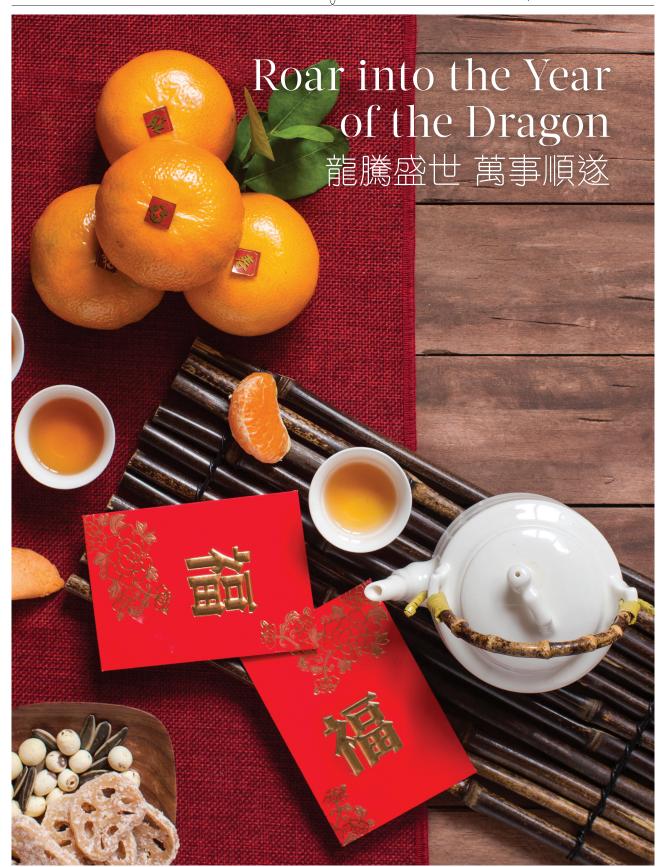


THE DYNASTY CLUB MEMBERS' MAGAZINE

THE SPRING ISSUE | FEBRUARY - MARCH 2024



# Contents

Club Bulletin 會所快訊

Dining Adventure

Leisure and Fitness

Golden Memories 歡樂時光

Staff Activities 員工訊息

At a Glance 活動日誌

DC is the magazine of The Dynasty Club of Hong Kong and is distributed to Members in February, April, June, August, October and December each year.

### **EDITORIAL & PRODUCTION**



4/F Tung Hip Commercial Building, 244-248 Des Voeux Road Central, Sheung Wan, Hong Kong. Tel: +852 2542 2993

Editor Matt Clark Art Director Arion Wong Account Manager Chase Li

ADVERTISING

REN CREATIVE LIMITED Tel: +852 2542 2993

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A new year is upon us, I'm delighted to wish you all a prosperous Year of the Dragon! The Club is buzzing with Chinese New Year festivities with an energetic lion dance performance, a visit from the God of Fortune and special menus to enjoy with the family. Members can also order our delightful Chinese New Year Puddings and Hampers, which serve as the perfect gifts to express your sincere sentiments to your family or business partners.

February is the month of Valentine's Day, Members and their loved ones can enjoy an intimate evening at Noble, with a romantic dinner and live music to set the mood. Another occasion families can look forward to is Easter in late March. We have arranged entertaining activities and the Happy Easter Semi Lunch Buffet for the whole family.

In the new year, it is also important to pursue an active lifestyle and keep learning. The Club has rolled out various workshops designed to enhance Members' well-being, featuring the Tai Chi Workshop and Wing Chun Workshop. Meanwhile, through our Etiquette classes in March, junior Members can learn invaluable life skills to navigate social situations with confidence and proper courtesy.

I am excited to welcome you all to the Club for the festive celebrations and engaging activities, and look forward to seeing you here soon.

新的一年即將來臨,我藉此機會謹祝各位會員龍年萬事如意,身體安康。於 農曆新年,本會悉心準備了一系列新春節慶活動,如充滿活力的舞獅表演、 財神爺到賀拜年、新春團年餐譜等,與大家一同歡度佳節。會員亦可選購本會 特意推出的賀年糕點及禮籃,以此餽贈親友或商業夥伴聊表心意,並送上新春

踏入2月將迎來情人節,會員可攜同摯愛於Noble 享用精緻晚餐,在現場 音樂伴奏下,度過溫馨浪漫的晚上。而另一個令人期待的節日,便是於3月底的 復活節。我們將呈獻有趣精彩的活動及復活節半自助餐,讓一家大小一同參與, 慶祝佳節。

在新的一年,實踐積極正向的生活方式和持續學習也十分重要。因此, 本會特意舉辦多個有助強身健體的工作坊,以鼓勵會員健康生活,其中包括 太極工作坊和詠春工作坊。另外,小會員可參加本會於3月舉辦的禮儀班,學習 寶貴的生活技能,在各種社交場合中展現自信和禮貌。

