



Tung Feng

VOL. 48 No.35

28th March 2001

What Happened Last Week

President Taj opened the meeting by welcoming PDG Moses Cheng and all the other visitors. He called on PE Stephen to make the introductions:

- PDG Moses Cheng (HK North East)
- PP Henry Fetigan (Vancouver Chinatown)
- PP Leslie Soltay (HK South)
- PP Ko Ying (HK North West)
- VP Paul Ng (Kowloon West)
- Rtn Tony Luce (Princeton, NJ)
- Rtn Joseph Leung (Kingspark)

- Janie Fetigan (PP Henry Fetigan)
- Jason Tse (Rtn Henry Chan)

President Taj asked PP Henry Fetigan (a former member of HKIE) to address the meeting. Henry said that he comes back to HK about once every year and always enjoys looking up his former Club friends. He passed on greetings from his Club's President and said that his Club was experiencing the same decline in membership as most clubs were around the world.

Rtn Rudy then made several announcements:

- \$800 had been donated and there were 21 members present.
- The District tree planting ceremony would take place in Sai Kung on 1 April and so far, our Club is responsible for the donation of eight trees. Members could increase this by donating \$100 for every tree.

PP Rob had the opportunity to announce to members that there was a new granddad in the Club: President Taj's daughter Evette produced a very welcome daughter, Alison Chan, last Friday, 16 March.

All members congratulated Taj and Christina with acclamation, with best wishes to the parents, Evette and Simon.



THE ROTARY CLUB OF HONG KONG ISLAND EAST

香港東區扶輪社週報

Club 4350

District 3450

Chartered on 6 April, 1954 by Charter President
PDG (Uncle) John Yuen

PDG Moses provided the Rotary Information for the day. He said that he had just returned from the Rotary International Assembly in Anaheim, and he reported that the Rotary theme for 2001-02 would be "Mankind Is Our Business." He said that membership growth will be a key program for the coming year, although there was a net gain of 1,400 Rotarians in the 2000-01 year. Unfortunately, District 3450 did not contribute to this increment as membership continued to drop. Moses said that his research indicated that the problem stemmed from the perception that Rotary was not relevant to many potential (as well as incumbent) members. It is his opinion that Rotary Clubs should involve members in hands-on service projects rather than emphasizing fellowship alone.

At this stage, it was time for the day's speaker, and Rtn Tony introduced Dr Paul Ng (also VP Kowloon West). Dr Ng is an Ear, Nose and Throat Specialist and his topic was "Snoring and Sleep Apnoea."

He began by making members aware that snoring is such an irritating problem to others, that you could be terminated for it - apparently this happened in a hotel in the USA where one guest fired his gun through the wall after enduring a second sleepless night, and killed the snoring culprit in the adjacent room.

It is a common problem that we are all aware of: Over the age of 60 years, 60% of men and 40% of women snore. The cause may be local (obstruction in the air passage) or it might also be combined with brain malfunction factors. Snoring is not only distressing to others, but it can also be dangerous for the snorer: If accompanied by pauses in breathing greater than 10 seconds (sleep apnoea), it can lead to exhaustion in the morning due to deoxygenation of the blood, or even brain damage. Other symptoms can be irritability, depressed libido, forgetfulness, and morning headaches. Long-term problems can be hypertension, heart failure and brain damage.

It is therefore important to address the problem. Sufferers can be investigated in hospital. While sleeping, they can be monitored and a number of their body functions recorded by a computer. This information can provide guidance on the remedy to be chosen. These include an interoral appliance which keeps the air passage open; attachment each night to a machine which ensures an adequate air supply to the lungs; or in some cases, a variety of surgical procedures.

Appropriately, PP George thanked Dr Ng for his very interesting and informative address.

To close the meeting, PP Taj proposed a toast to the Rotary Club of Kowloon West

Snoring & Sleep
Apnoea

鼻鼾与睡眠室



Dr. Paul Ng attempting to keep members awake during his talk on sleep apnoea.

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HONG KONG ISLAND EAST
Club # 4350



PP Henry Fetigan telling members how he misses HKIE.

HONG KONG ISLAND EAST
Club # 4350



PDG Moses Cheng reporting on his recent attendance at the Rotary International Assembly in Anaheim.



Rtn Henry making his guest, Jason Tse, feel very welcome.



This is what is called real fellowship: Sec. Ates. PP Leslie Soltay(HKS) & PP Ko Ying(HKNW) embracing.

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Rtn. Eddy takes care of visitors, PP Henry Fatigan (Vancouver Chinatown) & wife Janie.



PP Rob & Rtn Malcolm enjoy the company of visitor Tony Luce (Princeton, NJ).



Club Sec. Miriam keeps her distance from visitors Joseph Leung(Kingspark) & PDG Moses Cheng(HKNE).



Visitors & guests to the Club, 21st March, 2001



Rotary Information

Balloting committee declares two directors-nominee

In accordance with provisions of the RI by-laws, the balloting committee met at RI World Headquarters in Evanston, Illinois, USA, on 5 March 2001 to examine and count the ballots returned by post by Rotary clubs in two zones where the RI General Secretary had received proposals of challenging candidates for directors-nominee.

