



# 東風

**Rotary**  
Club of  
Hong Kong Island East  
**TUNG FENG**



Vol.63 No.40

27 April 2016

## President's Message

### A warm welcome to our 4-Clan guests



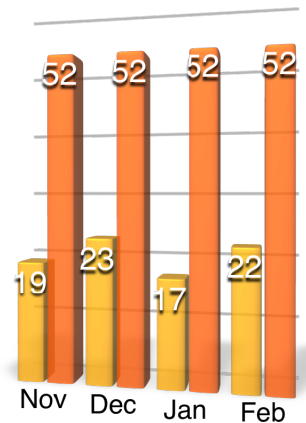
It's that time for our annual 4-Clan luncheon, and it gives me great pleasure to welcome our family of clubs to join us for a hearty gathering.

Since our birth in 1954, this is a family which has continued to grow. Our first 'son' was RC of Hong Kong South in 1973, followed by RC of HK North, HK Northeast and HK Harbour. Every 5 years or so, a new member was welcomed into the family.

Today our family consists of 4 sons, 6 grandsons and 2 grand grand sons, all in all a total of 12 clubs. It's important that every year we keep up our tradition of meeting and rejoicing together as fellow Rotarians, and I'm happy to see so many friendly faces with us today.



■ Avg. Attendance  
■ Members



Last Week REDBOX  
\$1,400

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

### Access Bars and Access Consciousness - by PN Stacy Ho



Would you agree with me that our belief systems, the thoughts that we hold, our opinions and points of view garden our actions and the choices we make?

An analogy of the mind is that it is similar to the CPU of a computer, the different programmes on the CPU Will influence the speed, effectiveness and productivity of the CPU. What if someone had a 1993 Windows 95 DOS computer system with all the old files and programmes? How would that computer function different than a computer in 2016?

Here's a question, how many outdated files and programmes that you have running your life? And would you be open to delete those files?

The Access Bars is a hands-on body process that after a 1.5hour session infinite possibilities of limiting points of views/belief systems get deleted from the clients mindset system.

Stacy shared her personal experience with Access Bars and Access Consciousness. During the period of September 2014-December 2014, our Stacy disappeared for a while from our club and from rotary. Part of the reason was that at that time she was in depression which not only affected her rotary life but also her income flows. After having her bars run by her Best friend President Shirley Lam of RCCWB, Stacy felt less anxiety and a sense of upward possibility. From that she started sprinting using Access Tools to create her life, and now Stacy is 1 of 7 Access Consciousness Certified Facilitators in Hong Kong (1 out of 2 English speaking facilitators).

During Her talk, Stacy provided 3 Access Consciousness Tools that if used could create more space and ease in life.

1. My Point of View Creates My Reality, My Reality Does Not Create My Point of View.
2. What else is possible?
3. How does it get any better than this?
4. All of Life Comes to Me with Ease and Joy and Glory!



In essence, questions empower and answers disempower. When we answer our own questions our answers come from the limited space of what we already know. We don't know, what we don't know. What if by asking open ended questions this opens Up the possibility of something completely different and inconceivable showing up?

What future would you create if you could be out of limitations/ out of form and structure/ and out of definition? And...would you choose it?

## Last week's Proceedings - 20 April 2016



We started the meeting at 1.05pm and P William started by welcoming back PP Rudy and PP Laurence, as well as birthday boy Rtn Gilbert. PN Stacy then introduced her gues, her proud Mum Melo, who we were delighted to see again. Also, another visitor was P Shirley from RC Causeway Bay, who came along to support PN Stacy her good friend.



P William read out the announcements, before we celebrated Rtn Gilbert's birthday, and acting SAA Stacy (she was a busy girl today) announced the Red Box takings of \$1,400 – pretty good considering not a huge turnout. It was then time for PE Chris to introduce Stacy as our guest speaker for this week. We were all wondering what the topic – called Access Bars and Access Consciousness – was about, and PE Chris did suspect it was something to do with going out in Wanchai, but he was wrong, and PN Stacy delivered a fascinating talk on a subject which was very enlightening. You can read more about it here. After Stacy showed us this interesting aspect of her work, we celebrated with a toast to Member please rise, I would like to propose a toast to RI, RC of Causeway Bay, and HKIE, before all joining for a group photo. Meeting adjourned at 2pm.



