

KTHOA

NOVEMBER 2025

MAGAZINE

ISSUE **74**



Wishing You a
Merry Christmas
*filled with Peace,
Joy and Love.*



For all drives of life.

THE ALL-NEW XPENG X9



Learn More



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一般查詢 GENERAL
Tel: 2338 7115

康橋廳 THE CAMBRIDGE
Tel: 2338 7118



親愛的會員

網上訂場系統已於 10 月正式啟用，會員可透過電腦或流動裝置隨時隨地預訂會所之運動及休閒設施，操作簡單易用。教學影片已上載至 Facebook 與 Instagram，歡迎會員觀看、追蹤及點讚分享支持本會！

第十七屆滬港澳台（香港站）四角網球賽 2025 已圓滿結束。現場歡呼聲掌聲此起彼落，氣氛高漲！雙方球員全力以赴、拚盡每一分，香港隊最終以 1 分之微險勝台北隊奪得冠軍，為香港隊再添榮耀！感謝上海、澳門和台北的支持，讓賽事更加精彩，充分展現友誼與體育精神。

踏入秋涼，康橋廳精心制作香味十足的油鴨臘味煲仔飯、無限暖意蛇羹和羊腩煲讓會員暖身又暖胃，過一個暖洋洋的冬天。接下來是冬至，正所謂「冬大過年」，我們已準備就緒，會員可預訂尊尚的冬至套餐，宴請家人和朋友，共慶佳節，還有寓意盆滿鉢滿的聚寶盆菜，帶來喜慶與祝福。

在 2026 年的第一個月份，我們特別舉辦一場南非紅酒主題晚宴。當晚將由創辦酒業公司 Vinsansin Limited, Hei Cheng 擔任主講嘉賓，帶領大家認識碧尚女爵堡前莊主 May de Lencquesaing 女士，以及她如何將法國頂級釀酒精神注入南非大地，打造出風格獨具的 Glenelly Estate。主廚精心設計五道菜式，與佳釀搭配。這場獨一無二的品酒盛宴，誠摯邀請您一同參與！

期待會員踴躍參加我們精心安排的各項活動，享受節日的快樂。祝會員及其家人冬至和聖誕快樂！

Dear Members,

The online booking system officially launched in October. Members can now book the Club's sports and leisure facilities anytime, anywhere via computer or mobile device, and the interface is simple and user-friendly. Tutorial videos have been uploaded to Facebook and Instagram. Members are welcome to watch, follow, like, and share to support the Club.

The 17th Shanghai-Hong Kong-Macau-Taipei Tennis Tournament 2025 concluded successfully. The atmosphere was electric with waves of cheers and applause. Players competed fiercely for every point, and Team Hong Kong narrowly defeated Taipei by one point to bring proud victory home. Our heartfelt thanks to Shanghai, Macau, and Taipei for their support, which made the event even more exciting and a true celebration of friendship and sportsmanship.

As the weather cools, the Cambridge has prepared an array of warming seasonal dishes such as fragrant claypot rice with preserved duck and cured meats, comforting snake soup and lamb brisket casserole, perfect to warm the body and soul for the winter. With the Winter Solstice approaching, we are ready to present an exclusive set menu for members to celebrate with family and friends, along with an auspicious Treasure Pot symbolic of abundance and blessings.

In the first month of 2026, we are pleased to present a South African Wine Dinner. Mr. Hei Cheng, founder of Vinsansin Limited, will be our guest speaker for the evening. He will guide guests through the story of Madame May de Lencquesaing, former owner of Château Pichon Longueville Comtesse de Lalande, and how she brought France's finest winemaking heritage to South Africa, giving rise to the uniquely distinctive Glenelly Estate.

We look forward to your participation in our upcoming festive events and wish all members and their families a happy Winter Solstice and Merry Christmas.

總經理 林裕文
General Manager Martin Lam



親愛的會員

第五屆雙龍盃已於 10 月 18 日圓滿結束。憑藉各位球員的傑出表現，本會以總比數 13:7 勝出，成功奪得第四次冠軍！特此感謝雙龍盃比賽小組、各隊長及所有球員的全力支持；多謝小鵬汽車、K-Swiss、HEAD 及 Ponti 贊助今次賽事，亦感謝副會長王祖耀醫生贊助球隊隊衣。

會長盾網球比賽 2025 將於 11 月 22 日舉行。賽事將根據球員級別，以抽籤方式分成四隊進行隊制比賽，勢必上演一場場精彩激烈的龍爭虎鬥。

為歡度聖誕佳節，我們將於 12 月 24 日及 31 日舉辦「牛津吧聖誕樂酌派對」。當天設有現場音樂演奏及趣味小遊戲，讓您與親朋好友在節日氣氛中度過輕鬆愉快的下午。誠邀大家踴躍參與，共慶佳節！

第二屆九龍仔業主會高爾夫球賽將於 2026 年 1 月 3 日在西貢滙西洲高爾夫球場舉行。誠邀會員報名參加，於 18 個球洞中一較高下，爭奪男女子組冠軍榮譽。特別鳴謝康樂小組委員鄭木林先生贊助本次賽事獎金。

謹祝各位會員聖誕快樂，與家人共度溫馨佳節！

Dear Members,

The 5th Twin Dragons Invitational concluded successfully on October 18. With the outstanding performance of our players, our team triumphed with an overall score of 13:7, winning the championship for the fourth time! Sincere thanks to the Twin Dragons Invitational Committee, team captains, and all participating players for their efforts and support. We would also like to express our gratitude to XPENG, K-Swiss, HEAD, and Ponti for sponsoring the competition, and to Vice Chairman Dr. Peter Wong for sponsoring the team uniforms.

The Chairman Shield Tennis Tournament 2025 will take place on November 22. Players will be divided into four teams by random draw according to their playing levels, promising a series of exciting and keenly contested matches.

To celebrate the festive season, Oxford Pub Brews and Beats Christmas Party will be held on December 24 and 31. The event will feature live music and fun games, offering an enjoyable afternoon for members and guests to relax and share the holiday spirit together. All are welcome to join in the celebration!

