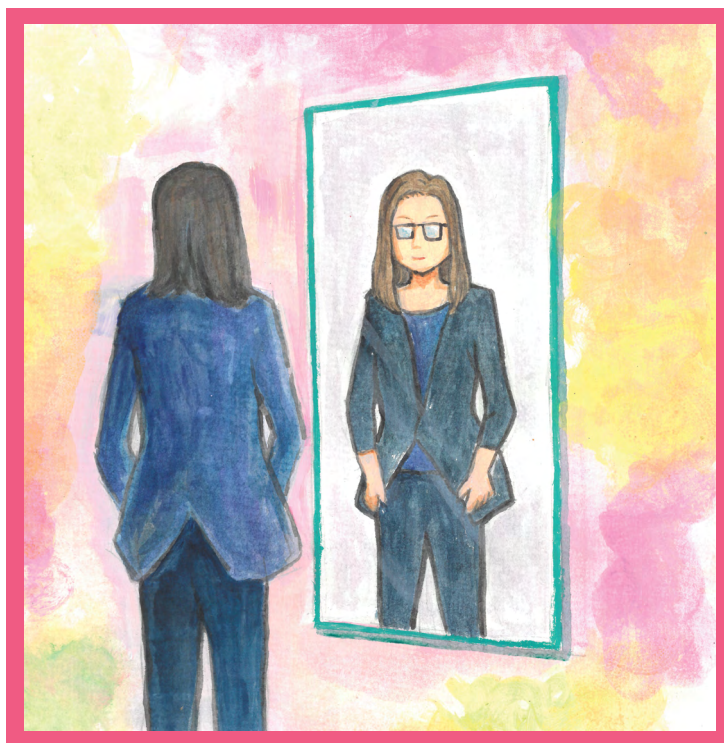


SNAPSHOTS

GIVE YOUR BEST SHOT

SCENTING 40s



JCI Creed

We believe:

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

JCI Mission

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

JCI Vision

To be the leading global network of young active citizens

ABOUT JCI HONG KONG

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

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

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

In JCI Hong Kong, we have 21 chapters with over 2,000 members representing a network of highly motivated and forward looking young men and women who are mostly entrepreneurs or executives from a wide range of trade and businesses. JCI Hong Kong Jayceettes is the fifth local chapter affiliated with JCI Hong Kong, also well known as the first lady Chapter in the Asia and the Pacific and second lady Chapter in the world.

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SNAPSHOTS

-40S-

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CHIEF EDITOR'S MESSAGE DIRECTOR HEIDI WONG

Time flies, I did my personal half-year review and came across some painful emotions. I have heard that even painful emotions do some good deeds by empowering us to understand other's pain. To understand. To bond. To be compassionate.

"Compassion is to look beyond your own pain, to see the pain of others." - Yasmin Mogahed

This is why our age series is for, it may not describe your age in every issue, but it allows you to understand the internal genuine feelings that every age tries to overcome, and so we can figure out our ways of living together more compatible and peacefully.

In "Scenting 40s", we transcend to taste the bitter-sweet of maturity. We may face difficulties, we may encounter discrimination, we may be asked to do whatever not serving us... But against all odds, it may be by far the best learning opportunity for us to dig beauty in every situation and challenge ourselves to learn the new things and be a stronger person that we have never imagined.

The above message was shared by Boss Fa, who has become the boss lady after overcoming hurdles and hurdles in different life stages. Be a strong Virgo to always give things a try!

Meanwhile, we aspire to update news from areas including SDG Junior Ambassador Programme, Period Love, WE Plan YOU Pack, Jayceettes Academy, Female Elites' Series 2020 - Business on Stilettos etc.

For "Women around the world", we are honoured to interview with a lady member from JCI Yokohama to understand more about female's situation in Japan. You would not want to miss fun facts of women when it relates to beloved alcoholic beverages for this issue!

To start with another nice half year, it is best to refresh our mind with some good treats! Sip a coffee and enjoy this issue is what I will do!

MESSAGE FROM JCI HONG KONG JAYCEETTES PRESIDENT KRYSTLE FONG



Amidst an early morning during the recent Novel Coronavirus (COVID-19) upsurge in Hong Kong, I am sitting in a corner of the once hustling and bustling city, recording the moment with words, just like what SNAPSHOTS did for all JCI Hong Kong Jayceettes members over the years.

The name of our Chapter publications, SNAPSHOTS, originated from the concept of photography. One SNAP, One PHOTO, One MEMORY. Thank you SNAPSHOTS, for growing together with us through numerous important occasions and events all these years.

"148 confirmed COVID-19 cases today. Please stay at home for the community!"

Indeed, 2020 has been a tough year for Hong Kong. There may be moments of helplessness experienced by one while witnessing the closure of restaurants, being financially challenged by reduced work opportunities, not being able to meet family and friends due to the imposition of Government social distancing measures. While these emotions are totally understandable under the pandemic, as an active citizen, please remember to **"Stay POSITIVE, stay SAFE and stay at HOME"** for the community during this critical period.

"Challenges create changes", has been the motto of 2020 Board of Directors throughout the year.

Under the pandemic, we have not been able to meet physically with members since our Inaugural Ceremony or host any physical Monthly Fellowship Gatherings or Flagship Projects. Since the pandemic is even more severe than SARS back in 2003, without any prior experience, gradually we developed **"The New Normal"**.

During this period, we figured how to operate various online platforms like "Zoom" and "Facebook Live" from scratch to conduct events. Did you know that a simple setting with few people in front of the screen during an event, is actually a result of close teamwork and repeated rehearsals behind the scenes?

I would like to take this opportunity to give great thanks to my 2020 Board of Directors

(BOD), all Organizing Committees of Flagship Projects, Monthly Fellowship Gatherings, trainings and events. It has not been easy at all, but they have all demonstrated great perseverance and creativity throughout the year to maintain the smooth operation of the Chapter.

I am blessed for the opportunity to lead the Chapter under these extraordinary circumstances in 2020. At the same time, I am grateful for having the opportunity to implement numerous "changes" and to conquer various difficult "challenges" with the 2020 BOD this year, which is definitely an unforgettable lifetime experience.

Let us continue to **"WFH" - Work For Hong Kong** and JCI Hong Kong Jayceettes!



Honesty is the first chapter in the book of wisdom.

THOMAS JEFFERSON

The Jayceettes editorial team has formed our rationale in covering 4 independent successful women, in their Blossoming 20s, Flourishing 30s, Scenting 40s and Fruiting 50s, as life-examples in discovering beauties at each stage.

In last two issues, we covered 4th time Olympic swimmer Stephanie Au Hoi Shun and modern stylish FengShui master Thierry Chow. In the Scenting 40s, we have Boss Fa - Wong Wai Gwan to share with us how she keep her passion burning.



Forties - An Age of Keep Going

40s have been through perseverance 20s and courageous 30s. With everything already on track, work, family and aspects of life.

What keeps the person going forward with faith?

Passion to life.

It's the burning fire that in everyone's heart pushes a further step bring more in life.



"HANG IN THERE AND KEEP GOING" BOSS FA - WONG WAI GWAN

Contributor: Director Heidi Wong

Most of you may not pay attention to TV producer, but except this time -- Wong Wai Kwan (nicknamed "Boss Fa") undeniably catches our eyes by her straight-forward comments to participants which is also one of the critical successful factors of "Good Night Show - King Maker" for ViuTV. Boss Fa is now the talent manager of the members of the Hong Kong pop music group MIRROR and other artists of ViuTV.

Apart from being the boss lady on screen, Boss Fa comes to narrate her "Scenting 40s" in person.

Multiple roles

A TV Producer. A talent manager. A mother. A wife. A daughter. Living 40s is "fruitful" in terms of time management for sure. You just have to split yourself into smaller bits to make sure each party gets enough of the needed attention, which is easier said to be done. Sense of



responsibility does not allow us to give our less self in each bit, or else ending up as guilt.

Boss Fa admitted she was not good at time management, **"I wish I could be a better wife. Fortunately my husband is very considerate and understanding of my multiple identities. He kindly accepted my limited time spent with family,"** Boss Fa confessed.

Her husband might be the luckiest person as he has experienced this soft side of Fa genuinely, "because I am afraid of him!" Boss Fa giggled, "This is our way of being together!". Underneath, more subtle bonding arises. Her husband very often gave advices and opinions to Boss Fa which enabled her to reflect and self-growth. Growing old together seems possible

between this pair. "When I have doubts, and difficulties at work, I choose to share with him," Boss Fa supplemented. A supportive image of her husband vividly came into place.

"Even I worked til late last night, I insisted on waking up early the next morning to drive my sons to schools," Boss Fa said. She emphasized the daily driving time is rigid rules for herself, it provides her the precious time to catch-up with her sons, instead of dinner time which was often caught by work. Her children are of paramount to Boss Fa as she confidently told us. She shares her heart wholly to her beloved sons. That said, this talent manager treats her talents, MIRROR and ERROR, like her own sons as well. She is lucky to be compatible with each of them. **"They are like my sons, just that I cannot really scold them,"** Boss Fa smiled.

Boss Lady

We are fortunate to live in Hong Kong, which is already a relatively gender-discrimination-free city compared to other parts of the world. However, there are still some male-dominated industries where females may find more restriction to perform and difficult to be promoted. The TV producing industry is one of them.



"You are a woman. You dress like a pretty to impress. Your voice is soft. Then you will not be an up-to-par Producer-assistant ("PA"), " someone told Boss Fa. The teenage Boss Fa was furious with such a comment decided to cut her hair short and speak loudly to detach herself from the typical woman's image. She would like to prove ability was not gender-oriented. Soon, her strategy worked and her performance was recognized. She got promoted. She then even became the producer of concerts, which her dream come true at that moment. "I was happy when I

was the producer of concerts. This is my dream!" But then, this dream did not last for long. Concert producer required frequent travel and heavy workload, her husband started to question her the balance of work and family. Boss Fa did not wait a second to answer, family always comes first. "For once I missed dinner with my dad for work, and then the next day he passed away," Boss Fa told us with watering eyes.

Leaving the concert producer role, she went back to TV. "Good Night Show - King Maker" was supposed to be her last show but it was such a success that made her stay. **"I spent a lot of me-time coming up with this TV programme idea,"** she said. Use of creativity was the prime reason to keep her enthusiasm in this industry and yet this received some challenges too. She was asked to change her role - from a TV producer to a talent manager. You could say she was still working with MIRROR but the work



nature was entirely different. She could no longer take control of the production. but to take care if the boys look good in photo with the perfect angles, the styled hair and the ironed costumes, which for times, she thought it's tedious and lacks of purpose.

