



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 -

2nd June, 2010

The Rotary Bell rang at 1:05pm and the luncheon started with President Norman in the chair. He was obviously having a countdown to the end of the term, and was looking forward to a less hectic year ahead. Of course, we all can hope...

16 members were in attendance, with one visiting Rotarian Marcos Augustto, RC of São Paulo-Tatuape, District 4430, arriving towards the end of meeting. Marcos hailed from San Paulo, Brazil, and we were able to have his presence in the group photo.

There were quite a few visitors, namely, Wyatt ("fastest gun in the West") son of Rtn Peter II; Sharon sister of Rtn Jonathan; Alice and Miranda, sisters (estimated to be younger sisters) of Sec Dr Eric; Mr. William Wong, guest of Hon Sec. Eric, RYLA scholar Naveed; and the speaker Dr KH Mak. No birthday member was present in the meeting.

President Norman reported the trips made to Beijing and Hebei.

He together with Chief District Secretary PP Eddy and IPP Andy joined the district delegation to Beijing for the completion of the Hepatitis B Project.

President Norman together with IPP Andy and PP George went to Fu Ping in Hebei to visit the school girls there and meet with the local officers of the Education Bureau to explore the existence of needs there to help the school girls with the remaining funding of our project. Further opportunities once identified would be reported to our members after discussion made in our board meeting.

Pres. Norman further encouraged our members and their invited guests to attend the District Luncheon Meeting to be held on 18 June, 2010 in which the Honorable Mr. Donald Tsang, Chief Executive of the HKSAR will be our speaker and the event will be aired live on TV.

Pres. Norman announced that he would organize a trip on 13th to 15th June to visit the School in Longchuan, Yunnan to oversee the work completion of the Water Project there and submit the follow up report after the visit.

Pres. Norman further declared that he together with International Service Chair Anthony and Rtn. Teresa have arranged a project-end visit to Changing Young Life Foundation Center in Pak Tin, Kowloon with the following purposes:

1. Meet the CYLF manager to review the project performance
2. Take photo with beneficiaries students (with their agreement in advance sought by Changing Young Life Foundation)
3. Chat with students to get their feedback of this tutorial project.

The meeting and visit will be June 9, 2010 Wednesday after our lunch meeting.

This project is a joint project with RC of Osaka Jonan sponsoring 40 underprivileged/single parent/ new immigrants' students under tutorial project for building up their confidence in school works from Oct 2009 to June 2010. Rotarctors from Lingnan University have also provided tutorial volunteers to help the teachers and students.

The District Installation will be held on 2 July and our regular meeting on 30 June will be moved to the District

Installation, Pres. Norman encouraged our members to attend.

On 14th July this year our sister Club, RC of Makati North, has invited us to attend their Induction Ceremony in Manila and interested members please enroll to Pres. Norman.

The Red Box collection was announced by Acting SAA PDG Uncle Peter at \$1,500, including contributions from our Speaker and guests.

The Rotary Youth Leadership Award Scholar, Naveed Yasir Ahmed, from Polytechnic University of HK, who attended the RYLA Camp and was voted the best Rylarian, shared with us his experience and gains from the Camp. The Camp was for the teenage to come together and share views. With 4 days and 3 nights, they stayed at the 5-star hotel of Noah's Ark, and a Salvation Army Youth Hostel for the contrast of rich and poor accommodations. They learned time management, leadership training, communication skills, etc. He presented his experience in the District Conference and also in various local Rotary Clubs.

The main speaker was introduced by Rtn Tony. Dr KH Mak is the consultant orthopaedic surgeon and chief of service of the Department of Orthopaedics and Traumatology of the Kwong Wah Hospital. He was coming to speak to us in the capacity of the President of the Osteoporosis Foundation of Hong Kong.

The Foundation consisted of doctors, social workers, and paramedical personel, with the purpose of education and promotion of awareness of osteoporosis in HK. It runs lectures, seminars, projects, carnivals for the prevention and treatment of the problem, and is in liaison with the International Foundation of Osteoporosis.

The problem is increasing in HK, especially in the post-menopausal ladies. But even younger females are more and more at risk nowadays as they seek to slim down (thus not eating the proper diet, with low calcium and vitamin-C intake), smoking cigarettes and drinking lots of coffee, refraining from exposure of sunshine and physical exercise. It has been proven that the Oriental diet can be deficient in Vitamin-D and calcium.

By the time the problem is manifested in a bone fracture, it is already too late for prevention. 6,000 people have hip fractures a year in HK, on top of similar numbers of spine and wrists fractures, making up to some 30,000 cases per year. For hip fractures patients, 3-5% will die in one month, and 20-30% will die in one year. Only 50% can remain independent living and movements afterwards. The incidence for men and women become equal after age 70.

Treatments start with prevention and early diagnosis. Presently, the problem can be treated by various types of medication, such as, hormonal replacement, selective oestrogen receptor modulator, bisphosphonates, parathyroid hormone etc. Some are oral medicine and some by injections. Other methods of help include exercises to improve balance, proper shoe wear, environmental issues such as holding bars, non-slipping floor surface etc. The Carnival ran in 2009 attracted some 5,000 participants.

