



東風



Tung Feng

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What Happened Last Week

With a declaration "SARS is over", IPP. Stephen initiated the opening of HKIE 43rd Rotary meeting of the year. There was no guest/visiting Rotarian present at the meeting. Today's birthday boy was PP. C.Y. and PE. Henry led the birthday song to celebrate this splendid occasion. Next, IPP. Stephen announced that the upcoming board meeting would be held on Thursday May 15 at the Rotary Information Centre ("RIC") at Causeway Bay. All non-board members were encouraged to attend and to join the fellowship dinner gathering afterward.

Rotarian John V then took the rostrum to formally introduce our very own Dr Stephen Chow as the speaker of the day. After receiving his medical degree in 1990, Rotarian Stephen returned to Hong Kong to start his own medical practice in 1996. As a cosmetic dermatologist or cosmetic physician, Dr Stephen promotes skin health and beauty among his patients. People visit their cosmetic dermatologist for the following reasons:

1. Acne
2. Whiter, firmer, Smoother skin
3. Various dark discoloration on face and body
4. Remove moles or simply "lumps"
5. Sanding out unevenness scars
6. Remove blotchy red skin
7. Altering face contour: bump up and shrink down
8. Remove tattoos
9. Hair Removal
10. Male Baldness

There are many forms of medical treatment cosmetic dermatologists have under their disposal to help their patients. Chemical peeling, dermabrasion (surgical sanding), micro-dermabrasion, lasers, cauterisation (w/ a medical welder), intensified pulsed light, Botox, collagen filler,



THE ROTARY CLUB OF HONG KONG ISLAND EAST

香港東區扶輪社週報

Club 4350

District 3450

Chartered on 6 April, 1954 by Charter President
PDG (Uncle) John Yuen

hyaluronic acid filler gel and topical/oral ingredients are some of the common treatment procedures. Rotarian Stephen went on to describe and show us the many successful cases of one particular type of treatment: Carbon dioxide (CO2) laser. CO2 laser is an effective way to remove moles and "lumps" on the skin. Lasers work by producing an intense beam of light energy that travels in one direction. The CO2 laser treatment is a relatively quick procedure and is most commonly performed under local anesthesia with sedation. During the procedure, the activated laser is carefully passed back and forth. The laser beam gently vaporizes and removes skin tissue layer by layer as the beam passes over the targeted area. When the procedure is over, protective cream is applied on the skin surface to promote healing. Looking at the case samples Rotarian Stephen cited, members noticed a dramatic difference for patients pre/post laser treatment. Patients who had received the treatment to remove moles ("naevi") or lumps ("seborrheic warts") showed a much "cleaner" looking face afterward. It was a very informative talk indeed.

IPP Stephen ended the meeting with a toast to Hong Kong Island East.

Rotary Information

The RI Board Decisions

The February 2003 meeting of the RI Board of directors has approved the following recommendations :

Administration

1. The board introduced more flexibility into its criteria for districting. The Districting Committee will now look with favour on proposals for the creation of additional districts with at least 60 clubs and/or 2100 Rotarians that demonstrate a potential for growth to at least 75 clubs and 2700 Rotarians in the next ten years. In reviewing districting proposals, the committee will also consider leadership development, district governance, training, cultural and ethnic factors, and geographical distances involved, as well as financial and economic conditions.
2. Noting that few districts have agreed to consolidate in recent years, the board approved additional incentive for district consolidation. The savings that accrue to RI from the merging of particular districts will now be allocated to the service projects of the newly merged district for a period of two years. Consolidated districts will receive prominent coverage in major Rotary publications and district leaders will be appropriately recognized.
3. The board agreed that new clubs will not be chartered with fewer than 20 members unless there are special and sufficient reasons for doing so.

4. The board amended its policy to define clearly the manner in which Rotary trademarks and emblems may be used on the Web sites of Rotary entities such as clubs, districts, and multi district activities. The board noted that a Rotary entity's Web site is like any other "publication". Therefore, whenever the name "Rotary," the Rotary emblem, or other Rotary marks are used, a further identifier of the Rotary entity involved must also be included.

Membership & Extension

1. The board agreed in principle to a Club Leadership Plan designed to foster effective clubs. Scheduled to be tested beginning in 2003-04, the plan sets forth a committee structure based on five basic functions of a club; membership, club public relations, club administration, service projects, and The Rotary Foundation.
2. Recognizing that some clubs are not fully aware of the function of club assemblies, the board approved guide-lines regarding the purpose, discussion topics, scheduling, and possible outcomes of such meetings.
3. The board requests clubs to consider the advantages of devoting one regular meeting each month to imparting Rotary information, Rotary education, and leadership training.
4. Governors are encouraged to explore the feasibility of creating a permanent district office and hiring an administrative executive officer for assistance.
5. In planning their district conference, governor-elect are encouraged to consider novel approaches and to select a venue that allows for an increase in attendance.
6. The board strongly encourages Rotary clubs seeking to carry out humanitarian projects in non-Rotary countries to coordinate with the ad hoc Extension to Non-Rotary Countries Committee so that such efforts are conducted in a structured manner and in harmony with local needs.
7. The board lifted the moratorium on extension activities in Uzbekistan.

