



# Pagoda



Service Above Self

One Profits Most Who Serves Best

Issue No. 425– June 25, 2019

Published Weekly

## Highlights



RIPE Mark Maloney

## 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?

## RIPE Mark Maloney visits Rotary Club of Shanghai

By Arnold R. Grahl

Rotary International President-elect Mark Maloney, a member of the Rotary Club of Decatur, Alabama, USA, unveiled the 2019-20 presidential theme, *Rotary Connects the World*, to incoming district governors at Rotary's annual training event, the International Assembly, in San Diego, California, USA. "The first emphasis is to grow Rotary — to grow our service, to grow the impact of our projects, but most importantly, to grow our membership so that we can achieve more," Maloney said. He believes that connection is at the heart of the Rotary experience. "(Rotary) allows us to connect with each other, in deep and meaningful ways, across our differences," Maloney said. "It connects us to people we would never otherwise have met, who are more like us than we ever could have known. It connects us to our communities, to professional opportunities, and to the people who need our help."

Maloney also called on every Rotary and Rotaract club to identify segments of their community not represented in their club by creating a membership committee with diverse members. "Through Rotary, we connect to the incredible diversity of humanity on a truly unique footing, forging deep and lasting ties in pursuit of a common goal," he added. "In this ever more divided world, Rotary connects us all."

Maloney urged leaders to offer alternative meeting experiences and service opportunities to make it easier for busy professionals and people with many family obligations to serve in leadership roles. "We need to foster a culture where Rotary does not compete with the family, but rather complements it," Maloney said. "That means taking real, practical steps to change the existing culture: being realistic in our expectations, considerate in our scheduling, and welcoming of children

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## Membership Renewal

We are approaching Rotary year end and it's time to renew your membership.

Annual dues for Rotary year 2019-20 is unchanged from last year.

**The deadline for cash payment will be 25<sup>th</sup> June and the deadline for Bank Transfer, Alipay and WeChat pay will be 28<sup>th</sup> June.**

Please be noted that your membership will be terminated on June 30<sup>th</sup> if your dues are not paid by the deadline.

Please pay by cash, Alipay or Wechat to Vivian Huang, or pay by bank transfer to IPP Moto's below account.

Account's Name: YAMANE MOTOHIRO, Account number: 6214 8302 1917 5113, Bank's Name: China Merchants Bank 开户行信息: 招商银行

Date	Topic / Speaker	Venue/Time
June 25, 2019	RIPE Mark Maloney visit	5th Floor, Marriott City Center, 19:00
July 2, 2019	TBD	5th Floor, Marriott City Center, 19:00
July 9, 2019	TBD	5th Floor, Marriott City Center, 19:00
July 16, 2019	Summer Fellowship	TBD

Tuesday, June 18, 2019

Highlights from the last meeting

Visiting Rotarians:

Artem Hakobyan	RC Pan-Armenia International	Armenia
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Happy Money: 1,300 RMB

Members	11
Visiting Rotarians	1
Guests	6
<b>Total headcount</b>	<b>18</b>

VP Tracy presided at the meeting and she led the Four Way test herself, followed by Rtn. David introducing visiting Rotarians and guests. Since the meeting took place on 3rd Floor of the Marriott City Center, Buffet was available with an excellent variety of seafood, salads and deserts.

Saddle for Happy Money was in the hands of VP Tracy with the support by Rtn. Sophia who also auctioned the Swiss Army knife that was donated by Professor Katharina Luban of Hochschule für Technik in Rapperswil 4 weeks ago. PE Terri won the item promising that she will present it for auction again in the near future. Happy Money: 1,300 RMB.

Rotary Ignite will also continue during the presidency of PE Terri. The last igniters before the summer break were AG Andrew talking about his trip to the RI Convention in Hamburg two weeks ago, Rtn. Adam who presented briefly the results of a survey he conducted about Chinese cities with the highest living standards for foreigners and, last but not least, Rtn. David with a presentation about how to come well through the Shanghai summer and its rainfalls and heat.

VP Tracy toasted for Rtn. Adam wishing him well and to meet again soon.



The Four Way Test

Happy Money

Auction

Welcoming Guests

President-elect





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## RIPE Mark Maloney visits Rotary Club of Shanghai

at Rotary events on every level.” Maloney said many of the barriers that prevent people from serving as leaders in Rotary are based on expectations that are no longer relevant. “It is time to adapt, to change our culture, and to convey the message that you can be a great district governor without visiting every club individually, and a great president without doing everything yourself.”

