



Pagoda



Service Above Self

One Profits Most Who Serves Best

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Published Weekly

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

concerned?

是对大家有利吗？

What is Compassionate Communication? - Tilman Rieger

With nearly 15 years of human resources and 10 years of international leadership experience mainly in the automotive industry, Tilman quit his job as HR Director of General Motors Europe in 2013. For more than one year he then invested into his self-development and soft skillset with over 600 training hours (taking courses in business coaching, non-violent communication and business mediation). In 2015 he then moved to China as a Leadership coach, Senior Consultant and Workshop Facilitator.

Since then Tilman passionately designs, conducts, and facilitates leadership training and workshops for both managers and associates across different business fields and cultural backgrounds. Furthermore, he works as a certified executive coach with special focus on transactional analysis, compassionate communication and cross-cultural management.

Tilman holds degrees in Personnel Management & Economy as well as a Master's in Educational Science, Psychology and Sociology.

Since he has lived, studied and/or worked, among other places, in Chicago, Frankfurt, London, Paris, Madrid, Zürich and now Shanghai Tilman is fluent in German, English and Spanish as well as proficient in French and Mandarin (HSK3/4).

Tilman has the German and US-American nationality and is President of the Shanghai Coaching Circle since January 2018. Furthermore, he is an active member of the Shanghai Leadership Toastmasters Club and owner/founder of 8C Consulting and 8C space which is committed to help people lift their communication awareness and skillset to the next level.

Tilman is China's only Western compassionate communication expert who is a certified and experienced leadership coach with profound leadership experience in the corporate world while having also attended more than 30 days of training by certified trainers of the Center for Non-violent communication (CNVC), many of which with years of experience of working directly with Marshall Rosenberg.

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Highlights from the last meeting

Read more on page 2

| Date | Topic / Speaker | Venue/Time |
|------------|--|--|
| April 2nd | What is Compassionate Communication? - Tilman Rieger | 5th Floor, Marriott City Center, 19:00 |
| April 9th | Diane Russell - Topic TBA | 3rd Floor, Marriott City Center, 19:00 |
| April 16th | Rotary Ignites | 3rd Floor, Marriott City Center, 19:00 |
| April 23rd | Markus Berger—Topic TBA | 5th Floor, Marriott City Center, 19:00 |

Tuesday, March 26th 2019

Highlights from the last meeting

Visiting Rotarians:

| | | |
|------------------|-----------------------------|-----------|
| Zhang Biling | RC Taipei New Century | Taiwan |
| Rainer Klump | RC Frankfurt am Main-Städel | Germany |
| Roger Inverarity | RC Adelaide South | Australia |

Dinner attendance

| | |
|------------------------|-----------|
| Members | 20 |
| Visiting Rotarians | 3 |
| Guests | 3 |
| Total headcount | 26 |

Happy Money: 2210 CNY

President Linnet chaired the meeting and asked everyone to read the Four Way Test all together.

Rtn. Eckhard introduced visiting Rotarians and guests.

We started straight away with new member induction. Markus Berger, sponsored by President Linnet. PE Terri, once Membership Chair supported the induction with her help on behalf of Sophia. After induction Markus briefly introduced himself and addressed a very nice sentence to us, that shows his full support to the club since the very beginning " I feel confromtable with people in RCS, that is the reason why I'm here".

During dinner Eckhard received 9 months delayed certificate by PP Motosan for his contribution to past Rotary year board.

Rtn. Michel gave a short insight of the Library Project activity that was held last Saturday. The visit to a rural area in Wuxi was really amazing and attended with divertisity in volunteers age and gender. Very well balanced. Kids truly sweet and they loved the books very much.

Saddle time was handled by Catalin. Among all happy money, Rtn. Andreas drove our attention to the terrible news of Jianguo chemical factory explosion that affected his company and staff as not so far.

We then moved to night workshop led by special coach Rtn. Rita. Frankly speaking trying to resume the activity will drove away the true meaning of the workshop. It would not be fair, to coach Rita and to the members and friends who actively took part in the activity. A lot was feeled, discussed and shared. An incredible moment of introspection, cooperation and empathy among people with the same goal: moving to RCS 2.0! And funny moments weren't missed as well.

