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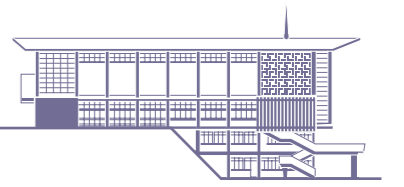
瞥見至善真諦 A Glimpse of Excellence



林冠羽先生

學生膳堂委員會主席

Mr. Lam Kwun Yu Simoh  
Chair, Student Canteen Committee



# 飲食 日常 結伴同行

## Savouring the Journey of Life Together

學生膳堂委員會主席及那打素護理學院專業顧問林冠羽先生（Simon）於二〇一六年加入中大。這位中大護理校友重返母校，除了傳授學科知識，也培養學生的專業態度，更重視在本科以外與學生的交流分享。他在崇基身兼一年級通識導修課程導師，這讓他認識同學的另一面，也與同學一同成長。

### 師友交流 從迷惘中探尋自我

Simon 珍惜和崇基同學的師生交流，在教授一年級通識導修課時，他既分享自身經歷，也和同學討論如何準備大學生活。中學生邁進大學，往往感到迷惘困惑，在新生身上，Simon 彷彿見到自己當年的影子。他回想初入學時，和不少同學一樣都經歷過迷惘的摸索階段。後來他參加各種義工活動，例如探訪清潔工友，或在公眾活動為市民進行健康檢查等，發現服務他人不但帶來滿足感，更可以重新認識自我，從中他能發揮自己細心的性格和觀察力，去了解別人的需要，並提供適切的幫助。於是他逐漸對自己的能力和性格更有信心，也對踏上護理學這條路懷有更大抱負。

Simon 認為在書院通識課中，同學來自不同學系，彼此交流可以擴闊眼界，而身為導師的他也獲益不少。Simon 曾在課堂上與一位中文系同學討論未來升學與就業的規劃，同學也會分享他的中學經歷。這位同學雖然和護理學毫不相干，但正因如此，師生雙方都能開拓思路，擦出互動交流的火花。他對

Mr. Lam Kwun Yu Simon, Chair of the College's Student Canteen Committee and Professional Consultant of The Nethersole School of Nursing, joined CUHK in 2016. As an alumnus, he returned to the University to teach not only expert knowledge but also professional attitudes. In addition, he enjoys interacting with students outside classrooms. Being a teacher of the Year 1 College General Education Course "Idea of a University: Student-Oriented Teaching (STOT)" has created connections for him to grow with the students.

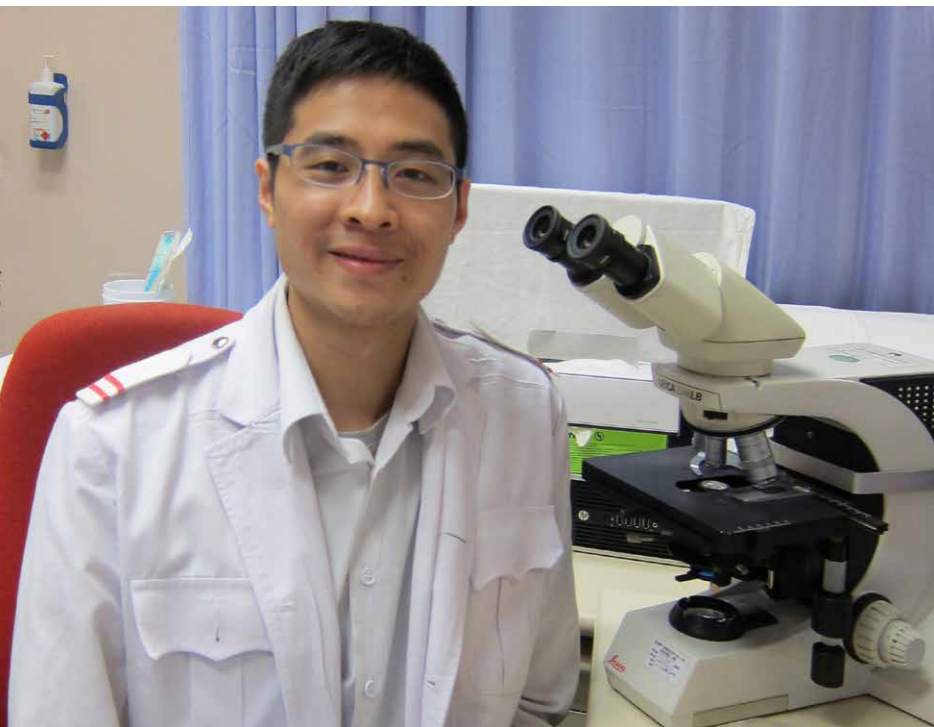
### Self-Exploration through Teacher-Student Interaction

Simon cherishes the interaction with Chung Chi students. When teaching STOT, he shared his personal experiences with the freshmen and threw light on how to prepare for university life. Freshmen often feel lost and confused when transiting from secondary school to university. The teaching experience prompts Simon to revisit his earlier days when studying at CUHK. He recalls the moment when he first entered the university, he once experienced self-doubts. Later, he participated in various volunteer activities, such as visiting street cleaners and assisting in health checks for the public. It occurred to him that serving others brought not only satisfaction but also a fresh perspective of himself. He discovered his strengths such as his compassionate and observant character. Understanding others' needs, he learnt to provide helping hands whenever appropriate. As a result, he gradually gained self-confidence and landed a greater aspiration to pursue a career in nursing.

