



Pagoda



Service Above Self

One Profits Most Who Serves Best

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Mental Toughness

Our speaker Alan Leung, whom we had experienced before, is the founder of Olive Branch, a private fitness & nutrition consulting firm that emphasises safe and effective exercise in combination with proper nutrition and lifestyle coaching. Alan is a certified professional in both PFCP strength & conditioning and Pn1 Precision Nutrition. Born in Toronto, Canada, Alan now owns and operates a private studio in Shanghai, China, where he runs high-intensity circuit training sessions and TRX strength training classes. Alan also provides customized personal training and nutrition solutions for individual clients and corporate packages for companies looking for workforce wellness solutions.

In addition to his regular classes, Alan has been involved in a variety of high profile engagements. Alan was the official fitness trainer for the Miss Universe China 2014 contestants where he was tasked with improving the fitness and nutrition for 15 pageant contestants. Alan is also supporting the Brawl on the Bund white collar boxing as their sports psychology trainer in addition to fitness and nutrition, and was also reprising his role as the fitness trainer to future stars as the official trainer for China's Next Top Model, airing on Chinese national television in 2015. When he isn't running classes, Alan writes about fitness issues on the Olive Branch blog and in a regular column for Urban Family magazine as their dedicated "fitness guru". Alan is also a fitness ambassador for Lululemon Athletica, the global yoga and sporting apparel company. When he can squeeze in some leisure time, Alan enjoys playing beach volleyball by the Bund Beach during the warmer Shanghai months and occasionally a round of tennis, squash, or badminton.

The Four-Way Test 四大考验 Sì Dà Kǎo Yàn

Of the things we think, say or do:

我们说的做的要符合: Wǒ men Shuō de Zuò de Yào Fú Hé:

1. Is it the truth?
是真的吗? Shì Zhēn de ma?
2. Is it Fair to all Concerned?
是公平的吗? Shì Gōng Píng de ma?
3. Will it build Goodwill and better Friendships?
是善意的并促进友谊吗? Shì Shàn Yì de - Bìng Cù Jìn Yǒu Yí ma?
4. Will it be Beneficial to all Concerned?
是对大家有利吗? Shì Duì Dà Jiā Yǒu Lì ma?

The First Mandarin Speaking Club in World Rotary History

From the RI official records, courtesy Herbert Lau

The first Mandarin speaking club in world Rotary history was the Hangchow Rotary Club (杭州扶輪). This is quoted from the General Secretary's 1933-34 Report: A letter from Douglas C. Howland, Secretary for Eastern Asia, in charge of Rotary's mobile secretariat in the Far East, writes of his visit to the new Rotary Club at Hangchow, China, advises that the Hangchow Rotary Club will hereafter hold its meetings in Chinese instead of English. Only one of the "foreign" members does not know the language. Hangchow thus becomes the first Rotary club to use Chinese exclusively:

"The entire business of the meeting was conducted in Chinese and I learn that they find it more interesting and naturally a much easier way of expressing themselves.

One amusing incident occurred. One of the Brazilian clubs had written to them in Portuguese and they had found one member of their club who was able to translate it. The reply was decided on and it was agreed that it should be sent in Chinese although I believe an English translation will accompany it. I imagine that it might be difficult for the Brazilian club to find anyone capable of translating their reply.

This club has a membership now of thirty-two with some additional names that are being acted on by the membership committee. Nine of them are "foreign" members. I hope it will be the pioneer club which will show the way for the introduction of Rotary to a larger number of Chinese cities to which Rotary cannot be taken now on account of the fact that no one is sufficiently trained for that work and because there is not a sufficient amount of Rotary literature in Chinese to accomplish this work."

Hangchow Rotary Club (杭州扶輪社), the 5th Rotary club in China, was extended and sponsored by Shanghai Rotary Club (上海扶輪社). The Club was organized in early 1931, and was admitted to Rotary International on 23 June, 1932. It was still non-districted until 1 October 1935 to become a member of the 81st District of which Dr. Chengting Thomas Wang (王正廷博士) (Shanghai) was the inaugural District Governor.

January 19 th	Mental Toughness /Alan Leung	Marriott City Center, 19:00
January 26 th	Fellowship	Simply Thai, 5F, 1266 Nanjing West Road 五楼, 南京西路1266
February 2 nd	Induction & Member talk	Marriott City Center, 19:00
February 9 th	No meeting due to Chin. New Year	./.

