



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 (26th January, 2005)

The last meeting of January 05 marks the end of club service of the team presently consisted of PP Tim, PP John Luk and Rtn Tony for this Rotary year. Having different people writing up the proceedings for the Tung Feng does give individual flavour and colour.

Attendance at the meeting numbered at 31, but alas, only 15 were HKIE members, and 14 from Rotary Club of HK Harbour, our daughter club, our speaker, Rotarianne Dr Andy Luk, and a guest of Pres Rudy in Mr. Stephen Lau the Marketing Division Manager of Friesland Foods. It has been suggested that combined meetings, if merging is not acceptable, may be the way to go in times of falling attendance.

Our visitor was Mr Stephen Lau from Friesland Food Ltd, who kindly donated condensed milk, and allowed us to purchase milk powder at greatly reduced prices, for tsunami relief in Sri Lanka and Indonesia. He was duly recognized by the club and thanked by President Rudy in the chair.

Visiting Rotarians from HK Harbour include President Theresa Chan, Secretary Veronica De Krey, PP Kay Lau, PP Charles Wong, IPP Howard Luk, Rotarians Roxy Ho, Yoshe Takaenaka, Eddie Ling, Philippe Sejalon, Kennedy Tang, Fabio de Rosa, Benny Tam, Samuel Chung and Polly Yeung, totally 14 strong. President Theresa introduce the members and announced the Wk for Charity Project of the HK Harbour Club, on Sunday 6 March 2005, from Pofulam to the Peak. Sponsorship forms were made available to members.

The club welcomed back Secretary Eddy from Korea and Director Andy from Hawaii- some like it hot and some like it cold. Birthday boy was Rtn Roxy from HK Harbour and he received a HKIE birthday present.

On 24 February 05, we shall pay a return visit to HK Harbour on a Thursday luncheon at Regal Hotel, Causeway Bay. A Clan's Meeting will be held on the 27 January at the Renaissance Harbour View Hotel in Wanchai. Several members from our club will be there including Pres. Rudy, PDG Uncle Peter, PP Hubert and PE Eddy.

Our speaker, Dr. Andy Cheung Luk, is the Rotarianne of PP John Luk. She addressed us on the topic of " Survival Coping Stances". Dr Luk has been interested in the area of suicide prevention, in both adults and adolescents. People commit suicide because of intolerable pain. This may be real or only presumed and perceived. The adolescents are in addition more impulsive. (she has agreed to be invited to address us on Adolescent Suicide later, and Rtn John Yao will arrange it - this is neither an announcement nor an advert.) The Satir Model (Virginia Satir 1916-1988) was presented and explained in simple language with an everyday example that we could all understand. Four personality types were included:

1. Placating. The person tries to please everybody at the expense of her own needs. She will do anything in order to be acceptable. The internal stresses will produce loss of self esteem and worth, depression, stomach pain, headache, etc. and towards suicide.
2. Blaming. The dictator, hard driving boss, with finger pointing. He wants others to feel guilty so that he will not feel guilty. Yet the internal stresses will produce loneliness, isolation, tension headaches, asthma, high blood pressure etc. and he may commit suicide in failures.
3. Super reasonable. This is a computer rather a man with flesh and blood. Internally he is seldom comfortable, lonely, fearing conflicts, and has backaches, cancer, schizophrenia etc. and will be vulnerable towards suicide (computers do crash!) especially after mid-life and after retirement.
4. Irrelevant. She appears to be amusing and entertaining but actually has no purpose in life, and can get into acute depression and suicide.

The aim, of course, is to be a Congruent person, with high self esteem, balanced relation between self and others, a whole person. Her stimulating talk generated lots of interest and questions before and after the meeting closed. On the question of the Rotary Motto " service above self ", the answer is that it is congruently placating, with thoughts and choices. So we can almost say, avoid selfishness, go Rotary. Avoid loneliness and low self esteem, go Rotary. Serve the community and care for others, go Rotary.....

PDG Uncle Peter reported the SAA collection was at \$600 .

The speaker for the next week's meeting was announced to be Cynthia Brown of the End Child Sexual Abuse Foundation on the topic of Child Abuse

The meeting was called to a close with a toast to Rotary Club of HK Harbour.

Rtn Dr Tony Loy

Rotary Information

Centennial Time Capsule at the site of RI Convention 2005

As released from the recent January 2005 issue of the "Rotary World", the incumbent Club Presidents and Presidents-Elect of the 2004-2005 should read the following article.

"In 2105, when Rotarians from every nationality gather to celebrate 200 years of Service Above Self, a time capsule will be the center of attraction. The repository will bear messages about Rotary' past achievements and hopes for the future from the clubs that celebrated Rotary's first century.

This is the vision that inspired the RI Board and organizers of the 2005 RI Convention to embrace the forward-looking Centennial Community Project of the Rotary Club of Marshfield, Missouri, USA, by including it on the official programme.

Made of highly polished stainless steel, the time capsule is sponsored by the York Group, a division of Matthews International Corp. (manufacturers of commemorative products) which has a factory in Marshfield. Weighing 1,000 pounds (453.6 kilograms) and standing 3 feet (nearly 1 meter) tall, the container is a large-scale version of the proverbial message in a bottle.

The project gives all 2005 club presidents and presidents-elect the opportunity to place a letter from their clubs to Rotarians in 2105, listing the goals they achieved during the centennial year. Through the letter, the clubs may convey their pride in Rotary's accomplishments over its first century and share their hopes and dreams for a second century of service.