"I took a lot of time to overcome these changes..." As said, Boss Fa turned to her husband for relief and companion. After a few weeks with deep contemplation, the strong Boss Fa came back in life. **"Maybe I could still use my creativity in giving ideas on their MV, maybe I could train up my interpersonal skills by working with clients as a talent manager,"** If another chance was given, Boss Fa believed she would still cut her hair short and had the tougher tone in the workplace. Boss Fa optimistically believed her career teaches her important lessons. In the first phase of her career, she was in the dominant role, giving orders and commands. In the second phase of her career, she was in the problem-solving role, communicating, negotiating and compromising with different parties. Life challenges us from time to time, no exception to Boss Fa, or gives us learning opportunities.

In Hong Kong, Boss Fa observed that, female was quite well-respected with not much difference from male. "If women aspire to be respected, we should not

take advantage of our female status and ask male to move heavy blocks for us all the time. Move them by yourself!" Admittedly, Boss Fa stated that the heavy blocks in the TV workplace are quite heavy which might hinder female performance to some extent, but only blocking the way for female who are not as passionate.

Dreams in 40's

We are often taught to have dreams. 20s and 30s are the time we pursue pure dreams but starting from 40s, dreams are mixed with our realization of reality.

Boss Fa incubated the idea of "Good Night Show - King Maker", contradictory she did not have any dreams. **"On one hand, I urge every participant to stick to their dreams in "Good Night Show - King Maker". On the other hand, it is a bit surreal if you ask a 40s to have dreams. We know too much about reality and all limitations,"** Boss Fa spoke from her heart.

"I would love to travel with husband, but this should not be a dream, right?" Boss Fa smiled.

"Until for once, one participant who was fouled shouted at me 'Did you know that you just killed my dream?'; then I started to feel sorry for the fouled participants. Am I really bad destroying his hope? They were sacrificed for the show for effects. It triggered me to propose to

ViuTV if we could create a pop group at the end of this show. I may not be able to help all participants but at least I can help some for their dream come true." Boss Fa may not have big dreams for herself, but she would like to make dreams coming true within her capacity.

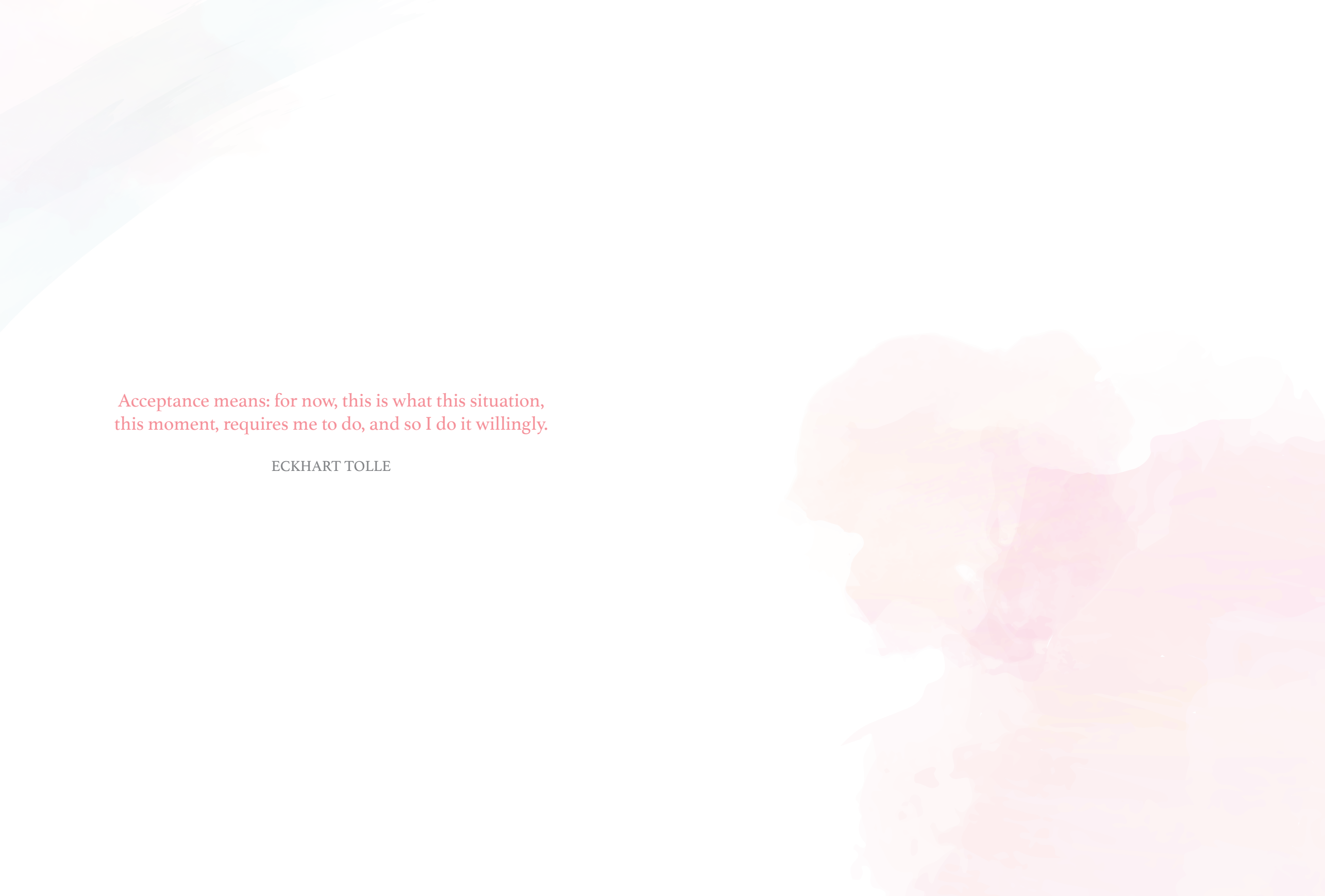
She humbly admitted she might not be a good living example of "dreams". Yet, she encouraged those who have dreams, regardless of their age, should pursue them bravely. "Even if you are in your 40s, it is never too late to try. Life is too short." She was the kind of person who would not give in until giving a try. "Why deny my ability before I try? You should not look down on me! But at

least I am worth for one try and I know it." – the strong side of Boss Fa insisted with faith.

Behind the Stage

Boss Fa may present to audience her strong personality most of the time. But yet we discovered her soft and considerate side during the interview. Her preferred me-time was rather about being with her loved ones than being alone. Moreover, for every question we asked, she asked us back and wanted to know more about us. Maybe this Virgo is demanding but does not mean she is not caring. "I am a typical Virgo!" she added. Know more about Virgo, maybe we can know more about Boss Fa.





Acceptance means: for now, this is what this situation,
this moment, requires me to do, and so I do it willingly.

ECKHART TOLLE

Contributor: Vice President Cherie Wong,
Director Heidi Wong, Director Aki Chan



We are all in this world

This time

This place

This organization

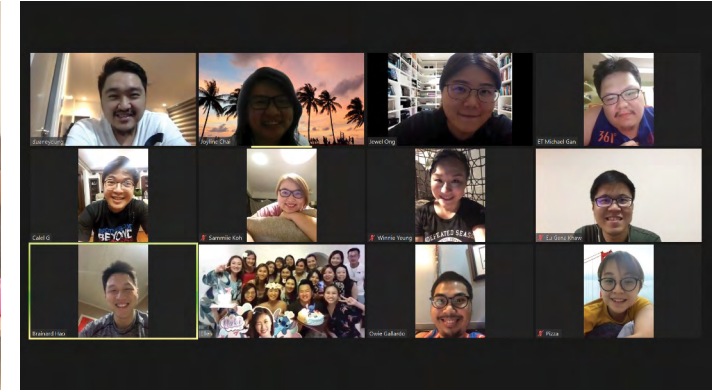
Junior Chamber International

We may join this non-profit making organisation with different purposes or intentions. Under this umbrella, to certain extent, all members share the same belief in hoping to make the world a better place and treasure all lives. Through various kinds of trainings and opportunities we become our better selves.

With the seed in hearts, in this difficult time of the pandemic, with all the lockdowns in the past months, we see opportunities to connect with other members around the world through blossoming virtual meeting technology. The communication has never been so intimate while distanced.

JCI Hong Kong Jayceettes members have met virtually for Monthly Fellowship Gathering. Also connecting the world by joining seminars, talks, other regional conferences via social media and JCI official platforms. We become more open and connected to each other while sharing our events online and inviting other members in different cities to join.

From here, the contemplation on effective communications has been in mind for a while, with the new openness, it also brings new challenges on perceiving the right messages. This leads to a recall of a few essential beliefs that I once read from *Four Agreements* by Don Miguel Ruiz, which these four tenets is a great deal to human communication. If we can all embrace these four beliefs, the world would be a more united place with love and betterment.



1. Be impeccable with your word.
2. Don't take anything personally.
3. Don't make assumptions.
4. Always do your best.

To elaborate from the above agreements;

Be impeccable with your word means "Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love."

Don't take anything personally is a healing for hearts and emotion. "Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are when you are able to take constructive opinions, you won't be the victim of needless suffering."

Don't make assumptions may refer to "Find the courage to ask questions and to express what you really think. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life."

Always do your best which the new definition may adjust what you used to believe. "Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret."

With the *Four Agreements*, the bridge would be built as solid and strong for us to cross all the gaps. And, the ultimate goal of JCI - world peace will be achieved.

