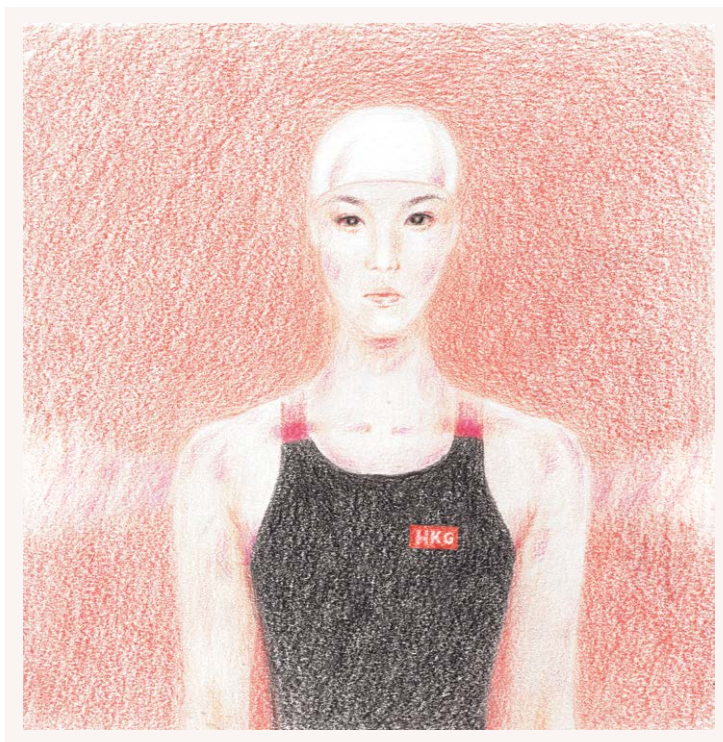


SNAPSHOTS

GIVE YOUR BEST SHOT

BLOSSOMING 20s



2020 JANUARY INAUGURATION ISSUE



JCI Creed

We believe . . .

That faith in God gives meaning and purpose to human life;
That the brotherhood of man transcends the sovereignty of nations;
That economic justice can best be won by free men through free enterprise;
That government should be of laws rather than of men;
That earth's great treasure lies in human personality;
And that service to humanity is the best work of life

MISSION

To provide development opportunities that empower
young people to create positive change

VISION

To be the leading global network of young active citizens



ABOUT JCI HONG KONG

Junior Chamber International Hong Kong (JCI Hong Kong) (formerly named as “Hong Kong Junior Chamber”), inaugurated in 1950, is affiliated with the worldwide leadership development organization – The Junior Chamber International (JCI). JCI has a worldwide membership of over 200,000 and more than 100 countries around the world.

JCI is a nonprofit organization of young active citizens age 18 to 40 who are engaged and committed to creating impact in their communities. Active citizens are individuals invested in the future of our world. JCI gathers active citizens from all sectors of society. We develop the skills, knowledge and understanding to make informed decisions and take action.

In Hong Kong, we have about 2,000 members representing a network of highly motivated and forward looking young men and women who are mostly entrepreneurs or executives from a wide range of trades and businesses. Members from 21 local chapters, who make full use of their leisure hours to work for the betterment of the community and themselves.

MASTHEAD

Chief Editor

Director Heidi Wong

Editorial team

Officer Lavender Chan

Officer Tegrisko Chow

Area Advisor

Past President Senator Phyllis Chan

Creative

Vice President Cherie Wong

Designer

Karen Lai

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Jada Ip

Organization Chart of JCI HONG KONG JAYCEETTES 2020



Honorary Legal Consultant
Dr the Hon Moses Cheng, GBM, GBS, OBE, JP

Chapter Auditor
Fan, Chan & Co.

★ Panel of Advisors

Community Development	PP Senator Margaret Tang
Corporate Communications	PP Senator Phyllis Chan
Secretariat / Records & Recognition	PP Senator Anny Kwan
Leadership Development	PP Senator Wimi Lam
Membership Affairs	Senator Daisy Lui
Senior Member Club	PP Senator Connie Lo
	Senator Daisy Lui
	Senator Joyce Li

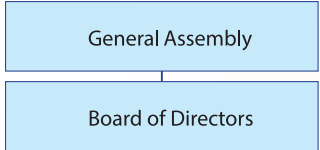
Treasury



★ Honorary Life President
Senator Jennifer Yu



Immediate Past President
Ellen Chung



President
Krystle Fong



★ Presidential Advisor
Senator Alice Liu



★ Presidential Advisor
Rosanna Wong



★ Senior Member Club Chairman
Catherine Leung

★ Long Range Planning Committee /
Nomination & Election Committee IPP Ellen Chung
Chairman

★ Trust Fund Committee Chairman PP Senator Winnie Tsang

★ No Voting Right



★ National Assigned Executive Officer
Senator Joel Li



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Wanda Tang



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(Business Affairs / International Affairs)
Davina Wong



Vice President
(Community Development)
Agnes Mak



Vice President
(Corporate Communications)
Cherie Wong



Vice President
(Leadership Development / Membership Affairs)
Flora Ng



Honorary Treasurer
Vincy Wong



Director
(Business Affairs)
Rycho Zhuo



Director
(International Affairs)
Helen Yau



Director
(Community Development)
Tiara Lau



Director
(Public Relations)
Aki Chan



Director
(Publications)
Heidi Wong



Director
(Membership Affairs)
Sherry Chong



Director
(Leadership Development)
Kathy Kwan



Assistant
Honorary Secretary
★ Karen Wong



Officer
(International Affairs)
★ Cyndi Ip



Officer
(Corporate Communications)
★ Tegrisc Chow



Officer
(Corporate Communications)
★ Lavender Chan



Officer
(Membership Affairs)
★ Phoebe Ng



Officer
(Leadership Development)
★ Cherry Lok



Officer
(Leadership Development)
★ Rain Ho



Assistant
Honorary Treasurer
★ Dodo Lam

SNAPSHOTS

-20-

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CHIEF EDITOR'S NOTE DIRECTOR HEIDI WONG

Happy New Year! Beginning of the year is always about food, laughter and some thoughts. Anything you want to do this year?

Maybe I shall go first. Born and raised in Hong Kong, I am well aware of how women feeling unease with their ages by their reluctance to admit their age, especially those 30+. It is a pity that they are under-confident about themselves because I sincerely believe, growing age is like a refining process to get the best of you throughout time. Because you live in the moment and through many times of trial-and-error, your growing age eventually helps to differentiate you from the others, a very unique and adorable lady that you should always be your first and biggest lover!

That is why our Editorial Team, for the very first time, have launched a new project "Gifts of Age" to interview inspirational figures and discover the beauty at all ages in our upcoming issues: "Blossoming 20s", "Flourishing 30s", "Scenting 40s" and "Fruiting 50s". To kick off, we invited Stephanie Au, the four-time Olympian to share with the life of a determined girl in her twenties to begin with our age-exploration journey!

The above is only one of our wishes and we have got plenty on our wish-list. We want you to feel like reading a book, so we used different paper textures. We want to give you more inspirations in making a better you, so we added new feature columns like "Women around the World" and book reviews. We want catchy graphics so we invited Jada Ip (her brand: FaLaLa) to draw cartoons for us.

Last but not least, we introduce you our new Board Members and their exciting ideas in the upcoming year. We welcome you to join us!

"If you look at history, innovation doesn't come just from giving people incentives; it comes from creating environments where their ideas can connect," -- by Steven Johnson, the American Science author. We innovate not for our ourselves, but to create a good environment to engage more of you and let your ideas connect. If you would like to support SNAPSHOTS to advertise, sponsor or contribute, do not hesitate to contact me at heidiwong.hkjt@gmail.com. Thank you!

WELCOME MESSAGE JCI HK JAYCEETTES PRESIDENT KRYSTLE FONG



JCI Hong Kong Jayceettes was established in October 1969 as the first lady Chapter in Asia and the second in the world. Over the past half-century, our members from all walks of life have been engaged and committed to creating sustainable positive impact in the community.

It is my greatest honor to be entrusted by members and elected as the 51st President of JCI Hong Kong Jayceettes.

Ignite to Inspire, Unite To Empower is our theme in 2020. By **igniting** our own passion and purpose, our energetic 2020 Board of Directors will **inspire** members to step out of their comfort zones and transcend their own personal boundaries. **Unity**, one of the most important values of our Chapter, will connect and **empower** members to discover, experience and grow together as one throughout their journey.

