



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

Newsletter for Members  
會員通訊

# SUMMER

夏

2018

商界展關懷

caringcompany<sup>®</sup> 2014-18  
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 CUISINE PROMOTION:

#### 中菜廳美饌推廣：

### August 八月

#### MARINATED GOOSE

#### 鹵水鵝

The Chinese Restaurant's "Marinated Goose" uses a rich and fragrant marinade made from The Restaurant's own formula with selected premium ingredients that carefully selected and prepared by the Chinese Restaurant's Chef.

中菜廳「鹵水鵝」此道菜式的美味秘訣在於其秘制鹵水醬汁，由中菜廳大廚精選多種香料調配而成，醇香味濃。令中菜廳的鹵水鵝有著與別不同的濃郁鮮味。



#### VERBENA CAFÉ CUISINE PROMOTION:

#### 地錦廳美饌推廣：

### July - September 七月 - 八月

#### QUENCHING SUMMER DRINKS

#### 夏日消暑特飲

In this hot summer, drinking a cool drink is a great way to cool down ourselves. A series of local beer and summer drinks "Mint Chocolate", "Pineapple Fairy" are now presented at Verbena Café to quench your thirst in these hot days.

炎夏夏日，一杯透心涼的飲品定能讓你暑氣全消。地錦廳現正推出多款本地手工啤酒及夏日特飲「薄荷巧克力」、「菠蘿仙子」等，助你消暑解熱，度過仲夏。



### September 九月

#### CELEBRATING MID-AUTUMN FESTIVAL WITH

#### CHINESE RESTAURANT MOONCAKES

#### 中秋佳節慶團圓



Savour the ever-popular diversified mooncakes including '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 stylish packaging from The Chinese Restaurant and celebrate with your loved ones in this Mid-Autumn Festival!

中秋佳節，中菜廳誠意獻上各式各樣精美月餅，包括「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，時尚包裝，用料優質上乘，讓你與摯愛細賞中秋味道，共慶團圓。

### September 九月

#### MID-AUTUMN DINNER BUFFET

#### 中秋海鮮自助晚餐

In celebration of the Mid-Autumn Festival this year, Verbena Café will present Mid-Autumn Dinner Buffet, a variety of sumptuous cuisines to celebrate the traditional harvest festival will also be offered. Members are invited to enjoy a warm and fun celebration with their families in this traditional festival that celebrates the harvest and values family togetherness. A wine tasting session will also be held on 22nd and 23rd September, members can select wines for the festival and friends.

今年中秋節，地錦廳呈獻中秋海鮮自助晚餐，讓您大飽口福地盡情狂歡，度過一個精彩難忘的傳統佳節。自助餐預備了特意配合佳節慶典而炮製的豐盛美食，大廚亦發揮巧思，把中秋節應節食材融入多款佳餚之中，令自助餐美饌充分貫徹中秋節慶主題。此外，於9月22日及9月23日，亦有試酒會以供選購。無論送禮自奉，皆為最佳選擇。

# UPCOMING EVENTS

## 活動推廣

### July 七月

#### SPLASH BATTLE IN RAINFOREST 反斗雨林水槍戰



Apart from swimming and sunbath, water battle is an excellent way to enjoy this summer. The Club is going to create such a cool activity for every water warrior. Come on! Let's get wet and join the Splash Battle in Rainforest!

炎炎夏日，除了游水曬太陽，有甚麼比激鬥水槍更痛快淋漓？俱樂部特意準備準備了一個水槍激戰的派對，快約上朋友，一起消暑享樂吧！



#### THE 24TH BADMINTON TOURNAMENT 第二十四屆羽毛球比賽

If you are good at or interested in playing badminton, you cannot miss this upcoming competition, the 24th Badminton Tournament. During the process, not only can you compete with others, but also challenge yourself. Don't miss this chance!

自問羽毛球球技了得或者對羽毛球有興趣的你，必定不能錯過每年一度的羽毛球比賽。在比賽中，你不僅能與其他參賽者一較高下，還可以自我挑戰。鍾愛此項運動的你，切勿錯過！

#### VISIT TO COCA-COLA FACTORY 參觀可口可樂廠

Participants have a chance to visit the production line and can have a clear picture of the production process of different drinks from the guided tour.

