



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 (13th April, 2005)

Pres. Rudy welcome back Rtn. Andrew II back to the club after his long absence. He also welcomed PP Tim back from his trip to all points in China.

He ask PE Eddy to make his announcements. PE Eddy came to the rostrum to announce that on May 18th, 2005 our district will hold an Intercity meeting at the Miramar Hotel , Penthouse. We will be honored by the presence of RI President's personnel Representative Carlos Ravissa.

Pres. Rudy then asked PPLi the acting SAA to report on his harvest for the day. PP Li reported that we have not had such a big harvest for a long time (since March last year). The reason are the following: The total harvest was \$2000 with handsome contribution from some notable people such as PP CY (his daughter Joyce's forthcoming wedding), and Pres Rudy for sending his deputy (his wife) to attend his meeting in his absence (contributed \$500 toward drinks). Lastly, Rtn. John Yao came in late to make up our minimum guarantee for lunch so he gets a free lunch (he actually paid \$300 instead).

Next , Pres. Rudy asked PP CY to introduce the speaker of today who is Dr. Hildermar Dos Santos, the director of Lifestyle Management Center of the Hong Kong Adventist Hospital. The title of his talk is "A Diet for the 21st Century".

Dr. Dos Santos started by showing us an Advertisement from McDonald's which shows that even they are concerned about diets. Someone did an interview with the McDonald's and asked him "Why don't you serve a more healthy meal?" He replied " Then nobody will buy them". But the bottom line is even McDonald's is worry about health. They are now seen to serve chicken burgers and even Tao Fu burgers.

There is also an economic reason for using plant proteins versus meat proteins.

<b>Soybean</b>	<b>Meat</b>
Land = 1 unit	Land = 6-17 x more
Water = 1 unit	Water = 4.4-26 x
Fuel = 1 unit	Fuel = 5-12 x
Phosphate = 1 (fertilizers) unit	Phosphate = 7 x

He also mention that fact that the biomagnifications of farmer's insecticide on fish who are carnivorous are contaminated with DDT which is passed to them from the herbivorous fish which feed on plants.

Next is the so-called Mad Cow disease which was first discovered in 1986. Even chickens are contaminated with Salmonella which causes 700,000 to 4 million infection killing 2,000 yearly. 71% of all chickens had either salmonella or campylobacter contamination. In 1997 Hong Kong government ordered the mass extermination of all chickens because of the H5N1 bird flu virus which cost us HK\$1.2 millions

So what can we eat in the 21st Century? Dr Dos Santos stressed the importance of fruit and vegetable and showed that the vegetable consumption in China showed a threefold more intake then the USA. The health of the people in the rural areas in China is much lower in terms of Plasma Cholesterol level then in USA. The bottom line is:

**To optimize our ability to reduce blood cholesterol we need to Focus on diets that are rich in plant food, very low in total fat and very low (or totally lacking) in animal protein. In China, even small intake of anima-based foods were associated with significant increases in blood cholesterol levels and coronary heart disease.**

Foods that scores high in antioxidant assay called ORAC (Oxygen Radical Absorbance Capacity) may protect cells and their components from damage by oxygen radicals. Studies show that eating fruits and vegetables that are high in ROAC levels may be particularly beneficial to health.

He gave us a list of antioxidant foods and its ORAC values such as:

Prunes	5779	Broccoli	890
Raisins	2830	Red Bell Peppers	840
Blueberries	2400	Oranges	750

Blackberries	2036	Red Grapes	730
Kale	1770	Beets	710
Strawberries	1540	Cherries	670
Spinach	1260	Onions	450
Brussels Sprouts	1260	Corn	400
Raspberries	1220	Eggplants	390
Plums	949		
Alfalfa Sprouts	930		

There was a test conducted on Rats and Blueberries that show Blueberries protects against brain loss in rats - preventing increase of the NF-KappaB protein - key factor on brain aging. So if you want to stay alert and retain your brain action eat plenty of blueberries.

Pres. Rudy then asked PP CY to thank the speaker.

Pres. Rudy then asked the visiting Rotarian Mr. Thierry Consigny to say a few words about his club of Tokyo New South and exchange a banner with us. He told us that his club meets every Friday at the ANA Hotel. He welcomes us to visit them. Pres Rudy then exchanged club banners with Rtn Thierry.

