

KTHOA

MARCH 2025

MAGAZINE

ISSUE **70**



**Easter Delights
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WINE

一般查詢 GENERAL
Tel: 2338 7115

康橋廳 THE CAMBRIDGE
Tel: 2338 7118



親愛的會員

相信大家歡度一個快樂的農曆新年，我代表全體員工感謝會員的新年年賞。

三月份，康橋廳呈獻充滿特色春天滋補及創意菜式 - 花雕醉炸雞，精心挑選三黃雞，加上秘製調味料醃製，令人食指大動，回味無窮。情有獨鍾法國勃根地的您，絕對不能錯過香比酒莊美酒晚宴！Maison Champy 酒莊亞太區大使 Thibaut de la Haye 將在酒宴中，與各賓客一起走進 Burgundy 最古老的酒莊之一，配上北海道大元貝和西班牙黑毛豬鞍，讓大家體驗美酒佳餚的完美結合。

網球教練霍家讚先生 Robin 在會所任教逾二十年，悉心指導學員無數。霍師傅即將榮休，本人衷心感謝他多年來的付出及貢獻，祝願他生活愉快！我們歡迎新加入教練周龍超 George Zhou，他是前國家一級運動員及省隊主教練，還有郭康蒿和尹孝旭兩位年輕教練充滿熱誠。我們的網球團隊已準備就緒為您服務。

E 座廚房擴建工程已順利完成外牆建造，並完成消防通道及樓梯的混凝土澆築。目前，工作已進入天面施工階段。F 座的地底管道、消防裝置、消防水缸及機房等基礎設施正積極籌備中，確保所有設備符合最新法規及安全標準。工程持續穩步推進，我們將嚴格監督施工進度，適時向大家提供最新更新！

我們全新推出的直系家庭成員會籍廣受好評，讓更多家庭能夠一同加入俱樂部，尊享會員專屬優惠與優質服務。目前尚有少量名額，詳情請與會籍部聯絡。

復活節即將來臨，我們準備了一系列精彩的慶祝活動，期待您的熱情參與！

Dear Members,

I hope everyone has had a wonderful Lunar New Year and on behalf of all the staff, I would like to thank Members for their generosity during the holidays.

In March, The Cambridge will be presenting a nutritious and creative spring menu, including deep-fried Chinese Drunken chicken, which uses "three-yellow" chicken marinated in a special wine sauce. Burgundy lovers should also make sure not to miss out on the Maison Champy wine dinner. Mr. Thibaut de la Haye, the Asia Pacific Director and Shareholder for the Maison Champy vineyard, will be guiding guests through one of the oldest Burgundy wineries and everyone will be able to experience the perfect gourmet combination of Burgundy wine with Hokkaido dried scallop and Spanish black pork loin.

After over 20 years of teaching tennis at the Club and training countless students, Coach Robin Fok is retiring from his coaching position, and I would like to express my sincerest appreciation for all his years of hard work and dedication and wish him a happy and fulfilling retirement. We are also welcoming new additions to our coaching roster, Mr. George Zhou, formerly a Level 1 National Athlete, and Head Coach of the Hebei Province Tennis Team in China, as well as two enthusiastic young coaches, Pinky Kwok and Prince Wan. Our tennis team is looking forward to working together with you all.

For the kitchen expansion project in Block E, the exterior wall has been completed, the concrete has been poured for the fire exit and the staircases, and at present, construction has entered the roofing stage. To ensure all facilities comply with the latest safety standards and regulations, we are actively preparing the infrastructure for Block F, such as the underground pipeline, fire safety equipment, supply tank, and the engine room. Construction is progressing steadily, and we will be strictly monitoring the work development and provide everyone with timely updates.

Finally, our new Immediate Family Members Membership has been very well received, and more families are joining the Club to enjoy the exclusive offers and quality service. Currently, there is still a small number of spots available and for further details, please contact the Membership Department.

Easter is just around the corner, and we have prepared a series of exciting and festive activities to celebrate the holidays. I look forward to seeing you at these events!

總經理 林裕文
General Manager Martin Lam



親愛的會員

新春晚會圓滿結束！「皇者聲戰 2」歌唱比賽反應熱烈，7 位參賽者展現高水準表現，分數不相上下；最終由溫靜嫻小姐奪得本屆皇者寶座！「中年好聲音 2」亞軍譚輝智及季軍顏米羔緊隨其後為會員獻唱經典金曲，將晚會氣氛推至高潮，在場每位觀眾欣喜若狂。壓軸旅遊大獎分別由林宗秀先生、梁鉅榮先生、郭汝雄先生及黃石麟先生奪得，恭喜所有得獎者！感謝會員的鼎力支持！

KTHOA ITF 世界網球大師賽 2025 將於 3 月 3 日至 7 日在本會舉行。我們將於比賽首日（3 月 3 日）及決賽日（3 月 7 日）下午四時至七時，在牛津吧舉辦酒會，誠邀會員蒞臨，一同欣賞精彩賽事。

年度網球比賽「美國盃」將於 4 月 12 日（星期六）舉行，賽事將根據球員級別進行配對，確保對戰公平。比賽即將開始接受報名，誠邀您的參與！感謝副會長王祖耀醫生及 DENZA 汽車贊助今次賽事。

今個復活節，我們將舉辦網球改良課程，由周龍超教練親自指導，幫助參加者針對性提升擊球技巧；同時推出為期四天的匹克球特訓課程，讓您輕鬆掌握這項運動的精髓。歡迎會員踴躍參加！

我們將修訂簽單程序，無論任何消費金額，會員皆需簽單確認，以取代現行「會員需簽署 \$100 以上單據」的規定，確保會員賬單準確無誤。新措施將於 2025 年 4 月 1 日生效。

Dear Members,

The Club's Lunar New Year party ended successfully! To kick off the evening, seven talented contestants competed at our 2nd Singing Superstar Competition to an enthusiastic audience. It was a neck and neck competition but, in the end, the championship title went to Ms. Sophie Wen. Afterwards, performances from Mr. Tam Fai-chi and Mr. Ngan Mic-go, the respective first and second runner-up of Midlife Sing & Shine 2, brought the crowd to a fever pitch. Then for the grand finale, Mr. Johnson Wong, Mr. Kwok Yu-hung, Mr. Leung Kui-wing and Mr. Lam Chung-sau won the coveted travel and cruise rewards. Congratulations to the winners and our thanks to the Members for all their support!

Moving on to tennis, our Club will be holding the 2025 KTHOA ITF World Tennis Masters Tour from March 3 to 7. On the first (March 3) and the final (March 7) day of the tournament, the Oxford Pub will be hosting a wine and beer party from 16:00 to 19:00 and Members are most welcome to come join us and enjoy the exciting matches together.

On April 12 (Saturday), our Club will be holding the annual American Tournament. To ensure evenly matched games, players will be divided into pairs by rank for the competition. Registration will be opening soon, and we invite you to sign up and participate in this tournament. Our thanks to Vice-Chairman, Dr. Peter Wong, and DENZA, for sponsoring this event.

