



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

Newsletter for Members
會員通訊

SUMMER

夏
2017



商界展關懷

caringcompany²⁰¹⁴⁻¹⁷

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：

July 七月

PEKING DUCK 北京片皮鴨

Perfectly Roasted Peking Duck with crispy skin and delicious succulent meat makes the tasting experience unforgettable. You won't be able to resist it!

馳名北京片皮鴨，皮脆肉嫩，令人一試難忘！絕對令你無法抗拒。



August 八月

SWEET & SOUR MANDARIN FISH 松鼠桂魚

Mandarin fish is fried into a unique squirrel shape. Topping it with hot sweet-and-sour sauce gives off a squirrel-like chipping sound. The rich and firm Mandarin fish is crispy outside and tender inside.

將桂花魚炸成「松鼠」狀，澆上熱氣騰騰的醬汁時，發出如松鼠「吱吱」聲。這道菜不僅造型獨特，濃厚堅實的桂花魚，嘗起來外層炸得甘香鬆脆、內裡肉質軟嫩，醬汁酸甜適中可口，令人垂涎三尺。



September 九月

CELEBRATING MID-AUTUMN FESTIVAL WITH CHINESE RESTAURANT MOONCAKES 中秋佳節慶團圓

The delicately packed "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 are the ideal gifts in this joyous festival.



為慶祝這人月兩圓的喜慶日子，中菜廳特別推出「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，用料上乘，實為送禮自奉之最佳選擇。

VERBENA CAFÉ CUISINE PROMOTION:

地錦廳美饌推廣：

July - September 七月至九月

QUENCHING SUMMER DRINKS 夏日消暑特飲

A series of summer drinks "Blue Hawaiian", "Pink Lady" and local craft beers are now presented at Verbena Café to quench your thirst in these hot days.

盛夏將至，為讓你暑氣全消，地錦廳現正推出兩款夏日特飲「藍天白雲」、「紅粉佳人」及本地手工啤酒為大家消暑解熱，與您共渡涼快夏日。



SIZZLING SUMMER TREATS 炎夏美食之選

Our prominent chefs have prepared a series of mouth-watering seasonal dishes in this sizzling hot summer. With a great array of Portugal and Thai delicacies, Chef's recommendations such as Potato Puree Soup with Vegetable, Stewed Pork Knuckle with Red Kidney Beans, Tom Yum Shrimp Soup, Deep Fried Fish Cake, Sweet & Sour Pork with Strawberry, Braised Duck Leg with Orange Sauce, Mango Pudding, you cannot afford to miss this food treat!

炎夏夏日，果香清新、酸甜滋味的美食定必能令您消暑醒胃，食指大動。地錦廳精心挑選時令食材入饌，炮製出醒胃清新的仲夏佳餚：士多啤梨咕嚕肉、香橙燴鴨脾、香芒布甸等等，為炎炎夏日加添一份清涼感。大廚亦準備一系列葡萄牙、泰國菜式：青菜薯蓉湯、紅腰豆燴豬手、冬蔞公蝦湯、泰式魚餅等等，您又豈能錯過！



UPCOMING EVENTS

活動推廣

BATTLE IN THE WATER WORLD

水戰士特攻隊

Summer is a good time for outdoor activity and fun. The Club to get ready to create the water battle world for every water warrior. Get wet and get away from the summer heat!

又到盛夏酷暑的時間，俱樂部特意為各位水戰士準備一個水槍激戰的派對。快來參與這個水花四濺的清涼水派對，一起消暑享樂！



THE 23RD BADMINTON TOURNAMENT

第二十三屆羽毛球比賽

The 23rd Badminton Tournament is coming, it's a good opportunity to play with different players and also for the self-challenging. Let's come to join the badminton tournament!



每年一度的羽毛球比賽，讓一眾愛好羽毛球的球手能大展身手、一較高下，還可以挑戰自己。喜歡羽毛球的你快來報名參加比賽吧！

VISIT TO HONG KONG OBSERVATORY

參觀天文台

Visitors can see how weather forecasts are made and how technology is put to use. They will also have a chance to visit elegant historical buildings and appreciate the history of the Observatory.

帶領參觀者了解現代天氣預報的製作及科技的應用，觀賞古雅的受保護建築，和了解天文台歷史。



VISIT TO COCA-COLA FACTORY

參觀可口可樂廠

Let's visit the Coca-Cola Factory's operations and the manufacture of the Coke's products.

