



# 扶輪 Tung Feng



Vol. 59

No. 18

9<sup>th</sup> November 2011

## Last Week's Proceedings – 2<sup>nd</sup> November, 2011

Pres. Eric opened the meeting by inviting PP Uncle John to introduce our visitors, Dr. Lo Wing Kit, from Hong Kong and a frequent visitor Rtn Joanne Li of RC of St. Ives, Australia. He then asked Rtn Jonah to introduce his guest who is his nephew Grant Cheung from Canada. Next Pres. Eric introduced his wife Christine and the Speaker of today his sister Dr. Miranda Chin who will be further introduced later on. Also PP Norman introduced his wife Isa.

Pres Eric then welcomed back some of our wandering returning members among them were PDG YK, PE Nancy, PP Eddy Wong, PP Stephen, PP George, Rtn Dr. Tony, PP Dr. Rudy, Dir Kevin, Rtn, Jason, IT Chair Anthony, and Rtn. John Yao.

He then announced that PE Nancy received the Award of The Most Potential Golfer from PDG Uncle Peter for the Uncle Peter Golf Cup.

We all celebrated the birthday with our Pres. Eric with PDG Uncle Peter, PP Uncle John and our First Lady Christine witnessing the birthday cake cutting ceremony in front of our members and guests.

Pres. Eric then brought us up to date on some of our recent club programs in October .and November:

### 1. Club Programs in October

- 1.1 Oct 26 Wed. 6:30 – 11 pm, B 403, Race Course Fellowship Dinner, 26 members and guests enrolled.
- 1.2 Oct 29 Sat. Choi Jun Inter School Swimming Gala, 5 Special Education Schools and One Secondary School in Ma On Shan Public Swimming Pool from 9 am – 1pm.. DG David, DGN Eugene and 11 members and spouses attended
- 1.3 Oct 30 Sun. 10 K Race Tai Mei Tuk, PIC PP Norman, Runner enrolled including:  
5 Team (20 persons) under sponsorship of Platinum Team and Christine Lee joined.  
2 LNU RAC and 8 spouses and siblings and Joseph and his colleague and photo team (4 persons) attended. Total: 32 participants.



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

- 1.4 Oct 31 Mon. Networking Happy Hour Reception with PolyU Doctor of Business Administration Association Alumni to introduce Rotary. DBAAA Alumni: 14 and 6 members attended.

### **Club programs** in November

- 1.5 Vocational visit to the Infectious Disease Center at Princess Margaret hospital on 4 Nov; 2011( Friday Morning). It is one of the most advanced center worldwide with top facilities in the isolation and treatment of highly contagious diseases. A lunch hosted after visit by Dr. Wu.
- 1.6 Nov 11, Friday 12 – 2 pm Elderly party held in St. James Settlement Kindness Center. Please enroll to PIC PE Nancy
- 1.7 Signature Eco Project: Plant 106 Trees Program in Fanling on Nov 13, 2011 9 -1 pm. 120 Participants. All members please join. Sponsor P Eric, PIC William Leung report

### **2. District Events:**

- 2.1 Oct 28 2011 Fri. District Vocational Award Evening,  
Attended by PP John Kwok, AG Andy, Pres. Eric and Rtn. Jonah
- 2.3 Oct 29, 2011 Sat. Rotarian and Rotaractor Singing Competition  
Attended by Pres. Eric and PE Nancy
- 2.4 Visit North Korea from Nov 5 -8, Pres. Eric and MC William will attend.
- 2.5 Nov 19 Sat. 9:30 – 11:30 am, Choi Chun School Farm Kick Off ceremony.  
Expected 8 members to attend. The vegetable are expected to be harvested before Christmas so that they can delivered to us for consumption.
- 2.6 District Wine Tasting and Auction  
Date: Nov 23, 2011 Wed  
Time: 7 – 10 pm  
Venue: 52/F TWO IFC

We are one of the hosting clubs and expect 10 enrolments from members. Please enroll to JS Jonathan and PIC Colin

Then our Sergeant At Arm William Leung announced the Red Box collection of today being HK\$2,200.

PE Nancy introduced our guest speaker for today being Dr. Miranda Chin who is Artistic Director and Choreographer, and her topic is Innovation and Creativity: "When Tai Chi meets Dance".

