SNAP SHOTs

60 Bonham Strand E., 1/F., Sheung Wan Hong Kong. Tel:2543 8913

The Official Publication of the Hong Kong Jayceettes

From the desk of the President

Alice Liu

Happy New Year to you all ! I am pleased to tell you that after months of preparation, our Board of Directors is ready to serve you all. For myself, I will do my best to serve you as your President.

You would notice from the Organization Chart enclosed that the number of Directors had been reduced from 12 to 8. This is to streamline the organization structure and to focus our resources in more important areas. From the Year Planner, you can have a glimpse of what each area has in mind for the rest of 1996. I must thank a number of Jayceettes for their consent to take up the chairmanship in various large projects. They are Miranda Cheng for Fund Raising project, Sophia Lam for Economic Affairs project and Vera Ho for Effective Lady Manager Seminar. Please, show your support by enrolling as organization committee members.

Pershaps some of you wondered why Jayceettes is not having her own inauguration this year. The reason is that the Board of Directors was formally inducted during the National Inaugural Ball with all the National Officers and Board of Directors of other Chapters. This was in response to the National's advice to have only one inauguration for the whole Hong Kong Junior Chamber of Commerce. Our Nationai has also adopted the "One Name One Logo" concept to promote sense of unity and to improve image of Jaycees in Hong Kong. Thus from this year onwards, the National and all 18 Chapters now use the same logo and corporate colour.



Thirty six Jayceettes attended the National Inaugural Ball on Jan 20. See how Smart our Board of Directors is!

At the National level, Jayceettes is very active as well. We have Past President Senator Nora Cheng as the National Trustee Chairman, Past President Senator Anita Kwan as National Vice President, Regina Ng as the National Hon. Treasurer, Anita Ho as the National Public Relations Director, Rafia Chiu as the National Theme Director, Valentina Wong as the National Toplic Relations Commission Chairman. Miranda Cheng and Shirley Cheng as the National Public Relations Commission Members, Past President Senator Margaret Wu as National's Ad Hoc Committee for Reviewing NOM's Award Judging Manual & System and member of the Senator Screening Committee. Many many thanks ! ! !



President Alice with Jayceettes at the Governor's House on Jan 1 1996. This is surely a nice way to start the year.

At the Junior Chamber International level, Jayceettes is honored to have been invited to be the Secretariat of Junior Chamber International Business Opportunity Commission. The Secretariat is in the good hands of our Immediate Past President Caroline Au Yeung. Any Jayceettes who are interested in the internationl business areas, please give a shout to IPP Caroline.

Well, last but not least, I am so excited to report that the Chapter has embarked on a very good start. We won three incentive awards in the National Inaugural Ball. namely "Chapter with Best Attendance by Proportion of Board Member", "Chapter with Highest Raffle Ticket Sale" and "Chapter with Highest Proportion Per Member in Raffle Ticket Sale". For these, I am indebited to my Board of Directors for the support. A VERY BIG THANK YOU to you all!

I will keep you abreast of what is going on in future issues. Meanwhile, if you have any comments on the management of the Chapter, please contact any member of our Executive Committee.

A platter of (燒味拼盤) that was what last year to me. There were items I thoroughly enjoyed, things I should not have eaten and also foods I did not prefer. But all in all, just like this Chinese appetizer, 1995 was definitely a rich and fulfilling experience.

IPP- Caroline Au Yeung

I would like to thank P Alice for giving me the opportunity to serve the Chapter again. Members are truly the assets of the Chapter. The area I supervise will provide various kinds of training, functions, and activities to meet your interests. Your support and involvement will encourage us to perform our best. Please join us to make 1996 a fun and fruitful year. Thank you!

EVP (Interna)) - Shirley M. K. Chan

My challenge for the year 1996 is to take the position of EVP (External) to be responsible for the promotion of the Chapter's image. We will liaise and maintain a close relationship with the media. Do you think an introvert person, such as myself, can fulfill this responsibility? Well, let's just see.. .

EVP (External) - Rebecca To

Outstanding Chapter of the World 1981&1989

Outstanding Chapter of the Asia Pacific 1991&1992

1996 Patrons :

E 方宇制衣厂有限公司
ESPERANTO GARMENT MFG. CO., LTD.
TEL: 2320 6287

LEC 聯洋發展有限公司
LECO DEVELOPMENT LTD.

Birthday list for March

2	Kwok Li Evanda (S)/
	Cheng Karen
4	Leung Angela/Luk Alice/
	Wong Winnie
6	Wong Doris
11	Wong Karry
13	Chow Jennifer(S)
15	Cheng Paulina
16	Chan Launy/Lo
	Stella/Wong Petrula
17	Au Yeung Packy/
	Chung Shelina(S)
19	Chiu Rafia
20	Lui Annie(S)/Tjon
	Karin-Joyce/Hui Nerissa
23	Fung Patty
25	Wong Josepha
29	Lam Lucille

April

2	Kwan Anita (S)
3	Lee Alice
5	Choi Emily
9	Tsang Susanna
11	Ng Maggie
12	Leung Selina
15	Chung Michele
18	Yu Jennifer (S)
20	Tsang Denise
22	Chan Shirley MK
23	Lam Sati
25	Liu Alice (P)
26	Yen Peggy (S)
27	Chan Maureen

NOM NEWS

World President Visit- Dinner Reception on January 10,1996

The World President, Thomas Clear III, visited HONG KONG during Jan 8-12. A dinner reception with six tables of members from different chapters was held on Jan 10 at Park Lane Hotel. An open forum was held before the dinner reception, one of the questions asked was " What is Rainbow Bridge of Opportunities ?" The WP enlightened us: "Rainbow means what we have done, and achieved, or even what we have just participated in or experienced in any of the opportunities provided by JC.



"Whenever you are doing projects, you are painting the rainbow with the five colours. I wish everybody has a very colourful rainbow by the end of the year."



Woo, EVP(I) Shirley was the WORLD PRESIDENT of THE DAY on Jan 11 1996! No joke!

★ ★ ★

"World President of the Day" Motto: "If It Is To Be, It Is Up To Me"

I was honored by World President- WP Tom as JCI World President of the Day for Jan 11,1996. It was such a happy & memorable experience.

"JCI World President of the Day Program" is an incentive and a motivation program. As WP Tom is the 51st World President, he would like to let other members experience how a World President feels.

During the training session after dinner on Jan 10, I was so touched when I was chosen as the lucky one!

WP Tom encouraged us that we should have a JC HEART, to be a STAR MAKER, and always SMILE which makes other people smile too. And CARE for the others- "NOBODY CARES HOW MUCH YOU KNOW UNTIL THEY KNOW HOW MUCH YOU CARE."

On Jan 11, 1 gave a speech at the City JC's MFG and present the Certificate of Appointment to their board and advisors. I also shared my learning experience about Jan 10 with them.

EVP (I)- Shirley Chan



The World President says:"You must dip you paint brush to the five colours (five areas of opportunity)and paint our own rainbow."
"The difference between ORDINARY and EXTRAORDINARY is that little 'EXTRA'-Do you best!"

I will be planning Monthly Fellowship Gatherings providing a variety of functions to strengthen members sense of belonging in the Chapter. "The more you participate, the more awards you receive."

VP Administration - Packy Au Yeung

Sccretariat is a division that assist the Chapter internally.
Secretariat is a new idea different from the past;
but Secretariat is not a secretary of your area,
neither is it a superman with superenergy nor God Almighty.
Surely, Secretariat is highly committed and well co-ordinated.

Hon. Secretary - Grace But

I knew that being VP Community is not going to be an easy job. Having been in the position for just 4 weeks, "I am absolutely SHOCKED... by the benefits and the invaluable experience I've gained in this role (not to mention the pride I get from the holy greeting 'VP' from others everywhere I go... Ha! Ha!). The EA area will focus on what impact the 1997 sovereignty handover will have on the economy. For the CD/YA area "Sex Education" is the main theme. Enormous ideas of SEX have already popped out! Please give us your full support! !

VP Community - Sabrina Tin

HLP Jennifer gave her encouragement to the Board at January MFG

"Remember... 1996 is yours, once in a life time!
Everyone has her own style, it is good for you to sit back and think about what you want to do in your position, and add your own color to your work."

Have Fun ! Have Fund !
With your support, I am sure the Fund Raising will be a successful and cheerful event. Hope to see you in the coming functions, particularly in the Fund Raising.

Hon. Treasurer - Cheung Shuk Yi

The Communications team would like to take you to many important events this year. We will have the opportunity to exchange information with other members. Please watch out for future Snapshots and join us to Kanazawa ASPAC Conference and Pusan Congress. In addition, we encourage you to join NOM's and LOM's activities to enhance our relationship in the JC family.

VP Communications - Phyllis Chan

WE are proud of Jayceettes because.., so YOU should allow your friends to grasp the opportunity to know and join the Chapter! YOU should let your family and friends share the joy and friendship we bring!
and NEVER let go any valuable training opportunities we provide!
JUST CALL MED BRENDA, LDD CORRINA OR VPMD ELIZA, WE ARE ALWAYS STANDING BY! ! !

VP Membership Development- Eliza Pang

HEALTH AND BEAUTY

Dr. Matty FY Wong
Chiropractic Physician

lesson 1

How to prevent Low Back Pain!

Low Back Pain is a very common health problem. It is second only to the common cold and it affects more than 80% of the population. The causes of low back pain may include degenerative changes (退化), sport injuries (運動創傷), wear and tear from repetitive work (重覆性勞損), and poor posture (不正確姿勢.) Let me share some health tips on correct and incorrect posture:

Sitting posture

Whenever you are sitting down, the pressure on the spine is one and a half times greater than if you are standing. So keep your back straight, tighten your abdominal muscles, and keep your shoulders straight and centered above your hips. I would encourage you to use a back support or cushions behind your chair to support your low back when your job required you to sit for prolong hours.



Incorrect



correct

SIeeping Posture

Many back problems are caused by improper sleep habits.

- Try to sleep on your side with legs slightly bent at knees and hips.
- Avoid sleeping flat on your back. This position deepens the curve in the lower back.

If you must sleep on your back, placing a pillow or rolled blanket under your knees (see picture).

- Avoid sleeping on your stomach, it twists the neck and strains the shoulders.



MOD LOOK WITH JTT 1996

This is a new column added to the Snapshots. We request your participation in providing information on the latest fashions, hairstyles, newest in computer technology, or anything you feel is an interesting topic.

Please mail or fax your articles and pictures to Dr. Matty Wong, Room 808, Manning House, 48 Queen's Rd., Central or 2537-5993, respectively.

Topic: Inexpensive Foreign Magazine at Fleet Arcade

You can purchase inexpensive foreign magazines at Wan Chai Fleet Arcade located on the second floor of "The Pacific Stars and Stripes" Bookstore. You can find a large variety of women magazines, U. S. Today, Sports Illustrated, Newsweek,handcraft magazines, computer magazines, etc.. You pay the book cover price using the exchange-rate of 1: 7.76. In order to be eligible to shop, just go to the 3rd floor to apply for a shopping permit, then shop...shop...until you drop!

(Article taken from Next Magazine)

Wanted/ Sales Column

This is a Free Ad for JTT members to buy or sell their used and new goods.
Selling:Please give us the description of your good(s), price, condition, contact person, and contact number.
Buying:Please give us the description of the goods you want to buy, your name, and contact number.

Jayceettes is going to visit HLP Jennifer at her home in Sai Kung on the third day of the Chinese Lunar New Year. Interested members please call VP Phyllis Chan at 2833-1912

Donation to Snapshots
A Big Thank You to HLP Jennifer Yu

I would like to thank the Jayceettes who have expressed their sympathy towards my late mother.
Valerie Cheung

Events of JTT, NOM and Other Chapters in

March

2	KJC, DJC and EKJC Joint New Year Bonanza
2	PJC New Year Bonanza
6	Board Meeting
9	NOM Prospective Members Orientation II
16	DJC Fund Raising
16	NOM Bidbook Seminar
23	VJC Anniversary Party
23	MFG
24	SJC Fund Raising
30/31	TPSJC and NDJC Joint Leadership Development Camp
31	OJC Anniversary and Fund Raising

April

3	Board Meeting
14	OJC Survival Training Camp
18	NOM Public Speaking Competition
19	MFG
20	Joint Board
2I	HJC International Children Drawing Competition
24-27	JCI Kenya Business Conference
27	NOM Public Speaking Competition
27	Effective Lady Manager Seminar
28	NOM Jaycees Olympics

WINDA'S INT'L ESTHETICS CLUB

CELEBRATION TO 15th ANNIVERSARY
96' HEALTH & BODY 'S PROMOTION TO
THE HK JAYCEETTES ' MEMBERS
*** Enjoy a facial treatment at only $188.00*
and
*you will get a free body health treatment.***
members will get a free hydrate mask ,
please bring this coupon with you
VALID FROM 1/2/96 -15/3/96
Tel: 25739297
5/FL., CHANG PAO HING BLDG.,
427-429 , HENNESSY RD., HONG KONG.

UPCOMING EVENTS

Pre-induction and Orientation Seminar
Date : February 10, 1996 (Saturday)
Time : 2:30 pm
Venue : JC Office
Enquiry : MED Brenda Lam (2524-4179)

PM Project - Courtesy Visit to Elderly Center
Date : February 11 , 1 996 (Sunday)
me : 2:00p.m.- 4:00p.m.
Venue : Kwan Fong Nim Chee Home
Enquiry :Ada Ng (Chairman) - 2733-3913)

Creative Thinking and Brain Storming Training Workshop-session 1
Date : January 27 1996 (Saturday)
Time : 2:00p.m.- 6:00p.m
Venue : The Boy's and Girl's Club (香港小童群益會)
3 Lockhart Road; Room 604
Speaker : JC Wesley Chan
Enquiry : Corrina Ng (2827-3303)

Creative Thinking and Brain Storming Training Workshop- session 2
Date : February 1, 1996 (Thursday)
Time : 7:00p.m.- 9:30 p.m.
Venue : The Boy's and Girl's Club (香港小童群益會)
3 Lockhart Road, Room 603
Speaker : JC Wesley Chan
Enquiry : Corrina Ng (2827-3303)

February MFG
Date : February 24, l996
Theme : Mahjong Competition and New Year Celebration
Time : 3:00p.m.- 10:00p.m.
Venue : Gold Snow Chinese Restaurant (金雪閣)
上環康泰街康威花園地下近西港城2815- 8128
Enquiry : Candy Lee (Chairman)- 2892-2730

Lots of Fun at LOTS

Leadership Development Director - Corrina Wong

There was certainly lots of fun on December 17, 1995 when we had the LOTS. LOM Officers' Training School at the Wu Kai Sha Youth Village.

We had Senator Paul Chan refresh and reframe our personal goals for 1996. Subsequently, PP Senator Shelina Chung delivered the message "Knowing the Obligations and Responsibilities of a Board Member".

Finally, JC Wesley Chau presented an EXTRA-ORDINARY training on creative ideas. "You can learn to be creative even when you are an ordinary person. The difference is to think creatively and be open-minded". The last session stimulated our minds through the use of visual aids, quizzes, and games. With baskets of inspirations, ideas, and goals waiting to be achieved this year, we set off on the journey back home.



Lots at Fun at LOTS

PP Winnie Kung's message from Shanghai

Greetings to the board members and a special congratulations to President Alice. I will be in Hong Kong for the Chinese New Year for two weeks and look forward to seeing all Jayceette members.



Congratulations to this new, happy and beautiful couple, JTT Fanny Lo and Mr. David Yuen, who just got married on Jan 10 1996.



Three cheers for our energetic Board of Directors



Happy birthday to Jayceettes Shirley, Macky, PP Nora, Chiu Siu Chi (newly inducted) and Ana (from left to right)



Well done - the NUTS accomplished the great task by a colourful and readable finale



Welcome to our big family, Chiu Siu Chi, inducted as full member at the Jan MFG

Editorial Board

Publication Director: Dr. Matty F.Y. Wong
Officers : Pegg So, Betty Wong
Supervisors : EVP-(E) Rebecca To
: VP Phyllis Chan
: AA PP Maureen Chu Lo

Views & Responsibilities

1. Articles represent only the personal views of authors & interviewees
2. The editorial committee reserves the right to reject article or make necessary editorial alternations

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From the desk of the President

Alice Liu



A prosperous Year of the Rat to you all!

February is a busy month for the Chapter. For internal area, we completed the "Creativity Training" on Feb. 1, the first orientation and pre-induction seminar on Feb. 10 and first PM project on Feb. 11, not to mention the funfilled MFG on Feb. 24. For external area, we had a traditional Chinese New Year visit to HLP Jennifer's and PNP Sonny's home with the CJC guys. Behind the backdrop, preparation for our large-scale projects is well- underway!

This year, we are trying out the Commission System in Jayceettes by launching the debut of " Business Opportunity" Commission, the " International Affairs" Commission and the " External Public Relations" Commission. I say we are trying this out because these three Commissions only involve some 40 members. If the Commissions are found workable, each Jayceettes member would be assigned to a Commission next year. This is intended to mobilize all members and "reactivate" them so that on the one hand, they would be able to contribute their ideas to the Chapter and on the other, their sense of belonging would be enhanced. In parallel to the trial Commission System, we have also established the " Jayceettes Network " through which each member is taken care of by a big sister or group leader. All these boil down to one thing --- that the Board CARES about each and every member. YOU are our ASSET !

Surely, one should take a new perspective towards the whole thing. Members are not only members --- they are our CUSTOMERS. The highest accomplishment is thus when we achieved 100% customer satisfaction. The most fulfilling experience is also when we know what we did meet your needs. An easy and handy way is to let us know your needs by filling in the " Members' Needs and Exposure " survey which was sent to you earlier on. If you have already lost the survey questionnaire admist your pile of Jaycees circulars, I am sure VP Eliza is more than happy to fax you a copy right away.

Well, dear members --- YOU, please keep us abreast of your thoughts so that we could tailor make our programs to YOUR needs.

A COUTESY VISIT TO AN ELDERLY CENTRE

Chairman Ada Ng

On Feb 10 (Sun), few young ladies - Tina, Sharon, Nerissa, Teresa, Ada and other Jayesstes amplified their love and brought other Jayceettes happiness of the Chinese New Year



1st PM Project -A Coutesy Visit to The SARE Kwan Fong Nim Chee Home for the Elgerly on Feb 10(sun)

to 200 honorable old people in The SAGE Kwan Fong Nim Chee Home for The Elderly.

