

Shanghai Centre

March/April
2010



Keep it Light

Shanghai Centre Talk



Gordon Gao
Engineering Director

Dear Residents and Tenants,

My name is Gordon Gao, Engineering Director of Shanghai Centre. While I'm fairly new to the management team here, I quickly realized the unique responsibility we have to providing our residents and tenants with the highest conceivable quality of service.

Our goal is to make Shanghai Centre feel like a true home for you--this is our management commitment. Speaking on behalf of the Engineering Department of Shanghai Centre, we will do whatever is possible to make your home facilities comfortable and safe. This includes better interior-finishing, air-conditioning, lighting, landscaping, and improved parking facilities.

2010 is a very special year for all of us. Not only will the World Expo be coming soon, but it also marks the 20th anniversary of the opening of Shanghai Centre. Moreover, we have embarked on a program to completely renovate our existing apartment suites in both East and West Towers.

In addition, we're currently in the process of revamping our team, with a focus on improvement of service quality and work efficiency. In this regard, I would like to hear from you if you see areas where we can make improvements. I would appreciate any comments or suggestions sent to me personally at: ggao@shanghaicentre.com.

I wish you and your family a healthy and prosperous Year of the Tiger!

上海商城ニュース



Tomoko Ueno
Japanese Customer
Relations Manager

レジデントの皆様

日に日に暖かくなり、そろそろ桜が咲き始める美しい季節となりましたが、皆様如何お過ごしでしょうか。

上海商城では現在、アパートメントの各室で内装工事の為、騒音等でご迷惑をお掛けし誠に申し訳ございません。皆様のご理解並びにご協力をよろしくお願い申し上げます。また新しいデザインのお部屋についてのお問い合わせは、リース部ビビアン(内線:6711)までお願い致します。

さて上海商城で今後企画しておりますイベントをご紹介します。3月末にはイースターパーティー、4月はワインテイスティング、ウォーキングツアー、また定期的に開催しておりますファーマーズマーケットも是非ご利用ください。皆様のご参加をお待ちしております。

また私事で恐縮ですが、産休休暇を終え1月中旬より復職いたしました(前回1,2月号では2月中旬となっております)。申し訳ありません。ご挨拶が遅れましたが、今後ともよろしくお願い申し上げます。

また皆様からのご意見ご要望をお待ちしております。

上野 友子



SHANGHAI
CENTRE
上海商城

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Keep it Light

Spring is the Time for Dining Light and Eating Right. This Month We Focus on Losing those Extra Pounds in Time to Slip into Last Year's Bathing Suit!

After the cheer and charm of Chinese New Year begins to wear off, reality sets in—you've probably either had far too many excessive Chinese dinners with the in-laws, or the yoga mat that you took with you on vacation to Thailand came in a distant second place to the Pad Thai and margaritas. You are consciously tip-toeing around the scale, unwilling to face the bad news. And buried deep in the closet is something you'd rather not think about just yet – last year's bathing suit.

This phenomenon (let's call it "Shanghai Syndrome") was recently summed up in a local expat magazine headline that spoofed a famous souvenir t-shirt: "I went to China and all I got was this fat." Indeed, living in Shanghai can really pack on the pounds. The city, notes Parkway Health physician Dr. Hina Pandya, is a "perfect storm" for gaining weight. "Most expats living in Shanghai eat out more than they do back home, they have higher incomes, drivers to take them everywhere, they exercise less, and they drink more alcohol," she says.

Last year, Dr. Pandya had a realization that there was a growing need for an integrated approach of holistic medical consultation and weight loss support, so she designed a program specially geared towards expats working in China, as well as newly affluent Chinese who have taken on Western eating

habits. Her 12-week program consists of an initial medical exam and periodic doctor's consultations, diet planning, exercise regimens, plus optional support group-style counseling from the China chapter of Weight Watchers.

