On the march to better health, cleaner world

By Ellen Chan

“The more advanced the technology, the greater the damage it can do to the natural environment, with adverse effects on the equilibrium between man and natural ecology,” said Mr Roy Ngai Hoi-ye, Senior Physical Education Officer of Student Development Services. Wellness March 2010 has responded by placing particular emphasis on the relationship between environmental protection and health, a return to a natural lifestyle, and an awareness within CityU of environmental issues.

Roy suggests environmental protection should not only involve a change in outlook, but result in practical action. “I am convinced that everyone should do more. Only when we take action ourselves can we expect to influence those around us and help improve the environment,” said Roy.

Roy’s views find expression in the design of the Wellness March Programme poster, which shows the earth divided into two halves: the left hemisphere is polluted by exhaust gases, contaminated water and rubbish, while the right hemisphere is still vibrant with life. If we want to bring global pollution under control, we must take practical steps to protect the environment so that we may still have a bright and colourful future.

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This year’s Wellness March programmes consist of a great variety of activities, including a series of talks on environmental protection and fitness, marathon running, and many other sports activities, workshops and outdoor functions. The University’s sports facilities are available free-of-charge in March. Student Development Services hope the Wellness March programmes, which have been held for a number of years now, will encourage greater participation in sporting activities and encourage staff and students to enjoy a healthier lifestyle.

For details about this year’s activities, please visit the following website: http://www.cityu.edu.hk/sds/wellness/wellness_2010.htm

Seminar on environmental protection and company visits.

The badminton and table tennis tournaments are fiercely contested each year.

A large CityU contingent took part in the Standard Chartered Hong Kong Marathon this year.
Dr Au’s secrets to physical and mental health

By Fiona Lo

Dr Doris Au Wai-ting, Associate Professor in the Department of Biology and Chemistry, joined CityU in 1994 to undertake post-doctoral research and now works at the University. She looks delicate, and yet her supple skin and ruddy cheeks radiate health and beauty. When asked, she revealed with a smile her secrets to staying healthy: yoga and red wine.

“Hong Kong people work long hours, so I practice yoga after work to ease my strained nerves, and give my brain a good rest. At the same time, the stretching exercises of yoga lend elasticity to the muscles, and prevent the growth of superfluous flesh. I have practiced yoga for seven or eight years, and find it very effective in reducing stress and promoting health.” Her enthusiasm for yoga has led her to undertake training to become a yoga teacher.

In addition to yoga, Dr Au enjoys red wine. Her husband is a member of the Hong Kong Wine Society and they are both also Knights of Alba (Asia) promoting wines of Piedmont (Italy) and the infamous white truffle. When dining together, they often chat over a glass of red wine. “It is best to drink in the company of your family and friends rather than alone. A modest amount of red wine is also good for your health.”

When asked why she enjoyed red wine, Dr Au replied, “I love its taste, and enjoy drinking it slowly. In a way, savouring red wine and doing biological research are similar in that both require patient observation and critical analysis, which are things I enjoy. It gives me particular pleasure to be in the company of red wine lovers, drinking good wine and cooking good dishes with them.”

Dr Au also shared with us her secrets about how best to go about the task of drinking red wine. As every bottle of wine has its own character, you must make full use of your senses to enjoy your libation to the fullest. First of all, swirl the wine in your glass to appreciate its colour and texture. Then gently take in the scent, since every wine has its own aroma, depending on the kind of soil and the climate in which the grapes are grown as well as its storage period. What is most important, however, is to begin with a small sip and with the wine in your mouth, carefully savour its purity, its sourness or sweetness, and its thickness. And then you swallow it, relishing the aftertaste. Different people may judge a wine differently, which only makes drinking good wine all the more enjoyable.

Choosing a good wine requires special knowledge. “Good red wine is available in supermarkets nowadays, and need not be very expensive. However, most supermarket wines are not suitable for storage.” Dr Au buys from wine dealers every year and stores it. To her, this is a form of investment, since good wine appreciates through the years. And red wine makes a more interesting investment than stocks since it promises the enjoyment of life. “After a number of years, we can take it out and have a good drink,” said Dr Au. “This is more interesting than investing in the stock market.”

(Above) Dr Au (middle) loves enjoying good wines in the company of red wine lovers.
Gone is the Year of the Ox. Prowling in its wake comes the Year of the Tiger. On 24 February, the Human Resources Office held a Chinese New Year Staff Party, with more than 1,000 staff celebrating the advent of the Tiger.

Professor Way Kuo, University President, gave a speech in which he thanked the colleagues from every department for their many years of hard work, and for their contributions to furthering CityU’s educational objectives. He wished everyone a happy Chinese New Year, saying, “In the Year of the Tiger, the Tiger is in command; and in the world of universities, City University is certain to achieve an even higher standing.”

