



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

20th August, 2003

President Henry was away on business again, the meeting was chaired by acting President Rudy. He welcomed all visitors.

HT Clark introduced our visiting friends, Interactors Marcus Cheng and David Lee from St Joseph College Interact Club, Mr Trevor Chow and Dr C P Wong, our guest speaker for today.

Acting President Rudy welcomed PP Tim back from Europe and PP Desmond back from San Francisco.

Interactor Marcus Cheng informed the meeting that the 2003 Interact Bazaar will be held on Sunday 24 August 2003 from 12 noon to 6 p.m. at Shung King Street, Whampoa. He pleaded for our support to the event by cash donation, donation of prizes for the game booths or buying game tickets.

Sergeant-at-arm Andy reported a collection of \$700 today.

Rtn Tony Loy introduced today's speaker, Dr. C.P. Wong. He is the Chief of Service (Integrated Medical Services) and Consultant & Head of Ruttonjee & Tang Shiu Kin Hospitals and also the Vice President of Hong Kong Geriatrics Society. His topic today was "Aging in the Middle Aged Man"

Dr. Wong said that in today's talk he wanted to convey the following messages to us:-

- oUnderstand Ageing & Andropause
- oAvoid premature death & disabilities
- oAge gracefully with exercise & diet
- oStay Healthy
- oEnjoy Alcohol & Sex

Ageing starts at the age of 30. The conditions of loss in function vary with different life styles. 70% of diseases including cancers are preventable by life style modifications, say exercise and diet. Andropause happens to men after 40. The general symptoms are increase in body fat, decrease in muscle mass and strength, loss of energy, swinging mood, depression, anxiety, lack of vitality, sleep problems, low sex drive, reduced rigidity, impotence and urinary problems.

Men's 4 major killers are cancer, heart disease, stroke and pneumonia. Other commoner diseases are hypertension, diabetes, chronic chest disease, osteoarthritis, osteoporosis, benign prostatic hypertrophy and alzheimer's disease. Screen for diseases can help early treatment in case of mishap. Yearly check ups for high risk, such as with family history and 5 yearly check ups for normal cases. Do not add stress to yourself. Exercises are magical. It keeps you strong and trim, protects your heart and bones, improves your mood, sleep, memory and toileting, wards off breast and colon cancer and reduces your overall risk of dying prematurely. Swimming, rowing, cycling, jogging, hiking, basketball, tennis, tai-chi, yoga etc are suitable exercises. Diet is also important. No fatty and salty food, no sweets and processed food. Have a balanced diet with lots of vegetables and plenty of water. Cigarettes are forbidden. Moderate drinking are acceptable and may actually improves HDL. Sex is not discouraged. Medicine such as Viagra and Cialis can help impotence and erectile dysfunction. There may be side effects such as headache etc to some individuals.

There followed a few rounds of interesting questions and answers interacted between Dr Wong and our PP John Yao, PP John Luk and Rtn. Kishu. Then PP John Yao was asked to officially thank the speaker for giving us such an interesting and important talk to enable us to deal with problems of middle-aged man.

The meeting was closed by acting President Rudy with a toast to Rotary club of Hong Kong Island East.

Rotary Information

Letter of Appeal

To: All Past Presidents,
R/C of Hong Kong Island East
Hong Kong

Dear Past Presidents,

GOLDEN JUBILEE (1954-2004)

Please be informed that we shall celebrate our 50th Anniversary on the 17th April 2004. To commemorate this big event, we are preparing to print a Souvenir Programme containing the history of our club.

The organizing committee suggested that all our past presidents to give a message of their impression during their tenure of office as President of the club. A recent photo of your goodselves will be appreciated.

Time is flying ! We hope you will help us to complete this mission earliest possible. Meantime, we thank you in advance.

Yours sincerely

Peter Hall
Member
Organizing Committee

PS. Please send message and photo to PDG Peter Hall at 7-C, Bowen Road,
Bowen Mansion, Flat 203, Hong Kong

Joke & Cartoon

This man goes to confession and says, "Forgive me father for I have sinned".

The priest asks if he would like to confess his sins and the man replies that he used the "F-word" over the weekend.

The priest says, "O" Okay, just say three Hail Marys and try to watch your language."

The man replies that he would like to confess as to why he said the F-word? The priest sighs and tells him to continue.

"Well father I played golf on Sunday with my buddies instead of going to church."

The priest says, "And you got upset over that and swore??"

The man replied, "No, that wasn't why I swore. On the first tee I duck-hooked my drive well left into the trees.?"

The priest said, "And that's when you swore.?"

The man replied, a little testily because of the constant interruptions, "No, it wasn't. When I walked up the fairway, I noticed my ball got a lucky bounce and I had a clear shot to the green. However, before I could hit the ball, a squirrel ran by and grabbed my ball and scurried up a tree.?"

The priest asked, "Is that when you said the 'F-word'?"

The man replied, "No, because an eagle then flew by and caught the squirrel in it's sharp talons and flew away."?"

The priest let out a breath and queried, "Is that when you swore??"

The man replied, "No, because the eagle flew over the green and the dying squirrel let go of my golf ball and it landed within 5 inches of the hole.?"

The priest screamed, "Don't tell me you missed the fucking putt!!!"



Photographs of our meeting
on

20th August, 2003



Our guest speaker was Dr. C.P. Wong ,
Chief of Intergrated Medical Services,
Ruttonjee & Tang Shiu Kin Hospitals. His
Talk was titled "Aging in the Middle Aged
Man".



(L to R) PDG Uncle Peter, our guest speaker Dr. Wong, & Acting Pres. Rudy.



(L to R) Hon Sec. Eddy, PP Taj, & Program Chairman Dr. Tony Loy.



(L to R) Dr J.L. Luk, Dr. Tony, Dir Laurence, & PP Tim.



(L to R) Hon Tres. Clark, PP Stephen, Rtn. John V, guest Trevor Chow & our Bulletin Editor for today Ms Elsa Li.



(L to R) Rtn Kishu, Interactors David Lee & Marcus Cheng, PP John IV, PP Desmond.



Our group Photo of our visitors & Interactors & PDG Unde Peter, Acting Pres. Rudy on 20 August, 2003.

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