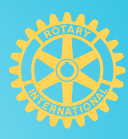




Eugene Fong 方奕展  
District Governor 2013-14

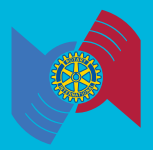
Rotary  
District 3450



3450地區  
香港 / 澳門 / 蒙古國 / 中華人民共和國廣東省  
District 3450  
HONG KONG / MACAU / MONGOLIA /  
THE PEOPLE'S REPUBLIC OF CHINA - Guangdong Province

# DISTRICT GOVERNOR'S MONTHLY NEWSLETTER

## 地區總監月報



OCTOBER 2013  
二零一三年十月

## District Governor Message

Eugene Fong  
District Governor 2013-2014

There's been a lot of talk about the new Rotary Logo. While I don't want to get into the details of the design, its colors, or its use here, I've used the concept of 'Rotary' as an abstraction previously, and feel that this tangible logo is a useful starting point from which to trace through some of our previous topics and regress back to what Rotary is, which is precisely what I would like to underscore here.

When we spoke of 'Engaging Rotary', we mentioned that our dynamic service focus, while tailored to meet the needs of a constantly changing global environment, is contrasted by static and stalwart ideals which have not changed since they were first set down by Paul Harris himself. We said that engaging Rotary is living in parallel with the fixed moral compass that orients us toward a life dedicated to "Service above Self", with the four cardinal directions being set by the four objects of Rotary. We concluded that engaging Rotary is utilizing these compass points as beacons to direct both our life's course and our quotidian lives. But while these cardinal points give us direction, they are not what Rotary is.

When we spoke of the "Golden Rule", we further alluded to the substance of Rotary, however eluded its essence. That month, we were reminded by Paul Harris that the application of the Golden Rule is what sets us apart as Rotarians, and took it upon ourselves to ask if it was the application of the Golden Rule that is the defining characteristic that we consider first and foremost in our Rotary efforts, or if we are more likely to gauge our progress by attendance records and the success of our publicity events. We conceded that while such measures have substantive value and are more readily quantifiable than the flourishing of an ethos, they are poor proxies for the sublimity of the Rotary mission. While true statements, in defining the nucleus of Rotary, we still fell short.

However, just last month when I discussed the pride-induced growth spurts I experience when addressing the new generations, I brought up some of the commonalities that I see between us, of the old guard, and those yet rising up in the ranks. There, we hit the nail on the head.

I said that we all shared the Rotarian collective commitment to conscience: A conscience of goodwill. We then reflected on how Rotary has shaped us. We considered how we have learned, embraced, and incorporated Rotary ideals into our own personal ethos through service and club activities, and concluded that Rotary isn't just about making the world a better place, but rather making us better people. This conscience of goodwill inspires us to do service, and doing service further fortifies our conscience of goodwill. Paul Harris said, "Good works are not all there is in Rotary; there is invisible power; it is the power of goodwill. Some of the most powerful forces in the world are invisible...Even the air we breathe is invisible and yet it sustains life...". Therefore, the nucleus of Rotary is the invisible power of goodwill.

So, our friends in public relations have no simple task ahead of them. Their efforts at defining and explaining Rotary to those who haven't had the extraordinary privilege of the experience are like the vain attempts of describing the beauty of a sunset to a blind man; it is a task in visualizing the invisible. However, our task as Rotarians is not any easier. We must learn how to harness, foster, and pass on the invisible power of Rotary every day.



Please follow this link to read the District Governor's weekly e-newsletter

<http://rotary3450.soofwood.com>

## 地區總監十月文告



近期有較多關於扶輪新標誌的討論。我不打算對標誌的設計，顏色或其應用涉入太深。一如既往，我認為扶輪是一個抽象的概念，這實質的標誌非常有助於追塑過往扶輪的相關主題和認識什麼是扶輪，這是我希望強調的地方。



當我們談論『參與扶輪』時，常提到我們多元化服務，因應不斷改變的地球環境需要而量裁出切適的服務，是建基於保羅哈里斯早已確立的動靜皆宜的理念。參與扶輪是並行於『超我服務』的高道德標準，以及扶輪制定的四大服務方向。總括地說，參與扶輪就是採納這些觀點作為我們生活的指路明燈。這些要點雖然給予我們方向，卻不代表扶輪的全部。



當我們談論『黃金定律』時，我們會聯想到扶輪的實質，但卻忽視了其中的基本。那幾年，保羅哈里斯曾提醒我們作為扶輪社員，於制定扶輪服務時應以黃金定律作為衡量項目成功與否的標準。

我們分享著扶輪的共同承諾：有信譽的良心。扶輪人確實在扶輪中得到鍛鍊。我們思考著如何將扶輪的理念融入於我們的個人生活中，通過服務與扶輪社活動，讓世界變得更美好，也使我們成為更美好的人。信譽的良心激勵我們去服務，通過服務又提昇了信譽。保羅哈里斯說道：做好事不是扶輪的全部，我們有看不見的力量，是信譽的力量。世界上有很多力量是看不見的，如維持生命的空氣。因此，扶輪的核心是看不見的信譽力量。

