



東風 Tung Feng



Vol. 60

No. 14

10th October 2012

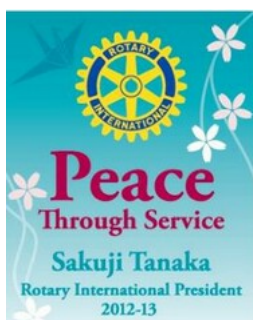
Last Week's Proceedings – 3rd October, 2012

The meeting began at 1pm with President Nancy warmly welcomed all participants. Pres. Nancy then welcomed our guest speaker Ocean Whitehawk, Dr Alfred Mak, a second guest speaker who is introduced by PP Mitzi Leung of the Rotary Club of Hong Kong.

The following were the announcements made by Pres. Nancy:

On District Activities:-

- a) All Clubs in Area 3 will hold an Intercity Meeting on the 10th Oct., 2012 to welcome PRIP Wilfrid Wilkinson who is The Rotary Foundation Trustee Chairman. This meeting will be held in the Regal Hong Kong Hotel, 3/f Golden Palace from 7:30pm to 9:30pm. At this meeting all Rotarians who have contributed \$10,000 US or more to The Rotary Foundation will be recognized. The cost of this dinner is \$480 per person. Please come to celebrate this occasion with us. Kindly take notice therefore that our normal luncheon meeting has been moved to this occasion. This occasion will count as attendance.
- b) On 5th Oct Friday, the 2nd Rotary Happy Hour will be held at Zeffirino Ristorante, Regal Hong Kong Hotel, all are welcomed to join. Please contact IPP Eric for registration
- c) On 6th Oct Saturday morning at 10am, District Poverty Alleviation Committee organized a visit to a Social Enterprise L Plus H Fashion in Tuen Mun. The social enterprise utilized the skilled workers who were left out during the migration of garment factories to mainland China and developed a profitable business. All members are welcomed to join. Please contact PP Heman to register.
- d) On 11th Oct, Thursday, District Rotary Foundation Committee (DRFC) has organized a mini-seminar on Future Vision Plan, all members are recommended to join as this is the RI initiatives which will commence in the 2013 Rotary Year.



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

- e) On 13th Oct and 3rd Nov, District Adopt-A-School Committee will organize a Mock Legco Debate Workshop from 2 – 5pm.

On Club Activities: -

- a) On 12th Oct Friday, we will have the vocational visit to the Grand Opening of St. James Settlement's Green Ladies Shop at CC Wu Building Wanchai. Time of the opening is 4pm. All members are welcomed.
- b) On 20th Oct, Saturday, our Adopt-A-School partner Choi Jun School organized a swimming gala at Ma On Shan Public Swimming Pool, 6 Special and 2 Normal Schools attending. All members are welcomed to join this wonderful event.
- c) On 27th Oct, we will organize a Vocational visit to WEEE go Green – Eco Park WEEE Recycle Centre, All members are welcomed to join. Details to be announced later.

We celebrated the birthday of our PE Jonathan, and he picked his sister, fellow Rotarian Sharon, to be the song leader. He received his birthday present from Pres. Nancy and then cut the cake to share with everyone while all sang a Happy Birthday song to him.

SAA Jonah announced the red box collection amounted HK\$1,400. He thanked everyone for their contributions.

Rotarian Sharon then introduced Ms. Ocean Whitehawk as our guest speaker for the day. She recounted her personal history with Ocean, her background and how Ocean has changed her life. Here is a biography of our speaker: Ms. Ocean WhiteHawk is one of the most dynamic and passionate Wisdom Teacher in the field of Consciousness and Mind-Body healing today. She is a visionary and has the ability to help you access soul information and past lives to transform problems, blocks, relationship issues, illness and all other challenges you may be experiencing in your life. Ocean is also able to tap into your subconscious to remove the negative belief patterns that jeopardize your health, happiness and success, to install healthy positive ones to transform your personal or professional life. For those who are interested to further develop their spiritual knowledge and discover more of their life purpose, Ocean's extensive knowledge in the metaphysics and spirituality will easily assist the individual to bring their enlightenment to fruition. Based in UK and author of two life changing books, she is known for her warmth, uncompromising tone and genuine care. Over the last 30 years, Ocean has become highly trained in many areas of personal development, spiritual studies, metaphysics and remains at the cutting edge of our mind-body evolution process. Her work, whether on a one-on-one basis or group training, is deeply transformational and radical. Then she proceeded to invite Ocean to the stage for her talk.

