



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 -**

**20th October, 2010**

20th October, 2010 The 16th meeting of the RCHKIE started at 1pm with President Heman in the chair. There were 18 members in attendance (thanks to vigorous effort behind the scene prompting by PP John). There was no visiting Rotarian nor guest, but several welcome backs. The birthday boy was Rtn Charles Bien, and Anniversary Member Rtn Peter Yeung.

The followings were a few announcements made by Pres. Heman:

1. Golf.: District Golf Tournament to be held on 22nd October at the Old Course, Hong Kong Golf Club, Fanling.
2. 10K race: We urge you to come and participate, as runner or as member of the cheering team. Deadline for registration is 23 October and event date and venue is 7 November 2010 (Sunday) and ShatinSports Ground, Yuen Wo Road, Shatin
3. Rotarian Leadership Institute: The Zone Institute Meeting will be held in Bangkok on 19-21 November 2010.
4. Next week's meeting will be re-scheduled to 29 Oct evening, ladies night, with Italian cuisine demonstration. Please be reminded that our Lady's night will be held here in Regal Hong Kong; please urge you and your spouse to join us. Cost per Rotarian and Rotarianne is HK\$350 and children and Rotaractors would be HK\$200. Kindly register with HS Jonathan.
5. The Election and AGM of our Club will be on 17th November 2010.

SAA PDG Uncle Peter reported intake for the Red Box at \$1300.

Rtn Tony introduced our speaker of the day, Rtn Dr John V (Yao). Rtn John went through careers of accountancy, finance, management, corporate management, and had spent much effort and time in completing a MD from the Hubei University of Chinese Medicine in 2009. He had been known variously as health fanatic, enthusiast, nerd, nut etc., and is widely read and knowledgeable in health matters.

Rtn Dr John V shared with us his inroads towards being a flexitarian (defined as a 'vegetarian who occasionally eats meat'). He had eye problem in 2000 with retinal blood vessel defects, which cleared up on vegetarian diet as he was having higher cholesterol. He became a vegetarian 2000 to 2005, but was disillusioned with some of the quoted benefits of vegetarianism, and converted to flexitarianism in 2006 and stayed. He reminded us that the Cantonese is zoophagous (any creatures inside the zoo are edible). Then went on to discuss the "benefits" of vegetarian diet.

1. vegetarians live a lot longer?

Not necessarily. There are plenty of fat vegetarians, and old vegetarians are protein deficient. Only flexitarians live longer.

2. save your heart, reduce risks of cancer & diabetes?

The risks are the same. Vegetarian food has lots of junk food, high salt, sugar, oil and MSG. Low cholesterol also brings low Mojo.

3. spring clean your body and be more "regular"?

Yes. More fibres will help.

4. meals taste delicious?

Not so with ordinary home cooking.

5. bones last longer?

The healthier ones are, but many vegetarians have premature osteoporosis.

6. avoid toxic chemicals?

Plants can be toxic with chemical too, and some are naturally toxic e.g. uncooked broccoli.

The book China Study, a 20 years epidemiological study, shows that the traditional Chinese diet is the best, with plenty of vegetables and some meat. There are relationships between animal fat and breast cancer, daily meat intake and colon cancer, cow's milk and diabetes etc. Diets of affluence will increase heart disease, cancers (breast, colon, lung, stomach, liver etc). The flexitarian diet is a centenarian diet, and included the well known ones as Mayo Clinic, Mediteranian, South Beach Diet etc. The Food Pyramid put out in 1992 is wrong as it emphasized too much on carbohydrates and produced a lot of obesity. Exercise wise, Tai chi is good and Yoga is bad. The take home message is "put more vegetables on your plate" (and eat it!!).

PP George thanked the speaker, and reminded the husbands that flexitarians are people who usually eat vegetables, but once in a while...

After a toast to the RCHKIE coupled with the RI, and the group photo, the meeting was closed, with lots of interested member still around the speaker.

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## **Rotary Potpourri**

### **Membership Development**

We are given to understand that our board of directors have appointed a successor to Membership Development recently, I wish to reiterate that there are only (2) TWO kinds of membership in Rotary, viz.

1. Active
2. Honorary

Before we proceed with Membership, we must be familiar with the working of compiling a full list of all the classifications including used and unused classifications. Each member shall be classified in accordance with the member's business, profession, or type of community service. The classification shall be that which describe the principal and recognized activity of the firm, company, or institution with which the member is connected or that which describes the member's principal and connected or that which describes the member's principal and recognized business or profession activity or that which describe the nature of the member's community service activity. The keeper of such records is in the hands of Director John Kwok and assisted by Rtn. Sharon Lamport.

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## **Electronic Make-up Questions**

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

Name: \_\_\_\_\_

Email: \_\_\_\_\_

1. How many of our members attended the meeting today ?

Ans)

2. Name our birthday boy celebrated today at the meeting ?

Ans)

3. Who did we celebrate for their wedding anniversary at the meeting ?

Ans)

4. Name one of the District events in October 2010 as announced by Pres. Heman ?

Ans)

5. Name one of our Club's events in October 2010 as announced by Pres. Heman ?

Ans)

6. Name of the District events in November 2010 as announced by Pres. Heman ?

Ans)

7. What was the Red Box Collection ?

Ans)

8. Who was our speaker today and what was the topic about ?

Ans)

Submit

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## Joke

**Subject: Wife is like TV girlfriend is like MOBILE (Cell)**

At home watch TV

go out bring MOBILE

No money, sell TV

Got money change MOBILE

Sometimes enjoy TV

but most of the time play with MOBILE

TV is free for life

but MOBILE if you don't pay, the services will be terminated

TV is big, bulky and most of the time old!

But MOBILE is cute, slim, curvy and very portable at any time

Operational cost for TV is often acceptable

but for MOBILE is high and often demanding

TV got remote

MOBILE don't have

Most important, MOBILE is two ways communication (talk and listen)

but with TV you MUST listen to it (either you want to hear nagging or not)

Last but not least! TV do not have virus, but MOBILE, yes, they do have VIRUS!.

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**Photographs of our meeting**

20th October, 2010

**20 October, 2010 Luncheon Meeting Photos**



PDG Uncle Peter, Rtn. John Yao (Guest Speaker) & Pres. Heman Lam



PP Uncle John Kwok, PP George Leung & Rtn. William Wong



Dir. Nancy Yee & Dir. Teresa Ho



PDG YK Cheng & PP Eddy Wong



PP Tim Lui, PP David Li & Rtn. Tony Loy



PP Andy Wong & Rtn. Peter Yeung



PP Desmond Cheung & PDG Y K Cheng



Rtn. Charles Bien & PP Henry Chan



Pres. Heman Lam presented a souvenir to congratulate Rtn. Peter Yeung's wedding anniversary



This week's birthday boy is Rtn. Charles Bien. PP George Leung led the birthday song



Rtn. John Yao gave a very interesting talk about "Healthy Diet - Flexitarian"



Pres. Heman Lam presented a club souvenir to thank Rtn. John Yao's interesting talk



Group photos with guest speaker & Rotarians

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