



東風



TUNG FENG

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

Last week's Proceedings -

6th October, 2010

The 14th Meeting of the RCHKIE started at 1pm with President Heman in the chair. 19 members were in attendance, with 5 visitors including the speaker, Dr Wu Chee Wo Frederick. There were no visiting rotarian.

The visitors included Miranda Chin, sister of PE Eric; Victoria and Walter, two Shue Yan University students who are the mentees of PP Rudy; and Chris Leung, friend of Director Anthony. Welcome backs included PP Laurence, PP Norman, Rtn Peter II, Rtn Kenny, and Rtn John V (Yao).

There was one birthday boy, our Hon Sec Jonathan, and he chose President Heman as his chorus leader for his happy birthday song. Happy Anniversary was awarded to PE Eric, with the announcement that the Rotarianne will have a free lunch at any time thereafter.

President Heman then proceeded with his announcements:

1. Rtn. William Wong, Dir. Anthony Kwong and Pres. Heman will join the Joint Membership Development & New Members Orientation Workshop to be held at the Holiday Inn Golden Mile on Saturday Oct 9, 2010.
2. PP John Kwok, Rtn. William Wong and Pres. Heman will participate in the District Golf Tournament on 22nd October at the Old Course, Hong Kong Golf Club, Fanling. Any golfers interested to join please contact Pres. Heman.
3. PE Eric was invited to report the progress of registration for District 10 k Race on 7 November, Sunday, at Shatin Sports Ground, Yeun Wo Road, Shatin. He stated that over 10 Rotarians, their children, and Rotaractors have registered, and there are others members and friends who are interested to participate. He reiterated the deadline for registration is 15 October and urged early registration.
4. While upstanding, PE Eric also reported Joint Rotaract Clubs meeting of Lingnan U and Rotaract Club of HK Island East was held on 30 November at Staff Club, Polytechnic University where 8 U-based Rotaractors and 6 HKIE Rotaractors attended. The meeting was fruitful and agreement reached in future corporations.

Ladies Night will be on 29 October, in lieu of the 27 Oct regular luncheon. It will be an evening event at the Regal Hotel, and Rtn Teresa has arranged for the Chef of the hotel to give us a demonstration of Italian cooking. The cost will be \$350 net per head with discount for children (\$200 net) for the buffet.

SAA PP Rudy announced the Red Box intake at \$2100.

The speaker, Dr Wu Chee Wo, Frederick, was introduced by Rtn Tony. Dr Wu had vast experience in unblocking heart arteries (some 3,000+), many international and local medical publications, and teaching appointments in HK and Asia. He is the one who will save lives in heart attack patients.

Dr Wu's talk is titled as Heart Disease- red wine, sushi and golf. He started to say that the usual advises to keep the heart healthy are harsh, and thus often not heeded.

The heart is a muscular pump to pump blood to the body carrying oxygen and nutrients. The heart muscle is supplied by two coronary arteries, right and left which branched into 2. Atherosclerosis is a condition where lipid plaques accumulate and occlude the arteries. Heart disease patterns in HK have changed a lot in the last 25 years.

The low incidence in the Chinese was not due to "good genes" but due to more exercises, sweating (walking stairs) and food of cereals, vegetables and less meat. Now, the life styles have changed, and the heart diseases rates go up.

The factors to reduce heart diseases lie in stop smoking, healthy diet, exercises, keeping body weight down, keeping blood pressure low, control diabetes, and a little alcohol (where " the devil is not in the wine, but in the human being").

Avoid over nutrition, eat less sugar and fat, less salt are good, and more fibers are healthy. (3 low, 1 high). For cooking, animal oils should be avoided, and so are saturated vegetable oils (e.g. palm oil, coconut oil, margarine- lots of trans-fat). Olive oil, canola oil etc are good. One should aim for 5 serves of vege/fruit per day.

Fish is a very good food (but the Omega 3 tablets are not, as are Vit E, Beta carotene supplements). Oily fish from cold water are better, but the large ones, e.g. tuna may have more mercury and dioxin. So, salmon is better than tuna. Sushi is better than then sashimi as it is more balanced in diet.

Exercise is good, as it will reduce blood pressure, diabetes, LDL (bad) cholesterol and increase HDL (good) cholesterol. The exercise aimed for is 3x week, 30 minutes each, to increase heart rate and bring out sweat. Aerobic exercises as walking, slow jog, gym work, taichi, golf etc are better than anaerobic ones (e.g. weight lifting) and movements are better than static ones e.g. yoga. Moderate exercises are the best, and should be enjoyable, yet not competitive, and no contact to avoid injuries. Exercises should be regular, and not heavy for a period and then stop.