This Easter, we will be hosting a Tennis Improvement course taught by Coach Ronald to provide participants with targeted training meant to enhance their tennis stroke techniques. We will also be presenting a four-day pickleball training course to help you master the sport with ease. Members are most welcome to join!

Finally, we will be revising the billing procedure to ensure the accuracy of Members' monthly statements. The current Club regulation "Members must sign for receipts of HKD100 or more" will be replaced by a new regulation that requires Members to sign the receipt regardless of the amount of consumption. This new measure will come into effect on April 1, 2025.

會所經理 應佩玲
Club Manager Ady Ying

會員直系家庭成員會籍

Immediate Family Members Membership

本會原會員子女會籍計劃現已延伸至會員直系家庭成員，包括父母、兄弟姊妹、子女及孫子女。申請者需年滿 21 歲，並提供親屬關係證明。入會費 HK\$140,000，並可選擇 36 個月分期付款，每月供款 HK\$3,800。計劃名額有限，先到先得。歡迎致電 2338-7115 與會籍部陳小姐聯絡。

* 只適用於家庭會籍會員之直系家庭成員 (青少年運動員會籍、公司會籍提名人及短期運動會籍除外)

Our Club's original "Membership for Member's Children" program now extends to the immediate family members of Club Members, including parents, siblings, children and grandchildren. Applicants must be 21 years of age and provide proof of family relationship. The application fee is HKD140,000 and applicants can choose to use a 36-month interest-free instalment plan with a monthly payment of HKD3,800. This program has a limited quota and operates on a first-come-first-served basis. Please feel free to call 2338-7115 to contact Ms. Chan of the Membership Department for any queries.

* Only applicable to the immediate family members of Club Members with Individual / Family memberships (Junior Sporting Members, Corporate Membership nominees and short-term Sports Memberships are not eligible)

修訂會員簽單程序

Revision of Billing Process for Members

為確保會員賬單準確無誤，康樂小組及值理委員會決定修訂簽單程序。由 2025 年 4 月 1 日起，會員無論任何消費金額，皆需簽單確認，以取代現行「會員需簽署 \$100 以上單據」的規定。敬希垂注！

To ensure the accuracy of Members' statements, the Executive Committee and the Recreation Sub-Committee have decided to revise the billing process. The current Club regulation "Members must sign for receipts of HKD100 or more" will be replaced by a new regulation that requires Members to sign the receipt regardless of the amount of consumption, which will come into effect on April 1, 2025. Thank you for your attention.

雙行泊車留匙

Double-Row Parking Key Drop

會員於停車場雙行泊車或使用充電服務時，請將車匙交給保安員以便協助安排車位。

When using the charging services in the carpark or double-parking, we ask that Members please leave their keys with security staff so arrangements with the parking spaces can be made.

地球一小時

Earth Hour

本會將於 3 月 22 日 (星期六) 20:30 參與「地球一小時」活動，關掉非必要燈光，及將部分室內燈光調暗。並鼓勵大家繼續於日常生活減少能源消耗，實踐低碳生活。

On March 22 (Saturday) at 20:30, our Club will be participating in the Earth Hour movement, turning off unnecessary lights and dimming part of the indoor lighting. We encourage everyone to reduce energy consumption in their everyday lives and practice a low carbon lifestyle to help preserve the environment.



E 座廚房擴建工程報告

Report on the Block E Kitchen Expansion Project

E 座的廚房擴建工程目前正穩步推進，結構施工進度符合原定計劃。建築部分已順利完成天面樓板、外牆及走火通道的混凝土澆築工作。目前，我們正準備開展樓頂玻璃結構的建造工作，以確保工程按時完成。

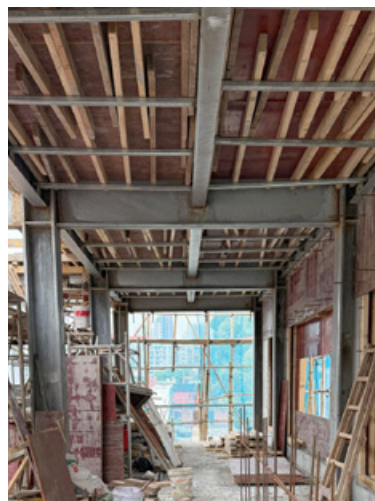
同時，抽氣風管的改位工程已納入計劃，相關的排水系統、煤氣及電力供應的設計工作也在同步進行中。此外，消防安全系統的規劃已全面完成，我們亦與政府部門保持密切溝通，確保工程審批流程順利推進。

我們將持續在會刊中更新工程進度，確保會員能夠隨時掌握最新情況。

The kitchen expansion project in Block E is progressing steadily and construction is proceeding as planned. In terms of structure building, the concrete has been poured for the roof slabs, the exterior walls and the fire escape, and at present, we are preparing to commence the construction of the roof glass structure to ensure the work is completed in time.

The relocation of the exhaust system has already been included in the plans, and the design work for the drainage system, gas and electricity supply are progressing simultaneously. In addition, the plans for the fire safety system have been completed and we are keeping in close communication with government departments to ensure the project approval process progresses smoothly.

To ensure Members have the latest news on the project, updates will continue to be provided in the newsletter.



粵式精髓 地道滋味

Authentic Cantonese Cuisine

精選多道經典佳餚，每道菜肴皆以高品質食材與細緻技法精心製作，薈萃傳統經典粵菜精髓和銳意創新的精神，令每位食客都能體驗到粵菜的難忘滋味。

Each of these classic dishes are prepared with meticulous technique and use premium ingredients to provide diners with a memorable experience that merges the essence of classic Cantonese cuisine with innovative creativity.



菊花元貝花膠燉湯

Chrysanthemum tofu, dried scallop and fish maw soup

以嫩滑豆腐切成菊花形狀，搭配高級元貝與滋補花膠，經慢火精心燉煮。湯底鮮美濃郁，入口清香。

Tofu is cut into a chrysanthemum flower shape and cooked at a low heat with high quality dried scallop and fish maw to make a fresh and delicious soup.

花雕醉炸雞

Deep-fried Chinese Drunken Chicken

選用鮮嫩三黃雞，經秘製醃料浸透入味，炸至金黃酥脆。特調花雕醬汁佐味，讓酒香完美融入雞肉。

Fresh and tender "three-yellow" chicken is marinated in a special wine sauce and then deep fried until crispy and golden.



法海蒲團

Bean curd ball stuffed with mixed vegetables and sea moss

法海代表髮菜，蒲團則是以炸腐皮包裹著羅漢齋。羅漢齋內的材料經精細刀工處理，呈現多重口感，每一口都蘊含匠心與講究。

Meticulously prepared mixed vegetables and sea moss are stuffed into a bean curd sheet to create a delicious dish with a variety of textures.

黃金石榴球

Golden Fried Shrimps Ball

以中蝦打成膠搓成丸，外層裹上麵包糠及麵包粒炸至金黃酥脆，一口咬下，酥香四溢，口感豐富，回味無窮。

Shrimp is blended into a paste, rolled into balls, then covered in bread crumbs and deep fried until golden for this deliciously crispy dish.