## Out & About



### 2<sup>nd</sup> Medical Seminar, April 16<sup>th</sup>

Rtn Dr Freddie Wu was in great form speaking to the elderly on Saturday April 16<sup>th</sup>, and there was a full turn out of people who enjoyed the fact that, instead of visiting the doctor, the doctor was visiting them!

### District Training Assembly, April 23<sup>rd</sup>

DGE Eric led an exciting and entertaining DTA last Saturday. There was a real buzz of expectation in the air for the coming Rotary year. We had a great turnout in full support - P William, PE Chris, PN Stacy, Director Kevin, and IPP Norman, PP Heman, PP Hubert, PP Andy and Rtn Leo. PE Chris gave a presentation about the 2017 Rookie Stars, and a hip-hop dance team from Holy Carpenter School (sponsored by PP Hubert) gave an enjoyable performance which got everyone in the spirit. All in all a great day.



## ANNOUNCEMENTS

### Club Announcements

1. Uncle John Tournament finished last week Tuesday smoothly, the net score Champion was our PP Desmond and the Gross Score was Director Kevin. Congratulations. Thank you PIC Rtn John Poon and Kevin for arranging the event. Also we can't forget to thank Uncle John to sponsor all the prizes and the prize presentation fellowship dinner arranged by PP David Li.
2. The 2<sup>nd</sup> Medical Seminar finished on last Saturday afternoon. There was a full house with more than 40 elderly and many questions asked our Rtn Dr. Freddie Wu after his speak. The event finished at 4.30pm.
3. The annual 4 clan joint luncheon will be held on April 27 Wednesday from 12.15 for fellowship, and the meeting starts at 12.45 until 2.00 pm in the Hong Kong Regal Hotel. Up to today we have more than 60 Rotarians from our daughter clubs registered and more will come. Our club is a hosting club, I need all of you to support to make this annual event success.
4. The Horse Racing night is arranged on May 18 in Happy Valley and the fee is HK \$720.00 per head. Please mark the date and support.
5. Jonathan advised that he also can't visit the Friendship club RC of South Sea in Taipei, I already informed them we have no members coming this time but will plan to arrange a trip to visit them in July.

### District Announcements

The District Training Assembly will be held on April 23<sup>rd</sup> at the Hong Kong Jockey Club, Sha Tin. Our attendees include DGE Eric, P William, PE Chris, PN Stacy, Director Kevin, and IPP Norman, PP Heman, PP Hubert, PP Andy and Rtn Leo.

### OFFICERS

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

### DIRECTORS

**Club Administration**  
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**Fellowship**  
Jonathan Lamport  
**International Service**  
Laurence Chan  
**Membership**  
John Kwok  
**Public Image**  
Chris Kyme  
**Service Projects**  
Kevin Leung

### CHAIRS

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**Service Project**  
John Poon  
**Membership**  
Eddy Wong  
**Youth Service**  
Jonathan Lamport  
**Fellowship**  
Teresa Ho  
**International Service**  
Chris Kyme & Stacy Ho  
**IT**  
Derek Man  
**Vocational & PPE**  
Charles Man  
**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

## THE LAST LAUGH

Sherlock Holmes and Dr Watson went on a camping trip. After a good meal and a bottle of wine they lay down for the night, and went to sleep.

Some hours later, Holmes awoke and nudged his faithful friend.

"Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions and millions of stars."

"What does that tell you?"

Watson pondered for a minute. "Astronomically, it tells me that there are millions of galaxies and potentially billions of planets.

Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three.

Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you? "

Holmes was silent for a minute, then spoke. "Watson, you retard.

Some bastard has stolen our tent!"



**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>