Since 1970s, Dr. Miranda Chin has engaged in more than 100 pieces of dance works, serving as dancer, choreographer and coordinator. From 1981 to 1986, she studied Chinese dance and modern dance-the Laban Movement Analysis in Beijing and New York respectively. Her subsequent productions, built upon the uniqueness of Hong Kong culture and known for their originality, smoothly blend the essence of Eastern and Western dances.

Dr. Chin founded the Danceland and the Miranda Chin Dance Company in 1981 and 1989 respectively. Her dance works have been staged in London, New York, Canada, Beijing, Singapore, Malaysia, the Philippines, Cyprus and Seoul. Chin won the Dancer of the Year Award from the Hong Kong Artists' Guild in 1989. She was listed in the Who's Who of Contemporary Achievement and received the World Lifetime Achievement Award by the American Biographical Institute. She also received the Twentieth Century Award for Achievement from the International Biographical Centre of Cambridge, the United Kingdom.

Dr. Chin obtained her Doctorate degree in Business Administration upon graduation from Newport University of the United States. In 2000, the Beijing Dance Academy appointed her as a senior dance instructor for Hong Kong.

In 2001, Chin was considered a modern dance choreographer of the first generation in Hong Kong by a book entitled Dance History of Hong Kong. In 2003, she is considered an outstanding achievement in dance as well as significant contribution towards the Hong Kong Dance scene by Hong Kong Dance Hall of Fame.

Since 2001, Dr. Chin has created a series of Chinese cultural modern dance of "Martial Arts & Tai Chi". She was a senior Visiting Scholar at the Beijing Sport University in 2004. In 2010, with the support of the Hong Kong Arts Development Council, Chin wrote a book to share with readers the process and experience of her exploration, realization and experimentation during the creation of the dances for Wuji in 2001-2008. Wuji comprises of seven episodes, and each episode makes use of one creative plot around wushu taichi.

Miranda gave a detail explanation on the journey she created the dance series integrating Tai Chi and Modern Dance as follows:

#### The Creation of the Chinese Martial Arts Dance Series

##### I. Chinese Martial Arts Dance I

- i) Martial Arts and Dance – a traditional interpretation
- ii) Wuji and Tai Chi – a modern creation

##### II. Chinese Martial Arts Dance II

- A combination of magic, martial arts and Tai Chi; variations in attack and defence; shuttling and intersecting; reciprocity between Yin and Yang.

##### III. Chinese Martial Arts Dance III

- The Tai Chi Chant resonates, moves and envelopes mountains and river

##### IV. Chinese Martial Arts Dance IV

- The whole piece of dance is a mix of the continuous actions of “Neijiaquan” (a kind of Tai Chi Boxing), the quick and forceful Tai Chi staff and the spiral force of Chen style Tai Chi, all of which interacts wonderfully with the musical movements.

##### V. Chinese Martial Arts Dance V

- Eight Trigrams of the I Ching Yin Yang and Five Elements Striking the writhe of the “Tao” of Dance

##### VI. Chinese Martial Arts Dance VI

- The Transitional Changes of the Five Elements as demonstrated in Martial Arts Dance and the Elusiveness of Qi

##### VII. Chinese Martial Arts Dance VII

- Exploring the Origin of the Chinese Culture of Nourishing Life, Dancing to the Rhythm of Life of the Five Organs

To further extend the integration of Ancient philosophy of Dao Tu Cheng, Tai Chi and Laban Movement, she further created a brand new series relating Tai Chi and Water stated in Dao Tu Cheng presenting with Laban movement. The performance will be featured on Nov 25 and Nov 26 in Sai Wan Ho Cultural Center.

Rtn Dr Tony Loy was then asked to give a vote of thanks to Dr. Miranda Chin.

Finally, Pres. Eric announced that our next week’s speaker is PP Grace Yen, the chairperson of the District ‘The One’ committee and asked everyone to come to listen to her. He then adjourned the meeting by proposing a toast to RI couple with the Rotary Club of St. Ives and the Rotary Club of Hong Kong Island East.



