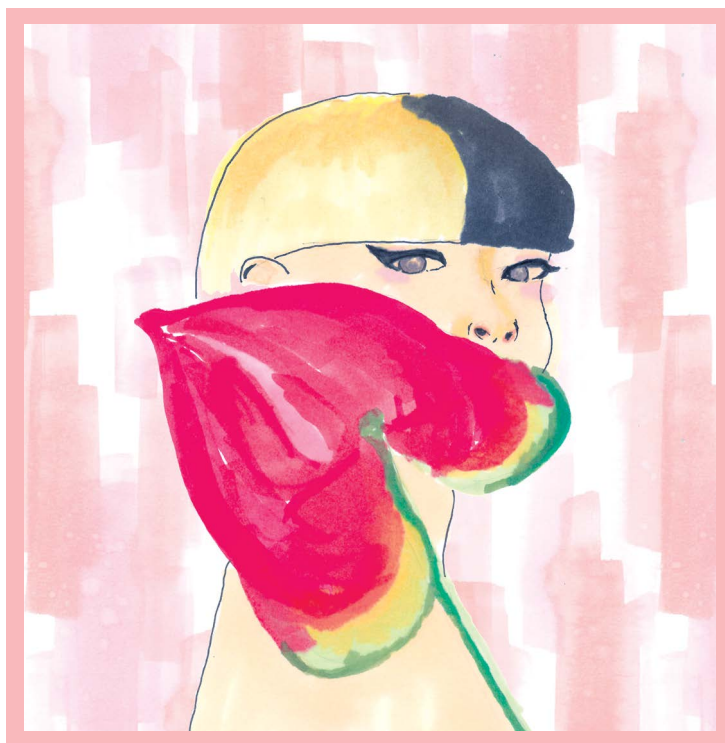


SNAPSHOTS

GIVE YOUR BEST SHOT

FLOURISHING 30S



2020 APRIL 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

JCI Mission

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

JCI Vision

To be the leading global network of young active citizens



ABOUT JCI HONG KONG JAYCEETTES

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 non-profit organization of young active citizens aged 18 to 40 who are engaged and committed to creating impact in their communities. The learning experience in JCI revolves around the four Areas of Opportunity (i.e. individual, community, business and international opportunity), which

advocates voluntary involvement of members within any of the areas. JCI assembles active citizens around the world, who are individuals invested in creating positive impact within their communities.

In JCI Hong Kong, we have 21 chapters with over 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 trade and businesses. JCI Hong Kong Jayceettes is the fifth local chapter affiliated with JCI Hong Kong, also well known as the first lady Chapter in the Asia and the Pacific and second lady Chapter in the world.

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ORGANIZATION CHART OF JCI HONG KONG JAYCEETTES 2020



SNAPSHOTS

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MESSAGE FROM CHIEF EDITOR DIRECTOR HEIDI WONG

Hope all of you are doing well! Despite the first quarter of 2020 may not be a typical one due to the Novel Coronavirus, we hope to instill positivity and inspiration to all our readers through our SNAPSHOTS issue 2 - "Flourishing 30s"!

One night, after I learnt that I failed an examination, I accidentally came across this quote: "Don't forget to start all over again! This time, you are not starting from scratch. You are starting with an experience."

I guess women being in their 30s is pretty much the same thing. Women, in their 20s, all strive so hard to steer their lives in the correct direction. Yet, in their early 30s, some of them may find themselves not in their desired position. However, with previous experience, this time they are more likely to do better!

We present the "Be Better" spirit which is featured in this "Flourishing 30s" issue, through a highlight on our Care & Dare 2020: Combatting Coronavirus initiative launched in the first quarter with aim to provide care and support to both

our Chapter members and the need in community. Furthermore, we were honored to have the opportunity to chat with 2020 World President Itai Manyere in person, where he shared with us his views and inspiration on women empowerment and gender equality. You should also not miss our cover story featuring Ms Thierry Chow, a women Feng Shui Designer and design business owner, with further inspirations on female entrepreneurship and sharings on how to tackle different ups and downs in life.

Meanwhile, you will also get to know more on what we have been working on through the first quarter, including updates on our projects and areas including but not limited to SDG Junior Ambassador Programme 2020, Care & Dare 2020: Period Love, WE Plan YOU Pack, Jayceettes Academy, Female Elites' Series 2020: Business on Stilettos etc. We also can not wait to share with you some fun facts about women and also book recommendations.

Let us pause for a moment, stay calm and enjoy our own inner peace against all odds!

MESSAGE FROM JCI HONG KONG JAYCEETTES PRESIDENT KRYSTLE FONG



A quarter of the year has passed and it has indeed been a very difficult time for every Hong Kong citizen due to the spread of the Novel Coronavirus Pandemic around the world.

With the positivity and determination we have all learnt from Stephanie AU in "Blossoming 20s", it is observed that the majority of our readers have done well in combatting the Novel Coronavirus and keeping their spirits up.

We may not be able to see each other in person so often than before, but this does not mean that we are alone. Project teams

may not be able to stick to their original plan and launch projects according to their original timeline, but this does not mean that they would not be able to create positive impacts in alternative ways.

"In every hard time lies an opportunity."

We are now able to explore different formats, target audience and variations of projects, which stimulates innovation, creativity and keeps the option open for new possibilities.

The same applies to our journey in life. In our 20s, we explore new opportunities,

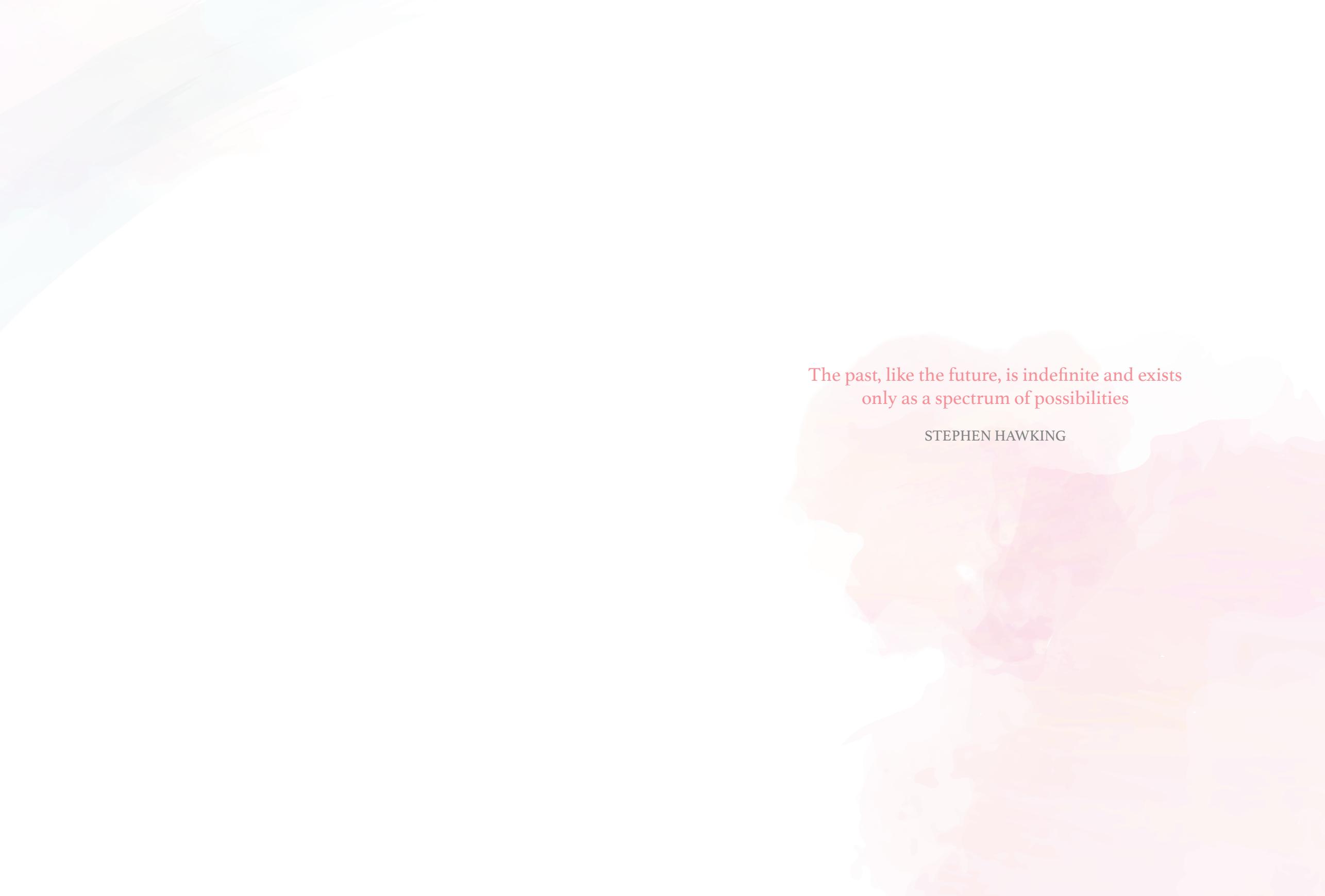
breakthrough hard times and learn. In our 30s, we are more experienced through the lessons learnt in our 20s and still strive for betterment and personal growth. This does not mean that you will no longer encounter challenges, but your resilience level and handling would for sure be more mature.

