



Pagoda



Service Above Self

One Profits Most Who Serves Best

Issue No. 443– November 12, 2019

Published Weekly

Highlights



Dr. Joseph Hsiao-Hsien Chen

2010 graduate of Cleveland Chiropractic College of Los Angeles. Worked as a chiropractor specializing in active rehabilitation at LA Sports And Spine. Subsequently worked as the head chiropractor at Cerritos Integrative Health Clinic, Greenfield Integrated Occupational Treatment Center, and Progressive Health Clinic in Alhambra. Was the volunteer team chiropractor for local recreational basketball leagues for 5 years. Attained Master Degree in Acupuncture and Oriental Medicine from Alhambra Medical University and licensed as an Acupuncturist in the State of California. Presently a faculty member of First Principles of Movement assisting/co-teaching along Dr. Craig Liebenson, DC. Moved to Shanghai in 2017 and worked as Doctor of Rehabilitation at Landseed Hospital of Shanghai, and currently in charge of the Rehabilitation Department of Dracaena Medical Group in Shanghai.

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?

Myth-busting: The low back pain edition :

Have you heard that increasing your core muscle strength will help you with your low back pain? Are you doing sit ups or planks to increase your core muscle strength? Will sitting with abnormal posture give you scoliosis? How many of these myths are true, and how many are false? In this workshop, we will talk about the myths about our low back, and provide you with the most updated facts. We will also discuss about low back pain mechanisms, and some tips to prevent them.



Election night

Date	Events (Topic / Speaker)	Time/Venue
Nov 19, 2019	Rotary Ignites	18:30, 3th Floor, Marriott City Center
Nov 26, 2019	Election night	18:30, 5th Floor, Marriott City Center
Dec 03, 2019	Service Project meeting	18:30, 5th Floor, Marriott City Center
Dec 10, 2019	Xmas Party	18:30, 5th Floor, Marriott City Center

Tuesday, October 29, 2019

Visiting Rotarians:

Giuseppe Bigatti	RC Rho	Italy
Volker Krass	RC Munick	Germany
Hans M. Huber	RC Lenzburg	Switzerland
Harry Wong	RC Suzhou	Mainland China
Magdalen	PC Richmond Sunset	Canada
John Springford	RC de Menorca, Balears	Spain
Kelly Springford	RC de Menorca, Balears	Spain
Klaus-Peter von der Eltz	RC Bonn-Rheinbach	Germany

Happy money	3585
Members	20
Visiting Rotarians	8
Guests	10
Total headcount	38

HIGHLIGHTS FROM THE LAST MEETING

Rtn Rita was invited to lead the Four –Way Test and Rtn David Smith introduced 8 visitors and 10 guests.

President Terri presented the centennial banner and introduced very talented designer Rotaractor Lareesa. RCS old friends Hans and Klaus each took one and pictured with the banner. Lareesa also produced Video about RCS history which was played at the Centennial party and tonight shared again with all attendants.

President Terri awarded our former member Hans M. Huber with a certificate of appreciation and a RCS new polo-shirt for his generous donation (RMB 10K) to RCS Gala Dinner.

During dinner time we made the following announcements :

- Rtn David Smith reminded all of RCS Election scheduled for November 26th. The committee is composed by PP Andrew Hill and Rtn Rita Malvone.

- President Terri presented the new design of members' name card, which entitles F & B discount offered by Marriott Shanghai City Center. She also introduced merchandise for sale, which including RCS centennial pins, polo shirts and art books...

- Lareesa presented two Rotaractors events “DRaCon” on Nov. 15-17 and “Run in Blue” on Nov. 23 . For more details see information on page 6.

VP Tiziana announced a Special Training for Action in Rotary on Nov. 30 and Dec. 1, 2019. Please keep tuned for details.

Saddle was in hands of brothers Andrew and David. Tonight we raised RMB 3585 with special contribution of auction sales.

Speaker Richard was introduced by Rtn Enzo. Richard expressed his concerns on the social, environmental and economic challenges we are facing nowadays. Let's look into our life and work and keep the belief that change begins with a single step.

Richard and PP Frank are both the early charity workers in Shanghai and in memory of those sweet days, Frank gave a little present to Richard after his presentation.

President Terri closed the meeting with the toast about centennial and friendship.



