



07/2021

NEWS LETTER | 會員通訊

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2021 Summer Activities 夏日炎炎 暑期康體活動 at CCC

Aerobics, Aqua Fitness,
Badminton, Ba Duan Jin, Body Stretching,
Bridge Training for Beginners, Golf, Lawn Bowls, Muscle & Fitness Training,
Playful Parent Yoga, Rehabilitation & Injury Prevention Exercises,
Mindful Breathing Meditation, Body Slim-up, Squash, Swimming, Table Tennis,
Tai Chi, Tennis, Yang Sheng Gong, Yoga Adult, Yoga Pilates,
Zumba Fitness and more.....etc.

健康操、水中健體、羽毛球、八段錦、伸展運動、初級橋牌基礎概念訓練、
高爾夫球、草地滾球、強肌健體綜合訓練、親子瑜珈、復康保健運動、慢行及頌鉢呼吸靜心、
纖體健美操、壁球、游泳、乒乓球、楊式太極拳、網球、養生功、成人瑜珈、
瑜珈普拉提及尊巴健身運動……還有更多活動等待各位在暑期中參加。

Please enroll early. 請從速報名! **2837 1820**



The HKBA 2021 *Doubles League*

全港羽毛球雙打聯賽

CCC Badminton Teams have won the followings:
CCC羽毛球隊榮獲以下成績：

3rd Runners-up title of Men's Doubles B Division 男子B級雙打賽事第四名

Men's Team Leader: Chan Tze Man, Albert

Team Members: Cai Lun (Captain), Tang Ho Hin, Tang Ho Yeung, Chow Juen, Hugo Leung, Wong Cho Kit, Lam Pok Fung, Ng Ho Ching, Victor Li, Yu Kar Ming, Leung Ka Yau & Lee Chun.



男子組領隊：陳梓文

隊員：蔡倫（隊長），鄧灝軒、鄧浩陽、周進、梁為竣、黃楚傑、林鏗風、吳皓程、李岱軒、余家銘、梁嘉祐及李雋。

2nd Runners-up title of Ladies' Doubles B Division 女子B級雙打賽事第三名

Ladies' Team Leader: Kan Wing Sum

Team Members: Michelle Cheung (Captain), Lam Suet Ting, Kan Wing Sum, Chan Ngai Yung, Tam Mei Ching, Sarah Kong, Wong Suet Wing, Ko Ming Ki, Tang Ho Lam, Liu Ho Yan & Ng Lee Kwun.

女子組領隊：簡穎琛

隊員：張皓筠（隊長）、林雪庭、簡穎琛、陳藝蓉、譚微靜、江曉虹、黃雪穎、高鳴嫻、鄧灝琳、廖灝恩及吳莉群。



BRIDGE GAME

Every Monday and Thursday

逢星期一、四舉行之 橋牌活動



From left to right:

Eric Lam (Honorary Secretary),
Chin Pak Hing (General Committee),
Fok Wing Hung (Bridge Instructor),
Marco Wu (Vice President) and
Kenny Leung (Social Convenor)

由左至右：

林偉光（義務秘書），錢北慶（理事），
霍永鏗（橋牌導師），鄺滿海（副會長）
及梁健開（社交召集人）



Chip and Putt Clinic 擊球及推杆訓練班



Chip and Putt Clinic for members was held at the Golf Driving Range putting green at the South China Athletic Association on 29 May 2021. 擊球及推杆會員訓練班，於二零二一年五月廿九日在南華會的高爾夫球練習場舉行。



Golf Convenor Johnny Wong and a Member 高爾夫球召集人黃毓康與會員



More exciting times for Cricket

On Wednesday 7 July, Craigengower hosted the initial fixture in the first ever Cricket HK (CHK) organized Indoor Cricket League in our newly upgraded Braidwood Centre for Cricket Development. Originally, the Indoor Leagues were to commence soon after the upgrading of the Braidwood in October last year, however, covid-related restrictions have caused much disruption for sports programmes. The league consists of 12 sides of 6 players over 5 weeks played from 6:30 p.m. to 9:30 p.m. in the Braidwood on Wednesday evenings and HKCC on Thursdays. Each match lasts about 1 hour. The Gower “76ers” played the HKCC and our “Green Blazers” were matched against HKU. Our 3rd side “Hung See Wai Lung” took on Diocesan Old Boys CC at the Gap the following day. Women’s and Junior Leagues will follow.

