



CREATE HOPE  
in the WORLD



東風

Rotary Club of Hong Kong Island East



TUNG FENG

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Rico Fung

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PE Bonnie Yeung

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PDG Y.K. Cheng

IPDG Norman Lee

**70th Anniversary**

**Celebration Committee**

PDG Y.K. Cheng

Today: Professor Hazel Lam, St. Francis University

Last Meeting: Pauline Wong - Emotional Stress



**Our members present were:**

President Rico Fung

IPDG Norman Lee

PDG Y.K. Cheng

PP Hubert Chan

PP Andrew Chen

PP Henry Chan

PP Stacy Ho

PP Bernard Lee

PP Tim Lui

PP William Wong

PP Leo Yu

PE Bonnie Yeung

Rtn Jason Chiu

Rtn Ping Kwan

Rtn Lawrence Lui

Rtn Peter Yeung

President Rico Fung welcomed back Rtn Jason Chiu and Rtn Ping Kwan and welcomed our speaker, Rtn Pauline Wong of HK Northeast. We celebrated the birthday of PP Stacy Ho.

PDG Y.K Cheng gave updates to our 70th Anniversary Celebration planning.

PE Bonnie Yeung introduced our speaker Pauline Wong, a highly skilled and accomplished leadership facilitator. She has collaborated with top-tier brands and leading organisations throughout Asia, helping teams enhance their communication, collaboration, and strategic planning through the application of a neuroscientific perspective.

President Rico announced that 7 February was Rtn Pauline's 'real' birthday and we thanked her for joining us on this date.



Rtn Pauline started with a real life anonymized example of a real life executive who had undergone emotional stress at work. He suppressed his emotions, like many of us do.

During the pandemic, fear kicked in, and dealing with emotions became even more difficult.

Aside from our autonomous nervous system, our brain has a limbic system, which takes care of our emotions.



Studies had shown that when emotions are suppressed and our limbic system kicks in our fight or flight system, it severely affects our judgement and can even lead to cardiovascular diseases. Affected parents would be unable to connect to their children emotionally, harming their growth in the process.

The frontal cortex of our brain takes care of intellectual thinking and decision making. Youth are more susceptible to emotional stress and emotional-driven actions, as the frontal cortex matures in our twenties. Putting our fingers and our hands on our forehead would help reduce our stress, as it would help blood flow to the frontal cortex of our brain.



Circumstances sometimes require us to suppress our emotions so we would need to cope with that. Dealing with emotions through seeing things from another perspective or compassion helps.

Breathing or taking a break from the environment could also help, but suppressed emotions would still need to resolve.

It is important to know what triggers our emotions. Rtn Pauline demonstrated her bio-feedback technique which let us find out how certain kind of physical stimulus or how certain actions such as holding our cell phones can affect our strength.

PP Bernard Lee and Rtn Ping Kwan volunteered to be part of the demonstration. Rtn Lawrence Lui gave vote of thanks.

Sergeant-At-Arms PE Bonnie announced the red box amount of HK\$1,790

## Happy Chinese New Year



Happy Chinese New Year to Members of RCHKIE. May the Year of the Dragon be one that brings health, harmony, prosperity and many good returns to all of us!

We are now 2 months to D-Day : Saturday 6 April 2024 at Ocean Park Marriott.

To meet minimum hotel banquet guarantee, we need to achieve 48 tables @ 10 persons per table. If successful, we will have 500 participants.

To date (7 February 2024), we have:

- A. 8 tables for our current Club members attending (each with one guest/spouse ; tickets included in Club dues) ;
- B. 5 of our members have additionally purchased one table each or part thereof. This results in 4 tables ;
- C. 5 tables for Sister Club members ;
- D. 1 table of VIP such as Guest of Honour, DG, DGE, DGND, and their spouse;
- E. 2 tables of 'partners in service' such as Kei Wan School principal.

totalling 20.

- F. 5 Clubs from 4 Clans and 3 from non 4 Clans have confirmed one table each. That will be 8 ;
- G. 3 other Clubs have shown interest and will decide after the Chinese New Year holidays. I assume they will all join us.

totalling 11.

$20 + 11 = 31$ .

We need to sell 17 more tables! It is becoming 'incline uphill'.

Urgent action :

- H. We must keep promoting vigorously ;
- I. 3 Clubs are considering cancelling their regular club meetings straddling 6 April 2024 to join our Dinner ;
- J. Our own members to purchase more tables.

Please push! We need to work harder.

The OC has agreed to the printing of a program booklet of A5 size (148mm x 210mm) as per Island East tradition and practice. We need to publish the program, menu, and acknowledgement anyway. A whole page at HK\$5,000 will be a good gesture of appreciation to those who wish to donate to our Club on this auspicious occasion. There would be no other for fundraising on the day.

Please spread the word among friends.

The 3 events with MTRC are progressing well. More on the March 2024 exhibition and April & May 2024 musical interlude featuring CCC Kei Wan Primary School (Aldrich Bay) at various MTR Stations shortly.



## Happy Birthday to our Splendid February Birthday Members

8th - Rtn Christian Li, 20th - PP Stacy Ho



### Chinese New Year in the Peace and Conflict Prevention and Resolution Month

The month of February is very special in the Rotary calendar because it includes the anniversary of the first meeting of Rotary held on February 23, 1905, in Chicago. That day is now designated as the "World Understanding and Peace Day"

Incidentally, Chinese New Year is also a time where we traditionally connect to our family and friends, taking good wishes and good gestures to the year's all time high, often times building understanding and peace among them in the process.



2024 is the Year of the Dragon. As the totem of the Chinese nation, dragon is deemed strong, fearless and benevolent. Dragon not only embodies the spirit of ceaselessly pursuing self-improvement, hard work and enterprise, but also demonstrates the determination and aspiration to unite, build, and rejuvenate.

The 2024 Rotary International Presidential Peace Conference during the tenure of RI President Gordon McInally is scheduled for 9th & 10th February 2024 in London, England. February is also Rotary's Peace and Conflict Resolution month.

The Conference will focus on Promoting and Strengthening Positive Peace in order to Create Hope in the World. It will emphasise Gordon McInally's call to "restore hope — to help the world heal from destructive conflicts and, in turn, to help us achieve lasting change for ourselves". This Conference will showcase how "Rotary brings lasting change to the world, one restored or newly created hope at a time."

There is also the 12th Asian Peace Practitioner's Research Conference this month in Siem Reap, focusing on the topic of Bridging Generations. Sustainable peace cannot be built in isolation. It requires efforts of all generations, forging powerful collaborations across all age groups. While young people bring fresh perspectives, technological expertise, challenge the status quo and drive social change, experienced peace practitioners offer decades of knowledge, proven strategies, and resilience, guiding the next generation through complex challenges. Together, they enrich the understanding of conflict and pave the way for more inclusive and sustainable solutions.

As Rotarians celebrating Chinese New Year, our act of bringing the young to greet the elderly this month becomes especially meaningful.

<b>Club postal address</b>	: P.O.Box 47064, Morrison Hill Post Office, Hong Kong
<b>Meeting Venue</b>	: Regal HK Hotel, Causeway Bay, Hong Kong
<b>Meeting Schedules</b>	: Every 1st and 3rd Wednesday at 12:30 pm
<b>Website</b>	: <a href="http://hkie.rotary3450.org/">http://hkie.rotary3450.org/</a>