

MENTAL HEALTH ASSOCIATION  
OF  
HONG KONG  
(1954)

**JCI** <sup>TM</sup>  
Queensway



# PROGRESS

2018, ISSUE 2

Is Mood Swing Merely a Mysterious Menace?  
**Interview with Mr. Vincent Wong**  
from The Mental Health Association of Hong Kong



Message from our President –

## Campbell TING



"Succeed in something before time is up". We have already travelled through our year 2018 for more than 100 days. What have you gained? What have you lost? What have you planned to achieve? Queensway members are being trained and improved to a better state through our various events from leadership development to international affairs. Several achievements have been made by our chapter including our member Sarah Lai has awarded the champion of public speaking contest. We have also strengthened our relationship with our sister chapter in Community Development Project.

To fulfill our mission to connect between us and the community, we have concerned the development of the youth on physical health through our publication, newsletter and signature project "Run Run Chicken 2.0 FUNdraising charity run" in the first quarter of the year. The event not only raises the awareness of doing regular exercise, but also promotes the importance of guided dogs to the needy. In the second quarter, we will concentrate on raising the awareness of mental health of the youth. In the Issue 2 of *Progress*, we have interviewed the Principal Corporate Training Consultant of The Mental Health Association of Hong Kong. Also, we will host another series of signature project "Listen, Connect, Accept" which will investigate the situation of mental illnesses among Hong Kong youngsters.

Our publication team aims to shorten the distance with us and you by issuing the quarterly publications and monthly newsletters. We have websites, Facebook and the newly added Instagram to let you know more of our up-to-date news and information.

## Campbell TING

President - JCI Queensway

I am so pleased to witness the continued growth and strength of JCI Queensway this year. More and more meaningful initiatives have been undertaken, providing many development opportunities for members and members of the society. Keep up your hard work and commitment in creating positive changes in the world!

Often people hit roadblocks in their life and it may feel like you are stuck in a never ending loop. Every day it is the same cycle of work, return home, sleep, wake up, and work again. What happened to your dreams and goals? Can you get out of this rut and change your destiny?

There is a book by Jeff Olson called "The Slight Edge" with the seemingly simple concept that "simple disciplines repeated over time will create success, while simple mistakes repeated over time will create failure". You may have had a goal to meet new people, do more exercise, eat more healthily, or get involved in the community. So what happened? The road to attaining your goals has many little steps and milestones. Every action is easy to do. The problem is that every step is easy to do and also easy not to do. You have a choice whether to take action or remain inactive. It is easy to put off these small steps because when you don't do something they are not instantly detrimental. If you don't go exercise today you won't immediately suffer. These small actions towards your dreams are easy not to do when your health is not immediately worsened or your career is not immediately ruined or the world does not instantly implode. So what can you do to start adding up positive actions towards your goals?

The JCI platform is an established method for young people to develop into phenomenal leaders and perform work that benefits the community. Although it is a voluntary organisation, members are dedicated to constantly improving themselves and taking a hands on approach to learning. There are vast opportunities to JCI and I encourage members to take a positive step and participate! Coming up soon are the area conferences in Kagoshima, Japan; Cotonou, Benin; Miami, USA and Riga, Latvia. These international opportunities are often cited as the most memorable and worthwhile experiences in JCI. Please do not hesitate to join us and start changing your destiny.

"It doesn't matter where you are, you are nowhere compared to where you can go." (Bob Proctor)

Beyond! BeLive!

## Senator Ronald Kan

National President

Message from National President –

## Senator Ronald Kan



Message from the National Assigned Executive Officer –

## Senator Victor Lam

Congratulations to creating several achievements in Q1!

This year, President Campbell set a fantastic theme of "Connect the World" and perfectly aligned with the Presidential theme of National President of "Beyond BeLive", which encourages our JC members to go beyond Hong Kong and live a life out of the Box!

In previous months, thank you JCI Queensway for cohosting JCI World Public Speaking Championship (Hong Kong Selection) with JCI North District to connect our Hong Kong members with public speakers in the world! Also congratulations to our member Sarah Lai to be our Champion in Hong Kong Selection and all the best to her in ASPAC Selection!

Also, Queensway members demonstrated its excellent teamwork in delivering "Run-run Chicken 2.0 Charity Run" for raising funds for Hong Kong Guided Dogs Association. We faced lots of challenges in handling the unstable weather, road condition, and other unexpected issues! However, with the leadership of President Campbell, we connected with 4-5 government departments in making the event happened, we connected nearly 100 participants and we were able to achieve a 50% growth in the number of participant from last year!

In upcoming months, JCI Queensway has a strong determination in driving its new flagship CD project "Listen, Connect, Accept" for tackling mental health issue and BA project "Be with you Social Innovation Mentorship Program", for creating opportunities for tertiary students in understanding social enterprises.

Partnership is definitely one of the keys to make all these happen, glad to know that Queensway has already gained the support of over 20 partners in all projects and echoes with 17 SDGs!

Let's join the journey of JCI Queensway in connecting the world!

## Senator Victor Lam

National Executive Assigned Officer  
National Secretary General Designate  
Junior Chamber International Hong Kong



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### 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.

This **PROGRESS** is prepared by:  
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### JCI Vision

To be the leading global network of young active citizens.

### Message from the Chief Editor

Time flies and here comes the second issue of Progress.

It is not very difficult for us to connect with others – a click on social media or a swipe in apps can generate hundreds and thousands of friends. But there is always a question pondering in my mind – how to make true and deep connection? One way to do that is, probably, participating in the real world through dialogues. They can be dialogues between you and your friends, or dialogues between you and others.

The foundation of dialogues is words. Words power ourselves up and connect us as bridges. In this issue, we will bring you dialogues with our members, Millennials and different parties in our community. We will also bring you into spiritual dialogues with different authors to understand our world synchronically and diachronically.

Get connected with us now!

### Tany KWEE

Honorary Secretary  
JCI Queensway



# Is Mood Swing Merely a Mysterious Menace? Interview with Mr. Vincent Wong from The Mental Health Association of Hong Kong



Many Hong Kongers have to work around-the-clock and many of them are suffering from stress, insomnia or even mild depression. Unfortunately, not many Hong Kongers know a lot about mental illnesses. Apart from learning ways to de-stress, it is also important to know more its causes. We are honoured to have Mr. Vincent Wong from The Mental Health Association of Hong Kong to share with us about the current situation.

**Q: Mr. Wong, how long have you been working in The Mental Health Association of Hong Kong?**

I have been working in the organization for 20 years. I am now the Principal Corporate Training Consultation, as well as the Professional Employee Psychology Counsellor..