Contributors: Vice President Flora Ng,
Director Sherry Chong, Officer Phoebe Ng

The Jayceettes Cohorts

We are from Camellia Cohort, with symbolization of love and passion

We are from Lily Cohort, with symbolization of energy and confidence

We are from Lotus Cohort, with symbolization of inspiration and resilience

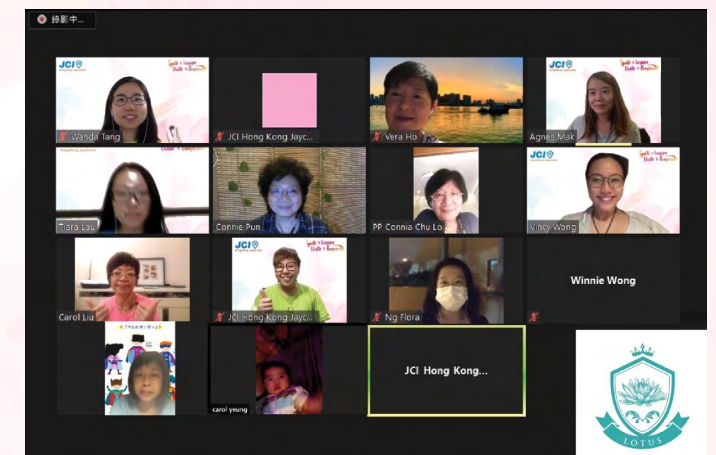
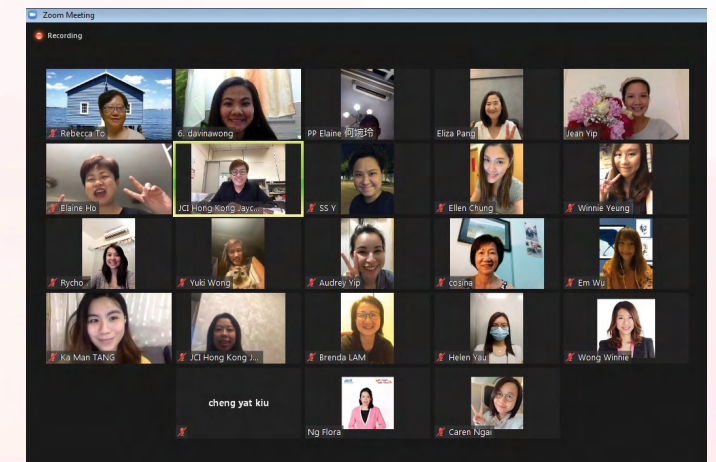
We are from Peony Cohort, with symbolization of positivity and elegance



The Jayceettes Cohorts idea was first introduced this year, aims at giving opportunity for members of different categories to mix and mingle, having good time, sharing experience and most importantly, enhancing bonding with all members from all walks of life to further enrich their journey at JCI Hong Kong Jayceettes.

The kick-off ceremony of the Jayceettes Cohorts was held during the 2020 Inaugural Ceremony cum January Fellowship Gathering. The Cohort Captains and Vice Captains introduced this new initiative and plan to the members.

Even though we could not have physical gathering due to COVID-19, we appreciated members from different cohorts participating in several volunteering sessions towards Care & Dare 2020: Combatting Coronavirus projects the last few months.



Meanwhile, we have introduced Cohort Nights to allow members to connect through the internet, chit-chat with other members and know about chapter updates. We also discovered some members' talent during the time!

To engage cohorts during lock down, two cooking nights were held in May. We got to know more the tender side of our President, the cohort captains and the vice captains.

The coming up next will be the Quiz Time in July. Join us as team member or cheering team. We will have more events hoping to engage members with Jayceettes love.





Whoever is happy will make others happy too.

ANNE FRANK

SISTERHOOD

Contributors: Vice President Agnes Mak
Officer Cherry Lok



Dear Cherry,

It is my pleasure to meet you in my life. You are always my best buddy. Can't believe we have already met for 15 years, it is really a long time!

I remembered the time when we first met. We were in the same class in F.2, doubting if we could make any new friends in the new academic year. We then suggested sitting next to each other from there and we gradually became friends. I remembered we joined many activities in JPC and had many "shows" together!

It's a coincidence that we have the same birth date, implying we have the same constellation! You are always a cheerful and pretty girl which brightened my secondary school life. It was quite sad for me to leave Hong Kong and study abroad in the UK because I could no longer hang out with you. But then you came to the UK and we have travelled to Europe for a trip!

After our graduation, we seldom met each other except in celebration of friends' birthdays. But then I joined this chapter and introduced you to here. It was so much like our time back then in JPC. Hope you enjoy this chapter and our friendship will stay forever!

Your best friend,
Agnes



Dear Agnes (呃人麥),

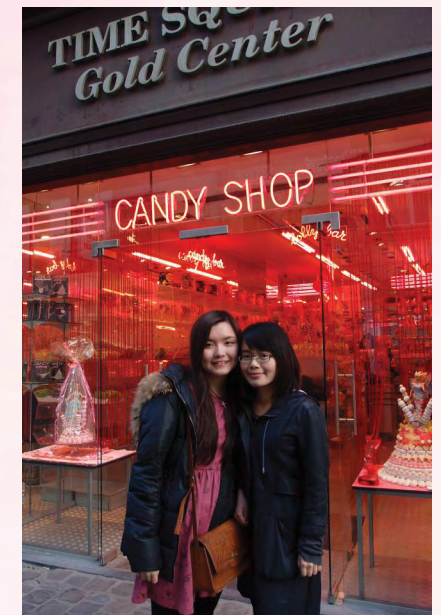
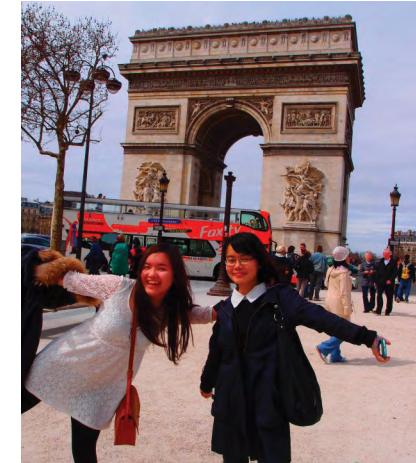
This is not my first time to write to you. In fact, the first time shall date back to 2010, our 10-years friendship letter. Do you still remember our little promise? We wrote a letter to ourselves in the 2020s and promised to meet each other on March 21, 2020 to then exchange the 10-years letter together, hoping that our friendship lasted til the time regardless. Our innocent promise comes true and I am so glad that we are still staying very close like before!


Before meeting you, I cannot believe I may have a sister like you - sharing the same interest, studying in the same secondary school, traveling to the UK to study abroad and even sharing the same birth date (i.e. we were born in the same year, same month and same date!). Our sisterhood is utterly special as you are always the one to blow the birthday candles with me every year!

Thanks for introducing me to the big family of JCI Hong Kong Jayceettes and encouraging me to be a "better me". Here I meet plenty of Jayceettes sisters and wonderful and insightful young leaders. Thanks for bearing my sassiness and supporting my crazy ideas from time to time. I know I am an uncontrollable "monkey" when I get too excited, but you are always there to calm me down.

I can't wait to celebrate more birthdays and big moments with you!
Looking forward to being your bridesmaid and your child's/ children's fairy godmother :)

Love you as always xoxo,
Cherry





Integrity is telling myself the truth.
And honesty is telling the truth to other people.

SPENCER JOHNSON

SUSTAINABLE DEVELOPMENT GOALS JUNIOR AMBASSADOR PROGRAMME 2020 - MICITY

Contributors: Vice President Flora Ng,
Director Kathy Kwan, Officer Cherry Lok

What are the essential features of sustainable cities?

With ten years left to achieve the "2030 Agenda for Sustainable Development", we proudly presented SDG Junior Ambassador Programme 2020 - MiCity. Through the SDG town planning contest, primary and secondary school students learnt the fundamentals of town planning and how to incorporate SDGs in designing a sustainable city.

Three online workshops were organized for students:-

1. "Getting to Know the 17 UNSDGs"
2. "Planning MiCity"



3. "STEM DIY Coding"

All workshops were well-received by students. They took the initiative to observe their community and worked out the model of 2030 Hong Kong using STEM elements. Students unleash their creativity throughout the competition and quality entries were submitted. If you want to know what future Hong Kong looks like in students' minds, please join us at the Closing Ceremony on 8 August 2020 (Saturday).

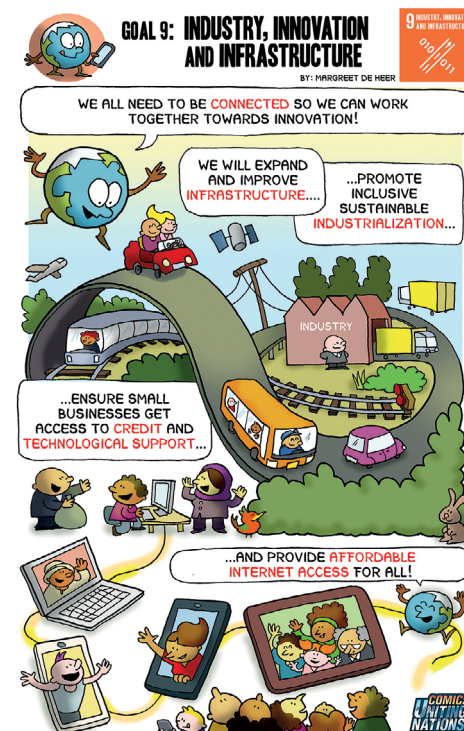
As young active citizens, let us all participate in SDGJA and work together to create our own sustainable city!



17 GOALS FOR PEOPLE, FOR THE PLANET

The 17 United Nations Sustainable Development Goals (UNSDGs) were adopted by all Member States in 2015 as part of the 2030 Agenda for Sustainable Development.

How much do you know about Goal 9 – Industry, Innovation and Infrastructure? Inclusive and sustainable industrialization, together with innovation and infrastructure, can unleash dynamic and competitive economic forces that generate employment and income. They play a key role in introducing and promoting new technologies, facilitating international trade and enabling the efficient use of resources.



JAYCEETTES ACADEMY

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

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

JCI HONG KONG LEADERSHIP DEVELOPMENT ACTIVITIES

JCI World Public Speaking & Debate Championship (Hong Kong) 2020

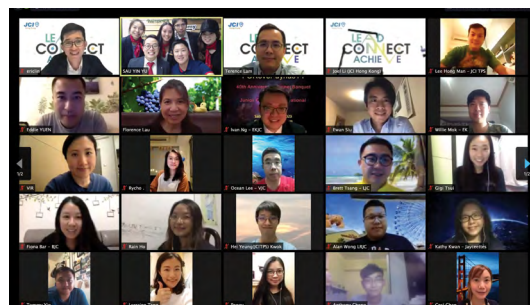
After learning relevant public speaking and debate techniques from the fruitful workshops in the past months, it's show time for our contestants. Director Sherry Chong got into the Final of the Public Speaking (Open Class). Two debating teams comprising seven members had several rounds of intensive debate and one of our teams won the 2nd Place in



the Debate Championship. It was a truly memorable experience for our members and effective teamwork was the key to success.

