



Contents

目錄

- 01 Club Bulletin
會所快訊
- 07 Dining Adventure
佳餚美饌
- 13 Banquet Idea
宴會資訊
- 15 Leisure and Fitness
健康人生
- 22 New Members
新會員
- 23 Golden Memories
歡樂時光
- 24 Staff Activities
員工訊息
- 25 At a Glance
活動日誌

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Warm greetings, and I feel deeply honoured to have been appointed as General Manager of The Dynasty Club starting in July 2023. With a rich background in hospitality spanning 34 years, including stints at Kowloon Shangri-La, Hong Kong, Grand Hyatt Hong Kong, Langham Place Hotel, Inagiku Japanese Restaurant at the Four Seasons Hotel, and Shikigiku Japanese Restaurant at IFC, I am eager to bring my expertise to the Club, and to continue its development with our Members' best interests.

As we look forward to the end of the year, we have a series of exciting events planned. On 28 October, the Club will be holding the annual Halloween party along with an exceptional dinner for everyone to enjoy and celebrate this unique occasion.

The festive season will kickstart with the Christmas Cookies Workshop, where Members and their children can enjoy bonding time while learning to bake delicious Christmas cookies. We have also prepared an array of festivities featuring the Christmas and New Year's Eve parties, complemented by culinary delights from our Club's restaurants.

Outside of the festive celebrations, the action-packed autumn is filled with other thrilling events such as The Dynasty Club Tennis Competition for tennis enthusiasts to test their skills, as well as the Children's Swimming Gala 2023 for junior Members to showcase their speed. Members can also join us for a practical Fall Prevention and Walking Posture Improvement Workshop.

Finally, the Club is committed to upholding the highest food safety standards at its restaurants, and has successfully received the renewal of the ISO22000:2018 certification. We will continue to raise our standards even higher.

I look forward to meeting you all soon at the Club.

大家好! 我十分榮幸獲委任為皇朝會的總經理, 並於2023年7月履新。本人曾任職於九龍香格里拉酒店、君悅酒店、朗豪酒店、香港四季酒店的稻菊日本餐廳, 以及國際金融中心的四季菊日本餐廳, 擁有34年從事酒店及餐飲行業的經驗和相關專業知識。我深信憑自己的專業, 能帶領本會繼續發展, 為會員提供優質的服務。

踏入最後一季, 本會正密鑼緊鼓地籌備一連串精彩活動。於10月28日, 我們將舉辦一年一度的萬聖節派對及豐盛晚餐, 誠邀會員及家人一同蒞臨慶祝節日。

節慶季節將由聖誕曲奇工作坊拉開序幕, 會員和其孩子可一同學習製作美味的聖誕曲奇餅, 歡度溫馨親子時光。我們亦準備了一系列慶祝活動, 包括平安夜派對及除夕夜晚宴, 搭配本會餐廳琳琅滿目的美饌佳餚, 讓節日更添歡樂。

除了節日慶祝外, 秋高氣爽之際, 最適合進行一連串緊張刺激的比賽活動, 例如愛好網球的會員可參加皇朝會網球比賽, 於球場上一顯身手; 小會員則可於2023年皇朝會兒童水運會, 比拼泳術和速度。另外, 會員亦可參加實用的工作坊, 學習預防跌倒及改善走路姿勢。

最後, 本會一直致力維持最高食品安全標準, 並成功獲續發ISO22000:2018認證。本會將繼續精益求精, 將食品安全標準提升至更高水平。

我期待於不久的將來在會所與大家見面。

Victor Lui 呂思安
General Manager 總經理

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28 Oct

Noble

Set Dinner 晚餐套餐

Adult成人\$888 Child小童\$688

2829 7990

Halloween Party 萬聖節派對

DRESS UP FOR SPOOKIEST NIGHT OF THE YEAR

First celebrated over 2,000 years ago, Halloween has become one of Hong Kong's most popular annual occasions. The Club will be brewing up a spectacular Halloween Party on 28 October.

Before dinner, add the final touch to your costume with face-painting at the 7/F Lobby to turn into a wicked witch, spooky ghost, or a grinning pumpkin. Not to be missed is the Halloween Costume Makeup Party where junior Members can also take part and receive a special gift for dressing their best.

Following the excitement, Members and their families can enjoy the delightful Set Dinner at Noble that offers something for everyone.

精心裝扮，投入詭異又歡樂的晚上

萬聖節於2,000多年前首次慶祝，現已成為香港最受歡迎的年度節日之一。本會將於10月28日舉辦一場盛大的萬聖節派對，讓會員攜同摯愛親友歡聚。

晚餐前，7樓大堂將設置面部彩繪攤位，讓您為維肖維妙的造型加上最後的裝飾，搖身一變成為邪惡的女巫、幽靈或是哈哈大笑的南瓜。小會員更可參加萬聖節造型化妝派對，並獲取精美禮品一份。

隨後，會員及其家人可安坐於Noble 享用豐富的晚餐套餐，琳瑯滿目的美食，定能滿足每個人的口味。



Imperial City 御苑	Noble	Dynasty Café 咖啡室
24 Dec Christmas Eve Set Dinner or Hot Pot Buffet 平安夜節日套餐 或火鍋自助餐 31 Dec New Year's Eve Gala Dinner or Hot Pot Dinner 除夕夜中式節日晚餐 或火鍋自助餐 2829 7980	24 Dec Christmas Eve Set Dinner 平安夜節日套餐 31 Dec New Year's Eve 6-Course Gala Dinner 除夕夜六道菜晚餐 Theme: 60s-70s 主題：60-70年代 Members are welcome to dress up in 60s-70s costumes 歡迎會員以60-70年代的打扮盛裝出席 2829 7990	24 Dec Christmas Eve Celebration Set Dinner 平安夜節日套餐 31 Dec New Year's Eve Gala Dinner 除夕夜晚餐 2829 7930

Joyful Festivities 歡樂節日假期

THE BIG DATES TO CELEBRATE

The end of the year is always a time to create happy memories, and the Club is ready to celebrate with some of the year's most popular occasions.

