



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 -

22nd March, 2006

Pres Eddy opened the meeting today with a greeting to all members present. There were 17 members present with many guests. Among the guests were:

Jennie Chan introduced by Hon Tres. Laurence
Christina Chin by Rtn Eric
John Fu by PP C. Y. Fu
Justin Wong by Rtn Sam Wong
Herman Lam by PE Paul
And a special visitor was PP Ada Cheng (Wanchai)

Our birthday boy this week is none other than PP David Li who asked PDG Uncle Peter to lead the song while he received his birthday present from Pres. Eddy.

PDG Uncle Peter was the acting SAA today who reported a great harvest of \$1,900 but was quickly topped up by Dir Jason to round it up to \$2,000.

Pres Eddy then invited PP Ada Cheng to come to the rostrum. PP Ada then announced that the District Conference this year will be held on April 22 -23, 2006. She invited everyone to attend this Conference which will be held at the Regal Airport Hotel. Free Airport Express tickets are available for all registered members.

Pres Eddy then asked Hon Tres. Laurence to introduce the speaker of the day. He was Dr. Joseph Wong who was born and brought up in Hong Kong but he began his medical training in the University of Edinburgh one of the top medical school in the world. He graduated in 1985, with a Bachelor of Medicine and a Bachelor of Surgery after which he went on to complete his vocational training in UK and obtained his professional Diploma in Dermatology (University of Wales). Dr Wong furthered his studies in aesthetic medicine in various institutions in USA and Europe.

Dr. Wong is currently the medical consultant and attending physician at The a3m anti-aging center where he specializes in aesthetic medicine and cosmetic dermatology. He is a member of numerous medical associations, including the American Academy of Anti-Aging medicine, the European Organization of Scientific Anti-Aging medicine and the World Society of Anti-Aging Medicine.

He then asked members to welcome Dr. Wong who will speak on the subject "Anti-Aging in the 21st Century."

Dr. Wong said that there were Factors determining the speed of aging. They are:

- Genetics
- Diet: Type of food and the best choice of fluid intake
- Life Style: Exercise, sleeping pattern
- Stress Management
- Exposure to toxic environment

He also gave us tips on Do-It-Yourself anti-aging techniques

- 1) Minimize the degenerative diseases such as diabetic, coronary heart disease, arthritis, Autoimmune disease, Cancer
- 2) More youthful outlook and figure.
- 3) Improve quality of life by improving physical and mental health.
- 4) Alleviating Symptoms of menopause and andropause

Then Dr. Wong was very gracious and answered the many questions from the floor.

Pres Eddy then asked our own health expert PP C. Y. Fu to thank the speaker

Pres Eddy closed the meeting by making a toast to RI coupled with the Rotary club of Hong Kong Island East.

Rotary Information

Congratulations

From the new roster page of Rtn. Norman Lee, you will have noted that Norman is now the Managing Director of Infrasy (HK) Ltd. for which we offer him our heartiest congratulations. To better know our new member, a short introduction is appended here under.

At the age of 19, Norman followed his parents to the US, and completed his Master Degree in Computer Engineering at Boston University. With two years of experience with AT & T Bell Lab, the picture was clearer to Norman that he would enjoy more starting his own business. With a sparkle of idea during a visit back to Hong Kong, he started building a new market in bilingual catering POS (Point of sales) system. With his technical background, and the experience of being a waiter at restaurants, which is not uncommon for college students in the US, a system was selling in different Chinese communities in the East Coast in no time. Seeing the great demand, Norman's business was spread from the East to the West, to Hawaii, which eventually brought him back to Hong Kong, where his heart was all along with.

With an opportunity in 1998, Norman's work was appreciated by the Seiko Epson Corp., who in the same year acquired major shares of the company. As a shareholder of Infrasy (HK) Ltd., Norman had been overlooking the technical side, while more hands on with the building up of dealership network globally. He was helping out with one of the biggest HK dealers, UCR for the past two years and is recently back with where he was from originally, Infrasy (HK) Ltd.

There are now over 3000 installations worldwide. Renowned customers include the Shangri-La Hotel Group, Grand Hyatt, Westin, Four Seasons, Sheraton, Marriot, Inter-Continental, Maxims Caterer, HK Jockey Club, HK Golf Club, Aberdeen Marina Club, American Club, HK Disneyland, Ocean Park, etc., etc.

Vocational Tour

Director Jason Chiu, Chairman of the Vocational Service Committee, arranged a visit to Hong Kong Note Printing Limited in Taipo, New Territories for the following Rotarians of our club and their family members and guests :

President Eddy Wong, P.E. Paul Chan, PDG Peter Hall, PP John Kwok, PP C.Y. Fu, PP Henry Chan, PP George Leung, Hon. Sec. Andy Wong, Hon. Treasurer Laurence Chan, Rtns. Samuel Wong, Kenny Chan and Eric Chin.

It had been a highly educational tour and we learned a lot how a bank note is printed with its complicated procedures plus the anti forgery steps. Instead of giving us some sample notes, we all received each with a key holder as a souvenir. Questions and Answer were taken right at the spot. In our mind, we think the material for printing bank notes is from sheets of special paper. Actually, it is printed on a sheet of cotton material which looks like paper. After gaining this first hand knowledge of note printing, we left with the same bus headed for Shenzhen for fellowship.