## Rotary Potpourri

### **A memorable visit to the Hospital Authority Infectious Disease Centre at Princess Margaret Hospital.**

Our visit to the Hospital Authority Infectious Disease Centre at Princess Margaret Hospital on 4 November 2011 was a fascinating event. All the 16 members and guests who attended the visit were amazed by the dedication of the medical team to the high technological design and the seamless cooperation of the team members in controlling infectious diseases. The splendid sea view of the new Stonecutters Bridge was also very impressive. After the visit, we enjoyed a delicious lunch at a restaurant at Park View Towers before returning to our busy work. Thank you so much for the vocational visit arranged by the vocational service chair Dr. Freddie Wu and his lunch to all members.

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### **106 Trees Planting Day to Celebrate RI 106<sup>th</sup> Anniversary**

Dear Fellow Members and school partners,

Since the inauguration of President Eric, it was announced that there will be a signature project, Tree Planting Day to be held this year during which DG David Harilela will participate. After a site visit on Oct 23rd, the details of this event are at last confirmed. A total of expected 100 participants will have a chance to adopt a sapling in Dan Shan River natural environmental conservation region in Fanling. Every participant will dig and make ready the soil, touch and plant the sapling intimately by hand, cover the root with soil again, and water them carefully.

After all these hand on experiences, all participants will be able to perceive and realize the difficulty of planting and growing a tree from a sapling and the importance of restoring and preserving green trees in our natural environment. They are expected to learn to care, protect and respect every tree and plant they can come across in their lives, and most importantly spread this message in their schools and community.

120 participants are expected. St. James Settlement will bring 30 "Teens' group primary school pupils who are beneficiaries of Sham Shui Po Pupils After-School Learning and Support Programme". 20 volunteer students from Holy Carpenter Secondary School will also join and 12 parents and students from our school partner, Choi Jun School will also join.

Then we will have lunch together at Lavender Garden (香薰園) in Hok Tau (鶴藪) Fanling which is 20 minutes walk from the tree planting site. The menu is traditional "Poon Choi" (盆菜). I hope all of you will enjoy it. For Rotarians, spouses and friends, it is HK\$150 per person.

It is a great chance to visit the natural environment if you are often busy in cosmopolitan city. Your participation and support to Rotary and trees conservation are important. Deadline is close. Please enroll to me or HS Jonathan asap. Thank you very much.

Date: Sunday 13<sup>th</sup> Nov, 2011

Time: Gather at 8:00am and departs at 8:30am sharp by coach bus

Meeting place:

1. Faith Lutheran School (深信學校) at 8 Pui Tak Street, 5 minutes walk from Shek Kip Mei MTR station exit C (石硤尾培德街 8 號)
2. Holy Carpenter Secondary School, 10 Tai Wan Road, Hung Hom
3. Tin Hau (天后) MTR station exit A2

Destination: Dan Shan River natural environmental conservation region, Fanling (粉嶺丹竹坑丹山河自然生態保育區)

Duration: around 3 hours outdoor

Return time: Leave Fanling at 3pm and arrive at pick up points at about 3:45pm.

Dress code: casual outdoor, long pants and sports shoes

Parking: For those who drive to the meeting place, parking available next to Faith Lutheran School: Pak Tin Street, Pak Tin Estate. Parking spaces very limited at the conservation region.

Notes: Apply mosquito repellent spray

Enrolment deadline: Monday Nov 7<sup>th</sup>.

Organizer: Hong Kong Green Nature Union, [www.hkgnu.org](http://www.hkgnu.org)

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## **Happy Hour Engaging DBA Alumni Association and RC Hong Kong Island East**

A Happy Hour linking up two organizations: PolyU Doctor of Business Administration Alumni and Our Club was held at 6 pm on Oct 31 in 31/F Zeffirino Restaurant Regal Hong Kong Hotel. There were 14 members of DBAAA members and 6 members of us joined in the event.

In the opening remark, Dr. Felix Yip, Chairman of DBAAA stated that it was the first time the Alumni held a joint function with other organization. It would be a good start to extend the networking with members of RC HKIE. President Dr. Eric then introduced What is Rotary, the Year Plan of our Club and also broadcasted a video of Rotary. PP Uncle John was also invited to share his 32 years of Rotary Experience to participants. All participants agreed that it was an invaluable networking opportunity for members to understand both organizations. The party ended at 8 pm with a group photo taken.

