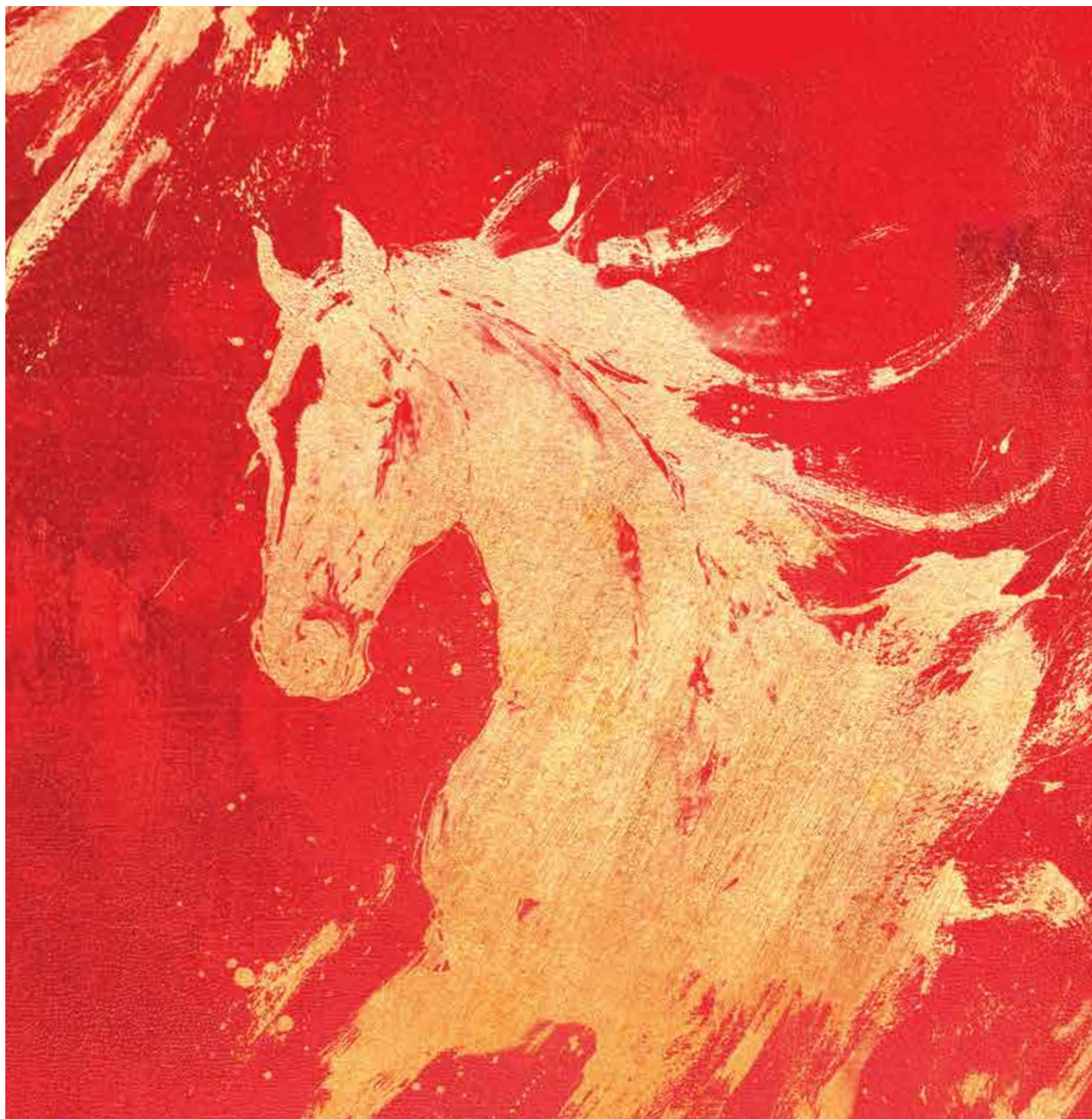




PORTWATCH

January/February 2026



KUNG HEI FAT CHOY!



REACH FOR THE CROWN



THE LAND-DWELLER

OFFICIAL ROLEX RETAILER

蘇麗鐘錶
ZURICH WATCH
WWW.ZURICH-WATCH.COM
TEL: (852) 2369 9298



PORTWATCH

Portwatch is a bi-monthly magazine, published by
The Aberdeen Marina Club.

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Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



The first ISO 14001 and fully
HACCP certified private club
in Hong Kong



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JANUARY

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SUNDAY

The Grabber Machine Returns! Fruits Toys!
The Yard
9am – 7pm

Bowling High Score Day
Bowling Alley
11am – 10pm



10

SATURDAY

Grabber Day Dog Toys!
Kids on 8!
9am – 7pm

11

SUNDAY

Bowling Grabber Day! Keychains
Bowling Alley
11am – 10pm

12

MONDAY

Domaine Leflaive Wine Dinner with Brice de la Morandière
Marina Grill
7pm

13

TUESDAY

Welcoming the New Year: Painting Good Wishes
2/F Marina Suite
10.30am – 12.30pm

18

SATURDAY

Grand Slam Tennis Social
Rooftop Tennis Courts
6pm – 9pm

25

SUNDAY

The Grabber Machine Returns! Cute Bear Toys!
The Yard
9am – 7pm

Fitness Centre Orientation
Fitness Centre
1pm – 3pm

26

MONDAY

Xili Golf Outing



27

TUESDAY

Lucky Cat Painting Workshop
G/F Private Deck
10.30am – 12.30pm

31

SATURDAY

Grabber Day Zebra Toys!
Kids on 8!
9am – 7pm



18

SUNDAY

Arts & Crafts Rattle Drums Making
Run,2,3!
2.30pm – 4.30pm

The Yard Challenge Skee Ball Challenge
The Yard
10am – 7pm

Bowling Bingo!
Bowling Alley
11am – 10pm

24

SATURDAY

Grand Slam Tennis Social
Rooftop Tennis Courts
6pm – 9pm

ALL OF JANUARY



Portside
Hot Pot Promotion

The Deck
Swiss Chalet

Caffè Luna
Astice in Festa
Lobster Feast

FEBRUARY

14

SATURDAY

Valentine's Day Dinner
Marina Grill
7pm

Grabber Day Heart Toys!
Kids on 8!
9am – 7pm

15

SUNDAY

The Yard Challenge Pacman Highest Score Day!
The Yard
9am – 7pm

Fitness Centre Orientation
Fitness Centre
1pm – 3pm

Bowling Grabber Day! Valentine's Day Themed Toys
Bowling Alley
11am – 10pm

17

TUESDAY

Chinese New Year Fun Arts & Crafts Well Wishes
Kids on 8!
9am – 7pm

18

WEDNESDAY

Lion Dance
Lobby
Midday



Chinese New Year Fun Arts & Crafts Well Wishes
Kids on 8!
9am – 7pm

19

THURSDAY

Chinese New Year Fun Arts & Crafts Well Wishes
Kids on 8!
9am – 7pm

ALL OF FEBRUARY

Caffè Luna
Pizza Gourmet



DINING THROUGHOUT JANUARY AND FEBRUARY

Marina Grill
New York Steakhouse
The Balcony
Winter Dishes



5

THURSDAY

New Players Evening
Rooftop Tennis Courts
7pm – 9pm

6

FRIDAY

Independent Bottler Whisky Dinner
The Backroom
7pm

8

SUNDAY

The Grabber Machine Returns! Ocean Friends Toys!
The Yard
9am – 7pm

Winter Carnival and Games
Ice Rink
3pm – 6pm

Bowling High Score Day
Bowling Alley
11am – 10pm

新春如意 迎馬年

Joyful Fortune in The New Year

新春佳節不能缺少好意頭的賀年食品。深灣遊艇會自家製的糕點及精選禮物籃為您的新春帶來滋味驚喜。

Auspicious dishes feature heavily in Chinese New Year customs as they represent good luck and prosperity. Homemade premium New Year puddings and hampers are ready to take home or give as gifts!

特別優惠
Special Offer

購買四盒或以上
可享有八五折優惠
Buy 4 boxes or more and get
15% discount



賀年食品 Chinese Festive Food

- 金鈎臘味蘿蔔糕 \$268
Traditional Turnip Pudding with Preserved Meat
- 五香臘味芋頭糕 \$268
Traditional Taro Pudding with Preserved Meat
- 黑糖薑汁年糕 \$268
Brown Sugar Pudding with Ginger

- 紫薯斑蘭年糕 \$268
Purple Sweet Potato and Pandan Pudding
- 椰汁芝麻凍糕 \$268
Coconut and Sesame Pudding
- 迎春錦繡年糕禮盒 \$418
Traditional Chinese Pudding Gift Set
(金鈎臘味蘿蔔糕或黑糖薑汁年糕配
海天閣琥珀核桃及 XO 醬
Traditional Turnip Pudding or Brown Sugar
Pudding with Ginger with The Horizon
Sweet Walnuts and XO Sauce)
- 滿堂吉慶金裝 \$3,288
迷你盤菜 (六位用)
Braised Mixed Seafood, Assorted
Meat, Vegetables in Clay Pot

賀年禮籃 Festive Hampers

- 金銀滿屋 \$2,388
Treasure House
- 萬紫千紅 \$3,388
In Full Bloom
- 花團錦簇 \$3,888
Ultimate Splendour



MARINA
DELI

For orders and enquiries, please call Marina Deli
on 2814 5302, email
marinadeli@aberdeenmarinaclub.com
or WhatsApp 6390 0716

訂購或查詢請致電深灣店電話2814 5302,
電郵至marinadeli@aberdeenmarinaclub.com
或WhatsApp 6390 0716。

Lion Dance and God of Fortune at The Club

醒獅慶馬年 財神賀新歲

Join us in the main lobby at midday on Wednesday, February 18 for the traditional eye-dotting of the lion, which will then visit the Club's restaurants for an auspicious start to the Year of the Horse.

醒獅點睛於大年初二，二月十八日(星期三)中午12時於本會大堂舉行，其後醒獅更會巡遊各餐廳，與眾會員喜迎馬年。





Chinese Festive Food and Hampers Order Form 2026
深灣店賀年食品及禮物籃訂購表格

Chinese Festive Food 賀年食品	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
金鈎臘味蘿蔔糕 Traditional Turnip Pudding with Preserved Meat	\$268		
五香臘味芋頭糕 Traditional Taro Pudding with Preserved Meat	\$268		
黑糖薑汁年糕 Brown Sugar Pudding with Ginger	\$268		
紫薯斑蘭年糕 Purple Sweet Potato and Pandan Pudding	\$268		
椰汁芝麻凍糕 Coconut and Sesame Pudding	\$268		
迎春錦繡年糕禮盒 (金鈎臘味蘿蔔糕或黑糖薑汁年糕配海天閣琥珀核桃及XO醬) Traditional Chinese Pudding Gift Set (Traditional Turnip Pudding with Preserved Meat or Brown Sugar Pudding with Ginger with The Horizon Sweet Walnut and XO Sauce)	\$418		
滿堂吉慶金裝迷你盤菜 Braised Mixed Seafood, Assorted Meat, Vegetables in Clay Pot	\$3,288		

