



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 -

7th January, 2009



President Andy started the meeting at 1:01pm with New Year Greetings to all members wishing us Happiness and Good Health. He then welcomed visiting President Ulrich Betzold from Rotary Club of Aalen-Limes in Germany and Mr. Anthony Kwong, guest of Hon. Sec. Heman, who would be inducted during the meeting.

Banner was exchanged with President Ulrich Betzold and photo taken.

President Andy invited PDG Uncle Peter to present Paul Harris Fellows pin to the following recipients:

Dr. Eric Chin

PE Norman Lee.

PDG Uncle Peter then thanked them for their contribution of US\$1,000 to the Rotary International Foundation and invited them to be major donors later.

The following announcements were then made:

1. On the 25th December Christmas Party at Duchess of Kent Children Hospital organized by Rotaract Clubs of HK Island East and Kowloon Northwest, four members have taken the role of Santa Clauses to distribute gifts to the children. They were - PP Dr. Hubert Chan, Rtn. Nancy Yee, HS Heman Lam and Rtn Kevin Leung who was interviewed by the media and was broadcasted in the afternoon and evening. President Andy thanked all participated Rotarians for their time and efforts in giving the children a happy Christmas Day.
2. There will be a memorial gathering for the late PDG Dr. Raymond Wong at 8 pm on 16th January, Friday, at the School Hall of the Hong Kong Wah Yan College.
3. The coming Area 3 Clubs Meeting will be held at 7:30pm on 26th February, Thursday. President Francesco of RC of HK South invited a well known pianist, Warren Wills, to perform at the evening. The venue is Hong Kong Jockey Club Ballroom. President Andy invited all members to come and enjoy the evening together.
4. President Andy invited Rtn. Dr. Eric to come to the floor. Rtn. Dr. Eric then called upon all members to submit a 50 words encouraging message to the Playright Play Booklet. A total of 9 messages will be displayed on the Play Booklet; as it is a joint project with Rotary Club of Osaka Jonan, 5 messages will come from our Club. President Andy will have the final decision in selecting the messages. Deadline will be 15th January, Thursday.
5. PDG YK Cheng was appointed by Rotary International as special representative to China to look after the Rotary Clubs of Beijing and Shanghai for the next three years, please see our Rotary Potpourri for details.

Acting SAA PP Rudy Law reported the red box collection totaled HK\$1,300 and thanked all who have contributed.

President Andy then proceeded to the induction ceremony and invited Acting SAA PP Rudy Law to escort member-to-be Anthony Kwong to the rostrum. He then called upon proposer Hon. Sec. Heman Lam to introduce the background of Anthony Kwong to us. President Andy then invited the presence of PDG Uncle Peter to present the member badge and pin to Anthony after a big welcoming applause from us all.

PE Norman then formally introduced our speaker Miss Magdalena Fung B.Ed., CNP who is a Certified Nutritionist and Detoxing Expert. She is the founder of Nutrition IQ, a nutritional consulting service in Toronto and Hong Kong. She has extensive knowledge of the physical symptoms that accompany nutritional imbalances and expertise in recommending suitable courses of nutritional therapy. She has been a teacher of holistic lifestyles, nutritional health and emotional wellness for the past six years. Her talk "New Year! New You! 10 Things You Can Do To Take Your Health To A New Level" was summarized as follows:

How to take your health to a new level? First by deciding that you want to be healthier, as the decision of wanting to be happy would lead to the appropriate actions.

Ms. Fung then went on with the 10 things that we need to do, namely, on an ascending scale:

10. Drink more water - Water should be drunk between meals.

The reasons that we need to drink more water is because when one is dehydrated, the red cells which is 7-8 microns will clump together, difficult to go to capillaries (with diameter 5.5 microns) to provide oxygen, hence one feels tired.

