



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

3 December, 2003

Acting Pres. Rudy opened the meeting by welcoming every one to the meeting. We had no visitor but made a special welcome back to Rtn Tommy Ling. Then he continued the meeting by calling for the Sergeant-At-Arm's report, which fell on the shoulder of Rtn Laurence who reported well-supported collections of \$1,700, which included the birthday boy's contribution from PP Desmond. VP Robert led happy birthday song.

Rtn Andy then announced that there will be a Christmas BBQ party for the Victoria Park School for the Deaf on 20 December. He appealed to members for gifts to be presented to the children. PP Hubert promised to donate a Nokia Radio as a prize to each child. Thank you PP Hubert.

Acting Pres. Rudy announced that 7th December will be the closing date for nomination for our election of officers and directors to be held on December 17th at our AGM. He encouraged every member to vote on this date.

PDG Uncle Peter then came to the rostrum to present a Paul Harris pin to PP Hubert, which contains one ruby. This means that he had donated \$7,000 to the Rotary Foundation. Congratulations to you Hubert! Keep it up.

Rtn Tommy Ling then came up to introduce our guest speaker Dr. Desmond Fung, who is a Consulting Psychiatrist. His talk today was on "Work Stress & Depression".

Dr Fung told us that depression is very prevalent in Hong Kong because of the high stress in our society caused by the very compact city life. It can sneak up on everyone. He told us that the first sign of depression might be loss of sleep at night.

Apart from unemployments, work stress is one of the most common factors in precipitating a clinical depression. Due to the economic downturn of the recent few years, people are extremely worried about losing their job.

Most employees would want to impress their boss by working longer hours and agreeing to take pay-cuts. This working environment actually brings about increased tension and mistrust between the employer and the employees.

Working long hours actually deprive the employees of time to be with their family or to rest and exercise. Regular and frequent exercise is one of the most effective ways of reducing stress. We often fail to recognize the effect of chronic stress on our mind and body. Sometimes, we might also tend to deny that we are suffering from a depressive disorder, despite symptoms of sleep difficulties, poor concentration at work, general lethargy, multiple aches and pain as well as sad feelings and obsessive, negative thoughts. We might not go and seek help at the early stage of the illness. Failure to recognize the early signs of a chronic stress syndrome could lead to the emergence of a more serious depression. I hope to bring such awareness among all of us who are hard working individuals about the existence of this illness.

Dr. Fung then opened the meeting to questions from the floor. After a lively debate about many problems facing everyone, Rtn Heron then came up to give the vote of thanks to the speaker.

Acting Pres. Rudy closed the meeting by proposing a toast to RI coupled with the Rotary Club of Hong Kong Island East.

Rotary Information

After presenting a Paul Harris Fellow Badge (with one ruby) to PP Hubert Chan during our weekly meeting, question came to me for the way how to be a one ruby PHF. The following is an explanation of Donor Recognition:

Each year Rotarians and their clubs contribute to The Rotary Foundation's Annual Programmes Fund and the Permanent Fund. The Annual Programmes Fund provides support for the Foundation's humanitarian and educational programmes. The Permanent Fund serves as an endowment, guaranteeing that the Foundation's work toward international understanding and Peace will continue in perpetuity. Without the ongoing support of Rotarians, the Foundation and its vital programmes to alleviate suffering, foster greater cultural understanding, and eradicate polio worldwide would cease to exist. As an expression of appreciation, The Rotary Foundation presents various recognitions to donors and clubs.

1. Paul Harris Fellow Recognition

Qualification: Gifts of US\$1000 or more to the Annual Programmes Fund or other restricted gifts from a donor or a combination of donors.
Recognition: Paul Harris Fellow medal set (Lapel pin and medallion) and a personalized certificate.

2. Multiple Paul Harris Fellow Recognition

Qualification: Given to individuals with US\$2000 or more Foundation points.

Recognition : There are eight levels of recognition for contributions ranging from US\$2000 to US\$9000. Paul Harris Fellow pins with one to five simulated sapphire (blue) stones and one to three simulated ruby (red) stones.

3. 100% Paul Harris Fellow Club Recognition

Qualification : All dues-paying members of a Rotary club must be Paul Harris Fellows.

Recognition : A large banner featuring the bust of Rotary's Founder Paul Harris. The club's name is engraved on a plaque permanently displayed at Rotary International World Headquarters.

4. Memorial Paul Harris Fellow

Qualification : Gifts of US\$1000 or more contributed to the Annual Programmes Fund or other restricted gifts in the name of someone who is deceased.

Recognition : Customized memorial Paul Harris Fellow certificate. Certificate is similar to the traditional Paul Harris Fellow certificate but the wording has been changed to read "This gift will provide a living memorial..."

