



05/2019

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, Cricket, Health Qi Gong, Healthy Tai Chi Fan, Hip Hop & K-Pop Dance, 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、木球、健身氣功、養生太極扇、嘻哈韓風舞、拉丁舞、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。

Programmes are available, please enroll early.

活動現已接受報名，請從速登記！**2837 1820**



The Annual Swimming Gala will be held in August 2019.
Details will be announced soon.

週年水運會將於2019年8月份舉行。詳情將在適當時候公佈。



紀利華
公開賽
THE CCC OPEN
2019 18-21 MAR



紀利華
大師賽
THE CCC MASTERS
2019 22-24 MAR



The CCC Masters
Inquiry (852) 2637 1811
E-mail: masters@ccc1894.com

Photo credit:
Mike Worth Bowls Photography
David Allen



CCC Master

22-24 / 03 / 2019 紀利華大師賽



Champion - Tony Cheung
冠軍 - 張智慶



1st Runner-up - Stanley Lai
亞軍 - 黎幹立



2nd Runners-up - Lui Chin Hong
季軍 - 呂展康



2nd Runners-up - Imen Tang
季軍 - 鄧文藝



CCC Open

紀利華公開賽

18-21 / 3 / 2019



Champion team 冠軍隊



1st Runners-up team 亞軍隊



2nd Runners-up team 季軍隊



3rd Runners-up team 殿軍隊

The CCC Open 2019 Overall Standings (After Round 8)

Rank	Team Name	Points	Sets Difference	Shots Difference	Result
1	滾多牌	30	14	54	Champion team 冠軍隊
2	Eclipse	27	10	47	1st Runners-up team 亞軍隊
3	Birdies	27	9.5	32	2nd Runners-up team 季軍隊
4	Regulars	26	9	42	3rd Runners-up team 殿軍隊
5	Da Da De	24	9	51	4th Runners-up team 第五名
6	Hunter Mix	24	9	31	5th Runners-up team 第六名



4th Runners-up team 第五名



5th Runners-up team 第六名

New General Committee 2019/2020 Elected 新一屆理事會

The 68th Annual General Meeting of Craigenower Cricket Club was held on Friday, 26 April 2019 and the following members were elected Officers, members of the General Committee, Convenors and Audit Committee (2019/2020):

第六十八屆周年會員大會已於四月二十六日(星期五)於會所舉行,並選出二零一九/二零二零年度新一屆之理事會、召集人及稽核委員,成員名單如下:



President 會長

Keung Wing Fai, Frederick 姜榮輝



Vice-President 副會長

Wong Sau Ming, Stephen 黃守明



Hon. Secretary 義務秘書

Lau Chi Wang, James 劉志宏



Hon. Treasurer 義務司庫

Pau Kam Chu, Andrew 鮑金柱

General Committee Members 理事



Cheung Ching Yet 張振翹



Chin Pak Hing 錢北慶



Hui Ki Hang, Henry 許琪亨



Lam Wai Kwong, Eric 林偉光



Leung Ken Hoi, Kenny 梁健開



Tam Yue Po, Paul 譚耀波



Tsoi Tai Wai, David 蔡大維



Wu Moon Hoi, Marco 鄧滿海

Convenors 召集人

Badminton 羽毛球

Wong Sau Ming, Stephen 黃守明

Race Box 賽馬包廂

Liu Yiu Lai, Andrew 廖耀禮

Billiard & Darts 桌球及飛鏢

Lam Wai Kwong, Eric 林偉光

Social 社交

Leung Ken Hoi, Kenny 梁健開

Cricket 木球

Kevin Styles

Squash 壁球

Lam Koon Fung, Wilson 林冠榮

Golf 高爾夫球

Wong Yuk Hong, Johnny 黃毓康

Table-tennis 乒乓球

Yim Kwan Hoi 嚴鈞培

Lawn Bowls 草地滾球

Chok Kin Ping, Anthony 祝建平

Tennis 網球

Luk Yiu Chung, Tommy 陸耀忠

Members of the Audit Committee 稽核委員

Laurence Ho 何海明

Kenneth Ho 何景文

Ko Sai Hong 高世康

Richard Li 李宗榮

Timon Liu 廖祥源

Tom Lok 樂國誠

Mak Chi Wai 麥志偉

Poon Tsz Kin 潘子健

Gary Pun 潘志衛

Wong Chun Ah, Alfred 黃振亞

Wong Chung Fat 黃松發

Wong Wing Tai, Harry 黃永棟

Wong Ka Chung 黃家聰

Yeung Kwok Keung 楊國強



Annual Prize Presentation Dinner 週年頒獎晚宴 2019

The Annual Prize Presentation Dinner was held at the Dragon Room on 20 April 2019. The event attracted 150 members to share this wonderful evening.
二零一九年度週年頒獎晚宴已於四月二十日在本會威龍中菜廳舉行，一百五十多位會員共渡了一個愉快的晚上。