But the problem, she says, isn't just with Western food. Though many perceive Chinese food as being light and healthy, Dr. Pandya disagrees—at least when it comes to dining out. "Chinese food can be very heavy on oil," she says. "Restaurants are more interested in making things taste good than looking out for your health." She recommends cooking at home as much as possible so that you control both the ingredients and the portions that you're eating. A healthy diet, Dr. Pandya points out, should consist of five to nine servings of fruits and veggies daily. The basic break-down should be 60 percent whole grains (bread, pasta, oats), and 20 percent meat and fat.

But the problem, Dr. Pandya says, isn't just with fat—but rather, with where the fat is stored. Subcutaneous fat (fat that's beneath the skin—ie, your bum or thighs) may not look good, but it's relatively harmless. Visceral fat (fat that's close to your vital organs, i.e. belly area) is far more dangerous because it releases toxins into the blood stream that lead to heart disease, stroke and diabetes.

Not-So Big in Japan

Japanese cuisine is renowned for being light and healthy—what could be more simple than tender slices of sashimi and a cup of miso soup? Indeed, the Japanese enjoy the longest lifespan on earth (an average of 82 years) and much of that is believed to be due to diet. I sat down with Executive Chef Hoshina Masanobu, a native of Tokyo who's worked at The Portman Ritz-Carlton's Hanagatami Japanese Restaurant for eight years to find out Japan's health secrets.

"We are an island nation," Hoshina says smiling, looking quite fit and healthy himself. "In Japan, we have very fresh ingredients, especially of course seafood, and we also eat a lot of fresh vegetables and soya. In addition, Japan's diet is based on something that is deeply-rooted in our culture: the Zen concept





Centre News

More Italian fashion

After months of construction we are proud to present you the new Stefano Ricci Flagship store! The brand-new showroom is four times the size of the previous one and has plenty more of high-end Italian fashion to offer. To check out the new spring collection, drop by at Suite 128 (Ground level, entrance next to Tables Restaurant)

More sport!

With the introduction of FTTH (Fiber To The Home) to the complex, Shanghai Centre is now able to offer more sports channels in the Resident Lounge! Golf, NBA, NFL, Premier League...you name it, we got it! We already broadcasted the Super Bowl live at our lounge and there is more to come. Keep an eye on your inbox as we will be organizing more sports-gatherings in the near future!

Farmers Market

We are leaving the cold winter behind us and bringing back those much-loved goodies to our monthly Farmers' Market. There will be plenty of gourmet choices on hand, all under one roof! Mark your calendar: every third Sunday of the month, from 10am-12:30pm at the Shanghai Centre Exhibition Plaza...

EXPO & Dining, hand in hand!

From March onwards, all the way to the end of ShanghaiWorld Expo, residents can participate in a monthly lucky draw competition with winners receiving free Expo tickets. The more you spend inside the complex, the more chances you'll get to win tickets... Haibao, here we come!

Star Employee

At Shanghai Centre, we appreciate your feedback. Thus every month, we reward one employee who has received special praise from residents and tenants, alike. You can recognize our star employee by a special diamond Shanghai Centre pin. Keep sending us your thoughts!

of simplicity." The Japanese, it seems, have managed to find the perfect culinary balance: food that's light, healthy, delicious and beautiful to look at. And they tend to eat it in smaller portions. Still, Hoshina insists that the formula isn't unique to Japan.

"It doesn't really matter what kind of food it is, French, Italian, whatever. Any cuisine can be light and healthy if the ingredients are fresh and it's prepared in the right way."

Element Fresh is a perfect example. Founded on the philosophy of food that is both health-conscious and delicious, their menu boasts everything from salads packed with fresh and crisp greens to anti-oxidant and vitamin-rich fresh juices and smoothies, plus low-cholesterol breakfast options like the "Healthy Start" (an egg-white omelet, juice, fruit and yoghurt). "We often have vegetables delivered twice daily to ensure they're as fresh as possible," says Lucy Lao of Element Fresh. "Our whole image is about fresh food. Eating well in a relaxed ambience is the perfect antidote to the fast pace of our city."