Chairmanship Series: Effective Coaching

Organized by the National Leadership Development Team, including our full member National Leadership Development Officer Joee Au Yeung, the Chairmanship Series aims to cultivate future leaders by enhancing their personal leadership skills. 8 of our members attended the online workshop to develop their coaching skills.



JCI Next

JCI Next is a 4-day training programme tailored for experienced board members to further their leadership skills. National Training Development Commission Vice Chairman Rainbow Yuen and Vice President Flora Ng joined the programme and had a rewarding learning experience. Congratulations on their graduation and best wishes for their next adventure!

Power Learning Path

To recognize and encourage JCIHK members for their active and continuous learning in JCI, National Training & Development Commission has designed "Power Learning Path 2020"

– a whole year individual learning and recognition program. The result of the first season was announced on 20 June 2020.

Level 1

Choi Ka Ka, Kathy Kwan, Agnes Mak, Jean Yip

Level 2

Dodo Lam, Cherry Lok, Flora Ng, Helen Yau, Rycho Zhuo, Yuki Wong

Level 4

Dora Chan, Ellen Chung

Big congratulations to all awardees on their achievement. Members are highly encouraged to participate in different training programmes for personal development. You will have a chance to be recognized in the coming two rounds.

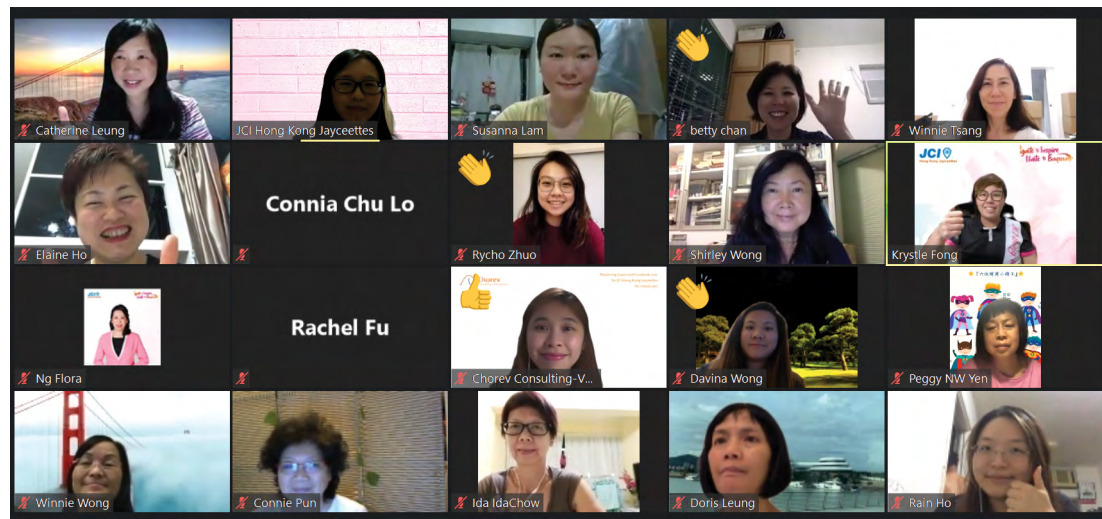
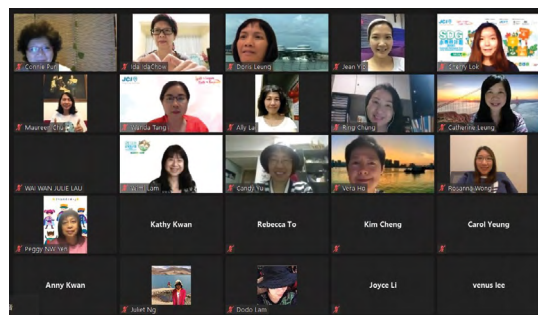


BOARD OF DIRECTORS TRAINING SERIES

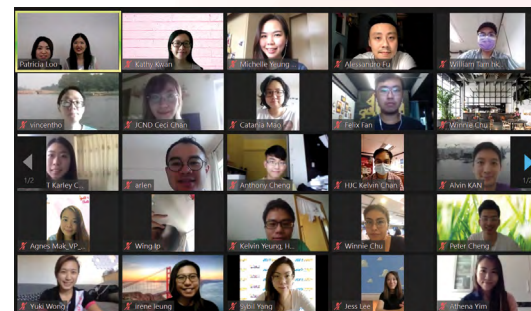
Presidential Advisor Rosanna Wong shared with us the structure of a Board Report, essential information that should be included in a Board Report and how to present information in a precise and concise way.

Business Affairs Director Rycho Zhuo examined the statistics on Facebook pages and posts which are important to our overall social media strategy.

With the outbreak of Coronavirus, we have been using various online platforms to communicate internally and externally with different parties. It is necessary for us to grasp the key skills of how to use these tools effectively. In view of this, we have invited Chorev Consulting to conduct a "Mastering Zoom & Facebook Live" webinar for us. Close to 50 members enrolled this webinar and had a fruitful online learning experience.



In collaboration with JCI Peninsula and JCI Harbour, we presented three JCI recommended and official courses, namely Presenter, JCI Impact and JCI Achieve, to all local JC members. Our Immediate Past President Ellen Chung was invited as the trainer of Presenter and National Leadership Development Officer Joee Au Yeung was the Assistant Trainer for JCI Impact and JCI Achieve. 5, 9 and 10 members attended the three courses respectively. They moved a big step forward to become a JCI qualified trainer!



As active citizens, our members always carry out different online and offline projects for the betterment of personal growth and create positive changes to the society. A fast-track training is specially designed for our members to brush up their project management skills. Our 2016 President Patrizia Yeung hosted a training workshop on how to manage projects strategically and effectively.





Focus on the step in front of you, not the whole staircase.

ANONYMOUS

FEMALE ELITES' SERIES: BUSINESS ON STILETTOS 2020

Contributors: Vice President Davina Wong
Director Rycho Zhou, Officer Jean Yip

The ongoing COVID-19 pandemic has not just affected people's plans in life, but also hit the global economy. This is probably the worst time for many but yet still for some people who are capable of handling changes and flexible enough to adapt, 2020 is still a year that lies with many opportunities.

In view of this, Female Elites' Series 2020 - Business on Stilettos will be holding a series of workshops to inspire female entrepreneurs on different aspects, in the aim of providing more resources and support to combat the coronavirus together.



Prof. Tina Choi

- EMBA, BBA (CUHK)
- CUHK MBA Program - Adjunct Assistant Professor,
- Pan Asia Venture Development Platform (PAVD) - Executive Director (Global Venture Development)
- Novoheart (TSX Venture: NVH; Frankfurt Stock Exchange: 3NH) - Chief Marketing & Communications Officer
- Dyson - Former North Asia Head of Sales
- Previously worked in Johnson & Johnson, Nestle, Unilever, PepsiCo, and Procter & Gamble.



Our first workshop has invited Prof. Tina Choi to share with us on "Entrepreneurial Mindset & Business Models" via Facebook Live. Being a sales and marketing expert with strong entrepreneurial and intrapreneurial spirits and solid market practitioner experience, Prof. Tina has demonstrated how to craft the business insights and create joint business value creation plans by utilizing her previous experience in managing top-tier consumer brands.

Some Program Highlights:

How to innovate a successful business model?

What are the right entrepreneurial mindsets in today's ever-changing world?

Female entrepreneurs' challenges in 2020s

For our second Facebook Live workshop, we have invited another sales & marketing professional Ms. Methy Chi to share with us on “Create Your Own Journey”. From a passionate business lifter with over 17 years’ commercial experience to start up her own brand co-creation business, Methy shared with us a number of valuable tips on embracing trust in herself, living her life mission and recreating balance and new values in life for humanity.

Some Program Highlights:

How did she discover her true self and start up her own brand co-creation hub?

How to innovate your life with your true beliefs and passions?

How to co-create lives as one to embrace abundant possibilities?

Facebook Live Programs Archive:
<https://www.facebook.com/female.elites/videos/>



June Fellowship Gathering

卓越女性系列 Female Elites' Series 2020

Business on Stiletto's 跟欄從商

Create Your Own Journey

Program Highlights

- How to innovate your life with your true beliefs and passions?
- How to expand your love and light beyond yourself?
- How to co-create lives as one to embrace abundant possibilities?

Date
22 June 2020 (Monday)

Time
19:30 - 21:30

Format
Facebook Live

Fee
Free of charge

Join Us Online



REGISTER NOW:





Speaker
Ms. Methy Chi

- Founder, Halo My Soul Limited
- Ex-Vice President, Strategic Marketing & Innovations/ Digital Marketing, csl, 1010, The Club
- Ex-General Manager, Global Digital Entertainment, Emperor Entertainment Group
- Animal lover, Vegan Food Artist, Mindfulness Advocate, Love Activist



LOVE
PEACE
UNITY

Enquiry: Project Chairman Jean Yip 9665 5076 | Project Promotion Rebecca Li 6603 6776









Ms. Methy Chi

- BBA (CUHK)
- Halo My Soul Limited – Founder
- McDonald's – Former Marketing Director
- HKT The Club, CSL – Former VP Strategic Marketing & Innovations/ VP Digital Marketing
- Emperor Entertainment Group – Former General Manager, Global Digital Entertainment
- Nokia – Former Marketing Manager
- Animal Lover, Vegan Food Artist, Mindfulness Advocate, Love Activist



Moreover, the organizing committee members have also conducted video interviews with five female entrepreneurs in their endeavors to deal with pandemic crises. In fact, it is particularly true for startup leaders, whose companies likely lack the resources that established enterprises can mobilize to see them through the storm. That doesn't mean panic, but it does mean preparations. Want to hear their tips? Stay tuned to the upcoming videos!



Anger is a punishment we give to ourselves,
for somebody else's mistake.

ANONYMOUS

WE PLAN YOU PACK – 2020 JCI WORLD CONGRESS YOKOHAMA, JAPAN “THE CROSSROAD OF INNOVATION”

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



The 2020 JCI World Congress will be held at Yokohama, Japan in upcoming November. Before that, let us take you on a tour of the city! Yokohama (横浜) is Japan's second largest city after Tokyo with a population of 3.6 million. Yokohama is located at less than half an hour south of Tokyo by train, and is the capital of Kanagawa Prefecture (神奈川県).

