



Because of the Chinese New Years Eve on next Wednesday the 21st January, we have decided to cancel this meeting.

We wish everyone a Kung Hei Fat Choy on the year of the Monkey.

**What Happened at our Meeting
on
14th January, 2004**

President Henry opened the meeting a little earlier because he has an important matter to discuss with the members. But first he invited Dir Laurence to come up to introduce the visiting Rotarians. He first introduced Rtn Roger Green from Rotary Club of Carlton, UK. And Rotarian Robert Harland, from the Rotary Club of Bacolod, Marapara, Philippines. Pres. Henry then exchanged banners with Rtn Roger Green and also with our guest speaker, Rtn. Cutina Lee who is the Hon. Sec. from the Rotary Club of Hou Kuong, Macau. Next, Pres. Henry called upon our birthday boy for today to come forward. He was none other than PDG Y.K..

PDG Y.K. requested the birthday song to be led by Hon Tres. Clark. Then Pres. Henry announced that because of the Chinese New Year our meeting for next Wednesday would be cancelled.

Pres. Henry then announced that due to a challenge to the election of our next District Governor (2005-2006), we must now choose our candidate again. At our last board meeting our directors present at the meeting decided to recommend to the club to adhere to our first decision to choose Meggy Tseung as our next District Governor. Therefore our club must now decide whom we should elect by a simple majority of all members present. Then Pres. Henry asked for a show of hands of those present. All those present raised their hands except one in favor of the motion. We have a majority in favor. As our club has a total of two votes, Pres. Henry said he would now cast these two votes in favor of Meggy Tseung.

Next, it was the Sergeant-at-Arms report from PE Rudy who reported a collection of \$1,200 including the birthday boy's contribution from PDG Y.K. & many other members, such as PP's Hubert, Stephen, Andrew, Dir. Laurence, VP Robert, Pres. Henry & a mysterious Alan Wong who turn out to be Andy Wong.

Pres. Henry then asked VP Robert to come up to introduce our speaker for the day. VP Robert introduced Rtn Cutina Lee who is a music teacher by profession. She teaches children, adult & choir singing in Mandarin, and Cantonese.

Rtn Cutina began with a little background on herself. She told us she is a teacher of piano, vocal music and music theory, besides she is also a conductor of a choir for children and adults. She started off by introducing two major concepts of vocal music. First is breathing method, which every singer must not overlook no matter what you sing, Cantonese or Peking Opera or classical songs of the west. The second technique is vocal or oral position of pronunciation.

Cutina continued, "I'm sure most of you have heard about a special technique in deep breathing called Da Tien which is controlled by the diaphragm. But where is it? How can we feel it? Actually it is located about 2 inches under the Navel. To use it, you must take a deep breath so that the capacity of air must be large enough to reach this area. But it is very difficult to do for the common people. You may ask 'who uses Da Tien?' The answers are the old temple monks who have practice for years, Qigong practitioners and also Yoga teachers. For pop songs, Peking Operas and folk songs we also need to use 'Da Tien'".

"But where is the diaphragm? It is somewhere next to our stomach. When we inhale, the diaphragm expands. It is natural. But it is wrong if your diaphragm contracts during the breath. It is logical to understand something would expand if you breathe in air, in contrast, if you breath out then your lungs contract. So the clue to correct breathing method is to control the diaphragm.

In Hong Kong life is very high paced that we usually neglected the correct way of breathing. Moreover, irregular breathing affects our health. Let me give you a little tip on staying healthy. Now, would all of you follow me, to breath together? It really doesn't matter if you are wrong. May I have a volunteer to come up to show us. VP Robert volunteered to show us.

In this experiment, you can see that the diaphragm is not only located in front, but also on your back. It is a piece of circular tissue around your waist. Therefore, you can feel them on both sides of your waist. In fact I can still talk to you even when my diaphragm is expanded. So, now I'm sure all of you realize how to use your diaphragm. Remember to practice more at home, and notice the strength of your breath. Also remember to hold your breath, because stamina is an important part of breathing that allows you to sing well. Remember also not to rely on your lungs only for singing, but use your diaphragm as well.