歡迎會員攜同摯親好友蒞臨本會,一同投入多姿多彩的節日慶祝活動, 並熱切期待很快在會所與您見面。

Victor Lui 呂思安

General Manager 總經理

## Management

### Victor Lui 呂思安

General Manager 總經理 Tel: 2829 7948 victorlui@dynastyclub.com.hk

### Ulia Fan 范玉玲

Senior Catering Sales Manager 資深餐飲銷售部經理 Tel: 2829 7937 uliafan@dynastyclub.com.hk

### Flora Leung 梁雪芬

Membership & Communications Manager 會籍及傳訊部經理 Tel: 2829 7968 floraleung@dynastyclub.com.hk

### Kelly Lam 林淑嫻

Sports & Recreation Manager 康體部經理 Tel: 2829 7975 kellylam@dynastyclub.com.hk





## Chinese New Year Celebration

## 喜氣洋洋賀新春

## WISHES OF ABUNDANT BLESSINGS AND PROSPERITY FOR THE YEAR AHEAD

Welcome to the Year of the Dragon! Continuing the festive spirit from Christmas and New Year, the Club is set to celebrate the excitement of Chinese New Year. The traditional festivities will kick off at noon on 11 February 2024, featuring the always popular lion dance performance on the second day of the Chinese New Year, guaranteed to captivate the audience. Moreover, the God of Fortune will grace the occasion to shower Members and their guests with wishes of wealth and prosperity on the same day.

To observe this special occasion, the Club will be closed on the First Day of Chinese New Year. Normal operations will resume for the remainder of the festival holiday.

## 祝願新的一年福祉如意、好運連連

齊來喜迎龍年!本會已準備就緒,並將延續 聖誕節和新年的歡樂節日氣氛,與大家熱熱 鬧鬧地慶祝農曆新年。傳統的新春活動將於 2月11日年初二中午揭開序幕,當日將舉行 深受歡迎的醒獅獻瑞表演,定必吸引會員及 賓客駐足觀賞。此外,財神爺亦會登場向會員 及賓客拜年,祝願大家萬事如意、財源廣進!

謹提醒各會員·本會將於年初一休息·並於 年初二啟市照常營業。



Image is for illustrative purposes only 圖片只供參考

# The Dynasty Club Handmade Chinese New Year Puddings & Hampers

## 皇朝會手工賀年糕點及禮籃

### TASTY TREATS FOR WELCOMING THE YEAR OF THE DRAGON

In continuing a rich tradition, the Club has prepared its much-loved handmade puddings perfect to celebrate the Chinese New Year. These delectable treats come in a selection of rich and enchanting flavours, including Turnip Pudding with Abalone and Preserved Meats, as well as Red Date Pudding. Three Chinese New Year Pudding Sets are also available for Members to savour all the different flavours. Don't miss out on these mouth-watering treats, available while stocks last.

In addition, Members can also convey your heartful blessing to your family, friends and business partners by presenting them with the Club's specially-packed Chinese New Year Hamper. The Deluxe Hamper is priced at \$5,188 (early bird discount at \$4,888). Be sure to place your orders in advance so as to take advantage of the early bird promotions.

## 滋味滿滿迎龍年

秉承以往傳統·本會專誠推出深受喜愛的 自製賀年糕點,以滋味伴會員同慶新春。 賀年糕點備有兩款不同味道供選擇,包括 皇朝會手工鮑魚臘味蘿蔔糕,以及皇朝會 鴻運棗皇糕。今年亦推出三款賀年禮盒, 讓會員可同時品嚐所有口味。精緻美味 的賀年糕點數量有限,售完即止,萬勿 錯過。

此外,會員亦可選購皇朝會農曆新年 禮籃·以此餽贈摯愛家人、朋友或商業夥伴, 向其傳遞真摯的心意和祝福。新春至尊禮籃 的價錢為\$5,188(早鳥優惠\$4,888)。請 提前預講·以享早鳥優惠。



# Happy Easter 開心復活節

### HOPPING TO FUN-FILLED FESTIVITIES

Easter commemorates the crucifixion and resurrection of Jesus Christ, symbolising new birth and fresh beginnings. It is a joyous festival brings people together, filled with love, laughs and fun.

This year, Easter falls on 31 March. To celebrate the occasion, the Club has arranged activities for the whole family, including game booths and a Rabbit Parade. Noble has also prepared the Happy Easter Semi Lunch Buffet for the entire family to indulge in a variety of sumptuous delicacies.

For enquiries and reservations, please call Noble on 2829 7990.

### 投入樂趣無窮的節慶活動

復活節是紀念耶穌基督從死裡復活,並象徵開始 全新的生命,或展開新的人生。大家都會在復活節 聚在一起,一同慶祝這個歡欣節日,處處充滿著愛、 笑聲和歡樂。

今年的復活節是在3月31日。為了慶祝這個節日,本會悉心安排了適合一家大小的慶祝活動,包括攤位遊戲以及復活兔巡遊,與會員及賓客一起慶祝佳節。Noble亦準備了復活節半自助午餐,讓您與家人盡情享用節日美饌,歡度難忘的復活節。

查詢或訂座,請致電2829 7990與Noble 聯絡。





# Chinese New Year Classics 新春菜譜

### TRADITIONAL MENU FOR FESTIVE GATHERINGS

As the Chinese New Year falls in February this year, everyone has started their preparations for eagerly-awaited festivities like the exhilarating lion dance performances, family reunions, and more. Rejoice in this festive season at Imperial City, which promises a fantastic range of traditional delicacies symbolising unity and harmony.