Some History about Yokohama

Yokohama was an unnoticed fishing village, its fate changed abruptly in 1853-54, when the American fleet under Commodore Matthew Perry arrived off the coast to persuade Japan to open to

foreign trade; in 1858 this little village was designated an international port.

Although Yokohama is unquestionably Japanese, foreign influence is in its blood. Many Western influences were first implemented in Yokohama, including Japan's first daily newspaper (1870), gas-powered street lamps (1872), railway (1872), and coal burning power plant (1887).

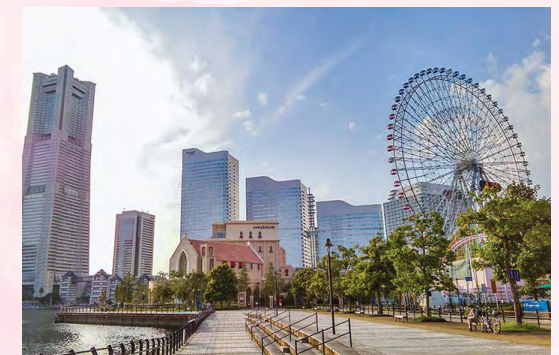
Uptil today, Yokohama remains popular among expatriates, has one of the world's largest Chinatowns and preserves some former Western residences in the Yamate district.



Minato Mirai 21 (港未来) is a seaside urban area in central Yokohama whose name means “harbor of the future”. There are several skyscrapers where hundreds of offices, shops and restaurants are crammed. The area is best known for its beautiful night view. The 4th tallest building in Japan, the LandMark Tower has a panoramic observation deck “Sky Garden” at 296 meters high on 69th floor.

Top Attractions in Yokohama

Sankeien Garden (三溪園) located in southern Yokohama, and is a classic Japanese style garden designed 100 years ago consists of ponds, streams, historical buildings which still speak of history and their pasts.



The Yamate area (山手), also known as the Bluff, retains a number of sites relating to its history as the main residential district of Westerners in Yokohama. You will see different important cultural properties such as British House, Bluff No.111, Ehrismann Residence, Berrick Hall, Diplomat's House, etc. which stand on a bluff overlooking Yokohama.

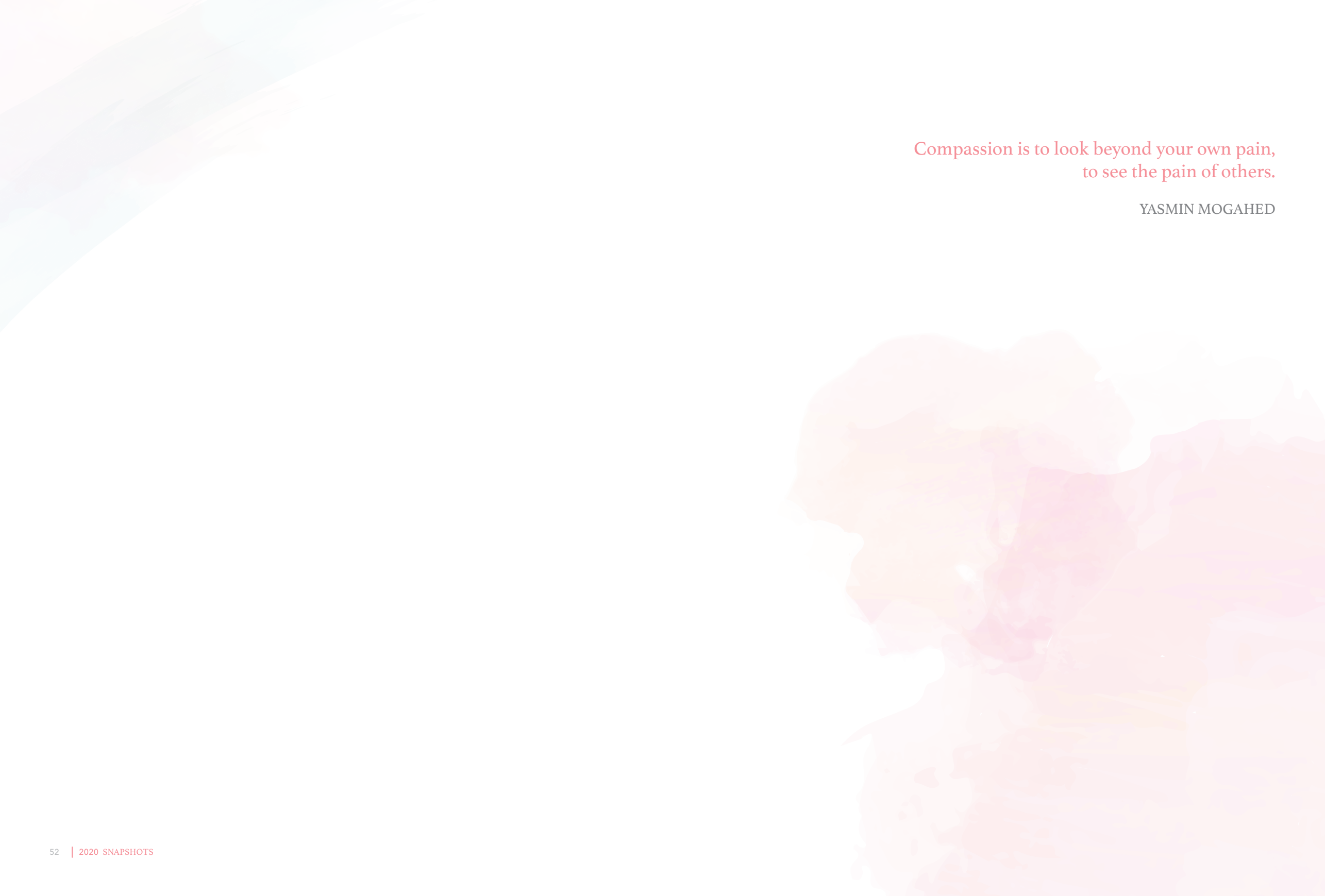


Red Brick Warehouse (横濱紅磚倉庫) is a complex building which consists of shops, restaurants and event venues where a lot of seasonal events are held here. The warehouse was originally built as custom buildings for Yokohama port in 1905, and now it has been renovated as a tourist attraction.



Shin-Yokohama Ramen Museum (新横浜拉麵博物館) is a ramen noodle-themed amusement park where famous ramen shops across Japan have been gathered. Streets in the good old days of the Showa era (1926-1989) are recreated inside of the museum. You may order "mini ramen" if you wish to try multiple ramen dishes.





Compassion is to look beyond your own pain,
to see the pain of others.

YASMIN MOGAHED



CARE & DARE 2020 – COMBATTING CORONAVIRUS

Contributors: Vice President Flora Ng
Chairman Rika Sin

Due to the outbreak of the pandemic, students have not been able to attend school for months - literally from term breaks then straight to summer vacation. It is fine for students who are from a well-off family with air-conditioning and WIFI at home, they could still continue

to school via online software and home tutorial. Sadly, for those underprivileged students, their family may not have the resources to support their children's studies and become a heartbreaking burden.

Through our extensive research, we found out the demographic for students who live in Sham Shui Po District need the most help for setting up the internet, as most of them still do not have access of Internet or having limited internet access at home, which has severely hindered their studies via computer.

We are happy to have reached the Sham Shui Po School Liaison Committee. With their support for our Campaign, we managed to connect primary and secondary schools in the Sham Shui Po area and distributed 200 internet cards together with anti-epidemic kits to the students in need. During our visit, we talked to the principals

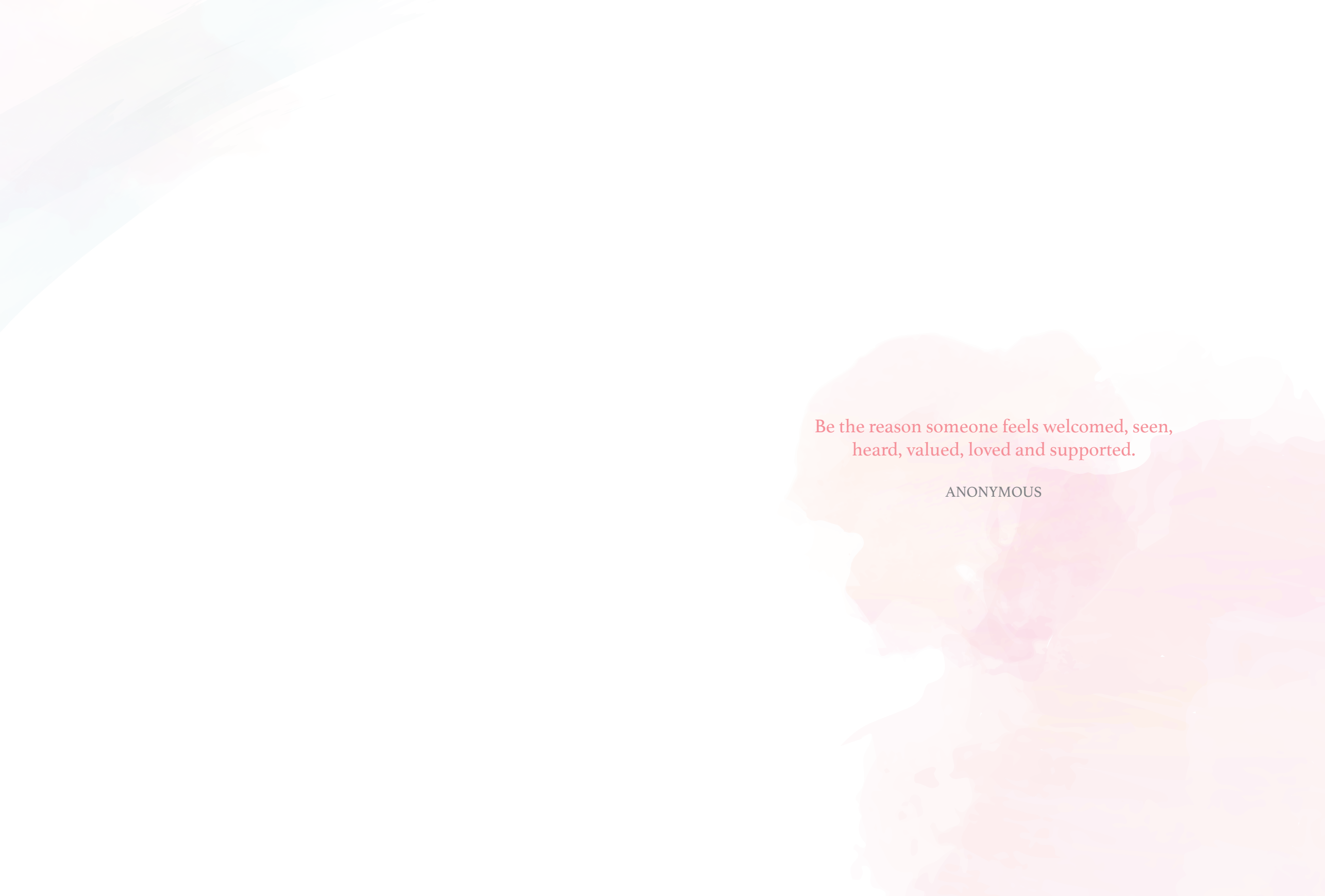


and teachers, and understood that there are still a massive number of Sham Shui Po students who lack the resources to continue their studies at home.