**Q: 20 years is really a long period of time! Can you tell us more about the changes of the organization?**

A: When The Mental Health Association of Hong Kong was first established in 1954, we only had one full-time staff. After several incidents happened in the community, the public and the government started paying more attention to mental illnesses, as well as those who are recovered from mental illnesses. We then had more resources to recruit social workers and nurses.

**Q: Can you tell us more on the targets the organization serves?**

Our organization serves those people who are recovered from mental illnesses. Quite a number of them have been hospitalized for quite a long time and need some time to fit in. They will live in the halfway hostels, learning some life skills. We will also help them with job hunting and lining up with some social enterprises.



**Q: We know that there is another group of people the organization is serving too.**

Yes exactly! We are also serving the mentally disabled. We provide schools, shelters and hostels for them. We also provide vocational training to the more capable ones so as to help them integrate into the society.

**Q: Talking about schools, do you think students nowadays are facing great stress?**

Students nowadays have little time to play. They are facing more stress. A change of lifestyle, quick access of different kinds of information... All these contribute to a higher suicidal rate of the students. It is worth our grave attention.

**Q: Why do the students feel stressed?**

Nowadays students are facing keen competition. Their parents expect quite a lot from them. Many define 'success' as only pursuing jobs in professional realms like legal or medical ones. On the bright side, it is pushing them to the competitive edge. On the flip side, it is undermining their potential and talents.

**Q: Are teenagers the most vulnerable group?**

Although there are many teenage suicidal cases, the most vulnerable group is the elderly. They have thought of suicide due to different factors like chronic diseases or pain.

**Q: Generally people may have suicidal thoughts as they are depressed? Can we spot out any symptoms?**

Generally depression is a period of feeling sad or having a depressed mood. People who are suffering from depression may lose interest or pleasure in activities once enjoyed. They may also undergo changes in appetite. They may also feel a loss of energy or increasing fatigue. It is important to identify the problem and receive diagnosis and treatment as early as possible.





Know More about our  
2018 World President –  
**Senator Marc Brian Lim**

‘Senator Marc Brian Lim’ should be quite a familiar name to many JCIHK members. He was JCI World Executive Vice President (2017) and Vice President for the Asia and the Pacific in 2016. Our publication team is honored to have a chance to get close to our World President.



**Q: What is the most memorable travel experience you had in JCI?**  
A: It is definitely the one to Sousse, Tunisia. I went there in 2017 JCI Asia and The Middle East Conference. It is brand new to me as I have never been to there before. It is always lovely to explore new cities.

**Q: What is the joy of being a JCI member?**  
A: I believe that is food and friends. We can always travel to different countries to enjoy the cuisines there. Also, we have chances to know friends from different countries.

**Q: Why is learning so important?**  
A: We are always learners. Even now I’m the World President, I’m still learning every day. I learn from advisors. If we don’t know a particular issue, learn it. If we’ve already known it, we learn how to teach and share the knowledge. It echoes with our JCI Mission – to provide development opportunities that empower young people to create positive change.



**Q: What are the challenges JCI is facing now?**  
A: We have to make ourselves more attractive to the Millennials. In their eyes we are a traditional organization. We have to transform to fit. We have to devise strategic plans in order to make JCI more attractive to them.

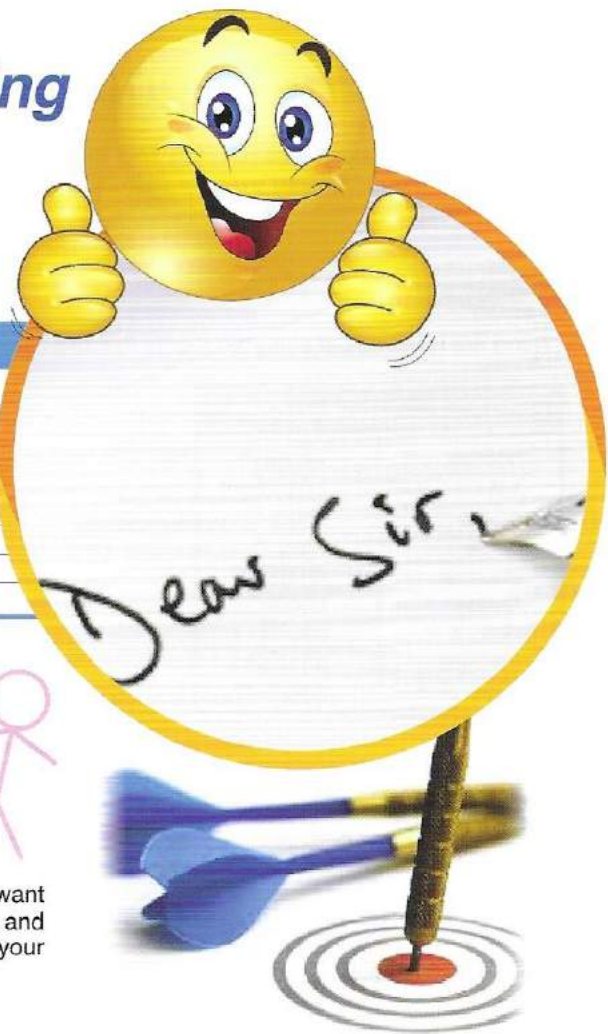
**Q: What is the direction of JCI this year?**  
A: I hope to utilize our Active Citizen Framework. It is a very useful tool not only to JCI members, but also to non-Jaycees. I hope there will be courses to introduce and share this with people in the world.



What to know more about how he stays healthy in his hectic schedule? Stay tuned with us!

# Learn More about Formal Writing

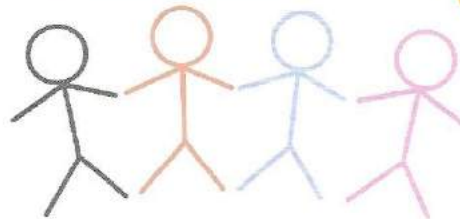
Emails, press releases, invitation letters... You name it. We all have to handle various types of formal letters every day. How to pick up the right words? How to maintain an appropriate tone in the writing? Here are some tips for you.



## 1. Avoid informal language.

Contractions like 'don't' and 'can't' should only appear in personal letters, texts or Instagram. Do not use abbreviations and contractions in formal writing. Also, focus on word choice.

Formal	Informal
Enquire	Ask
Request	Ask for
Verify	Check
Receive	Get
Apologize	Say sorry
Inform	Tell
Reserve	Book
On behalf of	From



## 2. Be concise.

Save flowery language for your creative blog writing. Normally your readers only want precise information on the matter concerned. Abstract wordings may confuse them and make follow-up actions difficult. Avoid run-on sentences – these sentences make your readers have a hard time to understand and comprehend your lines.

