



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 -

6th May, 2009

President Andy started the meeting at 1:05 pm.

President Andy introduced our visitors being two Rotaractors from Lingnan University, Ms. Karen Lai and Ah Suet (Ms. Tse). Our visiting Ambassadorial Scholar Mr. Eddie Walneck also joined our meeting. The speaker was Tai Chi Master Mr. Wan Hing Yuen who was the Tai Chi teacher of our PP Uncle John.

President Andy then welcomed back Rtn. John Yao and Rtn. Andrew Shek for not seeing them for a few meetings.

The birthday boy for the week was Rtn John Yao and he asked PP Uncle John to lead the birthday song for him.

There were seventeen members attended the meeting.

President Andy made the following announcements:

1. There will be a joint meeting with Rotary Club of Hong Kong City North on 19 May 2009 (Tuesday). Our regular meeting on 20 May (Wednesday) will be cancelled. The venue of the joint meeting will be at Craigengower Cricket Club in Happy Valley starting from 12:30 pm and the cost of the lunch will be \$150 per person.
2. There will be a total of 34 members and spouse/friends joining the delegation to visit Rotary Club of Osaka Jonan for their 40th anniversary. However, if W.H.O. raised the alert level to 6 for the Swine flu, they might cancel the celebration.
3. On the first day of the arrival to Osaka on 28 May, a crab dinner will be arranged for our own members. The cost of the dinner would be around 6,000 yen and there would be some kind of sponsorship by our PP Uncle John. For those who want to join the dinner, please register with our President Andy as the number of seat is limited.

The Sergeant-At-Arms Rudy reported a total collection of \$1,600 for the Red-box donation.

The highlight of the meeting was the talk by Tai Chi Master Wan Hing Yuen.

Mr. Wan was in the education field when he was young. He started to learn Tai Chi from his colleague after he was quite sick for his stomach problem when he was young. After practicing Tai Chi for a while, his health condition was much improved.

When he went to Canada for further study for his education degree at an age of 34, his Tai Chi skill helped him to win many friends and appreciation from the professors.

He started teaching Tai Chi in the university and at the same time, he read more books to enhance his knowledge on Tai Chi.

He also shared with us his experience on how Tai Chi could improve our health, our study and our daily life.

In summary, Tai Chi is working under the following four areas:

1. Movement
2. Relaxation
3. Breathing
4. Concentration

For learning Tai Chi, it was not difficulty. If we learnt the Yeung style Tai Chi, for 108 forms, it would normally take about 10 lessons. Another 3 lessons would be necessary to teach you how to breathe properly. Then you practice for a few months and you should be able to master Tai Chi in a reasonable manner.

Later, Mr. Wan started to learn acupuncture points massage to cure some illness by reading books and experience by Dr. Sun Yat-sen. He said that it would be particular useful for pain in bone joints, muscle pain, lever problem, eyesight problem, etc.

Mr. Wan had written a book. He recommended our members to follow the method of acupuncture points massage to cure some of the

common illness and problem caused by stress to our health. He also demonstrated the way of treatment to some of our members and how good was his health condition at an age of 74.

If any member wants to buy a copy of the book and the VCD of Tai Chi practice form, please contact President Andy for details.

The talk was well received by our members and many questions were raised to him for the method of treatment of different illness and how to improve Tai Chi skill but time was not enough to answer all the questions.

Rtn. John Yao thanked the speaker and told us his personal experience on Tai Chi.

President Andy closed the meeting at 2:10 pm by proposing a toast to RI coupled with the RC of Hong Kong Island East.

Rotary Potpourri

Trustees of TRF phase out Peace Centre at UC Berkeley

As per news released by TRF at its April meeting. The Rotary Foundation Board of Trustees, decided to dissolve the Rotary Center for International Studies in peace and conflict resolution at the University of California, Berkeley, after the incoming class for 2009-2011.

After careful analysis of the most recent biennial evaluation of the Rotary Centers partner universities, the Trustees determined that the University of California, Berkeley, is unable to offer a graduate-level curriculum in peace studies and conflict resolution. They agreed not to award additional fellowships for study there, effective for the 2010-12 program and beyond, until such a time that the university might better meet the Foundation's program requirements.

The trustees would like to recognize the outstanding personal efforts, both in time and financial resources, of Rotarians in the host area for the Rotary Center at the University of California, Berkeley.

The Trustees also would like to express their gratitude and appreciation to all of the Rotary World Peace Fellows, Rotary Center directors, faculty, and other Universities associated with the Berkeley program. Without the dedication of all those involved, the Rotary Center would not have enjoyed the success it has had over the last 10 years.

Club News

Our Director Eric Chin got two birdies recently - At the Kau Sai Chau East Course Par 3 on May 8 and South Course Par 4 on May 10. Congratulations to Eric !. We may have another Tiger - Tiger Chin in the makings.

Electronic Make-up Questions

You can submit an electronic makeup for this missed meeting by answering the following questions:

Name:

Email:

1. How many visiting guests we have today ? Ans)
2. Who have we welcomed back ? Ans)
3. Who were our birthday boys today ? Ans)
4. How many of our Rotarian members attended today's meeting ? Ans)
5. When and where will our Wednesday luncheon meeting on the 20th of May be moved to ? Ans)
6. What was the SAA collection reported today ? Ans)
7. Who was our speaker today ? Ans)
8. Who was asked to thank our speaker ?

Joke

Subject: Robot Lie Detector

One day Mike came home with another one of his unusual purchases. It was a robot lie detector.

About 5:30 that afternoon their 11 year old son returned home from school over 2 hours late.

"Where have you been"? asked Mike.

"Several of us went to the library to work on an extra credit project," said Timmy.

The robot then walked around the table and slapped Timmy, knocking him completely out of his chair.

"Son," said Mike, "this robot is a lie detector, now tell us where you really were after school."

"We went to Billy's house and watched a movie." said Timmy

"What did you watch?" asked Timmy's mother Mary.

"The Ten Commandments." answered Timmy.

The robot went around to Timmy and once again slapped him, knocking him off his chair once more.

With his lip quivering, Timmy got up, sat down and said, "I am sorry I lied. We really watched a pornographic DVD movie."

"I am ashamed of you son," said Mike. "When I was your age, I never lied to my parents."

The robot then walked around to Mike and delivered a whack that nearly knocked him out of his chair.

Mary doubled over in laughter and said, "Boy, did you ever ask for that one! After all, he is your son!"

With that the robot whacked Mary and knocked her off her chair.

Photographs of our meeting

on

6th May, 2009



(L to R) PDG Uncle Peter Hall, Speaker - Master Wan & Pres. Andy Wong



(L to R) IPP Laurence Chan, PP Tim Lui & PP John Kwok



(L to R) Pres. Andy Wong & Rotaractor from Lingnan University (Karen & Ah Suet)



(L to R) Rtn. Jason Chiu, Rtn. Andrew Shek & PP Dr. Hubert Chan



(L to R) Rtn. Peter Yeung, Ambassadorial Scholar Eddie Walneck & PP Stephen Liu



(L to R) Dir. Dr. Eric Chin, Rotaractor from Lingnan University (karen & Ah Suet) & PP Rudy Law



(L to R) Rtn John Yao, PP Eddy Wong, PP Henry Chan & PP Paul Chan



Birthday boy Rtn. John Yao received the birthday gift from Pres. Andy Wong



PP John Kwok introduced our speaker of the week



Tai Chi Master Wan is this week's speaker. He gave us a talk about "Acupressure"



Group photo with members, speaker & guests

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