想知道「可口可樂」背後的秘密，一起來探究可口可樂廠的運作及製造過程吧！



VISIT TO YAKULT FACTORY

參觀益力多廠

"Did you drink it today?" It's a popular slogan of Yakult. By visiting the Yakult factory, learn up close how this popular drink is made.

「你今日飲咗未呀？」這句經典台詞大家都耳熟能詳。參觀益力多廠，讓您近距離觀看這流行飲品的製造過程。



VISIT DODOMITES BAKERY

參觀多多美麵包廠

Come and visit the famous Dodomites Bakery. Find out how bread is made and also get a chance to bake your own bread.

參觀香港著名的多多美麵包廠，認識麵包的製作過程，更可親手一試焗製屬於自己的新鮮麵包。



SWIMMING GALA 2017

水上嘉年華及游泳比賽2017

In this hot summer, it's time to join the annual event "Swimming Gala 2017"! Everybody can join different water fun games and win the souvenirs. Let's get cool and enjoy the atmosphere of summer together.

夏日炎炎，各位參加者可以在水中一較高下。賽後更可參與同場的水上嘉年華，挑戰多個水上遊戲贏取豐富禮品，同時享受清涼的感覺及夏天的氣氛。



OTHER EVENTS AND COURSES 其他活動及課程 /

July 7月 /

- / Visit Chinese White Dolphin
觀賞中華白海豚
- / Perler Beads DIY Workshop
小荳釘工作坊
- / Dry Flower DIY
乾花擺設製作
- / Back to school Leather workshop
開心上學手工皮革工作坊
- / Best of the Chess
「棋」逢敵手

August 8月 /

- / Carousel Music Box
旋轉木馬音樂座
- / Kaleidoscope DIY workshop
水晶萬華鏡工作坊
- / Stone Painting Workshop
天然白石繽紛彩繪工作坊

September 9月 /

- / Gymnastics and You –
Circuit Training
體適能與您 - 循環訓練法則
- / Hot air balloon Lantern DIY
悠悠熱氣球花燈設計

* 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 CALLIGRAPHY PROGRAM

導賞課程 - 書法之美及樂之妙

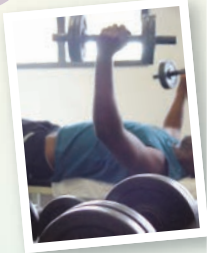
The course is mainly through the visual taste of Chinese calligraphy, listening to the Chinese and Western music and to enjoy a relaxed learning period.

課程主要透過視覺去品味書法名作，聽覺去欣賞中西名曲，享受一段輕鬆愉快的學習時段。



PHYSICAL TRAINING WORKSHOP

健身訓練工作坊



This program will introduce Members the correct use of the fitness equipment in this workshop, as well as offer training concepts to achieving the fitness goals.

工作坊向會員介紹正確之健身器材使用法及訓練概念與方法，幫助會員達到健身目標。

SWEET MOTHER'S DAY

甜蜜母親節

On Mother's Day, Members took photos with their beloved moms at the Club "Best Mom" photo booth. Every moms also received a complimentary exquisite Tea Cup and Saucer set from the Club as a flavourful gift that comes from the heart.

母親節當天，為慶祝溫馨佳節，俱樂部特設「最好媽媽」拍攝區，供會員及來賓與母親合照，留下最溫馨美好的一刻。我們更送上精美的茶杯套裝，用作裝載著子女對母親滿滿的愛！



SPRING COOKING CLASS FOR KIDS – TSUM TSUM CAKE POPS

春季兒童烹飪班 - 迪士尼卡通造型蛋糕棒



The spring cooking class was completed successfully on 29th April. Children work through the steps from individual ingredients to decoration which they could take home after the class.

迪士尼卡通造型蛋糕棒烹飪班已於4月29日順利完成。讓每位喜歡自製蛋糕的小朋友們，都能做出可愛的蛋糕棒，送給家人和朋友共同分享。

TIPS FOR HEALTH

健康小貼士

TWO PLUS THREE EVERY DAY - FRUIT, VEGETABLES AND OUR HEALTH

日日二加三 - 水果、蔬菜與健康

What kinds of nutrients can be found in fruits and vegetables?

Fruits and vegetables offer a wide range of nutrients and health-promoting substances. Here are some good examples:

蔬果中含有那些營養素？

蔬菜類和水果類食物為身體提供多種營養素及其他促進健康的物質，以下是一些例子：

NUTRIENT COMPONENTS

營養成份

- Vitamins 維生素
- Minerals 礦物質
- Water 水分
- Dietary fibre 膳食纖維

OTHER NON-NUTRITIVE SUBSTANCES

其他非營養成份

- Phytochemicals 植物化學物



Will taking more fruit and vegetables help prevent diseases?

