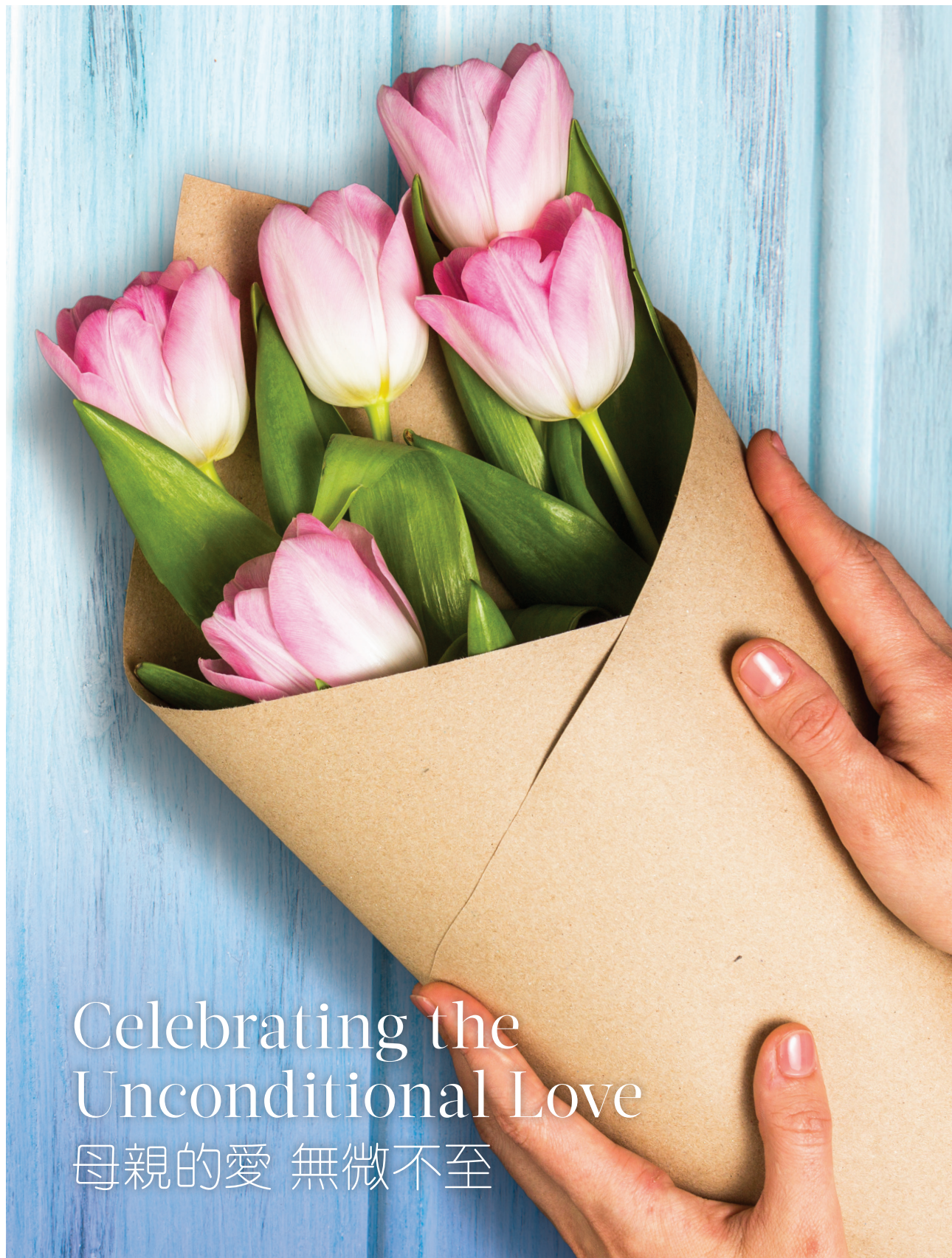


# DC 皇朝

THE DYNASTY CLUB MEMBERS' MAGAZINE

0

THE SPRING ISSUE | APR – MAY 2024



Celebrating the  
Unconditional Love  
母親的愛 無微不至

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Time has flown by, and we are already well into the second quarter of the year. Over the next few months, the Club has a wonderful spring planned to celebrate the upcoming festive occasions as well as a host of other events for Members to enjoy.

First off is Mother's Day which falls on 12 May. We are thrilled to welcome Members and their families to Noble to celebrate the occasion with a delightful semi-buffet perfect for our beloved mums. Another tradition-rich occasion to commemorate is Buddha's Birthday on 15 May, the Club will commemorate the day by offering enticing vegetarian specialties at its restaurants for Members to enjoy.

