



東風 Tung Feng



Vol. 59

No. 24

21st December 2011

Last Week's Proceedings – 14th December, 2011

Pres. Eric opened the 23rd meeting of the year by asking our acting Sergeant-at-arm Rtn. John Yao to welcome our visiting Rotarian Joanne Li from the Rotary Club of St. Ives, Australia. Pres. Eric then welcomed back our Rotarians PP David Li, PP Hubert Chan and Rtn. Kenny Chan. Altogether we have 21 members and one visiting Rotarian attended our luncheon meeting.

Our birthday boy celebrated today was our PP Hubert Chan and PP George was invited to lead the birthday song after Pres. Eric presented the birthday gift to PP Hubert.

Then came the announcement time for the activities of our Club and the District:

1. Club Events

- 1.1 January 4th, 2012 will be our 2nd Assembly of the Year which will be hosted by PE Nancy
- 1.2 December 15th 11:00 am – 12:30pm will be the Charter Ceremony of our Interact Club of Holy Carpenter Secondary School. DG David will officiate the ceremony. All members are welcome to attend and support. Our project-in-charge (PIC) William Leung reported on the details of the ceremony.
- 1.3 December 17th will be our “Choi Jun School 1+1 Farm” project’s closing ceremony. Members are invited to join. Our PIC is Dir. Kevin Leung.
- 1.4 December 21st will be our Club’s Christmas Party, PIC will be our Hon Secretary Jonathan and Sharon. There will be Hip Hop Dance team and Magic team from Holy Carpenter and secondary and our second generation will also attend. Please invite your family members and potential guests to attend and let them know more about our club.
- 1.5 December 22nd, 8:00am – 2 pm will be the Rotary Club of HK South’s Golf Day and luncheon meeting. Pres. Eric will join and members are welcomed to join for fellowship gathering and make-up.



Reach Within to Embrace Humanity

Tree Planting Project

Date: Sunday 13th Nov, 2011

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

- 1.6 December 25th 8 am to 12 noon will be the Duchess of Kent Hospital X'mas Party. PIC William Wong and PP George will be our Santa Claus. We shall invite one more members to cast as Santa Claus too. If you are interested please tell PIC William Wong.
- 1.7 We are going to arrange "Real Job Interviews" for the Holy Carpenter Secondary School students to prepare some of the students to serve the society after their graduation. Rotarians please contact our Service Chair William Leung if you would offer help in this service.
- 1.8 Pres. Eric reported that the board has approved the application for a match grant project to set up a speech therapy room in Choi Jun School. Our sister club the Rotary Club of Penang has confirmed to join and sponsor US\$ 5000. Matching Grant Application will be completed by our Hon Secretary Jonathan and Service Chair William Wong.

2 District Events:

- 2.1 Nomination of District Governor 2014 -2015
The completed form is to be submitted to our District Governor on or before 5 pm on Jan 27, 2012
 - 2.2 December 17th a Christmas Carol Singing Festival will be held in Lok Fu Center from 9 am to 6 pm. From 3:30 pm to 4 pm we shall arrange our Rotaractors and our Adopt-A-School partners (Choi Jun School and Holy Carpenter Secondary School) to perform singing, magic and hip hop dance. Our Club's second generation Ivan Chin (son of Pres. Eric) and our Rotaractor Henry Cheung from the Rotaract Club of HK Island East will also sing. Please come to join as cheering team and if members would like to sing please enroll to PIC Sharon.
- ## 3 Coming Events in Q1 of 2012
- 3.1 The 4-Way Test Writing Interschool competition co-hosted with Holy Carpenter Secondary School was sponsored by our Service Chair Colin Chau who has donated HKD 20,000 for the project.
 - 3.2 Hip Hop Interschool Dance Competition will be co-hosted with Youth Outreach which is sponsored by PP Andrew Chen, our PP Council Representative.
 - 3.3 Delivery of Repaired Electrical Appliance co-hosted with St. James Settlement and is sponsored by our PP Uncle John Kwok
 - 3.4 Play Day for the low income family kids co-hosted with Playright and to be operated by the Rotaractor of Rotary Club of HK Island East will be organized and details will be announced soon.

Next Pres. Eric asked acting Sergeant-at-arm, PP David Li, to announce that the Red Box collection of today which was amounted HK\$2,400.