Still, as Dr. Pandya notes, nothing beats cooking at home. And luckily, City Shop has some of the best spring-time light-dining options in the city. A quick stroll through the store turned up all the ingredients for handmade Thai spring rolls, including fresh basil, rice paper wraps and fresh shrimp. Organic Greek yoghurt with muesli and fresh blue berries is a perfect power breakfast. For an afternoon snack, try making your own smoothies by tossing fresh fruit, a few ice cubes, and a splash of pineapple or guava juice into a blender. It'll tide you over 'til dinner, and it's far more healthy—with fewer calories—than soft drinks. Plus kids love them, too.

The Shanghai Centre Farmer's Market is also another great place to stock up on the freshest fruits and vegetables to fill your dinner table with colorful, low-calorie healthy meals. Check it out, every third Sunday of the month, from 10am-12:30pm at the Shanghai Centre Exhibition Plaza.

A toast to good health! See you by the pool this summer...

A Quick and Delicious Spring Recipe (available at City Shop)

Thai Spring Rolls:

- 1 package large dried rice paper
- 1 cup boiled shrimp or baked tofu tossed in 2-3 Tbsp. fish sauce
- 1 cup fresh organic salad greens
- 1 cup fresh basil, chopped
- 1/2 large cucumber, sliced into matchstick-like pieces
- 1 carrot, grated
- 1 cup fresh bean sprouts

Place rice paper in hot water for 30 seconds to soften, then add vegetables, shrimp or tofu in small quantities. Wrap ingredients tightly but gently, folding into small portions, leaving one end open. Serve cold with Thai Sweet Chili sauce and sparkling water or white wine. Enjoy!



For more info about Dr. Hina Pandya's Weight Loss Program contact: medicalweightloss@parkwayhealth.cn

Kids' Club Registrations

An important reminder to all new and returning Kids' Club members: the new term starts March 1st! You can find us on the 8th floor of the East Apartment Tower. All children from 6 months up to 6 years-old are eligible to join. Be sure to register and join the fun! And don't forget to join the Kids' Club Annual International Potluck Party in March. Invitations will be coming soon!

Make a Difference!

The Preschool & Kids' Club is looking for more members to join the parents' committee. This is a fun and rewarding way to actively participate in children's early learning experiences. To learn more about this opportunity, please contact Trine Colson, ext. 7709 or come see us at the Kids' Club.

Junior Tennis Champs

With the weather warming up in the spring season, it's time to get the kids out and about. Teacher Michael is ready to teach your kids how to play tennis like a pro! Join him every Friday evening, from 4:30pm onwards at the Outdoor Recreation Area (in case of bad weather, classes will be held at the Racquetball Court inside the Health Club). For more info and registration, call Jessie at ext.6621, or just drop by on Friday afternoon!



Event Schedule

Mar	10:00 am - 12:30 pm Farmers' Market Exhibition Plaza Open to public	8:00 am - 12:00 pm Jinqiao 8k Run Jinqiao Residents only	3:00 - 5:00 pm Easter Party Atrium Residents only	8:30 - 9:30 am Earth Hour Shanghai Centre Complex Open to public
Apr	10:00 - 11:30 am Coffee Morning Resident Lounge, Suite 801, West Apartment Tower Residents only	6:30 - 8:30 pm Wine Tasting Venue TBC Residents only	10:00 am - 12:30 pm Farmers' Market Exhibition Plaza Open to public	9:00 - 11:30 am Walking Tour Residents only
May	10:00 - 11:30 am Coffee Morning Resident Lounge, Suite 801, West Apartment Tower Residents only	10:00 am - 4:00 pm Clothes Drive Office Building Open to public	10:00 am - 12:30 pm Farmers' Market Exhibition Plaza Open to public	5:30 - 8:30 pm BBQ Garden Terrace Residents Only



