

主旨: HKUST Staff Association News (23 March 2015) 香港科技大學教職員協會會訊 (2015年3月23日)

從: HKUST Staff Association <staff@ust.hk>

日期: 23/3/2015 0:14

到: <staff-association-news-list@ust.hk>

HKUST Staff Association News - 23 Mar. 2015

Chinese version follows English one (中文版在英文版本之後)

Dear Colleagues,

In this HKUST Staff Association News, we would like to bring to you:

1. New recruitment of SA Staff courses (Spring 2015)
 - Snake Crane Wing Chun Class
 - Yoga
2. Free Lunch Talk (in Cantonese):
 - 25 March (W) Body Health with Kung Fu by Mr Wayne Yung
3. Recruitment : 1-HKUST Staff & Student Dragon Boat Team

1. New SA Staff Courses Recruitment

The following courses and sports teams for staff and their family members are now open for recruitment. For fee-charging courses, there is an administrative charge of \$30 for Non-members per course or per semester. Non-members are welcome to join the Staff Association to enjoy the member rate as well as other member benefits. Family of our staff could also join as Associate Members. ANNUAL membership fee for both membership types is the same which is \$30. SA membership application form can be downloaded from <http://staff.ust.hk>.

Enquiry: email staff@ust.hk

a) Snake Crane Wing Chun Class

Snake Crane Wing Chun is a kind of traditional Chinese internal martial art, suitable for both man and ladies. Trainings focus on developing the techniques of defence and react using smallest amount of effort to maximize the delivery of power with the muscles relaxed.

Level: Beginner & Intermediate

Date: Every Tuesday from 14 Apr to 30 Jun 2015

Time: 1 p.m.to. 2 p.m.

Venue: LG1027

Instructor: Wallace Tse

Language: Cantonese

Quota: 20 (Priority will be given to Staff Association members and a draw may be made when enrollment exceeds the quota.)

Fee: Member: \$400

Non-member: \$430 (including \$30 administration fee for non-members.)

Registration:

<http://goo.gl/forms/PCXAbZRtJ6>

Deadline: 10 Apr 2015

Convener: Wallace Tse (FMO)

Enquiry email: eowhtse@ust.hk Tel: 97783316

b) Yoga Class

The Yoga Class is taught by Ellen Kong and Jack Chan, Certified Yoga teacher of International Sivananda Vedanta Center in South India with many years of teaching experience. All staff and family members are welcome.

Level: Elementary to intermediate level

Date: Monday on the following dates:

April 13, 20, 27

May 4, 11

June 1, 8, 15, 22, 29

Time: 5:45 p.m. to 7:15 p.m.

Venue: LG1027

Language: Cantonese

Quota: 35

(Priority will be given to Staff Association members and a draw may be made when enrollment exceeds the quota.)

Fee: Member: \$550; Non-member: \$580

(including \$30 administration fee for non-member).

(For SA member, \$120 to be given to Staff Association.

For non-member, \$150 to be given to Staff Association.

The remainder is teacher fee.)

Registration: <http://goo.gl/forms/UKETTUHgVo>

Deadline: Mar. 31, 2015

Convenor: Jack Chan/FMO

Enquiry: Email eojachan@ust.hk

2. Staff Association free Lunch Talk (In Cantonese)

25 March (W) 1-2pm Room 1504 Martial Art Talk -

Body Health with Kung Fu

By Mr Wayne Yung

- Wing Chun instructor
- Editing advisor of New Martial Hero magazine
- Co-author of the Redboat Wing Chun ebook

1 April Leisure Talk: Originate from life - higher than life "Stage of life - life stage" by Mr. Tsim Wah-leung

8 April Leisure Talk: How to enjoy English Football League by Mr. Lo Tak Kuen

15 April Health Talk: Contributions of Biotechnology to Skin Health and Beauty by Prof. Raymond Wong

22 April Health Talk: Obstetrics & Gynaecolog

Dr. Grace Wong, Specialist in Obstetrics & Gynaecology

29 April 2015 Edible oils & Health - how to choose the oil of your choice? by Mr. Elead Chun

3. Recruitment: 1-HKUST Staff & Student Dragon Boat Team

Date: Tue/ Thur & Sat

Time: 6-8pm for Tue/Thur & 8:50-10:50am for Sat

(Training date & time may change subject to the arrangement)

