HARBOUR LIGHTS

The Official Publication of Hong Kong Junior Chamber of Commerce

JULY 95

NATIONAL COMMITTEES

CHEJU ASPAC CONFERENCE HIGHLIGHTS

INTERVIEW WITH SENATOR JUNIA HO

FEATURE: Chronic Fatigue Syndrome

45 Anniversary

Corporate Sponsor:

Kodak (Far East) Limited

NP From the National President

Strive for Excellence!

It was a wonderful and most rewarding moment for all Hong Kong Jaycee members when there were nine LOM and NOM awards going to Hong Kong during Cheju ASPAC Conference. This is a great recognition and confirmation of the effort we have made in 1994 and 1995. I would like to thank all the members of our organization who contributed to the success of these excellent results.

Membership Growth

This year we have set membership growth target of at least 5% for all the chapters, to exceed our total membership of 1300 before the end of the year. I must reiterate that members are our key asset, so please do your best to recruit new members to share our fun.

IA Handbook

With the great effort of our IA area, the editorial work of IA handbook has been completed. This handbook consists of a lot of useful IA information which provide guidelines for our members to explore the IA opportunity. Please feel free to review these information through your LOM President or IA Director.

TOYP

1995 TOYP has started to accept nominations. We need your support to identify young outstanding individuals who have significant achievement in their professions and community services. Please remember the deadline for nomination is August 25.

Get Involved

We need your participation. Our organization provides leadership training through involvement and participation. July to September is the peak season when most of the LOM projects are being launched. I would like to invite all members to grasp this golden opportunity for the benefit of individual development through active involvement.

We only have half a year to go. It is the time for all the NOM officers and LOMs to review the goals we have set for this year. Please take on the challenge and make our dream reality. Let us work together "To deliver the values and make a difference".

Raymond Yu
National President



President Raymond and the ASPAC award winners.

Harbour Lights	National Executive Vice President:	Senator Justin Lui	Harbour Lights is published by
	Advisor:	Senator Connie Chiu	Hong Kong Junior Chamber of Commerce,
	National Publication Director:	Cindy Kwan	1 st Floor, 60 Bonham Strand East, Sheung Wan, Hong Kong.
	Chief Editor:	Linda Wong	Tel: 2543 8913 Fax: 2543 6271
	National Publication Officer:	Leo Leung	Printed by: Corporate Press (HK) Ltd.
	Editorial Committee Member:	Irene Tsang, Dionne Ho	

SENATOR SCREENING COMMITTEE 1995

Honour of JCI Senatorship

A JCI Senatorship is an award that is given to current or past members to honour them for exceptional service to JC organization in the local, national or international levels. It is a "Life Membership" for the honoured Jaycees. Those who have at least 3 years of outstanding services at any level of the organization are eligible to apply.

The Birth of JCI Senate

The story of Senate began in September, 1951 when two prominent members, JCI President Phil Pugsley and charter member John Armbruster were discussing a nice publication called "Log" which John had been sending out to retired officers of all the US Junior Chamber. It struck the mind of Phil to send a similarly fine publication to the "alumni" of JCI. Naturally, John was asked to take on this meaningful project. The publication was named "The Elder Statesman" which was synonymous to "Senate".

A further development took place when JCI representatives met with Phil in New York City in January, 1952. They came up with the idea of "Senatorship" which provided a lifelong link between the outstanding past members and JCI. Moreover, the gathering of enthusiastic members around the world would, in effect, help to spread the JC concept, which in many ways strengthened JCI.

The proposal was presented at the 7th JCI World Congress in Melbourne, Australia in September 1952 where it was approved. Since then, well over 50,000 Jaycees in more than 90 countries have been honoured and among them, more than 200 are from Hong Kong.

Nomination and Screening of Senatorship

Application of senatorship is subjected to nomination of local chapter and approval of national organizations, at NOM level here in Hong Kong, we have the establishment of the Senator Screening Committee. While NIPP Ronald Ho is the designated chairman, the committee includes 4 prominent members including Senators Ng Leung Yau, George Lung, Paul Chan and Ivy Tam. Having accumulated at least 5 applications, a Committee meeting will be held.

According to NIPP Ronald, there are two types of honourees: those outstanding leaders who make impactful contributions to JC and those low profile members who have more than 10 years of continuous active involvement. The Committee members will evaluate each application according to such criteria as the applicant's level of participation, enrolment of new members, awards won, involvement in training and effort in promoting the JC image. The accepted list will be submitted to NP for his approval and in turn submitted to JCI for World President's approval.

Fellow Jaycees, Senatorship is not just a dream but a target that virtually every JC can actualise. Is this target going on your agenda of JC life?



Senator Screening Committee Chairmen Senator Ronald Ho (Second from right) at the Cheju Conference

LONG RANGE PLANNING COMMITTEE

Given the unique conditions of Hong Kong-the quick silver pace and the fast-changing faces, long term planning may not be a popular phenomenon. Instead, there is a lot of wait-and-see. Fortunately for us, with insight and integrity, Hong Kong Junior Chamber of Commerce has set up a Long Range Planning Committee with Senator Junia Ho as the chairperson and committee members include Senators Paul Yin, Albert Li, Paul Cheung, Larry Lau and Daniel Cham.

This committee was set up to provide advice on future development of the organization, to monitor the execution of proposed plans and to enforce a unified corporate image for HKJCC.

One of the objectives of JC is to train leaders. Therefore it is necessary to keep abreast on current matters which should capture our attention and subsequently take relevant and meaningful actions. Such matters will be brought out by the committee and submitted to NP.

It requires a wide scope of vision on long term positioning of the organization in society, one which is facing constant changes. To stubbornly remain unchanged is not feasible and yet a unified and consistent image is essential for the viability of an organization such as the HKJCC. This is a job which could prove to be tedious and require a lot of integrity and consistent enforcement.

To lay down ground work for the materialization of goals, the Long Range Planning Committee plays an irreplaceable role. With the experience and dedication of the committee members, we are actually benefitting from their "silent" but important work.