故此，我們公共關係的朋友的工作並不簡單，他們努力地為沒有接觸過扶輪的人群解釋扶輪定義，就如向弱視者描繪美麗的落日景色。這就是一個顯然看不見的任務。然而，扶輪社員的任務亦不輕鬆，我們要學會怎樣每天把扶輪看不見的力量傳遞出去。

## VOCATIONAL CORNER

### “ENGAGE ROTARY... CHANGE LIVES “

PP Nanu Lachman

District 3450 Vocational Services Chair 2013-14

Vocational Service is one of Rotary's five Avenues of Service. Through Vocational Service Rotarians are expected to adhere to and promote high ethical standards in all their business dealings, recognize the worthiness of all useful occupations and contribute their professional expertise and skills to addressing societal problems and needs.

The Four Way Test was conceived in 1932 by Rotarian Herbert Taylor of the RC of Chicago who served as President of RI in 1954-55. Having been assigned the task of saving a company from bankruptcy, Taylor developed the test as an ethical guide to follow in all business matters. The Company's Survival was credited to this simple philosophy! Since then the Four Way Test remains an essential standard against which Rotarians measure their ethical behavior.

Some ideas for Vocational Service Activities your Club can undertake:

- Classification Talks are one of a great way to promote Vocational Service in your club.
- Organizing tours of members' workplaces is another way to recognize the value of each member's Vocation.
- Consider inviting young people to participate to get firsthand knowledge about various occupations may help them to make sound career choices. You can also use this opportunity to introduce future prospective members to your club.
- Mentor a young person, by sharing your knowledge, skills and values to help prepare your Mentee to succeed in his or her academic and vocational pursuits.
- Clubs are encouraged to develop their own Award Programs to recognize Rotarians and Non Rotarians for demonstrating outstanding commitment to the principles of Vocational Service.

Rotarians -- let us therefore all join hands and commit to Vocational Service by leveraging professional opportunities to Engage Rotary, Change Lives. Through Vocational Service initiatives we can engage Rotary at our work place and by combining professional expertise and service we can have a positive impact on local and international communities.

## PEACE CORNER

PP Mitzi Leung

### Become a member at [RotarianActionGroupForPeace.org](http://RotarianActionGroupForPeace.org)

The Rotary community in Hong Kong shares the general concern of social peace and harmony in our community, and the disharmony in different parts of the world.

Following the Peace Day celebration on 9.21 at St. John's Cathedral ground, a number of Rotarians and District Leaders commented on Rotary's need to reach out to every Rotarian to recognize THE QUEST FOR WORLD UNDERSTANDING AND PEACE has been a cornerstone of Rotary since its early days. They asked what Rotary can do to promote the culture of peace in Hong Kong.

This reminds me of my meeting with Erin Thomas at the Rotary International Global Peace Forum in Hiroshima May early this year. Erin is from the first cohort of Rotary Peace Fellow back in 2003-2004.

She is the Program Manager of the Rotarian Action Group For Peace which is an action-driven group of Rotarians, Rotarians' family members and Rotaractors working together for the purpose of advancing peace through the education and activities of war prevention, peacebuilding, peacekeeping and peacemaking.

The action group strategy is to form a results-focused network that provides action group members with powerful ideas, in-depth knowledge and direct means for action that align with the Rotary Mission and Strategic Plan.

As a resource to Rotary clubs and districts, the Rotarian Action Group For Peace will engage in projects by supporting the peace work of the more than 34,000 clubs worldwide and bringing action group members together to be a major factor wherever policies affecting peace are being discussed and made.

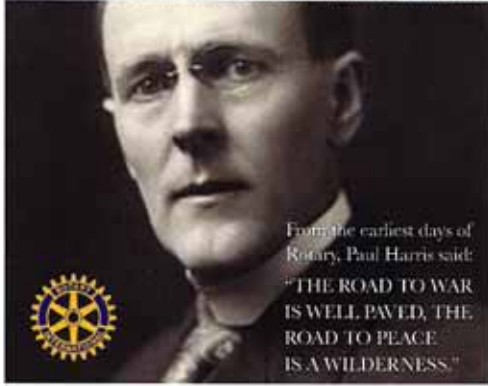
Rotary International recognized the Rotarian Action Group for Peace in November 2012. This action group supports Rotary Club and Rotary District peace projects and education about conflict resolution and peace.

If you are a Rotarian or Rotaractor interested in learning more about the Rotarian Action Group For Peace, please join the Facebook group to participate in discussion the future direction of this exciting new action group:

[www.facebook.com/groups/RotarianActionGroupForPeace/](http://www.facebook.com/groups/RotarianActionGroupForPeace/)

# THE QUEST FOR WORLD UNDERSTANDING AND PEACE

HAS BEEN A CORNERSTONE OF ROTARY SINCE ITS EARLY DAYS



From the earliest days of Rotary, Paul Harris said: "THE ROAD TO WAR IS WELL PAVED, THE ROAD TO PEACE IS A WILDERNESS."

