

S.U.C.C.E.S.S Membership Benefits • More than You Expect 中僑會員福利 • 優惠多多

In our issue, we introduced our new S.U.C.C.E.S.S. Membership Program benefits. For this month, our newsletter is focusing on Health and Wellness. We will be providing a variety of information on related topics.

上一期為大家介紹了我們中僑會員的最新會員優惠計劃，而本期我們則以健康為主題，為大家提供一些保健養生的資訊。

Nutritious Soup Recipes 滋補湯單

Autumn is arriving and the weather is becoming cool and dry. In order to help your body adjust to the changing weather, we are going to share two healthy Chinese dried conch soup recipes with you. 不知不覺踏入秋季了，秋高氣爽，天氣乾燥，以下兩款用響螺頭煲的湯水，除了滋補還有美容功效。

Fig, Sea Coconut and Dried Conch Soup: (Beneficial for the lungs)

海底椰無花果響螺頭湯：(滋陰潤肺，清熱潤腸)

• Ingredients (For 3-4 person) 材料(3-4 人用):

Dried conch 100g	乾螺頭2兩	Carrot 400g	紅蘿蔔8兩
Sea coconut 250g	海底椰5兩	Chen-pi 1/3 pieces	陳皮1/3片
Fig 4 pieces	無花果4粒	Ginger (peeled) 1 piece	薑(去皮)1片
Nan-xing 40g	南杏8錢	Lean pork 500g	瘦肉10兩
Bei-xing 10g	北杏2錢		



• Cooking Instructions / 做法:

1. Simply wash the dried conch and soak it in cold water for 3 to 5 hrs 乾螺頭略沖洗，用冷水浸3-5小時待用(連水)
2. Blanch the lean pork in boiling water. Remove quickly from heat. 瘦肉出水待用
3. Peel and dice carrots 紅蘿蔔去皮洗淨，切件待用
4. Wash the sea coconuts, figs, nan-xing and bei-xing 海底椰、無花果、南北杏略沖洗待用
5. Wet the chen-pi and clear the center 陳皮浸透刮瓢待用
6. Firstly, put 12-14 cups of water in a pot. Then, put chen-pi and ginger slices in the water. Let it boil.
先將陳皮、薑片放入清水 12-14 碗煲滾
7. After water boils, put the rest of the ingredients in the pot and reduce the heat to low; let it cook for 3 hrs. Add salt to taste and enjoy!

Ginseng Conch Soup: (For energy)

花旗參響螺頭湯：(降火生津，滋陰補氣)

• Ingredients (For 3-4 person) 材料(3-4 人用):

Dried conch 100g	乾螺頭2兩	Chen-pi 1/3 pieces	陳皮1/3片
Ginseng 25g	花旗參5錢	Ginger (peeled) 1 piece	薑(去皮)1片
Nan- Bei-xing 50g	南北杏1兩	Lean pork 500g	瘦肉10兩
Huai-shan 50g	淮山1兩		



• Cooking Instructions / 做法:

1. Simply wash the dried conch and soak it in cold water for 3 to 5 hrs 乾螺頭略沖洗，用冷水浸3-5小時待用(連水)
2. Blanch the lean pork in boiling water. Remove quickly from heat. 瘦肉出水待用
3. Wash the nan-bei-xing and huai-shan 南北杏、淮山略沖洗待用
4. Wet the chen-pi and clear the center 陳皮浸透刮瓢待用
5. Firstly, put 12-14 cups of water in a pot. Then put chen-pi and ginger slices in the water. Bring to a boil.
先將陳皮、薑片放入清水 12-14 碗煲滾
6. After water boils, put all the ingredients in the pot and reduce the heat to low; let it cook for 3 hrs. Add salt to taste and enjoy!

The above information was provided by our member Ms. Chan. If you have any health-related enquiries, please contact your family physician or Chinese Medicine doctor.

以上資料由會員陳太提供。閣下如有任何保健問題，請向家庭醫生或中醫師查詢

If you have further interest in your personal health and wellness, please contact our S.U.C.C.E.S.S Corporate Partners listed below for shopping and other services discounts:

如果閣下對保健或養生有興趣的話，可與以下的商舖聯絡，取得購物或服務的中僑會員優惠：

Corporate 公司名稱	Address 地址	Telephone 電話	Discount 優惠
Beijing Trading Co. Ltd 北京參茸行	89 East Pender St, Vancouver	604-684-3563	10% off with valid S.U.C.C.E.S.S. member card (Excluding promotional items) 憑有效的中僑會員咭，可享有九折優惠。(特價品除外)
Unihealth (Surrey) 康然保健中心(素里店)	#240-13700 72nd Ave, Surrey	604-572-3186	10% off with valid S.U.C.C.E.S.S. member card 憑有效的中僑會員咭，可享有九折優惠。

Flu Immunization Clinic 流感疫苗注射站



A flu immunization clinic will be held by the Pender Community Health Centre at Choi Hall, S.U.C.C.E.S.S. Social Service Centre. Seniors over 65 years old are welcomed to get immunized **for free** at the following time and location:

片打街社區健康中心將於溫哥華片打西街中僑互助會禮和堂設立流感疫苗注射站。歡迎 65 歲以上長者在下列時間及地點前來免費注射疫苗：

Time: 10:00am ~ 1:00pm	時間: 早上 10:00 ~ 下午 1:00
Date: October 23th, 2014 (Thursday)	日期: 2014 年 10 月 23 日 (星期四)
Location: Choi Hall, S.U.C.C.E.S.S.	地點: 中僑互助會禮和堂
Address: 28 West Pender St., Vancouver	地址: 溫哥華片打西街 28 號

S.U.C.C.E.S.S. Membership Services would like to invite you to share some entertainment or food information about Halloween to be published in our October newsletter! Please send your information together with your name and contact number to us (only selected people will be contacted)

S.U.C.C.E.S.S. Family and Community Services Department (Attention to Membership Newsletter)

Address: 28 West Pender Street, Vancouver, BC V6B 1R6

Email: membership@success.bc.ca or FAX: 604-408-7270

For Membership enquires: 604-408-7260 or membership@success.bc.ca

中僑會員資訊誠邀各會員提供有關下一期以十月萬聖節為主題的娛樂或飲食的介紹。閣下請於所提供的資料，註明閣下之姓名及聯絡電話一同郵寄至：(被選者將收到電話通知)

中僑家庭及社區服務(請註明會員資訊)

地址: 28 West Pender Street, Vancouver, BC V6B 1R6

電郵: membership@success.bc.ca 或 傳真: 604-408-7270

關於中僑會員優惠及服務的詳情可查詢: 604-408-7260 或 membership@success.bc.ca