



東風 Tung Feng



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Last Week's Proceedings – 14th September, 2011

President Eric had his out-of-town apology for his joining DG David, together with 50 Rotarians for 2011 official visit to Mongolia between September 11-15, 2011. Meanwhile Acting President was PE Nancy, who made a new record for our club, with a lady president to chair a regular luncheon.

PE Nancy welcomed the visiting Rotarians from RC Bombay (Rtn Pradeep Mafarlal who visited us before in November of Year 2000), Bombay Central (Rtn Suresh Trivedi) and RC Hong Kong South (PP Nick Pirie). The Bombay visiting Rotarians received a banner from our club.

There were two announcements:

From PE Nancy – our vocational visit to PP Tajwar's Shenzhen factory, who has sold his R&D project for lubrication oil recycling and would like to invite the club members to visit his Shenzhen factory on Sept 23 (Friday) afternoon and have a fellowship dinner thereafter.

PP Nick Pirie from RC Hong Kong South – PP Nick made an appeal for their leprosy project, an emergency repairing for water supplies in one of their local clinics. Their leprosy project started 16 years ago for the Sichuen Villages, now running an annual budget of USD 500,000 to supply leprosy patients with medication, artificial limbs and micro-credit assistance etc.

September Club Program

1. Uncle Peter Golf Cup was held successfully on Sept 9 at Fanling Golf Course with 25 participants. The result of all winners and presentation of prizes will be announced and given in two week time.



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

Following on that nite, an entertaining birthday party was held at CCC Club in honour of PDG Peter's 86 birthdays with 26 participants. The whole nite was full of joy and fun....with PP David playing magic ring and all golfers and non-golfers are invited to play a mini golf game with each entry fee of HK\$20. And totally we have gain HK\$240 for the Red box in this game.

PE Nancy has prepared a 3D Robot birthday Card, a Golf sculpture in having PDG Peter's face and a 3D Photo with Uncle Peter, PP Norman and Uncle Peter's daughter Isa as his birthday gifts.

2. Another Outing for elderly will be held on Sept 17 Mid-Autumn Festival Home visit to 30 Elderly Singleton in Tai Hang Tung & Tai Hang Sai Estate has been carried out successfully led by IT Chair Anthony Kwong. Totally we have 40 participates who by 2 to 3 people a groupgo to the home of the elderly and delivered a bag of gift included moon-cakes, oranges, packs of rice, bottles of soy sauce and bottle of cooking oil.
3. Another Outing for elderly will be held on this Sat Sept 17 to the Film Museum and having lunch outside. 10 Volunteers are ready for this project. They are Pres. Eric, PE Nancy, William & his wife Fanny, Jonan, Rotaractor George and FIVE Students from Holy Carpenter Secondary .
4. Vocational Visit of WEEE Eco- Garden on Sept 24, details will be send out by PIC William at the end of this week
5. District Events:

District PR Workshop Sept 17, 2011 Sat
Hong Kong Management Association
Pico Tower
2ndFloor, Room 201
Gloucester Road
Wanchai, Hong Kong
Time: 2:30pm to 4:30pm Free of charge

Please enroll to PIC: PR Chair Teresa. Our Project Visit WEE Eco-Garden will be quoted as a case in the workshop to generate PR activities. PIC William will provide info to District PR Committee.

6. RI Convention enrolled to IPP Heman and AG Andy for hotel reservation. Enrol online in RI web site too.

Acting SAA Rudy reported that the red box collection of the day was HK\$1,000.

PP Eddy Wong then introduced our guest speaker for today Dr. Ben Tay and his topic of "Preventing and overcoming chronic pain problems".

Dr. Tay has practised medicine in England, the United States, Hong Kong and in China. He earned his medical degree from the University of Wales in the United Kingdom and became specialist in anaesthesia in 1992.

Subsequently he completed his residency focusing on anesthesia and pain management at the University of Texas. He then continued with further specialization in Pain Medicine and then did further research as Fellow in Pain Medicine at one of the United States foremost medical centers - the University of Texas Science Center /M.D. Anderson Cancer Center in 1995 where he obtained specialty training in non surgical diagnosis and treatment of pain conditions such as chronic pain and cancer pain.

His treatment of pain condition emphasizes on the diagnosis and non-surgical treatment of headaches, back, neck pain and joint pain including chronic pain. He conducts ongoing research in the field for publication. In addition to lecturing in Hong Kong, Dr. Tay has served as an adjunct Professor at the Chinese University of Hong Kong; has had his research presented internationally, and has had his papers published in peer international journals in the areas of pain management and anesthesia. Please welcome Dr Tay.

