



中大員工總會 會員通訊 (2021 年 12 月)

CUEGU eNewsletter (December 2021)

[會員活動] Members Activities

CUEGU Focus Group Meeting (3 Jan 2022): Review of Teaching Track

The Provost is conducting a review on the teaching track and is inviting Lecturer colleagues to join the Townhall Meeting scheduled for 7 Jan 2022.

CUEGU was invited by Provost to a meeting on 15 Dec 2021 in which he briefed Union representatives on the proposed review on the teaching track, and to hear the views of the Union representatives. Earlier in Oct 2021, the Provost had also arranged two focus group meetings with around 20 colleagues about his plan for the current review. CUEGU is very concerned about the details of the review and would like to invite colleagues to touch base on this. We will also brief colleagues on highlights of the review and gather the views of colleagues on the proposed changes.

Date: 3 Jan 2022 (Monday)

Time: 12:30pm

Venue: Rm 103, Wong Foo Yuan Building (Chung Chi Campus)

(ZOOM link will be provided for colleagues to join online.)

<https://forms.gle/9umrGXNKCcVYNZn9A>



和你傾：如何改善失眠〈中醫篇〉

「失眠」由古至今都很常見，歷代中醫對失眠論述都不少。失眠在古籍又稱「不寐」、「不得眠」或「目不瞑」，除了是「瞓唔着」外，也指睡眠時間少或質量差。正常睡眠是身體內的陰、陽、氣、血運行有規律的表現，如果這種規律失衡，影響心神就會引致失眠。

中大員工總會邀請了嚴韻詩醫師出席講座，從中醫的角度探討失眠的原因和治療。

講者：嚴韻詩醫師

日期：1月14日(五)

時間：下午 1:15-1:45

語言：廣東話

對象：中大員工總會會員 (各參加者可獲保健湯包一份)

費用：在場參加者可自行決定費用 (自由定價，金額不拘多少)

名額：30位 (座位有限，成功報名者將收到確認電郵，敬請留意。)

<https://forms.gle/VZovU3wPqNycAtR67>

Shall We Talk: Dealing with Insomnia from the Perspective of Chinese Medicine

Insomnia has been common suffering among people for centuries attracting substantial discussions in traditional Chinese medicine. It is also referred to as "sleeplessness", "inability to sleep" or "eyes can't sleep" in ancient TCM classics. Apart from the difficulty in falling asleep, insomnia is also manifested



as short-sleep or poor quality of sleep. Good sleep is a manifestation of the regular inner balance among yin-yang, qi, and blood. Our minds would be affected if the bodies failed to reach such a balance, and insomnia would result.

CUEGU is honoured to have invited Dr. Wendy Yim, a registered Chinese medicine partitioner, to discuss the causes and treatments of insomnia from the perspective of Chinese medicine

Speaker: Dr. Wendy Yim

Date: January 14, 2022 (Fri)

Time: 1:15 – 1:45 pm

Language: Cantonese

Target Audience: CUEGU members (participants will receive a healthy soup package)

Charge: participants can decide the price at the venue (regardless of the amount)

Quota: 30 (seats are limited, a confirmation email will be sent to successful applicants - stay tuned)

<https://forms.gle/VZovU3wPqNycAtR67>

聲明

關於中大校方移走民主女神像一事

工會對於中大校方於今晨突然移走民主女神像一事，深感愕然。

民主女神像自從 2010 年經逾千師生與市民護送入中大，屹立大學站廣場至今 11 載，從未經校方插手管理。該雕像是校園內言論自由、員生共治、互相尊重的象徵。

今日，校方在完全沒有徵求員生共識的前提下，突然趁校內假期、人流稀薄之際除去雕像，亦無交代其去向，對員生意向並不尊重。工會對此深感不滿。

香港中文大學員工總會

2021 年 12 月 24 日



CUEGU Statement

On CUHK Management's Removal of the Statue of the Goddess of Democracy

CUEGU is deeply shocked by the CUHK management's sudden removal of the statue of the Goddess of Democracy this morning.

The statue of the Goddess of Democracy was brought into the University Station Plaza by thousands of staff, students and citizens in 2010, and stood there for 11 years without the interference from the University's management. It represented the spirit of the freedom of speech, collective governance by staff and students, and mutual respect in the campus.

Today, the University removed the statue suddenly during a school holiday when people are few - no prior effort was made to seek a consensus among staff and students, and without announcing the statue's whereabouts. This showed deep disrespect for the staff and students. The Union is deeply dissatisfied by this action.

The Chinese University of Hong Kong Employees General Union

24 December 2021

The Chinese University of Hong Kong Employees General Union

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如果你認同我們的工作，請加入員工總會！ [下載入會表格](#)

Join forces, join the Union [Download application form](#)