During 2019-20, Rotary will host a series of presidential conferences around the world, focusing on Rotary’s relationship with the United Nations and the UN’s sustainable development goals that many Rotary service projects support. More information will be available in July. In 2020, the United Nations will celebrate the 75th anniversary of its charter and its mission of promoting peace. Rotary was one of 42 organizations the United States invited to serve as consultants to its delegation at the 1945 San Francisco conference, which led to the UN’s charter. For decades, Rotary has worked alongside the United Nations to address humanitarian issues around the world.

Today, Rotary holds the highest consultative status that the UN offers to nongovernmental organizations. “Rotary shares the United Nations’ enduring commitment to a healthier, more peaceful, and more sustainable world,” Maloney said. “And Rotary offers something no other organization can match: an existing infrastructure that allows people from all over the world to connect in a spirit of service and peace and take meaningful action toward that goal.”



**East Region Fellowship**  
**When: June, 23rd**  
 Time: 17:30  
 Where: Renaissance Shanghai Yantze Hotel

**RSVP and payment: RSVP to Vivian**  
**Deadline for RSVP: May, 28th**



Meet RIPE Mark Maloney!

**RCS Regular Meeting**  
**When: June, 25<sup>th</sup>**  
 Time: 18:30  
 Where: Shanghai Marriott City Center



Each year the RI President travels around the world to visit a selective number of clubs from more than 540 districts in over 200 countries. Receiving a visit from the RI President has always been a big honor. Because of the unique situation in China, we have the honor and pleasure of receiving RI president each year during the past 3 years, much to the envy of other districts.

On **June 25th** the Rotary Club of Shanghai will have a special chance to host the RI President Elect Mark Maloney and his spouse Gay. They will join us to kick off our Club’s 100 years celebration. RI Past President 2014-15 and Rotary Foundation Chair and RI Past President Gary Huang and spouse Corinna will also join us, together with Rotary International Zone 9 Coordinator (DN) Surgeon and our Rotary Special Representative Richard Zi accompanied by his spouse Nancy.

Don’t miss this rare opportunity to meet them all while showing them our warmest family welcome!

An earlier version of this announcement stated Gary Huang’s title as Rotary Foundation Trustee Nominee which is incorrect. His correct title is Rotary Foundation Chair and RI Past President. We apologize for this mistake and any inconvenience.

## Reverse Culture Shock?? A quick update from President Linnet Kwok.

Greetings from sunny San Francisco Bay Area!

It has been almost two months since I moved back to the United States, somehow it seems longer. I have heard of reverse culture shock prior to moving back, but never thought that would apply to me. Well, I was wrong. China was a place I called home for 16 years, returning to my “home town in the Bay Area” was emotionally harder than I expected.

My new colleagues asked me what are the three biggest adjustments since moving back. I blurt out the answers quickly: (1) Cannot use WeChat Pay, (2) need to tip at restaurants, and (3) have to drive all the time, even to get a carton of milk. I miss the convenience of Shanghai and not having to bring a wallet for cash and credit card. These are physical adjustments, easy to adapt. I ponder on what I actually miss the most. It is the communities I belong to in Shanghai; my fellow Rotarians, cycling buddies, coworkers, even the hair stylist, beautician, and Ayi. I really miss my Ayi who cooks and cleans for me!

That said, I am grateful to have joined a boutique search firm in the heart of Silicon Valley that specializes in tech recruitment (AI and Big Data), a totally new industry for me. Talking to these early 30s start-up founders with their recent round of funding and latest technology, is like talking another language. (Anyone watched the “Big Bang Theory” sitcom?) I have so much to learn and read up. PhDs from Stanford, Carnegie Mellon, Berkeley are dime a dozen here. The world’s top talents are gathered here. By the way, the food at Google is delicious.

“Changes are good”, so they say. But changes are uncomfortable at times. I am working hard to push my comfort zone; attending industry events to learn and meet people, exploring different cycling groups, and in the process of finding a new Rotary Club. I don’t have to worry about AQI in this beautiful city by the bay. Every weekend is mostly cycling, hiking and spending time with my father and two dogs (yes, they came with me to the US). For those who know me well, I never cook. Now every weekend I learn to make a new dish. If you are ever in town, Chef Linnet is happy to prepare a home cook meal. I miss you all. I will be in Shanghai to attend RCS’s 100<sup>th</sup> anniversary celebration! See you in October.

