



# 東風 Tung Feng



Vol. 59

No. 5

3<sup>rd</sup> August 2011

Last Week's Proceedings – 27<sup>th</sup> July, 2011

Pres. Eric opened the meeting by welcoming everyone to our 4<sup>th</sup> meeting of this year. He asked Dir. Sharon Lamport to introduce her brothers Jeffrey Lamport and Lawrence Lamport as her guests. Project & I.T. Chair Anthony Kwong introduced his guest Miss Jennifer Wong and our speaker Eva Yue introduced her colleagues, Elaine Yip, Rebecca Lee and Murine. SAA William Leung announced today's Red Box Collection of HK\$1,600. Total attendance today was 25.

Pres. Eric then went on with this week's announcements as there was no welcome-back member:

- 1 Pres. Eric shall lead a delegation to visit our Sister Club RC of Penang from Aug 14 – 18. There are 12 members enrolled include PDG Uncle Peter. We shall visit Projects done by RC Penang and have a Golf game. We shall move our weekly meeting to RC of HK North East on Aug 19, 2011 for a joint meeting in World Trade Center Club from 12:30 – 2 pm.
- 2 Membership Workshop will be held on 20 August 2011 Saturday, The Hong Kong Jockey Club Happy valley Race Course, inviting all potential and new members to attend and also to witness the birth of the District 3450 Facebook.
- 3 Rotary Foundation Seminar will be held on 3 Sept., 2011 Saturday, 9 – 4:30 pm, at Holiday Inn Golden Mile Nathan Road, Kowloon. Cost at HK\$ 320 Per Rotarian
- 4 PR Workshop will be held on 17 Sept 2011, Saturday. Details are to be announced.
- 5 DG Visit to Mongolia from 12-16 Sept 2011. Direct flight will take 4 hours only. Details are to be announced.
- 6 The 2012 RI Convention will be held 6-9 May 2011. Members should register online in RI site first, 2 Sept is the deadline for registration. For District enrolment deadline: Aug 15, 2011. DGE Kenneth Wong has urged members to enroll a.s.a.p. We prefer to stay in Holiday Inn Bangkok so that DG will take care of us with great hospitality. IPP Heman is appointed as Project in Charge to organize the trip for our participating members.



**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**

7 Fund Raising Program for target HK\$ 200,000 will start now until Aug 31, 2011. President Eric encouraged members to support this campaign. Up to now, 50% of the target is met.

8 The President Gifts to Members are ready for collection which include

8.1 Winter Jacket by IPP Heman, contribution to Red Box is welcome. PIC: Dir. Teresa Ho.

8.2 Polo Shirt is now available for member to collect. Any order of extra one as gift for family members will be charged at HK\$ 90 at cost. PIC: Dir. Kelvin Leung.

Rtn. Jonah Cheung is this week's birthday boy and he picked SAA William Leung to lead the birthday song. Pres. Eric also introduced our new member Rtn. Dennis Wat. SAA William introduced today's speaker, Eva Yue from Svenson Hair Centres and her topic is "Rejuvenate your hair in this Summer".

*Ms. Eva Yue is a Certified Trichologist of Svenson Hair Centres, Member of The Asian Society of Trichology (Singapore) and Member of The Trichology Society (London)*

What is Trichology?

- Trichology is a specialized discipline concerning the structure, function, pathology and therapy relating to the hair and scalp.
- Qualifications:
  - The Asian Society of Trichology (Singapore)
  - The Trichology Society (London)

Symptoms of Hair Problems

- Excess oil, oily scalp, greasy hair
- Pimples
- Heavy dandruff; itchy scalp
- Increased volume of hair fall-out
- Fallen hair becomes thinner and weaker

Male Hair Loss Pattern

- Androgenetic Hair Loss
- Receding Hairline  
Baldness

Female Hair Loss Pattern

- Female Androgenetic Hair Loss
  - Discoloured hair, split end and hair breakage
  - Widened parting
  - Thinning hair behind ears

Formation of DHT, (Dihydrotestosterone )  
Hair Thinning Process

Causes of Hair Loss

- Hereditary Factor
  - Genes determine receptor site response to DHT
  - Usually, genetic hair loss patterns look like their father's or uncle's

- Stress/ Hectic lifestyle

- Pressure from work and family
- Insufficient sleep/ sleep late/ jet lag
- Lack of exercise>>> Body releases adrenalin that can enhance cortisol levels, decelerate blood circulation and cause excessive oil excretion. >>> Hinder the oxygen and nutrient supply to the hair follicle.

