



# 東風 Tung Feng



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27<sup>th</sup> Feb 2002

## *What Happened Last Week*

President Stephen opened the meeting by wishing every one Gong Xi Fa Cai and a prosperous Year of the Horse.

There were no visiting Rotarians. Rtn Rudy then introduced his two guests: Mr. Fai Wong and Mr. James Kwan. PP John Luk also brought along a guest, Ms Kitty Chan.

President Stephen announced that PP Andrew's stepmother passed away and the funeral service would be held on 22 February. He would go to the funeral parlour to pay tribute in the evening of 21 February and asked members to let him know if they would like to come along.

Rtn. Rudy conducted a quiz contest among members and it was well supported. PP John Kwok was the judge and those who got the right answers received a Mark Six ticket for the draw to be held on 21 February, at which the first prize could exceed \$10 million. They may have made some of our members richer overnight!

The highlight of the meeting was the talk given by Rtn. Tony on "How to literally save your own neck". It was a topic at the heart of many members who had suffered from pain in the neck and pain from the neck; such as pain extended to head, eyes, nape, spine, shoulder blades, shoulders, arms and fingers. It would be a great disability if your neck is stiff and even greater disability if it is painful and stiff.

Rtn. Tony explained to us the common causes of this problem: desk work, computer screen work, bed and pillow, work position, and recreation activities. The prolonged improper posture would cause degeneration and narrowing of the discs, and changed positions from muscle tension, which would cause nerve impingement, artery spasm and narrowing, and cord pressure.

To save your neck, Rtn Tony's advice was: improving your working environment and work station such as having large screen for your computer, modifying your habits, having a hard mattress and the right pillow, avoiding certain kinds of sport and recreation activities, using neck support when traveling and practicing chin retraction exercises. If you fail in prevention and have pain at the neck, you will have



THE ROTARY CLUB OF HONG KONG ISLAND EAST

香港東區扶輪社週報

Club 4350

District 3450

Chartered on 6 April, 1954 by Charter President  
PDG (Uncle) John Yuen

to consult a doctor (AND YOU KNOW WHO TO GO TO) to get the correct diagnosis and the right medications and physiotherapy. Some may choose to try acupuncture, accupressure, and massage. If these all fail, you will have to go to the hospital to get traction, epidural injection and operation if necessary. The good news is however neck pain would improve as one gets older because the neck would get stiffer and its movement is reduced!

PP George thanked Rtn Tony for giving us such an informative talk and for his most useful advice. Sergeant-at-arms Rtn. Laurence reported that the collection was \$1,360. President Stephen closed the meeting with a toast to RI coupled with HK Island East.

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## Rotary Information

**Q:** Do Rotary clubs have to have female members?

**A:** According to the RI Bulaws(4.070), "no club, regardless of the date of its admission to membership in RI, may, by provisions in its constitution or otherwise, limit membership in the club on the basis of gender, race, color, creed, or national origin...". Furthermore, any provision in a club constitution in conflict with this "is null, void, and without effect."

The Rotary Code of Policies (4.060) states: "All Rotary clubs are encourage to have membership consisting of both men and women. Governors are encourage to promote dual-gender membership in all clubs in their districts and, where clubs that have single-gender membership remain, should promote the establishment of new dual-gender clubs in the locality of the existing single gender clubs.

**Q:** How does the change to two membership categories--active and honorary--affect our club?

**A:** It simplifies things and gives the club increased flexibility in membership development. Please refer to "Attendance " and "Classifications" questions as well as Article VI, SRCC.

Clubs that did not require full dues payments from senior active and past service members may want to amend their bylaws, now that these members are active. If a club wants to retain a two-tiered system or payments, it might use such terms as "members who have served as Rotarians for 15 years or more" or "Rotarians who meet the exempt status of 85 years of both service and age." This is a matter to be determined by the individual clubs; it is not covered in RI Constitution documents.

Note that someone can be an active member in one club and an honorary member of another, as long as they are two different clubs. As the result of another change, the board determines the term of honorary membership, which is no longer limited to one year. Still another change entitles honorary members to visit other clubs without being the guest of a Rotarian; the club president may issue a document (but not a membership identification cards) to prove honorary membership.

Q: Can we change senior active members to honorary?