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## **Rotary 10K Race Our Club won the Certificate of Merit in Participation with Ease**

On Oct 31, 2011, a Sunday morning, President Eric led a team of 35 members including 20 runners, cheering team of spouses, members, Lingnan U rotaractors and photographer team of Holy Carpenter Secondary School. Special Thanks were extended to the following runners:

Pre. Eric and his son Ivan, IPP Heman, PP Norman and his son Christian, Dir Kevin, Service Chair William Leung and his sons: Pok Ming and Pok To, Vocational Chair Dr. Freddie, Rotaractor Henry Cheung and Stacy Ho, Membership Chair William's sponsor team: Wong Lai, Luk Chun Yin, Wong Ho Yin and Yeung Bun. Cheering teams consisted of PE Nancy, Membership Chair William Wong, Eric's Wife Christine, Norman's wife Isa and daughter Adrienne, William Leung's wife Eunice, Kevin's wife Catherine, Vice Principal Joseph and teacher Miss Emmy Wong and his three students of photographer and video team: Cheung Pan, Yip Wing Kit and So Yan Yi together with two Lingnan U Rotaractors Suk Yee Janice and Leung Wai Kin.

Pres. Eric received the Certificate of Merit in Participation from DGE Kenneth. In addition, we received the gift of a bottle of Champaign and a box of chocolate for all runners. We also received the Participation Certificates of all Team members from DGN Eugene.

To thank for members and cheering team's participation and support, President Eric hosted a lunch in Tai Mei Tuk before the party dismissed at 1:30 pm. Appreciation is also extended to PP Norman who is the PIC in this event though he was so busy in overseas trip in last month.

For this race, we target to raise fund of HK\$ 15,000 for district to help children who are in need of support.

**The following is a wonderful story of Rotary 10 K Race narrated by our Rotaractor runner Stacy Ho, our 2<sup>nd</sup> generation members:**

Our day started bright and early. The race was to start at 7:40am sharp. Our HKIE club registered 5 teams (20 runners) and was awarded for top participation. All of us runners were supported by our cheerleaders who had loud clappers and gave lots of encouragement. When the horn blew, all smiles and all together, we cheered and punched our fists in the air “Yay! We can do it we can do it!” and we started our run.

The trail was very scenic and peaceful. It was also very hilly; imagine an equivalent of a 20-30% incline on a treadmill! That is the gradient we had to run up. I personally had very little training, and so I was very fortunate to have Rotarian Kevin running with me. Rotarian Kevin said he would keep me company and take care of me during the race, so while PP Heman and President Eric ran ahead, Rotarian Kevin stepped back his pace and kept with mine.

Probably about 2.5KM in the race, we were half jogging-half walking, when another runner (in his late 60s early 70s) was running alongside us. And this runner had his hand on his chest, and I turned to him and said (in Cantonese) “Uncle, how are you? Are you okay?”

To which he replied, “I’m great!!!” and increased his speed! He ran ahead of us! It was quite amusing (and motivating) to be overtaken by him.

Around 500 meters afterwards, a whole bunch of us runners slowed our pace, walked talked, and made new friends. Laughing and joking we teased, “Where is the water?? Where is the midpoint?? How much further??”

One man out of the bunch, then changed our attitudes, he rallied, saying “Come on guys! We can do this! We can run! Okay?? Okay let’s start! Ready...go!!! Ka yau! Ka yau!” Then he and the rest of the men started to jog, punching their fists in the air.

I looked at Rotarian Kevin, gave him the “Seriously?????” look, and Rotarian Kevin nodded. So, we started to jog again, but already were trailing behind. Then suddenly right in front of us, someone tripped and fell face down. Literally PK-ed (sorry for lack of a better term)! Rotarian Kevin and I rushed to the man, turned him over. Lo and behold, this fallen man was the “I’m GREAT!!!” Uncle! His face was covered with blood because he had cut his left eyebrow. Thankfully I had a tissue packet and a water bottle on me. So Rotarian Kevin placed tissues on the wound, wet some of the tissues to help the fallen Uncle clean off blood. The men who ran ahead of us, ran back to come help this fallen Uncle. And we called for help. The fallen Uncle was still so cheery, and told us (in Cantonese) “No problem, no problem” whilst he had his hand over 5 pieces of bloody tissue! What a sight!

A policeman also came to help. One of the men said he would stay with the fallen Uncle and urged all 5-6 of us to run ahead and complete the race. Maybe at that point we all wanted to stay behind and sit in the comfortable air-condition ambulance ride back to the starting point, but at the same time we knew that we had to complete the race. So we said our goodbyes and well-wishes and started running again.