## 林冠羽先生

學生膳堂委員會主席

Mr. Lam Kwun Yu Simon  
Chair, Student Canteen Committee



記錄全職護士生涯的最後一天  
Flashback to the last day of clinical work

崇基同學充滿信心：「崇基同學不但對學院很有歸屬感，而且當中不少有貢獻社會的理想，都是可造之材。」

### 「食」的點滴

Simon 在剛加入崇基時，便選擇參與學生膳堂委員會，現時更擔任主席一職。他對學生膳堂委員會的投入和喜愛程度之高，可從一件趣事上得知：當初他在申請表格上除了學生膳堂委員會外就沒填其他選項，一心只想加入這個委員會，結果同事收到表格後看到他只選了一項，還以為他填錯了呢！對 Simon 來說，學生膳堂在校園生活中佔有重要席位。Simon 回想起讀書時會和同學結伴到不同飯堂吃午飯，而眾志堂正是一個充滿學生回憶的飯堂。他分享：「當時和一班同學趁轉堂時間去排隊買餐和等候座位，大家擠在一起吃飯，又會討論不同飯菜，這些日常的小事如今變成開心的回憶。」

成為老師後他常常和同事去不同飯堂吃午飯，而成為學生膳堂委員會主席不但能夠深入認識各個飯堂，還可以換一個身份和學生交流。他說：「在委員會裏，老師和學生代表一起討論食物的質素、種類、價錢等等，這是個特別的場合讓我認識到學生在課堂以外

Simon believes that the College General Education Programme allows students from different disciplines to interact with each other and broaden their horizons. As a teacher, he found this learning journey conducive to him too. Simon once met a student from the Department of Chinese Language and Literature in the course. He gave the student a piece of advice about planning further education and career path, and the student also shared his secondary school experience with him. Although they did not come from the same field, both were able to think out of the box and stimulate each other's thoughts. Simon has full confidence in Chung Chi students, "They are very promising talents with a sense of belonging to the College as well as aspirations to contribute to society."

### Bits and Bobs of "Meal"

When Simon joined Chung Chi College, he decided to partake in the Student Canteen Committee which he now serves as the Chair. His dedication and passion for the Committee are evident from an anecdote: he had no other preference on the application form except for the Student Canteen Committee, which was the only committee he wished to join. Receiving the form with only one choice, the colleague had to check with Simon if it was an error! Simon harks back to his time studying at CUHK. Of all the lunches he had with his classmates in different canteens, Chung Chi Tang was the one full of memories. "My friends and I seized the gap between classes to grab lunch. We queued for the food and searched for seats, and then we would savour our lunch together while chatting over our meals. These small moments have become my treasurable memories at the campus."

的另一面，例如有些同學平時上課較安靜，但談到食物時卻很有心得，又會提供有用的建議，展現出和平時截然不同的面貌，實在令人驚喜呢。」他認為學院提供了不少機會去促進師生交流和溝通，豐富了老師和同學的校園生活。

### 在大世界發掘人生路

Simon 回想起在學時其中一樣最深刻的回憶，就是參加那打素護理學院的首屆交流計劃，到上海復旦大學交流。他分享：「這是一個大開眼界的經驗，可以跳出日常的框架，見識到當時上海的醫療水平和發展，以及創新的中西結合治療等，對自己有莫大啟發。」除了眼界增長，交流團還有另一重意義，就是讓他結識到現在的太太，原來二人同是中大護理學院的同學，但平時沒有機會碰面，卻在交流團這個特別的時機認識到對方，大家對人生的想法十分投契，皆有堅定的心志服務他人，因而結下了愛情緣份。Simon 分享對人生目標的看法：「當大家思考人生想要甚麼時，想到的可能是讀書、考試和工作等。不過，人生不一定需要宏大的目標，更重要是找到自己的想法，走適合自己的路。」確實，世界之大，除了主流的軌道外，更可另覓心之所向，

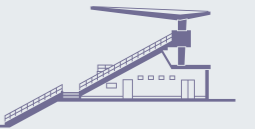


Simon 與家人於中大校園共享天倫之樂  
Simon spends quality time with his family on university campus

Now that he works as a teacher at CUHK, he has enjoyed having lunch with colleagues in different canteens. Being the Chairman of the Student Canteen Committee gives him the opportunity to explore each canteen and interact with students through a different role. "In the Committee, teachers and student representatives discuss the quality, types, and prices of meals. It is a special occasion for me to discover other sides of students beyond classrooms. For example, some students who are quiet in class become very expressive when it comes to food. They would give useful suggestions, showing a very different character." Simon affirms that Chung Chi College provides abundant opportunities to promote communication between teachers and students, enriching the campus life of CC-ers.

### The Path of Life with Companions

One of Simon's unforgettable memories of studying at CUHK was participating in the first exchange programme of The Nethersole School of Nursing and going to Fudan University in Shanghai. "It was an eye-opening experience for me, as I had the opportunity to step out of my comfort zone. At that time, I was impressed by the level of medical care in Shanghai, as well as the innovative integration of Chinese and Western medical treatments and many more. It was very inspiring." Apart from broadening his horizon, the exchange programme had another significant meaning to him, as he first met his wife on the trip. The couple were classmates, but not until the exchange programme did they have the opportunity to cross paths with each other. During the trip, they gathered to exchange views and ideas. They found that they shared the same vision of life and had a strong will to serve others, thereby falling in love with each other. Simon shares his thoughts on life goals, "When we think about what we want in life, study, exam and work often come into mind. However, life doesn't necessarily require ambitious targets. It's more important to find your vision and follow the path that suits you." Indeed, the boundless world enables us to make our own choices by not following the mainstream. And when we have the chance to find a like-minded life partner, we can offer each other support and cheer.



# 捕捉科學之美

## Science through the Lens

謝誠謙同學

Mr. Tse Shing Him Samuel

尋找立身處世的志向，當有緣找到志同道合的人生伴侶時，更能協力扶持，互相打氣。

### 從關懷病人到回顧初心

在護理教學這條路上，Simon 相信培養未來的護士能助益更多病人，對行業亦有正面影響。他認為除了傳遞知識，訓練同學的思考力和態度同樣重要。他說：「護士需要在短時間內照顧多個病人，有時病人雖然感到痛楚，但有口難言。護士如何在百忙之中察覺到病人的需要，給予適切關懷呢？除了培養能力，謹記投身護理行業的初心也非常重要。每一刻盡力為病人設想，每一分關懷也是對病人莫大的支持。」護士在工作中需要關心病人，下班後則不忘要多關心自己。他說：「護士要面對不少工作壓力，培養抗壓力很重要，但一味壓抑對心理並不健康。一個人的力量始終有限，因此同伴的支持很重要，嘗試和朋友傾訴，把壓力抒發出來，可以令自己更堅韌，堅持醫護的初心，走更遠的路。」

學生記者 謝耀珍

### Reminisce the Intent to Care for Patients

Simon considers training nurses will benefit more patients as well as the healthcare industry in the long haul. He believes that in addition to teaching knowledge, fostering students' mindsets and attitudes is equally important. "Nurses need to take care of many patients in a short period. Sometimes patients are in pain yet unable to speak for themselves. How can nurses identify their needs and provide timely care amid the overwhelming tasks?" He explains, "In addition to professional competence, it is crucial to always remember your intent, known as your motivation of becoming a nurse from within. Nurses do their best for patients in every moment, and every bit of care means great support to them." While nurses need to care for their patients, they also need to care for themselves after work. "It is important to develop resilience as nurses need to face a lot of pressure. However, suppressing emotions is unhealthy for the mind." He adds, "Talk to your friends and vent your feelings. With the support of others, you can be stronger and more resilient, to have the strength to hold on to why you started. You can then walk firmly and go further on the road of healthcare."

