

皇朝
dc

THE DYNASTY CLUB MEMBERS' MAGAZINE

THE SUMMER ISSUE
June – July 2024

A Toast to Fathers 讚頌父愛

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Victor Lui
呂思安
General Manager
總經理

As we step into the summer, there are some much-loved festivals ahead to celebrate together with family and friends. This year, the tradition-rich Tuen Ng Festival falls on 10 June. The Club has extended its tradition of offering an enticing assortment of rice dumplings, which are perfect for indulging at home or sharing as a thoughtful gift. Be sure to place your order while stock lasts.

16 June is Father's Day, that time of the year when we honour the efforts of our beloved dads. Celebrate the

occasion with dad and family with the delightful Father's Day Semi-Buffer Lunch and Dinner prepared by Noble.

In addition to festive celebrations, Members can look forward to a host of exciting events and dining experiences that the Club has prepared throughout the summer. One of the highlighted events is the Sake Dinner on 16 August featuring an opulent selection of sake from Iwamura Brewery that go hand in hand with enticing dishes prepared by Noble.

After these indulgences, it is important to stay active and enhance our well-being. Junior Members can enrol in the Summer Tennis Class with Cloud Mo, where they will perfect their tennis skills and footwork. Meanwhile, a Rope Skipping Workshop is also available for Members who are looking to boost their physical and mental health.

Please stay tuned for more exciting events ahead and we look forward to seeing you at the Club.

踏入夏季，我們將迎來一些深受歡迎的節日。今年的端午節在6月10日，本會秉承傳統，推出多款滋味無窮的端午糰供會員選購，不論自奉應節或分享送禮，均為貼心之選。為免向隅，敬請從速訂購。

在6月16日即將迎來父親節，每年的這個時候都是我們向摯愛父親致敬的大日子。Noble 悉心呈獻父親節半自助午餐及晚餐，讓會員攜同父親和家人蒞臨品嚐，以豐盛佳餚答謝爸爸無私的付出。

除了節日慶祝外，本會將於夏季推出一系列令人熱切期待的活動及餐飲體驗，讓會員度過充實的夏日時光。其中一項焦點活動是於8月16日舉辦的清酒晚宴，屆時將介紹多款岩村釀造的清酒佳釀，搭配由Noble 悉心烹調的美饌，更顯相得益彰。

享受美食後，保持活躍和增強健康體魄亦非常重要。小會員可報名參加由巫頌謙教練教授的暑期網球班，以提升網球技術和步法。此外，我們亦將舉辦跳繩工作坊，有助會員促進身、心靈健康。

希望大家喜歡我們為各位準備的各項精彩活動，並期待在會所見到大家。

Management

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Welcome to New Members

歡迎新會員



Butcher Christopher John
Consultant
Rishton International Ltd.



Chan Kan Hing



Chan Siu Hung



Cheung Wang Ngai
Director
Broad Money
Development Limited



Choe Kang Won
CEO
NH Investment & Securities
(H. K.) Ltd



Chung Kin Yip
CEO



Jiang Jinya
CEO



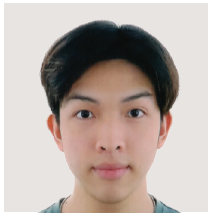
Kim Ji Yang
Trader



Lai Chun Kwok Lawrence
CEO
China Hong Kong Lacrosse
Association



Law Shing Hung



Lee Gui Kuang



Liu Jie
MD, Head,
China Macro Strategy
Standard Chartered
Asia Ltd.



Lo Yim Wan Stella



Ng Kee Win
Managing Director
Standard Chartered
Asia Ltd.



Tam Kin Fai
Contracts Manager
Gammon Construction Ltd.



Takanami Kiichiro
Managing Director
Mitsui & Co (HK) Ltd.



Wong Tsz Ho
Partner
Million Elite Holdings Limited



Yau Kam Man
Consultant
MWC Limited



Tuen Ng Festival 端午節

DELIGHTFUL DELICACIES FOR THE OCCASION

The Tuen Ng Festival, also known as the Dragon Boat Festival, is a beloved holiday celebrated in Hong Kong on the fifth day of the fifth lunar month. This year, the holiday falls on 10 June. The festival is marked by dragon boat races that fill the city's harbours with colour and friendly competition.

Another cherished tradition is enjoying zongzi. The Club's Tuen Ng Rice Dumplings are now available to order. With this year's choice of flavours being Glutinous Rice Dumpling with Assorted Ingredients; and Glutinous Rice Dumpling with Tokachi Red Bean Paste. They are a thoughtful choice for taking home to enjoy or presenting to family and friends, or business partners as a gift.

Place your order now by completing the form on page 3.