Long Range Planning Committee Chairman Senator Junia Ho

壓力與都市病

黃桂新

都市人的生活壓力

「壓力」本來是一個物理學名詞，即一股力量壓在一件物或平面上的作用力，亦即等如每個接觸點所承受的力量。應用在日常生活上，壓力可說是我們每日所接觸的事和人所帶給我們精神上的一種重量感覺。

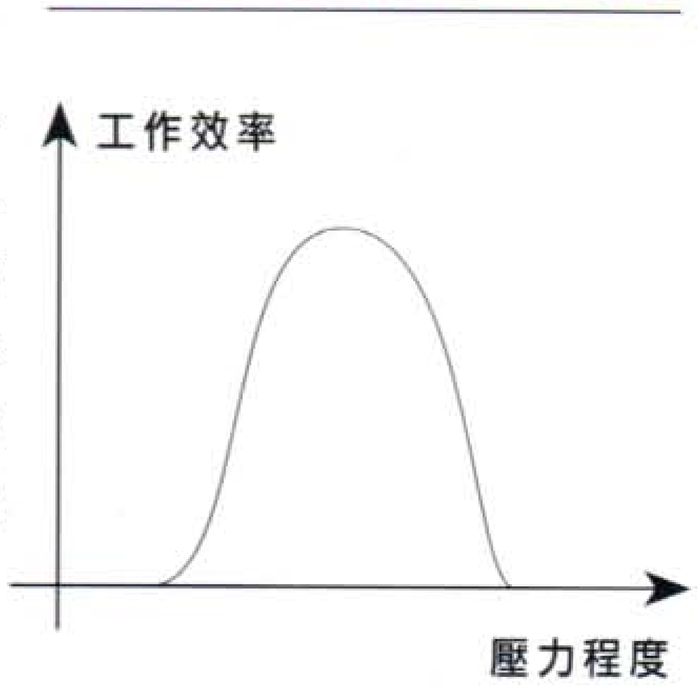
生活在香港這個高效率、接觸面廣闊，以及瞬息萬變的都市，大部份人都在工作或人際關係上承受從不同層面而來、程度不同的壓力。從客觀因素而言，工作上的挫折、驟增的工作量、特別的工作任務、轉換新環境、面對新老板、高難度或需勞心勞力的事情、支出驟增、家庭不睦、嚴重的意外或疾病、前途不明朗等等，可說是一張數不盡壓力來源的清單。而同一事情，發生在不同人的身上，所感受的壓力也不同。所以，於主觀因素來看，人若缺乏自信，過份緊張得失成敗，又或目標不清晰，過份自我和封閉，在人際關係上每每遇到挫折，若再加上客觀環境的壓力，便會容易導致精神崩潰。

壓力的正反意義

青商的會友中，大部份人除了兼顧家庭、工作及學業外，還要分身給繁重的會務及各種工作計劃的推行，壓力可謂不少。但壓力本身並非壞事，當遇到適當的壓力，人體的交感神經系統變得興奮、腎上腺數增加，進而提高工作效率，把潛能發揮出來。

Yerkes Dordson Principle

可是，過多或過久的壓力，會使到人體的正常運作系統產生變化，降低效率。下列的「鐘形圖」正好說明這個理論。



提防生都市病



這裡特別要強調的是，香港人大都感覺到、亦知道壓力的存在，甚至乎視之為文明大都會的副產品，在某程度上用自己的一套方法減輕壓力，比如有人會以吸煙、酗酒、賭博或依靠葯物來減輕壓力，但這些習慣卻會慢慢蠶食我們的健康，最終減低了我們承受壓力的能量。此外，都市人生活接觸肉類及糖這一類食物機會甚高，多吃肉則導致血液中的膽固醇提高，多吃糖則增加血液中的三脂甘油。若精神壓力大，人體的內分泌便會紊亂，令膽固醇和三脂甘油的新陳代謝失控，嚴重影響健康，長期的精神壓力引致身體機能失調，形成了所謂「都市病」(Chronic Fatigue Syndrome).

都市病的症狀很多，包括疲倦、胃嗟、四肢無力、吞吐困難、心悸、血壓波動（即高壓或低壓）、便秘、口乾、口瘡、皮膚敏感、成日有感冒感、情緒不穩定、低燒及肌肉微痛等。如果發覺有以上任何一種症狀，就值得檢視一下自己是否長期處於壓力中，及早進行減壓的工作。

修身以減壓

減壓的方法很多，可分為修身及運動兩方面。所謂修身，就是首先要正面看待壓力。視工作壓力為發揮個人潛能的機會，若果能認清工作的目標、理出一個先後緩急的次序、善用時間及手頭上的資源，這倒不是一個突破嗎？另一方面，不妨抱著阿Q精神，視不如意事為人生的鍛鍊，沒有經過困難，我們又怎會珍惜順境的可貴？也不必事事與人比較，假若要比較，我們總可找到比上不足、比下有餘的地方；所以，

十分鐘鬆弛運動 (由香港心理衛生會提供)

何謂鬆弛狀態？
欲了解鬆弛的感覺，請參照附圖的示範。

1. 用力緊握拳頭，持續數秒；



2. 慢慢地放鬆拳頭。



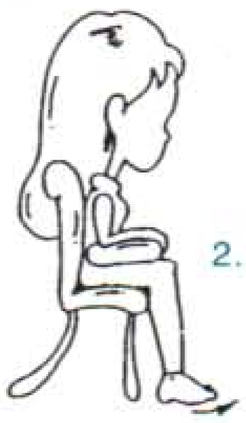
第一步：
1. 穿上寬闊舒適的衣服；
2. 坐於有靠背和扶手的椅子，雙腳平放地上；
3. 閉起雙眼，開始放鬆肌肉。



第二步：
腳板部位



1. 抽緊腳板的肌肉



2. 放鬆

第三步：
小腿部位

1. 腳板向上抽緊

2. 放鬆



3. 腳板向下抽緊

4. 放鬆

第四步：
大腿部位

1. 雙腿踢高，抽緊雙腿



2. 放鬆

第五步：
臀部



1. 將腰部向上拗一拗



2. 放鬆

第六步：
前臂部位



1. 將手板向內屈，抽緊



2. 放鬆

第七步：
臂部



1. 握拳



2. 前臂向上和向內屈，抽緊



3. 放鬆

第八步：
肩膊



1. 肩膊盡量向上縮起，約維持五秒



2. 放鬆

第九步：
臉部



1. 用力閉上雙眼，緊縮臉部肌肉，約維持數秒



2. 放鬆

「好」與「不好」，都是一種心理上的感覺，倒不如反問自已最想獲得的是什麼，這樣令自已懂得選擇，遠離一些不必要的壓力。以下為大家提供余德淳先生所說的心理健康十條，讀者不妨細味其中道理。