The 2nd KTHOA Golf Tournament will be held on January 3, 2026, at Kau Sai Chau Golf Course in Sai Kung. Members are warmly invited to join and compete across 18 holes for the men's and women's championships. Special thanks to Recreation Sub-committee Member Mr. Mathew Cheng for sponsoring the tournament prizes.

Wishing all members a Merry Christmas and a joyful holiday season with your loved ones!

會所經理 應佩玲
Club Manager Ady Ying



會籍收費 MEMBERSHIP TARIFF

會籍種類 MEMBERSHIP CATEGORIES	入會費 ENTRANCE FEE
家庭 FAMILY MEMBERSHIP	\$280,000
公司 CORPORATE MEMBERSHIP <small>(可提名兩個家庭 Two-Family Nomination)</small>	\$610,000
直系家庭成員* IMMEDIATE FAMILY MEMBERS MEMBERSHIP	\$140,000 <small>可選擇36個月分期付款 36-Month Installment Option Available</small>

* 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。歡迎致電會籍部陳小姐聯絡。

Immediate family members include parents, siblings, children, and grandchildren. Applicants must be 21 years of age and provide proof of family relationship. Please contact Membership Manager, Ms. Yannes Chan.

直系家庭成員會籍不適用於青少年運動員會籍、公司會籍提名人及短期運動會籍

Applications for Immediate Family Membership are not applicable to Junior Sport Memberships, Corporate Membership Nominees, or Short-Term Sports Memberships.

☎ 2338 7115

✉ membership@kthoa.com



會員面相識別登記

Facial Recognition Registration for Members

本會於東座實施人面識別門禁系統，以提升出入管理效率及便利會員使用設施。
完成登記的會員可透過人面識別方式進出東座，無需額外取卡。

會員可透過以下方式辦理登記：
將所需個人資料（會員號碼和姓名）及近照電郵至 info@kthoa.com；
或親臨本會接待處辦理登記手續。

登記程序一般需時約七個工作天，完成後本會將以電郵方式發出確認通知。

The Club has implemented a facial recognition access control system at the East Block to enhance entry management efficiency and provide greater convenience for members using the facilities. Members who have completed registration can enter and exit the East Block via facial recognition without the need to obtain an additional access card.

Members can register through the following methods:
Email the required personal information (membership number and name) along with a recent photo to info@kthoa.com; or
Visit our reception in person to complete the registration.

The registration process typically takes about seven working days. A confirmation email will be sent upon completion.

個人資料收集聲明

本會於面相識別登記時收集的個人資料，僅用於會員身份核實及會所安全管理。資料將依《個人資料（私隱）條例》妥善處理及保密。未能提供資料，可能影響使用面相識別服務。

Personal Data Collection Statement

The personal data collected during facial recognition registration is used solely for member identity verification and clubhouse security management. All data will be handled confidentially in accordance with the Personal Data (Privacy) Ordinance. Failure to provide the required information may affect your ability to use the facial recognition service.

電子月結單及自動轉賬繳費

E-Statements and Autopay Service

為支持環保及提升服務效率，我們鼓勵會員選用電子版月刊及月結單，並以自動轉賬方式繳費。本會接受 VISA 及 萬事達卡 付款，讓您免除支票繳費的不便。申請表格可於本會網站 www.kthoa.com 下載，或於大堂接待處索取。

To support environmental protection and enhance service efficiency, we encourage members to subscribe to the electronic versions of the monthly newsletter and statements, and to settle payments through the autopay service. The Association accepts VISA and MasterCard payments, allowing you to avoid the inconvenience of cheque payments. Application forms are available for download at our website www.kthoa.com or at the Reception Desk.

線上預約系統

Online Booking System

全新網上訂場系統已於 10 月 1 日正式登場！會員只需透過電腦或流動裝置，即可隨時隨地預訂會所的運動及休閒設施，方便快捷。

The new online booking system officially launched on October 1! Members can now conveniently reserve the Club's sports and leisure facilities anytime, anywhere using their computer or mobile device.

教學影片

Tutorial Video

掃描下方二維碼即可觀看教學影片！帶您逐步了解整個預訂流程：如何查詢場地、選擇時段、確認場地和取消預約等操作方法。每個步驟都有清晰示範與操作提示，幫您快速上手。輕鬆掌握操作方法，讓預訂變得簡單，享受便捷的訂場體驗。

教學影片已上傳至 Facebook 與 Instagram，歡迎前往觀看、追蹤我們的社群頁面，點讚與分享支持我們！

Scan the QR code below to watch the tutorial video! It will guide you step by step through the entire booking process, including how to search for venues, select time slots, confirm reservations, and cancel bookings. Each step comes with clear demonstrations and instructions to help you get started quickly. Easily master the process and make booking simple, efficient, and hassle-free!

The tutorial video has also been uploaded to our Facebook and Instagram pages. Follow our social media pages, give us a like, and share to show your support!



▲
桌面版教學影片
Desktop version
Tutorial Video

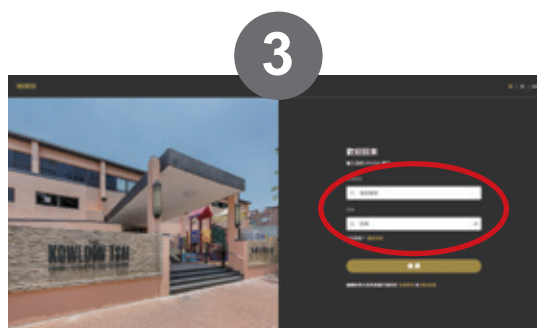


▲
手機版教學影片
Mobile version
Tutorial Video

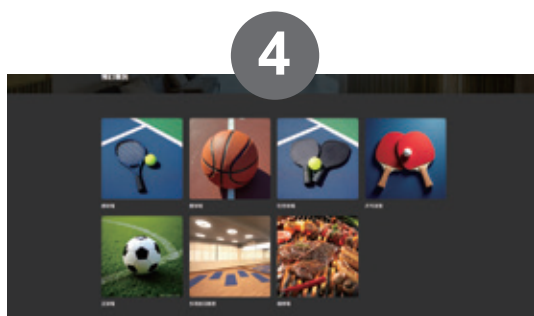




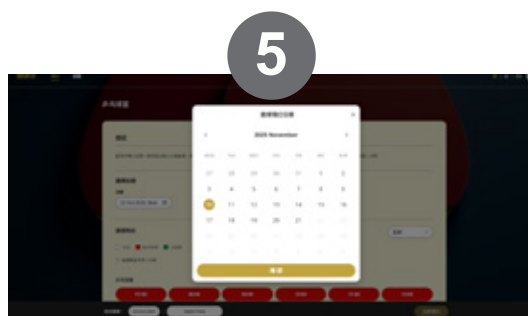
1. 瀏覽 kthoa.com 網頁
Visit kthoa.com
2. 點擊「設施預約」
Click "Facilities Bookings"