端午糰葉飄香

農曆五月初五端午節，又稱為「龍舟節」，是一個深受港人喜愛的節日。今年的端午節在6月10日。屆時，本港水域將上演連場精彩刺激的龍舟競賽。

而端午節的另一個傳統習俗便是品嚐糰子應節。皇朝會端午糰現已可供訂購。今年，本會推出自家製傳統裹蒸糰，以及十勝紅豆鯪水糰，是自奉或贈送親友或業務夥伴的貼心選擇。

如欲訂購，請填妥第3頁的訂購表格。

RICE DUMPLING VOUCHER ORDER FORM 2024

端午節禮券預訂表格 2024

Items 種類	Early Bird Price 優惠價	Original Price 原價	Quantity 數量	Amount 總額
• Glutinous Rice Dumpling with Assorted Ingredients 傳統裹蒸糰 (600 gm/克)	\$238	\$298		
• Glutinous Rice Dumpling with Tokachi Red Bean Paste 十勝紅豆餡水糰 (200 gm/克)	\$118	\$158		

Name of Member: 會員姓名 _____	Membership No.: 會員號碼 _____
Telephone No. (Home / Office): 電話號碼 (住宅 / 辦公室) _____	Mobile No.: 手提電話號碼 _____
Preferred Collection Date: 取貨日期 _____	Collection Time: 取貨時間 _____
Signature: 簽署 _____	Order Date: 訂購日期 _____

(For Official Use Only 只供本會填寫)	
Confirmed with Authorised Signature & Club Chop: 確認簽署及會所蓋章 _____	Confirmed Date: 日期 _____



Terms and conditions 訂購須知:

- Deadline for early bird ordering: 3 June 2024.
特別優惠預訂截止日期: 二零二四年六月三日。
- Rice dumpling items will be ready for collection at Imperial City between 27 May and 9 June 2024.
各款端午糰可於二零二四年五月二十七日至六月九日在御苑提取。
- Please fill in this order form and fax to 2829 7907.
請傳真此表格至本會接待處2829 7907。
- Please allow 3 working days to process your order.
需三個工作天處理訂單。
- A signed copy of this order form will be sent to you either via fax or email as confirmation.
所有訂購之端午糰均須經本會確定，一經接納，本會將簽署確認並傳真或電郵至閣下以作記錄。
- No cancellations will be accepted once your order is confirmed. Total amount of the confirmed orders will be charged to your membership account.
已訂購之端午糰，恕不受理取消要求，訂購金額將會從閣下會員戶口內收取。





Father's Day 父親節

**16 Jun
Noble**

Father's Day
Semi Buffet Lunch & Dinner
父親節半自助午餐及晚餐

Adult 成人\$680

Child 小童 \$480
(age 6-11/6歲至11歲)

2829 7990

CHEERS TO OUR BELOVED DADS

Father's Day is an annual occasion honouring fatherhood and the profound impact fathers have on society. In Hong Kong, the tradition dates to 1946 where it was widely adopted, with families taking their fathers out for special meals and quality time together.

On 16 June, Noble is serving up the Father's Day Semi Buffet Lunch and Dinner. Members can express their gratitude and appreciation for the tireless efforts of fathers by treating their dads and family to an amazing meal and spending a day with them.

We wish all our hardworking dads a Happy Father's Day.

For reservations, please complete the reservation form on page 5.

向我們摯愛的爸爸致敬

一年一度的父親節，是讚揚爸爸在家中和社會上扮演重要角色的大日子。在香港，這項傳統可以追溯至1946年，當時父親節被廣泛接納，為人子女可藉此機會帶父親外出用餐，共度美好時光。

6月16日，Noble 將悉心呈獻父親節半自助午餐及晚餐。會員可攜同父親及家人親臨享用豐盛佳餚，共享天倫，以表達對爸爸辛勤付出的感激和讚賞。

祝願天下爸爸度過歡樂的父親節！

如欲預訂，請填妥第5頁的訂座表格。

Father's Day Semi Buffet Lunch and Dinner Reservation Form 2024

2024年父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
16 Jun 六月十六日	Noble Semi Buffet Lunch 午餐	Adult / 成人 (age 12 or above / 12歲或以上) HK\$680 x _____ pax/位 = HK\$ _____ Child / 小童 (age 6-11 / 6至11歲) HK\$480 x _____ pax/位 = HK\$ _____
	Noble Semi Buffet Dinner 晚餐	Adult / 成人 (age 12 or above / 12歲或以上) HK\$680 x _____ pax/位 = HK\$ _____ Child / 小童 (age 6-11 / 6至11歲) 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 訂座須知:

- 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與 Noble 聯絡。
- Any cancellation made on or after 6 Jun 2024, the total amount of this reservation will be fully charged.
任何訂座於二零二四年六月六日或以後取消，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

The Fiery Flavours of Sichuan 川辣風味



Imperial City 御苑
Reservation 訂座:
2829 7980

HELP COUNTERING THE HOT AND HUMID CLIMATE

The origins of Sichuan cuisine traces back centuries, with chilli peppers becoming integral to the region's cooking after their introduction from the Americas in the late 16th century. Known for its bold use of chilli, and the distinctive numbing and spicy sensation from Sichuan peppercorns, this culinary tradition excites the palate with complex, multi-layered tastes.

