



P4

從事科技創新最關鍵
是要配合市場需要。

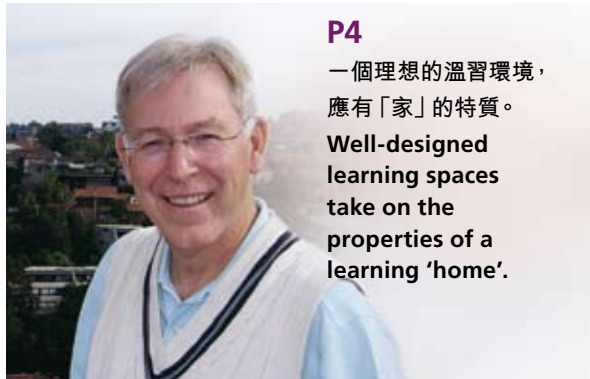
**Market needs
are important at
every stage of
the innovation
process.**



P4

一個理想的溫習環境，
應有「家」的特質。

**Well-designed
learning spaces
take on the
properties of a
learning 'home'.**



P8

要使健康城市持續發展，最
有效的方法是從日常生活、
學習和工作的地方入手。

**To develop Hong Kong
into a Healthy City, we
have to start with our
daily life, study and
work places.**



功夫之道

「功夫沒有絕招，勤練就是絕招。不練習甚麼絕招都沒用。」新亞國術會教練鄺祖賢師傅（右），七十年代末已來中大教拳，他教的除了武術，還隱含治學的態度，並承傳中國文化傳統。（全文詳見頁2至3）

The philosophy of Kung Fu

'Training hard is our coup de maître. If you don't train hard, no technique will be useful,' said Master Joe Kwong (right), instructor of New Asia Chinese Kung Fu Society, who has taught at CUHK since the late 70s. Other than teaching the art of fighting, he also helps to promote Chinese culture. (For full story, please read pp.2-3)

我武維揚——新亞國術會

Kung Fu Fighting in New Asia



來到新亞

國術會的會室，有如踏進一間小武館，懸着烏木刻金字的牌匾，當年的新亞校董張威麟手書「新亞國術會」五個大字，

圓渾沉實。裏面有龍頭、獅頭、木人樁、各式兵器，還有武林秘笈——各種功夫書刊。會室外新亞樂群館外的廣場，十來個紅衣黑褲紫黃腰帶的武者，在泛光燈下拖着長長的影子，或掄刀，或舞棍，或扎紅纓槍。在一眾紅衣人中，一個黑衣者格外顯眼，他是新亞國術會教練鄭祖賢。

「我早在1979年就隨我師父李冠雄來中大教拳。」鄭師傅說。七十年代末，李小龍掀起的中國功夫熱還未退燒。「那個年代學功夫的人很多，師父是蔡李佛名師，在國術界很有名氣，一招生學生就蜂擁而至，七八十人來學，外邊整條路滿是人。師父就找幾個資深弟子來當助教，我是其中之一。那時候我已隨他習武五六年。」

李冠雄師傅在九十年代初移民美國，鄭師傅就接替他擔任國術會教練。今時今日，年代不同了，學生活動多，娛樂選擇多，中國功夫也沒有以前的新鮮感，七八十人一起練拳的盛況不復再現。

鄭師傅說：「每年主席都會想想怎樣招收更多學員，也會想一些噱頭吸引他們，比如你學到一定程度，就教你飛筷子。」沒錯，就是電視上見過拿筷子當飛鏢擲的本領。原來鄭師傅以前是全職的功夫表演者，曾在海洋公園表演醒獅、拳術，另加他稱為「觀賞性」的硬氣功表演，如赤腳踩利刀、喉嚨碎利箭等，飛筷子是其中之一。

不過，除了飛筷子外，他不主張這裏的學生學這種表演式的硬氣功，因為始終有危險性。而飛筷子也要先把拳練好才會教。他解釋：「如果沒有力量，拿起筷子手都不夠力，沒有速度是做不來的，教你只會令你弄傷手。」

金髮碧眼的瑞典交換生艾卯迪（右）（Thor-Amadeus Morillas）也是國術學會會員，隨鄭師傅學武已有三個月。他說：「我以前從沒接觸過中國武術，但常看功夫電影和漫畫，一直嚮往，趁着這個學期來中大交流，就來參加武術班，覺得很好玩。」

除了學生外，參加國術會的還有教職員，包括剛剛在大豆研究獲取重要突破的林漢明教授（頁3，圖左）。林教授說，當初路過看見國術會的學員練習兵器和舞獅，覺得很有趣，就去問鄭師傅：「一個很久沒有運動的人可以來練武嗎？」鄭師傅回答，任何人都歡迎，初學者可以根據自己的程度按部就班練習。

林教授覺得練武是強身健體和消除壓力的好方法。「習武後，我在兩年間減掉了二十磅。練武的時間也是我與女兒同度的親子時光。」原來林教授的女兒昕嵐（頁3，圖右）五歲時曾患重病，所以林教授希望她能習武強身。有一次他回家把所學的功夫打給女兒看，小昕嵐很喜歡並跟着模仿。林教授就請鄭師傅收她為徒，昕嵐於是成為國術會最年輕的學員，每次都與林教授一同練習。

