

Portwatch

The background of the entire page is a detailed, traditional Chinese-style illustration. It features several large, stylized chrysanthemum flowers in various shades of yellow and orange. Interspersed among the flowers are large, detailed leaves. A prominent feature is a fish, likely a carp, rendered in a similar traditional style, swimming through the floral arrangement. The overall color palette is warm, dominated by reds, oranges, and yellows.

THE ABERDEEN MARINA CLUB MAGAZINE

JANUARY/FEBRUARY 2022

恭賀
新禧

**KUNG HEI
FAT CHOY!**

Six of the Best

SICILY

Design Icons

**THE TREVI
FOUNTAIN**



THE YACHT-MASTER

Inspired by the world of sailing, the Yacht-Master was created with a bidirectional rotatable bezel, and continues to evolve to meet the demands of the high seas.

#Perpetual



OYSTER PERPETUAL YACHT-MASTER 42
IN 18 CT WHITE GOLD

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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Portwatch Editor / Mr Adam Nebbs

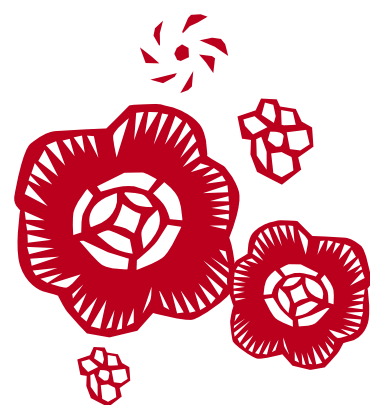


The first ISO 14001 and fully
HACCP certified private club
in Hong Kong



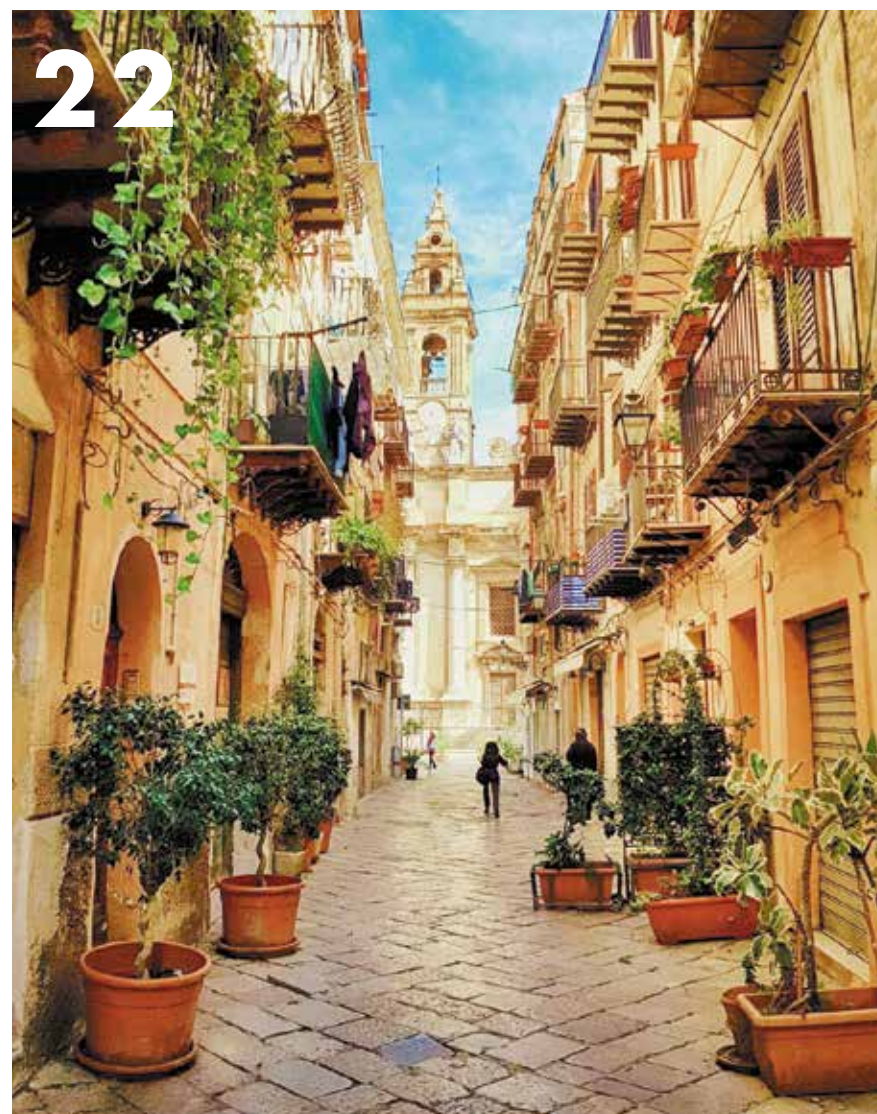
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Joyful Fortune for the New Year 新春如意迎虎年

Our Chinese New Year Puddings and Hampers will
start your New Year off on a high note.
They are also welcome gifts when visiting relatives and friends.

本會的賀年糕點和禮物籃為你的新春帶來滋味驚喜，除了是家庭聚會的必備美食，亦是到親戚朋友家中拜年時的送禮佳品。

PUDDINGS 賀年食品

Traditional Turnip Pudding with Preserved Meat	\$208
金鈎臘味蘿蔔糕	
Traditional Taro Pudding with Preserved Meat	\$208
五香臘味芋頭糕	
Brown Sugar Pudding with Ginger	\$208
黑糖薑汁年糕	
Okinawa Purple Sweet Potato Pudding	\$208
沖繩紫薯年糕	
Coconut Yellow Split Pea Pudding	\$208
馬豆蓉椰汁凍糕	
Tokachi Red Bean Matcha Pudding	\$208
十勝紅豆抹茶凍糕	
Clay Pot Braised Mixed Seafood, Assorted Meat,	\$2,880
Vegetables	
滿堂吉慶金裝迷你盤菜	

SPECIAL OFFER 特別優惠

Buy three boxes or more and get 15 percent discount
購買三盒或以上賀年糕點可享八五折

HAMPERS 賀年禮籃

Treasure House	\$1,988
金玉滿堂	
In Full Bloom	\$2,988
萬紫千紅	
Ultimate Splendour	\$3,688
花團錦簇	

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

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



Chinese Festive Cakes and Hampers Delivery Order Form 2022
深灣店賀年糕點及禮物籃訂購表格

CHINESE FESTIVE CAKES 賀年食品	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
Traditional Turnip Pudding with Preserved Meat 金鉤臘味蘿蔔糕	\$208		
Traditional Taro Pudding with Preserved Meat 五香臘味芋頭糕	\$208		
Brown Sugar Pudding with Ginger 黑糖薑汁年糕	\$208		
Okinawa Purple Sweet Potato Pudding 冲繩紫薯年糕	\$208		
Coconut Yellow Split Pea Pudding 馬豆蓉椰汁凍糕	\$208		
Tokachi Red Bean Matcha Pudding 十勝紅豆抹茶凍糕	\$208		
Clay Pot Braised Mixed Seafood, Assorted Meat, Vegetables 滿堂吉慶金裝迷你盤菜	\$2,880		
Please collect your festive cakes at Marina Deli. 賀年糕點請於深灣店提取。			SUBTOTAL 合共 (1)

PREMIER HAMPERS 禮物籃	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
TREASURE HOUSE 金玉滿堂 <ul style="list-style-type: none">La Sirene de Giscours-Petite Sirene, France 法國紅酒Abalone Noodle with Truffle Powder and Olive Oil 南非鮑魚松露粉撈麵Handcraft Nuts Biscuits 手工果仁曲奇Galler Mini Chocolate Gift Box 雜錦迷你朱古力條禮盒Premium Dried Mushroom 特級花菇Pure Natural New Zealand Honey 紐西蘭純天然蜜糖Sweet Walnut with Gift Box 甜合桃禮盒The Horizon XO Sauce 海天閣XO醬Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕	\$1,988		
IN FULL BLOOM 萬紫千紅 <ul style="list-style-type: none">John Duval Entity Shiraz, Barossa, Australia 澳洲特級紅酒South Africa Abalone Noodle with Free Range Chicken Soup 南非鮑魚走地雞湯拉麵Premium Dried Mushroom 特級花菇Premium Dried Scallope 特級乾瑤柱Valrhona Almond & Hazelnuts Dark Chocolate 法國杏仁榛子黑朱古力Cartwright & Butler Assorted Cookie 雜錦曲奇Dried Bamboo Fungus 特級竹笙Sweet Walnut with Gift Box 甜合桃禮盒The Horizon XO Sauce 海天閣XO醬Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕	\$2,988		
ULTIMATE SPLENDOUR 花團錦簇 <ul style="list-style-type: none">Champagne, Maison Veuve Clicquot, Yellow Label, Brut, N.V 法國特級香檳Chateau Potensac, Cru Bourgeois, Medoc, France 波爾多特級紅酒Premium Dried Mushroom 特級花菇South Africa Pre-cooked Abalone 南非即食鮑魚Michel Cluizel Dark and Milk Chocolate Thin Discs 法國特級朱古力禮盒Black Truffle Pate 黑松露菌醬Whittard Loose Leaf Tea Set 皇室茶葉禮盒Sweet Walnut with Gift Box 甜合桃禮盒The Horizon XO Sauce 海天閣XO醬Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕	\$3,688		

DELIVERY CHARGE 送貨收費	Per Delivery 每程		AMOUNT 總數
Hong Kong 香港	\$120		
Kowloon 九龍	\$180		
New Territories 新界	\$220		
Please fill in this form and return to Marina Deli before January 31, 2022 by fax on 3020 7495, WhatsApp 6390 0716, by mail 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 January 31, 2022. 請填寫以下表格並於二零二二年一月三十一日前傳真至3020 7495，WhatsApp 6390 0716郵寄或親身交回深灣店。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於深灣店供應至二零二二年一月三十一日。			SUBTOTAL 合共 (2)
			GRAND TOTAL 總計(1)+(2)

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（PLEASE PRINT / 請用正楷）：

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

CHINESE NEW YEAR SPECIALITIES

精選賀年菜式

January 17 to February 15

一月十七日至二月十五日

恭賀新禧

CHINESE NEW YEAR MENU

風生水起(黃金鮑魚撈起)
New Year Yu Sheng
(Tossed Abalone Salad)
Please allow 30 minutes for preparation
需時三十分鐘

滿堂吉慶(金裝迷你盤菜)
Clay pot braised mixed seafood,
assorted meat, vegetables
Please allow 30 minutes for preparation
需時三十分鐘

萬事如意(金湯煮星班卷)
Poached fillet of spotted garoupa,
chicken broth

發財好市(發財蠔豉瑤柱甫)
Braised dried oyster, sea moss, conpoy

大吉大利(薑蔥爆牛腩爽)
Wok-fried ox tongue, ginger, spring onions

錦上添花(櫻花蝦松本茸炒蝦球)
Braised prawns, honshimeji mushroom,
sakura shrimps

金枝玉葉(瑤柱臘味扒豆苗)
Braised pea sprouts, conpoy, assorted
preserved meat

四季興隆(金腿蟹肉松子炒魚肚)
Scrambled egg, fish maw, crab meat,
Yunnan ham

橫財就手(海味元蹄煲)
Clay pot braised whole pig knuckle, seafood

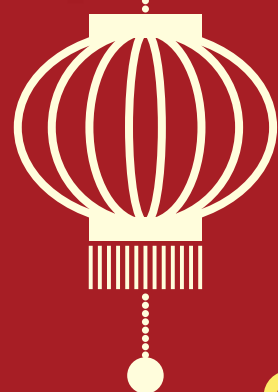
好市齊來(鍋巴蜜椒煎金蠔)
Pan-fried oyster, honey, black pepper,
crispy rice

黃金滿屋(金錢蟹盒)
Crispy-fried crab meat cake

代代平安(錦綉如意福袋)
Braised stuffed gluten, bamboo fungus,
assorted mushroom

For reservations, please call the Central Reservations Centre on 2814 1222,
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



PORTSIDE

CELEBRATE CHINESE NEW YEAR

農曆新年推介

Friday, February 4

Gather your friends and family around the table and celebrate Chinese New Year with Lo Hei and our popular Portside buffet.

與家人及朋友享用撈起及廣受歡迎的自助餐慶祝農曆新年。

Adults \$598 Children \$298



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
BALCONY



THE PERFECT MENU TO CELEBRATE CHINESE NEW YEAR

慶祝農曆新年的完美菜式。

Chinese New Year Special Menu Available Throughout February.