Some say that 30s is the golden period of our life and determines our success. I say, everyone can be successful, just believe yourself and keep going with a positive mentality. In our "Flourishing 30s" issue, we have invited a well known female

Feng Shui Designer - Ms Thierry Chow, to share with us her life story on building a business from scratch in the relatively "male dominated" Feng Shui industry. We hope that her story would empower you in setting bold and concrete directions in life for whatever goal you may want to achieve in the future.

"When life gives you lemons, make lemonade."

May the inspiration of "Flourishing 30s" empower you to fight on!



The past, like the future, is indefinite and exists
only as a spectrum of possibilities

STEPHEN HAWKING

The vision of our 2020 Publications Team is to cover stories of four different local iconic women at different life stages: "Blossoming 20s", "Flourishing 30s", "Scenting 40s" and "Fruiting 50s". Through sharing of their unique life stories, we aspire to be the source of inspiration to readers and encourage them to not only discover beauties at each stage, but also to reflect upon themselves on how to live the most out of their lives. In the "Blossoming 20s" issue, we covered the four time Olympic swimmer Stephanie Au. In this "Flourishing 30s" issue, we invited Thierry Chow, the modern Feng Shui designer to share with us her extraordinary life experience in her 30s.



Thirties -- An age of new stages

From adulthood to mature adulthood, women in their thirties start off by being truly independent on their life and work. Some may strive for their new heights in career, while some may establish their own family with a new role and for some, they embrace changes in life with more confidence and ease. We believe that **COURAGE** is the key to the note.



DARE TO FLOW THIERRY CHOW

Contributor: Vice President Cherie Wong

Feng Shui

The wind and the water.

There is an idiom in Chinese describing the moment when wind is present, water ripples would form on the surface of water. This is also a symbolization of "Chi" (i.e. electromagnetic energy), which flows to add abundance to our lives. Wisdom of the ancient Chinese is still known as one of the "secrets of the universe" and in the past, such knowledge was only transferred to male "successors" known as Feng Shui masters. Traditionally, these male Feng Shui masters could be easily identified by wearing a long goatee, long robe and holding a Geomantic Compass (i.e. known as "Luopan") in their hands. These stereotypes have remained until recently, a lady with her hair dyed in YinYang (i.e. blond and black), wearing vibrant and stylish outfits with perfectly drawn eyeliner emerged in the traditional Feng Shui industry. Here we introduce the women who was courageous enough to follow her dream - Thierry Chow.



The Wind Rises

Feng Shui runs in the family blood for Thierry.

When Thierry was young and watched her father, Mr Chow Hon Ming, one of Hong Kong's most respected Feng Shui masters decorating their house and constantly moving furniture around, she felt antiquated. She did not have a clue on what her father was doing, neither on Feng Shui. At that time, Thierry was passionate and focused on developing her artistic talents on design, fashion, drawings and paintings.

With a Master of Applied Arts (Major in Illustration) from Sheridan College in Ontario, Canada, Thierry has developed her unique way in viewing and interpreting the world. Like everyone in their 20s, there were struggles in seeking the most suitable career path for herself.

It was even a bit more tougher for Thierry, as she also had to adapt to the cultural shock after her return to Hong Kong.

The "Eureka" moment struck Thierry one day when she asked her father whether she could learn Feng Shui from him. From that day onwards, as an apprentice of her father, Thierry had a whole new perspective and realization on Feng Shui, from antiquated to universal wisdom. She also started to infuse her aesthetic and design sense to the wisdom of the ancient Chinese.

Rejuvenating centuries of ancient Chinese wisdom, Thierry practices Feng Shui differently by taking the overall environment into consideration rather than only focusing on boosting the flow of "Chi". She re-arranges the space available by reconciling modern life with contemporary settings.

"In my heart, I knew that my mission was to bring Feng Shui in a new light."

The Water Flows

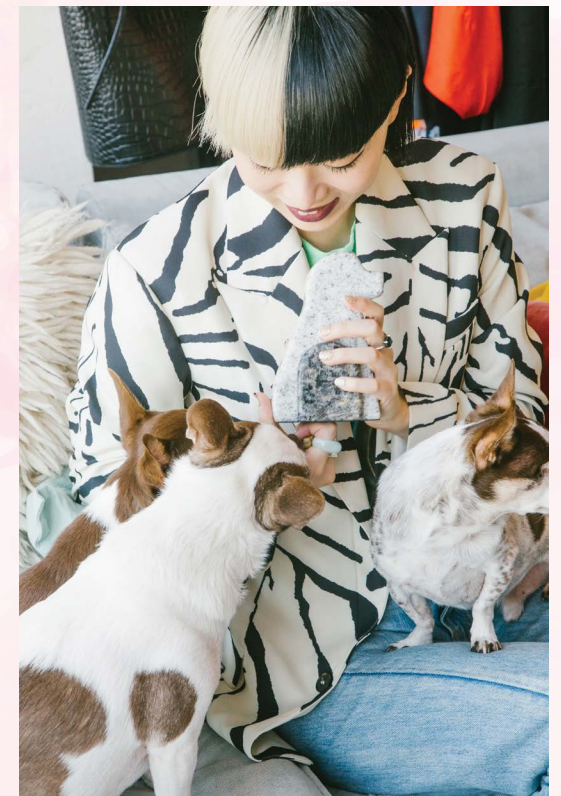
Thierry is not only known as a Feng Shui master, but also a very stylish one. Unlike traditional Feng Shui masters who do business by referrals and word of mouth, Thierry has expanded her business by becoming a Key Opinion Leader (i.e. KOL) in the Feng Shui and fashion industry through the use of social media.

Practising Feng Shui with her father, Thierry developed a ground breaking connection between Feng Shui and fashion. She came to realize that garments and accessories, like any objects, could be classified as one of the five elements of Chinese cosmology: gold, wood, water, fire and earth. Imbalances between the five elements could be located by simply reviewing the client's birth chart, where Thierry would use colors and sand shaped patterns to "harmonize" the five elements for the client to improve his/her life.

By taking this creative and innovative step in her Feng Shui business, Thierry has definitely secured her place in the male dominated business for centuries. Subsequently, she was invited to many fashion shows, events and taught people how to show their best selves to the world by dressing up.

Asking Thierry whether if she ever felt scared or intimidated by being different, her answers spoke for many other women who are believed to remain silent in life. Thierry's self-discovery journey was getting to learn more about Feng Shui, where she admitted that in reality, it was tough to completely ignore expectations of the society. However, with courage and confidence, she managed to strike a balance after some trial and error.

"It is the best feeling to say that, I am who I am. I may be different, but I am very happy!"



Rise of Courage

With her courageous and bold character, the trailblazer did not stop at just providing Feng Shui advice to clients. With her entrepreneurial spirits, Thierry published her first book in 2018, *Love and Fate*, a Feng Shui guide on romantic relationships. In the same year, she also established her own home decoration brand - Go Lucky.

Ever since Thierry learnt about Feng Shui, she had always desired to design products based on theories of Feng Shui, an idea which did not come true only until the end of 2018. She gathered all her savings and networks to establish Go Lucky, a contemporary concept fusing Feng Shui with mindful, modern design to create the soulful space that one would love.

"Your space reflects your past, present and future at all times."

By the establishment of Go Lucky, Thierry has truly bridged her profession with her passion - Feng Shui and design.