Speaking of delicious food, the Cooking Class at Imperial City is the best way for you to learn how to make the traditional festive delicacy for Tuen Ng Festival. The class includes a cooking demonstration and practical tips from our chef. Members, who are also wine lovers, can look forward to the Orin Swift Wine Dinner on 30 April, which will feature an opulent selection of wines from this top Californian winery that will be paired with enticing specialties prepared by Noble.

On the fitness and recreation front, the Club's series of wellness activities continues. Members have the choice of Low-Intensity Steady-State training as well as a Pilates Yoga Fusion Workshop that will help to advance their fitness levels and improve posture. In addition, the Essential Oil Rollette Workshop offers a unique opportunity for Members to blend their very own essential oil rollette that helps to soothe their stress away and improve sleep quality.

Join us in these upcoming activities and workshops as we look forward to another eventful spring.

轉眼間已踏入今年的第二個季度，本會精心籌備了一連串精彩的活動，讓會員盡情享受春日好時光。

5月12日將迎來母親節，歡迎會員攜同摯愛親友蒞臨本會一同慶祝，並享用 Noble 呈獻的母親節半自助餐，共享天倫。而5月15日的佛誕是另一個值得禮敬的傳統節日，本會餐廳悉心準備了多款特色素食，讓會員品嚐應節。

談及美食，於御苑舉辦的烹飪班，本會的廚師將親身示範，並分享實用貼士，讓您學習如何製作端午節的傳統應節美食。愛好葡萄酒的會員則可熱切期待於4月30日舉辦的Orin Swift品酒晚宴，屆時將介紹多款來自這個加州著名酒莊的名酒佳釀，再配搭Noble 匠心烹調的美饌，更顯相得益彰。

在健身和消閒方面，本會將繼續舉辦一系列以身心健康為主題的活動。會員可選擇參加低強度穩定狀態訓練，以及普拉提瑜珈整合工作坊，均有助會員強健體魄及改善體姿。此外，會員亦可參加舒壓深睡滾珠油工作坊，親手調製獨一無二的滾珠油，用以舒緩壓力，並改善睡眠質素。

立即報名參加即將在本會舉行的多姿多彩活動，樂活春日好時光。

**Victor Lui 呂思安**  
General Manager 總經理

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## Mother's Day 母親節

### A SPECIAL DAY HONOURING MOTHERHOOD

First celebrated in Hong Kong more than 100 years ago, Mother's Day is a global occasion that offers us an opportunity to thank our mums for the gift of life and for offering us their unwavering love and care. Originating in the United States in the early 20th century, a formal holiday was established in the early 1900s and was officially recognised into law in 1914. Although it is not a holiday in Hong Kong and the exact year of its inception remains uncertain, it is believed to be one of the earliest adopters worldwide and the first in Asia.

On the 12 May, we will be celebrating Mother's Day at Noble with our delightful Semi Buffet Lunch and Dinner menu. Members can treat their mothers and family with a truly incredible dining experience as well as flowers and gifts.

We wish all sweet mums a happy Mother's Day!

12 May

Noble

Mother's Day Semi Buffet  
Lunch & Dinner

母親節半自助午餐及晚餐

Adult成人\$680

Child小童\$480 (age 6-11)

2829 7990

### 向偉大媽媽致敬的日子

母親節是一個全球性的節日，以歌頌母親給予我們生命，以及無私的愛和關懷。在香港，母親節於100多年前首次慶祝。母親節的起源可追溯到20世紀初的美國。於1900年代初，美國設立一個正式的日子來慶祝母親節，並於1914年被納入法律成為法定節日。在香港，母親節雖然不是法定節日，其首次慶祝的確切年份仍然不確定，但據說香港是首批，更是在亞洲最早慶祝母親節的國家或城市之一。

於5月12日，Noble 將於母親節推出半自助午餐及晚餐。會員可攜同摯愛媽媽與家人品嚐豐盛佳餚，共聚天倫，並送贈鮮花和禮物以犒賞媽媽。

祝願各位媽媽母親節快樂！



## Mother's Day Semi Buffet Lunch & Dinner Reservation Form 2024

### 2024年母親節半自助午餐及晚餐訂座表格

Date 日期	Restaurant 餐廳	No. of Person & Amount 人數及總額
<b>12 May</b> 五月十二日	<b>Noble Lunch 午餐</b>	<b>Adult / 成人 (age 12 or above / 12歲或以上)</b> HK\$680 x _____ pax/位 = HK\$ _____ <b>Child / 小童 (age 6-11 / 6至11歲)</b> HK\$480 x _____ pax/位 = HK\$ _____
	<b>Noble Dinner 晚餐</b>	<b>Adult / 成人 (age 12 or above / 12歲或以上)</b> HK\$680 x _____ pax/位 = HK\$ _____ <b>Child / 小童 (age 6-11 / 6至11歲)</b> HK\$480 x _____ pax/位 = HK\$ _____
I agree the total sum for the above charges HK\$ _____ to be debited to my Membership account. 本人同意將以上總額港幣\$ _____ 記入本人的會員賬戶內。		
Member's Name 會員姓名		Membership No. 會員號碼
Telephone No. 電話號碼		E-mail Address/ Fax no. 電郵地址/傳真號碼
Date 日期		Member's Signature 會員簽署

