



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

Newsletter for Members  
會員通訊

SPRING

春

2019

5<sup>years+</sup>  
商界展關懷  
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香港社會服務發展局

# DINING HIGHLIGHTS

## 餐飲精選呈獻

### CHINESE RESTURANT CUISINE PROMOTION:

#### 中菜廳美饌推廣：

##### May 五月

#### DOUBLE-BOILED PAPAYA WITH ALMOND 杏汁燉原個木瓜

The Double-Boiled Papaya with Almond is especially suitable for consumption during weather and season changes as papaya contains many nutrients that are particularly good for our immune system and skin.

木瓜含大量蘆薈素、蛋白質、鐵、鈣等多種營養素，有滋潤皮膚，抗癌防老的功效。尤其在季節交替、天氣轉變時，更是適合吃清潤養顏的杏汁燉木瓜了。



##### June 六月

#### TUEN NG FESTIVAL – RICE DUMPLINGS 端陽糉飄香



Celebrate Tuen Ng Festival with a delectable range of Glutinous Rice Dumplings exquisitely prepared by the Chinese Restaurant. This premium creation is surely one of the most craved treats of the year, so be sure not to miss out on ordering the Chinese Restaurant's Glutinous Rice Dumpling.

端午節將至，中菜廳將推出美味應節糉子，糉香四溢，實為今年端陽節慶帶來最頂級享受。選購自用或餽贈親朋好友，共享佳節。

### VERBENA CAFÉ CUISINE PROMOTION:

#### 地錦廳美饌推廣：

##### May 五月

#### MOTHER'S DAY DINNER BUFFET 母親節自助晚餐

Mother's Day is around the corner! Say thank you to your MOM on this special day by treating her an array of gourmet selection during Dinner Buffet at Verbena Café!

母親節即將來臨，是時候計劃帶媽媽享受一頓美味豐富的自助晚餐，向她表心意！地錦廳於5月12日母親節當日推出「母親節海鮮自助餐」，將一系列的美食呈獻眼前。



##### June 六月

#### FATHER'S DAY DINNER BUFFET 父親節自助晚餐

Father's Day is coming soon! It is a perfect time to give thanks to your beloved dad for his love and contribution. Come and spoil your dad at Verbena Café where BBQ Dinner Buffet is specially prepared for you and your father on 16th June 2019.



藉著父親節，是時候表揚爸爸，對他表達敬意與祝福。地錦廳於父親節當天6月16日誠意獻上父親節自助晚餐，並額外炮製多款燒烤美饌，把滋味昇華，盡顯您頌父恩的心意。

# UPCOMING EVENTS

## 活動推廣

### April 四月

#### TWINKLE HOUSE DECORATION DIY 閃燈木屋DIY

Inspiring your creativity to craft and paint the wooden house model. Let's brighten the Twinkle House together.

齊來動手製作木屋模型，並為它添上顏色，亮燈後就會變成獨一無二的閃燈木屋！



### May 五月

#### MOTHER'S DAY BUTTON FLOWER WORKSHOP 母親節鈕扣花工作坊



Make a bouquet of Button Flower for mom to show your appreciation on Mother's Day.

今年5月12日母親節，在當天送上親手製作的鈕扣花給親愛的媽媽，定會令她笑逐顏開。

#### PHOENIX HILL GOLF CHALLENGE DAY 2019 鳳凰山高爾夫球挑戰日2019

The Golf Challenge Day will be held in May at Phoenix Hill Golf Club. Members and guests are invited to take part in the exciting competition, spending a fantastic day and sharpening your swings.

一年一度的高爾夫球挑戰日，將於5月假鳳凰山高爾夫球會舉行，歡迎會員及來賓一同參加，互相切磋球技，交流心得，度過一個精彩熱鬧的一天。



### June 六月

#### FATHER'S DAY PHOTO FRAME DIY 父親節愛心相架製作

This workshop will tap into the artistic creativity of children who will enjoy crafting a Father's Day Photo Frame which you can give as a thoughtful gift from the heart to your loving father.

