



PAGODA



SERVE TO CHANGE LIVES

Service Above Self

One Profits Most Who Serves Best

Issue No. 548–15 March 2022

Published Weekly

15 March - Speaker Meeting

15 March Happy/Sad Money

ROTARY INTERNATIONAL
TUESDAY MEETING
Significant Health Challenges and Post-Traumatic Growth Among Chinese Executives in Midlife
 PRESENTED BY:
Linda Zhang
4E Management Consulting, Ltd.
 YOU WILL LEARN ABOUT:
 1. Nine stages of experiencing illness & meaning-making
 2. 5+4 Post-traumatic growth with gender differences
 3. Seven themes on post-traumatic growth with gender differences
 TUESDAY, March 15, 2022
 19:30 - 20:30
ZOOM MEETING
 CONTACT:
 Vivian Huang
 vivian.huang@messer.com.cn
 SCAN THE QR CODE & SAVE YOUR SEAT!
 TAKE ACTION: www.rotaryshanghai.org

Club for international emergency aid
www.weltweitenoethilfe.at
 Weil Menschenleben zählen.
The club has the target to support human suffering from needs on their run from war by supplying food, cloth, medical aid and sanitary supplies.
 At moment in need of support for the transport. 40T of supplies are collected already and waiting for transport.
 How to help?
 • With action if anybody has possibility to organize logistics
 • Financially
 • The club is able to buy supplies in romania and Hungar and bring it to the border.
Donation:
„Verein für weltweite Nothilfe“
IBAN: AT95 3242 6000 0091 3863
BIC: RLNWATWW426
 Now collecting and bringing supplies to the ukraenian border to distribute among the refugees and the remote vilages which are not covered by the big NGO like Red Cross, Caritas, UNHCR.
 Transports are organized from Austria over Hungary, Romania to Ukraine.

Coming Events

- 15.03 — Speaker Meeting @Kunlun Hotel 6:30 - 8:30 pm
- 22.03 — Speaker Meeting @Kunlun Hotel 6:30 - 8:30 pm
- 29.03 — Career Empowerment Program 6:30 - 8:30 pm

Birthday of the Month: March

- 01 — Alain Chevassus More
- 07 — Thomas Kucera
- 09 — Tiziana Richiardi
- 19 — Franz Bohnlein

The Four-Way Test 四大考驗

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?
2. Is it **fair** to all concerned?
是公平的吗?
3. Will it build **goodwill** and **better friendships**?
是善意并促进友谊吗?
4. Will it be **beneficial** to all concerned?
是对大家有利吗?

Officers & Directors

- Rita Malvone – President
- Naomy Peña – Vice President
- David Smith – Secretary
- Christoph Wenner – Treasurer
- David Smith – President Elect
- Tracy Hua – Immediate Past President
- Alexander Hartmann
- Carlotta Godio
- Christian Kober
- Terry Chu

Committees & Chairs

- Club Administration Chair: David Smith
- Membership Committee: Terri Lau
- Fellowship Committee: Tracy Hua
- Service Projects Committee: Alex Hartmann
- Youth Service Committee: Naomy Peña
- Rotary Foundation: Tiziana Richiardi
- Gift of Life (GOL): Terri Lau
- Sister Clubs: Motohiro Yamane
- Pagoda: Carlotta Godio
- Speaker Program: Christian Kober
- Circle of Centennial Rotary Club: Terri Lau
- Assitant Governor: Andrew Hill
- Club Admin: Vivian Huang

Tuesday, March 08st, 2022

Dinner Attendance:

Members	10
Visiting Rotarians	00
Guests	03
Total Headcount	13

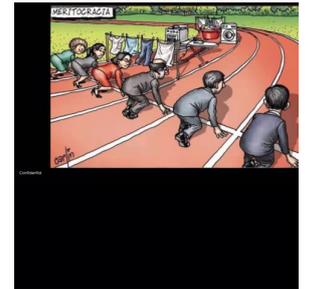


Highlights from the last speaker meeting

Due to the recent increase in Covid cases around Shanghai, last week's meeting was switched to online. Even though we would have preferred to meet her in person during a normal dinner and speaker evening, Charlene Liu gave us an engaging overview of roles and numbers of women in the engineering and technology industries.

