



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

Newsletter for Members
會員通訊

SUMMER

夏
2021



5^{years+}
商界展關懷
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DINING HIGHLIGHTS

餐飲精選呈獻

CHINESE RESTAURANT'S CUISINE PROMOTION:

中菜廳美饌推廣：

July 七月

DOUBLE-BOILED WINTER MELON SOUP

雪耳日月魚燉冬瓜湯



Whet your appetite by our "Double-boiled Winter Melon Soup". The Chinese Restaurant will source fresh and premium ingredients to prepare this delicate and delicious seasonal dish. Be sure to come and try it!

冬瓜是夏季裡難得的美食，中菜廳為大家搜羅新鮮上乘的優質食材，精心燉製「雪耳日月魚燉冬瓜湯」，既味道鮮甜，又清熱消暑，歡迎前來品嚐。

September 九月

CELEBRATING MID-AUTUMN FESTIVAL WITH CHINESE RESTAURANT MOONCAKES

中秋佳節慶團圓



In celebration of the Mid-Autumn Festival and family reunions, the Chinese Restaurant offers an exquisite selection of delicate signature mooncakes, "White Lotus Seed Paste Mooncake with Two Yolks", "White Lotus Seed Paste Mooncake with Four Yolks" and "Jin Hua Hams with Assorted Nuts Mooncake" gift sets with elegant packing are ready for members to choose. They are definitely the perfect gift for Mid-Autumn Festival.

為慶祝人月兩團圓的中秋佳節，中菜廳誠意奉上一系列用心製作的經典月餅，「雙黃白蓮蓉月餅」、「四黃白蓮蓉月餅」及「金華火腿五仁月餅」禮盒，包裝精美，實屬送禮自奉的必備之選。

VERBENA CAFÉ EXQUISITE PROMOTION:

地錦廳星級推介：

July - September 七月至九月

QUENCHING SUMMER BEERS

夏日消暑啤酒



There is nothing better than having a cool beer in this hot summer. Verbena Café will arrange you a great selection of Okinawa beer and German beer. So sit back, take a sip and...Enjoy!

炎炎夏日來一杯清涼啤酒，定必令人精神一振。地錦廳搜羅了各地出品如日本沖繩啤酒及德國啤酒。愛啤之士豈能錯過？

SIZZLING SUMMER TREATS

炎夏美食巡禮

The sizzling summer season is here to stay, Verbena Café is delighted to present you various seasonal dishes, like Pineapple Salad with Chicken, Boiled Chicken Breast with Mango Sauce, Fettuccine Mayonnaise with Bacon, and Thai Style Mango and Glutinous Rice. All ingredients are fresh and mouth-watering. You cannot afford to miss the treats.



炎熱盛夏，地錦廳將製作一系列消暑醒胃的菜式，為大家提提神。當中的鮮菠蘿雞肉沙律、焗雞胸伴芒果汁、手工蛋黃汁煙肉闊麵，以及泰式香芒糯米飯，款款都經大廚悉心炮製，鮮味十足。

September 九月

MID-AUTUMN SET DINNER

中秋晚市套餐



To celebrate the Mid-Autumn Festival, Verbena Café is pleased to prepare you the Mid-Autumn Festival Set Dinner. Let's have a big feast with your beloved ones under the full moon. You will definitely have an unforgettable moment under such sweet and warm atmosphere.

為慶祝中秋節來臨，地錦廳誠意呈獻中秋節晚市套餐，讓各會員與親朋好友聚首一堂大快朵頤。在這溫情洋溢的氣氛下，大家舉杯暢飲，定必度過一個難忘的中秋佳節。

中秋

Happy Mid-Autumn Festival

UPCOMING EVENTS

活動推廣

July 七月

DIY BRANCH ART WORKSHOP DIY原木樹枝畫工作坊

During this artistic workshop, children may create a beautiful painting by using some branches and materials with their great imagination and creativity, which can be taken home after class.

課程將教授小朋友簡單的利用樹枝搭配素材，發揮想像力及創意，拼湊出一幅賞心悅目的畫作，掛在家中，倍添溫馨。



August 八月

SWIMMING GALA 2021 水上嘉年華及游泳比賽

It is time to join the annual Swimming Gala in this hot summer. We will organize various competitions and amazing water fun games for members to join. Let's invite your friends to get cool together.

炎炎夏日，又到了一年一度的游泳比賽及水上嘉年華了。俱樂部將會籌辦多項水上競技及遊戲，讓大家一展身手。還不快快邀請親朋好友，一起消暑享樂？



INSECT REPELLENT SACHET WORKSHOP 驅蚊香薰包工作坊

Are you annoyed with mosquito bites in summer? Why not DIY an insect repellent sachet to get rid of it? In this workshop, we will teach you how to make one. Let's join our workshop and keep the mosquito away from us! Please contact Recreation Department for details.

