



東風 Tung Feng



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22nd August 2012

Last Week's Proceedings - 15th August, 2012

Pres. Nancy Yee called the meeting to order at 1p.m. and welcomed back PP Henry Chan, PP Hubert Chan and PP Paul Chan. Of course PP John Luk turned up later as the luncheon speaker was none other than his better half, Dr. Andy Cheung Kit Ying. We also had Rtn John Yao's daughter Desiree to join us, who was a clinical psychologist and purposely to come for Andy's talk.

PP Tajwar Shadikhan introduced his guest Morris Mak and Pres. Nancy recognized a visiting Rotarian Lisa Hemmat from RC of Manhattan Beach of Los Angeles, who came with her friend Chris Mirosevic, being a restaurateur to exhibit in the HK Food Expo. Pres. Nancy exchanged banners with Rtn Lisa thereafter.

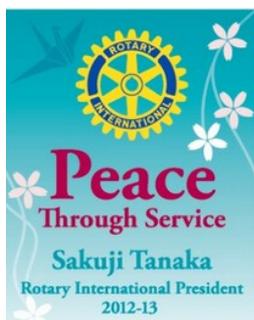
Pres. Nancy made the following announcements:

August is the Membership and Extension Month. Apart from recruiting new and quality members, retaining OUTSTANDING Rotarians is vital.

August is also the perfect month to organize the following:

1. District Membership Seminar - Aug 25

This year's seminar will take a closer look at what recruitment and retention strategies can be implemented; and what best practices can be used.



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

Date: Saturday 25 August 2012

Time: Lunch starts at 12:30 p.m. followed by seminar at 2:00 p.m. (expect to finish by 5:30 p.m.)

Venue: Regal Hong Kong Hotel, Causeway Bay

Cost: HK\$400 per head

Targeted participants: President, President-elect, President-nominee/Vice President, Club Secretary, Club Membership Chairs, AGs and DAGs

PIC: PP Norman Lee

2. District PR Workshop - Sept 1

Date : 1st Sept 2012 (Saturday)

Time : 2 pm to 6 pm

Venue : The Hong Kong Management Association, 66 Gloucester Road, PICO Tower, Wanchai

Fee : free

PIC: Rtn. Teresa Ho

3. DG's visit to Mongolia- Sept 14 – 17

PP Norman couple and me have enrolled

PIC: PP Andy Wong

District GSE Program -

Outbound team:

- 15th March - 16th April 2013
(District 9640 conference – 12-14 April 2013)

Inbound team :

- 15th April - 15th May 2013
(District 3450 conference - 27/28 April 2013)
- Team leader application submit by end of July
- Selection interview schedule on 1st week of August
- Announcement the result on next JPM
- Team member application submit by end of October
- Selection interview schedule on 1st week of November

For details, please refer to email we send lately and interested party please contact me either by email or call.

Club Announcements:

1. The cheering team on Aug 26 at 6pm

Two students from Choi Jun will take off to London to attend the Paralympics Games of swimming.

To show our support and encouragement, a cheering team is set up and will arrive at the airport on Aug 26 at 6pm. Do come to give support to our Adopt-a-school students.

For details, please contact PP Andy who is the advisor of this school

SAA Jonah reported the Red Box collection to be HK\$1,100.

PP Eddy made an introduction of Dr. Cheung Kit Ying, Andy who had qualifications of MBBS, DCH, DFM, FHKCFP, FRACGP, FHKAM (Family Medicine), MSocSc (couns) SA – being a specialist in Family Medicine with special interest in mental health.

Andy gave us a presentation of “Preventing dementia: how to keep your brain healthy”. Her interesting statistics to start the topic was about the population in HK above age 65:

By 2011, still less than one million people, about 12% of the population

By 2016, about 1.2 million people, about 14% of the population

By 2031, over 2 million people, about 25% of the population (1 in every 4 people)

Dementia was related to the stem cells in the brain (the mind we used to refer to), about their reception of the messages. The syndrome was notably such as change of behaviour, and the loss of temperament; the possibly affected areas of cognition may be memory, attention, language, and problem solving capability.

To the present knowledge, dementia cannot be cured but the state of mindless can be delayed or prevented when neural cells can be repaired and generated.

Regarding how to keep the brain healthy, we could do that by identifying the risk factors such as genetic, age, family history, air pollution, and brain trauma etc.

Especially there were some risk factors that could be possibly controlled, such as smoking, excessive alcohol, sleep problem, inactivity due to physical and mental situations, hypertension etc.

Therefore, we could take preventive measures for brain health, by taking regular exercise, active social life, managing stress and keep mental stimulation, keep health diet and quality sleep.

Presumably, what was good for our heart, to be also good for our brain.

