

**WEEKLY
BULLETIN
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22nd March 2000**

**Act with
Consistency
Credibility
Continuity**

YEAR 1999-2000

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Desmond Cheung**

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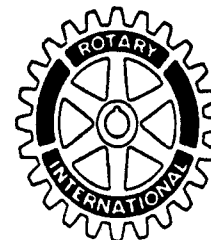
**Fellowship Chairman
Lewis Fung**

**Our 46th Year of
Rotary Service
Chartered : 6th April,
1954
by Founding President, the late
PDG (Uncle) John Yuen**

Our website address : <http://www.rotary.org.hk/hongkong-island-east>



東風



TUNG FENG

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

What Happened Last Week

The meeting got underway with President Desmond welcoming the visitors and guests to the meeting. To formalize the welcomes, Rtn Andrew II introduced them by name:

Rtn John House (Forest Hill, London)

PP Joop Litmaath (Hong Kong)

Eddie Wong (Rudy)

Dr Vincent Lee (Speaker)

President Desmond then exchanged banners with Rtn House who gave a short address to members.

The following announcements were made:

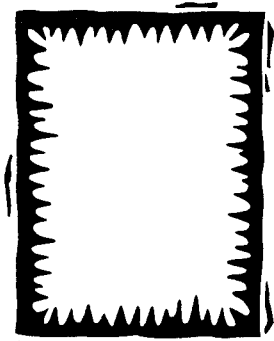
- PDG Uncle Peter reminded members that April is Rotary Magazine Month and was concerned about who (like him) was not receiving their due issues of The Rotarian. He conducted a survey to see how big the problem is. He also said that there is a lot of factual information about the Rotary organization printed every month, and that members should consult their magazine before coming to him for information.
- PE Tajwar gave a brief report on his attendance at the Presidents Elect Training Seminar (PETS). Specifically, he said that membership growth will be a major goal in the coming year. At present in Hong Kong, there are 48 clubs with 1,700 members. The intention is to increase the number of clubs, and also the membership numbers substantially - if each club could manage a net increase of 5 to 8 members, it would be a healthy growth for the year.

- PE Tajwar also announced that a District Meeting would be held at the Convention Centre on 29 June, 2000 when the new DG will be inducted , together with some new members into various Rotary Clubs.
- Rtn Kishu reported that, following the recent presentation to our Club of information on Aids, a conference on this subject will be held soon in the Arts Centre. This will be conducted by Rotaract. There will also be the inaugural ceremony for the establishment of the Rotaract Club of Lingnan University on 15 April, 2000.
- PP John reminded members of the visit by members of the Rotary Club of Makati North on 10 April and a game of golf will be fought out the following day. These members will attend our meeting on 12 April, probably play another game of golf on 13 April, and leave for home on 14 April.
- IPP C.Y. announced that he will be opening a new outlet of his New Health chain at Harbour City on Saturday, 18 March, and members were invited to attend.
- PP Joop Litmaath (RC Hong Kong) advised members that once a year he gives a performance of his jazz talents. This year, it will be conducted by the RC Hong Kong South at the Country Club on 14 April, 7:30 p.m. for anyone wishing to attend.
- Finally, President Desmond said that DG Dipo had advised that the District had resolved to make a donation to the relief effort in Mozambique, and members who would like to donate to this fund could contact Rtn C.T. Ho of RC Hong Kong North West.

Sergeant Rudy then reported that there were 20 members present and \$1,160 had been donated.

The highlight of the meeting was the introduction of the Speaker, Dr Vincent Lee by PP David Li. Dr Lee is the Director of the Hong Kong Adventist Eye Centre. Using a variety of slides, he gave members a very factual talk about the major adult eye problems and their treatment:

Cataracts refer to opacity of the eye lens. In fact, there are a number of varieties and they are the result of various causes such as smoking, age, exposure to sunlight, and diabetes. The result is blurred, discoloured, or hazy vision. Treatment is generally surgery.



Notice

We missed you on 15th March 2000!!!

- Team 1 Luk, John; Yucel, Ates
- Team 2 Chan, Kenny; Lamport, William; Li, Francis; Ling, Alex
- Team 3 Chan, Henry; Fung, Lewis; Lai, Robert; Wong, Sam
- Team 4 Chen, Andrew; Kuang, Peter; Killis, Danny
- Team 5 Ling, Thomas; Loy, Tony; Luy, Henry
- Team 6 Chan, Joseph; Chan, Paul; Chiu, Jason

19 members missing

Please makeup!!!

LAUGHS FOR THE WEEK

Two girls were on their way home from church. One of them was truly religious, but the other went to church only because of family pressure.

Suddenly two guys leapt at them from the shadows and dragged them into a dark laneway.

The religious girl raised her face to the sky and cried, "Forgive them, for they know not what they do."

The other girl said, "Sshhh! This one does!"

A drunk staggered into a pub and asked the barman for a drink.

