



東風



TUNG FENG

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

What Happened at Our Meeting

on

25th February, 2004

Pres. Henry welcomed everyone to our meeting. He made a special welcome to two visiting Rotarians who are PP Peter Tse (TSTE) & Rtn Benny Ratnani (HKNE).

Rtn Heron then came up to report that on 20th March 2004, we are holding a Career Day together with City Poly & the Rotaract Club of Lingnam University. Further detail will be coming in the near future in the Tung Feng.

Rtn Laurence next reported that today's SAA collection totaling \$1,800 would be distributed to the Rotary Club of Hong Kong Harbour for their Walk For Charity.

He also announced that in regards to our 50th Anniversary Party that there will be 29 members from the Rotary Club of Osaka Jonan would be coming to our function. Of those 29 at least 10 of them will play golf with us. They will also have a special presentation program of 5-6 minutes for us.

Pres. Henry then announced the birthday of VP Robert and together with the birthday of Rotary on Feb 25. There was a special birthday cake for this occasion. Everyone joined together to sing the birthday song for Robert and for Rotary.

Rtn Kishu then gave us some news from the Food Committee. Due to the Asian bird flu epidemic our menus have to be changed to exclude chicken, duck, & other birds. We will continue with the rotation of menus to exclude the above. He hopes that everyone is happy with this arrangement. This will have to carry on up until Ching Ming when we will make other alternative menus.

Rtn Kishu went on to introduce our speaker for today who is Ms Nalanie Chellaram. Ms Chellaram is an accredited teacher of Yoga. She is the founder of the Integral Yoga Centre in Gibraltar. She gives regular lectures in Spain, Portugal, Germany, India, Bali & the USA. She is no stranger to Rotary. She is married to the brother of Manolo Chellaram our former member and is also related to PP Ramesh Mahtani's wife.

Ms Chellaram started by introducing us to the techniques of breathing in Yogic traditions. She said that in our society with the hustle of life in Hong Kong, we are always rushing here and there. This does affect our health and our lifespan. The Yogi says one's life is measured by the breaths one takes. The lack of oxygen to the brain affects our thinking process. It is difficult to make appropriate decisions in life when one is stressed. Therefore, by learning how to breathe correctly, we can make calm and rational decisions. When you inhale and exhale properly you can cleanse your body of toxins. In normal breathing we take in approximately 500 cc of air. But when we learn how to breathe deeply, we can increase our intake of oxygen to more than 7 times the normal intake.

1.) The Three Parts Breathing Exercise (Deergha Swasam) She introduced us to the three part breathing exercise.

She demonstrated to us this technique, which composes of a slow intake of air, then holding the breath and exhaling slowly. By exhaling fully and completely one rids the body of excessive toxins.

2.) Kapaalabati or Skull shining

She also demonstrated another breathing technique to refresh the body. This consists of taking a deep breath and then pumping the air through your nostrils in and out quickly for about 10-12 times. This exercise is similar to opening a clogged drain. People with high blood pressure should not do this exercise but only people with low or normal blood pressure can try this exercise. This technique cures one from tiredness, cleanse the sinuses and keeps the mind alert for meditation.

She concluded her talk by explaining the meaning of Pranayama. The word Prana literally means Cosmic Energy. It is the Power of all Powers. The word 'ayama' means to control. The mind and the breath are closely linked. By mastering the breath, one can learn to master the mind. Sorrow, pain, anger disrupts the breathing patterns. By practicing these techniques regularly one can live a peaceful, easeful and useful life.

Pres. Henry then asked PP Stephen to come up to thank the speaker.

Pres. Henry reminded everyone that next week we will be taking our group photograph so everyone should show up. Also next week's speaker is our own PP Tim Lui who will speak on the Budget 2004/2005. We are expecting a large crowd so do come early.

Pres. Henry then closed the meeting by proposing a toast to RI coupled with the Rotary Clubs of TSTE & NE.