Thierry's Feng Shui philosophy is "The little things make a big difference". She believed that if a space did not exert positive influence on a person, adjustment in the environment would be required and it did not have to be drastic. Lighting and colors have always played an important role in the environment and we should decorate our home with positive objects that

contain valuable memories. Thierry has created an animal collection with the five elements of Chinese cosmology and is currently exploring on kitchenware / furniture for future collections!


8 Tips from Thierry for a Lovely Space

- 1. A style that speaks for you*
- 2. Cheerful fun color*
- 3. Decorative details that delights*
- 4. Five Elemental Phases*
- 5. No Chi blockage*
- 6. Purge and Declutter*
- 7. Mood lighting*
- 8. A good home let you stay present*

Not only being a Feng Shui master, fashion icon, KOL, writer and female entrepreneur, Thierry is also a wife to a talented artist. With all these identities, Thierry shared with us that finding the balance is the key. Listen to your intuition, listen to your heart. Her approach is to focus on one aspect of life for several months and switch to another when the time is right. All goes with the flow. Despite her busy life, Thierry always makes sure she gets plenty of sleep and time to herself.

"Stepping into your 30s, or being in your 30s is an incredible experience. The world seems a bit crazier, time passes by faster, but we also get much wiser. Possessing adequate experience to distinguish what things we want in life, while focusing less on things that do not matter to us. I look forward to aging gracefully!"





It is during our darkest moments that
we must focus to see the light.

ARISTOTLE

KEEP ENGAGING... WITH WORLD PRESIDENT ITAI MANYERE

Contributor: Director Heidi Wong

JCI President Itai Manyere was elected and inaugurated as the 2020 JCI President during the 2019 JCI World Congress in Tallinn, Estonia.

Amid his packed schedule, he managed to fly to Hong Kong and shared with us his vision and mission which was the source of our inspiration. The JCI theme this year is "Bridge the Gap", which coincidentally is in line with the theme of Corporate Communications team - "Build the Bridge". Indeed, it is our honor to be the bridge to convey President Manyere's sharing to all of our readers.

It was 10 a.m.

Time was tight, as the JCI Hong Kong Inaugural Ceremony would tightly follow our interview with President Manyere, therefore, we carried our gowns and cosmetics in suitcases to the interview. The same applies to President Manyere, maybe even worse, as he only arrived Hong Kong the night before and joined the JCI Hong Kong World President Reception. There was a moment that we all wondered, has President Manyere managed to get any sleep? Notwithstanding this fact, there he was, staying focused and energetic with a big warm smile awaiting our interview.



First Spark by Flipping the Question Over

Knowing how rare the opportunity of meeting President Manyere was, we kept throwing out as much questions as we could to learn more about our legendary leader of JCI.

When asked of "How to bridge the gap?", President Manyere effortlessly diverted the question back to the interviewer - "What do you think about the gap?". He further elaborated that we did not require an outsider's opinion but we, as insiders should sit down and identify the problems or emerging needs of our society, think

of collaboration opportunities with other stakeholders , thus come up with possible solutions and finally, launch initiatives. How to engage people in working towards the organization's goals, was the key.

Perseverance Outweighs Quick Success

If engagement was the key point to note, how to keep people involved would be the challenge. Was there any hint for us to better engage with the older and younger generations in 2020?

President Manyere chuckled and answered, "Being a JCI member has already provided us a chance to practice

better engagement. We must keep questioning the status quo and striving for betterment".

He further reminded us that although quick success was always the intended outcome, successful projects were always stemmed from addressing pressing and realistic social concerns which would in turn motivate and provide assistance to people in need.

Words to Active Citizens...

JCI members are fortunate that doors are open for them to contribute to their communities. However, what about those non-JCI members who also have the aspiration to become an active citizen?

"Stand as one voice. Speak as one voice. When the privileged are willing to speak up for the less privileged, the voice would be so much louder."

He further elaborated that it would be an awakening moment for us when we no longer focused on self-interest but

instead, human rights. For example, when men spoke up for women, it was more likely that women were taken more seriously and given more opportunities to equally enjoy what men did.

We found that President Manyere's responses were always straight to the point and his wisdom was far more than what we could explore within the limited interviewing time.

A World Free from Discrimination

Very often, realization of our ideal world takes us one step closer to it. Therefore, we asked President Manyere how his ideal world looked like. He calmly replied, "A world with peace and co-existence of all human races".

"Discrimination, to name a few common ones, gender discrimination, social discrimination and racial discrimination were created by humans. I dream of one day, we do not recognize ourselves as a single race like Chinese, Black...but one

human race, united as one. When that day arrives, our children would be able to live in a world free from discrimination."

He further quoted the JCI Creed, "That the brotherhood of man transcends the sovereignty of nations" and explained that it was the eagerness of embracing diversity which gave birth to JCI in the very first place.

Behind the Stage

It was our first time meeting President Manyere and we were deeply impressed

by his sharing. We started to wonder, whether there was a social gap in Hong Kong and whether the status quo has been questioned? Moreover, we were also inspired by President Manyere's sharing on JCI's birth and insights on the JCI Creed. Sometimes, there were answers which majority of us have decided to turn a blind eye to, whether intentionally or unintentionally. One thing is for sure, that we would remember the true meaning of the JCI Creed in our hearts from now on.





Whoever is happy will make others happy too.

ANNE FRANK



CARE & DARE 2020 – COMBATTING CORONAVIRUS

Contributor: President Krystle Fong

Masks, hand sanitizers and disinfectant wipes have been our new “buddies” since the outbreak of the Novel Coronavirus (COVID-19) in late January 2020.

According to the World Health Organization (WHO), COVID-19 is an infectious disease which spreads

primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.

With the hard experience of Severe Acute Respiratory Syndrome (SARS) back in 2003, Hong Kong citizens have reacted very swiftly to take all possible precautionary measures as

well as to stock up on anti-epidemic products.

The difference this time is that, there was a serious shortage in all anti-epidemic products worldwide shortly after the COVID-19 outbreak.

No masks, hand sanitizers, alcoholic disinfectants or wipes could be purchased in the market due to shortage of supply. There was a time where we all attempted to purchase anti-epidemic products online from other countries, stayed at home fearing that we would run out of masks for daily usage.

Under this critical social situation, we launched the first project of the year – Care & Dare 2020: Combatting

Coronavirus. Care for the society and dare to extend a helping hand to those in need.

Through conducting a membership survey, we got to understand the view and needs of members during this critical time. When we learnt that more than 70% of members had less than one box of mask on hand, thanks to the generous donation from our dearest JCI Manila brothers, we distributed masks to around 40 members in need. We deeply believe that sisterhood would get us all through this pandemic!