As always, the season of merriment begins with the Christmas Eve Party on 24 December. During the most wonderful time of the year, the Club will be adorned with festive-themed decorations, adding a unique touch of festivity. The highlights of the party will include an amusing balloon twisting show and a greeting from Santa Claus.

The Club will then host the New Year's Eve Party on 31 December, where we will countdown to 2024 with a sensational live music performance. The exciting lucky draw, featuring great prizes, will be the perfect way to welcome the new year in style.

Complete your festive celebrations with the sumptuous fare prepared by the Club's trio of restaurants. Treat your family and friends to a selection of delicacies.

Be sure to reserve your spots and join us for these exciting celebrations.



普天同慶的大日子

踏入一年的尾聲，總是一家人創造幸福快樂回憶的特別時刻。本會已準備就緒，為您帶來連串精彩活動，與您一同慶祝佳節。

一如既往，於12月24日舉辦的平安夜派對將為節慶假期拉開序幕。派對場地將以璀璨繽紛的佈置，洋溢著濃濃的節日氣氛。派對的亮點將會是我們悉心安排的扭汽球表演，以及聖誕老人登場，為大家送上節日祝福。

隨後，本會將於12月31日舉辦除夕晚宴。當晚我們將邀來樂隊呈獻精彩演出，讓大家在悠揚樂韻中迎接2024年。我們更準備了大抽獎，在新一年為大家帶送上豐富禮物。

慶祝佳節怎能缺少豐盛美饌，本會的三間餐廳特意呈獻各種美饌佳餚，讓會員與摯愛親友分享，同慶歡欣佳節。

歡迎會員訂座，携同家人好友一同參加精彩慶祝活動。

Christmas Cookie Workshop

聖誕曲奇工作坊

BAKING HOLIDAY MEMORIES

Get into the festive spirit when you learn how to make delicious Christmas cookies under the guidance of the Club's Pastry Chef at Noble. During the parent-child bonding workshop, Members and their children will be working together to bake and decorate their very own Christmas cookies. Afterwards, they can bring home a dozen cookies to share with family.

Best to reserve your spot in this fun-filled workshop now as limited slots are available on a first come, first served basis. Please contact Noble on 2829 7990 for enquiry and reservation.

製造美好佳節回憶

參加Noble 舉辦的聖誕曲奇工作坊，在本會的糕點師傅指導下學習製作美味聖誕曲奇餅，投入歡樂的節日氛圍。在這個親子工作坊中，會員及其孩子將一起動手烘焙及裝飾獨一無二的聖誕曲奇。完成後更可把親手製造的12件曲奇帶回家中，與家人一同分享滋味。

立即報名參加充滿樂趣的聖誕曲奇工作坊，名額有限，先到先得。請致電2829 7990與Noble 查詢詳情及報名。



16 Dec



Noble

3pm-5pm

下午3時至下午5時

\$538 for one adult and one child aged under 12

一位成人及一位12歲以下小童：\$538

Participants can bring home 12 cookies

參加者可帶12件曲奇回家

Slots are available on a first-come,

first-served basis

名額有限，先到先得

Advanced booking is required

敬請預約





Chinese Executive Chef
Lui Kai Yu
中餐行政總廚
雷啟裕師傅

Follow the Chinese Executive Chef's Recipe to Create a Delightful Dish 跟隨中餐行政總廚創佳餚

Chef Lui Kai-yu, the Chinese Executive Chef of Imperial City, is a master of both Northern and Southern Cantonese Cuisine, and is a past Gold Award winner of the “全港青年廚師刀神”. He will be teaching Members how to create a flavourful dish at home using preservative-free homemade tangerine peel and black bean sauce to steam abalone with Chencun rice noodle.

御苑中餐行政總廚雷啟裕師傅精通南北粵菜，並曾經獲得「全港青年廚師刀神」金獎。他將教授會員炮製一道滋味菜式，選用不含防腐劑的自家製陳皮豆豉醬來煮出豉汁蒸鮑魚陳村粉，令您在家中也能烹調出大師級的菜式。

Homemade Tangerine Peel and Black Bean Sauce: Steamed Abalone with Chencun Rice Noodle in Black Bean Sauce

自家製百搭陳皮豆豉醬：豉汁蒸鮑魚陳村粉

Sauce Ingredients:

Minced Garlic 75g, Tangerine Peel 10g, Sesame Sauce 25g, Black Bean 150g, Light Soy Sauce 100g, Dark Soy Sauce 50g, Oyster Sauce 50g, Sugar 75g, Oil 300g

Sauce Cooking Method:

1. Heat the oil to 120 degrees Celsius, then cook the garlic until it turns to light brown
2. Add the chopped tangerine peels and the whole black beans, and cook until the aroma comes out
3. Add all the ingredients and cook for one minute, then set aside to let it cool

醬汁材料：

蒜蓉 75 克、果皮 10 克、麻醬 25 克、豆豉 150 克、生抽 100 克、老抽 50 克、蠔油 50 克、糖 75 克、油 300 克

煮醬方法：

1. 首先把油加熱至 120 度，然後將蒜蓉煮至淺黃色
2. 加入已切碎的果皮及原粒豆豉，並煮至果皮及豆豉香味激發出來
3. 加入所有調味料後煮滾一分鐘，放涼備用

Remark: Extra sauce can be stored in a container in the fridge for up to 2 weeks

備註：多出的醬料可以放入容器內並存放於冰箱，最多可儲存二星期

Main Course Ingredients:

Fresh Abalone 8 pieces, Chencun Rice Noodle 1 piece, Spring Onion 20g

Processing:

Wash and dry abalone; cut the Chencun rice noodle into quarters and fold over

Cooking Method:

1. Place the Chencun rice noodle on a plate and steam for 3 minutes
2. Place the abalone on the Chencun rice noodle, and add the tangerine peel and black bean sauce
3. Steam for 5 minutes after the water boils
4. Top with chopped spring onion

Finished Product:

The abalone is fresh and tender; the sauce has a wonderful aroma; and the Chencun rice noodles are full of flavour after absorbing the abalone juice

主菜食材：

新鮮鮑魚 8 隻、陳村粉 1 條、蔥花 20 克

食材處理：

鮑魚起肉洗淨，放乾水份；陳村粉切開四份，折散

烹調方法：

1. 先把陳村粉放到碟上，蒸 3 分鐘
2. 把鮑魚放在陳村粉上，然後加入陳皮豆豉醬
3. 水滾後再蒸 5 分鐘
4. 之後放上蔥花

製成品：

鮑魚鮮嫩彈牙，醬料香味濃郁，陳村粉吸收了鮑魚汁及醬汁後滋味十足



Renewal of ISO22000:2018 Certification 獲續發ISO22000:2018認證

OUR COMMITMENT TO FOOD SAFETY

The Club has successfully received the renewal of the ISO22000:2018 Certification, which is the international benchmark in food safety management. Continuous improvement of the food safety management system driven by the Club management has been the critical element in the certificate's renewal. The planning of the Club's entire food management system is based on the stringent risk assessment, emergency preparation and response.

