

ATTITUDES TOWARDS MENTAL ILLNESS AND MENTAL WELL-BEING

SO WA WAI – AN ORDINARY LIFE WITH AN ORDINARY HEART

2005 AWARDEE OF JCI TEN OUTSTANDING YOUNG PERSONS OF HONG KONG

BEYOND BREAKTHROUGH:

STORY OF HONG KONG'S TOP MIDDLE DISTANCE RUNNER MR CHAN KA-HO

CONNECTING WITH PROF. ABELARDO APOLLO I. DAVID, JR.,

2016 AWARDEE OF JCI TEN OUTSTANDING YOUNG PERSONS OF THE WORLD

HARBOUR LIGHTS

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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.

青商信條

我們深信...

篤信真理可使人類的生命具有意義和目的;

人類的親愛精神沒有疆域的限制;

經濟上的公平應由自由的人通過自由企業的途徑獲得之;

健全的組織應建立在法治的精神上;

人格是世界上最寶貴的寶藏;

服務人群是人生最崇高的工作。

JCI MISSION

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

青商使命

提供發展機會以促進青年人創造積極正面的改變

JCI VISION

To be the leading global network of young active citizens.

青商願景

成為全球具領導性的青年積極公民網絡



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EDITORS' MESSAGES

There is a saying "early bird catches the worm". From time to time, incredible leaders shared their habit of waking up with the sun which allows them to get a head start of the day. They spent their "extra" hours with less distractions and fresh energy by doing some creative thinking, fitting in a workout, staying with their family members. More importantly, they put fitness – both mental wellness and physical health, a priority.

In a fast-moving city like Hong Kong, stress and anxiety are common for people who live. Even as young as children or teenagers, they have so many things to worry about, such as schoolwork, pressure from parents, and the future etc. When young people entered workforce, they are not exactly relaxed. More and more people are experiencing overworked, feeling under-appreciated, getting loss of energy and loss of interest in daily life, having sleeping problems etc. Knowing how to stay psychologically health and deal with daily stress can help us to enjoy life and maintain good relationships. If we find someone who is having stress and anxiety currently, we can show our love and care by listening empathetically and walking together with them.

Many people in Hong Kong adopt an inactive lifestyle. People often said that they simply don't have time to exercise. Indeed, physical activity doesn't need to take long hours so as to be beneficial. As young active citizens, let's try doing 30 minutes of physical activity of moderate intensity a day on at least 5 days a week. This is good enough to provide health benefits and reduce the risk of certain chronic diseases. It also reduces stress, depression and anxiety and promotes psychological well-being.

Every person deserves to enjoy good health and access to quality healthcare. May we all join hands to build a more healthy community, and promote healthy and active lifestyle together.



MESSAGE FROM
NATIONAL PRESIDENT
TERESA POON



Dear Readers of “Harbour Lights”,

WHY WE RUN?

Members know I love running around the park. They are curious what makes National President wake up so early and run every single morning.

Everybody can run. All it requires is a pair of trainers and the open road. But where does that road lead, and why do we run at all? In JCI world, we run for the purpose of becoming a better leader, a better me.

Pounding the pavements under the sun, inhaling fresh air and exhaling all the negative thoughts, running makes my physical body stronger and my mind clearer. We're our own worst enemies, and running gives you power to fight against it.

In August, I attended JCI Global Partnership Summit in New York, where we learnt how to create sustainable development for a peaceful future and mobilize others to take collaborative, unified action. Together, the Sustainable Development Goals (SDGs) are the building blocks to peace in which will end poverty, fight inequality and injustice and combat climate change. They represent the needs of millions of people worldwide.

There are many reasons for us to run, or to do something which seems to be challenging for ourselves. In JCI, we don't see those challenges as obstacles; instead, we see them as opportunities. By 2030, all JCI members commit to:

ACTION 1: ENGAGE YOUNG PEOPLE

Engaging young people to become active citizens and encourage them to identify their community's greatest needs and take responsibility of developing both grassroots actions and solutions

ACTION 2: PROMOTE THE SDGS

Motivating active citizens to join the global movement to promote, take action and advocate for the SDGs while engaging all sectors of society

ACTION 3: TAKE ACTION

Taking action in our communities around the world by developing new or reevaluating current activities to ensure they are aligned to the SDGs while engaging all sectors of society

ACTION 4: SHARE IMPACT

Sharing and expanding our unified global voice to intensify positive change created at the grassroots level through media and other relevant platforms

ACTION 5: LEAD BY EXAMPLE

Leading positive change by implementing the SDGs in all of our actions to contribute to global sustainable development and a peaceful future
We are the generation that can drive the advancement of global development, ensure equality and foster peace in our community. If you also find this the intrinsic value of running, please join us and let's do it together!

We welcome you, runners to join our JCI family!

Teresa Poon
National President
JCI Hong Kong





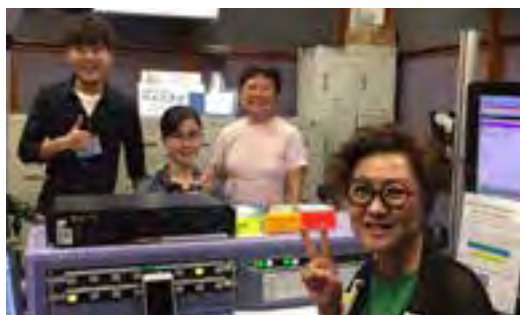
WORLD CONCERN DEVELOPMENT

NOTHING BUT NETS 2017 SEND A NET · SAVE A LIFE!

The kick-off ceremony was successfully held on 17 Jun, 2017 at Fortune Metropolis Hung Hom. JCI Hong Kong has continuously supported this charity campaign for five years. We have committed to raise public awareness and funds to purchase, transport and distribute mosquito nets in Africa to families as well as to educate communities on the proper use of nets for best protection. We are happy to witness the progress on how the campaign can help to save the life. In collaboration with UN foundation and other global partners, the malaria mortality rate in young children fell by estimated 35% between 2010-2015. Hosted by JCI Lantau, it is the first time to hold the kick-off ceremony at shopping mall. It provided a chance for gaining more public exposure through this platform. Organizing committee aimed to add more elements to the program in order to raise more public awareness in different ways

Highlight 1: First theme song for JCIHK “Nothing but Net”

Grateful that Mark Tai who is a singer and song writer, champion of “The 25th Song Writers Quest”, tailor-made the song “給我” for this campaign voluntarily. It used the first person perspective to express how the mosquito nets help the African children to get rid of being suffered from Malaria. The meaningful lyrics and touching rhythm encouraged audiences to show their empathic support to the children who are suffering.



LIVE BROADCAST IN RTHK WITH MARK TAI AND CHAIRLADY FOR PROMOTION PRIOR TO KICK-OFF CEREMONY



AFRICAN MUSICAL PERFORMANCE LEADED BY AFRICAN PERFORMER WITH LOCAL STUDENTS

Extract of lyrics:

“置身在這地 微雨侵蝕我不羈
為了更好的將來
誰願伸手施予一點 盼望
劫災瘡遍行 能靠一綴網解困
讓我每一天清晨 遙望天邊星宿指引
唯求燃亮這生
Send a net and Save the children
給我去護航 熒火般漆黑發光
Send a net and Save the children
憑一張網伴我 涼風一般的送給我”



Highlight 2: First virtual reality (VR) documentary “Under the Net”

UN foundation released a new film this year which features an 11-year-old African girl. She was struggling to survive each day with her family due to Malaria. The viewer can experience her situation through her eyes/angle in this film. Under the support by JCI Lantau President Kevin Lee, the film had dubbed into Cantonese version and prepared an experiencing corner with the tools provided during kick-off ceremony. It successfully attracted many people, especially kids to the corner. It helps to achieve our aim of penetrating the message “Send a net, save the life” to different age groups.

The kick-off ceremony was not only supported by JCI members, it also attracted many passers-by to witness and support the events. As per the opening speech of National President Teresa Poon, “In 2015,



there were an estimated 292,000 malaria deaths occurred in children aged under 5 in Africa. If it occurred in Hong Kong, we must not allow this to happen! Let's take action together! Send a net, save a life!”.

Last but not least, special thanks to Pacific Coffee sponsored 2000pcs of coffee vouchers, free refreshments for kick-off ceremony and set up the donation boxes at all coffee shops in June. We have raised HKD29,537 through the donation boxes. Also, thanks to JC Foundation for HKD20,000 sponsorship to support this project. Finally, would like to express our heartfelt thanks to all generous donors!

DONORS RECOGNITION LIST:

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Young Siu Jin, Jane	\$2000
Tsui Sau Ying, Billie	\$1100
Leung Ka Lo, Caroline	\$1100

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ATTITUDES TOWARDS MENTAL ILLNESS AND MENTAL WELL-BEING

***INTERVIEW WITH DR WILLIAM LO TAK LAM,
CHAIRMAN OF THE MENTAL HEALTH
ASSOCIATION OF HONG KONG.***

Dr William Lo Tak-lam, Chairman of the Mental Health Association of Hong Kong, is a psychiatrist by background. Dr Lo is also the Hospital Chief Executive of Kwai Chung Hospital (KCH). He is instrumental in the development of the Clinical Service Plan of KCH which helps facilitate the planned modernization of HA psychiatric services. Dr Lo successfully implemented a series of corporate and local initiatives to enhance psychiatric support to cluster general hospitals, discharged mental patients and psychiatric outpatients. He is innovative in launching public mental health education activities such as the KCH Drama Group, Mental Health First Aid training and Open Art Competitions on Mental Health and Mental Wellness to combat the stigma of psychiatric patients. Dr Lo currently also serves as Associate Director of the Hong Kong Jockey Club Centre for Suicide Research and Prevention of the University of Hong Kong, and Board Director of the Haven of Hope Christian Services.

