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Tung Feng

VOL. 50 No. 22

4th December, 2002

What Happened Last Week

President Chris opened the meeting with a warm welcome to everybody. He then invited PP C.Y. to introduce the guest and visitors. PP C.Y. said that he has not been in the lunch meeting for quite some time and was glad to be given the chance to introduce visiting Rotarian so that everybody noticed his presence! The only visiting Rotarian was PP Edmond Chan from Channel Islands.

President Chris went on to make the following announcements: That the trophies and gifts for Uncle Peter Golf Tournament will be available next week.

The AGM will be held on 11 December. Members please make effect to be present.

Acting Sergeant-at-arm, Rtn Laurence reported that a total collection of HK\$1,000. He informed the meeting that he will be hosting a fire-side gathering at his house in Yuen Long on 7 December (Saturday) from 3 p.m. to late night. Members are welcome to join.

President Chris reminded the meeting that the Inter-city meeting - in Honour of R.I. President Bhichai Rattakul will be on 19 December at Intercontinental Hotel, TST at HK\$500 per head. Our club is invited to join as a club and would presume to take up a table. Whether we should be joining as a club or individually would be discussed later. During the Inter-City meeting, there will be a Paul Harris Fellow recognition.

The District Sport Day will be held on 12 January 2003 (Saturday) at Stanley Ho Sport Centre from 12 p.m. to 6 p.m.

President Chris then handed the meeting over to VP Rudy to chair the Club Assembly. VP Rudy said that he was happy to step in to conduct the Club Assembly for PE Henry because PE Henry was busy in doing something for the benefit of Hong Kong as we can read from the newspaper! He then called upon the directors to report on the various services:-



THE ROTARY CLUB OF HONG KONG ISLAND EAST

香港東區扶輪社週報

Club 4350

District 3450

Chartered on 6 April, 1954 by Charter President
PDG (Uncle) John Yuen

Community Service

In July, Rotaract Club of Lingnan University visited Dou Tau Primary School in Guangdong Province. During the visit, the Rotaractors taught students English, Science and Drama/Art. Special thanks to PP. Hubert who made a special contribution of \$10,000 to this event, buying gifts/school supplies for the students. Working closely with Rotaract Club of Lingnan University and Rotaract Club of Hong Kong Island East, Christmas Cards created by pupils from the Victoria School for the Deaf and the Hong Kong School for the Deaf in the theme of "world peace" were sent to Presidents/P.M.s in 20 countries as well as their consulate generals in Hong Kong. The Christmas cards and response letters from various countries will be displayed in an exhibition to be held on Sunday December 15, 2002 in Metroplaza in Kwai Fong between 10:00 am to 8:00 pm. The venue is secured with the help from PP. John Luk. The objective of the project is to enable the pupils to learn something about culture of different countries and to capture the spirit of world peace and Christmas in their heart.

To go along with the exhibition, there will be Christmas Carol singing, Santa Clause, etc.. McDonalds is sponsoring lunches for the pupils through the effort of VP Rudy. Members and Rotariannes are cordially invited to participate in this event by contributing and presenting Christmas gifts to the students from Victoria School for the Deaf and the Hong Kong School for the Deaf. Details of the event will be available later.

Vocational Service

Members visited HK Island West Waste Transfer Station on 9 November, 2002. It is an eye-opening and meaningful expedition. Thanks for the arrangement of Rotarian Paul Chan.

International Service

Rtn Laurence reported that a joint project with Makati North for health care of the elderly was cancelled due to some local concern. No new project was initiated as some budget would be saved for other big projects in our 50th anniversary next year. VP Rudy mentioned about the Dairy Goat Project in North Korea. The meeting seemed to be very interested. It would be helpful to invite the relevant organizing body to talk in our lunch meeting some time. IPP Stephen reported that he received email from sister club Osaka Jonan that they will visit HK on about 25-27 December, 2002. He will inform members when more information is received and may organize a diner gathering to receive them.

Membership

Uncle Peter pointed out that there are 42 members currently and 37 paid the membership due already. It is member's duty to pay the membership dues and hope that the outstanding due will be paid promptly. On the issue of Paul Harris Fellows, he informed the meeting that this year there are only two new Paul Harris in our club this year and we would hope for at least 5. Members are urged to consider the matter.

Attendance

PP John reported that the accumulated attendance so far is 54.95% included make up. The legitimate

requirement is 60%. He suggested to organize more group visit to baby club to boost up attendance. President thanked VP Rudy for facilitating the Club Assembly. Lastly, IPP Stephen was asked to give information of speaker of next week. The speaker of next week will be Mr S.C. Liu, Managing Director of Pearl River-Hang Cheong Real Estate Consultants Ltd. He will talk about his experience in the Mainland, the property market in Guangzhou and the future relationship between HK and the Mainland. President Chris then ended the meeting by proposing a toast to the Rotary Club of Island East and Channel Island.