Rotary Club of Shanghai Celebrating 100 years serving the community



Congratulation letters


HONORING
100 Years of Membership
 The Rotary Club of
Shanghai, People's Republic of China
 admitted 1-October-1919
 is recognized for its dedication to the Object of Rotary and
 its commitment to the ideal of Service Above Self.

1-October-2019
Date


 President, Rotary International


Rotary
 Club of Adelaide

Rotary Club of Adelaide Inc
 Rotary International District 9500
 PO Box 732
 North Adelaide SA 5006
 ABN 64 275 919 187
secretary@adelaiderotary.com.au
www.adelaiderotary.com.au

14th October 2019

Ms Terri Lau
 President
 The Rotary Club of Shanghai
 Shanghai, People's Republic of China.

Dear President Terri,

100th Anniversary - Congratulations & Best Wishes

Our most sincere congratulations to you and all your members for reaching this amazing milestone!

It has been wonderful to learn of your history and strong legacy at the recent past District 9500 Conference when your members Michel and Alain presented to us in March 2019.

We are so glad our Past President and Past Governor David Egan and Chris and our member Jyoti Singh and husband Gill have been able to join you for this important celebration, and we hope you enjoy our gift of the recently discovered memorabilia of the visit of your 1931/32 President and RI Director Dr Fong Foo Sec to Australia in 1934.

We are also glad that the Sister Clubs Agreement is now in place and we hope that in the following years we will be able to strengthen some of the existing friendships and build some new ones, amongst the members of our two Clubs.

I trust that everyone is having a great time and enjoying this very happy occasion and I extend the best wishes of the Rotary Club of Adelaide to the Rotary Club of Shanghai.

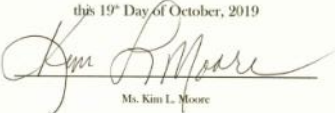
May the next 100 years be as successful and even more, in providing some great and needed support to your local and international community service projects.

Yours sincerely,


 Adriano Cisternino
 President
 The Rotary Club of Adelaide

IN CELEBRATION OF
ROTARY SERVICE TO THE WORLD

The Rotary Club of Seattle
 Herby Dedicates a \$2500 Peacebuilder Grant for Rotary Peace Centers
 in Honor of the Rotary Club of Shanghai
 on the Occasion of the 100th Anniversary of the Rotary Club of Shanghai's Founding
 this 19th Day of October, 2019


 Ms. Kim L. Moore
 President
 Rotary Club of Seattle

Green IT Programs for Underprivileged Children in China (by Michel de Vriendt)

Our Partner: NETSPRING is a social enterprise created in 2012 upon the following findings:

- ewaste is accumulating faster as computer get obsolete faster
- many of the obsolete computers are working or can be repaired
- Chinese students in under-developed rural areas do not have access to computer and the internet

To date:

- 70+ programs started since 2012
- +40 000 students
- Circa 80 T e-waste been re-used or dismantled
- Active programs in the following provinces: Beijing, Chongqing, Guangdong, Guangxi, Guizhou, Heilongjiang, Henan, Hubei, Jiangsu, Jiangxi, Jilin, Shaanxi, Shanghai, Sichuan and Zhejiang

Our Project:

Venue: Shanghai Migrant School

Objectives: Enhance the digital learning and environmental protection knowledge, distance education for arts, English, science...so as the migrant students can grasp the skills for a better living to support themselves and their families and contribute to the society in the future Engage various topics: such as environmental protection and sustainable development, circular economy, digital education resources, etc. High engagement between volunteers and kids

SERVICE INCLUDES

- School selection
- Three years follow-up and reporting
- Teacher support

Chenchun Primary School, Shanghai

Candidate Green IT Classroom in Shanghai is located in Chenchun, Primary School, in Songjiang District.

The school has 37 teachers and takes care of around 752 children from grade 1 to 5 with 23 classes. Most of the kids are from families with difficult financial situation.

4 classes of students of Grade 3 have 35 minutes IT lessons twice a week provided by their class teachers.

Do more?

At anytime you can collect Used Electronic Devices Management include: Computers, laptops and hard drives ,monitors, keyboards and mice , printers, scanners and fax machines, cables, extension cords, adapters, USBs, plugs and wires, cameras, mobile phones etc.



