



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 -

16th April, 2008

This meeting was attended by 12 members only, which allowed close fellowship with the speaker and ourselves.

President Laurence was in the chair. There was no visiting Rotarian, and our speaker was the only visitor. PP Rudy was welcomed back from Sydney. He was also the birthday boy and Rotarian John Yao was asked to lead the birthday song. Then and only then, another birthday boy was discovered, in the person of Rotarian Gilbert. Rotarian Jackal was nominated to lead the birthday song, and we sang heartily again. SAA Heman reported the intake for the Red Box at \$1,000.

The speaker, Dr Manuel Que (郭文偉), the only urologist in our area, was introduced by Rotarian Tony. Dr Que spoke to us on the topic of Male Impotence, nowadays more tacitly known as Erectile Dysfunction (ED). He gave us a good pictorial rundown of the male uro-genital system, the gross structure and the fine anatomy. Position and function of the prostate gland was explained, as the organ of semen production. Prostate enlargement comes with age, and every normal man will have some symptoms if he lives long enough. Benign prostatic hypertrophy is the problem that will set in, causing frequency, urgency, poor stream and various forms of obstruction. Sexual functions are also affected by prostate problems.

ED, contrary to popular perception, is not a problem independent of other diseases and systems. It is associated with diabetes, high blood pressure, heart diseases etc. The common denominator is the small artery in the different body parts. Narrowing of these small arteries will not only give heart attacks, strokes etc but also ED, which is often the marker for silent blood vessel diseases. The treatment, self cure and therapy, (自療即治療), first and above all, is to quit smoking - now is the best time, and zero is the safe number for cigarettes. Secondly, body weight reduction will help, and thirdly, dieting. The much publicized Mediterranean Diet is actually quite similar to the Chinese or Asian diet, with added olive oil and a stash of red wine. So, ED also stands for Endothelial (lining of blood vessels) Dysfunction, Early Detection, and Exercise and Diet. Prevention is better than cure is a time honored concept in ancient Chinese medicine, where the master treats before the disease is manifested. Prescription of the Blue Pill is still needed at times, more physically for the older people, but occasionally for the younger psychologically for confidence. Dr Que was thanked by Rotarian John Yao.

Questions flowed and the meeting had to be closed at 2.05 pm for time constraint, with a toast to RI and RC HKIE.

Rotary Potpourri

Observe Magazine Month in April

Since 1911, Rotarians worldwide celebrated April as the Magazine week and later changed to Magazine Month as guided by Rotary International. The first issue was called "National Rotarian". By action of the RI Convention in 1912, it had been named "The Rotarian" headed by RI Secretary Chesley R. Perry as its first editor.

There are 32 magazines published throughout the whole Rotary world serving 1.2 millions Rotarians in 23 languages from Asia, Africa, America, Australia and Europe. Apart from its flagship Press - "The Rotarian", the following is a list of various magazines to inform and entertain every Rotarian:

1. The Rotarian (the 1st Magazine in English)
2. Rotary Africa (English)
3. Vida Rotaria (Spanish)
4. Rotary Down Under (English)
5. Rotary Contact (Holland, French and German)
6. Brasil Rotaria (Portuguese)
7. Rotary in Bulgaria (Bulgaria)
8. El Rotario de Chile (Spanish)
9. The Rotarian Monthly (Chinese)
10. Colombia Rotaria (Spanish)
11. Rotary Good News (Czech)
12. Rotary Magazine (Arabia, English and French)
13. Le Rotarien (French)
14. Rotary Magazin (German)
15. Rotary (Great Britain and Ireland) (English)
16. Rotary News/Rotary Samachar (English & North India)
17. Rotary Israel (Hebrew)
18. Rotarv (Italy) (Italian)

19. The Rotary-No-Tomo(Japan) (Japanese & English)
20. The Rotary Korea (Korean & English)
21. Rotarismo en Mexico (Spanish)
22. De Rotarian (Dutch)
23. El Rotario Peruano (Peru) (Spanish)
24. Philippine Rotary (English)
25. Glos Rotary/Rotarianin (Polish)
26. Portugal Rotario (Portuguese)
27. Rotary Norden (Denmark, Finland, Norway & Sweden)
28. Espana Rotaria (Spanish)
29. Rotary Suisse Liechtenstein (French, German, Italian)
30. Rotary Thailand (Thai)
31. Rotary Dergisi (Turkish)
32. Revista Rotaria (Spanish)

It is mandatory that each Rotarian is required to subscribe to the ROTARIAN or a Regional magazine of their own region. The cost is only US\$12 per year. For non English speaking clubs in district 3450, they may subscribe to the "The Rotarian Monthly" issued in Taiwan in Chinese. But how many of us are reading the magazine. It is not a dry subject but with a lot of entertainments. Due to change of address, the Hon. Secretary should update such changes with RI when effecting RI dues. Members do not receive the Rotarian Magazine should contact the Hon. Secretary immediately.

Electronic Make-up Questions

You can submit an electronic makeup 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 birthday boys today?

Answer:

3. Who were the song leaders for the birthday boys?

Answer:

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

Answer:

5. Who was our speaker today?

Answer:

6. Who was asked to introduce the speaker?

Answer:

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

Answer:

8. Who was asked to thank our speaker?

Answer:

9. How many magazines are being published throughout the whole Rotary world?

Answer:

10. How many languages are being used to publish magazines in the Rotary world?

Answer:

Name:

Email:

LAUGH FOR THE WEEK

HEADACHES

An elderly gentleman went to the local drug store and asked the pharmacist for the little blue "Viagra" pill.

The pharmacist asked "How many?"

The man replied, "Just a few, maybe a half dozen. I cut each one into four pieces."

The pharmacist said, "That's too small a dose. That won't get you through intimacy."

The old fellow said, "Oh, I'm past eighty years old and I don't even think about intimacy much anymore. I just want it to stick out far enough so I don't pee on my new golf shoes."

Photographs of our meeting on

16th April, 2008



Rtn John Yao led the birthday song

Gilbert Fung



Rtn Tony gave an introduction of our speaker

Dr. Manuel Que gave us a very interesting & informative talk on man's health



Group photo with members & speaker

[previous](#) [home](#)