



# 東風

# Rotary Club of Hong Kong Island East

## TUNG FENG



Vol.63 No.28

27 JAN 2016

### President's Message - Running for a good cause



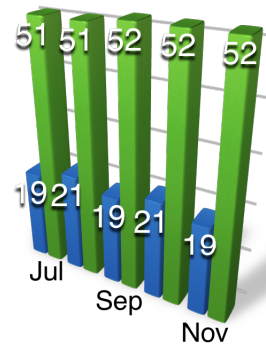
Last week I attended the press conference for the Rotary Ultramarathon which will be on March 6<sup>th</sup> at Lung Wo Road in Central, and is the first officially recognized Ultramarathon in Hong Kong. I felt very inspired by the atmosphere around the event and it reminded me what a great and important project this is for Rotary. So many good people getting together in true Rotary spirit to run for charity, with monies raised going to be donated to the Tung Wah Group hospitals. Please do try to get involved, either by running or by sponsoring our young Rotaractors who will be joining in. Let's come out in full force and show our support, please do contact me if you'd like to be involved in some way.

### COMING SPEAKERS

03 Feb. 2016  
Chris Kymer  
Ideas for next Rotary Year

10 Feb. 2016  
CNY Holiday  
No Meeting

■ Avg. Attendance  
■ Members



Last Week REDBOX  
\$1,200

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

## SPOTLIGHT ON - 2<sup>nd</sup> Club Assembly



PE Chris presented the 2<sup>nd</sup> Club Assembly, giving us a recap of what has transpired over the past 2 months, and one thing can be said from looking back over the events is that President William has been very busy indeed!

Highlights for November included the Board meeting combined with a hotpot dinner fellowship on November 11<sup>th</sup>. Which was a very warm and cosy gathering (PE Chris commented how quickly the Board meeting matters seem to be dealt with when there is good food waiting to be served afterwards). This was followed by the vocational visit to the Madhead company HQ on Nov 14<sup>th</sup>, an interesting trip for those curious about electronic games and how



they are developed. Other events in November include IPP Norman's graduation ceremony, the Chinese University graduation ceremony and the District grant seminar which was on Nov 21<sup>st</sup>. We also had the RAC HKIE Installation on the 23<sup>rd</sup>, and President William and PP Andy also attended the 'Supporting Youth Transition in Upward Mobility' launch ceremony on the 25<sup>th</sup>.



For December, PE Chris started by sharing why he wasn't with us for most of the month (filming in China), and highlights for the month include the 2<sup>nd</sup> Happy Lunch on the 4<sup>th</sup>, with Choi Jun students, and the District PR Seminar on the 5<sup>th</sup>. P William then attended the Joint President's Meeting on the 8<sup>th</sup>, which included a bit of festive Fellowship afterwards (as the 'eat, drink and be merry' photos showed us, it looked like fun). Naturally



December is traditionally party season, and there were quite a few gatherings going on, including the 28<sup>th</sup> anniversary for RC Tolo Harbour (Dec 11<sup>th</sup>). On Dec 12<sup>th</sup> P William (and Rtn Leo) attended the 'Mock Interview Workshop, and the festive carol singing on the 13<sup>th</sup>, before we had our own Christmas

party on the 23<sup>rd</sup>, which was a lively affair with some talented performances by PP Hubert on violin, and a tai chi display by DGE Eric. A great turnout for this day too. Finally, closing December, P William enjoyed a healthy hiking day with his P classmates, probably to walk off all the festive food and wine.



## Last week's Proceedings - 20 January 2016



What with the unfriendly weather and various members travelling this was a smaller gathering for the official 2<sup>nd</sup> Club Assembly, so the meeting was moved to the 31<sup>st</sup> floor of Regal hotel, where we gathered in a more intimate manner. Very cosy in fact. President William kicked things off at 1.05pm, and thanked those present for coming along (it was wet and windy outside). There was not a lot of business to deal with apart from the announcements and Red Box (which was \$1,200..pretty healthy given that it was a smaller group). So we enjoyed good company, some chatter and catching up, before P William passed over to PE Chris to go through the Club Assembly. And of course, with so many not present, the reports were kept to a minimum. At 2pm, P William announced the toast to RI and, since we had all had a few group photos taken during the lunch, no need to assemble for one at the end.



## OUT & ABOUT

### District Vocational Service Seminar

P William and IPP Norman attended this event, which was hosted by Rotary Club of Peninsula.



### Ultramarathon Press Conference

This year's event was announced to the press on Jan 20<sup>th</sup>, right after our regular luncheon, and at the Regal Hotel, so a few of our members were in attendance including P William, IPP Norman, and Rtn Elle (who has expressed an interest in running please note..)

### RI DGE Training

DGE Eric's visit to the US for this important event culminated in him partners with RIP John Germ at the event, naturally they bonded well and Eric was honoured to enjoy the opportunity.



## ANNOUNCEMENTS

1. We have an Elderly Visit service on March 5 Sat in Sheung Wan, I need to know the numbers of members and family members available to participate the service, please let me know if you wish to join in.
2. District Horse Racing Night on Feb 17 Wed. HK\$780.00 per person, please let me know if you are interest to join me to attend. Dead line is on Feb 12 but I would like to know latest on Feb 3 before Chinese New Year.
3. The Press Conference for the Rotary Hong Kong Ultra marathon 2016 is holding today in Regal Hong Kong Hotel at 2.30pm, please join and support after our luncheon meeting.

## THE LAST LAUGH - Weight Loss Plan

There is an overweight guy who is watching TV. A commercial comes on for a guaranteed weight loss of 10 pounds in a week. So the guy, thinking what the hell, signs up for it.

Next morning an incredibly beautiful woman is standing at his door in nothing but a pair of running shoes and a sign about her neck that reads, "If you can catch me, you can have me." As soon as he sees her, she takes off running. He tries to catch her, but is unable. This continues for a week, at the end of which, the man has lost 10 pounds.

After this he tries the next weight loss plan, 15 pounds in a week. The next morning an even more beautiful woman is standing at the door, in similar conditions. The same happens with her as the first woman, except he almost catches her. This continues for a week, at the end of which he, as suspected, weighs 15 pounds less.

Excited about this success, he decides to do the master program. Before he signs up, he is required to sign a waiver and is warned about the intensity of this plan. Still he signs up. The next morning, waiting at the door, is a hulking 300 pound muscle man with nothing but a pair of running shoes, a raging erection, and a sign around his neck that says, "If I catch you, you're mine!" The man was supposed to lose 25 pounds in the week; he lost 34.



### **OFFICERS**

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William Wong  
**President Elect**  
Chris Kyme  
**Secretary**  
Heman Lam  
**Treasurer**  
Jason Chiu

### **DIRECTORS**

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**Fellowship**  
Jonathan Lamport  
**International Service**  
Laurence Chan  
**Membership**  
John Kwok  
**Public Image**  
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**Service Projects**  
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**Sergeant-at-Arms**  
John Poon, Derek Man,  
Charles Man  
**PP Council Rep.**  
George Leung

### **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://hk.ie.rotary3450.org/>  
**Facebook** : <https://www.facebook.com/RotaryClubHKIslandEast>