二月

MENU

Turnip Cake with
River Prawn
Thai shrimp paste, aromatic herbs
泰式大蝦蘿蔔糕

Braised Pork Leg in Clay Pot
*soya sauce broth, egg, lard,
choy sum, lettuce*
發財好市豬手煲

Stir-Fried Boston Lobster
E-fu noodles
炒波士頓龍蝦伊麵

Japanese Scallops
*roasted eggplant,
red curry sauce*
紅咖喱帶子配燒茄子

Thai Vegetable Pancake
spicy-sweet sauce
泰式素薄餅

Dessert
Warm Pumpkin Dumpling
green beans, coconut syrup
椰汁南瓜湯圓

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

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ANOTHER EVENING IN THE ALPS!

Due to the high popularity of the Swiss Chalet
and our first Pop-up in December,
we're bringing you another cosy evening of
authentic Alpine delights.

*Join us at Portside on
Friday, February 25*

5.30pm to 9.30pm

Adults \$598 | Children \$298

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
ABERDEEN MARINA CLUB



Lion Dance and God of Fortune at The Club

An auspicious start
to the Year of the Tiger

醒獅慶虎年•財神賀新歲

Join us on Wednesday,
February 2 at midday
in the main lobby for the traditional
eye-dotting of the lion,
which will then visit all of the restaurants.
(Subject to current COVID situation,
please refer to latest e-wire)

醒獅點睛於大年初二
二月二日(星期三)中午12時
在本會大堂舉行，
其後醒獅更會巡遊各餐廳。
(活動將因應當時疫情而落實，
請留意e-wire 通知)



FRIDAY,
JANUARY 14



NEED TO
WARM UP
FROM THE
CHILLY
WEATHER?
火鍋推介

Join us for the Hot Pot Pop-up
at Portside with a great selection of seafood and meat.

Adults \$598 Children \$298



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

Caffé
LUNA



波士頓龍蝦推介

January 7 to February 27

Favourites including risotto, pasta or grilled.

MENU

Pasta 意粉

Squid Ink Tagliolini

creamy lobster, asparagus, semi-dried tomatoes

Agnolotti

ricotta, bisque sauce, cedrat citrus

Risotto 意大利飯

Lobster Risotto

vongole, tomato marinara, leccino olives, finocchietto

Grilled 燒烤

Grilled Lobster

fennel and clementine salad, burro di malga

Salad 沙律

Lobster Salad

celery, cress and leaves, semi-dried tomato, heirloom
pickled beetroot

Pizza 薄餅

Lobster Pizza

provolone, fior di latte, aromatic herbs, baby spinach

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
BALCONY

Thai Clay Pot & Sizzling Winter Warmers

泰式煲仔及鐵板菜

Throughout January

一月

MENU

Thai Vegetable Salad
vegetarian chicken, satay sauce

泰式素雞沙爹醬沙律

Thai-style Sukiyaki
seafood, aromatic Thai herbs

泰式海鮮壽喜燒

Jungle Style Curry
clear broth, pork, hot basil, kachai

金不換咖喱肉片

Baked Clams in Clay Pot
sweet chili and basil sauce

香辣焗大蜆

Fried Fish Fillet
three flavours sauce, crispy basil

酥炸魚柳配秘製醬汁

Dessert
Green Bean Dumpling
egg yolk, jasmine syrup

綠豆糯米磁



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

Caffé LUNA



NEW CHEF ANDREA ROSSI
新廚師Andrea

Meet the Caffé Luna Team

Luna意大利餐廳團隊

Caffé Luna is delighted to announce extended opening hours starting Thursday, January 6. The restaurant will open for both lunch and dinner from Friday to Sunday, and on public holidays, as well as Thursday from 4pm to 10pm.

We also invite you to our new weekly Thursday Aperitivo, which starts at 5.30pm, with a tempting selection of antipasti and drinks. Perfect to mingle with your friends in a casual atmosphere while enjoying Chef Andrea's authentic Italian cuisine.

The Caffé Luna Team looks forward to warmly welcoming you all.

Caffé Luna 很高興宣布由1月6日（星期四）開始延長營業時間。

餐廳將於週四由下午4時至晚上10時及於週五至週日及公共假期供應午餐和晚餐。

我們誠邀您來臨逢星期四的經典餐前酒推介活動，逢星期四下午5.30 開始，提供各種美味的開胃菜和飲品。非常適合與良朋佳友共聚，同時也可享用主廚Andrea制作的正宗意大利美食。

Caffé Luna 團隊期待您的光臨。



Caffé LUNA

Thursday Aperitivo

星期四經典餐前酒推介



Every Thursday
Enjoy a classic Aperitivo at Caffé Luna
from 5.30pm with a selection of
beverages and antipasti
by Chef Andrea.

Extended Opening Hours
Thursday: 4pm to 10pm
Friday to Sunday and
public holidays:
11.30am to 10pm

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 °

CHINESE SPRING DINNER PACKAGES

We have prepared several sumptuous festive menus for you, your staff and business associates to celebrate the culmination of the year's hard work.

為賀新年，本會特備多款春茗菜單，讓閣下與公司全人共迎新歲。

Our selection of Spring Dinner packages offer excellent value from only \$8,380 per table, and include the following privileges.

- Free-flow beverage package at a discounted rate of \$2,280 per table with an unlimited serving of soft drinks, local beer and fresh orange juice for four hours.
- One complimentary car parking space per table.
- Karaoke at a preferential rate of \$800.
- Fresh floral centrepiece on each dining table.

Additional inclusive benefits.

For parties with more than eight tables of 12 persons

- Dinner buffet for two persons at The Deck with our compliments for lucky draw.

For parties with more than 12 tables of 12 persons

- An elegant banner.
- Complimentary round-trip transfer by 56-seater coach to and from Admiralty MTR station.

We look forward to welcoming you and your associates to enjoy the excellent food and impeccable service of The Aberdeen Marina Club.



本會春茗套餐每席只需**\$8,380起**，每席十二位，並提供以下優惠：

- 以優惠價每席 \$2,280 享用四小時無限供應汽水、本地啤酒及鮮橙汁
- 每席提供一個免費泊車位
- 以優惠價 \$800 享用卡拉OK 設施
- 每席備有鮮花擺設

預訂八席或以上，可享額外優惠

- The Deck 二人自助晚餐禮券乙張供抽獎用

預訂十二席或以上，可享額外優惠

- 精美橫額一幅
- 免費56座位巴士接送往返金鐘地鐵站一程

For reservations, please call our Events Sales Team on 2814 5442 or email events@abermarinclub.com

預訂請致電宴會部電話 2814 5442 或電郵至 events@abermarinclub.com

Under the current restrictions, our events team can enter different categories of operation mode C or D, which is from 20 persons to 240 persons per venue.

在現時的防疫限制下，於本會舉辦的宴會可以設置C或D區域，即場地可以容納20至240人。



WEEKEND BREAKFAST BUFFET

A great day starts with a great breakfast.

The Deck's generous semi breakfast buffet will help you kick-start the weekend.

From Saturday, January 15 onwards.

*Saturday, Sunday and Public Holidays,
8am to 10am*

*Continental Breakfast
Buffet*

Adult \$98 | Child \$78

Aberdeen Marina Club Breakfast

\$150 per person

*Includes breakfast buffet &
choice of main course*

For reservations, please call the Central Reservations Centre on 2814 1222

or email reservations@abermarinclub.com.

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

SAVOR THE BEAUTY OF

The southside living

細味南岸生活之美

庫存圖片¹

傲踞30年來港島首個港鐵大型商住物業發展項目——港島南岸²，
將連接港島南逾50萬平方呎休閒生活地標商場「THE SOUTHSIDE」³

兩站直達港鐵金鐘站，四綫聯繫港九新界；一隧接通銅鑼灣⁴

沉醉深灣璀璨黃昏景致⁵，悠享中央花園休閒⁶

揚帆概念建築美學⁷，氣派恢宏，優尚雍容

LA MARINA
揚海

模擬效果圖

賣方（如此聘用的人）的間接股東：



嘉里建設
KERRY PROPERTIES



SINO LAND
信和置業



賣方（擁有人）：

「港島南岸」第二期

(852) 276 00 276
www.lamarina.com.hk

發展項目期數名稱：港島南岸的第2期（「期數」）稱為「揚海」。・區域：香港仔及鴨脷洲・期數所位於的街道名稱及門牌號數（臨時）：香葉道11號（此臨時門牌號數有待期數建成時確認）
・本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關相片、圖像、繪圖或素描並非按照比例繪畫及/或可能經過電腦修飾處理。準買家如欲了解發展項目的詳情，請參閱售樓說明書。賣方亦建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。・賣方為施行《一手住宅物業銷售條例》第二部而就期數指定的互聯網網站的網址：www.lamarina.com.hk

