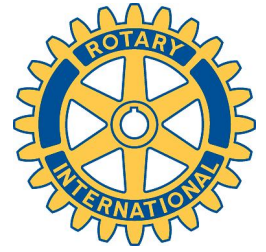




東風 Tung Feng



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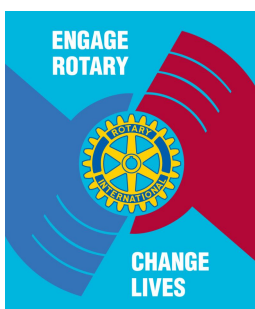
Last Week's Proceedings – 11th June, 2014

President Jonathan started off the meeting at 1:05 pm and welcomed every Rotarian attending the meeting. He made a special welcome to DGN Dr. Peter Pang from RC of New Territories. He also welcomed back our PP Uncle John Kwok who had gone to US to visit his 104 years old mother. There were two guests Mr. Myron Yau who would be the speaker for today and his colleague Mr. Ronald Chan.

There were three birthday boys / girl for today and they were Rtn John Yau, Rtn Dr. Freddie Wu and Rtn Teresa Ho. The birthday song was led by PP Uncle John Kwok with his sexy voice.

President Jonathan made the following announcements:

1. District 3450 has launched a PPE programme - Preserve Planet Earth campaign. Our Rotarian Raymond and Rotarian Charles are the PIC for the upcoming event on June 26th. The PPE initiative is asking 3 volunteers to participate from our club in the WWF Coast Watch Programme, which will be held on June 26th 2014. For members who are interested, please contact PIC Raymond and Charles before June 19th 2014.
2. District Installation 2014-15 will be held on Friday, 4 July 2014 at Regal Airport Hotel at 7pm. Our club reserved a platinum table and one gold table. We will celebrate this memorable installation with great joy through music performance, wholesome food and fellowship.
3. Rotaract Club of HKCCSU will have a service trip to Zhaoqing and have a visit to Zhaoqing Du Tao School from 22 to 24 June, 2014, members who would like to support the HKCC Rotaractors, please contact Dir William.



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**

Rtn Raymond Chu had become a Paul Harris Fellow and President Jonathan invited DGN Peter to present a PHF pin to him.

Then it was the EGM time for our Club and PE Norman took over the forum and briefly explained the background and the detail of the proposed resolution:

- To adopt the amended Byelaws (passed pursuant to Article 33 (e) of the Articles of Association and change of the club due from \$3,000 per half year to \$3,500)
- To change the regular meeting schedule for the first week of every month to a dinner meeting.

Recording Secretary Rtn Avis Kong announced that there were a total of 21 members attended the meeting and had the quorum.

There were some questions and clarification from members on the proposed resolutions and it was duly answered.

Then PP Andrew took over to chair the EGM and the two resolutions were passed without any objection.

The acting SAA IPP Nancy reported a total collection of \$1,900 for the Red Box.

The highlight of today program was the presentation by Mr. Myron Yau of HK BioTek..

Rtn Charles formally introduced the speaker and the subject of the talk was “The Fad Diets in Hong Kong”.

Myron is a nutritionist and his company HK Bio Tek Ltd is from Seattle USA.

The company has been set up in Hong Kong for over 10 years and has over 350 professional healthcare partners in HK and Macau.

He first asked what did diet do for us? i.e. for enough energy and for enough nutrients. Then it works out to:

- What you eat
- How much you eat
- When you eat.

The barbers were both afraid to start a conversation, for fear it would turn to politics.

As the barbers finished their shaves, the one who had Blair in his chair reached for the aftershave.

Blair was quick to stop him jokingly saying, "no thanks, my wife, Cherie, will smell that and think I've been in a brothel."

The second barber turned to Cameron and said, "How about you" Mr. Cameron?"