The time-capsule will be on display in the House of Friendship, where the club presidents and presidents-elect may have their photographs taken as they deposit the letters.

The time capsule is generating great excitement, and we hope it will bring many of the club presidents and presidents-elect to the centennial convention. Says Past RI Vice President Louis Piconi, chair of the 2005 Chicago Convention Promotion Committee and a member of the Rotary Club of Bethel-St. Clair, Pennsylvania, USA.

As a cherished relic of club achievements and aspirations, the time capsule will be preserved and displayed at RI World Headquarters in Evanston, Illinois, USA, following the convention and later stored in an offsite facility.

A sample letter can be downloaded from the RI Web site, [www.rotary.org/centennial /resources/conv05.html](http://www.rotary.org/centennial/resources/conv05.html), or requested from the RI Meetings Division by e-mail: impromo@rotaryintl.org."

PDG Peter Hall

Announcement

(a) Due to the Chinese New Year holidays, our regular lunch meeting on Wednesday, the 9th February 2005 will be cancelled.

(b) Our regular lunch meeting on Wednesday, 23rd February 2005 to be rescheduled to the 24th (Thursday) February 2005 in order to have a joint Lunch Meeting with the Rotary Club of Hong Kong Harbour at the Regal Hotel, 31st floor, Restaurant Zeffarino, Causeway Bay, Hong Kong at 12.45 p.m. for 1.00 p.m.

Jokes & Cartoon

Subject: THE STRING AND THE SPOON

A timeless lesson on how consultants can make a difference for an organization.

Last week, we took some friends out to a new restaurant, and noticed that the waiter who took our order carried a spoon in his shirt pocket. It seemed a little strange. When the busboy brought our water and utensils, I noticed he also had a spoon in his shirt pocket. Then I looked around saw that all the staff had spoons in their pockets. When the waiter came back to serve our soup I asked, "Why the spoon?"

"Well, "he explained, "the restaurant's owners hired Andersen Consulting to revamp all our processes. After several months of analysis, they concluded that the spoon was the most frequently dropped utensil. It represents a drop frequency of approximately 3 spoons per table per hour. If our personnel are better prepared, we can reduce the number of trips back to the kitchen and save 15 man-hours per shift."

As luck would have it, I dropped my spoon and he was able to replace it with his spare. "I'll get another spoon next time I go to the kitchen instead of making an extra trip to get it right now."

I was impressed. I also noticed that there was a string hanging out of the waiter's fly. Looking around, I noticed that all the waiters had the same string hanging from their flies. So before he walked off, I asked the waiter, "Excuse me, but can you tell me why you have that string right there?"

"Oh, certainly!" Then he lowered his voice. "Not everyone is so observant. That consulting firm I mentioned also found out that we can save time in the restroom. By tying this string to the tip of you know what, we can pull it out without touching it and eliminate the need to wash our hands, shortening the time spent in the restroom by 76.39 percent.

I asked "After you get it out, how do you put it back?"

"Well," he whispered, "I don't know about the others, but I use the spoon."

Photographs of our meeting

on

26th January, 2005



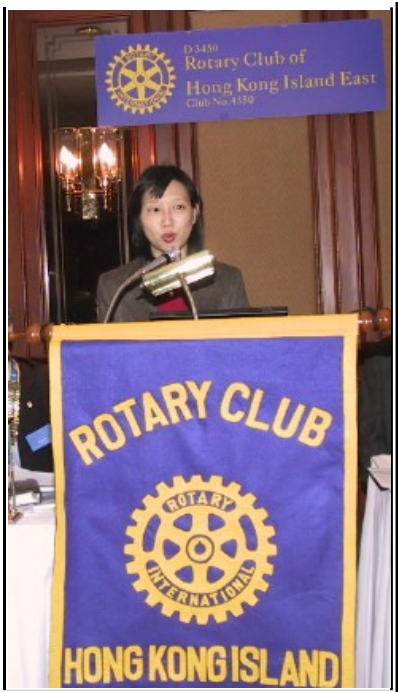
Rotarianne Dr. Andy Cheung Luk speaking to us about "Survival Coping Stances".



(L to R) PDG Uncle Peter, Rtmann Andy Cheung Luk, & Pres. Rudy.



(L to R) Hon Sec John, Pres Theresa Chan, & Hon Sec Veronica Dekrey (Both from HKH).



Pres. Theresa (HKH) addressing us.



Pres. Theresa presenting a birthday gift to PP Eddie of HKH.



PDG Uncle Peter presenting a club banner to Mr. Stephen Lau the Marketing Division Manager of Friesland Foods while Pres Rudy looks on.



Our visiting Rotarians from Hong Kong Harbour enjoying the meeting with our PP's George and Henry
(L to R) Rtn Yoshie Takenaka, PP's Kennedy Tang, Howard Lok, & Rtn Roxy Ho.



Also members from HKH (L to R) PP Charles Wong, our PE Eddy, guest Mr Stephen Lau, Rtns Philippe Sejalon, Fabio De Rosa, PP Eddy Leung.



(L to R) Dir Andy, PDG Y.K., Dir Jason, Rtn Dr Tony, and Rtns Polly Yeung and Samuel Chung (both from HKH)



(L to R) PP Tim, PP Kay Lau (HKH), PP JL, Rtn Benny Tam (HKH), Hon Tres Laurence, & Dir Paul Chan



Group Photo of our meeting with PDG Uncle Peter, Pres Rudy, guest speaker, our members with members from HKH on 26 January 2005.

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