



# 東風 Tung Feng



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**8<sup>th</sup> June, 2011**

## Last Week's Proceedings - 1<sup>st</sup> June, 2011

The 46<sup>th</sup> meeting of this year started on time with President Heman expressed his special welcome to our speaker Dr. Ng Fook Hong.

The President then invited PE Eric to introduce his better half Christine, his friend Mr. Tony Hau, PhD cohort (a potential new member in the near future), Dr. David KC Ng and Dr. Dennis KC Wat. Rtn William Wong then introduced his guest Mr. Jonah Cheung (going to be our new member in July).

President Heman also welcomed back Rtn. Jason Chiu, Rtn. Peter Yeung and PP Tim Lui after the introduction of guests.

The following announcement was made by the President afterward:

1. PN Nancy, PE Eric and Pres. Heman will join the District's Beijing trip which to be held from 12-14 June. If any Rotarian is interested, registration with HS Jonathan and PP Andy is recommended.
2. Our next District Inauguration Ball will be held on 8<sup>th</sup> July, we have committed 3 tables for the event. PP Eddy is the chair, and IPP Norman will be the head of SAA team. Please show our support for this important event.
3. The fruit basket has been delivered to the hospital and Rtn. Lawrence Ho expressed his gratitude to the cares and concerns of our members and he wants to be back to our regular luncheon meeting as soon as possible.
4. PE Eric thanked all who participated in the stock take last week, in particular, PP John Kwok, PN Nancy, Rtn. William Wong, SAA William Leung and our member-to-be Jonah Cheung.

**THE ROTARY CLUB OF HONG KONG ISLAND EAST LTD.**

**香港東區扶輪社週報**

**Club 16340**

**District 3450**

**Chartered on 06 April, 1954 by Charter President**

**PDG (Uncle) John Yuen**



5. Pres. Heman also presented the online make up session on RC HKIE website.

Sergeant-at-arms William Leung reported the Red Box collection was \$1200.

The speaker Dr. Ng Fook Hong was introduced by Rtn Tony Loy. The topic of his talk is: Common Gastrointestinal & Liver Disease in HK- Prevention of cancer.

Dr. Ng started his talk by discussing the relationship between the bacteria Helicobacter Pylori with ulcer and cancer of the stomach. He stressed the importance of the eradication of this bacteria in the prevention of stomach cancer.

He then explained how the acid from the stomach can go back to the esophagus to cause the so-called Gastro-esophageal reflux disease and how this disease can progress to cancer of the esophagus.

The next topic for discussion is on the growing risk of cancer of the colon in Hong Kong. He stressed that this cancer can be prevented by regular examination of the colon with a procedure called colonoscopy. This involved the passage of a long flexible tube with fiber optic inside so that the lumen of our colon can be seen and any polyp should be removed before they can be transformed into cancer.

His final topic for discussion is on the prevention of liver cancer by treating people who are carriers of the virus Hepatitis B with anti-viral agent. About 20% of patients with chronic hepatitis B infection will progress into cirrhosis of liver (肝硬化). 6-15% of patients with cirrhosis of liver will develop cancer of the liver. With treatment employing anti-viral drugs, chances of cirrhosis and cancer of the liver can be much reduced.

Following the interesting talk by Dr. Ng Fook Hong, Rtn John Yao expressed his gratitude for all of us as we all found the talk very educational.

The speakers of next week will be the Awardees from Asian Social Innovation Award as announced by the President. They will come and share with us their experience.

Meeting was adjourned at 2pm with a toast to RI coupled with RC Hong Kong Island East.



## Rotary Potpourri

Another piece of District 3450 Landmark in Hong Kong

Following the last report, below please find a 2nd Rotary Landmark in Hong Kong for general information.

Shek Kwu Chau Rotary Monument - This monument stands on Shek Kwu Chau Treatment and Rehabilitation Centre which is about an hour and half boat ride from Central or 20 minutes from



Cheung Chau island. Running by the Society for the Aid and Rehabilitation of Drug Abusers, the Shek Kwu Chau Treatment and Rehabilitation is aimed for male drug abusers. All facilities were built by residents and voluntary organizations like Rotary. The top of the monument spins by wind and illuminated at night, is visible to all boats entering and leaving Hong Kong. The island is open to visitors.