Student Reporter Tse Yiu Chun



「蘭花」一詞緣於天生的捲髮髮型；「物理」乃自幼便有的興趣。二〇二一年，謝誠謙同學入選「崇基圓夢計劃」，遂將兩個詞語合併起來，成立了「蘭花物理」這個 YouTube 頻道，致力把科學的樂趣散播給香港大眾。

### 問：於你而言，物理帶給你怎樣的樂趣？

小時候我在電視觀看了一些科學影片，當中蘊藏許多有趣的問題，例如「為何地球的核心會如此熱？」接著，我就想自己能否有效地把這些地熱能變成電能，這樣不就解決了能源危機嗎？這一點又一點的好奇心在我的腦袋埋下了物理學的種子，後來升讀中學後，我又接觸了「物化生」三科，物理好像在冥冥中選擇了我。

Having grown fond of Physics, Mr. Tse Shing Him Samuel (Physics/2) started his YouTube Channel "Broccoli Physics", named after his very passion and his distinctive hairstyle. Partaking in the "Dreaming Through Chung Chi Scheme", he got an opportunity to become a science-themed YouTuber to spread science knowledge to the audience.

### Q: How does Physics give you joy?

When I was a kid, I loved to watch scientific TV programmes. They inspired my little mind with some interesting questions like "why is the core



謝同學為街訪短片訪問物理系朱明中教授（中）  
Samuel interviews Prof. Chu Ming Chung (middle) from the Department of Physics in a video

「時光能否倒流？」物理學正正能夠拆解這些天馬行空的問題。在我而言，學習物理知識好比學習超能力一樣，大至宇宙，小至粒子夸克，也是我會涉獵的範疇。雖然那並非簡易的題目，但正如甘迺迪總統所說：「我們選擇在這個十年登上月球，並完成其他事情，不是因為它們很簡單，而是因為它們很困難。」有時候，學習物理需要花上你數小時甚至數日去解決一份功課，但是當你終於把題目完成時，箇中的愉悅卻是千金不換。我想，物理是研究上帝的創造，透過學習這個世界的建造方式，尋找當中漂亮的定律，以人類的語言把他們描述出來。

**問：探索科學乃至 YouTube 頻道上，沿途有沒有想感謝的人？**

誠然，我是粗枝大葉的大二學生，平日製作影片也遇上不少難題，例如我需要查證有些專門知識，蒐集拍攝所需的物資或道具，甚至需要演員一同拍攝。我衷心感謝中大物理系的教授和講師沿途幫助，為

of the Earth extremely hot?" Then, I hit upon an idea. I could solve the energy crisis if I cracked a way to convert geothermal energy inside the core into electrical energy effectively. As I entered secondary school, I finally came across Physics, Chemistry, and Biology subjects. Fortunately, Physics chose me to be his destined one.

"Is it possible to reverse time?" Physics is the solution to these wildly imaginative problems. It is a real-life superpower to me. From quarks to cosmos, the whole world is plotted in front of me when I study Physics. Indeed, the problems are never simple. As former President John F. Kennedy once said, "We choose to go to the Moon in this decade and do the other things, not because they are easy, but because they are hard." It is nothing new when you spend hours or even days completing one of



謝同學親身示範吸入氦氣後變聲的實驗  
Samuel demonstrates how inhaling helium changes his voice

我解答知識上的疑難。他們的支持令我的自信心倍增。在蒐羅拍攝所需的實驗道具上，我亦想多謝「崇基圓夢計劃」的支援，其中一位學院同事更協助我找到一台微波爐呢！縱使我的朋友不是專業演員，但每當我邀請他們幫忙時，他們總是義不容辭，還擔當我的頭號粉絲，所以在此對他們表達謝意。



謝同學以鐵鏈與玩具球解釋牛頓運動定律  
Samuel explains Newton's Law of Motions with a chain and a ball

另外，我更想藉此感謝我中學時代物理科的啟蒙老師——黃健東老師，他不厭其煩地解答我這位「百厭星」的問題。儘管那時我的態度總是輕率兒戲，但是打從心底裏，我還是慶幸在科學路上遇到這位博學多才的伯樂，教懂我物理學的美麗之處。

未來的路上，我希望能夠製作更多有趣的影片，令大家對科學有所思考，保持好奇，享受這份上天賜予的謎題。

your Physics homework. Even though it is time-consuming and brain-burning, the joy in the wake of solving the puzzle is priceless. I see Physics more than a subject, but as a way to inquire about God's creation. While discovering the universe and finding the systematic pattern of the world, we can simply explain how the world works in human language.

**Q: Throughout your journey in scientific inquiries and becoming a YouTuber, is there anyone you feel grateful for?**

Frankly speaking, I can be sloppy at times. While producing a video, I often come across several challenges. For example, I have doubts about my knowledge and I need props and actors for experiments. Therefore, I would like to express my gratitude to my knowledgeable Physics professors and lecturers for answering my questions. It is thanks to the support from the "Dreaming Through Chung Chi Scheme" that the College staff has helped me find a used microwave oven for an experiment. Although my friends are not professional actors, they always lend me a helping hand and support me a lot. Without these people, I can't embrace the courage to chase my dream.

Finally, I would like to take the chance to thank my secondary school Physics teacher, Mr. Wong. Curious as I was at school, I always raised loads of questions. Though I was mischievous at that time, he still offered me guidance patiently. How he explained the problems in a neat and beautiful always captured my full attention. It was he who first showed me the beauty of Physics, the Art of Approximation.

I aspire to produce more interesting and informative videos in the future. By sharing science knowledge in a fun way, I hope it arouses curiosity in the audience so they will be interested to know more about science and this fascinating gift from God.