In celebration of our 51st anniversary, we will be launching several projects and

initiatives including Care & Dare 2020: Period Love, SDG Junior Ambassador Programme 2020 and Female Elites Series 2020: Business on Stilettos to create sustainable impact and empowerment in society.

We will also be introducing "The Jayceettes Cohorts", which is comprised of Camellia, Lily, Lotus and Peony cohorts, to further enhance the bonding between different membership categories.

Membership development and international exchange opportunities would be enhanced through Jayceettes Academy and international exchange with sister chapters/friendship pacts respectively.

"A journey of thousand miles begins with a single step".

We are ready to take the first step of another half-century of impact and empowerment!



JCI HONG KONG NATIONAL PRESIDENT SENATOR MARIC CHENG

JCI Hong Kong Jayceettes, the first female chapter in the Asia Pacific, who contribute themselves to the society and nurture many great leaders throughout past five decades. Every year, JCI Hong Kong Jayceettes initiates a brand new project or female theme based initiative that arouses the public, and earns a lot of recognition and awards.

I appreciate the innovative project ideas from JCI Hong Kong Jayceettes, such as Care & Dare 2020: Period Love (月來月愛) aims to develop more understanding of the menstruation cycle and preventive measures as well as to promote a menstruation-friendly workplace for women in Hong Kong; SDG Junior Ambassador Programme 2020 that provide development opportunities for our existing trainers and girl guides on SDGs, and Female Elite Series 2020:

Business on Stilettos, which empower female entrepreneurs. All projects echo community needs and inspire many young people to create positive change, and most importantly, nurture many young people to be leaders.

This year is a remarkable year to JCI Hong Kong as it is our 70 th Anniversary. It is our golden time to connect and appreciate our members for their contribution to take different leadership roles for better community. "Lead, Connect, Achieve" is the theme and our slogan. We will continue to learn and grow, to be equipped to be better leaders for tomorrow.

Last but not the least, I wish JCI Hong Kong Jayceettes have a very fruitful and successful year ahead and create more leaders and join hands to build a better future.

HONORARY LIFE PRESIDENT SENATOR JENNIFER YU



The New Year of 2020 is with us.

JCI Hong Kong Jayceettes will start our year with a new big bang, ushering in our 2020 President Krystle Fong and her Board of Directors.

I wish JCI Hong Kong Jayceettes a wonderful year of adventures and leadership learning in the months ahead. Take hold of these special opportunities to fulfil your dreams in personal growth!

Enjoy your JCI membership!



JCI HONG KONG NATIONAL VICE PRESIDENT SENATOR JOEL LI (NATIONAL ASSIGNED EXECUTIVE OFFICER)

One may think of JCI Hong Kong Jayceettes and remember the confidence they exude in their unified, chic pink outfit, together with their impactful and international projects. And as you study the chapter's extensive project history and rich achievements, the correlation between the two becomes apparent and the reason for their long-standing success as a chapter starts to unravel itself.

What may be the reason? You ask. It is the Jayceettes themselves - the members. It is the members that give the JCI mission its meaning and make the JCI vision valid.

I still remember that footage played during last year's Golden Jubilee Anniversary, in which a member representing each decade of the chapter's 50 years of history passed a hula hoop onto the next member. While watching that footage, it occurred to me that not only did it hint at membership and succession, but hula hooping

itself is also an exercise that shows the importance of flexibility and strength - both of which are regarded as key traits of a successful woman.

President Krystle Fong and her team, with their slogan "Ignite to Inspire, Unite to Empower", share these traits and have spotted that inspiration and unity among members will be a key to success. Let us look forward to their dedication in leading project efforts, in deepening connection among members and with the community, and in achieving their goals. These also echo with JCIHK's slogan "Lead, Connect, Achieve", in addition to JCI's theme "Bridge the Gap".

It is my honor to serve as the National Assigned Executive Officer of JCI Hong Kong Jayceettes and to address this inaugural issue of SNAPSHOTS. I wish JCI Hong Kong Jayceettes great success, and may we all Ignite to Inspire, Unite to Empower!

JCI MANILA PRESIDENT JOHN BAUTISTA



On behalf of JCI Manila, I would like to extend our best wishes to my good friend Krystle Fong.

I have seen nothing but passion and dedication in your JCI career and I'm sure with your leadership, your chapter will be in great hands in 2020 and the generations to come. I have personally gained good friends from your chapter throughout the years. And this friendship is not only because of JCI but true friends even outside JCI. And I'm forever grateful for that.

This 2020, I firmly believe that we will be able to have a stronger partnership between our two chapters. One of our focus this year is to communicate more with our international sister chapters, and also be more active in the JCI international community and share our projects and trainings as well. I believe with you as our partner, we will be able

to do great projects together in Hong Kong and the Philippines and create long lasting positive change.

Again congratulations to the incoming board of directors JCI Hong Kong Jayceettes and to all their members and I wish you all the success in the coming year.

To end, I would like to share this little message that I hope will inspire us this year:

"The greatest glory in living, lies not in never failing, but in rising every time we fail"

--Nelson Mandela

Being part of JCI will always have its set back or defeats but this is the organization where we will all learn how to rise again.

In 2020, Let us all Rise Together!



JCI KAOHSIUNG PRESIDENT ANSON HUANG

欣逢香港女青年商會2020年度會長方睫熒會長就職典禮，秉棋僅代表高雄市高雄國際青年商會全體會友給予香港女青年商會最崇高的敬意與誠摯的祝福。

恭賀2020即將上任的方睫熒會長將繼續帶領著香港女青年商會全體董事局成員，一個美麗又堅強陣容團隊，方會長擁有完整的會務經歷，歷年來對於香港女青年商會的協助與付出，成為了方會長邁向青商會會長的墊腳石，不僅在會內表現出色，對於接待國際姊妹會也是細心與熱心招待，讓

國際姐妹會們感受到賓至如歸的重視，相信香港女青年商會在2020年方睫熒會長的帶領下，一定能創造另一個新的里程碑。

香港女青年商會和高雄市高雄國際青年商會至今已經邁向47個年頭，多年來兩姊妹會的情誼水溶於血，就如同兄弟姊妹般，互助合作，互相關懷，期盼兩會在2020年的未來，能繼續互助合作，共創佳績。

謹祝香港女青年商會會務昌隆，平安順心，典禮圓滿成功。

JCI YOKOHAMA PRESIDENT KEN SAKAKURA



Dear President Krystle Fong and JCI Hong Kong Jayceettes members,

I am Ken Sakakura, President of JCI Yokohama 2020.

I would like to send a sincere congratulation on your recent inauguration and formal election as President of JCI Hong Kong Jayceettes and for the successful 50th anniversary "The Golden Past. A Gleaming Future" last October.

We are grateful that we have established 45 years of sisterhood relationship with JCI Hong Kong Jayceettes and hoping to build this deep and strong friendship more in the future.

On behalf of JCI Yokohama, We are wishing you a Happy New Year with the hope that you will have many blessings in this year to come.

親愛なるJCI香港Jayceettes2020年度理事長Krystle Fongとメンバーの皆様、改めまして明けましておめでとうございます。

一般社団法人横浜青年会議所 2020年度理事長 坂倉賢でございます。

この度のご就任、心よりお祝い申し上げます。そして昨年10月の50周年 "The Golden Past" "A Gleaming Future" 心からおめでとうございます。

我々横浜 JC と45年の姉妹締結を築いてきたことに感謝し、この先も深く強い友好関係を更に築いて行きたいと考えております。

横浜JCを代表して、今年も多くの祝福がありますよう切に願っております。

今後共、どうぞ宜しくお願い致します。



JCI TOYOTA PRESIDENT YASUNORI IKEDA

Let me express the greetings of the season.

I look forward to your continued good will in 2020.

Best wishes for a successful and rewarding year.