- Smoking

- lead to the blockage of capillary vessels in the scalp
- nutrition and oxygen cannot reach follicles easily.
- toxic substances such as Nicotine and Cotinine can harm the hair follicle.
- cause pro-inflammatory protein that restrains the division of hair follicle and hair cells.
- reduce female hormones and increase the likelihood of DHT

- Strict Diet/ Weight Loss Medication

- A deficiency of protein and carbohydrate can cause hair loss.
- Dosage of weight-loss medication can cause hormone imbalance and thus hair loss

- External Factors

- Excess hair colouring and perming
- Over use of chemical hair beauty products
- Using unsuitable hair care products
- Sun UV rays
- Salt from sea water and chlorine from swimming pool water

#### Causes of Female Hair Loss

- Hormonal Imbalance result from
  - Pregnancy and post-natal
  - Menopause
  - Feminine ailment, e.g. PCOS

#### Alopecia Areata

- Causes bald spots, usually on the scalp, in some cases, eyebrows, beard and body hair
- Small bald patchesIn coin size, round or oval
- The condition can spread to the entire scalp or to the entire epidemis (Alopecia universalis)
- Emotional Stress may lead to autoimmune disorder in which the body attacks its own hair follicles and suppresses or stops hair growth
- Atopic States e.g. eczema, allergy
- Genetic influence
- Can happen on men, women, children and the elderly

#### Find Out the Causes

- Professional Check-up & Diagnosis
  - Check the condition of hair & scalp under magnifier
  - Understand the health condition, lifestyle, diet, habit, etc of case

- HairDX Genetic Test for Hair Loss

- Screening test to assess the risk of androgenetic alopecia
- Lab Analysis at a CLIA-certified laboratory in US
- The test results are strictly confidential
- When signs of hair loss are visual, up to 50% of hair follicles have weakened. Take control of hair loss before it happens

## Tackle Hair Problems

### •Professional Hair Care Products

#### •Choose the right shampoo products

- Choose a shampoo based on the type of your scalp, not hair.
- Use oily type shampoo for oily scalp and dry hair to keep your scalp fresh and then use a quality conditioner to nourish your hair.
- Use dry type shampoo for dry scalp with thin hair for ease of combing.

#### •Special Care to Dandruff Problem

- The medical ingredients in anti-dandruff shampoo may over stimulate scalp and cause excess sebum secretion, irritation, itchiness or, worse still, hair loss.
- Dandruff can be due to a combination of reasons -skin irregularities such as psoriasis, eczema and seborrhea.

#### •Keep Your Hair & Scalp Clean

- Avoid touching the scalp when applying hair styling products so as to protect the scalp from possible inflammatory effects.
- Highly water-soluble hair styling products for easier cleansing.
- Pre-shampoo products help remove sebum build-up and unclog pores for a healthy scalp condition, and the control of hair loss.

### •Professional Treatments

#### Corrective Treatment

- Clean away sebum build-up from follicles
- Balance oil excretion
- Prevent the formation of DHT

#### Anti-DHT Treatment

- Eliminate DHT
- Protect hair follicles

#### Nutrient Treatment

- Provide additional nutrient to atrophied hair root
- Prolong hair growth cycle

#### Stimulant Treatment

- Promote blood circulation
- Stimulate hair growth

### •Equipment Treatments

- Advanced Laser Technology
- TDSM –Electroporation Technique

### Hair Care Advices

- Keep your hair & scalp clean, wash your hair every day
- Use suitable hair care products
- Put conditioner on hair shaft not scalp
- Healthy lifestyle

- Enough sleep
- Less alcohol & smoking
- Alleviate stress, relax
- Regular exercises (30 mins of exercise, 3 times per week)
- Protect hair from sun's direct UV rays
- Balanced Diet
- In-take of sufficient protein, Vitamin B complex, zinc, magnesium
- Avoid fatty, oily and spicy food
- Not too much coffee.

Eva's talk aroused many questions from the floor and she answered every single question without doubt. Pres. Eric then called on Project & I.T. Chair Anthony to thank the speaker. Pres. Eric announced that the next week's program will be "HKSAR's Anti-drug campaign" by Mr. Eric Lee.

Pres. Eric then adjourned the meeting and proposed a toast to Rotary Club of Hong Kong Island East and invited everyone to a group photo.

## Rotary Potpourri

### **Rotaract Club of HKIE Scored the Presidential Citation in the First year after Re-activation**

President Eric, accompanied by Com-based Rotaract Club Secretary Henry Cheung, RAC LNU Student Unions Community Service Director David Shing and Club Service Director Kin Leung attended Rotaract District Installation 2011-2012 cum District Awards Presentation 2010-2011 held in the afternoon on July 30, 2011 in Regal Hong Kong Hotel. It was so encouraging that the Rotaract Club of HKIE won the Presidential Citation in the first year after re-activation since July 2010. RAC Secretary Henry received the Presidential Citation Award proudly from DG David. Thanks to the great efforts of the advisors team led by President Eric, IPP Heman, PP Andy and RAC PP Mimi.

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### **RECREATIONAL EVENT - SUMMER KARAOKE FRIDAY NIGHT FEVER ENDED at 2 A.M.**

The first recreational event kicked off in the evening of 29 July 2011 at CEO Neway in Causeway Bay with 33 participants. President Eric invited his "Classmates" Presidents from Rotary Club of Kowloon Tong, Bonnie Wong together with Rtn. Josephine, Pres. of RC Peninsula Sunrise, Estella Sung, and Pres. of RC Tsim Sha Tsui, Alex Lai, joining this event. Our Rotarian members, Rotarianne, second generations, com-based Rotaractors and friends from Rotary Club of Hong Kong Island East enjoyed sumptuous dinner from the K buffet followed by vocal delights from participants. Thanks to all the talented singers from different generations, the Karaoke night escalated into a mini-concert with a good combination of songs from all time favorites. Our President Dr. Eric led the way on the dance floor joined by participants of various age groups. One of the highlights of the evening was the performance from our PP John Luk that passionately drew the attention of all. Although the evening came to an early end around 2 a.m. in the morning of the next day, everyone left with a big smiley face and lots of fun!

