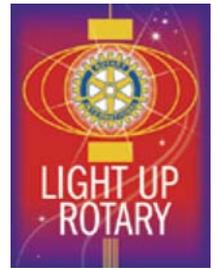




Pagoda



Service Above Self

One Profits Most Who Serves Best

Issue No.229 - 26 May 2015

Published Weekly

Fighting KBD in Tibet

Kashin Beck Disease (KBD) is one of the most mysterious and most underreported diseases, inflicting social ostracism on its victims. The Rotary Club of Shanghai has been supporting the KBD foundation's work in Tibet for two years. This May, several Rotarians sacrificed their holidays to investigate how well the RC Shanghai's funds are spent and to come up with improvement proposals.



The group, well dosed with Diamox against altitude sickness, approached Lhasa by train from Xining. Francoise Mathrieu introduced the KBD foundation there to all the team members. Dr. Mathrieu impressed all with her drive and leadership. The project and its organization is truly complex and difficult.

The introduction was followed by a four day intensive field visit. We saw our sponsored equipment in action, we saw greenhouses and village clinics and were able to talk to volunteers and recipients of support. We were also able to distribute our presents, soccer balls, and it was wonderful to see smiles brightening up young children's faces.

Overall, we can conclude that despite the impressive speed of development in Tibet, a continuing fight against KBD is still required. Tibet is so amazingly large that many villages do not yet benefit from the development which is happening in the cities. The KBD project implemented shows a high rate success, with incidents dropping in the project villages from 30% to 3%.

For the team it was also a wonderful bonding experience, camping out at night and seeing the full moon against the Himalayan sky and being able to contribute to something meaningful.

(see also page 3 to 4 of the Pagoda for the complete report)

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 Fǔ 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?

A visit from the RC Aachen, Germany

The Rotary Club Aachen was established on March 4th, 1930. On October 15th 1937 the club was dissolved due to Nazi pressure. On August 8th, 1949 it was re-established and now has 86 members. Besides to the Rotary Club Aachen, there are four more Rotary Clubs in Aachen.

A major project in 2014 was to collect winter clothes for Syrian refugees which were sent to a camp in Turkey. 1.700 boxes of clothes and shoes have been sent.

This year the Street Festival of Aachen will take place for the first time, under the motto "Street Food Plus". The Rotary Club Aachen will highlight the multicultural life in the Imperial City of Aachen, via a variety of street food from all over the world. The "plus" in the slogan stands for street soccer competitions and street music. All the raised income will benefit a holiday promotion for unaccompanied young refugees.

UPCOMING PROGRAMS

Date	Topic / Speaker	Venue / Time
May.26th	Big delegation from RC Aachen, Germany	Jing An Hilton, 19:00
June.2nd	Fellowship	Jing An Hilton, 19:00
June.9th	Amazing and awakening Journey in India	Jing An Hilton, 19:00
June.16th	TBD	Jing An Hilton, 19:00

Last Meeting Highlights : 19 May 2015

Present at the Meeting

Visiting Rotarians: 21

Frank Hoffman	RC Philadelphia	USA
Lesley Lu	RC Hsinchu Elegant	Taiwan
Ken Huang		Taiwan
Dušan Nešić	Rotaract Shanghai	China
Eric Chen	SCIS Pudong	China
Mathieu Rundstrom	SCIS Pudong	China
June Miles	SCIS Pudong	China
Alissa Johanson	SCIS Puxi	China
Timothy Wee	SCIS Puxi	China
Justine Gore	SCIS Puxi	China
Lawrence Xu	Nanmo Interact	China
Ian Fang	Nanmo Interact	China
Tony Tong	Nanmo Interact	China
Susan Yang	Nanmo Interact	China
Maria Deng	Nanmo Interact	China
Oskar Pylypenko	CZOIC	China
Bradley Brooks	CZOIC	China
Kristi Sinnett	CZOIC	China
Takayasu Yamane	SHSID	China
Eric Seo	SHSID	China
Andrew Robinson	SHSID	China

Members: 22, Rotaracts: 1, Interacts: 17, Guests: 8
Contributions raised: Rmb 3,900 (650 Rmb/table)



Sam Tung auctioning a bottle of wine

This meeting, presided over by Frank Yih, had a special highlight. The composer of the Taiwanese Rotary Song, Ken Huang joined our meeting this time and gave a solo performance of the theme song. He will work with Nanmo Orchestra on to perform at the Shanghai West Charter night. The Nanmo Club this time lead us into the four way test.

