

# CANADIAN CHINESE INSURANCE PROFESSIONALS ASSOCIATION



## CCIPA NEWSLETTER

QUARTERLY PUBLICATION

加華保險專業協會

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NOV 2018

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*Opinions expressed are those of the authors and do not necessarily reflect the views nor the endorsement of CCIPA.*

### Upcoming Events

Please mark your calendar for the upcoming events. Listed below are a few of many upcoming fun events. Please stay tuned for further registration details. We look forward to seeing you at all upcoming events.

#### CCIPA Annual Christmas Ball –

**Date: November 30<sup>th</sup>, 2018**

**Venue: Shangri-La Banquet Hall and Convention Centre,**

**Address: 50 Esna Park Dr, Markham, ON L3R 1E1**

Mark your calendars! As this will be the biggest CCIPA Christmas Ball yet! With the past success and growth of our Annual X'mas event. Our party has upgraded its venue to Shangri-La Banquet Hall and Convention center. This year we are expecting record breaking attendance so get your tickets as soon as they come out! Guest can expect a fun night of delicious food, mesmerizing entertainment and amazing raffle prizes.

#### CCIPA Chinese New Year Dinner

Mark your calendars! Our CCIPA Annual Chinese New Year dinner has been tentatively set for March 1<sup>st</sup>, 2019! Join us in welcoming the year of the Pig! More details to come!

**Christmas Party**

Canadian Chinese Insurance Professionals Association  
加華保險專業協會

**30TH NOV** RECEPTION: 6PM, DINNER: 7PM

SHANGRI-LA BANQUET HALL & CONVENTION CENTRE  
50 ESNA PARK DR, MARKHAM, ON L3R 1E1

COST: \$90 PER PERSON, EARLY BIRD \$640 / TABLE OF 8 PPL  
PLEASE R.S.V.P. BY NOVEMBER 16, 2018

## Newsletter Editor's Message

Dear Members and Friends,

As we see the temperature dropping on the weather channel, one thing we can look on this year is the many events we had. From our Annual gold tournament to our fun evening at Woodbine Racetrack, our association has never stopped looking forward to bringing our members and friends more fun events. With that being said, I am excited to invite you all to our CCIPA Annual Christmas Ball! This year our event will include entertainment such as dances, team games and more! We will also of course have our famous Raffle draw! This year our Grand Prize will be the latest iPhone! Good luck to everyone!

Otis Wong  
 Editor  
 DGA Careers

## Member's Corner

CCIPA invites and encourages all interested individuals, affiliated or working within the insurance industry, to join our insurance professional community network. Please introduce the CCIPA to your peers and contact our board directors for further details. The membership application form can also be downloaded from our website.

If anyone has any comments or suggestions, please do not hesitate to let us know!

Please note membership renewals are due! Visit [www.ccipa.com](http://www.ccipa.com) to renew your membership!

## Congratulations William!

Please join me in congratulating on of our members!

**William Chan** just won the Young Broker of the Year Award at the IBAO Annual Awards of Excellence Gala. We're beyond proud. Congratulations to all the winners and finalists. William most recently took on the role of President at BrokerTeam and now has won this Prestigious award. Well done!



## Past Events

### CCIPA Seminar

Date: September 26th, 2018

We had the pleasure of learning about "Legal Expense Insurance for Businesses" from Katherine Ferrante - VP Sales and Business Development of ARAG Services Corporation. Our members and guest got to obtain 1.5 CE hours and enjoy a networking session before and after.



### CCIPA's Evening at Woodbine Racetrack

Date: October 3rd, 2018

Guest got to enjoy a fun evening of horse racing, delicious dinner buffet and an evening to at the slots! The event was a great success with many winners in our group! Congratulations to some of our members who won the trifecta!

