



07/2019

NEWS LETTER | 會員通訊

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2019 Summer Activities 暑期康體活動 at CCC

Aerobics, Aqua Fitness, Badminton, Ba Duan Jin, Body-mind Centering Stretching, Body Stretching, Bridge Training for Beginners, Cantonese Pop Song Singing, Chinese Chess, Cricket, Go, Health Qi Gong, Healthy Tai Chi Fan, International Chess, Hip Hop & K-Pop Dance, Lawn Bowls, Muscle & Fitness Training, Playful Parent Yoga, Pop Song Singing, Rehabilitation & Injury Prevention Exercises, Shaolin Yijinjing, Singing Bowls and Mindful Breathing Medication, Slim-up, Social Dance, Squash, Stretch with Pai Da (Slap), Swimming, Table-tennis, Tai Chi, Taijiquan, Tennis, Yoga, Yoga for Children, Yoga Pilates, Zumba and more.....etc.

健康舞、水中健體、羽毛球、八段錦、放鬆伸展、伸展運動、初級橋牌基礎概念訓練、中文流行曲歌唱、中國象棋、木球、圍棋、健身氣功、養生太極扇、國際象棋、嘻哈韓風舞、拉丁舞、草地滾球、強肌健體綜合訓練、親子瑜珈、兒童歌唱技巧、復康保健運動、少林易筋洗髓內心功法、慢行及頌鉢呼吸靜心、纖體健美操、社交舞、壁球、拍打拉筋、游泳、乒乓球、楊式太極拳、太醫拳、網球、瑜珈、兒童瑜珈、瑜珈普拉提及Zumba……還有更多活動等待各位在暑期中參加。



Enquiries
查詢

2837 1820



The Annual Swimming Gala will be held on 25 August 2019. Details will be announced soon. Members may refer to the attached information for enrolment.

週年水運會將於2019年8月25日舉行。詳情即將公佈。會員如欲報名參與，請參閱附上之資料。

羽毛球 Badminton



第七屆全港運動會，五月二十五是羽毛球項目 - 個人賽事決賽，CCC精英今年大豐收：周進及其太太 (Maggie) 勇奪混雙冠軍。鄧浩陽 獲男單冠軍，梁嘉祐 是男單季軍。林雪庭及鄧灝琳 獲女雙亞軍。

At the 7th Hong Kong Games (25 May 2019) Badminton Competition, CCC ESA Chow Juen & Maggie (spouse) have won the Champions of the Mixed Doubles. ESA Tang Ho Yeung won the Champions of the Men's Singles. ESA Leung Ka Yau won the 2nd Runners-up of the Men's Singles, ESA Emily Lam & Tang Ho Lam have won the 1st Runners-up of the Ladies' Doubles.



The Tennis Friendly match with Dongguan Tennis Association & Dongguan Vocational and Technical College was held on 22 June 2019 at Dongguan.

The Club was represented by Frederick Keung (President), Liu Shui Ming (Club Coach), Samuel Hui, Alan Lee, Wong Chun Ah, Chan Wai Kin, Henry Tam, Theresa Tam & Andrew Law.

本會網球隊與東莞網球協會及東莞職業技術學院於二零一九年六月二十二日在東莞舉行網球友誼賽，本會網球隊成員有：姜榮輝(會長)、劉穗明(本會網球教練)、許健彰、李偉略、黃振亞、陳偉檢、譚耀康、譚曾寶玉及羅鳳池。



TENNIS 網球

Interest Class Trial Day 興趣班

23-6-2019 體驗日

A variety of interest classes were made available for Members' enrolment and a free "Interest Class Trial Day" was held last month for Members to experience various interest classes before enrolment.

會所開辦了不同類型的興趣班供會員參加，更於上月舉辦了「興趣班體驗日」，供會員免費體驗各種的興趣班。



Body-mind
Centering Stretching
身心放鬆伸展



Improvement Work for the CHILDREN PLAYGROUND 兒童遊樂場之改善工程

Replacement of some of the
safety mats at the Children
Playground

更換部份兒童遊樂場安全
地墊工程



Food and Beverage Services 餐飲服務

Members' comments / suggestions on the standard of services including food quality, food prices, and types of food provided at the Club's catering outlets were considered by the F&B team. Efforts were made to further improve the quality of services. Members who patronized the two dining rooms recently might have recognized the improvement which include revision of some food prices and introduction of some special menus.