## 無憂樹

### 此心安處是吾鄉

未圓湖的無憂樹來自廣東省華南植物園。在一九九七年上半年，容拱興博士以港幣一百元之「友情價」購得無憂樹，並由當時校友會幹事吳海城親自由內地運送回崇基校園。無憂樹於一九九七年六月二十八日植根於未圓湖畔，當時有近千名崇基校友參與「九七全球校友重聚大會」（大會在該年六月二十八日至七月三日舉行）。無憂樹由時任崇基校董會主席熊翰章博士和院長李沛良教授親栽，意義深遠，當天雖然雨一直下，但仍然無減數百名來自全球各地的校友共同見證如此歷史時刻的雅興。香港於一九九七年七月一日回歸祖國，自中英聯合聲明於一九八四年簽訂以來，有人或擔心未來而感到茫然。無憂樹的移植，蘊含了凡事無需過分擔憂之意，同時抒發了對當時社會的冀望。無憂樹本身更是佛教聖樹，相傳佛祖釋迦牟尼便是在無憂樹下出生的，寄寓著佛祖努力化解人世間的苦難，為世人帶來無憂喜樂。

能夠以無憂命名，無憂樹擁有著令人神往的美名。走在未圓湖畔，在曲橋的北端位置，我們會發現一個圓形的小花園，這裡便是佛教聖樹「無憂樹」所栽植之處。崇基學院本著「崇奉基督」的精神創校，無憂樹在象徵以基督教為本之餘，同時亦代表了學院具備著包容的精神、開放的態度，以及求同賞異的襟懷。我們為甚麼想要「無憂」呢？當然是因為人生總是滿有憂與樂的。《周易·繫辭上》說：「樂天知命，故不憂。」能夠在憂思之際求樂，並在歡欣喜樂之時而不忘憂，無憂樹時刻提醒我們當以天下憂樂為念。

無憂樹原產於中國雲南、廣西，以及印度、中南半島等地。每年在三至五月開花，七至十月結果。花朵盛放之時，火紅的花簇綻放在樹冠上，遠眺仿佛一座金色的寶塔，在雲南地區又稱為火燄花。無憂花屬是豆目豆科下的一個屬，此屬有十一種，其中在未圓湖畔栽種的是中國無憂花（*Saraca dives* Pierre）。香港回歸前栽種了中國無憂花，至今已植根崇基校園二十多年了，所選品種，寓意深遠，教人駐足往觀再三。

人生不免面對種種憂慮，憂從中來，如何排遣，古今中外的文人墨客提供了不同的方法。三國時代的曹操，號稱一代梟雄，在他的名篇〈短歌行〉裡，何以解憂，唯有杜康！遇到憂慮，我們也許在尋找東野圭吾筆下的浪矢雜貨店，並且修書一封，以求解憂。我們生活在崇基校園，大可省去尋秘解憂的過程，因為這裡生活了一棵名正言順、名副其實的無憂樹。

二〇二一年九月的新學期，在新冠疫情之下，師生重聚校園，回復了久違的熱鬧，充滿生氣。無憂樹仍在，觀賞者是否感到無憂，完全仰仗一己在心態上的調適。很多時候，我們以為外在環境影響了一切，是喜是憂，隨時遷移。其實，「登山」之所以能夠「情滿於山」，「觀海」之所以能夠「意溢於海」，一切皆在乎我們主觀的用心。此心安處是吾鄉，能夠做到坦然面對，不單止是 no worry，更是 worry-free 了！

潘銘基教授 // 中國語言及文學系

## Sorrowless Tree

### Home is Where the Heart is

By Lake Ad Excellentiam is the *Saraca dives* Pierre tree (known as the sorrowless tree), as transplanted from the South China Botanical Garden in Guangdong. It was bought by Dr. Yung Kung Hing at a discounted price of HK\$100 in 1997. Mr. Ng Hoi Shing, the then exco member of the Alumni Association, personally transferred the plant from the mainland to the Chung Chi campus. On 28 June 1997, the plant was officially cultivated around Lake Ad Excellentiam, witnessed by almost a thousand CC alumni at the global alumni homecoming event from 28 June to 3 July 1997. Dr. Hung Hon Cheung, the then Board Chair, and Professor Lee Pui Leung, the then College Head, planted the sorrowless tree together. The significance remained profound despite the rainy weather, as hundreds of alumni who returned from different countries rejoiced at the gathering. Some were bewildered by the handover of Hong Kong. In a time of uncertainty, the symbol of the sorrowless tree sent comfort to society that one shall worry less. The plant is considered a sacred tree in Buddhism as Shakyamuni was born beneath a sorrowless tree. It hence represents the endeavour of Buddha to erase the sufferings and send bliss to the sorrowless world.