啫啫銀絲斑球煲

Fish fillet and Vermicelli Casserole

選用鮮嫩斑球與細滑粉絲粉搭配，將食材連同乾蔥、蔥、薑、蒜放入燒熱的瓦罉，鮮香四溢，啫啫聲令人垂涎！

Tender pieces of garoupa fillet and silky-smooth vermicelli are put in a hot claypot with shallots, spring onions, ginger and garlic to make a delectably aromatic dish.

濃湯竹筴浸瓜甫

Hairy gourd and bamboo pith in soup

以濃郁的高湯浸煮清甜瓜甫，加入爽口竹筴增添層次感，湯汁鮮美，健康清新。

A healthy and refreshing soup of hairy gourd in thick broth with the addition of bamboo pith for texture.



溫馨母親節

Mother's Day Menus



溫馨美宴 Menu A

大紅乳豬全體
Whole suckling pig platter

發財蒜子瑤柱甫
Conpoy with garlic and sea moss

百花釀蟹鉗
Deep-fried stuffed crab claws

紅糟翡翠帶子花枝
Braised squid and scallops with vegetables

花膠石斛花旗參燉豬展
Double Boiled Pork soup with
Fish Maw, dendrobium and ginseng

清蒸大海星斑
Steamed Spotted Garoupa

北菇南非鮑魚扣海參
South-African abalone and sea cucumber
with black mushrooms

當紅脆皮炸子雞
Crispy fried chicken

鮑汁荷葉飯
Fried rice with abalone sauce
steamed in lotus leaf

皇母壽桃
Longevity steamed peach bun

萬壽果雪耳糖水
Papaya and snow fungus sweet soup

每席 Per Table \$7,980
10-12 位用

全席獲贈指定紅酒一枝
Complimentary one bottle of wine per table of 12

母親節宴已開始接受訂座，為免向隅，敬希各位會員提早訂座。
We are currently accepting bookings for Mother's Day. Make sure to reserve your table soon.

幸福饗宴 Menu B

爽脆海蜇伴乳豬件 (半隻)
Cold jellyfish with suckling pig (half)

翡翠花枝蝦球
Stir-fried prawns and squid
with vegetables

發財蒜子瑤柱甫
Conpoy with garlic and sea moss

竹笙蝦子扒菜膽
Stir-fried shrimp roe and bamboo pith
with vegetables

石斛花旗參燉豬展
Double Boiled Pork soup with
dendrobium and ginseng

清蒸大海龍躉斑
Steamed giant garoupa

碧綠花菇鮑魚
Braised abalone and mushrooms
with vegetables

當紅脆皮炸子雞
Crispy fried chicken

鮑汁荷葉飯
Fried rice with abalone sauce
steamed in lotus leaf

皇母壽桃
Longevity steamed peach bun

萬壽果雪耳糖水
Papaya and snow fungus sweet soup

每席 Per Table \$6,680
10-12 位用

香比葡萄酒晚宴

Maison Champy Wine Dinner

日期 Date : 28/3(Friday)

時間 Time : 19:00

地點 Venue : 牛津吧 Oxford Pub

費用 Fee : \$888

主持 Speaker : Mr. Luc JALENQUES



MAISON CHAMPY

LA PLUS ANCIENNE MAISON DE BOURGOGNE

- 1720 -



Mr. Luc JALENQUES

Menu

Domaine Cazes Ego White 2023

Pan Fried Semi-Dried Oyster and Abalone

蜜椒汁煎金蠔及蒜香鮑魚

Champy Pernand-Vergelesses White 2022

Pan Seared Fish Fillet

香草煎斑球

Champy Pernand-Vergelesses Red

"Clos de Bully" 2022

Italian Balsamic Vinegar Chicken drumstick

意大利醋雞槌

Champy Pernand-Ver Red 1er Cru

"Ile des Vergelesses" 2017

Pan Fried Australien Wagyu Beef with

Black Pepper Sauce

黑椒和牛

Champy Chambolle Musigny 2015

Mont-blanc

栗子蛋糕

法國香檳之夜

Champagne Dinner

日期 Date : 23/5(Friday)

時間 Time : 19:00

地點 Venue : 牛津吧 Oxford Pub

費用 Fee : \$988

主持 Speaker : Mr. Leo Jockovic



Brand Ambassador
Mr. Leo Jockovic



Menu

Veuve Clicquot Yellow Label

Sauteed Taishan Oyster

蔥爆台山蠔

Veuve Clicquot La Grande Dame 2015

Steam Hokkaido Scallop with Garlic

蒜香蒸北海道大元貝

Dom Perignon Vintage 2015

Pan Roasted Spain Pork Rack

香草焗西班牙黑毛豬鞍

Moët & Chandon Grand Vintage 2016

Crispy Fried Chicken

脆皮炸子雞

The French Dessert

法式甜品



網球教練
尹熹

- 前國家一級運動員
- 國際網球協會 (ITF) 二級教練
- 香港網球總會註冊教練 (三級)
- 從事網球教學超過 15 年
- 前中國國家少年集訓隊教練

Tennis Coach
Ronald Yin

- Former Level 1 National Athlete
- ITF Level 2 Coach
- HKTA Registered Level 3 Coach
- Over 15 Years of Coaching Experience
- Former Coach of the Chinese National Junior Team

慢即是快

香港這邊很流行一段話：教會徒弟，餓死師傅。也有朋友曾經問過：如果太快就讓學生上手了，那不是沒有人交學費了？有些東西，認知不到，教了也學不會。比如：欲速則不達，耳朵都聽出繭了，有幾個人真正做到了呢？真正可以偷到師的人，都是人才，甚至可以從另一個側面讓師傅進步的人。

技術層面有個比較普遍的問題，就是很多人不會發力，總感覺自己渾身的力量用不出來，還不如小朋友。在打球的過程中，完全感受不到自己的大臂，小臂，腿部，腰部等在某一時間段處在什麼樣的位子，打了一個稀裡糊塗。這裡面最大的問題就是慢不下來，控制不了自己的身體動作。想要擊球有力量，就需要快的揮拍速度，想要學快，就要先體會什麼叫慢。只有讓自己的動作慢下來，才能感受拍頭的重量，拍面的控制，感受重心的轉移等等。

為什麼小朋友容易學到發力的感覺？很大一部分原因是教練設置的訓練裡面，有些項目是必須慢下來的，讓小朋友來感受力量的位置以及運用相關肌肉群。這就是很多教練都提倡，有機會的話，讓小朋友多去體驗一些不同的運動。對於小朋友來說，很多道理尤其是運動力學這些東西是無法講解的，只有讓他們通過各種運動項目或者遊戲去感受，就算感受到了，他們自己也無法說清楚。還有些時候，訓練量太大，累了，就只能慢下來，自己就會鑽研如何在身體狀態不是那麼舒服的時候，來完成擊球任務，達到品質。

