

**WEEKLY  
BULLETIN  
VOL. 47 No.32  
9th February 2000**

**Act with  
Consistency  
Credibility  
Continuity**

**YEAR 1999-2000**

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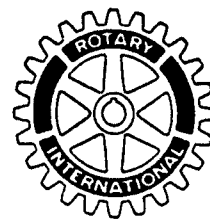
**Fellowship Chairman  
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**Our 46th Year of  
Rotary Service  
Chartered : 6th April,  
1954  
by Founding President, the late  
PDG (Uncle) John Yuen**

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



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**TUNG FENG**

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

## What Happened Last Week

President Desmond chaired the luncheon meeting and presented the Club Watch to the long missing Rtn Danny Kilis. There were 17 members attending. A high percentage is from the PPs.

Visiting Rotarians are :

PP Leslie, HK South

Rtn Samuel Chung Kai Wai (also speaker), HK Harbour

Rtn Kwan Siu Chan, Peninsula South

Rtn Sheral Yan, Causeway Bay

Rtn Daniel Wong, Causeway Bay

PP John apologized for the replacement of the last issue of Tung Feng due to mix up. (Therefore, false print could be worth a fortune for future generations)

VP Stephen reported the SAA collection for red box - HK\$1,600.

VP Stephen reported on the trip to Niigata on April 22-26 during the Easter Holidays. Five Rotarians and two Rotariannes enrolled so far.

The proposed schedule is:

4/22 - departing HK

4/23 - sight seeing

4/24 - golf

4/25 - Niigata anniversary dinner

4/26 - returning HK

VP Stephen also reported on the availability of two CD Rom's for HKIE Tung Feng Bulletin Collection (1954-1999) - a treasure well kept by PDG Uncle Peter. Many thanks for work done by PP John, for photocopying and VP Stephen for transcribing it on to CD Rom's and the cover design.

Hon Secretary Ates introduced the speaker - Rtn Samuel Chung Kai Wai from HK Harbour on the topic of "Intelligent Qi Gung". Rtn Samuel was a versatile ex-government staff, now engaging in undergarment business for export.

Rtn Samuel gave a personal account for his Qi Gung experience. He has been practicing this art since 1990 for health reason; an art he learnt from his meeting with some friends whom he play Mah Jong with.

Intelligent Qi Gung was said to be more than an exercise for breathing and meditation and particularly good for :

- blood circulation
- better digestion and respiration
- clear mind and relaxation.

Rtn Samuel had experienced that beginners may feel the difference in a few months time if they practice a cycle for 7-10 minutes every day.

The basic requirement simple, just a space 3 feet x 3 feet.

His tips for the beginners is to focus on the simple movements and controlled breathing, and not so much on the exactness of movements, but on Chinese teachings for the internal nerve system.

Rtn Samuel studied the exercise for 10 years and even spent one month in Hepei, China to join a big school with a class of 3-4,000 people for practicing of Qi Gung. He said there were at least 26 styles of Qi Gong that were approved by the Chinese Government sponsored by the National Sport Committee.

Rtn Samuel suggested that the best time for practicing is early in the morning, before taking of food, or at least one hour after dinning, or at least half an hour before going to bed.

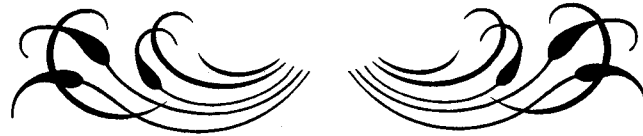
Rtn Samuel then demonstrated a simple routine, by standing 4 inches in front of a wall; close the knee and squat up & down gently a few times.

The secret was, by turning the arms inside out and breath relaxed.

- also it might help if you can act as if someone pulls you up by your hair.
- transfer the weight to the middle of the feet.

A vote of thanks was proposed by PE Tajwar by quoting the saying of "Mind Over the Matter".

Pres. Desmond then closed the meeting by proposing a toast to the Rotary Club of Hong Kong Harbour.



## **Rotary Information**

### ***Rotarian leads effort to revitalize Peruvian clinic***

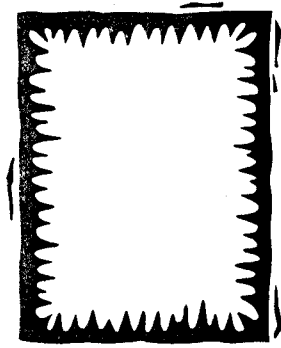
An unused clinic in the highlands city of Huanaco, Peru, is about to get a new life. Oscar DeClercq, a Belgian physician, built it to serve the poor who make up a big chunk of the city's 200,000 residents. But he died seven years ago before it could open.