JCI ENTREPRENEUR METROPOLITAN PRESIDENT EUGENE KHAW



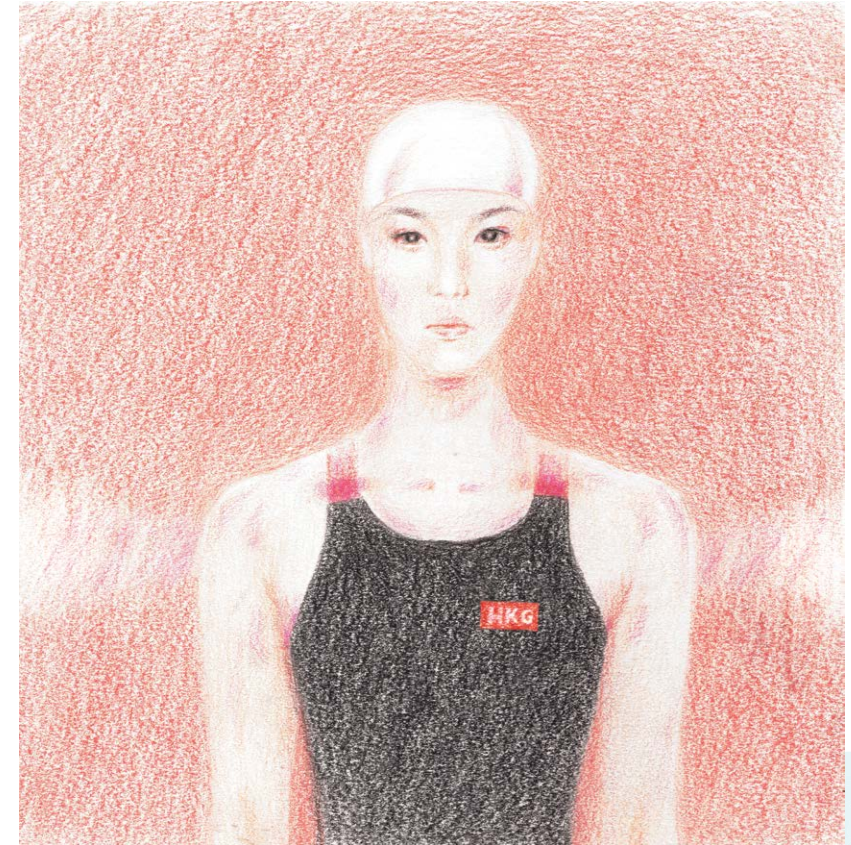
Let me say "Hello!" on behalf of JCI Entrepreneur Metropolitan and our friends from Penang, Malaysia!

First of all, we would like to welcome JCI Hong Kong Jayceettes 2020 President Krystle Fong and her incoming team. All of us are confident that JCI Hong Kong Jayceettes will strive under her leadership and inspire impactful achievement.

With 50 successful years in the book, we wish everyone from JCI Hong Kong Jayceettes a fruitful and productive year ahead.

We look forward to seeing every of you in years to come.

Thank you!



STEPHANIE AU

The Jayceettes editorial team would like to cover four independent successful women in their 20s, 30s, 40s and 50s, as life-examples in discovering the beauty in people at each stage. The interviews will be covered in SNAPSHOTS which would be issued quarterly. Stay tuned!



Twenties -- An age of changes

From girl to woman, from school to work, girls in their twenties start to explore the world with wide-opened eyes and to form their perspectives and dreams. Little do they know challenges are on the path and we believe PERSEVERANCE is the key to the note.

4 X 4 STEPHANIE AU HOI SHUN

Contributor: Cherie Wong

The age of 16 to 27 is the prime time for a girl to go through adolescence and become a woman. Some say you require 10 years of practice and preparation for a 10 minute performance on the stage. This old saying applies to almost all successful people in different fields, so as to Stephanie Au Hoi-Shun, the to-be first Hong Kong fourth time Olympian swimmer. Best known in participating in the 2008 Beijing Olympics at an age of 16, Stephanie later obtained a degree in environmental economics from the University of California, Berkeley.

Sports provide a fair ground for Stephanie to compete based on skills, strength and dedication. Every split second counts in a swimming competition. There is no timeout during the race and no substitution when the swimmers are out of breath. Only going forward.

“Every split second counts when you are in the fast lane.”

Attaining “A” time*, the Olympic Qualifying time for Olympic Games, has always been Stephanie’s goal since the 2008 Beijing Olympic. While



the chances slipped through in 2012 London and 2016 Rio Olympic, the warrior encountered her down time with doubts and confusion and this is when quitting came to her mind.

Many of life's failures are people who did not realize how close they were to success when they gave up.

--Thomas Edison (1874-1931), inventor of the light bulb

Perseverance is about not quitting

Stephanie admitted that the training life sometimes could be very dull when she was not with other Hong Kong team members. When she grew older, she had trainings in the United

States and Mainland China, where she saw more of the world. When she returned to day-to-day practices with new insights, it sparked arguments with her coach which brought her a sense of overwhelmingness.

Last year was the toughest year for Stephanie. As a female athlete, Stephanie was challenged by her growing age, physical changes and the repetitive life style, accumulated stress reached to a new level. The hardship brought a closer bonding with Stephanie and her coach, by understanding what shall be cherished. Only knowing there were so many people supporting what she was doing,

she knew the world was better than she thought.

Eventually, this year, after the eoght years trial and error, Stephanie achieved the "A" time. She realized with joyful tears that achievement did not come without a price. If she had not dedicated the past eight years in training, the "A" time would have merely regarded as pure luck. Now she could proudly say she tried hard and owned the result.

Perseverance is the hard work you do after you get tired of doing the hard work you already did.

--Newt Gingrich (1943-), American politician

Perseverance on Priorities

Achieving so much in life, the 27 years old's splendid time management skills had been developed since young, thanks to Stephanie mother's detailed arrangement with printed timetables. Getting older, life was not as simple as following daily routine, but full of temptations and distractions. Against all odds Stephanie developed more mature thoughts and stronger wills against all odds.

When spending so much time in the pool, Stephanie missed pieces of being a normal girl. Trained since young, the optimist understood life was always



about choices. She gained a lot from the path she chose. It was always about focusing on what you had but not what you lost.

Ever imagined of her post-athlete life? She might miss swimming, like an old friend of hers. Once an athlete, always an athlete – she kept the sportswoman spirit to keep herself from progressing. No matter how nostalgic she might be, kept going forward.

“You can’t put a limit on anything. The more you dream, the farther you get.”
--Michael Phelps

Michael Phelps, the most successful Olympian, is always the idol that keeps Stephanie going. She did not dream to own 8 Olympic gold medals like her idol, but to insist on doing the right thing in every small steps. Bearing the

practical spirit from sports training, she understood not to dream too big but kept achieving small dreams and short goals. Having a dream may not be enough, but one may require perseverance to make things happen.

“An athlete challenges the extreme hardness to break human limits”

Being the star of Hong Kong athletic world, in this social media era, she owns both fame and criticism in just seconds with an instant post. To Stephanie, the media is a double-edged sword. In one way, it enables the public to know her better, while at the same time, with different interpretations of content, caused misunderstanding. She learnt to ensure and safeguard her privacy which protected her and to stay positive in every situation.

End Note

During the research of this article, Stephanie’s determination on her goals and achievement really touched my deepest soul. There is a quote that I found explaining well for her, “When your body gets tired, Swim with your heart”. When the energy is from heart, it beats the world. Let us together wish Stephanie’s great success in the upcoming Tokyo Olympic Games, making the forth a memorable one.

* For each individual event at the Olympic Games, the FINA Bureau will establish Standard Entry Times of two (2) types: an “Olympic Qualifying Time” (OQT / “A” Time) and a “Olympic Selection Time” (OST / “B” Time) of which the OST / “B” Time shall be easier to achieve. Standard entry times can only be achieved in competitions approved for that purpose by FINA during the qualification period.





Fall Down 7 Times. Get Up 8

NAOKI HIGASHIDA

THE PAIN OF WOMEN

Contributor: Vice President Agnes Mak, Director Tiara Lau, Officer Brenda Kan

HAVE YOU EVER EXPERIENCED PERIOD PAIN?

It is common that most women have experienced pain during their periods. The pain usually happens in the lower abdomen of the body. The terminology of this pain is dysmenorrhoea. Primary dysmenorrhoea is the most common type of period pain and is often caused by changes in hormones, which will cause the cramping feeling during a period. Secondary dysmenorrhoea occurs when pain is caused by the issue of pelvis displacement, which results in sickness like endometriosis or adenomyosis.