Bearing the mission in heart, we then further reached out to various parties in Sham Shui Po District and connected with Society for Community Organisation, reaching to the family in need in Sham Shui Po area to facilitate students' learning and studying under this difficult time.



With members' unfailing support through connections, materials donations and active participation, we managed to walk with the groups in need during the pandemic. We would like to express our most grateful thank you to all members and we are proud to combat Coronavirus hand in hand with JCI Hong Kong Jayceettes.



Be the reason someone feels welcomed, seen,
heard, valued, loved and supported.

ANONYMOUS



CARE & DARE 2020: PERIOD LOVE

Contributors: Vice President Agnes Mak
Project Chairman Tiara Lau

While COVID-19 pandemic situation in Hong Kong has become more stabilized and the Government gradually relaxed the restrictions on group gatherings, the organizing committee has arranged two video shootings and hosted a zoom event to promote the theme 'Period Love' the last two months.

The first shooting with project star ambassador Ms Stephy Tang aims to bring out the dilemma of physical and mental distress faced by women during the menstrual period, as well as encourages the audience to complete a survey, was launched in late May. Our sincere thanks to National President Maric Cheng, National Vice President Joel Li and our President Krystle Fong for taking part in the filming. You

can watch it on Period Love Facebook and sharing on Stephy's Facebook.

The second shooting was a comedy playing by two actors Lau Sha and Ivy. The storyline is about issues in daily life encountered by a couple after exchanging souls, including work disruption due to menstruation. The production aims to express the importance of establishing Statutory Menstrual Leave in Hong Kong. Watch it out on our Facebook too!!

Apart from the video shootings, we invited Dr. Heidi Leung, a specialist in Obstetrics and Gynaecology, to share her insights and matters to be aware of prior and after menstruation at a zoom fellowship event with our members. Dr. Leung gave a very informative talk and the audience enjoyed a




fruitful night on 22 May 2020. The event was also on Facebook LIVE that reached over 700 views.

To keep the ball rolling, more promotional activities will be launched in July including an online yoga class with meditation to be taught by an experienced yoga tutor and street promotion asking pedestrians to do the online survey with a free gift in return. The survey has got around 200 responses since early March and we are still pending for more responses until mid August.

Lastly, there will be a closing ceremony in which we will invite representative of the project sponsors and supporting organizations to conduct a panel sharing in August.

Stay tuned for more details of our upcoming events and hope to see you all there!



Do things for people not because of who they
are or what they do in return, but because of
who are you.

HAROLD S. KUSHNER

CHAIRLADY'S DIARY

Contributor: Cally Wong

Why would I take up the chairlady position for "Breastfeeding, Best Feeding"

Thanks to PP Patrizia for having faith in me and inviting me to chair the "Breastfeeding, Best Feeding" project (the project). I was not particularly active in the Chapter back then but the topic was so inspiring that I didn't hesitate to take it up.

We thought it would only be a small-scale project at the beginning. It wasn't until we studied and understood more

about the dilemmas breastfeeding mothers were facing and we wanted to do more. Everything just started from a simple hope to help these mothers and their new-born babies.

Any difficulties? How to overcome?

We had a big team of OCs who were complementing each other and each contributed their best. We had breastfeeding mothers in the team who could share their firsthand experience and spread the message to the society, PR expert who assisted

in having celebrities and agencies for better publicity, and community leader who engaged more supporting organisations. This project could not have been such a great success without their dedicated support.

Our first OC meeting started in late January 2016. In less than 6 month's time, we had achieved something incredible. We

1) were interviewed by TV Most 毛記電視 <<星期三港案>> which the interview has close to 1 million views, 15000 reacts,

10,000 shares and 700 comments

2) had extensive media exposure, including Marie Claire, Elle, Sing Tao, Headline, Apple Daily, RTHK and Pop magazine, etc

3) produced promotional videos which acquired 80,000 reach with 5000+ views and close to 300 shares

4) had 3000 pledges signed to support breastfeeding with 1000+ comments and 1200+ surveys received

5) Engaged various supporting





organizations, business sector and government (supported by Hospital Authority which shared our event in their Intranet and website; had a meeting with Equal Opportunities Commission and Prof. Sophia Chan, the then Undersecretary of Food and Health Bureau),

6) had all our sister chapters engaged in this one single project.

We managed to draw public attention to this topic with extensive media coverage and received recognitions from various parties. Most importantly, we were proud

to say that we did create noises in the city and arouse public awareness of discrimination against breastfeeding.

The journey

Despite being so busy I enjoyed the whole journey as it was getting big along the way. We were lucky to have the opportunity to address the city's growing concerns on discrimination against breastfeeding mothers. We didn't do it for an award but were so glad that it was well recognised. The project was given the "Best Community Empowerment" and the "Best of the Best" awards. The

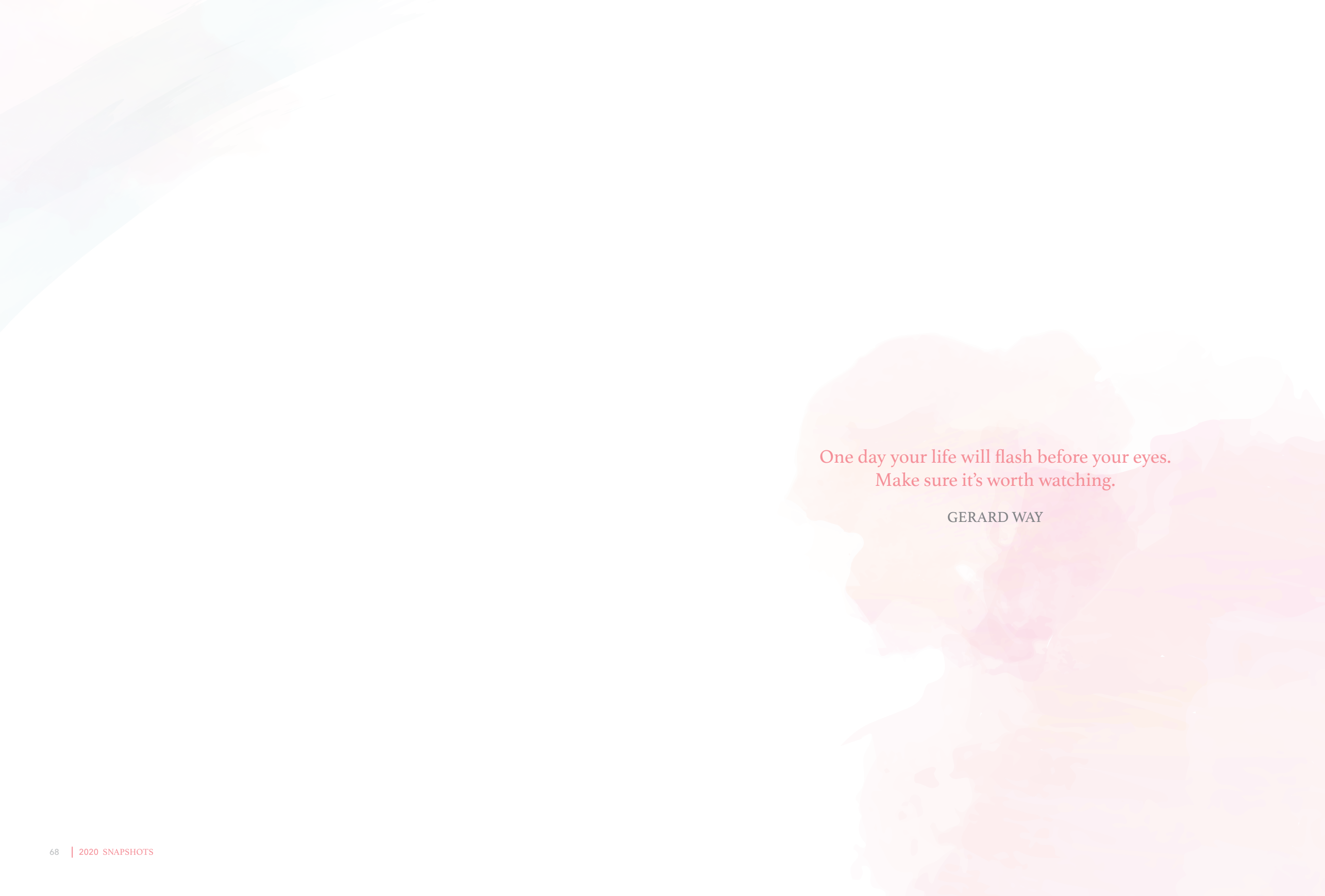
"Best of the Best" award was particularly exciting as this meant it was the best out of the 100+ projects held by all chapters in 2016. This was such an honour to our Chapter and members.

The experience in being a chairlady has beefed up my ability in tackling problems and challenges. I have also learnt to view tasks/ assignments in a holistic way, which helped me sail through many challenges in life and work. This experience undeniably widened my horizon and broadened my social circle of people from all walks

of life and I have deeply benefited from these.

I am truly grateful for being the chairlady of the project. It was an invaluable experience to participate in such a prominent project. Above that it brought me lasting friendship and sisterhood in this chapter, which means even more to me.

Here I encourage all of you to seize every opportunity to be the chairlady of projects. It doesn't matter how big the project is. You will have a lot to take away and not regret it.