RI President Arch C. Klumph proposed that an endowment be set up "for the purpose of doing good in the world." In 1928, when the endowment fund had grown to more than US\$5,000 it was renamed The Rotary Foundation, and it became a distinct entity within Rotary International. The mission of The Rotary Foundation is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

**1917**

At their convention in Edinburgh, Scotland, Rotarians unanimously agreed to incorporate peace-making into Rotary's constitution and by-laws with these words, "The advancement of international understanding, goodwill, and peace through a world of fellowship of business and professional persons united in the ideal of service."



**1921**

Rotarians again made a significant contribution to peacemaking at their convention in Havana, Cuba by adopting a resolution calling for "freedom, justice, truth, sanctity of the pledged word, and respect for human rights" that became the framework for the United Nations' Universal Declaration of Human Rights.



**1940**

Rotary clubs from 21 nations organized a conference in London to develop a vision for advancing education, science and culture after World War II. This meeting led the international dialogues on reconstructing education around the world once WWII was over, and served as a precursor to UNESCO.



**1942**

In April 1945, Rotary was at the forefront of arguably one of the most important meetings of the 20th Century, the finalizing of the charter of the United Nations in San Francisco. Rotary was invited to attend as an observer organization. Rotary provided 11 official observers to the US delegation alone - only one other organization had more than three. *A Century of Service, The Story of Rotary International* by David C. Forward.

**1945**

The United Nations Universal Declaration for Human Rights was finalized using the framework and guidelines from the 1940 Rotary International Convention in Havana.



**1948**

Rotary builds peace through its single largest and most significant project: PolioPlus. To date, Rotarians worldwide have contributed more than \$1 billion toward the eradication of polio. Polio once infected more than 350,000 children annually. In 2011, only 650 cases were reported, and in 2012 only 223.



**1985**

The City of Wagga Wagga, New South Wales, Australia was declared the first Rotary Peace City in the world. Now there are over sixty Rotary Peace Cities.



**1992**

A committee was formed to develop the concept of an educational center, institute, or university dedicated to Paul Harris as a way of commemorating the 50th anniversary of his death in 1947.



**1996**

The RI Trustees approved the plan to partner with universities to establish the Rotary Centers for International Studies in Peace and Conflict Resolution. The Rotary Peace Centers committee considered more than 100 universities and selected seven based on criteria such as geographic diversity, superior faculty and an established two year master's degree program with a core curriculum in international relations, peace, and conflict resolution.



**1999**

Since the first graduating class in 2004, over 700 graduates have emerged from the programs. Rotary Peace Fellows are leaders promoting national and international cooperation, peace, and the successful resolution of conflict throughout their lives, in their careers, and through service activities.



**2004**

A 3-month peace studies certificate program was launched, serving as an addition to the Rotary Peace Centers program. The program enhances Rotary's existing work to support international peace studies.

The certificate program attracts middle to upper-level professionals who can arrange to be away from their employment for just a few months.



**2006**

The 10th Class of Rotary Peace Fellows was selected. In 2002, less than half of all Rotary Districts submitted applications; to date over 88% of all Rotary Districts have endorsed qualified applicants.



**2010**

India was removed from the World Health Organization's list of countries plagued by Polio.

Issue of Rotarian Magazine entitled "Making Peace."

Rotarian Action Group for Peace recognized by Rotary International: [rotarianactiongroupforpeace.org](http://rotarianactiongroupforpeace.org)

Rotary Theme: Peace Through Service



**2012-2013**

Rotary Global Peace Forums

Berlin, Germany  
Peace Without Borders  
Nov 30 - Dec 2, 2012

Honolulu, Hawaii, USA  
The Green Path to Peace  
Jan 25 - 27, 2013

Hiroshima, Japan  
Peace Begins with You  
May 17 - 18, 2013



Join at: [www.rotarianactiongroupforpeace.org](http://www.rotarianactiongroupforpeace.org)

Here is where you can find us:

'Like' us on Facebook!

[www.facebook.com/RotarianActionGroupForPeace](http://www.facebook.com/RotarianActionGroupForPeace)

Follow us on Twitter!

@RtnsForPeace

Erin Thomas, Program Manager  
Rotary Peace Fellow (2003-2004)  
Tel: +1 503-367-4223  
[contact@rotariansforpeace.org](mailto:contact@rotariansforpeace.org)  
[rotarianactiongroupforpeace.org](http://rotarianactiongroupforpeace.org)

The Rotarian Action Group for Peace is not an agency of, nor controlled by, Rotary International.

