



PAGODA



SERVE TO CHANGE LIVES

Service Above Self

One Profits Most Who Serves Best

Issue No. 537- 14 December 2021

Published Weekly

14 December - Speaker Dinner

21 December - Christmas Fellowship

TUESDAY MEETING

The Future of Mental Health in post-COVID China: Challenges & Opportunities

PRESENTED BY:

Dr. George Hu, PsyD

*Department Chair of Mental Health, Shanghai United Family Pudong Hospital
President, Shanghai International Mental Health Association*

YOU WILL LEARN ABOUT:

- Current state of mental health theory and delivery in China
- Challenges to the current system
- Recommendations for mental health development from clinical experience
- Culturally relevant mental health delivery and practice

TUESDAY, December 14, 2021
18:30 - 20:30

Penthouse@40F Kunlun Hotel Jing'an
No.240 Huashan Road
华山路240号特安公寓40楼

190 RMB - 220 RMB

CONTACT:
Vivian Huang
vivian.huang@messer.com.cn

SCAN THE QR CODE & SAVE YOUR SEAT!

TAKE ACTION: rotaryshanghai.org

TUESDAY MEETING

FELLOWSHIP NIGHT!

TUESDAY, December 21, 2021
19:00 - 20:30

ROMA
No.1006 Kangding Lu, near Yanping
永康路1006号 近延平路

RMB 220 (3-course)
Drinks Deal: All drinks & cocktails at 40 RMB each; Selected bottles of prosecco sparkling wine, white/red wine at 180 RMB each

CONTACT:
vivian.huang@messer.com.cn

SCAN THE QR CODE & SAVE YOUR SEAT!

TAKE ACTION: www.rotaryshanghai.org

Coming Events

- | | |
|---|----------------|
| 14.12 — Speaker Meeting @Kunlun | 6:30 - 9:00 pm |
| 18.12 — Sweat to End Polio @Aboro Academi | 3:30 - 4:30 pm |
| 21.12 — Christmas Fellowship @Roma | 7:00 - 8:30 pm |
| 28.12 — Fellowship @TBD | 6:30 - 8:30 pm |
| 04.01 — Weekly Meeting @Kunlun | 6:30 - 8:30 pm |

Birthday of the Month: December

- | | |
|-----------------------|------------------------|
| 14 — Peter Bromberger | 26 — Ozgur Dogan Gunes |
| 19 — Andrew Hill | 31 — Natalie Koeppe |

The Four-Way Test 四大考驗 Officers & Directors

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?

- 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, December 07th, 2021

Dinner Attendance:

Members	17
Visiting Rotarians	05
Guests	21
Total Headcount	43

Happy Money: CNY17,563.90

Visiting Rotarians:

- Paul van Brenkelen - RC Hong Kong South
- Coffee - RC International
- Betty Chin - RC International
- Betty Wong - RC International
- Georgios Kapogiannis - RC International



Highlights from the last meeting

In true Rotary spirit the meeting held on December 7, 2021 was characterized by fellowship and service. The meeting had a record number of participants, with 17 number of Rotarians, 5 visiting Rotarians and 21 guests. Visitors and guests were warmly welcomed by PN Terry Chu.

After Frank delivered the Four-way Test, our visitor, Coffee, exchanged a banner with our Club and a delicious dinner was enjoyed by all. Rotary President, Rita Malvone, introduced Rotary, the Rotary Club of Shanghai's vision and the as well as the club's projects. While the speaker could not ultimately join the meeting, in a fortuitous turn of events Tenzin Dolma shared her inspiring story of Snowland Arts, the school which she started from the ground up for young Tibetan artists. Her dedication and sheer determination to assist young people from Gansu province, and in particular girls, to pursue their artistic ambitions was indeed remarkable.

Led by Frank's charitable RMB 2000 donation and his promise to double the meeting's "Happy Money" contributions, the December 2021 charitable giving was off to a good start. It was clear that even the notoriously gifted money collectors, Jeff and Tiziana, did not need to do much convincing, and ultimately, the group raised RMB 34000. Needless to say, Jingfu was extremely busy with a number of members and visitors having to ring the bell. It was a touching moment, when the two students who accompanied Tenzin personally expressed their gratitude to the Rotary Club of Shanghai.

The Rotary Club of Shanghai also welcomed its newest member Christian who was inducted and received his pin welcoming him to the RCS family. David introduced the Sweat to End Polio event which will take place on December 18, 2021. The event will be held in collaboration with the Aboro Academy for boxing. The money raised at the boxing event (after a few nervous giggles David happily clarified that direct combat was not to be expected) will be matched by the Bill and Melinda Gates Foundation.

Elizabeth inspired all present with the Career Empowerment Programme, which had been approved by the Service Committee. The idea of the new programme was to have one meeting a month dedicated to mentoring young students/professionals in a "speed-style" mentoring evening.

The meeting ended with a Christmas market where hand-made ornaments by Snowland Art artists could be purchased. All in all, the true spirit of Christmas and Rotary came together, and all left with a warm and grateful feeling.

