



# Pagoda



Service Above Self

One Profits Most Who Serves Best

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Published Weekly



Dr. Yong Lee

## Fitness as we age

Our speaker, Dr. Yong Lee and his family moved to Shanghai in 2007. Prior to coming to China, he was the assistant director of the Scripps Family medicine residency in Chula Vista, California.

In Shanghai, he worked at Parkway, where he served as a staff physician, chief of staff, and vice-president of medical services. After that, he worked as the medical director of the American Medical Center. He joined the United Family Hospital in 2014. Presently, he is the chair of family medicine and one of the assistants to the CMO.

The title of his presentation is "Fitness as we age." and the aim of the presentation is to provide an overview of the changes that occur naturally as we age. These changes are inevitable, but they can be managed in order to allow for a more graceful and healthy aging process. Management recommendations aim to mitigate some of the health hazards that can accompany aging such as weight gain, weakness, loss of coordination, accidents, dementia, etc.

The presentation focuses mainly on lifestyle adjustments that need to be made along the way, if we want to stay healthy.

## 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 Fù 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?

## Join the Rotary Golf Tournament May 20<sup>th</sup>

Our annual tournament is about to commence. Please contact Terri for details and sponsoring opportunities. Teams from HK, Taiwan, France ... have already sign-up. Non-golfers are welcome to join for dinner. There will not only be Golf, but also live and silent auctions, raffles etc. at the Awards presentation dinner. Besides the golf competition, there will also be Mulligan Bull's eye tickets and have "fun" prizes for best dressed participants, best selfie and much more. For details, contact Rtn. Terri Lau. [terri.lau@asiantigers-china.com](mailto:terri.lau@asiantigers-china.com)



## Rotary-Emblem Quiz

By Herbert K. Lau

Q: When was the present Rotary emblem officially adopted?

A: In 1924. However, the "wheel" motif was first used by the Rotary Club of Chicago in 1906.

Q: How would you describe the emblem you wear in your lapel?

A: It is a wheel with six spokes, 24 cogs, and a keyway. Its colours are royal blue and gold, and is inscribed with the words "Rotary International".

Q: What mechanical feature of the Rotary emblem makes it a gear that from an engineering standpoint could actually do work?

A: The keyway. It was added in 1920 and changed the "wheel" design of the emblem from that of an "idler" gear to a "worker" gear.

Q: Has the Rotary emblem an official meaning?

A: No official meaning has been adopted, but many Rotarians have drawn inspirational interpretations from its design.

Q: May the Rotary emblem be used as a trade-mark for commercial purposes?

A: No. It is considered improper.

Q: Does Rotary sanction the use of its emblem in conjunction with any other emblem?

A: No. The Rotary emblem should not be used in combination with any other emblems / insignia, nor should designs or words be superimposed.

Q: Is the Rotary emblem properly used on the stationery and printed matter of Rotary clubs and on the road signs erected by clubs?

A: Yes. Such usage is proper.

Q: Can Rotary clubs authorize other groups and organizations under their sponsorship to use the Rotary emblem to indicate affiliation?

A: No. Neither the word "Rotary" nor the emblem of Rotary should be used in connection with such sponsored groups.

Date	Topic/Speaker	Venue/Time
April 12 <sup>th</sup>	"Fitness as we age", Dr. Yong Lee	Marriott City Center, 19:00
April 19 <sup>th</sup>	"Saving the World from Plastic Waste", Danny Stoetzer	Marriott City Center, 19:00
April 26 <sup>th</sup>	Fellowship	皇朝会, 上海市黄浦区广东路20号, 外滩5号3楼。 Royal China Club, 3/F Bund 5, No.20 GuangDong Road, Tel: 021-6333 2981
May 3 <sup>rd</sup>	Interact Day	Marriott City Center, 19:00

April 5<sup>th</sup>, 2016

Rick Xi	RC Orlando Dragon	USA
Norman Lee	RC HK Island East	HK
Audrey Wang	H. Member RCS	China

**Members: 29, Visiting Rotarians: 3,  
Guests: 4, total : 36;  
Happy Money: 2.500RMB**

**Highlights from the last meeting**

Our last meeting took place in the familiar surroundings of the Marriott City Centre – though some visitors went to the Marriott in Tomorrow Square instead. On the positive side though – they fortunately did not go to the Hongqiao Marriott.