There wouldn't have been a better topic to celebrate International Women Day - discussing about not only old biases, but also the improvements and increasing numbers and trends of recent years.

Charlene's work, co-founder of Ladies Who Tech, gives us inspiration and strength on what needs to still be done. The questions were engaging and thought-provoking, and the energy was hopeful and motivated. We hope we can have Charlene back again soon!



RCS Theatre Patrons' Club

The RCS Theatre Patrons' Club has officially celebrated its one-year birthday since the first show it has visited at the Shanghai Symphony Concert Hall on 2021/3/1, which was the Hui He Soprano solo concert with the accompaniment of the West Coast Quartet, till the most recent Austrian Operetta "Das Land des Lächelns" by Franz Lehár. The number of RCS patrons gathered at one show has also grown from the original five to a high of 20 at the Puccini's opera "Turandot" the club recently visited.

The Patrons' club within RCS are made of Rotarians and their friends, who enjoy classical music & theatrical arts, oftentimes an enjoyable evening together filled with arts and after drinks. We look forward to a new season of performing arts here in Shanghai and please reach out to Jingfu to be added to the club's wechat



group to be updated on the next shows that we will attend together and latest cultural happenings in town.



March 15, 2022



Linda Zhang

Significant Health Challenges and Post-Traumatic Growth Among Chinese Executives in Midlife

Linda has been working as an executive coach and leadership consultant since 2009. She has certifications from two American universities: the Columbia Coaching Certification (CCCP) and Evidence-Based Coaching Certification (EBC) from Fielding Graduate University.

Her coaching services include executive coaching, executive team coaching, managerial coaching training and corporate coaching culture cascading and sustainability projects. She coaches board members, CEOs, VPs, BU leaders and functional heads in mainly multinational firms from various industries. She received her Master Certified Coach credential in 2019.

Before becoming an executive coach, Linda gained 17 years of business experience in China and North Asia, with solid business acumen and P&L management with P&G, L'Oréal, Alcatel and GN.

Linda received her BS and MS degrees from Shanghai Jiao Tong University in 1989 and 1992, and completed her EMBA studies at CEIBS in 2003. She later earned a PhD in Organizational Development & Change from the Fielding Graduate University in 2020. Her dissertation topic was "The Seeds of Life: Significant Health Challenges and Post-traumatic Growth among Chinese Executives in Midlife."

Linda has a WeChat blog, "4E4U", where she has written more than 300 articles since 2014. Her first book, "Thinking of Midlife" was published in 2017 in Chinese.

Linda's purpose and vision is to be humble and to learn, share and live a holistic life through experiencing and spreading love, wisdom and authenticity.

Book your Calendar

Rotary
China 中国

Rotary
SERVE TO CHANGE LIVES
以服务改善人生

2022 ROTARY CHINA DISTRICT CONFERENCE
April 23-24

Venue: Grand Millennium Shanghai Hongqiao
No. 2588 West Yan'An Road
Changning District, Shanghai

Apr 23 12:00 registration/conference 14:00-21:00
Apr 24 09:00-12:30

Registration time: 2022 Jan 01 - 2022 Apr 10
Registration fee: 598 RMB / person
(Including the cost of conference and Governor's Night Dinner)
Dinner fee for non conference participants: 398 RMB / person
Rotary clubs please sign up with district assistants.
Season wechat: 18001842883

We sincerely welcome Rotarians, their families and potential Rotarians to attend.

Program Highlight

Apr 23 Registration/Fellowship 12:00-14:00
Conference 14:00-17:00
House of Friendship 13:00-18:00
Dinner(Governor's Night) 18:00-21:00

Apr 24 Conference 09:00-11:00
Closing Ceremony 11:00-12:30
House of Friendship 09:00-13:00

Please scan the QR Code to book the conference.



Global Grant Project in India

We have received photos of the Oxygen Generating Plant (OGP) installation and handover to the hospital in Calcutta, India.

Our project contact, PP Shahul of RC Singapore visited the ISPAT Hospital on March 8th. This US\$138,337 Covid relief project is a joint effort of 30 partners: Rotary Clubs (7 Clubs in China including RC Shanghai), Rotarians and NGO.

With the OGP being done, we just wait for the local club RC Calcutta Metropolitan to file the final report of this global grant to TRF, as soon as a few of the remaining medical devices are in place.