Health Information

How to Survive a Heart Attack when You Are Alone

Let's say it is 6.15 p.m. and you are driving home (alone of course) after an unusually hard day on the job. You're really tired, upset and frustrated.

Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up to your jaw. You are only about five miles from the hospital nearest your home. Unfortunately, you don't know if you will be able to make it that far. What can you do? You have been trained in CPR but the guy that taught the course neglected to tell you how to perform it on yourself. Since many people are alone when they suffer a heart attack, this article seemed to be in order.

Without help, the person whose heart stops beating properly and who begins to feel faint, has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough. The cough must be deep and prolonged, as when producing sputum from deep inside the chest. And a cough must be repeated about every 2 seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

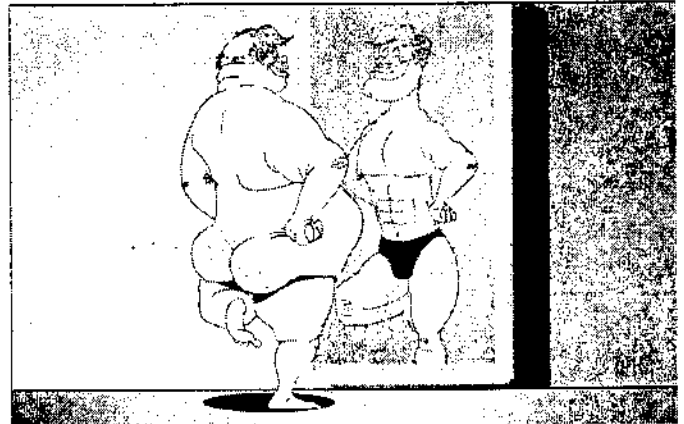
Tell as many other people as possible about this - it could save their lives !

*(From Health Cares, Rochester General Hospital,
via Chapter 240s newsletter AND THE BEAT GOES ON?
Reprint from The Mended Hearts, Inc.
publication, Heart Response)*

LAUGH FOR THE WEEK

Old Fred's hospital bed is surrounded by well-wishers, but it doesn't look good. Suddenly, he motions frantically to the pastor for something to write on. The pastor lovingly hands him a pen and a piece of paper, and Fred uses his last bit of energy to scribble a note, and then dies. The pastor thinks it best not to look at the note right away, so he places it in his jacket pocket. At Fred's funeral, as the pastor is finishing his eulogy, he realizes he's wearing the jacket he was wearing when Fred died. "Fred handed me a note just before he died," he says. "I haven't looked at it, but knowing Fred, I'm sure there's a word of inspiration in it for us all." Opening the note, he reads aloud, "Help! You're standing on my oxygen tube!"

A husband looking through the paper came upon a study that said women use more words than men. Excited to prove to his wife that he had been right all along when he accused her of talking too much, he showed her the study results. It read "Men use about 15,000 words per day, but women use 30,000". The wife thought for a while, then finally she said to her husband "It's because we have to repeat everything we say". The husband said "What?"



YEAR 2002-2003

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ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 11:30 p.m. AT EXCELSIOR HOTEL, CAUSEWAY BAY



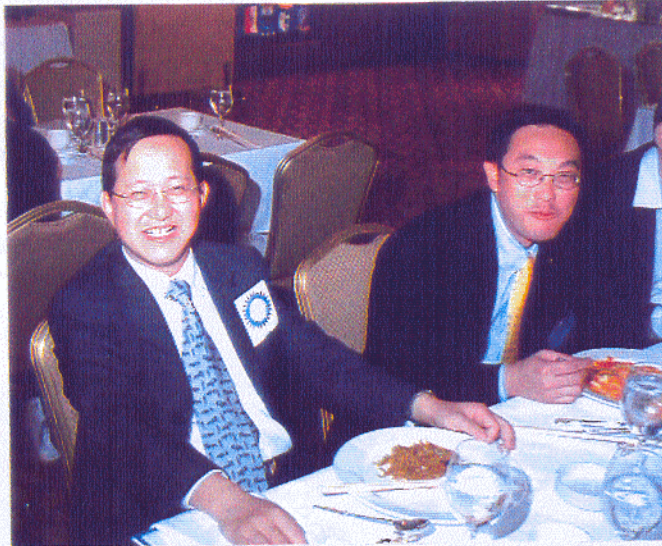
Standing in for PE Henry is VP Rudy who led our club assembly discussions on the subjects of concern in our club affairs. Well Done Rudy!



Dir. Jason reported on our Community Service project coming up later this year.



Dir Laurence sitting with Ms. Elsa Li who is standing in for PP Li doing the editorial for this issue of the Tung Feng. Thanks a lot Elsa!



PP Edmund Chan (Channel Islands) enjoying our fellowship sitting next to Rtn Andy Wong.



Group Photo of PDG Uncle Peter, Pres Chris, visiting Rtn, guest & IPP Stephen, VP Rudy on 27th November, 2002.