

依士靈頓華人協會

ISLINGTON CHINESE ASSOCIATION



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## **\*Staying Well Connected\* - Bulletin 3 (22<sup>nd</sup> April 2020)**

### **REMEMBERING OUR DEAR MEMBER MR RICCARDO WU WHO PASSED AWAY RECENTLY**

Almost everyone in this world likes to be in the company of a nice person: The late Riccardo was definitely that nice person. Nice people are a joy to be around, they inspire others and make the people they are with feel good about themselves. People who are nice are also great influencers and have a bigger pool of genuine friends. They sincerely care about others, and their thoughts, actions and words reflect it. As the saying goes, "it is nice to be important, but it is more important to be nice".

But how does one go about becoming a nicer person? Here were some of Riccardo's inspirational deportments: -

**Help Others** - Kindness and the willingness to help others go a long way in this world. Everyone needs some form of help in their lives at some point

**Smile and Laugh** - Frequent smiling and laughing makes you a more pleasant person to be around. We are not referring to fake smiles or laughs as people will see right through your insincerity

**Be Interested in Others, Ask Questions and Listen** - Rather than constantly talking about yourself, be genuinely interested in others, ask questions to demonstrate your interest, and be a good listener

**Say Please and Thank You** - It might seem obvious, but many people in this world seem oblivious to the power of proper manners, specifically, saying 'please' and 'thank you'. Being polite is one of the easiest and most effective ways to become a nicer person

**Apologise Sincerely** - Everyone makes mistakes in life. It is important to note that it is part of a learning process in life

**Pay Compliments** - Learning to pay others sincere compliments is a great way to be a nicer person. Everyone has qualities and accomplishments that deserve to be recognised

**Make Polite Gestures** - Courteous gestures and actions go a long way in showing others that you are polite and care about them

**Be Honest, Don't Embellish** - One of the most fundamental qualities of a nice person is honesty. Nobody likes or respects a dishonest person or one who embellishes

**Don't Be a Nicer Person for Personal Gain** - Be a nicer person because you want to be. Do not do it for personal gain

**Be Humble** - Humility is a quality in that everyone admires and respects, so always be humble. Nobody likes to be around someone who is a braggart or cocky.

REMEMBER: STAY AT HOME PROTECT THE NHS SAVE LIVES

*Katy BLAIR (Fundraising Manager)*

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## **DESIRE**

A man found a magic lamp. The elf of the magic lamp told him that he could make a wish.  
He said, "I want a sandwich."  
The elf said: "Your wish is too small, it should be bigger."  
"Okay!" The man said happily: "I hope to get an extra large sandwich."  
For reflection: The source of joy comes from simplicity, easy to satisfy.

*John MAK (Community Development Project Coordinator)*

## **SIMPLICITY**

Hello everybody, since the whole country has been locked down for a few weeks, I have come to understand life a little bit better.

Life can actually be very simple, but we  
    Always need to share with others,  
    Always need to have a dream, a pursuit or a hope in life,  
Otherwise, life will become monotonous and not interesting.

Human beings are social creatures. Social isolation,  
    It may be very uncomfortable for some people,  
    It may be a very welcoming charging opportunity!  
It's a big challenge for me!

What can ICA do to make it easier for members to get through this Lockdown period? If you have a good idea, please let us know, thank you!

*Donna SO (CEO)*

## **“NO WEDDING, ONLY FUNERAL”**

Today is exactly a month after the “lockdown” of the United Kingdom! I remember about 16 years ago (in 1994), a big British movie, “Four Weddings and a Funeral”, a relaxed love film. Now, the U.K. is no longer relax, it should be said that the world is no longer relax and easy! Due to the “epidemic outbreaks”, it is estimated that during this whole lockdown month, there are not many grand weddings held but there will be quite a number of funerals.

I have participated in two live online funerals in the past two days and due to the epidemic restrictions, only ten mourners were allowed at the funeral service (no doubt, there were lot more people attended via live streaming). I believe those present were all the deceased's family and close friends. One of the deceased was a great grandfather over 88 years old. I still remember when I attended his 80th birthday, there were more than 150 guests. Life is really helpless!

Whether it is a wedding or funeral service, if held outdoors, will usually be in a large garden. This reminds me of another moving thing: a 99-year old veteran “Captain Tom Moore” who fought in the Second World War and was awarded the honours medals. He used his “Garden Walks” in the past week and targeted to raise £1,000 for the NHS; but to everyone’s surprise he managed to raise over £28 million for the NHS which is under financial pressure to battle against the new coronavirus. The story does not end here, he also aimed to walk 100 laps of his garden with a frame before his 100<sup>th</sup> Big Birthday. His daughter, in a media interview, said: “I give you a hug from the whole nation, everyone wants to do it but can’t due to the lockdown”.

Just two weeks after our 2<sup>nd</sup> bulletin (published on 8<sup>th</sup> April), the number of infections continued to grow, the epidemic has not yet subsided. Since April, the United States and five European countries (Spain, Italy, France, Germany and the United Kingdom) have continued to be among the hardest hit by the global pandemics. As of 22<sup>nd</sup> April, there were 849,092 cases and 47,681 deaths in the US; 133,495 cases in the UK and 18,100 deaths, but it is worth noting that only 1,918 people have recovered in the UK. The number of people infected worldwide was 2,655,358, and the total number of deaths was 185,066, an alarming and scary data!

We are living at difficult times and while people cannot make social contact in-person during the mandatory “lockdown” and everyone has to adhere to the “Stay-at-home” rule, we can take this opportunity for reflection as the above two colleagues shared in “DESIRE”, “SIMPLICITY”. The world is still functioning and there are some things that will not stop, for example, there will still be sunrise and sunset, love, dream, joy, satisfaction, family gathering, goodness, creativeness, learning, distant sharing, imagination, reading, interpersonal relations, prayer, meditation, work, hope...etc. Of course, you must cherish and seize this opportunity to do what you want to do. Lockdown does not mean locking up your inner self, take time for self-reflection and think deeply about what you have learnt from this public health crisis.

*Perry FUNG (Centre Manager)*