參加者可藉此機會參觀可口可樂廠之生產線，及進一步認識各種不同飲品的生產過程。一起去了解可口可樂廠的運作吧！



### August 八月

#### VISIT TO HONG KONG OBSERVATORY 參觀天文台

It is believed that everyone should be familiar to Hong Kong Observatory, but don't you know its operation? Let's get to explore how weather is forecasted and how technology is put to use. Meanwhile, Participants will also have a chance to visit elegant historical building and appreciate the ecology of a mini-forest in the heart of the city.

相信大家對香港天文台不陌生，但是否知道其內部運作呢？讓我們一起到訪天文台，了解現代預報製作及科技的應用，觀賞受保護的古雅建築和體會城市中的綠洲生活環境吧！



#### SWIMMING GALA 2018 水上嘉年華及游泳比賽2018

In summer, it is time to join the annual event "Swimming Gala 2018"! Participants can join swimming competition with friends, different water fun games and win the souvenirs. Don't hesitate, come and enjoy getting cool together!

仲夏之際，相信水上嘉年華定能讓你體驗一番透心涼。參加者不但可以進行游泳競技，還可挑戰多個水上遊戲贏取禮物。不要猶豫了，趕快約上朋友一起感受夏日的冰涼吧！





## September 九月

### MID-AUTUMN LANTERN DIY 中秋熱氣球花燈製作

To celebrate Mid-Autumn Festival, let's make your own Lantern, to brighten your home and welcome the full moon!

中秋佳節，圓月高掛助慶，齊動手製作屬於自己的中秋熱氣球花燈，燃點燭光，增添熱鬧氣氛。



### OTHER EVENTS AND COURSES 其他活動及課程 /

#### July 7月 /

- / Cooking Class for Children · Cupcake Decoration Workshop  
兒童烹飪班 · 杯子蛋糕裝飾工作坊
- / Interest Class for Children · Cartoon Origami Workshop  
兒童興趣班 · 卡通摺紙工作坊

#### August 8月 /

- / Cooking Class for Children · Mango Cheese Cake  
兒童烹飪班 · 芒果芝士凍餅
- / Art & Craft Class for Children and Teenagers · Coloured Sand Bottle Workshop  
兒童及青少年手工藝班 · 幻彩彩沙玻璃瓶擺設工作坊
- / Cooking Class for Children · Bear and Rabbit Onigiri  
兒童烹飪班 · 小熊小兔飯糰

#### September 9月 /

- / Art & Craft Class for Children and Teenagers · Leather Bracelet Workshop  
兒童及青少年手工藝班 · 皮革手帶工作坊
- / Cooking Class for Children · DIY Sandwiches  
兒童烹飪班 · 創意三文治
- / Interest Class for Children · Balloon Twisting Workshop  
兒童興趣班 · 氣球扭扭樂工作坊

\* 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。

## CHARITY EXPRESS 為善最樂

### VISIT THE HONG KONG SCIENCE MUSEUM WITH SERVICE USERS OF FU HONG SOCIETY 陪同扶康會服務使用者遊覽香港科學館

On 23rd May, The Club accompanied the service users of Fu Hong Society to visit the Hong Kong Science Museum. All participants were enjoyable during the time. The visit was followed by a lunch in a famous Chinese restaurant in Tsim Sha Tsui where participants enjoyed a big meal before going back to their Centre.

俱樂部於5月23日陪同扶康會服務使用者參觀香港科學館。當日氣氛十分愉快，一眾扶康會的參加者積極投入，了解各種科學知識。參觀完畢，一行人於著名的港式酒樓享用豐富的午膳，大家互相交流，度過美好的一天，活動圓滿結束。



# MEMBERS' ACTIVITIES REVIEW

## 會員活動回顧



### SWEET MOTHER'S DAY

#### 甜蜜母親節

On Mother's Day, to show our appreciation to all loving mothers for their devotion to families, the Club was delighted to present beloved moms with the gold plated roses and an instant photo shooting service for them to capture the memorable moment with their family. They all have a sweet and blissful Mother's Day!

俱樂部於5月13日母親節當天，特設拍照區為會員及來賓拍下一幅幅歡笑的回憶；我們更獻上精美的金箔玫瑰花，為摯愛的母親送上感謝與祝福，共同度過一個甜蜜溫馨的母親節！



### SPREAD THE LOVE IN MOTHER'S DAY

#### 傳承頌親恩 - 母親節心意卡

To repay unselfish maternal love, designing a lovely card to mothers is an excellent way to express our feelings and surprise them.