Pres. Rudy asked the program chairman Eddy what is next week's program. PE Eddy announced that next week's speaker is Mr. Matthew Tranter, Programme manager, Outward Bound School and title of his talk is "Using Adventure to develop Hong Kong's future leaders. An investment in our youth"

Then Pres Rudy closed the meeting with a toast to RI coupled with the Rotary Club of Tokyo New South.

## **Rotary Information**

### **RI President Glenn serves on New US Humanitarian Aid Commission**

The incumbent RI President Glenn E. Estess Sr. will serve on a new federal commission to evaluate the effectiveness of the delivery of US Humanitarian and Development assistance around the world.

According to the 10 December 2004 announcement issued by US President George W. Bush, Estess will be one of 21 members of the Helping to Enhance the Livelihood of People (HELP) around the Globe Commission, which the U.S. Congress created to identify barriers to the effective delivery of aid to developing nations and devise new approaches to ensure that assistance reaches those most in need.

The HELP Commission will report its findings to Congress within two years after it is established. Estess, who will serve for the life of the commission, is among six members appointed by the president and one of two representing nongovernmental organizations. As of early January 2005, the commission's launch date had not been finalized.

"I am honoured to be chosen to represent the private sector on this important commission," said Glenn. "I believe this clearly demonstrates the important role Rotary International and The Rotary Foundation play in the field of development assistance and humanitarian aid worldwide."

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### **District News**

In honour of the visit to Hong Kong by Past RI President Carol Ravizza, chairman of the Rotary Foundation of Rotary International, an Inter-City meeting will be held on the 18th (Wednesday) May, 2005 at the Miramar Hotel, Kowloon.

One of the highlights will be the presentation of a Rotary Foundation Distinguished Service Award to PDG Y.K. Cheng for his great support towards the Rotary Foundation. Of course, Chairman Carol will be our keynote speaker of the evening.

All clubs in area 3 including HK Island East will be co-hosting this event.

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### **Club News**

#### **Welcome Back**

According to a recent e-mail from PP Chris Howe ( 2002/2003 ), we are given to understand that he shall visit our club on the 20th (Wednesday) April 2005. Most probably, he shall up-date us of his present activities both officially and privately upon his arrival. We all welcome Chris with our open arms.

#### **Office Expansion**

PP Hubert Chan, chairman of HKC International Holdings Ltd. is expanding his business by moving to a bigger office at 25th floor, Oxford House, Tai Koo Plaza, 979 King's Road, Quarry Bay, Hong Kong.

A cocktail reception will be held in the evening of the 26th April 2005 for the celebration ceremony at the above new address. Invitation has been extended to all club members.

### **Congratulations to PP C.Y. Fu**

On the 24th April 2005, Miss Joyce Fu, 2nd daughter of our PP C.Y. Fu is getting marry to Mr. Tibor Karolyi, a young Hungarian in Sydney, Australia to start a new life. Naturally, PP C.Y. will be flying to Sydney to officiate the wedding ceremony while we all wish the "newly-wed to be" every happiness in anticipation. The couple will drop in Hong Kong on 28th April 2005 en-route to Europe for their honey moon on the 1st May, 2005.

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## **Joke**

### **The bunny and the snake**

Once upon a time, in a nice little forest, there lived a blind little bunny and blind little snake. One day, the bunny was hopping through the forest, and the snake was slithering through the forest, when the bunny tripped over the snake and fell down. This, of course, knocked the snake about quite a bit.

"Oh, my," said the bunny, "I'm terribly sorry. I didn't mean to hurt you. I've been blind since birth, so, I can't see where I'm going. In fact, I don't even know what I am."

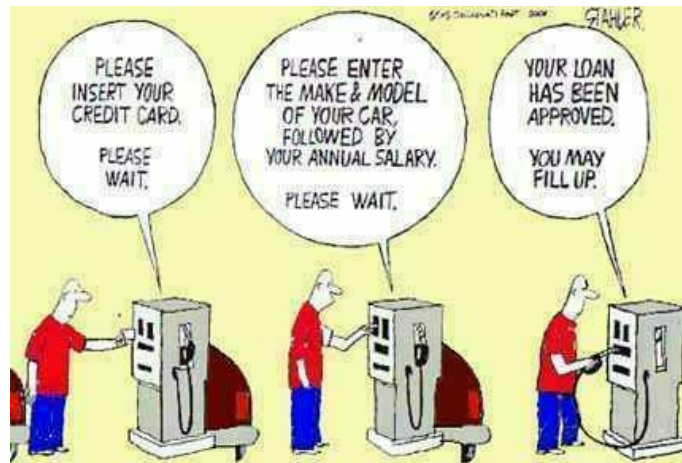
"It's quite okay," replied the snake. "Actually, my story is much the same as yours. I, too, have been blind since birth Tell you what, maybe I could kinda slither over you, and figure out what you are, so at least you'll have that going for you."

