



Pagoda



ROTARY:
MAKING A
DIFFERENCE

Service Above Self

One Profits Most Who Serves Best

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Published Weekly



Mindfulness at Work for Leaders - Brandon Mehrgut

Our speaker tonight is an expert in Mindfulness Based Corporate Training and Mindful Leadership, such as sustainable behavioral and performance development. Coaching for focus, awareness, resilience and balance using mindfulness based approaches and many others. Brandon is a certified Mindfulness Trainer with the Potential Project, where he delivers Mindfulness Based Corporate Training around the world. He is also the founder of Shanghai Mindfulness, China's largest English speaking Mindfulness community with over 1,500 active members. Shanghai Mindfulness helps stressed out, overworked, and unbalanced people find balance in their lives through mindfulness training and positive habit building. Brandon has designed unique programs that help clients develop the habit of mindfulness in as little as 10 days.

Brandon has experience in Mindfulness Training with a wide range of clients ranging from many companies such as Volkswagen, Ford and Disney.

Join us tonight to know more.

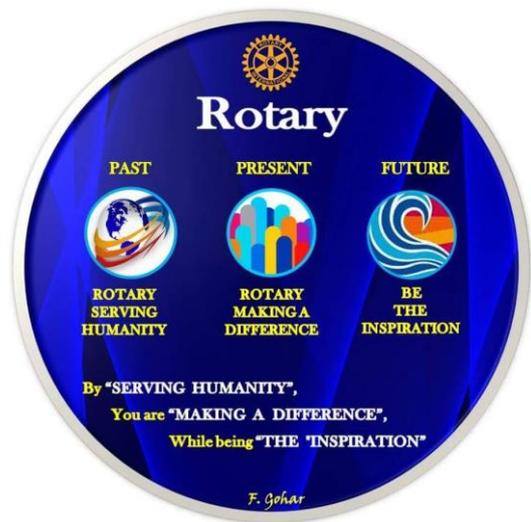
The Four-Way Test 四大考验

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?



Date	Topic/Speaker	Venue/Time
June 5 th	Mindfulness at Work for Leaders - Brandon Mehrgut	5 th Floor, room 1+2, Marriott City Center, 19:00
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

Highlights from the last meeting

May, 29th 2018

Sophia Slingerland	RC Nyon-La Cote	CH
David & Kelly	RC Honqiao	China
Ashley Pan	RC Kuching Sarawak	Malaysia
James Zhou	RC Hangzhou	China

total headcount 34, 23 members, 4 visiting Rotarians, 7 guests

Last fellowship Night outside Marriot for this Rotary year. La Bota Spanish restaurant offered a nice atmosphere and food.

President Motosan introduced guests and exchanged one banner with a very young Rotarian from Malaysia. Ashely is a brand new Rotarian, 25 years old, one week after her Rotary induction.

The night continued in a very friendly and cozy atmosphere, old friends gathering together, including some members that could not join our meetings for quite a long time, like Rtn. Cathy Hau and lovely Thilo and Natalie couple. Talking about spouse it was very nice to have Dave and Randal's wives joining tonight.

Pictures will better show the feeling of the night. Enjoy.



Upcoming events

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.

- Convention opening sessions at the Air Canada Center (Home stadium of Toronto Maple leaf ice hockey team, Raptor basketball team)
- House of Friendship & General sessions at the Toronto Metro Convention Center
- Niagara Falls
- Casa Loma
- Royal Ontario Museum
- Distillery district
- Roy Thomson Hall
- Graffiti wall
- Toronto City Hall
- Art Gallery of Ontario
- Yonge & Dundas Square

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

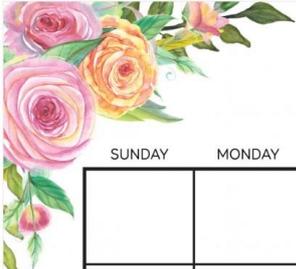


JUNE IS ROTARY FELLOWSHIPS MONTH

"Don't adventures ever have an end? I suppose not. Someone else always has to carry on the story." - J.R.R. Tolkiens, The Fellowship of the Ring

Rotary

www.rotary.org



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	20	21	22	23
24	25 Nikki Lindgren	26	27	28	29 Tobias Hoffmeister	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: 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