

Island Promotion Crew 2020

Written by Luis Yip



Island Promotion Crew Members Wanted!

- A series of training programs developed for Islanders who are interested in graphical design and video production.
- Hosted by the Founder of Will Studio - **Christopher Lam**.
- Crew members with outstanding performance and strong commitment will be selected as a member of our **2020 Public Relations Team**.
- Unique opportunity to learn and practise through refining the digital platforms of JCI Island.
- Up to now, **9 crew members** have been successfully recruited.

Lesson 1 - Poster Design

- On 28 February 2020, **"How to create an eye-catching and effective poster for IJC events?"** was launched via YouTube live and Zoom meeting.
- Poster is usually the first thing that we would see in events promotion. It is essential for JCI Island to create an eye-catching and effective poster for attracting participants' attention and delivering our key messages to our stakeholders.
- In this online training session, our crew leader **Christopher Lam** has talked about the basic concepts and techniques for beginners to use Affinity Designer and Affinity Photo for making posters. It is often said that practice makes perfect. We wish that our Islanders could create more effective and eye-catching posters independently.



Do you wish to create a poster for beer drinking competition?



Our first e-training session was first launched on 28 February 2020.

Island Promotion Crew 2020 (Continued)

Written by Luis Yip

Lesson 2 - Photo Editing and Website Development

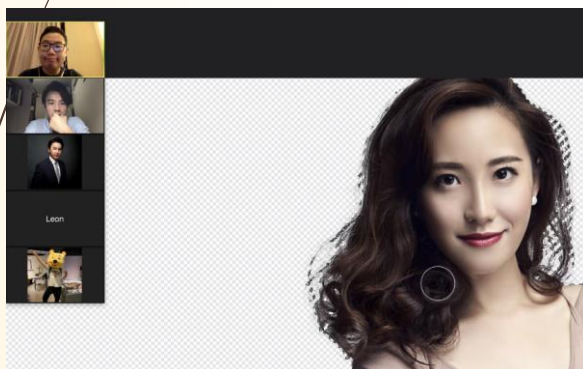
“How to edit photos with tricks” and “How to make a WIX webpage in easy steps?” was successfully held on 20 March 2020.



7 Islanders attended our second training session with MEMPower!

In the first part of this online training, the participants have learnt the basics of photo editing skills and have been working hard to practise their work.

Coming to the second part, our crew leader **Christopher Lam** highlighted the key features of Wix websites, and showed how the participants could create an informative website on their own. We look forward to their positive contribution in enhancing the digital platforms of JCI Island in the future.



Our crew members have learnt how to remove the photo background skillfully.



Some members have shown their interest in refining the website of JCI Island after training.

Lesson 3 - Video Editing

On 12 April 2020, we have launched our third training session – “How to edit videos to fit your audience?”

In the digital age, video production has become increasingly important in marketing strategies. In this regard, we have designed this online training session for enhancing our crew members' professional skills so that they can make more touching videos and make more powerful influence to the audience.



Thanks to National President Senator Maric Cheng for his participation in our third e-training session.

JC Sports Play Day 2020

Written by Kevin Cheung



First Speaker - Mr. Andrew Wong

Sleep deprivation affects the liver metabolism which may lead to long-term diseases. In the first session, **Mr. Wong** discussed the importance of liver in our physical health. He explained the causes and symptoms of some common liver diseases, and provided practical solutions for diagnosis. Earlier diagnosis of liver diseases is imperative as most are non-curable in the later stages.



Mr. Fung is a member of Sepaktakraw Federation of Hong Kong, China.

In 2015, the United Nations have adopted 17 sustainable development goals ("SDG") for providing the blueprint for a sustainable future in humanity. Specifically, the SDG3 emphasises the importance of good health and well-being.

To promote the value of physical fitness, "**JC Sports Play Day 2020**" has been organised for this purpose. **4 distinguished speakers** were invited to explain how sports could be closely related to our physical health, entertainment and well-being.



