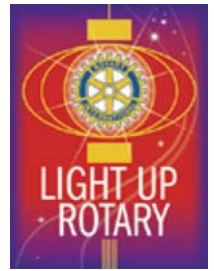




Pagoda



Service Above Self

One Profits Most Who Serves Best

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Published Weekly

First Aid

We all have heard the word, most of us did some training, but do we have what it takes? Can we really provide first aid when it is needed? Or has this training and its memory been banished to some old and dusty corner of our memory palace and we secretly dread the moment when we are asked to give first aid?

The key to First Aid are the “ABC”s, Airway, Breathing and Circulation. This mnemonic is used by all health professionals. Did you remember that first you have to ensure, in case of an emergency that requires first aid, that the airways are unblocked? Unblocking might require to move the person sideways, the so called ‘recovery position’, which clears the tongue away from the airways but also helps to reduce the danger of blocked airways resulting from vomiting. In cases of choking, other methods are employed, like the famous ‘Heimlich maneuver”. Do you remember how to perform the “B” – how to provide rescue breathing, without endangering the person you try to save? Have you been trained how to provide the “C”, in other words how to do CPR in case of circulation failure?

After this basic assessment, would you be able to apply a tourniquet? Do you know which information to provide when dialing 110?



It is safe to assume that most of us RCS members and most of the general population in Shanghai has either never been trained in the above or has forgotten the training long since. Shanghai is more dangerous than many other world cities, especially its traffic. Also professional emergency services are not well established and clogged roads often make it impossible for an ambulance to reach an accident site in time. Rescue helicopters are a virtual unknown in China. This makes the availability of trained first aid by volunteers at the site of an accident extremely important, not only for immediately saving the victim but also for stabilizing it until professional help becomes available.

At this fellowship we will be treated to an introduction to SOS by Ms. Gaelle Calmels, accompanied by Pierre Henry Laugier. SOS (Shanghai Oh Secours! Shanghai Assistance!) is a volunteer organization dedicated to improving the state of first aid in Shanghai by increasing the number of people trained for first aid. A variety of trainings are on offer, to individuals, companies and other organizations, done by professional trainers certified by the French Red Cross society.

UPCOMING PROGRAMS

Date	Topic / Speaker	Venue / Time
Feb. 17th	No meeting	./.
Feb. 24th	No meeting	./.
Mar. 3rd	Fellowship	Jing An Hilton, 19:00
Mar. 10th	TBA	TBA

The Four-Way Test 四大考验

Of the things we think, say or do:

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?

Last Meeting Highlights :

3 Feb 2015

Present at the Meeting

Visiting Rotarians: 5

Cheng Hung Hsiang(Thomas)	RC Aclimacao	Brazil
Cheng Feng Yu-Chi(Christina)	RC Aclimacao	Brazil
Hans Huber	RC Lenzburg	Switzerland
Frank Hoffman	RC Philadelphia	USA
Qun Zhao	RC Philadelphia	USA

Members: 27, Rotaracts: 0, Interacts: 0, Guests: 10

Contributions raised: Rmb 2, 400 (480 Rmb/table)

Thank you for a US\$ 25,000 donation from the RC Richmond Sunset



Left: Magdalen Leung, Past President RC Richmond Sunset Vancouver; Center: Terry Chu, Director Community and International Services, RC Shanghai; Right: Joanna, President RC Richmond Sunset Vancouver

The meeting of February 3rd was presided over by PE Dean and well attended. It was a special pleasure to welcome former member Hans from Switzerland, who also brought along Dr. Zhang who used to be our GOL partner at the Kowloon Hospital in Suzhou, but has since moved to Shanghai. As there was no dinner speech, PE Dean gave extended opportunity for fellowship and also provided a brief outline of his goals for his coming presidency. Key focus will be on retaining and involving Rotarians as well as being visible in the community in order to attract members and foster the establishment of more clubs. Dean wishes to increase local projects which can be supported and attended by Rotarians and their families. He especially highlighted that the recent new Rotarians are very enthusiastic about getting involved in Rotary and he challenged long-term members to revive their enthusiasm.

After Dean, quite fittingly, Tara announced the annual 'Leadership Awards' and the Gala dinner, to be held on May 22nd at the Swissotel. Start inviting and making preliminary table reservations. Each table will be 10,000 RMB and not US\$ as we were reminded.

Sergeant-at-Arms was as Sam, assisted by Christian. Happy money flowed generously so that no time for sad money was left.

The meeting was adjourned with a toast to Dr. Zhang and new members.



Banner Exchange with RC Aclimacao



New inductees and sponsors



Dr. Zhang & his wife

Club Information

Officers

Frank Yih - President
Dean Merritt - President Elect/
 Club Admin and Membership
Patrick Tissier - Vice President/
 The Rotary Foundation
Motohiro Yamane - Hon. Secretary/
 Club Admin (deputy)

Anthony Aucutt - Treasurer
Tom Kane - Immediate Past President

Basic Info of our Club

First chartered on 1 October 1919, re-chartered on 8 February 2006
 Number of active members - 94
 Number of honorary members - 8
 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: Dean Merritt dean@mdmlevel.com

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
 Deputy Chair: Sylvain Parpaite sparpaite@gmail.com

Youth service committee
 Last Tuesday of each month, 17:00
 Chair: Nikola Urosevic nikola.urosevic@gmail.com

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

The Rotary Foundation Committee
 Chair: Patrick Tissier pt@tca-services.com

For more information, please visit www.rotaryshanghai.org

Provisional Club 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: bscottessq@hotmail.com

Fresh Start Rotary Club of Shanghai
 Friday, 7:30-8:30 am
 Location: Element Fresh, Jing An Kerry Center

位置: 新元素静安嘉里中心店

Address: No.1551 Nan Jing Xi Lu, Shanghai

地址: 南京西路1551号

If you would like to attend Fresh Start, please contact Mr. Gary Permenter
 Email: gary.permenter@gmail.com