



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

Newsletter for Members
會員通訊

WINTER

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2018

商界展關懷

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香港社會服務聯會頒發

DINING HIGHLIGHTS

餐飲精選呈獻

CHINESE RESTURANT'S EXQUISITE PROMOTION:

中菜廳美饌推廣：

February 二月



CHINESE NEW YEAR SPRING MENU

團年春茗宴菜單精選

The Lunar New Year falls in February! Let's celebrate this joyful occasion with your relatives, buddies and business partners. The chef of the Chinese Restaurant specially prepares festive menu symbolizing good fortune and a prosperous New Year. Come and reserve the heartwarming feasts for a celebration.

己亥農曆新年將至，當然要與您的親朋及生意夥伴一起慶祝佳節，中菜廳主廚用心配搭出多款春節菜譜寓意新一年豐盛吉祥，快來預訂賀歲盛宴共慶新春好意頭。

CHINESE NEW YEAR PUDDINGS

萬事如意 年年糕昇

Celebrating the upcoming Chinese New Year, a series of puddings with various fantastic flavors will be prepared by the Chinese Restaurant. They include Chinese New Year Pudding, Turnip Pudding with Preserved Meat, Taro Pudding, Water Chestnut and Osmanthus Pudding, Red Bean Pudding with Coconut Milk, and Sweetened Red Dates Pudding. All puddings we served are made by the quality ingredients. It would be a perfect delicacy to share among friends and families during this festive occasion.

新春佳節，祝願各會員年年糕昇，中菜廳繼續為大家準備各式賀年糕點，當中包括臘味蘿蔔糕、五香芋頭糕、椰汁年糕、桂花馬蹄糕、椰汁紅豆糕及紅棗糕，款款都以精心挑選的優質材料製作，非常足料，實屬送禮自用佳選。



VERBENA CAFÉ EXQUISITE PROMOTION:

地錦廳星級推介：

February 二月

SWEETIE FOR VALENTINE'S DAY

甜蜜蜜情人節

It is a great idea for you to romance your lover by reserving a table in Verbena Café for tasting various desserts for which a team of chefs prepare with the theme of love on Valentine's Day, 14 February. Such a sweetie moment!

前來地錦廳慶祝2月14日情人節是個絕佳的選擇，西廚團隊已打造一系列造型富詩意的甜品，讓你與愛侶彼此沉醉於浪漫氣氛的同時，用心品嚐精緻甜品，一同渡過甜蜜情人節。



March 三月

SPANISH FESTIVAL

西班牙節



The chef of Verbena Café will prepare a variety of fabulous Spanish delicacies by using premium seafood such as red shrimps, oysters. All will make you feel satisfied with Mediterranean menus.

為配合西班牙節節慶，地錦廳將推出多款巧製的西班牙菜餚，西主廚搜羅及嚴選優質食材，當中包括鮮甜海鮮，如紅蝦及生蠔等，讓您體會地中海飲食特色。

UPCOMING EVENTS

活動推廣

January 一月

LUNAR NEW YEAR FAIR 送狗迎豬賀年坊



Lunar New Year is one of the prominent festivals in the Chinese society. It is a tradition for the Chinese people to prepare different gourmet and gifts for families and guests. Verbena Café has prepared a variety of quality products including festive snacks, aromatic red wines, Taiwan auspicious orchids, ginseng and dried seafood, to draw you to visit and enjoy hassle-free shopping experience for celebration.

農曆新年是中國人向來非常重視的傳統節日，家家戶戶都花心思購買各式禮品款待貴客或饋贈親友。地錦廳將特設賀年坊陳列林林總總賀年糖果、時令乾貨、芳香紅酒、秀麗蘭花、參茸海味等優質賀年禮品，讓你輕輕鬆鬆辦年貨，開心選購迎新春。

CHINESE NEW YEAR PIGGY BANK WORKSHOP 滿滿福豬賀年錢罌工作坊

Inspiring your creativity to design a unique Chinese New Year Piggy Bank. Let's celebrate the good fortune for the Lunar New Year!

運用你的創作力設計出獨特及具有個人風格的賀年福豬錢罌，藉以迎接農曆新年增添財運!



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

The Lunar New Year is the essential and traditional festival among the Chinese people. They will put many red packets symbolizing different prosperous greetings at home. Taking the opportunity to experience the quintessence, you will learn the traditional handwriting skills and let's make your own red couplets for celebration.

農曆新年是中國人傳統的重要節日，每家每戶都在家中張貼不同的祝福語句揮春寓意好意頭。透過國粹傳承體驗，就能學習中國傳統毛筆書法，親手寫揮春帶回家，培添新春氣氛。





February 二月

LION DANCE FOR CELEBRATION OF YEAR OF THE PIG 己亥年醒獅躍動賀新春

Celebrating the Lunar New Year, the Club will arrange the lion dance on 7th Feb, 2019. Let's come and indulge in this traditional show with your families. You will be definitely thrilled by their energetic festivity!