Between 11 to 24 February (2nd to 15th days of Chinese New Year), Members can celebrate the Year of the Dragon in style with their loved ones by savouring classic dishes served up at Imperial City, such as Double-boiled Shark's Fin, Abalone, Fish Maw and Sea Cucumber Soup, Pan-fried Semi-dried Oyster with Honey Ham and Braised Spotted Garoupa Fillet with Beancurd Sheets in Soya Sauce.

### 節慶歡聚,共嚐傳統應節菜餚

今年二月迎來農曆新年·大家開始為期待已久的慶祝活動做好準備·例如精彩的醒獅獻瑞表演、以及闔家團圓歡聚等。御苑將呈獻一系列傳統菜式·寓意吉祥如意·讓您以佳餚饗宴歡欣度過這個節日。

在2月11日至24日(即大年初二至十五)期間, 會員可攜同摯親好友蒞臨御苑品嚐經典賀歲美 饌,菜式包括六福臨門(佛跳牆燉湯)、甜甜蜜蜜 (蜜汁火腿煎金蠔),以及富足有餘(醬皇腐竹蒸 星斑球)。菜式意頭十足,為龍年帶來好兆頭。



# Hong Kong Flavours 港式風味

## ENCAPSULATING THE VIBRANT CULINARY CULTURE OF THE CITY

Hong Kong has always been known as a "Culinary Paradise". Its culinary culture is defined by its intersection of Eastern and Western cultures. Over the years, Hong Kong has developed its very own set of eating habits that combines Cantonese food and Western food, resulting in the creation of legendary dishes that are much-loved by people all around the world.

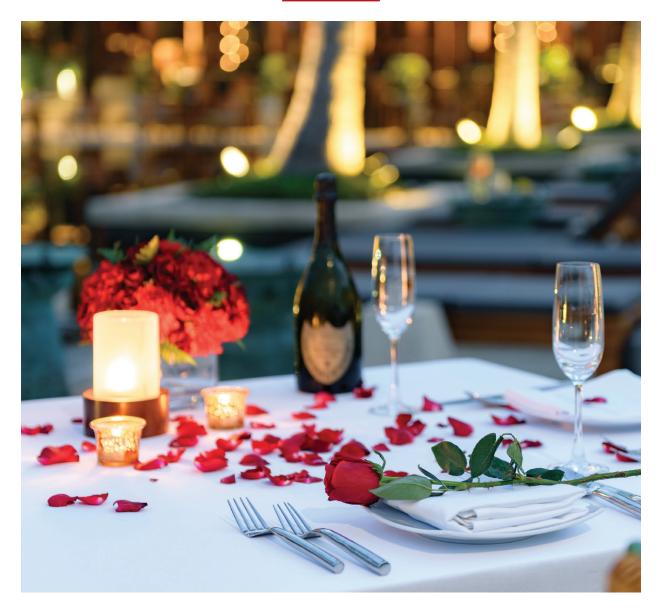
Imperial City has crafted a unique menu themed "Hong Kong Flavours", classic dishes being featured include: Baked Lobster with Cheese, Shark Fin Soup with Black Fungus, Shredded Abalone, Shredded Fish Maw and Shredded Chicken and Fried Crab with Spicy and Garlic.

## 體現香港充滿活力的烹調文化

香港向來都有「美食天堂」的美譽·其飲食 文化為中西文化的交匯所在。多年來·香港 逐漸發展出一套揉合粵菜和西餐的飲食 習慣,並創造出深受世界各地人民喜愛的 傳奇美饌。

御苑以「港式風味」為主題,匠心設計獨特精緻菜單,經典地道菜式包括芝士 焗龍蝦、至尊碗仔翅,以及避風塘炒蟹, 定必令您再三回味。





# Perfect Valentine's Day 完美情人節

## CREATING LASTING MEMORIES WITH LOVED ONES

Express your love by treating that special someone to an exquisite dinner at Noble this Valentine's Day. Our Valentine's Day Set Dinner for two offers a carefully crafted menu designed to make this the most romantic day of the year and is available for \$2,980. Members can also join the celebration with their families and indulge in the dinner menu for \$1,180 per person.

To make the evening even more special, a violinist will play romantic melodies throughout the evening and each Set Dinner includes a complimentary box of two heart-shaped chocolates along with a rose, allowing you to create new memories in the warm glow of candlelight.

For enquiries and reservations, please contact Noble at 2829 7990.

