



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

Newsletter for Members
會員通訊

SPRING

春

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 RESTAURANT CUISINE PROMOTION:

中菜廳美饌推廣：

April 四月

PAN FRIED COD FISH

香煎金鈎鱈魚柳配雪菜蝦米豉油汁

Using cod fish, a fish beloved in Cantonese cooking for its intensely rich, buttery flavour, this dish is a contemporary take on a classic, created especially for The Chinese Restaurant.

這是經典粵菜的現代變奏，採用鱈魚，取其奶油般香滑幼嫩的高雅口感，菜式特別為中菜廳而創。



June 六月

TUEN NG FESTIVAL – RICE DUMPLINGS

端陽糉飄香



To celebrate the Tuen Ng Festival, The Chinese Restaurant presents Chinese Glutinous Rice Dumplings. Specially crafted by our master chef, for yours and your family and friends' enjoyment.

仲夏端午，中菜廳特別呈獻由大廚精心研製，色香味美的糉子，令人一試難忘，絕對是送禮自奉的首選。

VERBENA CAFÉ CUISINE PROMOTION:

地錦廳美饌推廣：

May 五月

MOTHER'S DAY DINNER BUFFET

母親節海鮮自助晚餐

With Mother's Day coming, Verbena Café is going to delight you and your family with "Mother's Day Dinner Buffet" on 13th May. Express your love and gratitude to your mother through a series of scrumptious delicacies for everything she has done for you and the family.

母親節快到了，為人子女的當然要藉此日子向偉大的媽媽，表達藏在心底多時的愛意與感激。地錦廳誠意將於5月13日母親節，獻上母親節海鮮自助晚餐，讓您與母親及家人共聚天倫，向她表達無限感激與愛意！



June 六月

FATHER'S DAY DINNER BUFFET

父親節自助晚餐

Father's Day is around the corner! It's time to express appreciation to your respectful Dad. Verbena Café is going to offer you a delightful dining experience with an array of fabulous dining on 17th July. Come and celebrate with us for an unforgettable moment.

父親節將至，不少孝順的兒女都別出心裁，希望以佳餚美釀向偉大的父親致敬，答謝他為家庭一直以來默默的付出。地錦廳已特別為6月17日的父親節，準備了父親節自助晚餐，讓您與尊敬的父親共「饗」天倫。



UPCOMING EVENTS

活動推廣

May 五月

SPREAD THE LOVE IN MOTHER'S DAY 傳承頌親恩 - 母親節心意咭

With Mother's Day just around the corner, we thought there must be better ways to thank Mom for all she has done than simply sending a bunch of flowers or cake. Hand making a Mother's Day card which can give a thoughtful gift from the heart to your loving mother.

母親節除了可送贈鮮花或蛋糕外，其實有更貼心的選擇。透過 DIY 的母親節心意咭，傳遞你們對媽媽敬愛的心。



YINLI GOLF CHALLENGE DAY 2018 銀利高爾夫球挑戰日 2018

The Golf Challenge Day will be held in May at Yinli Golf Club. Members and guests are invited to join.

本年度高爾夫球挑戰賽，將於5月假銀利高爾夫球會舉行，歡迎會員與各高爾夫球愛好者參與，並互相切磋及比拼。

June 六月

YAKULT EXPLORATORY TOUR 探索益力多之旅

This visit to the Yakult factory shows kids how one of Hong Kong's most popular drinks is made.

參觀益力多乳品製造廠，讓小朋友看看這廣受歡迎的飲品如何製作。



SPREAD THE LOVE IN FATHER'S DAY 傳承頌親恩 - 父親節心意咭

Express your love and gratitude with the DIY Father's Day card, they're a lovely gift for Father's Day.

親手製作一張父親節心意咭，爸爸在父親節收到孩子們的DIY心意咭，定會喜出望外。



CATCHING IN THE DARK 黑夜尋墨樂

Squid fishing is an interesting activity in the early summer. You can taste your harvest on board. Please come and join!

每年初夏，是墨魚出沒的季節。想試試與一班親朋戚友親手釣墨魚，然後品嚐自己的收穫，不妨考慮一起出海釣墨魚吧！

OTHER EVENTS AND COURSES 其他活動及課程 /

April 4月 /

- / Interest Class for Children and Teenagers · The Magician's Workshop
兒童及青少年興趣班 · 小小魔術師
- / Cooking Class for Kids · Heart-shaped Crunch Chocolate
兒童烹飪班 · 心形士多啤梨朱古力脆米

May 5月 /

- / Art & Craft Workshop for Kids and Teenagers · Fabric Potted Plant D.I.Y. Workshop
兒童及青少年手工藝班 · 盆栽布藝手工創作班
- / Cooking Class for Kids · Cartoon Sushi Roll
兒童烹飪班 · 卡通壽司卷

June 6月 /

- / Cooking Class for Kids · Mini Sweet Dumpling
兒童烹飪班 · 迷你水晶糰
- / Art & Craft Workshop for Kids and Teenagers · Mosaic Photo Frame
兒童及青少年手工藝班 · 馬賽克相架工作坊

* 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

TENNIS TOURNAMENT 2018

網球比賽2018

The Tennis Tournament 2018, took place on 13th January and 14th January, was concluded successfully. Well done to all the participants, who competed with such passion and appreciation for the game. We look forward to another exciting event next year!