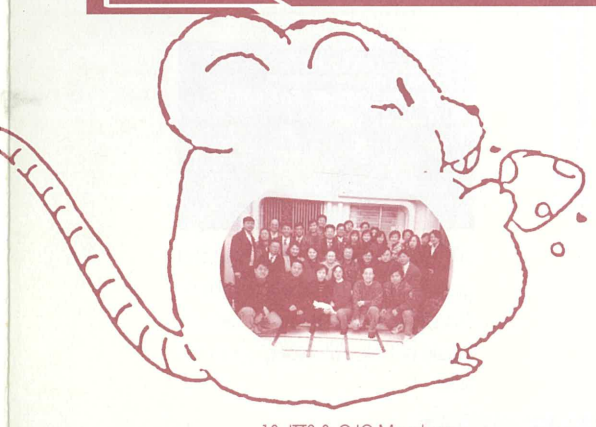
This visit was the first PM project for the Jayceettes in 1996 and it was a fun-filled gathering with games and performances, such as Chinese Calligraphy, magic show, and Chinese Opera etc. The elderly enjoyed the program very much and all of the participants could feel the delight of sharing and caring

We tried our best in securing sponsorship and finally we got 200 T-shirts from JUSCO Department Store, circulars and photograhy sponsored by Edge Design Communication, and CASH $14,500. The CASH received from Jayceettes members and friends, and a big donor - Marks & Spensor Ltd, all turned into the necessities and gifts which filled up the heart of the elderly with warmth and happiness.

We would like to thank all the cash and gift sponsors. A very special thank to our project advisors, Caroline, Alice, Shirley, Eliza and Brenda. Wish all of you have a prosperous Year of the Rat.



VP Phyllis mother & IA/PRD Shelina's mother & grandmother also enjoyed the program



13 JTTS & CJC Members Jointed to Visit our HLP Jenmifer & their HLP Sonny on Feb 21, 96



JTT Wishes evey body aProsperous New Year.

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Birthday list for April

2 Kwan Anita(S)
3 Lee Alice
5 Choi Emily
9 Tsang Susanna
11 Maggie Ng
12 Leung Selina
15 Chung Michele
18 Yu Jennifer (S) (HLP)
19 Chiu Rafia
20 Tsang Denise
22 Chan Shirley
23 Lam Sati
25 Liu Alice (P)
26 Yen Peggy (S)
27 Chan Maureen

May

4 Ng Mabel
6 Wong Sing Kwan
10 Cheung Wendy
12 Chung Tracy
14 Hung Sharon
22 Wong Corina
28 Chan Irene/ Kong Wendy
29 Lam Sophia
30 Tso Ivy
31 Cheung Shuk Yi/ Ho Judy



Simle! Girls! Thanks to CJC Wesley enriched our creativity Mind & strive up our energy

ARE YOU CREATIVE !

The creative people thought they were creative, and the less creative people didn't think they were..... Please avoid the following Ten Mental Locks of impeding Creative Thinking:

十件妨礙創意思考的「頭腦硬塊」
Ten Mental Locks of impeding Creative Thinking

1. 正確答案只有一個	The Right Answer
2. 不符合邏輯	That's Not Logical
3. 墨守成規	Follow The Rules
4. 考量現實	Be Practical
5. 不可曖昧模糊	Avoid Ambiguity
6. 不可容生錯誤	To Err is Wrong
7. 遊戲無益	Plays is Frivolous
8. 那不是我的所長	That's Not My Area
9. 不要想愚的事	Don't Be Foolish
10. 我沒有創造力	I'm Not Creative



Let's see their Creative caps & hats!

NOMS NEWS

Ten Outstanding Young Persons Selection (TOYP) 1996

TOYP is an annual project organized by the National. It is by far the biggest scale and is well-known to people of Hong Kong.

If you are interested to be involved in the Organizing Committee, please contact President Alice (Pager 9057-8364) directly so she can refer you to the OC Chairman Senator Amy Leung.

Join us at 1996 JCI Kanazawa Asia Pacific (ASPAC) Conference

In the coming spring, the JCI Asia Pacific Area Conference will be held in one of the most beautiful cities in Japan, Kanazawa, which is rich in culture, with history dating back to -- century. Why not take the opportunity to visit this magnificent city and enjoy the warm Japanese hospitality, mingle with fellow Jaycees from all over the world and attend a training session or two.

Date : May 22-27 (Wed - Mon)
Venue : Kanazawa, Japan
Deposit : HK$ 2,500/person
Registration fee:
HK$ 1,600
(deposit received before March 15)
HK$ 1,840
(deposit received after March 15)
Estimated Cost: HK$ 8,500
(subject to change)



New JTTs Wong Sing Kwan and Marie yuen (third and fourth from left)



JTT Joyce won 2 games and the grand prize of the day at Feb MFG. To keep her fortune , Joyce said she would not play Mahjong again this year.





P Alice and PP Shelina were speakers of our 1st Orentation and Pre-induction Seminar on Feb 10

Health and Beauty

Dr. Patrick Yeung
Clinical Hypnotherapist

Effect of hypnosis

HYPNOSIS is an altered state of consciousness in which the patient experiences intensified personal concentration and attentiveness, an enhancement of memory and increased suggestibility to cues from the therapist.

Self Hypnosis Techniques

1. Physical Relaxation
   seat yourself in a comfortable chair - for at least and half hour
2. Deep Breathing
   when you are comfortable, take a long , very long deep breath, hold it for few seconds, then let it out very slowly and repeat three times.
3. Eyelid Relaxation
   turn your attention to your eyelids and concentrate on the feeling in them, they may already be so heavy and relaxed that you do not want to open them. Wait until you are certain that they are so relaxed that they cannot open before you test them. Now your subconscious imagination has taken charge.
4. Body Relaxation
   to spread relaxation in your eyelids all the way through your body.
5. Mental Relaxation
   imagine yourself looking at a blackboard on which all of the numbers from fifty down to one are written. When you can imagine them clearly, rub the number fifty off the blackboard so completely that it has gone completely out of your mine. Proceed to the next number. Erase that from your imaginary blackboard before continuing, making sure that it too has vanished from you mind and has completely disappeared. Continue with this process, erasing all the numbers completely. Now you have a completely blank blackboard and a ery relaxed mind. Bring the numbers back and count silently from one to five as before, you will be wide awake. Practise at least three times so you can produce mental relaxation.
6. Imagery
   return once again to stage two. When you have made your mind totally blank, picture yourself in a pleasant place doing something that you really like. If you have chosen a waterside scene, see the water clearly. Note whether it is smooth or wavy. If it is wavy, hear the sounds of the waves, whether quiet or rather loud. Look around: see anyone else is there, note what they are doing. Pay attention to every sound, feeling or smell. Enjoy it. Count from one to five and you will be wide awake but perhaps amazed at the vividness of all you have seen and experienced.

WANTED /SALES COLUMN

This is a FREE Ad for JTT members to buy or sell their used and new goods

selling : please give us the descrption of your good(s), price, condition, contact person and contact number.

Buying: please give us description of the good(s) you want to buy, your name and contact number.

FOR SALE

Item #1	:	Electronic Typewriter, Silver Reed, Model EP 10
Condition	:	Good
Price	:	HK$ 300
Contact	:	Shirley Chan at 2882-8331
Item #2	:	Italian stockings : thin, thick , sheer, etc., match your work suit and elegant fashion. Also available is a nursing type which support to your feet comfortably
Price	:	about HK$ 30 - $ 100, with discount
Contact	:	Shirley Chan at 2882-8331

WANTED

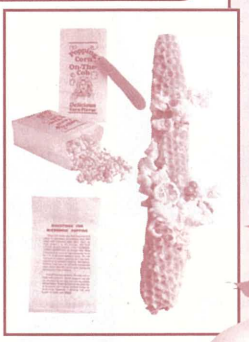
Item #1	:	Video Camera
Condition	:	Good, but not necessary the latest model
Budget	:	Negotiable depending on the model and condition
Contact	:	Helen Wong at 2821-8897 or pager: 71163787 a/c 2662

MOD LOOK WITH JTT 96'

This is a new column added in Snapshot. We request your participation in providing information on the latest fashions, hairstyles, newest in computer technology or anything you feel is an interesting topic.

Please mail or fax your articles and pictures to Dr. Matty Wong, Rm808 Manning House, 48 Queen's Road, Central, H.K. or fax # 2537-5993 respectively.

原隻生爆谷：
食爆谷總是要濕濕碎碎的放入口，不夠man，這美國製的生爆谷條放入紙代中，再放進微波爐，等三分鐘，就食得。



Junior Chamber International News

Do you know.....

The JCI Kenya Business Conference will be held on April 24-27 in Nairobi? The estimated cost is about HK $ 11,000 for seven days. For details, please look out for circular.

Our JCI Executive Vice President for Area B is Yong Suk Choi of Korea Junior Chamber. Also, JCI Vice President Joey Livelo (Philippines Jaycees) is assigned to oversee activities in Hong Kong.

Events of JTT, NOM and Other Chapters in

April

3	Board Meeting
14	OJC Survival Training Camp
18	NOM Public Speaking Seminar
19	Joint MFG with Rotary club of Tsim Sha Tsui East
20	Joint Board
21	HJC International Children Drawing Competition
24-27	JCI Kenya Business Conference
27	NOM Public Speaking Competition
27	Effective Lady Manager Seminar
28	NOM Jaycees Olympics

May

1	Board Meeting
9	NOM Prospective Member Orientation III
22-27	Asia Pacific Conference

UPCOMING EVENT

March MFG

New image in spring!
Yellow and green are the most prominent colours in vogue while peach red, purplish pink, orange, blue and red come second, yet more appealing than black and white. Geometrical, floral and landscape patterns are good choices for this spring.

Date : March 23 (Sat)
Topic : Fashion Trend
Speaker : Mr. Alan Chiu
Venue : 東湖金閣酒家 (舊利園酒店對面)
Time : 2:15 p.m. - 5:15 p.m.
Enquiry : Maggie Leung (Chairman) at 7112 8118 call 636
If you want to know more, come to our March MFG

Effective Lady Manager Seminar 96

Date : April 27, 1996 (Sat)
Time : 2:15p.m. - 5:15p.m.
Venue : Century Hotel, Wanchai
Cost : $ 250- for one
$ 460 - for two persons at least one should be non JC member
Speakers : Dr. Caroline Kwok ED.D.
Miss Eugenie Leung (Clinical Psychologist)
Enquiry : Joyce Li at 7478-3500

LOTS Reveiew Session

Date : April 13, 1996 (Sat)
Time : 4:00p.m. - 7:00p.m.
Venue : To Be Confirmed
Speakers : Senator Shelina Chung and Paul Chan
Enquiry : Corrina Wong LDD at 2827-3303

Membership Drive Exhibition

Date : April 13-14, 1996 (Sat, Sun)
Time : 10:00p.m. - 4:00p.m.
Venue : Admiralty MTR Station
Enquiry : Corrina Wong LDD at 2827-3303

Donation to Snapshots A Big Thank You to HLP Jennifer Yu, Caroline Au-Yeung(IPP), Maureen Chu Lo(PP), Caroline Keung(PP) Winnie Yeh Kung(PP), Margaret Wu(PP), Juliet Lam(PA), Rebecca To (EVP-E), Winnie Wong.

Thank you to all Jayceettes who have made donation to the Yunnan Earthquake Relief Fund. HK Jayceettes donated a total of HK$ 3,200 through the Hong Kong Red Cross.

My deepest appreciation to all Jayceettes who have shown sympathy to my late mother
Alice Liu
President

Notice:

President Alice Liu
new contact number:
Office : 2881-7165
Pager : 9057-8364



JTT showed our support to NOM'S PMO

Elinor Chiu's baby boy weight around 9"lbs

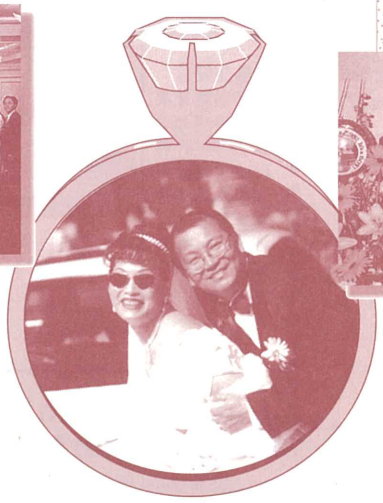




P Alice attended the Farewell Party for NDJCSen. K. M. Lau on Jan 27



Son of Julie Lam and Jeremy Lo Ming Cheung born on 10 Fed 96
Weight: 3.5kg



This is not a movie, it's a real wedding!
JTT Amy Cheung and husband
唔係拍緊戲呀!係真㗎!!!



If you missed the last EDP, You must attend the coming on one

Editorial Board

Publication Director: Dr. Matty F.Y. Wong
Officers : Peggy So, Betty Wong
Supervisors : AA PP Maureen Chu Lo
: EVP~(E) Rebecca To
: VP Phyllis Chan

Views & Responsibilities

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SNAP SHOTs

60 Bonham Stand E., 1/F., Sheung Wan Hong Kong. Tel: 2543 8913

The Official Publication of the Hong Kong Jayceettes

From the desk of the President

Alice Liu

Opportunities for Members

I am sure lady Jaycees members enjoyed themselves in March, especially on March 8 which was 國際三八婦女節. Various women organizations in Hong Kong hosted many events celebrating this special event.

In addition to the cocktail organized by XinHua News Agency, the Jayceettes was invited to the celebration event of 廣州市越秀區婦女聯合會（越秀婦聯）on March 5. In fact, Jayceettes have been long time friends of this women organization. In 1991, Jayceettes launched " Ambassador Express- 3rd Station to Guangzhou" with the assistance of 越秀婦聯 taking 12 mentally handicapped children to Guangzhou for cultural exchange with their counterparts. Thereafter, the Jayceettes never forget to pay 越秀婦聯 a visit whenever in Guangzhou. This friendship has opened vast International Affairs Opportunities to our members. In recent years, it has also brought business opportunity as well in that 婦聯 members could offer informal advice on business opportunities in Guangzhou. Any members interested in contacting them may approach VP Phyllis for details.

On March 16, the Jayceettes met some members of Kaohsiung Junior Chamber (KJC), one of our four sister chapters. KJC is a mixed chapter in Taipei. Most of their members are successful businessmen and women. Both Chapters intend to exchange business information enabling members to " link up" with their business counterparts. KJC will send us a list of their members with business classification and contacts. We hope to distribute the information through an internal mailing when available.

Come to think of pooling business resources for local Jaycees members, a letter has been issued to all LOM Presidents suggesting a program whereby requests for Jayceettes business contacts can be entertained by our EA area. Jayceettes members who would like to add their business contacts on our list for release to local and overseas Jaycees can contact either VP Sabrina or EAD Cecilia.

Another convenient way to promote your business within the Jaycee circle is to join the "Jayceettes Discount Network (JDN)". The JDN was introduced last year with a total of eight companies on the list, each offering certain discounts to Jayceettes members on presentation of their membership cards. This year, EVP(I) Shirley is going to expand the network in terms of both quality and quantity. A special letter on the details will soon arrive at your desk. The JDN is a direct way to promote a certain product. Other Jaycees members are welcome to join the network. I am sure this would be mutually beneficial to you and our members.



P Alice and HS Grace greet with 吳韻萍主席 of 越秀婦聯.

If you have any brilliant ideas to promote business opportunities among Jaycees, you can give a ring to EVP(I) Shirley. Thanks.



You can trace Jayceettes' footprints even in Guangzhou! P Alice and HS Grace attending the celebration of 三八婦女節 hosted by 越秀婦聯 on March 5.



A group of Jayceettes including PA Juliet, PP Margaret, PP Connia and mother of IPP, Mrs. Cecilia Au - Yang representing Jayceettes to attend the spring dinner held by The Hong Kong Federation of Women on February 29.



Meeting with the Head of Women & Youth Affairs Department of Xin Hua News Agency, Miss Chan Fung Ying.

Outstanding Chapter of the World 1981&1989
Outstanding Chapter of the Asia Pacific 1991&1992

1996 Patrons :

E 方宇制衣厂有限公司
ESPERANTO GARMENT MFG. CO., LTD.
TEL: 2320 6287

LEC 聯洋發展有限公司
LECO DEVELOPMENT LTD.

Birthday list for May

4	Ng Mabel
6	Wong Sing Kwan
10	Cheung Wendy
14	Hung Sharon
22	Wong Corrina
28	Chan Irene
28	Kong Wendy
29	Lam Sophia
30	Tso Ivy
31	Cheung Shuk Yi
31	Ho Judy

June

2	Wong Shirley
3	Yau Alison
7	Tsui Cecilia
11	Chui Bonnie
17	Pun Connie
18	Ching Angela
21	Wong Florence (S)
24	Wong Betty
26	Leung Elsa (S)
26	Ng Amily
30	Leung Lynny



WANTED / SALES COLUMN

This is a FREE Ad for JTT members to buy or sell their used and new goods

Selling : Please give us the description of your good(s), price, condition, contact person and contact number.

Buying .: Please give us a description of the good(s) you want to buy, your name and contact number.

WANTED

Item #1 : Personal Computer
Condition : Good, could do basic word processing
Budget : Negotiable
Contact : Tracy Wong 9432-6564 or 7111-5113 call 345

Mod Look With JTT 96'

This is a new column added in Snapshots. We request your participation in providing information on the latest fashions, hairstyles, newest in computer technology or anything you feel is an interesting topic. Please mail or fax your articles and pictures to Dr. Matty Wong, Rm808 Manning House, 48 Queen's Road, Central, HK or fax # 2537-5993 respectively.

Discount Card from Esprit:From March 19 - May 30, buying $4,000 worth of clothing and you can get an Esprit discount card with 20% off.

Enquiry:2764-2000

Discount Card from Mexx: March 19 - April 9, buying

$1,000 worth of clothing can get a 10% discount card;

$ 2,000 worth of clothing can get a 15% discount card;

$3,000 worth of clothing can get a 20% discount card.

