

Newsletter for Members  
會員通訊

WINTER



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

冬  
2020

5 years +  
商界展關懷  
caring company  
Awarded by The Hong Kong Council of Social Service  
香港社會服務界協會頒發

# DINING HIGHLIGHTS

## 餐飲精選呈獻

### CHINESE RESTAURANT'S CUISINE PROMOTION:

#### 中菜廳美饌推廣：

## January - February 一月至二月

### BRAISED PORK TROTTERS 紅燒元蹄

The Chinese Restaurant is delighted to present you the Braised Pork Trotters in Chinese New Year. After braised for hours in sauces and spices, all flavours are penetrated and the meat is juicy. You won't be able to resist it.

農曆新年將至，中菜廳將為大家準備傳統新年菜式「紅燒元蹄」讓大家品嚐。經過多個小時用心燉煮，將所有秘製醬汁及各種香料都滲入肉中，鮮嫩多汁，令人難以抗拒。



### CHICKEN SOUP WITH FISH MAW AND BAMBOO FUNGUS 竹筴花膠燉雞湯



Weather is getting cold. The Chinese Restaurant will prepare a hot premium soup - Chicken Soup with Fish Maw and Bamboo Fungus, not only to warm your body but also your heart. All ingredients are handpicked, and it would be a perfect delicacy in this festive occasion.

天氣開始轉冷，中菜廳將推出竹筴花膠燉雞湯，為大家在寒冬中暖暖身體。中菜廳主廚搜羅及嚴選優質食材，用心烹調，在新一年增添溫情暖意。

## February 二月



### CHINESE NEW YEAR PUDDINGS 如意吉祥 賀年年糕

Chinese Restaurant will prepare a delectable range of puddings for the celebration of Chinese New Year. There are Traditional Chinese New Year Pudding, Turnip Pudding with Preserved Meat, Taro Pudding, Water Chestnut and Osmanthus Pudding, Red Bean Pudding with Coconut Milk and Split Pea Pudding with Coconut Milk. The puddings are made by premium ingredients. It would be a fabulous gift to share with your family members and friends.

喜迎新春佳節，中菜廳誠意獻上各式賀年年糕點。當中包括椰汁年糕、臘味蘿蔔糕、五香芋頭糕、桂花馬蹄糕、椰汁紅豆糕及椰汁馬豆糕，款款都由專人精心挑選食材，用料上乘，實為饋贈親友之佳選。

### 2021 CHINESE NEW YEAR SPRING MENU 2021團年春茗宴會菜單精選

Chinese New Year is approaching. To celebrate Chinese New Year with your family members and friends, the Chinese Restaurant will prepare various festive menus. Let's have a superb feast and enjoy the precious moments during this joyful occasion.

農曆新年即將來臨，為慶祝新春佳節，當然要宴請親朋好友，盛宴一番。中菜廳將為大家準備多款團年春茗菜譜，讓大家豐足飽滿迎接新年，共慶佳節。



### VERBENA CAFÉ EXQUISITE PROMOTION:

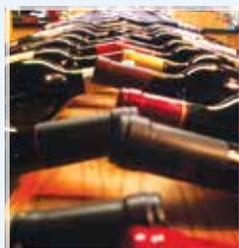
#### 地錦廳星級推介：

## February 二月

### CHINESE NEW YEAR WINE TASTING 賀年試酒會

On 6th-7th February, a wine tasting session will be held with a range of exquisite wine selections. Let's celebrate this precious moment with your beloved ones without hassle.

地錦廳將於2月6至7日悉心為大家安排試酒會，讓您選購各式美酒慶祝佳節，與摯愛共度美好時光。



### PROVENCAL RACK OF LAMB 法式寶雲酥羊架

Verbena Café is pleased to present you the Provencal Rack of Lamb to kick off 2021. Please come and savour our specialties with your family members and friends.