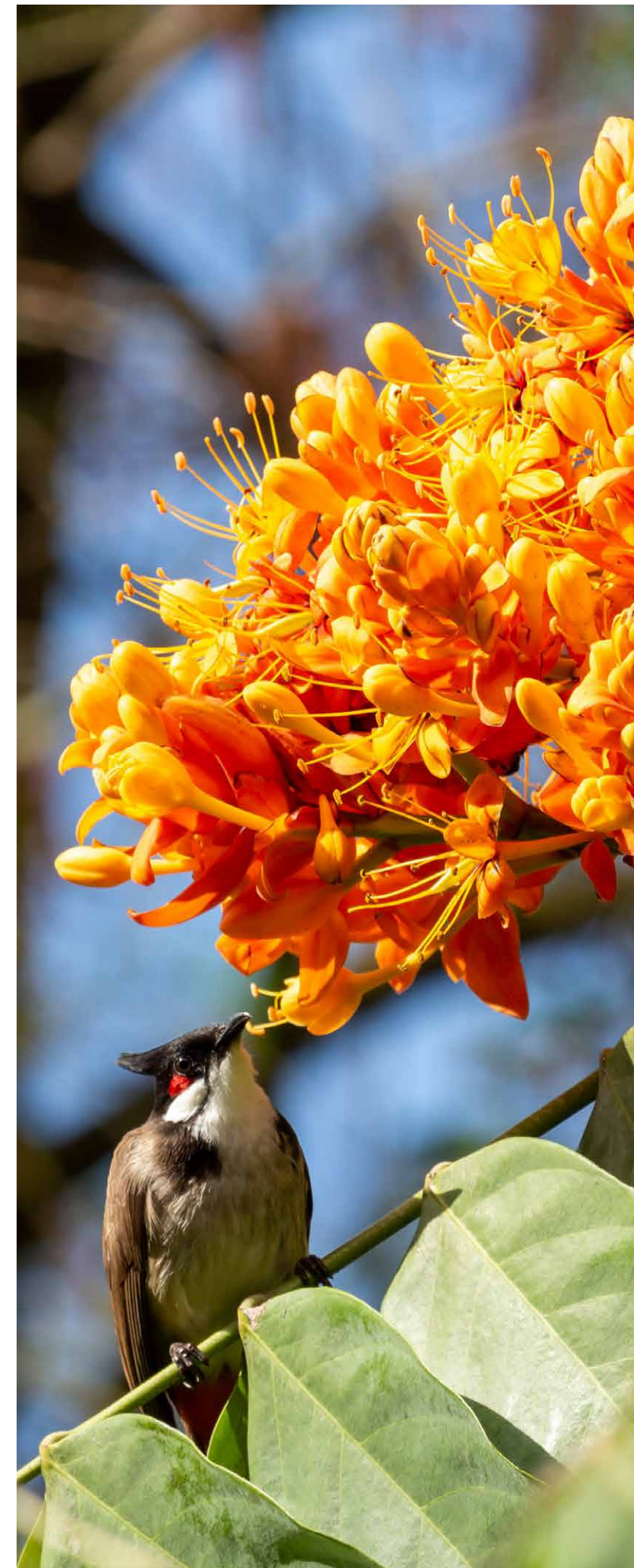
The sorrowless tree often fascinates people with its exquisite name. Ambling along the lakeside, we can notice a round planter that grows the sacred "Sorrowless Tree" at the north end of the Crooked Bridge. Chung Chi's spirit of Christianity has been rooted in the College since the beginning. While the tree carries the Christian-oriented meaning, it also signifies the College's open-mindedness and willingness to embrace diversity. Why do we aspire to be sorrowless? It is indeed because life always comes with sorrow and joy. The "Book of Changes" stated, "he rejoices in Heaven and knows its ordinations; and hence he has no anxieties." One can seek joy during sorrowful times and at the same time does not forget to worry despite one's elation. Sorrowless trees always remind us about both sorrow and joy in reality.

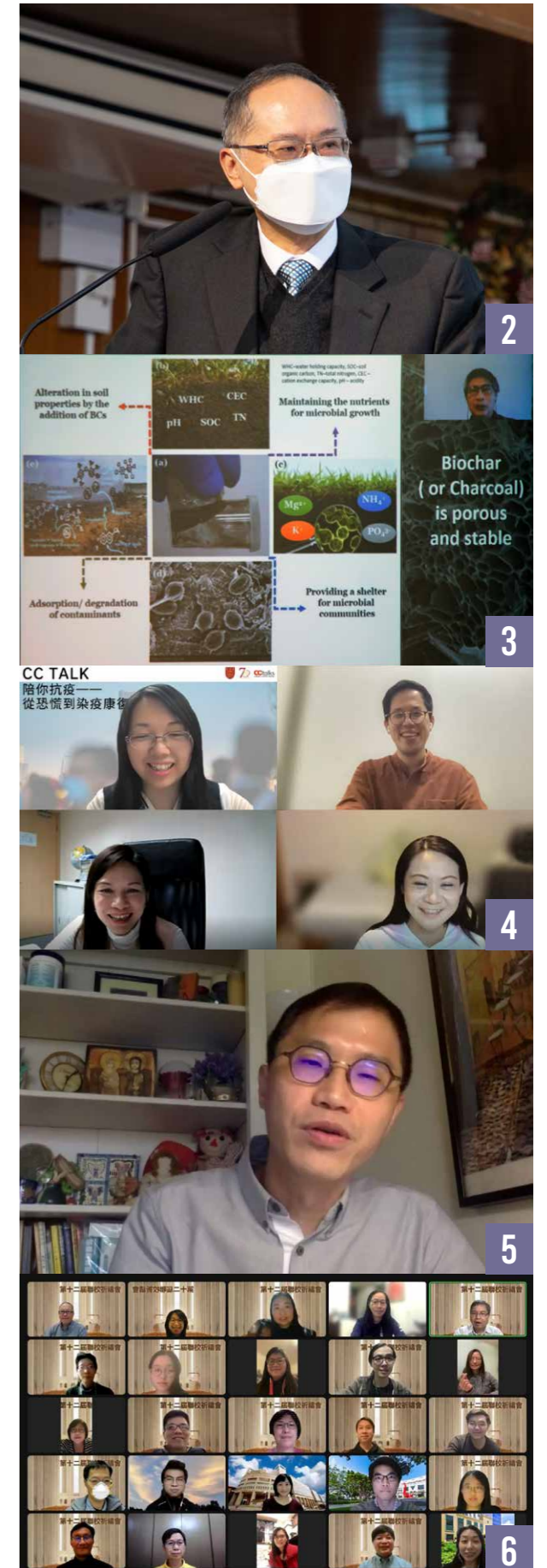
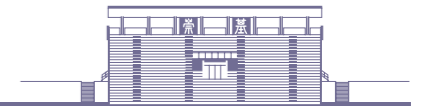
Sorrowless trees are native to Yunnan and Guangxi areas as well as India and the Indochinese Peninsula. The blossom starts from March to May while fruiting occurs from July to October every year. During the blossom, fiery flowers bloom all over the tree's crown which resembles a golden tower if looking from far. It is also called "Flaming Flower" in the Yunnan area. Sorrowless trees belong to the family Fabaceae which contains 11 genera. The one we planted around the Lake is the *Saraca dives* Pierre. Before the handover, the sorrowless tree has already been planted at the Chung Chi campus for over 20 years. The meaning behind the decision is essential. It thus attracts people to appreciate the tree over and over.

Anxieties are inevitable in life. How do we relieve the feeling if it comes within? The literati across time and space have shed light on different ways. Cao Cao, the valorous figure in the Three Kingdoms period, limned how he drank away the sorrow in his well-known poem. Or we may draft a letter to the Namiya General Store in the world of Keigo Higashino. Living on the Chung Chi campus, we can spare ourselves from the dreadful search of ways to relieve sorrow. There is literally a sorrowless tree around us.