Pagoda Portrait: Christian Kober

Christian is one of our founding members. He is a gentleman with a sense of humor. When he was the chief editor of Pagoda, many readers loved his weekly article "Agony Aunt".

When did you join RCS and who was your sponsor:

1999, Frank Yih

Where are you hailing from:

Germany

What are you doing professionally:

I am responsible for the Asia business of an international German tool distributor, managing subsidiaries in India, Malaysia, Singapore and China



What would you like to share with our readers about your family:

We are a globally well distributed family, my wife is Chinese by birth and we have been living for 20+ years in Shanghai. Our elder daughter is studying in Graz in Austria while our younger son is studying at Johns Hopkins University in the US. Therefore it is quite a logistic nightmare to bring all together not only at the same time but also at the same place. Thanks god for WeChat which allows us to stay connected.



What are your hobbies, apart from RCS:

Strong spirits, easy women and fishing. =) Joke apart, I love photography, cycling, playing chess, reading and just meeting friends.

How do you recharge your battery:

With a good book and a glass of nice Riesling, sitting in our garden pavilion, listening to the insects and the birds, watching the small lake on which our house is situated.

Best/Last book you read and why:

There is a difference between "best" and "last". Among the best books I have ever read is Joseph Conrad's "Heart of Darkness" and I can only recommend it to anyone who ever has lived as a foreigner in a foreign land. For more recent books I recommend Tan Twan Eng: "The Gift of Rain". A novel taking place in 1939 colonial Malaysia. The story of a teacher/pupil relationship between a Japanese aikijutsu master and the half-Chinese son of a wealthy British merchant in Penang. Set against the Japanese occupation of Malaysia it deals with treachery, collaboration, love, virtue, loyalty and deceit. Its wonderful sinuous language make the reader yearn for a mystical, tropical yesterday.

Favorite place in Shanghai:

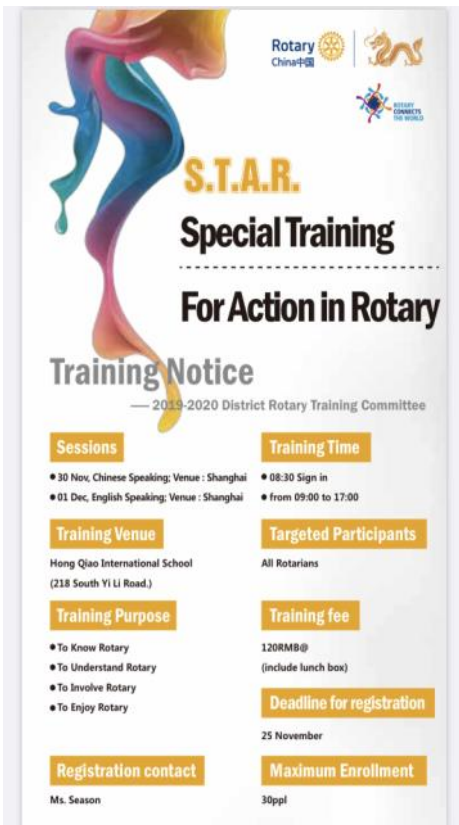
An evening in the garden of the Yongfu Elite in the French concession

What is your advice to any new member of RCS:

If you have the time, and only then, invest it into one project of your liking. If you are pressed for time, do not despair, use the fellowship meeting for weekly camaraderie.



Upcoming Events



S.T.A.R. Special Training For Action in Rotary

Training Notice
— 2019-2020 District Rotary Training Committee

Sessions	Training Time
<ul style="list-style-type: none"> ● 30 Nov, Chinese Speaking; Venue : Shanghai ● 01 Dec, English Speaking; Venue : Shanghai 	<ul style="list-style-type: none"> ● 08:30 Sign in ● from 09:00 to 17:00
Training Venue	Targeted Participants
Hong Qiao International School (218 South Yi Li Road.)	All Rotarians
Training Purpose	Training fee
<ul style="list-style-type: none"> ● To Know Rotary ● To Understand Rotary ● To Involve Rotary ● To Enjoy Rotary 	120RMB@ (include lunch box)
Registration contact	Deadline for registration
Ms. Season	25 November
	Maximum Enrollment
	30ppt