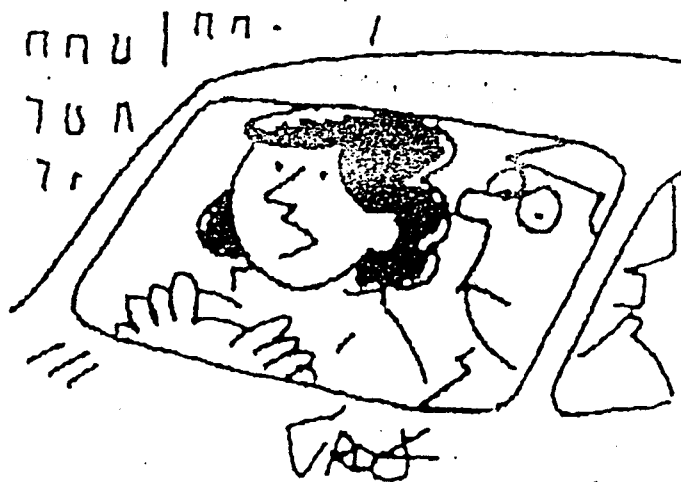
"I'm sorry, Sir," said the barman, "but I can't serve you in your present state."

The drunk left by a side exit, then returned through a back door, again staggered up to the bar and asked the same barman for a drink. He received the same answer.

Leaving through another exit and returning again through the front door, he again asked the same barman for a drink.

But his time the barman became angry. "Sir, I've told you once, I've told you twice, and now I'm telling you for the third time - you're too drunk. Now, get out of here!"

The drunk looked up and replied, "Hey, Mate, what do you do - work in every pub in town?"



"I am driving carefully - I've had the handbrake on all the way."

Club's postal address : P.O. Box 47064, Morrison Hill Post Office, HK
Make-up cards to : Miss Elsa Li, Rm 1021 Sun Hung Kai Centre, 30 Harbour Road, Hong Kong. Fax : (852) 2827 5086
Bulletin Materials to Rtn Rob Fielding Fax (852) 2774 5067

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Rotary Club of Hong Kong Island East meet each Wednesday at 12:30 p.m. in Excelsior Hotel.
Club 4350 - District 3450 of Rotary International



TUNG FENG

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



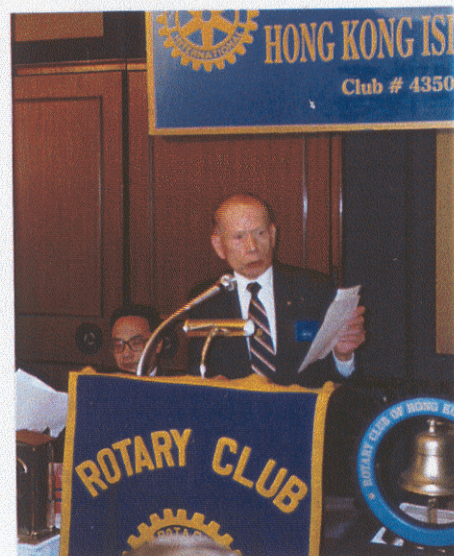
Our speaker Dr. Vincent Lee spoke to us about eye diseases.



PE Tajwar seated at the head table with Rtn John House (Forest Hill, London) & PP Joop Litmaath (HK).



Pres Desmond exchanging banners with Rtn. John House.



PDG Peter Hall giving us our weekly dose of Rotary information.



The speaker, and visiting Rotarians with Pres. Desmond & Uncle Peter on 15 March, 2000

Glaucoma is a very serious disease resulting from the build up of pressure of the aqueous humor fluid in the eye due to blockage of the drainage ducts to the eye. This causes damage to the optic nerve and blindness can occur very quickly unless it is diagnosed and treatment initiated. There are two types, chronic glaucoma caused by diseased exit ducts which progresses slowly; and acute glaucoma caused by a sudden blockage of the exit ducts. Causes are attributed to increasing age, genetic predisposition, diabetes and acute myopia. Treatment may involve eyedrops, oral medication or surgery.

Retinal Detachment refers to the tearing away of the retina from the back of the eye ball. It can be very rapid and cause severe visual loss and blindness. The incidence in Hong Kong is about 1 in 10,000 per year. Symptoms include many floaters (black specks), flashing lights, and shadow effects. Treatment involves welding the retina back using a laser beam.

Diabetic Retinopathy is suffered by those with diabetes. It refers to damage caused to the blood capillaries by excessive levels of glucose. Treatment involves the control of glucose levels (at an early stage) or laser surgery (in later stages).

Genetics and Ageing often result of blurred vision and the onset of warped images. Treatments for these conditions are generally through using sunglasses, taking anti-oxidants or laser therapy.

Refractive Surgery can be used to treat near and far sightedness, as well as astigmatism.

Finally, Dr Lee gave some tips for keeping our visual faculties in top condition:

- Eating plenty of fruit and vegetables (contain anti-oxidants)
- Use sunglasses outside
- Maintain good general health
- Have regular eye examinations
- Don't smoke
- Don't use steroid eye drops

PP George thanked Dr Lee for his very informative talk.

President Desmond then closed the meeting by proposing a toast to the Rotary Club of Forest Hill, London.