Maintaining this certification since 2015, highlights the Club's commitment to the health of its Members and staff. The Club has consistently demonstrated adherence to the highest food and beverage industry standards across all processes in the food chain that ensure the ultimate safety of its products.

The updated 2018 version of this certification delivers more precise guidelines for setting food safety objectives. For example, the Club rigorously follows the Plan-Do-Check-Act (PDCA) process to guarantee ongoing improvements in their food safety system.

These efforts will undoubtedly improve satisfaction and provide comfort to our Members, staff, and business partners, reaffirming the Club's commitment to food safety.

致力提升食品安全

本會成功獲續發食品安全管理的國際標準 ISO22000:2018 認證。管理層積極推動食品安全系統的持續提升，正正是獲續發認證的關鍵因素。本會的整個食品安全管理系統的規劃建基於嚴格的風險評估，緊急情況的準備和應對。

自2015年以來，本會持續取得此項認證，反映本會十分重視會員及員工健康，在整個食品鏈的各個程序裡，始終堅持達到飲食業最高標準，以確保其產品符合安全規格。

2018年版本的認證，在食品安全目標方面提供了更精確的指引。例如，本會嚴格遵循「策劃-執行-審核-改進」(PDCA) 流程，藉以確保持續優化其食品安全系統。

在食品安全措施方面所作出的努力，無疑將有助提高會員、員工和業務夥伴的滿意度，再次肯定本會努力不懈履行食品安全的承諾。

Crab and Shrimp Icons

時令蝦蟹宴

MOUTH-WATERING SEAFOOD

Crabs and shrimps have been favoured as one of the most popular seafood, and are considered to be meatier and more delicious in Autumn. The freshness of the seafood is paramount and are enhanced by simple seasonings. In addition to their flavourful meat, these nutritious crustaceans are also rich in protein and vitamins, delivering a wealth of health benefits.

This October, Imperial City will be presenting a scrumptious selection of dishes such as Sauteed Crab with Assorted Scallions; Simmered Shrimp in Broth; and Baked Prawn with Garlic and Premium Soy Sauce.

令人垂涎三尺的海鮮

蟹和蝦一直以來都是深受歡迎的海鮮之一。在秋季，蝦蟹的肉質更為豐腴甜美，正是細意品嚐的好時節。新鮮的蝦蟹只需簡單的調味，便能帶出其鮮甜滋味。除了美味外，蝦和螃蟹亦是富營養的甲殼類動物，含豐富蛋白質及維他命，對身體有莫大裨益。

10月，御苑將呈獻一系列以時令蝦蟹為主題的菜式，包括三蔥炒蟹、生敲水晶蝦，以及頭抽原蒜焗大蝦，讓會員嚐盡新鮮滋味。

OCTOBER 10月

Imperial City 御苑
Reservation 訂座:
2829 7980



Chinese Executive Chef
Lui Kai Yu
中餐行政總廚
雷啟裕師傅





Flavours of Northeastern China 東北風味

HEARTY COOL WEATHER CRAVINGS

Northeastern Chinese Cuisine, also known as Dongbei Cuisine, has a rich history that dates to the earliest migrants of the Manchu and Shandong provinces. This regional cuisine is characterised by its hearty fare, robust and bold flavours that reflect their cooler climate. It also offers health benefits through its use of nutrient-rich grains and vegetables, contributing to a balanced diet.

In November, Imperial City is presenting a special Dongbei Cuisine themed menu, featuring some iconic dishes such as Double-boiled Pork Belly in Broth with Preserved Cabbage; Double-boiled Pork Rib, Egg Plant, Tomato, Potato and Green Bean; and Sautéed Shredded Pork with Sweet Bean Sauce.

熱騰騰的滋味

東北菜歷史源遠流長，可追溯到最早的滿族和山東省的移民。中國東北地區氣候寒冷，其菜系的特點為份量大，味濃色重。東北菜亦選用營養豐富的穀物和蔬菜，健康有益，有助於均衡飲食。

於11月，御苑隆重推出特色東北菜餐譜，經典菜式包括酸菜白肉、排骨大亂燉，以及京醬肉絲，定必令您回味無窮。

November 11月

Imperial City 御苑
Reservation 訂座:
2829 7980



Chinese Executive Chef
Lui Kai Yu
中餐行政總廚
雷啟裕師傅

Spanish Iberico Pork 西班牙伊比利亞黑毛豬

SAVOUR THE RICH FLAVOURS

Iberico Pork is the name of premium Black Iberian Pigs, which are well-known for their unique diet and lifestyle. They roam freely in the Dehesa, a type of high forest pasture, and feast primarily on acorns. Iberico pork is highly prized for its rich and slightly nutty flavour. It has a melt-in-your-mouth texture due to the high fat content.

This October, Noble is bringing Spain to Hong Kong with Spanish tapas platters, which includes Pork Pate, Crispy Anchovies on Toast; Mixed Pork Stuffed Squid with Ink Sauce; and Manchego Cheese. A selection of specialties featuring Iberico Pork are also available, such as Grilled Iberico Pork Rack with Crab Orzo Pasta and Avocado Tomato Salsa; Grilled Iberico Pork Secreto with Watermelon & Chimichurri; and the Iberico Barbequed Ribs with Classic Coleslaw Salad.