In September 2021, teachers and students finally gathered at the campus despite the pandemic. Such liveliness was long-awaited. While the sorrowless tree is still here, whether the beholders are sorrowless or not entirely call upon their resilience in the mind. Often do we think the surroundings dictate everything and we cannot be certain about joy and sorrow. However, whether we feel attached to a place actually depends on our subjective perspective. Home is where the peaceful heart is, as long as we face reality calmly. By then, sorrow and worry will be nowhere to be found.

Professor Poon Ming Kay // Department of Chinese Language and Literature





1. 在二月十八日的週會中，梁雨恩女士講述她從歌手到鏢手的經歷和心路歷程，也演唱她喜歡的詩歌。  
In the Assembly on 18 February, Ms. Cathy Leung talked about her experiences and thoughts from being a singer to a dart player. She also sang her favourite hymn on the occasion.
2. 梁寶華教授在二月十一日的崇基週會中分享「香港粵劇傳承回顧與展望」。  
Professor Leung Bo Wah shared his view on the "Transmission of Cantonese Opera in Hong Kong: Retrospect and Prospect" in the College Assembly on 11 February.
3. 馮思聰博士於二月廿五日週會以「關愛受造世界」為題演講。是次週會為「關愛受造世界@崇基」系列活動之一。  
Dr. Christopher Fung spoke on the topic "Creation Care" in the College Assembly on 25 February. It was one of the activities "Creation Care @ Chung Chi" series.
4. 崇基學院校友會於三月二十四日以「陪你抗疫——從恐慌到染疫康復」為題舉辦網上 CC Talk。三位中大校友葉妙妍（左下）、葉珮嫦（右下）及余紫達（右上）從專業且多方面角度拆解有關疫症的種種迷思。  
Chung Chi College Alumni Association presented a CC Talk on the topic "Together We Stand in Fighting the COVID-19 Pandemic" on 24 March 2022. CU alumni and guest speakers, namely Ms. Ip Mui Yin Sarah (bottom left), Dr. Ip Pui Seung Shirley (bottom right) and Mr. Yu Tsz Tat (upper right) uncovered the myth of the pandemic from the professional and multifaceted perspectives.
5. 崇基學院牧靈關顧委員會於三月三十一日舉辦午間聚會，蔣文忠博士以「青少年事工與靈命塑造」為題作分享。  
The March Lunchtime Gathering of Pastoral and Spiritual Care Committee was held on 31 May 2022. Dr. Cheung Man Chung shared on the topic "Youth Ministry and Spiritual Formation".
6. 崇基校牧室聯同各大專院校於四月一日在網上舉行第十二屆大專聯校祈禱會。  
The 12<sup>th</sup> Joint University Prayer Meeting was held online on 1 April 2022. The Chaplain's Office of Chung Chi College together with the staff fellowships of other local institutes met and prayed.



## 崇基老師獲日內瓦國際發明展七個獎項 Chung Chi Teachers Received Seven Awards at the International Exhibition of Inventions of Geneva

以下五位崇基教員及其團隊分別榮獲二〇二二年日內瓦國際發明展銀獎及銅獎，再次在國際舞台展示中大卓越的研究及創新能力。同仁謹致賀忱！

Congratulations to the following five College members who have been presented the International Exhibition of Inventions of Geneva 2022 Silver and Bronze Medals, demonstrating the University's excellence in research and innovation on the global stage. Our hearty congratulations!

銀獎 Silver Medals		
項目統籌者 Principle Investigator	學系 Department	項目名稱 Project Title
鍾佩樺教授及其團隊 Professor Chung Pui Wah Jacqueline and her team	婦產科學系 Obstetrics and Gynaecology	治療子宮內膜異位症新型藥物—— 綠茶兒茶素前藥分子 Pro-EGCG for Treatment of Endometriosis  創新子宮內膜檢查 EndoTest 可預測胚胎 成功著床和受孕 EndoTest for Prediction of Implantation and Pregnancy Outcomes
劉達銘教授 Professor Lau Tat Ming Darwin	機械與自動化工程學系 Mechanical and Automation Engineering	供高樓外牆檢測的線控機械人 Cable-driven Inspection Robot for High- rise Building Facade
劉達銘教授及其團隊 Professor Lau Tat Ming Darwin and his team		砌磚機器人 CU-Brick Robotic Brick Construction Robot
蘇詠芝教授 Professor So Wing-Chee Catherine	教育心理學系 Educational Psychology	機哥伴小星® (RABI®) Robot for Autism Behavioral Intervention® (RABI®)
銅獎 Bronze Medals		
李崢教授 Professor Li Zheng	外科學系 Surgery	安全性增強的半自主立體定向大腦活檢機 械人系統 A Semi-autonomous Stereotactic Brain Biopsy Robotic System with Enhanced Safety
鄧銘權教授 Professor Tang Ming Kuen Patrick	病理解剖及細胞學系 Anatomical and Cellular Pathology	一種以中性粒細胞為基礎的新型抗癌免疫 療法 A Novel Neutrophil-based Anticancer Immunotherapy



## 崇基學院畢業班拍攝安排 Annual Graduation Photo-Taking Exercise

二〇二一至二二年度崇基學院畢業班拍照日訂於二〇二二年五月十七日（星期二）舉行。鑑於疫情持續，本年不設池旁路攤位。全體照於下午二時於嶺南體育館拍攝，而各學系及課程分系照亦將於同日下午二時三十分至五時四十五分在崇基禮拜堂拍攝。拍攝程序表見 [www.cuhk.edu.hk/ccc/photoday](http://www.cuhk.edu.hk/ccc/photoday)。學院會密切留意疫情發展調整拍照安排，敬請留意最新宣布。查詢請電 3943 6993 或 3943 9893，聯絡陳女士或鄭先生。

The graduation photo-taking exercise with the Class of 2022 of Chung Chi College will be held on 17 May 2022 (Tuesday) at 2:00 pm in Lingnan Stadium. Individual sessions for the departmental photos will be held at the College Chapel from 2:30 pm onwards. A detailed rundown is available on [www.cuhk.edu.hk/ccc/photoday](http://www.cuhk.edu.hk/ccc/photoday). To prevent crowd gathering, no celebration booth will be set up at the Pond Crescent. The College will closely monitor the pandemic situation and make announcements on the latest arrangement as appropriate. For enquiries, please contact Ms. Chan at 3943 6993 or Mr. Cheng at 3943 9893.