**Terms and conditions 報名須知:**

- Please fill in this form and fax to 2829 7907. For enquiries please call Noble on 2829 7990.  
請填妥此表格及傳真至2829 7907。查詢請致電2829 7990。
- Any cancellation made on or after 1 May, 2024, the total amount of this reservation will be fully charged.  
任何訂座於二零二四年五月一日或以後取消，將收取預訂人數之總金額為退位費。
- Once the booking is confirmed, the payment is non-refundable and non-transferable.  
訂座一經確定，所收取的費用一律恕不退回或不可轉讓。
- Reservations are subject to availability. A signed copy of this form will be sent to you as a confirmation.  
所有訂座均須經本會確定，本會將簽署確認並傳真至閣下以作記錄。

(For Official Use Only 只供本會填寫)	
Received on	Handled by
	Confirmed Date



# Buddha's Birthday

## 佛誕

### AGE OLD TRADITIONS AND VALUES

Buddha's Birthday, also known as Vesak, is a significant Buddhist festival commemorating the birth of Siddhartha Gautama, who later became the Buddha. The exact date varies by region, but it is typically celebrated in April or May in the Western Gregorian calendar. This year, Buddha's Birthday will be observed on 15 May.

Festivities for Buddha's Birthday include pouring water over a statue of Buddha, reciting Buddhist scriptures, and making donations to temples. Events such as parades, flower festivals, and lantern displays are common during the festival. For example, in South Korea, colourful lantern parades mark the national holiday, while in Japan temples are covered in brightly coloured flowers.

Imperial City will have specialty vegetarian dishes for Members to enjoy and celebrate the day.

### 古老的傳統和價值觀

「佛誕」，又稱「衛塞節」，是佛教中最重要的節日，紀念釋迦牟尼（又稱「佛陀」）的誕辰。佛誕的確切日期在每個地區均有所不同，但通常在4月或5月期間慶祝。今年的佛誕將在5月15日。

慶祝佛誕的活動包括浴佛、背誦佛經，以及向寺廟捐獻等。在節慶期間，巡遊活動、花祭、燈籠展示等活動亦十分常見。例如，在韓國，全國各地均有五彩繽紛的花燈巡遊；而在日本，寺廟則會以色彩鮮豔的鮮花來佈置。

御苑將推出多款特色素菜，以供會員享用，並慶祝佛誕。

# Tuen Ng Festival

## 端午節

EXPERIENCE THE EXCITEMENT  
OF THE DRAGON BOAT RACES

Celebrated on the fifth day of the fifth lunar month, the Tuen Ng Festival, also known as the Dragon Boat Festival, has a history spanning over 2,000 years. Falling on 10 June this year, the festival commemorates the poet Qu Yuan. Villagers raced out in boats to save him from drowning, this is said to be the origin of dragon boat racing. In Hong Kong, the waterways come alive with competition and camaraderie as the cities iconic dragon boat races see teams compete accompanied by the rhythmic beat of drums.

Key to the festival is the preparation and consumption of glutinous rice dumplings (zongzi), filled with ingredients like pork belly, salted eggs, and mushrooms. The Club will have its popular selection of rice dumplings available for purchase. The Tuen Ng Festival is also a great opportunity to celebrate Chinese culture with families at the Club's restaurants.

體驗緊張刺激的龍舟賽事

農曆五月初五為端午節，又稱「龍舟節」，至今已有一千多年的歷史。今年的端午節在6月10日，這個節日是為了紀念詩人屈原。據說龍舟比賽的起源，是源自當時的村民乘船趕去拯救遇溺的屈原。在香港，端午節將舉辦龍舟競賽，各水道紛紛熱鬧起來，各龍舟隊隊員在鼓聲的節奏帶動下，團結一致，奮力爭勝。

節日的另一重要傳統便是製作及品嚐糉子，糉子內裡包裹著五花肉、鹹蛋和蘑菇等各種材料。本會亦將推出深受歡迎的精選糉子可供選購。端午節亦是一家人歡樂團聚的日子，歡迎會員攜同家人蒞臨本會餐廳，一同慶祝中國傳統文化。





## Hong Kong Flavours 港式風味

### EAST MEETS WEST

Hong Kong's unique history has cultivated a distinctive dining tradition that melds Cantonese with flavours and ideas from around the world. This gave rise to iconic dishes that have garnered global adoration and rightfully earned Hong Kong a spot at the very top of the best cities to dine in.