December January 12th 2015

Highlights from the last Meeting

Visiting Rotarians

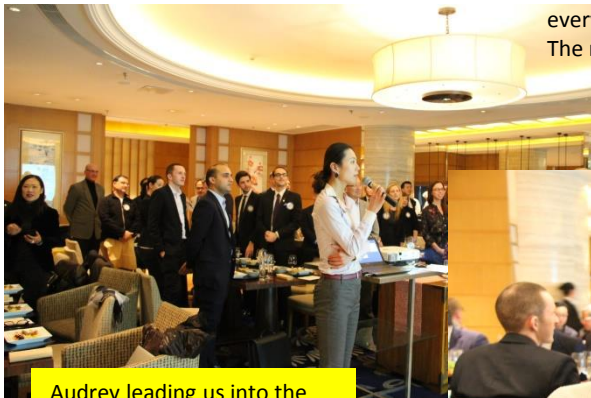
Full Name	Club Name	District
Dr. Fred Heismeyer	RC East Wierita KS	#5690
Reto Wilhelm	RC Am Greifensee	Switzerland
Henry Chang	RC Pudong Lujiazui	China
Jonathan Ensslen	RC Fresh Start	China
Barry Chan	RC HK Harbour	China

Members: 36 Visitors: 5, Guests: 13, total 54
Saddle money: 2.200 RMB

Shanghai Rotarians seem to have come back from the winter sleep. The last meeting was very well attended indeed, with also many guests showing up. Reliably as ever Dean presided over the proceedings. Audrey – a guest (!) – read The Four Way Test to all of us. As there were no announcements, after the introduction of guests and visiting Rotarians the meal commenced. This time it was definitely something more interesting than usual, Japanese or Japanese look-alike dishes were an excellent example of what the Inakigu restaurant is really capable of.

Sam then proceeded to collect happy money. Unusually, some happy money, in appreciation of Alejandro’s speech, was collected even at the end of the meeting. This already underlines how good Alejandro’s speech was. All of us knowledgeable Gorilla watchers were fooled well indeed. Yet the speech provided many more insights into everyday habits and how to change them to become better leaders.

The meeting was adjourned with a toast to our new member, Cecilia Ban.



Audrey leading us into the Four-Way-Test



Linnet is still smiling: Ralf obviously has not yet asked her to hold a presentation



Alejandro in full swing



Newly inducted member Cecilia Ban



Club Information

For more information, please visit www.rotarshanghai.org

Officers & Boardmembers

- Dean Merritt – President
- Andrew Hill – President Elect/Club Admin
- Terri Lau – Vice President
- Linnet Kwok – Hon. Secretary
- Yvon Russon - Treasurer
- Tiffany Storey
- Alejandro Buriel Rocha
- Thilo Koepp
- Marjorie Woo
- Frank Yih (PP)

Basic Info of our Club

First chartered on 1 October 1919, re-chartered on 8 February 2006
Number of active members – 74
Number of honorary members – 6

Contacts

The club meeting is a dinner meeting every Tuesday at Marriott City Center Shanghai

西藏中路555号No. 555 Middle Xizang Rd

(18:30 cocktails, 19:00-20:30 dinner)

Contact the club administrator Vivian Huang at RSVP@rotaryshanghai.org, +86 13501672753

Committees and Directors

Club Administration Committee

1st Tuesday of each month, 17:30

Chair: Andrew Hill rotary1617@hotmail.com

Membership Committee / PR Committee

2nd and 4th Tuesday of each month, 17:30, dining room

Chair: Alexandra Taulin alexandra.aulin@yahoo.fr

Community and International Service Committee

1st Tuesday of each month, 17:00

Chair: Alejandro Buriel Rocha
alejandroburiel@smlchinaconsult.com

Youth service committee

Last Tuesday of each month, 17:00

Chair: Motohiro Yamane yamane@tmish.com

Rotary Leadership Award

Committee Chair: OPEN

The Rotary Foundation Committee

Chair: David Smith dave@smithorchards.com

Percy Chu Awards

Chair: Marjory Woo marjorie.woo@lmi-china.com

Rotary Club of Shanghai West
Wednesday, 18:30-20:30

Location: Shanghai Pullman Hotel

位置: 上海中星铂爾曼酒店

Address: No. 1 Pubei Road, Xuhui District, Shanghai
上海徐汇区浦北路1号

For more information please contact President Richard Zi

Email: zishanghai@hotmail.com

Rotary Club of Shanghai Pudong Lujiazui
Thursday, 19:00-20:30

Location: Radisson Blu Hotel (Pudong) in Thumb Plaza,
Pudong, Shanghai, 位置: 浦东大拇指广场 证大丽笙酒店

1199 Yingchun Rd. (close to Fangdian Rd.)

地址: 迎春路1199号 (靠近芳甸路)

If you would like to attend Rotary Pudong Meeting

Please contact President Patrick Hopkins

Email: pjhopki@gmail.com

Fresh Start Rotary Club of Shanghai
Friday, 7:45-9:00 am

Location: 2nd floor, Element Fresh, Jing An Kerry Center

位置: 新元素静安嘉里中心店二楼

Address : No.1551 Nan Jing Xi Lu ,shanghai

地址: 南京西路1551号

For more information about Fresh Start and for anyone interested

to attend, please visit <http://freshstartrotaryshanghai.org/>