



# 東風

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



Vol.63 No.7 26 AUG 2015

## President's Message - The next generation



Just recently at the The Rotaract District Awards Presentation Ceremony 2014-2015 and Installation 2015-2016 we had a great turnout of District and club representatives to cheer on and encourage the very enthusiastic young Rotaractors as they took to the stage to bask in the spotlight, as reward for all of their great efforts in service and fellowship.

At a time when we have seen, in the past couple of years, many negative activities among the youth of Hong Kong, it's truly heartwarming to witness a fine young group of people such as our Rotaractors who are prepared to selflessly commit themselves to doing good for our society. They are vibrant, intelligent, and positive in every way. In other words, they are true Rotarians. As their seniors, it is our responsibility to encourage, and nurture and guide them in their efforts. Lending our expertise where needed. Leading by example. Because they are the next generation of Rotary Club leaders who one day (we hope) will be joining our ranks as they come of age. Let's make sure we continue to help them in any way. Giving our support and time to advise and guide them. More than anything, we can learn from them too. Hong Kong can be proud of this particular segment of its younger generation.

## COMING SPEAKERS

**02 SEPTEMBER**  
"Understanding how investors make decisions"  
by  
Mr. Kong Kwok Wai

**09 SEPTEMBER**  
Vocational Talk  
by our member  
Rtn. Leo Yu

## A Warm Welcome To - New member Angus Leung

We're truly honoured and delighted to welcome Angus to our ranks as a member. Tung Feng caught up with Angus to get to know him better.

### Why become a Rotarian? What drew your interest in Rotary?

I got to know Rotary Club through my close friend, who is also a Rotarian. So I attended several Rotary meetings to try to learn more. After getting acquainted with many Rotarians, it has enabled me to understand the structure and vision of this organization, which coincides with my belief in "giving back to the community".



### What would you like to try and achieve as a Rotarian?

Once I become a Rotarian, I would try to learn more from my fellow members, and most importantly, I would achieve my best effort in fulfilling the duty of being a Rotarian, such as taking up some active roles, project planning, etc.

### Just describe you're work in brief....

I am a registered professional engineer in both electronics and information. Since early last year, I switched my interest from IT management into voluntary work and teaching. I started up my business in hydroponics system at that time with the emphasis in helping non-profit making organizations to grow vegetables for social enterprises and developing extra-curricular activities for secondary school students. I also teach part-time students at Open University of Hong Kong.

■ Avg. Attendance  
■ Members



**Last Week REDBOX**  
**\$1,300**

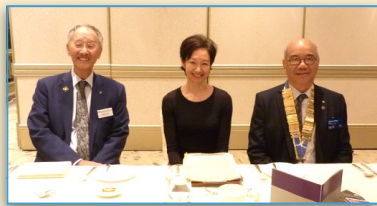
THE ROTARY CLUB OF HONG KONG ISLAND EAST

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 - 19 August 2015



At 1pm, President William declared the meeting open, and asked PP Heman to introduce our guests. Namely, Dr John Wong from Rotary e-Club of Tamar,

and returning guest Angus Leung. PP Rudy also introduced his own guest, a young man named Benjamin Lee.

We also had a warm welcome back for Rotarian Simon (great to see him) before SAA John Poon announced the Red Box takings of HK\$1,300. There were no birthdays to celebrate, however, we did have a very special ceremony. Namely the induction of Angus as member of our club, and President William did the honours and we all gave a warm round of applause.



Then it was time for our guest speaker, Maggie Tan, who had come along to ease our stress and tell us about how yoga can improve your mood. After the speech PE Chris was invited to thank the speaker. After which we all rose to toast Rotary e-Club of Tamar, HKIE and RI, before joining for a group photo.



## SPOTLIGHT ON - How Yoga Can Improve Your Mood



Maggie began her presentation by telling us a little about her own story, and how it was yoga that helped her through some difficult times, so the theme of her speech was literally from her own heart. She outlined how the practice of yoga makes the body strong and flexible. Yoga will also improve the functioning of the respiratory, circulatory, digestive, and hormonal systems, and also brings emotional

stability and clarity of mind. Maggie had us all trying out a pose (in between our eating!) to demonstrate some of the effects. Luckily she did not ask any of us to stand on our heads. By the end of the session, we were all more enlightened about the positive aspects of this ancient practice.

### About the speaker

Originally from Malaysia, Maggie Tan holds a PhD in Neurobiology and researched in Anatomy and Human Biology before turning and dedicating herself to the practise and teaching of Iyengar Yoga. Her academic background leads her to find resonance in the teaching of Iyengar Yoga which

is rigorous, scientific and precise. Maggie is an Iyengar JI-3 certified teacher, and now runs her own yoga centre 'My Yoga' in Hong Kong.



# OUT & ABOUT

## The Rotaract District Awards Presentation Ceremony 2014-2015 and Installation 2015-2016

Held on Sunday Aug 16 2015 in Science Park, Shatin, this was a great and very lively event, and our club received a number of awards, namely.

- ★ Pres. William and PE Chris - Outstanding Adviser Award.
- ★ RAC HKIE, Pres. Fiona Chin and HKCC, Pres. Hazel Yip received Presidential Citations.
- ★ RAC HKCC received a District outstanding project award.
- ★ Club President's Award for outstanding contribution – Charles Lee of HKIE and Chung Hiu Laan of HKCC.