品嚐豐腴濃郁滋味

伊比利亞是高級西班牙黑毛豬的名稱。伊比利亞黑毛豬以其獨特的飼養和生活方式而見稱。它們放養於德埃薩高地林間牧場，並主要以橡果為食物。伊比利亞豬肉深受饕客推崇，其肉味芳香濃郁，略帶獨特的果仁香味，由於其脂肪含量高，口感入口即化。

於10月，Noble 將西班牙風味帶到香港，誠意推出多款西班牙小吃拼盤，包括豬肉醬配脆銀魚柳多士、豬肉碎釀魷魚，及西班牙芝士。此外，廚師亦精心烹調一系列以伊比利亞黑毛豬入饌的特色菜，如烤西班牙豬架配蟹肉米型粉及牛油果番茄莎莎；烤西班牙護心肉配扒西瓜及阿根廷青醬，以及烤西班牙豬排骨配傳統椰菜沙律，讓您大飽口福。

OCTOBER 10月

Noble
Reservation 訂座:
2829 7990



Western Executive Chef
Leung Kar Chee
西餐行政總廚
梁嘉志師傅



November 11月

Noble
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2829 7990Western Executive Chef
Leung Kar Chee
西餐行政總廚
梁嘉志師傅

Luxurious White Truffles

奢華白松露

SOUGHT AFTER PRIZED DELICACY

White truffles, often referred to as the “white diamonds of the dining table”, are one of the most luxurious and rarest ingredients in the culinary world. Difficult to harvest and found primarily in Northern Italy, white truffles are valued for their exceptionally subtle flavour and aroma which can transform dishes into a gourmet experience.

This November, Noble is offering an array of exquisite dishes featuring this prime ingredient including Ricotta Cheese and Spinach Ravioli, Truffle Cream Sauce and Alba's White Truffle; Scrambled Egg, Brown Butter and Alba's White Truffle; Pan Fried Duck Foie Gras with Parmesan Foam and Alba's White Truffle; Linguine with Brown Butter and Alba's White Truffle; and Pan Seared Scallop with Cheese Risotto and Alba's White Truffle.

備受追捧的嬌貴滋味

白松露是眾食材中最為矜貴和珍稀的食材之一，被冠以「餐桌上的白鑽石」美譽。白松露主要產於意大利北部，產量稀有，並具有獨特優雅的芳香，能夠把食物的味道昇華至更高層次的味覺體驗。

於11月，Noble 將悉心呈獻一系列以優質白松露入饌的精緻菜式，包括瑞可達芝士雲吞、松露忌廉汁及阿爾巴白松露、阿爾巴白松露炒蛋、香煎鴨肝芝士泡沫配阿爾巴白松露、意大利扁意粉配阿爾巴白松露；以及香煎帶子意大利飯配阿爾巴白松露，令人讚不絕口。



NOBLE

DYNASTY
CAFÉ

OCTOBER 10月

Dynasty Café
Reservation 訂座:
2829 7930

Seafood Feast 海鮮大匯

TASTE OF THE OCEAN

來自海洋的味道

Dynasty Café Executive Chef
Ken Chung
咖啡室行政總廚
鍾偉建師傅

Seafood encompasses a vast array of flavours and tastes, and is always a popular item on any menu. Found in cuisines around the world, the combinations with local ingredients and cooking methods results in a tantalising range of unique local flavours. Seafood is not only delicious but also rich in protein, omega-3 fatty acids, and essential minerals, which offer numerous health benefits.

Throughout October, Dynasty Café is serving up a selection of seafood specialties such as Korean Style Seafood Poached Rice with Tofu and Rice Cake; and Mediterranean Style Grilled Sea Bass.

海鮮的種類和口味多種多樣，一直是深受人們喜愛的食材之一。世界各地以新鮮海鮮入饌的料理更是多不勝數，並透過搭配不同地方的食材和烹調方法，呈現各種獨特的地方風味。海鮮不僅味道鮮甜，且蘊含豐富蛋白質、omega-3脂肪酸及身體所需的礦物質，對健康是有很多益處。

10月，咖啡室以新鮮海鮮入饌，精心炮製多款精選菜式，包括韓式豆腐年糕海鮮湯飯、以及地中海式燒鱈魚，讓您品嚐鮮味。

November 11月

Dynasty Café
Reservation 訂座:
2829 7930Dynasty Café Executive Chef
Ken Chung
咖啡室行政總廚
鍾偉建師傅

A World of Curry 世界咖喱巡禮

DISHES BELOVED AROUND THE WORLD

Curries captivate palates with their intricate blend of spices, herbs, and diverse ingredients. Originating from India, curry was brought throughout much of Asia through Trade and colonisation, which has since led to numerous variations. Curry is typically packed with different spices such as turmeric, chilli pepper and coriander, then cooked with vegetables or meats and served with rice or prata.

In November, Dynasty Café is taking fans of curry on a culinary trip to sample curries reinvented by different Asian countries, such as Indian Tendon Chicken with Roti Prata; and Vietnamese Oxtail Curry with Steamed Rice.

深受世界各地歡迎的佳餚

咖喱巧妙地混合香料、香草和不同的食材，其獨特風味讓饕客深深著迷。咖喱源自印度，並通過貿易和殖民文化傳到亞洲大部分地區，從而演變出各種不同風味。咖喱通常以薑黃、辣椒和香茅等香料調製而成，然後加入蔬菜或肉類一同烹調，並搭配米飯或烤餅進食。

11月，咖啡室將為一眾咖喱迷呈獻不同亞洲國家的特色咖喱菜式，如印度天都尼燒雞配手抓餅及越南咖喱牛尾配白飯，讓您盡情享受咖喱風味。





The Dynasty Club Wedding Packages

皇朝會婚宴套餐

CREATING A MEMORABLE WEDDING EXPERIENCE

The perfect start to your marital journey is paramount, and our seasoned Catering Team at the Club is committed to making your special day not just memorable, but extraordinary. They are dedicated to exceeding your expectations and meticulously meeting all your needs and preferences.

