



Yau Yat Chuen Garden City Club
又一村花園俱樂部

Newsletter for Members

會員通訊

SPRING

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2017

商界展關懷

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香港社會服務發展局頒發

DINING HIGHLIGHTS

餐飲精選呈獻

April 四月

CHINESE RESTAURANT CUISINE PROMOTION: 中菜廳美饌推廣：

BAKED STAR SNAPPER WITH HERBS 香草焗石斑魚

This month's special dish promotion at Chinese Restaurant is Baked Star Snapper with Herbs. Superb healthy dish full of flavor. Don't miss it!

於4月份，中菜廳為大家獻上精選推介 - 香草焗石斑魚，是一款既美味又健康的佳餚，讓大家食得更開懷。



May 五月

VERBENA CAFÉ CUISINE PROMOTION: 地錦廳美饌推廣：

MOTHER'S DAY DINNER BUFFET 母親節自助晚餐

Mother's Day is the perfect time to show your love and appreciation to your beloved mom. On 14th May, Verbena Café is delighted to offer a Mother's Day Dinner Buffet comprising an array of international cuisines for you and your mother to enjoy a pleasant evening. A wine tasting session will also be held with a range of best wine selections for celebrating the occasion without hassle.

一年一度的母親節即將來臨，這是子女向母親表示孝心的一個好機會，您是否正為摯愛母親安排慶祝節目？在5月14日，地錦廳特別獻上母親節「自助晚餐頌親恩」，提供各國美食，讓您與母親歡度一個愉快的晚上。當日亦有試酒會以供選購，作為禮物表達心意。



June 六月

VERBENA CAFÉ CUISINE PROMOTION: 地錦廳美饌推廣：

FATHER'S DAY DINNER BUFFET 父親節自助晚餐

Father's Day, which this year falls on Sunday, 18th June, is the perfect opportunity to show Dad how much you care. Come over to Verbena Café and enjoy Father's Day Seafood Dinner Buffet featuring International gourmet with your Dad on the coming Father's Day. A wine tasting session will also be held with a range of best wine selections for celebrating the occasion without hassle.

今年6月18日星期日父親節，是為人子女者向父親表敬意的好時機。地錦廳特別獻上父親節海鮮自助晚餐，提供多款環球美饌，讓各位與父親歡度難忘時刻。當日亦設有試酒會以供選購，與父親開懷暢飲，共聚天輪。



June 六月

CHINESE RESTAURANT CUISINE PROMOTION: 中菜廳美饌推廣：

DOUBLE-BOILED WINTER MELON SOUP 鮮蓮冬瓜盅

Whet your appetite by our "Double-boiled Winter Melon Soup". Best soup to brighten up your palate in this summertime.

「冬瓜盅」是傳統粵菜中的夏令名菜。中菜總廚選用上乘材料蒸燉，呷一口，清鮮不膩，暑氣全消！



UPCOMING EVENTS

活動推廣

April 四月

EASTER HOLIDAY FUN TOUR 復活滋味續Fun遊



Nissin Cup Noodle tastes overwhelming and is a favourite product for most of the people. Through this tour, you can make your own Cup Noodle. Besides, you will enjoy a feast at Tung Chung, visit Tsing Ma Bridge View Point, Skyplaza, Aviation Discovery Centre, Tung Chung Fort and so on. Please come and join!

「合味道」杯麵是不少大眾的喜愛。是次活動除了能體驗親手製作屬於自己獨一無二的杯麵外，更可享受東涌原居民宴，遊覽青馬大橋觀景台、機場翔天廊、航空探知館、東涌古砲台等多個景點。齊來參與，讓您的愉快復活假期更豐富！



May 五月

CREAM CLAY CAKE CREATION DIY DIY仿真蛋糕

Matching the Cream Clay with different kinds of decoration and accessories, you can produce a lifelike cake as a gift to your beloved mom on the Mother's Day!