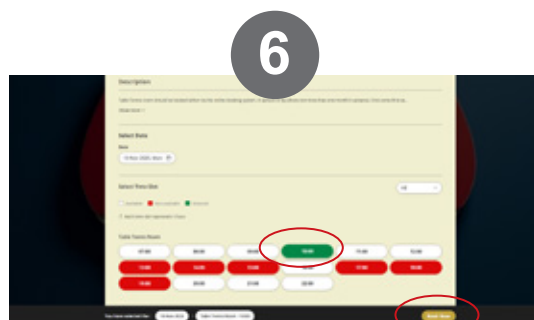
3. 輸入會員號碼及密碼登入
Enter your membership number and password to log in



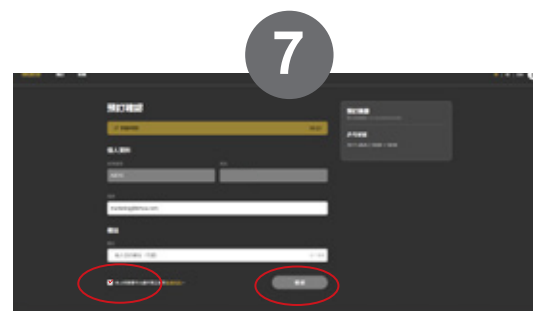
4. 選擇要預訂之設施
Choose the facility you wish to reserve



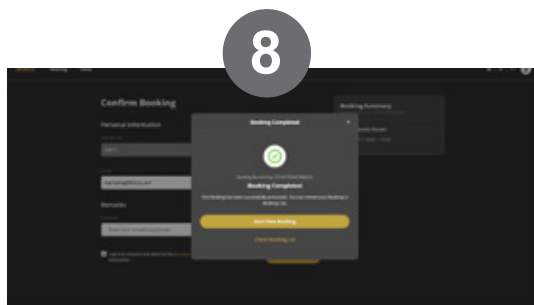
5. 選擇預訂日期
Select and confirm the booking date



6. 確認預訂資料無誤後按確認
Confirm the booking details are correct, then click Confirm to continue



7. 檢視及同意會章附則後按確定
Agree to the bye-laws and confirm to complete the booking



8. 預訂已確認，您將收到一封電子郵件確認。
Booking is confirmed and you will also receive an email confirmation.

2 小時 免費泊車 FREE PARKING

星期一至五 (公眾假期除外) 在任何餐廳消費滿港幣 300 元, 即可享 2 小時免費泊車優惠。(需於下午 2 時 30 分前結賬)

Enjoy 2 hours of free parking with a minimum spending of HK\$300 at any restaurant from Monday to Friday (excluding public holidays) (With payment settled before 14:30.)

泊車優惠 OFFER UNTIL 31/12/2025

優惠詳情：

- 優惠期：即日起至 2025 年 12 月 31 日
- 適用時間：星期一至五 (公眾假期除外), 下午 2 時前入座
- 於康橋廳出示即日午市消費單據並蓋印, 於車場兌換優惠

Terms and Conditions:

- Offer valid from now until December 31, 2025
- Valid Monday to Friday (excluding public holidays), seated before 14:00
- Present your stamped lunchtime receipt at The Cambridge and redeem at the parking lot

更衣室掛鉤使用

Use of Changing Room Hooks

提醒各位會員, 掛鉤僅供更衣時暫時使用, 請將衣物及個人物品存放於儲物櫃內。

如需借用儲物櫃, 請到大堂接待處登記。

We would like to remind all members that the hooks are intended for temporary use while changing. Please store clothing and personal belongings in the lockers provided. If you need to borrow a locker, please register at the reception desk.

運動年票

Sports Annual Pass

2026 年度運動年票已經推出, 歡迎會員到接待處購買, 輕鬆享受全年運動樂趣! 年票有效期至 2026 年 12 月 31 日。

單項 (網球 / 游泳 / 健身) \$960

個人年票 \$1,800

家庭年票 \$2,800

康樂小組決定由 2026 年 1 月 1 日起, 網球及健身日票費用將調整至 \$15。

Members can now purchase the 2026 Sports Annual Pass at the reception area and enjoy easy access to sports all year round. The annual pass is valid until December 31, 2026.

1 Sport (Tennis/Swimming/Gym): HKD 960

Individual All Sports Annual Pass: HKD 1,800

Family Annual Pass: HKD 2,800

The Recreation Sub-committee has decided to adjust the tennis and gym day pass fee to \$15, effective January 1, 2026.