At that time, Rotarian Kevin and I were joined with Rotarian Eddy. We were just approaching another hill when Rotarian Eddy said, “Hey let’s start running! Come on! We can do it!”

I personally didn’t think it was a very good strategy, to burn all our accumulated energy (that we gathered up from our walking strategy) to run up this hill with gradient of 30%! Rotarian Eddy ran ahead... *way* ahead, and then Rotarian Kevin and I again just shrugged our shoulders, laughed and followed too. Rotarian Eddy ran so much ahead that we didn’t see him passed the curve. But again, lo and behold, once we passed the curve, Rotarian Eddy was there walking! I exclaimed, “See! Now we have no more energy!”

It was at that point all 3 of us were starting to see runners on their return portion of the race.

I joked, "hey, we could actually join them and turn back now!" To which both Rotarian Eddy and Rotarian Kevin replied, "Stacy, do you know the 4 way test?"

*Is it the truth? Is it fair to all concerned?*

Needless to say, we proceeded to complete the race. We three crossed the finish line together, completing the 10K race in 1 hour and 40 minutes! Rotarian Freddie was the first of our club to finish, he ran the course in 1 hour!

Overall, it was an extremely happy and fun event. A beautiful morning run, followed by a sumptuous yumcha lunch. I personally was so concerned about my timing and that I'd let our club down if I couldn't complete the run within the time set. But President Eric assured me that this event was just about fellowship and having fun! This is exactly what we experienced! Great fellowship and lots of laughter!

Happiness is finding fellowship in the Rotary,

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### **Commissioner of Police spoke in the District Vocational Lunch on Oct 25, 2011**

The District Vocational Luncheon talk invited the Commissioner of Police Mr. Tsang Wai Hung in the luncheon talk meeting hosted by the RC of Peninsula in Marco Polo Hong Kong Hotel on Oct 25, 2011. Pres. Eric, PP Norman and Membership Chair William Wong attended the meeting. There were over 70 members and guests attended the event.

PDG Authur Au kicked off the luncheon meeting welcoming Commissioner Tsang and DG David. Commissioner Tsang shared his views on the works of police under the modern age and placed high emphasis on the importance in maintaining public order by our well trained Police Forces. He also quoted the negative impact of the public disorder in UK recently and reminded members the trust to our police forces. He also made assurance to our members that our police officers were developed in a well structured in vocational professional training to meet with the challenges in different situation. Members and guest gave a great round of applause to show the confidence in Commissioner Tsang in leading our modern police forces to maintain good public order to protect our society.

### **JOKE FOR THE WEEK**

**Subject: RECTUM STRETCHER**

While she was "flying" down the road yesterday, a woman passed over a bridge only to find a cop with a radar gun on the other side lying in wait. The cop pulled her over, walked up to the car, with that classic patronizing smirk we all know and love, asked, "What's your hurry?"

To which she replied, "I'm late for work."

Oh yeah," said the cop, "what do you do?"

I'm a rectum stretcher," she responded.

The cop stammered, "A what? A rectum stretcher? And just what does a rectum stretcher do?"

"Well," she said, "I start by inserting one finger, then work my way up to two fingers, then three, then four, then with my whole hand in. I work from side to side until I can get both hands in, and then I slowly but surely stretch it, until it's about 6 feet wide."

"And just what the hell do you do with a 6 foot asshole ? " he asked.

"You give him a radar gun and park him behind a bridge..."

Traffic Ticket - \$95.00

Court Costs - \$45.00

Look on the Cop's Face? PRICELESS !!!



