



東風



**TUNG FENG**

香港東區扶輪社週報 THE ROTARY CLUB OF HONG KONG ISLAND EAST

### What Happened at our Meeting

on

**18 February, 2004**

Acting President Stephen Liu took over the duties of the presiding over the meeting for today. He welcomed everyone to our meeting. Special welcome was given to PE Theresa Chan of the Rotary Club of Hong Kong Harbour, our daughter dub. President Stephen then invited PE Theresa to say a few words about their up coming event a Walkathon Co-sponsored by the Rotary Club of Hong Kong Harbour. This function is called the Scout Walkathon, Organized in conjunction with the Scout Association of Hong Kong - HK Island Region. The starting point is at Pokfulam and ends with a lap around the Peak.

The Event: Walk for Charity --Sunday, 7 March 2004

The route chosen for Walk for Charity begins at Pokfulam and finishes at the peak. Participants shall gather at Yu Chun Keung Memorial College No.2 located at the junction of Pokfulam Road and Chi Fu Path at 2:00 p.m. for a brief kickoff ceremony before the Walk. Walkers shall follow the Pokfulam Road uphill towards Queen Mary Hospital. From there, they will enter the Hong Kong Trail with various checkpoints (from 9 to 0) leading to the finish at The Peak Cafe. There will be sufficient scouts guiding the walking group along the way. The Walk takes appropriately 1.5 - 2 hours to complete.

How to participate?

Any member of Harbour can nominate himself as well as others to participate in the Walk. The event flyer and a sponsorship form are attached for your perusal. You are encouraged to nominate and sponsor as many walkers as you can find. Each individual walker will use a new form to seek sponsorships for his/her participation. Cash and checks should be deposited or made payable to "Rotary Club of Hong Kong Harbour Foundation Limited". Each member of Harbour is responsible for accounting to the Organizing Committee donations raised by him/her as well as those by his/her nominated walkers.

Please bring your families and participate in this charity walk. For more details please see the pamphlet which she brought along. For more information please contact her on email at: Theresa Chan <theresa.ky.chan@hk.pwc.com>.

Acting President Stephen then introduce our speaker for today that turns out to be our own Program Chairman Dr. Tony. His talk is on "Physical Golf Injuries"

He started off by saying a rather shocking statement that we all may be too old to start learning the sport of Golf. He said, "As with all sports, one should start young, start flexible and start fit....an ideal seldom attainable, specially in golf. Therefore, the golfer who start old, inflexible, unfit, wrong movements but keen, WILL HAVE INJURIES."

Because the Golf Swing is a motion that involves all parts of your body. Force is transferred from the ankles, to the legs, to the back, to the shoulders and right out through the wrist. The smoother the transfer of force, the better off you are. But the golf swing is an un-natural movement. This entails a vertical loading, lateral bending and rotational stress.

- 1) The Set up/Address: Your grip may be too tight. You have elbow pain. You have bad posture.
- 2) The Back swing: This involves turning, twisting motion and give you tension to produce motion.
- 3) The Down swing: This involves weight transfer with a pendulum motion. At impact, you may have wrong impact or lack of impact.
- 4) The Follow Through: This involves excessive twisting causing hyperextension of the back. This is the cause of 25% of all swing injury.

#### The Injury types:

1) Back Pain. Lateral bending shear, compression and torsional forces

- Improper weight transfer.
- 8 x body weight compression load

2) Shoulder Injuries:

- lead arm more involved
- impingement
- rotator tendonitis & tear.

3) Elbow Injuries

- Golfer's elbow caused by repetitively hitting the ground
- Tennis elbow.

4) Wrist and Hand & Fingers

- Tenosynovitis and tendinitis

- 5) Foot & ankle
  - Excessive rolling
- 6) Knees
  - Meniscus and ligaments
- 7) Yip
  - 12% of golfers - convulsive twitch in putting.

### Prevention

- 1) Start right
- 2) Take it easy -avoid overuse and over practice.
- 3) Warm Up
- 4) Be flexible - stretches.
- 5) Strengthen the Muscles.
- 6) Focus on Swing Mechanics
  - think about posture.
  - concentrate on hitting with smooth chain of force transfer.
  - strive for low back stabilization -keep pelvis level.
- 7) Use Common Sense.
- 8) R.I.C.E. the general principles.
  - R = Rest
  - I = Ice (Use ice pack)
  - C = compress (bind up your injuries)
  - E = elevation (Raise up you injured limps)

Acting Pres. Stephen thanked the speaker & dosed the meeting by proposing a toast to Rotary International coupled with the Rotary club of Hong Kong Harbour.

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## Rotary Information

### Rotary Centennial Bell

What is a Centennial Bell and how does it look like ?