心理健康十條

一．不讓舊怨常存心中，不可含怒渡日子。

二．接受生活失望事常八九，不活在埋怨命運裡。

三．在發脾氣前先冷靜下來想想，有否非理性原因。

四．參加群體生活，努力成為別人的朋友。

五．幫助比自已境況差的人，自覺幸福滿足。

六．接受信仰的啟導，內心平和的靈性，過非物質生活。

七．有疑惑時，試參考有經驗者的意見。

八．了解自已的弱點，防備蔓延於重要事上。

九．不單倚重藥物，面對心理方面的處理。

十．對未實現夢想要忍耐，不容過度佔有思維。

鬆弛神經以減壓

至於動的方面，最好能抽時間多作一些鬆弛身心的活動，例如聽音樂、做運動、唱卡拉OK或培養個人興趣，把個人暫時抽離壓力環境，舒展於另一空間裡，令緊繃的神經得到喘息的時刻。這裡亦特別介紹一套由香港心理衛生會提供的十分鐘減壓運動（參考第五頁），個中精髓在於鬆弛練習。當我們遇到壓力，精神產生緊張，思考無法清晰。另一方面，身體各部份肌肉亦會出現不同程度的緊張，令人感到疲勞酸痛。鬆弛運動能舒緩肌肉，減低體能消耗、增加體能儲備，恢復效率。藉著鬆弛運動，能使心境平靜、思想集中及增加大腦功能，促進學習能力及增強記憶。

心理健康資訊電話 2772 0047

香港心理衛生會成立於1954年，為一非牟利團體，該會提供了一條24小時免費心理健康資訊電話熱線，服務包括 1)壓力測試；2)專業社工輔導； 3)常見精神病之病徵及治療方法；4)精神病醫療及健康設施資料。

淺談都市病－梁玳寧

都市病！這是一個範圍何等廣闊的題目，足夠寫一本巨著。現在只能用短短篇幅去表達，希望仍對青年商會的朋友有所幫助。

在都市裡生活和工作的人，被緊張、壓力、污染的空氣所包圍，久而久之，可能產生下列後遺症：

* 疲勞症：肌肉堅硬、頸肩酸痛、常感疲倦，甚至手足發冷，易患傷風感冒喉痛等是其象徵。
* 神經衰弱症：緊張、善忘，不是失眠就是清晨乍醒，常感心悸、憂慮、性冷感、導致便秘。
* 職業病：因其工作性質而產生不同的徵候。如長期伏案者，肩、頸、腰酸痛，長期站立者，腿部靜脈曲張、常用言語謀生者，易喉痛甚至聲帶長瘜肉。
* 冷氣病：中央冷氣系統易將細菌散播，免疫力稍差者就易中招。
* 呼吸系統病：除先天體質欠佳外，都市裡的廢氣、地氈上的蟎虫，甚至化學劑物品，都易誘發呼吸系統毛病。
* 敏感症：影響絕不限於皮膚痕癢，還可以導致

水腫、氣喘、口腔潰爛、機能衰退、濕疹、疲倦、氣漲、頭痛、關節腫大發炎、性格改變、胃炎、低血糖症、眩暈、下痢、慢性下背疼痛、甚至膽囊疾病。

美國營養治療學權威DR JONATHAN WRIGHT最近在西雅圖接受筆者訪問時透露，食物中的添加劑，污染的空氣，花粉農藥、油漆、塗改液、噴髮膠之類的化學品皆會令人產生敏感。

有些人體質欠佳，亦會對某些食物產生過敏。

* 腸胃病：主要成因是：工作緊張、壓力大、飲食無定時，沒節制。要注意的是：毛病不限於胃酸過多，原來胃酸過少亦會影響消化吸收，令百病叢生。
* 體內膽固醇含量高，血高壓、心臟病：往往亦因吃得太好和生活緊張。
* 癌症：都市空氣污染，工作壓力大，情緒易生沮喪，加上食物有「毒素」，便易令體內的游離基作怪，潛伏細胞產生癌變的後果。
* 視力疲倦：除睡眠不足，夜入睡之外，電視、電腦、電子遊戲機等，亦易使眼睛倦累。
* 「紅眼症」：親友成就勝於自己或發大達，便易使人產生「紅眼症」，影響心情和健康。

綜合化解方法，建議－

（一）多做運動。氣功、太極、打球、游水固好、散步、行樓梯、跳舞亦不壞。

（二）有閒時靜坐，或做瑜加的大休息法，讓六識得以休息。

（三）多呼吸新鮮空氣，少用冷氣。

（四）注意令自己敏感的食物和物品，遠離之。

（五）室內置一部空氣清新機。

（六）廚房內裝一具濾水器，多喝清水暢通腸胃。

（七）女士們手袋裡常備一條絲巾或圍巾，裹髮避風雨、披肩擋冷氣，可生保健效。

（八）多唱歌，多聽音樂，多笑容，多想開心事，找朋友談心事。少氣惱，少重視得失。

（九）少吃油膩、甜品、汽水，多吃新鮮果菜，穀物。

（十）注重維他命營養的吸收。

每日不妨服維他命E(400iu)、維他命C (1000mg)，它們是有效的抗氧化劑，可保青春，柔化血管，增加免疫力及防止游離機的作怪，變相可防癌症。

此外，靈芝和松樹皮晶等用植物提煉的東西亦有相似佳效。

脫髮，肌肉酸痛及血管收縮者，須注意營養和礦物質的吸收。

（十一）避免抽煙和吸入二手煙。吸煙者每日所服的維他命C不妨增至兩顆。

（十二）爭取旅遊散心和放假休息的機會，以便更勤奮地投入工作。

（十三）找一個宗教信仰，可助心境平和，舒緩壓力。

最後，祝各位朋友身心健康，不為都市病所俘虜。



Hong Kong Jaycees at the ASPAC Conference

On May 31, more than 130 Hong Kong Jaycees set off for an adventurous trip to Cheju - the Honey Moon Island of South Korea. The 4-day action-packed ASPAC Conference was scheduled with training seminars, thematic meetings, national parties, reception cocktails, sight-seeing tours, plus a lot of friendly gatherings among sister chapters.



The Opening Ceremony of Cheju ASPAC Conference at Halla Gymnasium.