Yours in Rotary, Linnet Kwok, President RCS 2018-2019



## The Challenge of Returning

Reverse culture shock is the emotional and psychological distress suffered by some people when they return home after a number of years overseas. This can result in unexpected difficulty in readjusting to the culture and values of the home country, now that the previously familiar has become unfamiliar.

The degree of reverse culture shock may be directly proportional to the length of time spent overseas – the longer the time spent abroad, the greater the shock factor upon the eventual return home. Another factor that may influence the magnitude of reverse culture shock is the extent of the difference in cultures between the expatriate's home country and the foreign country. The bigger the cultural difference, the greater the reverse culture shock likely upon return.

Craig Storti's book *The Art of Coming Home* presents key variables that affect reentry stress. He includes the following: involuntary reentry is worse; unexpected return is harder; reentry may be easier for older people; the first time is worse; the longer the sojourn, the greater the chance for adaptation; hence the harder it may be to leave and come home; the more involved you become in the local culture the harder it may be to leave it behind; the more familiar and supportive the easier the reentry; the more familiar the returnee is with changes in the home culture the easier the reentry; the greater the cultural difference, the harder the reentry.

Craig Storti notes the following effects in his book, *The Art of Coming Home*, summarized here: **Criticality - Marginality - Overexertion/Exhaustion - Resistance/Withdrawal/Self-Doubt/Depression** - As you become discontented with your home culture, a common reaction is to resist adapting to it. Many returnees withdraw or escape, dwelling on fantastical thoughts of the foreign culture and avoiding contact with people from the home culture. Through their extraordinary experiences together, the expatriate family can learn to depend upon each other and work together as a team. In the experience of reentry, family members can help each other to deal with the various challenges each will face. Anyone who adapts to a foreign culture and then readapts to his or her own culture is liable to experience culture shock and reverse culture shock. And each person's experience will be unique. Special consideration should be paid to the reentry issues faced by spouses and children of employees working abroad.



After you've been home a short while, the effects of culture shock will start to become more apparent. Some of the challenges you simply have to endure. There are, however, several coping strategies that you can use to help minimize the stress and ease into reverse culture shock. It is important to think of these coping strategies as coping strategies and not as escape routes. After all, you will have to adjust to the home culture sooner or later. Use these methods to help reduce the stress of the transition and not to hide from your need to adjust. These include communication outlets, stress management, and modifying and transferring cues.

Keep Reading:

Craig Storti, *The Art of Coming Home*, Nicholas Brealey Publishing, 2nd edition, 2001  
 online: <https://2009-2017.state.gov/m/fsi/tc/c56076.htm>





## Visit of RC of Mayenne, a KBDF Gift of Health Project partner

By Michel De Vriendt

My visit to one our KBDF Gift of Health Project partner on Monday 19th of June at the Rotary Club of Mayenne which is located between Rennes and Lemans in France where I have a KBDF project update which was well received and President Sandrine and Michel Lurquin who heads the France - China Inter-Country Project send their regards to the Rotary Club of Shanghai

The Kashin Beck operation, a so-called "big bone" disease that mainly affects people of Tibetan descent without any therapeutic therapy other than prevention: food and hygiene measures for the mother and the child. International action initiated at the initiative of the Rotary Clubs of Mayenne and Shanghai joined by Rotary clubs of China, Belgium, Canada and Australia for the establishment of medical antennas for the education of the population and the construction of greenhouses in order to produce vegetables free of contamination.

The Rotary Club of Mayenne was born in 1964, created on the occasion of an inter-city twinning Mayenne-Devizes (Great Britain) and Waiblingen (Germany). A Rotarian from Devizes, Tom Davis, was looking for a club contact for his club. Jean Bry, Jacques Gigon and Jacques Lefevvre, all three residents of Mayenne, responded to his call and created the club, sponsored by Laval. The club originally had 22 members, the maximum number was 36. After being paired with the clubs of Devizes and Waiblingen, it is now twinned with those of Devizes and Geldermalsen (Netherlands) with an annual meeting that takes turns in each country.