We can narrow down the concept of mental health into two main categories. One is mental illness, among which we have very precise definitions. Another one is mental well-being. Hong Kong, as a metropolitan city with developed economy, actually join the rank of mental health problems of developed economies in the world. First of all, we are facing a heavy burden of chronic mental illness (those who are mentally ill bring significant burden to the society). And secondly, we are talking about all sort of mental disorders, which are common these days.



Here we have factors of nature and factors of the environment. So it is kind of gene-environment interaction that brings out mental illness. Gene element means that number of severe mental illness actually are passed on in families. And the vulnerability won't come up until person faces particular level of stress. That may trigger first episode and if not properly cared it may go on to second, third and

fourth episodes. So in other words, it is interplay between genes and environment that brings on that sort of mental health problem.

It is difficult to recognize mental illness because of such abstract presentation. Unlike physical illness, say you have a chest pain you can investigate whether there might be a heart problem, mental illness is basically disorder concerning about thinking, emotions and behaviours. Sometimes it may take a long time before individual will seek help and receive a proper care. That brings us to another challenge that we need to improve mental health literacy in the community. So people could get accessed to professional help more readily.

Q. How can we recognize those signs of becoming mentally ill early enough, before it is too late (like hearing voices or behaving strangely in response to them)?

When people hear voices - that's already extreme and that stage people would be recognized easily. But before that we do have warning signs that can actually bring patient to seek help at early stage. It can be done by patient himself or by professional. As we try to improve our service by early detection and early intervention, we would do more mental health promotion, increase community awareness about problems it may lead to. Another way is to bring awareness of problems, so the individual could seek help himself. So once people start experience problems with their emotions, they should be accessible to different level of care that is available in the society.

The Mental Health Association of Hong Kong would distribute questionnaire to the community and the scoring of the questionnaire would alert the patient who are on the verge of experiencing symptoms to seek health. Similarly for elderly person, we start to organize some community programs. For example, by using questionnaire, we aim to identify people who start experiencing dementia.



Q. What about children and youth who have committed suicide? Can it be related to mental health issues?

For people, who were successful in committing suicide, I think it's true to say that around 80-90% of them would have significant psychiatric conditions. So one aspect is we need to increase service access to patients who express suicidal wish. Another thing is about the overall trend. We have been experiencing decreasing trend of suicides since Asian Financial Crisis, because of improving general economic environment and service offering. The recent clustering of student suicides is very high profile and sensational case and for young suicides, our perception is that one is too much. We have collaboration among the Hospital Authority, Education Bureau, school social workers, school educational psychologists. We also have program called Student Mental Health Support Scheme, which aims to help students

with mental health problems and have synergy of different professionals to provide comprehensive support. This also enhances awareness to detect vulnerable and students-at-risk.

Q. What would be the top-three things to do in order to maintain good mental health and well-being?

The Mental Health Association of Hong Kong just recently celebrated sixtieth anniversary and organized symposium with the theme "Depression is preventable". We got evidence on how to keep people well mentally. And there are few areas that worth considering.

First of all, **staying with relaxed mind.** This needs to be acquired by person who is mindful about her mental health. Relaxation comes within different modalities. Some people would find satisfaction and joy in art activities, say calligraphy. So that kind of habits or hobbies that people can develop to keep their mind calm.

Secondly, **exercise.** We have growing body of evidence that exercise is therapeutic to patients with depression. The exercise can be divided into two major groups - aerobic exercise and stretching or yoga-kind exercise, which are easy to do for patients of different physique level.

Thirdly, **live with grateful life.** So to live with gratitude versus to live with competition, stress would be something quite difficult. It is rather a choice of individual that he would rather appreciate others more instead of measure oneself up to others. Competing mode versus mode of gratitude. This is a mindset change and matter of personal choice.



Q. What is the flagship project of the Mental Health Association of Hong Kong and the results of it?

The Association started as a study group of professionals related to mental health services. We do devote quite a big amount of efforts to public mental health education. We focus on keeping general public up-to-date on knowledge related to mental health via symposiums, public talks, and recently, we do fight-depression campaigns. We do projects to arouse community awareness of mental health. Our renewed vision is Mental Health for All. We also collaborate with businesses, such as MIND-SET - the Jardine Matheson Group's philanthropic initiative in Hong Kong, and do project to provide counseling service to disadvantaged groups.

Q. How could other individuals and organizations support and help you to achieve the Association's mission?

We would like to enhance community

support to those who experience mental health problems. Community support has many domains, such as counselling opportunities, job opportunities for people who recovered from mental issues, focused support for age-groups. For example, for patients who suffer dementia, as kind of challenge they face is different from patients who experience severe mental illness.

Another area is how we embrace technology to do mental health promotion better and public education better. For example, collaborating with IT companies that can develop apps to deliver education and hopefully prevention of mental illness to people who would use it. We are open to collaboration with others.

Q. Why and how did you choose career path of psychiatry?

When I was choosing specialization, something what attracts me in psychiatry field is to provide

whole person care. This sort of comprehensiveness, when we look at the patient not only from the physical aspect, but also psychological and even social aspects. I don't like a mechanistic view on the patient - when you see the patient as a heart, or as a bone or as a kidney. Get patients really recover and provide holistic care - that something I found appealing to what I like and think this area for me as the most suitable to acquire knowledge and skills.

Q. Any personal motto or quote that inspires you in your daily life or challenging situations?

As calligraphy on my wall states 海納百川 — all rivers run into sea. The sea can hold the water from thousands of rivers, it's big because of its capacity. A person is great when he can be tolerant and forgiving to many other people. It is only through acceptance you become great.

SO WA WAI

AN ORDINARY LIFE WITH AN ORDINARY HEART

**2005 AWARDEE OF
JCI TEN OUTSTANDING
YOUNG PERSONS
OF HONG KONG**



So Wa Wai, a familiar name for many Hong Kong people, is now a retired athlete after a 21-year career in running. Nicknamed “magic kid”, So has participated in 5 Paralympics and garnered 12 Paralympic medals, including six gold, three silver and three bronze.



So has always had passion for running regardless he has cerebral palsy. Even his hearing and the balance of his limbs are affected by jaundice, but So never sees any obstacles to stop him from running. His parents have always supported him for what he likes to do. At the age of 10, his enthusiasm for running was noticed by Coach Poon Kin Lui, who has become his life time friend and employer. Coach Poon started from the basics and focused on the basics. "From repeating the basic techniques, I have found myself and learned where to improve my skills in running." So recalls.

Teamwork is the key to success for relay. Each teammate has his own personalities and characters, So learned how to communicate, work, and cope with people. As a new member in the team, mostly So was on his own, later on he realized relay is about teamwork. So could not do some of the drills and the teammates did not communicate much with him. Observing others, he discovered others' needs and provided his support to them. So managed to resolve the conflicts between teammates and lead them to work together.

Success comes at a price. So won his first Paralympic medal as part of the men's 4x100 m relay team at the 1996 games in Atlanta. Since then, he has won numerous medals in different events. So still holds the record for zoom race men's T36 classification. In the 21 years on the track life, he realized winning races is not the top priority, but determination and 'do my best' are the keys to success. So adds "success is not by luck, but it is all about how hard you have tried."

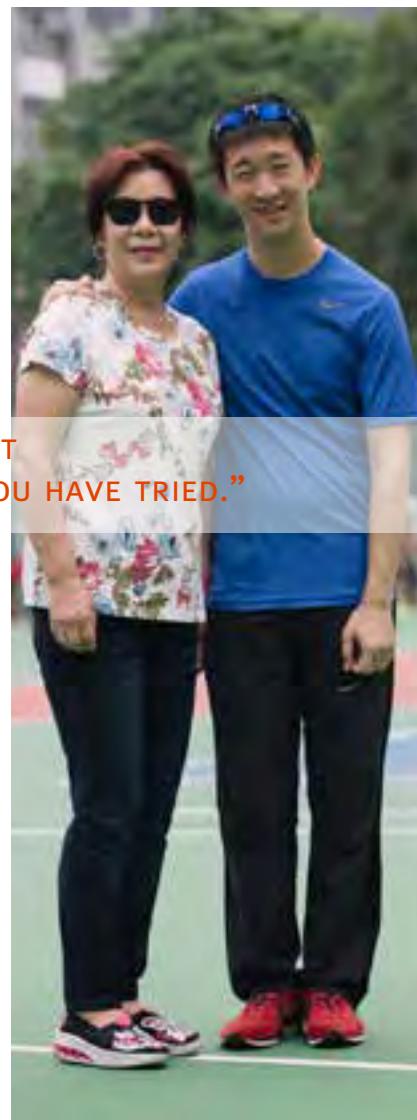
"SUCCESS IS NOT BY LUCK, BUT IT IS ALL ABOUT HOW HARD YOU HAVE TRIED."