This June and July, Imperial City is presenting a special Sichuan themed menu featuring Chilled Chicken in Hot and Sour Sauce with Mixed Peppers; Deep-fried Oyster served with Kung Pao Sauce; Simmered Tilefish Fillet in Sichuan Chilli Broth; Braised Prawn with Spicy Minced Pork in Sichuan Chilli Bean Paste; and Marinated Pork Rib with Garlic and Wonder Sauce.

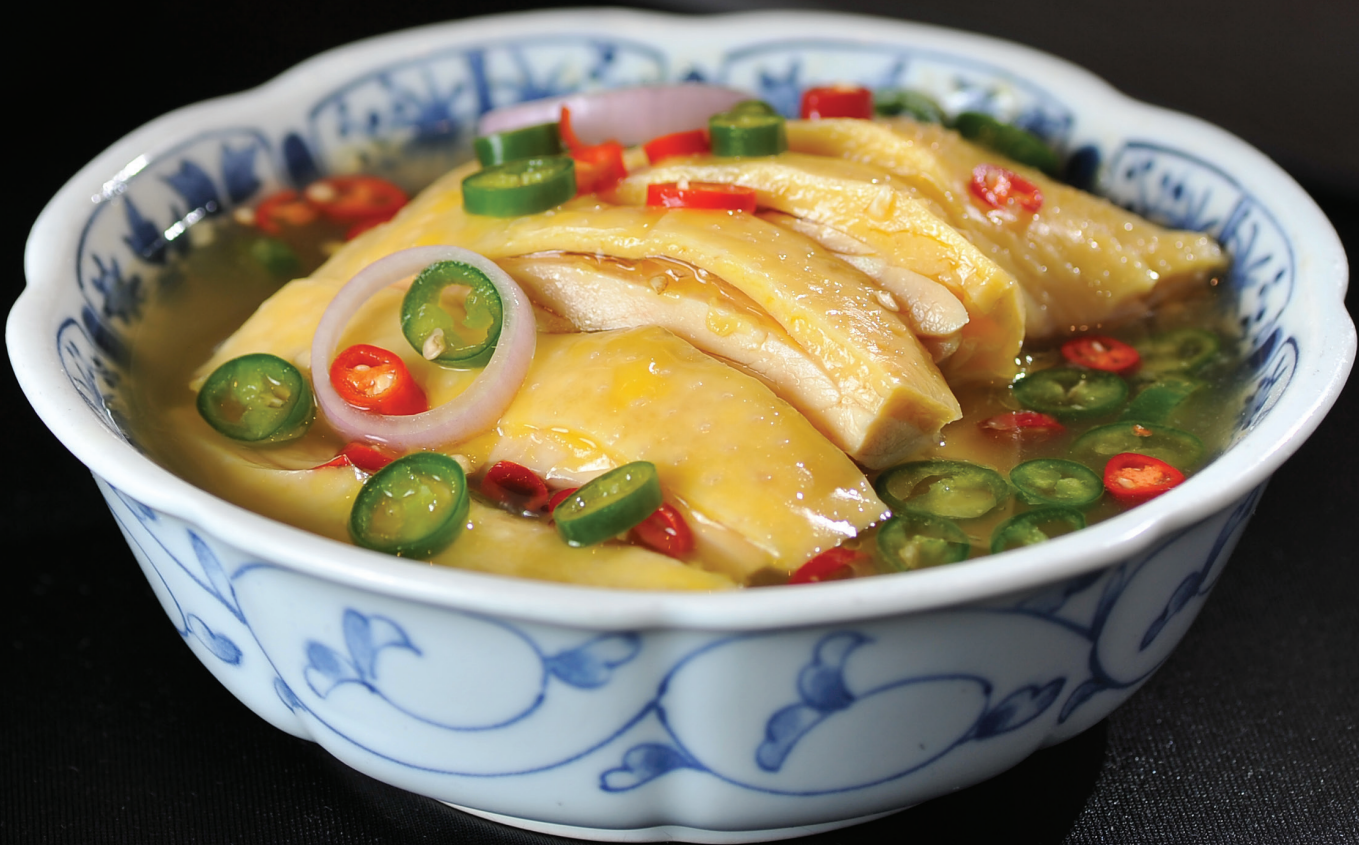
幫助對抗炎熱潮濕氣候

四川菜的起源可追溯至幾個世紀前。在16世紀末，辣椒從美洲傳入後，逐漸成為四川菜餚的重要組成部分。川菜這項烹飪傳統以其大膽使用辣椒和四川花椒獨特的麻辣感而聞名，並以複雜、多層次的口味刺激味蕾。