Opening Ceremony

The Conference was hosted by the 100-member Cheju Jaycees. After 5 years of preparation, the Conference was officially commenced on June 1 when more than 7,000 Jaycees flooded the Halla Gymnasium for the Opening Ceremony. First the Conference Director Tae Hun Jeong and Conference Chairman JCI EVP Senator George Lung greeted Chief Delegates and JCI Officers on the stage amidst cheers and applause from the enthusiastic audience. To many experienced Jaycees, the formalities are just the same every year, yet it is the kind of rejoice atmosphere and national colours that lures them to come back again and again.

The breath-taking moment came when South Korean President Kim Young Sam made his appearance. At his opening remark, President Kim reiterated South Korea's commitment in implementing more reforms and opening its door to the outside world. He also called for more international interaction and cooperation in the Asia Pacific Region. Hong Kong Jaycees occupied about 100 seats at the left front section of the Hall and perhaps some of us were lucky enough to shake hands with the President upon his arrival and departure. The 2-hour ceremony included VIP speeches, eye-dazzling laser show spotlighting the natural beauty of Cheju, Korean cultural dance and modern dance echoing the Conference Theme - New Dimensional Experience.



All Jaycees were invited for a celebration by NP Raymond after Hong Kong Night.

Hong Kong Night

While the daytime program was dedicated to seminars and meetings, in the evening participants were entertained by colourful international galas hosted by more than 10 countries. The Hong Kong Night was staged on June 2. The veil of the party was lifted by Chinese Pei Pa performance and of course Karaoke singing was inevitable. We had also prepared different game booths accentuating some of the main attractions in Hong Kong, such as the Giant Budda and the Chek Lap Kok Airport. Amazingly the Chinese zodiac signs booth captivated most of the well-wishers. The joyful heat culminated when World President David came and extended his gratitude to Hong Kong Jaycees.

Unforgettable International Coaching Experience

Square Wheels ..... Leadership ..... Imaginising Teamwork ..... Human Fax Machine ..... Constructive Thinking ..... these are topics for the Coaching Quartet hosted by Hong Kong Jaycees for the ASPAC Conference.

It was the afternoon of June 3 and the seminar room was filled with more than 70 participants from different Asian countries. The program was officiated by President Raymond while NEVP Justin



The session of "6 Thinking Hats" led by Senator Shelina Chung at Coaching Quartet.

chaired. The coach team consisted of Senators Paul Chan, Bassanio So, Petrus Yung and Shelina Chung who took turns to lead discussion on the art of leadership: visioning, teamwork, communications skills and six thinking hats. We also had JC Rebeeca To to conduct the experience sharing session. As coaches already found it a meaningful and fruitful international interaction and participants gave very positive feedback to the training, we are considering to host the seminar again for the Glasgow World Congress.

World Speaking Competition

JC Jason Chiu represented Hong Kong to participate in the Area B Speaking Competition. There were 6 contestants all addressing the topic "Globalization of the Economy - Challenges & Opportunities" from different prospectives. Being the first speaker, Jason looked at economic globalization in terms of its fundamental drivers, opportunities and challenges to East Asia. Many Hong Kong Jaycees showed up at the competition to render our support. Result is not the most important but the process witnesses a spirit of participation and support. Keep it up, Jason.



Jason Chiu (4th from left) with the World Speaking Contestants and adjudicators.

Workers Behind the Scene

There were 2 groups of Hong Kong volunteers to help in reckoning the Conference in different ways. Headed by Senator Connia Chu Lo, there were 12 Conference Secretaries who needed to be very attentive during all the Conference meetings and worked hard at late nights to prepare the minutes. In another approach of reporting the highlights of the event, Linda Wong and 7 editors and reporters created 3 Conference Dailies. While language was the major obstacle to carry out the work smoothly, yet it was such a great experience to help and to be helped in an alien environment.

The Glorious Moment

Joy filled every heart of Hong Kong Jaycees during the Award Ceremony at the last day of the Conference because most of us did come to the stage to receive an award, some even made their appearance a few times. Look at the awards we won and may it be the sign of inspiration for even better work to come:

National Level:

Best Individual Development Program

Best Youth Activities

Best NOM Publication

Best Public Relations Program

Best APDC Training Project

Chapter Level:

Best Public Health Project - Harbour Jaycees

Best Fund-Raising Project - Hong Kong Jayceettes

Outstanding LOM of the Asia Pacific Area - Peninsula Jaycees

Outstanding New LOM of the Asia Pacific Area - Apex Junior Chamber



Presentation of Best NOM Publication Award to HK Jaycees.

MEMBER TRAINING V

BE A PROFESSIONAL NEGOTIATOR



I bet you negotiate everyday. Take a look at your daily life - you negotiate to get a discount when shopping, get a better deal when doing business, obtain a fair ground when you are being challenged.... If you want to be a even better negotiator, you should practise "strategic planning" as Senator Bassanio So said.

A professional negotiator should understand the basic theory of negotiation is "gain and acceptance". That means if you want to gain something from your opponents, you must know well your own and your opponent's bottomline. Once you do that, you may play around with the information. You may choose to apply the "dominant theory". Or surprise your opponents with the "flip-coin" theory.... . These are the tips offered on MT V - Negotiation Skill Seminar.

Participants of the seminar were fortunate enough to share the above experience with professional negotiator, Albert Cheng and Senator Bassanio So.

We appreciate very much the preparation of the two speakers. It was a fruitful evening for the full house of participants. Besides the professionalism of the speakers, the success of the event was also due to the cooperation of the organizing committee and participants.

excerpted from NDJC Anglie Chu

MACAU JAYCEES' VISIT TO HONG KONG

A delegation of 11 members of the Macau Junior Chamber led by National President Edmund Wong paid us a visit on June 10. They arrived in a rainy evening and were met at the ferry terminal by NVP Mary, IA Director Dennis, OJC President Joseph and members of the IA Department. Due to the bad weather, a visit to the Chamber Office was cancelled and the guests were escorted directly to a nearby restaurant for a reception dinner hosted by National. On our side we had a total of 16 members joining the dinner, including NP, NOM Officers, Chapter Presidents and members. A fruitful exchange on Jaycee affairs and management was held prior to the dinner. It was viewed by both sides that periodic exchange of this kind should be held in the future to foster better understanding and co-operation. A very positive thought to round up an enjoyable evening.



NP Raymond exchanging Souvenir flag with Macau JC President Edmund Wong.