Perseverance keeps So going. With the hearing and limbs issues, running is never easy for So. He thought of giving it up, however running is what he loves the most. He stayed in running for two decades. So faced the most pressure in the Beijing Olympic Games as it was a home game so he wanted to perform the best. He still set the world record for the zoom race.



So once said in other interview, "Nothing stops me from running except injuries." With unbearable back pain, So has retired from running since last year. So has found his new role in supporting running. He continues his passion as working for the Hong Kong Paralympic Committee and Sports Association for the Physically Disabled.

So encourages JCI members have to be positive and care about the society. "We have to keep a calm mind and healthy body by doing more exercise. Young people have to build perseverance.





BEYOND BREAKTHROUGH: STORY OF HONG KONG'S TOP MIDDLE DISTANCE RUNNER MR CHAN KA-HO

Q. You have impressive running profile - set up five Hong Kong running records before and still the record holder of the Hong Kong men's 3 km steeplechase run. When did you start running and why?

Actually as a child, I did not have much endurance for running. Since secondary school, I like playing football, so I've got used to running a lot. And during my junior high school times, I started running and my result was very good. That's how I started my running career.

I like challenging myself, setting a target and achieving it. I like playing games and gaining through the races. The saying "no pain, no gain" is my path of running life. When I train hard and results are very good, I do not stop, but I always aim for higher results. Also, I want to represent Hong Kong at international sport events and competitions. And my goal is to break Hong Kong record and set a new benchmark for running.

Q. How do you train yourself?

I run every day - today 10 km, tomorrow 8 km, the day after tomorrow 12 km or 14 km. Running training is similar to nutrition. Nutrition includes carbohydrate, protein, fat and fiber. Running nutrition is endurance, speed, fitness, flexibility, tempo. We need to include three-to-four running methods to ensure the training is balanced and can bring good results.

Part of the training is related to mental training

and sports psychology, for example, a self-talk and keeping in mind the step-by-step approach. When my first step is successful, I will proceed to another step with higher target. That is my nature – I always take reasonably practical steps in training. Like many youngsters, when I was a secondary student, my focus is striving to win. When I grew up, my target changed to self-actualization. I want to do and achieve my personal best, represent Hong Kong and persist in running.

I learned a lot of running skills, physically and mentally, from my coach. I enjoyed joining exchange running program every year. We went to different places, for example, Yunnan, Taiwan and the USA for training.

Q. Often athletes would experience difficult times and have injuries. I know you had an injury before and now you are back to running. How did you deal with it?

In 2013, I was at the peak of my performance and I participated in one competition. I was leading, but suddenly I got a leg pain. Despite that the pain was very intense, I still wanted to continue the race. But once finished, I found that my injury was quite serious and I stopped running for next three years. That wasn't an easy time. I love running, but I could not do it much. But I could cycle, which I did up to the mountain. Also my wife decided to change her career and become full time athlete. She

joined the Hong Kong's Olympic running team and participated in competitions. She always inspired and supported me. Fortunately, my condition got better and better, so I could return to the regular running. Last year, I joined Gold Coast Marathon in Australia and finished 10 km under 31 min 34 seconds. This is my best personal record. Now I have recovered completely and could aim for new targets.

Q. What is your self-talk when you run and it is hard?

When I set a target, I aim to achieve it. My slogan is "Never give up". Setting realistic target, having realistic expectations is very important for success. Once you train enough, you will get more experience - there is no miracle and I believe "the dots will be connected". I used to assess my ability correctly, but when it is hard during the race, for example, I would adjust the pace. The main objective is to achieve the goal and never give up.

Q. Would you think of Hong Kong people being in general sporty and health conscious?

There is a lot of evidence showing that running is good for your health. 150 min of running per week can dramatically improve your overall cardiovascular health and significantly lower a chance of getting stroke, diabetes and other health problems. So many people in Hong Kong like to join full marathon. However, they do not do it in a healthy way. Why? Because lack of preparation.

Q. In spite of having hectic work schedule, what would you recommend people to prepare for running a marathon? How to prepare correctly and do not damage health?

First of all, running shall be done step by step. First, you run 10 km, then half-marathon, then full marathon - increase your running capability gradually. In order to get ready for 10 km race, you need to run 30-40 km per week to get good result. If you run only once a week - still can finish, but probably result won't be as good. But that is a baseline - at least once a week for 3-4 months before you do your 10 km. Half-marathon requires around 6 months of dedicated training, and full marathon between 6 to 9 months. For full marathon runners, nutrition is important, additional consumption of carbohydrates, protein, vitamin C is recommended.





Q. How can we engage more people doing sports and running?

I think the initiation should go from person. I can't force people to do running if they do not want to. Running is more fun when you do it together with your friends or find running mate. You can also join a running club to meet more like-minded passionate people about running and join the community to meet friends. Running is one of the ways to keep healthy, but people can also do other sports - like basketball, dragon boat, etc - with team spirit, it would be very fun to do.

Q. How did you become a trainer?

It started 12-13 years ago, when I was a student, my coach was very busy, so he asked me to help and train other students - that's how I learned how to be a coach. Gradually I got position as an assistant coach, passed some exams and certifications and became full-time coach. Now, I can make living from being a coach and doing what I love. 5 years ago, I and my wife created a running club.



**Q. How is it like to be a trainer?
What is the most difficult part?**

Relationship is the biggest issue. Some students had a bit improvement, but they are unhappy with their results. They have high expectations, they want to achieve more. But you can't see the results from running training in very short period of the time. So I need to be a good counsellor and coach to motivate them to keep running. Sometimes conflicts emerge between students. So I need to handle conflicts to ensure they train themselves in a harmonious way. Sometimes I need to act like a father and take care of my students, especially girls - to remind them to get change after training, once they are on public transportation - wear jackets to prevent getting cold, remind them not to eat junk food and look after diet.

Q. What is your personal motto and goal?

"Just do it" - what do you want to achieve - just go for it! Running helps

to be positive, train your character and build good personality. I do not aim to get big business. I want to interact with locals, build in-depth collaboration with young people and help them to improve and realize their potential in sport.

Q. What's your experience as Hong Chi Care Ambassador?

Back in my school times, I was playing football. Many of my classmates and friends were bad guys. Becoming a runner had dramatic positive effect on my life, as it helped me to develop good habits. Some of my former classmates went to jail, because of bad business. I found that running can change life. To give is better than to take. So I found this opportunity to support and help other people to improve their life via sport.

Q. What kind of help or support you are looking for?

I do other community projects, such as the one for Tuen Mun local schools - helping to train

underprivileged students who come from relatively poor neighborhoods and especially for those who got filing a police report - who did bad business before. In our running club, we also support kids who got potential in running and give them scholarship for training.

Tonight I hold a running class for low income children. They were nominated by school. Sometimes when they really have financial problems - I would find some sponsor for them.

Another area where I look for more help is how to provide them adequate running tools. For example, for successful training, it is very important to know and keep track of running record, like time and heart rate, so you know how to improve. I am looking for ways to raise more funds to collect stop-watches for those school students who cannot afford it. One watch costs about HK\$2,000. I am open for collaboration with JCIHK chapters if there is an interest.

Health Facts of Hong Kong

Life Expectancy at Birth



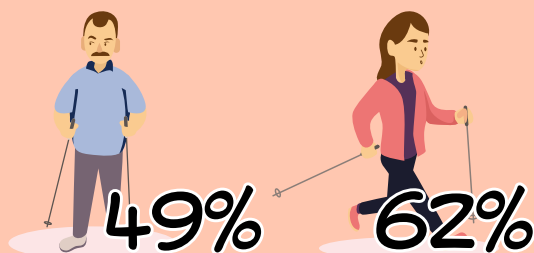
Total Expenditure on Health



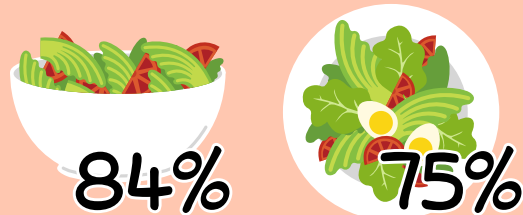
Prevalence of Selected Lifestyle Practices and Health Status among Persons Aged between 18 and 64

Lifestyle Practices and Health Status

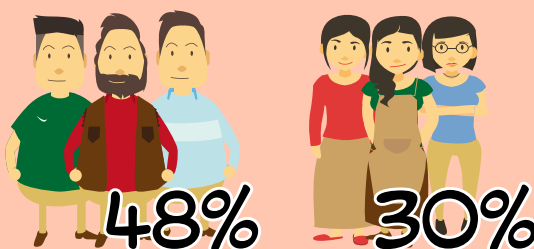
INADEQUATE PHYSICAL ACTIVITY (BY WHO'S RECOMMENDATIONS)



INADEQUATE DAILY FRUIT AND VEGETABLE INTAKE (LESS THAN 5 SERVINGS PER DAY)



OVERWEIGHT AND OBESITY (BMI>23.0)



Source:
Health Facts of Hong Kong, 2017
Edition, Department of Health



Member Sharing

WHAT KIND OF SPORTS DO JCIHK MEMBERS
PLAY TO KEEP HEALTHY





Connecting with **Prof. Abelardo Apollo I. David, Jr.**

2016 Awardee of JCI Ten Outstanding Young Persons of the World Program

Founder of Independent Living Learning Centre, Rehabilitation and Empowerment of Adults and Children with Handicap Foundation, and TheraFREE

Rehabilitation Philosophy for Persons with Disabilities

I believe that a good indicator of health is when one gets to fulfill life roles and to participate in activities that are meaningful to him or her. Health should be appreciated not just from a medical perspective. It is very much influenced by contextual conditions surrounding the person. For instance, a person with mobility issues may be able to navigate his/her way around the community if appropriate pieces of assistive device are given to him/her. Similarly, persons with autism with speech limitations may be able to express themselves more effectively if their communication partners drop social prejudices and take time to appreciate their non-verbal communication such as

gestures, facial expressions and/or picture exchange systems. This said, physical barriers and the wrongful attitudes of people can be more disabling than a person's disorder or medical condition per se.