Sam Tung, our esteemed Sergeant-at-Arms, donated and auctioned off a nice bottle of red wine, to celebrate his 5km run in blue.

18 Interactors and teachers from 6 Interact Clubs (CZOIC, SCIS Pudong, SCIS Puxi, Nanmo, SHSI) joined the Interact Day. Every club made its 5 minute report. The creative fundraising activities were amazing, ranging from arm wrestling to popcorn sales and animal shelter visits. The Nanmo Club even has its own website and 137 members.

Additionally, Frank Mulligan talked about his mentor program again and encouraged Rotarians to join this. Prof. Frank Hoffman announced that on June 6th there will be the Frist Saturday Talk. Rotarians, Rotaractors and Interactors are welcome to join and share the Rotary philosophy with each other.



Our Visitors from the Shanghai Interact Clubs



Frank Yih, CM Tsang, Lesley Lu, Ken Huang, Maria Deng and Nanmo Interactors

Club Information

Officers

Frank Yih - President
Dean Merritt - President Elect/
Club Admin
Terri Lau - Vice President
Motohiro Yamane - Hon. Secretary/
Club Admin (deputy)
Yvon Russon - Treasurer

Basic Info of our Club

First chartered on 1 October 1919, re-chartered on 8 February 2006
Number of active members - 80
Number of honorary members - 11
Average age - 45
Nationalities - 23
Male - 80% Female - 20%

Contacts

The club meeting is a dinner meeting every Tuesday at Jing An Hilton Hotel 华山路250号 (18:30 cocktails, 19:00-20:30 dinner)
Contact the club administrator Edith Du at RSVP@rotaryshanghai.org, +86 18801624833

Committees and Directors

Club Administration Committee
1st Tuesday of each month, 17:30
Chair: Dean Merritt dean@mdmlevel.com
Deputy Chair: Motohiro Yamane yamane@tmish.com

Membership Committee
1st and 3rd Tuesday of each month, 18:00 - 18:30
Chair: Alexandra Taulin alexandra.aulin@yahoo.fr

Public Relations Committee
1st Tuesday of each month, 17:00
Chair: Michel De Vriendt michel.devriendt@premiumfinance-group.com

Community and International Service Committee
1st Tuesday of each month, 17:00
Chair: Terry Chu terrychu_prn@msn.com

Youth service committee
Last Tuesday of each month, 17:00
Chair: Frank Yih frank@yih.com

Rotary Leadership Award Committee
Chair: Tara Strunk Tara.Strunk@grace.com

The Rotary Foundation Committee
Chair: Frank Yih frank@yih.com

For more information, please visit www.rotaryshanghai.org

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

地址: 迎春路1199号 (靠近芳甸路)

If you would like to attend Rotary Pudong Meeting, please contact Mr. Brinton Scott
Email: bscottesq@hotmail.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/>

A Field report: Fighting Kashin-Beck Disease

For this May 1st Festival a group of Frenchmen gave its time and Rotarian spirit to discover our RCS project in Tibet. 7 days were dedicated to learning more about the Kashin Beck Disease and the KBD Foundation. It all started like a Boy Scout camp. We have had a wonderful discovery day of Xining in Qinghai with delicious Noodles at 11.00 PM (!). And we could travel by train from Xining to Lhasa.

The goal of the first two days was to reach the capital of the Autonomous Region of Tibet, Lhasa, in a healthy way, without suffering from high altitude side effects. The Prevention job done by Valerie, with the Diamox medication follow-up was a complete success. We enjoyed watching stunning landscape views for 22 hours in the train - though we had few time for meditation. After this long train journey, we arrived to Lasa at 3PM Beijing time.