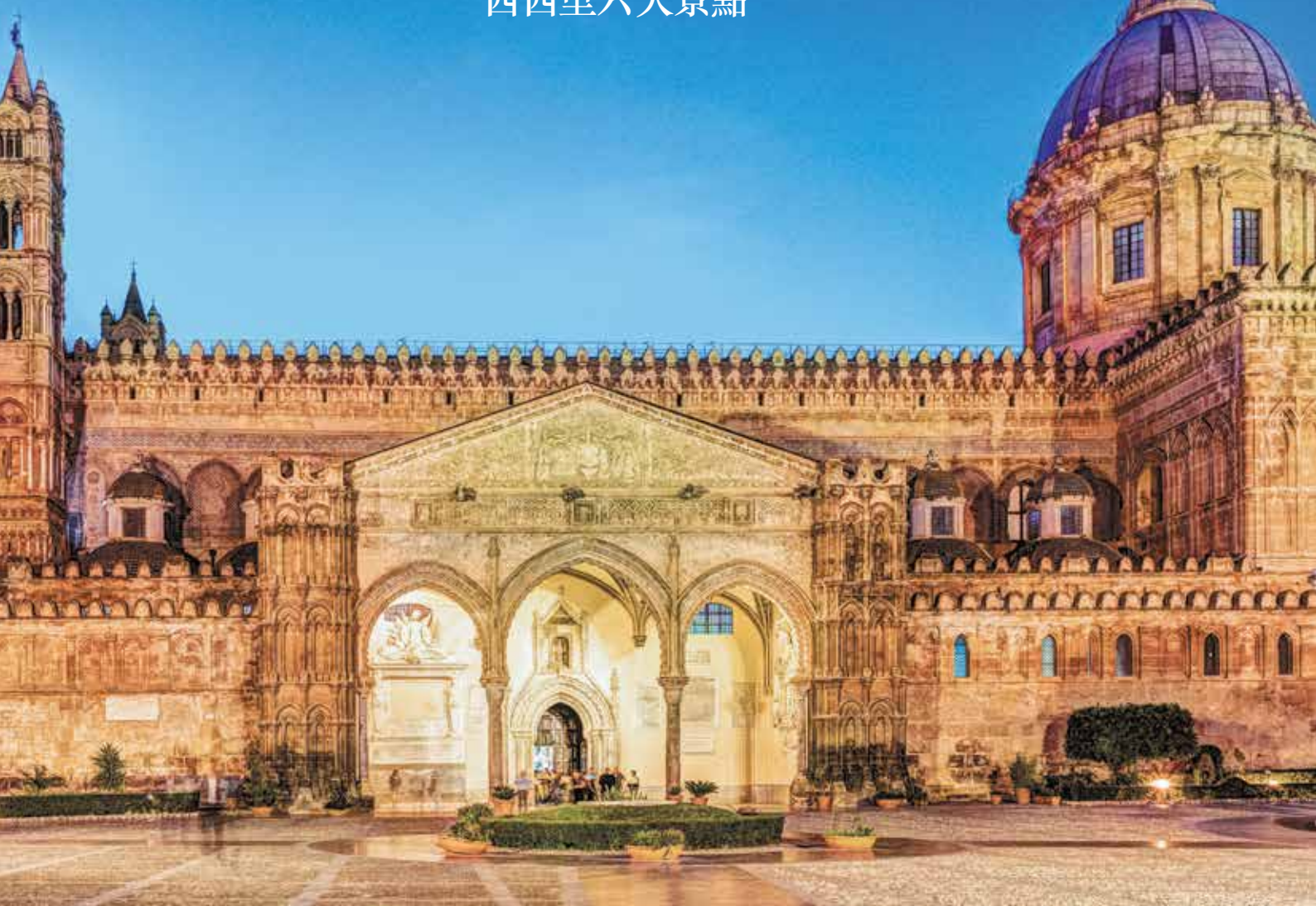
¹此乃庫存圖片，經電腦修飾處理（修飾內容為圖片整合和連接、顏色調整及外觀修飾）並加入電腦合成效果，僅供參考。圖片並非於或自期數或其附近拍攝，並不反映期數或其任何部份的實際景觀。圖片內展示的環境、景觀、設施、建築物、設計、裝置、裝修物料、設備、裝修物、植物、園藝及其他物件等，不一定會在期數或其附近範圍內出現或提供。期數周邊環境、建築物及設施會不時改變。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其景觀、周邊地區環境及附近的公共設施有較佳了解。圖片並不構成亦不得詮釋或賣方作出任何明示或隱含之契約、陳述、承諾或保證（不論是否有關票數）。²港島南岸為自1990年（30年）以來港島區首個港鐵商住物業發展項目。（資料來源：香港鐵路有限公司https://www.mtr.com.hk/ch/corporate/properties/prop_dev_index.html；參考日期：2021年5月28日）³商場位於發展項目的第三期，並非位於期數內，並非期數的一部分。商場仍在設計或興建階段。香港鐵路有限公司（擁有人）保留決定及/或更改商場及其任何設施開幕及/或啟用日期的權利。商場及其不同部份的用途可能不時更改，於期數入伙時亦可能尚未完成及/或可能未能即時啟用，完成後之狀況與本廣告/宣傳資料所述者亦可能有所不同。賣方就商場中會否有及有何等商場並不作出任何明示或隱含之契約、陳述、承諾或保證。該商場之設計、面積及實際設施之提供以最終批核之圖則及相關政府部門最終審批為準。商場之名稱可能不時更改，亦未必會出現於公契或其他業權文件之中，相關資料僅供參考。賣方就以上並不作出任何明示或隱含之契約、陳述、承諾或保證。（資料來源：http://www.mtr.com.hk/ch/corporate/properties/sil_wongshukhang.html；參考日期：2021年5月6日）⁴「兩站」指由港鐵金鐘站步行至金鐘站、港鐵銅鑼灣站及銅鑼灣站；「四綫」指金鐘站為港鐵荃灣綫、港島綫、南港島綫與興建中的東鐵綫（紅磡至金鐘段）的轉乘車站，東鐵綫（紅磡至金鐘段）為興建中的路段，賣方就其落成及/或通車日期並不作出任何明示或隱含之陳述、承諾或保證。（資料來源：香港鐵路有限公司https://www.mtr.com.hk及運輸署https://www.td.gov.hk/tc/transport_in_hong_kong/tunnels_and_bridges_n；參考日期：2021年6月5日）⁵上述票數僅適用於期數部分住宅物業，並不代表所有單位同時享有相關票數，僅供參考。景觀受住宅物業所處層數及座向而有所不同，並可能受周邊建築物及環境影響，且周邊建築物、設施及環境會不時改變。賣方對景觀並不作出任何明示或隱含之契約、承諾、陳述或保證。⁶「中央花園」並非期數之一部分，並會隨發展項目其他期數分段落成及啟用，發展項目所有期數的住戶均可使用「中央花園」。「中央花園」尚在設計或興建階段，未必能於期數的住宅物業入伙時啟用。部分設施及/或服務的使用或提供可能受與相關法律、批地文件、公契條款、會所守則及設施的使用守則、政府有關部門發出之規章事或許可證及現場環境狀況，並可能需額外付費。相關服務之細節及提供予以管理公司及/或有關係供服務之安排現定為時。賣方保留權利不時改動建築圖則（包括但不限於會所及園林之面積、設計、布局及設施）而毋須事先通知任何買家，並以政府相關部門最終批准者為準。賣方對於「中央花園」並不作出任何明示或隱含之契約、陳述、承諾或保證（包括但不限於有何種設施及何時啟用）。⁷賣方保留權利按買賣合約的規定改動建築圖則，以修改一切期數、住宅單位、住客會所、康樂設施或其任何部份之設計、布局及設計用途、單位戶型、間隔、面積及建築圖則以政府有關部門最後批准的建築圖則為準。⁸以上模擬效果圖僅作顯示期數落成後相關部分大概外觀之用，純屬畫家對期數相關部分之想像，並不反映期數或其任何部分落成後的實際景觀、外觀或狀況或其周邊之建築物或環境，僅供參考。期數仍在建築中，期數周邊之環境、建築物及設施可能不時改變。期數外圍、平台及天台等處可能存之冷氣機、暖氣、玻璃、格柵、吊桶、爬梯或其他設施均無顯示。期數以外的建築物或設施可能經簡化處理或並無顯示。模擬效果圖所示之設計、顏色、布局、用料、裝置、裝修物料、設備、植物、園藝、設施、傢俱、傢具、擺設、物件等並不一定會在期數落成後或其附近出現。賣方保留權利不時改動期數的建築圖則及其他圖則。期數設計以有關政府部門最後批准之圖則為準。賣方建議準買家參閱售樓說明書，以了解期數的資料。以上模擬效果圖並不構成亦不得詮釋或賣方作出任何明示或隱含之契約、承諾、陳述或保證（不論是否有關票數）。準買家不應依賴模擬效果圖作任何用途。賣方建議準買家到有關期數地盤作實地考察，以對期數地盤、其景觀、周邊地區環境及附近的公共設施有較佳了解。

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In this issue we pay a virtual visit to the Crossroads of the
Mediterranean to discover . . .

Six of The Best SICILY

西西里六大景點



Palermo 01 巴勒莫

Sometimes referred to as the most conquered city in history, Palermo was founded by the Phoenicians in the 8th century BC. Since then it has been ruled over by Greeks, Romans, Byzantines, Arabs, Normans, Germans, Spaniards and Austrians, to name but a few. Consequently rich in culture and history, it is a splendid city – if a bit charmingly rough around the edges. Highlights include the neoclassical Teatro Massimo (above), which is Italy's largest opera house and was the location of the final scenes in *The Godfather Part III* (1990), and the magnificent multicultural architecture of Palermo Cathedral (left and top). The city is also renowned for its several colourful and noisy fruit, vegetable and fish markets, notably Vucciria, Ballarò and Capo.

巴勒莫被稱為歷史上被征服最多的城市，由腓尼基人在公元前 8 世紀建立。從那時起，曾被希臘人、羅馬人、拜占庭人、阿拉伯人、諾曼人、德國人、西班牙人和奧地利人統治，而這僅僅只是列舉的一小部分。因此，它擁有豐富的文化和歷史，是一座輝煌的城市。景點包括新古典建築的馬西莫劇院，它是意大利最大的歌劇院，也是《教父第三集》（1990）最後場景的取景地方。還有巴勒莫大教堂宏偉的多文化建築。這城市還有幾個色彩繽紛和喧鬧的著名蔬果及漁市場，特別是 Vucciria、Ballarò 和 Capo。

Taormina 02 陶爾米納

A popular tourist resort since the 19th and early 20th centuries – when visitors included international royalty, aristocracy and wealthy holidaymakers on the Grand Tour – Taormina still deserves its reputation as one of Italy's most beautiful destinations. Tourists arrive in large numbers to explore its narrow but upmarket shopping streets, fine Greek theatre and to take in the views of nearby Mount Etna, one of the world's most active volcanoes, and leave without further visiting the island. But as the French writer Guy de Maupassant wrote in 1885, "If a man had only one day to spend in Sicily and asked what to see, I would answer without hesitation: Taormina."

自19世紀至20世紀初流行的「大旅行」年代一直備受歡迎的旅遊勝地，當時遊客包括各國皇室成員、貴族及首富等，現在陶爾米納仍然是意大利最美麗的目的地之一。遊客們湧現在細長而雅緻的購物街，和優美的希臘劇院，還可欣賞到附近的埃特納火山（世界上最活躍的火山之一），這是不能錯過的節目。正如法國作家居伊·德·莫泊桑在 1885 年所寫的那樣，“如果一個人只有一天在西西里，最好在那裡度過，我會毫不猶豫地回答：陶爾米納。”





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Syracuse 04

錫拉庫扎

Notable for its rich Greek and Roman history, culture and architecture, Syracuse was the birthplace of the pioneering mathematician and engineer Archimedes. It was once the second largest city in Ancient Greece, when it was one of the major powers of the Mediterranean world. Ortigia island, also known as Città Vecchia (Old City), is the city's most atmospheric quarter and a pleasant place for a wander, with narrow medieval lanes and waterfront views.



錫拉庫扎以豐富的希臘和羅馬歷史、文化與建築而聞名，亦是數學家和工程師阿基米德的誕生地。那時它是地中海世界的主要大國之一，曾經是古希臘的第二大城市。奧提伽島被稱為 Città Vecchia（舊城），該市擁有狹長的中世紀小巷和海濱美景，氣氛宜人適合漫步。



Ragusa 03

拉古薩

Known for its traditional Sicilian Baroque architecture, Ragusa is divided into two towns: Ragusa Ibla (lower old town) and Ragusa Superiore (upper town). Ibla is an enchanting mixture of narrow streets, steep winding steps, ageing churches and fantastic views. The more modern Ragusa Superiore contains the ornate Ragusa Cathedral, with a museum of religious art and relics. Together with seven other towns, including Noto, Modica and Scicli, it forms part of the Val di Noto, which was added to the a UNESCO World Heritage List in 2002 for “representing the culmination and final flowering of Baroque art in Europe.”



拉古薩以傳統的西西里巴洛克式建築而聞名，拉古薩分為兩個城鎮：Ragusa Ibla（下城區）和 Ragusa Superiore（上城區）。下城區街道狹窄和梯級陡峭，結合古老的教堂與迷人的景色。較為現代的拉古薩上城區包含華麗的拉古薩大教堂，內有宗教藝術和文物博物館。包括諾托、莫迪卡和希克利等七個城鎮構成了諾託壁壘的一部份，該地區於2002年以“代表歐洲巴洛克藝術最終成就”被列入聯合國教科文組織世界遺產名錄。



Trapani 05

特拉帕尼

One the far west of the island sits Trapani, a comparatively little known town rather neatly divided into northern beachfront, central old town and southern port and fish markets. This is a fine location to immerse oneself in Sicilian culture, and to base oneself for daytrips to the nearby ancient hilltop town of Erice, and the glorious Egadi islands, which comprise the largest protected marine area in Europe. Trapani grew rich on its 2,000-year-old salt pans, which can still be visited, and seen as a massive pastel-coloured patchwork to the south of the city on satellite views.



特拉帕尼在島的最西邊，是一個鮮為人知的小鎮，井然地分為北部海濱、中部老城區和南部港口魚市。這裡是讓自己沉浸在濃濃的西西里文化的好地方，更適合作為一日遊的基點，可前往附近古老的山頂小鎮埃里切，以及穿梳壯麗的埃加迪群島瀏覽，這些島嶼構成了歐洲最大的海洋保護區。特拉帕尼擁有 2,000 年歷史的鹽田，現在仍然可以參觀，並且能在衛星圖片上看到，被視為特拉帕尼南部的一幅巨大的粉彩拼圖。





Cefalu 06

切法盧

About an hour's drive east of Palermo, on the north coast, the seaside resort town of Cefalu enjoys a postcard-perfect setting. Dominated by a towering rock face and a fine Norman cathedral (below), it's a popular spot for local and foreign tourists, but seldom gets too crowded, at least away from the long sandy beach. There are plenty of winding streets filled with shops, trattorias, pizzerias and bars, and fitter visitors can climb the 270-metre-high rock, while history buffs can admire the many churches and medieval wash-house.

在北海岸的巴勒莫以東約 1 小時車程處，切法盧是海濱度假小鎮，擁有如明信片般的完美景色。高聳的岩壁和精美的諾曼式大教堂，是當地和外國遊客的旅遊熱點，但至少遠離長長的沙灘，不會有太多人潮。蜿蜒的街道上遍佈商店、食店、薄餅店和酒吧，活躍的遊客可以攀登 270 米高的岩石，而歷史愛好者亦可以欣賞許多教堂和中世紀的澡堂。



Armchair Travel 梳化上旅行



The YouTube channel ProWalk Tours offers immersive 4K first-person walking tours of each of our six Sicilian destinations, with binaural 3D sound and optional informative captions. On large-screen HD TVs, they make for the next best thing to actually being there, especially with some Italian refreshments on hand. Running times vary from a 40-minute *passeggiata*, or evening stroll, through Palermo, to an epic 3.5-hour walk around that city. Walks around Taormina, Cefalu, Syracuse (Ortigia) and Trapani are all about 90 minutes or so, and Ragusa one hour.

在YouTube 頻道上的ProWalk Tours 提供身臨其境的4K遊覽六個西西里景點，包括3D音頻和字幕。在高清的大屏幕上可真實地體驗，整個旅程。片長約40分鐘，在該城市遊歷，包括晚上漫步巴勒莫。而在陶爾米納、切法盧、奧提伽島和特拉帕尼周圍遊覽大約90分鐘。



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Stag's Leap Cellars



The Stag's Leap and Stags' Leap wineries were founded in the early 1970s in the Stags Leap district of Napa, California. While the two wineries are unrelated, they share similar names, which may lead to confusion.