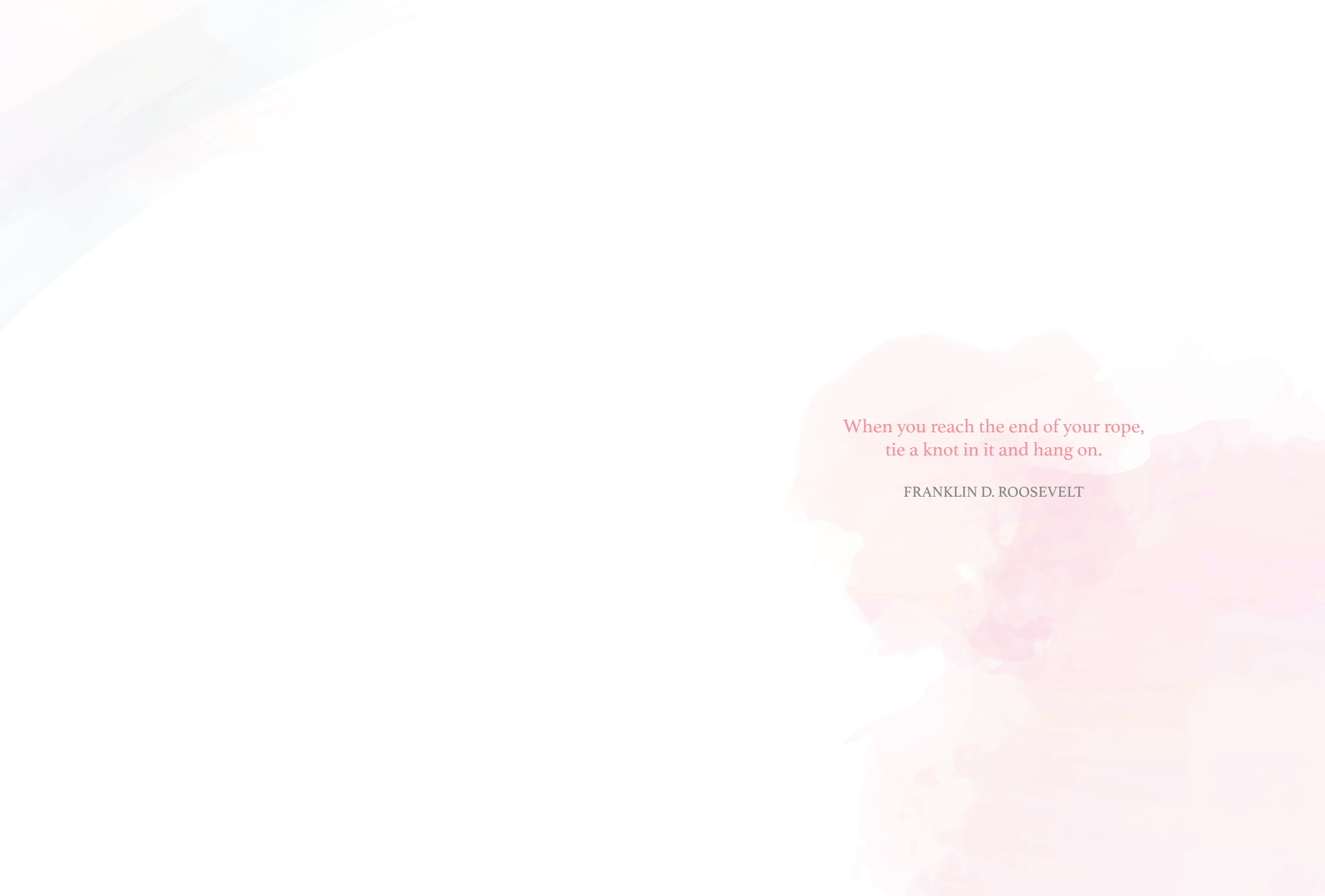
In the survey, majority of members have also indicated that “the elderly”, being more susceptible





to COVID-19, were the ones who required the greatest level of assistance during this period. We were very thankful and overwhelmed to have received donations through the Jayceettes Cohorts from many different members for this meaningful initiative. Several assembling sessions were arranged, followed by the first and second round distribution to the elderly. Stay tuned and please support our upcoming distribution sessions and campaigns to combat Coronavirus hand in hand!





When you reach the end of your rope,
tie a knot in it and hang on.

FRANKLIN D. ROOSEVELT

SISTERHOOD

Contributor: 2020 Presidential Advisor Rosanna Wong
2020 National Global Affairs Officer Yuki Wong

From the first day we joined the Chapter, we have met many friends throughout our JCI journey. Many valuable memories were created and the most important thing is, FRIENDSHIP.



Dear Rosanna,

Remember 26 June 2016? That was the day we first met and the day you introduced me to JCI Hong Kong Jayceettes! Up till now, I am very thankful and blessed to have been introduced into this Chapter, alongside a group of talented, professional and caring ladies.

I took up the first challenge to join the 2018 Board of Directors, where I took up the role Director (Membership Affairs) ("MAD") because of you. It was an unforgettable year where I had learnt so much to improve both my leadership and communication skills through working with my fellow Chapter members.

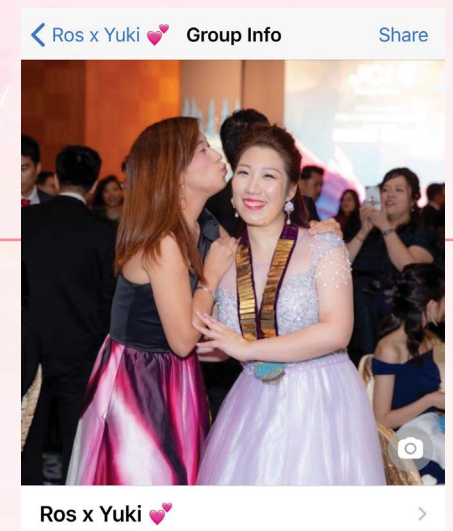
2018 was a special birthday year for you too! I hope the birthday party (cum celebration party) was not too shocking for you, but instead, a sweet and warm one :) I must also thank you for entrusting me as your Emcee at the 2020 JCI Hong Kong Inaugural Ceremony where you took up the role as Chairman. That was my first time hosting a JCI Hong Kong large scale event and it was a memorable experience!

Throughout these years, I have known you in different capacities - Commission Chairman (2017), President (2018), Immediate Past President (2019) and Presidential Advisor (2020). For me, titles do not matter, because you are my true friend, my true sister whom I can turn to, who would listen and accompany me at all times.

May our friendship continue on and on and on!

#RosXYuki

Lots of love,
Yuki
Your 2018 MAD



Dear Yuki,

It is the first time for me to write you a letter, despite the many phone calls, messages, tea-time and dinner dates I had with you in the past.

It would not be easy to conclude our story in a short letter as we had many memorable moments since we first met on 26 June 2016. We had a very special bonding not only because we share the same surname, but we also share some common characteristics: we are passionate, expressive, people-oriented, energetic and a goal getter.

Thank you for your trust in joining JCI Hong Kong Jayceettes with me and being my Director (Membership Affairs) in 2018, my Presidential year. Indeed, I have made a lot of effort to follow up on you by inviting you to our events before you officially joined us. Deep down in my heart, I knew that you would love this place as much as I still do.

It meant a lot to me, for a young passionate lady that I referred into the Chapter, to become one of my Board of Directors and be responsible for one of the areas which I am passionate on - Membership. This is an area which you could connect and inspire more like-minded girls to join us in the journey of self-empowerment and positive change.

You would not know how glad I was, when I learnt that you took up a Vice President role in 2019! It was like passing the torch and it has been very rewarding to witness your growth throughout the years.

Thank you for being so supportive as a great friend and walking through the journey with me in 2018. We are blessed to have each other.

#RosxYuki forever

With loads of love,
Rosanna





What would you do if you weren't afraid?

SHERYL SANDBERG

SUSTAINABLE DEVELOPMENT GOALS JUNIOR AMBASSADOR PROGRAMME 2020 - MICITY

Contributor: Vice President Flora Ng

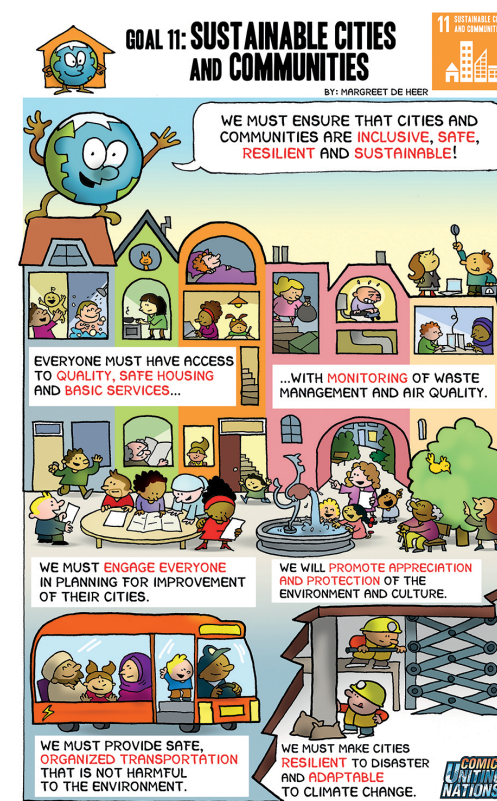
Have you ever dreamed to live in a city with sustainable energies, resources and plannings?

The 2030 Agenda for Sustainable Development was adopted by all United Nations (UN) Member States in 2015, which set out a 15-year plan to attain the 17 Sustainable Development Goals (SDGs). With ten years left to attain the goals, we proudly present Sustainable Development Goals Junior Ambassador (SDGJA) Programme 2020 - MiCity.

Through our newly launched SDG town planning contest with UNESCO Hong Kong Association, Hong Kong Institute of Planners and Hour of Code as our Strategic Partners, students will learn the fundamentals of town planning and SDGs on how to create a sustainable city through a series of workshops and seminars. We believe that it is especially important to educate young individuals, who will be our future pillars of society. As young active citizens, let us all participate in SDGJA and work together to create our own sustainable city!



