

主旨: Staff Association News - 5 Dec 2014 香港科技大學教職員協會會訊 (2014年12月5日)
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HKUST Staff Association News - 5 Dec. 2014
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. Colleagues Achievements: Corporate Games result (new)
2. Reminder:

a) HKUST Staff Association Christmas Lunch party
◦ Open ticket sales: 8 Dec. 2014 (M) 1-5pm LG3 counter
◦ details: <http://staff.ust.hk/ChristmasParty.html>

b) Free Weekend Activity for Staff and Family Members:
7 Dec 2014 (Sun.): Hiking Day trip: High Junk Peak Country Trail
Details: http://staff.ust.hk/news/High_Junk_Peak_Country_Trail.pdf

c) Free Lunchtime Activities for Staff and Family Members:
1-2pm Room 4115A

(i) 9 Dec 2014 (Tues) Health Talk: Relationship of Liver and Gall in Our Healthcare

(ii) 11 Dec 2014 (Thurs) Talk & Demonstration: The Skill of Snake Crane Wing Chun
Details: http://staff.ust.hk/news/SA_lunch_activities_Nov-Dec2015.pdf

3. Pre-announcement: Activities in 2015:
6 Jan 2015 (Tues.) Chinese Health Diet, 1 - 2 pm at Room 2302
2015 SA Staff courses recruitment

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1. Colleagues Achievements:
Result of Corporate Games 2014

The Corporate Games is a major multi-sport event specially organized by the Leisure and Cultural Services Department (LCSD) for participation by

industrial and commercial organizations as well as public sector in Hong Kong and their employees. A number of HKUST staff members are taking part in the Corporate Games 2014. We are very pleased to announce the following results being achieved so far:

Badminton A grade Men's Single: 1st Runner-up: Prof Rong ZHENG (ISOM)

Ladies distance runners: 1st runner-up: Congratulations to our top five ladies runners:

Ms. Queenie Liu (HSEO)
Ms. Kwok Yin Ching (CSE)
Ms. Yung Yuk Lan (BioCRF)
Ms Christine Chiu (HSEO)
Ms. Tsang Suk Lan (DBM)

2. Reminder:

a) HKUST Staff Association Christmas Lunch party cum HKUST Staff Association 25th Anniversary on 19 Dec. 2014 (F)
◦ Open ticket sales: 8 Dec. 2014 (M) 1-5pm LG3 counter
◦ details: <http://staff.ust.hk/ChristmasParty.html>

b) Free Weekend Activity for Staff and Family Members:
7 Dec 2014 (Sun.): Day trip: High Junk Peak Country Trail
Details: http://staff.ust.hk/news/High_Junk_Peak_Country_Trail.pdf

c) Free Lunchtime Activities for Staff and Family Members:
1-2pm Room 4115A

9 Dec 2014 (Tues) Health Talk: Relationship of Liver and Gall in Our Healthcare
- In Cantonese (supplemented with English if needed)

The liver is a vital organ of the digestive system. It has a wide range of functions, including detoxification, protein synthesis, and production of biochemicals necessary for digestion. The liver is necessary for survival; there is currently no way to compensate for the absence of liver function in the long term. The gallbladder is a hollow organ that sits just beneath

the right lobe of the liver. Both liver and gallbladder work closely and importantly in our health system, In Chinese medicine theory, what can we do in ensuring these two important parts of our organs work well for our health? Senior nutritionist Ms. Wong will share with us useful information and advice at this talk.

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

11 Dec 2014 (Thurs) Talk & Demonstration: The Skill of Snake Crane Wing Chun

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

3. Pre-announcement:

Watch out for the following staff activities/ courses in 2015:

Jan. free lunch time Health talk:

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

2015 SA Staff courses recruitment

- Snake Crane Wing Chun Class (Every Tues 1-2pm LG1027)
- Traditional Tai Chi Class (Every Thurs 1-2pm LG1027)
- Yoga (Every Mon. 5:45 to 7:15pm LG1027)

For enquiry, please contact staff@ust.hk

HKUST Staff Association

5 Dec. 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. 科大教職員的成就：工商機構運動會（新比賽結果）
2. 溫馨提醒：

12月8日（星期一）科大教職員聖誕聯歡會 散座票公開發售

12月7日（星期日）免費一日遊：釣魚翁郊遊徑

12月9日（星期二）和12月11日（星期四）免費員工和員工家屬午間活動

3. 2015年活動預告

1. 科大教職員的成就：

「工商機構運動會」是康樂及文化事務署（康文署）特別為本港的工商和公營機構及其僱員每兩年舉辦一次的大型綜合運動會，目的是希望各機構的員工通過參與賽事，增強員工的團隊精神及對機構的歸屬感，並且培養員工每日勤做運動的習慣，藉以推廣「普及體育」，建設一個充滿活力的健康社區。科大教職員協會一直支持同事多參與健康平衡的生活，還多年贊助科大教職員參與「工商機構運動會」，我們很高興宣佈新的比賽結果如下：

羽毛球甲組男子單打季軍：鄭嶸教授（信息系統管理系）

女子長跑團體季軍：

廖倩鈴（健康安全及環境處）

郭燕貞（計算機科學及工程學系）

翁玉蘭（生物科學中心研究設施）

趙瑞文（健康安全及環境處）

曾淑蘭（商學院院長室）

讓我們給參賽同事大力支持，期望有更多的好賽果。

2. 溫馨提醒：

a) 2014年12月19日(星期五) 科大教職員聖誕聯歡會 暨 科大教職員協會25週年紀念散座票公開發售（先到先得）：

2014年12月8日(星期一) 下午一時十五分至五時 LG3設施服務櫃臺

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

b) 12月7日（星期日）免費一日遊：釣魚翁郊遊徑

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

c) 免費員工和員工家屬午間活動：下午一時至二時 4115A室

12月9日（星期二）健康講座：“肝膽相照”

大家知不知道自己有没有脂肪肝？在左定右？痛不痛？同肥瘦有没有關係？原來全港700萬人有100萬人有脂肪肝，如果不處理會由脂肪肝變成肝硬化，更甚變成肝癌！不容忽視！藉此透過講座分享怎樣知道自己有没有脂肪肝，如果有，怎樣從飲食得以好番。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？資深營養師黃麗寶小姐會給我們一些有用的建議。

12月11日（星期四）研習：“蛇鶴詠春的技巧及示範”

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

3. 2015年活動預告：

2015年1月6日(星期二) 健康講座：中醫保健食療 1 - 2時 2302室

2015年 科大教職員會課程 招募新學員

- 瑜珈 (星期一下午五時四十五 至 七時十五分 LG1027室)
- 蛇鶴詠春 (星期二下午一時至二時 LG1027室)
- 傳統太極班 (星期四下午一時至二時 LG1027室)

香港科技大學教職員協會

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2014年12月5日

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