William Winiarski – the founder of Stag's Leap Wine Cellars with Nathan Fay – is a legendary Napa Valley grapegrower, whose scenic vineyard below the rocky promontory of the Stags Leap Palisades was the first planting of Cabernet Sauvignon in what later became the Stags Leap District.

Stag's Leap Wine Cellars is noted for being the winery that won the Cabernet Sauvignon competition in the famous 1976 Judgment of Paris, and considered a Napa Valley first-growth estate.

The 1973 Stag's Leap Wine Cellars S.L.V. Cabernet Sauvignon took top honours among the reds, it had four top-ranked Bordeaux, including first-growths Château Mouton-Rothschild and Château Haut-Brion from Bordeaux. The surprise win was covered by TIME magazine and picked up by media around the world. The story of the Judgment of Paris brought international recognition to Stag's Leap Wine Cellars, the Napa Valley and the American wine industry as a whole.



Stag's Leap sued competitor Stags' Leap for the right to be the sole bearer of the name, but with both wineries being founded around the same time, and each releasing their first wine under their respective labels in 1972, neither could truly prove they were first. The case became so heated, that it went all the way to the California Supreme Court.

It was determined that both wineries were founded at the same time, and named for the area, therefore both had a right to use the name. The resolution: Stag's Leap would use the apostrophe before the S,

and Stags' Leap would use the apostrophe after the S. The court felt this slight grammatical change would sufficiently differentiate the two brands.

Today Stag's Leap Wine Cellars is considered a Napa Valley first-growth estate. The winery's three estate-grown Cabernet Sauvignons — CASK 23, S.L.V., and FAY along with ARTEMIS Napa Valley Cabernet — are among the most highly regarded and collected Cabernet Sauvignons in the world. The winery continues to garner the respect and acclaim of the fiercest wine critics, proving that the Judgment of Paris was no flash in the pan.

美國加州納帕谷中心的鹿躍區有兩家 Stags Leap酒廠 - Stag's Leap Wine Cellars和 Stags Leap Winery。雖然這兩家酒廠沒有關係，但它們的名字卻非常相似。由於這兩家酒莊都起源於納帕谷的鹿躍區，為了成為該地區的代表，兩家酒莊不約而同的以地區名命名了自己的酒莊。傳說是當地的雄鹿往往能成功地跨越了該地標誌性的山峰，成功地逃過獵人的捕獵而命名。1968年，Stag's Leap Wine Cellars創始人William Winiarski第一次品嚐到傳奇葡萄種植者Nathan Fay用來自鹿躍區的赤霞珠所釀成的紅酒後深被打動，這一瓶酒的獨特風格讓他決定投入葡萄酒事業，釀造類似風格的葡萄酒。數年後，他用初產的葡萄試驗性地開始釀造1972年份，但並沒有正式上市，然後，僅僅在隔年，就釀出了改變加州葡萄酒歷史的1973 Stag's Leap Wine Cellars S.L.V。



Stag's Leap Wine Cellars以在 1976 年著名的巴黎審判（或“巴黎品酒會”）中贏得赤霞珠比賽而聞名，被認為是納帕谷的頂級酒莊。1973 Stag's Leap Wine Cellars S.L.V. 赤霞珠在紅葡萄酒中比試中獲得最高榮譽，它擊敗了其後4個頂級波爾多酒莊，包括一級酒莊Château Mouton-Rothschild和Château Haut-Brion。《時代》雜誌報導了這一出人意料的勝利，並被世界各地的媒體報導。巴黎審判的故事為 Stag's Leap Wine Cellars、納帕谷和整個美國葡萄酒行業帶來了國際認可。

但既生瑜，何生亮？Stag's Leap Wine Cellars獲得國際聲譽後，另一家同名酒莊也隨之沾光，甚至不少Stag's Leap的飲家也無法輕易區分兩者。為了維護自身權益，Stag's Leap Wine Cellars將Stags' Leap Winery告上了當地法庭。直到1985年，訴訟案件才定案，因為法官認定「Stags Leap」是個葡萄生產區的地理名詞，雙方都可以使用，彼此間沒有仿冒商號的侵權問題。兩家酒莊在既然「沒有贏」，可也「不能輸」的狀況下，只好在標點符號上花心思，Stag's Leap將在S之前使用撇號，Stags' Leap將在S之後使用撇號。法院認為這種輕微的語法變化將能區分兩個品牌。於是兩家酒莊分別定名為Stag's Leap Wine Cellars、和Stags' Leap Winery，同中求異，異中求同。

如今，Stag's Leap Wine Cellars 被認為是納帕谷的頂級酒莊。該酒莊的三個莊園種植赤霞珠 - CASK 23、S.L.V. 和 FAY 以及 ARTEMIS 納帕谷赤霞珠 - 是世界上最受推崇和收藏的赤霞珠之一。酒莊持續贏得葡萄酒評論家的尊重和讚譽，證明巴黎的審判不是曇花一現。



THE BACKROOM
AT LA CAVE



Vega-Sicilia
Wine Dinner
葡萄酒晚宴

Thursday, January 13	1月13日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚餐: 晚上7時30分
\$1,680 per person	每位\$1,680



Booking started. For reservations,
please see the Club's ewire or call the
Central Reservations Centre on 2814 1222,
已接受預訂。訂座請留意本會電子通訊或
致電預預訂服務中心電話2814 1222。

Welcome Drink
Oremus Tokaji Mandolas 2019

Pintia 2016
Vega-Sicilia Valbuena 5° 2016
Vega-Sicilia Unico 2010
Vega-Sicilia Unico Reserva Especial NV

Oremus Tokaji Aszu 5 Puttonyos 2013



MARINA
GRILL

Stag's Leap Cellars
Wine Dinner
葡萄酒晚宴

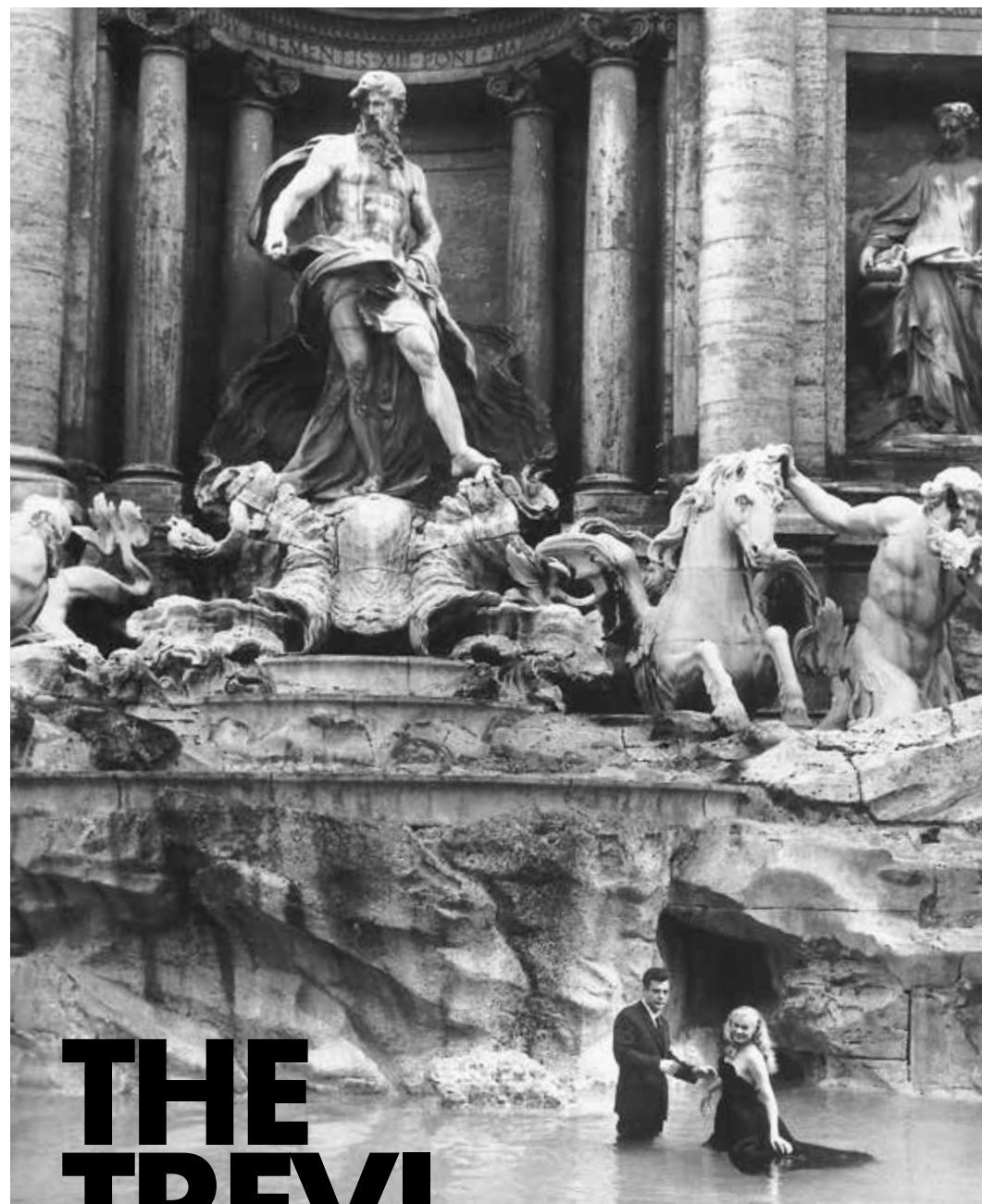
Thursday, January 20	1月20日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,488 per person	每位\$1,488
Hosted by Micky Chan, Brand Ambassador	主持: 品牌大使 Micky Chan



Welcome Drink
Stag's Leap Wine Cellars Napa Valley Sauvignon Blanc 2019

Stag's Leap Wine Cellars Hands of Time Chardonnay 2018
Stag's Leap Wine Cellars Hands of Time 2018
Stag's Leap Wine Cellars Artemis Cabernet Sauvignon 2018
Stag's Leap Wine Cellars FAY 2015
Stag's Leap Wine Cellars S.L.V. 2017

Booking started. For reservations,
please see the Club's ewire or call the
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已接受預訂。訂座請留意本會電子通訊或
致電預預訂服務中心電話2814 1222。



THE TREVI FOUNTAIN

許願池

- by Peter Walbrook

Designed by Italian architect Nicola Salvi for Pope Clement XII in 1730, Rome's Trevi Fountain was completed in 1762, by which time Salvi had died. At 26 metres high and 49 metres wide, it is the largest Baroque fountain in Rome and arguably the most famous fountain in the world.

Located at the junction of three roads (the name literally means "Three Street Fountain"), the fountain's central character is Oceanus, father and god of the seas and rivers, looking strong and majestic, pulled in a shell-shaped chariot by two seahorses guided by Tritons. One Triton tries to tame an agitated seahorse whilst the other guides a calmer one, and they serve as symbols of the changeable moods of the sea.

Today, of course, the travertine-limestone fountain's meaning and symbolism are overlooked when compared to its photogenic potential for social media attention, and its reputation for granting a wish to return to Rome for anyone who throws a coin over their shoulder, into its waters (top right).

This practice was popularised by the 1954 film *Three Coins in the Fountain*, whose Oscar-winning cinematography and title song (sung by Frank Sinatra) made the fountain world famous. (It only briefly featured in *Roman Holiday* the year before, when Audrey Hepburn's character visited the nearby hairdresser, while noisy children clambered over it.)

The Trevi Fountain had another, perhaps even more significant cinematic showcase when Swedish blonde bombshell Anita Ekberg took a now-iconic plunge for Federico Fellini in *La Dolce Vita* (1960), with Marcello Mastroianni (left).

By the 1980s the fountain was looking the worse for wear, and was restored in 1988, and again in 1998. A more thorough renovation was paid for by the Rome fashion house Fendi, which spent a reported 2.2 million euros on the project from June 2014 to November 2015.

In the 21st century, it looks as marvellous as ever, still filled with countless coins that are donated to charity, still appearing on screen (Woody Allen's 2012 comedy *To Rome with Love*, for example), and likely to remain one of Rome's most popular tourist attractions for many years to come.