Badminton 羽毛球



Squash 壁球



Golf 高爾夫球



Lawn Bowls 草地滾球



Social 社交



Table Tennis 乒乓球



Tennis 網球

Congratulations!

HONORARY SECRETARY'S REPORT

In April 2019, with the assistance of our public relation company, the General Committee held the first “Meet the Media” meeting with the press. The purpose was to allow the media and the community to have a better understanding of what the Club had done over the years in the promotion of sport. Promotion of sport is an objective clearly stated in our articles of association. This was the first “Meet the Media” exercise conducted by the Club. Reporters from ten newspapers attended the meeting. In the meeting, our President presented what the Club had done over the years in our promotion of sport. We also introduced our Elite Sport Associates to the press. Some of our young Elite Sport Associates had achieved very outstanding achievements in the Hong Kong and international sport scenes. We also presented to the press the international sport events that were held in the Club over the years. The meeting was successful. Details of meeting were reported in the press with positive reviews.

二零一九年四月，在公關公司的協助下，理事會與新聞界舉行了第一次「與傳媒見面」的聚會。其目的是讓媒體和社區更了解本會多年來在推廣體育方面所做的工作，促進體育運動是本會章程中的一個重要目標。這是本會開展的第一次「與媒體見面」的活動，共十家報社的記者參加是次聚會。在聚會上，本會會長介紹了本會多年來在體育推廣方面所做的工作，還向媒體介紹了本會的精英體育準會員，本會的一些年輕精英體育準會員在香港和國際體育界取得了非常出色的成就，亦介紹了多年來在本會舉辦的國際體育賽事。會面十分成功，新聞界報導了有關聚會，並獲得了正面的評論。



義務秘書的話

Procedures for Members when affected from Typhoon 有關颱風影響下會員應注意事項

1. All Club facilities will be ceased when storm signal no. 8 or above is hoisted. Members are advised to leave the club premises as soon as possible.

當八號熱帶氣旋警告或更強烈的颱風訊號懸掛時，本會所有設施將會關閉，會員應儘早離開。

2. When storm signal no. 8 is replaced by a lower signal before 5:00 pm, all Club's facilities and services will be resumed within 2 hours unless circumstances area beyond control.

當八號熱帶氣旋警告在下午五時前改掛為三號或以下訊號時，除非發生重大及不受控制之事故外，本會所有設施將於兩小時內恢復正常服務。

3. If storm signal no. 8 is lowered at or after 5:00 pm, the Club will not resume normal service.

如八號熱帶氣旋警告在下午五時或之後除下，則本會將全日關閉。

4. All bookings for catering, recreational, social and sports facilities affected by typhoon will be automatically cancelled.

所有受颱風影響之餐飲、社交、康樂及體育活動之預約將會自動取消。

Food and Beverage 餐飲服務

The management of the Club's food and beverage services was reverted to the Club in early 2019. A team of professional staff was employed to run the catering outlets. The Chinese Head Chef is Mr. Leung Chi Wai and the European Head Chef is Mr. Au Kam Pui, Ken. Both Chi Wai and Ken have extensive experience in managing the catering services in reputable hotels / club / restaurants in Hong Kong, Beijing and Shanghai.

After almost a month's operation, we have received valuable comments from Members regarding the quality, quantity and prices of the food that were served at the catering outlets of the Club. While Members are satisfied with the services provided, yet some Members pointed out that a few problems have to be rectified, such as “Set Menu” should be provided at the Fortune Café; “Afternoon Tea Set” should be provided at the Old Corner and the quality of food provided at the Family Lounge should be improved etc. Due effort will be made to rectify the problems.

We thank Members for their support and comments. Suggestions from Members are welcome.