為報答無私的母愛，大家藉著母親節，一起動手精心設計心意卡，母親們都收穫滿滿的感動，場內愛意瀰瀰。



### SPRING COOKING CLASS FOR KIDS - CARTOON SUSHI ROLL

#### 春季兒童烹飪班 - 卡通壽司卷

The Cartoon Sushi Roll Cooking Class was completed successfully on 26th May. Children made lovely Cartoon Sushi Rolls with fresh ingredients for friends and families. They all did good jobs and had a great time!

卡通壽司卷烹飪班已於5月26日順利完成。小朋友們親自製作各款可愛的壽司卷，並與家人和朋友分享，共同度過了一個笑聲滿載的下午。



### VISIT THE YUEN YUEN INSTITUTE WITH THE ELDERLY OF SIK SIK YUEN

#### 陪同耆色園長者遊覽圓玄學院

On 21st June, with the co-ordination from Ho Chak Neighbourhood Centre For Senior Citizens (sponsored by Sik Sik Yuen), we accompanied the elderly to visit the Sam Tung Uk Museum and Yuen Yuen Institute to enjoy delicious vegetarian meals, they all enjoy the meals very much. We would like to thank the Club's volunteers and the participants again here.

於6月21日俱樂部得到耆色園主辦可澤耆英鄰舍中心的協助，陪同長者們參觀三棟屋博物館和圓玄學院及享用美味齋菜，長者們非常滿意是次活動的安排。在這裡我們再次感謝當日出席的會員義工及長者們。





## VITAMINS

### 維他命

#### Functions and Categories

Vitamins have various functions that help to regulate metabolism, to prevent chronic diseases (such as heart disease and cancer), and to maintain normal appetite, mental health, and immunity.

Vitamins can basically be classified into the following two categories:

#### 1) Fat-soluble vitamins

- Include Vitamins A, D, E and K; dissolve in fats; and are absorbed with the help of fats that are in the diet
- Excessive fat-soluble vitamins are stored in the liver and will not be eliminated from the body

#### 2) Water-soluble vitamins

- Include Vitamins B and C, and dissolve in water
- Excessive amount of water-soluble vitamins are excreted through urine and sweat.

▶ The amount of vitamins in food is affected by the ways in which food is stored or cooked. Vitamins A and C and some Vitamins B can be destroyed under strong light, so food rich in those vitamins should be stored in dim places or in the fridge.

▶ Vitamin C and some Vitamins B are soluble in water and can be destroyed under heat, and thus we should avoid

1. washing them too much
2. cooking them too long time

Reference : Department of Health

#### 功用及分類

維他命的各種功用有助新陳代謝和預防慢性疾病，例如：心臟病、癌症等，更能維持正常食慾、精神健康和抵抗力。

維他命基本上可分為以下兩大類：

#### 1) 脂肪溶性維他命

- 包括維他命A、D、E和K，可溶解於脂肪，依靠食物中的脂肪才可被吸收。
- 體內多餘的脂肪溶性維他命會在肝臟儲存，不會排出體外。

#### 2) 水溶性維他命

- 包括維他命B和C，可溶解於水。
- 體內多餘的水溶性維他命會從汗水或尿液排出體外。

▶ 食物的儲存和烹調方法會影響食物中維他命的分量。維他命A、C和部分維他命B會被強光破壞，所以食物宜放在陰涼處或雪櫃內。

▶ 維他命C及部分維他命B會溶解於水中和被熱力破壞，所以清洗食物時將食物放在水中長時間浸洗，或把食物長時間煮食（例如燜），都會令維他命流失。

資料來源：衛生署

## CLUB ANNOUNCEMENT

### 俱樂部通告

#### 通告 ANNOUNCEMENT

#### 5 July 2018

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

As you may have already known from the media that public consultation on the policy review of PRL will be held from 20 March to 19 September, 2018 and the public and stakeholders are invited to submit views on the recommendations of the Government Working Group relating to PRL.

The public consultation period on the PRL review will close on 19 September, 2018. Members may send in their views direct by email to [prl\\_consultation@hab.gov.hk](mailto:prl_consultation@hab.gov.hk), by fax to 2519 7404 or by post to the Private Recreational Lease and Land Matters Section, Home Affairs Bureau (Recreation and Sport Branch), 13/F, West Wing, Central Government Offices, 2 Tim Mei Avenue, Tamar, Hong Kong. The consultation document can be downloaded from the website of the Home Affairs Bureau ([www.hab.gov.hk](http://www.hab.gov.hk)). There are English and Chinese versions which are comprehensive and easy to apprehend.