"Oh, that would be wonderful," replied the bunny.

So the snake slithered all over the bunny, and said, "Well, you're covered with soft fur; you have really long ears; your nose twitches; and you have a soft cottony tail. I'd say that you must be a bunny."

"Oh, thank you! Thank you," cried the bunny in obvious excitement. The bunny suggested to the snake, "Maybe I could feel you with my paw, and help you the same way you've helped me."

So the bunny felt the snake all over, and remarked, "Well, you're scaly and smooth, and you have a forked tongue, no backbone and no balls. I'd say you must be either a politician, an attorney, or possibly someone in upper management."



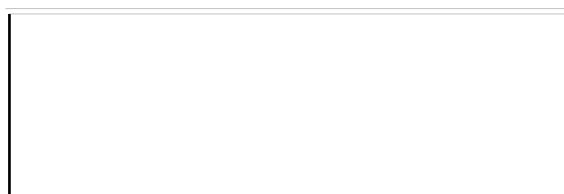
Are gasoline expensive?

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## **Photographs of our meeting**

**on**

**13th April , 2005**





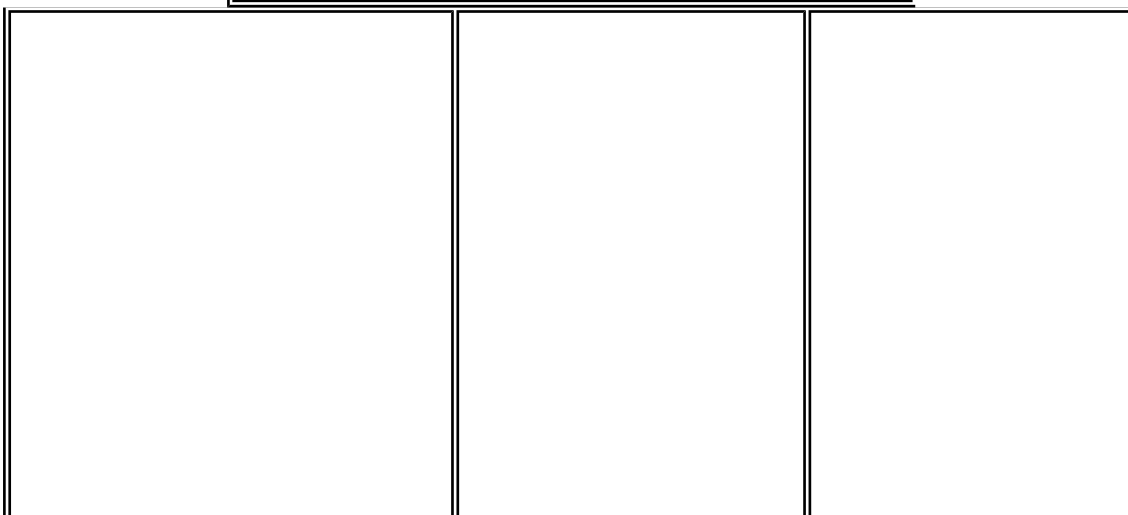
Dr. Hildermar Dos Santos from the Hong Kong Adventist Hospital speaking on the subject of "A Diet for the 21st Century".



(L to R) PDG Uncle Peter, Dr. Hildermar Dos Santos, Pres.Rudy.



(L to R) Hon Sec. John, PPCY Fu and Dir Jason Chiu.

