



東風



TUNG FENG

香港東區扶輪社週報 THE ROTARY CLUB OF HONG KONG ISLAND EAST

What Happened at Our Meeting

on

21st July, 2004

At the third meeting of the Club this current year, three big guns were away (President Rudy, IPP Henry and Secretary PP John) on club business in Markati North. The Thunder Clan in the club was left to run the show, which must go on.

PE Robert (Thunder 2) was in the chair. Attendance was 13 only from our own membership and this was equalled by our visitors. PE Robert welcomed our visiting Rotarian and his Anne from Brazil, who presented to us a souvenir in lieu of a banner. It was round (no, not a football), exquisitely decorated and beautiful (no, not a Brazilian Samba girl), and it attracted a lot of interest. Then he welcomed a seven strong group make-up visit, led by PP Peter Tse, from the RC of TST East. Their Club has admitted lady members and found them very helpful. Subsequently, of course, our speaker, Dr. Kester Lau, his two colleagues and his nurse were welcomed.

SAA Rtn Tony (Thunder 3) opened the Red Box and the take of the day was made up to the magic number of \$800. No birthday boys (actually 2 on the list) were present to claim their gift of the year.

Rtn John the Young (Yao), with his revitalised look, introduced our speaker, Dr Kester Lau, who spoke on the subject of Fountain of Youth- Anti Aging.

What is Aging?

Aging is defined as "the process of growing old or showing signs of growing old". Aging represents a process of general bodily deterioration which occurs inevitably when we grow old. The body reserve capacity reaches a peak at age of 20, thereafter a sudden decline occurs at age of 40, i.e. the year of success and achievement for most of the people. Suboptimal health, such as easy fatigue, lack of energy, etc., can be perceived by most of the middle aged. Up to 60s', clinical diseases, for instance, hypertension, and heart disease will be predominant in this group of population.

What is Anti-Aging Medicine?

Anti-Aging medicine is a specialty of medicine that seeks to slow the age-related disease process to improve both of the quality and quantity of life. In 1993, a group of anti-aging pioneers of leading scientists and medical practitioners collectively set up a nowadays world organization, the American Academy of Anti-aging Medicine. With their efforts of breakthrough researches, intensive teaching, writing up treatment protocols and sharing of up-to-date anti-aging information in International conferences, today there are a number of more than 14,000 physicians members from 75 countries.

Why do we age?

In reality, there is no single cause of aging. Today, most of the anti-aging experts conceptualize aging as a change in a different series of gene activity interacting with the environment, as we move through childhood to adolescence to adulthood and eventually old age. They unify a new aging paradigm known as "the Unified DNA Damage Theory of Aging".

How we manage aging problems?

The age management programs consist of two parts, the Anti-aging assessment and the Anti-aging therapy. The assessment identifies the biomarkers, which are chemical substances or physiological values change with age. The anti-aging treatment consists of both preventive and therapeutic approach directed to the aging of body, mind and appearance by applying healthy diet, adequate exercise, modification of life style, supplementation of micronutrients and hormonal replacement therapy.

After the most interesting presentation, PP Tim (Thunder 1) rose to thank our speaker, encouraged us all "not to die"; but eventually did remind us that nobody could escape from death and taxes (though maybe we can escape from the Estate Duty in the future).

Next week's meeting on 28 July 04 will be the first Club assembly, with a review of the present roster duty system, its strength and weaknesses, and the important subject of our future venue- to move or not to move, that is the question.

It was also announced that the meeting on 11 August 04 will be put forward to 9 August 04 evening, in favour of the Intercity Night. It also raises the relevant question (to the subsequent Free Lunch) that whether there will be 3 or 4 official luncheons in August.

The meeting came to close with a thunderous toast to Brazil, TST East and HKIE Rotary Clubs.

The RI Board of 2004-2005

The Board of Directors is the administrative body of Rotary International. Its 19 members include the RI president, president-elect, and 17 directors who are nominated by the clubs and elected at the RI Convention. The board controls and manages RI affairs and funds in conformity with the RI Constitution and By-Laws. For continuity, each director serves a term of two years. The 2004-2005 board which has eight first-year directors and nine second-year members, represents Rotary leadership drawn from 11 countries.

