



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 -

23rd February, 2011

This was the third meeting of the Year of the Rabbit. As usual, Uncle Peter was already there manning the reception area before 12:30pm. Sergeant-at-arms, William 1, and PP Rudy were also the early birds. President Heman, PE Eric, Uncle John, PN Nancy and other fellow Rotarians showed up shortly and the fellowship was filled with laughter and joy.

President Heman started the meeting at 1:10 pm. He welcomed back fellow Rotarians John Yau and Charles Bien; and invited fellow members to introduce their guests. PP Andy introduced Paul Kan, PP of the Rotary Club Peninsular. PE Eric introduced his friend, Vincent Ma.

The speaker was our own Rotarian, Dr Frederick Wu, a venerable cardiologist. He had made an interesting and informative presentation of our heart anatomy and methods of treating heart diseases. More details will be presented in the latter part of the bulletin.

There were no Birthday Boys this week but Wedding Anniversary Cards were presented to Rotarians Charles Bien and Kishu Narain The following announcement was made by Pres. Heman:

1. PE Eric, PN Nancy, Rtn William Wong, Rtn. Dr. Freddie Wu and myself attended the RC of Hong Kong's 80th Anniversary on 19th February at J W Marriott. The Anniversary cum fund raising event was enjoyable.
2. Uncle John Golf Day was held on 18 Feb 2011 Friday at HK Golf Club, Fanling. 14 golfers participated, including 2 Visually Impaired Persons Suzan Chan and Chi Pang Cheung. Award presentation scheduled for 12 March at 7pm, The Chinese Club, Central, when we have our IPP Dinner.
3. Vocational Visit 12 March to Giant Grouper/ Link Cod Farm (lung dun) in Mei Po. We are arranging a trip to wetland of Mei Po. Details will be sent out in due course.
4. 24th March our Hip Hop Dance visit to St. Louise Primary School in Feb 24 (Thur) at 3:15pm --- No. 179 Third Street, Sai Ying Pun, Hong Kong, PP John, PN Nancy, Anthony and myself would attend.
5. The school that we planned to build this year under the name of our beloved Rotarian Bill Lamport. Location is in Guizhou with 210 students. Lamport's family, thanks to Jonathan, will donate HK\$180,000 for the project and we will like to appeal to you (members) for the balance of HK\$20,000 to make up the total of \$200,000
6. Our 4 Clans Meeting will be held on 25 March, so far, Rotary Clubs of HK Harbor, HK South, HK Northeast, Happy Valley, Causeway Bay, HK City North, HK Bayview will be participating. Please mark your diary.
7. District Conference will be held on 19-20 March please call us to register. For the performance show of Rotary Got Talent - PE Eric's son, Ivan Chin, has kindly agreed to perform for us. Also son of PP John Luk is considering.

Then Pres. Heman asked PE Eric to report on the Rotaract meeting held on 22nd February at the Polytechnic University. Below is PE Eric's report:

PE Eric reported that 11 LNU incoming board members joined the Board meeting of RAC HKIE in the evening on Feb 22, 2011. LNU RAC IS Director Florence Fong and Mandi Leung presented their experience in organizing the Cambodia Trip whilst incoming Director Sophie Lau reported her learning experience in RYLA camp. RAC President August managed the board meeting in a professional manner completing the meeting within 45 minutes which gave an impressive time management to the new board members of LNU to learn and follow. Miss Stacy Ho, daughter of Rtn

Lawrence Ho joined as guest to understand the Rotaract service and was impressed with the projects in progress and the unfailing support of advisors to RAC. HKIE RAC Director Alfred Leung, 2nd generation of our Dir Kelvin Leung reported the progress of enrolment of the Professional Talk by Rtn Sharon and the BBQ as the enrolments was filled up quickly for 40 attendees from different Universities. President August reported that the Playright Project to a School will be held on April 9, 2011 and encouraged both members of com-based and LNU to join. Details are as follows:

Date: 9 April 11 Time: 1000-1200 hours

School: St. Edward's Catholic Primary School

Address: 8 Hing Tin Street, Lam Tin, Kwun Tong, Kowloon

Participants: kindergarten and primary school students, estimated 100 beneficiaries per hour

Volunteers from Rotaract Club, Involvement of volunteers from Rotaract Club: attend meeting and site visit to the captioned school, attend onsite pre-event briefing session, assist onsite setup and clear-up of play event, operate play booths and play with kids.

