



# 東風 Tung Feng



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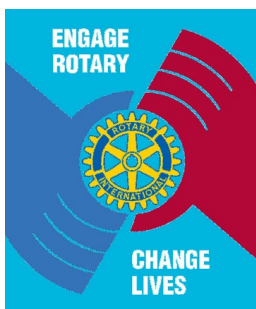
## Last Week's Proceedings – 27<sup>th</sup> November, 2013

President Jonathan started the meeting on time and warmly welcomed everyone; he subsequently welcomed back Rtn. John Yao as well as himself who have been on trip for the last couple of weeks. PP Hubert was then invited to introduce the to-be-inducted guest Dr. Raymond Chu and his lovely wife Debbie; also his Rotarianne Josephine, and his cousin, also a Rotarian from Rotary Club of Kowloon Central, Rtn. Shirley Lee. IPP Nancy introduced her guest from Rotary Club of Vancouver China Town, Rtn. James Chan.

No Birthday Celebration was conducted.

SAA Jonah reported the Red Box amount as HK\$1,400 and he thanked all attendees for their kind and generous contribution. He then escorted Dr. Raymond Chu Chor Lup together his proposer PP Hubert to the rostrum.

PP Hubert introduced Dr. Raymond Chu as his brother-in-law whom he invited to come to lunch a few times. Dr. Chu is the Awardee for the HK Humanitarian Award in May 2013. The Award, co-organized by the Hong Kong Red Cross (HKRC) and Radio Television Hong Kong (RTHK), was launched in 2007. Being the very first award of its kind in Hong Kong to advocate for humanitarian spirit, and aims to pay tribute to people dedicated in humanitarian deeds and to disseminate the universal value of humanity to all levels of the society. Dr. Chu also setting up a self-financing charitable foundation with friends to offer financial assistance to those in distress and lacking timely support; paying visit to the needy and follow up in person to enable they having received proper assistance. Both he and PP Hubert served in AJR Charitable Foundation.



**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**

Pres. Jonathan conducted the New Member Induction Ceremony smoothly and pinned Dr. Chu as our new member. Dr. Chu was then invited to say a few words, which he began by thanking our members for welcoming him, as he always see humorous, smiling faces, especially PP Uncle John. He also gave special thanks to PP Hubert for introducing him to Rotary as well as Rotary Club of Hong Kong Island East for he found to share the same mission and goals. Both he and PP Hubert served in AJR Foundation and that he served there over 15 years. He is also eager to share and giving back to the community through different projects

President Jonathan then proceeded to make the following announcements:

1. The Club raised HK\$20,800 on Wednesday 20th November in support of Rotary Club of Makati North's relief efforts for Typhoon Haiyan. Thanks for Dir. William Wong coordinated the fund raising and passed the funds directly to PP Pabling.
2. We will move 15th Jan 2014 luncheon to 17th Jan to have joint lunch meeting, at World Trade Centre Club, and we invited Incoming CE of HK Council of Social Services Mr. Chua Hoi Wai to speak. The cost is HK\$ 300 per person, members who are interested please enroll to HS Carl.
3. Racing Night is reserved on 22 Jan, we are on waiting list. And we will confirm again in 2 weeks' time.
4. The 2nd New Members Orientation for this Rotary Year will be held on 30 November 2013 (Saturday), from 2:00 p.m. to 5:00 p.m. at Conference Room, 9/F., The Chinese Club, The Chinese Club Building, 21-22 Connaught Road, Central, Hong Kong. For those new members who joined within 2 years and potential members who have not joined any New Members Orientation previously will have the opportunity to meet with experienced District Leaders and gain update Rotary information at international and local level. The cost is nominal fee of HK\$100 per head, members who are interested please enroll to HS Carl.
5. Rtn. Miranda Chin was invited to announce her dance school and dance company performance in Cultural Center in the evening on Nov 30, 2013. Rtn. Miranda Chin would like to invite your attendance to join her Dance School Performance Show. If any member has interested to join, please enroll to Rtn. Avis Kong. VIP Tickets will be available for your collection in the front house on Nov 30, 2013.
6. The 2013 District Golf Tournament which will be held at Mission Hill Dongguan (Rose-Poulter Course) on 29th Nov (Friday). We will have two fights.