羅馬的許願池於1762年建成，由意大利建築師Nicola Salvi於1730年為教宗十二世Clement設計，那時Salvi已逝世。噴泉高26米、寬49米，是羅馬最大的巴洛克式噴泉，也是世界上最著名的噴泉之一。

位於三路之交匯處（字面意思是“三條路”），噴泉的中央是海神尼普頓，分別由二名一老一少的人魚（Tritons，希臘神話人物）駕著兩匹貝殼狀海馬，像徵著變化多端的大海，看起來非常壯觀。

如今社會著重於在社交媒體的關注和在噴泉許願而來，而噴泉所包含的象徵意義卻被忽視了。

噴泉許願的由來是因1954年的電影《噴泉中的三枚硬幣》而廣為人知，影片的電影攝影和主題曲（Frank Sinatra 演唱）更贏得奧斯卡的獎項，使噴泉舉世聞名。（噴泉只在一年前的《羅馬假日》中短暫出現，影片中的場景由柯德莉夏萍飾演的角色到訪附近一間理髮店，而孩子們則爬過噴泉。）

當瑞典金髮美女Anita Ekberg與Marcello Mastroianni在1960年的《甜蜜生活》中為Federico Fellini大導演做出標誌性的演出時，特雷維噴泉再次在電影中展示它的魅力。

到1980年，噴泉磨損更為嚴重，於1988和1998年再次修復。羅馬時裝品牌Fendi支付了翻新費用，據報導從2014年6月至2015年11月，該項目花費了220萬歐元。

至今，噴泉看起來和以往一樣迷人，裝滿了無數捐贈給慈善機構的硬幣，仍然不時出現在大屏幕上（如活地艾倫 2012年的喜劇《帶著愛去羅馬》），也許之後的日子仍然是羅馬最受歡迎的旅遊景點之一。

rare skin fuel

Our Gift of Nature this Chinese New Year

來自大自然的新年禮物



Cutting Edge Beauty and RARE SkinFuel collaborate to deliver an amazing facial experience using 100% organic and native Australian ingredients. Our goal is for skin lovers to regain their confidence by showing their bare skin. Makeup is just a cover, confidence comes from bare beauty, and RARE SkinFuel motivates you to show your bare skin without fear.

Through a long and complex heat-free blending procedure and cellular extraction, the brand offers a range of 100% cold-pressed Australian-made skincare products.

Rare SkinFuel also demonstrates the commitment to environmental protection by being cruelty-free and sustainable. No animal testing is allowed in the processes, and infinitely recyclable materials are used for eco-friendly packaging.

Michelle Chen, founder and CEO of RARE SkinFuel, tells us about the brand origin and what makes RSF different.

Preserve and Amplify the Potency of the Natural Ingredients

Our supplier maintains Australia's largest selection of botanical extracts, using proprietary cellular extraction technology that preserves their natural

CUTTING
Edge

phytoactive qualities at the molecular level. The right manufacturing processes retain the potency of our all-natural products and sit as close to nature as possible – delivering nature's potent potential yet working alongside it.

100% Pure and Intensive

We use only the finest botanical extracts and the best nutrient-rich ingredients – many of them certified organic, with minimum natural preservatives. No alcohol or synthetic additives are used. We use heat-free blending and we don't dilute our products with water. Even our base is made with natural oil instead of processed mineral oil.

Comprehensive Ingredients from the Sea to the Land

We leverage the power of our nature – combining the natural power from the sea to the land. The products incorporate the nutrients from high purity seaweed extracts, superfruits, plants and natural oil which contains supreme anti-aging properties.

Cutting Edge Beauty has enriched our menu by adding one new facial treatment using the Rare SkinFuel products.

The Rare SkinFuel Facial, 80 minutes

Enjoy the ultimate anti-aging experience using cold-pressed skincare from RARE SkinFuel to deeply detox and rejuvenate with 100% concentrated active antioxidants from Australia. Native Australian Kakadu Plum and Quandong extracts contain 100 times more vitamin C than an orange, instantly brighten skin dullness and restore natural skin glow. Additionally, Maritech Fucoidan and Maritech come from the deep sea, enhancing skin firmness, tightening the skin, and restoring the natural youthful radiance.

Cutting Edge將提供RARE SkinFuel面部療程，產品成分是100%澳洲有機物。讓皮膚重新展示活力，重拾自信。化妝只是修飾，自信來自天然的美，RARE SkinFuel品牌鼓勵展示健康的素顏。

品牌提供一系列100%冷壓澳洲製造的護膚品。Rare SkinFuel 的產品不經動物試驗，包裝採用環保回收物料。

RARE SkinFuel 創始人兼行政總裁Michelle Chen介紹了品牌的起源，以及什麼讓RSF與眾不同。

保留和增強天然成分的效力

產品使用專有的細胞提取技術，在分子水平上保留其天然植物活性品質。品牌堅持選用澳洲的植物，為成份提供更多的選擇。保留了全天然產品的效力，並發揮天然的強大效力。

100%全天然成份

產品只使用最好的植物提取物和營養豐富的成分 — 其中許多是有機認證，天然防腐劑含量少。不含酒精或合成添加劑。使用無熱混合，不用水稀釋產品。產品的基礎油也是採用天然油製成的，而不是加工過的礦物油。

成份結合海洋和大地

結合海洋和大地的自然力量。產品成份含高純度海藻提取物、優質水果、植物和天然油的成分，具有卓越的抗衰老功效。

Cutting Edge新增以下的 The Rare SkinFuel療程

The Rare SkinFuel 面部療程 — 80分鐘

療程為您提供抗衰老的體驗，RARE SkinFuel 的冷壓護膚產品，使用來自澳洲100%濃縮活性抗氧化劑，達致肌膚深層排毒和恢復活力。產品成份比橙多100倍的維他命C，瞬間提亮暗沉肌膚，恢復肌膚自然光澤。此外，Maritech Fucoidan和Maritech來自深海，增強肌膚緊緻度，恢復彈性和光澤。



We are open daily from 9am to 7pm.

For booking and enquiries please call 2814 5320, or email salon@aberdeenmarinaclub.com. Visit our website www.aberdeenmarinaclub.com and log in for 24-hour online booking.

營業時間每天上午9時至晚上7時

報名或查詢請致電2814 5320或電郵至salon@aberdeenmarinaclub.com。
瀏覽我們網頁www.aberdeenmarinaclub.com可登入24小時在線預訂服務。

Ultra Femme 360

A New Approach To Women's Intimate Health

美容美體全面性療程

Who is the right candidate for Ultra Femme 360?

This procedure is an excellent option for women who desire non-surgical improvement of their intimate health.

The ULTRA FEMME 360™ provides a safe and effective treatment that can work wonders comfortably, with no downtime.

What does the procedure feel like? Is it painful?

While the ULTRA FEMME 360™ homogeneously heats the treated area, you will feel a comfortable heat. Following the treatment, you may notice mild redness and swelling in the treated area. This usually disappears within a few hours.

How long is the treatment? How many do I need?

Intravaginal treatment takes eight minutes. External Treatment is based on your specific needs and usually takes less than 12 minutes. Your therapist will tailor a treatment plan for you.

Recommended number of treatment sessions is three, scheduled once a week.

How fast will I see results? Is there any downtime?

Patients have reported improvements after a single treatment session. The results



will typically continue to improve over the next few months.

With no downtime you may resume normal activity immediately after the treatment.

The package is available with 35% discount. Please contact the team for a consultation.

什麼人需要Ultra Femme 360療程?

通過ULTRA FEMME 360™ 非手術方式改善女性私密健康，是一個絕佳的選擇。

ULTRA FEMME 360™ 提供了一個安全和有效的治療，可以舒適地創造奇蹟。

療程期間會有怎樣的感覺？會痛楚嗎？

當 ULTRA FEMME 360™ 均勻加熱於治療區域時，會感到有舒適的熱度。治療後，治療區域會感到有輕微的發紅和腫脹。通常會在幾個小時內消失。

療程需時是多久？一般需要做多少個療程？

私密療程只需八分鐘。療程基於個人的需要，通常不到12分鐘。本會將為定製合適的計劃。

建議的療程次數為3次，每周一次。

需要多久才看到效果？療程需要持續嗎？

在一次療程後便有所改善。其後的幾箇月中，通常會逐漸改善。療程後可恢復正常活動，並無需持續療程。

推廣期間可享受65折，查詢請與本會顧問團隊聯絡。

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com

預約及查詢請致電美髮及美容中心電話2814 5320電郵至salon@aberdeenmarinaclub.com

MARGY'S
M O N T E - C A R L O

CUTTING
Edge

Your Perfect Gift for this Chinese New Year

完美賀年禮品

Margy's delivers excellent results while you are having a facial or using the products at home. This gift of beauty can be the perfect fit for celebrating Chinese New Year and bring joy to your skin.

For your easy reference the three most loved products are as follows.

當你在家中進行面部護理或使用產品時，Margy's可提供卓越的成效。這份美容精品非常適合慶祝農曆新年，為你的肌膚帶來驚喜。以下提供三種最受歡迎的產品，更方便你選擇。

Face Lift Collagen Mask

提拉緊緻膠原面膜

We call it the "second skin".

From the first application of this mask made from pure collagen, the skin will be plumped, fine lines reduced, and the complexion radiant.

我們稱之為“第二層皮膚”。從第一次使用純膠原蛋白製成的面膜，皮膚就已經變得飽滿，細紋減少，容光煥發。

Triple Action Crème

三重功效面霜

Ideal for dehydrated, devitalised skin showing the signs of ageing. Its sublime texture plumps the skin, moisturises and nourishes, enhancing elasticity leaving the skin radiant.

適合脫水、失去活力的皮膚，其卓越的成分令皮膚豐盈、滋潤和滋養，增加彈性，使皮膚容光煥發。

Stem Cells Illuminating Serum

幹細胞亮白精華

The highly concentrated and active ingredients of the Stem Cells Illuminating Serum will stimulate cellular renewal and circulation, minimising fine lines and imperfections, brightening the skin and leaving it radiant.

高度濃縮的活性成分能刺激細胞更新和循環，減少細紋和瑕疵，提亮肌膚並讓肌膚容光煥發。

At the same time, you can treat your skin to an amazing experience by booking one of the two wonderful facials with Margy's products at Cutting Edge Beauty.

預約Margy產品的面部護理，讓您的皮膚獲得驚人的體驗。



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Cutting Edge Nail Bar

Cutting Edge 美甲吧

The Nail Bar located on 8/F offers a wide selection of hands and feet treatment. In addition, we have the best collection of nail colour brands and the most organic and age-defying products worldwide.

CND SHELLAC

The CND Shellac colour lasts for 14 days without losing the shine or the shape. At the Nail Bar, we carry the entire collection of CND soft gel, Vinylux and Creative Play Colours.

GELISH and MORGAN TAYLOR

Together they provide over 250 colours, and the majority of those fantastic shades are available for mix and match.

Organic and Age-Defying ZENTS Spa Manicures and Pedicures

These are carefully crafted treatment experiences, blending powerful natural ingredients and beautiful aromas for long-lasting results. The Spa manicure and pedicure in the Nail Bar are among the best nails experience you can have.

Indulge with truffles while soaking your feet to be ready for perfect cuticle work, followed by exfoliation. The hydration using oil and lotion with gentle massage gives the feeling of walking on feathers. The magical journey ends with perfect colour application.

於本會8樓的美甲吧，提供一系列手部及腳部的療程。選用來自世界各地的天然有機美甲優質品牌。

CND SHELLAC

CND Shellac顏色持久，14天也不會失去光澤，能保持甲形完美。本會美甲吧提供這品牌所有系列的產品，如soft gel、Vinylux及Creative Play colours。

GELISH and MORGAN TAYLOR

提供超過250種顏色，可隨著喜愛任意配搭。

Organic and Age-Defying ZENTS Spa Manicures and Pedicures

產品療程為您打造精心的護理體驗，天然的成分和香氛帶來持久的效果。水療美甲和美足讓您擁有最佳美甲體驗。

享用松露浸泡雙腳，完美地去除角質層，配合輕柔的水中按摩，為足部打造一個完美的體驗。

We are open daily from 9am to 7pm.

For booking and enquiries, please call 2814 5320, or email salon@aberdeenmarinaclub.com.

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CUTTING
Edge

The Art of Marvellous Hair and Scalp

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The Cutting Edge team of professionals and experts provides world-class hair services.

We believe the ultimate results and the perfect outcomes, come from the first 10 minutes of the service – the consultation.

The entire team is highly qualified to conduct excellent consultations for ladies and gentlemen.

Our motto is “Happy Members” and we pay attention to every detail, product and service we provide to you.

We are open daily from 9am to 7pm.

