

CANADIAN CHINESE INSURANCE PROFESSIONALS ASSOCIATION



CCIPA NEWSLETTER

QUARTERLY PUBLICATION

加華保險專業協會

Website: www.ccipa.com Email: info@ccipa.com

AUGUST 2016

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Upcoming Events

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

Annual CCIPA Golf Tournament – Aug 11, 2016 Room: Post-Parade Buffet Room
With the temperature going up! We are excited to once again, host our Annual CCIPA Golf Tournament. This year we will be hosting our annual Golf Tournament once again at the Station Creek Golf Club! Come join us in a day of sun and friendly competition! Sponsorship is also welcomed! For more information, please contact Jenny Chow or David Cheng

Location: Station Creek Golf Club - 12657 Woodbine Ave, Gormley, ON L0H 1G0

Woodbine Race Track Night – Sept 28th, 2016

Join the CCIPA for a night house racing and a delicious buffet dinner! Network with industry peers and cheer for your horse!

Location: 555 Rexdale Blvd, Toronto, ON M9W 5L2

X'mas Ball – November 25th, 2016

Mark your calendars! The CCIPA will be hosting its Annual X'Mas Ball on November 25th. Expect a delicious dinner, music and amazing prizes! More details to come for Venue and Prizes!

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

Newsletter Editor's Message

Dear Members and Friends,

With Toronto once again breaking records again for having some of the hottest days of the year, CCIPA members will have to brave the heat as they take on our Annual Golf Tournament. This year we will be hosting our tournament at the prestigious Station Creek Golf Club. Member will get to enjoy a delicious barbecue lunch and friendly competition at one of the best courses in the city!

I also want to take a moment to thank all our sponsors who has generously showed their support to the CCIPA. Without your continuous support, our success will not be possible.

I would also like to remind our members that the CCIPA will be hosting our Woodbine Race Track Night on September 28th. For more information, feel free to visit our website or contact a Director directly!

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! With all the excitement, we are looking forward to another enjoyable year full of exciting events in the upcoming 2016 year!

Please note membership renewals are due! Visit www.ccipa.com to renew your membership!

!

Past Events

Annual General Meeting June 17th, 2016

As usual, the CCIPA AGM was a huge success! Members and friends got to enjoy a RIBO Seminar hosted by the City of Markham and Dinner at the Elegance Chinese Cuisine & Banquet Hall

The CCIPA would like to thank all our sponsors for their continuing support for the association.

Welcome New Members

Peter Chang – Travelers



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Industry events:

Aug 30th – Insurance-Canada – 4th Annual Executive Forum -

The 2016 Insurance-Canada.ca Executive Forum will bring together a faculty that understands – and lives – the broader customer experience from a variety of perspectives. We are including executives and analytics experts from outside the P&C community to share their successes and challenges. www.insurance-canada.ca

Oct 1st – Insurance Institute - CIP Society Indoor Beach Volleyball Tournament

- Returning for its' second year, join us for an action packed afternoon in the sand! There is nothing wrong with a little competition so register a team today and take on other industry professionals outside the office in an indoor beach volleyball tournament. There is only one category and that's FUN! www.insuranceinstitute.ca

Oct 19th-21st - IBAO – 96th Annual IBAO Convention

- Join Brokers, Underwriters and other Insurance professionals at the Sheraton Center at the heart of Toronto for 3 days of seminars, networking and party! www.ibao.org

Industry News:

Insurance Brokers Association of Ontario (IBAO)-

President Doug Heaman has announced that the organization has appointed Colin Simpson as CEO, effective immediately.

Economical - Rowan Saunders has been named president and CEO. Saunders served as president and CEO of [RSA Canada](#) since 2003

Ways To Eliminate Stress At Work

Act Rather Than React

"We experience stress when we feel that situations are out of our control," says Melnick. It activates the stress hormone and, if chronic, wears down confidence, concentration and well-being. She advises that you identify the aspects of the situation you can control and aspects you can't. Typically, you're in control of your actions and responses, but not in control of macro forces or someone else's tone, for example. "Be impeccable for your 50%," she advises. And try to let go of the rest.

Take A Deep Breath

If you're feeling overwhelmed or are coming out of a tense meeting and need to clear your head, a few minutes of deep breathing will restore balance, says Melnick. Simply inhale for five seconds, hold and exhale in equal counts through the nose. "It's like getting the calm and focus of a 90-minute yoga class in three minutes or less at your desk," she says.