Mr. Wong is the Business Development Director of Smart Health Consultant Limited.

Second Speaker - Mr. Cheuk Yin Fung

Sports are activities that require skills and physical effort and some of them are less familiar to us. For example, sepak takraw is a sport native to countries in Southeast Asia and less well known to us.

In the second session, **Mr. Fung** provided us with a brief introduction of sepak takraw and explained the role of different players in a competition. He also shared some practical tips on how beginners can play this game in easy steps.

Date:

1 May 2020

Theme:

Entertainment

Guest Speakers:

Mr. Andrew Wong
Mr. Cheuk Yin Fung
Mr. Andy Chung
Mr. Dragon Wong

Organising Committee:

Kevin Cheung (Chairman)
Brian Wong, Charles Chong
& Nelson Mak

Advisor:

2013 President Sam Cheng

Supervising Officer:

Luis Yip

Master of Ceremony:

Charles Chong

JC Sports Play Day 2020 (Continued)

Written by Kevin Cheung



Mr. Chung is the Founder of Hong Kong Mody Sports Club.

Third Speaker - Mr. Andy Chung

To encourage an active lifestyle, **Mr. Chung** provided tips and tricks to conduct physical exercise at home. Besides, he illustrated the use of **"BlazePod"** which is a light-based reflex training system that effectively **helps improve a person's agility, balance and coordination**. The person using the system will be required to be in a "push-up resting" position throughout the workout.

Fourth Speaker - Mr. Dragon Wong

After providing tips and information about an healthy lifestyle, **it is important to bring our knowledge to action**. A workout routine namely "JC Sports Begin @ Home Challenge 2020" is designed where the participating chapters are required to complete within 21 days. For the final session, **Mr. Wong** shared his training philosophy and demonstrated the correct posture for each exercise in the challenge.



Mr. Wong is a professional fitness coach.

The JC Sports Play Day 2020 was successfully held on 1 May 2020. As we are currently facing coronavirus pandemic (COVID-19), **the event has been moved to live-broadcasting online**. We are glad that the online broadcast has successfully reached **2,400 people**. Special thanks should be given to the organising committee for their excellent teamwork.



Vice President Luis Yip led the final rehearsal before the event.



Thanks to the Organising Committee members for their excellent teamwork!



President Paul Lo versus National Vice President Jonathan Wong in BlazePod Challenge (Round 1).



National President Senator Maric Cheng versus Immediate Past President Benjamin Lee in BlazePod Challenge (Round 2).

JC Sports Begin @ Home Challenge 2020

Written by Kevin Cheung

JCI Island **mempower**

6 TIPS - JC Sports Begin @ Home Challenge 2020

The challenge might seem big but there are immense benefits by facing up to it.

Application Deadline: 4 May 2020
Here are some top tips from the Organising Committee to make your challenge as smooth and successful as it can be.

- 5 Exercises in 1 Cycle. Do 3 Cycles per Day**
 - Burpee
 - Push Up / Knee Push Up
 - Squat
 - Sit Up
 - Split Lunges
- Characteristics**
 - Overcome the challenge for your beloved chapter and yourself!
 - Chapter based, scheduled in only 21 days, open to ALL fellow JC members.
 - Three different levels decided by you.
- In 21 Days (4 May - 24 May),**
 - Level 1 = Workout for 6 Days
 - Level 2 = Workout for 9 Days
 - Level 3 = Workout for 12 Days

Choose any 6, 9 or 12 days as you like.
- Score Calculation**

Lv3 = 10 pts, Lv2 = 7 pts, Lv1 = 3 pts
Bonus pts for P and IPP = 40 if and only if they choose Lv3

Example:
Lv3 (5 ppl, including P and IPP), Lv2 (5 ppl), Lv1 (2 ppl)
 $10 \times 5 + 7 \times 5 + 3 \times 2 + 40 \times 2 = 171$
- Chapter Awards**
 - Highest score (by chapter size)
 - Most participation (by chapter size)