## 退宿回收活動 Recycling Programme at Student Hostels



為鼓勵循環再用，減少浪費，校園環境委員會於本學年退宿期間舉辦回收活動。回收物品包括：衣物、玻璃樽、文具、書籍、電腦及配件、小型電器、廚具等。大部份物資將由社區環保站「綠在沙田」回收，分類循環再造或轉贈重用；而其他物資則由大學物業管理處安排回收。藉此活動希望推動師生實踐環保，適當處理可重用之物品，減少製造廢物。

To reduce waste upon hostel retreat and promote environmental awareness, the College Campus Environment Committee is organizing a recycling programme in May. The programme welcomes donations of items such as clothing, glass bottles, books, stationery, computers and accessories, electrical appliances, and kitchenware. Most of the items collected will be passed to the "Shatin District Community Green Station" for recycling and reuse. Other items will be collected by the Estates Management Office for reuse. Through the programme, we encourage College members and students to rethink before disposing any reusable items and do so only in an environmentally friendly way.

收集日期 Collection Period	5/5 – 20/5 (星期四至五 Thu – Fri)
收集地點 Collection Point	各宿舍內之專設回收桶 Designated recycling bins in each hostel
查詢 Enquiries	梁女士 Ms. Sueane Leung – 3943 4102



## 崇基學院牟路思怡圖書館勞動節及佛誕假期開放時間 Opening Hours of Chung Chi College Elisabeth Luce Moore Library during Labour Day and Birthday of the Buddha Holidays

日期 Date	圖書館 Library	閱讀室 Reading Room
1/5 (星期日 Sun)	11:00 am – 7:00 pm	每週七天二十四小時開放 Open 24 hours every day
2/5 (星期一 Mon)	9:00 am – 5:00 pm	
8/5 (星期日 Sun)	11:00 am – 7:00 pm	
9/5 (星期一 Mon)	9:00 am – 5:00 pm	



## 宋常康創意獎結果

### Result of S. H. Sung Creativity Award

宋常康創意獎參賽作品共有三份，經不同範疇之專業人士及教授評審後，得獎名單如下：

Three submissions were received this year. All proposed projects were examined by experts in related fields.

The following result was arrived after careful deliberation:

	得獎學生 Awardee	得獎計劃 Project
二等獎 2 <sup>nd</sup> Prize	冼雋謙 Sin Chun Him 電子工程學 Electronic Engineering/ 3	崇宇宙 + ——實擬虛境計劃書 Chung Chiverse - Actual Virtuality

## 「好小籽」實踐獎結果

### Result of "Seeds of Good Deeds" Project Award



### 十萬濃縮中藥容器回收計畫

首個以行業為本的回收倡議  
為驗證社區內的中、小型商戶對回收服務的需求，團隊以「與商戶同行，建構為行業而設、可持續的回收網絡」為願景，選擇中醫藥為切入點，於2021年推行計畫，建立「中醫診所回收網絡」。

**品牌調查：推廣生產者責任制的最強手段**  
團隊堅持進行「品牌調查」，按品牌分類統計藥樽數量，以了解各藥廠消耗包裝的情況，數據會交給各個生產商，以凸顯診所對回收服務的需求，藉此推動品牌承擔環境責任。

**計畫成效**  
團隊成功招募30間位於油旺的中醫診所參與計畫，所收集到的104,656件藥樽（共重4,561公斤）已交由回收廠處理，再造成再生塑膠。若干濃縮中藥生產商得悉本計畫後，亦主動聯絡團隊交換意見，更有公司試行自家品牌的回收先導計畫。

**回收流程**

- 參與計畫診所
- 保存待回收藥樽
- 定期上門收集
- 集中運到荃灣倉庫進行品牌調查
- 合作回收商
- 每月收走倉庫藥樽進行回收再造工序

recyclink\_hk Recyclink HK recyclinkhk@gmail.com



### 童夢同行 Dream Compassionees

「童夢同行」為聯校國際助學組織，旨在為世界上貧窮地區有需要的學童提供受教育的機會與生活所需，長遠讓其改變命運。  
(社團註冊編號: REF:CP/LIC/50/19/6161)

第一屆「童行志」生活經驗與學藝比賽  
「童夢同行義補計劃」  
「見賢思齊」網上講座  
「力所能及」的教學故事

©: dream\_compassionees  
f: 童夢同行 Dream Compassionees  
www.dreamcompassionees.org

PASSION TO DREAM  
DREAM TO INSPIRE

一等獎 1 <sup>st</sup> Prize	
得獎學生 Awardee	陳淇龍 Chan Kei Lung 城市研究 Urban Studies/ 3
得獎計劃 Project	十萬濃縮中藥容器回收計劃 100k CCMGs Containers Collection Campaign

二等獎 2 <sup>nd</sup> Prize	
得獎學生 Awardee	陳彩橋 Chan Choi Kiu 社會工作 Social Work/ 2
得獎計劃 Project	聯校國際助學組織「童夢同行」 Dream Compassionees



### 「好小籽」實踐獎 BE-Active Fitness

何漢銳 & 鄭永雋

#### 「在家運動」

2019冠狀病毒病對香港的影響十分深，尤其令許多基層學生或有特殊教學需要 (SEN) 學生感到不安，加上生活規律被打亂，好多學生都感到切復無助。另外，隔學令加上社交距離的影響下，令很多小朋友無法，或者甚少外出運動，對小朋友的身心健康帶來一定程度的影響。

這個計劃的目的考慮到疫情下，學生的身心健康受到不同程度的影響。我們相信良好的健康和福祉對於學生的整體個人發展至關重要，這與可持續發展目標3 (SDG 3) 的理念一致，為學生提供健康教育。考慮到疫情關係，我們用了比較彈性的方法進行了一系列的在家健身教學，用Zoom平台上進行線上健身課程，讓學生可以在平台上進行互動，以防止感染風險同時幫助學生在 COVID-19爆發期間仍然可以保持做運動的良好習慣。