冬至幸福暖窩心

Winter Solstice Menus



迎冬宴

Menu A

鴻運乳豬全體

Whole roasted suckling pig

發財金蠔柱甫

Conpoy stuffed in marrow ring with semi-dried oysters and sea moss

翡翠帶子花枝

Sautéed Scallops and Cuttlefish with Vegetables

金絲脆蝦球

Golden deep-fried prawns

花膠石斛花旗參燉豬展

Double-boiled Pork Shank Soup with Fish Maw, Dendrobium and American Ginseng

清蒸海星斑

Steamed star garoupa

海參金錢南非鮑魚

South African abalone with sea cucumbers

當紅脆皮炸子雞

Crispy roasted chicken

生炒臘味糯米飯

Fried sticky rice with preserved meats

團團圓圓

Sticky rice dumplings with sesame paste in red bean soup

每席 Per Table \$7,980
10-12 位用

團圓宴

Menu B

海蜇乳豬 (半隻)

Jellyfish with suckling pig (half)

發財金蠔

Semi-dried oysters with sea moss

碧綠花枝桂花蚌

Stir-fried clams with squid and vegetables

黃金千絲蝦丸

Golden deep-fried Shrimp Balls

花膠石斛花旗參燉豬展

Double-boiled Pork Shank Soup with Fish Maw, Dendrobium and American Ginseng

清蒸大海斑

Steamed giant garoupa

福祿花菇原隻鮑魚

Whole abalone and shiitake mushrooms with vegetables

當紅脆皮炸子雞

Crispy roasted chicken

生炒臘味糯米飯

Fried sticky rice with preserved meats

團團圓圓

Sticky rice dumplings with sesame paste in red bean soup

每席 Per Table \$6,280
10-12 位用

每席獲贈指定紅酒一枝。

Complimentary one bottle of wine per table of 12.

冬至宴已開始接受訂座，為免向隅，敬希各位會員提早訂座。

Reservations for Winter Solstice menus are currently available. Make sure to book your table early on so as not to miss out.

暖香入味 滋養入心

Warm aromas, heartfelt nourishment

古法羊腩煲

Lamb Belly with Bean Curd Sheet in Claypot



圖片只供參考
Photos for reference



這系列菜式以濃郁香氣與傳統手藝為主，精選時令食材入饌，層次分明、口感細膩，完美呈現廣東菜的精緻與養生理念。無論是宴客聚會，還是與家人共享，每一口都能感受溫潤豐盛的冬日滋味。

This selection of dishes emphasizes rich aromas and traditional craftsmanship, featuring seasonal ingredients that create layered, delicate flavors. Perfect for gatherings or family meals, each bite delivers the comforting and sumptuous taste of winter.

菊花五蛇羹

Five Snake soup with Chrythemum

油鴨臘味煲仔飯

Steamed Rice with Preserved Sausage in Clay Pot

金絲蝦球伴蜂蜜芥末醬

Fried Shrimps Ball with Honey Wasabi

上湯瑤柱浸魚肚

Fish Maw with Conpoy in Supreme Broth

懷舊炸蛇丸

Deep Fried Snack Ball



滋味盆菜 團圓時刻

Family Togetherness Poon Choi

康橋極品盆菜

以上等八頭鮑魚、澳洲黃參、花膠、柱甫及海蝦作主要材料，豐富又貴氣。

6 位 \$1,880

12 位 \$3,380

黃金聚寶盆菜

以海蝦、髮菜、金蠔、白切雞、手作鯪魚球作主要材料，讓您與親朋摯友歡度佳節。

6 位 \$1,480

12 位 \$2,280

The Cambridge Deluxe Poon Choi

Deluxe 8-head abalone, Australian sea cucumber, fish maw, conpoy stuffed in marrow ring, and prawns are the main ingredients.

6 people \$1,880

12 people \$3,380

Golden Treasure Poon Choi

This aromatic and delicious Poon Choi dish has prawns, sea moss, dried oysters, chicken, and dace fish balls, and is perfect to share with friends during the festivities.

6 people \$1,480

12 people \$2,280

圖片只供參考
Photo for reference

Nittardi 酒莊 (義大利) 品味晚宴

Nittardi Winery (Italy) Wine Dinner

日期 Date : 14/11(Friday)

時間 Time : 19:00

地點 Venue : 康橋廳 The Cambridge

費用 Fee : \$598

主持 Speaker : Mr. Léon Femfert



Managing Director of Nittardi
Mr. Léon Femfert

Menu

Nittardi BEN Vermentino 2024

Pan Seared Scallop with Garlic butter
蒜茸牛油煎帶子

Casanuova di Nittardi "Vigna Doghessa" Chianti
Classico DOCG 2022

Pan Seared U.S Cod Fish with Maggie Sauce
美極銀雪魚鮮茄子

Nittardi Ad Astra IGT 2022

Pan Seared Semi-Dry Oysters with Pork Spare- Rib
蜜汁煎金蠔拼欖角骨

Nittardi Chianti CL. Riserva DOCG 2019

Nittardi Nectar Dei IGT 2019/2020

Pan Roasted Australian Lamb Rack with Herbs
香草焗澳洲羊架

Berries Cheesecake

什莓芝士甜品



A Legendary Champagne, Elegantly Passed On

傳奇香檳 · 優雅傳承

CHAMPAGNE
BRUNO PAILLARD
REIMS · FRANCE

Champagne Bruno Paillard 於 1981 年由 Bruno Paillard 先生在 Rheims 創立。雖然酒莊年輕，但憑藉對卓越品質的執著，以及對香檳釀造的前瞻視野，迅速成為全球愛酒人士和專業評論家推崇的名字。

Paillard 相信香檳應該是「純淨、優雅而具深度」的藝術品。他以使用 50 至 70 個頂級園區的葡萄，並加入珍藏的 陳年基酒 (Réserve Wines)，塑造出層次分明、餘韻悠長的風格。這種釀酒哲學令 Bruno Paillard 在短短幾十年間，奠定了現代香檳的標竿地位。

酒莊其中一個劃時代的創舉，就是成為首位在酒標上標註「除渣日期 (Disgorgement Date)」的釀酒師。這個細節為消費者帶來透明度與信心，帮助大家更清楚了解香檳的成熟狀態與風格變化。今天，這項做法已被大部分知名香檳酒莊廣泛採用，可見其深遠影響力。

標誌性系列「N.P.U. – Nec Plus Ultra」（拉丁文「至高無上」），只在最偉大的年份釀造，並需經過長時間陳年，才能展現極致的複雜度與優雅。N.P.U. 是 Bruno Paillard 對香檳工藝的最高禮讚，被譽為業界的巔峰之作。

如今，酒莊已由第二代 Alice Paillard 掌舵。她不但延續父親的精神，更將女性特有的細膩和現代視角融入品牌，令這個年輕而充滿活力的香檳酒莊繼續綻放光芒。

此外，Paillard 家族亦擁有位於普羅旺斯的 Château Sarrin，專注釀造優質靜態葡萄酒。由玫瑰紅到紅、白酒，均展現地中海風土的陽光氣息與優雅平衡，為整個集團增添多一份豐富與多樣性。

無論是 喜慶佳節、浪漫時光、與摯友歡聚，抑或獨自細味一杯的寧靜時刻，Champagne Bruno Paillard 始終是 優雅、純粹與傳奇的象徵。

Founded in 1981 by Bruno Paillard in Rheims, this relatively young house quickly rose to global acclaim thanks to its uncompromising pursuit of quality and a visionary approach to Champagne-making.