大家齊來盡情發揮想像力及創作力，製作愛心相架，作為父親節禮物，傳遞您們對父親敬愛的心。



#### OTHER EVENTS AND COURSES 其他活動及課程

### April 4月

- / Art & Craft Workshop for Kids and Teenagers
  - Delightful Origami Workshop  
兒童及青少年手工藝班
  - 趣味摺紙工作坊
- / Art & Craft Workshop for Kids and Teenagers
  - Magical Collage Workshop  
兒童及青少年手工藝班
  - 魔幻貼畫工作坊

### May 5月

- / Art & Craft Workshop for Kids and Teenagers
  - Tuen Ng Festival Rice Dumpling  
兒童及青少年手工藝班
  - 端午節糉子掛飾

### June 6月

- / Father's Day Art & Craft Workshop
  - Leather Keychain  
父親節手工藝班
  - 皮革鑰匙扣
- / Cooking Class for Kids
  - Maltesers Glutinous Rice Dumpling  
兒童烹飪班
  - 麥提莎糯米糍

\* 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

### CHINESE NEW YEAR PIGGY BANK

#### 滿福豬賀年錢罌

Chinese New Year Piggy Bank Workshop was successfully held on 26th Jan 2019. Participants designed their own Piggy Bank and learn money management best practices and proper attitude.

滿福豬賀年錢罌製作班已於1月26日順利舉行，參加者齊來設計屬於自己的可愛豬仔錢罌，新一年培養儲蓄的好習慣。



### QUINTESSENCE HERITAGE – FEI CHUN PENMANSHIP

#### 國粹傳承 - 賀年揮春

On 30th January and 17th February 2019, the Club's DIY Fai Chun Corner was enjoyable for both members and guests. All of them create their own innovative Fai Chun and share them to their loved one as New Year blessing.

在喜氣洋洋的佳節，俱樂部於2019年1月30日及2月17日特設「賀年揮春區」，讓會員及來賓前來即席揮毫，製作獨一無二的揮春，獻給摯愛親朋送上新年祝福。

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

#### 己亥年醒獅躍動迎豬年

To celebrate the Chinese New Year of the Pig, Lion Dance Performance had been arranged on 7th February 2019. According to Chinese tradition, it is believed the Lion Dance will bring good luck and we hope all of you a Prosperous New Year of the Pig!

為與各會員及來賓共賀新歲，「新春醒獅表演」已於2019年2月7日(農曆年初三)舉行。醒獅表演寓意好運吉祥，順祝各位豬年身體健康，事事順利！



### ANNUAL STAFF PARTY

#### 員工聯歡晚會

We are delighted with the success of our Annual Staff Party held on 19th March 2019. The evening has a great balance of fun and networking with all Committee Members, guests and staff, the highlight of the dinner was started with delicious dishes, prize ceremony, amazing games and lucky draw. Such a wonderful and unforgettable night!

員工週年聯歡晚會已於2019年3月19日圓滿結束！當晚於俱樂部設宴，並邀請了各委員會委員、嘉賓及員工一同參與晚宴。席間安排了不少精彩遊戲、頒獎和抽獎環節，現場氣氛熱烈，全體員工都非常投入，大家都盡興而歸！



### DONATING CHINESE FESTIVE CAKES

#### 新年糕點捐贈活動

To share joy of Lunar New Year with needy members of the community, The Club collaborated with Christian Action, Hong Kong Christian Service, Salvation Army, Sik Sik Yuen and The Chinese Rhenish Church Hong Kong Synod to donate 610 sets of festive cakes (Chinese Rice Cakes and Turnip Cakes) before the Lunar New Year. The event came to an end successfully, our love and care to the community continue. We look forward to seeing more big smiles on the face through active participation of charity work in the year of Pig.



為了回饋社會，本俱樂部與基督教勵行會、香港基督教服務處、救世軍、齋色園和中華基督教禮賢會香港區會；於農曆新年前捐贈了610套糕點(年糕和蘿蔔糕)給予一群低收入家庭和長者們，並為大家送上溫馨的祝福。今次活動舉辦得非常成功，雖然完滿結束，本俱樂部對社會的關愛將會一直延續下去。我們期待著於豬年舉辦更多的慈善活動，希望為大家增添歡笑聲。

### JOYFUL "POON CHOI" FEAST

#### 《獅子溫情又一村·歡聚愛心盆菜宴2019》

With the objective of serving the community, The Club and Lions Club of Tsimshatsui East jointly organized; Christian Action co-organized a Poon Choi Feast at the Chinese Restaurant on 15th January 2019 for some three hundred elderly and low-income families spent an enjoyable afternoon before the Lunar New Year over a feast served in big casseroles. The food was ordered with special thoughts to satisfy the taste of the elderly, various performances and lucky draw were prepared to make sure all participants have a great time. It was evident that all of them enjoyed the Feast thoroughly as they left with hearty smiles.