### 與摯愛締造難忘回憶

情人節這天,攜同愛侶一同蒞臨Noble 享用精緻晚餐,表達您的愛意,度過一個浪漫溫馨難忘的晚上。本會特意精心設計二人享用的情人節套餐,價錢為\$2,980,但如果您想與摯愛家人一起共度情人節,每位只需要加\$1,180。

為使當晚更添浪漫氛圍,本會除了安排小提琴手現場演奏浪漫旋律之外,二人套餐亦包括一盒兩粒心形朱古力及紅玫瑰,讓您與摯愛在燭光下締造感人回憶。

查詢或預訂,請致電2829 7990與Noble 聯絡。



# Mediterranean Delicacies 地中海美食

### SAVOURING MEDITERRANEAN CONNECTIONS

Family and food form an unbreakable bond in Mediterranean culture. Dining isn't just about eating, it's a social event that brings together generations to enjoy time-honoured recipes.

Positioned at the crossroads of Europe, the Middle East, and North Africa, the Mediterranean region boasts a diverse culinary landscape. The blend of cultures gives birth to a unique medley of flavours, adding layers of complexity and richness to every dish.

Noble is serving up a series of authentic flavours of the Mediterranean starring Crispy Crab Cake Salad with Tzatziki and Greek Style Salsa in February and Carabineros Red Prawn with Linguine in March.

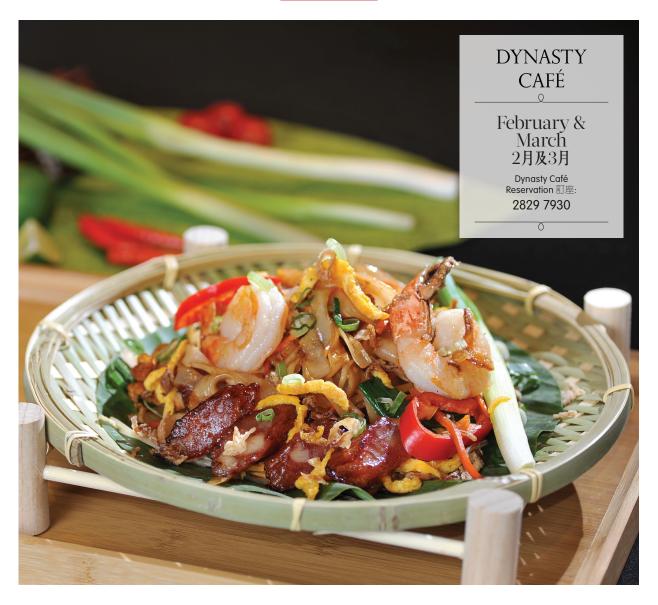
## 品味地中海風味

在地中海文化,家庭和食物的關係密不可分。用餐 不單只是進食,更是一種社交活動,讓家人齊聚 一堂,一起享用歷史悠久的傳統食譜。

地中海地區位於歐洲、中東和北非的交匯處,擁有多元化的美食文化藝術。各美食文化的融合使 其發展出獨特多樣的風味配搭·為每道菜式增添了 豐富的層次。

Noble 將呈獻一系列地道的地中海風味佳餚, 其中菜式包括2月的脆煎蟹餅沙律配青瓜乳酪及 希臘式莎莎,以及3月的意大利紅蝦麵,讓會員食指 大動。





## A Taste of Singapore and Malaysia 星馬滋味

## WARMING WINTER FLAVOURS

The cuisines of Singapore and Malaysia are celebrated for their rich fusion of flavours, spices, and herbs that are perfect for a winter meal. From hearty broths to slow-cooked curries, dishes from the regions are high in nutritional value as they often feature a mix of seafood, meats, vegetables and grains. The spices and herbs used also offer medicinal benefits such as improving immunity, and more.

Indulge in a menu packed with the best of Singapore and Malaysia at Dynasty Café with Singapore Style Bak Kut Teh; Singapore Style Nasi Lemak; and Singapore style fried turnip cake with seafood in February. Then in March, as winter gives way to spring, journey north for Malaysia with Penang Char Kway Teow; Malaysian prawn with rice; and Beef Rendang Curry with rice.

## 品嚐暖心冬日的味道

新加坡和馬來西亞的美食味道濃郁豐富,並巧妙 地融合各種香料及香草而聞名,非常適合於冬天 享用。各款滋味的肉湯和慢煮咖喱集海鮮、肉類、 蔬菜和穀類食材,而所用的香料和香草亦具增強 抵抗力等藥用療效。

在2月,蒞臨咖啡室品嚐正宗星洲風味,菜式包括新加坡肉骨茶配白飯;馬來西亞椰漿飯;以及星洲海鮮炒蘿蔔糕。而在3月,冬去春來,讓我們的味覺體驗馬來西亞的地道佳餚,如品嚐檳城炒粉粿;馬來參芭蝦配蔥油飯;以及巴東牛肉乾咖喱配白飯。



## The Importance of Sufficient Vitamin D 維持足夠維生素D的重要性

Vitamin D is an essential nutrient for the human body. Long-term deficiency or insufficient intake of Vitamin D can lead to reduced bone strength, muscle weakness and pain, decreased immunity, anxiety and dry skin. It can even increase the risk of various diseases such as cancer, heart disease, high blood pressure, diabetes, depression, osteoporosis and more.

