ROTARY CLUB OF SHANGHAI

www.rotaryshanghai.org

Pagoda

Service Above Self Issue No. 416– 23rd April 2019

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

 Will it be BENEFICIAL to al 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.

One Profits Most Who Serves Best

Published Weekly

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

 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



Our President Linnet is so used to medals!

Newly inducted Alex with enlarged family



Happy couple announcement



Ruby Fellow



On a carriage with Tracy

Highlights from the last meeting

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.



Paul Harris Fellowship Recognition



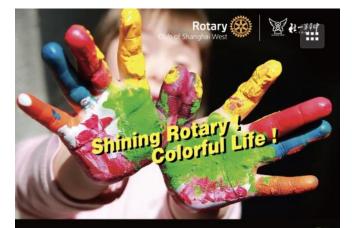
Acting with Eric



ROTARY CLUB OF SHANGHAI

Upcoming Events





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谢意,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.

夏 晚會信息

時間:2019年5月4日 星期六晩上18:00-20:50 (17:00 報到間(5時酸道酒會,並登記(街武紀念提供)) 地站:上海中星船環疫酒店3F 賞音輝,上海市待羅區浦北路一號 著装建道:正装,(機数閃克及編著彩色偽品成正裝、非黑色系服飾 債格(人民幣880元(優幣050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 elated cancers cannot attend normal school during their treatment. New Sunshine Charity Foundation fills this gap by providing volunteer-taught classes and enrichment activities to positialized children with leukemia.





RUN IN BLUE 2019

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

SPONSORSHIP PACKAGES Partner Diamond Platinum Gold Silver ¥100.000 ¥50.000 ¥20.000 ¥10.000 ¥50.000

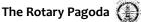
| ate | Runner T-shirts | FRONT MEDIUM | BACK | |
|-------------------|------------------------|-----------------|------|--|
| Corporate Logo | Promo Material | | | |
| | EventPhoto Backdrop | | | |
| Press R | (elease | | | |
| Free V | olunteers | | | |
| Free R | unners | | | |
| Invoic | e (Fapiao) | | | |
| | | | | |

CONTACT EVENT ORGANIZER

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

Rotaract Club of Shannghai President Run in Blue Project Director 2017 Email: info@rotaractshanghai.com Mobile: + 86 13524200084

* 北京新阳光慈善基金会 * 上海進馬 Rotaract (Club of Shangh New Sunshine Charity Foundation * Shangh Strange Club Shangh

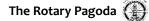


Upcoming Events



* Club important appontiments

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|--|-------------------------------|---------------------------|----------------|-----------------|--------------------|----------------------------|
| Monday | Tuesday 🗾 | Wednesday | Thursday | Friday | Saturday | Sunday |
| 01 Audre <mark>y W</mark> ang Robert Field- Marsham | 02 | 03 | | - 05 | 06 | 07 |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| 15 | | 17 Christoph Wenner | 18 | 19 | | 21 Michel De Vriendt |
| 22 Markus Berger | 23 | 24 | 25 | 26 Tracy Hua | 27 Savas Tuemis | 28 |
| | 30 Handover/ Fellowship | | 02 | 03 | 04 | 05 |



ROTARY CLUB OF SHANGHAI

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

"Gift of Life" - Heart Surgery

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.

Inclusion Factory

The Inclusion Factory gives meaningful employment and training to mentally challenged individuals under

real market conditions.

Preventing Kashin-Beck disease

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.

Careers in Care

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

The Library 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@rotarvshanahai.ora Terri Lau – President Elect Motohiro Yamane – IPP Rita Malvone Samuel Tung Adam McWirther Christian Koher 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 Koeppe: 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.