Special News

IPP Stephen sustain an injury to his shoulder bone on 16th May. He is all right now after surgery done by Dr. Tony Loy to mend the broken bone. The surgery was done in the evening of 16th and he is resting comfortably at St. Paul's hospital. The club has sent him a floral bouquet wishing him speedy recovery. He is expecting to leave the hospital tomorrow (the 18th of May).



LAUGH FOR THE WEEK

A guy was sitting quietly reading his paper when his wife walked up behind him and whacked him on the head with a frying pan.

"What was that for?" he asked. "That was for the piece of paper in your pants pocket with the name MaryEllen written on it," she replied.

"Two weeks ago when I went to the races, MaryEllen was the name of one of the horses I bet on," he explained. "Oh honey, I'm sorry," she said. "I should have known there was a good explanation."

Three days later he was watching a ballgame on TV when she walked up and hit him in the

head again, this time with the iron skillet, which knocked him out cold.

When he came to, he asked, "What the hell was that for?" She replied "Your horse called."



YEAR 2002-2003

Co-Chair PP Stephen Liu	Vice President Randy Lee	President Elect Henry Chan	President Clara Ho	Secretary Daisy Wong	Treasurer Clara Li	Advisor PP Peter Hall
Director PP John Kwok	PP George Leung	Laurence Chan	Paul Chan	Jason Chiu	Danny Kilis	PP Connel Day PP Thea Lee

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**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m. AT
EXCELSIOR HOTEL, CAUSEWAY BAY**



This week's speaker was our own Dr. Stephen Chow who gave a vocational talk entitled "Dr. for Health ; Dr. for Beauty, What can we do? Talk 1 Laser removal of ugly lumps from your face."



At the left head table were seated PDG Uncle Peter, our guest speaker Dr. Stephen Chow, & Acting Pres. IPP Stephen.



At the right head table were seated Hon. Sec. Eddy, PP C.Y., & PP John IV.



This week's birthday boy was none other than PP C.Y. Fu, here receiving his birthday present from IPP Stephen & his birthday song lead by PE Henry.



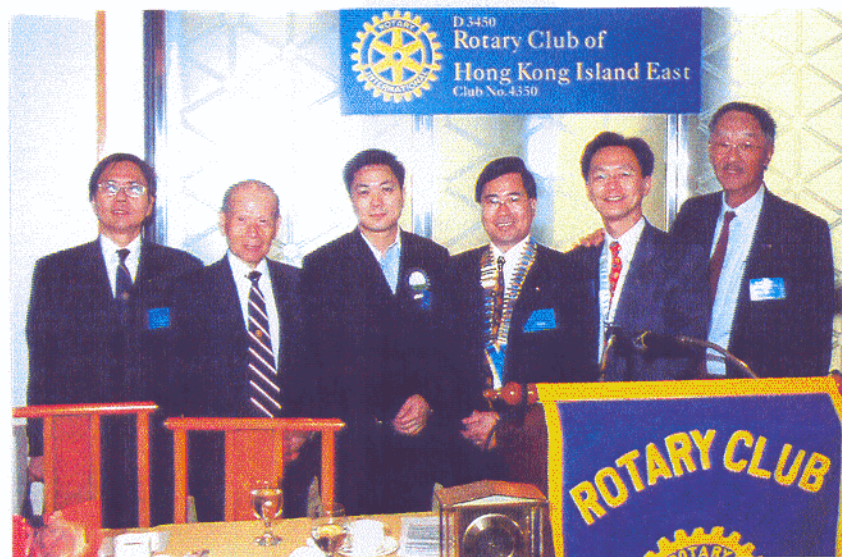
(L to R) Rtn Danny, PP J.L. & Rtn Heron smiling for the camera.



(L to R) Rtn Francis, PP Hubert, PE Henry, Rtn Alex, Rtn Danny, PP J.L. All enjoying the meeting.



(L to R) Dir. Laurence, Rtn John V, VP Rudy, Dir Jason, Rtn. Dr. Tony, VPE Robert all enjoying the meeting.



Group picture with PDG Uncle Peter, guest speaker Dr. Stephen, IPP Stephen & Rotarians on 14th May, 2003.