配合忌廉黏土，自由配搭各類小飾物及仿真配件，加上您個人獨特的創作，製成一件栩栩如生的仿真蛋糕，在母親節中送上祝福以謝親恩！



June 六月

HENNA TATTOO 手繪紋身Henna

Henna is a traditional art culture of South Asia, the colorful tattoo means blessing to people. Instead of real tattoo, Henna uses the neutral material, which is not harm to skin.

Henna是一種南亞傳統藝術文化，彩繪寓意著祝福。相較於刺青，Henna原料天然而不傷害皮膚，可選擇與別不同圖案，既特別又富有個人風格！



PHOENIX HILL GOLF CHALLENGE DAY 鳳凰山高爾夫球挑戰賽

Golf Challenge Day will be held in June at Phoenix Hill Golf Club. Welcome to join us, show your skill and win the prize.

一年一度的高爾夫球挑戰賽，將於6月假鳳凰山高爾夫球會舉行。歡迎大家踴躍參加，一顯身手，勇奪冠軍。



MINI T-SHIRT DIY 迷你T恤DIY

Pick a fancy color paper and fold it to a mini T-shirt, write down your words and blessings for the Father's Day!

齊來挑選充滿色彩的花紙，動動手，摺成一件迷你小T恤，再寫上您的心意，向父親表達謝意！



CATCHING IN THE DARK 黑夜尋墨樂

Cutterfish Fishing is one of the most popular summer activities in Hong Kong. Just grab a couple of friends, hop on the boat for a fun night! Every May and June, huge school of Cutterfish swim across the Hong Kong water, anyone with no fishing experience can get a bunch of these squiggly seafood.

夜釣墨魚是香港夏日最為流行的避暑活動。約上三五知己，坐坐遊艇，吹吹海風，看看星光，也許是避開都市煩囂的愜意選擇。夏季5-6月是墨魚群出沒在香港海域的高峰期，即使沒有釣魚經驗的朋友也能夠輕鬆獲得豐富的戰利品。



OTHER EVENTS AND COURSES 其他活動及課程 /

April 四月 /

- / Cooking Class for Kids
 - Tsum Tsum Cake Pops 兒童烹飪班
 - 迪士尼卡通造型蛋糕棒

May 五月 /

- / Cooking Class for Kids
 - Cupcake Piping 兒童烹飪班
 - 杯子蛋糕啣花班
- / Art & Craft Workshop for Kids
 - Rice Dumpling Sachet 兒童手工藝班
 - 粽子香包

June 六月 /

- / Art & Craft Workshop for Kids
 - Father's Day Exploding Box 兒童手工藝班
 - 父親節禮物盒
- / Art & Craft Workshop for Kids
 - Perler Beads Keychain 兒童手工藝班
 - 拼豆鎖匙扣

* The launch date of some of the aforesaid events and courses will be announced later.
上述部份活動及課程的確實舉辦日期有待公佈。

CHARITY EXPRESS 為善最樂

DONATING CHINESE FESTIVE CAKES 新年糕點捐贈活動

To share the joy of Lunar New Year with people in need, the Club continues to donate 510 sets of festive cakes (Chinese Rice Cakes and Turnip Cakes) to various organizations in January, they are the Salvation Army, Christian Action, Sik Sik Yuen and Hong Kong Christian Service for which they provide support to the low-income families and singleton elderly. We look forward to continue creating value for the community around us.

本俱樂部一向熱心參與公益活動，回饋社會。一如以往，於農曆新年前，捐贈了510套糕點(年糕和蘿蔔糕)給予數間機構，包括救世軍、基督教勵行會、薈色園和香港基督教服務處；而當中受惠的人士分別是低收入家庭和獨居長者。我們希望與有需要人士分享春節的喜悅，並於農曆新年期間送上祝福。



MEMBERS' ACTIVITIES REVIEW

會員活動回顧

TENNIS TOURNAMENT 2017

網球比賽2017

The Club's Tennis Tournament Cup has been held successfully on 25th and 26th February 2017. All participants demonstrated their professional skills to compete for the prizes. On the stadium the spectators cheered for the participants, pushing the competitive atmosphere even hotter. After several rounds of exciting matches, the winners of all divisions were born. Congratulations to all the winners!!