Club President, Fred Keung said, “This is a very special occasion for our Club founded in 1894 to teach school boys to play cricket. The return of competitive league cricket to our grounds for the first time since 1976 is cause for much celebration.” He added, “CHK is to be congratulated on this initiative to further develop local cricket and we at Craigengower are delighted to help. We are very proud of our heritage as the second oldest cricket club in Hong Kong and it will be wonderful to welcome once again cricketers from many other Clubs.”

Anita Miles WU Shield

The Anita Miles WU Shield is our annual celebration of women’s cricket with the HKCC. Anita Miles did so much to support Fung Wong, HKCC and was a driver in the formation of league cricket for women. The fixture is an occasion much cherished by both clubs. With the help of HKCC and CHK in a disrupted covid year, the fixture was on Saturday 15 May at Wong Nei Chong Gap. Our Fung Wong, led by our National Skipper, Kary Chan proudly contested a close encounter followed by a wonderful luncheon and presentation.

George Hong Choy Shield

Our other annual fixture with the HKCC is the George Hong Choy Shield, named after George Snr who did much to develop cricket as Secretary of the HK Cricket league from about 1947 to the late 1960’s. George Snr was made an Hon VP of the Hong Kong Cricket Association (now CHK) in 1995 for his services to the promotion of cricket. There was much to celebrate on Wednesday 19 May just 4 days after the Anita Miles Wu when we again hosted at the Gap – the reason - HKCC fielded their newly formed “Qilin” side against our “Hung See” in a completely local contest – yet another first.



創造更多精彩木球時刻

七月七日星期三，香港板球在本會的布雷活木球發展中心舉辦首屆室內木球聯賽。是次室內聯賽原定安排在去年十月份，在布雷活木球發展中心改善工程及革新升級相關設備後舉行。可是，在新型冠狀病毒的影響下，體育活動及場地均受到了很大的限制和干擾。聯賽由十二支球隊組成，為期五週，逢週三晚上六時三十分至九時三十分在布雷活木球發展中心，及週四在香港木球會進行，每場比賽約一小時。在首晚，本會之「76人」將出戰香港木球會，而我們的「Green Blazer」則與香港大學對壘。而星期四，我們的第三隊球隊「雄獅威龍」會對戰拔萃男書院。女子和青少年聯賽將緊隨其後。

本會會長姜榮輝先生說：「本會自一八九四年創會起，致力推廣木球運動。惟因場地問題，自一九七六年中斷至今。如今木球活動能於本會重新出現，實令人殊感快慰。」

文鄔梅珠女士盾

文鄔梅珠女士盾是我們與香港木球會一起慶祝女子木球的年度慶典。文鄔梅珠女士曾為紀利鳳凰，香港木球會女子隊，及香港女子板球聯賽作出很多貢獻。我們都十分珍惜這場比賽的機會。新冠疫情中斷了所有活動的一年中，在香港木球會及香港板球的協助下，比賽終於在五月十五日星期六在香港木球會舉行。在香港女子隊隊長陳嘉瑩的帶領下，紀利鳳凰進行了一場激烈的比賽，隨後與隊友及對手品嚐了一頓美味的午餐和頒獎。

George Hong Choy盾

我們與香港木球會的另一項年度賽事是 George Hong Choy 盾，以 George Hong Choy 命名，他在一九四七年至一九六零年代後期擔任香港木球聯盟秘書時為發展木球做了很多工作，並於一九九五年被委任為香港木球總會(現香港板球)的榮譽副會長，以表彰他對木球的貢獻。五月十九日星期三，在文鄔梅珠女士盾之後的四天，我們再次在黃泥涌峽的香港木球會作賽，原因是香港木球會派出了他們新組成的「麒麟」隊。他們與本會派出的紀利雄獅一樣，為全華人球隊。這亦是香港木球史上首次由兩支全華人球隊對壘的賽事，實在值得慶祝。

Installation of 網球場安裝發光二極管(LED)燈光系統 LED FLOODLIGHT SYSTEM for Tennis Courts

The lighting system of the tennis courts would be replaced by LED from 5 July to 18 September 2021.

The inconvenience caused is regretted.