地錦廳為您準備法式寶雲酥羊架來迎接2021年。大家快邀請親朋好友聚首一堂，齊來慶祝新一年的來臨。

# UPCOMING EVENTS

## 活動推廣

### February 二月

#### CHINESE NEW YEAR FAIR 送鼠迎牛賀年坊

To celebrate one of the most important festivals in the Chinese society, people would be busy for preparing different gourmets and gifts for families and guests before Chinese New Year. Verbena Café has prepared a variety of premium products including festive snacks, aromatic red wines, Taiwan auspicious orchids, ginseng and dried seafood. Let's pick your favours and get well-prepared for this joyful festival.

農曆新年是中國人傳統的重要節日，每家每戶都忙於準備賀年食品招待客人或送贈親友。地錦廳精心為您準備多款賀年禮品，包括各式各樣賀年糖果、名酒佳釀、台灣特產蘭花、參茸海味及時令乾貨，讓您輕鬆辦年貨，迎接新春佳節。



#### ART & CRAFT WORKSHOP FOR CHILDREN – EMOJI BOOKMARK CORNERS DIY 兒童手工藝班 - Emoji心情摺紙書籤角

When you read a book, it is always more than words, especially going through some touching chapters. An Emoji Bookmark Corner will help you to express your feeling. Please join the Emoji Bookmark Corners DIY workshop and design different Emoji moods with us. Let's have fun!

當你看書時，會不會對某一章節的內容有所共鳴？這時，一個Emoji心情摺紙書籤角正好幫助你表達情意。小朋友可參加我們的手工藝班，一起設計不同心情的書籤角，既好玩，又實用。

#### CHINESE NEW YEAR DIY OX MONEY BANK WORKSHOP 福牛賀年錢鏰工作坊

Recreation Department will hold a Chinese New Year DIY Ox Money Bank Workshop. Kids may design a unique money bank by using their brilliant ideas and saving their red packet money.

康樂部將舉辦福牛賀年錢鏰工作坊，讓小朋友發揮無限創意，設計一個獨特風格的福牛錢鏰，儲起新年利是錢。



#### QUINTESSENCE HERITAGE – FEI CHUN PENMANSHIP 國粹傳承－賀年揮春

In Chinese tradition, people will post up Fei Chun with different blessing words symbolizing good fortune and a prosperous new year to come. Recreation Department will set up a Calligraphy Corner and you may make your own Fei Chun. Wish you all a happy and blessed new year.

在傳統的農曆新年裡，家家戶戶都會貼上寫有不同祝福語句的揮春，寓意新春好意頭。康樂部將會設置賀年揮春攤位，讓大家親手揮毫，貼在家中倍添新春氣氛。



## TENNIS TOURNAMENT 2021 網球比賽2021

The Annual Tennis Tournament 2021 will be held on 20th and 21st February 2021, and it's time for the spectacular and exciting games to begin.

每年一度之週年網球比賽將於2021年2月20及21日舉行，讓一眾網球好手大展身手，在球場上使出渾身解數，與其他參加者互相切磋球技。



## March 三月

### KALEIDOSCOPE PAINTING WORKSHOP 彩繪手拉萬花筒工作坊

Recreation Department will hold a Kaleidoscope Painting Workshop. Kids may have chance to use their creativity to make a wonderful kaleidoscope. Let's join and experience the fun!

康樂部將舉辦彩繪手拉萬花筒工作坊，讓小朋友發揮創意，親手繪製一個美麗的彩繪手拉萬花筒。快來參加及享受箇中樂趣吧！



## OTHER EVENTS AND COURSES 其他活動及課程

### January 一月

- / Art & Craft Workshop for Children – Pop Up Box DIY  
兒童手工藝班 - 彈跳動物盒DIY
- / Art & Craft Workshop for Children – 3D Red Packet Peach Blossom Decoration  
兒童手工藝班 - 立體利是封桃花裝飾

### February 二月

- / Art & Craft Workshop for Children – Stone Graffiti  
兒童手工藝班 - 石頭塗鴉小盆栽園景設計
- / Art & Craft Workshop for Children – Emoji Bookmark Corners DIY  
兒童手工藝班 - Emoji心情摺紙書籤角

### March 三月

- / Art & Craft Workshop for Teenager – Eternal Flower DIY  
青少年手工藝班 - 永生花裝飾DIY
- / Art & Craft Workshop for Children – Easter Colourful Egg DIY  
兒童手工藝班 - 復活節彩蛋裝飾

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

# MEMBERS' ACTIVITIES REVIEW

## 會員活動回顧

### MID-AUTUMN FESTIVAL RIDDLES

#### 中秋猜燈謎

We had set up a Riddle Corridor near Verbena Café on 1st October to celebrate the Mid-Autumn Festival. Members and their friends were immersed in endless fun solving riddles. Thank you very much for your participation.