In addition, Rotaract Club of HKIE has built up a club's Facebook page via the following link for any updates of/ to register our events:

<http://www.facebook.com/pages/Rotaract-Club-of-Hong-Kong-Island-East/151877071501713>

Then Sergeant-at-arms, William 1, announced the Red Box collection of \$1,200.

Next came the highlight of our luncheon event. Rotarian Tony Loy introduced the guest speaker, Dr. Frederick Wu. Due to the topic's complexity, Dr. Wu only focused on three main heart surgeries, namely, a bypass surgery, a balloon treatment, and a heart pulse treatment. Between a bypass surgery and a balloon treatment, he would prefer the latter. The main reason is that he has to saw open a patient's rib cage, rip pass his/her lungs before he could reach the heart, whereas in a balloon treatment it's like playing a video game. He just needs to watch a monitor while inserting a very flexible metal tube into the patient's arm and following the artery route leading right into the thin artery spot and then pumped air to enlarge the artery -very interesting indeed. Below please find Dr. Wu's power point presentation for more information.

The common types of heart disease in Hong Kong include:

- Coronary heart disease: 70% due to blockage of arteries supplying the muscle of the heart
- Cardiac arrhythmia - (a) beating too slow (b) beating too fast
- Disease of the heart valves
- Congenital heart disease
- Others

The human heart is a structure made up of muscle which pumps blood into arteries. Arteries are tubes inside the human body which blood can pass through to supply oxygen and nutrients to various parts of the human body. Coronary arteries supply the muscle of the heart. There are three coronary arteries, 2 coronary arteries on the left side of the heart, and one right coronary artery on the right side of the heart.

There are causes of narrowing of coronary arteries. Atherosclerosis is a very slow process which causes progressive narrowing of coronary arteries. Blockage of coronary arteries can occur abruptly by a process called plaque rupture and cause myocardial infarction. Atherosclerotic plaques may sudden rupture suddenly due to exercise or emotional stress. Symptoms of heart attack often include Chest pain, Palpitation, Shortness of breath and Sudden death.

Basic check up for heart disease include measuring blood pressure and blood test while investigations for heart disease include chest X ray, electrocardiogram, echocardiogram, ambulatory / Holter ECG, exercises Testing ECG/Treadmill and cardiac catheterization.

Treatment of coronary heart disease can be done by life style modification, drugs and operations. Heart operations include bypass operation and balloon angioplasty.

Cardiac arrhythmia happens when heart is beating too slow. While normal heart beat is 60-100/minute heart beat <40/minute is common to have symptoms like syncope or shortness of breath and implantation of pacemakers may be required. Commonly asked questions about pacemakers are:

How long does the battery last? Can we change the battery? What happens if I pass through metal detectors in airports? Can mobile phone causes interference?

In closing, Dr. Wu advises us that we can do three things to lower our risk of having a heart attack, which are namely to maintain a good diet like eating less red meat, do more exercise and yes, drink some red wine.

Pres Heman presented Dr Frederick Wu with a souvenir and Rotarian John Yau made a thank you speech to our speaker.

Lastly, Pres. Heman announced that in our next week's meeting we would have the sharing made by Rotary Scholar Jennifer Cimaglia. He then proposed a toast to Rotary International coupled with Rotary Club of Peninsular and HK Island East. The meeting was adjourned at 2:10 pm and everybody stayed behind for a group photo.

