



# 東風 Tung Feng



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27<sup>th</sup> November, 2013

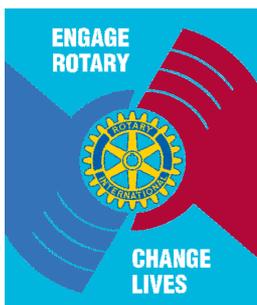
## Last Week's Proceedings – 20<sup>th</sup> November, 2013

As President Jonathan Lamport was not in town, Acting President Past President (PP) Norman Lee began the meeting on time by warmly welcomed our members, Hubert Chan to introduce his guest - his brother in law, Dr. Raymond Chu; Dr. Chu also handed in his membership application.

Birthday boys were PP Eddy Wong and PP Eric Chin. Led by PP Uncle John, we celebrated their birthday with a birthday song elatedly. Acting President Norman presented the birthday gift to our birthday boy and the cake was then cut and later served.

To help the victims in the Super Typhoon Haiyan, our club raised fund from red box collection today with an auction of three bottles of wine sponsored by members. Acting Sergeant-At-Arm William Wong hosted the wine auction. A total of HK\$ 20,800 was collected in which Rtn. Jason offered a handsome contribution of HKD 10,000. SAA William then thanked everyone who have made the contributions for their generosity.

Rtn. Miranda Chin was invited to announce her dance school and dance company performance in Cultural Center in the evening on Nov 30, 2013. Rtn. Miranda Chin would like to invite your attendance to join her Dance School Performance Show. There are hundreds to her students and her dance company's dancers joined hands to perform a variety dance in Chinese national dance, ballet, modern dance integrated with Tai Chi with classical music. The creativity and innovation of the choreography will definitely bring all audiences a new



**THE ROTARY CLUB OF HONG KONG ISLAND EAST LTD.**

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**

experience in appreciating the art of dance and Tai Chi. If any member has interested to join, please enroll to Rtn. Avis Kong at aviskong@dynamasr.com. VIP Tickets will be available for your collection in the front house on Nov 30, 2013.

Acting President Norman made his announcements as follows:

1. District Golf Tournament which will be held at Mission Hill Dongguan (Rose-Poulter Course) on **29<sup>th</sup> Nov** (Friday). The Registration Fee is HK\$1800 for Non-Mission Hills Member and HK\$1300/player for Mission Hill Dongguan Club Member.

The fee includes green fee, golf cart rental, lunch, dinner, prizes for winners, goodie bag & round trip transportation (HK - Dongguan Club). Deadline for Enrolment is **10th November, 2013**, members who are interested please enroll to HS Carl.

2. Annual General Meeting for our Club will be held on 4<sup>th</sup> Dec 2013. Nomination form has been circulated to all members, please fill in the form of your wished nominate and send back before 4<sup>th</sup> Dec.

After a short break for enjoying our lunch, PP Eric Chin then proceeded to the rostrum and introduced our Guest Speaker Wudang Tai Chi Master Rtn. Michelle Mak.

In keeping with improvements in modern living conditions, people all over the world are looking to improve their health. As a result, there are many different systems of health improvement that are springing up all over. China possesses thousands of years of development in nourishing life and internal kungfu practices. Wudang Kungfu, being the representative of internal martial arts in China, is well-recognized with most practically applicable value in longevity, health cultivation, spiritual wellness and self-defense.

Master Shi Xu gave up her professions (MBA, CPA, CMA and LLB) and career (in the capacity of a GM, DGM, CFO, Director, etc. with large-scale multi-nationals), studied Taichi and nourishing life practices and internal kungfu in Wudang Mountains and Chenjiagou, the birthplaces of Taichi in China on a full-time basis for years. Eventually she is now an orthodox inheritor of the 15th generation of Wudang San Feng Sect and also an orthodox inheritor of the 20th generation of Chenjiagou Chen Style Taichi, and attached with a number of country-level professional titles and gold medals in Chinese martial arts. Shi Xu is a Rotarian (Rotary Club of Kowloon Northeast), other than teaching and running a Taichi & Nourishing Life Academy, she has been engaging in many charity activities, providing free nourishing life seminars, free/subsidized tuition and traffic allowance to poor students. Shi Xu will share her story and the mysterious spirit of Wudang kungfu, her visions and will teach some nourishing practice during the speech.