在技術上取得進步是相對簡單的，但是用在長期發展上面，就比較難以保持了。

在網球訓練中需要堅定地打好基礎，一步一個腳印，踏踏實實地向前走。很多青少年選手出現心理問題，家長都不知道怎麼來的……其中有一個很大的原因，就是在小時候，看到小朋友壓力太大，用了以小打大這個方式調整。絕大部分的小朋友都希望在比賽前就找到輸球的藉口，比如：6 歲輸給 8 歲。很多家長看到自己的小朋友跳一兩個年齡段，反而發揮得更好，就開始覺得原來這才是小朋友的水準。但其實，真正到了緊張的時候，該發揮失常還是失常，很多東西僅僅選擇，是跑不掉的。今天你 8 歲打別人 10 歲，明天你 12 歲打下面的 10 歲，照樣需要面臨同樣的壓力。

所以經常都在提醒朋友們，小朋友最大的優勢就是有時間，在小時候多經歷一些問題是好事，在累的時候堅持一下，在緊張的狀態下堅持一下，在身體不舒服的時候也嘗試堅持一下。基本功就是這樣堅持出來的，同時信念也有了，可能某一個時間段就爆發出來了。成績出得太早，有時候未必是好事。反而更多人在感歎，怎麼又冒出來一個新人？其實別人在背後磨練的時候，很少人知道罷了。

12 Apr (Sat)
13:00 – 19:00

Tournament Sponsor:



DENZA



Zung Fu 仁孚

Futeng Motors (A member of Zung Fu Group) is the Master Dealer of DENZA in Hong Kong

**Prize Money
HKD 8,500**

美國盃網球比賽

American Tournament 2025

Sponsored by Dr. Peter C.Y Wong, BBS, KStJ

賽事將依照球員等級進行配對，進行雙打比賽。比賽採用循環賽形式進行，勝出的隊伍將獲得豐富獎金、精美獎座及禮品。

In this tournament, players are divided by rank and arranged into pairs to play doubles matches. The competition will be held in a round-robin format and the winning team will receive a trophy and fabulous gifts and prizes.

費用 Entry fee:

\$150 (報名費Registration Fee) **\$300** (晚宴費Banquet Dinner)

冠軍 Champion:

HKD5,000獎金 • Apple Watch Series 10 •

Wilson球拍 • 尊享DENZA週末專屬試駕體驗 • 獎座

亞軍 1st Runner-up:

HKD2,000獎金 • Wilson球拍 •

尊享DENZA週末專屬試駕體驗 • 獎座

季軍 2nd Runner-up:

HKD1,000獎金 • Wilson球拍 •

尊享DENZA週末專屬試駕體驗 • 獎座

殿軍 3rd Runner-up:

HKD500獎金 • Wilson球拍 •

頂級DENZA豪華專車接送服務 • 獎座



Welcome Gift

參賽會員獲贈DENZA 智能保溫瓶
Participating Members will receive one
DENZA Smart Thermos Bottle.

DENZA 試駕體驗日

DENZA不僅代表豪華，卓越性能及舒適的旅程，更積極支持運動精神，參與是次美國盃網球比賽，誠邀您感受競技魅力的同時，親身體驗DENZA帶來的智臻駕駛享受。

地點: 停車場

時段: 11:00-19:00

型號: 旗艦級純電動 7 座

MPV-DENZA D9



DENZA Test Drive Experience

Synonymous with luxury, high performance and pleasant journey, the DENZA company also actively supports the spirit of sportsmanship and will be involved in the American Tournament. On the day of the tournament, you are invited to come experience the smart driving system of a DENZA vehicle while enjoying the thrill of competitive tennis.

Location: Carpark

Time: 11:00-19:00

Model: DENZA D9

1至5號網球場將由12:00起預留場地予是次比賽，並於19:00重新開放給會員使用。
Tennis courts no.1 to 5 will be reserved for competition use from 12:00 onwards and will reopen for Members' use at 19:00.

大會指定網球

Official tennis ball of the American tournament

HEAD

KTHOA ITF 世界網球大師賽 2025

KTHOA ITF World Tennis Masters Tour 2025

國際網球總會 International Tennis Federation (ITF) 是網球運動的世界管理機構，主要推動全球網球發展、維護和執行網球規則、規範國際性比賽及組織四大滿貫賽事等。

本會將與元老網球總會合辦 KTHOA ITF 世界網球大師賽 2025 (MT100)，今屆將會進行 50 歲及 60 歲以上男女子單打及雙打，共 8 個組別賽事。一眾網球好手將在本會進行為期 5 天的比賽，誠邀您們蒞臨觀賞精彩賽事。

為配合賽事進行，部分網球場將會暫停開放，詳情請參閱會所通告。

The International Tennis Federation is the governing body of world tennis, promoting the worldwide development of tennis, maintaining and executing the rules and regulations of tennis, standardizing international competitions, and organizing the Grand Slam tournaments, among other things.

This year, our Club will be co-organizing the KTHOA ITF World Tennis Masters Tour 2025 (MT100) with the Veterans Tennis Association. The tournament will have eight categories with Men's and Women's Doubles and Singles for ages 50+ and 60+. Skilled players will be participating in this five-day competition at the Club, and we invite you all to come and watch the exciting matches.

To facilitate the tournament, some of the tennis courts will be temporarily closed. For details, please peruse the newsletter notices.

網球夜場收費調整

Adjustment of Tennis Court Night Session Fee

經康樂小組檢視設施收費並由值理委員會議決，本會將適度調整網球夜場收費，由每小時 \$60 調整至 \$80，新收費將於 2025 年 4 月 1 日起生效。現行收費自 2010 年以來一直維持，感謝會員的支持及理解。

After a review of the facility fees from the recreation sub-committee, the executive committee decided that our Club will be moderately adjusting the tennis court night session fee, which has remained the same since 2010. The fee will be adjusted from HKD60 per hour to HKD80 per hour, effective on April 1, 2025. Thank you for your understanding.

網球教練霍家讚先生榮休

Coach Robin Fok Retires

霍家讚先生自 2003 年起擔任本會網球教練，過去二十多年來，他以專業的指導和熱誠的態度，培育了無數熱愛網球的會員，並一直協助本會籌辦會內網球比賽，為推動網球運動不遺餘力。今年三月，霍教練正式榮休，本會謹此衷心感謝他多年來的付出及貢獻，祝願他退休生活愉快！

Mr. Robin Fok has been our Club's tennis coach since 2003 and for over 20 years, he has coached countless tennis enthusiasts with his professional guidance and passionate attitude, and has been assisting the Club to organize Club tournaments, sparing no effort to promote the sport of tennis. In March this year, Coach Fok officially retires, and we would like to express our heartfelt gratitude to him for his hard work and dedication over the years and wish him a happy retirement!

網球星級教練團隊 Star Tennis Coaches



周龍超

George Zhou

- ITF 國際網聯中級教練
- 前國家一級運動員
- 曾於中國香港網球總會擔任教練
- 2018年帶領黃澤林參加國際網球協會(ITF) U14發展錦標賽,獲得多項冠軍

喜愛球手: 費達拿

個人特質: 均衡型球手

重點教學: 底線抽擊、網前攔截、發球、強化基本功

- ITF level 2 Coach
- Former level 1 National Athlete
- Previously coached at the Hong Kong China Tennis Association
- In 2018, he coached Coleman Wong during the ITF Asia 14 & U Development Championships where he won many titles.