鄭師傅從七十年代末當助教至今，已在新亞國術會教了三十年。他說教拳的目的是為推廣蔡李佛。「現在葉問的電影上演，人人都知道詠春是甚麼，但不是武林中人，大概不知道甚麼是蔡李佛。」至於教拳最開心的事，他說是見到學生在比賽中得獎。「我常對徒弟說，要找一套自己喜歡的拳或兵器，學上手以後，能強身健體，也可以出外表演和比賽。」



至於鄭師傅自己，最喜歡的是一套名叫「混合槍」的槍法，但這套槍法卻不是蔡李佛的。原來他的師父李冠雄師傅當年拍過部電影，認識了武打明星石堅。石堅把幾套北派功夫教給李師傅，這套混合槍就是其中之一。「我一學就很喜歡，後來出去參加比賽，連續拿了三屆槍術冠軍。」

武俠小說的主角總是有一兩下絕招。問到鄭師傅的絕招是甚麼，他答：「功夫沒有絕招，勤練就是絕招。不練習甚麼絕招都沒用。」功夫如是，學習和研究不也是同樣道理嗎？

新亞國術會會室一角放了李冠雄師傅的遺照，鄭師傅每次來到都恭敬地點上清香一炷。這叫不忘本，很中國。這裏教的除了搏擊之術外，還有傳統。

The moment you step into the headquarters of the New Asia Chinese Kung Fu Society inside the Leung Hung Kee Building, you will feel like you have entered a kung fu museum. You see a black wooden plaque bearing the club's name, dragon heads, lion heads, a wooden dummy for practising fist moves, books on martial arts, and an arsenal of weapons: swords, broadswords, staffs, spears, you name it. Outside the building, a dozen martial arts practitioners are sweating it out in the floodlit square, swinging broadswords, waving staffs, and spinning spears. Among people in red T-shirts, black pants and yellow kung fu sashes, a man in full black stands out. He is Master Joe Kwong, instructor of the society.

'I came to CUHK to help my teacher Lee Koon-hung teach kung fu in 1979,' said Master Kwong. The late 1970s saw the heyday of the kung fu craze begun by Bruce Lee. 'My teacher was a famous figure in the martial arts community. In those days, kung fu was so popular that when we opened a class, students would flock to us. We had about 80 students. The roads outside were full of students during class-times. My teacher asked some of his senior students to help him teach. I was one of them. At that time I had taken classes from him for five or six years already.'

After Mr. Lee Koon-hung emigrated to the US in the early 1990s, Master Kwong took on the mantle of instructor of the society. Today, students have a much wider choice of entertainment and martial arts has lost some of its lustre. The scene of 80 students practising now exists only in memory.

Master Kwong said, 'In order to recruit more members, the society had to rack their brains to think of gimmicks, such as teaching chopstick throwing.' That's right, throwing chopsticks as if they are darts the way it is done in movies. Incidentally, Master Kwong used to be a full-time kung fu 'entertainer' who performed lion dance and kung fu at Ocean Park, as well as what he described as hardcore qigong 'entertainment', such as walking bare-foot on knives, snapping an arrow with the throat, and of course, throwing chopsticks.



He does not want his students to learn such performances because they are dangerous, except maybe chopstick throwing. However, he said, you need to know your kung fu before you can learn how to throw chopsticks. He explained, 'If you don't build up your body, you won't have the strength and speed to throw chopsticks. You'll hurt yourself.'

The society has western members. Swedish exchange student Thor-Amadeus Morillas (p. 2, right) has learnt from Master Kwong for three months. He said, 'I did not know anything about kung fu before this.

But I had watched kung fu movies and read comics, so I was very interested in it. Then when I arrived in Asia, I decided to take the opportunity to learn it. It's fun.'

The society has also teachers among its members. One of them is Prof. Lam Hon-ming (left). When he first saw the practice session at the square, he was fascinated by the variety of weapons and the lion dance. Then he asked Master Kwong, 'Is it possible for someone who hasn't done any exercise for a long time to join?' Master Kwong told him that members of the society were all of different levels; everyone could learn at his own pace.

Professor Lam feels that practising kung fu is a good way to tone up his body and relieve stress. 'I got rid of 20 pounds in two years. I also enjoy doing something with my daughter regularly when she's young.' His daughter Eos (right) had suffered from a life-threatening illness when she was five, and Professor Lam thought that letting her exercise on a regular basis would boost her health. After learning some kung fu moves, he showed them to Eos at home and she happily mimicked them. Professor Lam then brought her to Master Kwong, who agreed to take her in as one of his youngest students.

It has been 30 years since Master Kwong taught at the society as his teacher's assistant. He said that he does it because he wants to promote Choy Lee Fut. 'Now that

we have movies about Ip Man, everyone knows what Wing Chun is. But if you don't practise martial arts, you may not know what Choy Lee Fut is.' The most rewarding thing for him is seeing his students win competitions. 'I always tell them to find their favourite fist or weapon form. When they master it, they can use it to strengthen their body; they can also use it to do demonstrations and in competitions.'