Before starting the topic, Ocean began by giving thanks to our club for hosting her as a speaker, she said she has always wanted to be a Rotarian and found that what Rotary is doing for the community is very honorable. She has given talks at the UK Rotary clubs as well. But her hectic schedule couldn't permit her to commit to become a member. Then Ocean started her talk with a brief background of her childhood and described her childhood as a difficult one but because she had a difficult childhood, that's how she becomes who she is now. She then proceeds in talking about how she started her own business and got everything that she wanted. But she was still feeling like she was missing something. Then she found her answers through spirituality and from then on, her life just soared.

Ocean talked about how she now dedicated her life in helping others in need and she serves as a Mentor and Teacher in the metaphysic and personal development field. She travels around the world to give speeches and also do one on one consultation. She also stresses the importance of being positive in all aspects of life. She is here in HK for three weeks and will be doing a lot of talks on Spirituality, Core Beliefs and Synchronicity, Miracles, Power of Words...etc. All these topics mainly deal with how you choose your words wisely to enhance your self-belief and stimulate your latent untapped abilities. Achieve greater results in your life. By identifying Core Beliefs that are negative, we can transform them for fulfillment and achieve true happiness. The seeds of a perfect destiny lie within you. She teaches 7 principles to release the potential of these seeds and create a wondrous future for you. That was the end of her speech.

PE Jonathan then thanked Ms Ocean Whitehawk for her talk and he said that he was very grateful that Ocean has come to do a speech for our club. He added a personal note that Ocean has helped his sister Rotarian Sharon to overcome obstacles in her life. He also agreed with Ocean that we should look at the positive side of things and he has always learned from his negative experience to draw out the positivity from it.

After that, Dr Alfred Mak came onto stage to speak about Peace project for 5 minutes. He first handed out flyers to everyone and he began his speech. His speech is entitled "Peace for All Programme"

He pointed out that there are five parts to Peace:

Individual Peace
Cultural Peace
Social Peace
Political Peace
Ecological Peace

This is a new initiative with support from the Hong Kong local and international communities, to promote peace and cultural diversity and provide a cultural discovery platform for students. Their objectives are:

- *to promote cultural diversity, tolerance, intercultural dialogue, mutual understanding and respect for different traditions and customs.
- *to bring local and international schools together to work for peace.
- *to promote in students positive values and attitudes, and be informed and responsible citizens
- *to support school curriculum demands in the 1B and DSE systems.

"How can students in Hong Kong promote a culture of peace?"

Peace for all: Activities & dates:

I) United Nations' Peace Day: 21 Sept.

Pledge for peace

Upload a picture to <http://www.facebook.com/UnescoHongKongAssociation>

Email it to info@unesco.hk on or before 3 Oct 2012

II) Peacemakers' Celebration

Peacemakers' Day

Meet other Peacemakers

Meet country representatives

Workshops/roundtable discussion

Peace Celebration

Country booth – Student display & exhibition
Workshops – Experience arts & crafts, cultural discovery
Performance – music, drama, dance etc.

Peacemakers' activities

Students from local and international schools will work in partnership **after Peacemakers' Day** and showcase the outcome of their joint projects promoting peace and intercultural understanding at the Hong Kong Science and Technology Park in Ma Liu Shui on 24 February 2013.

Invitation

Schools are cordially invited to participate and form a team of Peacemakers (15-20 students). Please return the completed form to the Secretariat. For enquiry, please contact Mr. Fletcher Ng or Ms. Ethel Chu at 2312-7696.

This is a community sponsored activity. **No registration fee** for participating schools. **Places are limited.** Registration on a first come first served basis. Participating school should:

Support the UNESCO objectives
Believe in the value of co-curricular activities for effective learning
Have a designed staff member serving as a liaison person

Pres. Nancy subsequently thanked Dr Alfred Mak for his informative talk.

She then reminded all members that next week's meeting will be moved to an evening meeting to welcome PRIP Wilfrid Wilkinson. Please do come to support this meeting.

At 2:12pm, President Nancy declared the close of the meeting with a toast to the Rotary Club of Hong Kong and Hong Kong Island East. Then we all took the group photo at the end of the meeting.