拜訪廣州市工商行政管理局

廣東經貿訪問團

香港青年商會轄下的商務協進部於五月十八日至二十日舉行的「廣東經貿訪問團」經已圓滿結束，今次前赴訪問的目的乃是希望進一步了解廣東一些最佳的投資環境，在廣州任何地方成立辦事處的手續，並與省市的政府官員交流會面；期間亦有拜會廣東省企業家協會，廣州青年商業貿易協進會及市內數間成功企業公司等，彼此交流經驗，這些成功的企業採取了多種營運策略和概念，十分著重培訓，人力資源的運用，並採用「保將策略」，穩守出擊，達到理想的效果。這次的中港交流不但達到了青商第五大機會－「商業發展」的目的，而且更令各團員有所得益。

PMO IV

The fourth Prospective Members Orientation, hosted by Peninsula Jaycees, was successfully held on 20th July, 1995 at the Congregation Hall of Hong Kong Scout Centre. We are delighted to have Senator Paul Chan and Senator Shelina Chung to be our speakers. They have shared with those prospective members or even their friends on the "Jaycees, the way to excel" and the "five opportunities" in Jaycees. Both our speakers had led the audience through a very lively and dynamic way which aroused great interest and feedback from the over 180 participants.



Participants enthusiastically respond to the question of the speakers

參觀文匯報及公共關係組聚會

總會公共關係部安排各會員於一九九五年七月二十一日（星期五）往文匯報參觀其出版製作的過程及運作情況。是日總會職員，分會會長及公共關係董事共十三人前往參觀。其間受到該報的熱情招待，參觀了報社各部門及龐大的廠房，更了解各職工的良好福利。各會員其後往聚餐聯誼及舉行公共關係組聚會。



青商會友於文匯報留影

HONG KONG CONGRESS VIDEO TAPE

Have you attended or were you involved in the 1993 JCI World Congress in Hong Kong, one of the biggest events in the HKJCC history? Whether your answer is yes or no, the COC believes it is worthwhile for you to keep the Hong Kong Congress video tape which contains almost all major activities of the Congress and surely it would be a nice momento to keep for remembrance.

The copyrighted tape is selling at HK$200 each. Interested party please contact Ms Margaret Wu at 2364-0333 or send your cheque payable to "1993 JCI Hong Kong Congress Limited" to 41, Mody Road, 2/F, Tsimshatsui, Kowloon.



JC SUPPLIES LIST

Item	Price (HK$)
JC tie	$40
JC pen	$35
JC memo pad	$12
1993 JCI Hong Kong Congress video tape	$200
Harbour Lights 1993 Jumbo Issue, paperback	$30
Harbour Lights 1993 Jumbo Issue, hardcover	$80
MET report	$10
"Jaycee: Your Way to Excel" by Senator Caroline Keung	$50
Kodak Gold III ASA 100	$18
Kodak film, pack of 10	$160

Contact: Chamber Office Staff, Glory and Jessica.

TOYP 1ST PRESS CONFERENCE

The 1st Press Conference cum Kick-Off Ceremony of TOYP Selection 1995 was held at the Park Inn of Hong Kong Park on June 11, 1995. With the full support of fellow JC members and past TOYP awardees, it was a great success and we must extend our appreciation to all the guests as well as representatives of various press media.

Just prior to the Kick-Off Ceremony, Mr Nicholas Crouch, Assistant Vice President, Marketing of Manulife Financial, our Sponsor for TOYP 95, presented a cheque of HK$ 350,000 to the HKJCC. We would like to once again express our gratitude to Manulife for their kind patronage.

HKJCC has long established itself as a renowned leadership training organization by providing the opportunity for young people to develop leadership skills and social responsibilities. Through this Kick-Off Ceremony, HKJCC TOYP Selection was pleased to contribute the fund raised from past year's Award Presentation to UNICEF. A cheque of HK$ 100,000 was presented to Miss Maggie Koong, Council Member of the HK Committee of UNICEF.

by Angela Shiu



Past TOYP awardees with Miss Loletta Chow of Arthur Andersen, Selection Consultant (Front Row, 1st on the left), National President, Mr. Nicholas Crouch of Manulife (Sponsor).



From left to right Miss Loletta Chow of Arthur Andersen, Senator Raymond Yu, National President, Miss Angela Ying, TOYP Project Chairman, Mr. Nicholas Crouch of Manulife and Senator Ronald Ho, NIPP.

NATIONAL CONVENTION

TECHNOLOGY 2000 - EVOLUTION . REVOLUTION

The 30th National Convention will be held on October 6-8 at Kowloon Shangri-La Hotel.

Approaching the beginning of the next century, the theme of the convention will be on the technological development of the present and foreseeable future and how it will effect economical development and environmental impact. Seminars include current topics like re-engineering in corporations.

After 2 days of seminars, training and other functions, there will be an Award Banquet at the Shangri-La Ballroom.

For a weekendful of activities and the first glance of our future National Board members, send in your registration now because all you have to pay is HK$850 before August 15 and HK$950 after that. So do not delay, send your registration form and cheque to JC office in attention to Harbour Jaycees.

城市獵人野外體驗營

由獅子山青年商會主辦之富創意野外求生領袖訓練計劃城市獵人野外體驗營吸引了二十三名會友參加。大會選擇錦田音樂農莊為活動場地。訓練內容非常精彩，計有利用天然物資如樹枝、籐興建居所，利用乾樹葉，幼柴枝生火煮食，深夜靜默體驗及製造弓箭和捕捉野獸陷阱等。活動目的讓參加者體驗大自然奧秘，及訓練野外求生技巧、克服困難、建立自信心。各參加者均非常投入參與各項訓練活動，大家於離開營地時都表示上了寶貴的一課。

中山、香港青少年演講比賽

是項活動由浩洋青年商會主辦。比賽題目為「繁榮社會的背後」。目的旨在促進中、港兩地青少年的文化交流及提升其對中、港兩地社會的了解及認識，並藉此提高青少年的語言表達能力。



響應香港青年商會「關心年青一代、培育明日領袖」的主題的其中一項青少年活動

中山、香港兩地分別挑選了數位同學進入總決賽，最終冠軍由中山市第一中學的莫妮獲得，而亞軍及季軍分別由香港拔萃女書院的王嘉祺與妙法寺劉金龍中學的朱瑞雯奪得。

JC BLOOD DONATION DAY

The JC Blood Donation Day was successfully held on Saturday, July 8 1995. This function was co-organized by Tai Ping Shan Jaycees and Red Cross Blood Transfusion Service. It took place from 2 to 6 pm in the Chamber Office.

