



Pagoda



ROTARY:
MAKING A
DIFFERENCE

Service Above Self

One Profits Most Who Serves Best

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Published Weekly

The challenge of change - Eveline Goodman



Be the change you want to see in the world. Rise to meet the challenge. Every challenge is just an opportunity in disguise. Change and grow. We've all heard these maxims but how can we really learn to embrace challenges in our lives? What happens in our brains when we are faced with tricky situations? What role does our psychology play in how we approach problems and deal with conflict?

Eveline Goodman is here to explain the magical effect that combining IQ & EQ (left and right cognitive minds) will have on your executive life. She will delve into the differences between a fixed vs. growth mindset, and using the latest findings from psychology and neuroscience, she will demonstrate how a holistic approach can give you the tools to conquer any challenge. Participants will gain game-changing insights, and a greater understanding of the potential we can reach if we invest equally in left and right cognitive minds.

The Rotary Club of Shanghai welcomes acclaimed speaker Eveline Goodman (PhD Psychology & Neuroscience) to present her unique findings at this one of a kind event. Eveline has been successfully coaching international clients for over ten years, with a focus on soft-skills training and leadership ability. She applies her expertise in the fields of HR, Neuroscience & Psychology in her enlightening seminars - taking an integrated approach that incorporates the latest findings in neuroscience and neuroplasticity research to inspire you to find new pathways to success. Join us!

The Four-Way Test
of the things we think, say or do

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?

Membership Dues

Cash deadline: June, 26th
Bank Transfer, Alipay and WeChat deadline: June, 29th
RMB3,000

Date	Topic/Speaker	Venue/Time
June 12 th	The Challenge of Change - Eveline Goodman	5 th Floor, Marriott City Center, 19:00
June 19 th	Handover Night	5 th Floor, Marriott City Center, 19:00
June 26 th	TBD	5 th Floor, Marriott City Center, 19:00
July 3 rd	TBD	5 th Floor, Marriott City Center, 19:00

June, 5th 2018

Highlights from the last meeting

Dr. Sushi Khurana	RCS Global Grant Auditor	
President Herry KS Wong	RC HKIW	China
VP Dr. Adrian Cheong	RC HKIW	China
Sophia Slingerland	RC Nyon-La Cote	CH
Klaus Peter von der Eltz	RC Bonn-RheinBach	Germany
Kurt Haerri	RC Luzern	CH
John Salvini	RC San Luis Odispo California	USA

total headcount 32, 19 members, 6 visiting Rotarians, 7 guests
Happy money: 1938.5rmb

Our meeting started by the Four Way Test led by Rtn. Pradeep Kumar and President Motosan introduced visiting Rotarians and guests. Banner exchange time saw two visiting Rotarians, Dr. Sushil Khurana from RC Gurgaon, India and Dr. Adrian Cheong RC HKIW

During announcements dedicated moments Michel dV presented our upcoming Family Day at Shoufeng Kindergarten in cooperation with Youdao in aid of migrant kids on June, 16th and recruited volunteers. Then RACS President Josh made a call for sponsor and participants for Run in Blue event which will be held at the end of June (see flyer), reminding last year it counted over 800 attendees. During his presentation he invited a special guest, Mr. Su Zhen from CIPDR, to introduce Down's Syndrome, cause supported by Ru in Blue this year, and the Sweet Angel Campaign.

Our Pradeep Kumar introduced himself and his life during Classification time. He told us about his 42 years in India, 9 years in Japan and 16 years in China. He shared with us his knowledge about the Theory of Constraints (TOC), a subject that helped saving 200M USD every year since 1986. He realized he was working too hard to achieve results by dividing things into smaller sets while TOC calls for understanding the whole and then focusing on its constraints in order to achieve significant improvements. And benefits are immediate. TOC is great for solving interpersonal conflicts and personal dilemmas.

After Classification, Dr. Sushil Khurana was invited to stage for a brief introduction. He is RCS Global Grant Auditor. He mentioned on how Rotary is an international family where exchanges and communication are great and welcomed. Saddle time was led by Rtn. Thierry Melango, supported by Michel dV. Rtn. Michael Sikora brought his promised Apfelstrudel for auction, which was sold out in 2 minutes!!! So Michael had to promise he will bring a bigger one for next time. Clue speech of the evening was about Mindfulness, how to train mind to manage attention. Our speaker Brandon was incredible and offered a relaxing and humorous presentation. We experienced a 3-minutes training, focusing on breath and mind. 3-minutes mindfulness training once a day is the best way to get started. Give a try right now, sit up straight, relaxed and alert... How do you feel now? Our meeting ended by traditional President Motosan's toast for mindfulness.



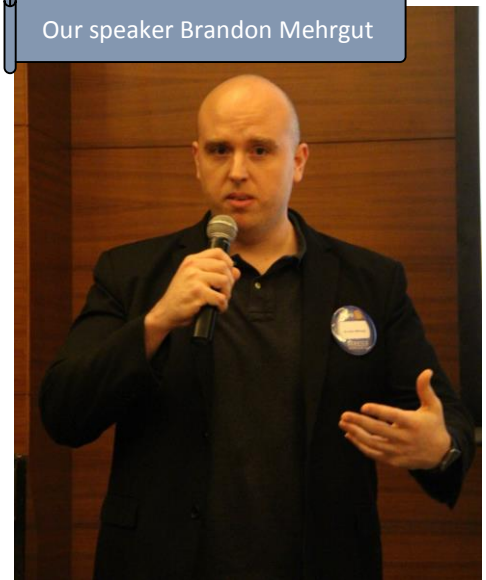
Banner exchange



Pradeep during Classification



Saddle and Yummy Apfelstrudel



Our speaker Brandon Mehrgut



Upcoming events

Rotarians Call to Action

Time to meet the kids we sponsored scholarship through Golf Tournament. Let's spend a morning with them doing artcrafts, playing and having fun. Let's spread LOVE and DEDICATION.

Sign up for the first activity through our Club WeChat group.

Date: June, 16th

Time: 8,30am ~ 11am + transportation

Location: Qingpu District

青浦区寿丰幼儿园

上海市青浦区北青公路6285号



Rotary China Invitation

Rotary 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.

SAT 30 JUNE

RUN IN BLUE

FOR DOWN SYNDROME REHABILITATION

Saturday June 30 • from 7:00 – 12:00
 5KM RUN AT CENTURY PARK
 809 Huamu Road, near Haitong Road,
 Pudong New District, Shanghai

Contact: runinblue@alipaobu.com

STUDENTS 100 RMB	ADULTS 150 RMB
ONLINE RUNNER 150 RMB	PREMIUM RUNNER 200 RMB





june



2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9 Markus Hempel
10	11	12 Enzo Carrubba	13	14	15 Wesley Chiu	16 Youdao Family Day
17	18 Marjorie Woo	19 Handover Night	20	21	22	23
24	25 Nikki Lindgren	26	27	28 Tobias Hoffmeister	29 Membership Dues deadline	30



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 – 77
- 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: clubvvp@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