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## Industry Events:

**Nov 27th** - Insurance Canada - [MGA Symposium Technology: The Heart of Your Enterprise](#)

Location – Malaparte, Toronto

Link: <https://archive.insurance-canada.ca/mga-symposium/MGA-2018-registration.php>

**Jan 24<sup>th</sup>** – Insurance Institute of Canada- Insurance Institute of Ontario- GTA Convocation

Location: John Bassett Theatre, Metro Toronto Convention Centre (North Building) 255 Front Street West, Toronto

Link: <https://www.insuranceinstitute.ca/en/institutes-and-chapters/Ontario/Greater-Toronto-Area/Convocation>

## Article: Experts Share How To Balance Work, Life, & Wellness

Trying to balance work, life, fitness, and eating well can feel impossible with limited hours in the day. Despite being aware of the surmounting research that regular exercise and healthy eating habits can reduce stress, improve individual's energy levels and work-life balance, it's always the first thing to fall off for me. So I asked the experts for their suggestions on how to balance work, life, and a wellness routine. Here is what they had to say:

**Utilize your strengths.** “While we would all like to be experts in many areas, some may require more learning and practice. Find some places that you already excel in and utilize those skills to help you in achieving a new goal. If organization is your forte, making and keeping a weekly meal plan may be in your scope of possibility. If you haven't used a pot or pan since top ramen days in college, don't jump into Julia Child level recipes. Instead, start with some basic meal planning that involves healthy prepared foods like a pre-cooked rotisserie chicken or light cooking requirements like instant brown rice,” says Jennifer Gibson, Head of Nutrition and Coaching at Vida Health

**Boost your vitamin D levels.** Whether it's a morning run or a walking midday meeting, get outside and boost your vitamin D levels. “From a fitness point of view, vitamin D is the best legal performance enhancer you can get, and arguably outperforms many of the illegal ones. At a cellular level, it massively boosts energy and recharges your battery quicker. Repeated studies have shown vitamin D working at a cellular level to repair damage from injury or physical stress.” says Ian Wishart, author of Vitamin D: Is This The Miracle Vitamin?

**Know when to go for the bronze.** Instead of taking on an “all or nothing” mentality when it comes to your workout routine, strive for a realistically balanced routine. “Pressure to do our best at everything can be paralyzing, and perfectionism is deadly to balanced living. In pursuit of the best, we end up burning tons of time and energy trying to maximize the things that may already be good enough and leave ourselves depleted when we head into the next activity. In fact, research has found that while gold medalists may be happiest, bronze medalists appear considerably happier than silver winners.” - Sam Chase, MFA, author, positive psychologist and certified yoga teacher

**Have a plan B... and C.** “If your day gets foiled by a last-minute meeting, or one of your kids' school nurses is calling because your child is sick, DON'T SWEAT IT. I know that's easier said than done but try this: Have some alternative ideas in your back pocket, almost like a secondary course of action that's part of your plan. Maybe it's a more vigorous or longer walk with your dog. Maybe you can even take that work call while you're out walking. There are so many resources right at our fingertips. Not only can you use your phone as your scheduler and computer, but it can also suffice as a workout tool. Find some great fitness YouTube channels, and get the workout done in the confines of your own home if you can't make it to the gym or fitness studio. Grab that basketball and head out to shoot some hoops with your kids. If you're open minded, and flexible, you can make anything a workout and that can easily balance last minute changes or scheduling conflicts.” - Jody Merrill, founder and owner of Btone Fitness® Studios

**Outsource responsibilities.** No time for meal prep? No problem! “The growing popularity of meal delivery services has resulted in some incredibly convenient options to outsource chef quality meal preparation. Have your meals delivered ready to go by your own personal chef, these options can range from \$8 - 16 / meal which in many cases makes them cheaper than actually grocery shopping,” says Evan Shy, founder of Shytown Fitness

Despite the lack of hours in a day, people should get creative and prioritize exercise and a wellness routine to reduce stress levels and improve work-life balance, with balance being the operative word. Give yourself permission to test, and course correct, different exercise methods and meal planning strategies that fit into your schedule. Remember that balancing work, life, and wellness is about finding a plan that supports your lifestyle and shouldn't leave you feeling guilty or ashamed for missing the gym that day.

Rachel Dresdale, Forbes Contributor

<https://www.forbes.com/sites/rachelrittop/2017/02/28/experts-share-how-to-balance-work-life-wellness/#60feebd0377e>

# Message from the President

Dear CCIPA Members and Friends,

I like to thank Katherine Ferrante from ARAG for presenting an amazing RIBO accredited seminar on Legal Expense Insurance for businesses. Those that missed her presentation should consider getting in touch with her to provide one for their own Brokerage. We did, and our entire group was so thankful of her for taking the time out to visit us.

Lastly, Christmas is around the corner and as with all previous CCIPA's Christmas gala's – there will be a lot of prizes and unforgettable performances. Don't forget to register early!

Corey Chan

President, CCIPA

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