



東風

Rotary Club of Hong Kong Island East

TUNG FENG



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President's Message - Friendship



Last week's trip to Penang to celebrate the 85th anniversary of our sister club the Rotary Club of Penang was a great success in fellowship and commitment to our friends and partners. We were especially proud to contribute to their ATOP (Assisted Transformation Programme) project for underprivileged youngsters.

Our relationships with our partner clubs should be treasured, and we will always continue to nurture the relationships and share in mutually rewarding service experiences. More than anything, Rotary is about friendship, and the more the merrier for us. You can see from the photos in this issue's Out & About section, a great time was had by all, and we did some good. Do join us in future for any overseas visits to our sister clubs.

COMING SPEAKERS

21 OCTOBER
NO MEETING

28 OCTOBER
The 1st Club Assembly

■ Avg. Attendance
■ Members



Last Week REDBOX
\$1,000



THE ROTARY CLUB OF HONG KONG ISLAND EAST

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

Last week's Proceedings - 07 October 2015



With President William away as part of our group visiting Penang, PE Chris stepped in as Chair for this luncheon, his first time since joining the club. He rang the bell (after figuring out how it worked) at 1am and politely asked for members to go easy on him, if he was due to make a few slip ups. Chris began by welcoming back returnees, including PP Tajwar, as well as introducing our guests. These included our speaker, Susanna Lam, plus PP Rudy's daughter Jacqueline, PP Pedro from RC HK City North, and Sarah Law, guest of PE Chris.

PE Chris then read the announcements, before giving everyone an update on recent events, including some of P William's visits to other clubs in Areas 3 & 4. There was a birthday boy today, who was PP Andrew, and he invited PE Chris to lead the song. PE Chris then did the honours of presenting thank you letters from DG Peter Pang, to long serving club members PP Tajwar and Rtn Tony Loy. SAA Rudy was then asked to announce the Red Box takings which came to \$1,000, after which Chris introduced the guest speaker Susanna Lam to share her thoughts and experiences about Thai Kickboxing. After which PE Chris invited Rtn Leo to thank the speaker, before announcing a toast to RI, RC HK City North, and HKIE, before inviting all for a group photo.



SPOTLIGHT ON - The Joys of Thai Kickboxing

Susanna began by sharing with us a video of herself in action at the gym. And by goodness, she was looking feisty. It was hard to believe the woman kicking hell out of a punchbag was the same elegant, smart businesswoman standing before us! Susanna then enlightened us with some of the ways that taking up the sport has improved her life. This includes physical aspects, like cardiovascular, core strength, triceps and coordination. She then dispelled some of the myths about it, in terms of it just being physical exertion, vs it helping you to relax more. Why does she love it? First of all, it has helped her release stress. Also, the physical gains have helped her golf game more, plus, she revealed that since she has been doing it, her staff like her more! This was an unusual and fascinating presentation, and thanks to PP Rudy for inviting Susanna to come along. However, the presentation did not end there. PP Rudy asked daughter Jacqueline to share another video with us - of him in action Thai kick boxing. A great surprise.



About the speaker

Susanna Lam is the managing director of A.M. Best Asia-Pacific Ltd., where she leads A.M. Best's operations throughout the Asia-Pacific region. Susanna oversees the ratings and news businesses of A.M. Best within the insurance and reinsurance sectors in the region, managing existing relationships and developing new relationships with key constituents in the insurance and broader financial services sectors. As a member of the Board, Susanna is responsible for ensuring that the compliance and regulatory requirements of the business are fulfilled.

Susanna has over 30 years' experience in the reinsurance and insurance industry and is the former general manager – reinsurance department of Ping An Property & Casualty Insurance Company of China, Ltd, where, based in Ping An's Shenzhen headquarters, she managed the company's outwards and inwards reinsurance portfolios and headed both the treaty and facultative divisions. Prior to Ping An, Susanna was the director and general manager of Miller Insurance Services (Hong Kong) Ltd, where she set up their Hong Kong office and was responsible for developing and producing business in North Asia. Susanna was also formerly with Swiss Re, where she worked in the company's Hong Kong and Sydney offices.

Susanna holds an ACII qualification and a master degree in business administration from The University of New South Wales, Australia.

OUT & ABOUT



We had a large contingent (16 in all) for last week's trip to Rotary Club of Penang, our sister club. Although the flight was delayed almost 2 hrs departing from HK and we all end up arrived late in Penang. Our sister club Rotarians & Rotarianne were greeting us at the airport and the fun started right after we land at Penang airport. They immediately took us to

Northam Cafe by the beach for dinner with local hawker food.