With the generosity of Director Jason Chiu, we were treated to a palatable Chinese dinner at The Grand Prince Restaurant in Shenzhen. Apart from the fellowship dinner, we were allowed free time for shopping and sight-seeing in the city. A most enjoyable gathering lasted until 10.00 p.m. when we returned to Hong Kong with a happy mood.

Electronic Make-up Questions

You can submit an electronic makeup for this missed meeting by answering the following 6 questions:

1. Who was the special visitor today and where did she come from and what was the message?

Answer:

2. Who were the two second generation visitors?

Answer:

3. Who was the birthday boy today?

Answer:

4. Who was our guest speaker today and what was his talk about?

Answer:

5. We had a vocational tour recently. where did we go?

Answer:

6. Were did we go after this tour?

Answer:

Instruction:

Please copy these 6 questions click the following URL [John Kwok](#) and paste it to the email and answer these questions and then click send

Joke

A guy I know was at the grocery store and this hot blonde notice him and smiles and waves at him, he is taken a back by this so he goes over and says do you know me to which she replies, "yes, I believe you are the father of one of my kids!"

He thinks back to the only time he has ever been unfaithful and asks, "are you the stripper from my bachelor party that I had sex with on the pool table while my buddies watched and you whipped my ass with a wet celery stick and your partner shoved a carrot up my ass"

Very uncomfortably she replies "No...I'm your sons math teacher."

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A teacher, trying to teach good manners, asks the students,

"Michael, if you were on a date, having dinner with a nice young lady, how would you tell her that you have to go to the rest room?"

"Just a minute, I have to go pee," he said.

The teacher replied, "That would be rude and impolite."

"What about you John, how would you say it?"

"I am sorry, but I really need to go the bathroom, I'll be right back."

The teacher responded, "That's better, but it's still not very mannerly to say the word 'bathroom' at the table."

"And what about you, Skip?"

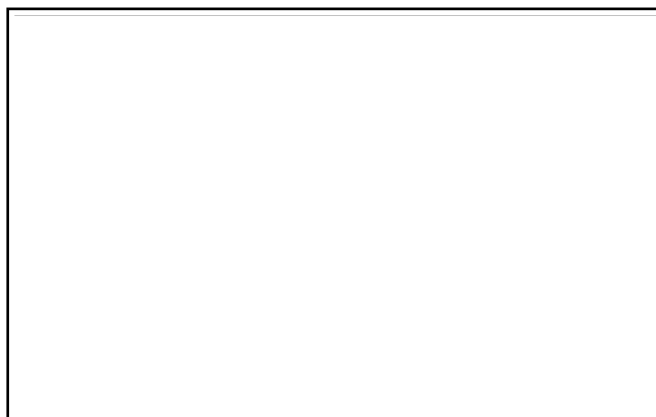
I would say; "Darling, may I please be excused for a moment, I have to shake hands with a very dear friend of mine, whom I hope you'll get to meet after dinner."

The teacher fainted.

Photographs of our meeting

on

22nd March, 2006





The guest speaker is Dr Joseph Wong the medical consultant and attending physician of The a3m Anti-aging Center who spoke on the subject of "Anti-Aging in the 21st Century"



(L to R) PDG Uncle Peter, Guest speaker Dr. Joseph Wong, and Pres Eddy.



(L to R) Hon Sec Andy, Guest Mr John Fu, and Mr Justin Wong.



(L to R) PDG Peter had the honour of leading the birthday song for PP Li, watched by Pres Eddy.



Special visitor was PP Ada Cheng who came to promote the District Conference to be held on April 22 -23 at the Regal Airport Hotel.



(L to R) Hon Tres. Laurence introducing our guest

speaker today.



(L to R) Rtn Eric Chin, Rtnne Christina, Hon Tres. Laurence, Rtnne Jennie and PP Ada Cheng (Wanchai).



(L to R) PE Paul Chan, his guest Mr. Herman Lam, Rtn Peter II, PPLi, and PP C.Y. Fu.



(L to R) Dr. Tony and Rtn Sam Wong.



Our group Photo of our meeting with all the guests and PDG Uncle Peter, Pres. Eddy, guest speaker, and our members on the 22nd of March, 2006.

We had a vocational visit & fellowship dinner after our meeting.



On the bus to Taipo to visit the money printing plant are (L to R) PP Stephen, Rtn Eric, Pres Eddy, PP George and Cynthia, PP Henry Chan, and Hon Tres Laurence. and way in the back is PP C.Y. Fu.



Our leader PDG Peter very happy looking forward to getting some free samples there.



Our group photo taken outside the money printing plant at Taipo. Is that a free sample in the hands of Hon Tres Laurence?



We then had dinner in Shenzhen after the visit. Here are one table of happy visitors. Front Row (L to R) Rtnanne Jennie, Rtnanne Cynthia, PP George, PDG Uncle Peter, Back Row (L to R) Hon Tres Laurence, PP John IV, Dir Jason, PP Stephen, and Rtn Kenny Chan.



And another table of happy visitors. Front row Pres. Eddy and Hon Sec Andy, Back row (L to R) Rtnanne May, PP Henry, Dir Jason, Rtn Eric, Rtnanne Christina, and Rtnanne Sharon Chiu.



Our gracious hosts Dir Jason and his Rtнанne Sharon. Thank you both for a very enjoyable evening.

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