They are :

President - Glenn E. Estess, Sr. (USA)
President-Elect - Carl-Wilhelm Stenhammar (Sweden)
Vice-President - John F. Germ (USA)
Treasurer - David D. Morgan (Wales)
Director - Ronald L. Beaubien 2003-2005 (USA)
Director - Jocelyn I. Bolante 2004-2006 (Philippines)
Director - John J. Eberhard 2003-2005 (Canada)
Director - Serge Gouteyron 2004-2005 (France)
Director - Sushil Gupta 2003-2005 (India)
Director - Solve Kernell 2004-2006 (Sweden)
Director - David Linett 2004-2006 (USA)
Director - Michale D. McCullough 2003-2005 (USA)
Director - Yoshikazu Minamisono 2004-2006 (Japan)
Director - G. Kenneth Morgan 2004-2006 (USA)
Director - Luiz Coelho de Oliveira 2003-2005 (Brazil)
Director - Jose Antonio Salazar Cruz 2004-2006 (Colombia)
Director - Sakuji Tanaka 2003-2005 (Japan)
Director - Constant A.G.M. Tempelaars 2003-2005 (The Netherlands)
Director - Rodger W. Wagner 2004-2006 (USA) .

Club News

The board of directors of this club for the Rotary year of 2004-2005 had been listed in this bulletin but not complete. The following is an update for information :

President Rudy Law
President-Elect Robert Lai
Vice President - Jason Chiu
Hon. Secretary - John Kwok
Hon. Treasurer - Laurence Chan
Director - Hubert Chan
Director - Paul Chan
Director - Stephen Liu
Director - Clark Lu
Director - Andy Wong
Director - Eddy Wong
Ex-officio - Henry Chan
Advisor - Peter Hall
PP Council Rep. - Tim Lui

The tenure of office of the above fourteen members is for one year with effect from 1st July 2004. The advisor and past presidents council representative have no voting right.

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July is designated a Literacy Month by RI

Half a Century ago, the Rotary Club of HK Island East had the foresight to build the Victoria Park School for the Deaf in Causeway Bay, Hong Kong, to care for the deaf students which was by then, a serious problem. Hearing-aid equipments and air-conditioning system of the building were equipped. It is still operating now but with less deaf pupils. Closing down of the school by the HK Government seems unavoidable in a not remote future.

Last October, District 3750 (Korea) opened the Lifetime Educational Centre for Korean Learning in Suwon. Within one week, the classroom was filled to capacity with 40 women, ages 40-46, eager to learn how to read and write.

Before coming to the centre, one student tells how she used to reply on the expression of her taxicab driver's face to determine which bills added up to the correct fare. Paying cab fares, completing job applications, reading health form - these everyday tasks can be overwhelming for those who are illiterate.

The centre holds classes three times a week for three and half hours each. The curriculum covers first through sixth grade. Rotary clubs in District 3750 supplied the heating and cooling system and pay the school's utility costs. They also provided W30,000 (US\$26) worth of school supplies to each student. Chang Ho Moon, a members of the Rotary Club of Suwon-Susung, is overseeing maintenance of the building.

It is not easy to continue schooling (at this age) says Inja Lee, the school's principal, "But it is my hope that every student will finish the required classes."

The Centre demonstrates Rotary's commitment to raising literacy rates worldwide. Literacy month in July offers an ideal opportunity for clubs to develop their own literacy projects.

Report on the Visit to Rotary Club of Makati North

PP John Kwok led a four-members delegation (Pres. Rudy Law, PP David Li, and PP Tajwar Shadikhan) to the 32nd Induction Night of our sister club in Makati North on July 21, 2004.

We were warmly greeted by their International Services Directors Chito and Martin at the Manila Airport. The function was held in the Ballroom of the Hotel Peninsula there, with the 63 members of Makati North and their 200 guests. President Ric and his new board was inducted by their DG Tony Quila (District 3830) and the ceremony was attended by his family members (Ann Daisy) and friends.