Even though the popularity of physical exercise has led many people to adopt healthier lifestyles, research has found that up to 80-90% of people have insufficient levels of Vitamin D, mainly due to lack of sunlight and the difficulty in supplementing Vitamin D with dietary supplements. Our bodies consume Vitamin D every day, but our daily diet only provides around 5-10% of the body's needs and sunbathing only provides around 50%. To prevent Vitamin D deficiency, it is recommended to consider taking dietary supplements, which can help maintain the recommended concentration of Vitamin D in the body.

維生素D是人體重要的營養素之一。如長期缺乏維生素D或攝取不足,會導致骨骼強度減低、肌肉無力及疼痛、免疫力下降、情緒焦慮和皮膚乾燥等,甚至增加罹患各類疾病的風險,例如癌症、心臟病、高血壓、糖尿病、憂鬱症、骨質疏鬆等,這些疾病都與缺乏維生素D或不足有關。

雖然運動風氣的興起讓許多人愛上運動,但研究發現,有高達8至9成的人攝取維生素D不足,主要原因是缺乏陽光及保健食品難以補充維生素D。我們的身體每天消耗維生素D,但日常飲食只能補充身體所需的5-10%,而日曬也僅能補充身體所需的50%。若想避免維生素D不足,應視乎情況補充保健食品,這才能讓體內維生素D維持建議濃度。

## Four effective ways to increase Vitamin D levels: 四個有效補充維生素D的方法:

- Adequate Sun Exposure: Sunlight is an important source of Vitamin D. It is recommended to get at least 10-15 minutes of sun exposure between 10am and 2pm daily, avoiding direct midday sunlight to prevent sunburn. At least 40% of the skin should be exposed to the sun to be effective.
  - **適當日照**:陽光是轉換維生素D的重要來源,建議於每天早上10時至下午2時期間,最少曬10至15分鐘,最好避開中午的陽光,以免曬傷。全身至少要有40%的肌膚沐浴在陽光下才能有效補充。
- 2 Consume Foods Rich in Vitamin D: Recommended "sunshine" foods include black fungus, salmon, saury, dried mushrooms, mackerel, duck meat, fresh mushrooms and pork liver.
  - 多攝取富含維生素D的食物:推薦的「陽光」食物分別是黑木耳、鮭魚、秋刀魚、乾香菇、鯖魚、鴨肉、新鮮香菇及豬肝。
- **Take Dietary Supplements:** It is suggested to choose Vitamin D3 supplements or those combined with Vitamin K, which can aid calcium absorption and strengthen bones. **商品被弃保险食品:** 建镁辉煤**D3**形式的维生素**D**保健食品: 也可辉煤添加维生素**K**的複方剂刑, 有助纸管码收和
  - 適量補充保健食品:建議選擇D3形式的維生素D保健食品,也可選擇添加維生素K的複方劑型,有助鈣質吸收和強化骨骼。
- 4 Regular Testing: It is recommended to add Vitamin D testing to your annual physical examination. For those who regularly take Vitamin D supplements, it is also recommended to retest every 3-6 months to keep track of your health status and understand the effectiveness of taking supplements.
  - 定期檢測:建議每年體檢時將維生素D檢測納入自身檢驗項目中。此外,有定期補充維生素D保健食品的人士,亦建議每3至6個月進行復檢,才能第一時間掌握身體健康狀況,了解補充成效。





# Etiquette Class in March







We all want our children to develop social skills that will benefit them throughout their lives. The Club's etiquette classes are an investment in their future, and are designed to teach children aged 6 to 12 how to behave appropriately at school, social events and family gatherings. This advanced course covers knowledge of all the essential manners using a fun and interactive approach. Classes will be held every Saturdays in March.

我們均希望培養孩子們的社交技能和禮儀, 讓他們可以終身受益。本會舉辦的禮儀班 是對孩子們的未來投資,旨在教導6至12歲 的兒童,學懂如何在學校、社交場合及家庭 聚會等場合中表現得大方得體。禮儀班 課程內容涵蓋所有基本社交禮儀的知識, 並以有趣互動的方式授課。禮儀班將於3月 每逢星期六舉行。

2, 9, 16, 23 Mar (Every Sat 10am-11:30am) <b>8/F Crown Room</b> 6 years old or above	3月2日、9日、16日及23日(每逢星期六上午10時至上午11時30分) 8樓皇冠房 6歲或以上	
2 Mar (Sat)	3月2日(星期六)	
Lesson 1 – Meet & Greet	第一堂 — 會面及問候	
9 Mar (Sat)	3月9日(星期六)	
Lesson 2 – Magic Words and Teamwork	第二堂 – 神奇用語及團體合作	
16 Mar (Sat)	3月16日 (星期六)	
Lesson 3 – Dining Etiquette	第三堂 – 餐桌禮儀	
23 Mar (Sat)	3月23日(星期六)	
Lesson 4 – Party & Gift Etiquette	第四堂 – 派對及送禮禮儀	
M \$2,400/4 lessons* G \$2,800/4 lessons*	會員 \$2,400 / 四堂* 賓客 \$2,800 / 四堂*	