### **The District Landmark of District 3450 - the 8th series**

The Rotary Landmark of district 3450 in Macau

The Rotary Bus Shelter is located at the Rua Praia Grande near the Octagon Pavilion at the Francisco Garden. The bus shelter was built in the late 1970's and is the first bus shelter in Macao. At that time, bus stops in Macao had no covers or shelters. Buses were scheduled irregularly especially on the route to the then hydrofoil pier. Passengers had to wait for a long period in the sun or in the rain on rainy days. The

Rotary Club of Macao decided to provide a sheltered bus stop with seats in the traditional Chinese style for the convenience of passengers waiting for a bus. In recent years, the seats at the bus stop have been removed as buses now run more frequently. Yet Chinese style cover still remains as a reminder of an early contribution to Macao by the Rotary Club of Macao. Rotary Clubs in Macao also planned to build a Rotary Memorial Clock Structure in celebration of Rotary Centenary Services.

  
**JOKE FOR THE WEEK**

**Subject: A Quiz from PP Rudy Law**

Schwarzenegger has a long one,  
 Michael j. Fox has a small one,  
 Madonna doesn't have one,  
 the Pope doesn't use his,  
 and Clinton uses his all the time.  
 What is it?

.  
 .  
 Answer: their last names.



<b>YEAR 2011-2012</b>						
<i><b>President</b></i>	<i><b>Vice President / President Elect</b></i>	<i><b>Secretary</b></i>	<i><b>Treasurer</b></i>	<i><b>Ex-Officio</b></i>	<i><b>Advisor</b></i>	
Dr. Eric Chin	Nancy Yee	Jonathan Lamport	Dr. Rudy Law	Heman Lam	Peter Hall	
<i><b>Directors:</b></i>					<i><b>PP Council Rep</b></i>	
Laurence Chan	John Kwok	Sharon Lamport	Norman Lee	Kevin Leung	Andy Wong	Andrew Chen
<i><b>Service Chairs:</b></i>						
Paul Chan	Colin Chau	Teresa Ho	Anthony Kwong	William Leung	Eddy Wong	William Wong Dr. Freddie Wu

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**Club website:** <http://hkierotary3450.org>

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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.**

## Our meeting photos on 27<sup>th</sup> July, 2011



(L to R) PDG Uncle Peter, Guest speaker Ms. Eva Yue and Pres Eric.



(L to R) Hon Sec Jonathan Lamport, his brothers Jeffrey, Pres. Eric, Brother Lawrence and sister Sharon Lamport.



The speaker's group (L to R) Ms. Eva Yue, Ms Elaine Yip, Ms Rebecca Lee and Murine.



Rtn Sharon introduces her brothers: Jeffrey and Lawrence Lamport.



(L To R) Rtn Dennis Wat, IPP Heman and Rtn Teresa.



(L to R) Guest Jennifer Wong, Project & I.T. Chair Anthony and Dir. Kevin.



Rtn Jonah and PP Rudy



(L to R) Rtn Kenny, PP Stephen and Rtn Dr. Tony.



Guest speaker Ms Eva Yue giving her talk on Hair Health.



Pres Eric giving the guest speaker the souvenirs after her talk



Rtn Dr. Freddie Wu.



Rtn William photographed with the charming guests





Pres Eric introduced our two newest members to the club.



Dr. Dennis Wat thanked Pres. Eric for inviting him to join the club



Coincidentally this was Rtn Jonah's birthday, Pres Eric presenting to Rtn Jonah his birthday present which is a briefcase



Group Photo of our meeting on 27 July, 2011

## Rotary Club of HK Island East Karaoke Night - 29 July, 2011



Pres. Eric here with our young guests.



Pres. Eric here with our "older" members



Our enthusiastic singing sensation Kevin



Pres. Eric shows his singing skills



PP Eddy doing his part



Our second generation also there



Members had a good time in the Party



IPP Heman and PP Laurence are good singers



Pres. Estella of Peninsula Sunrise and Pres. Bonnie of Kowloon Tong supported our K Party



Rtn. Josephine of Kowloon Tong and Pres. Alex of Tsim Sha Tsui



Group photo of the party on 29<sup>th</sup> July, 2011



RAC Secretary Henry represented RAC HKIE to receive the Presidential Citation from DG David.



President Eric Chin and District Rotaract Representative 2011-2012 Edwina Chung



(Left to Right) RAC LNU Club Service Director Kin Leung, President Eric, DRR Edwina, RAC HKIE Secretary Henry Cheung, RAC LNU David Shing



The New Rotaract District Team.