President Linnet then ended the meeting by our traditional toast to a better engagement of RCS.



Banner exchange



New member Markus' induction



Congrats Eckhard



Super Rita



We are here and we are ready for RCS 2.0



Work is done



Let's share more



Continues from page 1

What is Compassionate Communication?

The US-American Psychologist Dr. Marshall Rosenberg (* 6 Oct. 1934, † 7 Feb 2015) developed a simple, yet powerful four step process based on three pillars to help people resolve conflicts and better connect with each other. He calls it **Nonviolent Communication (NVC) or Compassionate Communication**. It has been spread across the world since the 1980's .

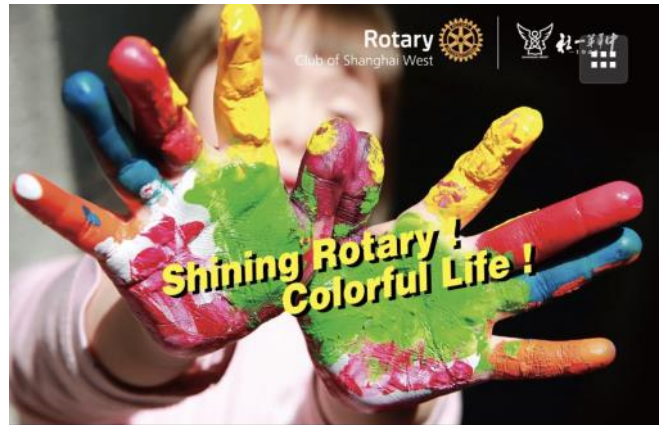
The purpose of compassionate communication is to enable us to give one another from the heart by strengthening our connection through true empathy.

People applying this approach meet their needs much more effectively while avoiding or resolving conflicts e.g. with colleagues or direct reports at work, in relationships with partners or friends or between parents and children.

Communication is a basic human activity that is acquired throughout life but unfortunately not always in the most effective way. If we work on becoming more compassionate in our way of communicating with each other, our lives can be much more fulfilling and peaceful.

Compassionate Communication can save marriages, help parents raise their children in a more constructive way, and help schools as well as all other institutions to function better. It can even stop rapes and murders by shifting the attacker's focus away from aggression and anger.

In summary Compassionate Communication helps building up a non-judgmental attitude of mutual respect that we theoretically all know is important but much too often fail to realize in practice.



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謝意，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.

晚會信息

時間: 2019 年 5 月 4 日 星期六晚上 18:00-20:50
(17:00 報到開始聯誼酒會, 並登記領取紀念提袋)

地點: 上海中星柏爾曼酒店 3F 宴會廳, 上海市徐匯區浦北路一號
著裝建議: 正裝、襯衫夾克及顯著彩色飾品或正裝、非黑色系服飾
價格: 人民幣 880 元 (臺幣 4050 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

Upcoming Events




INTERACT CHINA CONFERENCE

中国扶少团年会 2018-2019

TIME?
2019年4月27日 10:00-14:30
2019, April 27th 10:00-14:30

WHERE?
浦东新区青桐路169号, 邮编201203
The SMIC Private School.
169 Qingtong Rd, Pudong New Area, Shanghai, China

40 RMB for lunch. 午餐40元/人



微信支付


PosterMyWall.com THE SMIC PRIVATE SCHOOL

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 related cancers cannot attend normal school during their treatment. New Sunshine Charity Foundation fills this gap by providing volunteer-taught classes and enrichment activities to hospitalized children with leukemia.



