



Pagoda



Service Above Self

One Profits Most Who Serves Best

Issue No. 416– 23rd April 2019

Published Weekly

Highlights



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？

Smart Ageing - The Story of Our Health ~ Markus Braun

Markus Braun is native German, and living in Shanghai for the last 9 years. For the past 15 years, he has been in the healthcare business, basically Anti-Aging and Radiation Therapy.

As Managing Director for Hidden Champions in the MedTech in Radiation Therapy in Asia, he has been dealing with Hospitals, Hospital Professors, MDs, Physicists and cancer patients. One question that always stick in his mind was why people suffer from cancer and others not. What is the trigger?

He has established Shanghai DEHU Healthcare Management Consulting, Ltd. which is a provider of bespoke high-end medical services in Germany & Switzerland, because of the fact that living healthy is not rocket science.

Due to aging, our body and mind deteriorates significantly but how to avoid diseases, eating well (eating what), stay physically and mentally fit (also in the job) with age. That brings me to our topic, **Smart Ageing – The Story Of Our Health!** Join us to meet Markus and know more about health and ageing.



Date	Topic / Speaker	Venue/Time
April 23rd	Smart Ageing - The Story of Our Health - Markus Braun	5th Floor, Marriott City Center, 19:00
April 30th	Handover / Fellowship	5th Floor, Marriott City Center, 19:00
May 7th	Interact Day	5th Floor, Marriott City Center, 19:00
May 14th	PowerMeHealthy –Sharon	5th Floor, Marriott City Center, 19:00

Tuesday, April 16th 2019

Highlights from the last meeting

Visiting Rotarians:

Alexander Grayer	RC 11932	Austria
John Bartlett	RC Westminster International	UK
Weert Zell	RC Aachen Nordkreis	Germany
Harry Wong	RC Suzhou	Mainland China

Dinner attendance

Members	18
Visiting Rotarians	4
Guests	11
Total headcount	33

Happy Money: 4200 CNY

President Linnet chaired the meeting and started reciting the Four Way Test and we all joined together.

Sergeant Sam introduced visiting Rotarians and guests. Immediately after, Rt. Michel presented Shanghai Butterfly Football Cup medal and PP Moto presented RC Island West gifts.

During dinner, President Linnet pinned PP Moto and Rtn. Alian for achieving Paul Harris Fellowship. For Motosan this is his 8th recognition and his pin got 2 rubies.

A new member was inducted tonight. We all welcomed Alexander Hartmann inducted by President Linnet and accompanied by his sponsor Michel and his family. Alex briefly introduced himself talking about his job and passions.

A couple of announcements were then offered: don't forget to mark your calendar for Sunday Easter Brunch (April, 21st) and Early Handover on April, 30th.

Saddle and auction time was led by Rtn. Peter, supported by visiting Rotarian and friend John. We had both sad and happy money: sadness expressed for President Linnet's early leaving Shanghai and for the terrible fire on Notre Dame de Paris; excited money for Rtn. Filippo and Adele's wedding announcement and dedicated donation to GOL by Rtn. Michel who was honored to ring the bell. Hong Kong cookies kindly donated by PP Moto were auctioned to Alain and Michel.

Clue moment, RCS Ignites! We started with our friend Eric sharing exciting moments of life and his acting experience in China; VP Tracy spoke about distinctive underground system in the world (did you know that China has the longest track?) and President Linnet said good-bye to China looking back to her 16 years life.

President Linnet toasted to thinking positively and rang the bell 5 minutes earlier than scheduled.



Our President Linnet is so used to medals!



Newly inducted Alex with enlarged family



Ruby Fellow



Paul Harris Fellowship Recognition



Happy couple announcement



On a carriage with Tracy



Acting with Eric

Upcoming Events



Rotary Club of Shanghai West

Shining Rotary! Colorful Life!

上海浦西扶輪社授證四週年慶典 - 閃亮扶輪 多彩人生
Rotary Club of Shanghai West 4th Charter Ceremony Party - Shining Rotary! Colorful Life!

尊敬的貴賓

很榮幸能邀請您參加 2019 年度上海浦西扶輪社授證四週年慶典。上海浦西扶輪社全體社員對於您的支持獻上最誠摯的謝意，並期待當晚您的光臨與參與！

Dear Rotarians,

It's an honor to invite you to Rotary Club of Shanghai West 4th Charter Ceremony Party. Members of Rotary Club of Shanghai West thank you for your support, and looking forward to seeing you again.