Then came the highlight of the day with one of our Service Chairs, Anthony Kwong, being asked to introduce the speaker of the day, our Rotarian Dr. Ng Fook Hong, to deliver his vocational talk to us. Dr Ng Fook Hong has obtained a number of credentials such as MB;BS(HK), MD (HK), MRCP(UK), FRCP (Edin), FRCP (Lond), FRCP (Glasgow), FHKCP, FHKAM (Medicine). The topic of his talk was about non-alcoholic fatty liver disease and gallstones and were summarized as follows:

Non-alcoholic fatty liver disease

Non-alcoholic fatty liver disease (NAFLD) is a condition that causes excessive accumulation of fat in the liver. Although a similar condition can occur in people with alcohol abuse, NAFLD occurs in those who do drink little to no alcohol.

NAFLD affects 20% to 40% of the Western world. Prevalence in the developed Asia-Pacific region is similar to North America. The majority of cases occur in people between the ages of 40 to 60 years. This condition is associated with obesity, particularly in those with diabetes mellitus, hypertension and hyperlipidaemia. More than 70 percent of people with NAFLD are obese. Up to 75 percent of people with NAFLD have type 2 diabetes. About 20 to 80 percent of people with NAFLD have high lipid level.

Most people with NAFLD have no symptoms. Many patients with NAFLD have abnormal liver function test. This is a blood test to measure levels of substances produced or metabolized by the liver. Levels of two liver

enzymes (aspartate aminotransferase [AST] and alanine aminotransferase [ALT]) are elevated. Imaging tests (such as ultrasound) may reveal fat accumulation in the liver.

Some patients with NAFLD will progress to chronic inflammation (non-alcoholic steatohepatitis, NASH). The most serious complication of NASH is cirrhosis (scarring of the liver). This occurred in 8-26 % of people with NASH. Older diabetic patients are at increased risk. Liver cancer is a lethal complication.

Treatment aims to control obesity, diabetes, and hyperlipidemia. Weight reduction is the most important strategy to reduce levels of liver enzymes and can improve quality of life. However, weight loss should be gradual (around 0.5-1.0 kg per week).

Gallstones

Gallbladder is reservoir to store and concentrate bile, a greenish-brown fluid that is produced by the liver. With meals, fatty foods in the small intestine cause the gallbladder to contract and empty the bile into the intestine. Bile is needed to digest and absorb fatty foods, and to absorb important fat soluble vitamins.

Gallstones are solid, pebble-like collections that form inside the gallbladder. There are a number of factors that increase the risk of developing gallstones such as female sex, pregnancy, elderly, use of birth control pills, obesity, lacks of physical activity, diabetes mellitus and some blood disorder.

The majority of patients do not have symptoms. They are often found on an ultrasound or CT scan done for other reasons. Silent stones do not need to surgery since the first symptoms are usually mild and there are risks of surgery.

The patient should be aware of the initial symptoms of gallstone disease because surgery is often needed for symptomatic gallstones. Abdomen pain is the most common symptom of gallstones. The abdominal pain is often located in the right upper belly just under the lower ribs. It usually last for less than four hours. Once the patient has a first attack, there is a high chance of development of more symptoms in the future. Such recurrent symptoms are usually more severe and occasionally associated with complications. These include acute cholecystitis (infection of the gall bladder), obstruction of the bile duct (yellow discoloration of the skin and eyes, infection of the bile ducts, and acute pancreatitis (damage to the pancreas). These complications can be very severe and potentially fatal.

Cholecystectomy (surgery that removes the gallbladder) is the treatment for symptomatic gallstone disease. Removing the gallbladder does not usually cause serious complications. However, about 50% of people who have their gallbladder removed develop loose stools, gas, and bloating. In most people, the surgery is done using small instruments and a video camera, which are inserted into the abdomen through several small puncture holes (laparoscopic cholecystectomy).

Non-surgical treatment is often not effective. Medicine that dissolves the gallstone has very slow onset of action with a high failure rate. Extracorporeal shock wave treatment that breaks gallstones into smaller fragments and "sand," has a risk of severe complication such as infection of the bile ducts and pancreatitis.

After several rounds of questions and answers between Dr. Ng and the audience our Rotarian Dr. Tony Loy was asked to formally thank our speaker.

Pres. Eric then congratulated our PP Stephen Liu for his being successfully elected as one of the members of the up coming Election Committee of the Chief Executive of the HKSAR Government. Our PP John Luk was also elected into the Election Committee too.

