



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 -

11th January, 2006

It was the 26th meeting of the Rotary year and just passed the half way mark. President Eddy rang the bell at 1:27pm and the attendance was only 13 members plus our speaker, Dr David Lau. There were no guests nor visitors.

Birthday boy was Rtn Heron and the birthday song was led by PP Rudy. SAA PDG Uncle Peter reported the intake for the red box at \$1,000.

A list of Rotary activities was produced by our President for the period January to April, including 9 items, and was included in the Tung Feng. They are:

- 1) Service Above Self Photo Competition --Entry Submission Deadline 18 Jan, 2006.
- 2) District Cantonese Opera Songs for Hepatitis B on 5 February 2006 (Sun) at the HK Culture Centre. Day show (Charity Concert for Elderly people) and Night show (Fund raising Concert for Hepatitis B).
- 3) "Make a Difference" District Sports Day on 19th February (Sun) at Sui Sai Wan Sport Ground, Chai Wan. It is a charitable project that cares and provides for many under privileged normal children and other who are with special needs from Po Leung Kuk.
- 4) Charter Night of the Rotary Club of Metropolitan on 23 February (Thur) at the Hotel Ritz Carlton.
- 5) RYLA - Feb 25, 2006 is the deadline for nomination submission (Max 2 nominees from each club). 12 March will be stage 1 selection and 14-16 April RYLA Camp held in Macau.
- 6) District Mahjong Competition-- March 18, 2006 (Sat), only 14 tables available. Rotarian (HK\$500 with lunch and dinner), spouse (HK\$300 with lunch and dinner). Other participants (HK\$300 without dinner).
- 7) Rotary Family Tour --Macao World Heritage on 19 March 2006 (Sunday). HK\$100 per participant and only 101 participants maximum.
- 8) 75th Anniversary of RC of Hong Kong on 8 April, 2006.
- 9) 46th District Conference on 22nd-23rd April 2006 at the Regal Airport Hotel. Theme: "Service Above Self" with pre-Conference Fellowship Golf Challenge. Early Bird Registration Deadline -28 February 2006 (Tue). Conference Chairperson: PP Ada Cheng.

Our speaker, A consultant psychiatrist, Dr David Lau, was introduced by Rtn Tony. He spoke on the topic " Are you in the 'right mood' today?"

He told us that 30 % of the HK public did suffer from mood disorders, ranging from insomnia to suicide ( a recent spate of senior doctor and teachers in the news).

The common types of mood disorders included depression, anxiety, obsessive compulsive disorder and panic, phobic, post-traumatic stress disorders etc. Depression was the 3rd killer according to the WHO. Both depression and anxiety were more common in the fairer sex but equal in the obsessive compulsive disorder. The Chinese tend to somatise ( physical bodily expression) more.

Causes included genetics, personality, environmental, and biological ones. Treatment was divided into biological ( medications) and psychosocial.

Prevention of mood disorders included stress management, early detection and treatment, positive thinking, social network and support, good companion and happy work place. ( alas, one just hope that the club members that were absent would take note, as the active ones did seem well adjusted). Stress management could be achieved by tension release, thought reconstruction, problem solving approach and relaxation exercise. These were discussed, and the relaxation exercises were abdominal breathing and progressive muscle relaxation. "Let yourself go" was the advice on the last Powerpoint slide.

A question on the ruminating thought was raised and answered: and with the time constraint, Rtn Heron thanked the speaker on our behalf.

also siting that the venue of appeal to a higher authority ( not in the North) was important in our daily lives.

The topic for the next meeting would be "Magic Eye". The meeting was closed at 2:05pm.

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## Rotary Information

### 2006 RI Convention

The 2006 RI Convention in Malmo, Sweden and Copenhagen, Denmark is approaching, though it seems to have a long way to go. The Convention falls on 11th to 14th June 2006. Rotarians should register early and to attend the many stimulating events and activities and to enjoy the hospitality of the two host countries. It is the first time that a Convention being hosted by two countries simultaneously.

Rotarians attending the 97th RI Convention in Malmo, Sweden, and Copenhagen, Denmark, will have many opportunities to connect with one another through a series of discussion groups and other networking events that realize the convention's theme, "Bridging the World."

The 11th - 14th June event, the first convention of Rotary's new century will feature a series of daily discussion groups in which Rotarians can talk about diverse topics such as the RI president's project emphases. The Rotary Foundation, youth activities. Rotary's public image and membership. Facilitators in each group of 50 -100 participants will involve attendees in the discussion.