Congratulations to all!

### Our welcome guests from Taiwan



Rotarians and Rotaractors of Rotary Club of South Sea Taipei visited us on

Friday Aug 2, as agreed when President William, IPP Norman, PP Jonathan and Director Kevin had visited them last year. We arranged a welcome dinner on that same evening in Sky Cuisine restaurant in Sheung Wan. As you can see, we had a lot of fun and made our visitors feel very welcome.



## WHY DID YOU JOIN ROTARY?



Jennifer Jacobson, a police constable in Chatham-Kent, Ontario, Canada, took part in a Rotary-sponsored Group Study Exchange (GSE) to Japan in 2009 after reading a post by a colleague and former participant.

“It was a life-changing experience, absolutely fantastic,” says Jacobson, who joined a physical therapist, a music therapist, and a retail manager on the trip. “Because they had limited translators, we went everywhere together and learned about each other’s professions. Our Japanese hosts made sure we experienced everything.

“What really hooked me on Rotary, though, was the experience I got from the Rotarians in Japan. The kindness and the support and the welcoming nature were overwhelming.”

A few years later, Jacobson was accepted into the three-month Rotary Peace Center program at Chulalongkorn University in Thailand. The experience cemented her decision to join Rotary.

“I had thought about it after the GSE but now I knew I had to,” says Jacobson. “Rotary has given me so much. I couldn’t not be a part of it.”

As a police department peace officer, Jacobson deals with child abuse cases and sometimes sees the worst of humanity. But the goodness she sees in her fellow club members keeps her excited about Rotary.

“When I go to those meetings one hour a week and I see people wanting to do good things in the community, I always leave feeling so happy,” she says. “I leave knowing there are really good people. That’s why I stay. That and the many good experiences I have had in Rotary.”

# ANNOUNCEMENTS

## CLUB ANNOUNCEMENTS

1. Our Sister Club RC Penang will celebrate their 85<sup>th</sup> anniversary on Oct 9th. Any members interested to join, please contact P William.
2. The tentative inauguration date of our provisional RAC THEi is on Oct 3 Saturday, members please pencil the date in your dairy, come to join this big day of our club and support the youth.
3. Uncle Peter Golf Tournament.  
Golf – Sept 4th morning in Fanling HK Golf Club  
Uncle Peter Birthday and Golf Tournament Prize presentation Dinner – Sept 7 evening in Hong Kong Country Club  
PIC for Dinner –John Poon  
PIC for Golf Tournament – Dir Kevin Leung.
4. Rotarians and Rotaractors of Rotary Club of South Sea Taipei will visited us on Aug 21 this Friday, Pres. William, IPP Norman, PP Jonathan and Dir Kevin had visited them last year. Four of us arranged a welcome dinner on same evening Aug 21 in Sky Cousine in Sheung Wan.

Also, our Rotaractors arranged a seminar next day Aug 22 Saturday in HKCC West Kowloon Campus.

Speaker – Uncle John

Topic – The History of Wing On Department Store.

Time: 12.00 noon to 2.00 pm

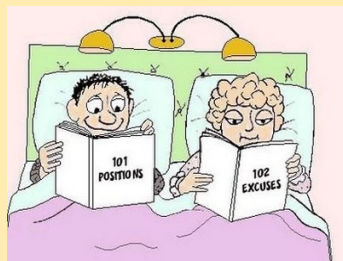
5. President William has invited AG Martin Roeth to visit our Club Luncheon on Sept 2 and he confirmed, members please mark the date and come to support.
6. I invited DG Peter Pang to officially visit our club luncheon meeting on Sept 16 subject to final confirmation. Meeting with DG starts at 12 noon until 1.00 pm. Board members and Chairs, please arrive on/before 11.45am. Members please pencil the date and come to meet DG and support the club.

## DISTRICT ANNOUNCEMENTS (For details, please contact P William or PIC)

1. District Fellowship Party : Bollywood Nights on Saturday, Oct 24<sup>th</sup>.
2. Invitation of The Rotary Leadership Institute (RLI) part 1-3 Training.  
Part 1 - Sept 19 Saturday 9.30am - 4.45pm. Fees and Venue: TBC  
Below 15 enrolment: RIC, HK\$300.00 including lunch.  
Above 15 enrolment, Regal Hong Kong Hotel HK\$500.00 including lunch.  
Parts 2 & 3 will be held in Oct 17, 2015 and Nov 28, 2015.  
Deadline for enrolment will be Sept 1, 2015.

## THE LAST LAUGH

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



## OFFICERS

### President

William Wong

### President Elect

Chris Kyme

### Secretary

Heman Lam

### Treasurer

Jason Chiu

## DIRECTORS

### Club Administration

Andy Wong

### Fellowship

Jonathan Lamport

### International Service

Laurence Chan

### Membership

John Kwok

### Public Image

Chris Kyme

### Service Projects

Kevin Leung

## CHAIRS

### Rotary Foundation

David Li

### 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

**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 Wed. 1st week at 7:30 pm. Other weeks at 12:30 pm  
**Website** : <http://hkie.rotary3450.org/>  
**Facebook** : <https://www.facebook.com/RotaryClubHKIslandEast>