Individual Medals / Certificates

 - Medal if you complete Level 3
 - Certificate if you complete Level 1 or Level 2
- Results Announcement**

Last day of the challenge - 24 May
Results Announcement* - 31 May
Cups / Medals / Certificates will be presented in June

* If two or more chapters have the same score / participation rate, the following factors will determine the final winner:
(i) The number of level 3 and level 2 participants; and
(ii) the number of disqualification.
- Fair Play - Submit Your Video**

To maintain fair play, you have to submit all videos (hyperlinks) to us
* Upload files to your own Google Drive and then share links to us
Only videos received by 23:59 of the day will be counted.
Otherwise, you will be disqualified.

3 **"To build a habit, it takes you 21 days. Joining the Challenge will definitely make you fit and healthy!"**
Dragon Wong
Speaker and Judge

"JC Sports Begin @ Home Challenge 2020" is one of the initiatives of Stay at Home Challenge launched by JCI Island in 2020. We would like to achieve the following 3 objectives:

• Build up new healthy habits

It is often said that a habit can usually be formed within 21 days. Our members are motivated to keep fit and active even when they had been required to stay at home for dealing with the pandemic.

• Engage your members

Many face-to-face JC events and gatherings have been cancelled or postponed during the outbreak of coronavirus. Local chapters can maintain their connection with their members by inviting them to join this online competition.

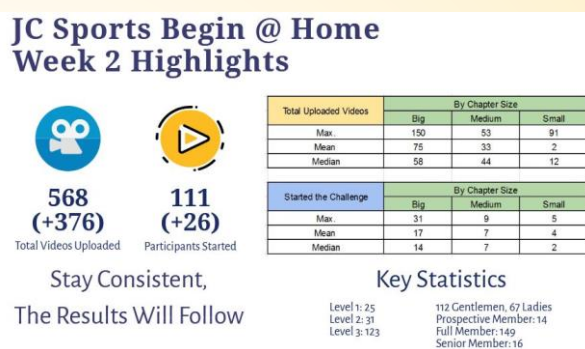
• Promote emerging sports for team building

We have invited some speakers to discuss the latest development of some popular emerging sports such as sepak takraw and BlazePod. We have also successfully secured some complimentary tickets for awarding those winning chapters.

JC Sports Begin @ Home Challenge 2020 (Continued)

Written by Kevin Cheung

Our JC members are always courageous to take up challenge. **179 contestants** have registered for JC Sports Begin @ Home Challenge 2020. All of them have chosen their difficulty level that they would like to challenge their limits during the period from 4 May 2020 to 24 May 2020. The more difficulty level of workouts they have accomplished during the challenge period, the higher award points they could obtain for their JC chapter.



Have you started the challenge in week 1?

How many videos have you uploaded in week 2?

This event enabled us to promote good health and well-being to Islanders but also connect our full members, senior members and prospective members for achieving the same goal. We are proud that **6 Islanders** have accepted the challenge this time.

It is a great opportunity for us to nurture our future leaders. **Our Organising Committee members learnt how to plan their assigned work and manage the expectation from other chapters.** We wish that JCI Island would manage more meaningful projects and create more learning opportunities for Islanders.

JC Sports Begin @ Home Challenge 2020

2006 President and
2012 National President
Senator Stanley Ng

National President
Senator Maric Cheng

National Vice President and
National Assigned Executive Officer
Jonathan Wong

Vice President
Luis Yip

Director
Ewan Siu

**BRAVO
Challenge
Achievers!!!**

Immediate Past President
Benjamin Lee

2014 President
Senator Maurice Leung

Congratulations to sports challenge achievers!

O! Love SEN Phone 2020

Written by Luis Yip



O! Love SEN Pre-Service Training I.

To ensure that all volunteer helpers fully understand their roles and responsibilities, 2 pre-service training sessions have been hosted for sharing the best practices to communicate with senior citizens tactfully.

Special thanks should be given to our Organising Committee member **Steven Luk** for his hard work to discuss the relevant details of our collaboration arrangement with St. James Settlement and HKABWE respectively.