Four baby Jayceettes were inducted at March MFG. They are Karen Cheng(L2), Christine Lam (L3), Emily Choi (L4) & Yvonne Tsang (L5).

JCI ASPAC CONFERENCE

13 Jayceettes have registered already. If you need further information, please contact VP Phyllis Chan at 2833-1912 (0)





March MFG launched on March 23, attracted more than 60 participants.Among those were March Birthday Girls PP Shelina Chung, VP Packy Au Yeung, R&RD Josepha Wong, JTTs Karry Wong, Winnie Wong, Alice Luk and Karen Cheng.



ANNOUNCEMENT

On March 6, 1996, the Board of Directors accepted the resignation of Jayceette Lucille Lam as the Record and Recognition Director (R&RD) due to personal reasons. The Board has appointed Jayceette Josepha Wong as the new R&RD with immediate effect.

" Chic Look" introduced by 2 prominent fashion designers Allan Chiu & Peter Lau aroused great interest for the audience.

Health and Beauty

HEADACHE

Dr. Matty FY Wong, Chiropractic Physician

Muscle Tension Headache《肌肉緊張性頭痛》

Everyone of us have experience headaches sometime during our lifetime. Some of us experience headaches daily while others may only experience headaches every couple of weeks or even months. Many people get relief by taking over-the-counter drugs such as Panadol or Tylenol. However, the use of drugs is only a temporary relief. Therefore, a better approach is to find out the root cause of the headache. A general misunderstanding is when someone experiences pain on one side of the head, they claim they have a migraine headache. However, headaches are usually caused by muscle tension in the neck.

The sign and symptom of muscle tension

Headaches felt at the back of the head and around the temporal area (太陽穴). The pain may feel like a rubberband tightened around the head. The neck and mid-back will feel achyness (酸痛), tenderness (觸痛) and tightness (僵硬). People may be unable to fall asleep as well as experience sleepiness.

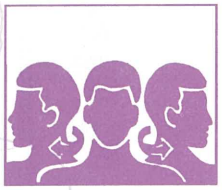
Causes of muscle tension

1. Always working under stress and pressure.
2. Job duties requiring prolonged periods of sitting or standing.
3. Talking on the telephone with the neck tilted to one side.
4. Prolonged writing or reading with the neck bent down.
5. Improper sitting posture will cause neck muscle tension.

The above postures will cause the neck muscles to experience over tension which will make the cervical vertebrae subluxated (頸椎疑位) subsequently pressing on the nerve. The nerve is related to the head area and will eventually cause headaches.

Neck exercises

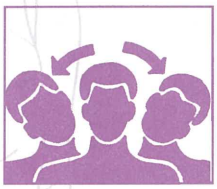
Neck exercises can help strengthen the neck muscles and will also reduce the chance of having headaches.



1. Slowly turn the head to the right bringing the chin over the right shoulder. Hold for a count of three and slowly roll head back to the neutral position. Pause and repeat in the opposite direction. Sequence of five to seven reps.



2. Slowly bend chin forward to rest it gently on the breast bone. Flex only to the point of comfortable stretch. Pause, slowly raise the head back to neutral and extend back as far as comfortable. Repeat, sequence of five to seven reps



3. Slowly bend the head to the right, ear to the right shoulder. Pause, return head to the neutral position and repeat in the opposite direction. Sequence of five to seven reps.

Migraine Headache《偏頭痛》

Sign and symptoms of migraine headache

People who experience migraine headache will have prodrome (先兆). Symptoms of prodrome are sensitivity to light and noise, running nose, tears in the eyes, nausea and vomiting, and blurred vision.

Causes of migraine headache

Migraine headaches are generally hereditary. Research shows some people who have migraine headaches are triggered by certain types of beverages and food such as alcohol, chocolate, MSG (味精), spicy food, and onion.

Patient who diagnose to have migraine headache need long term medication to control the symptom.

BEAUTY

Winda's Int'l Esthetics Club

Fruit acid, such as the name implies, is "essence ingredients extracted from the fruit". It offers deep cleansing with good skin penetration. Fruit Acid is a general cosmetics products, classified as a type of cure product. People who know the right method to use it will benefit from the product. Fruit Acid is geneally good for anti-winkle whitening, freckles, combating acne, rough skin, large pores, etc.

What is Fruit Acid?

Glycolic acid is known as an Alpha Hydroxy Acid (AHA). AHA's are a family of acids that occur naturally in foods including various fruits. There are many types of fruit acids such as apple, lemon, grapes, etc., however glycolic acid found in sugar cane is the smallest molecule. The small molecular weight enables glycolic acid to penetrate deep into the skin bringing most benefit among all the AHA's .

The functions of AHA.

The functions of the glycolic acid loosens the glue like attachments or cellular cement which is the cause of many skin problems such as acne, aging pigmentation, large pores, rough skin, wrinkle, etc.. The stratum corneum cells are lifted enabling the Glycolic Acid to act as a phenomenal resurfacing agent that immensely improves the skin appearance. It has even proven to be a valuable tool in reducing the depth of acne scarring.

In addition, it stimulates collagen and increases epidermal volume and acts as a powerful antioxidant and free radical inhibitor.

In Hong Kong, there are many types of AHA's or Fruit Acid products. Before using the acid products, one must understand, whether the product is suitable for your skin type. If you have coupersoe skin or broken capillary skin, then you may not use the product. You should discuss your situation with a professional beauty advisor or asethetician who will plan and advise you how to use the AHA to obtain the best result without damaging your skin. A good plan is very important in guaranteeing beneficial results.

The acid percentage varies with product and manufacturing company, therefore consumers must be careful using the products. The acid product is not a cosmetics, but a cure products similar to medicine, to cure or improve the skin. Consumers should know when to stop, reduce usage (after a short period of time), or change the type of treatment to reinforce, soothe, and recover the skin. You will obtain best results.

Events of JTT, NOM and Other Chapters in

May

1	Board Meeting
4	NOM Public Speaking Competition
4	JTT 3rd PM Project
9	NOM PMO III
11	NOM Training Seminar
	OJC Anniversary and Fund Raising
12	Mother's Day
18	TPS Fund Raising
23-26	Asia Pacific Conference at Kanazawa, Japan

June

5	Board Meeting
9	NOM Executive Development Program II
15	CJC Anniversary
16	Father's Day
22	NOM Public Relation Seminar
29	NOM Public Relation Seminar
30	JTT EA Project

UPCOMING EVENT

LOTS Review Session

Date : April 13,1996 (Sat)
Time : 4:00 p.m.-7:00 p.m.
Venue : Room 604, Boys' and Girls' Club of Hong Kong『香港小童群益會』
Cost : $ 70.00 per person
Speakers : Senator Shelina Chung and Senator Paul Chan
Enquiry : LDD Corrina Wong at 2827-3303

Membership Drive Exhibition

Date : April 13-14, 1996 (Sat, Sun)
Time : 10:00 p.m. - 4:00 p.m.
Venue : Admiralty MTR Station
Enquiry : LDD Corrina Wong at 2827-3303

Effective Lady Manager Seminar 96

Date : April 27, 1996 (Sat)
Time : 2:15 p.m.- 5:15 p.m
Venue : Century Hotel, Wanchai
Cost : $ 200 - per person
Topic :『決策新思維，妙用壓力』
Speakers : Dr. Caroline Kwok ED.D. (Professional Training Consultant)
Miss Eugenie Leung (Clinical Psychologist)
Enquiry : Program S/C Joyce Li at 7478-3500

Second Pre- induction and Orientation Seminar

Date : April 30, 1996 (Tue.)
Time : 7:30 p.m. - 9:30 p.m.
Venue : Chamber Office
Enquiry : MED Brenda Lam at 2524-4179

Third PM Project

Date : May 4, 1996 (Sat.)
Time : 2:30 p.m. - 8:30 p.m.
Venue : Shek O
Topic : Greeting Summer with barbecue fun
Enquiry : (Chairman) Tracy Chung at 2820-3964

Join April MFG with Rotary Club of TSTE.

Date : April 24, 1996 (Wed.)
Time : 7:00 p.m.- 10:00 p.m.
Venue : World Trade Centre Club Hong Kong
38/F, World Trade Centre
280 Gloucester Road
Causeway Bay, Hong Kong
Topic : How to use Internet
Enquiry : (Chairman) Fati Lam at 2506-5567

Donation to Snapshots

A Big Thank You to HLP Jennifer Yu,
Caroline Au-Yeung (IPP),
Maureen Chu Lo(PP),
Caroline Keung(PP),
Winnie Yeh Kung(PP),
Margaret Wu(PP),
Juliet Lam(PA),
Rebecca To (EVP-E),
Winnie Wong.

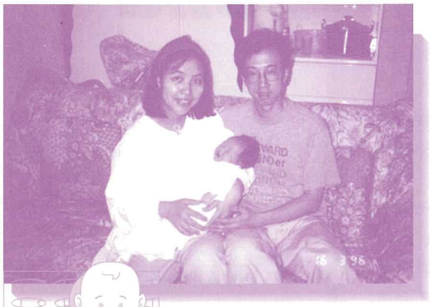
SORRY SORRY SORRY SORRY

Ezekiel Wong, Son of Michelle Chu wt 3.4kgs (We apologize for the name mistake in the last Snapshots)





We were enjoying ourselves so much at the EKJC fund raising on March 16-especially the funfilled auction after dinner.



Let's welcome the new baby girl of Jayceette Candy and Michael.



Kaohsiung Jaycees was very kind to pay us a visit on March 16 after visiting the all China Youth Federation.



IPP Caroline having fun at PJC New Year Bonanza on March 2



It was encouraging to hear that LRJC's fund raising had achieved an amount which is double their target.



Informal gathering of the 95' excom. member on the first Saturday of each month at TST.

Editorial Board
Publication Director : Dr. Matty F.Y. Wong
Officers : Peggy So, Betty Wong
Supervisors : AA PP Maureen Chu Lo
: EVP~(E) Rebecca To
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60 Bonham Strand E., 1/F., Sheung Wan, Hong Kong. Tel: 2543 8913

The Official Publication of the Hong Kong Jayceettes

From the desk of the President

Alice Liu

SUCCESS - IT'S A MIND GAME!



I admire you because.....

Get excited!

Please give me a push!

The biggest room in the world is ..... the room for improvment

How can I help you succeed? We are all in the same boat!

Hong Kong Jayceettes

Don't worry, the captain is here. P Alice

Lots Review

Don't be afraid to take risk.

Go for excellence!



We should aim to develop our strength, there is no time to tackle our weaknesses.

SUCCESS!
Welcome on "Board"

Follow good examples of our PPs.

Widen our horizon and explore our potential!

COMMITMENT DOES NOT GUARANTEE SUCCESS BUT THE LACK OF IT GUARANTEE FAILURE

BE NICE TO ME!

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LECO DEVELOPMENT LTD.

Birthday list for

June

2	Wong Shirley
7	Tsui Cecilia
11	Chui Bonnie
17	Pun Connie
18	Ching Angela
21	Wong Florence (S)
24	Wong Betty
26	Leung Elsa (S)
26	Ng Amily
30	Leung Lynny

July

1	Leung Maggie
2	Chan Phyllis
2	Choi Conna
3	Chan Cosina
3	Yeou Lucy
4	Chan Rosita
4	Lai Vivian
7	Koa Marian
10	Kan Katie
10	Leung Doris
11	Lau Evelyn
17	Pun Teresa
17	Leung Candy
22	Fong Cindy
22	Li Joyce
23	Lam Anna
23	Leung Rebecca
24	Li Claudia
25	Ho Gloria
25	Leung Catherine

Health and Beauty

COSMETIC APPROACH TO ORAL CARE (TEETH WHITER THAN MORGAN FAIRCHILD?)

by Dr. Michael Ho



Nowadays in Hong Kong, white and well aligned teeth are not only the wish of movie stars but also ordinary people. In fact, there has always been a growing public concern about their personal aesthetics. Naturally, well aligned teeth, coupled with a cheerful smile, can add a lot to an individual's personal charm.

After caring for many people's teeth, I realize there are amazingly few sets of perfectly balanced teeth. Dr. Angle, a prominent dentist set out six keys to categorize perfectly positioned teeth. Dr. Angle's conclusion is perfect positioned teeth is a rarity.

Similar to people in modernized cities, Hong Kong people exhibit unique habitual and dietary influences on their dentition. Common knowledge is tea, coffee, and cigarette smoke can stain teeth.

Teeth can also be damaged by childhood diseases which in turn lead to disruptions of dental growth. Other people are influenced by side effects of medications such as Tetracycline, an antibiotic which was commonly used in the past.

Can everyone possess teeth as white as Morgan Fairchild's? Well with modern technology advancement, treatment which once was considered miraculous are now achievable. The method is called HOME BLEACHING which a patient follows simple procedures using a specially designed tray made by suitable dentist.

The medication ingredients used in HOME BLEACHING consist of hydrogen peroxide derivatives. The process is similar to bleaching your clothes with a bleaching solution. Naturally, one would not want to jeopardize one's health by overdoing their teeth. Therefore, proper application using HOME BLEACHING should be under the supervision of a dentist.

Circumstances where the teeth tone is too dark or the teeth shape has major deformities, a more aggressive approach should be applied. Thin layers of porcelain will be placed on the teeth surface to camouflage the dark underlying layers. A crown may be necessary in circumstances where the ailment is so deeply rooted..

All in all, it is not a farfetched dream to have better looking teeth. Seeing is believing! Here are some tips to keep your teeth white and clean.

1. *brush your teeth twice daily.*
2. *eat more vegetables and foods containing calcium*
3. *visit your dentist regularly*
4. *reduce or totally refrain from eating food that stain your teeth.*
5. *use tooth whitening system as directed by physicians.*





Does EA Director Cecilia Lai look like a rabbit? Not her figure but her " PURE" character.



Membership Drive Exhibition held on April 13 and 14, at Admiralty MTR station.



What is the Biggest Room in the world?- Room For Improvement.



PP Caroline and her daughter 唐唐 was also present at SJC Archery Carnival/Fund Raising on April 8.





A group of Jayceettes meeting with NP Justin, IBN Chairman George and NAEO S.K. in the open ceremony of the 希望書庫 project on April 4, in which HKJCC is one of the co-organizers.

Mod Look with JTT 96'

BILLIANT TIPS - NO TIME TO WASH YOUR HAIR

Bend down your head and dusting some talcum powder on your hair, then comb your hair as usual.

Claudia Li





Jayceettes Shirley and Corrina had successfully completed the PRIME course during the Easter holiday. You may like to ask them to share their interesting experience.

Fun, Fun.....Fundraising 1996

The fund-raising project this year will be in the form of Bazaar! There will be booths selling varieties of Products and at present four booths have been secured. We have toys booth food booth, garment and garage sales.....

To support this meaningful event, you could

1. Donate any item for garage sales
2. Manage one booth with your friends or Jayceettes for your business.
3. Participate in organizing promotion to the public.

Contact any one of us (Miranda Cheng, Louisa Wong, Shirley Cheng, Alvina Lam.....) for more details as soon as possible. The event will be held around end June.

Miranda Cheng
Project Chairman

許多人認為，香港婦女的社會地位，比其他東南亞國家的婦女為高。不過，在爭取事業、社會地位的背後，其實需要付出很大的努力。尤其是已婚女性，家庭及丈夫的支持，更是不可缺少。

最近出席一個中、港婦女代表的交流會。廣州代表就她們到星、馬的見聞，發表她們的心得。認為爭取婦女權益應該有清晰的目標及主動精神，婦女運動並非要與男仕對抗，而是怎樣與男仕並肩，使社會更進步、更美好。

同時，要成功爭取婦女權益，需要一群才德兼備的女性。「才德兼備」的女性，不分國籍、種族，大致上有五個共通點：

1) 敏銳的眼光 -譬如選擇一個好丈夫，因為婦女要兼顧事業及家庭，如果得不到丈夫的諒解及支持，一定很難達到兩全其美。
2) 精明的頭腦 -這是從生活及工作體驗中磨鍊出來的，經歷愈多，見聞愈廣，分析力及觀察力便愈強。
3) 健康的身心 -有強健的體魄才能應付繁重的工作；有健康的心理才能以積極的態度面對困難。
4) 廣博的知識 -不斷進修、閱讀，吸取多方面的知識，才能與社會同步前進。
5) 獨特的才華 -每個人都有自己的優點和潛質，如果能把握機會，充份發揮，自然能夠才華畢露。

姊妹們！要想成為才德兼備的女性嗎？希望與男性共同分擔半邊天下嗎？讓我們把握每一個機會，努力裝備自己吧！

杜芝蘭

Events of JTT, NOM and Other Chapters in

June

1 CJC Children Convention Press Conference
5 Board Meeting
8 NDJC Fund Raising
8 HJC Fund Raising
9 NOM EDP II
14 CJC Anniversary
16 Father's Day
22 NOM PR Seminar
29 NOM PR Seminar
30 JTT EA Project

July

3 Board Meeting
6 NOM PMO IV
20 NOM Joint Board
27, 28 NOM President's Academy

NOM NEWS

The 31st National Convention will be held at Hong Kong Cultural Centre & Conrad Hotel from October 4 to 6,1996. OC has designed a group registration at HK$880.00 per delegate for minimum 15 delegates under the same chapter. However, we needed to register before May 15, 1996. If you are interested, please contact VP Phyllis Chan.
HK$ 950.00 per delegate, Registration before July 31,1996
HK$ 1,050.00 per delegate, Registration after July 31, 1996

Upcoming Event

Event : 3rd PM Project
Date : May 4(sat)
Time : 2:30-8:00 p.m.
Place : Shek O Beach
Cost : HK$80 (Adult) HK$50(Children under 12)
Enquiry : Elaine Ho (Promotion) 7111082 Call 3333
Tracy Chung (Chairman) 2820 3964(O)

Hong Kong trainers had the prime opportunity to learn from two very high-powered coaches from Malaysia - Peter Sim and Teresa Alberto.





It was a very enjoyable anniversary and fund-raising party hosted by VJC on March 23.

Congratulations to Islander Joseph Ma (first from right) for being elected as Hon. Sec. See the big smile on IJC President SC Mok!



WANTED/ SALES COLUMN

This is a FREE Ad for JFI members to buy or sell their used and new goods

Selling : Please give us the description of your good(s), price, condition, contact person and contact number.