Written by Yolande.



Christmas with Rotary



Another Christmas event is just around the corner. Our 2nd annual Christmas “mini” market.

The idea is simple. If you would like to participate, bring something to sell to others that will be attending that evening. All proceeds from items sold will go to support Shanghai Young Bakers.

So far, we have already confirmed some great treats such as Granola, Caribbean spice bread, rum cream, ginger snaps, and more!

We would love to have everyone bring something if they can. Shoot me a message if you’d like to contribute!

I am a member of the Rotary Club of Hangzhou. In October we had a very a successful clothing drive and now The Rotary Club of Hangzhou is pleased to announce that The Rotary Annual Christmas Toy Drive is here!

We gather brand new toy donations from across Hangzhou and beyond, then deliver to young patients (aged 5-16) at Hangzhou Children’s Hospital who are battling cancer, tumors, and other life-threatening diseases.

Last year we got enough to last the whole year. This year we want to do even better and supply all their sister hospitals across the whole Yangtze River Delta.

Taking part is easy, buy a new toy and drop off or deliver to Sofitel Hangzhou Westlake between the 13th and 17th. Learn more by scanning the QR code in the poster.

If you scan the QR code there is an address you can ship to, just add it to taobao. Unfortunately we are unable to accept donations of money because of how the Governments charity policy works.

From Hangzhou Club - if you’d like to support, it’s as easy as adding to your taobao cart.



Speaker Program



Dr. George Hu, PsyD

Department Chair of Mental Health, Shanghai United Family Pudong Hospital

President, Shanghai International Mental Health Association

The Future of Mental Health in post-COVID China

Dr. George Hu is a licensed clinical psychologist from the United States, licensed in California and Hawaii. He is currently the Department Chair of Mental Health at Shanghai United Family Pudong Hospital, and the Leader of the nationwide United Family Mental Health Network. Dr. Hu is also currently the President of the Shanghai International Mental Health Association, and has been living and working in China with his family since 2013.

Dr. Hu earned his Bachelor's degree in Psychology from the University of California, Berkeley, and his Masters and Doctoral degrees in psychology from Alliant International University in San Francisco, California. He received his clinical training with the United States Dept. of Veterans Affairs, Oakland Children's Hospital, community mental health agencies, and the Shaanxi Provincial People's Hospital in Xi'An, China.

Prior to graduate school, Dr. Hu spent 6 years in advertising and marketing, working for Silicon Valley tech companies and healthcare giants such as Kaiser Permanente. Dr. Hu lives in Shanghai with his wife and two sons.

We are REALLY excited to announce our next SWEAT to End Polio event will be taking place on Saturday, December 18th!

For this event, we will have the great honor of joining together with the amazing Aboro Academy for a boxing class suitable for all levels. Whats even more amazing is that the founder (and 7 time world Champion) Michele Aboro will be personally leading our class!

Founded by Michele Aboro and fine art photographer Masca Yuen, the Academy uses the ABORO METHOD to assess your skills and grow your full potential. The team will challenge your limits, whether you are a professional or an absolute beginner - and age is not a problem either!

The cost for the session is 200 RMB. Aboro has agreed to donate ALL proceeds from this event to the Rotary International Polio Fund. With the generous support of the Bill and Melinda Gates foundation, the donations will be matched 2 to 1, effectively tripling the value of your contribution.

We're really looking forward to seeing you there and helping to be a part of history in the fight against polio!

SWEAT TO END POLIO

SATURDAY DECEMBER 18 15:30-16:30

667 Changhua Road - 昌化路667号

ABORO ACADEMY BOXING FOR ALL LEVELS RMB 200

7 time World Champion

Michele Aboro

END POLIO NOW

Rotary Club of Shanghai

ALL Proceeds to Support the Rotary International POLIO FUND

With the generous support of the Bill and Melinda Gates Foundation, donations to Rotary International's Polio Fund are matched 2 to 1, effectively tripling the value of your contribution!

基金会 | FOUNDATION

Scan to Register



RCS Christmas Party at Casa Malvone



Going Home for Christmas was again no option for most of Shanghai foreigners in the second winter of the pandemic. Lucky us, who we are part of the RCS family! Mama Carms and President Rita again opened their doors for us and invited us to go Rockin' around their Christmas Tree. The scent of homemade lasagna, mulled wine and ginger snaps welcomed us, and when we stepped through that magic door, we all immediately thought It's Beginning to Look a Lot like Christmas.

We all enjoyed a wonderful night of camaraderie (Mama Carms), generosity (Terri), holiday spirit (Elizabeth) and pure joy and pleasure (Tilman).

Even some tears of emotion could be spotted when Takahiro, Moto's son, took out his saxophone and inspired us to perform Christmas songs from all over the world. And when we realized that even Santa Claus was coming to town, we all knew: This is definitely the Most Wonderful Time of The Year.

Our sincere thanks go to our incredible hosts and the many hard-working elves, among them David, Brent, Naomi, Johnny, Jingfu, and Carlotta who made us all Feel like Christmas.

Written by Christian.