O! Love SEN Phone 2020 Pre-Service Training I

Date:

5 May 2020

Guest Speaker:

Ms. Sophia Chan
[St. James Settlement]

“O! Love SEN Phone 2020” is another initiative of Stay at Home Challenges of JCI Island launched in 2020.

Since February 2020, all social service centers have been temporarily closed until further notice. As senior citizens have no choice but stay at home. It is likely that they feel lonely and helpless due to insufficient social interaction.

JCI Island would like to **collaborate with community service centers and young people** (mainly higher education students) to show our care and greetings to the senior citizens in this difficult time. In this connection, this creative project has thus been designed for providing opportunities to those people who would like to make phone calls to the senior citizens at their preferred places.



The second Community Development Area Meeting was held on 1 April 2020.

Organising Committee:

Kenny Chan (Chairman)
Kevin Cheung, Adom Wong
Buddy Sit & Steven Luk

Advisor:

2014 President Senator Maurice Leung

Supervising Officer:

Luis Yip

Master of Ceremony:

Steven Luk

O! Love SEN Phone 2020 (Continued)

Written by Luis Yip

“O! Love SEN Phone 2000 Pre-Service Training I” was held on 7 May 2020. We are honoured to have **Ms. Sophia Chan** (Manager of St. James Settlement) who delivered professional elderly care training which covered the following:

- What are the common topics when talking to senior citizens?
- How should O! Love 先鋒 break the ice in the conversations?
- How should O! Love 先鋒 handle the emotion from senior citizens?

In this training session, **Ms. Liz Kam 金盈** (one of the famous ex-TVb anchors) has delivered her warm sharing on why O! Love SEN Phone 2020 is a meaningful project to her. **Liz encouraged young people to spend leisure time to show their care, love and respect to our beloved senior citizens.**



From Left to Right:

OC Member Steven Luk, OC Member Kim Ching, Ms. Liz Kam (金盈), President Paul Lo, Project Chairman Kenny Chan, Ms. Sophia Chan and Ms. Karen Ng.



Ms. Liz Kam (金盈) shared that O! Love SEN Phone 2020 offered flexibility to her to perform volunteer services.



We had a meeting with Ms. Sophia Chan, Ms. Karen Ng and Ms. Kitty Chan from St. James Settlement to discuss our next step plan.

The 39th JCI Island Scholarship For The Disabled

Written by Christopher Lam

Since 1981, “**JCI Island Scholarship for the Disabled**” (the “Scholarship”) has been launched with an aim of giving recognition and encouragement to outstanding students with disabilities and special education needs (“Targeted Students”).

Jointly hosted with Hong Kong Special Schools Council, all schools in Hong Kong (including special schools) are invited to nominate eligible students to apply for different categories of awards:

The Most Outstanding Disabled Student Award

To be presented to 5 Targeted Students from special schools who have outstanding academic results and conduct as well as demonstrate excellent performance in school activities and community services.

The Best Progress Award

To be presented to 5 Targeted Students from special schools who have significant improvement in academic results, conduct and other related aspects.

The Best Integrated Student Award

To be presented to 5 Targeted Students who study at ordinary schools and have good academic results and conduct as well as have excellent performance in social interaction and integration.

The Caring Integrated Student Award

To be presented to 5 students who study at ordinary schools and have actively assisted in supporting the Targeted Students to integrate into school life and creating an integrated learning environment.

The 39th
JCI Island Scholarship for The Disabled
Volunteers Recruitment

**WE
NEED
YOU**

Don't hesitate to contact Project Chairman
Christopher Lam at 5366 2032.



Are you interested in being our volunteers?

Organising Committee:

Christopher Lam (Chairman)
Alex Chow, Billy Chu & Edmund Chan

Project Advisors:

2009 President Senator Michael Tang
2015 President Senator Parco Wu
Senator Clarence Cheung

Supervising Officer:

Luis Yip



Each awardee is entitled to HK\$2,000, a certificate and a trophy.