Favorite Athlete: Roger Federer

Player Type: Balanced

Teaching Focus: Groundstrokes, volleys, serves and strengthening basics



尹孝旭

Prince Wan

- USPTR 網球專業教練協會註冊網球教練
- 活躍於本地大型網球比賽

喜愛球手: 施華利夫

個人特質: 攻擊型球手

重點教學: 正手抽擊, 反手削球, 發球

- U.S.PTR Professional Tennis Registry Certified Coach
- Active in major local tournaments

Favorite Athlete: Alexander Zverev

Player Type: Aggressive

Teaching Focus: Forehand stroke; backhand slice; and serves



郭康蕎

Pinky Kwok

- ITF 國際網聯初級教練
- 曾參與海外及本地網球比賽

喜愛球手: 費達拿

個人特質: 攻擊型球手

重點教學: 底線抽擊, 發球, 全能型培訓

- ITF level 1 coach
- Participated in international and local tournaments

Favorite Athlete: Roger Federer

Player Type: Aggressive

Teaching Focus: Groundstrokes; serves; and all-round training

兒童基礎課程

Kids Tennis Class – Foundation

由基礎的握拍到揮拍開始，依據不同年齡層的孩子設計多元化的課程；加入遊戲的訓練方式引起孩子的興趣，讓第一次接觸網球的小朋友也能夠快速上手。

In this class, games are utilized to develop students' interest in tennis and teach kids the basics, starting from the correct racket grip and how to swing.

Pinky Kwok

逢星期五 Every Friday

Age 4-6

17:00-18:00

\$165 / Lesson / Member



兒童進階課程

Kids Tennis Class – Advanced

加強各項網球技術的基本動作訓練、移動技巧、網球對打及了解計分比賽的戰術概念。

Improve students' tennis game with basic technique and footwork training, as well as rallies. Also teaches game strategy and the tournament scoring system.

Prince Wan

逢星期三 Every Wednesday

Age 7-9

16:00-17:00

\$150 / Lesson / Member

Pinky Kwok

逢星期五 Every Friday

Age 10-13

18:00-19:00

\$165 / Lesson / Member



基礎技術提升班

Improvement of Fundamental Skills Course

為網球愛好者提供系統化的基礎技術訓練。課程內容涵蓋正手、反手、發球、截擊、上網及底線擊球等基本動作，由資深教練周龍超為會員進行針對性練習與技巧分析。課程適合具備基礎網球技能的會員參加。

This course provides systematic technical training and is suitable for Members with a foundation of basic tennis skills. The course covers fundamentals such as forehand, backhand, serves, volleys, net play and baseline groundstrokes, and our experienced coach, Mr. George Zhou, will be conducting targeted training and skill analysis for Members.

George Zhou

逢星期一 Every Monday

Age 16 or above

10:00-11:00

\$200 / Lesson / Member

* 網球班來賓收費每堂 \$100。
Tennis class fees for guests are HKD100 per class.



幼兒班 Kids

讓幼兒先熟悉水性、克服畏水心理後再教授換氣、浮身和踢腳等基礎動作。

In this class, kids get familiar with the pool and overcome their fear of water before learning basic skills such as how to breathe, float and kick.

逢星期三 Every Wednesday

Age 3-5

17:00-18:00

\$180 / Lesson / Member

初班 Beginner

讓兒童先熟悉水性，再教授換氣、浮身、踢腳及划手等基礎動作。以自由式作為首個學習的泳式。

Once kids are used to the water and have learned basic skills such as how to breathe, float, kick and do strokes, they will start by learning the freestyle.

逢星期四 Every Thursday

Age 5 or above

16:00-17:00

\$145 / Lesson / Member

中班 Intermediate

集中泳姿改良及教授起跳動作；再根據學員進度教授背泳及蛙泳動作。

Focuses on refining swimming stroke techniques and learning how to dive. Based on their progress, students will also start learning the backstroke and breaststroke.

逢星期三 Every Wednesday

Age 5 or above

16:00-17:00

\$145 / Lesson / Member

高班 Advanced

提升三式泳姿，改善耐力及速度；改良起跳及學習轉身、觸池動作。

This class will enhance students' technique for three swimming strokes, as well as their endurance and speed. Students will also be trained in their diving technique and learn how to touch the wall and make a turn.

逢星期日 Every Sunday

Age 5 or above

10:00-11:00

\$145 / Lesson / Member

游泳池開放安排

Opening Arrangements for the Swimming Pool

本會游泳池已完成熱泵系統升級及年度維修保養工程，並在 2 月 15 日開始重新開放供會員使用。泳池設有恆溫系統，保持水溫在攝氏 29-30 度，讓會員可在舒適的環境下暢泳。

開放時間：4 月 1 日 - 10 月 31 日

07:00-22:00 (夏令時間)

常規清潔：13:00 - 14:00 (每日)

每週大清潔：逢星期二 10:30 - 13:00

(公眾假期將延至翌日清洗)

After completing annual maintenance and upgrading the heat pump system, our Club swimming pool reopened for Members' use on February 15. Our heated pool keeps the water temperature at 29-30 degrees Celsius so Members can enjoy a comfortable swimming environment.

Opening Hours: April 1 to October 31

07:00 to 22:00 (Summer schedule)

Regular cleaning: 13:00 - 14:00 (daily)

Weekly Deep Cleaning: Every Tuesday from 10:30 to 13:00
(If Tuesday is a public holiday, cleaning will resume on the next day)

游泳池收費調整

Adjustment of Swimming Pool Fee

因應泳池保養及營運成本上升，經康樂小組檢視並由值理委員會決定，本會將於 2025 年 4 月 1 日起調整游泳池收費，新收費如下：

單次收費：由 \$10 調整至 \$15

月票收費：由 \$100 調整至 \$150

Following a review by the recreation sub-committee of the rise in pool maintenance and operating costs, the executive committee decided that the swimming pool fee will be adjusted as follows:

Single-use Fee: From HKD10 to HKD15

Monthly Pass: From HKD100 to HKD150



伸展運動

Stretching Exercise

伸展運動可增加身體的柔韌度，改善個人姿勢及強化肌肉，對預防及舒緩痛症有極大幫助。

Stretching helps enhance your flexibility, improves posture, and strengthens muscles, which also helps to soothe and prevent aches and pains in the body.

逢星期一 Every Monday

Age 16 or above

18:30-19:30

\$200 / Lesson / Member

溫和流瑜伽

Gentle Flow Yoga

溫和流瑜伽通過動作和呼吸的協調，提升血液循環及肌肉彈性。課程包含基本姿勢、少量核心強化動作，特別針對肩頸和下背痛進行舒緩練習。適合各年齡層參與。

Through the coordination of movement and breathing, gentle flow yoga enhances muscle flexibility and blood circulation. This class includes basic poses and some core strengthening movements, focusing on learning to relieve shoulder, neck and lower back pain, and is suitable for all ages.

