



扶輪 Tung Feng



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Last Week's Proceedings – 20th February, 2013

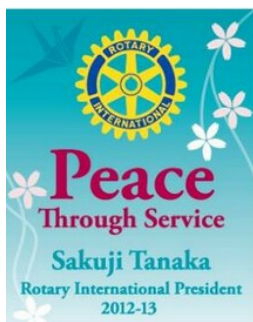
Welcome you all to our first luncheon in the Year of Snake. IPP Eric Chin was acting as president when Pres. Nancy was taking a sick leave.

IPP Eric welcomed the guests of PE Jonathan, being Mr. Ultam Hsieh (the son of PP Philips Hsieh of RC of HK North East); and also Eva Tsoi and Anthea Sham from Rotaractor Club of HKIE and John Lo from Rotaractor Club of HKIE Hong Kong PolyU Community College (who was one of the outstanding performers in RYLA 2012). Two more guests were Mr. Praveen Pootharla, the luncheon speaker and his guest was Ms Virginia Law.

Our two charming birthday girls were Hon. Secretary Stacy and Rtn. Sharon and the birthday song leaders were PP John and PP George.

IPP Eric made the following announcements:

1. Eight members will attend the Rotary Centenary Race Cup in Happy Valley Race Course in the evening on Feb 20, 2013. Wish they will have a Big win !
2. Peace and Cultural Diversity Project co-operated with UNESCO Hong Kong Association
HK local and international schools jointly celebrate peace through showcasing cultural diversity Peacemakers' celebration on 24th Feb 2013 Hong Kong Science Park. Cultural activities included performances, a traditional costume parade, arts, crafts and peace workshops. PIC of this project is Rtn. Carl Yau and PP Eddy and PP Norman will attend. We are one of the sponsors in this project.
3. Rookie Stars Dance Competition – sole sponsor by our Club on Feb 24.
There will be 22 teams from Secondary and Primary Schools. It is expected that there will be 400 dancers and attract attention over 500 audiences. The venue will be at Tseng Kwan O Shopping Centre 將軍澳中心 and the program will start from 4 – 8 pm PIC of this project is Rtn. Morris Mak and IPP Eric will attend. DG Kenneth and CDs Peter will also attend VIP.



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**

The luncheon speaker was Mr. Praveen Pootharla, he talked about "Yoga exercises before Golf", demonstrating poses for all of us to use as warm-up, just well ahead of the PP John Kwok golf tournament on Friday. Praveen started his Yoga since the age of 6 and had trained up more than 1,000 students in Yoga in the past, including Pres. Nancy herself.

Praveen explained that Golfers would welcome yoga exercise to help them on improving mind concentration, joints flexibility and stamina.

Praveen made an impressive demonstration on the mat for the followings, to help us avoiding back, neck and shoulder injury, and emphasis the importance on warm up and breathing exercise as well:-

(1) Yoga seated posture (bend the knees and sit on the legs) - which serves as a good meditation pose (relax to breathe in and out) and stretched the knees, thighs, and ankles.

(2) An arm stretching exercise - put one arm over the shoulder to the back & try to touch (or even grasping) fingers from another arm stretch under at the back.

(3) A shoulder exercise - put both arms stretching out straight at the back, fingers grasped and do the same to the front.

(4) Yoga seated posture again (bend the knees and sit on the legs) - for the neck exercise (up, down, circle movement).

(5) Take a warrior pose - for strengthening leg and core muscles. One knee bends to the front at about 90 degree, another leg straight to the back. On an inhale, bring both arms up over the head.

There were many more Yoga exercises good for golfers, for those who are interested, you can go to Mr. Praveen Pootharla's website to see more demo. <http://www.abhyaas.org/video.html>

During the Q&A questions, a few good questions from the members:

HT Dennis - for some short game (unlike golf for 3-4 hours), what Yoga exercise would be recommended? (Praveen - to try some stamina exercise).

PP John - for those senior in age, not prefer to bend so much, what exercise to recommend? (Praveen - to demo, lying down on mat, a gentle way to toss and turn the body.)

Lying-Down easy twist exercise:

Reach your arms out to either side, laying your palms flat on the floor.

Left leg straight, right knee bend and hug, cross the right knee over your body toward your left hip.

Look over your right shoulder. Stay here for a few long, deep breaths. Repeat with the opposite leg.

