



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

- 1. 2015 SA Staff courses recruitment (new)**
 - Taekwondo Class (Sat. 11 a.m. to 1p.m. LG1027)

- 2. Reminder:**

Free lunch time Health talk:

6 Jan 2015 (Tues.) Chinese Health Diet, 1 - 2 pm at Room 2302

2015 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 Associated 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

Taekwondo Class

1. Introduction

The class is taught by Dr. Takeuchi (MGMT).

2. Details

Level: Beginner to Advanced (2nd degree black belt)

Date: Every Saturday from 10/1/2015 to 25/7/2015 except Public Holidays

Time: 11 a.m. to 1p.m.

Venue: LG1027

Language: English

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

Fee: Free-of-charge

Registration: <http://goo.gl/forms/Uhnq9ee5XQ>

Deadline: 9 Jan. 2015

Convenor: Agnes Lai (MGMT)

Enquiry email: mnkylai@ust.hk

We practice all aspects of Taekwondo, including but not limited to general conditioning, kicking drills, forms, and sparring (shown in the picture) with equal emphasis on all! Anybody who is motivated can join!

Upcoming events:

SA Health Talk: “Chinese Health Diet”

Date: 6 Jan 2015 (Tuesday)

Time: 1 – 2 pm

Venue: Room 2302

Language: Cantonese (supplemented with English if needed)

Fee: Free of charge

Speaker: Chinese Herbalist Mr. Mak (麥曦中醫師) – (Bachelor of Medicine and Biomedical BSc (Hons), the Chinese Medicine Council of Hong Kong Baptist University, Hong Kong registered Practising Certificate (Registration Number: 005383))

Recently flu epidemic caused by the change of seasons, and for those who suffer cold hands and feet during winter may feel uncomfortable and are looking for solutions that may help improve their body strength. In Chinese Herbalist theory and saying, preventive measures are available with some basic principles of health: prevention in advance and prevent during sickness. In this health talk, Chinese Herbalist Mr. Mak will share with us how and what can be done in preventing sickness and improving our body strength through use of appropriate diet.

Last but not least, we wish you a happy new year ☺

For enquiry, please contact staff@ust.hk

HKUST Staff Association

29 Dec. 2014

科大教職員會會訊

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 科大教職員會課程 招募新學員**
 - 跆拳道班 (星期六上午11時至下午1時 LG1027室)
2. **溫馨提醒：免費健康講座**
 - 中醫保健食療 2015年1月6日(星期二) 1 - 2時 2302室

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>

跆拳道班

1. 簡介

跆拳道班由 Dr. Takeuchi (MGMT) 教授

2. 詳情

程度: 初級至中級

日期: 由 2015 年 1 月 10 日開始至 2015 年 7 月 25 日止 之逢星期六 (公眾假期除外).

時間: 上午 11 時至下午 1 時

地點: LG21027

語言: 英語

名額: 20 人 (若超額則教職員協會會員優先)

費用: 免費

報名: <http://goo.gl/forms/Uhnq9ee5XQ>

截止日期: 2015 年 1 月 9 日

召集人: Agnes Lai (MGMT)

查詢電郵: mnkylai@ust.hk

我們在課堂中能練習各方面的跆拳道招式, 包括但不限於一般基本踢技、還有其他應用踢技、拳法 (即「色帶套拳」) 和對打 (如圖中所示) 等練習! 任何有興趣人士, 歡迎加入我們!

溫馨提醒:

免費健康講座：“中醫保健食療”

日期：2015 年 1 月 6 日(星期二)

時間：下午 1 - 2 時

地點：2302 室

語言：廣東話

費用：免費

主講人：麥曦中醫師(香港浸會大學 中醫學學士及生物醫學理學士(榮譽), 香港中醫藥管理委員會 註冊中醫執業證明書(註冊編號: 005383))

最後祝大家新年快樂!

香港科技大學教職員協會

電郵: staff@ust.hk

2014年12月29日