Paillard believes Champagne should be pure, elegant, and profound. By blending grapes from 50 to 70 of the finest crus, together with precious Réserve Wines, the house achieves depth, refinement, and remarkable length. This philosophy has established Bruno Paillard as a benchmark for modern Champagne within just a few decades.

One of its revolutionary contributions was to become the first Champagne house to display the "Disgorgement Date" on every label. This practice provides transparency, allowing consumers to better understand the wine's maturity and evolution. Today, this once-radical idea has been widely adopted by nearly all major Champagne producers.

The estate's flagship cuvée, "N.P.U. – Nec Plus Ultra" (Latin for "Nothing Further Beyond"), is crafted only in the greatest vintages and aged extensively to achieve extraordinary finesse and complexity. It stands as the ultimate expression of Bruno Paillard's artistry and is celebrated as one of the finest Champagnes in the world.

Now under the leadership of Alice Paillard, the founder's daughter, the maison continues to flourish. Alice brings not only continuity but also a contemporary perspective and refined sensitivity, ensuring the legacy evolves with grace.

Beyond Champagne, the Paillard family also owns Château Sarrin in Provence, producing distinguished still wines. From elegant rosés to characterful reds and whites, Château Sarrin reflects the sunny Mediterranean terroir, complementing the brilliance of Champagne Bruno Paillard.

Whether for festive celebrations, romantic occasions, joyful gatherings, or simply enjoying a quiet glass alone, Champagne Bruno Paillard remains the true emblem of elegance, purity, and legacy.





Tasting Items	Type	Price / Bot	Special Price / Bot	Qty	Amount
Ch. des Sarrins "Grand Cuvee" Rose CdProvence 2023 (RP 90)	Rose	\$185	\$140		
Ch. des Sarrins "Blanc Secret" CdProvence 2021	White	\$255	\$190		
Bruno Paillard Premiere Cuvee Extra-Brut MV (WS 92, RP 92+)	Champagne	\$490	\$380		
Bruno Paillard Premiere Cuvee Rose MV (WS 91, RP 93)	Champagne Rose	\$660	\$490		
Bruno Paillard D:Z - Dosage Zero MV (WS 92, RP 91)	Champagne	\$620	\$480		
Bruno Paillard Blanc de Blancs Grand Cru MV (WS 92)	Champagne	\$750	\$580		
Bruno Paillard Assemblage Extra Brut 2015	Champagne	\$925	\$680		
Bruno Paillard Premiere Cuvee Extra-Brut MV (Magnum) (WS 92, RP 92+)	Champagne	\$1,220	\$820		
Bruno Paillard N.P.U. 2009 (Gift Box) 至高無上 !	Champagne	\$2,100	\$1,800		

Total:

Member Name: Mr. / Ms / Mrs.

Membership Number:

Delivery Address:

Tel No.

Delivery Date:

Member Signature:

Terms & Conditions:

Free delivery applies to orders of HKD1,800 or more. For orders below this amount, in-club pickup is an option.

Please allow 3-5 working days for processing your order.

Offer valid until the end of December 2025.

All orders are subject to acceptance and availability.

Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to a minor in the course of business.

The Kowloon Tsai Home Owners Association reserves the right to amend the terms and conditions without prior notice.

All matters and disputes will be subject to final decision of The Kowloon Tsai Home Owners Association.

讓世界愛上南非葡萄酒

Glenelly Estate Wine Dinner

日期 Date : 30/1(Friday)

時間 Time : 19:00

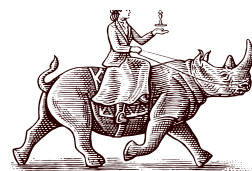
地點 Venue : 康橋廳 The Cambridge

費用 Fee : \$568

主持 Speaker : Mr. Hei Cheng



The Ambassador
Mr. Hei Cheng



GLENELLY
STELLENBOSCH

由著名酒莊 Château Pichon Longueville
Comtesse de Lalande 前莊主
May-Éliane de Lencquesaing 女士所擁有

Owned by Madame May-Éliane de Lencquesaing,
former proprietor of the renowned Château
Pichon Longueville Comtesse de Lalande

Menu

Glenelly Estate Reserve Chardonnay 2022
Steamed Abalone with Spring Onion
蔥花蒸鮮鮑魚

Glenelly Glass Collection Cab Sauv 2020
Sauté Fish Fillet with Golden Fried Prawn
香草煎斑球伴金絲蝦球

Glenelly Estate Reserve Red 2017
Fried Chicken with Huadiao Wine
花雕醉炸雞

Glenelly Lady May 2014
Glenelly Lady May 2019
Braised Fish Maw stuffed with Shrimps Mousse
鮑汁百花讓魚肚 (二件)

Dark Chocolate Cake
特濃朱古力蛋糕

Sponsored by Chairwoman
Mrs. Susan Chow

Winning Team Prize Money
HKD\$3,000



會長盾網球比賽

Chairman Shield Tournament

22.11.2025 (Sat)

Enrollment Deadline: 14.11.2025

賽事根據球員級別，以抽籤形式分為四組，進行隊制比賽，優勝隊伍將獲得現金獎及獎座。賽後在康橋廳共享晚膳，一同回味賽事點滴，誠邀各會員參加。

費用 Fee:

\$120 (報名費Registration fee)

\$300 (晚宴費Dinner banquet fee)

Get ready for some exciting matches at the annual Chairman Shield Tournament! The Tournament will be in team format, with players organized by ranking and split into four divisions by drawing lots. The winning team will receive a trophy and prize money, and Members are invited to join us at the celebratory dinner in The Cambridge afterwards.