Starting from 08 October, while the golfers enjoyed their two days' sports in Penang all our non-golfers were well taken care of



by the Rotarians and the Inner-Wheel members of the Rotary Club of Penang. We have paid a visit to one of their service projects, the Leader/Rotary Dialysis Centre, which our Club was also one of the contributors in 1994. We were then led to see the largest Buddhist Temple in South East Asia, the Temple of Supreme Bliss, which has been continued expanding for the past 200 years. We then proceeded to the walk along the



Penang Youth Municipal Park in which RC Penang has also some service projects done for the youth. Afterwards we have taken a leisurely drive along the waterfront to have panoramic views of the beach and sea of

the Penang island. Our first day tour was ended with a savor of popular Penang dishes at the Penang Swimming Club.



On 9th October 2015, all non-golfers were taken to a Trishaw ride followed by a leisure walk through the town to have a fascinating fusion of the East & West in Penang which embraces modernity while retaining its traditions and old world charms. These are reflected in its harmonious multiracial populace and well-preserved heritage buildings which led to their

Georgetown being accorded a listing as a UNESCO World Cultural Heritage site recently. We have an interesting visit to a cultural museum in a legacy mansion built at the end of the 19th century in which we found an eclectic mix of English tiles, Scottish ironworks and Continental European art and furniture as well as Chinese carved-wood panels. Leaving the museum we were having a



walk around the vibrant part of George Town, the colorful Little India, to have a glimpse about the livelihood of the local Indian Community. Then we strolled the famous Armenian Street nearby and saw the many ancient and

modern heritages, being an elegant Straits Chinese residence which was once the Penang base of Dr. Sun Yat Sen who lived there for 6 months in 1910 and the Lithuanian Ernest-Zacharevic's most famous of all the street murals - the "Little Children on a Bicycle".



Our second day tour came to an end as we made our way to the heart of the early commercial district of George Town where we have enjoyed the typical local meal called Nyonya dishes at one of the

famous local restaurants in town. As you can see, a lot of fun, good food and great company took place. Our members looked very glamorous all dressed up for the gala evening, the 85th anniversary event, where we also presented our contribution to their ATOP project.

All our Rotarians and Spouses have had a wonderful time and we were grateful to the very caring companionship and thoughtful logistic arrangements of the Rotarians and Inner Wheel members of the Rotary Club of Penang leaving us all a very pleasant memory.



ANNOUNCEMENTS

CLUB ANNOUNCEMENTS

1. Visit Sister Club RC of Penang, we have 16 Rotarians and spouse departure for Penang this afternoon to visit our sister club RC of Penang and will back on Oct 10.
2. Our 4th Rotaract Club THEi successful chartered last week Saturday Oct 3 in THEi, Tsing Yi Campus, THEi Hall, there are around 100 members, Rotaractors and Guests attended the inauguration till the end of the ceremony at 4.00 pm.
3. The first Karaoke fellowship will do on Oct 16 Friday after the board meeting. More details will follow by fellowship director PP Jonathan, members please mark the date. (Please refer to the introduction of PP Jonathan)
4. Annual Choi Jun joint swimming gala is on Oct 24 Saturday in Ma On Shan Swimming Pool start from 9.00 AM to 12.30 PM, our club sponsor Choi Jun School this project for many years. DG Peter confirmed to come to have a speech and present the prize to the winner. Members please mark the date and come to support the students. As usual I will host a dim sum breakfast in one of the Chinese Restaurant near the swimming pool before move the swimming pool.

DISTRICT ANNOUNCEMENTS

The following district events announced before in the last meeting, for details please contact me or PIC.

1. District Fellowship Party Bollywood night on Saturday, Oct 24 tomorrow.
2. The Rotary Leadership Institute (RLI) part 1 to 3 Training.
Part 1 – 40 Rotarians attended on Sept 19 last Saturday.
Part 2 & 3 will be held on Oct 17 & Nov 28, 2015.

THE LAST LAUGH

There was this guy at a bar, just looking at his drink. He stays like that for a half hour. Then a big trouble making truck driver steps next to him, takes the drink from the guy, & just drinks it all down. The poor man starts crying. The truck driver says, "Come on man, I was just joking. Here, I'll buy you another drink. I just can't stand to see a man cry." "No, it's not that," the man replies, wiping his tears, "This day is the worst of my life. First, I oversleep & I go in late to my office. My outraged boss fires me. When I leave the building to go to my car, I find out it was stolen. The police say they can do nothing. I get a cab to go home, & when I get out, I remember I left my wallet. The cab driver just drives away. I go inside my house where I find my wife in bed with the gardener. I leave my home, come to this bar, & just when I was thinking about putting an end to my life, you show up & drink my poison."



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John Poon, Derek Man,
Charles Man
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Ex-officio
Norman Lee

Club Advisors
Peter Hall
Y. K. Cheng
Eric Chin
Andrew Chen
Henry Chan
Hubert Chan

Club postal address : P.O.Box 47064, Morrison Hill Post Office, Hong Kong
Meeting Venue : Regal HK Hotel, Causeway Bay, Hong Kong
Meeting Schedules : Every Wednesday at 12:30 pm
Website : <http://hkie.rotary3450.org/>
Facebook : <https://www.facebook.com/RotaryClubHKIslandEast>