Enrolment deadline: 24 Feb (Sat) Advanced booking is required

Certificate will be issued by International BLeisure Academy if attendance rate is over 75%. \*Once the registration is confirmed, the fee will not be refunded

截止報名日期:2月24日(星期六)

敬請預約

課堂出席率達75%或以上,將獲International BLeisure Academy頒發證書 \*報名一經確認,費用將不可退款

### **Etiquette Trainer Cindy Tse**

Etiquette Trainer Cindy Tse has over 23 years' work experience in the hospitality industry. She specialises in recruitment as well as in designing behavioural and development programmes. Cindy was also awarded as Outstanding Trainer by the HKU School of Professional and Continuing Education.

### 禮儀導師Cindy Tse

Cindy Tse在酒店業擁有超過 23年的豐富經驗。她專職於招聘 工作,以及設計制定行為及發展 課程。她更於2020至2021年度 獲香港大學專業進修學院評審為 傑出導師。







# Tai Chi Chuan Workshop with Instructor Chow Ping Cheung

## 由周秉璋導師教授的太極拳工作坊

Tai Chi Instructor Chow Ping Cheung believes that practicing Tai Chi requires focusing on muscle control, which can help to strengthen our arms and legs, as well as enhance the overall balance and stability. In addition, Tai Chi pays particular attention to internal strength. Breathing smoothly, which is critical to the storage and transmission of energy, can help the body to calm down and achieve balance, resulting in smoother movements and better sports performance.

In this workshop, Instructor Chow will teach Members to perform the art of Tai Chi, and demonstrate the proper breathing technique.

太極導師周秉璋認為在打太極拳時,需專注於肌肉的控制,這可以幫助增強上下肢力量和整體的平衡及穩定。此外,太極拳更講求內功,順暢的呼吸對於能量的儲存和傳遞十分重要,能幫助身體平靜下來,達到平衡,使動作變得更為流暢,並加強運動表現。

在這個工作坊,周師傅將指導會員學習太極拳的基本技巧,並示範正確的呼吸方法。

24 Feb (Sat) or Mar 16 (Sat)

3pm - 4pm

8/F Aerobics Studio

16 years old or above

M \$270 G\$300

Enrolment deadline: 17 Feb (Sat) or 9 Mar (Sat)

Advanced booking is required

2月24日(星期六)或3月16日(星期六)

下午3時至下午4時

8樓跳舞室

16歲或以上

### 會員 \$270 賓客 \$300

截止報名日期:2月17日(星期六)或3月9日(星期六)敬請預約



# Wing Chun Workshop with Instructor Raymond Chiu

# 由趙崇德導師教授的詠春工作坊

Wing Chun focuses on forgoing one's own strength and leveraging the strength of others, defeating a force with tenderness. Through the training of sticking hands, it helps to develop good sensory reactions and deft footwork. The practising process of Wing Chun is a long-term fitness exercise, which also highlights thinking, change and practice.

Members can take part in the workshop to learn the basic techniques from Wing Chun Instructor Raymond Chiu, so as to improve the stability of body muscles and promote both mental and physical health.

詠春拳著重捨力和借力,透過以柔制剛的方法,以弱勝強。通過黐手的訓練,有助練出良好的知覺反應及靈巧的步法。詠春拳的練習過程亦著重思考,變化及實踐,是一項長期強身健體的運動。

會員可在工作坊向詠春導師趙崇德學習拳法的基本技巧,以助增強身體肌肉的穩定性,促進身心健康。

23 Mar (Sat)

12:00 noon - 1:00pm

8/F Aerobics Studio

16 years old or above

### M \$320 G\$350

Enrolment deadline: 16 Mar (Sat) Advanced booking is required

3月23日(星期六)

中午12時至下午1時

8樓跳舞室

16歲或以上

### 會員 \$320 賓客 \$350

截止報名日期:3月16日(星期六) 敬請預約



# Fall Prevention and Improving Walking Posture Workshop

## 預防跌倒及改善走路姿勢工作坊

This practical workshop was held on 11 November. Under the guidance of a professional instructor, Members learnt the correct walking posture to prevent joint injuries and falls, as well as to strengthen the core muscles.

這個實用的工作坊在11月11日舉行。會員在專業導師的指導下,學習正確的走路姿勢,從而避免關節損傷及預防跌倒,同時鍛鍊核心肌群。















# The Dynasty Club Tennis Competitions

## 皇朝會網球比賽

Throughout November, the Club hosted a slew of thrilling tournaments in which our tennis enthusiasts showcased their outstanding skills. Congratulations to all the champions who triumphed in their respective categories with impressive performance on the tennis court.