In order to build a fresh outlook for this project, we would like to redesign all promotion materials for this project. In this connection, some talented members from Islander Promotion Crew have been selected in the process. This would be **a precious opportunity for our crew members to practise what they have learnt in the e-promotion training.**

The 39th JCI Island Scholarship For The Disabled (Continued)

Written by Christopher Lam

There are 4 main stages of this project, including nomination of eligible students, vetting of nomination applications, selection of successful applicants, and presentation of awards. Since March 2020, the Organising Committee has convened 4 meetings for establishing the course of actions necessary to reach each milestone. Here are some photo highlights:



The first Organising Committee meeting was held on 7 March 2020.



The second Organising Committee meeting was held on 28 March 2020.



The third Organising Committee meeting was held on 18 April 2020.



The fourth Organising Committee meeting was held on 23 May 2020.



Meeting with Principal Kenson Wong of Hong Kong Special Schools Council was held on 27 April 2020.



Our Prospective Member Billy Chu (the leftmost) is one of the Organising Committee members of this project.

Our Organising Committee members are in the process of completing the finalised draft of scholarship nomination materials. The scholarship nomination packages should be delivered to schools by the end of July 2020.

Island Learning Power 2020

Written by Kevin Cheung

JCI Hong Kong is a great platform where young people learn to be leaders through a series of well structured learning and development activities.

“JCI World Public Speaking & Debate Championship” @ 22 March 2020 (Co-hosted by JCI Harbour, JCI Yuen Long and JCI Queensway)

Public speaking is challenging for many people. When I first prepared for my speech content, I was a little bit worried as this is the first time for me to deliver a formal speech about leadership.

I felt higher pressure when I was facing heavier workload and busier schedule. In this situation, it would be essential for me to start the planning process earlier.



Our Director Kevin Cheung has used different real-life examples to enrich his speech content.

Group brainstorming is one of my strategies to deal with my pressure. I had initiated some relevant conversations about leadership when having meals with my JC friends and colleagues. This process is critical to me as I had been inspired to link up real-life examples to explain the concept of leadership, and further elaborate **how leaders could make their greatest achievements through bridging the gap**. Thanks to my fellow JC friends' support and encouragement, my speech was developed in an organised manner and was delivered to the audience confidently.

“JCI Next” @ 23 May 2020 and 24 May 2020 (Co-hosted by JCI Sha Tin and JCI Tsuen Wan)

It was great experience for me to learn leadership skills and decision making strategies since they are very useful for board members to upgrade themselves to the next level.

Each of the teams are requested to rethink deeply and holistically the strategies required for rejuvenating a local chapter after the outbreak of COVID-19. In my team, we have conducted thorough discussions with each other and considered various key aspects including manpower, source of funding and goals priority. This meaningful training has **better equipped me with the skills required for building a better JCI Island in the next year**.



The Head Trainer Senator Duncan Tai is our 1998 President and our Presidential Advisor.



Group photo for Kevin Cheung's team - 一條心.

Island Learning Power 2020 (Continued)

Written by Kevin Cheung

“Hello JC” @ 16 May 2020 and 17 May 2020 (Co-hosted by JCI North District and JCI Apex)

In Hello JC, our Prospective Member **Billy Chu** has developed better understanding of the fundamental value of JC and made more friends with other chapters. Riding on this opportunity, we would like to congratulate that his team has been awarded as **“Hello Team”**. Going forward, we wish that Billy Chu and his team members could always refresh their mind and remain curious to explore for more learning opportunities in their JC journey.



In May 2020, our Prospective Member Billy Chu attended his first JC training.



“Hello Team” has been awarded to Billy Chu's Team as recognition.

“JCI Admin x Effective Communication” @ 28 June 2020 (Co-hosted JCI Victoria, JCI Island, JCI North District and JCI City Lady)

One of the best resources to nurture our members is knowledge!