三等獎 3 <sup>rd</sup> Prize	
得獎學生 Awardee	何漢銳 Ho Han Yui 社會學 Sociology/ 4 鄭永雋 Cheng Wing Jun 全球研究 Global Studies/ 5
得獎計劃 Project	BE-Active Fitness



### 聾人 X 音樂 攜手同行

以香港手語為主要溝通媒介進行音樂課堂。

學習聾人文化讓我展開了認識香港聾人的道路。與有聽力障礙的老師交流，對我來說是非常有意義的。作為一名音樂系學生，即使聾人未必有完整的聽力，我想盡力讓他們體會到什麼是音樂-這個世界上簡單而美好的創造，以音樂來感動他們，這是他們以前可能從未接觸過的領域。因此，我希望自己能繼續為社會做出貢獻，教聾人音樂。

- 手語溝通
- 了解聾人文化
- 連繫社區

三等獎 3 <sup>rd</sup> Prize	
得獎學生 Awardee	仇穎妍 Chow Wing Yin Wynne 音樂 Music/ 3
得獎計劃 Project	Teaching the Deaf Community Music

## 致哀 OBITUARY

學院教員高威廉教授於二〇二二年三月廿六日辭世，享年五十八歲。高威廉教授於二〇〇三年加入崇基及賽馬會公共衛生及基層醫療學院，曾協助學院英語桌及通識教育。同仁謹致哀悼。

Professor William Bernard III Goggins, a teacher of the College, passed away on 26 March 2022 at the age of 58. Professor Goggins joined the College and The Jockey Club School of Public Health and Primary Care in 2003 and participated in College English Table and General Education Programmes. Our deepest condolences to Professor Goggins' family.



20.4.2022  
-19.5.2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			20 APR	21	22	23
			10:30   常務委員會會議 Cabinet Meeting		09:15   七十週年校慶研討會： 科技、社會與倫理 CC70 <sup>th</sup> Anniversary Symposium: Technology, Society and Ethnics 11:30   週會 College Assembly 講題：由銀行到片場： 我的轉行故事 Topic: From Banking to Filmmaking – My Career Change Story 14:30   GECC 4130 通識老師會議 GECC 4130 Teachers Meeting	09:30   七十週年校慶研討會： 科技、社會與倫理 CC70 <sup>th</sup> Anniversary Symposium: Technology, Society and Ethnics 14:30   崇基國際演講會會議 Toastmasters Club Meeting
24	25	26	27	28	29	30
10:30   主日崇拜 Sunday Service 講題：超越多馬的信心 Topic: Confidence beyond Thomas	11:00   學生發展綜合大樓 建設委員會會議 Student Development Complex Building Committee Meeting	10:00   神學校董會會議 Theological Council Meeting 12:30   籌募小組委員會會議 Fundraising Subcommittee Meeting	科目考試 Course Examinations			
1 MAY	2	3	4	5	6	7
10:30   主日崇拜 Sunday Service 講題：生亦何歡·死亦何苦？ Topic: Beyond Life and Death	公眾假期（勞動節翌日） Public Holiday (The day following Labour Day)	12:45   財務委員會會議 Finance Committee Meeting	20:00   靈性修為專責小組會議 Task Force on Spiritual Enhancement Meeting	退宿回收活動 Recycling Programme at Student Hostels		10:30   院務委員會會議 Assembly of Fellows Meeting
8	9	10	11	12	13	14
退宿回收活動 Recycling Programme at Student Hostels						
10:30   主日崇拜 Sunday Service 講題：彌賽亞牧人 Topic: Messianic Shepherd	公眾假期（佛誕翌日） Public Holiday (The day following the Birthday of the Buddha)	科目考試 Course Examinations				
15	16	17	18	19		
退宿回收活動 Recycling Programme at Student Hostels						
10:30   主日崇拜 Sunday Service 講題：生路如此美好， 何解選擇滅亡？ Topic: Why Choose the Way of Death?		12:30   財務委員會會議 Finance Committee Meeting 14:00   崇基學院畢業班全體照拍攝 Annual Graduate Photo- taking Exercise of Chung Chi College	10:30   常務委員會會議 Cabinet Meeting			

以混合模式進行  
Mixed mode

網上進行  
Online

實體進行  
Face-to-face



活動安排或因疫情而有所調整，有意參加者請留意主辦單位之網頁或電郵通知。  
Subject to the epidemic situation, adjustment may be made to the activity arrangement. Such changes will be notified through email or on website of the organising party.



## 瞥見至善真諦

眾所周知，崇基學院校門牌樓位處大埔公路。但不多人知道，在牌樓旁邊還有供人候車避雨的白色涼亭。涼亭名為「至善亭」，與校門牌樓同於一九五九年落成。「至善」一詞源於《大學》，與學院校訓「止於至善」相呼應。

何以創校先賢特意以此作校訓？按創校校董會主席歐偉國先生於校慶獻辭解說：「發揚基督捨己為人，一無區別之博愛精神，此崇基設立之第一義也。崇基校徽，獨標古訓曰：『止於至善』。故崇基者，將以至善為基，此又設校之第二義也。」

「至善亭」設於校門牌樓旁，寓意「崇基」之高廣理想與「至善」精神相依。或許我們不能常常造訪至善亭，然而我們也可成為來訪崇基友人的「涼亭」，為人遮風擋雨，讓人樂於小憩，遠眺海山美景，瞥見至善真諦。

## A Glimpse of Excellence

Chung Chi Gate, as widely known, is located on Tai Po Road but little do people notice the adjacent white pavilion. The Gate was completed in 1959, and so was the Ad Excellentiam Pavilion. Originated from the classic Great Learning, the name reflects our College motto "In Pursuit of Excellence".

What was the intent behind our founders' decision on the motto? Mr. David W.K. Au, the Founding Chair of the Board, defined the first significance of founding Chung Chi College as promoting the Christian sacrifice love. This motto was hence put on the emblem, laying the foundation of our College for students' pursuit of excellence. There goes the second significance of founding the College.

The meaning of the Pavilion standing next to the Gate represents that the noble vision of our College and the spirit of striving for excellence are indivisible. We may not visit the Pavilion often. However, we can become the "pavilion" for our friends of Chung Chi, offering a shelter and a resting place, and having a glimpse of excellence in our scenic landscape together.

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編輯團隊：高潔儀、石啟峰、葉潤成、余尚斌  
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