御苑於6月及7月隆重推出特色川菜餐譜，菜式包括雙椒酸辣雞、宮保脆炸生蠔、香辣脆鱗魚、漁香燒蝦球，以及蒜香怪味骨，定必令您食指大動。



Jun.
6-7月
Jul



Chicken in Hot and Sour Sauce with Double Peppers

雙椒酸辣雞食譜

Ingredients 材料

Chicken 雞一隻	
Hunan Chilli Pepper 湖南椒	50g
Cone Pepper 指天椒	50g
Onion 洋蔥	50g
Leek 京蔥	50g
Rod Chilli 野山椒	50g
Water 水	600ml

Seasoning 調味料

Salt 鹽	10g
Sugar 糖	6g
Sesame oil 麻油	20ml
Aged vinegar 陳醋	100ml
Liquid seasoning spice 辣鮮露	20ml
Rod Chilli sauce 野山椒水	40ml
Chilli oil 紅油	50ml

Cooking Procedures

製作步驟

1. Put the chicken into boiling water, turn off the stove and let it soak for 45 minutes, then let cool and set aside
先把雞放入滾水中，熄火浸45分鐘，然後放涼待用
2. Add other ingredients to the water and simmer for 30 minutes
把其他材料加入水中，細火慢煮30分鐘
3. Add the seasonings to make the sour soup
加入調味料，以調製成酸湯
4. Cut the chicken into pieces and put it into the sour soup. Then it is ready to serve
將雞砍件放入酸湯後，即可食用

NOBLE

NOBLE
Reservation 訂座:
2829 7990



Summer Greens Promotion 綠意盎然

Jun.
6-7月*Jul*

LIGHT AND HEALTHY CHOICES

This summer, Noble has crafted an exquisite array of dishes that celebrate seasonal vegetables and premium seafood. Drawing inspiration from diverse Western culinary traditions, each dish showcases a harmonious balance of the delicate sweetness of succulent seafood and the herbaceous notes of garden-fresh vegetables.

Delight your palate at Noble by indulging in dishes including; Crab Baked in Avocado with Balik Salmon and Cucumber Salad; Vegetable Lasagna with Sautéed King Prawns and Scallop in Oven Dried Tomatoes Sauce; and Garden Vegetables with Black Truffle.

輕盈健康之選

今年夏天，Noble 選用新鮮時令蔬菜及優質海鮮，精心炮製了一系列精緻的佳餚。廚師從不同的西方烹飪傳統中汲取靈感，每道菜式都展示著海鮮的鮮甜和新鮮蔬菜草本香氣的和諧搭配。

歡迎蒞臨Noble 品嚐各款滋味佳餚，菜式包括蟹肉焗牛油梨配巴力三文魚及青瓜沙律、扒大蝦及帶子配蔬菜千層麵及乾番茄汁，以及黑松露燴田園蔬菜。

Iwamura Brewery Sake Dinner

岩村釀造清酒晚宴

NOBLE

NOBLE
Reservation 訂座:
2829 7990

SAMPLE THE AWARD-WINNING JAPANESE SAKES

On 16 August, the Club is presenting to Members an exceptional sake dinner featuring the finest sakes from Iwamura Brewery. Founded in 1787, the brewery is a national treasure with more than 230 years of history. The brewery's sakes are brewed with water from a natural well dug 400 years ago, which is known as one of the most famous waters in Gifu Prefecture. As a result, its sakes are one of the most complex and transparent of sakes with delicate flavours.

The highly acclaimed sakes on offer include Onna Joshu Junmai Daiginjo – the Gold Medal winner at KURA MASTER 2017 and 2022; Onna Joshu Karakuchi Junmai Ginjo – 1st runner-up in the Gifu Prefecture (Gifu-ken) New Sake Evaluation Award 2021; as well as Maboroshinoshiro Daiginjo.

In addition, Noble's chef will be crafting a selection of delectable dishes that pair perfectly with each sake. Be sure to circle the date on your calendar and join us for a truly extraordinary occasion.