## 3. Be positive.

Try to avoid 'not's. Instead of 'you should not bring your pets to the venue', we can say 'you should consider putting your pets at home'. Address your issue positively. Positive words make your readers pleased and the overall tone delightful. It will certainly leave a good impression to your readers and boost the chance of success.

## 4. Be diplomatic.

Try to avoid strong statements. At the same time, you should also avoid using imperatives like 'Arrive at the venue before 10.' You can use modals to make the overall tone more sincere and polite, for example, 'It would be grateful if you can arrive at the venue before 10'.

## 5. Proofread your work.

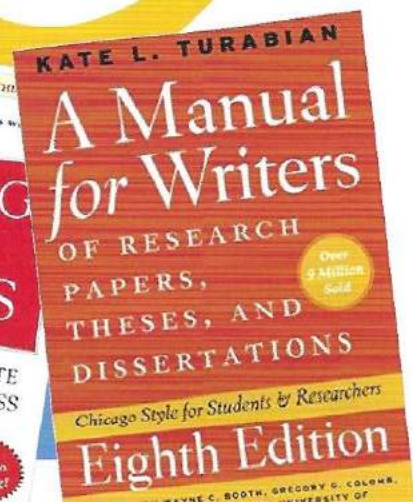
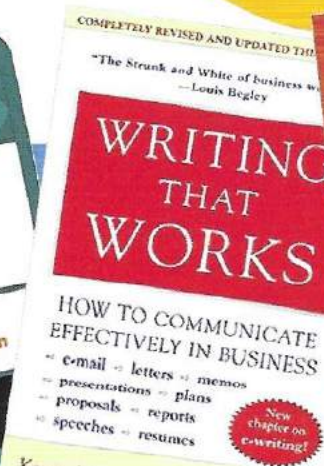
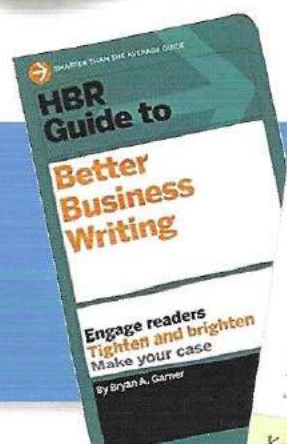
Spelling and grammatical errors can embarrass yourself. Be careful with homophones too. Homophones are words which sound the same but have different meanings.

Common homophones	
their	there
by	buy
it's	its
who's	whose
board	bored
packs	pax
hear	here



### Read more:

1. Kate L. Turabian, *A Manual for Writers of Research Papers, Theses, and Dissertations*, Eighth Edition: Chicago Style for Students and Researchers (Chicago Guides to Writing, Editing, and Publishing)
2. *HBR Guide to Better Business Writing* (HBR Guide Series): Engage Readers, Tighten and Brighten, Make Your Case
3. Kenneth Roman, *Writing That Works; How to Communicate Effectively In Business*



# Learn More about the Subtle Differences in English

There is an old saying that America and Britain are "two nations divided by a common language." Indeed even for natives, there are different ways to express the same issue.

## Vocabulary

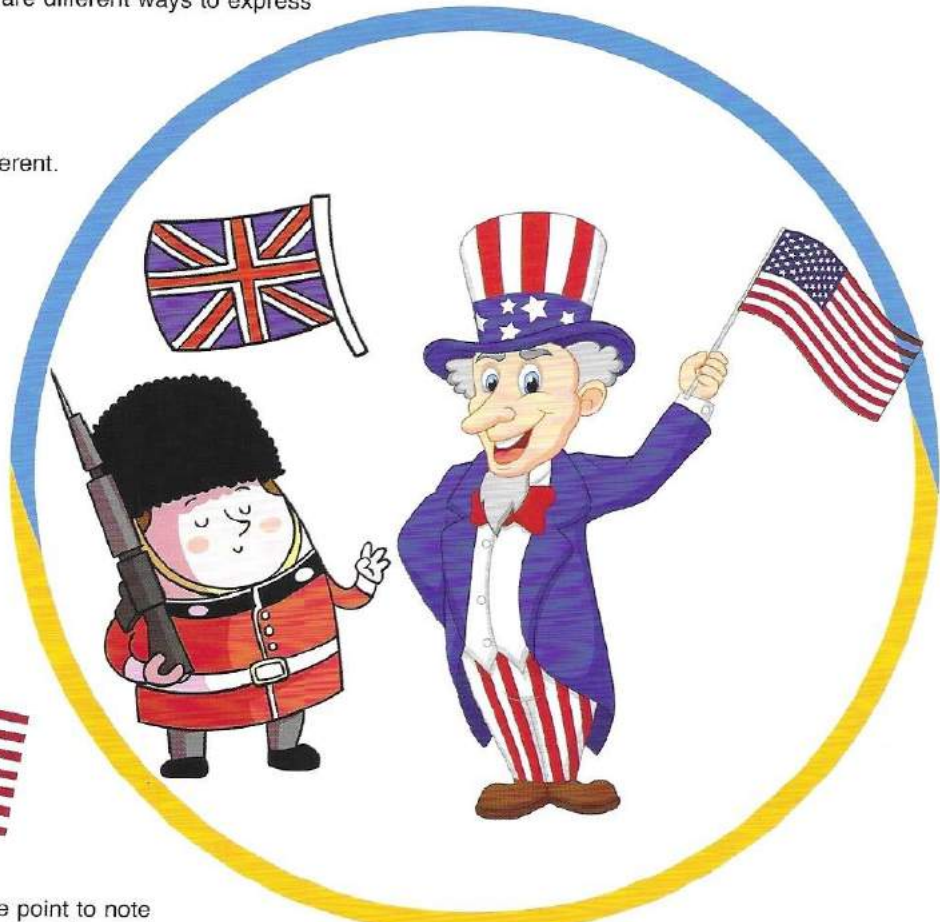
There are hundreds of everyday words that are different.

British	American
holiday	vacation
flat	apartment
crisps	chips
chips	fries
chemist	drugstore
football	soccer
biscuit	cookie
trainers	sneakers
aubergine	eggplant

## Verb forms

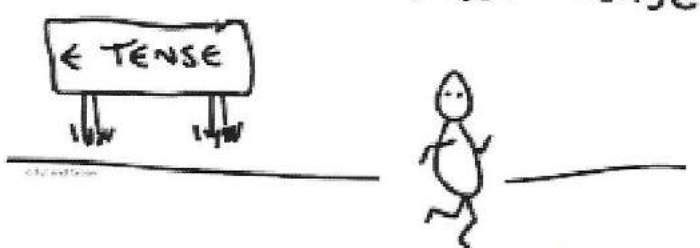
Past tense or past participles of some verbs can be different too.