For golf, 1. Walk and no cart. 2. No competition (and no betting). 3. Sunglasses. 4. Wide beam hat (80% aging is from sunlight) 5. Sun block lotions and lip stick.

Alcohol: 2 drinks a day for men and 1 for women and no more. 1 drink is 1/6 of a bottle of wine. Red and white wines are the same.

Time did not allow for many questions which were very enthusiastic even after the luncheon. Dr Wu was thanked by our flexitarian Rtn John V.

The meeting was declared closed after a toast to RI coupled with RCHKIE, and group photos were taken.

Rotary Potpourri

DG's Monthly Letter

It has come to my attention that we have received the DG's Monthly Letter for the month of August 2010 last week at the meeting venue (Regal HK Hotel) during our regular lunch meeting. I am now following up where is the missing issue for July 2010. Have anyone of you received the July 2010 edition? We traced into the Rotary Information Centre and the answer was the July edition had been sent out already to all parties concerned. It is not the missing copy concerns so much, it is the news that we would like to read.

Likewise, if any of our members do not receive the monthly ROTARIAN magazines, please let the Hon. Secretary know and he will follow up the missing copies with Rotary International at the distribution department. Please don't just keep silence. The writer had the same experience before. After all the processes, it now returns to normal.

Electronic Make-up Questions

You can submit an electronic makeup for this missed meeting by answering the following questions:

Name:

Email:

1. How many guests including the speaker attended our meeting today ?

Ans)

2. Name two of the visiting guests today and who were their introducers ?

Ans)

3. Name any two members who were welcomed back by Pres. Heman ?

Ans)

4. Who was our celebrated birthday boy today and who led the birthday song ?

Ans)

5. Who was our member being celebrated for wedding anniversary in the meeting ?

Ans)

6. So far how many of our Club members and guests enrolled to the District 10K Race ?

Ans)

7. How many Rotaractors totally have attended the Joint Rotaract Clubs dinner gathering recently hosted by PE Eric ?

Ans)

8. The "Ladies Night" of our Club will be held when and where this month ?

Ans)

Submit

Joke

Subject: The Importance of walking

Walking can add minutes to your life.

This enables you at 85 years old to spend an additional 5 months in a nursing home.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we have no idea where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing..

I joined a health club last year,

spent about 250 quid*.

Haven't lost a pound.

Apparently you have to go there!.

*one quid = one British Pound (GBP) a.k.a. one pound sterling (referring to money, not body weight!)

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, 'Well, He looks good doesn't he.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,..... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a pub with a Happy Hour and by the time I leave, I look just fine.

Photographs of our meeting

on

6th October, 2010

06 October, 2010 Luncheon Meeting Photos



PDG Uncle Peter Hall & Guest Speaker - Dr Wu Chee Wo



Pres. Heman Lam & Hon. Sec. Jonathan Lamport



Dir. Kevin Leung & PP Stephen Liu



Visiting guest - Chris Leung & PP Laurence Chan



Hon. Sec. Jonathan Lamport, Rtn. John Yao & PP Uncle John Kwok



Rtn. Peter Yeung & Rtn. Tony Loy



Pres. Heman Lam presented a greeting card to congratulate PE Eric Chin's wedding anniversary in this month



This week's birthday boy is Hon. Sec. Jonathan Lamport



PE Eric Chin, visiting guest
Miranda Chin (Eric's sister) &
PP Rudy Law



Rtn. William Wong, Dir.
Anthony Kwong & Rtn. Kenny
Chan



PP Desmond Cheung & PP Andy
Wong



IPP Norman Lee & Dir Teresa
Ho



PP Rudy Law's mentees - Walter
& Victoria from Shue Yan
University



PE Eric Chin reported on District
10K Race



Dir Teresa Ho reported on the
upcoming Ladies Night dinner
meeting



Rtn. Tony Loy introduced the
guest speaker of the week



Rtn. John Yao gave a vote of
thanks to Dr. Wu



Dr. Wu Chee Woo gave us a very interesting
talk about "Heart Disease Prevention, from
Sushi, Golf & Red Wine"



Pres. Heman presented a club souvenir to Dr.
Wu to thank him for the interesting talk



Group photos with guest speaker, visiting guests and Rotarians

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