PP Norman introduced our guest speaker who is Dr. Ronnie Pao. Dr. Ronnie Pao graduated at the University of Nottingham, England, and is trained as a specialist in London. Dr. Pao is now a specialist in psychiatry, currently working as an Associate Consultant in the Substance Abuse Assessment Unit in Kwai Chung Hospital. His topic is "Substance Abuse in the Youth".

Dr. Ronnie Pao began by thanking us in inviting him to speak. He then talked about the Common Problems that we are currently facing, and the Tasks of the Health Care provider, which include

- Be informed of the current drugs of abuse and the trend
- Understand own limitation, use other resources
- Aware of community resources
- Work with other departments if necessary
- Able to identify and manage acute drug ingestions
- Provide education to others
- Provide supportive counselling

As for patient care, it would be heterogeneous group that is individually catered with a holistic approach; the needs would be complex that include medical, social and psychological, and psychological approach is as important

Dr Pao also covered the data on drug usage, and why do teenagers use drugs? The main reasons they reckoned would be

- Rebellion against authority.
- Trying to fit into peer groups
- Curiosity
- Attractiveness of Drugs
- Parents attitudes towards drugs
- Feeling good and provide relief from unpleasant emotions

Dr Pao also mentioned that initiation of first drug use is determined by interaction between social, cognitive, cultural, attitudes, personality and developmental factors. These factors include poor self image, low religiosity, poor school performance, parental rejection, family dysfunction, divorce, abuse, under or over controlling parents.

The behaviour, affect and temperament work in cycles -- insecure attachment, followed by criticism by parents, coercive parenting, substance abuse and delinquency, then temperament difficulties and back to the former.

Peer group pressure may be a factor in substance abuse, it may also be a factor in abstinence. Children predisposed to substance abuse may seek out others with similar inclinations. Genetic predisposition not only found in alcohol, but also in substance abuse. Heavy alcohol use is 3x more common in male while substance abuse is 2x more. Male students are more frequently found to have heavy alcohol and tobacco use.

On family ecology, Dr Pao stated that childhood abuse is associated with substance abuse and that girls more influenced by environmental factors in home. Unkempt, crowded, noisy, disorderly conditions with little emphasis on conventions and religion are potent predictive of drug abuse in later life. Teenagers who took care of themselves after school had a significant higher risk of using alcohol, tobacco and marijuana. Parents absence and familial conflicts had high substance abuse rates.

Youth from disadvantaged areas are more likely to be offered drugs than those in advantaged areas, and it may also increase the exposure to seeing people selling drugs and people being high or drunk.

To protect our teens from substance abuse, measures would be taken to grow up in a nurturing home with open communication with parents and positive parental support. School environment with teachers commitment are also important. Positive self-esteem, self concept, self control, assertiveness, social competence and academic achievements would need to be nurtured, so is church attendance and sense of morality. Protective factors instill the individual with resiliency, which is a property of an individual to overcome a negative set of life circumstances. Adolescents resiliency is associated with high intelligence, low novelty seeking behaviours and avoidance of friendships with delinquent peers.

In tackling drug problems, to reduce supply, banning or regular checks at parties and in reduce demand, providing medical services and giving education to users and schools. Substance users belief that they don't need help. They belief they are taking calculated risks and that the drug usage is under controlled that they are not abusing; lack of withdrawal means safer and no dependence. On prevention, Dr. Pao stated that we should identify complications, follow up and treat complications, use preventive education, proactively follow up and provision of support.

Dr. Pao covered different drugs of abuse, including ketamine, MDMA, cocaine, methamphetamine, cough medicine and cannabis,

As many psychoactive drug users do not see themselves as addicts, often do not present until their problems submerged, Dr. Pao reckoned that body check program is a way to motivate them into treatment early. The purpose of body check is to let patients know the consequences of their chosen actions, and provide appropriate intervention to drug users before complications develop.