Cameron replied, "Go ahead; my wife doesn't know what the inside of a brothel smells like".



| YEAR 2013-2014 | | | | | | |
|-------------------------------|-------------------------|-----------------------------|--------------------------|----------------------------|-------------------------|------------------------------|
| <i>President</i> | <i>Secretary</i> | <i>Treasurer</i> | <i>Ex-Officio</i> | <i>Club Advisor</i> | | |
| Jonathan Lamport | Avis Kong | Laurence Chan | Nancy Yee | Peter Hall Henry Chan | YK Cheng Hubert Chan | |
| <i>Directors:</i> | | | | | | <i>PP Council Rep</i> |
| John Kwok | Eric Chin | Stacy Ho | Heman Lam | Norman Lee | William Wong | Andrew Chen |
| <i>Service Chairs:</i> | | | | | | |
| Anthony Kwong | Kevin Leung | Dr. Freddie Wu Teresa Ho | | Sharon Lamport | | Laurence Chan |

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Club website: <http://hkie.rotary3450.org>

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c/o Li, Tang, Chen & Co., 10/F, Sun Hung Kai Centre, 30 Harbour Road, Wanchai, Hong Kong

Tel : (852) 2827 8663 (ext.176) Fax : (852) 2827 5086

**ROTARY CLUB OF HONG KONG ISLAND EAST MEETS EVERY WEDNESDAY, 12:30 p.m.
at Regal Hong Kong Hotel, Causeway Bay, Hong Kong.**

Tung Feng Bulletin for 11 June, 2014



(L to R)DGND Eric Chin and DGN Peter Pang



PP PE Norman Lee, Guest speaker Myron Yau of HK Biotek and AG Heman Lam



(L to R)Dr. Freddie Wu, PP Norman, Dr Raymond Chu, & Newest member, Rtn Chris Kyme.



Three Doctors in our Club, Dr's. Tony Loy, Freddie Wu and Raymond Chu.



Pres. Jonathan leading our meeting for today



PE PP Norman conducting our EGM today



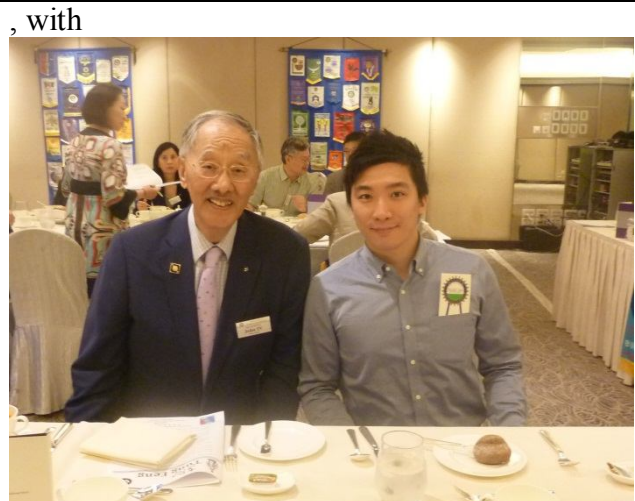
(L to R) Rtn Jason Chiu and Dr Tony Loy



(L to R) Rtns. Teresa Ho, Kevin Leong and PP Paul Chan



(L to R) PP's Stephen Liu, Andrew Chen, & Rtn Jason Chiu.



, with

PP John Kwok sitting with guest Ronald Chan from HK Biotech.



(L to R) Dir William Wong, IPP Nancy Yee, & Dr Raymond Chu.



(L to R) Rtn Chris Kyme, Rtn Charles Man and Dr Freddie Wu.



Pres. Jonathan presenting Dr Chu his Paul Harris Pin, witnessed by DGN Peter Pang and DGND Eric.



Pres. Jonathan pinning Dr Raymond Chu



Today's birthday boys and girl cutting their cake are Dr Freddie Wu, Teresa Ho and John Yao.



Today's guest speaker Mr. Myron Yau giving us insight into nutrition.



Group photo of our meeting of 11 June, 2014