<b>YEAR 2011-2012</b>							
<b><i>President</i></b>	<b><i>Vice President / President Elect</i></b>	<b><i>Secretary</i></b>	<b><i>Treasurer</i></b>	<b><i>Ex-Officio</i></b>	<b><i>Advisor</i></b>		
Dr. Eric Chin	Nancy Yee	Jonathan Lamport	Dr. Rudy Law	Heman Lam	Peter Hall		
<b><i>Directors:</i></b>						<b><i>PP Council Rep</i></b>	
Laurence Chan	John Kwok	Sharon Lamport	Norman Lee	Kevin Leung	Andy Wong	Andrew Chen	
<b><i>Service Chairs:</i></b>							
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](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.**



## 02 November, 2011 RC of HKIE Luncheon Meeting Photos



PDG Uncle Peter Hall, Guest Speaker Dr. Miranda Chin & Pres. Dr. Eric Chin



PE Nancy Yee, PP Henry Chan & PP Uncle John Kwok



Rotarianne Isa Hall, PP Norman Lee & Joanne Li from RC of St. Ives - Australia



PP Eddy Wong & PP Rudy Law



PP Stephen Liu & Rtn. Dr. Tony Loy



PP George Leung & Dir. Anthony Leung



Rtn. Jason Chiu & Dir. Kevin Leung



Rotarianne Christine Chin, IPP Heman Lam  
& visiting guest Dr. Lo



Rtn. Jonah Cheung & his nephew



SAA William Leung & Dir. William Wong



Rtn. Dr. Freddie Wu & AG Andy Wong



PP Henry Chan & PDG YK Cheng



Birthday Boy - Pres. Eric Chin



PDG Uncle Peter presented a Golf trophy to  
PE Nancy Yee



Dr. Miranda Chin gave us a very interesting talk - the topic was "When Tai Chi Meets Dance"



Pres. Dr. Eric Chin presented a club souvenir to thank Dr. Miranda Chin



Dr. Tony Loy gave a vote of thanks to Dr. Miranda Chin for her interesting talk

Pres. Dr. Eric Chin & our first lady, Christine Chin celebrate Dr. Chin's birthday at Regal HK Hotel



Group photo with Guest speaker, visiting Rotarians & members

## A Memorable visit to the Hospital Authority Infectious Disease Centre at Princess Margaret Hospital on 4 November, 2011

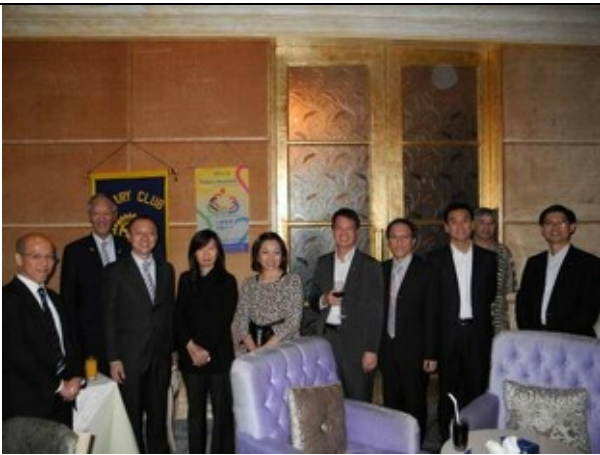


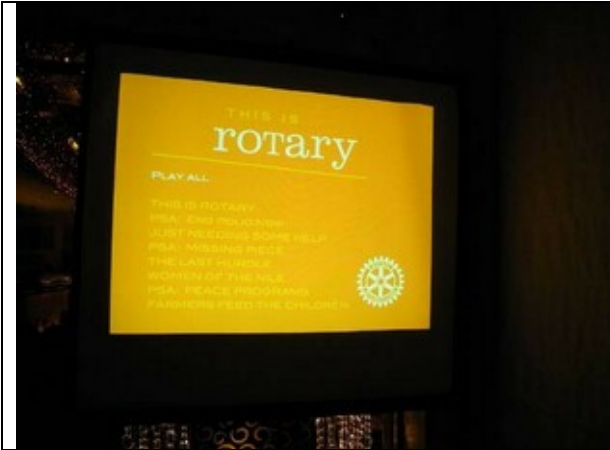
Dr. Tong Wah Kun, Danny gave us a thorough briefing on how the Infectious Disease Centre works.  
Thank you Dr. Tong for such an interesting talk.



Our group of visitors in front of the Centre and Pres Eric thanking Dr. Tong for such a interesting visit on 4 November, 2011

Happy Hour Engaging DBA Alumni association and RC of Hong Kong Island East





## 29 October, 2011 Choi Jun School Swimming Gala



Project sponsors & Principal Lee



Club members & Principal Lee



Pres. Dr. Eric Chin whistled to start the President Cup competition.



DG David Harilela also whistled for another swimming competition





# Rotary 10K Race on 31 Oct , 2011