Please collect your festive food at Marina Deli.
請於深灣店提取賀年食品。

Festive Hampers 賀年禮籃	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
Treasure House 金銀滿屋 <ul style="list-style-type: none">• Domaine De La Rectorie, Terre en vue, Languedoc-Roussillon, France 法國紅酒• Dried Bamboo Fungus 特級竹筴• Assorted Chocolate Pralines Gift Box 雜錦朱古力禮盒			
<ul style="list-style-type: none">• Premium Dried Mushrooms 特級花菇• Premium Soft Almond Amaretti in Tin 軟心杏仁餅• Clover Honey and Honeydew Set 純天然蜜糖• The Horizon Sweet Walnuts 海天閣琥珀核桃	\$2,388		
<ul style="list-style-type: none">• The Horizon XO Sauce 海天閣XO醬• Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕			
In Full Bloom 萬紫千紅 <ul style="list-style-type: none">• Esprit de Pavie, Bordeaux, France 波爾多紅酒• Cartwright & Butler Biscuits in Tin 特級曲奇• Premium Dried Mushrooms 特級花菇• Premium Dried Scallop 特級乾瑤柱			
<ul style="list-style-type: none">• Assorted Chocolate Pralines Gift Box 雜錦朱古力禮盒• Le Signore Delle Camelie Tea Gift Box 頂級紅茶• Black Truffle Paté 黑松露醬	\$3,388		
<ul style="list-style-type: none">• The Horizon Sweet Walnuts 海天閣琥珀核桃• The Horizon XO Sauce 海天閣XO醬• Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕			
Ultimate Splendour 花團錦簇 <ul style="list-style-type: none">• Veuve Clicquot, Yellow Label, Champagne, France 法國特級香檳• Château Cantemerle, Haut-Médoc, Bordeaux, France 波爾多特級紅酒• Premium Dried Mushrooms 特級花菇			
<ul style="list-style-type: none">• South African Pre-cooked Abalone 南非即食鮑魚• Assorted Chocolate Pralines Gift Box 雜錦朱古力禮盒• Babbi Viennesi Assorted Wafers 特級威化餅禮盒• Whittard Tea Discovery Collection Gift Box 特級茶包禮盒	\$3,888		
<ul style="list-style-type: none">• The Horizon Sweet Walnuts 海天閣琥珀核桃• The Horizon XO Sauce 海天閣XO醬• Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕			

Delivery Charge 送貨收費	PER DELIVERY 每程		AMOUNT 總數
Hong Kong Island 香港島	\$150		
Kowloon 九龍	\$200		
New Territories 新界	\$250		

Please fill in this form and return to Marina Deli before February 16, 2026 by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com or in person. We will deliver the hampers within three working days after receiving the order form. All items are available at Marina Deli from now to February 16, 2026.

請填寫以下表格並於二零二六年二月十六日前WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或親身交回深灣店。禮物籃將於收到表格後三個工作天內送到指定地點。以上所有賀年糕點及禮物籃由即日起至二零二六年二月十六日於深灣店供應。

Ordered By 送禮人資料：

Member's Name 會員姓名：

Membership No.會員號碼:

Mobile No.手提電話：

Office / Home No. 辦公室 / 住宅電話:

Signature 簽名:

Date日期:

Deliver To 送貨資料：

Name 姓名：

Address 地址:

Contact No. 聯絡電話（Home 住宅）：

(Office 辦公室）：

Preferred Delivery Date 選擇送貨日期：

Time 時間：

Special Instructions 特別指示:

☐ Morning 上午

☐ Afternoon 下午



農曆新年
精選菜譜
CHINESE NEW YEAR SPECIALITIES
二月九日至三月三日
February 9 to March 3

風生水起 (黃金鮑魚撈起) New Year tossed abalone salad <i>Please allow 30 minutes for preparation 需時三十分鐘</i>	發財好市 (發財蠔豉瑤柱甫) Braised dried oyster, sea moss, conpoy	橫財就手 (海味元蹄煲) Clay pot braised whole pig knuckle, seafood
滿堂吉慶 (金裝迷你盤菜) Braised mixed seafood, assorted meat, vegetables in clay pot <i>Please allow 30 minutes for preparation 需時三十分鐘</i>	大吉大利 (薑葱爆牛腩爽) Wok-fried ox tongue, ginger, spring onions	好市齊來 (脆炸髮菜金蠔卷) Crispy-fried semi-dried oyster, sea moss roll
鴻運當頭 (紅燒獅子頭) Braised pork ball in brown sauce	家肥屋潤 (香芹潤腸炒蝦鬆) Stir-fried diced liver sausage, diced shrimp, celery	金玉滿堂 (五柳茄子鱗片) Deep-fried eel fillet, eggplant
	金枝玉葉 (瑤柱花膠絲扒豆苗) Braised pea sprouts, shredded fish maw, conpoy	金雞報喜 (濃湯砂鍋雲吞雞) Clay pot wonton chicken soup
	四季興隆 (金腿蟹肉松子炒魚肚) Scrambled egg, fish maw, crab meat, Yunnan ham	

For reservations, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com.

訂座請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com。

THE DECK

Swiss Chalet

瑞士小屋

Until February 8
Every Friday, Saturday and Sunday
From 6-10pm

Enjoy a perfect evening in the warm atmosphere of Swiss Chalet with family and friends. Savour the delicious cheese fondues, grilled raclette cheese, Swiss speciality dishes and fine wine pairings.

即日起至2月8日
逢星期五、六及日
晚上6時至10時
與家人好友一起品嚐美味的芝士火鍋、烤芝士及各款經典瑞士菜式，配上精選葡萄酒，在溫馨愜意的氣氛下享用一頓完美的晚餐。



Chinese New Year Buffet

新春自助餐

February 17 - 19
Adult \$498 Child (3-11) \$228
Celebrate Chinese New Year with family and friends at The Deck with a delicious Chinese New Year buffet featuring traditional dishes and treats prepared by our chef!
2月17日 (星期二) 至2月19日 (星期四)
年初一至年初三
成人 \$498 兒童(3-11) \$228

與親朋好友前來咖啡室享用新春自助餐，品嚐廚師團隊準備的各種傳統佳節菜式！



THE BALCONY

Winter Dishes

冬日菜式

Throughout January and February
Savour the warmth of authentic Thai cuisine at The Balcony this winter.
一月及二月
今個冬天，歡迎蒞臨露臺泰國餐廳品嚐正宗泰國菜帶來的奢華溫暖。

Highlights
Ped Ob Kafe
菠蘿蜜汁燒鴨配咖啡羅望子醬
Roasted Duck, Coffee and Tamarind Sauce, Pineapple Glaze Honey

Pla Muek Pad Prik Lueang
黃椒香茅炒鮮魷
Wok-fried Squid, Yellow Chilli, Garlic, Lemongrass Paste

For reservations, please call the
Central Reservations Centre on 2814 1222 or
email reservations@aberdeenmarinaclub.com.

訂座請致電預訂服務中心電話2814 1222或
電郵至reservations@aberdeenmarinaclub.com。

CAFFÈ LUNA



Astice in Festa

Lobster Feast
龍蝦美食節

January 1 - February 1
Join us for a fabulous range of delicious lobster dishes providing a perfect blend of fresh seafood and Italian flair.
1月1日至2月1日
Luna意大利餐廳精心準備了滋味龍蝦菜式，菜式完美地融合了新鮮海鮮和意大利風味。

Capelli D'Angelo
Angel Hair, Lobster, Garlic, Parsley, Lemon Zest

Linguine
Linguine, Half Lobster, Bisque, Cherry Tomatoes

Pasta al Forno
Home Made Maccheroni, Lobster, Bechamel, Mascarpone

Pizza Gourmet

特色薄餅

February 5 - March 1
Discover gourmet pizzas with a sensational selection of flavours and the freshest ingredients.
2月5日至3月1日
品嚐特色美味薄餅，以多種最時令的食材作配料讓您大快朵頤。

Pizza Integrale
Wholewheat Flour Pizza Dough

Iberica
Mozzarella Cheese, Fresh Tomato, Iberico Ham, Manchego Cheese

Imperiale
Mozzarella Cheese, Mascarpone, Lobster Meat, Bisque Sauce, Pickled Red Onion

For reservations, please call the
Central Reservations Centre on 2814 1222 or
email reservations@aberdeenmarinaclub.com.

訂座請致電預訂服務中心電話2814 1222或
電郵至reservations@aberdeenmarinaclub.com。

MARINA GRILL

New York Steakhouse

紐約扒房

Throughout January and February

Taking inspiration from legendary New York steakhouses like Delmonico's, Keens and Peter Luger, our exclusive menu will feature timeless classics such as wedge salad, thick-cut bacon, premium dry-aged USDA bone-in steaks and indulgent hot fudge sundaes.

Bourbon-based cocktails and USA wines will also be available.

一月及二月

Marina Grill為您呈獻多款經典美食，靈感來自Delmonico's-Keens 和 Peter Luger等紐約著名扒房，當中包括生菜沙律、厚切煙肉、熟成USDA帶骨牛排及新地伴熱朱古力醬。

推廣期間，將提供以波本威士忌調配的雞尾酒和美國葡萄酒。



Valentine's Day Dinner

情人節晚宴

Saturday, February 14

From 6-10.30pm
\$1,088 per person

Celebrate Valentine's Day in romantic style with a very special four-course set dinner at Marina Grill.

2月14日(星期六)

晚上6時至10時30分
每位\$1,088

歡迎與您的摯愛來臨Marina Grill享用浪漫的情人節特色四道菜晚餐。



Invitation to Burger Royale

漢堡狂想

Burgers are personal – everyone has a go-to condiment, a favourite patty, the perfect bun and that one topping that makes it unforgettable. Here's your chance to create, share and savour your dream burger with fellow Members, friends and family.

Whether you love it juicy, crunchy, saucy or stacked to the skies, Burger Royale is your opportunity to design the ultimate burger masterpiece. Selected creations will be proudly featured on The Bar and Marina Grill Saturday Lunch Menu!

Please submit your burger to marina.grill@aberdeenmarinaclub.com, and the selected burger will be featured on our menu in the coming months.

漢堡是非常個人化的美食——每個人都有自己必備的醬料、最愛的漢堡扒、完美的麵包，以及那個令讓人難忘的配料。現在是您展現創意的好機會，與會員、朋友和家人一起分享並品嚐您至愛的漢堡食譜。

無論您喜歡充滿肉汁、酥脆、濃郁醬汁，或是層層堆疊的漢堡，這是您設計至愛漢堡的好機會。

請將您的漢堡食譜電郵至marina.grill@aberdeenmarinaclub.com，被選中的作品將會出現在The Bar及Marina Grill的週六午餐菜單！

PORTSIDE

Hot Pot

港式火鍋

Until February 1
Adult \$428 Child \$168

Hong Kong Hot Pot to delight the senses.

即日起至2月1日
成人 \$428 兒童 \$168

港式火鍋為您帶來暖意冬日！



Chinese New Year Buffet

新春自助餐

February 18
From 11am – 3pm
Adult \$498 Child \$228

Enjoy a special festive Lunar New Year occasion at Portside with family and friends.

2月18日(年初二)
上午11時至下午3時
成人 \$498 兒童 \$228

與家人及朋友前來Portside享用新春自助餐，品嚐各式特色佳節菜餚！

For reservations, please call the
Central Reservations Centre on 2814 1222 or
email reservations@aberdeenmarinaclub.com.

訂座請致電預訂服務中心電話2814 1222或
電郵至reservations@aberdeenmarinaclub.com。

MARINA DELI

Valentine's Cake

情人節特別獻禮

February 12 – 15

To celebrate Valentine's Day, we invite you to savour a collection of exquisite creations, each crafted with passion and artistry.

- L** Chocolate Éclair, a decadent embrace of dark and white chocolate, enriched with almonds and crowned with a touch of elegance.
- O** For a burst of tropical delight, the Mango Passion Fruit Tart blends silky cream, pistachio and almond with the vibrant flavours of mango and passion fruit – an ode to exotic romance.
- V** Discover the Strawberry Chocolate Mousse, a delicate harmony of velvety white chocolate and fresh strawberries, with a sweet whisper of love in every bite.
- E** The Matcha Chocolate Cake, where the depth of dark chocolate meets the serenity of matcha in a refined balance of East and West.

2月12日至15日

為慶祝情人節，我們誠邀您細味一系列精緻創作，每一件甜品都盛載滿滿的熱情與巧思。

- L** 朱克力閃電泡芙
黑白巧克力的濃郁交融，以杏仁點綴，極致優雅。
- O** 芒果百香果撻
絲滑奶油融合開心果和杏仁，搭配芒果與百香果的鮮明口味，充滿熱帶風情和異國浪漫。
- V** 士多啤梨白朱克力慕斯
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Ports of Call Thai Islands

遊歷泰國島嶼



“Trust me, it’s paradise.”