# UN International Day of Peace: an Unqualified Success

AG HW Fung



## *The Opening Ceremony*

Blue sky, historic cathedral, music, Tai Chi, enlightening speeches and intelligent exchange among renowned media practitioners marked the International Day of Peace celebratory event, which was co-organised by Rotary District 3450 with UNESCO Hong Kong Association and UNESCO Observatory for Research in Local Cultures and Creativity in Education (UNESCO-RLCCE) as the lead organisers, and the Home Affairs Bureau and the Commission on Youth as the sponsors. The event took place in the morning of 21 September 2013, the International Day of Peace promulgated by the United Nations, in the garden of St. John's Cathedral in Central. [Insert a picture of St. John's Cathedral and/or the Garden with nice backdrop of the organisers]

Peace has always been a major core value of Rotary and much work has been done by Rotarians in promoting peace worldwide, including participation in the drafting of the constitution and by-laws of the United Nations after World War II and the setting up of UNESCO. The Rotary Foundation was created with the principle of bringing peace to the World through education and the relief of suffering and by helping people to better understand one another, particularly in cross-cultural settings. Over the years, Rotary has established Peace Research Centers in seven universities and sponsored a significant number of scholars every year to study degree and certificate programs on peace promotion and conflict resolution. It is thus most befitting that when the two UNESCO organisations in Hong Kong hosted the International Day of Peace, Rotary District 3450 joined as a co-organiser. Through the speech of District Governor Eugene, the above significant role of Rotary in peace promotion was succinctly conveyed to the audience. Participants were also addressed by the Guest of Honour, Mr. Lan Hongsheng, Vice President of the Chinese National Federation of UNESCO Clubs and Association; and Dr. Darwin Chen, Vice President (Culture) UNESCO Hong Kong Association and Chairman of the Organising Committee of Peace for all Youth Programme. [Insert pictures of DG Eugene, Dr. Chen and Mr. Lan delivering speeches]

The event was honored by the presence of a number of officiating guests apart from the above three speakers, including Mr. Chen Hai Ping, Director General, Department of International Organisations and Conferences from the Office of the Commissioner of the Ministry of Foreign Affairs of PRC in HKSAR; Ms. Hui Hiu Fai, Under Secretary for Home Affairs; Mr. Lau Kong Wah, Under Secretary for Constitutional and Mainland Affairs; Mr. Lam Leung Chi, Member of the Commission on Youth; Professor Patrick Lau, President, UNESCO HK Association; Professor Samuel Leong, Director, UNESCO-RLCCE Hong Kong Observatory; Ms. Karen Zhang, Vice President and Secretary General, UNESCO Hong Kong Association; Consulates General and country representatives of European Union, Finland, France, Laos, Malaysia, Myanmar, Pakistan, Spain and Switzerland; and religious leaders of Ching Chung Taoist Association of Hong Kong, Diocese Hong Kong, Kowloon Mosque, Hong Kong Sheng Kung Hui, Hong Kong Holocaust and Tolerance Centre, St. John Cathedral and The Confucian Academy. The event was also supported by a number of enterprises, organisations, universities, schools and individuals. [Insert the group picture with all officiating guests and VIPs]

## *Moment of Peace and Cultural Performance*

During the event, the honorable guests and participants present had a special Moment of Peace together by following the "Yin-Yang" Tai Chi movement led by Taoist Tai Chi Master Lee Po Nang, which would help to create an internal dynamic equilibrium. District Governor Eugene shared this special moment with a lot of sweating as he energetically followed the Tai Chi movement under the sun. One thing for sure is that we all felt a bit lighter and healthier after the exercise. [Insert pictures of Tai Chi Master Lee as well as DG Eugene doing the Tai Chi movement, even better with close-up showing a sweating but smiling DG!]

The Peace Day celebratory event was also marked by cultural performances from the younger generation. These included the Flute Duet performance by students from the Institute of Education and the Singing, Guitar and Piano performance by students from the City University of Hong Kong. [Insert pictures of the young performers]

## *Highlight of the Day: Seminar on Peace and the Media*

Apart from the above activities which were all conducted outdoor in the nice garden of the St. John's Cathedral, the highlight of the Peace Day event was an in-door seminar held in the Harold Smythe Hall with the title of "In what ways can media help shape peace in the world?" More importantly, we had Mr. Andrew Wong Wang-fat, a well-known figure who chaired many popular media programs on social and political issues and a former legislator, as the moderator of the seminar; and three distinguished persons from the media as the panelists, namely Mr. Andy Ho, former Information Coordinator of the Chief Executive's Office of the HKSAR Government; Mr. Man Cheuk Fei, Chief Editor Emeritus of the Hong Kong Economic Journal and recipient of distinguished fellowships in journalism of both the Stanford University and the Harvard University; and Mr. Voranai Vanijaka, the 2010 winner of the MR Ayumongkol Sonakul Foundation "Writer of the Year" Award for his weekly column on Thailand's politics and society. [Insert pictures of the moderator and three panelists]

The three panelists shared with the audience frankly their experience and insights on the work of media practitioners and its possible conflicts with peacemaking, since incidents that make news are often invariably associated with sensational events which are not conducive to peacemaking. There was also active participation from the audience raising punchy questions and comments on issues and threats faced by the community due to increase in conflicts and decline in harmony. The moderator concluded the highly interactive and interesting discussion with remarks on the importance for 'Truths' to be presented in all circumstances, and that war should always be avoided. [Insert pictures of participants who raised their comments and questions, if available]

Participants were highly impressed by and satisfied with the very rich program on this International Peace Day, as borne out by the fact that many stayed through the seminar which lasted beyond lunch time. This International Peace Day celebratory event has fulfilled its objective of alerting participants to the importance of keeping up every effort to maintain and promote peace in our community. No doubt they will look forward to future events\*\* on peace promotion which the organisers have planned for the first half of 2014.

