

主旨: Re: Staff Association News - 24 Nov 2014 香港科技大學教職員協會會訊 (2014年11月24日)
從: HKUST Staff Association <staff@ust.hk>
日期: 25/11/2014 9:46
到: HKUST Staff Association <staff@ust.hk>
副本 (CC): <staff-association-news-list@ust.hk>

HKUST Staff Association News - 25 Nov 2014
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. Reminder: HKUST Staff Association Christmas Lunch party cum HKUST Staff Association 25th Anniversary on 19 Dec. 2014 (F)
Advance table booking deadline this Fri. (28/11/2014 12nn).
For details, see
<http://staff.ust.hk/ChristmasParty.html>
2. Weekend Activity for Staff and Family Members:
Free Day trip: High Junk Peak Country Trail
3. Lunchtime activities for Staff and Family Members:
27 Nov 2014: The Missing Part of the Wing Chun History
11 Dec 2014: The Skill of Snake Crane Wing Chun
9 Dec 2014: Relationship of Liver and Gall in Our Healthcare

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Free Day Trip: High Junk Peak Country Trail
organised by HKUST Staff Association
Mountain Walk Interest Group Activity

Date: 7 Dec. 2014 (Sunday)
Time: 9am - 3pm
Meeting time & place: 9am. Clear Water Bay Road, Five Fields Bus Station
Route: Five fields, the Yang Shan, under Yangshan, Temple Chai Pier,
Fishing Weng, Tian Mountain, Tai Miu Wan and Po Toi O Village
Length: about 8.5 KM
Takes: about 4 hours
Difficulty: ** (Hardest *****)
Details:
http://staff.ust.hk/news/High_Junk_Peak_Country_Trail.pdf
Convener: Mr. P. K. Yuen
Enquiry email: eojayyuen@ust.hk and eokytso@ust.hk
Tel. 3469 2061

Lunchtime activities for Staff and Family Members:

1) Talk & Sharing: "The Missing Part of the Wing Chun History"

Date: 27

Nov 2014 (Thursday)

Time: 1 - 2 pm

Venue: Room 4115A

Language: Cantonese (supplemented with English if needed)

Fee: Free of charge

Speaker: Mr. Wayne Yung *

2) Talk & Demonstration: "The Skill of Snake Crane Wing Chun"

Date: 11 Dec 2014 (Thursday)

Time: 1 - 2 pm

Venue: Room 4115A

Language: Cantonese (supplemented with English if needed)

Fee: Free of charge

Speaker: Mr. Wayne Yung *

Snake Crane Wing Chun is a traditional martial art which consists of the body Kung (qi) and the hand techniques. What we can find in Wing Chun today is with the hand techniques only, without any kung pat (qi). Snake Crane Wing Chun is listed as one of the three Wing Chun branches of the first group of the HK Intangible Cultural Heritage. It was also found in the movie 'Troubled Treasures' in the 'Unbeatable Youth' movie series. Participants can try a simple body kung (what qi is) in these two talks.

* The Speaker:

Wayne Yung is the editing advisor of New Martial Hero magazine, co-author

of the Redboat Wing Chun ebook, Technical consultant of Snake Crane Wing

Chun in the movie 'Troubled Treasures' in 'Unbeatable Youth' movie series.

Details of Snake Crane Wing Chun Mun and the speaker:

http://staff.ust.hk/news/SA_lunch_activities_Nov-Dec2015.pdf

3) Health Talk: "Relationship of Liver and Gall in Our Healthcare (肝膽相照)"

Date: 9 Dec 2014 (Tuesday)

Time: 1 - 2 pm

Venue: Room 4115A

Language: Cantonese (supplemented with English if needed)
Fee: Free of charge
Speaker: Miss April Wong (Senior Nutritionist, co-founder of a nutrition center)

The liver is a vital organ of the digestive system. The liver is necessary for survival. What can we do in ensuring these two important parts of our organs work well for our health? Senior nutritionist Ms Wong, who has 16 years' experience in nutrition counseling, physical therapy and is founder of a nutrition center, will share with us useful information and advice at this talk.