贊助 Sponsor:

PONTI
SPORTSWEAR

1至5號網球場將由13:00起預留場地予是次比賽，並於20:00重新開放給會員使用。

From 13:00 onwards, tennis courts no.1 to 5 will be reserved for competition use and will reopen for Members' use at 20:00.



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

Restart 2025 美網男單決賽

一頭獅子帶領的一群羊，能打敗一隻羊帶領的一群獅子。說明了領導力的重要性。

作為一個重複性遊戲，運動員自己把控一切，是領導者，同時也是執行人。儘管每一拍的發揮，戰術的運用以及最後的結果都有關聯，但每一分都實實在在的 Restart。所以心態調節，絕對是網球場比賽中最重要的一個隱形戰鬥力，足以影響幾乎所有的同水準競爭。尤其是辛納和阿卡這兩頭雄獅，都是敢打敢拼，攻守兼備，移動能力出色，留給對手的空間極小。雙方互為矛和盾，心裡上的比拼就更加關鍵了，整個決賽，也就是一場壓力測試。

從比賽開局來看，毫無疑問，阿卡是占了上風，未必技術上打得有多好，感覺更多的是辛納自己發揮不穩定。不過戰術上面可以看出雙方都基本把對手研究透了，並沒有太多這方面的試探，直接短兵相接。阿卡瞄著辛納的二發就是各種輸出，希望能憑藉這個點來打開局面。而辛納做為最接近 Ai 的網球選手，在一開始的時候仍然追求自己的高效率節奏，不過今天的手感確實有些差強人意。而事實上，從整個決賽的場面和最後的結果上看，這場決賽更像是辛納同時在面對自己糟糕的狀態和強大的對手。至於到底是因為對手強大而影響狀態，還是因為自己狀態差才創造了強大的對手，這個見仁見智了。

比如第一盤第五局第二分，辛納的破網已經將球抽到一個令對手及其痛苦的位置了，但是被阿卡輕鬆化解。可以說是阿卡的神來之筆，但是本身他也確實具備這種實力。要說辛納的信心一點兒都沒有收到影響嗎？多少都有點而陰影吧。在之後的比賽來看，辛納的好多破網都顯得信心不足，連線路和擊球選擇也有些讓人覺得勉強。阿卡在自已並沒有全面發揮的時候，就很快拿下了第一盤，並且在自己的發球局裡面只丟了三分。

就算是最頂尖的職業球員，他們也時刻面臨著問題。就像今天的辛納，擁有最好的技術以及職業精神，包括後面還有團隊支持，通過充分的賽前準備，仍然在初始階段發揮不穩定，尤其是反手失常，給攻防兩端都造成很多顧慮和壓力，有點兒顧此失彼了，應該是輸掉決賽的一大原因。

而阿卡這邊，也並非一帆風順，或者說有時候比賽的轉變就在一瞬間。前面已經說過，儘管贏了第一盤，但是打得一般。果然第二盤突然就轉向，稀裡糊塗的就被破發了。只是因為辛納稍微恢復一些功力，轉強攻為高效組合，減少了冒險，再加上阿卡自己的失誤，很快就連下幾分，把第二盤順了。

感覺這個時候，阿卡的注意力有些散了。從肢體動作上來看，甚至並不怎麼想挽救了，自己的發球局連輸四分。一直到第二盤的尾聲了，阿卡在連續失誤那麼多球之後，才有第一次明顯，主動的變慢節奏。這可能是雙方球員和教練的戰術安排，從整個比賽上看，雙方都很少有降速的欲望，當然，也不能給對手太多空間，要知道，對方都是那種可以在任何被動情況下突然反攻的人。打都不一定打得死，更不能指望對手跟著自己的球路來放慢節奏。所以就算是今天手感不好，從頭到尾，辛納也沒有選擇犧牲球速，來給自己換取更多的時間以爭取找回感覺或者等待阿卡的失誤。而阿卡在有少數的幾次重旋轉調整，也是在很主動地情況下來執行，就是覺得勉強打進去的球對辛納來講遠遠不夠。

就像第四盤第四局，40:15 那一分正手直線，面對辛納的斜線炮轟，其實阿卡整個身體已經完全被扯出去了，相信如果有切或者擋的方式處理，打進去的機會大得多，不過他也並沒有退讓，仍然在努力維持平衡，並希望通過硬剛直線來得分。除了當下的自信，還有就是憑藉對辛納的判斷，與其下一板被掄死，不如把握機會搏一把，反正概率差不多。

很多朋友應該都被教練指點過，對於那種落地高球，還是儘量避免在底線後面強行進攻。為什麼呢？看看辛納在第三盤第二局，自己面臨被破發情況下的處理就明白了。當然，面對高球時候的矛盾和急躁心理可以理解，但是世界一號都經常會處理成這樣，大家還是打得再聰明一些吧。在第三盤和第四盤的比賽中，辛納的反手就基本被阿卡的鎖定為今天的突破點了。也就是前面所提到辛納顧此失彼。他肯定知道自己今天的反手是災難性的，所以在接發球或者是二選一防守的時候，都有意識的往反手靠。

阿卡就明顯開始拿捏了。第三盤第五局，就是在等辛納往反手靠的時候，阿卡兩個 ACE 來放到正手位，包括發球之後也是打了正手位的回馬槍，就算是這一局比分落後，也並沒有受到太多的壓迫。第三盤 5:0 領先，在阿卡並沒有連續誇張的驚豔表現下，突出了辛納的無奈。儘管辛納也在盡力調整，但阿卡正常發揮就已經足以拿下今天的比賽了。

除了雙方運動員技戰術的精彩對抗之外，必須要讚揚兩個年輕冠軍對於比賽的專注程度，以及對於行為舉止的合理掌控。整場比賽中，雙方都基本沒有任何那種下意識的小動作來示意裁判，以爭取對自己有利的判罰，好像連一次鷹眼調整都沒有使用。顯示出他們對於自己在比賽中的行為把控能力之強，最大限度地降低自我內耗，專注於下一分。尤其是辛納，在決賽日，面對阿卡時出現技術上的發揮失常肯定讓他內心非常惱火了，還要面對對手那麼多壓線球，但辛納的唯一反應就是儘快投入下一分。可以想像他們平時如何嚴格的自我要求和追求進步，日拱一足，年復一年。



初班 Beginner Class

透過教練與學員的互動，學習基本發球及對打技巧。
讓學員在愉快的學習環境中體驗網球的樂趣。

Students are introduced to the fundamentals of tennis.
Through interaction with coaches, they learn basic serving
and rally techniques while enjoying the learning process.