\*\*Future peace promoting events in 2013-14 include (i) the Peacemakers ConFest to be held during Mar-Apr 2014 by the University of Hong Kong, which is a week-long activity with student conference and festive activities; (ii) the Peacemakers Celebration event to be held on 12 Apr 2014 at the Hong Kong Science Park in which participants, mainly students and young people, will host country booths to offer engaging cultural experience and discovery to promote peace through intercultural understanding; and (iii) the UNESCO International "Arts for Peace" Festival to be held in May 2014 at the Hong Kong Institute of Education, which is a multi-country event emphasizing diversity and open to individuals of all ages, with the featured projects and activities drawing on the force of art for dialogue and social cohesion while promoting individual, cultural, social, political and ecological peace.

## MACAU

# District Governor Eugene Fong Officially Visited Macau

AG Florence Hui



Macau, 18 September 2013 - District Governor Eugene Fong officially visited Macau with his better half, Mrs Kitty Fong, District Governor Nominee Peter Pang, Chief District Secretary Eric Chin and District Secretary Gary Yeung on 6-7 Sept 2013.

About 100 Rotarians and Rotaractors welcome our District Leaders at Joint Area One Meeting hosted by 6 Rotary Clubs in Macau on 6 Sept 2013. In addition to meeting board members of Rotary Clubs in Macau, DG Eugene, District Rotary Adopt A School Vice Chair Wendy Mung and our leaders also met existing and potential academic service partners for Rotaract Clubs, Interact Clubs and Rotary Adopt A Schools in Macau for experience sharing.

## MONGOLIA

# Quest for Voice for all in Mongolia and Saving those with hearing impairment From a Silent World

*Enkhtur Sodnomtseren,  
Chair of Service Project committee  
Ulaanbaatar Peace Avenue club*

Esukhei is a 2 year old chubby little boy. He was diagnosed with congenital deafness when he was 7 month old and fortunately he had surgery in Korea after 8 months. If he waited for 5 more months, he could end up never being able to speak and hear again. Now he is wearing a special hearing aid and taking special speaking lessons. His mom Oyungerel told us the whole story with tear in her eyes.

Nobody knows how many kids like Esukhei are in Mongolia but we do know that very few of them will be lucky enough to get diagnosed early and have adequate and timely treatment. There are only 2 hearing test equipments for the 3 million people of Mongolia. They were donated by an international clinic from Korea in December of 2012. Since then over 2000 babies were screened. Then one of them was broken down but the hospital cannot afford to send it off to Germany for repair.

The remaining equipment now serves as the sole equipment for a country where approximately 74 000 babies are born each year. 'For every 2015 babies screened, 3 were diagnosed with deafness and 215 would have to be referred back for further check' says Saruul, a doctor of the National Centre of Maternal and Child Health, who uses the remaining hearing screening equipment for babies born in the centre. She adds that based on the statistics, every year approximately over 100 deaf babies are born in Mongolia. Without the essential hearing test, hundreds of parents would have to raise their kids without ever hearing a single word from them.

Worldwide, more and more countries have made conducting hearing screening mandatory. According to WHO, this approach is more effective in terms of avoiding further damage to patient's quality of life and preventing economic damage to a country. The real burden and associated costs of undetected hearing impairment during infancy and childhood are becoming clearer. The current level of burden is already known to be high in some developed countries and is likely to be high everywhere else. In the United States, for example, "diseases of communication" are estimated to cost the economy US\$ 154-186 billion per year /WHO 2009/.

'We are actually planning to provide hearing screening equipments to maternity hospitals. Unfortunately, we don't have the capacity and resources to buy them. Government is cutting back our budget since deaf is not a popular disability for politicians.' says Ganchimeg, head of 'Anti-deaf national program' and head of Otolaryngology department in the National Centre of Maternal and Child Health.

When the officials in the Ministry of Health first heard of this equipment, they asked me how it works. Of course I could not explain it very well, but I could explain to them that the solution for the problem exists and we are willing to offer our help. 'The Ministry doesn't normally cooperate with any NGO that approaches them. But I know Rotary and I'm a friend of Bayarsaikhan doctor. I will tell you whom to approach and what procedures you should take before approaching the Ministry' whispered Mrs Buyanjargal, head of the Policy Implementation and Coordination department.

I can see doubt in the eyes of people I met and talked about our project. Is it really a worthwhile cause? Can you afford to buy the equipment? Can you convince the Minister? Will RI support you? Why don't you just give toys to orphans and leave deafness for better time? These are questions I faced in my quest for the right answer.

However, I and members of Ulaanbaatar Peace Avenue Rotary club think that this is the one challenge that Rotarians are capable of overcoming and we should change the life of kids like Esukheis for the better. Therefore, we have started the 'Save Them From a Silent World' project by equipping all maternity hospitals with hearing screening equipment and building up the capacity in order to make mandatory hearing screening nationwide possible.