HS Stacy - for our Friday PP John golf, what would be the advice for a few quick exercises? (Praveen - a quick tip would be for neck and leg exercise as those he suggested before.)

We had Rtn. Freddie to thank the speaker, who praised that the Yoga exercise was lively and interesting, suitable for people from all age. Rtn. Freddie thanked Praveen for his good Yoga demonstration in our usual Rotary manners.

Last but not the least, we had the traditional "Fortune Master laisee", that was performed by PE Jonathan dressed in the mandarin costume in red, giving out the Mark Six laisee, sponsored by PP Henry (wishing members well & a possible luck to hit the multi-million dollar jack pot). Many members were anxious to take a photo with our handsome "Fortune Master", please see the photos in the Tung Feng bulletin.

SAA Jonah reported the red box collection was HK\$1,600 and a cash of \$600 was taken out from the total to the hotel staff for their CNY laisee, handed out by IPP Eric.

After a toast to RI coupled with HK Island East, the visitors and members stayed for group photo. Next week speaker would be from HK PolyU regarding their new School of Design, opening soon in May 2013.



Rotary Potpourri

Message from PP K L Cheng, Chairman, Organizing Committee, 53rd District Conference

Dear District Leaders, Officers and Club Presidents,

Kung Hei Fat Choy! Time flies. The 53rd District Conference is just two months away so it's time to share with you some more updates.

Attached for your ease of reference [see separate eMail sent to you by our Hon. Sec. Tracy] is the second announcement of the Conference including the updated Registration Form to allow you to register for the sight-seeing tour on Friday 19 April 2013.

Meanwhile, I am pleased to inform you that the Conference website <http://53dc.rotary3450.org> is now launched and the relevant forms can be downloaded from this website. Following feedbacks from several Clubs, the link to the Conference Promotional Video has been updated without any need for login ID and password.

[https://www.dropbox.com/s/c3fq5mz8ru9c5w8/53rd%20District%20Conference%20Promo%2013Feb Facebook k.mp4](https://www.dropbox.com/s/c3fq5mz8ru9c5w8/53rd%20District%20Conference%20Promo%2013Feb%20Facebook.mp4)

In addition, the first 300 Rotarians registered for the Conference will receive a nicely designed travel bag which is ideal for short trips!

Once again, I am writing to seek your support to place an advertisement in the Conference Program Book. The order form is attached though it is already included in the last worksheet in the Registration Form. More updates on the Conference will follow within the next two weeks. Finally, may I take this opportunity to wish you and your family a very happy and healthy Year of the Snake!

Yours in Rotary,
K L Cheng
Chairman, Organising Committee
53rd District Conference
Rotary International 3450 Hong Kong, Macao & Mongolia



LAUGH FOR THE WEEK

Subject: Top 4 Adult Jokes

Fourth Place:

A man bumps into a woman in a hotel lobby and as he does, his elbow goes into her breast. They are both quite startled. The man turns to her and says, 'Ma'am, if your heart is as soft as your breast, I know you'll forgive me.' She replies, 'If your penis is as hard as your elbow, I'm in room 221..'

Third Place :

One night, as a couple lays down for bed, the husband starts rubbing his wife's arm. The wife turns over and says 'I'm sorry honey, I've got a gynecologist appointment tomorrow and I want to stay fresh.' The husband, rejected, turns over. A few minutes later, he rolls back over and taps his wife again. 'Do you have a dentist appointment tomorrow too?'

Runner Up:

Bill worked in a pickle factory.
 He had been employed there for a number of years when he came home one day to confess to his wife that he had a terrible compulsion.
 He had an urge to stick his penis into the pickle slicer.
 His wife suggested that he should see a sex therapist to talk about it, but Bill said he would be too embarrassed. He vowed to overcome the compulsion on his own.
 One day a few weeks later, Bill came home and his wife could see at once that something was seriously wrong.
 'What's wrong, Bill?' she asked.
 'Do you remember that I told you how I had this tremendous urge to put my penis into the pickle slicer?'
 'Oh, Bill, you didn't' she exclaimed.
 'Yes, I did.' he replied.
 'My God, Bill, what happened?'
 'I got fired.'
 'No, Bill. I mean, what happened with the pickle slicer?'
 'Oh...she got fired too.'