Buying : Please give us a description of the good(s) you want to buy, your name and contact number.

SALES

Item # 1	:	*CAR - SAAB 9000i*
Year	:	*1987*
Color	:	*White*
Total KM	:	*49,000*
Licence expiry date	:	*1996/10/31*
Condition	:	*Good maintenance*
Price	:	*$38,000 Negotiable*
Contact Person	:	*Cecilia Lai at 94650362*

Donation to Snapshots

A Big Thank You to HLP Jennifer Yu,

Caroline Au-Yeung (IPP), Juliet Lam (PA), Maureen Chu Lo (PP), Rebecca To (EVP-E), Caroline Keung (PP), Winnie Wong Winnie Yeh Kung (PP), Elaine Cheung (S), Margaret Wu (PP), Sharon Thumb

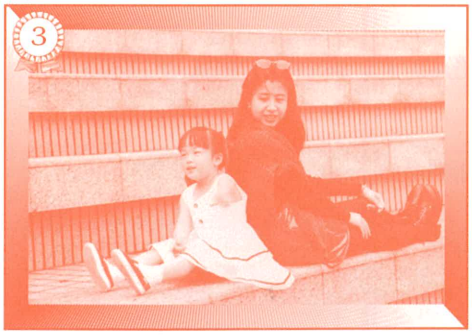
Editorial Board
Publication Director : Dr. Matty F.Y. Wong
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Supervisors : AA PP Maureen Chu Lo, EVP-(E) Rebecca To, VP Phyllis Chan

Views & Responsibilities
1. Articles represent only the personal views of authors & interviewees
2. The editorial committee reserves the right to reject article or make necessary editorial alternations

2 nd PM project

" Spring Time from Jayceettes' Eyes "

Awards of photo contest was presented to the winners at April MFG.



(母與女) Annabella Lau



(池中有物) Shirley MK Chan



(嬉 水) Phyllis Chan

SNAP SHOTs

60 Bonham Strand E., 1/F., Sheung Wan, Hong Kong. Tel: 2543 8913

The Official Publication of the Hong Kong Jayceettes

From the desk of the President

A Peep at my Diary

Alice Liu

Apr. 24 Nice weather

Our first joint MFG this year - with Rotary Club of Tsim Sha Tsui East. It was fun sharing the 'culture' of both organizations - JC Creed to start the MFG and ' Toast to Rotary International' to end it.

Apr. 27 Bright and Cheerful

Effective Lady Manager Workshop is TODAY at last, after four months of preparation. Dr. Caroline Kwok and Miss Eugene Leung were inspirational. I wish to be a great coach like Dr. Kowk some day. Eugene has the charm that everybody admires. A successful project - so the PPs commented. I was so thrilled. But it should be the OC that should receive all the praises. Chairman Vera was lovely - I bet none of us could image how fluent she was in her vote of thanks - all said in Cantonese!

Apr. 28 Sunny

I never knew Packy can run! She really took me by surprise by winning the 100m heat in the Jaycee Olympics. Same with Windy - I am glad she decided to join the high jump at the last minute..... Oh! How can I forget: Branda, Packy, Alice Chan and myself were the first runner-up for the lady 4 x 100m relay! Hurrah!!!

May 4 Rainy

It was great! Jayceettes Marian and Cindy were both wonderful - Marian was the champion and Cindy was 1st runner-up at the Public Speaking Competition. I was so impressed with their performance.

May 7,8 Rainy

Working at the office till very late. I should send my apology to the PMs since I did not manage to join them at their OC meeting. Ha! I have got a lot of work to finish before I can take leave for ASPAC!

May 22 Lovely

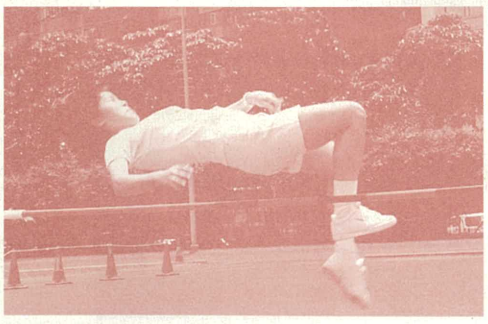
Finally setting off to Kanazawa in Japan for ASPAC Conference. Gonna have a busy schedule from morning till late, from General Assemblies to training seminars, from meetings with sister chapters to enjoying national parties..... I will bring you more news when we come back !

Sayonara!



It is at all easy to attain the"goal"!!!

JC OLYMPIC HIGHLIGHTS



Jaycettes won 3 Awards at this enjoyable event on April 28

1st Award - Champion of High Jump by Windy Wong

2nd Award-Champion of 100m Female by VP Packy Au Yeung

3rd Award - 1st runner-up of 4x100m by P Alice Liu, VP Packy Au Yeung, MED Brenda Lam & Alice Chan

Thank you for your support in this PR function.



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Birthday list for July

1	Leung Maggie
2	Chan Phyllis
2	Choi Conna
3	Chan Cosina
3	Yeou Lucy
4	Chan Rosita
4	Lai Vivian
7	Koa Marian
10	Kan Katie
10	Leung Doris
11	Lau Evelyn
17	Pun Teresa
17	Leung Candy
22	Fong Cindy
22	Li Joyce
23	Lam Anna
23	Leung Rebecca
24	Li Claudia
25	Ho Gloria
25	Leung Catherine

Augest

2	Choy Joann
2	Li Feline
7	So Peggy
8	Ng Nancy
9	Lai Elisa
9	Chan Maria
9	Chang Ana
10	Li Hilda
16	Tsui Annie (S)
17	Ching Iris
19	Chan Alice
20	Chan Mimi
23	Fung Miranda
24	Fung Priscilla
25	Kung Yeh Winnie (S)
26	Ma Emily (S)
26	Chan Paulina
27	Lo Chu Connia (S)
28	Chiu Elinor
31	Wu Queenie

Crossing the Rainbow Bridge of Opportunities into the New Millennium

Personally, I have one strange habit. Everytime after it rains, I like to look up into the clear sky and find the beautiful rainbow. Why? It is because rainbow symbolizes newness, freshness, great hope and colorfulness to me.

When we talk about the colors of rainbow, there is nothing special because everyone knows rainbow has 7 colors. But there is a JC rainbow in the world with 5 special colors, which our JCI President Thomas Clear, called " Rainbow Bridge of Opportunities" because it covers 5 balance areas of opportunities including individual, management, community, international, and business.

Building our JC Rainbow Bridge does not depend on rain or sunshine at all. However, building such colorful Rainbow Bridge depends on everyone's effort, commitment, devotion, motivation, and creativity. On the other hand, another distinctive characteristic of rainbow is that it is not easy to be seen. People would say you must be lucky if you can see a rainbow. Contrarily, our JC Rainbow Bridge of Opportunities is visible and even can get across the existing time line into the New Millennium.

How can we get across such a long time line? First of all, we have the long term vision. Our Vision 2000 of Junior Chamber International will be the premier organization providing new leadership development opportunity to enhance quality of life within a global network. Secondly, our 5 balance areas of opportunities including individual, management, community, international, and business will improve in terms of the format and structure according to the momentum and the need of our society. When people participate in our organization, they will see and understand that they are actually exploring distinctive and visionary opportunities rather than just joining some kinds of ordinary activities.

To get across such a long time line, Junior Chamber International should think about members' opportunity ahead from others. To be a true global leader, we should create very unique and unexpected training. The concept should be compelling and creative. Every member will find our exposure in 5 balance areas interesting and approachable. JCI should understand and listen to the need of society better and strive to be the trend-setter and role model of society. However, those are only words. Words are nothing without action. Certainly, future action is useless. I urge everyone to take immediate action TODAY and work together to build our Rainbow Bridge of Opportunities. Your commitment and action will make our vision come to reality. And when you get across the Rainbow Bridge of Opportunities into the New Millennium, you will truly realize that our JC experience is much more colorful than a simple rainbow in the sky.

Jayceette Marian Koa (Winner of Public Speaking Contest)
(speech made at the Public Speaking Contest on May 4)



Wishing JCI VP Joey All the Best!



LOM Presidents and NOM Officers congratulated P Michelle of HJC a very remarkable opening for the International Children Drawing Competition on April 21.



P Alice and VP Phyllis practising their Putonghua in exchanging views with representative of the All China Youth Federation.



A very big congratulations to Jayceettes Marian Koa and Cindy Cheng who were the champion and 1st runner-up of the NOM Public Speaking Contest.

脊骨側彎症

脊醫王鳳思

脊骨側彎是什麼？

脊骨側彎是在脊骨旁側有不正常的彎度，最容易對幼童和年青人產生影響。

根據脊骨神經科對此症的研究，通常是由於脊骨與肌肉不平衡的生長，或脊骨與神經功能不正常生長而形成，亦有些側彎是由病毒感染而造成的。例如：小兒麻痺，神經萎縮，或出生時的毛病所引致。無論先天或後天，其發生的原因仍在研究中。

不管原因何在，最主要是能及早發現及安排善後工作。假若父母或醫生能及早發現該兒童脊骨生長不正常，且按照其需要安排一個療程去矯正其不正常的彎度；又或防止彎度加深，才是最實際的方法。

如何找出脊骨側彎？

早期的脊骨側彎是可以治療的。但首先及早找出兒童是否有此脊骨側彎症的潛在。以下有六點方法可為兒童找出脊彎的毛病：

一　檢查背部是否平，與骨骼是否平衡？
二　頭部，肩，盤骨左右兩邊是否平衡？
三　肩胛骨是否平衡，兩肩胛骨是否有同一的距離？
四　肋骨是否兩邊平衡？
五　背肌是否兩邊平衡？
六　行路走路時是否很平衡？

倘若找出這幾項中不平衡發育之時，可以使兒童能及早得到治療，而定期檢查是預防脊骨側彎的最佳途徑。

肋骨及脊椎因脊骨側生而變形

希望書庫

捐 3000元，許多孩子一生將銘記您的名字。

中國廣大農村地區，尤其是貧困地區的孩子們處於極其缺乏書籍的不幸境地。

為了推動希望工程的深入發展，中國青少年發展基金會在全國數十家出版單位的支持下，推出浩大的「希望書庫」項目。

聘請一批著名專家學者組成編輯委員會，由著名作家冰心擔任主任委員，「希望書庫」把全套圖書分為七類，並分七色印制封面。「希望書庫」不僅為貧困地區缺少書籍的孩子送去救急的甘露，而且是開拓廣大城鎮孩子視野的小百科全書。

少年兒童用幾年時間循序漸進讀完整套書庫後，可以對中華文化和世界文明初步了解，可以得到精神成長的綜合營養，能夠對勤奮學習力爭成才樹立信念。

凡個人或團體捐 3000元，就可將一套「希望書庫」贈予一所農村學校，這套「希望書庫」是以捐款個人或團體的姓名或名稱命名的，命名將燙金印制在全套書庫 500本書每本的封面上端。

Details please contact
VP phyllis Chan

Mod Look with JTT 96'

The Less Than -2- Minute Makeup

If mornings are hectic in your house - hold, simplify your makeup routine by skipping the extras. Pare down your time in front of the mirror to 4 essential steps and you'll end up looking terrific with seconds to spare. Here, expert secrets, plus product ideas, for a speedy makeup with staying power:

Instead of a liquid makeup, select a powder formulation. Smooth it over your face, including your eyelids, with a damp sponge. Powders last longest and application is mistake-proof.

Brush a powder blush over the apples of your cheeks. Use a soft, delicate shade - tawny peach, pink, or apricot - so the effect is very natural.

Stroke mascara over your lashes. Waterproof formulations last longest and resist moisture and sweat.

Use one of the new long-lasting lipsticks in a skinny tube. Its slim shape nixes the need for lip liner, while its formulation ensures color for hours.



The 3rd PM Project - An outdoor activity for JTTs to stretch their arms and legs.



Members are very serious in the 'longest rubberband' competition.

Events of JTT, NOM and Other Chapters in

July

3	Board Meeting
6	NOM PMO IV
14	Fund Raising Bazaar
20	NOM Joint Board
27, 28	Presidentís Academy

August

7	Board Meeting
16	NOM Bidbook Seminar
17	TPSJC Anniversary
23-27	Visit to All China Youth Federation
31	IJC 30th Anniversary Celebration

UNDERCOVER IN NEW YORK

Just before I left for New York in January, after a fabulous fairwell/see-you-soon from my JTT friends (THANKS), I was given a mission by the 95 ExCom members: "send us the HUNK- List", "we want you to bring back all the HUNKS from New York to HK". I tried to tell the good people that I was going to New York to get an MBA (NOT an Mrs.) and would not have time for such frivolous activities as going on a HUNK - hunt. However, being a diligent Jayceette, I applied my JC skills and went undercover for I knew, no use going back to HK without the H-List!!



I am pleased to announce that as of this writing, the H-List is on its way to IPP Caroline and my mission is completed. The H-List includes pictures, general interests (last movie seen, last book read etc.) and undergraduate degree major.
Now, can I please come home?????

From New York with love,
JTT Karin-Joyce Tjon



Despite the terrible weather, the 2nd Orientation/Pre-Induction Seminar was successfully held with PP Sen Margaret and Sen Peggy as our guest speaker and LDD Corrina Wong as facilitator.



PMs and guests are very busy to exchange personal information for the "Human Bingo" game in the Orientation.



Do you know the LOM Presidents meet frequently to exchange views and have fun?

Donation to Snapshots

A Big Thank You to HLP Jennifer Yu,

Juliet Lam (PA),
Rebecca To (EVP-E),
Winnie Wong,
Elaine Cheung (S),
Sharon Thumb
Caroline Au-Yeung (IPP),
Maureen Chu Lo (PP),
Caroline Keung (PP),
Winnie Yeh Kung (PP),
Margaret Wu (PP),

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ORDER FORM FOR MET UMBRELLA

I, (Name) _____ of (Chapter) _____ would like to order _____ number of MET Umbrella at HK$50 each. The total amount should be HK$_____ which is settled by *cash/cheque number _____ of _____ bank.

*delete when appropriate

Note:

#Bank cheque should be made payable to ***'HONG KONG JUNIOR CHAMBER OF COMMERCE'***

#Photocopy of this form is acceptable

#Orde can be made to Chamber Office at 1/F, 60 Bonham Strand East, Sheung Wan, HK Tel No: 2543 8913

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The Official Publication of the Hong Kong Jayceettes

From the Desk of the President

Alice Liu

I am pleased to tell you that Hong Kong Jayceettes had just won an award in the Asia Pacific Conference for the Outstanding Major Emphasis Theme project. Remember we took 30 children to Conghua in Guangzhou for cultural exchange last year in July? The Organizing Committee had gone through a very hard time in organizing and implementing this project. I am sure IPP Caroline can talk to you for hours about the experience. The thing is ìNO PAIN, NO GAINî.

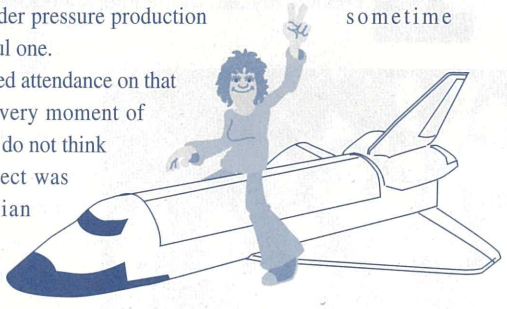
This is very true in whatever we do. If we do not invest our efforts and time, we would never be able to obtain what we hope for. Having said that, of course, there are times even when we tried very hard, we cannot get what we deserve. Anyhow, we should try our best and there should be no regret. At this time of the year, we are all half way through our term of office. I would soon ask the Board of Directors to evaluate what they have achieved so far and plan for improvement in later half of the year. If you have anything you want to tell me, just drop me a line and fax to 2987-6701. I would be more than happy to hear from all of the members. Good and bad experience, small and big things, or any advice is welcome!!



President Alice in a Traditional Japanese Kimono-does She look different?
(Photo taken at Home hospitality Program at ASPAC Conference)

Mission Impossible

When we were still on the ground zero of conceptualizing the "Effective Lady Manager" Workshop 96, few people had the confidence that the project will turn out to be successful. I must say the project had put a tremendous pressure on me, who was a first time project chairman. As our speakers - Ms Eugenie Leung and Dr. Caroline Kwok said pressure is not an all time bad thing, it proved that under pressure production sometime turn out to be a successful one.



There were over a hundred attendance on that day and they enjoyed every moment of three hours workshop. I do not think the success of this project was because of the guardian angels but it was the outcome of the hard work, supports and devotion from supervising officers, OCs and helpers. There is nothing more I can say except I love you all.

The last but not the least, a message to the sisters - NOTHING IS IMPOSSIBLE. Never give up.

Vera Ho (Project Chairman of " Effective Lady Manager" Workshop 96)



Jayceettes appearing in Asia Pacific Lady LOM Council held during ASPAC Conference



Hong Kong Jayceettes received the award for Most outstanding Maior Emphasis Theme Project. JTT Cindy Cheng is also the 1st runner-up for The Public Speaking Contest. She will represent HKJCC in the Final Contest at Pusan World Congress in November

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Birthday list for Augest

2	Choy Joann
2	Li Feline
7	So Peggy
8	Ng Nancy
9	Lai Elisa
9	Chan Maria
9	Chang Ana
10	Li Hilda
16	Tsui Annie (S)
17	Ching Iris
19	Chan Alice
20	Chan Mimi
23	Fung Miranda
24	Fung Priscilla
25	Kung Yeh Winnie (S)
26	Ma Emily (S)
26	Chan Paulina
27	Lo Chu Connia (S)
28	Chiu Elinor
31	Wu Queenie

September

4	Auw Emily(S)
6	Chan Karie
7	Keung Caroline(s)
10	Tsang Yvonne
12	Leung Patience
14	Chow Ida (S)
18	Lai Cecilia
21	Wong Marina
24	Chiu Siu Chi
25	Chieh Catherine (S)
25	Wong Selina
26	Kung Jacqueline
27	Fung Hoyquin
28	Lam Wimi
28	Au-Yeung Teresa
28	Ho Anita
29	Lok Connie
30	Chu Lau Ellen

EXPERIENCE IN KANAZAWA (ASPAC) *from Sabrina Tin*



May 23

Dear Mom,

The weather in Kanazawa is fantastically perfect for conference (and shopping!). Right after the grand opening ceremony, we were immediately brought to the hosting families of the Home Hospitality Program for the evening. IPP Caroline and I happened to be in the same hosting family. The son only knew little English (repeat!! very little!), most of the time we used body language or writing to communicate. Caroline 'treated' me very well, and she teach me how to make some Japanese stuff (I'm still in doubt if it was edible!).