本會已於二零一九年初自行營運會所之餐飲服務，並聘請了一隊專業的餐飲團隊為會員及其家人提供服務。中菜主廚是梁志偉君，西餐主廚是歐錦培君(Ken)。志偉和Ken曾在香港、北京和上海的知名酒店/會所/餐廳擔任管理烹飪服務，擁有豐富的經驗。

經過近一個月的運作，我們收到會員一些有關食品質量、份量和價格的寶貴意見。有些會員對所提供的服務感到滿意，有些會員向我們指出了應該糾正的問題，例如：福星西餐廳應該提供套餐、懷舊閣須提供下午茶套餐及家樂廊的食物質素須改善等。我們已糾正了這些問題，並將繼續聆聽意見及改善有關問題。

我們感謝各位會員的支持，歡迎各位提出更多的意見。

Training Classes

for the Students of
Cheung Chuk Shan College
started from 2 March 2019

本會於2019年3月2日開始為
張祝山中學的學生安排網球訓練班



TENNIS FRIENDLY MATCH

with Royal Bangkok Sports Club on 9 March 2019

2019年3月9日與
皇家曼谷體育會的
網球友誼賽



TENNIS 網球

Our Trees 我們的樹木



Members might have noticed that the trees at the car park entrance area disappeared. This is due to the very strong wind with thunderstorms attacking Hong Kong on 20 April 2019. In the afternoon of the said date, the Club was "attacked" by violent winds with heavy rain thus making some of the trees facing Wong Nai Chung Road and Sports Road fell down. The white cladding wall at the car park entrance area was hit by the fallen tree and seriously damaged.

With the great job done by the firemen and the landscape people on the 'sad' day, the fallen trees were removed due to the potential danger to the pedestrians and Members of the Club. We are grateful for the services provided by the firemen and the staff for the great job done.

Other follow up action to be taken up by the Club includes removal of the cladding wall and the remaining trunks of trees facing Sports Road, rebuilding a new boundary wall and making good of the pavement at the car park entrance area.

會員可能已注意到停車場入口處的樹木消失了，這是由於二零一九年四月二十日，雷暴強風襲擊香港造成。在上述日期的下午，本會受強風暴雨的「襲擊」，使一些面向黃泥涌道及體育路的樹木倒塌了。停車場入口處的白色鋁扣板被倒下的樹擊中，並嚴重損毀。

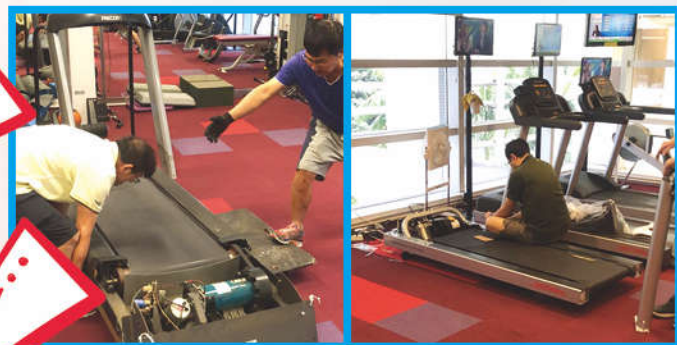
由於倒塌的樹木對行人及會員具有潛在危險性，消防員和樹藝師在這「傷心」的日子裡做得很好，迅速地把倒下的樹木拆除及移離。

我們衷心感謝消防員及各位工作人員當日所付出的努力。

本會就有關損毀已進行跟進工程，包括拆除鋁扣板和面向體育路的其餘樹幹，重建新的圍牆，以及停車場入口處之行人道等。



Improvement Work FOR THE GYMNASIUM



健身室的改善工作



Two dated treadmills in the Gymnasium have recently been replaced by two new treadmills (Life Fitness Activate Series Treadmill VL20190101-R1) with more new functions/programmes. Addition of these two new cardiovascular exercise equipment would definitely provide Members with improved machines for exercise.

Do come to work out at the Gymnasium which is open from 0700 to 2200 daily.

健身室最近已更換了兩部新型號的跑步機(型號: Life Fitness Activate Series Treadmill VL20190101-R1), 新的跑步機有更多新功能及運動程式, 相信定能為會員提供更好的健身體驗。

健身室開放時間為每日07:00至22:00, 歡迎會員前來試用。