In my opinion, persons with disabilities in the Philippines and in other countries for that matter, will benefit from a rehabilitation philosophy that is more social and ecological. Interventions should be client-centered wherein health care providers involve the client and his/her family in the assessment, goal-setting, therapy implementation and discharge planning phases of the rehabilitation process. For youth with developmental conditions such as autism, down syndrome, cerebral palsy and intellectual disabilities, I believe that their

educational curriculum should place more emphasis on teaching practical life skills rather than on abstract academic concepts. Likewise, integrating therapeutic principles in the teaching strategies will make their learning experience more holistic. This is one of my motivations for establishing the Independent Living Learning Centre (ILLC) in 2003. The ILLC aims to enable its students to attain their optimum level of functioning to be integrated, productive and happy members of society. Its transition education and job readiness programs teach students to be more independent in self-care, socialization and work. In ILLC, interventions are geared towards optimizing the learner's potential not just by remediating his/her impairments but by managing environmental barriers as well.

Inspired by a vision of a more inclusive educational system, I established the Academia Progresiva de Manila, (APDM) in 2013. The APDM is a duly accredited school which caters to all types of learners. As ILLC's sister school, the APDM accommodates learners with special needs for inclusion and mainstreaming. It takes pride in espousing progressive educational principles such as child-centered teaching, life-based instruction and respect for diversity.

Apart from philosophical barriers, prevailing pragmatic concerns revolving around the issue of poverty make access to much needed services difficult for many Filipinos with disabilities. It will be impossible for families who struggle to put food on their table to afford costly comprehensive medical, therapy and educational services for a child with special needs. Government health facilities, despite their sincerest efforts, are simply overwhelmed by the complex needs of millions of Filipinos living with some form of disability.

The dire need for accessible and quality services for children with disabilities in poor communities led me to establish the Rehabilitation and Empowerment of Adults and Children with Handicap (REACH) Foundation, Inc. shortly after ILLC. The REACH Foundation, Inc. embarks on partnering with both the public and private sector in establishing community-based rehabilitation programs which render free services to the poorest of the poor. Here, families are empowered with competencies to care for their children with disabilities more effectively. To prevent a dole-out culture, parents of the beneficiaries engage in community-service to advance projects for the community's benefit and in turn, develop a sense of pride and ownership over the program.

Strengthening Community Partnership

Discharge planning should commence on the day a client is admitted in the hospital. Ideally, this should be a collaborative process. A team conference attended by all the professionals



working with the client, family members, advocates and if possible, the person himself/herself, must be present. In this meeting, specific, measureable, attainable, relevant and timely goals have to be set. As a team, they should formulate a plan that is deemed feasible by everyone. Each of the stakeholders' role has to be defined and documented so as to prevent redundancy and to establish accountability. A good practice to consider is availing the expertise of a case-manager to coordinate with the client and the stakeholders and to monitor the extent in which the client's rehabilitation program is impacting on his/her health and well-being.

Recognizing the crucial role of the family in the care of a person with disability especially in remote areas, the TheraFree, a nation-wide volunteer mission program was organized in 2002. Rehabilitation professionals such as occupational, physical and speech therapists volunteer to visit remote areas to assess adults and children of varying disabilities and develop home therapy programs for them. The therapists devote time to demonstrate and explain the therapy procedures to the caregivers to help ensure proper carry-over of instructions at home.





Overcoming Challenges

I feel most blessed for being able to practice my passion and expertise. Certainly, I experienced birthing pains in establishing the organizations and programs such as those mentioned above. Considering the radical and progressive educational paradigm employed by ILLC, only four students initially enrolled despite their parents' prior expressed confirmation. The initial enrollment turnout was way less than the projected and expected number needed to meet the school's operational expenses. This was understandably a threat to the program's sustainability considering that ILLC did not receive external funding from government nor from other private funding institutions. To this date, ILLC remains to be self-sustaining.

Firmly believing in ILLC's curriculum, I endeavored to provide my four pioneering students the best intervention possible. I personally

attended to the students' needs and diligently updated their parents about their progress. With God's grace, hard work, creativity and a happy attitude towards serving, my students achieved favorable performance outcomes. This swayed apprehensive and skeptical parents to finally try ILLC for their kids. This has enabled me to increase our talented and compassionate pool of personnel.



Supported with good administrative and management approaches, ILLC has grown substantially. From four students, more than 1,500 children have already benefited from its programs. From renting a small house, ILLC has been able to acquire its own property and construct a building at the heart of the City. Amidst all this growth,

families appreciate how ILLC has managed to preserve its warmth and community spirit.

Cognizant that majority of Filipino youth with special needs come from poor families, I established the REACH Foundation, Inc. With little resources available to hire staff, I personally went to informal settlements to lay the groundwork for a community-based rehabilitation program. Here, I trained volunteer moms to serve as my 'assistants.' We conducted therapy sessions. Soon enough, the project grew and the number of families coming has increased exponentially. With the REACH Foundation, Inc.'s impact becoming more palpable, we have been able to attract the interest and support of funding agencies and local government heads. For instance, the local government of Mandaluyong City in Metro Manila has partnered with the REACH Foundation, Inc. in establishing Project Therapy,

Education and Assimilation of Children with Handicaps (Project TEACH), a comprehensive community-based program that regularly offers free services to more than 700 children. This program has attained national and international recognition as a best practice model. The most recent of which was the United Nations Public Service Awards. With this, various local and foreign government leaders and advocates have learned about our work and have come to study our framework for replication benefitting hundreds if not thousands in their respective communities.

Since its launch in 2002, the logistical costs of organizing TheraFree volunteer missions have increased. This made it more challenging for us at the University of the Philippines, College of Allied Medical Professions – Alumni Association to reach out to people from remote areas where help is most direly needed. But this did not discourage us from finding ways. With perseverance and a sincere heart to serve, the Unilab Foundation, Inc., a multinational organization saw how aligned our visions were and partnered with us. Through this partnership, we were able to set up an online portal for volunteer recruitment, community organization and data management.

Although the ILLC, the REACH Foundation, Inc and TheraFree have made notable progress in past 15 years, we are the first to acknowledge that we still have

so much work to do. From our mistakes, we get to polish our rough edges. Maintaining this attitude towards challenges and believing that failure is just a phase towards bigger success has helped me become steadfast in my work.



Empowering Patients and their Carers

I am a strong advocate of client and family centered practice. Health practitioners have to cease seeing themselves as the sole experts and ultimate decision makers in patient care. Patients and their carers have to be involved throughout the rehabilitation process. As far as implementing therapy procedures are concerned, even institution-based health facilities such as hospitals should consider employing a more social service model wherein a core objective among therapists should be transferring knowledge and skills to the patient and to their carers. For instance, upon receiving adequate training from therapists, carers should be expected to conduct the management procedures on/with the patients as the therapists supervise and give them feedback for improvement. Additionally, I believe that especially in countries with an aging population, fostering balanced values of independence and communal spirit among its

people is important so as not to encourage learned helplessness among persons with disabilities and apathy among their carers.

The Advent of Technology

The internet is indeed a convenient source of information but what is out in the world-wide web won't necessarily be helpful for everyone. Therefore, it is crucial for health providers and consumers alike to be able to appraise information to determine the level of evidence that could support or disprove the effectiveness and practicality of certain treatments and interventions. Bookmarking credible and peer-reviewed websites is a good first step for novice appraisers of information.

With regards to adaptive technology, therapists must carefully assess the client's capacities, contexts and activity demands first in order to help determine a goodness of fit between the client and the assistive device, whether it be high or low technology. A good practice is having a client trial the recommended technology first before he/she or a funding entity invests on it. This will help prevent wasting time and resources in purchasing unsuitable technology. In communities where resources are limited, health providers and consumers can be creative in indigenizing assistive technology.

The Best Work of Life that Creates Sustainable Impact

Many teachers or therapists who



specialize in children with special needs are lured abroad by the promise of better pay and benefits. With vast years of work experience, a good educational background and offers to work abroad, I opted to stay in my country and continue to find deep meaning in actively working towards helping children with special needs from all walks of life to become better equipped for life.