The special menus include the Traditional Dishes, Business Lunch Set, Lunch Special, Dim Sum and Tea Set etc.

Do come to try out these specially~designed dishes of food for you, your family and your guests at the Dragon Room and Old Corner.

餐飲小組就有關會員對餐飲設施之服務標準，包括食品質量及食品價格，以及提供的食品種類等之意見/建議作出檢討，並已進一步提高服務質量。相信近期享用威龍中菜廳及懷舊角的會員，也可能知道，兩所餐廳在各方面已作出改善，

包括修改一些食品價格和引入一些特殊菜單。特別菜單包括懷舊小菜、商務套餐、午市套餐、點心及下午茶餐等。歡迎您和您的家屬及朋友到威龍中菜廳及懷舊角，品嚐這些特別設計的美食。

威龍中菜廳

午市商務四位套餐

\$638

花膠海參雞絲羹
(例牌)

明爐燒味

(以下自選三款拼盤)

叉燒、燒腩仔、燒鵝、油雞、海蜆

金沙明蝦球

(四位)

涼瓜枝竹炆或清蒸沙巴仔

(壹條)

瑤柱蛋白海皇炒飯

(壹碟)

星期六、日及公眾假期暫停供應

午市點心、小菜、 粉麵飯四位套餐

\$438

任選以下點心四款

威龍鮮蝦餃 蟹籽燒賣皇 潮州蒸粉果
北菇棉花雞 豉汁蒸排骨 蜜汁叉燒腸
香茜牛肉腸 蜜汁叉燒包
酸甜炸雲吞 芋絲炸春卷

任選以下粉、麵、飯一款

太極鴛鴦飯 乾炒牛肉河 星州炒米粉
銀芽肉絲麵 雪菜鴨絲炆伊麵 豉椒排骨河

任選以下燒味一款

海蜆貴妃雞 蜜汁饊叉燒

任選以下小菜二款

秘制京都骨 紫蘿炒雞片 南乳蓮藕條
鮫魚球豆腐煲 海味雜菜煲 涼瓜炆青衣柳
翡翠花姿蝦球 蘿蔔牛腩煲

星期六、日及公眾假期暫停供應

全日懷舊小菜

蒜茸粉絲蒸勝瓜	\$75	節瓜蝦粉絲煲	\$85	韭菜火腩豆腐煲	\$98	金沙焗大蝦球	\$280
南乳炒蓮藕條	\$75	咸蛋肉崧煮冬瓜	\$85	家鄉釀節瓜脯	\$110	膏蟹粉絲煲(壹隻)	\$280
雪菜鱸魚片蒸豆腐	\$80	勝瓜蝦乾浸鮮腐竹	\$90	紫蘿炒雞球	\$110	XO醬海皇粉絲煲	\$260
家鄉老少平安	\$80	雪菜冬筍炒肉絲	\$95	涼瓜炆青衣柳	\$115	薑蔥霸王雞(壹隻)	\$280
煙肉炒椰菜絲	\$80	涼瓜黃豆排骨煲	\$98	雜菌炒豬頸肉	\$115	薑蔥霸王雞(半隻)	\$160
		勝瓜雲耳炒牛肉	\$108	彩椒牛柳粒	\$120		

懷舊角

下午茶
粉、麵、飯套餐

A餐	涼瓜魚塊炒河	\$38
B餐	豉椒牛肉飯	\$38
C餐	薑粒叉燒炒飯	\$38
D餐	雪菜鴨絲湯米	\$32
E餐	炸菜肉絲湯麵	\$32

下午點心套餐

A餐	威龍鮮蝦餃3隻配鮮牛肉粥	\$38
B餐	蟹籽燒賣皇3隻配皮旦瘦肉粥	\$38
C餐	蜜汁叉燒包2隻配鮮牛肉粥	\$38
D餐	梅菜豬肉包2隻配皮蛋瘦肉粥	\$38
E餐	原味牛腩湯河	\$36
F餐	鳳城水餃麵	\$36

Members' Attention 會員須知

Carpet Replacement Work 更換地毯工程

The Card Rooms area will be closed for the carpet replacement work from 28 to 29 July 2019 as follows:
牌房區將於下列時間暫停開放以便進行更換地毯工程：

28-7-2019 (Sunday 星期日)

The whole Card Rooms Area
整個牌房區

29-7-2019 (Monday 星期一)

Room No. 13 to 21
第13至21號牌房

Breastfeeding Corner 母乳餵哺間

One of the changing cubicles inside the Ladies' Changing Room has been converted into a temporary Breastfeeding Corner.