Due to the availability of the high technology we have at the present age, we learned of the Rotary International theme of the Rotary year 2004-2005 which was released by President-elect Estess on the 16th February 2004.

RI President-elect Glenn Estess Sr. unveiled the 2004-2005 theme "CELEBRATE ROTARY" at the International Assembly in Anaheim, California, USA. He explained to 529 incoming district governors gathered at this important training meeting that the new theme was inspired by the desire to celebrate in the Centennial year the ideals that Rotary's founders stood for and that over the years have influenced generations of Rotarians to do good throughout the world.

"We are now approaching the 100th anniversary of their action - a simple meeting between four businessmen," the RI president-elect remarked in the 20-minute address announcing the centennial year theme and programme. "And when we celebrate all of the wonderful things that have happened as a result of that action, I will be asking all Rotarians to join me as we embrace our theme in 2004-05 and Celebrate Rotary."

In the address, President-elect Estess outlined the 2004-05 presidential emphases: water management, health concerns, literacy, and the family of Rotary. The emphases address major social or development issues facing billions of people on earth.

He also announced three major goals for the coming year: moving forward on PolioPlus significantly increasing membership; and reaching US\$100 or more per Rotarian in giving - Every Rotarian, Every Year - to the Annual Programme Fund of the Rotary Foundation.

"I am asking each of you to be an instrument for peace and take the Every Rotarian, Every Year message to your heart and to your Rotary clubs," said the president-elect. "Every Rotarian, Every Year is based on the idea of taking a positive action."

All the three goals will be enhanced by the publicity and excitement generated by the centennial activities, especially twin clubs and centennial projects carried out by Rotary clubs, he said. Later in the day, RI President Jonathan Majiyagbe elaborated on the 2004-05 presidential emphases by enumerating some of the related initiatives that Rotarians can adopt to celebrate 100 years of outstanding service.

"Our first hundred years will stand as an inspiring record of men and women of all races, religions, nationalities and political creeds who have made significant contributions to creating a more peaceful world," he said. "It will be your privilege to lead Rotarians into our next century - a century in which we will Lend a Hand and Celebrate Rotary with even greater fellowship and countless acts of service."

During their ongoing training at the Assembly, the 2004-05 class of district governors will listen to more addresses and participate in plenary and breakout sessions designed to prepare them for the historic mission of leading Rotary into a second century of service.



**Rotary International Theme
2004 -2005**

Joke & Cartoon

Subject: Four Brothers

Four brothers left home for college, and they became successful doctors and lawyers and prospered. Some years later, they chatted after having dinner together. They discussed the gifts that they were able to give to their elderly mother who lived far away in another city.

The first said, "I had a big house built for Mama."

The second said, "I had a hundred thousand dollar theater built in the house."

The third said, "I had my Mercedes dealer deliver her an SL600."

The fourth said, "Listen to this. You know how Mama loved reading the Bible and you know she can't read it anymore because she can't see very well. I met this priest who told me about a parrot that can recite the entire Bible. It took twenty priests 12 years to teach him. I had to pledge to contribute \$100,000 a year for twenty years to the church, but it was worth it. Mama just has to name the chapter and verse and the parrot will recite it."

The other brothers were impressed.

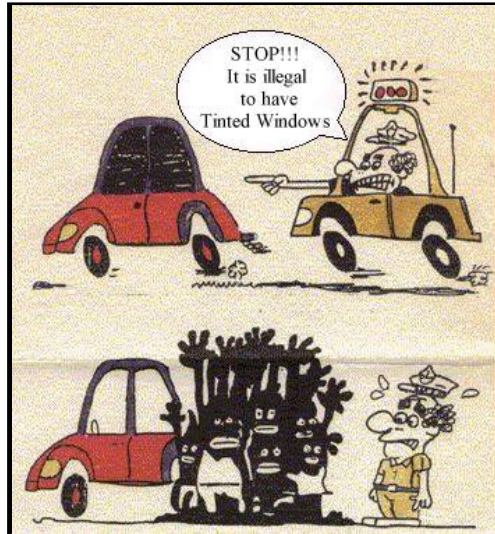
After the holidays Mom sent out her Thank You notes.

