



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 -

9th April, 2008

Today we have a good turnout of 22 members and guests therefore President Laurence started the meeting at 1.23 p.m. giving more time for our members to enjoy their fellowship before the meeting. Rotarian Gilbert Fung was asked to formally introduce our visiting Rotarian, PE Francesco Cavazzoni, from the Rotary Club of Hong Kong South and Peter Tse, friend of PDG Uncle Peter. Rotarian Gilbert also introduced his friend, Ms Jenny Lau, who would be a potential member of our Rotaract Club of Hong Kong Island East.

After a round of applause to welcome our guests Ms Jenny Lau was given the chance to introduce her recent photo album published to support the charity activities of the **Médecins Sans Frontières** (無國界醫生) and have received immediate enthusiastic support from our members.

President Laurence then made the announcement that we have formally received the approval from the government that with effect from 19th December 2007 our Club, under the name of "Rotary Club of Hong Kong Island East Limited", being a charitable institution is exempted from tax under Section 88 of the Inland Revenue Ordinance. This would mean that our members' contributions for charity in Hong Kong, including our Red Box collection, would be tax exempted. Retrospective receipts to our donors for such a purpose would be arranged in due course.

Then came the highlight of the day after Hon. Secretary Norman has formally introduced our speaker, Mr. Pete To, a Doctorate candidate in Integrated Medicine Master of Occupational Therapy, Master in TCM (acupuncture and rehabilitative sciences) and a Bachelor of Science, to talk to us about Ergonomic at Work - Ergonomics is defined as the science related to man and woman and their work, embodying the anatomic, physiologic, and mechanical principles affecting the efficient use of human energy. The purpose of the talk was to let us know the basic ergonomic techniques and how to prevent injury at the work place.

Mr. Pete To gave us some very practical advices and steps to create a good ergonomic working arrangement to protect our health as follows:

Sitting

- Chair Positioning to avoid Back Strain
- Move your hips back
- Feet flat on the floor
- Hips higher than your knees
- Weight evenly distributed over your buttocks
- Maintain the curve of your lower back
- This position will allow maximum support and relieve unnecessary strain on your body throughout your work day

Easy Preventive Measures

- Don't sit in one place for a long time
- Don't sleep with too many pillows or with a pillow that's too thick
- Don't cradle the phone between head and shoulder
- When reading or typing from other materials, raise the pages to eye level
- Keep your vision prescription current

Take a Break!

- Eye breaks e.g. not more than 15 minutes working with computer screens
- Micro-breaks - move your body a bit to avoid sitting still at all times
- Rest breaks e.g. do not drive for over two hours without a rest
- Exercise Breaks e.g. exercise after every two hours of working intervals
- Ergonomic software - to alert you of the need for a break at work (free download @ <http://www.magnitude.com>)

Stretching Exercises

The benefits from stretching and exercise are many:

- Increased circulation
- Increased alertness and concentration
- Improves your posture
- Improved comfort by eliminating muscle and joint pain
- Improves your chances of preventing Repetitive Strain Injuries

Seated Stretch for the Back, Neck & Shoulders

- Shoulder Rolls
- Back Stretch
- Wide Back and Shoulder Stretch
- Forearm and Bicep Stretch
- Forearm Stretch
- Dynamic Neck Stretch
- Twisted Shoulder Stretch

Common Symptoms of Carpal Tunnel Syndrome (CTS) - an inflammatory disorder caused by repetitive stress, physical injury, or medical conditions

- Tingling sensations of the fingers
- Numbness in the finger
- Shaking the hand often relieves these symptoms
- Pain extend up to the arm
- Awakened at night, and have to shake out their hand to get the tingling in their fingers to resolve

Six Steps to prevent CTS

- Set up your keyboard so that it is flat or slightly elevated. Do not have your keyboard slanted downward
- Keep Position your screen 2 feet away from you and the top of your document should be at eye level
- your wrists straight and elbows in a 90 degree angle while typing
- Rest your wrists when you are not typing
- Take frequent short breaks rather than one long break
- Stretch your wrists before work, during breaks, and after work.

Mr. Pete Ho also have given us some useful link on the world wide web regarding addition ergonomic guidelines and information via <http://ergo.human.cornell.edu/>. The informative talk of Mr. Pete Ho aroused many immediate interests from the audience and for the benefit of time we reserved our questions to Pete to after the meeting. Director Eric was then asked to formally thank the speaker for us.

President Laurence then asked SAA Heman to report the Red Box collection of today which was amounted to HKD 1,300 this time, thanks for the generous contributions from all contributing members and guests.

Everybody was invited to take a group photo after the meeting which was adjourned at 2.10 p.m. with a proposed toast to RI, coupled with the Rotary Clubs of Hong Kong South and Hong Kong Island East.

Rotary Potpourri

Another New Paul Harris Fellow

Director Eric Chin set a good example which led our Hon. Secretary Norman Lee to become another new Paul Harris Fellow this Rotary year (2007-2008). To induce more members to follow this foot-step, we give further explanation of the Rotary Foundation as follows.