品嚐得獎日本清酒

本會將於8月16日舉辦清酒晚宴，為會員呈獻多款岩村釀造的頂級清酒。岩村釀造於1787年創立，至今已有逾230年的歷史，是日本國寶級酒藏。該釀酒廠的清酒僅以400年前挖的天然井水釀製，是岐阜縣的50名水之一。因此，其清酒酒體清徹透亮，口感細膩，層次豐富。

當晚奉上的清酒佳釀包括榮獲2017年及2022年「法國日本酒評會KURA MASTER」金賞的「女城主 純米大吟釀」；獲評為2021年「岐阜縣新酒鑑評會岐阜縣議會議長賞」第二名的「女城主 辛口純米吟釀」，以及「幻之城 大吟釀」。

此外，Noble 廚師將會悉心炮製多道精緻佳餚，與清酒完美搭配，定必為會員帶來難忘的醉人之夜。機會難逢，萬勿錯過！




**16 Aug
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



Delicious Poached Rice

特色湯飯

DYNASTY
CAFÉ

Dynasty Café
Reservation 訂座:
2829 7930

REFRESHING SUMMER FLAVOURS

Poached Rice is made by soaking cooked rice in soup broth when served. The rice absorbs the flavours of the soup broth, and yet retains its tender and chewy texture. Asian countries such as Japan, South Korea and Taiwan all have their own poached rice culture. Although the cooking method and ingredients used are different, they all happen to have a moreish effect.

Throughout June and July, Dynasty Café is serving up a selection of refreshing poached rice including Poached Rice with Australian Wagyu Beef in Beef Bone Broth; Poached Rice in White Pepper Soup with Pig Tripe and Pickled Vegetable; Poached Rice in Tomato Soup with Shrimp and Egg; and Poached Rice in Winter Melon soup with Conpoy and Barbecue Pork.

夏日清新滋味

「湯飯」顧名思義就是將已煮熟的米飯浸泡在湯汁製作而成。米飯會完全吸收湯汁的味道，同時保留其軟熟煙韌的咀嚼感。亞洲國家如日本、韓國及台灣等都有其湯飯文化，雖然製作方式和選用的配料各異，但恰巧都具有消滯開胃的功效。

於6月及7月，咖啡室特意呈獻一系列消暑解熱的特色湯飯，包括澳洲和牛肉雪濃湯飯、芥菜胡椒豬肚湯飯、番茄雞蛋蝦仁湯飯，以及瑤柱冬瓜粒叉燒湯飯。



Jun.
6-7月 Jul

DYNASTY
CAFÉ

Dynasty Café
Reservation 訂座:
2829 7930

Healthy Drinks
健康養生特飲

Jun.
6-7月
Jul

A REFRESHING YET NOURISHING SUMMER BEVERAGE

夏日消暑滋味飲品

Available throughout June and July, Dynasty Cafe's Sea Coconut and Pear Jelly Drink combines the sweet, refreshing taste of pear with the unique texture of sea coconut. This traditional Chinese tonic is not only delicious but also boasts several health benefits. Packed with vitamin C, potassium, and calcium, this low-calorie drink is suitable for all ages, especially for those seeking to stay hydrated and healthy during the summer months.

咖啡室將於6月及7月推出海底椰雪梨啫喱凍飲，新口味融合了雪梨清新果味和海底椰獨特的口感。這款傳統的中式滋味飲品不僅味道清甜，而且對健康有益。這款低卡飲品含維他命C、鉀和鈣，適合任何年齡的人士，尤其是希望在炎熱的夏季保持水分和健康的。

The Dynasty Club Summer Packages

皇朝會夏日套餐

ENJOY CULINARY DELIGHTS WITH FRIENDS AND FAMILY

Embark on a gastronomic adventure this summer with The Dynasty Club Summer Package. Curated to enjoy with friends and family, this offering promises to tantalise your senses with an array of dishes and unparalleled privileges.

Savour the flavours of our three gourmet menus. Elevating your dining experience, guests will be served complimentary Chinese tea and condiments, accompanied by three hours of unlimited soft drinks, orange juice, and house beer. Selected House wines are also available at special prices, ensuring a perfectly paired accompaniment to your meal.

To perfect your experience, each banquet table will be adorned with a premium floral arrangement and provided with one complimentary three-hour parking voucher.

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

與親朋歡聚，共享夏日美饌

今年夏天，歡迎蒞臨皇朝會開展一趟美饌品味之旅。本會精心準備了皇朝會夏日套餐，呈獻一系列美饌佳餚和禮遇，為會員及其摯親好友帶來無與倫比的味覺感官體驗。

皇朝會夏日套餐備有三款套餐可供選擇，席間將提供免費中式茗茶，以及三小時無限量供應汽水、橙汁及指定啤酒。此外，您亦可以優惠價選購指定葡萄酒，完美搭配各式菜式。

為讓您的盛宴更臻完美，每席將有優雅鮮花擺設，並將獲贈三小時免費泊車券。為免向隅，請即預訂。

如欲預訂或查詢，請致電2829 7931/7937與宴會部聯絡。





Seasonal Reopening of the Outdoor Swimming Pool 室外游泳池季節性重開



The Outdoor Swimming Pool on the 11th floor has reopened for Members' use from 13 April. Members and their families can enjoy the pleasure of swimming and basking in the sun over the summer months.

