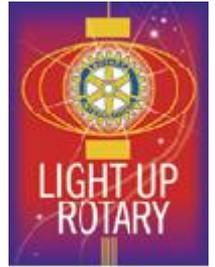




Pagoda



Service Above Self

One Profits Most Who Serves Best

Issue No. 233 – 23 June 2015

Published Weekly

Look Young Stay Young

How urban environments can deteriorate well-being, and the actions you need to take to counter it.

Alan Leung is the founder of Olive Branch, a private fitness & nutrition consulting firm that emphasises safe and effective exercise in combination with proper nutrition and lifestyle coaching. Alan is a certified professional in P1CP strength & conditioning and Pn1 Precision Nutrition.

Born in Toronto, Canada, Alan owns and operates a private studio in Shanghai, China, where he runs circuit training sessions and strength training classes. Alan provides customized personal training and nutrition solutions for individual and corporate clients.

In addition, Alan has been involved in a variety of high profile engagements. He was the official fitness trainer for Miss Universe China 2014. He is supporting the Brawl on the Bund white collar boxing as sports psychology trainer, and is reprising his role as the fitness trainer for the TV show “China’s Next Top Model” (2015).

When he isn’t running classes, Alan writes about fitness issues on the Olive Branch blog and a regular column for the Urban Family magazine as their dedicated “fitness guru”.

Privately Alan enjoys playing beach volleyball at the Bund Beach during the warmer Shanghai months and occasionally a round of tennis, squash, or badminton.

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?



An important Message from our Club Secretary

Due to changes in RI regulations, the Club has to pay around 40US\$ fee to RI for every member of the club who is either recorded as a member as of July 1st or as of January 1st. Even if you do not pay the annual dues and decide to terminate your membership, the club still has to pay this fee if you did not inform the club before July 1st/January 1st that you are leaving the club.

In case the club was not informed before these dates, the member has to reimburse the club for these fees. Otherwise a letter of good standing, which is the prerequisite to joining a new RC cannot be issued.

Urgent Reminder!

As of July, our meeting venue is new.

Marriott City Center Shanghai

上海雅居乐万豪酒店

Add(地址): No.555 Middle Xizang Rd, Huangpu District 黄浦区西藏中路555号

Tel(电话): 0086 21-23129888

Time and date remains unchanged

UP COMING PROGRAMS

Date	Topic/Speaker	Venue/Time
June.23rd	Look Young Stay Young/Alan Leung	Jing An Hilton,19:00
June.30th	Handover	Jing An Hilton,19:00
July. 7th	Vision 2015/16 by Dean Merritt	Marriott City Center,19:00
July. 14th	Manners by Guillaume de Rue Bernadac.	Marriott City Center,19:00

Last Meeting Highlights :

16 June 2015

Present at the Meeting

Visiting Rotarians: 5

Wolfgang Momberg	Rotary Club Baunatal	Germany
Inacio Haleca	Rotaract Hult Campus	China
Klaus Rümmler	RC Queenstown	Singapore
Mads Buchwald	Rotaract Shanghai	China
Ekkehard Lorenz	District 1820 Germany	Germany

Members: 19, Rotaractors: 2, Interactors: 0, Guests: 8

Contributions raised: RMB 1245 (415 RMB/table)



Tara reporting on the Gala Evening



Goodbye to Edith

President Frank chaired the last meeting and also presented us with the 2015 RI convention photo gallery. Yet Tara reported on the even more important event, the Rotary Gala Night in Shanghai, which was a resounding success. It seems that buoyed by this success she also promised she would organize Edith's wedding party – we are looking forward to this.

Another highlight was the presentation of Frances Deram on 'Teach for China' – an energizing talk on what can be achieved by simply working in rural China.

Sam Tung was our Sergeant-at-Arms again. CM Tsang used the happy and sad money opportunity to give a donation in appreciation of Edith's good work and to welcome Vivian who will support us from now on. Edith, after having long and faithfully supported the RC as administrative assistant, will move to Hongkong to further pursue her academic education. PE Dean also presented Edith with flowers and an RC banner as a token of his appreciation.

Moto reminded everyone to pay their dues in a timely fashion – see also the box on p1 of this Pagoda with regards to this.

Special guests were Dr. Rainer Vollommer, Director of the Liechtenstein National Museum, Cynthia Li, Chief Representative of Liechtenstein Post in Asia and Ekkehard Lorenz, representative of the District 1820 in Germany.

The meeting was adjourned with a toast to the District 1820



Frances Deram and 'Teach for China'

Club Information

Officers

Frank Yih – President
 Dean Merritt – President Elect/
 Club Admin
 Terri Lau – Vice President
 Motohiro Yaname – Hon. Secretary/
 Club Admin (deputy)
 Yvon Russon - Treasurer

Basic Info of our Club

First chartered on 1 October 1919, re-chartered on 8 February 2006
 Number of active members – 82
 Number of honorary members – 11
 Average age - 45 Nationalities – 18
 Male - 80% Female - 20%

Contacts

The club meeting is a dinner meeting every Tuesday at Jing An Hilton Hotel 华山路250号 (18:30 cocktails, 19:00-20:30 dinner)
 Contact the club administrator Vivian Huang at RSVP@rotaryshanghai.org, +86 13501672753

Committees and Directors

Club Administration Committee
 1st Tuesday of each month, 17:30
 Chair: Dean Merritt deanm@mdmlevel.com
 Deputy Chair: Motohiro Yamane yamane@tmish.com

Membership Committee
 1st and 3rd Tuesday of each month, 18:00 - 18:30
 Chair: Alexandra Taulin alexandra.taulin@yahoo.fr

Public Relations Committee
 1st Tuesday of each month, 17:00
 Chair: Michel De Vriendt michel.devriendt@premiumfinance-group.com

Community and International Service Committee
 1st Tuesday of each month, 17:00
 Chair: Terry Chu terrychu_prn@msn.com

Youth service committee
 Last Tuesday of each month, 17:00
 Chair: Motohiro Yamane yamane@tmish.com

Rotary Leadership Award
 Committee Chair: Tara Strunk Tara.Strunk@grace.com

The Rotary Foundation Committee
 Chair: Frank Yih frank@yih.com

For more information, please visit www.rotaryshanghai.org

Rotary Club of Shanghai West
 Wednesday, 18:30-20:30
 Location: Suites Hotel Shanghai
 位置: 上海西华酒店
 Address: No.1 Huaihai West Road, Shanghai
 地址: 淮海西路1号

For more information please contact CP Richard Zi, President.
 Email: zishanghai@hotmail.com

Rotary Club of Shanghai Pudong Lujiazui
 Thursday, 19:00-20:30
 Location: Radisson Blu Hotel(Pudong) in Thumb Plaza, Pudong, Shanghai.

位置: 浦东 大拇指广场 证大丽笙酒店
 地址: 迎春路1199号 (靠近芳甸路)

If you would like to attend Rotary Pudong Meeting,
 please contact Mr. Brinton Scott
 Email: bscottsq@hotmail.com

Fresh Start Rotary Club of Shanghai
 Friday, 7:45-9:00 am
 Location: 2nd floor, Element Fresh, Jing An Kerry Center
 位置: 新元素静安嘉里中心店二楼
 Address: No.1551 Nan Jing Xi Lu, Shanghai
 地址: 南京西路1551号

For more information about Fresh Start and for anyone interested to attend, please visit <http://freshstartrotaryshanghai.org/>