Throughout my career, I have always felt most passionate about establishing programs for the underprivileged. Most of these programs were launched with no fan fair, yet through everyone's support, these have managed to stay pertinent through the years. Sustainable impact rather than spot-lighted activities should be the benchmark for inspired service.

Message to Millennials Striving for a Life Well-lived

It is important for the youth to have a good sense of self, equity and justice. It is about knowing what is right for oneself and happily pursuing one's aspirations sustainably.

From Compassion to Action I From Ordinary to Extraordinary

Compassion yields meaning only when service is put to work. Therefore, we must do more than simply hope and must take inspired action. Realizing our goals will require hard work and as we venture further into our lives, we will need to make personal sacrifices. When we stumble and rise in service of others, we become better equipped for bigger success not just for ourselves, but for humanity.

As an educator, I try my best to teach my students to cultivate their potential to become outstanding and we can begin by doing ordinary things extraordinarily well. We should not be afraid to challenge established thinking in order to give way for progress and innovation.





Well Being : Quality of Life (QoL) & Women Leadership

Management of QoL for women in the East after financial tsunami in 2008 is seldom studied for improving spiritual health of women. With these findings in 2012, it is time to re-visit the QoL of women in Hong Kong and the kinds of corporate social responsibility (CSR) and sustainable development (SD) activities of organizations that committed to promote well-being to women and staff members at large. Female employees are one of the largest labour force groups that should not be overlooked, especially creating and maintaining a safe and healthy working environment for productivity and well-being. Designing activities to enhance the QoL, women in the workplace is a growing trend under a human-based organization.

Recently, the author has been invited to attend a round table discussion by the Legislative Council, Mr, Horace Cheung, April, 2017 about the 5 billion budget in the education sector. During the discussion with educators from kindergarten, primary, secondary and higher education, the author emphasized the importance of understanding the key elements of ecosystem of Sustainable Development (SD), including establishing a policy with incentives to faculty members' capacity building on conducting analysis on future labor market 2020. In fact, women labor force, well-being, and productivity are all inter-related and they are the hot issues in developing and developed countries. Hence, both the public and private sectors in both developed and developing countries need to explore the key elements affecting the quality of life (QoL) and the well-being of women, the social and cultural factors leading to successful women leadership, and the ecosystem of women productivity and women leadership styles.



Dr. Shirley Yeung

Fellowship, CCIBA, 2014
IEEMA approved Sustainability (CSR) Practitioner, 2015
United Nations (UN) PRME Working Group Member, The Sustainability Mindset, since 2015
Nominee, UN Lhange Maker, 2016
Excellent Teaching Award, School of Decision Sciences, Hang Seng Magt College, 2016
Winner, The 2nd Global Young Leadership Award, Asia Week, 2017



Dr Shirley Yeung (middle) with Prof. Clouse (left) and Prof. Hugh (right), Denver University, US.

4 May 2017, International Conference on Corporate Governance and Sustainable Development, Hong Kong

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WE DO 2030!

JCI WORLD CONGRESS 2017 AMSTERDAM THE NETHERLANDS

6 Nov to 13 Nov 2017



“WeDo 2030!”

With theme of World Congress 2017 this year, the conference will create innovative and challenging programs through aligning with government agencies, business and local communities.

The key speakers and events including:



Former Secretary-General of the United Nations Kofi Annan to be guest speaker.



An excursion tour of “Dutch railway company HQ & Innovative Bike Storage”, the visitors can view Dom Square, which with 2,000 years of history, and the headquarter of Dutch Railway in Amsterdam



“Personal Effectiveness based on insight discovery”- the training to learn an effective teamwork and high

performance foundation, increasing self-understanding leads to breakthrough;



An excursion tour of “High Tech Talent Tour”, to visit the renowned Brainport Region, Eindhoven, with approximately 2 hours away from Amsterdam

Photo credits:

<http://streamafrica.com/news/ghanas-firsts-part-1/>
<https://dispatcheurope.com/shout-dutch-modesty-lack-publicity-keep-eindhoven-off-tech-world-radar/>
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<http://www.womenahead.co.uk/awards/winners2013.cfm>
<https://www.jciwc2017.com/session/hidden-impact/>
<http://www.lloydhotel.com>



“Hidden Impact” Workshop- the workshop will learn about blind spots in assessment of environmental impact.



On-to World Congress 2017 will cordially offer exclusive hotel package throughout World Congress.

Should you have any enquiries please contact onto.worldcongress2017@gmail.com.

MARKETING & MEDIA

Best Work of Life Video

Online video is an increasingly effective video marketing strategy for JCI Hong Kong to connect and engage with internal and external parties. The power of online video is that it helps JCI Hong Kong to engage with shareholders and put them at the heart of the story.

The mission of National Marketing and Media Commission is to develop effective tools enabling the general public to better understand how JCI provides development opportunities empowering young people to create positive change to our society and that service to humanity is the best work of life.

One of our videos that we would like to highlight is a story related to "mock-up" job interviews. The message is to raise awareness and emphasize value and positive changes after joining JCI family.

Through this video, we hope more young people to join hands to build a stronger economy with more skilled and productive workforce, and a fairer society for this generation, the next and all those that follow.

This video was launched at the Change Maker Forum and posted in JCIHK Facebook same day.

Watch this video via:



JCI Hong Kong Official website



Go to JCI Hong Kong official Facebook



Go to JCI Hong Kong official YouTube

All JCI Hong Kong members are encouraged to share this video or that Facebook post with your friends especially young active citizens aged 18-40.

Scan QR code
to watch and share our
Best Work of Life video today



The Ten Outstanding Young Persons Selection ("TOYP Selection")



By 2030, world leaders would like to ensure all children will live in a more equal world. For the well-being and healthy development of children amid the current stressful education environment, TOYP Selection 2017 Community Service Day will be held on 12 November 2017, engaging 2017 TOYP Awardees, partners Caritas Hong Kong and Play Depot Ltd., supporting organizations and inspiring speakers, in a bid to create an innovative carnival engaging children to unleash their potentials and raise awareness of independent learning for youth empowerment.

MAINLAND AFFAIRS

JCIHK Shenguan Business Tour 深莞商務考察團 (30 June 2017)

The Shenguan business tour aimed at providing an opportunity for JCIHK members to expand the JC business network in the Mainland China as well as learning about the latest development of parts of Guangdong region.



To start off the day, we first toured Sinomax, a well-known manufacturer of mattress, the General Manager Ken Lam pointed out that he is passionate about sales; therefore, his company carefully selects their frontline employees who make the whole purchase experience a positive one.



2013 National President Paul Wu, second generation of Kwok Tai Screws, shared the latest development of his family business which is transiting into high technology manufacturing process. The family business conducts exchange visit with company in the industry in Mainland China occasionally. Improvement process on making the finest screws efficiently was often discussed.





While the group was dining at Momo's Kitchen for lunch, two young entrepreneurs, the owners of the restaurant explained that developing relationship with locals definitely smoothened the setup process of their company and it required a lot of effort getting familiarized with the local environment.



2007 National President Clement Woo, owner of Just Green, a distributor of baby products company, expressed that that a physical store in the mall reinforced his company brand image while an online store is popular business channel among customers nowadays.



Visiting Boton Group, manufacturer of flavors and fragrance, our members were led by the company representative to tour around the laboratory of a wide range of products. Before we departed, representative of Boton gave each of us a bag of perfume as souvenirs.



Besides touring several corporates, dining with the members of Shenzhen Youth Federation, Shenzhen Federation of Young Entrepreneurs, and Foresee Cube concluded this one day business tour. During the dinner, members exchanged business contact and cultivated friendship while talking about start up atmosphere and news in Shenzhen.



Kick-off Ceremony (18 June 2017)



"Life Angel" UNSDG Organ Donation Appreciation Program

To support the Department of Health, we are now launching the "Life Angel" campaign to promote the message of organ donation to the community so as to enhance public acceptance and the registrants.

Every organ donation decision can save up to 7 lives. However, only 3% of the Hong Kong adults are registered on the Centralized Organ Donation Register. There are more than 2000 patients in dire needs waiting for organ transplant in Hong Kong.

The objectives of the "Life Angel" UNSDG Organ Donation Appreciation Program are:

- To increase the number of signatory for the "Organ Donation Promotion Chartered" launched by Department of Health
- To increase the number of organ donors registered on the Centralized Organ Donation Register
- To appreciate those who actively support and spread the message of organ donation
- To increase awareness and information to the public regarding organ donation
- To decrease the number of patients and organ transplant wait time in Hong Kong
- To support the UNSDG in particular SDG 3 – Good Health and Well being
- To save lives and increase the giving spirit in Hong Kong
- To encourage cross-sector participation in this cause

Our promotional activities includes:

Kick Off Ceremony (18 June 2017)

The kick-off ceremony was successfully held on 18 June, Sunday. We have gained numerous media coverage which can raise the public awareness.

Life Angel Organ Donation Appreciation Program (mid June – November 2017):

Corporate, Organizations, Schools and Individuals will be invited to join the program in July to October, to promote organ donation within their community and the ultimate goal is to increase the number of organ donors. Appreciation Ceremony will be held on 19 November 2017 and we will appreciate and present award to those corporate/organizations/schools who actively support organ donation promotion.

Life Angel Outdoor Promotion Day (8 October 2017):

Outdoor promotion day to raise public's awareness and undergo education to the public.