Rotaract DRAGON SHANGHAI 2019

CHINA DISTRICT ROTARACT CONFERENCE
NOVEMBER 15TH - 17TH
11月15日 - 11月17日

GALA DINNER 晚宴
CITY TOUR 城市观光
VOLUNTEERING 志愿服务
KEY NOTE SPEAKERS 演讲
PROFESSIONAL DEVELOPMENT 专业发展

SCAN QR CODE AND GET YOUR TICKET NOW!
EARLY BIRD OFFER IS ENDING SOON!
抓紧时间扫码购票，早鸟特惠机不可失



RUN IN BLUE

5K fun run and family friendly events benefiting leukemic children through New Sunshine Charity Foundation
5K - Yoga - Face Painting - Salsa - Zumba - Boxing

Date: November 23 from 9:30 to 13:00
Venue: Shangde Experimental School
1688 Xiuyan Road, Shanghai
校址: 上海市秀沿路1688号
Info email: Info@runinblue.com
Ticket price: 80 - 200 RMB

北京新阳光慈善基金会
New Sunshine Charity Foundation

* Club important appointments



Happy Birthday November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				01	02	03
04	05	06	07	08 Marc Hunziker Naomy Pena	09	10
11	12	13	14	15 DRACON SHANGHAI 2019	16 DRACON SHANGHAI 2019	17 DRACON SHANGHAI 2019
18	19 Thilo Ketterer	20	21	22	23 Run in Blue	24
25	26 Election Night	27	28 Albert Khaoutiev	29	30 S.T.A.R.	

Club Information

Rotary
Club of Shanghai



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
上海市黄浦区西藏中路 555号

For details, contact the club administrator Vivian Huang
email: rsvp@rotaryshanghai.org
phone: +86 19921418286
website: www.rotaryshanghai.org



2019-20 Presidential Theme: Connect for good causes

By RCS President Terri Lau



Terri Lau – President

Rotary provides the platform for a group of like-minded professionals, scholars, entrepreneurs, leaders in their own field to meet and to serve the community. Through the service projects we take the action to raise awareness to make changes, to provide service to others.

As a member of the non-districted group of 26 Rotary clubs, 10 Rotaract, 18 Interact clubs and a RCC in Mainland China today, I believe it's the perfect time to connect within our Rotary family. The joint talents and effort will benefit all parties for the good cause. I invite all members to take an active role, to participate in club meetings and activities. Three key words to define an active Rotarian in my interpretation: **Meet! Connect! Serve!**

Last but not the least: **We Celebrate!** Rotary year 2019-20 is a special year for RCS when RCS was first chartered on October 1, 1919. Only a few clubs have been chartered before. A hundred years later, RCS has become a club that connects for the good cause. Celebrate with us this very special anniversary.

Basic Info of our Club

First chartered on 1 October 1919
Rechartered on 8 February 2006
Number of active Members – 59
Honorary Members – 4

“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.

Officers & Board members

Terri Lau – President
clubpresident@rotaryshanghai.org
Tiziana Richiardi – Vice President
clubvp@rotaryshanghai.org
Ludovic Antérieur – Secretary
clubsecretary@rotaryshanghai.org
Carsten Schmidt-Jochmann – Treasurer
finance@rotaryshanghai.org
Tracy Hua – President Elect
Linnet Kwok – IPP
Samuel Tung
Thilo Köppe
Diane Russell
Sophia Slingerland
Christian Kober

Committees & Directors

Club Administration Committee: Tracy Hua
clubadministrator@rotaryshanghai.org
Membership and Fellowship Committee: Sophia Slingerland and Thilo Köppe
membership@rotaryshanghai.org
Service Projects: Rita Malvone
service.projects@rotaryshanghai.org
Youth Service Committee: Naomi Peña
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
Sister Clubs: Motohiro Yamane
yamane@tmish.com
Pagoda: Kateryna Kuzmenko
Katyaml@yahoo.com
Motohiro Yamane
yamane@tmish.com
RCS Centennial Anniversary: Terri Lau
KBD Project: Michel De Vriendt
kashin.beck@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

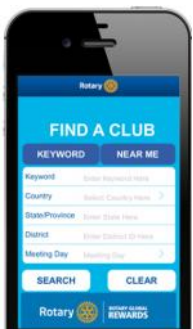
Rotarian Code of Conduct

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.



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