Dr. Ben Tay presentation of pain treatment was as follows:

- Pain treatment remains challenging as there were many misconceptions of pain and the diagnosis. This is because pain was experienced & felt but could not be seen even under MRI - like air. Usually in most pain problems no apparent explainable causes are found. MRI and X-rays findings have been mistakenly attributed and assumed to be accurate in locating the causes of pain. This has led to misdiagnosis and treatment with no improvement and recurrence. Consequently many pain conditions are commonly misdiagnosed, under treated and remain challenging.
- In many pain conditions uncontrolled persistent muscle spasm are always significant components & causes at presenting pain sites. These are commonly and the first to be treated. But they are always caused by pain sources at remote locations and structures. Consequently these pain sites continue to recur, spread and usually lead to the need for constant treatment.
- Pain conditions are usually made of the pain source and several secondary pain problem sites. The pain source causes and gives rise to the secondary pain sites.
- Identification and diagnosis of the source of the pain is important. If only the pain sites are treated leaving the pain source undiagnosed, the pain source will provoke the secondary sites to recur and even spread.
- As the problems stem from identification of the pain sources, a definitive approach of identifying the sources of the pain is needed: To find the pain sources accurately, diagnostic block tests with local anaesthetics can provide precise approaches for diagnosis and to have definitive treatments.
- A "diagnostic block" to suspected structures of pain sources provides modeling test to predict the response of the pain problem to the treatment procedure. The diagnostic block is carried out safely and comfortably under sedation guided by x-ray for accurate placement of local anaesthetic at the suspected structure (such as a joint or epidural space) that the doctor believed to be the source of or mediating the pain. The doctor then accurately place a small volume of local anesthetic to temporarily anesthetize or "block" the pain function of the suspected source . The doctor then monitored the effects of the block to determine if a patient achieved pain relief. If the presenting pain sites, tenderness and muscle spasm and dysfunction in remote regions are improved in function with pain reduction, then the source is likely identified. Definitive treatments can then be formulated.

After Dr. Tay gave an interesting talk, there were very warm response and questions from the floor, such as for spot injury etc. PE Nancy presented the souvenir and a photo to our guest speaker and thanked him in our usual Rotary manners.

To formally thank the speaker, we have Rtn Dr. Tony, who echoed PP Nick Pirie's appeal that leprosy patients were suffering from no-pain, but with disfigurement which was an even more dreadful situation. Regarding the topic of pain, Rtn Dr. Tony was delighted to meet with Dr. Tay, whose written articles on pain treatment was widely published. Rtn Dr. Tony could not agree more to Dr. Tay that X-ray was a mere 2-dimensional image graphic whereas the patient was an 3-dimensional human whom we cared.

Rtn Dr. Tony praised Dr Tay's approach for tracing the primary pain (the root problem) as there was a Chinese saying warning against pain site treatment only (頭痛醫頭 · 腳痛醫腳). Rtn Dr. Tony admitted that we were still in an imperfect world, that there might not be a perfect solution to all pains, yet he welcomed the joint efforts from many, including Dr. Tay to contribute to the knowledge and treatment of pains.

PE Nancy adjourned the luncheon meeting on time, she invited the guests and members to make a toast to RI coupled with RC Hong Kong South, Bombay and Bombay Central. The guests and members were requested to stay on for a group photo.

Rotary Potpourri

"R/C of HK Island East extended special welcome to two Indian Rotarians from Bombay, India recently, with the presentation of our club banner. After the ceremony, the two Indian Rotarians left the meeting without a word. Most of our members were surprised. The attendance chair also issued them with make-up cards accordingly. These two Indian Rotarians violated the attendance rule. For general information, the club's bylaw is herey printed as follows:

General Provisions: Each member should attend the club's regular meetings. A member shall be counted as attending regular meeting if the member is present at least SIXTY percent of the meeting."

President Eric Sharing his Strategy and Experience in the Rotaract Advisor Forum

Immediate after the service in the Mid-Autumn Festival Home visit of Elderly Singleton in the morning on Sept 10, President Eric proceeded to the Rotary District Open Forum for Presidents and Rotaract Advisors on "How To Make An Effective Rotaract Club" in City University in the afternoon. There were 50+ attendees including DG David, DGE Kenneth, DGN Eugene, New Generation Chair PDG Tony and many district officers, Presidents, Rotaract Advisors. President Eric was invited to share his experience in reactivating our com-based Rotaract Club and empowering the Lingnan University Student Union Rotaract Club. He first demonstrated a 3 minutes video and 2 minutes slide show to draw attentions of all audiences the tactics he used since June 2010. President Eric also emphasized the importance of the three pillars for successful club development, i.e. Loyalty, Discipline and Communication.