Five Rotary Centennial Bells, as per picture shown here, will be circulated to clubs in every Rotary country to symbolize the internationality of Rotary .

One bell will travel among the first 100 Rotary clubs, while the others will travel to the first Rotary club formed in each country of the four regions: viz.,

Asia and the Pacific;  
Latin American and the Caribbean;  
Africa; and  
Europe.

The bells' journey began at the Brisbane convention in June 2003 and will conclude in Chicago at the centennial convention.

The size of the Centennial Bell is similar to the one displayed at our weekly meeting podium.



**The Rotary Centennial Bell**

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## Joke & Cartoon

The joke

A couple was dressed and ready to go out for the evening. They turned on a night light, turned the answering machine on, covered their pet parakeet and put the cat in the backyard.

They phoned the local cab company and requested a taxi. The taxi arrived and the couple opened the front door to leave their house.

The cat they had put out into the yard scoots back into the house. They don't want the cat shut in the house because "she" always tries to eat the bird.

The wife goes out to the taxi while the husband goes inside to get the cat. The cat runs upstairs, the man in hot pursuit. The wife doesn't want the driver to know the house will be empty.

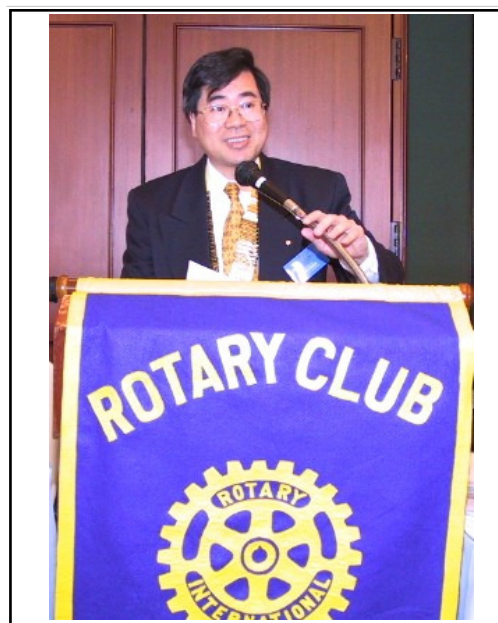
She explains to the taxi driver that her husband will be out soon. "He's just going upstairs to say goodbye to my mother."

A few minutes later, the husband gets into the taxi. "Sorry I took so long," he says, as they drive away. "Stupid bitch was hiding under the bed. Had to poke her with a coat hanger to get her to come out! Then I had to wrap her in a blanket to keep her from scratching me. But it worked. I hauled her fat ass downstairs and threw her out into the back yard!"

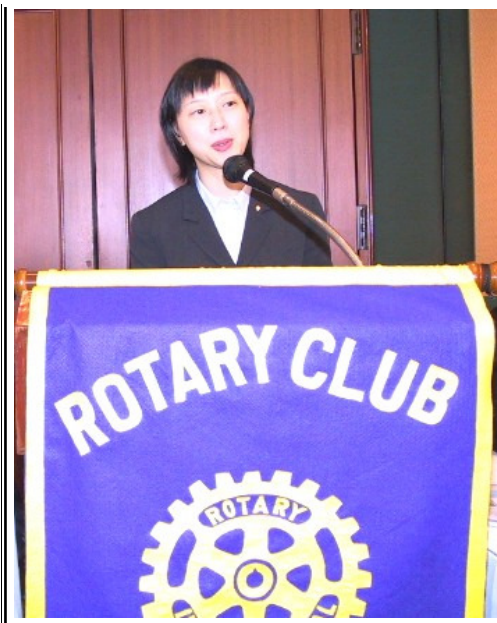
The taxi driver hit a parked car...



**Photographs of our Meeting  
on  
18 February, 2004**



Acting President Stephen taking control of our meeting in the absence of our Pres. Henry.



President Elect Theresa Chan of the Rotary Club of Hong Kong Harbour talking about their Walkathon on the 7th March, 2004.



Our emergency speaker Dr. Tony speaking on Physical Golf Injuries.



(L to R) PDG Uncle Peter, guest speaker Dr. Tony, & Acting president Stephen.





(L to R) Hon Sec Eddy, PE Theresa Chan (HKH), & PE Rudy.



(L to R) Dr. Laurence, Rtns Sam, Frands, Heron, PP Tim & Rtn Kenny



Dir Paul, Rtn. Dr. Stephen, PDG Y.K. & PP John IV.



Our group photo of PDG's Uncle Peter & Y.K., Guest speaker Dr. Tony, Acting Pres. Stephen, PE Theresa (HKH) & other Rotarians on 18 February, 2004.

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