She wrote: "Milton, the house you built is so huge. I live in only one room, but I have to clean the whole house. Thanks anyway."

"Marvin, I am too old to travel. I stay home, I have my groceries delivered, so I never use the Mercedes. The thought was good. Thanks."

"Michael, you give me an expensive theater with Dolby sound, it could hold 50 people, but all my friends are dead, I've lost my hearing and I'm nearly blind. I'll never use it. Thank you for the gesture just the same."

"Dearest Melvin, you were the only son to have the good sense to give a little thought to your gift. The chicken was delicious. Thank you."



**Photographs of Our Meeting
On
25th February, 2004**



Our guest speaker this week was Ms. Nalanie Chellaram, Chairman of the Integral Yoga Centre of Gibraltar. The title of her talk was "Pranayama - The Breath of life."



(L to R) PDG Uncle Peter, guest speaker Ms Nalanie Chellaram, & Pres. Henry



(L to R) Hon Sec. Eddy, PP Peter Tse (TSTE) & Rtn Benny Ratnani (HKNE).



Our birthday boy this week was VP Robert celebrating together with the birthday of Rotary also.
Here Pres. Henry giving Robert his birthday present

HAPPY BIRTHDAY ROTARY!!!



Our guest speaker blowing the birthday candle for Rotary.



And cutting the cake under the watchful eyes of our PDG Uncle Peter and Pres. Henry, VP Robert, & Rtn Kishu.



Sneaky PP Hubert is NOT trying to touch up PP John IV but only to prevent him from falling?



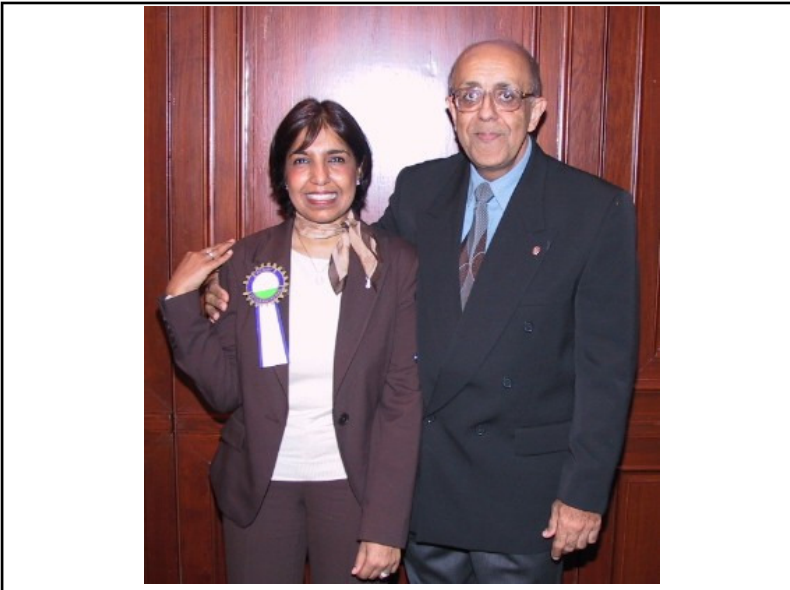
(L to R) Rtn Alex, PP's Desmond, Hubert, Stephen, Dir Laurence & PP J.L..



(L to R) Dir Heron, VP Robert, PP Tim, PE Rudy, PP John IV..



Pres. Henry presenting a photo to the guest speaker, Ms. Nalanie.



Rtn Kishu with the guest speaker Ms Nalanie.



Group Photo of PDG Uncle Peter, guest speaker, Pres. Henry, guests & our members on 25th February, 2004

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