After the event, PP Sally Ho, Project in charge sent congratulations to President Eric and our club for reactivating the Rotaract Club in a very successful way. The strategic planning for maintaining the continuity of the Rotaract Club and elements such as facilitating professional development, holding joint meeting, involvement of community services, providing training on leadership, event management etc are all very useful for building up a Rotaract Club. She further added that there were great feedbacks from District Officers and Rotarians on Pres. Eric's sharing. It would be much worth if all of the Presidents and Rotaract Advisors from the dormant Rotaract Clubs be there on that day.

Mid Autumn Festival Home Visit of Elderly Singleton, 中秋顯愛心

Rotary Club of Hong Kong Island East (RCHKIE) participated the *Mid Autumn Festival Home Visit of Elderly Singleton*, 中秋顯愛心 on 10th September, 2011. Forty volunteers included Rotarians from the club, Rotaractors, friends and families and students from Holy Carpenter Secondary School (our New Adoption a School Partner) gathered at the Kindness Centre, People's Food Bank at St. James' Settlement in Shek Kip Mei. The briefing and registration started at 9am. Person In Charge, IT Chair Anthony Kwong started with summary of the event. Pres. Eric welcomed and gave a briefing afterward. Ms. Joey Tsang gave the final briefing of the items require extra attention during the home visit, such as the topics can or cannot be discussed during the interview, ask for the permission before talking photos. Staffs of St. Jame's Settlement has helped to prepare packages to be delivered which included moon-cakes, oranges, packs of rice, bottles of soy sauce and bottles of cooking oil. Rotarian William Wong has also provided mini moon-cakes additional to each existing package. The elderly singleton families live in Tai Hang Sai Estate, Tai Hang Tung Estate and Nam Sham Estate of Shek Kip Mei area. There were thirteen groups all together with size from two to four volunteers per group. Groups were back for the feedback and sharing session after two and a half hours interview at 12:30pm. A luncheon, hosted by Pres. Eric Chin, IT Chair Anthony Kwong and Rotarian Jonah Cheung, was held at the Lucky Dragon Restaurant for the volunteers in a way to thank their effort and time. Thanks for the sponsorship of the gift bag by PP Laurence.

JOKE FOR THE WEEK

THIS IS WHY WE LOVE OLD PEOPLE

A farmer stopped by the local mechanics shop to have his truck fixed. They couldn't do it while he waited, so he said he didn't live far and would just walk home.

On the way home he stopped at the hardware Store and bought a bucket and a gallon of paint. He then stopped by the feed store and picked up a couple of chickens and a goose. However, struggling outside the store he now had a problem - how to carry his entire purchases home.

While he was scratching his head he was approached by a little old lady who told him she was lost. She asked, 'Can you tell me how to get to 1603 Mockingbird Lane ?'

The farmer said, 'Well, as a matter of fact, my farm is very close to that house I would walk you there but I can't carry this lot.'

The old lady suggested, 'Why don't you put the can of paint in the bucket. Carry the bucket in one hand, put a chicken under each arm and carry the goose in your other hand?'

'Why thank you very much,' he said and proceeded to walk the old girl home.

On the way he says 'Let's take my short cut and go down this alley. We'll be there in no time.'

The little old lady looked him over cautiously then said, 'I am a lonely widow without a husband to defend me.. How do I know that when we get in the alley you won't hold me up against the wall, pull up my skirt, and have your way with me?'

The farmer said, 'Holy smokes lady! I'm carrying a bucket, a gallon of paint, two chickens, and a goose. How in the world could I possibly hold you up against the wall and do that?'

The old lady replied, 'Set the goose down, cover him with the bucket, put the paint on top of the bucket, and I'll hold the chickens.'



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

Club postal address: P.O. Box 47064, Morrison Hill Post Office, Hong Kong

Club website: [http:// hkie.rotary3450.org](http://hkie.rotary3450.org)

Make-up cards to Club Secretary: Ms Anne Ng

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ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.

**RC of Hong Kong Island East
Luncheon Meeting Photos – 14 September 2011**



(L to R)PDG Uncle Peter, Dr. Ben Tay, and Acting Pres. PE Nancy



PDG Uncle Peter and our speaker for today Dr. Ben Tay



PE Nancy presenting a Certificate of Appreciation to PDG Uncle Peter for his work on RIC.



Also IPP Heman presenting a Certificate of Appreciation to PE Nancy for working on PR for RIC



PP Nick Pirie(HKS) and Rtn Kenny



PP Nick made an announcement.



The speaker of today Dr. Ben Tay on back pains.



Two Johns



Three Tonys



We have two visiting Rotarians Rtn. Pradeep Mafatal from Bombay Club, India.



And Rtn Suresh Trivedi from Bombay Central, India



PP John here welcoming the two visiting Rotarians from Bombay, India.



The group photo of our meeting on 14 Sept. 2011

10 September, 2011 RC of HKIE Mid Autumn Festival - Single Elderly Home Visit