- 1 Healthy diet – low cholesterol food such as to take sea fish (non-farming type) or with Omega-3 fatty acids supplement; antioxidants such as fruit; green leafy vegetable and whole grain etc.
 - An interesting point from Andy, regarding blueberries as being potential reversal of age-related impairments in memory and motor coordination, no wonder its price was dear.
 - There was also a common belief for drinking a small portion of wine or alcohol regularly to be good for health (not necessarily to be daily - weekly or monthly could be good enough), or significantly

reduce the chance of becoming demented and reduce heart disease & stroke situation (but beer drinking was definitely not relevant).

- 2 Take regular exercise (say 30 minutes physical exercise per session) in the week, as chronic inactivity would increase the chance of cell death. Brain exercise is equally important, such as playing mahjong, reading & writing book reviews, try the brain teasers such as sudoku or crossword puzzles in the magazines or newspaper. An interesting 5W practice would be useful (recollection of who-what-where-when-why) to mental exercise.
- 3 Keeping mental health is important, such as changing Automatic Negative Thoughts (ANTs) which affected emotions by generating depression and anxiety.
- 4 Keeping quality sleep was to maintain 'peace within', by having regular sleep, and daytime napping whereas those suffering persistent insomnia should seek professional advice.
- 5 Developing 'concert state' for the brain – stress reduction by taking relaxation exercise (say 10 minutes) by controlled breathing, mindful practice; music listening, playing instrument, or singing.
- 6 Maintaining an active social life, to join volunteer, to keep social network, to get out of home – park, museum, concert, movies etc; and evening dating (intimate relationship) at a senior age.

Dr. Andy Cheung had her message that prevention was better than cure. The Q&A session was greeted by many warm responses:

- Rtn William Wong – for drinking wine, how much should be treated as enough?
- Rtn John Yao – was chocolate food for brain health?
- PP Stephen Liu – any healthy diet to suit both dementia, and good for stroke prevention?
- Morris Mak – what was the best Omega 3 supplement?
- PP Hubert Chan – when people getting longer life, how serious to be for dementia?
- PP Paul Chan – what assessment to detect dementia?

Pres. Nancy presented a photo of Dr. Andy Cheung in action. To thank the speaker in our usual Rotary manners, we had Rtn John Yao who was the most appropriate person from our club, for his Phd thesis related to the Chinese herbal medicine research addressing to the dementia.

Next week's program would be DG Visit, therefore no speaker being arranged.

Pres. Nancy made a toast to RI coupled with RC of Manhattan Beach of LA and RC of HK Island East.

All the guests and members stayed for group photo after the luncheon ended.

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man. He fussed and complained, and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up for a single minute.

To her relief, they finally arrived at the restaurant. As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her,

While you're in there, you might as well get my hat and the credit card.



<u>Year 2012 -2013</u>					
President	President Elect	Secretary	Treasurer	Ex-Officio	
Nancy Yee	Jonathan Lamport	Stacy Ho	Dr. Dennis Wat	Dr. Eric Chin	
Directors:					
John Kwok	Dr. Rudy Law	Andy Wong	Heman Lam	Norman Lee	William Wong
Service Chairs:					
Dr. George Leung	Eddy Wong	Laurence Chan	Anthony Kwong	Colin Chau	Kevin Leung
Sharon Lamport	Nelson Tse	Terry Tsang	Jonah Cheung	Teresa Ho	William Wong
Advisors:					
Peter Hall	Y.K. Cheng	Dr. Hubert Chan	PP Council Rep.	Andrew Chen	

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

Tung Feng Bulletin Photos for 15th Aug, 2012



(L to R) PP Eddy Wong, Dr Andy Cheung Kit Ying, Pres. Nancy Yee



(L to R) visiting Rotarian Lisa Hemmat from RC of Manhattan Beach of Los Angeles, who came with her friend Chris Mirosevic



(L to R) PP Heman Lam, PP Henry Chan and PP Hubert Chan



(L to R) PP Tajwar Shadikhan and his guest Mr. Morris Mak



(L to R) SAA Jonah Cheung & Dir. William Wong



(L to R) Rtn John Yao, PP Stephen Liu, & PP John Kwok



(L to R) PP Hubert Chan and PP Rudy Law



(L to R) PP Paul Chan and SAA Jonah Cheung



(L to R) Pres. Nancy Yee, Hon Sec Stacy Ho and Rtn Lisa Hemmat



Pres. Nancy exchanging club banners with Rtn Lisa



PP Eddy Wong introducing our guest speaker today



Our guest speaker today was Dr. Andy Cheung Kit Ying



Listening attentively was PP John Luk, the speaker's husband.



Also present was Rt Hon John Yao's daughter Desiree to join us, who was a clinical psychologist and purposely to come for Andy's talk



Pres. Nancy presenting our club gifts to the guest speaker



SAA Jonah Cheung with victorious signal for his good Red Box collections for today



The group photo of our meeting on the 15th of August, 2012.