

## 教職員太極班（陳式太極三十六式） UC Staff Taichi Course (Chen-style Taichi 36 Forms)

書院健康促進小組、書院生活委員會及書院教職員聯誼會於去年9月至今年5月期間合辦的太極班已圓滿結束，所有參加者均表示參與此活動獲益良多。為繼續提倡健康生活及提高本院教職員重視健康的意識，書院將於2013年5月21日至8月13日期間舉辦新一期的太極班，學習陳式太極三十六式，詳情如下：

日期：2013年5月21日至8月13日（逢星期二，共十三課）

時間：下午5時40分至7時10分

地點：聯合書院湯若望宿舍禮堂

導師：徐一杰先生（國家一級武術教練及全國武術太極錦標賽冠軍）

費用：每位\$1,100\*（於第一堂繳交）

截止報名日期：2013年5月16日

\*每位聯合書院教職員可獲書院健康促進小組資助港幣一百元，於繳費時即場減免。

如欲報名，請於截止日期前將姓名、學系／部門、電話（手提／辦公室）、電郵、是否書院聯合書院教職員資料電郵至 [wankawai@cuhk.edu.hk](mailto:wankawai@cuhk.edu.hk)。名額有限，先到先得。

如有查詢，請致電 3943 1947 與書院學生輔導處溫嘉蕙女士聯絡。

Co-organised by the College Task Force on Health Promotion, College Life Committee and United College Staff Association, a Taichi Course was successfully held from September 2012 to May 2013. In order to promote health awareness, a new Taichi course on Chen-style Taichi 36 Forms will be organised from 21 May to 13 August 2013. Details are as follows:

Date: 21 May 2013 to 13 August 2013 (every Tuesday, a total of 13 sessions)

Time: 5:40 pm to 7:10 pm

Venue: Hall, Adam Schall Residence, United College

Instructor: Mr Xu Yijie (Martial arts instructor at the national level; Wushu and Taichi National Championships)

Fee: \$1,100\* (payment to be settled in the first lesson)

Application deadline: 16 May 2013

\*A subsidy of HK\$100 by the College Task Force on Health Promotion will be granted to each UC member.

For registration, please send your name, department/unit, contact no.(mobile/office), email, UC affiliation to [wankawai@cuhk.edu.hk](mailto:wankawai@cuhk.edu.hk). Limited quota and served on first-come-first-served basis.

For enquiries, please contact Ms K W Wan of the College Dean of Students' Office at 3943 1947.



## 本院成員的研究計劃獲撥款 College Members Received Research Grants

本院成員獲下列機構撥款，資助其研究計劃：

College members received research grant from the organisation below:

本院成員 College Member	學系/學院 Department / School	撥款機構 Sponsors
洪磯正教授 Professor Kevin K C HUNG	公共衛生及基層醫療學院 The Jockey Club School of Public Health and Primary Care	健康護理及促進基金——非研究性質的促進健康計劃 Health Care and Promotion Fund – Non-research Health Promotion Projects
林麗華教授 Professor LAM Lai-wah	那打素護理學院 The Nethersole School of Nursing	
Emma MacPherson 教授 Professor Emma MACPHERSON	電子工程學系 Department of Electronic Engineering	創新及科技基金 Innovation and Technology Fund

## 健康午餐講座——骨質疏鬆之預防與治療 Health Luncheon Talk – Prevention and Treatment of Osteoporosis

書院健康促進小組及書院生活委員會於 2013 年 4 月 26 日順利舉行了本年度的健康午餐講座，由賽馬會公共衛生及基層醫療學院黃至生教授擔任嘉賓講員，與超過六十名書院成員分享有關「骨質疏鬆之預防與治療」的知識。參與者反應熱烈，並於講座後踴躍提問。

The College Task Force on Health Promotion and College Life Committee co-organised a health luncheon talk on 26 April 2013. Professor Martin C S Wong from The Jockey Club School of Public Health and Primary Care, was invited to be the guest speaker to share with over 60 College members on "Prevention and Treatment of Osteoporosis". The talk was well received by the participants.



黃至生教授（右二）  
Professor Martin C S Wong  
(second left)

## 書院教職員聯誼會——香港沙頭角禁區解密、深圳中英街文化遊

### United College Staff Association – Hong Kong Sha Tau Kok, Shenzhen Zhongying Street Cultural Tour

由書院教職員聯誼會舉辦的「香港沙頭角禁區解密、深圳中英街觀光團」已於 2013 年 4 月 27 日完滿舉辦，共有三十二位聯合書院教職員及家屬參加。是次活動蒙書院教職員聯誼會主席劉行榕教授擔任榮譽領隊，上午暢遊香港沙頭角禁區邊界的客家村、紅樹林、棧道、雕堡和舊關閘，午膳於雲泉仙館（素宴），下午參觀在深圳境內的中英街歷史博物館及步行遊覽中英街。

A cultural tour of "Hong Kong Sha Tau Kok, Shenzhen Zhongying Street" was organized by the United College Staff Association on 27 April 2013. The tour was very welcome by members and their families with 32 participants. Professor Alaster H Y Lau, Chairman of United College Staff Association, was the Honorary Leader for the tour. Places visited in the morning included Hakka villages, mangrove, plank road, fort carving and the old border gate of the Hong Kong boundary. After a vegetarian lunch at Wun Chuen Sin Koon, the group visited the Zhongying Street Historical Museum in Shenzhen and walked through Zhongying Street.



## 健康聯合人系列——預防性健康檢查推廣計劃 Health Series - Preventive Health Check-up Incentive Scheme

聯合書院健康促進小組、書院生活委員會及教職員聯誼會今年合辦「預防性健康檢查推廣計劃」活動，供聯合書院教職員參與，以推廣健康生活。為鼓勵教職員積極參與，書院以先到先得的方式贊助港幣一百元檢查費用。是次健康檢查共有五十七名教職員及配偶參與，負責健康檢查的化驗所於2013年5月2日前來聯合書院為參加者收取化驗樣本，參加者亦可選擇親身到化驗所進行檢查。

To promote healthy life style, the College Task Force on Health Promotion, College Life Committee and Staff Association co-organized a Preventive Health Check-up Incentive Scheme for College members this year. The College provided a sponsorship of \$100 as an incentive for each United College staff member who registered for this scheme on a first-come-first-served basis. A total of 57 College members and their spouses joined the health check-up. On-campus specimen collection was conducted by the responsible laboratory on 2 May 2013 and participants can also opt to go to the laboratory for the check-up.