Pres. Eric then announced that there would be more projects to come next year and also more members would be proposed to join our Club. He then invited all members to bring in more potential members to join our Club meetings and activities so that they can know more of our members, enjoy our fellowship and be familiar with the good deeds of our Club in serving the community.

PP George, PP Stephen, PP Hubert and Rotarian John Yao also concurred the importance of having new bloods to join our Club and also reiterated the importance to give ample opportunities for our potential members to mix with our existing members and to know the commitment in serving the community and the spirit in maintaining good fellowship amongst our members prior to joining our Club as members.

Pres. Eric then reminded all of us to come to join our Christmas Party next week to enjoy the fellowship and the festival atmosphere of the year and then adjourned the meeting by proposing a toast to RI coupled with Rotary Club of St. Ives and Rotary Club of HK Island East. He then invited everyone to stay behind for a group photograph.



Rotary Potpourri

Charter Ceremony of the Interact Club of Holy Carpenter Secondary School A new milestone of New Generation Service by RC HKIE

Our newly sponsored Interact Club had just been born officially. The Charter Ceremony of Interact Club of Holy Carpenter Secondary School (HCSS) had just been launched on Dec 15th morning at the HCSS. We were so honored to have DG David as Guest of Honor, and our President Eric, PDG Tony and PP Rosa as officiating guests. DGE Kenneth, DGN Eugene, PDG Ada, AG Andy, AG Mitzi, President Estella, PP Wendy, PP Jacky, PP Lyon and PP Dominic were also present. From our club, the spouse of President Eric, Christine, IPP Heman, PE Nancy, PP Eddy, PP Rudy, Dir Kevin, Membership Chair William Wong, Rtn Jonah, and Adviser William Leung were nice to be in the ceremony.

The ceremony started at 11am. All the students rised to welcome the guests, while a HCSS student played a piano melody “Reach Within to Embrace Humanity”.

President Eric was the first one to give a speech as follows:

“It is with my great pleasure and honor to attend and address in the Charter Ceremony of Interact Club of Holy Carpenter Secondary School under the sponsorship of Rotary Club of Hong Kong Island East.

The set up of an Interact Club in Holy Carpenter Secondary School is not a hasty decision. Last year, after a service project of Hip Hop training, both school management and our club noticed that we can make a difference to students to growth via the Rotary service projects in school.

By setting up an Interact Club for the new generation in School, we fully understand that students will be benefited from the vocational experiences from our Rotarians, leadership skills and personal integrity, international understanding and community services. Interact is one of the starting points for someone's path to Rotary.

Today, I am very pleased to witness and congratulate the charter of the Club in the school.

As an Interactor, you may ask how can I contribute?

Very Simple! Learning by participation.

You are expected to join any service projects your club will initiate. In addition, you are also encouraged to participate in joint projects with your sponsor club: Rotary Club of Hong Kong Island East.

As an Interactor, your main strength and resource is giving your time to volunteer and aid in projects. There are 18 service projects organized by your mother club this year. Your talent, efforts, time and participation will be the most valuable thing you can bring to Rotary.

In addition, Rotarians of your mother club are all your friends and learning partners. There is no generation gap in Rotary as our heart is as young as you all new generation. Let us join hand to start a new milestone for excel in service to community and self development.

Finally, I would like to congratulate again the set up of the interact club under the leadership President Miko and would like to extend my great appreciation to the support from DG David's presence to giving blessing, Principal Mr. Alan Chow's kind consent to set up the Interact Club, Vice Principal Joseph guidance to the new board of Interact Club, Constant advices from New Generation Committee Chair PDG Tony and his team including PP Wendy and PP Rosa, President Miko of Interact and her team's hard work in preparing the ceremony. Our Interact Advisor Service Chair William Leung who has worked hard to co-ordinate the event.

The last but not the least, I must say thank you to all District Officers, Rotarians, fellow Club members, My President Classmates, teachers and students. Your presence have given a wonderful blessing to this ceremony and also show your great support to the new born Interact Club.

Thank you for your patience.”

HCSS Principal Mr. Alan Chow was the second to make a speech. Then it was DG David, followed by PDG Tony and PP Rosa.

After the five encouraging speeches, witnessed by all of us, DG David passed the Certificate of Organization to President Miko Cheung. Immediately following this, President Eric installed Miko by putting the beautiful sash over Miko. Then officiating guests DG David, President Eric, PDG Tony and PP Rosa pinned the other eight board members to complete the installation. In front of officiating guests, Rotarians from the Rotary District, the Rotary Club of Hong Kong Island East and the other Rotary Clubs, and all the students of Holy Carpenter Secondary School, President Miko made her inauguration speech. She specially mentioned the help and advice from mother club.