本會的專業髮型師不論為女士或男士會員均提供一流的優質服務。我們的團隊擁有專業的知識，為您提供稱心的服務，享用服務前首10分鐘更獲得專業的美髮意見。務必為會員達至所需。

營業時間每天上午9時至晚上7時

MASSAGE CENTRE At The Health Club

We take a holistic approach to the body, mind and soul. Massage treatments can improve your well-being and reduce stress and negative energy. ZENTS, the luxury and organic product-line combined with the treatment, supports our approach and provides you with wonderful feelings and benefits.

We are pleased to inform you that ZENTS body lotion is now available in the changing rooms to indulge in daily. Aromas available are ORE and FRESH, which will deliver well-being to your skin.

Health Club Massage service is available daily from 9am to 9pm.

For online booking, please visit www.aberdeenmarinaclub.com then login and proceed with your booking. Now you can choose your preferred room and therapist.

透過按摩療程能舒緩積累的壓力令身心放鬆和舒泰，有助保持身體、心理和情緒健康。ZENTS 療程的奢華有機系列，讓您享受到令人難以忘懷的體驗。

Z E N T S



現在更衣室提供ZENTS潤膚露，香味有ORE和FRESH，讓您的皮膚更滋潤健康。

健康中心營業時間為每天上午9時至晚上9時。歡迎瀏覽會所網頁www.aberdeenmarinaclub.com預約服務，並選擇喜歡的房間和療程。

Ice-skating Coaches

溜冰教練

RYAN MCCLENAGHAN

Favourite sport
最喜歡的運動
Ice hockey
冰上曲棍球

Favourite athlete
最喜歡的運動員
Roger Federer

Favourite spin
最喜歡的旋轉花式
Sit spin 蹲式旋轉

Favourite jump
最喜歡的跳躍花式
Triple loop jump 後外三周跳

Highlight of your skating career
教練生涯亮點
Competing at Canadian National Championships
參加加拿大全國錦標賽

Private and Semi-private Ice Skating Lessons are available. For more details, please call the Ice Rink on 2814 5374 or email icerink@aberdeenmarinaclub.com

我們提供私人和半私人溜冰課程。查詢請致電溜冰場 2814 5374 或電郵 icerink@aberdeenmarinaclub.com

LEIGH YIP

Favourite sport
最喜歡的運動
Ice skating 溜冰

Favourite athlete
最喜歡的運動員
Yuzuru Hanyu
(Ice skating)

Favourite spin
最喜歡的旋轉花式
Flying camel spin
跳接燕式旋轉

Favourite jump
最喜歡的跳躍花式
Russian split jump
俄羅斯式後內點冰開腳半周跳

Highlight of your skating career
教練生涯亮點
Triple gold medallist at the World Masters Games in 2020
2020年世界大師賽三面金牌得主

ALAN NG

Favourite sport
最喜歡的運動
Motor racing 賽車

Favourite athlete
最喜歡的運動員
Fernando Alonso
(F1 Racing)

Favourite spin
最喜歡的旋轉花式
Sit spin 蹲式旋轉

Favourite jump
最喜歡的跳躍花式
Salcow jump 後內跳

Highlight of your skating career
教練生涯亮點
Leading the Club skating team to 2nd Runner-up at Skate Hong Kong 2008
帶領遊艇會溜冰隊在2008年香港溜冰比賽中獲得季軍

CHRIS CHEUNG

Favourite sport
最喜歡的運動
Ice skating 溜冰

Favourite athlete
最喜歡的運動員
Robin Cousins
(Ice skating)

Favourite spin
最喜歡的旋轉花式
Sit spin 蹲式旋轉

Favourite jump
最喜歡的跳躍花式
Toe loop jump 後外點冰跳

Highlight of your skating career
教練生涯亮點
Representing Hong Kong at the World Figure Skating Championship in 1994
1994年代表香港參加世界花式溜冰錦標賽

DEREK CHANG

Favourite sport
最喜歡的運動
Snowboarding
單板滑雪

Favourite athlete
最喜歡的運動員
Scott Hamilton (Ice skating)

Favourite spin
最喜歡的旋轉花式
Back spin, axel sit spin
返向旋、半蹲式旋轉

Favourite jump
最喜歡的跳躍花式
Double flip jump, double toe jump
後內點冰跳、後外點冰跳

Highlight of your skating career
教練生涯亮點
ISIA U.S Competition, Skate Asia
ISIA 美國站、亞洲溜冰

SUZANNA NG

Favourite sport
最喜歡的運動
Ice skating 溜冰

Favourite athlete
最喜歡的運動員
Kim Yeon-A
(Ice skating)

Favourite spin
最喜歡的旋轉花式
Flying camel spin 跳接燕式旋轉

Favourite jump
最喜歡的跳躍花式
Split jump 後內點冰開腳半周跳

Highlight of your skating career
教練生涯亮點
ISIA U.S Competition, Skate Asia
ISIA 美國站、亞洲溜冰

BRIAN CHIMUK

Favourite sport
最喜歡的運動
Snowboarding
單板滑雪

Favourite athlete
最喜歡的運動員
Lionel Messi (Soccer)

Favourite spin
最喜歡的旋轉花式
Death drop spin
Death drop 旋轉

Favourite jump
最喜歡的跳躍花式
Triple Lutz off a spread eagle jump
Lutz三周橫一字跳

Highlight of your skating career
教練生涯亮點
Touring the world with Disney on Ice
冰上迪士尼世界巡迴

CHAD HAWSE

Favourite sport
最喜歡的運動
Figure skating and mountain biking
花樣滑冰、越野單車

Favourite athlete
最喜歡的運動員
Bobby Orr (Ice Hockey)

Favourite spin
最喜歡的旋轉花式
Flying change sit spin 跳接蹲轉

Favourite jump
最喜歡的跳躍花式
Double axel jump 兩周半跳

Highlight of your skating career
教練生涯亮點
Winning the Canadian National Pairs title with my partner Samantha Marchant
與Samantha Marchant贏得加拿大國家雙人賽冠軍

NEW Ball Games Coaches from Minisport HK

新任球類遊戲教練

DANIEL MARTYN

Daniel is a passionate young coach who grew up in the United Kingdom and has five years of coaching experience across football, tennis, basketball, athletics and rugby. Some of his sporting achievements include playing in the 2019 Soccer Sevens, representing the Yau Yee League Select Team and playing for the University of Brighton Football First Team. He is certified (BSc) Degree in Sport Coaching from University of Brighton Sport & Exercise Science with Level 3 Extended Diploma. "For me," he says, "enjoyable and successful coaching sessions require patience, positivity and support."

Daniel 是一位充滿熱情的年輕教練，在英國長大，擁有五年的足球、網球、籃球、田徑和欖球教練的經驗。他曾參加 2019 年的七人足球比賽、代表友怡聯賽精英隊，以及曾效力布萊頓大學足球隊。他取得布萊頓大學運動與運動科學學院的運動教練 (BSc) 學位，並獲得了 3 級文憑。Daniel 說：「我相信耐心、積極性和支持是教練成功的必有的條件」。

LUKE SMITH

Luke grew up in the United Kingdom playing a multitude of sports. He excelled at football and golf, playing at high levels for both club and county. He took his own knowledge and experiences from sport and went into coaching, teaching PE in primary schools throughout Yorkshire, England and in Asia for many years as both an English and PE teacher. His qualifications include Level 1 Football, Level 2 Cricket, Level 1 Rugby and a Level 3 Diploma in Sport.

Luke 在英國長大，曾參加多項運動。他擅長足球和高爾夫，曾代表會所和國家出賽高水平的比賽。他從運動中吸取知識和經驗，並在英格蘭約克郡和亞洲的小學擔任體育教練多年，同時是英語和體育老師。他擁有足球 1 級、板球 2 級、欖球 1 級和運動 3 級的文憑。

For bookings and enquiries, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com
報名或查詢請致電預訂服務中心電話 2814 1222 或電郵至 reservations@aberdeenmarinaclub.com

Hong Kong History Hidden in Plain Sight

隱藏市中的香港歷史

Continuing our look at historical objects that we see every day but don't always notice, this time we will look at Hong Kong's many old street signs. Fortunately there are still over 100 in place and while we can't possibly see them all in one day, it's possible to see a good selection on one urban hike.

They are disappearing fast as new buildings are erected, so head out soon – have your phone with you and cross them off one by one! Bear in mind that some are quite hard to spot, so this a great family excursion to see who can spot them first!

Your day starts in Wan Chai, where you can see the oldest street sign in Hong Kong at **Stone Nullah Lane**, which dates back to the late 19th century. This is unique in that not only does it have the ceramic tiles that we see in very few old street signs, but it is in an iron frame – the only such example left. This is a nice easy start, as just off Stone Nullah Lane is **King Sing Street** where you can see the famous Blue Building, which also features an old sign from the 1930s. Before moving on, make a stop at the Old Wan Chai Post Office – a delightful little building dating back to 1912 – no old street signs there, but worth looking at.

Next you are going to head into the hustle and bustle of Wan Chai Market, where you can see three street signs that are almost 100 years old – on **Cross Street, Tai Wo Street** and **Triangle Street**. From there, take a short walk to **Wood Road** in Morrison Hill, which is a unique road in Hong Kong as it contains street signs from four different eras – a cast iron sign from the 1930s as well as signs from the '60s, '70s and modern day.

From Wan Chai, you now have a 30-minute walk along Queen's Road East via Hong Kong Park towards Central as your next signs are in and around **Lower Albert Road** and **Wyndham Street**. You'll see three of the older ceramic tile signs here, all on the old Dairy Farm Depot, and which were installed around 1910. Wyndham Street has another cast-iron sign from around 1930, too.

Next, head to **Hollywood Road**, which was actually the first “new” road to be completed in colonial Hong Kong. Here you can see two cast-iron signs from around 1930. You're in Sheung Wan now, so keep going along Hollywood Road to **Shing Wong Street** to see two more old signs from the 1930s, and then you're on to your final few signs.

Continue along Hollywood Road then head up to **Wa Ning Lane** before continuing along Bonham Road to **West End Path** to see two lovely old signs from around 1910. West End Path was the site of the old Lunatic Asylum so take a good look at the century old architecture while you're there. You are now right next to Sai Ying Pun MTR, so you can end your urban hike here. If, however, you are still feeling adventurous, you can continue to **Queens Road West** to see a sign from the 1930s. On the way there you may pass by **Sai On Lane** and **Des Voeux Road West** where there are two signs from the 1930s.

Wherever you finished, well done on completing your urban hike – part exercise, part history lesson and part treasure hunt all rolled into one! For more information on these urban history hikes, please contact Giles Leonard, Director of Sports & Recreation.

繼續尋找近在咫尺的歷史文物，這次看看香港的舊路牌。現時仍然有100多個舊路牌，雖然不可能在一天內找出它們全部，但在都市中漫步中仍可看到不少的舊路牌。

隨著新建築物的建造，舊路牌正漸漸地消失，所以不要錯過還可以看到的機會 — 隨身攜帶您的手機可作記錄之用。可藉著尋找一些較難被發現的舊路牌，變成一次有趣的家庭遠足活動。

從灣仔開始，在石水渠街可找到香港最古老的路牌，其歷史可以追溯到19世紀後期，是唯一剩下的鐵框瓷磚舊路牌。就在石水渠街旁邊的景星街，那裡屹立著30年代的特色地標建築，著名的藍屋。繼續前行之前可順道參觀毗鄰的舊灣仔郵局 — 一座可追溯至1912年的小建築，雖然那裡沒有舊路牌但還是值得一看。

接著將前往熙來攘往的灣仔街市，在那裡可以找到三個幾乎具有100年歷史的路牌 — 交加街、太和街和三角街。從



那裡走一小段路便到達摩理臣山的活道，這是香港一條獨特的道路，因為它包含四個不同時代的路牌 — 1930年代的鑄鐵路牌以及60、70年代和現代的路牌。

從灣仔沿皇后大道東步行30分鐘，經香港公園往中環方向走，下一個路牌位於下亞厘畢道和雲咸街附近。在這裡可看到三個較舊的瓷磚路牌，大約於1910年安裝在舊牛奶公司倉庫上。雲咸街還有另一個1930年左右的鑄鐵路牌。

接下來前往荷李活道，這是殖民地時期香港的第一條“新”街道。這裡可以找到兩個1930年代的鑄鐵路牌。到達上環後，繼續沿著荷李活道前往城皇街，便看到另外兩個1930年代的舊路牌。往後便繼續尋找最後的幾個路牌。

沿荷李活道繼續前往華寧里，然後接上般咸道前往西尾道，可找到兩個1910年代的舊路牌。西尾道是舊精神病院的所在地，你可細味這座有百年歷史的建築。西營盤地鐵站就在旁邊，你可以在這裡結束這旅程。但是如果您仍想繼續探索，可以繼續前往皇后大道西，看看1930年代的路牌。途中會經過西安里和德輔道西，那裡可找到兩個1930年代的路牌。

無論你在哪裡結束旅程，都是一次結合鍛鍊、歷史課和尋寶的體驗！如需有關這次旅程的更多資訊，請聯絡本會康體部總監李基爾。



Family Hiking Club 家庭登山樂

Starting this year, we will feature monthly hikes around Hong Kong Island. Ideal for families and a way to explore new routes with others.

