



# Pagoda



Service Above Self

One Profits Most Who Serves Best

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Published Weekly

## Highlights



### Does food affect our mood? - Sharon Raccach Perez

Sharon Raccach Perez is the founder of PowerMeHealthy, a company started 4 years ago. She decided she needed to spread the word to people about the fact that being healthy and eating healthy were not two separate entities.

She also wanted people to understand that she knew what it's like to try to lose weight all the time and not succeed. She has been there all her whole life, and she is succeeding not by going on a diet, but by changing her eating habits and making everything about being healthy and loving what she ate.

PowerMeHealthy was founded on the belief that you don't have to sacrifice your favorite foods in order to live a healthy and happy life and that unity makes the force, by creating a caring and loving community combining health and food to create a peaceful synergy between the two! We are learning more and more that one of the most important things about being healthy is to have a healthy relationship with food, unfortunately that is always getting more difficult due to people constantly moving away from the kitchen.

Knowing more about how eating affects our moods, and how important it is to eat the right foods and why will be the key point of Sharon's presentation tonight. Join us if you are "hungry for knowledge"!

## 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：

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？

### Highlights from the last meeting

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Date	Topic / Speaker	Venue/Time
May 14th	Does food affect our mood? —Sharon Raccach Perez	Salon 4, 5th Floor, Marriott City Center, 19:00
May 21st	Rotary Ignites	5th Floor, Marriott City Center, 19:00
May 28th	Club Assembly	5th Floor, Marriott City Center, 19:00
June 4th	TBD	5th Floor, Marriott City Center, 19:00

Tuesday, May 7th 2019

Visiting Rotarians:

Alex Schönenberger	RC Bern-Muri	Switzerland
Hans Huber	RC Lenzburg	Switzerland
Coffee Lynna	RC Shanghai West	Mainland China

Dinner attendance

Members	15
Visiting Rotarians	3
Guests	31
<b>Total headcount</b>	<b>49</b>

Happy Money: 4,723 CNY

### Highlights from the last meeting

VP Tracy presided at the meeting and invited Interactor Zach (SAS) to lead the Four Way test, followed by Rtn. Frank Mulligan introducing visiting Rotarians and guests.

During dinner, a few announcements were made: AG Andrew introduced 2 events which will be held in June. RIPE Mark Maloney will be visiting China and 2 important events are going to happen: Rotary East Region Joint Fellowship dinner & club Presidents handover ceremony on June, 23rd. RSVP to Vivian. On June, 25th RIPE Mark will also be our club special guest. Everyone is warmly invited to attend and get the chance to meet him. Immediately after, Rtn. Sophia announced she finally moved to her new home and she welcomed everyone to her housewarming party on May, 15th.

Tonight, the saddle was in the hands of Rtn. Randal, supported by his guest Brent. Rtn. Frank Yih thanked Randal for his 21 years service with 1200 RMB contribution so he rang the bell. Also visiting Rotarian Hans had the honor of ringing the bell after winning the auction of a Swiss chocolate box, afterward presented to Terri, incoming President.

VP Tracy then showed a video about Interact, kindly offered by Rtn. Randal.

Rtn. Ludovic introduced Rtn. Naomi as the incoming Interact Chair who led her first "Interact Day" event.

In order, representatives of every club, NANMO—SCIS—SHSID—SEFLS—SAS, updated the audience about their service activities with enthusiasm and energy. VP Tracy, Naomi and Ludovic took the opportunity to pin the students after their reports.

VP Tracy ended the meeting with our traditional toast, tonight for Interactors and future.



Group Photo



The Four Way Test



Saddle time



Getting ready for the pins



Interactors Time



Upcoming Events



Dear Run in Blue 2019 Sponsor/Supporter/Runner,  
 Our sincerest apologies for lack of updates about Run in Blue as of lately. We have been processing some unfavourable changes to the internal structure of Run in Blue organisers.  
 Run in Blue’s major local legal organizer (Shanghai Ultramarathon Saicheng Ltd.) has for internal reasons decided not to support the race, which has left us and our charity partner (New Sunshine Charity Foundation) without many of the resources needed to organize the event effectively being so close to the initial date of run, 18th May 2019.

After long and careful discussions with New Sunshine Charity Foundation and a potential new run partner, we have decided that we would not compromise on the attribute of the run by rushing the event and have chosen a new date, Saturday 21st September 2019, to be confirmed with venue. This ensures us ample time to plan the run so that the September run does not suffer from the issues that our past partner has caused us and preserves Run in Blue’s eminence.

Through new and strategic partnerships, we plan to secure the most suitable venue with the next month and get more sponsorships and runners, who would thoroughly enjoy the event during the mild temperatures of September, the beginning of a new school year.

We apologize for this delay due to the unforeseen circumstance and we do hope that you would like to stay on as “Run in Blue 2019 for Leukemic Children” Sponsor/Supporter and Runner.

If you have any further questions, we are happy to answer via email, phone call or an in-person meeting.

Best regards,

Gitasha C. ~ Club President Rotaract Club of Shanghai

\* Club important appointments

# Happy Birthday

# May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01	02	03	04	05
06	07	08	09	10	11	12
<b>Motohiro Yamane</b>						
13	14	15	16	17	18	19
						<b>Nikola Urosevic</b>
20	21	22	23	24	25	26
<b>Cathy Hau</b>						
27	28	29	30	31		
	<b>Thierry Melango</b>					



Club Information



**Contacts & Meetings**

The club meeting is a dinner meeting (by invitation only)  
 Tuesday 18:30 cocktails, 19:00-20:30 dinner

Marriott City Center 上海雅居乐万豪酒店  
 No. 555 Middle Xizang Rd, Shanghai 上海 黄浦区西藏中路 555 号

For details, contact the club administrator Vivian Huang at  
 email: [rsvp@rotaryshanghai.org](mailto:rsvp@rotaryshanghai.org)  
 phone: +86 19921418286



**2018-19 Presidential Theme: Back to Basic**

By RCS President, Linnet Kwok



Linnet Kwok – President

I want this year to focus on Rotary's core values, **Fellowship** and **Service**.