If you want to help those like Esukhei and improve the lives of hundreds of children, please join our project. Together we can give voice to those with hearing impairment and save them from a silent world.

P.S Little Esukhei's three month's speaking lesson fee was donated by club member Chinzorig Altangerel and club member doctor Misheet Batjargal conducts Esukhei's monthly check-up.



Esukhei with her mom Oyungerel



Esukhei says 'cheers'



One of the lucky babies who get screened



The only remaining hearing screening equipment

## HONG KONG

# Finishing What We've Started

DAG Nigel Lo

This is the first time for RAAF to hold a wine tasting event jointly with District Membership Committee with honor to have PDG Ada Cheng in presence. The weather was not so good on that day but all of the 35 guests had made it a beautiful night, we really appreciated and thank to all of you for coming, also a big thank to the crew who have worked out this party nicely.

During the event, it was no doubt that the atmosphere, the happiness, the enjoyment we felt are definitely an encouragement for us to keep on holding this kind of events in future. As we can see after a couple of glasses of wine, people can start up conversations more easily. It is no doubt a good chance to make new friends and share more Rotary experience with each other.

While inviting guests to regular meetings and services are good way to explore Rotary, a fellowship event as such offers a more relaxed platform for potential members and guests to know more about Rotary.

I would say wine is one of the miracle things in the world, it helps blending us together and made the night successful and delightful.

I am really looking forward to the next gathering and hope to see you there.



## Indian Night

PDG David Harilela

The Kowloon Golden mile is the largest club in D3450 with 75 members and this consists of roughly three groups - One third Indians, one third Chinese and one third NINCs ( what they describe as all the rest of their European members as by calling them Non-Indians and Non- Chinese ).

As Rotary's latest surveys have discovered, what keeps a club together is the strong Fellowship and Bonding of the club and its members. Well, the Rotary Club of Kowloon Golden Mile has a strange tradition of Bonding which actually further glues the club together. They have a tradition every year of each of the three groups inviting all of their members and their wives and 1 guest to a dinner event paid for by the group. This makes for 3 fellowships which are followed every year and this has become more elaborate as all the host groups are very kind and these events involve games, prizes as well as dancing and nonstop flow of good wine and food.

Below are some of the pictures taken at their recent "Indian night " which took place on the 13<sup>th</sup> September. The fact that this is a club that truly embodies hands on service coupled with a work hard/play hard attitude contributes to one of the reasons why I myself joined the RC of Kowloon Golden Mile and why I remain proud to be a member of this esteemed organization. Even though I could not join the Indian night , I like all KGMers ,am happy to contribute towards the event as this is what makes me proud to be a Rotarian.

## ROTARY MOMENT

# Rotary thoughts

AG HW Fung



It is always amazing to see fellow Rotarians hurrying around for Rotary services with great enthusiasm and selflessness. They come from different ages, professions and sectors of the community. They ask for nothing in return while making significant contributions. It would be too naive to think that applauses and words of gratitude from beneficiaries of their work are what Rotarians look for. Most of the work done by Rotarians is of such significance that one would expect them to be honored in a way far exceeding what applauses and words of gratitude could represent. Yet such honoring action has never been a condition for Rotary services to be delivered.

One major driving force among Rotarians, as I observe, arises from the highly satisfying experience gained when conducting Rotary services. Some examples of such real life experience include providing food to students who have to wait and then eat what other students have left over because their families could not even afford to provide them with breakfast; visiting leprous people who have never been visited by their family members for the unfounded fear of being infected; running in the Gobi Desert to raise money for the needy and at the same time enjoying the fascinating scenery there which others might never have the chance of seeing in their life time.

The simple fact is that nothing can be more encouraging and enticing to Rotarians than the great real life experience gained from serving others. And that is Rotary!

# Orthopaedics

Recently one of my Rotarian friends asked me whether he should see a heart specialist for his shoulder pain. He learnt from a TV programme that shoulder pain might be caused by heart problem. I re-assured him that the vast majority of the shoulder pain would be due to a shoulder origin. Only a small proportion would be due to cardiac origin.



PP Dr. James Lam  
RC Hong Kong Northwest

With the abovementioned experience, may I take this opportunity to answer two simple questions.

“When should you seek help from an Orthopaedic Surgeon?”

“What causes your shoulder pain?”

Orthopaedics is translated into Chinese as “Bone Specialist” (骨科). In fact, this translation only relates to part of the spectrum of our practice. Orthopaedics is the medical specialty that focuses on injuries and diseases of your body’s musculoskeletal system. This complex system includes your bones, joints, ligaments, tendons, muscles, and nerves that allows you to move, work and stay active. We take care of patients of all ages, from newborns with congenital foot deformity, to athletes requiring arthroscopic surgery in order to return them to high level sporting activities, to older people with arthritis needing joint replacement. Of course, we also take care of anybody with a broken bone and torn ligament.