Now I'll turn to the other part of my speech today, which is oral position of pronunciation. Our resonance cavity consists of upper jaw, the bell & tongue, which are organs we use for singing. Our mouth is naturally a resonance cavity, where sound comes from. You can imagine the volume of singing would increase if we open up our mouth more. Nevertheless, the size of our resonance cavity is subject to our genetics, no one can change it. So the only way to enrich our sound is to raise our upper jaw, so that the space inside our mouth expands. Yet, it is not necessary to over-stretch the jaw, otherwise the sound would be too solid and too tense. So how should we do it correctly?

Inside our mouth there is an organ shape like a bell, let's call it the "bell"; it should be raised as our upper jaw does. It is commonly known that when the bell is raised, the high pitch sound would be performed better. On the other hand, besides correct pronunciation, what can our tongue do to help improve singing? When we press down our tongue on the lower jaw in a relaxed way then the resonance cavity expands and our singing will be enriched. Remember, our lower jaw is not a natural amplifier, but only our mouth, nose, cheeks forehead and also the top of our head are".

Cutina then played to us a piece of music to demonstrate about what she is talking about.

Finally, she gave us a final tip on how to have a good control of your oral position, relax you vocal cord and use correct breathing method. Then you will not wound your vocal cord.

"Effort should be enforced to keep correct breathing. No one is born a genius in singing, everyone here have the same potential to sing well. Practice makes perfect, I'm sure if we regularly exercise correct breathing, we all can become great singers."

Pres. Henry asked Hon. Tres. Clark to come up to thank the speaker.

Then he announced that the Rotary Club of Peninsula Sunrise will have a special speaker on the 15th of January at 7:30 pm at the United Centre Admiralty to hear a talk by The Hon. Audrey Yu. The topic of her talk is "Reform of the Hong Kong Political System- do we have to consult the mainland?" Those who are interested please attend.

Pres. Henry announced that our meeting next week is cancelled because of the Chinese New Year. Our next meeting will be on the 28th of January.

Pres Henry closed the meeting & proposed a toast to RI coupled with the Rotary Club of Hou Kuong.

Rotary Information

Recent Trustees Decisions Related to Permanent Fund Spending

April 2003

2003-04 Permanent Fund Earnings. The Trustees

1. acknowledge that the US\$85.6 million market value of the Permanent Fund at 31 December 2002 was US\$2.2 million less than the cumulative gift amount of US\$87.8 million, and that the spending policy of the Permanent Fund states that the corpus may not be invaded;
2. agree not to spend any money out of the Permanent Fund in 2003-04 except for US\$100,433 from the Wyman fund that is required to be spent by the term of the gift;
3. agree to allocate US\$898,448 from the World Fund for 2003-04 programme year educational programme awards that have already been communicated to the award recipients;
4. request that the World Fund be reimbursed in the amount of US\$898,448 from the endowed scholarships when the annual spending calculation is made, provided that the market value of the Permanent Fund exceeds the cumulative gift amount.

October 2003

Permanent Fund Spending Policy. The Trustees

1. receive the review of the Permanent Fund Spending Policy;
2. note that the market value of the Permanent Fund at 30 June 2003 exceeded the accumulated contributions to the Fund by US\$6.7 million;
3. reconfirm the moratorium on spending from the Permanent Fund in fiscal 2003-04;
4. acknowledge the need to provide funding from Permanent Fund earnings to the Annual Programme Fund for fund development and general administrative costs;
5. agree to decrease the spending rate contained in the spending policy section of the Investment Policy Statement for The Rotary Foundation Permanent Fund from 6.50% to 4.50%, effective 1 July 2004;
6. noted that the new spending rate of 4.50% will be allocated 3.75% to programme awards, 0.25% to programme operation expenses, and 0.50% to fund development and general administrative costs;
7. amend the Permanent Fund Investment Policy Statement as follows:

Spending Policy

The Foundation's programmes are financed partially by distribution from the (Permanent) Fund. The (Permanent) Fund's spending policy is predicated on the following principles.

a) Preservation of Principle - The (Permanent) Fund's purchasing power, at a minimum, must be preserved in perpetuity. Therefore, the (Permanent) Fund will be invested in a diversified asset portfolio that is expected to produce an average annual total return that at least equals inflation plus endowment spending, without assuming undue risk.

b) Intergenerational Equity - A balance must be maintained between the needs of to-day and those of to-morrow to ensure endowment spending for current and future generations is possible.

c) Stability - To provide a measure of predictability in year-to-year distributions and to mitigate the short-term volatility inherent in the financial markets, annual spending will be based on the (Permanent) Fund's trailing 12-quarter average market value. This will facilitate development of long term strategies and financial plans.