17 GOALS FOR PEOPLE, FOR THE PLANET



The 17 Sustainable Development Goals (SDGs) were adopted by all United Nations (UN) Member States in 2015 as part of the 2030 Agenda for Sustainable Development. How much do you know about SDG Goal 11 - Sustainable Cities and Communities? Sustainable cities and communities is achieved by creating business and career opportunities, safe and affordable housing plus building resilient societies and economies. It involves investments on public transport, creating green public spaces, improving urban planning and management in participatory and inclusive ways.

JAYCEETTES ACADEMY

Contributor: Vice President Flora Ng



JCI Hong Kong Jayceettes is an international leadership development organization which aspires to provide different development opportunities that empower members to create positive change. Through a series of workshops, trainings, webinars and activities, our members explore, discover, learn and grow as individuals.

JCI HONG KONG LEADERSHIP DEVELOPMENT ACTIVITIES

JCI World Public Speaking & Debate Championship Hong Kong Online Workshop

Have you ever thought of delivering a 5-minute speech in front of a mass number of audience but too scared to do it because of your shaky hands? Did you want to participate in a debating competition but lacked the platform to do so since your graduation from school?

No worries! Two of our members, JCI Foundation and Fund Development Committee Member (Asia & the Pacific) Past President Senator Winnie Yeung and Honorary Treasurer Vincy Wong were invited by JCI Hong Kong to conduct a sharing on debating and public speaking skills respectively, for all JCI Hong Kong members to fully prepare for the upcoming competitions.

JCI World Public Speaking Championship (Hong Kong) 2020 - Preliminary Contest

After learning relevant public speaking techniques from the fruitful workshop, Director (Membership Affairs) Sherry Chong and Director (Business Affairs) Rycho Zhuo decided to join the JC Class and Open Class of the competition respectively! Our Honorary Treasurer Vincy Wong was also invited to join the judging panel of JCI Hong Kong.

Chairmanship Series: Situational Leadership

Organized by the National Leadership Development Team, including our full member National Leadership Development Officer Joee Au Yeung, the Chairmanship series aims to equip members with essential skills required to become an outstanding Chairman of an Organizing Committee. 14 of our members attended the online workshop to develop their situational leadership skills! National Training & Development Commission Vice Chairman and also our full member, Rainbow Yuen, was invited as the Emcee of this training.

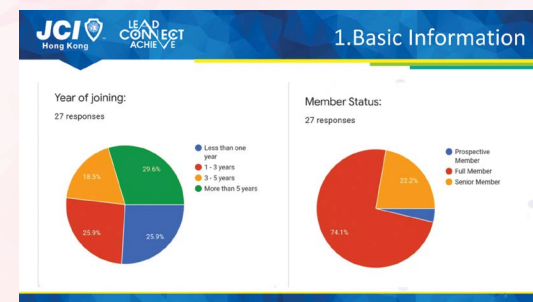
Trainers Mentorship Program

This mentorship program provides a platform for participants to practice

their training skills and knowledge through a series of trainings and direct coaching from senior trainers. Two of our experienced trainers took up the role as mentors, while five of our full members registered as mentees to further develop their training skills and put theory into practice.

Training Needs Assessment

JCI Hong Kong has launched a Training Needs Assessment with aim to enable members to better understand their training needs and potential learning opportunities. 27 responses were received within the Chapter, ranking second of all local Chapters. The Leadership Development Team will develop training courses in line with the responses received to best suit our members training needs.



JCI HONG KONG JAYCEETTES
LEADERSHIP DEVELOPMENT
ACTIVITIES

BOARD OF DIRECTORS TRAINING SERIES:

How to write a Good Board Report

Secretariat (Records & Recognition) Area Advisor Past President Senator Anny Kwan shared with us the structure of a Board Report, essential information that should be included in a Board Report and how to present information in a precise and concise way.

Financial Management 101

Treasury Area Advisor Senator Joyce Li and Honorary Treasurer Vincy Wong shared with us the basics of coming up with budgets, income & expenditure statements and highlighted daily treasury procedures to note.

WEBINAR SERIES

Mailchimp Basics

Vice President Davina Wong shared with us the fundamentals of mailchimp usage together with the corporate guidelines to be observed when doing external promotions.

Debating 101

Two debating teams, each comprising of three full members, were formed to enter the JCI Hong Kong Debating Competition. JCI Foundation and Fund Development Committee Member (Asia & the Pacific) Past President Senator Winnie Yeung shared with us extra debating tips and team members put theory into practice by participation in the specially designed mock debating session.

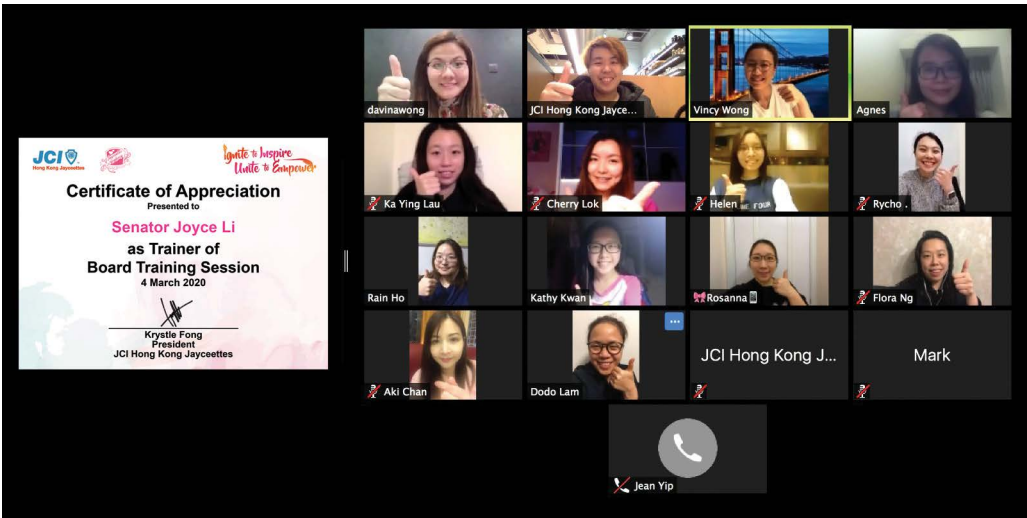
Prospective Member Handbook


JCI Hong Kong Jayceettes may be a name familiar to some, but to our new friends, they have no clue of what organization we are. Newly published by the Leadership Development Team, the Prospective Member (PM) Handbook 2020 aims to give a brief introduction of the Chapter, the four areas of opportunity, what does a typical JC career look like and a glimpse of our past activities to enable our new friends to get acquainted with us the soonest!

Organizing Committee Manual

Let us rewind to the day when you first joined an Organizing Committee (OC) team. What is the structure of an OC team? Why do we need to conduct meetings using parliamentary procedures? Where can I get past templates of agendas and minutes? Everyone once had many questions and felt lost.

No worries. We got you covered, just open your OC Manual and visit our online database for a wide range of reference materials!





Holding on to anything is like holding on to your breath. You will suffocate. The only way to get anything in the physical universe is by letting go of it. Let go and it will be yours forever.

DEEPAK CHOPRA

FEMALE ELITES' SERIES: BUSINESS ON STILETTOS 2020

Contributor: Vice President Davina Wong

As the fear for the Novel Coronavirus (COVID-19) continues to send jitters across the global community, Female Elites' Series 2020: Business on Stilettos would target to provide assistance and support to female entrepreneurs and working women during this difficult time. We aspire to build a business platform for them to support each other in this economic recession.

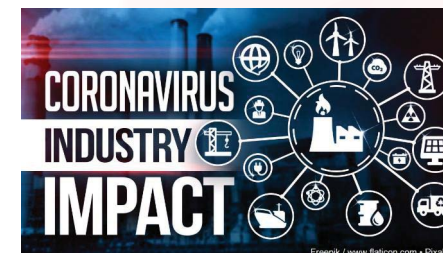
Mr Paul Chan, GBM, GBS, MH, JP,

Financial Secretary of Hong Kong has recently mentioned that the economic downturn and recession brought about by COVID-19 is observed to be even worse than the Severe Acute Respiratory Syndrome (SARS) back in 2003. Many companies are left stranding in business, not to mention the small and medium-sized enterprises which are experiencing a cliff-edge fall in both income and business. The COVID-19 has shifted the existing business model



(Photo credit: South China Morning Post, Feb 27 2020)

HONG KONG BUSINESSES TRY TO COPE WITH CORONAVIRUS FEARS



in Hong Kong and it is time for business leaders to break down silos and think out of the box to come up with new business strategies in this critical period.