Rotary Potpourri

Rockin' in the Polio Free World

By Rotary International General Secretary John Hewko
(extract - <http://blog.rotary.org/2012/10/02/globalfest/>)

What a momentous week it has been for Rotary and polio eradication in the Big Apple.

As you know, on 27 September Rotary participated in a historic session on polio eradication convened by UN Secretary-General Ban Ki-moon during the 67th UN General Assembly. You can watch the entire session here, and view additional photos here.

Rotary Foundation Trustee Chair Wilfrid J. Wilkinson announced to world leaders and our polio eradication partners that Rotary is pledging another US\$75 million to fight polio, adding to our total contribution of nearly \$1.2 billion since the launch of our PolioPlus program in 1985. That follows the \$228 million we announced earlier this year in response to the \$355 million challenge grant from the Bill & Melinda Gates Foundation.

Chair Wilf also presented Secretary-General Ban with our online petition in support of polio eradication, signed by more than 6,000 concerned citizens from around the world via our new web site, endpolionow.org

The Secretary-General and other leaders repeatedly acknowledged Rotary's leadership role in polio eradication.

"I am especially grateful to the Rotarians and Rotary International," Ban said. "They launched PolioPlus in 1985, when people suffered from polio in more than 125 countries. Since then, Rotary International joined forces with the World Health Organization, UNICEF and the U.S. Centers for Disease Control to lead the Global Polio Eradication Initiative. That brought us to this decisive moment."

Then two days later, Rotary shared the polio eradication message with the entire world during the Global Citizen Festival concert in Central Park, headlined by Foo Fighters, The Black Keys, and Neil Young, who is himself a polio survivor. The concert drew a live audience of more than 60,000 cause-committed people and was the largest syndicated charity concert in online and broadcast television history, according to the Global Poverty Project, which organized the event. View photos [here](#).

Rotary took the lead in producing the concert's seven-minute segment on polio eradication, which included remarks by actress Archie Panjabi, one of our celebrity "This Close" campaign participants; Aseefa Bhutto Zardari, daughter of Pakistan President Asif Ali Zardari; and Canadian Rotarian and polio survivor Ramesh Ferris. I had the honor of closing the Rotary segment and could not resist urging Neil Young to amend the title of his traditional closer to "Rockin' in a *Polio-Free* World."


LAUGH FOR THE WEEK

Subject: Antidotes of Life

- a) Secrets to a long happy marriage
An old woman was sipping on a glass of wine, while sitting on the patio with her husband, and she says
"I love you so much, I don't know how I could ever live without you"
Her husband asks, "Is that you, or the wine talking?"....
She replies, "It's me..... talking to the wine."
- b) I don't have an Attitude....
I have a personality you Can't Handle
- c) Sometimes I laugh so hard,
That tears come out of my leg....
- d) Sex is now classified as a misdemeanor....
The more you miss.....
Da meaner ya get!
- e) With Age comes skills, it's called MultiTasking.....
I can Laugh, Cough, Sneeze and Pee All at the same time

- f) May the fleas of a thousand Camel
 Infest in the person who screw up your day
 AND may their arms be too short to scratch....
- g) A bus station is where a bus stops....
 A train station is where a train stops....
 On my desk, I have a work station... what more can I say....



<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	

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

03 October 2012 - Luncheon Meeting Rotary Club of Hong Kong Island East



PDG Uncle Peter Hall & guest speaker -
Ms Ocean Whitehawk



Guest speaker - Ms Ocean Whitehawk & Pres. Nancy Yee



Hon Sec. Tracy Ho, PE Jonathan Lamport
& PP John Kwok



IPP Dr. Eric Chin & Hon Trea. Dennis Wat



Dir. William Wong
& SAA Jonah Cheung



Dr. Freddie Wu & PP Stephen Liu



PP Rudy Law, PP Heman Lam
& Rtn. Sharon Lamport



PP Mitzi Leung from RC of HK, Rtn
Carl Yau & PP Norman Lee



Dr. Alfred Mak from UNESCO HK
Association & PP Andy Wong



PP Norman Lee & Rtn. Dominic Shui



Pres. Nancy Yee, Rtn. Shanron Lamport & PE Jonathan Lamport



This week's birthday boy is PE Jonathan Lamport



Guest speaker - Ms Ocean Whitehawk gave us a talk on Metaphysics, Spirituality and Personal Development



Pres. Nancy Yee thanked Ms Whitehawk with a club souvenir



Group photo of Members of HKIE with visiting guest & guest speaker