Throughout this April and May, Imperial City continues to offer a selection of Hong Kong Classic dishes such as Baked Western Australian Lobster with Cheese; Shark Fin Soup with Black Fungus, Shredded Abalone, Shredded Fish Maw and Shredded Chicken; Fried Crab with Spicy and Garlic; Baked Local Chicken with Sand Ginger; and Deep Fried Scallop and Minced Shrimp with Salted Chilli.

### 結合中西特色的口味

香港獨有的歷史使之發展出一套獨特的飲食傳統，其菜式融合粵菜和世界各地菜式風味，創造出全球饕客喜愛的特色美饌，使香港成為最佳用餐體驗的城市之一。

於這個4月至5月期間，御苑將繼續呈獻一系列港式經典菜餚。地道菜式包括：芝士焗西澳龍蝦、懷舊碗仔翅、避風塘炒蟹、鮮沙薑焗本地雞，以及椒鹽百花玉帶，定必令您食指大動。



18 May

**Cooking Class 烹飪班**

7/F Dynasty I, II

7樓皇朝廳 I、II

3pm - 5:30pm

下午3時至下午5時30分

\$488 per person

每位: \$488

2829 7980

## Cooking Class

### 烹飪班

#### BECOME A PROFESSIONAL CHEF

Join us in the Cooking Class at Imperial City and learn how to make the traditional festive delicacy for Tuen Ng Festival under the guidance of our professional Chef. During the class, our Chef will be sharing their secrets to prepare the perfect Glutinous Rice Dumpling with Assorted Ingredients. At the conclusion of the class, participants can take home the handmade dumplings to share with their families.

To find out more about or to sign up for this exciting cooking class, please contact Imperial City on 2829 7980.

#### 搖身變成專業大廚

參加御苑舉辦的烹飪班，在本會專業的廚師指導下，學習製作端午節的傳統應節美食。於烹飪班上，本會的廚師將分享獨門配方，教導會員烹製完美的裹蒸糰。在課堂完結後，參加者把親手製作的糰子帶回家，與家人一起分享滋味。

如欲查詢更多有關烹飪班詳情及報名參加，請致電2829 7980與御苑聯絡。



# French Fine Flavours

## 法式風情

### SEASON FOR THE TREASURED WHITE ASPARAGUS

French cuisine, renowned for its finesse and flavour, has a storied history that has evolved through the centuries. It is celebrated for its diverse range of techniques and ingredients, which have been honed to perfection, earning it a place at the heart of culinary excellence.

Among the treasures of French gastronomy is the delicate white asparagus, with the peak season of savouring in every April to June. White asparagus is grown completely under the soil to avoid sunlight, preventing photosynthesis. Compared to its green counterparts, the white asparagus comes with a sweeter and more delicate flavour.

In this April and May, Noble is celebrating the white asparagus season with Poached White Asparagus with Hollandaise; Grilled White Asparagus topped with Iberico Ham and Crispy Parmesan, Braised Morel and Shallot Condiment; Jerusalem Artichoke Velouté with Mountain Ham and Foie Gras; White Asparagus Pasta with Prawn and Comté Cheese Sauce; and Braised French Black Chicken with Yellow Wine and Morel Mushroom.

### 品嚐珍貴時令白露筍

法國美食擁有數百年的悠久歷史，以其精緻和口味而聞名。法國菜具豐富多樣的烹調技巧及食材，講求食材與烹調方式的極致配搭，使其成為完美烹飪的代表之一。

白露筍是法國美食瑰寶。每年4月至6月都是品嚐白露筍的最佳時節。白露筍的生長完全被土壤覆蓋，避免被陽光直接照射，以阻止光合作用。與綠露筍比較，白露筍的味道更為鮮甜，口感更為細嫩。

這個4月及5月，Noble 大廚匠心炮製一系列以新鮮白露筍入饌的精緻菜式，包括傳統焗白露筍配荷蘭汁、扒白露筍配西班牙風乾火腿、脆芝士、燴羊肚菌及乾葱醬、耶路撒冷亞枝竹湯、骨腿粒及鵝肝、康提芝士汁白露筍炒蝦意大利麵，以及法式黃酒燴雞。



## NOBLE

April & May  
4月及5月

Noble  
Reservation 訂座:  
2829 7990

## ORIN SWIFT



30 Apr

Noble

6:30pm Pre-dinner reception

下午6時30分餐前接待酒會

7:00pm Dinner commences

晚上7時 晚宴開始

\$980 per person 每位\$980

2829 7990

## Orin Swift Wine Dinner

## Orin Swift 品酒晚宴

### TASTE INNOVATIVE WINES FROM NAPA

Founded in 1998 by David Swift Phinney, Napa Valley's Orin Swift Cellars has quickly risen to the very top of North American wineries. Named "the Legend of Napa Valley Wine" by Forbes, and with six wines in Wine Spectator's "Top 100" list including their 2016 Machete at number six these wines are a rare treat.