Alex Chung

逢星期四 Every Thursday
Age 4-6
16:00-17:00
\$165 / Lesson

逢星期四 Every Thursday
Age 7-9
17:00-18:00
\$165 / Lesson

逢星期四 Every Thursday
Age 10-12
18:00-19:00
\$165 / Lesson

網球教練介紹 Tennis Coach Introduction



鍾浩文教練
Coach Alex Chung

曾參與本地大型網球比賽
喜愛的運動員：費達拿
個人特質：攻擊型球手
重點教學：底線抽擊、發球

Participated in major local tennis tournaments
Favorite Athlete: Roger Federer
Player Type: Aggressive
Teaching Focus: Groundstrokes, serves

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



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 progresss, students will also start learning the backstroke and breaststroke.

逢星期三 Every Wednesday

Age 3-5

17:00-18:00

\$145/ lesson

高班

Advance

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.

逢星期三 Every Wednesday

Age 5 or above

16:00-17:00

\$145/ lesson

冬季開放時段

Winter Season Opening Hours

日期：11月1日至翌年3月31日

時間：（第一節）07:00-13:00

（第二節）14:00-21:00

每週清潔時段：逢星期二 10:30 - 13:00，游泳池將會暫停開放。

（如星期二為公眾假期，將延至翌日清洗）

泳池設有恆溫系統，保持水溫在攝氏 29-30 度，讓會員在可在舒適的環境下暢泳。

Date: November 1 to March 31 in the subsequent year

Time: (First session) 07:00 to 13:00

(Second session) 14:00 to 21:00

*Weekly cleaning hours: Swimming pool will be temporarily closed every Tuesday from 10:30 to 13:00.

(If Tuesday is a public holiday, cleaning will be postponed until the next day).

Members can enjoy a comfortable swimming environment in our Club's heated swimming pool, where water temperature is maintained at a constant 29-30 degrees.

* 課程來賓收費每堂 \$50
Guest fee for each lesson \$50.



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

18:00 - 19:00

\$200 / Lesson

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.

逢星期二 Every Tuesday

Age 16 or above

18:00-19:00

\$180 / Lesson

逢星期四 Every Thursday

Age 16 or above

18:00-19:00

\$180 / Lesson



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.

逢星期日 Every Sunday

Age 16 or above

20:00-21:00

\$180 / Lesson

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.

逢星期四 Every Thursday

Age 16 or above

12:00-13:00

\$200 / Lesson



DANCE PLUS

參與有氧運動，維持健康的生活方式！

跳舞是提升心血管耐力、燃燒卡路里、塑造肌肉和釋放壓力的絕佳方式。

Dance Plus 課程適合所有體能水平的參與者，包括那些沒有或幾乎沒有舞蹈知識和技能的人。

課程重點是以有趣的方式提供各種 Funky 舞蹈鍛煉的核心理念和實際體驗。參與者將體驗漸進式高低衝擊鍛煉、新穎的有氧運動及身體塑形練習。

身體素質要求：中等

Aerobic activities for those who wish to have a healthy lifestyle!

Dancing is a great way to improve your cardiovascular endurance, burn calories (for weight loss), tone your muscles and release stress.

Dance Plus is meant for participants of all levels of fitness including those with no or little dance knowledge and skills.

The focus of the class is to provide the keynote concepts and practical experiences of the different Funky Dance workouts with fun. Participants can experience progressive Hi/Low impact workouts, new body aerobic workouts and body conditioning exercises.

Physical Fitness Demand: Moderate

逢星期一 Every Monday

Age 16 or above

19:00-20:00

\$200 / Lesson



健身教練
葉寒
Personal Trainer
Winnie Yip

Winnie 是一位資深的健體教練，擁有健身、瑜伽、拉筋及水中健體等多項教練資格。憑藉超過二十年的豐富經驗，透過有趣的互動教學方法，提高學員對運動的興趣，輕鬆實現健體目標。

Winnie is an experienced gym trainer with many coaching qualifications for gym, yoga, stretching, aqua fitness and so on. With over 20 years of experience, she can help students achieve their fitness goals with fun and interactive teaching methods to enhance their interest in exercise.

鈎織班

Crochet

兒童初班 Beginners Class for Children

Age 8-12

逢星期六 Every Saturday

10:30-12:00

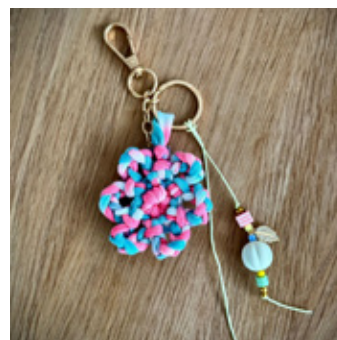
\$460/ Lesson(1.5 hours)

成人初班 Beginners Class for Adults

逢星期三 Every Wednesday

09:00-10:30

\$460/ Lesson(1.5 hours)



* 課程來賓收費每堂 \$50
Guest fee for each lesson \$50.