Miss you!

Your beloved daughter

May 25

Dear Packy,

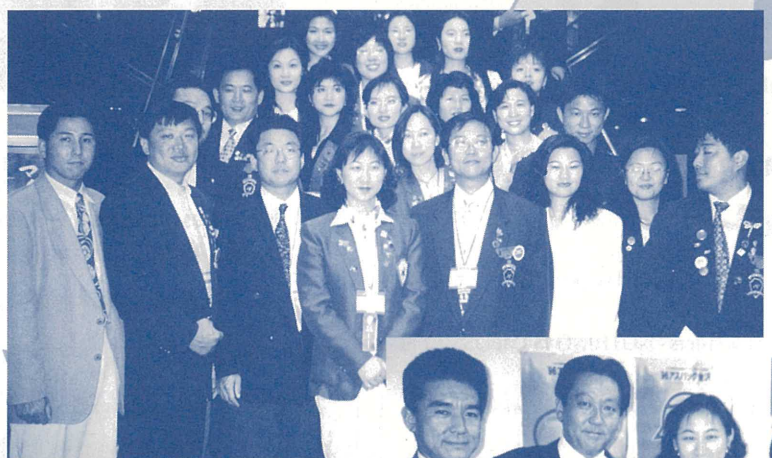
I'm sorry you've missed all the delightful time with us. We had Yokohama sister chapter gathering. We first started to have a onsen (means 'naked bath'), sure you could have a great show off time since you have successfully lost weight. It's then followed by a traditional Japanese meal at the lo...(oooo)...ng tables and we had to sit on the floor!! The Yokohama friends were so surprised to see us sitting with leg wide crossed on the floor, walking with big steps (P Alice did a good demonstration - you could surely beat her by making an even bigger step)!! Ha! Ha!

See you soon in the wonton noodle shop on the board meeting evening.....

Sabrina



Greeting President Kenneth(left of President Alice) of Manila Jaycee. at the International Night



Lunch gathering with Kaohsiung Junior Chamber.(President Chn Chu Seng to the Left of President Alice)



President Alice and VP Phyllis were invited to visit the headquatrs of Yokohama Junior Chamber. The handsome gentleman to the right of President Alice is President Hiroshi Yamaguchi of YJC.

HELP THE POOK IN NORTH GUANGDUNG
(粵北連南瑤族自治縣三排鄉)
LET'S TAKE ACTION NOW:

Action 1: Donate money to buy one to two sets of 'Hope Books' for Sam Pai Village Secondary School.

Action 2: Only RMB 250 a year can help a student to pay the school fee. The more you pay, the more students can receive thier education.

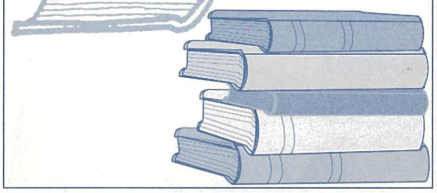
Action 3: Take a trip to Sam Pai Village to deliver 'Hope Books' and 'School fee' to the students on August 11-14. And also you can experience their poverty life in the mountain area.

Please contact EVP Rebecca To for details.



Jayceettes was awarded "Best Attendance" in the EDP II on June 9.

Kaohsiung Junior Chamber, one of our Sister Chapters, will have her anniversary on July 20,1996 in Kaohsiung, Taiwan. If you are interested to join P Alice in attending this function , please contact P Alice at 2881-7165 for arrangement.



WANTED SALE COLUMN



WANTED

Aspiring actors and actresses to perform in a series of short skits for our CD Project on Sept 7, 1996. Interested person, please contact Jayceette Silvia Lam at 7337-7474.



A big Congratulation to CJC at their 15 th Anniversary!

Events of JTT, NOM and Other Chapters in

August

3	TPS JC Karaoke Contest (Preliminary)
7	Board Meeting
11	Joint Monthly Fellowship Gathering with SJC (Poolside BBQ)
11	PJC Badminton Competition
11	CJC Environmental Protection Project
16	NOM Bidbook Seminar
17	TPSJC Anniversary
23-27	Visit to All China Youth Federation
31	IJC 30th Anniversary Celebration

September

1	YLJC AGM
4	Board Meeting
9	Long Range Planning Committee
11	NOM PMO 5
14	NOM Award Judging Seminar
14	VJC AGM
14	CJC AGM
14	NDJC AGM
15	NOM Joint Board
21	AGM
22	NOM Award Judging
28	NDJC Anniversary
28	AJC AGM
28	TPSJC AGM

June Monthly Fellowship Gathering

Date : June 22,1996 (Sat)
Time : 2:30 - 5:30 pm
Venue : Club House of Tregunter Tower
14 Tregunter Path, Hong Kong
Speaker : Miss Andrea Davies - Gym Instructor
Dr. Ronnie Wong - General Practitioner
Fee : Members - HK$100.00
PM & Guests - HK$120.00
Content : Share the secret of health and beauty
Enquiry : Programme - Mandy at 9091-5755

3rd Orientation and Pre-induction Seminar
Date : June 29,1996 (Sat)
Time : 2:30 pm - 2:45 pm (registration)
2:45 pm - 4:45 pm (Seminar)
Venue : Hong Kong Junior Chamber of Commerce
1/F Kam Court Building
60 Bonham Strand East, Sheung Wan, Hong Kong
Fee : Free of charge
Speakers : 1985 President Valerie Cheung
EVP Shirley Chan
Enquiry : MED Brenda Lam at 2524-4179

96'EA CD Project

Topic : "97 預埋您行動日暨公開論壇"
I) Tram Parade and Press Conference
Date : June 23, 96 (Sun)
Time : 12:00 - 2:00 pm
Route : Whitty St. to Causeway Bay and return to Whitty St.
(Gather at Whitty Street Tram Depot at 11:30 am)
II) Open Forum
Date : June 30, 96 (Sun)
Time : 2:00 - 5:00 pm
Venue : Theatre 2 at 2/F., Convention and Exhibition Centre, Wan Chai
Program : Key note speech, open forum, street interview video presentation
Fee : $100
Enquiry : Chairman Sophia Lam at 78918270

1996 Fund Raising Project

Theme : "瘋狂跳蚤嘉年華"
Date : July 14, 1996 (Sun)
Time : 1:00 - 5:00 pm
Venue : Henrietta Secondary School, City Garden, North Point(顯理中學)
Program : Bazaar include various booth such as toys, cosmetic, second hand Celine, dry sea-food, ladies fashion, handbag, food and snack, household ware and etc.....
Enquiry : Chairman Miranda Cheng at 7229-3843
Deputy Chairman Louisa Wong at 2353-5829

1996 Community Development Project

Project : 907 Sexual Harassment Hotline
Date : Sept 7, 1996 (Sat)
Time : To Be Confirmed
Venue : Hong Kong Polytechnic University
Program : Key note speech by Psychologist, Solicitor; Drama and Open Forum
Enquiry : Chairman Joyce Li at 7478-3500

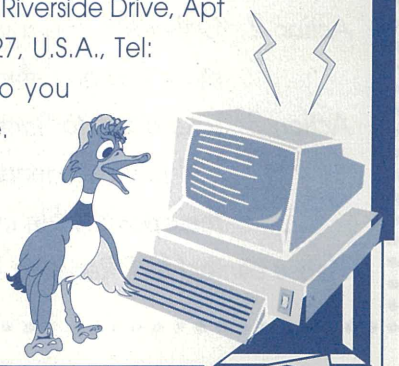
July MFG

Date : July 26, 96 (Fri)
Time : For 10:00 p.m.
Venue : To Be Confirmed
Topic : Foot Care

UNDERCOVER IN NEW YORK.....PLUG-IN

...since I decided to stay in New York for a few more months, well you know too many cute guys to handle, you may plug-in with me at my virtual address ktjon@claven.gsb.columbia.edu or my physical occupying space 547 Riverside Drive, Apt 4C, New York,NY 10027, U.S.A., Tel: (212)8644857. Talk to you again the cyberspace.

Karin-Joyce Tjon



誠徵稿件

如果你不想埋沒你的寫作天份；

如果你想與大家分享你的內心世界，

請加入女青商「精英一族」寫作行列。

來稿宜六百字左右，以輕鬆手法，描述或記敘日常生活、工作中的所見所聞，並須以中文正楷書寫在原稿紙上。稿件會每星期送往「星島日報」，一經接納，會被刊登於「婦女繽紛」版內。

要領略「爬格子」的滋味，請即聯絡 EVP Rebecca To.

Donation to Snapshots

A Big Thank You to HLP Jennifer Yu,

Juliet Lam (PA),
Caroline Au-Yeung (IPP),
Rebecca To (EVP-E),
Maureen Chu Lo (PP),
Caroline Keung (PP),
Winnie Yeh Kung (PP),
Margaret Wu(PP),
Elaine Cheung (S),
Florence Wong (PP),
Connia Chu Lo(PP),
Winnie Wong,
Sharon Thumb,
Florece Wong(pp),
Connia Chu Lo(pp)

Editorial Board

Publication Director : Dr. Matty F.Y. Wong
Officers : Peggy So, Betty Wong
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SNAP SHOTs

60 Bonham Strand E., 1/F., Sheung Wan, Hong Kong. Tel: 2543 8913

The Official Publication of the Hong Kong Jayceettes

FROM THE DESK OF THE PRESIDENT

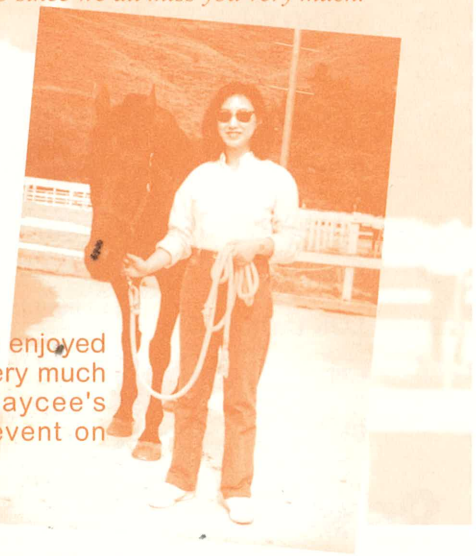
Alice Liu

June & July was full of excitement....!!!

The Economic Affairs project "九七預埋您行動日暨公開論壇 "was finally launched on June 30 after 7 months of preparation. The occassion was officiated by the Secretary for Financial Services, Mr. S.Y. Hui, J.P. Well before the event day, promotion of the project was launched at Star Ferry when the OC conducted street interviews to solicit public views on the issue of 1997. Yellow labels bearing the slogan "樂觀態度，迎接九七"were also distributed to the public to arouse their awareness and support to the theme. Actually, some of these labels were even distributed to overseas Jaycees during Asia Pacific Conference in Kanazawa!! Another promotion was the Tram Parade held on June 23. Although it was a bit rainy that day, this was nevertheless an effective way of promotion. Congratulations to the OC for a good trial.

On July 14, another big event of the Chapter was launched - FUND RAISING. This year the fund raising event was organized in the way of a fun-filled bazaar. A total of 16 booths were set up - each selling/giving interesting gift items, ranging from nail varnish to sandals, biscuits to cold drinks & toys to garage sale items. Although the OC contains only a few Jayceettes, it managed to organize a function of such a scale. I must express my sincere gratitude to PP Valerie & PP Connia for their valuable advice on the project. The OC is now promoting the sale of raffle tickets as a second part of fund raising. So, please either buy some raffle tickets from them or assit in selling these raffle tickets to your friends. This will certainly help to maintain the financial situation of the Chapter in a healthy state.

As for August, Jayceettes is going to have a joint MFG with Sha Tin Jaycees. The details should reach your desk very soon. So, Jayceettes, if you have not been showing up for the first half of the year, please do so since we all miss you very much.



President Alice enjoyed horse riding very much at Kowloon Jaycee's fund raising event on July 13.



The Tram Parade promotion on June 23 aroused great publicity.



Guest of Honor & guest speakers signed the "Smiling Card" to pledge their support to the theme of 「樂觀態度，迎接九七」.



The street interview conducted at Star Ferry were video-taped & viewed at the Open Forum on June 30.

Outstanding Chapter of the World 1981&1989
Outstanding Chapter of the Asia Pacific 1991&1992

1996 Patrons :

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ESPERANTO GARMENT MFG. CO., LTD.
TEL: 2320 6287

LECO 聯洋發展有限公司
LECO DEVELOPMENT LTD.

Birthday list for September

4	AUW Emily (S)
6	CHAN Karie
7	KEUNG Caroline (S)
10	TSANG Yvonne
12	LEUNG Patience
14	CHOW Ida (S)
18	LAI Cecilia
21	WONG Marina
24	CHIU Siu Chi
25	CHIEH Catherine (S)
25	WONG Selina
26	KUNG Catherine
27	FUNG Hoyquin
27	KUNG Jacqueline
28	LAM Wimi
28	HO Anita
29	LOK Connie
30	CHU LAU Ellen
30	FU Carol

October

1	LEE Evangel
2	WONG Louisa
7	AU YEUNG Caroline
12	LAI Ally
13	HO Vera
17	PANG Eliza
21	SIU Lucia
24	YIN Carol
26	POON Mandy
29	WONG Matty
29	AU YEUNG Doris

June MFG (the 4th PM Project)

Despite the torrential rain, a good time was had by all who managed to attend the June MFG which featured the theme "health & nutrition". A certified gym instructor, Ms Andrea Davies, was on hand to give us tips on how to maintain a trim figure while a medical practitioner, Dr. Wong, explained the key to a healthy & balanced diet. Andrea also demonstrated the correct usage for typical gym equipment as well as showed us some effective exercises which can be done at home. Dr. Wong taught us the method of calculating our body mass indexes & provided useful advice on calorie intake for dieters. Both speakers answered a load of questions ranging from "how much exercise is adequate?" to "what is considered an overdose of Vitamin A?" All those who attended were treated to an extraordinary dieter's buffet featuring an array of fresh fruits, whole wheat crackers, yogurt bars, Pocari drinks & more. Needless to say, we are now all ready for the upcoming bikini days....

A big "thank you" to all the members of the OC who contributed their time, effort & ideas to make this a success!

C/M Cindy Cheng

Business Opportunity

Starting from July MFG , we will have a business promotion session during MFG either for service or product. Maximum 3 minutes for each promotor. Interested members can contact EVP-I Shirley M.K. for prior arrangment.*

**All arrangement subject to the format of each MFG.*

An exclusive offer to Jayceettes from American Express

Speial offer all Hong Kong JAYCEETTES members. Apply✣ now and you can enjoy the following special offers:

	AMEX Credit Card	AMEX Green Card	AMEX Gold Card
Joining Fee Waiver	✔	✔	✔
Priviledged Annual Fee Waiver for 1st Year	✔	6-months Annual Fee Waiver*	6-months Annual Fee Waiver**
Welcome Gift	☺ Solar Calculator	☺ Sharp Organizer OR ☺HK$200 MTR Ticket	☺ Sharp Organizer OR ☺HK$200 MTR Ticket
Special Benefits	• Lowest Interest rate in town at 18% • No instant interest on new purchases • Option of Extended Payment	• No Pre-set Spending Limit	• No Pre-set Spending Limit

* Only for applicants with annual income over HK$150,000

** Only for applicants with annual income over HK$250,000

☺ Only for successful applicants

✣ Applicants must provide copies of their HK Identification and the past three month's income proof.

Any query, please contact EVP-I Shirley M.K. at 2882 8331

HEARTH AND BEAUTY 婦科癌病

Dr. Dauiel Chan

（一）子宮頸癌

a. 子宮頸癌早期並沒有明顯的症狀，後期則會出現陰道異常出血或白帶增多等。

b. 那些婦女較易患上子宮頸癌？

： 第一次性行為和妊娠的年齡愈幼。

： 性伴侶的數目愈多。

： 曾患生殖器官疱疹。

C. 根據統計，每十萬名接受宮頸抹片檢驗的本港婦女，其中約有百分之四的宮頸抹片呈現異常，大部份是癌症前期，若能及早發現及治療，子宮頸癌的痊癒率接近百分之一百。

（二）乳癌

a. 那些婦女容易患上乳癌？

： 年逾四十，或有直接血統關係的親人曾患乳癌。

： 三十五歲後仍未曾生育或三十歲以後才生第一胎。

： 在二十五歲或生第一胎前曾服食超過四年避孕丸。

： 月經初潮在十二歲之前。

： 一邊乳房曾患乳癌或其它疾病。

： 有非週期性之乳房疼痛。

b. 婦女應學習自我檢查乳房，每月於經期後作一次例行檢查。

EA PROJECT 96

'Do a little bit better than yesterday!'

Even now is 1996 going on 1997, the most important thing is what we own and how well we equip ourselves and how positive we face everything.

Even though the attendance is not so satisfactory during the open forum on June 30, we have successfully promoted our slogan" 樂觀態度，迎接九七 "to the public during the street-interviews on June 8 and June 15, also the Tram Parade on June 23.

We made so many many Hong Kong people know what we are doing and how organized we are.

To me, I learnt a very good lesson.

Thank you for all those who involved and supported.

C/M Sophia Lam

RAFFLE TICKETS ON SALES

1st Prize - One set of valuable Jewellery
2nd Prize - One piece of valuable Diamond Ring
3rd Prize - Round Trip Airticket to South East Asia plus suitcase
The Raffle draw will take place at Hong Kong Parkview on August 18, 1996.
For enquiry, please contact Fund Raising C/M Miranda at 2727 6491 or HT Shuk Yi at 7966 5031

MOD LOOK WITH JAYCEETTES

ALL THE WAY FROM TOKYO, JAPAN! DO YOU THINK YOU CAN MANAGE SUCH A "DIFFICULT" TASK?



WANTED!

Article writer in Sing Tao column. Please contact EVP-E Rebecca at 7323 8893.