After the ceremony, the Interact Club had also arranged hip hop dance and magic performances. Both projects are sponsored by our club. Then all of us moved to enjoy the fruits and cookies specially handmade by Holy Carpenter students. We all have a wonderful and enjoyable morning, and agreed that it is meaningful to have witnessed the whole ceremony.

Outing for Elderly with Rotarians and Young Generation on a Sunny Saturday

The 6th St. James Settlement Elderly Outing to Cheung Mok Tau Holiday Centre for the elderly in Sai Kung was held on December 10th 2011.

There were 5 members and spouses participated in this event. They are Director Kevin and his wife Catherine, Membership Chair William Wong and his wife Fanny, Rotarian Jonah Cheung plus 6 volunteers from the students of the Holy Carpenter Secondary School.

We arrived the Shek Kip Mei Centre at 9.30 am. Some of our elderly friends had already seated in the centre to welcome us. There were 21 elderly joined the outing event. We helped them on board the coach and then departed for the outing centre at 10.00 am. After our arrival at the Sai Kung Holiday Centre at 11.00 am, we helped the elderly to come down from the coach. They went to the function room and started the following games prepared by the staff of St. James Settlement:

- Do exercise together.
- Kick the ball and tell a name of a movies star.
- Kick the ball and tell a dim sum name in restaurant.

All the elderly and the volunteers enjoyed the games very much and finished at 12.30pm. Then we moved to the canteen for lunch which was prepared by the holiday centre. We separated the elderly in 5 tables, each table was assigned 4 to 5 people plus 2 to 3 of our members and students to help the elderly to get the foods and the rice etc. Each table was served 4 dishes of foods including bean-curd, vegetable, onion pork, pumpkin and taro, rice and congee. After half an hour, all foods on the table were finished and the lunch ended up at 1.15 pm.

We made a walk and small tour in the holiday centre together with the elderly. Then we met again in the function room at 2.00 pm. Afterwards, we moved to the coach and went back to Shek Kip Mei Centre.

This meaningful outing event was finished at 2.30 pm. All the elderly showed their happy faces and said to our members and the students "Thank You and Good Bye". This event has left with us a good memory after this service.

Choi Jun School 1+1 Farm closing ceremony

President Eric led Rotarians and Rotariannes to join Choi Jun School Christmas Party cum 1 + 1 Farm Closing Ceremony in the morning of 17 December; they included Service Chair William and Fanny Wong, Dir. Kevin and Catherine Leung, IPP Heman and Olivia Lam. President Eric's mentees from Poly U were also present as performers - 沈美悦 Myra Sam, 石婧漫 Daisy Shi, 李海妮 Li Haini, 周高洁 Zhou Gaojie, 伍倩 Wu Qian, 赵彬言 Emily Zhao, 曹语桐 Grace Cao, 赵宏伟 William Zhao. They welcomed all parents and children with gifts prepared by school.

After being one of the Guests Of Honor in witnessing the official ceremony of the 2012-13 Parent-Teacher Association, President Eric proceeded to present certificates of recognition to students participated in the Happy Luncheons and Tree Planting Projects. Students of Choi Jun School started their performances with solo and duets singing. The mentees together sang 3 songs in entertaining all students and parents; they were excellent performers and enjoyed themselves in front of the audiences. Climax was reached when Santa Claus (played by Rtn William Wong) appeared with ringing bells and gifts. Students were elated to receive their presents.

All participants were then ushered to the playground for games at a variety of booths, these booths were mended by students and teachers and also rope skipping performances. We were also being invited to write X'mas wishes at their "Well-wish Tree", and we all happily did so. Principal KK Lee then accompanied President Eric and us all to their "farm" and proceeded with the 1 + 1 Farm Project Closing Ceremony by erecting a plaque, as written by Choi Jun School Students, in commemorating the planting of the trees in honor of the Rotary Club of Hong Kong Island East. We were happily in awaiting our produce from the project.