As for Master Kwong himself, his favourite is a weapon form called the 'Mixed Spear', though it does not belong to the Choy Lee Fut repertoire. His teacher Lee Koon-hung had appeared in a few movies where he made the acquaintance of kung fu artist cum famous actor Shih Kien. Shih taught Lee some of his own kung fu forms, including 'Mixed Spear'. 'I loved it as soon as I learnt it. I won the championship of the spear category three times with it in martial arts competitions.'



In martial art novels, the hero always has a few coups de maître up his sleeve. When asked what his is, Master Kwong replied, 'There is no such thing in kung fu. Training hard is our coup de maître. If you don't train hard, no technique will be useful.' It applies to learning or research too, doesn't it?

In a corner of the society room sits a picture of his late teacher Lee Koon-hung. Before every class, Master Kwong pays tribute to his teacher by burning incense sticks. Remembering one's roots is a very Chinese thing. What Master Kwong teaches is more than the art of fighting; it is culture. 🇨🇳

蔡李佛拳為南派功夫，據說是清朝廣東新會人陳亨所創。陳亨曾先後學習佛家拳、李家拳和蔡家拳，融會貫通三家拳法後自成一派，稱之為蔡李佛拳。此派拳械套路眾多，包括小梅花拳、脫戰拳、龍行劍、虎尾單刀、九節鞭等。蔡李佛除了盛行於廣東外，在美加等地也流傳甚廣。

Choy Lee Fut (aka Cai Li Fo) was founded by the Cantonese master Chan Heung in the Qing dynasty. Before Chan invented his own style, he had learnt Buddhist kung fu (Buddhist translates as 'fut' in Cantonese or 'fo' in Mandarin), Lee family kung fu and Choy family kung fu. He blended all the styles into a system which he named Choy Lee Fut. The Choy Lee Fut system comprises a wide variety of bare-hand and weapon forms. It is popular in both Guangdong province and surprisingly, North America.





化創新科研為產品

Commercialization of University Innovations

知識轉移辦公室於11月下旬舉辦了兩場有關知識轉移的研討會，對象分別是校內師生和公眾。

「從事科技創新最關鍵是要配合市場需要。」美國加州大學三藩市分校醫學院汪建平教授（右）於2010年11月23日的「中大知識轉移——大學創新科技產業化」研討會中，帶出了這重要訊息。

汪教授強調，要成功轉化科研為產品，須考慮幾個關鍵因素，例如着重保護科研成果的知識產權、發掘產品的市場可銷性，以及建立科學家和業界人士之間的緊密合作。「如果一項科技只能發展成市場上已有的相類產品，或市場對該產品根本需求不大，即使是頂尖的科研成果，也難以將之產業化。」汪教授指出，科技產業化必須建基於科學家和商界之間的團隊合作，並輔以良好管理。

至於在11月26日舉辦的「中大知識轉移論壇」，由中大與香港科技園公司合辦。上午，來自各地學界和業界的講者藉着真實個案，向與會者展示了高價值科技產品的研究和發展策略。下午的論壇由網絡編碼研究所聯席所長楊偉豪教授主持，邀請了本地和國際知名專家分享他們對網絡及最新編碼技術的見解，並展望有關技術的未來應用發展。

Two seminars on knowledge transfer were held for CUHK members and the public in late November by the Knowledge Transfer Unit.

'Market needs are important at every stage of the innovation process' was one of the key messages given by Prof. Wong Kin-ping (right), from the School of Medicine, University of California, San Francisco, at the CUHK Knowledge Transfer Seminar Series – 'Commercialization



of University Innovations in Technology-based Projects', held on 23 November 2010.

The key factors for success, which Professor Wong emphasized in his talk, included the critical role of intellectual property protection by such means as patent filing, technology marketability, and teamwork between the scientists and business professionals. 'If a technology is a "me-too" product or there is little market need, it will be difficult to commercialize even if it is based on high-quality science or from high-impact papers,' said Professor Wong. It is essential to have a team of both technically-skilled scientists and business professionals with good management practices.

Jointly organized with the Hong Kong Science and Technology Parks Corporation, the second forum was held on 26 November. Distinguished speakers from across academia and industry shared their own success stories of biotechnology commercialization in the morning session which carried the theme 'From High Impact Papers to High Value Products'. The afternoon session was steered and chaired by Prof. Raymond Yeung, co-director of the Institute of Network Coding. Local and renowned international experts shared their insight into the recent technological advancements in the field of network and coding, and their perspectives on future applications of this technology. 📷

營造如家的溫習空間

Turning Learning Spaces into Learning Homes

中大圖書館系統及學能提升研究中心於11月30日合辦一場研討會，討論如何把學習的地方營造為家一樣的共享空間。逾四十位有份參與籌劃三三四學制下學習空間的教職員出席。

中大正以learning commons的概念，設計靈活的共享學習空間，供學生在隨和的氣氛下溫習或作小組研習。在研討會中，專研這課題的加拿大卑詩大學教學及學術發展中心兼教與學學術研究中心主任加里·普爾博士（Dr. Gary Poole）表示，一個理想的溫習環境，應有「家」的特質。大學可讓學生參與設計，營造他們鍾愛並具個人風格的環境，藝術布置、光線及家具擺設等，都要有學生自己的特色，讓學生一看便有歸屬感。這就如他們遷進宿舍時，可以一手一腳為房間裝飾布置一樣。

普爾博士表示，從經驗所得，溫習環境與學生學習息息相關。大學可以先掌握學生甚麼環境及時間下，溫習成效會高一些，再採用「家」這個概念，設計切合中大學生實際要求的溫習空間。

Jointly organized by the CUHK University Library Services and Centre for Learning Enhancement And Research, a seminar 'When Students "Move In": Turning Learning Spaces into Learning Homes', was held on 30 November 2010, attracting over 40 stakeholders in the 3+3+4 learning commons initiative.