Winner:

A couple had been married for 50 years.
 They were sitting at the breakfast table one morning when the wife says,
 'Just think, fifty years ago we were sitting here at this breakfast table together.'
 'I know,' the old man said. 'We were probably sitting here naked as a jaybird fifty years ago.'
 'Well,' Granny snickered. 'Let's relive some old times..' Where upon, the two stripped to the buff and sat down at the table.
 'You know, honey,' the little old lady breathlessly replied, 'My nipples are as hot for you today as they were fifty years ago.'
 'I wouldn't be surprised,' replied Gramps, 'One's in your coffee and the other is in your oatmeal '.



<u>Year 2012 -2013</u>					
President Nancy Yee	President Elect Jonathan Lamport	Secretary Stacy Ho	Treasurer Dr. Dennis Wat	Ex-Officio Dr. Eric Chin	
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John Kwok	Dr. Rudy Law	Andy Wong	Heman Lam	Norman Lee	William Wong
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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.

20 FEBRUARY 2013 - Luncheon Meeting Rotary Club of Hong Kong Island East



PE Jonathan Lamport, Guest speaker - Praveen Pootharla & IPP Eric Chin



Visiting guest - Virginia Law & SAA Jonah Cheung



Acting President IPP Eric Chin chaired the luncheon meeting



Hon. Sec. Stacy Ho, Rtn. Freddie Wu & PP Uncle John Kwok



PP Heman Lam, PP Eddy Wong & PP Stephen Liu



PP Laurence Chan & PP Norman Lee



Rotarctors Eva Tsoi & Anthea Sham from Rotaract Club HKIE



Rtn. Karl Yau & PP George Leung



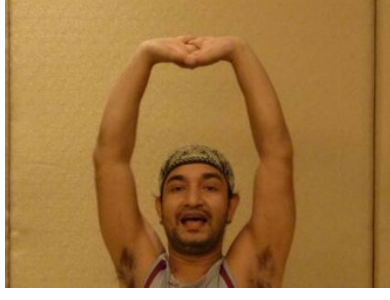
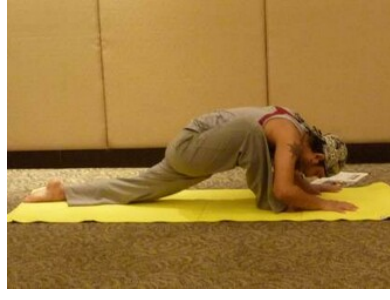
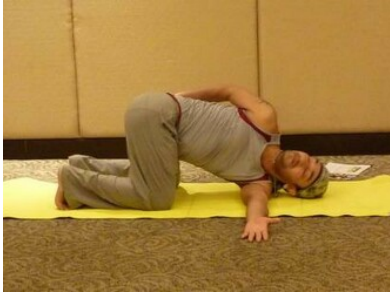
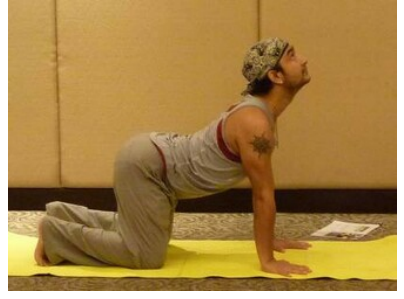
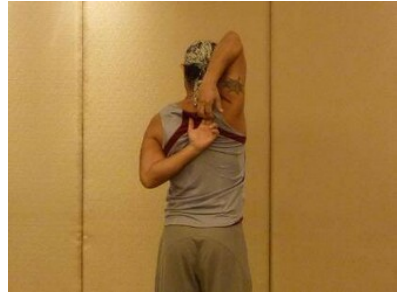
PP George Leung, PP Henry Chan & PP Andy Wong



Rtn. Sharon Lamport & visiting guest - Ultan Hsieh



Hon. Tre. Dennis Wat, PP Rudy Law & Rotaract John Lo from HKCCSU





PE Jonathan Lamport act as the God of Wealth to thank Praveen demonstrating the Yoga excises for golfer



Rtn. Freddie Wu gave a vote of thanks to Praveen on behalf of the Club



This week's birthday members are Rtn. Sharon & Hon. Sec. Stacy. PP George & PP Uncle John led the birthday song for these two pretty birthday girls.





PE Jonathan Lamport act as the God of Wealth giving Marksix Red Packet sponsored by PP Henry Chan to all the members & visiting guests



Group photos with members, Rotaractors, guest speakers & visiting guests