Some 50 participants attended the JC Blood Donation Day. 38 of them were found to be suitable donors on that day. The champion of the contest for highest attendance for chapters was Harbour Jaycees. As for the contest for individuals, 10 Jaycees from Tai Ping Shan brought the highest number of donors won and were all awarded with prizes.



紅十字會職員正為各青商進行捐血

ECONOMIC INFLUENCE ON HONG KONG AND CHINA IF CHINA BECOMES MEMBER OF THE WTO

Harbour Jaycees hosted an Economic Activity seminar at the Convention Centre on July1 - two years to the day before Hong Kong will be a part of China, a fine choice to discuss Hong Kong and Chinese economy.

The two speakers, Legco Member Henry Tang Ying Yen and Eddy Li, President of China & HK Economic & Trade Association, delivered analysis on the present economic conditions of Hong Kong with insight on the consequence if China were to become a member of the World Trade Organization.

A seemingly serious topic was presented in a lively manner by both speakers. Instead of finding the contents too difficult to digest, it was actually quite interesting. The participants left with the encouragement that the future Hong Kong is bright and promising beyond the change of sovereignty in 1997.

唔怕「繁」、要識「簡」
研討會及繁簡文字比賽

由半島青年商會青年教育組主辦的“唔怕「繁」、要識「簡」”研討會及繁簡文字比賽已於七月八日在灣仔會議展覽中心舉行，反應十分熱烈，來自學術、教學、出版界和教育署的講者熱烈地討論簡體字如何普及和學習。有講者認為現有中文書籍中，以簡體字出版的多於繁體字，長遠而言，不懂簡體字可視為「半文盲」。由於中港關係日深，文件多書以簡體字，而香港青少年對簡體字一知半解，溝通上造成障礙。有鑑於此，半島青年商會籌辦該項計劃，希望透過不同活動讓青少年認識簡體字，提高他們的中文水平。該會已於五月中在報章上刊登文章介紹簡體字和問答遊戲，吸引了超過六百多名青少年參加，部份來信更由國內寄來。在眾多參加者中，揀選了四十多名青少年參加研討會和繁簡文字比賽，令當日座無虛席。



Effective Manager Seminar - Be a "City Smart" 做個醒目管理人

女青商今年以"CITY SMART"為題材，舉辦了一連兩個專題講座「做個醒目管理人」，分別於六月二十四日及七月一日兩天舉行。



工作計劃小組、會長及主講嘉賓合照

講座第一日邀請了恒生銀行助理總經理及財資處處主任陳佩君主講「突圍而出」，及香港理工大學應用社會科學系講師余德淳主講「破繭高飛」。

陳佩君說：一個成功的管理者，首先要認清自已的權力和職位，團結下屬，接納下屬提出的意見，公平是工作的原則，同時要以身作則，不屈不朽，更重要的是不發小姐脾氣。因為世俗的眼光，女人有很多是野心大，難相處，所以要在人才濟濟中突圍而出，就要具備以上條件。

余德淳主講「破繭高飛」，他利用遊戲向參加者提出八點問題，互相測驗對方，透過測驗，參加者知道自已屬於那一類，從而更了解自已，克服困難，爭取更大成就。

第二天的講者為香港理工大學副校長及前總會會長曾慶忠參議員，他以個人多年經驗，總結「十得」－「睇得、做得、諗得、捱得、博得、講得、拍得、信得、輸得、唔得」簡潔地道出待人處事、管理、工作等各方面的心得，從而可以「升價十倍」。

另一位講者卡內基訓練董事總經理羅淑瑩於「轉危為機」的環節中，以名曲"HERO"分享當我們處於危機當中，最重要以平和的心接受一些不可控制的事，然後再把握機會更新。

兩天講座反應熱烈，吸引不少非青商會員參加。

女青商 Rebecca To

反色情日

鑑於社會色情風氣汎濫嚴重，年青人備受黃色刊物及影片的沖擊，由城市青年商會主辦的「反色情日」已於七月二日下午假香港九龍公園露天廣場舉行。當日由立法局議員李家祥太平紳士及涂謹申議員主持開幕典禮。

為了收集及反映各界人士對現時色情風氣汎濫的意見，節目將包括公開論壇，話劇及大專辯論比賽等。

城市青年商會希望透過是次活動能喚起政府及有關部門對色情風氣的關注。



反色情日開幕典禮

第八屆新界區傑出學生選舉

頒獎典禮於一九九五年七月十六日（星期日）在屯門市廣場二樓舉行，到場參觀市民十分踴躍。出席嘉賓有政務總署署長王永平太平紳士、仁濟醫院永遠榮譽顧問席正林先生、署理政務專員王思平先生、歌影紅星譚詠麟先生、八百伴（香港）百貨公司經理永谷欣彥、及元朗青商創會會長鄧兆棠立法局議員等。

進入準決賽的十五名學生於頒獎典禮當日表演一齣廣播劇，生動寫實，引起現場熱烈反應。是次活動旨在鼓勵及發展中學生在學術、文藝技能及領導才能之成就，同時推廣公民意識及對社區之參與。被選出之學生將往台灣作文化交流活動。



主禮嘉賓與準決賽學生合攝

普通話大比拼

「普通話大比拼」可說是相當成功，不論從賽程安排，現場控制以至參賽者的認真和觀眾的參與，都比預期的好。賽程的安排基本能讓參賽者全面發揮，特別是當中兩項辯論及問答環節，實在十分激烈，就連觀眾也能全情投入，參加者需要憑實力及臨場表現出色方能取勝。是次比賽還設立了"最具勇氣獎"鼓勵會員多講，多練習普通話。

香港國語學會的朋友表演話劇「雨夜」，作為比賽後精彩的餘興節目，博得全場熱烈掌聲。



Character

INTERVIEW WITH SENATOR JUNIA HO

by Irene Tsang

A "Cinderella" Story



Once in the time when the tram was the main transportation on Hong Kong Island, a pretty young girl travelled the considerable distance from the Western District to Wan Chai for her weekly lessons of couture and realized she was too advanced for her class. She decided to do it her own way. Working as a secretary during the day, she managed to finish sewing 2 dresses before she went to bed for a 5-hour sleep. It was not the money that mattered, it was her interest to sew.