– Alex Garland

The Beach (1996)



Phuket

布吉島

With multiple flights every day to and from Hong Kong, Thailand’s largest and most famous island offers an appealing blend of natural beauty, cultural heritage and outdoor activities – plus several world-class marinas. Away from the popular beaches at Patong, Kata and Karon (left), Phuket Town is well worth a visit, particularly for the old Sino-Portuguese architecture along Thalang Road and the streets nearby (right). With fine views across Phuket Town and out to the Andaman Sea, Rang Hill – or Khao Rang – is a popular spot with sightseers, while many locals make the ten-minute drive up here to visit the Tunk-Ka Café. Also known as the Hill Top Restaurant, it’s said to serve some of the finest Thai food on the island. The nearby Khao Rang Viewpoint (above), opened in 2014, provides even more spectacular views.

Bracing ocean breezes and holiday-brochure sunsets await at Promthep Cape, a few kilometres below the Karon and Kata beaches at the southernmost tip of Phuket. To escape the crowds, take a boat out to one of the more secluded, lesser-known islands like Koh Rang Yai or Koh Hae (Coral Island).

布吉島是泰國最大且最聞名的島嶼，每日有多班航班往返香港，展現出迷人的自然美景、文化遺產與各種戶外活動，並擁有多個世界級遊艇碼頭。除了熱門的芭東、卡塔和卡倫海灘（左圖），布吉城也非常值得一遊，尤其是他朗路及周邊街道上的中葡風格老排屋（下圖）。若想俯瞰布吉城與安達曼海的美景，朗山（又稱考朗山）是遊客喜愛的景點，許多當地人也會駕車十分鐘前往山上的 Tunk-Ka 咖啡館。這家餐廳又被稱為「山頂餐廳」，據說供應著島上最精緻的泰國美食。附近的考朗山觀景台（上圖）於2014年開放，可飽覽更加壯麗的景色。

在布吉島最南端的蓬貼海角，迎面而來的是清新的海風與宛如旅遊手冊般的夕陽美景，距離卡塔和卡倫海灘僅數公里。若想避開人潮，可以乘船前往一些更幽靜、不那麼知名的小島，例如朗艾島或珊瑚島。





Phi Phi Islands

皮皮島

Less than two hours by ferry to the southeast of Phuket, Koh Phi Phi Don (above) is the largest of the six Phi Phi Islands – known for their dramatic limestone cliffs, crystal-clear turquoise



waters, and vibrant marine life – and the only one with a permanent population. The smaller, uninhabited Koh Phi Phi Leh is home to spectacular Maya Bay (left), made famous by the Leonardo DiCaprio movie *The Beach* (2000), and where swimming is now consequently restricted for environmental preservation.

Most of the tourist development on Koh Phi Phi Don is around lively Ton Sai village. There are also other, quieter resorts on Long Beach, Laem Thong, and at other more remote areas of the island.

從布吉島東南方乘搭渡輪不到兩小時，即可抵達皮皮島中最大的大皮皮島（上圖）。這六座皮皮島以壯麗的石灰岩峭壁、清澈湛藍的海水以及豐富的海洋生態聞名，而大皮皮島也是唯一有居民居住的島嶼。

較小且無人聚居的小皮皮島則擁有壯觀的瑪雅灣（左圖），因李安納度狄卡比奧主演的電影《迷幻沙灘》（2000）而聲名大噪。為了保護環境，該地如今已限制遊客下水游泳。

皮皮島上的旅遊設施主要集中在熱鬧的通塞村。此外，在長灘、蘭通以及島上其他較偏遠地區，也有一些更安靜的度假村。

Koh Samui

蘇梅島

Served by daily flights from Hong Kong, Thailand's second-largest island is a versatile tropical paradise that caters to just about every kind of traveller. A 90-minute drive or scooter ride around its ring road reveals a captivating blend of experiences, from stunning beaches and lush inland jungles to vibrant nightlife and tranquil cultural sites.

Chaweng (bottom) is the lively epicentre of tourism, known for its powdery white sand, wide range of

entertainment and buzzing atmosphere. The slightly lower-key Lamai (below) offers a beautiful coastline and a mix of relaxation and entertainment, while Bophut is ideal for exploring local markets, sampling fresh seafood, and watching the sunset. With its diverse range of accommodation, from beach bungalows to international resorts and activities, Koh Samui combines natural beauty with modern amenities for a comfortably authentic experience.



蘇梅島為泰國第二大島嶼，每日都有航班往返香港，是一座多元化的熱帶天堂，幾乎能滿足各類旅客的需求。沿著環島公路開車或騎電單車約90分鐘，即可體驗令人著迷的多樣風情，從壯麗的海灘、鬱鬱蔥蔥的內陸叢林，到充滿活力的夜生活與寧靜的文化景點。

查汶（上圖）是旅遊的熱鬧中心，以細緻潔白的沙灘、豐富的娛樂選擇和熱鬧氛圍聞名。相對更少人知曉的拉邁（左圖）則擁有美麗的海岸線，兼具休閒與娛樂；而波普則是探索當地市集、品嚐新鮮海鮮、欣賞日落的理想地點。憑藉多樣化的住宿選擇，從海灘小屋到國際度假村，以及各式活動，蘇梅島將自然美景與現代化設施完美結合，帶來舒適而地道的旅遊體驗。



Koh Samet

沙美島

A popular weekend getaway for Bangkok residents, most of Koh Samet – around 80 percent – is made up of national park. Among the main attractions on the island are its beautiful white-sand beaches, with a choice of peaceful settings or popular beaches with plenty of activity both on and off shore. Ao Pudsa, Ao Nuan and Ao Wai are three of the beaches known for being more laid back, with cosy bungalow accommodation looking out onto fabulous sunsets.

Many visitors choose Hat Sai Kaew and the nearby Ao Hin Khok for a combination of sunbathing, swimming, watersports and nightlife. Getting to the island involves a two-and-a-half-hour drive from Bangkok and 10-minute ferry ride, but most reviewers seem to think it's well worth the effort.

對曼谷居民而言，沙美島是熱門的週末度假勝地，其中約 80% 的面積為國家公園。島上的主要景點是美麗的白沙海灘，遊客可以選擇寧靜的環境，或是熱鬧的海灘，享受岸上與海上的各種活動。Ao Pudsa、Ao Nuan和Ao Wai這三個海灘以悠閒氛圍聞名，舒適的平房住宿面向壯麗的夕陽景色。

許多遊客則選擇鑽石沙灘以及附近的奧軒，在這裡可以同時享受日光浴、游泳、水上運動與夜生活。前往沙美島需要從曼谷開車約兩個半小時，再搭乘十分鐘渡輪，但大多數邀旅客都認為非常值得。



Koh Chang

象島



Thailand's third-largest island, mountainous Koh Chang was first “discovered” by backpackers in the 1990s. It quickly became known for its waterfalls, bright coral reefs, rainforest and long white beaches. Now quite a mainstream tourist island, it is still very much quieter than places like Phuket or Koh Samui. Located on the island's northwestern corner, White Sand Beach (above) is the longest and one of the most popular stretches of sand.

Koh Chang – which means Elephant Island in Thai – is home to a wide range of birds, snakes and deer and offers some great snorkeling, diving and jungle treks. The nearby Trat Airport is operated by Bangkok Airways, which flies in from Bangkok's Suvarnabhumi Airport three times a day.

泰國第三大島嶼——山地地形的象島，在 1990 年代首次被背包客「發現」。它很快因瀑布、絢麗的珊瑚礁、雨林以及綿延的白色沙灘而聞名。如今雖已成為相當主流的旅遊島嶼，但仍比



布吉島或蘇梅島安靜許多。位於島嶼西北角的白沙灘（上圖）是最長、也是最受歡迎的沙灘之一。

象島在泰語中意為「大象島」，島上棲息著各種鳥類、蛇類與鹿群，並提供絕佳的浮潛、潛水及叢林健行體驗。鄰近的達叻機場由曼谷航空營運，每日有三班航班由曼谷素萬那普機場飛抵。

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探索我們網上葡萄酒商店的隱藏珍品



Since launching our online wine store in September, we have introduced a curated selection of exceptional wines designed to inspire discovery and elevate your wine experience. While the journey has begun, we are now accelerating momentum with exciting new features to engage Members and reach new wine lovers. This is your invitation to rediscover the store and explore rare finds, exclusive offers and educational tasting experiences – all just a click away.

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Our online store is not just about buying wine – it is about connecting with stories, learning and supporting emerging talent. With sommelier-curated recommendations, tasting notes and pairing tips, we are here to guide your journey.

Visit aberdeenmarinaclub.com/winestore today and experience wine in a whole new way.



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Online Wine Store
立即掃描二維碼探索網上葡萄酒商店

自九月推出我們的網上葡萄酒商店以來，我們精心挑選了一系列優質葡萄酒，旨在激發您探索的樂趣並提升品酒體驗。我們現正加快步伐，推出一系列網站精彩推廣，吸引會員參與，誠邀您到訪網站發掘罕有佳釀、獨家優惠及具教育性的品酒體驗。

我們的商店以探索與冒險精神為核心，精選來自新晉酒莊及鮮為人知產區的潛力新星與高性價比佳釀。無論您是資深收藏家，還是充滿好奇的探索者，我們的主题系列如「超值精選」及「隱藏珍品」都能助您輕鬆尋覓下一瓶心頭好。

為迎接新一年，我們特別推出兩項網上限定推廣：

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挑戰您的味蕾！盲品一款舊世界與一款新世界葡萄酒，另加一瓶神秘高級酒款。這是一個既有趣又具教育性的方式，讓您深入了解葡萄酒的風格差異並提升品酒知識。

我們的網上葡萄酒商店不僅是購酒平台，更是連結酒莊故事、學習知識及支持新晉釀酒師的橋樑。透過侍酒師推薦、品酒筆記及餐酒配搭建議，我們將引領您展開一段精彩的品酒旅程。

立即瀏覽 aberdeenmarinaclub.com/winestore，體驗全新葡萄酒世界。



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Wine Dinner
with Brice
de la
Morandière

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Monday, January 12
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$3,680 per person
Guest Speaker: Brice de la Morandière,
4th Generation of Domaine Leflaive

日期：1月12日(星期一)
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$3,680
演講嘉賓：第四代Domaine Leflaive莊主
Brice de la Morandière



WINES FEATURED

NV Champagne Palmer & Co, Blanc de Blancs
2020 Domaine Leflaive, Bourgogne Blanc
2014 Domaine Leflaive, Bourgogne Blanc (ex-domaine)
2022 Domaine Leflaive, Puligny-Montrachet 1er Cru, Clavoillon
2020 Domaine Leflaive, Puligny-Montrachet 1er Cru, Les
Folaties
2022 Domaine Leflaive, Puligny-Montrachet 1er Cru, Les
Pucelles (1500ml)
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Cru (limited quantity)

Tasting portion around 60ml of 2020 Bienvenues-Bâtard-
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Bottler
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威士忌晚宴

Friday, February 6
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,280 per person
Guest Speaker: Alice Tang, Whisky Specialist

日期：2月6日(星期五)
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,280
演講嘉賓：威士忌專家Alice Tang

WHISKIES FEATURED

Timorous Beastie
70cl 46.8% / Regional Malts / Blended Malt / Highland
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70cl 51.6% / Regional Malts / Blended Malt / Island
Glenburgie Sherry (HK) 12 Year / 2008
70cl 63% / Old Particular / Single Malt / Speyside
Islay's Finest (HK) 10 Year / 2013
70cl 49.7% / Old Particular / Single Malt / Islay
Port Dundas (Sherry) 18 Year / 2004
70cl 48.4% / Old Particular / Single Grain / Lowland
Glen Elgin 29 Year / 1992
70cl 55.8% / Old & Rare / Single Malt / Speyside

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call the Central Reservations Centre on 2814 1222.