Regular Events - Residents Only

Monday 9:30-10:30
Yoga Class
Aerobics Room, Ritz-Carlton Health Club

Friday 9:30-10:30
Pilates Class
Aerobics Room, Ritz-Carlton Health Club

Friday 16:30-18:00
Tennis Training
Outdoor Recreation Area
Children Only

Saturday 10:00-11:00
Taiji Class
Terrace Garden, 8th floor
Residents Only

Retailer Section

Paul&Shark

Spring/Summer 2010 Line Makes a Splash!



Yachting aficionados already know the name Paul&Shark sets the style of the high seas, combining the best of Italian fashion with the world of competition sailing. This year's spring/summer line brings vibrant colors to their trademark polo-style shirts, as well as casual shorts, Panama cotton pants, and swimwear for both men and women. Perfect for a stroll on a tropical beach, or looking stylish while on board your favorite racing boat, Paul&Shark's trademark style is all about functional and timeless simplicity. This season's best bet: the

Niagra all-weather jacket. Plus don't miss their Winter Clearance Sale, with big discounts on some of your favorite fall/winter items!

Suite A01, East Retail Plaza, 6279 8418



Theater

Spell it Right!

Shanghai Centre is proud once again to host the national finals of the Second Annual China Region Spelling Bee at our theatre! Out of thousands of candidates from local and international schools all over China, 16 kids will compete for the title with the winner representing China at the World Finals in Washington, DC.

Last year, 11 million students from 275 countries and regions around the world participated in this competition. In 2009, at the 82nd Annual Spelling Bee, Shanghai Community Center sent its regional champion to represent China in the final competition for the first time in history. We wish all of this year's candidates the best of luck!

For more info, check out www.spellingbeechina.com

Date: Saturday March 20, 2010

Sino United

Diet for Chronic Pain

You may be surprised to know that nutrition plays a significant role in how you feel pain. What you eat provides your body with the chemistry it needs to create an inflammatory response, which is not only the cause of pain, but can also make your pain more intense and last longer. So what nutritional changes should you make if you are experiencing chronic pain? A healthy diet high in vegetables, fresh fruit and nuts can have a significant impact, as well as using olive oil and avoiding sweets and artificial additives. Herbs and other nutritional supplements, such as Vitamin D, often have an equally beneficial effect as non-steroidal anti-inflammatory drugs (NSAID's). If you're suffering from chronic pain, contact Sino United about this unique consultation program, and find out what a better diet can do to ease the pain.

Suite 601, West Office Tower, 6279 8920

Centre Spotlight



Stefano Ricci Re-Launches Flagship Store with Star Italian Tailor

Fans of the Italian luxury menswear brand Stefano Ricci have reason to rejoice as the long-awaited new store opens its doors on March 22 at Suite 128, in the lobby of The Portman Ritz-Carlton Hotel. The all-new interior, quadruple the size of its predecessor, will offer an expanded range of clothing and accessories in an impeccable luxury shopping environment worthy of their highly-distinguished clientele. Stefano Ricci

is equally renowned for quality as much as for their sophisticated, classical sense of style in world menswear. Come enjoy a special made-to-measure event held by the Stefano Ricci Chief Tailor, visiting from Italy, March 22 to 24. For further information or to arrange an appointment, call 021-62798086.

Suite 128, The Portman Ritz-Carlton, 6279 8086

MACAU BEIJING XI'AN HANGZHOU CHENGDU SHANGHAI

Out and About in Shanghai Centre



- 1. Stunning Flying Hats act from the Acrobatic Troupe
- 2. Colorful Chinese New Year decoration
- 3-4. Fresh produce & gourmet goodies at the Farmers' Market
- 5. High Tea at the Ritz Bar



Event Recap

High Tea at Ritz Bar

Imperial High Tea: an English tradition brought to Asia and now to Shanghai. And what place could be more suitable for such an event than the stylish environment of the Ritz bar? Residents were invited to indulge in a three-tier English afternoon tea set with freshly baked scones, sandwiches and pastries. It was an afternoon tea fit for Queen Catherine (the 17th century monarch often credited with having started the tradition), herself.

