



扶輪 Tung Feng



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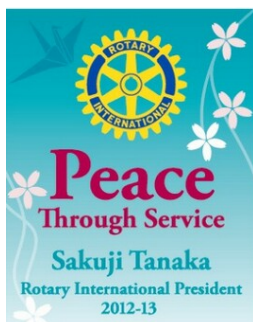
Last Week's Proceedings - 29th August, 2012

President Nancy announced to start the 9th Luncheon at 13:10. Before proceeding to formal report, she invited PE Jonathan, Rotarian William Wong and Rotarian Carl Yuen to introduce their friends respectively Mr. Andrew Hui, Ms Sarah Lee and Mr. Matthias Law. After that, she specially welcomed back PDG Uncle Peter and Rotarian Jason Chiu to attend today's luncheon. President Nancy also informed us that she attended the Annual Party of Rotary Club of Kowloon Northeast with IPP Eric and PP Heman at Chariot Club on 24 August. It was a uniform party. IPP Eric dressed up like a Pilot, PP Heman dressed up like a Doctor and she herself dressed up as an Oldies Singer. They were having great fun there. On 25 August, PE Jonathan, IPP Eric, PP Norman, new member Carl and herself attended the New Membership Seminar. There were 72 Rotarians attending this seminar. On 26 August, Dir. William and President Nancy joined the cheering team of Choi Jun School at the airport in order to show our support to the two students who are going to participate in the Paralympics Swimming Games at London. She encouraged them to try their best without pressure and blessed them with flying color. These two students will return on September 4. Should any Rotarians be interested in welcoming them back, please inform President Nancy.

President Nancy also informed our members that August is the "Membership and Extension Month" so she has arranged 4 new members to be inducted in August and led the members to attend the District Membership Seminar. On August 31, there will be a District Membership Happy Hour to be held at TOMO Restaurant in TST in order to let Rotarians to mingle and meet other members of our District in a relaxing environment. All new members, potential members and guests are welcome. She also announced that September is the "New Generation Month". In addition, she further reminded members to attend the District PR Workshop on September 1 and a series of Future Vision Plan mini seminars organized by the District Rotary Foundation Committee in the coming three months.

Other than District events, our Club will also have the following activities in September:

1. PDG Uncle Peter Cup and Birthday Celebration - It will be held on September 6. A Golf tournament in day time and followed by a dinner fellowship on that night in CCC. PIC is PP Heman.



THE ROTARY CLUB OF HONG KONG ISLAND EAST LTD.

香港東區扶輪社週報

Club 16340

District 3450

**Chartered on 06 April, 1954 by Charter President
PDG (Uncle) John Yuen**

2. New Member Training Gathering – It will be held on September 25 at Fat Angelo’s Restaurant in TST. PP Eddy Wong is PIC and who will invite some PPs to share their Rotary journey with new members and also organize informative and entertaining fellowship with participants. All new members joined within 1 year are invited.
3. President Nancy also proposed to move the following luncheon dates to other dinner Dates as follows;
 - September 19 (noon) to September 19 (evening) in Intercity Meeting to welcome current RI President Sakuji Tanaka
 - September 26 (noon) to September 27 (Thurs evening) for the Area 3 Joint Dinner Meeting (Mid Autumn Festival celebration)
 - October 10 (noon) to October 10 (evening) in Intercity Meeting to welcome Rotary Foundation Trustee Chair PRIP Wilfrid Wilkinson – to be hosted by Area 3 Clubs
4. President Nancy will join DG to visit Mongolia from September 14 to 17.

After her announcements, she invited SAA Jonah to report Red Box contribution to be HK\$1,000 from members. Then she invited PP Norman to introduce the Guest Speaker of today’s luncheon, Ms Cornelia Francesca. Our speaker today is passionate about people, in particular supporting people. Even through her chocolate business, Francesca Ltd, her goal and purpose is to enrich people’s lives and to help them achieve the best out of life. Happiness and love are at the centre of everything Cornelia Francesca does and she counts these as the most important emotions a human can feel. Without happiness and love, nothing else really matters but with both so much can be achieved. It is her wish for everyone in this world to experience this. Her talk is titled as “The Ying and Yang in the life of an Executive”.

Our guest speaker firstly asked the audience whether they all experience abundance and prosperity every day to the fullest, whether they can have mental and lasting happiness, success in both business and private life in most of the time. It would be great if the audience can give a “yes” answer, but realistically most of us experience it partially and wish to attain more. How can we achieve it?

Peace of mind	Vs	Anger
Respect others/interdependence	Vs	Self Cherishing
Space/ non-attachment	Vs	Attachment
Build on your strengths	Vs	Ignorance

Just like water, how can “tsunami” become “Calm Ocean”?

How are we going to balance it? Why balance is crucial in our lives, it is based on the main emphasis on the nature of your mind, to understand how it works in everyday life. Why is it so important to know the nature of your own mind? Since we all want happiness, success, peace, enjoyment and satisfaction in all aspects of life and since these things do not come from chocolate only but from wisdom and the mind, we have to understand what the mind is and how it works.

That consciousness is a creature of habit one can observe for oneself. The same mental patterns arise again and again when they meet the triggering condition. This is true for the wholesome as well as for the harmful mental patterns. The circling of the mind is in the same old patterns.

Therefore, it is essential to study and learn about where the sources are to be adjusted and changed to understand one's mind. One can change the outer conditions and achieve certain results. But in today's very challenging world, one needs an understanding of a healthy oneself and own mind, caring for others and how to become a true global citizen by seeing the connections among us.

In her speech, she also elaborated her definition of “Mind” and “Mental Factors”. If we can control these two important characters, we can easily maintain inner peace and balance within ourselves.