The Rotary Foundation of RI provides an opportunity for Rotarians to work for international understanding and peace. Established in 1917, the Rotary Foundation is supported by voluntary contributions of Rotarians and friends of Rotary.

Through their Foundation, Rotarians sponsor international scholarship and cultural exchanges and create humanitarian projects large and small that improves the quality of life for millions of people around the world. Through their Foundation, Rotarian sponsor PolioPlus. Rotary commitment to work with national and international health organizations on the goal of polio eradication by Rotary's 100th anniversary in the year 2005. More than one half billion children in developing nations have been immunized against polio through PolioPlus grants. We are in the last laps of the race to eradicate Polio, with 4 countries worldwide still having Polio reports. With your contributions joining the force, our mission will be completed pretty soon.

Major Donor of HKIE

It is with great delight to report that our PP Hubert C. Y. Chan, the incumbent club chairman of The Rotary Foundation had become a Major Donor (Level One) in 2007. It is certain that someone from our club will follow his yard stick.

Just for your information, a list of major donors from our club throughout these long years are listed below :

- PP Hubert C. Y. Chan (Level One)
- PDG Y.K. Cheng (Level One)
- PP Samuel Lam (Level Two)
- PDG John Yuen/HKIE (Level Four)

Electronic Make-up Questions

You can submit an electronic make-up for this missed meeting by answering the following questions:

1. How many participants we have today for the luncheon meeting?

Answer:

2. Who were our visiting guests today?

Answer:

3. Who and from which Club was our visiting Rotarian coming from?

Answer:

4. What is meant to us for the approval of the Section 88 of the Inland Revenue Ordinance?

Answer:

5. What is now the effective date for the approval of the Section 88 of the Inland Revenue Ordinance?

Answer:

6. How much we have collected for the Red Box today?

Answer:

7. Who was our speaker today?

Answer:

8. What was the subject of our speaker's speech?

Answer:

9. Who is our another new Paul Harris Fellow in our Club?

Answer:

10. Who have been our major donors to the Rotary Foundation in our Club so far?

Answer:

Name:

Email:

LAUGH FOR THE WEEK

HEADACHES

The doctor said, 'Joe, the good news is, I can cure your headaches. The bad news is that it will require castration (阉割). You have a very rare condition, which causes your testicles (睾丸) to press on your spine, and the pressure creates one hell of a headache. The only way to relieve the pressure is to remove the testicles.'

Joe was shocked and depressed. He wondered if he had anything left to live for but he had no choice but to go under the knife.

When he left the hospital, he was without a headache for the first time in 20 years, but he felt like he was missing an important part of himself.

As he walked down the street, he realized that he felt like a different person. He could make a new beginning and live a new life. He saw a men's clothing store and thought, 'That's what I need... a new suit.'

He entered the shop and told the salesman, 'I'd like a new suit.'

The elderly tailor eyed him briefly and said, 'Let's see... size 44 long.'

Joe laughed, 'That's right, how did you know?'

'Been in the business 60 years!' the tailor said.

Joe tried on the suit, and it fit perfectly. As Joe admired himself in the mirror, the salesman asked, 'How about a new shirt?'

Joe thought for a moment and then said, 'Sure.'

The salesman eyed Joe and said, 'Let's see, 34 sleeves and 16-1/2 neck.'

Joe was surprised, 'That's right, how did you know?'

'Been in the business 60 years.'

Joe tried on the shirt, and it fit perfectly. He walked comfortably around the shop, and the salesman asked, 'How about some new underwear?'

Joe thought for a moment and said, 'Sure.'

The salesman said, 'Let's see size 36.'

Joe laughed, 'Ah ha! I got you. I've worn a size 34 since I was 18 years old!'

The salesman shook his head, 'You can't wear a size 34. A size 34 would press your testicles up against the base of your spine and give you one hell of a headache!'

New suit - £400

New shirt - £36

New underwear - £6

Second Opinion - PRICELESS

Photographs of our meeting on

26th March, 2008



Hon. Sec. Norman Lee, PE Francesco Cavazzoni from RC of HK South & PE Andy Wong



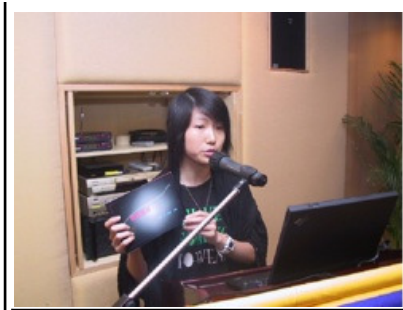
PDG Uncle Peter, Speaker Pete To & Pres. Laurence Chan



(L to R) Rtn. Gilbert, visitor Jenny, Rtn Jackal, Rtn. Eric, SAA Heman & PP David



(L to R) Rtn Peter II, PDG YK, PP Hubert, PP Stephen, visitor Peter Tse, Rtn Kenny & AG Eddy



Visitor Jenny made a lovely photo album for helping MSF (Medecins Sans Frontieres) s fund raising



Speaker Pete To gave us a very informative talk about Ergonomics at Work



Group Photo with members, visiting guests & speaker

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