Events of JTT, NOM and Other Chapters in

September

4	Board Meeting
7	OJC AGM
7	HJC AGM
9	Long Range Planning Committee
11	NOM PMO V
14	NOM Award Judging Seminar
14	CJC AGM
14	NDJC AGM
15	NOM Joint Board
17	DJC AGM
20	KJC AGM
21	JTT AGM
21	VJC AGM
21	PJC AGM
21	TPSJC AGM
22	SJC AGM
22	AJC AGM
22	NOM Award Judging
28	NDJC Anniversary
28	EKJC AGM
29	BJC AGM

October

2	Board Meeting
4-6	National Convention
13	YLJC AGM
13	VJC Grand Parent Day
19	JTT Anniversary
21	TOYP 2nd Press Conference

Upcoming Events

THE 5TH PM PROJECT
"MOTTAINAI PICTURE DIARY CONTEST" AWARDS PRESENTATION

Date : August 17, 1996 (Saturday)
Time : 2 : 00 pm - 4 : 00 pm
Place : Cheung On Tak Lecture Theatre 張安德演講廳 , Hong Kong Polytechnic U
Enquiry : ME/MTD Brenda Lam - 2524 4179

AUGUST JOINT MONTHLY FELLOWSHIP GATHERING WITH SHATIN JAYCEES
"仲夏風情夜"

Date : August 18, 1996 (Sunday)
Time : 6 : 00 pm - 10 : 00 pm
Place : Oasis Poolside, Hong Kong Parkview
Fee : HK$330.00 per person
Enquiry : PRO Cindy Lui (C/M) - 9453 6916

COMMUNITY DEVELOPMENT PROJECT
"907 性騷擾熱線"

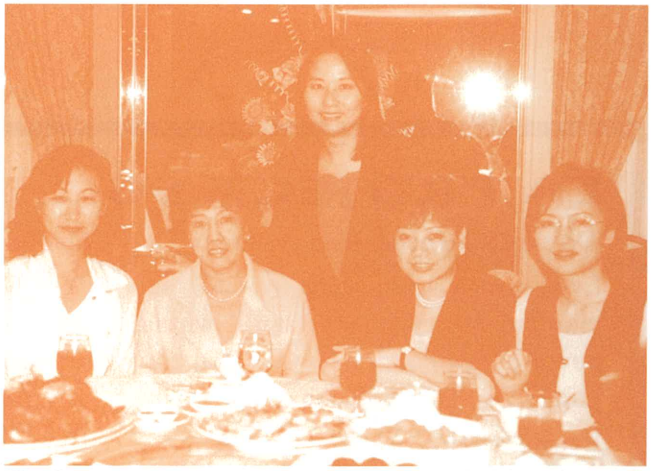
Date : September 7, 1996 (Saturday)
Time : 3 : 00 pm - 6 : 00 pm
Place : Chiang Chen Studio Theatre 蔣震劇院 , Hong Kong Polytechnic U
Program : Drama & Open Forum
Fee : Free of charge
Enquiry : Joyce Li (C/M) - 7478 3500

ANNUAL GENERAL MEETING & SEPTEMBER MONTHLY FELLOWSHIP GATHERING

Date : September 21, 1996 (Saturday)
Time : 2 : 00 pm - 10 : 00 pm
Place : LL, Century Hotel, Wanchai, Hong Kong
Fee : TBC
Enquiry : HS Grace But - 2920 3683



National Officers & Chapter Presidents were very supportive at our Fund Raising Bazaar held on July 14. They all have good time shopping for margin goods.



The Senior Members Club Gathering was held on June 26. Experience on investment were shared with the andience.



Many Jayceettes were interested in polishing their PR skills & learning from experienced PR consultant Dr. Charles Koo.

CONGRATULATION



The Accountants' baby- 關詩樺 of Elisa & Kaiser has marginally managed to keep her due date and joined us on June 27.

Donation to Snapshots
A Big Thank You to HLP Jennifer Yu,

PP Florence Wong	IPP Caroline Au Yeung
PP Connia Chu Lo	EVP Rebecca To
PP Caroline Keung	Elaine Cheung
PA Juliet Lam	Sharon Thumb

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FROM THE DESK OF THE PRESIDENT

Alice Liu

I was away from Hong Kong for a while last month during Jul 19 to 21 to attend the 39th Anniversary Celebration of our sisiter chapter Kaohsiung Junior Chamber. Some other Jayceettes also accompanied me in this event; they include PP Caroline Keung, EVP Rebecca, VP Phyllis, Jayceettes Alvina and Sati. We all had a very good time in Kaohsiung meeting old friends and making new ones. I hope we are able to reciprocate our warm hospitality to them when they come to attend our Anniversary on Oct 19. If you would like to make friends or build up your business contact with other international Jaycees, please do not miss this golden opportunity during that period.

In August, the Jayceettes launched the "Mottainai Picture Diary Contest". The judging was held on Aug 3 and the Awards Presentation Ceremony on Aug 17. This was a medium scale project but it was organized by some of our prospective members. Let me congratulate them for a job well done.

As our Annual General Meeting (Sep 21) is drawing near, some of you might wonder who our President Candidate is. As at the date of publication, I have received indication from EVP Shirley that she would like to run for 1997 Presidency. Please make your time available for the AGM and lend the chapter your greatest support as I believe 1997 is full of challenge.



President Alice at a recent trip to China visiting school girls of the "Spring Blossom Project"(春蕾計劃)

As I always say in my message, please drop me a line if you have anything to share. I am always available!!



Jayceettes enjoyed the warm hospitality extended by KJC in Kaohsiung



We were happy to have invited prominent judges for the Mottainai Picture Diary Contest, Mr. Choi kai Yan, Ms. Rebecca Li, Ms. Mary Cheung and Ms. Cheung Nga Yin

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Birthday list for October

1	LEE Evangel
2	WONG Louisa
7	AU YEUNG Caroline
12	LAI Ally
13	HO Vera
17	PANG Eliza
21	SIU Lucia
24	YIN Carol
26	POON Mandy
29	WONG Matty
29	AU YEUNG Doris

November

1	LUI Daisy
2	CHENG Cindy
3	CHU Joyce
4	FUNG Samantha
5	NG Regina
7	LAU Lorna
8	LAM Brenda
9	LAM Silvia
11	YUNG Simartha
13	POON Simmy
14	NG Eva
16	LO Fanny
22	LAW Constance
23	LUI Tina
25	LAU Annabella
26	LI Jennifer
27	CHU Jennifer
29	LUI Cindy
29	CHEUNG Ivy

JULY MFG

The July MFG was held on July 26 at Central Tai Woo Chinese Restaurant. I would like to use"ABCD" to describe the July MFG, "A" for Amazing, "B" for Brilliant, "C" for Cheers and "D" for Delicious.



***Amazing** is because of the chaos in the schedule due to break down of the PA system. As the chairman of this function, I have learnt how to manage crisis. With the assistance of the OC members and advice from the supervising officers, we handled the scene smoothly.*

*The topic of this July MFG is "Good Feet, Good Fit". Nowadays, many people find problems about their feet due to their neglect of proper daily care. Through the **brilliant** preaching of the speaker Ms. Chung Po Ping, we have learnt a lot about foot care. She has provided an informative lesson for all of us and we enjoyed the time **cheerfully** with her.*

*Best of all, we all enjoyed the **delicious** Chinese food that night. "Yummy Yummy" - especially the lobster.*

C/M Amis Wong

AUGUST MFG

The August MFG was jointly hosted with SJC on Aug 13 with more than hundred participants. Although we had to move indoor in spite of the weather, our program went smoothly in the Grand Ballroom at Hong Kong Parkview.

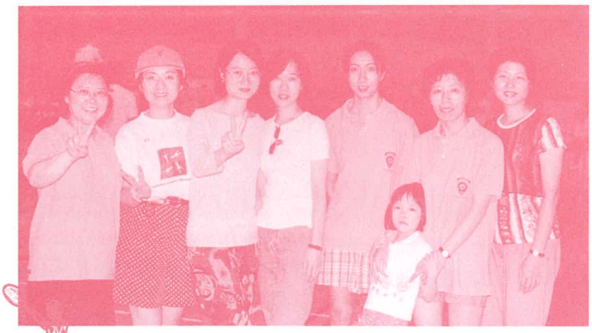


A warm up dance before buffet dinner



The winners of 最有默契獎 - 含情默默之表情!

LOM PARTICIPATION



PP Margaret, IAO Katie & CD Project C/M Joyce represented us at the Badminton Competition held by PJC on Aug 11



Let's karaoke at TPSJC's competition!

HEALTH AND BEAUTY

A 型肝炎

王鳳恩醫生

1) 急性肝炎

引起嚴重的症狀，例如身體虛弱、疲勞、發熱、嘔吐以及鞏膜和皮膚發黃(黃疸)。

有少部份人仕則會迅速演變為暴發性肝炎，出現昏迷及數日內死亡。

症狀未出現前，病毒可能已潛伏了數週，患者可能不自覺地傳染給與他接觸的人仕。

2) 慢性肝炎

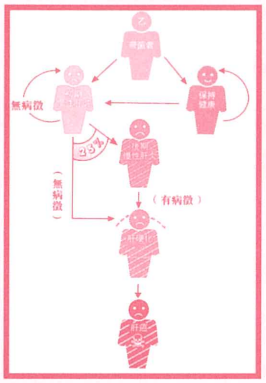
乙型肝炎病毒在此時間會停留帶菌者身上，繼續傳染其他與帶菌者共同居住或工作的人仕。

25% 的慢性帶菌者最終會死於肝病或肝癌。

3) 乙型肝炎能經人與人接觸而傳染病毒於血液內能透過皮膚上細小的傷口而進入身體，包括不留意的傷口。

其他身體分泌物亦可能帶有病毒，例如精液、陰道分泌物、涎液、汗 液及眼淚。

最有效的預防方法是注射乙型肝炎疫苗的自動免疫法。於6個月內注射乙型肝炎疫苗三針。 為達到完全保護作用，必須接受全部三次注射，才能產生足夠的抗體來保障免受感染。



JCI NEWS

International Opportunities at Pusan Korea

Would you like to join us at this year's World Congress at Pusan, Korea? Please mark your diary for Nov 10-15.

Programs are abundant-including Opening Ceremony, Local Chapter President's Summit, World Speaking Competition, Training Programs, Trade Shows, National Parties, JCI Elections and Awards Ceremony etc. There would also be tailored made Pre- and Post-Tour Programs for you to experience a bit of Korea.

If you are interested in renting exhibition booths (US$ 1500 per booth), please contact VP Phyllis for details.

THE REGISTRATION FEE

If paid BEFORE SEP 15 is US$330/delegate.

If paid AFTER SEP 15 is US$ 390/delegate.

WANTED/SALE COLUMN





Events of JTT, NOM and Other Chapters in October

2	Board Meeting
4-6	National Convention
13	YLJC AGM
13	VJC Grand Parent Day
19	JTT Anniversary
21	TOYP 2nd Press Conference

November

2	NOM PMO 6
2	HJC 20th Anniversary
3	YLJC Anniversary
6	Board Meeting
10-15	JCI World Congress at Pusan Korea
17	TOYP Awards Presentation
28	PJC Anniversary

UPCOMING EVENTS

COMMUNITY DEVELOPMENT PROJECT

'907 性騷擾熱線'

Date : Sep 7, 1996 (Saturday)

Time : 3:00 - 6:00 pm

Place : 香港理工大學蔣震劇院

Fee : Free of charge

Enquiry : C/M Joyce Li at 7478 3500

ANNUAL GENERAL MEETING AND SEPTEMBER MONTHLY FELLOWSHIP GATHERING

Date : Sep 21, 1996 (Saturday)

Time : 2:30 - 10:00 pm

Place : LL Century Hotel, Wan Chai, HK

Enquiry : AGM-HS Grace But at 2921 8368

MFG-MID Eva Ng at 7238 8342

NOM NEWS



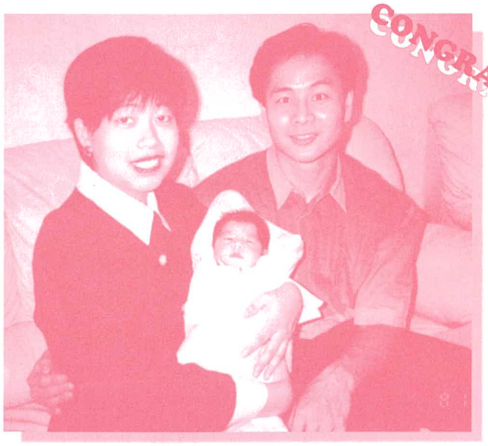
See the Power of Jayceettes



Participants of Presidents' Academy 1996 shared their views of "1997 & Beyond"



Future Direction Forum held on Aug 10 gave us a clear direction of our future. Be 'An Elite Youth Leaders Training Organization'



ABIGAIL CRYSTAL CHIN, the daughter of Publication Director Matty and her husband Phillip. Abigail was born on Aug 2 and weighting 3.3kg.

Donation to Snapshots
A Big Thank You to HLP Jennifer Yu

PP Florence Wong
PP Maureen Chu Lo
PP Margaret Wu
PP Caroline Keung
PA Juliet Lam
PP Winnie Yeh
IPP Caroline Au Yeung
EVP Rebecca To
Winnie Wong

Raffle Tickets drawn on Aug 18, 1996 at Hong Kong Parkview

Prize	Ticket#	Prize	Ticket#	Prize	Ticket#
1	4742	11	3919	21	0471
2	1681	12	0734	22	0026
3	3870	13	4727	23	0739
4	0149	13	1880	24	0139
5	0759	15	1931	25	4072
6	4146	16	4240	26	4153
7	4997	17	4837	27	4235
8	1862	18	2466	28	4361
9	0881	19	4804	29	2260
10	3454	20	1441	30	4238

All prizes must be collected on/before Sep 25, 96. Please contact Louisa Wong at 2353 5829

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FROM THE DESK OF THE PRESIDENT ALICE LIU

Bravo!
We managed to secure $75,000 from the Fund Raising Bazaar and Raffle Ticket Sales, which is well above our target. Thank you for your hard work, especially the devoted Organizing Committee and Advisor Past President Valerie.

Ah! You can turn your dream into reality by joining the Anniversary Celebration to be held on October 19. Would you like to dress yourself as Cinderella or Snow White?

My sincere congratulations to the newly elected Executive Committee and President Elect Shirley.



Thank you for all your support at the AGM and your concern about the Chapter.

The CD Project "907 Sexual Harassment Hotline" was a great success. You surely missed something if you weren't there. Ask Chairman Joyce and she will tell you all about it.... especially the interview on TV News Channel and the TV program ' 女人心 '

ANNOUNCEMENT

ELECTED CABINET FOR 1997

President	Shirley Chan
Hon Secretary	Josepha Wong
Hon Treasurer	Julie Lau
VP Communications	Patience Leung
VP Community	Packy-Au Yeung
VP Administration	Matty Wong
VP Membership Development	Lorna Lau



MESSAGE FROM THE PRESIDENT ELECT , SHIRLEY CHAN

Thank you for voting us to be your 1997 Executive Committee! We will continue to lead the Chapter for another successful and excellent year. If you have any ideas or comments to the Chapter, please let me know. May I continue to ask for your support in the coming year.

A BIG THANK YOU TO ALL OF YOU !!





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13	POON Simmy
14	NG Eva
16	LO Fanny
22	LAW Constance
23	LUI Tina
25	LAU Annabella
26	LI Jennifer
27	CHU Jennifer
29	LUI Cindy
29	CHEUNG Ivy

December

1	LAU Julie
1	THUMB Sharon
1	YUEN Marie
6	LIU Carol
7	HO Amy
7	LI Brenda
8	WU Margaret (S)
9	CHONG Pat
9	LAM Alvina
11	LAM Juliet (S)
16	LUIS Irene
18	CHEUNG Amy
18	WONG Stephanie
19	TO Rebecca
20	BUT Grace
21	HO Jessica
22	KOO Katie
23	WONG Irene
29	Maureen Chu Lo

"PUSH-UP BRA....."

Sabrina Tin

「Lorna, 你身裁咁正，係唔係帶咗"Push-up bra"呢？」
「哎，你個 hip 個 shape 又幾正，用乜牌子 un 仔㗎？」
Client：「你咀唇啲色好靚 ..... 今晚同我食飯先講個 Project！」
女 Boss：「你當我係一個女人咁睇覺得我點？」

If you throw an embarrassing smile to all those cheeky lines, I bet you must have joined us in the fun, as well as the emotion-filled event - Sexual Harassment Hotline 907 held on Sep 7 at the Polytechnic University. The number of audience was close to 200, far exceeded our initial expected 150.

After months of research on Sex Stuff (hey, girls don't get me wrong!!), we conceived the idea of Sexual Harassment as our topic for the CD/YA project. It has taken a lot of hardwork of Chairman Joyce, OC members Silvia, Windy and many many others. As I shared with others, it was just like seeing a new-born baby delivered on the event day. Special thanks go to Vera, who made a great efforts to write the script and directing. The skits were all based on the daily issues we encounter with colleges, clients or friends. Upon each skit, our guests Mr Paul Tse (謝偉俊), Ms Eugenie Leung (梁若芊),and Ms. Cheung Yuet Fung (張月鳳) with different professional expertise gave us very valuable advice and possible solution to handle the annoying issues. We have Crystal Kwok (郭錦恩), the hostess of the controversial program" 女人心 "as our facilitator to bridge the guests on the stage and the audience. Let me highlight the expert's advice

* When you don't feel like what an opposite sex says or does to you, say it - FIRMLY!
* Don't solve the problem on your own. Someone else may encounter the same problem- SHARE IT!
* If you are not sure if it's breached the "fine- line" - GET SOMEONE'S ADVICE !
* Men could be sexually harassed too - DON'T Bias !
* Cultural difference makes no privilege. If you donít like it - LET THE GWEILO KNOW!
* You can do nothing about the"obscene behavior" in public (like MTR) - IGNORE IT!

Special Apology:
We, the OC for the Sexual Harassment Hotline 907, would like to declare that there is no such Hotline as 907 installed to receive enquiries on Sex issues. We were informed from various sources that much efforts have been made to get through the line. We hereby apologize for the immense impact the project has put on the community, especially on You.





