Pres. Jonathan presented our speaker his photo in action and PP Hubert thanked the speaker in our usual Rotary manners.

Next week program would be for wine talk by Mr. Gary Benny of Bellavita Fujian Winery. Pres. Jonathan made a toast to Rotary International coupled with RC of Port Macquarie Sunrise. The meeting was then adjourned and the guests and members were invited to stay for a group photo.



## Rotary Potpourri

### Sharing of President Jonathan's Mongolian Trip Report

#### **The True Experience of Fellowship – An Eye Opening Trip to Mongolia**

When I first joined Rotary, I have always been told by the senior members about The 4-Way Test and the importance of all the service projects, however, fellowship between Rotarians is a phrase that we often use in Rotary functions, newsletter, meetings, international visits etc. as well. The word fellowship is easy to understand but difficult to experience. A great smile, a solid hand shake, a big hug are our usual greeting manners throughout Rotary gatherings. Throughout the Mongolian visit with DG Eugene, 20 fellow Rotarians from different clubs have also joined and their participation made the journey to Mongolia an unforgettable experience. I would like to share with you my humble thoughts on the true experience of fellowship.

I have participated in the Mongolian visit from 11th to 16th September 2013 consisting of 6 days and 5 nights. Normally this trip would have been a bit too much for a new president like me who is already working 12 hours in his day job plus a young family to look after (2 young children under 6). However, encouraged by the senior members, I have decided to have faith and make a promise to go. I was pulled out from my daily routine. The night before my wife seemed a bit uncertain about me taking 6 days off from our life together. Anyway, I arrived safely at the airport. I was greeted by many great smiles from several new faces from other clubs. After some group photos, we hit the road of our journey. When we arrived at the Mongolian capital, Ulaanbaatar, we were again greeted by warm welcomes from RC clubs of Mongolia. We took the coach, hit the road, had lots of laughs. Then fruitful conversations began, and all new faces talked to each other like old friends, made jokes, discussed the trip to come. It was indeed very exciting. We then arrived at the dinner place hosted by the local clubs. We all enjoyed the good meal, lots of joy, old chaps hugging, new friends chatting. It was so much fun.

Then we proceeded to check in the hotel and woke up at 4am the next morning, took the 6am flight to Gobi Desert and arrived at the Southern Gobi. Once in the rural area with blue sky, 5 jeeps were waiting for us. It was a really good arrangement. We immediately hit the road for our destination, the Camp(hotel) consisting of real Mongolian yurts, more blue sky, clean air, beautiful prairie, and lots of warm welcoming smile. The yurts was clean and acceptable, although only communal washrooms were provided. It was quite fun nonetheless. Most importantly, there were no Wi-Fi, only weak mobile signals. Back home, usually everyone would have had their heads down into their smartphone all the time and now we all switched to having our heads up all the time for fruitful conversation between Rotarians. It was truly a great fellowship encounter for us.

During the days of mountain and valley visits, Gobi Desert, dinosaur relics, visiting nomad families and lots of laughs and jokes, meeting local Rotaract Clubs, we were all so pleasantly surprised by their enthusiasm of being Rotaractors; and when it came to one of the biggest events of our trip, the Chartering Ceremony of a New Rotary Club in Mongolia "The Rotary Club of NOMT", we had a wonderful banquet, wonderful performance, fruitful fellowships with Rotarians from all over the world. It was really unforgettable and an eye opening trip to experience.

Thanks for all the arrangement by DG Eugene and all participating Rotarians, I have enjoyed the most unforgettable trip in my life.

Yours in Rotary,  
JONATHAN LAMPORT  
President 2013-14  
RC of Hong Kong Island East

  
 LAUGH FOR THE WEEK

**Subject: Rabbi Hears Confessions**

A Priest in a small town was called away for an emergency on a Sunday afternoon while he was about to hear confessions. Not wanting to leave the confessional unattended, and having no one else to assist him he called his Rabbi friend from across the street and asked him to cover for him.

The Rabbi told him he wouldn't know what to say or do. The Priest told him to come over and he'd stay with him for a little bit to show him what to do. The Rabbi dutifully came over. The Rabbi and the Priest were in the confessional working out the details.

A few minutes later, a woman came in and said, "Father, forgive me for I have sinned."  
 The priest asked, "What did you do?"  
 The woman said, "I committed adultery."  
 Priest: "How many times?"  
 Woman: "Three times."  
 Priest: "Say two Hail Mary's, put five dollars in the donation box and go and sin no more."

A few minutes later a man entered the confessional. He said, "Father, forgive me for I have sinned."  
 Priest: "What did you do?"  
 Man: "I committed adultery."  
 Priest: "How many times?"  
 Man: "Three times."  
 Priest: "Say two Hail Mary's, put five dollars in the box and go and sin no more."

The Rabbi told the Priest that he thought he understood the procedure, so the Priest left.

A few minutes later another woman entered and said, "Father forgive me for I have sinned."  
 Rabbi: "What did you do?"  
 Woman: "I committed adultery."  
 Rabbi: "How many times?"  
 Woman: "Once."  
 Rabbi: "Go do it two more times. We have a special this week, three for five dollars!"



<b>YEAR 2013-2014</b>						
<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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**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.  
 at Regal Hong Kong Hotel, Causeway Bay, Hong Kong.**

# 23 Oct 2013 - Luncheon Meeting Rotary Club of Hong Kong Island East



Pres. Jonathan Lamport, visiting Rotarian George Mills from RC of Port Macquarie Sunrise of NSW, Australia & PP Eric Chin



PP Uncle John Kwok & guest speaker - Ving Tsun Kung Fu Master Jerry Yeung



PP Henry Chan, PP Hubert Chan & Rtn. Peter Yeung



PP Norman Lee & Rtn. Freddie Wu



PP David Li, visiting guest - Dr. Tony Chu & PP Stephen Liu



SAA Jonah Cheung & Rtn. Avis Kong



PP Eddy Wong & Hon. Treasurer. Rudy Law



Rtn. Tony Loy & Rtn. Teresa Ho



PP Andy Wong & Rtn. Kevin Leung



PP Eric Chin introducing the speaker



Master Jerry Yeung gave us a talk about Ving Tsun Kung Fu



Some Ving Tsun Kung Fu demonstrations by Master Jerry Yeung, PP Hubert Chan & Rtn. Avis Kong



PP Hubert Chan gave a vote of thanks to Ving Tsun Kung Fu Master Jerry Yeung on behalf of the Club



Pres. Jonathan Lamport presented Master Jerry Yeung a photo in action to thank his speech and demonstrations



Group photo with members, visiting Rotarian & guests.