本著服務社區的宗旨，本俱樂部於1月15日農曆新年前再度與「尖東獅子會」合辦，基督教勵行會協辦《獅子溫情又一村·歡聚愛心盆菜宴2019》。當天於俱樂部筵開24席，出席的低收入家庭及長者們，除了細味品嚐用料豐富的盆菜菜式外，在筵席期間還安排了各式歌唱、表演節目和抽獎遊戲等，場面熱鬧。大家都心情暢快，掛著歡樂的笑容，壓軸大抽獎時更是全情投入，可謂滿載而歸。



# CLUB ANNOUNCEMENT

## 俱樂部通告

26 February, 2019

Dear Members,

You may have learnt from various news and social media that the Home Affairs Bureau has published its report on the responses to the private recreation leases policy consultation paper it received during the consultation period last year.

The full report can be assessed at

<https://www.legco.gov.hk/yr18-19/english/panels/ha/papers/ha20190225cb2-846-1-e.pdf> English version and at

<https://www.legco.gov.hk/yr18-19/chinese/panels/ha/papers/ha20190225cb2-846-1-c.pdf> Chinese version.

Despite recognition of receiving proposals that Government should also take into account of private recreational clubs' non-sports contributions to society such as charity work, the Home Affairs Bureau report indicates that contribution to sports development of Hong Kong is the only criteria adopted by Government when considering renewal of such leases.

Proposals put forward in the consultation paper will be adopted except the proposal of charging one third full market value of the land. The excepted proposal will be reconsidered because of opposition from stakeholders and the major public user, the National Sports Association.

Much emphasis has been put on further opening up of the sports facilities to the public though "public" means eligible bodies set out in a list provided by the Home Affairs Bureau and further partnering with National Sports Associations (NSAs). Members of the public have warned against "fake opening up" and urged the Government to require opening up of peak hours as well.

Our club naturally has to use its best endeavours to follow proposals adopted by Government in order to be favourably assessed by it when it is nearer the time of expiry of the club's lease in 2026 but actions must be taken as soon as possible given the time required for planning and implementation.

The PRL subcommittee and the Recreational subcommittee will, with the assistance of professional consultant, determine how best to position the club in the next few years while at the same time balancing all members' interest. The club was not designed as a club specialising in any particular sports so there are basic constraints against us.

I sincerely hope that solutions can be worked out to enable the club to contribute further and significantly to the sport development of Hong Kong and at the same time without the need of compromising members' use of the club's facilities to an unbearable extent.

I will report further and periodically after the two subcommittees have worked out solutions.

In the meantime, if you have any suggestion to make which is more than welcome, please email to [secretariat@yyclub.org](mailto:secretariat@yyclub.org).

Dr. Yu Kwok Chun, GBS, JP  
Chairman of General Committee

2019年2月26日

各位會員：

您們可能從各種新聞和社交媒體上得悉，民政事務局已公佈有關私人遊樂場地契約政策檢討公眾諮詢報告，匯報諮詢期間所收到的回應。

報告全文可瀏覽以下鏈接：

英文版：<https://www.legco.gov.hk/yr18-19/english/panels/ha/papers/ha20190225cb2-846-1-e.pdf>

中文版：<https://www.legco.gov.hk/yr18-19/chinese/panels/ha/papers/ha20190225cb2-846-1-c.pdf>

儘管市民認為政府還應考慮私人體育會對社會的非體育貢獻，如慈善工作，但民政事務局的報告顯示，政府在考慮續簽此類租約時，唯一的標準是顧及對香港體育發展的貢獻。

除徵收十足市值地價三分之一的建議外，將會採納諮詢文件中提出的其他建議。由於持份者和外界主要使用者即體育總會反對，政府將重新考慮例外提案。

重點是強調需要向公眾加強對外開放體育設施及與體育總會(NSAs)進一步合作，雖然公眾人士是指民政事務局納入的合資格外界團體。政府要求開放繁忙時段，警告以免出現「假開放」的情況。