CUHK is planning facilities which will adopt the 'learning commons' approach to provide a fully flexible environment for collaborative learning in more informal spaces. Dr. Gary Poole, a world authority on the topic and director of the Centre for Teaching and Academic Growth and the Institute for the Scholarship of Teaching and Learning at the University of British Columbia, gave a presentation on how students learn. He maintained that well-designed learning spaces take on the properties of a learning 'home'. A campus must provide opportunities for students to shape their own learning spaces so that they can stamp their own identity upon them – just as they do when they first occupy their dorm rooms. A successful learning home will contain iconic design features such as art, lighting, furnishings and so on, so students can immediately identify with it.



左起：大學圖書館系統高級助理館長劉麗芝、加里·普爾博士、大學圖書館館長施達理博士
From left: Ms. Lau Lai-che Maria, senior sub-librarian; Dr. Gary Poole; and Dr. Colin Storey, University Librarian

Dr. Poole maintained that actual experience elsewhere helps us understand the kinds of learning our students undertake in areas we provide. CUHK can therefore better understand how and when students can learn well together. The University can apply the notion of a 'learning home' and tailor it specifically to learning space usage and design for CUHK students in very practical ways. 📷

電子工程學系四十周年

40th Anniversary of Electronic Engineering Department

由2009年諾貝爾物理學獎得主、前中大校長高錕爵士成立的中大電子工程學系，慶祝成立四十周年，邀得創新科技署署長王榮珍女士、中大電子系校友及立法會議員譚偉豪博士，以及香港學術及職業資歷評審局主席廖約克博士任主禮嘉賓，與中大校長沈祖堯教授和電子工程學系系主任曾漢奇教授一起主持慶祝典禮。

為迎接二十一世紀的重大挑戰，學系已作好準備加強可再生能源和高效能應用、降低人口老化導致的醫療成本等課題的教研。為配合有關策略，學系今年首次推出生物醫學工程主修課程，並招聘專研生物醫學工程、有機電子及太陽能電池的教授。

Established by Prof. Sir Charles K. Kao, 2009 Nobel Laureate in Physics, the CUHK Department of Electronic Engineering celebrated its 40th anniversary this year. Officiating at the ceremony were Miss Janet Wong, Commissioner for Innovation and Technology, HKSAR Government; Dr. the Hon. Samson W.H. Tam,

alumnus of the Department of Electronics, CUHK and member of the Legislative Council; Dr. York Liao, chairman of Hong Kong Council for Accreditation of Academic and Vocational Qualifications; Prof. Joseph J.Y. Sung, CUHK Vice-Chancellor; and Prof. H.K. Tsang, chairman of the Department.

In preparation for the important challenges of the 21st century, the Department is planning to strengthen teaching and research directed at the problems of renewable energy and efficient energy utilization, reducing the cost of healthcare for the ageing population. The new Biomedical Engineering Programme offered for the first time this year, and the recruitment of new professors with expertise in biomedical engineering, organic electronics and solar cells are the result of this strategic focus. 📷



左起：廖約克博士、王榮珍署長、曾漢奇教授、沈祖堯校長、譚偉豪博士和副校長程伯中教授一起主持亮燈儀式

Ceremony officiated by (from left) Dr. York Liao, Miss Janet Wong, Prof. H.K. Tsang, Prof. Joseph J.Y. Sung, Vice-Chancellor, Dr. the Hon. Samson W.H. Tam and Prof. P.C. Ching, Pro-Vice-Chancellor

香港學生能力續居前列

HK Students Perform Well in Academic Ability



教育學院院長及香港教育研究所長盧乃桂教授(左)和學生能力國際評估計劃香港中心總監何瑞珠教授
Prof. Lo Nai-kwai Leslie (left), Dean of Education and director, Hong Kong Institute of Educational Research; and Prof. Ho Sui-chu Esther, director, HKPISA Centre

中大教育研究所「學生能力國際評估計劃(PISA)香港中心」公布第四期PISA研究結果，發現在六十五個國家及地區中，香港學生的能力表現再居前列，中文閱讀能力排名第四，數學和科學能力均排名第三。

中心於2009年4至6月，以隨機抽樣方式，邀請了一百五十一間中學的近五千名學生進行測試，評估他們在閱讀、數學和科學三方面的能力。

結果顯示，香港基礎教育朝向優化而均等的發展，可是校內學生之間的成績差異卻顯著增加，反映校內學生學習能力的差異比以前擴大。因此，中學教師如何裝備自己，教育當局如何支援學校，以照顧學生的學習差異，實是當務之急。

The Hong Kong Centre for International Student Assessment of the Institute of Educational Research at CUHK released the survey results of the Programme for International Student Assessment (PISA 2009). The results

reveal that 15-year-old Hong Kong students again stand in the top tier among 65 countries and regions. They rank fourth in reading and third in both mathematics and science.