Venue: HKUST Seafront

Level: All level are welcome

Coach: Mr. Joe Poon

Language: English and Cantonese

Quota: 18

Fee: free of charge

Registration: 1hkustdbt@ust.hk

Deadline: 31 Mar 2015

Pre-requisite: present the recognized documentary proof of 100m swimming proficiency OR have passed the 100m swimming proficiency assessment organized by Student Affairs Office

Coordinator: Bruce NG or Raymond NG (FMO)

Enquiry: 1hkustdbt@ust.hk or

Bruce Ng at 9197 0038; Raymond Ng at 6128 3169

For enquiry, please contact staff@ust.hk

HKUST Staff Association

23 March 2015

香港科技大學教職員協會 會訊

親愛的同事們：

今期香港科技大學教職員協會會訊特此給您帶來以下新信息：

1. 2015年4-6月 科大教職員協會課程 招募新學員
 - 蛇鶴詠春拳
 - 瑜珈班
2. 免費午間廣東話閒暇講座：
3月25日 武術講座：功夫與身體健康
3. 香港科技大學師生龍舟隊 招募新隊員

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1. 2015年 科大教職員協會課程 招募新學員

以下體育課程及活動歡迎同事及家屬參加。非會員須加30元行政費，但可即時加入成為本會會員，即享會員特惠價及其他會員福利。

教職員家屬可申請成為附屬會員。正式及附屬會員年費 均為30元。

申請表格下載網址：<http://staff.ust.hk>

a) 蛇鶴詠春拳

蛇鶴詠春拳是一傳統中國內家拳術，男女可學，主要訓練鬆柔靈活以柔克剛的攻防技巧，包括小念頭，基礎十三式等等。

程度：初班, 中班

日期：由2015年4月14日開始至2015年6月30之逢星期二

時間：下午1時至下午2時

地點： LG1027

導師：謝偉雄

語言：廣東話

名額：20人（若超額則教職員協會會員優先）

費用：會員：\$400元

非會員：\$430元（包含30元非會員行政費）

報名：

<http://goo.gl/forms/PCXAbZRtJ6>

截止日期：2014年4月10日

召集人：Wallace Tse (FMO)

查詢電郵：eowhtse@ust.hk 電話：97783316

b) 瑜珈班

瑜珈班由具專業資格導師 江寶珍 及 陳鴻基 教授。歡迎教職員及家屬參加。

程度： 初級至中級

日期： 以下日期的星期一：

4月 13, 20, 27

5月 4, 11

6月 1, 8, 15, 22, 29

時間： 下午5:45至下午7:15

地點： LG1027

語言： 廣東話

名額： 35 人 (若超額則教職員協會會員優先)

費用： 會員：550 元；非會員：580元 (包含 30元非會員行政費)*

(會員學費內含120元捐予本會；非會員內含150元捐款。餘額為導師費。)

報名： <http://goo.gl/forms/UKETTUHgVo>

截止日期：2015年3月31日

召集人：Jack Chan

查詢： 電郵eojachan@ust.hk

2. 免費午間講座 (廣東話)：

3月25日 武術講座：功夫與身體健康

講者：翁國榮先生

- 詠春教練
- 新武俠雜誌編輯顧問
- AM730 武健講場專欄

4月 1日 閒暇講座：原於生活-高於生活《 舞台人生-人生舞台 》

詹華亮先生

4月 8日 閒暇講座：如何欣賞英格蘭足球聯賽

盧德權 (金牌教練)

4月 22日 健康講座：婦產科

Dr. Grace Wong (婦產科專家)

4月29日 健康講座：食用油與健康-如何選擇適合你的食用油?

晉樂安先生

3. 香港科技大學師生龍舟隊

日期：逢星期二/四 及星期六

時間：逢星期二/四下午 6 時至 8 時及逢星期六上午 8 時 5 0 分至 1 0 時 5 0 分

(日期及時間視乎安排可能有所更改)

地點：香港科技大學海傍

程度：有或無經驗者均歡迎參加

教練：潘俊基

授課語言：廣東話及英語

名額：18

費用：免費

報名方法：請電郵到 1hkustdbt@ust.hk

截止日期：2015年3月31日

基本參與條件：提交曾游畢**100**米證明文件或
完成學生事務處所舉行**100**米游泳能力測試
協調員：吳庭杰 或 吳冠翰（校園設施管理組）
查詢：1hkustdbt@ust.hk 或
致電 9197 0038吳庭杰 / 6128 3169 吳冠翰

香港科技大學教職員協會
電郵：staff@ust.hk
2015年3月23日

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