Lantern Festival Party

Traditionally the start of the lunar year is celebrated in grand style at the Shanghai Centre: Lion dances, traditional Chinese handicrafts, an exciting acrobatic performance and of course, a nice selection of New Year's treats from The Portman Ritz-Carlton to make the party complete. We're already looking forward to next year!



Magic Carpets

There's far more to the traditional art of carpet weaving than just beautiful design. During our monthly Coffee Morning, Mr Aziz Idris from Kashgar, Xinjiang educated our residents on the symbolism, different schools and painstaking craft work behind the ancient art of Middle Eastern carpet weaving.

Tenants Movie Afternoon

It doesn't always have to be "work-work-work" at Shanghai Centre! All office tenants and retailers were invited for the screening of a blockbuster movie at our very own theatre--A sneak preview of the latest Zhang Yi Mou film *San Qiang Pai An Jing Qi* was a hit with the packed audience, as we rolled out the red carpet for a very special day at the movies!

ADMINISTRATION SERVICES

The Portman Ritz-Carlton, Shanghai 6279 8888
Fax:6279 8800
Business Centre 6279 8801

SHANGHAI CENTRE SERVICES

Shanghai Centre Management 6279 8600
Fax:6279 8610
Shanghai Centre Customer Service Ext. 6666
Fax:6279 7610

Shanghai Centre Security Ext. 6656
Wake-up call Ext.0
Apartment Room Service Ext. 5955
East Residence Lobby Ext. 6692
West Residence Lobby Ext. 6730
Preschool 6279 8519
Kids' Club 6279 7146
Resident Lounge (Suite 801) Ext. 6752
Reading Room (Suite 815) Ext. 6017
Theatre ticket office 6279 8663
Hotel Laundry Valet Ext. 5100

FASHION

Dave's Tailoring 6279 8805
Suite 105, West Retail Plaza
MiuMiu
Suite A03, Street Level, West Retail Plaza
Paul & Shark 6279 8418
Suite A01, Street Level, East Retail Plaza
Salvatore Ferragamo 6279 8838
Suite A02, Street Level, East Retail Plaza
Stefano Ricci 6279 8086
Suite 128, The Portman Ritz-Carlton
Loro Piana 6279 8330
Suite A05, Street Level, West Retail Plaza

PERSONAL SERVICES

Beauty Farm 6279 8399
Suite 808, East Office Tower
City Shop 6279 8018
Level B01, Exhibition Plaza
FIORI - Nail Plus Salon 6279 8118
Suite 210, East Retail Plaza
Easy Document 6279 1694
Suite 201, West Retail Plaza
Green Massage 6289 7776
Suite 202, West Retail Plaza
HAY Nanny & Maid Service 400-8811-619
Suite 707, West Tower
Huashi Pharmacy 6279 8090
Suite 206, West Retail Plaza
Jazz Laundry Valet 1330 181 2205
Suite 106C, West Retail Plaza
LifeLine Shanghai 6279 8990
Suite 325, West Office Tower
Major Shoe Repair & Key Service
Suite 355, West Office Tower
Parkway Health 6445 5999
Suite 203, West Retail Plaza
Post Office 6279 8044
Suite 355, East Office Tower

SinoUnited Health 6279 8920
Suite 601, West Office Tower
SIYANLI Health & Beauty SPA 6279 7299
Suite 425, West Office Tower
The Portman Ritz-Carlton Health Club Ext. 5922
Level 7, The Portman Ritz-Carlton
Toni & Guy Hairdressing Salon 6279 8806
Suite 209, East Retail Plaza
Wally's Digital & Photocopy 6279 7880
Suite 105A, West Retail Plaza