逢星期一 Every Monday

Age 16 or above

10:00-11:00 / 11:00-12:00

\$180 / Lesson / Member

逢星期二 Every Tuesday

Age 16 or above

18:00-19:00 / 19:00-20:00

\$180 / Lesson / Member

逢星期四 Every Thursday

Age 16 or above

18:00-19:00

\$180 / Lesson / Member

鉤織班

Crochet

成人初班 A Beginners Class A for Adults

逢星期二 Every Tuesday

10:00-11:30

\$460/ Lesson(1.5 hours)/ Member

兒童初班 A Beginners Class A for Children

Age 8-12

逢星期六 Every Saturday

10:30-12:00

\$460/ Lesson(1.5 hours)/ Member

成人初班 B Beginners Class B for Adults

逢星期三 Every Wednesday

10:00-11:30

\$460/ Lesson(1.5 hours)/ Member

兒童初班 B Beginners Class B for Children

Age 8-12

逢星期日 Every Sunday

14:00-15:30

\$460/ Lesson(1.5 hours)/ Member

頌鉢及冥想

Singing Bowl Meditation

結合冥想和頌鉢療愈於一身，有效提升身心靈健康，舒緩情緒、改善失眠及焦慮等都市病問題。

The combination of meditation and singing bowl therapy can more effectively improve your physical and mental health, improving your mood and quality of sleep, as well as relieving anxiety.

逢星期五 Every Friday

Age 16 or above

19:00-20:00

\$190 / Lesson / Member

普拉提

Pilates

墊上普拉提的動作較為緩慢，利用自身重量進行練習，注重身體控制，呼吸和肌肉的協調性，並強調身體核心肌群的訓練，可達至修身目的。在墊上進行普拉提可提高身體的靈活和平衡性、減少疼痛和預防運動傷害。

Mat Pilates is a form of exercise that uses slower movements and your own body weight as part of the workout, and focuses on body control, breathing and muscle coordination, and primarily targeting your core muscles to achieve fitness. Mat work also helps to enhance flexibility and balance, reduce pain and prevent sports injuries.

逢星期四 Every Thursday

Age 16 or above

11:30 - 12:30

\$270 / Lesson / Member

我們的健身教練團隊

Our Personal Trainers

我們的專業教練將為您提供個性化的健身指導與訓練計劃。根據您的需求、目標和身體狀況，量身打造專屬的健身方案。教練憑藉專業知識與豐富經驗，幫助您逐步改善體能，實現您的健康與健身目標。

Our professional trainers will provide you with a customized training program and instructions based on your requirements, goals and health condition. Using their professional knowledge and experience, trainers will help you to gradually improve your physical fitness and meet your health and fitness goals.



趙碧君

Rachel Chiu

- 前香港三項鐵人代表隊，多次參加世界及亞洲三項鐵人及越野跑賽事
- 超過20年教學經驗
- 持有拉筋教練、痛症治療、保健推拿及哈達瑜伽等證書
- 專長：全身肌力訓練、有氧運動、傷後康復、拉筋技巧
- Former member of Triathlon Association of Hong Kong, China, participated many times in World and Asian Triathlon and cross-country races
- Over 20 years of teaching experience
- Certified as a stretching instructor, pain management, Tui-Na massage, and Hatha Yoga
- Specializes in full body strength workouts, aerobic exercise, rehabilitation and stretching technique

- 超過20年教學經驗，專長健身、瑜伽、舞蹈、伸展及水中健體
- 曾於各大學及私人會所教授課程
- 持有運動傷害預防與管理高級文憑 (HKUSPACE)
- 互動式教學，營造輕鬆氛圍，提升學員興趣
- Over 20 years of teaching experience, specializes in gym, yoga, dance, stretching and aqua fitness
- Previously taught classes in many universities and private clubs
- Received an Advanced Diploma in Sport Injury Prevention and Management (HKU Space)
- Interactive teaching style that creates a relaxed atmosphere to enhance students' interest



葉寒

Winnie Yip

我們的匹克球教練

Our Pickleball Coaches

匹克球是一項融合網球、乒乓球和羽毛球元素的新興運動。匹克球較網球更容易上手，適合各個年齡層參與。它的球速較慢、擊球力度較輕，移動位置亦較少；相比網球運動，更適合關節不適人士。

想體驗匹克球的樂趣嗎？我們的專業匹克球教練將為您提供專業指導，助您輕鬆掌握各種技巧，相信會令您很快愛上這項運動！

Pickleball is a newly emerging sport that combines tennis, ping-pong and badminton, but is easier to pick up than tennis and suitable for players of all ages. Due to the slower ball speed, gentler hits and shorter movements in a smaller court, this sport is also perfect for people with joint pain.

Want to experience the fun of pickleball? Our certified pickleball coaches will provide professional training to help you master all the skills and make it easy for you to fall in love with the sport!



- IPTPA Lv.1 Certified Pickleball Teaching Instructor
- IPTPA Lv.2 Certified Pickleball Teaching Professional
- Professional Pickleball Registry Lv.1 Certified Coach
- 香港匹克球公開賽2021男雙第四名
- 香港匹克球邀請賽2022男雙亞軍
- 2023 DUPR中國排名系列賽男雙亞軍
- 世界匹克球錦標賽2023男單、混雙8強
- 世界匹克球錦標賽2024男雙、混雙8強
- IPTPA Lv.1 Certified Pickleball Teaching Instructor
- IPTPA Lv.2 Certified Pickleball Teaching Professional (prospective)
- Professional Pickleball Registry Lv.1 Certified Coach
- Hong Kong Open Pickleball Championships – Men's Doubles 3rd Runner-up
- Hong Kong Invitational Inter-Club Pickleball Championships – Men's Doubles 1st Runner-up
- 2023 DUPR China Ranking Series – Men's Doubles 1st Runner-up
- World Pickleball Championship – Men's Singles and Mixed Doubles Quarter Finalist
- World Pickleball Championship – Men's Doubles and Mixed Doubles Quarter Finalist