The same talented "seamstress" applied the dedication and drive in other facets of her life. She advanced in her career to become the General Manager of a private club, holds various positions in youth and women organizations as well as civic education committee for the government and actively involved in youth training. To realize her long-term goal, she obtained her MBA in 1993, making the most impressive speech as a valedictorian for Hong Kong students. She still sleeps a nightly average of 5 hours. With the multitude of work she does, when asked how she maintained the exceptional energy level, she flashed a charming smile, still the same answer - "It is my interest and I enjoy doing all these tasks."

It was difficult to imagine Senator Junia Ho, National President 1989, presently the chairperson of the Long Range Planning Committee and National Presidential Advisor, could once be a bashful young lady, even the talented seamstress part could not quite fit in. However, here she is, poised, confident and radiates a positive personality.



Senator Junia speaking at the Social Skill Training Seminar

The Dedicated Jaycee

Senator Junia is the Charter President of Bauhinia Jaycees and her support was exemplified by her tremendous support throughout and especially during 1993 National Convention hosted by Bauhinia Jaycees. Not only is she supportive to her own chapter but she is equally supportive to other chapters by being speakers in various seminars and training sessions. Her willingness and ever-readiness to share has earned respect throughout different levels of Jaycee members. With her continuous support to the Jaycee organization, she certainly deserves the praise of being one of the most dedicated and involved NIPPs.

A common question on busy Jaycee figures - how do you balance your professional life and your extra-professional life, ie. Jaycee activities? Senator Junia's company is aware of her participation in Jaycees but this has never effected her career because with her effective time and priority management, trust in her is well earned. To her, there exists priorities even in sacrifice. Most Jaycee members would describe Jaycee life with pros and cons, tears and laughter; but for Senator Junia, there is only pros and laughter and good times. Such absolute positive attitude! Such an encouraging breath of fresh air.

Contributions to the Community

Other roles Senator Junia plays include being committee member of UNICEF Fund Raising Team for China Children, member of the Commission on Youth and Civic Education, executive committee of the Federation of Women as well as chief editor of its tri-monthly newsletter, council member of the Federation of Youth Groups and member of City

Character INTERVIEW WITH SENATOR JUNIA HO

University Advisory Committee for evaluating curriculum to better benefit students after completion of their courses of studies.

Senator Junia started to participate in the Commission on Youth and Civic Education in 1989 and opened up a whole new scope in the view of the society scene. The Federation of Youth Groups conducts research and operates youth centres. Through participation in the Federation, Senator Junia could better understand youth problems and development, thus in turn, be able to more effectively contribute to her role in the Commission on Youth and Civic Education.



Senator Junia at the Kanazawa Night of Cheju ASPAC Conference



Senator Junia travelling in Korea

For the past few summers, Senator Junia has introduced and actively run a training course for teenagers and their parents. This is an innovative kind of training in which the full potential of the child is explored and exposed, helping them to excel in their studies and personal life. Furthermore, it also guides parents and children to resolve their emotional conflicts. This particular course have proven to alter the life of adolescents and their parents for the better.

Life of a Busy Figure

Senator Junia has an average of 3 meetings per week. She suggested that Jaycee meetings should be more like governmental and other committee meetings for which time limit is strictly respected. For someone with a full schedule, this is a truthful comment (some of you readers must be silently nodding?)

A few tips on the practice of effective time management - discard unnecessary documents, make swift decisions and train for a better memory. It takes incredible skills for someone like Junia to admit that she always hesitate to say "No" because each matter or request may be an opportunity. She harbours an incessant curiosity and associations to new matters and subjects. This has indeed become a habit and the enthusiastic drive behind her.

Unlike some highly charged career person, Senator Junia is never in a hurry, never rushes. Strangers who by chance tumble into the path of her daily life: salesman, interviewers, job applicants and their friends become attracted by her charm and would seek her advice on various matters. The Creator did create "pillars" among us.

A Private Note

Throughout the contact with Senator Junia, it was not difficult to find out (as she herself admitted more than once) that the top priority for her personal life is her family and friends. When laughingly asked about her criteria of choosing her other half, another bright hearty laugh, she admitted she is romantic but he must be someone without any intention to emigrate - there are too many of her friends in Hong Kong whom she cares and will definitely miss too much. After all, this is what true friends are.

NOM Upcoming Events

一九九五年北京、杭州訪問團

日期： 八月二十四至二十九日

地點： 北京及杭州

費用： 港幣$11,500元正（不包括回鄉証簽証費及機場税）

名額： 三十人

截止日期：七月二十八日

目的： 加強青商與全青聯的會務交流；拜會港澳辦公室、市政府及各經貿單位，擴闊團員的視野及開拓商務發展機會。

查詢： 呂星文 1118338 呼 1027 或
李志強 28691209

Member Training VI

Hosted by: Ocean Jaycees

Speaker: Mr. Chester Tsang
Human Resources Manager
Hospital Authority

JC Wesley Chau
Director of an Advertising Firm
JCI Certified Member Trainer

Date: 2 August 95 (Wednesday)

Time: 7:00 p.m. to 9:30 p.m.

Venue: Assembly Hall
11/F., Hong Kong Scout Centre, 8 Austin Road, Kowloon

Fee: HK$ 60

Contact: Shirlee Leung (R) 25465077 (O) 27224752

Presidential Academy 1995

Date: 19-20th August

Time: 2:30 p.m. (Aug 19) to
5:00 p.m. (Aug 20)

Venue: Park Lane Hotel, 310 Gloucester Road, H.K.

40 Places available

Objective: This training program will train prospective Chapter Presidents and NOM Board Members with advanced leadership skills and inspire them to become a more responsible and effective leader. The ultimate goal is to let them psychologically and mentally set for running their chosen positions.

Contact: Kim Ho 23113833 (O.)

TOYP

CHECK IT OUT!

- Radio Program: From July 19 to Oct 4, every Wednesday morning at RTHK, Radio 2, "晨光第一線", a 5-minute reminiscences of past awardees.
- Tram Parade: August 6, 1:30 to 4:00 p.m. Set off at the Tram Depot, Whitty Street, Western District.
- Journal: Articles of past awardees in Sing Tao Daily, Lan Kwai Fong section: every Thursday till the end of August.
- Nomination/Poster Display: Deadline for nomination: August 25, 95

Contact: Angela Shiu 23180810(O)/ 1128872 A/C 3618

JCI World President Visit

Date: 15-28th August 95

Events: Visit chamber office, President's Forum, Open Forum, Dinner Reception, Macau visit

World President Dinner Reception

Date: 16 August 95

Time: 7:00p.m.