The male and female changing rooms located on the 11th floor have also undergone refurbishment works. Illuminators and LED strips are installed on both sides of the entrances, making the outdoor pool area much brighter at night time while creating a warm and inviting atmosphere.

位於11樓的室外游泳池已於4月13日重新開放以供使用。會員及其家人可在此一邊享受暢泳的樂趣，一邊享受夏日的陽光。

而11樓的男女更衣室亦進行了翻新工程，並於入口兩側增加了照明燈及LED燈帶，令室外游泳池在晚間更加明亮，及增添和暖的氣氛。

Plant-Based and Fresh Milks 植物奶和鮮奶

In recent years, plant-based milk has become increasingly popular, with many people choosing to replace fresh milk with plant-based alternatives. However, the nutritional content of plant-based milk and fresh milk varies, making them mutual irreplaceable. It is ideal to pick the suitable milk beverages based on our own nutrition needs.

近年來，植物奶越來越受歡迎，很多人均會以植物奶取代鮮奶。但事實上，植物奶和鮮奶提供不同的營養，因此不能互相替代。我們應按照自身的營養需求來挑選適合的飲品。



Common Types of Plant-Based Milk and Their Nutritional Values

Nestled within the “dairy” category of the food pyramid, milk is rich in calcium and high-quality protein. Plant-based milk is a lactose-free beverage extracted from a variety of beans, grains or nuts. Each has its own ingredients that provide varied nutritional values, and each is suitable for drinking at different times.

Oat Milk: Oat milk belongs to the “whole grain” category, with the main ingredients being oats and water. Its main nutritional components are carbohydrates, and it contains dietary fibre in the form of beta-glucan, which makes you feel full and aids with bowel movements. Drinking a glass of oat milk before exercise quickly replenishes the glycogen in your muscles, providing energy for your body, while a glass of oat milk with added protein powder after exercise can help with building muscle.

Almond Milk: Almond milk belongs to the “oils and nuts/seeds” category and is made from almonds. Almonds contain vitamin E, unsaturated fatty acids, and manganese. Almond milk is low in protein, sugar, and fat content, similar to eating nuts. Nut oils are rich in omega-3s, which have an anti-inflammatory effect on the body. Since its calorie content is about the same as cow’s milk without the protein and lactose, almond milk is suitable for drinking on low-carb days when you don’t exercise.

Soy Milk: Soy milk contains complete protein and has the highest protein content of all types of milk. It is lactose-free and with glycaemic index lower than that of low-fat milk. This makes soy milk suitable for drinking before or after exercise, or anytime. Drinking unsweetened, high-fibre soy milk before a meal can increase your intake of protein and fibre, while also stabilising blood sugar and insulin levels, and prolonging the feeling of fullness.



常見植物奶種類及其營養價值

鮮奶屬於食物六大類中的「乳品類」，富含鈣質及優質蛋白質。而植物奶是由豆類、穀物或堅果等提煉出來的飲品，提供不同的營養價值，且不含乳糖，並有其各自適合飲用的時間。

燕麥奶：燕麥奶屬「全穀雜糧類」，主要成分為燕麥和水。其主要營養成分為碳水化合物，且含有β-聚葡萄糖之膳食纖維，可增加飽腹感，及有助排便順暢。在運動前喝一杯燕麥奶，可快速補充肌肉中的肝醣，為身體提供能量。而在運動後喝一杯加入蛋白粉的燕麥奶，則有助增肌。

杏仁奶：杏仁奶屬「油脂與堅果種子類」，以杏仁果為原料所製成。杏仁果含有維生素E、不飽和脂肪酸及鈣質。而杏仁奶中蛋白質、糖分及油脂含量都很低，相當於食用堅果。堅果油脂富含奧米加三，對身體具有抗發炎作用。由於其熱量大約相等於去除蛋白質和乳糖的牛奶，因此適合在沒有運動的低碳日飲用。

豆漿：豆漿所含的蛋白質是完全蛋白質，是所有動植物乳製品中蛋白質含量最高的。而且豆漿不含乳糖，其升糖指數更比低脂牛奶低。無論是運動前後，或是平常都很適合飲用。在餐前飲用高纖無糖豆漿，可增加攝取的蛋白質和纖維含量，同時使血糖和胰島素的指數更為穩定，並延長飽腹感。



Rope Skipping 跳繩

Rope Skipping is an aerobic exercise that trains the whole body's muscles, helps prevent osteoporosis, relieves stress, and promotes mental health. It is also an effective fat-burning exercise. Researchers have revealed that skipping continuously for 10 minutes at 140 jumps per minute burns about the same number of calories as jogging for half an hour, while skipping continuously for 30 minutes burns about 400 calories. Compared to running, you will experience less stress on your joints while increasing joint flexibility, making it a suitable exercise for people of all ages.