With fellowship we create good service projects and through service we develop long lasting friendships. They are intertwined.

The arrows represents fellowship and service crisscrossing each other. The arrows also form a globe as we are an international organization and an international club.

RCS has over 20 nationalities. To create fellowship we need members, more members to deliver service projects and more members to grow the club.

To grow the club we need to work on our youth and PR. Many people don't know us or think we are a group of old middle age Anglo Saxon males! On the contrary, we are very diversified.

**Basic Info of our Club**

First chartered on 1 October 1919  
 Rechartered on 8 February 2006  
 Number of active Members – 67  
 Honorary Members – 4

**Inclusion Factory**

Project

The Inclusion Factory gives meaningful employment and training to mentally challenged individuals under real market conditions.

**Careers in Care**

Project

Careers in Care tackles the issue of a growing aged population in China by teaching migrant workers to care for the elderly.

**"Gift of Life" – Heart Surgery**

Project

GOL provides life-saving operations their family cannot afford. Over 550 children with congenital heart defects have been saved under the programs executed by the Rotary Club of Shanghai.

**Preventing Kashin-Beck disease**

Project

The Kashin-Beck disease (KBD) is a neglected disease afflicting mostly poor areas of China and resulting in stunted growth, joint deformities and chronic pain.

**The Library Project**

Project

The Library Project has established over 1,800 elementary school libraries. It has put more than 1,200,000 Chinese language children's books into the hands of eager young readers.

**Officers & Board members**

- Linnet Kwok – President**  
[clubpresident@rotaryshanghai.org](mailto:clubpresident@rotaryshanghai.org)
- Tracy Hua – Vice President**  
[clubvp@rotaryshanghai.org](mailto:clubvp@rotaryshanghai.org)
- Tiziana Richiardi – Secretary**  
[clubsecretary@rotaryshanghai.org](mailto:clubsecretary@rotaryshanghai.org)
- Carsten Schmidt-Jochmann – Treasurer**  
[finance@rotaryshanghai.org](mailto:finance@rotaryshanghai.org)
- Terri Lau – President Elect**
- Motohiro Yamane – IPP**
- Rita Malvone
- Samuel Tung
- Adam McWirther
- Christian Kober
- Frank Mulligan

**Committees & Directors**

- Club Administration Committee:** Terri Lau  
[clubadministrator@rotaryshanghai.org](mailto:clubadministrator@rotaryshanghai.org)
- Membership Committee:** Sophia Slingerland  
[membership@rotaryshanghai.org](mailto:membership@rotaryshanghai.org)
- Service Projects:** Rita Malvone  
[service.projects@rotaryshanghai.org](mailto:service.projects@rotaryshanghai.org)
- Youth Service Committee:** Albert Khaoutiev  
[youth.service@rotaryshanghai.org](mailto:youth.service@rotaryshanghai.org)
- PR Committee:** Tracy Hua  
[pr@rotaryshanghai.org](mailto:pr@rotaryshanghai.org)
- Rotary Foundation:** Michel De Vriendt  
[rotary.foundation@rotaryshanghai.org](mailto:rotary.foundation@rotaryshanghai.org)
- Gift of Life (GOL):** Terri Lau  
[gol@rotaryshanghai.org](mailto:gol@rotaryshanghai.org)

- Fellowship:** Samuel Tung  
[fellowship@rotaryshanghai.org](mailto:fellowship@rotaryshanghai.org)
- Pagoda:** Tiziana Richiardi  
[tiziana.richiardi@hotmail.com](mailto:tiziana.richiardi@hotmail.com)
- RCS Centennial Anniversary:** Terri Lau
- Library Project:** Thierry Melango  
[library.project@rotaryshanghai.org](mailto:library.project@rotaryshanghai.org)
- KBD Project:** Michel De Vriendt  
[kashin.beck@rotaryshanghai.org](mailto:kashin.beck@rotaryshanghai.org)
- Inclusion Factory:** Thilo Koeppel  
[inclusion.factory@rotaryshanghai.org](mailto:inclusion.factory@rotaryshanghai.org)
- RSVP:** Vivian Huang  
[rsvp@rotaryshanghai.org](mailto:rsvp@rotaryshanghai.org)

## The Object of Rotary

THE OBJECT of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST The development of acquaintance as an opportunity for service;

SECOND High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD The application of the ideal of service in each Rotarian's personal, business, and community life;

FOURTH The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

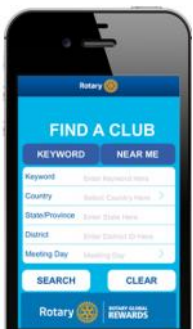
## Rotarian Code of Conduct

The following code of conduct has been adopted for the use of Rotarians:

**AS A ROTARIAN, I will**

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

### FIND A CLUB: ANYWHERE IN THE WORLD!



Everywhere you are in the world you can easily locate the nearest club by simply visiting [www.rotary.org/clublocator](http://www.rotary.org/clublocator) or downloading Rotary's free **Club Locator** app available both for Apple and Android.