High quality administration work and effective communication are two essential elements to the success of all JC chapters. In this connection, four experienced speakers from Hong Kong and Malaysia have been invited to deliver an informative and inspiring training course named **“JCI Admin x Effective Communication”** on 28 June 2020. **“Staying at Home, Learning is not Alone”** has been selected as the slogan of this event. Let's build up your learning habit in 2020.



The first Organising Committee meeting was held on 28 May 2020.



The second Organising Committee meeting was held on 5 June 2020.

Sister Chapters

Written by Steven Cheung

JCI Seoul



Our President Paul Lo has sent the greeting message to JCI Seoul for maintaining relationship.

We regret to learn that the 66th Anniversary of JCI Seoul has already been postponed since South Korea has been adversely affected by the coronavirus outbreak.

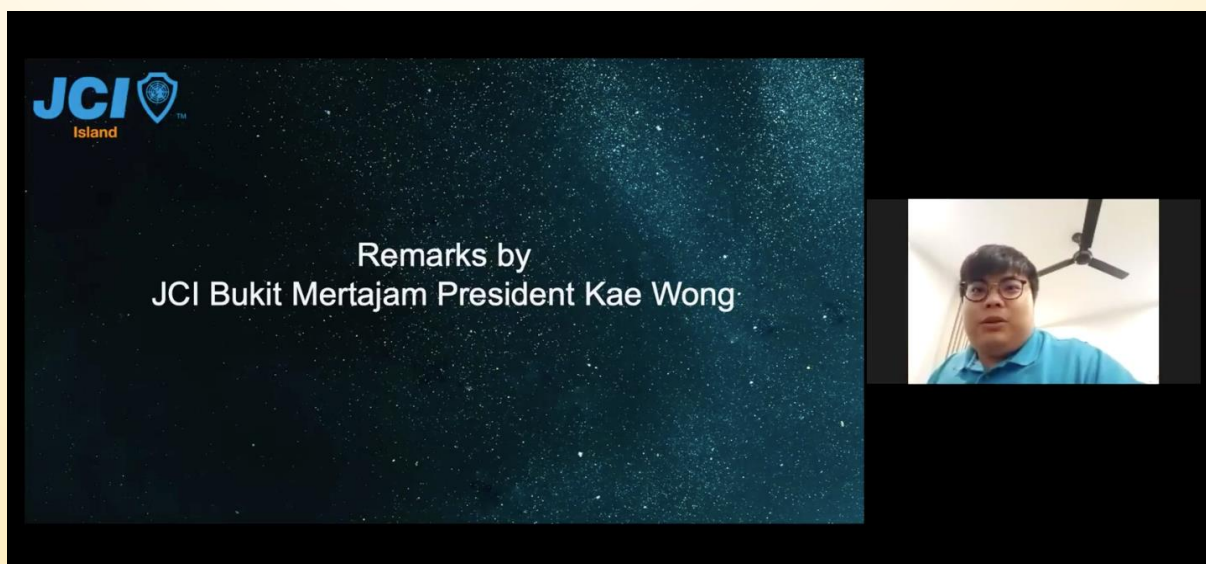
We are very pleased that there have been reducing number of confirmed cases in South Korea, and the situation has been more controllable.

We envisage that JCI Island and JCI Seoul could continue maintaining the friendship between our members and deepening our collaboration for a better future.

JCI Bukit Mertajam

Malaysia has also been adversely affected by the coronavirus outbreak in the first quarter of 2020, and the 45th Anniversary of JCI Bukit Mertajam has been cancelled accordingly.

Digital technology has been used for linking up JC chapters in different locations. We are honoured that **JCI Bukit Mertajam President Kae Wong** to participate in our 2020 April Fellowship Gathering. We look forward to meeting with more members of our sister chapters.



JCI Bukit Mertajam President Kae Wong has been invited to join our 2020 April Fellowship Gathering.

New Full Members

Written by Paul Kwok

Congratulations that **Leon Li** and **Alex Chow** have become full members of JCI Island. Both of them are positive-minded and willing to learn. They are committed to maintaining the high quality of monthly fellowship gatherings.