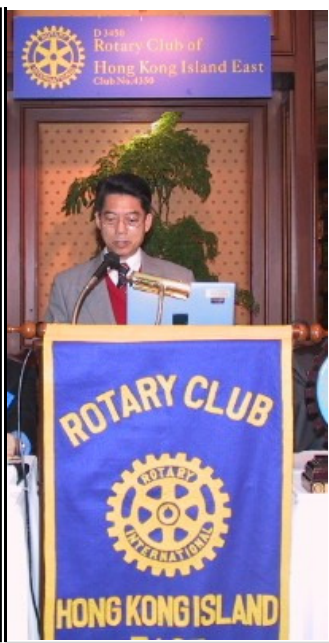




PP Li reporting on the SAA collection



PE Eddy reporting on our coming event which is the InterCity function.



PP C. Y. Fu introducing and thanking the speaker for today.



Rtn Thierry Consigny telling us some amazing things concerning his Rotary Club of Tokyo New South.



Pres. Rudy here exchanging club banners with Rtn. Thierry.



(L to R) PP's Tim, Li and PE Eddy and Hon Tres. Laurence.



(L to R) Dir Andy, PDG Y.K., PP Stephen and Rtn Andrew II.



Group Photo of our meeting with PDG Uncle Peter, Pres. Rudy, and visiting Rotarian and our guest speaker and members of our club on 13th April, 2005.

## Rotaract Club of Lingnan University 嶺南大學扶輪青年服務團

嶺南大學扶輪青年服務團於1992年成立，至今已第14屆，而Mother Club為港島東扶輪社。本會今年的目標旨在提高同學對扶青團的認識及接受性，宣揚「助人自助」的精神，讓同學體會幫助別人，同時也會令自己有所得益以及秉承扶青團本年主題「Service Above Self」，希望藉著舉辦各類活動，讓同學對扶青團有更深的了解，也能體會到本會今年所定立的主題。



後排(由左至右):Winnie, Tracy, Jacqueline, Big, Kuen, 雪香, Karen, Pong, Terry  
前排(由左至右):Gloria, 翹, Keith, Advisor:Andy, Kitty, Debby, Maranda

今屆我們一共有十五位莊員，以下是他們的自我介紹：

Keith: Hi everyone, 我係Keith, LU Rotaract Par. 我依家讀緊BBA,得閒鐘意跑下步,腳下書,聽下歌 Nice to meet u all!!

Kitty: Halo! 我係Kitty, 朋友還會叫我「琪琪」,就讀BBA Year1. 好開心加入扶青這個大家庭及認識大家。由於經驗不足,很多事都是邊學邊做,所以大家要多多包涵及多多指教呀! ^.^

翹: Hey Hey, 我是殷愛翹, 你可以叫我阿翹, 我是嶺大扶青團的 IVP, 今次的 interflow camp 是大家的心血結晶, 希望大家 enjoy 嘍!

Winnie :hello 你地好~ 我係嶺南扶輪青年服務團的 Secretary, Winnie.

Kuen: 大家好, 我叫阿娟呀,係嶺南 roaract club 的財政, 主修會計, 希望可以同人家過一個開心的 camp

Jacqueline: 你好, 在嶺南扶青團裡, 我是負責團務服務的 Jacqueline。參加扶青, 是希望見識不同的事物, 體驗生活, 從而認識自己, 幫助別人, 真正令到自己的生命更加有意義。

Tracy: hey~ 大家好!! 我叫孟慧玲, 唔好叫我「萬寧」呀 o 下-哈哈... 叫我 tracy 嘞, 係嶺大工商管理系學生, 又係今年扶青團既 club service, 多多指教喇~~!!^^

Terry: Who am I? I am Terry. I am International Service Director of Rotaract Club from Lingnan University.

Karen: hello我係 karen-讀 Social Sciences-我係負責 international service

Gloria: hih. 我係讀 social sciences 嘅 gloria, 係 community service director...請多多指教!!!

雪香: hi, 我叫王雪香, 大家可以叫我雪香, 或者 shirley, 主修社會科學, 是嶺大扶青團的 community service director, 希望大家在這個 camp 可以學到野之餘, 又玩得開心嘞

Maranda: I am Ma Man Yuet, Miranda. I am Professional Development Director A Year 1 History student.

Big: 我係讀 LU bba 的亞 big, 係 rotaract 的 professional development director! 得閒搵我玩呀

Debby: I am debby from LU. I am Promotion. I like watching movie and reading. I am an enthusiastic and active person

Pong: Pong Promotion director, a LU BBA year 1 student