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享用四小時無限供應汽水、鮮橙汁
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Thai Elephant Pants

泰國大象褲
by Peter Walbrook



Until recently a kind of unofficial uniform for Western backpackers navigating the markets, temples and humid climate of Southeast Asia, Thai elephant pants have evolved into a global fashion phenomenon and sartorial symbol of Thai culture.

Popular for their comfort, vibrant patterns and affordability, their graphic print featuring elephants is central to their identity. In Thai culture, the elephant is a revered symbol of good luck, wisdom, strength and royal tradition, and wearing the print can be seen as a gesture of admiration for this national icon.

Made from light, breathable fabrics such as rayon or cotton, they offer practical comfort in Thailand's tropical heat. The loose, wide-legged design allows for efficient airflow and freedom of movement, making them ideal for everything from visiting ancient temples (where they meet modesty dress codes) to relaxing on a beach or practicing yoga.



While initially much less common in Thai wardrobes, a significant shift has occurred in recent years with the influence of international celebrities on social media. When Hong Kong singer/songwriter Jackson Wang was spotted wearing a pair in Bangkok in 2022, their popularity swiftly took off among the younger Thai generation and across Asia.

This rapid trend caught the attention of local manufacturers, who began producing elephant pants in a wider variety of colours, styles, price ranges and patterns, including provincial designs to showcase regional identities.

Their success has not been without challenges, though, as cheap, often low-quality imitations from other countries have flooded the market, leading to a push for stronger intellectual property protection for authentic Thai designs.

From simple souvenirs to high-fashion staples, Thai elephant pants represent a unique blend of comfort, cultural symbolism and entrepreneurial spirit – their rise showing how a humble garment can become a globally recognised icon of one nation's vibrant culture.

泰國大象褲一直是西方背包客在東南亞市集、寺廟及潮濕氣候中穿著的一種服飾，猶如「非正式制服」一樣。如今，大象褲已經變成全球時尚現象，並成為泰國文化的服飾象徵。

大象褲因為舒適、鮮豔的圖案以及平易近人的價格而廣受歡迎，褲上的大象圖案是其核心特色。在泰國文化中，大象象徵好運、智慧、力量，更是皇室傳統的神聖符號，穿上大象的圖案也被視為對這國家象徵表示敬意。

大象褲通常採用人造絲或棉布等輕盈透氣的布料製成，能在泰國的熱帶氣候中提供舒適感。寬鬆的褲管設計讓空氣流通順暢，活動自由，無論是參觀古老寺廟（符合莊重的服裝規範）、在海灘放鬆或是練習瑜伽，都非常合適。

雖然最初在泰國人的衣櫥中並不常見，但近年來隨著國際名人在社交媒體上的影響，情況發生了改變。在2022年，香港歌手王嘉爾在曼谷被拍到穿著大象褲，這股潮流迅速在泰國年輕世代及整個亞洲流行起來。

這股流行趨勢引起了當地製造商的注意，他們開始生產更多顏色、款式、價格範圍和圖案的大象褲，甚至加入地方特色設計，以展現不同地區的色彩。

然而，成功並非沒有挑戰。來自其他國家的廉價、低品質仿製品充斥市場，促使人們呼籲加強對正宗泰國設計的智慧財產保護。

從簡單的紀念品到高端時尚單品，泰國大象褲展現了舒適、文化象徵與創業精神的獨特融合，它們的崛起證明了一件樸素的服飾也能成為全球公認的國家文化標誌。





Chef's Favourites Swiss Specialities

瑞士冬日菜式



Chef Carol, Sous Chef at The Deck, is excited to share two heartwarming winter recipes that promise to transport you straight to the snowy slopes of the Swiss Alps. His time at The Peninsula Hong Kong under the renowned Swiss Chef Trento is an experience that continues to inspire his seasonal creations, and now you can prepare these comforting dishes at home or enjoy them at the Swiss Chalet until February 8.

The Deck咖啡室的副主廚Carol很高興與大家分享兩道冬日食譜，帶您瞬間置身於瑞士阿爾卑斯山的皚皚雪坡。他曾在香港半島酒店工作，跟隨瑞士名廚Chef Trento，過往累積的經驗賦與靈感不斷創新。會員可以嘗試在家中烹調這些美食，或到訪會所的瑞士小屋品嚐這些冬日滋味，菜式將供應至2月8日。



Whole Baked Vacherin Mont d'Or

香焗原個法國金色山脈芝士

Ingredients (serves 2-4)

- 500g whole Vacherin Mont d'Or
- 2 pcs garlic cloves
- 100ml white wine
- A small bunch of fresh rosemary

材料(2至4人份)

- 500克 原裝連盒法國金色山脈芝士
- 2瓣 蒜頭
- 100毫升 白葡萄酒
- 1 小束新鮮迷迭香

Cooking Method 做法

- 1 Preheat oven to 200°C
將焗爐預熱至200°C。
- 2 Use a fork to make small holes in the cheese.
用叉在芝士上戳小洞。
- 3 Insert thin slices of garlic into the holes.
將蒜頭去皮切成薄片，並插入洞中。
- 4 Lay rosemary sprigs on top of the cheese.
將迷迭香放在芝士上。
- 5 Place the cheese on a baking tray, on foil or a foil tray.
將芝士放在烤盤上(鋁箔紙或烤盤上)。
- 6 Pour the white wine over the cheese.
將白葡萄酒倒在芝士上。
- 7 Bake in the oven for 20 - 30 minutes until the cheese has melted.
放入焗爐烤 20-30 分鐘，直至芝士融化。
- 8 Serve hot with baked potatoes or fresh bread.
搭配烤馬鈴薯或新鮮麵包一起趁熱享用。

Bunder Gertensuppe Beef and Barley Soup

牛肉薏米湯

Ingredients (serves 8)

- 50g Grison Meat Swiss cured beef (can use Bresaola as an alternative)
- 70g pancetta whole piece, fried
- 100g cabbage, finely sliced
- 100g carrots, finely diced
- 150g celery, finely diced
- 200ml whipping cream
- 1 pc small shallot, chopped
- 200g leeks, finely sliced
- 20g onion, chopped
- 1 litre beef bouillon
- 80g pearl barley
- 1 pc bay leaf
- Fresh chives, finely chopped
- Salt and pepper
- Butter for cooking

材料(8人份)

- 50克 瑞士風乾牛肉(可用意大利風乾牛肉代替)
- 70克 意大利煙肉(原件經油炸)
- 100克 椰菜，切幼條
- 100克 胡蘿蔔，切細粒
- 150克 西芹，切細粒
- 200毫升 鮮奶油
- 1個 小紅蔥頭，切碎
- 200克 大蒜，切幼條
- 20克 洋蔥，切碎
- 1公升 牛肉高湯
- 80克 珍珠薏米
- 1片 月桂葉
- 新鮮小香蔥，切碎
- 鹽和胡椒
- 煮食用牛油

Method 做法

- 1 Deep-fry the pancetta until golden brown, set aside.
將意大利煙肉炸至金黃色，備用。
- 2 Prepare all the vegetables by washing and chopping.
清洗並切好所有蔬菜。
- 3 In a large pot, melt the butter over medium heat.
在大鍋中以中火融化牛油。
- 4 Sauté the shallots and onions first, then add leeks, celery and carrots. Cook until softened.
先將紅蔥頭和洋蔥炒香，再加入大蒜、芹菜和胡蘿蔔，炒至軟身。
- 5 Pour in the beef broth, then add barley, bay leaf.
倒入牛肉高湯，加入薏米和月桂葉。
- 6 Add the pancetta and Grison Meat Swiss cured beef, bring the mixture to a boil, then reduce heat and simmer for one hour.
加入意大利煙肉和瑞士風乾牛肉，煮沸後轉小火燉煮一小時。
- 7 Add whipping cream and let it warm slightly, making sure not to boil again.
加入鮮奶油稍微加熱，注意不要再次煮沸。
- 8 Remove the bay leaf and pancetta, season with salt and pepper.
取出月桂葉及意大利煙肉，以鹽和胡椒調味。
- 9 Garnish with fresh chives before serving.
上桌前用新鮮香蔥裝飾。

Serve the soup hot, with bread or salad on the side.
熱湯可配麵包或沙律一起享用。

Hong Kong History

香港
歷史

by Giles Leonard,
Director of Sports & Recreation



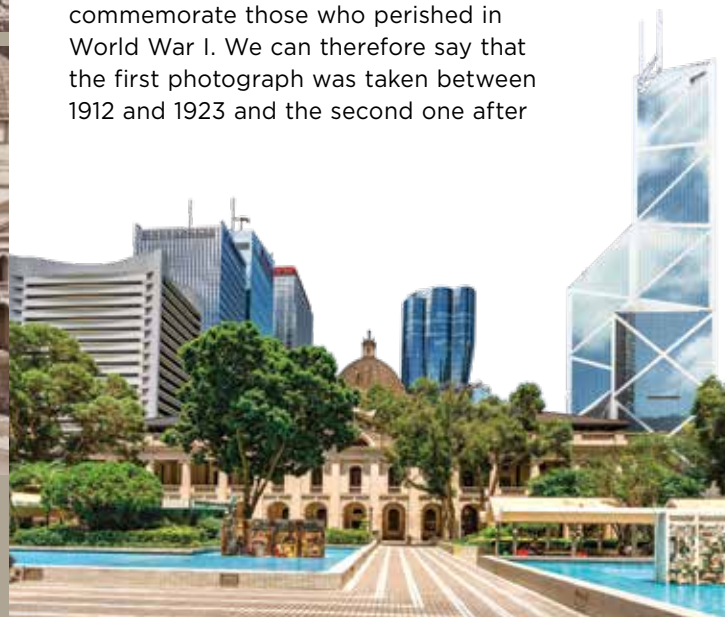
Top: Denis Henry Hazell. Above: Jamie Carstairs Collection.
Courtesy University of Bristol Library

Once again, we are going further afield to show an area with which many of us should be familiar.

The building we see in the photographs is known by several names – it is the current Court of Final Appeal, but its more familiar name is The Old Supreme Court Building, in Central. Construction on the building started in 1900 and it was completed in 1912. It is neo-classical in style and its iconic statue represents Themis, the Greek Goddess of Justice and Law – inspired by the one at the Old Bailey in London.

The top photo shows the building with Statue Square in the foreground and there is one more piece of history still visible today, albeit in a different location. The bronze statue of Queen Victoria sits inside the pedestal although she now resides (without pedestal) in Victoria Park. Lastly, take note of the grass field behind the building – no ordinary grass field though; this was the home of Hong Kong Cricket Club until 1975.

When it comes to dating this photograph, we can get help from another. The lower photograph appears to be similar to the first, but also features The Cenotaph, which was erected in 1923 to commemorate those who perished in World War I. We can therefore say that the first photograph was taken between 1912 and 1923 and the second one after



1923. The other main difference between the photographs is the addition of the pavilion at the Cricket Club, but that does not help us as it was also built in 1923. Lastly, the second photograph shows the magnificent former premises of the Hong Kong Club, which was demolished in 1981.

我們今期探索離會所遠一點的地方，向大家介紹一處許多人應該都很熟悉的建築物。

照片中的建築有幾個名字——它是現在的終審法院，但更廣為人知的名字是舊最高法院大樓。這棟建築始建於1900年，於1912年竣工。它採用新古典主義風格，其標誌性的雕像代表希臘正義與法律女神忒彌斯，靈感來自倫敦奧卑利中央刑事法院的雕像。

左頁上方的照片前景是皇后像廣場，廣場上還有另一處歷史遺跡，雖然如今已遷移至別處。維多利亞女王的銅像原本坐落在廣場中心位置的基座上，但現在已移至維多利亞公園（沒有基座）。最後，請注意這可不是普通的草坪，直到1975年這裡都曾是香港木球會的所在地。

為確定這張照片的拍攝年代時，我們可以參考第二張照片（頁三十左下）。第二張照片看似第一張照片（頁三十左上），但當中已出現和平紀念碑，該紀念碑建於1923年，旨在紀念在第一次世界大戰中的陣亡將士。因此，我們可以推斷第一張照片拍攝於1912年至1923年間，而第二張照片拍攝於1923年之後。兩張照片的另一個主要差異在於木球會增建了亭子，但這並不能幫助我們確定拍攝時間，因為該亭子也是在1923年建造的。最後，第二張照片展示了宏偉的香港會的前身，該建築於1981年被拆除。



Hong Kong Running

by Giles Leonard, Director of
Sports & Recreation

香港馬拉松跑步



Well done to everyone who took part in the Streetathon last November. The weather was fairly warm, so it was not an easy run and as the last two to three kilometres were uphill, it was a tough finish!