Phinney focuses on increasing the complexity of wines through terroir diverse terroir, giving the wines with distinctive flavours. bold and intense taste, yet, balanced and smooth.

On 30 April, we are honoured to have Michael Chan joining us for a wine paired dinner. Michael has a professional background as a sommelier and holds a Level 4 diploma from The Wine and Spirit Education Trust (WSET). He will introduce the history of the renowned winery, its esteemed selection of wines including 2018 Machete and 2021 Mannequin Chardonnay, as well as his tasting notes.

During the evening, Noble's chef will prepare a delectable 5-course menu that pairs perfectly with each wine. Don't miss the opportunity to participate in this fun and elegant event.

### 品味產自納帕谷的創新美酒

位於納帕谷的Orin Swift酒莊由David Swift Phinney於1998年創立，隨即迅速成為北美洲的頂級酒莊之一。Orin Swift酒莊更被《福布斯》評為「納帕谷葡萄酒的傳奇」，並有六款葡萄酒款躋身「葡萄酒鑒賞家年度百大風雲酒款」，其2016年Machete紅酒更是排名第六，是一款令人讚嘆的美酒。

Phinney專注於通過地理多樣性以提高葡萄酒的複雜性，使其出品的葡萄酒均擁有獨特的風格，入口則感受到大膽強烈的口味，但亦兼顧均衡和諧的質感。

於4月30日，我們很榮幸邀請到Michael Chan親臨參與晚宴。Michael擁有專業侍酒師的背景，並持有國際著名的侍酒師認證機構The Wine and Spirit Education Trust (WSET) 第四級文憑認證。他將介紹酒莊的歷史，以及其出品的佳釀（包括2018年Machete及2021年Mannequin Chardonnay），並分享他對每款葡萄酒的鑑賞心得。

當晚，Noble 廚師將炮製五道精緻佳餚，與美酒完美配搭。會員萬勿錯過這機會難得的品酒晚宴。

# Korean Delicacies

## 韓式料理

### VISUAL APPEAL WITH GREAT FLAVOURS

In recent years, there has been a worldwide surge in popularity for Korean cuisine, characterised by its diverse range of flavours derived from proteins, vegetables, grains, and a variety of spices and chilies. This cuisine has particularly appealed to individuals who prioritise their health and adhere to clean-eating practices. Korean dishes have captivated food enthusiasts with their inventive sauces, bold flavours, and visually striking presentation.

During the months of April and May, Dynasty Café offers a mouthwatering menu featuring a range of delectable Korean dishes, such as Braised Beef Ribs in Korean Sauce; Stir-Fried Chuncheon Spicy Chicken with Cheese; and Stewed Pork Ribs in Pork Soup with Tomato.

### 視覺口味雙重享受

近年來，韓式料理在全球各地深受歡迎，以肉類、蔬菜、五穀為主食，配以各種不同的香料和辣椒。韓式料理營養豐富，十分適合注重健康及健怡飲食的人士。韓國菜以其獨創的醬料、大膽的口味，以及視覺效果，吸引一眾美食愛好者的喜愛。

咖啡室在4月和5月期間推出多款人氣韓式料理，包括韓式醬爆牛肋骨、韓式春川炒辣雞，以及韓式番茄排骨豬肉湯，令人垂涎三尺。





## Health Drinks 滋潤養生特飲

### BOOSTING THE BODY'S IMMUNE SYSTEM

Dynasty Café is the popular choice for Members looking for a healthy drink for themselves or their family. The Café's duo of drinks can be enjoyed hot or cold, making you feel refreshed while still tasting great.

This season's combinations are Dried Tangerine Peel and Pear and Fig Apple, and Barley Drink for hydration, soothing sore throats, and boosting the body's resistance against end-of-winter ailments.

### 增強免疫力

咖啡室一直以來是會員為自己及家人找尋滋潤養生飲品的理想地方。最近推出兩款特飲供會員享用，味道清甜，冷熱皆可，定必讓您感到神清氣爽。

本季特飲包括陳皮雪梨水，以及無花果蘋果薏米水，能有效緩解喉嚨疼痛，增強身體的抵抗力，預防冬季季末轉季的疾病。

# The Dynasty Club Meeting Packages

## 皇朝會商務會議套餐

### MAKE YOUR NEXT BUSINESS MEETING A SUCCESS

Experience a stress-free and productive event tailored to your needs by hosting your next business meeting at The Dynasty Club. Choose from our full-day or half-day meeting packages, supported by our dedicated banquet staff and state-of-the-art facilities to create an effective and memorable event.