The amount of interest generated was great and many questions followed. He was then formally thanked by PP Stephen. A toast was proposed for RI and the RC of HKIE. The meeting was closed at 2:05pm after a group photo was taken.

Rotary Potpourri

Suggestions for the Sponsor of the new member

As we are intending to recruit new members to our club, herewith are a few suggestions for the sponsor, viz.,

1. Introduce him/her to the club officers,
2. Introduce to him/her the committee structure and when he/she is assigned to such committee,
3. Provide him/her with a thorough knowledge of Rotary,
4. Instruct him/her on attendance requirement,
5. Accompany him/her to their first make-up at other clubs,
6. Assist him/her with their "Vocational" talk,
7. Explain to them The Rotary Foundation,
8. Explain the significance to them to attend district conference,

9. Keep interested and in communication with them.

Electronic Make-up Questions

You can submit an electronic makeup for this missed meeting by answering the following questions:

Name:

Email:

1. How many members have attended today ?

Ans)

2. Who was our visiting guest from overseas and from which Rotary Club ?

Ans)

3. Who has brought the most no. of guests today and name one of the guest's name ?

Ans)

4. Who has brought along a son to the meeting and what is the son's name ?

Ans)

5. Who did our incoming Hon. Secretary Jonathan bring to the meeting today ?

Ans)

6. Who was our acting SAA and what was the Red Box collection ?

Ans)

7. Name any two of the announcements made by Pres. Norman today ?

Ans)

8. Who was our speaker today and what organization he came from ?

Ans)

Joke

Subject: computer proficiency

Jesus and Satan were having an on-going argument about who was better on the computer. They had been going at it for days, and frankly God was tired of hearing all the bickering.

Finally fed up, God said, 'THAT'S IT! I have had enough. I am going to set up a test that will run for two hours, and from those results, I will judge who does the better job.'

So Satan and Jesus sat down at the keyboards and typed away.

They moused.

They faxed.

They e-mailed.

They e-mailed with attachments.

They downloaded.

They did spreadsheets!

They wrote reports.

They created labels and cards.

They created charts and graphs.

They did some genealogy reports

. They did every job known to man.

Jesus worked with heavenly efficiency and Satan was faster than hell.

Then, ten minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, rain poured, and, of course, the power went off.

Satan stared at his blank screen and screamed every curse word known in the underworld.

Jesus just sighed.

Finally the electricity came back on, and each of them restarted their computers. Satan started searching frantically, screaming:

'It's gone! It's all GONE! I lost everything when the power went out!'

Meanwhile, Jesus quietly started printing out all of his files from the past two hours of work.

Satan observed this and became irate.

'Wait!' he screamed. 'That's not fair! He cheated! How come he has all his work and I don't have any?'

God just shrugged and said,

JESUS SAVES....

Photographs of our meeting

on

2nd June, 2010

Luncheon Meeting Photos on 02 June, 2010



Visiting guest Mr. William Wong, CDS PP
Eddy Wong & PP Laurence Chan



PP Laurence Chan, PP Tim Lui & IPP Andy
Wong



Incoming Hon. Sec. Jonathan Lamport & his sister Sharon Lamport



PP Stephen Liu & visiting guest Wyatt Yeung (Son of Rtn. Peter Yeung)



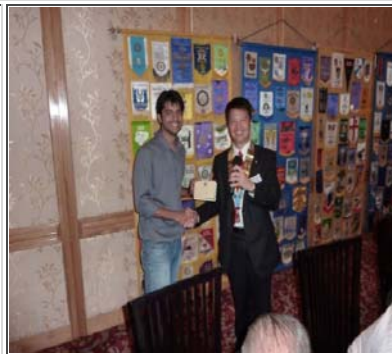
PP Paul Chan & visiting guests, Alice Chin Miranda Chin, (Sisters of our Hon. Sec. Dr. Eric Chin)



Rtn. Tony Loy, Rtn. Peter Yeung & PP Desmond Cheung



PDG Uncle Peter reported the Red box collection



Pres. Norman thanked the RYLA, Naveed Yasir Ahmed's presentation



Rtn. Tony Loy introduced the guest speaker of the week



Guest speaker Dr. Man Kan Hing gave us talk about Osteoporosis



Pres. Norman Lee presented a gift to thank Dr. Mak's talk



A Brazilian Rotarian came to visit us after the meeting



Group photos with members, visiting guests & guest speaker

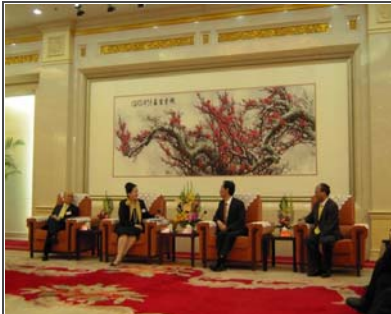
Hebei Mountain School Girls Project Photos on 28 May, 2010



Hepatitis-B Project Finale Beijing Visit Photos

30 May - 01 June, 2010







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