The Chinese New Year Staff Party is an annual tradition that has proven highly popular with colleagues welcoming the opportunity to get together outside the normal hours of work to celebrate. Chair Professor David J Randall of the Department of Biology and Chemistry, who had for a number of years played the God of Wealth, said the party was an important occasion that enabled colleagues to meet and chat, and he wished CityU a prosperous and propitious new year. Ms Vivian Lee Wing-lan, Clerical Officer in the College of Science and Engineering and CityU employee for 20 years, attended the staff party every year. What she enjoyed most was the lantern riddle challenge, and she wished every colleague enjoyment of their work and good health. Mr Wong King-chung, Tutor of Chinese Civilisation Centre, said he had a great time at the buffet and enjoyed a delicious lunch. Dr Kwok Tat-kun, Research Fellow in the Department of Physics and Materials Science, said the party was highly successful, and he particularly enjoyed the lion dance. He hoped that next year there could be a martial arts contest.

1. Professor Kuo, together with university’s management and the Gods of Wealth, offer Chinese New Year greetings to CityU colleagues.
2. Professor Kuo expresses his appreciation of the contributions made to CityU by colleagues in every department.
3. The Chinese operatic art of “Face illusion” fascinates the audience.
4. Colleagues leave with armfuls of prizes from the lucky draw.
5. Stalls featuring traditional Chinese handicrafts are a great attraction.
6. A sumptuous buffet lunch is enjoyed by all.
Since setting off from CityU station last year, the General Education (GE) express has been running at full speed into 2010, en-route to its final destination—the four-year undergraduate curriculum of 2012. Conductors, under the supervision of the Office of the Provost, are assisting teachers and students to board the train.

Chief pilot of the GE express, Professor Gary Feng Gang, Associate Provost (Academic Planning and Undergraduate Education), said GE will be of vital importance to the new curriculum, contributing to a quarter of the total credits required by an undergraduate degree.

"In 2009, the GE programmes' intended learning outcomes (PILOs) have been reviewed and revised, with the help of visiting Fulbright scholars. The new outcomes are now all measurable and well suited to the needs of the modern world. Courses in three major GE areas are mapped to those outcomes to ensure students will be able to achieve all nine GE outcomes upon completion of the GE Programme," said Professor Feng.

The nine PILOs are:
- Demonstrate the capacity for self-directed learning;
- Explain the basic methodologies and techniques of inquiry of the arts and humanities, social sciences, business, and science and technology;
- Demonstrate critical thinking skills;
- Interpret information and numerical data;
- Produce structured, well-organised and fluent text;
- Demonstrate effective oral communication skills;
- Demonstrate an ability to work effectively in a team;
- Recognise the important characteristics of their own culture(s) and at least one other culture, and their impact on global issues; and
- Value ethical and socially responsible actions.

Challenges confronting GE are not solely the domain of students, but teachers as well. "Faculty members are also becoming learners when you introduce interdisciplinary subjects," said Professor Janel Curry, Fulbright Scholar in GE. She said teachers need to be prepared. Unlike traditional teaching sessions, they no longer have all the answers in cross-disciplinary classes and need to be more flexible and focused on engaging student interest. It will take more time and communication to become acquainted with the new approach. Professor Curry said the ultimate goal of GE is to change the traditional culture of spoon-feeding education, and equip students to cope with the constantly changing 21st century environment.

"The University is trying in every way to encourage faculty members to develop and take up GE courses and we need all faculties to contribute to that," said Professor Feng.

The Office of the Provost is hosting the “Active Learning Series” seminars at the start of Semester B 2009–10 to help faculty members identify common features, challenges and key implementation principles of the GE programmes, and design learning outcomes, activities and assessments, share best practices in course design, and assist in proposal development and submission, etc.

Since its launch in 2009, the GE express has accelerated from 12 GE courses in 2008–09 to 28 courses in 2009–10. The final number of GE courses to be offered by 2012 is anticipated to be several times more than this.
For the first time since 1953, the Lunar New Year holiday coincided with Valentine’s Day (14 February). How did you juggle the competing demands of the two occasions? Did you enjoy a family outing, romantic time with your partner or somehow find a way to accommodate both?

今年農曆新年初一恰是2月14日情人節（上一次雙節相遇要回溯到1953年）。您是如何平衡兩個節日的不同需要，以兩全其美的方式度過節日的呢？是和家人一起拜年、聚餐，還是與另一半享受燭光晚餐？

Because of the clash on a public holiday, we ate with my family to celebrate the new year, and then enjoyed Valentine’s Day with my other half after dusk.