These innovative additions to the convention program aim to encourage Rotarians to exchange ideas, forge lasting friendships, and work together on future service projects. Discussions on each topic will be offered three times a day.

Rotarians will also have the opportunity to meet their RI leaders in another series of meetings new to the RI Convention. The open forums, as they are called, will feature discussions with RI directors, Foundation trustees and past RI presidents.

Workshops, a convention staple, will also be part of the Malmo-Copenhagen programme. As in previous years, they will include a moderator and panel of experts discussing Rotary issues such as membership recruitment and retention, club leadership, and Foundation programs, including PolioPlus.

Rotarians can also enrich their convention experience through the homestay programme, which has been revived by the 2006 Host Organization Committee. Through this programme, members living in Northern Europe open their doors to fellow Rotarians for several days before and after the convention. This will help visitors expand their understanding of the region's culture and make new friends within Rotary's global family.

Early registration for a well planned Convention is requested. For further information, please contact our PDG Peter Hall.

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## Electronic Make-up Questions

~~You can submit an electronic makeup for this missed meeting by answering the following 5 questions:~~

1. Who was the birthday boy this week?

Answer:

2. Who was the guest speaker this week? What was the topic of his talk?

Answer:

3. How many % of the HK public are suffering from mood disorder? Three choices.

- a) 15%
- b) 30%
- c) 100%

Answer:

4. Where will the 2006 RI Convention be held and on what are dates

Answer:

5. For further information concerning the Convention, who should we consult?

Answer:

**Instruction:**

**Please copy these 5 questions click the following URL [John Kwok](#) and paste it to the email and answer these questions and then click send**

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## Joke

### Test for Dementia

Below are four (4) questions and a bonus question. You have to answer them instantly. You can't take your time, answer all of them immediately. OK? Let's find out just how clever you really are.... Ready? GO!!! (scroll down). Write down your answer below first before you scroll down for the answers.

1) First Question: You are participating in a race. You overtake the second person. What position are you in?

Answer:

Now answer the second question, but don't take as much time as you took for the first question, OK?

2) Second Question: If you overtake the last person, then you are ... ?

Answer:

3) Third Question: Very tricky arithmetic! Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it. Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000 Now add 10. What is the total?

Answer:

4) Fourth Question: Mary's father has five daughters: 1. Nana, 2. Nene, 3. Nini, 4. Nono. What is the name of the fifth daughter?

Answer:

5) Okay, now the bonus round: A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing his teeth he successfully expresses himself to the shopkeeper and! the purchase is done. Next, a blind man comes into the shop who wants to buy a pair of sunglasses; how does HE indicate what he wants?

Answer:

**Don't cheat now!!! and don't peep!!After you answered all question then scroll down to get the answers.**

The Answers:

1: Answer: If you answered that you are first, then you are absolutely wrong! If you overtake the second person and you take his place, you are second!

2: If you answered that you are second to last, then you are wrong again.. Tell me, how can you overtake the LAST Person?

3. Did you get 5000? Wrong! The correct answer is 4100.

4. Did you answer Nunu? No, of course it isn't. Her name is Mary. Read the question again!

5. What did you answer? The correct answer is -- he just has to open his mouth and ask...It's really simple....Like you!

**If you get 0/5 = normal, (Same as John Kwok)**

**1/5 = smart,**

**2/5 = very smart,**

**3/5= super smart,**

4/5 = extremely smart,  
5/5 = Einstein or you cheated

PASS THIS ON TO FRUSTRATE THE SMART PEOPLE IN YOUR LIFE!

## Photographs of our meeting

on

11th January, 2006



Our guest speaker is Dr. David Lau a specialist in Psychiatry. The topic of his talk is "Are you in the right mood?"



(L to R) PDG Uncle Peter, Dr. David Lau, Pres. Eddy.



Hon Sec Andy is all by his lonely.



Our birthday boy today is Rtn. Heron Chan, here receiving his birthday present from Pres. Eddy while IPP Rudy led the birthday song.



(L to R) Rtn Alex, PP's John, George, Rtn's Kenny and Norman.



(L to R) IPP Rudy, Hon Sec Andy, PP's Stephen, Tim, Rtn's. Heron, and Dr. Tony.



Our group photo of PDG Uncle Peter, Pres. Eddy, and guest speaker, and Rotarians of our club on 11 January, 2006

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