



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

Newsletter for Members  
會員通訊

SPRING

春

2020

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

# DINING HIGHLIGHTS

## 餐飲精選呈獻

### CHINESE RESTAURANT'S EXQUISITE PROMOTION:

#### 中菜廳美饌推廣：

### April 四月

#### STEAMED CHUK-SAN ROLLS

#### 竹筴如意卷



For celebrating the Buddha's Birthday, Chinese Restaurant is going to promote a vegetarian cuisine: Steamed Chuk-San Rolls. There are fresh asparagus, sea moss, celery, dried elm fungus etc rolled by Chuk-San. A tasty and fresh vegetarian dish is ready to be served!

適逢佛誕，中菜廳為你準備一道「竹筴如意卷」應節。廚師巧手利用竹筴，捲起新鮮素菜，如鮮露筍、髮菜、西芹、榆耳等等。口感爽脆清新，定能令大家大快朵頤。

### May 五月

#### NANJING SALTED DUCK

#### 南京鹽水鴨

Eating duck meat is a way of supplementing Vitamin B which can help you reduce the loss of appetite, fatigue, or insomnia. Chinese Restaurant will specially prepare a health and delicious cuisine "Nanjing Salted Duck". So delectable!

吃鴨肉可補充維他命B，亦可減輕食慾不振、疲勞及失眠等症狀。中菜廳特意烹調「南京鹽水鴨」，讓大家品嚐一道健康又味美的菜式。



### June 六月

#### SMOKED POMFRET FISH WITH SALAD

#### 沙律煙鮪魚

Chinese Restaurant is ready to serve appetizing salad dish in summer. Premium pomfret fish will be served with mixed fruit salad. Let's savor!

炎炎夏日，中菜廳將為你準備開胃沙律菜式。上乘煙燻鮪魚，配上雜果沙律，消暑又味美。

### VERBENA CAFÉ EXQUISITE PROMOTION:

#### 地錦廳星級推介：

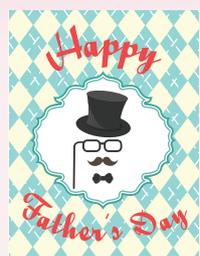
### May 五月

#### MOTHER'S DAY SEAFOOD SET DINNER

#### 母親節海鮮晚餐

Mother's Day is approaching. Do you have any plan for celebration? Why not show your warm regards and gratitude towards your mother by treat her a sumptuous dinner? Verbena Café will present you Mother's Day Seafood Set Dinner which will let your family experience a joyous moment.

母親節即將來臨，你還在苦惱如何慶祝這溫馨節日嗎？何不和她來一頓豐盛晚餐，表達對她的愛意呢？地錦廳將為你準備母親節海鮮晚餐，為你營造最高心的一刻。



### June 六月

#### FATHER'S DAY SET DINNER

#### 父親節套餐

Fathers always take good care of their children simply because they want them to grow healthily and happily. They really work hard for their loved ones. Being their children, it's time to convey your love and gratitude towards your fathers by offering them a superb meal on the coming Father's Day. Verbena Café will not let you down. We will prepare you a premium set meal on Father's Day, and each dish has a good taste and is appetizing.

爸爸每日悉心照料子女，目的只想他們健康快樂成長。為了答謝爸爸們一直以來的辛勞，子女們也是時候在父親節作出感恩，獻給爸爸一頓充滿親情的盛宴，以答謝他們。地錦廳將會為會員準備豐富套餐，定能令大家食指大動，過一個溫馨美滿的父親節。

# UPCOMING EVENTS

## 活動推廣

### April 四月

#### EASTER MAGIC EGG WORKSHOP 陶蛋復活魔豆

Easter is approaching! Please come and join our art workshop to design a unique eggshell-shape flowerpot. Kids not only can put colour on the pretty ceramic pot, but also can bring the flowerpot home and grow some lovely plants. For details, please contact our Recreation Department.

復活節即將來臨，快來參加我們的美術工作坊，設計一個獨一無二的蛋形盆栽吧！小朋友不但可為盆栽添上不同色彩，更可將這陶蛋花盆帶回家中，栽種一些可愛的小植物。詳情可向康樂部查詢。



### May 五月

#### DIY PHOTO FRAME ON MOTHER'S DAY 母親節DIY相架製作

Mother's Day is approaching! Do you have any ideas for Mother's Day gift? Why not DIY a photo frame? You may express your love by placing favour picture with this hand-made photo frame. How sweet you are!