Moreover, drinking water would

- Helps digestion
- Helps circulation
- Relieve joint pain
- Helps lose weight
- Prevents constipation
- Makes minerals, electrolytes accessible
- Carry nutrients to the cells, and flush toxins out
- Lubricate skin & mucus membranes, eyes, nose, mouth, throat

How much water?

1/2 oz per pound of body weight

Body weight	Water in take
100 lb	1.6 litres 6.4 glasse s
120 lb	1.9 litres 7.5 glasse s
140 lb	2.2 litres 8.8 glasse s
160 lb	2.5 litres 10 glasses
180 lb	2.8 litres 11.2 glasses
200 lb	3.2 litres 12.8 glasses

Take note that - One more glass /per 15 min of exercise, and Two more glasses/per 1 cup of coffee.

9. Drink less coffee

Instead of coffee, have :

- Ginger tea
- Peppermint tea
- Water with lemon juice
- Ionix Supreme

8. Eat more fruits and vegetables

The reasons for having more fruits and vegetables in our diet is because

- Anti-oxidants
- Phytochemicals
- Fibre - helps the colon
- Prevent cancers
- Veggie are low in calorie

When taking in fruits and vegetables, beware of taking rainbow colour diet, as different colour would have different benefit to the body system:

- green food - immune system.

- Red food - endocrine system, heart
- Orange food - joints.
- Yellow - digestive system
- Yellow-green - kidney, bladder, urinary tract, prostate
- Brown food - liver
- White food - lungs, lymphatic system and skin.
- Blue food - eyes
- Black food - circulatory system

Impacts of Acidifying Foods

It's about Balance! Have 80% alkaline and 20% acidic

Most Alkaline-Forming	Type of food	Most Acid-Forming
Stevia, maple syrup	Sweetener	White sugar
Lemon	Fruits	cranberries
Onion, garlic, asparagus, Parsley, broccoli	Vegetables	Potatoes, beans, cooked spinach
Almonds	Nuts and seeds	Peanuts, walnuts
Olive oil	Oil	Corn oil
Quinoa, amaranth	Grains	Wheat, white flour
Fish	Meats	Beef
Goat milk, whey, yogurt	Milk	Cow's milk, cheese
Lemon water, herbal tea	Beverages	Coffee, beer, soft drinks

7. Eat less grains, bread and pastries

6. Have more fun and less stress

- *LAUGH
- *Exercise, enjoy hobbies
- *Nurture relationships
- *Contribute
- *Spend time with nature
- *Gratitude journal

5. Ideal proportion of food intake

1/3 of plate: Lean protein 3-5 oz of chicken, fish, etc. size & thickness of your palm

2/3 of plate: Vegetables (have fruit for dessert include here) Limit rice to 2-5 tablespoons Max. 1 bowl and a dash of healthy oil: olive oil, avocado, almonds

4. More fibres

The following fruits and vegetables would provide higher fibre content:

- *Chinese broccoli, kale, beet greens, bok choy, cabbage, cauliflower, carrot, squash
- *Brans, oats, brown rice, flax seeds.
- *Green beans, black beans, kidney beans, lentils, lima beans, chickpeas.
- *Figs, dates, plums, apple, pear, apricot
- *Nuts and seeds

Some suggestions for increasing fibre intakes as well as a more nutritious diet are as follows:

- Add ground flax seeds in protein drink

- Add beans in soups, spaghetti sauce
- Eat the peel of fruits,
- Sprinkle seeds in salad
- Use apples, pears, berries as snack
- Rye crispbread with humus
- Wholegrain bread/pasta better than white bread/pasta
- Red/brown rice better than white rice
- Whole fruit better than fruit juice

3. Take advantage of super food

The following are ideas of super food:

- *green tea
- *yam
- *blueberries
- *kefir
- *crucifers -broccoli, kali, cabbage
- *allium family - garlic, onions, leeks
- *red grapes
- *tomatoes
- *dark chocolate

2. Choose a right supplement for yourself

The supplements should consist of digestive enzymes, probiotics, fish oil.