From April to June 2009, about 5,000 students from 151 schools were randomly selected for the assessment in reading, mathematics and science.

The result revealed that Hong Kong's basic education system is inclined towards quality education with equality. However, it is found that within-school difference of student performance has increased significantly, suggesting that the academic ability of students within a school is becoming more diverse. As such, how secondary school teachers should equip themselves, and what support the education authority should provide schools in order to take care of the widened learning difference among students in schools would be a timely agenda. 📷

超越寧養治療之視野

Beyond the Horizon in Palliative Medicine

中大醫學院與李嘉誠基金會「人間有情」香港寧養服務計劃合辦的第三屆「華人地區醫護人員紓緩治療研討會」於12月11日舉行。開幕儀式由李嘉誠基金會代表、香港醫院管理局聯網服務總監張偉麟醫生(前排右三)、香港大學李嘉誠醫學院院長李心平教授(前排右四)及中大醫學院院長霍泰輝教授(前排右五)主持。逾百位醫護界人士出席。

大會邀請台北醫學大學賴允亮醫師以「超越寧養治療之視野」為題，講述安寧緩和治療在台灣的發展；港大行為健康教研中心教學總監陳麗雲博士探討如何在華人社區善終服務推動尊嚴治療，霍泰輝教授則講述紓緩醫學教學的重要性。

The 3rd Annual Palliative Care Symposium for Health Care Workers in Chinese Population jointly organized by the Faculty of Medicine at CUHK and Li Ka Shing Foundation 'Heart of Gold' Hong Kong Hospice Service Programme was held on 11 December 2010. The representatives from Li Ka Shing Foundation; Dr. Cheung Wai-lun (3rd right, front row), director (Cluster Services),



Hospital Authority; Prof. S.P. Lee (4th right, front row), Dean, Li Ka Shing Faculty of Medicine, The University of Hong Kong and Prof. T.F. Fok (5th right, front row), Dean of Medicine, CUHK, officiated at the opening ceremony. Over 100 health care professionals from different backgrounds took part in the symposium.

Dr. Enoch Lai from Taipei Medical University was

invited to deliver a plenary lecture entitled 'Beyond the Horizon in Palliative Medicine' at the symposium on Taiwan's experience in developing holistic palliative care. Prof. Cecilia Chan from the Centre on Behavioural Health of The University of Hong Kong also shared her research on the intervention to preserve dignity at the end of life. Professor Fok focused on palliative care as an important component of medical education. 📷



Information in this section can only be accessed with **CWEM password**.

若要瀏覽本部分的資料，
請須輸入**中大校園電子郵件密碼**。

服務社群



SERVICES

- Prof. Andrew Parkin, senior college tutor of Shaw College, was appointed by the President of the Chinese Canadian Writers' Association (CCWA) as an honorary adviser to the CCWA on 31 August 2010.
- Miss Choy Fung-peng Abril, instructor in the School of Continuing and Professional Studies, has been re-appointed by the Secretary for Security as an adjudicator of the Immigration Tribunal for two years from 1 October 2010.
- Prof. Lu Lie-dan Tracey, associate professor in the Department of Anthropology, has been appointed by the Secretary for Home Affairs as a member of the History Museum Advisory Panel for two years from 20 October 2010.
- Prof. So Fong-suk Jenny, Professor of Fine Arts, has been appointed by the Chief Executive of the HKSAR as a member of the Board of the West Kowloon Cultural District Authority for two years from 23 October 2010.
- Mr. Fung Wing-kee Raymond, adjunct associate professor in the School of Architecture, has been appointed by the Chief Executive of the HKSAR as a member of the Board of the West Kowloon Cultural District Authority for two years from 23 October 2010.
- Prof. Lee Tze-fan Diana, Professor of Nursing and director of the Nethersole School of Nursing, has been re-appointed as a member of the Publicity and Public Education Subcommittee of the Council for the AIDS Trust Fund for three years from 1 November 2010.
- Prof. Hui Hon-chung Stanley, adjunct professor in the School of Hotel and Tourism Management, has been appointed by the Financial Secretary as a member of the Hong Kong Tourism Board for two years from 1 November 2010.
- Prof. Kwan Hoi-shan, professor in the School of Life Sciences, has been appointed by the Secretary for Commerce and Economic Development as the chairman of the Accreditation Advisory Board for two years from 1 November 2010.

Information in this section is provided by the Communications and Public Relations Office

公積金計劃投資成績

Investment Returns of Staff Superannuation Scheme

財務處公布公積金計劃內各項投資回報如下：

The Bursary announces the following investment returns on the Designated Investment Funds of the 1995 Scheme.