今年本會將每月舉辦香港島登山樂。活動非常適合與家人一起參加，探索新旅程。

High West and Pinewood Battery Saturday, January 22

On our first hike this year, we will head to the sometimes forgotten High West and Pinewood Battery. This is a family hike although it can be a tricky hike up High West, so you should be used to exercise and hiking.

The hike starts at the Peak Tower itself and finishes on Kotewall Road. The hike will start at 9.45am and should take around two hours. Members may meet at the Peak Tower or take a shuttle bus which will leave the Club at 9.15am and return around midday.

西高山和松林炮台 1月22日（星期六）

在清涼的日子與家人一起登山是一個非常健康的活動。今次將前往常被遺忘的西高山和松林炮台。儘管登上西高出可能會有些吃力，但藉此可作鍛煉和挑戰自己。



活動於上午9時45分從凌霄閣出發，並於旭龢道結束。全程約兩小時。會員可以在凌霄閣集合，或可於上午9時15分在會所乘穿梭巴士出發，並在中午時段返回會所。



For both hikes, please bring along your own water, sun cream and mosquito lotion and be sure to wear comfortable hiking footwear and suitable clothes for hiking. Both hikes are suitable for children aged eight and over and everyone should be used to regular exercise.

參加以上活動時請自備水、防曬霜和蚊怕水，並穿著合適的遠足鞋和衣服。活動適合八歲或以上的兒童參加，參與者應有定期運動的習慣。



Aberdeen Country Park Saturday, February 26

We will start this hike in Wan Chai Park and work our way through Aberdeen Country Park all the way back to the Club. While the park itself has well-trodden and paved pathways, we will be a little more adventurous and head on to Lady Clementi's Ride, which is also part of the Hong Kong Trail.

We will work our way over and around Aberdeen Reservoir and exit the park close to Aberdeen Centre before passing through the shipyards and back to the Club. The hike will start at 9.45am and should take around two hours. Members may meet at Wan Chai Park or take the shuttle bus which will leave the Club at 9.15am. We expect to return to the Club at around midday.

香港仔郊野公園 2月26日（星期六）

當日路程將從灣仔公園出發，之後經過香港仔郊野公園並返回會所。公園內有不少路徑，我們會選擇較有挑戰性的金夫人馳馬徑，這段路屬於港島徑的一部分。

我們會沿香港仔水塘前行，並於鄰近香港仔市中心出口離開郊野公園，之後越過造船廠返回會所。活動於早上9時45分出發，全程約兩小時。會員可在灣仔公園集合或於上午9時15分在會所乘穿梭巴士出發，並在中午時段返回會所。



FITNESS CHALLENGE 挑戰健身活動 2022

8,000 Minutes of Exercise 8,000分鐘運動

As our regular Fitness Centre users know, it's been quite hard to get into a "fitness rhythm" over the past two Challenges with the regular closures. So, for our Fitness Challenge 2022, we will keep it very simple and ask you to complete 8,000 minutes of exercise over the course of the whole year. This equates to 150 minutes per week, which is the recommended minimum amount of exercise for adults.

As we always say, there are no prizes for coming first and we will not let you get too far ahead – we will track your progress month-by-month. We will also allow Members to log in minutes from many forms of exercise – any cardiovascular exercise performed in the Club (in the Fitness Centre, Pool and other facilities) as well as any Club-organised activity outside of the Club such as track sessions, hikes or even a Club-inspired activity that you do on your own such as the Hong Kong History walks.

Ultimately, it's all about keeping active and healthy and it would be great to get everyone to perform at least 8,000 minutes of exercise throughout the year. If you're not used to regular activity, always check with your doctor before commencing any exercise programme and when you do start, start slowly with an easy walk.

For more information, please contact our Fitness Centre staff or our Personal Trainers who could give you extra motivation as you tick off your minutes.

在過去的兩次的挑戰中，參加者常常遇到“健身節奏”的問題。因此，2022挑戰健身活動將較為簡單，挑戰只要全年內完成8,000分鐘運動。相當於每週150分鐘，這是成人被建議的最低運動量。

活動不設獎項，旨在推動運動生活化，健身中心將會跟進您的進度。會員可登錄多種形式的鍛鍊記錄，如在會所內選擇任何一項帶氧運動，包括游泳或其他健身設施，以及會所舉辦的健身活動，如田徑訓練、遠足，甚至《隱藏市中的香港歷史》活動等。

為了保持活力和健康，每人全年至少進行8,000分鐘的運動。如果你不習慣定期運動，在開始任何鍛鍊計劃之前請諮詢你的醫生，並應從輕鬆步行開始。

查詢詳情，請聯絡本會健身中心的私人教練。



Holiday Break Schedule

假期上課安排

Please check the Chinese New Year Break schedule, for all regular group activities. If you plan to take extra holidays, please remember to submit an Application for Lesson Withdrawal/Cancellation form to the Central Reservations Centre in advance.

One calendar month's written notice for Children's Classes and 14 days' written notice for Adult Classes, or payment in lieu is required.

有關農曆新年期間暫停上課安排和各定期小組活動的開課時間表，請向預訂服務中心查詢。若您計劃渡過一個較長的假期，請緊記提前向預訂服務中心提交「退出/取消課堂申請表」。

兒童課程需預早一個月前提交申請表，成人課程需預早14天前提交申請表，或繳付代通知金。

A Great Start to the New Year

新一年活動

To better plan activities for you and your children in 2022, please refer to the regular group activities schedule for details. Application forms can be downloaded from the Club's website, or you can pick up a copy from the Activities racks (Main Lobby, 2M Corridor and 5F Health Club).

Please note that some activity schedule and fee revisions start from January.

For bookings and enquiries, please contact the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com.

為孩子計劃新一年的精彩活動，查詢活動詳情，請參閱常規小組活動時間表。申請表可從本會的網站下載，或可到本會的大堂、2M走廊及5樓健康中心的宣傳資料架索取。

請注意，由1月起某些課程費用將會有所調整。

報名或查詢，請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com

Golden Coin Hunting at CPA

兒童天地尋金樂

Sunday, January 23

From 1.30-4.30pm at G/F Children's Play Area

We have game booths, art & crafts and coin hunting.

Member: \$100; guest: \$120

For bookings and enquiries, please contact Adventure Zone on 2814 5360 or email adventurezone@aberdeenmarinaclub.com.

參加於1月23日（星期日）下午1時30分至4時30分，在兒童天地舉行的尋金樂。

當日更設有遊戲攤位，手工藝及尋找金幣活動。

會員\$100 來賓\$120

報名及查詢請致電動感樂園2814 5360，或電郵至 adventurezone@aberdeenmarinaclub.com。

Ice Skating Chinese New Year Camp

新春溜冰營

From Monday, January 31 to Friday, February 4

Sign up for our Ice Skating camps to keep your children active this Chinese New Year Holiday.

Chinese New Year break for Ice Skating lessons starts on January 31, and lessons resume on February 7.

參加於1月31（星期一）至2月4日（星期五）舉行的新春溜冰營。溜冰課程將由1月31日開始放新春假，農曆假前最後一課為1月30日。2月7日將回復正常。

Enquiries 查詢:
2814 5374 (Ice Rink)



Chinese New Year Fun at Kids on 8!

Kids on 8! 農曆新年活動

Emperor and Empress Day at Kids on 8! & Run, 2, 3! Tuesday to Thursday, February 1 to 3.

參加於2月1至3日(星期二至星期四)於Kids on 8!及Run, 2, 3!舉行的帝皇之日的活動。

Enquiries 查詢: 2814 5360 (Adventure Zone)

Kids on 8! Weekend Fun

週末活動

Look out for our Weekend Themes including Fun Weekend Movies, Monthly Entertainment, Weekly Arts & Crafts and many special activities from Kids on 8!

STEM Workshop

- Weekdays from 3-4pm (Kids on 8! is closed on Tuesdays)
- Saturday and Sunday from 2.30-3.30pm

Kids on 8! 於週末舉辦不同的娛樂活動，包括電影、娛樂和手工藝坊等。

STEM工作坊

- 平日由下午3至4時 (Kids on 8!逢星期二關閉)
- 逢星期六及日下午2時30分至3時30分

Enquiries 查詢: 2814 5493 (Kids on 8!)

Fun Challenges for Children!

兒童遊戲挑戰賽

Bazooka Ball Challenge

From 7-7.30pm	晚上7時-7時30分
• Friday, January 14	• 1月14日(星期五)
• Friday, February 11	• 2月11日(星期五)
• Friday, March 11	• 3月11日(星期五)

Adventure Zone Laser Tag Challenge

From 6.30-7.30pm	晚上6時30分-7時30分
• Friday, January 21	• 1月21日(星期五)
• Friday, February 25	• 2月25日(星期五)
• Friday, March 25	• 3月25日(星期五)

Ninja Challenge at Adventure Zone

From 6.30-7.30pm	晚上6時30分-7時30分
• Friday, January 28	• 1月28日(星期五)
• Friday, February 18	• 2月18日(星期五)
• Friday, March 18	• 3月18日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

Valentine's Arts & Crafts

情人節工作坊

Saturday and Sunday, February 12 & 13
Create your own Cupid and heart!

快來參加於2月12及13日的情人節工作坊，製作您的丘比特和心形勞作。

Enquiries 查詢: 2814 5493 (Kids on 8!)

AMC Voyager-01 has Touched Down at Ko8!

航海者1號著陸KO8!



Budding astronauts can pop along to blast off, launch rockets, see the stars and play on Mars! Our new Space Play experience features the Space Station and Mars Experience, each containing a variety of STEM-themed toys to encourage children to learn while playing.

We have also added the microEYE DISCOVERY – a museum-standard microscope that will fascinate children and open their eyes to new discoveries. Ko8! is open from 9am to 7pm daily (closed on Tuesdays). See you there!



全新以太空和火星為主題的新體驗，設施包含以STEM為主題的玩具，鼓勵孩子們邊玩邊學習。還增添了microEYE DISCOVERY — 博物館標準的顯微鏡，讓孩子們擴闊新視野。KO8! 開放時間每天早上9時至晚上7時（週二關閉）。

Group Fitness Classes

Circuit Training

循環訓練團體健身班

Every Monday and Friday from 8.45am to 10.15am
Instructor: Raul Bravo

Circuit training is a form of total body conditioning. It targets strength building, muscular endurance and coordination with a wide range of workouts using TRX, body bars, dumbbells, resistance bands, bikes, etc. This class is suitable for all fitness levels.

逢星期一及五，上午8時45分至10時15分

導師：Raul Bravo

循環訓練是一種全身性體能訓練法。包括力量訓練、肌肉耐力和協調，通過使用 TRX、身體槓鈴、啞鈴、阻力帶、健身單車等進行的各種鍛鍊。課程適合所有健身水平人士。

TEAMBEATS™ Heart Rate Training

心率訓練

Every Tuesday from 7.15-8pm
Instructor: Kelsey Chu
Classes take place in the Functional Training Zone on the upper floor of the Fitness Centre. Members will need to purchase their own Heart Rate Monitor to get most benefit from the class. These are available at the Pro-Shop or can be bought outside the Club.

逢星期二，上午7時15分至8時

課程在健身中心上層的多功能訓練區進行。會員需要自備心率監測器才能從課程中獲得最大得益。心率監測器可以在 Pro-Shop 購買。



TRX

Every Tuesday from 9-10am
Instructor: Evelyn Hue

Using your own body weight as resistance, TRX allows you to perform hundreds of exercises, with intensity to match your fitness level.

逢星期二，上午9至10時

TRX 是一項強度鍛鍊，透過自己的體重作為阻力訓練，課程可配合個人的健身水平。

Pilates

普拉提斯

Every Tuesday & Friday from 8.30-9.30am
Instructor: Tracy So (Tuesday); Iris Cheung (Friday)
Pilates is for everyone, and a programme can be a complete workout, a supplement to other methods of fitness, or a tool to educate the body to achieve better posture.