9 DAYS OF PRODUCTIVITY DOWNFALL BY DYSMENORRHOEA

According to the research reported by "Daily Mail", more than 80% of women suffered from dysmenorrhoea. It caused women around nine days of lost productivity at work each year. Most of them experienced it during the first few days of their period, typically on the first day. Scientists called it as "presentiseem", meaning underperforming at work. From the report of Women's Health Concern, there were around 5-10% of them even suffered severe pain during their period that would affect their daily lives. 40% of women had dysmenorrhoea with premenstrual symptoms, such

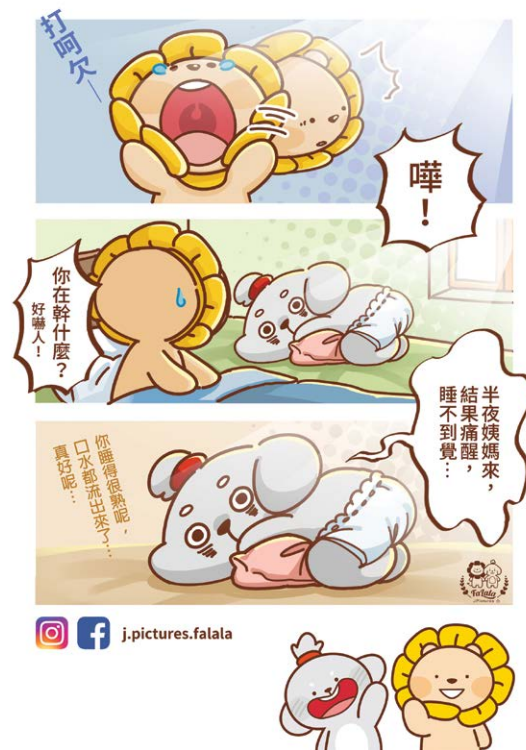
as bloating, tender breasts, a swollen stomach, lack of concentration, mood swings, clumsiness and tiredness. 90% of women said that they experienced these symptoms during their periods. 32 to 40% of women experienced severe pain in their period so they had to miss work or school. The painful and irregular periods even affected 14% of females when they were pregnant.



Photo Credit from Healthline

WHAT IS MENSTRUATION?

Menstruation (or a period) is the regular shedding of blood and the lining of the womb due to cyclical hormonal changes in a woman's body. When an ovum inside a woman's body reaches maturity, it is released into the womb. If the ovum is not fertilised in the womb, it will pass through the vagina together with the extra tissue from the womb and forms menstrual blood, and that is how menstruation starts.



TIPS FOR PREVENTING DYSMENORRHOEA

Some women get through their period with hardly any symptoms, while others can struggle with menstrual cramps, pains, headaches and even nausea. If you experience any of these symptoms, adding certain foods to your diet and removing others can help you feel better.

DO Eat:

- Pack some oats into your breakfast or snacks. Oats provide a good deal of zinc and magnesium that relaxes blood vessels and helps regulate serotonin.
- Eat a few eggs. Egg is the nutrition powerhouses of vitamins D, B6 and E to help fight Premenstrual syndrome.
- Befriend peanuts. Peanuts is the best food for vitamin B6 and magnesium in which the more you take, the merrier you are!

DON'T Eat:

- Refined food
- Fried foods
- Processed food
- Coffee

WAYS TO RELIEVE PREMENSTRUAL SYMPTOMS

- Relax in a hot bath with aromatherapy oil
- Cuddle with warm bags or hot water bottles
- Try stomach and back massage
- Wear loose fitting clothing during your period
- Gentle exercise such as yoga may help. A relaxing exercise before the period is due and on the first few days helps to relax the muscles and improves blood supply to the pelvic area
- Keep your feet warm
- Stay out of the wind and rain

SURVEY FROM MEMBERS

We have done a survey to our members about their opinions on menstruation experiences. Below are some of their answers:

1

Have you experienced period pain?

90% of our interviewees have experienced period pain

2

What have you done to relieve the problem?

- Drink more hot water
- Drink hot chocolate or ginger tea during menstrual period
- Place a heating pad or do self-massage over the abdomen to relax the muscles and relieve cramps
- Take painkillers

3

What do you expect from company to relieve your uneasy feeling in period time?

- Some "rest" corner during office hours and have flexible working hours
- One day leave per month for female staff when she has period on the first day
- Company can provide little gifts such as ginger tea or supplements to show more care to staff.





The Jayceettes Cohorts

is comprised of four distinctive Cohorts, namely the Camellia, Lily, Lotus and Peony Cohort.

JCI Hong Kong Jayceettes members of different membership categories are randomly assigned into different Cohorts in fixed proportions.

Cohort members will have the opportunity to mix and mingle, have a good time, share their experiences and most importantly, bond with other Cohort members from all walks of life to further enrich their journey at JCI Hong Kong Jayceettes.

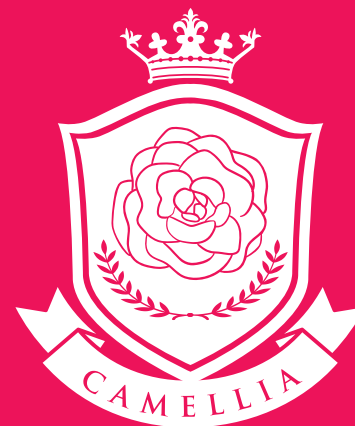


LOTUS HOUSE

2020 House Captain
Senior Member Club Past Chairman Carol Liu

2020 House Vice Captain
Vice President Agnes Mak

Lotus is a symbolization of inspiration and resilience, which enlightens us on the direction and equips us with courage in life. Our house members constantly strive to overcome obstacles, bring inspiration and creativity to JCI Hong Kong Jayceettes.



CAMELLIA HOUSE

2020 House Captain
Senior Member Club Past Chairman Alvina Lam

2020 House Vice Captain
Vice President Cherie Wong

Camellia is a symbolization of love and passion, which brightens up everyone's day with positive vibes. Our house members continuously radiate these unique qualities to light up the passion of members at JCI Hong Kong Jayceettes.



LILY HOUSE

2020 House Captain
Senior Member Club Past Chairman Shirley Wong

2020 House Vice Captain
Vice President Flora Ng

Lily is a symbolization of energy and confidence, which is demonstrated by an energetic spirit and determination. Our energetic house members are determined to strive for the betterment of JCI Hong Kong Jayceettes.



PEONY HOUSE

2020 House Captain
Senior Member Club Immediate Past Chairman
Eliza Pang

2020 House Vice Captain
Vice President Davina Wong

Peony is a symbolization of positivity and elegance, which are important attitudes to possess in overcoming difficulties. Our house members strive to influence and empower JCI Hong Kong Jayceettes members with their unique qualities.

SISTERHOOD

Contributors: Vice President Flora Ng,
Director Sherry Chong, Officer Rika Sin

Through joining JCI Hong Kong Jayceettes, together we create many valuable memories, as well as FRIENDSHIP.

We are happy to interview two pairs of great friends, Polly & Sherry and Rycho & Jean, to have their friendship shining in JCI Hong Kong Jayceettes.

Dear Polly,

I indeed cannot recall where we first met. Even though we should have met many times in 2016 JCI event, we didn't have a chance to talk to each other. Also we haven't worked in a committee team in past 3 years, until 50th anniversary and our first MC partner experience in "Ladies Kitchen".

We never know what life has prepared for us, like no one know how like-minded we are.

Our video shooting time is always exciting. We have shared different interesting ideas, told each other our childhood stories, values about life and love. Together, we laughed, we cried, got angry, felt excited and imagined the future. It's really enjoyable that we can talk about anything and always have endless topics.

A true friend is one soul in two bodies, both together do best of all. I cannot wait to have more interesting new trying and create more memorable memories with you, my dear Polly.

Love,
Sherry

Hi my beloved Sherry,

We talked a lot, but it should be the first that I wrote you a letter. We had never worked on a project together until we just emceed the cooking competition. With no reason, I felt so scared when we firstly met in JCI Hong Kong Jayceettes. Very soon I found that you were sincere and most helpful to me and always gave me support with real actions. Perhaps, we got similar personality traits, we could laugh together, cry together and do something crazy together (you know what I am talking about). Do you remember the bowl of soup you gave me? Yes, I was so impressed that when I was giving the Wet Market Tour next to your home, you insisted to pass a soup to me, and you took some many good photos for me. I felt so warm and surprised that you helped me for no reason. I feel so blessed to be part of JCI Hong Kong Jayceettes as it allows us to improve together and we start our friendship here. Love you so much, Sherry, let us work hard to pursue our dreams together.

Love,
Polly



Dear Jean,

Thank you for being a part of my life.