A: Yes, but it is not recommended. Honorary membership is a distinction for meritorious service in the furtherance of Rotary ideals and should be conferred only in exceptional cases. Keep in mind that honorary members are entitled to no club rights or privileges, except the right to visit other clubs.

Q: Where can I get a list of Rotary clubs and their members?

A: The names of clubs, their meeting times, and contact information for their presidents and secretaries is in the *Official Directory*, a copy of which is mailed to the club secretary every year. Another source is "Where clubs meet," accessible via the RI homepage ([www.rotary.org](http://www.rotary.org)).

As for the names of club members, the Code of Policies states they may only be obtained from the club or from the Secretariat at the club's request. The RI General Secretary will supply to a district governor a list of all Rotarians in the governor's district, at the governor's request.

Q: I am relocating and want to join another club. Is transfer of membership to another club automatic?

A: No. You must terminate membership in one club and be admitted to another club, which must follow new member admission procedures. The new club is not required to accept you as a member. But, if accepted into membership of the new club, you will not be required to pay a second admission fee (Article X, SRCC).

You may find clubs in your new area either in the *Official Directory* or via your club's secretary; introduce yourself by mail or telephone and ask if you can visit them. Your former club may act as your sponsor; ask your club to write a letter to this effect.

Please note that, under Article XI, Section 2 (a), SRCC, "the board may grant a member moving from the locality of this club or the surrounding area a special leave of absence not to exceed one (1) year to enable the member to visit and become known to a Rotary club in the new community if the member is still active in the same classification and continues to meet all other condition of club membership."

### SPEAKER PROGRAMME

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|--------|--|
| Feb 27 | Audiology: The Hearing Healthcare<br>by Ms Livia Wong, Audiologist, with Widex Hong Kong Hearing & Speech Centre Ltd |
| Mar 06 | Rehabilitation Vs. Recidivism<br>by Acting Commissioner Kelvin Pang, Correctional Services Department                |
| Mar 13 | The Reminiscence of Hong Kong Island East<br>BY PDG Peter Hall, Rotary Club of HK Island East                        |

# LAUGH FOR THE WEEK

**Subject: wooo wooo**

Two Indians and a Hillbilly were walking in the woods; when all of a sudden one of the Indians ran up a hill to the mouth of a small cave.

Wooooo! Wooooo!" he called into the cave and then he listened very closely until he heard an answering, "Wooooo! Wooooo

He then tore off his clothes and dashed into the cave. The Hillbilly was puzzled over this and asked the other Indian what that was all about. Was the other Indian crazy or what?

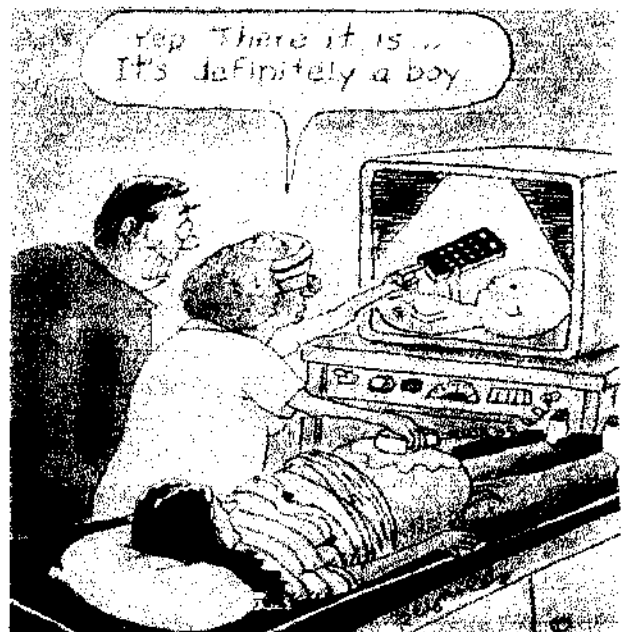
"No" said the second Indian. "It is our custom during mating season when Indian men see a cave, they holler 'Wooooo Wooooo!' into the opening. If they get an answer back, it means there is a girl in there waiting to mate."

Just then they saw another cave. The second Indian ran up to the opening of the cave, stopped, and hollered, "Wooooo! Wooooo!" Immediately there was an answering "Wooooo! Wooooo!" from deep inside the cave. The Indian ripped off his clothes and ran into the cave.

The Hillbilly wandered around in the woods alone for a while, and then he came upon a great big cave. As he looked in amazement at the size of the huge opening, he was thinking, "Hoo, man! Look at the size of this cave!