晚會信息

時間: 2019 年 5 月 4 日 星期六晚上 18:00-20:50

(17:00 開始開始聯誼酒會, 並登記領取紀念提袋)

地點: 上海中星柏爾曼酒店 3F 宴會廳, 上海市徐匯區浦北路一號

著裝建議: 正裝、儀仗閃亮及顯著彩色飾品或正裝、非黑色系服飾

價格: 人民幣 880 元 (臺幣 4050 元)/人

Party Information

Time: 2019 May 4th, Saturday 18:00pm to 20:50pm,

(Registration at 17:00 for fellowship and get the gift bag)

Location: Pullman Shanghai South, 3rd Floor Ballroom

Dress Code: Formal, shiny and color accessories or formal, non-black clothing

Fee: RMB 880 (NTD 4050)/ person



RUN IN BLUE 2019

A 5km run in a blue T-shirt to support leukemic children's education

SUPPORT A GOOD CAUSE

Children treated for leukemia and other related cancers cannot attend normal school during their treatment. New Sunshine Charity Foundation fills this gap by providing volunteer-taught classes and enrichment activities to hospitalized children with leukemia.

RUN IN BLUE 2019

Place: Century Park, Shanghai
 Date: May 18th, 2019
 Time: 9:30 - 13:00
 Ticket price: from 80 - 250 RMB

SPONSORSHIP PACKAGES

	Partner ¥100,000	Diamond ¥50,000	Platinum ¥20,000	Gold ¥10,000	Silver ¥5,000
Corporate Logo	FRONT BIG	FRONT MEDIUM	BACK MEDIUM	BACK SMALL	NO
	Promo Material GIGANTIC	HUGE	LARGE	NORMAL	SMALL
Event Photo Backdrop	YES LARGE	YES NORMAL	YES SMALL	NO	NO
	Press Release	YES	YES	NO	NO
Free Volunteers	15	8	2	1	0
Free Runners	20	12	6	4	2
Invoice (Fapiao)	YES	YES	YES	YES	YES

CONTACT EVENT ORGANIZER

RenJie
 External cooperation manager
 New Sunshine Charity Foundation
 Email: jie.ren@nscf.org
 Mobile: (+86) 15810633729

Gitasha Nath
 Rotaract Club of Shanghai President
 Run in Blue Project Director 2017
 Email: info@rotaractshanghai.com
 Mobile: + 86 1352420084



Upcoming Events



INTERACT CHINA CONFERENCE
中国扶少团年会 2018-2019

TIME?
2019年4月27日 10:00-14:30
2019, April 27th 10:00-14:30

WHERE?
浦东新区青桐路169号, 邮编201203
The SMIC Private School.
169 Qingtong Rd, Pudong New Area, Shanghai, China

40 RMB for lunch 午餐40元/人

微信支付

THE SMIC PRIVATE SCHOOL



The Officers and Members of the Rotary Club of Manila, led by President Jesus "Susing" M. Pineda, Jr. invite you to

100th Anniversary of the Rotary Club of Manila and the Rotary Movement in the Philippines and in Asia

JUNE 20, 21, 22, 2019

REGISTRATION FEE:

Early Bird Rate: (Until March 15, 2019) (PESO) – PHP 5,000 (USD) - \$150	Regular Rate: (March 16, 2019 onwards) (PESO) – PHP 5,250 (USD) - \$175
--	---

RSVP
rcmcentennial@gmail.com

* Club important appointments

Happy Birthday April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Audrey Wang Robert Field-Marsham	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17 Christoph Wenner	18	19	20	21 Michel De Vriendt
22 Markus Berger	23	24	25	26 Tracy Hua	27 Savas Tuemis	28
29	30 Handover/ Fellowship	01	02	03	04	05

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
 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 – 69
 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
- Tracy Hua – Vice President**
clubvp@rotaryshanghai.org
- Tiziana Richiardi – Secretary**
clubsecretary@rotaryshanghai.org
- Carsten Schmidt-Jochmann – Treasurer**
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
- Membership Committee:** Sophia Slingerland
membership@rotaryshanghai.org
- Service Projects:** Rita Malvone
service.projects@rotaryshanghai.org
- Youth Service Committee:** Albert Khaoutiev
youth.service@rotaryshanghai.org
- PR Committee:** Tracy Hua
pr@rotaryshanghai.org
- Rotary Foundation:** Michel De Vriendt
rotary.foundation@rotaryshanghai.org
- Gift of Life (GOL):** Terri Lau
gol@rotaryshanghai.org

- Fellowship:** Samuel Tung
fellowship@rotaryshanghai.org
- Pagoda:** Tiziana Richiardi
tiziana.richiardi@hotmail.com
- RCS Centennial Anniversary:** Terri Lau
- Library Project:** Thierry Melango
library.project@rotaryshanghai.org
- KBD Project:** Michel De Vriendt
kashin.beck@rotaryshanghai.org
- Inclusion Factory:** Thilo Koeppel
inclusion.factory@rotaryshanghai.org
- RSVP:** Vivian Huang
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 or downloading Rotary's free **Club Locator** app available both for Apple and Android.