Our versatile Dynasty Ballrooms I, II, and III are always at the ready to host your elegant celebration, providing an inviting setting for your loved ones. A wedding is synonymous with a grand feast, and our packages offer three exceptional menus filled with sumptuous dishes that will enthrall your guests. These menus also include a complimentary three-hour flow of soft drinks, orange juice, and beer, with the option to add house wine with discounts on extra purchases.

When you reserve The Dynasty Club Wedding Package for 12 or more tables, you unlock a suite of splendid benefits. These include elegant venue decorations, a one-night stay in a luxury hotel room complete with breakfast for two, and a three-hour limousine service with a chauffeur.

To further enhance the joy of your big day, we provide a replica wedding cake for the cake-cutting ceremony and free corkage for one bottle of your own wine or hard liquor per table. In addition, guests can enjoy viewing a digital slideshow of the bride and groom using our digital TV and LCD projector. For a touch of traditional entertainment, mahjong equipment is freely available for use.

For enquiries and bookings, please contact the Catering Department on 2829 7931/7937.

為您締造永誌難忘的婚禮

幸福美滿的婚姻生活，始於一場完美無瑕的婚宴。本會的宴會團隊饒富經驗，全心全意滿足您所有的需求，致力為新人籌劃非凡難忘的理想婚禮。

本會的婚宴廳如皇朝I、II和III廳，瑰麗堂皇，是舉辦盛大婚宴的理想場地，讓新人在優雅溫馨的氛圍下，接受摯愛親朋戚友的祝福。本會的婚宴套餐備有三款精心設計的餐譜可供選擇，精緻的菜餚定必讓您的賓客盡情享用。套餐亦包括席間提供三小時免費汽水、橙汁和啤酒，更可選擇以優惠折扣額外添飲指定餐酒，讓所有賓客都能盡興。

凡預訂12席或以上，更可獲贈一系列尊尚禮遇，當中包括優雅典緻的場地佈置、一晚入住豪華酒店客房連雙人早餐，以及三小時轎車接送服務，令婚宴更臻完美。

為讓您的大喜之日更添歡樂美好氣氛，我們將提供結婚蛋糕模型供切餅儀式之用，及每席免收一瓶自攜洋酒或烈酒開瓶費。此外，您更可免費使用數碼電視及液晶體投影機，以播放新人成長片段及婚禮花絮。我們亦將提供免費傳統麻將耍樂設施，讓賓客盡情玩樂。

如欲預訂或查詢，請致電2829 7931/7937與宴會部聯絡。



The Dynasty Club Christmas Packages

皇朝會聖誕套餐

ORGANISING THE PERFECT FESTIVE PARTY

The Club is your trusted home for organising festive feasts, especially when it comes to Christmas celebrations. This year, we've gone above and beyond to curate Christmas packages that are sure to make the perfect party, no matter if you're planning a lunchtime or evening event.

For those looking to celebrate in the afternoon, we've crafted a unique Christmas Lunch Package just for you. Members can choose from two specially curated lunch set menus. As for evening festivities, our Christmas Dinner Package presents a selection from two gourmet dinner set menus. These packages include an unlimited supply of soft drinks, orange juice, distilled water, and house beer, with the added option of including our house red and white wines.

To enhance the festive atmosphere, each banquet table will be adorned with vibrant floral arrangements and party favours. Additionally, each table will receive a complimentary three-hour parking voucher.

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

打造完美節日派對

若您打算於聖誕期間舉辦盛宴派對，皇朝會絕對是理想之選。今年，本會為您呈獻悉心籌劃的聖誕套餐，無論是午餐派對或是晚宴，均能讓您輕鬆與摯愛親友或商業夥伴相聚，歡度佳節。

在午餐派對方面，我們精心設計了兩款獨特的聖誕午餐套餐，供會員選擇。至於晚宴慶祝，本會的聖誕晚餐套餐亦提供兩款精緻的餐譜可供選擇。套餐均包括無限量供應汽水、橙汁、蒸餾水及指定啤酒，亦可選擇添飲指定紅酒及白酒。

為讓派對更添歡欣節日氛圍，每席均會以色彩繽紛的鮮花佈置，並提供派對小玩意。此外，每席亦獲贈一張三小時免費泊車券。

如欲查詢或預訂，請致電2829 7931/7937與宴會部聯絡。

Children's Swimming Gala 2023 2023年皇朝會兒童水運會

The Children's Swimming Gala 2023 will be held on 15 October, where all the junior swimmers will compete with each other in speed and showcase their skills as well as the results of their hard work and training. Parents are welcome to join and cheer on their children while enjoying a great time together. The Children's Swimming Gala 2023 will be taking place at the Indoor Swimming Pool, and medals will be presented to the champions, first and second runners-up in each category.

For enrolment and further information, please contact the Sports and Recreation Centre on 2829 7979.

15 Oct (Sun)

10am-1pm

Indoor Swimming Pool

\$160 per child

Enrolment deadline: 8 Oct (Sun)

Prizes: Medals for Champions,
first and second runners-up

10月15日 (星期日)

上午10時至下午1時

室內游泳池

每位小童: \$160

截止報名日期: 10月8日 (星期日)

獎品: 每項賽事冠、亞、季得主
將獲頒發獎牌

本會將於10月15日將舉行2023年皇朝會兒童水運會，讓各位游泳小健兒以速度和泳術比拼一番，展示技術，以及一直以來努力訓練的成果。父母們更可親臨現場為小朋友加油打氣，一起感受比賽的熱烈氣氛，並歡度愉快的親子時光。兒童水運會將在室內游泳池進行，每項賽事的冠、亞、季軍優勝者將獲頒獎牌。

報名及查詢詳情，請致電2829 7979與康體部聯絡。



Meet Our Tennis Coaches

網球教練

**Alan Chan**

Alan graduated from The John Newcombe Tennis Academy in New Braunfels, Texas, and has attained the highest certified rating of Professional 1 from the US Professional Tennis Association. Prior to joining The Dynasty Club in 2008, he coached in several tennis clubs across the United States.