逢星期二及五，上午8時30分至9時30分

普拉提斯適合所有人，是一項完整而補充性的健身鍛鍊，讓身體達到更好的姿勢。

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

報名或查詢請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com

Tai Chi

太極拳

Every Wednesday from 9-10.15am (beginners); Every Monday from 10.30am to Midday (advanced)

Instructor: Donald Ng

The slow, graceful and rhythmic movements of the Tai Chi form gently strengthen the organs and muscles, improve circulation and posture, and relax both mind and body. Those who have completed the 24-form programme, or have Tai Chi experience, could join the Advanced Class to explore to more of Wu's Tai Chi, such as the traditional form, pushing-hands, Tai Chi Sabre and Tai Chi Sword.

逢星期三，上午9時至10時15分（初級）

逢星期一，上午10時30至中午（高級）

太極拳動作緩慢、優美及有節奏，能輕柔地強化臟腑和肌肉，改善循環和姿勢，放鬆身心。完成24式課程或有太極經驗者，可參加高級組，將探索更多吳氏太極拳，如傳統式、推手、太極刀和太極劍等。

Family Thai Boxing

泰拳親子班

Every Saturday from 11am to Midday
Instructor: Cori Chu

Designed for parents and children, participants follow drills, coach each other and play fitness games. Through this class, you will be able to achieve fitness developments with your children.

逢星期六，上午11點至中午

專為父母和孩子設計的課程，導師指導透過遊戲健身。課程能夠與孩子們一起發展體能。



Relaxing and Restorative Yoga

放鬆及恢復性瑜珈

Every Thursday from 9-10am
Instructor: Meagan Chung

Reconnect to your mind-body awareness and consciousness through this relaxing and restorative yoga experience. Flow and unwind with a sequence of hip openers, deep stretches and delightful meditation. This class is designed for anyone who needs a grounding yogic break to slow down, recharge, and take time to connect with their inner self.

逢星期四，上午9至10時

透過放鬆及恢復性瑜珈練習，可以重新連接身心和意識。一系列開髖動作、深度伸展和令人愉悅的冥想來放鬆身心。課程專為需要透過基礎瑜珈來放鬆身心、並聯繫內在自我的人士而設。

Golf Clinic

高爾夫球診所

Every Wednesday from 9.30-10.30am
Instructor: Andy Henderson

A tailor-made programme coached by Andy. The Golf Simulator is a great way to start the game and Andy will give some tips and pointers during class; everyone rotates in and out of play and practices the skills.

逢星期三，上午9時30分至10時30分

課程由導師Andy教授。高爾夫球模擬器非常適合初學者練習球技，Andy在課堂上將提供一些指示和秘訣；每位學員都可輪流練習技巧。

Private Piano, Drum and Guitar Lessons 私人鋼琴、鼓和吉他班

Music can enrich one's life!

Musicland offers music lessons according to the London College of Music (LCM) Examination syllabus to all ages, from young children to teenagers and adults. Musicland is the only approved LCM examination centre in Hong Kong, and ad hoc lessons are available.

Musicland根據倫敦音樂學院 (LCM) 考試大綱，為幼兒、青少年和成人，所有年齡層的人士提供音樂課程。Musicland 是香港唯一獲准提供課程和 LCM 考試的中心。

Dechant Music Academy is run by a Russian Piano School trained teacher with more than 10 years teaching experience who is qualified to teach exam level any age welcome by effective private class in English or Chinese.

Dechant 音樂學院由俄羅斯鋼琴學校訓練的教師教授，具有超過10年的教學經驗，教授任何年齡的考試級別。歡迎參加私人課程，課程提供英語或中文教授。

Private Singing Lessons by Sing And You 私人唱歌班

Every person is born with a unique instrument – the human voice. Are you using your voice properly? Steve, with 30 years of stage experience and his state-of-the-art voice coaching methodology, is dedicated to honing his students' skills in singing, speech, communication and stage performance, turning ordinary into extraordinary.

Steve Tam, founder and the Master professional of Sing and You, has experience in personnel management, behavioral analysis, stage performance and singing competition.

每個人都擁有天賦的獨特聲音。您有否正確地用聲？Steve 具有30年表演經驗，他最先採用語音的教練方法，致力於培養學生的歌唱、演講、溝通和舞台表演的技巧，使平凡變成非凡。

Steve Tam 是 Sing and You 的創始人兼總教練，擁有30多年的經驗，包括人事管理、行為分析、舞台表演和歌唱比賽等。



MINISPORT 迷你運動

Playgroup

Every Tuesday, 9-10 am for aged 1.5-2.5 years

Assisted by a guardian, children are encouraged to explore new ranges of bodily movement such as running, turning, crawling, stepping and jumping. Children are also exposed to a range of games that build basic ball skills including handling, throwing, dribbling, kicking and striking.

唱遊班

逢星期二，早上9-10時（適合歲半至兩歲半小童）

在監護人陪同下，鼓勵孩子探索新的動作，如跑步、轉身、爬行、踏步和跳躍。孩子們透過遊戲可學習基本的球類技巧，包括控球、投擲、運球、踢球和擊球等。

Mini-Tots

Every Tuesday, 10-11am for ages 2.5-3.5 years

With the ability to walk and run, children at this age are keen to further experiment with the range of activities that their bodies can cope with. We draw upon a range of games that possess more complex rules and demands to delve into dynamic gross motor movements such as balancing, running and evasion.

兒童迷你運動

逢星期二，早上10-11時（適合兩歲半至三歲半小童）

課程提升孩子走路和跑步的能力，這個年齡層的孩子喜歡從活動中嘗試和探索。課程利用一系列相對較複雜的遊戲來學習平衡、跑步和閃避。

For bookings and enquiries, please call the Central Reservations Centre on 2814 1222 or email reservations@aberrdeenmarinaclub.com

報名或查詢請致電預訂服務中心電話2814 1222或電郵至 reservations@aberrdeenmarinaclub.com

Round Hong Kong Island Swim

Congratulations to our Swimming Coach Adrian who took part in the 45km St Joseph's College Green & White Swimathon around Hong Kong Island last November. He was part of a relay that started in Sandy Bay and swam in a clockwise direction past Central, North Point, Cape D'Aguilar, Stanley, Repulse Bay, Aberdeen, Cyberport and eventually back to Sandy Bay to complete the circumnavigation. Well done Adrian and fellow swimmers!

恭賀我們的游泳教練 Adrian 於去年十一月參加了四十五公里的聖若瑟書院若瑟游泳比賽。他參加的接力賽從沙灣出發，順時針方向游過中環、北角、德己立角、赤柱、淺水灣、香港仔及數碼港，最後返回沙灣完成環球航行。再次恭賀 Adrian 及和他的游泳隊隊員！



JUNIOR CLUB STARS

Swimmer
Age 9

AMAYA YPSILANTI

Amaya has been noted for her progress and attentiveness over the last few months since joining the Saturday Improver lesson. She is eager to learn and is improving accordingly. The coaches are excited by her potential and are looking forward to seeing her improve and achieve even more. Well done, Amaya!

近幾個月 Amaya 自從加入周六改進課程後有很大的進步，在課堂上表現專注和努力。教練們期待她有更佳的成绩。做得好 Amaya！



Skater
Age 5

BRADLEY CHAN

Bradley has recently made great progress with his skating skills. He skates twice a week and wants to become a great hockey player. Keep up the good work Bradley!

最近 Bradley 溜冰技巧上取得很大的進步。他每週練習溜冰兩次，夢想成為一位出色的曲棍球員。Bradley 繼續努力！



Tennis Player
Age 12

SHAWN MELWANI

Shawn has shown great improvement and dedication during lessons. His favourite player is Roger Federer, and his favourite shot is the forehand. Shawn has been playing tennis for more than a year now. Keep it up Shawn!

Shawn 在課程中表現出極大的進步。他最喜愛的球手是費達拿，他最喜歡正手擊球。Shawn 學習網球已有一年了，課堂上表現總是積極。做得好 Shawn！





Christmas Wish Programme 2021

2021聖誕願望活動

Our recent Christmas Wish Programme was a great success. It was the third time that the Club had organised the Programme to bring joy to underprivileged children and those with disabilities, and we aimed to reach out to more children in need than ever.

We helped around 220 children at three different organisations: students of the Ebenezer School & Home for the Visually Impaired; Fu Hong Society's Hip Dip Children Centre's children with autism; and disadvantaged children at Caritas Centre, Aberdeen.

The response from Members was overwhelming, with all the wishes picked and pledged in less than two weeks. We would like to take this opportunity to thank every Member who helped us to fulfill the children's wishes – we could not have achieved it so successfully without your fantastic support.

The children were absolutely delighted with their gifts, and we look forward to helping more children in need this year.

最近本會舉辦的聖誕願望成真活動非常成功。這是本會第三次舉辦該活動，為貧困和殘疾的兒童帶來歡樂，目標是幫助更多的有需要的兒童。

今次我們幫助大約220名兒童，分別來自三個不同組織：心光盲人院暨學校的學生、扶康會牽蝶康兒中心的自閉症兒童，及香港仔明愛中心的弱勢兒童。

本會得到會員們的熱烈反應，不到兩周所有的願望都達成了。收到禮物的孩子都非常感激和高興。

藉此機會感謝每一位幫助實現孩子們願望的會員，沒有您們的大力支持，這活動不可能取得如此成功。期待今年能幫助更多有需要的兒童。



G/F Children's Play Area Closure 地下兒童遊樂場 暫停開放

Please be informed that the G/F Children's Play Area will be closed for maintenance from Monday, January 3 to Sunday, January 23 inclusive.

Thank you for your attention and we apologise for any inconvenience.

地下兒童天地將1月3日（星期一）至1月23日（星期日）期間暫停開放以進行維修工程。

不便之處，敬請原諒。



No Stopping at 2M Car Park 2M禁止停車

Please be reminded that picking-up and dropping-off passengers at 2M car park is strictly prohibited as it creates a hazard for vehicles driving both up and down. The Club has issued over 170 warning letters in the last year. We will continue to monitor the situation and reserve the right to take further action, including but not limited to suspension of parking rights.

Members and drivers are advised to drop-off or pick-up passengers at the Club entrance driveway.



Dry Boat Store Annual Maintenance 快艇倉週年維修

Please note that Dry Boat Store will be closed from January 3 to 14 inclusive for annual maintenance, in order to ensure that we continue to provide safe and speedy services for boat owners. We apologise for the inconvenience. Please contact the Marina office on 2814 5368 if you require assistance.

快艇倉將於一月三至十四日關閉作週年維修，確保繼續為船主提供安全快捷的服務。不便之處，敬請原諒。如需協助，請聯絡海事部電話2814 5368。

Opening Hours until April

Club Ferry

Monday, Wednesday to Friday
星期一、三至五

8.30am to 6pm

Tuesday 星期二

8.30am to 5.30pm

Saturday, Sunday and
Public Holidays
星期六、日及公眾假期

8am to 7pm

Dry Boat Store

Monday, Wednesday to Friday
星期一、三至五

8.30am to 6pm

Tuesday 星期二

Closed

Saturday, Sunday and
Public Holidays
星期六、日及公眾假期

8am to 7pm

Alternatively, a drop-off/pick-up zone, with a three-minute limit, is available at the 3/F car park.

Thank you for your attention.

在停車場2M嚴禁停車及上下客以避免構成危險。本會去年已發出了超過170封警告信。我們將繼續監察情況，並保留向違規之會員採取進一步的行動，包括暫停其泊車證的使用權。

敬請各會員及司機在會所正門入口的停車處上落乘客。另外，3樓停車場亦設有上落客區，上落乘客時限3分鐘。多謝合作。

e-Portwatch

Members are encouraged to support the Club's Green Initiatives by requesting a regular e-copy of Portwatch instead of printed copies. Please send an email with "Subscribe e-Portwatch" in the subject line to member@aberdeenmarinaclub.com stating your Membership number.

感謝會員響應及支持環保而選擇閱讀電子版閱刊。如果您亦希望收取電子版本以代替印刷本，請電郵至 member@aberdeenmarinaclub.com，並表明會員號碼及“訂閱電子版本閱刊”。

Christmas Tree
Lighting 2021



Skating Competition
2021



Junior AB3
Tennis Tournament
2021





Weddings

AT THE CLUB

The Grand Ballroom and Portside are perfect venues for newlywed couples to share their beautiful day with friends and family, with superb Chinese and Western cuisine.



Under the current restrictions, our events team can enter different categories of operation mode C or D, which is from 20 persons to 240 persons per venue.

在現時的防疫限制下，於本會舉辦的宴會可以設置C或D區域，即場地可以容納 20 至 240 人。

THE
ABERDEEN MARINA CLUB



For reservations, please call our Events Sales Team on 2814 5442 or
email events@aberdeenmarinaclub.com

預訂請致電宴會部電話 2814 5442 或電郵至 events@aberdeenmarinaclub.com。