母親節快到了，還在苦惱送什麼禮物給媽媽？何不親手製作一個別出心裁的相架，擺放家庭合照？既實用，又溫馨呢！



#### COOKING CLASS FOR CHILDREN – MOTHER'S DAY FLOWER SHAPE SUSHI 兒童烹飪班 - 母親節花卷壽司

We will launch a Sushi Making Workshop in May to celebrate Mother's Day. Come join us and make flower shape sushi together. What a heart-warming gift!

我們將於5月舉辦母親節花卷壽司班，與小朋友一起製作花卷壽司，賣相吸引，味道一流。送給媽媽作母親節禮物，她一定喜歡呢！



## June 六月

### CUTTLEFISH FISHING 夜釣墨魚團

The plump cuttlefishes are vigorous in late spring and early summer. It's also a good time to take a sail and enjoy fishing fun with your family and friends. A delicious cuttlefish meal will be perfect to conclude such wonderful night.

春末初夏，天氣不會太炎熱，墨魚在這時節長得特別肥美，同時亦是出海釣魚的好季節。大家不妨邀約親朋好友，一同出海暢遊垂釣，之後再品嚐親自釣上來的新鮮墨魚吧！



## OTHER EVENTS AND COURSES 其他活動及課程

### April 四月

- / Art & Craft Workshop for Children – Easter Colourful Egg DIY  
兒童手工藝班 - 復活節彩蛋裝飾DIY
- / Art & Craft Workshop for Children – Handy PVC Bag  
兒童手工藝班 - 透明PVC便攜袋



### May 五月

- / Cooking Class for Children – Watermelon-Like Rice Krispy Treats  
兒童烹飪班 - 西瓜米通製作



### June 六月

- / Art & Craft Workshop for Teenager – Ukulele DIY  
青少年手工藝班 - 夏威夷小結他創作
- / Cooking Class for Children – Pokemon Sandwiches  
兒童烹飪班 - 寵物小精靈造型三文治



\* 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。

# MEMBERS' ACTIVITIES REVIEW

## 會員活動回顧

### CALLIGRAPHY CORNER

#### 賀年毛筆書法攤位

Fai Chun is definitely the tradition festival home decoration during the Chinese New Year. Recreation Department specially prepared writing brushes and ink for members to enjoy making their own unique Fai Chun which expresses their hope and best wishes in the Chinese New Year.

農曆新年期間，大家都會在家中貼上揮春應節，以增添吉祥意頭。於農曆年期間，各會員都把握機會，前來康樂部接待處揮筆寫下具有自己風格的揮春，藉以希望來年得到祝福。



### LION DANCE FOR CELEBRATION OF THE YEAR OF THE RAT

#### 庚子年醒獅躍動賀新歲

The Club was bustling with noise and excitement on the Third Day of the Chinese New Year. It was because two energetic lions visited to the Club for blessing the members! To get good fortune and luck, all members enjoyed taking photos with lions very much!

於年初三當日，俱樂部的氣氛非常熱鬧！有兩頭活潑的醒獅來到俱樂部向各會員拜年。一眾會員也踴躍地與醒獅合照，藉以沾上福氣及生氣！祝願大家新年身體健康、萬事如意！



### CHINESE NEW YEAR FAIR

#### 送豬迎鼠賀年坊

The Chinese New Year Fair was successfully held in January. Many members contended for various celebration gifts. Among the Chinese New Year supplies, the specially prepared orchids were the hot items for which many members admired and selected for purchases. They were sold out quickly.

於一月舉辦的「送豬迎鼠賀年坊」已順利完成。很多會員都購買了各式各樣的賀年禮品，尤其以台灣特種蘭花最受歡迎，各會員都駐足觀賞選購心頭好，一盆盆賀歲蘭花，很快就被會員搶購回家。



### SOLVING RIDDLES ON LANTERN FESTIVAL

#### 元宵節猜燈謎

On the fifteen day of the Chinese New Year, we have set up a Riddle Corridor near Verbena Café, to celebrate the Lantern Festival. Members and their guests were in competition solving riddles.

在農曆正月15日，俱樂部於地錦廳外，掛起一個個燈謎，讓會員及賓客一同猜猜，玩得不亦樂乎！

### CHARITY DONATION OF CNY CAKES 溫情賀歲年糕捐贈活動

Adhering to the principle of "Giving back to the society", the Club keeps supporting the charitable activities. Same as past years, the Club donated CNY cakes to various organizations before Chinese New Year, they are the Salvation Army, Christian Action, Sik Sik Yuen, Hong Kong Christian Service and The Chinese Rhenish Church Hong Kong Synod, for which they provide support to the low-income families and the singleton elderly. We sincerely expected that these heartwarming initiatives could make them joyful while celebrating festival.