5. Annual Programmes Fund Club Banners.

Qualification : Top three clubs in each district in two categories: Annual Programmes Fund contributions and Per Capita Annual Programmes Fund contributions.

Recognition: Six banners (first, second and third place in each category) are sent to each district governors in September. The banners are imprinted with the district number.

6. Certificate of Appreciation.

Qualification : Gifts of US\$1000 or more to the Annual Programmes Fund or restricted gifts given in the name of a non-Rotary related group or business organization.

Recognition : Customized Certificate of Appreciation

7. Benefactor Recognition :

Qualification : Written notification that a donor has made a provision in his or her will or estate plan naming the Foundation's Permanent Fund as a beneficiary; or anyone who makes an outright gift of US\$1000 or more to the Permanent Fund.

Recognition : Personalized Benefactor certificate and insignia.

8. Bequest Society

Qualification : An individual or a couple, who places the Permanent Fund in their estate plan for a minimum of US\$10,000 and notifies the Foundation in writing of irrevocable bequest, revocable bequest, and, Whole and Universal Life Insurance products.

Recognition : A personalized crystal and simulated Diamond Circle pin corresponding to the donor's range.

9. Major Donor Recognition

Qualification : When an individual or couple has contributed a combined personal outright gift of US\$10,000 or more to the Annual Programmes Fund, Permanent Fund and/or other restricted gift,

Recognition : A personalized crystal and simulated Diamond Circle pin that corresponds to the appropriate level for the donor and his or her spouse.

10. Diamond Circle Pin Recognition

Qualification : Major donor, cumulative personal contributions of US\$10,000 or more to the Annual Programmes Fund, other restricted gifts and/or the Permanent Fund. Bequest Society, written notification that their estate plan has designated The Rotary Foundation for a minimum of US\$10,000 or more.

Recognition : A Diamond Circle pin corresponding to the level of the gift. Major Donors receive two pins as a couple. Bequest Society to individual (s) enrolled in the Society.

11. Hall of Honour Portrait

Qualification : Cumulative personal contributions of US\$250,000 or more to the Annual Programmes Fund, other restricted gifts and/or the Permanent Fund.

Recognition : Donor's portrait hung in the Hall of Honour at Rotary International World Headquarters.

Joke & Cartoon

Two kids are in a hospital, lying on stretchers next to each other, outside the operating room. The first kid leans over and asks, "What are you in here for?" The second kid says, "I'm in here to get my tonsils out and I'm a little nervous." The first kid says, "You've got nothing to worry about. I had that done when I was four. They put you to sleep, and when you wake up they give you lots of Jell-O and ice cream. It's a breeze." The

second kid then asks, "What are you here for?" The first kid says, "A Circumcision." And the second kid says "Whoa, Good luck buddy, I had that done when I was born. Couldn't walk for a year!!"

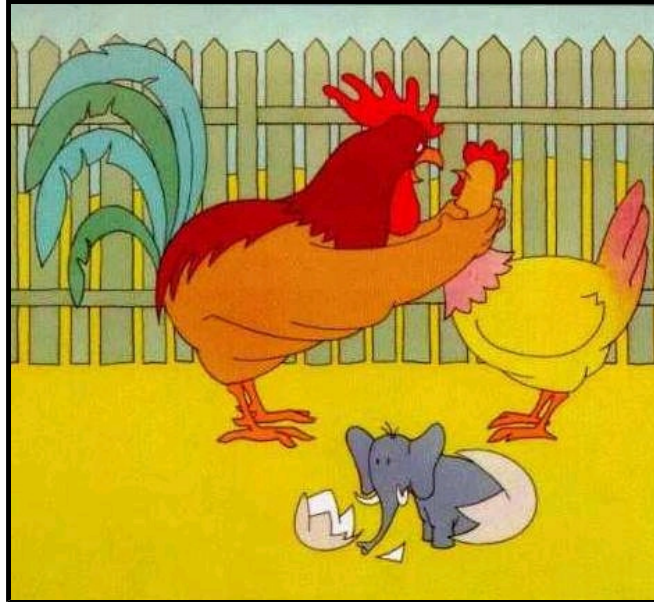
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Your smile for the day ...

A mild mannered man was tired of being bossed around by his wife; so he went to a psychiatrist. The psychiatrist said he needed to build his self-esteem, and so gave him a book to read on assertiveness. He had finished the book by the time he reached his house. The man stormed into the house and walked up to his wife. Pointing a finger in her face, he said, "From now on, I want you to know that I am the man of this house, and my word is law!