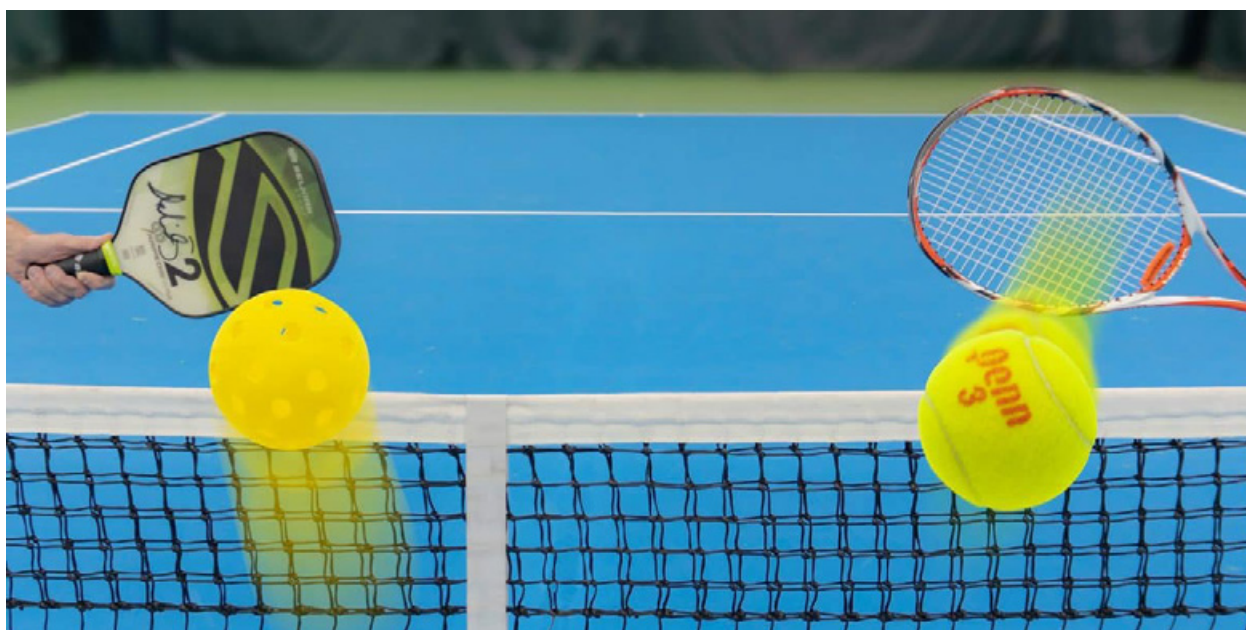
匹克球體驗課程

Pickleball Workshop

我們與中國香港網球總會合辦了為期兩個月的匹克球課程，讓 6 至 12 歲的小會員體驗這項新興運動。在學習新技能的同時，提升體能、協調能力及團隊精神。

We have set up a two-month long pickleball course with the Hong Kong, China Tennis Association for junior Members, ages 6 to 12, to experience this newly emerging sport. Students can enhance physical fitness, coordination and build team spirit while learning new skills.





匹克球特訓課程

Pickleball Training Class

為期四天的特訓課程，讓會員快速掌握這項兼具趣味與挑戰的運動。課程將涵蓋基本技巧、戰術運用及實戰訓練，無論是初學者還是希望進一步提升技術的會員，都能在八小時的課程中取得顯著進步，全面提升匹克球技巧與場上表現。

This four-day, eight-hour training course allows Members to quickly master the fun and challenging sport of pickleball with classes that cover basic skills, strategy application, and practical training. Whether you're a beginner or looking to improve your technique, by the end of the course, you will be able to make significant progress and comprehensively improve your pickleball skills and court performance.

初班 - 基本技巧 Beginner Class – Basic Skills

Date: April 18 to April 21

11:00 – 13:00

\$1,120 / Class / Member

\$1,320 / Class / Guest

Quota: 4-6 pax

進階班 - 技術改良、戰術運用及實戰訓練 Advanced Class – Technique Improvement, Strategy Application and Practical Training

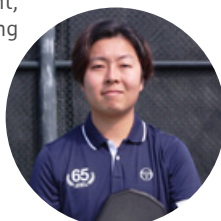
Date: April 18 to April 21

09:00 – 11:00

\$1,120 / Class / Member

\$1,320 / Class / Guest

Quota: 4-6 pax



匹克球教練
方子軒

Pickleball Coach
Keith Fong

網球改良課程

Tennis Improvement Class

我們邀請前中國省隊主教練周龍超先生親自指導，為會員提供專業的網球改良課程。在四天的課程中，周教練將針對個別技術進行細緻調整，幫助參加者提升擊球穩定性與比賽表現，讓您的網球技術更上一層樓！

We have invited Mr. George Zhou, the former Head Coach of the Hebei Province Tennis Team in China, to teach this course and provide Members with professional tennis improvement classes. During the four-day course, Coach Zhou will fine-tune individual techniques and help participants improve their stroke stability and performance and bring their tennis skills to the next level!

Date: April 18 to April 21

09:00 – 11:00 (Adult)

11:00 – 13:00 (Ages 8 to 12)

14:00 – 16:00 (Ages 13 to 17)

\$1,600 / Class / Member

\$2,000 / Class / Guest

Quota: 4-6 pax



網球教練
周龍超

Tennis Coach
George Zhou

贈送網球拍予中國香港網球總會

Tennis Rackets to the Hong Kong China Tennis Association

我們於 2 月 12 日舉行了網球拍捐贈儀式，將 80 支 Wilson 網球拍送予中國香港網球總會，轉贈予社區網球班的學員，共同推動本地網球運動的發展。

On February 12, we held a tennis racket donation ceremony and donated 80 Wilson tennis rackets to the Hong Kong China Tennis Association, which were given to students of community tennis classes to promote local tennis development.



場地租用及運動課程 (1-2 月) Booked Venues and Sports Classes (Jan to Feb)			
類別 Type	機構 / 團體 Organization	設施 / 課程 Facilities / Program	時數 Usage(Hours)
租用場地 Booked Venue	中國香港網球總會 Hong Kong China Tennis Association 深水埗體育會 Sham Shui Po Sports Association 香港單親協會 Hong Kong Single Parents Association 和富社會企業 Wofoo Social Enterprises 英華書院 Ying Wa College 宣道幼稚園 The Alliance Kindergarten 瑪利諾修院學校 (中學部) Maryknoll Convent School (Secondary Section) 香港培正小學 Pui Ching Primary School	網球場 Tennis Court 足球場 Soccer Pitch 匹克球場 Pickleball Court 籃球場 Basketball Court 游泳池 Swimming pool	564
運動課程 Sports Class	中國香港網球總會 Hong Kong China Tennis Association 泳天游泳會 Win Tin Swimming Club 和富社會企業 Wofoo Social Enterprises	匹克球訓練班 Pickleball Class 網球訓練班 Tennis Class 游泳班 Swimming Class 足球班 Soccer Class	233

我們的合作夥伴 宣道幼稚園

Partnering with Alliance Kindergarten



宣道幼稚園自 1959 年創校，為一所私立非牟利基督教幼稚園。學校秉承創新和多元化的教學理念，並提供各式各樣的興趣班，讓小朋友能夠體驗多種運動，全面發展身心。學校積極推動體育發展，與我們的理念高度契合。我們相信，通過這類體育活動的參與，孩子們不僅能提高健康素質，還能培養團隊合作精神、專注力及良好的品格。

我們非常高興能與宣道幼稚園建立穩定的合作夥伴關係，為幼兒提供場地舉辦網球興趣班，以促進體育活動的普及與發展。課堂上，教練、學生和家長們打成一片，我們樂見小朋友們在輕鬆愉快的氛圍中學習網球。在教練的引導和家長陪伴下，讓他們享受到運動的樂趣。自 2024 年 10 月以來，學校每週六下午舉行興趣班，至今已累計使用場地達 90 小時，共有 33 位學生。這不僅滿足了學校對場地的需求，也符合本會就私人遊樂場地租契約的相關規定。

全賴宣道幼稚園校長羅頌盈女士、何靖羚主任以及林俊彬教練對培育兒童的熱誠及支持。羅女士積極推廣幼兒多元發展，深信每位幼兒均有不同潛能，透過給予機會及培育，擴闊眼界。故此舉辦多元化課外活動，讓學生得以全面均衡發展。讓我們共同推動社區體育活動發展，讓更多社區人士受惠。

Founded in 1959, Alliance Kindergarten is a private, non-profit-making Christian kindergarten that upholds a teaching philosophy for innovation and diversity. The school offers a variety of interest classes so kids can have a more comprehensive development and experience all sorts of physical activities, and their active promotion of sports development aligns with our own ideology. We believe that participating in sports activities allows children to not only improve their physical fitness, but also help them develop team spirit, focus and good moral character.