Details of the talk and the speaker:

http://staff.ust.hk/news/SA_lunch_activities_Nov-Dec2015.pdf

For enquiry, please contact staff@ust.hk

HKUST Staff Association
25 Nov 2014

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. 溫馨提醒：科大教職員聖誕聯歡會 暨 科大教職員協會25週年紀念 19/1/2/2014 (F)

優先預訂截止日期：2014年11月28日(星期五) 中午12時 詳情：

<http://staff.ust.hk/ChristmasParty.html>

2. 員工和家屬活動：免費一日遊：釣魚翁郊遊徑

3. 員工和員工家屬午間活動：

(1) 講座及分享：“遺漏了的部分詠春史”

(2) 研習：“蛇鶴詠春的技巧及示範”

(3) 健康講座：“肝膽相照”

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2. 行山興趣小組活動：免費一日遊：釣魚翁郊遊徑

日期：12月7日 (星期日)

時間：上午9時出發，約4小時 全長約85公里

地點：五塊田

費用：免費

詳情：<http://staff.ust.hk/news/釣魚翁郊遊徑.pdf>

召集人：袁柄權先生

查詢電郵：ejayyuen@ust.hk/eokytso@ust.hk

電話：3469 2061

3. 員工和員工家屬午間活動：

(1) 講座及分享：“遺漏了的部分詠春史”

日期：2014年11月27日（星期四）

時間：下午1 - 2時

地點：4115A房

語言：廣東話（需要時輔以英語）

費用：免費

主講人：翁國榮先生

(2) 研習：“蛇鶴詠春的技巧及示範”

日期：2014年12月11日（星期四）

時間：下午1 - 2時

地點：4115A房

語言：廣東話（需要時輔以英語）

費用：免費

主講人：翁國榮先生

蛇鶴詠春是傳統國術、包含了身功（氣）及手法，現今詠春拳只有手法而沒有功法（氣）。蛇鶴詠春拳列於首次香港非物質文化遺產系列中、三系詠春拳之一，亦於電影「亂世護寶」中作詠春拳演練。

參與這兩次研討會者可嘗試一些簡單功法，看看甚麼是氣感。

主講人：翁國榮先生，新武俠雜誌編輯顧問，AM730 武健講場專欄

(http://www.am730.com.hk/column_index-413) 作者之一，紅船詠春電子書ebook（

<http://www.slideshare.net/ccwayne/r2-28589490>）

作者之一，電影「少年英雄傳」之「亂世護寶」(http://v.pps.tv/play_3A0TU0.html) 蛇鶴詠春拳技術顧問。

詳情：

http://staff.ust.hk/news/SA_lunch_activities_Nov-Dec2015.pdf

(3) 健康講座：“肝膽相照”

日期：2014年12月9日（星期二）

時間：下午1 - 2點

地點：4115A房

語言：廣東話

費用：免費

主講人：黃麗寶小姐（資深營養師）

介紹:

肝臟位於右邊肋骨以下的位置，膽囊則瑟縮於肝臟之下。肝臟是人體最大的化工廠，除了負責轉化食物並貯存所得能量及分解體內毒素，還會製造凝血物質、血液中的蛋白質和膽汁。膽囊是一個貯存膽汁的器官，負責貯藏和濃縮膽汁。肝臟所製造的膽汁經由總膽管流到十二指腸，幫助人體消化脂肪性食物。不論是肝臟還是膽囊，均有機會「生病」，常見的有慢性乙型肝炎和膽囊結石。肝與膽相表裡，肝又影響到膽，肝與膽發生了變化。我們日常應如何照顧好我們的肝臟和膽來保護我們的健康？黃麗寶小姐會給我們一些有用的建議。

詳情:

http://staff.ust.hk/news/SA_lunch_activities_Nov-Dec2015.pdf

香港科技大學教職員協會

電郵：staff@ust.hk

2014年11月25日

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