Our job nature includes:

- Diagnosis of your musculoskeletal injury or disorder
- Treatment with medication, exercise or surgery
- Rehabilitation by recommending exercises or physiotherapy to restore movement, strength and function to pre-injury stage
- Prevention in providing information to prevent injury or slow down disease progression (like what I am doing now)

Orthopaedic Surgeons perform numerous types of surgeries, including arthroscopy (treat problems inside a joint using small key-hole incisions and a minimally invasive approach), internal fixation (fixing broken pieces of bone using metal implants), joint replacement (when an arthritic or damaged joint is removed and replaced with an artificial joint) and soft tissue repair (mending of soft tissue, such as torn tendons, ligaments, nerve and blood vessels).

As for the second question, “What are the more common causes of shoulder pain?”

In fact, what most people call “the shoulder” is really several joints that combine with tendons and muscles to allow a wide range of motion in the arm — from scratching your back to throwing a ball. Your shoulder is made up of three bones: your upper arm bone (humerus), your shoulder blade (scapula), and your collarbone (clavicle). The head of humerus fits into a rounded socket in your shoulder blade. This socket is called the glenoid. A combination of muscles and tendons keeps your arm bone centered in your shoulder socket. These tissues are called the rotator cuff. They cover the head of your upper arm bone and attach it to your shoulder blade.

The shoulder can move around freely in different planes. However, mobility has its price. It may lead to increasing problems with instability or impingement of the soft tissue or bony structures in your shoulder, resulting in pain. You may feel pain only when you move your shoulder, or all of the time. Many daily activities, such as combing your hair or getting dressed, may become difficult. The pain may be temporary or it may continue and require medical diagnosis and treatment.

Most shoulder problems fall into four major categories:

- Tendon inflammation (bursitis or tendinitis) or tendon tear (which will propagate with time) or adhesive capsulitis (frozen or stiff shoulder)
- Instability (dislocation or the joint going out of place)
- Fracture (broken bone with severe pain, swelling, and bruising around the shoulder)
- Arthritis

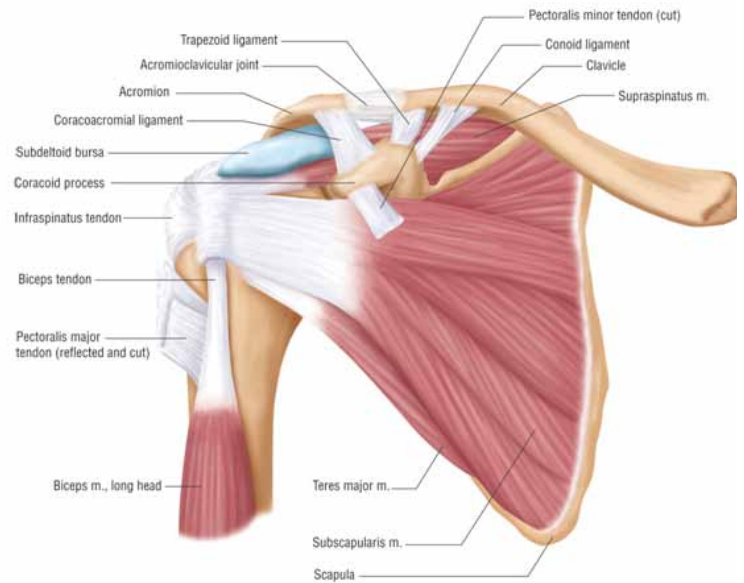
Other much less common causes of shoulder pain are tumours, infection, and nerve-related problems.

In the case of an injury of the shoulder causing intense pain, you should seek medical care as soon as possible. In the initial visit to the Orthopaedic Surgeon, he would try to arrive at a clinical diagnosis through careful clinical assessment. Though good medical history and physical examination could pinpoint the diagnosis quite accurately, X-rays and Magnetic resonance imaging (MRI) are often required for the confirmation.

In terms of treatment, 80-90 percent of patients with shoulder pain will respond to simple treatment methods such as altering activities, rest, exercise, and anti-inflammatory medication. Surgery may be required to resolve some shoulder problems, if the non-surgical methods are not helpful. Certain types of shoulder problems, such as recurrent dislocations and some rotator cuff tears, may not benefit from exercise alone. In these cases, surgery may be recommended fairly early. Surgery usually can involve arthroscopy (minimally invasive) to remove scar tissue or repair torn tissues. Occasionally traditional open procedures for larger reconstructions or shoulder replacement may still be required.

Prevention is always better than cure. Having good posture while handling heavy weight (like luggage) and regular exercise to keep your fitness are the best bet to lower the chances to get a painful shoulder. Avoid repetitive movement using the shoulder in your daily activities. Never overdo.

May I wish everyone a healthy and fruitful Rotary Year “Engage Rotary Change Lives”!