陳耀麟教練

陳耀麟教練畢業於美國德克薩斯州新布朗費爾斯的The John Newcombe網球學院，並獲得美國職業網球教練協會最高級的Professional 1認證等級。在2008年加入皇朝會前，他曾在美國多家網球會任教。

**Thomas Ho**

Thomas has over 17 years of teaching experience at private clubs in Hong Kong. His passion for fitness extends beyond tennis, as he also enjoys trail runs, cycling, marathons, and dragon boat racing. This diverse background enhances the overall experience he provides to each of his students.

何冠健教練

何冠健教練擁有超過17年的香港私人會所教練經驗。除熱衷於網球外，他亦喜歡越野跑、單車、馬拉松和划龍舟等運動。這多元化背景有助提升其學生的整體學習體驗。

**Cloud Mo**

Cloud has served as a tennis coach at The Dynasty Club since 2015, specialising in beginner and intermediate group lessons. With over 8 years of experience, he possesses a deep understanding of coaching and honing the tennis skills of both children and adults. Cloud continues to studies to advance his coaching knowledge and skills, so as to provide an ideal learning experience for his students.

巫頌謙教練

巫頌謙教練自2015年起便於皇朝會擔任教練，專門教授初級及中級網球課程。他擁有逾8年教授網球經驗，深明如何幫助小孩和成人提升網球技巧。他亦持續進修增進教練知識與技巧，以便為學員提供最佳的指導和學習體驗。

**Mike Walker**

Mike has competed in the Wimbledon Championships and was a member of the Great Britain Davis Cup Team. He also represented the Hong Kong Team in the Davis Cup as both a player and captain. With a wealth of coaching experience, Mike has held esteemed positions such as the National Coach of the Hong Kong Sports Institute and the Coaching Director at the Hong Kong Tennis Association.

Mike Walker教練

Mike教練曾參加溫布頓網球錦標賽，並是前英國台維斯盃隊的成員。他亦曾作為香港代表隊長出賽台維斯盃。Mike擁有豐富的教授網球經驗，他曾擔任香港體育學院的代表隊教練，以及香港網球協會的教練總監。

**Roger Santos**

Roger brings over 24 years of coaching experience, holding an International Tennis Federation (ITF) Level 2 Coaching Qualification and International Coaches Institute (ICI) Competition Coach certification. He has also worked with numerous Portuguese National Junior Champions.

Roger Santos教練

Roger教練擁有超過24年教授網球的經驗，並持有國際網球聯合會二級教練資格及國際教練協會比賽教練認證。他亦曾教授多位葡萄牙國家青少年網球冠軍球手。

**Stefan Yates**

Stefan has more than 12 years of coaching experience and has been imparting tennis knowledge in Hong Kong since 2017. He holds a BSc Sports Coach Degree from the University of Chichester, earned during the years 2011-2014.

Stefan Yates教練

Stefan教練擁有超過12年的執教經驗，並自2017年起一直在香港教授網球。他於2011年至2014年間取得奇切斯特大學運動教練學士學位。



The Dynasty Club Tennis Competitions

皇朝會網球比賽

A series of action-packed tournaments will be taking centre stage at the Club this coming October and November. Tennis enthusiasts are welcome to test their proficiency in serving and forehand skills against elite players, taking home the crown as champion in the spirit of good sportsmanship. Good luck to all our players.

於10月及11月，本會將舉辦一連串緊張刺激的網球比賽。屆時，一眾網球愛好者可在網球場上一展精湛球技，並與志趣相投的會員相互切磋，爭奪冠軍寶座。祝各位選手發揮優秀表現，贏得獎項！

Mixed Doubles Tennis

男女混合雙打網球賽

20 Oct (Fri)
6pm - 10pm
Tennis Court
16 years old or above

M\$260 G\$290

Enrolment deadline: 13 Oct (Fri)

Prizes: Trophies for Champion and 1st runner-up

* Each team must have at least one Member



10月20日（星期五）
下午6時至晚上10時
網球場

16歲或以上

會員\$260 賓客\$290

截止報名日期：10月13日（星期五）

獎品：冠、亞軍獎盃

* 每隊必須最少有一位會員



Men's Doubles Tennis

男子雙打網球賽

27 Oct (Fri)
6pm - 10pm
Tennis Court
16 years old or above

M\$260 G\$290

Enrolment deadline: 20 Oct (Fri)

Prizes: Trophies for Champion and 1st runner-up

* Each team must have at least one Member

10月27日（星期五）
下午6時至晚上10時
網球場

16歲或以上

會員\$260 賓客\$290

截止報名日期：10月20日（星期五）

獎品：冠、亞軍獎盃

* 每隊必須最少有一位會員

Ladies' Doubles Tennis

女子雙打網球賽



3 Nov (Fri)

6pm - 10pm

Tennis Court

16 years old or above

M\$260 G\$290

Enrolment deadline: 27 Oct (Fri)

Prizes: Trophies for Champion and 1st runner-up

* Each team must have at least one Member

11月3日 (星期五)

下午6時至晚上10時

網球場

16歲或以上

會員\$260 賓客\$290

截止報名日期: 10月27日 (星期五)

獎品: 冠、亞軍獎盃

* 每隊必須最少有一位會員



Ladies' Singles Tennis

女子單打網球賽

17 Nov (Fri)

6pm - 10pm

Tennis Court

16 years old or above

M\$260

Enrolment deadline: 10 Nov (Fri)

Prizes: Trophies for Champion and 1st runner-up

* Strictly for Members only

11月17日 (星期五)

下午6時至晚上10時

網球場

16歲或以上

會員\$260

截止報名日期: 11月10日 (星期五)

獎品: 冠、亞軍獎盃

* 只限會員參加

Men's Singles Tennis

男子單打網球賽



24 Nov (Fri)

6pm - 10pm

Tennis Court

16 years old or above

M\$260

Enrolment deadline: 17 Nov (Fri)

Prizes: Trophies for Champion and 1st runner-up

* Strictly for Members only

11月24日 (星期五)

下午6時至晚上10時

網球場

16歲或以上

會員\$260

截止報名日期: 11月17日 (星期五)

獎品: 冠、亞軍獎盃

* 只限會員參加

Walk for Health 走得更健康

Train your core muscles and build up your stamina through stair climbing and walking!

