



Pagoda



Service Above Self

One Profits Most Who Serves Best

Issue No. 459– April 14, 2020

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Pagoda Portrait Andrew Hill

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 BET-
TER 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 con-
cerned?
是对大家有利吗?
Shì Duì Dà Jiā Yǒu Lì ma?



**Heather Fraunberger B.A, E-RYT, RYT-300,
Ayurvedic Yoga Specialist**

Heather has been teaching Hatha Yoga for ten years. She has experience teaching in Studios, gyms, schools, corpo-
rate offices, and privately.

Heather’s background and passion is the Iyengar Method of Yoga, which focuses on proper alignment of Yoga poses, which builds strength and stability.

No two bodies are alike, Asana (Yoga) poses look and feel different for everyone. Heather works with props and modifications so the student receives the best feedback for their body.

By paying attention to exactly where you are in a Yoga pose builds the meditative muscle of mindfulness.



**Welcome to RCS
online Yoga Session**

April, Tuesday 14, 2020
@Zoom.

Ticket costs 100 RMB
RSVP * Vivian Huang

Message from the Chair of service project committee



*At RCS, we believe that financial con-
straints should not hinder education. We
proudly support You Dao Foundation for
migrant primary school children, Shanghai
Sunrise for underprivileged high potential
secondary school students, and Shanghai
Young Bakers, a trade school to give skills*

to countryside teens not destined for university.

Reach out to RCS Service Chair for more details.

Tuesday, April 7, 2020

Highlights from the last Meeting

Visiting Rotarians:

Gunther Klein	RC Suzhou	China Mainland
Kai-Uwe Reitmann	St. Petersburg International	Russia
Michael Wader	St. Petersburg International	Russia

On April 7, RCS had the 4th web meeting in VooV.

President Terri kept the Four Way Test tradition and invited Michel to jointly lead the reading. After introduction of 3 visiting Rotarians, President Terri presented an update on the service project. RCS will finance 10,000 RMB from its International Service Project budget to assist the Italy Coronavirus Pandemic Relief Work currently conducted by RC Suzhou. Gunther Klein from RC Suzhou gave more details on this and shared a good news that Italy is stabilizing.

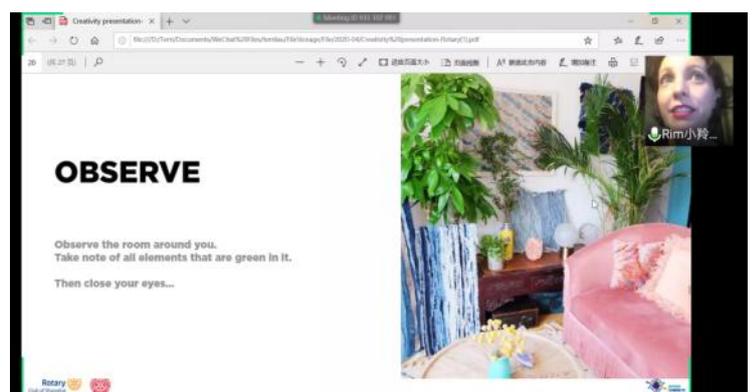
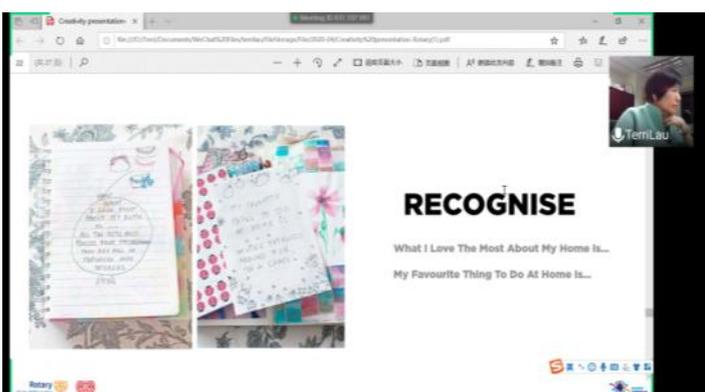
Happy money : 400 RMB

This time we received 400 RMB Happy money .