### Inter-school Hip Hop Dance Competition

Anti-Drug - Hip Hop Dance Project ended with Performance in Park Central (May 8, 2011) and Inter-School Hip Hop Dance Competition (May 18, 2011).

We sponsored the Hip Hop Dance training program to St. Louis Primary School and Holy Carpenter Secondary School, a total of 50 Students as a programme to deliver anti-drug message via healthy sport and training with fun. Youth Outreach sent their professional instructors from School of Hip Hop. The program last for 6 months with over 20 classes to enable students to build up team learning and developed a positive healthy life to away from drug temptation.

On May 8, 2011, 50 Students were arranged to perform at Park Central, Tseung Kwan O as a graduation performance. They performed with their full hearts and won a big round of applause from the audiences in the shopping center. The students of Hip Hop School of Youth Outreach have also participated one performance. Finally, the Instructor team also demonstrated their sophisticated dance steps and advanced skills which impressed all the audiences. President Heman and PE Eric attended the event and presented the awards to students with good result and positive learning attitude.

On May 15, 2011, 25 Holy Carpenter Secondary School (HCSS) students participated in the Inter-School Hip Hop Competition in the Youth Outreach Headquarters in Sai Wan Ho of Hong Kong Island. There were teams from over 40 schools. After training for months, the HCSS team performed in flying color with full confidence. President Heman and PE Eric attended the witnessed their performance and shared the joy with them.

Please see photos of the project events enclosed in this bulletin.

### JOKE FOR THE WEEK

#### **Subject: Physical Examination**

After the eighty-three year old lady finished her annual physical examination, the doctor said, "You are in fine shape for your age, Mrs. Mallory, but tell me, do you still have intercourse?"

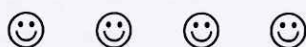
"Just a minute, I'll have to ask my husband," she said..

She stepped out into the crowded reception room and yelled out loud: "Henry, do we still have intercourse?"

And there was a hush! You could hear a pin drop.

Henry answered impatiently, "If I told you once, Irma, I told you a hundred times... What we have is.....

Blue Cross!!"



### YEAR 2010 - 2011

<i>President</i>	<i>Vice President / President Elect</i>	<i>Secretary</i>	<i>Treasurer</i>	<i>Ex-Officio</i>	<i>Advisor</i>	
Heman Lam	Eric Chin	Jonathan Lamport	Colin Chau	Norman Lee	Peter Hall	
<i>Directors:</i>					<i>PP Council Rep</i>	
Laurence Chan	John Kwok	Rudy Law	Kevin Leung	Andy Wong	Nancy Yee	Andrew Chen

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**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.**





(L to R) Uncle Peter, Guest Speaker Dr. Ng Fook Hong and Pres. Heman.



(L to R) PE Eric, PN Nancy, & PP John IV



(L to R) PP Li, Rtn. Jason, & Dr. Tony Loy



(L to R) Dr. Freddie Wu & IPP Norman.



(L to R) SAA William, PP Tim & Rtn Peter II.



Rtnne Christine, Rtn William II & guest Jonah Cheung





Guest Tony Hau, PP Laurence, &  
Rtn John V



PP Stephen and the two guests of PE Eric Dr.  
David Ng and Dr. Dennis Wat.



Rtn Anthony & Rtn Teresa Ho



Pres Heman presenting a souvenir to the  
speaker of today Dr. Ng Fook Hong.



SAA William making his report.



PE Eric with his two guests Dr. David Ng and  
Dr. Dennis Wat



Group Photo of our meeting on the 1<sup>st</sup> June, 2011.





## Inter-school Hip Hop Dance Competition



The venue, Youth Outreach Headquarter, Sai Wan Ho.



Our dancers from Holy Carpenter Secondary School with PE Eric and Pres. Heman



PE Eric, Lawrence Chan, William Pang, and Pres. Heman (from left)



Our dancers in action