本會於11月舉辦網球比賽·讓一眾網球愛好者在球場上施展渾身解數,並展示精湛球技。恭喜在不同組別比賽中,以精彩表現勇奪冠軍殊榮的勝出者。

## Men's Singles Tennis Competition 男子單打網球賽



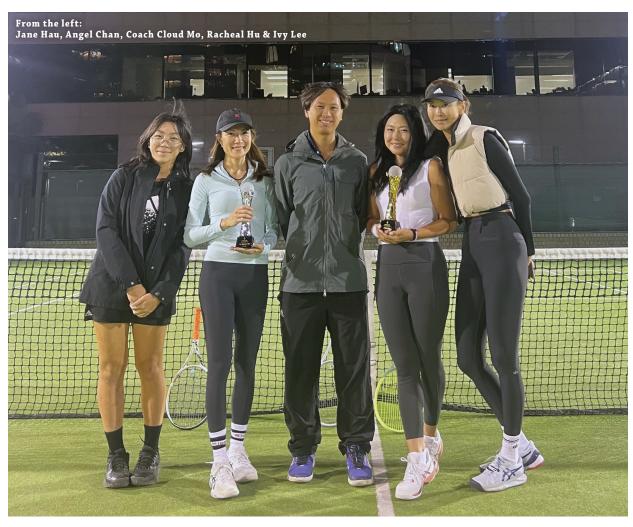








## Ladies' Singles Tennis Competition 女子單打網球賽









# Christmas Gingerbread House Workshop and Christmas Cookies Workshop

## 聖誕薑餅屋及聖誕曲奇工作坊

Embracing the holiday season, the Club organised the Christmas Gingerbread House Workshop and Christmas Cookies Workshop on 9 and 17 December respectively. During the workshops, Members and their children took the opportunity to bond and worked closely together to create the charming gingerbread house and bake delicious cookies. Afterward, they brought home the charming gingerbread house and cookies, adding a touch of sweet festive spirit.

於12月9日及12月17日,本會分別舉辦了 聖誕薑餅屋及聖誕曲奇工作坊,與會員一同 迎接節日的到來。在工作坊中,會員與其 子女齊齊動手製作精緻的薑餅屋和滋味 曲奇,並度過溫馨親子時光。工作坊完成後, 大家把薑餅屋和曲奇帶回家中,增添甜蜜的 節日氣氛。

### Christmas Gingerbread House Workshop 聖誕薑餅屋工作坊















Christmas Cookies Workshop 聖誕曲奇工作坊



























# Christmas Eve Party 平安夜派對

On 24 December, the Club's 7/F Lobby transformed into a winter wonderland that evoked a festive atmosphere. Members and their family spent a wonderful evening at the Christmas Eve Party, enjoying the amazing balloon twisting show while indulging in the festive feast.

於12月24日·本會7樓大堂化身成為迷人的冬日仙境·瀰漫著濃濃的節日氛圍。會員攜同摯愛家人一同參加平安夜派對·享用琳琅滿目的應節佳餚·並欣賞精彩的扭氣球表演·度過一個溫馨歡樂的晚上。























# New Year's Eve Party 除夕夜派對

Members along with their guests experienced another spectacular countdown as they welcomed 2024 at the Club's New Year's Eve Party on 31 December. Throughout the evening, attendees were entertained by a brilliant live music performance. They raised toasts to the new year and celebrated while savouring the exceptional menus served up by the Club's trio of restaurants.

12月31日,會員與賓客在本會舉辦的除夕夜派對中·一起興高采烈地倒數迎接2024年。當晚·本會邀來樂隊呈獻精彩的現場演奏。大家舉杯慶祝新一年的到來,並品嚐本會餐廳精心炮製的豐富盛宴。















An exciting 2023 New Year's Eve Lucky Draw was held on 3 January 2024; the following winners will be notified individually.