Video Promotion:

Organ transplant recipients and donors will be video-interviewed and broadcast digital channels via our websites and facebook pages.





Sustainable Development Goals (SDGs) Advocacy Grants

A brand new funding scheme named “SDGs Advocacy Grants” sponsored by JCI Hong Kong is established this year. It aims to encourage members to apply goals related to their project's objective, and promote SDG goals by all means to raise public awareness. Over 80% local chapters of JCI Hong Kong have applied for the grants, and we can see amazing events coming one after another in 2017.



Sustainable Development for a Peaceful Future - Global Partnership Summit 2017

(1 August - 4 August 2017)



Historical high number of JCI Hong Kong members, with 18 participants from different local chapters, attended Global Partnership Summit (GPS) in New York on 1 August - 4 August 2017. The theme of GPS is “Sustainable Development for a Peaceful Future”; it had invited over 30 influential speakers throughout sessions to share what they are working for to build a better future. It was a fruitful trip that each of us enjoy, and we look forward to seeing more members to join GPS in 2018.





1ST Star Express Training Camp

(3 June 2017)

Star Express Training Camp, initiated in 2017, is an intensive training program for members to strengthen Jaycee knowledge, protocol and necessary skills for project management, as well as building friendship among 21 chapters. The 1st Star Express Training Camp is held on 3 June 2017 at Society of Boys' Centre Hui Chung Sing Memorial School. 35 members from 18 chapters enjoyed this one-day training led by 7 group leaders and 4 trainers.



Shinning BB is the theme of 1st Star Express Training Camp. Head trainer Marisa Choi and her team are the doctors to provide the nutrients and care to our participants, the new born babies. With the suitable and good environment provided by hosting chapters JCI Bauhinia and JCI Tsuen Wan, the new born babies are growing and developing well.



"Learning by doing", all participants already started their JC journey. With continuous exposure in different areas and unlimited opportunities, our new born babies, as the active citizens, would continue to create positive change to the community, so as to build a better world.

Keep shinning and impacting the community!

27TH 5-Star Training Camp

(8 July - 9 July 2017)

The second 5-Star Training Camp, 27th 5-Star Training Camp was successfully held on 8 July - 9 July 2017 at Wu Kai Sha Youth Village. 19 chapters of 44 new members enjoyed an overnight camp with 8 group leaders and 11 trainers.

"Be the Star of JCI Oscars" (五星夢工場) is the theme of 27th 5-Star Training Camp, hosted by JCI Ocean. Through acting different roles in the movie world, all participants obtained valuable experience and sought for different exposure in JC World.

Comprehensive and useful trainings conducted by Head Trainer Kenny Lo, Program Manager Hades Ho and 9 Assistant Trainers, "performing with JC elements" are reached to our participants. Thank you for their support and inspirations in making the Training so successful.

Although this is a 2-day-1-night training, strong relationship bonding are easily observed between participants, group leaders and trainers from 21 local chapters. This bonding will be remained no matter how their JC paths go.

Let's be empowered to be Active Citizens, our future JC Star.





RECORDS AND RECOGNITION

2017 E-Bidbook Seminars - “Showcase Your Best Work of Life!”

The two JCIHK 2017 E-Bidbook Seminars - “Showcase Your Best Work of Life” were successfully held respectively on 6 February and 17 July 2017 in the JCIHK office with over 150 participants.

Our speakers, as below, each gave an excellent coverage to their insights on crafting award-winning bidbooks during the seminars:

6 February 2017

- 2017 National Sustainable Development Goals Affairs Commission Chairman & 2016 JCI Apex President Kacy Yu
- 2016 JCI Tai Ping Shan President Edith Ko

17 July 2017

- 2017 National Vice President, 2015 JCI Peninsula President John Wong
- 2017 National Mainland Affairs Committee Chairman & 2016 JCI Harbour President Kenneth Yu

At the 2-hour seminar on 17 July, National Records and Recognition Director Winita Yeung walked through the new award submission system on jci.cc so that local chapters can get a glimpse of the new rules and layouts of the award system for the upcoming National Convention 2017. She also reminded local chapters of the important dates for award submission.

The National Records and Recognition team hopes the seminars are useful to local chapters.

The National Records and Recognition team is consisted of:

National General Legal Counsel Zenith Lin

National Records and Recognition Director Winita Yeung

National Records and Recognition Officer Stephen Chow

National Records and Recognition Officer Katie Tsan





Promotion of 20th Anniversary Banquet

Open Casting of Grease

on 24 June 2017, National Alumni Club (NAC) 20th Anniversary Organizing Committee organized an open casting for performers of the simplified version of the musical – GREASE. The musical will be launched on 10 December 2017 at the 20th Anniversary Banquet held at Palace Wedding Banquet at The One. Over 10 participants came for casting. The panel of judges included Mr. Gary Tong of Beauville Arts, Mr. Tom Chan, founder of Boom Theatre, NAC Chairman Jacob Chan, NAC Past Chairman Sam Sio, NAC Immediate Past Chairman Louis Lam and 20th Anniversary Banquet Chairlady Angela Siu. All the contestants who excel in acting and dancing skills, had tried best to showcase themselves in front of the judges. We are particularly thankful to Mr. Tong & Mr. Chan who provided valuable remarks on performing skills and musical production that benefited us all. Finally, Winnie Tsang, 2011 President of JCI JCI Hong Kong Jayceettes and Winston Lin, 2012 President of JCI City were selected to act as Sandy and Danny.



Photo Shooting of Organizing Committee

All the 20th Anniversary Organizing Committee members and advisors gathered for House Program Photo Shooting on 30 July 2017 at Locofama, a restaurant fantastically decorated with a nostalgic aura of the 70s. One can imagine how it felt wearing a dark T shirt under the sun running around in one of the hottest afternoons. Though it was hot and sweaty, all 17 enthusiastic members responded obediently to the requests of the photographer, trying to grip the most beautiful scenes that echoed with the musical.

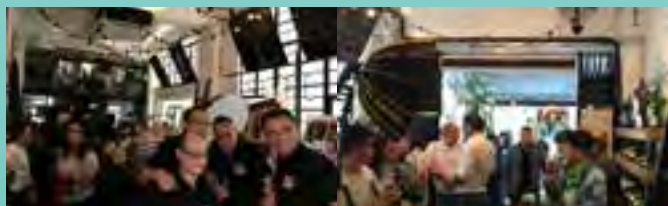


Photo Shooting of Past Chairmen

Besides launching the musical – GREASE, another breakthrough the 20th Anniversary Organizing Committee made was to honour all Past Chairmen by producing an album for them. On 29 June 2017, all Past Chairmen gathered at the Lake Egret Nature Park for taking self-portraits and group photos indoors and outdoors. In order to achieve special effect, even a drone camera was hired. Though the sun was strong outdoors, all Past Chairmen enjoyed a relaxing afternoon, exchanging current news with old friends and tasting yummy afternoon tea sets in a cool air-conditioned restaurant.

Tea Gathering for Senior Member Club Chairmen (SMCC) and NAC Excom



Although it was a rainy day on 17 June 2017, about 40 SMCC and NAC Excom members from 15 Chapters got together at Solo Skyline, Sha Tin for the 2017 first SMCC Gathering.

The networking between NAC Chairman Jacob Chan and the SMCC was pleasant and warm. It was a happy occasion when all friends could chit-chat under a beautiful ambience whilst savoring yummy tea buffet. The gathering ended with promotion of the 20th Anniversary Banquet – ‘You are the One that I Want’.



Luncheon cum Indoor Safety and Healthy Diet Talk



The luncheon cum “Indoor Safety and Healthy Diet Talk” was held on 29 July 2017 with an attendance of 32 Senior Members. Our Guest Speaker Ivan Han, who is also the Host Speaker of TVB’s “Living Healthy and Safe” program, shared with us the latest study on food nutrition and diet practice. The audience was advised on how to drink soup properly and the importance of organic food. In addition, he gave examples of hidden danger of some home furniture and the ways to lower the risk of indoor accidents.

While enjoying the special healthy dishes ordered by Ivan, all participants gained much knowledge on healthy diet and home safety through his humorous yet useful presentation.



Mahjong Competition



Mahjong Competition 2017 was held successfully on 12 August 2017 at 聚德軒 in Tsim Sha Tsui East. More than 40 Senior Members from different Chapters attended the event. Apart from the Mahjong Competition, Organizing Committee had designed some fun games, relating to mahjong during the gathering. Big mahjong cushions were awarded to the game winners. All participants enjoyed the games and dinner as well. Four winners namely Past Chairman Ivan Mok (Champion), Past Chairman Eric Poon (1st Runner-up), Senior Member Connie Lok (2nd Runner-up) and Past President Leo Leung (3rd Runner-up) will represent NAC to have Mahjong Competition with Macau Senior Members on 29 Oct 2017.



Taiwan Visit



Led by NAC Chairman Jacob, the trip to Taipei to visit JCI Taiwan Senior Member Club (JCITW SMC) was made from 18 – 20 August 2017. A fruitful meeting exchanging project information with JCITW SMC was held on the first day. 8 participants including 3 Past Chairmen

and Executive Committee members from JCIHK NAC were treated with warm hospitality from the host.