In view of this, Female Elites' Series 2020: Business on Stilettos would be launching a series of workshops with aim to inspire and support female entrepreneurs to breakthrough the current economic downturn and to "survive" in their businesses. We believe that by increasing access to adequate support and provision of additional resources, local business could seek for a way to combat COVID-19 together.



Workshop 1: Fundraising and Budgeting

Start-up owners who have previously applied for fundings successfully and potential investors would be invited to share their experience and tips with participants. We would also seek for speakers who specialize in crowdfunding to further share their knowledge and expertise.

Workshop 2: Entrepreneurial Mindset & Business Model

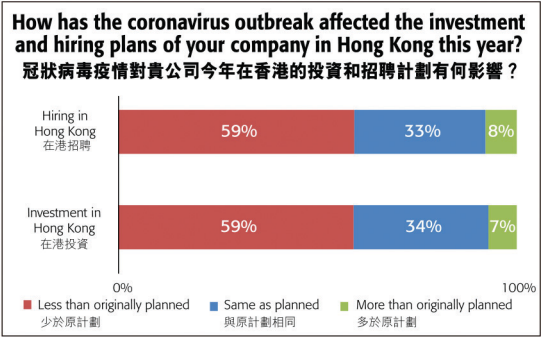
Successful and well-recognized entrepreneurs would be invited to share their entrepreneurial journeys and experience with participants.

In particular, sharing of business experience in surviving SARS back in 2003 would equip participants with sufficient knowledge and the correct mindset to combat COVID-19.

Workshop 3: Technology, E-commerce & Digital Marketing

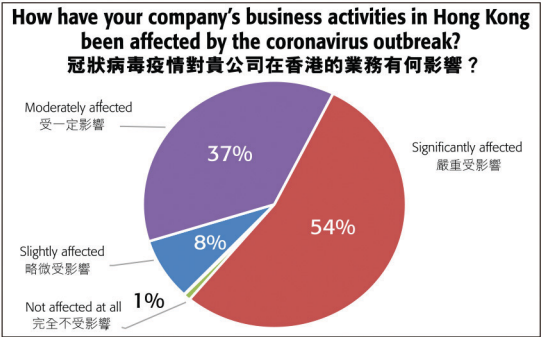
E-commerce and digital marketing experts would be invited to provide training on various E-distribution channels and marketing techniques, which would serve a foundation for participants to properly identify their customer base, satisfy their consumer needs by going digital with aim to explore more business opportunities and gains.

Figure 2 圖二



(Source from Hong Kong Census and Statistics Department, February 2020)

Figure 1 圖一



("Survey Shows Impact of Outbreak" conducted by HKGCC, March 2020)



If there's one thing I've learned in life,
it's the power of using your voice.

MICHELLE OBAMA

WE PLAN YOU PACK JCI MANILA SISTER CHAPTER VISIT CUM INAUGURATION CEREMONY

10 members attended the Inaugural Ceremony of our dearest Sister Chapter - JCI Manila this year! During our stay, we were invited to attend the Joint Planning Session with other Sister Chapters of JCI Manila, where we got the opportunity to learn more about the directions, plans and projects of JCI Manila and their Sister Chapters. It provided us with an overwhelming flow of ideas and we were so impressed by their Board structure, project variation and scale. Their dedication in serving the community has empowered them to create sustainable positive impact!

On the second night, we witnessed the successful inauguration of the JCI Manila 2020 Board of Directors together with over 200 guests. We were deeply inspired and touched by the Valedictory Speech by Immediate Past President Luis

Angelo Sevilla and the hard work by his 2019 Board of Directors. The Maiden Speech by President John Bautista also marked the new milestone of JCI Manila, with full support from his Board of Directors and family members.

Last but not least, a big thank you to the coordination by Director (International Affairs) Helen Yau, a generous donation of surgical masks were received from our dearest JCI Manila brothers, which were later donated to around 40 of our members in need. Thank you our dear brothers for extending your helping hand during the serious shortage of surgical masks in Hong Kong.

Looking forward to experiencing more together with our JCI Manila brothers this year!

#RiseTogether #UnitetoEmpower





WE PLAN YOU PACK JCI ENTREPRENEUR METROPOLITAN FRIENDSHIP PACT VISIT CUM INAUGURATION CEREMONY

We flew to Penang, Malaysia with six of our members to attend the Inaugural Ceremony of JCI Entrepreneur Metropolitan ("JCI E-Metro"). A big thank you to brothers and sisters from JCI E-Metro for the great hospitality, we all had a good time in Penang and indeed our friendship was strengthened through an interactive dialogue session where we exchanged background information, good practices in Chapter and project management, views on social issues and sharing of personal journeys.


A big congratulations to JCI E-Metro for a successful 2020 Entrepreneur Round

Table cum Installation Awards Ceremony, where we witnessed the inauguration of President Eugene Khaw together with his 2020 Board of Directors.

A dialogue session was held later that day where JCI E-Metro, JCI Tanjung Aru and JCI Hong Kong Jayceettes had a heart to heart talk on various Chapter affairs and exchanged ideas, where we got to know each other on a deeper level.

We look forward to more memorable experiences together and of course, more upcoming collaboration opportunities!





Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late. You don't have to like it... it's just easier if you do.

BYRON KATIE

CARE & DARE 2020: PERIOD LOVE

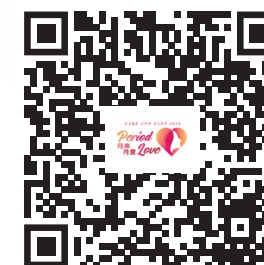
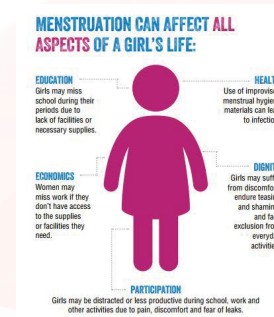
Contributor: Vice President Agnes Mak

We proudly present a brand new flagship project this year - Care & Dare 2020: Period Love, which aspires to educate and raise awareness on the physical, psychological and workplace challenges that women are currently facing during their monthly menstruation cycle. The ultimate aim is to call for support from the government, business sectors as well as small & medium enterprises in the possible implementation of paid menstrual leave in Hong Kong.

While the unbearable pain experienced by some women is likely to go unnoticed every month, menstrual leave is currently

in practice for countries like Taiwan, North Korea, Japan and Indonesia. Taking Japan as an example, menstrual leave has undergone legislative process after World War II in early 20th century. The Japanese law allows women undergoing difficult menstruation to be allowed to take leave. If we also look at women in Taiwan, they are also entitled to 3 days of menstrual leave per year.

As menstrual leave is a relatively new concept in Hong Kong, we will take progressive measures in raising awareness and obtaining support on this issue. To start off with, we will launch a survey for both male and



female employees and employers to learn about their views and thoughts on possible provision of menstrual leave in Hong Kong. In addition, an online campaign would be launched to call for action on signing an online pledge, which would be submitted to relevant government authorities. Moreover, we shall also take this opportunity to educate local women on ways to properly take care of themselves during different stages of their monthly menstrual cycle to minimize potential pain experienced.

Let us learn more about your thoughts by completing the survey below!





Love recognizes no barriers.

MAYA ANGELOU

CHAIRLADY'S DIARY

Contributor: 2020 Presidential Advisor Rosanna Wong

What is JCI to me?

It is a platform that allows people to pursue your dream, challenge yourself and eventually be a leader. It will provide you with opportunities, resources and guidance to fulfil your vision and achieve self-empowerment, ONLY IF you take a bold step.

I am grateful for all the learning opportunities I gained since I first joined JCI Hong Kong Jayceettes in 2012. It all started from being an Organizing Committee member to execute a

project, to a Project Chairman leading a team, to a Vice President supervising an assigned area, to a President running the chapter and later, taking an advisory role to continue contributing to the chapter. Each step is equally valuable to empower myself.

Life always surprises you when you think this is the end of the journey.