Upon arrival, delight in coffee and tea. Light refreshments and water are available any time to keep your group focused and refreshed. For lunch, select from delicious Chinese or Western multi-course meals from the Club's premier restaurants, Imperial City and Noble. With a variety of options, we cater to all preferences and diets.

Our versatile meeting venue allows for both small meetings or large presentations. Equipped with a podium and complimentary stationery along with PA system with two wireless microphones, an LCD projector and screen, and DVD player. Custom requests can also be hired.

The Dynasty Club Banquet team is here to help ensure a successful meeting. In addition to assisting you with the reservation process, they are available to answer any questions or queries you may have.

For enquiries and reservations, please contact the Banquet team on 2829 7931 / 7937.

### 讓您的下一個商務會議取得圓滿成功

於皇朝會舉行商務會議，輕鬆感受度身訂制、並饒富成效的活動體驗。本會提供全日及半日的商務會議套餐可供選擇，配以宴會團隊專業的服務及一流的先進設備，定必能為您打造出出色高效且難忘的會議活動。

當抵達會議場地時，即可享用為您奉上的咖啡或茶。我們亦於會議過程中隨時為您提供輕怡小食和飲用水，讓您的團隊時刻保持專注及精力充沛。午膳方面，您可選擇於本會的高級餐廳御苑或Noble 共晉中式或西式午餐。各式各樣的菜式選擇可滿足團隊成員不同的口味及飲食習慣。

本會的多功能會議場地適合舉辦由小型會議以至大型簡報會等各種商務活動。場地設備齊全，提供講台及免費文具，並配備兩個無線麥克風的擴音系統、一部LCD投影機附屏幕和DVD播放器。同時亦可租用其他額外設備。

皇朝會宴會團隊隨時隨地為您提供適切的幫助，以確保您的會議圓滿舉行。除協助您進行預訂外，我們亦可解答您任何的疑問及查詢。

如欲查詢或預訂，請致電2829 7931/7937與宴會部聯絡。



## Essential Oil Rollette Workshop

### 舒壓深睡滾珠油工作坊

The accumulation of stress can easily contribute to irritability and affect one's quality of life. According to some research reports, there are 2.2 million people in Hong Kong suffering from insomnia. The British-style natural aromatherapy rollette which is blended with organic plant oils, natural aroma essential oils and Vitamin E, will help to relieve fatigue and stress and adjust cluttered thoughts, enabling you to fall asleep peacefully.

During the workshop, Members can mix their own 10ml essential oil rollette based on their aroma and effect preferences under the guidance of aromatherapy therapist Chloe Chan. The organic plant ingredients in the essential oils are easily absorbed by the skin without clogging the pores. The final product has a light floral aroma, which helps to relax, relieve stress and improve sleep issues, making it a suitable item for busy urbanites.

\* Aromatherapy essential oils are pure, natural plant oils without chemical fragrances, and are 100% free from additives.

\* Imported British brand Fleur & Oshadhi essential oils or other organic plant oils will be used at the workshop.

壓力的堆積容易令心情煩躁，並影響睡眠質素。有研究報告指出，香港大約有220萬人患有失眠問題。英式芳香療法運用由有機植物油、天然香薰精油、以及維他命E製作的療愈級天然香薰滾珠油，有助排解疲憊壓力，調整雜亂思緒，讓您可安然入睡。

在這個工作坊，會員可在香薰治療師陳凱玲的指導下，根據適合自己的香氣及功效，親手調配一支10ml滾珠油。香薰精油中的有機植物成份容易被皮膚吸收，且不會堵塞毛孔。製成品配方帶有淡淡的花香，有助放鬆心靈，緩解壓力，並改善睡眠問題，十分適合繁忙都市人。

\*香薰精油是純天然的植物精油。絕不是化學香精，百分百無添加。

\*工作坊選用英國品牌Fleur & Oshadhi香薰精油，或其他有機植物油，均由外國進口。



13 Apr (Sat)  
3pm – 4:30pm  
7/F Function Room  
12 years old or above

**M \$380\* G \$420\***

Enrolment deadline: 6 Apr (Sat)

Advanced booking is required

\*Once the registration is confirmed,  
the fee will not be refunded

4月13日(星期六)  
下午3時至下午4時30分

7樓宴會廳  
12歲或以上

**會員 \$380\* 賓客 \$420\***

截止報名日期: 4月6日(星期六)

