



東風

Rotary
Club of
Hong Kong Island East
TUNG FENG



Vol.64 No.12 28 SEP 2016

President's Message - Having fun doing good!



I'm not sure if you are aware but this year not only am I involved in my Presidential duties, I am also the Chair for the District 2017 Rookie Stars Dance Contest. So as you can imagine, it's also been keeping me busy. I love this project. I've loved it ever since PP Norman asked me to get involved when I first joined the club. I love music. I love seeing young people get help and get involved in something positive. So, if anyone ever challenges me about its purpose and worthiness, as you can imagine, I get pretty fired up. Just recently, I was challenged on this, sort of. And I immediately responded with a passionate clarification, stating "Having been closely involved in the work of Youth Outreach in recent years (inside and outside of Rotary), I believe they are engaged in valuable work. Getting at risk youths off the streets and helping to set them on a more positive path in life. I've seen the results of this first hand (I've been out on the streets at 2am with their social workers), and they have many success stories. It may not be about life and death, but it is about lives and is important community work in Hong Kong. This might seem like some silly dancing event, but at its core is an important objective." Last Saturday we held the launch ceremony for the training programme to get new schools involved. As usual, DG Eric was his sprightly, energetic self... being the first to get up and dance! IPP William and PP Norman were also there in support (on Norman's birthday). It's great that as a club we are united in our support for this great project. After all, we started the dance!



**COMING
SPEAKERS**

05 OCT 2016

Speaker:
**PDG David
Harilela**

**The One
Update**



**LAST WEEK'S REDBOX
COLLECTION \$900.00**

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 - 21 September 2016



President Chris rang the bell at 1pm and welcomes the guests, who included guest speaker Kate Chan, and her friend Helena Hu of HKU. He then welcomed back PP Norman, who had just returned from his US trip, and was our birthday boy today. P Chris read out his announcements, and followed this with a brief



and quick overview of recent activities within our club, for members who may have been out of touch for a while. We then had the birthday celebration for PP Norman, as P Chris presented him with a special 2016/17 birthday card, and Norman invited PP Hubert to lead his birthday song. After this P Chris introduced guest speaker Kate Chan, who gave us an insight to what it means to 'Think On Your Feet'. PP Eddy was invited to thank the speaker. With some time to spare, P Chris invited PP Norman to give us a brief talk on his recent trip to the US, where he had been installing both children into their new schools! A big step forward for his family! Finally it was time for our usual toast to RI and HKIE, before all joined together for a group photo and the meeting adjourned just before 2pm.



Out & About

2017 Rookie Stars Dance Contest training programme launch

What a great and very orange turnout last Saturday for the official launch ceremony of the 2017 Rookie Stars training programme. DG Eric, P Chris, IPP William and PP Norman were all there, and there was much dancing afoot, led not least by Sparkle toes DG Eric and Funky-foot P Chris, both of whom needed little persuading in getting up to get down on the floor. The event itself will be in February 2017, and for now, let the training begin!



Spotlight On - Think On Your Feet



Kate Chan began by sharing a video with us, of the late Steve Jobs in action, presenting the i-Phone for the first time. It was a demonstration of what 'Think On Your Feet' is all about. Think On Your Feet is based on an idea by its founder Roger HB Davies, a writer, editor and communication guru who had the vision to take a simple concept and build it into an international enterprise.

Think On Your feet is a structured and informative process which works logically and succinctly on these pillars: Be

INFORMATIVE - Package information logically and succinctly. Be **ASSERTIVE** - Position arguments to persuade your audience. Be **VISUAL** - Appeal to your audience with images and analogies.

The secret of thinking on your feet is to be prepared: learn some skills and tactics, and do some preparation for situations that might put you under pressure. When you do find yourself faced with unexpected questions and debate, you'll be ready to draw on these tactics and preparation, and so stay poised while you compose your thoughts and prepare your response. Kate then went into some of the details about to apply the philosophy, for example -

- Relax
This is often the opposite of how you are feeling when you're under pressure, but in order for your voice to remain calm and for your brain to "think," you have to be as relaxed as possible.
- Take deep breaths. Take a second and give yourself a positive and affirming message.
- Listen. This is critical to thinking on your feet. Why do you need to listen? To make sure you fully understand the question or request before you reply.

This was short but interesting presentation, and P Chris has promised to use it to try and improve his weekly meeting presentations!

About the speaker

Kate's background includes international marketing manager, public relations consultant, research consultant, language programme designer and official translator. All of which has enabled Kate to relate well to varied needs in different corporate environments.

Kate offers training and coaching in English, Cantonese, Mandarin and French. She majored in English at McGill University and in Translation at the Université de Montréal and Université Sorbonne. She is a certified NLP Practitioner. Kate is now based in Hong Kong, her birthplace, after her stay in the US, Canada, Europe and Singapore.



ANNOUNCEMENTS

These are the following announcements for our club:

1. The first Happy Luch of the year has been arrange for Monday October 3rd. If you are available to join please inform PIC Rtn John Poon.
2. The Uncle Peter Memorial Golf Tournament has been rescheduled for October 21st, Friday. Please let Fellowship Director Kevin know if you will be joining.
3. P Chris is arranging to host a barbecue party for our club members on Saturday, October 29th, 6-10pm. He will also book a tennis court earlier from 4pm if anyone is interested in a game before dinner. Please mark your diary and let P Chris or Fellowship Director Kevin know if you intend to come along with any family members, so we can start to do the attendance numbers. More details will follow nearer the date. The venue will be at Redhill Peninsular, Tai Tam.
4. PP Jonathan has initiated a trip to visit our friendship Club RC South Sea Taipei. This is in return of them visiting us two times this year, and we are keen to explore the possibility of a sister club relationship. The dates planned are November 2nd- 5th, and will include so

District Announcements

1. The 2017 Rookie Stars hip hop dance training programme for new schools took place on Saturday September 24th. DG Eric, P Chris (as Chair), IPP William and PP Norman (on his birthday) were there.
2. The District Intercity Meeting was held on 27th Sept 2016, to honour The Rotary Foundation Trustees Chair Kalyan Banerjee who is visiting Hong Kong to celebrate the Centennial of Rotary Foundation. DG Eric, PP Hubert, Uncle John and P Chris were in attendance.
3. The District New Member Orientation which will be held at 7-10pm, on 28 September 2016, at Craigenower Cricket Club, 1/F., Centenary Building, Happy Valley. Language: Cantonese (with English if necessary) Cost:HK\$350 (Including Dinner) .
4. The District PP's Dinner will be held on October 14th 2016, Friday at King's Cuisine, Windsor House, Causeway Bay. Any PP wanting attend please put it in your diary.

THE LAST LAUGH

Paul and his best friend were coming out of church one day, and the preacher was standing at the door as he always is to shake hands. He grabbed his friend by the hand and pulled him aside.

The Pastor said to him, "You need to join the Army of the Lord!"

Paul's friend replied, "I'm already in the Army of the Lord, Pastor."

Pastor questioned, "How come I don't see you except at Christmas and Easter?"

He whispered back, "I'm in the secret service."



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CLUB ADVISOR

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Eric Chin
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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>