Ladies who wish to use the said facility may approach the staff inside the Ladies' Changing Room.

本會已把女更衣室內其中一個更衣格轉換為臨時哺育室。

女士如需使用上述設施，請與女更衣室內的職員聯絡。

Club Membership Cards 會員咭

Members, Members' Spouses, Lady Subscribers and Members' Children aged between 12 and 21 are required to produce their Club's membership cards for inspection when using the Club's facilities and services. Services will be provided only if users' Club membership card is presented for inspection.

Please also be reminded that Club chits bearing the impression of users' credit card issued by the Club should be signed immediately upon the use / reservation of facilities and services in the Club.

Users' observance of this rule will ensure Members' account not be wrongly charged and that Club facilities and services be used by eligible users only.

凡會員、會員配偶及會員年十二至二十歲之子女使用會方設施及服務時，必須出示其會員咭，以供查閱。會方只會在擬使用人士出示本會會員咭後，才提供服務。

請留意於使用/預訂本會設施及服務時，必須立即簽署已印上由本會發給使用者之會員咭的單據。

各位使用者如能遵守此項規定，各位的賬戶即不致被錯誤記賬，而會方的設施及服務亦得以只供有資格使用者享用。

Dress Code 衣履準則

- all persons within the Club premises should be properly attired at all times and are required to dress appropriately and respectfully
- slippers are strictly not allowed except in the changing rooms and swimming pool areas of the Club
- gentlemen wearing vests are not allowed

The above-said rules are to be enforced. Members are kindly requested to cooperate. Dress code also apply to family members and guests.

- 於會所範圍內，任何人士必須保持儀表整潔，穿著合適且莊重之衣飾
- 除在會所更衣室及泳池範圍內，不得穿著拖鞋
- 所有男士不得穿著背心

會方已指示會所職員嚴格執行上述會規，敬希各會員予以合作。並請各會員提醒家人及來賓有關會所衣履準則之要求。

HONORARY SECRETARY'S REPORT

義務秘書的話

The improvement works at the swimming pool have been going on for some months. In April this year, after maintenance works for the swimming pool were completed, the General Committee made the decision to open the swimming pool for Members' use. Timber hoarding was installed to separate the pool from the rest of the area where other improvement works continued. The improvement works include play fixtures for children and better landscaping works near the fence wall. According to report from the Architect, all improvement works will be completed by Mid-July. The hoarding will then be removed and the play area next to the pool will be opened for Members' enjoyment.

泳池改善工程已進行了數月。本年四月，泳池保養工程完成後，理事會決定開放泳池供會員使用。其他改善工程進行期間，已安裝了木圍板分隔泳池與休憩區。改善工程包括加設兒童遊樂設施及美化近圍牆周邊之林木景觀。根據建築師報告，所有改善工程將於七月中完成。屆時木圍板將會被移走，泳池旁的遊樂區將會重新開放供會員享用。

RENEWAL OF CAR PARK LABELS

更換泊車証

The car park labels for the year 2018/19 expired on 30 June 2019. Members who are car park label holders may now renew their labels.

For details, please contact the Club's reception.

二零一八/一九年度之泊車証已於二零一九年六月三十日期限屆滿。持有該泊車証之會員可換領新的泊車証。

查詢詳情請聯絡會所接待處。

電子通訊 Electronic Communications

Members are urged to register with the Club in receiving electronic communications which consists of monthly statement, newsletter, annual report, notice and circular etc. It is a more convenient and efficient method to cut down paper consumption and postal costs.

Please signify your approval by signing the form below and fax to our Club (Fax No. 2890 5501).

會員須登記並同意以電郵形式接收本會資訊，當中包括每月月結賬單、會訊、周年報告、告示和通告等。這是與會員更方便快捷的溝通模式，亦節省本會製作、郵遞資訊的成本。

請填妥及簽署以下回條，並傳真至本會（傳真號碼：2890 5501）。

Registration for Electronic Communications 登記接受電子資訊

I intend to receive electronic communications from the Club. 我希望透過電子方式收取本會資訊。

Name 姓名: _____ Membership No. 會員號碼: _____

E-mail address 電郵地址: _____ Signature 簽署: _____