In October 2019, I was with great honor invited to become the Chairlady of JCI Hong Kong 2020 Inaugural Ceremony. I had deep thoughts on whether I should

take up this challenge and I finally decided to take this bold step - my first time participating in a National Project with a team of 26 teammates from different Chapters.

It was also my fourth time to be a Project Chairman in my JC career. I learned about the essence of "Crisis Management" from Care & Dare 2013: We Love Runway, I learnt about the importance of "Team Spirit" from 2015 JCI Hong Kong Jayceettes 46th Anniversary Banquet - A Musical Night

Dream and I learned about the efficient process of "Goal Setting" from 2017 Fundraising Fellowship Gathering. All those experiences equipped myself to become a Chairlady today.

With the team's dedicated effort, the Inaugural Ceremony was successfully held in the Hong Kong Jockey Club Amphitheatre at The Hong Kong Academy for Performing Arts on 4 January 2020, highlighted by the installations of National President Senator Maric Cheng, all National

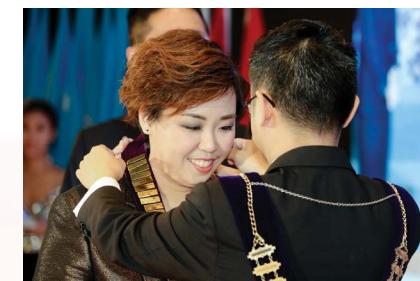




Officers, Chapter Presidents and their respective Board of Directors and the souvenir exchange with overseas chief delegates and the presentation of senatorship.

We were honored to have over 600 guests attending the event including the presence of Guests of Honor, The Under Secretary for Commerce and Economic Development Dr Bernard Chan Pak Li, JP and JCI World President Itai Manyere, JCI Vice President Seongjae Glen Kim and distinguished guests and friends. We had 46 Jayceettes

members witnessing the installation of President Krystle Fong and her fellow board members resulting in the highest numbers participating among all chapters. I would also like to thank our members Jean Yip, Kelly Lo, Marcella Ho to be part of the Organizing Committee; Honorary Secretary Wanda Tang to be the Chapter Ambassador; Cherry Lok, Cyndi Ip, Joee Au-Yeung, Rain Ho, Rebecca Seto, Shanice Lai and Tegriscio Chow to be the on-the-day helpers as well as Yuki Wong who was one of the Masters of Ceremony.



During the 4-month preparation, I engaged the team to inject innovation in many ways to make things special and unforgettable for all the participants; from program planning, pre-event promotion, visual effects to venue decoration etc. The whole team has devoted more than 100% of their effort and time to make this event memorable enough to kick-start JCI Hong Kong's 70th Anniversary while echoing and exemplifying the essence of the 2020 slogan, "Lead, Connect, Achieve".

My favorite quote is from Jack Welch; CEO of General Electrics, he said,

"Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others." JCI empowered me not to only become a better leader, but I may also have empowered people around me to become better versions of themselves.

I am glad that the event proved to be a great opportunity to nurture leaders from various chapters and make JCI a wonderful platform to connect elite leaders in JCI Hong Kong's 70th Anniversary.



There is no charm equal to tenderness of heart.

JANE AUSTEN

WE UNITED. OUR CARE AND SUPPORT TO MEMBERS AND THE NEEDY!

Contributor: Past President Senator Phyllis Chan

During this difficult time, some of our projects including the SMC new year gathering, had to be canceled or postponed to a later time of the year. Our sincere appreciation goes to many senior members, including SMC Chairman Catherine, who joined together on a few special occasions to support the project 'Care & Dare 2020: Combatting Coronavirus'.

In the last two months, our senior members helped to distribute surgical masks to our members and packed epidemic kits to be distributed to the elderly in need. We were very thankful that some of the senior members among others received surgical masks donated by our sister-chapter JCI Manila due to the shortage of mask. I was there too. No worries, we wear masks at each occasion!!

Hope we can meet more members face to face very soon.



GOLDEN STORIES UNTOLD

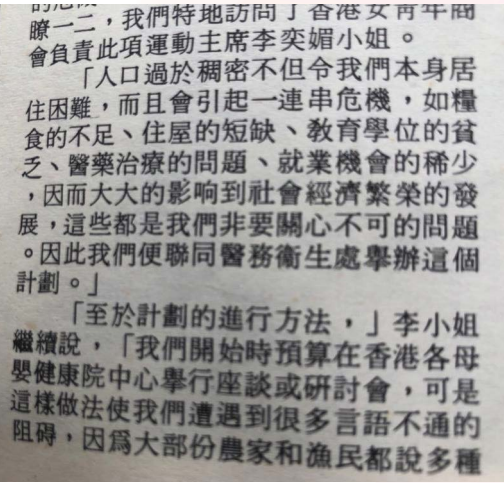
Contributor: Past President Senator Evanda Li

一個嬌
二個妙
三個吃不消
四個斷擔挑

The above slogans have been imprinted in my mind for years and will for sure remain vividly forever!

I came across JCI Hong Kong in 1973 when I was a volunteer junior member with a charity association. Attracted by the JC motto of 'leadership through community service', I enrolled in JCI Hong Kong Jayceettes, the only women-dedicated chapter at that time.

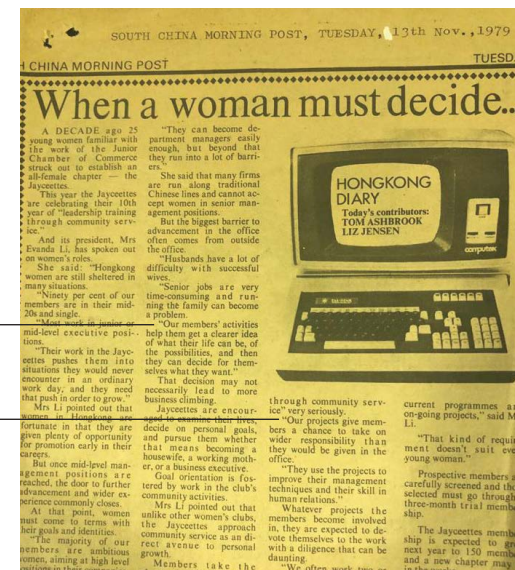
United Nations named 1974 as the World Population Year, which gave us a stark warning on the threat of population explosion amidst the prevailing worldwide economic downturn due to the energy crisis. In response to this worldwide appeal, then the Jayceettes felt an urge to alert HongKongers across all social hierarchies as local mentality was conservative and lip-tight on birth control!





I was so fortunate to be entrusted with the project in working with many respected members.

Instead of the typical methodology of conducting seminars in district communities, our project organizing committee brainstormed more appealing approaches. On 28-29 September, 1974, our Earth Population Awareness Program theme truck toured around Hong Kong with lively broadcast of the slogan. Pamphlets and souvenirs were distributed. This project attracted mass media coverage for months and our slogan was widespread among local citizens. All committee members shared joy and satisfaction after overcoming many hurdles.



"Our members' activities help them get a clearer idea of what their life can be, of the possibilities, and then they can decide for themselves what they want." That decision may not necessarily lead to more business climbing. Jayceettes are encouraged to examine their lives, decide on personal goals, and pursue them whether that means becoming a housewife, a working mother, or a business executive.

"Our projects give members a chance to take on wider responsibility than they would be given in the office." They use the projects to improve their management techniques and their skill in human relations.

九個香港女人 主辦本港最大國際會議

I continued my path with JCI Hong Kong Jayceettes as President in 1979. Another significant and memorable event awaited! JCI Hong Kong hosted the JCI Asia Conference and JCI Hong Kong Jayceettes was the organizer. Massive media coverage combined with more than 1,600 delegates, it was the biggest international conference held in Hong Kong history! Led by our Hon Life President Senator Jennifer as conference Chairman, key Sub-committee leaders were filled with past

presidents. All members were mobilized in different functions. Many of us had no prior experience in event management at all! Nonetheless, with our unfailing dedication, cooperative spirit, mutual accommodation and hard work, our chapter added on another historic memorable milestone while members were highly motivated and satisfied with the success. Most of all, enrichment in a broader set of experiences would certainly be contributive to their career/business development.



Message to Jayceettes

LET US TIP THE SCALE TOWARDS GLOBAL GENDER EQUALITY

I really feel extraordinarily blessed that I had joined Jayceettes. I treasure the rare chance in learning freely without the worry of committing mistakes holding me back, a precious privilege not offered in the office scene!