網球場燈光照明系統將進行改用及安裝發光二極管(LED)系統工程。有關工程將於二零二一年七月五日至九月十八日期間展開。工程期間對會員造成之不便深表遺憾。

Detailed schedule of work is as follows:

工程細節如下:

The Works 安裝工作	Period 工程期間		
	Tennis Courts on the roof 天台網球場 (No. 4 - 6)	Tennis Courts on the roof 天台網球場 (No. 1 - 3)	Covered Tennis Courts 室內網球場 (No. 7 & 8)
Installation of cable trays 安裝電線托盤	5-10/7/2021	2-7/8/2021	30/8-4/9/2021
Replacement of cables fittings 鋪設電線及更換燈光系統	12-30/7/2021	9-27/8/2021	6-17/9/2021
Testing & commissioning 測試及調較燈光系統	31/7/2021	28/8/2021	18/9/2021
Temporary closure of courts 臨時關閉網球場日期	5-31/7/2021	2-28/8/2021	30/8-18/9/2021

Staff Training on 人力提舉及搬運課程 Manual Handling and Lifting

In respect of the above topic, improper posture while applying force or repetitive motion may lead to injuries such as muscle strain, lower back pain or herniated disc...etc.

To prevent accident, safety training was conducted by the Occupational Safety & Health Council for our staff on 3 and 5 May 2021 respectively. Proper manual handling and lifting postures, preventive and protective measures were illustrated to minimize the risks.

本會員工在日常工作中，涉及人力提舉及搬運的操作是在所難免的。不正確的姿勢、用力不當或重複性的動作可能會導致肌肉拉傷、腰痛或椎間盤突出等損傷。

為避免意外發生，本會分別於二零二一年五月三及五日，安排員工接受人力提舉及搬運的培訓。由職業安全健康局的導師，向員工教授正確的姿勢，以及一些預防及保護措施，從而降低員工在人力提舉及搬運過程中受傷的風險。



In memory of our dear friend - Mr Joseph Law 懷念我們的好朋友 — 羅錫鴻先生

We regret to inform Members of the passing away of one of our Life Members – Mr Joseph Law on 24 June 2021.

Mr Law was a professional Accountant. He joined the Club on 22 January 1973 and was elected Life Member on 26 April 2002. Mr Law had all along been dedicated to work for the betterment of other sectors in the community and the Club affairs. Mr Law devoted much of his time to the Club by serving as the Club's Vice President (2010-2011), Honorary Treasurer (1993-1994, 1998-2004, 2013-2015), General Committee member (1984-1986, 1990-1991, 1994-1995, 2011-2012), Chairman of Audit Committee (1992-1993) and members of the Audit Committee (1992-1993, 2006-2010). He also served on various Sub-committees since 80' such as Building, Car Park, Cricket, Disciplinary, F&B, Lawn Bowls, Race Box, Security, Staff and Administration, Swimming Pool and Tennis.

Members will miss Mr Law – one of our most respected and best-loved Members for his significant contribution to the Club.

To his family and loved ones, We pay our heart felt sympathy.

羅錫鴻先生於二零二一年六月二十四日辭世，我們很遺憾地通知各位會員，他是本會一位資深會員。

羅錫鴻先生是一名專業會計師，一九七三年一月二十二日加入本會，二零零二年四月二十六日獲選為終生會員。羅先生生前傾注了很多時間於本會各項事務，對其他範疇的服務亦不遺餘力，曾擔任本會副會長(2010-2011)、義務司庫(1993-1994, 1998-2004, 2013-2015)、理事(1984-1986, 1990-1991, 1994-1995, 2011-2012)、稽核委員會主席(1992-1993)及稽核委員會成員(1992-1993, 2006-2010)。自80年代以來，羅先生亦曾為多個小組服務，如會所建設、停車場小組、木球小組、紀律小組、餐飲小組、草地滾球小組、賽馬包廂小組、保安小組、人事及行政小組、游泳池小組以及網球小組。

各位會員懷念羅先生，他曾為本會作出重大貢獻及受人尊敬和愛戴。

謹此向他的家人及至親，表達本會沉痛的哀悼。



New promotion set menu for
4 persons and 6 persons at the Dragon Room
威龍中餐廳推出四人及六人精選套餐

餐
飲
服
務

Food & Beverage

家常四人餐 \$988

- 海蜆雲耳拼汾蹄
- 西施海皇羹
- 碧綠花姿炒蝦球
- 清蒸沙巴仔 (約一斤)
- 頭抽豉油雞 (半隻)
- 金菇瑤柱扒雙蔬

懷舊海鮮餐四人餐 \$1388

- 淮杞螺頭燉雞湯 (四位)
- 鮑汁海參伴花菇
- 沙丹芝麻蝦伴戈巴
- 古法蒸老虎斑仔 (約一斤)
- 桂花醬油脆皮雞 (半隻)
- 蠔豉肉崧生菜包
- 蛋白海皇炒飯