2010年11月

November 2010

基金	Fund	1995 計劃 Scheme (未經審核數據 unaudited)	指標回報 Benchmark Return
增長	Growth	-0.72%	-1.98%
平衡	Balanced	-1.42%	-2.61%
穩定	Stable	-3.04%	-3.74%
香港股票	HK Equity	-0.24%	-0.70%
香港指數	HK Index-linked	-0.01%	-0.19%
A50中國指數基金	A50 China Tracker Fund ^Δ	-4.85%	-8.91%
港元銀行存款	HKD Bank Deposit	0.08%	0.001%
美元銀行存款	USD Bank Deposit*	0.27%	0.19%
澳元銀行存款	AUD Bank Deposit*	-1.76%	-1.99%
歐元銀行存款	EUR Bank Deposit*	-6.00%	-6.05%

2009年12月1日至2010年11月30日

1 December 2009 to 30 November 2010

基金	Fund	1995 計劃 Scheme (未經審核數據 unaudited)	指標回報 Benchmark Return
增長	Growth	8.18%	8.00%
平衡	Balanced	6.47%	5.90%
穩定	Stable	2.24%	1.75%
香港股票	HK Equity	14.80%	11.24%
香港指數	HK Index-linked	8.17%	8.71%
A50中國指數基金	A50 China Tracker Fund ^Δ	-6.63%	-13.14%
港元銀行存款	HKD Bank Deposit	0.70%	0.01%
美元銀行存款	USD Bank Deposit*	0.84%	0.02%
澳元銀行存款	AUD Bank Deposit*	9.86%	6.92%
歐元銀行存款	EUR Bank Deposit*	-12.60%	-12.84%

強積金數據請參閱：www.cuhk.edu.hk/bursary/chi/public/payroll_benefits/mpf.html
For MPF Scheme performance, please refer to:
www.cuhk.edu.hk/bursary/eng/public/payroll_benefits/mpf.html

^Δ 累積回報是計劃於2010年4月1日實施後首八個月的回報。實際投資回報數值包含由iShares安碩新華富時A50中國指數ETF (2823) 的市場價格及單位資產淨值的差異而產生的溢價或折讓。在2010年10月該溢價增加了4.92%，而4月至11月之八個月期間溢價的累計增幅為9.07%。

Cumulative returns are for the past eight months since inception date on 1 April 2010. The return data include a premium or a discount between the Market Price and the Net Asset Value of iShares FTSE/Xinhua A50 China Index ETF (2823). In November, there was an increase in premium of 4.92% and for the eight months from April to November, the premium increased by 9.07%.

* 實際與指標回報已包括有關期間的匯率變動

Both actual and benchmark returns include foreign currency exchange difference for the period concerned

中大師生優先報考普通話水平測試

Privileged Putonghua Test Enrolment for CU Link Cardholders

由普通話教育研究及發展中心舉辦的第四十二期普通話水平測試將於2011年4月26至30日舉行，現接受中大師生於2011年1月11至21日優先報名。持「中大通」者可享一百元折扣及免費三小時導試班（學費原為二百四十元），名額有限、先到先得。詳情請參閱中心網頁：www.fed.cuhk.edu.hk/~pth。查詢請致電：2609 6749，或電郵：pth@fed.cuhk.edu.hk。

The 42nd PSC Putonghua Proficiency Test will be held by the Centre for Research and Development of Putonghua Education during 26–30 April 2011. CU Link cardholders enjoy privileged enrolment from 11 to 21 January 2011—HK\$100 off the examination fee and a free three-hour lecture on the test (worth HK\$240) on a first-come, first-serve basis. Details are available on the centre's website: www.fed.cuhk.edu.hk/~pth. For enquiries, please contact the centre at 2609 6749 or pth@fed.cuhk.edu.hk.

崇基學院六十周年校慶

Chung Chi College 60th Anniversary Celebration

2011年是崇基學院創校六十周年，學院將舉辦嘉年華會、學術研討會、音樂會、校慶晚宴及藝術展覽等慶祝活動。校慶開幕禮暨嘉年華會將於2011年1月15日（星期六）早上10時在崇基學院嶺南運動場舉行，免費入場。

詳情及最新消息，請瀏覽六十周年校慶網址：www.cuhk.edu.hk/cc/cc60

To celebrate the 60th Anniversary of the Chung Chi College, a variety of events will be organized including a celebration banquet, a carnival, concerts, art exhibitions, and academic symposiums. An opening ceremony of the College 60th Anniversary Celebration cum Carnival will be held at Lingnan Stadium at 10:00am on 15 January 2011 (Saturday).

For details on forthcoming celebratory activities, please visit the CC 60th anniversary website: www.cuhk.edu.hk/cc/cc60.

道教文化傑出學人講座

Distinguished Lectureship on Daoism

美國芝加哥大學巴克人文學傑出退休講座教授、神學院宗教及文學退休講座教授、台灣中央研究院院士余國藩教授應中大道教文化研究中心邀請，主持「2011年蓬瀛仙館·香港中文大學·道教文化傑出學人講座」，詳情如下：

Prof. Anthony C. Yu, Carl Darling Buck Distinguished Service Professor Emeritus in Humanities and Professor Emeritus, the Divinity School, the University of Chicago, Academician of Academia Sinica in Taiwan, will host the following lecture presented by the Centre for the Studies of Daoist Culture, CUHK. Details as follows:

日期 Date	21.01.2011 (星期五 Friday)
時間 Time	4:30 pm
地點 Venue	崇基學院信和樓3樓李冠春堂 Li Koon Chun Hall, 3/F Sino Building, Chung Chi College
講者 Speaker	余國藩教授 Prof. Anthony C. Yu
講座 Lecture	小說《西遊記》的道教演義 Daoist Transformation of <i>The Journey to the West</i>
語言 Language	普通話 Putonghua
查詢 Enquiries	3163 4464