Venue: Park Lane Hotel

Contact: NVP Iris Chan 1101 73890
NAID Dennis Mak 1128902 call 1148

競投冊講座

日期： 一九九五年八月十二日（星期六）

時間： 下午二時至五時三十分

地點： 香港青年商會會所

主講嘉賓： 蘇植良參議員
總會財務長何國鈞
劉錦明參議員
九龍青年商會前會長陳淑雲

查詢： 戴曉聰 1168918-180
吳佩妮 110887028

LOM LOM Bulletin

<<海港青年商會>>

95國際兒童繪畫比賽頒獎典禮暨展覽會 6/8/95

時間：下午三時

地點：九龍尖沙咀香港文化中心

內容：頒獎典禮、展覽、表演及遊戲。

查詢：PURNA YIP
27986028 (o)

<<太平山青年商會>>

第三屆亞太區青商卡拉OK大賽香港區選拔賽（決賽）

12/8/95

時間：下午二時半至七時

地點：TOP BANANA CLUB
九龍城衙前圍道40號百營中心6樓

費用：每位HK$ 220（連晚飯）
每位HK$ 120（不包括晚飯）

查詢：張子健 110825775

<<海港青年商會>>

青光眼普查及眼睛護理展覽開幕典禮 29/7/95

時間：下午二時

地點：麗港城商場

展覽：開幕典禮後十六個星期巡迴展覽

查詢：江慧芬 111348229

<<Peninsula Jaycees>>

Healthy Diet for Your Family

26-27/8/95

Venue: Shatin New Town Plaza

Time: 26/8 (2:30 p.m. - 3:30 p.m.)
(Press Conference, Opening Ceremony and Announcement of Research Report)
26/8 (3:30 p.m. - 8:00 p.m.)
27/8 (10:00 a.m. - 5:30 p.m.)
(Exhibition, Game, Measurement of Blood Pressure and Blood Sugar.)

Objectives:
i. To look into the eating habit of three generations and to arouse the public awareness of healthy diet.
ii. To make use of exhibition and game to introduce to the public fundamental knowledge regarding healthy diet.

Contact: Ms. Jessie Fong 112269527

<<城市青年商會>>

大自然同樂日 6/8/95

時間： 上午九時至下午四時

地點： 嘉道理農場

集合地點：尖沙咀漢口道

費用： 全免

目的： 從參觀農場及遊戲當中，令大家更了解環保意識。

查詢： 程君明 1109328 A/C 8698

<<香港女青年商會>>

港粵少年生活體驗營

28-31/7/95

宗旨：希望透過是項活動，引發青少年及社會人士對國內地區教學的認識及關注，並藉著交流營加深港粵兩地文化溝通及生活體驗。

查詢：黃少華 25805154

A Warm Welcome Awaits You in Glasgow at 50th JCI Congress

The historic 50th JCI World Congress will take place in Glasgow, Scotland, November 5-11, 1995, with the theme "Success Through Enterprise."

The theme was chosen : a) to reflect JCI's business orientation, b) to be positive and forward looking, c) to be relevant to all members in all occupations in all countries, d) to translate easily into all languages, and e) to relate readily to other Jaycee areas of focus, such as "Success Through Training."

Scotland is a country with fascinating history, heritage, and some of the most beautiful countryside imaginable. Glasgow, Scotland's largest city, is alive with the energy and excitement you would expect from one of Europe's most dynamic and cultural capitals. It is the ideal destination to begin and end your congress excursion.

The city's history and heritage come alive through its magnificent architecture and grand country homes. The museums contain ecclesiastical, industrial, and artistic heritage enriched by its collection of European and British masters.

You will be able to enjoy the world's top orchestras and artists at the Glasgow Royal Concert Hall and you can appreciate traditional Scottish hospitality and friendliness in any of the superb cafes, bistros, pubs and top-class restaurants.

Sports fans will find a wealth of first-class leisure and sporting activities to sample, from golf to cycling to cruising on the Firth Clyde - an ideal way to explore the islands and small coastal towns that give the area its unique character.

The Congress Highlights include a lot of programs such as Welcoming Party, Opening Ceremony, Home Hospitality Program, The Outstanding Young Persons of the World Ceremony, Awards Ceremony and the Gala Presidential Banquet and Ball, etc. Moreover, the Organising Committee is arranging a full series of business, training and theme programs with world-renowned speakers and social events you will long remember. There are also a variety of programs for the JCI Senators and spouses.

Glasgow, Scotland, promises you an unforgettable experience. Start planning NOW to attend this once-in-a-lifetime 50th Junior Chamber event!

If you register before September 15, the fee is US$330 per delegate, after that you will have to pay US$380. The cost of hotel rooms ranges from £60 to £140. The Organizing Committee will update you on more details in due time.



Enjoying scenic Glasgow by horse-drawn carriage.



Glasgow University - a fine embodiment of Victorian Gothic architecture - provides a visitor centre with excellent information on surrounding attractions.

This column of JCI news is sponsored by Junior Chamber International

WAYS TO IMPROVE PUBLIC SPEAKING



1. Be careful of your dress and personal appearance. Be neat and well-groomed.

2. Maintain your personal dignity at all time while speaking.

3. Show respect for your audience.



4. Avoid artificial gestures. A gesture must be spontaneous to be effective.



5. Do not frown at your audience.

6. Smile now and then, but not in a sly or secretive manner.

7. Give the impression of a healthy body and mind.



8. Never unleash your personal feelings. The average audience resents this.

9. Do not play with rings and pencils or papers while you are speaking. Do not play with your hands while speaking.



10. Recognise occurrences that take place in the audience or outside which might distract your audience or interrupt your speech.

11. Do not continuously drink water while making a speech.



12. Constantly seek the "yes response" from your audience.



13. Always tie your speech in with what has gone before.

14. Create the idea that you are having a good time making the speech.

15. Never thank an audience with a mechanical "thank you" at the end of your speech. Express thanks graciously. What you say is only half as important as how you say it.

16. Do not bore your listeners. If they read, look at watches, yawn or fall asleep while you are speaking, it is time for you to go home.



Training Tips

A SPEAKING TIP

If you've agreed to speak to an audience that your're not familiar with, ask for the names of a half dozen people who will be in the audience.

Contact them and determine their backgrounds and expectations for the presentation. Thank them when you start your speech. Doing this homework will impress the audience.

Source: The Write Source, 2380 E. Birchfield St., Simi Valley, CA 93065

This column of JCI news is sponsored by Junior Chamber International