It is a real blessing that we met at JCI this summer as #5StarBuddies, and I'm more than grateful that our friendship has extended beyond the organization.

You are always there when I need help - in moving into my new apartment or navigating around new things and places. You uplift the time we spend together with your confidence, kindness, laughter, and a bottle of beer.

You are a genuine friend.

Let's continue to stay true to ourselves because we both know that life is too short to live on other people's expectations.

Do not hesitate to go after what you want as I will always have your back like how you have mine.

Yours,
Rycho



Dear Rycho,

We first met was on 13th July, 2019 in JCI Hong Kong 34th Five Star Training camp, I could not really recall my first impression of you.

After only few months of getting along, we seem to have known each other for like twenty years. You are a charming, talented & lovely girl. Full of joys when every time hanging out with you, I love the vibes when we work/play together.

Words cannot describe our endless friendship. Love is all around!

Let us rock in JCI Hong Kong Jayceettes!

Love you infinity,
Jean

CASUAL GATHERINGS

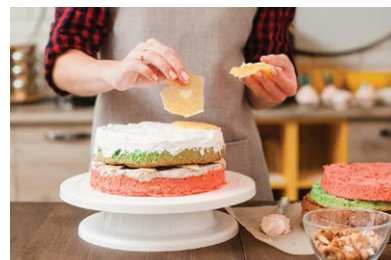
This year, we will host Casual Gatherings for members to connect and get together.

Jayceettes Chinese New Year Gathering
Let's spend a time to reunite for Chinese New Year! We welcome all Jayceettes, friends and family to have a delicious Chinese cuisine together and celebrate for Chinese New Year!

Homemade Cake Workshop
Does the festival gift bother you every time?
No worry at all! we will arrange a cakes making workshop to share the joy of gift preparing with all Jayceettes.

Throughout the year, we will continue to come up with more themed casual gatherings, please stay tuned to our updates!

Meanwhile if you have any great ideas in mind, you are always welcome to share with us!



We did not come to fear the future.
We came here to shape it

BARACK OBAMA

THE TRAINING PATH

Contributors: Vice President Flora Ng,
Director Kathy Kwan, Officer Rain Ho

This year, we are proud to present Jayceettes Academy with training opportunities to our members, together with Prospective Members' Handbook, Organising Committee Manual and Supervising Officer Handbook publishing.

We aim to equip and empower them with necessary skills and knowledge at different stages in their JC journey both locally and globally.

Locally:

- New Members' Training
- 5-Star Training Camp
- Project Management Training
- JCI Official and Recommended Courses
- Chairman Workshop
- Themed Workshop
- BOD Meeting Training Session
- Executive Academy
- Local Officer Training School (LOTS)
- President Academy
- Public Speaking & Debate Workshop
- Trainer Mentorship Program
- Training Session in National Convention

Globally:

- JCI Official and Recommended Courses
- Training Workshops in Area Conferences and World Congress

WHY SUSTAINABLE DEVELOPMENT GOALS (SDG) IS IMPORTANT TO US?

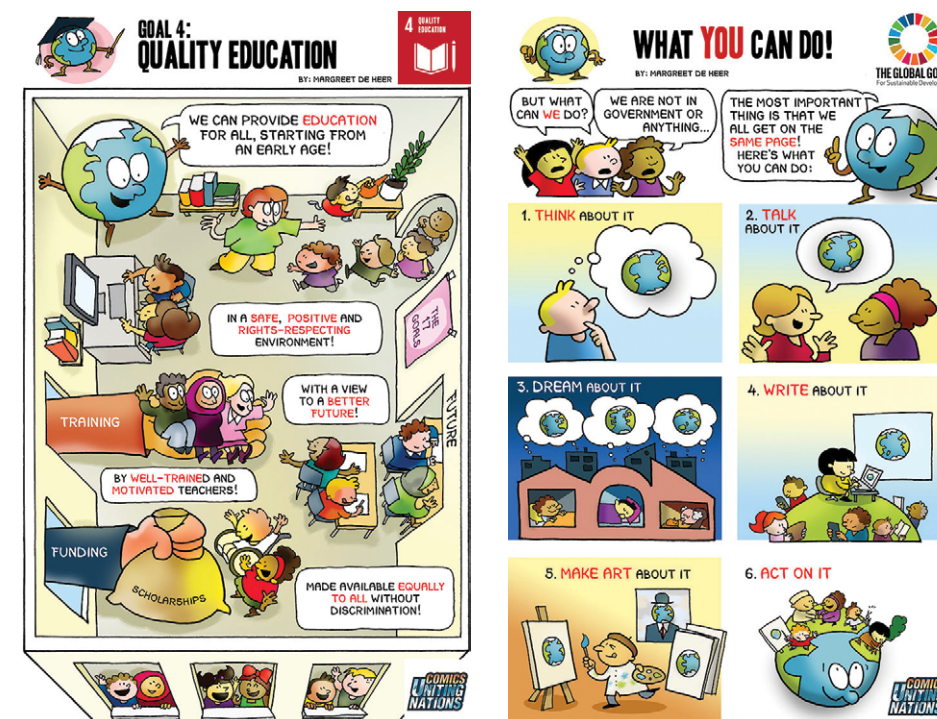
The Sustainable Development Goals (SDGs) were adopted by all United Nations Member States in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030.¹

YES!

Together we ACT ON IT!

Let's do it hands in hands in our projects. . .

Let's start with Goal 4 - Quality Education




Source:

1. UNDP (2015). Sustainable Development Goals. Retrieved from:

<https://www.undp.org/content/undp/en/home/sustainable-development-goals.html>

2. Margreet De Heer (2019). "The Global Goals of Sustainable Development". Retrieved from:

<http://www.margreetdeheer.com/eng/globalgoals.html>



How far you go in life depends on your being
tender with the young, compassionate with the
aged, sympathetic with the striving and tolerant
of the weak and strong. Because someday in
your life you will have been all of these.

GEORGE WASHINGTON CARVER

BUILDING SUSTAINABLE FEMALE LEADERSHIP

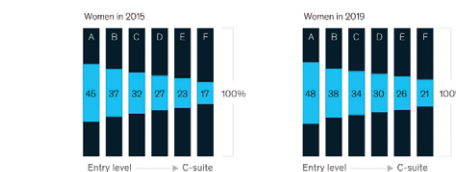
Contributor: Vice President Davina Wong,
Director Rycho Zhuo

Riding on the success of last year Female Elites' Series 2019 - Business on Stilettos, an important milestone to the women empowerment movement in Hong Kong's increasingly competitive business environment, this year Business Affairs area will continue to empower women's entrepreneurship development and promote gender equality and to make an ongoing positive impact to the society. Apart from the business

Representation of women in senior leadership has increased, but women continue to be underrepresented at every level.

Representation of women by level, % of employees

A = Entry-level B = Manager C = Senior Manager/Director D = Vice President E = Senior Vice President F = C-suite



Source: 2019 McKinsey & Company and Leanin.Org Women in the Workplace study

McKinsey & Company



Statistics from 2015 Women in the Workplace Study 2015 by Leanin.Org and McKinsey & Company



Top 5 Challenges for Female Professionals

Family responsibilities

Biases and misconception of female performance in the workplace

Equal Pay

Sexual Harassment

Invisible ceiling on career progression

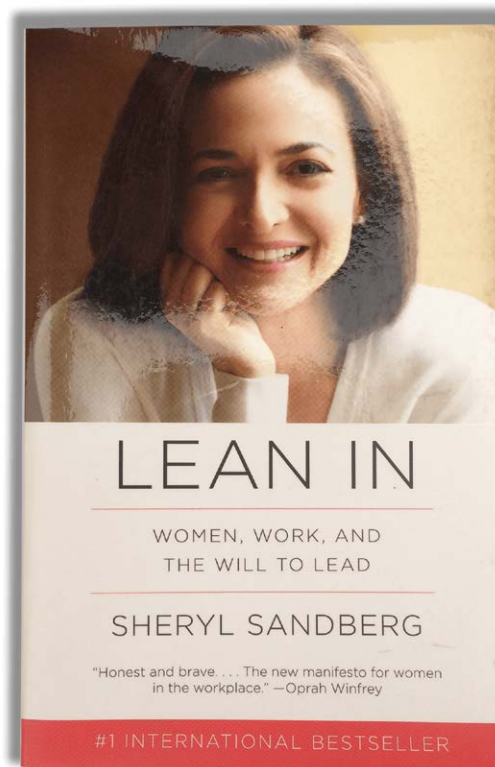
proposal competition and a series of workshops to equip contestants the fundamental knowledge such as branding, sales model, financial plan etc. In Female Elites' Series 2020 we will also focus on a new topic - women in workplace challenges.