網球比賽已於2017年2月25日及26日舉行及完滿結束。比賽當日各參賽者均使出渾身解數爭取各組別的勝利，加上在場所有觀眾都替參加者打氣，令現場競爭氣氛更為熾熱。經過一輪精彩刺激的競逐後，各組別得獎者均順利誕生。在此再一次恭喜所有的得獎者!!



KOI VIEWING SHOW

錦鯉大觀賞

The Hong Kong Koi Club gather the koi hobbyists and practitioners to share their experience in keeping, appreciating and breeding the koi on 7th and 8th January 2017.

香港錦鯉會在1月7日至8日，集合錦鯉的愛好者與同業者，分享有關於飼養及觀賞錦鯉的心得。



CHINESE CALLIGRAPHY PROGRAM

書法旅程



Teaching about the Chinese Calligraphy basic skills & understand the pith from Chinese historical stories by our club members during February and March 2017.

在2月至3月期間，會員親自教授有關書法的基本技巧及從故事中了解書法的精髓。

JELLY CANDLE WORKSHOP

果凍蠟燭工作坊

On 19th March, Participants created their own unique jelly candle filled with creativity, style and special decoration.

在3月19日，各參加者發揮創意將果凍蠟燭內放入不同裝飾作點綴，製作出一個獨一無二的果凍蠟燭擺設！



QUINTESSENCE HERITAGE – FEI CHUN

國粹傳承 - 揮春



For enhancing the Lunar New Year atmosphere, the Club featured "Lucky & Happy DIY 'Fai Chun' Corner" from 25th January to 3rd February. Participant members have written their own lucky blessings messages using Chinese brush pen and ink on the red banner, then placed at home for good fortunes during the whole year around.

為增添新年的氣氛，新年期間(1月25日至2月3日)俱樂部特設「如意吉祥自製揮春區」。會員透過紙和筆，即席揮毫，以傳統書法創作屬於自己的賀年揮春，並將祝福寄語在吉祥語句中，大家將祝福帶回家。

LION DANCE FOR CELEBRATION OF "THE YEAR OF THE ROOSTER"

丁酉年醒獅躍動賀新歲

A highlight of the Club's Chinese New Year celebration was the lion dance performance which took place on 30th January. The traditional dance, which featured an array of customs and rituals, amazed the audience and bestowed blessings of good health, fortune and prosperity.

農曆年初三舉行的醒獅表演是整個新春慶祝活動的重頭戲，以一系列傳統習俗和儀式所編排的舞獅表演，為會員及來賓帶來震撼視覺的表演。祝願大家新年身體健康、財源廣進！



2016 Annual Staff Party

員工聯歡晚會

The Annual Staff Party was successfully held on 15th March with lots of cheers. Staff, Committee Members and guests enjoyed plenty of delicious cuisine, performance, games and lucky draw. The long service awards were presented to 26 staff for recognizing their contributions to The Club. We would like to express our gratitude to our Committee Members for their support for our Annual Staff night.

員工聯歡晚會於3月15日晚上完滿結束。當晚各委員會委員與員工打成一片，享用豐富的美味佳餚、表演、遊戲抽獎活動等等。而整晚的亮點是俱樂部向26位員工頒發長期服務獎以嘉許他們對俱樂部的貢獻。特此，我們非常感謝各委員會委員撥冗出席及鼎力支持。



CLUB ANNOUNCEMENT

俱樂部通告

ANNOUNCEMENT 通告



The Club, which always supports local sports development, opens up the use of its sports facilities for leisure to the organizations that are listed under the 'Arrangements for the Use of Sports Facilities by Government Recognized Public Organizations & Junior Membership Scheme' of Recognized Outside Bodies during specific periods. More information about the scheme can be obtained from our website www.ycclub.org or contact 2379 4311.