敬請預約

\*報名一經確認\*費用將不可退款

**Aromatherapy Therapist  
Chloe Chan**

- IFPA (U.K.) and NAHA Registered Aromatherapy Therapist (U.S.)
- Hong Kong handmade soap trainer
- Founder of Fresheal Aromatherapy

**香薰治療師陳凱玲**

- 英國IFPA及美國NAHA註冊  
香薰治療師
- 香港手工皂培訓師
- Fresheal Aromatherapy創作者



# Elevating Your Well-being with the Pilates Yoga Fusion Workout

## 透過普拉提瑜伽整合訓練提升健康

In the bustling rhythm of life, it's not uncommon to feel a tad overwhelmed, both mentally and physically. For those times when you want to exercise to take care of your body, but your mind and body crave rest, the Pilates Yoga Fusion Workout offers the perfect solution. This gentle, yet effective workout is designed to honour your body's need for recovery while still engaging in mindful movement.

### A Soothing Session for Serenity and Strength

Our curated sequence of stretches and light toning exercises is the ideal antidote to fatigue. It sets your body in motion and enhances circulation. Should you find yourself reluctant to remain idle, yet not quite up for the rigour of a strenuous workout, this tranquil session promises to leave you feeling revitalised and at peace.

### Benefits of Pilates Yoga Fusion Workout

#### 普拉提瑜伽整合訓練的好處

- Enhanced Flexibility  
提升靈活度
- Boosted Circulation  
促進血液循環
- Elevated Mood  
改善心情
- Stress Reduction  
減輕壓力
- Gentle Impact on Body  
對身體的衝擊性較低
- Alleviating Back Discomfort  
緩解背部不適

在忙碌的生活節奏中，有時感到精神上 and 身體上有些不知所措是很常見的。當您想做運動來強身健體，但身心卻需要休息時，普拉提瑜伽整合訓練將為您提供完美的健身休息方案。這種溫和而有效的訓練，滿足身體的復原需求，並同時進行正念運動。

### 特制課程旨在舒緩身心，及增強力量

我們精心設計的一系列伸展運動和輕度塑身訓練，是緩解疲勞的理想方法。它可以讓您的身體活動起來，並促進血液循環。如您不願意閒著，但又還沒完全適應劇烈運動的嚴格要求，那麼這個溫和的課程定必能讓您的身體恢復活力，心靈達致平靜。





## Pilates Yoga Fusion Workshop with Amy Lam

由林依彤教練教授的  
普拉提瑜伽整合工作坊

20 Apr (Sat) or 25 May (Sat)

3pm – 4pm

8/F Aerobics Studio

16 years old or above

**M \$300 G\$330**

Enrolment deadline:

13 Apr (Sat) / 18 May (Sat)

Advanced booking is required

4月20日(星期六)或5月25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 \$300 賓客 \$330**

截止報名日期:

4月13日(星期六)或5月18日(星期六)

敬請預約



# What is LISS training? 甚麼是低強度穩定狀態訓練？

LISS training stands for Low-Intensity Steady-State. As the name suggests, it involves exercising at a relatively low to moderate intensity, keeping your heart rate moderately elevated for an extended period. This contrasts with high intensity interval training (HIIT) where short intense bursts push your heart rate close to its maximum for a few seconds before resting and repeating are followed by rest periods.

For many years, LISS training such as long runs and endurance cardio, was the go-to exercise for burning calories. The advent of HIIT, quickly supplanted LISS as the workout of choice. Comparing them side-by-side, research confirms LISS is as good as HIIT for boosting cardio health and burning fat.

While HIIT has grown in popularity for its time efficiency, LISS offers a host of unique benefits that make it a valuable training method. A weekly routine that contains both LISS and HIIT might help you reach your goals more quickly than if you were to commit to just one.

LISS代表低強度穩定狀態訓練。顧名思義，它涉及相對較低至中等強度的訓練，讓您的心率在較長的時間內保持適度提升。這與高強度間歇訓練形成鮮明對比，在高強度間歇訓練中，短暫劇烈爆發性的訓練會將您的心率在短短數秒鐘內提升至接近最大值，然後進行休息，並重複訓練。

多年來，低強度穩定狀態訓練如長跑和耐力帶氧運動等，一直是燃燒卡路里的首選運動。而高強度間歇訓練的出現，迅速取代低強度穩定狀態訓練，並成為首選的鍛鍊方式。然而將兩種訓練進行比較，研究證實低強度穩定狀態訓練在促進心臟健康和燃燒脂肪方面，與高強度間歇訓練同樣有效。

雖然高強度間歇訓練因其時間短效率高而越來越受歡迎，但低強度穩定狀態訓練亦提供了許多獨特的好處，使之成為有價值的訓練方式。將高強度間歇訓練和低強度穩定狀態訓練一同納入每週定期的訓練中，比專注於其中任何一種訓練，可助您更快地實現健身目標。