Rotary Youth Support Youth to CDMF The District Carol Singing Festival raised HK\$ 200,000

On Dec 17, 2011 Saturday at 3:30pm, RC HKIE performed at the Christmas Carol Singing Project, organized by District New Generation Committee, at the Lok Fu Estate Shopping Center. It is a newly renovated pleasant venue with very high traffic, to raise funds for the CDMF Child Development Matching Fund 兒童發展配對基金. The fund raising event will help to support CDMF Child Development Matching Fund to sing for the next generation. CDMF is a community based charity that echoes the HKSAR Government's policy to address the imminent issue of intergenerational poverty in Hong Kong. The Carol Singing Festival 聖誕頌歌節 is the signature project of CDMF to raise fund for a group of deprived adolescents in Hong Kong. Our Club has sponsored HK\$ 5,000 to get the 30 minutes time slot from 3:30 – 4 pm for performance by our new generation and school partners.

Led by President Eric, we formed a performing team as follows:

- 1) 28 Hip Hop Dance students from our Rotary Adopt A School Partner - Holy Carpenter Secondary School
- 2) Choi Chun School junior solo singer: Fan Hong Yau and Two co-singer: Siu Suet Yee, Cui Jia Cheng led by Ms. Chow and Teacher Supervisor Mr. Lai
- 3) Pres. Eric and PolyU Msc Students representing our Rotaractors: - 沈美悦 Myra Sam, 石婧漫 Daisy Shi, 李海妮 Li Haini, 周高洁 Zhou Gaojie, 伍倩 Wu Qian, 赵彬言 Emily Zhao, 曹语桐 Grace Cao, 赵宏伟 William Zhao
- 4) Pres. Eric's son Ivan solo singing a song "So Sick"
- 5) Rotaractor Henry Cheung solo singing a Cantonese song.

The audiences were overwhelmed with the talent and variety of performance by our new generation of RC HKIE.

We also have RC HKIE members who have joined the event to support our new generation. They were Pres. Eric, Dir. Kelvin and Catherine, Rtn Sharon and Rtn William Wong and Fanny. The performances were excellent and everyone is very talented!

Many people at the mall actually stopped to watch the performances. This was a great event to demonstrate the young supports the young [年青人撐年青人]. Christmas is a time for counting our blessings. It is also a time for giving, sharing, loving and caring. We hope that this project was able to bring Rotary families together for a very meaningful cause this Christmas.

According to District New Generation Chair PDG Tony reported, there were 1,200 participants including Rotarians, Rotaractors, Interactors, Principals, Teachers and Students from the partnering schools of our Rotary Adopt a School program, joining hands together to run an over 9 hours Carol Singing program smoothly and continuously on last Saturday, 17 December, 2011 from 11:00am to 7:00pm. HK\$ 200,000 fund were raised.

The HSBC Living Business Awards 2011 won by our Rotarian's company

Our Service Chair Anthony Kwong has successfully led his company, Wing Cheung Hing Knitters (WCH), to win three of the awards, namely the Community Engagement Award, Green Achievement Award and People Caring Award, of the HSBC Living Business Awards, which recognize SMEs that have shown a determination to adopt socially and environmentally responsible practices in order to achieve long-term business success. Congratulation to Service Chair Anthony for his great success as the Managing Director of his company in leading his company to bring attention to positive changes in corporate citizenship.


LAUGH FOR THE WEEK

Subject: \$2.99 special

If you are a senior you will understand this one, if you deal with seniors, this should help you understand them a little better, and if you are not a senior yet.....God willing, someday you will be.....

The \$2.99 Special

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.

'Sounds good,' my wife said. 'But I don't want the eggs..'

'Then, I'll have to charge you \$3.49 because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!' stated the waitress.

'I'll take the special then,' my wife said..

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied.

She took the two eggs home and baked a cake.

DON'T MESS WITH SENIORS!!!



| YEAR 2011-2012 | | | | | | | |
|-------------------------------|--|-------------------------|-------------------------|--------------------------|-----------------------|------------------------------|----------------|
| <i>President</i> | <i>Vice President / President Elect</i> | <i>Secretary</i> | <i>Treasurer</i> | <i>Ex-Officio</i> | <i>Advisor</i> | | |
| Dr. Eric Chin | Nancy Yee | Jonathan Lamport | Dr. Rudy Law | Heman Lam | Peter Hall | | |
| <i>Directors:</i> | | | | | | <i>PP Council Rep</i> | |
| Laurence Chan | John Kwok | Sharon Lamport | Norman Lee | Kevin Leung | Andy Wong | Andrew Chen | |
| <i>Service Chairs:</i> | | | | | | | |
| Paul Chan | Colin Chau | Teresa Ho | Anthony Kwong | William Leung | Eddy Wong | William Wong | Dr. Freddie Wu |

Club postal address: P.O. Box 47064, Morrison Hill Post Office, Hong Kong

Club website: [http:// hkie.rotary3450.org](http://hkie.rotary3450.org)

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Tel : (852) 2827 8663 (ext.176) Fax : (852) 2827 5086

ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.