On behalf of our club, President Rudy presented a gold "Bauhinia" as a souvenir gift to the Rotary Club of Makati North. We were able to see many old friends such as PDG Ernie, PP Rene, IPP Donnies, PP Boy, Dir Joe, PP Ed and PP Pabling, and Rtn Ado. The entertaining theme was "Las Vegas" and the musical performance was fabulous, with tremendous help from their talented Rotaryans (Inner Wheel Club), PP Pabling's young daughter and the professional dancers.

The next day the three golfers were taken to EAGLE RIDGE GOLF CLUB at Trece Martires, Cavite city to play golf. It was a very hard course and none of the three players did very well. However after a long day of golf lasting from 6:00am to 5:30pm we were treated to and beautiful dinner by PP Pabling Calma at a restaurant build by him at Hotel Shangri-la opposite to the Peninsula Hotel.

On Friday we were treated to another day of golf at MANILA SOUTHWOODS GOLF CLUB. This event was their district golf tournament. We had over 200 golfers playing shot gun start. Of course we again got up real early 5:00am and tee off at 10:00am and play the whole day finishing around 5:00pm. They had to terminate the tournament with two hole to go due to lightning and thunder. Both PP David & Taj won prizes in the runner up classes but PP John came out empty handed. After the golf we were invited to the beautiful home of Tony Pastelero where we celebrated a glorious ending to a very enjoyable three days in Manila. We were joined by other sister clubs of RCMN from RC Raffles City in Singapore and RC Shah Alam in Malaysia.

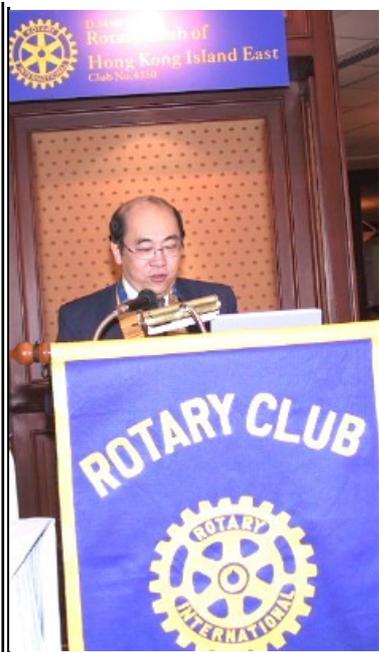
PP John, PP Li returned on Saturday but PP Tajwar returned on Friday early therefor missing out on all the fun. Meanwhile, our members would look forward to seeing the activity photos and golf trophy from PP John soon.

Cartoons..



Photographs of Our Meeting on 21st July, 2004

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Acting Pres. Robert opening his maiden meeting.



Our guest speaker of the day was Dr. Kester Lau who spoke to us about Anti-ageing problems.



Director Andy Wong was invited to make a report of the recent trip to Zhaoqing to visit the Dao Tou Primary School.



(L to R) PDG Uncle Peter, Speaker Dr. Kester Lau & Acting Pres. Robert at the left head table.



(L to R) Dir Eddy, President Ursula and PP Giuseppe Grattapaglia of R/C of Alto Paraiso from Brazil.



Acting Pres. Robert presenting our club banner to Pres. Ursula of R/C Alto Paraiso, Brazil and receiving a mysterious gift from her.



(L to R)PP Peter Tse (TSTE), PP C.Y., the speaker's asistant, Rtn John V., & two guests.



(L to R)Hon Tres. Laurence, Dir. Jason, Rtn Kenny, PP's Stephen & George.



(L to R) PP Tim, and two visiting Rotarians from TSTE & Rtn Benny Ratnani (HKNE) & Dir Andy.



Four visiting Rotarians from TSTE.



Acting Pres. Robert presenting the photograph of the speaker in action.



Group Photo of PDG Uncle Peter & our visiting Rotarians & guests & Acting Pres. Robert on 21st July, 2004

[previous home](#)