Keep Caring同樂日暨uBuddies交接禮

Keep Caring Fun Day cum uBuddies Presentation Ceremony

學生事務處學生輔導及發展組於2010至11年度，以「繼續關顧」為主題舉辦多項活動，推廣及實踐關顧文化，並於本月中舉行Keep Caring同樂日暨uBuddies 交接禮，詳情如下：

In order to build a supportive and caring environment on campus, the Student Counselling and Development Service of the Office of Student Affairs launched a series of programmes in 2010–11 with 'Keep Caring' as the slogan. The Keep Caring Fun Day cum uBuddies Presentation Ceremony will be held this month. Details as follows:

日期 Date	13.01.2011 (星期四 Thursday)
時間 Time	12:00 nn – 3:30 pm (12:30 pm – 2:00 pm 開幕及交接禮 Opening and Presentation Ceremony)
地點 Venue	文化廣場 Cultural Square
特別嘉賓 Guest of Honor	中大校長沈祖堯教授 Prof. Joseph J.Y. Sung, Vice-Chancellor, CUHK
表演嘉賓 Performing Guests	<ul style="list-style-type: none"> 中醫學院蔡梓銘同學（電視歌唱比賽季軍） Mr. Danny Choi, School of Chinese Medicine (2nd runner-up in a TV singing contest) 中國語言及文學系吳森雋同學（2009香港東亞運動會銅獎得主）及舞伴 Mr. Sam Ng, Department of Chinese Language and Literature, (Bronze Medalist in the East Asian Games 2009) and his partner 音樂系同學非洲鼓樂隊 African Drum Ensemble, Department of Music

知識轉移辦公室遷址

Relocation of Knowledge Transfer Unit

知識轉移辦公室已搬遷到中大信和樓538室，部分職員電話號碼已更新，請參閱知識轉移辦公室網站：www.cuhk.edu.hk/ktu/contact.html。一般查詢，請致電 2696 1558。

The Knowledge Transfer Unit (KTU) has been relocated to Room 538 Sino Building, CUHK. Phone numbers of some staff members have changed. Please visit KTU website: www.cuhk.edu.hk/ktu/contact.html for updated details. For general enquiry, please call 2696 1558.

1 健康城市的定義和理念是甚麼？ What are Healthy Cities about?

健康城市由世界衛生組織於1986年在歐洲發起，所謂健康城市，是要持續創造和改善有形環境和社會環境，不斷擴展社會資源，使市民能互相支持，以維持日常生活運作，並發揮個人最大潛能。

First initiated in 1986 by the World Health Organization (WHO) in Europe, a Healthy City is one that continually creates and improves its physical and social environments and expands the community resources that enable people to mutually support each other in performing all the functions of life and developing to their maximum potential.

2 健康城市如何在香港發展起來？ How did Healthy City develop in Hong Kong?

我早已對這概念感興趣，九十年代末，我專程到利物浦，了解當地推行健康城市的情況，並向前英國利物浦大學公共衛生政策系主任、歐洲健康城市運動創辦人兼英國政府公共衛生區域總監魏司頓教授取經。

I had long been interested in the project. In the late 1990s I flew to Liverpool to learn about its experience in promoting Healthy City. I also consulted Prof. John Ashton, former chairman of Public Health Policy and Strategy at the University of Liverpool, a pioneer of the Healthy Cities Movement Europe, and regional director of public health in England.

3 其時健康城市在香港是全新概念，你怎樣着手推介？ How did you introduce the idea to Hong Kong?

由於與將軍澳醫院的醫務人員熟稔，加上將軍澳又是新市鎮，故我便選它作試點。我聯絡了該區的民政事務專員和區議會主席，提出組織地區人士，成立委員會，開展一個健康城市的計劃，最後成立了全港第一個健康城市督導委員會，成員有官員和居民，我則擔任顧問。

I chose Tseung Kwan O to be the 'guinea pig' as it was a new town and I knew the medical staff at Tseung Kwan O Hospital. I proposed to the chairman of the District Council and the District Officer of Tseung Kwan O the idea of setting up a district committee to launch the Healthy City project. In the end, the Tseung Kwan O Healthy City Steering Committee was established, and it comprised government officials and residents. I was the adviser.

4 多年來推廣健康城市，可有難忘的事情？至今發展如何？

Have there been any unforgettable experiences in your promotion of Healthy City? How is it developing?

記得我提出健康城市這概念時，民政事務總署署長李麗娟女士十分認同和支持，還特別安排在該署灣仔總部舉行簡介會，邀請了十八區區議會主席及專員出席，由我講解。現在全港十八區均已成立了各自的督導委員會，香港更是西太平洋區健康城市聯盟五個支部之一。

When I first proposed the idea of Healthy City, Ms. Shelley Lee, former Director of Home Affairs, gave me her staunch support by organizing a briefing at the headquarters of the Home Affairs Department in Wan Chai. I was invited to explain the idea to all the chairmen of the District Councils and the District Officers. Today all 18 districts in Hong Kong have set up their own steering committees, and Hong Kong is one of five chapters of the Alliance for Healthy Cities in the Western Pacific Region.

5 你有何嗜好？與強身健體有沒有關係？ What are your hobbies? Are they related to health?