On the May 2nd, we met with Dr. Francoise Mathieu, the Director of Kashin- Beck Disease foundation, an NGO specialized in prevention work to reduce the KB Disease appearance in the districts of Tibet where it has the rights and finances to be present. We met a passionate leader with her team and had dinner with them, enjoying Tibetan food.

On Monday 3rd we started the investigative part of the trip by visiting the Lhasa Office of the KBD Foundation. We had a 1-hour intro of the NGO history from 1992 until today. It was good to take this time, also to understand the life of Dr. Francoise Mathieu, and of her life Partner William who have been piling up expertise, knowledge, finance and friendship with local villages and authorities to make this NGO enterprise work well. Through the years, KBDF has been integrating different case study and action plans . With this introduction, we could understand how from seeing the Bone disease in some villages in 1991-1992, when Francoise was MSF

employee how it could come to the stage of a social action plan with agronomic, nutrition, and medical compartments. To say the organization is complex to understand is partially true. However, Our Medical Doctor Valerie Donval conclude: "This is very well integrated project".

During this short presentation, we learnt about the Kashin-Beck disease, which is a osteoarticular disease involved in destruction of growth and joint cartilage, starting in children between 4 and 15 years old. They suffered from fatigue, muscular weakness, waddling gait and Dwarfism. The etiology of the disease remains to be established so no treatment is available for the Kashin-Beck Disease. The main possible causes are the lack of minerals and vitamins and mycotoxins in cereals. Action plan for each of these 3 causes have been implemented in order to control these risks factors.

1-Children Nutrition Programm (vitamine D, C and E and calcium supplementation, selenium and iode supplementation) with 53 clinics covering 103 villages. Children are weighed and measured once every month.

2-Food Diversification Programm :

Vegetables gardens and seeds distribution. KBDF built 1378 greenhouses (36 from Rotary) and planted 10 kinds of different vegetables in each of them, enough for all the families in the villages during the whole year. (37 kg of vegetable per month).

Seeds banks were established to help the villages to become self - sufficient in seeds production.



3-Mycolology : The KBDF treats and dries the seeds before storage, improves the storage condition with special grain bags and dedicated store room. They organize lab mycolology control (400 samples/year). 1 machine is provided per village to treat the grain mechanically.

We left the KBDF office from Lhasa to reach the first Village and to learn about the daily action sof some of the KB prevention experts in the field. The travel in a Ford Transit rather long and dry for this first day of travel in Tibet. As the villages are in very remote areas, the only way to reach the village is to drive dozens and dozens of miles in the mountain.

During the 4 days of villages visits we saw many of the greenhouse that where built, and allocated to the families. Concerning the way to treat the grains after harvest, we could see that equipment (some financed by our club). We also saw a clinic in action. In each village, once the visit finished, we

organized the Football distribution to the children. It was nice to see this visit ending with a smile on the face of these young children.

On reflection from the distance of Shanghai, we can see and feel that the Tibetan way of life has been changing very fast in the last 5 years. The train connection in July 1st 2006 from Xining to Lhasa stimulated development. We could see many new roads, most of the villages had electricity, some villages had water access points within the village, all newly built during the last few years. However, most of the village people face difficulties accessing the benefits development brought to the main cities, and preventive action by the KBDF remains necessary. As Tibet is such large and vast territory, we could only see a very small part of it. There are still more districts with Kashin-Beck cases in the region. To enlarge the territorial scope of the KBDF it needs both, more authority and more financial support. The long experience of the KBDF team means they have a very skilled team with the capacity to grow and support new challenges in new areas. As measure of success, the rate of KBD has been decreased from 30% to 3% in the villages where the actions plans were implemented.

We could share some wonderful moments, such as our camping night, in the middle of nowhere, seeing the full moon. However, lwe will keep these nuggets for some more happy money!

Back from this visit, we all feel honored to have seen the action of the locals, of the authorities and of the medical staff acting together for to improve the life in remote Tibetan villages.