Since 2007, the headquarters of the club is located at the restaurant "La Marjolaine" in Moulay. The meetings are weekly, on Monday evening, alternately at the headquarters and by rotating aperitifs among the members.

In 2008, the club organized the Rotary International Cycling Championship with about sixty participants of eight nationalities. In March 2014, the club celebrated its 50th birthday. In 2015, the club hosted the District Conference.

Currently, of its 22 members, 4 are women and a fifth honorary member. The first Rotarian arrived in 2007. 4 to 5 new members should join the club during 2018/2019. The age group is between 82 and 34 years old with an average age of 60 years. The professions are varied: accountant, doctor, electrical equipment, wood and decoration, lawyer, architect, general insurance agent, laboratories pharmaceutical, notary, trade cars and trucks, auditor, internal medicine, physiotherapist, financial advisor, public works, surveyor, artist, commercial attaché, bank manager.

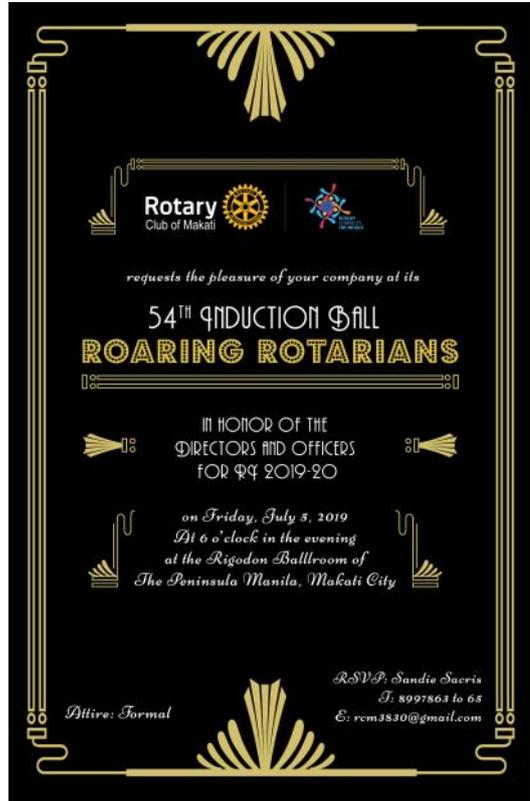
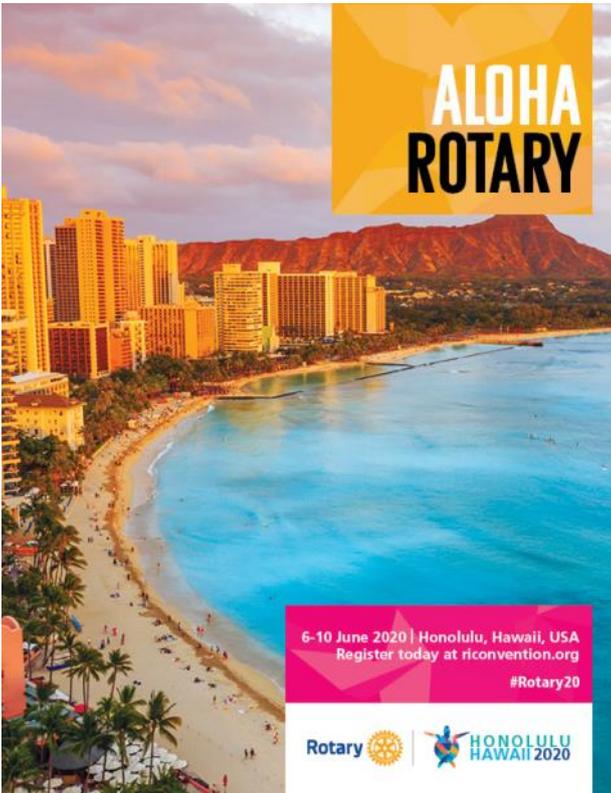
Mayenne is a sub-prefecture and more than 1,000 years of history. Located north of the department of Mayenne, along the river of the same name, the city (14 000 inhabitants) is approximately 100 kms from Caen, Rennes, Angers and Le Mans. Laval, the nearest town is 30 km to the south.