Looking ahead, hopefully those running the Hong Kong Marathon on Sunday, January 18 have done their training and will be ready for the race. Good luck to all runners, and do let us know how you got on and we would be happy to feature you in the next issue.

恭喜所有在去年十一月參加「嘉里香港街馬2025」的跑手！當日天氣雖然相當和暖，但跑起來並不輕鬆，尤其是最後兩至三公里的上坡路段，真的是一個艱難的挑戰！

希望即將於一月十八日(星期日)參加香港馬拉松的跑手們已經完成訓練，並準備好迎接比賽。祝所有跑手好運！歡迎於賽後告訴我們您的成績，我們將於下一期作介紹。

BEAUTY SALON

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BIOBTX #1 TDA (FREEZE PHASE)

- Mimic wrinkles smoothing.
- Argireline® & Leuphasyl® relax and smooth intense expression lines.
- Provides intensive wrinkle smoothing of frown lines and others.
- Non-toxic and a cosmetic alternative to Botox (botulinum toxin).
- A next generation peptide formulation.



BIOBTX #2 TDA (LIFT PHASE)

- For more skin elasticity, luminosity and vitality.
- Tego® PepUP promotes collagen and fibre production in the extracellular matrix.
- Has a moisture-binding and skin-firming effect.
- Innovative peptide formulation with anti-ageing properties.

After just a few TDA applications, depots are created and the skin is perfectly restarted with active ingredients penetrated to the deepest skin layers. Whether a visible freshness boost immediately after the treatment or a long-term improvement in skin appearance – the results are convincing!

BIOBTX TDA 是一種美容療法，採用Dermadrop (TDA)技術，無需針頭即可將精華液導入皮膚，讓肌膚絲滑柔嫩。這款創新的高端抗皺TDA療法蘊含優質成分，有效地讓肌膚迅速緊緻，並減淡皺紋。

BIOBTX #1 TDA (凍齡階段)

- 撫平皺紋。
- Argireline® 和 Leuphasyl® 可放鬆並撫平深層表情紋。
- 可強效撫平眉間紋及其他皺紋。
- 無毒性，是肉毒桿菌 (Botox) 的美容替代品。
- 新一代胜肽配方。

BIOBTX #2 TDA (提拉階段)

- 提升肌膚彈性、光澤與活力。
- Tego® PepUP 促進細胞外基質中膠原蛋白和纖維的生長。
- 具有保濕和緊緻肌膚的功效。
- 創新胜肽配方，具有抗衰老特性。

只需幾次TDA療程，肌膚就注入能量，活性成分滲透至深層肌膚，完美重啟肌膚。療程後立即呈現清新活力，長效改善肌膚，效果令人讚歎！

Awaken your Senses with Base Note Studio

喚醒你的感官

Base Note Studio is a niche brand that crafts unique luxury scents that transforms life's precious moments into stories, then into scents you can wear. Capturing a little DÉJÀ VU in every bottle.

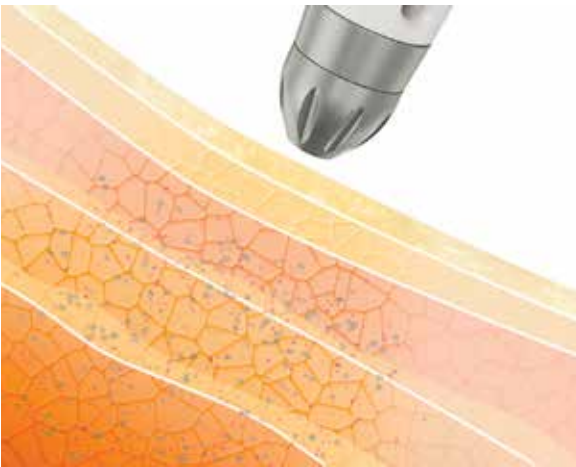
Crafting timeless fragrances into wearable art, Base Note Studio aims to inspire connection, self-expression and nostalgia through unique high scents. This Hong Kong-made fragrance is vegan and cruelty-free, now available at the Cutting-Edge Hair and Beauty Salon.

Base Note Studio是專注打造獨特奢華香氛的小眾品牌，它將生活中珍貴的瞬間轉化為故事，化作成可以佩戴的香氛。每一瓶香水都蘊含着一絲似曾相識的美好回憶。

Base Note Studio致力將永恆香氛打造為可穿戴的藝術品，透過獨特的高級香氛激發與人的連結、自我表達和情感。這款在香港製造的純素且不經動物實驗的香水，現已於美髮及美容中心有售。



For bookings, please call Cutting Edge Hair and Beauty Salon on 2814 5319 or email cuttingedge@aberdeenmarinaclub.com.
預約請致電美髮及美容中心電話2814 5319或電郵至cuttingedge@aberdeenmarinaclub.com。



Youthful Eye Treatment

at Cutting Edge Salon

眼部護理

With EYE ZONE, Ericson Laboratoire offers expert care for the eye contour area, which is particularly sensitive to the effects of fatigue and aging. This complete range is designed to target the various specific problems of this fragile area: dark circles, puffiness, fine lines and sagging.

- Eye contour hydrogel patches.
- Formula enriched with moisturising hyaluronic acid and with anti-fatigue and toning active ingredients.

Ericson Laboratoire 的 EYE ZONE 系列產品，為眼部肌膚提供專業的護理，尤其針對疲勞和老化的肌膚。這一系列產品可解決眼部肌膚的各種問題，如黑眼圈、眼袋、細紋和鬆弛等。

- 眼部輪廓水凝膠眼膜
- 配方富含保濕透明質酸以及抗疲勞和緊緻活性成分

HAIR SALON

Nurture your Hair with Care and Confidence

呵護您的秀髮 讓您充滿自信

The FAQ™ 302 Hair Regrowth & Scalp Massager is designed to support your hair journey.

Using soothing T-Sonic™ massage, red LED light, and clinical-grade laser therapy (LLLT), it helps awaken dormant follicles, improves scalp circulation and encourages healthy, fuller hair growth. In just weeks, users notice stronger strands, less shedding and a healthier scalp. It's easy to use, waterproof and made with ultra-hygienic materials - perfect for your daily routine.

Whether you're noticing early signs of thinning or simply want to boost your hair's natural vitality, FAQ™ 302 offers a gentle, science-backed way and smart Swiss engineering to care for your hair at home.

- Low-Level Laser Therapy (LLLT) stimulates hair follicles to promote regrowth.
- Red LED light boosts thickness and density by energizing scalp cells.
- T-Sonic™ massage improves circulation and clears buildup for healthier follicles.
- Smart app connectivity for personalized treatments and reminders.
- Swiss-engineered design ensures comfort, safety, and effectiveness.
- Clinically proven to reduce hair loss and increase growth in just weeks.

Exciting News from Cutting Edge Hair and Beauty Salon

美髮及美容中心最新消息！

Every month we will feature exclusive retail promotions featuring the latest hair care products and offer special service promotions quarterly for premium treatments. We will also invite you to join us for unique experiences and workshops with top brands. Stay tuned!

美髮及美容中心將於每月推出產品優惠，及季度美髮護理和造型服務推廣。我們將與頂尖品牌合作，為您帶來獨特體驗與精彩工作坊，誠邀您一同參與。敬請期待！



FAQ™ 302 智能激光生髮儀可協助您達成護髮目標。

產品採用T-Sonic™按摩技術、LED紅光和臨床雷射療法（低強度雷射療法LLLT），幫助喚醒毛囊，改善頭皮血液循環，促進頭皮健康讓頭髮生長更濃密。短短數週內，即可感受到髮絲更強韌、減少掉髮、頭皮更健康。使用方便，防水防潮，並採用衛生物料製成，是您日常護理的理想選擇。

無論是頭髮稀疏的早期跡象，還是僅僅想增強頭髮的自然活力，FAQ™ 302都提供了一種溫和而有科學依據的方法。——瑞士智能工程技術，讓您安坐家中就能護理頭髮。

- 低強度雷射療法（LLLT）刺激毛囊，促進頭髮生長。
- LED紅光透過活化頭皮細胞，增加頭髮的粗度和密度。
- T-Sonic™ 智能按摩改善血液循環，清除毛囊堆積物，讓秀髮更健康。
- 智慧型應用程式連接，提供個人化治療方案和提示功能。
- 瑞士工程設計，確保舒適、安全及有效。
- 經臨床測試，可在短短數週內減少掉髮並促進頭髮生長。

CUTTING
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www.thebraincentre.org



Unlock Your Metabolism The Unbeatable Power of Strength Training

by Michelle Lee,
Senior Personal Trainer

肌力訓練：提升新陳代謝潛力

Many Members come to the Club with the goal of losing a few pounds or "toning up." While cardiovascular training is excellent for heart health, if you're looking for improvements in your body composition and to supercharge your metabolism, strength training is your most powerful ally.

Why Strength Training? It's Your Metabolic Engine.

Unlike cardio, which burns calories primarily during the activity, strength training builds lean muscle mass. Muscle is metabolically active tissue, meaning it burns calories even when you're at rest. Simply put, the more muscle you have, the higher your resting metabolic rate (RMR). You're essentially turning your body into a more efficient calorie-burning machine, 24 hours a day.

Three Specific Ways to Start Today

1. Focus on compound movements. Instead of isolation exercises like bicep curls, prioritise moves that work multiple large muscle groups simultaneously. These elicit a greater metabolic response and are more time efficient.

Examples: Squat-press or bent-over rows.

Next time you're in the gym, replace 20 minutes on the treadmill with three sets of squat-press and three sets of bent-over rows.

2. Embrace Progressive Overload. To build muscle, you must consistently challenge it. This doesn't always mean lifting heavier! Progressive overload can be achieved by . . .
 - Increasing the weight.
 - Performing more repetitions with the same weight.
 - Increasing the number of sets.

3. Don't Fear the "Bulk". A common concern, especially among our female Members, is getting "too big." This is a misconception. Building significant muscle mass requires a very specific, intense regimen and caloric surplus. For most, strength training results in a lean, defined, and toned physique – exactly what many are looking for.

Your Invitation: Step into the gym and start mastering the weights.

許多會員來健身的目標是減磅或塑形。雖然帶氧運動對心臟健康非常有益，但如果您想改善身體機能並加速新陳代謝，肌力訓練才是最有效的訓練。

為什麼要進行肌力訓練？因為它能提升您的新陳代謝。

與帶氧運動在運動過程中燃燒卡路里不同，肌力訓練可以增加肌肉量。肌肉是代謝活躍的組織，即使在休息時，它也能燃燒卡路里。代表着肌肉量越多，你的靜止代謝率（RMR）就越高。實際上是在將身體變成一台更有效率的卡路里燃燒機器，24小時不間斷運作。

今天開始嘗試這三個健身方法

1. 專注於複合動作。與其只進行單一訓練，例如二頭肌彎舉，不如優先選擇能夠同時鍛鍊多個大肌群的動作。這些動作能夠帶來更顯著的新陳代謝反應，並且更加省時。

例如：深蹲推舉或俯身划船

下次當您在健身房時，不妨以三組深蹲推舉和三組俯身划船來代替在跑步機上跑20分鐘

2. 漸進式超負荷訓練。想要增肌，就必須不斷挑戰，但這並不總是意味着要舉起重重的重量！漸進式超負荷訓練可以透過以下方式進行：

- 增加重量
- 使用相同重量並重複多次
- 增加訓練組數

3. 不要害怕結實的肌肉。許多會員，尤其是女性會員，都擔心練得太粗壯。這是一種誤解。想要練出顯著的肌肉量，需要針對性的方案、強度很高的訓練計畫和充足的熱量攝取。對大多數人來說，肌力訓練可以創造出緊緻、線條分明、肌肉緊實的身型 — 這正是許多人夢寐以求的。

誠邀您走進健身房，開始學習肌力訓練的技巧。



Congratulations to the 2025 Challenge Finishers!