One day your life will flash before your eyes.
Make sure it's worth watching.

GERARD WAY

STAY CONNECTED & MAKE A DIFFERENCE

Contributors: Senior Member Club Chairman Catherine Leung, Vice Chairman Maria Chan

Whilst the 1st half of 2020 elapsed swiftly that witnessed a challenging and unprecedented period caused by COVID-19, we gave up personal interaction one another with our friends & fellow members since end of Jan. We have all been forced to turn our day-to-day behaviour into lots of ways, adapting to the ecology of the new normal and

staying home most of the time. These changes have had a big impact to our planned SMC activities as well. Under such difficult circumstances, we have cancelled, rescheduled and reframed our planned events in a new way. With the great work and collaboration of the team, we have successfully completed the following events:

Event Date	Event Name	No. of Participants	Key Summary
8 Feb	五福吉鼠迎晶彩	52	Event cancelled but converted one of the games (Riddle challenge) to online version.
9 May	齊躍動系列之太極篇	38	Zoom Workshop with lots of interactive elements to engage the participants. All to follow the speaker to play Tai Chi on screen.
6 Jun	咖啡x旅遊 分享與探索	36	Zoom gathering. All participants to make coffee together with the speaker on screen. Quiz challenge via Zoom Chat throughout the gathering.
15 Jun-15 July	齊躍動系列之- Let's Jive Dancing Class	28	Split 28 persons into 4 classes, each class has 4 lessons. Small groups make the training more effective & focus.



Amidst the pandemic situation, virtual gathering evolves as a widely accepted platform to connect and engage our members without the hassle of social distancing issue. With event success always in mind, we as a team have to learn how to catch up with latest technology and make it happen. It is not an easy breakthrough especially this is the first time for the Senior Members to conduct an interactive workshop online.

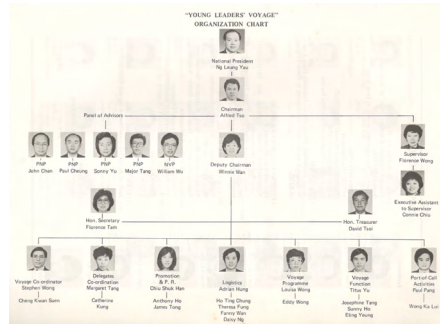
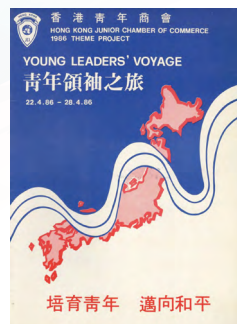
Let’s hear the voice from the 1st Zoom Tai Chi Workshop Event Chairman Maria Chan:



“This is my first time to organize & host a Zoom Workshop. The journey is very interesting & educational. Very thankful to have a chance to tap on this new normal. Besides learning a lot of new techniques, it inspires me with the fact that we should not get discouraged in front of adversity, it actually opens up a new horizon for us all.”

Thank you for your support and look forward to seeing you all in the coming events.

Stay safe, healthy & connected!



GOLDEN STORIES UNTOLD A COLORFUL JC LIFE

Contributor: Past President Senator Margaret Tang

I was introduced to Hong Kong Jayceettes in 1984 by PP Emily Auw, my Exxon colleague. Through the past 30+ golden years, I treasure most the long-term friendship acquainted with old and young members. Some have become intimate friends deep in my heart.

I have my favorable and most memorable NOM project "Young Leaders' Voyage" in 1986. Being the Delegates Co-ordination S/C Chairman, the project has recruited 100 youths from the community on board the Coral Princess for 3-days voyage journey/training and 2-days home-stay at JCI Fukuoka members' home. In September, some voyage delegates joined together and chartered

the JCI Ocean. The project was so memorable because I met one of the project advisors NVP William and we got married later in 1988. That year, I received NOM's Most Outstanding Member Award.

In 1987, I was appointed as National Secretary General. Having acquired adequate experience, I went back to the chapter and elected as President in 1988. In our years, membership has reached to 150 FM. We have P, 2 EVPs, 4 VPs, HS, HT and 12 Directors managed the chapter with abundant activities. Members worked hard and played hard. We enjoyed chit-chat after meetings, we eat and laugh and it is where our everlasting friendship was built. To give



back, we supported the chapter either financially and/or act as advisor/mentor to nurture the young members.

I immigrated to Canada in 1990, and enjoyed the life of a full-time mother. I returned back to Hong Kong in 1993 involving as World Congress Deputy Congress Director, in-charged Secretariat, souvenir program and newsletters.

In rest of the years, I participated in different capacities and roles of JC organization locally and internationally. Totally, I have attended 15 ASPAC and 8 World Congress. I believe live and learn. Life is a journey and the journey is the destination. Keep your brain active as knowledge has no limit. JC organization

can offer you boundless opportunities to refresh your state and to recharge your energy.

I encourage members to enjoy JC as much as you enjoy your life and work. The profound experience gained from projects and chapter management are unique and beneficial to your future career path. Don't be an observer, be an explorer/player. There are always ups and downs in the journey, but that's life. Life doesn't come easy. Never give up and to learn from setbacks. I am sure JC is the best avenue to lead you to be a better person.

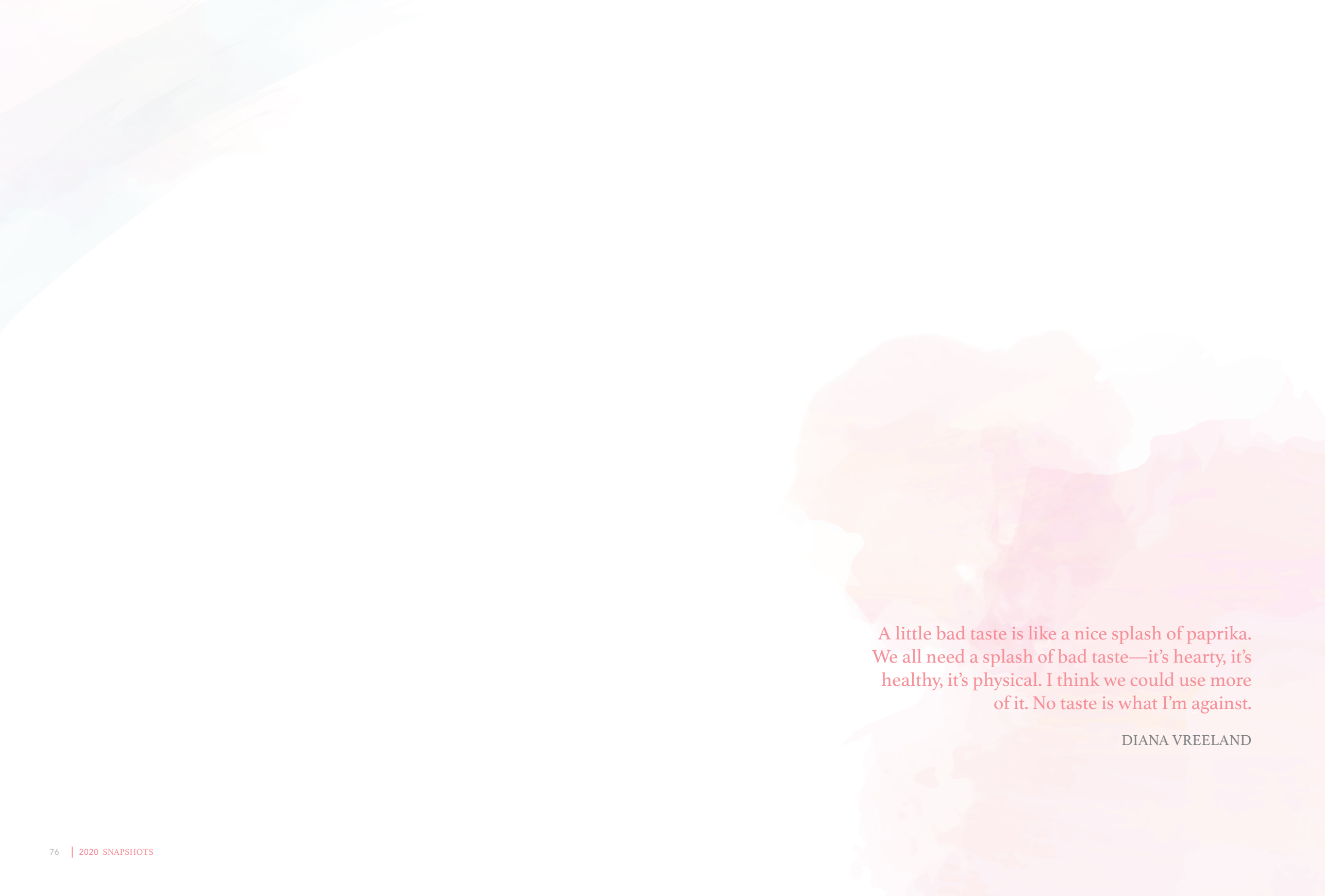
Enjoy JC, Enjoy Life!

Margaret Tang
1988 President

JC Path



- 1984 Joined JCI Hong Kong Jayceettes
- 1985 Membership Training Officer
Theme project "Participation, Youth in Action" Project Chairman
- 1986 Membership Extension Director
JCIHK "Young Leaders' Voyage" Delegates Co-ordination S/C Chairman
JCIHK "Most Outstanding Member" Award
- 1987 JCIHK National Secretary General
Supervisor of National Convention
- 1988 Chapter President
- 1989 JCIHK World JC Day Project Chairman
- 1990 National Convention Deputy Convention Director
- 1993 JCI Hong Kong Congress Deputy Congress Director
- 1995 Presidential Advisor
JCIHK "Most Helpful Past President" Certificate of Merit
- 1996 CIHK Senate Screening Committee Member
JCIHK Awards Review Ad Hoc Committee Member
- 1997 JCI Pattaya ASPAC Secretariat Team Leader
JCIHK "Most Outstanding Senator" Award
- 1998 Presidential Advisor
JCI Macau ASPAC Secretariat Team Leader
JCI Foundation Phil Pugsley Patron
- 1999 JCI Bali ASPAC Secretariat Team Leader
- 2000 Presidential Advisor
JCI Kaohsiung ASPAC Secretariat Team Leader
JCI Sapporo Congress Minutes-Taking Team Leader
- 2001 JCI Daegu ASPAC Secretariat Team Leader
JCI Barcelona Congress Minutes-Taking Team Leader
- 2002 ASPAC Senate Board Director
JCI Sendai ASPAC Secretariat Team Leader
JCI Las Vegas Congress Minutes-Taking Team Leader
- 2003 ASPAC Senate Board Director
JCI Cebu ASPAC Secretariat Team Leader
- 2004 JCIHK Accounts Receivable Review Committee Member
- 2007 Presidential Advisor
- 2010 JCIHK Task Force Committee Member for JCI History
- 2012 JCI ASPAC Hong Kong Conference Gala Dinner Advisor
- 2013 JCI Hong Kong National Convention Hosting Chapter's Panel of Advisor



A little bad taste is like a nice splash of paprika.
We all need a splash of bad taste—it's hearty, it's
healthy, it's physical. I think we could use more
of it. No taste is what I'm against.