The Welcome Dinner was wonderful and joyful. Friendship bond is further fostered and enhanced. On the second day, the delegates went to a place called 鶯歌 where a pottery and ceramic museum and many small shops of the same kind along the street were located. The morning on the final day was a city tour on a sightseeing bus. The 3-day trip ended with fond and happy memories. NAC looks forward to greeting JCITW SMC’s delegation in 2018.



To build communities and create a world where every single person has a sense of purpose.

**Explore your Potential,
Exude your Charisma
to empower people
around you.**

*Strive for
Excellence. Action.
Commitment.*

JCI is a platform for me to experience "Best Work Of Life" which means giving before taking. Every human can have his/her own way to express the "Best Work Of Life", no matter the action is big or small. The collection of the "Best Work Of Life" will make the world a better place to live.

Serving others and the community, at the same time are helping and training up ourselves, by influencing other people to creative positive change and make impactful changes to the society through their actions.

**This is the spirit of
"Best Work of Life".**

Serve the humanity with happiness.

A commitment to our community.



is...

Best work of life is to serve the community for a greater good and it is my kind of blessing.

There are a lot of community issues and environmental issues in our society. As a active citizen, we gather young people together and try to arouse public awareness. And we try to make our community better through creating new projects. I am so proud that I can join JCI and serving the community is the best work of life to me.

**Live a meaningful life by
giving all that you can.**

Best Work of Life is like doing something meaningful in the world. Being a Jaycee in Junior Chamber International (JCI), we are learning to be a leader through serving the community. This is a win-win situation that can help to deal with different issues in the society and meanwhile, developing ourselves while conducting various projects. Therefore, we can treat JCI as a platform to do our Best Work of Life and Show On Stage together.

**#servicetohumanity
#volunteering
#selfless**

Life is a journey that not only made possible for us to relate to so many different people, but also for us to be able to fulfill our obligation as Active Citizen and engage in community/voluntary service. Some can give more than others, but it is important all should serve to better their community, state and nation. Each year we will be in a different stage in life, with new collaboration at work and at our social/community projects. The circle of friends around us may be different. And therefore we shall treasure our moments spent together, and forge friendships not only through work but also leisure activities, to better ourselves. To enjoy a balanced, Best Work of Life.

**It means to serve
wholeheartedly for
our beloved Hong
Kong.**

**JCI Victoria**

維多利亞青年商會

www.vjc.org.hk**innoBrand Summit 2017 - Unicorn Factory****癡價租金「廠」世界**

The seminar aimed to look into the new operational ways, legal and technical solutions for potential young entrepreneurs in factory buildings. In the seminar, 50 participants, including our members, Past Presidents, members' friends and young people attended. Inspiring themes were presented in policy and marketing perspectives by speakers and most participants responded positively.

**JCI Kowloon**

九龍青年商會

www.jcikowloon.org**Together We Care - Best Friend of Dementia**

"Together We Care" is a Community Development Project of JCI Kowloon. It aims to explore and raise awareness on different social issues in Hong Kong such as Health, Education, Housing and Environmental Protection. Our topic this year is Dementia with the theme of "Best Friend of Dementia..

**JCI Island**

港島青年商會

www.ijc.hk**First Business Hackathon in Hong Kong**

This year we are proud to have our famous local fashion brand - Bauhaus to work with us for a 48-hour business Hackathon challenge. We invited students from different background to brainstorm innovative business ideas which intended to change the traditional retailing business. We eager to live the change!

**21 LOCAL chapters' events**

There are 21 local chapters affiliated to JCI Hong Kong. Each of them have their official languages, such as English, Cantonese, Putonghua or bilingual.

**JCI Peninsula**

半島青年商會

www.hkpcj.org**與未來對話 - 領袖傳「城」評審暨嘉賓分享會**

半島會員擔任培訓導師，經過兩日一夜將積極公民框架及聯合國可持續發展目標等知識分享予城大學生，再派遣會員擔任小組導師，教導他們籌辦針對社會議題的工作計劃，並於兩個月內完成工作計劃將正能量發放！

**JCI Hong Kong Jayceettes**

香港女青年商會

www.hkjtt.org**JCI HK Jayceettes x JCI Manila 2-Day Training Program Positivity x Limitless Hong Kong!**

Over 25 participants signed up for the first-ever overseas training program by JCI Manila and obtained knowledge on the four customized modules - Stress Management, Failure Management, Empowerment & Train-the-Trainer session for their personal development.

Participants had a memorable training experience under the Experiential Learning Framework - the learning by doing approach. Through this course presented by Jayceettes Academy, our members are now filled with positivity and more ready than ever to bring on positive change and impact to society!

**JCI Lion Rock**

獅子山青年商會

www.jcilionrock.org.hk**社會可持續發展工作計劃之****《地區宣傳行動及街頭問卷調查》**

獅子山青年商會主辦之「救救地球，一張就夠」地區宣傳日已於2017年7月2日順利舉行。當日共完成問卷調查總人數為540人；Facebook專頁讚好及關注度單日內增加100%；講解活動及接觸人數共超過1000名市民。

**JCI Harbour**

海港青年商會

www.hjc.org.hk**關注學童精神健康****海港青年商會「樂在人生」精神健康推廣計劃**

是次工作計劃透過欣賞互動劇場、參與偵探遊戲和工作坊等活動，讓學童留意自己的情緒，以及喚起社會各界對學童精神健康的關注。



JCI Yuen Long

元朗青年商會
www.yljc.org.hk

「元朗青年商會 - 惜食環保考察及體驗」

元朗青年商會董事局成員，於7月27日到「惜食堂」考察及義務工作，一邊用回收得來的食材製作熱飯餐，一邊領會停止浪費、解決飢餓的道理。這次考察將會是本年惜食環保體驗的第一幕，於未來數月本會將陸續舉行其它「惜食」相關活動，以使會友加深了解環保及珍惜資源的理念。



JCI Tai Ping Shan

太平山青年商會
www.jcitps.org.hk

「愛與望飛翔」殘疾人士就業推廣計劃 -

「我支持」行動新聞發佈會

「愛與望飛翔」殘疾人士就業推廣計劃公佈相關問卷調查，指六成僱主願意聘用殘疾者，但實際不足三成曾聘用。只有3%僱主申請殘疾者政府津貼。有僱主認為政府應加強宣傳。



JCI Bauhinia

紫荊青年商會
www.bjc.org.hk

第十屆愛知識齊分享 - 愛與管教

探討「愛」與「管教」之間的關係，喚醒他們「只愛不管」或「只管而忘了愛」的表達方式。將正面管教概念及各種平衡愛與管教的方法帶進社區，讓家長享受教育孩子成長的過程。



Photo by Rikki Chan on Unsplash



JCI Dragon

騰龍青年商會
www.jcidragon.org.hk

Evolution of Taste – Beyond Burger Tasting
Monthly Fellowship Gathering

JCI Dragon was luckily being the first batch to taste the Beyond Burger. Green Common representative explained that it gives an almost-real taste, smell and texture as real beef, with even better nutrient combination. All Jaycees explored a lot on new vegetarian choices, how it benefits to us and the Earth, and enjoyed the amazing meal-from-the-future.



JCI East Kowloon

東九龍青年商會
www.jciek.org

Let's Do It Family Clean Up Day. Are you ready?

Promoting the September 15, 2018 World Clean Up Day of Let's Do It initiative, JCI East Kowloon partnered with Hong Kong Clean Up and various of community partners to launch a beach and hiking trails clean up activity.



JCI City

城市青年商會
www.jcicity.org.hk

第二十一屆創意創業大賞

本會旗艦工作計劃創意創業大賞已經踏入第二十一屆。本會一如以往邀請商界名人成為是次活動評審。



JCI Queensway

經緯青年商會
www.jciqueensway.org.hk

2017 JCI Queensway "Listen.Connect.Accept" for Family Well-Being

Flagship event "Listen.Connect.Accept" aims to enhance well-being and positive communication between parents and children. International family surveys were conducted in Hong Kong, Taiwan, Japan, Malaysia and Singapore, and their results were released to media in the press conference. Furthermore, celebrities like Simon LO (魯文傑) and Griselda YEUNG (楊卓娜) were invited to share their skills in maintaining positive family relationship.



JCI North District

北區青年商會
www.ndjc.org.hk**同視・童視**

鑒於社會上負面的氣氛，孩子在成長的過程中面對不少的壓力，容易影響孩子的思想和情感發展。北區青年商會首次舉辦「同視・童視」工作計劃，為老師及家長提供「正向教育」的學習機會，推廣培養學童的全人品格，提升學童的抗逆力，以積極的態度面對未來的挑戰。



JCI Ocean

浩洋青年商會
www.oceanjc.org.hk**學生講解電子貨幣推廣計劃書**

我們堅信教育不應局限於課室，而應緊貼時代脈搏，與社會聯繫。中學生透過自主學習都能對金融科技、電子貨幣作出深入探討及了解，並有聲有色地講解其推廣計劃書。



JCI Sha Tin

沙田青年商會
www.jcishatin.org**Love of the Earth 2017 "Show Your Love, No Insect Repellent"**

"Love of the Earth" is a flagship project with the aim of promoting "Go Green, Grow Green" in the community. We hope all of our citizens would stop using chemical insect repellent in order to save the Earth by protecting the ozone layer. Lemongrass is one of the natural substitutes for creating an "chemical insect repellent-free" society. The project aligns with the direction of the Government's District-led Actions Scheme of 18 districts, and particularly in Sha Tin to step up on anti-mosquito measures / grass cutting to improve public environmental hygiene.