恭喜2025年挑戰賽的完成者！

SUPER STAR

Mr Wong Kong Yen

GOLD STAR

Mr Chan Wai Yip
Mr Conor O'Mara

SILVER STAR

Mr Cheung Chi Wai,
Andrew

COACH MESSAGE

Skiing and Snowboarding

Home exercise to prep for skiing – Russian Twists

滑雪和單板滑雪

滑雪前的居家練習—俄羅斯轉體

by Roland Mak,
Skiing and Snowboarding Head Coach



Skiing season is right around the corner, and it usually starts by looking out of the chalet windows to see skiers and snowboarders making their way down the slopes. It sure looks nerve-racking at such fast speeds, carving down hard-packed snowy or sometimes icy slopes. To make you look as graceful and elegant, let's look at some exercises to strengthen your muscles, all so important to all levels of skiers.

Steps to Follow

1. Sit on a soft yoga mat and bend both knees while feet are kept together and held slightly above the ground.

2. Your torso is kept straight with the back kept off the ground at a 45-degree angle with hands held together, and elbows away from the body.
3. Your arms start to swing from one side to another in a twisting motion, while you are still holding your feet together and off the ground.
4. The slower the swing and twisting motion, the harder the exercise and the better results you can get.

Benefits of Practicing Russian Twists

- Strengthens the obliques
- Improves balance
- Improves response to the turns so that you can react quickly to different types of terrain

滑雪季節即將到來，通常從小木屋的窗戶望出去，就能看到滑雪者和單板滑雪者輕盈地滑下雪坡。在積雪或結冰的坡面上高速滑行，看起來確實令人緊張。為了讓您也能擁有如此優雅的姿態，我們來看看一些增強肌肉力量的練習，這對各個級別的滑雪者都至關重要。

步驟如下：

1. 坐在柔軟的瑜珈墊上，雙膝彎曲，雙腳併攏，稍微抬離地面。
2. 保持軀幹挺直，背部離地45度角，雙手合十，手肘向外打開。
3. 雙臂開始左右擺動並扭轉，雙腳保持併攏並抬離地面。
4. 擺動和扭轉動作越慢，練習難度越大，效果越好。

練習俄羅斯轉體的好處

- 增強腹斜肌力量
- 提升平衡力
- 提升轉彎反應能力，讓您快速適應不同的地形



Family History Hikes - Bowen Road

家庭登山樂 - 寶雲道

by Giles Leonard,
Director of Sports & Recreation

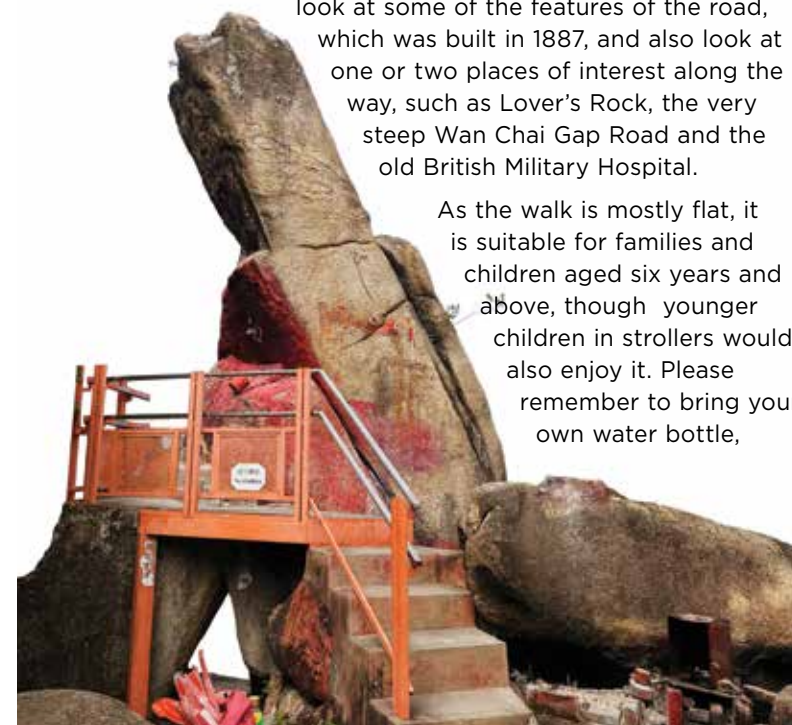
Saturday, January 17

1月17日（星期六）

With Chinese New Year approaching, and many other activities to occupy us, we will feature just one history walk for this issue. Bowen Road is one of the easiest and most pleasant walks in urban Hong Kong. It is also very familiar to me as it's where I spend a lot of my free time running from one end to the other.

For those who don't know it well, it's a very easy and flat four-kilometre stroll. Along the way, we will look at some of the features of the road, which was built in 1887, and also look at one or two places of interest along the way, such as Lover's Rock, the very steep Wan Chai Gap Road and the old British Military Hospital.

As the walk is mostly flat, it is suitable for families and children aged six years and above, though younger children in strollers would also enjoy it. Please remember to bring your own water bottle,



mosquito lotion, hat, sun lotion and comfortable walking shoes. We will meet at the Club lobby at 9.15am with a prompt 9.30am departure. We should return at around 11.30am, just in time for lunch!

即將到來的農曆新年將會有很多活動，因此本期我們將介紹一條家庭登山樂路線。寶雲道是香港市區最輕鬆愜意的步行路線之一。我自己也對這條路線非常熟悉，因為我經常在這裡來回跑步。

對於不太了解這條路線的朋友而言，寶雲道全長只有四公里，地勢平坦，非常適合輕鬆漫步。我們在這條修建於1887年的道路上能發現一些特色，同時亦會探訪一兩個有趣景點，比如姻緣石、陡峭的灣仔峽道以及舊英軍醫院。

由於大部分路段較平坦，這條路線適合6歲及以上兒童的家庭，即使推着輕便的嬰兒車也能輕鬆應付。請準備好舒適的鞋履、帽、防曬用品、驅蚊劑及適量的水。我們將於上午9時15分在會所大堂集合，9時30分準時出發，並預計在上午11時30分左右返回，正好趕上午餐！



For more information, please contact Giles Leonard, our Director of Sports & Recreation

如欲了解更多有關家庭登山樂的資訊，請聯絡本會康體部總監李基爾。

TENNIS

Annual Club Championship for Adults

by Jimmy Jea, Tennis Professional

會所年度錦標賽 — 成人組別



Men's Open Singles Winner, Jeffrey Wong



Men's Open Doubles Winners, Kevin Yeh & John Liang

The Annual Club Championship on November 1 showcased the exceptional talent and spirit of our tennis players, resulting in thrilling matches that kept spectators on the edge of their seats.

In the Men's Open Singles final, we witnessed a breathtaking showdown between Jeffrey Wong and Kiyotaka Ando. After a day filled with nail-biting matches, Jeffrey emerged victorious, claiming the title of Men's Open Singles Champion in a stunning display of skill and determination!

The Men's Intermediate Singles also proved to be an intense battle, with Eric Cheung taking home the championship title against a formidable opponent, Dennis Yuan. Their match was a testament to the spirit of sportsmanship and fierce competition that

our Club prides itself on.

Turning our attention to doubles, the Men's Open Doubles has become a highlight of the tournament, featuring an impressive collaboration between John Liang and Kevin Yeh. They took the crown in a thrilling contest against Richard Lam and Adnan Meraj!

On the ladies' side, the excitement was equally palpable! In the Ladies' Open Doubles, champions EK Chung and Grace Yang triumphed over the talented duo Jun Han and Linda Lu, who also found success in the Ladies' Intermediate Doubles championship. Their journey to the title saw them defeat Ivy Zhang and Joey Lee, showcasing remarkable teamwork and resilience.

Huge congratulations to all our champions and finalists! Your hard work and dedication have

certainly paid off this season. You have not only showcased your talent but also embodied the spirit of our Club. We can't wait to see you all back on the courts, improving your skills and gearing up for next year's championship.

會所年度錦標賽已在11月1日舉行，充分展現了各網球運動員的卓越才能和精神，比賽相當精彩紛呈，讓觀眾們全程非常專注觀看賽事。

在男子公開賽單打決賽中，我們見證了Jeffrey Wong與Kiyotaka Ando之間一場非常激烈的對決。經過一場引人入勝的比賽，Jeffrey最終憑藉精湛的技術和頑強的意志力脫穎而出，奪得男子公開賽單打冠軍！

男子中級單打比賽同樣競爭激烈，最後由Eric Cheung奪冠，對手Dennis Yuan亦非常強勁。他們的比賽充分體現了體育精神和讓我們引以為傲的激烈競賽。

雙打比賽方面，男子公開雙打已成為本次錦標賽的亮點，John

Liang和Kevin Yeh的精彩搭配令人印象深刻。他們與Richard Lam和Adnan Meraj的激烈對賽中奪得冠軍，這場雙打比賽精彩絕倫！

女子組的比賽同樣激烈！在女子公開組雙打比賽中，冠軍組合EK Chung和 Grace Yang 戰勝了實力強勁的Jun Han和Linda Lu組合，後者此前也曾獲得女子中級組雙打冠軍。她們一路過關斬將，擊敗了Ivy Zhang和Joey Lee，展現了出色的團隊合作和頑強拼搏的精神。

熱烈祝賀所有獲獎的球員！本季您們付出的辛勤和不懈努力得到了回報，不僅展現了優秀的球技，更體現了本會的精神。我們期待球員在賽場上的精彩表現，亦為明年的錦標賽做好準備。

RESULTS

Men's Open Singles

Champion: Mr Jeffrey Wong

Finalist: Mr Kiyotaka Ando

Men's Intermediate Singles

Champion: Mr Eric Cheung

Finalist: Mr Dennis Yuan

Men's Open Doubles

Champion: Mr John Liang and Mr Kevin Yeh

Finalist: Mr Richard Lam and Mr Adnan Meraj

Ladies' Open Doubles

Champion: Ms EK Chung and Ms Grace Yang

Finalist: Ms Jun Han and Ms Linda Lu

Ladies' Intermediate Doubles

Champion: Ms Jun Han and Ms Linda Lu

Finalist: Ms Ally Moon and Ms Christine Wu



Ladies' Open Doubles Winners, Ek Chung & Grace Yang



Ladies' Open Doubles Finalists, Jun Han & Linda Lu



Ladies' Intermediate Doubles Finalists, Christine Wu & Ally Moon



Men's Open Doubles Finalists, Richard Lam & Adnan Meraj



Men's Intermediate Singles Winner, Eric Cheung



Men's Intermediate Singles Finalist, Dennis Yuan



Men's Open Singles Finalist, Kiyotaka Ando

TENNIS

Annual Junior Club Tennis Championships 2025

by Tennis Director, Asif Ismail

會所年度錦標賽 — 青少年組別

The Annual Junior Club Tennis Championships 2025, held on November 29, featured 37 enthusiastic participants competing across seven individual events.

The competition showcased a wide range of talents, with junior tennis players eager to prove their skills in a spirited yet friendly atmosphere. Each event tested different abilities, allowing every young athlete to shine. Support from coaches, families and Members created an energetic and motivating environment throughout the day.

The smooth organisation ensured all matches proceeded fairly and on time, giving every participant a chance to excel. With strong performances and great sportsmanship displayed by all, the championships highlighted the Club's commitment to nurturing young

talent. This annual tennis event remains a vital platform for encouraging healthy competition and fostering passion among the Club's junior athletes.