情人節遇年初一，不用上班，即不須拿愛情來炫耀。我先與家人拜年吃新年飯，黃昏後則與另一半共度情人節。

For me, Lunar New Year Day is the most important day of the whole holiday, so I consented with my husband beforehand and we chose to have dinner with family on that day. Although we did not have any special celebrations, we did give each other a small gift to show our love.

就我個人而言，大年初一是農曆新年中最重要的一天。所以，我與我的先生一早取得共識，選擇回家與家人拜年聚餐。雖然情人節當天沒有和先生進行特別的慶祝活動，但也有送上小禮物給對方，以表心意。

In fact, there was no competing demand of the two occasions, as these past couple of years I’ve tried to identify people to bless and encourage, for example by buying flowers for them for Valentine’s Day. This year was quite special, as I celebrated the Lunar New Year Day with friends from church who are like family to me. We had a lovely and generous spread of food, so much that we had to take food home. I wish everyday could be Valentine’s Day, with family new year reunions happening only once in a year... I would go to the family celebration with my partner. Happy New Year folks!

事實上，兩個節日對我來說並無不同的需要，在過往幾年，我也嘗試去找不同的人送上祝福與鼓勵，如在情人節買花給他們。今年比較特別，我與家人般的教會朋友一起慶祝新年。我們大吃一頓，食物多至要打包帶走。如果有愛，我相信每天都可以上是情人節，而新年的家庭聚會則只是一年一次……我總會選擇與伴侶一起參與家庭慶祝活動，祝大家新春愉快！生活和愛情美滿！

Lunar new year is an important festival, so I had lunch with family first and then had dinner with my boyfriend and friends to celebrate Valentine's Day.

農曆年是重要節日，所以年初一中午，我先與家人吃飯，晚上才與男朋友及其他朋友聚餐，共慶情人節。
“Once I started writing, I couldn’t stop, and I realised how much I actually love writing. Writing provides a release for my sorrow and despair. Every single word I wrote stemmed from an urge to lower my defences and fears.”

Hemans Wong Hiu-man, Year 2, Bachelor of Arts in English for Professional Communication, describes the cathartic effect of writing her prize-winning short story.

「一下筆我就停不了，這才發覺原來我極喜歡寫作。寫作可以讓我抒發傷痛和抑鬱，我寫的每一個字其實是要消除內心的自我防衛和恐懼。」

專業英語傳意榮譽文學士二年級學生王曉文，描述她在寫作其得獎作品時的感受。

“Successful communication depends more upon content and sincerity than language itself.”

Professor Way Kuo, President, addressing Form 4 to Form 7 students, teachers and parents at The Jockey Club Eduyoung College.

「語言可以促進溝通，卻不是最重要的，溝通的功效最終在於說話的內容和誠意。」

校長郭位教授為賽馬會毅智書院中四至中七學生、老師及學生家長擔任名人學術講座主講。

“We expect this centre will become an important hub for scientific biofuel research that will eventually lead to the commercialisation of new technologies.”

Professor Johnny Chan Chung-leung, Dean of the School of Energy and Environment said, on establishing the School’s new Biofuel Research Centre, which will be a Hong Kong first.

「我們期望研究中心成為生物燃料的科研樞紐，引領新技術的商業應用。」

能源及環境學院院長陳仲良教授創立香港首間生物燃料研究中心時致辭。

"They said it"  “雋人雋語”

Linkage Quiz 靈機趣味問答

What are Dr Doris Au’s secrets to keeping healthy?

歐慧婷博士的保健秘方是甚麼？

Answer 答案:

Full Name 姓名（全名）:

Department 部門:

Tel 電話:

Write your answer and send a photocopy of this form to Linkage, c/o CPRO, by 10 April 2010. Each participant is allowed to submit one entry only. HK$50 gift vouchers will be awarded by lottery.

截止日期為4月10日。每人只限提交一份參加表格影印本，參加者將有機會獲得價值$50的禮券，幸運兒由抽籤決定。

Lucky draw results for last Linkage quiz in issue 282*:

《靈機》第282期趣味問答得獎者*：

Chiu Shui-shan (ARRO) Miu Mei-yung (BC)
Brian Mitchener (BST) Lee Sau-kuen (CDFO)
Choy Ching-yin (CTL) Chan Ka-yu (HRO)
Lau Shuk-yin (IAUD) Leung Mei-yan (LIB)
Fan Yuen-ying (MKT) Hung Ka-wing (SCM)

* Winners should redeem the voucher on or before 20 April. Late redemption will not be accepted.

得獎者須於4月20日前領取禮券，逾期作廢。

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