RUN IN BLUE 2019


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



SPONSORSHIP PACKAGES

| | Partner ¥100,000 | Diamond ¥50,000 | Platinum ¥20,000 | Gold ¥10,000 | Silver ¥5,000 | |
|------------------|----------------------|--------------------|---------------------|-----------------|------------------|-------|
| Corporate Logo | Runner T-shirts | FRONT BIG | FRONT MEDIUM | BACK MEDIUM | BACK SMALL | NO |
| | Promo Material | GIGANTIC | HUGE | LARGE | NORMAL | SMALL |
| | Event Photo Backdrop | YES LARGE | YES NORMAL | YES SMALL | NO | NO |
| Press Release | YES | YES | NO | NO | NO | |
| Free Volunteers | 15 | 8 | 2 | 1 | 0 | |
| Free Runners | 20 | 12 | 6 | 4 | 2 | |
| Invoice (Fapiao) | YES | YES | YES | YES | YES | |

CONTACT EVENT ORGANIZER



Ren Jie
External cooperation manager
New Sunshine Charity Foundation
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Gitasha Nath
Rotaract Club of Shanghai President
Run in Blue Project Director 2017
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北京新阳光慈善基金会 New Sunshine Charity Foundation | 上海跑马 Shanghai Ultra Marathon | Rotaract Rotary Club Partner | Club of Shanghai



The Officers and Members of the Rotary Club of Manila, led by President Jesus "Susing" M. Pineda, Jr. invite you to

100th Anniversary of the Rotary Club of Manila and the Rotary Movement in the Philippines and in Asia

JUNE 20, 21, 22, 2019

REGISTRATION FEE:

| | |
|--|---|
| Early Bird Rate: (Until March 15, 2019) (PESO) – PHP 5,000 (USD) - \$150 | Regular Rate: (March 16, 2019 onwards) (PESO) – PHP 5,250 (USD) - \$175 |
|--|---|

RSVP
rcmcentennial@gmail.com

Upcoming Events



Rotary China 中国

INVITATION 邀请函

1ST ROTARY CHINA VOCATIONAL SERVICE EXPO

第一屆扶輪中國職業服務博覽會

上海 Shanghai
13-04-2019 (Sat)
09:00 - 16:00

SHANGHAI BUTTERFLY FOOTBALL CUP
April 14th 2019

LOCATION: T98 / PLAYERS: 7vs7 / UP TO 32 TEAMS
Open to adults, mixed men & women corporate teams

Organized by: Rotary Shanghai Branch Satellite Club of F-Club-9920 Hangzhou

All benefits go to: debra 德博宝贝关爱中心

* Club important appointments

Happy Birthday April

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-------------------------------|------------------------|----------|-----------------|--------------------|-------------------------|
| 01 Audrey Wang Robert Field-Marsham | 02 | 03 | 04 | 05 | 06 | 07 |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 Christoph Wenner | 18 | 19 | 20 | 21 Michel De Vriendt |
| 22 Markus Berger | 23 | 24 | 25 | 26 Tracy Hua | 27 Savas Tuemis | 28 |
| 29 | 30 Handover/ Fellowship | 01 | 02 | 03 | 04 | 05 |

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 – 67
 Honorary Members – 4

Inclusion Factory

Project

The Inclusion Factory gives meaningful employment and training to mentally challenged individuals under real market conditions.

Careers in Care

Project

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

"Gift of Life" – Heart Surgery

Project

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.

Preventing Kashin-Beck disease

Project

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.

The Library Project

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@rotaryshanghai.org
- Terri Lau – President Elect**
- Motohiro Yamane – IPP**
- Rita Malvone
- Samuel Tung
- Adam McWirther
- Christian Kober
- Frank Mulligan

Committees & Directors

- Club Administration Committee:** Terri Lau
clubadministrator@rotaryshanghai.org
- Membership Committee:** Sophia Slingerland
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- Service Projects:** Rita Malvone
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- Youth Service Committee:** Albert Khaoutiev
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- PR Committee:** Tracy Hua
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- Rotary Foundation:** Michel De Vriendt
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- Gift of Life (GOL):** Terri Lau
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- Fellowship:** Samuel Tung
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- Pagoda:** Tiziana Richiardi
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- RCS Centennial Anniversary:** Terri Lau
- Library Project:** Thierry Melango
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- KBD Project:** Michel De Vriendt
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- Inclusion Factory:** Thilo Koeppel
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.