祝賀新一年如意吉祥，俱樂部將於2月7日農曆年初三，邀請醒獅前來俱樂部內巡遊各處及表演採青向各位祝賀，定必讓你目不暇給，萬勿錯過！

March 三月

DIY SAND PAINTING WORKSHOP 彩砂藝術畫

Using the colorful sand, you can make the wonderful art painting. Join and experience the fun of being a painter!

使用七彩繽紛的彩砂，可讓你製作出美麗的藝術畫。快來報名參加，享受做一位小小藝術家！



OTHER EVENTS AND COURSES 其他活動及課程

January 1月

- / Interest Class for Adult - DIY Hair Cut Skill Intensive Class
成人興趣班 - 髮型DIY技巧速成班
- / Art & Craft Class for Children and Teenagers - Chinese New Year Decoration Workshop
兒童及青少年手工藝班 - 新年掛飾工作坊

February 2月

- / Cooking Class for Children - Heart Shaped Chocolate Tart
兒童烹飪班 - 心形朱古力撻

March 3月

- / Art & Craft Class for Children - Hand-Painted Easter Egg Workshop
兒童手工藝班 - 手繪復活蛋工作坊
- / Cooking Class for Children - Cookies Workshop
兒童烹飪班 - 曲奇工作坊

* 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



HALLOWEEN WORKSHOP

萬聖節工作坊

All children members enjoyed the fun-filled workshop for a celebration. Many fantastic designs of Halloween masks and candy bags were created with brilliant ideas.

每位小會員都開心運用創作力製作出富特色的面譜及糖果袋，為萬聖節添上不少歡笑聲，彼此樂在其中。



SPOOKTACULAR HALLOWEEN PARTY

趣怪萬聖節嘉年華2018

Halloween Party was successfully held on 27 Oct. The Club was decorated with various festive features and prepared different game booths for members and their families to play. The staff of the Club dressed up in their most creative costumes and was transformed into popular festive characters from the magical makeup. All members and guests enjoyed the party throughout the evening.

本年度的萬聖節派對已於10月27日順利舉行，當晚俱樂部精心佈置及製作多個應節活動，職員都悉心打扮，換上趣怪的裝束，讓會員及其親友一同歡度一個又驚又喜的晚上！

THE 26TH TABLE TENNIS TOURNAMENT

第二十六屆乒乓球比賽

An annual event – "Table Tennis Tournament" was successfully held on 28 Oct. Thank you for the active engagement of all members, creating the new high record for the number of participants. So magnificent of the game this year. All games players were very excited and the audiences enjoyed the competition very much.

一年一度的乒乓球比賽已於10月28日圓滿結束，確實有賴各會員的踴躍參與。今年的參賽人數亦創新高，令到今屆的比賽更上一層樓！比賽的過程亦相當緊湊，多場的激烈比拚，不單參賽者血脈沸騰，每位觀眾亦看得津津有味！



The 29TH ANNIVERSITY CELEBRATION PARTY

二十九週年慶典派對

24 Nov was a big day for the Club on which the 29th Anniversary Celebration Party was successfully held. Many members and guests attended the anniversary party. The Club Chairman, Dr. Yu Kwok Chun, GBS, JP, appreciated members for their continued supports and valuable contributions to the Club, and wished them a fruitful and prosperous 2019 by giving a toast with the Committee members. The Club offered delicious buffets, amusing game booths, funny handicraft workshops and brilliant stage shows. All members and guests enjoyed this meaningful occasion.

大家定會記起11月24日這個日子，當日大家歡度俱樂部年度盛事第29週年慶典，眾多會員和來賓都抽空出席派對。活動當日委員會主席余國春博士 GBS太平紳士在致辭中感謝各位會員對俱樂部的支持及貢獻，及後聯同各委員舉杯祝賀，祝願新一年豐盛美滿，更拍照見證這個喜悅時刻。俱樂部還安排了美味的自助餐，歡樂遊戲攤位，趣味手工藝工作坊，矚目的台上表演，特色場景拍攝等。



CHRISTMAS EVE CARNIVAL 冬日平安夜嘉年華

Celebrating the joyful Christmas, the Club was dressed up with festive decoration and the Christmas Eve Carnival was held on Dec 24. Many members and their families were immersed in endless fun from playing games, joining workshops, enjoying magic shows and lucky draw! All of them had a very special and unforgettable moments!

聖誕節是普天同慶的日子，俱樂部精心佈置，換上特色的聖誕裝飾，於12月24日舉辦了冬日平安夜嘉年華，為會員和賓客提供最佳節日活動。當晚節目豐富，包括遊戲攤位，手工藝工作坊，魔術表演及幸運抽獎，所有參加者都有一個非常特別和難忘的聖誕節！



CLUB ANNOUNCEMENT

俱樂部通告

通告 ANNOUNCEMENT 1



The Club keeps cooperating with Christian Action through placing a collection box on the corridor besides the Club's lawn during 1 and 30 Jan for collecting recycled items such as clothes, toys, shoes and bags. Please support recycling!