我們在10月1日中秋節於地錦廳外掛起一個個的燈謎，讓會員及朋友們一起動動腦筋，比拼猜謎，大家都樂在其中呢！多謝大家的支持及參與。



### 2020 GENERAL MEETING

#### 2020年會員大會

The 2020 General meeting was successfully held on 11th November. Thank you very much for the committee members and sub-committee members' unremitting efforts, and also all members for their continued supports and contributions to the Club's success.

2020年會員大會已於11月11日順利舉行。感謝委員會委員及小組委員會委員的無私付出，還有各會員一直以來的支持及對俱樂部作出的寶貴貢獻。

### TENNIS TOURNAMENT

#### 網球比賽

The annual event – "Tennis Tournament" was successfully held. Let's give a big hand to all the players competed with passion and active engagement for the game. We look forward to another exciting event next year!

一年一度的網球比賽已經圓滿結束，每位參加者都使出渾身解數，竭盡全力爭取勝利。我們期待下一年的賽事變得更加精彩！





### CHARITY REVIEW – DONATION OF MOONCAKES 慈善活動回顧 – 中秋月餅捐贈活動

Adhered to the motto "Giving back to the society", the Club always participates in social and charitable services. Before Mid-Autumn Festival, we have donated mooncakes for seven organizations, including the Chinese YMCA of Hong Kong, Hong Kong Single Parents Association, Sik Sik Yuen, Hong Kong Christian Service, International Social Service Hong Kong Branch, Fu Hong Society and Christian Action, for which they provide support to elderly and the needy.

俱樂部一直秉承著「取諸社會，用諸社會」的宗旨，致力回饋社群。我們於中秋節前夕，捐贈了月餅予7間機構，當中包括香港中華基督教教育青年會、香港單親協會、薈色園、香港基督教服務處、香港國際社會服務社、扶康會、基督教勵行會；而受惠的人士包括長者及有需要的人士，希望在節日中帶給他們溫暖。

### CHARITY REVIEW – AFTERNOON TEA DONATION 慈善活動回顧 – 溫情下午茶捐贈



The Club regularly organizes activities to support the vulnerable groups and show care for the community. In October and November, we donated afternoon tea to Christian Action for which they provide support to the children from grassroots families. We look forward to continue creating value to the community around us.

本俱樂部一直致力關懷社區，為社會的弱勢社群獻上愛心。俱樂部於10月及11月捐贈了下午茶給予基督教勵行會，受惠人士主要是來自低收入家庭的小朋友。我們將繼續積極參與不同的社會服務，向大眾宣揚關懷弱勢社群的信息。

## CLUB ANNOUNCEMENT 俱樂部通告

### 通告 ANNOUNCEMENT 1

#### Cancellation of the "31st Anniversary Celebration Party"

In view of the Coronavirus Epidemic, the "31st Anniversary Celebration Party" is cancelled for the sake of safety. We apologise for any inconvenience this may cause. Thank you for your understanding and continuous support.

#### 「三十一週年慶典派對」取消

鑑於新型冠狀病毒疫情關係，「三十一週年慶典派對」已經取消，以策安全。不便之處，敬請見諒。感謝大家的理解、體諒及支持。

### 通告 ANNOUNCEMENT 2

#### Registration for Electronic Communications

Please fill in the reply slip and return to Membership and Promotion Department to receive the most updated Club news.