The organization or participation in various projects, both local or overseas,

has opened my eyes far and wide into new horizons of various cultures. Most significantly, I picked up the skill of relationship leadership in management, a terminology not yet born in 1970s/80s! It is the art of motivation by recognition, seeking the delicate balance of matching wants and needs in team building coupled with efficient communication skill to accomplish a mutual goal, be it personal or business. It had helped me in green-field start-up

along my corporate career path amidst a multi-cultural landscape.

Nowadays, being fortunate to have both corporate career and entrepreneurship opportunities, I am even more convinced that practising the art of relationship leadership via Jayceettes activities will bring us success in achieving goals.

"This decade of 2020 will be the year of #GenerationEquality, where women will be afforded the same pay, rights

and benefits globally" as quoted by The Honourable Mr. António Guterres, Secretary-General of the United Nations. On this momental year which is both the turn of a new decade and the start of a new zodiac cycle, hereby I wish the 2020 Board and all Jayceettes members another fruitful decade ahead with the JC spirit.

Let us all continue to work closely together to make #GenerationEquality a sustainable reality!





The heart has its reasons of which reason knows nothing.

BLAISE PASCAL

FUN FACTS OF WOMEN

Contributor: Officer Brenda Kan

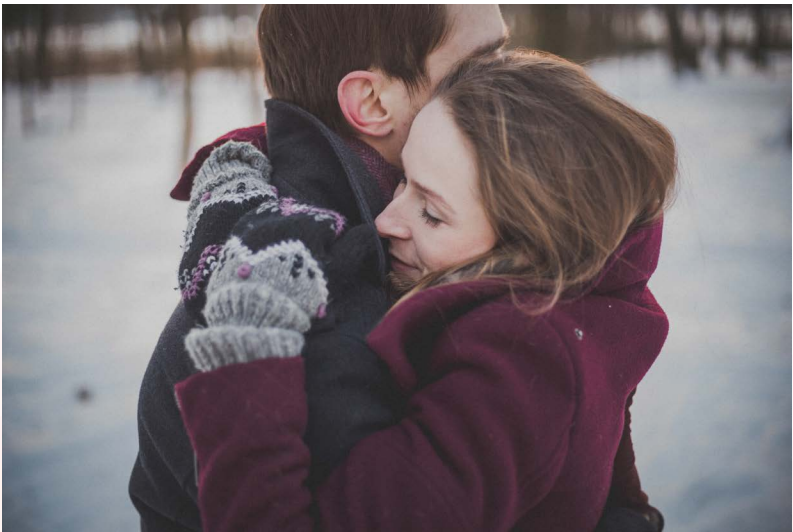
Let's start off with the word "Women"
Do you know where the word came from? It came from a Middle English word "wifman", which means "wife of the man".

Compared with the man, women speak about 20,000 words a day, which is 13,000 more than the man. Enjoy ladies' night, keep chatting!

How many handbags have you got? According to a research, on average, a 30-year-old woman owns 21 handbags and buys a new one every three months. That is around 111 handbags over the course of a lifetime.

Everyone needs love. A hug is a universal gesture to all mankind, building the relationships and trust through this primary body language. It is unbelievable that a woman will trust somebody who hugs her for at least 15 seconds more easily!

Many of us concern on our outlook! A recent study by Matalan found that women spent an average of 15 minutes every morning deciding on what to wear. It would even increase to 20 minutes and 52 minutes if it came to our holiday wardrobe... The study also discovered that women would try on two outfits each morning before arriving a final decision! So, a big wardrobe is what we dream of...



THE ORGANIZED MIND: THINKING STRAIGHT IN THE AGE OF INFORMATION OVERLOAD - DANIEL LEVITIN

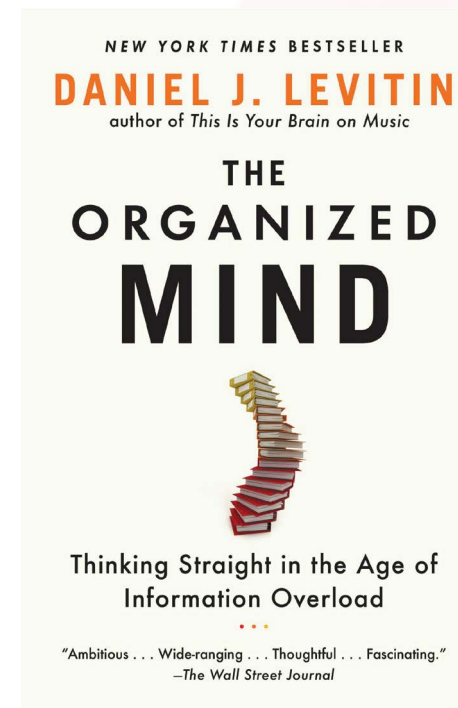
Contributor: Director Heidi Wong

After reading "Thinking Fast and Slow", I become a fan of psychology books and so I picked up this book from the bookshelf. The author, Daniel Levitin is the student of another famous psychologist Amos Tversky, a name that was constantly mentioned in "Thinking Fast and Slow".

I was born to be absent-minded and this "quality" has been "magnified" in this era of information overload. This book provides insights on how to organize time, our social and business world, our lives and how to make decisions.

Here I give some tips offered in this book:

1. Treat your brain nicely! Offloading memories is the golden rule of memorizing more – all you need is 3" X 5" memos!
2. Help yourself! Keep away from distractions so that you can focus.
3. Can't find your keys AGAIN? Find a designated place which makes sense to you, i.e., near the door.
4. Practice daily meditation so that your brain can drift off every day, allowing it to rest.
5. Learn about probabilities, to make your life much easier when assessing information and making decisions.



As a sidenote, I enjoyed reading bit by bit on how the author shared his views on how our psychological state could mistake us in our medical examinations. As a person who studied History previously, I am overwhelmed to see how historical cases were referenced to illustrate the author's ideas. You will love the book if you want a beginner's guide of psychology and history.

If you think the above tips are not enough, you are highly recommended to read this book!

29+1

Contributor: Vice President Cherie Wong

30, is an age full of blessing and curse, especially to women. 29 to 30 is like a transitional tunnel, women face an increasing number of options in life - career, relationships and maybe even their perception of the world.

For those of you who are familiar with Astrology, you might have heard about the Saturn Return. The Saturn Return is when planet Saturn returns to your natal Saturn (i.e. the position of planet Saturn when you were born), this process usually takes 29.5 years. Saturn is the life teacher who gives lessons to those who are learning on planet Earth. It is widely believed that, life becomes challenging when one turns from 29 to 30, which symbolizes the entering of real adulthood.



The movie 29+1 is a deep woman to woman conversation.

Directed by Hong Kong famous cross media creator Kearen Pang, the film reflects the struggles of two women who are turning 30.

The film stars Chrissie Chau and Joyce Cheng follows two women who share the same birthday but different beliefs and lifestyle, are at life's crossroads with choices.

One is the very "typical" Hong Kong girl, who is building her career, having a very stable boyfriend and until all the "norms" in her life suddenly shifted with the passing away of her father, breaking up with her boyfriend and quitting of her job.

The other girl is the "loser" type of girl, who had no money, a less promising career, not in a relationship, but, full of dreams.

The movie provokes women to take a moment to reflect on themselves. The plot may be a bit exaggerated, but the life struggle and confusion are universal. Women have to make choices, which may be cruel, but also the reality. Sometimes, women may also shed tears over making a life changing decision. When facing major life changes, below are some questions for you to think about:

1. What is the most important value to you?
2. What is your ideal life?
3. Who do you treasure the most?
4. What makes you happy?
5. Do you have any dreams that need some courage to make it come true?

Do remember, you are not alone

P.S Go check out the movie's themed song- fake a smile. A good song for a lazy afternoon.

花

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GRAPHIC
DESIGNER
FLORIST



Instagram: cooloolleather
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We shall use your personal data for issuing receipts, fostering communications, raising funds and conducting surveys for the JCI Hong Kong Jayceettes. We may furnish your data on a strictly confidential basis to JCI and its affiliated organization who provide service to us in relation thereto.

Please mail the completed form to JCI Hong Kong Jayceettes at 21/F, Seaview Commercial Building, 21-24 Connaught Road West, Sheung Wan or email us at info@hkjtt.org

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