In Mayenne is a Notre-Dame basilica built at the end of the 11th century; it's a Chapel of Calvairiennes dating from 1638 (today Center of Graphic Arts and design); it is a Ducal Bar (old town hall) built by Colbert, located between two squares lined with mansions; it's a little chapel Saint Leonard covered with frescoes of the fourteenth century. Mayenne is above all a castle and its ramparts dating from the thirteenth century, castle with remains of a Carolingian palace, built at the dawn of the year 1000, unique in Europe with its museum where we can see a hundred game pawns. Tric trac and chess pieces dated from the 10th and 12th century. The city was in possession of Cardinal Mazarin. At present, Prince Albert II of Monaco still has the title of Duke of Mayenne.

On the economic side, the city is home to Rapido, a European leader in caravan camping, the company SEB (formerly Moulinex), the Jouve printing house, the pharmaceutical laboratories GSK and a stone's throw away, the Toiles de Mayenne at Fontaine Daniel.



Upcoming Events



\* Club important appointments



# Happy Birthday June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
		<b>Enzo Carrubba</b>			<b>Wesley Chiu</b>	
17	18	19	20	21	22	23
	<b>Marjorie Woo</b>					
24	25	26	27	28	29	30

Club Information



**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 黄浦区西藏中路 555 号

For details, contact the club administrator Vivian Huang at  
 email: [rsvp@rotaryshanghai.org](mailto:rsvp@rotaryshanghai.org)  
 phone: +86 19921418286  
 website: [www.rotaryshanghai.org](http://www.rotaryshanghai.org)



**2018-19 Presidential Theme: Back to Basic**

By RCS President, Linnet Kwok



Linnet Kwok – President

I want this year to focus on Rotary's core values, **Fellowship** and **Service**.

With fellowship we create good service projects and through service we develop long lasting friendships. They are intertwined.

The arrows represents fellowship and service crisscrossing each other. The arrows also form a globe as we are an international organization and an international club.

RCS has over 20 nationalities. To create fellowship we need members, more members to deliver service projects and more members to grow the club.

To grow the club we need to work on our youth and PR. Many people don't know us or think we are a group of old middle age Anglo Saxon males! On the contrary, we are very diversified.

**Basic Info of our Club**

First chartered on 1 October 1919  
 Rechartered on 8 February 2006  
 Number of active Members – 69  
 Honorary Members – 4

**Inclusion Factory**

Project

The Inclusion Factory gives meaningful employment and training to mentally challenged individuals under real market conditions.

**Careers in Care**

Project

Careers in Care tackles the issue of a growing aged population in China by teaching migrant workers to care for the elderly.

**"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.

**The Library Project**

Project

The Library Project has established over 1,800 elementary school libraries. It has put more than 1,200,000 Chinese language children's books into the hands of eager young readers.

**Officers & Board members**

- Linnet Kwok – President**  
[clubpresident@rotaryshanghai.org](mailto:clubpresident@rotaryshanghai.org)
- Tracy Hua – Vice President**  
[clubvp@rotaryshanghai.org](mailto:clubvp@rotaryshanghai.org)
- Tiziana Richiardi – Secretary**  
[clubsecretary@rotaryshanghai.org](mailto:clubsecretary@rotaryshanghai.org)
- Carsten Schmidt-Jochmann – Treasurer**  
[finance@rotaryshanghai.org](mailto:finance@rotaryshanghai.org)
- Terri Lau – President Elect**
- Motohiro Yamane – IPP**
- Rita Malvone
- Samuel Tung
- Adam McWirther
- Christian Kober
- Frank Mulligan

**Committees & Directors**

- Club Administration Committee:** Terri Lau  
[clubadministrator@rotaryshanghai.org](mailto:clubadministrator@rotaryshanghai.org)
- Membership Committee:** Sophia Slingerland  
[membership@rotaryshanghai.org](mailto:membership@rotaryshanghai.org)
- Service Projects:** Rita Malvone  
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- Youth Service Committee:** Albert Khaoutiev  
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- PR Committee:** Tracy Hua  
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- Rotary Foundation:** Michel De Vriendt  
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- Gift of Life (GOL):** Terri Lau  
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- Fellowship:** Samuel Tung  
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- RCS Centennial Anniversary:** Terri Lau
- Library Project:** Thierry Melango  
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- RSVP:** Vivian Huang  
[rsvp@rotaryshanghai.org](mailto: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](http://www.rotary.org/clublocator) or downloading Rotary's free **Club Locator** app available both for Apple and Android.