Tracy this time led us through the Four-Way-Test. There was no banner exchange, though Frank had brought along a banner from the RC HKG East. Announcement were made by Terri, who reminded everyone of the coming golf tournament (see also p1 of this Pagoda) and encouraged all to buy Raffle Tickets. There are exciting prizes to be won, even a Swiss watch.

Tracy informed us about new monetary support for GOL, namely 999US\$ from our former member Wolfgang Hagn., This will sponsor the 2-year old Wenbo Chen who has been undergoing a complicated cardiac surgery recently in the Shanghai Children Medical Center.

Our Sergeant-At-Arms Tobias Hoffmeister (supported by Terry Chu) was successful in finding out why our members are happy, resulting in a nice collection considering that it was a quite small crowd this evening.

New Rotarian Isabel Wiedenroth treated us to an exciting and enthusiastic presentation about internet, mobile connectivity in China and which 8 Apps we definitely should have on our phone. The meeting was adjourned with a toast to our service committee.



**Our speaker  
Rtn. Isabel  
Wiedenroth**



**Welcome to Normann  
Lee from the RC HKG  
Island East  
(from left to right: PP  
Frank Yih, Norman  
Lee, Hon. Secretary  
Linnet Kwok)**



**Terri and  
Tickets**



**Tobias, looking  
for happiness  
and happy  
money**

**Club Information**

**Officers & Boardmembers**

- Dean Merritt – President
- Andrew Hill – President Elect/Club Admin
- Terri Lau – Vice President
- Linnet Kwok – Hon. Secretary
- Yvon Russon - Treasurer
- Tiffany Storey
- Alejandro Buriel Rocha
- Thilo Koepp
- Marjorie Woo
- Frank Yih (IPP)
- Michel de Vriendt
- Alexandra Taulin (Membership)

**Basic Info of our Club**

First chartered on 1 October 1919, re-chartered on 8 February 2006  
Number of active members – 77  
Number of honorary members – 6

**Contacts**

The club meeting is a dinner meeting every Tuesday at Marriott City Center Shanghai  
西藏中路555号No. 555 Middle Xizang Rd  
( 18:30 cocktails, 19:00-20:30 dinner )  
Contact the club administrator Vivian Huang at  
RSVP@rotaryshanghai.org, +86 13501672753

**Committees and Directors**

- Club Administration Committee**  
1st Tuesday of each month, 17:30  
Chair: Andrew Hill [rotary1617@hotmail.com](mailto:rotary1617@hotmail.com)
- Membership Committee / PR Committee**  
2nd and 4th Tuesday of each month, 17:30, dining room  
Chair: Alexandra Taulin [alexandra.taulin@yahoo.fr](mailto:alexandra.taulin@yahoo.fr)
- Community and International Service Committee**  
1st Tuesday of each month, 17:00  
Chair: Alejandro Buriel Rocha  
[alejandroburiel@smlchinaconsult.com](mailto:alejandroburiel@smlchinaconsult.com)
- Youth service committee**  
Last Tuesday of each month, 17:00  
Chair: Motohiro Yamane [yamane@tmish.com](mailto:yamane@tmish.com)
- Rotary Leadership Award**  
Committee Chair: OPEN
- The Rotary Foundation Committee**  
Chair: David Smith [dave@smithorchards.com](mailto:dave@smithorchards.com)
- Percy Chu Awards**  
Chair: Marjory Woo [marjorie.woo@lmi-china.com](mailto:marjorie.woo@lmi-china.com)

For more information, please visit [www.rotarshanghai.org](http://www.rotarshanghai.org)

**Rotary Club of Shanghai West**  
Wednesday, 18:30-20:30  
Location: Shanghai Pullman Hotel  
位置: 上海中星铂爾曼酒店  
Address: No. 1 Pubei Road, Xuhui District, Shanghai  
上海徐汇区浦北路1号  
For more information please contact President Richard Zi  
Email: [zishanghai@hotmail.com](mailto:zishanghai@hotmail.com)

**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  
1199 Yingchun Rd. (close to Fangdian Rd.)  
地址: 迎春路1199号 (靠近芳甸路)  
If you would like to attend Rotary Pudong Meeting  
Please contact President Patrick Hopkins  
Email: [pjhopki@gmail.com](mailto:pjhopki@gmail.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/>