Instead of setting up a great exercise plan from the start, try increasing your basic strength and muscle mass through simple and easy exercises in your daily life. This will help to reduce the burden or stress from after work workout, making it easier for you to adjust to the exercise habit. Here are two less time consuming yet efficient exercises which can help to build up stamina.

利用爬樓梯和走路訓練核心，增強體力！

相比一開始便制定龐大的運動計劃，不妨嘗試在生活中透過容易應付的簡單運動，來增加基本體力和肌肉量，這樣有助降低下班後仍要運動的負擔或壓力，而且讓您更容易適應。以下為大家推薦兩項時間短但效率高的運動，幫助增強體力。



Stair Climbing

For office workers, the first exercise that can be practised immediately in daily life is “stair climbing”. Instead of taking the lift when going to office or home, choose to walk up the stairs. For a person weighing 55kg, a 30-minute walk consumes only 69 kcal; a little brisk walking consumes 99 kcal; and stair climbing consumes 202 kcal. Although stair climbing does not seem to be a big exercise, as long as you continue to do so, you can strengthen your lower limb muscles and increase your basal metabolic rate.

Lower limb muscles are a very large muscle group which accounts for 30% of the body’s total muscle mass. Blood flow is also very large, which can consume a lot of calories, making the training of lower limb muscles one of the basic exercise for weight loss. Stair climbing can be easily done in daily life, with great effect.

When climbing stairs, you should pay attention to your posture: your waist should be straight, your line of sight towards the front or 5 degrees above the horizontal. It is best to place your foot halfway on the step and use your thigh muscles and glutes to exert force. Bend your elbows at 90 degrees and lift them forwards to help improve the effect of the exercise. If you feel dizzy or your legs feel weak when climbing stairs, you are at risk of falling, so be careful not to push yourself too hard. Sudden over-exercise may also put a strain on your knee joints, so it is advisable to increase the intensity slowly.

Walking

Hippocrates, who is regarded as the “Father of Western Medicine”, once said, “Walking is the best medicine”. “Walking” is an exercise that anyone can do anytime, anywhere. Instead of driving or taking transport, you can walk to nearby destinations. You can listen to music or chat with friends on the phone while you walk, and before you know it, you’ll be at your destination in no time.

Walking posture is very important. Keep your back and neck straight and have a straight spine. Lift your chest, look straight ahead, and swing your arms naturally forward and backward on both sides of your body. Walk with your feet parallel to each other, with the heel, then the ball of the foot and the toes in order, with the feeling that the whole foot is stepping on the ground. Walking for about 20 to 40 minutes a day can help to strengthen muscles, increase physical strength, release stress, and eliminate tension and fatigue.

爬樓梯

對上班族而言，在日常生活中可以馬上實踐的運動首選是「爬樓梯」。前往辦公室或下班回家的時候，不要乘坐電梯而選擇爬樓梯。以體重55公斤的人為標準，散步30分鐘大約消耗69大卡；如果稍微快步健走的話，約消耗99大卡；而爬樓梯的話，可足足消耗202大卡。爬樓梯雖然看起來運動量不大，但只要持續堅持，就可以強化下肢肌力，增加基礎代謝率。

下肢肌肉佔身體全身肌肉量的30%，是非常大的肌肉，同時血流量也很大，可以消耗很多熱量，因此訓練下肢肌肉被視為減重的基礎練習。爬樓梯在日常生活中可輕鬆做到，效果也很好。

爬樓梯時要特別注意姿勢，腰部要挺直，視線朝向正前方或5度角上方。腳部最好只有一半踩在梯級上，以大腿肌肉和臀部用力。手肘90度彎曲，用力往前抬起，這有助提高運動效果。如果在爬樓梯時感到頭暈或腿無力，便會有摔倒的危險，因此要注意，不要過度勉強。突然過度運動亦可能會對膝關節造成負擔，因而建議慢慢提升強度。

走路

被譽為「西方醫學之父」的希波克拉底曾說：「走路對人來說是最好的藥」。「走路」是一種任何人都可隨時隨地進行的運動。在前往短距離的目的地，您可以走路取代駕車或乘坐交通工具。走路時可以一邊聽音樂或和朋友講電話聊天，不知不覺很快便會到達目的地。

走路的姿勢非常重要，腰部與脖子要挺直，有豎直脊椎的感覺。挺胸，視線直視前方，手臂在身體兩側自然地前後擺動。走路時兩腳腳掌平行，以腳跟，接著腳掌、腳趾的先後順序著地，有整個腳掌踩踏地面的感覺。每天走路約20至40分鐘，有助鍛鍊肌肉，增強體力，更可釋放壓力、消除緊張和疲勞。

Fall Prevention and Improving Walking Posture Workshop 預防跌倒及改善走路姿勢工作坊

14 Oct (Sat) or 11 Nov (Sat)

3pm – 4pm

8/F Aerobics Studio

16 years old or above

M \$270 G \$300

Enrolment deadline:

7 Oct (Sat) & 4 Nov (Sat)

Advanced booking is required

10月14日 (星期六) 或 11月11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:

10月7日 (星期六) 及 11月4日 (星期六)

敬請預約





Fresh Faces

新會員



Cheng Cho Ying
Managing Director
The HongKong Electric
Company, Ltd.



Cheung Ho Chak Ryan
CEO
Infinity Evergreen Limited



Fang Mu
Managing Director
Mission Capital
Management Limited



Lau Wing Leung Max
Managing Director
Winner Food Products Ltd.



Lo Yim Wan Stella



Ng Pui Sheung
Manager
Aces Supply & Contracting
Limited



Ng Siu Ching Joyce
Senior Manager
ACL International
Holdings Ltd.



Ni Shuyin
Senior Manager
Honour Express
International Limited



Osaka Eiji
President
Sankyu Eastern
International (HK) Co., Ltd.



Tan Ming Kiu John
Financial Markets Head, Asia
Standard Chartered
Securities (Hong Kong) Ltd.