Many companies stated that they were highly committed to gender diversity, yet women were vastly underrepresented at every level. Working women still face a lot challenges in the workplace, and the top five challenges that they face in the office on a day to day basis are listed in the graph. We aim to connect with distinguish female leaders from different industries to share their successful career journey.



LEAN IN BOOK REVIEW

"Why we have too few women leaders?", said Sheryl Sandberg, the COO of Facebook and author of the best-selling *Lean In: Women, Work, and the Will to Lead*. Being one of very few women at the C-level of business, she noted that many women, in anticipating having a family, "lean back" from leading at work. The book consists of three parts: 1) *Lean In at Workplace*, 2) *Career Management*, and 3) *Leadership Tips*. It also highlights how women can take charge of their own careers and push forward at a time when gender bias is more than most of us may want to admit. It encourages women to improve their negotiation tactics, strive to fill leadership roles at work, and tackle their professional lives at full speed. The idea was that, by supercharging their own careers, women could collectively overcome the gender gap in the office.



Some interesting statistics shared in the book:

- Of 197 heads of state, only 22 are women.
- Of the top 500 companies by revenues, only 21 are headed by women.
- In politics, women hold just 18% of congressional offices.
- In 1970 American women made 59 cents for every dollar men earned—it's still bad. In 2010, women earned just 77 cents for every dollar men made.
- 2011 McKinsey study showing that while men are promoted based on potential, women get a leg up based on past accomplishments.

Source:
McKinsey & company. (2019). "Women in the Workplace 2019" Retrieved from: <https://www.mckinsey.com/featured-insights/gender-equality/women-in-the-workplace-2019>
Sandberg, S. (2013). *Lean in: Women, work, and the will to lead* (First edition.). New York: Alfred A. Knopf.

WE PLAN, YOU PACK

Contributor: Vice President Davina Wong,
Director Helen Yau, Officer Cyndi Ip

"One learns more from traveling ten thousand miles than from reading ten thousand scrolls" by Chinese Proverb. Learning about the culture, humanity and customs of other people is one of the great experiences of travelling. Stay tuned with IA team and explore the global diversity via different conferences and visits in 2020!

Apart from usual sister chapter and friendship pact visits, another two highlights will definitely be the two important conferences - JCI Asia-Pacific Conference (ASPAC) Angkor Cambodia from June 11 to 14, 2020 and JCI World Congress Yokohama Japan from 3 - 7 November. In this January issue, here is a small glimpse of what Angkor Cambodia has to offer.



ANGKOR CAMBODIA – A TRULY IMPRESSIVE MASTERPIECE FROM THE PAST.

"Angkor Wat is of such extraordinary construction that it is not possible to describe it with a pen, particularly since it is like no other building in the world. It has towers and decoration and all the refinements which the human genius can conceive of." – António da Madalena, 1586





Watching the sun rise or sun set in the famous Angkor complex is always on the bucket list of most travelers. Angkor Wat, the largest religious monument in the world, is located in the middle of the jungle in northern Cambodia. As the World Heritage-listed, Angkor Wat is the magnificent remains of the Khmer Empire, which ruled Cambodia from the 9th to the 15th century. Join us in ASPAC Angkor Cambodia in coming June to explore the ancient temples, strangler trees, local food, and floating villages!

Highlights of Attractions in Angkor, Siem Reap:

- Angkor Wat Temple - temple complex in Cambodia and the largest religious monument in the world

- Angkor Thom - namely the last great capital of the Khmer empire, the middle part, Bayon, has 54 Gothic towers decorated with 216 enormous faces.
- Ta Prohm Temple - known for the huge trees and the massive roots growing out of its walls. It was also featured in the adventure movie "The tomb raider"
- Pre Rup Temple - Hindu Temple, architectural design gives the temple fine balance, scale and proportion
- Kompung Pluk - also called "Harbour the Tusks", a friendly place where houses are built on soaring stilts about 6m high.



1. Fish Amok - a combination of fresh river fish, coconut cream, ginger, turmeric, and lemongrass, steamed in banana leaves and served with a side of rice.
2. Kuy teav - rich broth breakfast made from dried squid, pork bones, vermicelli noodles and garnished with carrots, greens and turnip.
3. Khmer red curry - slowly cooked curry chicken, beef, or fish, with potatoes, green beans, eggplant, coconut milk, lemongrass and the essential ingredient, kroeung.
4. Grilled squid - brushed with lime juice or fish sauce and served with a traditional Cambodian sauce made from garlic, fresh chilies, lime juice and sugar.
5. Lok Lak - typical stir fry made from juicy meat topped with a salad of sweet tomato, lettuce, cucumber, onion and seasoned with lime juice and black pepper.
6. Num pang - Similar to the Vietnamese banh mi, it's a mystery meat sandwich. Various cuts of

meat and fresh vegetables such as cucumber and carrots are stuffed inside a baguette.

7. Cambodian iced coffee - Unlike coffee found elsewhere, the beans in Southeast Asia are slowly roasted after drying out in the sun. The drip coffee is served black or with condensed milk for a sweeter taste.
8. Chive cakes - made from rice flour, coconut milk and chives, and occasionally, you'll find variations with kale and other green vegetables.
9. Kralan - bamboo tubes with sticky rice, red beans, grated coconut and coconut milk and roast them over charcoal.
10. Nom Banh Chok - breakfast thin rice noodles topped with a green fish gravy with lots of fresh bean sprouts, banana flowers, cucumbers and a wide array of green vegetables.



If you judge people, you have no time to love them.

MOTHER TERESA

BUILDING THE BRIDGE

Contributor: Vice President Cherie Wong,
Director Heidi Wong, Director Aki Chan,
Officer Lavender Chan, Officer Tegrisko Chow

**"The words you speak become the house you
live in."**

--attribute to Hafiz

Effective Communication is about mutual understanding without illusion and perception during the idea exchange. While it's not easy to make people pay full attention when receiving message, not to mention making everyone understand and help to spread the correct information. As a result, through effective planning, we hope to bridge the gap of the unknown to known.

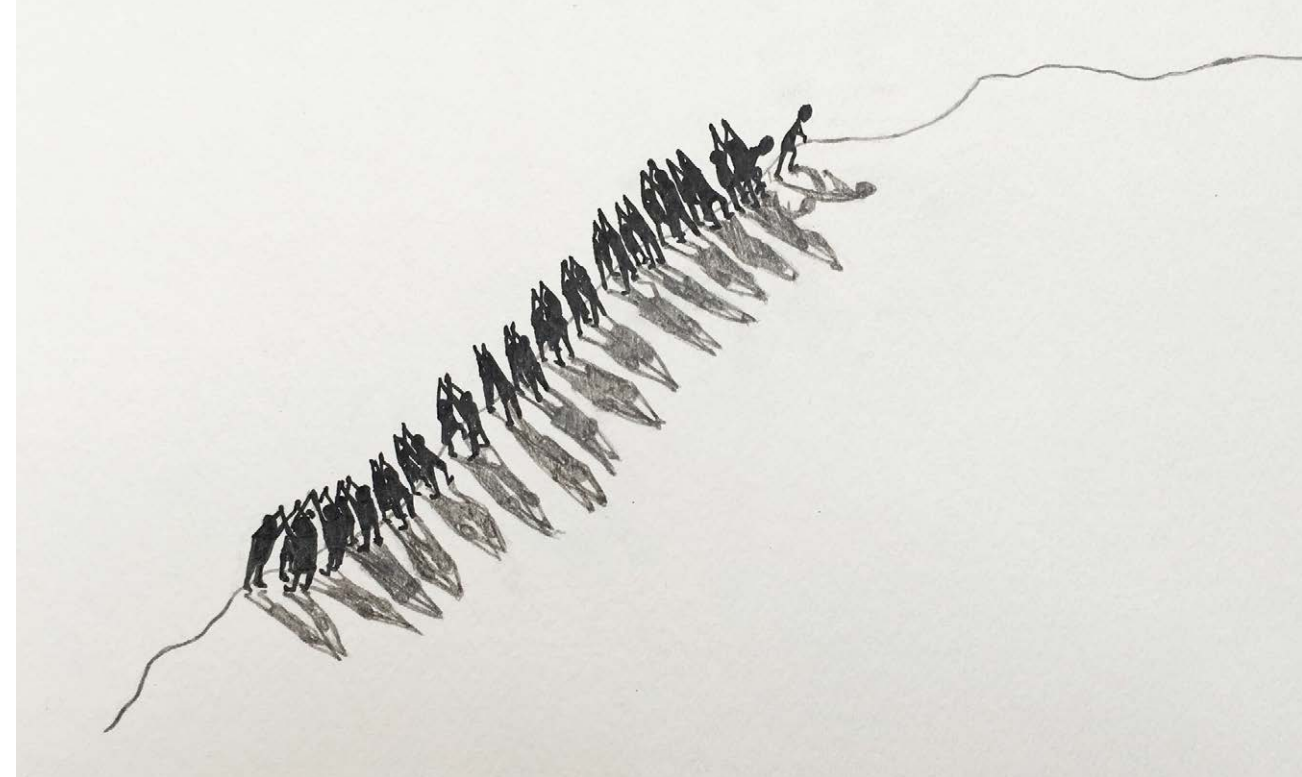
This year, we have reform the team from Public Relations and Publication to Corporate Communications team. We are going to explore more opportunities with external public relations at commercial level by increasing brand exposure through media and social media. By developing deep relationships with all other areas