British	American
learnt	learned
burnt	burned
got	gotten



Don't worry. Most irregular verbs are the same. One point to note is that Americans tend to use past simple tense to describe past events, no matter that event happened recently or long time ago.

British	American
I've eaten too much.	I ate too much.
I've been to the shop.	I went to the store.



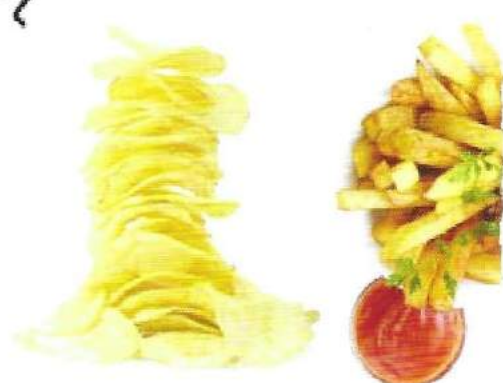
## Spelling



Spelling of some words can be different as well.



British	American
colour	color
honour	honor
centre	center
theatre	theater
organise	organize
travelled	traveled



## Pronunciation

See how the words are pronounced differently? Watch now:

**YouTube** <https://www.youtube.com/watch?v=2nAnT3PASak>



# International Affairs Highlights

The brotherhood of man transcends the sovereignty of nations. Through visiting our sister chapter and exchanging ideas with various delegates in the world, we work together towards a better future of the world.



PhotoGrid



## International Affairs Reception

Our IA team has shown great hospitality whilst our sister chapter - JCI KL Mandarin came and visited us from 20 to 23 January. We have prepared an exciting and fruitful itinerary for them.



## Visiting JCI KL-Mandarin

In early February, led by President Campbell, we also came to join JCI KL-Mandarin's Inaugural Ceremony. Our mutual support further forges our brotherhood, friendship and partnership.



## JCI Beyond Fellowship Dinner



## JCI World VP Reception Dinner

A few of our members joined the World VP Reception Dinner and they seized the chance to connect with different parties who are interested in investing in Belt & Road countries.

## Know more about Belt & Road countries

"Belt and Road" (B&R) refers to the land-based "Silk Road Economic Belt" and the seafaring "21st Century Maritime Silk Road". The routes with strong emphasis on connectivity and international co-operation cover countries across Asia, Europe and Africa. It features co-operation priorities in enhancing policy coordination, strengthening infrastructural facilities connectivity, facilitating unimpeded trade, deepening financial integration and building people-to-people bonds among countries along the routes.



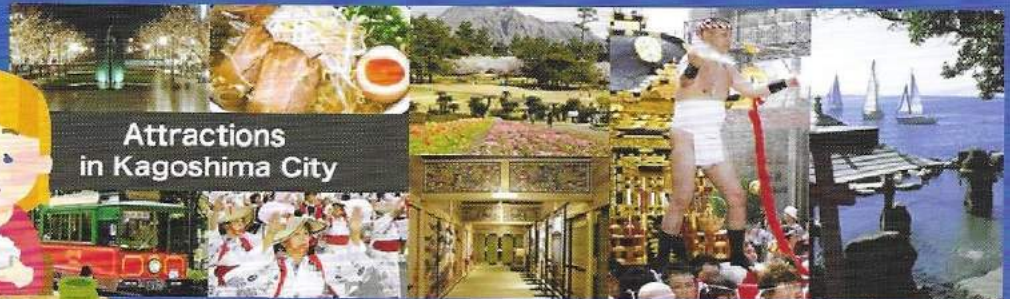
Source: <https://www.eurasiareview.com/>  
<http://www.beltandroad.gov.hk/overview.html>



# Dos and Don'ts in Japan

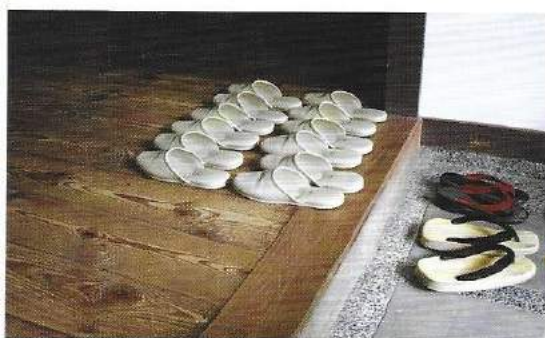
ASPAC 2018 was held in Kagoshima, Japan in May. Such delightful experience may ignite your innermost desire to visit Japan again. Generally Japan is a warm and welcoming country to travelers; however, we should never forget the saying goes, "When in Rome, do as the Romans do."

It is time for us to have some tips on etiquettes.



Attractions in Kagoshima City

Dos	Don'ts
Neatly refold the hand towel.	Leave your hand towel messy.
Pick your bowl up and bring it closer to yourself	Leave yourself closer to the bowl.
Rest your chopsticks on your bowl during the meal.	Stick your chopsticks upright during the meal.
Text on trains or metros.	Talk on phone on trains or metros.
Take off your shoes while entering private homes, temples, traditional style accommodations	Wear holey socks.



## Some simple Japanese phrases Here are some simple phrases used in greeting.

Japanese	Pronunciation	Meaning
おはようございます。	ohayou gozaimasu	Good morning!
こんにちは。	konnichiwa	Hello / Good afternoon!
お名前は何ですか。	o namae wa nan desu ka	What's your name?
ありがとうございます。	arigatou gozaimasu	Thank you.
すみません。	sumimasen	Excuse me.
はい。	hai.	Yes.
いいえ。	iie	No.
おげんきですか。	O-genki desu ka.	How are you?

# Leadership Development Highlight

We believe that one way to connect our members is to empower them. We should provide them with development opportunities to learn and to lead.

## JCI World Public Speaking Championship Hong Kong Selection 2018

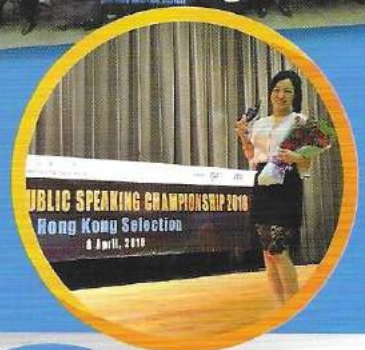
The JCI World Public Speaking Championship Hong Kong Selection 2018 was successfully held at HKU Space East Kowloon on 8th April 2018. Close to 100 guests witnessed the outstanding speeches of the 16 finalists.

