

Vol.66 No.9 21st November, 2018

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Gilbert Fung

Secretary

Stacy Ho

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PP Rudy Law

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Rtn. Bernard Lee

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PP George Leung

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IPP Stacy Ho

CLUB ADVISORS

PDG Eric Chin, PDG YK Cheng, PP Andrew Chen, PP John Kwok PP Henry Chan, PP Hubert Chan

Last Meeting

Speaker: Dr. Ivan Tam

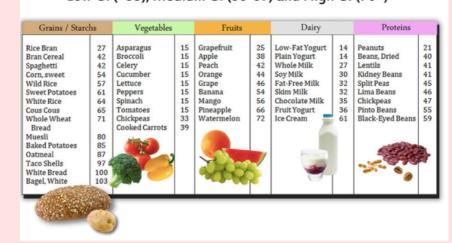
Topic: Diabetes

Dr. Ivan Tam gave us a high level overview about Diabetes. With details of the two types of Diabetes, Dr. Tam further developed the discussion in the direction of what we all can do to prevent Type II Diabetes.

On top of cutting out sugar from our diets, Dr. Tam introduced the concept of monitoring the "Glycemic Index" food intake. Here is an illustration:

Glycemic Index

Low GI (<55), Medium GI (56-69) and High GI (70>)



Thank you Dr. Tam for an enlightening discussion!

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

THE OBSERVER: LAST WEEK'S PROCEEDINGS

- 1. P Gilbert called the meeting to order at 1:00PM
- 2. It was a very warm gathering, high attendance of over 20 HK Island East Members! Hurray! P Gilbert welcomed everyone back!
- 3. P Gilbert updated the club with District and Club Announcements
- 4. There was a wonderful time for fellowship. (we missed each other alot, lots of great catch up)
- 5. It was our PP Tim's birthday on November 5th (just 2 days prior) hence we were so grateful to celebrate his birthday together. PP Tim invited PP Andrew to be his song leader. In a very hearty loud chorus we sang Happy Birthday to PP Tim!



- 6. Rtn. Tony introduced our speaker: Dr. Ivan Tam
- There were many interesting questions from the floor. It was great we had our Doctors - Doctor Raymond and Doctor John Yao both attending the meeting so there were very insightful questions about new advances in medicine.
- 8. Rtn. John Yao officially thanked the speaker in our usual Rotarian manner.
- 9. Red Box was a very generous: 1,900HKD







Out and About

1. P Gilbert's and PP William's Visit to our Sisterclub Rotary Club of Southsea Taipei.

Have a look at these photos from PP William and P Gilbert! What a celebration! And what wonderful hospitality! PP William and P Gilbert even took to the stage to sing a song. I had no idea P Gilbert sings! I'll make a note of this in case we have any Karaoke Fellowships

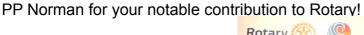






2. Intercity Meeting - November 9th

Members who attended: PDG Eric, P Gilbert, PP Rudy, PP Norman and PP William. PP Norman was recognized as a newly minted Rotary Foundation Major Donor. Thank you







A MOMENT IN TIME

History of Rotary Club of Hong Kong Island East From the Memoirs of PP TK Ghose Flashback to 1984-1985

From Weekly Bulletin: Vol. 32 No. 27 9th January 1985

Community Service Mid-Year Report

On 31st August, the club sponsored a "Happy Day for the Mentally-Handicapped 1984" held at the Caritas Center, Caine Road. This event was very successful, participated by total of over 600 mentally-handicapped youth together with their handlers. The club was represented by six members including, President TK and the two PDG Uncle John and Peter. The project chairman was Rtn. F.K. Mak.

Rotary Knowledge

"Every Rotarian an Example to Youth."

These words were adopted in 1949 by the Rotary International Board of Directors as an expression of commitment to children and youth in each community in which Rotary clubs exist. Serving young people has long been an important part of the Rotary program.

Youth service projects take many forms around the world. Rotarians sponsor Boy Scout and Girl Scout troops, athletic teams, handicapped children's centers, school safety patrols, summer camps, recreation areas, safe driving clinics, county fairs, child care centers and children's hospitals. Many clubs provide vocational counseling, establish youth employment programs and promote use of the 4-Way Test. Increasingly, drug and alcohol abuse prevention projects are being supported by Rotarians.

In every instance, Rotarians have an opportunity to be role models for the young men and women of their community. One learns to serve by observing others. As our youth grow to become adult leaders, it is hoped each will achieve that same desire and spirit to serve future generations of children and youth. The slogan accepted over 40 years ago is just as vital today. It is a very thoughtful challenge--"Every Rotarian an Example to Youth."

Announcements

Happy Lunch: December 10th 2018, 12:30pm, Venue TBC

PIC: John Poon

NOVEMBER BIRTHDAYS

Happy Birthday to our Splendid Rotarians! November 5th PDG Eric and PP Tim November 9th PP Paul Chan November 20 PP Eddy Wong



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 1st and 3rd Wednesday at 12:30 pm

Website : http://hkie.rotary3450.org/

Facebook : https://www.facebook.com/RotaryClubHKIslandEast