Chairman Joyce attended the with two of our speakers - Paul Tse and Eugenie Leung.



Real life experience drama stimulate a lot of responses from the participants.

【與廣州市越秀區婦女聯合會簽定友誼盟】

香港女青年商會(女青商)與廣州市越秀區婦女聯合會(越秀婦聯)早在1986年開始交往，於1991年更合作籌辦了第一個有意義的工作計劃「愛心速遞、港穗傳情」。而每年兩會均有互相拜訪及會員間的聯系。今年，為進一步確立女青商及越秀婦聯的聯系，更藉女青商二十七週年的慶典上簽訂友誼盟。介時亦會邀請新華通訊社香港分社的代表出席見証。希望各會員能踴躍參加今年的會慶，一起接待他方來的朋友。

陳雪梅副會長

HEALTH & BEAUTY

Special discount for member's body general check up including 14 different blood test, urine test, stool test, only $900.
For details, Please contact Dr Matty Wong at 2804-6813





SEPTEMBER MFG

Many of our senior members attended the Sep MFG held on Sep 21 right after the AGM. Souvenirs were given to members of 3, 5, 7, 10-25 years of membership



MOD LOOK WITH JTT 96'

Latest Bridal Make-up this fall !!
"Health and Natural Image"
Photo provided by Maggie Leung





Special Announcement

Congratulations to JTT Bonnie Chui and Mr David Quon celebrating their wedding ceremony on Sep 28,1996 at Oneonta Congregational Church, Los Angeles (USA).

WANTED / SALE COLUMN WANTED

1. Article writer in Sing Tao Column to write about your profession.
2. HELPER for Ten Outstanding Young Persons Selection during Awards Presentation on Nov 17. Great opportunity to be involved in the largest project of Hong Kong Junior Chamber of Commerce.
   Interested members can contact President Alice direct.

Events of JTT, NOM and Other Chapters in November

2	NOM PMO 6
2	HJC 20th Anniversary
2	OJC AGM
3	YLJC Anniversary
6	Board Meeting
10-15	JCI World Congress at Pusan Korea
17	TOYP Awards Presentation

December

1	NOM EDP III
4	Board Meeting
14	NOM/LOM Joint Board
25	PJC Christmas
28	LRJC Anniversary

UPCOMING EVENTS

27 TH ANNIVERSARY DINNER PARTY

Fairy Tales in Autumn

Date:	October 19, 1996 (Sat)
Time:	7:00 - 10:30 p.m.
Venue:	Centenary Room, G/F, The Hong Kong Hotel , Harbour City, Tst
Fee:	$380
Dress Code:	Fairy Tales Characters (changing room available)
Enquiries:	C/M Julie Lau at 2523 5933

VISIT TO PO LEUNG KUK, (6TH PM PROJECT)

Date:	October 26, 1996 (Sat)
Time:	2:00 - 3:30 p.m.
Enquiries:	C/M Ivy Chung at 2566 1251



Jayceettes eager to greet PP Winnie during her short stay in Hong Kong.



IBN Chairman George Lung enlightened us with the benefits of setting up Commission System for the Chapter



The 4th Orientation and Pre-induction seminar successfully organized by Project Chairman Elisa Lai



How can we miss the informative seminar organized by DJC?



A big congratulations to IJC at his 30th Anniversary!!

Notice

Registration for Pusan World Congress and FREE Congress !!

To encourage attendance at the coming Congress, Past President Connia is kind enough to present one of her collection items to the first Jayceette who register after reading this issue of Snapshots. Please ring President Alice (2881-7165) NOW to register.

More, the Congress Organizing Committee offers six FREE registration-cum-accommodation to any Hong Kong Jaycee who join the Congress Newsletter Editorial Team. Act Quick!!



Souvenir given by PP Connia

Donation to Snapshots

A Big Thank You to HLP Jennifer Yu

PP Margaret Wu, PP Florence Wong

Editorial Board

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The Official Publication of the Hong Kong Jayceettes

FROM THE DESK OF THE PRESIDENT

Alice Liu



Hong Kong Jayceettes is honored to have been awarded Certificate of Merit for Outstanding LOM (over 75 members) at the National Convention this year. May I take this opportunity to extend my HEARTFELT appreciation to all Jayceettes for your contribution and all Past Presidents for your advice, without which the Board of Directors would not be able to keep up with the achievement of past years. Of course, credit also goes to those who worked days and nights to compile the bidbooks.

At the National Convention, the 1997 National Executive Committee was successfully elected. Immediate Past President Caroline was elected National Vice President whereas I was appointed National Honorary Treasurer. Both of us would like to thank Jayceettes for your encouragement and we look forward to your support next year. During the Convention Ball, we had the first-time Graduation Ceremony organized in Hong Kong. A total of seven Jayceettes were recognized on stage with the others and Past President Senator Caroline Keung was invited to share her feelings with the younger Jaycees. All of us then joined in the sing-along - that was really a moving scene!

As for our Anniversary Celebration "Fairy Tales in Autumn", we had about 200 Jayceettes and guests attending this memorable occasion. Memorable not only because the event date fell on October 19, the date when Jayceettes was inaugurated 27 years ago, but also because of the fabulous fancy dressing and the fun-filled entertainment programs. If you would like to recap your memory of the drama scene, we have included a photo of it in this issue.

By this time of the year, most of the Chapters have already elected their Executive Committee for 1997. Let me congratulate them for a successful election and I hope Jayceettes and other Chapters can continue to work hand in hand to enhance the image of Jaycees in Hong Kong. For Jayceettes, President Elect Shirley is working closely with respective areas to design the Year Plan for 1997. So, if you like to participate in any future projects, please indicate your interest to Shirley or any of her ExCom members.

Right now, we are preparing to secure better results in the coming World Congress to be held in Pusan. I hope to bring you some good news in the next issue. If anyone of you would like to experience internationalism, it is not too late to join us in the Congress!

JAYCEETTES AT THE 31st NATIONAL CONVENTION



PA, P, IPP, at the Chief Delegate Desk.



Jayceettes receiving Certificate of Merit for Outstanding LOM at the National Convention

Outstanding Chapter of the World 1981&1989
Outstanding Chapter of the Asia Pacific 1991&1992



Jayceettes attending the Senate Luncheon during Convention.



Full of team spirit at the Convention Ball.

1996 Patrons :

方宇制衣厂有限公司
ESPERANTO GARMENT MFG. CO., LTD.
TEL: 2320 6287

LECO 聯洋發展有限公司
LECO DEVELOPMENT LTD.

Birthday list for December

1	LAU Julie
1	THUMB Sharon
1	YUEN Marie
6	LIU Carol
7	HO Amy
7	LI Brenda
8	WU Margaret (S)
9	CHONG Pat
9	LAM Alvina
11	LAM Juliet (S)
16	LUIS Irene
18	CHEUNG Amy
18	WONG Stephanie
19	TO Rebecca
20	BUT Grace
21	HO Jessica
22	KOO Katie
23	WONG Irene
29	Maureen Chu Lo (S)

January

1	CHENG Shirley
1	LAM Christine
3	LAM Fanny
5	WONG Kinnie
7	LEE Candy
14	TSANG Flora
17	LEE Macky
18	SO Louise
19	LAI Juan
20	LI Joanne
21	LI Maria
23	WONG Blanche
25	CHENG Nora (S)
26	CHOW Maria
29	TAM Claris
31	LI Zoe

From Shanghai with love.....

Dear Jayceettes,

What was I doing when I was 20, 25 or 27? I could barely recall, yet I could never forget what HK Jayceettes had been doing since she was 17.

Let me take this opportunity to congratulate the 1996 Board of Directors for a marvelous year. Though I had not been with you literally, with your achievements, I am proud to be one of your Past Presidents. Because of you, the HK Jayceettes is able to gloom and grow beautifully. Keep It Up, Hurrah!!!

PP Winnie Kung

JAYCEETTES 27th ANNIVERSARY



Jayceettes' Presidents toasting to "Happy Birthday to H.K. Jayceettes".



Do you miss the Snow White and the Dwarfs ?

SMART and TERRIFIC - Is it you?

If you do not think you are smart and terrific enough, here is a good chance for you to attend the LOM OFFICERS' TRAINING SCHOOL.

Please come to join us on Nov 23 and 30 from 2:45 pm - 7:15 pm, we have four smart, terrific and excellent coaches with us.

Come on Nov 23 if you wish to brush up your project management skills, crisis management skill, effective meeting skills or if you want to know more about JC protocol. And also come on Nov 30 to play team games, explore your potential to achieve your personal goal, and play JC quiz to WIN A BIG PRIZE !!

All members are welcome to join this training school, please sign up on your coming circular or call LDD Corrina Wong at 2827-3303 (O) , 2987-9723 (H) to reserve your seat.

All incoming 1997 Board Members should come to the training session on Nov 30, Directors and Officers should register with your respective area VPs.

JAYCEETTES IN ACTION



Congratulations to NDJC at its Anniversary.



On Sep 28, Jayceettes are proud to have participated in the 香港各界青年慶祝香港回歸祖國活動之巡遊儀式.



Jayceettes attending Exchange Forum hosted by Bauhinia Association. PA Juliet spoke on the topic " 健康家庭，健康人生 ".



HEALTH AND BEAUTY

坐骨神經痛

脊骨神經科醫生王鳳恩

坐骨神經痛是都市人頗常遇到的病痛，它不是病症而只是病徵。患者會不時感到腰骨痛、臀部肌肉痛，腳部痠痛、甚至麻痺脊骨疼痛，不要視之等閒，處理不當，足以令人坐不安、吃不下、睡不寧。

坐骨神經是由腰椎第四、五節及骶骨第一、二、三條神經組而成，這條神經是由臀部肌肉以下伸延至腳底，如坐骨神經受壓時，會引起腰及腳痛楚、麻痺、甚至肌肉功能失調。

隨着人的年齡增長、腰椎或盆骨與骶骨之間的關節出現退化，壓着神經而形成坐骨神經痛，但不是所有上了年紀的長者均會患此毛病，須視乎個人體格、肌腱、骨骼及脊骨構造等。

同時，腰椎軟骨移位 (或凸出) 也是坐骨神經痛的成因之一，腰椎軟骨是啫喱狀的，功能是有助身體搖擺及避震，遇上忽然彎腰拾物件、抽重東西、運動創傷或長久的不良工作姿勢都可能會會令軟骨移位。脊椎始終是人體神經系統的支柱，有問題時當然不能怠慢。發現腰背及腳部出現痠痛不安時，便應找尋治療。

骨骼退化是可避免的，日常生活中便應多加注意正確坐立姿勢和進食多鈣質食物來保持骨骼健康。

Business Opportunity

Business exchange information with our sister chapter- Kaohsiung Junior Chamber is available. If interested, please contact VP Phyllis for details.

Wanted/ Sale Column

For Sale

6 years old ULTRA-FIT EXERCISE MACHINE providing over 30 exercises to shape and tone your body for better health and shape. Sell at $ 700 , please contact Hoyquin Fung at 2366-8261.

PARTICIPATION IN NOM ACTIVITIES



Newly selected TOYPs-first row from right Mr. Sy Chin Mong, Dr. Chung Wai Ling, Mr. Lam Cheung Wai, Dr. Yip Wai Chun, Mr. Yip Wai Man & Ms. Lee Lai Shan, Congratulations!



Greeting 廣洲市政協青年委員訪問團 during dinner reception on Sept 29. (photo taken with 孫青青女士).



Ou behalf of TDC, President Alice conducting a training session for AIESEC HK on "Personal Selling and Self-motivation".



Events of JTT, NOM and Other Chapters in December

1	NOM EDP III
4	Board Meeting
5	JTT Senior Members Gathering
14	NOM/LOM Joint Board
28	LRJC Anniversary

January

11	NOM Inaugural Ball
13	PMO I
18	Joint Board

UPCOMING EVENTS

NOVEMBER MFG

Date : Nov 22, 1996 (Fri)
Time : 7:00 pm - 11:00 pm
Topic : BBQ Crazy Night
Venue : Repulse Bay
Fee : TBC, around $150 - $180 (including transportation)
Enquiry : VP Eliza Pang at 2796-6993 (O)

Ten Outstanding Young Persons Selection Awards Presentation and Banquet

Date : Nov 17, 1996 (Sun)
Time : 7:00 pm - 11:00 pm
Venue : Room 601, 6th floor, HK Convention & Exhibition Center
Fee : HK$ 550
Enquiry : EVP Rebecca To at 7323-8893 (pager)

NOM Executive Development Program III

Date : Dec 1, 1996 (Sun)
Time : 9:30 am - 5:00 pm
Venue : City University, Kowloon Tong
Enquiry : LDD Corrina Wong at 2827-3303(0)

SWEET LOVE



Congratulations to JTT Alice Lee and Mr. Ng Chi Lam at their wedding on Oct 21.



It is new day of happy beginning for Hoyquin and Patrick on Nov 26.

Congratulations to JTT Claudia Li and Joe Lum registration ceremony on 21 December 1996 (Sat) at 12:00 noon, City Hall Registry.

The Nut Is Back !!

If you are interested in computer arts, desktop publishing; if you think you are creative; if you think you are wild enough to join " The Nuts 97" (publication team), please leave your name and contact no at 2960-4471. If you can't even handle my voice mail, don't even bother to leave a message.

Change of address: effective immediately
Vera Ho - 3/B, 21 Mansion Street, North Point, Hong Kong
Tel: 2960-4471 Fax: 2960-4470

Vera Ho

Donation to Snapshots

A Big Thank You to HLP Jennifer Yu

PP Florence Wong

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The Official Publication of the Hong Kong Jayceettes

FROM THE DESK OF THE PRESIDENT

Alice Liu

As I said in the last issue, I promised to bring you good news this time! I am glad to inform you that Hong Kong Jayceettes was awarded Certificate of Merit in "Best Community Development Award" (Sexual Harassment Hotline 907) at the Pusan Congress. May I take this opportunity again to extend my appreciation to all Jayceettes for your support. I hope all members can keep up with the good work!

In fact, at the Congress, the Hong Kong Junior Chamber of Commerce and Chapters managed to secure a total of 7 Awards and 3 Certificates of Merit. On behalf of Hong Kong Jayceettes, I would like to send them a big congratulations!

Indeed internationalism is an opportunity you have to experience for yourself. An international flavor is always available in Training Sessions and General Assemblies. Besides, cross-cultural exchange opportunity is abundant when you venture into any of the fun-filled parties at the end of each day's program. If you are keen in business, you might even secure a fine business partner after an international conference! So, I urge you to mark your diary for next year's overseas conferences. The Asia Pacific Conference will be held in Pattaya of Thailand from May 22 to 25 and the World Congress in Hawaii of USA from Nov 15 to 21.

So, ladies, opportunities are many - it's up to you to grasp it !



President Alice and President Louise of PJC working hard as the award judges at the Congress.



President Alice at the General Assembly of the Congress.

ABC of Pusan World Congress

AWARDS.....

National - Individual Development Program Award
NOM Publication Award

Chapters - Leadership Development Award (OJC)
Economics Affairs Award (PJC)
Environmental Improvement Award (SJC)
Fund Raising Project Award (CJC)
International Affairs Award (CJC)
Best Community Development Award - Cert of Merit (JTT)
Civic Involvement Program Award - Cert of Merit (OJC)
Outstanding LOM of the World Award - Cert of Merit (PJC)

ELECTIONS.....

At the JCI arena, the election was successfully held with Crispin C. Dy (Junior Chamber of the Philippines) elected as the World President For 1997. The Executive Vice President assigned to Area B is Teresa Alberto from Junior Chamber of Malaysia and the Vice President assigned to Hong Kong is Kelly J. Wills of the United States Junior Chamber of Commerce. We will have the pleasure of meeting them personal when they visit Hong Kong next year. Look out for it !



Jayceettes receiving the Certificate of Merit for "Best Community Development Award" from World President Tom Clear.

1. JCI Major Emphasis Theme MET (1997 to 2001) :

   Bridge to the New Millennium.

   Sub-themes : Youth and Children, Peace and Sustainable Development.

2. Upcoming Conferences and Congresses:

   1997 ASPAC : Pattaya (Thailand)
   1997 Congress : Honolulu (Hawaii)
   1998 ASPAC : Macau
   1998 Congress : Manila (Philippines)
   1999 Congress : Cannes (France)

Outstanding Chapter of the World 1981&1989
Outstanding Chapter of the Asia Pacific 1991&1992

1996 Patrons :

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TEL: 2320 6287

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Birthday list for January 97

1	CHENG Shirley
1	LAM Christine
3	LAM Fanny
5	WONG Kinnie
7	LEE Candy
14	TSANG Flora
17	LEE Macky
18	SO Louise
19	LAI Juan
20	LI Joanne
21	LI Maria
23	WONG Blanche
25	CHENG Nora (S)
26	CHOW Maria
29	TAM Claris

Febuary 97

3	WONG Tracy
4	WONG Helen
10	CHENG Miranda
10	KWAN Ella
11	CHEUNG Valerie
12	LEE Joyce
12	MO Siu Mui
13	WONG Valentina
16	TIN Sabrina
21	CHAN Kathy
21	KWOK Winnie
21	WONG Windy
25	HO Elaine
25	LI Esther



Meeting two VIPs of Manila Junior Chamber - to the right of President Alice is the current President Rafael Boydee and to the left is the Congress Director for 1998 Manila Congress Alex.



Greeting Yokohama Junior Chamber over dinner at Pusan.

Have you ever met Senator W.C. Cook in one of the Congresses? Senator Cook was awarded senatorship in 1959 receiving 538 as his senator number. I had the previledge to meet Senator Cook at the Pusan Congress and to be honest, I was a little bit surprised because he is 88 years of age and actively participates in the JC movement. Senator Cook explained that "I love JC...JC is really a wonderful training organization giving young people training opportunities in all aspects. Many years ago, I was amazed after learning that many of the U.S. Presidents, French Presidents, and many well known people are JCs. I subsequently devoted myself to JC".

Dear Jayceettes, if you missed the Pusan Congress, make sure you can join me in Hawaii next year. Hopefully, you will have the opportunity to meet and talk to Senator Cook and see how nice he really is!

Phyllis Chan
reporting at Pusan, Korea



VP Phyllis sacrificed her rest time to be part of the Congress News editorial team!