It is anticipated that Leon and Alex would focus on membership affairs area in the second half of 2020.




Leon Li

Occupation: Sales Advisor (Fountain pen)

Highest Education: Tertiary Education



Marital Status: Single

Interest: Traveling, Reading, Hiking, Playing Games

Project Involved:
一起走進大灣區-商務考察團
JCI Island Inaugural Ceremony of 2020 BOD

Expectation & Reason of Joining:
Know more friends who own higher capability than me and make contribution to society

Our Full Member Leon Li is the Project Chairman of 2020 June Fellowship Gathering.

Alex Chow

Occupation: Student/ Legislative Assistant

Highest Education: Bachelor Degree

Marital Status: Single

Interest: Hiking

Project Involved:
2019 JCI Island Sports Day
2019 JCI National Convention

Expectation & Reason of Joining:
Broadening my horizons and enhancing organization skills

Our Full Member Alex Chow is one of the Organising Committee members of 2020 June Fellowship Gathering.

New Prospective Members

Written by Paul Kwok

Brian Wong and **Steven Luk** have become prospective members of JCI Island in 2020. They had great efforts in JC Sports Begin @ Home Challenge 2020 and O! Love SEN Phone 2020 respectively - two key initiatives of JCI Island to connect our members and create sustainable impact during the pandemic.

Brian and Steven have become more active in recent months. We are confident that they can better understand the culture of JCI Island and explore for more learning opportunities to fit their needs in the future.




Brian Wong

 Occupation: **Clerk, Hospital Authority**

 Highest Education: **Degree Holder**

 Marital Status: **Single**

 Interest: **Photo Taking**

 Projects Involved:
JC Sports Play Day
JC Sports Begin @ Home Challenge

 Expectation & Reason of Joining:
Volunteering and widen my horizons

Our Prospective Member Brian Wong is an Organising Committee member of various projects of JCI Island, including JC Sports Play Day 2020, JC Sports Begin @ Home Challenge and JCI Admin x Effective Communication.




Steven Luk

 Occupation: **Physiotherapist**

 Highest Education:
Master of Gerontology BSc(Hons) Physiotherapy

 Marital Status: **Single**

 Interest: **Hiking, Soccer and Travelling**

 Projects Involved:
O! Love SEN Phone
齊來郊遊 Enjoy Hiking Coordinator



 Expectation & Reason of Joining:
Widening my horizon and experience

Our Prospective Member Steven Luk is a member of Island Entertainment City. Meanwhile, he is one of the Organising Committee members of O! Love SEN Phone 2020.


New Prospective Members (Continued)


Written by Paul Kwok


In addition to Brian Wong and Steven Luk, JCI Island has also successfully invited **Martin Ng** and **Billy Chu** to be prospective members of JCI Island. Both of them are energetic and cheerful persons who would like to make new friends from different background. JCI Island is devoted to organise more membership activities to enhance members' bonding. With a stronger membership base, JCI Island would develop more meaningful projects to satisfy the diverse needs of our members.






Martin Ng


 Occupation: **Sales Executive**

 Highest Education: **Bachelor Degree Holder**

 Marital Status: **Single**

 Interest: **Reading, Gym, Windsurfing, Hiking, Travelling**

 Projects Involved:
Jun MFG - OC Member
Design Thinking Seminar - OC Member

 Expectation & Reason of Joining:
Meet more people in JCI Community

Our Prospective Member Martin Ng wishes to learn more about international affairs in his JCI career.




Billy Chu

 Occupation: **Engineer**

 Highest Education: **Degree Holder**

 Marital Status: **Single**

 Interest: **Reading**

 Projects Involved:
April MFG - OC Member
Gold or Not Gold 矮人金礦大比拼 Coordinator

 Expectation & Reason of Joining:
Volunteering and widen my horizons

Our Prospective Member Billy Chu wishes to learn more about business affairs in his JCI career.