我們的俱樂部自然要盡最大努力遵循政府的建議，以便在俱樂部2026年租約到期時作有利的評估，考慮到規劃和實施需時，必須盡快採取行動。

私人遊樂場地契約政策檢討工作小組委員會和康樂小組委員會將在專業顧問的協助下，確定在未來幾年內如何最好地為俱樂部定位同時平衡所有會員的利益。本俱樂部並非為專門從事某些特定運動而設的俱樂部，所以對我們也有一定的限制。

我真誠地希望能夠找到解決方案，使本俱樂部能夠為香港的體育發展作出進一步的貢獻，同時又不會影響會員對俱樂部設施的使用達到令人無法忍受的程度。

在兩個小組委員會制定解決方案後，我將進一步定期報告。

與此同時，如果閣下有任何建議，歡迎發送電子郵件至[secretariat@yyclub.org](mailto:secretariat@yyclub.org)。

委員會主席

余國春博士 GBS 太平紳士



## BENEFITS OF EXERCISE

### 運動的好處

Dieting alone does not have a long lasting effect on weight reduction, unless complemented with regular physical exercise. Besides, exercise has a lot of other benefits:

- Improve heart and lung function
- Improve muscle strength and suppleness
- Improve joint and muscle flexibility -> decrease the chance of injury
- Enhance metabolism, consume heat energy, reduce accumulation of fat
- Feel better, work better and cope better with stress
- Strengthen the immune system
- Reduce the risk of developing heart diseases, hypertension and diabetes in future

#### Rules of Exercise

- Choose exercise that suit your age and ability
- Be patience
- Exercise with friends or family members
- Let exercise become your hobbies
- Incorporate exercise into your daily activities, e.g. brisk-walking, using the stairs, etc.

Reference : Department of Health

資料來源：衛生署

很多人都錯誤地單靠節食減肥，因而不能達到持久的效果，唯有配合適當和適量的運動，才能有效地減少脂肪的積聚。事實上，運動是有很多好處的：

- 增進心肺功能
  - 強壯肌肉
  - 強健骨骼
  - 增加肌肉的柔韌度，減低受傷機會
  - 促進新陳代謝，消耗熱能，防止脂肪積聚
  - 有助舒展身心，消耗精神壓力
- 增強身體抵抗能力
- 可減低兒童及青少年在成年後患上心臟病、
  - 高血壓、糖尿病等嚴重疾病的機會

#### 運動的守則

- 依照自己的喜好和能力，選擇適合的運動
- 有恆心和耐力
- 與家人或朋友一起做運動
- 養成做運動的習慣
- 增加日常生活中的活動機會，例如多走路、多使用樓梯上落等

## LEMON SALMON SET MEAL (TO SERVE 1)

### 檸檬三文魚定食 (1人分量)

#### INGREDIENTS

Salmon fillet	120g
Romaine lettuce	10g
Red leaf lettuce	10g
Endive	10g
Lemon	1/8
Steamed brown rice (brown rice, red rice and black rice)(cooked)	1 bowl

#### SEASONINGS

Rock salt	1g	Pepper	a pinch
Lemon peel	3g	Olive oil	1 teaspoon

#### COOKING METHOD

1. Marinate the salmon fillet with salt, pepper, lemon peel and olive oil for 2 hours. Set aside.
2. Wash the romaine lettuce, red leaf lettuce and endive. Set aside.
3. Preheat the oven to 200°C. Wrap the marinated salmon with aluminum foil and bake for 5 minutes.
4. Serve the salmon with the romaine lettuce, red leaf lettuce, endive, the lemon wedge and brown rice.

\* Information from: CHEU 《CookSmart》 Issue 22

資料來源：《營廚》第二十二期



#### 材料

三文魚	120克
羅馬生菜	10克
紅葉生菜	10克
九芽菜	10克
檸檬	1/8個
糙米飯 (糙米、紅米、黑米)(煮熟)	1碗

#### 調味料

岩鹽	1克	胡椒粉	少許
檸檬皮	3克	橄欖油	1茶匙

#### 步驟

1. 把三文魚用岩鹽、胡椒粉、檸檬皮和橄欖油醃兩小時，備用。
2. 羅馬生菜、紅葉生菜和九芽菜洗淨，備用。
3. 把醃好的三文魚用錫紙包裹放在烤盤上，並放進烤箱用200°C烤5分鐘。
4. 把烤好的三文魚放在碟上，加上羅馬生菜、紅葉生菜和九芽菜作配菜，配上檸檬及糙米飯即成。





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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