DeClercq's vision has been adopted by Operation Condor, a five-year-old humanitarian project that sends medical professionals from the United States and Europe to Huanuco annually. John DeKeyser, president of the Rotary Club of Wheaton and chairman of Operation Condor, said that an estimated US\$500,000 is required to rehabilitate, expand, and equip the clinic. He was optimistic that the money will be raised by the end of this year.

"It will probably be the largest physical therapy facility in the region," the Rotarian said.

To jumpstart the process of revitalizing the clinic, DeKeyser arranged for three nurses from Huanuco to be trained in the United States. So last October, Elizabeth Martel, Frida Vasquez and Neri Calero started a six-week course at Marianjoy Rehabilitation Hospital in Wheaton. In December, they returned to Huanuco armed with training in rehabilitation therapy.

Though their training was basic, the three nurses took home the kind of knowledge that is critical for the recovery of poor patients with no access to hospitals in Huanuco. They will soon be conducting short courses to impart what they learned in Wheaton to other nurses in Huanuco. At some point, specialist doctors will join them at the clinic.



## Notice

We missed you on 2<sup>nd</sup> February 2000!!!

- Team 1 John Luk
- Team 2 Chan, Kenny; Fu, C.Y.; Lamport, William; Ling Alex
- Team 3 Chan Henry; Fung, Lewis; Lai, Robert; Pang, K.T.;  
Wong, Sam
- Team 4 Cheng, Y.K.; Kuang, Peter
- Team 5 Fielding, Rob; Loy, Tony; Luy, Henry; Narain, Kishu;  
Shek, Andrew; Yao John
- Team 6 Chan, Joseph; Chan, Paul; Howe, Chris; Phillips, Malcolm

22 members missing

**Please makeup!!!**

## LAUGHS FOR THE WEEK

A guy went into a chemist's shop and asked for a condom.

"Do you want a packet of six, eight, or twelve?" asked the chemist.

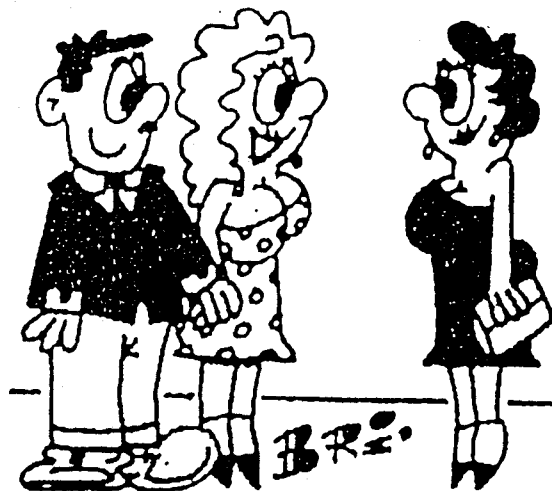
"I only want one," said the guy, "I'm not as young as I used to be. One will do me fine for tonight, thank you very much."

"Well, that's no good," said the guy. "Why do they sell them like that?"

"It's like this," said the chemist. "You see, the six-packs are for the Protestants, who do it six days a week, but never on Sundays. And the eight-packs are for Catholics, who do it every day and twice on Sundays."

"What about the twelve-packs?" asked the guy.

"Ah, yes," said the chemist. "They're for the pensioners ... January, February, March ...."



"It's the real thing this time - money!"

Club's postal address : P.O. Box 47064, Morrison Hill Post Office, HK  
Make-up cards to : Miss Elsa Li, Rm 1021 Sun Hung Kai Centre, 30 Harbour Road, Hong Kong. Fax : (852) 2827 5086  
Bulletin Materials to Rtn Rob Fielding Fax (852) 2774 5067

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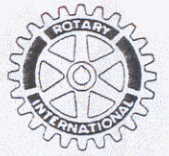
Rotary Club of Hong Kong Island East meet each Wednesday at 12:30 p.m. in Excelsior Hotel.  
Club 4350 - District 3450 of Rotary International



Our speaker Rtn Samuel Chung (HKH) giving us a talk on Qi Gong.



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TUNG FENG

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



No! He's not being a bad boy & being punished, but rather he's demonstrating a Qi Gong exercise.



Rtn Danny receiving his souvenir watch of our 45<sup>th</sup> Anniversary present from Pres. Desmond

Visiting Rtn. Kwan Siu Chan (Peninsula South) enjoying his lunch in the company of PP Li.





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# TUNG FENG

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



PP Leslie Soltay (HKS) enjoying the fellowship sitting between our Hon Sec. Ates and PE Tajwar.



Rtn visitors Daniel Wong & Sheral Yan (Causeway Bay) seated between Rtn Danny and Rtn Rudy.



Visiting Rotarians with our speaker between PDG Peter & Pres. Desmond on 2<sup>nd</sup> February, 2000