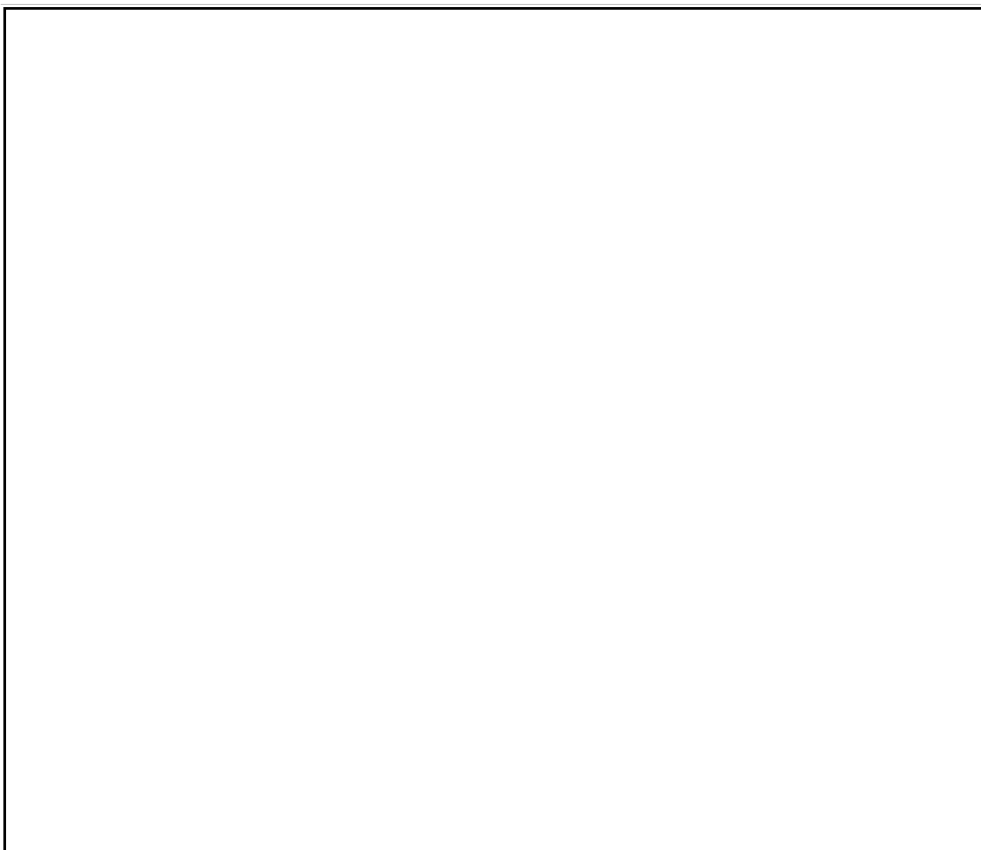
I want you to prepare me a gourmet meal tonight, and when I'm finished eating my meal, I expect a sumptuous dessert afterward. Then, after dinner, you're going to draw me my bath so I can relax. And when I'm finished with my bath, guess who's going to dress me and comb my hair"

"The funeral director," said his wife.



"Who did this?"

**Photographs of our meeting
on
3 December, 2003**





Our guest speaker today was Dr. Desmond Fung who is a Consulting Psychiatrist. The subject of his talk was "Work Stress & Depression"



At the left head table were, PDG Uncle Peter, our guest speaker Dr. Desmond Fung, & Acting Pres. Rudy.



At the right head table were Hon Sec. Eddy, PP Tajwar, & PP John IV.



Our birthday boy PP Desmond is being serenaded by VP Robert & watched by Acting Pres. rudy.



PDG Unde Peter presenting the Paul Harris pin which contains one ruby to PP Hubert





(L to R) Rtn Dr. Heron, PP's Stephen, C.Y., Rtn Tommy, PP's Hubert & J.L..



Group Photo of our members with PDG Uncle Peter & guest speaker on 3rd December, 2003.

Four Generation Joint Meeting on 27th November, 2003



Our members pictured with PDG's Anthony Hung & Uncle Peter at the Four-Generation Joint meeting on 27 November, 2003



A Panoramic view of the Four Generation Joint Meeting of Hong Kong North, HongKong Island East, HongKong City North & Causeway Bay Rotary Clubs at Renaissance Harbour View Hotel in Wanchai.



(L to R) Hon Sec Eddy, Pres Henry at the head table seated next to the guest speaker Mr. Cheng King Hon & President William Fong Yan of the Rotary Club of Hong Kong North who organized this function.



AG Meggy Tseung pictured here with PP John IV at the Four Generation Joint Meeting.



Pictured above is the visit to the Sea School's open day at Stanley by VP Robert & PP John IV with the Principal of the school on 7th December, 2003.

[previous home](#)