本俱樂部一直支持推動本港體育界的發展，故此歡迎任何屬於「政府認可公眾團體使用康體設施安排」計劃內的合資格團體類別機構人士，於本俱樂部的特定時段內租用康樂及體育設施。詳情可於本會網站www.ycclub.org瀏覽或致電2397 4311查詢。



EGG IS GOOD, MIND THE CHOLESTEROLS

雞蛋味美慎防膽固醇

Egg has a rich source of proteins, yet it also contains high cholesterol. An ordinary egg, for instance, contains 236 mg of cholesterol whilst the recommended daily cholesterol intake for an average adult is 300 mg. People with cardiovascular diseases, diabetes or hyperlipaemia should limit their cholesterol intake to 200 mg a day, thus suggests that a healthy person should eat no more than 4 egg yolks a week, whilst people with the aforesaid illnesses should not eat more than 2 egg yolks a week.

蛋是食物蛋白質的其中一個主要來源，但很多人卻會聞蛋色變，主要是擔心進食蛋會攝取過多的膽固醇。其實一隻普通大小的雞蛋約含236毫克膽固醇，接近一般健康人士每日建議的最高攝取量300毫克；而患有心血管疾病、糖尿病或血脂高的人士，膽固醇攝取量每日應低於200毫克。因此，建議一般人每周不應進食多於四隻蛋黃，心血管疾病或糖尿病患者則不應吃多於兩隻蛋黃。

COMPARISON OF CHOLESTEROL CONTENT OF VARIOUS TYPES OF EGGS (per 1 piece)

各常見蛋類的膽固醇含量比較 (以一隻計算)



Types of Eggs 蛋類	Total cholesterol (mg) 膽固醇總含量 (毫克)	Cholesterol (mg) /100 gm 膽固醇含量 (毫克) 以每100克蛋計
Quail Egg 鵪鶉蛋 9 gm	77	855
Chicken Egg 雞蛋 56 gm	236	421
Duck Egg 鴨蛋 70gm	618.8	874
Goose Egg 鵝蛋 144gm	1226.6	852

Reference : Department of Health
資料來源：衛生署

STEAMED EGG CUSTARD (6 small bowls - Source of recipe: Dietitian of Hospital Authority)

嫩蛋 (6碗，食譜來源：醫院管理局營養師)

INGREDIENTS

1. Egg (small) 3 pcs
2. Skim Milk 1 cup (240 ml)
3. Water 200 ml
4. White Vinegar 1 tsp
5. Sugar 5 tsp

材料

1. 雞蛋(細) 3隻
2. 脫脂奶 1杯 (240毫升)
3. 水 200毫升
4. 白醋 1茶匙
5. 糖 5茶匙

METHOD 製法

1. Beat the eggs.
2. Add in skim milk, water and white vinegar, and then mix well with sugar until it dissolves.
3. Put the egg mixture into 6 small bowls. Remove the foam at the surface with a spoon.
4. Heat water in a wok/pan. Put in the small bowls when water is boiling and steam for 12 minutes until the mixture sets.
1. 雞蛋去殼拂勻。
2. 加入脫脂奶、水和白醋於蛋液中，再放入糖拌勻至糖完全溶解。
3. 把蛋液倒入碗中。可用匙羹取走蛋液面的泡沫。
4. 用鑊煮滾水，水滾後轉中火，隔水蒸12分鐘或直至蛋漿中心凝固。



Reference : Recipe of Department of Health - Diabetes-friendly Recipes
資料來源：衛生署「適飲適食」食譜

Newsletter for Members

會員通訊

ENQUIRY & RESERVATION HOTLINES 查詢及訂座熱線

Membership & Reception 會籍及接待處	2397 4311	membership@yyccclub.org
Chinese Restaurant 中菜廳	2397 4951	fnb@yyccclub.org
Verbena Café 地錦廳	3580 0701	coffeeshop@yyccclub.org
Card Room 棋牌室	2397 4954	
Recreation & Sports 康樂及體育	2397 4950	recreation@yyccclub.org
Recreation Counter 康樂部接待處	Ext. 內線 205	

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