Rotary Potpourri

John Kwok Golf Tournament

18th February 2011

Following last week club bulletin, the golf scores have been compiled by President Heman Lam and his committee members as follows:

Gross Scores

Winner - Gordon Lee
1st Runner Up - David Li
2nd Runner Up - Kinsen Fok

Net Scores

Winner - Hubert Chan
1st Runner Up - Uncle John
2nd Runner Up - Andy Wong

Miscellaneous

Longest Drive (hole 7) - Kinsen Fok
Longest Drive (hole 16) - C.P. Cheung
Closest to Pin (hole 5) - Eric Chin
Closest to Pin (hole 17) - Heman Lam
Shortest Drive (hole 7) - Uncle Peter
Booby Prize - Eric Chin

Electronic Make-up Questions

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

Name: _____

Email: _____

1. Name any two of our early birds in today's meeting ?

Ans)

2. Who were welcomed back today ?

Ans)

3. Name one of the guests today and the name of the introducing member ?

Ans)

4. Who were given wedding anniversary gifts today by Pres. Heman ?

Ans)

5. Name any two of the announcements made by Pres. Heman today ?

Ans)

6. Who made the report about our recent Rotaract Club meeting ?

Ans)

7. Name the school where the Rotaract project will be held on April 9th ?

Ans)

8. Who was our SAA today and what was the Red Box collection ?

Ans)

Submit

Joke

Subject: Cardiologist and Motorcycle repair man

A motorcycle mechanic was removing a cylinder-head from the motor of a Harley-Davidson when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come and take a look at his bike when the mechanic shouted across the garage, 'Hey Doc, want to take a look at this?' The cardiologist, a bit surprised, walked over to where the mechanic was working on the motorcycle.

The mechanic straightened up, wiped his hands on a rag and asked, 'So Doc, look at this engine. I opened its heart, take the valves out, repair any damage, and then put them back in, and when I finish, it works just like new.

So how come I make \$39,675 a year and you make \$1,695,000 when you and I are doing basically the same work?'

The cardiologist paused, leaned over, and then whispered to the mechanic...

'Try doing it with the engine running'.

Photographs of our meeting

on

23rd February, 2011

23 February, 2011 RC of HKIE Luncheon Meeting Photos



PDG Uncle Peter Hall, Guest speaker - Rtn. Dr. Freddy Wu & Pres. Heman Lam



PP Andy Wong, visiting guest - PP Paul Kan & Rtn. Charles Bien



PE Eric Chin, PP Laurence Chan & Rtn. Lawrence Ho



Rtn. Dr. Tony Loy, Rtn. John Yao & PP Rudy Law



Rtn. Kevin Leung, PP Stephen Liu & PP George Leung



PN Nancy Yee & SAA William Leung



PP John Kwok, visiting guest Vincent Ma, PE Dr. Eric Chin & PP Dr. Hubert Chan



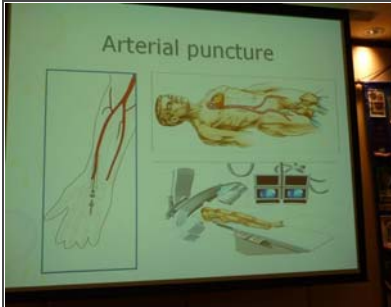
Pres. Heman Lam presented a wedding anniversary card to Rtn. Charles Bien



Rtn. Dr. Tony Loy introduced the guest speaker of the week



Rtn. Dr. Freddy Wu gave us a talk about the recent advances in the diagnosis and operative treatment for heart disease



Pres. Heman Lam present a club souvenir to thank Rtn. Dr. Freddy Wu's talk



Rtn. John Yao gave a vote of thanks to Dr. Freddy Wu



Dir. Teresa Ho & Rtn. Kishu Narain



Pres. Heman Lam present a wedding anniversary card to Rtn. Kishu Narain



Group photo with members & visiting guests

Comm. Base Rotaract Club of Hong Kong Island East Board Meeting

22 February 2011





[previous home](#)

-
-
-
-
-
-