網球比賽2018已圓滿結束，今年賽事於1月13日及1月14日順利舉行。一如以往，所有參賽者均使出渾身解數，全程投入賽事，落力爭勝。我們期待明年的賽事大家再接再厲！



QUINTESSANCE HERITAGE – FEI CHUN PENMANSHIP

國粹傳承 — 賀年揮春

At the onset of Chinese New Year, it is a common practice for people to spread blessings through paper crafts. On 10th February and 25th February, The Club's DIY Fai Chun Corner was enjoyable for both members and guests. All of them wrote their own innovative Fai Chun with blessings for family and friends.

在新年伊始，人們透過紙與筆，將祝福寄語在吉祥語句中。於2月10日及2月25日，俱樂部特設「賀年揮春區」，讓不少會員及來賓前來即席揮毫，享受節日氣氛之餘，亦為自己與家人朋友寫下溫馨祝福。



LION DANCE FOR CELEBRATION OF THE YEAR OF THE DOG

戊戌年醒獅躍動迎狗年

Lion Dance Performance is one of the important activities for Chinese New Year. The performance was held on 18th February. Members and guests came to the Club to enjoy this joyous event. The most exciting and fascinating part of the Lion Dance was Mei Hua Zhuang performance.

醒獅表演是農曆新年不可或缺的節目，俱樂部於2月18日(農曆年初三)舉辦了「戊戌年醒獅躍動迎狗年」，向大家拜年。當日，會員及來賓前來欣賞這場舞獅喜慶盛事。醒獅隊更於「梅花樁」作高難度表演，現場氣氛熱鬧，會員及來賓亦嘆為觀止。



ANNUAL STAFF PARTY

員工聯歡晚會

The Annual Staff Party was successfully held on 14th March. The atmosphere of that night was cheerful and excitement. The programme of Annual Dinner included lucky draw, long service awards, games and plenty of delicious cuisine. All Committee Members, guests and staff had enjoyed a great time.

員工週年聯歡晚宴已於3月14日舉行。當晚氣氛熱鬧，節目豐富，當中包括抽獎、頒發長期服務獎、遊戲及豐富的美味佳餚等。各委員會委員、嘉賓及員工都盡興而歸。



DONATING CHINESE FESTIVE CAKES 新年糕點捐贈活動



The Club regularly organizes activities to support the needy and show care for the community. Before the Chinese New Year, we continue to donate 610 sets of festive cakes (Chinese Rice Cakes and Turnip Cakes) to various organizations, they are the Salvation Army, Christian Action, Sik Sik Yuen, Hong Kong Christian Service and The Chinese Rhenish Church Hong Kong Synod for which they provide support to the low-income families and elderly. We will continue to provide proactive support to various social service groups and organizations and promote public awareness about caring for vulnerable groups in the community.

本俱樂部一直致力關懷社區，為社會有需要的群體獻上愛心。一如以往，本俱樂部於農曆新年前，藉著傳統佳節，捐贈了610套糕點(年糕和蘿蔔糕)給予救世軍、基督教勵行會、齋色園、香港基督教服務處和中華基督教禮賢會香港區會；向受惠的人士分別是低收入家庭和長者們，送上節日的祝福，並與他們分享新春的喜悅。本俱樂部將繼續積極與不同社會服務團體和機構提供支持與援助，向社會大眾宣揚關懷弱勢社群的信息。

JOYFUL "POON CHOI" FEAST 《獅子溫情又一村·歡聚愛心盆菜宴2018》

On 18th January 2018, The Club and Lions Club of Tsimshatsui East jointly organized; Christian Action co-organized a Poon Choi Feast at the Chinese Restaurant, serving for some 300 elderly and low-income families from Christian Action with traditional Poon Choi and a series of entertaining performance on stage to celebrate the New Year.

又一村花園俱樂部於1月18日再度與「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2018》，當日於俱樂部筵開約24席，讓受惠於基督教勵行會的低收入家庭及長者們享用傳統盆菜，更有遊戲及表演節目助慶，一同慶祝新年。



CLUB ANNOUNCEMENT 俱樂部通告

通告 ANNOUNCEMENT 1

Members should be considerate and not speak foul languages, and create excessive amounts of noise or cause other nuisance inside the Club. Then, all members and guests can stretch their bodies and minds in a quiet and comfortable environment.