Eliminate Interruptions

"Most of us are bombarded during the day," says Melnick. Emails, phone calls, pop ins, instant messages and sudden, urgent deadlines conspire to make today's workers more distracted than ever. While you may not have control over the interrupters, you can control your response. Melnick advises responding in one of three ways: Accept the interruption, cut it off, or diagnosis its importance and make a plan.

Many interruptions are recurring and can be anticipated. "You want to have preset criteria for which response you want to make," she says. You can also train those around you by answering email during certain windows, setting up office hours to talk in person or closing the door when you need to focus.

Schedule Your Day For Energy And Focus

Most of us go through the day using a "push, push, push" approach, thinking if we work the full eight to 10 hours, we'll get more done. Instead, productivity goes down, stress levels go up and you have very little energy left over for your family, Melnick says. She advises scheduling breaks throughout the day to walk, stretch at your desk or do a breathing exercise. "Tony Schwartz of the Energy Project has shown that if we have intense concentration for about 90 minutes, followed by a brief period of recovery, we can clear the buildup of stress and rejuvenate ourselves," she says.

Eat Right And Sleep Well

"Eating badly will stress your system," says Melnick, who advises eating a low-sugar, high-protein diet. "And when you're not sleeping well, you're not getting the rejuvenating effects." According to the CDC, an estimated 60 million Americans do not get sufficient sleep, which is a critical recovery period for the body. If racing thoughts keep you from falling asleep or you wake up in the night and can't get back to sleep, Melnick suggests a simple breathing trick that will knock you out fast: Cover your right nostril and breathe through your left for three to five minutes.

Change Your Story

Your perspective of stressful office events is typically a subjective interpretation of the facts, often seen through the filter of your own self-doubt, says Melnick. However, if you can step back and take a more objective view, you'll be more effective and less likely to take things personally. She recalls one client who sent a request to human resources for more people on an important project. When she was denied, she immediately got angry and defensive, thinking they didn't trust her to know what she needed. Yet she never stopped to even consider there might be budgetary issues on their end. Once she was able to remove herself from the situation, she called the HR director and said: Tell me where you're coming from, I'll tell you where I'm coming from and then let's see if we can find a solution. Ultimately, it worked

Cool Down Quickly

"When you feel frustrated or angry, it's a heated feeling in your body that can cause you to react," says Melnick. Instead of immediately reacting—and likely overreacting—she suggests trying a "cooling breath" technique: Breathe in through your mouth as if you are sipping through a straw, and then breathe out normally through your nose. Done right, you'll feel a cooling, drying sensation over the top of your tongue. It's like hitting the "pause" button, giving you time to think about your response. She says, "It's so powerful it will even calm the other person down."

Message from the President

Dear CCIPA Members and Friends,

Hope you are all enjoying the Summer so far.

The weather has been very hot with temperature reaching 30+ degrees!

Just to touch base on our past AGM (Annual General Meeting) and Seminar held on June 17, 2016 at Elegance Chinese Cuisine & Banquet, the attendance was very good and was a great success.

I would like to take this opportunity to thank all for your great support, special thanks to the presenter Chris Alexander, from City of Markham, who is an Acting Manager of By-Law Enforcement & Licensing Department and Supervisor of Licensing & Standards within the Legislative Services Division for the topic of Standards & Bylaw for Towing, it was very informative for the public to know the rule and regulation. I was very happy to have received lots of feedbacks and questions at the seminar.

Our last 12 months have been very busy as usual. We also had other activities such as Bowling & Hotpot dinner at Club 300 Bowl, our annual Christmas Ball on November 27, 2015 at Edward Village, on February 26, 2016, we celebrated Chinese New Year for the Year of Monkey at Diamond Banquet Hall where the attendance for the night was overwhelming, hitting our highest record, and our 2015 Annual Golf Tournament at Mandarin Golf & Country Club was on August 6, 2015. If you missed last year, I wish you can join us this year, the registration information has been sent out earlier, don't forget to sign up to have a wonderful fun day with us, you can contact any of our directors or look up on our website. I look forward to see you on many more of our functions.

Wish you all to have a great summer!

Jennifer Chow

President, CCIPA



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