After certifying the results of this ballot, the committee declared Kozo Sugo of the Rotary Club of Osaka North, Osaka, Japan, and Frank C. Collins, Jr., of the Rotary Club of East Hartford, Connecticut, USA, to be the directors-nominee for zones 3 and 31 respectively. At the 2001 RI Convention in San Antonio, Texas, this coming June, Rotarians Sugo and Collins will be elected to serve as RI directors during 2002-03, together with six others who were declared sole official directors-nominee on 1 December 2000.

The six directors-nominees declared earlier are John G. Thorne of the Rotary Club of North Hobart, Tasmania, Australia (Zone 8); Samuel A. Okudzeto of the Rotary Club of Accra, Ghana (Zone 10); Gennaro M. Cardinale of the Rotary Club of Firenze Brunelleschi, Italy (Zone 12); Omar Steindorsson of the Rotary Club of Keflavik, Iceland (Zone 16); John Michael Pinson of the Rotary Club of Killeen-Heights, Texas, USA (Zone 26); and J. David Roper of the Rotary Club of Martinez-Evans, Georgia, USA (Zone 34).

Singapore leader lauds RI's development and peace efforts

Singapore President S.R. Nathan praised RI's contribution to international development and peace at an Intercity meeting organized by the country's 18 Rotary clubs at the Orchid Country Club, Singapore, on 23 February.

Congratulating Rotarians for 96 years of Service Above Self, the president said: "That Rotary has not only endured, but has grown to be a truly international movement, suggests that its ideals are universal and timeless. It also gives us reasons to be hopeful that there is a deep reservoir of desire for peace, harmony and goodwill in peoples around the world. It is Rotarians who share that conviction, and who are activists in wanting to serve others to make this world of ours a more peaceful, harmonious and caring place."

President Nathan delivered his speech at the RI World Understanding and Peace Day dinner that concluded the Intercity event held to celebrate Rotary's anniversary. Some 550 local Rotarians, their counterparts from neighboring Brunei and Malaysia, as well as senior diplomats and government officials attended.

LAUGH FOR THE WEEK

A man had been drinking at a pub all night. The bartender finally said that the bar was closing. So the man stood up to leave and fell flat on his face. He tried to stand one more time, and the same thing happened. He figured he should crawl outside and get some fresh air and maybe that would sober him up.

Once outside, he stood up and again fell flat on his face. So, he decided to crawl the four blocks to his home. When he arrived at the door, he stood up again and fell flat on his face. He crawled through the door and into his bedroom. When he reached his bed, he tried one more time to stand up. This time, he managed to pull himself upright, but he quickly fell right into bed and was sound asleep as soon as his head hit the pillow.

He was awakened the next morning to his wife standing over him shouting, "So, you've been out drinking again!!"

"What makes you say that?" he asked, putting on a look of innocence.

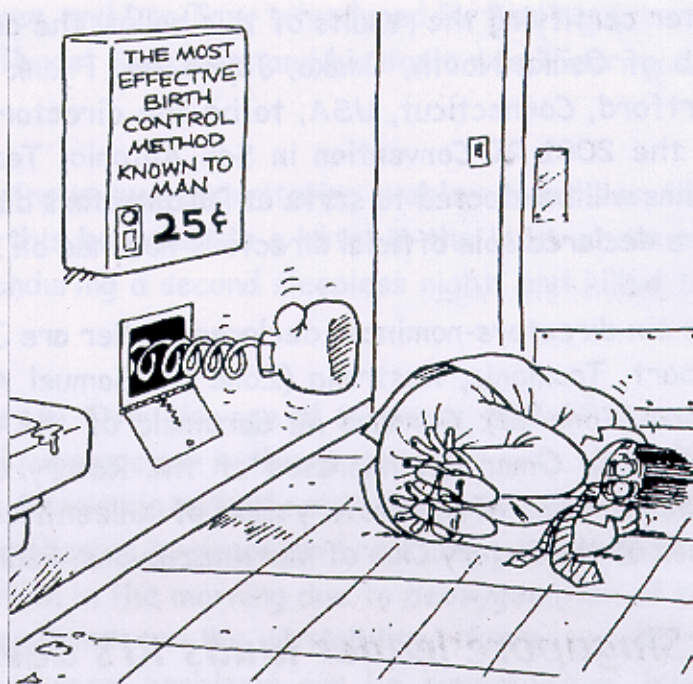
"The pub called ... You left your wheelchair there again."

Smith goes to see his supervisor in the front office.

"Boss," he says, "we're doing some heavy house-cleaning at my home tomorrow, and my wife needs me to help with the attic and the garage, moving and dumping heaps of heavy furniture."

"We're short-handed, Smith," the boss replies. "I can't give you the day off."

"Thanks, boss," says Smith. "I knew I could count on you!"



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ROTARY CLUB OF HK ISLAND EAST MEETS EVERY WEDNESDAY, 12: 30 p.m. AT
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