Luncheon Meeting - 14 December 2011



PDG Uncle Peter Hall, Dr. Ng Fook Hong & Pres. Eric Chin



IPP Heman Lam, AG Andy Wong & Rtn. Joanne Lee from RC of St. Ives - Sydney, Australia



PP David Li & PP Laurence Chan



PP Rudy Law & PP Eddy Wong



Rtn. John Yao & Rtn. Dr. Tony Loy



Rtn. William Wong, Dir Anthony Kwong & Rtn. Jonah Cheung



PP Stephen Liu, Dir Kevin Leung & PP John Kwok



PP George Leung & Rtn. Kenny Chan



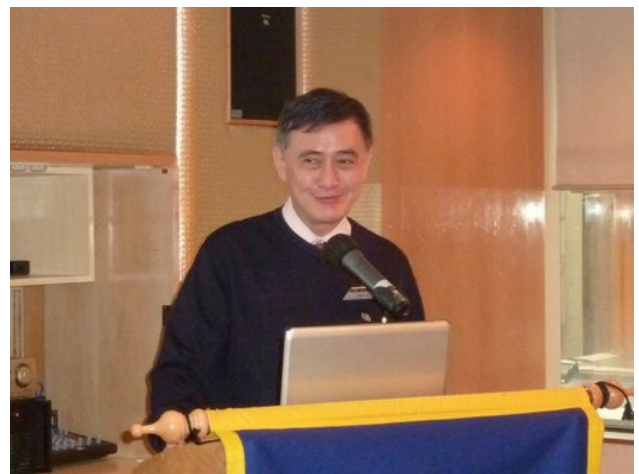
PP Tim Lui & PP Hubert Chan



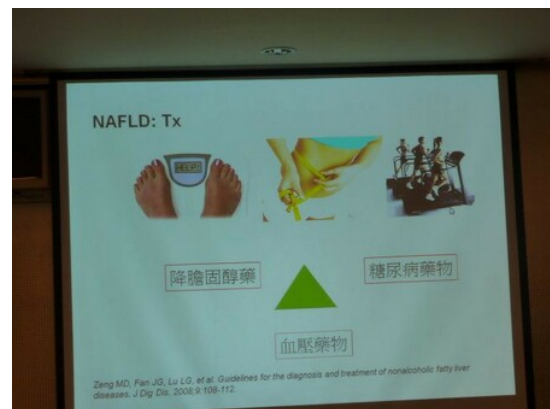
PP David Li announced the RedBox collection



This week's birthday boy is PP Hubert Chan



Dr. Ng Fook Hong gave a talk about fatty liver



Group photo with members, visiting Rotarians & guest

**The 6th St. James Settlement Elderly Outing
to Cheung Mok Tau Holiday Centre in Sai Kung
December 10, 2012**





Charter Ceremony of Interact Club of Holy Carpenter Secondary School – 15th Dec, 2011

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| <p>Charter Ceremony program</p> | <p>DG David - introduced by MC</p> | <p>DGE Kenneth Wong</p> |
|  |  |  |
| <p>Pres. Eric Chin</p> | <p>Principal of HCSS, Mr. Alan Chow</p> | <p>DG David Harilela</p> |
|  |  |  |
| <p>New. Gen. Chair PDG Tony Wong</p> | <p>Interact Com. Chair PP Rosa Pang</p> | <p>Charter Pres. Miko – Inaugural Speech</p> |
|  | | |

Officiating guests including Interact Committee Chair PP Rosa, New. Gen. Committee Chair PDG Tony, DG David, Pres. Eric and Principal Alan Chow with Charter board members led by Pres. Miko (Back Row Right Four)



DG David presented "Charter Certificate"



Pres. Eric passed the President Sash on Pres. Miko



Board Members received the Pins



Nice souvenirs prepared by board members









Rotary Youth Support Youth – The Carol Singing Festival Dec 17, 2011





**IT Chair Anthony Kwong (Hip Lee Hing Kee Realty Ltd) won three awards in HSBC Living Business Awards :
Community Engagement Award, Green Achievement Award, People Caring Award**



**Choi Jun School 1 + 1 Farm Closing Ceremony and Christmas Party
Dec 17 2011**