2023年除夕夜大抽獎已於2024年1月3日舉行,專人會個別通知以下得獎者。

	2023 New Year's Eve Lucky Draw Prizes 2023年除夕夜大抽獎獎品	Value 價值	Winner 得獎者
1st Prize 頭獎	Two nights one bedroom villa with breakfast for 2 persons in KAVYA HIMALAYAS – Nepal sponsored by <b>Gateway Group</b> 聯達集團贊助尼泊爾喜馬拉雅山卡維亞水療度假村臥室別墅雙人住宿兩晚連早餐	HK\$13,500	Sunny Chan
2nd Prize 二獎	One night weekend stay in King Bed Harbour View Room with breakfast for 2 persons in Grand Café sponsored by <b>Grand Hyatt Hong Kong</b> 香港君悅酒店贊助雙人海景套房一晚連早餐	HK\$10,000	袁麗娟
3rd Prize 三獎	Two nights in Tropical Garden View or Hillside Terrace with breakfast for 2 persons in THAVORN BEACH VILLAGE RESORT & SPA, PHUKET – Thailand sponsored by <b>Gateway Group</b> 聯達集團贊助泰國布吉島塔夫海灘水療度假村熱帶花園景房或山畔帶露台雙人住宿兩晚連早餐	HK\$4,500	Jun Muramatsh
4th Prize 四獎	Two nights Deluxe Mode Room with breakfast for 2 persons in MODE SATHORN HOTEL BANGKOK – Thailand sponsored by <b>Gateway Group 聯達集團</b> 贊助泰國曼谷摩德沙吞酒店摩德豪華房雙人住宿兩晚連早餐	HK\$4,200	Helen Ip
5th Prize 五獎	Two nights Deluxe Terrace Room with breakfast for 2 persons in THAVORN PALM BEACH RESORT, PHUKET – Thailand sponsored by <b>Gateway Group 聯達集團</b> 贊助泰國布吉島塔夫棕櫚海灘度假村雙人豪華房兩晚連早餐	HK\$4,000	Teresa Leung
6th Prize 六獎	Dinner Buffet for Four at Café Renaissance sponsored by <b>Renaissance Harbour View Hotel Hong Kong</b> 香港萬麗海景酒店贊助萬麗咖啡室四位自助晚餐	HK\$3,400	Edmond Huang
7th Prize - 8th Prize 七獎至八獎	Photography Gift Certificates sponsored by <b>HOPF Images</b> <b>HOPF Images</b> 贊助攝影禮券	HK\$3,000	Chan Wai Ying, Christina Yip
9th Prize 九獎	Two nights Superior Room with breakfast for 2 persons in TWIN LOTUS RESORT & SPA, Koh Lanta, Krabi – Thailand sponsored by <b>Gateway Group 聯達集團</b> 贊助泰國喀比蘭達島雙蓮水療度假酒店雙人高級房住宿兩晚連早餐	HK\$2,800	方牧
10th Prize - 12th Prize 十獎至十二獎	Sports fashion sponsored by <b>Linkway Sportswear</b> <b>Linkway Sportswear</b> 贊助高級運動服裝	HK\$2,000	Hilda Casin Gine, Eddie Hung, Cenny Ng
13th Prize - 32nd Prize 十三獎至三十二獎	Facial Treatment Gift Certificates sponsored by <b>Wild Organic Wild Organic</b> 贊助美容禮券	HK\$1,280	Lambert Lin, Ivy Lam, Edward Yu, Sky Lau, Miss Cooper, Charmaine Li, Rita Pang, Mai Eto, Mok, Millie Shing, Benny Chung, Mo Pui Woo, Sharon Guan, Nancy, Ricky Chan, Mo Pui Woo, Klaire Chung, Millie Shiro, Kelly Law, Twinky Chow
33rd Prize - 37th Prize 三十三獎至三十七獎	Floral Coupons sponsored by <b>BLOOMS &amp; BLOSSOMS</b> <b>花悅</b> 贊助花券	HK\$700	Adrian Fang , Mrs. Tong, Grace Cheung Peter Tong, 保延聰

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## Special thanks to the following sponsors:

特別鳴謝贊助商:

























# Staff party 員工派對

After four years, the Club once again held the Staff Party at the Dynasty Ballroom on 25 October. The staff spent a wonderful day as they participated in fun-filled games and the lucky draw during the party.

In addition, the Club Management also presented the Long Service Award to staff members in appreciation for their contributions. Among which four staff have been with the Club for more than 30 years.

闊別四年,本會於10月25日在皇朝廳再度舉辦員工派對。於派對上,我們準備了各項精彩遊戲環節,以及幸運大抽獎,與員工共度歡樂的下午。此外,皇朝會管理層亦頒發長期服務獎項予同事,以感謝他們對本會所作出之貢獻。其中更有四位員工與皇朝會一起成長超過三十年。























# Thirty Years Long Service Award 三十年長期服務獎同事



## Leung Suet Fun, Flora 梁雪芬

Membership & Communications Manager 會籍及傳訊部經理



## Lam Chine Wa, Paco 林精華

Assistant Manager, Chinese Restaurant 中菜副經理



Siu Kin Chung 邵建中

Sous Chef 中菜副總廚



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24 (Sat  $\stackrel{>}{\sim}$ )



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Mediterranean Delicacies 地中海美食

Noble



A Taste of Singapore and Malaysia 星馬滋味

Dynasty Café 咖啡室



Mar

2, 9, 16, 23 (Sat  $\stackrel{>}{\sim}$ )

Etiquette Class in March 三月禮儀班 8/F Crown Room 8樓皇冠房



16 (Sat  $\dot{\gamma}$ )

Tai Chi Chuan Workshop with Instructor Chow Ping Cheung 由周秉璋導師教授的太極拳工作坊 8/F Aerobics Studio 8樓跳舞室



23 (Sat  $\stackrel{)}{\sim}$ )

Wing Chun Workshop with Instructor Raymond Chiu 由趙崇德導師教授的詠春工作坊 8/F Aerobics Studio 8樓跳舞室



Hong Kong Flavours 港式風味 Imperial City 御苑



Mediterranean Delicacies 地中海美食 Noble



A Taste of Singapore and Malaysia 星馬滋味

Dynasty Café 咖啡室



