



Pagoda



ROTARY:
MAKING A
DIFFERENCE

Service Above Self

One Profits Most Who Serves Best

Issue No. 366 – 3rd April 2018

Published Weekly



Dealing with Ageing - Have We Discovered the Fountain of Youth? – Alan Leung

Alan Leung is the founder of Olive Branch, a fitness & nutrition studio that emphasizes safe and effective exercise in combination with proper nutrition and lifestyle coaching. Alan is a certified professional in both PFCP strength & conditioning and Precision Nutrition. Born in Toronto, Canada, Alan now owns and operates a studio in Shanghai, where he runs high-intensity strength & conditioning classes. Alan also provides personal training and nutrition solutions for individual clients and corporate packages for companies looking for workforce wellness.

Alan was the official fitness trainer for Miss Universe China 2014 where he was tasked with improving the fitness and nutrition for 15 pageant contestants.

Alan was a special guest trainer for Brawl on the Bund white collar boxing as their sports psychology trainer, and was also the official fitness & nutrition trainer to China's Next Top Model, which aired on Chinese national television in 2015.

Alan writes about fitness, nutrition and lifestyle issues on the Olive Branch blog and has been featured in well-known magazines.

Alan is also a brand ambassador for Lululemon, the global yoga and sporting apparel company.

Specialties: Fitness & Nutrition, Change Behaviour, Psychology, Leadership Development, Influencing, Educational Presentations, Inspiring Public Speaking, Coaching, Team Building, Communications.

In this day in age, we are constantly looking for the quick fix. Got a headache? Take an aspirin. Muscleache? Take an advil. Not feeling well? Have some antibiotics. Although, it is debatable how useful these drugs are in addressing the underlying cause of ailments, pharmaceutical companies have yet to develop a pill to keep you young. What does the science say when it comes to combating the age-old plight of ageing? Are there any scientific evidence for the Fountain of Youth? If you are willing to know the answers and you really care about your body, your health you cannot miss this Tuesday dinner meeting.

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 Fú 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?



Date	Topic/Speaker	Venue/Time
April 3 rd	Dealing with Ageing - Have we discovered the Fountain of youth? – Alan Leung	5 th Floor Meeting Room 1-2, Marriott City Center, 19:00
April 7 th	ROTARY TAKES YOU TO THE MOVIES PARTY	5th Floor, Marriott City Center, 18:00
April 10 th	Environmental Enforcement in China - Julia Coym	5 th Floor Meeting Room 1-2, , Marriott City Center, 19:00
April 17 th	TBD	5 th Floor Meeting Room 1-2, , Marriott City Center, 19:00

March, 27th 2018

Bjoern Voss	RC DACH Bangkok	Thailand
Steve Jonhson	RC KK South	Malaysia
Harry Wong	RC Suzhou	China

total headcount 26, 16 members, 3 visiting Rotarians, 7 guests
Happy Money: 1115rmb

Dave during his Classification.. I think he is pointing at our party flyer, don't you?



Highlights from the last meeting

Another very busy dinner meeting, full of news and special guests. We started with the Four Way Test led by Rtn. Daniel Tweer followed by visiting Rotarians and guests introduced by David. Announcements started immediately, offering an overview over upcoming events and focusing on our club big annual party. Tiziana stressed out the important of being there to support the club, to support GOL and of course to have fun and enjoy a nice evening fellowship. She also gave some tips to those who eventually feel embarrassed in dressing up. There are no more excuses now! Moto then updated the status of GOL online fundraising. PP Andrew introduced an upcoming event "Friendship Tree Planting", following Paul Harris steps who planted one of the first in Shanghai in 1935. A group of volunteers will plant a first symbolic tree in a special education school in Pudong on a week day to have the possibility of interacting with kids before April, 22nd. Then Moto invited a Chinese Rotaractor from Nagoya Atsuta club Chen Jiayi to introduce Rotary Yoneyama Memorial Foundation from which she got scholarship for her PhD course, and how she became a Rotaractor in Japan. Our Michel then introduced a special guest for the night, Doctor Francoise Mathieu, who updated us over the KBD Gift of Health Qinghai, running for Global Grant as well. She explained the main causes of the disease and how they could be controlled and reduced, especially after a 25 years experience of work in Western China, one of the most underdeveloped area of the country. It is necessary to protect next generations and insure the harmonious development and growth of children. Pilot project for Qinghai will start in upcoming September by targeting groups. Activities will focus on training on nutrition and food diversification, health and hygiene promotion. Immediately after it was Classification time, tonight by our Dave Smith. He told us about his background, his childhood and his big family showing a lovely picture taken during his 90 years old granny birthday. He comes from a Rotarian family, born by "Presidential" parents. He told us about his profession and about the year he went on tour with Disney on Ice as an electrician. He then ended to China, in Fongshan then in Nanjing looking for a more lucrative occupation until he landed into fruit trade during its boom. He showed us several pictures about his "office" and told us about anecdotes. We must say "this man is on the field!". As Dave was already standing, who better than him to run the saddle, which ended with a live auction over a nice coffee set offered by our Secretary Michelle. Last but not least we arrived at our clue moment, our energetic speaker Reto Bless talking about Cloud and how to move a business into it. He firstly introduced himself and then offered background information as a tool to make us reflect over technology. He explained the cloud and the client access. He made terminology more accessible and offered a plan made of five steps to approach the cloud.