本會2025年青少年組別的年度錦標賽於11月29日舉行，共有37位充滿熱情的球手競逐七個單項賽事。

青少年網球選手在充滿活力而融洽的氣氛下進行比賽，展現出精湛的球技。每個項目都考驗不同的能力，讓每位年輕運動員都有機會展示自己的實力。教練、家人及會員的支持為整日的比賽注入了活力與鼓勵。

賽事在完善的安排下得以順利進行，讓每位參賽者都有發揮的機會。所有球手均表現優秀，展示出良的的體育精神。是次比賽亦體現了本會培育青少年人才的承諾。這項年度網球盛事仍然是促進良性競爭、培養青少年運動員熱情的重要平台。

Boys 12 and Under Intermediate Winner, Jasper Ng

Boys 12 and Under Intermediate Finalist, Zacharias Wong

Boys 18 and Under Intermediate Winner, Ryan Liem

Boys 18 and Under Intermediate Finalist, Terence Chung

Boys 18 and Under Open Finalist, Maxwell Wong

Boys 18 and Under Open Winner, Aarav Bathija

Boys 14 And Under Open Finalist, Ethan Pen

Boys 12 and Under Open Finalist, Ethan Pen

Boys 12 and Under Open Winner, Alexander Chua

Girls 12 and Under Intermediate Finalist, Alexandra Lombard

Girls 12 and Under Intermediate Winner, Louisa Li

Girls 12 and Under Open Winner, Alexis Chew

Girls 12 and Under Open Finalist, Allison Chew

Club Junior B Team vs. HKFC

Club Junior B Team vs. CRC 1

Club Junior B Team vs. LRC 1

Congratulations to all Junior Winter League Players

by Loki Ng, Tennis Professional

A huge thank you to all our Junior League players and their parents for their dedication and support throughout the season. Over the course of seven competitive matches, the team demonstrated consistent improvement and great team spirit, earning a well-deserved seventh place.

As we look ahead, we are excited to continue building on this momentum with the next Junior League season starting on January 16. Spots are still available for players who wish to join, and we warmly welcome

anyone eager to play some regular matches and represent the Club. Thank you once again for being an essential part of this season's success.

衷心感謝所有少年會員及家長們在整個賽季中的付出和支持。在七場激烈的比賽中，球隊展現出持續進步和出色的團隊精神，最終榮獲第七名。

展望未來，我們期待延續這份團隊精神，迎接將於1月16日開始的下一個少年聯賽賽季。目前隊伍仍有空缺，歡迎所有渴望參加常規比賽並代表本會出戰的球員加入。再次感謝您們為本賽季的成功所作的貢獻。

A Memorable Adult Winter League

by Yunus Hidayathullah, Tennis Professional

Another Bank of China Hong Kong Winter League is complete. Thank you to all our Men's and Women's League players - your passion and sportsmanship made every match memorable.

Women's Division A

The women brought incredible energy throughout the entire season. Over nine competitive rounds, they earned an eighth-place finish with great determination from every player.

On the men's side, the standings were tight all season.

Men's Division A

Men's Team A secured a well-deserved third-place finish after seven hard-fought rounds. Thanks to the team for your outstanding spirit and effort.

Men's Division D

Men's Team D finished fifth in a strong division. Congratulations to the players for your consistent progress and commitment in every match.

Thank you all once again for your support. You are what make this league a success.

中國銀行香港冬季聯賽賽季已圓滿結束。

感謝所有男、女聯賽的球員，您們的熱情和運動精神令每一場比賽都非常難忘。

以下是各組別的最終排名：

女子A組

女子組在整個賽季都表現出驚人的活力。經過九輪激烈角逐，她們最終獲得第八名，每位球員都展現了強大的鬥志。

男子組方面，整個賽季的排名都非常接近。

男子A組

經過七輪奮戰，男子A隊最終獲得第三名，成績驕人。感謝全隊的努力奮鬥。

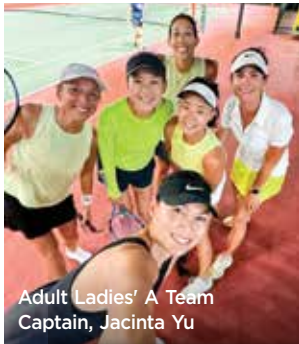
男子D組

男子D隊在高手雲集的組別中獲得了第五名的好成績。恭喜所有球員在每場比賽中都保持着穩定的進步和高度的體育精神。

再次感謝大家的支持——正是您們的付出成就了聯賽的成功。



Adult Men's A Team Captain, Edwin Wong



Adult Ladies' A Team Captain, Jacinta Yu



Upcoming Project Activ8

即將推出的設施 – Activ8

We are delighted to announce that the 8/F Activity Park will undergo a complete renovation starting in March, transforming it into an exciting recreational space featuring bouldering, a surf machine, pickleball court, multi-use court and HYROX training zone, similar to those shown here.

We look forward to unveiling this exciting new project later in 2026.

我們很高興宣布，8樓的Activity Park將於今年三月開始進行全面改造。這個空間將蛻變為充滿活力的休閒天地，設有攀石區、衝浪模擬機、匹克球場、多功能球場，以及HYROX訓練區，可參考左側之效果圖。

我們期待在不久的將來向大家展示這個令人興奮的新場地。

HEALTH CLUB

Club Souvenir Collection Available Now 會所紀念品

You can find greeting cards, A5 notebooks and thermal water bottles with sketches of the Club's iconic features at the Pro-Shop and Marina Deli. They make unique souvenirs and thoughtful gifts for family and friends!

印有本會標誌性素描的多用途卡、A5筆記本和保溫瓶，現已於Pro-Shop和深灣店有售。它們既是獨特的紀念品，也是饋贈親朋好友的貼心禮物！

New Swiss Protein Snack Brand Kaimun

食新瑞士品牌
Kaimun蛋白零食

Crunchy on the outside, soft on the inside, coated with the finest chocolate. But that's not all – this wickedly delicious creation provides a whopping 20g of protein per bar and contains no added sugar.

外酥內嫩，面層塗上頂級巧克力。這款美味可口的巧克力棒每條含有20克的蛋白質，而且不含添加糖。

Enquiries 查詢: 2814 5342
(Health Club)



Congratulations to Pickleball Director Asif Ismail and his partner, Ms Haj Wilcox, on winning the Seniors Mixed Doubles event on October 30 at the Pickleball World Cup 2025 in Florida, USA.

PICKLEBALL

New Regular Pickleball Group Sessions 全新匹克球常規團體課程

Saturdays from 10.15-11am for beginners

The activities will take place in the 7/F Multi-use Court. Advance booking required.

課程適合初學者，逢星期六上午10時15分至11時上課。活動將於7樓多功能活動室進行。敬請及早報名。

GOLF

Members' Golf Day Xili Golf Outing 會員高爾夫球日—西麗高球遊

Enjoy a round or two of golf at the beautiful and challenging Xili Golf Club course

Monday, January 26

Option 1: One round and return on January 26.

Option 2: Two rounds on January 26 and 27, with accommodation at the newly refurbished Xili Golf Club.

一同到西麗球會享用風景秀麗而不乏挑戰性的球道。

1月26日（星期一）

選擇一：1月26日打一輪後即日返回。

選擇二：1月26日和27日打兩輪，並入住重新翻修的西麗高球會。



YOGA

Complimentary Yoga Sculpt Class by Cindy

免費瑜珈塑形課程

**Monday, January 5, 12, 19 & 26
From 10-11am**

The class is designed to help you achieve your fitness goals while fostering mindfulness and relaxation. Yoga Sculpt combines traditional yoga poses with strength training, providing a full-body workout that builds muscle and enhances flexibility.

Whether you are a regular yogi or just starting out, these classes offer something for everyone!

1月5、12、19、26日
逢星期一上午10時至11時

本課程旨在幫助您達成健身目標，同時培養正念和放鬆身心。瑜珈塑形課程將傳統瑜珈體位法與肌力訓練相結合，提供全身運動，增強肌肉力量和柔韌性。

無論您是資深瑜珈愛好者還是初學者，這些課程都能滿足您的需求！

Stretch Therapy by Naresh 伸展療法

Stretching helps the body to relieve muscle tension and ensure that the muscles on each side of a joint are balanced for better flexibility and optimal body movement.

伸展有助身體緩解肌肉緊張，確保關節周邊的肌肉保持平衡，從而提高靈活性和身體運動能力。



Enquiries: 2814 1222 (Central Reservations Centre)
查詢: 2814 1222 (預訂服務中心)

ICE SKATING RINK

ISI Competition @ Lohas Freestyle Challenge

康城溜冰場花式滑冰挑戰賽

The Aberdeen Marina Club was very well represented at the recent inaugural Lohas Figure Skate Challenge 2025. From over 700 participants, our skaters came away with a total of 11 gold medals, 12 silver medals and three bronze medals. Congratulations to all the skaters who worked so hard. What a fantastic achievement!

在最近舉行的首屆「康城溜冰場花式滑冰挑戰賽」中，本會隊員表現出色。在700多名參賽者中，我們的溜冰選手共獲得11面金牌、12面銀牌和3面銅牌。恭喜所有努力付出的溜冰選手！這是一項了不起的成就！



Pong for People

We recently hosted a Table Tennis Tournament to support Pong for People. Founded by friends and Junior Club Members Shaun, Vikram and Suren in 2022, Pong for People brings together a love for sport and a passion for giving back. Through community tournaments, they have raised funds for the Society for Community Organization, Sports for Life and the All Black FC Refuge Football Academy, proving that young people can spark real change in Hong Kong.

我們最近舉辦了一場乒乓球比賽，以支持「Pong for People」。由本會的少年會員 Shaun、Vikram 和 Suren 於 2022 年創立，「Pong for People」結合了對運動的熱愛與回饋社會的熱情。透過社區比賽，他們為香港社區組織協會、Sports for Life 以及 All Black FC Refuge Football Academy 籌集善款，這項計劃證明了年輕人也能為香港帶來改變。



Sunday, February 8 | From 3-5pm

Members \$188 Guests \$288

Join us for some wonderful wintery games including snow sledding, snowman building, hockey bullseye, snowball knockdown and more!

2月8日(星期日) | 下午3時至5時

會員\$188 來賓\$288

快來參加我們精彩的冬季冰上嘉年華，活動包括雪橇滑行、堆雪人、冰球射靶、擊倒雪球等遊戲

Enquiries 查詢: 2814 5374 (Ice Skating Rink)

Hong Kong Sinfonietta Exclusive Offer

香港小交響樂團門票尊屬優惠

We are delighted to offer Club Members an exclusive 10% discount on standard Hong Kong Sinfonietta concert tickets.

Highlighted Concerts

January 9 - 11: Alasdair's Haunted House Adventure

February 13 - 15: Good Music for Babies

Please enter the promo code **AMC10** at either www.URBTIX.hk or www.popticket.hk. Members can also get the discount at URBTIX outlets by showing their Membership Card.

會員現可享香港小交響樂團門票尊屬優惠，凡購買任何音樂會正價門票均可獲九折。

重點推介節目

1月9日至11日 麥萊叔叔與他的搞鬼大屋

2月13日至15日 寶寶愛音樂

會員可於城市售票網(www.URBTIX.hk)或撲飛(www.popticket.hk)輸入優惠碼“AMC10”。您亦可到城市售票網售票處出示閣下之會員證以獲取折扣。



SKATER • AGE 7

Sean Lui

Sean comes for lessons once a week and always arrives and leaves the Ice Rink with a smile on his face - and always tries hard in his lessons. Keep it up, Sean!

Sean每週上課一次，每次到溜冰場和離開時臉上總是掛着笑容，他在上課時也非常努力。Sean，繼續加油！



SWIMMER • AGE 11

Lea Quilici

Lea has shown remarkable dedication and hard work since joining our Learn to Swim programme at the improver level. She listens carefully to instructions and makes a great effort during every session. Her diligent attitude and commitment to improving her skills make her a fantastic role model for her fellow swimmers. We are proud to have Lea as part of our swimming community and look forward to her continued progress. Great job, Lea!