Sarah Lai from JCI Queensway topped all JC Class finalist to become the champion and will represent JCI Hong Kong to participate JCI World Public Speaking Championship - Asia Pacific Selection in Kagoshima, Japan Asia Pacific Conference.

*"No one has ever had talents on stage but your determination prompts you to outperform. I am blessed to have grasped the second champion as Miss Sunshine, as always in the big JCIHK family. Sincere thanks to all members here to witness and support my journey to the stage in Japan!"*

**Sarah Lai**

Champion, JCI World Public Speaking Championship Hong Kong Selection 2018



## Trainer Mentorship Programme

Two of our members - Samuel Chan and Tany Kwee have joined the Trainer Mentorship Programme (TMP) organized by JCIHK on 17-18 March. Our Past President Parlett Chang was also a trainer and devoted his great skills and experience in the camp. Keep learning! Keep empowering!

*I enjoyed so much and learned from experienced JC members and trainers, as well as BoD members.*

**Samuel Chan**

*Trainers' comments help me reflect my strengths and weaknesses.*

**Tany Kwee**



## Leadership Academy

Our Honorary Treasurer Athena Siu joined the Leadership Academy from 28 to 29 April. Receiving training from experienced trainers like PP Duncan Tai, she is well equipped with various leadership skills.

*It is tiring but fruitful. I have learnt a lot on my personality, as well as others.*

**Athena Siu**



# Know more about Parliamentary Procedures Carolyn Pasual

Advantages of parliamentary procedures include orderly meetings, opportunities for all to be heard, decisions by the majority and protection for the minority.

## Number one rule: BE PREPARED

Leaders and members should be well prepared before the meeting. Here is what a leader should do.

1. Draft an agenda – list of matters to be discussed in the order in which they will be discussed
2. Know in advance what to expect from reports and be sure everyone who is going to deliver a report is well prepared.
3. Arrange for the meeting place and be certain it is set up to enable you or the speaker to see all of those present so that no one is ignored in the meeting.

Agenda and other reports should be distributed within 3 days before the meeting.



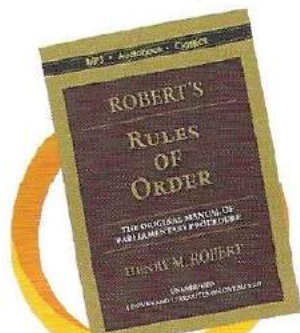
## Conduct of the meeting:

1. At the exact hour named in the notice of the meeting, the presiding officer should call the meeting to order. He should determine that enough members (a quorum) are present to conduct the meeting. If no quorum is present within 30 minutes of the time appointed, the meeting shall be adjourned to the same time and place one week later or such other date as the Chairman may decide.
2. The Secretary shall record the names of members and guests present and apologies for absence.
3. The meeting shall adopt the minutes of the last meeting (if any), amending them if necessary.
4. Business (if any) arising from the minutes of the last meeting shall be discussed.
5. The CHAIRMAN, secretary's report and other reports (sub-committees, etc.) should be discussed
6. Old or unfinished business previously discussed for this meeting shall be taken up again.
7. New business placed on Agenda by the Chairman shall be introduced and discussed.
8. When all the business is concluded the Chairman declares the meeting closed with statement of date, time and place of next meeting.

## Speaking Rights:

Speaking is accomplished by obtaining the floor. One should rise and address the presiding officer. The one who should be recognized is the person who rises first after the floor has been yielded by the previous speaker. If more than one person properly requests the floor when debate is on, certain rules apply:

1. The maker of the motion is first even though the last to request the right to speak, so he can explain the motion.
2. No one gets a second chance until everyone has had one chance to speak.
3. The chairman should try to alternate speakers among all sides of an issue.
  - Speaking is not usually in order until the presiding officer indicates who is entitled to speak. Once recognized, the speaker should first give his name
  - Speaking follows the making of a motion. If a report is presented, its reading precedes a motion. Following the motion, the reader of the report has the first opportunity to speak.
  - Speaking is limited in order to give everyone an opportunity to speak. The group can impose more or less restrictive rules. Robert's Rules of Order gives each person only two 10-minute opportunities to speak
  - Speaking can be stopped altogether by a motion. But this motion requires a two-thirds majority of those voting, so that a bare majority cannot prevent discussion and the minority can be heard.



# Teenagers' Voices on Sustainable Development Goals

The Sustainable Development Goals (SDGs) are a collection of 17 interrelated global goals set out by the United Nations. Each of the goals has several targets. These goals closely related to our lives, as well as our future generation. How do the Millennials respond to these goals?



## Life on Land

I think we should not turn country parks to housing sites. There are a lot of endangered and indigenous species in country parks. Some of them are very close to conservation area. Government should instead consider urban redevelopment.

Ken Kam



## Clean Water and Sanitation

Many children in developing countries like Cambodia do not have clean drinking water. In Hong Kong, we should also protect our water sources. We should not pollute our reservoirs and rivers.

Irene Law



## Sustainable Cities and Communities

We should not develop our harborfront into commercial and residential use. Although housing problem is serious in Hong Kong, we should preserve our coastline and Victoria Harbour so that we can be renowned as the Pearl of the Orient forever and ever.

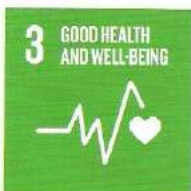
Suki Chang



## Quality Education

Nowadays many parents consider sending their children to foreign countries for education because they cannot agree with our spoon-feeding and examination-oriented education system. I think it is time to reconsider how we can provide a better education and incorporate more interesting ways of learning in our curriculum.

Henry Wu



## Good Health

At the beginning of every school year, we heard of many teenage suicidal cases. It is tragic but true that teenagers are now vulnerable to stress. I hope parents and teachers can pay more attention to the mental health of the youngsters. I also hope that more resources can be allocated to help those teenagers who are suffering from stress and depression.

Alex Wong



## Gender Equality

Although Hong Kong is a metropolitan city, it does not have a holistic plan on combatting gender inequality. Many girls and women are suffering from discrimination. For example, the average monthly salary of female workers is \$3000 less than their male counterparts. It is time to face this problem and work on some long-term solutions.

Jack Tsang

# Connecting with Queensway members

## Induction



Jimmy Fung has fulfilled all the requirements and passed the interview. He has become our full member and was inducted in our January Monthly Fellowship Gathering. Jimmy was appointed as our Membership Affairs Officer and the Chairman of May MFG.