to maximise quality and frequency of exposure of Jayceettes.

While maintaining our distribution channels to JC members in Hong Kong and overseas chapters, other NGOs, schools, project sponsors, we will also extend our distribution channels to new commercial partners, aiming to connect with more young women who want to make changes.

Stepping into the 51st year, JCI Hong Kong Jayceettes has crossed generations and no matter the age, once a Jayceettes, always a Jayceettes.

We hope to use Snapshots' quarter issues to cover the charm from women in each life stage, the "Blossoming 20s", "Flourishing 30s", "Scenting 40s" and "Fruiting 50s". Thanks to Membership Affairs team's initiation in creating "The Jayceettes Cohorts", making a more intimate communication within senior members, full members, prospective members and even potential members. Through internal public relations we target to raise our brand awareness. We aim to create, find, and develop innovative programs to build the bridge for girls to go wherever they want.





We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

T. S. ELIOT, FOUR QUARTETS



SENIOR MEMBER CLUB CHAIRMAN CATHERINE LEUNG



Happy New Year!

On behalf of 2020 Senior Member Club Committee, I would like to congratulate President Krystle Fong and her Board of Directors a very successful and prosperous year of 2020.

To me, 20 is a sweet and happy number, and double 20 means double happiness! As the Senior Member Club Chairman of 2020, I will work with my team to enhance the sense of belonging of senior members and support our beloved Chapter in various events.

Taking this opportunity, I would like to introduce the 2020 Senior Member Club Committee Members as below:

Chairman: Catherine Leung
 Immediate Past Chairman: Senator Eliza Pang
 Vice Chairmen: Maria Chan
 Senator Doris Leung
 Fanny Lo
 Fanny Ng
 Lilian Sun
 Secretary and Treasurer: Senator Ida Chow
 Advisors:
 Past President Senator Connie Chu Lo
 Past Chairman Senator Daisy Lui
 Ex-Officio: Immediate Past President Ellen Chung
 Thank you and we look forward to seeing you at the JCI Hong Kong Jayceettes events.

GOLDEN STORIES UNTOLD

Contributed by 1998 President Phyllis Chan

AN INTRODUCTION OF YOURSELF AND ENCOUNTER OF JCI HONG KONG JAYCEETTES

One day when I was reading a newspaper, an advertisement of a seminar 'Effective Lady Manager' caught my attention, so I made a call for enquiry and went to the seminar at the Sheraton Hotel. It was an interesting experience because I knew no one there and barely knew what was JCI Hong Kong Jayceettes. I was just intended to gain some insights from the speakers and connect more with the Hong Kong community at large since I was travelling quite a lot back then.

Life is full of surprises! The seminar was very well organised and with three prominent female speakers from different fields. What impressed me most on that day was the attitude of the project chairman and her team members. They were collaborative

to get it done, which stunned me as I fully understood the difficulties and challenges of co-ordinating with different parties in my marketing professional experience.

Among all areas, International Affairs is always my most favourite area. Connecting with members from all over the world that sharpen my interpersonal skills with different cultures, I have become more sympathetic to the unfortunate. On the other hand, my job experience coincidentally relates much to internationalism - I led delegates to overseas exhibitions or client's visits and also helped exhibitors signing up in different countries. International Affairs keeps my passion in JCI. I treasure most the experience working at the JCI Headquarters in St Louis!

HOW JCI HONG KONG JAYCEETTES HAS EVOLVED?

In early 90s, JCI Hong Kong Jayceettes had around 170 to 180 individual members. Demographic of our membership include business executives, secretaries, some SMEs and small portion of housewives in their late twenties or early thirties. JCI is not just a training platform for the young to grow and learn, also an ideal place to connect them.



Looking back, members communicated mostly by meeting at lunch time or after work, by telephone calls or sometimes via facsimile machine but not all members had it at home in those days. During office hours, some of us might not be able to make phone calls. In 1998, we determined to improve our communication to be more efficient and effective by using advanced technology. One of our aims was that all board members should communicate JCI Hong Kong Jayceettes matters via emails and to obtain at least half of our members' email contact. Nowadays, you may complain too many Whatsapp groups and sometimes it is difficult to trace back important messages. Some even said they seldom read their emails.

MOST MEMORABLE PROJECT?

Over the years, I have so many fond memories in JC, laughter and sweat. If I have to share just one project, it should be the community project 'Dignity, Integrity and Pledge for a Better Future' in 1994. As the then Community Development Director, I initiated the project idea and did some research not long after election. Persuading an experienced member to taking up the chairmanship and to form the organizing committee was not a very easy task for a relatively green board member, as it always is.

The project comprised a slogan competition and debate competition targeted university students gained a lot of support and positive feedback from ICAC Community Relations Department. We received enthusiastic response from the public and the students. Nevertheless, the most memorable moment was a tough decision to make in the midday at event day. It was pouring in the

morning and we needed to decide whether moving the event from outdoor to a place with shelter. Once the decision was made, every member on the spot helped to sweep away the rainwater on the chairs and setup the stage in a very efficient manner. Ultimately, we welcomed a big sunshine in the afternoon. Everyone was happy but exhausted at the end of the day. Risk is inevitable in life, take challenges in your stride!



MESSAGE TO FULL MEMBERS

Life is short, make it full with passion and leave no regret! Stay young; stay hunger! Sisterhood is everlasting!

MESSAGE TO GIRLS NEW TO JCI HONG KONG JAYCEETTES

Get involved and committed. Working through different positions and projects where you can find true value of JCI Hong Kong Jayceettes and friendship. It is like scavenger hunt; you have to search for it by yourself.



PATH


- 1992 Joined JCI Hong Kong Jayceettes
- 1993 Publication Officer
- 1994 Community Development Director
- 1995 Treasurer
- 1996 Vice President (Publication & IA)
- 1997 National International Affairs Director
- 1998 President of JCI Hong Kong Jayceettes
- 1999 National Vice President (IA)
- 2002 May - 2005 JCI Training Manager, Board of Directors & Meetings Manager (USA)
- 2006 April - 2008 September JCI Hong Kong Training Director
- 2008 September ~ JCI Hong Kong Chamber Executive



INVOLVEMENT IN LARGE-SCALE PROJECTS

- 'Ten Outstanding Digit Young Persons Selection 1999' joint project with Hong Kong Productivity Council
- 'Hong Kong, Our Home - Youth Jamboree' co-hosted by 15 youth organisations and uniformed groups sponsoring by the Home Affairs Bureau in 1999
- JCI Hong Kong 50th Anniversary Celebration in 2000.





Any action is often better than no action. Especially
if you have been stuck in an unhappy situation
for a long time, If it is a mistake, at least you learn
something, in which case it's no longer a mistake.
If you remain stuck, you learn nothing.

ECKHART TOLLE



WOMEN AROUND THE WORLD

Contributor: Director Heidi Wong

We know well how do women live in Hong Kong, but how about in the other parts of world? We would like to broaden your horizon by illustrating interesting women-related stories around the world, one topic per issue! Let us care more about the world: this time about dress code!