各會員請謹記在本俱樂部內，要顧及他人，切勿說粗言穢語及製造過大聲浪或噪音影響別人，這樣各會員及賓客都能在寧靜優恬的環境下舒展身心。

通告 ANNOUNCEMENT 2

The Club, which always supports local sports development, opens up the use of its sports facilities for leisure to the organizations that are listed under the 'Arrangements for the Use of Sports Facilities by Government Recognized Public Organizations & Junior Membership Scheme' of Recognized Outside Bodies during specific periods. More information about the scheme can be obtained from our website www.yycclub.org or contact 2379 4311.

本俱樂部一直支持推動本港體育界的發展，故此歡迎任何屬於「政府認可公眾團體使用康體設施安排」計劃內的合資格團體類別機構人士，於本俱樂部的特定時段內租用康樂及體育設施。詳情可於本會網頁www.yycclub.org瀏覽或致電2397 4311查詢。

TIPS FOR HEALTH

健康小貼士



FACTS ABOUT CALCIUM

不可不知的「鈣」念

Our body contains several types of minerals among which the proportion of calcium is the greatest. Up to 99% of the body's calcium is stored in the bones and teeth. The remaining 1% is in the blood where it helps in blood coagulation and contraction of the heart muscles.

When the calcium level in the blood is low, calcium would be released from bones in order to maintain a normal blood level. If this process continues, bone density would decrease as a result of excessive loss of calcium making the bones weak and increasing the risk of fracture.

Where can we obtain calcium?

- Milk and dairy products like milk powder, cheese and yogurt are rich in calcium.
- Green leafy vegetables, fish which are eaten with the bones, bean curd and bean products, nuts are also rich in calcium.

我們的身體含有多種礦物質，其中以鈣的含量最多。百分之九十九體內的鈣儲藏於骨骼和牙齒，餘下的則存於血液中，有助血液凝固、協助心臟和肌肉收縮等功用。當血液中的鈣水平過低時，骨骼內的鈣便會被提取到血液中，以維持血液中鈣的水平。若然這情況持續，骨骼便會因失去過多鈣而變得疏鬆、脆弱、甚至折斷。因此，要預防骨質疏鬆，鈣質的吸收最為重要。

鈣質何處尋？

- 牛奶或奶類製品如奶粉、芝士、乳酪等含有豐富鈣質。
- 深綠葉蔬菜、連骨一起吃的魚、豆腐和豆類製品、果仁亦含有豐富鈣質。

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

FISH FILLETS WITH BUTTON MUSHROOMS AND CORN (SERVES 4)

蘑菇粟米魚柳(4人分量)

▶ INGREDIENTS

| | |
|------------------------|-----------------|
| Fish fillets | ½ catty (320 g) |
| Fresh button mushrooms | 2 tael (80 g) |
| Cream of corn | 1 cup (250 g) |
| Ginger | 2 slices |
| Vegetable oil * | 1 tbsp |

* Vegetable oils such as peanut oil, canola oil and corn oil, etc

▶ MARINADE FOR FISH

| | |
|--------------|---------|
| Salt | ¼ tsp |
| Egg white | 1 |
| White pepper | a pinch |
| Sesame oil | ¼ tsp |
| Cornstarch | 2 tsp |

▶ COOKING METHOD

1. Rinse, trim and slice the mushrooms. Peel and slice the ginger.
2. Wash and cut the fish fillets into pieces. Pat dry and mix with the marinade.
3. Heat ½ tablespoon of oil in a non-stick wok / pan and fry the ginger and mushrooms. Set aside.
4. Use the remaining oil to fry the fillets lightly. Add the mushrooms and cream of corn. Cover and bring to the boil.

Source of recipe: dietitian of the Department of Health
食譜來源：衛生署營養師

▶ 材料

| | |
|------|-----------|
| 魚柳 | ½斤 (320克) |
| 新鮮蘑菇 | 2兩 (80克) |
| 粟米茸 | 1杯 (250克) |
| 薑片 | 2片 |
| 植物油* | 1湯匙 |

* 植物油如花生油、芥花籽油、粟米油等。

▶ 魚柳醃料

| | |
|------|-----|
| 鹽 | ¼茶匙 |
| 蛋白 | 1隻 |
| 白胡椒粉 | 少許 |
| 麻油 | ¼茶匙 |
| 生粉 | 2茶匙 |

▶ 步驟

1. 蘑菇去蒂，洗淨切片。薑去皮、切片。
2. 魚柳洗淨切件，抹乾水分，加醃料拌勻。
3. 於易潔鑊燒熱1/2湯匙油，爆香薑片及蘑菇，盛起備用。
4. 燒熱餘下油，放入魚柳略煎，下蘑菇及粟米茸，煮片刻至滾，即成。





Yau Yat Chuen Garden City Club

又一村花園俱樂部

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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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