"I'm glad to be a full member of JCI Queensway since this January. In the past few months, I had played as the role of organizing committee to hold two different projects, including November 2017 MFG and 2018 JCI Queensway Inaugural Ceremony. Without our JCI Queensway's effort and support, the activities would not be a great success. Not only do I get acquainted with different friends from all walks of life through participating in different JCI activities, but also broaden my horizons by interacting with different JCI Chapters from different countries/ regions and organizing different activities with our JCI members."



Jimmy Fung

## 29th Five-Star Training Camp



Our members Irene Tse and Cheryl Ma have joined and graduated from the 29th Five-Star Training Camp. With the 5-star itinerary prepared by JCI Victoria and excellent training by Head Trainer Senator Patrick Au Yueng, Deputy Head Trainers Senator Winnie Yeung and Senator Kenny Lo, both of them have learnt a lot about projects and JCI basics.

"As a PM for only two weeks, I am honoured to be nominated as one of the two participants in the renowned five-star training camp. Before arriving the venue, I thought it was only an orientation camp packed with activities that would foster the bonding of JCI members. However, the camp has achieved beyond this.

The activities explained the values, philosophy, opportunities and protocol of JCI in a vivid and lively way. The sharings by the experienced head coach and the articulate trainers were genuine and intriguing. The night assignment and the pitching simulation also helped us to understand the way a JC project should be designed. The camp is brief but it is meticulously organised and well thought out. I am impressed by the effort of the organising committee. I believe the amazing weekend will accompany me throughout my JC journey and I cannot wait to take part in the next JC event soon."

Cheryl Ma  
Prospective Member

## Prospective Members Orientation

Over 10 prospective members joined this meaningful event on 14 March. They are ready to start their JC journey and wait for the positive change. PNP Brian's speech is wonderful, very inspiring and encouraging. I agree with what he said - Don't say NO before you have tried and don't limit yourself.

Hatty Yeung  
Prospective Member



## Prospective Members Orientation

I can echo with PNP Brain's sharing on his personal life journey.

Wendy Leung  
Prospective Member



# Connecting with Queensway members

## Prospective Members Orientation

Thanks my friend to leave a chance for me to attend the Prospective Members Orientation. It is glad to have PNP Brian sharing his successful story. From his speech, we can feel the culture of JCI - providing development opportunities to the youth and make an impact.

Zero Ho  
Prospective Member

## Joy of Being Chairmen and OCs

It is always tiring but rewarding to take up an OC post or even chairmanship. Let's hear what our members have learnt!

"I think one of the difficulties in making the event is to enroll more QJC members to come since they normally have very tight work schedule and sometimes need to work overnight. It's nice to hear they enjoyed the refreshment, guest speaker's sharing and the game. It aroused their great attention to healthy lifestyle, echoing the theme. The ambience turned out to be blissful and intimate one, especially for the game section. I suggest in our upcoming event, there would be more chances for participants or members to discuss, engage and interact, so as to get them more involved and deepen the bonding between them."

Samuel Chan  
Chairman of April MFG



"I think I still have lots to improve. But it was a great experience. Hope to have more chances of being MC."

Tammy Tan  
OC of April MFG



"The championship will not be successful without the dedication and hard work of the OC team and the guidance of the project advisors. It was such a privilege to organize this event with them, thank you."

Carolyn Pascual  
Chairman of JCI World Public Speaking Championship  
Hong Kong Selection 2018



"NOM has high expectation and great to receive positive feedbacks."

Asifa Tse,  
OC of JCI World Public Speaking Championship  
Hong Kong Selection 2018



# Joy of Reading

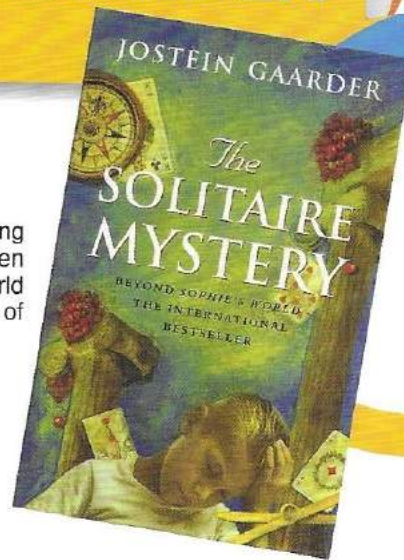
Samuel Chan, Kato Suen, Tany Kwee

In this issue of Progress, we will bring you some hot picks from our members. These hot picks include self-help books, popular novels, literature from Nobel Prize recipient and collected writings about Belt and Road countries. Read to be enlightened!

## The Solitaire Mystery, Jostein Gaarder

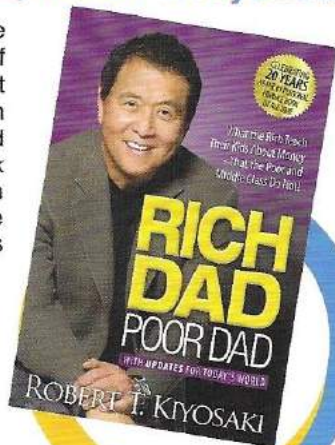
"There is always a joker to see through the delusion."  
This book tells something that people live in this world working hard and playing hard but as the day goes by, they don't even realize why they exist and what the meaning of life is. The world has lots of temptations. And people can't even know the reason of living.

That's why we need to learn philosophy.



## Rich Dad, Poor Dad, Robert T. Kiyosaki

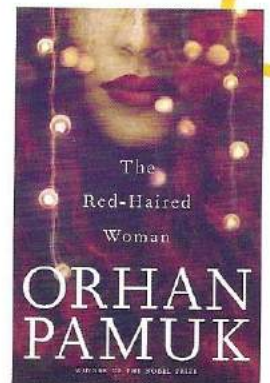
This book changes my life and holds the key of enlightening my mind. It teaches us the right wealth management skills. I would highly recommend this book to those who want to learn some efficient and effective ways to management his money.



## The Red-Haired Woman, Orhan Pamuk

"Many years have now gone by, and jealousy compels me to keep her name a secret, even from my readers. But I must provide a full and truthful account of what happened."

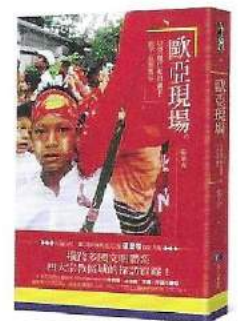
Another epic from the recipient of the 2006 Nobel Prize in Literature, The Red-Haired Woman asks probing questions of ethics and of the role of art in our lives. It is a fictional inquiry into the literary foundations of civilizations, comparing two fundamental myths of the West and the East



張翠容 -  
《歐亞現場：見證現代化浪潮下的  
矛盾與衝突》

A famous war correspondent wrote about some Belt and Road countries.