自從加入本會的游泳進階課程以來，Lea展現出非凡的專注和努力。她認真聆聽教練的指導，並在每次訓練中全力以赴。她勤奮刻苦的態度和對提升技能的追求，使她成為其他學員的榜樣。我們對於Lea成為泳隊的一員感到自豪，並期待她繼續進步。做得好，Lea！





William Au

Director of Engineering

工程部總監 — 歐海鷹

Tips for Applying 3M Sun Control Window Film

Applying 3M Sun Control Window Film on windows or glass panels can block more than 50 percent of solar heat, maintaining cooler indoor temperatures and reducing air-conditioning costs.

It also blocks off 99 percent of UV rays and so can protect furniture located near windows from fading and deterioration.

It also functions as typhoon-protection tape and so there is no need to stick tape on windows during typhoons. Some film only blocks 30 percent of light so you can still see blue sky after application.

我在香格里拉集團工作已逾二十年，期間於香港各所香格里拉酒店累積了處理各類營運挑戰的豐富經驗。會所擁有卓越且多元化的設施，這裡的維護工作具獨特的挑戰性。

定期檢查及維修並非僅僅是例行公事，而是確保會所設施運作暢順且安全，以及保持美觀的重要一環。這裡或許是香港唯一擁有如此多元設施的會所，其中包括保齡球設備、AMSKI 模擬滑雪機、溜冰場的冷卻系統，甚至是覆蓋三樓游泳池的先進加壓帳篷。

此外，我們的消防設備亦相當專業，例如華孚油站的泡沫噴槍，以及快艇倉的高倍數泡沫滅火系統。

每項設施都有其獨特的技術要求，有賴酒店或會所行業的專業人才進行維護。

我們工程部的團隊經驗豐富，具備必要的技術專長以應對大部分的挑戰，確保設施運作順暢。

安裝 3M 防曬隔熱玻璃薄膜的小貼士

將 3M 防曬隔熱玻璃薄膜貼於窗門或玻璃面板上，可阻隔超過 50% 的太陽熱能，保持室內溫度涼爽並可節省冷氣費用。

它同時能阻隔 99% 的紫外線，保護靠近窗門的家具，避免褪色及損壞。

此外，它還能兼作颱風防護膠帶，因此在颱風期間無需再於窗門上貼膠紙。部分隔熱膜僅阻擋約 30% 的光線，因此安裝後仍能看到藍天。

Having worked for the Shangri-La Group for more than 20 years – including at Shangri-La hotels in Hong Kong – I have a breadth of experience across diverse operational challenges. Maintenance work at the Club poses unique challenges, as it is known for exceptional and diverse facilities.

Regular maintenance is not simply a routine task; it is the backbone of smooth operations, safety and the continued aesthetic appeal of the Club, which is perhaps the only one in Hong Kong with such a wide array of facilities. These include bowling equipment and the AMSki machine, the Ice Rink's cooling system and even an advanced pressurised bubble enclosing the 3/F swimming pool.

Additionally, our firefighting provisions are specialised, with a foaming gun at the fuel station and high-expansion foam fire protection system in the Dry Boat Store.

Each facility comes with its own set of technical requirements, demanding maintenance expertise rarely seen in the hotel or club industry.

We have an experienced engineering team with the technical expertise necessary to address most issues related to all this equipment, ensuring smooth and uninterrupted operations.



Mark Young

Executive Sous Chef

助理行政總廚

Mark has been with the Club – his first workplace in Asia – for over six years, but his culinary journey began in New Zealand.

“In high school, I signed up for a cooking class, initially chosen for an easy A, but that’s where everything changed,” he says. Mark fell in love with cooking, with a passion that developed into a lifelong career.

The opportunity to start a new chapter in Hong Kong came in 2019. The transition, however, was not without its challenges. Unlike the relaxed and produce-driven approach of New Zealand and Australia, Mark found Hong Kong’s dining scene to be fast moving and globally influenced, with deeply rooted traditions.

“The biggest challenge,” he recalls, “was adapting to northern hemisphere seasons.”

Having built his entire career around southern-hemisphere seasonality, Mark’s food calendar was suddenly reversed. “It took some adjusting, but the trade-off is having access to the finest produce from all around the world. That’s something I’ve really come to appreciate and take full advantage of.”

The Club’s team and its Members are Mark’s primary motivation. “It feels like a family made up of staff and Members who really care about the place, making the Club less like a workplace and more like a place where you build something meaningful.”

Outside of the kitchen, Mark is a true foodie – always exploring new restaurants, local noodle shops and hidden gems. He also enjoys hiking, balance and renewal on Hong Kong’s trails after a busy week.

Come and discover Mark’s latest creations on your next visit to the Club.

Mark的入廚生涯始於紐西蘭，他已在會所工作超過六年，這裏是他在亞洲的第一份工作。

他回憶道：「在高中時，我選修了烹飪課，原本只是為了輕鬆拿取高分，但這決定改變了一切。」Mark從此愛上了烹飪，這份熱情逐漸發展成為他的事業。

2019年，他迎來在香港開啟新一頁的機會。然而，這趟旅程充滿挑戰。與紐西蘭和澳洲較輕鬆的節奏和以食材為主導的餐飲風格不同，Mark發現香港的餐飲文化節奏急速、受全球文化影響深遠，並且有着深厚的傳統。

他回憶道：「最大的挑戰是適應北半球的季節。」

由於Mark的整個職業生涯都是依循南半球的季節性，食材日曆突然顛倒過來。「雖然需要一些調整，但換來的是能夠有機會接觸到來自世界各地的頂級食材。這令我非常感激，並可充分利用這優勢。」

會所的團隊與會員是Mark的主要動力來源。他說：「這裡就像一個由員工和會員組成的家庭，大家都真切關心這個地方，使會所不僅是一個工作場所，更是一個能夠建立有意義的事物和連繫人心的地方。」

在廚房以外，Mark是個真正的美食愛好者，總是探索新的餐廳、地道麵店和隱世美食。此外，他也喜歡行山遠足，在結束忙碌的一週後在山徑上尋找平衡與整頓身心。

誠邀您下次到訪會所時，品嚐Mark的最新菜單。



Christmas Wish Programme 2025

2025聖誕願望活動

The Club's seventh Christmas Wish Programme was a great success. We received more than 220 gifts, which were delivered to children from the Ebenezer School & Home for the Visually Impaired, the Fu Hong Society's Hin Dip Children Centre, Mother's Choice and SAHK.

The children were delighted with their gifts and we would like to thank every Member who participated in the programme.

本會的年度聖誕願望活動收到了超過220份禮物，這些禮物已經送到心光盲人院暨學校、扶康會牽蝶中心、母親的抉擇及香港耀能協會的兒童手中。

孩子們收到聖誕禮物都表現非常高興，我們衷心感謝各會員參與及支持這項活動。



Club Memories

俱樂部回憶

Did you recognise the area shown in our last issue? It was the reading area inside Play Patch, the former Run,2,3!

Congratulations to the three winners: Mr Kwan Chi Wai, Mr Nathan Louey and Mr Jonas Chow, who will each receive a \$500 Marina Grill dining voucher.

See if you can remember the character in these photos. Please send your answer to member@aberdeenmarinaclub.com by February 6. Three winners will be chosen at random to receive a small prize. Each will be notified by email and named in the next issue.

大家能認出我們上期所刊登的照片嗎？那是Play Patch（即現在的Run,2,3!）內的圖書區。

恭喜3位得獎者Mr Kwan Chi Wai、Mr Nathan Louey和Mr Jonas Chow可獲得Marina Grill餐飲券價值\$500。

看看您是否能猜出照片中的角色，並在2月6日前將答案發送至member@aberdeenmarinaclub.com。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！



Dry Boat Store Annual Maintenance 快艇倉年度維護

Please note that the Dry Boat Store will be closed from January 5 to 16 inclusive for annual maintenance, in order to ensure safe and speedy services for boat owners. We apologise for any inconvenience.

請注意，快艇倉將由1月5日至16日關閉以進行年度保養，以確保為船主提供安全快捷的服務。不便之處，敬請原諒。

Closure of the Hair & Beauty Salon 美髮及美容中心關閉

The Hair & Beauty Salon and Nail Bar will be closed on February 17, 18 and 19 for the Chinese New Year. We apologise for the inconvenience.

美髮及美容中心和美甲吧將於2月17、18及19日（年初一至初三）關閉。不便之處，敬請原諒。

OPENING HOURS UNTIL APRIL 30 直至4月30日開放時間

Club Ferry 會所渡輪

Monday, Wednesday to Friday
星期一、三至五

8.30am - 6pm

Tuesday 星期二

8.30am - 5.30pm

Saturday, Sunday and public holidays
星期六、日及公眾假期

8am - 7pm

Dry Boat Store 快艇倉

Monday, Wednesday to Friday
星期一、三至五

8.30am - 6pm

Tuesday 星期二

Closed 關閉

Saturday, Sunday and public holidays
星期六、日及公眾假期

8am - 7pm

Club Parking Rules 停車規則

Any Member who violates the Club's parking rules will incur a \$500 penalty, which will be donated to a designated charity. Each quarter, we will select a different organisation and provide donation receipts.

The Club has proudly supported many charitable causes over the years, and this initiative is a meaningful way to give back to the community. From January to November 2025 a total of \$61,000 was donated to the Ebenezer School & Home for the Visually Impaired, The Hong Kong Society for the Prevention of Cruelty to

Animals (SPCA), Mother's Choice and the Hong Kong Association for Cleft Lip and Palate.

For the first quarter this year, we are pleased to announce that our charity will be Evangel Children's Home.

Last year the Club issued more than 120 letters reminding Members that anyone who violates parking rules three times will have their parking rights suspended.

We appreciate your understanding and ask all Members and their drivers to kindly adhere to our parking rules and show consideration for others.

Thank you for your attention and cooperation.

任何違反停車規例的會員將要向指定慈善機構捐款500元。每個季度，我們會選擇不同的慈善機構並提供捐款收據。

多年來，會所致力支持各項慈善項目，以回饋社區。在2025年1月至11月期間，我們共向心光盲人院暨學校、香港愛護動物協會、母親的抉擇及香港兔唇裂顎協會捐款61,000元。

在本年第一季度，我們將把善款捐贈予播道兒童之家。

在過去的一年裡，我們已發出超過120封警告信。請注意，如會員違反停泊規例3次，將會被暫停泊車使用權。

我們懇請所有會員及其司機遵守我們的停車規例並互相體諒。

感謝您的合作。

Aberdeen Fire Station Visit



Ms Chaturada Dhanasobhon & Son



Ms Michelle Shi & daughter



Mr Ryan Fong & daughter



Mr Julien Bernard & son



Dog Adoption Day



Halloween Events



Noble Pine Christmas Tree Workshop



Ms Fibi Ho



Ms Wannita Yeung



Ms Louise Chow



Ms Stephanie Lai



Ms Helen Oh, Ms Lydia Lin & Ms Theresa Yip



Mrs Winnie Chan, Mrs Irene Yeung & Ms Miho Yawata



Ms Lorraine Lui



Mrs Natalie Wong & Ms Tang Lai Ying



Family History Hike on November 22 - Tai Tam Country Park



NEW YEAR, NEW HORIZONS

SEA BREEZE

Set sail with family and friends to celebrate the New Year aboard *Sea Breeze*.

Our luxurious 66-footer guarantees fun times afloat, comfortably accommodating up to 25 guests in luxurious style.



Full-Day Rental (8 hours)	\$32,000 (weekend)
	\$28,800 (weekday)
Half-Day Rental (4 hours)	\$26,000 (weekend)
	\$22,000 (weekday)
Special Occasions (8 hours)*	\$36,000
Special Occasions (4 hours)*	\$28,800
Additional Hours	\$3,200
Far Destination Additional Charge	\$3,300

* Special Occasions include Fireworks Night, Christmas Eve, Christmas Day, Boxing Day, New Year's Day, Valentine's Day, Mid-Autumn Festival, other Public Holidays and Wedding Photo Shoots.

To embark on your *Sea Breeze* adventure, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com.



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