After her speech, PP Andy, PP Norman and Rotarian Jason, PP raised questions and shared their views with our speaker. After President Nancy presented a souvenir to our speaker, she invited Rotarian Jason to present a vote of thank to our speaker.

President Nancy then announced that next week’s speaker will be our Hon. Treasurer Dennis Wat. His topic will be “The Role of Family Offices in Managing Family Wealth”.

The meeting was adjourned after Pres. Nancy made a toast to RI coupled with the Rotary Club of Hong Kong Island East. The guests and members stayed for a group photo. The meeting ended at 2:00 pm.



Rotary Potpourri
Sakuji Tanaka - RI president for 2012-13

Sakuji Tanaka, a member of the Rotary Club of Yashio, Saitama, Japan, was elected president of Rotary International for 2012-13 by delegates during the fourth plenary session at the 2011 RI Convention in New Orleans, Louisiana, USA.

RI President Tanaka encouraged Rotarians to help Rotary reach its potential by finishing the job of polio eradication and using the organization's strengths to enhance its ability to "do good in the world."

He said Rotarians share a responsibility to make Rotary clubs stronger by attracting quality members and ensuring that every club meeting is productive and meaningful. He also called upon clubs to make an action plan to bring in younger members.

"We need to stop talking about this. Instead, why don't we just do it!" he said.

For 32 years, Tanaka was president of Tanaka Company Ltd., a wholesale firm that went public in 1995 and later merged with other leading wholesalers in Japan. Currently, he serves as vice president of the Yashio City Chamber of Commerce and adviser to Arata Co. Ltd., an animal feed and pet food wholesaler. He also chaired the National Household Papers Distribution Association of Japan for eight years. Tanaka studied business at Nihon Management Daigakuin and Tokyo Management Daigakuin.

A past trustee of The Rotary Foundation, Tanaka chaired the 2009 Birmingham Convention Committee. His other service to Rotary includes RI director, regional Rotary Foundation coordinator, district governor, and member of the Polio Eradication Advocacy Task Force, the Permanent Fund Committee for Japan, and the Future Vision Committee.

Tanaka established an endowed Rotary Peace Fellowship, and he and his wife, Kyoko, are Paul Harris Fellows, Benefactors of the Permanent Fund, and Major Donors.

He is a recipient of RI's Service Above Self Award and The Rotary Foundation's Distinguished Service Award.



LAUGH FOR THE WEEK

Subject : New Women's Love Story

He grasped me firmly but gently just above my elbow and guided me into a room, his room. Then he quietly shut the door and we were alone.

He approached me soundlessly, from behind, and spoke in a low, reassuring voice close to my ear.

"Just relax."

Without warning, he reached down and I felt his strong, calloused hands start at my ankles, gently probing, and moving upward along my calves slowly but steadily. My breath caught in my throat. I knew I should be afraid, but somehow I didn't care. His touch was so experienced, so sure.

When his hands moved up onto my thighs, I gave a slight shudder, and partly closed my eyes. My pulse was pounding. I felt his knowing fingers caress my abdomen, my ribcage. And then, as he cupped my firm, full breasts in his hands, I inhaled sharply. Probing, searching, knowing what he wanted, he brought his hands to my shoulders, slid them down my tingling spine and into my panties.

Although I knew nothing about this man, I felt oddly trusting and expectant. This is a man, I thought. A man used to taking charge. A man not used to taking 'no' for an answer. A man who would tell me what he wanted. A man who would look into my soul and say ...

"Okay, ma'am, all done."

My eyes snapped open and he was standing in front of me, smiling, holding out my purse. "You can board your flight now."



<u>Year 2012 -2013</u>					
President	President Elect	Secretary	Treasurer	Ex-Officio	
Nancy Yee	Jonathan Lamport	Stacy Ho	Dr. Dennis Wat	Dr. Eric Chin	
Directors:					
John Kwok	Dr. Rudy Law	Andy Wong	Heman Lam	Norman Lee	William Wong
Service Chairs:					
Dr. George Leung	Eddy Wong	Laurence Chan	Anthony Kwong	Colin Chau	Kevin Leung
Sharon Lamport	Nelson Tse	Terry Tsang	Jonah Cheung	Teresa Ho	William Wong
Advisors:					
Peter Hall	Y.K. Cheng	Dr. Hubert Chan	PP Council Rep.	Andrew Chen	

Club postal address: P.O. Box 47064, Morrison Hill Post Office, Hong Kong

Club website: <http://hkie.rotary3450.org>

Make-up cards to Club Secretary: Ms Anne Ng

c/o Li, Tang, Chen & Co., 10/F, Sun Hung Kai Centre, 30 Harbour Road, Wanchai, Hong Kong

Tel : (852) 2827 8663 (ext.176) **Fax :** (852) 2827 5086

ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.

**29 August 2012 - Luncheon Meeting
Rotary Club of Hong Kong Island East**



PDG Uncle Peter Hall
& Guest speaker - Ms Cornelia Francesca



Guest speaker - Ms Cornelia Francesca
& Pres. Nancy Yee



Visiting guest - Ms Sarah Lee & Dir. William Wong



Rtn. Karl Yau, visiting guest - Mathris
& Dir Teresa Ho



SAA Jonah Cheung & PE Jonathan Lamport



PP John Kwok , Rtn. Jason Chiu, Rtn. Dr. Freddie Wu &
visiting guest - Andrew Hui



Guest speaker - Ms Cornelia Fancesca gave a talk on "The Ying & Yang Executive Balance"



Pres. Nancy Yee presented a club souvenir to thank Ms Francesca's interesting talk



PP Andy Wong & PP Heman Lam



PP Eddy Wong & PP Norman Lee



Rtn. Jason Chiu gave a vote of thanks on behalf of the Club to Ms Francesca



Group photo of visiting guests and members of HK ISLAND EAST