秉承「取諸社會、用諸社會」的精神，俱樂部一直支持社會公益活動。一如以往，俱樂部於農曆新年前夕，捐贈賀歲年糕予有需要的弱勢社群，如低收入家庭及獨居長者等，而受惠機構包括救世軍、基督教勵行會、耆色園、香港基督教服務處及中華基督教禮贊會香港區會。俱樂部希望透過送暖行動，為受惠人士在節日中帶來一份喜悅和溫暖。



## CLUB ANNOUNCEMENT

### 俱樂部通告



#### 通告 ANNOUNCEMENT 1

##### Reading Lounge - Conditions of Use

Please remember to be considerate of other users, keep quiet and conduct in an appropriate manner while staying in the Reading Lounge. Newspapers and magazines are provided for member's reading pleasure in 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會員在休憩廳內閱讀。

多謝合作。



#### 通告 ANNOUNCEMENT 2

##### Special Arrangement for Novel Coronavirus Infection

In light of the recent Novel Coronavirus Infection in Hong Kong, the Club has implemented the measures as follows:

- To conduct temperature screening of all Members and Guests at the entrance of the Club starting on Tuesday, 11 February 2020;
- All Members and Guests who has visited Mainland China in the past 14 days or who is experiencing flu-like symptoms, should refrain from using any Club facilities;
- To increase disinfection to all facilities and public areas;
- Members and Guests are advised to wear masks and use Alcohol Based Hand Sanitizer at the entrance of the Club.

These precautions are valid until further notice.

##### 為應對新型冠状病毒肺炎特別安排

鑑於近日在香港出現多宗新型冠状病毒肺炎個案，本俱樂部實施以下應變措施：

- 由二月十一日(星期二)開始，所有進入俱樂部之會員及賓客均需進行體溫檢測；
- 如曾於過去14天前往中國內地，或出現發燒或其他感冒症狀，應避免使用會所設施；
- 本俱樂部將加強各項設施消毒清潔之頻率；
- 建議會員及賓客在俱樂部範圍內配戴口罩及使用設置於大堂入口處之酒精消毒洗手液。

以上措施生效直至另行通知。

### Fact Sheet on Physical Activity

From decades of research, we know that people can improve their health by having physical activities. Physical activity need not be strenuous. People who are inactive can also improve their well-being by having moderately active on a regular basis. Greater health benefits can be achieved by increasing the amount (duration, frequency or intensity) of physical activity.

Physical activity need not be strenuous to be beneficial. Physical activity equivalent to 150 Calories per day is already associated with health gains. People can achieve a moderate amount of physical activity in a variety of ways they like. Actually, the health impact is the same for a less vigorous exercise performed over a longer time and a more vigorous exercise performed over a shorter period of time. In short, exercise that makes your heart beat faster and stronger, or makes you feel sweaty or breathe heavily is considered physical activity of moderate intensity.

Practical Examples of Moderate Physical Activity:

- Washing windows or floors for 45 - 60 minutes
- Dancing fast (social) for 30 minutes
- Walking 2 miles in 30 minutes
- Swimming laps for 20 minutes
- Jumping rope for 15 minutes
- Stair walking for 15 minutes

Let's walk the talk now. Stay healthy and away from diseases.

### 運動知多少

多年的研究結果告訴我們，適量運動有益身心，即使不從事劇烈運動，也可促進健康。就算是缺乏運動的人，只要經常進行適量運動，也可改善健康狀況；而增加運動量（持續時間、次數或劇烈程度）更會對健康有更大益處。

運動無須劇烈，也可促進身體健康。每日的運動量，只要相等於消耗150卡路里熱量，已足以令身體獲益。各人可視乎喜好用不同方法達致適當的運動量。換言之，持續較長時間地做不太劇烈的運動與做較劇烈運動一段較短時間，兩者對健康帶來的益處都是一樣。簡單來說，令人心跳加速加強、流汗或呼吸加重的運動，都可視作劇烈程度中等或適量的運動。

適量運動的實際例子包括：

- 洗窗或洗地45至60分鐘
- 跳快舞(社交舞)30分鐘
- 在30分鐘內步行2公里
- 來回游泳20分鐘
- 跳繩15分鐘
- 上落樓梯15分鐘

坐言起行，大家齊齊做運動，保持身體健康，減少病痛！





Yau Yat Chuen Garden City Club

又一村花園俱樂部

# 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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