夏天蚊蟲特別多，蚊叮蟲咬令人發癢確實煩厭，大家何不自製一個驅蚊香薰包驅趕蚊蟲？我們將會於工作坊教授大家製作驅蚊香薰包，令蚊蟲遠離我們。詳情可與康樂部查詢。



September 九月

MID-AUTUMN WINE TASTING SESSION 中秋試酒會

In Mid-Autumn Festival, Verbena Café will prepare a wine tasting session with a variety of fine wine for celebrating the occasion. Please come and join us and have a great time with your beloved ones.

想必大家都會在中秋佳節中大宴親朋，在此佳節月夜的美境下，又怎少得美酒相佐？地錦廳將在中秋節籌備中秋試酒會，讓各會員一嚐世界各地的美酒佳釀，選購心頭好，與友人在月下把酒言歡，共慶團圓。





MID-AUTUMN FESTIVAL LANTERN WORKSHOP 中秋花燈製作工作坊

Mid-Autumn Festival is approaching. Let's join us and make a lantern by yourself. Children could use their creativity and make a unique Mid-Autumn Festival lantern. It would definitely add colours in this festive occasion.

中秋節快到了，快來和我們一起製作花燈吧！小朋友可發揮創作力，親手製作一個獨一無二的中秋花燈，喜迎佳節，為節日增添色彩。



OTHER EVENTS AND COURSES 其他活動及課程

July 七月

- / Art & Craft Workshop for Adults – Glass Etching
成人手工藝班 - 玻璃蝕刻
- / Art & Craft Workshop for Children – Stone Collage Art
兒童手工藝班 - 石頭拼畫



August 八月

- / Cooking Class for Children – Flower-Fruit Sandwiches
兒童烹飪班 - 水果花三文治
- / Art & Craft Workshop for Children – Stone Graffiti Pot DIY
兒童手工藝班 - 手繪石頭小盆栽
- / Cooking Class for Children – Banana Chocolate Pop
兒童烹飪班 - 香蕉巧克力棒



September 九月

- / Art & Craft Workshop for Adults – Paper Rattan Weaving
成人手工藝班 - 紙藤編織
- / Art & Craft Workshop for Teenagers – Dried Flower Phone Case
青少年手工藝班 - 水晶乾花手機殼



* 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

SWEET MOTHER'S DAY

甜甜蜜蜜母親節

On Mother's Day, members were enjoying in a sweet moment with their beloved moms. With our complimentary photo taking service, heart-warming memories were recorded. The Club also gave out lovely gifts to celebrate the festive occasion. Wishing all members and their moms good health and good luck.

於母親節當天，大家都在俱樂部特設的母親節拍照裝飾佈置下留影，印證了溫馨美滿時刻。我們更送上了母親節小禮物，給偉大的母親奉上愛意，祝願幸福滿載。

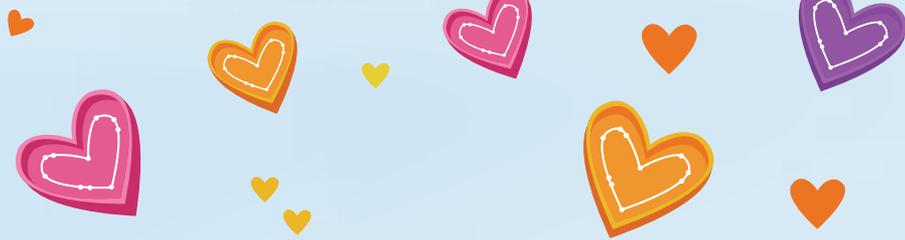


HAPPY FATHER'S DAY

溫馨歡聚父親節

Thank you very much for celebrating Father's Day at the Club. It is appreciated to see all members were having a great time with their dear dads. With the Club's gorgeous decoration, we took photos to capture the happy moments for members with their families and friends. The Club is delighted to present such wonderful record with a complimentary photo frame and festive gift to member. We sincerely hope that all members and dads would enjoy every single moment together.

感謝大家在俱樂部一起慶祝父親節，會員們都藉著這個特別日子，為父親送上無限祝福，以表孝心。俱樂部特設父親節佈景，提供免費拍照服務及送上精美相框，以記載這個歡欣喜悅的時刻。我們還特意為各父親送上節日小禮物，以答謝父親們一直以來的照顧與付出。



TENNIS TOURNAMENT 2021 網球比賽2021

The Tennis Tournament 2021 was successfully held on 29th-30th May 2021. All participants showed their superb skills to compete for the prizes. It was great to get all players together and share experience in matches. We look forward to another exciting event next year.