Participtions in other LOMs



Many happy return - HJC at their 20th Anniversary!



Supporting PJC at their Movie Premiere Fund Raising Program on Nov 2.

HEALTH AND BEAUTY

骨質疏鬆症

脊醫王鳳恩

骨骼的硬組織中，鈣是一個相當重要的元素。照料骨骼，應該從年輕時期開始。機會錯過了，便難以挽回，因為現時對嚴重的骨質疏鬆病症並無治療方法。

鈣質流失是病因

由嬰孩成長至青年期，身體不斷吸收鈣質，骨骼的密度極高，過了十八歲，直至卅五歲這段鞏固期，整體骨質已經生長起來，而往後也就開始有鈣流失的現象出現。

正如我們所聽聞，大量的流失鈣形成骨質疏鬆，骨質密度變疏，呈現一個個小洞，最後骨骼只餘外殼而內裡真空，那種脆弱可想而知。當然這並非一個必然的現象，一般發生在女性身上較多，婦女到達更年期，體內荷爾蒙分泌改變，雌激素的下降影響鈣流失嚴重。至於其他較易患此毛病的人士，包括荷爾蒙分泌失調；敘服抗生素暫；過胖人士或家族遺傳。

早期骨質疏鬆症沒有特別症狀，更見預防的重要。當毛病衍生時，患者的骨質密度因轉疏而可引致骨裂、骨斷，對骨與骨之間的軟骨組織加強壓力而變薄，最明顯是令脊椎向前傾，先有「寒背」情況，漸漸形成駝背，同時，頸椎變矮、頭有昂起現象，由於肋骨下挫至盆骨，壓至患者腹部凸出，影響了進食分量，而患者更會有背部和腰部的骨痛情況出現。

基於骨骼的脆弱，患者很易有骨折現象，特別患者多為年長人士，不慎碰撞或跌倒便有此危險，有時甚至會自發地產生骨折。

當中又以股骨、大腿骨、手腕骨較敘有斷骨，倘若是股骨斷裂，影響比較嚴重。

多親陽光強骨骼

要補充鈣質，可透過進食奶類及其製品，而豆腐、腐竹亦有同樣優點，當然不要忘記多吃紳綠色蔬菜。

此外，維他命D亦有助吸收鈣，所以久不久應親親陽光，何況缺乏運動也是此症的導因。另一項導因乃是過量烟酒，當然要戒除。

為減低老人意外骨折，便讓他由早至晚坐在椅上是十分錯誤的輕巧和緩的運動對長者甚有裨益，儘管有此症狀，家人也需要陪伴他們散步或耍太極，對他們的身心均有益處。

News from Shanghai

Hello JTTs!

Upon receiving various JC election pamphlets, I realized time really flashes away. Since our move to Shanghai in May 95', all of us have adapted to the new enviornment one way or another. Peter has sharpened his skill in human relationship particularly with the Shanghaiese. To my relief, Noelle and Joshua have enjoyed their school lives. Nicole has just started her pre-school learning and is growing up gorgeously, the National Convention serves as a reminder of her birthday.

For me, I have eventually established my social circle with a group of international "Tai Tai" participating in various voluntary works such as "Head & Editor--In Chief" for my kids' school year book; conducting game booths of festival events for the expatriates association, getting familiar with what's new in town, etc., etc.. My JC training has been useful in all these activities and impressed many others who are ex-professionals before coming to Shanghai. At leisure, I have picked up "Golfing" and am doing quite okay (at least, I seldom miss the ball for each strike). Oh! I have also "Mahjong" meeting once or twice a week (I am learning to play 16 tiles, do challenge me when I am next in H.K.). So, my day-time schedule is just as busy as I would have been in H.K. I have not yet discovered interesting whereabouts in the evening because the time with my kids is too valuable to miss.

So much and so forth, this is a different style of living in Shanghai and we have adjusted to it. Do drop by and when you are here, be our guests. By the way, see you all in June,1997!

Yours In Jayceeism,
Winnie Kung
Tel : 8621-6268 8462

Events of JTT, NOM and Other Chapters in December

1	NOM EDP III
4	Board Meeting
5	JTT Senior Members Gathering
14	NOM/LOM Joint Board
17	MFG and Internal Awards Presentation
21	PM Gathering
25	PJC Christmas Party
28	LRJC Anniversary

January 97

8	Board Meeting
11	AGM Inaugural Ball
13	PMO I
16	Jan MFG
18	Joint Board

UPCOMING EVENTS

December MFG and Awards Presentation

Date : Dec 17, 1996 (Tue)
Time : 7:00 pm - 11:00 pm
Venue : Royal Garden Hotel, T. S. T. East
Fee : Adult $298
Child (2-11yrs) $197
Guest $328
Enquiry : Jacqueline Kung (Project Chairman) at 2542-0013 (O)
Windy Wong (Promotion) at 9025-9628

PM Christmas Gathering

Date : Dec 21, 1996 (Sat)
Time : 2:30 pm - 4:00 pm
Venue : Botticelli Room, HK Renaissance Hotel
Enquiry : ME/MT Director Brenda Lam at 2524-4179 (O)

NOM PM Orientation & 1997 (Hosted by Jayceettes)

Date : Jan 13,1997 (Sat)
Time : 7:00 pm - 10:00 pm
Venue : 1/F, Auditorium Duke of Windsor Social Services Building
Enquiry : Brenda Lam (Project Chairman) at 2524-4179 (O)

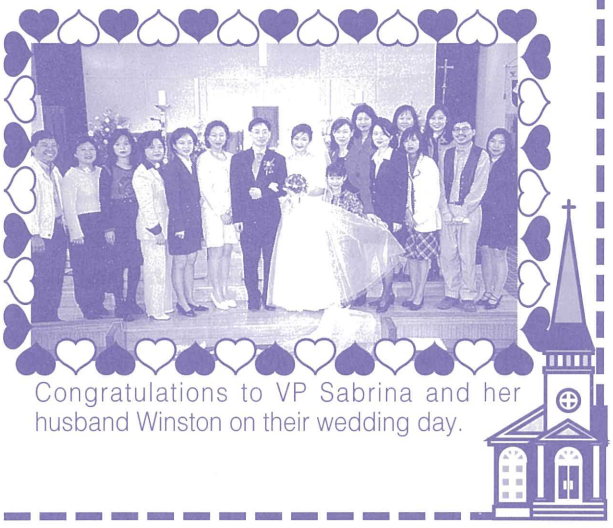


PP Caroline Keung was coaching at the Japanese EXCEL course in Pusan on Nov 8, 1996



PM Ivy Cheung inducted at Nov MFG BBQ night.

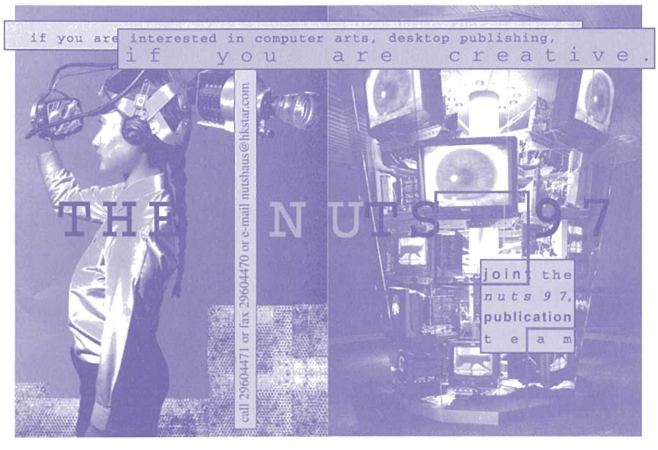




Congratulations to VP Sabrina and her husband Winston on their wedding day.

WANTED

We would like to insert recent photo of your litter baby borne for 1996 in our special alburm in Dec Issue. Please mark name on the back side and send it to Matty Wong, Flat C, 32/F., Fairview Heights, 1 Seymour Road, Mid-Levels, Hong Kong before Dec 15



Donation to Snapshots

A Big Thank You to HLP Jennifer Yu
PP Florence Wong

Editorial Board
Publication Director : Dr. Matty F.Y. Wong
Officers : Peggy So, Betty Wong
Supervisors : AA PP Maureen Chu, LO EVP-E Rebecca To, VP Phyllis Chan

Views & Responsibilities
1. Articles represent only the personal views of authors & interviewees.
2. The editorial committee reserves the right to reject article or make necessary editorial alterations.

SNAP SHOTs

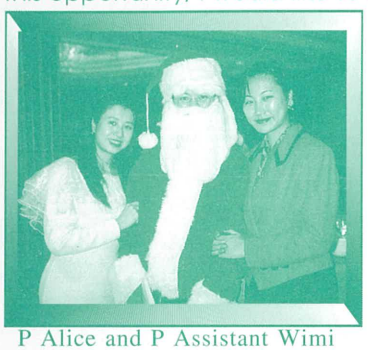
60 Bonham Strand E., 1/F., Sheung Wan, Hong Kong. Tel: 2543 8913

The Official Publication of the Hong Kong Jayceettes

FROM THE DESK OF THE PRESIDENT

Alice Liu

At long last, it is time for me to write my last message as your President. Thoughout the last 11 issues, I have updated you with what has been happening with the Chapter. Taking this opportunity, I would like to share with you some of my feelings in being your President.



P Alice and P Assistant Wimi greeting Santa at the MFG.

The Jaycees, by nature,, is a "LEARNING BY DOING" organization, is a place where we are all given the opportunity to experiment, experience, execute and excel. it is the process and the opportunity that is important. The outcome may not always be satisfactory, let alone being perfect. But after going through the execution process, there is always something to learn and to reflect on. That is how one grows by being a true Jaycee.



It was an important moment when President Alice handed over the presidential chair to President Elect Shirley.

The one thing I feel most true is that a President is NOT THE ONE at the top, telling every member what to do (and what not to do !), but rather the one who are more often at the back of the scene, encouraging and motivating in an appropriate way, to stay positive all the time, and to learn to appreciate member's efforts in whatever small ways. When something goes out of the way, if is even more crucial to give encouragement rather than being critical, blaming or going out of temper. After all, we are in a voluntary organization. We all have a full time job. We all have our family to take care of. We are on equal standing -- junior members and senior members. This is what we should all bear in mind when we greet our Jaycee friends next time, especially the ones who spare their leisure time to take posts in the Board or in an organizing committee!

Next year as Immediate Past President, I would have more time to get in touch with the members and share with YOU my experience. I am sure Jayceettes is in the good hands of 1997 President Shirley but most important of all, we need YOUR SUPPORT !!!



The Board of Directors would like to thank all members for your enormous support.



Three prospective members were inducted in front of nearly 100 Jayceettes and guests.-They were (from the left) Irene Wong, Anna Lau, and Carrie Cheung.



Jayceettes being awarded Certificate of Merit for "LOM Efficiency Index".

Outstanding Chapter of the World 1981&1989
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Birthday list for January 97

1	CHENG Shirley
1	LAM Christine
3	LAM Fanny
5	WONG Kinnie
7	LEE Candy
14	TSANG Flora
17	LEE Macky
18	SO Louise
19	LAI Juan
20	LI Joanne
21	LI Maria
23	WONG Blanche
25	CHENG Nora (S)
26	CHOW Maria
29	TAM Claris
31	LI Zoe

February 97

3	WONG Tracy
4	WONG Helen
10	CHENG Miranda
10	KWAN Ella
11	CHEUNG Valerie
12	LEE Joyce
13	WONG Valentina
16	TIN Sabrina
21	CHAN Kathy
21	KWOK Winnie
21	WONG Windy
25	HO Elaine
25	LI Esther

Internal Recognitions / Awards

Incentive recognition

1. Best Circular of the Year
   "Sexual Harassment Hotline 907"
2. Best Article of the Year
   "Push up bra..." (written by Sabrina Tin)
3. Jayceette Next Door
   Brenda Lam
4. Best Attendance (General Members)
   Joyce Li
5. Best Attendance (Executive Committee and Directors)
   Shirley MK Chan
6. Most Supportive Senior Jayceette
   Certificate of Merit — Joanne Li
   Award — Louisa Wong
7. Most Supportive Non-Jayceette
   Certificate of Merit — David Fan
   Award — Winston Lau

Awards

1. Best Prospective Members Project of the Year Award
   CoM "Spring Time from a Jayceette's Eyes"
   A "Ambassador Visit to Po Leung Kuk"
2. Best Monthly Fellowship Gathering of the Year Award
   "August Monthly Fellowship Gathering"
3. Best Project of the Year Award (Internal)
   CoM "August Monthly Fellowship Gathering"
   A "Creative Thinking and Brainstorming Workshop 96"
4. Best Project of the Year Award (External)
   "Sexual Harassment Hotline 907"
5. Most Outstanding Sub-committee Award
   Program Sub-committee of Effective Lady Manager Workshop 96"
6. Most Outstanding Project Chairman Award
   CoM Miranda Cheng (Fung Raising Project)
   A Joyce Li ("Sexual Harassment Hotline 907")
7. Most Promising New Jayceette Award
   CoM Silvia Lam
   A Betty Wong
8. Most Outstanding Officer Award
   CoM Cindy Lui
   A Claudia Li
9. Most Outstanding Director Award
   CoM Eva Ng
   A Brenda Lam
10. Most Outstanding Executive Committee Award
    CoM Eliza Pang
    A Phyllis Chan
11. Most Outstanding Jayceette (Executive Committee and Director) Award
    CoM Shirley MK Chan
    A Eliza Pang
12. Most Outstanding Jayceette (General Members)
    None awarded this year.

Presidential Awards of Excellence

Most Creative Jayceette	*Vera Ho*
Most Enthusiastic Jayceette	*Shirley Cheng*
Most Hardworking Chairman	*Sophia Lam*
Outstanding Performance in World Speaking Competition	*Cindy Cheng*
Most Outstanding Performance in Public Speaking Competition	*Marian Koa*
Junior Jayceette with Most Outstanding Potential	*Louise So*
Most Energetic Junior Jayceette	*Alice Chan*

s 1996 - SNAP SHOT







Big congratulations to Eliza Pang, Phyllis Chan, and Joyce Li for being awarded for their outstanding contribution!!

Mod Look With JTT 96'



If you have been to the Senior Members Gathering on December 5, you would be able to remember the breath-taking demonstration of the most 'IN' hairstyle.



A model wearing a fancy hairstyle suitable for wedding.

Baby 96'



JTT Eliza Pang's daughter Christy Kwan.



JTT Matty Wong's daughter Abigail Chin.



JTT Candy Leung's daughter Hoi Yan.



JTT Elinor Chiu's son Michael Jr.



JTT Carol Liu's son Lee Sin Yeung.

Events of JTT, NOM and Other Chapters in

January 97

8	Board Meeting
11	NOM Inaugural Ball
13	PMO I
16	Jan MFG
18	Joint Board

February 97

2	N EDP I
5	Board Meeting
15	Feb MFG

UPCOMING EVENTS

JANUARY MFG

Date : Jan 16, 1997 (Thursday)
Time : 7:00 pm - 10:30 pm
Venue : 3/F Shanghai Room, South Pacific Hotel
23 Morrison Hill Rd., Wanchai
Fee : Member - $ 290, PM & Guest - $300
Enquire : Cheung Shuk Yi (Chairman) at 7966 - 5031

PMO I

Date : Jan 13, 1997 (Saturday)
Time : 7:00 pm - 10:00 pm
Venue : Luk Kwok Hotal, Basement, Wanchai
Enquiry : Brenda Lam(Project Chairman) at 2524 - 4179 (0)

NOM Inaugural Ball

Date : Jan 11, 1997
Time : 7:00 pm (Program Starts)
Venue : Hong Kong International Trade & Exhibition Centre
Cost : HK $ 590
Raffle : HK$ 10 @; buy 10 to get one free
Enquiry : Wimi Lam at 2862 - 5634(0)

〈採訪保良局後記〉

籌委主席 張惠珠

加入青商後，我負責的第一個工作計劃是探訪保良局。籌委小組成員一共五位，在督導團帶領下，經過了兩個多月忙碌的準備工作，我們期待的日子終於來臨。

探訪節目一在十月二十六日下午，假銅鑼灣禮頓道的保良局大禮堂舉行。今次探訪對象是一群大約三至六歲的孤兒！目的藉此機會與局內的小朋友歡渡快樂的下午，並帶綸他們愛心與關懷，並且，更提供機會給女青商會員去了解孤兒的需要及服務社會。出乎意料之外，參加者非常踴躍，給組員很大的鼓勵。

當日節目安排方面，我們組員絞盡腦汁，特地精心泡製了多個別開生面的集體遊戲，其中包括音樂火車過山洞、齊來傳波波、話劇開心動物園和大抽獎。我印象中最深刻的是由組員主演的話劇，以故事形式帶出富有教育意義的道理。我相信每一位出席人士，都感受到小朋友不但聽得津津有味，還領會到當中的道理。在玩遊戲時，小孩子們表現得非常投入及樂極忘形，整個禮堂充滿了小孩子的歡笑聲，我深感受到我們小組的工作不但能帶給他們快樂，自己更可享受到當中的喜悅。另一方面，贊助商的慷慨支持及會員的募捐，為小朋友帶來豐富的獎品及茶點，令此活動更成功。

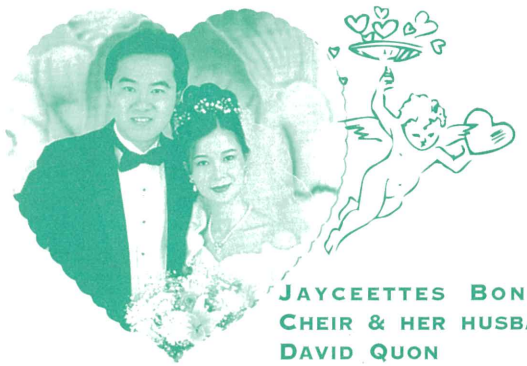
今次的工作計劃，讓我有機會學習到組織能力、處事能力、應變能力和群策群力，並建立組員之間的合作性和默契等各方面，充份發輝青商的團結合作精神，令我們獲益良多。

LOM's Activities



Jayceettes at EDP III





JAYCEETTES BONNIE CHEIR & HER HUSBAND DAVID QUON

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