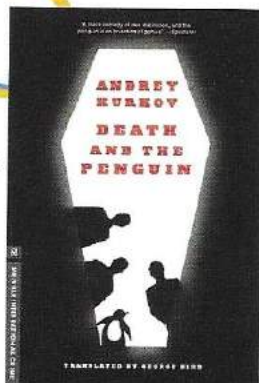
'East meets West' may be seemingly a cluster of buzzwords symbolizing globalization; however, fusion of horizons is never an easy task without mutual understanding and multilateral cooperation. Most countries are pondering over their new identity in the process of modernization. Another question they are facing is how to preserve their unique culture while embracing some western ideologies like democracy.



## Death and the Penguin, Andrey Kurkov

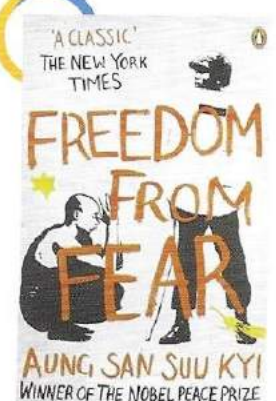
A masterful tale set in post-Soviet Kiev.

Viktor Zolotaryov, an aspiring writer, leads a hard and 'ghetto' life in Kiev- he is out of work and his only friend is a penguin, Misha, who he rescued when the local zoo started getting rid of animals. Viktor later thinks he finally gets a break when he lands a well-paying job at the Kiev newspaper writing "living obituaries" of local dignitaries-articles. Slowly understanding that his own life may be in jeopardy, Viktor also realizes that the only thing that might be keeping him alive is his penguin.



## Freedom from Fear: And Other Writing, Aung San Suu Kyi

Edited by her late husband, whom the ruling military junta prevented from visiting Burma as he was dying of cancer, this book reflects Aung San Suu Skyi's greatest hopes and fears for her fellow Burmese people, and her concern about the need for international cooperation in the continuing fight for Burma's freedom. Bringing together her most powerful speeches, letters and interviews, this remarkable collection gives a voice to Burma's "woman of destiny".





# Event Recap

## JCI Queensway x Island Toastmaster Club Public Speaking Workshop - Be the Champion

With the comprehensive training and sharing by guest speakers Past President Joseph Ho and Mr. Khalid Khan, there were around 50 participants joining the workshop on 13 January 2018. In this workshop, participants took up challenges and delivered their speech in front of the audience.



## JCI Queensway Inaugural Ceremony cum January Monthly Fellowship Gathering

Our Inaugural Ceremony cum MFG was successfully held on 21 January 2018 at Gloucester Luk Kwok. We had over 80 guests and friends came to witness our 2018 Board of Directors taking their pledges to connect the world.



## Joint-Chapter Spring Gathering

Our joint gathering with JCI Victoria, JCI Ocean, JCI Bauhinia, JCI North District and JCI Lantau was held on 23 February with over 100 guests.

## Queensway 有嚟哈

Our causal gathering was held on 1 March. Our members and prospective members enjoyed a night of delicacies and mahjong with our members and past presidents.

## Potluck Fun!

Our members joined the Potluck Gathering organized by JCI Yuen Long on 4 March. Enjoying the local culinary together, we felt connected.

## Easter Fiesta – March Monthly Fellowship Gathering



Wild fire symbolizes our spirit of joy and to serve! Our members enjoyed some quality time together on 29 March.



# Event Recap



## The JCI World Public Speaking Championship Hong Kong Selection 2018

The JCI World Public Speaking Championship Hong Kong Selection 2018 was successfully held at HKU Space East Kowloon on 8th April 2018. Close to 100 guests witnessed the outstanding speeches of the 16 finalists.

Sarah Lai from JCI Queensway topped all JC Class finalist to become the champion and will represent JCI Hong Kong to participate JCI World Public Speaking Championship - Asia Pacific Selection in Kagoshima, Japan Asia Pacific Conference.



## Healthy Urban Life – April Monthly Fellowship Gathering

Our April MFG "Healthy Urban Life" was successfully held on 18 April at Xi Hotel. With our guest speaker Dr. Elaine Lau's sharing, our members knew more about detox techniques and definition of various health concepts.

"It is worthwhile to drop by and understand more about how to detox and lead a healthy life"

Jaime Ng,  
Senator and participant of April MFG



"An excellent MFG! The venue is perfect! The speaker is with high quality and full preparation. The food tastes great."

Bosco Ong,  
Vice-Chairman of Senior Members Club

**2018 APRIL MONTHLY FELLOWSHIP GATHERING**  
**Healthy Urban Life**

**Details**

Date: 18 April 2018  
Time: 20:00 (Registration: 19:30)  
Venue: XI Hotel, 5/F  
(7 Minden Avenue, Tsim Sha Tsui, Kowloon)  
Fee: HK\$100 for JQC  
HK\$120 for Non-JQC

**Contact Persons**

Chairman: Samuel Chan, 9032 6252  
Registration: Martin Ho, 9159 6133

**Guest Speaker: Dr. Elaine Lau**  
PHD in HKU Nursing  
Working in Doctors Without Borders since 1999  
Lecturer of NCU's Edge Business School  
Owner of health, real estate business

**Sponsors:** Gold Sponsor: [Logos], Silver Sponsor: [Logos], Bronze Sponsor: [Logos], Co-Sponsor: [Logos]



## Running Gathering

We gather for health and well-being. Some Queensway members, together with our NAEO, practise running and jogging every week at sports ground.

## Run Run Chicken - Charity FUNdraising Run 2.0

Our charity fund-raising run was held on 29 April at Kai Tak Cruise Terminal. Many JC fellows and friends came and join this meaningful event and raise fund for the Hong Kong Guided Dogs Society.



# Upcoming Events

## Be with You – Social Innovation Internship Program 2018 Opening Ceremony

Never miss the chance of getting closer with our university students and social enterprises!