JCI Apex

晉峰青年商會
www.ajc.org.hk**【燃亮・愛】薰 Fund 同樂日暨五月份月會**

今年本會的籌款活動主題為製作環保香薰乾花蠟燭，各嘉賓與會友一起發揮藝術小宇宙，輕鬆玩樂一整個下午！



Photo by Rikki Chan on Unsplash



JCI City Lady

城市女青年商會
www.jccitylady.org.hk**<小手愛地球2017-低碳走進生活>完滿舉行**

當天共有12個環保單位舉辦工作坊及講座，超過250位小朋友及來賓一起渡過了一個充實的下午，學習從衣、食、住、行，把低碳生活實行到底。



JCI Tsuen Wan

荃灣青年商會
www.jcitsuenwan.org**Children Play Rights "Zero Play Deprive"**

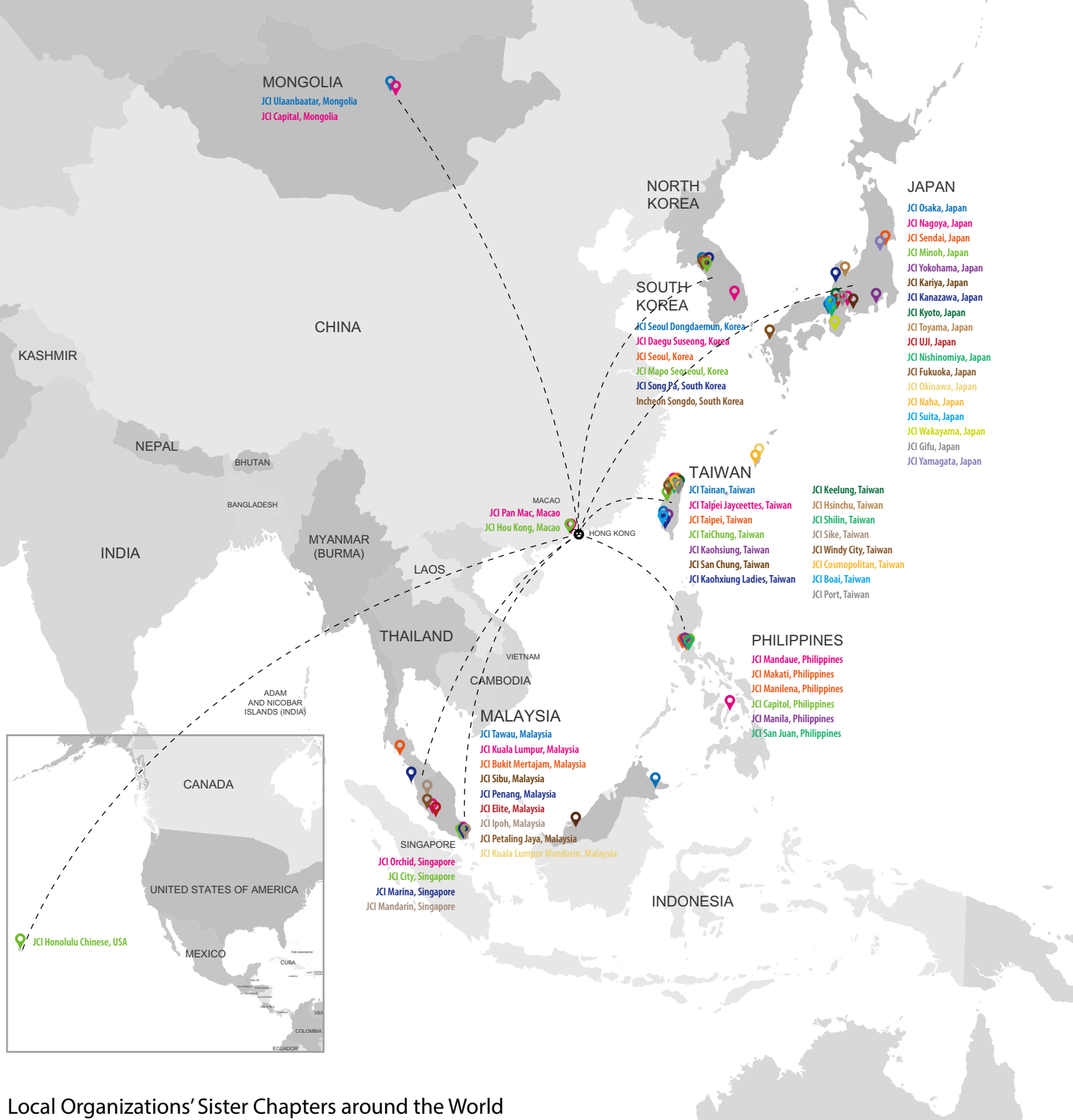
We successfully hosted Children Play Right Forum and invited Ms. Skye Chan as our Ambassador in late April. Also, we are grateful to have UNICEF as supporting organisation. United Nations advocates children should have one hour to play. Along the growth process, children's cognitive ability, socialization and balance skills are often learned and gained through playing games. At the beginning of August, we will organize a Children Play Rights Carnival in Kowloon Bay International Trade & Exhibition Centre. There will be more than twelve free game booths for children to play.



JCI Lantau

大嶼山青年商會
www.jcilantau.org.hk**July Prospective Membership Orientation cum Monthly Fellowship Gathering**

July Prospective Membership Orientation cum Monthly Fellowship Gathering was held on 22 July 2017. Many JCI Lantau members and new members attended. Our guest speaker National Executive Vice President Leo Li shared his experience in JC throughout the years. Small group discussion sessions were held to provide insight on organizing upcoming projects. JCI Lantau continues to recruit new members and drives our projects forward aiming towards sustainable personal development.



Local Organizations' Sister Chapters around the World

JCI Victoria <ul style="list-style-type: none"> JCI Tawau, Malaysia JCI Tainan, Taiwan JCI Osaka, Japan JCI Seoul Dongdaemun, Korea JCI Ulaanbaatar, Mongolia 	JCI Kowloon <ul style="list-style-type: none"> JCI Mandaue, Philippines JCI Taipei Jayceettes, Taiwan JCI Kuala Lumpur, Malaysia JCI Orchid, Singapore JCI Nagoya, Japan JCI Pan Mac, Macao JCI Daegu Suseong, Korea JCI Capital, Mongolia 	JCI Island <ul style="list-style-type: none"> JCI Makati, Philippines JCI Taipei, Taiwan JCI Minoh, Japan JCI Bukit Mertajam, Malaysia JCI Manila, Philippines JCI Sendai, Japan 	JCI Peninsula <ul style="list-style-type: none"> JCI Capitol, Philippines JCI City, Singapore JCI Seoul, Korea JCI TaiChung, Taiwan JCI Honolulu Chinese, USA JCI Mapo Seoseoul, Korea JCI Hou Kong, Macao 	JCI Hong Kong Jayceettes <ul style="list-style-type: none"> JCI Manila, Philippines JCI Kaohsiung, Taiwan JCI Yokohama, Japan 	JCI Lion Rock <ul style="list-style-type: none"> JCI San Chung, Taiwan JCI Sibul, Malaysia JCI Kariya, Japan 	JCI Harbour <ul style="list-style-type: none"> JCI Penang, Malaysia JCI Kanazawa, Japan JCI Marina, Singapore JCI Kaohsiung Ladies, Taiwan JCI Song Pa, South Korea
JCI Yuen Long <ul style="list-style-type: none"> JCI Keelung, Taiwan JCI Kyoto, Japan 	JCI Tai Ping Shan <ul style="list-style-type: none"> JCI Hsinchu, Taiwan JCI Toyama, Japan 	JCI Bauhinia <ul style="list-style-type: none"> JCI Elite, Malaysia JCI Uji, Japan 	JCI Dragon <ul style="list-style-type: none"> JCI San Juan, Philippines JCI Nishinomiya, Japan JCI Shilin, Taiwan 	JCI East Kowloon <ul style="list-style-type: none"> JCI Mandarin, Singapore JCI Ipoh, Malaysia JCI Sike, Taiwan 	JCI City <ul style="list-style-type: none"> JCI Fukuoka, Japan Incheon Songdo, South Korea JCI Petaling Jaya, Malaysia JCI Windy City, Taiwan 	JCI Queensway <ul style="list-style-type: none"> JCI Okinawa, Japan JCI Kuala Lumpur Mandarin, Malaysia
JCI North District <ul style="list-style-type: none"> JCI Naha, Japan JCI Cosmopolitan, Taiwan 	JCI Ocean <ul style="list-style-type: none"> JCI Suita, Japan JCI Boai, Taiwan 	JCI Sha Tin <ul style="list-style-type: none"> JCI Wakayama, Japan 	JCI Apex <ul style="list-style-type: none"> JCI Gifu, Japan JCI Port, Taiwan 	JCI City Lady <ul style="list-style-type: none"> JCI Yamagata, Japan 	JCI Tsuen Wan	JCI Lantau