

***Staying Well Connected* - 1st Bulletin (1st April 2020)**

Hi everybody,

According to Chinese traditions, we bow to each other when we meet. There is also an ancient saying: "real gentleman three feet apart from the dining table". I think these gestures bear their reasonings.

About 10 years ago, parents were worried that their children would often hide in the room and become otaku. Now, parents are happy to see their children become otaku, and they will be part of it. In unprecedented times, of course, there will be extraordinary actions and extraordinary thoughts! I believe that it is time for everyone to use their little universe to think and act. After the epidemic is over, I hope you can give us some ideas how we run the Centre. Thank you!

In the meantime, everyone must keep healthy:

1. Get more sunshine (including the back of your body);
2. Do more exercise, such as Qigong "Ba Duan Jin";
3. If there are signs of a cold: mix garlic, scallions, ginger, rice porridge together and consume morning and evening.

Take care, see you soon.

Donna SO (CEO)

As I write my Work Update from my dining table at home, the Coronavirus pandemic is hitting everyone globally disregard one's age and gender, rich or poor. From this crisis, we come to appreciate how precious life is and fearful that it is unpredictable. It is a time for reflection, sharing, solidarity and affinity. At this difficult time, it is utmost important that we adhere to Government and Public Health England rules: - to

STAY AT HOME

- only go outside for food, health reasons or work (but only if you cannot work from home)
- if you go out, stay 2 meters (6 feet) away from other people at all times

- wash your hands as soon as you get home
- **DO NOT MEET OTHERS, EVEN FRIENDS OR FAMILY**

I want to add my personal rule: **always wear a mask** if you have to go out for the reasons under the Government's rules.

You must have been told via the Islington Chinese Association's social network by now that the Centre is closed from 18 March due to the pandemic. In light of the Stay At Home rules, my colleagues and I have been working from home since then. We are now into the second week of this unusual "modus operandi", I have personally been finding this formal/informal way of working very challenging. First of all, discipline (which I do not have much) is key. There are so many temptations that distract my focus, for example, when the sun is shining and it is so nice outside, I almost wanted to go out and soak up the UV. Of course I am aware that I am still paid to do my job except that it is from my comfortable home and not at the office but I cannot resist from constantly leaving my desk to make myself a cup of tea, snacking or turning on the music. My working hours have become flexible as I am now available 7-24 at my home laptop instead of being tied down at the Office for set hours of the day. I am still struggling to adapt to such disrupted way of conducting my paid work. I will update you at my next Staying Well Connected Bulletin how I manage to cope. In the meanwhile, stay safe, keep well and healthy, mentally fit and balanced.

Katy BLAIR (Fundraising Manager)

A Fun Article

An old man came to the city for the first time. He went into a building, looking for his son. He went to the elevator but didn't know what it was. Suddenly an old cleaning lady pressed the elevator button and went in. After a while, the elevator came back and opened, a pretty woman came out, and the old man is mumbling: "If you knew it, I should bring my wife here as that the technology is so advanced nowadays.

Introspection: We always need to dream a little bit, and look for something to surprise us.

John MAK (Project Coordinator)

Home Sweet Home, Treasure the Love of Friends

Staff and dedicated members of ICA specifically stopped whatever they were doing at 3pm on 1 April in joint prayers for some individual members who were suffering illness, in particular, from COVID-19 and also for the global pandemic. Sadly, the COVID-19 is still raging around the world: regardless of borders, regardless of race. Our generation is "fortunate" to face this most severe test in our lives, far more than "World War" - because the epidemic cannot be solved with military force or siege! At the moment, the virus is flooding.

I really can't figure out why this virus is spreading in such speed. After the locked down of the whole country, what we can do is keep self-discipline and stay at home: "washing hands and being lazy on bed" can actually save the world! It's ironic ...

I still remember on February 26, the number of infected people in the UK was 13 cases and 0 death on that day. But today (April Fool's Day) after 30 days had passed, there were 29,474 cases and 2,352 deaths in the UK. It is speechless that the numbers are increasing. In the United States, the number of infections exceeded 200,000, in fact, 209,056 cases and the death number were 4,657. In Europe, it has also become severely affected area, with 110,574 cases and 13,155 deaths in Italy; 102,179 cases and 9,131 deaths in Spain; 77,558 cases and 891 deaths in Germany; 56,989 cases and 4,032 deaths in France. The earliest mass infection in China: now 83,095 cases with 3,312 deaths (but it is worth mentioning that 76,412 people have recovered)! At present, there are 196 infected countries in the world. Unlikely the momentum is still uncontrollable, and the number of infected people continues to rise. The relevant experts also said that the peak period of infection is still weeks or even months later. The number of infections worldwide today is 930,338, and the death number is 46,246. The above figures are astonishing, but the epidemic is at high speed, it is incredible, and the number of infections continues to rise. The terrible thing is that the global government and medical teams are helpless! How to deal with it and how to solve it still needs to be researched and developed vaccines by top scientific research professionals from all over the world.

Through the outbreak of this epidemic, it is really thought-provoking - We should not be too obsessed and entangled in meaningless disputes. Let go and take things easy, so that we can find the warmth behind the epidemic - "Home Sweet Home, Treasure the Love of Friends"!

Stay safe & Bless you!

Perry FUNG (Centre Manager)