In the context of these principles, annual spending from the (Permanent) Fund is targeted to be 4.5% of the (Permanent) Fund's average market value over the previous 12-quarter period. The amounts are to be allocated as follows:

3.75% for programme awards

0.25% for programme operation expenses.

0.50% for fund development and general administration costs.

The (Permanent) Fund will make an annual distribution to the Annual Programms Fund for programme awards on its stated spending policy providing that the corpus of the fund is not invaded. In no event will any other amount be spent out of the (Permanent) Fund, except when specifically required by the terms of the gift. All spending is to be approved by the Trustees of The Rotary Foundation annually.

Joke & Cartoon

An elderly couple were on a cruise and it was really stormy. They were standing on the back of the boat watching the moon, when a wave came up and washed the old woman overboard. They searched for days and couldn't find her, so the captain sent the old man back to shore with the promise that he would notify him as soon as they found something. Three weeks went by and finally the old man got a fax from the boat. It read: "Sir, sorry to inform you, we found your wife dead at the bottom of the ocean. We hauled her up to the deck and attached to her butt was an oyster and in it was a pearl worth \$50,000 please advise" The old man faxed back: "Send me the pearl and re-bait the trap."

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In a tiny village lived an old maid. In spite of her old age, she was still a virgin. She was very proud of it. She knew her last days were getting closer, so she told the local undertaker that she wanted the following inscription on her tombstone: "Born as a virgin, lived as a virgin, died as a virgin" Not long after, the old maid died peacefully, and the undertaker told his men what the lady had said. The men went to carve it in, but being the lazy no-goods they were, they thought the inscription to be unnecessarily long. They simply wrote: "Returned unopened"



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### Photographs of our meeting on 14th January, 2004





The guest speaker today was Ms Cutina Lee who talked to us about how to project your voice in music, in particular the singing voice & how to train it to make beautiful music.



At the left head table were PDG Unde Peter, guest speaker Ms Cutina Lee & Pres. Henry.



At the right head table were (L to R) Hon. Sec. Eddy, Rtn. Robert Harland (Rotary Club of Bacolod, Marapara, Philippines, & Rtn. Roger Green (Rotary club of Carlton, U.K.)



Pres. Henry exchanging club banners with Rtn Roger Green



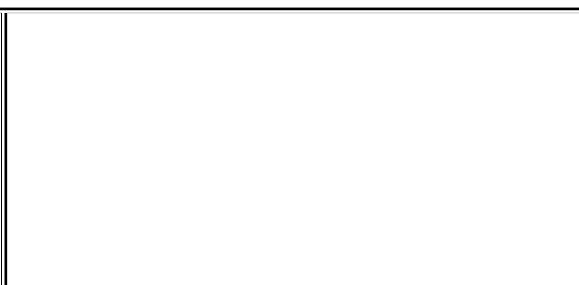
Pres. Henry also exchanged banners with our guest speaker Rtn. Cutina Lee ( Hou Kuong) .



(L to R) Rtn Andy, PP John, Dir. Laurence, PP Stephen, PDG Y.K. & program chairman Dr. Tony.



(L to R) VP Robert, Hon. Tres. Clark, PP's Hubert, Andrew, Rtn Kishu, & PE Rudy.





No, that isn't a DOM accosting a pretty young women but only VP Robert demonstrating where the diaphragm is located on the human body.in this case Ms. Cutina's diaphragm!!



Pres. Henry presenting a photograph of Rtn Cutina herself in action.



Group photo of Pres. Henry with PDG's Y.K. & Uncle Peter, the guest speaker & visiting Rotarians & our own members on 14th January, 2004.

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