KTHOA 哥爾夫球賽 Golf Tournament

03 / 01 / 2026 (Saturday)



Prize Money HKD 5,000

Sponsored by Mr. Mathew Cheng

Enrollment Deadline : 20 Nov 2025

地點：落洲高爾夫球場（南場）

Location: Kau Sai Chau Public Golf Course (South Course)

開球時間：12:26

Tee Times: 12:26

參賽名額：12人

Number of Participants: 12

報名費用：\$1,180(會員) \$1,300(來賓)

Entry fee: \$1,180(M) \$1,300(G)

費用包括：

來回船票、場地費、高爾夫球車使用費、
免費一籃練習球及\$100 Proshop / coffee shop禮券

Fee includes:

a round-trip ferry ticket, green fee, golf cart fee,
driving range golf balls, and \$100 coupon for pro shop or
coffee shop

參加資格：

- 必須持有KSC golf pass或有效的
正式差點證書
- 所有駕駛高爾夫球車的參賽者必須持有有效駕駛執照

Eligibility:

- Participants must have a KSC golf pass or
a valid official handicap certificate
- Participants must have a valid driving license
to drive the golf cart

賽制：

1. 分為男、女兩個組別。
2. 比賽將進行18洞，以總桿數最少者為冠軍
3. 每個組別設冠、亞、季軍。

Tournament Regulations:

1. The tournament is divided into the men's
division and the women's division
2. The tournament is an 18-hole course and the player
with the least number of total strokes will be the winner
3. Each division will have a champion, first runner-up, and
second runner-up

獎項：

冠軍：HKD 1,300

亞軍：HKD 800

季軍：HKD 400

及獎座

Prizes:

Champion: HKD 1,300

First Runner-Up: HKD 800

Second Runner-Up: HKD 400

and Trophy



牛津吧聖誕樂酌派對

Oxford Pub Brews and Beats Christmas Party

今年聖誕，牛津吧將於 12 月 24 日及 31 日舉辦「聖誕樂酌派對」活動！屆時將提供多款精選啤酒，配以美味佐酒小食，並由現場樂隊帶來精彩表演，讓您在歡樂熱鬧的氣氛中盡情享受節日時光。誠邀您與親友一同蒞臨，共慶佳節！

This Christmas, the Oxford Pub will host the "Brews and Beats Christmas Party" on December 24 and 31! Join us for a festive celebration featuring a variety of selected beers paired with delicious bar bites, accompanied by live band performances that will fill the air with cheerful holiday vibes. We warmly invite you and your friends to come and share the joy of the season together!

Date: December 24, 31 (Wednesday)

Time: 16:00-19:00

焦點活動

Highlight Events



樂隊現場表演
Live band music



特式美食
Beer snacks

水運會 2025 2025 Swimming Gala

2025 年度水運會已於 8 月 31 日圓滿舉行。今年共有 48 位會員踴躍報名，參與 49 項賽事。

當中最受矚目的 3×25 米家庭接力賽，最終由謝氏家庭以 56 秒 26 勇奪冠軍，全場歡呼聲不絕，氣氛高漲。

特此恭賀各組別總冠軍得主：尹柏朗、湯曉然、Harry Wong、楊彥曦、呂伯希及 Carly Yu。

衷心感謝所有會員的積極參與與支持，令本屆水運會得以順利完成！

The 2025 Swimming Gala was successfully held on August 31. This year, 48 enthusiastic members participated across 49 events, making it an exciting and competitive day for all. The highlight of the gala was the 3×25m Family Relay, where the Tse family claimed victory with an impressive time of 56.26 seconds, drawing cheers and applause from the entire audience.

We extend our heartfelt congratulations to the overall champions of each category: Wan Pak Long, Tang Hiu Yin, Harry Wong, Ailly Yeung, Wilson Lui and Carly Yu.

A sincere thank you to all members for their enthusiastic participation and support, which made this year's Swimming Gala a resounding success!





滬港澳台四角賽 2025

The 17th Shanghai-Hong Kong-Macau-Taipei Tennis Tournament 2025

第十七屆滬港澳台（香港站）四角網球賽 2025 已圓滿結束。本會衷心感謝來自上海、台北及澳門的球隊參與這場比賽。經過多場緊張刺激的比賽後，香港代表隊最終以 1 分之差險勝，成功奪得本屆賽事冠軍！恭喜香港隊贏得殊榮！

The 17th Shanghai-Hong Kong-Macau-Taipei Tennis Tournament 2025 was successfully concluded. We extend our heartfelt thanks to the teams from Shanghai, Taipei, and Macau for their participation in this exciting event. After a series of intense and thrilling matches, the Hong Kong team narrowly triumphed by just 1 point, claiming the championship of this year's tournament. Congratulations to the Hong Kong team on this remarkable achievement!



中秋池畔 BBQ Mid-Autumn Poolside BBQ

中秋池畔 BBQ 已於 9 月 28 日圓滿舉行。當晚，會員們品嚐豐盛的海鮮燒烤與美酒，小朋友們在池中盡情暢玩，笑聲此起彼落。卡拉 OK 環節讓會員展現歌藝，更邀得「皇者聲戰」冠軍得主溫靜嫻小姐獻唱，現場氣氛熱烈，洋溢著節日的歡樂氣氛。

The Mid-Autumn Poolside BBQ was a wonderful success on September 28. That evening, members enjoyed a lavish seafood barbecue paired with fine wine, while children played joyfully in the pool, their laughter filling the air. The karaoke session showcased the singing talents of our members, crowned by a special performance from Ms. Sophie Wen, the champion of the "Singing Superstar Competition." The lively atmosphere was filled with festive cheer and warmth.



雙龍邀請盃網球比賽

Twin Dragons Invitational

雙龍邀請盃網球比賽已於 10 月 18 日圓滿舉行。現場歡呼聲掌聲此起彼落，氣氛高漲！雙方球員全力以赴、拚盡每一分，本會最終以 13：7 勝出！

特別感謝九龍塘會的支持，讓賽事更加精彩，充分展現友誼與體育精神。

感謝賽事贊助商：K-Swiss、XPENG、Travel Resources、Ponti 及 HEAD 贊助豐富獎品。

The Twin Dragons Invitational was successfully held on October 18. The atmosphere was electric, with cheers and applause filling the air as players from both sides gave their all, contesting every point. In the end, our club emerged victorious with a 13:7 win!

We extend our special thanks to Kowloon Tong Club for their support, which made the event even more exciting and truly showcased friendship and sportsmanship.

We sincerely thank our generous sponsors—K-Swiss, XPENG, Travel Resources, Ponti and HEAD — for providing wonderful prizes.







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