## Benefits of LISS training

- **Fat burning**
- **Cardio conditioning**
- **Pain reduction**
- **Improved posture**
- **Accessible to all fitness levels**

## 低強度穩定狀態訓練的好處

- **燃燒脂肪**
- **調節心肺功能**
- **減輕痛楚**
- **改善體姿**
- **適合所有健身水平**



Fitness Workshop with Fiji Wu  
Low-Intensity Steady State (LISS) Training  
由吳凱樂教練教授的健身班 –  
低強度穩定狀態訓練

27 Apr (Sat)

3pm – 4pm

8/F Aerobics Studio

16 years old or above

**M \$300 G\$330**

Enrolment deadline: 20 Apr (Sat)

Advanced booking is required

4月27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 \$300 賓客 \$330**

截止報名日期: 4月20日 (星期六)

敬請預約



# Chinese New Year Celebration

## 喜氣洋洋賀新春

During the Chinese New Year, Members and their families enjoyed their time at the Club. On the second day of the Lunar New Year, we arranged the popular lion dance performance and the God of Fortune greeting everyone with wishes of good health and prosperity throughout the year.

新春期間，會員們及其親友於本會一同喜迎龍年。我們於大年初二當天安排了賀歲醒獅表演助慶，並有財神登場向大家拜年。祝大家新一年身體健康，龍年好運齊來。





# Perfect Valentine's Day

## 完美情人節

On 14 February, couples and families celebrated Valentine's Day at Noble. They had a warm and romantic evening as they savoured an exquisite dinner while enjoying the wonderful live performance of a violinist and a vocalist.

2月14日，一對對愛侶及一家人蒞臨Noble 一同慶祝情人節。他們一邊享用精緻晚餐，一邊欣賞小提琴手及歌手的精彩現場演奏，度過一個浪漫溫馨的難忘晚上。





# KAVYA

H I M A L A Y A S

## Unveiling Nepal -A Poetic Sanctuary

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# Work Safety Workshop

## 職業安全訓練日

To enhance the awareness and alertness of staff toward occupational safety, the Club organised safety courses over several days for Colleagues to participate. During the courses, everyone studied hard and practiced warm-up exercises together to relax.

為加強員工對職業安全的關注及警覺，本會於較早前舉行了數天的安全課程，讓同事參加。於課程期間，大家都認真學習，並一起做熱身操鬆一鬆。



# Fire Drill Day

## 消防演習日

The Club held the annual fire drill previously to raise the safety awareness among staff, and help to ensure the safety of the Club, Members and staff. We apologise for any inconvenience caused during the Fire Drill Day and thank Members again for their consideration.

本會於較早前舉辦年度消防演習，以提高員工的防火安全意識，並確保會所、會員及員工的安全。對於消防演習日所造成的不便，本會在此致以深切的歉意，並再次感謝會員的體諒！



Apr

13 (Sat 六)

Essential Oil Rollette Workshop  
舒壓深睡滾珠油工作坊  
7/F Function Room  
7樓宴會廳



20 (Sat 六)

Pilates Yoga Fusion Workshop  
with Amy Lam  
由林依彤教練教授的普拉提瑜伽  
整合工作坊  
8/F Aerobics Studio  
8樓跳舞室



27 (Sat 六)

Fitness Workshop with Fiji Wu -  
Low-Intensity Steady State (LISS)  
Training  
由吳凱樂教練教授的健身班 -  
低強度穩定狀態訓練  
8/F Aerobics Studio  
8樓跳舞室



30 (Tue 二)

Orin Swift Wine Dinner  
Orin Swift 品酒晚宴  
Noble



Hong Kong Flavours  
港式風味  
Imperial City 御苑



French Fine Flavours  
法式風情  
Noble



Korean Delicacies  
韓式料理  
Dynasty Café 咖啡室



May

18 (Sat 六)

Cooking Class  
烹飪班  
7/F Dynasty I, II  
7樓皇朝廳 I, II



25 (Sat 六)

Pilates Yoga Fusion Workshop  
with Amy Lam  
由林依彤教練教授的普拉提瑜伽  
整合工作坊  
8/F Aerobics Studio  
8樓跳舞室



Hong Kong Flavours  
港式風味  
Imperial City 御苑



French Fine Flavours  
法式風情  
Noble



Korean Delicacies  
韓式料理  
Dynasty Café 咖啡室



A modern kitchen with a large island, glass-fronted cabinets, and a large window. The kitchen features a white countertop, a sink with a chrome faucet, and a built-in oven. The glass-fronted cabinets are filled with various glassware and dishes. The large window provides a view of the outdoors. The word "Poliform" is overlaid in the center of the image.

# Poliform