跳繩是一種能夠訓練全身肌肉的帶氧運動，有助避免骨質疏鬆，舒緩壓力，並促進心理健康。跳繩亦是有效的燃脂運動。研究顯示，連續跳繩10分鐘、每分鐘跳140下，所燃燒的卡路里相當於慢跑半小時。連續跳繩30分鐘，大約可以消耗400卡路里。此外，和跑步相比，跳繩除對關節的刺激較小外，更可增加關節的靈活度，因此是一項老少佳宜的運動。



Things to Note When Rope Skipping:

1. Use a rope of suitable length

Rope length is very important. To get the right length, stand on the middle of the rope, and pull up the two ends. It is with appropriate if the length is about chest level.

2. Maintain the correct jumping posture

Look straight ahead, use the balls of your feet to jump up and land, keep your arms from shrugging, use your wrists to swing the rope, and keep your knees slightly bent when landing to absorb the impact.

3. Wear athletic shoes when skipping

Wear comfortable sneakers when skipping. Do not jump with barefeet.

4. Keep your feet together

It is recommended to land with both feet at the same time or use a running jump if you have a higher body fat percentage. Avoid single-leg jumps as much as possible, as this results in your entire body weight being on one leg, which can easily lead to knee and joint injuries. Rest for about 2 to 3 minutes after skipping to carefully evaluate your physical condition.

During exercise, the body uses oxygen to produce the energy required. After exercise, your metabolism will continue for a period of time, allowing you to continue burning calories after the workout. High-intensity skipping combined with proper stretching exercise triggers the “afterburn effect” and allows your body to continue burning calories to achieve your fat loss goals.



跳繩需要注意的事項：

1. 使用長度合適的繩子

繩子長度非常重要，透過踩在繩子的中間，然後拉起兩端，長度若在約胸口位置，便是合適的長度。

2. 保持正確的跳繩姿勢

跳繩時，眼睛直視前方，使用前腳掌起跳和落地，上肢的部分保持不要聳肩，並用手腕的力量甩繩，著地時膝蓋保持微彎以緩解衝擊力。

3. 穿著運動鞋跳繩

跳繩時應穿著舒適的運動鞋，不要赤腳跳繩。

4. 建議雙腳同時落地或跑步跳

如果體脂偏高，跳繩時應雙腳同時落地或選用跑步跳的方式。盡量避免單腳跳，否則全身重量便會壓在一隻腳上，容易導致膝蓋和關節損傷。同時謹慎評估身體狀況，跳繩約2至3分鐘便休息一下。

在運動訓練過程中，身體會使用氧氣來產生運動時所需的能量。而在運動後，新陳代謝還會持續一段時間，同時消耗卡路里。透過高強度跳繩運動，搭配適當的伸展運動，便可啟動「後燃效應」，讓身體持續燃燒熱量，達到減脂目的。



Rope Skipping Workshop

13 Jul (Sat)

3pm – 4pm

8/F Aerobics Studio

8 years old or above

M \$300* G \$330*

Enrolment deadline: 6 Jul (Sat)

Advanced booking is required

*Participants will receive one Beaded rope

跳繩工作坊

7月13日（星期六）

下午3時至下午4時

8樓跳舞室

8歲或以上

會員\$300* 賓客\$330*

截止報名日期：7月6日（星期六）

敬請預約

*參加者將獲節拍跳繩一條

Summer Tennis Class with Cloud Mo

由巫頌謙教練教授的暑期網球班

Class 1: From 25 Jun to 18 Jul (Every Tue & Thur)

Class 2: From 23 Jul to 15 Aug (Every Tue & Thur)

12 noon – 1pm

11/F Tennis Court

5 years old or above

M \$2,000 / 8 lessons G\$2,240 / 8 lessons

Enrolment deadline:

Class 1 on 18 Jun (Tue)

Class 2 on 16 Jul (Tue)

Advanced booking is required

課程一：由6月25日至7月18日（每逢星期二及星期四）

課程二：由7月23日至8月15日（每逢星期二及星期四）

中午12時至下午1時

11樓網球場

5歲或以上

會員 \$2,000 / 8堂 賓客 \$2,240 / 8堂

截止報名日期：

課程一：6月18日（星期二）

課程二：7月16日（星期二）

敬請預約



Black Rainstorm Warning Signal 黑色暴雨警告信號

The Club will remain closed temporarily when the Hong Kong Observatory has hoisted the Black Rainstorm warning before the Club's opening hours at 7:00am. The Club will resume its normal operation two hours after the Black Rainstorm warning is lowered with limited services (including catering services). If the Black Rainstorm warning is still hoisted at 4:00pm, the Club will remain closed until the following morning.

If the Black Rainstorm warning is issued during the Club's opening hours, all the catering and recreation services provided by the Club will generally continue as normal. However, all the outdoor activities will be suspended until the warning is lowered.