There is a UCLA study which shows that

In 1950's - 1 bowl of spinach per week can prevent anemia

In 1998 - 43 bowls of spinach per week to yield the same nutrients

1. Do regular detoxing

"Everyone who lives in the United States carries more than 100 chemical pollutants, pesticides, and toxic metals in their bodies." - The US Environmental Working Group -

Mount Sinai School of Medicine:

- 167 chemicals in the blood and urine of nine volunteers.

Out of 167 chemicals,

- 94 are toxins to the brain and nervous system,
- 76 are known to cause cancers in human system,
- 79 cause birth defects or abnormal development.

(Journal of Public Health,2002)

National Cancer Institute

"Majority of Cancers are linked to the Environment."*

-Nancy Nelson -

*acknowledges that environmental toxins account for 80-90% of all cancers, (therefore preventable). Source from: National Cancer Institute's at

Detoxifying allow you to extend the margin before eventually getting sick!

With traditional dieting, there will be a possible rebound after the dieting period while on cleansing, the reduced body weight would maintain.

Rtn. Dr. Eric officially thanked Miss Fung for providing the important information for a better and healthier life and he went on to say that after reading an ancient Chinese book called **Huangdi Neijing** (also known as **The Inner Canon of Huangdi or Yellow Emperor's Inner Canon**, is an ancient Chinese medical text that has been treated as the fundamental doctrinal source for Chinese medicine for more than two millennia and until today) he urged us all to sleep before 11:00pm as our internal organs start to replenish and/or rejuvenate and he wished us all a healthy year.

President Andy reminded all that Uncle John Golf Tournament will be held on 16th January and urge members to sign in for golf and/or dinner gathering.

President Andy than closed the meeting by making a toast to RC of Aalen-Limes Germany, Rotary International and RC of Hong Kong Island East.

Meeting adjourned at 2:03pm and a group photo was taken with all members and guests.

Rotary Potpourri

What is RYLA

RYLA is an abbreviation of Rotary Youth Leadership Awards which is a district project since 1959 starting from Australia when young people throughout the state of Queensland were selected to meet Princess Alexandra, the youngest cousin of Queen Elizabeth II. The Rotarians of Brisbane who hosted the participants, were impressed with the quality of the young leaders. It was decided to bring youth leaders together each year for a week of social, cultural and educational activities. The RYLA programme gradually grew throughout all the Rotary districts of Australia and New Zealand. In 1971, the RI Board of Directors adopted RYLA as an official programme of Rotary International.

RYLA is an all-expenses paid programme organized, run and sponsored by Rotary dedicated to fostering the development of Leadership skills.

The theme for this year is "A leader is one who makes dreams real." The programme includes three parts as follows:

1. Orientation day on 10th January 2009 (Saturday) at Oi Kwan Road, Baptist Oi Kwan Social Service Center;
2. A four days - three nights camp from 29th January to 1st February 2008 at Po Leung Kuk Pak Tam Chung Camp, Sai Kung and
3. The best RYLArians will attend an International Conference at Birmingham, UK June 2009.

New Special Representative to China We are glad to know that RI President D.K. Lee has recently appointed Past District Governor Yan-Kee (Y.K.) Cheng to serve three years as special representative to China. This appointment is effective immediately. PDG Cheng replaces Rotarian Christopher Bramsen, who served as special representative to China from 2005 to 2008.

PDG Y.K. has served as district governor of District 3450 (Hong Kong, Macau, and Mongolia) in Rotary year 1996-97. Since that time, he has served as a Rotary International training leader, a member of the Extension of Rotary - China Subcommittee, as well as a member of numerous other RI committees and task forces.

The special representative plays a dual role as RI's liaison with the Chinese government on the issue of extension and in a role similar to district governor for the two non-districted clubs in China. As such, the special representative works closely with the Extension of Rotary to China Committee and serves as a single point of contact for all matters related to Rotary in China.