In Hong Kong, our ladies' daily frustration is which to wear, but for other parts of the world, it is what to wear.



Russia, Kazakhstan and Belarus: No Lace Underwear

The law of banning lace underwear was passed in 2012 by the Customs Union between Russia, Kazakhstan and Belarus under the trade law in Eurasian Economic Union aiming to improve product quality and reduce production using substandard materials including lace that "did not absorb enough moisture"¹. All underwear after should only include natural material. The effort of this ban was serious as the entire production chain was blocked: ban from production, import to sales, causing Russia's retail owners disposed up to 90% of their stock². No one explicitly explains how the enforcement takes place so we had better protect ourselves very well.....

Uganda: No Miniskirts

In 2010, Uganda Public Service Standing Orders stipulates that officers are required to dress decently in which in 2017, Uganda government supplemented what were regarded as "indecent" -- women wearing "above the knees" like skirts and shorts, colored hair, flat shoe and long nail³. Adah Muwanga, human resources director at the Public Service Ministry, said the "body parts should be covered" after women officers complained by male counterparts⁴. This ban was in place for 11 month before Ugandan government decided to clamp down in 2018.

North Korea and Sudan: No Trousers

While "above the knees" was forbidden in Uganda, "below the knees" could cause problems too. Many would love to go to North Korea for travelling but ladies wearing trousers are rumored to be punished with forced labor and fines according to reports⁵. In Sudan, more than rumors but "public order" legislation exists to punish women wearing western-style slacks. Sometimes legal interpretations are more than to be explained as at the same time, thousands of Sudanese women are arrested each year under the same law

by wearing short skirts. Really difficult to think what to wear for Sudanese girls.....

Saudi Arabia: No Bare Skin and Cross-dressing

Beware! Even if you just travel to Saudi Arabia, you may find yourself caught if being careless in dress code. Foreign woman are no exception to be required wearing a niqab and long black cloak called an "abaya"⁶. If you get a male friend coming with you, make sure he does not do cross-dressing or "behaving like women" that caused 67 men arrested in 2009.

- 1 News24 (2014). "Lace underwear banned in Russia". Retrieved from: <https://www.news24.com/You/Archive/lace-underwear-banned-in-russia-20170728>
- 2 NBC News (2014). "Panty Protest: Kazakhstan Women Outraged by Lace Underwear Ban". Retrieved from: <https://www.nbcnews.com/news/asia/panty-protest-kazakhstan-women-outraged-lace-underwear-ban-n31956>
- 3 World Economic Forum (2016). "5 countries with the strictest dress codes". Retrieved from: <https://www.weforum.org/agenda/2016/01/5-countries-with-the-strictest-dress-codes/>
- 4 The Nerve Africa (2018). "IS UGANDA SUCCESSFUL IN ITS BAN ON INDECENT DRESSING?". Retrieved from: <https://thenerveafrica.com/19489/ugandas-indecent-dressing/>
- 5 Guardian (2014). "North Korea's fashion police". Retrieved from: <https://www.theguardian.com/world/2014/apr/24/north-korea-fashion-police>
- 6 World Economic Forum (2016). "5 countries with the strictest dress codes". Retrieved from: <https://www.weforum.org/agenda/2016/01/5-countries-with-the-strictest-dress-codes/>



BOOK REVIEW

“Unfiltered: How to Be as Happy as You Look on Social Media by Jessica Abo”

Contributor: Director Heidi Wong

I highly recommended “Unfiltered: How to Be as Happy as You Look on Social Media by Jessica Abo” as a bed-time book for a quality me-time.

Unlike ordinary self-help books, this book does not just say everything is going to be ok by giving successful examples. Instead, it walked you through desperate feelings while all things go wrong from career, interpersonal relationships to life purposes, by sharing the author’s failure as well as her “What was worse, when you opened Facebook and Instagram, you found an ex-colleagues said how nice is her new company and some of

your other friends exclaiming how nice the weather for their trips was – just that none of them were you involved. “

The book disclosed our bad psychological habits with social media, from flipping posts to personal brand-building, making our lives worse than ever!

Instead of belittling ourselves by reading other’s Facebook and Instagram posts or uninstalling these apps, we could in fact proactively fine-tuning our attitudes according to the step-to-step teaching in this book.

If you want to enjoy yourself in social media authentically rather than putting a fake smile there to get “likes”, this book is certainly for you!

It is time to re-master our way of thinking! This book provides great self-talk and tips to remain chill in whatever situations we are in and how distant our surroundings are to us. A book that speaks right to your heart!



2020 YEAR PLAN OF JUNIOR CHAMBER INTERNATIONAL HONG KONG JAYCEETTES

Area / Month	January	February	March	April	May
Business Affairs			Opening Ceremony of 2020 Business on Stilettos	Workshop and Activities	
Community Development			Opening Ceremony of Care and Dare 2020: Period Love	Educational Talk	Workshops and Activities
International Affairs	Courtesy Visit to JCI Manila	Joint Chapters ASPAC Introduction Session	Courtesy visit to JCI E-Metro		
Leadership Development		Jayceettes Academy: Training 1	Jayceettes Academy: Training 2	SDG Junior Ambassdor Programme 2020	SDG Junior Ambassdor Programme 2020
Membership Affairs				Prospective Member Orientation	
Corporate Communications	Inaugural issue of Snapshots Issue 20		Snapshots Issue 30		
Records and Recognition				Star of the Quarter	
Secretariat			Release Administration Handbook / Award Manual		
Treasury	Collection of Membership Dues			Fundraising	
Monthly Fellowship Gathering	Inaugural Ceremony cum Jan MFG	Monthly Fellowship Gathering			

June	July	August	September	October	November	December
Workshops and Activities	Closing Ceremony of 2020 Business on Stilettos					
Workshops and Activities	Closing Ceremony of Care and Dare 2020: Period Love					
		Community Service Day 1			Community Service Day 2	
ASPAC Conference Angkor, Cambodia				51st Anniversary IA Reception	World Congress Yokohama, Japan	
SDG Junior Ambassdor Programme 2020		Jayceettes Academy: Training 3			Local Officer Training Camp	
		Prospective Member Orientation				
	Snapshots Issue 40			Snapshots Issue 50		
	Star of the Quarter			Star of the Quarter		
Mid-Year Review						
Monthly Fellowship Gathering			48th Annual General Meeting cum Long Service Appreciation	51st Anniversary Banquet	Monthly Fellowship Gathering	Award Presentation cum Handover Ceremony



Think like a queen. A queen is not afraid to fail.
Failure is another stepping stone to greatness.

OPRAH WINFREY





PURITY RANCH

naturality is not a statement, it's a real life experience

玫瑰天竺葵精油 + 乳木果

日霜

PURITY RANCH

JOBA DERIVATUM

nothing else cream

50g e 1.76oz

平衡油脂

增強肌膚防禦力

滋潤保濕

巴西甜橙精油 + 乳木果

晚霜

PURITY RANCH

ESSENTIAL OILS

nothing else cream

50g e 1.76oz

促進膠原再生

排出肌膚毒素

減淡細紋

薰衣草精油 + 乳木果

居家必備

PURITY RANCH

lavender

nothing else cream

50g e 1.76oz

鎖住肌膚水分

修復肌膚細胞

抗敏消炎

消炎鎮靜

滋潤保濕

抗UV

原味乳木果霜

銅鑼灣希慎廣場10/F 誠品

荃灣愉景新城L1 Donut Village

f PURITY RANCH

LINE +852 6810 5445

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FaLala是一對熱情的動物情侶。阿Fa是一隻無毛獅子，不善言辭的他每天早上都會織花環給自己戴。而Lala則是典型的癡女系女友，最愛黏着阿Fa。

現在FaLala的Message Sticker已有超過100K的人下載，歡迎你也下載來用用喔！




FaLala Sticker

 j.pictures.falala
  j.pictures.falala



FURZE CHAN

Furze Chan is an illustrator and graphic designer.

She lives and works in Hong Kong, and she is a regular contributor to Obscura Magazine. Furze is a graduate of Visual Communications from Hong Kong Polytechnic University in year 2006. In 2018 spring, she held a solo exhibition "Return" about her previous journey to Shikoku, Japan. An illustration book under the same title was also published. Her previous clients includes JR Central Japan Railways, Vice Media, M le magazine du Monde and J.Crew.



Portfolio website:
http://furzechan.com

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