Date : 2 June 2018 (Sat)  
Time : 14:00  
Venue : Gratia Christian College (宏恩基督教學院)



## JCI Queensway Friendly Family Series 2018 "Listen, Connect, Accept"

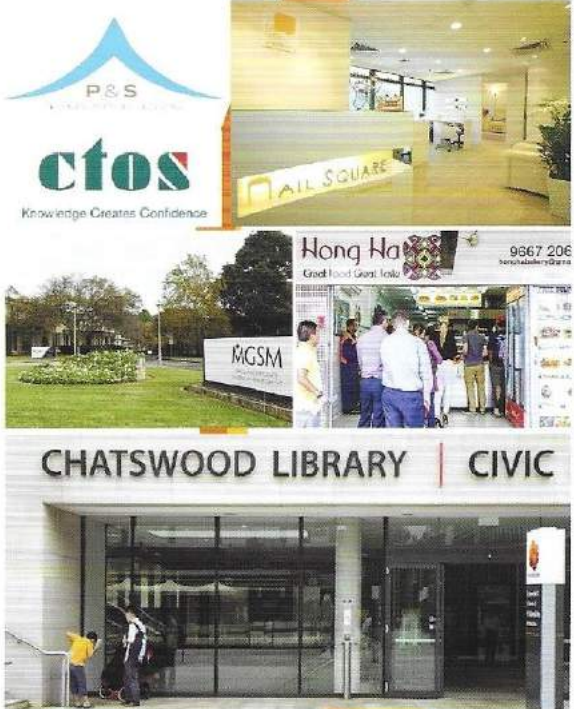
Join us on raising the awareness on mental health.

**Opening Ceremony and Sharing**  
Date : 9 June 2018 (Saturday)  
Time : 14:00 – 17:00  
Venue : Auditorium, Christian Family Service Centre, Kwun Tong  
(九龍觀塘翠屏道3號10樓基督教家庭服務中心)

**Seminar on Mental Health**  
Date : 21 July 2018 (Saturday)  
Time : 14:00 – 17:00  
Venue : Rm 201, Christian Family Service Centre, Kwun Tong  
(九龍觀塘翠屏道3號10樓基督教家庭服務中心)

### Points of Distribution

- You can find us in the following points of distribution:
- Junior Chamber International Hong Kong (Hong Kong)
  - Pepper & Salt Academy (Hong Kong)
  - Nail Square by Lemonade (Hong Kong)
  - ELCHK Faith Love Lutheran School (Hong Kong)
  - Yan Chai Hospital Wong Wha San Secondary School (Hong Kong)
  - Kuo Mao Hall, Shaw College, The Chinese University of Hong Kong (Hong Kong)
  - Chatswood Library (Sydney, Australia)
  - MGSM Hotel (Sydney, Australia)
  - Hong Ha Bakery (Sydney, Australia)
  - AWBROS international SDN BHD (Kuala Lumpur, Malaysia)
  - Creativo United SDN BHD (Selangor, Malaysia)





**Want to be a future leader?  
Want to be empowered?  
Want to create changes?**

**JOIN US NOW!**

Please use **BLOCK LETTERS** and in English

Scan the QR code & complete the form



\*Surname: \_\_\_\_\_ \*Given Name: \_\_\_\_\_ Preferred/Middle Name: \_\_\_\_\_  
 \*Chinese Name: \_\_\_\_\_ \*Gender: \_\_\_\_\_ Marital Status: \_\_\_\_\_  
 \*Highest Education: \_\_\_\_\_ \*Day of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Nationality (for demographic purpose): \_\_\_\_\_ \*HKID No.: \_\_\_\_\_  
 \*Home Address: Room/Flat \_\_\_\_\_ Floor \_\_\_\_\_ Block \_\_\_\_\_  
 Building \_\_\_\_\_  
 Name of Estate \_\_\_\_\_ Street No. \_\_\_\_\_  
 \*District \_\_\_\_\_  HK  KLN  NT  
 \*Company Name: \_\_\_\_\_  
 \*Industry: \_\_\_\_\_ \*Position: \_\_\_\_\_  
 Company Web Site: \_\_\_\_\_ Highest Professional Qualification: \_\_\_\_\_  
 Office Address: Room/Flat \_\_\_\_\_ Floor \_\_\_\_\_ Block \_\_\_\_\_  
 Building \_\_\_\_\_  
 Name of Estate \_\_\_\_\_ Street No. \_\_\_\_\_  
 \*District \_\_\_\_\_  HK  KLN  NT  
 Postal Address:  Home  Office  Other: \_\_\_\_\_  
 Contact Tel: Home \_\_\_\_\_ Office \_\_\_\_\_ \*Mobile \_\_\_\_\_  
 \*Email: \_\_\_\_\_  
 Other Social Involvement: \_\_\_\_\_  
 \*Referral: Name: \_\_\_\_\_ & Chapter: \_\_\_\_\_ Other source: \_\_\_\_\_

Please tick the Commission(s) under JCIHK you are interested to join:

- National Business Networker  National Community Concern Group  
 National Corporate Communications Commission  National Mainland Affairs Commission  
 National International Affairs Commission  National Training & Development Commission

The above data marked \* on this form must be filled and shall be included in the JCIHK Membership Directory

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Note:** Please complete this application form together with your HKID card copy and a cheque of HK\$500 payable to "Junior Chamber International Hong Kong Limited" as your initiation fee for 6 months, and send to: JCIHK, 21/F, Seaview Commercial Building, 21-24 Connaught Road West, Sheung Wan, Hong Kong. As the initiation fee is the administration cost for your application, it is non-refundable in the event of your application for full membership being unsuccessful.

**STATEMENT REGARDING THE COLLECTION AND USE OF YOUR PERSONAL DATA**

Members' personal data will be kept confidential and handled by Chamber Office staff members of JCIHK. We may transfer some of the data (whether within or outside Hong Kong) to other persons/officers appointed to undertake some of the administrative functions. We may also conduct matching procedures (as defined in the Personal Data (Privacy) Ordinance (Cap. 486)), and utilize the data and such other personal data and information in relation to the applicant for non-commercial purpose(s) of JCIHK.

Further, to ensure you are well connected with JCIHK, we will deliver information including any relevant events, functions, training courses, donations and contributions events and other activities but not limited to those organized and/or supported by JCIHK and JCI to you by using your personal data maintained in our database.

Unless for the purposes stated above or permitted or required by the law, we shall not disclose your personal information to third parties to the extent which may allow recognition of your identity. JCIHK will keep your personal data only for as long as necessary to fulfill the purposes for which the personal data was collected.

Pursuant to the Personal Data (Privacy) Ordinance (Cap. 486), you have the right of access to and correction of personal data kept and used by us. Should you wish to access or make amendments to your personal data, please send your request to [memupdate@jcihk.org](mailto:memupdate@jcihk.org).

In addition, if you do not want to receive our information through mailing, telephone and/or email, please send us your request to opt out with your personal information (full name and contact number) to [memupdate@jcihk.org](mailto:memupdate@jcihk.org).

I hereby declare that I have read and accept the above statement.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I hereby declare that I accept that JCIHK may transfer my personal data stated in this form including name, date of birth, HKID no., address and phone number to our Local Organization Member ("LOM") for the above-mentioned direct promotion and administration purposes and that LOM may deliver the information of activities stated in the above through mail, e-mail, telephone and other means to me.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_