President Lee has also appointed two assistant special representatives. PDG Alexander Mak and Peter S.H. Wong, both of District 3450, are charged with assisting PDG Y.K. with his duties in China. PDG Y.K. will also be assembling a team to provide additional support to the clubs in China.

Currently, the two clubs in China are recognized by Rotary as full clubs, but only foreign passport holders may join at this time. The RI Board has no plans to open additional clubs in China until appropriate legislation is passed and RI is able to complete the necessary registrations.

Congratulation to PDG Y.K. in his special new appointment and we wish him all the successes in his new role.

Electronic Make-up Questions

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

Name:

Email:

<p>1. Who was our visiting Rotarian today and from which club ? Ans)</p> <p>2. Who was being inducted today ? Ans)</p> <p>3. Who were presented the Paul Harris Fellows pins by PDG Uncle Peter today ? Ans)</p> <p>4. An Area-3 Clubs Meeting will be held in which date of February 2009 ? Ans)</p> <p>5. Who was appointed by R.I. as Special Representative to China for the next three years ? Ans)</p> <p>6. How much we have collected for the Red Box ? Ans)</p> <p>7. Who was our speaker today and what was the topic about ? Ans)</p> <p>8. Who was asked to thank the speaker ?</p>	
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Joke

Subject: The Five Minutes Management Course

Starting from this first bulletin of the year 2009 we give you the first lesson of the five minutes management course as below:

Lesson 1:

A man is getting into the shower just as his wife is finishing up her shower, when the door bell rings.

The wife quickly wraps herself in a towel and runs downstairs.

When she opens the door, there stands Bob, the next-door neighbour.

Before she says a word, Bob says, 'I'll give you \$800 to drop that towel.'

After thinking for a moment, the woman drops her towel and stands naked in front of Bob, after a few seconds, Bob hands her \$800 and leaves.

The woman wraps back up in the towel and goes back upstairs.

When she gets to the bathroom, her husband asks, 'Who was that?'

'It was Bob the next door neighbour,' she replies.

'Great,' the husband says, 'did he say anything about the \$800 he owes me?'

Moral of the story:

If you share critical information pertaining to credit and risk with your shareholders in time, you may be in a position to prevent avoidable exposure.

7th January, 2009



(L to R) PDG Uncle Peter Hall, Pres. Ulrich Betzold from RC of Aalen-Limes in Germany and Pres. Andy Wong



Hon. Sec Heman Lam, Speaker - Magdalena Fung & PE Norman Lee



(L to R) PP Henry Chan, Rtn. Kenny Chan, IPP Laurence Chan, Dir Dr.Eric Chin & Pres. Andy Wong



(L to R) Rtn. Kevin Leung, Rtn. Colin Chau, Rtn. Andrew Shek, PPRudy Law & Rtn. Tony Loy



Rtn. Kevin, Colin & Andrew really enjoyed the food on that day !



Rtn. John Yao (right) was arrived in time to take photos with IPP Laurence Chan (Left) & Dir. Dr. Eric Chin (Middle)



Uncle PP John never missed any member in the photo. Even when PP Stephen Liu sat on the other side of the table.



Pres. Andy Wong exchanged the club banner with Pres. Ulrich Betzold



Uncle Peter presented the PHF pin to Dir. Eric Chin



Uncle Peter presented the PHF pin to PE Norman Lee



(L to R) Acting SAA PP Rudy, escorted Mr. Anthony Kwong to be inducted by Pres. Andy Wong. Hon. Sec. Heman was his proposer



Pres. Andy shook hand with Anthony Kwong to welcome him to join the Rotary family



PDG Uncle Peter put the Rotarian Pin on Rtn. Anthony Kwong to welcome him into our club



Rtn. Anthony Kwong gave a thank you note to all the members



Our this week's speaker Magdalena Fung gave us a very interesting topic on keeping our health



Dir. Dr. Eric Chin gave a vote of thank to Magdalena's presentation



Group photo with guest, visiting Rotarian & members

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