以前愛打網球，不過預約對手和場地需時，已掛拍多時。現在多愛游泳，我在車上放了游泳褲，只要有空檔即可下水。偶然也會在社交場合唱歌，我曾在世衛宴會中與該會總幹事陳馮富珍女士合唱。

I used to play tennis. But it takes time to look for a partner and book the court. So I prefer to swim now. I put my



李紹鴻
Prof. Lee Shiu-hung



社區醫學榮休講座教授李紹鴻教授於2010年10月於首爾的健康城市聯盟第四屆全球會議中，獲頒授「健康城市成就獎」，以表揚他在香港成功推動健康城市計劃。

Prof. Lee Shiu-hung, Emeritus Professor of Community Medicine, has been presented the Award for Pioneers in Healthy Cities for Research at the 4th Global Conference of the Alliance for Healthy Cities in Seoul in October 2010 in recognition of his contributions to the promotion of the Healthy Cities project in Hong Kong.

swimming trunks in my car and swim whenever I am free. Sometimes I sing in social functions. I sang with Dr. Margaret Chan, Director-General of WHO, in one of its functions.

6 繼健康城市後，何以又一力促成中大成為健康大學？ In addition to Healthy Cities, why do you push for CUHK to become a Healthy University?

健康不只是政府的工作，而是人人有責的，因為影響健康的因素是由大家控制的，如生活模式、環境及醫療衛生等。要繼續推動市民參與，使健康城市持續發展，最有效的方法是從日常生活、學習和工作的地方入手，故有健康小學、中學和大學之設。我建議在中大推行健康大學，獲前校長李國章教授支持，並成立健康校園督導委員會，負責有關工作。

Keeping healthy is not only the job of government, but the responsibility of everyone as we are in control of health determinants, such as lifestyle, environment and medicine. To encourage continuous participation by citizens and the development of Hong Kong into a Healthy City, we have to start with our daily life, study and work places. That's why I proposed the idea of having Healthy Primary Schools, Secondary Schools and Universities. Prof. Arthur K.C. Li, former Vice-Chancellor, was very supportive of my proposal of promoting CUHK as a Healthy University. And the Steering Committee on Health Promotion was established to organize related activities.

7 成為健康大學的要素是甚麼？中大師生反應如何？ What are the main criteria for becoming a Healthy University? What has been the response of staff and students?

最重要有兩點，一是校方的領導，從最初的健康校園督導委員會，及後升格為健康促進及防護委員會，並由鄭振耀副校長擔任主席，可見大學在政策和資源上均給予重視和支持。二是夥伴的支持，書院和其他部門的參與，有助動員更多師生和職員。師生的反應不俗，像每年舉行的校園健康大使計劃，每屆名額四十，但報名者遠超此數。

There are two. First, the University's leadership. The upgrading of the Steering Committee on Health Promotion on Campus to the Committee on Health Promotion and Protection, a project led by Prof. Jack C.Y. Cheng, Pro-Vice-Chancellor, renders support to Healthy University in terms of policy and resources. Second, partnership. By acting as the co-organizers, the Colleges and other university units help to motivate staff and students to participate in the project. The activities have been received well. For example, the Campus Health Ambassadors Programme

recruits about 40 students each year but the number of applicants far exceeds the quota.

8 已從職場退下來，為何仍繼續無間地致力推廣健康？ Why do you continue to promote health after retirement?

預防做得好，可減少很多疾病，但過往社會只着重治療，我一直都致力推廣公共衛生及預防醫學，希望它們受到重視。退休以後，正好讓我全身投入這方面的工作。

Prevention keeps illness at bay. In the past, society was only concerned about finding cures. I have been promoting public health and preventive medicine in the hope of highlighting their importance. I am happy for the opportunity offered by my retirement to focus on this line of work.

9 可否和大家分享你的健康之道？ Do you have health tips to share?

我已七十多歲了。我的口號是「健康生活、活力晚年」，生活有七大要點：一、保持聯繫，維持社交生活；二、繼續向前，多認識新朋友，讓生活更精采；三、培養情趣；四、適宜運動；五、均衡飲食；六、盡忠孝道，成為榜樣，日後子女也會尊敬和照顧自己；七、貢獻社會。

Being one in his 70s, I live by the motto 'healthy living, active ageing'. I have seven lifestyle tips: 1. maintaining contact with people and a social life; 2. moving forward and making new friends, so life can be more colourful; 3. developing interests; 4. engaging in suitable exercise; 5. a balanced diet; 6. acting as a role model of filial piety to one's children; and 7. contributing to the community.

10 聽說你退休後工作反而更為忙碌，是忙些甚麼？ 家人沒有投訴嗎？

It is said that you are now even busier than before. Is that true? Any complaints from your family?

現在身兼多份公職，確實數目一時也未能算清。能繼續服務社會，給我帶來莫大的樂趣。我的四名子女均已長大成人，他們和太太都很支持我。

I am involved in a number of community services but I can't tell you the exact number right away. Serving the community gives me great joy. My four grown children and my wife are very supportive of my work.

預告 Coming

下回〈十方吐露〉將訪問張萍同學
Miss Zhang Ping will be featured in the next instalment of 'TEN QUESTIONS FOR'.