



東風

Rotary



Club of

Hong Kong Island East

TUNG FENG

Vol.66 No.9

21st November, 2018

OFFICERS

President

Gilbert Fung

Secretary

Stacy Ho

Treasurer

PP Rudy Law

DIRECTORS

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Fellowship

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International Service

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PP George Leung

Service Projects

Rtn. Stephen Leung

Youth Service

Rtn. Bernard Lee

PP COUNCIL REP.

PP George Leung

EX-OFFICIO

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>)

Grains / Starchs		Vegetables		Fruits		Dairy		Proteins	
Rice Bran	27	Asparagus	15	Grapefruit	25	Low-Fat Yogurt	14	Peanuts	21
Bran Cereal	42	Broccoli	15	Apple	38	Plain Yogurt	14	Beans, Dried	40
Spaghetti	42	Celery	15	Peach	42	Whole Milk	27	Lentils	41
Corn, sweet	54	Cucumber	15	Orange	44	Soy Milk	30	Kidney Beans	41
Wild Rice	57	Lettuce	15	Grape	46	Fat-Free Milk	32	Split Peas	45
Sweet Potatoes	61	Peppers	15	Banana	54	Skim Milk	32	Lima Beans	46
White Rice	64	Spinach	15	Mango	56	Chocolate Milk	35	Chickpeas	47
Cous Cous	65	Tomatoes	15	Pineapple	66	Fruit Yogurt	36	Pinto Beans	55
Whole Wheat Bread	71	Chickpeas	33	Watermelon	72	Ice Cream	61	Black-Eyed Beans	59
Muesli	80	Cooked Carrots	39						
Baked Potatoes	85								
Oatmeal	87								
Taco Shells	97								
White Bread	100								
Bagel, White	103								

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
7. 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 Sister-club 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 PP Norman for your notable contribution to Rotary!



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>