GOVERNMENT OFFICES

American Chamber of Commerce 6279 7119
Suite 568, East Office Tower
Austrian Consulate Commercial Section 6279 7195
Suite 514, West Office Tower
Australian Consulate Visa Section 6279 8098
Suite 406, West Office Tower
British Consulate 3279 2000
Suite 301, West Office Tower
Canadian Consulate 3279 2800
Suite 604, West Office Tower
Canadian Consulate Visa Section 3279 2800
Suite 668, East Office Tower
Canadian Chamber of Commerce 6289 8670
Suite 605, West Office Tower
Irish Consulate 6279 8729
Suite 700A, West Office Tower
New Zealand Consulate Visa Section 6279 7368
Suite 507, West Office Tower
U.S. Agriculture Trade Office 6279 8622
Suite 331, East Office Tower
U.S. Commercial Service 6279 7630
Suite 631, East Office Tower
U.S. Food And Drug Administration 6279 7330
Suite 723, West Office Tower
U.S. Public Affairs Section 6279 7662
Suite 540, East Office Tower

RESTAURANTS / ENTERTAINMENT

Din Tai Fung 6289 9182
Suite 104A, West Retail Plaza
Element Fresh 6279 8191
6279 8682
Suite 112/207, East Retail Plaza
Gourmet Café 6289 5733
Suite 111, West Retail Plaza
Hanagatami Japanese Restaurant 6279 8888
Level 2, The Portman Ritz-Carlton
Long Bar 6279 8268
Suite 206A, Centre Retail Plaza
Palladio Italian Restaurant 6279 7188
Level 1, The Portman Ritz-Carlton
Paul Bakery 6279 7587
Suite 118, East Retail Plaza

The Ritz Bar 6279 8888
Level 2, The Portman Ritz-Carlton
Starbucks Coffee 6279 8667
Suite 103, West Retail Plaza
Summer Pavilion 6279 8888
Level 2, The Portman Ritz-Carlton
Tables 6279 7166
Level 1, The Portman Ritz-Carlton
Tony Roma's 6279 7129
Suite 109, West Retail Plaza

GIFTS & ACCESSORIES

Alice Flower 6279 8737
Kiosk, West Retail Plaza
Boutique Yaling 6279 5855
Level 2, The Portman Ritz-Carlton
Chaterhouse Booktrader 6279 7633
Suite 104, West Retail Plaza
Couleur Chocolat 6289 8014
Suite 117, East Retail Plaza
Emperor Silk 6279 8711
Suite 201, West Retail Plaza
Federico Buccellati 6289 6998
Suite A06, Street Level, East Retail Plaza
L'e Crin 6279 8978
Lobby, The Portman Ritz-Carlton
Steven Art & Craft 6289 8983
Suite 703A, West Office Tower
The Boutique 6279 8888
Lobby, The Portman Ritz-Carlton
Urban Tribe 6279 7373
Level 2, The Portman Ritz-Carlton
Zhang's Textiles 6279 8587
Suite 202A, West Retail Plaza

TRAVEL & BUSINESS SERVICES

Aeroflot Russian Airlines 6279 8033
Suite 208, East Retail Plaza
All Nippon Airways 800 820 1122
Suite 208A, East Retail Plaza
American Express 6279 7072
Suite 455/458, East Office Tower
HSBC 6279 8582
Suite 106, West Retail Plaza
Jade Travel 6279 8393
Suite 427, West Office Tower
Malaysia Airlines 6279 8629
Suite 560, East Office Tower
Philippine Airlines 6279 8765
Suite 735A, East Office Tower
Turkish Airlines 6279 8392
Suite 211, West Retail Plaza
Vietnam Airlines 6279 7777
Suite 531A, East Office Tower
Jingao Travel Agency 6279 8026
Suite 500, West Office Tower



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