What signs of substance abuse should we look out for? That include

- Tobacco or alcohol on the breath or intoxicated behaviour
- Small changes in normal behaviour between drug use
- Out of the house later at night, overnight or all weekend
- School absence
- Dropping of school activities
- Decrease contact with friends who don't use drugs
- Disappearance of money or other valuables
- Sullen & hostile attitude towards family
- Caught in one or more lies
- Escalation of conflicts at home
- Discovery of drugs at home
- Arrest for possession or dealing with drugs
- Violence as well as ongoing denial

As in the future, Dr. Pao believed that substance abuse would be more of a cyclical problem, coming from heterogeneous group; more substances, more varieties and more combinations in the market, and onset age would be younger. We would need more innovative models that seem to engage users to tackle the problem.

After Pres. Jonathan presented our gift to Dr. Ronnie Pao as token of appreciation, PP George officially thanked our speaker for alarming our members on drug abuse of the teenagers. He said Hong Kong is a more complex society, similar to other metropolitan cities, the influence to our teenagers are multi-faceted, such as family, sex, peer pressure, internet, etc which drives them towards drug abuses. He thanked Dr. Pao for giving us a different

prospective, although we cannot eliminate the problem completely he urged the unity of society, family, school, and policy maker to fight against drug.

Pres. Jonathan urged all members to come next week for the AGM of our Club in electing the new Board of Directors as well as President Elect.

Pres. Jonathan then proposed a toast to RI couple with Rotary Clubs of Kowloon Central, Vancouver China Town and Hong Kong Island East. Meeting was adjourned timely and all attended were invited to a group photo.

  
**LAUGH FOR THE WEEK**

**Subject: Great Day at the Golf Course**

I was at a party with my friends when my girlfriend told everyone that I had a great day at the golf course.

Someone asked my girlfriend what she thought was the reason for my great golf game that day.

She said "It's because I kissed his balls before the game".

She got a HUGE laugh from the people at the party.

Somebody asked her if she also stroked my putter.

She said: "I can't. It is too big to get my hands around."

Another big laugh.

Some wise guy asked her if she would kiss his balls before the next golf game.

She said: "I can't. Your wife told me you don't have any."

She got an even bigger laugh.



**YEAR 2013-2014**

<b>YEAR 2013-2014</b>						
<i>President</i>	<i>Secretary</i>	<i>Treasurer</i>	<i>Ex-Officio</i>	<i>Club Advisor</i>		
Jonathan Lamport	Carl Yau	Rudy Law	Nancy Yee	Peter Hall Henry Chan	YK Cheng Hubert Chan	
<i>Directors:</i>						<i>PP Council Rep</i>
John Kwok	Eric Chin	Stacy Ho	Heman Lam	Norman Lee	William Wong	Andrew Chen
<i>Service Chairs:</i>						
Anthony Kwong	Kevin Leung	Dr. Freddie Wu Teresa Ho	Sharon Lamport	Laurence Chan		

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**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.  
at Regal Hong Kong Hotel, Causeway Bay, Hong Kong.**

**27 November 2013 - Luncheon Meeting  
Rotary Club of Hong Kong Island East**



PP Uncle John Kwok, Guest speaker - Ronnie Pao & Pres. Jonathan Lamport



Hon Sec. Carl Yau, visiting Rotarian - Rtn. James Chan from RC of Vancouver China Town & IPP Nancy Yee



Visiting Rtn. Shirley Lee from RC of Kowloon Central, visiting guests Mrs Debbie Chu & Mrs Josephine Chan



PP Hubert Chan & Rtn. Raymond Chu was newly inducted in this week's luncheon meeting



PP Heman Lam & PP Norman Lee



SAA Jonah Cheung, Rtn. John Yau & PP Rudy Law



PP George Leung & PP Eddy Wong



PP Stephen Liu & Rtn. Freddie Wu



Dir. William Wong & PP Andy Wong



Rtn. Kishu Narain & Rtn. Avis Kong



Rtn. Raymond Chu who was proposed by PP Hubert Chan. We welcomed him to join our Rotary Family



This week's guest speak - Dr. Ronnie Pao.  
His talk was "Substance Abuse in the Youth"

Pres. Jonathan presented a photo in action to thank  
Dr. Ronnie Pao for his talk



Group photo of members of HK Island East, visiting Rotarian & guests.