We ended the meeting by our traditional toast offered by President Motosan to Happiness.

What a perfect outfit as bodyguard at our annual party. Thanks Ingo!



Live auction: the donor, the buyer and the receiver. So much generosity in one time



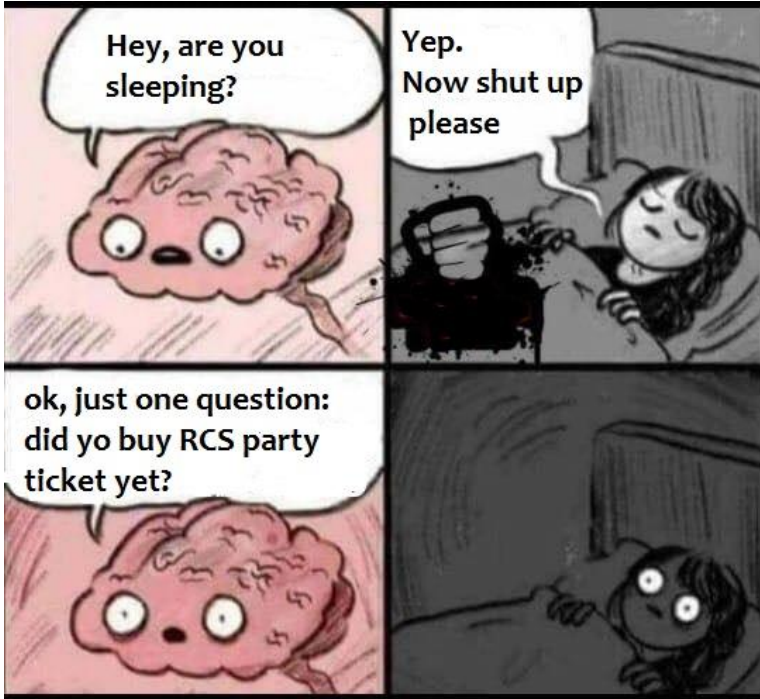
Doctor Mathieu updating over KBD project



Energetic speaker Reto taking us to the Cloud



Rotary Club Shanghai Annual Party



ROTARY NIGHT AT THE MOVIES

Come dress up as movie star or character

BUY NOW



RSVP



Rotary Club of Shanghai

April 7th 2018, 6pm
Marriott City Center Hotel
555 Xi Zhang Middle Road, Grand Ballroom

Ticket Price **RMB 680**, Dinner Buffet, Free Flow Wine, DJ, Dancing, Raffles, Best Dress Hollywood Star Award



Upcoming events



尊敬的扶輪社友們：
為了喚醒19世紀扶輪在中國之意義與精神，上海浦西社承接了國際扶輪所賦予傳承 1948 Rotary Club of Shanghai West 的使命，我們有年輕的新生命，也誓為百年扶輪在中國任重道遠而努力，歡迎大家一起來參與這光輝的一刻，為70浦西扶輪做見證！

觀光導覽信息 LEGACY & BEYOND

時間：2018年5月5日星期六上午10:00~12:00
(9:30上海中星鉅爾曼酒店一樓大廳集合)
地點：將於3月公告

晚會信息 LEGACY & BEYOND

時間：2018年5月5日星期六晚上18:30~21:00
(16:00報到開始聯誼酒會，並登記領取紀念提袋)
地點：上海中星鉅爾曼酒店三樓大宴會廳 / Pullman Shanghai South
地址：上海市徐匯區浦北路1號 / No.1, PuBei Road, Xuhui District
餐費：人民幣800元/位

職業參訪信息 LEGACY & BEYOND

時間：2018年5月6日星期日上午09:30~11:30
地點：將於3月公告

上海酒店訂房 LEGACY & BEYOND

我社與鉅爾曼酒店的協議價：
單人房含1早人民幣933元；雙人房含2早人民幣1050元(都含服務費及6%增值稅發票)
房間數量有限，請及早預訂，以免向隅。
備註：訂房需找本社助理拿訂房單，沒有訂房單的話，酒店會默認價格為市場價。

報名請洽 LEGACY & BEYOND

上海浦西扶輪社助理 Coco 社務手機: +86 136 5168 1942
社務email郵箱地址: rotary_sha@126.com 社務微信ID: 13651681942
餐費匯款地址：
台灣：台灣銀行 戶名: 胡致美 賬戶號碼: 064-004-36927-2
上海：中國民生銀行上海張江支行 戶名: 黃滄江
賬戶號碼: 6216 9102 1167 2495
請註明社名、人數等資訊，並請與本社助理聯繫。

服裝建議 LEGACY & BEYOND

50年代英倫紳士及赫本風格服飾(男女穿戴禮帽), 參考服飾如下:



期待您的光臨！！

上海浦西扶輪社 2017-18社長 Doctor 黃宗瀚
CP RICHARD 徐乃達
敬邀

Rotary China Invitation RI Convention Welcome Dinner, Toronto

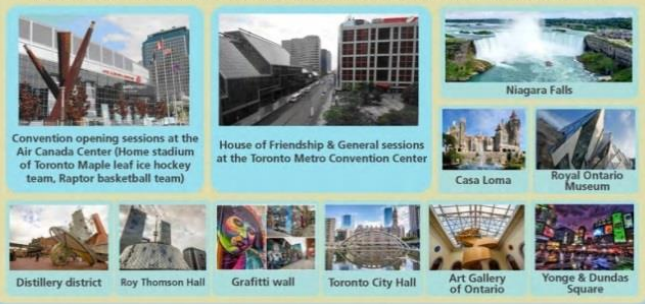
We cordially invite your presence to the gathering hosted by Rotarian Frank Yih, RI Special Representative in China - an unique opportunity for fellowship with our sister clubs, project partners, Rotarians and friends during the Convention.



Date: Sunday, June 24, 2018
Time: 6:30 pm to 9:30 pm
Venue: Dynasty Chinese Cuisine
(69 Yorkville Avenue)
Please RSVP to sasha@rotarychina.org, rio@rotarychina.org or terry@rotarychina.org



Amid your busy schedule during the RI Convention from June 23 to 27, 2018, please also find time to visit many tourist attractions throughout the city.



APRILIS

MATERNAL & CHILD HEALTH MONTH

"It is health that is real wealth and not pieces of gold and silver"

Mahatma Gandhi

www.rotary.org



To:



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 Evan Huang
 Email: evan_huang@dhmedical.com.cn

Fresh Start Rotary Club of Shanghai
 Friday, 7:45-9:00 am
 Location: Naked Hub
 Address : 5/F, 89 Taixing Lu, near Nanjing Xi Lu
 地址: 请带我去泰兴路89号5楼, 近南京西路
 For more information about Fresh Start and for anyone interested
 to attend, please visit <http://freshstartrotaryshanghai.org/>
 Email: tobikars@gmail.com

Rotary Club of Shanghai Pudong Lujiazui
 Thursday, 19:00-20:30
 Location: Grand Kempinski Hotel, Shanghai上海凯宾斯基大酒店
 1288 Lujiazui Ring Road, Pudong New Area
 浦东新区陆家嘴环路1288号
 For more information, please contact Secretary Michaela Schmidt
 Email: secretary@rotarylujiazui.com
 Website: www.rotarylujiazui.com

Club Information

Contacts & Meetings
 The club meeting is a dinner meeting (by invitation only) every Tuesday at the:
 Marriott City Center No. 555 Middle Xizang Rd, Shanghai
 上海雅居乐万豪酒店, 中国 上海 黄浦区西藏中路 555 号
 18:30 cocktails, 19:00-20:30 dinner
 For details, contact the club administrator Vivian Huang at
rsvp@rotaryshanghai.org, +86 13501672753

Our website:
www.rotaryshanghai.org



Officers & Boardmembers

- Motohiro Yamane – President
- Linnet Kwok – President Elect
- Alejandro Buriel – Vice President
- Michelle Li – Hon. Secretary
- Carsten Schmidt-Jochmann - Treasurer
- Andrew Hill - IPP
- David Smith
- Eckhard Zink
- Frank Mulligan
- Tracy Hua
- Terri Lau

Basic Info of our Club

- First chartered on 1 October 1919, re-chartered on 8 February 2006
- Number of active Members – 75
- Number of Honorary Members - 6

Committees and Directors

- Club Administration Committee**
 Chair: Linnet Kwok, clubadministrator@rotaryshanghai.org
- Membership Committee**
 Chair: Terri Lau, membership@rotaryshanghai.org
- Service Projects**
 Chair: Rita Malvone, service.projects@rotaryshanghai.org
- Youth Service Committee**
 Chair: Ludovic Antier, youth.service@rotaryshanghai.org
- PR Committee**
 Chair: Thilo Koeppel, pr@rotaryshanghai.org
- Rotary Foundation**
 Chair: Alejandro Buriel, rotary.foundation@rotaryshanghai.org
- Gift of Life (GOL)**
 Chair: Linnet Kwok, gol@rotaryshanghai.org
- Fellowship**
 Chair: Tracy Hua, fellowship@rotaryshanghai.org
- Pagoda:**
 Chair: Tiziana Richiardi, tiziana.richiardi@hotmail.com

BOD and Committees contacts

- Club President**
 Motohiro Yamane: clubpresident@rotaryshanghai.org
- Vice President**
 Alejandro Buriel: clubvp@rotaryshanghai.org
- Secretary**
 Michelle Li: clubsecretary@rotaryshanghai.org
- Treasurer**
 Carsten Schmidt-Jochmann : finance@rotaryshanghai.org
- Library Project**
 Chair: Andrew Hill , library.project@rotaryshanghai.org
- KBD Project**
 Chair: Michel De Vriendt, kashin.beck@rotaryshanghai.org
- Inclusion Factory**
 Chair: Thilo Koeppel , inclusion.factory@rotaryshanghai.org
- RSVP**
 Chair: Vivian Huang, rsvp@rotaryshanghai.org