It is bigger than the caves the Indians found. There must be some really big, fine women in this cave!" He stood in front of the opening and hollered with all his might, Wooooo! Wooooo!" He grinned, closed his eyes in anticipation, and then he heard the answering call, "WOOOOOOOOOO!" "WOOOOOOOOOO!" With a gleam in his eyes and a smile on his face, he raced into the cave, tearing off his clothes as he ran. The following day, the headline of the local newspaper read.....

**"NAKED HILLBILLY KILLED  
BY FREIGHT TRAIN"**



**YEAR 2001 - 2002**

<b>Ex-Officio</b> IPP Tajwar Shadikhan	<b>Vice President</b> Henry Chan	<b>President Elect</b> Chris Howe	<b>President</b> Stephen Liu	<b>Secretary</b> Eddy Wong	<b>Treasurer</b> Clark Lu	<b>Advisor</b> PDG Peter Hall
<b>Directors:</b>			<b>Sergeant-at-arms</b>	<b>PP Council Rep</b>		
PP John Kwok	Rudy Law	Ates Yucel	Malcolm Phillips	Jason Chiu	Laurence Chan	PP Hubert Chan

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Club website: <http://www.rotary.org.hk/hongkong-island-east>

Make-up cards to Club Secretary: Ms Annie Ng

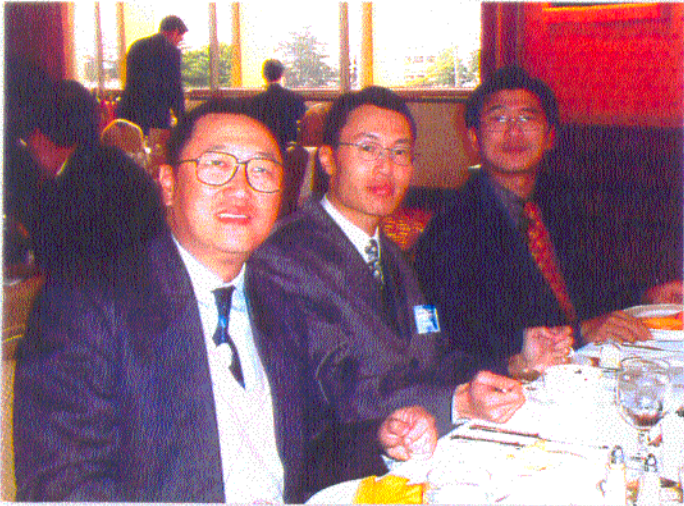
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**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m. AT  
EXCELSIOR HOTEL, CAUSEWAY BAY**



PP George & PP Hubert seated next to guest Dr. Wong Lung Fai.



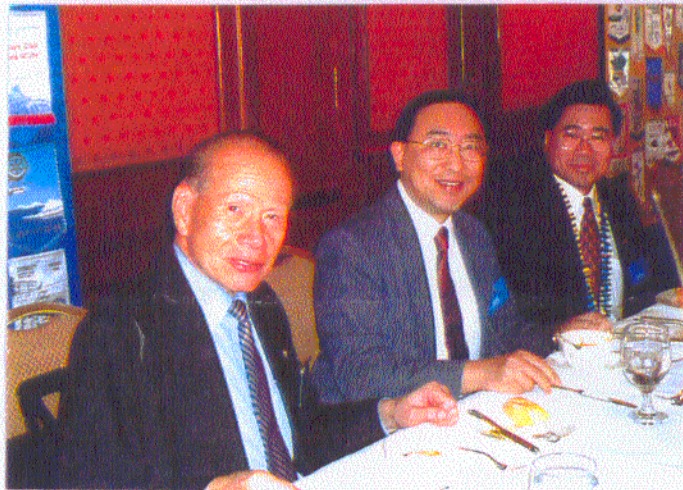
Guest James Kwan seated between PP Desmond & Dir. Rudy.



PP Edwin seated next to IPP Tajwar and PP John IV.



Our own Rotarian Dr. Tony Loy giving us a talk on "How to save your own neck"



Seated at our head table are PDG Uncle Peter, Dr. Tony, & Pres. Stephen.



At the other end of the head table are PE Chris, SAA Laurence, & PP John IV.



Rtn Heron seated next to VP Henry & Rtn Francis.