2021網球比賽已於5月29及30日圓滿舉行。各參賽者都出盡渾身解數，全力以赴爭取勝利。大家亦透過比賽，互相切磋，分享經驗。我們期待下一年的賽事，愈來愈精彩。



CLUB ANNOUNCEMENT 俱樂部通告

通告 ANNOUNCEMENT

Updated Membership Cards Information

In view of the Membership Cards of some members have been used for a period of time, some of them may be worn out, or the photos are slightly blurred. If this is the case with your membership card, please return your existing card in person to the Membership & Promotion Department, we will replace it for free on the same day.

更新會員證資料

鑑於部份會員的會員證已經使用多年，當中或有耗損、或照片稍變模糊。如果您的會員證是這種情況，閣下可親身到會籍事務及推廣部退回舊證，我們樂意免費為您即日更換新證。



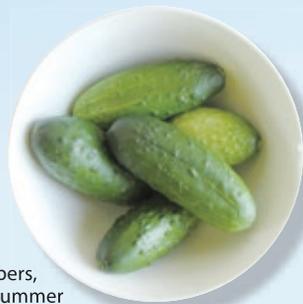
REFRESHING SUMMER GOURDS FOR MORE NUTRIENTS

夏令瓜菜吃得輕「營」

When summer arrives, so do a great variety of gourds. Wax gourds, cucumbers, bitter gourds and sponge gourds (loofah/luffa) are ideal choices from summer menus. Not only they are appetizing for addition to dishes and soups, their colours and crunchiness seemingly cool you in the sultry weather. The nutritional values of gourds are comparable to those of leafy vegetables. They are rich in water content, low in calories and fat, and cholesterol-free. They also contain potassium, which helps regulate blood pressure. They are also good sources of Vitamin B1, B2 and C, and magnesium and phosphorus. Certain gourds are even rich in dietary fibre, which is good for gastrointestinal health and which helps prevent constipation. So, how much of gourds should you eat? According to the principles of healthy eating, an adult should take at least three servings of vegetables each day, with one serving being approximately half a bowl of cooked vegetables or one bowl of raw vegetables.

炎夏將至，正是各種夏令瓜菜上市時節；以冬瓜、黃瓜、苦瓜、絲瓜等烹調的美味瓜饌或清潤湯水，讓人胃口大開。五彩的顏色、脆爽的口感，帶來一抹清涼。瓜果含豐富水分，其營養價值也媲美葉菜；除了低熱量、低脂肪和不含膽固醇外，也有鉀質，有助穩定血壓。此外，瓜果也有維生素B1、B2、C，以及鎂、磷等礦物質。部分瓜果更含豐富的膳食纖維，有助促進腸道健康，預防便秘。至於進食分量，根據健康飲食的原則，成年人每天至少應進食三份的蔬菜，每份約等於半碗煮熟或一碗未經烹煮的蔬菜，以維持營養均衡。

Source 資料來源：Department of Health 衛生署



Delicate Gourd Cups (To serve 4)

巧手節瓜盅 (4人分量)



Ingredients:

- Hairy gourds 2 pcs
- Shrimps 75g (2 taels)
- Beech mushrooms (shredded) 37.5g (1 tael)
- Green peas 19g (1/2 tael)
- Carrot (diced) 19g (1/2 tael)

Seasonings:

- Salt 1/4 teaspoon
- Cornstarch 1/4 teaspoon
- Pepper powder Some

材料：

- 節瓜 2個
- 蝦仁 75克 (2兩)
- 本菇 (切碎) 37.5克 (1兩)
- 青豆 19克 (1/2兩)
- 紅蘿蔔 (切粒) 19克 (1/2兩)

蝦醃料：

- 鹽 1/4茶匙
- 生粉 1/4茶匙
- 胡椒粉 少許

Cooking Method:

- Peel the gourds. Halve from the centre and remove the core. Carve patterns around the edge and set aside.
- Drain the shrimps. Dice, marinate in the seasonings for 15 minutes. Set aside.
- Blanch the beech mushrooms, peas and carrot. Rinse in cold water, drain, let stand.
- Steam the gourds in a deep plate for 10 minutes, and then stuff them with the shrimps, beech mushrooms, green peas, carrot. Add some water and steam everything together until well done. Serve directly with the plate.

烹調步驟：

- 節瓜去皮，從中間切開兩半，挖去瓜心，沿瓜邊雕上花紋成節瓜盅，備用。
- 蝦仁洗淨後瀝乾，切粒，加入醃料醃15分鐘，備用。
- 本菇、青豆、紅蘿蔔粒汆水，過冷河後瀝乾，備用。
- 節瓜放深碟內蒸10分鐘，再將蝦、本菇、青豆、紅蘿蔔粒放入節瓜盅內，加少許水及蒸至熟透，原隻碟上即成。



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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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