Tsang Wai Lun
Director



Wang Mingliang
Managing Director
Bright Apex Limited



Wu Jiajie
Senior Manager
Glory Fine Investment
Limited



Yuen Hui Chiu Alfred
Director
Trinity Health Care (Asia)
Limited

Amendment of Members Handbook

修改會員手冊

Some of the following amendments have been made to the Members Handbook, effective from 1 September 2023. A copy of the updated Members Handbook has been enclosed for your record.

會所現修改以下會員手冊部份條例，並於2023年9月1日正式生效。現附上已更新的會員手冊供存檔。

Page 3 第3頁	The opening time of Sports & Recreation Centre and the 8/F Gymnasium are adjusted to 7:00am. 8樓康體部接待處及健身室開放時間已更改為早上7時。
Page 4 第4頁	The operating hours of 11/F Children's Playroom and Game Room are updated. 11樓兒童遊戲室及遊戲中心開放時間已更新。 Updated the operating hours of the Outdoor Swimming Pool. 室外游泳池的開放時間已更新。
Page 5 第5頁	Minimum spending amount in the restaurants for complimentary car parking voucher will be updated on 1 October 2023. 餐廳最低消費金額以換取免費泊車券將於2023年10月1日更新。
Page 8 第8頁	Guests Policy. 會員賓客政策。
Page 11 第11頁	Typhoon Policy. 颱風措施。

Strengthen our Back Muscles Workshop with Fiji Wu

由吳凱樂教練教授的加強背部肌肉工作坊



Members were given a thorough work-out during the Strengthen our Back Muscles Workshop with personal trainer Fiji Wu on 12 August and 16 September. They learned and practised a series of training exercises which can help to strengthen the back muscles, reducing the risk of pain and injury.

在8月12日及9月16日舉辦的加強背部肌肉工作坊，會員跟隨健身教練吳凱樂進行了全面的鍛煉。他們學習並練習了一系列訓練動作，以增強背部肌群，並有助降低腰背疼痛和受傷的風險。

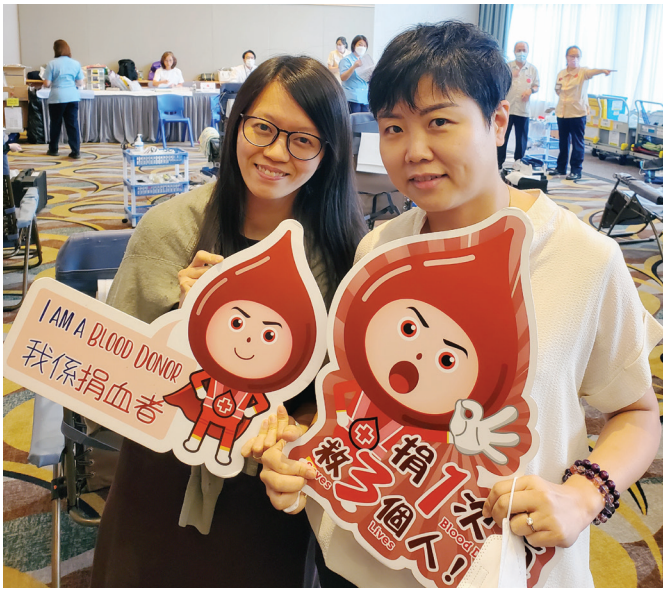


Blood Donation Day

捐血日

On 7 July, our enthusiastic staff participated in the Blood Donation Day organised by the Hong Kong Convention and Exhibition Centre. Staff members of Renaissance Harbour View Hotel, Grand Hyatt Hotel and Kiu Lok Service Management Company Limited also participated in the event. The management would like to thank all the colleagues for their participation in this very meaningful event!

於7月7日，本會熱心的同事們參與了香港會議展覽中心所舉辦的捐血日活動。當天，萬麗海景酒店、君悅酒店及橋樂服務公司的職員亦一同參與。管理層感謝各熱心同事參與是次非常有意義的活動！



Oct

14 (Sat 六)

Fall Prevention and Improving
Walking Posture Workshop
預防跌倒及改善走路姿勢工作坊
8/F Aerobics Studio
8樓跳舞室



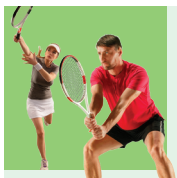
15 (Sun 日)

Children's Swimming Gala 2023
2023年皇朝會兒童水運會
Indoor Swimming Pool
室內游泳池



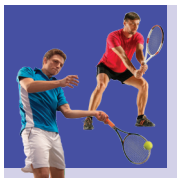
20 (Fri 五)

Mixed Doubles Tennis
男女混合雙打網球賽
Tennis Court
網球場



27 (Fri 五)

Men's Doubles Tennis
男子雙打網球賽
Tennis Court
網球場



28 (Sat 六)

Halloween Party
萬聖節派對
Noble



1 – 31

Crab and Shrimp Icons
時令蝦蟹宴
Imperial City 御苑



1 – 31

Spanish Iberico Pork
西班牙伊比利亞黑毛豬
Noble



1 – 31

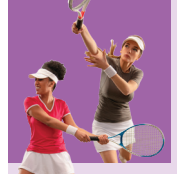
Seafood Feast
海鮮大匯
Dynasty Café 咖啡室



Nov

3 (Fri 五)

Ladies' Doubles Tennis
女子雙打網球賽
Tennis Court
網球場



11 (Sat 六)

Fall Prevention and Improving
Walking Posture Workshop
預防跌倒及改善走路姿勢工作坊
8/F Aerobics Studio
8樓跳舞室



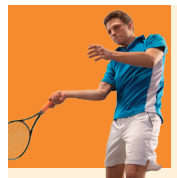
17 (Fri 五)

Ladies' Singles Tennis
女子單打網球賽
Tennis Court
網球場



24 (Fri 五)

Men's Singles Tennis
男子單打網球賽
Tennis Court
網球場



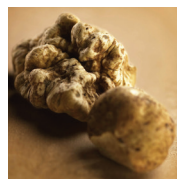
1 – 30

Flavours of Northeastern China
東北風味
Imperial City 御苑



1 – 30

Luxurious White Truffles
奢華白松露
Noble



1 – 30

A World of Curry
世界咖喱巡禮
Dynasty Café 咖啡室





Poliform