Members	16
Visiting Rotarians	3
Guests	0
Total headcount	19

Later Rtn Rim stirred up our people with great input on creativity with a different perspective.

Try 10 minutes' joyful things every day to help you be creative, with connection of all your senses.



Pagoda Portrait Andrew Hill



What is your idea of perfect happiness? *Being with family and friends with no time limits*

Which historical figure do you identify with most? *Deng Xiaoping*

Which living person do you most admire? *Bob Dylan*

What is the trait you most deplore in yourself? *Fear*

What is the trait you most deplore in others? *Political games*

What is your greatest extravagance? *Electronics*

What do you consider the most overrated virtue? *Ability to speak Chinese*

On what occasion do you lie? *To be kind, but always try to avoid*

When and where are you happiest? *When with family and good friends*

What do you consider your greatest achievement? *Advancements in Special Education in China*

If you could choose to come back as something, what would it be? *A human being*

What is your most treasured possession? *Family photos*

Where would you like to live? *Shanghai for now*

What is your favorite occupation? *Academic researcher*

What is your most market characteristic? *Public speaking*

What do you most value in friends? *Their time*

Who are your favorite writers? *Herman Hesse, Robert Caro, Michael Lewis, Brandon Sanderson, William Carlos Williams, Philip K Dick*

Who are your heroes in real life? *People who are kind while giving of their time and energy for good causes*

How would you like to die? *Suddenly*

What is your motto? *Be a good person*

If you were a rock star, who would you be? *Ian Curtis of Joy Division*

What is the oldest item in your fridge? *Obama 2008 sticker (on Fridge)*

What would you like to eat for your last meal? *Hot Pot*

What is the best joke you ever heard? *Still waiting to hear one worthy of this question.*



Club Information



Terri Lau – President

2019-20 Presidential Theme: Connect for good causes

By RCS President Terri Lau Rotary provides the platform for a group of like-minded professionals, scholars, entrepreneurs, leaders in their own field to meet and to serve the community. Through the service projects we take the action to raise awareness to make changes, to provide service to others.

As a member of the non-districted group of 27 Rotary clubs, 10 Rotaract, 18 Interact clubs and a RCC in Mainland China today, I believe it's the perfect time to connect within our Rotary family. The joint talents and effort will benefit all parties for the good cause. I invite all members to take an active role, to participate in club meetings and activities. Three key words to define an active Rotarian in my interpretation: **Meet! Connect! Serve!**

Last but not the least: **We Celebrate!** Rotary year 2019-20 is a special year for RCS when RCS was first chartered on October 1, 1919. Only a few clubs have been chartered before. A hundred years later, RCS has become a club that connects for the good cause. Celebrate with us this very special anniversary.

Basic Info of our Club

First chartered on 1 October **1919**
Rechartered on 8 February **2006**
Number of active Members – **60**

"Gift of Life"

Heart Surgery

Project

GOL provides life-saving operations their family cannot afford. Over 600 children with congenital heart defects have been saved under the programs executed by the Rotary Club of

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 上海市黄浦区西藏中路 555号

For details, contact the club administrator **Vivian Huang**

email: rsvp@rotaryshanghai.org, phone: +86 19921418286 website: www.rotaryshanghai.org

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

Officers & Board members

Terri Lau – **President/RCS Centennial Anniversary**

Tiziana Richiardi – **Vice President**

Ludovic Antérieur – **Secretary**

Christoph Wenner – **Treasurer**

Tracy Hua – **President Elect**

Linnet Kwok – **IPP**

Samuel Tung

Thilo Köppe

Diane Russell

Sophia Slingerland

Alejandro Burial Rocha

Committees & Directors

Club Administration / PR Committee: Tracy Hua

Membership and Fellowship Committee:

Sophia Slingerland and Thilo Köppe

Service Projects Committee: Rita Malvone

Youth Service Committee: Naomy Peña

Rotary Foundation /KBD Project: Michel De Vriendt

Gift of Life (GOL): Terri Lau

Sister Clubs: Motohiro Yamane

Pagoda: Kateryna Kuzmenko

Christian Kober

RSVP: Vivian Huang