# 中東•和味

Wilson Fok  
WOM guide

日本菜之精髓不單是賣相精緻，食材的運用亦十分重要。廚師多年累積的經驗，加上在味道配搭方面獨到的分析再將之轉移至餐碟上的菜式，需要的不只是對食物的一份熱情，還帶有完美主義的執著。在日本享負盛名的主廚，於本月7至14日來臨香港餐廳獻技，示範融合傳統及現代特色的日本菜。

主廚在港推廣其間將推出一系列的料理套餐，其中包括午市及晚市套餐，客人可點選套餐並佐以Koji Sake各款清酒，在盛宴中帶出味覺享受。午餐先以時令的小吃為首，一客共五款名為「八寸」的菜式。「日本產和牛烤飛霜」的肉味香濃之餘配搭清甜玉米蓉。「石蟹紅椒伴紅醋」用上了新鮮拆的蟹肉伴以烤過的紅椒，別具異國風情的紅椒蓉，鮮與甜的配搭清新。「小芋柚子味噌田樂」是鮮香味噌與軟糯的小芋是質感上的完美結合，點點提鮮的日本柚子皮為小吃添上果香，是為開胃之選。「昆布醃秋葵釀金山去味噌」看似簡單，但煮熟的秋葵質感外脆內軟，輕輕切開釀入味道濃中帶甜的味噌，十分開胃。四款前菜中加上時令的「秋鯖壽司配茗荷甜醋漬」，鯖魚以甜醋醃，加上米飯壓實成壽司。茗荷入口特脆，鯖魚味道特鮮，四款小點的味道均以「Umami」為主題，配以「弥栄鶴 旭藏舞 純米吟釀」，令享用四款小吃的同時味覺上的感覺得到適當的平衡。

「燒粟麩白味噌湯」入口如法式濃湯般的質感，幼滑順喉之餘味噌帶點甜味，配上帶有點點小米的燒粟麩，質感煙韌。

刺身以貫徹簡單不花巧的菜式為主，「油甘魚薄切配香蔥生薑柑橘醋」是以肥美新鮮的油甘魚，吃時只需伴以蔥花、生薑及點點的紫蘇花及蘸以酸甜開胃的柑橘醋。伴以帶細緻芬芳的「餐廳自家釀製品牌純米大吟釀」，令油甘魚的鮮味更加突出。

來到午餐中的燒物，長碟正中央放上主菜。「鹽麩燒鵝肉配季節野菜」是其中一道主廚採用本地食材研製的菜式。鹽麩及鵝肉均為味道濃厚的食材，烤製的鵝肉外皮焦脆，油份豐腴。呷一口微暖的「扶桑鶴 純米 大吟釀」。不但令鵝肉的鮮味持久，還有幫助消化的作用。

午餐的亮點之一為其「煮物」，「季節野菜乾瑤柱煮物」延續主廚以食材鮮味掛帥烹調哲學，以乾瑤柱製作鮮味的湯汁炊煮時令蔬菜後再勾成薄芡。菜式中的蔬菜看似是簡單的配搭，但馬鈴薯及南瓜焗得酥軟，而小蕃茄的色澤依舊殷紅，菜汁豐盈，乾瑤柱帶有海洋的鮮味，配上陸地上的香甜，配搭微暖的「弥栄鶴 錦藏舞 純米大吟釀」，甜味過後帶有點點的辛香，更突出蔬菜的鮮甜原味。

再來海洋及陸地的鮮味配合，「毛蟹松茸雜炊」以夏末初秋珍品松茸，配上肉味鮮甜的毛蟹。煮起的粥當然不乏松茸的菌香，加入日本米煮的粥更加綿滑。富有麥香的「日置櫻 清水綠山 純米吟釀（精米步合45%）」令毛蟹及松茸的鮮味特質更加豐富，是上佳的清酒配搭。

甜品也有驚喜，「葛絲 配 黑蜜黃豆粉 配 抹茶雪糕三文治」集合軟滑的葛絲，入口一陣涼快，黑蜜濃而甜。雪糕三文治別具外國菜的特色，加入抹茶雪糕增添和風。午餐的尾聲以名為「吃驚仰天」的有氣濁酒作結，酒香馥郁含豐富米香，甜度適中。

主廚炮製的豐富七道菜午餐每位980元，配搭清酒每位1380元。另有更豐富的十道菜晚餐每位1980元，配搭清酒則每位2680元。套餐由即日起至本月十四日供應，建議提早訂座。



## Top 5 Club Attendance

### JULY

Area	Club	Average Attendance Percentage
7	Peninsula South	97%
7	Peninsula	96%
3	HK Harbour	96%
2	Queensway	88%
8	Kowloon Tong	84%

### AUGUST

Area	Club	Average Attendance Percentage
7	Peninsula South	94%
8	Kowloon East	88%
2	Queensway	87%
3	HK Harbour	86%
9	Khuree	83%

## Forthcoming Events

NOV 2013

**2**  
Sports Day for All

**9**  
District Rotary  
Foundation Seminar

**29**  
District Golf  
Tournament

Rotary International District 3450 provides support to humanitarian services of 72 Clubs (Hong Kong: 53; Macau: 6 and Mongolia: 13). More information may be found from the District Website: [www.rotary3450.org](http://www.rotary3450.org). This bulletin is not for sale. It is published by the District Management Committee under the supervision of the District Governor. If you have any enquiry, comment, proposal, suggestion or contribution, please contact our Managing Editor, PP C K Lau (Rotary Club of Hong Kong Northwest, Tel: (852) 94525351 / Email: [ckl@fong-on.com.hk](mailto:ckl@fong-on.com.hk)) at the first instance.

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