Various researches showed that eating adequate amounts of fruit and vegetables as part of a balanced diet can help prevent many major diseases and health problems:

- Some cancers such as colorectal cancer
- Heart diseases
- Stroke
- Hypertension
- Diabetes
- Obesity

* Reference : Department of Health
資料來源：衛生署

多吃蔬果能否有助預防疾病？

不同研究顯示，在均衡飲食中進食足夠的蔬果，能有助預防多種主要疾病及健康問題：

- 一些癌症，例如：大腸癌
- 心臟病
- 中風
- 高血壓
- 糖尿病
- 肥胖

PAPAYA AND PEAR JELLY (12 pieces - Source of recipe: dietitian of the Department of Health)

木瓜啤梨果凍 (12件，食譜來源：衛生署營養師)

INGREDIENTS

1. Papaya, small ½ pc
2. Pear, small 1 pc
3. Gelatin powder 3 tbsps
4. Green tea leaves 3 tbsps
5. Granulated sugar 4 tbsps
6. Lemon (for juice) ½ pc
7. Water 2 ¼ cup (540 ml)

材料

1. 木瓜 (細) ½個
2. 啤梨 (細) 1個
3. 魚膠粉 3湯匙
4. 綠茶葉 3湯匙
5. 砂糖 4湯匙
6. 檸檬 ½個
7. 清水 2 ¼杯 (540毫升)



METHOD

1. Rinse, peel, and cut the papaya and pear into small cubes, and soak in salted water.
2. Boil 2 ¼ cups of water. Add the green tea leaves to let them brew for a while, and then strain out the tea leaves.
3. Bring the green tea to boil, add in the sugar and gelatin mixture over a low heat until well mixed. Turn off the heat and let it cool down. Lastly, mix in the lemon juice.
4. Put the papaya and pear cubes in a container and pour into the green tea mixture. Place it in the refrigerator to set.

製法

1. 預備一湯碗鹽水。木瓜及啤梨洗淨及去皮，切成小粒及放入鹽水中備用。
2. 煲滾2 ¼杯清水，放入綠茶葉煲片刻，隔去茶葉。
3. 拌勻糖及魚膠粉。另將綠茶煲滾，再拌入糖及魚膠粉煮勻，熄火待涼。最後拌入檸檬汁拌勻。
4. 水果粒隔去水分，將水果粒放入溶液拌勻。用匙羹將水果粒放入模內，再倒入綠茶溶液，放入雪櫃冷藏至凝固。

Reference : Recipe of Department of Health - Diabetes-friendly Recipes
資料來源：衛生署「適飲適食」食譜

JOYFUL "POON CHOI" FEAST

獅子溫情又一村·歡聚愛心盆菜宴2017

On 20th June, our Club and Lions Club of Tsimshatsui East jointly organized; Christian Action co-organized a Poon Choi feast at The Club. Over 220 low-income families and the singleton elderly from Christian Action were invited, filling up 21 tables, with the event also featuring entertainment and performances by Christian Action.

又一村花園俱樂部於6月20日與「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2017》。當日於俱樂部延開21席，邀請逾220名受惠於基督教勵行會的低收入家庭及獨居長者們，齊齊品嚐盆菜宴之餘，更有遊戲及表演節目助慶，在場參加者對盆菜及表演都讚不絕口。



CLUB ANNOUNCEMENT

俱樂部通告

通告 ANNOUNCEMENT 1

The Club's social service committee is now looking for enthusiastic volunteers. Interested members can obtain an application form at the Club's Reception on the Ground Floor.

社會服務小組現正進行義工招募。現誠意邀請充滿服務熱誠的你加入義工服務。如有興趣，可到本俱樂部地下接待處索取義工登記表格。



通告 ANNOUNCEMENT 2

Nursery facilities can be found in the following locations of the Club:

1. Washroom for the Disabled at the G/F Lobby
2. Female Changing Room on the 1st Floor (North Wing)

嬰兒護理設施設於本俱樂部的以下兩個地點以供有需要的人士使用：

1. 地下大堂傷健人士洗手間
2. 二樓女更衣室（北翼）

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@yyccclub.org
Chinese Restaurant 中菜廳	2397 4951	fnb@yyccclub.org
Verbena Café 地錦廳	3580 0701	coffeeshop@yyccclub.org
Card Room 棋牌室	2397 4954	
Recreation & Sports 康樂及體育	2397 4950	recreation@yyccclub.org
Recreation Counter 康樂部接待處	Ext. 內線 205	

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