Her Topic Wudang Taichi - The Source of Nourishing Life! She reminded the importance of the keeping healthy life in learning Tai Chi. Then she also demonstrated with PP Eric Chin the basic Wudang Tai Chi – 13 Styles in 5 minutes.

Acting President Norman presented a gift to Master Rtn. Michelle as token of our appreciation. PP Hubert expressed his thanks on behalf of the club.

Acting President PP Norman reminded us that speech program of our next week's meeting would be presented by Dr. Ronnie Pao and the topic would be "Substance abuse in youth"; he then closed the meeting by ringing the bell and proposing a toast to Rotary International coupled with Rotary Clubs of Kowloon Northeast and Hong Kong Island East. Meeting was adjourned timely and all participants were invited to a group photo and fellowship afterwards.

  
 LAUGH FOR THE WEEK

**Subject : Judgment Day!**

When everyone on earth was dead and waiting to enter Paradise, God appeared and said,  
 'I want the men to make two lines. One line for the men who were true heads of their household, and the other line for the men who were dominated by their women. I want all the women to report to St. Peter.'

Soon, the women were gone and there were two lines of men. The line of the men who were dominated by their wives was 100 miles long and in the line of men who truly were heads of their household, there was only one man.

God said, 'You men should be ashamed of yourselves, I created you to be the head of your household!

You have been disobedient and have not fulfilled your purpose!

Of all of you, only one obeyed. Learn from him.'

God turned to the one man, 'How did you manage to be the only one in this line?'

The man replied, 'My wife told me to stand here.'



<b>YEAR 2013-2014</b>						
<i>President</i>	<i>Secretary</i>	<i>Treasurer</i>	<i>Ex-Officio</i>	<i>Club Advisor</i>		
Jonathan Lamport	Carl Yau	Rudy Law	Nancy Yee	Peter Hall Henry Chan	YK Cheng Hubert Chan	
<i>Directors:</i>						<i>PP Council Rep</i>
John Kwok	Eric Chin	Stacy Ho	Heman Lam	Norman Lee	William Wong	Andrew Chen
<i>Service Chairs:</i>						
Anthony Kwong	Kevin Leung	Dr. Freddie Wu Teresa Ho	Sharon Lamport	Laurence Chan		

**Club postal address:** P.O. Box 47064, Morrison Hill Post Office, Hong Kong  
**Club website:** <http://hkie.rotary3450.org>  
**Make-up cards to Club Secretary:** Ms Anne Ng  
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 Tel : (852) 2827 8663 (ext.176)      Fax : (852) 2827 5086

**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.  
 at Regal Hong Kong Hotel, Causeway Bay, Hong Kong.**

20 November 2013 - Luncheon Meeting  
Rotary Club of Hong Kong Island East



PP Eric Chin, Guest speaker - Rtn. Michelle Mak from RC of Kowloon Northeast & Acting President PP Norman Lee



Dir. William Wong, Dir. Stacy Ho & PP John Kwok



Rtn. Miranda Chin & Rtn. Avis Kong



Visiting guest, Dr. Raymond Chu & PP Hubert Chan



PP Andy Wong & Rtn. John Yau



PP Stephen Liu & PP Eddy Wong



Rtn. Jason Chiu, SAA Jonah Cheung & Rtn. Teresa Ho



Acting President PP Norman Lee presented a Club banner to Rtn. Michelle Mak



This week's birthday boys are PP Eric Chin & PP Eddy Wong. PP Uncle John led the birthday song.



PP Eric Chin introduced the speaker of this week



Rtn. Michelle Mak shared her study in Tai Chi Kung Fu



PP Eric Chin & PP Norman Lee testing their breath during the talking



A demonstration done by Rtn. Michelle Mak & PP Eric Chin



Acting President PP Norman presented a photo to thank Rtn Michelle's talking



PP Hubert was asked to give a vote of thanks to Rtn. Michelle on behalf of the Club



Group photo of members, guest speaker and visiting guest.