Our Club has already set up a PRL Sub-committee for this matter and will issue a questionnaire to each of you for collection of opinion. We hope to receive your active responses and the Club targets to submit its views, with or without the assistance of a professional consultancy firm, on or before the deadline of 19 September 2018.

Link:

[http://www.hab.gov.hk/file\\_manager/en/documents/references/papers\\_reports\\_others/District/private\\_recreational2018.pdf](http://www.hab.gov.hk/file_manager/en/documents/references/papers_reports_others/District/private_recreational2018.pdf)

## TOMATO CUPS WITH TUNA (SERVE ABOUT 6 TO 8 PERSONS)

番茄吞拿魚杯(約6至8人分量)



### ▶ INGREDIENTS

Tomatoes	10 medium
Celery	½ cup, cubed
Sweet corn	½ cup
Tuna fish canned in mineral water	2 cans
Raisins	4 tablespoon
Plain low-fat yogurt	½ cup
Honey	Small amount

\* Remark: 1 cup = 240 ml

### ▶ 材料

番茄(中型)	10 個
西芹	½杯(切粒)
粟米粒	2罐
罐裝鹽水吞拿魚	2罐
提子乾	4湯匙
原味低脂乳酪	½杯
蜜糖	少量

\* 註：1杯= 240毫升

### ▶ SEASONINGS

Salt	Small amount
White pepper	Small amount

### ▶ 調味料

鹽	少量
胡椒粉	少量

### ▶ COOKING METHOD

1. Drain tuna fish.
  2. Wash and dice celery.
  3. Add honey into yogurt as salad dressing.
  4. Wash tomatoes. Make into cups by cutting off top and scooping seeds out.
  5. Mix tuna fish, celery, sweet corn and raisins with salad dressing and seasoning.
  6. Put mixture into tomato cups and refrigerate before serving.
1. 吞拿魚隔去鹽水。
  2. 西芹洗淨切幼粒待用。
  3. 乳酪混和蜜糖成沙律醬。
  4. 番茄洗淨，切去頂部並把核挖出。
  5. 將吞拿魚、西芹粒、粟米粒、提子乾、沙律醬及調味料拌好備用。
  6. 將材料釀入番茄內，冷凍即成。

Information from: Recipe of Department of Health - Two Plus Three Every Day - Easy and Tasty Recipes

食譜來源：衛生署《日日2+3 健康水果食譜 健康蔬菜食譜》

二〇一八年七月五日

### 私人遊樂場地契約檢討公眾諮詢

相信您們已經從傳媒報導中得悉，政府由二〇一八年三月二十日起至九月十九日就私人遊樂場地契約政策檢討進行公眾諮詢，邀請市民及持份者就政府跨部門工作小組檢討的修訂建議提出意見。

私人遊樂場地契約政策公眾諮詢將於二〇一八年九月十九日結束。會員可透過電郵 [pri\\_consultation@hab.gov.hk](mailto:pri_consultation@hab.gov.hk)、傳真(2519 7404)或郵寄(香港添馬添美道2號政府總部西翼13樓)向民政事務局(體育及康樂科)私人遊樂場地契約及土地事宜組提交意見。諮詢文件可從民政事務局網頁([www.hab.gov.hk](http://www.hab.gov.hk))下載。當中附有英文和中文完整版本以供參閱，內容相當廣泛及容易理解。

我們已經就此事成立私人遊樂場地契約政策檢討工作小組委員會，並將會向各位發問卷搜集意見，到時請各位積極回應。我們目標是在二〇一八年九月十九日或之前，在有或沒有專業顧問公司的協助下提交意見。

鏈接:

[http://www.hab.gov.hk/file\\_manager/tc/documents/references/-papers\\_reports\\_others/District/private\\_recreational2018.pdf](http://www.hab.gov.hk/file_manager/tc/documents/references/-papers_reports_others/District/private_recreational2018.pdf)



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	<a href="mailto:membership@yycclub.org">membership@yycclub.org</a>
Chinese Restaurant 中菜廳	2397 4951	<a href="mailto:fnb@yycclub.org">fnb@yycclub.org</a>
Verbena Café 地錦廳	3580 0701	<a href="mailto:coffeeshop@yycclub.org">coffeeshop@yycclub.org</a>
Card Room 棋牌室	2397 4954	
Recreation & Sports 康樂及體育	2397 4950	<a href="mailto:recreation@yycclub.org">recreation@yycclub.org</a>
Recreation Counter 康樂部接待處	Ext. 內線 205	

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