#### 登記以電子方式接收最新資訊

請填妥此回條並交回會籍事務及推廣部，以接收俱樂部最新資訊。

#### Registration for Electronic Communications Reply Slip 登記以電子方式接收最新資訊回條

I intend to register email address to receive the most updated Club news. 我希望登記電郵地址，以接收俱樂部最新資訊。

Name 姓名: \_\_\_\_\_

Membership No. 會員號碼: \_\_\_\_\_

Tel. No. 聯絡電話: \_\_\_\_\_

Signature 簽署: \_\_\_\_\_

Email address 電郵地址: \_\_\_\_\_

\* All updates above will supersede your current membership records.  
以上所有更改將取代您的會員紀錄上之現有資料。

## 通告 ANNOUNCEMENT 3

### Birthday F&B Coupon Value Upgrade

To express our sincere gratitude to members' continued support, the Club will upgrade the value of complimentary Birthday F&B Coupon from \$100 to \$200 starting from 1st January 2021. Please come and enjoy the precious moments with your beloved ones.

#### 生日美食券金額提升

為答謝會員一直以來的支持，俱樂部於2021年1月1日起，將生日美食券金額由港幣100元提升至200元，讓您宴請親朋好友，與摯愛聚首一堂，共度美好時光。



## LIFESTYLE TIPS 生活小貼士

### Healthy Hot Pot Tips in Winter

Hot pot meals are one of Hong Kong people's favourite choices in winter. Some people believe that hot pot meals easily lead to weight gain, which puts off health-conscious individuals. However, hot pot meals can be healthy if you make the right choices.

#### Healthy Ingredients

- Recommend to eat fresh and low-fat ingredients, e.g. tender beef, tofu, slices of fish, shrimps and scallops.
- Suggest hot pot dishes that mix vegetables with meat, e.g. "mushrooms stuffed with minced shrimp", "lotus root patties with minced fish" and "corn and chicken dumplings".

#### "3 Less" Soup Base

- Consideration based on three factors: energy content, sodium content and fat.
- Soup bases with less fat or oil, salt and sugar, e.g. Japanese style bonito soup, kombu soup, fish and tomato soup and tofu and coriander soup.

#### Low-sugar Drinks

- Recommend to lowsugar pre-packaged beverages, such as sugar-free tea, diet soda and lowsugar Chinese beverages.

Source: Department of Health

## 通告 ANNOUNCEMENT 4

### Reading Lounge – Conditions of Use

Please be considerate of other users, keep quiet and conduct in an appropriate manner while staying in the Reading Lounge. Newspapers and Magazines of the Reading Lounge are for reading in the Reading Lounge only, please take only one copy for reading at a time and do not take away from the Reading Lounge.

Thank you for your co-operation.

#### 休憩廳使用守則

敬請各會員及來賓留意於使用休憩廳期間為他人著想，保持安靜及避免影響他人。刊物架上的報紙及雜誌只供在休憩廳內閱讀，請每次只取閱一份，並請勿將報紙及雜誌攜離休憩廳。

多謝合作。



### 冬日火鍋健康小貼士

火鍋是港人至愛的美食之一，但是火鍋容易令人肥胖，健康人士往往因此卻步。其實只要選擇得宜，火鍋也可以吃得健康。

#### 健康食材

- 應以少脂肪的新鮮食材為主，如滑牛肉、豆腐、魚片、蝦及帶子
- 建議蔬菜混合肉類的食材，例如『蝦滑釀冬菇』、『蓮藕魚蓉夾』及『粟米雞肉餃子』

#### 「3少」湯底

- 應從熱量、鈉含量和脂肪三方面考慮
- 建議少油、鹽和糖之選，例如日式鰹魚湯、昆布湯、番茄魚湯及芫茜豆腐湯等

#### 少糖飲品

- 建議飲低糖的包裝飲品，例如無糖茶、健怡汽水及低糖中式飲品等

資料來源：衛生署



# 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@yycclub.org
Chinese Restaurant 中菜廳	2397 4951	fnb@yycclub.org
Verbena Café 地錦廳	3580 0701	coffeeshop@yycclub.org
Card Room 棋牌室	2397 4954	
Recreation & Sports 康樂及體育	2397 4950	recreation@yycclub.org
Recreation Counter 康樂部接待處	Ext. 內線 205	

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