DIANA VREELAND



WOMEN AROUND... YOKOHAMA

Contributor: Director Tiara Lau

Jenny San (吳貞夏 Jenny Oh)

- Korean
- Owner of a Korean BBQ restaurant, a management accountant and a producer of a Korean singer!
- Exchange student in Japan in her 20s; worked in Japan after graduation
- JCI Path:
 - Has joined JCI Yokohama since 2015
 - Conference Organizing Committee of 2020 JCI World Congress Yokohama

Q: Being a foreigner and living in Japan for more than 10 years, what is your observation of the general characteristics of Japanese females, such as personalities and appearances?

A: There is a term called "Yamato Nadeshiko 大和撫子", which is a floral metaphor combining the word "Yamato", an ancient name for Japan, and "Nadeshiko", a delicate carnation. Together they mean "personification of an idealized Japanese woman". It describes a demure young woman with feminine beauty, as well as faithful, patient, gentle personalities. "Nadeshiko Japan" is also widely used as the name for the Japanese national women's football team now!

In the past, "Yamato Nadeshiko" meant women would step back from the men and suppress their feelings

and thoughts. However, I believe this phenomenon is changing and the younger females are more independent. For example, more female are financially independent and willing to express themselves in workplaces.

Q: What is the working culture in Japan?

A: I have found a very unique culture in Japan - the seal culture, i.e. there are a lot of companies still using the seal instead of digital signs to process documents. Most of the Japanese are working at home now due to the COVID-19 pandemic. However, they still have to go back to the office to get the seal chops from bosses. I (like, they keep the tradition, but at the same time it causes inconvenience.

I worked in Hong Kong for six months before I came to Japan. I still remembered that Hong Kong employees would request better working conditions and benefits, such as asking for a higher salary. This is quite different from Japanese employees who do not really express themselves and just follow orders.

Q: Do you think there are any constraints in the workplace as women?

A: Japan is a bit delayed compared to Korea in terms of female empowerment policies. However, the government has tried to increase the number of women in the workforce and in management and leadership positions. In 2013, Prime Minister Shinzo Abe declared his commitment to creating "a society in which women shine", calling it "a matter of the greatest urgency". Since then, the number of employed women increased by more than 2 million, amounting to approximately 29.46 million in 2018.

Although the government is trying to implement women-friendly policies, it is still difficult for women to be at the same job position after maternity leave.

Menstrual leave has been a legal right for Japanese women since 1947, but most of the women will not take it as they are afraid of the social stigma and causing embarrassment at the workplace. However, women's social status and the public awareness of women-friendly policies have risen considerably compared to when I first started working in Japan.

Q: Do you think it is hard to be a female entrepreneur in Japan?

A: Personally no. I started my Korean restaurant in 2015. When I told my Japanese friends about my plan of opening a restaurant, they congratulated me and said "すごい (Very great)" to me. One of the seniors at my company even introduced me to JCI Yokohama and expanded my business connections.

An increasing number of women are considering entrepreneurship, feeling that they want to change their current working styles or achieve something more. The Japanese government is trying to provide various support to working women and female entrepreneurship.

The Ministry of Economy, Trade and Industry is promoting the business of establishing a supporting network for female entrepreneurs, and so to lower the hurdles for women to start businesses. Also, municipalities and companies are encouraged to provide various types of support to eliminate the barriers for women to start businesses, such as Women Entrepreneur Support Fund and Young Female Leader Support Program.



FUN FACTS AROUND THE WORLD

Contributor: Officer Rain Ho

When it comes to your favorite alcoholic beverage, what is the first drink that pops into your mind? If your answer is craft beer, whisky, Chinese spirits or other liquor, it is quite likely that a man is reading this article. On the other hand, if you are thinking of cider, cocktails or sparkling wines, a more gentle, tender and feminine image will associate with your answer.

Men are more likely to be perceived as more enthusiastic about beer-brewing.

However, back in the ancient times according to a Sumerian hymn, beer-making was originally dominated by women who were called "alewives". Beer was an essential resource in most households and the alewives would share their surplus beer with other

households. Eventually, it evolved into the professional work of selling their brewed beer for profit. Only when hopped beer - which could be kept longer than traditional ale and could produce in larger batches - became the staple, beer-brewing became an industrialized process and dominated by men. Later when home and micro-brewing becomes more popular, women are returning to the process.

It's common for us to stereotype gender people like what a man should do or what a lady should drink. However, the trend is actually changing from time to time and we may have found some interesting facts when we look back into history!



MEN ARE FROM MARS, WOMEN ARE FROM VENUS (1992)

Contributor: Director Heidi Wong

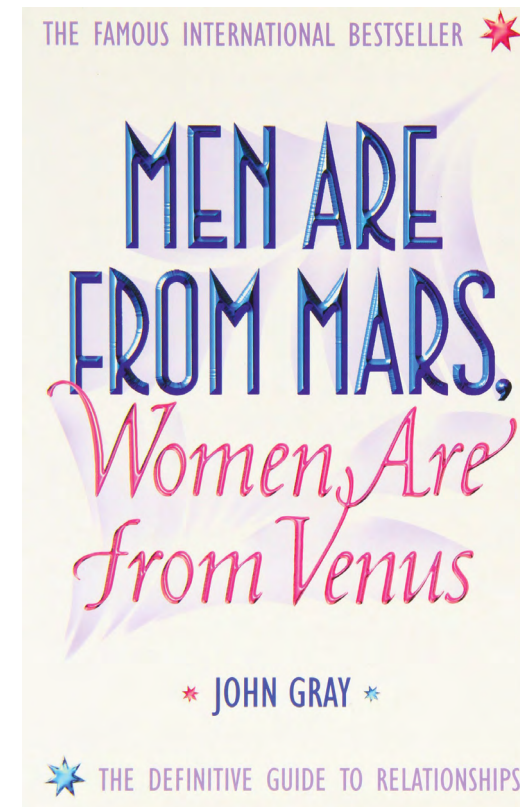
First of all, I highly recommend this book to BOTH men and women. You will understand why it is the classic that you will not feel judged or criticized, which is quite rare when it comes to conflicts. You won't defend. You will just understand yourself more and so as the opposite sex. This is the kind of "buy and put in the bookshelves type" for re-read.

Very often, when we have differences with our partner, we come to conclude either this person is not for me or we are not that compatible, but we neglect the fact that we are after all two genders and have different emotional needs.

This book is divided into the following sections - main personalities, difficulties-handling, motivation-triggers, emotional status and emotional needs. Men are the Mr. Fix-it to find his capability in

fixing his or her problems alone. Yet, women always try to assist and hope her assistance can be appreciated. In facing difficulties, men tend to pull away while women express them to their loved ones. Men are like rubber bands to revitalize their self-sufficiency from time to time, that is why every now and then they disappear for some reason to feel the fresh air. For women, every now and then they depress for no reason but they want a companion and care to help her out. Men need trust, acceptance, appreciation, admiration, approval, and encouragement. Women need caring, understanding, respect, devotion, validation, and reassurance.

Here comes a paragraph I really like, "Men should try to identify various little ways to give to their partners without waiting to be asked first,



and should avoid the mistake of assuming their partners to be happy giving and not asking for anything back. Women should be careful not to give a false impression to their partners of being happy when they are not, and if they begin to feel resentful they should gently reduce their giving, learn to ask for things back, and be sure to keep expressing lots of appreciation of their partners' efforts so as to encourage them to give more. Men should try to listen lovingly and respectfully to women's feelings, women should try to express their feelings in a loving and respectful manner. If men give, and women appreciate, both end up feeling happy."

If you reflect back upon your experience to validate the above paragraph, likely you will feel the same feeling as I do - "you wish you knew these earlier". It's never too late for us to learn and remind ourselves.

That is why I am presenting this book to all of you - a lecture book on relationships that smooths our roads.

INNER STRENGTH ON SCREEN

Contributor: Vice President Cherie Wong

Feminism is a strong word and being a feminist is a strong statement to many.

Until today, this F-word stressed a lot of women (or men) as it was always being related to hostile sexism, which generated from the second feminism wave- to take control of men. So instead calling themselves feminist, it's more common for people (men and women) to call themselves women empowering or supporter of gender equality, which sounds more neutral and "politically correct".

This stereotyping became rather old-fashion, with the UN Women launched the #HeforShe campaign with celebrities redefined the power dynamic of gender and proudly reclaim the power of the word feminism.

So today instead of sharing one movie, here is a list of movies that demonstrate the power of feminism in the new modern definition .

Hidden Figures (2016)

Based on true stories, three brilliant African-American women were crunching the numbers and working out complicated math equations in NASA in the 60s, to team with Caucasian men (power dominated at the time) for sending the first rocket men in space. And they did it, giving hopes to later African-American girls to dream for more.

Moana (2016)

The Polynesian Voyager princess has overcome the male-dominated rules and set her voyage to restore the stolen tribe treasure as well saving

the rocking earth from the demonic volcano eruption. It's not a typical Disney "prince save me and then happily ever after" story, like Frozen, it's all about self-discovery and a strong ambitious female figure.

Roma (2018) and Still Human (2018)

Romas is based in Mexico, Still Human is about Hong Kong , both about maids (I prefer the term domestic helper). Both about powerful women who may not have much power in society, still show their power through love ,persistence and inclusiveness. Male characters in these movies were portrayed very differently. It doesn't mean men are good or bad. It only provides circumstances that women have the inner strength to give and forgive.

These movies are only mere examples of the modern interpretation of feminism, which is inclusive and cares for all gender.The most important message on being modern feminist for sure is LOVE.





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