當香港天文台於本會營業時間上午七時前發出黑色暴雨警告信號，會所將暫時關閉。在黑色暴雨警告信號解除後，本會將於其後兩小時恢復開放，並提供有限度服務（包括餐飲服務）。如黑色暴雨警告信號於下午四時仍然懸掛，會所將繼續關閉，直到翌日早上。

當黑色暴雨警告信號於會所的營業時間內發出，本會提供的所有餐飲及康體服務將繼續維持正常。然而，所有的戶外活動將會暫停，直至黑色暴雨警告信號解除。

Happy Easter 開心復活節

On 31 March, Members and their families turned up at the Club to celebrate Easter with a Semi Lunch Buffet served up by Noble. Following lunch, they hopped off to enjoy hours of fun with the fantastic rabbit parade and various challenge game booths.

於3月31日，會員攜同摯愛家人蒞臨本會一同慶祝復活節，並享用Noble 呈獻的復活節半自助午餐。隨後，一家大小參與復活兔巡遊和各種具挑戰性的攤位遊戲，盡情享受繽紛歡樂的時光。





Essential Oil Rollette Workshop

舒壓深睡滾珠油工作坊



At the Essential Oil Rollette Workshop on 13 April, Members learned to formulate their own personalised rollette under the guidance of aromatherapy therapist Chloe Chan, and to understand the corresponding benefit of each ingredient. Participants had a great time experimenting with blending different natural plant essential oils to create their favourite scent.

在4月13日舉辦的舒壓深睡滾珠油工作坊，會員在香薰治療師陳凱玲的指導下，學習調配專屬的滾珠油，及了解其相應功效。參加者嘗試透過混合不同的天然植物精油，調配出其喜愛的香氣，並度過愉快的下午。



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

Members had a thorough work-out during the Fitness Workshop on 27 April. Under the guidance of fitness instructor Fiji Wu, Members learnt to boost their cardio health, burn fat and improve their posture through a series of Low-Intensity Steady State training exercises.

在4月27日舉辦的健身班，會員進行了全面的鍛鍊。在吳凱樂教練專業指導下，會員學會透過一系列的低強度穩定狀態訓練，以促進心臟健康，燃燒脂肪，並改善體姿。

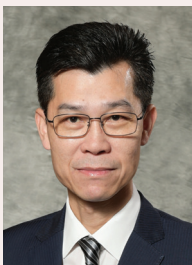


Work Safety Training Workshop

職業安全訓練工作坊

The Club has organised Work Safety Training Workshops for its staff, with an aim to enhance the awareness and alertness towards occupational safety. Participants all studied hard during the workshops and practiced warm-up exercises together to relax.

本會定期舉辦職業安全訓練課程讓員工參加，以提高他們對職業安全的關注及警覺。參加者於課程期間均認真學習，並一起練習熱身操鬆一鬆。



New Food & Beverage Manager
新餐飲部經理

The Club is delighted to announce the recent promotion of Mr Lam Hon Wah, Anthony to be the Food & Beverage Manager. Anthony has been working for the Club for more than 32 years. He has established a close relationship with Members, and has a wealth of experience in food & beverage, enabling him to better serve our Members.

本會很高興宣佈林漢華先生最近晉升為餐飲部經理。林先生已為本會服務超過三十二載。他與會員建立了密切關係，並擁有豐富的餐飲服務經驗，將有助他為會員帶來更貼心的體驗。

The Best Employee Election 最佳員工選舉



After the voting and review by the Club Management, Mr. Ho Kwok Tai has been elected as the best employee in the first quarter of 2024. He was awarded with the Best Employee Certificate and the cash prize of \$1,000. Congratulation to Mr. Ho.

經管理層投票及審核後，管家部的何國泰先生當選為二零二四年度第一季最佳員工。他獲管理層頒發最佳員工獎狀及現金獎\$1,000。恭喜何先生！

JUN 六月



16 (Sun 日)

Father's Day
父親節
Noble

Summer Tennis Class
with Cloud Mo
由巫頌謙教練教授的暑期網球班
11/F Tennis Court
11樓網球場

From 25 Jun to 18 Jul
(Every Tue & Thur)
由6月25日至7月18日
(每逢星期二及星期四)



The Fiery Flavours of Sichuan
川辣
Imperial City 御苑

Summer Greens Promotion
綠意盎然
Noble



Delicious Poached Rice
特色湯飯
Dynasty Café 咖啡室

Healthy Drinks
健康養生特飲
Dynasty Café 咖啡室



JUL 七月



13 (Sat 六)

Rope Skipping Workshop
跳繩工作坊
8/F Aerobics Studio
8樓跳舞室

Summer Tennis Class
with Cloud Mo
由巫頌謙教練教授的暑期網球班
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Poliform