家常海鮮六人餐 \$1488

- 海蜆汾蹄拼蜜餞叉燒
- 天天老火湯
- 上湯蝦球伊麵底
- 清蒸沙巴龍薑 (約一斤半)
- 台式三杯雞煲 (半隻)
- 荷塘素小炒 (半隻)
- 福建炒飯

龍蝦龍薑六人餐 \$2088

- 花膠海皇瑤柱羹
- 芝士波士頓龍蝦配伊麵 (兩位)
- 古法攪碎蒸沙巴龍薑 (約一斤半)
- 秋葵野菌炒原隻鮑魚 (六隻)
- 桂花醬油脆皮雞 (半隻)
- 金醬肉絲配薄餅 (半隻)
- 金湯海鮮泡飯

Popular Whole
Winter Melon Soup
will be available
at the Dragon Room
throughout this summer.
威龍中餐廳於整個炎炎夏日，
供應消暑冬瓜盅。

威龍中餐廳

消暑推介



迷你八寶冬瓜盅
(六位用\$328)

Southeast Asian Food Promotion
東南亞美食巡禮

Thai Platter & Dishes \$148
(Chicken Fillet with Pandan-Lime Golden Shrimp Roll, Thai Fried Cakes, Duck & Chicken Satay)
泰式小食拼盤
(香茅雞、黃金鳳尾蝦仔蝦卷、泰式魚餅、豬肉及雞肉沙爹串燒)

Seafood Tom Yum Kung Soup \$148
泰國冬蔴公海鮮湯

King Prawns Green Curry & Eggplant with Rice \$158
茄子老虎蝦青咖喱配絲苗白飯

Beef Rendang with Roti Pratha \$148
印尼巴東牛肉配烙餅

Vietnamese Style Avocado Soft Shell Crab Rice Roll \$138
越式牛油果軟殼蟹米紙卷

Thai, Vietnamese, Singaporean and Indonesian
delicacies parade at the Fortune Café throughout the
months of July and August 2021 – your exotic
experience of culinary adventure.

福星西餐廳於二零二一年七月和八月期間，推出泰國、
越南、新加坡和印度尼西亞的特色美食，為您的味蕾帶
來新體驗。

PRESIDENT'S REPORT 會長的話

After the tireless efforts of Hong Kong people during a long trying period caused by the outbreak of COVID-19 pandemic, has the tide turned? Is the worst over?

Our Club was fortunate enough to sail through this difficult time, which could not be achieved without the cooperation and support of all Members.

We look forward to better days ahead when social-distancing requirements are further relaxed.

經過香港人在漫長歲月中的努力，疫情漸受控，是否已苦盡甘來？
本會定能幸運地安然渡過此疫情，全賴各會員的合作和支持。
希望政府能早日放寬社交防疫措施，回復過往正常的活動！



A talk on Covid-19 Vaccination

18-6-2021 接種疫苗講座

A talk on Covid-19 Vaccination was held on 18 June 2021 for the Club employees who have not been vaccinated. Dr C. H. Yeung, who is a member of the Club, gave a speech on the importance and benefits of vaccination and the peril without the protection.

本會於二零二一年六月十八日舉辦了一場有關接種冠狀病毒疫苗的講座，對象是尚未接種疫苗的員工。本會會員楊宗謙醫生向員工介紹了接種疫苗的好處及必要性。



MEMBERS' ATTENTION 會員須知

SWIMMING POOL 游泳池

For hygiene reason, please take a shower before entering the pool to rinse off impurities. 基於衛生理由，進入泳池前請先淋浴。

SMOKING AREAS 吸煙區

Members are advised that the following areas in the Club are designated as the Smoking Area :

1. Roof of the Centenary Building.
2. The designated area outside the Centenary Bar. (facing the Lawn Bowls Green)
3. The area outside the Lift plant room on the roof of the Sports Building.

Members are kindly reminded that other than the above-said areas, all other areas, both indoor and outdoor, are designated as Non-smoking Areas and that they should not smoke in the Non-smoking Areas. Smoking of cigars or pipes is only allowed on the roof of the Centenary Building.

茲告知各會員，本會以下設施界定為吸煙區：

1. 世紀大樓天台。
2. 世紀吧門外指定的範圍 (面向草地滾球場)。
3. 體育大樓天台升降機機房門外。

敬請各會員注意，除以上指定的範圍外，本會所有室內及室外均界定為非吸煙區，各會員或來賓請勿於非吸煙區內吸煙。會員及來賓只可於世紀大樓天台範圍吸食雪茄或煙斗。