

主旨: Re: Staff Association News - 4 Jan. 2015 (科大教職員會會訊 2015年1月4日)  
從: HKUST Staff Association <staff@ust.hk>  
日期: 4/1/2015 17:03  
到: HKUST Staff Association <staff@ust.hk>  
副本 (CC): <staff-association-news-list@ust.hk>, HKUST Staff Association <staff@ust.hk>

HKUST Staff Association News - 4 Jan. 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. 2015 SA Staff courses recruitment (new)
  - Staff Choir (Every Thurs 5:45-7:15pm)

2. SA Christmas Party 2014 photos:

Now available at:

<http://photogallery.ust.hk/PhotoPage.aspx?album=all&jobid=B7562DEB0655777D020371E4E0A0D639>

(Access code: 1037153762)

3. Reminder: Free lunch time Health talk:

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

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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](mailto:staff@ust.hk)

Staff Choir

The HKUST Staff Choir welcomes beginner and experienced singers who like to sing together.

Contents:

- a variety of songs (e.g. musical theatre songs, classical songs and even acappella)
- basic vocal training (e.g. use of breath, control of muscles for singing)
- opportunity of performance
- and a lot of fun!

Level: Beginners or experienced singer

Date: Every Thursday, from 22 Jan. 2015 to 21 May 2015 (14 gatherings)

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

Venue: UC Music Lounge

Language: mainly in Cantonese supplemented with English or Putonghua

Quota: 25~30 (Priority will be given to Staff Association members

and a draw may be made when enrollment exceeds the quota.)

Fee: Member: \$ HKD510

Non-member: \$ 540 (including \$30 administration fee for non-members)\*

Registration:

<http://goo.gl/forms/viVhYTUYT4>

Deadline: 18 Jan. 2015

Convenor: Huang Wen & Ricky Young

Enquiry: Email [staffchoir@ust.hk](mailto:staffchoir@ust.hk)

Reminder of 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 everyone a successful 2015 

For enquiry, please contact [staff@ust.hk](mailto:staff@ust.hk)

HKUST Staff Association  
4 Jan. 2015

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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
- 教職員合唱團（逢星期四 5:45-7:15pm大學中心音樂室）

1. 最近活動照片

教職員協會聖誕聯歡會：

<http://photogallery.ust.hk/PhotoPage.aspx?album=all&jobid=B7562DEB0655777D020371E4E0A0D639>

（登入編號：1037153762）

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>

香港科技大學教職員協會 教職員合唱團

歡迎所有對唱歌有興趣的同事參加。會唱不同種類的歌曲；有基礎聲樂 訓練和有演出機會。

程 度： 歡迎任何水平人士參加  
日 期： 二零一五年一月二十二日至二零一五年五月二十一日止逢星期四（十四節）  
時 間： 下午五時四十五分至下午七時十五分  
地 點： 大學中心音樂室  
語 言： 廣東話為主附以英文或普通話  
名 額： 25~30 人（若超額則教職員協會會員優先）  
費 用： 會 員： \$510  
非 會 員：\$ 540（包 含30元非會員行政費）

請登入以下連結報名：

<http://goo.gl/forms/viVhYTUYT4>

截止報名日期： 二零一五年一月十八日前

召 集 人： 黃文 和 楊榮基

查 詢： 電 郵 [staffchoir@ust.hk](mailto:staffchoir@ust.hk)

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）

最後祝大家新年進步！

香港科技大學教職員協會

電郵：[staff@ust.hk](mailto:staff@ust.hk)

2015年1月4日

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