本俱樂部繼續與基督教勵行會合作，將於1月1日至30日期間在本俱樂部草地旁的走廊放置回收箱，以收集會員所捐贈的舊衣物及其他物品，如玩具、鞋履及手袋等。請踴躍支持回收行動！

通告 ANNOUNCEMENT 2

Public consultation on review of Private Recreational Leases ("PRL")

The Government has launched a six-month consultation for the public and stakeholders on the review of the PRL policy starting from 20 March 2018. Following a consultation process, the Club made a submission in response to the Home Affairs Bureau in September 2018.

The main contents of our submission are summarized as follows.

- (a) The Government should continue the existing PRL lease arrangement, subject to certain proposed criteria which include the further opening up of our sports facilities to the community and making further contribution to the sports development of Hong Kong.
- (b) Our Club has tried to persuade the Government also to recognize our social services and contributions to society in non-sports areas but unfortunately this has not been accepted by the Government for the time being.

Our Club has continued to engage professional consultancy firm and recruited additional members to assist in the second stage of the work which includes detailed planning and implementation of the Government's recommendations in the consultation documents. Members will be notified of further development in due course.

私人遊樂場地契約政策檢討

政府在2018年3月20日起，就私人遊樂場地契約政策檢討進行為期六個月的公眾及持份者諮詢。經過問卷諮詢後，本會已經於9月份把回應書呈交予民政事務局。

有關回應文件的主要內容，總結大致如下：

- (a) 政府應繼續以現行的「私人遊樂場地契約」處理本會用地，但須符合並同意政府在檢討文件中的若干準則，包括進一步向社會開放體育設施，並為香港的體育發展作出更多貢獻。
- (b) 本會曾嘗試遊說政府認同我們對社會服務和非體育康樂服務的貢獻，可是，政府暫時未能接受這類的貢獻。

本會將繼續聘請專業顧問公司，並邀請更多的成員加入小組及協助進行第二階段的工作，包括詳細籌劃及執行政府在諮詢文件中的建議。會員將在適當時候收到進一步的通知。

DIETARY FIBER

膳食纖維

What is dietary fiber ?

1. The indigestible part found in plants
2. Divided into soluble and insoluble forms
3. Daily requirement for adults and teenagers should not be less than 25 grams. For young children, the daily requirement is equivalent to their age plus five

Benefit of dietary fiber:

1. Can increase our immunity
2. Helps the bowel movement and removes solid wastes from the body, and thereby reduces exposure of the intestines to toxic substances that can cause intestinal cancer
3. Helps stabilize blood sugar. In this way, it is effective in controlling health problems associated with high cholesterol, coronary heart disease, and diabetes
4. Useful in controlling body weight

膳食纖維是什麼？

1. 由植物而來的元素
2. 大致可分為水溶性及非水溶性
3. 成人及青少年每天需要不少於25克的膳食纖維。兒童每天所需的膳食纖維量是他的年齡加5克

膳食纖維好處多：

1. 可增強身體抵抗力
2. 有助排便，直接減少廢物在腸道停留時間，減低有害致癌物質在腸道積聚
3. 有助穩定血糖，能有效控制血膽固醇過高、冠心病及糖尿病等
4. 增加飽肚感，以免進食過量，能有助控制體重

Reference : Department of Health

資料來源：衛生署



PUMPKIN AND TOMATO SOUP WITH RED LENTILS (TO SERVE 4)

南瓜番茄扁豆湯(4人分量)

INGREDIENTS

Pumpkin	400g
Red lentils	80g
Tomatoes	200g
Onion	80g
Thyme	Some
Water	1L

材料

南瓜	400克
紅扁豆	80克
番茄	200克
洋葱	80克
百里香	適量
清水	1公升

SEASONINGS

Olive oil	½ teaspoon
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調味料

橄欖油	1/2茶匙
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COOKING METHOD

1. Rinse and peel the pumpkin and cut into small cubes. Set aside.
2. Rinse the red lentils and tomatoes. Set aside.
3. Heat the olive oil. Stir-fry the onion for 3 minutes until softened.
4. Put all the ingredients in water and bring it to the boil over medium heat. Reduce the heat to low and simmer for 20 minutes.

步驟

1. 南瓜洗淨去皮，切成小塊，備用。
2. 紅扁豆及番茄洗淨備用。
3. 燒熱橄欖油，把洋葱炒3分鐘至變軟。
4. 將全部材料放入水中，以中火煮沸，然後轉用慢火煮20分鐘。

Reference : "EatSmart Recipes" of Department of Health

資料來源：衛生署的「有營養譜」





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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