We are very pleased to have established a partnership with Alliance Kindergarten and provide them with a venue for their tennis interest classes, thereby promoting the development and popularization of sports activities. The coaches, parents and students integrated well together during class and children could learn tennis in a fun and relaxed atmosphere with their parents by their side and under the guidance of coaches. Since October 2024, the school has held interest classes every Saturday afternoon, logging a total of 90 hours of venue usage for 33 students, which complies with the requirements of the Private Recreational Lease set by the government, while also fulfilling the school's venue needs.

All thanks to the principal of Alliance Kindergarten, Ms. Joyce Law, head teacher Ms. Ailee Ho, and Coach Patrick Lam, for their support and enthusiasm towards child development. Ms. Law, in particular, is an active advocate of diversified child development, believing that every child has a unique potential and with the right opportunities and nurturing, can broaden their horizons. Hence, by organizing a variety of extra-curricular activities, students can have a more comprehensive and balanced development. Let us work together to promote the development of public sports activities to benefit more people in the community.



ATP Star Clinic 交流活動

ATP Star Clinic Meet & Greet

1月4日(六)，前網球大滿貫得主帕特·凱許 (Pat Cash) 及馬克·伍德福德 (Mark Woodforde) 蒞臨本會與會員切磋球技並分享他們的寶貴網球心得。活動當日氣氛熱烈，歡聲笑語不絕於耳。兩位球星親切地與會員交流、簽名及合影留念，讓現場粉絲倍感喜悅與滿足。感謝網球召集人林少偉先生安排這個難能可貴的活動。

On January 4 (Saturday), former Grand Slam winners, Pat Cash and Mark Woodforde, visited the Club and played a few games with Members, sharing their valuable knowledge and experience. Amid the lively atmosphere, the two tennis stars interacted with Members, handed out signatures and took pictures with their fans. Our thanks to Tennis Convenor, Mr. Lam Siu-wai, for arranging this invaluable event.



高爾夫球比賽

KTHOA Golf Tournament

我們於 1 月 12 日在西貢滯西洲舉辦了首屆 KTHOA 高爾夫球賽，共 12 名會員及來賓參與。經過 18 洞的激烈比賽，最終由詹陸安先生及區楚翹小姐獲得男子組及女子組冠軍。感謝小組委員鄭木林先生贊助今次賽事。

On January 12, we held the 2025 KTHOA Golf Tournament in the East course of the Kau Sai Chau Public Golf Course. A total of twelve Members and guests took part and after an exhilarating 18-hole tournament, the winner of the Men's Division was Mr. Michael Jim, and the winner of the Women's Division was Miss Andrea Au. Our thanks to sub-committee member, Mr. Mathew Cheng, for sponsoring the tournament.



西鵠酒莊葡萄酒晚宴

Xige Estate Wine Dinner

西鵠酒莊葡萄酒晚宴於 1 月 17 日圓滿舉行。當晚，西鵠酒莊國際事務總監 Christelle Chene 為參加者深入講解了酒莊的歷史與每款佳釀的特色，搭配總廚精心設計的佳餚，帶來完美的味覺體驗。感謝大家的熱情參與，共同度過了一個美好的晚上！

The Xige Estate wine dinner was successfully held on January 17. That night, we had the International Affairs Director of Ningxia Xige Estate, Ms. Christelle Chene, to present us with the history of the winery and the styles of each wine. This epicurean experience was accompanied by a meticulously crafted dinner made by our executive chef. Thank you all for your enthusiastic participation and for making this an evening to remember.



財神開運巡遊

Visit from the God of Fortune

財神在大年初四及初五蒞臨本會向會員大派利是，會員紛紛與財神合照，祝願蛇年財運亨通、身體健康。

The God of Fortune visited the Club on February 1 and 2 with blessings of good health and prosperity for the Year of the Snake, handing out lai see and taking pictures with Members.



揮春福運齊來

CNY Calligraphy Workshop

感謝會員林中秀先生及鍾月清女士在新春前夕為會員寫賀年揮春，寓意將福運帶回家中。大家對他們的作品讚不絕口，攤位擠滿人潮。

Our thanks to Mr. Raymond Lam and Ms. Chung Yuet-ching for writing auspicious Lunar New Year banners for Members, signifying bringing good luck to their homes. The demonstration of their Chinese calligraphy skills was much admired by the crowd.



獅子山下音樂會

Music Under Lion Rock" Dinner Banquet

2025 年度新春晚會暨獅子山下音樂會在 2 月 15 日晚上圓滿結束。當晚由「皇者聲戰 2」歌唱比賽揭開序幕，參賽者傾力演出，現場氣氛熾熱，喝采聲此起彼落，最終由溫靜嫻小姐奪得皇者寶座！亞軍、季軍及最具舞台魅力獎分別由潘瑞榮先生、李景成先生、沈國成先生及黃石麟先生獲得；緊隨其後由「中年好聲音 2」亞軍譚輝智先生及季軍顏米羔先生獻唱金曲，為晚會掀起高潮！壓軸旅遊大獎由黃石麟先生、郭汝雄先生、梁鉅榮先生及林宗秀先生獲得，恭喜各得獎者！衷心感謝會員的支持和參與，讓這個晚上充滿歡樂與難忘的回憶。

On February 15, we successfully held the "Music Under Lion Rock" and Lunar New Year party! We kicked off the evening with our 2nd Singing Superstar Competition, where talented contestants sang their hearts out to the enthusiastic audience. In the end, the championship title went to Ms. Sophie Wen, and first runner-up, second runner-up and Best Stage Presence went to, Mr. Poon Shui-wing, Mr. Albert Lee, and Mr. Michael Shum respectively. The following performances from Mr. Tam Fai-chi and Mr. Ngan Mic-go, the respective first and second runner-up of Midlife Sing & Shine 2, brought the crowd to a fever pitch. Finally, the event drew to a close with Mr. Johnson Wong, Mr. Kwok Yu-hung, Mr. Leung Kui-wing and Mr. Lam Chung-sau winning the coveted travel and cruise rewards. Congratulations to the winners and our thanks to Members for their support and participation and making this evening a joyful and memorable one!







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